

# PARSI TIMES

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**FROM THE EDITOR'S DESK**

**True Beauty**

Dear Readers,

As we close in on completing the half-year mark for 2022, we have much to look back and be grateful for, this year. Especially when we compare it with the previous two years. In addition to having given us this 'new normal' to live with, the pandemic has also proven to be the new global yardstick, with which we will look at and compare time periods. We will now think and speak in terms of 'pre-pandemic' times and 'post-pandemic' times. And of course, those who have suffered the wrath of the pandemic will take a while before they are able to heal from the loss and destruction caused during its zenith.

But, any way you look at it, there is lots of reason to be grateful - for the seamless life before the pandemic, surviving through the pandemic and finally learning to move on and getting back on track, as Covid (hopefully) ebbs away for good.

A heart that houses gratitude, will also house compassion and learning. With all due respect and genuine empathy for those who lost loved ones or their livelihoods or have had to live with other damages, the real loss was for those who remained untouched or unchanged through this life-altering phenomenon - those who didn't truly embrace life's lessons or who's hearts didn't grow bigger to accommodate greater gratitude and compassion.

For the rest, as we emerge on the other side of the pandemic, some still slow and staggering as compared to others... while it may take a while before the ugliness of the trauma fades sufficiently from our memories, we will live to tell the tale of survival, strength, courage and how true beauty of the heart is birthed off kindness and gratitude.

And speaking of beauty, we are delighted to share Yasmin Jal Mistry had the entire community celebrating on June 5th, having won the prestigious and unique 'Mrs. World International' crown. As the dynamic and trailblazing personality that the community loves and respects, Yasmin's multi-faceted roles and achievements include being a jet-setting entrepreneur, who's passion for community service and social service has her heading ZTFI (Zoroastrian Trust Funds of India), one of our community's foremost institutions that caters to all the needs of the less-privileged. Having been a youth icon earlier and now a beauty icon that the world adores, Yasmin continues to do our community proud with her innate beauty - on the inside and the outside... as they say, 'There is nothing more beautiful than someone who goes out of their way to make life beautiful for others.' A beautiful woman, a true Zarthosti indeed! Here's wishing her continued success in all her oncoming ventures!

Have a lovely weekend!

- Anahita

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**Religious Announcements**

**Jashan At**

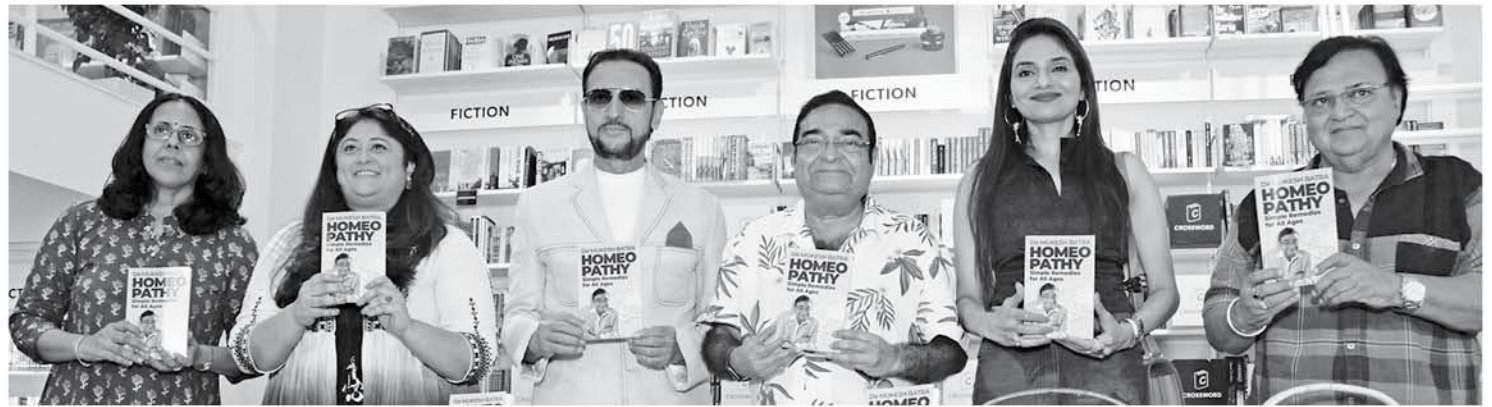
**Seth Maneckji Nowroji Sett Agiary**

Seth Maneckji Nowroji Sett Agiary, located at Bazar Gate Street, Fort, will celebrate a Bahman Mahino Jashan on Monday, 13th June, 2022 at 9:30 am (Roj Bahman, Mah Bahman - YZ 1391). All Humdins are warmly invited.

**Padmashree Dr. Mukesh Batra Launches 'Homeopathy: Simple Remedies for All Ages'**

**Mumbai, June 08, 2022:** On 8<sup>th</sup> June, 2022, Dr. Mukesh Batra, Padmashree recipient and Founder of Dr. Batra's Healthcare, the largest chain of homeopathy clinics, launched his latest book - 'Homeopathy - Simple Remedies For All Ages', in Mumbai. An everyday guide to safe and easy-to-use homeopathic treatments, the book is published by Popular Prakashan, the book provides self-help and timely action through home remedies. The event was graced by the Chief Guest - Bollywood actor - Gulshan Grover and attended by celebrities including Rakesh Bedi, Madhoo Shah, Mickey Mehta, Roop Kumar Rathod, Bharat Dhabolkar, Sidharth Kak, and Chef Varun Inamdar.

With a medical practice spanning almost 50 years, Dr. Mukesh Batra has incorporated remedies to tackle everyday ailments for all ages. Available at all leading popular bookstore



L to R: Asmita Mohite, Tara Deshpande, Gulshan Grover, Dr. Mukesh Batra, Madhoo Shah and Rakesh Bedi

chains in India, 'Homeopathy - Simple Remedies For All Ages', the No 1 Bestseller in the Holistic Healthcare category on Amazon, is an easy-to-understand guide providing homeopathic solutions to numerous issue ranging from prenatal to senior health care and rheumatoid arthritis ailments.

Speaking on the occasion, Dr. Mukesh Batra said, "Homeopathy is a primary source of healthcare in India

and is used by ten crore people for their medical care. With over five decades of my medical practice, this book is my effort to ease some of the burdens of healthcare providers by offering people a doctor within their homes." Chief Guest, Gulshan Grover, remarked, "Dr. Batra is a dear friend and an exceptionally talented person. "I believe in Homeopathy and have witnessed Dr. Batra's ability to heal people and change their lives. I am happy that millions will now get to

experience his amazing ability through this book."

Dr. Batra has authored eight best-seller books on homeopathy in various editions and languages. He has written in innumerable global and national media popularising homeopathy. With 200 clinics across India, UK, UAE, Bahrain and Bangladesh, Dr. Batra's Multi-Specialty Homeopathy Clinics is the world's largest chain of homeopathic clinics. With around 300 homeopathic

doctors working across the globe and having treated around 15 Lakh patients, Dr Batra provides homeopathy treatment for over 100 + health conditions including Hair Loss, Vitiligo, Psoriasis, Acne, Respiratory problems, Low immunity, Tonsillitis, Stress Management, Migraine, Thyroid, PCOS, Menopause, Allergies, Diabetes, Sexual Health, Female Infertility and Male Infertility, Child and Mental Health and Weight Management.

# Yasmin Jal Mistry Crowned 'MRS. WORLD INTERNATIONAL'



On 5<sup>th</sup> June, 2022, dynamic and gorgeous business woman and industrialist, known in our community for her passion towards Community and Social Service - Yasmin Jal Mistry, was crowned 'MRS. WORLD INTERNATIONAL', at the 2022 edition of the prestigious 'MRS. WORLD INTERNATIONAL BEAUTY PAGEANT', in a star-studded, extravagant grand finale held at a five-star hotel, in the heart of India's fashion capital - Mumbai. Beating her fellow 52 finalists to win the Pageant, Yasmin Mistry was also crowned 'MRS. PHOTOGENIC'.

The Pageant, which opened its registrations in February this year, saw over 450 beautiful women of Indian origin, from across India as well as the world, participate in this premiere beauty pageant for married women, which was organized by 'Glamour Gurgaon' - founded by Barkha Nangia - renowned beauty entrepreneur, reckoned as India's leading visionary and new age businesswoman in the world of beauty and fashion. The auditions for MRS. WORLD INTERNATIONAL were held in Delhi-NCR, Mumbai, Ahmedabad, Bangalore, Kolkata, Hyderabad, Lucknow, Jaipur, Dubai, London, New

York, and Melbourne till May 2022.

The contestants were put through extensive grooming sessions from 1<sup>st</sup> to 4<sup>th</sup> June, to prepare for this competition. The gruelling grand finale tested them in several rounds, with eminent judges scoring them on multiple attributes like Confidence, Personality, Stage presence, Ramp-walk, etc. The jury panel comprised renowned celebrities including Madhurima Tuli, Deepika Singh Goyal, Pooja Desai, Akash Aggarwal and Megha Sarpal. The Pageant's Direction and Choreography was done by ace Choreographer - Shie Lobo.

Thrilled and ecstatic on having won the Pageant, Yasmin Mistry said on the occasion, "By the grace of God and the blessings of my late father and the constant love and support of my mother, I have been able to achieve this success. Winning 'MRS. WORLD INTERNATIONAL' feels surreal - it's been a long, gruelling week of rigorous trainings and numerous sub-contests, but I'm thrilled that all the hard work finally paid off!"

The 'MRS. WORLD INTERNATIONAL' platform aims at providing opportunities for

married women in India and the world over. Founder Barkha Nangia said, "I believe nothing can stop women from reaching new heights and setting new milestones for themselves, if one is truly passionate about it. Age is just a number, what counts is your efforts and your

approach toward your goals. Many of the participating finalists and winners will go on to be recognized for their brilliant work in modelling, acting, theatre, fashion, commercial advertisements, web-series, brand endorsements, music videos and more."

Celebrity Judge, Madhurima Tuli, said, "Every participant came with her own set of skills, spectacular charisma and confidence. It's a myth that women cannot or must not focus on their careers after marriage. We saw a live  
**Contd. on Pg 06**

## Proud Moment for our Community and Kiyara Associates...

*Sometimes they say Dreams are Dreams and not always fulfilled  
but I have always believed nothing is IMPOSSIBLE*

Today my dream of reaching the peak was fulfilled yes with hard work and dedication to work being honest in my work though Brick Bats always follow Criticism always follows but that didn't stop me from achieving my Honorary Doctorate in the field of Construction Engineering along with accolades and awards won in various categories Nationally and Internationally. It was a Journey of Ups and Down from being Mr. Shahrookh Dumasia to Dr. Shahrookh Dumasia

### KIYARA ASSOCIATES IS PROUD TO SHARE ITS ACHIEVEMENTS



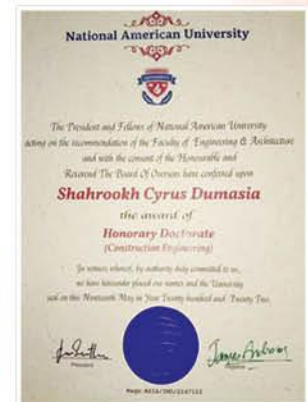
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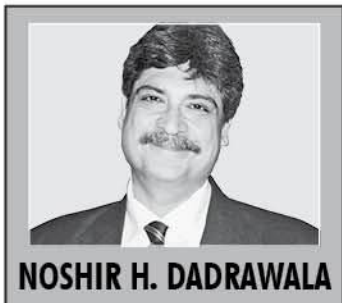
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Office Timing: 10 a.m. to 5.30 p.m. Mon - Fri.

