

# PARSI TIMES

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THE TRUTH. DELIVERED WEEKLY.

**Managing Stress  
With Healing  
Prayers**

Noshir H.  
Dadrawala

05

**Smt. Smriti Irani  
Holds  
Interactive  
Session With  
Parsi/Irani  
Anjumans**

06

**Marzban Giara,  
Author  
And  
Historian,  
Is No More**

08

**Are You  
Experiencing  
'Adrenal  
Fatigue'?**

16



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FOR DETAILS CONTACT Neville Zaveri- 8898961847 | ZTFI Admin- 8928372047 | Penaaz Bhathena- 9594899213



**FROM THE EDITOR'S DESK**

Dear Readers,

One of the big newsmakers this week was the meeting called upon earlier, on 30th October, 2022, by Minister of Women and Child Development and Minister of Minority Affairs - Smt. Smriti Zubin Irani, to have an interactive discussion with the heads of Parsi and Irani Anjumans across India. This provided a great opportunity to voice the community's needs and concerns, and garner some helpful and productive attention from the government. In

keeping with Smriti Irani's fondness, familiarity and respect for the community, she made for the perfect government representative, before who nationwide Parsi heads shared their grievances, suggestions and solutions.

While the meeting was well received by most of the community, there were few who held some reservations and concerns. But all in all, it seemed like a step in the right direction - where a number of positive reforms and grants have been instituted - including an escalator at Udvada Railway Station for the ease of senior Zoroastrians; efforts for the preservation of our Avesta language and the academic reinstatement of Avesta-Pahlavi studies, supporting unique Zoroastrian traditional skill-sets; aids for our Mobeds and their families; a fillip for Parsi sports and women empowerment, and much more (Pg. 06).

The one big plus for the community, in addition to the help promised by the Gol, is to have a prominent and solid government personality, like Smriti Irani, speak up for the Parsi community. Perhaps, the consequences of unfortunate events in the recent past, which left most community members disheartened - like the relocation of the Parsi Gate (at Marine Drive) and the Metro brouhaha - would have panned out differently, had we a strong voice like hers in the Center, taking up for the cause of the community, and protecting our rightful legacy.

Speaking of legacy, on 3rd November, the community lost one of the most forthright upholders of its chronicles and culture, in the passing of well-known Zoroastrian historian and author - Marzban J. Giara (Pg. 08). He dedicatedly served the community with his innumerable books on Zoroastrian heritage and legends. The community will forever be grateful for his consistent endeavours to share his comprehensive knowledge and glory about our community with Zoroastrians worldwide, through his books, translations and many other projects. May his soul find eternal peace and salvation.

Have a safe and happy weekend!

- Anahita  
anahita@parsi-times.com

**Free Diabetes Detection And Awareness Camp**

On the occasion of WORLD DIABETES DAY on Monday, 14<sup>th</sup> November, 2022, a FREE MEGA DIABETES DETECTION CAMP & AWARENESS PROGRAM has been organized at Sohrab Palamkote Hall, Dadar Parsi Colony, Five Gardens, Dadar (E), Mumbai, from 10:00 am to 5:00 pm.

A Lion Daara B Patel (Multiple Council Chairperson, Diabetes) & Lions Club of Byculla Initiative, the camp will provide free diabetes tests including Random Blood Sugar Test and Hemoglobin A1C (HbA1c) Test (If necessary). Keynote Speaker, Dr. Kakalee K Saha (Lifespan Diabetes Clinics), will speak on the topic, 'Awareness of Diabetes in our day-to-day Lives and What a Diabetic Needs'.

The camp is completely free of charge and welcomes all to come and get a free check-up - open to non-Parsis as well as your domestic/work staff. Humdins are requested to not miss this opportunity and attend the camp as early detection of diabetes saves lives.

**Religious TV Series: Frohar Films**

Frohar Films presents 'Vohumana': Episode titled 'Monajato Yane Bhakti Geeto [Devotional Songs]', on 6th November, 2022, at 1:30 pm on DD - Girnar channel. This episode will feature monajats including 'Madad Karo Mujne O Dadgar Khuda'; 'Khudavind Khavind O Parvardigar'; 'Nabi O Na Nabi Amar Asho Zarthosth Paygambur'; 'Saras Sahu Thi Kharo Rahebar'; 'Mangu Madad Yatha Tari' etc.



**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. 11; Lucky Card: Justice):** Justice is on the cards. Legal matters will get sorted out. You are advised to wear a Pearl to overcome the confusions and mood swings. You could encounter a temporary phase of non-liquidity of cash. You will be able to balance your income and expenses, but you might not be able to save up much or anything at all in this month.

**February (Lucky No. 1; Lucky Card: Magician):** All that glitters is not gold, so break out of the illusions harboured in your mind. Learn to be practical. Financial support is available. You are

blessed with magical protection in all areas of your life.

**March (Lucky No. 8; Lucky Card: Strength):** Confidence is the key to success. You have to learn to fight for your rights. Be practical and follow your intuition. Search for the right path to reach your destination. Don't rush into things without thinking things through.

**April (Lucky No. 2; Lucky Card: High Priestess):** This is a super time for students born in April. Don't overstress yourself or you could harm your own health. Be careful. There is a new beginning in the offing. Start with full enthusiasm and zest... it's time to celebrate!

**May (Lucky No. 6; Lucky Card: Lovers):** Divine Spiritual Healing has already started for you. Your health will start to recover now.

Success and victory are on the cards. You are intelligent enough, so take your own decisions. Try and clear the confusions in your mind.

**June (Lucky No. 19; Lucky Card: Sun):** The Divine Mother blesses you with countless blessings - so be thankful to the universe. This month brings you name, fame and prosperity! Emotional support is available. Sound sleep is a must. You need to clear out any confusions. Postpone the idea of buying or renovating property for few months.

**July (Lucky No. 21; Lucky Card: World):** Keep in the mind universal truth that you always reap what you sow. This is the time to pay back the karmic debts. A little charity is advised. A small journey is possible in this month. An automatic balance will be restored in a certain situation.

**August (Lucky No. 4; Lucky Card: Emperor):** Your health will be great. There will be emotional stability. Beware of back stabbers. This is a great month, especially for ladies born in August. Get ready to have a good time because happy times are here again! Embrace it and enjoy!

**September (Lucky No. 5; Lucky Card: Hierophant):** Enjoy the lovely rainbow of

happiness, love, peace and satisfaction with your loved ones. You could end up having to put in extra effort for work for a few days in this month. Health will be good. You are advised to bathe with rock salt.

**October (Lucky No. 10; Lucky Card: Wheel Of Fortune):** You need to learn to take the world in your stride. Travel abroad is indicated. Financial stability is on the cards. Any change will be for the betterment, so accept it. Overall, this will be a romantic month for people born in October.

**November (Lucky No. 3; Lucky Card: Empress):** Sudden, short travel is indicated for you. This is a time to implement your ideas. Don't feel neglected. Understand that happiness is the art of making a bouquet of flowers with flowers within reach. You need to stop complaining about things you don't have and appreciate that which you do.

**December (Lucky No. 17; Lucky Card: Star):** This is the perfect time to start a new partnership. Health will be in good shape. You have to clear out the confusions in your head. Remember that every end is a new beginning. Start afresh, take expert advice. You are blessed. Move on with pride!





