

# PARSI TIMES

Volume 12 - Issue 05 • Saturday, 14 May, 2022 - Friday, 20 May, 2022 • English Gujarati Weekly • Mumbai • Pages 20 • Price ₹8/-

THE TRUTH. DELIVERED WEEKLY.

## People's Trustee: KERSI RANDERIA - Putting The 'TRUST' In Trustee -



### WHY I PROPOSED KERSI RANDERIA'S CANDIDATURE:

"It has been my pleasure to Propose Kersi Randeria's candidature to the Board of the Bombay Parsi Punchayet.

I have known Kersi over the last three decades, much before his foray into the BPP. I have always found him to be a congenial individual, pleasant and ever ready to listen patiently to people and their problems without ever being bothered about time. He is most certainly a "Go To Person" who one can rely on, whenever a problem arises.

In his 6.5 years tenure on the Board, he has proved his commitment to the community, and has been "hands on" worker, dedicated, and very focused. We need such people on the Board, people who genuinely work and feel for the community especially the poor.

I have found Kersi to definitely be such a person for I have seen him delve into his own pockets whenever the need has arisen.

It has indeed been a pleasure and a privilege to have Proposed Kersi Randeria's candidature.

Good Luck Kersi - With You all the way!"

- Ms. Mithoo Jesia



### WHY I HAVE SECONDED THE CANDIDATURE OF KERSI J RANDERIA:

"I have seconded the candidature of Kersi J Randeria for several reasons. To begin with, he is genuinely passionate about his duties as a trustee of the Bombay Parsi Punchayet. I have closely observed his style of working and it has left me impressed and in awe.

He comes to Board Meetings after diligently doing his 'home-work', always prepared. I have not seen any other trustee read case files with as much interest and dive into as much depth and detail, as Kersi does. When occasionally a beneficiary or any stakeholder tries to hide facts, it is Kersi's diligence that comes to the rescue of the Board in making the right decision.

Kersi has deep knowledge and understanding in matters related to Housing. In fact, for more than a decade before he became a trustee of the BPP in 2015, he was on the Housing Advisory Committee of the BPP and even back then, he was the champion of the proverbial 'underdogs', and always stood and fought for the rights of the poor, needy and homeless.

Kersi sometimes comes across as obstinate. But I see this as his strength rather than his weakness. He does not waver, nor does he compromise on his core beliefs and values. He is probably the only trustee who has stood his ground (even if that made / makes him unpopular in certain quarters) and maintained his pre-election stand of October 2015 all throughout his tenure - that charity flats are for the poor, needy and deserving and not meant to be auctioned to the rich, who can afford it.



It takes strength and courage to stay so unwavering and unwilling to compromise on your principles. It's the hallmark of a Patriot (BPP Loyalist) and not a voter-pleasing politician.

Behind Kersi's seemingly hard exterior, I have also seen his rather soft and emotional heart. He neither suffers fools, nor those who try to fool the BPP and take advantage of the BPP trust.

With his vast business experience, he has amazing negotiation skills. Whether it is negotiating with the trade union or a vendor, Kersi gets the best deal for the BPP.

While I am genuinely happy to see clean and like-minded new aspirants like Hoshi Jal, Dara Patel and Adil Malia come forward and also voluntarily align themselves with Kersi, it is important that Kersi gets the opportunity to serve for a second term, so as to maintain continuity and to ensure that incomplete projects of the BPP are completed seamlessly.

In Kersi, I see qualities of genuine passion and sincerity combined with vast knowledge and experience.

While BPP does need fresh blood, it also needs a strong and reliable sitting trustee like Kersi to guide and assist new trustees and ensure seamless succession on the BPP Board. It is important that newcomers on the BPP Board get properly oriented and are not misguided or misled internally or externally by mischievous elements.

I whole heartedly endorse the candidature of Kersi J Randeria. Your vote for Kersi is a vote for strength, sincerity and service on the BPP Board.

- Noshir H. Dadrawala



**FROM THE EDITOR'S DESK**

**This Is The Time...**

Dear Readers,

We are just a couple of weeks away from the community's most critical event that will define its course for the next five years. The long-due BPP elections will finally take place on May 29th, 2022, all thanks to the efforts fronted by Trustees Noshir Dadrawala and Kersi Randeria, who fought the good fight, to successfully arrest the deteriorating situation arising out of a skewed Board and its negative fallout on the community. But more than that, they fought the good fight so that we were not denied our fundamental right to vote.

This is the time for us to give back as Parsis who pride ourselves in it. This is the time to let our gratitude weigh heavier than our entitlement. This is the time to put on our thinking caps and make informed decisions as regards who is truly deserving of our vote, and more importantly, of our trust, to lead the way for the next five years.

Hear what the candidates have to say, but also measure their words against their deeds - look up their track-records of service, ask pointed questions, call them out on unfulfilled promises. This is the time. Do your bit to elect the Right Trustees so we don't end up stuck with a Wrong Board again!

Have a good weekend!

- Anahita  
anahita@parsi-times.com

**Job Opening For Receptionist**

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**It's 'Business' Time At NCPA!**



**M**ind your own business' is a term used in common parlance. But imagine, when a person is actually told to mind someone else's business, literally! Akvarious Productions presents a hilarious play, 'A Small Family Business' where the dilemma of Samson Sequeira, a Goan man of principles in a corrupt world, knows no bounds when he is entrusted with the

family business of his Punjabi father-in-law. Dishonesty and double-crossing are the order of the day. The mantle donned by Samson is more than enough to dismantle his simple, easy-going life.

Laughter is the best medicine, so, what are you waiting for? Book your slot for the laughter shot at the Tata Theatre, on Sunday, 15<sup>th</sup> May, 2022.

**COMMUNITY RALLIES AROUND ANAHITA DESAI**

**Shahzad Variava:** Consistency is the true foundation of Trust. You always have been a meticulous person and someone who is par excellence. You are one of few people I always look up to.. Good Luck..

**Faredoon Kapadia:** Wishing you a grand success. Your work speaks louder than any campaign. Always in our heart. God bless you with strength, health, wealth and prosperity at all times.

**Arzan J G:** Anahita is a non-controversial candidate, has clear goals and her vision is unshakable. She belongs to no camp. I will not say 'Vote for her' simply because I know everyone will vote for her and she will win without an iota of doubt. Will meet her in the Board room soon.

**Hanoz Mistry:** Let the community come out in large numbers on 29<sup>th</sup> May to choose wisely. One of the 7 has to be Anahita. Her track record speaks volumes about her capability and competence.

**Percy Lentin:** Best leader to lead BPP. Anahita is best. No one can even come close to her. She is best leader and be great asset in BPP.

**Firoze Wadia:** Even if she doesn't campaign, she will come first this time. Her work speaks and not words like the other contestants...

**Kamal Pavri:** Our best wishes with you Anahita Desai. I am confident of your victory. Coz you have earned it and deserve it with your dedication and hard work.



**Vistaasp Gotla:** You are entering the boardroom as a Trustee for sure. Most deserving. God bless...

**Anaita Kerfegar Kerawalla:** Victory will be yours ..... dearest Anahita. Hearts of everyone are with you..... Enough is really enough..... It's finally time for change.

**Zubin Italia:** The Ideal Candidate, and a Trustworthy Trustee to be on BPP Board, and hope, she Heads the Chair too!!

**Yasmin Homavazir:** Beautiful write-up Dr. Anahita Pundole. I agree with all that you have mentioned above and feel that Anahita Desai definitely has the capacity and will to change the face of the BPP to one we can all be proud of. My best wishes to her.

**Neville Velati:** In a world filled with egocentric and self regarding figureheads, Mrs. Anahita Yazdi Desai is the wind from a different location. As a commander one is expected to be assertive yet understanding, confident yet approachable, decisive yet open to suggestions. And I cannot think of anyone better to be the embodiment of all these qualities, in perfect harmony than Mrs. Anahita Yazdi Desai. With AYD, seated in the boardroom, we can be rest assured that the good name and faith of this august body called BPP shall be kept alive, and thrive, again.

**SCHEDULE OF MEETINGS FOR THE WEEK**

- Saturday 14th May, 7 pm  
BHARUCHA BAUG
- Sunday 15th May, 6.30 pm  
PANTHAKY BAUG
- Monday 16th May, 7 pm  
BPP COMPLEX, GOREGAON
- Wednesday 18th May, 7.30 pm  
MALCOLM BAUG
- Friday 20th May, 7 pm  
CONTRACTOR BAUG,

## Wave Of Support Pours In For BPP Candidate Hoshang Jal (IRS) From Community Members Across Mumbai

"If Hoshi Jal can help in the management of the BPP as a Trustee, in the way he does Cusrow Baug, then our community is in very safe hands. Through this pandemic, he has painstakingly ensured the comfort of all residents. The efficiency with which Cusrow Baug functions, has a lot to do with Jal's attitude. Never says no, always transparent and is extremely humble. We'd be lucky to have him as a trustee. Housing aside, his interpersonal skills help resolve a lot of daily issues that the common man faces."

- **Meherzad Patel, Partner - Silly Point Productions**  
**Godrej Baug**

"Born and raised in Jer Baug alongside us, my friend Hoshang is honest to the core. He is humble, straight-forward and does not beat-around-the-bush. I've known him for decades as an extremely helpful person, with a smiling face and a pleasant, approachable demeanour. The BPP requires a Trustee like Hoshang Jal - with an excellent professional track record, expertise in legal matters, forthright character and a man who, for his entire life, has stood-up for truth and justice."

- **Darius Randelia,**  
**Ex-President, Bai Jerbai Baug Sports League, Jer Baug**

"I've known Hoshang Jal for several decades and sought his advice on many occasions. He's always been most warm and extremely helpful, sharing prompt and accurate advice. Despite his brilliant professional achievements gathering accolades and awards, Hoshang remains most humble and compassionate, a rare and admirable quality! He's forthcoming with his assistance to all and his hands-on and practical approach is commendable, especially at how he helped the community during the difficult years of the lockdown, with calm and a ready smile. As a BPP Trustee, Hoshang Jal will indeed be a great asset to our community!"

- **Rustom Jasoomoney,**  
**Vice-President, Rustom Baug Welfare Association**

"I would like to endorse Hoshang Jal as an accomplished candidate for the BPP trusteeship. I know Hosi for over 25 years and vouch for him as the most efficient, cooperative, understanding and obliging person. A straightforward and effective worker. Good luck!"

- **Firdaus Shroff (Sportsperson)**  
**Heera Meher, Colaba**



**BPP Candidate Hoshang Jal (IRS)**  
**From People's Person To People's Trustee**

"Helping people is in his nature - the BPP needs him for a better future. He has done great work for Cusrow Baug and given the opportunity, he will work wonders for the community as its Trustee. I've known Hoshang for two decades by my grandmother's Cusrow Baug connect. The residents trust him and swear by him and his achievements, the community should too! His attachment to the existing trustees notwithstanding, he is his own man and will walk the path of Asha in his endeavours."

- **Homi Irani**  
**Dadar Parsi Colony**

"I've had the privilege of knowing Hoshang for decades, since our time together in Service (Customs). It's very hard to come across a man of such calibre - who is grounded, people-centric and possesses superb leadership skills. I've known him to lead from the front and always ready

to take responsibility for his actions and decisions. Well, you can seldom go wrong with perfection, and boy he's close!"

- **Soli Karanjia - Asst Commissioner of Customs (Retd)**  
**Bharucha Baug**

"As a visitor to the Baug, I've heard first hand from my in-laws and friends, on how he helped the entire colony through the pandemic, leading his team and helping residents - taking care of every requirement - with a smile! Hoshang Jal is a one-of-a-kind leader, par excellence. A thorough gentleman and an asset to our community. It is now up to us, to ensure his reach of assistance gets wider and impacts the entire community."

- **Nariman Khambata**  
**Gamadia Colony**

"Hoshang is a very humble human and always helpful to all, guiding me for multiple things relevant to the Baug and Community Service. BPP needs a Trustee who listens to everyone and gives time and guidance. There are few IRS cadres in our community and he's been awarded the President's Award for Specially Distinguished Record of Service - this speaks volumes about his character and integrity. As a BPP Trustee Hoshang will bring back the lost glory of this august body through his administrative skills, honesty and sincerity."

- **Nozer Nowroze Sutaria**  
**Nowroze Baug**

"As a child, I remember Hosi uncle being very fond of sports when he lived in Jer Baug earlier. He was always very calm and composed yet firm and vocal about his views. I believe he will be the perfect Trustee because he understands the thought process and needs of community members and gets effortlessly, with the young and old. He's extremely knowledgeable and well informed on various subjects. Please cast your vote for Hoshang Jal for a healthy and meticulously functioning BPP."

- **Farzan Randelia,**  
**Bandra Tata Blocks**

"Hoshang is level-headed and calm, always passionate about community service and open to others' opinions. The hard work he selflessly put in through the pandemic - his tireless efforts and meticulous planning in organising and safeguarding especially the elderly and children - is well known. Even I had reached out to him, and without hesitation, he took it up and performed the task at hand. Hoshang Jal will be a great Trustee and help to our community. Cast your vote in favour of Hoshang Jal."

- **Sarosh Aibara**  
**Captain Colony**

"As Secretary of the Cusrow Baug League, under Hoshang and his team, our colony has transformed. Hoshang has always gone the extra mile to serve the community and society - be it during the Pandemic or facilitating no-hawker zone outside the colony. Hoshang has excellent one-on-one connect with community members and his response to any issue or request is instant and effective. Hoshang amply embodies all the qualities desirable in a BPP Trustee - leadership, administrative excellence, deep-rooted passion for the welfare of the community, personal engagement with community members and a 24 by 7 dedication to the cause. I urge everybody to support Hoshang for the good of our community."

