



Celebrating The Holy Month Of Shehrevar

Noshir H.
Dadrawala

05

Silver Anniversary Celebrations At Navsari's Senior Citizens Centre

06

Legendary Dr. Tehemton Udwadia Passes Away

08



ગૌરોવા એ જ પ્રભુરોવા
ગૌદાન એ જ શ્રેષ્ઠદાન
સ્થાપના ૧૯૬૫

મકરસંક્રાંતી પર્વના પૂણ્યકાળમાં ગૌદાન એજ શ્રેષ્ઠદાન

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છેલ્લાં ૫૭વર્ષથી કાર્યરત પૂ. પૂજાબાપુ દ્વારા સ્થાપિત પાંજરાપોળમાં લગભગ ૬૦૦ આંધળી, લંગડી, કેન્સરગ્રસ્ત, દૂધ ન આપતી વસુકી ગયેલી ગૌમાતાઓ તથા અનાથ વાંછરડાઓની સેવા થાય છે. માત્ર દાતાશ્રીઓના ગૌદાનથી ચાલતી આ સંસ્થાને સહાયની જરૂર છે.



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ઈ ઓફિસ: • એશિયન સેલ્સ કોર્પોરેશન, ૪ - રંગમહલ, ૨૧૨/૨૧૬, સેમ્યુઅલ સ્ટ્રીટ, મસ્જિદ બંદર, મુંબઈ - ૪૦૦૦૦૩.
• દીપક કે વોરા, ડી-૬૨, વ્યોમેશ, ગોકુલ હોટલની સામે, મંડપેશ્વર રોડ, બોરીવલી (પ.), મુંબઈ - ૪૦૦૦૯૨.

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FROM THE EDITOR'S DESK

Dear Readers,

Last week, the community bid farewell to one of its foremost gems, in the passing of Dr. Tehemton Udwadia. An extraordinary man who shone brilliantly across all his eminent capacities - as a Doctor, as an Indian and as a Parsi. Known as the Father of Laparoscopic Surgery in India, he was the nation's first surgeon to introduce laparoscopy in surgery in 1972, and then the first to perform a laparoscopic surgery in the developing world in 1990.

The toast of the medical fraternity, Dr. Udwadia leaves behind an unparalleled legacy in the medical field, but will more so be remembered and cherished for his kindness and largesse for rendering free services to our Parsi priests and to the poor, and for always treating his patients with warmth and putting them at ease with his famous sense of humour. The community thanks him for his noble services and stands by his family in their time of grief. May his soul attain eternal peace.

Also, here's wishing all our readers a Happy Makar Sankranti, which marks the end of the harvest festival in India and the advent of spring - but is celebrated with greater gusto as the Festival of Kites and the customary greeting, "til-gul ghya; god-god bola" (meaning 'have this sesame-jaggery sweet and speak sweet-sweet words, likewise!) while distributing sweet goodies!

Just like the sweets, may our thoughts, words and actions too, be sweet towards each other! And may your skies turn into a delightful mosaic of whizzing colours, amidst joy and laughter brought on by the sugar-high from the delicious *til-na-laddus*!

Have a 'god-god' weekend!

- Anahita
anahita@parsi-times.com

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Religious Announcements

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The monthly Hama Anjuman Jashan will be held at the Bai Avabai Wadia Agiary, popularly known as the Idawala Agiary, (behind Anjuman Atash Behram), on 20th January, 2023, (Roj Daepadar, Mah Sherevar), at 4:30 pm, post which Er. Darayash Katrak will give a religious talk. Light Refreshments will be served. All Parsi / Irani Zoroastrians are invited.

Jashan At Seth Maneckji Nowroji Sett Agiary

A celebratory Shehrevat Mahino Jashan will be held at Seth Maneckji Nowroji Sett Agiary (Bazar Gate Street, Fort), on 16th January, 2023 (Roj Shehrevat, Mah Shehrevat; YZ 1392), at 9:30 am. All Humdins are warmly invited.

AWARE Foundation Appeal

The AWARE Foundation expands work in the sphere of animal care in 2023 with initiatives at the AWARE Ashram for animals, community animals in rural Ganeshpuri and Mumbai city, such as, rescue/treatment/ recuperation of severely disabled animals/rare genetic disorders, geriatric and infant animal care, spay/neuter, vaccinations, daily provision of meals and medical/surgical medical/surgical procedures.

Our Parsi Times Patrons have been our pillar of strength and we, once again, reach out to you for your kindness, generosity and support.

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Religious TV Series

Frohar Films presents 'Vohumana': Episode titled 'Bizan-e-Manizeh (Part 3)', on 15th 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.

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- Abraham Lincoln

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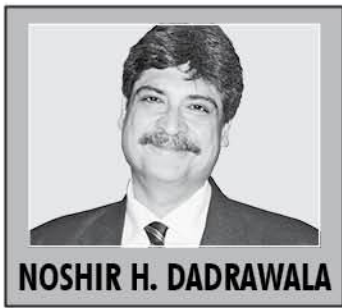
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Time to Celebrate Divine Strength And Righteous Power



NOSHIR H. DADRAWALA

We are now in the holy month of *Shehrevan* (*Avestan Khshathra vairya*), which represents *Ahura Mazda's* 'desirable dominion' and is the *Amesha Spenta* or Archangel presiding over metals and minerals.

The Zoroastrian religion has influenced the three Semitic religions (Judaism, Christianity and Islam) in many ways and in particular, the concept of the 'Kingdom of Heaven' or later, the 'Kingdom of God' is, according to some scholars, derived from the concept of *Khshathra Vairya*. The term is believed to have been adopted by Judaism when Israelites were freed from Babylonian captivity and slavery by Cyrus the Great, who incorporated Babylon into his Achaemenid Empire in 539 BCE.



KHSHATHRA VAIRYA

as acts of worship. Thus righteous actions are the best form of worship and such actions reap strength and empowerment.

Sahrewar is a *Pahlavi* term for 'the best rule' - the best rule that comes with Divine Strength and Righteous Power. *Shahenshas* or kings of ancient Iran were all inspired by this Divinity and ruled their vast kingdom on the principles of justice and equality. Kings like Cyrus the Great and Queens like Pourandokht are classic examples.

Hamadan) were tiled with gold and silver. Ecbatana was a summer capital during Achaemenid rule.

In the *Pahlavi* book, '*Zarathushtnameh*', it is stated that after receiving Divine Revelation from *Ahura Mazda*, when Zarathushtra was counselled by each of the *Amesha Spenta*, *Shehrevan's* message to mankind, through Zarathushtra the messenger of *Ahura Mazda* was: "use metals wisely". In other words, use metals for peaceful and progressive purposes not violent or regressive purposes.

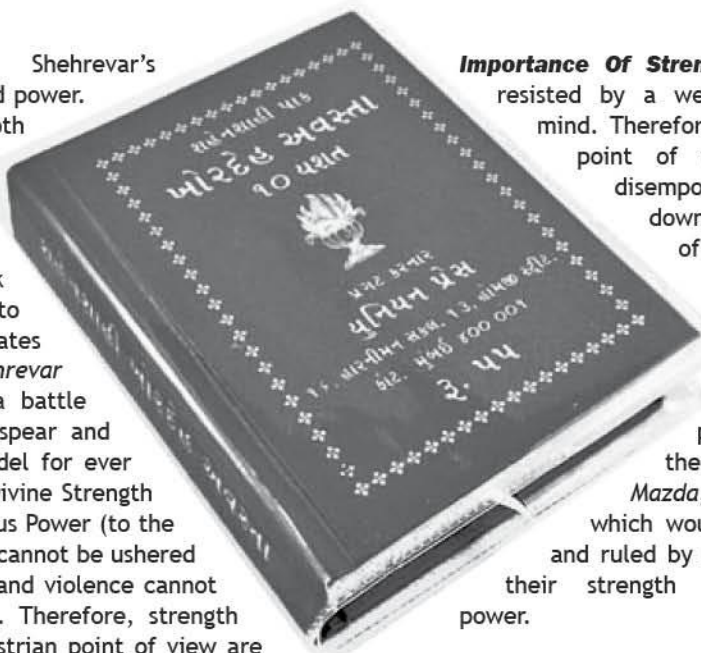
When priests offer *baj* they use metal rods for ritual power. During higher liturgical ceremonies, the water that is ritually purified and energized and poured back into the *agyari* well from which it is drawn, is collected in a metal *karasyo* or tumbler.

During Achaemenian times, fire altars were made of stone and we see ruins of such fire altars to this date, near *Naqsh-eRostom* in South Iran. However, in India, Parsis enthroned the Holy Fire on a metal *afarganyu* or vase. The Holy Fire is referred to as '*Atash Patshah*' or the Fire King and it is only appropriate that the holy fire is enthroned on a metal *afarganyu* symbolizing *Shehrevan's* strength and power.

Celebrating Shehrevan: Traditionally *Sharivargan* or the *parab* of *Shehrevan* would be celebrated in ancient Zoroastrian Iran by lighting fires (fire is energy and therefore a source to good health, strength and the warmth of friendship) and reciting the *Gatha*, especially *Yasna 51*. The day would also be spent helping empower the weak and doing general acts of charity and kindness.

Many also believe that Cyrus the Great was born on *Roj Shehrevan* of *Mah Shehrevan* (though this cannot be historically proved) according to the calendar of that time. Today Iranians (both Zoroastrians and Muslims) perceive Cyrus as a father figure and therefore, many of them observe the fourth day of *Shehrevan* as 'Father's Day'.

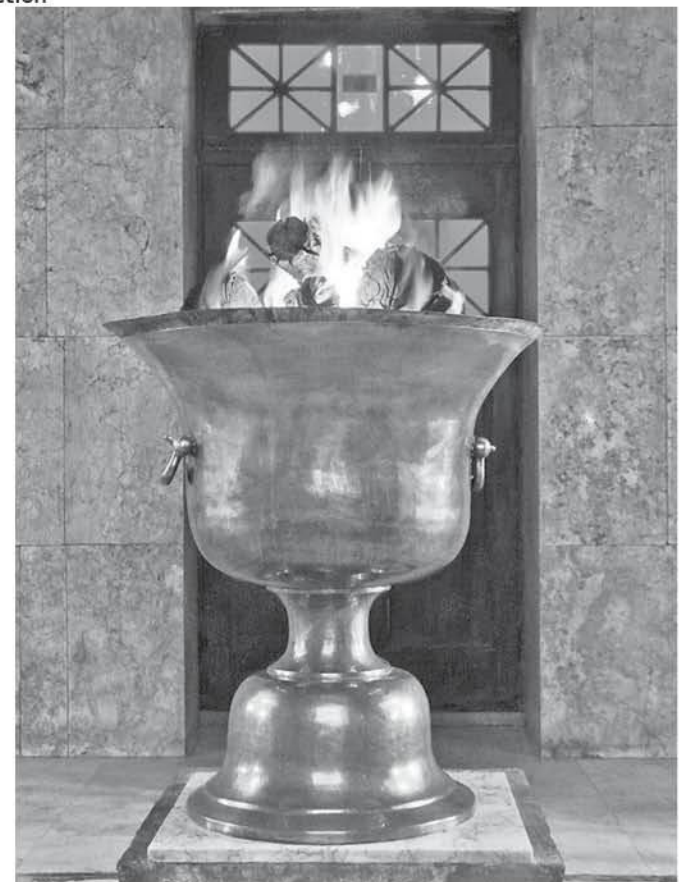
Strength And Power: *Shehrevan's* qualities are strength and power. *Shehrevan* wields both righteously to usher peace and *Ahura Mazda's* 'desirable dominion' in this world. One may tend to think that strength leads to violence and power cultivates arrogance. However, *Shehrevan* (visualized as wearing a battle helmet and wielding a spear and a shield) is the role model for ever Zoroastrian in terms of Divine Strength (to do good) and Righteous Power (to the right the wrongs). Peace cannot be ushered by those without power and violence cannot be curbed by the weak. Therefore, strength and power from a Zoroastrian point of view are positive, as long as both are used righteously.