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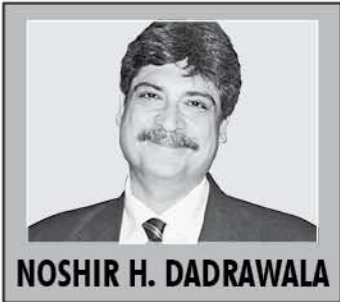
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# Managing Stress With Healing Prayers



**NOSHIR H. DADRAWALA**

If there is one word that defines modern life or living, it would be 'stress'! Stress is how we react when we feel under pressure or threatened. It usually happens when we are in a situation that we don't feel we can manage or control. Stress transcends barriers of age, gender, class or creed. Children feel the stress of academic competition, adults feel the stress of career competition and the elderly feel the stress of economic and emotional deprivation. If one experiences excessive stress, it could lead to mental health issues like anxiety or depression.

There are many ways in which stress can be managed. Some people prefer long walks while others prefer yoga or meditation. Some find comfort in music while others in sipping a favorite beverage. However, a growing body of research seems to suggest that prayer and spirituality rank high among the best stress busters.

### Prayer As Healing Force...

Nobel Laureate Dr. Alexis Carrel believed that prayer is the force as real as terrestrial gravity. He famously said, "As a physician, I have seen men, after all other therapy had failed, lifted out of disease and melancholy by the serene effort of prayer. Only in prayer do we achieve that complete and harmonious assembly of body, mind and spirit which gives the frail human reed its unshakable strength."

Dr. Carrel goes on to explain how prayer fortifies us with so much dynamic power... "To answer this question (admittedly outside the jurisdiction of science) I must point out that all prayers demonstrate the same truth - human beings seek to augment their finite energy by addressing themselves to the infinite source of all energy. When we pray, we link ourselves with the inexhaustible motive power that spins the universe. We ask that a part of this power be apportioned to our needs. Even in asking, our human deficiencies are filled, and we arise strengthened and repaired."

### Two Simple Zoroastrian Prayers...

In the Zoroastrianism, there are two simple prayers which can be prayed anywhere and at anytime of the day. The 'Yatha ahu vairyo' is a simple



prayer of just twenty-one words and equated to the *Ahunavar* or the sacred chant with which *Ahura Mazda* created this universe. This prayer embodies the power or energy of creation. It can be chanted whenever one feels low in energy (mental or physical) or gripped by fear of the unknown. When prayed with faith and understanding, it energizes the one who chants it. Chanting the 'Yatha ahu vairyo' before starting any work is considered particularly meritorious.

The other prayer is 'Ashem vohu' which is even simpler - just twelve words. This prayer has a calming effect on the mind. It is believed to bestow tranquil sleep if chanted just before going to bed. Even while awake, if negative, angry or anxious thoughts fill the mind, chanting the 'Ashem vohu' will bring about a tranquilizing effect.

The Zoroastrian scriptures also recommend that this prayer should be whispered into the ears of a dying person. Even at a funeral or when walking behind a funeral cortege, the scriptures suggest that the *Ashem* should be chanted both, for the peace of the departed as also for solace of the grieving.

### 'Mah' For Mental Peace...

In the Zoroastrian tradition, the moon is referred to as *Mah* and the *Mah Bokhtar Nyayesh* is believed to be the most efficacious prayer for mental peace and managing mental stress, anxiety or depression. This *Nyayesh* is a relatively short litany to the moon. This prayer can be recited even during the day. However, reciting it at night while facing the moon is considered even more efficacious.

Scientific studies indicate that the moon does not have a noticeable impact on most people's lives most of the time. However, we cannot rule out the possibility of its role among various environmental factors that might affect

How exactly that formation occurred is a scientific puzzle researchers have studied for decades, without a conclusive answer."

Interestingly, in the *Mah Bokhtar Nyayesh* we pray, "nemo maonghai gaochithrai" or homage to one having the seed of the cow. In Zoroastrian scriptures, the earth is visualized in the form of a cow (*gao*). Even in the *Gatha*, the earth appears before *Ahura Mazda* with her grievance in the form of a cow. *Gao* means cattle or cow and *chitra* means seed. Thus, *gaochithrai* means having the seed of earth. It's amazing how our ancient seers also believed that the moon is an offspring of earth.

Indeed, throughout its long history, the



our sleep, moods and vitality.

Says Sadhguru Jaggi Vasudev: "Some studies say that on full moon days, people tend to become more imbalanced, or those who have anxiety and manic depression go out of control. The Moon does not cause madness; it just pushes your energy in a certain way. If your quality is joy, you will become more joyful. If your quality is love, you will become more loving. If you are meditative, you will become more meditative. If you have a mental illness, that will also get enhanced. Whatever your quality is gets enhanced because of the full moon."

It is perhaps for this reason that the Zoroastrian scriptures recommends that the *Mah Bokhtar Nyayesh* should be recited every day if possible but especially on three days every month - the New Moon, Full Moon and the No Moon.

### 'Mah Nyayesh' In Sync With NASA's Theory...

According to NASA, "billions of years ago, a version of our Earth that looked very different than the one we live on today, was hit by an object about the size of Mars, called *Theia* - and out of that collision the Moon was formed.

moon has been earth's companion in space. They have shaped each other through the invisible connection of their gravitational pull. The moon's gravitational pull is relatively weak compared to earth's, yet the moon's gravitational pull is responsible for earth's current length of day, stable seasons and tides. To some extent the moon also influences the mood.

To keep your mood enhanced, attune yourself to the positive energy that *Mah Bokhtar* radiates by reciting the *Mah Bokhtar Nyayesh*!

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# Smt. Smriti Irani Holds Interactive Session With Parsi/Irani Anjumans



Hon'ble Minister of Women and Child Development and Minister of Minority Affairs, Smt. Smriti Zubin Irani held an interactive meeting with the heads of Parsi and Irani Anjumans across India, at the Mancherji Joshi Memorial Hall, Dadar Athornan Institute, in Mumbai, on 30<sup>th</sup> October, 2022. This initiative was organized by Vada Dasturji of Iranshah Udvada, Khurshed Kaikobad Dastoor. The event was attended by esteemed dignitaries as also the BPP Chairperson and trustees.

Addressing the meeting from the dias, alongside Dasturji Khurshed Dastoor and Smriti Irani, were Ervad Dr. Ramiyar Karanjia - Zoroastrian Scholar and Principal of Dadar Athornan



Institute; Mukhmeet Singh Bhatia - Secretary, Ministry of Minority Affairs; and Kersi Deboo - Vice Chairman, National Commission for Minorities, Gol.

Vada Dasturji Khurshed Dastoor welcomed everyone with, "We are very happy and fortunate to have amongst us, a minister who is so connected and a part of our community. My association with Smriti Irani goes back to 2011 when then Chief Minister Narendra Modi visited Udvada. She later approached me as to what she could do for our community. It was very kind of her to adopt Udvada and thus we have seen its development with roads, electricity drainage system, museum and further progress with the gate and even the lake. Udvada has become a role model for other Gujarat villages. Today, as a community, we are facing lots of issues and many challenges. We are lucky enough to address all these problems through a person, we can call our very own." On behalf of the Parsi community, Vada Dasturji Khurshed showered his blessings and then presented

a token of appreciation to Smriti Irani.

Er. Dr. Ramiyar Karanjia recited a prayer on behalf of the Athornan Mandal, the premier body of priests in Mumbai. Speaking on the occasion, Smriti Irani stated, "I'm extremely grateful that Vada Dasturji has blessed us with the opportunity to engage with all of you," thanking Dasturji for his kind words highlighting her contributions as a member of parliament. She added, "I was elated when I could speak about 'Navroze' during the Rajya Sabha session. These are the small nuances of our culture which need to be brought forth and communicated to the country and world." She further highlighted that many schemes in the government were available especially for youngsters, possibly not known to the community. "For instance, graduate and under-graduate students can avail of scholarships. If a youngster wants to study overseas, loans can be given at minimal interest rates, compared to other banks. Those in the community who would like to start their own business, can also receive such monetary support and lowest of interest rates," she informed.

