

PARSI TIMES

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FROM THE EDITOR'S DESK

Dear Readers,

If there's one crucial lesson about life that has been amply stamped onto our souls over the past three years, it's that life is short and unpredictable. Sometimes, there are no second chances to do those things you should have, or to say those words which so needed to be said... and heard. There is nothing that scars the spirit more than a regret that cannot be redeemed or a mistake that cannot be corrected. Putting off those seemingly 'small things' for later can sometimes end up inflating into becoming the biggest weight you carry around for a long, long time... because the moment has simply passed and it's too late now to go back and do what needed to be done then.

There's only one right time to do those things that we unintentionally de-prioritize - it's in the HERE AND NOW. It could be as simple as saying thanks to your mum for cooking your favourite dish or giving just a 10-second hug to your grandpa or making a call to a long lost friend... or then, maybe getting down to finally writing out your will or starting that health regimen you've been meaning to start since the year started!

The year-end is usually when many of us reflect over the things that happened, but more importantly, over the things that haven't. And instead of pushing these even further to merge with that 'New Year Resolutions' list - the most part of which fizzles off by the time we hit the first week of February - let's just get down to getting things done... NOW - in the 'present tense'... because, like they say, if you don't do it in the 'present', you'll end up with good reason to get 'tense'! Think about it!

Have a good weekend!!

- Anahita
anahita@parsi-times.com

Religious Announcements

Hama Anjuman Jashan At Idawala Agiary

The Bai Avabai Wadia Agiary, also known as the Idawala Agiary (situated behind Anjuman Atash Behram), will hold the monthly Hama Anjuman Jashan on 21st November, 2022, (Roj Daepadar, Mah Tester Tir), at 4:30 pm. This will be followed by a religious talk by Er. Darayash Katrak and light refreshments. All Parsi / Irani Zoroastrians are invited to attend

Tir Mahino Jashan At M N Sett Agiary

Seth Maneckji Nowroji Sett Agiary (at Bazar Gate Street, Fort) will hold a Tir Mahino Jashan on 26th November, 2022, (Roj Tir -Mah Tir, YZ 1392), at 9:30 am. All Humdins are warmly invited.

Indian Vocal Music Competition At Khareghat Colony

Khareghat Colony Youth Association Trust Funds is organizing an Indian Vocal Music Competition on 27th November, 2022, at Khareghat Memorial Hall, at 5:30 pm onwards. Participants would have to make it through the Elimination Round first, which will be held on 20th November, 2022, at the same venue, 5:00 pm onwards. Divided into three categories - Juniors, Seniors and Senior Citizens, winners will be awarded trophies and cash prizes.

For the Entry Forms and other details, contact Ms. Driver: 8779599287 / Binaifer Gotla: 9821366116, Nilufer Kudianawalla: 9920049717 / 23676117 / Jeroo Rabaadi: 9870743410.

WZCC Bengaluru To Host Winter Bazaar

The Bengaluru chapter of the World Zarathushti Chamber Of Commerce (WZCC) will host a 'Winter Bazaar' celebrating Parsi flavours, on Saturday, 19th November, 2022, at Lady Jehangir Kothari Memorial Hall, Queen's Road, from 3:00 pm to 9:00 pm.

The bazaar will bring a slice of old Parsi Bengaluru through food and lifestyle items from Sir Ratan Tata Institute, Women's India Trust, and embroidered Gara products. The aim is to provide small businesses with a platform for artisans to grow their trade and also create public awareness and provide an opportunity to learn new skills. The event will showcase artisans from across the city and their products, and will also include a fun kid's corner

For details: On Facebook: themarketplacewzcc, On Insta: themarketplace_wzcc

In Memoriam



SOLI FRAMROZE CONTRACTOR

(1/6/1937 - 7/11/2022)

(Husband of Dr. Shirin Wadia-Contractor; Father of Aashish and Naheed;
Father-in-law of Phiroza and Rustom; Grandfather of Shanaya, Naira and Theia)

The Passing Of A Decent Man

By Dr. Aashish Contractor

My father was a decent man. I know that sounds like an underwhelming adjective for your own father, but a decent man is one who lives life with moral integrity, kindness and goodwill. In the modern world, it's a rare person who lives his entire life based on these values. He hailed from a simple background, born in 1937, and was brought up in Mount Abu at a time when most Contractor men were destined to work in the Railways. He did his schooling in the sprawling campus of St. Mary's School, Mount Abu, and pursued further education in Mumbai.

He worked for decades at Macneill and Magor (MM), which later became Kilburn Engineering. His was the classic middle-class, hard-working service, for a single-company-for-life, and he got the proverbial gold watch at the end of his tenure... except, it wasn't gold. The gold he did receive was lifelong friendships from his colleagues, most of whom happened to be Parsis. In an era where 'out of sight, out of mind' seems to be the norm, he treasured and nurtured those relationships till the end.

One of the more touching messages I received was from Nazneen Vandrewalla, from Seattle, daughter of Eruch, one of dad's MM colleagues, who passed away a few years ago. She told me how he never failed to wish her on her Roj birthday, even after all these years, despite having met only fleetingly in the past twenty years. That was my dad - the Prince of little gestures... those which come from the deepest recesses of our heart and rest in the same place in the recipient's heart. He was a loving father to my sister and me, and a doting husband to my mother.

The basic tenets of Zoroastrianism are Humata, Hukhta, and Huvarashta; good thoughts, good words and good deeds. And he was a living example of these, especially the good deeds. His was not the grand gesture of building a hospital or school, but it consisted of a million acts of daily kindness, like helping an older person cross the road or chatting with the vegetable vendor and inquiring about his family. At the Uthamna, a gentleman came up to me and narrated how a week ago, 'Soli Saab' saw him across the road and actually made the effort to cross and greet him in person... this, in an age, when we pass each other and pretend to be lost in our phones, to prevent eye contact.

He passed away peacefully on the 7th November of a severe brain haemorrhage. It was one and done. And this was a man, who at age 85, had barely spent three days in hospital in his life! A week ago, he was with our entire extended family, a jolly gang of over 20 people, in Dalhousie and then Amritsar, visiting the Golden Temple. He was the patriarch of this motley crew. He was the beloved Soli Dada/Nana/Fua/Mama to all. However, that didn't stop him from shaking a leg (and hips) to 'Staying Alive', and belting out the old favourite, 'Jamaican Farewell', on karaoke on my sister's birthday - just 11 days before he bade us his own sudden farewell.

And that's what makes it so hard. I spend my life working with patients who have been given a second, third and even fourth chance at life after severe illness, but my father had none. I seek solace in the fact that he had no suffering, but can't help grieving that he went too early. Or maybe like Abou Ben Adhem (may his tribe increase), he was highest on the list of names whom love of God had blessed, and he was needed in heaven to continue to spread sweetness and light.

*"until the lion learns how to write,
every story will glorify the hunter."*

- African Proverb



5th ALL ZOROASTRIAN ARM WRESTLING COMPETITION



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SUPER CLASS	: Over 60 years
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CHAMPION OF CHAMPIONS: Previous year Champions (Men) will fight with Senior Champion for CHAMPION OF CHAMPION Title.

Minimum Four Entries in each category failing which the categories will be merged.
Entry fees per wrestler: Rs.400/- (including entry, dinner & T-shirt)

DINNER TICKETS

**Members Rs 450/- Guests Rs. 500/-
(Last date of ticket issue 30th November 2022)
Entry forms available at Parsee Gymkhana**

BUFFET MENU

Starters:	Peri Peri Potato Wedges with Garlic Aioli, Kung Pao Chicken, Fried Prawn
Accompaniments:	Kachumber & Lemon, Chapati, Assorted Breadbasket
Main Course:	Grilled breast of chicken in pepper mushroom sauce, Pan Seared Fillet of Fish in Caper Sauce, Sali chicken, Subzi Miloni, Burnt Chilli & Garlic Rice, Vegetable Thai Green Curry, Paneer Mutter
Dessert:	Malai Kulfi with Falooda & Rose Syrup

Contact for Entry forms:

**Mr. Adil Daruwalla/ Mrs. Pooja - 9167868817 /022-2281 1869
Email: armwrestling@parseegymkhana.in**



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Time: 6.45 pm onwards

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2. Sir J.J. Agiary, Dastur Meher Road, Camp, Pune - 1.
3. Jeejeebhoy Building (Parsi Colony), Lullanagar, Pune - 40.
4. C.T. Pundole & Sons, Camp, Pune.

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Late Jemi & Late Gool Tavadia**
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Late Miss Goolmohore P. Pleader
(For MBBS/BDS Course only)

In pious memories of
Late Miss Shirin H. Bharucha
(For Engineering & Architecture)

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Late Mrs. Jerbai & Kaikhushru R. Fitter
(For Post Graduation)

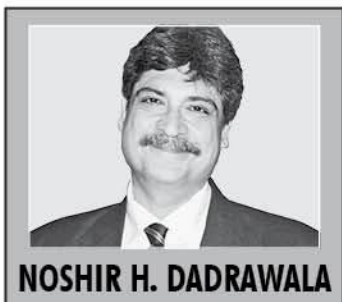
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**Dr. D.B. Parakh & Mrs. Katie D. Parakh,
Miss Mani K.Fitter & Ms. Bapsy Modi**
(For Post Graduation)

**Students with distinction marks may apply.
Forms may be collected from our office from:
21st November, 2022 to 30th November, 2022
between 10.30 a.m. to 3.00 p.m. only**

Students staying at distant places may apply through Post

Miss Rukhshana F. Sholapurwala
President & Managing Trustee

Celebrating The Arrival Of Parsis In India



NOSHIR H. DADRAWALA

Sanjan Day was celebrated on November 15, 2022 by the community with much gusto. This is an annual event commemorating our community's historical roots, but more importantly, an expression of our sense of loyalty and gratitude to India.

Exodus From Iran To India:

Little is known / documented about the advent of early Parsis to India. The earliest record is the *Qjssa-e-Sanjan* (1599 AC). Hence, the earliest history of Parsis was documented several centuries after their arrival in India. Some believe that when the Sasanian Empire fell and Zoroastrians were forced to convert by the Arabs, some immediately fled to India. Most scholars agree that Parsis probably came to India around the 10 AD or virtually three centuries after the fall of the Zoroastrian (Sasanian) empire. However, Iran and India had trade relations going back five hundred years before the birth of Christ and therefore, it's plausible that some Zoroastrians may have settled in India even before the Arab conquest of Iran.



India, including the holy ash of the *AtashBahram* in Khorasan, was brought from Iran, reportedly on horseback and on foot via Afghanistan and what is modern-day Pakistan. Hence, the first *Atash Bahram* consecrated by the Parsis in India is named *Iranshah*, as it has a spiritual and ritual link with Iran.

When Sanjan Came Under Threat:

After *Iranshah* was duly installed, Parsis lived peacefully in Sanjan for about 324 years. However, when Sultan Mahmud (Mahmud Begdo) attacked Sanjan with an army of thirty thousand soldiers, led by General Alf Khan, the local Governor of Sanjan asked the Parsis to join his army in battle, after annulling the treaty between the Parsis and his ancestor, Vajjadevrai, that they would not bear weapons.