Importance Of Strength: Evil cannot be resisted by a weak body or a weak mind. Therefore, from a Zoroastrian point of view, weakness and disempowerment are looked down upon as an affliction of evil. In Zoroastrian theology, *Khshathra Vairya* is a cosmic prototype for the world of *Ahura Mazda*, i.e. heaven which would be peaceful and ruled by just kings using their strength and righteous power.

The human body itself requires various metals and minerals, albeit in small quantities, to stay healthy and strong. For example, the lack of iron can make one anemic or feeling very weak while lack of calcium leads to osteoporosis or weakening of the bones.

Wise Use Of Metals And Minerals: According to the *Shahnameh* or the Book of Kings, it was Shah Jamsheed who discovered the use of metals during the *Peshdadian* dynasty. Gold and silver were used extensively during *Achaemenid* times - as per Greek historians, the roofs of homes in the innermost city of old Ecbatana (modern



Righteous Power: *Khshathra Vairya* means 'Righteous Power' and represents the 'Power' to settle in peace. The *Vohu-khashatra Gatha* (*Vohu* = Good and *Khashatra* = Power or Strength) elucidates the power of doing good deeds. It says: "That man, who performs all his actions as an act of worship through *Asha's* Law, is deemed as the best by *Mazda Ahura*. Those who have been in the past and who are such at present, I shall, with reverence, recall them by name, and shall try to reach their high position by righteous deeds." This *Gatha* relates to *Yasna 51* wherein Zarathushtra elucidates that excellence comes through righteous actions performed

Silver Anniversary Celebrations At WZO Trust Funds' Bai Maneckbai P P Jeejeebhoy Senior Citizens Centre, Navsari



L to R: Trustees Cyrus Vandriwala, Freyaz Shroff, Homiar Madan, Bachi Tamboly; Dasturji Khurshed Dastoor, Dasturji Keki Ravji Meherjirana, Chairman Dinshaw Tamboly, Trustees Farrokh Kasad, Aspi Ambapardiwala, Rohinton Contractor; Administrator Sharmin Tamboly, Manager Homi Mistry.

By Freyaz Shroff

In a discussion with Bachi and Dinshaw Tamboly, the late philanthropist Scylla Vatcha, put forth the idea for creating a senior citizens' centre for community members who were mobile and able to look after themselves, but didn't have a place to stay or a support network. The discussion culminated in Bai Maneckbai P.B. Jeejeebhoy Senior Citizens' Centre becoming a reality 25

years ago, in Navsari (Gujarat). The property chosen for the home was in a predominantly Parsi area and near an Agiary, with easy access to the marketplace.

Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Fund, managed by Mrs. Scylla Vatcha, donated the entire cost to The WZO Trust Funds for furnishing and constructing the 20,000 square foot, 5-storey facility. 'The WZO Trust Funds Bai Maneckbai P. B. Jeejeebhoy Senior Citizens Centre' was inaugurated on January 6, 1998.

It soon tied-up with the Abuwalla Parsi Infirmary, run by the Navsari Samast Anjuman, for residents who may at some stage become bed ridden requiring medical care, that the Centre would be unable to be provide. The total expenses for creating and furnishing this facility at

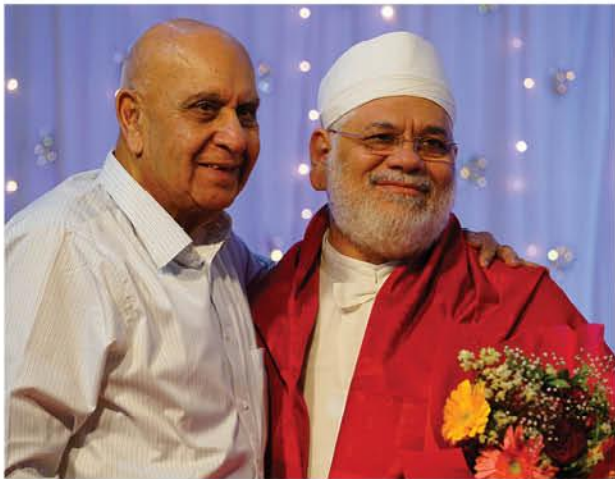


Lady Residents of Senior Citizens Centre singing Monajat

the Abuwalla Parsi Infirmary was also borne by Mrs. Scylla Vatcha through Bai Maneckbai P. B. Jeejeebhoy Deed of Settlement Fund.

Today the Centre, at full capacity, can accommodate 52 residents. Based on the financial condition of the residents, some pay a nominal amount (max Rs. 6,000/- per month) and others stay gratis. Daily, the centre helps visit the

living quarters of residents, wash their clothes, dust their rooms, make their beds and clean up. The hallways are kept clean and sanitized. Residents eat homemade meals prepared fresh daily in the centre's kitchen, which provides tea, breakfast, lunch, dinner and a spread of Parsi dishes the residents can enjoy. Special requests are entertained, and the resident even gets to choose the day's menu on his/her birthday!



Dinshaw Tamboly felicitating Vada Dasturji Dasturji Khurshed Dastoor



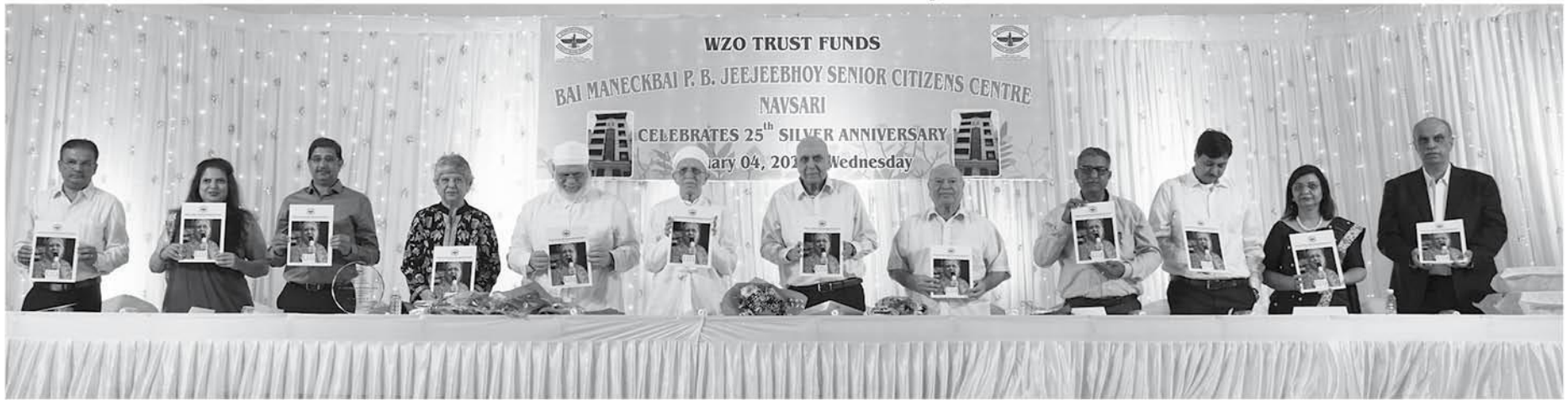
FEZANA President Arzan Wadia felicitated by Mrs Bachi and Mr Dinshaw Tamboly



Padma Shri Yazdi Karanjia felicitated by Chairman Dinshaw Tamboly



Dinshaw Tamboly felicitating Vada Dasturji Keki Ravji Meherjirana



Release of Brochure

Residents are provided games and entertainment in the common room, like carrom and cards, or watching television. They even have access to yoga, physiotherapy and the occasional outing organised by the staff.

On 4th January, 2023 the Bai Maneckbai P.B. Jeejeebhoy Senior Citizen's Centre celebrated its glorious 25th year of service to the elderly of our community. The morning began with a Jashan led by Vada Dasturji Keki Ravji MeherjiRana and ten Mobeds, followed by a Humbandagi. Vada Dasturji then praised Dinshaw and Bachi Tamboly for their hard work, dedication and commitment to our community members. The morning concluded with a cake-cutting led by active and agile residents - Freny Mistry (97), Marzban Karkaria (86) and Lily Mevadwala (85).

The evening celebrations continued on the ground adjacent to the Navsari Boys Orphanage, where residents, staff, trustees and well-wishers gathered

in large numbers. It commenced with a prayer by Vada Dasturji Keki Ravji Meherji Rana and an address sharing with the audience, his own uncle's experience living at the centre and describing his stay as 'heavenly'. Vada Dasturji of Iranshah Udvada - Khurshed Dastoor also addressed the audience, speaking highly of Mr. Tamboly as his friend and mentor, and praising the Tamboly couple for their selfless service, goodness and kindness. He likened their work and kindness as the true Zoroastrian way of life and teachings.

A number of people were felicitated for their various contributions to the growth and functioning of the Senior Citizens' Centre over the last 25 years, including Jayant Mehta - architect of the center and 18 buildings commissioned by WZO Trust Funds in Navsari; Yazdi Kasad - builder, having constructed most of these buildings; Sharmin Tamboly - Administrator, Homi Mistry - Manager, representing the Navsari staff; former Manager Soli Vandrevala for 23 years of

service at the Centre; Dr. Zubin Saklat - attending to medical needs of the center's residents; Dr. Shivani Joshi - physiotherapist; and Simin Bharda - for yoga sessions.

Also felicitated were honoured guests Kersi Deboo - Vice Chairman, National Commission for Minorities; Roshan Ravji - Wife of Vada Dasturji Keki Ravji MeherjiRana; Padmashri Yazdi Karanjia - Playright and actor who has entertained the elderly at the centre and at WZOTF events, gratis since the inception; Arzan Sam Wadia - President FEZANA.

Resource persons of the Trusts who carry out due diligence on appeals received for consideration were also felicitated - namely Maharukh Chichgar (Surat); Jehangir Bisney (Hyderabad - in absentia) and Viraf Deboo (Pune - in absentia).

