

PARSI TIMES

Volume 12 - Issue 14 • Saturday, 16 July, 2022 - Friday, 22 July, 2022 • English Gujarati Weekly • Mumbai • Pages 13 • Price ₹8/-

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FROM THE EDITOR'S DESK

Kadimi Navroz Mubarak!

Dear Readers,

How absolutely wonderful it is to belong to a community that celebrates its occasions twice over!! While the rest of the world celebrates its special days once a year, we get to revel in our joys twice - once on the 'Roj ni' date, based on our Parsi /Irani calendars, and the second time, as per the English calendar, with the Roj-based occasion preceding the latter. So, we have multiple birthdays, anniversaries and New Years... all in one year!

Maybe it's this unique 'twice-over legacy' that adds to the overall quirkiness that is the hallmark of our community... take for instance, how often do we hear some of our fellow diners, seated next to us in lagans and navjotes, quipping to the servers, "biji taang aavva de" or "Raja, bijo piece naakh, naa sharma!" to bump up our *patru* with the yummy *lagan-nu-bhonu!*

Or, even how so many who own accommodations outside Baugs still hang on to their Baug residences, giving their ownership flats on rent! Yes, we want it all, twice over... and then some! But the most unfortunate of this 'twice over' legacy is when it comes to Parsis litigating each other - with the number of cases of Parsis suing each other, being many times over, the total number of existing Parsis!

A little more gratitude, a little less entitlement... a little more open-heartedness, a little less small-mindedness would go a long way for us all.

On a more positive note, as a community, with our love for 'more', we also heartily celebrate the diversity within - as our fellow Zarathushtis belonging to the *Kadimi /Kadmi* sect celebrate New Year on Sunday, 17th July, 2022! Truth is - as long as we nurture unity in our diversity and have reason to get together as a community to feast, celebrate and bond - 'twice over' is surely the way to go!

Here's wishing our *Kadmi* brethren a Happy and Prosperous Navroz Mubarak! Have a lovely weekend!

- Anahita
anahita@parsi-times.com

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Roj 21, Mah 12

Religious Announcements

**Asfandarmad Mahino Jashan
At Seth Maneckji
Nowroji Sett Agiary**

Seth Maneckji Nowroji Sett Agiary (Fort) will hold the Asfandarmad Mahino Jashan, on 16th July, 2022, (Roj Asfandarmad, Mah Asfandarmad; Y.Z. 1391), at 9:30 am. All Humdins are invited.

**Hama Anjuman Jashan At
Idawala Agiary**

The monthly Hama Anjuman Jashan will be held at the Bai Avabai Wadia or Idawala Agiary (located behind Anjuman Atash Behram), on 20th July, 2022, (Roj Daepadar, Mah Asphandad), at 5:00 pm, post which a religious talk will be given by Er. Darayash Katak. Light refreshments will be served. All Parsi / Irani Zoroastrians are invited to attend.

RELIGIOUS ANNOUNCEMENT

The Zoroastrian Colony Youth Welfare Association With The Help Of Mrs Maharukh Madon, And The Young And Dynamic Ervad Farshogar Have Been Performing The 10-Day Muktd Ceremony At Soonaiji Agiary, Gowalia Tank Since Many Years.

This year we will be continuing the tradition for the 10 holy days of Muktd by performing the Afringan, Farokshi, and three Satum Prayers. For each Prayer the Asho Farohar names will be recited. The amount for the Muktd Prayers will be INR 300 per name. Please send your names through Whatsapp on any of the following numbers till 1st August 2021:

- 1) **Mr. Polly Nagwaswalla - +917738906278**
- 2) **Mrs. Maharukh Madon - +919821311119**
- 3) **Ervad Farshogar +919821653366**

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Kadimi Saal Mubarak!



NOSHIR H. DADRAWALA

Throughout recorded history, Persians have been keen on the idea and importance of a calendar. The first fully preserved calendar belongs to the Achaemenid period. In fact, ancient Persians were among the earliest cultures to use a solar calendar, instead of a lunar calendar. The sun, after all, was a religious and divine symbol of Iranian culture.

While fellow Irani Zarathushtis and Parsis belonging to the *Kadimi* or *Kadmi* sect too will celebrate New Year on this Sunday, 17th July 2022, most Parsis observing the *Shehenshahi* calendar do so on 16th August 2022. And of course, the entire community celebrates the seasonal New Year - Jamshedi Navruz, in March.

Three New Year celebrations! Are we serious?!

Well, quite seriously, every day is *Navruz* (*Nav* = New and *Ruz* = Day). But, why three different calendars? How can one explain or justify three different calendars?

Understanding The Zoroastrian Calendar: Our current Zoroastrian calendar dates back to the coronation of the last Zoroastrian King (Yezdazard III) of the Sassanian dynasty in Iran, in 632 A.D. In fact, when we say that currently the Zoroastrian calendar year is 1391 Y.Z., it simply means 1,391 years ago, our last monarch Yezdazard Sheroiar or Yezdazard III ascended the throne of Sasanian Iran - an era when the Zoroastrian religion was the State Religion of Iran.

The Zoroastrian calendar is a fairly simple and meaningful calendar, with each month comprising thirty days. Each of these thirty days is dedicated to a divinity, which presides over a good creation of *Ahura Mazda*. The twelve months of the Zoroastrian calendar are also dedicated to different Divinities, which preside over a good creation.

Thus, we have twelve months multiplied by thirty days, giving us a calendar of



three hundred and sixty days, to which are added the five days of the Gatha at the end of the year, aggregating three hundred and sixty-five days.

Since Zoroastrians traditionally do not add a leap year, the New Year slips by a day, every four years. The Zoroastrian tradition in ancient Iran was to add a whole month of thirty days, every one hundred and twenty years, to keep the calendar in tune with nature and the seasons. (This practise of intercalating a month was somewhat similar to the concept of '*Adhik Maas*' or adding an additional lunar month to the Hindu calendar, which is still in vogue and a fairly accurate method to adjust the gap between the Solar and Lunar Year).

Intercalation: In the Hindu calendar, the extra month or *Adhik Maas*, on an average, falls after every thirty-two and a half months. As we all know, the solar year is made up of three hundred and sixty-five days and about six hours while the lunar year is made up of three hundred and fifty-four days. Thus, there is a gap of 11 days, 1 hour, 31 minutes and 12 seconds between the lunar and the solar years. As this gap accumulates each year, it approximates in a little over two and a half years to a gap of one month. Thus, an extra month is added to the Hindu lunar calendar approximately every two and a half years. This brings the calendar in sync with the seasons.



Since Zoroastrian Iran followed a solar calendar of three hundred and sixty-five days, the calendar would slip back by a day every four years (6 hours over 4 years aggregated 1 day of 24 hours) and by an entire month of 30 days after 120 years. This required intercalation of the *Mah-e-Vahizak* or adding the extra one month of thirty days.

Historical Discrepancies: After the fall of the Sasanian Empire, the Zoroastrians who stayed back in the desert provinces of Yazd and Kerman in Iran discontinued this tradition of intercalating one month after every 120 years. Parsis who came to India (from the province of Khorasan) seem to have intercalated a month only once after their arrival in India and then discontinued the tradition. This explains the difference of one month between the *Kadmi* (*Kadimi* or *Kadim* = ancient) calendar followed by Iranian Zoroastrians and some Parsis of Gujarat and the *Shehanshai* (Imperial) calendar, followed by the majority of Parsis in India.

The community also celebrates Jamshedi Navruz

as Nature's New Year on or around 21st March, since it also marks the Spring Equinox in the Northern hemisphere. The *Fasli* (*Fasal* = seasonal) calendar was introduced in India by the renowned scholar, K R Cama, around the beginning of the twentieth century, with 21st March as the New Year and adding an extra day every four years called *Ruz-i-Vahizak*. The *Fasal* or *Fasli* calendar has not gained much popularity in India except for observing the Festival of Spring around 21st March every year. However, the Zoroastrian community in Iran and USA have largely embraced it and follow the seasonal calendar and the seasonal feasts like *Mirangan* and *Tirangan* at the appropriate time in nature.



The Kadmi And Shehenshahi Divide: The *Kadmi* movement emerged in eighteenth century India, mainly over disagreements among priests - whether to adjust the one-month discrepancy between the calendars of the Indian Zoroastrian (Parsi) and the Iranian Zoroastrian (Irani) communities. The *Kadmi* considered the Irani calendar as *Kadim* or old and therefore original, while most Parsis, who did not change their Imperial calendar (followed from the time of Yezdazard III) came to be known as *Shehenshahi*. The fact remained that both

calendars were, by then, totally out of sync with the seasons.

Several priests in Bharuch and Surat became *Kadmi* and both cities emerged as *Kadmi* strongholds. Prominent *Kadmi* families included Dadyseth, Banaji, Cama and Vatcha. Zoroastrian scholar and community leader Kharshedji Rustamji Cama (1831-1909) was also *Kadmi*, who later introduced the *Fasal* (seasonal) or *Fasli* calendar in which one extra day (*Ruz-e-Vahizak*) is added once every four years in order to keep the calendar in synch with nature and the seasons.

The *Shehenshahi* and *Kadmi* are generally in agreement with regard to Zoroastrian theology and doctrines. However, there are a few minor differences in their rituals, apart from the different calendars and the subsequent discrepancies between their festivals.

In the *Khordeh Avesta*, *Shehenshahi* and *Kadmi* use different opening and closing phrases for most prayers. In the *Ahem* and *Yatha* prayers, the *Shenshahi* chant '*vohu* and *ahu*' whereas the *Kadmi* chant '*vahi* (or *Vohi*) and *ahi*'. There are also minor differences in other rituals, such as the *Afringan*, *Ijashne* and the *Boi* at the change of the *gah*. Navjote, marriages and death ceremonies too, are conducted slightly differently.

First Kadmi Atash Bahram: In 1767, Seth Dhanjishah Manchershah of Bombay sent *Ervad Kaus bin Rustam Jalal*, a learned priest from Bharuch who was well versed in Persian and Arabic, to Iran, where he stayed twelve years and studied intercalation (or *Kabisa*). After his return to India in 1780, Dadibhai Noshervanji Dadyseth invited *Ervad Kaus* (known after his travels to Iran also as *Mulla Kaus*) to consecrate and install an *Atash Bahram* in Mumbai and *Mulla Kaus* became the first *Kadmi* Dastur of this first *Kadmi Atash Bahram*, situated at Fanaswadi in South Mumbai, which is known to this date as *Dadyseth Atashbahram*.