- **Jamshed K Daboo**  
**Cusrow Baug**

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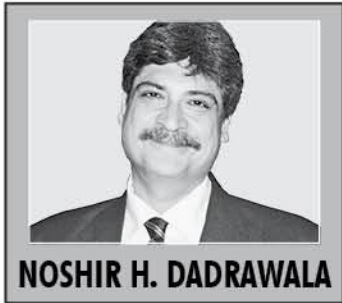
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# Dae Dadaar - The Holy Month Of Living In Gratitude



**NOSHIR H. DADRAWALA**

In the Zoroastrian calendar of twelve months the *Mah* or month of *Dae* is considered most holy because it is dedicated to the *Supreme Amesha Spenta* (Bounteous Immortal), *Dadaar Hormazd* (*Dae Dadaar*) - The Creator. It is also the month for thanksgiving to the Creator with performance of *Jashan* ceremonies either at home, at the office or at an *Atash Bahram* or *Agyari*.

**Four Extra-Special Days:** It is considered particularly blessed and meritorious to perform *Jashan* on the first day of the month (i.e., *Hormazd*), the eighth day (i.e., *Dae Adar*), the fifteenth day (i.e., *Dae Meher*) and the twenty-third day (i.e., *Dae Deen*). All these four days of the month are dedicated to the Supreme Creator and the *Yazata* having the Creator's aspect - presiding over fire (*Dae-pa Adar*), presiding over light and justice (*Dae-pa Meher*) and presiding over the good religion (*Dae-pa Deen*). Each of these four days is referred to as *Jashan of Dadvah* (Creator).

**Gratitude...**  
The term gratitude comes from the Latin word *gratus* which means, 'pleasing' or 'thankful'. Thus, gratitude is a feeling of deep appreciation of what one already has and/or what one has received. Those who sense gratitude often express profound, positive emotions and thankfulness which is can be shown towards others through reciprocity in one form or another.

While the English poet William Blake believed that the "*thankful receiver bears a plentiful harvest*", the American poet Maya Angelou recommends that "*Let gratitude be the pillow upon which you kneel to say your nightly prayer. And let faith be the bridge you build to overcome evil and welcome good.*"

'*Ikigai*' is a Japanese concept that means your 'reason for being'. The term '*Iki*' in Japanese means life, and '*gai*' describes value or worth. Thus, *ikigai* is your life purpose or your bliss. It's what brings you joy and inspires you to get out of bed every day. It is the search for our true purpose in life.

Gratitude and *ikigai* are correlated - without an appreciation for your purpose in life, there is little benefit to you or those around you. There is little chance



that you would actually be living happily. In Japan, the colloquial translation of *ikigai* is "the reason to wake up in the morning." You need to ask yourself what is your *ikigai* or the reason to wake up in the morning? Is it to only to make a living or to get a life or make someone's life better or happier?

Gratitude is many things to many people. It is wonder; it is appreciation; it is looking at the brighter side of a setback; it is fathoming abundance; it is thanking people in your life; it is thanking God; it is counting your blessings. The average human being associates gratitude simply with saying thank you for a gift or benefit received. However, gratitude is much more than saying 'thank you'. Living in gratitude and with gratitude is a way of life.

Gratitude or thanksgiving is a powerful positive force. It has real impact on physical health, emotional wellbeing, motivation, engagement and belonging. Gratitude is also the root of happiness, an antidote for negative emotions, a neutralizer of envy, greed, hostility, worry, and irritation.

Emerging research enumerates multiple benefits of gratitude. People who are consistently grateful have been found to be relatively happier, more energetic, and more hopeful and experiencing more frequent positive emotions. They also tend to be more helpful and empathic, more forgiving and less materialistic than others who are less predisposed to gratefulness. The more a person is inclined to

gratitude, the less likely he or she is to be depressed, anxious, lonely, envious, or neurotic.



**Dae Mah Celebrations In Ancient Iran:**  
In ancient times, when Zoroastrianism was the state religion of Iran, on *Roj Hormazd* of *Mah Dae*, the great kings of yore used to descend from their throne, dress in simple white garb, suspend for the day the duties of all royal attendants and make themselves available to any common citizen who wanted to interact with the king.

The kings would hold meetings with small landowners and farmers - even share simple meals with them. This tradition was an annual reminder that to the Supreme Divinity, *Dadaar Hormuzd*, king and commoner are all one and the same. It celebrated friendship with God and all his creations - particularly friendship among human beings, rich or poor, royal or commoner.

**Friendship With God:**  
In certain religious traditions God is perceived as a fearsome divinity (the

adjective - God fearing is quite common in the English lexicon) or as the Lord or Master. However, in the Zoroastrian tradition *Ahura Mazda* is neither to be feared nor to be worshipped out of fear. In the Zoroastrian tradition and particularly in the *Gatha*, the Supreme Divinity is referred to as '*Frya*' (Sanskrit *Priya*) or '*Friyai*' which means friend or beloved. In other words, a Zoroastrian's relationship with God is built not on the basis of awe and fear but on the basis of friendship and love.

God is to be loved not feared for his wrath. God is to be considered as a friend and not as a demanding or domineering Lord who constantly put's his subjects to tests and sacrifices. In the Zoroastrian tradition God is not to be pleased with sacrifices or torturing the body. In fact, as a 'friend' *Ahura Mazda* wants all His friends to enjoy *Ushta* or happiness.

**How to befriend God? How best can we befriend Dadaar Hormuzd?**

Those who pray the *Hoshbam* at dawn may recollect praying: "*Asha vahishta, asha sraeshta, daresāma thwā, pairi thwā jamyāma, hamem thwā hakhma.*", which means - "Through the best righteousness, excellent righteousness, O *Ahura Mazda*, may we catch sight of Thee and may we come near Thee and attain Thy eternal friendship."

From the above one can see that we can earn God's eternal friendship simply by walking on the path of *Asha* (Truth, purity and righteous conduct).

This Holy month of *Dae*, may each one of us endeavor to earn *Ahura Mazda's* friendship through our daily endeavor to walk on the path of *Asha*. For indeed the Colophon to *Yasna* asserts: "*There is but one path, that of Asha. All other paths are false*"

# First Ethnic Minority CBI President Lord Bilimoria, Delivers Keynote At Annual Business And Industry Dinner

The annual Business and Industry Dinner was hosted at the Mansion House on the 7<sup>th</sup> April, 2022, by the 693<sup>rd</sup> Lord Mayor of London, Vincent Keaveny, celebrating the themes - 'People and Purpose' and 'Investing in a Better Tomorrow'. Lord Bilimoria CBE DL, the very first ethnic minority President of the Confederation of British Industry (CBI), was invited to sign the Distinguished Visitors' Book, with his signature joining those of various world dignitaries, including former US President Barack Obama, and Emirati President Sheikh Khalifa bin Zayed al-Nahayan.

Addressing an audience of senior political and business figures, Lord Bilimoria commenced his speech outlining UK's long history of business innovation, and how this could help address the multiple challenges that businesses are currently facing; followed by discussing strategies for energy security and how the country can take steps towards net zero.



Lord Bilimoria CBE DL - Delivering Mansion House Speech

He said, "The government has been magnanimous in spending £400bn. That is the swing to hit the ball. But if you stop there, the ball will hit the net. You need to follow through to get it over the net... Let's put power behind the energy security strategy. Let's put real urgency and energy behind the energy security strategy... Diversity without inclusion is useless." On a final note, he addressed the launch of the CBI's Change the Race Ratio, which seeks to increase ethnic minority participation in

business.

Lord Bilimoria is the Founding Chairman of the UK India Business Council, a Deputy Lieutenant of Greater London, a former Chancellor of Thames Valley University (now the University of West London). He was the youngest University Chancellor in the UK when appointed. He is a founding member of the Prime Minister of India's Global Advisory Council. In 2006, Karan Bilimoria was appointed the Lord Bilimoria of Chelsea, making him the first

ever Zoroastrian Parsi to sit in the House of Lords. In 2008 he was awarded the Pravasi Bharti Samman by the President of India.

He is an Honorary Fellow of Sidney Sussex College Cambridge and was Chair of

School of Management, the London Business School, and the Harvard Business School. In July 2014, he was installed as the seventh Chancellor of the University of Birmingham, making him the first Indian-born Chancellor of a Russell Group University in Great Britain,



From left to right - Sheriff Alison Gowman, Secretary of State Kwasi Kwarteng, Lord Mayor of London Vincent Keaveny, CBI President Lord Bilimoria, Sheriff Nicholas Lyons

the Advisory Board of the Judge Business School, Cambridge University from 2015-2020 and subsequently appointed as an Honorary Ambassador. He is also an alumnus through executive education of the Cranfield

and he is the President of the UK Council for International Students Affairs (UKCISA). In June 2020, he was appointed President of the Confederation of British Industry (CBI).

## XYZ Launches Juniors Summer Camp

- From 19th to 22nd May, 2022 For Under-5 Tots -

XYZ Foundation, the community's premiere platform for children and young adults, has launched XYZ Juniors Summer Camp for children under the age of 5 - a fun opportunity to bond with your little angels and be part of all the entertaining activities planned for our juniors.

The XYZ Juniors Summer Camp, which will be held from the 19th to 22nd May, will include activities like Singing, Dancing, Story Telling, Arts & Craft, Exercises, Cooking and a farewell fun party with return gifts for every participant. It will take place at different locations across Mumbai for approximately two hours daily. It is compulsory for all kids to have a parent or grandparent accompanying them at the camp. The summer camp will take place at different locations all over Mumbai for



approximately 2 hours a day.

Speaking to Parsi Times, Hoshang Gotla, Founder - XYZ, said, "It has been an amazing journey since we started XYZ in the summer of 2014. Over 1,000 kids and their families have been part of our organisation. In 2019, we created the 'XYZ Seniors' for young adults from 15 to 25 years of age, who passed out from XYZ. They

organise events for that age group and have also been coordinating and organising various XYZ competitions and camps. Looking to do something for the real Xtremely Young Zoroastrians, we launched 'XYZ Juniors' for children under the age of 5. We are kicking off with our pilot project - the XYZ Juniors Summer Camp - for children along with a parent / grandparent for 4 days. Once the camp is over, we plan on having monthly / bi-monthly

activities for this age group as well and ensure that they too enjoy all the activities we have in store!"

**Registration Fee - Rs 500 per child. You could register at <https://bit.ly/XYZ-Juniors>. Last Date to register - 15th May 2022. For further information, Call Zenobia: 9920058991 or Email: [info@xyzfoundation.net](mailto:info@xyzfoundation.net). Or Connect with our respective volunteers at different locations:**

Venue	Volunteers	Timings
Cusrow Baug, Colaba	Karmin - 9619353158	11:00 am - 1:00 pm
Godrej Baug, Napean Sea Road	Karishma - 9820400217	5:30 pm - 7:00 pm
Rustom Baug, Byculla	Mehernaz - 9833077166	5:30 pm - 7:00 pm
Dadar Madressa	Zeenia - 9819159171	4:45 pm - 7:00 pm
Mahim Association	Zareen - 9819965545	5:30 pm - 7:00 pm
Bandra Tata Blocks	Dilnaz - 9880042665	5:30 pm - 7:00 pm
Salsette Parsi Colony, Andheri	Yasmin - 9819111597	5:30 pm - 7:00 pm
Thane Agiary Compound	Dilshad - 9967031320	5:30 pm - 7:00 pm

## PUBLIC NOTICE

**FINAL LIST OF CANDIDATES FOR THE TRUSTEES ELECTION ON SUNDAY,  
MAY 29, 2022, PURSUANT TO CLAUSE 9.9 OF THE ELECTION SCHEME.**

SR. NO.	NAME OF CANDIDATE	NAME OF PROPOSER	NAME OF SECONDER
1.	DR. ADIL JIJI MALIA	MR. FEROZE DHUNJISHAW NETERWALA	MR. HOMI ADI KATGARA
2.	MRS. ANAHITA YAZDI DESAI	MR. KHOJESTE PADAM MISTREE	MR. KARYESH CYRUS PATEL
3.	MRS. ARMAITY RUSTOM TIRANDAZ	MS. ZARIN YAZDI DARUWALLA	MS. ZAREEN J. ENGINEER
4.	MR. DAARA BAHADUR PATEL	MR. PERCY MEHER MASTER	MS. MITHOO JEMI JESIA
5.	MR. FARHAD HOSANG HOZDAR	MR. PERCY BURJOR CHHAPGAR	MS. RASHNA HOSHANG KHAN
6.	MS. FARHANAZ P. IRANI	DR. VIRAF JEHANGIR KAPADIA	DR. SYRUS D. IRANI
7.	MR. HOSHANG J. B. JAL	MS. TANAZ ROHINTON GODIWALLA	MR. ASPI FRAMROZE PARDIWALLA
8.	MR. KAIKHUSHROO SAM IRANI	MS. PURAN SAM IRANI	MR. HOSHANG N. MISTRY
9.	MR. KERSI JAMSHED RANDERIA	MS. MITHOO JEMI JESIA	MR. NOSHIR HOMI DADRAWALA
10.	MRS. MAHARUKH KOBAD NOBLE	MR. FARROKH K. KAVARANA	MR. HANOZ P. PATEL
11.	MR. RUMY ZARIR	MR. JAMSHED KEKI MISTRY	MR. PERCY MEHER MASTER
12.	MR. TEHMTAN J. DUMASIA	MR. SAROOSH C. DINSHAW	MR. PERZON ZEND
13.	MR. VIRAF DINSHAW MEHTA	MR. KEKI MINOO MISTRY	MR. ADILLE JEHANGIR SUMARIWALA
14.	MR. XERXES VISPI DASTUR	MR. CYRUS JAMSHED GUZDER	MR. KEKI MINOO MISTRY
15.	DR. ZULEIKA FIRDOSH HOMAVAZIR	MRS. DOLLY SHAVAK MISTRY	MRS. GOSSPI DADI BALSARA

**BY ORDER OF THE ELECTION COMMISSIONERS**  
(Appointed by the Bombay High Court)

**COMMODORE ASPI MARKER, NM**  
CHIEF ELECTION COMMISSIONER

## BPP Candidate Er. CA. Farhad H. Hozdar

### MISSION STATEMENT:

- Winning back the Faith and Respect of our donors and beneficiaries
- Youth Engagement and Empowerment
- Benevolence and Welfare - ensuring it is delivered with dignity

### HOW TO ACHIEVE THE MISSION:

- Providing Strong, Astute and Unifying Leadership capable of taking tough decisions in the interest of trust and community
- Bringing in Financial Stability through systematic and disciplined approach to improving financial health
- Building Harmonious and Fearless Environment within to achieve efficiency and proactive approach in functioning of BPP
- Making Transparency and Communication the hallmark of the Trust



**TOGETHER WE CAN!**

### AM I QUALIFIED AND CAPABLE OF ACHIEVING THE MISSION? YES!

- **BEING AN ERVAD** - I have the Religious understanding and respect for our customs and traditions.
- **BEING A CHARTERED ACCOUNTANT** with over 30 years of practice and experience in audit, taxation and advisory to over 20 trusts in finance, management and legal compliances, I have the wisdom to use my knowledge for the good of the Apex Trust.
- **BEING ON VARIOUS COMMITTEES AND TRUSTS** and leading them successfully - I have the first-hand experience and understanding of managing Trusts.
- **RISING FROM HUMBLE BEGININGS** I understand poor and middle-class issues and above all have the family values of honesty, integrity and dedication to the cause.

