

PARSI TIMES

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FROM THE EDITOR'S DESK

When Simplicity Yields Satisfaction And Less Is More...

Dear Readers,

One of the many new habits that most of us were able to develop, over the past couple of years, thanks to the pandemic, when we were relegated to being indoors for long periods of time, was to ponder and reflect. Many of us would sit at home in our pajamas or 'home-wear' through the day, surfing news channels on television which only added to our horror of the death and destruction taking place, the world over. Quickly switching to Netflix or Amazon Prime, etc., didn't do much to escape the deadly reality that had been forced upon us.

We found ourselves reminiscing and desperately missing those pre-COVID times, when words like 'social distancing', 'masks' and 'sanitizers' were simply words, not life-saving equipment. We learnt to redefine the concepts of 'freedom', 'fear', 'mortality', 'gratitude' and 'life' with a new-found sense of reverence. We missed those simple pleasures of life that we always took for granted.

Feeling isolated from the world and life as we had known it, as anxiety-ridden social animals in isolation, we turned to that one unrivalled 'hero' of the pandemic (no, I don't mean our brave frontline warriors) - 'Social Media'... which proved to be as much a boon-for-connectivity as it was a curse-for-misinformation.

It makes some of us think back even further - to a time when social media and cell phones were a thing of the future... when life was less- hectic, when the simple things in life brought us great contentment, when less was enough... when, in the words of Robert Louis Stevenson, "the breath in your nostrils, light in your eyes, flowers at your feet, duties at your hand, the path of God just before you.... (when) daily duties and daily bread were the sweetest things of life."

This simplicity was unfortunately replaced by, 'Too many people spending money they haven't earned, to buy things they don't want, to impress people they don't like'. There's this crazy need to portray a happy, plush and fun-filled life on social media, where not just one's sense of self-worth but even one's identity itself, has become the reserve of the number of 'likes' given by absolute strangers! There can be no greater self-sabotaging tragedy than relying on external validation - but that is the price we pay when we stray too far off from simplicity and consequently, from being true to ourselves.

As grateful witnesses of the hopeful end of the Covid era, may we live less selfishly and progress more conscientiously towards a life where simplicity yields satisfaction and where less is more.

Have a lovely weekend!

- Anahita
anahita@parsi-times.com

Religious Announcements

Salgreh Of Doongarwadi Sagdi Dadgah

The Salgreh of Doongarwadi Sagdi Dadgah will be commemorated on 1st September, 2022, (Raj Sarosh, Mah Farvardin - YZ 1392) with a Machi at 6:30 am, followed by a Jashan at 9:30 am. Another Jashan will be performed in the evening at 5:00 pm, post which light refreshments will be served. All Parsi/Irani Zoroastrians are invited.

Sarosh Roj Jashan & Humbandagi

On 1st September, 2022, a Sarosh Roj Jashan and Humbandagi will be performed at 4:30pm at Dadysett Agiary (Fountain), by Trustees of Dadysett Charity Trust. This will be followed by a Humbandagi by Er. Darayesh R. Katrak and light refreshments. All Parsi/ Irani Zoroastrians are cordially invited.

Fravardin Mahino Jashan At Maneckji Nowroji Sett Agiary

Seth Maneckji Nowroji Sett Agiary (Bazar Gate Street, Fort) will hold the Fravardin Mahino Jashan on 3rd September, 2022 (Roj Fravardin, Mah Fravardin -YZ 1392), at 9:30 am. All Humdins are warmly invited.

Hama Anjuman Jashan At Kappawala Agyari

A Hama Anjuman Jashan, honouring the Death Anniversary (Baj) of Dasturji Kukadaru Saheb will be held on 4th September, 2022 (Roj - Behram, Mah - Farvardin), at 10:30 am, at the Kappawala Agyari. Patrons are requested to participate.

Behram Roj Jashan & Humbandagi

A Behram Roj Jashan will be held on 4th September, 2022, at Dadysett Atash Behram (Fanasvadi) at 5:00pm, followed by a Humbandagi by Er. Darayesh R. Katrak at the Behram Yazad Shrine, along with a religious talk. Light refreshments will be served thereafter. All Parsi/ Irani Zoroastrians are cordially invited.

THE BANDRA PARSİ CONVALESCENT HOME

Sir Dhunjibhoy Bomanji Building, 56 Byramjee Jeejeebhoy Road, Bandra (W), Mumbai 400050
E-mail: camahomes@gmail.com

Applications invited from deserving Parsi/Irani Zoroastrian students for grants towards College education and higher studies

Deserving Parsi / Irani Zoroastrian students pursuing College education, post-graduation or professional studies in areas such as Medicine, Business Management, Law, Finance, Accountancy, Commerce, Software Engineering, Information Technology, Artificial Intelligence or any discipline where specialized courses are conducted, may apply for grants.

Letters applying for grants must contain full details of the course and fee structure. The letters should be addressed to: **The Trustees, The Bandra Parsi Convalescent Home, Sir Dhunjibhoy Bomanji Building, 56 Byramjee Jeejeebhoy Road, Bandra (W), Mumbai 400050.**

Application Forms will then be posted to the eligible students.

For any queries, please contact 84548 18970
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Tribute On Sir Dorabji Tata's Birth Anniversary

Today marks the Birth Anniversary of Sir Dorabji Tata (27th August, 1897), the firstborn of Hirabai and Jamsetji Nusserwanji Tata - the visionary and Tata Group Founder. A key figure in the history and development of the Tata Group, Dorabji founded Tata Steel, Tata Chemicals, Tata Power, and Sir Dorabji Tata and Allied Trusts. He was knighted in 1910 for his contributions to industry in British India. Sir Dorabji Tata not only inherited his father's business acumen, but also his spirit of selflessness and philanthropy.

He received his primary education at Proprietary High School, Bombay and pursued higher studies in England, where he shone as a sportsman in cricket and football. He also played tennis for his college, became an expert rower, won a number of sprint events and was a good horseman. He returned to India to graduate from Mumbai's St. Xavier's College and worked for two years as a journalist at 'The Bombay Gazette' before joining the cotton business division of his father's firm in 1884.

He worked towards realizing his father's vision of a modern iron and steel industry, and thus was born Tata Steel (1907) followed by Tata Power (1911). Under his leadership, the Tata Group experienced immense expansion, and soon became the largest private sector



steel company. Soon after, he ventured into sectors including hydroelectricity, edible oil, soap manufacturing, construction and aviation.

In 1897, he married the beautiful Meherbai Bhabha, the daughter of HJ Bhabha, Inspector General of Education of the erstwhile Mysore state. She was a spirited and sensitive woman with a penchant for English literature and playing the piano. Like her husband, she also strived for social causes during her lifetime, working for issues like higher education for women, and against the purdah system and untouchability. She also introduced India to the International Council of Women.

In the 1920s, when Tata Steel was hit by a severe market slump, Dorabji pledged his entire personal wealth to prevent tata steel from closing down. This included even his wife's Jubilee Diamond, twice the size of the legendary Kohinoor. The Imperial Bank gave him a personal loan of 1 crore which he used to bail out the company. Tata Iron and Steel also secured support from Jawaharlal Nehru and Mohammed Ali Jinnah - future leaders of independent India and Pakistan - and it survived the

crisis. He introduced initiatives like 8-hour day, maternity leave, provident fund, accident compensation and free medical aid. Thanks to him, Tata Steel is regarded as a company whose heart beats for its people.

His love for sports made him pioneer the Indian Olympics Movement. In 1919, he facilitated four athletes and two wrestlers to participate in the Antwerp Games. As President of the Indian Olympic Council, he financed the Indian contingent to the 1924 Paris Olympiad.

Sir Dorabji inherited a very large fortune, much of which was devoted to philanthropic works of a practical nature and to the establishment of various industrial enterprises for developing the resources of India, especially towards the field of education. On May 27, 1909, Sir Dorabji Tata established the Indian Institute of Science, Bangalore, and made a handsome donation to the

institute in 1912.

Taking forward his father's unparalleled legacy of chaity, he said, "To my father, the acquisition of wealth was only a secondary object in life; it was always subordinate to the constant desire in his heart to improve the industrial and intellectual condition of the people of this country...Kind fate has...permitted me to help in bringing to completion, his inestimable legacy of service to the country."

Abiding by his staunch belief against discrimination based on place, nationality or creed, he set up the Sir Dorabji Tata Trust using all his life's earnings in 1932. This comprised substantial shareholdings in Tata Sons, Indian Hotels and the allied companies, landed properties, and 21 pieces of his wife's jewellery, including the famous Jubilee Diamond. The value of his donation was estimated at Rs. 10 million at the time. The funds were to be directed towards the advancement of learning and research, relief work and other charitable purposes, "without any distinction of place, nationality or creed". He also donated his collection of paintings, statuary and other art objects to the Prince of Wales Museum in Mumbai. He also established the 'Lady Tata Memorial Trust' in fond memory of his wife Meherbai Tata, who died of leukaemia in 1931.

On April 11, 1932, Sir Dorabji set sail for Europe expecting, among other things, to visit his wife's grave in England. It was on this journey that he died, at Bad Kissengen, Germany, on June 3, 1932. A few days later, almost on the anniversary of his wife's death, he was laid beside her at the Brookwood Cemetery, in England.



Frohar Films Presents 'Vohumana'

Frohar Films presents 'Vohumana': Episode titled 'Zarthosti Dharm Ni Tarikato Ane Siddhanto - Part 1', on 28th August, 2022, at 1:30 pm on DD - Girnar channel. This episode will include Er. Dr. Ramiyar Karanjia replying to frequently asked questions by community members regarding Prayers, Rites and Rituals of our Zoroastrian Religion and Parsi Community.

WHAT OF TODAY

By Dasturji Kutar

We shall do so much in the years to come, But what have we done today? We shall give our gold in a princely sum, But what did we give today?	But what have we brought today? We shall give to truth a grander birth And to steadfast faith a deeper worth, But what did we give today?
We shall lift the heart and dry the tear, But what did we lift today? We shall plant hope in place of fear, But what did we plant today?	We shall feed the hungry souls of earth, But whom have we fed today? We shall reap such joys in the by and by, But what have we sown today?
We shall speak words of love and cheer, But what did we speak today? We shall be so kind in after life, But what have we been today?	'Tis sweet in idle dreams to bask, But here and now do we do our task, Yes, this is the thing our souls must ask... What have we done today?
We shall bring to each lovely life a smile,	

(Submitted by Marzban Jamshedji Giara, from the book, 'Words Of Wisdom - Quotations, Anecdotes, Verses', from the Teachings of Dasturji Kaikhushroo Mahiyar Kutar)

ZAC Celebrates Khordad Saal

The Zoroastrian Association Center (ZAC) celebrated the auspicious occasion of Khordad Saal on August 20th, 2022, which comprised rituals, fun and festivity and was a joyous experience for all. Celebrations took place at the beautiful ZAC center located in the Orange County (Los Angeles) with the sanctum sanctorum of the Atash Kadeh facing east towards the main entrance with an adjoining suitable space for rituals.

The function, which was well attended by about 180 Zoroastrians, started with a benediction by Ervads Jal Birdy and Zarrir Bhandara, after



a special 'Khordad Saal Khodae Jashan' was performed by Ers. Jal Birdy, Zarrir Bhandara and his son Zerkxis. Prior to the Jashan, Er. Zarrir performed the Bui ceremony. Ers. Zarrir and Zerkxis brought the appropriate fruits and flowers and performed the purification ritual (3 stages - Chokkhu, Pak, Pau), for the ritual. These offerings serve a dual purpose - as offerings to the spiritual world; and as receiving the blessings back from the spiritual world.