# Let's Celebrate Wisdom!



**NOSHIR H. DADRAWALA**

The Holy month of Bahman (Pahlavi Wahman) is here. In Avesta, Bahman is referred to as Vohu (good) Mana (mind), similar to Sanskrit Vásu Mánas. It is through Vohu Mana that wisdom can be acquired. Hence, in this Holy month of Bahman let's celebrate the spirit or essence of Wisdom.

**Wisdom is our true wealth in life. It is wealth that does not diminish no matter how much we share it. It cannot be stolen either. Someone can steal our knowledge or intellectual property. However, our wisdom can only be shared at our own discretion. It cannot be stolen!**

HW Charles, author of 'The Money Code', says: "Wisdom is really the key to wealth. With great wisdom, comes great wealth and success. Rather than pursuing wealth, pursue wisdom."

**Knowledge Or Wisdom?** Two popular sayings sum up the difference between knowledge and wisdom: 'Knowledge is knowing what to say. Wisdom is knowing when to say it'; and 'Knowledge is knowing a tomato is a fruit. Wisdom is knowing not to put it in the fruit salad.'

While knowledge is about knowing, it is wisdom that helps us put what we know to the right or best use. Knowledge is simply knowing that a sharp knife can cut. However, while a surgeon uses a sharp knife to heal, a thief uses it to threaten or to wound. Wisdom is about having the right perspective and using sound judgement based on knowledge that is acquired. In other words, wisdom is about making the right choices.

**Source Of Wisdom:** According to a Pahlavi text known as Mēnōg ī Khrad (Spirit of Wisdom), all wisdom universally flows from Ahura Mazda - the epitome of cosmic wisdom. Such is the nature of the universe created by Ahura Mazda that it neither



punishes nor blesses us. It simply responds to the choices we make, in thought, word and deed. If we think positively, that's what the universe reflects in return. What we put into the universe returns to us like an echo. Therefore, we must choose wisely what we put out into the universe by way of our thoughts, our words and our deeds.

said to be the source of 'gut feeling', 'instinct', 'intuition', or 'creative inspiration'. When a new positive thought or creative idea just occurs, that is our innate wisdom. One way to get in touch with our innate wisdom is through deep reflective thinking. Acquired wisdom, on the other hand, comes through experience, which can be a mix of successes and failures encountered

it our own or someone else's' thoughts, words or actions. Thanks to the internet, we are overburdened today with 'information overload'. Not all the information one searches and finds on the internet is real or true. Therefore, knowing how to navigate the internet wisely and choose what to believe or reject becomes a matter of wisdom.

**So, What Is Wisdom?** Chapter eleven of Mēnōg ī Khrad affirms: "Wisdom with which there is no goodness, is not to be considered as wisdom; and skill with which there is no wisdom, is not to be considered as skill." Chapter twenty-five of this sacred text also tells us that there is wisdom in being content... "Among the rich he is poor who is not content with that which is his, and suffers anxiety for the increase of everything, and among the poor he is rich who is content with that which has come to him and cares not for the increase of anything." Thus, to be content is to be happy.



According to Zoroastrian theology, one way to acquire wisdom is through the daily practise of purity - physical, mental and emotional. The essence of Vendidad, Fargard (chapter) 10, verse 18-19 is simple, yet clear: "Make thy own self pure, O righteous man! Anyone in the world can win purity for his own self, namely, when he cleanses his own self with good thoughts, words, and deeds."

**Innate And Acquired Wisdom:** The Pahlavi Handarz texts speak about two types of wisdom - 'Innate wisdom' and 'Acquired wisdom'. Innate wisdom is

through the journey of life. Experience is acquired through exercising our choices.

**Wisdom Is Choice:** Wisdom is about making the right choices. Yasna 30:2 (Ahunavaiti Gatha) states: "Hear with your ears the best things; look upon them with clear thought, for decision between the two Beliefs, each man for himself".

Indeed Ahura Mazda (Cosmic Creative Wisdom) through Asho Zarathustra's enlightened mind, conveys to us that each one of us must first "think before we believe" - be

The final or chapter (sixty-three) of Mēnōg ī Khrad tells us that wisdom lies in being grateful under all circumstances and wishing happiness for everyone. The text says: "Gratitude is greater and better than every good work and requires no special effort for its performance."

To conclude, wisdom lies in living with gratitude and contentment. Let us have the wisdom to celebrate this Holy month with gratitude. If we choose to shift our focus towards gratitude, it will usher feelings of happiness and gratitude will help us to overcome difficult times more quickly and easily. If we choose to appreciate all the ways in which life has been kind to us, we will attract more positive experiences, joy and abundance. In like manner contentment will ensure a state of satisfaction with the current situation and not let us take for granted what we have right now.

Being content does not mean lack of ambition or becoming stagnant. Being content simply means doing one's duty as best as one can do it and remain 'purpose driven' rather than 'result or outcome driven'!

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# Yasmin Jal Mistry Crowned 'MRS. WORLD INTERNATIONAL'

Contd. from Pg 03

example of all the finalists who performed on stage with the best of their abilities. All the participants broke several social stereotypes! I congratulate all the winners and participants."

As part of a CSR initiative, the platform aims to bring awareness about breast cancer among women and annually organizes camps and free medical check-ups for the less educated and underprivileged section of society. Through this initiative, women are educated about how to detect the symptoms of this disease and staying cancer free, through medical camps and a dedicated team of doctors who perform check-ups.

'MRS. WORLD INTERNATIONAL' celebrates the success of women and provides them with the platform to demonstrate their talent and beauty to the world. This unique pageant facilitates aspiring and ambitious women to take the leap and gain global fame. The competition empowers women from all walks of life to stand boldly on a worldwide scale. The main mission of this Pageant is to motivate and inspire millions of married women to think big and manifest higher goals.

Parsi Times caught up with our community's fire-brand beauty-queen, Yasmin Mistry, who also is the Founding Trustee of ZTFI (Zoroastrian Trust Funds of India), the community's leading non-profit organisation which caters to the cause of the less privileged:

**PT:** How does it feel to have won the 'MRS. WORLD INTERNATIONAL' Pageant?

**Yasmin Mistry:** It truly is a great feeling - I feel a sense of appreciation and I feel rewarded for all the hard work that went into winning this pageant. I've been looking forward to be part of a meaningful platform like this which truly empowers and celebrates all women... and to have come out on top of it all, is another level of achievement that I feel. But more than all else, I feel like I now have a



Being Congratulated by her mother Arnavaz Mistry on winning the crown

wider platform which I can put to good use for the various causes that I advocate and stand for.

While Community Service and Women Empowerment have always been causes close to my heart, and I will continue to work on these through ZTFI (Zoroastrian Trust Funds of India), I wish to create further

awareness about issues which need greater attention today, like protection against Child Molestation.

**PT:** What made you participate in this Pageant?

**Yasmin Mistry:** I saw the work done by this pageant and the causes that it stood for and it was an authentic platform, which truly celebrated women, while advocating the important cause of spreading much needed awareness of Breast Cancer as well as holding medical camps for the poor. After speaking with the organisers at length, I was convinced this would be a good platform and I decided to give it a shot.

**PT:** What kind of preparations did it entail?

**Yasmin Mistry:** A lot of work was done in a short span of 4-5 days. From over 400 contestants from across the world, only 20 were selected and of these, only 13 made it to the Grand Finale. The journey from the Zonals to the semi-finals and the Finale has been one which has been very enriching on a lot of levels. It's been an amazing experience that I will cherish for life. Numerous seminars were conducted by experts including Sabira Merchant and other eminent connoisseurs in the field of fitness, health, beauty and fashion. The one thing that I truly learnt was patience. I grew a deep sense of admiration for so many women, each one special in her own right - as corporate

professionals, entrepreneurs or housewives. They had come down from all corners of not just India, but from across the world and it was inspiring to see their passion and their dedication towards realising their aspirations.

**PT:** Tell us about your previous stints with the beauty sector.

**Yasmin Mistry:** I have been part of the Fashion and Modelling sector since I was 17 years old. I won the 'Supermodel India' contest at age 19, in Delhi. I was also 'Miss Gujarat'. Some of the brands that I have modelled professionally for include Raymonds, Sunsilk, Lakme, Tribhuvandas Bhimji, Godrej and lots more.

**PT:** What kept you going strong through the contest?

**Yasmin Mistry:** My mother, Arnavaz Mistry, has been my greatest strength and support through my life, and even in this case, it is her love and support that saw me through the Pageant and made me win it. Her constant presence through her inspiring and empowering messages kept confident and going strong. She has been my pillar through it all. And of course, my constant source of peace and motivation comes from our prayers which truly made me feel protected, strengthened and blessed.

**PT:** What message would you like to share with women?

**Yasmin Mistry:** I want to tell all women to take good care of yourselves - you are ready to conquer the world. Just because you are married, do not let yourself go - focus on your mental and physical well-being and your raison d'etre or your career. Age is just a number - you are beautiful, and nothing can stop you from realising your highest potential, if you set your mind to it and prioritize your goals in life.

**PT:** Any parting words for our community?

**Yasmin Mistry:** I thank you for the love and the appreciation that I have received ever since the news-break of my winning the pageant. Your love and support makes a huge difference to me and I couldn't have asked for more! Stay safe and stay blessed!

# 8<sup>th</sup> World Zoroastrian Youth Congress Closes In!

By Sanaya Khambatta,  
Co-Chair, 8WZYC

The World Zoroastrian Youth Congress is an event that aims to bring together and inspire Zoroastrian youth, aged 18 - 37, from around the world to discuss and take an active role and interest in the future of our community. We are extremely privileged that the 8<sup>th</sup> World Zoroastrian Youth Congress (8WZYC) is making its way back to London and we hope to build upon the success of previous congresses.

The 8WZYC will take place from 21<sup>st</sup> - 26<sup>th</sup> July, 2023, over 5 nights/6 days at the Radisson

Blu Edwardian, a 4 Star Luxury Hotel at London Heathrow, making it convenient for international delegates to attend. Early bird-rates (£ 550) will be offered when registrations open, inclusive of accommodation and most meals for attendees.

