



PARSI TIMES



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THE TRUTH. DELIVERED WEEKLY.

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FROM THE EDITOR'S DESK

Happy Republic Day!

Dear Readers,

As we approach our 74th Republic Day next week, one can't help but reflect on our diminishing presence in the Armed Forces. Maybe it is the fallout of our dwindling numbers, or then more unfortunately, a lack of interest in being part of India's highest and noblest bastion.

For long, us Parsis were considered a force to reckon with in the Armed Forces - with indomitable-spirited, inspiring heroes like Field Marshal Sam Maneckshaw, the cynosure and symbol of the Parsi presence and pride. Numerous other Parsi heroes have kept the Parsi flag flying high by representing our minute yet popular and much-cherished community in the Armed forces.

Republic Day marks the coming into force of the Indian Constitution on January 26th, 1950 - rendering India a Sovereign, Democratic and Republic country. Our patriotic fervour on this day brings India together in her glorious diversity, culminating into the magnificent Republic Day Parade - for most of us, a two hour TV broadcast, but one which demands over six-months of endless effort and dedication by thousands of Indians from the forces, artists and students, who contribute to this spectacular celebration in the capital. Do take the time to appreciate The Republic Day Parade and truly respect the freedom and the rights that we are privileged with, as India assumed her Republic status.

Here's hoping that Republic Day 2023 will serve as a reminder about the struggles, martyrdom and sacrifices that our courageous Indian freedom fighters and our very own forefathers were subject to, just so that you and I and every Indian could live as independent, empowered citizens of the world's largest democracy.

Have a good weekend and Happy Republic Day!

- Anahita
anahita@parsi-times.com

**Youth Program
By Kukadaru Trust &
Karani Agiary**

The Kukadaru Trust and Karani Agiary, Cusrow Baug presents '2023 YOUTH PROGRAM' for all Parsi and Irani youths between 20 to 40 years of age.

The Youth Program is a 2-days event on 11th and 12th March, 2023 and will be held at Deolali. It will be packed with fun-filled Evening Dance, Music, Camp Fire to enhance interaction among the members.

We will also be visiting Deolali Agiary.

For Registration, contact Parvin: 9892542986

*"Remember that the
greatest crime is to
compromise with
injustice and wrong."*

- Netaji Subhas Chandra Bose

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Anand Mela At Malcolm Baug

Malcolm Baug is abuzz with excitement as the Anand Mela is just around the corner! The colony has been eagerly preparing for this day for weeks. 35+ stalls will be selling food for all palates, including some traditional Parsi dishes. And of course, there's plenty of hot and cold beverages and a variety of sinful desserts to enjoy too!

There will be lots of Parsi religious items, fancy clothes and sarees, and knick-knacks up for grabs.

Don't Miss The Exciting Anand Mela This Weekend!

When: Sunday, 22nd January, 2023,
Where: Malcolm Baug, Jogeshwari West
Time: 10:00 am to 10:00 pm

The Malcolm Baug fair has always been a big hit, and in addition to the fab food and the stalls, there's also a fun and lively atmosphere with music, games of housie, and fun activities for the kids - including an Art workshop at 11.30am.

**Admissions Open For Dadar
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New admissions will be accepted at the Dadar Athornan Institute (Managed by Athornan Mandal), from June 2023 for Athornan children, from Std. I to IV. Complete (*sampurna*) priestly training leading to Navar and Maratab, academic education upto SSC in the DPYA High School (including training in Computers), basic knowledge of religion and Iranian history along with nutritious food, comfortable boarding and homely care is all provided absolutely free of cost.

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Religious Announcements

Ava Roj Jashan & Humbandagi At Bhikha Behram Well

The 160th Humbandagi will be performed on 22nd January, 2023, (Ava Roj) at the Bhikha Behram Well at 11:30 am, before which a Jashan will be conducted at 10:30am. This will be followed by a talk by Er. Rukhshad B. Panthaki on the 4-day prayer post-death rituals.

Religious TV Series

Frohar Films presents 'Vohumana': Episode titled 'Tarapur Gaam Ni Tavarikh', on 22nd January, 2023, at 1:30 pm on DD - Girnar channel. This episode provides you glimpses of the unique village - Tarapur Gaam, including the Dar-e-meher, Cawasji Mobed Dharmsahala, Dokhma, Portuguese Fort, etc.

Happy 74th Republic Day!

India celebrates her glorious 74th Republic Day on January 26, 2023, which marks the date on which the Constitution of India came into effect (26 January, 1950). Though India attained Independence on August 14, 1947, she didn't have a permanent constitution until 26th January, 1950. Prior to 1950, Indian laws were based on the Government of India Act - 1935, which was the UK's Act of the Parliament.

An interesting and less-known fact is the significance of 26th January - not just from 1950 but from 1930! The Congress party had passed a resolution demanding **Purna Swaraj** or 'Total Independence' (from British Rule) on the last Sunday of January 1930, which was January 26, as Independence Day! The Indian flag was hoisted all over India on 26th January, 1930. Thus, Independence was proclaimed on 26th January, 1930, but attained on 15th August, 1947, and the Constitution was adopted on 26th January, 1950, exactly two decades after the dream and proclamation of total Independence.

In a tribute to the Indian National Army veterans, people and tribal communities who participated in the freedom movement, the 74th Republic Day will be commemorated in a week-long celebrations, commencing from 23rd January, 2023, marking the birth anniversary of Netaji Subhas Chandra Bose, culminating on 30th January, observed as Martyrs' Day.

Along with the traditional march at Kartavya Path, various new events are being organised. Egypt President Abdel Fattah Al Sisi will preside as the Chief Guest for R-Day this year, and a 120-member Egyptian contingent will also march during the celebrations on Kartavya Path. From the largest drone show in India with 3,500 indigenous UAVs to a finale featuring playback singer Kailash Kher, India is set to witness grand celebrations on Republic Day 2023, that will showcase the nation's cultural diversity, the rise of the start-up ecosystem and Digital India. 32 officers and 166 cadets from 19 countries are expected to participate in the celebrations.

This will be the first Republic Day celebrations hosted at the ceremonial boulevard after Rajpath was renamed to 'Kartavya Path' last year. The Republic Day celebrations will be held in the spirit of greater 'janbhagdari' (public participation) and workers of Central Vista project and their family members, maintenance workers of Kartavya Path, vegetable vendors, milk booth workers, grocery shopkeepers and rickshaw-pullers will be 'special invitees', and be prominently seated at the Kartavya Path.

In addition to various traditional dances and art forms by over 1,200 performers, the Indian Armed Forces will showcase its prowess through Horse Show, Khukuri Dance, Motorcycle Display, Air Warrior Drill, Navy Band, etc. Nine Rafale fighter aircrafts will participate in the fly-past over the Kartvyapath during the grand Republic Day Parade. The Republic Day flypast will comprise 45 IAF aircrafts of the Indian Air Force.

The significance of the Constitution lies in the fact that



it ensures that those who make decisions on behalf of the public fairly represent public opinion. It also sets out ways to make those in power accountable to the people they serve. The constitution is the foundation on which the edifice of democracy is built and functions. It defines the rights and responsibilities of a citizen over state and other persons. It also determines the duty of the state and the duty of the individual vis a vis the country.

26th January is a reminder to what 'we the people of India had solemnly resolved to constitute India into' - 'a Sovereign Socialist Secular Democratic Republic' and to secure to all its citizens:

1. **Justice - social, economic and political;**
2. **Liberty - of thought, expression, belief, faith and worship;**
3. **Equality - of status and of opportunity, and to promote among them all,**
4. **Fraternity - assuring the dignity of the individual and the unity and integrity of the Nation;**

As 23rd January also marks the birthday of the national hero, Netaji Subhash Chandra Bose, this day is also

celebrated as '**Parakram Diwas**' or day of courage. Netaji continues to be fondly remembered, was initially influenced by the teachings of Mahatma Gandhi and had joined the Indian National Congress. But he also had the courage of his convictions to differ with Gandhi and the Congress, to move on and walk his own path, on his own terms. He refused to follow herd-mentality, which is the test of a true leader.

In 1930, he was imprisoned for a year, during the Civil Disobedience Movement. Later, he was expelled from India to Europe but taking advantage of the situation, he worked to strengthen the ties between the two countries. He had the ability to turn adversity to his advantage, which is yet another quality of a good leader.