Er. Zerkxis (who has completed his Masters in Religious Studies from UCLA, is also studying the Avesta under Dr. Er. Ramiyar Karanjia; and Sanskrit under Professor Billimoria) officiated the Jashan, in a way that delighted the 70 attendees with his sonorous phrasing that gathered deeper momentum as the Jashan progressed. A special Karda stipulated for Khordad Saal was also recited. After the Jashan, a special Tandarosti was recited with the 70 participants for the members having birthdays in the month of August, which was followed by Er. Zarrir addressing the participants with a brief talk on Khordad Saal. The day ended with vegetarian lunch prepared by the ZAC members.



which ZAC President - Rooky Fitter announced the names of the successful recipients of Cyrus Fatakia Scholarships. Next, a video screened the volleyball championship played between the California Zoroastrian center and ZAC members. Er. Jal Birdy was felicitated by the ZAC committee for rendering 75 years of glorious religious service to the community. The highlight of the evening was the play 'Ameshaspentas', performed by the children and youth of ZAC religious class (Farzan, Zubin, Vahishta, Reishad Pagdiwalla, Taronish, Behram, Ushain, Iyana, Arshan, Arshya and Aria) under the guidance and direction of Gulshan Pagdiwalla. The evening ended with an Indian dinner.

On the morning of August 21st, 2022,

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Tata Punch is the latest offering from Tata Motors in the SUV segment. It is a no-compromise SUV and carries forward the same authenticity as Tata SUVs. With its 5-speed AMT and Traction Pro Mode, Tata Punch's 'Go-Anywhere DNA' helps you explore the roads less explored and the 1.2L Revetron Engine with DynaPro Technology will make you love the SUVness of the Punch. It's designed and engineered to offer a power-packed punch with a unique package of tough utility and sporty dynamics that epitomizes what a characterful SUV should be.



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Since its launch in 2021, Tata Punch is known for its distinctive personas that embrace diversity while remaining committed to its vibe. It is available in 4 distinct personas along with the recently launched Kaziranga edition. The Punch offers a wide array of options at different price points to choose from catering to a wide spectrum of consumer needs

Tata Punch had a record-breaking launch in the history of Tata Motors and is now the fastest selling SUV to reach the 100,000 milestone in the Indian automobile industry.

Switzerland Parsis Celebrate New Year And Khordad Saal



The Parsis and Zoroastrians of Switzerland celebrated Khordad Saal at the restaurant, 'Urban Spice', in Zurich. From the eldest - Rati Surti Puz and Fali Roowala, to the youngest (Jehaan Shroff - 3 months), the gathering comprised a merry and fun-loving bunch of 70 bawajis living out the celebratory spirit of 'Parsipanu' on the auspicious day. Paris families showed up for the event from Ticino, Geneva, St. Gallen, Neuchatel and of course, the Zurich area.

The delicious snacks and lunch was catered by the Antalia family and their team of chefs. Snacks included *paani puri*, *sev puri*, *mini chicken farchas* and *kheema bruschetta*, followed by a scrumptious buffet lunch of *mora daar chaval*, *khichri* and *saas ni macchi*, *tava paneer*, *Afghani chicken*, *naans* and lots more, which was thoroughly enjoyed by all. The afternoon ended with our *parsi sev*, *jalebis*, and ice-cream.

[Courtesy: Khushnum Aibara]

Crispy Doodles' Parsi Calendar For Kids With 'Quotes From The Avesta'

- A Divine Gift For Your Tots! -



After her resounding success with the Parsi Calendar for kids (2021-22), Delzin Choksey of Crispy Doodles' latest innovative offering - Parsi Calendar for kids with 'Quotes From The Avesta' - has been receiving rave reviews! Delzin believes bringing Zoroastrianism to young kids is important and these bright colors and happy illustrations in the calendars help children learn and associate positively with important religious concepts.

Crispy Doodles' Parsi Calendar for Kids gives children access to the Roj and helps them understand the important Parabs and dates, by sparking an interest

in the child, thus giving parents the opportunity to introduce something new and valuable. Children can mark out their own Roj birthdays and meanings of important celebrations and occasions like the Muktaad days or Pateti.

To see something and mark it out themselves gives children greater control and understanding than a calendar they can't reach, don't understand and aren't making part of their routine. One parent shared how their child went through the calendar, month by month, copying illustrations as well as exploring and internalizing common day experiences like the *divo* or *ses* - making it a priceless and engaging Zoroastrian experience for children. In addition, there are meaningful quotes from the Avesta and Gatha added to each month. These further enhance the understanding of Zoroastrianism in young, bright minds, ready to change the world.

The Parsi Calendar for 2022 with quotes from the Avesta has proven to be a huge hit and only limited stocks are available. Book your calendars online NOW at <https://shopping.on-lyne.com>

ZCBL Shows Excellent Growth With Profit Posted at 310.92%

The Zoroastrian Co-operative Bank Ltd., the community's only Zoroastrian bank and a leading Urban Co-operative Bank, has shown overall excellent financial results for year ended March 2022. The Bank's net profit increased to Rs.431.55 lakhs from Rs.105.02 lakhs, showing an impressive growth of 310.92%. It has declared 10% Dividend and also made adequate provision towards Non-Performing Assets (NPAs). The Bank has made significant recovery in NPAs and brought down net NPAs to 0.70% (previous year 4.98%). Provision Coverage Ratio has improved to 94.32%. Bank has very healthy Capital to Risk Weighted Assets Ratio (CRAR) of 27.65%. The Investment portfolio of the Bank has also been managed well.

Zoroastrian Bank has chosen high end and cost effective Software as a Service (SaaS) technology model, upgrading its Core Banking Software (CBS) to 'Finacle' by Infosys. In addition to providing Net Banking, during the year, the Bank has launched its Mobile Banking Application, Zoro Mobile, a user-friendly and secured Customer friendly solution, which has increased Digital Banking options for customers.



Speaking to the media, Yazdi Tantra, Chairman and Daljit Dogra, the MD & CEO of the Bank stated that the Bank is poised for excellent organic growth and is also open to appropriate acquisition opportunities. ZCBL has enhanced its focus on Retail Banking Products, revamping Retail Loan and offering Home Loans at interest rates starting from 6.50%, which are the lowest in the Banking Industry. It has also started granting approvals for Residential and Commercial Projects to fast-track sanctions and disbursements of Loans ensuring adequate safety for the end users.

Known for its ethical banking practices and customer connect, ZCBL is re-orienting its

approach to Corporate Banking. It has reviewed internal rating structure and linked its lending rates to Repo Rate of the Reserve Bank of India. It has also decided to increase its ATM network and is using cost effective approach like Social Media, Print Media and Public Transport space. Distribution of Investment Products like Mutual Funds, Insurance Products to service the Customer needs are other initiatives in the pipeline. It has also signed Memorandum of Understanding (MoU) with Tata - AIG General Insurance Company Ltd.

Having taken over Surat-based City Co-operative Bank in 2013, ZCBL is looking for more such acquisitions. Mr. Tantra added that for the service

industry like Banking, People and Technology are important

factors and ZCBL has identified both for special attention. While significant work is being done on the Technology front, the Bank is meticulously upskilling human capital and building capacities to scale up growth. He concluded, the Bank would continuously work towards becoming most preferred, friendly neighborhood Bank with Indian traditions and global products and services, even as the bank will continue to blend technology and the human factor to serve delightful banking experiences.

A'bad Parsi Panchayat Holds AGM

Ahmedabad Parsi Panchayat (APP) recently convened its Annual General Body Meeting at Sir Navroji Vakil Hall, Parsi Sanatorium Compound, A'bad. A Jashan Ceremony led by Er. Vazaan Dastur and Er. Farhad Kudiyanewala was performed prior to the AGM, which witnessed 250 members attending despite the heavy rains.



Jt. Hon. Secretary Mr. Cyrus Sabavala informed members of Ahmedabad Anjuman about various welfare activities undertaken by APP and its donation of Kathi to Agyaries even outside A'bad. APP President - (Retd) Jahangir P. Anklesaria, VSM stressed on the need to increase the limit of Medical and Education Aid for needy humdins, especially young Zoroastrian students wishing to pursue higher education. APP has also provided Education Loans/ Scholarships and organised two COVID19 Booster Dose Camps. He apprised community members about the netting of the Dokhma at Jashodanagar Doongerwadi Land, which has been reserved for Dokhmenashini of Parsis who have succumbed to COVID19. He further spoke about the registration of the APP with the Registrar of Companies for undertaking CSR activities.

The meeting ended with a rendition of the National Anthem, post which everybody proceeded for dinner.

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FOUNDER'S DAY CELEBRATIONS 12th SEPTEMBER 2022

ATTENTION: ALL FORMER BJPCites

The Byramjee Jeejeebhoy Parsee Charitable Institution Alumni Association will celebrate **Founder's Day** by performing the Annual Jashan Ceremony and giving Prizes and Scholarships to meritorious Zoroastrian students of the Institution, on **Monday, 12th September 2022** at the Institution's premises at 33, M. Karve Road, Opp. Charni Road Rly. Station from **5.00 pm onwards**. **Mr. Sam Balsara, Chairman, Madison World** has kindly consented to be the **Chief Guest** and to give the Prizes. The function will be followed by a **contributory dinner**.

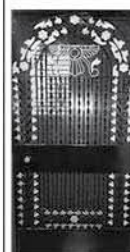
Donor's passes will be available from the Institution's office between 9.30 a.m. and 3.30 p.m. **All Alumni are requested to participate and grace the occasion. It is a golden opportunity to meet old friends and network.**

All Alumni are requested to send to the Institution by post or by E-mail to bjpci.alumni@gmail.com their name, address, telephone number, E-mail id, and year of joining/leaving the Institution to enable the Association to update the data and computerise the List of Members for future communication.

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Celebrating Birthdays... And Life



NOSHIR H. DADRAWALA

Birthdays are special. In our childhood or senior years, most, if not everyone, looks forward to celebrating this day. Each birthday reminds us we're getting older. However, it also commemorates important milestones in our journey. Birthdays provide us the excuse for extra celebration. Everyone, young or old, gets a day to feel extra special - especially by family and friends. It's not necessarily a day to celebrate one's length of life. It's the day to celebrate the depth and intensity of one's life lived with purpose, productivity and progress.

How Ancient Persians Celebrated Birthdays: Herodotus, 'The Father of History', writes: "Of all the days in the year, the one which they (the Persians) celebrate most is their birthday. It is customary to have the table furnished on that day with an ampler supply than common with all types of meats. They eat little solid food but abundance of dessert, which is set on the table, a few dishes at a time; this it is which makes them say that 'the Greeks, when they eat, leave off hungry, having nothing worth mention served up to them after the meats; whereas, if they had more put before them, they would not stop eating.' They are very fond of wine, and drink it in large quantities."

Our fondness of meats, desserts and wine seems to have remained consistent for more than two and half millennia. The *Shahnameh* (the Iranian Book of Kings) also narrates the extensive festivities on the joyous occasion of the birth of Rustom.

