

PARSI TIMES

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THE TRUTH. DELIVERED WEEKLY.

Sir Ron Kalifa Knighted In Her Majesty's Platinum Jubilee Honours List



British entrepreneur - Sir Rohinton Minoo or 'Ron' Kalifa OBE has been Knighted in Her Majesty's Platinum Jubilee Honours List for contributions to the financial services industry. A renowned strategic and operational leader in the Digital and Financial services sector, Sir Ron Kalifa currently is the Chairman of Network International (an FTSE company) as well as Chair of FutureLearn. He is an active member of the Zoroastrian Trust Funds of Europe (ZTFE) and also a great supporter of Zoroastrian organizations in the UK and the world over.

Speaking on the occasion, Sir Ron Kalifa said, "It is a huge honour and privilege to receive this recognition from the Queen. None of this would have been possible without the support of those closest to me throughout my life, not least my family, friends and colleagues... I'm fortunate to have worked in positions which I'm very passionate about, and I hope that I have made a difference, both in the boardroom and on the field. Sport, in particular, has the power to change lives and I look forward to continuing to make a positive impact in future."

Sir Ron Kalifa was appointed an OBE in the Queen's New Year 2018 Honours List for financial services and technology. In June 2019, he was appointed to the Court of Directors of the Bank of England and is also a member of the Council of Imperial College, London. He previously headed 'Worldpay', a leading technology payments company, for over a decade.

NCPA
An NCPA Production in association with QTP

LUNGS

By Duncan Macmillan
A play about the planet, people and parenthood

Directed by Q
Performed by Dilnaz Irani & Prashant Prakash
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Dr. Akhtar Hasan Rizvi and Adv. (Mrs) Rubina Akhtar Hasan Rizvi, Founders of Help Yourself Foundation & Rumi Care present 4th edition of Saquib Rizvi Memorial Cancer Awareness Marathon to create awareness about Cancer and to support Cancer Patients and Survivors.

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2022 19th Jun Sunday
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Ba Humata Presents Global Webinar: 'Zarthushti Thy Name Is Charity'

On 5th June, 2022, the Ba Humata (Good Thoughts) Webinar series presents its eighteenth monthly global Webinar themed, 'Zarthushti Thy Name Is Charity', covering the Ahunavar and related prayers, honouring Asho Zarathushtra. The Webinar will feature Er. Khushroo Master (New Zealand); Er. Jehan Dastoor (Singapore /Canada); Kimiya Shahzadi (Australia, Iran, USA) and Katayun Kapadia (USA); alongside Founder, Host and Moderator of Ba Humata - Dr. Karishma Koka, Zarathushti Neuro-scientist from Cambridge University (UK).

When: Sunday, 5th June, 2022
Where: ZOOM platform: <https://us02web.zoom.us/j/83408826220>
[Meeting ID: 83408826220 & Passcode: BAHUMATA]
Time: 8:30pm-IST; 8:00am-PST; 11:00am-EST; 3:00pm-UK; 7:00pm-UAE; 6:30pm-Iran

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

Note: When maximum Zoom participant capacity is exceeded, the Facebook stream will be available at: <https://www.facebook.com/BaHumataVohumana>

FROM THE EDITOR'S DESK

On Your 'Masks'... Get Set...



Dear Readers,

With the rapid increase in the number of people testing positive for the coronavirus, Mumbai is once again braced for an outbreak and its consequential imposition of restrictions... which, we hope, will help contain the spate, and avoid another lockdown.

Our maximum city has witnessed more than a 100 per cent increase in the number of Covid cases reported in May, as compared to those reported in April this year. The massive surge in Covid-19 cases that Maharashtra saw within May were primarily driven by its capital city Mumbai. Experts warn that the approaching monsoons could herald a wave of symptomatic cases.

Having crossed the 500 mark of cases reported daily, the BMC has issued directions to increase testing on a war footing, especially with the rainy season around the corner. All civic body departments are being prepped with jumbo field hospitals being put on alert for adequate staff and equipment. Private hospitals have also been asked to be on alert. Even the drive for vaccination in the 12-18 years category and booster doses is being pushed harder.

They say being prepared is half the war won. Insomuch, let us also do our bit in being prepared on an individual level, to further strengthen the efforts of our civic authorities. It would only be responsible to pull out those masks once again and keep them handy, to be worn in crowded situations or when you're interacting in a group. Let's also avoid enabling spreader-situations - like participating in or holding large events, for now. A good diet and intake of required vitamins to boost your immune system would go a long way in keeping you, and your loved ones, safe.

So, here's a shout out to all our community members - be sensibly prepared... like the wise, old saying goes, 'By failing to prepare, you are preparing to fail'. So then, On Your Masks... Get Set... Stay Safe!

Have a good weekend!

- Anahita
 anahita@parsi-times.com

Religious Announcements

Jashan At Anjuman Atash Behram

A Jashan ceremony will be performed at Zarthoshti Anjumanna Atash Behram on 9th June, 2022, (Roj Zamyad, Mah Dae; 1391 YZ), at 10:00 am, in the Kookadaru Saheb Hall. Mobeds and Humdins are requested to attend in large number and seek blessings.

June Offerings At NCPA



DILNAZ IRANI

PRASHANT PRAKASH

ISHEETA CHAKRVARTY

Quasar Thakore Padamsee presents *Lungs*, an intensely intimate, intricate and funny play about imperfect love in an imperfect world. Written by critically acclaimed British playwright Duncan Macmillan, this play is about a couple who contemplates about having a child in a world that seems doomed to implode because of overpopulation and climate change. A profound topic laced with a slice-of-life humour awaits you at the Jamshed Bhabha Theatre on 16th and 17th June, at 7.30 pm and on 18th & 19th June at 4.00 pm and 7.30 pm.

modern and contemporary jazz tunes, aptly titled, *Going Beyond*, with a sound that is global in nature, derived from American, European African and Latin music influences. The songs will include originals and familiar standards. The ensemble includes Isheeta Chakrvarty on vocals, Sanjay Divecha on guitar, Niranjan Joshi on keyboard, Ishan Jadwani on drums, Ralph Menezes - bass. Experience *Going Beyond* at the Experimental Theatre on 10th June at 7.00 pm.

NCPA Box Office :
 +91 22 66223754 / 66223724 /
 Website: www.ncpamumbai.com

Isheeta Chakrvarty will present a set of

LEARN AVESTA & PAHLAVI

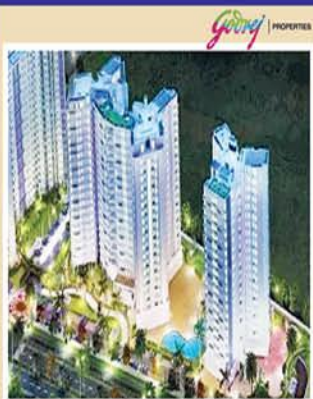
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**Thank you all my dear friends
for reposing your confidence
and electing me as a Trustee to the
Board of the Bombay Parsi Panchayet.**

From humble beginnings to being elected your Trustee on the BPP Board, the journey has been arduous, resilient and challenging but equally interesting and happy. Your love and confidence at each stage has made the difference.

I begin my new journey on the BPP Board with your good wishes and a prayer to our Wise Lord - Ahura Mazda to continue showing me light and the right path of 'Asha' in this new journey.

I will always continue to be inspired and guided by this quote my father taught me as child :

"Ushta Ahmai, yahmai Ushta kahmai chit"

(Gatha Y.43.1)

*- Happiness comes to those who
happiness bring to others.*

**Stay engaged, draw my attention without hesitation
if things are not going right (adiljmalia@gmail.com)
and wish me good luck.**

Together we will make a strong force.

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Adieu BPP



NOSHIR H. DADRAWALA

Of the five sitting trustees of the Bombay Parsi Punchayet (BPP), I was the only trustee who decided not to recontest, despite being eligible for one final term of office at BPP for five years. It is a decision that I do not regret. Almost thirty-five years ago my mentor, Late Russi M Lala (well-known author and Director of the Sir

Dorabji Tata Trust) had advised me: "Before you take any major decision in life, sit in silence and listen to what your 'inner voice' tells you"! I did just that. I sat in silence and my inner voice told me that I have done my duty as best as I could and it is time to bow out when people ask "why?" instead of "when?"!

At sixty years, I am far from retired in my professional life. I want to spend the remainder of my life doing things that bring me peace of mind instead of breaking my mind to pieces. I want to spend my Tuesday evenings bettering my

life walking at Marine Drive instead of making it bitter in the battle room at 209 Dr. D N Road.

Do I regret being a trustee? Certainly not! BPP has taught me what neither Oxford nor Stanford could have ever taught me. It's been a huge exercise in both un-learning and new learning. It has helped a sensitive and emotional man like me become a bit more thick-skinned and learn who to trust and who not to. It has helped me to think more with my head than my heart.

As I bid adieu to BPP, I have

the satisfaction of knowing that while I remained flexible to change, I never compromised on my core beliefs. I always stood my ground. I never took the approach, "if you can't fight them, join them." At the same time, I never opposed simply for the sake of opposing. I tried to strike the balance without compromising on my core beliefs. And, this indeed is my recommendation to the new Board of trustees. Find the golden mean - and strike the fine balance.

Between imposing additional service charge of Rs. 750/- month and waiving it off

completely, I tried to push for balance and almost succeeded getting beneficiaries to agree unanimously on Rs. 400/- instead of Rs. 750/-. Alas, it was finally waived completely causing loss of about two crores to the BPP trust annually. Keeping in mind the BPP's cash crunch, I did not resist the auction of high value flats. But, to sell any and every flat was something I was ideologically opposed to. Moral: In life or at BPP, one must never lose sight of proportion and striking the right balance.

I wish to thank all those who supported me, for being my source of strength and inspiration. I also thank those who criticized and mocked me, for they taught me that their opinion did not define me. In the course of the day, we work with many but at night we all have to sleep with our own conscience and I am glad I could keep it clean and sleep well at night - every night!

I congratulate the winning team and wish them well. To my erstwhile colleague trustees, I wish to say, thank you and good luck. We have differed on policy and ideology. Nothing personal. Unfortunately, I had low tolerance for whatever I found untrue, unjust or not right. I thank my colleagues for putting up with my lack of diplomacy.

One could say, 'the coast is now clear'. Meanwhile, I have other waters to swim in now!

Adieu BPP and hello to a more positive, productive and purposeful life!

PUBLIC NOTICE

The Bombay Parsi Punchayet Trustees Election 2022 Results

The Bombay Parsi Punchayet Trustees Election 2022 was held on May 29, 2022 at the following venues:

- Cusrow Baug, Colaba, • Khareghat Memorial Hall, Khareghat Colony,
- Rustom Baug, Byculla, • The J. B. Vachha High School for Parsi Girls, Dadar,
- Sir Shapoorji Bharucha Baug, Andheri (W).

In all there were 15 Candidates. Candidates secured votes as follows:

Sr. No.	Candidate Name	Total Votes	Rank
1.	DR. ADIL JIJI MALIA	3611	5th
2.	MRS. ANAHITA YAZDI DESAI	5546	1st
3.	MRS. ARMAITY RUSTOM TIRANDAZ	3377	7th
4.	MR. DAARA BAHADUR PATEL	3240	9th
5.	MR. FARHAD HOSANG HOZDAR	2903	10th
6.	MS. FARHANAZ P. IRANI	483	14th
7.	MR. HOSHANG J. B. JAL	3993	2nd
8.	MR. KAIKHUSHROO SAM IRANI	418	15th
9.	MR. KERSI JAMSHED RANDERIA	2868	11th
10.	MRS. MAHARUKH KOBAD NOBLE	3800	4th
11.	MR. RUMY ZARIR	3295	8th
12.	MR. TEHMTAN J. DUMASIA	1422	13th
13.	MR. VIRAF DINSHAW MEHTA	3873	3rd
14.	ERVAD C.A. XERXES VISPI DASTUR	3455	6th
15.	PROF. DR. ZULEIKA FIRDOSH HOMAVAZIR	1827	12th

In all, 7,364 voters exercised their franchise.