### TESTIMONIAL

"Mr. Farhad Hozdar is an alumnus of The BJPC Institution and it is a matter of great pride for us that he was a pupil of our Institution from 1974 to 1983. He continues to be an integral part of his Alma Mater as the President of the Alumni Association of The BJPC Institution.

Established in 1904, the Alumni Association of the BJPC Institution has been giving yeomen services to the School and College for the past 118 years. Mr. Hozdar took over the reins of the Association in 2007. Under his leadership the Association has done exemplary service to the BJPC keeping the vision of the founding fathers alive.

The BJPC and the student community has greatly benefited from the various projects undertaken under the able guidance of Mr. Hozdar as President; Some of the challenging tasks undertaken are the Mission Merit Programme, complete renovation and upgradation of Electronics Lab, Computer Lab, Library etc.

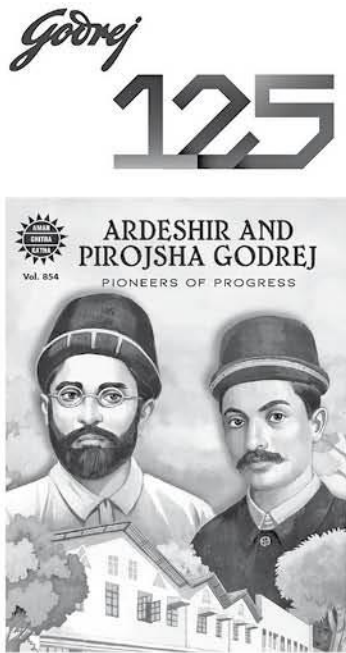
Mr. Hozdar is a much loved and respected personality not just as the Alumni Association member but more for his consistent efforts in ensuring that the student community gets what they deserve at the right juncture. This has endeared himself to the Trustees, Principals, staff and students. We are immensely proud that the BJPC has played a small part in grooming an honest, upright, brilliant and successful personality as him. We congratulate him for all his achievements both as a devout Zoroastrian Priest leading community spiritually, but also as an accomplished Chartered Accountant. His devotion to the cause of service to the Parsee community will be an asset to the Bombay Parsee Punchayet.

We wish him all the best for all his future endeavours."

**Byram R. Jeejeebhoy**  
Trustee, The BJPC Institution

## Godrej & Boyce Celebrates 125 Years

Celebrating its 125<sup>th</sup> anniversary of the Godrej Group (1897 -2022), Godrej & Boyce, the flagship company of the Godrej Group, on 9<sup>th</sup> May, 2022, announced an organisation-wide initiative with a focus on bringing new innovative solutions to market that are not only sustainable and but also boost growth across its key B2B and B2C businesses. Godrej & Boyce plans to double its revenue in the next 5 years. Some of the cornerstones of this growth will be exports and its consumer businesses.



Godrej, with leading graphic novel experts, Amar Chitra Katha to showcase stories from its history to help inspire future generations with stories of courage, perseverance, nation building, agility, innovation and more. Godrej & Boyce also launched a virtual tour of the Godrej Archives that uses AR and VR to provide visitors with a unique experience of Godrej's 125 years rich legacy.

Godrej & Boyce ('G&B'), a Godrej Group company, was founded in 1897, and

The Company marked this milestone with the launch of a new 125 year commemorative logo that captures its efforts to not only be 'forward-thinking' in business but also to be at the 'cutting edge' of innovation and sustainability - an identity that honours the history of Godrej & Boyce while focusing on its future.

The logo was first unveiled on the 6<sup>th</sup> May at its headquarters in Vikhroli, Mumbai and will prominently feature on all collaterals and product packaging through the year. On this occasion, Godrej & Boyce, also launched a book on its founders, Ardeshir and Pirojsha

and to India's journey of self-reliance through manufacturing. G&B patented the world's first springless lock and since then, has diversified into 14 businesses across various sectors from Security, Furniture, Aerospace to Infrastructure and Defence. Godrej is one of India's most trusted brands serving over 1.1bn customers worldwide daily.



On 8th May, 2022, the Ahmedabad Parsi Panchayat organised a Covid-19 Booster Dose Vaccination drive for the Humdins belonging to the age group - 50 years and above. Vaccines were successfully administered to over 100 seniors of Ahmedabad.

## Reader's Corner

Parsi Times is delighted to present the writings of our talented readers with the Community, via our promotional platform - Reader's Corner. We encourage and promote our budding writers, to share your original works - poetry or prose, by offering the opportunity of getting your work published in Parsi Times - the Community's leading Newspaper! Mail us with your contributions at editor@parsi-times.com

### A Five-Year-Old's Visit To The Mall

By Gulshan D Morawala

I'm happy when mom says  
we are going to the store,  
It's exciting to see racks row after row  
Stacked with items - big and small.  
There's something to buy, for one and all!

While mom goes to the groceries,  
I pull dad towards the bakery  
As I love cakes and cookies too,  
I plead with him to buy me a few!

Then, I put on my sweet smile,  
As I roam about in the isle  
To check upon the ice cream rack,  
Stored with ice cream boxes, pack upon pack!

My little feet stray towards the toys,  
There's plenty of them, for girls and boys!

Cars and bikes and bats and balls,  
Kitchen sets and colour books and Barbie dolls.

My eyes grow wider as I stand on tip-toe,  
To get a glimpse of toys around the store,  
When I spy a fleecy white rabbit upon the shelf  
Sitting forlorn, all by itself.

I tug at Dad's hand with a pleading look  
Pointing towards the rabbit in the nook,  
Dad is a darling, he puts it in the cart,  
I thank him joyfully, with all my heart.

So, I got my cookies and also a toy,  
Today is my day of great joy!  
Thank you, God, for Mom and Dad,  
With them around, my days could never be bad!

### Courage - The Rope To Success

By Vahishta Yezdi Patel

It is tough indeed to deliver the message  
Of how everybody should have the courage,  
In order to surpass the things that damage  
Our very own vaunted and precious image.

For those of you who rig out humility  
From every possible task  
which is capable of creativity,  
Then pardon me for this negativity,  
But you definitely require some sensibility!

Easy for us to laugh at the clown  
Who travels eight miles from the nearest town,  
Even though he doesn't possess any crown,  
He still has eyeballs staring from all around.

It is not at all wise to suppress  
The only thing that helps you progress,  
So, remember to have the grit to impress  
And you will eventually reach Destination:  
Success!

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**SECURITY DOORS**

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Desgin  
Special Locking  
System, Hinges,  
Box Grill &  
Aluminium  
Sliding Windows

Contact: 9136409126  
8369883354

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**CALCUTTA ZOROASTRIAN COMMUNITY'S  
RELIGIOUS AND CHARITY FUND**  
52 Jawaharlal Nehru Road Kolkata - 700 071 Tel: 033 2280 7851

**KHANDHIAS REQUIRED**  
We invite young Parsees to come to Kolkata to work in the Trust Office at a minimum monthly salary of Rs. 15,000/- per month. His duties will also entail working as a Pall Bearer. We will provide appropriate accommodation.

Apply by 29th May, 2022 by e-mail to czcrf@gmail.com or by Speed Post at the above address.



## Tête-à-tête With BPP Candidate Dr. Adil Malia

*A very strong contender for the post of Trustee, Dr. Adil Malia's inspirational narrative is a story of a self-made man risen from humble beginnings through the sheer dint of his hard-work achieving a very respectful stature in the Corporate World indeed bringing pride to the Parsi community. 'PeopleHum' ranks him in the list of 110 'Top Global Influential Leaders'. Dr. Malia brings on the table over four decades of top Management expertise, hands-on experience in Governance and a strong track-record in execution of programs. Being committed passionately to 'People Management', he has over time, helped several Zoroastrians in significantly different ways. Dr. Malia is a staunch 'Zarthosti' who prides himself in living the Zoroastrian way of life. As part of the 'Committed To Community' Team, with his personal campaign belief-line being, 'Opt For Hope', the community stands to gain much with Dr. Malia as a BPP Trustee.*

### Parsi Times in conversation with Dr. Adil Malia...

**PT:** Dr. Malia, would you share with our readers, your contributions towards our Community, up to now?

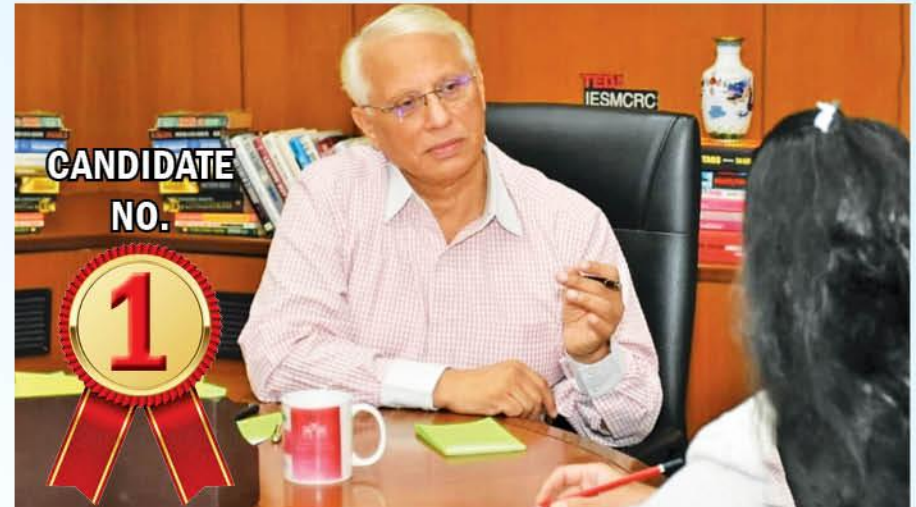
**Dr. Adil Malia:** I decided to formally enter the BPP election fray recently, after closely observing an acute decline in the Credibility and Management of its affairs for a while. Until then, I was focussed on my professional work in the Corporate space. But all through these years, I can say, with my hand on my heart, that I have always nurtured a deep sense of love, regard and fondness for our people and have contributed to our community on several occasions - in significantly different ways, whenever an opportunity came up.

Everyone contributes in their own way, depending on their unique capabilities and available resources. A few of the ways that I have tried to and made a difference mainly include personally mentoring Zoroastrian Professionals and budding entrepreneurs, providing permanent employment opportunities to a large number of Parsis, significant monetary assistance to people in need, particularly over the last 2 years during Covid, etc. I believe that teaching people to fish is much better than offering a fish to them on the plate. I have, to that end, periodically conducted several capability building sessions for our youth on writing impressive resumes and preparing for job interviews. I have also offered permanent employment opportunities in different companies to several Parsis and have also provided career guidance to many of our youngsters who were otherwise feeling lost for direction.

I have coached, mentored and supported many young Parsi entrepreneurs to succeed in their business endeavors, pro bono, one of them being Jehan Kotwal - CEO of JFK Truckers and founder of 'Humsafar', who was awarded last week by Nitin Gadkariji through WEF. Between my wife and I, we have provided monetary assistance to several people during the pandemic towards their medical needs. In fact, we are now in the process of evaluating and setting up a formal structure/organisation for the same, supporting people in need. I have also periodically supported the Saronda Parsi Anjuman through donations for the upkeep of our Pak Agiary Makaan.

I've been writing ongoing articles in 'Parsi Times' through my column - 'Sharpening The Edge', with the aim of inspiring our young Parsi professionals to enhance their performance and be market ready for success. Founder of XYZ has reflected last week in his endorsement the help I have provided whenever called for support. I have done many 'Quick-read-Doodles' on Social Media, to explain Gathas and Jamaspi stories to encourage our young Zoroastrians through Social Media platforms.

My contributions to our community are Future Focussed and Developmental in nature and thus need to be evaluated under a different light. My election to BPP will offer me a broader platform and wider reach to do similar activities, in a much more organised manner and on a larger scale.



**PT:** On a religious level, how do you identify as a Zarthosti?

**Dr. Adil Malia:** I am a staunch Zoroastrian with a firm belief in the tenets of our religion, just like the majority of us who are practicing it. I, therefore, have no specific leanings, whatsoever, neither as a 'Fanatical Traditionalist' nor as a 'Mindless Reformist'.

