

PARSI TIMES

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THE TRUTH. DELIVERED WEEKLY.



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in PT's Parsi New Year
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FROM THE EDITOR'S DESK

Time To Clean Up!

Dear Readers,

As we step into August - one of the most auspicious months of the year, there's much to look forward to and even more to do! We start the 'prep' for our Parsi New Year - and this encompasses a lot cleaning-up around the house. We look to making our homes all spic-and-span and tidied up, especially for the super sacred 10-day *Muktad* period, starting next weekend, which comprises the 5 holy Gatha days and finally culminates into the New Year.

It is said that during this period, the *fravashis* (or divine essence) of those who have passed away come visiting our homes from their spiritual abode to bless those who remember and pray for them. Homes of devout Zoroastrians, in addition to the regular clean-up also get a face-lift with white-washing and painting, et al. Cleanliness is indeed next to Godliness, but isn't it equally important for that sense of cleanliness to also extend to one's heart and mind, alongside one's home?

A small heart and a petty mind housed within even the grandest and cleanest of homes, makes it akin to a golden cage. When we house negativity within our hearts and minds - in the form of anger, hate, arrogance, jealousy, deceit, guilt, fear or the like - we violate the fundamental premise of cleanliness. Cleanliness is integral not just to our religion, but to the Zoroastrian way of life... our sacrosanct principles of 'Good Thoughts, Good Words, Good Deeds' facilitate just that.

As Zoroastrians we are truly blessed with a glorious religion that emphasizes on us being God-loving, not God-fearing, and encourages us to seek the right path to happiness. An unclean mind and a tainted heart deters us from both - true happiness as well as the path of righteousness or Asha. Maybe this year, as we get our homes prepped to enter the New year, we could do with a little bit of cleaning up within our hearts and minds too.

Now this process of self-cleansing might not seem that simple but it's way easier than living with a compromised heart and mind - the ultimate road-blocks to your happiness! You start out by truly embracing gratitude (and there's so much to be grateful for!); convincing yourself to let go and move on from unfortunate life experiences (you owe this to yourself); forgiving those who hurt you (keeping the pain or hatred within is like punishing yourself even more!); being truly happy for the joys and successes of others (happiness attracts happiness!)... and you're on your way to that much-needed mental and emotional detox. This is real cleansing.

When we sit in prayer with clean hearts and minds, we are able to pray for our dearly departed, with a naturally increased dedication, intensity and a frequency tuned even closer to the divine. This New Year, let our hearts and minds shine even more brightly than our homes!

Have a good weekend!

- Anahita
anahita@parsi-times.com

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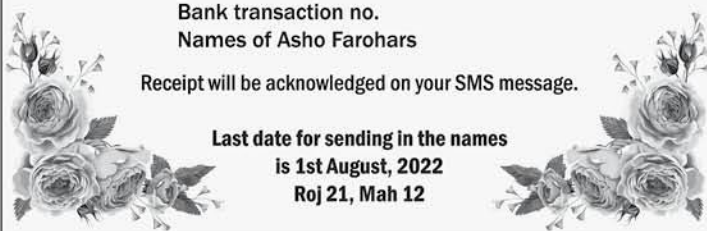
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Religious Announcements

240th Salgreh Of Dadysett Atashbehram

The Dadysett Atashbehram celebrates its 240th Salgreh on 2nd August, 2022 (Kadeem Roj Sarosh, Mah Farvardin - YZ 1392) and (Shenshahi Roj Govad, Mah Aspandarmad YZ 1391), with a Jashan Ceremony organized by the trustees, at 10:00am and another Jashan Ceremony at 5:30 pm. All Parsi / Irani Zoroastrians are requested to grace this occasion

Dadysett Agiary Celebrates 252nd Salgreh Agiary

The Dadysett Agiary (Fort, Mumbai) celebrates its 252 Salgreh on 2nd August, 2022 with a Jashan Ceremony, organized by the trustees of Dadysett Charity Trust, at 4:00 pm. All Parsi / Irani Zoroastrians are invited to attend.

WFA Presents Adoption Camp

Happier Tails ADOPTION CAMP

WHEN Sunday, 31st July 2022

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Godrej Annual Blood Donation Drive-2022

In memory of their beloved Founders - Late Naval P Godrej and Dr. Burjor P. Godrej, and having a strong belief in helping the needy, Godrej & Boyce Mfg. Co. Ltd., will hold their Annual Blood Donation Drive-2022 on 8th and 9th August, at Godrej Memorial Hospital, Godrej Pragati Kendra (Welfare Centre), Godrej Community Hall & Godrej Hillside Club, located

at Pirojshanagar, Vikhroli, from 10 am to 6 pm, in association with reputed Government and private hospitals of Mumbai.

The drive is open to all. Your participation in this humanitarian cause will be appreciated. For details, contact Godrej Pragati Kendra (Welfare Centre): 67964115 or Nariman Bacha: 9820812244.

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Contest 1: 'Poetry or Prose'


In no more than 150 words, write on: 'A Parsi Personality (Alive or Deceased) That I Most Admire And Why'



Contest 2: 'Write On...'

Continue and complete the following story in no more than 150 words...

"Jamshed was very confused and a little angry now. He distinctly remembered having put TWO hard-boiled eggs on the dining table to cool as he went to the kitchen to toast a few bread slices so he could whip himself a tasty sandwich. Now only ONE lonely egg stared back at him..."



Contest 3: 'Cliq-A-Pic'

Of You and Your Favourite Food item(s) and give it a fun caption!




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PARSI NEW YEAR 2022 CONTESTS!

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Ensure that your entries reach us latest by **5th August, 2022**

"Happiness cannot be traveled to, owned, earned, worn, or consumed. Happiness is the spiritual experience of living every minute with love, grace, and gratitude."

By Denis Waitley

"Your time is limited, so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition."

By Steve Jobs

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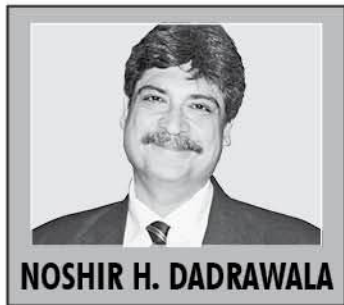
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Welcoming Our Celestial Guests



NOSHIR H. DADRAWALA

The Holy *Fravardegan* or *Muktad* days this year will commence on 6th August and end on 15th August 2022. Zoroastrians believe that during this period, the *fravashis* of the righteous dead, come down from their spiritual world into this material world and bless all those who remember and pray for them. These last ten days of the Zoroastrian calendar (also known as *Muktad* days) are observed with great sanctity and piety by devout Zoroastrians. The term *Muktad* is derived from the Sanskrit term *Mukt Atma* or the free/liberated spirit.

Finer Nuances Of These Ten Days: These ten days of the Zoroastrian calendar begin on *Roj Astad* and end on *Roj Aneran* of the month of *Aspandarmad*, and to these last five days of the last month (*Aspandarmad*) we add five days of the *Gatha*. It is important to note that the five *Gatha* days are 'stand-alone' days and are neither suffixed to the last month of the Zoroastrian calendar (*Aspandarmad*), nor prefixed to the first month of the Zoroastrian calendar (*Fravardin*). In short, the five *Gatha* days belong to no particular month in the Zoroastrian calendar of twelve months.

The Zoroastrian calendar has twelve months and each of these twelve months has thirty days making it a year of three hundred and sixty days. The addition of five *Gatha* days makes it a year of three hundred and sixty-five days. Since we do not observe the concept of a leap year, the Zoroastrian calendar slips behind the Gregorian calendar by one day every four years.

The first five days from *Roj Ashtad* to *Roj Aneran* are known as the *Panj-i-Keh*, (smaller days) and during these days the normal *Baj*, *Afringan*, *Farokshi* and *Stum* prayers are recited in honour of the *Ardafravash*.



Ahunavad to *Vahishtoisht* are called the *Panj-i-Mah* (greater days). These five days also mark the seasonal festival of the *Hamaspahmaidyem Gahambar* (to commemorate *Ahura Mazda's* sixth creation i.e., human beings)! During the five *Gatha* days *Baj*, *Afringan*, *Farokshi* and *Stum* prayers are recited in honour of the *Gatha* as well as the *Gahambar*. Special *Gahambar Jashans* are also performed during these five days.

Ten Or Eighteen Days?

During my childhood, I remember the *Muktad* days being observed at my maternal grandmother's house in Valsad (Gujarat) for eighteen instead of ten days. The *Muktad* vases would be kept in a separate room, which would be kept ritually clean through the year and priests would come home to pray daily. Throughout the day, members of the family would also offer prayers and incense and change the flowers in the vases daily. Zoroastrian neighbours from the *mohalla* (ours was known as *Motta Parsi Waad*) would also visit and offer obeisance to the *fravashi* of their dear departed neighbours.

The eighteen days *Muktad* would commence on *Roj Ashishwangh* of *Mah Aspandarmad* (incidentally my *Roj Birthday*) and conclude on the dawn of *Roj Amardad* of *Mah Fravardin*. *Roj Ashishwangh* was counted as the first (preparatory) day of the eighteen days festival. The *Muktad* rituals and prayers would commence the next day on *Roj Astad* and continue for ten days till the last *Gatha* day, which was observed as *Pateti* or the day to offer *Patet* or atone for one's mistakes.

New Year or the first day (*Roj Hormuzd*) of the first month (*Mah Fravardin*). The third day of the New Year or *Roj Ardibehesht* would be the day to ceremonially consecrate *Rapithwin*, while the seventh day (*Roj Khordad*) would be celebrated as *Khordadsaal* and the eight-day (*Roj Amardad*) as *Amardadsaal*! All these festive days would aggregate eighteen days.

There is textual evidence that Parsis in India celebrated *Muktad* for eighteen days even during the fifteenth century. However, later due to shortage of priests, urbanisation, time constrains and some textual evidence that originally the *Fravardegan* days were meant to be observed for only ten and not eighteen days, the community started observing ten and not eighteen days. However, some fire-temples in India continue to observe *Muktad* for eighteen days.

Farohar or Fravashi: is the Divine essence, which is wholly pure and good. It is not to be confused with the *ruwan* or soul. The Avestan word, '*fravashi*' comes from the word *Fra* (to take forward) and *vaksh* (to grow). In other words, *Fravashi* is that spiritual essence or power that takes every good creation of *Ahura Mazda* forward and helps it grow. *Fravashi* is also the prototype, which is believed to have existed before material creation. Even *Ahura Mazda* and His Divine Energies, the *Amesha Spenta* and the *Yazata*, are said to have their own *fravashi*. Plants, animals, mountains and rivers also have their own *fravashi*. They are guardian spirits of the souls of the dead and protect and guide the souls of the living as well.

Muktaad or *Fravardegan* days essentially centre around the family and until a few decades ago were observed largely at home. Today, with urbanization, small apartments and difficulty in observing ritual purity at home, the focus has shifted from the home to the fire temple. The *Fravardegan* days were holidays in the true sense of the word. Parsis would cut themselves away from worldly affairs and engage themselves in offering prayers, night and day.

