

# PARSI TIMES

2023  
Happy New Year!

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### Welcome Drinks

2 - Mocktails

### 3- Non-Veg Starters

1 Chicken  
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1 Fish

### 3- Veg Starters

### Main Course (Patru)

1- Chicken Masala Dal  
1- Fish (Pomfret) Lagan-Nu-Achar  
Lagan nu Custard Rotli  
Choice of Pulao Saariya

### Veg

1- Farsan 1- Rice  
1- Mishthan Puri  
3- Vegetables Papad, Pickle  
1- Dal

### Dessert

Choice of Kulfi

### Mineral Water

### Mukhwaas Pouch

## Patru B

Rs. 2000/Per Head

### Beverages

Accompanied By:  
Assorted Cookies & 2- Sandwiches

### Welcome Drinks

3 - Mocktails

### 4 - Non-Veg Starters

2 - Chicken  
1 - Mutton  
1 - Prawn

### 4 - Veg Starters

### Main Course (Patru)

1- Chicken Choice of Pulao  
1- Mutton Masala Dal  
1- Fish (Pomfret) Rotli  
Chicken Russian Sariya  
Pattice Lagan nu Achar  
Lagan nu Custard

### Veg

2 - Farsan 1 - Rice  
2 - Mishthan Rotli  
3 - Vegetables Puri  
1 - Dal Papad/ Pickle

### 2-Chaat (LIVE STATION)

### Dessert

Ice-Cream Parlour (Baskin Robins)  
OR  
Assorted Kulfis

### Mineral Water

### Mukhwaas Pouch

## Patru C

Rs. 2500/Per Head

### Beverages

Accompanied By:  
Assorted Cookies, Sandwiches  
& Cup Cake

### Welcome Drinks

5 - Mocktails

### 6 - Non-Veg Starters

2 - Chicken  
2 - Mutton  
1 - Fish  
2 - Prawns

### 4 - Veg Starters

### Main Course (Patru)

1- Chicken Choice of Pulao  
1- Mutton Masala Dal  
2- Fish Lagan - Nu - Achar  
Topli Paneer Rotli  
Lagan nu Custard Saariya

### Veg

2 - Farsan 1 - Rice  
2 - Mishthan Rotli  
4 - Vegetables Puri  
1 - Dal Papad/ Pickle

### Mineral Water

### Mukhwaas Pouch

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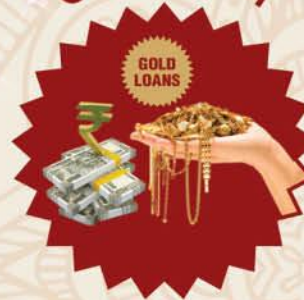
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FROM THE EDITOR'S DESK

Happy New Year 2023!

Dear Readers,

What a year it's been! 2022 had us engaged in the rebuilding process - we have come a long way in rebuilding our lives from COVID's economic, emotional and social damage. We've all faced some dark times and setbacks... but let's not forget, two years ago, at this time, a New Year's eve party would have been illegal! This time last year, half of us would have been home, nursing ourselves or our loved ones down with Covid! While we're not out of the woods yet and another potential wave of the virus may be looming upon us - let's not minimize the progress we have made thus far.

Kudos to our scientists, especially at the Serum Institute of India, owned by the dynamic Poonawallas, who led from the front in delivering life-saving vaccines which allowed and empowered us to safely go about our lives again. And kudos to all frontline workers - our heroes; and to all the rest of us who started picking up the pieces and placing these back together, to rise like the proverbial phoenix from Covid's ashes.

It is in this spirit of optimism that we bid adieu to the last day of 2022 and welcome the New Year. 2023 will pose its challenges, testing us, calling on us to be at our best, most optimistic selves. But having survived the pandemic and emerged victorious - to simply be

able to stand tall and tell its tale - we are today more prepared, and therefore, more confident of rising to whatever occasion the future holds for us.

As we enter the new orbit, let us resolve to have a more positive and a better attitude, immaterial of what happens. That is a choice we can make. Nothing impacts our life like our attitude - it overrules all else - failures, successes, circumstances, et al. While we cannot control external situations or change the inevitable, attitude is born of free-will... we always have a choice about how we choose to think and conduct ourselves, how we respond to circumstances, how we choose to embrace the day and life.

As 2022 fades, let's take some time to reflect - to release old thoughts and beliefs and forgive old hurts. The New Year heralds a fresh beginning, a chance to start over, to work towards transforming into our own better versions. While changing oneself is way more difficult than turning the calendar to a new page, it is worth the effort and the journey of self-discovery and growth.

Let's step into 2023, with positivity and the anticipation of exciting new experiences and relationships, with gratitude in our hearts for the blessings of the past and the promise of a bright and shiny future. Happy New Year 2023! Wish you and your loved ones a New Year blessed with happiness, success and smiles!

- Anahita  
anahita@parsi-times.com

Summary Data on Receipts and Utilisation of Foreign Contributions in excess of Rupees one crore during FY 2020-21, published in the public domain, in compliance with Rule 13 of Foreign Contribution Regulation Rules 2011

**THE WORLD ZOROASTRIAN ORGANISATION TRUST**  
**RECEIPT AND PAYMENT STATEMENT FOR THE YEAR ENDED ON MARCH 31, 2022**

Reg. No. E/813/Navsari

Receipts	Rs. P.	Receipts	Rs. P.
<b>Opening Balance</b>		<b>Educational Objects</b>	
<b>Cash &amp; Bank Balance</b>		Grant of Stipend / Scholarship	22,86,341.00
Deutsche Bank 01-04-2021	5,03,62,000.67	<b>Economic Objects</b>	
ICICI Bank Ltd, Navasai FCRA A/c	13,25,483.00	Covid Relief	1,16,96,635.00
<b>Investment</b>		Supply of free medicine / medical aid	82,16,186.00
Fixed Deposit with HDFC Ltd	3,10,65,000.00	Relief from Poverty	40,36,000.00
Term Deposit with Deutsche Bank	-	General	1,00,000.00
	8,27,52,483.67	Rural Housing	10,65,000.00
<b>Educational Objects</b>		Financial Relief	10,10,000.00
Grant of Stipend / Scholarship	24,99,166.67	Youth Activity	2,50,000.00
<b>Economic Objects</b>		Mobed Welfare	1,00,000.00
Covid Relief	1,92,45,339.00		2,64,73,821.00
Supply of free Medicine / Medical aid	56,00,341.06	<b>Administration Expenditure</b>	
Relief from Poverty	24,99,166.67	Bank Charges	21,014.00
Food Grain Distribution	1,14,662.00	Administration Expenses	25,323.00
Financial Rehabilitation	1,05,34,247.56	Salary & Wages	1,15,000.00
	3,79,93,756.29	<b>Closing Balance</b>	
<b>Interest Earned</b>		<b>Cash &amp; Bank Balance</b>	
HDFC Ltd - FD Interest	9,98,821.00	Deutsche Bank 31-03-2022	6,33,14,079.23
Savings Bank Interest - Deutsche Bank	16,33,742.56	ICICI Bank Ltd, Navasai FCRA A/c	12,44,714.00
Saving Bank Interest - State Bank of India	39,231.00	State Bank of India	14,29,718.96
Saving Bank Interest - State Bank of India	57,810.00		
	27,29,604.56	<b>Investments</b>	
	12,59,75,011.19	Fixed Deposit with HDFC Ltd	3,10,65,000.00
		Term Deposit with Deutsche Bank	-
			9,70,53,512.19
			12,59,75,011.19

For Parihar & Sonpar  
Chartered Accountants  
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For The World Zoroastrian Organisation Trust

CA S. Vijayaraghavan  
Partner  
Mem No. 034577



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Mumbai, September 15, 2022

*[Signatures]*  
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Religious TV Serial

Frohar Films presents 'Vohumana': Episode titled 'Bizan-e-Manizeh (Part 1)', on 1st January, 2023, at 1:30 pm on DD - Ginnar channel. This episode features an unforgettable heart-rending story of forbidden love between children of two warring nations - Iran & Turan, from Firdausi's immortal epic "Shahnama" - Written & Directed by Mrs. Mithoo Jesia.

# Grateful To 2022 And Hopeful For 2023!



**NOSHIR H. DADRAWALA**

Today marks the last day of the year 2022. Overall, 2022 has been a good year, compared to its earlier counterparts - 2020 and 2021. Therefore, there's much to be grateful for, and even more to feel hopeful for, starting tomorrow.

**Gratitude for the year that was...** In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health, deal with adversity and build strong relationships.

Gratitude is an attitude we all need to cultivate to appreciate what we have. Gratitude helps us refocus on what we have, instead of what we lack. In fact, gratitude even serves a biological purpose! It is the appreciation of the valuable and meaningful things in our lives. As one of the world's leading experts in gratitude, Robert Emmons, explains in his essay on gratitude: "It is an affirmation of goodness. We affirm that there are good things in the world, gifts and benefits we have received."

However, he also points out that there is another element to being grateful: "We recognise that the sources of this goodness are outside of ourselves. We acknowledge that other people, or even higher powers, if you are of a spiritual mindset, gave us many gifts, big and small, to help us achieve the goodness in our lives."

Thus, if Covid did not affect you, be grateful. If Covid affected you but you survived, be even more grateful! If you did not lose your job, be grateful. If you lost your job, but discovered a talent hidden while sitting at home, be even more grateful. If you could have



fun sitting at home, be grateful. If you saved money sitting at home and used that money to help others, be even more grateful for that opportunity.

**Hope for the year that will be...** As the threat of Covid's variant BF-7 looms above us, there are prophets of doom who have re-started quoting Nostradamus and Baba Venga. We wonder why anyone in his or her right senses would thrive on propagating fear instead of hope. There may be a fresh wave. But if we have pulled through the earlier waves, we surely can ride this one too. Stay calm. Be positive. Eat right. Above all else, think right. It's not just enough building immunity against the virus. Build immunity against the virus of fake news, the virus of fear and the virus of negativity that often floods social media.

Do not believe astrologers. Every astrologer predicted a great year 2020 on 31<sup>st</sup> December, 2019. They predicted economic growth - what we witnessed was loss of livelihood. No astrologer even whispered 'epidemic', leave alone 'pandemic'. So let the astrologers date their own destiny while we date with hope and happiness!

**Ignore fake ominous predictions...** Whenever a calamity, local or global, strikes, prophets of doom start invoking the sixteenth century French astrologer Nostradamus. The claims include a prophecy written out as follows: "There will be a twin year (2020) from which will arise a queen (corona) who

will come from the east (China) and who will spread a plague (virus) in the darkness of night, on a country with seven hills (Italy) and will transform the twilight of men into dust (death), to destroy and ruin the world. It will be the end of the world economy as you know it."