Preparations are in full swing to ensure a fun-filled and thought-provoking itinerary of events for attendee participation and enjoyment. Through the 8WZYC, global delegates will explore a range



of topics thematically linked to the values of preservation, inclusivity, empowerment, and identity - reflecting the pressing challenges impacting the world and our youth today. The event will provide a forum for the dynamic voices of our young Zoroastrians to be amplified

and where the youth can intermingle and unite as the future of our community, whilst having fun doing so! We look forward to your commitment and active participation to make these events a success!

To enable the 8WZYC to be as accessible and inclusive as possible to all Zoroastrian youth globally, the 8WZYC Organising team will be undertaking several fund-raising activities in the lead up to the Congress that will run in

parallel with our sponsorship efforts. However, sponsorship is still required to enhance the experience of all attendees by helping to fund additional events. We actively encourage you to support Zoroastrian youth in championing the future of our global community by enabling such events to take place and donate here: <http://tiny.cc/8WZYC23>. To stay updated with news including registration, visit [www.8wzyc.com](http://www.8wzyc.com). We look forward to welcoming our global youth to London in 2023!

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## WZO Trust Funds Organises Children's Trip To Statue Of Unity



On 4<sup>th</sup> June, 2022, WZO Trust Funds organized a one day trip to the famous Statue of Unity, for a total of 40 Zoroastrian children, between 10 and 17 years of age.

28 boys and 12 girls, along with 3 Trustees and 4 volunteers travelled together and had an enjoyable day, which started at 5:45 am with a bus trip from Junathana Circle, Navsari. All the children donned WZO

Trusts caps and were provided individual identity cards for safety. The children enjoyed the journey singing and dancing, cracking jokes and relishing a tasty breakfast.

On reaching the destination, they participated in several fun activities like the Jungle Safari, the Sardar Patel Zoological Park and the center of attraction being the Exotic Animals and Birds section, where beautiful birds were seen flying freely within large dome areas. They also visited the valley of flowers and unity glow garden. They were all thrilled on being able to closely observe the gigantic statue which is 182 meters (597 feet) tall and were overjoyed when they reached the 45<sup>th</sup> floor, the chest area of the statue which provided a splendid view of Sardar Sarovar Dam on one side and the crystal clear flowing waters of Narmada river, on the other.



On their return journey, they enjoyed a delectable dinner at Ankleshwar. The children thanked Dinshaw K. Tamboli, Chairman - WZO Trusts; his lovely wife - Bachi aunty, and all trustees and volunteers for organizing this wonderful trip. It was indeed an exciting and enriching day for the children, who look forward to many more such educational trips in the future.



## Central Bank Holds Jashan



On 1<sup>st</sup> June, 2022, the association of staff members of Central Bank of India conducted the Dae Mahino Jashan, after two years due to the pandemic.

The Jashan was performed as a thanksgiving ceremony in gratitude to the Almighty and for seeking Ahura Mazda's blessings for the bank's progress and prosperity. The Jashan, performed by Er. Keki Ravji and Er. Farokh Kateli (ex-staff), was held in Cama Baug Agiary and attended by staff and ex-staff of the bank. It was followed by a Humbandagi.

Jeroo Irani gave the welcome address, observing two minutes silence for the dearly departed Centralites over the past two years. She also gave a vote of thanks to Dr. Keiki Mehta

- ophthalmic surgeon, for sponsoring the program; Homai Daruwalla - ex-Chairperson and MD of the bank, for attending the Jashan every year; Phiroze Sethna of Avan foods for providing refreshments and all staff members for generous donations. An entertainment session with Ruzbeh Patel's singing was followed by dinner, bringing the eve to a conclusion as everyone parted on a happy note, hoping that this tradition, started by late Khorshed Oomrigar, will continue in the future. Central bank offers various loan schemes and net banking facilities for excellent digital banking convenience.

Submitted by Veera  
Mundroina

# Masina Hospital Inaugurates Day Care Unit And Lobby

On the 4<sup>th</sup> June, 2022, Masina Hospital inaugurated its new Day Care Unit with Operation Theaters and Endoscopy Suites. This marks yet another feather in the cap of the hospital, which has been growing from strength to strength in enhancing its facilities to keep in sync with modern hospitals, over the last few years.

The inaugural function was held in the Godrej Memorial Centenary Hall, where Dr. S N Mehra, Medical Director, welcomed dignitaries from



L to R: Dr. Vispi Jokhi, Homi Katgara, Dr. Burjor Antia, Jimmy Parakh, Sharmeen Kutky

received from donors and trustees and maintained how a range of departments including general surgery, Orthopedics, Ophthalmology, Sports Medicine doctors etc would benefit from the availability of these services, and would also reduce the cost of healthcare and make things more convenient for all.

Next, Credit Suisse India's Ashish Gupta - MD and Head of Equity Research, and Sharmeen Kutky - VP, Corporate Citizenship & Foundation were felicitated by Managing Trustee,



Credit Suisse India and the Trustees who were escorted on the Dias by Dr. Vispi Jokhi, CEO - Masina Hospital, who gave a warm welcome note. In his short speech, he enumerated the

facility which included 12 bedded Day-Cre units along with 2 Endoscopy Suites and operation theatres and a 9 bedded General Ward. He emphasized that all the facilities were state-of-

the-art and on par with the recently created main operation theatres. He shared that Day care was becoming mainstream in healthcare and hospitals of the future would have

Homi Katgara and Senior Trustee, Burjor Antia, with the latter, also an eminent Solicitor at Mulla & Mulla, extolling the history of Masina hospital and the legacy of its founder - Dr.


Hormusji Masina, as also his daughter's contributions. Homi Katgara spoke about the challenges in running the hospital and the massive improvements brought in by Chairman of Masina trust board - Shapoor Mistry. He lauded the contribution of Jimmy Parakh for his excellent financial advisory and thanked donors, appreciating how Ashish Gupta of Credit Suisse had joined the advisory board and promised to improve governance and processes. Jimmy Parakh commended the total metamorphosis of the hospital and was confident that Masina hospital would soon rank among Mumbai's best hospitals.



This was followed by felicitation of vendors and

the management team and a vote of thanks by Dr. Mehra. The guests were then led to the facility for its inauguration ceremony, and upon entering the lobby post the ribbon-cutting, the Legacy Wall with the painting of founder Dr. Hormusji Masina and his daughter, held all in reverence. The event concluded with the unveiling of the plaques by Ashish Gupta and Sharmeen Kukty.

fewer in-patient beds and become service stations for the human body. Gustad Daver, former dean of JJ hospital and head of PD Hinduja and Reliance hospital, who is also the head of Masina's Advisory Board, stated how the hospital, after identifying the needs as a priority, decided upon a well-planned daycare facility. He appreciated the support



## Gen Z and Beyond: A Survey for Every Generation

is looking for paid interns in the following cities

- Mumbai- 5 people**
- Navsari -2 people**
- Surat- 2 people**
- Ahmedabad- 2 people**
- Secunderabad - 1 person**

The candidate must be fluent in English and Gujarati, tech savvy, patient and be available for fieldwork.

Interested candidates must send an email to Sheherazad Pavri on [srpavri@gmail.com](mailto:srpavri@gmail.com).

Shortlisted candidates will be interviewed telephonically.

A letter of acknowledgment from SOAS Shapoorji Pallonji Institute of Zoroastrian Studies can be provided at the end.



# HPY Closes On A High Note!



**RAZVIN NAMDARIAN**

There was an infectious energy in the BJPC auditorium as participants, parents, guests and dignitaries assembled for the Valedictory Function of the 35<sup>th</sup> Holiday Programme for Youth (HPY) on 5<sup>th</sup> June 2022.

The event started with Er. Firdaus Pavri invoking the blessings of Lord Ahura Mazda with a short prayer. Diana Marfatia, the driving force behind this initiative that has touched the lives of over 7000 Zoroastrian youth for nearly 35 years, introduced the dignitaries on the dais - BPP Chairman - Armaity Tirandaz, Trustees - Anahita Desai, Viraf Mehta, Xerxes Dastur, Hoshang Jal as also Justice Shahrugh Kathawalla.



won by Rayan Raimalwalla and Michelle Crawford, respectively. The participants had been divided into four groups and their scores were prominently on display: Achievers (174), Creators (149), Enactors (159) and Performers (151).



for a paycheck and not passion, don't become one of them."

Diana then gave a glowing introduction to Chief Guest - eminent Jurist and Lawyer - Justice Shahrugh Kathawalla, who commended the organisers for their work over the past three and a half decades. He shared some life lessons with the youth, "There is no substitute for hard work; Our parents are the two individuals who will stand by us and give us unconditional love; Experience the power of our prayers and don't discard our age old traditions by being ill informed and keeping a closed mind; We all want instant success but there is immense satisfaction in growing steadily; Do your teachers and community proud and never forget your community when you achieve success." He received a resounding standing ovation.

The josh was certainly high when the participants and organisers put up a variety entertainment program for the audience. The evening ended with a vote of thanks followed by the Parsi Anthem, 'Chhaiye Hame Zarthosti', and closed with the National Anthem.



The Guest of Honour and HPY Alumnus Hormuz Ragina, Head, Corporate Communications, Eureka Forbes, then regaled the audience with his humorous, witty but nonetheless thought-provoking speech. Sharing his

Sharing his experience at HPY 2022, participant Sarosh Motafram said, "Our organisers have been so encouraging and supportive in helping us overcome our limitations. Over these two weeks, experts from various fields have guided us on topics like careers, mental health, crypto currency and even cyber safety. The various activities and competitions have inculcated in us core values like team spirit and confidence. At HPY we have created cherished memories and friendships."

This was followed by the much looked forward to prize distribution, where Diana Marfatia announced the winners, who were felicitated by dignitaries. The prizes were for different categories including - Literary Arts, Debate, Just a Minute (JAM), Sports, WZCC Trophy, Performing Arts, Fashion, HPY Bawa/Bawi competition and talent. The most awaited part of the prize distribution was the crowning of 'Mr. HPY' and 'Ms. HPY' - which were



own life experiences, he let the youth know the importance of perseverance. Some of the gems he shared included, "use your time well, because dreams last forever but time doesn't"; "the moment you stop learning, you start becoming old"; "people typically work



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# The Bawa Word Search

Search out 16 Popular Winds Of The World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                     |                            |                          |                                 |
|---------------------|----------------------------|--------------------------|---------------------------------|
| Abrolhos (Brazil)   | Monsoon (South Asia)       | Brickfielder (Australia) | Chinook (Canada)                |
| Etesian (Greece)    | Hamsin (Arabian Peninsula) | Harmattan (Sahara)       | Mistral (France)                |
| Pampero (Argentina) | Santa Ana (California)     | Sirocco (Europe)         | Roaring Forties (S. Hemisphere) |
| Tramontana (Alps)   | Vendaval (Iberia)          | Zonda (Andes)            | Simoom (Palestine)              |



## TechKnow With Tantra Win-X Launcher

This Android launcher aims to bring the Windows style desktop experience to Android. The look and feel is quite like the familiar Windows interface. You can start with a blank desktop and add widgets and shortcuts just as you add them on your Windows Desktop. The Start Menu at the bottom left looks just like it does on your Windows Desktop. This is where you find your app drawer along with more shortcuts. The app works well and is free to use with no in-app purchases. No ads as the developer aspires to liberate the Android eco-system from ad-infested, mediocre apps.

