

PARSI TIMES

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THE TRUTH. DELIVERED WEEKLY.

Advent Of The Saviour



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NASHIK DIALYSIS SUPPORT FOUNDATION

- FREE DIALYSIS FOR KIDNEY FAILURE PATIENTS
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- FREE MEDICAL REHABILITATION SUPPORT FOR ALL
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- Highly subsidized OPD for general public

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- Medical Rehabilitation Support: Medical equipment like O2 concentrators, O2 cylinders, beds, walkers, other support equipment available for use free of cost
- Ni-Kshay Mitra: Supporting TB patients' nutrition needs as part of Indian Govt.'s TB Elimination Drive

How You Can Help

- Sponsor a Dialysis Session

No. of Dialysis sessions	Donation	Days added to patients life
12	₹9,600	1 month
36	₹28,800	3 months
108	₹96,400	6 months

- Donate Land/ Building/ Building fund for setting up a new Dialysis Centre with ICU
- Nutritional Support: Donate meals in memory of a loved one or on Birthdays/ Anniversary etc. No amount too small.
- Ni-Kshay Mitra: Donate ₹500 per TB patient per month for 6 months for recommended nutrition basket. Total 1904 patients in Nashik district registered for nutrition support.

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For Further Information

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**All donations exempt from Income Tax under Section 80G.

Alarming Thoughts (False Alarm)

Freyan Wadia

Of the most raucous noises that care to scratch the lining of a sensitive eardrum - the piercing wail of the alarm app - has to be amongst the showstoppers! It rattles the very foundation this building is made of and the foundation of familial bonding in this house. If I am cut out from the will, it will be thanks to this nuclear alarm going

at me as though I've murdered someone's puppy and my teacher's expression is like I've have magically transformed into untreated sewage (Disney, my mate, you might wanna take notes).

"OUT!" roars my teacher, peering over his glasses as I drop my phone on the floor. "YOU HAVE NO RESPECT FOR CLASS... GIVE ME YOUR PHONE!"



off at 6:45 a m , each morning. My parents, more inclined to be gently stirred from the embrace of sleep by Chopin, Einaudi or chirping birds outside, are jolted awake by a metaphoric chokeslam (is this what they mean by malicious software?)!

I drop my phone a couple more times to provide the class with free entertainment - I mean, the least I can do, right? I stumble over, trying to avoid eye contact with people in general and said cute boy, in particular!

It starts off soft enough at first, then rises to a crescendo. When it seems like the folks even in the Doongerwadi, some kilometres away, are just as disturbed as their earthly counterparts, I stagger out of bed and switch it off. One thing I've learnt - if you do intend to wake up, you will never keep the phone next to your bedside. No, the masochist in you will place it in the hall and have you solve three sums to switch it off. Sometimes, the only way to prevent getting lynched by this peace-loving humane society is by switching off the phone (dunking it in a bucket of water is something I cannot afford).

"Is this your phone?" asks my teacher, incredulous. I understand his concern, I really do - it looks like it's been run over by a steam roller, what with the shattered front screen, the chunks of the edges missing and battery puffed out, looking ready to spontaneously combust. My teacher's outstretched arm falters as he wonders whether his right arm is worth sacrificing to uphold the sanctity of imbecilic college rules.

"Keep it," he says, at long last. "And please, please get a new one. Now, get out!"

It turns out it was a bad time to ask if I'd get attendance. Everyone stares at me as I walk out of class - this is the real walk of shame, if you ask me. I shrug it off - like the song goes, "If you're gonna be dumb, you gotta be tough!"

It might just become my life motto.

When I finally do switch on my phone in the middle of a class (maybe drop the cute boy a text), it remembers its death mission and WHEEEEEEEEE WHOOOON WHEEEEEEEEE WHOOOON! My classmates look

FROM THE EDITOR'S DESK

Let's Not Forget...



Dear Readers,

With the festive season upon us, the excitement is starting to build and we look forward to prepping for the many celebratory and joyous occasions, that we can all now finally celebrate, gathered as family, friends and as a community. What a relief to be able to hug and laugh and yak and be merry alongside our loved ones, in person, after the long covid separation.

This would also be a good time to look back, review and reflect on our experiences over the past two years, and how these have changed our perceptions, our priorities... and our lives. And how increasingly, these have come to form new guidelines, even as the sense of 'new' fades from the 'new normal' that we had all been dreading so much, but have now adapted to, even embraced and learnt to move on with.

All the material pleasures and luxuries of the world could do little to do away the blues, the fears and the apprehensions we lived with through those dark times. The only thing that we longed for, and which got us through the challenge, was, more than all else, the human connect. As social animals, being connected with each other is as much our instinct, as it is our need. We were the only factors which could empathise and console, as well as empower each other to survive this calamity.

Which is why, when the worst is now hopefully behind us, let us never forget, when push comes to shove, 'what really matters' is our humanity, and what truly makes a difference is our ability to lift others. In challenging times and in times of joy and festivity, let us never forget to reach out to those who could do with our presence and support, in the true and intended spirit of our Parsipanu!

Have a lovely weekend!

- Anahita
anahita@parsi-times.com

The Glorious Seth Pestonji Kalabhai Vakil Kadmi Atash Behram

Located at Shahpore in Surat, Gujarat, the Seth Pestonji Kalabhai Vakil Kadmi Atash Behram was consecrated on Roz 3 Ardibehesht, Mah 4 Teshtar Tir (Kadmi), 1193 A.Y. 5-12-1823 A.C.

History: Seth Pestonji Kalabhai Vakil was a famous lawyer. Once, upon falling seriously ill, he wished that when he recovered, he would establish a Kadmi Atash Behram. In 1819, the Wadias and Modis filed a case against Pestonji Vakil to restrain him from building a Kadmi Atash Behram. In 1822, the Court decided in favour of Pestonji Vakil.

The Atash Behram was thus established on 5th December 1823 - Roz Ardibehesht, Mah Khordad, 1193 A.Y. at Shahpore, Surat. The consecration ceremonies were performed by Dasturji Sorabji Jamshedji Nalladaru, who was a scholarly, pious dastur, along with Dasturji Sorabji Rustamji Kumana. Sorabji Nalladaru had the honour of performing the first buoi.

It is interesting to note that when the court case was in progress, lightning had struck a tree in Surat. After obtaining the court's permission,



the fire caused from the lightning was collected and used for establishing the Atash Behram. On 11th November, 1923, the Atash Behram building was renovated at a cost of Rs. 40,000 and a new hall was built for weddings and navjotes.

The Atash Behram is a charming structure with a quiet and subdued quality, akin to the domestic architecture of Gujarat. Boui-walla sahebs are Ervad Homi Ardeshir Behramkamdin, Ervad Zubin Percy Dalal, Ervad Adil Dastoor, Ervad Yazad Keri Engineer. It is situated at a distance of 3 km from Surat Railway Station, from where one can avail an autorickshaw to reach the Atash Behram. The current Parsi population in the region is 3,500.

Author's photo

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Don't Miss 'SURYA' By Taufiq Qureshi At NCPA! - Converging Streams, Best of World Music'



NCPA presents SURYA - a collaborative fusion of Ethnic Indian classical and World music, by Taufiq Qureshi, on October 15, 2022, at the Tata Theatre, at 6:30 pm. 'SURYA', by Qureshi, explores world music, taking inspiration primarily from Indian Classical Music, and also from other genres like Jazz Music, Folk music and other cultural elements of Afro, Latin and Contemporary music. Taufiq Qureshi, India's ace percussionist and acclaimed composer, is the pioneer of the African Djembe in the context of Indian Rhythms.

Qureshi (Percussion Kit, Djembe and Vocal Rhythms), Sarang Kulkarni (Sarod and Z Rod (electric Sarod), Shikhar Naad Qureshi (Djembe and Additional Percussions) and Kaushiki Joglekar (Keyboard and Harmonium) - will blend their individual styles into one whole. Though all the performing artistes are torch bearers of Indian music, they are influenced by musical ideas from all over. An absolute must watch!!!

(Ticket Rates: 1200, 1000, 800 & 500 + GST applicable. Tickets available on www.bookmyshow.com & at NCPA Box office)

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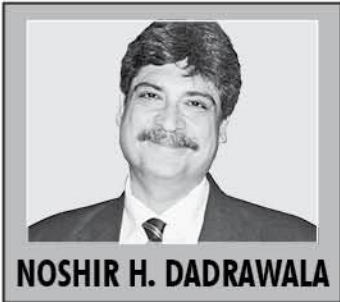
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Advent Of The Saviour



NOSHIR H. DADRAWALA

Recently, I met a Parsi who gleefully said, "the advent of the Saviour is very near!" Nonchalantly, I told him that I have been hearing that since the last forty years. Yet, out of curiosity, I asked what made him think the time now is near. "Look at what's happening all around the world, the pandemic, climate change, floods, earthquakes, hurricanes wars, injustice, oppression... these are all signs that the saviour will now arrive and redeem us!" he replied, almost ecstatic that these negative events were happening.

I tried to explain to him that from a Zoroastrian perspective, the corporeal world that we live in is not perfect. Dasturji Maneckji Dhalla referred to it more positively as, 'our perfecting world'. I added that planet earth has seen natural calamities like earthquakes, tidal waves and meteor-hits for millions of years. Wars and battles have been fought since pre-historic times. Earth has witnessed at least five Ice-Ages. In fact, a significant outcome of the last ice age was the development of *Homo Sapiens*!

But he was convinced that the time is near and so I finally said, "I really hope that your prophesy will come true!" After all, almost every religion has some belief or the other regarding the future advent of a saviour or saviours.

Prophecies...

In the *Bhagwad Gita*, Sri Krishna says, "When goodness grows weak, when evil increases, I make myself a body. In every age I come back to deliver the holy, to destroy the sin of the sinner, to establish righteousness." While Hindus are anxiously awaiting the tenth avatar of Lord Vishnu in the form of *Kalaki*, Christians are praying for the second coming of Christ, Muslims are expecting



the advent of *Imam Mehdi* and the Jews - the coming of their promised *Messiah*. Likewise, Zoroastrians are expecting the advent of *Bahram* (*Avesta Verethragnat* or Victorious) *Varezavand* (*Avesta Haithyavarez* or working for Truth).

Zarathushtra As Saviour...

According to *Yasna 29*, when evil forces became very powerful and unbearable, the spirit of the earth appealed to *Ahura Mazda* for a saviour and *Ahura Mazda* sent *Asho Zarathushtra* as the Divine Redeemer. Zarathushtra showed us the path towards the light of wisdom. He was not against life or any of its joys and bounties - He was against falsehood and hypocrisy. He expected people to live life in totality, knowing fully well that if one does not live life to the full, he/she becomes a hypocrite, and a hypocrite is incapable of knowing the truth.

Zarathushtra's *Gatha* are life affirmative and speak of life in totality. Zarathushtra did not talk about salvation, he talked about happiness. He did not speak about saving us or our souls. In fact, he wanted us to be our own saviours by exercising enlightened choices.

Zarathushtra wanted his followers to live an ordinary, but, active, industrious lives, with extraordinary intensity and passion. People should be simple and live the ordinary life with extraordinary intensity. He did not want

us to fear God, he wanted us to befriend God. He did not want us to please God, he wanted us to be pleased with our own enlightened or well-

revive the Good Religion and the noble commandments in the land of Iran; and may he destroy falsehood and all that is anti-religious."



thought out choices. He did not encourage pain and misery in this world with promise of a better world after death.