Accordingly, the following Candidates are declared elected as the Trustees of the Bombay Parsi Punchayet.

- MRS. ANAHITA YAZDI DESAI
- MR. HOSHANG J. B. JAL
- MR. VIRAF DINSHAW MEHTA
- MRS. MAHARUKH KOBAD NOBLE
- DR. ADIL JIJI MALIA
- ERVAD CA XERXES VISPI DASTUR
- MRS. ARMAITY RUSTOM TIRANDAZ

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

COMMODORE ASPI MARKER, NM
CHIEF ELECTION COMMISSIONER

LEAVE ALL AND COME TO ME



PILGRIMAGE TO MEHERABAD
The Avatar Meher Baba Bombay Centre has organized two trips by AC coach to Meherabad.

Trip I - For 3 days

From Saturday 9th to Monday 11th July 2022 to Meherabad. The trip will cover the Silence Day on the 10th of July. Cost Rs. 3,800

Trip II - For 5 days

From Saturday 9th July to Wednesday 13th July 2022 to Meherabad. The trip will cover the Silence Day on the 10th and dhooni on the 12th. Cost Rs. 4,800.

>The cost includes lodging and board at Meher Pilgrim Retreat and transport by Zubin's Royal Fleet.
>Children 2 years & below are not allowed at MPR.

>You will do your own booking at pimco@ambppct.org On receipt of the confirmation from MPR. Please book your above transport for 3/5 days at the Centre with Bomi Bomanji on any Tuesday or Sunday evening.
>For the first timers we are willing to book. Kindly contact us for the same.

Contacts :

Jimmy Khan :- 98209 67005

Bomi Bomanji :- 97696 06179

Sam Patell :- 98206 26276

Office bearers :

Hoshang Dadachanji - President

Cyrus Khambata - Vice President

Mehernosh Mehta - Secretary

Email Id :- jimmykhan@gmail.com

SETH NUSSERWANJI HIRJI KARANI AGIARY

Cusrow Baug, Shahid Bhagatsingh
Road, Mumbai - 400 039

The Trustees of Seth N. H. Karani Agiary & Dasturji J. S. Kookadaru Trust have the pleasure to Invite, Congratulate and Felicitate the newly elected Trustees of Bombay Parsi Punchayet at Karani Agiary, Cusrow Baug on 4th June 2022 at 6:00 pm.

All Parsi / Irani Zoroastrians are welcome to attend the function.

XYZ Holds Juniors Summer Camp



XYZ organized a 4-day summer camp, from 19th - 22nd May, 2022, for children, between 1 and 5 years of age, at 8 different locations across Mumbai - at Cusrow Baug, Godrej Baug, Rustom Baug, Dadar, Mahim, Bandra, Andheri and Thana.

157 tots from the community registered for this very 1st XYZ Juniors Summer Camp, which aimed at providing overall development for children, laced with fun and entertainment, helping them build social and emotional skills.

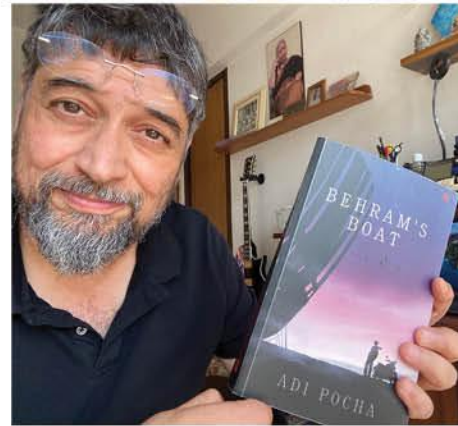


The camp was conducted by XYZ parent volunteers supported by an enthusiastic XYZ Seniors and other members. As the final day also marked XYZ's Foundation Day, a Birthday party was organized at all locations with games, gifts, cake-cutting and a take home gifts from XYZ. And thus concluded XYZ's first junior summer camp.

Children were accompanied by their close relatives mostly parents/grandparents or guardians who also enjoyed being part of the camp and various activities. Every day commenced with a Humbandgi to inculcate religious values in the kids. Activities included cooking, art, fun in the sun, sports, storytelling, sing along, dancing, a pool-party and fun games.



Adi Pocha Launches Debut Novel 'Behram's Boat'



his first love. "It took me 5 years to write Behram's Boat and another 10 years to get it published. It is my labour of love. And I hope that it touches the lives of even a few people in some way," he said.

The book was highly praised at the launch by the guests for the hard work put in by Pocha. The book is a must-read for everyone. "I read the book in one sitting! I started reading it in the evening and finished at 4:00 am! A fabulous book. Loved it," said Prahlad Kakar, Ad Film Guru.

Recently, writer Adi Pocha released his debut fiction novel titled 'Behram's Boat', published by Leadstart, in Mumbai. The launch event witnessed the presence of Usha Uthup, Farhan Akhtar and other celebrities. Born into a show-biz family, with his aunt being the famous singer - Usha Uthup, his father - a comedian, and his mother a doctor and a singer, Adi Pocha started his writing career as a copy-writer in 1984 and joined Lintas in 1985.

When satellite TV was launched in India in 1992, Adi Pocha conceptualized and directed the immensely popular game show, 'Saap Seedi'; and went on to create, write, direct and produce India's first daily soap, 'Shanti'.

Adi's love for writing culminated into penning 'Behram's Boat' - which traces the funny, whimsical, and fatally hopeless story of one man as he struggles to build his boat, to end his life on a note of significant achievement. It star Behram Rustomjee, a 65-year-old eccentric Parsi, and reforming alcoholic, who feels he has one last chance at redeeming his hitherto not very noble life: By building a boat that will save his tribe, the Parsis, a people on the verge of extinction. He will build a ship of wood and sail, similar to those that carried his ancestors more than a thousand years ago when they fled from Persia. He will sail this vessel as his forefathers did, but the other way around, from India to Iran! And he will invite 50 young Parsi couples to voyage along with him... and reproduce! ... In the hope that at the end of his epic journey, many little Parsi children may be conceived and his race, his kind, his people, will be saved. Unfortunately, his grand idea, his one last shot at leaving something to mark his time on the planet, isn't exactly well-received.

Adi Pocha, who currently runs his own corporate and documentary filmmaking company, has always thought of writing as

Verzan Karkaria Ordained Martab



12-year-old, Er. Verzan Cherag Karkaria, son of proud parents Jennifer and Er. Cherag Sam Karkaria, and grandparents Nergish, Soonu and Phiroze, was ordained Martab on May 21, 2022 (Roj Daepadar, Mah Dae) at Vatcha Gandhi agiary, Mumbai, under the able guidance of Er. Hormaz Dadachanji and Er. Khushroo Kanga. Verzan studies in Class VII at Activity High School. Here's wishing Verzan the best in all his future endeavours!

India's Jehan Daruvala Scores Monaco Podium



On 29th May, 2022, India's ace racing champ - Jehan Daruvala, took his fourth podium from five rounds this season with a second-placed finish this weekend, at the iconic Monaco street track. 23-year-old Jehan chalked up the landmark result, his 11th Formula 2 podium, in Saturday's Sprint race.

The Prema Racing driver had lined up third on the grid. He took home his first Monaco podium, going up to the hallowed Royal Box, graced by many of motorsport's greatest over the long history of the Monaco race, to receive his trophy.

Jehan followed up his Sprint podium with a points-scoring finish in Sunday's Feature race. He started and finished at

8th position.

Jehan said, "Standing on the podium in Monaco is a dream come true for any driver. It would've been great to win the race but overtaking around here is never easy. I'm really happy with the pace we had over the weekend - we were as quick as anyone out there. The feature race was pretty straightforward but I managed to pull off a good move, that was fun! Now looking forward to some exciting racing on the streets of Baku in a couple of weeks."

Jehan, a three-time winner in Formula 2, stays third in the overall drivers' standings. The next race will take place in Azerbaijan's capital Baku.

Homavazir's Scouts Holds Summer Camp In Khandala



Homavazir's 11th CBDA Scouts recently held an exciting summer camp for 31 cubs, scouts and scouters, at Marazban Sanatorium in the picturesque Khandala valley.

It commenced with flag hoisting and patrols getting settled in - with seniors busying up with pioneering gadgets, and

juniors practicing their creativity skills by crafting utility items from discarded scraps.

Each day would begin with exercises followed by flag hoisting, uniform and room inspection so that boys understand the importance of cleanliness and orderliness. Morning activities included stunts like monkey crawl, climbing

PRESS NOTE
THE BOMBAY PARSI PUNCHAYET FUNDS AND PROPERTIES

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

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

Before completing the process of allotment, the Trustees, as a matter of abundant caution, are publishing the name of the allottee so that if there is any adverse factor against the proposed allotment, the Trustees attention may be drawn thereto latest by 17-06-2022.

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

By Order of the Trustees of
The Parsi Punchayet Funds and Properties, Bombay
28-05-2022 **Aspi F. Sarkari**
CEO

LIST OF TENTATIVE ALLOTTEE FOR ACCOMMODATION IN BPP COLONIES.

Sr . No.	Name and Address of the Applicant
1	<p>Mr. Zubin Jamshed Gandhi G/8, Captain Colony Tardeo Road Mumbai - 400034</p> <p>Fiancee's Name and Address : Mrs. Karishma Jehangir Daruwalla M/8, Nowroz Baug Lalbaug, Mumbai - 400012</p>



rope ladders and rappelling to instil courage and toughness in the boys. Afternoons provided training in first aid, rescue techniques, stretcher drill and learning knots and compass. Various quiz competitions were conducted and winners were awarded marks and badges as mementos.

Evenings comprised games of baseball and star gazing at night through a telescope and educating boys about planets and constellations. Night games played in pitch darkness ingrained

fearlessness in young minds. Every night boys would gather in the prayer area for kashti and Sarosh Baaj prayers followed by a devotional monajat 'Jaya Zarhost' in praise of Prophet Zarathustra thanking Ahuramazda for a safe and enjoyable day. The campfire on the final night was the cherry on the cake, where boys would indulge in merry-making.

Thanks is extended to Mr. Dali Chaiwalla - the sanatorium manager for the hospitality and for providing meals throughout the camp.

HPY Back In Top Gear In 2022

After a two-year hiatus due to the Covid-10 pandemic, this year HPY (Holiday Program for Youth) is back to hold its in-person sessions, amidst much excitement from our young adults. PT Reporter, Razvin Namdarian, brings you a glimpse of the inaugural function of 'HPY 2022'.

The Alexandra Girl's English Institution was a hub of activity on the morning of 22nd May, 2022. Excited Zoroastrian students from across Mumbai and outside, impatiently awaited HPY's inaugural event in the school's auditorium. Of HPY 2022's 128 participants (67 girls and 61 boys), 98 are from Mumbai and the rest from Ahmedabad, Goa, Pune, Valsad and

different fields who had selflessly shared their time, knowledge and experience with the youth, providing them career guidance and motivation.