I practice our religion in a practical, mature and balance way. I wear my 'sadra-kasti', recite our prayers daily, visit Atashbehrams-Agiaries, do charity for just causes, help everyone along the way and lead a life by walking the path of *Asha* (truth and righteousness) and by observing Manashni, Gavashni & Kunashni'.

**PT:** Could you share with us a few issues close to your heart, which you look forward to working on, as a BPP Trustee?

**Dr. Adil Malia:** Few issues close to my heart include developing programs to build professional talent edge for our youth and facilitating an enabling environment on the Board, where problems are mitigated and not litigated between all factions. I would like the governance at BPP to reflect the 'PATI' norms - Probity, Accountability, Transparency and Inclusion. I also hope to work towards resolving the entire L&L/tenancy issue, in a time-bound manner.

**PT:** If elected, will you remain fully committed to the expectations of our community from a Trustee?

**Dr. Adil Malia:** Yes, if elected, I will remain fully committed to use my time, my knowledge, my experience and the network of relationships in fulfilment towards my role as the 'Trustee'. The challenges that the current Board will leave behind as its legacy for the New Board to handle, even without any imagination, appears to be gargantuan. Over and above that, the New Board will require maturity, wisdom and a positive reconciliatory attitude, which I will commit myself to, as a Trustee.

### Zubina Malia Endorses Adil Malia ...



**"I am Zubina - Adil Malia's wife. Adil and I met each other when we were studying at Tata Institute of Social Sciences in 1985. We have been happily married since 1988.**

**I can personally assure you (and this is not said only out of affection) that the Adil I know is a very hardworking, honest and caring person, who remains fully committed to the cause and the purpose he subscribes to, and that is the secret of his success. We both have deep beliefs in our Zoroastrian Religion which we practice daily in our lives. I wish Adil good luck and will be supporting him shoulder-to-shoulder in his new journey."**

**- Zubina Malia**

# PEACE PROSPERITY PROGRESS



✓ IT'S TIME FOR A CHANGE

✓ VISION 2022-27:

**PARSI PROSPERITY**

✓ HARMONY IN THE BOARD ROOM

✓ BUILDING TRUST WITHIN COMMUNITY



LION DAARA PATEL



KERSI RANDERIA

**NO EXTERNAL INTERFERENCE**

✓ REBUILDING BPP'S CREDIBILITY



DR. ADIL MALIA



HOSHANG JAL (IRS Retd.)

**MISSION: COMMUNITY WELFARE**

✓ REINSTATING PARSIGLORY

**Team COMMITTED TO COMMUNITY**

- Building Trust, Rebuilding Credibility -

# The Qawa Word Search

Search out 16 of the most popular Classical Musicians in the world hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                 |              |                |             |
|-----------------|--------------|----------------|-------------|
| Nile River      | Amazon       | Yangtze        | Yenisei     |
| Río de la Plata | Mississippi  | Ob-Irtysh      | Brahmaputra |
| Euphrates       | Rio Grande   | Mackenzie      | Missouri    |
| Mekong          | Yellow River | Murray Darling | Danube      |



## TechKnow With Tantra

### Interpreter for Google Home

You can now 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. In the 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. You can thus have a conversation with a person who cannot understand your language at all, using Google Interpreter as your middleman!

## SUDOKU

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

Solution see below

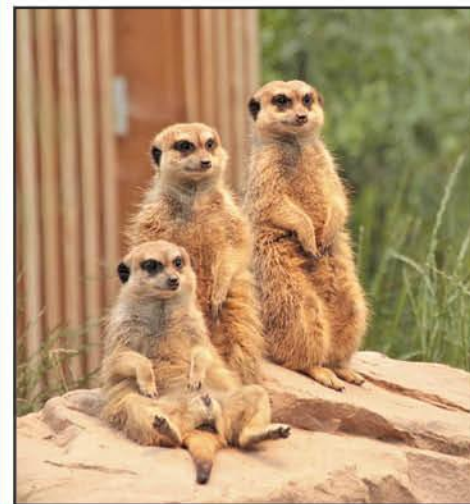
## WINNING CAPTION!!!



Depp: I heard Heard heard I was going to sue her.  
 Heard: I heard he heard Heard called him a 'Soovar'.

By Viraf P. Commissariat (USA)

## CAPTION THIS!



Calling all our readers to caption this picture! Send in your captions at editor@parsi-times.com by 18th May, 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

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

### Thought of the Week

"Be not afraid of going slowly, be afraid only of standing still."

Chinese Proverb

## 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



# Attitude Towards Ageing



RUBY LILAOWALA

No matter what you have accomplished in life so far, no matter what your age, you still have much more to offer and chances are, your best is yet to be... if you know how to optimize the second half of your life.

We can't prevent the biological clock from ticking but we can make it tick a little slower to look and feel 10 or 20 years younger. This is the 'inside-job' where you have to re-awaken your optimism, energy, resilience, joy, love, wonder, curiosity and spontaneity. This is the only recipe to feel younger and fully 'alive' by which you can 'youthen' yourself rather than ageing in the final decades of your life!

One of the great poems in the English language, Lord Tennyson's 'Ulysses', is about old age. Its greatness lies not only in the beauty of its words and imagery but in the courage and indomitable spirit it expresses. After his heroic life of travel and adventure, Ulysses is dissatisfied with people who only "hoard, and sleep and feed," who think that living is just a matter of continuing to breathe.

He knows that even twenty lives will not be enough for what he wants to do; and though he is old in years he despises the thought of coddling himself while his spirit is still 'yearning in desire, to follow knowledge, like a sinking star, beyond the utmost bound of human thought'. He wants to go sailing 'beyond the sunset, and the paths of all the western stars' until he dies. He knows that he is still 'strong in will, to strive, to seek, to find and not to yield'.

Everyone over the age of sixty could take this as their inspiration, interpreting it according to their individual capacity. Whether the experiences are real and physical or just in thought is immaterial; it is the spirit that counts. No matter what age, life should be an endless adventure. But alas! This is not the usual attitude in advanced countries.

After years of abusing their bodies, overworking them, filling them with wrong or inadequate foods and also with stimulants and tranquillizers, the majority of people over sixty have already begun to use the phrase they



cling to for the rest of their lives, a parrot-cry uttered at every test or challenge, "I am too old!" This is the final excuse for indolence, apathy, self-pity, inefficiency, defeatism and laziness.

No one really wants to be too old but only a small minority are prepared to exert themselves to delay the ageing process. They hope perhaps that some miracle drug will suddenly solve all their problems, since pills and injections are less trouble than sustained hard work. They rather resemble a man who neglects a good job because he is expecting to win a lottery, but unfortunately dies in poverty before it ever happens.

A survey in the United States asked twenty people who had crossed hundred years of age, what age they would choose to be if they were to start life again. Most replied that they would like to start from forty or forty-five; not nineteen or twenty-five. The answer should not surprise anyone. The over-forties should be the best age, for a healthy man over forty has a mature mind, an accumulation of experience and knowledge of life that the young cannot own. He can discriminate between right

and wrong; he has stability, clear vision and inner strength and physically he is likely to be in his prime.

is the beginning of the end, is for the Yogi, literally the prime of life, the high noon of maturity, while old age, as we understand it, need not come until a very advanced period to one who has learnt the secrets of prolonging youth and life.

In fact, a little-known branch of Yoga called 'Avatara Yoga' is dedicated to this arresting of the ageing process. It embodies the most closely-guarded doctrines and includes physical techniques for defying the effects of time. There are many sages in exclusive monasteries of India, China and Tibet who have mastered the secret methods of preserving mental and physical powers for extraordinary periods.

But, we are basically concerned with the common man. Here also, the Eastern man scores due to his good habits, absence of tobacco and alcohol, a relatively peaceful and stable family life. Only a small percentage indulges in drugs and all sorts of wrong habits. This enhances his working life and he can look young even at 55 or 60.

We have all heard of people who had looked forward to years of retirement but could not enjoy it when it came because of ill-health and failing-powers. Middle-age is the time, perhaps the last chance to insure against this tragedy; to make the second half of life a triumphant conclusion to a useful active youth.

We are all human beings, whether we are 20, 60 or 80 years old and we are all participating in the inevitable process of ageing. With proper Satvic diet,

exercises, meditation, sound sleep and a happy outlook on life (no matter what your outward circumstances), you can improve your final years by appreciating and being grateful for what you have. The very fact that you woke up this morning is a blessing and if you woke up without anyone's help, it's a double blessing. Wake up with 'young' thoughts and ideas, and you'll always look and feel young!!



What we just discussed was the attitude of people in the Western world but what do people living in the East think and say about old age? People in the East are quite unlike their Western counterparts. They believe that the physical body does not finish developing until the age of thirty (and not twenty-one) and even then, it may still be moulded and brought to near perfection. Sixty, which to some of the Westerners,

# પારસી રાઈમ્સ

Volume 12 - Issue 5 • Saturday, 14 May, 2022 - Friday, 20 May, 2022 • English Gujarati Weekly • Mumbai • Page 14 • Price ₹8/-

THE TRUTH. DELIVERED WEEKLY.

## કોલેજિયમે જસ્ટિસ જેબી પારડીવાલાની સુપ્રીમ કોર્ટના જજ તરીકે નિમણુંકની ભલામણ કરી!

સુપ્રીમ કોર્ટ કોલેજિયમે ગુજરાત હાઈકોર્ટના જજ - જસ્ટિસ જે બી પારડીવાલાની સુપ્રીમ કોર્ટના જજ તરીકે નિમણુંક કરવાની ભલામણ કરી છે. ૫મી મે, ૨૦૨૨ના રોજ ચીફ જસ્ટિસ ઓફ ઈન્ડિયા (સીજેઆઈ) એનવી રામાનાના નેતૃત્વમાં કોલેજિયમની બેઠકમાં આ નિર્ણય લેવામાં આવ્યો હતો.



૧૯૯૦માં ગુજરાત હાઈકોર્ટમાં શિક્ષક થયા હતા. તેઓ ૨૦૦૨થી ગુજરાત હાઈકોર્ટ અને તેની ગૌણ અદાલતો માટે સ્ટેન્ડિંગ કાઉન્સિલ તરીકે નિમણુંક પામ્યા હતા.

તેમણે કાયદાની તમામ શાખાઓમાં પ્રેક્ટિસ કરી છે. તેઓ ૧૯૯૪થી ૨૦૦૦ સુધી બાર

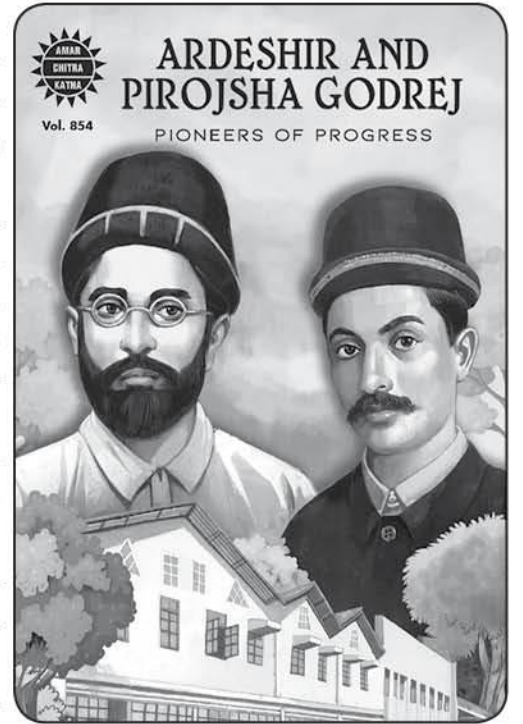
કાઉન્સિલ ઓફ ગુજરાતના સભ્ય રહ્યા છે. તેઓ બાર કાઉન્સિલ ઓફ ઈન્ડિયાની શિસ્ત સમિતિના નામાંકિત સભ્ય તરીકે પણ નિયુક્ત થયા હતા. તેઓ ૨૦૦૨ થી ગુજરાત હાઈકોર્ટ અને તેની ગૌણ અદાલતો માટે સ્ટેન્ડિંગ કાઉન્સિલ તરીકે નિયુક્ત થયા હતા. ૧૭ ફેબ્રુઆરી, ૨૦૧૧ના રોજ તેમની હાઈકોર્ટમાં એડિશનલ જજ તરીકે નિમણુંક કરવામાં આવી હતી અને ૨૮ જાન્યુઆરી, ૨૦૧૩ના રોજ કાયમી જજ તરીકે નિમણુંક કરવામાં આવી હતી.

ન્યાયમૂર્તિ પારડીવાલાએ નિર્ણાયક અને સંવેદનશીલ બાબતો પર અસંખ્ય ચુકાદાઓ આપ્યા છે અને કાયદાના વિવિધ વિષયો પર ૧,૦૦૦ થી વધુ અહેવાલ આપેલા ચુકાદાઓ છે. તેઓ ગુજરાત હાઈકોર્ટના સ્થાયી અને સંકલન સમિતિના સભ્યોમાંના એક છે અને ખરીદ સમિતિના અધ્યક્ષ પણ છે.

જસ્ટિસ પારડીવાલાનો જન્મ ૧૨ ઓગસ્ટ, ૧૯૬૫ના રોજ થયો હતો અને તેમણે ૧૯૮૯માં વલસાડમાં તેમની કાયદાની પ્રેક્ટિસ શરૂ કરી હતી. બાદમાં તેઓ સપ્ટેમ્બર,

## બ્રાન્ડ ગોદરેજ લોકસ યુવાઓ માટે પોતાનો ઇતિહાસ જાણવા રજૂ કરે છે અમર ચિત્ર કથા

પ્રખ્યાત ગોદરેજ પરિવારે અમર ચિત્ર કથા (એસીકે) દ્વારા તેમનો ઇતિહાસ શેર કરીને યુવા વર્ગ સાથે બ્રાન્ડ રિકોલ વધારવાનું પસંદ કર્યું છે કોમિક્સ અને ગ્રાફિક નવલકથાઓના પ્રકાશનના રાજા જેમણે લાખો બાળકોને સારી રીતે ચિત્રિત કોમિક્સ દ્વારા ભારતીય ઇતિહાસ અને પૌરાણિક કથાઓથી પરિચિત થવાની પ્રેરણા આપી છે.