Raenidar...

References to the next *Raenidar* (saviour) are found in *Pahlavi* works such as *Zand-i-Vohuman Yasna* and *Jamaspi*. There are also references in the *Pazend Setayesh* such as *Chithrem Buyat* and the *Nami-Khaavar*. In the *Chithrem Buyat* we pray, "May the law-reformer, world renovator, master practitioner of *Ashoi come - Hoshedar of Zarthusht, Peshotan of Gushtasp, and valiant Bahram - for the prosperity of the Religion. May he help continue the link between the Zarathushtrian Law and the Religion of Ahura Mazda. May he, once again,*

The *Zand-i-Vohuman Yasna* refers to the evil age as: "What is the sign of that evil age? All men will turn deceivers and disregard spiritualism and during that age, the faithful who wear the sacred *sudreh-kusti* will not even be able to perform *padiyavih* (ablution) for during that age, filth and refuse (pollution) shall become so abundant that one shall tread on *nasu* (dead or polluted matter) with each step that one takes and the moment one takes the *Bareshnum* (purification ceremony) and steps down from the *Hindora* (ritual stone seat), one will be stepping on *nasu* thus rendering the *Bareshnum* invalid."

It is further states, "There will be only one in a hundred,

in a thousand, in a myriad who believes in the religion and even he does nothing about it though it be a duty. And the fire of *Vaahram* (*Atash Behram*) will come to nothing and collapse. Nobles and priests will come to destitution and bondage."

Be A Micro-Saviour...

Looking into the future is always a tricky task. Clairvoyants often catch only glimpses of the total reality. The image, therefore, is often hazy.

Whether the *Raenidar* will come now or later, let each one of us be a *Varezavand* (*Avesta Haithyavarez*) or one 'working for Truth' and become *Bahram* (*Avesta Verethragnat*) or

Victorious in our own small way to make this world a better place to live in. Let each one of us contribute towards making our 'perfecting world', as perfect as possible!

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Kayan Patel Wins Gold At Chennai National Championships

Motorbike racing champ, Kayan Zubin Patel won three trophies at the 'MRF MMSC FMSCI Indian National Motorcycle Racing Championship 2022', which was held on the 1st and 2nd of October, 2022, in Chennai.

Kayan displayed one of his finest performances ever on 2nd October in the final race of the 165cc Category, where he competed against 32 other



professional bikers who were participating from across India. Kayan was also the only Parsi participant in this race, representing Mumbai, Maharashtra.

Despite not getting off to a great start, starting from P2 and running 5th position after the 6-laps race, in the second lap, Kayan pulled a braver move at high speed, beating all four riders ahead of him, in only corner. This move secured him the gold, making the Patel racing family, Mumbai and of course, the community proud of



him, for having won the Nationals.

Kayan finished a very hard-fought 2nd place in the Honda Hornet Race, the youngest in this category, amongst the most experienced riders in the country! Even so, Kayan raced his way to the second position from the fifth.

Kayan thanks his Teams Axor Sparks Racing, Motor Parts India and Speed Merchant, for their support. He also thanks his family and friends for always cheering him on. Kayan is looking for a sponsorship for next year's racing season, for which he is promoted to the Pro-Category, where he will compete with the nation's number one riders. As motorsports is an expensive sport, Kayan looks to getting support from the Community, especially since he is the only competing Parsi representative.

Re-emphasizing his safety message to all race-enthusiasts, Kayan insists, "Say no to street racing. If you want to race, come on the tracks!"

Mahuva Parsi Agiyari Celebrates 112th Salgreh

1st October, 2022, (Mah Ardibahest, Roj Sarosh) marked the annual day commemorating the 112th glorious salgreh of the Mahuva Parsi Anjuman Dadgah. A morning Jashan was performed by the priests of Malesar Behdin Anjuman, Navsari.

Bajina shared the welcome note and urged the hamdins to work towards the betterment of the Anjuman.

Jinesh Bhavsar, Chairman, Healthcare Committee of Surat District Panchayat and Hitesh Naik, President - Mahuva Taluka



BJP were honoured by Trustee Rohiton Mogal and Kali Besania, respectively. President Bajina thanked Bhavsar for sanctioning the budget for Damar Road leading to the Dokhma land. Trustee Dr. Hosang Mogal guided the youth regarding various opportunities in the field of higher education and thanked Shehan Bajina for his help for the function and for the Dungarwadi project. The programme ended with a rendition of the national anthem, after which everyone enjoyed lunch served by Soonu Kasad of Navsari.



MATRIMONIALS

Parents of a 1994 born son, having a master's degree in cyber security, working in UK, invites matrimony from girls willing to relocate to UK. Horoscope matching is a must.

Kindly contact me with photo and Bio data on 814 9578848 .

SWA To Hold All-Parsee Table Tennis League



Salsette Welfare Association (SWA), a recently formed body by some Salsette residents, is holding its first ever ALL Parsees Table Tennis League, on 15 and 16th October, 2022. It boasts of a format unique to the regular tournaments, which comprises an owner-backed team of 8 players each, ranging from ages 12 to 80, selected in a Player auction, on the lines of IPL.



It all started three months ago, with the finalisation of team owners, post which players were invited to register. An auction for the top 64 players from across Mumbai, Pune, Navsari and Surat was conducted on 24th September, 2022. The excitement around the auction was palpable! Owners were given a notional kitty of Rs. 1,25,000/- to select their players. The marquee (star) players had a unique draft-cum-auction process, making it that much more work for the owners.

The community's top TT player, Zubin Taraporewalla was picked up by the Super Smashers team at Rs. 47,500/- . A few teams which overshot their allocated budgets were penalised a few points before the start of the league to make

it level playing for all.

The eight teams (and their owners) include: 'Ace Spinners' (Peshaan Kerawalla); 'Paddle Kings' (Nauzad Munshi); 'Top Spinners' (Darayas Bhappoo); 'Spenta's Eagles' (Spenta Umrigar); 'Rowdy Racq8s' (Sam Gandhi); 'Super Smashers' (Dick Mody and Rayomand Pithawalla); 'Simply Smashing' (Ardaviraf Motiwalla); and 'Spin Wizards' (Khushru Pardiwalla). The teams have been conducting practice sessions, gearing up for the big weekend! The Associate Sponsors for the League are the Khareghat Colony Youth Association Trust Funds.

So don't miss the excitement at Salsette next weekend with the unveiling of one of the community's top TT events!

Dhun Baria Passes Away

The early morning of 2nd October, 2022, marked the passing of Dhun Baria - a famous Parsi Qawwali singer, as also a reformist who took upon the BPP as regards the weakened system of Dokhmenashini, due to lack of vultures.



In an obituary penned in her honour by Noshir Dadrawala, "Her agitation led BPP to install solar panels and make other efforts to strengthen the weakened, age-old traditional system of dokhmenashini.

She was a fire-brand with low tolerance for fools and liars. She always spoke her mind. She was a loving and caring daughter to her aged and ailing mother and after her mother's passing, she created a charitable trust in her memory through which she did a lot of silent good work for the poor and needy of all communities.

I truly admired her devotion to her mother, for whom she chose to not marry so she could

take care of her, without other responsibilities. She might not have been too rich, but gave of all her wealth while living and even after her death, it's all given for charity!

She was much misunderstood. This writer too started out by arguing with her way back in the year 2002. But behind her hard exterior was a soft, caring and honest woman. She was ailing since the last two years and she is now finally at peace and with her beloved mother. Goodbye, Dhunmai."

May her soul rest in peace!



On 5th October, 2022, XYZ's group - 'Daraius' Daredevils' collaborated with Angel Xpress Foundation and organised a toy donation drive for children, going door to door in Cusrow Baug to collect toys. They gathered generous donations of bags filled with toys, bringing a smile to the faces of many under-privileged kids.

સુરતના શેઠ પી. કે. વકીલ કદીમ આતશબહેરામની ૨૦૦માં વર્ષમાં પ્રવેશતા વર્ષની સાલગ્રેહ પ્રસંગે સમગ્ર પારસી સમાજને દિલાવર દિલે આ પાક પાટશાહને ડોનેશન આપવા આગ્રહભરી અપીલ

શેઠ પેસ્તનજી કાલાભાઈ વકીલનું કદીમ આતશબહેરામ આઠ આતશબહેરામ સાહેબોમાંનું એક અનોખું પ્રતિક છે જે શાહપોર, સુરત વિસ્તારમાં આવેલ છે. સુરત શહેરના કદીમપંથીઓ સાથે નગરનો પારસી સમાજ આજે એની બાજુમાં સારી સંખ્યામાં વસે છે. અને એની અરાક્ષતમાં વિવધ ક્ષેત્રે સામાજિક સેવાની પારસીઓ માટેની વિવિધ સંસ્થાઓ છે. એના પાક આતશપાટશાહ પરત્વે પારસીઓને ભારે આસ્થા છે, સમાજ એનો સારો લાભ લે છે. ક્રિયાકામ, વજ્ર, નવજોત, જશન, જમણાં, ભાષણ, ધર્મજ્ઞાન, ઉદ્યોગો વગેરે અહીં યોજાય છે.

પારસી ધર્મસ્થાનોમાં પાક આતશબહેરામના સૌથી ઉંચા દરજ્જામાં ગણાતા કદીમ આતશ બહેરામ સાહેબ છેલ્લાં ૧૯૯ વર્ષથી સુરતમાં વકીલ સ્ટ્રીટમાં આવેલા મકાનમાં બીરાજમાન છે. રોજ અર્દાબહેસ્ત, માલ તીર, કદીમ ૧૩૯૨ ય.અ., તારીખ ૧૭-૧૦-૨૦૨૨ સોમવારે દિને શઠ પેસ્તનજી કાલાભાઈ વકીલનું કદીમ આતશબહેરામ ૨૦૦માં વર્ષમાં પ્રવેશે છે.

આ પાક ધાર્મિક સ્થળના કારોબાર અને ઉપયોગિતા નજર સમક્ષ રાખી તેની વર્ષગાંઠ જાહેરમાં નાણાં માટે ટહેલ નાંખીએ તેનો પારસી સમાજ સારો જવાબ વાળે છે. ઉપરોક્ત સંજોગોમાં ટ્રસ્ટ ઉપર વધુમાં વધુ અર્ચનો ઉમેરો થતોજ રહે છે અને ટ્રસ્ટને મળેલ નાણાં પર વ્યાજનો દર દિનપ્રતિદિન નીચો થતો હોય, આ અપીલનો ઉદ્દાર જવાબ આપશે અને વધતા જતા મોંઘવારીના અર્ચને પહોંચી વળવા એમનો ઉમદા ફાળો / દાન આપી પાટશાહ સાહેબના આશીર્વાદ પામવાના અધિકારી બનશે.

નાનું-મોટું પ્રત્યેક દાન આવકારપાત્ર બનશે. જેઓ સાધારણ સારી રકમ આપવા વિચારે એમના માટે એવું આયોજન કરાયું છે કે ઓછામાં ઓછા રૂ. ૨૫,૦૦૦/- (અંકે રૂપિયા પચ્ચીસ હજાર પુરા) મળતાં તેમના તરફના આવાં દાનની ટુંકી વિગત આતશબહેરામના પ્રવેશદ્વાર નજીક દિવાલમાં આરસની તખ્તીમાં વર્ણવાશે.