1,400 Parsi men enlisted in the army and General Ardashir led them in battle, fighting for three days and Ardashir emerged victorious in the first round. However, Alf Khan returned with a bigger army and Ardashir and several men in his army were killed. Sanjan fell into the hands of Alf Khan. Even as the battle was being fought, the Sanjana Priests, fearing desecration of the Holy Fire, carried *Iranshah* away to safety in a cave on Mount Bahrot.

Arab Conquest Did Not Trigger Immediate Exodus:

Late Prof. Mary Boyce, professor of Iranian studies at London University's School of Oriental and African Studies (SOAS), wrote in her book, 'A Persian Stronghold of Zoroastrianism': "It is now generally agreed that the Arab conquest of Iran in the seventh century AD was not achieved by a few great battles, but took more than a generation to accomplish; and that, although Islam was established thereby as the State Religion, it needed some three hundred years, or nine generations, for it to become the dominant faith throughout the land."

mostly wiped out between 12 AD and 15 AD by Mogul marauders - Chengiz Khan and Taimur Lang, in particular.

Even Late Dastur Dr. Hormazdyar K. Mirza writes in his 'Outlines of Parsi History' (Bombay 1987, Pg. 179): "A Zoroastrian dynasty ruled in the mountainous region of Damavand, in the district of Tabaristan, in post-Sasanian times. This was a dynasty of the Zoroastrian priests, and the rulers of this dynasty were known as *masmoghan*, i.e., 'Chief of the Mobads', who ruled in the Damavand and adjoining districts under Sasanian Emperors, and after the Arab conquest, they ruled as independent rulers."

It's also believed the *Sipahbads* of the *Bavand* dynasty (a continuation of the Zoroastrian *Masmoghans*) ruled a province around Mount Damavand in the tenth century (i.e., almost three hundred years after the Arab conquest of Iran) which had more than ten thousand villages. The province was said to be prosperous and most of its

people were *gabranken* or Zoroastrians.

The Significance Of Sanjan:

It's believed that when our ancestors left Iran, they first landed in Diu (Kathiawar). After staying there for about sixteen years, they moved to Sanjan, Gujarat. The question is, why is Sanjan given more importance than Diu? Maybe, because the title of the poetic record of the advent of the Parsis from Iran to India is *Qjssa-e-Sanjan* or the Story of Sanjan. Or maybe because Parsis stayed in Sanjan far longer (about 324 years) than in Diu. However, perhaps the most important reason is because the first *Atash Bahram* (*Iranshah*) to be consecrated in India was in Sanjan.

According to *Qjssa-e Sanjan*, this first Fire of Victory (*Atash Bahram*) on Indian soil was installed on day nine of the ninth month, *Samvat* 777 or 721 AC. (Some historians believe that it was more likely 941 AC, or five years after Parsi arrival in Sanjan). The *Aalaat* or the sacred ritual requisites for consecrating the *Atash Bahram* in

Bahrot. For twelve years, the priests kept *Iranshah* safe and secure at Bahrot.

Gratitude To Sanjan:

Historically, Sanjan was always a busy and flourishing port. With time, the community started moving to other parts of Gujarat. Today, Parsis, though small in numbers, are spread across India and the world. However, the community to this date remembers Sanjan with fondness for this is where *Iranshah* was consecrated. Sanjan is where the community found a safe new home. Sanjan is where we initially flourished. Sanjan is where our ancestors fought Sultan Mahmud on request of the local governor. Sanjan is where our ancestors learned and adopted the Gujarati language and our ladies started to wear the Indian saree.

We owe so much to Sanjan and therefore we remember it with so much fondness and gratitude. Thank you, Sanjan. Thank you, India!

There were a few million Zoroastrians in Iran to 10 AD. Many Zoroastrian texts, including the *Pahlavi Dinkard* and *Vendidad* were written three centuries after the Arab conquest. Historians have recorded Zoroastrian strongholds in Khorasan and certain parts of Northern Iran, up to 16 AD. The fact is, Zoroastrians were

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GEN Z AND BEYOND: A SURVEY FOR EVERY GENERATION

Q1: What is SOAS?

A1: SOAS, University of London, is a highly respected academic institution with decades-long connections to Zoroastrian associations and organisations in the UK, India and Iran. At SOAS, courses in Zoroastrianism and its associated languages both ancient (Avestan and Pahlavi) and modern (Gujarati and Persian) have long been taught. A major exhibition, *The Everlasting Flame: Zoroastrianism in History and Imagination*, mounted by SOAS first in London (Brunei Gallery 2013) and then in Delhi (National Museum 2016), brought attention to the subject on a global scale. A major donation to SOAS by Mr Shapoor Mistry enabled the establishment of the SOAS Shapoorji Pallonji Institute of Zoroastrian Studies in 2018 – the first such institute dedicated to teaching and research of Zoroastrianism in the world with a new post, the SSP Lecturer in Zoroastrianism, a scholarship fund and part-time administrator. Thanks to the Zartoshty Brothers, Meherbakh and Feridoun, SOAS was already the beneficiary of a philanthropic donation that supports the Zartoshty Brother Chair in Zoroastrianism. In addition, the Zoroastrian Trust Funds of Europe (ZTFE) have given generously to SOAS over the years, funding scholarships and making a substantial donation towards *The Everlasting Flame* exhibition.

Q2: So, what is *Gen Z and Beyond: A Survey for Every Generation*?

A2: The survey was initiated and sponsored by members of the community for the benefit of the global (Iranian / Parsi / Irani) Zoroastrian community as a whole. This Survey is unique as it does not collect any identifying information, is global, and totally anonymous. The questionnaire asks a wide range of questions covering domestic and family life, professional aspirations, religious observances and beliefs, philanthropy, entrepreneurship, immigration, community engagement and other issues of importance to the (Iranian / Parsi / Irani) Zoroastrian community.

Q3: If the survey is a community-sponsored study, why is an academic institution responsible for conducting it? Why doesn't a community body run the survey?

A3: The Survey was brought to us at the SOAS Shapoorji Pallonji Institute of Zoroastrian Studies (SSPIZS) because, as researchers belonging to an academic institution, we provide a neutral platform for studies such as this one. In other words, we have no agenda, and don't support any particular outcome from the survey. We have no influence over the data collected nor can we identify the people who fill in the survey – it is completely anonymous.

Q4: SOAS is a university based in the west and so won't the results be biased towards a western (liberal, untraditional) perspective?

A4: In our report at the end of the survey, we won't be making any recommendations or judgements. We will not say that this is right or that is wrong, or the community should do one thing or another. We will be collecting the data – the data the community gives us in their responses to the Survey – analysing it and presenting it back to the community in the form of a report which will

be interesting and useful to community members and leaders.

Q5: What is the purpose of the survey?

A5: This is a once-in-a-lifetime opportunity that may never come around again, so participants of the Survey are a part of something truly historic! We understand that many people are experiencing survey fatigue, but this Survey examines a wide range of topics that are of interest and relevance to the community, posing questions about the priesthood, what religious practices and customs you observe, the importance of the Qisse-e-Sanjan and Shahnameh to your ethno-religious identity, your favourite community activities, and what you think are the most significant factors that will strengthen or threaten the community. The scope of this survey goes beyond sociopolitical viewpoints, aiming to understand all aspects of (Iranian / Parsi / Irani) Zoroastrian life today, including the many positive aspects of belonging to a tiny minority.

The Survey is also an opportunity to quantify, verify and examine the many challenges the community faces by tackling the important questions: What are the most pressing challenges? Why are they happening? Where are they happening? It is essential to capture this information about the community and preserve it for future community members as well as academics who are interested in the Zoroastrian community and religion.

Q6: One of the main criticisms of the survey has been that it is not restricted to only those with two Zoroastrian parents. Why are people who have only one Zoroastrian parent, grandparent or spouse included in the Survey?

A6: The Gen Z and Beyond Survey is open to people aged 18 and over who have:

- Two (Iranian / Parsi / Irani) Zoroastrian parents, or
- A (Iranian / Parsi / Irani) Zoroastrian father, or
- A (Iranian / Parsi / Irani) Zoroastrian mother, or
- At least one (Iranian / Parsi / Irani) Zoroastrian grandparent, or
- A (Iranian / Parsi / Irani) Zoroastrian spouse

The most important point to take away here is that responses and data from each category are collected separately and will not be merged or conflated during analysis.

We included the categories because we wanted to make comparisons between them. We understand that there are different rules of inclusion and exclusion in different parts of the world.

It might be of interest that, to date, people with two Zoroastrian parents are, by far, our largest category – over 90% of our respondents.

Q7: Will the report be the only outcome of the survey?

A7: Yes, a report will be produced by the Gen Z team that will analyse the data. Once again, the report will present the results separately for each category. The report will not make judgements or recommendations.

We want the report to be relevant and meaningful, and above all, useful for the community. We do not want the report to gather dust in a library somewhere and therefore we hope that the community will make use of the huge amount of data. The results are in no way binding on the community, and community leaders can decide to use the data as they wish once it's made available.

The raw data from the survey will be stored in perpetuity in an archive such as the UK Data Archive and will be a substantial resource for the Zoroastrian global community as well as for academics, students, and researchers.

Q8: If the report doesn't make recommendations, what is the benefit of it? How will young people benefit from participating the survey?

A8: Currently, there is limited sociological and demographic data on the Zoroastrian community as a whole. Young people should take this Survey as ultimately, the future of the community lies with them. The younger generation will benefit because the report will highlight the topics of interest, issues, religious practices, and beliefs that are most important and relevant to them.

Q9: Older people or those who aren't very tech savvy may find it challenging to sign up and take the survey online.

A9: Responses from the older generation are an integral part of the Survey and the picture it builds of the community as a whole. This is why we have/are in the process of leafletting all the colonies and *baugs* to give people instant access to the Survey. If anyone hasn't received the leaflet in the last few weeks (or has difficulty signing up) and would like to participate, please contact Er. Sheherazad Pavri on +91 96192 54448.

Q10: Is it safe to participate? Who has access to my responses and information?

A10: The survey does not ask for ANY identifying information. We do not ask your name, address or even your city/town/village name. The survey is completely anonymous - your response cannot be linked to the email address or mobile number used to sign-up for the survey. You can be completely honest when filling out the survey.

Q11: How do you participate?

A11: There are two ways of participating.

- 1) Sign up using an email or phone number by visiting tinyurl.com/GenZSignUp or scanning the QR code. →
- 2) If you would like to participate without signing up, please call Er. Sheherazad Pavri on +91 96192 54448 for a leaflet which has a password for instant access.



Stay tuned for the latest statistics from the Survey in the coming weeks!