Sarosh Daruwalla, photographer and videographer was felicitated for providing gratis services to the three

Trusts for over 25 years. Other service providers felicitated for serving the Center for decades, included Fakhruddin Lokhandwala (Plumber), Omprakash Vishwakarma (Aluminium Windows), Dilip Gotad (Painter), Ranglal Vishvakarma, (Carpenter), Kersasp Patel (Electrician).

The felicitations were followed by both - the Vada Dasturjis releasing a special brochure created to mark the 25th Anniversary of the Senior Citizens' Centre. A special video was also released and screened. The formal part of the evening comprised much jubilation with old Hindi songs sung by Shahzad Karanjia and Delnaz. Yazdi Karanjia, Maharukh Chichgar and their team also entertained the audience with some hilarious comedy.

The glorious evening concluded with the rendition of 'Chaiye Hame Zarathushti' and the National Anthem, followed by a delicious meal served by WZOTF beneficiary, Soonu Kasad.

PIL Seeks Culpable Homicide Charge Against Dr. Anahita Pandole

A Public Interest Litigation (PIL) was filed before the Bombay High Court this week, seeking direction from the Court to add 'Culpable Homicide' in the First Information Report (FIR) against Dr. Anahita Pandole, who was driving the car on the Mumbai-Ahmedabad highway, when it crashed, killing Cyrus Mistry and Jehangir Pandole (seated in the backseat), and injuring herself and her husband (seated next to her), on 4th September, 2022.

(On 5th November, 2022, an FIR was registered against Pandole for various traffic violations including rash driving, negligence, over-speeding and overtaking. On 5th January, 2023, Kasa police filed a chargesheet against gynaecologist Dr. Anahita

Pandole, stating that her negligence while driving and dangerous overtaking led to the fatal accident.)

The Bombay High Court has granted more time to petitioner Sandesh Jedhe, a social worker, who had approached and urged the court to direct the Kasa Police Station (Palghar District) to add Section 304 (Culpable Homicide Not Amounting To Murder) of the Indian Penal Code (IPC) in the FIR against Dr. Pandole.

Hearing the plea, a Division Bench of Acting Chief Justice S.V. Gangapurwala and Justice Sandeep Marne said that it was the job of a magistrate to decide what charges to put and censured that the petitioner for asking the High Court to do the

magistrate's function. "What is your locus standi? How are you concerned in this case?" asked the Bench.

Jedhe's advocate, Sadiq Ali claimed that his client had evidence that Dr. Pandole was under the influence of alcohol while driving at the time of the accident. In his petition, Jedhe referred to a CCTV footage indicating that Dr. Pandole had been allegedly consuming liquor at a café the night before the accident.

Senior advocate, Aabad Ponda, appearing for Dr. Pandole, said, "It is premised on the imagination that she was under alcohol. There were tests conducted by the police." Public prosecutor Aruna Kamat Pai added, "The

tests were negative." Advocate Ali, however, said he has more material to prove his case. The court has adjourned the matter to be heard on January 17, 2023.

55-year-old Dr. Anahita Pandole is among the city's most renowned gynaecologists. She has been a specialist for 25 years and has 32 years of experience as a doctor. She is associated with Mumbai's Breach Candy Hospital, Jaslok Hospital and Research Centre, BD Petit Parsee General Hospital, and Masina Hospital.

She is widely credited for preserving the Parsi heritage in the city. She played a key role in the ideation and formulation of the Jiyo Parsi programme, a government-funded scheme to

help Parsi couples dealing with infertility, providing fertility treatments at subsidised rates. In 2004, Pandole started the Bombay Parsi Panchayet Fertility Project with the BPP to provide state-of-the-art facilities to the community. She also helped create a database of Parsis living in India for the Ministry of Minority Affairs.

She has also regularly raised her voice against illegal hoardings in the city. Just a week before the accident in September, she wrote to Brihanmumbai Municipal Corporation (BMC) opposing the hoardings on footpaths, along the Western Express Highway, stating these could pose a threat to motorists.

The Legendary Dr. Tehemton Udwadia Passes Away

7th January, 2023, saw the passing of one of the community's most loved, cherished and respected stalwarts - surgeon and gastroenterologist - Dr. Tehemton Erach Udwadia. Considered as the Father of Laparoscopic Surgery in India, Dr. Tehemton Udwadia, who was the recipient of the Padma Bhushan, passed away at the age of 88, after a brief age-related illness. Not surprisingly, there was an outpouring of condolences and praise for Dr. Udwadia, which summed him as much as the perfect gentleman as the professional, and a true Parsi.

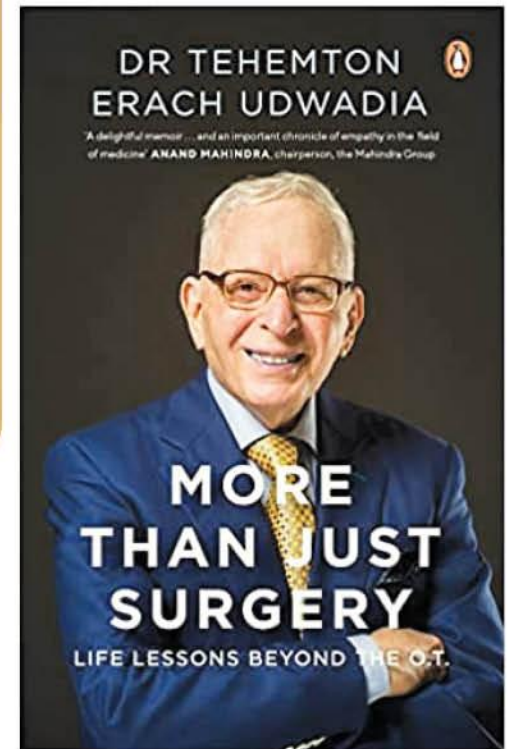
An icon of the community as well as a legend of the medical fraternity, Dr. Udwadia was a man of great discipline, with a large heart, always rendering free services to the priests and the poor. Dr. Udwadia practiced at Mumbai's Breach Candy Hospital, Hinduja Hospital and also rendered his services at the Parsee General Hospital. He touched and healed the lives of thousands. He was also a Professor of Surgery at the J J Hospital, having trained and mentored some of India's most talented and brilliant medicos today.

He was popular for his passion for teaching, his love for students and his compassion for patients. He was known for his sense of humour, which would often put to ease nervous patients before their procedures. He seamlessly commanded great respect and regard, as a mentor and a pioneering surgeon, with skills as



Endo-Surgeons, serving as President from 1993 to 1998. He also served as the President of the Society of Gastrointestinal Endoscopy of India, Association of Surgeons of India and the Society of Endoscopic and Laparoscopic Surgeons of Asia. He was also the President of the Indian chapter and the World body of the International College of Surgeons.

In 1972, he became India's very first surgeon to introduce laparoscopy in surgery, and the first to perform laparoscopic surgery in the developing world in 1990. He authored books including 'Laparoscopic Cholecystectomy' and 'Laparoscopic Surgery in Developing Countries', as well as 'More Than Just Surgery: Life Lessons Beyond the OT' (published 2021). He has published over 90 articles in peer-reviewed journals.



unique as his commitment and contributions to the field of medicine.

Prime Minister, Shri Narendra Modi also condoled his passing, tweeting on social media, "Dr. Tehemton Udwadia leaves behind an indelible mark in the field of medicine. He is widely respected for his innovative zeal and desire to remain ahead of the times when it comes to treatment methods. Pained by his demise. Condolences to his family and admirers. RIP."

Born in Mumbai on 15th July, 1934, to a family originating from Udvada (Erach and Perin Udwadia), Dr. Udwadia did his early education at Mumbai's St. Mary's School and Wilson College, and graduated in medicine from Mumbai University. He started his career as a research fellow at the King Edward Memorial Hospital and Seth Gordhandas Sunderdas Medical College in 1958 (till 1962). In 1993, he founded the Indian Association of Gastrointestinal



Dr. Tehemton Udwadia Receives Padma Bhushan from President Pranab Mukherjee in 2017

Through his life and brilliant career, Dr. Udwadia received innumerable awards and honours. Some of his felicitations include receiving the 'SAGES Millennium Award from the Society of American Gastrointestinal Endoscopic Surgeons' (2000); the 'Dr. B. C. Roy Award' (2000) - the highest Indian award in the field of Medicine, from the Medical Council of India; the 'Lifetime Achievement Award from the Indian Association of Gastrointestinal Endo-Surgeons' (2004); the Padma Shri - India's fourth highest civilian award (2006) and the Padma Bhushan, India's third highest civilian award (2017) for Medicine.

Dr. Udwadia's funeral rites were conducted at Doongewadi the next day (8th January, 2023), which also witnessed a massive outpouring of grateful and grieving friends, relatives, ex-patients, and admirers. He is survived by his wife, Khorshed Udwadia, elder son Rushad - an eminent surgeon settled in Vancouver, Canada; his younger son Ashad - also an established orthopedic surgeon in Manchester' and daughter - Dinaz.



On 8th January, 2023, Shri Vivek Phansalkar, IPS Commissioner of Police - Mumbai City, felicitated cricketing legends Diana Edulji and her sister, Behroze Edulji, with mementos during the prize distribution function of the Police Shield Tournament at the Police Gymkhana, in the presence of former and current cricketers and officials.

Yohan Faridun Dotiwala Wins U-15 Rapid Chess Title (Hyd)



Mumbai's 15-year-old budding chess prodigy, Yohan Faridun Dotiwala continued his winning streak by securing a win at Hyderabad's 'U-15 Rapid Chess Title', which concluded on 9th January, 2023, at Alwal, in Secunderabad. Yohan has earlier won the prestigious Dubai Rapid Chess Title (2022) as well as another title victory in Vijayawada Rapid Chess, one of the strongest chess arenas in India.

Studying in the ninth grade of the American School of Bombay (ASB), Yohan has made quite an impression in the chess-world, having played on

the national level for a number of championships. "This win was the highlight of my career. Not many get the opportunity to get hands on gold in chess meets like this. It has helped me improve my confidence to a great extent," said Yohan, in a news daily.

Drawn to the game since the tender age of six, there's been no looking back for Yohan since. He has been honing his skills from SMCA, under proud coach, Durga Nagesh Guttula, who believes Yohan is a passionate chess player and improves upon his game with every tournament he plays.

SWA Holds All-Parsees Cricket League



Full Group

The Salsette Welfare Association (SWA) conducted its inaugural SWA All Parsees Cricket League at the Salsette grounds on 7th - 8th January, 2023.

Receiving a huge registration response for the cricket league, the organisers had to add two more owner-backed teams, taking the total to ten teams. An auction was held last month, where new players came to the fore, to participate in the new format, even as the teams practiced hard to win the tourney. An exciting contest was also launched by the organisers to predict the top 3 teams of the competition.