Netaji believed that reality is, after all, too big for our frail understanding to fully comprehend. Nevertheless, we had to build our life on the theory which contains the maximum truth. One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives.

The following are two famous quotes of Netaji to aptly conclude this article:

"The greatest crime is to compromise with injustice and wrong. Remember the eternal law: you must give if you want to get."

and

"Freedom is not given, it is taken."

Long live the letter and spirit of our magnificent Constitution and long live the courageous spirit of Netaji Subhash Chandra Bose! Happy Republic Day to all!



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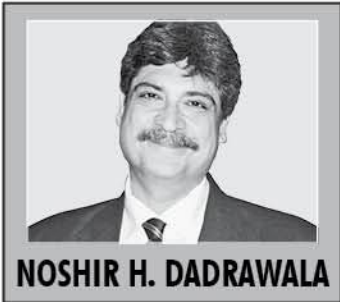
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NOSHIR H. DADRAWALA

To Which Direction Should We Turn?

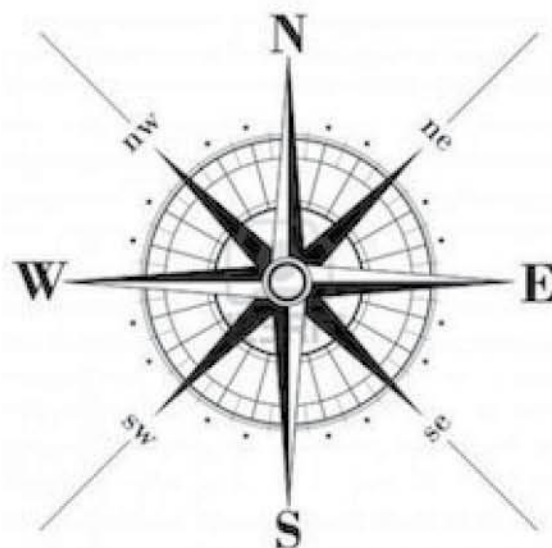
According to *vastu*, the Northern direction is considered good for it is the domain of *Kuber* - the Divinity of Wealth. North-east is considered even better. On the other hand, the Southern direction is considered the domain of *Yama*, the Divinity of Death and therefore not so good. However, in Zoroastrian tradition, it's the opposite with South considered as good and North as not so good. We were asked recently if North is good or bad and why so, from a Zoroastrian perspective.

All Directions Are Good:

Directions play an important role in *vastu*. However, as per *vastu shastra*, no direction is bad and no direction is completely auspicious. There are a variety of rules related to every direction, which require to be carefully followed in order to harness the positive energies emanating from the cardinal directions, and thwart negative vibes.

In like manner, the Zoroastrian tradition does not consider North as bad or inauspicious. In fact, North is among the four directions that we offer salutation to when reciting the '*chaar disha no namaskar*'. Having said that, in Zoroastrian tradition, we pray facing the East in the morning, West during the evening and after sunset we pray facing the South, but we do not pray facing the north, except when offering salutation to all the four cardinal directions. What could be the reason for this? The reason appears to be partly historical and partly theological.

Historically, since prehistoric times, Zoroastrians were visited by destructive forces in various forms, from the North. This included vicious invaders from the North and the bitter cold North winds. Hence, historically and culturally, Zoroastrians saw North as the harbinger of war, illness, suffering and famine. Theologically, as per the *Vendidad*, *druj-e-nashu* (the demon or force of putridity) comes to attack the corpse from the Northern direction.



Interestingly, as per Hindu custom, dead bodies are placed with the head pointing to the north until cremation, as they believe North is the direction in which the soul exits the world.

Also, while praying, we are required to face the South when chanting the words, "*Dadar-e-gehan ...*" If one prays

facing North, it would mean having one's back/rear to *Dadar-e-gehan*, which would be disrespectful. *Dadar-e-gehan*, doctrinally refers to the gateway/path/abode of *Dadar Ahura Mazda*. The opposite of South being North is seen as a direction moving away in the opposite direction from the gateway/path/abode of *Dadar Ahura Mazda* and therefore, doctrinally, not recommended to face while offering prayers.

Which Direction To Sleep In?

Traditionally, Indians do not sleep with their head pointing to the North. It's considered best to sleep with the head facing the East or South. It is believed that when we sleep with our head towards North, our body's magnetic field becomes completely asymmetrical to the earth's magnetic field. This causes problems related to blood pressure and our heart needs to work harder to overcome this asymmetry of magnetic fields.

Another reason is that our body has

significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to gather in our brain which can cause headaches and other ailments. Of course, there would be no ill-effects if one occasionally sleeps with the head towards the North, but it's believed that long-term implications could be potentially harmful.

According to *Vastu*, sleeping with the head to the East is an ideal sleeping position, especially for students, because this direction enhances memory, promotes sleep and increases concentration. All these factors contribute to overall good health.

Homage To All Four Directions:

The '*Chaar disha no namskar*' or Homage/salutation to the four directions is part of every devout Zoroastrian's *farazyat* or daily obligatory prayer. It is extracted from the first *Haa* or chapter of *Yasna* 1.16:

*'Nemo aaoghaanm, asangh-haanmcha,
Shoithranaanmcha,
gaoyaoitinaanmcha,
Maéthananaanmcha,
avokharenanaanmcha,
Apaanmcha, zemaanmcha,
urvaranaanmcha,
Angh-haascha zemo, avangh-hécha
ashno,
Vaatahécha ashaono, straanm
maaongh-ho huro,
Anaghranaanm raochanghhaanm
khadhaatanaanm,
Vîspanaanmcha Spentahé Mainyeush
daamananm,
Ashaonaaanm, ashaoninaanmcha,
ashahé rathvaanm!'*

Translated Meaning:

*Salutations unto all these places!
Unto the cities, the pasture-lands,
the dwelling abodes,
Unto the fountains of drinking waters,
Unto the waters of rivers and streams,
Unto the lands, unto the trees,
Unto this earth and the yonder sky,
Unto the holy wind, the stars, the
Moon and the Sun,
Unto the boundless natural lights,
Unto all the creations of Spentaa
Mainyu,
Unto the lords of holiness, who are the
righteous men and righteous women!*

In conclusion, all directions are worthy of adoration and no geographic direction is particularly good or bad. However, as per Zoroastrian ritual tradition, we refrain from facing North while praying and consider South as the *Dadar-e-gehan* or the gateway/path/abode of *Dadar Ahura Mazda*.

Shanaya Driver Wins Two Golds, One Silver In Taekwondo

Mumbai's Shanaya Driver from Fighter Taekwondo Academy (Siddhkala Taekwondo Academy, Mumbai), represented Team Maharashtra in the 'Open Indian International Taekwondo Championship', held in New Delhi, on 4th and 5th January, 2023, and did the State and the community proud by winning two gold medals and a silver medal.

14-year-old Shanaya, who is a student of Jamnabai Narsee School studying in class IX, won a Gold medal each in Kyorugi (fight) and Gyeokpa (Board-breaking) category and a Silver in Poomsae (sequence of moves). She was greatly praised for her winning performance by Korean Grand Master - Lee Jeong Hee, the Kukkiwon dispatched Grand Master to India.

Shanaya has been training in Taekwondo from the age of 6 years and currently holds Poom Black Dan 2. The daughter of proud parents - Paitizad and Nina Driver, Shanaya's impressive list of achievements includes numerous national and international awards, including 2 Golds (Poomsae and Kyorugi) in South Korea's 3rd Mumbai Consul General Cup (2019) Open Taekwondo Championship; a Bronze (Poomsae) at



the Online (2020) Daejon MBC Cup Seocheon International Taekwondo Championship; a Gold (Poomsae) at Republic of Korea's Online International 4th Mumbai Consul General Cup (2021) Virtual Taekwondo Championship; a Gold (Kyorugi) at 14th World Taekwondo Culture Expo Competition (2021); a Bronze (Kyorugi) at CISCE National Sports and Games 2022; and many more.

Shanaya enjoys listening to music, sports, calligraphy and dance. When asked about her philosophy of life, she firmly believes in the saying, "Success is not final, failure is not fatal; It is the courage to continue that counts."