Cont on Page 05

Steel Wire Net Fitted On A'bad Dokhma For Dokhmenashini Of Parsi Covid Victims



The hon'ble Supreme Court of India has permitted carrying out the practice of Dokhmenashini for deceased Parsis who were victims of COVID 19, with the condition that they consigned to a separate Dokhma, which should be covered with a bird net to ensure that the birds do not disseminate the remains in open space.

In view of the above directions, the Ahmedabad Parsi Panchayat (APP) complied with the arduous task of fixing a steel wire net on one of its Dokhmas at the Doongewadi located at Jashodanagar, Ahmedabad. The said Dokhma has been earmarked for Dokhmenashini of Parsis who have succumbed to COVID19.

This herculean task was executed by a diligent team



of volunteers (mainly from Mumbai), under the guidance of Bomi Mistry and his team (comprising Cyrus Bacha, Nozar Sutaria, Khushroo Bharucha, Burzin Mandviwala, Sarosh Gandhi, Vaish Bhopti and Ardaviraf Karbhari), which worked long hours through the day, for a week. Working under sweltering heat conditions, atop a 15 feet ladder, the job was done by them within the stipulated time, thus providing commendable community service. Brig. (Retd) Jahangir P. Anklesaria, VSM President Trustee of APP, Committee members - Hoshang Karanjia and Sarosh Karkaria and all the nassesalars (pall-bearers) were also devoted to the entire project, from dawn to dusk.

A similar task was earlier carried out in Mumbai and Surat Dokhmas too.

Applications Invited For 'UNESCO-Al Fozan International Prize' For Promoting Young Scientists

The UNESCO-Al Fozan International Prize for the Promotion of Young Scientists in Science, Technology, Engineering and Mathematics (STEM) was created to encourage young people to undertake scientific careers and make their work more visible to the community and society. This is the first edition of the Prize, which recognizes the achievements of young people that are conducive to socio-economic transformation and development on a global scale, while also increasing the interest of young people, particularly girls and women, in science, to promote gender

equality, scientific literacy and the choice of a scientific career.

The Prize is awarded to five candidates for their significant achievement/contribution to Research in the STEM including the emerging technologies; or STEM education, dissemination of research findings, as well as creativity and innovation; or International or regional cooperation in STEM. Each of the five laureates will receive an award of 50,000 USD to further their contribution to the advancement of STEM research at a ceremony to be held in March 2023.

Candidates must be less

than 40 years old at the time of the application deadline. Candidatures of young women scientists are encouraged. Candidatures will be submitted to the Secretariat of the Prize by governments of Member States, in consultation with their National Commissions; non-governmental organizations that maintain an official partnership with UNESCO; UNESCO Chairs and category 2 centres; international scientific unions; research institutes and universities. Self-nominations will not be considered. (For details: <https://www.unesco.org/en/prizes/al-fozan#nominations>).

Kadimi Saal Mubarak!

Cont from Page 04

Fierce Disputes: Between 1782 and 1783, fierce disputes between the *Shenshahi* and *Kadmi* sects lead to several deaths and imprisonments. Behdin Homa Behdin Jamshed, whose *Baaj* (death anniversary) we observe to this date as *Homaji ni Baaj*, was also a victim of this controversy. A lady from the *Kadmi* group in Bharuch, who was pregnant, falsely accused the pious and innocent *Shehenshahi* gentleman, by the name of Homa (son of Jamshed Zaahiaa, a weaver and well-known poet of Bharuch), of kicking her, and which allegedly led to a miscarriage.

Homaji was first brought to trial before the *Nawab* of Bharuch and then to Bombay before the British Court. Homaji pleaded that he was innocent. However, incensed by the calendar controversy, a member of the *Wadia* family belonging to the *Kadmi* sect gave false testimony as a witness against Homaji. Based on the witness' false testimony, Homaji was sentenced to death. The pious and innocent Homaji was hanged to death at the corner of Bazaar-gate in the Fort locality of Bombay, on *Roj Govad* of Mah Dae 1152 YZ (1783).

Before he was hanged, Homaji declared that he was innocent of the charge brought against him and that his sentence was not just. Homaji is believed to have declared, that the person who had leveled false charges against him would be found dead on the fourth day (*Chahrum*) after his death. Homaji had also declared before he was hanged that all those who will remember him for his innocence and his

sacrifice will forever receive his blessings.

Reportedly, the lady who had falsely accused Homaji was found dead in her home on the fourth day after Homaji's death. According to another version, it was the witness who bore false testimony who died on the fourth day after Homaji was hanged.

To this day, devout Parsees observe *Govad Roj* of *Dae Mah* as a solemn occasion to remember Homaji as the Patron Saint of all those who are falsely accused or generally harassed. In the *Aafringaan* prayers, his name is invoked with reverence along with names of other pious persons as *Behdin Homa Behdin Jamshed*.

Celebrate Unity In Diversity: Today, as a community, do we even bother to ask fellow coreligionists whether they are *Kadmi* or *Shehenshahi*? Do any of our youngsters even know the difference or care to know the difference? Don't we pray at both *Kadmi* and *Shehenshahi Atash Bahram* with equal respect and devotion in Mumbai and in Surat? Yet, this was once an issue that bitterly divided the Parsis in India and led to several incidents of violence, including deaths.

Conclusively, ancient (*Kadim*), imperial (*Shehenshahi*) or seasonal (*Fasal*), make it a reason to feast, celebrate and bond. Let's not be embarrassed that we have three calendars and observe three New Years. Let's celebrate the fact that we are thrice blessed!!



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PRESIDENT Nominees 2022

XYZ (Xtremely Young Zoroastrians) Foundation, the community's leading children's organisation for our Parsi/Irani children, has been providing excellent entertainment and growth opportunities for nearly a decade. Each year, during July, XYZ Foundation gets a new bunch of President Nominees of its groups, comprising children in their 6th or 7th grade. These future leaders will train under 2 sets of Presidents, this year and next year, before taking over as Presidents themselves, in 2024. This succession planning helps the groups work well and the leadership dynamic continues

as they get honed into role models for their XYZ Groups through leadership camps and events. The first task of these President Nominees is to plan activities for India's 75th Independence Day as part of our Azadi ka Amrit Mahotsav initiative for the Government of India. "It's amazing to see the fresh ideas of the kids and it's an absolute pleasure to work with them and learn from them too. We wish that these leaders of the community use their Good Minds and make informed decisions and take XYZ Foundation forward," said Hoshang Gotla, Founder, XYZ.

Kayan Patel Rides The Racing Wave With 3 Trophies

Budding motorcycle racer, 21-year-old Kayan Zubin Patel, from Mumbai's Rustom Baug, continued the Patel family tradition of doing the community and the nation proud, with their prowess in motorbike racing, by bringing home three trophies from the second round of the MRF MMSC, FMSCI Indian Motorcycle Racing National Championship - 2022, which was held in Chennai, from 8th - 10th July, 2022. This is among the highest level of Circuit Racing which takes place



the Axor Sparks Racing Team and uncle and coach - Rustom Patel. I especially want to thank my dad Zubin Patel - and my uncles - Neville and Rustom Patel for playing a major role in my life and being my inspiration," says Kayan.

Sharing fitness as the essence of his success as a racing champ, he adds, "The main aspect of being a rider is being fit - you have to be absolutely

in the nation, with a few rounds held in Chennai and a few held on Coimbatore's race-tracks.

Kayan Patel rides for the professional, Chennai-based, Axor Sparks Racing Team, which manages fifteen riders, with Kayan being the only Parsi in the entire grid, fighting it out with the local racers from the south as well as from across the country. Battling it out fiercely with 45 other competitors from across India, Kayan participated in four races - 'Stock 165cc Novice Category': Race 1 and Race 2; and 'Honda Hornet 2.0': Race 1 and Race 2.

On 9th July, 2022, Kayan bagged the first place in the 'Honda Hornet 2.0 - Race 1' and finished second in the 'Stock 165cc Novice Category - Race 1'. In the Honda Hornet Class, Kayan had to fight against some of the biggest names in Indian racing - but he fought his way from fourth to first place, beating the big guns - indeed a proud moment for the upcoming youngster!

In the races held on the next day, Kayan came in second in the 'Honda Hornet 2.0 - Race 2' but met with a major crash in the 'Stock 165cc Novice Category - Race 2'. He fortunately managed to get away with a few injuries and had to leave the race as he needed to get medically examined - a mandatory routine



for all riders who meet with accidents. Kayan thus returned home with three glittering trophies and a few injuries and swellings, saying, "This is all part and parcel of racing!"

Kayan started his passionate journey at the young age of four! "I started racing at the age of four on a small bike which my dad got me from Japan as my gift on my 4th birthday. I remember learning to ride it on the Rustom Baug football field!" Elevating the third generation of the 'Patel Racing family', Kayan follows in the illustrious footsteps of his uncles, racing champ Rustom and Neville Patel, under the expert guidance and support of his father - Zubin Patel, who collectively run the family-owned business, 'RNZ Service Station', which is a boutique service garage for two-wheelers.

"I'd like to thank all my sponsors for their support and

fit. Your success depends on your fitness first, and then your dedication towards training. Being successful depends on your core strength and stamina - and these are honed by constantly upping your fitness levels. Mentally too, you need to be strong in terms of focus and discipline. And of course, you need to accept that injuries are a part of the game. But most importantly I'd like to share this message with our youth who are race-enthusiasts - please say NO to street-racing. If you want to race, get on the track, not the streets!"

Having tasted such resounding victory, Kayan is now all charged up to work doubly hard and realise his dream of making it to the 'Moto GP World Championships', and continue to keep the Patel name shining bright and bring greater pride onto the Parsi community and the nation, with his achievements in the future.

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Tel. No.: (022)22010704/05

To receive the newspaper (hard copy) in countries out of India,
kindly e-mail us at: editor@parsi-times.com

Printed and Published by Cyrus Firoz Printer on behalf of Parsi Times Multimedia Pvt. Ltd.,

Published at Annexe Building, 3rd Floor, Anandilal Podar Marg, Opp. Metro Cinema, Dhobi Talao, Mumbai - 400002 ::

Printed at Dangat Media Pvt. Ltd., 22 Digha M.I.D.C., TTC Industrial Area, Vishnu Nagar, Digha, Navi Mumbai, Thane - 400 708.