Winners - Team Kung Fu Eenda

20 league matches were conducted with unique rules like a buddy batsman, which added to the excitement for the players and viewers. An opening ceremony with the teams dancing to their theme songs, clad in team jerseys made it a fine spectacle. As a first, the scoring was done through an App, which made it very convenient for all to view their individual and team scores, plus view the analysis like leader board, points table etc. in real time. The knockouts were played on the lines of the IPL - Qualifier 1 & 2 (which witnessed a Super Over) and Eliminator followed by the grand finale.

Finally, Team Kung Fu Eenda were declared winners with Teams: 'Kha Pa Cha' and 'Untouchables' in second and third place, respectively. While Rushad Parbhoo (Team Kha Pa Cha) was adjudged 'Best Batsman', Arzan Bhagwagar (Team Kung Fu Eenda) won 'Best Bowler' and 'Player of the Tournament', Shareez Sidhwa (Team Untouchables) won 'Best Fielder', and Yohanne Irani (Team Kung Fu Eenda) was declared 'Contest Winner'.

Team SWA thanks the Salsette Parsee Association (SPA), the team owners, sponsors, volunteers and well-wishers for their support.



SWA organising committee

The 10 teams - Ball Busters (owner: Parvez Sidhwa), Bawa Bangerz (owner: Homiar Kadodwala), Buzzingaa (owner: Siamak Thanawala), Epic Blasters (owners: Dick Mody, Jamshed Udwadia), Kha Pa Cha (owner: Zubin Elavia), Kung Fu Eenda (owner: Fravak Bharucha), Pink Panthers (owner: Viraf Mehta), Team Tiger (owner: Homi Bhagwagar), Trojans (owner: Zubin Irani) and Untouchables (owner: Farhad Dick) - were divided into 2 groups.

IMA Issues Advisory On Potential COVID-19 Outbreak

The Indian Medical Association (IMA) has issued an advisory on an "impending" COVID-19 outbreak, saying public should follow COVID-19 appropriate behaviour with immediate effect. IMA asked people to avoid large gatherings such as marriages and political meetings, and international travel. It also appealed to the government to upscale the preparedness for any such situation as seen in 2021.

As of now, the situation is not alarming and therefore, there is no need to panic. As prevention is better than cure, all are advised to take follow-ing necessary steps to overcome the impending COVID outbreak:

1. Face masks to be used in all public places.
2. Social distancing to be maintained.
3. Regular hand washing with soap and water or sanitizers.
4. Public gatherings like marriages, political or social meetings etc. to be avoided.
5. Avoid international travel.
6. Consult the doctor in case of symptoms like fever, sore throat, cough, loose motions etc.
7. Get your COVID vaccination, including precautionary dose, at the earliest.
8. Follow the government advisory issued from time to time.

The Bawa Word Search

Search out 16 Popular Sauces Around The World hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- Ponzu (Japan)
- Molho Apimentado (Brazil)
- Chakalaka (S. Africa)
- Tobasco (Louisiana)
- Green Chutney (India)
- Shrewbury Sauce (Britain)
- Agrodolce (Italy)
- Peri Peri (Portuguese)
- Sriracha (Indonesia)
- Haydari (Turkey)
- Nam Jim Jaew (Thailand)
- Harissa (Africa)
- Gochujang (S. Korea)
- Bajan Pepper Sauce (Barbados)
- Guasacaca (Venezuela)
- Salsa (Mexican)



TechKnow With Tantra

TABLE NOTES

Table Notes is a Mobile Database and Spreadsheet Application meant for business owners, freelancers and professionals to manage their business better. It is a quick way to setup a database without any code. You may record data anytime, anywhere even if you are not online and it will automatically sync to the cloud when you get connected. You can access your data on mobile, computer or tablet. Special views for the mobile version helps in analysis and charts which fit the small mobile screen. You could generate reports in PDF, Excel and Word in your own language. It helps to collaborate with employees and customers, with special viewing and editing rights to the database. Web: <http://www.tablenotes.net>

Android: <https://bit.ly/3px7Gf6> iOS: <https://apple.co/3loJlkh>

SUDOKU

8	6							
	1			4				2
				5	1	8		7
			1			6	3	
				7				
	9	3			5			
1		7	6	2				
2					1			5
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Solution see below

WINNING CAPTION!!!



Camilla: You're turning out to be such a bloody whiner!
 Charles: I know I should never have left my Diana!

By Behnaaz G. Ghadiali (Ahmedabad)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 26th Oct., 2022.

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

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

Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offence is intended to anyone or any situation.

HOW MANY WORDS?

How many words of four or more letters can you make from the letters below? Every word must contain the letter in the center. You should make at least one word using all 7 letters.

- RESULTS:**
 Average: 6 or more words
 Good: 8 or more words
 Outstanding: 9 or more words



SUDOKU SOLUTION

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

Thought of the Week

"When life is sweet, say thank you and celebrate. When life is bitter, say thank you and grow."

- Shauna Niequist

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.



દાદર અથોરનાન સંસ્થાએ વાર્ષિક દિવસની ઉજવણી કરી



નોલેબ્રિયેટ રીલીઝ કરવામાં આવ્યું

દાદર અથોરનાન ઈન્સ્ટિટ્યૂટ ડીએઆઈ (ડીએઆઈ) એ કોવિડને કારણે ત્રણ વર્ષ પછી ૧૭મી ડિસેમ્બર, ૨૦૨૨ના રોજ તેના મંચેરજી જોશી લોલમાં તેનો વાર્ષિક દિવસ



વિદ્યાર્થીઓએ કરેલી હમંબટગી

ઉજવ્યો. અથોરનાન મંડળના પ્રમુખ દસ્તુરજી ખુરશેદ દસ્તુરની અધ્યક્ષતામાં મુખ્ય મહેમાન તરીકે જાણીતા તબીબ ડો. બહેરામ જે. બુનશાહ, તેમની પત્ની દીનમહેર, દીકરી જેનોબિયા અને ગ્રેન્ડ ડોટર ઝો સાથે હાજર હતા સાથે બીપીપીના ચેરપર્સન આરમઈતી તિરંદાઝ, અને ડીપીવાયએ હાઈસ્કુલના પ્રિન્સીપાલ રૂખશાના પરેલવાલા, પણ હાજર હતા.

કાર્યક્રમની શરૂઆત હમંબટગીથી કરવામાં આવી હતી. એરવદ સાયરસ દરબારી, જે.ટી. અથોરનાન મંડળના માનદ સચિવ અને ટ્રસ્ટીએ ઈરાનશાહ ઉદવાડાના દસ્તુરજી ખુરશેદ દસ્તુરનો પરિચય કરાવી તેમનું ભાવભીનું સ્વાગત કર્યું અને તેમની અદભૂત સિદ્ધિઓ અને સમુદાયની સુખાકારી માટેના સતત પ્રયત્નોની પ્રશંસા કરી હતી. ત્યારબાદ તેમણે ડો. બુનશાહ જે ૪૦ વર્ષ કરતા પણ વધુ સમયથી ડીએઆઈના માનદ ડોક્ટર છે અને દર્દીઓ પ્રત્યેની તેમની દયાને ધ્યાનમાં રાખીને, તેમનો આદર કરી તેમની પ્રશંસા કરી હતી.

ડીએઆઈના પ્રિન્સીપાલ એરવદ ડો. રામિયાર કરંજિયા અહેવાલની આગળની (૨૦૨૦ થી ૨૦૨૨) હાઈલાઈટ્સ જેવી કે ઓનલાઈન શાળા અભ્યાસ વર્ગો, ભણતરના વર્ગો, ટ્યુશન વર્ગો અને ઓનલાઈન પેરેન્ટ્સ મીટિંગ્સ, ક્રિએટિવ વર્કશોપ, વેબિનાર્સ અને એસએસસીના વિદ્યાર્થીઓ માટે ફેરવેલ પાર્ટી વગેરે વાતો શેર કરી. ડો. બુનશાહે સંસ્થાનું ઈન-હાઉસ મેગેઝિન નોલેબ્રિયેટ બહાર પાડ્યું, જેનું સંપાદન એરવદ સાયરસ સિધવાએ કર્યું હતું.

ભૂતપૂર્વ વિદ્યાર્થીઓના અભિનંદન પછી, ડો. બહેરામ બુનશાહે ડીએઆઈ સાથેના તેમના લાંબા જોડાણને યાદ કર્યું. એરવદ ફરમાન એસ દસ્તુર દ્વારા મારતબ અને છેવે અમે જરથોસ્તીનું મલત્વ સમજાવવામાં આવ્યું હતું. એરવદ સાયરસ એસ. દરબારીએ પુષ્પાંજલિ અર્પણ કરી આભાર માન્યો હતો.

પુણેની આશા વલીશ્તા દાદાગાહએ ૫મી સાલગ્રેહની ઉજવણી કરી



૨૫મી ડિસેમ્બર, ૨૦૨૨ના રોજ, પુણેમાં આશા વલીશ્તા દાદાગાહ સાહેબના પવિત્ર આતશનો રાત્ર્યાભિષેક કરી તેમની ૫મી સાલગ્રેહની ઉજવણી કરી. હાલન ગેહમાં દાદાગાહ સાહેબને માચી અર્પણ કરવામાં આવી હતી. આભારનું જશન છ મોબેટો દ્વારા કરવામાં આવ્યું હતું, ત્યારબાદ એકત્ર થયેલા હમદીનો સાથે હમંબટગી કરવામાં આવી હતી. જશન પછી, જશનમાં અર્પણ કરવામાં આવેલા ફળો અને મલીદાના પ્રસાદને હમદીનોએ લીધો હતો.

છેલ્લા પાંચ વર્ષોમાં, આશા વલીશ્તા દાદાગાહે બીજા ધર્મમાં વિવાહિત પારસીઓ અને અન્ય પારસીઓની ધાર્મિક અને આધ્યાત્મિક જરૂરિયાતો પૂરી કરી છે. તે માત્ર જરથોસ્તી સામાજિક અને ધાર્મિક સમારંભો, જેમ કે નવજોત, લગ્ન,

જશન, માચીસ અને ચાર દિવસીય અગ્નિસંસ્કારની પ્રાર્થના માટેનું સ્થળ છે જેઓ દફન કે અગ્નિસંસ્કાર પસંદ કરે છે, જેમાં બિન-પારસી પરિવાર અને મિત્રો હાજરી આપી શકે છે.

આશા વલીશ્તા દાદાગાહે પારસી/ઈરાની જરથોસ્તી પરિવારોને એક ગૌરવપૂર્ણ વિકલ્પ પૂરો પાડીને સમાવેશનો મુખ્ય ઉદ્દેશ પૂરો કર્યો છે, જેમને અન્ય પારસી ધર્મસ્થાનોમાં પ્રવેશવાની મનાઈ હતી, જેમાં બીજા ધર્મમાં લગ્ન કરેલ વિવાહિત પારસી વસ્તી પર વિશેષ ધ્યાન આપવામાં આવ્યું હતું. આશા વલીશ્તા દાદાગાહ પારસી જીવનસાથીઓને પોતાના કુટુંબ સાથે એક કુટુંબ તરીકે એકસાથે પૂજા કરવા સક્ષમ બનાવે છે.