Many congratulations to her on her excellent performance and we wish her the very best for many more achievements!

The Mobedjis At The Bombay Marathon

Er. Jehangirji Mobedji, the Panthaky (Head Priest) of Dadysett Agiary (Fountain, Mumbai) for over 50 years now, and his son, Yazad, have been regular participants at the Bombay Marathon, partaking of the Marathon in 2007 and 2011, respectively.



The father-son duo recently completed the 2023 edition of the Bombay Marathon, reiterating their steely determination towards the sport. 71-year-old Jehangirji and his 40-year-old Yazad completed the Half Marathon in three and a half hours, alongside over 55,000 participants, comprising a good number of septuagenarians.

What makes this duo stand out from the rest is Yazad's extraordinary

journey which serves as an inspiration to all. Born in 1983 with severe complications, Yazad was unable to even stand till the age of four. Between 1987 and 2000, Yazad underwent a series of major surgeries (including an open-heart and other neuro-surgeries), which enabled him to overcome severe congenital disabilities. Today, Yazad has made a mark across several fields.

In 2016, Yazad met with a severe road accident resulting in head injuries and had to take a break from all sporting activities for over 6 months (thus missing the 2017 Marathon). Jehangirji too battled medical issues, in the same time period.

But as they say, time heals all

Kayan Patel Starts The New Year With A Win!

Budding motorcycle champ, 22-year-old Kayan Zubin Patel, resident of Rustom Baug (Mumbai), has started 2023 with yet magnificent astounding win, making the community very proud indeed! Kayan won first place in the prestigious 'All India KTM RC CUP', Mumbai selection, out of 120 participants, including the top 40 qualifiers. KTM India's RC Cup is the largest motorcycle racing championship, attracting over 1000 participants, from across 8 cities - Mumbai, Vadodara, Delhi, Ranchi, Hyderabad, Bangalore, Coimbatore and Chennai.

This was an official FMSCI (Federation of Motor Sports Clubs of India) event, where Kayan was the only Parsi participant. Kayan clocked the fastest timing ever at the Raymond Track (Thane) at 29.733 seconds. There was a mass start final race, in which, though Kayan started third on the start grid, he still maintained a good lead over the others, to finish in first place.

Kayan started his passionate journey at the young age of four! "I started racing on a small bike which my dad got me from Japan as my gift on my 4th birthday. I remember learning to ride it on the Rustom Baug football field!" Elevating the third generation of the 'Patel Racing family', Kayan follows in the illustrious footsteps of his uncles, racing champ Rustom and Neville Patel, under the expert guidance and support of his father - Zubin Patel, who collectively run the family-owned business, 'RNZ Service Station', which is a boutique service garage for two-wheelers.

With this win, Kayan is now selected for the mega finals which will take place in March, in Chennai MMRT, where all the top three winners from across the eight cities will fight it out for the final

wounds and the Mobedjis bounced right back, putting their injuries past them, and returned to active training post April 2017. There's been no looking back since, with the duo practicing daily, even through the Covid pandemic, to



MUMBAI RACE ACADEMY TOP 40	
KAYAN ZUBIN PATEL	29.733
RAJESH SWAMI	30.956
MIHIR SAKPAL	31.154
ROSHAN GAWAD	31.484
RUSHABH GALA	31.613
JATIN PORADIA	31.631
NEERAJ BALLURGI	31.684
DEVILAL PUNJARAM LUNJA	31.817
DIVY PARMAR	32.045
DHIRAJ BAIKAR	32.112

selection, where the final Top three winners of the KTM RC CUP will travel to the global headquarters of KTM in Austria.

Sharing fitness as the essence of his success as a racing champ, Kayan says, "Fitness is the crucial aspect of being a good rider. Your success depends on your fitness first, and then your dedication towards training. Mentally too, you need to be strong in terms of focus and discipline. Most importantly I'd like to share this message with our youth who are race-enthusiasts - please say NO to street-racing. If you want to race, get on the track, not the streets!"

Here's wishing Kayan all the best for the finale and for many more achievements!

maintain peak fitness levels. What is it that keeps them going? It's the sheer joy of running that keeps us going," they say, as they live up to their mantra, "We do not compete; rather, we complete!"

GBRWA – Good Tidings In The New Year: Setting Aside of the Deregistration Order and Repairs to Road

Due to an erroneous Deregistration Order, the Godrej Baug Residents Welfare Association (GBRWA) has been vilified through circulars and misinformation campaign as a deregistered and defunct Association. Through this period, GBRWA maintained a dignified silence as the matter remained sub-judice. However, the Association had taken a stand that the Deregistration Order was legally flawed and were sanguine that their Revision Application for setting aside the deregistration order would be successful.

The Association's stand has been vindicated and the operative part of the order, dated 05 January, 2023, passed by the Hon'ble Jt. Charity Commissioner - II, Maharashtra State, Mumbai states as under:

"The order dtd. 12.12.2017 passed in Suo-Moto Inquiry Application No. ACC/II/1703/2017 under Section 22(3A) of the Maharashtra Public Trusts Act, 1950 is hereby set aside and the registration of the trust i.e. Godrej Baug Residents Welfare Association, P.T.R. No. F-25646/Mumbai is re-instated on its original number."

The Association has also been successful in completing the long pending project of repairs to the main road in Godrej Baug. The condition of road had worsened over time and posed huge physical injury risk to the residents of Godrej Baug. It is to the credit of the Association that the challenge of this onerous task was executed successfully.

**- TEAM GBRWA
(WE CARE)**

Bombay HC Dismisses PIL Plea Against Anahita Pandole

On 17th January, 2023, the Bombay High Court dismissed a PIL that challenged the non-inclusion of criminal charges under Section 304 II of the IPC (culpable homicide not amounting to murder) against 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, in Palghar district (Maharashtra).

The PIL was filed by Maharashtra resident Sandesh Jedhe seeking directions to the state police to incorporate Section 304 II (culpable homicide amounting to murder) instead of Section 304A (causing death by negligence) of the IPC against Dr. Pandole. His advocates claimed that Gynaecologist Dr. Anahita Pandole was under the influence of alcohol while she was driving the car. On behalf of Dr. Pandole, a medical report was submitted to the court that she was not under the influence of alcohol/

drugs while driving the car that crashed.

The bench of acting Chief Justice S V Gangpurwala and Justice Sandeep Marne remarked that the PIL seemed to be a "publicity interest litigation" and not for public interest at all and imposed cost on the petitioner, adding, "It appears that the petitioner, without a substantive knowledge of the facts, has presented this PIL. When a petition is filed, pleadings are on oath, they cannot be casual and wanton pleadings. The court relies on the pleadings. Even the statements about drunk driving of accused are not supported by any evidence on record. When a petition is to be filed in court, it has to be substantiated by facts. Especially in PILs."

The bench concluded, "Charges are to be framed (in the case), chargesheet is already filed (by the prosecution). We do not see any public interest involved in the PIL. We find the present PIL to be without substance or merits or cause. We dismiss with costs."



Reader's Corner

Parsi Times is delighted to present the writings of our talented readers with the Community, via our promotional platform - Reader's Corner. We encourage and promote our budding writers, to share your original works – poetry or prose, by offering the opportunity of getting your work published in Parsi Times – the Community's leading Newspaper! Mail us with your contributions at editor@parsi-times.com

God's Grace

By Vahishta Patel

Are you aware of the phrase,
'The Almighty works in mysterious
ways'?

If not, then please rest assured,
As I will help you get through this
confusing maze.

Praying to Him can help you heal,
And reduce the sadness that you may
feel;

It is He who provides you your daily
bread,
And helps you calm your disturbed
head.

He bestows love when we show
devotion,
As His heart is as huge as the ocean.
Our wishes are granted by God's grace,
Which helps us survive this life's race.

Sometimes, God might make you
suffer,
But that's only so you become tougher!
So, we must always be optimistic,

And have faith in His magical stick.

To God, we must always confess,
About the bad habits that we may
possess,
He will always provide us with a
blessing,
That will be directed towards our
improving.

His teachings are indeed logical,
Whereas his actions are super magical!
For Him, there is not a single lucky fish,
As He fulfils every good person's wish.

In the end, it is God who gave us this
life,
And it is He who helps us through all
the strife,
We must always shower Him with our
love,
For it is He who watches over us from
above.