This claim is unfounded. Reuters (a well-known news agency) found no evidence of this prophecy being written by Nostradamus. Stephane Gerson, Professor of French, French Studies, and History at New York University, informed Reuters this text "does not come from Nostradamus's 'Prophecies'," nor from other prognostications made by Nostradamus. Gerson told Reuters, "One should keep in mind that plagues were recurrent in sixteenth century Europe, during his lifetime. They were one of the travails about which he wrote (indeed, there are at least thirty-five references to plagues in his 'Prophecies')."

**The Zoroastrian approach and attitude...** No matter what or who you choose to believe or disbelieve, just remember that neither Covid-19 nor any calamity is 'Divinity's Wrath' or 'Nature's Vengeance'. From a Zoroastrian perspective, this Virus (or any calamity) is the opposite of all that is Good, God-given, Life-giving and Health-promoting. Do not read or forward posts on social media about the pandemic being 'Divine Anger' on mankind and this virus being 'Mother Nature's Vengeance' on human beings.

Ahura Mazda is neither

an 'Angry God' nor a 'Testing God', nor a 'Vengeful God'. Zarathustra saw Ahura Mazda as the Lord or Creator of Wisdom, Bestower of Life and a 'Loving Beloved Friend'. Be-friend Ahura Mazda. Embrace Wisdom. Be Grateful and stay Hopeful! With a Friya (friend) like Ahura Mazda, you need fear nobody and nothing!

**Choose hope with wisdom...** The Pahlavi Dinkard (Book 3) asserts: "Be it known that, whatever wisdom and happiness exist now, are owing to the principles that give strength of wisdom and the power of happiness. Among these, by means of the proper power appertaining to the soul, Ohrmazd reaches into the heart of the acquirer of wisdom, and the power of obtaining the wishes, reaches into the heart of the acquirer of wisdom. And on that wisdom reaching into the mind, a path is found by the mind that is obedient to Ohrmazd and is pure, to see what relates to the invisible; and so, man becomes worthy of

fresh and superior happiness."

It is interesting to observe that acquisition of wisdom goes hand in hand with happiness. One who is wise is also happy. Divinity enters the heart of the acquirer of wisdom and makes that individual experience "fresh and superior happiness."

To conclude, every new beginning comes from some ending. In 2020, we were challenged but in 2021 we found some solutions. During 2022, we found hope and some respite. Let us be grateful for the year that was and positive about the year to set in tomorrow.

In the words of Robert Frost, "In three words I can sum up everything I've learned about life: it goes on" or in the words of Jay Livingston and Ray Evans: "Qué será, será. Whatever will be, will be. The future's not ours to see. Qué será, será. What will be, will be."

Wishing all a Happy and Healthy year 2023!

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Editor: Anahita Subedar.

Contact Nos.: 22010704, Advt.: 22010705 :: Office Timing: 10 a.m. to 5.30 p.m. Mon - Fri.

## Cyclist Kaizad Kumana Rides To Udvada And Back

On 15th December, 2022, 48-year-old recreational triathlete and passionate cyclist - Kaizad Kumana, successfully undertook a solo cycle ride from his residence in Malad (Mumbai) to the Iranshah Atash Behram in Udwada (Gujarat), and back home, the next day. His aim was to promote non-motorized travel and of course, to pay his respects to the holy Iranshah, in an environmentally friendly and sustainable manner.

Speaking to PT, Kaizad says, "The journey to Udwada was very scenic, watching the world go by at a leisurely pace. I had breakfast at Ahura and repaired a puncture at Charoti. It was hot and humid with no shade for almost 60 odd kms. Took a couple of pitstops on the way and reached Udwada, paid my respects to Iranshah, stayed overnight and left at 5:00 am, next morning. I returned with another group of 4 cyclists who were starting the last leg of their Delhi-Mumbai cycle ride, from Vapi to Mumbai, organized by my Coach Shankar Thapa (Ironman triathlete). The ride home was a lot of fun and adventure. This intrepid spirit of cycling and adventure is what makes the ride



memorable and more eventful than mere material pleasures of life."

Last year, Kaizad completed a remarkable journey, riding his cycle across 1,460 kms, over a 6-day period (18<sup>th</sup> to 23<sup>rd</sup> December, 2021), from India Gate in New Delhi, to the Gateway of India, in Mumbai. As a recreational triathlete, he has participated in a couple of Olympic distance triathlons, with modest finish timings.

## Kudos To DPYA High School's Winning Streak!



The Dadar Parsee Youths Assembly (DPYA) High School has indeed much to celebrate in terms of its achievements in the academic year - 2022-2023! In September 2022, DPYA participated in 'Showcase', an inter-school competition organized by the Bai Ruttonbai Panday Girls' High School, commemorating its quasiquicentennial anniversary (125 years). Alongside students from schools all across Mumbai, DPYA students took part in all the events and won numerous prizes, securing the highest points and bagging the 'Best School Trophy'.








In November 2022, DPYA students repeated their prowess and success at 'Beejion 2.00', held at the BJPC Institution to celebrate their bicentenary year. Yet again DPYA students led from the front, competing with students from various schools in Mumbai, and won individual trophies in five events, and again the DPYA High School was awarded

the 'Best School Trophy' for scoring the highest points! DPYA Head Boy, Darayus Daji was adjudged 'Best Speaker'!

In December, 2022, a number of competitions were conducted at the 'Josephite Festival' (St. Joseph's High School, Wadala). Going in for a successful hattrick, DPYA students repeated their excellent performance to continue their winning streak, taking back many prizes, including two trophies - one for maximum participation and other for winning the maximum prizes! While DPYA student Shaivi Bhatt won the trophy for the 'Best Speaker', Zahaa Shaikh of the primary section won the first prize for her outstanding performance in mono-acting, from thirty-six other schools.

Hearty congratulations to DPYA High School for nurturing the overall development of a student's talent as also to all DPYA students! Kudos on your achievements!


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Father-Son Duo – Jehangir and Kaiwan Randeria – Continue Winning Streak

Just a couple of weeks ago, on 17th December, Parsi Times shared the excellent achievements of the dynamic father-son duo - 52-year-old Jehangir Randeria and 23-year-old Kaiwan Randeria - in the field of bodybuilding, where they won gold medals and made history by also winning the overall titles, at the 'Mumbai Shree Bodybuilding Competition', organised by the Amateur Bodybuilding Association of

Mumbai. PT is delighted to yet again report that Jehangir and Kaiwan Randeria continued their fabulous winning streak, by winning two silver medals (one each) at the 'Maharashtra State Bdybuilding Competition' which was held in Ratnagiri on 25th and 26th December, 2022. They won Silver medals in their respective categories - Jehangir in the 'Maharashtra Shreeman (Masters 50+)' category and



Kaiwan in the 'Maharashtra Kumar (Under 25)' category. With this win, they have now qualified to represent Maharashtra in the National Competition which will be held in February next year.

An entrepreneur in the automobile industry and the Founder of 'Kamyo Car Spa', Jehangir's inspirational story comprises transforming from a typical food-loving Bawaji weighing 100 kgs to at the age of 44, when he started his fitness journey. His love for fitness drew him to competitive bodybuilding at age 48. Since then, he has won innumerable awards at the local, state and national levels. He shares, "I hope that my achievements will motivate and inspire other seniors like myself, to follow their passion, whatever it may be. I stand as proof to the adage, that age is just a number. There is no upper age to start your fitness journey. Just get started and reach your health goals in the New Year!"

Inspired by his father's transformation, Kaiwan - a Bodybuilding Specialist and Sports Nutritionist - decided to join in and compete alongside Jehangir. The father-son duo has been growing from strength to strength with their achievements and wins.

We wish them all the best to keep this brilliant winning streak going and continue making the community and the nation proud of them in the New Year and beyond!

Summary Data on Receipts and Utilisation of Foreign Contributions in excess of Rupees one crore during FY 2020-21 published in the public domain, in compliance with Rule 13 of Foreign Contribution Regulation Rules 2011

THE WZO TRUST FUNDS

RECEIPT AND PAYMENT STATEMENT FOR THE YEAR ENDED ON MARCH 31, 2022

Reg. No. E/15882/Mumbai

Receipts	Rs. P.	Receipts	Rs. P.
<b>Opening Balance</b>		<b>Educational Objects</b>	
<b>Cash and Bank Balances</b>		Grant of Stipend / Scholarships	57,61,434.00
Deutsche Bank	4,98,31,618.21	<b>Economic Objects</b>	
ICICI Bank Ltd	27,72,988.00	Covid Relief Expenses	1,39,06,120.00
<b>Investments</b>		Financial Relief	45,000.00
Fixed Deposit with HDFC Ltd.	3,77,65,000.00	Rural Housing Expenses	18,50,280.00
	9,03,69,606.21	Mobed Welfare & Agyaries Expenses	3,62,421.00
<b>Educational Objects</b>		Relief from Poverty	5,22,25,626.00
Grant of Stipend / Scholarships	1,01,65,647.00	Supply of free medicine / medical aid	3,05,02,645.00
<b>Economic Objects</b>		Self Employment	38,25,000.00
Covid Relief	2,70,75,069.00	Encouragement of Entrepreneurship Expenses	1,18,08,000.00
Relife from Poverty	5,74,52,991.00	General	5,71,800.00
Sopply of free medice / meical aid	4,06,20,952.04	Youth Activity	4,15,000.00
Senior Citizen Center	33,55,241.00		11,55,11,892.00
Mobed Welfare & Agyaries Expences	2,52,44,972.00	<b>Administration Expenditure</b>	
Religious	39,29,877.00	Books & Periodicals	3,00,000.00
Rural Housing	5,98,525.00	Bank Charges	52,235.10
General	18,03,640.00	Administration Expenditure	64,428.00
Youth Activity	7,57,482.00	Advertisement Expenses	39,375.00
	16,08,38,749.04	Travelling Expenses	15,940.00
			4,71,978.10
<b>Interest Earned</b>		<b>Closing Balance</b>	
Saving Bank Interest - Deutsche Bank	19,12,480.86	<b>Cash and Bank Balances</b>	
Saving Bank Interest - ICICI Bank	74,105.00	Deutsche Bank - FCRAA/c	8,62,01,392.07
Saving Bank Interest - State Bank of India	1,30,221.00	ICICI Bank Ltd NVS - FCRA A/c	17,77,193.00
Accured Interest	-	State Bank of India - FCRA A/c	97,82,381.94
Interest on HDFC LTD	15,80,462.00	<b>Investments</b>	
	36,97,268.86	Fixed Deposit with HDFC Ltd.	4,55,65,000.00
			14,33,25,967.01
	26,50,71,271.11		26,50,71,271.11

For Parihar & Sonpar  
Chartered Accountants  
Firm Regn No. : 02963C

*Signature of CA S. Vijayaraghavan*

CA S. Vijayaraghavan  
Partner  
Mem No. 034577

UDIN : 22034579AVSFCD2399

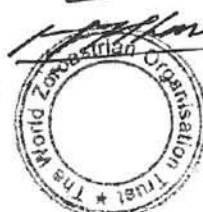
Mumbai, September 15, 2022



For W.Z.O. Trust Funds

*Signature of Trustees*

Trustees





# Yasmin Jal Mistry Conferred 'Dynamic Woman Entrepreneur' Title

## At The Prestigious 'Atal Achievement Awards 2022'

2022 has been a year of great recognitions and honours for Yasmin Jal Mistry, whose achievements continue to make the worldwide Parsi/Irani Zoroastrian community, and the nation, truly proud and inspirational. Ending the year on another note of success in the form of yet another prestigious accomplishment, Yasmin Mistry was felicitated with the 'Dynamic Woman Entrepreneur' Title on 21<sup>st</sup> December, 2022 at Vigyan Bhawan - New Delhi, as part of the prestigious 'Atal Achievement Awards 2022' - one of India's most authentic recognitions given to individuals from the Business and Service Sector, for their outstanding performance and overall contribution to the Indian industry.