Another issue she emphasized was the infrastructure projects for areas frequented by pilgrims. She said,

**A summary of the major announcements made at the meeting:**

- An escalator at Udvada Railway Station for the ease of senior Zoroastrians and to develop it as a World Class Railway Station by the Government of India, with an initial allocation of Rs. 20 crores.
- Immediate initial support of Rs. 1 crore for preservation of Avesta language
- Reinstatement Avesta-Pahlavi studies at MA level through Institute of Distance & Open Learning
- Proposed to work with the community to get the status of Centre of Excellence for the institute running Avesta-Pahlavi studies course and offered to take up the matter with UGC if community desires so.
- Proposals pertaining to training Mobeds will be supported by Gol. Medical support also extended to entire families of Mobeds.
- Zoroastrian engaged in farming activity provided raw material (seeds, fertiliser, etc.) and scientific support to enhance crop productivity through Krishi Vigyan Kendra.
- Support to XYZ Foundation for various activities that sustain and enhance Zoroastrian culture.
- Gol support for traditional skillsets akin to Zoroastrian culture as identified by the community.
- A Zoroastrian version of Khelo India proposed to engage community in sporting activities
- Proposal to create a federation of different women related Parsi organisations was put forth so that the community can benefit off various welfare and safety schemes and programs run by the Gol.

"Dasturji wanted the 'Flying Raneer' to stop at Udvada station. For the train to stop there just once, we would have to stop 18 other trains between Mumbai and rest of the country. I spoke to the Minister of Railways, saying when we have additional lines coming up, can



► this be considered. There was also an additional request to build escalators for the elderly who come for pilgrimage. I am happy to announce that not only an escalator but also a world class infrastructure is now proposed at Udvada."

Along with Mukhmeet Singh Bhatia, Smriti Irani highlighted various issues, stressing on promoting our unique skill-sets like gara and kusti making, and how can these could be institutionalized. She suggested a setting a system at the Mumbai University for PhDs on the community. "We are committed that wherever the community needs financial support, it can be given for such startups," she said for promoting business.

To ensure that correct communications reach the community, Smriti Irani proposed, "We have three prominent publications today - Jame Jamshed, Parsi Times and Parsiana. Can we look at how we can do advocacy and community building through these channels of communication so that direct data, details, programs and policies reach the community at large?" She hoped, this would mark the beginning of a productive and fruitful venture.

Felicitations were done by BPP and the Anjumans present. Leading stage actor and personality of Gujarati and Parsi Theatre, Padma Shri Yazdi Karanjia entertained the audience with his witty speech, emphasizing on terms such as unity and leadership qualities along with 'Good Thoughts, Good Words and Good Deeds'. Next, Er. Cyrus Darbari spoke on the need to bring back the Avesta language in the limelight, may be through seats available for the community at the college or university level. He spoke of the 'Jamsetjee Jeejeebhoy Zarthosti Madersa' which aims to impart Avesta language and study, where students can learn about our rich heritage and culture. More funds were needed for the above course to survive and also digitize the entire process. Smriti Irani assured that the Gol would finance and support the project to preserve the language through the above institution, as also its digitization, announcing a grant of Rs. 1 crore. Further, they would recognize it under their ministry as the Institute of Excellence for Avesta Language and also support it financially.

The next speaker, Dinshaw Tamboly, Chairman - The World Zoroastrian Organisation Trust Funds, represented WZO and Empowering Mobeds, highlighting several issues faced by the community including like growing poverty, especially in rural areas of South Gujarat and adjoining places in Maharashtra and population depletion. He also spoke of the unfortunate condition of most of the Priests (Mobeds)

within the community, highlighting their challenges as well as suggesting effective solutions. He requested the government to set up policy to address these issues.

He shared WZO and the Surat Parsi Panchayat's undertaking - a rehabilitation program, assisting and supporting poor Zoroastrian farmers. He stressed the need of having knowledgeable and educated class of priests within the community. "It is not only essential to encourage the young Athornans to take up Mobedy as a full-time profession but also make it economically viable," he said. He spoke of the Empowering Mobeds project and its program. Smriti Irani expressed appreciation for all the good work done and said that the Gol would here on support projects, especially Medclaim for the Mobeds entire family. She also pledged securing Zoroastrian farmers' needs for seeds, fertilizers or any beneficial scientific systems.

The third speaker, Hoshang Gotla, Founder of XYZ, shared that the main aim of XYZ was to bring back a sense of belonging and pride within the children of our community and to impart in them knowledge of our prayers and culture. He spoke of skill sets developed at XYZ like time and money management, becoming a team player and making a difference in the lives of others. He spoke about various XYZ initiatives that helped ease the lives of the less privileged, as also activities conducted during the pandemic in association with children from Australia, Karachi, Singapore and America. XYZ foundation has now moved towards XYZ Juniors, XYZ Members, XYZ Seniors with its alumni, XYZ Volunteers and finally XYZ Silver's Age group involving senior citizens. Smriti applauded Hoshang and his team and proposed that XYZ should go nationwide with the help of the ministry and also suggested a Parsi version of 'Khelo India' for the community.

The final speaker, Maharukh Chichgar, representing Zoroastrian Women's Assembly of Surat, said that their main aim was to see to the wellbeing of women and children in the community. She share the various growth-related activities for women and children by ZWAS. Smriti Irani proposed safety measures for women and children suggesting CCTV cameras in areas, transport for women in particular and also medical facilities.

Ervad Dr. Ramiyar Karanjia gave the vote of thanks. He expressed gratitude to Smriti Irani, Bhatia, Kersi Deboo and Vada Dasturji Khurshed Dastoor for organizing this great initiative, which ended with lunch.

## Surat's Wadia Family Displays 194-year-old Lord Swaminarayan's Turban On Bhai Dooj

A Surat-based Parsi family have been the proud owners of a safely preserved, 194-year-old family heirloom - a Lord Swaminarayan turban, that they keep on display or 'darshan' in Surat on Bhai Dooj - a tradition they have consistently maintained ever since they received it in 1881.



share this gift with everyone on the eve of the Bhai Dooj festival.

It is said that Lord Swaminarayan, who visited Surat in 1881, presented his turban and shripal to Ardeshar - the Parsi Kotwal of Surat, as he was pleased by the services of Ardeshar Kotwal. Ardeshar then handed it over to his son, Jahangir Shah, after who's passing, the turban was passed down from his wife Doshibai Kotwal to his Mosal Sorabji Adalji Wadia. Since then, the present third generation - Tehmasp and his son Kershasp, have been proudly holding on to the turban. The turban continues to be a guiding force for nearly two centuries now, for the Parsi family, who

The Wadia family, living in the Syedpura area, have constructed a separate room for the Pagh or turban, which is preserved in a wooden box to prevent any damage. Over the years, several people have made various offers to buy this turban, according to Kershasp, but for the family, the divine gift is priceless. The significance of the turban goes beyond the family and locals, saints and devotees of Swaminarayan sect, who travel long distances to get a glimpse of this turban on Bhai Dooj.

## Committee Instituted By Gujarat Government To Implement UCC

With Gujarat headed to Assembly elections, the State Home Minister Harsh Sanghavi announced that the cabinet had decided to form a committee for the implementation of the Uniform Civil Code (UCC) in the state. The UCC refers to a common set of laws governing personal matters such as marriage, divorce, adoption, inheritance and succession for all citizens, irrespective of religion.