My Pet Ward

By Kersi Meher-Homji



If you think that Mumbai's Parsi General Hospital has interesting patients, wait till you hear of my experience in a Sydney hospital. Some years ago, I was hospitalised following surgery and the ward was called 'Pet Ward'. Why? Three of my fellow patients had suffered at the hands of their family pets!!

Stephen had his right leg in plaster thanks to his favourite cat. A neighbour's dog chased her to the top of a tree. He tried rescuing her by climbing on a ladder in his backyard. He tried his best to bring the scared cat down, tempting her with fish and cream but without success. He was climbing down, taking care not to tip over, when the cat suddenly meowed. He looked back, missed a step and fell hard. He laid there for nearly an hour, till he was finally spotted by a neighbour and an ambulance was called which brought him to the hospital ward.

Another cat, another catastrophe. Roger had taken his cat to the veterinarian for a routine check-up but ended up in our ward himself! "I should have kept Matilda [the cat] in a box but foolishly carried her in my arms as my wife drove. When we got down, a big dog barked at her. Matilda panicked and her claws penetrated my arm. We thought nothing about it till a few days later I developed a nasty infection. And here I am," he lamented.

Mark was 76 and talked incessantly. He loved all sports, especially cricket. He had benign growths which were surgically removed. He was sent home a few days later but returned soon after. His dog was so delighted to see him that he knocked him down the staircase during an ecstatic hug!!

(Names changed to protect identity)

'Benercise' Your Way To Fitness With Exercise Scientist - Benafsha Gazdar

Never has health and fitness been given more priority than in the current day - and with good reason! With questionable lifestyles led by so many, coupled with the fear of life-threatening calamities like the Covid pandemic, personal fitness is the most effective way to staying happy and healthy, with our mental and physical faculties intact!

This was one of the main aims of Exercise Scientist - Benafsha Gazdar for establishing 'Benercise' - a comprehensive and an all-encompassing approach to Health, Wellness, Fitness, and Lifestyle Management.

Equipped with a degree in 'Health Science - Sports and Exercise Science', from Western Sydney University, Australia, Benafsha brandishes innumerable other internationally accredited certifications including American College of Sports Medicine (ACSM), and Certified Strength and Conditioning Specialist (CSCS) from National Strength and Conditioning Association (NSCA), USA, amongst others.

She commands over 15 years of successful professional experience, having served as the Head Strength and Conditioning Coach for the Indian Women Cricket Team (BCCI) and Mumbai Cricket Association (MCA), in addition to extensive work-experience as a Professional Personal Trainer. This includes working with General Population (Weight loss, Weight gain, General Fitness, etc.); Clinical Population (Obesity, Diabetes, Hypertension, Cardiac Rehabilitation, Osteoporosis, Senior Population, etc.); and Athletic Population (Sports-Specific Training, Musculoskeletal Issues, Injury Prevention and Management, Sports Rehabilitation, etc.).

Her very own fitness brand, 'Benercise', located in Tardeo, Mumbai, integrates Customized Workouts, Personalised Nutrition, Rehabilitation, Lifestyle Management, and Psychosomatic factors to provide clients with sustainable tools to help achieve their health, wellness and fitness goals. The benefits of her scientific approach also extends to the prevention and management of major ailments, and helps exponentially in improving the quality and functionality of life.

"Having completed my studies in December 2016, I decided to start my own Wellness Centre



where I could use my knowledge to assist people fight various diseases like diabetes, hypertension, heart diseases, osteoporosis, etc., by using exercise as therapy. By the grace of Almighty, and the active encouragement of my parents, I was able to turn my dream into reality. I believe that exercise and small lifestyle modifications go a long way. In fact, exercise, when done correctly and under the right guidance, can have miraculous results!" says Benafsha.

Speaking about her outfit, Benafsha shares, "There are many reasons for establishing Benercise. I was deeply impacted seeing my father undergo a cardiac event, as a schoolgirl. I was alarmed when I saw innumerable people admitted to the hospital for cardiac events! Ever since I wanted to make a difference in people's life by combining exercise, improving lifestyle, alongside necessary medication.

The idea was always health first. No gimmicks, no fads. Benercise is a revolutionary fitness center that is passionate about fitness and well-being and helps people transform their lives with customised training modules and fitness programs. Exercise is used as therapy for people across all age-groups, suffering from various medical conditions like diabetes, osteoporosis, high blood pressure, heart issues, bone, muscle issues, etc. We also have a good the elderly population and sports people who come to us."

In addition to being a spacious gym offering various work-out-regimens, Benercise also houses a cosy café, 'Little Binge Café', open to all - members and non-members.

Speaking about the top 3 health risk-factors faced by the Parsi community today, Benafsha informs, "Heart diseases top the chart. This is due to an increase in our sedentary lifestyle. Cardiac diseases have been claiming not just people in their 60s and above, but also those in their 30s and 40s! Next is Diabetes, again due to low activity levels and incorrect nutrition, and third is Osteoporosis - due to poor bone health, especially amongst the elderly."

As the community has a sizeable chunk of seniors, Benafsha suggests for their well-being, "The elderly population should engage in some form of exercise programs that are designed to improve their balance (prevent falls), strength training and flexibility. In my opinion we should have something where in we can have a group of them coming together working out together as that not only helps them physically, but also mentally."



Born to the family that own the famous 'Grub Corner' - known for its delectable Parsi fare, Benafsha's hobbies include travelling, reading and listening to music. What parting message would she like to share with the community?

"Stay active! Add exercise to your daily routine. Eat what you like, but control the portion. Not everything that you see on the internet or hear about exercise is correct. Exercise is super important to good health."



With Benercise completing 2 years on 2nd February, 2023, you are offered a special discount of 5% and an additional discount of 5% to all the readers of Parsi Times who get a cutting of this article. (Applicable for Quarterly, Half yearly and Annual membership only). For details and information, call: 7208995412 / 7208995414 [Insta: @benercise and @littlebingecafe]

The Bawa Word Search

Search out 16 Countries that have abolished the Death Penalty hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|-----------|-----------------|----------------|----------------|
| Hong Kong | Switzerland | United Kingdom | Canada |
| Turkey | Belgium | Germany | Czech Republic |
| Portugal | Denmark | Argentina | Luxembourg |
| Norway | The Netherlands | Australia | Ireland |



TechKnow With Tantra

CHALO

Chalo is a free app that tracks buses live across more than 20 cities across India, using GPS to streams their locations live on your mobile screen, providing you the exact location and arrival time of your bus. You also get to know in advance how crowded your bus is, to decide if you'd rather take the next one. A 'Chalo Super Saver' plan help you save money too - you could buy mobile tickets / passes on the App, which also works offline, helping you locate your travel schedule. The app is available in 9 languages. A great App for bus-travellers.

Web: <https://chalo.com/> Android: <https://bit.ly/33mX0lx>

SUDOKU

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

Solution see below

WINNING CAPTION!!!



Virat: Jo dikra, lagan na third part ma na besto. Mane khali be (2) bota malya!
 Hardik: Ek dum barabar! Mane pan gai-kaale be-ach bota malya!

By Burjor K. Patel (Mumbai)

CAPTION THIS!



Calling all our readers to caption this picture!

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

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

Thought of the Week

"We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses."

- Abraham Lincoln



પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

સુપ્રસિદ્ધ

ડો. તહેમટન ઉદવાડિયાનું નિધન

૭મી જાન્યુઆરી, ૨૦૨૨ ના રોજ, સમુદાયના સૌથી પ્રિય સર્જન અને ગૅસ્ટ્રોએન્ટેરોલોજીસ્ટ, ભારતમાં લેપ્રોસ્કોપિક સર્જરીના પિતા તરીકે ગણવામાં આવતા ડો. પદ્મ ભૂષણ મેળવનાર તહેમટન ઉદવાડિયાનું ૮૮ વર્ષની વયે સંબંધિત બીમારી બાદ અવસાન થયું હતું. તહેમટન ઉદવાડિયા આદરણીય દિગ્ગજ તેમને વ્યવસાયિક તરીકે સંપૂર્ણ સન્નજન અને સાચા પારસી તરીકે રજૂ કરાય છે.