૭૩ વર્ષિય જમશેદ એન ગોદરેજ, ગોદરેજ એન્ડ બોયસના ચેરમેન અને એમડી, શેર કરે છે કે પડકાર નાના પ્રેક્ષકો અને બાળકો સુધી પહોંચવાનો હતો કે જેઓ કદાચ ગોદરેજ બ્રાન્ડ સાથે બહુ ઓછો સંબંધ ધરાવતા હોય. અમે જોઈ રહ્યા

હતા કે અમે બાળકો અને યુવાન વયસ્કો સુધી કેવી રીતે પહોંચી શકીએ જેથી કરીને અમે ગોદરેજની વાર્તા શેર કરી શકીએ, કારણ કે તેઓ આ બ્રાન્ડ સાથે એટલા સંકળાયેલા નથી. તેમના સુધી પહોંચવાનો એક રસ્તો હતો કોમિક પુસ્તક, જ્યાં તમે વર્ણનાત્મક લેખનનો ઉપયોગ કરી શકો છો અને ચિત્રો સાથે વાર્તા કહી શકો છો. અમને લાગ્યું કે નવી પેઢી સુધી પહોંચવા માટે તે ખૂબ જ અસરકારક માર્ગ છે.

એસીકે અગાઉ જમશેદજી ટાટા, જેઆરડી ટાટા અને ઘનશ્યામ દાસ બિરલા જેવા અન્ય ઔદ્યોગિક દિગ્ગજોના કોમિક પુસ્તકો પ્રકાશિત કર્યા છે. ગોદરેજ પરિવારના કિસ્સામાં, કોમિક બુક તેના સ્થાપકો - ભાઈઓ અરદેશીર અને પીરોજશા વિશે છે, જેમણે ગોદરેજ સામ્રાજ્યની સ્થાપનામાં મહત્વપૂર્ણ ભૂમિકા ભજવી હતી. તે ગુજરાતના ભરૂચથી મુંબઈના ખળભળાટવાળા શહેરમાં પરિવારના સ્થળાંતર દ્વારા ગોદરેજના ઇતિહાસને શોધી

કાઢે છે. તે શેર કરે છે કે કેવી રીતે બોમ્બે ગેઝેટમાં શહેરમાં તાળા તોડનારાઓની ટોળકી વિશેની એક નાનકડા સમાચાર અરદેશીર ગોદરેજને મજબૂત તાળાઓ બનાવવાના વ્યવસાયમાં પ્રવેશવા પ્રેરિત કરે છે. તેમના પરોપકારી અને કોર્ટુબિક મિત્ર, મેરવાનજી કામા - જેમના ભત્રીજા, બોયસ, જેના પછી કંપનીનું નામ બદલીને ગોદરેજ એન્ડ બોયસ કરવામાં આવ્યું હતું તેની આર્થિક મદદથી, અરદેશીર સાથે જોડાયા પરંતુ લાંબા સમય સુધી કામ ન કર્યું - અને રૂ. ૮૦,૦૦૦ ની લોન, તેમણે એક શેડ ભાડે રાખ્યો. લાલબાગમાં, ગુજરાત અને મલબારમાંથી એક ડઝન કામદારોને નોકરીએ રાખ્યા, એક નાનું સ્ટીમ એન્જિન ખરીદ્યું અને ૧૮૯૭માં તાળાઓ બનાવવાનું શરૂ કર્યું.

એસીકે શરૂઆતમાં ૫૦૦ નકલોની નાની પ્રિન્ટ સાથે શરૂ કરી રહ્યું છે પરંતુ તેના ડિજિટલ સંસ્કરણમાંથી મોટી સંખ્યામાં આવવાની અપેક્ષા રાખે છે.

## સંજાણ ઉતરી તે અંજુમન કેવી હતી?

જે અંજુમન સંજાણ ઉતરી તે લોકોના પોશાકોનો તો આપણે ખ્યાલબી નથી કરી શકતા, સાધારણ કામે એક જાતનો પોશાક, કિયાકામ કરે ત્યારે તેનો જુદો જ જાતનો અને કોઈ ગુજરી જાય, ત્યારે જે પહેરે તે તો ફેકી જ દે, પાછો નહિ પહેરે. એવી જાતની નસાબદી તેઓ પાળતા હતા.



શેઠ જહાંગીર ચીનીવાલા જ્યારે સાત વરસના હતા ત્યારે તેઓએ એવા પારસીઓ જોયા હતા કે તેમાંનો એક બળદના ગાડામાં બેસે, તો ગાડુ ભરાઈ જાય તો પછી સંજાણ ઉતરી તે અંજુમનના સાહેબો તો કેવાબી હશે! જાદીરાણા તેને જોઈને ગભરાઈ જાય તેમાં કાંઈ નવાઈ છે?

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## મીથ્રનુ બળ Thought Force



આજે તો બુરા જમાનાની આલુદગીને લીધે તરીકતમાં તો ખામી આવ્યા વગર રહેજ નહિં પણ આજે જે મુખ્ય ચીજ છે તે મીથ્ર છે. ભલા જમાનામાં મુખ્ય ચીજ યસ્ન હોય છે. ઉસ્તાદ સાહેબ હનુમ લાવ્યા અને તે અમુક જણાઓને તેલસીલ થયો તે કાંઈ ખાલી અકસ્માત નથી પણ વરજાવંદ સાહેબની આમદનો મીથ્ર ઉભો કરવા માટે બધું થયું છે. દુનિયામાં જે કાંઈ આબાદીના પ્રવાલો ઉતરે છે તેમાંથી મીથ્ર જ કામ કરે છે. તેમાં ત્રણ જાતના મીથ્રો કામ કરી શકે:

(૧) શહેનશાહનો મીથ્ર (૨) અંજુમનનો મીથ્ર, (૩) જાનવરોનો મીથ્ર

સૌથી પહેલા દરજાનો મીથ્ર ભલા શહેનશાહનો હોય જે કેવો હોય કે અમુક નીરંગ ભણીને હળને લાઇ લગાડે કે તરતજ વરસાદ પડે. બીજા દરજાનો મીથ્ર ભલી અંજુમનનો હોય અને ત્રીજા બધી જાનવરી પેદાયશનો.

આજે તો આબાદોમાં સૌથી મોટો હિસ્સો જાનવરી પેદાયશનો છે કારણ તે બધાનો ભલો મીથ્ર કુદરતની તરતિબ પ્રમાણે ચાલુ ચાલ્યા જ કરે છે. અંજુમનમાં તો કાંઈ ઘણાજ થોડા દીનચાશીદારોનો મીથ્ર હોય તેજ અને આજે બીચારા શહેનશાહના મીથ્ર જેવું તો કાંઈબી છેજ નહિ.

એક માણસ બસ ખંતીલો બનીને સાત વરસ સુધી. ચાલું એક મીથ્ર કરે કે મારી ફલાણી ખામી દૂર થાય તો જરૂર જ તે ખામી દૂર થશે. ભલેને જોશી તેનો ટપકો જોઈને કહે કે માણસ ભેજ ફાટેલ છે. પણ તે પોત જોઈને અજબ થાય કે વાતમાં તો કેટલો ઠંડો છે; એમાં કાંઈ જ્યોતિષ ખોટું નથી પડતું પણ મીથ્રથી એટલો બધો ફરક પાડી થકાય છે.

અલિયા આપણે કલાસમાં ભેગા મલીએ છીએ. હું બોલું છું, તમે સમજો છો. એવી એક ભલો મીથ્ર ઉભો કરવા માટે છે. વરજાવંદ સાહેબની આમદને લગતી ચિથ્રમ બુયાતની બંદગી જે આદર બાદ મારેરપંદે આપી છે અને છેક એવણની રાઈનીદારીની શરૂઆતથી આવતા રાઈનીદાર થાટે ભણાઈ રહી છે તે શાને માટે? એક મીથ્ર ઊભો કરવા. કુદરતમાં પણ ઈદ્દત-માલુલ (Demand and Supply) નો કાયદોજ કામ કરે છે.

## મા બાપને ભુલશો નહીં!



એક વૃદ્ધ વૃદ્ધે કહ્યું : જજ સાહેબ ! જો તમે ફક્ત માસિક એક માણસ અદાલતમાં ડોલર આપવાનો લુકમ આપશો તો પણ હું ખૂશ થઈ જઈશ દાખલ થયાં જેથી પરંતુ શર્ત એટલી કે તે એક ડોલર મને પોતાના લાથથી મોડું પોતાની શિકાયત કર્યા વગર આપ્યા કરે. જજે કહ્યું : બિલકુલ એવું જ થશે, એ આપનો લક છે. જજે પૂછ્યું : પછી જજે લુકમ જારી કર્યો કે ફલાણો પોતાના પિતાને પિતાની લયાતી સુધી માસિક એક ડોલર સમયસર પોતાના જ લાથથી આપ્યા કરશે.

વિરુદ્ધ છે?

તેમણે કહ્યું : મારા પુત્ર વિરુદ્ધ.

જજ હેરાન થયો અને પુછ્યું : શું ફરિયાદ છે?

વૃદ્ધે કહ્યું : હું મારા પુત્ર પાસેથી એની તાકત મુજબ માસિક ખર્ચો માંગી રહ્યો છું.

જજે કહ્યું : આ તો તમારો તમારા પુત્ર પર એવો લક છે કે જેની દલીલો સાંભળવાની કોઈ જરૂર જ નથી.

વૃદ્ધે કહ્યું : જજ સાહેબ! એ છતાં કે હું માલદાર છું અને પૈસાની જરૂર નથી, પરંતુ હું ઈચ્છું છું કે મારા પુત્ર પાસેથી માસિક ખર્ચ પ્રાપ્ત કરતો રહું.

જજ હેરાન થઈ ગયો અને એની પાસેથી એના પુત્રનું નામ અને સરનામું લઈ એને અદાલતમાં લાજર થવાનો લુકમ જારી કર્યો.

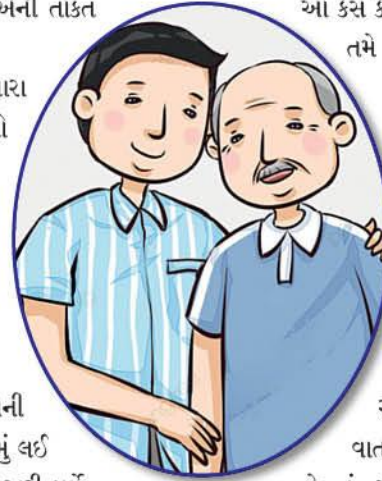
પુત્ર અદાલતમાં લાજર થયો તો જજે અને પૂછ્યું : આ તમારા પિતા છે?

પુત્રે કહ્યું : જી, હાં આ મારા પિતા છે.

જજે કહ્યું : તેમણે તમારા વિરુદ્ધ કેસ કર્યો છે કે તમે એમને માસિક ખર્ચ થોડો ઘણો પણ ખર્ચ આપતા રહો.

પુત્રે હેરાનીથી કહ્યું : તેઓ મારી પાસેથી ખર્ચ કેમ માંગી રહ્યા છે જ્યારે કે તેઓ ખુદ ખૂબ માલદાર છે અને એમને મારી મદદની કોઈ જરૂર નથી.

જજે કહ્યું : આ તમારા પિતાની માંગ છે અને તેઓ પોતાની માંગમાં આઝાદ અને લક પર છે.



અદાલતનો રૂમ છોડતા પહેલા જજે વૃદ્ધે બાપને પૂછ્યું : જો તમને ખોટું ન લાગે તો મને બતાવો કે તમે ખરેખર આ કેસ કેમ કર્યો? જ્યારે કે તમે માલદાર છો અને તમે ઘણી જ મામૂલી રકમની માંગણી કરી?

વૃદ્ધે રડતાં રડતાં કહ્યું : જજ સાહેબ! હું મારા તે પુત્રને જોવા માટે તરસી રહ્યો છું અને તેને તેના કામોએ એટલો વ્યસ્ત કરી દીધો છે કે મેં ઘણા લાંબા સમયથી એનો ચેલરો સુધ્યાં નથી જોયો, જ્યારે કે હું મારા પુત્રને ખૂબ જ પ્રેમ કરું છું. અને દરેક ક્ષણે મારા દિલમાં એનો ખ્યાલ રહે છે, તે મારી સાથે ટેલિફોનથી પણ વાત સુધ્યાં નથી કરતો, એ જ કારણથી કે હું એને જોઈ શકું ચાહે મહિનામાં એક વખત કેમ ન હોય? એટલે મેં આ કેસ દાખલ કર્યો છે.

આ સાંભળી જજ બેકાબુ થઈ રડવા લાગ્યાં અને સાથે સાથે બીજાઓ પણ, અને વૃદ્ધે બાપ ને કહ્યું : ઈશ્વર સોગંધ! જો તમે પહેલાથી મને આ બાબતની જાણ કરી હોત તો હું એને જેલની અને કોરા મારવાની સજા સંભળાવતે. વૃદ્ધે બાપે મુસ્કુરાતા કહ્યું : મારા વ્હાલા જજ! તમારો એ લુકમ મારા દિલને તકલીફ પહોંચાડતે.

કાશ! બાળકો જાણતે કે એમના માતા-પિતાના દિલોમાં એમના માટે કેટલી લાગણીઓ છે. ઈશ્વર આપણને સૌને સીધા રસ્તાની સદ્બુદ્ધિ આપે.