આ અપીલના અનુસંધાને કહેવાનું કે ઈન્કમ ટેક્સ એક્ટની કલમ ૮૦-જી (૫) હેઠળ અમારા ટ્રસ્ટને આપવામાં આવતું દાન ઈન્કમેટેક્સ એક્ઝમ્પ્શનને પાત્ર છે. નાણાં ચેકથી મોકલનારે ચેક 'શેઠ પેસ્તનજી કાલાભાઈ વકીલ કદીમ આતશબહેરામ ફાયર ટેમ્પલ ટ્રસ્ટ'ના નામનો લખી વકીલ સ્ટ્રીટ શાહપોર, સુરત: ૩૯૫૦૦૩ ને શિરનામે મોકલવા અરજ છે. તેમજ વિશેષ વિગત માટે પત્રવ્યવહાર પણ એ શિરનામે કરશોજી. મળેલ નાણાંની પહોંચ વેળાસર આપવામાં આવશેજી.

આ પ્રસંગે હાવન ગેહમાં ફાળાની સુખડની માથી ચઢાવવામાં આવશે તથા સવારે સ્ટા.ટાઈમ ૧૦.૧૫ કલાકે જાહેર જશન કરવામાં આવશે જે પ્રસંગે સર્વે હમદીનો તથા સઘળા આશ્રવન સાહેબોને પધારવાનું માનસહિત ઈજન છેજી. ઉપરોક્ત ખશાલીના પ્રસંગે આપની હાજરીનું માન આપી પાક પાટશાહના રૂડા-ભલા આશિષો પ્રાપ્ત કરવાના હકદાર બની આવા અમુલ્ય અવસરોનો લાભ લેવા જરૂરી પધારશોજી.



This is an invitation on the auspicious occasion for entering 200th year of the establishment of Sheth Pestonji Kalabhai Vakil Kadim Atashbehram as also an appeal for donation on this auspicious occasion. The Donors may draw their cheque/draft in the name of :

'Seth Pestonji Kalabhai Vakil Kadim Atash Behram Fire Temple Trust'
and send at Pestonji Vakil Street, Nr. Surat Parsi Panchayat Office, Shahpore, Surat: 395003.
Email : pkvakilfiretempletrust@gmail.com & Mob. No. : 098252 61619
The Donors who are desirous to make donation via NEFT/RTGS kindly note the Bank details as under:
Name of A/c.: Seth Pestonji Kalabhai Vakil Kadim Atash Behram Fire Temple Trust
Name of the Bank: Bank of Baroda * Branch: Machhlipith, Shahpore, Surat.
A/c. No. : 14870100012757 * IFCS code: BARBOSHASUR (fifth character is zero)

હોશી હીરજી માલગમ
નોઝર ધનજીશા વરીયાવા
હોરમઝદીયાર બહાદુર પટેલ
બેહઝાદ નોશીર ખરાસ
ટ્રસ્ટીઓ

હોમી નસરવાનજી વકીલ
બુર્જીન નોશીર ચીનીવાલા
જો. મેનેજીંગ ટ્રસ્ટીઓ

શેઠ પી. કે. વકીલ કદીમ આતશ બહેરામ, સુરત

(Kindly inform us about your donation on our email or mobile giving us the details of your PAN and details in whose memories the donation is made)

WORLD EGG DAY CONTEST WINNERS!

Heartiest Congratulations to our Top 3 'PT's World Egg Day Contest' Winners! Your 'egg'cellent entries had us s'edu'ced by your 'egg'straordinary and 'egg'sclusive entries!! We thank all of our participants who sent in their 'egg'ceptional entries as well!!
(Winners are requested to email us at editor@parsi-times.com to pick up their prizes)

WINNING ENTRY 1:

Poetry-par-Eedu!
By Meherzad Karanjia

What is common between
Sali, vaingnu and bheedu?
Why, they all go so well
With our good ol' Eedu!

Siddhu nai gamey,
Toh kari leo udhu;
Till the white goes brown
And the yellow is not dhilu!

When you were small,
Raw egg ne naak band kari ne peedhu'
Motta thai gaya toh
Boiled egg whisky sathe lidhu!
Egg is best for everyone,
Evu doctor saheb aye kidhu!!

Even aapri Freni ay Jal ne
Panva ni pehla aj kai didhu:
"If you truly love me,
Daily make me Sali-par-eeedu!"

If breakfast was served without scrambled eggs,
Aapri Rani pan "na" kai deti khava,
Fried, Poached, Akuri or Omlette -
Eedu is the birthright of the Bawal!



Method:

Beat eggs till frothy. Grind Banana and Chilli to a smooth paste and add to the beaten eggs. Now also add the Capsicum, Coriander and all the masalas and salt and mix well in the egg mixture.

Heat oil in frying pan and pour the egg mixture. Keep flame on low and let it cook for 2-3 minutes. When set, flip to cook the other side for a few minutes. Your yummy 'Kera-Eeda No Poro' is ready! Serve hot with chapaties (and ketchup if your prefer). Enjoy!!

WINNING ENTRY 3: 'Egg'zotic Creations

By Roda Kotwal



SPECIAL MENTION 1:

**'Egg'stra-Special Mumbai
Shhtyle Eedu**

By Mithra Jamshed Patrawala



This recipe is for our young ones who always want 'something different'! So, here's an Eedu with a twist - absolutely **MUMBAI SHHTYLE!**

Ingredients:

Eggs - 3-4; Chicken Salami Slices - 3-4; Onion - 1 small, finely chopped; Tomato - 1 finely chopped; Garlic - 2 cloves, finely chopped; Coriander - handful, finely chopped; Cheese - 1 cube; Salt to taste; Mixed herbs; Butter for sauté; Aloo Bhujia or Nylon Sev

Method:

In a medium sized pan, melt a spoon-full of butter and sauté the chicken salami. Chop into small pieces and keep aside. Now whip 3-4 eggs, add salt to taste and spread it onto the frying pan on low heat. Immediately



sprinkle finely chopped onions, tomatoes, salami, garlic and coriander over the egg. Sprinkle half teaspoon

mixed herbs on them. Shut the lid till the eggs are nearly cooked (still not set). Now add grated cheese over the egg and shut the lid. After a minute when the cheese has begun to melt, sprinkle either Aloo bhujia or Nylon sev over it. Do not close the lid now or sev will

get soggy. Let it cook till well done. Cut like pizza slices and enjoy!!

SPECIAL MENTION 2:

'Egg'streme Love!

By Vanitar Danesh Patel



**BREAK IT, BEAT IT, BOIL IT, FRY IT, SCRAMBLE IT OR SWEETEN IT -
WE ARE THE BAWAJIS FAVOURITES**



WINNING ENTRY 2:

Kera-Eeda No Poro
By Farah Gev Italia



Try out this amazing 'Egg'squisite recipe which is sure to tickle the bawa taste-buds!!

Ingredients:

Eggs - 2; Banana - Half; Cheese - 1 Cube grated; Capsicum - Half, finely chopped; Green Chilli - 1 finely chopped; Coriander - 1 tsp; Red Chilli Powder - ¼ tsp; Cumin Powder - ¼ tsp; Turmeric Powder - 1 pinch; Salt as per taste; Oil for frying.



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The Bawa Word Search

Search out 16 Titles of British Royalty (in addition to King and Queen) hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

King Consort
Duke
Earl
Baron

Queen Consort
Duchess
Countess
Baroness

Prince
Marquess
Viscount
Ladyship

Princess
Marchioness
Viscountess
Lordship

TechKnow With Tantra



Inbox When Ready

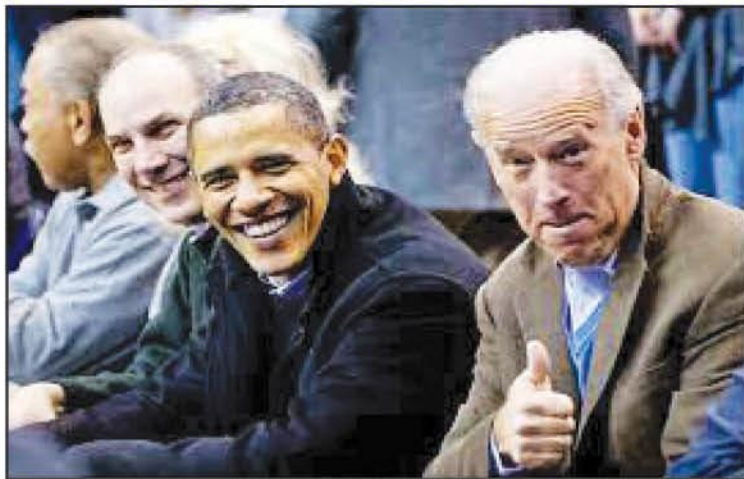
'Inbox when Ready' is a Chrome Extension which hides your Inbox by default and allows you to see it only when you are ready! You can selectively hide category tab-wise notifications e.g. you can block all notifications for your Promotions category as long as you wish to avoid them. You can even set an Inbox budget for yourself and decide how many times and how often you would like to scan your Inbox. You can also get a visual feedback on how you did, versus your intention. This App helps reduce email anxiety and inbox distraction while concentrating on things which you need to get done.

SUDOKU

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

Solution see below

WINNING CAPTION!!!



Biden: I sometimes forget names, places, animals and things. Otherwise I'm holding firm.
 Obama: Hopefully he'll stop at the nouns, at least till the end of his term!

By Viraf P. Commissariat (USA)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 12th Oct., 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.

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

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

Thought of the Week

"To love oneself is the beginning of a lifelong romance."

- Oscar Wilde

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



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

January (Lucky No. 1; Lucky Card: Magician): This is the time for you to spend good quality time with the family. This is an excellent month for you, financially. Do socialise even if you don't really feel like it. Sometimes, you need to put in the added effort and force yourself to get out of the stress and isolation.

February (Lucky No. 10; Lucky Card: Wheel Of Fortune): Remember the golden rule: 'As you sow, so shall you reap'. This month will have you working off or paying your karmic debts. This is a good time for renovations or property-related matters. Happiness and success is on the cards.

March (Lucky No. 8; Lucky Card: Strength): Learn to trust and follow your intuitions. You are blessed with a powerful ability to face any life-situation, so face it with confidence. You are advised to wear pearl(s) to help any mental confusions.

April (Lucky No. 5; Lucky Card: Hierophant): Never forget that health is wealth! Ensure that you are receiving good and sound sleep as therein lies the key to your good health. Try and avoid delving into unnecessary thoughts at night and fight off the feelings of negativity.

May (Lucky No. 2; Lucky Card: High Priestess): You know where your destiny lies, but you're in search of the path. You need to slow down. Be practical, think things through with a steady mind and only then move ahead. Remember that ultimately, only you are responsible for your success!

June (Lucky No. 11; Lucky Card: Justice): Your confidence is your super-power, so don't let anyone undermine it. Legal matters will get sorted out this month. Your troubled times are getting over, but these have helped you master the art of balancing situations.

July (Lucky No. 4; Lucky Card: Emperor): Short travels are indicated. There will be financial stability through this month. Learn to be confident about who you are. Move on in life with pride.

August (Lucky No. 19; Lucky Card: Sun): This is a great time for new beginnings. However, you need to be careful. Do not ignore any warnings. This is your time to reflect over past mistakes and ensure that you have learnt the lessons.