Gujarat is the second BJP-ruled state after Uttarakhand to constitute a committee of experts on the UCC. The committee will be constituted under the leadership of a retired judge of the High Court. The cabinet has given the Chief Minister the right to constitute the committee and it is expected to comprise three-four members. Its scope of work too will be decided.

Since family and succession laws come under the concurrent jurisdiction of the Centre and states, a state government can bring in a state law. But a uniform law across the country can only be enacted by Parliament. Earlier in October 2022, the Centre told

the Supreme Court that the matter will now be placed before the 22nd Law Commission.

Responding to petitions seeking uniformity in laws governing matters of divorce, succession, inheritance, adoption and guardianship, the Centre, in an affidavit, underlined that the Constitution obligates the state to have a Uniform Civil Code for citizens. It said citizens belonging to different religions and denominations following different property and matrimonial laws "is an affront to the nation's unity".

Currently, Goa is the only state in India that has a uniform civil code regardless of religion, gender and cast. In other parts of the country, different personal laws are applicable to different religious communities. For instance, the Hindu Marriage Act, 1955 is applicable to Hindus, Buddhists, Jains and Sikhs; the Parsi Marriage and Divorce Act, 1936, is applicable to matters related to Parsis, the Indian Christian Marriage Act, 1872 for Christians and the Muslim Personal Law (Shariat) Application Act, 1937 is applicable to Muslims in personal matters.

# Author And Historian - Marzban Giara, Passes Away

**M**arzban Jamshedji Giara, renowned author and historian, regarded widely for his comprehensive acumen and research of Zoroastrian religion and culture, passed away early evening, on 3rd November, 2022, at approximately 4:30 pm, at Mumbai's Bandra Cama Convalescent Home, which he was visiting with his wife, for a few days. The Paidast was held on the morning of the following day.

The Parsi community will forever be grateful for enriching us with his legacy of extremely well-researched and insightful books authored by him. Over the past four decades, Marzban Giara presented over 45 books and produced many firsts, including the first illustrated 'Global Directory of Zoroastrian Fire Temples' (1998) and its second edition (December 2002); 'The Zoroastrian Pilgrim's Guide' (1999); 'Parsi Statues' (2000); 'All India Directory of Parsi Institutions' (2010) and its second edition in 2015; and 'The Contribution of the Parsi Community during the First World War (1914-1918)'.

He has to his credit various other books - some authored, some compiled and some translated from Gujarati into English. His research of Parsi history was a comprehensive and enlightening body of work and his interests also included Parsi / Zoroastrian devotional and folk songs. He also compiled the All India Directory of Parsi Institutions and translated several English books to Gujarati and vice versa, including 'The Science Of Begetting Beautiful, Healthy And Intelligent Children'.

Paying a tribute to Marzban Giara, Dinshaw Tamboly, Chairman of World Zoroastrian Organisation



Trust Funds and also the founder of Navsari's Senior Citizen's Center, where Marzban Giara resided with his wife, said, "Marzban Giara and his wife Bapsy came to reside at WZO Trusts Funds Senior Citizens Centre in September 2015. The couple were symbolic of being ideal residents, very well disciplined and cooperative with fellow residents and the Centre's Administration. Marzban kept himself very occupied updating community related records, writing books which was his passion. He had authored many books on community matters before coming to reside at our Centre. Whilst at our Centre he authored two books 'Prominent Parsis of Navsari' and 'The History of the Holy Fire Iranshah and Udvada Gam'. He also created a Directory of Parsi Residents of Navsari in 2019 in which he inserted photographs of around 50 Parsi managed institutions. Publication of these two books and the directory were sponsored by WZO Trust Funds. Marzban having fulfilled his destiny in the physical world, his soul has now donned ethereal robes, embraced Ahura Mazda, where it will repose in peace for eternity."

Born in 1942 in Navsari, (Gujarat, India) to a simple and religious Parsi family, Marzban Giara's love for Parsi history and culture was nurtured right from his childhood. He attended navjote classes conducted by The

Dadar Parsee Youths' Assembly for seven years, as also the Ranina Day Nursery and J B Vachha School, where he learnt devotional hymns and studied Gujarati. His education journey started with the N J Wadia Infants School in Dadar, Mumbai (1947 - 1949), post which he joined St. Joseph's High School (1949-1959), always securing top grades in academics, and was involved in scouting and writing articles in his school magazine.

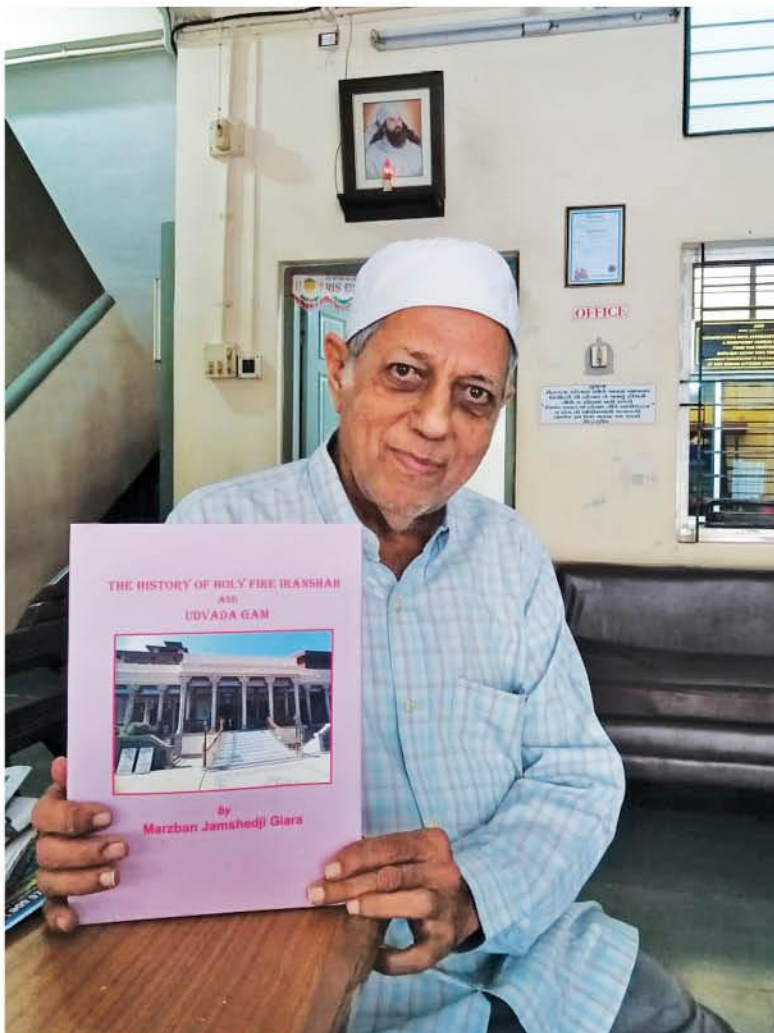
He joined Ruia College to graduate in the Science stream (1959-1963 - B. Sc, majoring in Physics and Chemistry). He went on to achieve a Post-graduate diploma in Marketing Management and worked with IBM, as a computer marketing professional, for 14 years. Always inclined towards growth, learning and self-development, Marzban Giara was a valued life-member of various institutions, including Bombay Parsi Association, Iran League, Bombay Management Association, British Council Library, Computer Society of India, Indo American Society, K R Cama Oriental Institute, Bombay Local History Society, Senior Citizens of Five Gardens and J N Petit Institute, among others.