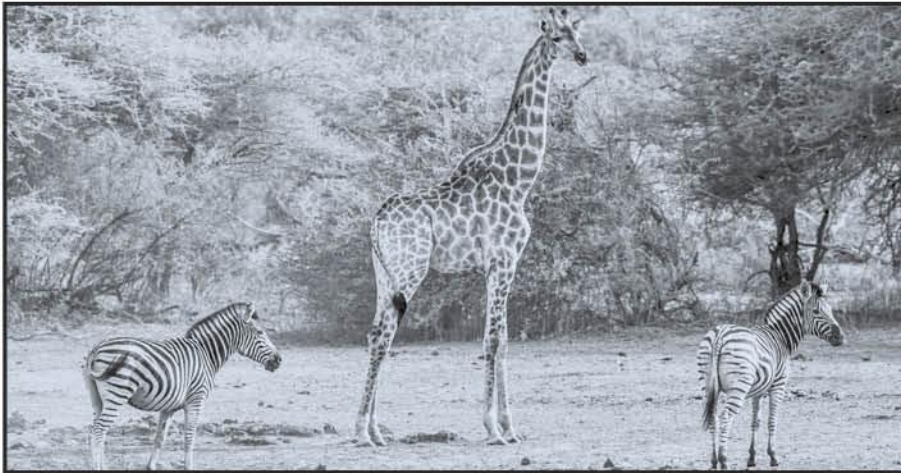
Android: <https://bit.ly/2PGI0P8>

## SUDOKU

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

Solution see below

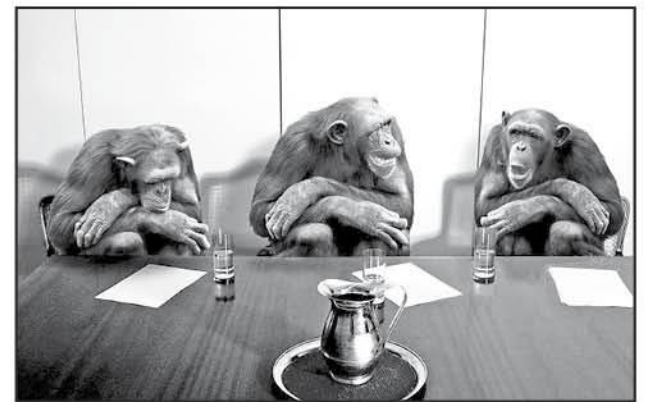
## WINNING CAPTION!!!



Giraffe: We teach humans to stand tall, even if they have to stand alone.  
 Zebras: We remind humans every living being has a bright and a dark zone!

By Dezadd Dotiwalla

## CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 15th 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.

### SUDOKU SOLUTION

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

### Thought of the Week

"Speak your mind even if your voice shakes."

- Maggie Kuhn

## HOW MANY WORDS?

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

### RESULTS:

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



# પારસી રાઈમ્સ

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## સર રોન કલિકા હર મેજેસ્ટીની પ્લેટિનમ જ્યુબિલી ઓનર્સ લિસ્ટમાં નાઈટ્સ



વિશેષાધિકાર છે. મારા જીવનભર મારી સૌથી નજીકના લોકો ઓછામાં ઓછું મારા કુટુંબ, મિત્રો અને સહકાર્યકરોના સમર્થન વિના આમાંથી કંઈ પણ શક્ય ન હોત, હું ભાગ્યશાળી છું કે હું એવા લોકો પર કામ કરી શક્યો કે જેના વિશે હું

બ્રિટિશ ઉદ્યોગસાહસિક - સર રોલિન્ડન મીનુ અથવા રોન કલિકા ઓબીઈને નાણાકીય સેવાઓ ઉદ્યોગમાં યોગદાન માટે હર મેજેસ્ટીની પ્લેટિનમ જ્યુબિલી ઓનર્સની યાદીમાં નાઈટની પદવીથી સન્માનિત કરવામાં આવ્યા છે. ડિજિટલ અને ફાઈનાન્સિયલ સર્વિસ સેક્ટરમાં જાણીતા વ્યૂહાત્મક અને ઓપરેશનલ લીડર, સર રોન કલિકા હાલમાં નેટવર્ક ઈન્ટરનેશનલ (એક એફટીએસઈ કંપની)ના અધ્યક્ષ તેમજ ફ્યુચરલર્નના અધ્યક્ષ છે. તે ઝોરોસ્ટ્રિયન ટ્રસ્ટ ઇન્ડસ ઓફ યુરોપ (એડટીએફઈ) ના સક્રિય સભ્ય છે અને યુકે અને વિશ્વભરમાં ઝોરોસ્ટ્રિયન સંસ્થાઓના પણ મોટા સમર્થક છે.

આ પ્રસંગે બોલતા, સર રોન કલિકાએ કહ્યું, રાણી તરફથી આ માન્યતા પ્રાપ્ત કરવી એ એક મોટું સન્માન અને

ખૂબ જ ઉત્સાહી છું, અને મને આશા છે કે બોર્ડરમાં અને મેદાનમાં બંનેમાં ફરક પડ્યો છે. સમતગમત, ખાસ કરીને, જીવનને બદલવાની શક્તિ ધરાવે છે અને હું ભવિષ્યમાં સકારાત્મક અસર કરવાનું ચાલુ રાખવા માટે આતુર છું.

સર રોન કલિકાને ક્વીન્સ ન્યૂ યર ૨૦૧૮ ઓનર્સ લિસ્ટમાં નાણાકીય સેવાઓ અને ટેકનોલોજી માટે ઓબીઈ તરીકે નિયુક્ત કરવામાં આવ્યા હતા. જૂન ૨૦૧૯ માં, તેમની નિમણૂક બેંક ઓફ ઈંગ્લેન્ડની કોર્ટ ઓફ ડિરેક્ટર્સમાં કરવામાં આવી હતી અને તેઓ લંડનની ઈમ્પીરીયલ કોલેજ કાઉન્સિલના સભ્ય પણ છે. તેઓ અગાઉ એક દાયકાથી વધુ સમય સુધી અગ્રણી ટેકનોલોજી પેમેન્ટ કંપની વર્લ્ડપેના વડા હતા.

## પારસી સ્ત્રીઓનો મેડિકલ હેલ્થ ચેકઅપ કેમ્પ

જ્યો પારસી અને ધી દોરાબજી નાનાભોય મહેતા સાર્વજનિક (પારસી) હોસ્પિટલ, નવસારી દ્વારા પારસી સમાજની ૧૫ થી ૪૫ વર્ષની વય મર્યાદા સુધીની સ્ત્રીઓ માટે



### હેલ્થ અને ફર્ટિલિટી ચેક-અપ કેમ્પ

તા.૧૨/૦૬/૨૦૨૨ ને રવિવારના દિને,  
સવારે ૧૧:૦૦ થી સાંજે ૬:૦૦.

ધી દોરાબજી નાનાભોય મહેતા સાર્વજનિક (પારસી) હોસ્પિટલ,  
નવસારી મુકામે રાખવામાં આવેલ છે.

કુંવારી યુવતીઓને પણ આ મફત મેડિકલ કેમ્પમાં ભાગ લેવા પ્રોત્સાહિત કરવામાં આવે છે.

હંમેશા સાવચેતી જ ઉપચાર કરતા સારી હોય છે. આ મેડિકલ કેમ્પમાં જેમણે રજીસ્ટ્રેશન કરાવ્યું હશે તેમને બ્લડ ટેસ્ટ, ગાયનેકોલોજીસ્ટ ચેક-અપ, ડાયટિશિયન સાથે કન્સલ્ટેશન અને સોનોગ્રાફી બિલકુલ મફત કરવામાં આવશે. આ ટેસ્ટ માટે ભૂખ્યા પેટે આવવાની જરૂર નથી.



(આ કેમ્પ પછી તરત જ પુરુષોનું હેલ્થ અને ફર્ટિલિટી ચેક-અપ કેમ્પ રાખવામાં આવશે.)

રજીસ્ટ્રેશન માટે છેલ્લી તારીખ  
૧૧ મી જૂન, ૨૦૨૨.

સ્થળ:  
ધી દોરાબજી નાનાભોય મહેતા સાર્વજનિક (પારસી) હોસ્પિટલ, નવસારી.

સંપર્ક :- પર્લ મિસ્ટ્રી - ૯૮૨૨૨૯૧૭૪૩ - Pearlmistry3jp@gmail.com

આપણો ઝોરોસ્ટ્રિયન ધર્મ, ગુજરાતીમાં, જરથોસ્તી દીન તરીકે જાણીતો છે. શબ્દ દએના શબ્દ અવેસ્તાન શબ્દ દએના પરથી આવ્યો છે. દએના એનું સૂક્ષ્મ અથવા ઝીણું શરીર છે માણસ (તેના ગાઢ, દશ્મમાન, ભૌતિક શરીરથી વિપરીત), જે તેના બે વ્યક્તિઓ વચ્ચે પુલનું કામ કરે છે - તેનું ઉચ્ચ સ્વ (આધ્યાત્મિક) અને તેનું નીચું સ્વ (નીચલું મન). ચેતના જે માણસના ઉચ્ચ સ્વથી તેના નીચલા મન સુધી ચેતવણીઓ અને માર્ગદર્શન આપે છે જ્યારે તે ખોટી પ્રવૃત્તિઓમાં સામેલ થાય છે. તે સાચા અને ખોટા વચ્ચેનો ભેદ પારખવાની ક્ષમતા ધરાવે છે, અને તેથી તેને અંત-કરણ તરીકે પણ સમજવામાં

## ધી કોન્સેપ્ટ ઓફ દએનામાં પારસી ધર્મ

આવે છે, જે ધ્યાન આપવામાં આવે તો, મનને વિકસિત કરવામાં મદદ કરી શકે છે. અને પોતાની જાતને ચેતનાના ઉચ્ચ સ્તર પર લઈ જાય છે.

જો કે, માણસના નીચલા મનને નિયંત્રિત કરવું સરળ નથી. ઘણા મનુષ્યોમાં તે તેના ગુલામ છે શારીરિક સંવેદના અને તે ખૂબ જ મુશ્કેલ દએનાનું માર્ગદર્શન પાળે છે. તેથી, તેની ઉત્કાંતિ ધીમી થાય છે. સિવાય કે માણસ આ દિશામાં નક્કર પ્રયાસો ન કરે. તેના ઉત્કાંતિની પ્રક્રિયા દરમિયાન તેની લાંબી મુસાફરી દરમિયાન, તે શાણપણ ભેગી

કરે છે - જીવનની છાપમાંથી શીખેલા પાઠમાંથી આ છાપ તેમાં સમાઈ જાય છે. દરેક ક્રમિક પુનર્જન્મ સમયે, આ શરીર આધ્યાત્મિક શાણપણનો સમુદ્ર ભંડાર બની જાય છે, અને તે જ રીતે માનસિક શરીર, દએના (અંત-કરણનો પુલ) દ્વારા, ઉચ્ચ માનસિક શરીરમાં વિકસિત થાય છે. શારીરિક મૃત્યુ પર એ વ્યક્તિ, દએના તેના શાણપણ અને લાક્ષણિક લક્ષણોના સંગ્રહ સાથે - સંસ્કાર - નથી કરતી તેને વીખેરી નાખે છે, પરંતુ તેના આત્માના પુનર્જન્મ સાથે, આગળના અવતારમાં ચાલુ રાખવામાં આવે છે.