Survey goes offline on 31 December 2022, so sign up now

www.genzandbeyond.com



DR. DANESH CHINOI

Frozen Shoulder



One day you're fine, and the next, you're struck by excruciating shoulder pain - the kind that takes your breath away. Then comes the first of many sleepless nights. Welcome to the mysterious and miserable world of 'frozen shoulder'. Clinically termed as 'adhesive capsulitis', frozen shoulder can literally develop overnight. The lining (capsule) of the shoulder becomes inflamed and stiff, causing shooting pain with certain arm movements. Eventually, the shoulder 'freezes' or could become immobile for a few months, a year or even longer. Frozen shoulder is one of those spontaneous conditions we face as we age. Recovery can be long and grueling if you go it alone, which many people do. Early intervention with an expert physiotherapist gets you back on track faster.

Like many patients, Rustomjee was going to try to 'tough it out'. After all, who like going to the doctor! But take it from Rustomjee - waiting too long isn't worth it: *"The doctor asked me to perform certain diagnostic movements, like reaching behind my back and up toward my shoulder. These bursts of pain brought tears to my eyes. Within five minutes, he diagnosed me with frozen shoulder. He said it was a good thing I'd come in during the inflammatory phase, before the shoulder froze up. I was relieved when he said I wouldn't need surgery and, better yet, I could and should keep playing box cricket. Keeping the shoulder mobile would help with recovery, he said. Being sedentary is the worst thing for frozen shoulder. That's why I hadn't been sleeping, doctor explained. At night, as you try to rest, the lining of the shoulder tightens up like a T-shirt that's too small. So, any little motion causes pain and keeps you awake. He recommended an anti-inflammatory injection and regular physiotherapy, which I attended for two months. The physiotherapist used electrical stimulation to loosen up my shoulder and taught me exercises I could do at home to improve my range of motion. If you find yourself trapped in the world of frozen shoulder, don't wait until you're desperate, like I did. It started affecting my personal and professional life. Seek help right away, if only to get some peace of mind about what's wrong. And to finally get a good night's sleep!"*

Rustomjee's personal medical mystery was solved, but in a larger sense, the condition itself is still a puzzle. While we don't know exactly why frozen shoulder develops, patients with thyroid problems and uncontrolled diabetes are more prone to it and have a tougher time recovering. Patients who have been in a sling or have been sedentary due to an accident or surgery, also can develop frozen shoulder. Frozen shoulder can affect any adult, but it is most common in women aged 40 to 60. The majority of patients recover

without surgery. Recovery can be a long road. Rustomjee was wise to come in during the inflammatory phase. Once a shoulder is frozen, 'thawing' it, or rendering it mobile again, takes much longer.

Patients who see a physiotherapist early could recover in a few months, as opposed to longer periods, without intervention. Eventually, frozen shoulder will resolve on its own, but that's a long time to deal with intermittent pain, mobility issues, and sleep disruption. Most patients recover with nonsurgical therapies. For severely frozen shoulder or patients who are fed up with the pain, surgeons can do arthroscopic surgery. The surgeon looks inside the joint, releases the shoulder capsule, and restores your range of motion. However, you'd still need physical therapy to regain full shoulder mobility.

Here are a few frozen shoulder exercises for you. Always warm up first by taking a warm shower for 10 to 15 minutes or apply a moist heat pack. While performing the following exercises, stretch to the point of tension, but not pain.

The Pendulum Stretch:

Start with this exercise. Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down. Swing the arm in a small circle - about a foot in diameter. Perform 10 revolutions in each direction, once a day. As your symptoms improve, increase the diameter of your swing, but never force it. When you're ready for more, increase the stretch by holding a light weight (three to five pounds) in the swinging arm.



The Towel Stretch:

Hold one end of a three-foot-long towel behind your back and grab the opposite end with your other hand. Hold the towel in a horizontal position. Use your good arm to pull the affected arm upward to stretch it. You can do an advanced version of this exercise with the towel draped over your good shoulder. Hold the bottom of the towel with the affected



arm and pull it toward the lower back with the other arm. (10 -20 Reps, once daily).

Finger Walk: Face a wall three-quarters of an arm's length away. Reach out and touch the wall at waist level with the fingertips of the affected arm. With your elbow slightly bent, slowly walk your fingers up the wall, spider-like, until you've raised your arm as far as you comfortably can. Your fingers should be doing the work, not your shoulder muscles. Slowly lower the arm (with the help of the good arm, if necessary) and repeat. (10 -20 Reps, daily).



Cross-Body Reach:

Sit or stand. Use your good arm to lift your affected arm at the elbow, and bring it up and across your body, exerting gentle pressure to stretch the shoulder. Hold the stretch for 15 to 20 seconds. (10 -20 Reps, daily).



Armpit Stretch: Using your good arm, lift the affected arm onto a shelf about breast-high. Gently bend your knees, opening up the armpit. Deepen your knee bend slightly, gently stretching the armpit, and then straighten. With each knee bend, stretch a little further, but don't force it. (10 -20 Reps, once daily).



As your range of motion improves, add rotator cuff-strengthening exercises. Be sure to warm up your shoulder and do your stretching exercises before you perform these strengthening exercises.

Outward Rotation: Hold a rubber exercise band between your hands, with elbows at a 90-degree angle close to your sides. Rotate the lower part of the affected arm outward 2 - 3 inches. Hold for five seconds. (10 - 15 Reps, once daily).



Inward Rotation: Stand by a closed door, hook one end of a rubber exercise band around the doorknob. Hold the other end with the hand of the affected arm, holding your elbow at a 90-degree angle. Pull the band toward your body 2 - 3 inches, and hold for five seconds. (10 - 15 Reps, once daily).



Merzina Irani Wins Silver In State Level Karate Championship

13-year-old Merzina Irani, student of J. B. Vachha High School for Parsi Girls, Dadar, won a Silver Medal in Kumite, at the Maharashtra State Sub Junior Karate Championship, 2022, held in Aurangabad, on 5th - 6th November, 2022, organised by the Karate-Do Association of Maharashtra. Merzina represented Mumbai City in the open weight category for 13-year-old girls (+55 kgs).

Alongside Karate, she also practices Judo and has won several Judo competitions too, including MSSA. Dynamic Merzina is also a trained and certified ballet dancer and has won awards in interschool elocation and essay-writing. English Literature and History are her favorite subjects at school. Speaking to Parsi Times, Merzina says, "Winning or losing doesn't matter as much - participation is the greatest achievement. Each competition has something new to offer. I'm very proud and happy to represent my school and the community, and aim to continue achieving more. I'm grateful to my parents, brother, school principal,



teachers and mentors for my success."

Daughter of proud parents Naznin and Mehernosh Irani, residing at Dadar Parsee Colony, Merzina has been training for the past seven years under the guidance of Shihan Jehangir Shroff (7th Dan Black Belt) President and Chief Instructor of Yudansha Kobujitsu Karate-Doh Federation (India) and Jehangir Shroff Fitness Academy (JSFA).

Kudos to Merzeena! Here's looking to many more future wins!

Paashin Sethna Peddles A Win In Jio Mumbai Cyclothon

18-year-old Paashin Behram Sethna, residing in Bandra Tata Blocks, made a mark in the first edition of the 'Jio Mumbai Cyclothon', which took place on 13th November, 2022, (from 5:00am to 1:00pm), and successfully concluded with over 3,500 cycling enthusiasts having participated in the event and securing third place in the Men's 50km 18+ Category. Flagged off by Bollywood actor Suniel Shetty, the marathon started at BKC and passed through Kherwadi, Bandra and Worli via the sea-link and back to BKC.

Organized by Champ Endurance, the Jio Mumbai Marathon is green initiative that and aims to create awareness among citizens about health and fitness for people of all ages and sensitizes them towards eco-friendly transportation options like cycling. Participants were spread over about 25 different categories and sub-categories for men and women, with a total of 60 winners. Paashin came in third in the Men's 50 km category, doing 3 laps in 1.49 minutes, from amongst 474 other co-participants.



A student at Tata Institute of Social Sciences, Paashin is pursuing Bachelors of Vocational Engineering (Automobile Servicing) and has been a passionate cyclist since 2017. His talents also extend to wood-work carving and he wishes to pursue a career in cycling as a professional athlete.

Olpadwalla Brothers Shine Bright At Global Taekwondo Competition

Known for winning accolades in Taekwondo, the Olpadwalla brothers - Nekzaad and Shazaad Aspi Olpadwalla - continue their winning streak in 2022! The students of Sir Lady Engineer High School have yet again made their school, community and parents very proud, with Nekzaad winning the Gold medal and Shazaad bringing home the Bronze medal, in their respective Categories, at the First World Open Friendship Takewondo Cup 2022, which was held on November 12, 2022, in Mumbai.

The winning duo thank their school principal - Erric Elavia for his encouragement and support as also their coach - Kiran Gawande, for prepping them to win. Parsi Times congratulates



the Olpadwalla family and wishes Nekzaad and Shazaad all the very best for their future achievements!



Heartiest congratulations to Burzin Engineer and Percy Bharucha on completing the extreme endurance event, 'IRONMAN 70.3 Goa', on 13th November, 2022.



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Surat's Yezdi Dapotawala Completes 'IRONMAN 70.3 Goa' At 51!

51-year-old Surat resident, Yezdi Noshir Dapotawala, continues to inspire one and all, this time having completed the second edition of 'IRONMAN 70.3 Goa' - an extreme endurance event - which commenced at the Miramar Beach in Goa's capital - Panaji, on 13th November, 2022. Over 1,450 participants from 33 countries put their best to the test, into this eight-hour triathlon (which is a qualifying event for the IRONMAN World Championships), where they were required to complete a gruelling 1.9 km open sea swim, 90 km cycling and 21 km running.

Yezdi clocked 7 hrs, 50 mins and 30 Secs (Sea-swim at 00:54:36; Cycling at 03:42:47 and Running at 02:53:15) to complete this extremely demanding event. The IRONMAN 70.3 comes on the heels of yet another fabulous triumph - the first edition of the VRG Triathlon, held on 6th November, 2022, where Yezdi stood first in his age group, completing the Olympic distance of 1.5 kms swim, 40 kms cycling and 10 kms running.

A passionate athlete since childhood, Yezdi has participated in and won numerous endurance competitions across local, national and international platforms. He represented The Zoroastrian Club - Surat at the All Parsis Athletic Meet in Mumbai since he was in school, a legacy now continued by his children. But it was long distance running that captured his heart and he started practicing sincerely for Marathons, since 2018. Even through the pandemic, when it was possible, over the past couple



Completing the IRONMAN 70.3 Goa

and cycling for long hours. Though swim sessions are normally in a pool, once a week, I'd swim in the river Tapi to test my endurance. One has to keep a watch on the diet too," shares Yezdi.

Two of Yezdi's commendable achievements comprise major cycling expeditions, one where he cycled 500 kms over 10 days, at high altitude and broken roads, from Manali to Spiti Valley (2016), and the other where he rode through the dangerous forest regions in Arunachal Pradesh, again another 500 kms over 10 days. Some of his best timings have been in the Tapi Monsoon Marathon and the Hyderabad Half Marathon, considered to be the toughest road race in India.

So, what keeps him going strong even at the age of 51? "Having always been an athlete, I feel constantly motivated to do something or the other. For me, age is just a number - I always look

forward to participate in as many good events as I can around the year - even if that takes me to far-off destinations. I thank my family and friends for being my biggest support," says Yezdi, who has also been training his son - Zeus Yezdi Dapotawala, by taking him for marathons in Surat.