Editor: Anahita Subedar. Contact Nos.: 22010704, Advt.: 22010705 ::

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

Post-Race Penalty Robs Jehan Daruvala Of Second In Austria



Jehan said, "I'm absolutely gutted. All season, luck has been against us and just when I thought things were finally going our way, we get hit with a penalty. We did everything right today. I was expecting a tough race from 11th on the grid and, while it was tricky, we read the conditions perfectly today. The team made the right strategy call on the tyres and I was able to maximise it with my pace in the wet. It's difficult to find the positives after having a result we fought hard for, taken away from us in this fashion. We could have taken big points off our rivals today, but I can still take encouragement from my pace today. We now have a weekend off before the next run of back-to-back races and it's now full focus on Paul Ricard and Budapest. We just need to keep pushing and I'm sure our day will come."

On 10th July, 2022, our 23-year-old racing sensation, Mumbai-based Jehan Daruvala, put in a stirring drive moving from 11th to 2nd place in the Formula 2 feature race in Austria, held on 10th July, 2022, at Spielberg, Austria, but was robbed of his sixth podium of the season, by a post-race penalty.

Jehan had finished a provisional second after an inspired strategy call to start the race on slick tyres on a damp track and searing pace from the Red Bull-backed racer in the tricky conditions saw him make rapid progress up the field. But a 20-second time penalty, handed out after stewards deemed the Prema Racing team had attempted to dry the track surface at Jehan's grid spot, negated his brilliant run. The penalty was more so disappointing, as Jehan was briefly in with a chance of inheriting the race win after provisional winner, Richard Verschoor, was disqualified for a fuel irregularity.

Jehan's pace in the changing conditions was formidable. He built up a sizeable gap and then timed his one and only pitstop to perfection, coming in on lap 13. The penalty in Austria was the latest in a series of misfortunes on 10th July, that have cost Jehan a strong result in feature races this season. An ill-timed safety car cost him a potential victory in Imola. In Barcelona, an electrical problem side-lined Jehan on the fourth lap, just when he was ideally placed to benefit from running the alternative strategy.

PT Bright Spark!

Budding Geneticist Maheen Khambatta

Maheen J. Khambatta recently graduated with a B.Sc. (Hons) in Genetics from the University of Sussex, UK. In addition to doing well in academics, Maheen chose to make the most of her time at University by partaking in multiple co-curriculars. She received the 'Buddy Scheme Volunteer of the Year' Award, (an outreach programme that supports new students) for two consecutive years - 2021 and 2022. She even supported students through her roles as International and Life Sciences Ambassador.



out through online platforms. I also participated in student elections and ran for International Student's Officer."

At the end of her time at Sussex University, she was felicitated with the 'Spirit of Sussex Gold' Award for her participation in various aspects of university life. She was also the keynote speaker at the celebration event. "During the course of my time at Sussex, I

achieved a personal milestone of forming personal connections with people and being an inspiration to others by making my mark. All these opportunities have allowed me to shine and I want to reach even greater heights," shares Maheen, who is now looking to pursue a Masters.

Parsee Gymkhana Seals Historic Wins

- Hoshang Kattrak, Manager & Captain Of Winning PG Team, Reports -



L to R - Parthav Kelkar, Hoshang Kattrak, Raj Purohit (former MLA, Sr. BJP functionary and VP - Garware Clubhouse)



Frenaz Chipia and Senhora Dsouza receiving trophy from Manish Ajmera, Hon Treasurer, Garware Clubhouse.

Both, the men's and women's teams of Mumbai's Parsee Gymkhana (PG) steamrolled to even more comprehensive victories in the prestigious First Division of the Mumbai City District Interclub Table-Tennis tournament, held at the Garware Clubhouse, from 5th - 9th July, 2022. While the men's team made an enviable hat-trick, having won the previous two editions, the women's team won it for the second successive year.

On 6th July, PG were up against two formidable opponents - MLWB and Hindu Gymkhana (HG). While the former were blanked 3-0, the tie against neighbours Hindu Gymkhana proved to be a thriller. Youngsters Parthav Kelkar of PG and Havish Asrani of HG competed in the opening match, where Havish helped his team take a crucial 1-0 lead. The next match was the cynosure of the spectators, with two former India internationals Silver medallists (2021 Senior Nationals) Siddhesh Pande of PG and Omkar Torgalkar of HG, battling it out. With his deceptive serves and excellent blocking, Siddhesh proved his supremacy, equalising for PG in three straight games.

Next, Zubin Taraporewalla gave PG a 2-1 lead, beating Saurabh Mohite. Omkar

needed to defeat Parthav to keep HG in the running. With two games down and 8-10 in the third game, Parthav counter attacked magnificently not only save the two match points, but to also win the match and tie for PG. The rest of the matches against the two YMCA teams and Garware Clubhouse went PG's way, as expected.

The women's team comprising Frenaz Chipia, Senhora Dsouza and Manasi Chiplunkar ran through their opponents - Garware Clubhouse, MLWB and Worli Sports Club without dropping a set.

It's indeed a matter of pride for Parsee Gymkhana that former India International Sanish Ambekar, who had represented PG in the previous tournament, and now settled in Australia, was crowned the Australian National Table-tennis Champion last week.

Hosts Garware Clubhouse spared no effort in organizing this annual tournament. The loudest cheers at the Prize distribution were reserved for Sharad Grover - MCDTTA committee member and Table-tennis mentor to Garware Clubhouse, which had fielded a total of 10 teams in the tournament across all Divisions.

72-year-old Biker - Fali Buxy Rides To Leh

Nagpur resident, 72-year-old Fali Buxy has proven that age is indeed just a number. His undying spirit of adventure and enthusiasm to live his best life recently saw this spirited septuagenarian complete his second motorcycle ride to Leh and Ladakh!



The black snow also posed challenges on the unaccommodating narrow and gravelly paths. There were times when the incessant snowfall would bring down the temperatures to a chilling minus-20 degrees Centigrade! Couple that with lack of proper nourishment, with just Maggi and aloo parathas not providing sufficient fuel for the body to combat the cold and cross 100 odd kilometres of the difficult terrain, daily!

While earlier road trips were primarily in cars, he became passionate about traveling on two-wheelers when, at the age of 64, he finally ticked this box off his wish list and bought the Enfield Thunderbird. In 2014, he took his first trip to Ladakh on the new motorbike.



But despite all these challenges, in addition to the

thrills of adventure, for Fali, the dangers are worth way more than days of comfort and ease, because these trips help put so many things into perspective. "The best thing about such trips is that you get to meet like-minded people en route. We came across bikers from all parts of the country and were pleasantly surprised to see so many lady riders too - some on motorcycles, a few on scooters and there was one guy travelling across the country on his bicycle! But, on both my trips, I didn't meet any fellow Parsis riding to Leh. Us Parsi riders should be more enthusiastic about this ride, it's the ultimate in riding. It tests you and your bike! However, the camaraderie between bikers is to be seen to be believed. Everyone is always ready to lend a helping hand, even without being asked if a biker is seen in some difficulty. It's an amazing show of solidarity!" shares Fali.

Speaking to Parsi Times, Fali Buxy says, "After my first trip to Leh in 2014, I had decided to make one more trip to this place. Well, due to the pandemic it got postponed. So, after waiting for a while, at the age of 71, I finally did it! It was pretty difficult and I encountered some breathing problems too, but I know I just had to do it."

Fali Buxy made this trip with fellow rider, Parag More, who is nearly half his age, but who equally shares his passion for road-trips on motorcycles. Which is why Parag immediately took up Fali's invitation to join him on the road trip to Leh-Ladakh, despite having done so in the past. After two months of meticulous preparation - planning charting routes, checking weather forecasts, packing, obtaining the requisite permits et al - they were on their way upon their motorcycles - Fali on his Enfield and Parag on his Honda H'ness

It turned out to be an exhilarating 20 day-trip, which saw them ride through Gwalior, Panipat, Jalandhar, Pathankot, Srinagar, Sonmarg, Dras, Kargil, Batalik and finally to Leh - an enriching adventure that left their spirits satiated. The most difficult parts of the journey comprised getting through the three passes - Khardungla Pass, Changla Pass and Zojila Pass. These dangerous passes had huge cliffs on one side and deep valleys on the other; the slightest skid of the tire could have you hurling into the deep gorge. Manoeuvring these passes called for great skills, stamina and mental focus resolve.

Even as Fali is yet to decide upon his next trip, he claims to be the only septuagenarian to have travelled on a motorcycle from Nagpur to Ladakh and back. Sharing inspiring and insightful words of wisdom, he concludes, "Age is just a number. Live your life, forget your age. We are never too old to set new goals or dream new dreams. Riding is my passion. When the wind caresses your face, when the landscape embraces you as you ride over mountains and jungles, across terrains not well-trodden, you feel the real rush of adrenalin and you revel in absolute freedom, transforming these journeys into memories of a lifetime. We ride not to escape life, but for life not to escape us!"

ZAC Holds Museum Trip To Get Glimpses of our Glorious Past



On 10th July, 2022, around forty-two members of ZAC (Zoroastrian Association of California), comprising students and parents from the Religious class, along with their dynamic teachers, and the much loved father-son priest duo - Er. Zarrir and Er. Zerkxis Bhandara, visited the exhibition - 'Persia: Ancient Iran And The Classical World', which was held at Getty Villa Museum, in Santa Monica, California, USA. Here, they cherished the glimpses of our glorious past, studying our rich Persian history of magnificent Zarthosti Emperors, including Cyrus the Great, Daraius, Xerxes and Artaxerxes.

This trip to 'The Exhibition on Persia: Ancient Iran and the Classical World' was decided upon, a couple of months ago. Er. Zerkxis Bhandara, who teaches the youth class, gave the students a background on Zoroastrian history and our illustrious kings, sharing interesting Shahnameh stories, which further whetted the interest of the students for the visit.