ડો. તેહેમટન ઉદવાડિયાને ૨૦૧૭માં રાષ્ટ્રપતિ પ્રણવ મુખર્જી તરફથી પદ્મ ભૂષણ પ્રાપ્ત

ડો. ઉદવાડિયા એક મહાન શિસ્તપ્રિય માણસ હતા, મોટા હૃદય સાથે, હંમેશા ધર્મગુરુઓ અને ગરીબોને મદત સેવાઓ આપતા હતા. ડો. ઉદવાડિયાએ મુંબઈની બ્રીચ કેન્ડી હોસ્પિટલ, હિન્દુજા હોસ્પિટલમાં પ્રેક્ટિસ કરી હતી અને પારસી જનરલ હોસ્પિટલમાં તેમની સેવાઓ પણ આપી હતી. તેમના સ્પર્શથી હજારો લોકોને તેમણે સાજા કર્યા હતા.

વડા પ્રધાન, શ્રી નરેન્દ્ર મોદીએ પણ તેમના નિધન પર શોક વ્યક્ત કર્યો હતો. સોશિયલ મીડિયા પર ટ્રીટ કરીને જણાવ્યું હતું કે ડો. તહેમટન ઉદવાડિયાએ દવાના ક્ષેત્રમાં અમીટ છાપ છોડી છે. સારવારની પદ્ધતિઓની વાત આવે ત્યારે તેમના નવીન ઉત્સાહ અને સમય કરતાં આગળ રહેવાની ઈચ્છા માટે તેઓ વ્યાપકપણે આદરણીય હતા. તેમના નિધનથી તેમના પરિવાર અને પ્રશંસકો પ્રત્યે દુઃખી સંવેદના સાથે તેમના આત્માને શાંતિ મળે.

૧૫મી જુલાઈ, ૧૯૩૪ના રોજ મુંબઈમાં ઉદવાડા (એરચ અને પેરીન ઉદવાડિયા)ના પરિવારમાં જન્મેલા ડો. તહેમટન ઉદવાડિયાએ ૧૯૫૮માં (૧૯૬૨ સુધી) કિંગ એડવર્ડ મેમોરિયલ હોસ્પિટલ અને શેઠ ગોરધનદાસ સુંદરદાસ મેડિકલ કોલેજમાં રિસર્ચ ફેલો તરીકે તેમની કારકિર્દી શરૂ કરી હતી. ૧૯૭૨માં, તેઓ સર્જરીમાં લેપ્રોસ્કોપી દાખલ કરનાર ભારતના પ્રથમ સર્જન બન્યા અને ૧૯૯૦માં વિકાસશીલ વિશ્વમાં લેપ્રોસ્કોપિક સર્જરી કરનાર પ્રથમ સર્જન બન્યા.

તેમના જીવન અને તેજસ્વી કારકિર્દી દ્વારા, ડો. ઉદવાડિયાને મેડિસિન માટે પદ્મશ્રી (૨૦૦૬) અને પદ્મભૂષણ (૨૦૧૭) સહિતના અસંખ્ય પુરસ્કારો અને સન્માનો મળ્યા હતા.

ડો. ઉદવાડિયાના અંતિમ સંસ્કાર ૮મી જાન્યુઆરી, ૨૦૨૩ના રોજ ડુંગરવાડી ખાતે કરવામાં આવ્યા હતા, જેમાં આભારી અને શોકાતુર મિત્રો, સંબંધીઓ, ભૂતપૂર્વ દર્દીઓ અને પ્રશંસકોનો વિશાળ પ્રવાહ જોવા મળ્યો હતો. તેમની પત્ની ખોરશદ ઉદવાડિયા, એમનો મોટો દીકરો રૂશાદ જે કેનેડાના વાનકુવરમાં સ્થાયી છે અને જાણીતા સર્જન છે, તેમનો નાનો દીકરો આશાદ જે માન્યેસ્ટરમાં સ્થાપિત ઓર્થોપેડિક સર્જન છે અને તેમની દીકરી દિનાજ તેમના પરિવારમાં છે.

બાઈ માણેકબાઈ પી.બી. જીજીભોય સિનિયર સિટીઝન સેન્ટર, નવસારીમાં ૬૭વુંજન્મદિવસ ટ્રસ્ટ ફંડ ખાતે સિલ્વર એનિવર્સરી સેલિબ્રેશન



ડાબેથી જમણે: ટ્રસ્ટીઓ સાયરસ વાંદ્રીવાલા, ફેયાજ શ્રોફ, હોમિયાર માદન, બચી તંબોલી, દસ્તુરજી ખુરશેદ દસ્તુર, દસ્તુરજી કેકી રવજી મહેરજીરાણા, ચેરમેન દિનશા તંબોલી, ટ્રસ્ટીઓ ફરોખ કાસદ, અરુપી આંબાપારડીવાલા, રોહિન્ટન કોન્દ્રાક્ટર; એડમિનિસ્ટ્રેટર શારમીન તંબોલી, મેનેજર હોમી મિસ્ત્રી.

આપણા સમુદાયના વડીલોની સેવા કરનાર બાઈ માણેકબાઈ પી.બી. જીજીભોય સિનિયર સિટીઝન સેન્ટરે ૪થી જાન્યુઆરી, ૨૦૨૩ના રોજ તેનું ૨૫મું વર્ષ ઉજવ્યું.

સવારની શરૂઆત વડા દસ્તુરજી કેકી રવજીના નેતૃત્વમાં જશનથી થઈ હતી. મહેરજીરાણા અને દસ મોબેદોએ ત્યારબાદ એક હમબંદગી કરી હતી. વડા દસ્તુરજીએ દિનશા અને બચી તંબોલીના સમુદાયના સભ્યો પ્રત્યેની તેમની મહેનત, સમર્પણ અને પ્રતિબદ્ધતા માટે વખાણ કર્યા હતા.



સિનિયર સિટીઝન્સ સેન્ટરના લેડી રેસિડેન્ટસ મોનાજાત ગાતા

સક્રિય અને ચપળ રહેવાસીઓ - ફેની મિસ્ત્રી (૯૭), મર્ઝબાન કરકરિયા (૮૬) અને લીલી મેવાડવાલા (૮૫) ની આગેવાનીમાં કેક કાપવા સાથે સવારનું સમાપન થયું.

નવસારી બોયઝ અનાથાશ્રમની બાબુના મેદાનમાં સાંજની ઉજવણી ચાલુ રહી, જ્યાં રહેવાસીઓ, સ્ટાફ, ટ્રસ્ટીઓ અને શુભેચ્છકો મોટી સંખ્યામાં એકઠા થયા હતા. તેની શરૂઆત વડા દસ્તુરજી કેકી રવજી મહેરજી રાણા દ્વારા પ્રાર્થના અને શ્રોતાઓ સાથે સંબોધન, કેન્દ્રમાં રહેતા તેમના પોતાના કાકાના અનુભવને સ્વર્ગીય તરીકે વર્ણન કરતા થઈ હતી.

ઈરાનશાહ ઉદવાડાના વડા દસ્તુરજી - ખુરશેદ દસ્તુરે પણ શ્રોતાઓને સંબોધિત કર્યા હતા, તેમણે જણાવ્યું હતું કે તંબોલી તેમના મિત્ર અને માર્ગદર્શક તરીકે, અને તેમની નિઃસ્વાર્થ સેવા, ભલાઈ અને દયા માટે તંબોલી દંપતીની પ્રશંસા કરી હતી. તેમણે તેમના કાર્ય અને દયાને સાચા પારસી જીવનની રીત અને ઉપદેશો તરીકે સરખાવ્યા.

છેલ્લા ૨૫ વર્ષોમાં કેન્દ્રના વિકાસ અને કામગીરીમાં તેમના વિવિધ યોગદાન બદલ સંખ્યાબંધ લોકોને સન્માનિત કરવામાં આવ્યા હતા. વરિષ્ઠ નાગરિક કેન્દ્રની ૨૫મી વર્ષગાંઠ

નિમિત્તે બનાવેલ વિશેષ પુસ્તિકાનું વિમોચન કરતા વડા દસ્તુરજીએ - બંને દ્વારા અભિવાદન કરવામાં આવ્યું. એક ખાસ વિડિયો પણ બહાર પાડવામાં આવ્યો હતો અને તેનું સ્ક્રીનિંગ કરવામાં આવ્યું હતું. સાંજના ઔપચારિક ભાગમાં જુના હિન્દી ગીતો અને યજ્ઞી કરંજિયા, મહારૂખ ચિચગર અને તેમની ટીમ દ્વારા કોમેડીનો કાર્યક્રમ રજૂ કરવામાં આવ્યો હતો. ભવ્ય સાંજનું સમાપન છેવટે અમે જરથોસ્તી, રાષ્ટ્રગીત અને સ્વાદિષ્ટ ભોજન દ્વારા થયું હતું.