September (Lucky No. 17; Lucky Card: Star): You are innately intelligent and know how to use your intelligence. Learn to go with the flow. A temporary phase of fights and instability is on the cards. Be cautious when making investments.

October (Lucky No. 3; Lucky Card: Empress): As an intelligent and mentally strong individual, you are advised to not take any rash decisions in haste. You need to realise that sometimes you have to fight for your rights, to correct a situation.

November (Lucky No. 21; Lucky Card: World): A change in your residence or office is on the cards. You could undergo a temporary phase of financial crunch. Be careful when making investments. You will receive the divine blessings of holy figures.

December (Lucky No. 6; Lucky Card: Lovers): Your health will be in good shape. Financially, this is an excellent phase. You are blessed by the Divine Mother. You need to stop alienating yourself from others. Accept new challenges head-on and don't run from taking risks because of your past experiences. Learn to be happy - every day is a new day!

Compassion Components And You



Pearl Bulsara

Compassion has become the buzz word of the day. But what does it really entail and why is it so significant to us all? Let's try to answer this with an example... After being laid off work due to the pandemic, Binaifer has been struggling to make ends meet, and has been desperately job-hunting. She manages to get herself an interview but on the said day, is running real late because of traffic which has come to a standstill, due to sudden rains in Mumbai.

She arrives late at the interview location, and the interviewee already perceives her as an unpunctual person, thus forming a negative, unprofessional first impression about her. She starts explaining the sudden traffic jam issue to the interviewee. This could have two outcomes - either the interviewee might assume she's making excuses and mentally decides not to hire her; or the interviewee understands her situation and allows her the interview, with an unbiased mind. The latter is an act of compassion - something we all possess but often fail to put into practice in our daily lives.

Being able to empathize with the struggles of another is an act of compassion. There are various other components of compassion - the following points provide a clearer understanding about the main components of compassion... and simultaneously offer you the chance to reflect on whether you practice these as well!

Less Judgement, More Understanding: You are less likely to judge another when you practice compassion because when you understand

that 'everyone has a reason for everything they do', you begin to see another side to the story altogether. This is where understanding eventually sets in, lighting the path for you towards acceptance and burning the bridge towards judgement. When a friend arrives an hour late to meet you, you initially feel angry and irritable. But when they give you a genuine reason for their lateness, you realize that while your reaction was valid, you should have sought to understand first and judged them later. Put yourself in the shoes of the other person for a minute and voila! You'll have a new outlook altogether. Try doing this each time you're about to react negatively and you will have practiced compassion!

Increased Happiness, Decreased Depression: It's pretty evident that happiness is tied to compassion. Consider how many people you can make happy simply by understanding them. As a result, the happier people are, the less they are prone to depression! This hereby also contributes to human development. Interesting fact: Bhutan evaluates growth in its country in terms of GNH (Gross National Happiness). Consider how compassion can help boost happiness in your own country, where you make a difference in people's lives, individually and at the same time, contributing towards overall development of a country like India.

Forming Healthy Connections: Compassion is a tool that helps you form healthy connections. Imagine forming a connect based on mutual understanding, respect and genuineness. Forming bonds out of compassion can seem a little overwhelming initially, but you will eventually realize its value when such

friendships blossom.

Improving Overall Relationships: Isn't it amazing to be able to understand the people you care about? You not only lay the groundwork for a great relationship, but you also allow others to treat you with compassion. Remember, Compassion is a two-way street - a balance on both sides is necessary. Thus, it improves the overall relationships dynamic - that with others and yourself!

Compassion And Physical Health: Improved physical health is being increasingly related with self-compassion or the ability to be kind to yourself. The kinder you are to yourself, the less worry, stress, or even mental health concerns you will have, thus lowering your chance of heart disease, blood pressure issues and other ailments.

Not The Same As Sympathy: Do not confuse sympathy with compassion - there's a fine line between the two. While sympathy allows us to comprehend the circumstances of others, compassion empowers us to alleviate their agony. We can also say that compassion is more action-oriented, whereas sympathy is more of an emotion.

Help Yourself First: As eager as you are to save the world (and we all have that desire deep inside us), remember that you must first be compassionate to yourself before you can be compassionate to others... as much as the world deserves saving, so do you! Be your own hero! Self-compassion will not only help you become more conscious and understanding of your own well-being, but will eventually help you to improve the lives of others, while doing so for yourself as well.

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

રતન ટાટા પીએમ કેરસ ફંડના ટ્રસ્ટી તરીકે નિયુક્ત



૨૧મી સપ્ટેમ્બર, ૨૦૨૨ના રોજ, ભારત સરકારે પીએમ કેરસ ફંડના ટ્રસ્ટી તરીકે ટાટા સન્સના ચેરમેન એમેરિટસ રતન ટાટા અને અન્ય બેની નિમણૂક કરી. અન્ય બે સભ્યો છે સુપ્રીમ કોર્ટના ભૂતપૂર્વ જજ કેટી થોમસ અને ભૂતપૂર્વ ડેપ્યુટી સ્પીકર કારિયા મુંડા.

પીએમ નરેન્દ્ર મોદીએ પીએમ કેરસ ટ્રસ્ટ ફંડના ટ્રસ્ટી મંડળની એક બેઠકની અધ્યક્ષતા કર્યાના એક દિવસ બાદ આ નિર્ણયની જાહેરાત કરવામાં આવી હતી, જેમાં પીએમ કેરસ ફંડના નવા નામાંકિત ટ્રસ્ટીઓએ હાજરી આપી હતી. વડા પ્રધાન કાર્યાલયે માહિતી આપી હતી કે પીએમ કેરસ પાસે કટોકટી અને તકલીફની

પરિસ્થિતિઓને માત્ર રાહત સહાય દ્વારા જ નહીં પરંતુ શમનના પગલાં લેવા અને ક્ષમતા નિર્માણ દ્વારા પણ પ્રતિભાવ આપવાનું વિશાળ વિઝન છે. પીએમ મોદીએ ટ્રસ્ટીઓનું સ્વાગત કરતા કહ્યું કે, તેમની ભાગીદારી પીએમ કેરસ ફંડની કામગીરી પર વ્યાપક પરિપ્રેક્ષ્ય પ્રદાન કરશે, જાહેર જીવનનો તેમનો બહોળો અનુભવ ફંડને વિવિધ જાહેર જરૂરિયાતો માટે વધુ પ્રતિભાવશીલ બનાવવા માટે વધુ જોમ પ્રદાન કરશે.

પીએમ કેરસ ફંડ, એક સાર્વજનિક ચેરિટેબલ ટ્રસ્ટ, કોવિડ-૧૯ રોગચાળા દરમિયાન બનાવવામાં આવ્યું હતું, જેનો પ્રાથમિક ઉદ્દેશ્ય રોગચાળા દ્વારા ઉભી થયેલી કોઈપણ કટોકટી / તકલીફની પરિસ્થિતિઓનો સામનો કરવા અને અસરગ્રસ્ત વ્યક્તિઓને રાહત આપવાનો હતો. ફંડમાં સંપૂર્ણપણે વ્યક્તિઓ/સંસ્થાઓ તરફથી સ્વૈચ્છિક યોગદાનનો સમાવેશ થાય છે અને તેને કોઈ અંદાજપત્રીય સમર્થન મળતું નથી.

મહેરગાન



૨ ઓક્ટોબર, ૨૦૨૨ એ ફસલ (ફસલી) અથવા મોસમી કેલેન્ડર મુજબ માહ મહેરનો રોજ મહેર છે. મહેરગાન મહેર યજ્ઞાતની ઉજવણી કરે છે, જે અંધકારને દૂર કરે છે અને જીવનની શરૂઆત કરે છે. અવેસ્તામાં, મહેર યજ્ઞાતને મિથરા તરીકે ઓળખવામાં આવે છે - શપથ, વચનો, કરારો, બોન્ડસ, મિત્રતા અને પ્રેમની અધ્યક્ષતા કરતી દિવ્યતા. બીજા શબ્દોમાં કહીએ તો, મિથરા એ અખંડિતતાનું દેવી મૂર્ત સ્વરૂપ છે, જેમ અર્દીબહેસ્ત સત્યનું દેવી મૂર્ત સ્વરૂપ છે. યોગાનુયોગ, હાલમાં શહેનશાહી કેલેન્ડર મુજબ અર્દીબહેસ્તનો મહિનો છે.

પ્રાચીન કાળથી, આ શુભ દિવસને જશ-એ-

મેહર અથવા તહેવાર મહેરગાન તરીકે ઉજવવામાં આવે છે. જમશેદી નવરોજનો વસંત સમપ્રકાશીય ઉત્સવ અને મહેરગાનનો પાનખર સમપ્રકાશીય ઉત્સવ એકેમેનિયન રાજાઓ, દરાયસ ધ ગ્રેટ અને ઝર્ડેસીસ ધ ગ્રેટ, ઈરાન અને અન્ય બાવીસ રાષ્ટ્રો પર અઢી હજાર વર્ષ પહેલાં શાસન કર્યું ત્યારથી ઉજવવામાં આવે છે. આ તહેવાર ઈરાનમાં ખૂબ જ ઉત્સાહ સાથે મનાવવામાં આવે છે.

દંતકથા અનુસાર, આ શુભ દિવસે, સુપ્રસિદ્ધ રાજા શાહ ફરેદૂને ઝોહકને હરાવ્યો અને તેને દેમાવંદ પર્વત પર જકડી રાખ્યો અથવા બંધ કરી દીધો. આમ, મહેરગાન પણ અનિષ્ટ પર સારાની જીત અને અંધકારને દૂર કરતા પ્રકાશની ઉજવણી કરે છે.

રખ્યા

આતશ બહેરામ પાદશાહની ભશમ એક ઘણી મોતેબર વસ્તુ છે. તે એક ચીજ છે કે જે તે પાદશાહનો દુવ્વમ દરજ્જો જલવો રાખે છે. પાદશાહના મીક્ષો અને ઉક્તાનો હસ્તી અને નીસ્તીના આસ્માનોના મીથ્ર ઉક્તાન સાથે સંબંધ રાખે છે જેથી મીનોઈ અને હસ્તીની આવમોનાં નુરોનો પ્રભાવ તે પાદશાહમાં રહે છે. આ બધો જલવો આતશ પાદશાહની ભશમમાં કરાર પામીને છેક મીનો, સુધીનો સંબંધ રાખી શકે છે.

પાદશાહનાં બાતેન આતશોમાં અને જાહેર આતશમાં અને રખ્યામાં એમ અનુક્રમે તે મીથ્ર અને ઉક્તાન પોતાનો પાયો કરીને પછી છેક હસ્તીનાં સાત આસમાનો અને મીનોઈના બે આસ્માનો સુધીનો ઉક્તાન અને મીથ્રનો અમલો ઉભો થાય છે. તે મીનોઈ અને હસ્તીના આસમાનનાં ખાલેસ સ્તોતો, આતશ પાદશાહનાં મીનો આતશના મુરકકબ સ્તોતો અને પાદશાહના જાહેર આતશ અને રખ્યાના અબદેહની જાતના સ્તોતો બધા આ રાખમાં મસાવત થઈને એક એવી ચીજ થઈ રહે છે કે જેની ઉપર યજ્ઞતોની પાસબાની ઉભી થાય છે.