It was a unique experience with hundreds of outstanding exhibits depicting the rich culture of the great Persian Empire. For many, it was a moment of great pride to see how Zoroastrians ruled the majority of the known world of that era, encountering the tumultuous relationship and cultural connections between ancient Greece and Rome. A sense of delight flowed to see the Apadana hall in the Persepolis exhibit, where kings from different nations worldwide would come, bearing gifts from their homelands, to pay their respects to the most powerful Persian kings.

Speaking to PT, Er. Zarrir Bhandara said, "Our main goal was to learn the history of our glorious ancestors, who were known and respected as the just rulers of their time. We also wanted to take in information about the amazing monuments, including the great Persepolis, artifacts, utensils, jewellery and various precious stones belonging to that era. The icing on the cake was the 3D show on Persepolis, which was very informative. Thanks to that, we could observe the most prominent representatives of various eras. Today, we feel really proud to be called the descendants of these great 'Parsa' Kings (as mentioned in cuneiform inscriptions of Darius at Behistun)"

The educational and entertaining excursion lasted three hours and was a fun-filled afternoon with lunch provided by ZAC.



The Bawa Word Search

Search out 16 Popular James Bond Films hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

E	B	N	S	N	A	O	U	Y	E	V	K	E	P	N	Y	X	L	G	Q	C	Q	C	U	G
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O	A	Y	S	I	B	I	N	X	W	W	M	Z	S	Z	O	S	V	D	T	Y	E	X	B	D
S	L	E	L	J	N	R	M	G	B	T	G	Y	J	I	T	N	Q	U	U	S	C	U	Y	Q
E	L	H	L	V	H	O	E	E	O	O	O	U	M	E	T	F	Q	K	M	X	G	F	A	L
Y	A	L	I	W	Z	B	R	D	T	J	C	A	Z	A	Z	W	H	D	O	W	T	G	Q	I
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|------------------------|--------------------------|-----------------------------|---------------------------|
| Casino Royale (1967) | A View To A Kill (1985) | Octopussy (1983) | Die Another Day (2002) |
| Moonraker (1979) | Quantum Of Solace (2008) | Live And Let Die (1973) | For Your Eyes Only (1981) |
| Licence To Kill (1989) | Goldeneye (1995) | The Spy Who Loved Me (1977) | No Time To Die (2021) |
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Solution see below

WINNING CAPTION!!!



JOHNSON: How insensitive of our people to so unceremoniously boot us!
TRUMP: Just thank your lucky stars, they didn't ceremoniously shoot us!

By Dezadd Dotiwalla

CAPTION THIS!



Calling all our readers to caption this picture!
Send in your captions at editor@parsi-times.com by 20th July, 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.

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7	1	8	9	3	2	5	2	4	6	9	8	7
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Thought of the Week

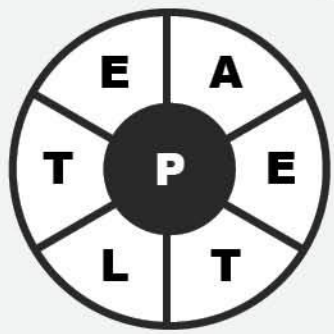
"Even if you're on the right track, you'll get run over if you just sit there."

- Will Rogers

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.

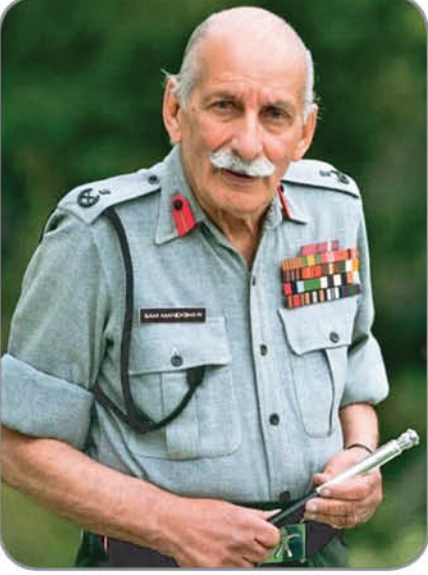
- RESULTS:**
Average: 6 or more words
Good: 8 or more words
Outstanding: 9 or more words



પારસી રાઈમ્સ

Volume 12 - Issue 14 • Saturday, 16 July, 2022 - Friday, 22 July, 2022 • English Gujarati Weekly • Mumbai • Page 11 • Price ₹8/-

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ફિલ માર્શલ સામ માણેકશાને શ્રદ્ધાંજલિ

પ્રસંગે ઉપસ્થિત રહ્યા હતા, જેમાં ઝોરોસ્ત્રિયન વિંગ સ્કાઉટ્સ અને ગાર્ડસના ત્રણેય સેવાઓના વરિષ્ઠ પારસી વેટરન અધિકારીઓ હાજર હતા. ઉપસ્થિત લોકોમાં જેહાન (માણેકશાના ગ્રાન્ડ સન સાથે સામના ગ્રેટ ગ્રાન્ડ સન), બીપીપી અને પીપીપી ટ્રસ્ટીઓ અને અન્ય પ્રતિષ્ઠિત સમુદાયના સભ્યો હતા. ઉટ્ટીમાં, પારસી કબ્રસ્તાનમાં, ગોરખા બ્રિગેડ દ્વારા પુષ્પાંજલિનું આયોજન કરવામાં આવ્યું હતું.

આ પ્રસંગે બોલતા, મેજર જનરલ સાયરસ આટી પીઠાવાલા, એસી, વીએસએમ (નિવૃત્ત), જણાવ્યું હતું કે, એફએમ માણેકશાની પુણ્યતિથિ નિમિત્તે, હું તેમને મારી નમ્ર શ્રદ્ધાંજલિ અર્પણ કરું છું. એફએમ માણેકશા એક મહાન સૈનિક-યોદ્ધા અને ઉત્કૃષ્ટ લશ્કરી નેતા હતા. તેમની વ્યાવસાયિક યોગ્યતા, નિર્ણાયકતા, સંપૂર્ણ નિષ્પક્ષતા, શારીરિક અને નૈતિક હિંમત અને માણસો અને સંસાધનોના સંચાલનના ગુણો માટે પેઢી દર પેઢી તેમને યાદ કરવામાં આવશે. ૧૯૭૧ના ભારત-પાકિસ્તાન યુદ્ધમાં પરકાષ્ટા પામેલા એક પછી એક યુદ્ધોમાં આપણા દેશ માટે તેમનું યોગદાન ક્યારેય ભૂલી શકાશે નહીં અને તેમની યાદો આપણા મન અને હૃદયમાં ક્યારેય ઝાંખી નહીં થાય. સર, તમે એક આદર્શ લશ્કરી નેતાનું પ્રતિક બન્યા છો. અમે તમારી છાયામાં મોટા થયા છીએ. તમારા યોગદાન અને નિઃસ્વાર્થ સેવા માટે દેશ હંમેશા તમારો ઋણી રહેશે.

ફિલ માર્શલ સામ માણેકશાનો જન્મ ૩૭ એપ્રિલ, ૧૯૧૪ના રોજ અમૃતસરમાં હોરમસજી માણેકશા (ડોક્ટર) અને હીરાબાઈને ત્યાં થયો હતો. તેમણે અમૃતસરમાં તેમનું શાળાકીય શિક્ષણ પૂર્ણ કર્યું અને શેરવુડ કોલેજ, નૈનિતાલમાંથી જુનિયર કેમ્બ્રિજ પાસ કર્યું, આખરે આઈએમએમાં જોડાવા માટે જેન્ટલમેન કેડેટ તરીકે પસંદગી પામ્યા તે પહેલા અમૃતસરની હિંદુ કોલેજમાંથી સ્નાતક થયા. બોમ્બેમાં ૨૨મી એપ્રિલ, ૧૯૩૯ના રોજ તેમના લગ્ન સિલુ બોડે સાથે થયા હતા.

તેઓ જૂન ૧૯૬૯માં આર્મી ચીફ બન્યા અને વેલિંગ્ટન મિલિટરી કેન્ટોનમેન્ટની બાજુમાં આવેલા નાગરિક નગર, તમિલનાડુના કોનૂરમાં તેમની પત્ની સાથે સ્થાયી થવા માટે જાન્યુઆરી ૧૯૭૩માં સક્રિય સેવામાંથી નિવૃત્ત થયા. તેમણે જૂન ૨૦૦૮માં વેલિંગ્ટનમાં ૯૪ વર્ષની વયે અંતિમ શ્વાસ લીધા. તેમના છેલ્લા શબ્દો હતા, હું ટીક છું. તેમને ઉટ્ટી ખાતે પારસી કબ્રસ્તાનમાં દફનાવવામાં આવ્યા હતા. તેમના પરિવારમાં તેમની બે પુત્રીઓ - શેરી અને માયા અને પૌત્રો અને પૌત્રીઓનો સમાવેશ થાય છે.

સન્માન અને પુરસ્કારો

તેમની ૪૦ વર્ષની અસાધારણ અને ભવ્ય સૈન્ય કારકિર્દીમાં, માણેકશાએ પાંચ યુદ્ધો લડ્યા વલ્લ વોર ૨; ૧૯૪૭ (પાકિસ્તાન અને અફઘાન આદિવાસીઓ

સામે કાશ્મીર યુદ્ધ); ૧૯૬૨ (ભારત-ચીન); ૧૯૬૫ (ભારત-પાક); અને ૧૯૭૧ (ભારત-પાક).

ફિલ માર્શલ સામ વિખ્યાત પુરસ્કારો અને સન્માનોની શ્રેણીના પ્રાપ્તકર્તા હતા

- * ૧૯૪૨ - મિલિટરી ક્રોસ (શૌર્ય)
- * ૧૯૬૮ - પદ્મ ભૂષણ (અસાધારણ સેવા).
- * ૧૯૭૨ - પદ્મ વિભૂષણ (૧૯૭૧ વિજય).
- * ૧૯૭૨માં નેપાળે માણેકશાને નેપાળી સેનાના માનદ જનરલ તરીકે સન્માનિત કર્યા.
- * જાન્યુઆરી ૧૯૭૩માં, તેમને ફિલ માર્શલના પ-સ્ટાર રેન્કમાં બઢતી આપવામાં આવી - આ સન્માન મેળવનાર પ્રથમ ભારતીય.
- * ૧૯૭૭ માં, તેમને ઓર્ડર ઓફ ટ્રાઈ શક્તિ પદ્મ, ફર્સ્ટ ક્લાસ (નેપાળના રાજ્યના નાઈટ્સનો ઓર્ડર) એનાયત કરવામાં આવ્યો હતો.