તે છે કારણ કે દરેક વ્યક્તિ જ્યાં સુધી સચ્ચાઈને જાળવી રાખવાની તેની દૃઢતા છે ત્યાં સુધી અલગ સંબંધિત છે, અને જ્યાં સુધી તેમની અસંખ્ય ફરજો પ્રત્યેની તેમની નિષ્ઠાનો સંબંધ છે. આ તફાવત તેના દએનાના પ્રકાશ (બોધ)ની શક્તિને કારણે છે. વધુ શક્તિ તથા પ્રકાશ, તેના સંસ્કાર જેટલા અઘતન છે તેટલું તેનું મન વધુ વિકસિત થાય છે. તેમનો આ સ્વભાવ, તેની આસપાસના લોકો સાથેના તેના સંબંધોમાં જેવા મળે છે - તેઓ ઓછા સ્વાર્થી અને વધુ વિચારશીલ હોય છે અન્ય તરફ.

જો કે, માનવી, ભૌતિક શરીરમાં તેના જીવનમાં હોવા છતાં, તેની પોતાની મર્યાદાઓ છે. અંદરથી રોશની (પોતાના

દીવામાંથી અજવાળું) તેને બહુ દૂર લઈ જવા માટે પૂરતું નથી. તેમણે હજુ પણ બહારથી ગુરુ પાસેથી વધુ માર્ગદર્શન અને દિશાનિર્દેશો (દોરવણી)ની જરૂર છે, અને તેથી સંદેશવાલકો, પેગમ્બર (પ્રબોધકો) ના રૂપમાં, સર્વશક્તિમાન દ્વારા મોકલવામાં આવે છે (અશો તરીકે જરથુષ્ટ્ર ઝોરોસ્ટ્રિયન ધર્મનો ફેલાવો કરવા માટે), આપણને અશોઈના માર્ગ પર ચાલવામાં મદદ કરવા માટે પ્રકાશ પાડશે (સદાચાર અને શુદ્ધતાનો માર્ગ), આપણી આધ્યાત્મિક પ્રગતિને ઝડપી બનાવવા માટે. તેઓ વિશ્વાસના મશાલ વાલક છે.

- મરહુમ દસ્તુરજી ખુરશેદ એસ. દાબુ દ્વારા

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Kersi Jal Engineer કેરસી જાલ એન્જિનિયર	71 ૭૧	04.06.2022	601, Rati Engineer Bldg. No 15, Behram Baug, Parsee Colony, Jogeshwari, Mumbai 103. ૬૦૧, રતી એન્જિનિયર બિલ્ડિંગ નં. ૧૫, બેહરામ બાગ, પારસી કોલોની, જોગેશ્વરી, મુંબઈ ૧૦૩.	તે શ્રીતી કેરસી એન્જિનિયરના ખાવિંદ તે બીનાઈફર અનશુલ શાલના બાવાજી તે મરહુમો ગુલા તથા જાલેજર અરદેશીર એન્જિનિયરના દીકરા તે અનશુલ પ્રકાશ શાલના સસરાજી તે થીયા અને આરયા અનશુલ શાલના મમાવાજી તે મરહુમો એમી તથા મહેરનોશ કાજનવાલાના જમાઈ તે મરહુમો મીનુ અને રોહીન્ટન જાલેજર એન્જિનિયરના ભાઈ તે પરવીન એન્જિનિયર, પરવેઝ કાજનવાલા, કેરસી કાજનવાલા, મરહુમ ફીરોઝ રોહીન્ટન એન્જિનિયરના બ્રધર ઈન લો તે વીરાફ, શાફુખ એન્જિનિયરના, મહેરઝાન કાજનવાલા, કરીના, જેલઝીલ માસ્ટર, એરીક ભાઠેનાના અંકલ.
Homai Bahadur Kuka હોમાય બહાદુર કુકા	87 ૮૭	04.06.2022	600, Bachan Manor, Jame Jamshed Road, Matunga, Mumbai 19. ૬૦૦, બચા મેનોર, જામે જમશેદ રોડ, માટુંગા, મુંબઈ ૧૯.	તે મરહુમ બહાદુર ક. કુકાના વિધવા તે ફરેદુન અને ફરહાદ બહાદુર કુકાના માતાજી તે મરહુમો બચામાય તથા કેબશરૂ ન. જસાવાલાના દીકરી તે નેન્સી ફ. કુકા તથા સમન્નાઝ ફ. કુકાના સાસુજી તે રૂશાદ ફ. કુકા, બીનાઈફર ફ. કુકા, શારમીન બ. દારબના તથા કેઝાદ ફ. કુકાના બપઈજી તે મરહુમો બપઈમાય તથા કેબશરૂ કુકાના વલુ તે ફએની જ. સેદના, ખોરશેદ દુધા, દીનશા જસાવાલા, ફીરોઝ જસાવાલા, અરુપી જસાવાલા, બરજોર જસાવાલાના બહેન તે જરીમન, બાનુ આબાન, પરવીન, મરહુમો જાલ, ગુલના સીસ્ટર ઈન લો
Khodamorad Sarosh Zorabian ખોદામોરદ સરોષ ઝોરાબિયન	76 ૭૬	05.06.2022	Apartment 7, 3rd Floor, 19 Pali Road, Dr. Rajendra Kumar Chowk, Bandra (W), Mumbai 50. અપાર્ટમેન્ટ નં-૭, ત્રીજે માળે, ૧૯, પાલી રોડ, ડો. રાજેન્દ્ર કુમાર ચોક, બાંદ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે ફીરોઝ ખ. ઝોરાબિયનના ખાવિંદ તે પરીઝાદ ઝોરાબિયન, સોહરાબ ઝોરાબિયન તથા શઝાદ ઝોરાબિયનના બાવાજી તે મરહુમો ખોરશેદબાનુ તથા સરોષ ખોદાબક્ષ ઈરાનીના દીકરા તે બમન ઈરાની તથા ફરાહ ઝોરાબિયનના સસરાજી તે પરીચેર, પરવીન તથા મરહુમો પારખેનદા પીરોજ, શાપુર તથા ખુદાબક્ષના ભાઈ તે ઝાહા, ઝાયાન તથા કાપરાના ગ્રાંડફાધર તે મરહુમો ગવેર તથા બેહરામ શેરીયાર ઈરાનીના જમાઈ તે દીલશાદ હોરમઝદી તથા શેરીયારના બ્રધર ઈન લો તે સરોશ, ગીલાન, ઝુબીન, રોહીન્યન, ફરહાંગ, ફીરદોશ, ફરેદુન, સીમા, ફીરોઝ, શ્રતી, મોરવારીયો તથા મરહુમો સાયસ તથા પ્રોચીના અંકલ.
Freny Fali Kanga ફેની ફલી કાંગા	86 ૮૬	06.06.2022	598/B, A.H.wadia Bldg., 1st Floor, Girgaon Road, Princess Street, Mumbai 2. ૫૯૮-બી, એ. એચ. વાડીયા બિલ્ડિંગ, ૧લે માળે, ગીરગાંવ રોડ, પ્રિન્સેસ સ્ટ્રીટ, મુંબઈ ૨.	તે ફલી કાંગાના ધણિયાની તે મેહેર કાંગા તથા ખુરશીદ કાંગાના માતાજી તે મરહુમો દીનબાઈ તથા માણેકશા અ. ભરૂચાના દીકરી તે મરહુમો નરીમન મ. ભરૂચા તથા અદી મ. ભરૂચાના બહેન તે મરહુમો માણેકબાઈ તથા કેબશરૂ કાંગાના વલુ તે નરગીશ તથા મરહુમ દાદી કલ્યાણીવાલા તથા મરહુમો રોશન, ખોરશેદ, ફીરોઝ તથા દોલતના સીસ્ટર ઈન-લો.
Jal Kaikhushroo Lilaonwala જાલ કેખશરૂ લીલાઉન્વાલા	92 ૯૨	08.06.2022	8/Jer Mansion, 68/70/B August Kranti Marg, Mumbai 26. ૮/જર મેનશન, ૬૮/૭૦/બી ઓગસ્ટ ક્રાંતી માર્ગ, મુંબઈ ૨૬.	તે મરહુમો નાજમાય કેબશરૂ લીલાઉન્વાલાના દીકરા તે મરહુમ બેપસી જાલ લીલાઉન્વાલાના ખાવિંદ તે બીનાઈફર જાલ લીલાઉન્વાલાના બાવાજી તે મરહુમો પરસી, રૂસી લીલાઉન્વાલા તથા મરહુમ બયુ નાનાબોઈના ભાઈ તે લીમજી રતનશાહ નાનાભાઈનાં મામાજી તે મરહુમો હોમાય હોરમઝજી ભગતના જમાઈ.
Mehroo Jamshed Bharucha મેહરૂ જમશેદ ભરૂચા	90 ૯૦	08.06.2022	1-E, Karai Estate, 248, Tardeo Road, Mumbai 7. ૧-ઈ, કરાઈ એસ્ટેટ, ૨૪૮, તારદેવ રોડ, મુંબઈ ૭.	તે મરહુમ જમશેદ કાવસજી ભરૂચાના વિધવા તે રતી જમશેદ ભરૂચા તથા બેજન જમશેદ ભરૂચાના માતાજી તે મરહુમો જરબાઈ તથા પીરોજશા અંકલેસરીયાના દીકરી તે કામીની બેજન ભરૂચાના સાસુજી તે કેટી મોદી તથા મરહુમો નરીમન, મીનોચેર તથા મીહુના બહેન તે માણેક બેજન ભરૂચાના બપઈજી તે મરહુમો શીરીનબાઈ તથા કાવસજી બેજનજી ભરૂચાના વલુ.
Erwad Yezdi Pestonji Panthaki એરવદ યઝદી પેસ્ટનજી પંથકી	85 ૮૫	08.06.2022	Mobed Building, Flat No 10, 2nd Floor, Godrej Baug, Off Nepeansea Road, Near Simla House, Mumbai 36. મોબેદ બિલ્ડિંગ, ફ્લેટ નં. ૧૦, ૨જે માળે, ગોદરેજ બાગ, ઓફ નેપ્થનસી રોડ, સીમલા હાઉસ પાસે, મુંબઈ ૩૬.	તે ગુલુના ખાવિંદ તે મરહુમ હોમાય તથા મરહુમ એરવદ પેસ્ટનજી ફરામજી પંથકીના દીકરા તે હિલ્લા હોમી દુબાશ, એરવદ બહાદુરશાહ અને મક્કી પોરટરના ભાઈજી તથા મરહુમ ઓસ્તી દોલી તથા મરહુમ ઓસ્તી જરૂ એદલજી કુમાનાના ભાઈજી તે જમી તથા સરોશના બાવાજી તે ફરાહ જમી પંથકી તથા અનાહિતા સરોશ પંથકીના સસરાજી તે દેવઝીન, આઈલીન, આદરશાહ, સીમોન તથા ડેવીનાના બપાવાજી તે ગુલશન, કેકી, જેનીફર, સ્તીવનના મામાજી તે ખુશરૂના કાકાજી તે મની પંથકીના દેર તે હોતી દુબાશના સાવાજી તે મરહુમ એદલજી કુમાનાના સાવાજી તે રૂસી, એમી, આલુ, મરહુમ પેરીન, મરહુમ દીનુ, મરહુમ કેરસીના બનેવીજી.
Diana Cusrow Chothia ડાયના ખુશરૂ ચોથીયા	69 ૬૯	09.06.2022	E-204, Gini Viviyana Madhuban Society Road, Balewadi, Pune 411045. ઈ-૨૦૪, ગીની વીવીયાના મધુબન સોસાયટી રોડ, બાલેવાડી, પુને - ૪૧૧૦૪૫.	તે મરહુમ રૂસી તથા મરહુમ જાલુ પાલીયાનાં બેટી તે મરહુમ ખુશરૂ ફીરોઝ ચોથીયાનાં ધણિયાની તે પરવેઝ તથા ચેરાગનાં માતાજી. તે જેસીકા તથા દીલશાદના સાસુજી તે યઝદી તથા નવરોઝ રૂસી પાલીયા તથા મરહુમ રોશની રૂસી પાલીયાનાં બહેન તે વીહાન તથા જીવાનાં બપઈજી તે ખોરશેદ તથા ફીરોઝનાં વલુ તે બીનાઈશા તથા જેસીકાના કુઈ તે આબાન ગનેશ નાગરાજના ભાભી.
Homi Darabsha Daboo હોમી દારાબશા દાબુ	80 ૮૦	09.06.2022	84/F Dastur Banglow, Naigaon Cross Road, Dadar, Mumbai 14. ૮૪/એફ દસ્તુર બંગલા, નાયગાવ ક્રોસ રોડ, દાદર (પ), મુંબઈ ૧૪.	તે મરહુમો દારબશા કુમી દાબુના દીકરા તે મરહુમ સીલુ હોમી દાબુના ખાવિંદ તે રોહીનતન અને પરવેઝના ભાઈ તે પરસીના કાકા તે નવરોઝ ફલી જીલ્લાના કુઆજી તે પરવીઝ પરવેજ દાબુના દેર તે મરહુમો સોરાબ અને નાજી જીલ્લાના જમાઈ.
Keki Cawasji Kararia કેકી કાવસજી કરારીયા	84 ૮૪	31.05.2022	K Bldg., 506, 5th Floor, 24 Walchand Hirachand Marg, Ballard Estate, Mumbai 1. કે બિલ્ડિંગ, ૫૦૬, ૫મે માળે, ૨૪ વાલચંદ હીરાચંદ માર્ગ, બેલાર્ડ એસ્ટેટ, મુંબઈ ૧.	તે મરહુમો કુમા તથા કાવસજી પેસ્ટનજી કરારીયાના દીકરા તે ગુલ કેકી કરારીયાના ખાવિંદ તે નોઝર કેકી કરારીયાના બાવાજી તે મરહુમો હીલ્લા તથા પીરોજશાહ શાપુરજી હાતયાના જમાઈ તે મરહુમ બેજી કાવસજી કરારીયાના ભાઈ તે અદી અને આબાનના તથા મરહુમ દાદી પીરોજશાહ હાતયાના બનેવી તે દારા, તેહમી, મરહુમ બજી જહાંગીર ભરૂચાના કઝીન તે સુનુના માસાજી તે તનાઝ, એરીકના કુવાજી તે ઝરીન દાદી હાતયાના નણંદવહી.