Speaking excitedly about his future plans, he says, "I'm now aiming for the full Ironman next year, which consists of 3.8 kms swim, 180 kms cycling and 42.2 kms running - all of which should be accomplished in 16.30 hours. And



Winner of the VRG Triathlon



Like father, like son!
With Zeus - potential future champ!

of years, Yezdi successfully completed numerous half-marathons held in Surat city as also Ultra-runs held in the forest areas of Daang near Saputara

"The Goa Ironman was one of the more difficult ones in India, with its challenging hilly cycling rides and hill-runs. Plus, since we started post sunrise, we had to press on the whole day through the extremely hot (32° C) and humid conditions (71% Humidity). I'd been training six days a week for Ironman, since the last three years. Two days each, I'd practice swimming, running

Young Rathestars Hold 'Bonny Baby' Contest



Bonny Baby 2022 - Bryanna Farzan Pithawala

On 13th November, 2022, thirty-two lovely little tots participated in the 'Bonny Baby' contest, held by the famous and much respected philanthropic organization - 'Young Rathestars' (estb. 1942). The excited children were accompanied by their enthusiastic parents and grandparents on a Sunday morning. Arnavaz Mistry addressed the gathering with a warm welcome note, alongside other Young Rathestar members.

The contest was judged by a panel of doctors, including Dr. Armaity Contractor, Dr. Kainaz Irani and Dr. Nerges Barsiwalla, who examined the participants spread across three groups. Bryanna Farzan Pithawala was declared

after that, I want to participate in the 'Ultraman' - it's every athlete's dream come true! It's a 515 km multisport race, spread over three days and consists of 10 km of open-water swimming, 421 km cross-country cycling and an 84 km ultra-marathon run. Each stage has to be completed in 12 hours or less!"

Sharing a heartfelt message with the community, he says, "My message to my fellow Zoroastrians is to please take some time out from your hectic schedules for your health. Health is the greatest wealth. There's no point in losing health in the quest for wealth

Group 1	
Winners	Sairah Wadia
1st Runner-up	Tiara Tumboli
2nd Runner-up	Jessica Wadia
Consolation prize	-
Group 2	
Winners	Thea Chanduwadia
1st Runner-up	Jennifer Mistry
2nd Runner-up	Fravash Dalal
Consolation prize	-
Group 3	
Winners	Jamshed Driver
1st Runner-up	Tiesha Mistry
2nd Runner-up	Ziana Baam
Consolation prize	Natarya Yazeshani

as Bonny Baby 2022!

The winners were awarded certificates, prizes and gift hampers. All the cute participants were congratulated and presented toys as a token of appreciation. The Trustees and Committee Members thanked the judges and expressed gratitude to the J B Vachha High School Management and Trustees for their support.

because you will end up spending all of that hard-earned wealth to regain your health! Take an hour off daily to dedicate to the betterment of your health. Respect and take care of your body as it's the only place you will live in, till your last breath!"

Wise words indeed! Parsi Times congratulates Yezdi on doing the community and the nation proud and for proving that age, is indeed, just a number! Here's to many more accomplishments - may he continue setting the inspirational precedent for one and all!

ZAC Celebrates Sixth Atashkadeh Salgreh



of California has deemed it fit to felicitate a worthy priest (Er. Zarrir) who is involved in the service of the whole Parsi community. Felicitations on the 6th Anniversary



Vada Dasturji Firoze Kotwal



Vada Dasturji Khurshed Dastoor



Vada Dasturji Cyrus Dastur

(Salgreh) of the Atash Padshah installed by the Zoroastrian Association of California (ZAC)... It is our sincere prayer that our Holy Fire may continue to shower his choicest blessings on the faithful devotees of California... and lead them always on the path of Truth and Righteousness. It is very gratifying that ZAC

and pray to Dadar Ahura Mazda that the divine fire that was enthroned in California six years ago, may eternally keep burning and keep blessing the Zarthosty devotees with an abundance of happiness, success, progress, and prosperity. I also congratulate Ervad Zarrir F. Bhandara, my guru, on his 50 years of dedicated, selfless, and honorary service to our Zarthosti community in the US, North America, and globally. Zarrir you have been guiding our community with your expansive knowledge about our religion and I commend you for the same, may Ahura Mazda's blessings be showered upon you forever."

The sixth salgreh of Zoroastrian Association of California's (ZAC) Atashkadeh was celebrated with great religious fervor and Parsi gusto on 12th November, 2022. Preparations started a week in advance with a deep cleaning of the premises. On the salgreh day, chowk was done by Vira and Barjor Santoke, a Hama Anjuman Maachi was offered to Atashpadshah in all five gehs. Also, two Hama Anjuman Jashans were performed by Ervads Zerkxis and Zarir Bhandara - in the morning and the evening - for the convenience of about 75 community members who attended the auspicious occasion.

is fortunate to have a good and sincere priest such as Ervad Zarrir Bhandara who has been helping community members in all spheres of life... It is my sincere hope that he and his son Zerkxis will continue to serve the faithful and devout members of the Good Religion... May this father and son team live a long and healthy life and may the divine blessings of Ahura Mazda be bestowed upon them and the devout members of the Parsi Irani Zarthushti community of California."

After which a note of thanks was delivered by Ervad Bhandara, thanking the ZAC executive committee and Er. Zerkxis for working behind the scenes to make sure everything runs smoothly and to the Commissariat family and Yashmin Pithawalla for the Parsi food and snacks, respectively, relished by all.

ZAC's past president Mobedyar Houtoxi Contractor read the following message from Vada Dasturji Cyrus Noshirwan Dastur: "I wish

After the Jashans, blessings in the form of messages, from Vada Dasturji Dr. Firoze M. Kotwal, Vada Dasturji Khurshed Dastoor, and Vada Dasturji Cyrus Noshirwan Dastur, were read out. The following message from the High Priest of Iranshah Udvada - Vada Dasturji Khurshed Dastoor - was read by Rooky Fitter (in the morning) and Daisy Pithawalla, ZAC Youth Coordinator (in the evening): "Dear Humdinds, Greetings from the land of Iranshah! I would like to express my heartiest congratulations and best wishes to my dear friend and a sincere Mobed, Er. Zarir Bhandara on this auspicious occasion. In many of my talks, I have expressed the need and importance of a religiously pious and scripturally knowledgeable Mobed who is willing to share his learning and insight with the community. This is the one way, our religious traditions will be protected and our religion, preserved. This is what Zarir has believed in and has made every effort in the direction of preservation. He continues to take the trouble to play a contributory role in organising and being a part of as many religious gatherings as he possibly can. What strikes me as very impressive is that he has not only encouraged and motivated his son Zerkxis but has mentored him to follow his passion. I am grateful to you Zarir, though so far away from your roots, you have in the past 50 years, helped lay a strong foundation of religious wealth for the Zoroastrians in the U.S. May the Light of the Sacred Fire strengthen the Faith, bring Harmony, and Guide our community towards preserving our traditions and ethnicity eventually leading us towards enlightenment."



Er. Zarir Bhandara



Ers. Zarir & Zerkxis Bhandara

ZAC Secretary Vira Santoke (morning) and ZAC Treasurer Phiroze Gundevia (evening) read the following message from Vada Dasturji Dr. Firoze M. Kotwal: "I am pleased that the Association

XYZ Brainiax 2022 - A Mind-blowing Event!

XYZ Foundation conducted its 4th edition of 'Brainiax', a competition of the mind with numbers, puzzles, and science, on 6th November, 2022. Eight teams of XYZ - from Colaba to Thane - converged at the BJPC Institution at 9:00 am to participate in competing events like Scientifix (science fair), Mathemagix (mental maths competition), Gridx (sudoku), Logix (puzzles), Blox (block building), Mechanix (machine making) and Xcellerate (Video making). Videos which were uploaded on social media received over 20,000 views.



XYZ Brainiax 2022

champions of XYZ Brainiax 2022.

The finals of all the competitive events, which were held post a delicious lunch, included a live final of Mathemagix held in the auditorium. After several nail-biting finishes, Rustom's Rockstars emerged victorious, as the overall

Hoshaang Gotla, XYZ's Founder, said, "This event was organised by the XYZ Seniors. They were instrumental in conducting every competition for the XYZ members in the 4 age groups. Every activity was on time and their organising skills were fantastic. The crowd really enjoyed all the events. Kudus to all the winners!"



XYZ Brainiax 2022 Winners - Rustom's Rockstars

ZTFI Holds Gala Annual Fest 2022

- New Initiative 'The ZTFI Helpline' Launched -

The Zoroastrian Trust Funds of India (ZTFI) held its Annual Fest 2022 at Cama Baug, on 12th November, 2022. The evening began with the auspicious and heart-warming Navjote ceremony of two Zoroastrian children - Varzan Bhagwagar and Tiana Sukhadiya, nobly organized by ZTFI, with the support of the Navjote donors - Rasheed Patel and Rashna Mistry. It was conducted by Er. Kaizad Karkaria and the priests of Rustom Framna Agiary who conducted the Navjote. ZTFI gifted the newly inducted Zarthostis and their families valuable goodies.



COMMUNITY FIRST

Over 500 community members gathered to make the most of the evening fest. Hosts for the eve, charismatic Kerfegar Eduljee and Hormuz Daruwala - charmed the audiences. The enthusiastic audiences were kept engaged through the evening, participating in various fun activities and contests including counting the number of holes in a belt or figuring out the tallest heel, as well as Spot prizes and a Lucky Draw competition. The live band 'Hijackers' rocked the stage and had the audiences dancing to their fun tunes!

An audio-visual presentation by Kaizad Chinoy screened ZTFI's glorious 13-year-old journey, highlighting various programs, achievements and support provided to the community, including Feed-A-Family monthly initiative, Soul Mate program, Zoroastrian Achievers Awards Night, various religious and picnic trips, concluding with a touching message by the dynamic Yasmin Mistry, Founder Trustee and Chairperson, ZTFI.

Living up to its motto, 'Community First', ZTFI also launched yet another, brand-new initiative on the occasion - the much needed 'ZTFI's

Helpline: 909-909-6874', which was well-received by the audiences and would be of great benefit to the community. Yasmin Mistry shared how this would prove to be doubly advantageous, benefitting both - community members

in need of support, as well as those who wished to do community service and help fellow Zarthostis in need. Assuring that this initiative as one that was 'For the Community and By the Community' Yasmin reinforced how ZTFI would always reach out and support all humdins.

The stage lit up with the glamour of Parsipanu as vibrant contestants did a ramp walk, showcasing their gorgeous Garas and talents, including little dance moves to stylish walks! Guests of Honour for the occasion, Dr. Cyres Mehta, Noshir Dadrawala and Hoshang Jal also addressed the gathering and were felicitated by Kersi Randeria and ZTFI Trustees. Committee Members were also felicitated with an appreciation for their dedication, with a special thanks extended to the spirited and fab - Team ZTFI.