Ritual Celebrations: In the Zoroastrian tradition there are no specific or mandatory religious rituals that are prescribed for celebrating one's birthday. One could simply pray at home before the hearth fire or pray and offer some sandalwood at an *Agyari* or *Atash Bahram*. Some offer *Machi* (a throne of long sandalwood sticks) to the Holy Fire after which the priest prays the *Tandorosti* - for good health and prosperity of the person celebrating his or her birthday. Some even perform a *Khushali nu Jashan* at home or at the fire temple.



Some Parsis also perform the *Faresta* ceremony. *Fareshta* means a Divine Messenger or Angel. In the *Avesta*, *Faresta* are referred to as *Yazata*. The *Faresta* ceremony is usually performed on joyous occasions, like marriage, birthday, Navjote, on moving into a new home or office or on fulfilment of a cherished wish. In this ceremony thirty-three *Yazata* are propitiated.

It is also considered meritorious to perform acts of charity on this day and earn blessings of those in need. There is also an old and forgotten tradition to plant a tree on this auspicious day and nurture it throughout the year. In ancient times (before urbanisation) this was quite common in the villages where Parsis lived in large mansions with sprawling compounds or at their farm houses and orchards.

Cutting a cake is a modern trend which we seem to have borrowed from the West. However, blowing out candles is considered strictly un-Zoroastrian. We are encouraged instead to light a *divo* (oil lamp) at home, at the *Agyari* or a well.

Blast From The Past: I remember as a child waking up rather early in the morning, with a lot of excitement and anticipation. In those days, there were no text messages to read on smart phones. We did not even have a landline at home. Birthday greeting cards or simple picture post cards would arrive a day or two in advance with blessings and good wishes penned in red-ink by relatives and friends. Red is considered auspicious as it represents the colour of blood or life and good health. These would be placed on a table that would have the traditional *ses* with a *diva* (oil

lamp). Postcards ensured zero privacy and postmen would deliver the cards with a big smile and wish happy birthday and expect a generous tip.

The bath would be special with some warm milk and fresh rose petals in it. The milk would be poured from the head down to the toe and after which the head and body would be washed with a fresh new bar of soap and the body dried with a brand-new Turkish towel. Rose water would be added to the aluminium (there was hardly any plastic that we used) bucket of bathwater - we did not know of overhead or hand showers back then.

By the time I would be out from the bathroom, the floor would be swept clean by the domestic help (who would get a new sari and cash as gift), the door would be garlanded, the threshold decorated with chalk and the home would be fragrant with mixed aromas of rose, jasmine, *loban* and *sev* (vermicelli) being fried in the kitchen. After a quick prayer, I would be made to stand on a *patlo* (a small wooden foot-stool) which would be decorated with chalk. Of course, everything that I would be wearing would be new - from socks and shoes to the cap on my head.

My mother would first ensure that no evil-eye would affect me and so she would circle a raw egg seven times around my head and break it near my feet. Then a copper tumbler with water would be circled around my head seven times and the water would be thrown away. Finally, a coconut would be circled seven times around my head and cracked near my feet. We would be convinced after this ritual that my personal aura was purged

of all impurities and negativity.

A big red *tilo* would adorn my forehead with rice (symbolising prosperity and abundance). I would be garlanded, given a fresh coconut in one hand and made to eat some rock sugar and fresh sweet curd. Presents would then be given to me - usually a cash envelope with eleven or twenty-one rupees (very generous pocket money for that time), a good book or a board game.

Dad would then take me to the *Agyari* at Mazagaon where I have lived for most part of my life. Back in those days, the *Patel Agyari* at Mazagaon had a huge compound with a beautiful pomegranate tree. It had quaint village atmosphere which I loved. With my birthday falling in the month of August, it would usually be a rainy day and I would love the scent of wet earth in the *Agyari* compound.



Back at home, breakfast would be *sev*, boiled eggs and sweet curd, after which I would be made to distribute boxes of *jalebi* or *suterferni* (purchased the evening before from Grant Road) to the neighbours. Lunch would be *sagan nu dhan daar* and *patio* - the fish would usually be *potmret*. We would then catch a movie at 3:00 pm, either at Novelty cinema or Apsara talkies at Grant Road. We would travel by bus, but on our return, it would be the luxury of a Fiat taxi, but not before picking up some fresh and hot wafers and *sali* (potato straws) from 'A1 Wafers' at Balaram Street!

Dinner would be at home - usually chicken with *sali* picked up earlier from A1 wafers. It was not fashionable back then to eat out and my mother was amazing with her culinary skills. Dessert would either be jelly or a bar of Cadbury's milk chocolate. No photographs would be shot because we did not even have a simple camera. We did not cut any cake either. We would simply eat *mithai*. Only the Parsi *Roj* Birthday was celebrated. The date birthday was given no importance.

Trust me, those were my most memorable birthdays - through the sixties and the seventies. Simple, yet satisfying and when less was more!

The Bawa Word Search

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

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

- | | | | |
|---------------|----------------|--------------|----------------|
| Turmeric | Green Cardamom | Coriander | Asafoetida |
| Fenugreek | Mango Powder | Tej Patta | Cinnamon |
| Star Anise | Mustard Seeds | Black Pepper | Kashmiri Mirch |
| Caraway Seeds | Nutmeg | Garam Masala | Curry Leaves |



TechKnow With Tantra

Wormhole

Wormhole is an app that connects your PC to your iOS /Android device. You can browse and control your phone on PC, do Screen Fusion, file transfers, use the computer keyboard for your phone and share your clipboard between your phone and your computer. For gaming, you can map your keys on your device for Android. You can connect multiple phones simultaneously. Android phone users need to download the Wormhole Android App but iOS users do not need to do that. For iOS to PC compatibility, the PC should be Windows 10 (1803 or later) and Bluetooth Peripheral Mode should be available.
 Weblink: <https://er.run/>

SUDOKU

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

Solution see below

WINNING CAPTION!!!



GIRLS: Who amongst us can kiss you first – you get to choose!
 BOY: Dad!! Can I get them arrested for child abuse?!?

By Kayomarz Dotiwalla

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 31st August, 2022

Winning Caption and Winner's Name Will Be Published Next Week.

We invite our readers to contribute funny / interesting pics that we could use for the 'CAPTION THIS' Contest.

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.

Thought of the Week

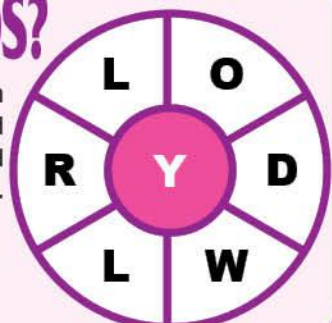
"Worrying is like paying a debt you don't owe."

- Mark Twain

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



SUDOKU SOLUTION

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

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

સંપૂર્ણ રિનોવેટેડ અસલાજી અગિયારી જશનમાં ભક્તોનું સ્વાગત કરે છે



સંપૂર્ણ રીતે જીર્ણોદ્ધાર કરાયેલ અસલાજી ભીખાજી દરમહેરે ૩૧મી જુલાઈ, ૨૦૨૨ (રોજ બેહરામ, માહ અસ્ફંદારમર્દ; ય.ઝ. ૧૩૯૧) ના રોજ ભવ્યરીતે ૧૭૩માં સાલગ્રેહની ઉજવણી કરી હતી, આંનદીત ભક્તો સાથે સવારે ૯:૦૦ કલાકે હમા અંજુમનનું જશન અસલાજી અગિયારીના પંથકી નરીમાન પંથકી તથા ફરહાદ બગલી, એરવદ એરિક ઉનવાલા અને એરવદ યજદ બગલી દ્વારા કરવામાં આવ્યું હતું. અગિયારી ખૂબ જ ઉત્સાહ સાથે પ્રાર્થનામાં હાજરી આપતા સમુદાયના સભ્યોથી ભરપૂર હતી. આ વર્ષે, સાલગ્રેહ જશનમાં હાજરી આપનારા ભક્તો એક વિઝ્યુઅલ ટ્રીટ માટે આવ્યા હતા કારણ કે અગિયારીનો સંપૂર્ણ જીર્ણોદ્ધાર કરવામાં આવ્યો હતો!

દર મહિને, રોજ-મહેર અને રોજ-બહેરામ પર, હમા અંજુમન જશનમાં હાજરી આપવા માટે ભક્તો અગિયારીમાં ઉમટી પડે છે. મહેર મહિનોના મહેર રોજ પર અગિયારી, વિશ્વાસુ જરથોસ્તીઓની કતારોને સાક્ષી આપે છે, અગિયારીમાં પ્રવેશવા અને પવિત્ર અગિયારી શ્રદ્ધાંજલિ આપવા અને તેના આશીર્વાદ મેળવવા માટે ધીરજપૂર્વક તેમના વારાની રાહ જોતા હોય છે. આવી શ્રદ્ધા અને ભક્તિ ઘણા લોકોના દાવા પર આધારિત છે જેઓ ખાતરી આપે છે કે પાક અસલાજી અગિયારીનો આતશ તેમની પ્રાર્થનાનો હંમેશા ચમત્કારિક જવાબ આપે છે.

હમા અંજુમન જશન રોજ-ખોરદાદ, માહ-અસફંદારમર્દ ય.ઝ.૧૩૯૧ પર સવારે ૧૧:૦૦ કલાકે આદરીયાનમાં આતશ પાદશાહ સાહેબના જીર્ણોદ્ધાર અને પુનઃસ્થાપનની પૂર્ણતા નિમિત્તે, ૧૬મી જુલાઈની મધ્યરાત્રિએ, વંદીદાદ યજસ્તી / ઉજસ્તી પ્રાર્થના કર્યા પછી કરવામાં આવ્યું હતું. તેમ છતાં, ફરીથી, અગિયારી જશન દરમિયાન ભક્તોથી ભરપૂર હતી કે જેઓ આશિર્વાદ અને તેમની પુર્ણ થયેલી ઈચ્છા માટે આભાર માનવા આવ્યા હતા.

ફરવદીનનો હેપ્પી (ફરોખ) મહિનો!

ફરવદીન મહિનો ફવશી અથવા ફરોહરને સમર્પિત છે, જે તમામ સર્જનનો નમૂનો છે. ઝોરાસ્ત્રિયન પરંપરામાં, ફરવદીનને બોલાવતી વખતે, આપણે એપિટાફ ફરોખનો ઉપયોગ કરીએ છીએ, જેનો અર્થ થાય છે ભાગ્યશાળી અને સુખી. આમ, આપણે નવા વર્ષની શરૂઆત સારા નસીબ અને ખુશીઓ માટે કરીએ છીએ!

આપણી પ્રાર્થનામાં, આપણે પાઠ કરીએ છીએ, માહ ફરોખ ફરવદીન, એટલે કે ફરવદીનનો ખુશ અને ભાગ્યશાળી મહિનો. ખરેખર, વર્ષના પહેલા મહિના માટે કેટલું અદભુત રીતે યોગ્ય ઉપનામ છે!

સારા નસીબ, ખુશીનો મહિનો અને પવિત્ર ફવાશીસને સમર્પિત, જેને ઘણીવાર વાલી ભાવના તરીકે વર્ણવવામાં આવે છે. આપણે ફવશી અથવા ફરોહરને દૈવી સાર તરીકે જોઈએ છીએ, જે સંપૂર્ણ શુદ્ધ અને સારું છે.