All houses would be cleaned, weeks in advance. Where possible, the walls would get a new coat of paint. Fire and incense would be kept burning, day and night, especially in that separate room where consecrated metal vases bearing clean well water and fresh flowers are kept on marble topped tables.

Flowers not only help keep the memory of a loved one green, but also create an atmosphere of peace, purity and love. With flowers, oil lamps, fire and the burning of incense, a virtual paradise is created on earth in honour of the visiting *fravashis*.

Zoroastrians also observe cleanliness and purity at the highest level during these days. All staunch orthodox families abstain from cutting hair and nails as also shaving, since nails and hair are doctrinally seen as *nasu* (a pollutant). The *Fravardin Yasht* (13.14) affirms: "In that house in which clean and pure water and vegetation is placed, the holy *fravashis* agree to move about."

Specific Prayers: Traditionally, prayers should be offered in all the five *Geh* (Watches) of the day and during the first five days, the *Fra Mraot* (i.e., chapter 20 of the *Yasna*) should be chanted or 1,200 *Ashem* (a short twelve words' prayer) should be offered.

During the five *Gatha* days, the relevant *Gatha* may be chanted or 1,200 *Yatha* (a short twenty-one words' prayer).

It is also considered meritorious to pray the

Fravardin Yasht during these ten days. Praying the *Stum no Kardo* and *Muktad no Namaskar* before the *Muktad* vases is recommended.

It is also considered meritorious to offer acts of charity in the name of the departed and offer *Patet* (repentance) for the soul (*Patet Ravani*) of near and dear loved ones.

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The five *Gatha* days from

The next day would be the

Ritual Observations: The

Anahita Dhondy Wins 'Cookbook Author Of The Year' Award

For 'The Parsi Kitchen'

Chef Anahita Dhondy has been awarded 'Cookbook Author Of The Year' for her book, 'The Parsi Kitchen', as one of the prestigious winners of the 'T + L Tastemakers' eight special award categories (a part of Travel + Leisure India & South Asia's Delicious Dining Awards 2022), felicitating individuals who have made a difference in the culinary world. Other awards included Best Food Blogger, Innovative chef, Culinary Icon and Pastry Chef of the Year.

done and the reason I chose Gujarat was because that is where it all started for the Parsi community," said Dhondy, in an interview with T+L. She adds, "Earlier, there was nothing that was known as Parsi food. Parsi cuisine is a mix of Iranian, Gujarati, Maharashtrian, Goan and British food. Parsis have travelled across the world and in India, they adapted to the terroir and ingredients. It's an adaptive cuisine but at the same time, it holds on to its traditional roots. So going forward, there is a lot that can be done with Parsi food."

Anahita Dhondy's inspiring journey started in 2013, as Chef Manager at the Parsi eatery, SodaBottleOpenerWala, where she wished to resurrect endangered Parsi recipes to Indian homes and hearts. Eight years later, she debuted as an author with 'The Parsi Kitchen' which provided interesting insights into the unique traditions, culture and food of our community.

Anahita has teamed up with restaurateur Vishal Anand and they plan to launch their new restaurant, 'The Glass House', located in Gurugram (Haryana), next month. She shares, "For the menu, I have drawn a lot of inspiration from my travels and hence, you will find something from Singapore, Hong Kong, and a lot of Parsi dishes. It's a mix of global cuisines made with local Indian ingredients. I also have another book on ingredients coming up - it should be out in another year."

"I decided to write the book in 2016, when I signed the contract with HarperCollins. It took me five years and three scripts to come up with it. I wanted it to give the public access to understand Parsi food and the community better. I did a lot of solo travel to gather information and recipes... Plenty of ground research was

Here's congratulating Anahita Dondy on her award, and wishing her the very best for her continued efforts in reviving Parsi cuisine and for her new restaurant!



India@75 – August Performances At The NCPA

As India celebrates its 75th year of independence, NCPA presents flavourful performances through 5th to 15th. 'Mukta: The Voices Of Women Today', features musical presentations by Shubha Mudgal, Jayanthi Kumaresh and Kaushiki Chakraborty [on 5th and 6th August, at 6:30 pm, at Tata Theatre; and on 7th August at 6:30 pm, at Jamshed Bhabha Theatre].

'Boski Ke Kaptan Chacha' - a humorous play with elders being educated by children [7th August at 5:00pm, at Experimental Theatre]; 'Mohan's

Masala' - Mahatma Gandhi's life journey [12th August at 7:00pm at Tata Theatre]; 'Sanskriti Gatha' featuring Mandakini Trivedi and Shila Mehta, celebrating the joy of Independence [14th August at 6:00 pm at Tata Theatre]; 'Songs Of Freedom' celebrates India's journey through music with the Orchestra of the Armed Forces and Merlin Dsouza [15th August at 6:30 pm at Tata Theatre].

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Community News

Jehan Comes Second In France



Picture Credits - James Gasperotti

It looked like it would only be a matter of time before Lawson used his car's superior speed down the straights to get past Jehan and sure enough the Kiwi swept around the outside into Turn 1. A few laps later Marcus Armstrong attempted to pass Jehan for second at the same corner, but Jehan kept his position. He had to slow down significantly, however, to give up any advantage he may have gained, which allowed Lawson to pull clear at the front.

On July 24th, Jehan started the Feature race from 10th on the grid, but fought his way up to seventh, which put him in the lead before his stops, and blistering speed after his late switch to fresh tyres, saw him climb up the order. Jehan's second-place finish in France was his fifth this season.

Jehan said, "It's good to be back on the podium after what happened in Silverstone and Austria. We were struggling with pace down the straights but had some good battles to finish 2nd. It was a solid weekend for us. We still have some areas to work on and I'm confident we'll come back stronger next weekend in Hungary."

The 23-year-old, who races for Italian team Prema, was robbed of a potential fourth F2 victory by a post-race penalty in the last round in Austria. The Red Bull-backed racer, who earlier this week completed a second Formula One test with McLaren, now heads to Hungary, the last round of a busy month of racing before the annual summer break.

Indian racing champ, Jehan Daruvala, scored his sixth podium of the season in the French round of the Formula 2 championship, at Le Castellet, leaving the Paul Ricard track with yet another strong points-scoring weekend.

Jehan started the Sprint race on 23rd July from pole position and after a lightning start led into the first corner. He was comfortably holding his own at the front when an incident involving three cars brought out the safety car. Jehan timed the restart to perfection, allowing him to open up a small gap to second-placed Liam Lawson. But the latter's superior straight-line speed allowed him to close in.

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Tanaz Bhatena Wins Inaugural Bapsi Sidhwa Literary Prize At 12th WZC

Award-winning author, Tanaz Bhatena was awarded the inaugural Bapsi Sidhwa Literary Prize, for her book, 'Hunted by the Sky', at a glittering Award Ceremony at the 12th World Zoroastrian Congress 2022 in New York, earlier this month. Entries were received from India, United Kingdom, Canada and the US and were judged by an independent panel of three recognized judges.

The first of its kind to be awarded every two years to a Zoroastrian fiction writer, the Bapsi Sidhwa Literary Prize is sponsored by Zoroastrian Association of Houston and FEZANA Information Research Education System, and is named after Bapsi Sidhwa - the first globally recognized Zoroastrian writer representing Parsi literature. The winner received a medal and a 2000 USD cash prize.

Accepting the award online as she was unable to make it to the event, Tanaz shared how Bapsi Sidhwa had been a very inspiring influence to her as a writer. "I'm so honoured to be the recipient of the inaugural Bapsi Sidhwa Literary Prize... I hope this award will inspire more Zoroastrian writers to tell stories and shine a light on our community so that young people will find these books and realise that they are not alone," she said.

Tanaz Bhatena is an award-winning author of young adult fiction. Born in India and raised in Saudi Arabia and

Canada, Tanaz lives in Mississauga, Ontario, with her family. 'Hunted by the Sky', her third book, also won the White Pine Award. Her book, 'The



'Beauty of the Moment' won the Nautilus Gold Award for Young Adult Fiction, while her acclaimed debut, 'A Girl Like That', was named Best Book of the Year by The Globe and Mail, Seventeen, and The Times of India. Her short stories have appeared in various publications including The Hindu, Blackbird, Witness and Room. She is currently editing her fifth book titled 'Of Light And Shadow', which draws inspiration from Indian bandits and Zoroastrian mythology and is scheduled for release next year in May.

[Courtesy: Parsikhabar.net]

PUBLIC NOTICE

RESIDENTIAL PROPERTY AT DADAR FOR SALE

Subject expressly to the prior sanction of the Charity Commissioner, Maharashtra ('CC'), the Trustees of the Boyce Building Dadar No.671 Boyce Trust Fund (PTR No.C-502 (BOM)) ('Trust') hereby invite bids from reputed bidders for purchase of the immovable property of the Trust being a building of ground and two storeys situate at Plot No.671, Dadar Matunga Estate, Road No.13, Dadar Parsi Colony, Dadar, Mumbai 400014 along with land adjacent thereto admeasuring approximately 551 sq.mtrs. ('Property') for demolition and reconstruction, which bids must comply with all the following terms and conditions: -

1. The Property comprises of a MHADA covered residential building having six Parsi tenants ('Tenants') and the sale is on an 'as is where is' basis, subject to the Tenants, whose rehousing shall be the Purchaser's responsibility and obligation.
2. The Property is covenanted for the use and occupation of Parsi Zoroastrians only and the Purchaser will have to undertake to abide by the covenant at all times even after the sale.
3. Every bid must be placed in a sealed envelope containing comprehensive KYC details about the bidder and state a lump sum offer price for purchasing the Property which shall not be less than Rs.9 (nine) crores ('Reserve Price').
4. The bid must be accompanied by a Pay Order / RTGS of Rs.2 (two) crores which shall be adjusted against the purchase consideration, if the bid is successful, or otherwise refunded without interest, if the bid is not accepted, within 5 working days, of the completion.
5. In addition to the purchase consideration, the bidder shall be required to provide one apartment admeasuring 500 sq. ft. RERA carpet, in the new building, free of cost, on an 'ownership basis' to the Trust.
6. The entire purchase consideration shall be paid by the successful bidder within 60 days of the receipt of the CC sanction order and the execution of the deed of conveyance by the Trust in favour of the purchaser entity. Time as to payment being of the essence.
7. Stamp duty and registration expenses shall be borne and paid by the successful bidder.
8. Every such bid in a sealed envelope must be deposited at the office of the Trust at 236A, Tardeo Road, Javaji Dadaji Marg, Tardeo, Mumbai - 400007, on or before 12 noon on 25th August 2022; and all such offers shall be opened in the presence of the bidders, on a date to be intimated to all bidders.
9. It is expressly declared and notified that the Trustees are under no obligation whatsoever to accept the highest valid bid, even if it is above the Reserve Price, and may in their absolute discretion, reject any and all bids, without assigning any reason for the same.
10. By lodging the bid, the bidder will be deemed to have accepted all the terms and conditions above. The slightest deviation shall result in rejection of the bid.

Dated this 24th day of July 2022.