ઈતિહાસ: બચી અને દિનશા તંબોલી સાથેની ચર્ચામાં, સ્વર્ગસ્થ પરોપકારી સાયલા વાચ્યા જે સમુદાયના સભ્યો માટે એક વરિષ્ઠ નાગરિક કેન્દ્ર બનાવવાનો વિચાર રજૂ કર્યો હતો, વરિષ્ઠ નાગરિક જેઓ પોતાની સંભાળ રાખવા સક્ષમ હતા, પરંતુ તેમની પાસે રહેવાની જગ્યા ન હતી અથવા સપોર્ટ નેટવર્ક નહોતું. ચર્ચાનું સમાપન બાઈ માણેકબાઈ પીબી જીજીભોય સિનિયર સિટીઝન્સ સેન્ટર ૨૫ વર્ષ પહેલા નવસારી (ગુજરાત)માં વાસ્તવિકતા બની રહ્યું છે. તે ટૂંક સમયમાં જ નવસારી સમસ્ત અંજુમન દ્વારા સંચાલિત આબુવાલા પારસી ઈન્ફર્મરી સાથે જોડાયું હતું, જેઓ અમુક તબક્કે તબીબી સંભાળની જરૂર પડતાં પથારીવશ બની શકે છે, જે કેન્દ્ર પ્રદાન કરવામાં અસમર્થ હતા. આજે કેન્દ્ર, સંપૂર્ણ ક્ષમતા સાથે, પર રહેવાસીઓને સમાવી શકે છે.

શા માટે ૨૬મી જાન્યુઆરીને દિને ઉજવાય છે પ્રજાસત્તાક દિવસ

ભારતના પહેલાં રાષ્ટ્રપતિ ડો. રાજેન્દ્રપ્રસાદે ૨૬મી જાન્યુઆરી ૧૯૫૦ના દિવસે ૫૦ તોપોની સલામી આપ્યા બાદ ભારતના રાષ્ટ્રીય ધ્વજને ફરકાવીને ભારતીય ગણતંત્રના ઐતિહાસિક જન્મની ઘોષણા કરી હતી. અંગ્રેજોના શાસનકાળથી છુટકારો મેળવ્યાં બાદ આપણો દેશ સ્વતંત્ર બન્યો હતો. ત્યારથી આજ સુધી દર વર્ષે રાષ્ટ્રીય તહેવારને ખુબ જ ધામધુમથી ઉજવવામાં આવે છે.

લગભગ ૨ દસકા જુની આ યાત્રા હતી જેને સન ૧૯૩૦માં એક સપનાના રૂપમાં સંકલ્પિત કરવામાં આવી હતી અને આપણા ભારતના શુરવીર ક્રાંતિકારીઓએ સન ૧૯૫૦માં

આને એક સ્વતંત્રતાના રૂપમાં સાકાર કરી હતી. ત્યારથી ધર્મનિરપેક્ષતા અને લોકતાંત્રિક રાષ્ટ્રના રૂપમાં ભારતનું નિર્માણ એક ઐતિહાસિક ઘટના રહ્યું છે.

એવું પણ કહેવામાં આવે છે કે ૩૧મી ડિસેમ્બર ૧૯૨૯ની મધ્ય રાત્રિએ ભારતીય રાષ્ટ્રીય કોંગ્રેસના લાહોર સત્ર દરમિયાન રાષ્ટ્રને સ્વતંત્ર બનાવવાની પહેલ પણ કરવામાં આવી હતી. આ સત્રની અધ્યક્ષતા પંડિત જવાહરલાલ નહેરૂએ કરી હતી. તે



બેઠકની અંદર હાજર રહેલ બધા જ ક્રાંતિકારીઓએ અંગ્રેજ સરકારના કબજાથી ભારતને આઝાદ કરવા અને પુણ્ડિપે સ્વતંત્રતાને સપનામાં સાકાર કરીને ૨૬ જાન્યુઆરી ૧૯૩૦ના દિવસને સ્વતંત્રતા દિવસના રૂપમાં એક ઐતિહાસિક પહેલ બનાવવાના સોગંદ લીધા હતાં. ભારતના તે શુરવીરોએ પોતાના તે લક્ષ્ય પર ખરા ઉતરવા માટે ખુબ જ જોરદાર પ્રયત્ન કરતાં

તે દિવસને સ્વતંત્રતાના રૂપમાં સાર્થક કરવા માટે એકતા દર્શાવી અને ભારત સાથે જ સ્વતંત્ર દેશ બની ગયો.

ત્યાર બાદ ભારતીય સંવિધાન સભાની બેઠકો થતી રહી જેની પહેલી બેઠક ૯ ડિસેમ્બર ૧૯૪૬માં થઈ, જેમાં ભારતીય નેતાઓ અને અંગ્રેજ કૅબિનેટ મિશનમાં ભાગ લીધો. ભારતને એક સંવિધાન આપવાના વિષયમાં કેટલીયે ચર્ચાઓ, વિનંતીઓ અને વાદ-વિવાદો કરવામાં આવ્યાં હતાં. ઘણું સંશોધન કર્યા બાદ ભારતીય સંવિધાનને છેલ્લુ સ્વરૂપ આપવામાં આવ્યું હતું. ત્રણ વર્ષ પછી એટલે કે ૨૬ નવેમ્બર ૧૯૪૯ને અધિકારીક રૂપથી સ્વીકારવામાં આવ્યો હતો.

આ અવસરે ડો. રાજેન્દ્રપ્રસાદે ભારતના પ્રથમ રાષ્ટ્રપતિના રૂપમાં સોગંદ લીધા હતાં. જોકે ભારત ૧૫મી ઓગસ્ટ ૧૯૪૭માં જ એક સ્વતંત્ર રાષ્ટ્ર બની ગયું હતું પરંતુ આ સ્વતંત્રતાની સાચી ભાવનાને પ્રગટ કરી અને ૨૬મી જાન્યુઆરી ૧૯૫૦ને ઈર્વિન સ્ટેડિયમ જઈને રાષ્ટ્રીય ધ્વજ લહેરાવ્યો અને ગણતંત્રના રૂપમાં સન્માન આપીને ભારતીય સંવિધાન લાગુ થયું.

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ડીન્ક (ગુંદર)ના લાડુ



સામગ્રી: ૧ કપ સુકા કોપરાનું છીણા, ૧ ચમચી ખસખસ, ૧ ચમચી સફેદ તલ, ૮ ચમચી ઘી, અડધો કપ ગુંદર, અડધો કપ કાજુ અને બદામ દાણાદાર પીસેલા, ૧ ચમચી કીસમીસ, અડધી ચમચી એલચીનો પાવડર, ૫૦ ગ્રામ ખારેકનો પાવડર, પોણો કપ ઓર્ગેનીક ગોળ.

રીત: કોપરાના છીણાને કડાઈમાં થોડું લાલાશ પડતું શેકી લેવું, ત્યાર બાદ કડાઈમાં તલ અને ખસખસ પણ શેકી લેવા. ત્યારબાદ ચાર ચમચા ઘી લઈ તેમાં ગુંદરને ફલાવી લેવો. ત્યાર બાદ તે ઘીમાં ખારેકના પાવડરને હલકા ગોલ્ડન કલર સુધી શેકી લેવો તેજ રીતે કાજુ અને બદામના દાણાદાર પાવડરને પણ હલકા ગોલ્ડન રંગનો શેકી લેવો. તેમાં એક ચમચી કીસમીસ નાખવી. ત્યારબાદ તળેલા ગુંદરને મીકસરમાં જાડુસર પીસી લેવું તેમાંજ શેકેલુ કોપરું, તલ અને ખસખસ મીકસ કરી જાડુ વાટી લેવું. એક કડાઈમાં ૪ ચમચી ઘી લેવું અને તેમાં પોણો કપ ગોળ નાખી પીગળાવી લેવો. ત્યારબાદ તેમાં મીકસરમાં પીસેલો ગુંદર, કોપરું, ખસખસ અને તલનો પાવડર તથા ખારેક, કાજુ બદામ, પીસ્ટા અને કીસમસ આ મીશ્રણમાં ઉમેરી દેવું ત્યારબાદ બધુ સરખું મીકસ કરવું અને તેના ગરમ ગરમ લાડુ વાળી લેવા તમારા ગુંદરના લાડુ તૈયાર છે.