Parinaz Cooper, a student who had appeared for the 2020 Board exams, was introduced as one of the exemplary performers of the on-line HPY 2021 (which clubbed two academic batches



Dadara and Nagar Haveli. This year, due to the delay in the completion of the ICSE board exams, HPY extended for two weeks instead of the usual month-long duration. The enthusiasm remained palpable, nevertheless.

HPY 2022 started off on an auspicious note with Er. Firdaus Pavri invoking Lord Ahura Mazda's blessings. A resounding applause greeted HPY Mentor and the lady behind its sustained success - Diana Marfatia, as she introduced the dignitaries on the dais. "HPY is now in its 35th year, which means that it has touched the lives of a whole generation and today it is one of the most effective and successful programs for the youth. An idea that was germinated by the late Mrs. Mehroo Bengali in 1987 has grown into what HPY is today, where leadership, training, sports, fashion, literary arts and other activities integrate seamlessly," she said, as she thanked stalwarts from

of students - 2020 and 2021). She shared how despite HPY went on-line for two weeks, it was packed with a spectrum of activities that participants enjoyed and benefitted from thoroughly.

In an inspiring speech given by BPP Trustee, Noshir Dadrawala, who chaired the function, he shared how he was only in his mid-20s when HPY was conceived, and as a BPP Trustee he was very proud that this was BPP's flagship program that was invested in the future, as the youth are the 'trustees of our posterity'. "This program fosters leadership and friendship. You are potential leaders and should keep your aspirations," he said, going on to share his 'Mantra of the 3 'C's' of leadership, outlined as 'Competence, Courage and Compassion'. He encouraged the youth to be 'purpose-driven rather than position-driven'. "Have pride and put your stamp of excellence in what you



made of rubber and the third is made of crystal. The rubber balls represent work and family and friends, if you drop these, they will bounce back. But the crystal one represents health and while it is the easiest one to compromise, it is very difficult to regain. Don't chase money... fall in love with the process of what you are doing. Create your own identity, you have nothing to lose and everything to gain."

The event was seamlessly coordinated and managed by the HPY Organising Committee, all ex-HPY alumni themselves. A vote of thanks was given to the dignitaries and to all for their efforts in bringing alive HPY 2022 - including BPP CEO - Mr. Sarkari and Deputy BPP CEO - Shehnaz Khambatta; Bakhtawar Dastoor - Managing Committee of the Alexandra Girls English Institution and the Principal - Michelle Madeira; Committee Members of the Sir Ness Wadia Memorial Pavilion; caterer - Khorzad Bhesadia; Hormuz and Farhad Cooper of Samsons, for the sound system; photographer - Arish Patel; Huzan Forbes for digital support and design; Raika Guzder for HPY song lyrics' and Hormuz Ragina and Peshotan Kapadia for composing its music.

Even as the strains of the HPY song lingered on in the auditorium, there's no doubt that these fresh young minds have surrendered to and are spellbound by 'the magic that is HPY.'

do. Be persistent, and see failure as a learning curve," he motivated.

He introduced Guest of Honour - Jehaan Nicholson, Nuclear Scientist, an alumnus of HPY, who heads an R&D firm in Pune. Recounting his HPY days, Jehaan said HPY was a great opportunity to make new friends. "It gives you an all-round development. Take me for instance, I was an introvert prior to joining HPY. Moreover, it exposes you to new career paths. Do what you want in life, don't be disheartened and when needed ask for advice from your parents and near ones. Above all, believe in yourself even if the whole world doesn't," he advised.

Advising the youth, Chief Guest, Dr. Malcolm Homavazir, Director - Internal Quality Assurance Cell, Atlas Skill Tech University, said, "In life we are all juggling with three balls, two are



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PARSI TIMES *PT Time Out*

The Bawa Word Search

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

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

Alphonso Dasheheri Langada Badaami
Himsagar Kishen Bhog Rasपुरi Amrapali
Lalbagh Totapuri Banganapalli Imam Pasand
Gulaab Khaas Lakshmanbhog Suvarnarekha Konkan Raja

TechKnow With Tantra

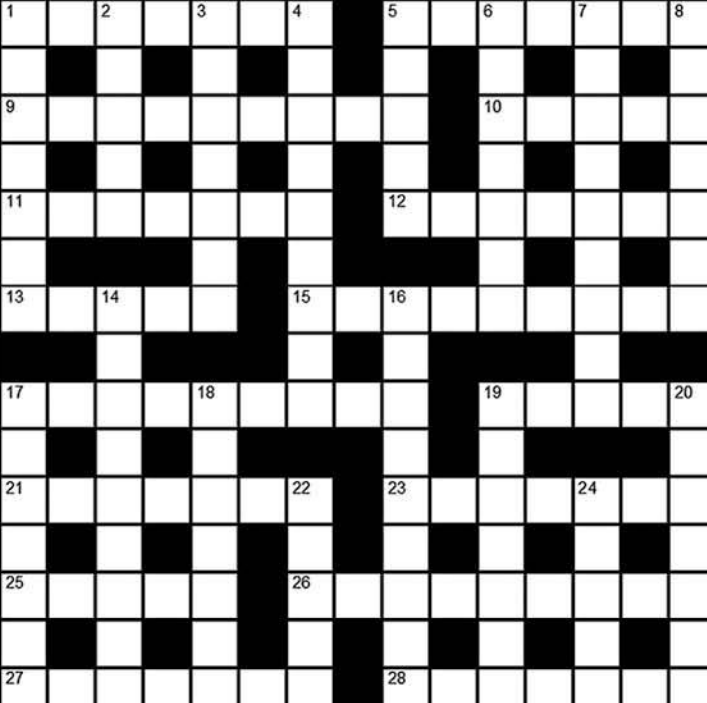
Daily Yoga



Daily Yoga is also a professional Yoga App which provides various guided classes to help you learn the basics as well as advanced forms, alongside learners and teachers. The App offers 500+ asanas, 1000+ guided yoga, pilates, meditation plans plus the largest yoga pose library for men and women that suit yogis target such as flexibility, weight loss, stretching and so on. It helps you stay with yoga every day and provides health benefits for both, your mind and body. No matter what type of yoga you practice, you can find something suitable on DailyYoga. You can customize duration, level, goal and yoga style.

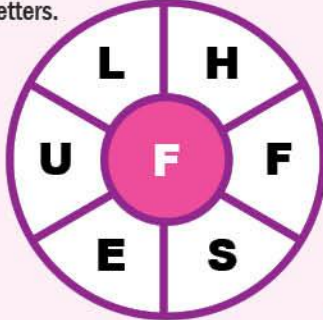
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BAWAJI BHEJA FRY



HOW MANY WORDS?

How many words of four or more letters can you make from the letters below? Every word must contain the letter in the center. You should make at least one word using all 7 letters.



RESULTS:
Average: 6 or more words
Good: 8 or more words
Outstanding: 9 or more words

- ACROSS**
- 1 Popular sitcom "The ___ Theory" (3,4)
 - 5 Cuts in half (7)
 - 9 Details, not generalities (9)
 - 10 Alliance or marriage (5)
 - 11 Disciple (7)
 - 12 Beirut's country (7)
 - 13 Welsh county (5)
 - 15 See 22 Down
 - 17 Prescience (9)
 - 19 Delay or repress (5)
 - 21 Gathering of cattle or summary (7)
 - 23 Neither legal nor moral; unlawful (7)
- DOWN**
- 1 Large tall swift running bird (7)
 - 2 ___-Roman (wrestling style) (5)
 - 3 Operated an aeroplane (7)
 - 4 A domesticated rodent used in biological experiments? (6,3)
 - 5 Cooking herb (5)
 - 6 Sleep (7)
 - 7 Customers (9)
 - 8 Thesaurus entry (7)
 - 14/28 Founder of Mumbai Samachar, India's first vernacular newspaper (9,7)
 - 16 Amusing remark (9)
 - 17 Ahead, to the front (7)
 - 18 Short branches off the main railway lines? (7)
 - 19 Diameter of bullet or shell (US spelling)? (7)
 - 20 Place for cooking (7)
 - 22/15 Jehan Daruvala's F2 team (5,9)
 - 24 Central American tribe (5)

CAPTION THIS!



Calling all our readers to caption this picture!
Send in your captions at editor@parsi-times.com by 8th June, 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.

WINNING CAPTION!!!



Kartik : I replaced you in Bhool Bhulaiyaa 2 – ain't that fun!
Akshay : '2' will get replaced by '3' – I'll always remain second to none!

By Diana N. Mehta (Mumbai)

BAWAJI BHEJA FRY ANSWERS: Across: 1 Big bang, 5 Biceps, 9 Specifics, 10 Union, 11 Apostle, 12 Lebanon, 13 Dyfed, 17 Foresight, 19 Check, 21 Roundup, 23 Illicit, 25 Arjun, 26 Edinburgh, 27 Deep sea, Down: 1 Bustard, 2 Greco, 3 Aviated, 4 Guinea pig, 5 Basil, 6 Slumber, 7 Clientele, 8 Synonym, 14/28 Farouqjee Marzban, 16 Witticism, 17 Forward, 18 Sidings, 19 Caliber, 20 Kitchen, 22/15 Prema Powerteam, 24 Carib.

Identifying Your Need For Therapy And Telling Your Loved Ones...



MEHEZABIN DORDI

Psychologist Mehezabin Dordi practices at the Sir H N Reliance Foundation Hospital, where she assesses, formulates and implements comprehensive therapeutic interventions for patients with psychological / psychiatric problems, and others. Connect with her: dordi.mehezabin@gmail.com

Most of us face struggles at some point in our lives - stress at work, difficulty with a romantic partner or a friend, family problems, financial insecurities, etc. Struggles could also include serious emotional issues like depression or anxiety, behavioural issues like hoarding or addictions to alcohol, etc... or then cognitive symptoms such as repetitive upsetting thoughts or uncontrolled worry.

Many times, these struggles can be eased by taking better self-care and perhaps talking about your issues with a supportive friend



or family member. But there are times when these steps don't resolve the issue. When that happens, it makes sense to consider seeking the help of a qualified professional or psychologist.

So, how do you know if therapy is needed? There's two general guidelines which help you identify the need for therapy. First, you need to ask, is the problem distressing? And second, is it interfering with more than one aspect of your life? The following are **Ten critical signs** to look out for which helps identify if you or a loved one needs to get professional help:

1. You're having difficulty regulating and managing your emotions
2. You aren't performing as effectively at work or school
3. You're experiencing changes or disruptions in sleep or appetite
4. You're struggling to build and maintain relationships
5. You've experienced some form of trauma
6. You no longer enjoy activities you typically used to
7. You're grieving
8. Your physical health is

9. You want to change/improve, but don't know where or how to start.
10. You're using substance or food or sex or gaming to cope

Approaching The Topic Of Seeking Help With Your Parents And Loved Ones:

Acknowledging there's an issue is the first step to feeling better. Asking for help is the second. That said, asking about therapy can feel overwhelming, but it is also very courageous. You could experience many negative thoughts but it's important to remember that it's a parent's and/or loved one's job to help you and love you, no matter what. They might have already noticed that you don't seem yourself. Telling them can actually relieve their mind, because they'll be able to understand what's going on with you. Parents often are more supportive than you'd expect.

Pick a moment when your parents are feeling relaxed to bring it up. Tell them how you're feeling and how it's affecting your life. Don't worry about trying to explain

why you feel this way. Tell them you want to get help. Your parents might not get it the first time, some might say what you're feeling sounds normal. If that happens, let them know you're pretty sure this is more serious. It's become a big problem in your life.