For the Board of Trustees
Hosi Dastur, Chairman

XYZ Holds Sizzling Monsoon Games 2022

After a 4-year wait, XYZ was back with its exciting 'Monsoon Games', on 24th July, 2022. 300 participants from XYZ's 8 groups across Mumbai converged at Rustom Baug grounds at 9:00am, and were divided into 4 age-groups - 'Under-7' (6 teams); 'Under-10' (11 teams); 'Under-13' (9

teams); and 'Under-17' (9 teams). In addition, the XYZ SENIORS (youth group) comprising 6 teams, also participated in a separate tournament.

The Throwball finals in the Under-17, was filled with cheer as finalists - Cyrus' Superstars and Darius' Daredevils played

their level best, with the former winning the same after a deciding match. After several nail biting matches in kho-kho, handball, football, throwball, bucket ball and dodgeball, Jamshed's Giants emerged as the overall winners.

"The day entailed laughter and

sportsmanship in true XYZ fashion and we look forward to many more of these activities to bring the community together. Special thanks to the Sir Ness Wadia Pavilion and the Rustom Baug Association for their support," said Hoshang Gotla, Founder, XYZ.



Winners - Jamshed's Giants



Cyrus' Superstars



Jamshed's Giants



Tehmurasp's Titans



Under-13 Mixed Team



XYZ Seniors Winning Team

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The Qawa Word Search

Search out 16 Of The World's Most Expensive Countries (in 2022) hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|-----------|-------------|-----------|-------------|
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TechKnow With Tantra

Bluetooth Audio Device Widget

This is one of the best widgets for easy connecting to your Bluetooth audio devices. Instead of going to settings and taking the long route, just one click on this widget connects your Bluetooth audio device and plays Spotify directly! The Bluetooth icon on the widget signifies the state of the connection - blue icon indicates connected, grey icon shows change of state (connecting / disconnecting). You can see connected Bluetooth profiles on the widget and if the device supports it, you can also view the battery level. The App also supports reading battery level from Apple Airpods.

Android: <https://bit.ly/3bnoSh4>

SUDOKU

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

Solution see below

WINNING CAPTION!!!



Duck: Just have a Parsi Peg, my friend, you'll stop whining and feel whack!
 Doggie: I've been warned off your suggestions - you're just another quack!!

By Meheringiz P Pastakia (Pune)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 3rd August, 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

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

Thought of the Week

"The most wasted of days is one without laughter."

- By E. E. Cummings

HOW MANY WORDS?

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

RESULTS:

Average: 6 or more words

Good: 8 or more words

Outstanding: 9 or more words



પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

ઉચ્ચ ધર્મગુરુઓ દ્વારા કોવિડમાં કરવામાં આવતી ૪ દિવસની ક્રિયા રદ કરવામાં આવી

બનાજી દખ્ખા સાથે હવે પારસી/ઈરાની લોકોના વિશિષ્ટ ઉપયોગ માટે કાર્પરત છે જેમનો કોવીડ -૧૯એ ભોગ લીધો છે. ભારતના સર્વોચ્ચ અદાલત દ્વારા પસાર કરાયેલા આદેશ અનુસાર કોવિડ પીડિતોને દોષ્મનશીનીની મંજૂરી આપવામાં આવે છે, આપણાં સમુદાયના ઉચ્ચ ધર્મગુરુઓ દસ્તુર (ડો.) ફિરોઝ એમ. કોટવાલ (ઉચ્ચ ધર્મગુરુ એચ.બી. વાડિયા આતશ બહેરામ, મુંબઈ); દસ્તુર (ડો.) જામાસ્પ કેબુશ્ક દસ્તુર જામાસ્પ આસા (ઉચ્ચ ધર્મગુરુ અંજુમન આતશ બહેરામ, મુંબઈ); દસ્તુર ખુરશેદ કેકોબાદ દસ્તુર (ઉચ્ચ ધર્મગુરુ ઈરાનશાહ, ઉદવાડા); દસ્તુર કેકી કાવસજી રવજી મહેરજીરાણા (ઉચ્ચ ધર્મગુરુ, ભાગરસાથ અંજુમન, નવસારી); અને દસ્તુર સાયરસ નોશિરવાન દસ્તુર (ડી.એન. મોદી આતશ બહેરામ, સુરતના ઉચ્ચ ધર્મગુરુ) - દ્વારા કોવિડથી ગુજર પામેલા લોકો જેઓના અંતિમ સંસ્કાર કરવામાં આવ્યા હતા તેમની ચાર દિવસીય કરવામાં આવતી ક્રિયાને રદ કરી દીધી છે.

ઉચ્ચ ધર્મગુરુઓ દ્વારા બીપીપીને મોકલવામાં આવેલા સંદેશાવ્યવહારમાં, કોવિડ પીડિતોને દોષ્મનશીનીને મંજૂરી આપવા માટે સત્તાવાળાઓને સમજાવવા બદલ ટ્રસ્ટી મંડળના વખાણ કરતા, તેઓએ લખ્યું છે, તે માત્ર અભૂતપૂર્વ કોવિડ રોગચાળાને કારણે અથવા માનવતાના આધારે છે. ભારતના ઉચ્ચ ધર્મગુરુઓએ લાંબા સમયથી ચાલતી ધાર્મિક માન્યતાઓ વિરુદ્ધ અગ્નિસંસ્કાર કરવામાં આવેલા કોવિડ પીડિતો માટે ચાર દિવસની ક્રિયા કરવાની મંજૂરી આપી હતી. કમનસીબે, રોગચાળા દરમિયાન અગ્નિસંસ્કાર સિવાય, કોવિડ પીડિતોના તમામ પ્રકારના નિકાલ પર પ્રતિબંધ મૂકતા ભારત સરકારના આદેશોને કારણે સમુદાય પર આ લાગુ કરવામાં આવ્યું હતું. આપણા કોવિડ પીડિતોના વિશિષ્ટ ઉપયોગ માટે બનાજી દખ્ખાઓ તૈયાર કરવામાં આવ્યા છે આપણને સુપ્રીમ કોર્ટ દ્વારા રાહત આપવામાં આવી છે, હવે સરકારી આદેશ મુજબ સ્મશાન ગૃહમાં પારસી શબને મોકલવાની જરૂર નથી. ઉપરોક્ત બાબતોને ધ્યાનમાં રાખીને, જેઓ ક્રિમેટોરિયમમાં મોકલવાનું પસંદ કરવાનું ચાલુ રાખે છે આપણે કોવિડ પીડિતો માટે ચાર દિવસની પ્રાર્થના કરવા માટેની અગાઉની પરવાનગી પાછી ખેંચી લેવામાં આવી છે. ઉચ્ચ ધર્મગુરુ તરીકે, જ્યારે પારસી ઈરાની જરથોસ્તી સ્વેચ્છાએ અંતિમ સંસ્કારનો માર્ગ પસંદ કરે છે, ત્યારે આપણા ધાર્મિક પૂજાર્થાનોમાં આપણા સમર્પિત ધર્મગુરુઓ દ્વારા ચાર દિવસની વિધિઓ કરવામાં આવતી નથી. આપણાં લાંબા સમયથી ચાલતા ધાર્મિક વિચારોને મજબૂત અને પુનઃસ્થાપિત કરવાની આપણી ફરજ છે. અગ્નિસંસ્કારનો માર્ગ, જ્યાં ખુર્શેદનિગેરિશન દ્વારા દોષ્મનશીનીની રીત ઉપલબ્ધ છે અને આપણા ધર્મના સિદ્ધાંતો અનુસાર તે આગળ ચાલવી જોઈએ.

અસ્ફંદાર્મદનો પવિત્ર મહિનો

જેમ જેમ આપણે ઝોરોસ્ત્રિયન કેલેન્ડરના અંતિમ મહિનાનું આગમન થાય છે તેમ તેમ આ મહિનાના અંતમાં વિદાય પામેલા આપણા પ્રિયની ઇવશીને આવકારવા માટે આતુર બનીએ છીએ, ચાલો અસ્ફંદાર્મદ અથવા સ્પેન્દાર્મદના મહત્વ પર વિચાર કરીએ - ઝોરોસ્ત્રિયન કેલેન્ડરનો બારમો મહિનો, જે પૃથ્વી ગ્રહના ગાર્ડિયન એન્જલને સમર્પિત છે.

આપણે કેવી શ્રેષ્ઠ રીતે અસ્ફંદાર્મદને અંજલિ આપી શકીએ? તે વધુ સારી રીતે જાગૃતિ અને સમજણથી શરૂ થઈ શકે છે અને આપણું જીવન જવાબદારીપૂર્વક જીવી શકે છે.

પૃથ્વી ગ્રહ અને તેની ઈકોસિસ્ટમ આપણું ઘર છે. વર્તમાન અને ભાવિ પેઢીઓની આર્થિક, સામાજિક અને પર્યાવરણીય જરૂરિયાતો વચ્ચે સુમેળભર્યું સંતુલન હાંસલ કરવા માટે, આપણે કુદરત સાથેની સંવાદિતાને પ્રોત્સાહન આપીએ તે નિષ્ણયિક છે. બળતણનો પુરવઠો ખતમ થઈ ગયો છે. પાણી અને હવા પ્રદૂષિત છે. જાગૃતિ અને જવાબદારીની ભાવના સાથે જીવવું એ સમયની જરૂરિયાત છે.

અસ્ફંદાર્મદ અથવા સ્પેન્દાર્મદનો પવિત્ર મહિનો સ્પેન્દા આરમઈતીને સમર્પિત છે - જે દેવી માતા પૃથ્વીની અધ્યક્ષતા ધરાવે છે. સ્પેન્દા આરમઈતી એ અમેશા સ્પેન્દા (દેવી ઝીર્જા) છે જે આ વિશ્વમાં શાંતિ અને ધર્મનિષ્ઠાને આગળ ધરાવે છે - અજાયબીની વાત નથી કે પવિત્ર ગાથામાં અશો જરથુષ્ટ્ર દ્વારા તેણીનો સતત ઉલ્લેખ કરવામાં આવે છે.

આપણી ધાર્મિક પરંપરા ઝોરોસ્ત્રિયનોને સવારે જાગવાની સાથે એક અશેમનો પાઠ કરવા માટે પ્રોત્સાહિત કરે છે જે આશા (સત્ય અને સચ્ચાઈ)ના માર્ગે ચાલવા માટે અને સ્પેન્દા આરમઈતીને ત્રણ વખત જમીન અને પછી કપાળને સ્પર્શ કરીને સલામ કરવા માટે લકારાત્મક પ્રતિજ્ઞા છે. આ ધાર્મિક ચેષ્ટા ક્ષમા અને આશીર્વાદ બંને મેળવવા માટે છે. દિવસની શરૂઆતમાં તમામ કૃત્યો માટે માંગવામાં આવે છે જે જાણીને અથવા અજાણતા કરવામાં આવી શકે છે જે પૃથ્વી પર બોજ લાવી શકે છે. આશીર્વાદના માર્ગે, ભક્ત સ્પેન્દા આરમઈતીની ભક્તિ, શાંતિ અને ધર્મનિષ્ઠાના ગુણોની ઈચ્છા રાખે છે.