નવા કેલેન્ડરના પ્રથમ ખોરદાદ રોજને ખોરદાદ-સાલ-ખોદે તરીકે ઉજવવામાં આવે છે, એટલે કે, ખોરદાદ, વર્ષનો ભગવાન. સમય અને પૂર્ણતાની આ દૈવી ઊર્જાને શ્રદ્ધાંજલિ આપવામાં આવે છે જેથી વર્ષ ખુશીઓથી ભરેલું રહે, આપણો સમય સારી રીતે પસાર થાય અને આપણું જીવન પૂર્ણતાની નજીક આવે.

પ્રાચીન સમયમાં પારસીઓ આ શુભ દિવસને ઘરે પ્રાર્થનામાં અને અલબત્ત અગિયારી અથવા આતશ બહેરામમાં વિતાવતા હતા. અહુરા મઝદા અને તેમની



સંપૂર્ણતાની દૈવી ઊર્જા (ખોરદાદ)ના આશીર્વાદ માટે આ દિવસે જશન સમારોહ કરવાનું પણ પુણ્યશાળી માનવામાં આવે છે.

તે એક સુખદ સંયોગ છે કે ખોરદાદ સંપૂર્ણતાની દિવ્યતા છે અને પરંપરાગત રીતે આ દિવસ અશો જરથુસ્ત્રના જન્મની યાદમાં પણ ઉજવે છે, જેનો સંદેશ કાલાતીત અને સંપૂર્ણ છે અને દરેક યુગમાં સુસંગત અને સંપૂર્ણ રહેશે. પવિત્ર ગાથામાં, પ્રોફેટ આપણને પસંદગી વિશે કહે છે કે આપણે બધાએ દરરોજ કસરત કરવી જોઈએ, આપણા મનનો ઉપયોગ કરીને, જે આપણે આપણા જીવનના દરેક દિવસને યોગ્ય વિચારો,

સારા શબ્દો અને ઉમદા કાર્યોના અભ્યાસ સાથે પ્રકાશિત કરવાનો પ્રયાસ કરવો જોઈએ. તેમનો સ્પષ્ટપણે નૈતિક પસંદગી અને પરિણામોનો પ્રતિબિંબીત ધર્મ હતો. તેમણે આપણને ન્યાયી બનવાનું શીખવ્યું, કોઈ સ્વર્ગીય પુરસ્કાર માટે નહીં, પરંતુ, ફક્ત ન્યાયીપણાની ખાતર. તેણે ન તો અસ્વીકારનો ઉપદેશ આપ્યો કે ન તો લોહીના બલિદાનનો. તેમની દ્રષ્ટિ અને સંદેશ આશા (સત્ય), રાદી (દાન) અને ઉક્ષા (સુખ)નો છે.

જરથુસ્ત્રે આપણને એક રોડમેપ આપ્યો છે જે આપણને તેમના આદર્શ તરફ થોડાં પગલાં ભરવામાં મદદ કરી શકે છે. ધર્મ એ જીવન જીવવાની રીત છે. તેને જીવી લો. તેને સત્ય, દાન અને ખુશી સાથે જીવો અને આ દુનિયાને રહેવા માટે વધુ સારી જગ્યા બનાવવા માટે આટલું જ જરૂરી છે!

ખોરદાદ સાલ મુબારક!

મરઝબાન જમશેદજી ગિયારા દ્વારા
(એરવદ ફરદુનજી એન. રબાદીના પુસ્તક, અવર ઝોરાસ્ત્રિયન રિલિજિયનમાંથી, મરઝબાન ગિયારા દ્વારા અંગ્રેજીમાં અનુવાદિત)

ખોરદાદ સાલનો તહેવાર આપણા ધાર્મિક રિવાયતો અને ધાર્મિક ગ્રંથોમાં ખૂબ જ મહત્વપૂર્ણ માનવામાં આવે છે કારણ કે આ દિવસે (રોજ ખોરદાદ, માહ ફરવદીન) આપણા ધર્મ અને આપણા ઈતિહાસને લગતી નીચેની મહત્વપૂર્ણ ઘટનાઓ બની હતી:

૧. પ્રોફેટ અશો જરથુસ્ત્રનો જન્મ થયો હતો.
૨. દાદર અહુરા મઝદાએ વિશ્વનું પ્રથમ યુગલ બનાવ્યું, જેમનું નામ મશ્ક અને મશ્કાન છે.
૩. પ્રાચીન ઈરાનના પ્રથમ રાજા - શાહ ગયોમર્દનો જન્મ થયો હતો.
૪. આગની શોધ કરનાર પેશદાદ વંશના શાહ હોશંગનો જન્મ થયો હતો.
૫. શાહ તેલમુરસ્પ દિવબંદ એ અહરીમન અને શેતાનોને પરાજિત કર્યા.
૬. શાહ ફરિદુને તેના ત્રણ પુત્રોમાં પોતાનું રાજ્ય વહેંચી દીધું.
૭. સામ નરીમન (રૂસ્તમના દાદા) એ એક શક્તિશાળી રાક્ષસને મારી નાખ્યો.
૮. શાહ કેખશરૂએ તોરાનિયન રાજા અફાસિયાબને મારી નાખ્યો.
૯. શાહ કેખશરૂએ સિંહાસન છોડી દીધું અને ગાયબ થઈ ગયા.
૧૦. અશો જરથુસ્ત્રે દાદર અહુરા મઝદા પ્રબોધ અને ધાર્મિક સાક્ષાત્કાર પ્રાપ્ત થયો.
૧૧. શાહ ગુક્ષાસ્પે જરથોસ્તી ધર્મ સ્વીકાર્યો.



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૭.૦૮.૨૦૨૨ થી તા. ૦૨.૦૯.૨૦૨૨



Aries - મેષ - અ.વ.ઈ.

૨૦મી સપ્ટેમ્બર સુધી બુધની દિનદશા ચાલશે. તમારા અટકેલા કામ ચાલુ કરવા માટે બુધનો ઉપયોગ કરી શકશો. ક્યુચરના પ્લાન બનાવી શકશો. તમારા મનની વાત મનમાં રાખી નહીં શકો. સારા સમાચાર મલવાના ચાન્સ છે. શેર માર્કેટમાં ઈનવેસ્ટમેન્ટ કરજો. દરરોજ 'મેહેર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૭, ૩૧, ૦૧, ૦૨ છે.

Lucky Dates: 27, 31, 01, 02

Mercury's rule till 20th September suggests that you use your intelligence to restart your stalled projects. You will be able to make plans for the future. You will not be able to hold back things within yourself. You could be receiving good news. You are advised to invest in the share markets. Pray the Meher Nyaish daily.



Cancer - કર્ક - ડ.હ.

૨૬મી સપ્ટેમ્બર સુધી તમારી રાશિના માલિક ચંદ્રની દિનદશા ચાલશે. તમારા કામ સારી રીતે પુરા કરી શકશો. ચંદ્ર તમારા મનને ખુબ મજબૂત બનાવી દેશે. ગામ પરગામ જવાના ચાન્સ મળશે. નવા કામ મેળવવામાં સફળ થશો. વડીલોની સેવા કરવાથી તેમની ભલી દુવા મેળવી શકશો. દરરોજ 'અહેરામ યજ્ઞ' નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૨૮, ૨૯, ૩૦, ૦૨ છે.

Lucky Dates: 28, 29, 30, 02

The Moon's rule till 26th September will help you complete your works efficiently. The Moon will greatly strengthen your mind. You could get an opportunity to travel abroad. You will be successful in getting new professional ventures. You will get the blessings of the elderly by being of service to them. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Libra - તુલા - ર.ત.

તમારી રાશિના માલિક શુક્રની દિનદશા ચાલુ હોવાથી લીધેલા ડીસીઝન તમને કાપદો આપી જશે. મનને મક્કમ રાખીને કામ કરવામાં સફળ થશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. નવા કામ મળવાના ચાન્સ છે. મનપસંદ સાથી મલવાના ચાન્સ છે. ધનલાભ મળતા રહેશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો. શુકનવંતી તા. ૨૭, ૨૮, ૩૦, ૦૧ છે.

Lucky Dates: 27, 28, 30, 01

Venus' ongoing rule will prove your decisions to be beneficial to you. You will be able to work with a disciplined mind. Financially, things will continue to improve. You could bag new work projects. You could meet your life partner in this period. You will continue to prosper. Pray to Behram Yazad daily.



Capricorn - મકર - ખ.જ.

ગુરુની દિનદશા ચાલુ હોવાથી કેમીવી ધર્મ અને ચેરીટીના કામો કરવામાં આનંદ મળશે. ત્યાં કામ કરતા હશો ત્યાં તમારા સાથે કામ કરનાર તમને દરેક બાબતમાં સાથ સહકાર મળતો રહેશે. નાણાકીય બાબતમાં સારા સારી રહેશે. જમીનના કામ અને શેર માર્કેટમાંથી ધન કમાઈ લેશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૯, ૩૦, ૩૧, ૦૨ છે.

Lucky Dates: 29, 30, 31, 02

Jupiter's ongoing rule will have you feeling much joy in doing works related to religion and charity. Your colleagues at the workplace will be most supportive. Financial growth is indicated. You will earn profits from property and the share markets. Pray the Sarosh Yasht daily.



Taurus - વૃષભ - બ.વ.ઉ.

બુધ જેવા પરમ મિત્રની દિનદશા ચાલુ હોવાથી જે પણ કમાશો તેમાંથી કરકસર કરી બચત કરી શકશો. બુધિ વાપરી માથાનો બોજો ઓછો કરી શકશો. મિત્રોને સાચી સલાહ આપી તેનું દિલ જીતી લેશો. રોજના કામ રોજ પુરા કરવામાં માનશો. દરરોજ 'મેહેર નીઆએશ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૨૮, ૨૯, ૩૦, ૦૨ છે.

Lucky Dates: 28, 29, 30, 02

Mercury's ongoing rule will bring fruition to your efforts of trying to save some money. You will be able to relieve your tensions by being intelligent about things. You will win your friends over with your sincere advice. You will ensure to complete your daily chores on time. Pray the Meher Nyaish daily.



Leo - સિંહ - મ.ટ.

દક્ષી સપ્ટેમ્બર સુધી સુર્યની દિનદશા ચાલશે. તમે માથાના દુખાવા તથા હાઈપ્રેશરથી પરેશાન થશો. સરકારી કામોથી પરેશાન થશો. વડીલવર્ગની તબિયતની ચિંતા રહેશે. કોર્ટ-દરબારના કામો માટે આગળની તારીખ લેજો. દરરોજ 'દદમુ નામ 'યા રયોમંદ' ૧૦૧ વાર ભણજો. શુકનવંતી તા. ૨૭, ૨૮, ૨૯, ૩૦ છે.

Lucky Dates: 27, 28, 29, 30

The Sun's rule till 6th September could leave you suffering from high BP or headaches. Government related works will prove troublesome. The health of the elderly will cause you worry. Try to postpone any dates related to court-work. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Scorpio - વૃશ્ચિક - ન.ય.

દક્ષી સપ્ટેમ્બર સુધી રાહુની દિનદશા ચાલશે. તબિયતની ખાસ સંભાળ લેજો. અંગત વ્યક્તિ તમારી સાથે વાત કરી તમને નેગેટીવ વિચાર વાળા બનાવશે. સેલ્ફકોન્ફીડન્સ નહીં રહે. કોર્ટના પર વિશ્વાસ રાખતા નહીં. અંગત વ્યક્તિ તમને દગો આપશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૭, ૨૮, ૨૯, ૦૧ છે.