પતંગનો પર્વ એટલે ઉત્તરાયણ

મકરસંક્રાંતિ જેને ઉત્તરાયણ પણ કહેવામાં આવે છે જે ભારતનો કૃષક તહેવાર છે. ભારત અને એશિયાનાં અન્ય દેશોમાં પણ આ દિવસને પાકની લણણી સાથે જોડવામાં આવ્યો છે. સૂર્ય એક રાશીમાંથી બીજી રાશીમાં સ્થાનાંતર કરે તેને સંક્રાંતિ કહે છે. આ પ્રમાણે વર્ષમાં કુલ બાર સંક્રાંતિઓ થાય છે. પરંતુ સૂર્ય ધનુ રાશીમાંથી મકર રાશીમાંસ્થાનાંતર કરે છે. ત્યારે મકરસંક્રાંતિ શરૂ થાય છે જે ૧૪ જાન્યુઆરીની આસપાસ નો સમય હોય છે.

મકર સંક્રાંતિએ જ્ઞાનની દેવી મા સરસ્વતીની પૂજા, આદર કરવાનો પણ તહેવાર છે. જીવનનાં લક્ષ્યો પુરા કરવાની ઈચ્છા રાખનાર માટે આ આદર્શ સમય મનાય છે. મકરસંક્રાંતિનો મલત્વપુર્ણ સમય, પરિવર્તનનો, જુનું તજ અને નવું અપનાવવાનો સમય છે.

મકરસંક્રાંતિ એ દિવસ છે જ્યારે તમામ ઉંમરનાં લોકો હૃદયમાં ખુશી અનુભવતા, સુંદર વસ્ત્ર પરિધાન કરી અને વહેલી સવારથી જ પોતાના ઘરની છત અને અગાશીઓ પર ચઢી હર્ષ અને ઉલ્લાસભર પતંગ ઉડાડવાનો આનંદ માણે છે. આકાશ ઈન્દ્રધનુષની માફક રંગબેરંગી પતંગો વડે છવાઈ જાય છે. ભારતના લોકો આ દિવસે તલ અને ગોળના લાડુ બનાવી એક બીજાને આપી તીલ ગુડ ધ્યા ને ગોડ ગોડ બોલી એકબીજાને ભેટે છે.

મકરસંક્રાંતિનાં દિવસથી ભગવાન સૂર્ય પોતાનું તેજ વધારે છે અને પૃથ્વીનાં ઉત્તર ગોળાર્ધમાં પ્રવેશે છે. હિંદુઓ માટે સૂર્ય પ્રત્યક્ષ બ્રહ્મનું રૂપ છે, જે એક, અદ્વૈત, સ્વયં પ્રકાશમાન, એક આર્શિવાદ, શાનદાર દૈવત્વ પ્રતિક છે.



Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Jamshed Ardeshir Bharucha જમશેદ અરદેશીર ભરૂચા	83 ૮૩	04.01.2023	Jer Baug, B-27, 3rd Floor, Dr. Ambedkar Road, Near Gloria Church, Byculla (E), Mumbai 27. જર બાગ, બી-૨૭, ત્રીજે માળે, ડો. આંબેડકર રોડ, નીચર ગવોરીયા ચર્ચ, ભાયખલા (ઈ), મુંબઈ ૨૭.	તે ઉદ્દેશી જમશેદ ભરૂચાનાં ખાવીદ તે મરુમો અરદેશીર તથા મોટામાય ભરૂચાના દીકરા તે પોરસ તથા ડસ્તમ ભરૂચાના બાવાજી તે મમતા તથા ખુશનાજ ભરૂચાના સસરાજી તે પરવીજ કુપર, સામ ભરૂચા, આરમઈતી જબ્બર તથા મરુમ બેજન ભરૂચાનાં ભાઈ. તે આરી ભરૂચાના બપાવાજી તે મરુમો દોલત તથા રતનશાહ બોગાના જમાઈ.
Dr. Tehemton Erach Udwadia ડો. તેહેમતન એરચ ઉદવાદીયા	88 ૮૮	07.01.2023	10, Normandie Carmical Road, Mumbai 26. ૧૦, નોર્મન્ટી, કારમાઈકલ રોડ, મુંબઈ ૨૬.	તે ખોરશેદના ખાવીદ તે મરુમો પેરીન એરચ ડસ્તમજી ઉદવાદીયાનાં દીકરા તે ડુશાદ, દિનાજ, આશાદના પપ્પા તે યાસમીન, વીસપી ને રેશ્માના સસરાજી તે ફરહાદ, થીયા, એમી, સાઈરસ, પોરસ, સીમોન, રેહાન, જેમીના બપાવાજી તે ફરોખ, દારાયસ, ફિરદોશાના ભાઈ તે મરુમો જાલુ રતનજી નસરવાનજી નાઝીરના જમાઈ.
Kety Meherwan Colabawalla કેટી મેહેરવાન કોલાબાવાલા	83 ૮૩	09.01.2023	New Municipal Bldg., 3rd Floor, Flat No 19, Nana Chowk, Grant Road, Mumbai 7. ન્યુ મ્યુનિસિપલ બિલ્ડિંગ, ત્રીજે માળે, ફ્લેટ નં. ૧૯, નાનાચોક, ગ્રાન્ટરોડ, મુંબઈ ૭.	તે મેહેરવાન બેહેરામશાહ કોલાબાવાલાના ઘણીયાણી તે ઝીનોબ્યા ફરહાદ મોટાફરામ, યાસ્મીન કેઝાદ ભાઠેનાના માતાજી તે મરુમો ફેણી તથા મીનોચહેર હોરમસજી મીઝીના દીકરી તે એરવદ બેહેરામ ને એરવદ સરોશ ફરહાદ મોટાફરામના મમઈજી તે સોરાબ મીનોચહેર મીઝી તથા મરુમો સામ મીનોચહેર મીઝી ને પેરીન નરીમાન તારાપોરના બહેન તે ફરહાદ અદી મોટાફરામ તથા મરુમ કેઝાદ ગોદરેજ ભાઠેનાના સાસુ તે મરુમો આલામાય તથા બેહેરામશાહ મહેરવાન કોલાબાવાલાના વલુ.
Perviz Mino Bilimoria પરવીઝ મીનુ બિલ્મીમોર્યા	86 ૮૬	09.01.2023	Flat No 42, Bldg.no 16, Navjivan Society, Lamington Road, Mumbai Central, Mumbai 8. ફ્લેટ નં. ૪૨, બિલ્ડિંગ નં. ૧૬, નવજીવન સોસાયટી, લેમિંગ્ટન રોડ, મુંબઈ સેન્ટ્રલ, મુંબઈ ૮.	તે મરુમો પીરોજ પેસ્તનજી ભાથેનાના દીકરી તે મીનુ માનેકશાહ બિલ્મીમોર્યાના ઘણીયાણી તે પ્રોચી મનીશ શેઠ, શેહરનાજ કેરબાદ પાલખીવાલા, ફરજાના ઝુબીન બિલ્મીમોર્યા ને આરમેતીના માતાજી તે એસલવી કેરબાદ પાલખીવાલા, રેયાન કેરબાદ પાલખીવાલા, ફરાહ ઝુબીન બિલ્મીમોર્યાના ગ્રેન્ડ મધર તે મરુમો લીલા તથા માનેક કાવસજી બિલ્મીમોર્યાના વલુ.
Eruch Shavaksha Subedar એરચ શાવકશા સુબેદાર	85 ૮૫	11.01.2023	Flat No 4, Bldg. No 19, Malcolm Baug, S.V. Road, Jogeshwari West, Mumbai 102. ફ્લેટ નં. ૪, બિલ્ડિંગ નં. ૧૯, માલકમ બાગ, એસ. વી. રોડ, જોગેશ્વરી (વે.), મુંબઈ ૧૦૨.	તે મરુમ મોતી એરચ સુબેદારના ખાવીદ તે મરુમો મનીજેલ તથા શાવકશા સુબેદારના દીકરા તે એરવદ મેહેરનોશના બાવાજી તે ઝરનુશ મેહેરનોશ સુબેદારના સસરાજી તે એરવદ બેજન સુબેદારના ભાઈ તે તીયા સુબેદારનાં બપાવાજી તે મરુમો ધન તથા નોશીર ધાલાના જમાઈ.
Homai Mashuk Irani હોમાય માશુક ઈરાની	85 ૮૫	11.01.2023	6, Khareghat Colony, 3rd Floor, Hughes Road, Mumbai 7. ૬, ખરેઘાટ કોલોની, ૩જે માળે, હ્યુગીસ રોડ, મુંબઈ ૭.	તે મરુમ માશુક સોરાબ ઈરાનીના ઘણીયાણી તે મરુમો મેહેરબાનુ તથા જમશેદ બેઝીની દીકરી તે પરવીન નેઝર, ફરજાના તથા મરુમ યઝદીના માતાજી તે તાહેરા નેઝર ઈરાની, ઝહીર ડુસી ઈરાની તથા વીશવાપ્રસાદ શેઝીના સાસુજી તે શાપુર પેરીન તથા મરુમો દોલી, કેકી, મહાઝખ તથા હોમીના બહેન તે જેહાન, નતાશા અને ઝોઈશના મમઈજી તે પીરાન, કરીશમા, નીલ, વીયાન તથા કેઝના બપઈજી તે મરુમો પીરોજ તથા સોરાબ ઈરાનીના વલુ.
Hormaj Jal Aibara હોરમજ જાલ આઈબરા	79 ૭૯	12.01.2023	Flat No 11, First Floor, Navroz Park, Shahpore, Surat, Gujarat 395003. ફ્લેટ નં. ૧૧, ૧જે માળે, નવરોઝ પાર્ક, શાહપોર, સુરત, ગુજરાત, ૩૯૫૦૦૩.	તે મરુમ નાજુ હોરમજ આઈબરાનાં ખાવીદ તે મરુમો રતન તથા જાલ આઈબરાના દીકરા તે વીરા મીનુ ખમ્બાતા તથા મરુમો નરગીશ આઈબરા તથા શેહરૂ બાટલીવાળાનાં ભાઈ તે મરુમો કુમા તથા અરદેશીર સીધવાના જમાઈ.