अेक नजर पारसी मरणो उपर

Deceased मरणार	Age वय	Date तारीख	Address र. ठे.	Relations सगाथीओ
Arnavaz Dhunjishaw Udwadia अरनावाळ धनजशा उदवाडया	94 ९४	05.05.2022	Shila Apartments, Flat No 15 B, Besant Street, Santacruz(W), Mumbai 54. शीला अपार्टमेंट, इवेट नं. १५बी, बेसन्ट स्ट्रीट, सांतक्रुझ (प.), मुंबई ५४.	ते मरुमो जार्ज तथा धनजशा शापुरज उदवाडयांना दिकरी ते मरुमो केडी धनजशा उदवाडयांना बलेन ते लोशंग केडी उदवाडया तथा मीनु केडी उदवाडयांना कुंठे ते मरुमो मेरी केडी उदवाडयांना नणंद ते शरना लोशंग उदवाडया तथा अरनावाळ मीनु उदवाडयांना सासुहुं.
Osti Bapsy Maneck Antia ओस्ती बेपसी मानेक आंटीया	90 ९०	06.05.2022	Room No 4, 15, Wadia Bldg., Old Khareghat Colony 1St Floor, Hughes Road, Babulnath Mumbai 7. रूम नं. ४, १५ वाडीया बिल्डिंग, ओल्ड खरेघाट कोलोनी, १५ वे माणे, ह्युजीस रोड, बाबुलनाथ, मुंबई ७.	ते ओस्ता मरुमो मानेक मीनोचहेर आंटीयांना घणीयाणी ते मरुमो जर्बाई तथा केपशुड कावरानांना दिकरी ते बेहराम कावराना अने दीनु केडी ईरानी तथा मरुमो मेहलवी अने केटी नोशीर मेहलताना बलेन ते दीवशाद वीरक भाधाना कुंठे.
Hormuz Peshotan Mama होरमज पेशोतन मामा	86 ८६	06.05.2022	667, Dhunmai Bldg., Lady Jehangir Road, Parsi Colony, Dadar(E), Mumbai 14. ६६७, धनमाई बिल्डिंग, बेडी जहांगीर रोड, पारसी कोलोनी, दादर (ईस्ट), मुंबई १४.	ते मरुमो पेशोतन अने ओरशेद मामाना दिकरी ते मरुमो लोशंगना भाई ते अेरय केडी जवेरीना पडोसी.
Hoshang Manekshah Boatwala लोशंग मानेकशा ओतवाला	94 ९४	07.05.2022	8, Ratan Manzil, 64, Wade House Road, Above Charag Din, Colaba, Mumbai 5. ८, रतन मंजीव, ६४ वुड हाउस रोड, चेरग दीननी उपर, कोलाबा, मुंबई ५.	ते मरुमो मानेकशा अने तेहेमीना ओतवाला दिकरी ते मरुमो नरगीश लोशंग ओतवाला ते गेरमेन डेसी सायरस ओतवाला, सीधवाना भावाळ ते सायरस केडी सीधवाना ससराळ ते मरुमो मीनी, नाजू, हीराजना भाई ते रोशन अने मरुमो लोमीना अनेवी ते वीरक, इकशाना, बीनाईकर, नताशाना मासा ते परवीन अने इरीना अनेवी ते नेनसीना मासा ते मरुमो पीरोजशा अने तेहेमीना देबुना जर्भाई.
Mani Nariman Pastakia मनी नरीमान पस्ताकिया	97 ९७	07.05.2022	H/705, Veena Beena C.H.S.Ltd., A.D. Marg, Sewree Naka, Sewree, Mumbai 15. अेच/७०५, वीना बीना सीअेचअेस बीमिडिड, अेडी मार्ग, सीवरी मुंबई १५.	ते मरुमो नरीमान पीरोजशाद पस्ताकियांना वीधवा ते अरपी, जरीर, देजी आ. कोईरना ममाळ ते मरुमो पीरोजभाई तथा पेशोतनना दिकरी ते दीनाळ अ. पस्ताकिया तथा मरुमो आदीव कोईरना सासुळ ते परसीस वीरपी ड्राईवर, डेयजाना अर्पण ते लुरजीन कोईरना ममईळ ते वीरपी ड्राईवर, महेरना अर्पण सासुळ ते अेरवद ओरान, अेरवद नोथ इश, वर, महेरजीनना ग्रेट ग्रान्ड मधर ते जमी, मरुमो अेळ, दौवतना बलेन ते धीती, मरुमो गुस्तादजना सी. ईन बो, ते मरुमो पीरोजशाद अने शिरीन पस्ताकियांना वडु.
Mozam Phiroze Murzban मोजेम फिरोज मरजबान	62 ६२	10.05.2022	22, Colaba Chambers, 1St Floor, Colaba Road, Near Colaba Bus Station, Colaba, Mumbai 5. २२, कोलाबा चेम्बर्स, पहिले माणे, कोलाबा रोड, नीयर कोलाबा बस स्टेशन, कोलाबा, मुंबई ५.	ते मरुमो कुमी फिरोज मरजबानना दिकरी ते आर्धवीन रशीद अरदीशीरना भाई ते आवां, आरयनीश तथा लुजेनना मामाळ ते रशीद सोदराब अरदीशीरना सावाळ.
Perviz Percy Daruvala परवीज परसी दाडवाला	87 ८७	10.05.2022	62, Bakhtawar Annexe, Nepeansea Road, Mumbai 6. ६२, अफतावर अनेअेकस, नेपीयन्सी रोड, मुंबई ६.	ते मरुमो आवामाय इस्तमळ गारडना दिकरी ते परसी अमनज दाडवालांना घणीयाणी ते तोरोनीज आदीव हातरीया तथा मरुमो शेरोय परसी दाडवालांना माताळ ते समीता शेरोय दाडवाला तथा आदीव जव हातरीयांना सासुळ ते मरुमो श्रीती होरमेळ तथा बेहराम गारडना बलेन ते रोहानना ममईळ ते रीयाना अर्पण ते दौवत अमनज दाडवालांना वडुमाय.
Soli Ardeshir Karanjia सोली अरदेशीर करंजिया	91 ९१	10.05.2022	Soona Villa 5Th Floor, Perry Cross Road, Opp. brahmakumari Garden, Bandra(W), Mumbai 50. सुना वीवा, ५मे माणे, पेरी क्रॉस रोड, ब्रह्मकुमारी अगीथो, बान्द्रा (वे.), मुंबई ५०.	ते अरदेशीर अने सुनामाई करंजियांना दिकरी ते बीवीना जार्ज ते दाराना भावाळ ते इरानना ससराळ ते मरुमो मीनु, तेहेमुव, अेदवना भाई ते नतनीया अने रयानना अर्पण ते डेनी, मरुमो जेबीना दीयर ते डीरोज, शीराजना वेवाई ते रोहीनतन, इकशाना, परवीनना डाका ते लोमाई, डेजीना अनेवी ते डोसाभाई अने जनीमाई वानीयाना जर्भाई.
Rustom Phirozeshaw Mistry इस्तम फिरोजशाद मिस्री	91 ९१	11.05.2022	31, Ruki Mahal, Colaba Causeway, Mumbai, 5. ३१, रुकी महल, कोलाबा कोजवे, मुंबई ५.	ते मरुमो सुनामाय तथा पीरोजशांना दिकरी ते केटी इस्तम मिस्रीना जार्ज ते मेहरजीनना भावाळ ते बातीना ससराळ ते तेहेमी तथा मरुमो जहांगु, केटी तथा बानुना भाई ते तुशार, नताशाना ममावाळ ते मरुमो आवामाय तथा कावसज देसाईना जर्भाई.
Gool Fali Todywala गुल इली तोडीवाला	86 ८६	11.05.2022	Kerawala Bldg., Tata Colony, Ground Floor, A02, S.V. Road, Bandra, Mumbai 50. केरावाल बिल्डिंग, ताता कोलोनी, ग्राउन्ड फ्लोर, अे-२, अेस. वी. रोड, बान्द्रा, मुंबई ५०.	ते मरुमो पीरोज तथा जहांगीरज अरशेदज मीस्त्रीना दिकरी ते मरुमो इवी मंचेरशाद तोडीवालांना विधवा ते मरुमो फिरोज जहांगीरज मीस्त्री, अदी जहांगीरना मीस्त्री ने अेळ जहांगीरज मीस्त्रीना बलेन ते परसी अदी मीस्त्रीना इईळ ते मीसीस डेनी अदी मीस्त्रीना भाबी.
Soli Faredoon Irani सोली फरेदुन ईरानी	67 ६७	11.05.2022	A-1, Bldg.No 357, Room No 4, 1St Floor, Proctor Street, V.A.Patil Marg, Grant Road, Mumbai 7. अे-१, बिल्डिंग नं. ३५७, रूम नं. ४, ग्रान्ट रोड, मुंबई ७.	ते मरुमो शीरीन तथा मरुमो इरेदुन अरदेशीर ईरानीना दिकरी ते पीरोज, दौबी, गोवेर, लोमाय तथा मरुमो गुबु ने इरीना भाई ते अराइत ईरानी, इराल मीस्त्री ने होरमजद ईरानी, इराल, अेनाळ आइताब, अनाईता अेबेना, जेनना मामा ते मीनोचेर गुस्ताद ईरानी, मेहरनोथ गुस्तादज ईरानी, अेब्राईलीम जेनना सावा ते लनोज मीस्त्री तथा लरतना मामाळ.
Keki Sorab Patel केडी सोराब पटेल	62 ६२	11.05.2022	Mehta Block Room No 40, A-4, New Khareghat Colony, N.s.patkar Marg, Babulnath, Grantroad, Mumbai 7. मेहता ब्लॉक, रूम नं. ४०, अे-४, न्यु खरेघाट कोलोनी, अेन. अेस. पाटकर मार्ग, बाबुलनाथ, ग्रान्ट रोड, मुंबई ६.	ते गुवचहेर तथा मरुमो सोराब पटेलना दिकरी ते गुवशन केडी पटेलना जार्ज ते मरुमो केडी पटेलना भावाळ ते लोमाय फिरोज जेनरव तथा सनोबर डेरसासप पटेलना भाई ते अुशनाळ, नताशा, जेहान अने तोरोनीशना मामाळ ते मरुमो जर् तथा दाराबशा असपारना जर्भाई.

Death Announcements From Prayer Hall

Mehernosh Keki Rivetna मेहेरनोश केडी रीवेटना	59 ५९	09.05.2022	40, Razak Manzil, Lady Jamshedji Road, Mahim, Mumbai 16. ४०, रजक मंजीव, बेडी जमशेदज रोड, माहिम, मुंबई १६.	ते मरुमो मनी अने मरुमो केडीना दिकरी ते जरीनना भाई ते वेरोन, सनोबरना अंजव.
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Death Announcements From Poona Parsee Panchayat

Roshan Homi Dastur रोशन होमी दस्तुर	92 ९२	01.05.2022	Roshan Villa 11, Tadiwala Road, Pune 411001. रोशनवीवा ११, ताडीवाला रोड, पुणे ४११००१.	ते मरुमो अे. लोमी पेंस्तनज दस्तुरना घणीयाणी ते मरुमो बानुभाई परदुनज वाडयांना दिकरी ते मरुमो रतांमाय तथा पेंस्तनज दस्तुरना वडु ते इकसी नोजर बातवीवाला अयने अे. लोसी लोमी दस्तुरना माताळ ते नोजर अने अनालीताना सासुळ ते बीनाईकर, लोशेदर, अने स्वातीना ममईळ ते इरजद सनाया अने परसीसना अर्पण ते मरुमो कोवांमाय, मेरभाई, नादरशा कपजशुड वाडया अने मरुमो बीवी दारां दस्तुरना बलेन ते सायरस अने आरमईतीना मासीळ ते इरीना कुंठे ते जेसमीनना डाकीळ ते नीबुइर, जेसमीन अने दस्तुरज अे. सायरसना मामीळ.
Ardeshar Khodaram Irani अरदेशर ओदाराम ईरानी (अदी ईरानी)	72 ७२	07.05.2022	B-204, Bai Maneckbai Jijibai Building, Lula Nagar, Pune 411040. बी-२०४, भाई माणेंकभाई जजभाई बिल्डिंग, लुवानगर, पुणे ४११०४०.	ते मरुमो ओदाराम अने सारवारना दिकरी ते गुवचेर, इरेदुन तथा मरुमो रोशनना भाई ते जरीनना घणी ते केडी अने सुनीबना ससराळ ते परीनाळ अने डेवनाना पण्या ते इरान, नीव, डेया अने उरवसना अर्पण.
Baman Kaikhusru Irani अमन केपशुड ईरानी	89 ८९	11.05.2022	A-1/2 Taty Top Society, Wanvri, Pune 411040. अे-१/१ तात्या टॉप सोसायटी, वानवरी, पुणे ४११०४०.	ते मरुमो केपशुड तथा म. ओरशेद ईरानीना दिकरी ते म. परीन अमन ईरानीना घणी ते डीरोज, मेहेरवान, म. शाम तथा गोदरेजना शधर ते म. दारा देववावीवाला, अुरशीद, मीना तथा ईवाना ससरा ते इरजाना, डेजिया, इरेदुन, इराल, पयम, रोजबेद, शारमीन, रोहानना ग्रान्ड शधर, म. अरपी, म. शेहराना भाई.



## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૪.૦૫.૨૦૨૨ થી તા. ૨૦.૦૫.૨૦૨૨



### Aries - મેષ - અ.વ.ઈ.

ચંદ્રની દિનદશા ચાલુ હોવાથી ૨૫મી જૂન સુધી નાની મુસાફરીનો ચાન્સ મળશે. બીજાના મદદગાર બનશો. ઘરવાળાની ડિમાન્ડ પુરી કરી શકશો. પૈસાનું આવન જાવન સારું હોવાથી ખર્ચ કરવામાં અચકાશો નહીં. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૪, ૧૫, ૧૮, ૨૦ છે.