Lucky Dates: 27, 28, 29, 01

Rahu's rule till 6th September suggests that you take special care of your health. Those close to you might turn your mind negative with their talks. They could also end up deceiving you. You could lose your self-confidence. Avoid trusting others in this period. Pray the Mah Bokhtar Nyaish daily.



Aquarius - કુંભ - ગ.શ.સ.

તમને ગુરુની દિનદશા શરૂ થયેલી છે. તમે આવતા ૫૮ દિવસમાં ધનની મુશ્કેલીમાંથી બહાર આવી જશો. ગુરુની કૃપાથી ખોટા ખર્ચા પર કાબુ મેળવવા સફળ થશો. ઘરનું વાતાવરણ અને ઘરવાળામાં ખુબ ચેન્જ આવવી જશે. તમારા કરેલા કામની કદર થશે. લગ્ન માટે સારો સમય છે. દરરોજ 'સરોશ યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૭, ૨૮, ૦૧, ૦૨ છે.

Lucky Dates: 27, 28, 01, 02

The onset of Jupiter's rule for the next 58 days, will help to get you out of any financial difficulties. You will be able to control your wrongful or unnecessary expenditures. There will be a lot of changes in your home atmosphere as well as your family members. Your work will gain appreciation. This is a good time for marriage. Pray the Sarosh Yasht daily.



Gemini - મિથુન - ક.છ.ધ.

૨૪મી સપ્ટેમ્બર સુધી મંગળની દિનદશા ચાલશે. તમારા સ્વભાવમાં ખુબ ચેન્જ આવશે. તમે નાની બાબતમાં ગરમ થઈ જશો. ખોટી ભાગદોડ કરવાથી તબિયત બગડી જશે. તાવ માથાના દુખાવાથી પરેશાન થશો. બીજાનું ભલું કરવા જતાં તમારું ખરાબ થઈ જશે. તમારા ગુસ્સાને ઓછો કરવા દરરોજ 'તીર યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૭, ૨૯, ૩૧, ૦૧ છે.

Lucky Dates: 27, 29, 31, 01

Mars' rule till 24th September will cause a lot of behavioural changes in you. You will tend to get angry over petty matters. Your health could suffer due to unnecessary efforts. You could suffer from headaches or fever. Trying to help another will cause you to spoil your own matters. To keep a hold on your temper, pray the Tir Yasht daily.



Virgo - કન્યા - પ.ક.ણ.

૧૬મી સપ્ટેમ્બર સુધી મોહવા શુક્રની દિનદશા ચાલશે. પહેલું કામ રીસાયેલા મિત્ર અને અપોઝીટ સેક્સને મનાવી લેજો. શુક્રની કૃપાથી મુશ્કેલીભર્યા કામ સહેલા બનાવી દેશે. મનની ઈચ્છાને દબાવતા નહીં. મોજશોખ કરવામાં કોઈ કસર નહીં છોડો. ધનની કમી નહીં આવે. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૨૯, ૩૧, ૦૧, ૦૨ છે.

Lucky Dates: 29, 31, 01, 02

Venus' rule till 16th September suggests that you prioritize winning back your friends who are upset with you, especially those belonging to the opposite gender. Venus' blessings makes even challenging tasks easy for you. Do not repress your desires. You will go all out to indulge in fun and entertainment. There will be no shortage of money. Pray to Behram Yazad daily.



Sagittarius - ધન - ભ.ધ.ક.

દક્ષી ઓક્ટોબર સુધી રાહુની દિનદશા ચાલશે. તમારા દરેક કામમાં મુશ્કેલી, રૂકાવટ આવશે. તમારા કામમાં ભુલ શોધી ઉપરીવર્ગ તમને મેન્ટલી પરેશાન કરશે. નાણાકીય મુશ્કેલી આવશે. ઘરવાળાને લેણદાર પરેશાન કરશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો. શુકનવંતી તા. ૨૭, ૨૮, ૨૯, ૦૧ છે.

Lucky Dates: 27, 28, 29, 01

Rahu's rule till 6th October will pose challenges in all your endeavours. Your senior colleagues could cause you much mental harassment by finding flaws in your work. Financial constraints are indicated. Your money-lenders could trouble you. Pray the Mah Bokhtar Nyaish daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૬મી સપ્ટેમ્બર સુધી શનિની દિનદશા ચાલશે. તમારા અગત્યના કામ સમય પર પુરા નહીં કરી શકો. ખર્ચનો ખાડો ઉડો થતો જશે. ખોટી જગ્યાએ વધુ ખર્ચ કરી નાખશો. શેર માર્કેટથી દૂર રહેજો. તબિયતની ખાસ કાળજી લેજો. સાંધાના દુખાવાથી પરેશાન થશો. દરરોજ મોટી 'હમન યજ્ઞ' ભણજો. શુકનવંતી તા. ૨૯, ૩૦, ૩૧, ૦૧ છે.

Lucky Dates: 29, 30, 31, 01

Saturn's rule till 26th September will make it impossible to complete your important works on time. Expenses will keep increasing. You could end up spending excessively in the wrong place. Avoid dabbling in the share market. Take special care of your health. You could suffer from joint pains. Pray the Moti Haptan Yasht daily.