The 'Atal Achievement Awards 2022', organised in honour of Late PM Atal Bihari Vajpayee, honours India's most brilliant leaders and pioneers from various business segments, on a highly creditable and spectacular platform, as the Business and Services Industry joins in to facilitate India's top Banking Sector, Telecom Industry, Manufacture Industry, Service and Technology Provider, Education Service Provider, Healthcare and Wellness, Hospitality, Leisure and Tourism, Real State and more. Each year, only 100 leaders are chosen from among lakhs in their respective service categories. The awards are presented to the selected winner by an array of celebrities of national repute.

Conferred the 'Dynamic Woman Entrepreneur' Title, Yasmin Mistry - Managing Director of several companies including Y M Securities, Mistry Logistics and Durand Forms (India) Pvt. Ltd. - was praised as an inspiring leadership figure who has consistently contributed across various sectors to the best of her abilities and has taken her organisation from strength

to strength as a woman entrepreneur. She is the also founder Trustee of ZTFI (Zoroastrian Trust Funds of India), a Community based NGO established in 2009, which has constantly served the Parsi/Irani Zoroastrian community, for over a decade and brought in much relief by making a huge difference in the lives of its under-privileged.

Speaking to Parsi Times, Yasmin Mistry shared, "I'm delighted and humbled at this recognition. It's always a good feeling to be acknowledged for the hard work and dedication that I've put in through the years. I've worked diligently through the past three decades, to pursue and accomplish varied professional and personal goals - be it as a model, a business-woman-turned-industrialist, a community-service front-runner and benefactor, a fitness-enthusiast, but most importantly, as a Parsi, living up to the standards of righteousness, fair-play, integrity and industriousness."

This latest award comes on the heels of two other extremely prestigious awards that were part

of Yasmin's accomplishments in 2022. In June, the community and the nation rejoiced on the crowning of our very own Yasmin Jal Mistry as she walked away with the prestigious 'MRS. WORLD INTERNATIONAL' title, wowing the judges and the audiences alike with her presence of mind, personality and of course, her beauty. Later in September, the gorgeous industrialist, known for her passion and consistent endeavours towards Community Service, yet again brought great pride onto the community by being recognised as one of the very select 'TOP 10 EMERGING LEADERS OF 2022' for her 'diligence and commitment to her work which demonstrates her prowess in her sectors of specialization', by the globally renowned brand-research and consulting firm - Heylin Spark, which celebrates individuals who have achieved excellence in their fields, as also their efforts and achievements.



Yasmin Mistry awarded 'Dynamic Woman Entrepreneur' title at 'Atal Achievement Awards 2022'



Winning the prestigious 'MRS. WORLD INTERNATIONAL' title in June 2022

"My success is also the result of my upbringing - I heartily thank and credit my mother - Arnavaz Jal Mistry, for being my guiding light and constant support. She imbibed in me the qualities of a true Parsi that I've always strived to live up to, along the path of Good Thoughts, Good Words and Good Deeds. Our religion is my constant source of peace and motivation; our prayers make me feel truly protected, loved, strengthened and blessed," adds Yasmin, who was conferred a doctorate in 'Women Entrepreneurship and Welfare', in 2018, in recognition of her inexhaustible body of community service and social work, by the National Virtual University for Peace and Education, registered under the Government of India and the United Nations Organisation (UNO), Geneva.

Kudos to Yasmin Mistry on yet another grand achievement! May she keep the Parsi flag fluttering ever high!



# Chairman's Message: CELEBRATING 25 YEARS!

- A Time For Reaffirming Gratitude, Introspection & Reflection -



**DINSHAW TAMBOLY**

It is a matter of great pride and joy for us to celebrate the 25<sup>th</sup> Anniversary of our WZO Trust Funds, Bai Maneckbai P. B. Jeejeebhoy Senior Citizens Centre at Pinjar Street, Malesar, Navsari. January 06, 1998 was a very proud day for us for that is when our Centre became operational in the service of our community.

**REAFFIRMING GRATITUDE:** The journey of a thousand miles always begins with the first step. That first step was taken during a conversation Bachi & I were having with late Mrs. Scylla R. Vatcha, during early 1995, as we discussed community related issues. At that time World Zoroastrian Organisation Trust and WZO Trust for Women & Children had been established in 1991 & 1993 respectively. The objects of these two Trusts were limited to Medical, Education, Relief from Poverty, and Farmers Rehabilitation.

Mrs. Scylla Vatcha, from the inception of our welfare activities in 1991, had been our principal supporter, took keen interest in our activities, mentioned during the course of the discussions that many Zoroastrian families were living in cramped accommodations, many times three generations together, which did not provide adequate privacy for younger generations and we should look into establishing a Centre for Senior Citizens that would cater to individuals who were mobile and capable of looking after themselves.

The idea appealed to us and we started scouting for suitable property in Mumbai. But, with suitable locations being difficult to find and astronomical land prices in Mumbai, we suggested that she consider establishing the Centre at Navsari, where we also had our base, in addition to Mumbai. Scylla immediately agreed, laying

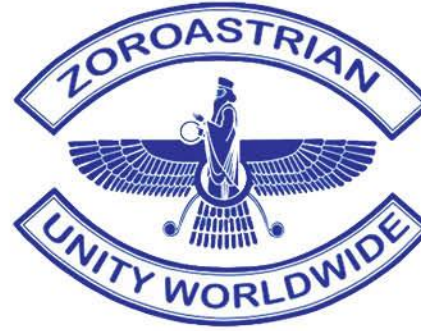
down three simple conditions that the Center should: (a) be conveniently located in a predominantly Parsi precinct; (b) located near an Agiyari; and (c) have easy access to a market-place.

We found a suitable location at Pinjar street that met all the three conditions. However, since our existing Trusts comprise establishing a Centre for Senior Citizens as one of its objectives, we were advised to establish a new Trust, and thus was found 'WZO Trust Funds', comprising multiple objectives, including having a Centre for Senior Citizens, as also establishing Sanatoriums, in line with our earlier discussions with Scylla as regards the modalities of purchasing a palatial bungalow at Sanjan and converting it into a Sanatorium, as well as a project providing interest-free micro credit scheme to individuals who wished to be self-employed.

After registering WZO Trust Funds on August 31, 1995, we began the task of establishing our Bai Maneckbai P. B. Jeejeebhoy Senior Citizens Centre. Plans for constructing a building of 20,000 sq. feet spread over ground + 5 floors were drawn, statutory permissions received and work began April 1996. Within the space of 21 months our Centre was ready for occupation in all respects. The complete cost of construction and furnishing was borne by Scylla through her Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Fund.

It is to the eternal credit of the visionary Scylla, who foresaw that some residents at our Centre could become bed ridden, and considering our set up being for those who were mobile, it would not be possible to take care of them, hence, during her only visit to Navsari, she suggested having a tie up with the Infirmary at Navsari where our immobile residents would be provided admission. Since the Infirmary had limited capacity, Scylla immediately approved funds for constructing an additional building at the Infirmary! Dear Scylla indeed created the foundation upon which our many projects were conceived, of which have elevated the lives of thousands of community members.

**Scylla will always be remembered as a doyenne of philanthropy. Our everlasting gratitude will always remain for dear Scylla, for without her support, the Centre would not have seen the light of day.**



The World Zoroastrian Organisation

The other stalwart without which the Centre would not have been what it is today - a vibrant haven of peace and tranquility - is our very own Bachi Tamboly, my wife and Founding Trustee of WZO Trust Funds. Any fame the Centre has achieved is due to her dynamism with which she has pursued her mission and vision of doing something distinct and tangible for our Seniors. The Centre that she shaped is reflective of her personality - firm but caring, providing a facility that is a 'home away from home' for the residents, where all residents, whether paying or residing gratis, all enjoy the same facilities, their self-respect and dignity intact, always.

**Without these two ladies, Scylla & Bachi, the Senior Citizens Centre would remain just a dream.**

**We are also very grateful to our generous donors who continue extending financial support from towards the running of our Centre. Our very sincere gratitude, specially to Zoroastrian Charity Funds of Hong Kong, Canton & Macao for the regular support they extend every quarter.**

**INTROSPECTION & REFLECTION:** We always believed that it is through candid introspection that we identify our strong points and make them stronger. The early days were a learning curve. Managing an institution where 50+ mobile senior citizens from different walks of life resided peacefully, in a vibrant environment, living, eating, and relating with each other is certainly an experience not for the faint hearted!

We learnt managing a group of senior citizens is a continuing process, not an objective - an important trait we learnt was to be rapid and impartial in sorting issues whenever they arose, ensuring each one understands and appreciates the viewpoints of the other. Our Centre has been blessed to have residents who are kind and supportive of each

other. It's a treat to observe all residents sitting together for meals, spending time playing carrom, cards, viewing television, singing songs, giving or receiving advice, bonding as part of an extended family.

Ours is perhaps the only institution of its kind within our community where two sets of residents decided to get joined in matrimony! These events were a source of great joy and pride, indicative of the vibrancy of our Centre. We have over the years been arranging outings for them, spread over a few days to visit Iranshah at Udvada and stay over at our nearby Sanatorium at Sanjan. These outstation trips are a much sought after and enjoyed event.

**ACKNOWLEDGING OUR MANAGEMENT TEAM AND STAFF:**

We are fortunate to have with us Sharmin, Homi, Sarosh & Sam, who constitute our very dedicated team managing daily operations; our team of 5 ladies who man the kitchens daily; 4 kitchen helpers and support staff of 16 ladies who maintain the upkeep and cleanliness of the Centre. We extend sincere gratitude for their commitment and dedication towards their duties. We take this opportunity to remember and acknowledge the services of our two Chefs - Khorshed and Bapsy - who were with us from the beginning for 23 years, till they succumbed to Covid-19. We also acknowledge the services of erstwhile Manager Soli, who also served for 23 years but retired due to indifferent health.