આમ છે માટે જ આતશ પાદશાહ અને તેની

રખ્યાની વચ્ચે નહીં તૂટે તેવો સંબંધ રહે છે. જો તે રખ્યાની ઉપર કાંઈ પણ પ્રકારનો આજાબ ગુજરે તો તે આજાબ પાદશાહ ઉપર ગુજરેલો કહેવાય છે. આ કારણસર આ રખ્યાને ઘણી લીક્ષજતથી રાખવાની છે. આ રખ્યા જેવી નજીવી ચીજમાં સુષ્ટ્રીની અમૂલ્ય ગતીઓ પડેલી છે. આમ છે માટે એ રખ્યાને આલાત તરીકે ગણાવેલી છે. નીરંગ દીનનો નીરંગ અને રખ્યા બન્ને મુક્ત છે. વરસીઆજના વરસે તેને ઈજવાની કીયા વખતે પાકીઝગી આપી તે વરસમાં વરસીઆજના વોહુફીઆન આતશન મોહાર મારી ફરતો રાખવામાં આવે છે. જો બોય દેનાર યોજદાથ્રેગર ખરો અમલદાર હોય અને પાદશાહનો ખરો ખાદેમ હોય તો તે આ ભશમ મારફતે જાત જાતના દરદોને દફે કરી શકે છે. ખાસ કરીને કેલર્પને લગતી જે કાંઈ બીમારીઓ જણાયેલી છે તેને આ ભશમ મારફતે દફે કરી શકાય છે. આવો અમલદાર યોજદાથ્રેગર મોટા મોટા સેફલીજનો અને બીજી સેફલીઓને રાખના કસમાં બન્દ

કરી શકે છે. માચી ચઢાવતી વખતે પાદશાહની આસપાસ નવ ચક્રો ફરે છે, ત્યારે તે વખતે છ કોવરો ઉપરથી તે તે કેશવરોના મીથ્ર, માંથ્ર, યરન, ઉક્તાન ખોરેલો તે ચક્રની જગાની રાખ ઉપર ઉતરે છે. પછી સાતમો કશ પાદશાહના પાતરાની ઉત્તર દીશા ઉપરની રાખમાં મુકે છે, ત્યારે યજ્ઞતી પાસબાનીના શુભ પ્રવાહો તે રાખમાં ઉતરે છે. પછી આઠમો કસ પાતરાની દક્ષીણ દીશા ઉપર મુકે છે ત્યારે દાદારે ગેહાંન ઉપરની બરકતો તે રાખમાં ઉતરે છે. પછી નવમો કશ પાછો પહેલા કાની માફક પશ્ચિમ દીશા પર મુકે છે ત્યારે તે બધા કેશવરોની બરકતો પાદશાહના પાતરાની રાખમાં મસાવત થઈને રહે છે અને બોય દેનાર યોજદાથ્રેગર ઉક્તાન ખોરેલમાં અને માચી ચઢાવનાર અને જેને માટે તે માચી ચઢાવી તેના ઉક્તાન ખોરેલમાં તે મસાવતનો પેવંદ થાય છે અને તે વખતે ત્યાં જે બેહદીન કે અથોરનાન સાહેબો ભણાતા હોય તેઓનાં ખોરેલ ઉક્તાનમાં પણ તે મસાવતનો પેવંદ થઈ રહે છે.

કેશવરોની આવી બરકત જે તે રખ્યામાં છે તેનો મીનો ઉપયોગ આ બધા બેવંદ મેલવેલા સાહેબો પોતાના શુભ મીથ્રથી કરી શકે છે. ગમે તેવી

ઝેરી તાપને આ ભશમ ઉતારી શકે છે. જો કોઈ અમલદાર પાકીઝગીવાળો આશ્રવન હોય તો તે આ રાખની બરકતથી નાના જેવા મોજેજી કરી શકે છે.

રાખમાં આ બધા કેશવરો જેઓ બહેશ્નો છે તેઓની નેઆમતો સમેટાયેલી હોવે આ રાખ ઘણી બરકતી ચીજ હોય છે. આવી નેઆમતો રાખતી ભશમ ઘણી મોતેબર ચીજ છે માટે તેને રાખવાની અને તેને આતરાના પાતરાં ઉપરથી કાઢવાની અમુક તરતીબ બતાવેલી છે. સાધારણ રાખમાં સાફ કરવાના ગુણો તેમાં રહેલા ખારને લીધે હોય છે. પણ આતશ પાદશાહની રાખમાં મીનોઈ બરકતનો ખજાનો હોય છે. નાલન નલવડાવતી વખતે નીરંગદીનનો નીરંગ જેને ખોરૂં કહે છે તેમાં આ રાખ નાખે છે. રૂવાનની અશોઈ ખીલવવા માટે એટલે રૂવાન ઉપરનો બંદ ઉકેલવા કામચાબ થાય છે અને રૂવાનને યોજદાથ્રી આપવાનું કામ કરે છે. આવી ભશમને કાઢવા માટે ખાસ કીયાની વીધી આપી છે તે ઉપરથી કોઈને પણ તે રાખના કી મતીપણાંનો ખ્યાલ આવી શકે છે.

(પાક ઈરાનશા પુસ્તકમાંથી)