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Perin Rusi Jesia પેરીન રૂસી જેસીયા	87 ૮૭	17.08.2022	G/11, Shapurji Bharucha Baug, S.V.road, Andheri(West), Mumbai 58. ૭-૧૧, શાપુરજી ભરુચા બાગ. એસ. વી. રોડ, અંધેરી (પ.) મુંબઈ ૫૮.	તે મરણમો નસરવાનજી અને દીના દાદીના દીકરી તે મરણમ રૂસી પીરોજશા જેસીયાના ઘણિયાની તે જમશેદ, આદીલ, સોરબ, યજ્ઞદીના માતાજી તે કીયાન અને દેજના સાસુજી તે અરજાન અને જેહાનના બપઈજી તે મરણમો પીરોજશા અને બાનુબાઈ જેસીયાના વડુ.
Rustom Kaikhosrow Mubarakai રૂસ્તમ કેખશરૂ મુબારકઈ	89 ૮૯	18.08.2022	14, Arun Apartments, 3rd Floor, Tilak Road, Santacruz(W), Mumbai 54. ૧૪, અરૂણ એપાર્ટમેન્ટ, ત્રીજે માળે, તિલક રોડ, સાંતાક્રુઝ, (વેસ્ટ), મુંબઈ ૫૪.	તે ઈરાનડોક રૂસ્તમ મુબારકઈના ખાવીદ તે સીરાજ રૂસ્તમ મુબારકઈ, શીફરીઝ ને દીલા આફઝના બાવાજી તે જાસ્મીન, શાહઝનીનના સસરાજી તે શાહઝીયાન, ફારીબોઝ, શેનઝેનના ગ્રાન્ડ ફાધર તે મરણમો કેશવાર અરદેશીર મુબારકઈ ને તે મરણમો કેખશરૂ મેરવાન મુબારકઈના દીકરા તે મરણમો ફેણી અસ્પંદીયાર દાસ્તી તે મરણમો અસ્પંદીયાર ગુસ્તાદ દાસ્તીના જમાઈ તે મરણમો સોરાબ, પારીબોર ને યજ્ઞદસીરના ભાઈ.
Ervad Rohinton Framroze Pavri એરવદ રોહીન્ટન ફરામરોઝ પાવરી	62 ૬૨	19.08.2022	87, Shirin Manzil, Chandanwadi, Cross Lane, Marine Lines, Mumbai 2. ૮૭, શીરીન મંઝીલ, ચંદનવાડી, કોસલેન, મરીન લાઈન, મુંબઈ ૨.	તે મરણમો મની તથા એરવદ ફરામરોઝ રૂસ્તમજી પાવરીના દીકરા તે હીરા રોહીન્ટન પાવરીના ખાવીદ તે કેશમીરા રોહીન્ટન પાવરી, બુરઝીન રોહીન્ટન પાવરી ને શહરેઝાડ રોહીન્ટન પાવરીના બાવાજી તે પરવીન ફીરદોશ દાઝવાલાના ભાઈ તે મરણમો લોમાય તથા મીનુ નવરોજી ભઝ્યાના જમાઈ તે ફીરદોશ એરવ દાઝવાલાના બનેવી.
Viloo Nadirshaw Cama વીલુ નાદીરશા કામા	82 ૮૨	21.08.2022	A-3, 581 Shirinabad, Jame Jamshed Road, Matunga(E), Near Five, Mumbai 19. એ-૩, ૫૮૧, શીરીન આબાદ, જામે જમશેદ રોડ, માટુંગા (ઈ), નીયર ફાઈવ, મુંબઈ ૧૯.	તે મરણમો નાદીરશાહ અને અચામાઈ કામાના દીકરી તે ઘન ગજદર, ફીરોજા કેરાવાલા તથા મરણમ લીલદા કામાના બહેન તે સાયરસ, રોહિન્ટન, આબાન, હાનોજના માસી તે સામ ગજદર તથા મરણમ ફરોખ કેરાવાલાના સાલી મરણમ નાનુ કામાના કઝીન.
Rohinton Darabsha Daboo રોહીન્ટન દારબશાહ દેબુ	79 ૭૯	21.08.2022	9/2, Dr.engineer Bldg., Kashinath Road, Opp. Bachoo Motors, Tardeo, Tulsiwadi, Mumbai 34. ૯/૨, ડો. એન્જિનિયર બિલ્ડિંગ, કાશીનાથ રોડ, બચુ મોટર્સની સામે, તારદેવ, તુલસીવાડી, મુંબઈ ૩૪.	તે મરણમો કુમી તથા દારબશાહ દેબુના દીકરા તે મરણમ લોમાય રોહીન્ટન દેબુના ખાવીદ તે મરણમ સાયરસ રોહીન્ટન દેબુના બાવાજી તે પરવેઝ દારબશાહ દેબુ તથા મરણમ લોમી દારબશાહ દેબુના ભાઈ તે પરસી પરવેઝ દેબુના કાકા.
Jeroo Beji Bharucha જરૂ બેજી ભરૂચા	89 ૮૯	22.08.2022	2 R, Flat No 20 Tata Mills C.H.S, Jagannath Bhatnagar Marg, Parel, Mumbai 12. ૨બી, ફ્લેટ નં. ૨૦, તાતા મિલ્સ સી. એચ. એસ. જગન્નાથ ભાટનગર માર્ગ, પરેલ, મુંબઈ ૧૨.	તે બેજી પીરોજશા ભઝ્યાના ઘણિયાની તે તનાઝ દીનયાર જીવાશા તથા રોક્ષન દારાયસ દેસઈના માતાજી તે મરણમો સુનામાય તથા ઘનજીશા દાદાભાઈ જસુમનીના દીકરી તે દીનયાર માણેક જીવાશા તથા દારાયસ સ્પીટમાન દેસઈના સાસુજી તે દેલઝાદ, આશીશ તથા ઝૂલવીનના ગ્રેની તે મરણમો તેલમીના તથા પીરોજશા ભઝ્યાના વડુ તે રોશન કેકી શ્રોફ તથા મરણમો કાલી તથા દાલી જસુમનીના બહેન.
Dinyar Rutton Madan દીનયાર રતન માદન	78 ૭૮	22.08.2022	19, Pali Hill Apartment 7-2nd Floor, Bandra(W), Mumbai 50. ૧૯, પાલી હીલ, ૨જે માળે, બાંદ્રા (પ). મુંબઈ ૫૦.	તે મરણમો રતન અને પેરીન માદનના દીકરા તે મરણમ અલાનના ઘણી તે નેવીલ, જવેર, દેલખુશના બાવાજી તે બીનાઈફર, રશમીન, સનદીપના સસરાજી તે ફેની પરવેજ મિસ્ત્રી અને આબાન હોસીદાર યોગાના ભાઈ તે માનેક, દેલના, હારદીક, શીવમ, ભૈરવીના બપાવાજી તે મરણમો નોશીર અને જર કુપરના જમઈ.
Siloo Sam Parekh સીલુ સામ પારેખ	82 ૮૨	22.08.2022	Room No 4, Tower Bldg., Nowroz Baug, Lalbaug, Mumbai 12. રૂમ. નં. ૪, ટાવર બિલ્ડિંગ, નવરોઝ બાગ, લાલબાગ, મુંબઈ ૧૨.	તે મરણમો લોમી અને ગુલ અમરોલીયાના દીકરી તે મરણમ સામના ઘણિયાની તે પોરસપ તથા બીનાઈફર હોરમજ દોલાસાના માતાજી તે હવોવી ને હોરમજના સાસુજી તે દીનયાર અને શેલેઝના બહેન તે હુજાનના બપઈજી અને નતાશાના મમઈજી તે ફેની તથા મરણમ જલ દોલાસાના વેવાન તે મરણમો રોદા અને સોલીના વેવાન તે મરણમો સોરાબજી અને કોલામાઈ પારેખના વડુ.
Adi Maneck Bhagat અદી માનેક ભગત	88 ૮૮	22.08.2022	Soonaiji Building, 3rd Floor, 51, Forjett Street, A.K.Marg, Mumbai 36. સુનઈજી બિલ્ડિંગ, ત્રીજે માળે, ૫૧ ફોરજેટ સ્ટ્રીટ, એ. કે. માર્ગ, મુંબઈ ૩૬.	તે મરણમો મનીમાય તથા માનેક નવરોજી ભગતના દીકરા તે મરણમો, કેકી, પરવેઝ, દાદી તથા લોમીના ભાઈ તે અરનાવાઝ લોમી ભગતના જઈ.
Noshir Keki Warden નોશીર કેકી વોરડન	75 ૭૫	23.08.2022	692/9, 2nd Floor, Chinoy Bldg., Dr. Dinshaw Master Road, Parsi Colony, Dadar, Mumbai 14. ૬૯૨/ઈ, ૨જે માળે, ચીનોઈ બિલ્ડિંગ, ૩૧, દીનશાહ માસ્ટર રોડ, દાદર પારસી કોલોની, મુંબઈ ૧૪.	તે મરણમો કુમી તથા કેકી સોરાબજી વોરડનના દીકરા તે ફેની નોશીર વોરડનના ખાવીદ તે તનાઝ નોશીર વોરડનના બાવાજી તે મરણમો ઘનમાય તથા અમનશાહ નાનાભાઈ દોરડીના જમાઈ તે અરનાવાઝ, શેઝ, હોશંગ તથા મરણમ મનીના બનેવી તે વિનયના સસરાજી તે અઈશા, ઝારા, સનાયાના મમાવા તે ડો. કેકી હોરમસજી ગારડાના ભાણેજ.
Rustom Jal Patell રૂસ્તમ જાલ પટેલ	78 ૭૮	23.08.2022	202, Shree Villa, 6th Floor, 17 Wadia Street, Tardeo, Mumbai 34. ૨૦૨, શ્રી વીલા, ૬ઠ્ઠે માળે, ૧૭ વાડીયા ગલી, તારદેવ, મુંબઈ ૩૪.	તે મરણમો જાલુ અને ડો. જાલ મનચેહેરશા પટેલના દીકરા તે નરગીસના ખાવીદ તે ઝૂબેલના બાવાજી તે મરણમો કેકોબાદ અને વીલુ વીરૂપી કીકાના ભાઈ તે મરણમો બાનુ (ગાય) અને કયખશરૂ મેરવાનજી ભઝ્યાના જમાઈ.
Soonoo Minoo Contractor સુનુ મીનુ કોન્ટ્રેક્ટર	89 ૮૯	24.08.2022	Mistry Bldg., Sane Gujruji Marg, Parel, Mumbai 12. બી/૯, મિસ્ત્રી બિલ્ડિંગ, સાને ગુરુજી માર્ગ, એમ. ડી. કોલેજ સામે, પરેલ, મુંબઈ ૧૨.	તે મરણમો શીરીન તથા ફીરોઝ તલાટીના દીકરી તે મરણમ મીનુ દારબશાહ કોન્ટ્રેક્ટરના વિધવા તે મેહરનોશ કોન્ટ્રેક્ટરના માતાજી તે મેહર કોન્ટ્રેક્ટરના સાસુ તે જહાંબક્ષ તલાટી તથા મરણમો નરીમાન તલાટી ને પરવેઝ તલાટીના બહેન તે યોહાન કોન્ટ્રેક્ટરને બિયાન્કા કોન્ટ્રેક્ટરના ગ્રેન્ડ મધર તે ફેડી તલાટીના ફુઈ તે મરણમો દીના તથા દારબશા કોન્ટ્રેક્ટરના વડુ.
Parizad Khushroo Pardiwala પરીઝાદ ખુશરૂ પારદીવાલા	64 ૬૪	25.08.2022	609, Pateti Block No 1, Jame Jamshed Road, Parsi Colony, Dadar East, Mumbai 14. ૬૦૯, પટેટી બ્લોક નં.૧, જામે જમશેદ રોડ, પારસી કોલોની, દાદર (પુ), મુંબઈ ૧૪.	તે ખુશરૂ ફીરોઝ પારદીવાલાના ઘણીયાણી તે ફૂબેલ ખુશરૂ પારદીવાલાના માતાજી તે મરણમો ખોરશેદ તથા અદી નાંદોદવાલાના દીકરી તે દોલી બેહરામ કાબ્રાજીના બહેન તે ગુલેસ્તાન ઝોએબ બલસારા તથા દારાયસ બેહરામ કાબ્રાજીના માસીજી તે બેહરામ જાલેજર કાબ્રાજીના સાલીજી તે મરણમો શેઝ તથા ફીરોઝ પારદીવાલાના વડુ તે આરીશ ઝોએબ બલસારા તથા નાયરા દારાયસ કાબ્રાજીના મોટા માસીજી.
Hilla Homi Dubash હીલા હોમી દુબાશ	91 ૯૧	25.08.2022	605, Karim Manzil, 2nd Floor, S.S. Road, Kalbadevi, Mumbai 2. ૬૦૫, કરીમ મંઝીલ, ૨જે માળે, એસએસ રોડ, કાલબાદેવી, મુંબઈ ૨.	તે મરણમો એ. પેસ્તનજી તથા ઓ. લોમાય પંથકીના દીકરી તે મરણમ લોમી જહાંગીરજી દુબાશના ઘણીયાણી તે ગુલશન લોમી દુબાશના માતાજી તે એ. બહાદુરશાહ, મકકી તથા મરણમો દોલી એ. યજ્ઞદી તથા જરૂના બહેન તે એ. ખુશરૂ, જમી, સરોશના ફુઈજી તે જેનીફર તથા સ્ટીવન અને ઓ. કેકીના માસીજી તે મરણમો માનેકબાઈ જહાંગીરજી દુબાશના વડુ તે ઓ. ગુલુ યજ્ઞદી પંથકી તથા મરણમ ઓ. મની બહાદુરશાહ પંથકીના નણંદ તે એદલજી કુમાનાના સાલી તે મરણમ બાનુ ગુસ્તાદ હીરામાનેકના ભાભી.



આખરે ગડબડ થઈ ક્યાં?



એક બહુ જ હોશિયાર છોકરો હતો. હમેશા ફર્સ્ટ જ આવતો. આવા છોકરાઓને બહુ જ જલ્દી સિલેકશન મળી જતુ હોય છે એમ આ છોકરા ને પણ મળી ગયું.

આઈઆઈટી ચેન્નઈમાં કરીને બી.ટેક કર્યું અને પછી અમેરિકા જઈને એમબીએ કર્યું. તરત જ નોકરી મળી ગઈ અને દેશમાં ખૂબ જ સુંદર કન્યા સાથે પરણી ગયો અને ૩ બેડ ના ફ્લેટ માં આરામની જિંદગી જીવવા લાગ્યો.

સુખ અને માત્ર સુખ જ હતું છતાં એણે એક દિવસ સપરિવાર આત્મહત્યા કરી લીધી.

ગડબડ ક્યાં થઈ? આ પગલું ભરતા પહેલા એણે કાયદેસર રીતે બધુ જ સમજી વિચારી ને પોતાની પત્ની સાથે ચર્ચા કરી ને સ્યૂસાઈડ નોટમાં લખ્યું કે અત્યાર ની પરિસ્થિતિમાં આ જ પગલું શ્રેષ્ઠ છે !!!

એના આ કેસ ને અને સ્યૂસાઈડ નોટ ને કેવીકોર્નિયા ઈન્સ્ટીટ્યુટ ઓફ કલિનીકલ સાયકોલોજી જાણવા માટે સ્ટડી કર્યું કે આખરે ગડબડ થઈ છે ક્યાં?

કારણો મળ્યા, અમેરિકાની આર્થિક મંદીના લીધે એની નોકરી ગઈ હતી. પછી બીજી નોકરી મળી જ નહીં. પગાર ઓછો કરવા છતાં ૧૨ મહિના નોકરી ના મળી અને મકાનના હપ્તા અને ઘર ખર્ચ કાઢતા રોડ પર આવી જાય એવી હાલત થઈ. થોડા દિવસ પેટ્રોલ પંપ પર નોકરી કરી ને ઘર ચલાવ્યું એવું જાણવા મળ્યું પણ પછી થોડા જ સમયમાં સપરિવાર આત્મહત્યા કરી લીધી!

આ કેસ ને સ્ટડી કરતાં એક્સપર્ટ આ તારણ પર આવ્યા કે આ વ્યક્તિએ ફક્ત સફળતા જ જોઈ હતી. તે ફક્ત સફળ કેમ થવું તે જ શીખ્યો હતો. નિષ્ફળતા કેમ પચાવવી તે તેને ખબર જ નહોતી. આ વ્યક્તિ ને સફળ કેમ થાવું એ તો શિખડાવવામાં આવ્યું હતું પણ અસફળતા નો સામનો કેમ કરવો એ

નહોતું શિખડાવ્યું ! એના માં બાપે હમેશા એણે ફર્સ્ટ કેમ આવવું એ જ શીખવ્યું અને દુનિયાના ઉતાર ચડાવ દેખાડ્યા જ નહીં અને બસ ઝમમાં બેસાડી ને ભણ-ભણ જ કહે રાખ્યું.

મિત્રો, બાળકો ને શિક્ષણ જરૂર આપો પણ સાથે સાથે આ જંગલ રૂપી દુનિયામાં કેમ ટકવું એ સંસ્કાર અને શીખ પણ આપો.