**IN CONCLUSION:** Our objectives have always been to ensure that our residents spend the evening of their lives with smiles on their lips, not tears in their eyes, replace their wrinkles with twinkles, keeping them always aware at all time that age is just a number for those who have the ability to appreciate the beauty in their lives, they never grow old. Our residents, are illustrative of the immortal words of Robert Browning:

**"Come, grow old along with me!  
The best is yet to be,  
The last of life,  
For which the first was made"**

**Dinshaw K Tamboly,  
Chairman**



## 25 Years Tells A Story...

*A Time For  
Reaffirming  
Gratitude,  
Introspection  
& Reflection*

*Estd. January 06, 1998*

### CELEBRATING 25 YEARS OF THE WZO TRUST FUNDS

#### BAI MANECKBAI P. B. JEEJEBHOY SENIOR CITIZENS CENTRE

*A vibrant haven of peace and tranquility where we put life into the days  
of our residents not days into their lives  
Come grow old with me, the best is yet to be...*

*The journey of a thousand miles always begins with the first step. That first step  
was taken by visionary late Mrs. Scylla R. Vatcha, Trustee of  
Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Fund, Mumbai, who since the  
inception of our welfare activities had been one of our principal supporters advised  
us to consider setting up a Centre for Senior Citizens who were mobile, situated at  
a convenient location in a predominantly Parsi precinct, near to an Agiyari and  
easily accessible to a market place.*

*Having completed our first 25 years, we now continue onwards on our journey of  
providing quality care and services to our residents.*

*We extend our very sincere gratitude to Mrs. Scylla Vatcha for having taken the  
first important steps of setting up the venture, extending support during its  
infancy and even thereafter from time to time. We also extend our heartfelt  
appreciation to our many other donors for extending their support towards the day  
to day running and management of our Centre thereby making it a much  
sought-after institution.*

THE WZO TRUST FUNDS

BAI MANECKBAI P. B. JEEJEBHOY SENIOR CITIZENS CENTRE,

Pinjar Street, Malesar, Navsari 306 445. India

Tel Nos: +91 (2637) 246073, 245402, +91 70696 86161

E-Mail: [sccnavsari@gmail.com](mailto:sccnavsari@gmail.com)



The WZO Trust Funds  
The WZO Trust for Women & Children  
The World Zoroastrian Organisation Trust



# The Bawa Word Search

Search out 16 of the World's Best Cities (Forbes 2022) hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- Edinburgh (Scotland)
- Chicago (USA)
- Medellin (Colombia)
- Amsterdam (The Netherlands)
- Prague (Czech Rep.)
- Marrakesh (Morocco)
- Berlin (Germany)
- Montreal (Canada)
- Copenhagen (Denmark)
- Cape Town (South Africa)
- Madrid (Spain)
- Manchester (England)
- Mumbai (India)
- Melbourne (Australia)
- Taipei (Taiwan)
- London (England)



## TechKnow With Tantra

### eTrack - Package Tracking

This is a simple Chrome Extension to track, organize and manage all your orders in one place. You do not need to go to multiple sites to track your package. This extension allows you to monitor the progress of all your orders from one single interface. You can easily organize your ongoing shipments and save yourself the time and frustration of jumping between several third-party package tracking sites. You can even get notifications and updates on the status of your package. It's compatible with 700+ carriers including DHL, Fedex, UPS, etc. You can even track your packages from Amazon, eBay, etc.

## SUDOKU

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

Solution see below

## WINNING CAPTION!!!



SANTA (George Pancio): He wants to replace me as Santa! Can't tell you bad I feel!  
 TRUMP: Ho! Ho! Ho! I've fooled the entire nation - kids are no big deal!!

By Kayomarz Dotiwalla



## CAPTION THIS!

Calling all our readers to caption this picture!  
 Send in your captions at editor@parsi-times.com by 4th January, 2023.

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

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

## Thought of the Week

"What the new year brings to you will depend a great deal on what you bring to the new year."

- Vern McLellan

### Meherbai's Mandli Makes New Year's Resolutions!!



RUBY LILAOWALA

**M**eherbai's marvelous Mandli met for the first time in the brand new year for lunch at Meherbai's club to discuss their New Year's resolutions.

**Keki Khadhro:** First things first. Let's order food.

**Polly Pipyu:** No! First the hot drinks. Then food, along with cold drinks.

Keki ordered large quantities, in the hope that he will take home the left-over food. Polly and the 'boys' (all over 70) ordered whiskeys, mocktails and beers while the Mandli girls ordered cocktails and mocktails along with fish, chicken and paneer starters. The starters were so finger-licking good that nobody touched the four plates of peanuts and six plates of wafers.

**Keki Khadhro:** Never waste food. Why are you all wasting the wafers and the pea-nuts?

So saying, he emptied the wafers in a plastic bag he had brought along and pea-nuts in his wife's old *meli-gheli-bajaar-ni-theli*.

**Baji Bachelor:** I have resolved that this year I'll marry a nice rich girl who can finance me for life.

**Coomi Kaajwali:** Bajibhai, you are already 80, so how much life remains? Not much!!

**Baji Bachelor:** I already have two girls in mind. Both nearing 80. One is a divorcee and the other a widow. Best part is, both have one flat each in Cusrow Baug and one-and-a-half foot in the grave. Now, I just have to do *eena-meena-maina-mo* and settle down with one of them. I want to be happy like my married friends.

**Coomi Kaajwali:** Forget it. When you're single, you see happy couples everywhere and when you are married, you see happy singles everywhere.

**Lovejibhai Le-Le-Goor-Goor:** My resolution is to build my body like John Abraham.

**Amy Atom Bomb:** Mareray! You are so skinny and weak. *Fook marey toh oodi jai!* What you need is not a body but an antibody vaccine since you are always sick.



**Ketu Khadhri:** I resolve to give up fast foods.

**Bitchy Bachamai:** Look who's talking after eating five burgers in a row last night. Ketu dear, if you give up fast food, India's economy will suffer.

**Sorabji Sali-Boti:** My resolution is to sell my *Khatara* scooter and buy a small second-hand car with dark windows, so I can give lifts to all the pretty ladies of my colony!

**Dara Daku:** My resolution is to take morning walks for optimum health but what to do? I watch 'Netflix' till 3 a.m. and by the time I wake-up, the morning's gone and it's afternoon!!

**Homai Health-freak:** How unhealthy! No wonder you're always sick.

**Vikaji Vaaghmaru:** My resolution is to stand as a Trustee for the next BPP elections.

**Naju, Malai-nu-khaju:** Forget it! *Tamaru BP high par thi highest thai jasey. Tamari divas ni bhookh aney raat ni oongh udi jasey aney tamari wicket pari jasey. Gupchup khai pee ney mahjha karo.*

**Vikaji:** I want some sort of post and public recognition. I want to have a public image. I want to be famous.

**Jabri Jaloo:** Bawa, you are already President of the *Bettha Bekar Society* of retired men in our colony. You're already famous!

**Coomi Kaajwali:** He is more infamous than famous. Even Lovjibhai Loafer's daughter, sexy Shirin-the-siren rejected him.

**Freny Fatakri:** I want to travel and see the world, but my health doesn't permit it.

**Alamai Eienstein:** If your health is so bad, how come you go for five to six

trips a year? Nothing happens to you then! Only after the trip ends, you start crying!

**Freny:** Perhaps it's the change of weather that makes me sick!

**Alamai:** Forget weather! Change your mind-set. You're always talking of sickness and bringing it into your consciousness. Give up that habit as this year's resolution. Talk health, eat healthy, exercise and above all, stop complaining about your imaginary health-problems. No one is interested. Instead, show gratitude to God for being fit as a fiddle at 80 and traveling all over India every few months.

**Bomi Bevdo:** I resolve to give up alcohol - even cocktails!

**Polly Pipyu:** Look who's talking!! You come to my house on some pretext or the other and polish off half a bottle of my best whisky.

**Bomi:** And you come to my house to polish off my Black Label, saying *Pour more, Pour more* when I serve it!!

**Polly:** Doctor's orders. My family doctor Aspi Aspro has ordered me to have *davaa-daru* on time. Never mind the *davaa*, I never miss having *daru* on time!

**Jaroo Geography:** (So-called because of her seriously dangerous curves). My resolution is to improve my mind so I'll start reading.

**Mandli:** Reading what?

**Jaroo:** I'll start with newspapers and who knows? By next year, I may be reading Shakespeare.

**Alamai:** Do you even know where Shakespeare lived?

**Jaroo:** Of course!! Shakespeare lived in Ballard Pier.

**Alamai:** Do yourself a favour Jeroo, first buy some elementary general knowledge books meant for children and then talk of Shakespeare!

Soon, Adi Adagro arrived apologizing for being late.

**Adi Adagro:** Sorry folks. I'm late because I came walking and reading all the posters on the way. At the bus stop, it was written: *"Aana free, Jaana free, Pakde gaye toh Khaana free."* Outside a beauty parlour, it was written: *"Don't whistle at the girl going out from here, she may be your grandmother."*

By now, lunch was over and before anybody could lay their hands on any food, Keki Khadhro filled-up his tiffin boxes (which he always carried, just in case) with the left-overs.

**Keki's wife:** *Keks, take home the left over Bisleri water bottles too! We can fill them with tap-water, chill them and serve them to our guests.*

Just then, Meherbai's *chickenwala* phoned and she asked him to send her six kilos of chicken tomorrow as she was having a lunch party.

**Keki's wife:** Keks and I can't come. We are invited elsewhere.

**Meherbai:** Chickenwala, send only two kilos chicken, not six kilos.

**Keks wife:** We are going for a Navjote in the morning, followed by *Patra nu lunch* and in the evening at Colaba Agiary. My Keks will carry his tiffin-boxes to both functions, so there will be *Lagan nu Bhonu* for the entire week at home!

**Keki Khadhro:** Of course, we'll give a handsome *pehramni* of *Sagan na Rupees 21/-* and save on the cab expense by taking a lift from our neighbour, Dollymai Daver in her Mercedes.

**Alamai:** No wonder, you two get so few invitations!

**Keki:** What invitation? We invite ourselves to every wedding, navjote and gambhar in town. Best to rely on self-help!!

Meherbai ended the lunch-date saying that her resolution was to read more, write more, listen more, think more, feel more and be more creative, walk daily and build-up body-muscle and try to have fresh thoughts daily to push the mind to greater limits.