The event was sponsored by the Godrej Group, The Zoroastrian Cooperative Bank Ltd, Master Group and Della Group with Parsi Times as the Media Partner. A scrumptious dinner by Tanaz Godiwalla concluded ZTFI's gala Annual Fest 2022, amidst much joy, fun and community camaraderie!



Yasmin Mistry addresses the audiences



Gara Competition



Navjote Mubarak to our two little tots!



With Guest of Honour - Noshir Dadrawala



Hoshang Jal, Chief Guest Dr. Cyres Mehta and Yasmin Mistry



Community members enjoying the eve

The Bawa Word Search

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

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

- | | | | |
|------------------------------|-----------------------------|--------------------------|-------------------------|
| Alexander the Great (Greece) | Napoleon Bonaparte (France) | Julius Caesar (Rome) | Genghis Khan (Mongolia) |
| Augustus (Rome) | Ashoka (India) | Charlemagne (France) | Marcus Aurelius (Rome) |
| Suleiman (Turkey) | Constantine (Rome) | Cyrus The Great (Persia) | Hannibal (Tunisia) |
| Alfred The Great (England) | William Conqueror (England) | Qin Shi Huang (China) | Tutankhamun (Egypt) |



TechKnow With Tantra

Storage Sense Settings in Windows

If your hard disk gets full or your Windows computer gets sluggish, you could do a clean-up using Storage Settings in Windows. Head to Settings from the Start Button, select Storage Settings. Switch on Storage Sense. Now you can automate clean-up options including 'Uninstall unused or undesired apps and features'; 'Delete temporary files'; 'Manage large folders including videos and images'; and 'Declutter your PC'. You can select the frequency for clean-up process to run automatically. This hidden feature, which is switched off by default, can go a long way to rid your PC of unwanted and unnecessary files, and help make it faster!

SUDOKU

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

Solution see below

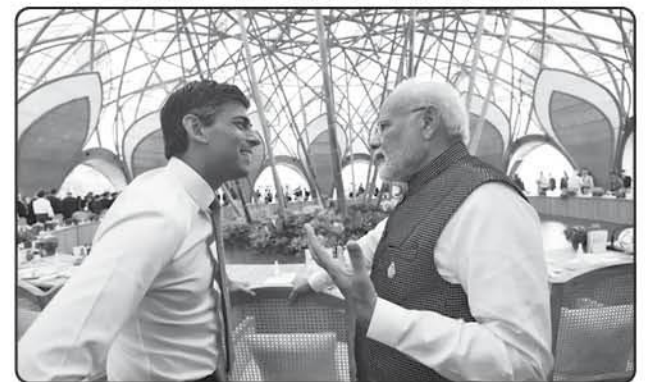
WINNING CAPTION!!!



Rahul: You put your left hand in, you put your left hand out...
 Sonia: I'm already quite 'shaken all about' with his antics!!

By Hormazd R Minocher (Mumbai)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 23rd 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.

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

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

Thought of the Week

"Do not wait for the perfect time and place - as long as you're alive, you're already onstage!"

- Anon

પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

સેન ડિએગો પાસે નવી દરે મહેર



કેલિફોર્નિયા ઝોરાસ્ટ્રિયન સેન્ટર (સીઝેસ્ટી), જે એફઈએએએનએ મેમ્બર એસોસિએશન છે, તાજેતરમાં સેન ડિએગો, યુએસએમાં તેમની ત્રીજી દરે મહેરનું અનાવરણ કર્યું, અને તેમણે ઉત્તર અમેરિકામાં ચૌદમું દરે મહેર બનાવ્યું.

દરે મહેર માટે તાજેતરમાં પ્રોપર્ટી ખરીદવામાં આવી હતી અને ૭મી નવેમ્બર, ૨૦૨૨ના રોજ એક ભવ્ય ઉદઘાટન સમારોહ યોજાયો હતો. કેન્દ્ર ૧૭૨૧ હોર્નબ્લેન્ડ સેન્ટ, સાન ડિએગો, સીએ ૯૨૧૦૯ ખાતે આવેલું છે.

યુએઈ ક્રિકેટમાં યશના કોમીસેરીયેટનો ચમકારો

૧૫ વર્ષની યશના નૌશિરવાન કોમીસેરીયેટની પસંદગી યુએઈ ક્રિકેટ ટીમના ભાગ તરીકે કરવામાં આવી હતી જે સીઆઈએસસીઈ ગર્લ્સ અંડર-૧૭ પ્રાદેશિક ક્રિકેટ ટુર્નામેન્ટમાં રમ્યા હતા. જે તામિલનાડુના તુતીકોરીનમાં ઓક્ટોબરના અંતથી નવેમ્બર, ૨૦૨૨ની શરૂઆતમાં યોજાઈ હતી. મુંબઈ, રૂસ્તમ બાગમાં રહેતા યશના હાલમાં દુબઈની એક સ્કૂલમાં અભ્યાસ કરી રહ્યા છે.



એક સારા પેસ બોલર તરીકે પોતાના કૌશલ્યમાં વધારો કરતા, યશના આ ટુર્નામેન્ટમાં યુએઈ ટીમ તરફથી સૌથી વધુ વિકેટ લેનાર બોલર તરીકે બહાર આવી, જેણે ટૂર્નામેન્ટ જીતી, ફાઈનલમાં

મહારાષ્ટ્ર-ગોવાની ટીમને હરાવી, જેમાં રમતના નિર્ણાયક સમયે બે રન આઉટનો સમાવેશ થાય છે. તેણીને ઉત્કૃષ્ટ ખેલાડી તરીકે ઓળખવામાં આવી છે અને એસજીએફઆઈ (સ્કૂલ ગેમ્સ ફેડરેશન ઓફ ઈન્ડિયા)માં આગલા સ્તર માટે પસંદ કરવામાં આવી છે.

લોશમંદ ઈલાવિયાએ ઈન્ડીકાર્ટિંગ ચેમ્પિયનનો તાજ પહેર્યો



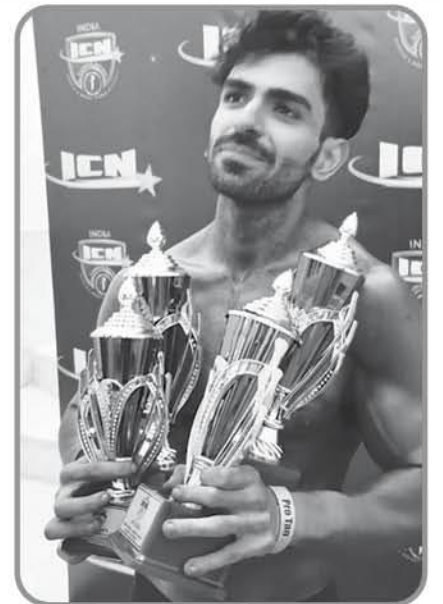
ઘણા મહિનાઓથી કરવામાં આવેલી તમામ મહેનતનું ફળ મળ્યું છે. હું ઈન્ડીકાર્ટિંગના સમગ્ર કુ અને અલબત્ત, મારા માતા-પિતાનો આભાર માનવા માંગુ છું, મેં ૮ વર્ષની ઉંમરે કાર્ટિંગ કરવાનું શરૂ કર્યું ત્યારથી મારા માતા પિતા મારા સૌથી મોટા સમર્થકો રહ્યા છે, લોશમંદે શેર કર્યું.

ઈન્ડીકાર્ટિંગ એ ભારતભરમાંથી પ્રવેશો જોયા અને ત્યાં અન્ય પારસીઓ પણ હતા જેમણે પણ સિઝન દરમિયાન છાપ પાડી. ઝેફાન અરદેશીરે પ્રો કેટેગરીમાં એક વિજય અને ડબલ રનર અપ કર્યું હતું, જ્યારે કેઝર બધનીવાલાએ અનુક્રમે પ્રો સિનિયર, ત્રીજી અને ચોથી ઈવેન્ટમાં વિજય મેળવ્યો હતો. કોવિડ પછીની પ્રથમ સિઝન સારી રહી છે, જેમાં એન્ટ્રીઓમાં વધારો થયો છે. લોશમંદનું બિરુદ યોગ્ય છે કારણ કે તેણે ખૂબ જ પ્રયત્નો કર્યા છે. તેનું ચોક્કસપણે ઉલ્લેખ લવિષ્ય છે! કાર્ટિંગ અને કોર્મ્યુલા રેસિંગમાં ૮ વખતના નેશનલ ચેમ્પિયન અને ઈન્ડીકાર્ટિંગના સ્થાપક રયોમંદ બનાજીએ જણાવ્યું. આગામી ઈન્ડીકાર્ટિંગ સીઝન આ વર્ષે ડિસેમ્બરમાં શરૂ થવાની સંભાવના છે.

મુંબઈના ગોદરેજ બાગના રહેવાસી લોશમંદ ઈલાવિયાએ ઈન્ડીકાર્ટિંગ પ્રો રેસની પ્રો જુનિયર કેટેગરીમાં ઓવરઓલ ટાઈટલ જીતીને સમુદાયને ગૌરવ અપાવ્યું હતું. ૧૫ વર્ષીય ખેલાડીએ કુલ ૯૮ પોઈન્ટ સાથે ચાર રાઉન્ડ પૂરા કરવાનું પ્રભુત્વ હાંસિલ કર્યું હતું. લોશમંદ ચારેય ઈવેન્ટમાં વિજેતા સાબિત થયા હતા. હું આ ટાઈટલ જીતવા માટે રોમાંચિત છું.

જેહાન ઈરાનીએ આઈસીએન (ભારત) ખાતે પ્રથમ પ્રયાસમાં ૩ ગોલ્ડ અને ૧ સિલ્વર મેળવ્યા

મુંબઈ સ્થિત, ૨૨ વર્ષના જેહાન ઈરાનીએ પ્રતિષ્ઠિત આઈ કોમ્પિટ નેચરલ (આઈસીએન) ઈન્ડિયા, બોડી-બિલ્ડિંગ અને ફિટનેસ સ્પર્ધાના ભારતીય ચેમ્પિયનમાં ત્રણ ગોલ્ડ અને એક સિલ્વર જીત્યા હતા, જે સ્પર્ધા ૫મી નવેમ્બરે ૨૦૨૨, યશવંતરાવ ચન્દ્રાણ કેન્દ્ર, નરીમાન પોઈન્ટ, દક્ષિણ મુંબઈમાં યોજાઈ હતી. સમગ્ર ભારત અને અન્ય દેશોમાંથી ૬૦ પ્રતિભાગીઓએ વિવિધ કેટેગરીમાં જીતવા સ્પર્ધા કરી હતી, જ્યાં કુદરતી રમતવીર, જેહાન, જેમણે તેની પ્રથમ વ્યાવસાયિક સ્પર્ધામાં ભાગ લીધો હતો, તેણે ચાર ટ્રોફી જીતી - મેન્સ બોડીબિલ્ડિંગ અંડર-૨૩માં ત્રણ ગોલ્ડ, મેન્સ ક્લાસિક ફિઝિક, અને ક્લાસિક ફિઝિક અંડર-૨૩, અને મેન્સ બોડીબિલ્ડિંગમાં એક સિલ્વર. ૮૮ દેશોમાં હાજરી સાથે અને વિશ્વભરમાં ૩૧,૦૦૦ થી વધુ સભ્યો સાથે વૃદ્ધિ પામતા, આઈસીએન (આઈ કોમ્પિટ નેચરલ) આજે નેચરલ ફિટનેસ મોડલિંગ, બોડીબિલ્ડિંગ, ફિઝિક અને ફેશન ઈવેન્ટસમાં વિશ્વવ્યાપી અગ્રેસર છે.