દર વર્ષે, અસ્ફંદાર્મદ પરબ (રોજ અસ્ફંદાર્મદ, માહ અસ્ફંદાર્મદ) પર, પારસી ધર્મગુરુઓ અસ્ફંદાર્મદના નિરંગ (તાવીજ) લખે છે, જે ભક્ત પારસીઓ તેમના ઘરના આગળના પ્રવેશદ્વાર પર લગાવે છે. આ નિરંગ, જે અનિષ્ટની તમામ શક્તિઓને દૂર કરવા માટે કહેવામાં આવે છે, તે નીચે પ્રમાણે લખાયેલ છે:

Aspandarmad Nirang:
"Pa nam is Dadar Hormazd!
Roj Spendarmad, Mah Spendarmad, bast hom zafr I hama khrafastaran, devan, drujan, jaduan, parivan, sastaran, kikan, karpan, vanahkaran, duzdan, gorgan, stahmakan, pa nam i yazad, pa nam i tag Faridun, pa nam i tishtar stareh, pa nam i Satavas, pa nam i Vanant stareh, pa nam i oshan starekan Haftoring! Ashem Vohu....."

અનુવાદ: નામમાં અને દાદર અહુરા મઝદાની મદદથી! સ્પેન્દાર્મદ મહિનાના સ્પેન્દાર્મદના દિવસે, યજ્ઞ, ફરિદુન, તાગીના ધારક, તેજશાર તીર, સાતાયસ, વાનંત અને હફ્ટોરિંગ તારાઓની મદદથી, હું આથી તમામ ખ્રાફસ્ટર્સ (દુષ્ટ જીવો), દુષ્ટ (પ્રદૂષણ) ધારકો, જાદુગરો, દુષ્ટ સંસ્થાઓ, દુષ્ટ શક્તિનો ઉપયોગ કરનારા, જાણી જોઈને બહેરા અને જાણી જોઈને અંધ, દુષ્ટ કામ કરનારા, ચોર, વડ જેવા માણસો અને ત્રાસ આપનારા (રાક્ષસી અથવા નકારાત્મક દળો)ના મોં બાંધીશ. અશેમ વોહુ, મને આ

કરવામાં મદદ કરો!

ઝોરોસ્ત્રિયન કેલેન્ડરના છેલ્લા દસ દિવસો (એટલે કે રોજ આસ્તાદથી રોજ અનેરાન અને ગાથાના સ્વતંત્ર પાંચ દિવસ) ખૂબ જ પવિત્ર માનવામાં આવે છે, કારણ કે સૈદ્ધાંતિક રીતે એવું માનવામાં આવે છે કે આ સમયગાળા દરમિયાન, સદાચારી મૃતકોના ઇવશીઓ અહીંથી આવે છે. તેમની આધ્યાત્મિક દુનિયામાંથી આ ભૌતિક જગતમાં આવે છે અને જેઓ તેમને યાદ કરે છે અને પ્રાર્થના કરે છે તે બધાને આશીર્વાદ આપે છે.

ફવરદેગાન અથવા મુક્તાદના દિવસોમાં, પારસીઓ તેમના વિદાય થયેલા વલાલાઓ માટે વિશેષ પ્રાર્થના કરે છે. ઇવશી અથવા ફરોહર એ દેવી સાર છે, જે સંપૂર્ણ શુદ્ધ અને સાતું છે. પવિત્ર ઇવશી આશીર્વાદ આપો અને અમને બધાને માનસિક રીતે આગળ વધવા અને જવાબદારી સાથે આગળ વધવા માર્ગદર્શન આપો!



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૩૦.૦૭.૨૦૨૨ થી તા. ૦૫.૦૮.૨૦૨૨



Aries - મેષ - અ.વ.ઈ.

૨૦મી સપ્ટેમ્બર સુધી બુધની દિનદશા ચાલશે. હાલમાં તમે નાના કામો સમય પર પુરા કરીને ધન કમાઈ લેશો. બુધ તમને ખોટા ખર્ચા કરાવશે નહીં. નાણાને બચાવી ઈનવેસ્ટમેન્ટ કરવામાં સફળ થશો. ધનની કમી નહીં આવે. દરરોજ 'મહેર નીઆએશ' ભણાશે. શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૪ છે.

Lucky Dates: 01, 02, 03, 04

Mercury's rule till 20th September will see to it that you earn income by completing your smaller tasks. Under Mercury's influence, you will not spend money unnecessarily. You will be able to save and invest money. There will be no financial shortfall. Pray the Meher Nyaish daily.



Cancer - કર્ક - ડ.હ.

છેલ્લુ અઠવાડિયું સુરજની ગરમીમાં પસાર કરવાનું બાકી છે. તબિયતની ખાસ સંભાળ લેજો. ઉતરતી સુર્યની દિનદશા તમને આંખમાં બળતરા તથા તાવની બીમારી આપશે. સરકારી કામમાં સફળતા નહીં મળે. કોઈ પણ જાતના અગત્યના ડીલીઝન આવતા અઠવાડિયામાં લેજો. દરરોજ 'યા રયોમંદ' ૧૦૧વાર ભણાશે.

શુકનવંતી તા. ૩૧, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 31, 03, 04, 05

This is your last week under the rule of the Sun. Take special care of your health. The descending rule of the Sun could cause you burning eye sensations or fever. Your government related works will not be successful. You are advised to make any crucial decisions only next week. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Libra - તુલા - ર.ત.

છેલ્લુ અઠવાડિયું રાહુની દિનદશામાં પસાર કરવાનું બાકી છે. તમારી નાની ભુલ મોટી મુસીબતમાં નાખશે. ઉતરતી રાહુની દિનદશા તબિયતને બગાડી નાખશે. પૈસાની વધુ પડતી તંગી ભોગવશો. કોઈ પાસે ઓછીના નાણા લેવાનો સમય આવશે. આગળ શુકની દિનદશા ઘણુ સુખ આપશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૩૦, ૩૧, ૦૧, ૦૨ છે.

Lucky Dates: 30, 31, 01, 02

This is your last week under Rahu's rule. A small mistake of yours could land you in big trouble. Rahu's descending rule could weigh heavy on your health. You could face a cash crunch. You might have to borrow money from others. The oncoming rule of Venus will bring you lots of relief and contentment. Pray the Mah Bokhtar Nyaish daily.



Capricorn - મકર - ખ.જ.

૨૬મી જુલાઈથી ગુરૂની દિનદશા શરૂ થયેલી છે. ગુરૂ તમારા અટકેલા કામને ફરી ચાલુ કરાવવામાં મદદગાર થશે. માથાનો બોજો ઓછો કરી શકશો. ધન મેળવવા માટે ભાગદોડ કરશો તો વધુ ધન મેળવશો. બીજાના મદદગાર બની શકશો. ધર્મના કામો કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ કરજો. શુકનવંતી તા. ૩૧, ૦૧, ૦૩, ૦૪ છે.

Lucky Dates: 31, 01, 03, 04

Jupiter's rule which started from 26th July will help you restart your stalled works. Your mental tensions will lessen. If you put in extra effort in earning money, you will be able to earn a lot. You will be able to help others. You will be able to conduct religious duties. Start praying the Sarosh Yasht daily.



Taurus - વૃષભ - બ.વ.ઉ.

૨૫મી ઓગસ્ટ સુધી મંગળની દિનદશા તમને કોઈ બનાવી દેશે. નાની બાબતમાં વધુ પડતા ગરમ થઈ જશો. બીજાનું ભલુ કરવામાં તમારા ઘરવાળા તમારાથી નારાજ થઈ જશે. ખોટી ભાગદોડ કરીને તમારી તબિયતને બગાડી દેશો. તમે તાવ, માથાના દુઃખાવાથી અને હાઈ પ્રેશરથી પરેશાન થશો. દરરોજ 'તીર યજ્ઞ' ભણવાથી મનને થોડી શાંતિ મળશે.

શુકનવંતી તા. ૩૦, ૩૧, ૦૩, ૦૫ છે.

Lucky Dates: 30, 31, 03, 05

Mars' rule till 25th August makes your temperament full of anger. You will get disproportionately hot-headed over petty matters. Helping others could have your family members getting upset with you. Your health could take a beating with unnecessary running around. You could suffer from fever, headaches or high BP. For a little mental peace, pray the Tir Yasht daily.



Leo - સિંહ - મ.ટ.

શુકની દિનદશા ચાલુ હોવાથી તમારા મોજશોખ ઘટાડવામાં સફળ નહીં થાવ. ઘરમાં કોઈ નવી ચીજ વસ્તુ વસાવી શકશો. શુકની કૃપાથી નાની મુસાફરીનો ચાન્સ મળશે. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. જેટલો ખર્ચ કરશો એટલું ધન મેળવી લેશો. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો.

શુકનવંતી તા. ૩૦, ૦૧, ૦૨, ૦૪ છે.

Lucky Dates: 30, 01, 02, 04

Venus' ongoing rule makes it impossible for you to reduce your inclinations towards fun and entertainment. You will be able to make purchases for the house. Venus will offer you the opportunity of a short travel. Financially, there will be no difficulties. You will be able to earn back all that you spend. Pray to Behram Yazad daily.



Scorpio - વૃશ્ચિક - ન.ય.

રાહુની દિનદશા ચાલુ હોવાથી તમને શાંતિથી બેસવા નહીં મળે. અગત્યના કામ કરવામાં સફળતા નહીં મળે. ખોટા કામો કરી નાણાનો ખર્ચ વધારી દેશો. તમારા અંગત માણસો તમને સાથ નહીં આપે. લેતી-દેતીના કામ કરતા નહીં. પ્રેમી પ્રેમીકા વચ્ચે નાની બાબતમાં મતભેદ પડતા રહેશે. રોજ 'મહાબોખ્તાર નીઆએશ' ભણાશે.

શુકનવંતી તા. ૩૧, ૦૩, ૦૪, ૦૫ છે.

Lucky Dates: 31, 03, 04, 05

Rahu's ongoing rule does not leave you in peace. You will not be successful in doing your important works. You could end up increasing your expenses by choosing to take on the wrong endeavours. Those close to you will not be supportive. Do not partake of any transactions which include the lending or borrowing of money. Lovers will end up squabbling frequently. Pray the Mah Bokhtar Nyaish daily.



Aquarius - કુંભ - ગ.શ.સ.

૨૬મી ઓગસ્ટ સુધી શનિની દિનદશા ચાલશે. શનિની મોટી પનોતી હોવાથી શનિ તમને બેચેન બનાવી દેશે. તમે નાના કામ સમય પર પુરા નહીં કરી શકો. ખાવાપીવા પર ધ્યાન નહીં આપો તો તબિયત બગડી જશે. એસીડીટી તથા માથાના દુખાવાથી પરેશાન થશો. શનિને શાંત કરવા દરરોજ મોટી 'હમન યજ્ઞ' ભણાશે.

શુકનવંતી તા. ૩૦, ૩૧, ૦૨, ૦૫ છે.

Lucky Dates: 30, 31, 02, 05

Saturn's rule till 26th August will make you extremely restless. You will not be able to complete even your small tasks on time. Your health will take a beating if you do not pay attention to your diet. You could suffer from acidity and headaches. To placate Saturn, pray the Moti Haptan Yasht daily.



Gemini - મિથુન - ક.છ.ઘ.