દરેક પરિસ્થિતિનો ધીરજ સાથે સામનો કેમ કરવો, વિવેક રાખવો અને સહનશીલતા રાખવી એ પણ શિખડાવો.

જીવનમાં શિક્ષણ ફક્ત પુસ્તકોમાં જ ન હોવું જોઈએ. પણ જિંદગી કેમ જીવવું એ પણ આપને શીખવવું જોઈએ.

જંદગી

શું આવીને કીધું, સંસારમાં કામ, અનજામ શુ લઈ જઈશ, પલંઠી જીવન ભર કીધી ઉમીદો મેલવવા સાડે, ખુશીઓને સંપત્તીઓ જગમાં ઉઠી એક રોજ સવારે, અજીબ ખ્યાલ આયો મનમાં જીવનનો ચોપડો જોવા યહાં, મેળવીયું ને આપ્યું શું જંદગાનીમાં ઘલીયો સુરજ, ઉમીદ થઈ ન પુરી, રાત ભર જાગી, કીદો અફસોસ મનને ન થયો મારા સંતોષ કારણ, લોભ, ક્રોધ, માયા ને અહમ હતા શરીરમાં જે કરાવતા હતા બુરા કામ, બદનમાં આ ચાર ચીત ચોરોને કાઢી નાખીયા મેળવી ખુશીઓ જંદગાનીમાં, ખતમ થઈ કલાની મારી યહાં મઝધારમાં જે ફસી હતી નાવ મારી, ભર જવાનીમાં શાંત, દરીયે, આવી છે, કીનારા નજદીક યહાં વીદાયનો સમય પણ નજદીક છે મારો, અલવીદા કહી જાવું છું આપ સર્વને, સલામ લઈ આપના - મીનુ બી. તારાપોર

આ તો જસ્ટ વાત છે !

નવી પેઢીના સંતાનોને વેકેશનમાં બહાર ફરવું વધારે ગમે છે, તેથી હવે તેઓ વેકેશનમાં મામાને ઘેરે જવાની જિદ કરતાં નથી. કોઈ એમના ઘરે પણ મહેમાન થઈ આવે એવું તેઓને ગમતું નથી. સંતાનોને એમના ઝુંડ સિવાય બીજા સાથે ધાવતું નથી, એકલા રહેવાની ફેશન ફૂલીફાલતી ગઈ છે તેથી કોઈની હાજરી ગમતી નથી. રહી વાત મમ્મી પપ્પા - દાદા દાદીની તો સાથે વિડીયો કોલિંગથી હાથ હેલો કરી લઈએ છે. એમને જોઈતી જરૂરી વસ્તુઓ ઓનલાઈન ઓર્ડર કરી દે છે.

હવે તો એમને પણ આદત પડી ગઈ છે, તેથી એકલતા કનડતી નથી. અને કનડતી હોય તો કહેવાની હિમ્મત નથી.

હવે તો લોલીના સંબંધોને પણ ઓનલાઈનની આદત પડી ગઈ છે. માણસાઈ ગુજરી બજારમાં વેચાતી થઈ ગઈ છે. દુ:ખ તો ઘણું બધુ છે પણ દુખ જ નથી એવું કહેવાની આદત પડી ગઈ છે. નવા પાડોશી બોલતા નથી ને જે જૂના છે તે એકબીજાની ખુશીઓ પર

અદેખાઈ કરતાં થઈ ગયા છે, વાટકી વ્યવહાર તો સાવ ભુલાઈ ગયા છે. બધા જ પોતપોતાના ઘર પૂરતા જ મર્યાદિત જીવન જીવતા થઈ ગયા છે. મરણ પ્રસંગના બેસાણાં ધીમે ધીમે બધા જ ઓનલાઈન કરતાં થઈ ગયા છે,

બારણે સાઈકલની જગ્યાએ સાંકડી ગલીમાં ફોરવિલ્ડર ઊભી થતાં જાય છે, ખરેખર તો માંઘવારી કોઈને જ નડતી નથી અને જેને નડે છે એને સહન કરવાની આદત પડી ગઈ છે.

વોટ્સએપ અને ઈન્સ્ટગ્રામ રિલ્સના નામે સ્વછન્દતા છકી ગઈ છે. ઓરિજિનલ ઉભળકો લુમ થઈ ગયો છે, માણસાઈની સાવ જ પડતી થઈ ગઈ છે.

ભયના ઓથાર નીચે સલામતી દબાઈ ગઈ છે, કાવાદાવાની બોલબાલા વધી ગઈ છે, હડપ કરી જવાની વૃત્તિ વધી ગઈ છે, દુ:ખ તો છે પણ એ હવે મારા પૂરતું મર્યાદિત થઈ ગયું છે! બસ આ તો વાતવાતમાં અભિવ્યક્ત થઈ ગયું છે !

Death Announcements From Prayer Hall

Perin Parviz Faramarzi પેરીન પરવીઝ ફરામરઝી	88 ૮૮	19.08.2022	121, Maker Tower L, GD Somani Raod, Cuffe Parade, Mumbai 5. ૧૨૧, મેકર ટાવર એબ, જીડી સોમાની રોડ, કફ પરેડ, મુંબઈ ૫.	તે મરહુમ પરવીઝના ઘણીયાણી તે મરહુમ બાનુ અને મરહુમ માલીયારના દીકરી તે રશ્મા અને રૂક્ષાના મમ્મી તે આનંદ અને આદિલના સાસુજી તે સના, સરોશ, સ્ટીશાના ગ્રાન્ડ મધર તે મોના, પુતલીના બહેન તે સેવી, ચીરાગ, તરાના, અફસાના, આકાશના આન્ટી તે મરહુમ પેરીન અને મરહુમ ફરામરોઝના વહુ.
Aban Soli Patel આબાન સોલી પટેલ	75 ૭૫	18.08.2022	1303 Sea Flama, A wing, Dosti Flamingo, T S Road, Sewree (W), Mumbai 15 ૧૩૦૩ સીફ્લેમ, એ વીંગ, દોસ્તી ફ્લેમિંગો, ટી એસ રોડ, સીવરી વેસ્ટ, મુંબઈ ૧૫.	મરહુમ સોલીના ઘણીયાણી તે મરહુમ રોશન, મરહુમ શાપુરજીના દીકરી તે શીરીન, ફરઝીનના મમ્મી તે ખોરશેદ, ગુલશન, મરહુમ જીજુના આન્ટી તે મરહુમ રતિ અને મરહુમ નાદિરશાના વહુ.
Mehroo Maneck Golvala મહેરૂ માણેક ગોલવાલા	87 ૮૭	24.08.2022	5 hormuzd Building, Naushir Bharucha Marg, Mumbai 7. ૫, હોરમઝદ બિલ્ડિંગ, નોશીર ભરૂચા માર્ગ, મુંબઈ ૭.	તે મરહુમ માણેકના ઘણીયાણી તે મરહુમ કોલા અને મરહુમ રૂસ્તમના દીકરી તે મેહલબીના મમ્મી તે ફરઝાના સાસુજી તે હુઝાન અને જેનાઈના ગ્રાન્ડ મધર તે મરહુમ કાલીના બહેન તે ખુશનાઝ, દીલનાઝ, રૂસ્તમના આન્ટી તે મરહુમ નરગીસ અને મરહુમ પેસ્તનજીના વહુ.

Death Announcements From Poona Parsee Panchayat (Trust Office)

Farokh Edulji Tavadia ફરોખ એદલજી તવડીયા	90 ૯૦	11.08.2022	A 102, Parsi Colony, Lullanagar, Pune 411040. એ ૧૦૨, પારસી કોલોની, લુલ્લાનગર, પુણે ૪૧૧૦૪૦.	તે મરહુમો એદલજી નવરોજી તવડીયા અને ધનમાય એદલજી તવડીયાના દીકરા તે નાદીરશા એદલજી તવડીયાના ભાઈ તે ફેનીમાય નાદીરશાહ તવડીયાના દેર તે ભીખામાય ફરામરોજ જોખીના ભાઈ તે ફેનીમાય બમનશા મહેતાના ભાઈ તે બે. નરગીસ, કાવસ, દાદાચાનજીના ભાઈ.
Jeroo Pesi Contractor જરૂ પેસી કોન્ટ્રાક્ટર	51 ૫૧	09.08.2022	1004, Building -A, Jijibhoy Parsi Colony, Lullanagar, Pune 411040. ૧૦૦૪, બિલ્ડિંગ-એ, જીજીભોય પારસી કોલોની, લુલ્લાનગર, પુણે ૪૧૧૦૪૦.	તે મરહુમ રૂબી તથા પેસી કોન્ટ્રાક્ટરના દીકરી તે આરાશના મમ્મા તે મેહેરૂ, દીલનાવાઝ તથા ફરઝાના બહેન તે પ્રેમ તથા ઝકસીસના સાળી તે કયાન તથા કેઝાનના માસી.
Homai Aspi Vajifdar હોમાય અસ્પી વઝીફદાર	90 ૯૦	21.08.2022	A-5, 702, Ganga Satelite, Wanwadi, Pune 411040. એ-૫, ૭૦૨, ગંગા સેતલાઈટ, વાનવાડી, પુણે ૪૧૧૦૪૦.	તે મરહુમ અસ્પી નરીમાન વઝીફદારના ઘણીયાણી તે મરહુમો પીરોજ ખુશરૂ ઈરાની, ખુશરૂ રશીદ ઈરાનીના દીકરી તે મરહુમો હીલા નરીમાન, નરીમાન અરદેશીરના વહુ તે મરહુમો અદી, બામી, રશીદ, સોબી, ફેની, ઈરાનોખત, નરગીસના બહેન.
Nergish Behram Desai નરગીસ બહેરામ દેસાઈ	97 ૯૭	23.08.2022	D-205, Spartan Endave, Yervada, Pune 411006. ડી - ૨૦૫, સ્પાર્ટન એન્ડવે, યરવડા, પુણે ૪૧૧૦૦૬.	તે બહેરામ દેસાઈના ઘણીયાણી તે ફેડી દેસાઈના મમ્મી તે નીલીમાના સાસુજી તે ઝીનીયાના ગ્રાન્ડ મધર તે પરવીઝ મીનુ દસ્તુરના સીસ્ટર ઈન લો તે આરમીન કેઝાદ હઝાવીના આન્ટી.
Roda Dara Bharucha રોદા દારા ભરૂચા	86 ૮૬	19.08.2022	1004, Building -A, Jijibhoy Parsi Colony, Lullanagar, Pune 411040. ૧૦/૮ કુબેરા પાર્ક, લુલ્લા નગર, પુણે ૪૧૧૦૪૦.	તે મરહુમ દારા બરજોરજી ભરૂચાના ઘણીયાણી તે મરહુમ ખોરશેદ જમશેદજી સીગપુરવાલાના બેટી તે મરહુમ કર્નલ સાયરસ ભરૂચા તથા મરહુમ બરૂચાના મમ્મા તે મરહુમ હોમી તથા રૂસી, અદી, જાલ, રોલીનતન, પોરસ, માહરૂખના બહેન તે મરહુમ રતામાય, બરજોરજી ભરૂચાના વહુ તે રોકસાન સાયરસ ભરૂચાના સાસુ તે પરસીસ એદલ પતેલ, તથા વર્યાનાનાં બપઈજી તે મરહુમ રોદા, ફરેદુન, કેકી ગુલ, ફેની ભરૂચાના નણંદ.