**Lucky Dates: 14, 15, 18, 20**

The start of the Moon's rule till 25th June offers you an opportunity of short travel. You will be able to help others. You will be able to cater to the wants of family members. You will not hesitate to spend money as there will be a steady flow of income. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



### Cancer - કર્ક - ડ.હ.

તમને મોજલા અહ શુકની દિનદશા ચાલુ હોવાથી કામ પુરા કરવા બહારગામ જવાનો ચાન્સ મળી જશે. ફેમીલી ફ્રેન્ડ મળવાથી વધુ આનંદમાં આવશો. વધુ ખર્ચ કર્યા પછી પણ નાણાકીય મુશ્કેલી નહીં આવે. મનગમતી ચીજ વસ્તુ વસાવી શકશો. આજથી 'બહેરામ યઝદ'ની આરાધના કરજો.

શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૯ છે.

**Lucky Dates: 14, 15, 16, 19**

Venus' ongoing rule will bring you the opportunity of traveling overseas for your work. You will feel great satisfaction spending time with friends and family. Despite spending a lot of money, you will not face any financial shortfall. You will be able to make your desired purchases. Starting today, pray to Behram Yazad, daily.



### Libra - તુલા - ર.ત.

તમને ગુરૂની દિનદશા ચાલુ હોવાથી તમારી તબિયતની પર વધુ ધ્યાન આપશો. ઘન મેળવવા વધુ મહેનત નહીં કરવી પડે. જ્યાં કામ કરતા હશો ત્યાં પ્રમોશન મળવાના ચાન્સ છે. બહારગામ જવાનો પ્લાન બનાવશો. જૂના રોકાણમાંથી ફાયદો મળશે. માથા પરનો બોજો ઓછો કરી શકશો. દરરોજ 'સરોશ યક્ષ' ભણાજો.

શુકનવંતી તા. ૧૫, ૧૬, ૧૮, ૨૦ છે.

**Lucky Dates: 15, 16, 18, 20**

Jupiter's ongoing rule will have you focusing more on your health. You will not need to work too hard to earn money. A promotion is predicted at your place of work. You could make plans to travel abroad. Old investments will prove profitable. Your mental tensions will lessen. Pray the Sarosh Yasht daily.



### Capricorn - મકર - ખ.જ.

તમને બુધની દિનદશા ચાલુ હોવાથી કામકાજ વધારવા માટે ગામ પરગામ જવાના ચાન્સ મળશે. નાણાકીય સ્થિતિ સુધારવા માટે થોડી ભાગદોડ કરી લેજો. તમારી બુદ્ધિ વાપરી અટકેલા કામો ફરી ચાલુ કરવામાં સફળ થાો. થોડીઘણી બચત કરી ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. દરરોજ 'મેહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૧૫, ૧૮, ૧૯, ૨૦ છે.

**Lucky Dates: 15, 18, 19, 20**

Mercury's ongoing rule will present you opportunities to travel abroad for business expansion. To improve your financial standing, put in some extra hard work. You will be able to restart your stalled projects, if you use your intelligence. Try to save as much as possible and invest the same. Pray the Meher Nyaish daily.



### Taurus - વૃષભ - બ.વ.ઉ.

આજથી સુર્યની દિનદશા શરૂ થયેલી છે. તેથી આવતા ૨૦ દિવસમાં માથાના દુખાવા તથા તાવ, શરદી, ખાસી જેવી બીમારીથી પરેશાન થશો. સરકારી કામો કરતા નહીં. વડીલ વર્ગ તમારી નાની ભુલને લીધે નારાજ થશે. તેમની તબિયતની કાળજી લેજો. ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૯ છે.

**Lucky Dates: 14, 16, 17, 19**

The Sun's rule starting today, for the next 20 days, could leave you suffering from headaches, fever, cough and cold. Avoid doing any government related works. The elderly will get upset with you over a petty matter. Ensure to take care of their health. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



### Leo - સિંહ - મ.ટ.

રાહુની દિનદશા ચાલુ હોવાથી ૪થી જૂન સુધી તમારા કામમાં જશ મળે તેવું દેખાતું નથી. ખોટી જગ્યાએ રોકાણ કરવાની ભુલ કરતા નહીં. પોતાના સગાઓને મનની જે વાત કહેવી હોય તે કહી દેજો. શેર માર્કેટમાં કોઈ પણ જાતનું રોકાણ કરતા નહીં. નોકરીમાં કંટાળો આવશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.

**Lucky Dates: 17, 18, 19, 20**

Rahu's ongoing rule till 4th June does not allow you to receive appreciation and fame for your hard work. Avoid making the mistake of investing your funds in the wrong place. You are advised to speak your mind frankly with your relatives. Do not make any investments in the share markets. You could feel lethargic at work. Pray the Mah Bokhtar Nyaish daily.



### Scorpio - વૃશ્ચિક - ન.ય.

૨૪મી મે સુધી શનિની દિનદશા ચાલશે. તમે જોઈન્ટ પેઈન અને બેક પેઈનથી પરેશાન થશો. ઘણી ઘણીયાણીમાં નાની બાબતમાં મતભેદ પડતા રહેશે. કોઈનું ખોટું તમે સહન નહીં કરો. ખોટા વિચારોથી પરેશાન થશો. રોજના કામ સમય પર પુરા નહીં કરી શકો. દરરોજ 'મોટી હમન યક્ષ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૫, ૧૬, ૧૭, ૧૮ છે.

**Lucky Dates: 15, 16, 17, 18**

Saturn's rule till 24th May could impact you with joint-pains and backaches. Couples will keep squabbling over petty matters. You will not be able to tolerate anyone's wrongdoing. Negative thoughts will trouble you. You will not be able to complete your daily chores on time. Pray the Moti Haptan Yasht daily.



### Aquarius - કુંભ - ગ.શ.સ.

૨૨મી મે સુધી મંગળ જેવા ઉગ્ર ગ્રહની દિનદશા ચાલશે. નાની બાબતમાં તમે ગુસ્સે થઈ જશો. ઘરની અંદર ખોટા ખર્ચાઓ કરવા પડશે. પ્રેમી પ્રેમીકા સાથે મતભેદ પડવાના ચાન્સ છે. વાહન ચલાવતા હોતો સંભાળીને ચલાવજો. તાવ માથાના દુખાવાથી પરેશાન થશો. દરરોજ 'તીર યક્ષ' ભણવાથી થોડી શાંતિ મળશે.

શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૯ છે.

**Lucky Dates: 14, 16, 17, 19**

Aquarius: Mars' rule till 22nd May will have you getting angry over small issues. You will have to pay for unwarranted home expenses. Squabbles between couples will take place. Be very careful while driving/riding your vehicles. You could suffer from fever or headaches. For peace, pray the Tir Yasht daily.



### Gemini - મિથુન - ક.છ.ઘ.

૧૬મી જૂન સુધી શુકની દિનદશા ચાલશે. ઘન મેળવવા માટે મુશ્કેલી નહીં આવે. લેતી દેતીના કામ જલદી પુરા કરી શકશો. મનગમતી વ્યક્તિ સામેથી મળવા આવશે. અચાનક ધનલાભ થશે. રોકાણેલા નાણા પાછા મેળવી શકશો. દરરોજ 'બહેરામ યઝદ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૫, ૧૭, ૧૮, ૨૦ છે.

**Lucky Dates: 15, 17, 18, 20**

Venus' rule till 16th June will make it easy for you to earn money. You will be able to quickly close all matters related to lending-borrowing money. Your favourite person will come to meet you. Sudden gains are indicated. You will be able to retrieve your stalled funds. Pray to Behram Yazad daily.



### Virgo - કન્યા - પ.ઠ.ણ.

૨૨મી મે સુધી ગુરૂની દિનદશા ચાલશે ફેમીલીમાં જોઈતી ચીજ વસ્તુ લેવામાં કંજુસાઈ નહીં કરો. પાક પરવરદેગારની કૃપાથી કોઈના મદદગાર બનશો. મનને શાંત રાખીને રોજના કામ પુરા કરી શકશો. તંદુરસ્તીમાં સારો સુધારો આવશે. દરરોજ 'સરોશ યક્ષ' ભણવાથી વધુ આનંદમાં રહેશો.

શુકનવંતી તા. ૧૪, ૧૮, ૧૯, ૨૦ છે.

**Lucky Dates: 14, 18, 19, 20**

Jupiter's rule till 22nd May suggests that you not be tight-fisted in making purchases for the family. You will be able to help another, with the grace of God. You will be able to keep a calm mind and complete your daily chores. Your health will show good improvement. For continued happiness, pray the Sarosh Yasht daily.



### Sagittarius - ધન - ભ.ધ.ફ.

પહેલા ચાર દિવસ બુધની દિનદશામાં પસાર કરવાના બાકી છે. ૧૮મી પહેલા લેતી દેતીના કામ પુરા કરી લેજો. ૧૮મીથી ૨૬દિવસ માટેની શનિની દિનદશા તમારા નાના કામમાં પણ મુશ્કેલીઓ લાવશે. મનની વાત જેને કહેવી હોય તેને કહી દેજો. દરરોજ 'મેહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.

**Lucky Dates: 14, 15, 16, 17**

You have four days remaining under the rule of Mercury. Ensure to complete all credit-related transactions before the 18th of May. Saturn's rule, starting May 18th, for the next 26 days, will pose challenges even in small matters. Speak out what's on your mind to the person you want to speak with. Pray the Meher Nyaish daily.



### Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૪મી મે સુધી ચંદ્રની દિનદશા ચાલશે. ઘરનું વાતાવરણ ખુબ સારું રહેશે. તમારા ઘરવાળા તમને ખુબ માન પાન આપશે. કોઈ નવી વ્યક્તિ તમને ફાયદો થાય તેવી વાત કહી જશે. મગજ પર કોઈ જાતનો બોજો નહીં રહે. તમે લીધેલા ડીસીઝનમાં ચેન્જસ નહીં કરો. કોઈ સારા સમાચાર મળશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૫, ૧૬, ૧૮, ૨૦ છે.

**Lucky Dates: 15, 16, 18, 20**

The Moon's rule till 24th May will keep the homely atmosphere very cordial. Family members will show you great appreciation and respect. Someone new will provide you information which will prove beneficial. There will be no mental tension. You are advised to not make any changes in your decisions. You will receive good news. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



# A Doctor In The House?



DARA M. KHODAIJI

Is there a doctor in the house, your house? Yes, there is. Rather, there are... two docs! My niece - a consulting pediatrician and her hubby - a hepatologist (liver transplant specialist). Both are lovely, living the good life in the UK with their two sons. All is hunky-dory. But that is not enough, now we find that all the gaggle of her aunts, *masis, mamis, fujjis* big and small, *kakis* of varied proportions have donned the role of medicos.. This is my theory of increasing reflected qualification. My wife too! 'Exceptio non probat regulam'... No exception to the rule!

There was a time when my daughter, during her college days, was offered a job at the clinic of a famous Dentist. I said, "Why not? Go ahead, learn to earn unlike your mum who can only spend." I regretted the decision soon. The family regretted too! Any time any of us opened our mouths, the daughter would be almost inside it, finding faults with the occlusion and the orthodontics, and using ferocious words such as calculus, canine, cantilever extension and even more terrifying things like prosthesis and prophylaxis, and so on, ad infinitum!

The apple of my eye was becoming the dreaded speck in the eye! The family went silent in her presence, as she was bound to find some anomaly within the periphery of the open mouth. Luckily, she is now hooked onto the Bakery Craft - our world has turned to quiches, pies, cakes, cookies, biscuits and macaroons. The family, though heavier, is back to normal... if there is any such thing as a normal family.

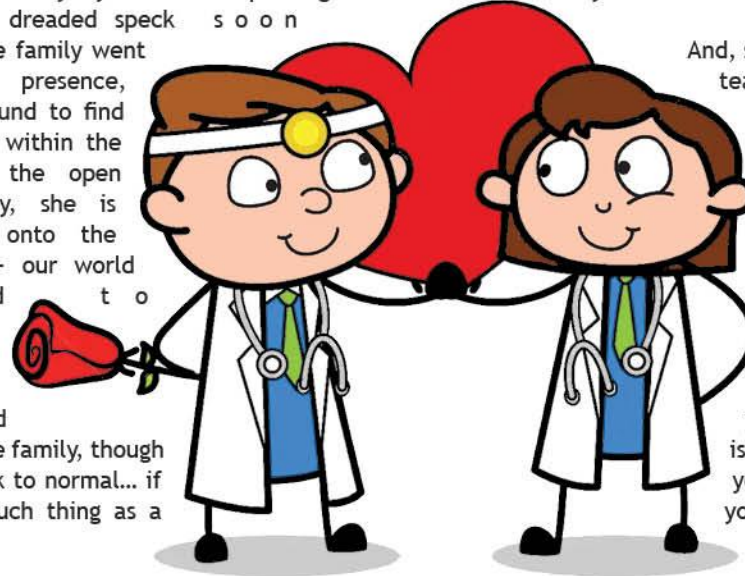
After our last trip to the UK, every morning, as I wake up, my wife is there, looking deep into my eyes. It is no longer a romantic gesture.

She is trying fathom out the condition of my liver. "Darab," she declares, "your eyes are yellow. Liver problem! You must see a doctor. Stop your drinking immediately!" This 'Stop drinking' seems to be the housewife's panacea to all sicknesses. "Stop drinking," whether you have a tennis elbow or alopecia or an ingrown toenail. Just 'Stop drinking'!

Once she even fixed up an appointment with a

herpetologist but soon

you ab initio!"



And, should there be a teacher in your life, your serenity is through. She'll always point out, rather highlight, all your lapses, your habits and all that is the matter with you. If your mother is a teacher in your school, your school life is through. Other teachers

found out that a herpetologists concern themselves with snakes and reptiles. Hepatologists specialize in disorders of liver. To her intense embarrassment, when her malapropos remark was discovered, I was left alone for a few days.