સમય આવે એ પહેલાં બધું સમેટી લેવું જોઈએ, માનસન્માન ઘટે એ પહેલા જાતે હટી જવું જોઈએ, ક્યાં સુધી જવાબદારી ની ઝંઝાળ લઈ ને ફર્યા કરશો? અફસોસ થાય તે પહેલાં આટોપી લેવું જોઈએ, નથી રહેવાના સદા સાથ સાથ, હાથમાંથી છીનવાઈ જાય તે પહેલાં લપેટી લેવું જોઈએ, જીવન એક નાટક છે, પાત્ર ને પકડી કેમ બેસી રહેવાય? ઉત્તમ એ છે, રોલ પતે એટલે રંગમંચ છોડી દેવું જોઈએ.

શેહરેવર મહિનો - દૈવી શક્તિની ઉજવણી

આપણે હવે શેહરેવર (અવેસ્તાન ક્ષત્ર વૈર્ય)ના પવિત્ર મહિનામાં છીએ, જે અહુરા મઝદાના ઈચ્છનીય આધિપત્યનું પ્રતિનિધિત્વ કરે છે અને ધાતુઓ અને ખનિજોની અધ્યક્ષતા કરનાર અમેશા સ્પેન્તા અથવા મુખ્ય દેવદૂત છે.

પારસી ધર્મ ત્રણ સેમિટિક ધર્મો (યહુદી, ખ્રિસ્તી અને ઈસ્લામ) પર ઘણી રીતે પ્રભાવ પાડ્યો છે અને ખાસ કરીને, સ્વર્ગનું રાજ્ય અથવા ઈશ્વરનું રાજ્યની વિભાવના, કેટલાક વિદ્વાનોના મતે, ક્ષત્ર વૈર્ય આમાંથી લેવામાં આવી છે. આ શબ્દ યહુદી ધર્મ દ્વારા સ્વીકારવામાં આવ્યો હોવાનું માનવામાં આવે છે જ્યારે ઈઝરાયલીઓને સાયરસ ધ ગ્રેટ દ્વારા બેબીલોનીયન કેદમાંથી અને ગુલામીમાંથી મુક્ત કરવામાં આવ્યા હતા, જેમણે પૌલ બીસીઈમાં બેબીલોનને તેના અચેમેનિડ સામ્રાજ્યમાં સામેલ કર્યું હતું.

શેહરેવરના ગુણો તાકાત અને શક્તિ છે. શેહરેવર આ દુનિયામાં શાંતિ અને અહુરા મઝદાના ઈચ્છનીય આધિપત્યની શરૂઆત કરવા માટે ન્યાયી રીતે બંનેનું સંચાલન કરે છે. વ્યક્તિ એવું વિચારી શકે છે કે તાકાત હિંસા તરફ દોરી જાય છે અને શક્તિ

ધર્મડ પેદા કરે છે. જો કે, શેહરેવર (યુદ્ધ હેલ્મેટ પહેરીને અને ભાલા અને ઢાલને ચલાવતા તરીકેની કલ્પના) દૈવી શક્તિ (સારું કરવા માટે) અને ન્યાયી શક્તિ (ખોટીઓને સુધારવા માટે) ની દ્રષ્ટિએ દરેક પારસી માટે આદર્શ છે. શક્તિ વિનાના લોકો દ્વારા શાંતિની સ્થાપના કરી શકાતી નથી અને નબળાઓ દ્વારા હિંસા પર કાબૂ મેળવી શકાતો નથી. તેથી, જરથોસ્તીઓના દષ્ટિકોણથી શક્તિ હકારાત્મક છે, જ્યાં સુધી બંનેનો યોગ્ય ઉપયોગ કરવામાં આવે.

ક્ષત્ર વૈર્યનો અર્થ થાય છે ન્યાયી શક્તિ અને શાંતિમાં સ્થાયી થવાની શક્તિનું પ્રતિનિધિત્વ કરે છે. વહુ-ક્ષત્ર ગાથા (વોહુ = સારું અને ખશત્ર = શક્તિ) સારા કાર્યો કરવાની શક્તિને સ્પષ્ટ કરે છે. તે કહે છે: તે માણસ, જે આશાના કાયદા દ્વારા પૂજના કાર્ય તરીકે તેની બધી ક્રિયાઓ કરે છે, તેને મઝદા અહુરા દ્વારા શ્રેષ્ઠ માનવામાં આવે છે. જેઓ ભૂતકાળમાં હતા અને વર્તમાનમાં એવા છે, તેઓને હું આદરપૂર્વક નામથી યાદ કરીશ અને સદાચારથી તેમના ઉચ્ચ સ્થાને પહોંચવાનો પ્રયત્ન કરીશ. આ ગાથા યસ્ના ૫૧ થી સંબંધિત છે જેમાં જરથુસ્ત્ર સ્પષ્ટ કરે છે કે શ્રેષ્ઠતા પૂજના કાર્યો તરીકે કરવામાં

આવતી સદાચારી ક્રિયાઓ દ્વારા આવે છે. આ ન્યાયી ક્રિયાઓ ઉપાસનાનું શ્રેષ્ઠ સ્વરૂપ છે અને આવી ક્રિયાઓ શક્તિ અને સશક્તિકરણ મેળવે છે.

શેહરેવર એ શ્રેષ્ઠ નિયમ માટે પહેલવી શબ્દ છે - શ્રેષ્ઠ નિયમ જે દૈવી શક્તિ અને ન્યાયી શક્તિ સાથે આવે છે. શહેનશા અથવા પ્રાચીન ઈરાનના રાજાઓ બધા આ દેવત્વથી પ્રેરિત હતા અને ન્યાય અને સમાનતાના સિદ્ધાંતો પર તેમના વિશાળ સામ્રાજ્ય પર શાસન કરતા હતા. સાયરસ ધ ગ્રેટ જેવા રાજાઓ અને પોરાનદોપ્ત જેવી રાણીઓ ઉત્તમ ઉદાહરણો છે.

શેહરેવરની ઉજવણી: પરંપરાગત રીતે શરિવર્ગન અથવા શેહરેવરની પરબ પ્રાચીન ઝોરાસ્ત્રિયન ઈરાનમાં અગ્નિ પ્રગટાવીને ઉજવવામાં આવે છે. (અગ્નિ એ ઊર્જા છે અને તેથી સારા સ્વાસ્થ્ય, શક્તિ અને મિત્રતાની હૂંફનો સ્ત્રોત છે) અને ખાસ કરીને યસ્ના ૫૧ દિવસ ગાથાનો પાઠ કરીને, નબળા લોકોને સશક્ત કરવામાં અને દાન અને દયાના સામાન્ય કાર્યો કરવા માટે પણ ખર્ચ કરવામાં આવશે.

ઘણા એવું પણ માને છે કે તે સમયના કેલેન્ડર



મુજબ સાયરસ ધ ગ્રેટનો જન્મ માહ શેહરેવરના રોજ શેહરેવર પર થયો હતો (જોકે આ ઐતિહાસિક રીતે સાબિત થઈ શક્યું નથી). આજે ઈરાનીઓ (ઝોરાસ્ત્રિયન અને મુસ્લિમો બંને) સાયરસને પિતા તરીકે માને છે અને તેથી, તેમાંથી ઘણા લોકો શેહરેવરના ચોથા દિવસને ફાધર્સ ડે તરીકે ઉજવે છે.