In 2017, Marzban Giara added to his brilliant treasury yet another gem authored by him, 'Valiant Parsis In War And Peace', his 42<sup>nd</sup> book, which highlights our community's military stalwarts. It was launched during the Iranshah Udvada Utsav 2017, by Vada Dasturji of Iranshah Udvada, Khurshed Dastoor. In March 2021, Giara authored, 'Prominent Parsis Of Navsari' for the benefit of the community's understanding of some of the eminent members of our community hailing from Navsari. "It is my fervent hope and prayer that this book will inspire the present generation to emulate the examples set by our illustrious ancestors," Marzban Giara had told Parsi Times.

He launched his final magnum opus titled, 'The History Of Holy Fire Iranshah And Udvada Gam' - a 144-paged, richly illustrated, hard bound edition, sponsored by The WZO Trust Funds, on the auspicious (Roj Adar, Mah Adar) 21<sup>st</sup> April, 2022, at Iranshah Atash Behram, Udvada.

Navsari-resident, Ruzbeh Umrigar, who worked closely with Marzban Giara, in connection with the Parzor Foundation Project, shared, "In just the past few years of our affiliation, he influenced me greatly - his life philosophy was as inspiring as his impeccable work ethic. He had a uniquely evolved outlook on the concept of community service and philanthropy - in that it went beyond giving just financially. He believed that putting in one's time and efforts towards the sincere welfare of our community was as important. He truly dedicated his life towards enriching the community, through his thoughts, his words and his deeds. Extremely enterprising himself, he staunchly believed that Zoroastrians, especially the youth, needed to work harder towards achieving their goals, as opposed to depending on charity. His passing is a huge loss to the community. He will be greatly missed."

Indeed, he will. Parsi Times, on behalf of the community, stands by the family of Marzban Giara in this time of grief. May his noble soul attain eternal peace. Garothman Behest Hojaji!





## The Bawa Word Search

Search out the following 16 of the World's Most Popular Artists (Painting) hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

Vincent van Gogh  
 Paul Cézanne  
 Leonardo da Vinci  
 Peter Paul Rubens

Paul Gauguin  
 Auguste Renoir  
 Rembrandt  
 Francisco Goya

Claude Monet  
 Pablo Picasso  
 Sandro Botticelli  
 Gustave Courbet

Edouard Manet  
 Edgar Degas  
 Peter Paul Rubens  
 Salvador Dali

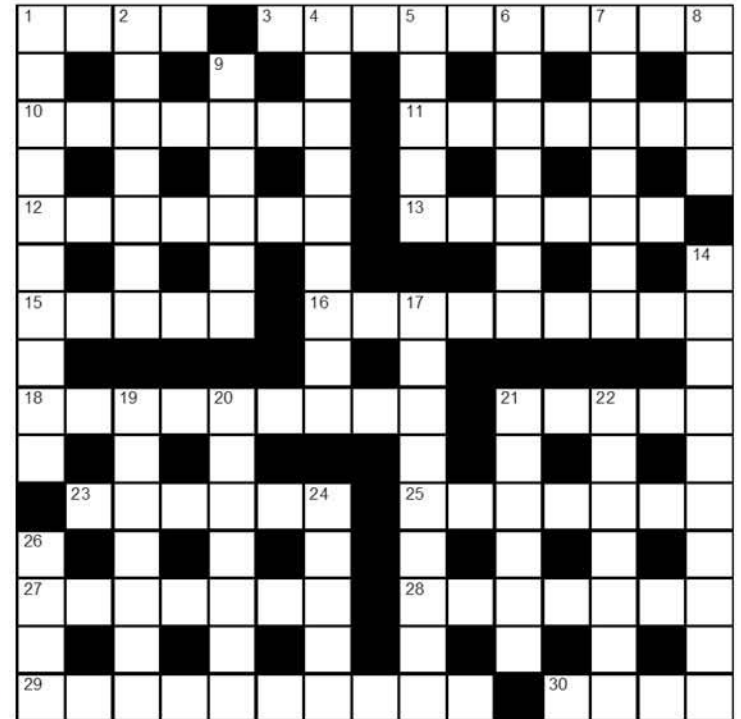
## TechKnow With Tantra



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## BAWAJI BHEJA FRY



## 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

### ACROSS

- 1 WWII group (4)
- 3 Small timepiece (10)
- 10 Talk over (7)
- 11 Good-bye (7)
- 12 African language (7)
- 13 Writer (6)
- 15 Give false notion of? (5)
- 16 Large group of musicians (9)
- 18 Small-time actor (3,6)
- 21 Emotional (of a poem) (5)
- 23 Sea grass - "Ram ram" anagram? (6) 5
- 25 James Joyce novel (7)

### DOWN

- 27 Fielding position on the cricket field? (4,3)
- 28 A Turkish title of respect (7)
- 29 Referendum (10)
- 30 Small land mass (4)
- 6 Engage in grappling contest (7)
- 7 Number voting (7)
- 8 A round ring? (4)
- 9 Flat on one's back (6)
- 14 Farokh Engineer played for this county (10)
- 17 Plump, obese or just fat (9)
- 19 Apprentice (7)
- 20 Legendary siren (7)
- 21 Dismiss temporarily? (3,3)
- 22 Dislikes or hates (7)
- 24 Sorcery (5)
- 26 Strike with hand (4)

## CAPTION THIS!



Calling all our readers to caption this picture! Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 9th Nov, 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.

## WINNING CAPTION!!!



Abhishek: I will break this 'Deewar' and also become a Super-star!  
 Amitabh: Pls take back your 'vachan' - it's all just 'Bol Bachchan'!!

By Minoo S. Mistry (Mumbai)

BAWAJI BHEJA FRY ANSWERS: Across: 1 Axis, 3 Wiswatch, 10 Discuss, 11 Cheerio, 12 Swathi, 13 Author, 15 Belle, 16 Orchestra, 18 Bit player, 21 Lyric, 23 Marram, 25 Ulyses, 27 Long leg, 28 Effendi, 29 Plebscite, 30 Isle. Down: 1 Addis Ababa, 2 Install, 4 Russi Mody, 5 Sacra, 6 Wresle, 7 Turnour, 8 Hoop, 9 Supine, 14 Lancashire, 17 Corporal, 19 Trainee, 20 Lorelei, 21 Lay off, 22 Re-sents, 24 Magic, 26 Slap.

# પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

## ડો. હોમી દારબશાહ દૂધવાલા એસપીપીના નવા પ્રમુખ



એસપીપી ટ્રસ્ટી પચ્છી કરંજ્યાએ નવા પ્રમુખ ડો. હોમી દૂધવાલાનું અભિવાદન કર્યું

સહિતની ડિગ્રીઓ સાથે ઉચ્ચ લાયકાત ધરાવતા ડો. દૂધવાલાએ નિવૃત્ત થતાં પહેલાં આડત્રીસ વર્ષ સુરત મ્યુનિસિપલ કોર્પોરેશનમાં સેવા આપી હતી અને તેઓ મેડિકલ સુપરિન્ટેન્ડન્ટ અને ડાયરેક્ટર (મેડિકલ એજ્યુકેશન સંશોધન) હતા. એસએમઆઈએમઈઆર મેડિકલ કોલેજ અને એસએમસીની મસ્કતી હોસ્પિટલ ખાતે સર્જરી વિભાગના પ્રોફેસર અને વડા હતા. તેઓ ૨૦૧૭-૨૦૧૮ના ૨ વર્ષના સમયગાળા માટે એસએમસીના જાહેર આરોગ્ય

સુરત પારસી પંચાયત (એસપીપી) ટ્રસ્ટીઓની બોર્ડ મીટિંગમાં, ૧૮મી ઓક્ટોબર ૨૦૨૨ના રોજ, જન્મશેદ દોટીવાલાના રાજીનામાને પગલે, વ્યક્તિગત કારણોસર, ત્રણ વર્ષ માટે, ડો. હોમી દારબશાહ દૂધવાલાને સર્વસંમતિથી એસપીપીના પ્રમુખ તરીકે ચૂંટવામાં આવ્યા છે.