શીતળ ચંદ્રની દિનદશા ચાલુ હોવાથી નાની મુસાફરી કરવી પડશે. પાક પરવરદેગારની કૃપાથી તમારા મનની નેક મુરાદ પુરી થવામાં કોઈ રૂકાવટ નહીં આવે. રીસાપેલી વ્યક્તિને મનાવી લેશો. મનને શાંત રાખી જે ડીલીઝન લેશો તેમાં સફળતા મળીને રહેશે. રોજ બરોજના કામ સહેલાઈથી પુરા કરશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણાશે.

શુકનવંતી તા. ૩૦, ૦૧, ૦૨, ૦૫ છે.

Lucky Dates: 30, 01, 02, 05

The ongoing Moon's rule indicates short travels for you. With divine blessings, your sincere wishes will not face any encounters from being fulfilled. You will be able to win over someone who is upset with you. You will be successful if you make decisions with a calm mind. You will be able to complete your daily chores smoothly. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Virgo - કન્યા - પ.ક.ણ.

૧૬મી સપ્ટેમ્બર સુધી શુકની દિનદશા ચાલશે. તમે તમારા કામમાં સફળતા મેળવી લેશો. અપોઝીટ સેક્સની તરફથી કોઈ સારી વાત જાણવા મળશે. ગામ પરગામ જવાનો ચાન્સ મળી રહેશે. શુકની કૃપાથી માન પાન ઈજ્જત દરેક જગ્યાએથી મળશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો.

શુકનવંતી તા. ૩૧, ૦૨, ૦૩, ૦૫ છે.

Lucky Dates: 31, 02, 03, 05

Venus' rule till 16th September, brings you much success in your professional ventures. You will get some good news from a member of the opposite gender. You could get an opportunity to travel abroad. Venus' rule blesses you with fame, respect and prosperity from all quarters. Pray to Behram Yazad daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૪મી સુધી તમારા અગત્યના કામ પુરા કરી લેજો. ઈનવેસ્ટમેન્ટ કરવાનું ભુલતા નહીં. જે પણ કામ કરશો ત્યાં તમને માન ઈજ્જત મળશે. ફેમીલીમાં સુખની સાથે સંપ રહેશે એકબીજાની મદદ કરવામાં આગળ રહેશો. તબિયતમાં સારો સુધારો રહેશે. ધનની ચિંતા નહીં આવે. દરરોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૩૦, ૦૧, ૦૨, ૦૫ છે.

Lucky Dates: 30, 01, 02, 05

Ensure to complete all your important works by the 24th of August. Ensure to invest money. You will receive respect and admiration for all your endeavours. The family will be content and united - you will help each other. Improvement in health is predicted. There will be no financial worries. Pray the Sarosh Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૦મી ઓગસ્ટ સુધી બુધની દિનદશા ચાલશે તમારા નાના કામો પણ પ્લાન બનાવીને કરશો. હીસાબી કામો પહેલા કરી શકશો. કામ કાજને વધારવા માટે ગામ-પરગામ જઈ શકશો. મિત્રોના સાચા સલાહકાર બની તેઓની ભલી દુઓ મેળવી શકશો. દરરોજ 'મહેર નીઆએશ' ભણાશે.

શુકનવંતી તા. ૦૧, ૦૨, ૦૩, ૦૪ છે.

Lucky Dates: 01, 02, 03, 04

Mercury's rule till 20th August helps you plan out and execute even your smaller tasks. You will be able to prioritize your accounts-related tasks. You will be able to travel abroad for business expansion. You will receive your friends' blessings by giving them sincere advice. Pray the Meher Nyaish daily.