Death Announcements From Parsi Panchayat Board, Surat

Nariman Pirojsha Karanjia એરવદ નરીમાન પીરોજશા કરંજીયા (વેસુની અગિયારીના ભૂતપૂર્વ દસ્તુરજી સાહેબ)	86 ૮૬	10.05.2022	3/1136 Baharpura, Panjarapor Road, Godhra. ૩/૧૧૩૬, બહારપુરા, પાંજરાપોર રોડ, ગોધરા.	તે મરહુમ બહેસ્તી ઓસ્તી કેટી નરીમાન કરંજીયાના ખાવિંદ તે બકતાવર કરંજીયા, રૂબી ઈલાવ્યા, કેસીરા કરંજીયા, નેવીલ કરંજીયા, એરવદ મીનોચહેર કરંજીયાના પિતાજી તે એરવદ હોશંગ કરંજીયા, મોનાઝ મીનુ કરંજીયા, બોમી ઈલાવ્યાના સસરાજી તે મારેસપંદ મીનુ કરંજીયાના બપાવાજી તે ડાયના નેવીલ ગુલેસ્તાન, ફેની દાનેશ બિલ્ડીમોયા અને વરૂણા ઈલાવ્યાના મમાવાજી.
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Death Announcements From Poona Parsee Panchayat (Trust Office)

Murazban Homi Echaporja મરઝબાન હોમી ઈચ્છાપોરીયા	77 ૭૭	31.05.2022	10, Bhatnagar Enclave, off NIBM Road, Kondwa Pune 411048. ૧૦, ભટનાગર એન્કલેવ, ઓફ નેનઆઈબીએમ રોડ, કોંદવા, પુણે ૪૧૧૦૪૮.	તે મરહુમ બાનુ અને હોમી ઈચ્છાપોરીયાના દીકરા તે મની એમ ઈચ્છાપોરીયાના ખાવિંદ તે અદી ઈચ્છાપોરીયા અને પરવીઝ ઈચ્છાપોરીયા (દાડવાલા)ના પપ્પા તે કાપરોસ, ઝાપલે ઈચ્છાપોરીયા અને ઈયાના અને અનાયના દાડવાલાના ગ્રાન્ડ ફાધર તે તાનીયા અને મરઝીના ફાધર ઈન લો તે કેટી, મરહુમ વીલુ, મરહુમ ફીરોઝ, મહેરૂના બ્રધર ઈન લો.
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## YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૧.૦૬.૨૦૨૨ થી તા. ૧૭.૦૬.૨૦૨૨



### Aries - મેષ - અ.લ.ઈ.

છેલ્લા બે અઠવાડિયા ચંદ્રની દિનદશામાં પસાર કરવાના બાકી છે. થોડા વધુ કલાક કામ કરીને અગત્યના કામ પુરા કરી શકશો. તમારા કામ કરવા માટે મિત્રોનો સાથ સહકાર મળી રહેશે. નાણાકીય ચિંતા ઓછી થતી જશે. ઘરમાં જોઈતી ચીજ વસ્તુ વસાવી લેજો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૧, ૧૨, ૧૫, ૧૭ છે.

**Lucky Dates: 11, 12, 15, 17**

With 2 weeks remaining under the Moon's rule, you are advised to put in a few extra hours and ensure the completion of your important tasks. Friends will be helpful in completing these tasks. Financial concerns will reduce. You can make purchases for the house. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



### Cancer - કર્ક - ડ.હ.

૧૬મી જુલાઈ સુધી શુક્રની દિનદશા ચાલશે. તમે તમારા મોજશોખ પુરા કરવામાં કોઈ કસર નહીં મૂકો. મિત્રો સગાઓમાં તમારી ઈમ્પ્રેશન વધી જાય તેવા કામ કરશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. તમારા ગ્રેમી કે ગ્રેમીકાને મનની વાત કહી શકશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૫ છે.

**Lucky Dates: 12, 13, 14, 15**

Venus' rule till 16th July will having you going all out for fun and entertainment. You will do work which will greatly impress your friends and relatives. Financial prosperity is indicated. You will be able to share what's on your mind with your better half. Pray to Behram Yazad daily.



### Libra - તુલા - ર.ત.

૨૩મી જૂન સુધી ગુરૂની દિનદશા ચાલશે. હાલમાં તમે તમારા ફેમીલી મેમ્બરને ખુશ રાખવામાં સફળ થશો. વડીલવર્ગની સેવા કરી મનને આનંદ મળશે. અગત્યના કામો પહેલા પૂરા કરજો. ગુરૂ તમને સહવતા મળે તેનો સીધો રસ્તો બતાવશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૧, ૧૩, ૧૬, ૧૭ છે.

**Lucky Dates: 11, 13, 16, 17**

Jupiter's rule till 23rd June will have you catering to the needs of your family members and making them happy. Serving the elderly will bring you peace of mind. Ensure to complete important tasks first. Jupiter will bless you in finding the straight road ahead. Pray the Sarosh Yasht daily.



### Capricorn - મકર - ખ.જ.

છેલ્લા અઠવાડિયું બુધની દિનદશામાં પસાર કરવાનું બાકી છે. બુધિ વાપરી મુશ્કેલીભર્યા કામ સહેલાઈથી કરી દેશો. ઈનવેસ્ટમેન્ટ કરી શકશો. કોઈ પાસે પૈસા લેવાના હોય તો ૧૮મી પહેલા મેળવી લેજો. કોઈ કામ પુરા કરવા મિત્રો તરફથી મદદ મળશે. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૧, ૧૨, ૧૩, ૧૬ છે.

**Lucky Dates: 11, 12, 13, 16**

This is the week under Mercury's rule. You will be able to use your intelligence and tackle even difficult tasks smoothly. You will be able to make investments. You are advised to take/retrieve money from others before the 18th of June. Your friends will help you in completing your tasks. Pray the Meher Nyaish daily.



### Taurus - વૃષભ - બ.વ.ઉ.

તમને લાંબો સમય ચાલે તેવા ચંદ્રની દિનદશા શરૂ થયેલી છે. ૨૬મી જુલાઈ સુધી તમે કરેલા કામમાં જશ મળે સાથે સાથે પ્રમોશન મળવાના આન્સ છે. તબિયતમાં સુધારો થવા લાગશે. ખોવાયેલો સેલ્ફ કોન્ફીડન્સ પાછો આવશે. નાણાકીય બાબતમાં સારા સારા રહેશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૬, ૧૭ છે.

**Lucky Dates: 12, 13, 16, 17**

The Moon will rule you for a long time now, till 26th July. You will receive great fame in your workplace. You could also expect a promotion at work. Health will improve. Your self-confidence will return. Financial prosperity is indicated. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



### Leo - સિંહ - મ.ટ.

૪થી જૂનથી તમને શુક્રની દિનદશા શરૂ થયેલી છે. તમારા અધુરા કામ પુરા કરવામાં સફળ થશો. અપોઝીટ સેક્સ તરફથી ફાયદાની વાત જાણવા મળશે. ઘરવાળા સાથે બે ત્રણ દિવસનું વેકેશન એન્જોય કરી શકશો. ખર્ચ કરવાથી પરેશાન નહીં થાવ. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૧, ૧૪, ૧૬, ૧૭ છે.