એમએસ (જનરલ સર્જરી), ડીએચએ અને એમટી (દિલ્લી) અને એફઆઈસીએસ (શિકાગો)

વિભાગના સલાહકાર પણ હતા.

તેઓ સૌપ્રથમ ૧૯૮૨માં એસપીપીના ટ્રસ્ટી બન્યા હતા અને વર્ષોથી પારસી સમુદાય માટે તેમની સલાય નોંધપાત્ર રહી છે, જેમાં કોવિડ સમયગાળા દરમિયાન અને દોષ્મનશિની, પારસીઓની આદરપૂર્વકની અંતિમ વિધિ બાબતમાં પણ તેમના યોગદાનનો સમાવેશ થાય છે, જ્યાં તેમણે સમુદાય વતી લડતનું નેતૃત્વ કર્યું હતું.

## ખેલો ઈન્ડિયા વિમેન્સ જુડો નેશનલ લીગમાં ફિયા જીજનાએ ગોલ્ડ મેડલ જીત્યો

દક્ષિણ મુંબઈની કેસી કોલેજમાં સ્પોર્ટ્સ એન્ડ એન્ટરટેઈનમેન્ટ મેનેજમેન્ટમાં બી.વીઓસી.નો અભ્યાસ કરતી ફિયા ખુશનૂર જીજનાએ દેશની રાજધાની - નવી દિલ્લીના ઈન્દિરા ગાંધી સ્ટેડિયમ ખાતે આયોજિત ખેલો ઈન્ડિયા નેશનલ વુમન્સ લીગમાં જુનિયર, અંડર-૭૦ કિગ્રા વર્ગમાં જુડોમાં ગોલ્ડ મેડલ જીતીને સમુદાયને ગૌરવ અપાવ્યું હતું. ૨૦ થી ૨૩ ઓક્ટોબર, ૨૦૨૨ દરમિયાન ભારતના જુડો ફેડરેશન દ્વારા આયોજિત ખેલો ઈન્ડિયા વિમેન્સ જુડો નેશનલ લીગ એન્ડ રેન્કિંગ ટુર્નામેન્ટમાં ગોલ્ડ મેડલ મેળવનારી મુંબઈ અને મહારાષ્ટ્રની ફિયા એકમાત્ર છોકરી છે.

ફિયા ૩ વર્ષની ઉંમરથી જુડોની પ્રેક્ટિસ કરી રહી છે અને જ્યારે ૪ વર્ષની ઉંમરે, ડોગ્રો (જુડો વર્ગ)માં, ઈપ્પોન જુડો એકેડમીના કોચ, તેના સેન્સી (શિક્ષક) કાવસ બિલિમોરિયા હેઠળ તેણીએ પ્રથમ ગોલ્ડ મેડલ જીત્યો હતો.



ફિયાના માતા-પિતા - ખુશનૂર અને કમલ - પણ સેન્સી બિલિમોરિયાના વિદ્યાર્થીઓ છે. ફિયાને તેણીની અદભુત સિદ્ધિ માટે અભિનંદન અને અહીં તેણીને ઉત્કૃષ્ટતા ચાલુ રાખવા માટે ખૂબ ખૂબ શુભેચ્છાઓ!

## ઈરાનમાં શોધાયેલ સસાનીદ યુગનું ઝોરાસ્ટ્રિયન ફાયર ટેમ્પલ

તાજેતરમાં, ઉત્તર-પૂર્વ ઈરાનમાં બાઝેલ હુર ગામ પાસેની ખીણમાં ચાલી રહેલા પુરાતન ખોદકામ દરમિયાન સસાનીદ યુગનું ત્રીજું સોથી મોટું પારસી મંદિર મળી આવ્યું છે.

ખોદકામનું નેતૃત્વ કરી રહેલા પુરાતનવિદ મેસમ લબ્બાફ-ખાનિકીના જણાવ્યા મુજબ, અમે ત્રીજું સોથી મોટું ફાયર ટેમ્પલ શોધી કાઢ્યું છે જે કદાચ પ્રાચીન ઈરાનમાં બાંધવામાં આવ્યું હતું.

મળ્યા છે. વિદ્વાનો હવે શિલાલેખોને વર્ગીકૃત કરવા અને ગોઠવવા માટે કામ કરી રહ્યા છે જેથી કરીને તેઓને સમજી શકાય.



આ પુરાતન મોસમ દરમિયાન, અમે નોંધપાત્ર પુરાવા એકત્રિત કર્યા છે જેમાં કોતરણી કરેલ પ્લાસ્ટરવર્ક અને એક મહત્વપૂર્ણ ફાયર ટેમ્પલના અસ્તિત્વને સૂચવતા શિલાલેખોનો સમાવેશ થાય છે.

આ મંદિર લગભગ ૨૨૪ થી ૬૫૧ એડી સુધી સસાનીદ સામ્રાજ્યના સમયગાળાનું છે. સંશોધકોને કોતરવામાં આવેલ પ્લાસ્ટરવર્ક, પહેલવીમાં શિલાલેખ અને મંદિરના મુખ્ય હોલને ટેકો આપતા સ્તંભો









# Walking Your Way Into Mindfulness



VEERA SHROFF SANJANA



Even amidst the horrors of the lockdown, we did espy errant pedestrians, amblers and quiet often exercising walkers, going about their businesses, determined to keep their passion and routines, despite the adversity. Those dark days are behind us now thankfully. We are back to our normal stride. I miss my regular walks during those times and as I watched with envious pangs the regulars, I reflect back on why the simply joy of a brisk walk, set each day to the hands of the clock, a regular feature of my daily routine, gives me such immense pleasure.

People are passionate about walking, and our collective right to go for walks. We have not let even the unfortunate

aspect of an urban design break our stride. Whether you have the great outdoors for your backyard or the horrors of broken-down roads amidst traffic lights and pollution, walkers walk... ambling uninterrupted or waiting every turn for permission to cross the streets taken in urban stride.

The habit of walking has now become part of our culture, proven beyond doubt to be the superpower which harnesses modern man's clean bill of health. That walking makes us healthier, happier and brainier, there is no doubt. Our brains

are what scientists favour calling 'motor-centric entities', that have evolved to support movement. Without it, our brains cease functioning well. Studies have shown the co-relation between movement and personality traits as well. People who moved the least showed malignant personality changes while regular walkers develop openness, extraversion and agreeableness. There is substantial evidence to show that walkers have lower rates of depression too.

When you commit to a walking program for yourself, the benefits are tremendous. Walking by yourself is a therapeutic endeavour; with each stride you find yourself walking into mindfulness. It's a form of meditation that can lead you to strange places of discovery, exploration and clarity. Who doesn't feel better after a bracing walk that blows the cobwebs away from under your feet, while the dust settles on your shoes? A morning walk can truly prove transformative from sleepy to smiley, while a strenuous hike may leave you exhausted but uplifted... and a stroll, oh well, a stroll... it leaves you with this strange calm and sense of peace. What's not to love about all that?