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Firoze Sorab Bharucha ફીરોઝ સોરાબ ભરૂચા	87 ૮૭	21.07.2022	19, Soona Mahal, 4th Floor, Marine Drive, Next To Sea Green Hotel, Churchgate, Mumbai 20. ૧૯, સુના મહેલ, ૪થે માળે, મરીન ડ્રાઈવ, સી ગ્રીન હોટલ પાસે, ચર્ચગેટ, મુંબઈ ૨૦.	તે મરુદમો નાજુ સોરાબ ભરૂચા. તે મરુદમો મીનુ ભરૂચા, કેટી, કેલાવાલા તથા દોલત દેબારાનાં ભાઈ. તે પોરસ્ય દેબારા, જેસ્મીન પટેલ, ગેવ કેલાવાલા તથા હુતી બીલીમોર્યાના મામાજી.
Minoo Sorab Dotivala મીનુ સોરાબ દોટીવાલા	69 ૬૯	20.07.2022	647 B, Gai Bldg., 802, Khareghat Road, Dadar(E), Mumbai 400014. ૬૪૭/બી, ગાય બિલ્ડિંગ ૮૦૨, ખરેઘાટ રોડ, દાદર (ઈ), મુંબઈ ૧૪.	તે મરુદમો ગુલ તથા સોરાબ કાવસજી દોટીવાલાના દીકરા તે ડેઝી મીનુ દોટીવાલાના ખાવિંદ તે સનાયા બરજીસ બાટલીવાલા તથા નીયોમી ફરોખ ભાઠેનાના બાવાજી તે બરજીસ યજ્ઞદી બાટલીવાલા, ફરોખ પરવેઝ ભાઠેનાના સસરાજી તે મેહેર દાદી દાડવાલા, પરવીઝ લવજી ભરૂચા તથા મરુદમ કેટી સોરાબ દોટીવાલાના ભાઈ તે કેલાન, પીયાનાના ગ્રાન્ડ ફાધર તે મરુદમો ઝરીન તથા સાવક નાદીરશાહ પેસ્તનજીના જમાઈ તે જાવીદ ભરૂચા, ડેલના ભરૂચાના મામા.
Dr. Perviz Rumi Kaikobad ડૉ. પરવીઝ રૂમી કેકોબાદ	72 ૭૨	20.07.2022	C.D. Sethna Bldg., Flat No 10, Golanji Hill, Parel Village, Mumbai 12. સી. ડી. શેઠના બિલ્ડિંગ, ફ્લેટ નં. ૧૦, ગોલનજી હીલ, પારેલ વીલેજ, મુંબઈ ૧૨.	તે રૂમી ખુશરૂ કેકોબાદના ઘણીયાની તે મહાઝરીન બેલરામ જીનવાલાના માતાજી તે મરુદમો રાડા તથા બહાદુર એન્જનીયરના દીકરી તે બેલરામ રૂસ્તમ જીનવાલાના સાસુજી તે માલકમ જીનવાલા તથા કાયરા જીનવાલાના મમઈજી તે મરુદમો ખોરશેદ તથા ખુશરૂ કેકોબાદના વલુ તે હોમયાર બહાદુર એન્જનીયર, યાસમીન ફીરોઝ ભરડા તથા રૂબી ઝરીર ભાથેનાના બહેન તે ઉરવકશી તથા રૂસ્તમ જીનવાલાના વેવાન તે ઝીનોબીયા હ. એન્જનીયર, ફીરોઝ ભરડા, ઝરીર ભાથેના, કમલ સાયરસ દીસાવાલા, ઝીનોબીયા તથા પારસી કેકોબાદ તથા મરુદમ મીનોચેર કેકોબાદના સીસ્ટર ઈન લો.
Mahtab Parvez Daruwalla મહતાબ પરવેઝ દાડવાલા	77 ૭૭	22.07.2022	Block No J, RM.No.1, Sir Shapurji Bharucha Baug, Parsi Colony, S.V. Road, Andheri(W), Mumbai 58. બ્લોક નં. જે. રૂમ નં. ૧, સર શાપુરજી ભરૂચા બાગ, પારસી કોલોની, એસ. વી. રોડ, અંધેરી (વે), મુંબઈ ૫૮.	તે મરુદમો પેરીન જલંગીર દાડવાલાનાં દીકરી તે પરવેઝ કેખશરૂ દાડવાલાના ઘણીયાણી તે અરનાવાઝ અદી માસ્તર, સોહરાબ જલંગીર દાડવાલા તથા મરુદમ કેરસાસ્ય જલંગીર બલસારાનાં બહેન તે નીલુફર આદીલ વાડીયા તથા જલંગીર અદી માસ્તરનાં માસીજી તે નતાશા સોહરાબ દાડવાલાના કુઈજી તે મરુદમો આલામાય કેખશરૂ દાડવાલાના વલુમાય તે મરુદમ માલરૂખ સોરાબ દાડવાલાના નણાંદ તે મરુદમ ઝવેર કેખશરૂ દાડવાલાના ભાભી.
Rusi Ardeshar Dumasia રૂસી અરદેશર ડુમસીયા	78 ૭૮	22.07.2022	M/3, Bharucha Baug, S.V. Road, Andheri(W), Mumbai 58. એમ-૩, ભરૂચા બાગ, એસ.વી. રોડ, અંધેરી (વેસ્ટ), મુંબઈ ૫૮.	તે મરુદમો શીરીનભાઈ તથા અરદેશર દોરાબજી ડુમસીયાના દીકરા તે ગુલ રૂસી ડુમસીયાના ખાવીંદ તે અરનાવાઝ વીરાફ બોધાનવાલા ને ફીરૂઝા સુતેશ ટીરોડકરના બાવાજી તે વીરાફ કેરસી બોધાનવાલા ને સુતેશ સુભાશ ટીરોડકરના સસરાજી તે ખુશવીન વીરાફ બોધાનવાલા, સાયના સુતેશ ટીરોડકરના મમાવાજી તે મરુદમો લીમ અરદેશર ડુમસીયા, નરગેશ મીનુ કોટવાલ, ફેની હોશી ખજોતીયા ને લીલા મીનુ તોડીવાલાના ભાઈ તે મરુદમો કેરબાનુ તથા સોલી રતનશા તારાપોરવાલાના જમાઈ તે નવાઝ મીનુ કોટવાલાના મામા.
Tehmina Bhikhaji Engineer તેહમીના ભીખાજી એન્જનીયર	96 ૯૬	22.07.2022	Blue Arch Co-Op. HSG. Society Ltd., Bldg.no 1/68, 3rd Floor, Four Bunglows, Andheri(W), Mumbai 53. બ્લુ આર્ચ કો.ઓ. સોસાયટી, બિલ્ડિંગ નં-૧/૭૮/૮, ત્રીજે માળે, ફોર બંગલો, અંધેરી (વેસ્ટ), મુંબઈ ૫૩.	તે મરુદમ ભીખાજીના વિધવા તે હોમી ને નેવીલના માતાજી તે મીનાના સાસુજી તે જયસ ને તાનીયાના બપઈજી તે મરુદમ નાજમાય ફ. એન્જનીયરના વલુમાય તે મરુદમ દીનામાય તથા કયોજી ભેસાડીયા (સેરાન્ડાવાલા)ના દીકરી તે માકી કેકી પંથકી, તથા મરુદમો નરગેશ ન. બાટલીવાલા, આલુ ને રૂસીના બહેન તે પરવીન ખુશરૂ બાટલીવાલા, હોશંગ ને યજ્ઞદીના માસીજી.
Daulat Behramjee Jussawala દોલત બેહરામજી જસાવાલા	91 ૯૧	23.07.2022	501, Sheetal Apartment, Juhu Iscon Temple, Juhu, Mumbai 49. ૫૦૧, શીતલ એપાર્ટમેન્ટ, જુહુ ઈસ્કોન ટેમ્પલ, જુહુ, મુંબઈ ૪૯.	તે મરુદમો સેહરા તથા બેહરામજી ન. જસાવાલાના દીકરી તે જર બ. જસાવાલા, આલુ સ. તવડીયા તથા મરુદમો ગુસ્તાદ જસાવાલા તથા કેકી જસાવાલાના બહેન તે મરુદમ સરોશ પેસ્તનજી તવડીયાના સાલીજી તે સમાનાઝ તથા ફરહાદ કુકા તથા યાસમીન તથા અરમીન સરકારીના માસીજી તે બીનાઈફર અને કેયઝાદ કુકા તથા રીશાદ અને માહીર સરકારીના ગ્રાન્ડ માસીજી.
Homai Jal Manekshaw હોમાય જાલ માણેકશા	89 ૮૯	24.07.2022	10/5, Rustom Baug, Sant Savta Marg, Byculla, Mumbai 27. ૧૦/૫, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, ભાયખલા, મુંબઈ ૨૭.	તે મરુદમ જાલ માણેકશાના વિધવા તે હોમી, વીરા તથા બોમીના માતાજી તે મરુદમો દીના તથા જાલેજર બ. બલસારાના દીકરી તે દીનાઝ, વેનુ તથા કુમુદના સાસુજી તે વીસતાસ્ય, કેનાઝ તથા નવરોઝના બપઈજી તે મરુદમો જરબાઈ તથા માણેકશા બજાનાના વલુ તે નોશીર તથા મરુદમો ધનજીશા, હોમી તથા ફીરોઝના બહેન તે ફેની તથા ફેદી માણેકશા બજાનાના જેઠાની તે એમી તથા મરુદમો રતી, રોશન તથા રોશનના નરન.
Roshan Pesi Bhathena રોશન પેસી ભાથેના	83 ૮૩	24.07.2022	J-2, Cusrow Baug, Shahid Bhagat Singh Road, Colaba, Mumbai 1. જે-૨, ખુશરૂ બોગ, શહીદ ભગતસિંગ રોડ, કોલાબા-મુંબઈ ૧.	તે મરુદમ પેસી ફ. ભાથેનાના વિધવા તે તનાઝ ખુશરૂ મોદી તથા રોહિન્ટન પેસી ભાથેનાના માતાજી તે મરુદમો તેહમીના તથા જમશેદજી દસ્તુરના દીકરી તે કાજલ રોહિન્ટન ભાથેનાના સાસુજી તે મરુદમો મેહેરબાઈ તથા ફરહુનજી ભાથેનાના વલુ તે મરુદમો શેરૂ જ. ભરૂચા, પેરીન જ. દસ્તુર, ફેની ફ. દસ્તુર તથા બહાદુર જ. દસ્તુરના બહેન.
Baktawar Dinshaw Hatara બખતાવર દિનશા હતારીયા	79 ૭૯	24.07.2022	Nanabhoy Chamber, 3rd Floor, Gunbow Street, Opp.fort Firestation, Fort, Mumbai. નાનાભાય ચેંબર, ૩જે માળે, ગનબો સ્ટ્રીટ, ફોર્ટ કાયર સ્ટેશન સામે, ફોર્ટ, મુંબઈ ૧.	તે મરુદમો રતી તથા દિનશા જમશેદ હતારીયાના દીકરી તે પીલુ ભરૂચાના બહેન તે ગેવ નેવીલ ભરૂચાના માસીજી. તે દોલી ન. દાડવાલા, રોશન ય. મોદી, જાલ પીથાવાલા તથા જમી પીથાવાલાના કઝીન.
Adi Kersasp Nalladaru અદી કેરસાસ્ય નલાદારૂ	87 ૮૭	25.07.2022	A/602 Parichay Vidyamandir Road, Near VCO Bank, Dahisar (E), Mumbai 68. એ/૬૦૨, પરિચય વિદ્યામંદિર રોડ, વી. સી. ઓ. બેંક પાસે, દહીસર (પૂ.), મુંબઈ ૬૮.	તે મરુદમ નરગીસ અદી નલાદારૂના ખાવિંદ તે એરવદ કેરસાસ્ય અદી નલાદારૂના બાવાજી તે મરુદમો સુનામાય તથા એરવદ કેટસાસ્ય દ. નલાદારૂના દીકરા તે નરગીસ બેહરામ એન્જિનિયર તથા મરુદમો રોડા નોશીરવાન કામદીન, મરુદમો એરવદ મીનુ તથા રોહિન્ટન નલાદારૂના ભાઈ તે નરગીસ સામ લાલા, મહાઝખ હોશંગ વાડેવાલા, ફરોખ, રોહિન્ટન, જુબીન નોશીરવાન કામદીન, બીનાઈફર બેહરામ એન્જિનિયર, એરવદ સરોશ, મીનુ નલાદારૂ તથા મરુદમ સુનુ મીનુ નલાદારૂના અંકલ.
Silloo Jal Sethna સીલુ જાલ સેઠના	78 ૭૮	26.07.2022	Building 94, Flat -13 Brindavan Society, Thane Mumbai 601. બિલ્ડિંગ ૯૪, ફ્લેટ નં. ૧૩, બીરનદાવન સોસાયટી, થાણે, મુંબઈ ૬૦૧.	તે મરુદમો ગુલામાય શાપુરજી મીરઝાનાં દીકરી તે જાલ મીનોચહેર સેઠનાના ધનીયાની તે નીલુફર દાદરેવાલા, ડેઝી કોટવાલ, બખતાવર સેઠના તથા બેહરોઝ અંકલેસરીયાના માતાજી. તે હોમી કોટવાલ, હોમીયાર દાદરેવાલા તથા નેવીલ અંકલેસરીયાના સાસુજી. તે ઝરીન તથા મરુદમો જમશેદ, નાજુ, સામના બહેન. તે જેસમીન, માલકમ, અરનાઝ તથા રીશાનના મમઈજી તે કેરમાન, મરેઝબાન, શીરાઝ, મરુદમ કયોમરઝના માસીજી તે ખોરશેદ, આબાન, હોમી, જમી તથા મહાઝરીનના કાકીજી તે ફરીદા, હાહેમી, અસ્પી, યાસમીન, વીરા, મરુદમ પરવેઝના મામીજી તે મરુદમો હીરાબઈ મીનોચહેર સિંઠનાના વલુમાય તે ઓસ્તી. હોમાય ધનજી તથા મરુદમો હીરજી, દાદી શેહરૂ તથા ગુલુનાં ભાભી.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Homai Sam Mistree હોમાય સામ મીસ્ત્રી	93 ૯૩	26.07.2022	604/D Khurshed House, Block No 4, Parsicolony Lady Jehangir Road Dadar (E) Mumbai 14 ૬૦૪/ડી, ખુરશેદ હાઉસ, બ્લોક નં. ૪, પારસી કોલોની, લેડી જહાંગીર રોડ, દાદર (ઈ.), મુંબઈ ૧૪.	તે મરલુમો લીલાન ફરામરોજ મોતીવાલાના દીકરી તે મરલુમ સામ દારબશાહ મીસ્ત્રીના ઘણીયાની તે જેસમીન તથા ખુશરૂના માતાજી તે મેહેર ખુશરૂ મીસ્ત્રીના સાસુજી તે મરલુમો મીનોચહેર, રૂસ્તમજી, કેકોબાદ, એમી તથા જીજીભઈના બહેન તે પરસી તથા સાયરસના બપઈજી તે મરલુમો પેરીન દારબશાહ મીસ્ત્રીના વલુમાય તે તનાઈશા, દાયના, શોન તથ એવાનાં ગએટ ગ્રાન્ડ મધર.
Nergish Muncherjee Adenwalla નરગીશ મનચેરજી એદનવાલા	91 ૯૧	26.07.2022	14/A Mayfair Gardens Little Girrs Rd ,Malabar Hill Mumbai 6. ૧૪/એ, મેફેર ગાર્ડનસ, લીટલ ગીબસ રોડ, માલાબાર હીલ, મુંબઈ ૬.	તે મરલુમો આલામાય શાપુરજી મીસ્ત્રીના દીકરી તે મરલુમ મનચેરજી કેકી એદનવાલાના ધનિયાની તે રશના સાયરસ પટેલ તથા ગાયમાય રાજેશ સચદેવના માતાજી તે સાયરસ પટેલ તથા રાજેશ સચદેવના સાસુજી તે મરલુમો કેકી, કેની, હોમાય, ખોરશેદ તથા પાલનજીના બહેન તે દારાયસ, ફરહાદ, યોહાન તથા અલીશાના મમઈજી તે રાઈના, કાયરા, શાશાના ગ્રેટ ગ્રાન્ડ મધર.
Roshan Minoo Hirananeek રોશન મીનુ હીરામાનેક	88 ૮૮	26.07.2022	Parukh Dharamshalla 34 Hughes Road Old Khareghat Colony Mumbai 7. પારુખ ધરમશાલા, ૩૪, હુજસ રોડ, ઓલ્ડ ખરેઘાટ કોલોની, મુંબઈ ૭.	તે મરલુમો રતન શેરીયાર દેસાઈના દીકરી. તે મરલુમ મીનુ હીરામાનેકના ધનયાની. તે મેહેરનાજી પારખ તથા આશીશ હીરામાનેકના માતાજી. તે કેની તથા નરગીશ અને મરલુમ કેરસી દેસાઈના બહેન. તે ફરેડી તથા શેરીયારના માસીજી. તે મરલુમો ગાયમાય રૂસ્તમ હીરામાનેકના વલુમાય.
Diana Mehar Gimi દાયના મેહેર ગીમી	52 ૫૨	24.07.2022	1/10 Rustom Baug ,Sant Savta Marg,Next To Masina Hospital,Byculla (E)Mumbai 27. ૧/૧૦, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, માસીના હોસ્પિટલ પાસે, ભાયખલા (પૂ.), મુંબઈ ૨૭.	તે ગુલરૂખ તથા મરલુમ મેહેર નરીમન ગીમીના દીકરી તે નવાજ પેસી ભોમીસાના બહેન તે પેસી અદી ભોમીસાના સાલીજી તે બેહઝાન તથા અરમાનના માસીજી તે મરલુમો નાજુ તથા નરીમન પેસ્તનજી ગીમી અને મરલુમો રતનશો તથા પરવીજી બગલીના ગ્રાંડ ચાઈલ્ડ તે ઝીનોબીયા બગલીના નીસ.
Zeheer Berjor Ginwalla ઝહીર બરજોર જીનવાલા	82 ૮૨	27.07.2022	Skylark 507/B, New Kantwadi Road,Bandra (W) Mumbai 50. સ્કાયલાર્ક, ૫૦૭/ બી ન્યુ કાન્તવાડી રોડ, બાંદ્રા (વે.), મુંબઈ ૫૦.	તે મરલુમો ડાયના બરજોર જીનવાલાના દીકરા તે ગુલનાર ઝહીર જીનવાલાના ખાવિંદ તે નીલુફર, ડાયના, તનાજી તથા ફરઝીનનાં માતાજી તે ઝરસીસ, રીશાદ, ફરહાદ તથા કારવનાં સાસુજી.
Pervin Fali Shroff પરવીન ફલી શ્રોફ	52 ૫૨	23.07.2022	G-2 Cusrow Baug, Ground floor, S.B.S Road, Colaba Causeway, Colaba Mumbai 39. જી-૨, ખુશરૂબાગ, ભોંયતળીયે, એસ. બી. એસ. રોડ, કોલાબા ક્રોસવે, કોલાબા, મુંબઈ ૩૯.	તે જરૂ તથા મરલુમ ફલી સાવક શ્રોફના દીકરી તે એરવદ નેવીલ નોશીર નરીમાનની ઘણીયાણી તે મર્જબાન ફલી શ્રોફના બહેન તે મરલુમો સીફુ તથા નોશીર દારબશાહ નરીમાનના વલુ.