If they brush it off, try again another day. If you need to, get back-up from another trusted family member or friend. Asking for help can be scary but letting someone else in can be a huge relief. Don't get caught up trying to analyse or explain why you might be feeling this way.

A lot of times, you experience resistance due to a lack of awareness. Awareness is the key ingredient that's often missing for people who are resistant towards therapy. Before you talk with your parents, gather as much information to give them as you can. During the conversation itself, remember to stay calm, clearly express your feelings, and show them that you have a plan.

Here are some things you can do:

- a. Write Down Your Reasons:** Note your list of concerns about your mental health on a piece of paper. Make note of any examples or moments that stuck with you.
- b. Prepare:** Go to a trusted friend or relative, tell them what is going on, and ask them to help you prepare. Go to the conversation prepared. Find out pamphlets or information about your concerns. Print out information from online. Have something tangible to give your parents when you meet.
- c. Find A Private Time:** Choose your time carefully to sit down with your parents. Make allowances for their schedules so that when you talk, their attention will be solely focused on you.
- d. Talk Rationally And Calmly:** Take deep, calming breaths before starting. Your parents will appreciate your case more if you act maturely. At the same time, do not be afraid to let your emotions show. If they disagree, speak from your heart.
- e. Use Specific Examples:** It may not be enough to tell your parents that you suffer from anxiety or depression - you need to share real life examples.

Lastly, the decision to get therapy is a personal one. Keep in mind that talking to a mental health professional doesn't automatically mean anything is wrong with you. You might simply decide that seeing a therapist is what helps you become the best version of yourself. Talking to someone isn't a sign of weakness. After all, it takes strength to admit you don't have all the answers!



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Why Do My Batteries Constantly Run Low?



VEERA SHROFF SANJANA

Habits That Drain Your Energy



Overthinking



Inconsistent Sleeping Patterns



Eating Junk Food



Living in the Past



Negative People

It's funny how we live in a time of protein shakes, Gatorades and so called energy fused smoothies, while we try to fight this constant feeling of feeling drained, saturated or downright anxious. Our body, soul and mind functions on energy. We need energy to supplement our stamina and vitality. Energy supplements our ability to work, process and function. But energy is a resource - it reduces as we use it. The feelings of depleted energy resources are tiredness, exhaustion, fatigue, nervousness. Your mental capabilities take a hit. Making rational, quick decisions and processing mental challenges may be hindered, affecting all aspects of your life. A lot of times being physically exhausted and emotionally drained can result from the same reasons.

Protecting yourself from activities and habits that drain your energy can significantly affect your productivity, happiness and success. In our daily lives, challenges and difficulties pose themselves in various ways. Being mindful and aware of people, things and situations that are energy suckers, help to alleviate this problem. Be the energy you want to attract....

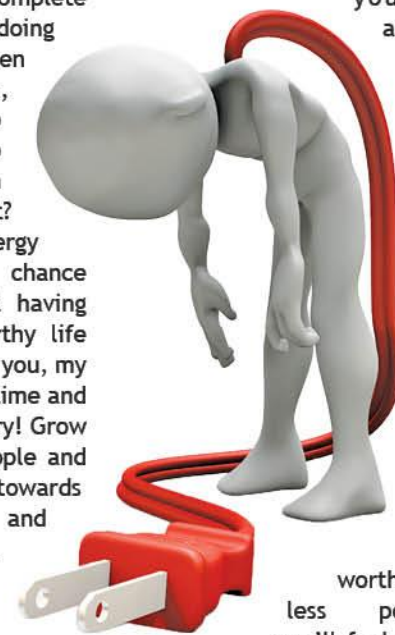
Stop Worrying And Overthinking: So many of us are constantly worried about the future - what will happen or how a situation may pan out. In doing so, we start worrying about things beyond their control. It's futile and a waste of precious time. One cannot sow anything productive from things that lead to distress and restlessness, anxiety and depression. It's the same with

overthinking. Overthinking drains your energy and wears you out physically too. Instead of focusing on things you cannot control, try to reclaim things within your control and prowess. Work on things that have an enduring presence in your life and make you feel happier and healthier.

Let Go Of Anger And Resentment: The negative thoughts, feelings of anger, envy and resentment that we hold on to are poisonous emotions that allow toxicity to spread in and around you. These permeate your being and like a cancer, grow and multiply, pervading all positivity and leaving you parched and barren, alone, filled with venom and hatred. According to psychologist these are high intensity emotions that can wear you down physically, mentally and emotionally. Often these emotions stem from past hurt and wounds. Living in the past is painful; holding grudges about people who hurt you is normal but at some point you need to let it go for your own sanity and well-being. Courage is when you move forward despite all that hurt and rancor and truly come into your own without the hate and resentment.

Limit Social Media Usage: Today Social Media (SM) not just affects but even controls our mood. There's millions scrolling through various SM platforms. Your news-feed either inspires you or makes you feel terrible. We consume these feeds like mouthfuls of little chocolates. We envy friends and people we know on tropical vacations and with their weight-loss stories. Heck, we even envy complete strangers for owning/doing things we did not even know existed! I mean, who the hell is going to Prague anytime soon to try that quaint bistro on such and such a street? These are sure-fire energy drainers and if by chance you feel unhappy not having that envious Insta-worthy life posted on their stories, you, my dear are wasting good time and energy on all that fakery! Grow up! Admire things, people and life around you. Work towards things that add value and meaning to your life. Focus on yourself and only on those aspects of Social Media that align with your goals. Rather than comparing yourself with others, build and work on yourself. 'Stop admiring, Start inspiring!'

Stop Being Overly Critical: Constantly criticizing and judging yourself can be extremely exhausting. It deteriorates your sense of self and births feelings of unworthiness. Don't obsess over your flaws - we all have them. Don't overemphasize your weaknesses and stop worrying about your bloodspots. Let's be honest - the less you see yourself



worthy the less positive you'll feel - that can be extremely draining and sad. When you learn to treat yourself with self-love, compassion and kindness, a whole new world opens up - one of confidence,

patience compliments and achievements!

Master Your Sleep Patterns: This is a crucial factor. Nothing rejuvenates your body and refreshes your mind like a good night's rest. Sleep helps your body heal and restores mental capabilities. It supplements chemicals and hormones necessary for efficient functioning. Your body and brain has time to rest, replenish and flush out toxins while you sleep. All these processes are aimed at prepping your body and mind to feel better and stronger upon waking. When one does not get enough sleep, you are damaging your body and mental capabilities. It drains you and puts your body at great risk. Mastering your sleep patterns is vital. This means regularizing your sleep... Getting to bed and waking up at the same time; trying to sleep the same amount of time, observing your patters and routines before bed; avoiding coffee, alcohol and other stimulants, fatty meals that can and will interfere with your sleep.

Trying Hard To Please Others: Another factor that truly affects your physiological and emotional state is trying too hard to please others or trying constantly to prove yourself to others. When you seek approval and want to make people happy at all costs, whether it's your parents, spouse, siblings, employer or friends, you create a person that's one's own worst enemy. Your actions will always be determined by the need to get validation from others and their expectations of you. Being compassionate, kind and helpful is not about winning approval. Know the difference, recognize it and maintain healthy relationships based on that.

Boundaries are necessary. Recognize relationships for what they are based on the give and take and be firm to saying no when you are really not up to it. Your energy is currency, spend it well. Invest it wisely. Energy springs from little pockets of joy, it is saturated with subtle odors of happiness that allow you to live your best life.

પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

મિત્રા, મંથરા અને યસ્ના દ્વારા આપણી પ્રાર્થનાઓની સમજૂતી, અરજી અને તેની અસર

સમજૂતી: સંદેશાવ્યવહાર એટલે વાત કરવી અને સાંભળવી, જ્યારે પ્રાર્થના એ ભગવાન અને ઉચ્ચ આધ્યાત્મિક માણસો સાથેની વાતચીત છે. જ્યારે કોઈ સમુદાય પ્રાર્થનામાં ભેગા થાય છે, ત્યારે તેને હમ-બંદગી કહેવામાં આવે છે.

જ્યારે કોઈ વ્યક્તિ પ્રાર્થનાનું પઠન કરે છે, ત્યારે તે એક વ્યક્તિના કંપનની તીવ્રતા સાથે પડઘો પાડે છે. પરંતુ, જ્યારે બે લોકો એકસાથે પ્રાર્થના કરે છે, ત્યારે સ્પંદનો હજાર ગણા વધી જાય છે! હમ-બંદગી અથવા સામુદાયિક પ્રાર્થનામાં, પ્રાર્થનાની અસરકારકતા વધુ તીવ્ર બને છે અને ભક્તોની ઈચ્છાઓને વરદાન આપવામાં આવે છે, કારણ કે આ એકતામાં જબરદસ્ત શક્તિ રહેલી છે, જ્યારે આપણે એકતા અને સુમેળમાં પ્રાર્થના કરીએ છીએ.

પ્રાર્થના મૌખિક અથવા બિન-મૌખિક હોઈ શકે છે. અવેસ્તાન પ્રાર્થનાઓ મૌખિક પ્રાર્થના છે. શું તમને આશ્ચર્ય થાય છે કે આપણે શા માટે અવેસ્તાન ભાષામાં પ્રાર્થના કરીએ છીએ? આપણે આપણા પયગંબર અને આપણા પૂર્વજો વચ્ચેની કડી જાળવી રાખવા માટે અવેસ્તાન, પહેલવી અને પાઝંદ ભાષાઓમાં પ્રાર્થના કરીએ છીએ, કારણ કે આ તે ભાષા છે જેમાં આપણા પયગંબરને અહુરા મઝદા તરફથી સાક્ષાત્કાર મળ્યો હતો; અને અવેસ્તાન ભાષામાં શક્તિશાળી અને કાયદાકારક સ્પંદનો છે, જે સમગ્ર બ્રહ્માંડ માટે સારા છે.

બિન-મૌખિક પ્રાર્થનાને હાવભાવ તરીકે વ્યક્ત કરવામાં આવે છે - જ્યારે આપણે આપણા હાથ ઉંચા કરીએ છીએ, જ્યારે આપણે આપણા હાથ જોડીએ છીએ, જ્યારે આપણે હોરમઝદ ખોદેનો પાઠ કરતા હોઈએ ત્યારે આપણે માથું નીચું કરીએ છીએ અને આપણી કસ્તીને હલાવીએ છીએ, અને બધી ખરાબ વસ્તુઓ આપણાથી દૂર થાય.

પ્રાર્થનાના અનુવાદો અને અર્થઘટન:

પ્રાર્થનાનો અર્થ શું છે તેનો સામાન્ય ખ્યાલ રાખવો સારો છે, પરંતુ અનુવાદો કરવા ખુબ મુશ્કેલ છે. વાસ્તવિક અસરકારક સાર માંધ્રવાણીના પવિત્ર શબ્દોના ઉચ્ચારણ દ્વારા ઉત્પન્ન થતા ધ્વનિના સ્પંદનોમાં રહેલો છે, કારણ કે આપણી પ્રાર્થના સ્તોત યસ્ના અથવા સ્પંદનોના સૂત્રના નિયમો પર કરવામાં આવે છે. જ્યારે તમારા હૃદયમાંથી પાઠ કરવામાં આવે ત્યારે પ્રાર્થનાની શક્તિમાં વધારો થાય છે, તમારી લાગણીઓને તેમાં યોગ્ય મિત્રા - વિચારો અથવા કોઈ વિચારો સાથે રોકાણ કરીને - તુખામૈતિ - ઈથી ગાથા, આ રીતે તમારા સભાન મનને સુપર ચેતન સાથે જોડવા માટે શાંત કરે છે.