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Jasmin Regina Patel જેસમીન રેગીના પટેલ	83 ૮૩	29.09.2022	Flat No 6, 1st Floor, Jehangir Mansion, 1st Marine Street, Mumbai 20. ફ્લેટ નં. ૬, ૧લે માળે, જહાંગીર મેન્શન ૧, મરીન સ્ટ્રીટ, મુંબઈ ૨૦.	તે મરુદમો બાનુબઈ તથા દારાબશાહ પટેલના દીકરી તે મરુદમ હોમી દારાબશાહ પટેલના બહેન તે પરીનાઝ સામ પટેલના આન્ટી તે સામ ફીરદોશ પટેલના કઝીન સીસ્ટર તે મહાદ્વજ સામ પટેલના નણંદ
Freny Marazban Ragina ફેની મરેઝબાન રાગીના	78 ૭૮	29.09.2022	30, Bharucha House, Khetwadi, Mumbai 4. ૩૦, ભરૂચા હાઉસ, ખેતવાડી, મુંબઈ ૪.	તે મરુદમો બાનુબઈ તથા દીનશાહ હાદવેડના દીકરી તે મરેઝબાન દીનશાહ રાગીનાના ઘણીયાણી તે ફીરદોશ તથા પર્વના માતાજી તે માઝરીન પટેલ તથા મેહરવાન દાદાવાલાના સાસુજી તે કાઈરા તથા ઈઆનાહના બપઈજી તે કીઆરા તથા આદીલના મમઈજી તે નોશીર જરૂ, ઝરીન તથા મરુદમ શાહપુરનાં કઝીન તે મરુદમો તેલમીના તથા દીનશાહ રાગીનાનાં વહુ.
Roshan Keki Motafram રોશન કેકી મોતાફ્રામ	82 ૮૨	29.09.2022	729, Sarosh, Rm No 1, Jehangir Vimadali Road, Parsi Colony, Dadar(E), Mumbai 14. ૭૨૯ સરોશ, રૂમ નં. ૧, જહાંગીર વીમા દલાલ રોડ, પારસી કોલોની, દાદર (પૂ.), મુંબઈ ૧૪.	તે મરુદમ કેકી ફીરોઝ મોતાફ્રામના વીધવા તે નેવીલ કેકી મોતાફ્રામ તથા પરીઝાદ પરવેઝ એલાવીયાના માતાજી તે મરુદમો દોલતબાનુ તથા અમનશા ગગરાતના દીકરી તે અનાહીતા નેવીલ મોતાફ્રામ તથા પરવેઝ હોશી એલાવીયાના સાસુજી તે મરુદમો શેરામાય તથા ફીરોઝ મોતાફ્રામના વહુ તે પેલઝાન નેવીલ મોતાફ્રામના બપઈજી તે વરૂન અને જેનાઈ એલાવીયાના મમઈજી તે મરુદમ અસ્પી ગગરાતના બહેન તે નાજુ અસ્પી ગગરાતના નણંદ તે બોમી તથા મરુદમ નરગીશ દરોગાના ભાભી તે દીનયાર તથા એમી ભાયેના અને હોશી તથા મેહરૂ એલાવીયાના વેવાન તે નાઝનીન અને રયોમંદ ગગરાતના ફૂઈજી તે ફરાહ બવસારા, કેશમીરા દાદીના તથા દારાપસ દરોગાના મામીજી.
Katy Dara Dudha કેતી દારા દુધા	80 ૮૦	30.09.2022	Devchaya Building, Flat No 72, Tardeo Road, Haji Ali, Tulsī Wadi, Mumbai 34. દેવ છાયા બિલ્ડિંગ, ૭૨ મે માળે, ફ્લેટ નં. ૭૨, તારદેવ રોડ, હાજીઅલી, તુલસીવાડી, મુંબઈ ૩૪.	તે મરુદમ દારા અરદેશીર દુધાના વિધવા તે ડેસી નરીમન ઝોહરાબીના માતાજી તે મરુદમો નાજામાય તથા દીનશોજી સ. લીક્ષુના દીકરી તે નરીમન જમશેદજી ઝોહરાબીના સાસુજી તે મરુદમો પીરોજા તથા અરદેશીર ફામજી દુધાના વહુ તે જાલુ જી. કોડીયા તથા મરુદમો દારા દીનશાજી લીક્ષુ તથા પરવીઝ બહાદુરજી સુનાવાલાના બહેન તે શનાયા ન. ઝોહરાબીના મમઈજી તે દોલી દાર લીક્ષુના નણંદ તે મરુદમો એરચ હ. કોડીયા તથા બહાદુર જ. સુનાવાલાના સાલીજી તે મરુદમ બાનુ એ. દુધાના સીસ્ટર-ઈન-લો તે પોરસ, બીનાઈફર, કમલ, પરસીના આન્ટી તે મરુદમ પરીચેર જમશેદજી ઝોહરાબીના વેવાન.
Tehmi Sam Mehta તેહેમી સામ મેહતા	85 ૮૫	30.09.2022	A-16, Mehta Building, 3rd Floor, Captain Colony, Tardeo, Mumbai 34. એ-૧૬, મેહતા બિલ્ડિંગ, ૩જે માળે, કેપ્ટન કોલોની, તારદેવ, મુંબઈ ૩૪.	તે મરુદમો શાપુરજી અને બચામાઈ પટેલના દીકરી તે સામ ધનજીશાહ મેહતાના ઘણીયાણી તે ફીરદોશ અને નવાઝના માતાજી તે આરમીનના સાસુજી તે મરુદમો ધનજીશાહ અને શીરીન મેહતાના વહુ તે દોલી, બહાદુર તથા મરુદમો માનેક, હોસી, મની, એરચ, નાનજીના બહેન તે પોરસ ફીરદોશ મેહતાના બપઈજી તે શેહેરનાઝ, રોકશાના, ફરહાદ, ઝુબીન, પરીજાદના ફૂઈ તે કમલ, ફરહાદ કોલાહના માસી તે મરુદમ રતી બરજોર મેહતાના નણંદ તે કમલ પીરોજ મેહતાના મામી તે શીરીન હોસી પટેલના ભાભી તે મરુદમ કાવસના વેવાઈ તે મની તુકીનાના વેવાન.
Khorshed Nariman Doodha ખોરશેદ નરીમાન દુધા	89 ૮૯	30.09.2022	P-30, Cusrow Baug, S.B.S.Road, Colaba, Mumbai 1. પી-૩૦, ખુશરો બાગ, એસ. બી. એસ. રોડ, કોલાબા, મુંબઈ ૧.	તે બચામાય કેખશરૂ જસાવાલાના દીકરી તે નરીમાન દીનશાહ દુધાના ધનીયાણી તે ફેની, દીનશાહ, ફીરોઝ તથા અસ્પી અને મરુદમો બરજોર તથા હોમાયના બહેન. તે મરુદમો દીનામાય તથા દીનશાહ દુધાના વહુ તે બખતાવર સામ પુનાવાલાના સીસ્ટર ઈન લો તે કેરસી દીનશાહ દુધાના બ્રધર ઈન લો.
Firoze Hormusji Ghadiali ફીરોઝ હોરમસજી ઘડિયાલી	93 ૯૩	30.09.2022	Block No 4, Flat No 1, Rustom Baug, Sant Savta Marg, Near Masina Hospital, Byculla, Mumbai 27. બ્લોક નં. ૪, રૂમ નં. ૧, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, નીચર માસીના હોસ્પિટલ, બાયખલા, મુંબઈ ૨૭.	તે મરુદમો જાઈજી હોરમસજી ઘડિયાલીના દીકરા તે મરુદમ અરનાવાઝ ફીરોઝ ઘડિયાલીના ખાવીદ તે દારા તથા મરુદમો જાલ, કેરસી, બરજોર, જમશેદ તથા ફરેદુનના ભાઈ તે મરુદમો ફેની જાલ, ફેની કેરસીના દેર તે શીરોમી તથા રયોમંદના માસાજી તે તનાઝ તથા રયોમંદના માસાજી તે તનાઝ તથા ફરજાદનાં કઝાજી તે મરુદમો ધન પીરોજશાહ બચાનાં જમાઈ તે ફરીદા અંકલેસરીયા, બખતાવર ચારના, મીનોચહેર બચાના બનેવી તે ગુલ તથા પેરીન ઘડિયાલીનાં જેઠ.
Framroze Eruchshaw Antia ફામરોઝ એરચશા આંત્યા	92 ૯૨	30.09.2022	Bachan Manor, Plot No 600, Jame Jamshed Road, Mumbai 19. બચન મનોર, પ્લોટ નં. ૬૦૦, જામે જમશેદ રોડ, માટુંગા (ઈસ્ટ), મુંબઈ ૧૯.	તે દોલત ફામરોઝ આંત્યાના ખાવીદ તે પોરસ યઝદી, ફેની, નૌઝર વાંકડયાના બાવાજી તે મરુદમો એરચશા તથા શીરીનબાઈ આંત્યાના દીકરા તે નૌઝર વાંકડયા તથા પરવીન આંત્યાના સસરાજી તે મરુદમ ફેની તથા ફીરોઝ મોબેદજીના જમાઈ તે મરુદમ દારાપસ આંત્યાના ભાઈ તે લીલા આંત્યા, મીનુ તથા લીલા મોબેદજીના તથા હુતોક્તી તથા મરુદમ કેકી મોબેદજીનાના બ્રધર-ઈન-લો તે શીરાઝ તથા શેરીયારના કઝાજી તે કમલ, તીના, ફીનારપના કુવાજી.
Parvez Jamshedjee Bhansali પરવેઝ જમશેદજી બનસાલી	63 ૬૩	01.10.2022	27, Ahunavar, Malcolm Baug, S.V.Road, Jogeshwari(W), Mumbai 102. ૨૭, અહુનવર માલકમ બાગ, એસ.વી. રોડ, જોગેશ્વરી (વેસ્ટ), મુંબઈ ૧૦૨.	તે મરુદમો જરબાઈ તથા જમશેદજી બનસાલીના દીકરા તે શેહેરનાઝ પરવેઝ બનસાલીના ખાવીદ તે હનોઝ બનસાલી તથા યાસ્મીન ફટાકીયાના બાવાજી તે શીલ્પા હનોઝ બનસાલી તથા એરવદ જાવીદ બેહેરામ ફટાકીયાના સસરાજી તે મહાદ્વજ, કેશમીરા તથા આરમઈતીના ભાઈ તે શાયનાના બપાવાજી, એરવદ જેહાન, શયાન, તનીશાના મમાવાજી તે મનચેર માદનના બનેવી.
Mehru Ratan Birdy મેહરૂ રતન બર્ડી	91 ૯૧	02.10.2022	Shree Pati Castle D-808 8th Floor, 11th Lane, Khetwadi Back Road, Opp. Tulsī Bldg., Girgaon, Mumbai 4. ૧૧મી ગલી, ખેતવાડી બેક રોડ, તુલસી બિલ્ડિંગની સામે, ગીરગાંવ, મુંબઈ ૪.	તે મરુદમો પેરીન તથા રતન બર્ડીના દીકરી તે ફેની નેતરવાલા તથા મરુદમો ખોરશેદ રૂસ્તમજી, મેલવી બર્ડી તથા નરગીઝ બર્ડીના બહેન તે ડો. તીના રૂસ્તમજી તથા નેવીલ રૂસ્તમજીના માસીજી.
Amy Kaikobad Bhamgara એમી કેકોબાદ ભમગરા	83 ૮૩	04.10.2022	R-28, Navroze Baug, Dr. S.S.Rao Road, Lalbaug, Mumbai 12. આર-૨૮, નવરોઝ બાગ, ડો. એસ.એસ. રાવ રોડ, ગણેશ ગલી, લાલબાગ, મુંબઈ ૧૨.	તે મરુદમો ખોરશેદબાનુ તથા અરદેશીર બારીયાના દીકરી તે મરુદમ કેકોબાદ ભમગરાના ઘણીયાણી તે કેઝાદ તથા આફતાબ દમણીયાના માતાજી તે કેરમાન રૂસી દમણીયાના સાસુજી તે ફવી તથા મરુદમો ફીરોઝ, પીલુ તથા કુમીના બહેન તે ફરેદીના મમઈજી તે સાયરવ, નાઝનીન તથા આદીલના ફૂઈજી તે ફીરૂઝા તથા અનાહીતાના કઝીજી તે મરુદમો મેહેરબાનુ તથા શાવકશાહ ભમગરાના વહુ.
Sam Hormazd Vasania સામ હોરમઝ વાસનીયા	86 ૮૬	04.10.2022	D-51, Flowerqueen CHS, Veera Desai Road, Andheri West, Mumbai 58. ડી-૫૧, ફલાવર કવીન સીએચએસબી, વીરા દેસાઈ રોડ, અંધેરી (વે), મુંબઈ ૫૮.	તે મરુદમો ગુલ્વીસ્તાન હોરમઝ વાસનીયાના દીકરા તે એમી સામ વાસનીયાના ખાવીદ તે રૂબી ફરહાદ હોટલવાલા, પરવીન કેરસાસ્પ કરંજયા તથા રોલીન્ટનના બાવાજી તે ફરહાદ હોટલવાલા, કેરસાસ્પ કરંજયા તથા હેમા ગોરના સસરાજી તે રોશન જાલ બારીયા તથા અસ્પીના ભાઈ તે ખુશનુમા કરંજયા માથુરના મમાવાજી તે પ્રીતી રોલીન્ટન વાસનીયાના બપાવાજી તે મરુદમો ગોવરબઈ તથા જહાંગીર ઈરાનીનાં જમાઈ.
Banoo Framroze Engineer બાનુ ફરામરોઝ એનજીનીયર	89 ૮૯	05.10.2022	7A/36, Navjivan Society, Lamington Road, Mumbai 8. ૭એ/૩૬ નવજીવન સોસાયટી, લેમિન્ટન રોડ, મુંબઈ ૮.	તે મરુદમ ફરામરોઝ રૂસ્તમજી એનજીનીયરનાં ઘણીયાણી તે ગેવ ફરામરોઝ એનજીનીયરનાં માતાજી તે દીનાઝ ગેવ એનજીનીયરનાં સાસુજી તે પાશાન ગેવ એનજીનીયરનાં બપઈજી તે મરુદમો ધનમાય તથા શાવકશા વાડીયાનાં દીકરી તે મરુદમો બાનુબઈ તથા રૂસ્તમજી એનજીનીયરનાં વહુ.
Death Announcements From Prayer Hall				
Dhan Darabsha Baria ધન દારબશા બારીયા	80 ૮૦	02.10.2022	16B, Karani Building, Room no 7, Gilderlane, Lamington Road, Mumbai 8. ૧૬બી, કરાણી બિલ્ડિંગ, રૂમ નં. ૭, ગીલ્ડર લેન, લેમિન્ટન રોડ, મુંબઈ ૮.	તે મરુદમ નરગીસબાનુ અને દારબશાહના દીકરી તે મરુદમ દોલીના બહેન.
Dhunjishaw Khushro Ghandhi ધનજીશા ખુશરૂ ગાંધી	96 ૯૬	06.10.2022	1402-Tivoli, Hiranandani Gardens Central Avenue, Powai Mumbai 76. ૧૪૦૨-તીવોલી, હીરાનંદાની ગાર્ડન્સ સેન્ટ્રલ એવેન્યુ, પવઈ, મુંબઈ ૭૬.	તે મરુદમ શીરીનના ઘણી તે મરુદમ દીનામાય તથા મરુદમ ખુશરૂના દીકરા તે જહાંગીર અને નરીમાનના પપ્પા તે લીઝ અને લુસીયાના સસરાજી તે ટોમ, જાલ, એની, લિલા, રેહાન, શાહરૂખના ગ્રાન્ડ ફાધર તે બુરઝો, જમશેદ, મરુદમ રૂસ્તમ, સોહરાબના ભાઈ તે મરુદમ ખુશરૂઈ અને મરુદમ આસાના જમાઈ.
Death Announcements From California, USA				
Dr. Deenaz Pheroze Coachbuilder ડો. દીનાઝ ફિરોઝ કોચબિલ્ડર	82 ૮૨	-	California, USA. કેલિફોર્નિયા, યુએસએ.	તે બરજોર અને ફેની પેમાસ્તરના દીકરી તે એર. ફિરોઝ કોચબિલ્ડરના ઘણીયાણી તે શાહરૂખ અને સરવિનના મમ્મી તે બરજોરના ગ્રાન્ડ મધર તે સાનીકા અને લીસાના સાસુજી.



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૮.૧૦.૨૦૨૨ થી તા. ૧૪.૧૦.૨૦૨૨



Aries - મેષ - અ.લ.ઈ.

૨૭મી ઓક્ટોબર સુધી શનિની દિનદશા ચાલશે. તમે જે પણ ધારશો તેના કરતા ઉલટું થઈ જશે. શનિની દિનદશામાં તમે નાણાકીય નુકસાનીમાં આવી જશો. કોઈની ઉપર વિશ્વાસ મુકતા નહીં. હાલમાં તમે થોડા આળસું બની જશો. તમારું વધુ ખરાબ ન થાય તે માટે હાલમાં દરરોજ મોટી 'હમન યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૯, ૧૧, ૧૨, ૧૪ છે.

Lucky Dates: 9, 11, 12, 14

Saturn's rule till 27th October will make things go topsy turvy as compared to your expectations. You could end up with financial losses during this period. Do not trust anyone blindly. You could feel lethargic. For things not to worsen, you are advised to pray the Moti Haptan Yasht daily.



Cancer - કર્ક - ડ.હ.