**Meherwanji:** I'm lucky to have a wife like Meherbai who makes me experience all the fun, adventure, magic and mystery of day to day living in the journey of life!!

# 2023! Har Rozettan Navruz!



**DR. DANESH CHINOI**

The turning of a new year symbolizes the turning of a new leaf for many of us... a chance to shed bad habits and start afresh. With a new year, we hope to see a new us!

So, what are the most common New Year's Resolutions? According to a survey, one-third of the population wants to improve their fitness and nutrition - this is by far the most popular ambition each year. Next, are those wanting to get their finances in order (21%), followed by those wanting to travel more (13%), quitting bad habits (11%), wanting to spend more time with friends and family (10%), and those wanting to try something new (6%). All these culminate into improving our quality of life.

Considering that most of us want to improve our health each new year, why not start with the basics? Whether you're trying to lose weight, get fit, or just get healthier, you'd be surprised to know how small changes reap huge benefits! Improving your fitness and nutrition now is directly investing in your future health. The 'side effects' of improving your energy, mood, and self-confidence, plus having the satisfaction of sticking to your New Year's resolution doesn't hurt either!

Looking for a few simple fitness tips to help you achieve those seemingly elusive long-lasting health results? Try these easy to ring in the New Year 2023 with a sense of positivity, hope and better physical and mental health:

**Plant-based Diet Is The Key:** Don't underestimate the power of plants as preventative medicine. There are so many seemingly innocent fruits, veggies, nuts, grains and legumes that pack quite a punch of immunity-boosting nutrients. What better way to start the new year than with a stronger immune system? For eg., for natural vitamins and antioxidants, pile on the palak (spinach) and other leafy greens like methi, sarson, laal bhaji, etc., and bring home the firangi broccoli along with its desi cousins gobi and cabbage!



**Reduce Inflammation - producing**

**Foods:** Most don't realise that what you put in your mouth ultimately affects the rest of your body, not just your digestive system. If you suffer from knee pain, acne or headaches (to name a few), it might just be a result of what you eat. Unfortunately, one of the most pro-inflammatory foods is milk and milk products (dahi, butter, cheese, paneer and yes, even the famed ghee). Try just 1 - 2 dairy-free days a week and notice how your body feels the following day. You'll feel lighter, energized and experience less aches and pains over time. It's proven that every time you avoid dairy, the body starts healing. These days, it is not tough to avoid dairy with the plethora of plant-based dairy substitutes available. Meat, processed and refined foods are all equally harmful in causing premature ageing. Taking care of your diet would be the best gift you can give yourself this new year!

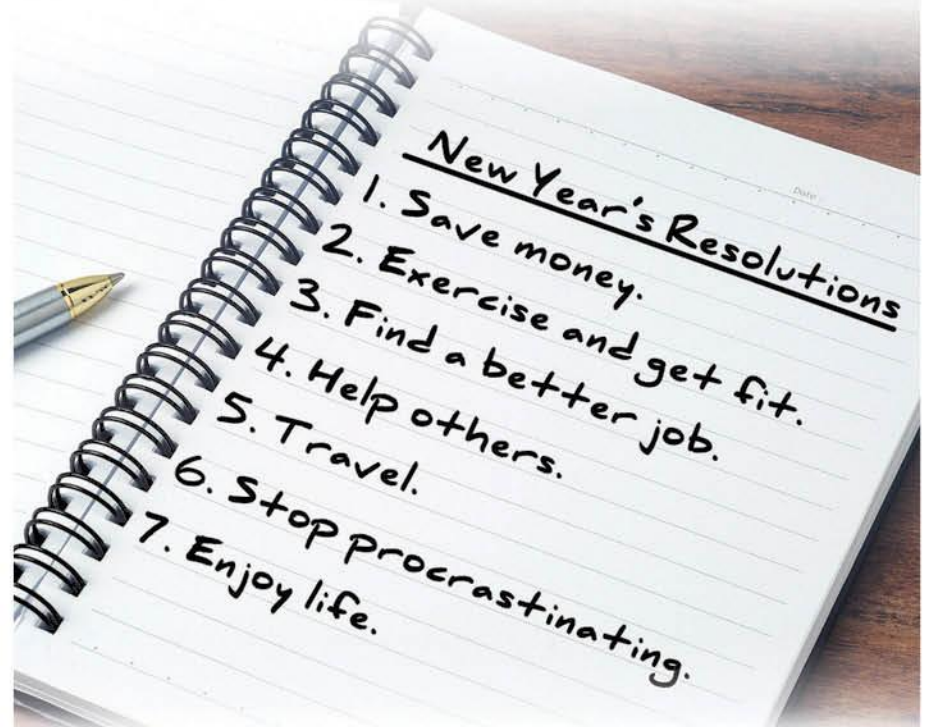
**Move It! Get Up! Get Going!** You don't have to join a fancy gym to reap the incredible benefits of cardiovascular exercise. Simply incorporating just 30-45 minutes daily of heart-pumping activity, thrice a week has a fantastic impact on heart. Increased heart rate means more blood and oxygen supply to your vital organs, including brain (better mood and concentration), intestines (less bloating and acidity) and skin (less oil and acne). A simple rule of thumb to make sure you are putting in the 'right amount' of exertion is if you can hold a full conversation while exercising (without feeling breathless). If you can, you need to push harder! Brisk walking works wonders too!

work or with family) can start a snowball effect of positive changes. Create a goal and move towards it. Research studies have found that those without a hobby are significantly more likely to develop a mood disorder (anxiety, depression, PTSD, ADHD to name a few). Another benefit of hobbies is in finding like-minded people that share your passion. Building your friend and community support circle is as important as eating healthy and exercising. So, try something new and different this year!

**And here are the simple tips that you have always known but were awaiting the New Year 2023 as the perfect time to implement:**

**Stay Hydrated:** Drink 8-10 glasses of water a day.

**Cereal Switch:** Replace the wheat rotli with Jowar/bajra/nachni rotis.



**Sleep On It:** Another simple lifestyle change that makes a huge impact is increasing your sleep quality and duration. Poor sleep has been linked to depression and anxiety, obesity, high BP, higher risk of infections (i.e. - suppressed immunity). In the new year, set a goal to improve your sleep-habits. How? If you exercise in the evening or at night, your sleep will likely be longer and deeper. Do this just 1-2 days a week. Turn off your 'devices' at least one hour before bed. Choose a good book, some calming music, a warm bath or even better - meditate!

**Try Teaching An Old Dog Some New Tricks:** Learning a new skill, taking up a new hobby or even just setting a different long-term goal (at home, at

**Add Salads And Sprouts To Your Diet:** Eat more sprouts and raw salads daily.

**Nurture Your Faith And Attitude:** Pray and visit the Agiary more often, with an attitude of gratitude.

**Laugh More, Stress Less:** With REAL friends (in person) and not just smiley emoticons on WhatsApp and Facebook.

Ensure to include some good lifestyle changes in 2023. Remember, it takes at least 21 days to change a habit, so don't give up! Everything worthwhile takes time, and your goals are worth it all!

**Har Rozettan Navruz! Saleh nu Mubarak! Saal Shaad Shaad baad!**

## Adult Diaper Project



3 packets of diapers are given free every month to deserving persons. This amounts to Rs 18,000 per annum per person

# WAPIZ

## World Alliance of Parsi Irani Zarthoshtis Activities

### Cama Baug Sale



## Oxygen Concentrator Project



16 Colonies / Baugs were given Oxygen Concentrators during the pandemic

## Sewing Machine Project



New Singer sewing machines were given to mostly women who stitch sadras, lenghas to augment their family income

## Free Breast Cancer Detection Camp



## Wadia Bungli repaired



WAPIZ  
wishes you all a  
**HAPPY 2023**

## WAPIZ Coomie Soli Dariwalla Education Fund



WAPIZ Coomie Soli Dariwalla Education Fund. Corpus of Rs 3.01 crores. Till date 454 students have received help amounting to Rs 74,40,000

- Supporting Colony/Baug Associations for their various activities.
- Providing kathis to Agiaries, especially moffusil agiaries.
- Augmenting Salaries of mobeds / Behdin Pasbans in some Agiaries outside Mumbai.
- WAPIZ Hoshang Buhariwalla Medical Fund.
- WAPIZ Hoshang Buhariwalla Fund for Poor Senior Mobeds (above 60 years).





### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Perviz Dadi Billimoria પરવીઝ દાદી બિલ્હીમોરીયા	90 ૯૦	22.12.2022	Najoo Mansion, Flat No. 1, Nawab Tank Road, Mazgaon, Mumbai 10. નાજુ મેન્સન, ફ્લેટ નં. ૧, નવાબ ટેન્ક રોડ, મઝગાંવ, મુંબઈ ૧૦.	તે મરુદુમ દાદી પી. બિલ્હીમોરીયાના વિધવા તે મરુદુમ ધનમાય તથા દીનશાહ બોગાના દીકરી તે આબાન વીરાફ કેકોબાદ, જરૂ કેમર્સ મેલતા તથા મરુદુમ ઈનાઝ વીરાફ ઈરાનીના માતાજી તે વીરાફ આર. કેકોબાદ, કેમર્સ ફ. મેલતા તથા મરુદુમ વીરાફ ઈરાનીના સાસુજી તે જંગુ ડી. બોગા તથા મરુદુમો ટહેમુરરુપ, ફીરોઝ, રતનશાહ, ફરામરોઝ ને નરગીસના બહેન. તે મલીયાર, મેહેરનોશ, અરદેશીર, તુશના, ખરશેદ, નીયોશાના મમઈજી તે મરુદુમો ડોસામાય તથા પેસ્તનજી બિલ્હીમોરીયાના વડુ.
Darayes Behrm Shaw દારાયસ બેહરામ શોહ	65 ૬૫	23.12.2022	Pearl Bldg., Ground Floor, St. Joseph Road, Near Khar Subway, Mumbai 54. પર્લ બિલ્ડિંગ, બોઈતળીયે, સન જોસેફ રોડ, નીયર ખાર સબવે, મુંબઈ ૫૪.	તે લીન્દા દી. શોહના ઘણી તે મરુદુમો બેહેરામ અને જરૂ શોહના દીકરા તે રયનના બાવાજી તે મેધાના સસરાજી તે ઈલીન શોહ, કેશમીરા વાચ. તથા મરુદુમ કેરમાન શોહના ભાઈ.
Mehru Framroze Daji મેહેરુ ફરામરોઝ દાજી	86 ૮૬	23.12.2022	Flat No 5, 2nd Floor, J.J. Building No 2, Tardeo Road, Mumbai 7. જી. જી. બિલ્ડિંગ નં. ૨, બીજે માળે, જી. જી. નં. ૫, તાર્દેવ રોડ, મુંબઈ ૭.	તે મરુદુમો મક્કા અને ફરામરોઝ અરદેસર દાજીના દીકરી તે ઝરીન ફીરોઝ ખરાસના બહેન. તે અરપંદીયાર ફીરોઝ ખરાસ, ફીરૂઝ બેહેરામ ખંબાતા, અનાલીતા શાપુર પાગડીવાલાના માસી.
Aban Homi Katpitiya આબાન હોમી કાટપીટીયા	90 ૯૦	25.12.2022	1, Shirin Apt., 30, Shankar Sheth Road, Grant Road West, Mumbai 7. ૧, શીરીન અપાર્ટમેન્ટ, ૩૦ શંકર શેઠ રોડ, ગ્રાન્ટ રોડ વેસ્ટ, મુંબઈ ૭.	તે મરુદુમ હોમી ફીરોઝશા કાટપીટીયાના વિધવા તે શ્રીટી સોરાબ જીનવાલાના માતાજી તે મરુદુમ સોરાબ બમનજી જીનવાલાના સાસુજી તે અશરફી સોરાબ જીનવાલા તથા શીરાઝ સોરાબ જીનવાલાના ગ્રેન્ડ મધર તે મરુદુમો જરબાનુ તથા ધનજીશાહ હોરમસજી પટેલના દીકરી તે મરુદુમો દીનબઈ તથા ફીરોઝશાહ જમશેદજી કાટપીટીયાના વડુ તે મરુદુમો ડૂસી ધનજીશાહ પટેલ તેમજ દીના હીરજી સેથનાના બહેન.
Jasmine Adil Daruwalla જેસ્મીન આદીલ દારુવાલા	60 ૬૦	26.12.2022	1/B, Malegamwala, M.M.C. Road, Opp. Canossa School, Mumbai 16. ૧/બી માલેગામવાલા, એમએમસી રોડ, મુંબઈ ૧૬	તે આદીલ મરજબાન દારુવાલાના ઘણીયાણી તે મરુદુમો નરગેશ અને બોમનશા જોખીના દીકરી તે મહાફરીન અરુપી ઓલપાદવાલાના સાસુ તે વીરાફ જોખી અને ફેનીમાઈ તથા મરુદુમ કયોમજના બહેન તે નેકજાદ અને શહાજાદના મમઈજી તે મરુદુમો ચાદન અને મરજબાન દારુવાલાના વડુ.
Maharukh Percy Panthaki મહારુખ પરસી પંથકી	61 ૬૧	25.12.2022	801, Coover Villa, Jame Jamshed Road, Parsi Gymkhana, Dadar, Mumbai 14. ૮૦૧, કુવર વીલા, જામે જમશેદ રોડ, પારસી જીમખાના, દાદર, મુંબઈ ૧૪.	તે પરસી નવરોઝ પંથકીના ઘણીયાણી તે મરુદુમ પરવીઝ તથા મેરવાન બહેરામજી સોપારીવાલાના દીકરી તે બીનાફશા કોબાદ ભાવનગરીના માતાજી તે કોબાદ વીરાફ ભાવનગરીના સાસુજી તે કયાન ને ઝાલ ભાવનગરીના મમઈજી તે કુમી તથા મરુદુમ એરવદ નવરોઝ એદલજી પંથકીના વડુ.
Pervez Ardeshar Bokdawala પરવેઝ અરદેશર બોકડાવાલા	75 ૭૫	26.12.2022	721, Flat No 2, Battiwala Bldg., Dr. Dinshaw Master Road, Parsi Colony, Dadar, Mumbai 14. ૭૨૧, ફ્લેટ નં-૨, બાટવીવાલા બિલ્ડિંગ, ડો. દીનશા માસ્ટર રોડ, પારસી કોલોની, દાદર, મુંબઈ ૧૪.	તે શેરનાઝ પરવેઝ બોકડાવાલાના ખાવીદ તે ફરજાદ પરવેઝ બોકડાવાલાના બાવાજી તે મરુદુમો બાનુબાઈ તથા અરદેશર બોકડાવાલાના દીકરા તે સનાયા ફરજાદ બોકડાવાલાના સસરાજી તે નોશીર બુહારીવાલા તથા મરુદુમ નેવીલ બોકડાવાલાના ભાઈ તે મરુદુમો એમી તથા દારા એલચીદાનાના જમાઈ.
Naju Jehangir Panthaky નાજુ જહાંગીર પંથકી	89 ૮૯	26.12.2022	Flat No 903, 9th Floor, 1-C, Darshan Ricco Shankar Rao, Lower Parel, Mumbai 13. ફ્લેટ નં. ૯૦૩, ૯મે માળે, ૧સી દર્શન રીકો શંકર રાઈ, લોઅર પરેલ, મુંબઈ ૧૩.	તે મરુદુમ જહાંગીર નોશીરવાન પંથકીના વિધવા તે દારાયશ જહાંગીર પંથકી તથા મરુદુમ યાસ્મીનના માતાજી તે નીલુફર દારાયશ પંથકીના સાસુજી તે આરીશ ને મેહરનાઝના અપઈજી તે હોમી તથા મરુદુમ સામ એરચશા પારેખના બહેન તે મરુદુમ પીરોજબાઈ તથા નોશીરવાન ફરામજી પંથકીના વડુ.
Rosie Farokh Patel રોઝી ફરોખ પતેલ	73 ૭૩	27.12.2022	A/203, New Rameshwar Tower, Shimoli Road, Borivali (West), Mumbai 92. એ/૨૦૩, નવી રામેશવાર ટાવર, શીમપોલી રોડ, બોરીવલી (વેસ્ટ), મુંબઈ ૯૨.	તે મરુદુમ ફરોખ પીરોજશા પતેલના ઘણીયાણી તે મરુદુમો જરબાનુ તથા પીરોજશા પતેલના દીકરી તે જરીન, નીલુફરના માતાજી તે ફેની, લીલી, તેલેમી તથા મરુદુમો સરાહ, સરોશ, ફલી, ગુલુના બહેન તે મરુદુમો પીરોજશા તથા દોલત પતેલના વડુ.
Jer Byramji Jussawala જર બાઈરામજી જસાવાલા	89 ૮૯	26.12.2022	501-A, Sheetal Apartment, Near, Iskon Temple, Juhu, Mumbai 49. ૫૦૧-એ, શીતલ એપાર્ટમેન્ટ, ઈસ્કોન ટેમ્પલ પાસે, જુહુ, મુંબઈ ૪૯.	તે મરુદુમો શેરા તથા બાઈરામજી જસાવાલાના દીકરી તે આલુ સરોશ તવડીયા તથા મરુદુમો દોલત બ. જસાવાલા, ગુસ્તાસ્ય બ. જસાવાલા તથા કેકી બ. જસાવાલાના બહેન.
Furrokh Burjorji Sanjana ફરોખ બરજોરજી સંજાના	89 ૮૯	28.12.2022	Harbour Heights A Building, Flat No 109, N A Sawant Marg, Colaba, Mumbai 5. હારબર હાઈટસ એ બિલ્ડિંગ, ફ્લેટ નં. ૧૦૯, એન. એ. સાવંત માર્ગ, કોલાબા ક્ષેત્ર બીગેડની પાસે, કોલાબા, મુંબઈ ૫.	તે ડૂબી ફરોખ સંજાનાના ખાવીદ તે તીના શ્રીરામ પદમનાભન તથા ખુરશીદ નાઝબાન મહેતાના બાવાજી તે મરુદુમો મોતામાય તથા બરજોરજી સંજાનાના દીકરા તે શ્રીરામ પદમનાભન તથા નાઝબાન મહેતાના સસરાજી તે ફરાહ પદમનાભન, રોહન પદમનાભન, નીકોલ મહેતા તથા કીયાના મહેતાના મમાવાજી તે મરુદુમો મીનુ તથા બોમી સંજાનાના ભાઈ તે મરુદુમો મક્કામાય તથા એદલજી વેદના જમાઈ.
Freny Pervez Colah ફેની પરવેઝ કોલાહ	95 ૯૫	29.12.2022	F/30, Cusrow Baug, SB Road, Colaba, Mumbai 1. એફ/૩૦, ખુશરૂ બાગ, એસબી રોડ, કોલાબા, મુંબઈ ૧.	તે મરુદુમ પરવેઝ ફરામરોજ કોલાહના ઘણીયાણી તે મરુદુમો બાનુ અને ફરામરોજ લંગરાનાના દીકરી તે નાદીર, અરુપી, યઝદી, જરૂ તથા મરુદુમો જાલ કેરસી, બોમીના બહેન તે મરુદુમો બાનુ અને ફરામરોજ કોલાહના વડુ.

### Death Announcements From Prayer Hall

Cowsy Manek Pardiwalla કાવસી માણેક પારડીવાલા	89 ૮૯	26.12.2022	Bldg. No B, Flat No 18, The Tulips, Road No 7/B, Hiramath Park, Kalyani Nagar, Pune 411006. બિલ્ડિંગ નં. બી, ફ્લેટ નં. ૧૮, ઘ ૭યુલીપ્સ, રોડ નં. ૭/બી, હીરામથ પાર્ક, કલ્યાણી નગર, પુણે ૪૧૧૦૦૬.	તે ઝરીનના ઘણી તે મરુદુમ ખોરશેદ તથા મરુદુમ માણેકના દીકરા તે માણેક અને દારાયસના પપ્પા તે પૌરૂચીસ્તી અને પૌઉલીનના સસરાજી તે ડૂબી, જેક, લાડીયાના ગ્રાન્ડ ફાધર તે ડેઝીના ભાઈ તે મરુદુમ હોમાય અને મરુદુમ હોરમસજીના જમાઈ.
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### Death Announcements From San Francisco

Jehangir Phirojshaw Mistry જહાંગીર પીરોજશા મીસ્ત્રી	94 ૯૪	10.12.2022	San Francisco. સાનફ્રાન્સીસ્કો.	તે જરૂ જહાંગીર મીસ્ત્રીના ઘણી તે ખુશરૂ અને ફરીદાના પપ્પા તે રોશનના સસરા તે શેરજાદ, એરીક, અનોશના ગ્રાન્ડ ફાધર તે ત્રીસ્તાન, રીયા, રોહન, વ્યેનડોલીયન, સીમોન, ઝયાનના ગ્રેટ ગ્રાન્ડ ફાધર તે દીનબઈ તથા પીરોજશા મીસ્ત્રીના દીકરા તે તેહમીના અને જમશેદજી બિલ્હીમોરીયાના જમાઈ તે મેહરા ફલી નાવા અને શેહરૂ જહાંગીર નાવાના ભાઈ.
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# YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૩૧.૧૨.૨૦૨૨ થી તા. ૦૬.૦૧.૨૦૨૩



## Aries - મેષ - અ.લ.ઈ.

રાહુની દિનદશા ચાલુ હોવાથી તમારું માથું ઠેકાણા પર નહીં રહે. રોજ બરોજના સીધા કામોને પુરા કરવામાં મુશ્કેલીઓ આવશે. ખાવા પીવા પર ધ્યાન નહીં આપો તો તબિયત બગડી જશે. માથા પરનો બોજો વધી જશે. લેણાયાત તમને પરેશાન કરવામાં કોઈ કસર નહીં મુકે. દરરોજ ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણજો.