અરજી: યસ્નાનો શાબ્દિક અર્થ થાય છે

સાચા હૃદય અને શુદ્ધ ઈરાદાથી કરવામાં આવેલી પ્રાર્થના આપણા માટે દુષ્ટતા, અંધશ્રદ્ધા અને ભયાનક વિચારો સામે ખૂબ જ શક્તિશાળી શસ્ત્ર છે. સાચી પ્રાર્થના આપણામાં એક પ્રકારનું શૌર્ય પેદા કરે છે અને તે રીતે આપણે આપણી સામે ઊભી થતી મુશ્કેલીઓને, ઘણી હદ સુધી રોકવા માટે શક્તિશાળી બનીએ છીએ. જ્યારે બધા દેવો અને દુજાઓ પવિત્ર જરથુષ્ટ્રને દુષ્ટ ઈરાદા સાથે મારવા માટે આવ્યા હતા, ત્યારે સૌથી મોટો ઉપાય જે તે સમયે પવિત્ર પ્રોફેટ દ્વારા લાગુ કરવામાં આવ્યો હતો તે અસરકારક સ્તોત્ર યથા અહુ વૈયોનો મોટેથી પઠન અને જાપ કરવાનો હતો.

- સરોશ યશ્ત હંદોખ્ત



ધાર્મિક સેવા. મૂળભૂત કસ્તી વિધિ કરવી, જે ચાર શુદ્ધિકરણ વિધિઓમાંની એક છે, એ તમારા ઉપકરણ પર વાયરસ દૂર કરવાના સોફ્ટવેર ચલાવવા સમાન છે! જ્યારે આપણે કસ્તી વિધિ કરીએ છીએ, ત્યારે આપણે આપણા મન અને સૂક્ષ્મ શરીરમાંથી નકારાત્મક અને ખરાબ ગુણો, આપણા શરીરની આસપાસની અદ્રશ્ય આભા, અપૂર્ણતાઓ અને અવરોધોથી આપણી જાતને શુદ્ધ કરીએ છીએ - જેમ સ્નાન આપણા ભૌતિક શરીરને શુદ્ધ કરે છે, તેમ કસ્તી વિધિ કરવાથી આપણું શરીર શુદ્ધ થાય છે.

આપણી કસ્તી વિધિ કરવાથી આપણને ગ્રહણશીલ સ્થિતિમાં મુકાયે છે. જ્યારે આપણે દાદાર અહુરા મઝદાના ૧૦૧ નામો, જે અહુરા મઝદાના વિશેષણો છે, વાંચીએ છીએ, ત્યારે આપણે અહુરા મઝદા સાથે વાતચીત કરીએ છીએ,

હું તમારી ભાવનાના પ્રવાહ માટે ખુલ્લો છું, અહુરા મઝદા મારા દ્વારા તમારી જાતને વ્યક્ત કરો. આમ, અમે અમારામાં અહુરા મઝદાની ભાવના ડાઉનલોડ કરી રહ્યા છીએ અને તે જ સમયે આપણી જાતને અપડેટ કરી રહ્યા છીએ!

આપણી કસ્તી વિધિ કર્યા પછી, આપણે દૈનિક ફરજિયાત પ્રાર્થનાનો પાઠ કરીએ છીએ. પારસી ધર્મમાં, વ્યક્તિને દિવસમાં પાંચ વખત ફરજિયાત પ્રાર્થના કરવા માટે પ્રોત્સાહિત કરવામાં આવે છે. જે તમે લાંબી પ્રાર્થના કરી શકતા નથી જે સમય લે છે, તો તમારે દરરોજ ૫ વખત કસ્તી પ્રાર્થના કરવાની અને શક્ય તેટલી વાર યથા અને અશેમ નો પાઠ કરવાની ભલામણ કરવામાં આવે છે.

જ્યારે તમે સવારે ઉઠો છો, ત્યારે તમારે સૌથી પહેલા માત્ર ૧ અશેમ વોલુનો પાઠ કરવો જોઈએ - તે ૧૦,૦૦૦ અશેમ વોલુના પાઠ કરવા બરાબર છે!

જ્યારે તમે રાત્રે સૂવા જાઓ ત્યારે પણ આવું કરો.

યથા અહુ વૈયોનો પાઠ કરવાનું પાઠ રાખો, ખાસ કરીને જ્યારે તમે કોઈ નવું કાર્ય અથવા નવું સાહસ શરૂ કરો છો અથવા તમે તમારા ઘરની બહાર નીકળો છો અથવા તમારી કાર અથવા બાઈક ચાલુ કરો છો. તે સૃષ્ટિની શક્તિવાન પ્રાર્થના છે, ઉદય પામે છે. અશેમ વોલુ એ એક પ્રાર્થના છે જે તમને શાંત કરે છે અને નિષ્કર્ષ તરીકે પ્રાર્થના કરવી જોઈએ. આપણે સામાન્ય રીતે ૨૧ યથા વોલુ વૈયો અને ૧૨ અશેમ વોલુનું પાઠ કરીએ છીએ દરેક શબ્દના કંપનને મજબૂત કરવા માટે કારણ કે દરેક પ્રાર્થનામાં અનુક્રમે ૨૧ અને ૧૨ શબ્દો હોય છે .

શું સારા વિચારો, સારા શબ્દો અને સારા કાર્યોનો અભ્યાસ પૂરતો નથી? આપણે પ્રાર્થના શા માટે કરવી જોઈએ?

મારી પાસે મારા એક સારા પરિચિતની અંગત વાર્તા છે, જે ક્રિસ્ચિયન છે અને ઇન્ટલાઈન વર્કર છે, જેણે કોવિડ ૧૯ થયો હતો અને તે ૨૩ દિવસ સુધી આઈસીયુમાં હતા, તેના જીવન માટે લડતા હતા. વાયરસ તેના ફેફસાં અને અન્ય અંગોને પણ તબાહ કરી રહ્યો હતો. તે મરવાની આરે હતા. એક રાત્રે, તેમને લાગ્યું કે તેમનો અંતની નજીક છે અને તેમણે ભગવાનને પ્રથમ કરવાનું શરૂ કર્યું - શા માટે હું? મારો પરિવાર છે, બાળકો છે, હું સારું જીવન જીવું છું દરેકને મદદ કરું છું, ક્યારેય કંઈ ખોટું કર્યું નથી, તો પછી હું આ જીવલેણ રોગમાંથી કેમ ન બચી શકું? વહેલી સવારના કલાકો દરમિયાન, તે તેમની ચેતના ગુમાવી રહ્યા હતા અને વેન્ટિલેટરની મદદથી પણ ભાગ્યે જ શ્વાસ લઈ શકતા હતા. તેમના શબ્દોમાં, તેમને લાગ્યું કે લાથીઓ તેમની છાતી પર દોડતા હતા.

તે સમયે એક નર્સ તેમની પાસે આવી અને પૂછ્યું, શું તમે મારી સાથે પ્રાર્થના કરશો? તે સંમત થયા જો કે તેઓ બોલી શકતા ન હતા, પરંતુ મનમાંને મનમાં તેઓએ પ્રાર્થના કરી. પ્રથમ વખત તેમને થોડી રાહત અનુભવી. ત્યારે તેમને સમજાયું કે, હું સારું જીવન જીવી શકીશ પરંતુ તે માટે મારે વધારે પ્રાર્થના કરવી જોઈએ તે બે મહિનામાં સ્વસ્થ થઈ ગયા. એટલા માટે મારા મિત્રો પ્રાર્થનાઓ અને તમારા પોતાના ધર્મની પ્રાર્થનાઓનું પઠન કરવું ખૂબ જ મહત્વપૂર્ણ છે કારણ કે તમારા જીવનમાં તે અસર ઊભી કરવા માટે તે તમારા માટે શ્રેષ્ઠ પ્રિસ્ક્રિપ્શન છે જે ફક્ત અનુભવી શકાય છે અને શબ્દોમાં સમજાવી શકાતું નથી!