મંગળની દિનદશા ચાલુ હોવાથી મનને શાંતિ નહીં મળે. નાની બાબતમાં ઈરીટ થઈ જશો. ગુસ્સા પર કાબુ નહીં રાખી શકો. ઘરવાળા સાથે મતભેદ પડતા રહેશે. હાલમાં વાહન કે ઈલેક્ટ્રિક સામાન લેતા નહીં. ઘરવાળાની વાત સાંભળતા થોડી રાહત અનુભવશો. દરરોજ 'તીર યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૮, ૧૧, ૧૨, ૧૩ છે.

Lucky Dates: 8, 11, 12, 13

Mars' ongoing rule allows you no peace of mind. You could get irritable over petty matters. You will not be able to control your temper. Frequent squabbles with family members could take place. Avoid purchasing any vehicles or electric appliances. Listening to family members will bring you some peace. Pray the Tir Yasht daily.



Libra - તુલા - ર.ત.

૧૬મી સુધી શુકની દિનદશા ચાલશે. અપોઝીટ સેક્સ સાથે સારા સારી રાખજો. તમે તમારા અગત્યના કામો ખુબ સારી રીતે કરી શકશો. મિત્રોની મદદ મેળવી શકશો. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. ધ્યાન નહીં આપો તો ભચત નહીં કરી શકો. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૯, ૧૦, ૧૧, ૧૪ છે.

Lucky Dates: 9, 10, 11, 14

Venus' rule till 16th October suggests that you keep things cordial with members of the opposite gender. You will be able to complete your important works effectively. You will be able to get help from friends. You will not face any financial difficulties. You will not be able to save money if you don't focus on it. Pray to Behram Yazad daily.



Capricorn - મકર - ખ.જ.

૬ઠ્ઠી નવેમ્બર સુધી રાહુની દિનદશા ચાલશે. નાના કામો પુરા કરવામાં પરેશાન થઈ જશો. બીજાનું ભલુ કરવા જતા તમારું ખરાબ થઈ જશે. નાણાકીય બાબતમાં ખર્ચ વધુ થવાથી પરેશાન થશો. નોકરી કરનારને ઉપરી વર્ગ ખોટી રીતે પરેશાન કરશે. રાહુને શાંત કરવા દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો.

શુકનવંતી તા. ૮, ૧૦, ૧૩, ૧૪ છે.

Lucky Dates: 8, 10, 13, 14

Rahu's rule till 6th November will make it troublesome for you to complete even your small tasks. Trying to help another will end up spoiling things for you. Excessive expenses will have you worried. Those who are employed could get harassed by their seniors at work. To placate Rahu, pray the Mah Bokhtar Nyaish daily.



Taurus - વૃષભ - બ.વ.ઉ.

છેલ્લા બે અઠવાડિયા બુધની દિનદશામાં પસાર કરવાના બાકી છે. લેતી દેતીના કામો પહેલા પુરા કરી લેજો. બુધની કૃપાથી તમારા લેવાના નાણાને પહેલા કઢાવી લેવાની કોશિશ કરજો. બાકી ૨૧મી પછી નાણા મેલવવામાં મુશ્કેલી આવશે. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૮, ૧૦, ૧૧, ૧૩ છે.

Lucky Dates: 8, 10, 11, 13

You have two weeks remaining under the rule of Mercury. You are advised to prioritize the completion of works related to financial transactions. Try to recover the money that you have lent to others first. Post 21st October, it will be difficult to recover your money. Pray the Meher Nyaish daily.



Leo - સિંહ - મ.ટ.

૨૬મી ઓક્ટોબર સુધી ચંદ્રની દિનદશા ચાલુ હોવાથી નાની મુસાફરીનો ચાન્સ મળે તેવા હાલના ગ્રહો છે. બીજાનું ભલું કરવા તમે બને એટલી મહેનત કરશો. નાણાકીય બાબતમાં સારા સારી રહેશે. ઘરવાળાની ઈચ્છા પુરી કરવામાં સફળ થશો. વધુ સુખી થવા માટે હાલમાં ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણજો.

શુકનવંતી તા. ૯, ૧૦, ૧૧, ૧૪ છે.

Lucky Dates: 9, 10, 11, 14

The Moon's rule till 26th October brings you opportunities for short travels. You will go all out to help others. Financial prosperity is indicated. You will be able to cater to the wants of family members. For greater prosperity, pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Scorpio - વૃશ્ચિક - ન.પ.

શુકની દિનદશા ચાલુ હોવાથી ખર્ચ કરવામાં કાબુ નહીં રાખી શકો. તેમજ તમારું તમને નાણાકીય મુશ્કેલી નહીં આવે. ઘરમાં કોઈ વ્યક્તિ તમે ખુશ થાવ તેવા કામ કરશે. હાલમાં કામકાજને વધારવા થોડી વધારે ભાગદોડ કરી લેજો. તમે રોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૮, ૧૦, ૧૨, ૧૩ છે.

Lucky Dates: 8, 10, 12, 13

Venus' ongoing rule makes it impossible for you to control your spendings. Despite that, you will not face any financial shortcoming. A family member at home will do something that will bring you happiness. You are advised to put in added effort to expand your business. Pray to Behram Yazad daily.



Aquarius - કુંભ - ગ.શ.સ.

૨૫મી ઓક્ટોબર સુધી ગુરુ જેવા ધર્મના દાતાની દિનદશા ચાલશે. તમે બીજાને મદદ કરવામાં કોઈ કસર નહીં છોડો. વડીલવર્ગની સેવા કરી શકશો. ગુરુની કૃપાથી નાના ધનલાભ મળવાથી રોજ બરોજના ખર્ચ સારી રીતે કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો.

શુકનવંતી તા. ૮, ૧૧, ૧૨, ૧૩ છે.

Lucky Dates: 8, 11, 12, 13

Jupiter's rule till 25th October will make you go all out to help others. You will be able to serve the elderly. With the grace of Jupiter, you will keep receiving regular income, which will help your daily sustenance. Pray the Sarosh Yasht daily.



Gemini - મિથુન - ક.છ.ધ.

બુધ જેવા બુધિના દાતાની દિનદશા ચાલુ હોવાથી તમે થોડા ઘણા નાણા બચાવી શકશો. બુધિબળ વાપરીને નાણા કમાઈ શકશો. મનગમતી ચીજ વસ્તુ લેવા માટે થોડી મહેનત કરવી પડશે. તમારા આપેલા પ્રોમીસને પુરા કરવામાં સફળ થશો. ધનની કમી નહીં આવે. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૯, ૧૦, ૧૨, ૧૪ છે.

Lucky Dates: 9, 10, 12, 14

Mercury's ongoing rule helps you to save some money. You will be able to earn more money by using your intelligence. You will need to put in a little extra effort to make purchases that you desire. You will be able to deliver upon your promises. There will be no financial shortage. Pray the Meher Nyaish daily.



Virgo - કન્યા - પ.હ.ણ.

તમને ચંદ્રની દિનદશા શરૂ થયેલી છે. તમારા અટકેલા કામ પુરા કરવા કોઈનો સાથ મળી રહેશે. ફાસલેલા નાણાને પાછા મેળવવાનો સીધો રસ્તો મળી જશે. જે પણ કામ કરશો તેમાં મનની શાંતિ સાથે ધનલાભ પણ મળશે. કામને પુરા કરીને મુકશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણજો.

શુકનવંતી તા. ૯, ૧૦, ૧૨, ૧૩ છે.

Lucky Dates: 9, 10, 12, 13

The onset of the Moon's rule will help you complete your stalled works with help from someone. You will find an easy way of retrieving your stuck funds. You will feel at peace and make profits in all your endeavours. You will not leave any task unfinished. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Sagittarius - ધન - ભ.ધ.ફ.

તમને શુકની દિનદશા ૧૪મી ડિસેમ્બર સુધી ચાલશે. તમારા દરેક કામ પુરા કરવા માટે પાક પરવરદેગારની મદદ મળતી રહેશે. તમારા ખરાબ સમયને શુક ભુલાવી દેશે. તમારા ધનલાભને સારી જગ્યાએ ઈનવેસ્ટ કરવામાં સફળ થશો. મનગમતી વ્યક્તિ મળશે. દરરોજ 'બહેરામ યજ્ઞ'ની આરાધના કરજો.

શુકનવંતી તા. ૯, ૧૦, ૧૧, ૧૪ છે.

Lucky Dates: 9, 10, 11, 14

Venus' rule till 14th December will have the divine help you to complete all of your endeavours. Venus will help you forget your difficult times. You will be able to profitably invest your money. You will meet the person you desire. Pray to Behram Yazad daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

તમને ગુરુની દિનદશા ચાલુ હોવાથી તમારા રોજના કામમાં જરાબી કંટાળો નહીં આવે. નાણાકીય બાબતમાં સારા સારી રહેવા વધુ મહેનત કરી શકશો. ઉધાર આપેલા નાણા પાછા મેળવવા માટે મીઠી જબાન વાપરી નાણા પાછા મેળવી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણજો.

શુકનવંતી તા. ૯, ૧૦, ૧૨, ૧૫ છે.

Lucky Dates: 9, 10, 12, 15

Jupiter's ongoing rule helps you stay focused and alert in your daily works. You will be able to work harder to keep your finances flowing in. To retrieve the money lent to others, the use of your sweet language will help get your money back. Pray the Sarosh Yasht daily.

Figuring Out Body Image...



MEHEZABIN DORDI

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

Body image is the mental representation that an individual creates about themselves. It involves two key elements - a mental picture of one's physical body (size, shape, and appearance); and one's attitude toward the physical self (thoughts, feelings and beliefs). These feelings can be positive, negative or a combination of both and are influenced by individual and environmental factors.

What Leads To Body Dissatisfaction? When a person has negative thoughts and feelings about one's own body, body dissatisfaction can develop. Environmental influences play a large role in how people perceive and feel about their body. A person's family, friends, acquaintances, teachers and the media - all impact how a person perceives themselves and their appearance. In particular, when an individual receives negative feedback about their appearance, say by being teased, they are at an increased risk of body dissatisfaction.

Television, advertisements, Instagram influencers, and other media have a powerful impact on how people regard their bodies. People of all ages are bombarded with images through media such as TV, magazines, internet and advertising. One often fails to realise that these images are often unrealistic, highly stylised and graphically manipulated to promote beauty and appearance ideals for males and females in society.

These messages may be harmful because the standards of physical attractiveness portrayed by the media may not be attainable by everyone. If a person feels they don't measure up in comparison to these images, feelings of body dissatisfaction can intensify, causing a damaging impact on that person's psychological and physical wellbeing.

The Importance Of Positive Body Image: Body image is a 'whole-person' experience. Having a healthy body image goes beyond what's merely reflected in the mirror. It includes having compassion for yourself and recognizing the strengths and qualities that make

you unique - beyond your weight, shape or appearance.