સામ માણેકશો ૮મા આર્મી ચીફ હતા અને ફિલ માર્શલના ફાઈવ-સ્ટાર રેન્ક પર બઢતી મેળવનાર ભારતના પ્રથમ આર્મી ઓફિસર હતા. તેમની સુશોભિત સૈન્ય કારકિર્દી ચાર દાયકાઓ સુધી ફેલાયેલી હતી, જે બ્રિટિશ ઈન્ડિયા આર્મીમાંથી ભારતીય સેનામાં આપણા સશસ્ત્ર દળોના સંક્રમણના સાક્ષી હતી. તેમના શક્ષાતના દિવસોથી, તેમની સમજશક્તિ અને રમૂજ તેમના પ્રભાવશાળી વ્યક્તિત્વની ઓળખ હતી, ઉપરાંત તેઓ માત્ર સંરક્ષણમાં જ નહીં, પરંતુ કોર્પોરેટ ક્ષેત્રે પણ નેતૃત્વના પ્રતીક તરીકે સ્વીકારવામાં આવ્યા હતા.

૨૭મી જૂન, ૨૦૨૨ ના રોજે, ફિલ માર્શલ સામ માણેકશાની પુણ્યતિથિ નિમિત્તે, મુંબઈમાં કોલાબા છાવણી ખાતે એચકયુ એમજી અને જી એરિયા દ્વારા પુષ્પાંજલિ સમારોહનું આયોજન કરવામાં આવ્યું હતું જ્યાં સામ બહાદુર (સામ ધ બ્રેવને) શ્રદ્ધાંજલિ આપવામાં આવી હતી. તેઓ પ્રેમપૂર્વક જાણીતા હતા - ભારતના સર્વકાલીન યુદ્ધના મહાન અનુભવીઓમાંના એક.

આ કાર્યક્રમનું સંકલન સામાજિક કાર્યકરો - પરવીન દાફવાલા અને હોશીદાર ઈલાવિયા દ્વારા કરવામાં આવ્યું હતું. લેફ્ટનન્ટ જનરલ એચએસ કાલોન, એસએમ, જનરલ ઓફિસર કમાન્ડિંગ, આ

ઈડાવાલા અગિયારીની ૧૭૯મી સાલગ્રેહની ઉજવણી

૧લી જુલાઈ, ૨૦૨૨ના રોજ (રોજ બહેરામ, માહ બહમન), ઈડાવાલા અગિયારીએ તેની ભવ્ય ૧૭૯મી સાલગ્રેહની ઉજવણી કરી, જેમાં હાલન ગેહમાં પાદશાહ સાહેબને હમા અંજુમનમાં માથી અર્પણ કરવામાં આવી, ત્યારબાદ સવારે ૧૦:૦૦ વાગ્યે હમા અંજુમનનું જશન, યુવા અને ગતિશીલ પંથકી એરવદ શાહવીર દસ્તુરની આગેવાની હેઠળ ચાર મોબેટો દ્વારા કરવામાં આવ્યું. આ કાર્યક્રમમાં ટ્રસ્ટીઓ ગોદેરજ દોટીવાલા, સિલુ બિલિમોરિયા, વીરા વાડિયા, મીનુ બામ્બોટ અને એરવદ ગયોમર્ટ પંથકી પણ હાજર રહ્યા હતા.

આગળ, નવા રિનોવેટ કરાયેલા હોલમાં એરવદ દારાયસ કાત્રક દ્વારા બહમન અમસાસ્પંદ પર ધાર્મિક પ્રવચન આપવામાં આવ્યું હતું. તેમના સંબોધનમાં, મેનેજિંગ ટ્રસ્ટી ગોદેરજ દોટીવાલાએ આગળનો ભાગ/હોલ અને ટોઈલેટ બ્લોકનું નવીનીકરણ કરવા બદલ બે દાતાઓનો આભાર માન્યો હતો. તેમણે વધુ દાન માટે અપીલ કરી કારણ કે મુખ્ય અગિયારી બિલ્ડિંગને

પણ વ્યાપક સમારકામની જરૂર છે. દાન કરવા ઈચ્છતા લોકો વિગતો માટે ૯૮૨૦૧૦૨૬૫૧ પર ફોન કરી શકે છે.



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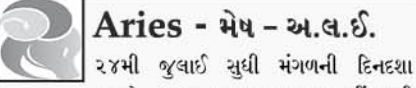
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લખનાર: મરહુમ મહારાજ શ્રી સ્વચંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૬.૦૭.૨૦૨૨ થી તા. ૨૨.૦૭.૨૦૨૨



Aries - મેષ - અ.લ.ઈ.

૨૪મી જુલાઈ સુધી મંગળની દિનદશા ચાલશે. તમારા ગુસ્સા પર કાબુ નહીં રાખી શકો. નાની બાબતમાં ગરમ થઈ જશો. તમારી તબિયતની ખાસ સંભાળ લેજો. હાઈપ્રેશરથી પરેશાન થતા હો તો દવા લેવામાં બેદરકાર રહેતા નહીં. ઘરવાળા સાથે મતભેદ થતાં વાર નહીં લાગે. બીજાઓ તમારો વાંક શોધી પરેશાન કરશે. મંગળને શાંત કરવા રોજ 'તીર યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૬, ૧૮, ૨૧, ૨૨ છે.

Lucky Dates: 16, 18, 21, 22

Mars' rule till 24th July will make it difficult for you to have a hold on your anger. You could lose your temper over petty matters. You will need to take special care of your health. Those suffering from high BP are advised to not be careless about taking their medication on time. Squabbles within the family could take place. People could fault you and harass you. To pacify Mars, pray the Tir Yasht daily.



Cancer - કર્ક - ડ.હ.

આજથી સુર્યની દિનદશા શરૂ થયેલી છે. દરી ઓગસ્ટ સુધી માથાના દુખાવા, તાવ અને હાઈપ્રેશરથી પરેશાન થશો. રાતના જાગવાથી વધુ મુશ્કેલીમાં આવશો. સરકારી કામમાં સફળતા નહીં મળે. જે પણ કામ કરશો ત્યાં દુશ્મન વધી જશે. વડીલવર્ગની ચિંતા સતાવશે. દરરોજ ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૭, ૧૮, ૨૧, ૨૨ છે.

Lucky Dates: 17, 18, 21, 22

The Sun's rule starting today till 6th August, could cause you to suffer from headache, fever or high BP. Staying awake at night will cause more issues. You will not be successful in government-related works. Any endeavour you undertake will lead to an increase in your detractors. You will be worried about the elderly. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Libra - તુલા - ર.ત.

દરી ઓગસ્ટ સુધી રાહુની દિનદશા ચાલશે. તમે નાના કામો પણ સમય પર પુરા નહીં કરી શકો. દુશ્મનનું જોર ખુબ વધી જશે. તમારા મિત્રો પણ તમારાથી દૂર ભાગશે. તબિયતના બારામાં બેદરકાર રહેતા નહીં તમારી નાની બેદરકારી તમને મોટી મુશ્કેલીમાં નાખી દેશે. દાંત, આંખ અને માથાના દુખાવાથી પરેશાન થશો. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૧૭, ૧૮, ૨૧, ૨૨ છે.

Lucky Dates: 17, 19, 21, 22

Rahu's rule till 6th August will not allow you to complete even your small tasks on time. Enemies will gain power. Friends may seem to alienate you. Do not be careless about your health as the smallest negligence could land you in big trouble. You could suffer from headaches as well as pain in the teeth and eyes. Pray the Mah Bokhtar Nyaish daily.



Capricorn - મકર - ખ.જ.

૨૬મી જુલાઈ સુધી શનિની દિનદશા ચાલશે. તમે થોડા આળસુ બની જશો. અચાનક તબિયત બગડી જશે. તમે જોઈન્ટ તથા બેક પેઈન અને માથાના દુખાવાથી પરેશાન થશો. શનિને કારણે ખર્ચમાં ખુબ વધારો થશે. તેની સામે જોઈતી આવક નહીં આવે. લેતી દેતી પર ધ્યાન આપજો. દરરોજ મોટી 'હમન યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૨૨ છે.

Lucky Dates: 16, 17, 18, 22

Saturn's rule till 26th July makes you lethargic. Your health could suddenly go down. You could suffer from backache, joint pains and headaches. Saturn could cause a huge increase in your expenditures, without a corresponding increase in your income. Pay extra attention to any transactions related to lending or borrowing money. Pray the Moti Haptan Yasht daily.



Taurus - વૃષભ - બ.વ.ઉ.

છેલ્લા ૧૦ દિવસ શીતલ ચંદ્રની દિનદશામાં પસાર કરવાના બાકી છે. કેમીવી કે અંગત પ્રોબ્લેમ હોય તો આ અઠવાડિયામાં દૂર કરી લેજો. મગજને શાંત રાખી જે પણ ડીસીઝન લેશો તેનું સાફ રીઝલ્ટ ખરાબ સમયમાં કામમાં આવશે. ચાલુ કામ પુરા કરવામાં કોઈ પણ જાતની મુશ્કેલી નહીં આવે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૦ છે.

Lucky Dates: 17, 18, 19, 20

You have the last 10 days remaining under the calming influence of the Moon. This is the time to resolve any kind of family or personal issues. The decisions you take with a calm mind today, will bear results that will be helpful to you during bad times. There will be no obstacle in completing your ongoing works. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Leo - સિંહ - મ.ટ.

શુક જેવા ચમકીલા, વૈભવશાળી ગ્રહની દિનદશા ચાલુ હોવાથી તમારા મોજશોખ ખુબ વધી જશે. બીજાની ભલાઈમાં નાણા ખર્ચ કરવામાં કોઈ કસર નહીં મૂકો. ઘણી-ઘણીવાણીમાં મતભેદ ઓછા અને પ્રેમ વધી જશે. કામ ધંધામાં કોઈપણ જાતની મુશ્કેલી નહીં આવે. ધનવાલ થતા રહેશે. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૬, ૧૮, ૧૯, ૨૦ છે.