મુંબઈમાં જન્મેલા અને ઉછરેલા, યુવા ફિટનેસ ટ્રેનર, જેહાન હોટેલ મેનેજમેન્ટમાં ગ્રેજ્યુએટ છે

અને હાલમાં તે આઈઆઈએમ લખનૌમાંથી બિઝનેસ માર્કેટિંગ કરી રહ્યા છે. જેહાન હવે ૧૦મી ડિસેમ્બર, ૨૦૨૨ના રોજ આઈસીએન ગોવા પ્રો-શોમાં ભાગ લેશે, જેમાં ૯૨ દેશોના પ્રતિભાગીઓ જીતવા માટે સ્પર્ધા કરતા જેવા મળશે! અહીં જેહાન ઈરાનીને તેના ભાવિ પ્રયાસો માટે ખૂબ ખૂબ શુભેચ્છાઓ છે!



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૯.૧૧.૨૦૨૨ થી તા. ૨૫.૧૧.૨૦૨૨



Aries - મેષ - અ.લ.ઈ.

૨૫મી ડિસેમ્બર સુધી ધર્મના દાતા ગુરૂની દિનદશા ચાલશે. હાલમાં તમે તમારા અધુરા કામ પુરા કરવામાં સફળ થશો. જે પણ કામ કરશો તેમાં માન ઈજ્જત વધુ મળશે. નાણાકીય બાબતમાં ખુબ સારા સારી થતી જશે. જે પણ ધન મેળવશો તેને સારા કામ પાછળ ખર્ચ કરી શકશો. ગુરૂની વધુ કૃપા મેળવવા માટે દરરોજ 'સરોશ યજ્ઞ' ભણજો.

શુકનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

Lucky Dates: 19, 20, 21, 22

Jupiter's rule till 25th December brings you success in completing your unfinished works. You will receive appreciation and respect for all your endeavours. Financial prosperity is indicated. You will be able to employ your income towards good causes. For added graces of Jupiter, pray the Sarosh Yasht daily.



Cancer - કર્ક - ડ.હ.

૧૯મી ડિસેમ્બર સુધી બુધની દિનદશા ચાલશે. હાલમાં તમારા લેણાના પૈસા પાછા મેળવવા માટે અને એટલી મહેનત કરી લેજો. મિત્રો તરફથી લાભ મળશે. જૂના રોકાણમાંથી કાપટો ઉપાડી લેજો. બુધિ વાપરી તમારા મુશ્કેલીભર્યા કામને સરળ બનાવી દેશો. ધનને બચાવવામાં સફળ થશો. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૩ છે.

Lucky Dates: 20, 21, 22, 23

With Mercury's rule till 19th December, you are advised to put in as much effort as needed to retrieve the money lent to others. Friends will prove beneficial. Retrieve the profits off your old investments. You will be able to make even challenging tasks easy, by using your intelligence. You will be able to save money. Pray the Meher Nyaish daily.



Libra - તુલા - ર.ત.

તમે શીતળ ગ્રહ ચંદ્રની છાયામાં છો. તમારા મનને શાંત રાખીને કામ કરવામાં સફળ થશો. બીજાને સમજાવી પતાવીને તમારા કામને પુરા કરવામાં સફળ થશો. નાની મુસાફરીનો આનંદ ઉપાડી લેજો. ચંદ્રની કૃપાથી તમારા મનને સ્ટેબલ બનાવી કામ કરી શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૯, ૨૧, ૨૪, ૨૫ છે.

Lucky Dates: 19, 21, 24, 25

The ongoing Moon's rule helps you keep a calm mind while working. You will be able to convince others in helping you complete your tasks. You are advised to take the opportunity of a short trip. With the Moon's blessings, you will be able to stabilize your mind and work. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Capricorn - મકર - ખ.જ.

તમને શુકની દિનદશા ચાલુ હોવાથી હરવા કરવામાં સમય વધુ પસાર કરવો પડશે. ઘણી ઘણીયાણીમાં પ્રેમ વધશે. એકબીજાના મનની વાત સમજતા વાર નહીં લાગે. અચાનક ધનલાભ થવાના ચાન્સ છે. નવા કામોમાં સફળ થશો. ઘરમાં મનગમતી ચીજ વસ્તુ વસાવી શકશો. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૩, ૨૫ છે.

Lucky Dates: 20, 21, 23, 25

Venus' ongoing rule has you spending time in fun and travel. Love will blossom amongst couples, who will be able to read each other's minds. Sudden windfall is indicated. New ventures will be successful. You will be able to make the desired purchases for the home. Pray to Behram Yazad daily.



Taurus - વૃષભ - બ.વ.ઉ.

૨૬મી સુધી શનિની દિનદશા ચાલશે. ઉત્તરતી શનિની દિનદશા તમને આળસુ બનાવી દેશે. નાની નાની બાબતથી પરેશાન થઈ જશો. ખાવા પીવામાં બેદરકાર રહેવાથી તબિયત બગડી જશે. કોઈની કામ સમય પર પુરા કરવામાં સફળ નહીં થાવ. ખાસ મિત્ર તમારાથી નારાજ થઈ જશે. શનિનાં દુઃખને ઓછું કરવા માટે દરરોજ મોટી 'હમન યજ્ઞ' ભણજો.

શુકનવંતી તા. ૨૦, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 20, 22, 23, 24

Saturn's rule till 26th November. Its descending rule will make you lethargic. You will get worried over small matters. Not paying adequate attention to your diet could spoil your health. You might not be able to complete any work on time. Your close friends will get upset with you. To reduce Saturn's wrath, pray the Moti Haptan Yasht daily.



Leo - સિંહ - મ.ટ.

છેલ્લા પાંચ દિવસ જ મંગળની દિનદશામાં પસાર કરવાના બાકી છે. તેથી આખા અઠવાડિયામાં વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. ૨૪મી સુધી માંદગીના બીજાનામાં પડી નહીં જાઓ તેનું ધ્યાન રાખજો. ૨૫મીથી બુધની દિનદશા તમારા મગજને ખુબ શાંત બનાવી દેશે. ભાઈ બહેન સાથે મતભેદ પડી જશે. દરરોજ 'તીર યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૯, ૨૧, ૨૨, ૨૫ છે.

Lucky Dates: 19, 21, 22, 25

You have five days remaining under Mars' rule. Ensure to be very cautious while riding any vehicle all through the week. Ensure you do not fall ill till the 26th of November. Mercury's rule, starting 25th November, has a very cooling effect on your mind. Squabbles between siblings is indicated. Pray the Tir Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

હાલમાં સુર્યની દિનદશા ચાલુ હોવાથી સરકારી કામો કરવામાં સમય બગાડતા નહીં. ઘરમાં વડીલવર્ગની તબિયતની સાર સંભાળ લેવામાં કોઈ કસર કરતા નહીં. જે પણ કામ કરતા હશો ત્યાં ઉપરી વર્ગ તમને નાની બાબતમાં ઈરીટ કરશે. શાંત મગજને ગરમ થતા વાર નહીં લાગે. સુર્યને શાંત કરવા લદ્દમુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૩ છે.

Lucky Dates: 20, 21, 22, 23

With the Sun's ongoing rule, you are advised not to waste your time trying to get any government related works done. Put in all efforts to take care of the health of the elderly at your home. You will face harassment from seniors at work, over small matters. You could also become hot-headed. To placate the Sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Aquarius - કુંભ - ગ.શ.સ.

રાહુની દિનદશા ચાલુ હોવાથી તમારા નાના કામો સમય પર પુરા નહીં કરી શકો. ખોટી જગ્યાએ ધન ખર્ચ થવાથી વધુ પરેશાન થશો. રાતની ઉંઘ ઓછી થઈ જશે. હાથની નીચે કામ કરતી વ્યક્તિ પરેશાન કરવામાં કોઈ કસર નહીં છોડો. નેગેટીવ વિચારો ખુબ આવશે. રોજ ભુલ્યા વગર દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણવાનું ભુલતા નહીં.

શુકનવંતી તા. ૧૯, ૨૧, ૨૨, ૨૪ છે.

Lucky Dates: 19, 21, 22, 24

Rahu's ongoing rule makes it difficult for you to complete even your small tasks in time. Spending your money in the wrong place will cause you to worry. You could lose your sleep. Your juniors at work will go all out to harass you. You will get inundated with negative thoughts. Ensure to pray the Mah Bokhtar Nyaish daily.



Gemini - મિથુન - ક.ઇ.ધ.

આજે તમારા અગત્યના કામો પુરા નહીં કરો તો ૨૬મી ડિસેમ્બર સુધી તમારા કામ પુરા કરવામાં ડબલ મહેનત કરવી પડશે. કાલથી શનિની દિનદશા તમને માંદગી આપશે. હાઈ પ્રેશરથી પરેશાન થશો. ઘણી ઘણીયાણીમાં નાની બાબતમાં મતભેદ પડશે. આજથી દરરોજ મોટી 'હમન યજ્ઞ' ભણજો.

શુકનવંતી તા. ૨૨, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 22, 23, 24, 25

If you don't finish your important tasks today itself, you will have to put in twice the effort to get the work done, till 26th December. Saturn's rule starting tomorrow could bring you illness. You could suffer from high BP. Couples could fight over petty issues. Starting today, pray the Moti Haptan Yasht daily.



Virgo - કન્યા - પ.હ.ણ.

છેલ્લા અઠવાડિયું ચંદ્રની દિનદશામાં પસાર કરવાનું બાકી છે. ઘરવાળાની ડિમાન્ડ પુરી કરવામાં સફળ થશો. ઉત્તરતી ચંદ્રની દિનદશા તમારા મનને મજબૂત બનાવી દેશે. તમે જે પણ ડીસીઝન લેશો તે ડીસીઝન લીધા પછી તમે ડાઉટમાં આવી જશો. ૨૬મીથી ૨૮ દિવસની અંદર તમારો ગુસ્સો તમને પરેશાન કરશે. હાલમાં ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૩, ૨૪ છે.

Lucky Dates: 20, 21, 23, 24

This is the last week under the Moon's rule. You will be successful in catering to the wants of family members. The descending rule of the Moon leaves you strong-minded. You might end up second-guessing decisions that you have made. From November 26th onwards, your temper could trouble you. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Sagittarius - ધન - ભ.ધ.ક.