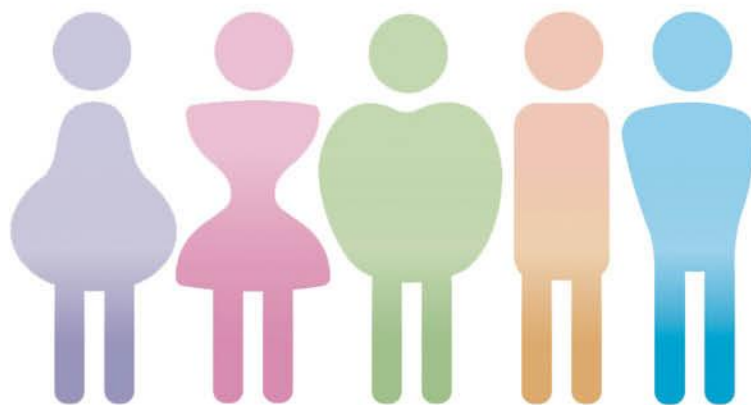
Body image is also connected to self-esteem. When you feel valued and respected, you're more likely to feel positive about your whole self, including your body or physical characteristics. People with positive body image generally tend to have a higher level of physical and psychological health. A positive body image nurtures your self-esteem levels, degree of self-acceptance, and promotes a healthy outlook, leading to a balanced lifestyle with healthier attitudes and practices with food and exercise.

How Can You Improve Your Body Image?

People with negative body image can become fixated on trying to change their body shape. This leads to people engaging in unhealthy practices with food and exercise, with the hope that the change in body shape will alleviate negative feelings. These practices do not achieve the desired outcome (physically or emotionally) and end up resulting in intensifying negative feelings of disappointment, shame and guilt. This places a person at greater risk of developing an eating disorder.

It's important to understand that some aspects of your appearance

cannot be changed - your height, muscle composition and bone structure are determined by your genes - this is the way you are born. While changing your actual appearance may be complicated, changing your body image is a reasonably achievable goal. Here are some tips to get started:



Focus on your positive qualities, skills and talents: This helps you learn to accept and appreciate your whole self. A person is much more than just a physical being. Write down five things you love about your personality. Now list five things you love about your body. For most people, it's easier to do the first, but it's equally important to do the second.

Avoid self-talk that is berating or negative: If you're constantly criticizing your appearance, consider what your underlying motivations could be. Do

you really feel that you should be thinner, or are you trying to control your appearance as a means to regain a sense of control in other areas of your life? Do you really dislike your hair, or are you echoing criticism that you've heard from someone else? It's important to sort through your specific thoughts and recognize what's really driving them. Find ways to heal or satisfy your other emotional needs.

Focus on what your body can do and has done: The body is amazing - it has helped you survive, protected you through the global pandemic, and continues to ward off various diseases. Appreciating and respecting all the things it can do will help you to feel more positively about it.

Set positive, health-related, focused goals rather than weight loss related ones: Engage in practices with food and exercise that promote good health, rather than simply being fixated about a number on the weighing scale. Remember, many who are 'normal' or 'underweight' are unfit, and many physically fit people are higher than average in body weight!

Avoid comparing your body with others': Body dissatisfaction often comes from comparisons with peers or celebrities. Remind yourself that each person's body is unique and that there is no 'ideal' look - everyone is unique and it's the differences that make a person special!

Make a conscious decision about what to read and look at: Most of the images presented in the media are unrealistic and represent a minority of the population. Many

of the images in magazines have been digitally altered and do not represent the truth. It would be a good idea to adjust your social media platforms to help you avoid holding yourself up against unrealistic standards.

If you ever feel that your negative body image is affecting you in a distressing or disruptive way, it would be advisable to bring it up to your physician or a qualified mental health professional who can help you navigate through the negative thoughts and behaviours and start embracing your body, just the way it is.

Identity Crisis Within Marriage



RUBY LILAOWALA



The term 'Identity Crisis' was coined in the sixties. It was a catch-phrase, more misused than understood. Psychoanalyst Erik Erikson used the term to describe the normal, turbulent phase when an adolescent confronts the questions, "Who am I? What do I want and believe? What are my values, talents, priorities and dreams?"

In Dr. Erikson's orderly scheme of human development, answering these questions - establishing at least some sense that 'this is who I am' - ideally preceded intimacy, opening oneself to another person in love, and generativity, the care for human continuity most typically expressed in parenthood. In practice, of course, life doesn't unfold in such tidy order - and especially not for women. How many of us had much of an idea of who we were when we fell in love, got married and began a family?

Are you facing an identity-crisis in your marriage? Is the REAL YOU being smothered by your duties towards your spouse, children and in-laws? In the past, most women of my generation saw marriage and motherhood as the major, or the only, way of gaining an identity. As occupational choice was for men, choosing a life-partner was, for us - the big life decision, the one that would determine where and how we lived, and what our surnames would be. Even if we had worked for a good degree or took pride in our accomplishments, those aspects took a back seat post marriage.

A 47-year-old, mother of five often wondered, "I want to know who I am and if I really exist." Such women experience an identity-crisis and their vital questions like, "Who is the real ME? What do I need, want and believe? Have I come so far in life just to be a wife and mother?" need to be recognised!

Immaterial at what age these questions become pressing, they bring along all the emotional turmoil we normally see in an adolescent. The difference is that one undergoing the crisis is not an uncommitted teenager with a life ahead. She is a grown woman with a husband and, often, children still at home. She cannot simply go out to shape a new identity for herself - she already has one. And while it may no longer fit or let her breathe, change, or grow, it is still a vital part of the structure of her family and her own security.

Her husband, as well, may seem to have a strong vested interest in having her stay the way she is. So, the wife's identity crisis is fraught with an added level of strong emotions: guilt, at the thought of disrupting her family; fear of losing established financial and emotional security; and pulling the other way - urgency, because she's old enough to

know she doesn't have forever. Despite it all, the crisis is survivable. In fact, the women who look back on it report that they came through the fire with a newfound sense of security that they can never lose.

When two people get married, each sees the other as his or her ideal companion. In practice, however, it is often his interests they share, his values they agree upon and his preferences that dominate the decision-making processes. The woman is more frequently the one who happily sacrifices part of her individuality to sustain the harmony and bliss of early marriage, mainly because of the upbringing - raised to be

herself, may be happy to let a man who seems surer of himself (whether he really is or not) take the lead. A woman who suffers from a more serious lack of self-esteem will be anxious for acceptance and frightened that any friction with her husband means rejection. Not believing she is loveable as she is, she will go to great lengths to 'remake herself.'

The one thing in the world that is hardest for a dependent woman to do, is accept the fact that she is grown-up; that there's no one she has to please but herself, no one whose permission she needs to do what she wants to do. That lonely, exhilarating fact is the price of 'self'. This fact is hard to grasp - it takes great courage, and some-times, the help of a therapist, counsellor or friend.

But once a woman embraces her self-empowerment, the spell is broken. Her husband's disapproval suddenly loses its power to control her. She becomes capable of living in disagreement with him without being defensive about her own views. If necessary, she is also capable of living in uncertainty about whether the marriage will survive or not!

Mind you, I am not advocating a divorce. Rather, if a woman re-discovers her vocation in life, be it writing, painting or any other vocation, she'll have a 'sense of self' and she will be happy, and less dependent on her spouse to provide her

happiness! Unless a woman is happy, how can she make her husband, children and in-laws happy?

So, you see, it's very important in a marriage for a wife to establish her own identity so that she has self-worth, self-esteem and at no stage feels trapped by the identity-crisis of being 'just a house-wife'!

adaptable, compliant, willing to compromise and eager to please. While, men are taught to value achievement, principles and power.

The paramount value for most women is love. Especially when we are young, we tend to believe that 'love' means merging, or at least near-perfect harmony with the beloved. A young, inexperienced woman, lacking confidence in



APP Holds Special General Meeting



On 2nd October, 2022, the Ahmedabad Parsi Panchayat (APP) held a Special General Meeting of the Anjuman to ratify a decision taken years ago, to standardize the term of all elected members to five years. In keeping with the short, one-point agenda, it was decided to make the event

an enjoyable get-together, with the performance of the orchestra of the local Blind People's Association. The audience thoroughly enjoyed the program and were appreciative and encouraging of the performers. The eve concluded with dinner.

Soothe Your Gut Inflammation!



Conscious Living by
DR. TRISHALA CHOPRA

Since the onset of the pandemic, an increasing number of people have been suffering from Prolonged or Chronic Inflammation. While this term may seem new, many of you would be already experiencing the symptoms of this inflammation daily. The underlying trigger of this inflammation is just about every modern-day disease. Gut dysfunction is its most common symptom.

Understanding inflammation...

Inflammation is a body process which gets triggered by an unhealthy lifestyle, chronic stress, and toxin exposures (which may not be in our control). When inflammation goes out of control, it can cause grave damage to the body, resulting in conditions like autoimmune disease (Hashimoto's thyroid, Type 1 Diabetes, Rheumatoid arthritis, Celiac disease and more). Even if autoimmune issues aren't triggered, you could end up feeling quite dismal in terms of your daily routine, experiencing symptoms like fatigue, mood swings, scalp irritation, weakness, et al!

Inflammation And Gut-Health...

Inflammation is a precursor to different gut issues. Inflammation starts slow and gradually spreads throughout the system. Some of the first signs of gut inflammation include Constipation, Diarrhoea, Stomach/Abdominal pain, Bloating, Unexplained weight/muscle loss, Blood in the stool, Unexplained/chronic fatigue, Low appetite and sugar cravings. If you find yourself currently struggling with these situations, you are probably headed towards chronic inflammation.

I'm often asked (apart from these symptoms), about blood tests that can help us identify the presence of inflammation in our system. You can get the Hs-CRP and ESR blood test done, which provide a basic idea about the presence of inflammation. If your levels are beyond the desired range, you should seek professional medical intervention.

The following are some commonly found herbs that help soothe gut inflammation:

Oregano: is beneficial in reducing inflammatory markers due to its high level of antioxidants. It is used as a natural anti-microbial and anti-fungal in a few cases of ulcerative colitis, inflammatory bowel syndrome or candida overgrowth. It is available fresh or dried (used as seasoning in many dishes). You can also avail oregano in liquid supplement form, that can be added to water,



and consumed once daily.

Ginger: helps reduce bloating, gas and indigestion symptoms to a large extent. You can either grate or mince fresh ginger in different recipes. Slice up fresh ginger in water to make a gut-soothing tea which you can sip through the day. Adding grated ginger to bone broth or chicken broth provides great benefits in addition to adding a punch in flavor! Powdered ginger too can be added to various dishes. Before heading for a feast or a big meal (or even after), having ginger tea aids healthy digestion.

Turmeric: has been used for centuries in ayurvedic medicine. Its active component called curcumin has anti-inflammatory superpowers. Combining turmeric with black pepper is even more beneficial than plain turmeric for anti-inflammatory benefits. Though consuming whole, fresh turmeric is preferable, curcumin supplements too are widely available - 1 capsule/tablet daily in your diet helps combat chronic inflammation.

Boswellia: also known as Indian Frankincense, is a powerful anti-inflammatory for Inflammatory Bowel Disease. Though not used in cooking, Boswellia supplements and extract forms help fight chronic inflammation. For the recommended dosage, do ask health care practitioner, who can customize it as per your condition.

Slippery Elm: Commonly known as Red Elm, this is an ancient native American remedy for indigestion and an excellent source of soluble and insoluble fibre and a prebiotic. It reduces acid reflux and eases symptoms of digestive problems like IBS. It supports a healthy microbiome by nurturing your beneficial microbes. It's best taken right after meals. Easily available online and offline, you can consume it in the form of tea, lozenges, powder, tablets and supplements. Look for organic elm wherever possible. Avoid buying products with additives and opt for single ingredient products.

For those struggling with chronic inflammation, working with a health care practitioner is your best first step towards healing. They will help identify the severity of your inflammation and prescribe the perfect plan to address your symptoms and reduce the inflammation!

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