Death Announcements From Prayer Hall

Neville Piloo Charna નેવીલ પીલુ ચારના	74 ૭૪	07.01.2023	J-22 Cama Park, Cama Road, Andheri West, Mumbai 58. જે-૨૨, કામા પાર્ક, કામા રોડ, અંધેરી વેસ્ટ, મુંબઈ ૫૮.	તે યાસ્મીનના ઘણી તે પેરિન અને મરુમ પિલુના દીકરા તે અરમાન અને ફરાહના પપ્પા તે અરનાઝ અને દાનીશના સસરા તે રાયનના ગ્રાન્ડ ફાધર તે ડુકશાના, નીના અને જીમીના ભાઈ તે મરુમ રોશન અને મરુમ નોશીરના જમાઈ.
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Death Announcements From Poona Parsee Panchayat-Trust office

Jer Jehangir Karkaria જર જહાંગીર કરકરીયા	89 ૮૯	03.01.2023	2/10 Canopus Apts., Boat Club Road, Pune 411001. ૨/૧૦, કેનોપસ અપાર્ટ, બોટ ક્લબ હાઉસ, પુણે ૪૧૧૦૦૧.	-
Dinyar Noshir Adajania દિન્યાર નોશીર અદાજાન્યા	66 ૬૬	07.01.2023	C-3, 302 Natasha Enclave, NIBM Road, Kondhwa, Pune 411048. સી-૩, ૩૦૨ નતાશા એન્કલેવ, એનઆઈબીએમ રોડ, કોંઢવા, પુણે ૪૧૧૦૪૮.	-
Adil Khurshedji Talyerkhan આદીલ ખરશેદજી તાલ્યેરખાન	79 ૭૯	08.01.2023	A-6, 102 Ganga Satellite, Wanowrie, Pune 411040. એ-૬, ૧૦૨, ગંગા સેટેલાઈટ, વાનોરી પુણે ૪૧૧૦૪૦.	-
Shirin Khushru Kajiyani શીરીન ખુશરુ કાજીયાન	88 ૮૮	09.01.2023	23/5 Devi Chambers, 3rd Floor, B/13 Bun Garden Road, Pune 1. ૨૩/૫, દેવી ચેમ્બર્સ, ૩જે માળે, બી/૧૩ બન ગાર્ડન રોડ, પુણે ૧.	તે મરુમ ખુશરુ ફરેદુન કાજીયાનના ઘણીયાણી તે મરુમ દોલત તથા અસ્પંદિયાર ફોલાદીના દીકરી તે મરુમ ગુલબાનુ તથા ફરેદુન કાજીયાનના વલુ તે મરુમ અસ્પંદિયાર, ફરનાઝ, નૌઝરના મમ્મા તે દાનેશ, બીનાફશાના મમઈજી તે મરુમ દીનશા, જમશેદ, ડસ્તમ કુલાડી, રોશન મીનુ ઈરાનીના બહેન.

જીંદગીની સફર ને હું હસતા હસતા કાપતો ગયો, રસ્તેઘણી ખુશીઓ વેરાયેલી હતી તેને વિણતો ગયો, મુરઝાયા પછી પણ મારી સુવાસની ચર્ચા છે અહીં, વસંત તો શું, હું તો પાનખરમાં પણ ખીલતો ગયો, ઉંચાઈએ રહેવાનો મને મોહ જરા પણ નથી દોસ્તો, હું એ તારો છું જે બીજાની ઈચ્છા પુરવા ખરતો ગયો, સમય સાથે સમજાયું, નથી મળતી ખુશીઓ જે હમેશા, ખુશ રહેવા દુઃખ ને પણ હસી ને માણતા શીખતો ગયો, કોશિશ તો કેટલીયે કરી હશે જિંદગીએ મને રડાવવાની, પણ સવાલ વતનો હતો, હું હમેશા હસીને હસીને જીવતો ગયો!!



કોઈ પણ વ્યક્તિને ત્યાં સુધી હરાવી શકાતું નથી જ્યાં સુધી તે પોતે હાર ન માને, તેથી ક્યારેય હાર ન માનો, તમે ચોક્કસપણે સફળ થશો.

YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૪.૦૧.૨૦૨૩ થી તા. ૨૦.૦૧.૨૦૨૩



Aries - મેષ - અ.લ.ઈ.

રાહુની દિનદશા ચાલુ હોવાથી તમારા કોઈ કામમાં સફળતા નહીં મળે. નાણાકીય બાબતમાં ખુબ ખેચતાણ રહેશે. ખાવાપીવામાં ધ્યાન આપજો. તમારી તબિયત ખરાબ થતા વાર નહીં લાગે. ઘરવાળાનો સાથ સહકાર નહીં મળવાથી નારાજ થઈ જશો. રાહુ તમને વધારે પરેશાન ન કરે તે માટે દરરોજ ભુલ્યા વગર 'મલાબોખ્તાર નીઆએશ' ભણાજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૭, ૨૦ છે.

Lucky Dates: 14, 15, 17, 20

Rahu's ongoing rule does not allow you to succeed in your endeavours. Financially, things could become quite difficult. Pay attention to your diet as your health could take a beating easily. The lack of support from family members could get upset. To placate Rahu, pray the Mah Bokhtar Nyaish daily.



Cancer - કર્ક - ડ.હ.

શનિની દિનદશા ચાલુ હોવાથી તબિયત બગડી જવાના ચાન્સ છે. તમારી નાની ભુલ તમને મોટી મુશ્કેલીમાં મુકી દેશે. બચાવેલ નાણા પાણીની જેમ વપરાઈ જશે. રોજના કામમાં ભુલો થતી રહેશે. જૂના મિત્રો તમારો ગેર કાયદો ઉપાડી જાય નહીં તેની સંભાળ લેજો. દરરોજ મોટી 'હમન યક્ત' ભણાજો. શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૯ છે.

Lucky Dates: 14, 16, 17, 19

Saturn's rule could take a toll on your health. Even a small mistake could land you in big trouble. Your savings could get spent rapidly. You might end up making mistakes in your daily chores. Try to ensure that old friends do not take undue advantage of you. Pray the Moti Haptan Yasht daily.



Libra - તુલા - ર.ત.

નાની બાબતમાં તમને ગુસ્સો આવશે. ૨૨મી સુધી તમે ચીડીયા સ્વભાવના થઈ જશો. મંગળને કારણે તમારી તબિયત બગડી જતા વાર નહીં લાગે. બીજાનું ભુલુ કરવા જતા તમારું ખરાબ થઈ જશે. વાહન ખુબ સંભાળીને ચલાવજો. પ્રેમી-પ્રેમીકામાં મીસઅન્ડરસ્ટેન્ડિંગ ઉભી થશે. દરરોજ ભુલ્યા વગર 'તીર યક્ત' ભણાજો. શુકનવંતી તા. ૧૬, ૧૮, ૧૯, ૨૦ છે.

Lucky Dates: 16, 18, 19, 20

You could end up getting angry over small matters. Till 22nd January, you will be very irritable. Mars' rule could end up making you fall sick. Trying to help others will land you in a bad spot. Drive/ride your vehicles with great caution. Misunderstandings between couples could take place. Pray the Tir Yasht daily.



Capricorn - મકર - ખ.જ.

સુર્યની દિનદશા ચાલુ હોવાથી માથા પરનો બોજો વધતો જશે. ખોટા વિચારોથી પરેશાન થઈ જશો. બપોરના સમય પર કોઈ કામ કરવાનું મન નહીં થાય. સરકારી કે બેન્કના કામ કરતા હો તો તમારી નાની ભુલ તમને મોટી મુશ્કેલીમાં મુકશે. ફેમીલી મેમ્બર સાથે મતભેદ વધી જવાના ચાન્સ છે. સુર્યને શાંત કરવા ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૧૯ છે.

Lucky Dates: 16, 17, 18, 19

The Sun's ongoing rule increases your mental tensions. Negative thoughts will trouble you. You will not feel like doing any work in the afternoons. If you are working on any government or legal-related works, a small mistake by you could lead to big trouble. An increase in squabbles with family members is indicated. To placate the Sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

૨૨મી સુધી ગુરૂની દિનદશા ચાલશે બીજાને મદદ કરી ભલાઈનું કામ કરી શકશો. તમારા કામની જગ્યાએ તમારા દુશ્મન તમને પરેશાન નહીં કરે. નાણાકીય બાબતમાં સારા સારી રહેશે. નાણાને સારી જગ્યાએ ઈનવેસ્ટ કરી શકશો. ફેમીલી મેમ્બર સાથે વધુ સારા સારી રાખવામાં માટે દરરોજ 'સરોશ યક્ત' ભણાવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૧૯ છે.

Lucky Dates: 16, 17, 18, 19

Jupiter's rule till 22nd January will enable you to help others and do noble tasks. Your detractors will not trouble you at your workplace. Financially, things will go well. You will be able to invest your money profitably. To further enhance relations with family members, pray the Sarosh Yasht daily.



Leo - સિંહ - મ.ટ.

૧૮મી સુધીમાં અગત્યના કામો પુરા નહીં કરી શકો તો મુશ્કેલીમાં સામનો કરવો પડશે. શનિની દિનદશા શરૂ થતાં ખર્ચનો ખાડો ઉડો થઈ જશે. ઘરમાં વડીલવર્ગની તબિયત અચાનક બગડી જશે. ડોક્ટર અને વકીલ વર્ગથી દૂર રહેજો. ઉપરી વર્ગ તમને નાની બાબતમાં પરેશાન કરશે. દરરોજ મોટી 'હમન યક્ત' ભણાવાનું ચાલુ કરજો. શુકનવંતી તા. ૧૫, ૧૬, ૧૮, ૨૦ છે.

Lucky Dates: 15, 16, 18, 20

You could end up facing a lot of issue is you do not complete all your important tasks by 18th January. The start of Saturn will result in a lot of expenses. The health of the elderly at home could come in question. Stay away from doctors and lawyers. Your senior colleagues will harass you over petty matters. Pray the Moti Haptan Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

૨૪ જાન્યુઆરી સુધી તમે તમારા મોજશોખ પુરા કરવામાં સફળ થશો. જે પણ કામ હાથમાં લેશો તેને પૂરું કરીને મુકશો. ઘરવાળાને આનંદમાં રાખવામાં કોઈ કસર નહીં મૂકો. ચંદ્રની કૃપાથી હાલમાં લીધેલા ડીસીઝન ભવિષ્યમાં ખુબ કામમાં આવશે. ધનની લેતી દેતી ૨૪મી પહેલા પૂરી કરી લેજો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણવાથી મનને શાંતિ મળશે. શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૯ છે.

Lucky Dates: 14, 15, 16, 19

You will be able to indulge in fun and entertainment till 24th January. You will be able to complete all the tasks that you take on. You will leave no stone unturned to keep your family members happy. With the blessings of the Moon, decisions taken today will prove very useful in the future. Complete any financial transactions before 24th January. For mental peace, pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Aquarius - કુંભ - ગ.શ.સ.

તમારા મિત્ર ગ્રહ શુક્રની દિનદશા ચાલુ હોવાથી તમારા મોજશોખ વધતા જશે. ઓળખતા નહીં હો તેવી વ્યક્તિને પણ મિત્ર બનાવી લેશો. ગામ પરગામ જવાથી વધુ આનંદમાં આવી જશે. અપોજીટ સેક્ટરનું એટ્રેક્શન ખુબ વધી જશે. થોડું કામ કરીને માન મેળવી લેશો. દરરોજ 'બહેરામ યઝદ' ભણાવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૮, ૨૦ છે.

Lucky Dates: 14, 15, 18, 20

Venus' ongoing rule will have you leaning increasingly towards fun and entertainment. You will make friends out of strangers. Travel abroad will bring you immense happiness. The attraction to the opposite gender will increase greatly. You will be able to earn much appreciation by doing a little work. Pray to Behram Yazad daily.