શુકનવંતી તા. ૩૧, ૧, ૫, ૬ છે.

**Lucky Dates: 31, 1, 5, 6**

Rahu's ongoing rule does not allow your mind to be stable. You will find it difficult to get through even your daily chores. If you do not pay attention to your diet your health could suffer. Mental tensions could increase. Money-lenders will badger you. Ensure to pray the Mah Bokhtar Nyaish daily.



## Cancer - કર્ક - ડ.હ.

શનિની દિનદશા ચાલુ હોવાથી તમારા મનની વાત કોઈને કહી શકશો નહીં. ઘરવાળા સાથે નાની બાબતમાં મતભેદ પડી જશે. ખોટાખર્ચાઓ ખુબ વધી જવાથી નાણાકીય મુશ્કેલી આવી જશે. શનિ તમારી તબિયત પર અસર કરશે. સાંધાના દુખાવાથી પરેશાન થશો. દરરોજ મોટી 'હમન યક્ત' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧, ૪, ૫, ૬ છે.

**Lucky Dates: 1, 4, 5, 6**

Saturn's ongoing rule makes it difficult for you to share your thoughts with others. You could end up squabbling with family members over petty issues. Due to an increase in unnecessary expenses, you could find yourself in financial shortage. You could suffer from joint-pains. Pray the Moti Haptan Yasht daily.



## Libra - તુલા - ર.ત.

રશ્મી જાન્યુઆરી સુધી મંગળની દિનદશા ચાલશે. તમારા સ્વભાવમાં ખુબ ચેન્જસ આવી જશે. તમે ચિડિયા સ્વભાવના થઈ જશો. નાની બાબતમાં ગુસ્સો આવી જશે. કોઈ વ્યક્તિ પર આંધળો વિશ્વાસ મુકતા નહીં. તમારા કામો જાતે કરશો તો થોડાગણા શાંત રહી શકશો. મિત્રો તમારાથી દૂર રહેશે. રોજ 'તીર યક્ત' ભણવાથી મન શાંત રહેશે. શુકનવંતી તા. ૩૧, ૨, ૩, ૪ છે.

**Lucky Dates: 31, 2, 3, 4**

Mars' rule till 22<sup>nd</sup> January will bring about a lot of changes in your behaviour - mainly it will make you irritable. You could get angry over small matters. Do not trust anyone blindly. Working by yourself will help in keeping the peace. Friends will tend to avoid you. For mental calm, pray the Tir Yasht daily.



## Capricorn - મકર - ખ.જ.

૧૪મી જાન્યુઆરી સુધી શુક્રની દિનદશા ચાલશે તેથી આજથી તમારા અગત્યના કામો પહેલા પુરા કરવાની કોશિશ કરજો. ઉત્તરતી શુક્રની દિનદશા ખર્ચ કરાવવામાં કોઈ કમી નહીં લાવે. ઘણી ઘણીયાણી એકબીજાના મનની વાત ઈશારાથી સમજી જશે. પ્રેમી-પ્રેમીકાના સંબંધ ખુબ સારા રહેશે. નવા મિત્રો મલવાના ચાન્સ છે. શુક્રની વધુ કૃપા મેળવવા 'બહેરામ યજટ' ભણજો. શુકનવંતી તા. ૧, ૨, ૪, ૫ છે.

**Lucky Dates: 1, 2, 4, 5**

Venus' rule till 14<sup>th</sup> January suggests that you prioritize doing your important works first. Venus' descending rule will have you spending greatly. There will be good understanding between couples. Love will blossom between romantic partners. You could make new friends. To gain greater blessings of Venus, pray to Behram Yazad.



## Taurus - વૃષભ - બ.વ.ઉ.

રશ્મી જાન્યુઆરી સુધી ગુરુની દિનદશા ચાલશે. હાલમાં તમારા કામની અંદર કોઈ વ્યક્તિ ભુલ નહીં બતાવી શકે. ગુરુની કૃપાથી તમારી વાત સાંભળી મિત્રો પોતાનો સીધો રસ્તો શોધી શકશે. તમારા રોકાણેલા નાણા પાછા મેળવવા માટે થોડી ઘણી ભાગદોડ કરવાથી રોકાણેલા નાણા પાછા મેળવી શકશો. દરરોજ 'સરોશ યક્ત' ભણજો. શુકનવંતી તા. ૧, ૨, ૩, ૪ છે.

**Lucky Dates: 1, 2, 3, 4**

Jupiter's rule till 22<sup>nd</sup> January will have you executing your work to perfection. With your helpful advice, your friends will be able to find a way out of their issues. You will be able to retrieve your stuck finances by putting in a little extra effort. Pray the Sarosh Yasht daily.



## Leo - સિંહ - મ.ટ.

૧૮મી જાન્યુઆરી સુધી બુધની દિનદશા ચાલશે. તમે લેતી દેતીના કામો સારી રીતે પુરા કરી શકશો. જે પણ કમાતા હો તેમાંથી થોડી અચત કરી સારી જગ્યાએ રોકાણ કરજો. મિત્રોનો સાથ ભરપુર મળતો રહેશે. બગડેલી તબિયતમાં સુધારો આવતો જશે. નવા કામ મલવાના ચાન્સ છે. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૩૧, ૧, ૨, ૩ છે.

**Lucky Dates: 31, 1, 2, 3**

Mercury's rule till 18<sup>th</sup> January helps you smoothly complete all your transactions related to lending or borrowing money. You are advised to save some money from your income and invest the same, in a profitable venture. Friends will be very supportive. Health will improve. You could get new work projects. Pray the Meher Nyaish daily.



## Scorpio - વૃશ્ચિક - ન.પ.

૨૪મી જાન્યુઆરી સુધી ચંદ્રની દિનદશા ચાલશે. ચંદ્રની કૃપાથી જે નાની મુશ્કેલીનો ચાન્સ મળે તો મુકતા નહીં. જે પણ કામ કરતા હશો તે કામ તમે સારી રીતે પુરા કરી શકશો. ઘરવાળાનો સાથ સહકાર સારો રહેશે. કોઈના મદદગાર બની શકશો. અટકેલા કામો ફરી ચાલુ કરી શકશો. ઘરમાં નાનું રીનોવેશન કરાવી શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧, ૩, ૪, ૫ છે.

**Lucky Dates: 1, 3, 4, 5**

The Moon's rule till 24<sup>th</sup> January suggests that you do not pass up on an opportunity for a short trip. You will be able to do all your works effectively and efficiently. You will get ample support from family members. You will be able to help another. You will be able to restart stalled projects. A small renovation in the house could be in the offing. Pray the 34<sup>th</sup> Name, 'Ya Beshtarna', 101 times, daily.



## Aquarius - કુંભ - ગ.શ.સ.

શુક્રની દિનદશા ચાલુ હોવાથી ડરવા ડરવા ખાવા પીવા પાછળ ખર્ચ વધુ કરવો પડશે. ઘરમાં મહેમાન આવવાની શક્યતા છે. જે લોકો આવશે તેમની સાર સંભાળ લેવામાં જરાબી કસર નહીં રાખો. અપોજીટ સેકન્ડને ખુશ રાખવા તેમની ડિમાન્ડ પુરી કરશો. નવી વસ્તુ વસાવી શકશો. કામકાજમાં મુશ્કેલી નહીં આવે. તમેબી 'બહેરામ યજટ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૩૧, ૩, ૪, ૫ છે.

**Lucky Dates: 31, 3, 4, 5**

Venus' ongoing rule will have you spending lots on travel, fun and entertainment. You could expect guests at home. Ensure to treat them well. You will cater to the members of the opposite gender to keep them happy. You will be able to make new purchases for the house. Smooth sailing at the work-place is indicated. Pray to Behram Yazad daily.



## Gemini - મિથુન - ક.છ.ઘ.

હવે તો તમને ધર્મના દાતા ગુરુની દિનદશા ચાલુ હોવાથી તમારા કામને પુરા કરીને બીજાના મદદગાર થઈ શકશો. નાણાકીય બાબતની અંદર સારા સારી કરવા માટે તમે તમારા કામો સમય પર પુરા કરી શકશો. ફેમીલી મેમ્બરનો સાથ સહકાર મલવાથી તમારા કામો વીજળી વેગે પુરા કરી શકશો. દરરોજ 'મહેર નીઆએશ' ભણવાથી કામદામાં રહેશે. શુકનવંતી તા. ૩૧, ૧, ૨, ૩ છે.

**Lucky Dates: 31, 1, 2, 3**

Jupiter's ongoing rule helps you complete your own work efficiently, and also be of help to others. Finishing your tasks in time will help in your financial progress. You will be able to complete your work at lightning speed with the support of family members. Pray the Meher Nyaish daily.



## Virgo - કન્યા - પ.ઠ.ણ.

તમારી રાશિના માર્બીક બુધની દિનદશા ચાલુ હોવાથી ૧૭મી ફેબ્રુઆરી સુધી તમારા કરેલ કામની કદર થશે. નાણાકીય બાબતમાં ખોટા ખર્ચ ઓછા કરવામાં સફળ થશો. કોઈ સાચા સલાહકારની સલાહ ઉપર ચાલશો તો ફાયદામાં રહેશે. બુધ તમને ક્વીક ડીસીઝન લેવાની ભુલ નહીં કરાવે. તમે દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧, ૨, ૫, ૬ છે.

**Lucky Dates: 1, 2, 5, 6**

Mercury's ongoing rule till 17<sup>th</sup> February will bring in praise for you in all your work projects. You will be able to reduce your unnecessary expenditures. It will benefit you to follow the advice of a sincere guide. You will not make decisions impulsively. Pray the Meher Nyaish daily.



## Sagittarius - ધન - ભ.ધ.ફ.

૫મી જાન્યુઆરી સુધી સુર્યની દિનદશા તમારા માથાને ખુબ જ તપાવશે. અપોરના સમયમાં કામ કરવાનો ખુબ કંટાલો આવશે. કોર્ટના કામકાજમાં સફળતા નહીં મળે. વડીલવર્ગની ધિંતા ખુબ સતાવશે. અઠવાડિયાના છેલ્લા દિવસે તમને ખુબ શાંતિ મળશે. દરી જાન્યુઆરીએ તમારા મુઠમાં ખુબ ચેન્જસ આવશે. દરરોજ ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૩૧, ૨, ૩, ૬ છે.