**Lucky Dates: 11, 14, 16, 17**

Venus' rule starting 4th June helps you complete your unfinished projects. You will get to know important information which will prove beneficial to you from someone of the opposite gender. You will be able to go on a family vacation for a couple of days. Expenses will not worry you. Pray to Behram Yazad daily.



### Scorpio - વૃશ્ચિક - ન.ય.

ગુરૂની દિનદશા ચાલુ હોવાથી ૨૩મી જુલાઈ સુધી તમે તમારા મુશ્કેલી ભર્યા કામ પણ સહેલાઈથી કરી શકશો. કોઈ પણ મુશ્કેલીમાંથી બહાર આવવા ગુરૂ તમારી મદદ કરશે. નાણાકીય બાબતમાં સારા સારી હોવાથી બીજાના મદદગાર બનશો. દરરોજ ભુલ્યા વગર 'સરોશ યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૫ છે.

**Lucky Dates: 12, 13, 14, 15**

Jupiter's ongoing rule till 23rd July, will help you execute even your challenging tasks with ease and effectivity. Jupiter will scoop you out of any difficult situation. Your financial prosperity will make you helpful towards others. Ensure to pray the Sarosh Yasht daily.



### Aquarius - કુંભ - ગ.શ.સ.

બુધની દિનદશા ચાલુ હોવાથી તમારી બુધિ પ્રમાણે ધન કમાવી શકશો. જ્યાં તમને ફાયદો મળતો હશે ત્યાં તમારું ધ્યાન પહેલા જશે. અટકેલા કામ પુરા કરવા મીડી જબાન વાપરી બીજાનું દિલ જીતી કામ પુરા કરી લેશો. દરરોજ 'મહેર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.

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

Mercury's ongoing rule will enable you to earn good income with the use of your intelligence. You will naturally focus on those areas which will yield you profits. To restart your stalled works, you will use your words and win over others to get help get your work completed. Pray the Meher Nyaish daily.



### Gemini - મિથુન - ક.ઇ.ઘ.

છેલ્લા ૫ દિવસ શુક્રની દિનદશા ચાલશે. અપોઝીટ સેક્સ તરફથી ફાયદાની વાત જાણવા મળશે. ૧૬મી જૂનથી સુર્યની દિનદશા શરૂ થશે. જે પણ ફાયદો મળતો હોય તે લઈ લેજો. મનગમતી વ્યક્તિને તમારા મનની વાત કહી દેજો. સુર્યની દિનદશામાં માથાના દુખાવાથી પરેશાન થશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૧૧, ૧૩, ૧૬, ૧૭ છે.

**Lucky Dates: 11, 13, 16, 17**

You have 5 days remaining under the rule of Venus. You will get to know beneficial information from someone of the opposite gender. The Sun's rule starts on 16th June, so you are advised to ensure to capitalize on all opportunities coming your way before that. Speak your mind with a favourite person. The onset of the Sun's rule could cause headaches. Pray to Behram Yazad daily.



### Virgo - કન્યા - પ.ઠ.ણ.

૫મી જુલાઈ સુધી રાહુની દિનદશા ચાલશે. રાહુ તમારા દિવસની ભૂખ અને રાતની ઉંઘ બન્ને ઉડાવી દેશે. નાના કામમાં પણ પરેશાન થશો. નાણાકીય બાબતમાં ખુબ મુશ્કેલીઓ આવશે. તમારા જ પૈસા તમને સમય પર નહીં મળે. મિત્રો તમારાથી દૂર થતાં જશે. દરેક બાબતમાં સાવધાન રહેજો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૨, ૧૩, ૧૫, ૧૭ છે.

**Lucky Dates: 12, 13, 15, 17**

Rahu's rule till 5th July will rob you of your appetite and your sleep. You will face obstacles even in petty tasks. Financially, things could get tough. You will be unable to receive your own money in time. Friends will tend to alienate you. You are advised to be cautious in all things. Pray the Mah Bokhtar Nyaish daily.



### Sagittarius - ધન - ભ.ધ.ફ.

૨૫મી જૂન સુધી શનિની દિનદશા ચાલશે. તમે આજસુ બની જશો. રોજના કામો સમય પર પુરા નહીં કરી શકશો. તબિયતની ખાસ કાળજી રાખજો. શનિ તમને માથાનો દુખાવો અને જોઈન્ટ પેઈન આપશે. ડોક્ટરની દવા પાછળ વધુ ખર્ચ કરવો પડશે. મગજને શાંત રાખવા દરરોજ મોટી 'હમન યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૧, ૧૪, ૧૬, ૧૭ છે.

**Lucky Dates: 11, 14, 15, 17**

Saturn's rule till 25th June will make you lethargic. You will not be able to complete your daily chores in time. Take special care of your health. You could suffer from joint-pain and headaches. You might end up paying heavily towards doctors. To pacify your mind, pray the Moti Haptan Yasht daily.



### Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૩મી જૂન સુધી મંગળની દિનદશા ચાલશે. ૧૪ દિવસમાં તમારા મગજને શાંત રાખવાની કોશિશ કરજો. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. ઘરમાં નવી ચીજ વસ્તુ વસાવતા નહીં. ગુસ્સામાં કોઈ પણ જાતના ડીસીઝન લેતા નહીં. ભાઈ બહેન સાથે વાત ચીત ઓછી કરવાની રાખજો. દરરોજ 'તીર યજ્ઞ' ભણાજો. શુકનવંતી તા. ૧૧, ૧૨, ૧૫, ૧૭ છે.

**Lucky Dates: 11, 12, 15, 17**

Mars' rule till 23rd June, for 14 days, suggests that you try to keep your mind calm through this period. Drive or ride your vehicles with great caution. Do not make any purchases for the home. Do not make any decisions in anger. Try to minimize communication with your siblings. Pray the Tir Yasht daily.



RUBY LILAOWALA

# The Significance Of Number Four



Number four is an auspicious number. In occult sciences, it is the number for healing the sick. In spiritualism, on a scale of one to seven, number four is the fulcrum, the stable point of rest between opposites. It is a state of perfect balance and harmony between 'Life and Form', i.e. consciousness and its manifested vehicle. It is the pause between spirit and matter. In this pause, there is stillness, equipoise and a germination of ideas and ideals.

The pantheon of Hindu deities have four hands, sometimes, holding the symbol for which they stand and are worshipped e.g. the 'Trishul' in the hand of Lord Shiva or the Goddess of wealth, pouring out a stream of coins, always from her fourth hand.

In the Universe, four stands for beauty and balance in nature. It is a very basic number e.g. the four seasons which inspired composer Vivaldi to produce the immortal piece of music bearing the same name, or the four directions of North, South, East and West.

In ancient India, there were the four 'Vedas', the 'Rigveda', the 'Atharavaveda', the 'Yujurveda' and the 'Samaveda'; the four castes or classes in which society was divided, viz. 'Brahmins', 'Kshatriyas', 'Vaishnavas' and 'Shudras'; and four Ashrams or four stages in life, viz. 'Gurukul Ashram' - when one is a student under a Guru, 'Grihastha Ashram' - when one marries as a young adult and starts a family; 'Vanaprastha Ashram' - retiring into a forest (van) to let go the pleasures of youth and prepare for old age; and the 'Sanyas Ashram', where one had to

practice 'Vairagya' (to let go everything) and 'Dhyaan' (meditate on one's real self or the 'Sakshat Brahma Swaroop, also called 'Atma-Swaroop').

The essential characteristic of number four is b. Hence, if you were born on the fourth day of the fourth month or if this number is powerful in your horoscope, you will be capable of producing great works of art, as a painter, artist or author, but only if you nurture that creativity with hard work and dedication. The artist or creator must have mental equilibrium and mental stillness, without which no one can attain true vision or insight.

If you cannot see God in any creative or artistic work, then that art is lifeless. A classic example of this is seen in today's journalism. In film-journalism, filthy half-true stories and semi-nude pictures sell a magazine like nothing else. Is this artistic? Is it creative? Is there anything sublime or God-like in this? Or is it an insult to the gift of writing that Saraswati Devi has bestowed on the writer? Also, if someone is hurt by that writing, it accumulates negative 'karma' which the writer has to repay, sometime in the future.

It is said in the 'Law of Creation' that only when an artist has found and entered the meditative state of equilibrium, where he sees God everywhere, will the fire of genius descend upon him in its full Pentecostal powers. We witness this in Meerabai's bhajans to her 'Girdhar', Narsi Mehta's songs to his beloved (Vahloji) Krishna, the works of Shakespeare and Chaucer, the pre-Raphaelite painters and every work of art which is done by a person who has experienced God-consciousness.

In theosophy, the number four is the manifestation of the 'third aspect of the Blessed Trinity.' The ancient Orphic religion whose number was four, had beauty as its keynote and used music and art in religious worship. God or the highest good was the principle of beauty in the universe and ugliness in any form was regarded as the evil.

An orator whose number is four, according to numerology, will possess the art of rhythmic speech capable of persuading, charming, captivating and swaying the audience. Most artists and

creative persons have this number and they are extremely sensitive. They need harmony and peace of mind in their personal lives, or else, they can suffer great agony. Where there is no understanding, their self-expression suffers and they cannot reach greatness in spite of beauty, rhythm, perfection and allurements.

These gifted individuals whose dominating number is four, are susceptible to mental depressions, restlessness, conceit, jealousy for more gifted persons and often suffer from extreme alteration of moods, or what psychiatrists call mood-swings. They can be elevated to lofty exaltation one moment and cast down in despair the next. The greater the artist, the greater his enthusiasm and more deadly the rebound. These persons are spontaneous, passionate and emotional. They are difficult to live with because they are unbearable in times of frustration and failure to achieve perfect self-expression.



The lucky colour for persons dominated by this number is bronze. The lucky-stone is the Ruby and their symbol in ancient freemasonry was the square, which was always present along with compasses at the ancient Freemason Lodge of Abydos in Egypt, inside the pyramids. In the middle ages in Europe, of all the arts, the Opera represented number four, since it was a perfect synthesis, of various branches of art including drama, literature and music.

In one of our smaller Zoroastrian prayers, we pay homage to the powerful number four in the 'Char Disha No Namaskar.' The esoteric meaning behind this prayer is homage to each and every creation of Ahura Mazda, bowing to all four directions, so as not to miss out on anyone. It also signifies unity in diversity, or in all the four directions, whatever is, it is by the grace of the one and only Ahura Mazda.



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## A Pandemonium Of Parsis At The Pawan Chowk!