ADV. AAZMEEN KASAD

Living Wills

Commanding over twenty years of experience as a practicing Corporate Advocate, Adv. Aazmeen Kasad also shares her expertise as a Professor of Law, for fifteen years now. She looks forward to answering any of your legal queries (editor@parsi-times.com). Follow her legal updates on Twitter @Aazmeen.



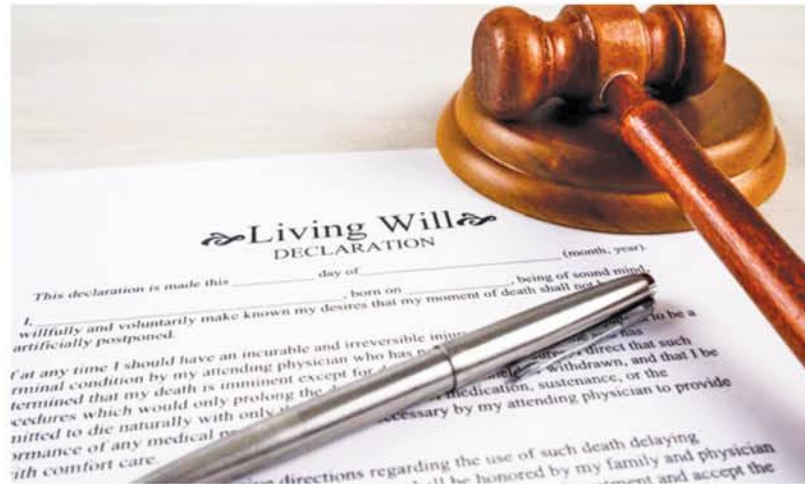
is made, thus:

One of the oft-discussed topics by many senior citizens these days is the need to make a 'Living Will'. A 'Living Will' is an advance directive in the form of a legal document, in which you state your preferred future medical treatment in circumstances when you are incapacitated or unable to express your informed consent / decisions yourself.

There are numerous reasons why people consider making a Living Will, including (i) the dis-inclination of the individual to be on life-support machines when their body is medically unable to recover; (ii) the cost implications of a prolonged life treatment on medical support; and (iii) its emotional, mental and physical on one's kith and kin.

So, what exactly is a 'Living Will'? How did the concept evolve? What is the legal position on it? What laws govern it? When and by whom can it be executed? Read on...

It is relevant to note that 'Euthanasia' is of two kinds - Active and Passive. In active euthanasia, a specific overt act 'is done' to end the patient's life, whereas in passive euthanasia, something is 'not done' which is necessary for preserving a patient's life. Euthanasia has been the subject of debate since time immemorial, with the four main aspect of this debate being religious factors, judgement of the physician, ethics, and the right to die. Thus, only some countries have legalised



passive euthanasia, either by legislation or by judicial interpretation, with certain conditions and safeguards.

The Medical Treatment of Terminally-ill Patients (Protection of Patients and Medical Practitioners) Bill, 2016, was introduced by the Ministry of Health, India to address aspects of passive euthanasia. The Supreme Court has laid down some key guidelines / safeguards for making one's Advance Medical Directive / Living Will. These mandate the adult to be of sound mind and in a position to communicate, relate and comprehend the purpose and consequences of executing the document. They should state their decision relating to the circumstances, as also state when medical treatment shall be withdrawn or if no medical treatment is to be administered, and provide specific and unambiguous instructions.

They would also need to disclose that the executor has understood the consequences of executing the document; and name a Guardian / Close Relative to give consent to refuse / withdraw the medical treatment (in the event the named executor becomes incapable). The last (most recently signed) Living Will / Advanced Medical Directive would be the one to be executed and it would need to be signed before 2 witnesses. It would also need to be counter-signed by the jurisdictional Judicial Magistrate of First Class (JMFC), so designated by the concerned District Judge.

The JMFC and witnesses would record that the document has been executed voluntarily. He would also preserve one copy of the document in his office, in addition to keeping it in digital format. The JMFC would inform immediate family members of the executor to make them aware of the document as also share a copy of the document with the family physician, the municipality / Panchayat / Municipal Corporation.

The Supreme Court has also laid down guidelines on how the Advance Directive / Living Will is to be given effect to, once it

If the individual who made it, becomes terminally ill, with no hope of recovery or cure, the Physician shall give effect to the Living Will, as per the instructions on the document. The Guardian, close relatives of the individual will be informed by the Physician of the nature of the illness, the alternative forms of treatment and the consequences of being left untreated.


A Medical Board shall be constituted consisting of extremely senior doctors (head of the treating department and at least 3 experts) with minimum 20 years of experience, to visit the individual and form a preliminary opinion on whether to certify the instructions of withdrawal or refusal of further treatment. Once the Medical Board of the hospital certifies that the instructions in the Living Will ought to be carried out, the hospital will inform the Collector about it, who will then constitute another Medical Board comprising the Chief District Medical Officer and at least 3 expert doctors with experience in critical care, having minimum 20 years of experience, to visit the hospital. If they concur with the Medical Board of the hospital, they will endorse the certificate to carry out the instructions in the Living Will.

After complete due diligence by the Collector's Medical Board, the JMFC will visit the patient and after examining all aspects, shall authorise implementation of the decision of the Board. If the Living Will / Advance Directive is not clear and is ambiguous, the Medical Board will not give effect to it. Where the hospital's Medical Board takes a decision not to follow the Living Will when treating a person, then it shall make an application to the Collector's Medical Board for consideration and appropriate direction. In such a case, the individual-patient or his family members or even the Physician or hospital staff can file a Writ Petition under Article 226 of the Constitution of India. The matter will be heard and adjudicated upon by a division bench of the High Court.

The individual who has drafted the Living Will can revoke his / her consent to it at any time before it is implemented. The individual who has drafted the Living Will can withdraw or alter the Living Will at any time in writing by following the same procedure that was adopted in making it.

The Supreme Court bench also held that the guidelines / safeguards will remain in force till the legislation is passed in the Parliament to govern the matter. While the process to make the Living Will and subsequently, to execute it, may seem extremely complex and long-drawn, it has been intentionally done so, keeping in mind the fact that life is precious and any intention to end life should be thought through completely by the concerned individual and his / her physician, before taking any steps in that direction.

In Memoriam



Luciana Phiroz Sadri

(7th January, 1955 – 23rd August, 2022)

Your loving smile,
caring nature and zealous spirit
will always be an inspiration to us.

We will forever cherish you in our hearts,
for the days to come,
until we meet again in heavenly abode.

From Your Loving Family & Friends

How To Boost Your Self Confidence



MEHEZABIN DORDI

"Confidence is that feeling by which the mind embarks in great and honourable courses with a sure hope and trust in itself." - Marcus Tullius Cicero

Simply put, Self-confidence is a feeling of trust in one's own abilities, qualities and judgment. The capacity to stand solid is a useful resource when confronting life's challenges. Confident people have a positive perception of themselves and carry themselves in a way which reflects that. There is a huge body of research that suggests confidence is an important ingredient for physical and psychological well-being. However, self-confidence does not come naturally to all and a dearth of self-confidence has a huge negative impact on your health and lifestyle.

But, there are ways to work on improving your self-confidence. It's a matter of changing your self-beliefs and doing so will take some effort and work. Simply looking into the mirror and telling yourself things like, "I'm good enough, I'm smart enough, People like me," etc. wouldn't hurt, but there are many other more effective and practical, effective tools you can use.



10 Tips On How You Can Improve Your Self-Confidence:

Recall Your Achievements: It's easy to lose confidence if you believe you haven't achieved anything. Make a list of all the things you're proud of in your life, whether it's getting good scores on an exam or learning a brand new skill. Keep the list close by and add to it whenever you do something you're proud of. When you're low in confidence, pull out the list and use it to remind yourself of all the awesome achievements.

Identify Your Strengths, Work On Your Weaknesses: Take some time to reflect on things you are good at. Consider positive things others have said



about you. Focus on these things and strive to integrate these activities into your daily life. Similarly, reflect on areas in your life which need improvement. Consider ways in which you could improve in both - work and personal life, and set goals to improve these attributes.

Explore Things That Make You Uncomfortable: Confidence is ultimately about being comfortable in a wide variety of situations that would make most people uncomfortable. Stretching your comfort zone bit by bit, you'll have a large comfort zone and feel increasingly comfortable even when outside of it. This need not be daunting changes but also simpler activities like striking up a conversation with someone new if you're normally shy, or trying out new food. Remember, it's more important that you regularly expand your comfort zone rather than occasionally throw yourself into the deep end.

Engage In Positive Self-Talk: The things we tell ourselves hold great power. You might want to take a closer look at the conversations you have with yourself. When you catch yourself being overly critical or making negative predictions about your chances of success, take a pause and reflect, "What would I say to a friend who was thinking like this?" Chances are, you'd likely offer some compassionate words of encouragement. For some reason, it's much easier to be kind to others than it is to be kind to ourselves. Self-compassion is the key to helping you feel better about yourself. Changing the pattern of your inner dialogue can shift your mind-set over time, so your brain will begin to recognize that you're more capable and competent than you give yourself credit for.

Let Go Of Negativity: It's easier said than done. The first step is recognizing what it is that causes this negativity. This can be difficult because, often, negative things can be so deep-rooted and constant in our lives, that we don't even realize that they are a problem. When you catch yourself feeling poorly, think about what is causing that feeling. Once you identify it, take steps to remove that negativity from your life.

Set Realistic Goals: for yourself - that you know you're

capable of achieving. Work on setting realistic goals by breaking your big dreams down into small steps. For example, if your dream is to run a marathon, work on your speed and stamina over a period of time in smaller intervals. Every small goal you complete, brings along a self-esteem boost and propels you one step closer to achieving your dream!

Get A Hobby: Find something that you're really passionate about - it could be photography, sports, knitting, singing or anything else! When you've worked out your passion, commit yourself to giving it a go. Your passion is more likely to keep you motivated and you'll build skills more quickly.

Start Working Out: Many people start working out to lose weight or build muscle, but exercise provides a huge boost to your self-confidence. The American Psychological Association has noted that exercise improves your mood, and along with regular treatment and therapy, helps combat depression and anxiety. It helps improve your confidence overtime.

Defy Your Own Impostor Syndrome: Impostor syndrome is a nasty mental bug that convinces you that your accomplishments don't really count and that you're going to be found out as a fraud. This doubt can creep in because it's easier to remember your failures as opposed to your successes. Make a habit of periodically writing down or reflecting on times you've done things well. It's easier to be confident in your abilities when you remember them.

Adjust Your Posture: Much like how you dress, the posture you adopt can affect how you feel about yourself. While it might feel a little silly at first (remember that tip about stepping outside your comfort zone), trying out powerful stances can help adjust your frame of mind. Research suggests that something as simple sitting up straight can make you feel more confident in what you're doing.

Everyone struggles with confidence issues at one time or another - for the most part, its normal. In many cases, learning how to act confident by incorporating minor changes in your life can actually help you feel more confident. At times however, low self-confidence might be a sign of a mental health condition such as depression or anxiety. Please note - if your self-confidence issues interfere with your work, social life, or education, consider talking to a mental health professional.

Receptionist / Front Office Executive

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By Miles Kington

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