There's nothing like the combination of fresh, crisp morning and physical activity to get you charged up and ready to face the day. As you trail through your paths and trails roads and back alleys, with your body and mind in perfect symmetry with the rhythmic treadmill of the universe, the activity triggers the body's relaxation process. Whether the world is flooded in sunshine from a glorious morning burst or smoothed down in mellow floodlit lamps casting long shadows, the mind is cleaned and cleared from the day's baggage. Like a brief respite from all that daytime commotion, dissipating all that flurry of activity in and around you, even as your stride on, crushing the world's worries under the soles of your feet with every step.

As you walk, you perceive perhaps bold landscapes stretching ahead with myriad possibilities or structures of cement and mortar in upward mobility, as the cityscape envelops you on the ground. Walking provides highly textured mental landscapes to a creative mind, and in these moments it's not just your feet taking those steps but your imagination tripping and skipping along. Greek philosophers and many other writers have long discovered a connection between walking, thinking and writing. Methinks, "one cannot sit down to write, unless one has walked enough to live!"

## 10 BENEFITS OF WALKING

- IMPROVED HEART HEALTH
- STRONGER MUSCLES
- WEIGHT LOSS
- STABLE BLOOD PRESSURE
- BETTER DIGESTION
- REDUCED RISK OF DEMENTIA
- STRONGER BONES
- IMPROVED MOOD
- BETTER MEMORY
- INCREASED CREATIVITY

As most forms of exercise, walking builds character and stamina and as you build them step by step you soon learn to crave that mixed sensation of peacefulness and exhilaration that comes with propelling yourself further and further. Soon you learn to enjoy that mixed tingle of sweat and exercise on your skin and your best thoughts and inspirations exploding while you walk.

Nietzche said, "All truly great thoughts are conceived while walking." Solitary walks are the stomping grounds of great ideas. Problems are solved, cares are washed off, riddles are answered and ideas take root. If you've been an avid reader, it's clear on the journeys of characters in novels that there has always been a persistent link between the mind and the feet. So many writers have transformed the quicksilver of consciousness into ink and paper.

From an evolution stand-point, walking makes us the bipedal mammals that we are. And so we have developed a body posture and gait specifically adapted for walking. We all know the physical benefits of walking whether it shows improvements in your blood pressure, your resting heart rate, reduces body-fat (love this one) and body weight, reduces cholesterol, improves depression while the physical benefits are notable. The mental boost that can be gleaned from adding a walk to your daily routine may be immeasurable. Walking creates an unadulterated loop between the rhythm of our bodies and our mental state. When we stroll, our feet naturally vacillate with our moods and the cadences of our inner space. Walk slow or walk fast, pick up the pace or amble along, but walk you must, into mindfulness!

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## The Humble Kitchen Has Come Of Age!



RUBY LILAOWALA

My richie-rich friend was showing off her 'new' money once again. Mrs. Nouveau Rich told our ladies group, "I spent XX lakhs of rupees on my kitchen, darlings," to which Mrs. Witchie-witch resorted, "That's nothing honey, I spent double! This set me thinking... the space once hidden behind a utilitarian swinging-door has become center-stage!

In today's kitchen, high-tech gears co-exist with antiques and heirlooms and entertaining blends with daily life. Bricks and mortar are passe. Italian marbled kitchens are in. There's no gap between the hall, where visitors are welcomed and the kitchen, because the room that was used solely for cooking is now a place where anything goes!

In Durban, at a friend's, I've seen the place that used to be for cooking is now akin to a workshop. My British pen-friend's kitchen in Chester is now like a library. My cousin's kitchen has a radio and a small TV. Another friend has piles of cookbooks in her kitchen, which she dusts every five years since she hates to cook and has a husband to cook for her (lucky woman). A Parsi lady in New Zealand has a play-pen filled with soft-toys in her kitchen so her toddlers can



play while she cooks. Other friends' kitchens have ended up as libraries, art galleries or museums with imitation vases from the Ming Dynasty!!

So, what exactly does today's kitchen comprise? I wonder, do we still have kitchens? In the last decade, they've been expanding though the space actually used to prepare food has not! Which means that something beyond cooking is going on in the kitchen! Even so, some things will never change. Ladies of the house will still fight over the kitchen, *Kyon Ki Saas Bhi Kabhi Bahu Thi* style, and a woman guards this domain the way a lioness guards her territory in Africa's Serengeti!

In Australia, I saw a kitchen becoming the new reception hall. Business tycoons (not us), friends(us), VIPs (Very Idiotic People) were all invited by the owners to their state-of-the-art kitchen and a cup of coffee was the welcome drink, whether you came to conduct business, merger, takeover, or just for an evening - all were ushered straight into the kitchen. What's more, my friend's husband would enter the house from their garage directly into the kitchen!

Despite all this increased traffic, the supreme irony of life is that some families eat less than one meal a week together. We live in an age of open-plan kitchens which allow people to spend more time together. Yet today's couples are so



childhood, being home for family dinner at 8:00 pm was a rule nobody dared to oppose; and the kitchen table became the family's emotional centre. The furnishings became warmer and more compatible with the shapes, sizes and movements of family members.

The kitchen of my childhood was a warm and loving place, ruled over by my Bapaiji, like a Roman Triumvirate. There was the Aatash-no-Choolo on which coal would be heated to be put on the *Afarganyu* for circulating through the house for early morning Loban. That done, Bappi would shift her consciousness seamlessly from the metaphysical world to the physical, by taking out the black Masala-no-Paato to grind the masalas herself for the day's cooking.

Just from the whiff of the grounded masalas, I could tell what lunch would be made that day - dhansak, curry-rice or



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### વાડીયાજી આતશ બહેરામમાં નીરંગદીનની ક્રિયા

શનિવાર તા. ૧૨-૧૧-૨૦૨૨ રોજ મારેસ્પંદ,

માહ ખોરદાદ ૧૩૯૨ની મધરાતે નીરંગદીનની ક્રિયા

મરહુમ નરગીસ ડસ્તમ પટેલની નેયતે

એમના ઘણી ડસ્તમ પટેલ તરફથી કરવામાં આવશે.

સર્વે હમદીનોને પધારવા આમંત્રણ છે.

busy, chasing careers, higher incomes and better jobs, that they have no time for each other. In my

her famous vindaloo. Bappi insisted on *desi-eeda* (desi eggs) and freshly cut chicken. No food was to be wasted so we all ate healthy, clean food, thanks to the absence of a refrigerator, or a microwave oven or non-stick pans (which hardly any home had in those days)!

Bappi exchanged recipes with our next-door neighbour, Putlibai and the 'love thy neighbour' concept translated into exchanging a bit of whatever was cooked with each other, unlike today's neighbours who are so near and yet so far, in their own little self-absorbed worlds.

But I digress! Coming back to the kitchen of my childhood, in the corner was Bappi's sacred-space, where her departed loved ones shared the wall with the picture of our Prophet. Surprisingly, she never prayed much, saying that the hands that help are holier than the lips that pray.

Those days, and even later, a kitchen was a kitchen - a place where one cooked. Today's state-of-the-art kitchens with all those super-fancy, sophisticated gadgets look like a science-laboratory. So yeah!! The humble kitchen has come of age but give me the kitchen of my childhood ANYDAY!