- એરવદ જરીર ભંડારા દ્વારા

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Dinyar Daruwalla દીનયાર મીનોચેર દાડવાલા	Minocher 88 ૮૮	26.05.2022	11, Godrej Building, 1St Floor, Nawajbai Contractor Baug, Mori Road, Mahim, Mumbai 16. ૧૧ ગોદરેજ બિલ્ડિંગ, ૧લે માળે, નવાજબાઈ કોન્ટ્રેક્ટર બાગ, મોરી રોડ, માહિમ, મુંબઈ ૧૬.	તે મરુદમો કેની (બપઈ) તથા મીનોચેર જહાંગીરજી દાડવાલાના દીકરા તે મેહર રતન ભરૂચા તથા મરુદમો શ્રેતોન મીનોચેર દાડવાલાના ભાઈ તે મરુદમો માણેક ગયોમર્દ સીનોરના કઝીન તે નાજુ શ્રેતોન દાડવાલાના જેઠ તે મરુદમો ડો. રતન રૂસ્તમજી ભરૂચાના સાવાજી.
Ervad Pervez Faramroze Aibara એરવદ પરવેઝ ફરામરોઝ આઈબરા	57 ૫૭	17.05.2022	Flat No 604, Excel Park Sector 6. Plot No 2, Airoli, Navi Mumbai, 708. ફ્લેટ નં. ૬૦૪, એક્સલ પાર્ક, સેક્ટર-૬, પ્લોટ નં. ૨, ઐરોલી, નવી મુંબઈ ૭૦૮.	તે મરુદમો નરગીશ તથા ફરામરોઝ નવરોજી આઈબરાના દીકરા તે બીનાઈફર પરવેઝ આઈબરાના ખાવિંદ તે યાશીન ને ડાયનાના બાવાજી તે અસ્પી ફરામરોઝ આઈબરા, એરવદ જમશેદ ફરામરોઝ આઈબરા ને એરવદ દારાયશ ફરામરોઝ આઈબરાના ભાઈ મરુદમો એરવદ જહાભક્ષ હોશંગજી દસ્તુર ને કેટી જહાભક્ષ દસ્તુરના જમાઈ તે ફેણી અસ્પી આઈબરા અને ફેણી જમશેદ આઈબરાના જેઠ તે હુતોક્ષી દારાયશ આઈબરાના દેર તે જુબીન અસ્પી આઈબરા, તનાઝ અસ્પી આઈબરા, મહેરજાદ જમશેદ આઈબરા, ખુશનાઝ દારાયશ આઈબરા ને શહેરીયાર દારાયશ આઈબરાના કાકા.
Rattan Burjor Framjee રતન બરજોર ફ્રામજી	73 ૭૩	08.05.2022	R - 2/60, Raj Nagar, Ghaziabad 201002 Uttar Pradesh આર-૨/૬૦, રાજ નગર, ગાઝીયાબાદ ૨૦૧૦૦૨, ઉત્તર પ્રદેશ.	તે મરુદમો બરજોર પીરોજશા ફ્રામજી તથા પીરોજના દીકરા તે નરગીશ રતન ફ્રામજીના ઘણી તે ગેવ અને દારાયશના પપ્પા તે મરુદમો ફરેદુન કાવસજી ગનદેવ્યા અને મરુદમો રોશનના સન ઈન લો રોહીન્ટન, દીનશા, પરવીન કેરસી સુતરીયા અને ઝરીન હોમી પટેલના ભાઈ તે નાઝનીન ગેવ ફ્રામજીના કાકા ઈન લો.
Ratan Fradoon Postwala રતન ફેદુન પોસ્તવાલા	78 ૭૮	27.05.2022	R.no 12, Golwala Bldg. No 7, 8th Lane, Near Pitle Maruti Mandir, Khetwadi, Girgaon Mumbai 4. રૂમ નં. ૧૨, ગોલવાલા બિલ્ડિંગ નં. ૭, ૮મો લેન, પીતલે માડૂતી મંદિરની બાજુમાં, ખેતવાડી, ગિરગાંવ, મુંબઈ ૪.	તે મરુદમો ફેદુન અને નરગીશ પોસ્તવાલાના દીકરા તે નરગીશના ખાવિંદ તે શેહેરૂ ખરશેદ દેસાઈ તથા મરુદમો દીનુ ફરેદુન પોસ્તવાલાના ભાઈ તે મરુદમો સોરાબજી અને પેરીન ભાદાના જમાઈ.
Osti Cooma Burjor Pundole ઓસ્તી કુમા બરજોર પન્ડોલ	90 ૯૦	28.05.2022	14, Clover Apt., 3rd Floor, Naushir Bharucha Marg, Sleater Road, Mumbai 7. ૧૪, ક્લોવર એપાર્ટમેન્ટ, ત્રીજે માળે, નોશીર ભરૂચા માર્ગ, સ્લેટર રોડ, મુંબઈ ૭.	તે મરુદમો ઓસ્તા બરજોર નરીમાન પન્ડોલના ઘણીયાણી તે મરુદમો જરબાનુ તથા નરીમાન દાદાભાઈ પન્ડોલના વલુ તે મરુદમો મોટામાય તથા દારબશાહ હોરમસજી ભાઠેનાના દીકરી તે અરનવાઝ અસ્પી જીજીભાઈ ને ઓસ્તા યઝદીના માતાજી તે અસ્પી ને માનેકના સાસુજી તે નોશીર ને દોલી પરવેઝ બહેરામ કામદીન તથા મરુદમો જસીના બહેન તે માઝરીન, એરવદ શાહજાદ ને એરવદ આરીશના ગ્રાન્ડ મધર.
Osta Jamshed Dinsha Hathiram ઓસ્તા જમશેદ દીનશા હાથીરામ	87 ૮૭	28.05.2022	Serhna Bldg., 2Nd Floor, Wadia Street, Tardeo, Mumbai 34. સેઠના બિલ્ડિંગ, ૨જે માળે, વાડયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે મરુદમો પીલામાય અને દીનશાહજી હાથીરામનાં દીકરા તે મરુદમો ઓ. ખોરશેદ જમશેદ હાથીરામના ખાવિંદ તે એ. મરુદબાન અને એ. હોમયારના પિતાજી તે ઓ. ક્યનાઝ અને ઓ. બીનાઈફરના સસરાજી તે મરુદમો દીનામાય અને નરીમાન વાઘણીપાવાલાના જમાઈ તે મરુદમો ગુલા બહમન અવાસીયા, કેતી માનેક ચેના, દીના કેકી કોલાલ, રૂસી એન પીલુના ભાઈ તે માહફીન, બેહઝાદ, પરીનાઝ, પઝદાનના બપાવાજી તે ડો. મેહરૂ, કુમી, ઘનજીશા તતા મરુદમો પેશોતન, નરીમાન વાઘણીપાવાલાના બનેવી.
Mickey Kaikhshru Daver મીકી કેખશરૂ દાવર	82 ૮૨	28.05.2022	Flat No 2, 690 N.e.dinshaw Bldg., Dinshaw Master Road, Parsi Colony, Dadar(E), Mumbai 14. ફ્લેટ નં. ૨, ૬૯૦ એન. ઈ. દીનશા બિલ્ડિંગ, દીનશા માસ્ટર રોડ, પારસી કોલોની, દાદર (પૂ.), મુંબઈ ૧૪.	તે રોશનના ખાવિંદ તે કુરૂશના બાવાજી તે બેનાઝના સસરાજી તે મરુદમો રોશન તથા કેખશરૂ જમશેદજી દાવરના દીકરા તે દીનશા તથા મરુદમો જેમી, અદી, દારા, બેખ્તી અને કેટીના ભાઈ તે મરુદમો દીનામાઈ તથા દોરાબશા અવારીના જમાઈ તે કેરબાનુ તથા મરુદમો ડોલીના દેર તે યઝદી, ખુરશેદ, ગવેર, રૂશાના તથા મરુદમો ટેમુલના બનેવી તે રોહીન્ટન દવાલના સાવા.
Daraius Kaikhushroo Mulla દારાયસ કયખશરૂ મુલ્લા	92 ૯૨	29.05.2022	Ness Baug, C-Block, 6th Floor, Flat No 12, Nana Chowk, Grant Road, Mumbai 7. નેસ બાગ, સી બ્લોક, ૬ માળે, ફ્લેટ નં. ૧૨, નાના ચોક, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરુદમો કયખશરૂ અને સુનામાઈ મુલ્લાના દીકરા તે મરુદમો કેનીના ખાવિંદ તે મરુદમો કેતી, નાજુ દીનશા મહેતા અને આરમાઈતી મીનુ ગાંધીના ભાઈ તે સાયરસ દીનશા મહેતા અને હવોવી મીનુ ગાંધીના મામા તે મરુદમો પીરોજશા અને મેહરબાઈ માલવાના જમાઈ.
Keki Cawasji Kararia કેકી કાવસજી કરારીયા	84 ૮૪	31.05.2022	K Bldg., 506, 5Th Floor, 24 Walchand Hirachand Marg, Ballard, Mumbai 1. કે બિલ્ડિંગ, ૫૦૬, ૫મે માળે, ૨૪ વાલચંદ હીરાચંદ માર્ગ, બેલાર્ડ એસ્ટેટ, મુંબઈ ૧.	તે મરુદમો કુમા તથા કાવસજી પેસ્તનજી કરારીયાના દીકરા તે ગુલ કેકી કરારીયાના ખાવિંદ તે નોઝર કેકી કરારીયાના બાવાજી તે મરુદમો હીલ્વા તથા પીરોજશાહ શાપુરજીના જમાઈ તે મરુદમો બેજી કાવસજી કરારીયાના ભાઈ તે અદી અને આબાનના તથા મરુદમો દાદી પીરોજશાહ હાતયારના બનેવી તે દારા, તેહમી, મરુદમો બજી જહાંગીર ભરૂચાના કઝીન તે સુતુના માસાજી તે તનાઝ, એરીકના કુવાજી તે ઝરીન દાદી હાતયારના નાણંદવલી
Roshan Cavas Damania રોશન કાવસ દમનીયા	85 ૮૫	01.06.2022	Flat No 1105/06, Indra Darshan - 2, Bldg. No 14, New Link Road, Oshiwara, Andheri(W), Mumbai 53. ફ્લેટ નં. ૧૧૦૫/૦૬, ઈન્દ્ર દર્શન ૨, બિલ્ડિંગ નં. ૧૪, ન્યુ લિંક રોડ, ઓશીવારા, અંધેરી (પ.), મુંબઈ ૫૩.	તે કાવસ દમનીયાના ઘણીયાણી તે પરવેઝ દમનીયા તથા મરુદમો વીરૂપી દમનીયાના માતાજી તે મરુદમો જરબાઈ તથા જમશેદજી ભુતના દીકરી તે રોશની પરવેઝ દમનીયા તથા નીલુફર વીરૂપી દમનીયાના સાસુજી તે મરુદમો અદી જ. ભુત, હોમાય મગોલ, ફીરોઝ જીલ્લા, ફલી ભુત, દીનશા જીલ્લા તથા પરવેઝ જીલ્લાના બહેન તે સરોશ, આદીલ, જુબીન, અવીવા, આરીશ તથા પરીનાઝના ગ્રાંડ મધર તે મરુદમો શીરીન તથા જહાંગીર દમનીયાના વલુ.
Perviz Pervez Damania પરવીઝ પરવેઝ દમનીયા	91 ૯૧	01.06.2022	9/7, Rustom Baug, Sant Savta Marg, Near Masina Hospital, Byculla(E), Mumbai 27. ૯/૭, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, માસીના હોસ્પિટલ પાસે, ભાયખલા (પૂ.), મુંબઈ ૨૭.	તે મરુદમો પરવેઝ દમનીયાના વિધવા તે નેવીલ પ. દમનીયા તથા યઝદ પ. દમનીયાના માતાજી તે મરુદમો દીનામાય તથા જહાંગીરજી દુધાના દીકરી તે જેસમીન નેવીલ દમનીયા તથા નીલુફર યઝદ દમનીયાના સાસુજી તે મરુદમો મની બ. યઝદરના બહેન તે ઝરવાન ન. દમનીયા, દેલઝીન ન. દમનીયા, સનાયા પ. દમનીયા તથા ઝહાન પ. દમનીયાના બપઈજી તે મરુદમો દીનામાય તથા નાદીરશા ફ. દમનીયાના વલુ.
Behram Dara Soonawalla બહેરામ દારા સુનાવાલા	80 ૮૦	02.06.2022	764 E, Umrigar Building, 1st Floor, Dadar East, Mumbai 14. ૭૬૪ ઈ, ઉમરીગર બિલ્ડિંગ, ૧લે માળે, દાદર ઈસ્ટ, મુંબઈ ૧૪	તે મરુદમો નજમાઈ અને દારબશા સુનાવાલાના દીકરા તે બપઈ બેહરામ સુનાવાલાના ખાવિંદ તે જેનીફર કેરશાસપ કારનાક અને અનાહીતાના બાવાજી તે કેરશાસપ કારનાકના સસરાજી તે અરનાવાજી હોમી સુરતી તથા મરુદમો દોલત અને રોશનીના ભાઈ તે જેહાન અને નેઈલના મમાવાજી તે રોહીનતન અને આરમાઈતી સુરતી, કેરસી, મરુદ મહેતાના મામા તે મરુદમો દોલી અને જલ જહાંગીરજી ઈતલીયાના જમાઈ.
Death Announcements From Prayer Hall				
Cyrus Noshir Kerawalla સાયરસ નોશીર કેરાવાલા	63 ૬૩	31.05.2022	D-5 Rustom Baug, Sant Savta Marg, Byculla, Mumbai 27. ડી-૫ રૂસ્તમ બાગ, સંત સાવતા માર્ગ, ભાયખલા ઈસ્ટ, મુંબઈ ૨૭.	તે ઝીનોબ્યાના ખાવિંદ તે મરુદમો કેની અને મરુદમો નોશીરના દીકરા તે ફેયાના પપ્પા તે દાદીના ભાઈ તે ફઝાન, પેશાન, નેકઝાદના અંકલ તે રોશન અને મરુદમો સેમના જમાઈ.
Phiroze Savakshaw Bhatena ફિરોઝ સાવકશા ભાઠેના	89 ૮૯	01.06.2022	9, Mehta Building, Khan Estate, Mahim West Mumbai 16. ૯, મહેતા બિલ્ડિંગ, ખાન એસ્ટેટ, માહિમ વેસ્ટ, મુંબઈ ૧૬.	તે બચાના ઘણી તે મરુદમો મહેરજી અને મરુદમો સાવકશાના દીકરા તે ઝરીન અને જુબીનના પપ્પા તે પર્સી અને તનાઝના સસરા તે હુકિયાના ગ્રેન્ડ કાકા તે મરુદમો ગુલબાઈ અને મરુદમો ફરેદુનજીના જમાઈ.
Death Announcements From America				
Sheroo Khurshed Pervez શેરૂ ખરશેદ પરવેઝ	92 ૯૨	29.05.2022	America. અમેરીકા.	તે મરુદમો ખરશેદ હોરમજી પરવેઝના ઘણીયાણી તે મરુદમો વીલુ ફરોખ સુબેદાર તથા કાયરસના માતાજી તે મરુદમો પેરીનબાનુ તથા પાલવનશા સીધવાના દીકરી તે મરુદમો કેકી તથા મેહરૂ ટેલમટન જાગોરાના બહેન તે ફરોખ તથા સીન્ડીના સાસુજી તે જુબીન, દારાયસ, કાર્વ, હેયદીના ગ્રાન્ડમધર.
Death Announcements From Poona Parsee Panchayat (Trust Office)				
Tabriz Nariman Randeria તબરીઝ નરીમાન રાંદેરિયા	74 ૭૪	23.05.2022	872, Dastur Meher Road, Camp, Pune 411001 ૮૭૨, દસ્તુર મેહર રોડ, કેમ્પ, પુણે ૪૧૧૦૦૧.	-



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. 08.06.2022 થી તા. 10.06.2022



Aries - મેષ - અ.વ.ઈ.