Death Announcements From Poona Parsee Panchayat (Trust Office)

Khorshed Khodadad Nazmi ખોરશેદ ખોદાદાદ નાઝમી	76 ૭૬	08.07.2022	House No. 124, Baca Bungalow, - Lonavla - 410401. હાઉસ નં. ૧૨૪, બાકા બંગલો, લોનાવલા ૪૧૦૪૦૧.	
Rohinton Gustad Sukhrehkuda રોહીન્ટન ગુશતાદ સુખરેખુદા	67 ૬૭	23.07.2022	Kondhwa, Pune. કોંઢવા, પુણે.	તે મરલુમો દોલત તથા ગુશતાદના દીકરા તે શેહનાઝના ખાવિંદ તે ફરઝાદ તથા બેઝાદના બાવાજી તે શરોશ, મનીજેહ, કેતી, દીલશાદ, કેશમીરા તથા મરલુમ ખોદૂના ભાઈ તે પરવીન તથા મરલુમ મહેરવાનના જમાઈ.
Jimmy Savaksha Dorabji જીમી શાવકશા દોરાબજી	81 ૮૧	25.07.2022	B-54, Shastri Apts, Dastur Meher Road, Pune 411001. બી-૫૪, શાસ્ત્રી અપાર્ટ, દસ્તુર મેહેર રોડ, પુણે ૪૧૧૦૦૧.	તે મરલુમ ગુલચેર જીમી દોરાબજીના ઘણી તે ઝર્કસીસ, વીસ્પીના પપ્પા તે ફરાહ અને બખ્તાવરના સસરાજી તે બ્રાયન અને બેહઝાના ગ્રાન્ડ ફાધર તે ધનમાય અને મરલુમ શાવકશા દોરાબજીના દીકરા તે મરલુમ ખોરશેદ અને મરલુમ અરદેશીર દોરાબજીના જમાઈ તે મરલુમ હોશંગ એસ. દોરાબજીના ભાઈ.

Death Announcements From Prayer Hall

Noshir Jal Driver નોશીર જાલ ડ્રાઈવર	68 ૬૮	20.07.2022	Rustomjees Central Park CHS, B-31, Andheri Kurla Road, Chakala, Andheri East, Mumbai 93. રૂસ્તમજી સેન્ટ્રલ પાર્ક સીએચએસ, બી-૩૧, અંધેરી કુર્લા રોડ, ચકાલા, અંધેરી ઈસ્ટ, મુંબઈ ૯૩.	તે કેશ્મીરાના ઘણી તે મરલુમ નરગીશ અને મરલુમ જાવના દીકરા તે સનોબરાના ભાઈ તે ફરઝાન, અરશાન, ફિરોઝીના અંકલ તે મરલુમ દીનાઝ અને મરલુમ જમશેદના જમાઈ.
Laila Erach Baria લેલા એરચ બારીયા	81 ૮૧	26.07.2022	133 Maker Tower, Cuffee Parade, Mumbai 5. ૧૩૩, મેકર ટાવર, કફ પેરેડ, મુંબઈ ૫.	તે એરચના ઘણીયાણી તે મરલુમ મેરી અને નાજે નાદનાનના દીકરી તે નરીના, તાન્યા, જેનીના મમ્મી તે અતુલ, જમશેદના સાસુ તે કિયારા, વિવાન અને ઝેનના ગ્રાન્ડ મધર તે લીયાને, જહાંગીરના આન્ટી તે મરલુમ મની અને મરલુમ કાવસના વલુ.

Death Announcements From Burhanpur, Madhya Pradesh

Jarin Meherwanji Hawaladar જરીન મહેરવાનજી હવાલદાર	67 ૬૭	11.07.2022	Ward no 31, Opp Bus Stand, Rajiv Ward Amy Baug, Rastipura, Burhanpur 450331, Madhya Pradesh. વોર્ડ નં. ૩૧, બસ સ્ટેન્ડની સામે, રાજીવ વોડ, એમી બાગ, રાસ્તીપુરા, બુરહાનપુર ૪૫૦૩૩૧, મધ્ય પ્રદેશ.	તે મરલુમો એમી તથા ડો. મહેરવાનજી રૂસ્તમજી હવાલદારના વડા દીકરી તે ફરોખ ડો. રોશન પરવેઝ પટેલ તથા શાહરૂખના વડા બહેન તે પરવેઝ ફરામરોજ પટેલના સાલી.
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હરી-ફરી લે, હમણાં તબિયત છે ફાંકડી!



હરી-ફરી લે, હમણાં તબિયત છે ફાંકડી,
કાલે કેડે થી વળેલો હશે ને હાથમાં હશે લાકડી.
નીરખી લે, નીરખી લે, હમણાં નજર છે વશમાં,
કાલે આવશે મોતિયો ને આંખે હશે કાળા ચશ્મા.
નીકળી પડ મિત્રો સાથે ફરવા, મોજ મસ્તી કરવા,
કાલે બધા આવશે તને બીમાર ખાટલે મળવા.
આજે જ રૂબરૂ મળવાનો છે પુરેપૂરો સ્કોપ,

કાલે સામે બેઠો હશે ડોક્ટર લઈને સ્ટેથોસ્કોપ.
કરી નાખ ઉજાણી, પી લે દાડ અથવા બીયર,
જોજે કદાચ કાલે મોમાં ખોસેલું હશે થર્મોમીટર.
ચાલો દોસ્તો ભેગા થઈએ,
છોડો વ્હોટ્સએપ, ઈન્સ્ટાગ્રામ ને ટ્વીટર.
કોઈ નથી જાણતું...
ક્યારે પુરા થઈ જાશે આ હૃદય ના કિલોમીટર...!

Jiyoge Past 99... Just 'Mind' It!



DR. DANESH CHINOI

Us Bawas love centuries, then be it cricket or life! We generally tend to live long and strong, but many people worry about their cognitive (intellectual/mental) health. They fear their mind will no longer be as sharp as earlier. The thought of losing the cognitive ability they had in their youth feels scary.

You know it does not happen to everyone. Many seniors remain sharp and attentive even into their eighties and nineties. But what makes them so lucky? How can we ensure that we, too, maintain mental clarity into old age?

Some say that it's genetics, that some people are just born that way. Yes, there might be a genetic component, however, there is much we can do to combat the effects of time on the brain. Unlike what was thought earlier, the brain does have the ability to change itself, to continually rewire and grow its neuronal connections, an ability called 'neuroplasticity'. By taking advantage of and nurturing this ability, we can give our brain the gift of longevity. Here are some tips for that:

Take Care Of Your Body To Take Care Of Your Mind: If you want to take care of your mind, you need to start by taking care of your body. Research has repeatedly proven that people who engage in healthy behaviors such as exercise and proper nutrition, are less susceptible to the cognitive declines



associated with the aging process. Keep yourself active by doing some household work, walking and some form of exercises.

Learn Something New: Lifelong learning is one of the best ways to ensure brain health into old age. The brain is a lot like a muscle - being sedentary makes your muscles weak. It's the exact same for the brain - 'Use it or Lose it'. Just like exercise, you have to challenge your brain to keep it in top shape. Studies have shown that the brain retains its ability to grow new connections right into old age, so take full advantage of that ability. Consider taking on the challenge of something you always wanted to try but thought you wouldn't be good at doing. Or try something that seems opposite of the education you already have. For example, if you are a Math person, try taking a music class or an art workshop.

Try Drawing Your Local Neighbourhood Map: While you might feel like you can navigate the streets of your neighborhood with your eyes closed, try challenging your brain by actually drawing a map

of your local area or neighborhood from memory. No cheating! Try to include major streets, major side streets and local landmarks.

Use Your Non-Dominant Hand: Because using your opposite hand can be so challenging, it's a great way to increase brain activity. Try switching hands while you are eating dhansak or when you are trying to write. It will be difficult, but that's what it's all about!

Find Purpose In Your Life: Especially after they retire, people often lose their sense of purpose in life. This is detrimental to brain health and a major cause of cognitive decline in elders. Basically, when people feel useful, they are happier, less stressed, and more resilient throughout their lives.

Plan On Living 120 Years: Assume that you will live to 120 years, not because it is guaranteed that you will live this long, but because it is the best mindset to have for a long, purposeful life. And, since the oldest people in the world are all near that age, it's not impossible. With this mindset, you are still in the prime of life at sixty, seventy, or even eighty. Age, then, does not need to limit us in choosing a grand vision for our lives, one that makes our heart soar and leaves us feeling we've contributed to the world.

Ask Yourself, "What Is Most Important To Me In Life?": Brainstorm a list - what do you hold most dear? Integrity, love, abundance? Write down ten things that come to mind, whatever they may be. For each item, ask yourself, "Would living this value make me feel really happy and fulfilled?" Then, choose the five things you think are the most

important to you. Write down ways you can bring more of these into your life.

Meditate Regularly: Stress is one of the greatest enemies of brain health and is associated with a greater risk of Alzheimer's and other forms of dementia. Since it is associated with various other illnesses, including digestive issues, heart disease and immunity problems, controlling stress is probably the best thing you can do for your health overall, both body and mind.

Meditation has been found to be especially excellent for reducing stress and for improving cognition. Numerous studies have noted that older people who meditate regularly have much more youthful brains than the general population. It improves one's sense of well-being as well as the ability to focus - which many people struggle with in their later years.



Try This Exercise: Sit comfortably on the floor or in a chair and straighten your lower back. You could also lie on your back on a flat surface. Relax your neck, shoulders, and arms and close your eyes. Place one hand on your chest and the other hand on your lower abdomen. When you breathe in, let your abdomen expand like a balloon filling with air. When you exhale, let your abdomen contract. The hand on your chest should remain relatively still. For beginners, it's good to start with focusing on the feeling of slowly pulling the abdomen in and out without worrying about the length of each breath.

Relax any tension in your body and mind, and breathe comfortably. You don't need to intentionally breathe slowly or hold your breath. Once your body is sufficiently relaxed, your breathing will automatically slow and stabilize. As you continue doing abdominal breathing, you'll develop heat in your belly. Focus your mind on that heat, and it will gradually grow stronger, spreading to your entire abdomen and lower back. Your belly will also feel full of energy.

Play Games: Chess with friends, nothing better than it! Even fun board games which include light activity and strategy.