Gemini - મિથુન - ક.છ.ધ.

હજુ તમને સવા મહીનો ગુરૂની દિનદશા ચાલશે તમારા કામકાજમાં સફળતા મળતી રહેશે. તમારી સાથે ઘરવાળાને આનંદમાં રાખજો. ઘરવાળાની ડિમાન્ડ પુરી કરવામાં કોઈ કસર નહીં કરો. થોડા નાણા વધુ મેળવશો તો તેને સારી જગ્યાએ ઈનવેસ્ટ પણ કરી શકશો. તમે પણ દરરોજ 'સરોશ યક્ત' ભણાજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૮, ૨૦ છે.

Lucky Dates: 14, 15, 18, 20

Jupiter's rule for a month and a half brings you success in your work. You will be able to keep your family members happy. You will go all out to cater to their wants. Save up a little money so you can invest the same in a good place. Pray the Sarosh Yasht daily.



Virgo - કન્યા - પ.હ.ણ.

૧૭મી ફેબ્રુઆરી સુધી તમારી રાશિના માલિક બુધની દિનદશા ચાલશે. તમે તમારી બુદ્ધિ વાપરી મુશ્કેલીભર્યા કામને સહેલા બનાવી દેશો. નાણાકીય બાબતમાં કસર કરી શકશો. ખોટા ખર્ચા નહીં કરો. મિત્રોનો સાથ સહકાર મળવાથી કાયદો થશે. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૭, ૧૯ છે.

Lucky Dates: 14, 15, 17, 19

Mercury's rule till 17th February will enable you to use your intelligence and sort out even difficult tasks with ease. You will be able to put in added effort for financial gains. Avoid making unnecessary expenditures. You will benefit from the support of friends. Pray the Meher Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૩મી ફેબ્રુઆરી સુધી ચંદ્ર તમારા મન અને મગજ બંનેને શાંત રાખશે. તમારા ગુસ્સા પર કાબુ રાખી શકશો. નાના કાયદા મળતા રહેશે. ઘરવાળા દરેક બાબતમાં સાથ સહકાર આપશે. ફેમીલી ગેટટુગેઘરનો કાર્યક્રમ કરી શકશો. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૨૦ છે.

Lucky Dates: 14, 15, 16, 20

The Moon rules you till 23rd February, calming your mind and temper. You will be able to get a hold of your anger. Financial benefits indicated. Family members will be supportive unconditionally. You will be able to organize a family get-together. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

તમને શુક્રની દિનદશા ચાલુ હોવાથી જીવનમાં કોઈ નવી વ્યક્તિ આવી શકશે. ધન મેળવવામાં મુશ્કેલી નહીં આવે. કરજના બોજામાંથી મુક્તિ મેળવશો. જે પણ ખર્ચ કરશો તે ખર્ચ સારી ચીજ વસ્તુ લેવામાં કરશો. મિત્રને નાણાકીય મદદ કરી શકશો. તમે દરરોજ 'બહેરામ યઝદ'ની આરાધના કરજો. શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૯ છે.

Lucky Dates: 14, 16, 17, 19

Venus' rule indicates someone new entering your life. Earning money will not be difficult. You will be able to resolve your debts. You will spend money on useful things. You will be able to provide financial help to your friends. Pray to Behram Yazad daily.



RUBY LILAOWALA

The Role Of A Prophet

The Bhagvad Geeta begins with the words "Yadaa Yadaa," meaning 'whenever'.

Whenever humanity sinks into the depths of darkness and experiences the 'dark night of the soul'! So what happens next? In every age, whenever there's unbearable suffering, a prophet appears to rescue humanity from darkness and lead it into the light. What is the role of the prophet - any prophet?

When one thinks of a religion, any religion, the uppermost question in one's mind is, "Who was the founder and from where did He come?" What was His message?" If you gaze up into the sky at night, you'll see that there are other planets besides ours and since ours is inhabited, there's no reason to believe that others are not. In fact, according to occult literature, planets closer to the Sun have beings far more evolved than us, and distant planets have less evolved beings. Hence, there is reason to believe that humans are not as spiritually evolved as they imagine themselves to be.

The 'intelligence' on these planets comprises entities possessing greater power and understanding due to which they can communicate with other parts of the universe and access the precise spiritual condition of those parts. They may even feel a great sense of compassion for spiritually backward planets and offer themselves to be used as instruments of help to less-evolved parts of the universe.

During primitive times when history was not recorded, the Paleolithic man depended on nature for food and shelter. He believed the sky, sun, moon, earth, rivers and trees were presided over by an invisible intelligence. He offered adoration, homage, even sacrifice, in return for nature's bounties. However, the kingdom of nature's bounty was not absolute. Stricken by natural calamities like volcanoes, earthquakes and storms and affected by disease and pestilence, man soon learnt to bow to the powers of nature, giving rise to savage rituals and senseless sacrifices, to appease its darker side. This culminated in devil-worship and black-magic before the final destruction of great civilizations and cultures like Sodom, Atlantis, Lemuria, Babylon, Mu, Sumerian and

Egyptian empires.

Ancient Iran was also in the gloom of black-magic and evil beliefs thousands of years ago, when Saoshyants were sent as benefactors to restore religion to its pristine purity. Amongst them were Gayomard, Hoshang, Faridoon, Temurisp and Jamsheed - all known in Avestan literature as 'Paoriyo-Tkaeshas' or the first leaders. However, in the days of King Gustasp of the Kayanian Dynasty, Mazdayasni religion was seriously challenged by the powers of evil. A prophet was therefore required to appear at that point in history. He did appear with the creed of Ashoi or Pristine Purity which has survived till today, with at least a few of its distinctive features preserved practically intact. The prophet was Zarathushtra, descendant of Spitama.



Prophets have a divine mysterious mode of birth when they arrive on the physical plane, unlike ordinary humans. Prophets come from the supra-human plane, from a higher stage of evolution and voluntarily incarnate as humans to help humanity. They come from a plane where high-intelligences are nearer to truth, purity, dignity and beauty. For prophets to incarnate on Earth is a form of self-sacrifice which means that they step down into a lower vibrational-field in every way - physically, mentally and spiritually. No prophet can incarnate as a human-baby without the suffering of learning to operate his consciousness, gradually through infancy to maturity.

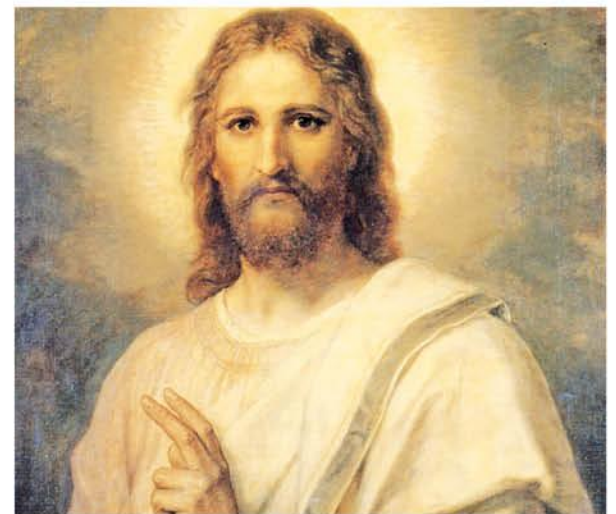
So, why do these divine souls come as prophets? To give a message, required by a certain group of people

at a certain point in history - eg: Christ gave the message of love and forgiveness; Islam taught brotherhood; Krishna's message was also Love and Zarathushtra's message was Purity or Ashoi. A prophet's doctrine spreads even after his death although prophets stand in a particular geographical dimension. When Zarathushtra preached, he influenced the entire Persian Empire because his Ashoi is the highest spiritual truth. Hence,



what our Prophet did cannot be measured either in his own time or later times or even today because it lives inside the heart of every follower, forever! ASHOI is profound, it is priceless. We know it as the voice of conscience!

The pages of all our religious-scriptures are inspired by purity which transcends all philosophy. Purity is lustrous and self-illuminating, like fire, which is its outward physical manifestation. ASHOI is like Vedic Moksh-Mantra of Aum. It is the beginning and the end (the alpha and the omega) of all spiritual thought. Purity is the first and last word which leaves nothing more to say. ASHOI comprises every good thought, word and deed, caught and pinned down in a crisp, compressed and compact word which can become the Maha-Mantra of ultimate salvation, if applied to everything in our day-to-day living.



The coming of Zarathushtra, who gifted us ASHOI, was a benediction to the whole world. He inspired all humanity, teaching us the deepest secrets of life which can lead us to the divine path if only we can follow it as a conscious day to day decision in all that we do.

There's nothing wrong in enjoying life or seeking material well-being, but these should be in moderation - they should not totally absorb us because these are superficial aspects of our lives. The real purpose of life is Spiritual Evolution for which, from time to time, a higher soul is sent to Earth. We call him a Prophet and He appears, in 'Divine order', from time to time, whenever humanity needs spiritual guidance.





MEHEZABIN DORDI

Mental Health and Heart Disease

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

Mental health is an important part of overall health and refers to a person's emotional, psychological, and social well-being. It involves how we think, feel, act, and make choices. Mental health disorders can be short-term or long-term and can interfere with a person's mood, behaviour, thinking, and ability to relate to others.

Various studies have shown the impact of trauma, depression, anxiety, and stress on the body, including stress on the heart.

A large and growing body of research shows that mental health is associated with risk factors for heart disease. These effects can arise both directly, through biological pathways, and indirectly, through risky health behaviours. 'Heart Health' and 'Mental Health' have always shared a bi-directional relationship with each other - essentially, the brain and the heart are a part of the same body, and hence affect each other.

People experiencing depression, anxiety, stress, and even Post Traumatic Stress Disorder (PTSD) over a long period of time, may experience certain physiological effects on the body, such as increased cardiac reactivity (increased heart rate and blood pressure), reduced blood flow to the heart, and heightened levels of cortisol. Over time, these physiologic effects can lead to calcium build-up in the arteries, metabolic disease, and heart disease. Research also shows that mental health disorders, like depression, anxiety and PTSD, could develop after cardiac events, including heart failure, stroke and heart attack.

The 'Head-Heart' connection should be on everyone's radar - a higher prevalence of mental diseases in heart patients (especially coronary artery disease) has been established. Your heart pumps blood through vessels to every part of your body, including your brain. Damage to blood vessels can lead to serious health conditions, such as heart disease, stroke, and even dementia.

Anxiety and depression are two mental health conditions commonly related to heart disease and its effects are widely studied. As per research by The European Society of



Cardiology (2019): "One in five cardiac rehabilitation patients are depressed, anxious or stressed." Heart patients exhibiting traits of depression are more likely to feel despondent and hopeless. This reduces their ability to manage their symptoms, they may minimise successes and exaggerate failures, thereby reducing their motivation to exercise and complete a cardiac rehabilitation programme.