Lucky Dates: 16, 18, 19, 20

Under Venus' ongoing rule, you will be increasingly inclined towards fun and entertainment. You will go all out in spending money to help another. Squabbles between couples will reduce and get replaced by increasing affection. There will be no obstacles at work. Prosperity will be ongoing! Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક - ન.ય.

છેલ્લુ અઠવાડિયું ધર્મના દાતા ગુરુની દિનદશામાં પસાર કરવાનું બાકી છે. આ અઠવાડિયામાં કુટુંબની જવાબદારીઓ પહેલા પૂરી કરી લેજો. કેમીવી મેમ્બર અને અંગત વ્યતિના મદદગાર થજો તે લોકો તમારા ખરાબ સમયમાં તમને મદદ કરશે. જાણતા અજાણતા ધર્મ કે ભલાઈના કામો થઈ જશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૨૦ છે.

Lucky Dates: 16, 17, 18, 20

This is the last week under the rule of Jupiter. You are advised to first fulfil any family obligations in this period. Try to help your family members or those very close to you, as they are the ones who will help you in your tough times. You could inadvertently or purposely end up doing religious or helpful work. Pray the Sarosh Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

પહેલા ચાર દિવસ બુધની દિનદશામાં પસાર કરવાના બાકી છે. ચાર દિવસમાં બધાજ કામ બાબુએ મૂકી લેતી દેતીના કામ પહેલા કરી લેજો. તમને કોઈને ધન આપવાનું બાકી હોય તો મીઠી જબાન વાપરી થોડી મુદત માંગી લેજો. બાકી ૨૦મી જુલાઈથી ૩૬ દિવસ શનિની દિનદશા તમને દિવસે તારા બતાવી દેશે. દરરોજ 'મહેર નીઆએશ' સાથે મોટી 'હમન યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૭, ૧૮, ૧૯, ૨૨ છે.

Lucky Dates: 17, 18, 19, 22

You have 4 days remaining under the rule of Mercury. You are advised to put aside all else and first work on all transactions related to the lending and borrowing of money. If you need to return money to another, you are advised to use sweet language and request them to give you more time. Saturn's rule starting 20th July, for the next 36 days, will give you a very hard time. Pray the Moti Haptan Yasht along with the Meher Nyaish, daily.



Gemini - મિથુન - ક.ઇ.ધ.

૨૩મી ઓગસ્ટ સુધી ચંદ્રની દિનદશા ચાલશે. કામકાજ માટે ગામ પરગામ જવું પડે તો આનાકાની કરતા નહીં. ઘરવાળાને આનંદમાં રાખી શકશો. કેમીવી સાથે ચેકેશન માણી શકશો. ઈનવેસ્ટમેન્ટ કરવામાં સફળ થશો. ધન માટે જરા પણ ચિંતા નહીં આવે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૧૬, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 16, 20, 21, 22

The Moon's rule till 23rd August suggests that you not hesitate to take the opportunity to travel abroad for work. You will be able to keep your family members happy. You could take them for a vacation. You will be able to invest money. There will be no financial issues. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Virgo - કન્યા - પ.ઠ.ણ.

તમે શુકની છત્રછાયામાં આવી ગયેલા છો. તમારા કામો તમે વીજળીવેગે પૂરા કરી શકશો. જીવનમાં કોઈ નવી વ્યક્તિ મળવાના ચાન્સ છે. રોકાણેલા નાણા પાછા મેળવી શકશો. અપોઝીટ સેકસ પાછળ ખર્ચ વધુ કરવો પડશે. તમે 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૬, ૧૮, ૧૯, ૨૨ છે.

Lucky Dates: 16, 18, 19, 22

Venus' rule will help you complete your works at lightning speed. You could meet a new person. You will be able to retrieve your stuck funds. You would be spending excessively over the opposite gender. Continue to pray to Behram Yazad daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૪મી ઓગસ્ટ સુધી તમારી રાશિના માલિક ગુરુની દિનદશા ચાલશે. હાલમાં નાણાકીય છૂટ છાટ સારી રહેશે. બીજાની મદદ કરવા આગળ પડતો ભાગ લેશો. કેમીવીમાં ગેટ ટુ ગેઠર કરી શકશો. જૂના રોકાણમાંથી ફાયદો મળે તે લઈ લેજો. ઘરમાં મહેમાનની અવર જવર વધી જશે. દરરોજ 'સરોશ યજ્ઞ' ભણાજો.

શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 19, 20, 21, 22

Jupiter's rule till 24th August indicates financial prosperity for you. You will take the proactive initiative of helping others. You will be able to hold family get-togethers. You are advised to withdraw the profits accrued from old investments. Guests could frequent your home. Pray the Sarosh Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

બુધની દિનદશા ચાલુ હોવાથી દલાલી, શેર ઈનવેસ્ટમેન્ટમાં વધુ ધ્યાન આપજો. અટકેલા કામ પૂરા કરવા મિત્રની મદદ મળી જશે. જે પણ કામ કરો તે બુધિ વાપરી કરજો. નોકરી ધંધામાં સફળતા મલવાના ચાન્સ છે. આવેલા ધનનો ઉપયોગ સારી રીતે કરી શકશો. દરરોજ 'મહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૧૬, ૧૭, ૨૦, ૨૧ છે.