DARA M. KHODAIJI



When some teachers, a preacher, a bankers, a dentist, an engineer and an assortment of Parsis get together under a spreading tamarind tree, what have we? A 'Pandemonium of Parsis', hereafter referred to as the PoP! I just cannot think of a better collective noun for *aapra* Bawajis than 'Pandemonium of Parsis', which is also a collective noun for parrots! So that's settled then - when Parsis congregate, 'pandemonium' is the best collective noun to define them!

And now we come to 'Pawan Chowk'. Pawan Chowk is situated nearly half-way between the North entrance and the South entrance (popularly known as the 'Ganga Gate') of the Panthaki Baug, at Andheri. There stands an old tamarind tree encircled by a stone parapet. It has been dubbed the Pawan Chowk because there is a narrow lane leading to the North entrance of the Baug, and when the wind rushes through it, it makes the place quite breezy and pleasant enough - even on these hot summer evenings.



A 'PoP' of four and twenty very youthful elders sit on 13 chairs, and some on the parapet. Actually, there's no dispute for the 13 chairs by the 24 members. No! No rush, no musical chairs. A certain timeline is followed. All very civilized!

Chairs are brought out under the tree by 5:45 pm and the first few members start trickling in by 6:00 pm. By 7:00 pm, few Pawan Chowkees leave, and some more come in. By 7:30 pm, yet another exodus and some more *late lateefs* stroll in.

There is natter and chatter, lots of babble, good-natured arguments, joking and poking fun, humour - both vegetarian and our quintessential non-veg genre too, garnished with lots of bonhomie, sans any rancor. A rejuvenating experience, indeed!

If the bard of Avon, ol' Bill Shakespeare had been alive, he would have soliloquized thus, "If a Parsi be there, can food be far behind?" Hardly an evening passes without some form of culinary

discussion; and it does not just stop at discussions. At the drop of the idiomatic hat, an impromptu party comes up. Telephone call is made and soon snacks are ordered to be sent to the Pawan Chowk. The outlets supplying the goodies know exactly where Pawan Chowk is located.

Soon, and I quote here the poet Wordsworth's line, "There are forty feeding like one!" The only difference is that there are only about twenty-five feeding like one! There is silence, broken by an occasional crunch or munch. It is a very reverent moment, a Parsi is nourishing himself! There are *vadas*, with or without 'Pau', or samosas, veg. or non-veg, sandwiches - ditto, bhel, sev-puris, sev-ganthias, kachoris, even bhakhras, daar-ni-poris, puran polis, cakes, biscuits, cornballs, cheese balls, mince or chicken kababs or some refreshing tea or cooling kulfi, ice-cream or falooda.... the list is endless!

Birthdays are celebrated with gusto. Snacks are distributed by the birthday girl or the birthday boy (Boy/Girl are not just euphemisms, it's a very youthful group.) No candles please. As the great comedian Bob Hope once quipped, "At my age candles cost more than the birthday cake!"

The Power of Positive thinking is at its best here. As the evening advances, our PoP members make their weary way home happily, to the extended happy hour of a tot of something soft or something strong and a dinner of masoor-pau, cauliflower or some legume-*ma-ghosh* or some vegetable *per-eeedas*, followed by an inevitable sweet-dish and a plan for the breakfast for the coming morrow. This delightful daily rendezvous of 'PoPs' at Panthaki Baug's Pawan Chowk is a common phenomenon in virtually every other Parsi colony or Baug - with the 'usuals' getting together at their own favourite meeting-places, their very own 'Pawan Chowks' within their colonies, to reminisce, joke and spend good time with each other! But no matter where us Parsis get together, the common denominator and the focal point of most conversations will always be food!!

*When it comes to Parsis, food ain't never far behind,  
Food is the central topic even immediately after we've just dined!  
Be it served on plantain leaves or porcelain fine,  
When it comes to Parsis, food ain't never far behind.*

## Bombay Parsi Punchayet

### PUBLIC NOTICE FOR AUCTION OF FLAT AT GAMADIA COLONY

The Bombay Parsi Punchayet is in possession of a 2 Rooms + Kitchen Flat admeasuring about 827.94 Square Feet Carpet area on the 2nd Floor, being Flat No. 6, Building No. 7 in Gamadia Colony, Tardeo Road, which has reverted to the Trust. The said flat is proposed to be offered on Leave & License basis to prospective offerors, who give the highest quantum of Refundable Deposit. (Kindly contact Mr. R. F. Patel on 022 22617421/22/23 or Mobile: 9819946387 from Monday to Friday between 11.00 am to 5.30 pm for Base Price as well as inspection of Flat)

- Those interested are requested to attend the Auction to be held at Bombay Parsi Punchayet Office, 209, Dr. D. N. Road, Fort, Mumbai - 400001 with BPP Trustees and Administration on Thursday, 23rd June 2022 at 5.00 P.M. Interested Applicants to submit their proposal in a sealed envelope @ BPP Office (Tel: 022 22617421/22/23 or (M) 9819946387, with a separate Demand Draft of Rs. 1 Lakh in the name of "Funds & Properties of the Parsi Punchayet Bombay" as Earnest Money Deposit, which will be returned if their proposal is not accepted. Please do not put the Demand Draft in the sealed envelope but hand it over separately.
- Interested buyers must quote value of the Flat in excess of (Reserve Security Deposit amount), exclusive of Stamp Duty and Registration Charges, as applicable for registration of Leave & License Agreement.
- The sealed envelopes will be opened in the presence of all the applicants on the same day on Thursday, 23rd June 2022 at 5.00 P.M.
- The highest offer will be taken as the Second Reserve Security Deposit amount and the applicants will be requested to make an Open offer in excess of this Second Reserve Security Deposit amount.
- The highest Open Offer will be taken as the Third Reserve Security Deposit amount.
- The Bid member - Buyer will be guided beforehand by the BPP Trustees and Administration for all 3 Rounds Bidding process. Final Round will be conducted on One-to-One basis on direct Phone confirmation for bid in excess of 2nd Round final figure.
- The flat will be allotted to the highest bidder in this Third & Final round. (If any tie it may occur, one more round will be conducted on same pattern of Third & Final round for Final Highest Figure)
- 50% of the full Security Deposit amount of the flat must be deposited by the Buyer within 15 days of the auction and the balance 50% within one month of the auction. Failure to make payments on the Due date will lead to cancellation of their offer and the forfeiture of the Earnest Money Deposit. The flat may again be re-auctioned, or offered to the second highest bidder, as decided by the Trustees.
- The Leave & license Agreement will be registered after the Full Security Deposit amount is received by the Trust. Possession of the flat will be given only after Leave & Licence Agreement is executed and registered.
- The Trustees reserve the right to refuse any or all offers at their discretion without assigning any reason.

By the order of BPP Trustees

A. F. Sarkari  
CEO

# Yes, Type 2 Diabetes Is Reversible!



Conscious Living by DR. TRISHALA CHOPRA

Parsi Times presents the second part of our exclusive 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 and 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. To connect with Dr. Trishala, Call/Message: (+91) 9930831317

Yes, you read that right! If you read last week's article, you probably might have gotten your Fasting C-peptide test done. Many readers have connected with me inquiring about the significance of the 'Fasting C-peptide blood test'. The C-peptide test shows us how much insulin your body is producing. If the test results are within the desired range, it indicates that your pancreas is functional and you do not have to depend on medicines or exogenous insulin for the rest of your life. This can be achieved with a professionally supervised plan comprising a few changes made in your diet, lifestyle and insulin intake. The C-peptide test thus confirms that you have Type 2 diabetes, which can be reversed.

A lot of people wrongly believe that taking medicine is far easier than working on basic changes in your routine. While that may be convenient for now, it is a myopic and self-harming outlook. Let's not forget that ALL medication comes with side effects. In my decade-long practice, I make it a point to make patients understand the side effects of medicines alongside the actual problem.

Lifestyle change can be scary. In



truth, all of us want to find a way to come out of this cycle of taking medication while keeping the same lifestyle, which ironically got them into this, in the first place! It's not just about working on the changes, it's also about having an understanding about these changes and how these work for your betterment. Unless you have the knowledge or how a particular lifestyle change can help, the chances of you doing so, is close to naught.

Not only do you deserve to know what's going on inside your body, it is also your prime responsibility! When you consume food, it is converted into sugar inside the body. Your body's way of handling the sugar is by producing the hormone called Insulin. When we realise that Type 2 Diabetes is not just

a blood sugar problem, but an excess insulin problem, life will get easier!

Lifestyle change is not just about Nutrition - it requires a balance of adequate sleep, fitness and mental peace as well! But, of all these, one of most basic elements responsible for diabetes reversal is NUTRITION. All carbohydrates will raise your insulin levels to some extent. Some common carbohydrates which we regularly consume include: Oats, Muesli, Cornflakes, Rice dosa/ idli, Brown / White / Black rice, Wheat chapati, Ragi, Nachni, Bajra, Jowar, Bhakri, Poha, Upma, Brown / White / Wholewheat / Multigrain Bread, Multigrain atta, Biscuits, Grains, Pulses, Fruits, et al! All of these contain carbs which raise insulin levels - in differing intensities. (Note that we are talking



about insulin levels, not blood glucose levels.)

eggs with fresh cheese and coconut (no bread, etc) and then check your sugar levels 2 hours after the meal. You will see that healthy fats keep your sugar levels stable.

It will be a profitable barter for you to swap some carbohydrates from your meal with some healthy fats - well, natural healthy fats, which are locally available. Eating healthy doesn't have to be fancy! There is no 'one size fits all' rule when it comes to nutrition. Some people might tolerate carbohydrates better than others. I always advise patients to check their sugar levels in 2 hours and let their body guide what's working for them, or not.

Checking your blood sugar levels gives you knowledge so that you don't have to blindly trust any healthcare providers. As a diabetic, you are recommended to do so regularly. Here are a few things you can start working on towards a living a healthier life - especially for those diagnosed with Type 2 Diabetes or those with significant fat around the abdomen:

- Focus on reducing your carbohydrates by 20-30% from the current quantity.
- Focus on replacing refined carbohydrates with whole, unprocessed grains and vegetables.
- Focus on adding sufficient proteins and healthy fats to each meal, which will keep you full for longer time periods.
- Do not waste your energy counting calories. Instead, switch to counting your macronutrients - like carbohydrates and proteins.
- Checking your blood sugar levels will give you a lot of insights
- Try to avoid snacking every few hours and if you are on certain drugs which are making you do so, it's time to get in touch with your healthcare professional.

Did you know that Protein is another macronutrient that could raise insulin levels, but to a much lesser extent as compared to carbs. The only macronutrient that keeps your insulin and blood sugar levels stable is HEALTHY FATS! Yes, you read that right, HEALTHY FATS will keep your sugar levels stable. Fat is that bad boy in the group who is avoided by everyone even when FAT is innocent!

Experiment it yourself! Check your blood sugar levels and then enjoy some whole

Dear readers, Diabetes is reversible and the progression can be stopped with basic changes! You simply have to take charge - get into the driver's seat and decide your path to your own holistic wellness! Connect with me for any queries along this wellness journey!

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SHERLOCK

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