૨૫મી જૂન સુધી ચંદ્રની દિનદશા ચાલશે. તમારા પોતાના અગત્યના કામ પુરા કરવામાં જરાય આળસ નહીં કરો. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. ચંદ્રની કૃપાથી મુસાફરી કરી શકશો. તમારા મનની વાત બીજાને કહી શકશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૦૫, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 05, 08, 09, 10

The Moon's rule till 25th June, will have you doing all your important works without any laziness. There will be no financial constraints. With the grace of the Moon, you will be able to travel. You will be able to share your thoughts with others. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Cancer - કર્ક - ડ.હ.

તમને શુકની દિનદશા ચાલુ હોવાથી ૧૬મી જુલાઈ સુધી હરવા ફરવામાં દિવસો પસાર કરશો. નાણાકીય મુશ્કેલી નહીં આવે. ધનખર્ચ કરવામાં ધનની કમી નહીં આવે. શુકની કૃપાથી ખર્ચ કર્યા પછી પણ નવી ચીજ વસ્તુ વસાવી શકશો. મનની ઈચ્છા પુરી કરવા માટે ભાગદોડ કરી શકશો. દરરોજ 'બહેરામ યજદ'ની આરાધના કરજો.

શુકનવંતી તા. ૦૪, ૦૫, ૦૮, ૦૯ છે.

Lucky Dates: 04, 05, 08, 09

Venus' ongoing rule till 16th July, will see you spending your time in travel and entertainment. There will be not financial constraints. Despite spending money, there will be no financial shortfall. With Venus' grace, you will be able to make new purchase, despite your spending spree. You will move heaven and earth to fulfill your desires. Pray to Behram Yazad daily.



Libra - તુલા - ર.ત.

ગુરૂની દિનદશા ચાલુ હોવાથી તમારા હાથથી ચેરીટીના કામો કરી શકશો. બીજાને મદદ કરી તમે મનથી ખુબ ખુશ થશો. નાણાકીય બાબતમાં સારા સારી રહેવાથી ઈનવેસ્ટમેન્ટ કરી શકશો. ગુરૂ તમને ઈનવીઝીબલ હેલ્થ કરશે. ખોટા ખર્ચાઓથી દૂર રહેશો. દરરોજ 'સરોશ યજદ' ભણાજો.

શુકનવંતી તા. ૦૬, ૦૭, ૦૮, ૦૯ છે.

Lucky Dates: 06, 07, 08, 09

Jupiter's ongoing rule will have you doing works of charity. You will feel great mental satisfaction in helping others. With good growth in your finances, you will be able to make investments. You will receive anonymous help, with Jupiter's grace. You will stay away from unnecessary expenditures. Pray the Sarosh Yasht daily.



Capricorn - મકર - ખ.જ.

૧૮મી જૂન સુધી બુધની દિનદશા ચાલુ હોવાથી લેતી-દેતી અને હિસાબના કામો સમય પર પુરા કરી શકશો. કોઈ વ્યક્તિ સાથે મતભેદ હોય તો તમે સામેથી સુલેહ કરવા જાજો. કોઈપણ કામમાં મુશ્કેલી નહીં આવે. મનની શાંતિ મેળવવા દરરોજ 'મેહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૦૪, ૦૫, ૦૬, ૦૭ છે.

Lucky Dates: 04, 05, 06, 07

Mercury's rule till 18th June will help you complete any financial or accounting transactions on time. You are advised to be proactive in resolving any disputes with others. You will not face any challenges in your works. To get blessed with mental peace, pray the Meher Nyaish daily.



Taurus - વૃષભ - બ.વ.ઉ.

આજથી ચંદ્રની દિનદશા શરૂ થયેલી છે. ૨૬મી જુલાઈ સુધી ચંદ્ર ખુબ શાંતિ આપશે. ઘરવાળા તમારી વાત માનશે. અટકેલા કામ ફરી ચાલુ કરવા માટે સીધો રસ્તો મળતો રહેશે. ધનની ચિંતા ઓછી થતી જશે. આજથી ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૦૪, ૦૫, ૦૮, ૦૯ છે.

Lucky Dates: 04, 05, 08, 09

The Moon's rule starting today till 26th July will bring you immense peace. Family members will be agreeable with you. You will find a straight path to restart any stalled projects. Financial concerns will reduce. Starting today, pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Leo - સિંહ - મ.ટ.

આજથી શુકની દિનદશા શરૂ થયેલી છે. આજથી આવતા ૭૦ દિવસમાં તમારા રોજ બરોજના કામમાં સારા સારી થતી જશે. રોકાણેલા નાણા પાછા મેળવી શકશો. ઘણી-ઘણીયાણીમાં પ્રેમ વધતો જશે. માન સન્માન મલવાનું ફરી ચાલુ થઈ જશે. આજથી 'બહેરામ યજદ'ની આરાધના કરજો.

શુકનવંતી તા. ૦૫, ૦૬, ૦૭, ૦૯ છે.

Lucky Dates: 05, 06, 07, 09

Venus' rule starting today for the next 70 days, will bring in much progress in your daily works. You will be able to retrieve your stuck funds. Affection between couples will blossom. You will start receiving fame and appreciation again. Starting today, pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક - ન.પ.

તમને ગુરૂની દિનદશા ચાલુ હોવાથી તમે સોશિયલ કામ ખુબ સારી રીતે કરી શકશો. નોકરી કરતા હશો ત્યાં પ્રમોશન મલવાના ચાન્સ છે. ધનલાભ મળવાના ચાન્સ છે. જે પણ ધન કમાશો તેમાંથી ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. દરરોજ 'સરોશ યજદ' ભણાજો.

શુકનવંતી તા. ૦૪, ૦૫, ૦૭, ૧૦ છે.

Lucky Dates: 04, 05, 07, 10

Jupiter's rule will enable you to do social service in an effective manner. Those who are employed could be getting a promotion. Financial gains are predicted. Ensure to make investments from your earned income. Pray the Sarosh Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

૨૦મી જુલાઈ સુધી બુધની દિનદશા ચાલશે. તમે નાના કામ પુરા કરીને પણ આનંદમાં આવશો. તમારા કરેલા કામોના બીજા વખાણ કરશે. અગત્યની વ્યક્તિને મળવા આળસ કરતા નહીં. નાણાકીય મુશ્કેલી નહીં આવે. જ્યાં પણ કામ કરતા હશો ત્યાં થોડી વધુ ઈન્કમ મલવાના ચાન્સ છે. દરરોજ 'મેહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૦૪, ૦૮, ૦૯, ૧૦ છે.

Lucky Dates: 04, 08, 09, 10

Mercury's rule till 20th July will help you feel a sense of happiness on the completion of even your small tasks. You will receive praise in your work from others. Do not be lazy to meet an important person. There will be no financial constraints. There could be an opportunity to earn added income at your place of work. Pray the Meher Nyaish daily.



Gemini - મિથુન - ક.છ.ધ.

૧૫મી જૂન સુધી શુકની દિનદશા ચાલશે. તમારા મોજશોખ ઘટવાની જગ્યાએ વધી જશે. ઘરવાળાની હિમાન્ડ પુરી કરી શકશો. અપોઝીટ સેક્સનો સાથ મળવાથી મુશ્કેલીભર્યા કામ સહેલાઈથી પુરા કરી શકશો. સારી જગ્યાએ ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. તમારા કામમાં સારા સારી કરવા દરરોજ 'બહેરામ યજદ'ની આરાધના કરજો.

શુકનવંતી તા. ૦૫, ૦૬, ૦૭, ૧૦ છે.

Lucky Dates: 05, 06, 07, 10

Venus' rule, till 15th June, will end up increasing your inclinations towards fun and entertainment. You will be able to cater to the wants of your family members. With the support of members of the opposite genders, you will be able to execute your challenging tasks with ease. You will be able to make profitable investments. For progress in your career, pray to Behram Yazad daily.



Virgo - કન્યા - પ.ક.ણ.

તમને રાહુની દિનદશા ચાલુ હોવાથી તમારા કરેલા કામની કદર નહીં થાય. કોઈને સાચી સલાહ આપશો તો તે પણ તમારી વાત નહીં માને. ઘરમાં નાની બાબતમાં મતભેદ પડતા રહેશે. માથાનો દુઃખાવો, એસીડીટી, હાઈપ્રેશરથી પરેશાન થશો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૦૪, ૦૫, ૦૮, ૧૦ છે.

Lucky Dates: 04, 05, 08, 10

Rahu's ongoing rule does not allow work appreciation coming your way. Even your sincere advice will not be heeded to by others. At home, squabbles will keep taking place over most petty matters. You could suffer from headaches, acidity and high Blood Pressure. Pray the Mah Bokhtar Nyaish daily.



Sagittarius - ધન - ભ.ધ.ક.

૨૫મી જૂન સુધી શનિની દિનદશા ચાલશે તમે તમારા નાના કામો પણ સમય પર નહીં કરી શકો. તબિયતના બારામાં જરાબી બેદરકાર રહેશો તો મોટી મુસીબતમાં મુકાઈ જશો. ખાવા પીવામાં ધ્યાન આપજો. જોઈન્ટ પેઇન, માથાનો દુખાવો, પેટેની માંદગીથી સંભાળજો. કોઈપર આંધળો વિશ્વાસ મુકતા નહી. દરરોજ મોટી 'હમન યજદ' ભણાજો.

શુકનવંતી તા. ૦૫, ૦૬, ૦૮, ૦૯ છે.

Lucky Dates: 05, 06, 08, 09

Saturn's rule till 25th June will not allow you to complete even your smallest chores on time. Carelessness about your health could land you in a huge problem. Take care of your diet. You could suffer from joint-pains, headaches or stomach upsets. You are advised not to trust anyone blindly. Pray the Moti Haptan Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૩મી જૂન સુધી મંગળની દિનદશા ચાલશે. નાની બાબતમાં તમને ગુસ્સો આવશે. ઘરમાં કે ઓફીસમાં કામ કરનાર સાથે ખોટી બોલાચાલી થશે. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. એક્સીડન્ટ થાય તેવા હાલના ગ્રહો છે. મંગળને શાંત કરવા દરરોજ 'તીર યજદ' ભણાજો.

શુકનવંતી તા. ૦૪, ૦૬, ૦૭, ૦૮ છે.