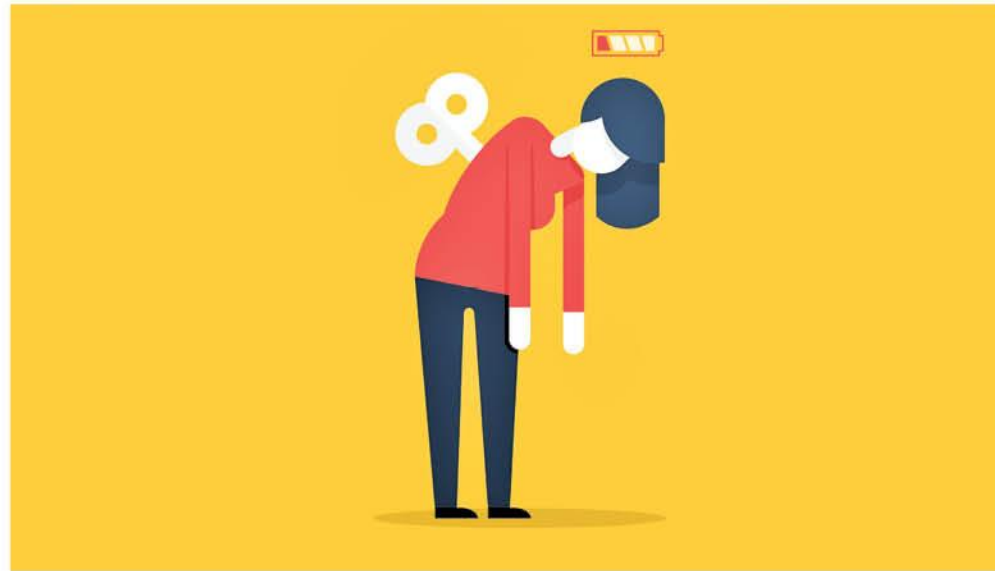
# Are You Experiencing 'Adrenal Fatigue'?



Conscious Living by  
DR. TRISHALA CHOPRA

One of the most frequent symptoms I come across, while consulting patients through various health issues, is 'Fatigue'. Cases of exhaustion and fatigue have been on the rise, especially since the onset of the pandemic. I witness the epidemic of extreme exhaustion daily, as patients complain about feeling exhausted on waking up, and depend on caffeine to keep them going through the day.

They feel irritation more often, as also extreme hunger pangs, and crave salty and/or sugary foods. This is due to chronic fatigue, and difficulty losing weight despite following the best diet and exercise regime. They have little or no sex drive, their energy levels crash by afternoon, and they increasingly feel the need to take a nap. Because this is becoming increasingly common, many unfortunately think it's normal as many seem to feel the same way. But that's far from the truth. Feeling constant fatigue is not normal. In fact, it is one of the primary symptoms of ADRENAL FATIGUE.



## What is Adrenal Fatigue?

Before we talk about adrenal fatigue, let's talk about adrenal glands. These sit atop your kidneys and regulate and produce many important hormones in your body. The main job of adrenal glands is to control the release of your stress hormone, or cortisol, which is essential for your survival. As we evolved from the stone ages, our bodies learnt how to deal with external stressors, like predators, etc. During the stress response, the adrenal glands released cortisol, which increased blood pressure and blood-sugar for faster response and better survival. When the predators were gone, the cortisol decreased, and so did blood pressure and blood sugar levels. Normal balance was restored. However, ongoing stress even today activates the same memory and response (like a predator) and doesn't turn it back off. This constant stress signal causes intense adrenal fatigue, thus affecting your energy and health.

Having understood how adrenal glands function, let's talk about 'Adrenal Fatigue'. In healthy individuals, cortisol level is higher in the mornings to help you prepare for the day and slowly lowers, through the

day. Melatonin, your sleep hormone, is directly connected to cortisol, and is inversely proportional to it - hence, when cortisol level is high, melatonin is low and vice versa. Adrenal fatigue occurs due to the imbalance in this cortisol rhythm - cortisol could be either low when it should be high, or high when it should be low, or always low or always high. Adrenal fatigue is really a dysfunction of your brain's communication with your adrenals and not the adrenal glands themselves. Cases of adrenal fatigue differ from each other.

## Root Causes of Adrenal Fatigue:

Some of the root causes of Adrenal Fatigue include Autoimmune conditions; Viral / Bacterial infections; Accidents /Injuries; Emotional stress and Food intolerances.

## Common Symptoms of Adrenal Fatigue:

Check yourself for symptoms like: Waking up groggy; Sugary or salty foods cravings; Low sex drive; afternoon fatigue; Need for caffeine all-day; Need to nap in the day; Dizziness when standing up quickly; Headaches; Blood sugar fluctuations; Chronic inflammation; Weak nails and brittle hair; Mood swings; and Difficulty losing weight despite sincerely following a good diet and exercise regime. For an accurate diagnosis, I make my patients answer an 'Adrenal Fatigue Quiz' before the start and end of the program.

## Treatment Of Adrenal Fatigue:

Now that you know that you could 'possibly' be undergoing Adrenal

Fatigue, here are some ways to help you recover:

### Learn How To Manage Chronic Stress:

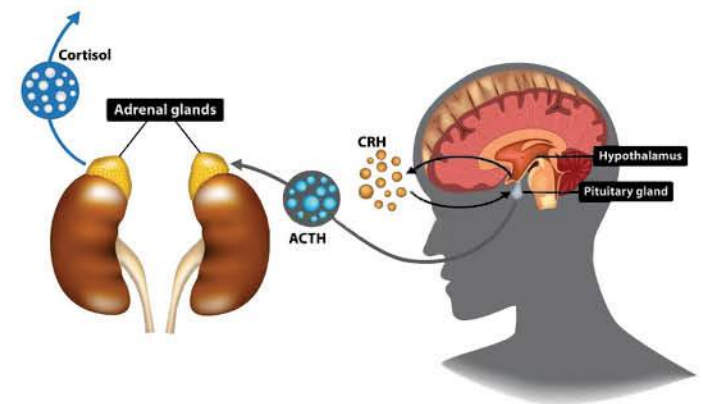
Identify the key areas of your stress and work towards modifying them. You can never eliminate all stress in life but you can regulate working in periods of rest and relaxation to reduce stress levels for a while. This will break the chronic stress cycle and help you regain health and feel like your old vibrant self again!

### Try Reducing Inflammation:

Curcumin, a compound found in turmeric root, has potent antioxidant properties. It also helps in enhancing your mood.

### Eat The Right, Nutrient-Rich Foods:

like Leafy greens; Asparagus; Avocado; Extra



virgin cold-pressed coconut oil; Oysters; Turkey; Grass-fed Meats; and Wild-caught fish. Also, sipping on herbal teas like chamomile and Rooibos tea help. Add a magnesium supplement to your routine.

**Breathing Exercises:** Increase focus on adding breathing exercises to your routine.

**Improve Your Sleep Quality:** Good quality Sleep plays a strong role in reducing stress.

**Spend More Time Outdoors:** Exposure to sunlight especially works wonders!

**Get Vitamin D Levels Tested:** If it's below the desired range, seek medical guidance from your health care professional.

Depending on your individual brain-adrenal dysfunction, you may need to work with a qualified practitioner to assess your condition and carefully replace a small portion of the levels of the missing adrenal hormones, for a period of time. It is necessary to find professional guidance to determine how much and how often, in order to nip that adrenal fatigue in the bud, in the healthiest way possible.

## In Remembrance



### Ms. Kavina Kaizad Karkaria

5th Death Anniversary  
3/5/1976 to 11/11/2015

Thinking of you and your sweetest smile  
I close my eyes for just a while,  
As I lay and think of you

What I wouldn't give for one more night  
To hold you tight and shower you with kisses.

I love you my darling and you be strong

I'd tell you not to worry, and that we're all okay

And even though I wanted to I couldn't make you stay.

I know that you are happy now, and you're in no more pain

And this again I promise you, your loss was not in vain

So take my word here and now

I make this to you my solemn vow

Forever shall I love you, and keep your memory

Until that day that once more, I can hold you close to me.

Your ever loving mummy, Roshan Diniar Sahiar