Lucky Dates: 16, 17, 20, 21

Mercury's ongoing rule suggests that you pay more attention to brokerage and share investments. You will receive help from a friend in completing a stalled work-project. Use your intelligence in all that you do. Success is indicated for your business and at your workplace. You will be able to gainfully use your income. Pray the Meher Nyaish daily.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Guloo Jamshed Dordi ગુલુ જમશેદ ડોરડી	90 ૯૦	09.07.2022	Gool Mahal, Ground Floor, R.No A-1, 10 Sleater Road, Grant Road, Mumbai 7. ગુલ મહલ, ગ્રાઉન્ડ ફ્લોર, રૂમ નં. એ-૧, ૧૦ સ્લેટર રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરલુમો જરબાઈ તથા જમશેદ ડોરડીનાં દીકરી તે મરલુમ શીરીન જીમી કાપડીયાના બહેન તે રશના રોહીન્ટન શરોફ તથા સરોષ ફરામરોઝ ડોરડીના કઝીન.
Rohinton Burjorji Kotwal રોહીન્ટન બરજોરજી કોટવાલ	79 ૭૯	09.07.2022	Marian House, 29th Road, Bandra West, Mumbai 50. મરીયન હાઉસ, ૨૯મો રોડ, બાન્દરા વેસ્ટ, મુંબઈ ૫૦.	તે મરલુમો આવામાય બરજોરજી કોટવાલનાં દીકરા તે નરગીસ રોહીન્ટન કોટવાલનાં ખાવૈદ તે મરલુમો લોમી બરજોરજી કોટવાલ તથા ખોરશેદ ભીખાજીનાં ભાઈ.
Amy Sam Irani એમી સામ ઈરાની	79 ૭૯	10.07.2022	C-Mabari Bldg, 3rd Floor, Flat No 25, New Khareghat Colony, Mumbai 7. સી-મબારી બિલ્ડિંગ, ૩જે માળે, ફ્લેટ નં.૨૫, ન્યુ ખરેઘાત કોલોની, મુંબઈ ૭.	તે સામ દરવીશ ઈરાનીના ઘણિયાની તે મરલુમો ગુલબાનુ તેમ જ દરવીશ ઈરાનીના વલુ તે મરલુમો મનીજેલ અને મીનોચેર પટેલના દીકરી તે પરવેઝ તેમ જ મરલુમ સામ પટેલના બહેન તે આબાનના નણંદ તે તીનાઝ માલવીર જાવટ તેમ જ કેરમીન શોન કોલાસોના કુઈજી.
Perviz Hoshang Khan પરવીઝ હોશંગ ખાન	70 ૭૦	10.07.2022	Flat No 4, 1st Floor Bachan Manor, Jame Jamshed Road, Opp. Kamal Kunj, Matunga (E) Mumbai 19. ફ્લેટ નં-૪, ૧વે માળે, બચન મેનોર, જામે જમશેદ રોડ, કમલ કુંજની સામે, માટુંગા (ઈ), મુંબઈ ૧૯.	તે મરલુમો લોમાય તથા મીનું વાનીયાનાં દીકરી તે મરલુમ હોશંગ ખાનનાં ઘણિયાની તે નૈઝર હોશંગ ખાનના માતાજી તે ફીરોઝ મીનું વાનીયાના બહેન તે શેહરનાઝ ફીરોઝ વાનીયાના ભાભી તે નવરોઝ તથા ફરઝાન વાનીયાના કુઈજી તે મરલુમો જર તથા દીનશાહ ખાનનાં વલુમાય.
Jimmy Framroz Jilla જીમી ફરામરોઝ જીલા	65 ૬૫	11.07.2022	Dubash Bldg, Rm No 22/10, 1st Floor, Wadia Street, Tardeo, Mumbai 34. દુબાશ બિલ્ડિંગ. રૂમ. નં. ૨૨/ ૧૦, ૧વે માળે, વાડીયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે મરલુમો શેહરૂ તથા ફરામરોઝ જીલાનાં દીકરા તે રોશન જીમી જીલાનાં ખાવૈદ તે ગુલ કેરસી દાર્વાલાનાં બનેવી તે નાઝનીન મેહરનોશ ઈરાનીનાં માસાજી તે મરલુમો દોલી તથા કેડી કાવસજી ભોજાના જમાઈ.
Zenobia Khushru Avari ઝીનોબીયા ખુશરૂ અવારી	56 ૫૬	11.07.2022	Alpaiwalla Building, Flat No A-2, Ground Floor M.M.C. Road, Mahim Mumbai 16 આલપાયવાલા બિલ્ડિંગ. ફ્લેટ નં. એ-૨, ગ્રાઉન્ડ ફ્લોર, એમ. એમ. સી. રોડ, માહીમ, મુંબઈ ૧૬.	તે ખુશરૂ નોશીર અવારીના ઘણિયાણી તે મ. દૌલત તથા નોશીર અવારીના વલુ તે મ. જરૂ તથા નરીમાન ખંબાતાના દિકરી તે પરવીન લોમી દલાલના કઝીન તે ફીરોઝ બાપુજી ચારનાની કઝીન તે મેહરનોશ કેડી પટેલના કઝીન.
Aspi Adi Elavia અસ્પી અદી એલાવ્યા	76 ૭૬	11.07.2022	Parsi Colony, 654, Firdoshi Road, Near D.P.Y.A. High School, Dadar East, Mumbai 14. પારસી કોલોની, ૬૫૪, ફીરદોશી રોડ, ડી.પી.વાય.એ સ્કુલની નજીક, દાદર (ઈસ્ટ), મુંબઈ ૧૪.	તે મરલુમો ટેલમી તથા અદી ઘનજી શાહ એલાવ્યાના દીકરા તે હીરાના ખાવૈદ તે આદીલના બાવાજી તે રૂપીદરના સસરા તે જીયાને અરમાનના બપાવાજી તે હોશી અદી એલાવ્યાના ભાઈ તે કેટીના જેઠ તે બેઝાદના કાકાજી તે મરલુમો દૌલત તથા નોશીરવાન જાલનાવાલાના જમાઈ તે પરવેઝ, પેશોતન તથા મરલુમ સોહરાબના બનેવી તહે રૂઝબે, કેવાન, ઉરવરસીના કુવા.
Vispi Peshotan Bhavnagri વીસ્પી પેશોતન ભાવનગરી	84 ૮૪	11.07.2022	2/2, Ajanta Apartment, 75, Colaba Road, Mumbai 5. ૨/૨ અજાન્ટા એપાર્ટમેન્ટ, ૭૫ કોલાબા રોડ, મુંબઈ ૫.	તે મરલુમો શીરીન તથા પેશોતન ફીરોઝશાહ ભાવનગરીના દીકરા તે હોશીના ખાવૈદ તે શ્રીતી ને નવાઝના ભાઈ તે મરલુમો શેરૂ તથા બરજોર પુનાવાલાના જમાઈ.
Dinshaw Gustad Irani દીનશા ગુસ્તાદ ઈરાની	85 ૮૫	11.07.2022	Flat No 1, Auburn House, Forjett Street, Gowalia Tank, Mumbai 36. ફ્લેટ નં-૧, ઓબર્ન હાઉસ, ફોરજેટ સ્ટ્રીટ, ગોવાલીયા ટેન્ક, મુંબઈ ૩૬.	તે દોલી દીનશા ઈરાનીના ખાવૈદ તે ગુસ્તાદ દીનશા ઈરાનીના બાવાજી તે મરલુમો દૌલત તથા ગુસ્તાદ દીનશા ઈરાનીના દીકરા તે ફેની શેરીયાર બમાસી તથા મરલુમો પેરીન ફરેદુન મોબેદજીના, જહાંગીર ગુસ્તાદ ઈરાની, બેહરામ ગુસ્તાદ ઈરાની તથા સીમીન દીનશા વાડીવાલાના ભાઈ તે મરલુમો શેરીયાર બમાસી, ફરેદુન મોબેદજીના, હોમાય ઈરાની તથા દીનશા વાડીવાલાના બ્રધર ઈન લો તે દીલશાદ, હવોવી, જુબીન, સમાનસાઝ, જેનીફર, પેરી, ફીરોઝી તથા શારલીનના અંકલ તે મરલુમો જરબાનુ તથા અરુપંદીયાર રૂઈનતનના જમાઈ.
Perin Nadar Sahiar પેરીન નાદર સહીયાર	89 ૮૯	11.07.2022	T/30, Godrej Baug, Off Nepeansea Road, Mumbai 26. ટી/૩૦, ગોદરેજ બાગ, ઓફ નેપીયન્સી રોડ, મુંબઈ ૨૬.	તે મરલુમ નાદર ક. સહિયારના વિધવા તે ડેઝી સામ ભરૂચા, પરસીસ નેવીલ કાસદ તથા બીનાઈફર નાદર સહિયારના માતાજી તે મરલુમો માનેક તથા હોરમસજી ધાનેવાલાના દીકરી તે સામ મીનુ ભરૂચા તથા નેવીલ જાલ કાસદના સાસુજી. તે ફરઝાના, ઝીન્યા, પીરાન, તીના ને પર્વના મમઈજી તે દારીયન, રેચલ, યાનાને ઝેદીનના મોટા મમઈજી તે મરલુમો રતામાઈ તથા કેખશરૂ સહિયારના વલુ તે પુતલા ને રોશનના ભાભી તે ડોલીના જેઠાણી તે મરલુમો જીમી તથા કેરસીના જેઠાણી તે આલુ ને કેટી તથા મરલુમો રૂસી તથા મનીના બહેન.
Khorshed Fali Chinoy ખોરશેદ ફલી ચીનોઈ	97 ૯૭	12.07.2022	514/B, Amar Kunj, B.R.P. Masani Rd, Matunga, Mumbai 19. ૫૧૪/બી અમર કુંજ, બી.આર.પી. મસાની રોડ, માટુંગા, મુંબઈ ૧૯.	તે મરલુમો ટેલમીના તથા કાવસજી માદનના દીકરી તે મરલુમ (કેપ્ટન) ફલી અરદેશર ચીનોઈના વિધવા તે યઝદી, આદીલ, મહાદ્દખ ને ખુશનુમાના માતાજી તે મરલુમ ફેની તથા ખુરશીદ, આદીલ ને શાહવીરના સાસુજી તે મરલુમો નરગીશ, ફેની, નરી ને નોશીરના બહેન તે બેનાઝ, ફીયા, નતાશા, ફરેદુન, મેહરવાન, અરજાન, કાર્લ ને નીકોલના ગ્રાન્ડ મધર તે મરલુમો અરનવાઝ તથા અરદેશર ચીનોઈના વલુ તે પેરીન, ફેની, ઝરીન અને આલુના ભાભી.
Cawas Munchershaw કાવસ મંચેરશા આફીનવાલા	75 ૭૫	13.07.2022	B/7-A Khalackdina Teraace, August Kranti Marg, Gowalia Tank Mumbai 26. બી/૭-એ, ખલકડીના ટેરેસ, ઓગસ્ટ ક્રાંતિ માર્ગ, ગોવાલિયા ટેન્ક, મુંબઈ ૨૬.	તે મરલુમો નરગીશ તથા મંચેરશા આફીનવાલાના દીકરા તે મેહેરાન અને આંવા આફીનવાલાના બાવાજી તે મરલુમ જમશેદ આફીનવાલાના ભાઈ.

Death Announcements From Prayer Hall

Adil Nadirsha Vesuvala આદિલ નાદિરશા વેસુવાલા	73 ૭૩	10.07.2022	622 Palia Mansion, Lady Jehangir Road, Parsi Colony, Dadar East, Mumbai 14. ૬૨૨, પાલીયા મેન્શન, લેડી જહાંગીર રોડ, પારસી કોલોની, દાદર ઈસ્ટ, મુંબઈ ૧૪.	તે અનાઈતાના ઘણી તે મરલુમ કેટાપન અને મરલુમ નાદિરશાના દીકરા તે રમોના અને નાદિરના પપ્પા તે સાયરસ અને ડેલનાના સસરાજી તે સાયરા, મિખાઈલ, આર્થા, થીઆના ગ્રાન્ડ ફાધર તે મહેર, મરલુમ પેસી, લોમી, દાલી, પીલુના ભાઈ તે મરલુમ ફેની અને સેમના જમાઈ.
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Intermittent Fasting For Weight Loss: Is It A Fad?



**Conscious Living by
DR. TRISHALA CHOPRA**

Dr. Trishala Chopra is an alternative medicine specialist commanding a decade of success in managing Diabetes, Obesity, PCOD/PCOS, Metabolic Disorders, Gut-health and Sleep-disorders. As a Health Coach, Dr. Trishala empowers your body's potential to heal itself through a balanced 'Gut-Mind-Body' approach so you achieve your wellness goals, while making self-care a fun and fulfilling experience. To connect with Dr. Trishala, Call/Message: (+91) 9930831317 or Email ID - drtrishalachopra@gmail.com

Intermittent Fasting (IF) has become quite a popular option these days in reference to weight loss. But, is it just hype? Let's get a better understanding...

Intermittent Fasting is any voluntary time-period, where you refrain from eating anything. It's not another 'diet'. It doesn't specify what you have to eat - which is completely flexible. People panic when they hear the word 'fasting'. They equate it to 'starving' and get uncomfortable with the idea.

But, consider this - when you're asleep every night, for a good 6 - 8 hours, you're obviously not eating, correct? That's your daily fasting period! Which is why your first meal is termed 'breakfast' or breaking the fast! The gap between any two meals is your 'fasting window'. So, literally, we pretty much fast on regular basis!

HOW DOES FASTING HELP?
Some of the key benefits of it helps in:

- 1) Weight Loss
- 2) Reducing Triglycerides Levels
- 3) Controlling Blood Sugar Levels For Type 2 diabetes
- 4) Reducing Blood Pressure Naturally
- 5) Reducing Overall Insulin Levels
- 6) Longevity

I prescribe Intermittent Fasting under my supervision for numerous clients to address various health issues, but for now, I will focus on IF in reference to treating obesity and Type 2 diabetes. Let me start by addressing the foremost fear or discomfort that most of us harbour as regards IF - "Does IF mean I have to starve?"

The answer is a resounding NO! There is a huge difference

between 'starving' and 'fasting'. Starvation is involuntary absenteeism from eating. It's not controlled. Starvation arises in people who are struggling for their livelihood or when there is a natural calamity or war or famine - there is lack of food. Fasting, on the other hand, is a voluntary choice - either for religious or health reasons. Food is readily available but you consciously choose to refrain from eating. Comparing Fasting to Starving is like comparing a

Even as you are pondering these statements, I'd like to give you some more 'food for thought'... During human evolution, there were no clocks - we didn't eat food according to the time. There weren't any fixed timings to eat.

Basic Kinds Of Intermittent Fasting...

- 1) **Time-Restricted Eating (TRE):** Fasting for less than 24 hours i.e., going without food for less than 24 hours.
- 2) **Short-Term Fasting:** Fasting for anywhere between 24 to 36 hours i.e., going without food for 24-36 hours.
- 3) **Alternate Day Fasting:** Eating for 1 whole day and then skipping a meal for the next whole day.
- 4) **Long-Term Fasting:** Fasting for more than 36 hours i.e., going without food for more than 36 hours.



person running for a marathon versus one running to save his life from a tiger!