**Lucky Dates: 31, 2, 3, 6**

The Sun's rule till 5<sup>th</sup> January will heat up your temperament greatly. You will feel very lethargic working especially in the afternoons. Any legal issues will not be successful. You will be greatly worried about the elderly. You will find great peace towards the end of the week. Your mood will be uplifted 6<sup>th</sup> January onwards. Pray the 96<sup>th</sup> Name, 'Ya Rayomand', 101 times, daily.



## Pisces - મીન - દ.ચ.ઝ.થ.શ.

૪થી જાન્યુઆરી સુધી રાહુ તમને પરેશાન કરવામાં કોઈ કસર નહીં મુકે. ૪થી જાન્યુઆરી સુધી કોઈ સાથે જીદ પર નહીં ઉતરતા. બને તો ઓછું બોલજો. તમારા કામ પર ધ્યાન આપજો. અઠવાડિયાના છેલ્લા બે દિવસમાં તમને આનંદ મળે તેવા સમાચાર મળશે. રીસાપેલ વ્યક્તિ તરફથી સારા સમાચાર મળશે. દરરોજ 'મહાબોખ્તાર નીઆએશ' સાથે 'બહેરામ યજટ' ભણજો. શુકનવંતી તા. ૧, ૨, ૫, ૬ છે.

**Lucky Dates: 1, 2, 5, 6**

Rahu's rule till 4<sup>th</sup> January will trouble you lots. Till then, ensure not to get stubborn with others. Try to speak minimal. Focus on your work. You will receive good news at the end of the week, which will bring you much happiness. Those upset with you will send you good news. Pray to Behram Yazad along with praying the Mah Bokhtar Nyaish daily.

# Beating Procrastination Like A Pro In The New Year!



**MEHEZABIN DORDI**

**Psychologist Mehezabin Dordi** practices at the Sir H N Reliance Foundation Hospital, where she assesses, formulates and implements comprehensive therapeutic interventions for patients with psychological / psychiatric problems, as also those undergoing organ transplants and other physical afflictions. Having counselled over two thousand COVID patients and caregivers, she has delivered multiple trainings and webinars. Connect with her: [dordi.mehezabin@gmail.com](mailto:dordi.mehezabin@gmail.com)

As per a survey, over 65% of all 'New Year Resolutions Lists' have 'Stop Procrastinating' as one of the top three resolutions! Procrastination, or the act of unnecessarily postponing decisions or actions, is a common problem, which chronically affects approximately a large part of the population, resulting in missed opportunities and increased stress.

Procrastination wears many disguises. We might resolve to tackle a task, but find endless reasons to defer it. We might prioritize things we can readily tick off on our 'To-Do List'; we can look and feel busy, while artfully avoiding the tasks that really matter. And when we look at those rolling, long-untouched items at the bottom of our To-Do List, we can't help but feel a disappointed.



a half hours daily on social media in 2022. As of 2020, Netflix users watched an average of 3.2 hours daily - that's 6 billion collective hours per month! When we look at these stats, it's easy to think, "Wow! People waste so much time!" as if we don't contribute to these! But we do. We are all part of these. Hence, it's better to accept that we don't lack time - but just that we waste most of it. Once you do that, you can do something about it - like incorporating tiny habits into your life that'll save you much of your time.

**Here Are 8 Practical Ways To STOP PROCRASTINATING:**  
**Break Your Work Into Parts:** Part of the reason we procrastinate is because subconsciously, we find the work overwhelming. Break it down into little parts, then focus on one part

to decide 'when' to start working. If you decide when to start working in real-time, procrastination is inevitable. You might think that you'll start working in 5 minutes - but those 5 minutes turn into an hour without you realizing it. However, if it's already decided that you'll start working at 2 o'clock the next day, the chances of procrastination reduce greatly! Also, when you lay out your day on a piece of paper with assigned tasks, you'll realize that you actually have a lot of time in a day. Doing this daily helps you get rid of the 'lack of time' mind-set.

**Eat The Frog First:** "If it's your job to eat a frog, it's best to do it first thing in the morning. And if it's your job to eat two frogs, it's best to eat the biggest one first." Eating the frog is basically doing the most challenging and dreaded task of the day. And while you are time-blocking it the night before, it's best to schedule it first thing in the morning, especially cause it's always the most challenging task of the day that induces max procrastination! Hence, the later you schedule it, the more time you might waste time procrastinating because of the stress it induces. But if you do it first thing in the morning, you'll feel like a winner all day.

**Change Your Environment:** Different environments have different impacts on our productivity. Look at your workspace and your room. Do these make you want to work, or snuggle and sleep? If it's the latter, you should change your workspace. An environment that once inspired us could lose effect after some time... in which case, it's time to change things around!

**Eliminate Those Procrastination Pit-falls:** If you're a habitual procrastinator, maybe that's because you make it easy to procrastinate. To avoid procrastinating and focus on what you've decided to prioritize, try removing every possible distraction from your work environment - physical and digital. For eg., put your phone on 'Do Not Disturb' and place it in a drawer that requires you to physically get up to check it. Disable notifications and alerts on all your devices. Basically, un-plug before you plug-in and focus. Also, identify your browser bookmarks that take up a lot of your time and shift them into a separate folder that's less accessible. Disable the automatic notification option in your email. Get rid of the distractions around you!

**Use A Timer:** This is the most underrated tool for productivity on your Phone. When you start working, set a timer for say, an hour or 40 minutes. You can also set different time periods through the day, depending on how cognitively tired you are or how demanding a task is. This method works because a timer anchors you to the task at hand and kills distractions. Because your mind knows the timer is on, it will stay focused because a timer creates a sense of accountability.

**Get To The Root Of It:** Sometimes, it can be helpful to pinpoint *why* you've been procrastinating a specific task. Are you afraid of something? Maybe you're overwhelmed and don't know where to start. Fill in the sentence: "I'm avoiding this task because..." or "I'm avoiding this task because I'm afraid that..." And see what shows up. Identifying your fears helps you realize the monsters in the closet aren't as bad as you think!

**Reward Yourself:** Another way to motivate yourself to complete a task is to create a reward that you will give yourself once it's been completed. Research shows the human brain responds to reward stimulus and this can be a good way to create habits. For eg., you can take a short break to watch a TV show that you like for every chapter that you read in preparation for a test. You can also find ways to make your progress feel more rewarding, such as going over your To-Do List at the end of each day, to feel good about how much you got done!

Here's wishing you a Procrastination-Free, Happy New Year!



This happens because our brain is somewhat programmed that way. In general, we all tend to struggle with tasks that promise future benefit in return for efforts we take now. It's easier for our brains to process concrete rather than abstract things, and the immediate hassle is very tangible compared with those unknowable, uncertain future benefits. The reality is that most times you don't lack time. You just waste most of it on useless busyness.

at a time. If you still procrastinate on the task after breaking it down, then break it down even further. Soon, your task will be so simple, you will be able to do it right away!

**Time-Blocking:** An easy time-management hack by Cal Newport, this takes just a minute but leads to much clarity in your day. Every night, simply divide the next day into 30-minute blocks and assign tasks to these. This method is successful as it eliminates procrastination that stems from trying

An average user spends two and

# R.N.C. FREE EYE HOSPITAL, VALSAD

## APPEAL FOR DONATION



**R.N.C.** Free Eye Hospital was established 102 years ago i.e. in the year 1920 by a Parsi philanthropist Late Shree Dadabhai Ratanji Chavsarewala in fond memory of his father Late Shree Ratanji Naththubhai Chavsarewala (R.N.C.). The founder of this Hospital wished - gave mandate - that in this Hospital absolutely free treatment should be given to the patients. After a long period of 102 years, mandate of the founder is honoured and even today absolutely free treatment is given to the patients.

Hundred & two years ago this Hospital was started in a rented building. During the span of 102 years this Hospital has made a good progress and today this Hospital has its own building complex where well qualified doctors treat the patients with the help of well trained and qualified staff using state of the art equipments. Treatment is given here for the following eye ailments :

- Sutureless Cataract Surgeries
- Vitreo Retinal Surgeries & Diabetic Retinopathy Treatment
- All Types of Treatment & Surgeries for Glaucoma
- Paediatric Squint & Cataract Surgeries
- Corneal Surgeries
- Treatment of Neuro Ophthalmic Problems
- Laser Treatment of various types of eye diseases
- Computerized Eye Testing
- Oculoplastic Surgeries
- Eye Banking Activities and Corneal Transplantation
- Injection Avastin
- Retinopathy of Pre-matured Babies [ROP]

Treatment for eye ailments is given here since 1920 i.e. since 102 years. During this span of 102 years, hundreds of thousands patients are treated free of charge in this Hospital. Today the number of patients treated during this period of 102 years are not available with us. Figures of patients treated in last 21 years i.e. from the year 2000 to 2021 are available with us which are as under :

- More than 16,50,000 patients treated in OPD
- More than 1,93,000 surgeries performed
- More than 4,500 Diabetic patients have been treated for Diabetic Retinopathy by injections
- Thousands of patients have been treated with different types of lasers, A-Scan, B-Scan, Angiography of the eye (OCT), Perimetry etc.

If we convert the value of treatment given in last 21 years, as mentioned above, in terms of money, it would have cost Crores of Rupees to the poor patients. It is natural that they would not have been able to afford to spend this expenditure and it was likely that many of them would have lost their eye sight.

We are all aware that this institution could give free eye care services to the patients because of help of donors and well wishers like you people who are constantly helping us. You, Donors have sustained this crusade started 102 years ago. In this time of high inflation cost of every thing including Services is increasing day by day.

We, the Management, are trying very hard to keep up the mandate of giving free treatment but to do so we seek help from philanthropists like you. With your help only we can continue to give free eye care treatment to the poor patients. So, we expect wholehearted support from you, the donors, to be partners in fulfilling the good cause. Blessings of poor patients are same as blessings of God which will keep you and your family Happy & Healthy. So, on this auspicious occasion of Navroz we expect very generous donations from you.



**You may send your donation in cash or by cheque/draft drawn in favour of R.N.C. Free Eye Hospital at the following address :**

R.N.C. Free Eye Hospital  
Dr.Paragji Desai Road  
Opp.Mamlatdar's Office, Near Kalyan Baug  
Valsad - 396 001, Gujarat

The amount of donation received from you is eligible for Income Tax Exemption under Clause 80G(5)(vi) of the Income Tax Act.

For further information you may contact on the following telephone numbers :

1. Dr.Pesi B. Fulwadiwala, Secretary, Mob - 09979687710
2. Mr.Noshir J. Zaroliwala, Trustee, Mob - 09825149183

Thank you very much.

**Members of the Board of Trustees  
R.N.C. Free Eye Hospital  
Valsad**