This 'Doc-in-the-House-Syndrome' might not afflict every family with a doctor or some other successful professional but it's not rare too. A lawyer in the family can be just as... umm.. let's say, trying! A lawyer neighbor was heard saying to his errant son, "you knew *a posteriori* (beforehand) that you tests were scheduled for today. Why were you unprepared?" The son replied, "I plead guilty, pop! Sorry! I'll do better the next time."

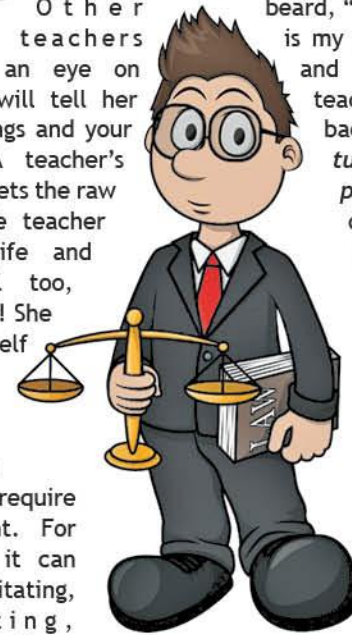
And Dad shot back, "We have heard the 'next time' argument too often. You go on being sorry ad infinitum but sans improvement. You will now be in remand at home for a week. No bail! Your mom and I should have been strict with

will keep an eye on you. They will tell her of your doings and your progress. A teacher's kid always gets the raw deal. If the teacher is your wife and a principal too, you're done! She will let herself go, reciting a litany of all things in you that require improvement. For a husband it can be an irritating, vacillating, soul-eroding experience. Her finger would point at you as if you were an incorrigible student caught looking into your neighbor's examination paper. You go for the second peg of your favourite Scotch, or you spill some gravy on your shirt whilst eating paya, or Tehmina the next door neighbor walks in when you are in you sadra-pyjama, lolling in your easy-chair, reading PT about the antics of certain trustees of the

BPP and you continue doing so, you will face a full barrage of her Oxonian and Cantabrigian vocabulary, especially if she's an English teacher. My flippant remark, "Darling, no dressing gowns please, we are not British," makes her give me a sterner look!

A teacher is a teacher, whether in school or at home - constant and unchangeable. A nephew, age 18, who had just started to sprout a beard, was once asked by my wife what he intended to do after his graduation. He replied running his fingers through his scraggly beard, "Well, 'que sera, sera' is my philosophy." My wife and unfortunately his teacher too, snapped back sharply, "*Barbe tua te non facit philosophum* (A beard does not make you a philosopher)." No 'que sera' with me. Leave it for Doris Day. It does not suit you!" He is now well settled abroad and whenever he calls us up, he says, "Maami, no beard and far from a being a philosopher!" Poor chappie. He shaves daily.

I wonder what life would be living under the same roof as my favourite TV personality, Cyrus Broacha. It can be a lark. He too has a wife but I hope she is not a teacher. Well, be it a tinker, tailor, soldier, sailor, or one of the above, each of them have their peculiarities but they add spice without which our lives would be as bland as a *chotta* peg with glass filled to the brim with water! Uggh!!



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# Importance Of Sleep And Maintaining Sleep Hygiene



**MEHEZABIN DORDI**

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**O**n an average, humans spend approximately a third of their lives asleep. Sleep is an essential and involuntary process without which we cannot function effectively. It's as important to our bodies as eating, drinking and breathing; it's vital for maintaining good mental and physical health.

Sleep is a complex process, during which the body goes through numerous processes and sleep stages. Sleeping helps repair and restore not just our body, but also our brain. During sleep, we process information, consolidate memories and undergo various maintenance processes that help us function when we are awake.

We must ensure to get the right amount and good quality of sleep. Poor sleep can lead to numerous health issues in the short term and long term. Some of the immediately recognisable ones include fatigue, sleepiness, poor concentration, memory lapses and irritability. This can also affect mood, energy and concentration levels, our relationships, and our ability to function. There's a close relationship between sleep and mental health. Living with a mental health problem can affect how well you sleep, and poor sleep can have a negative impact on your mental health.

Sleep problems can be both - a symptom of, and a contributor to, mental health problems. Impairments to sleep quantity and quality are associated with a range of mental health problems, including major depression, anxiety disorders, schizophrenia, eating disorders, and borderline personality disorder. Science also suggests that good sleep could well pre-empt mental health care.

Covid-19 has disrupted the



daily routines of most, and this has caused our sleep hygiene to suffer. It is estimated that over a third of the adult population globally experiences sleep difficulties in some form. In the first half of 2020 alone, worldwide google searches for insomnia increased by a huge percent. For many, it may simply be a case of making small lifestyle or attitude adjustments, to help us sleep better. Here are a few tips for cultivating Premium Sleep Hygiene:

**Consistency Counts:** Going to bed at the same time every night is a great place to start improving your sleep habits. Try to stay within 20 minutes of your usual bedtime every night, even on the weekends. This will help you keep a fixed wake-time each morning, so you'll wake up feeling rested.

**Cut The Stimulants:** Try and curb your tea and coffee consumption, especially post 4:00 pm as it's considered bad sleep hygiene. Similarly, smoking and drinking alcohol before bed will give you fitful sleep and a groggy morning. Steer clear of alcoholic beverages or cigarettes at least three hours before bed.

**Turn Off Those Devices:** TVs, smartphones, tablets, and computer monitors all emit blue light, which reduces serotonin production in the brain and makes us feel more alert. Powering down devices or adding a blue light filter in the evening will allow your body

to start producing melatonin at the appropriate time, so sleep overcomes you, like it's supposed to.

**Chill Out:** Your bedroom should be the ultimate place for sleep, and this includes maintaining the ideal temperature. Anything between 19 and 23 degrees Celsius is perfect for catching a good sleep.

**Stay Out:** Be sure to treat your bedroom as just that, a place where you sleep! Using your bedroom for relaxing, doing work, eating dinner, or watching TV is considered poor sleep hygiene, because your mind associates the bed as a place of wakefulness.

**Watch What You Eat:** Heavy meals or those with high acidity, sugar, or spice can cause fitful rest. Try and eat lighter, healthier dinners and avoid late night snacking.

**Workout On Time:** Keeping your workouts on an optimal schedule is great for sleep. Any physical activity should take place no later than three hours before bedtime. Evening workouts cause overstimulation when it's time to rest, so shoot for morning workouts instead. You'll feel more energized all day, and your body will be ready to relax, come evening.

**Think Dark Or Dim:** Once you're done with dinner, start dimming the lights in your home. This tells your brain that sleep is on the horizon, and you'll naturally start powering

down. Once you get into bed, make sure your room is as dark as possible and put away the electronic devices.

hormone - cortisol, which is associated with increasing alertness.

**Avoid Lying Awake:** If you find yourself lying in bed unable to drift off after 10 minutes, it's recommended that you get up and try to relax somewhere else, like a chair or on the couch. You can try and find relaxation through gentle breathing, meditation, or splashing warm water on your face. Steer clear of electronics or reading, as these only keep your brain active.

Maintaining excellent sleep hygiene is a key part of cultivating great overall



**Create A Pre-Bed Ritual:** Creating a pre-bed ritual is the next best sleep hygiene habit, to sleeping on time each night. Avoid stressful, stimulating activities - doing work, discussing emotional issues. Physically and psychologically stressful activities cause the body to secrete the stress

health and wellness. If you find yourself unable to sleep optimally, or chronic lack of sleep is something that you're troubled with, it is important that you consult a qualified professional for help.

Sweet Dreams!

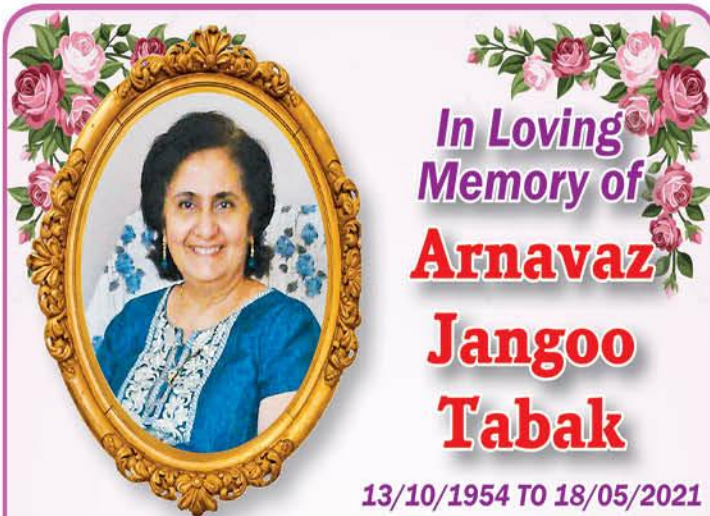
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Jango  
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13/10/1954 TO 18/05/2021

Darling Arnavaz, our sister was always full of fun.  
The hurdles in her life she bravely crossed and won.

The world knew not her troubles Which she blew away like bubbles  
And never a tear in her eye Could anyone remotely spy.

For cheerful all the while She faced her life with a smile;  
But came the dreadful day When God could not let her stay.

With us who loved her so, We had to let her go;  
And rest in eternal peace where all her troubles would cease.

Our hearts will ache with memories so dear,  
Her hearty laugh we can still hear,

These special memories of her will forever bring back a smile,  
if only we could have her back even for just a while.

**Fondly remembered by**

Sisters Roshan Sahiar and Gover Cyrus Mody;  
brother Merwan Irani; Sons Kersi & Sohail; and  
family and friends.

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**SCHEDULE FOR THE ELECTION CAMPAIGN**

DATE	DAY	PLACE	TIME
13 <sup>TH</sup> MAY 2022	FRIDAY	PUBLIC MEETING AT PANTHAKY BAUG ANDHERI, THE PAVILION	7:00 PM.
14 <sup>TH</sup> MAY 2022	SATURDAY	PUBLIC MEETING AT KHAREGHAT COLONY MALABAR HILL, AT THE COLONY MEMORIAL HALL	7:00 PM.
15 <sup>TH</sup> MAY 2022	SUNDAY	PUBLIC MEETING AT GODREJ BAUG NAPEANSEA ROAD AT JOKHI AGIARY PARKING LOT	7:00 PM.
18 <sup>TH</sup> MAY 2022	WEDNESDAY	PUBLIC MEETING AT SALSETTE COLONY ANDHERI AT COLONY HALL	7:00 PM. (TENTATIVE)
19 <sup>TH</sup> MAY 2022	THURSDAY	DOOR TO DOOR AT BALARAM STREET	6:00 PM.
20 <sup>TH</sup> MAY 2022	FRIDAY	PUBLIC MEETING AT NAVROZ BAUG, LALBAUG, COLONY PLAYGROUND	7:00 PM.
21 <sup>ST</sup> MAY 2022	SATURDAY	PUBLIC MEETING AT RUSTOM BAUG BYCULLA, AT THE PAVILION	7:00 PM.
22 <sup>ND</sup> MAY 2022	SUNDAY	PUBLIC MEETING AT BHARUCHA BAUG ANDHERI, AT BBYA CLUBHOUSE	7:00 PM.
23 <sup>RD</sup> MAY 2022	MONDAY	DOOR TO DOOR AT MARAZBAN COLONY	5:30 PM.
25 <sup>TH</sup> MAY 2022	WEDNESDAY	PUBLIC MEETING AT CUSROW BAUG COLABA, AT THE PAVILION	7:00 PM.
27 <sup>TH</sup> MAY 2022	FRIDAY	PUBLIC MEETING AT DADAR PARSI COLONY, DADAR AT MANCHERJI JOSHI HALL	7:00 PM.

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**BABY AASTHA**

**A FATHER'S PAINFUL APPEAL TO SAVE HIS LITTLE DAUGHTER!**

"My name is Santosh and by profession I am a delivery staff at courier services. I am hopeful that these entire efforts will help regain life for my 6-years-old daughter – Aastha, with the desired treatment and a speedy recovery. I will never forget the day when my princess Aastha arrived in our life, not only me, but our entire family was overjoyed! The people in our village told us that we were blessed with Goddess Lakshmi herself and we believed them. She definitely filled our hearts and our lives with endless joy. The first few years after our daughter was born were filled with gleeful screams and laughs. But during November 2020, at the age of three years, she suddenly started having unexplained and recurrent fever that would convulse her entire body and then we noticed few lymph nodes behind her ears, which increased our worries. On consulting the pediatrician, we followed the suggested medical plan, but as of such there was no improvement, rather it worsened her health. So, we rushed her to the hospital, thereafter with couple of medical investigations; it was disclosed to us that Aastha is suffering from a type of blood cancer known as "Pre-B Acute Lymphoblastic Leukemia." That moment, was very hard for us to believe and accept the fact that our child is suffering from cancer. Still, we consoled each other, regained our positivity and with 2.5 years of treatment Aastha was getting of it successfully. But unfortunately, in this January 2022, during the maintenance phase of treatment, the doctor examining her noticed certain changes in her eyes and lumps developed over back side of head and then suggested for the Bone Marrow test. Aastha's re-diagnosis report left us in terrific shock again, as it stated of "Relapsed Pre-B Acute Lymphoblastic Leukemia." And the curable treatment consisting of Chemotherapy with prolonged medical care costing **Rs. 6 lakhs approx** can only save her. Sadly my income is not enough to bear the expenses of her treatment. Since last month, with each passing days, Aastha's condition is worsening due to serious complications and we have not been able to gather enough funds for continuing the treatment. Now, only with your generous support our daughter can outlive this deadly disease. Please help us to save our little princess!

- Mr. Santosh, Father of Aastha

- Your donation is entitled for exemption under section 80G of Income Tax act 1961.  
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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.

**Please Save his life**

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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