૧૬મી ડિસેમ્બર સુધી શુક જેવા વૈભવ આપનાર ગ્રહની દિનદશા ચાલશે. મોજશોખ પાછળ ખર્ચ વધુ થતો રહેશે. રોજ બરોજના કામો ખુબ સારી રીતે કરવામાં સફળ થશો. બીજાના મદદગાર થવાથી વધુ આનંદમાં આવશો. જૂના મિત્રો ફરી મળવાના ચાન્સ છે. ઘરમાં વધુ શાંતિ રહે તે માટે દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૯, ૨૨, ૨૪, ૨૫ છે.

Lucky Dates: 19, 22, 24, 25

Venus' rule till 26th December will have you spending excessively over fun and entertainment. You will be able to do your daily chores efficiently. Helping others will fill you with great joy. You could reconnect with old friends. To ensure there is peace at home, pray to Behram Yazad daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

છેલ્લા પાંચ દિવસમાં ચેરીટી - ધર્મના કામો કરી લેજો. ઘરવાળા સાથે સંબંધમાં સારા સારી રહેશે. ૨૪મીથી તમારા કામમાં ખુબ પરેશાની આવશે. અચાનક માટે સાઈ કરવા છતાં તમને જોઈએ તેવું રીઝલ્ટ નહીં મળે. રાહુ તમને ખુબ માનસિક ત્રાસ આપશે. અગત્યની ચીજ વસ્તુ ખોવાય જાય તેવા હાલના ગ્રહો છે. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૩, ૨૫ છે.

Lucky Dates: 20, 21, 23, 25

You are advised to do works of charity and religion in these 5 remaining days. Relationships with family members will be cordial. From November 24th, you could face a lot of challenges on your work front. Despite doing your best for the children, you will still not get the results you desire. Rahu could cause you great mental anguish. You could end up losing or misplacing important documents. Pray the Mah Bokhtar Nyaish daily.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Mehroo Motashaw Pestonjamas મેહરૂ મોટાશાહ પેસ્ટનજામાસ્પ	99 ૯૯	11.11.2022	30, Sunita Chs Ltd., 98, Cuffe Parade, G.d.somani Marg, Colaba, Mumbai 5. ૩૦, સુનીતા સી.એચ.એસ. લિ. ૯૮, કફપરેડ, જી. ડી. સોમાની માર્ગ, કોલાબા, મુંબઈ ૫.	તે મરણુમો ઓસ્તી ખોરશેદબાનુ તથા ઓસ્તા મોતાશા પેસ્ટનજામાસ્પના દીકરી તે મરણુમો પરવીઝ, શીરીન તથા તેહમીના બહેન તે મરણુમો જહાંગીર તથા હોમીના સાલી તે રોહીનતન ખજોત્યા તથા કેરસી ખજોત્યાના માસી તે પીલુ તથા પરવીનના માસી સાસુ.
Zarin Naval Damania ઝરીન નવલ દમનીયા	91 ૯૧	11.11.2022	6/3, Rustom Baug, Sant Savta Marg, Buculla, Mumbai 27. ૬/૩ રૂસ્તમ બાગ, સંત સાવતા માર્ગ, ભાયખવા, મુંબઈ ૨૭.	તે મરણુમો મેહરબાઈ તથા ફરામરોઝ ગટ્ટાનાં દીકરી તે મરણુમ નવલ ફરામરોઝ દમનીયાનાં ઘણીયાણી તે રૂખશાના દાડવાલા, ફરઝીન કોલસાવાલા તથા નીતાશ દમનીયાનાં માતાજી તે શાહરૂખ દાડવાલા, મેહેરનોશ કોલસાવાલા તથા કેરાફરીદ દમનીયાનાં સાસુજી તે પરવીઝ અદી મિસ્ત્રી તથા મરણુમો રૂસ્તમ, ફીરોઝ, અરદાવીરાફ અને હોશંગ ગટ્ટાના બહેન તે રોહાન, બીનાફશા, રીશાદ, જબીન, ફરીના, યઝદ, સનાયા તથા શાહઝાદના મમઈજી તે મરણુમો ખોરશેદ તથા ફરામરોઝ દમનીયાના વડુ તે સમાયરા તથા ઝીવાનનાં ગ્રેટ ગ્રેન્ડ મધર.
Loveji Savaksha Shaw લવજી સાવકશા શૌ	76 ૭૬	11.11.2022	194 Talati Building, 3rd Floor, Khetwadi back Road, Girgaum, Mumbai 4. ૧૯૪, તલાતી બિલ્ડિંગ, ૩જે માળે, ખેતવાડી બેક રોડ, ગીરગાંવ, મુંબઈ ૪.	તે મરણુમ ભારતી લવજી શૌના ખાવીદ તે કેશમીરા બ્રીજેશ રાજના બાવાજી તે મરણુમો મેહરા તથા સાવકશા શૌના દીકરા તે ડો. બ્રીજેશ રાધવેન્દ્ર રાજના સસરાજી તે મરણુમ જીની નોશીર ઓલપાડવાલાના ભાઈ તે મરણુમ નોશીર ગુસ્તાદજી ઓલપાડવાલાના સાલાજી.
Pervez Ardeshir Mistry પરવેઝ અરદેશર મિસ્ત્રી	83 ૮૩	12.11.2022	12, Star BLDG, Uranwala Street, Alibhai Premji Marg, Grant Road, (E) Mumbai 7. ૧૨, સ્ટાર બિલ્ડિંગ, ઉરનવાલા સ્ટ્રીટ, અલીભાઈ પરમજી માર્ગ, ગ્રાન્ટ રોડ ઈસ્ટ, મુંબઈ ૭.	તે મરણુમો અરદેશર અને મનીજેલ મિસ્ત્રીના દીકરા તે ક્યબાદ મિસ્ત્રીના બાવાજી તે ફરગીશના સસરાજી તે દીનયાર, કેરસી તથા મરણુમ અસ્પીના ભાઈ તે શાહઝનીનના બપાવાજી તે ફેની, બીનાઈફર, માલકમ, શેહેનાઝના કાકા તે બેરોજ દીનયાર મીસ્ત્રી અને કેતાયુન કેરસી મીસ્ત્રીના જેઠ.
Tehmul Jahangir Patel તેહમુલ જહાંગીરજી પતેલ	90 ૯૦	13.11.2022	275, P Battiwala Bldg. No 5, Zoroastrian Colony, Tardeo, Mumbai 7. ૨૭૫, પી. બાતલીવાલા બિલ્ડિંગ નં.૫, ઝોરાસ્ત્રિયન કોલોની, તારદેવ, મુંબઈ ૭.	તે મરણુમો જહાંગીરજી અને ઘનમાઈ પતેલના દીકરા તે ઘન તેહમુલ પતેલના ઘણી તે જીમી અને દીલશાદ હોસી તમબોલીના બાવાજી તે હોસી તમબોલી અને પીન્ડી જે. પતેલના સસરાજી તે પેરીન પતેલ, મરજબાન, જરીન, ફરોખ, મેહરૂના ભાઈ તે રૂશાદ જે. પતેલના બપાવાજી તે જમશેદ હ. તમબોલીના મામાજી તે મરણુમો નસરવાનજી અને તેહમીના બીલીમોરીયાના જમાઈ.
Purviz Jamshed Wadia પરવીઝ જમશેદ વાડીયા	99 ૯૯	13.11.2022	21, Bakhtawar, 2nd Floor, Narayan Dabhalkar Road, Near Ramtek Bunglow, Nepean Sea Road, Mumbai 6. ૨૧ બકતાવર, ૨જે માળે, નારાયણ દાબોલકર રોડ, રામટેક બંગલો, નેપીયન્સી રોડ, મુંબઈ ૬.	તે મરણુમો વીકાજી અને નરગીશ એન્જનીયરના દીકરી તે મરણુમ જમશેદ વાડીયાના ઘણીયાણી તે હોમી અને આરશીશના માતાજી તે ખુરશીદ અને ઝરીનના સાસુજી તે ખોરશેદ અને મરણુમ દીનુના બહેન તે જમશેદ, ફીરોજ, નેવીલ, જેહાનના બપઈજી તે હોરમજ અને જીનીયાના માસી તે રૂકશેદર, નેવીલના કાકી તે અચી તથા મરણુમ નરીમાનના બહેન તે મરણુમો હોરમસજી અને દીનામાઈના વડુ.
Mini Hoshang Hansotia મીની હોશંગ હાંસોટીયા	77 ૭૭	14.11.2022	9 A Dhaval Ganga I, Carter Road, Opp. Joggers Park, Bandra(W), Mumbai 50. ૯એ, ઘવલ ગંગા ૧, કાર્ટર રોડ, ઓપ. જોગર્સ પાર્ક, બાંદ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે મરણુમો હોરમજ તથા નરગીશ કાપડીયાના દીકરી તે હોશંગ એચ હાંસોટીયાના ઘણીયાણી તે જુબીન ને ફરઝાના દીનશાહ પારડીવાલાના માતાજી તે યાવ હાંસોટીયા અને દીનશાહ નોશીર પારડીવાલાના સાસુજી તે કેશમીરા મહેરહોમજી તથા મરણુમ આબાન વાડીયાના બહેન તે ઝેરી હાંસોટીયાના બપઈજી તે દારાયસ ને જેહાન પારડીવાલાના મમઈજી તે મરણુમો એચ તથા શીરીન હાંસોટીયાના વડુ.
Perviz Homi Karapatel પરવીઝ હોમી કારાપતેલ	94 ૯૪	14.11.2022	D-1, Sitaram Sadan, 276, Princess Street, Mumbai 2. ડી-૧, સીતારામ સદન, ૨૭૬, પ્રિન્સેસ સ્ટ્રીટ, મુંબઈ ૨.	તે મરણુમો પીરોજશા તથા રતનબાઈ મીરઝાના દીકરી તે મરણુમ હોમી બરજોરજી કારાપતેલના ઘણીયાણી તે ઝરીન નોશીર પારડીવાલા, કેતી મીનુ ભગત ને વીવી દારાયસ પ્રીન્ટરના માતાજી તે નોશીર પારડીવાલા, મીનુ ભગત તથા મરણુમ દારાયસ પ્રીન્ટરના સાસુજી તે દીલશાદ કેવીન અને કુરુશના મમઈજી તે મરણુમો આવામાઈ તથા બરજોરજી એલવજી કારાપતેલના વડુ.
Khushro Sorabji Ginwalla ખુશરૂ સોરાબજી જીનવાલા	97 ૯૭	14.11.2022	R-4, Jolly Highrise Apt, 241-A, Pali Mala Road, Bandra (West), Mumbai 50. આર-૪, જોલી હાઈરાઈઝ અપાર્ટ, ૨૪૧-એ, પાલી માલા રોડ, બાંદ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે મરણુમો સોરાબજી અને માનેકબાઈ જીનવાલાના દીકરા તે મરણુમ ઘન ખુશરૂ જીનવાલાના ખાવીદ તે નૌવશાદ ને અનોશાદના બાવાજી તે કેરન જીનવાલાના સસરાજી તે મરણુમો બરજોર, ડો. મીનુ, ફૂસાના ભાઈ તે મોનીક તથા નેશના બપાવાજી તે મરણુમો ફીરોઝ તથા ફેની આંટીયાના જમાઈ.
Armaity Parvez Nagarwala આરમાઈતી પરવેઝ નગરવાલા	79 ૭૯	16.11.2022	G-32, Cusrow Baug, Colaba Causeway, Mumbai 1. જ-૩૨, ખુશરૂ બાગ, કોલાબા કૉસવે, મુંબઈ ૧.	તે મરણુમો મનીજેલ અને એચ તારાપોરના દીકરી તે મરણુમ પરવેઝ પેસ્ટનજી નગરવાલાના ઘણીયાણી તે ફરહાદ અને જરીરના માતાજી તે કેશમીરા અને બીનાઈફરના સાસુજી તે (ડો.) ફરોખ તારાપોરના બહેન તે ઝાલ, વેહાન અને ફરોનના બપાઈજી તે મરણુમો પેસ્ટનજી અને ઘનમાઈ નગરવાલાના વડુ.
Gool Hoshang Wankadia ગુલ હોશંગ વાંકડીયા	87 ૮૭	17.11.2022	B-206, Vikas Towers, Amboli, Andheri East, Mumbai 14. બી-૨૦૬, વિકાસ ટાવર્સ, આંબોલી, અંધેરી (પૂ.), મુંબઈ ૧૪.	તે હોશંગ મન્ચેરશા વાંકડીયાના ઘણીયાણી તે નેવીલ તથા ગુરાઝ વાંકડીયાના માતાજી તે દીનાઝ તથા બુરઝાનાના સાસુજી તે પીનાઝના બપયજી તે મરણુમો રતામાય તથા ફરામરોજ તારાપોરવાલાના દીકરી તે મરણુમો નાજમાય તથા મંચેરશા (વાંકડીયા) હુમરનવાલાના વડુ તે મરણુમ હીલા તેહમુરસ ટાટાના બેન તે ઝરીન (હોમાય) તથા મરણુમો જહાંગીર, બોમી, રોડા અને ડોલીના ભાભી તે બકતાવર હોશંગ બત્તીવાલાના માસીજી તે મહેરનોશ, પરીનાઝ, પરીવાઝ તથા વીસ્પીના કાકીજી તે નીલુફર ખરશેદ તથા યાસમીનના મામીજી તે મરણુમ નરગીશ જહાંગીર વાંકડીયાના દેરાણી તે ચાડ બોમી ઉમરણવાલાના જેઠાણી તે કેટી તથા મીનુ ગાંધી, રેની, મરણુમ રતી જાલનાવાલાના વેવાણ.
Ervad Farrokh Jehangirji Sidhwa એરવદ ફરોખ જહાંગીરજી સીધવા	82 ૮૨	17.11.2022	C-203, Ashok Garden, Tokarshi Jivraj Road, Shiveri, Parel, Mumbai 15. સી - ૨૦૩, અશોક ગાર્ડન, ટોકરશી જીવરાજ રોડ, શીવેરી, પરેલ, મુંબઈ ૧૫.	તે મરણુમ કેટાપુન ફરોખ સીધવાના ખાવીદ તે પરીઝાદ સીધવાના બાવાજી તે મરણુમો મેહરા તથા એરવદ જહાંગીરજી સીધવાના દીકરા તે નીમેશ કંપાણીના સસરાજી તે એરવદ ફીરોઝ સીધવા, ગુલાન દીનશા તોટીવાલા તથા યાસમીન હોમી તારાનોરવાલાના ભાઈ તે મરણુમો નાજુ તથા કાવસજી ગોન્ડાના જમા, તે કીઆન કંપાણીના મમાવાજી તે મરણુમો પરવીન માણેક ચીચગર તથા ઝરીર કાવસજી ગોન્ડાના બનેવી તે હર્ષા તથા મરણુમ સુધીર કંપાણીના વેવાઈ.
Bachan Fali Karaka બચન ફલી કરાકા	92 ૯૨	17.11.2022	Malegamwala Bldg. No 1, Flat No 3, M. M. Road, 1st Floor, Mahim West, Mumbai 16. માલેગામવાલા બિલ્ડિંગ નં. ૧, ફ્લેટ નં. ૩, એમએમ રોડ, ૧જે માળે, માહીમ વેસ્ટ, મુંબઈ ૧૬.	તે મરણુમ ફલી કરાકાના વીધવા તે મરણુમો તેહમીના તથા નવરોજ બેજનજી મોબેદજીના ના દીકરી તે હીરા ફીરોઝ કામાના બહેન તે બરજસ ફીરોઝ કામા, મરણુમ મોનીકા ફીરોઝ કામાના માસીજી તે મહાફીન બરજસ કામાના માસીસાસુ તે મરણુમ ફીરોઝ ફામરોઝ કામાના સાલીજી.