Fasting is as old as humankind - so how did things get lost in translation? How did we move from fasting to constantly eating through the day? I see these statements everywhere - newspapers, magazines, social media... 'You must eat your breakfast every day' or 'You should never keep long gaps between your meals' or 'You must eat every two hours', 'You should never miss a meal', etc. We hear these statements so frequently that we start believing this is the truth! We feel compelled to have breakfast. Some patients request me to prescribe them food every hour, else they feel acidic through the day! The Food industry and Medical industry have completely overtaken us - our beliefs have become far removed from the truth.

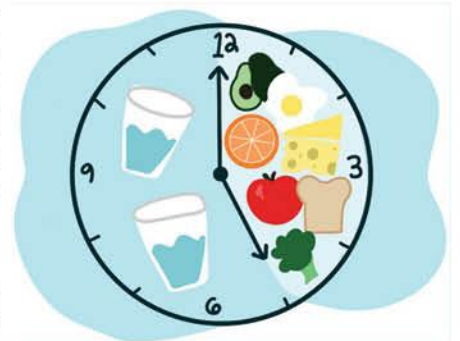
To many, these many hours without food must seem like an impossible task! If we are unable to stay without food for even 8 hours, how can we fast for a whole day? It's natural to feel this way. When I attempted my first fast, I felt I was going on a battlefield. But after completing it, I felt like I won the battle! What motivated me to keep doing this was the way I felt after completing the fast!

My patient, Firuza Mehta (name changed), was in her mid-30's when she came to me; she was struggling with numerous health issues. She had tried almost everything to get better. Her health history showed she was suffering from indigestion (bloating and acidity), unexpected weight gain, high blood sugar and cholesterol levels, high Uric acid and liver enzymes, high BP due to weight gain... this

despite being on various medications to treat all these issues! She felt she was doing everything right - following the 'guidelines' to the tee - yet, things weren't improving.

When she came to me, she was consuming nearly 8 - 10 meals per day. She was told not to skip her meals because she had to take medicines. Imagine, constantly eating because of the medicines. Irony! When I first suggested Intermittent Fasting, she was scared and rather apprehensive as she had never been told to reduce her meals and try fasting. After a lot of discussion, she decided to give it a shot out of desperation as she was done suffering.

We worked on the basics first and within a few weeks, I entered her into a medically supervised fasting program. She reduced her food intakes and started with a fasting window of 16 hours between 2 meals, on alternate days, along with a few lifestyle changes. Within a couple of months, her long list of medicines started reducing, starting with medication for indigestion. As she started feeling the



difference in her inches around the waist, she felt motivated to keep going. After just 3 months of consistently working on this, she lost 10 kgs, with everything going in the right direction but most importantly, she regained her confidence!

Intermittent Fasting is NOT supposed to be difficult on you, and it is definitely NOT a FAD. You start with choosing the number of hours you're comfortable fasting - it's your decision to do this for your well-being. Doing it under professional guidance and complete supervision is recommended for your safety as well as accountability.

In our upcoming articles, we will talk about how to gradually incorporate basic fasting without completely changing your routine, for your better health!

'Wonder'ful Legends Liven Up NCPA!



A musical tribute to Chaka Khan and Stevie Wonder by Holly Petrie will get you grooving, as she takes you on a journey through popular music history, sharing the evolution of R&B, funk and soul. Bringing new dimension to industry greats, Petrie has compiled some of the most popular and vocally challenging tracks from these two multi-genre legends to emphasize their influence worldwide. Petrie and her band will play at NCPA's Tata Theatre, on Saturday, 23rd July, at 6:30 pm. Book tickets: bookmyshow.com

Adventorial



VEERA SHROFF SANJANA

Healing From Trauma

Safety And Stabilization: Recovering from trauma calls for reestablishing feelings of safety and stability - in and around your present environment. A stable and secure environment tends to the mental and emotional injury you have sustained. So, surround yourself with people that inject calm to your body and mind. The goal of this step is to help get through your present situation, one day at a time.

Remembrance, Mourning And Coming To Terms: This is a crucial part of the healing process. This stage involves overcoming the fear of the

Connecting with others is key - isolating yourself while dealing with trauma can lead to negative outcomes like depression. Spend time with friends when you are up for it and make it a habit to share what you are experiencing.

The Integration Process: This is the next step and includes dealing with emotions while getting back into the normal routine of daily life... doing the laundry, preparing meals, packing lunches for the kids and dropping to school, paying the bills, etc. The simplest of tasks could overwhelm you and prove to be a greater challenge than your anticipated. It's ok to not be able to feel the joys of life like you used to. In time, these will return, or you will create a new brand of fun activities. Integration involves society at large. Getting back with your circle of friends, relative, acquaintances may prove to be daunting at first, but by and by, things will ease up.

Working With Your Feelings: Feeling your feelings and working with them, accepting them is the best way to deal with trauma. Find time for yourself amidst the chaos that may be your life at the moment. Take time to be honest with yourself. If you need a good cry - do it; if you need to let out your anger - do so! Try to touch base you're your feelings. Often, people in the recovery process resort to journaling, where they pour their hearts out on paper - this has proven to be cathartic, and may just work for you!

Healing from a trauma is tough. It might turn out that much of your healing journey occurs alone, or it may involve a lot of support. Whichever route you choose naturally will be the one that gives you the best chance of recovery. Your unique

In life there are no guarantees. Most of us have faced a multitude of adversities - some affect us for a while, some change us and the course of our lives, indefinitely. So how do we deal with traumatic events,



essentially, the death of a loved one, which elicits responses of shock, sadness, anxiety and a sense of being overwhelmed.

Traumatic stress can cause scars and emotional dysfunction that can impact the rest of your life, if not dealt with correctly, taking a toll on your sense of self, security and wellbeing. When families deal with traumatic events, where children are involved, one needs to be more mindful as they are more vulnerable. Childhood traumas are known to cause permanent damage or scarring. Though dealing with trauma is tough, here are a few ways that help ease the process:

Reach Out - Accept The Support That Works For You: To move past trauma, you need to accept the help and support from your loved and trusted ones - including your community, a support group, a therapist, or friends. Let people help with daily chores as with legal documentation. You need to take time and space to grieve, so let others in. Let friends and family be your inner ring of support.



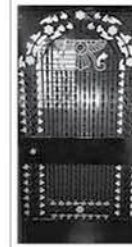
traumatic memories so that they may become integrated into our sense of reality. It includes exploring and mourning the losses associated with the trauma and finding a space to grieve and express your emotions. This eventually helps you come to terms with your loss and empowers you to move on.

Accepting That Life Goes On: This can be a difficult step in the healing process - as pain recedes and anger comes to the fore. You tend to question life, your faith and everything around. You reflect on the injustice of your circumstance. You get angry with the world and the happy faces around. Remember - it's perfectly alright to vent, and talk about your feelings - this helps heal.

ability to heal from trauma involves many factors including, your beliefs, perceptions, your level of coping with stress, your resilience, your connecting with others and your own unique psychological functioning. Recovery from trauma is simply our ability to successfully live in the present without being overwhelmed by incidents of the past and our resultant feelings thereof. Remember - recovery is not the absence of memories or feelings, it's a process of learning to live with these.

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PUBLIC NOTICE

NOTICE is hereby given that the under mentioned property is co-owned by my client, Ms. Freyan Zarir Ichhaporia, daughter and sole heir (as per the provisions of the Indian Succession Act, 1925) of the late Mr. Zarir Adi Ichhaporia, she being the owner of 25% (twenty-five percent) undivided share in the under mentioned property. Members of the public are hereby informed that the under mentioned property is NOT the subject-matter of sole ownership. Any person intending to acquire any title/rights by virtue of purchase, lease, license, gift or any other mode of transfer or transmission recognized by law or any person (other than the existing coowners) having any claim or interest by virtue of mortgage, lien, hypothecation, possession, possession of original title documents, court proceedings or any other form of encumbrance or attachment howsoever recognized by law, is hereby given NOTICE of my client's abovementioned undivided share in the under mentioned property.

FURTHER NOTICE is hereby given that as per Order dated 16th October, 2015 of the Hon'ble Bombay High Court in Testamentary Petition No. 63 of 2012, my client's abovementioned undivided share in the under mentioned property is not to be alienated, subjected to any third party interests or claims and possession of it is not to be given to any third party.

SCHEDULE OF THE PROPERTY REFERRED TO ABOVE

Flat No. 103 on the first floor, being a two bedroom-hall-kitchen flat in Gai-A Co-operative Housing Society Ltd., Plot No. 646 bearing Cadastral Survey No. 649/10 of Matunga Division situated at Khareghat Road, Dadar Parsi Colony, Dadar East, Mumbai 400 014. Dated this 16th day of July 2022.

Shirzad Shroff
Advocate

4, Maison Belvedere,
107, Maharshi Karve Road,
Churchgate, Mumbai - 400 020.
E-mail: shirzads34@gmail.com

PRESS NOTE

THE BOMBAY PARSI PUNCHAYET FUNDS AND PROPERTIES
209, Dr. Dadabhai Naoroji Road, Fort, Mumbai - 400 001.

The following Housing applicant whose name is published hereunder was 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 05/08/2022.

Communication furnishing the full details of the objections should be addressed to the Chairman, Mrs. Armaity R Tirandaz, 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

16-07-2022
Mumbai

Aspi F. Sarkari
CEO

THE NAME OF TENTATIVE ALLOTTEE FOR ACCOMMODATION IN BPP COLONIES.

1. Mrs. Farah Zubin Fitter
Evershine A6 B Bldg. Flat No.202,
Agarwal Lifestyle, Global City, Narangi Bypass Road
Virar (West) Palghar-401303.

Edit Note:

In the article, 'Ancient Zoroastrian Lawgivers', carried by PT dated 9 July, 2022, names of various Parsis who were elevated as judges of the Supreme Court of India, were mentioned, where the name of Justice Sam Nariman Variava, who was elevated to the post of Justice of the Supreme Court of India on 15 March 2000, was inadvertently missed out. This inadvertent omission is regretted and we thank Dr. Bucky Bhesania for sharing the same.

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This is the Shahenshai version of the calendar and has 13 months for an easy transition into the next year.
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