Anxiety could lead to fear of another cardiac event and stop people from being active. People with anxiety underestimate their abilities - for example to walk on a treadmill or doing basic physical activities. Depression and anxiety can also impair the ability to retain new information needed to make health-related behaviour changes. Sharing of fears and concerns helps health care providers understand a patient's needs and determine the best care for that individual.

For individuals with a pre-existing cardiac condition, adjusting to a serious health condition often takes time. It's normal to have some degree of fear and stress. But how long these feelings linger, and whether they are also associated with symptoms of depression or anxiety, can affect your recovery success and potentially increase your risk of future problems.

Psychological and social functions are often strong predictors of quality of life and therefore require attention. Here are some principal Mental Health tips for individuals with Cardiac concerns:

Being Aware And Accepting Your Emotions: It's important to understand

that every person is unique and therefore each one's road to recovery is unique - even with the same / similar diagnoses. There are no fixed set of emotions that one has to undergo. Each individual has his/her own unique way of processing their experiences and emotions.

Accepting Both Positive And Negative Emotions: It is vital that we acknowledge all our emotions - positive and negative. Negative emotions are not bad - in fact, at times these are healthier and more realistic. This is a very effective tool to understanding and managing stress and anxiety.

Manage Stress: Research shows that stress contributes to various health problems, including increased risk of heart disease. Regulating stress is an important part of preventing and treating heart disease. Studies have shown that if you learn to manage stress, you can better control your heart rate and blood pressure.

Connection: Going through any major health condition can often be an isolating

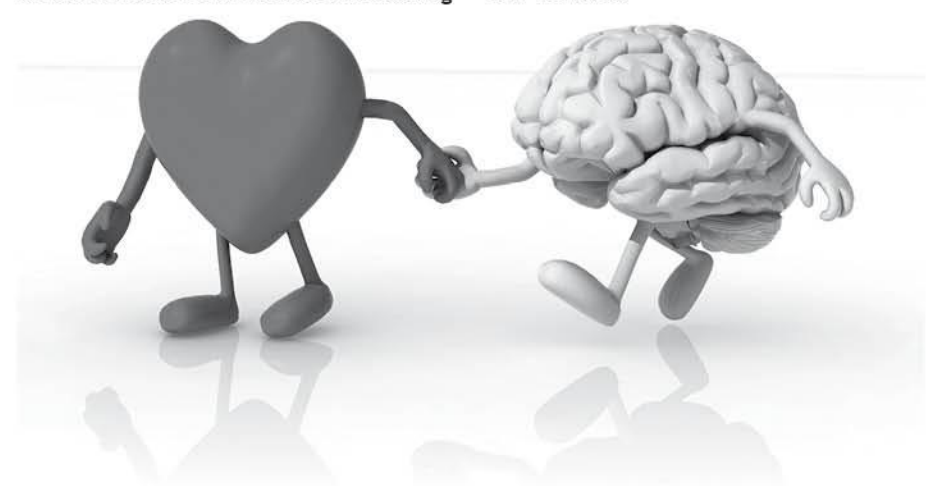
experience. Therefore, it's important to stay connected with family and friends. Taking time for having conversations and sharing your emotional concerns is one of the best ways to make sense of them and to cope effectively. Let's not imprison ourselves in the clutches of loneliness.

Accept Support: Getting help from friends and family goes a long way in aiding your recovery. Research shows that people with greater social support build their resilience and experience less depression and anxiety.

Avoid The Mental Traps Of: (i) **Catastrophizing:** this distortion involves exaggerating the meaning, importance, or likelihood of things; (ii) **Comparison:** simply comparing your journey to someone else's, sometimes even without having any common factors, and thus setting unrealistic and faulty assumptions and goals for oneself; and (iii) **Jumping To Conclusions:** refers to the tendency to make conclusions and predictions based on little to no evidence and holding these as the ultimate truth.

Being More Mindful: Mindfulness means maintaining awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Mindfulness also involves acceptance - meaning that we pay attention to our thoughts and feelings without judging them, without believing, for instance, that there's a 'right' or 'wrong' way to think or feel in a given moment.

Do Not Be Afraid To Reach Out For More Help: This is an extremely crucial point. Remember, knowing and understanding your challenges, is a strength. Reaching out for help is an intelligent step towards self-survival.



Your Sleep Cycle And Melatonin



Conscious Living by
DR. TRISHALA CHOPRA

Dr. Trishala Chopra is an alternative medicine specialist commanding a decade of success in managing Diabetes, Obesity, PCOD/PCOS, Metabolic Disorders, Gut-health and Sleep-disorders. As a Health Coach, Dr. Trishala empowers your body's potential to self-heal through a balanced 'Gut-Mind-Body' approach and achieve your wellness goals. [To connect: Call/Message: (+91) 9930831317 or Email ID: drtrishalachopra@gmail.com]

While there is no doubt in the fact that the food we use to fuel our bodies is what determines how healthy we are, there is another lifestyle factor which plays a crucial role in your health. It's almost tied to nutrition - SLEEP - a factor that is unfortunately oft overlooked. This article is dedicated to all who are committed to bettering your health in the New Year - especially for those who wish to better their quality of sleep. Which is why we need to start with an understanding of Melatonin - also called the sleep time hormone.

What is Melatonin? Often discussed as a form of supplements, Melatonin is a hormone that is naturally produced by the body. Its main job is to regulate your sleep-wake cycle, in addition to taking care of your eye-health and immune system.

Melatonin levels are the lowers in the morning, as opposed to the levels of Cortisol - the stress hormone, which spikes, in order to wake you up and that's what pushes you out of bed. Through the day, melatonin levels gradually rise, and cortisol levels eventually lessen. When the sun goes down, melatonin levels surge, putting you to sleep. This cycle occurs daily, enabling you to move from alert (awake) mode to sleep mode, as the sun goes down.

Melatonin Imbalance: Chronic stress, excessive screen time, and not getting enough sun are common reasons that throw the melatonin cycle off track. One of the major culprits causing melatonin imbalance is adrenal fatigue, which occurs when your adrenal glands (located above your kidneys, responsible for producing stress hormones) get overworked. This lowers Melatonin levels when it should be high and vice versa. Have you ever felt like you could sleep for a straight ten hours in the afternoon, but when you hit the bed, you find yourself completely wired! This is what experiencing melatonin imbalance means! Since Melatonin does more than just regulate sleep, an imbalance

can be more than just trouble getting a good night's sleep. Melatonin is a powerful tool against inflammation. Melatonin imbalance can result in low immunity.

Here's How Can You Boost Melatonin For Sleep:

Reduce Your Screen Time: The light emitted from all electronic gadgets, called blue light, sends false signals to your brain that it's daylight. This inhibits melatonin production in the evenings when you should be calling off the day. Hence, to optimize melatonin production, you need to avoid screens before bed. Ideally, you must have a no-screen time routine at least 2 hours before your bedtime, which might not always be possible. But you could start with 30 minutes without staring at a TV, phone, or tablet - that will definitely help.

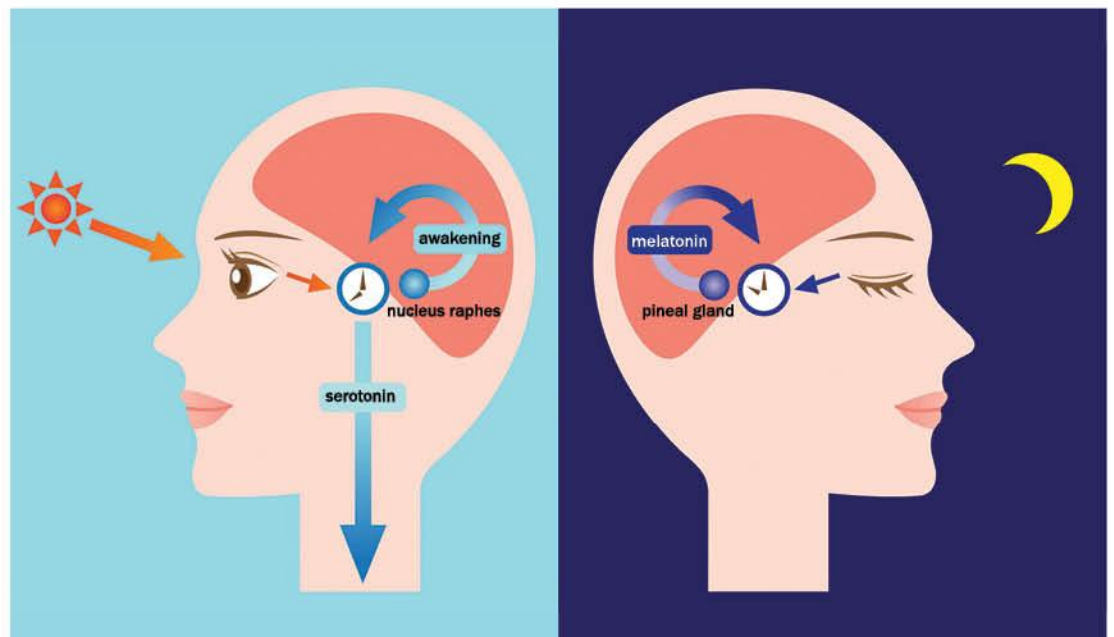
Bask In The Morning Sun As Soon As You're Awake: Your body relies on cues from your environment to tell it what time it is. That's why blue light in the evenings is such a problem and this is the reason why getting direct sunlight in the morning can be very helpful. By going outside in the first half of the

day, as soon as you wake up, you're sending your body an extremely strong signal that it's now morning and you should feel awake and refreshed.

Say No To Light Pollution: Getting light in the morning is an excellent start but it does support melatonin, it's best to make your nighttime environment completely dark, too.

supplement instead of jumping through all these lifestyle changes to support natural melatonin production. Truth is, though melatonin supplement is 'natural', it's also a hormone which you will be taking in. Relying on an external melatonin supplement instead of the natural melatonin your body produces can cause confusion and alter the body's ability to regulate your own melatonin production. And since the body is so interconnected, it may disrupt other hormones down the line.

So, if you're looking for help with sleep, I recommend taking Magnesium Glycinate daily - it has a calming effect and promotes sleep without disrupting hormones. Of course, you could take melatonin supplements when you're jet lagged (time-zone difference of 12+ hours) as travel through time zones can mess with your melatonin rhythms, and taking a melatonin supplement 2 hours before heading to sleep in your new location helps your body adjust quickly. Melatonin is commonly used by pilots who often travel through differing time-zones.



That means getting blackout curtains or blinds, covering up any clocks or devices that emit light, and trying to make it as dark as possible. People have had wonderful results with this!

What's The Buzz About Melatonin Supplements?

You could think it would be so much easier to just take a melatonin

Melatonin is one of the most important hormones in your body. It's always best to support natural melatonin production before opting for a supplement. The above tips will help get your melatonin balanced - it takes a total of 3 weeks for the above changes to help, but once done, this becomes permanent! Hope you all jump into the New Year with great quality sleep! Happy New Year!!