Lucky Dates: 04, 06, 07, 08

Mars' rule till 23rd June will have you feeling angry over small matters. You could end up getting into arguments with family members at home and with your colleagues at work. You are cautioned to ride/drive your vehicles with utmost care as the stars indicate the possibility of an accident. To pacify Mars, pray the Tir Yasht daily.

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

January (Lucky No. 2; Lucky Card: High Priestess): This is the time for you to consciously let go of those negative feelings. Don't feel like you've been neglected. Financial stability will be there. You need to put in effort to break out of any confusions.

February (Lucky No. 10; Lucky Card: Wheel of Fortune): This month marks your phase of working hard and doing overtime. Life can be a challenge sometimes, and these are unfavourable situations that you are having to deal with, but these will last only for a while. Change is constant and this too will change.

March (Lucky No. 4; Lucky Card: Emperor): Marriage is on the cards! Name, fame, victory and everything that celebrates your glory is just on the horizon. You will receive ample emotional support. A little juggling may be needed to balance a certain situation.

April (Lucky No. 5; Lucky Card: Hierophant): The times ahead are really bright for you - laced with all the luck, love and happiness! Enjoy all of these blessings to their fullest. Do not complain over the small little things that are missing, rather enjoy what you have!

May (Lucky No. 8; Lucky Card: Strength): Change is the only permanent - keep this in mind. You need to learn to go with the flow. This is a time for you to move on in your life and not get stuck in past circumstances and habits. You are advised to bathe with rock salt to keep negativity away.

June (Lucky No. 19; Lucky Card: Sun): This is the best time for forging new partnerships. Marriage is on the cards. Do not over-think things. You know where your destination lies - just focus on seeking the right path.

July (Lucky No. 21; Lucky Card: World): This is your karmic phase - remember this lesson: 'As you sow, so shall you reap'. You need to come to an understanding within yourself and stop having sleepless nights. This is also a time for you to enjoy and have fun. Just learn to accept the changes in life.

August (Lucky No. 3; Lucky Card: Empress): You need to shoulder your responsibilities instead of trying to run away from them. Try and clear your mind so you can do away with the confusions. Your health will be good. Your healing has already started.

September (Lucky No. 1; Lucky Card: Magician): Your health will be in a great condition. You need to stop worrying about the little things - these are all a part of life. A little compromise will help make everything better. Financial support is on the cards.

October (Lucky No. 11; Lucky Card: Justice): You could undergo a slight problem of liquidity of cash. Your money could get stuck for some time. Be very careful about making investments. Do not make decision out of hate or desperation.

November (Lucky No. 17; Lucky Card: Star): Follow your intuition. You are cautioned to be wary of back-stabbers trying to pull you down. You need to come out of your illusions and realise that not everything that glitters is gold. This is the time to get real.

December (Lucky No. 6; Lucky Card: Lovers): Do not get confused between those who have cheated you and those who are loyal to you. Draw a fine line between them. This is a good time to start new ventures. Financially, this will prove to be the best month for you.

Dr. Jasvi commands 15 years of experience as a successful Numerology and Tarot Expert.
You can avail professional Phone Consultations with her at (+91) 9320839234.
Special Discount for PT Readers @ Rs.500/- for a 20-minute session.

PUBLIC NOTICE

THE TENANT LATE MRS. ARNAVAZ SORAB DAMANIA OF NESS BAUG - ANNEX- III FLAT: 4, NANA CHAWK MUMBAI - 400007 WHO RESIDED AS A LONE OCCUPANT EXPIRED ON 14-04-2022. THE FLAT HAS BEEN LOCKED BY THE TRUST'S ADMINISTRATION ON HER DEMISE. ANY PERSON CLAIMING A RIGHT TO THE FURNITURE & BELONGINGS LYING IN THE FLAT IS REQUESTED TO CONTACT THE SECRETARY, BPP N.N. & R.N. WADIA BAUGS, NEVILLE HOUSE, 4TH FLOOR, J N HEREDIA MARG, BALLARD ESTATE, MUMBAI - 400001, TEL NO . 22615871 OR Mobile: 9833964746 FROM MON - FRI BETWEEN 15.00 TO 17.00 HOURS WITH BONAFIDE PROOF OF THEIR CLAIM & PROOF ON RELATIONSHIP (INCLUDING FAMILY TREE CHART) WITHIN 15 DAYS HEREOF.

P.N. SIGANPORIA
SECRETARY

For & on behalf of
BPP N.N. & R.N. Wadia Baugs

Annex - III Flat:4 Ness Baug
P-T: 4th June 2022

Nargol Parsi Jarathosti Anjuman

(Charity Commissioner Surat Registration No. CG/120/Bulsar)

Nargol, District Valsad, Gujarat 396135

Email: nargolanjuman@gmail.com

Phone: +918291440690

Declaration

14.05.2022

We, the trustees of Nargol Parsi Jarathosti Anjuman, wish to inform the public in general and members of our Anjuman in particular, as follows:

A mischievous message full of falsehood and innuendos was circulated on social media by some interested parties, shamelessly covering themselves with a cloak of anonymity, to undermine the working of our Anjuman and to sabotage the united efforts of our team of trustees.

This message, inter-alia, tried to insinuate that our Annual General Body Meeting held on the 18th April 2022 was illegal and that our Chairperson Mr. Hoshang Have-wala illegally pushed through certain resolutions and that the conduct of the meeting was not as per norms.

We categorically say that nothing is further from truth. The supposed narrative of the AGM given in the said message is false, misleading and has been written with the sole purpose of bringing a bad name to us new trustees who have recently taken over the management of the Anjuman and are putting in herculean efforts to find solutions to the multiple challenges being faced by the Anjuman and to put things in order.

All work and actions undertaken by our Chairperson have always been with the concurrence of all the trustees and within the bounds of law and made in the best interest of the Anjuman considering the limited means available and challenges faced by the Anjuman. We all stand steadfastly behind him the Chairperson to support the good work that is being put in by the board with good intentions for the Anjuman.

We appeal to all not to fall prey to such mischief.

Trustees,
For Nargol Parsi Jarathosti Anjuman



**Conscious Living by
DR. TRISHALA CHOPRA**

Can You Reverse Your Long-Standing Diabetes? Let's Find Out!

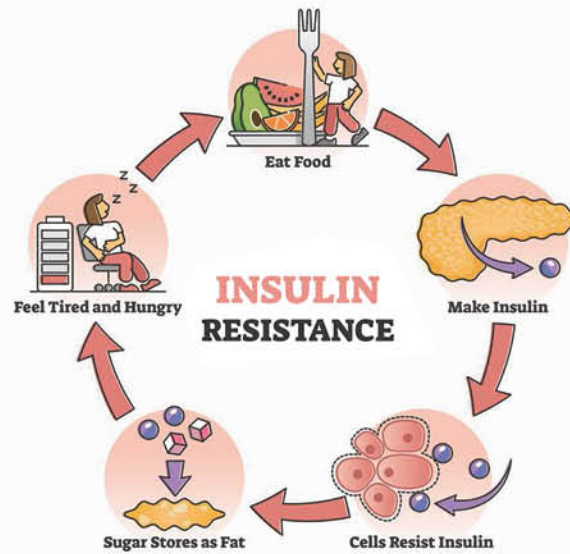
Parsi Times is delighted to present this all-important wellness series on Diabetes Reversal with Dr. Trishala Chopra - an alternative medicine specialist commanding 8 years of resounding success in managing Diabetes, PCOD/PCOS, Obesity, Metabolic Disorders, Gut-health and Sleep-disorders. A much sought-after Health-cum-Lifestyle Coach, Dr. Trishala empowers your body's potential to heal itself through a balanced 'Gut-Mind-Body' approach and helps you achieve your health goals, making self-care a fun and fulfilling experience.

Even as we try to adapt to the new normal thrust upon us by the Covid pandemic that the world continues to battle, one cannot turn a blind eye to the world reaching epidemic proportions when it comes to Diabetes. Of an approximate 537 million adults living with Diabetes today, nearly 80 per cent are afflicted with Type 2 Diabetes. Here's another shocking statistic: 1 in 3 people in India is prediabetic - that is, the condition which precedes Type 2 Diabetes.

What is Type 2 Diabetes? This condition is characterised by chronically elevated blood sugar levels. Most think that Diabetes is a blood sugar problem, but this is not entirely

true. The root cause which drives the condition is 'Insulin Resistance'.

When we consume food, it is



converted into sugar inside the body. Your body's way of handling the sugar is by producing the hormone - Insulin. This hormone helps in moving the sugar inside your cells so that it can be used as energy. Sounds simple and exciting, right? Well, it's a little more than that, though.

In the body of a healthy individual, this system of insulin production works effectively. However, if you have Type 2 Diabetes or are pre-diabetic or obese, this system gets affected. When you consume a carbohydrate-rich diet or when you have multiple small meals a day, it elevates your insulin levels for longer periods of time and your cells start to become resistant to the effects of insulin. Excess production of insulin in the body makes it difficult for the hormone to do its work efficiently. This is what happens in Type 2 Diabetes. Excess production of insulin is toxic to the body.

What Are The Effects Of Elevated Insulin Levels In The Blood?

1. It triggers fat-storage, resulting in excessive weight gain, especially around the abdomen

2. It causes water and salt retention, which raises your Blood Pressure
3. In women, it can cause excess production of testosterone in the ovaries, which is associated with PCOS or Polycystic ovarian syndrome
4. It increases the risk of getting Type 2 Diabetes

If you want to work on reversing your Diabetes or pre-diabetes, the only way to do this is working on the root cause, which is Insulin Resistance. Focusing on controlling the blood sugar levels without

blood tested for the following three blood tests, from a good lab:

1. HbA1c (Fasting is not required for this test)
2. Fasting C-peptide
3. Fasting Insulin

(Please note: If you are on exogenous or external insulin injections, then only get your HbA1c and Fasting C-peptide tests done.)

If your fasting C-peptide levels are within the normal range, this means that you have Type 2 Diabetes, which can be reversed completely

by inculcating the necessary lifestyle changes.

How can you confirm whether your Diabetes has completely reversed?

To be able to successfully become 'Diabetes Free', one would need to meet the following requirements without any oral medicines or exogenous insulin:

- Fasting blood sugar levels below 100

- Post prandial blood sugar levels below 140
- HbA1c below 6.3 (for Diabetes reversal) & below 5.6 (for Pre-Diabetes reversal)

We will discuss more about Diabetes reversal in the coming few weeks! I look forward to your presence on this wellness journey!

EARLY SIGNS OF TYPE 2 DIABETES

Type 2 diabetes causes a person's blood sugar levels to become too high. Recognizing the early signs and symptoms of this chronic condition can result in getting treatment sooner, reducing the risk of severe complications. The early signs and symptoms of Type 2 Diabetes can include:

1. Frequent urination, particularly at night
2. Increased Thirst / Dry Mouth
3. Constantly feeling hungry
4. Feeling very tired or worn out
5. Blurry vision
6. Slow healing of cuts and wounds
7. Tingling, numbness, or pain in the hands or feet
8. Patches of dark skin
9. Itching and Yeast infections
10. Being cranky
11. Weight loss without trying
12. Headaches
13. Loss of consciousness.
14. Red, swollen, tender gums

working on the root cause is similar to using a bucket to remove water from an overflowing sink without turning off the tap.

Before we go ahead with details about how to reverse your Diabetes, it is important to confirm the type of Diabetes in every individual case.

So, how do we find out whether your Diabetes is reversible?

You would need to get your

**For queries and professional consultations, email
Dr. Trishala:
trishichopra@gmail.com**

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