Taking care of your mind is the core of taking care of yourself. After all, you can't be who you are without it. Here's hoping you will take better care of your mind so that you can live a happy, healthy, and productive life for 100 years and more!



Dasturji Kaikhushroo Mahiyar Kutar A Life Sketch

By Marzban Jamshedji Giara

Dasturji Kaikhushroo Mahiyar Kutar, Dastur Darab Pahlan was born on 25th October, 1888, in an orthodox family of distinguished Parsi priests at Navsari. His father, Ervad Mahiyar and his uncle Dastur had transliterated and translated Firdaosi's 'Shah Namah' into Gujarati.

The young Kaikhushroo was no ordinary priest. He did his MA in Avesta and Pahlvi from St. Xavier's College, Bombay and secured university scholarship as also the Darab Peshotan Sanjana Gold Medal. In 1919, he was made the Head Religious Instructor by the Bombay Zoroastrian Jashan Committee. He was appointed Panthaki of the Rustomfaramna Agiary at Mancherji Joshi Parsi Colony at Dadar in 1929.

His exaltation to the high gadi (High Priest) of H B Wadia Atash Behram, the oldest Shehensahi

Atash Behram in Bombay, took place on 9th January, 1938. On this unique occasion he was presented with 275 shawls from various parts of India by Dasturs, Panthakis, Mobeds, Sethias, religious and social institutions and Parsi Anjumans. His is a unique record of having been presented with 275 shawls. This showed how popular and respected he was in the Parsi community.

He was the Founder Chairman of the Sorabji Burjorji Garda College at Navsari since 1945. He was joint Principal and proprietor of Master's Tutorial High School. He was instrumental in raising funds for the renovation of the Atash Behram at Navsari in 1925.

He was an authority on religious and ethical subjects. He was invited to speak before audiences in different parts of India and also visited Iran in 1950 and had an audience with the Shah of Iran. He was invited to broadcast his religious sermons over All India Radio.

For nearly six decades he regularly conducted religious classes in schools and Parsi colonies. Having excellent command over English, Gujarati and Persian, his speeches were power-packed with anecdotes, quotations, couplets and humour. His lectures attracted students of all communities. He was also a well-known writer and used to write on various subjects affecting the Parsi community in the public press.

A powerful orator with profound knowledge, he guided the Parsi community to preserve its rich



traditions, customs, rituals and be proud of its rich heritage. He is chronicled in the book, 'Parsee Lustre On Indian Soil' by H D Darukhanavala, as also in the prestigious Who's Who reference book in India, Burma and Ceylon (1939).

Our revered teacher had his own inimitable style of presenting and disseminating religious instruction in simple language. His words echoed with sincerity. He had excellent command of language, forceful delivery, convincing and persuasive speech. Whenever he poured forth his thoughts, it was like a tidal wave that could move the hearts and minds of his audience to think and act. He could explain religion in a simple, down-to-earth, practical manner.

He braved the vicissitudes of life courageously and despite its ups and downs, he stuck to his love of spreading the light of religion through religious classes in schools and Parsi colonies for nearly six decades.



THE ZOROASTRIAN CO-OPERATIVE BANK LIMITED

Corporate Office: Nirlon House, 5th Floor, Dr. Annie Besant Road, Worli, Mumbai - 400 030
022-61727600/28/31, 022-66661810 • Website: www.zoroastrianbank.com

NOTICE OF ANNUAL GENERAL MEETING

NOTICE is hereby given that the Ninety Fifth Annual General Meeting of the members of the Bank will be held on 19th August, 2022, at 4.00 p.m. at Indian Merchant Chambers of Commerce & Industry, IMC Building, 4th Floor, IMC Marg, Churchgate, Mumbai 400 020 to transact the following business: -

- (1) To read and confirm the Minutes of the Annual General Meeting held on September 28, 2021.
- (2) To adopt the Annual Report including Financial Statements placed by the Board of Directors for the Financial Year ended March 31, 2022 and to take note of the Statutory Auditor's report.
- (3) To approve the dividend and to appropriate profit for the Financial Year 2021-22.
- (4) To appoint Statutory Auditors for the Financial Year 2022-23 and to authorize Board of Directors to fix their remuneration. The Board of Directors recommends appointment of M/s. CNK & Associates LLP Chartered Accountants, Registration No. 101961 W/W-100036 as the Bank's Statutory Auditors for the Financial Year 2022-23.
- (5) To grant Leave of Absence to members who have not attended this Annual General Meeting.
- (6) Any other business with the permission of the Chair.

By Order of the Board of Directors

Sd/-
Daljit Dogra
Managing Director & CEO

Mumbai, July 18, 2022.

In the event, a quorum is not formed within half an hour of the appointed time for the meeting, the meeting shall stand adjourned. Thereafter, the adjourned meeting shall be re-convened and conducted on the same day and at the same place as specified in this Notice to transact the business on the agenda, irrespective of the required quorum in terms of Bye-law No.27.

PRESS NOTE

THE BOMBAY PARSİ PUNCHAYET FUNDS AND PROPERTIES

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

The following applicants whose names are published hereunder were shortlisted and approved by the Board of Trustees. Before completing the process of allotment, the Trustees, as a matter of abundant caution, are publishing the names of the allottees so that if there is any adverse factor against the proposed allotments, the Trustees attention may be drawn thereto latest by 19-08-2022.

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

By Order of the Trustees of
The Parsi Punchayet Funds and Properties, Bombay

30-07-2022
Mumbai

Aspi F. Sarkari
CEO

LIST OF TENTATIVE ALLOTTEES FOR ACCOMMODATION IN BPP COLONIES.

- | | |
|--|---|
| 1. Mr. Farhad Tehmtan Mistry
C/o. K. Shroff Bldg No.4,
Flat No.6, 1st Floor,
Gamadia Colony, Tardeo,
Mumbai-400007 | 2. Mrs. Amaz Rohinton Turel
C/o. A.S. Mistry Building,
B/4, Ground Floor, Dr. Shirodkar Road,
Parel (East),
Mumbai-400012 |
|--|---|

Answers To Your Intermittent Fasting FAQs



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) is the buzz word of the times in all conversations relating to weight management or Diabetes reversal! Having covered indepth the basics and process of (IF) in previous articles, I thank readers for the overwhelming response received. I have also received a lot of questions regarding IF and today I will try to answer most of these FAQs (Frequently Asked Questions) related to IF sent in by our readers...

Reader Query: Will I lose muscle if I fast?

Dr. Trishala: Research has shown that extended intermittent fasting helps in boosting the growth hormone, which helps in gaining muscle, not losing. It's important to make sure to achieve your nutrition targets during the eating hours, along with proper strength training to maintain muscle mass. Hence, it's advisable to start IF under a trained professional.

Reader Query: Can I work-out during the fast?

Dr. Trishala: Yes, you can! In fact, you MUST work-out/ exercise when you're fasting - it's a great way to deplete the available glycogen stores and help the body switch to fat burning. Usually, some people find cardio activities like walking or using a treadmill or cycling or swimming difficult during the longer fasts, so it is advisable to switch to strength training on the fasting days.

Reader Query: Isn't breakfast the most important meal of the day?

Dr. Trishala: This is a common question - the answer is No! There is no science supporting this statement about breakfast being the most important meal of the day - though it's been passed on for decades now! In fact, evidence shows the opposite! You don't need 'breakfast' - just follow the simple rule - 'eat if you are hungry, don't eat if you are not'. Skipping the morning meal gives the body more time to burn fat for energy. And since the hunger hormone is at its lowest in the morning, it's easy to skip breakfast and break your fast later in the day.

Reader Query: Can kids or elderly people do IF?

Dr. Trishala: Children tend to have higher energy demand while growing up and since fasting could deplete their nutrition, it is advisable for children to not fast. However, in some cases, if fasting is needed, the doctor will modify the diet and provide a schedule customised specifically for your needs. For elderly people, there is no problem if they choose to fast, provided there is no underlying illness, in which case, they should fast only under professional supervision.

Reader Query: Is there a specific eating schedule we should follow or can we eat anything?

Dr. Trishala: The definition of 'eat anything' can vary from person to person. Unfortunately, many of us consider healthy eating as 'dieting' and unhealthy eating as 'normal'. For example, eating a chicken salad is part of 'dieting' and eating fried chicken is 'normal'. We need to work on our basic understanding about nutrition, before we start fasting, so that we can maximise the benefits of IF. It is important to first decide upon what you will eat in the eating window and ensure you are getting in adequate macro and micro-nutrients, before you start fasting. It's best to let a professional handle your meal-planning to get you started

Reader Query: Can people working night shifts do IF?

Dr. Trishala: People working night shifts often face issues of sleep deprivation and disturbed circadian rhythms. Fasting with sleep deprivation becomes extremely challenging and makes it difficult for them to reach their goals, so IF might not be the best way ahead for them.



Dr. Trishala: Not if you are fasting in the right way - which means mainly taking in the right nutrition and water, and getting adequate sleep. Fasting does not make you feel tired or low in energy. In fact, once you get into the groove, you will be bursting with energy even during your fasting days - as has been the experience with my patients! This is due to fat-burning, which fills you with energy. Any persistent fatigue is not the result of fasting - it's fasting done wrongly. Connect with your health care provider to figure out other causes of fatigue or low energy

Reader Query: Can I take my regular medications during fasting hours?

Dr. Trishala: Some medicines have side

effects, if taken on an empty stomach. I advise my patients to take their medicines with 1 tsp of chia seeds soaked in water during the fasting hours. In case you are on Diabetes medicines, that can put you at risk of low sugar if taken on an empty stomach. Hence,

ensure to consult your doctor before starting IF.

Reader Query: Will fasting make me get acidity?

Dr. Trishala: Fasting will never make you acidic, the imbalance in your gut bacteria causes acidity. You need to first work on fixing your gut health before embarking on your IF journey. I ensure to do a 'Gut Reset Routine' with all my patients before we commence IF.

Reader Query: Who should not fast?

Dr. Trishala: Though IF can be safely practiced by most people, there are some who should avoid IF. These mainly include Pregnant / Breastfeeding women; women who are planning pregnancy; Underweight or malnourished people; People with eating disorders like anorexia or bulimia; People taking blood sugar lowering medicines. If any of the above are still inclined to try IF for health benefits, they should do it under strict professional / medical supervision.

Hope this helps! I look forward to your feedback and queries as always! Till, the next time, stay well!

Reader Query: Will IF lower our immunity?

Dr. Trishala: On the contrary! Research shows that Intermittent Fasting and refeeding in a timely and planned manner, helps in boosting the immune system. Sharing from my personal experience - my patients who have been doing IF for years now, were the ones who escaped easily out of Covid - most did not even contract Covid, while others escaped with minimal side effects, and recovered quickly. The common factor between all of them was - Fasting!

(Important Note: Do not fast if you are feeling unwell or going through an active infection.)

Reader Query: Will consuming lemon water with honey in the morning break my fast?

Dr. Trishala: Yes, honey will break your fast. Intermittent fasting keeps insulin levels low, which helps you shift to fat burning. The moment you take honey, insulin will be produced and your fast will break.

Reader Query: Will fasting make me feel tired or drained of energy?