Death Announcements From Poona Parsee Panchayat (Trust Office)

Roda Nadir Pavri રોડા નાદીર પાવરી	80 ૮૦	15.11.2022	850, Dastur Meher Road, Camp, Pune 411001. ૮૫૦ દસ્તુર મહેર રોડ, કેમ્પ, પુના ૪૧૧૦૦૧.	તે મરણુમ નાદીર જેહાંગીર પાવરીના ઘણીયાણી તે પરસીના મમ્મી તે મહેરના સાસુજી તે ફરહાદના ગ્રાન્ડ મધર તે મરણુમ દોસીબાઈ અને એરવદ સોરાબજી કે. સીધવા (ઉદવાડા)ના દીકરી તે મરણુમ મેહરામાઈ તથા જહાંગીરજી પાવરીના વડુ તે રોશન આર. અંકલેસરીયા, હોમાઈ શાપુરજી સીધવા, મરણુમ ગુસ્તાદ, વીવી, એચ ઘડીયાલી, યાઝમીન પરવેઝ ભાટેનાના બહેન.
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Death Announcements From Australia

Aloo Bomi Partovi આલુ બોમી પરતોવી	92 ૯૨	12.11.2022	3 School Parade, PADSTOW, NSW, 2211. ૩ સ્કુલ પેરેડ, પેડસ્ટો, એનએસડબ્લ્યુ, ૨૨૧૧.	તે મરણુમ બોમી કેખુશરૂ પરતોવીના ઘણીયાણી તે મરણુમ માનેકબાઈ અને હોરમસજી યાનેવાલાના દીકરી તે હુતોક્ષી, પરીઝાદ, આરમીનના મમ્મી તે રોહીન્ટન ભાભા, ગેવ ઈરાની, મરણુમ પરસી આરાના સાસુજી તે હોમ્યાર, શહેરેઝાદ, ફરશાદ, ફરઝીન, જેરેમી, વિરાફના ગ્રાન્ડ મધર તે નાઝનીન, લીયોન, ચેતનાના ગ્રાન્ડ મધર ઈન લો તે ઝારાહ, રેયાન, એમી, કલોઈ, આવાંના ગ્રેટ ગ્રાન્ડ મધર તે મરણુમ રૂસી યાનેવાલા, મરણુમ મની દિનશા કુતાર, મરણુમ પેરીન નાદર શલીયાર, કેટી નવલ પેસ્ટનજામાસ્પના બહેન તે અરનવાઝ બહેરામ મહેતાના સીસ્ટર ઈન લો.
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Sanjan Day Celebrates 102nd Salgreh

By Khushroo P. Mehta

Each year, in the month of November, the Gujarat Express train from Mumbai makes a special halt for one day at Sanjan station and the locals ponder on the reason and one of them realizes loudly, 'Aree aaje to Parsi Day che ne etle gaadi ubhi rahi!'... even as Parsis alight from the train with a smile. Indeed, it's Sanjan Day - a day of gratitude towards our ancestors and for being accepted by the local rulers.

Zarthostis, mainly from Mumbai and

Udvada and Sanjan. The Humbandagi was led by Er. Kersasp Sidhwa from Udvada.

The main celebratory function started with the introduction of guests on stage by Paricheher Daviervalva, the family which organizes the event. Bapsy Rohinton Daviervalva, President of the Sanjan Memorial



Column local committee welcomed the crowd and the guests on stage, adding that the presence

of both. He hoped that parents would be able to motivate their children to also be present to celebrate Sanjan Day and to take pride in how Zoroastrians excelled in every sphere.


Paricheher Daviervalva thanked the community, especially the donors who helped make the function a possibility each year. She also thanked all the teams and volunteers for contributing towards the success of the function, as also the Sanjan Gram Panchayat for laying paver blocks around the Stumbh and the pathway. Finally, a word of praise for the Western Railways for permitting the



Gujarat, come by road and rail, in good numbers to celebrate the occasion. The otherwise quiet and peaceful Sanjan town gets abuzz with the Parsi voice and essence. This year marked the 102nd anniversary of the Sanjan Stumbh. The day started with a Jashan ceremony at 9:30 am performed by four mobeds from

of Parsis on a working day proved the strength of the community's ethos. She went on to invite some of the BPP trustees, who also addressed the crowd. Col. Kaizad Bhaya, who also shared the dais shared an interesting take on deciding the importance of time vis-à-vis money. He explained the importance

stoppages of Gujarat Express and Flying Raneer trains. The function concluded with the rendition of the Parsi Anthem, 'Chaiye Hume Zarthosti' and the National Anthem. A specially prepared sumptuous lunch by Kaizad Patel was enjoyed by all present.




RESPOND AJINKYA'S VOICE TO HELP WITH YOUR COMPASSION!

"I, Dilwar, hereby seek an urgent support from the people reading my appeal, with a rising hope that the entire efforts will give my 4-years-old son - Ajinkya needed treatment and a speedy recovery. Our son is the best child we could have hoped for. Thinking about the imperishable moments when Ajinkya was born to us, people who saw him always praised his beautiful face and attractive eyes. Our little world was soon filled with gleeful screams and endless joy. Unfortunately, during last year November 2021, when the entire nation was happily celebrating Diwali, our cheerful life changed to worrisome frowns, as Ajinkya began falling sick very often with recurrent high fever, body pain and a swelling lymph node on his scrotum. To our dismay, in spite of undergoing the prescribed medical treatment suggested by our pediatrician, did not impact his health rather he suffered with severe infections and other complications. Then, we rushed him to the hospital and as per Doctor's advice, we performed all the suggested blood tests, in which after ruling out certain changes, biopsy was performed. The final reports revealed that our son is suffering from a rare type of blood cancer known as "B-Acute Lymphoblastic Luekemia." The kind doctors at the hospital have recommended us the treatment plan consisting of chemotherapy and other supportive care worth **Rs. 6.50 lakhs approx**, which is a painfully high amount for us, as we hail from an impoverished family background. I am a daily-wage labourer earning a petite income, which barely fulfills our basic needs of life. Currently, unable to go to work, I am struggling to save my only child. It pains a lot to me & my wife, watching Ajinkya fighting for his life. Our poverty is the only barrier in the way of his recovery. We plead for your generous support in saving our only child through Cancer Aid & Research Foundation (CARF)".

- Mr. Dilwar, Father of Ajinkya

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- Any surplus amount collected will be used towards provision of care and services for other deserving CARF patients.

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