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Najoo Rusi Anklesaria નાજુ રૂસી અંકલેસરીયા	89 ૮૯	14.01.2023	Daji Building, Flat No 9, 2nd Floor, M.M.Chothani Road, Mahim, Mumbai 16. દાજી બિલ્ડિંગ, ફ્લેટ નં. ૯, બીજે માળે, એમ. એમ. છોટાની રોડ, માહિમ, મુંબઈ ૧૬.	તે મરહુમ ફૂલી કેખુશર અંકલેસરીયાના ઘણીયાણી તે મરહુમો ધનમાય તથા રૂસ્તમજી સુતરીયાના દીકરી તે બુરજીન તથા મેહરનાઝના માતાજી તે જુબીન સીકંદર મવાઉનાં સાસુજી તે પીલુ તથા મરહુમો ભીખુ, અદલ તથા પરવેઝના બહેન તે કારલ તથા યોહાનનાં મમઈજી તે મરહુમો મેહરબાઈ તથા કેખુશર અંકલેસરીયાના વહુ.
Dhanji Naserwanji Petigara ધનજી નસરવાનજી પેટીઘરા	66 ૬૬	14.01.2023	49/811, Jame Jamshed Bldg., Jame Jamshed Road, Parsi Colony, Dadar, Mumbai 14. ૪૯-૮૧૧, જામે જમશેદ બિલ્ડિંગ, જામે જમશેદ રોડ, પારસી કોલોની દાદર, મુંબઈ ૧૪.	તે મરહુમો પુતલામાઈ અને નસરવાનજી પેટીઘરાના દીકરા તે જર સરકારી તથા મરહુમો ખોરશેદ એન્જિનિયર અને મીનુના ભાઈ.
Amy Hosang Bamji એમી હોસંગ બામજી	79 ૭૯	15.01.2023	Bldg. No 1/403 Behram Baug, Parsi Colony, Jogeshwari (W), Mumbai 102. બિલ્ડિંગ નં.૧/૪૦૩, બેહરામ બાગ, પારસી કોલોની, જોગેશ્વરી (વે), મુંબઈ ૧૦૨.	તે મરહુમ હોસંગ કેખશર અમનજીના વિધવા તે મરહુમો નરગીશ તથા મીનોચહેર જલંગીરજી પોરબંદરવાલાના દીકરી તે સાયરસ હોસંગ બામજીના માતાજી તે ફરજીન સાયરસ બામજીના સાસુજી તે કાયરા સાયરસ બામજીને જેનેટ સાયરસ બામજીના બપઈજી તે અરુપી મીનોચહેર પોરબંદરવાલાના બહેન તે મરહુમ આલામાય તથા કેખશર બામજીના વહુ.
Firdos Fali Fanibanda ફીરદોસ ફલી ફનીબંદા	62 ૬૨	16.01.2023	Neefam 503, Almeda Park, Bandra (W), Mumbai 50. નીફામ ૫૦૩, અલમેદા પાર્ક, બાંદ્રા (વેસ્ટ), મુંબઈ ૫૦.	તે દીનાઝ ફીરદોસ ફનીબંદાનાં ખાવિંદ તે મરહુમો શેહરૂ તથા ફલી ફનીબંદાના દીકરા તે આશીશ તથા રશનાનાં બાવાજી તે કુરૂશ દારા પાવરીનાં સસરાજી તે નેવીલ તથા શીરાઝના ભાઈ તે વીઆન, વીરાઝ તથા ઝયાનનાં મમાવાજી.
Soonu Jamshed Dubash સુનુ જમશેદ દુબાશ	93 ૯૩	16.01.2023	307, Cumballa Crest, 42 Pedder Road, Near Hsbc Bank, Mumbai 26. ૩૦૭, ખંબાલા હીલ્સ કેસ્ટ, ૪૨ પેડર રોડ, એચ.એસ. બી.સી. બેન્ક પાસે, મુંબઈ ૨૬.	તે મરહુમ જમશેદ જલંગીર દુબાશના વિધવા તે મરહુમો બપઈમાય તથા અરદેશર માદનની દીકરી તે અનાહીતા દારાપુશ જીનવાલાના માતાજી તે દારાપુશ મીનુ જીનવાલાના સાસુ તે રીશાદ દારાપુશ જીનવાલા ને રીયા દારાપુશ જીનવાલાના ગ્રેન્ડ મધર તે મરહુમો કેકી, જીમી, જલંગીર, ફૂલી ને હોમીના બહેન તે મરહુમો મેહર તથા જલંગીર દુબાશના વહુ.
Noshir Rustomji Hathi નોશીર રૂસ્તમજી હાથી	80 ૮૦	16.01.2023	789, Kerawala Bldg., Jame Jamshed Road, Parsi Colony, Dadar H.O., Mumbai 14. ૭૮૯, કેરાવાલા બિલ્ડિંગ, જામે જમશેદ રોડ, પારસી કોલોની, દાદર એચ.ઓ., મુંબઈ ૧૪.	તે મરહુમો દોલીમાઈ અને રૂસ્તમજી હાથીના દીકરા તે શ્રીતી સમરાનાના ભાઈ.
Rusi Nariman Daruwalla રૂસી નરીમન દારૂવાલા	89 ૮૯	18.01.2023	Contractor Bldg., Ground Floor, Kashinath Street, Tardeo, Mumbai 34. કોન્ટ્રેક્ટર બિલ્ડિંગ, ગ્રાઉન્ડ ફ્લોર, કાશીનાથ સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે એમી ફૂલી દારૂવાલાના ખાવિંદ તે મરહુમો મની તથા નરીમન અમનજી દારૂવાલાના દીકરા તે મરહુમ આલુ અદી અંકલેસરીયાના ભાઈ તે મરહુમો તેલમીના તથા જલેજર સોરાબજી પારદીવાલાના જમાઈ.
Gaity Jal Bharucha ગઈટી જાલ ભરૂચા	84 ૮૪	18.01.2023	Nagardas Nivas, Plot No. 604/A, Ambedkar Road, Near Parsi Gymkhana, Dadar (E), Mumbai 14. નગરદાસ નિવાસ, પ્લોટ નં. ૬૦૪-એ, આંબેડકર રોડ, નિયર પારસી જિમખાના, દાદર (ઈ), મુંબઈ ૧૪.	તે મરહુમો ખોરશેદ તથા જાલ જલંગીરજી ભરૂચાના દીકરી તે અરુપી જાલ ભરૂચાના બહેન.
Pervin Gev Bhumgara પરવીન ગેવ ભમગરા	75 ૭૫	19.01.2023	3 A, Soonaiji Bldg., 2nd Floor, 51 Forjett Street, Mumbai 36. ૩એ સુનઈજી બિલ્ડિંગ, ૨જે માળે, ૫૧ ફોરજેટ સ્ટ્રીટ, મુંબઈ ૩૬.	તે મરહુમ ગેવ બેહરામજી ભમગરાના વિધવા તે આરમીન એદલ મોરેનાના માતાજી તે મરહુમો મેહરૂ તથા ફિરોઝશાહ મીઝીના દીકરી તે એદલ બહાદુરજી મોરેનાના સાસુજી તે ફરજાન તથા બેહરામજીના મમઈજી તે મરહુમો પેરીનબાનુ તથા બેહરામજી ભમગરાના વહુ તે ફરોખ, પરસી, ધન, હુતોક્ષી, આરમઈતીના બહેન.
Mino Meherwanji Dosabhai મીનુ મેહરવાનજી ડોસાભાઈ	91 ૯૧	19.01.2023	Meherbai Tata Bldg., 293, S.Vivekanand Road, Bandra (W), Mumbai 50. મેહરબાઈ ટાટા બિલ્ડિંગ, ૨૯૩ એસ. વિવેકાનંદ રોડ, બાંદ્રા વેસ્ટ, મુંબઈ ૫૦.	તે ગુલ મીનુ ડોસાભાઈના ખાવિંદ તે મરહુમ અચામાય તથા મહેરવાનજી ડોસાભાઈના દીકરા તે મહાઝખ મીનુ ડોસાભાઈ, અનાહીતા જુબીન દારૂવાલા, પાકઝાદ અદી નસીરાબાદવાલાના બાવાજી તે જુબીન બોમી દારૂવાલાના સસરા તે મરહુમો દારા મેહરવાનજી ડોસાભાઈ ને મનીજેલ ફરામરોઝ ચોથીયાના ભાઈ તે નતાશા ઝારવીન વાન્દેવાલા, નીકોલેશ જુબીન દારૂવાલા, જનીન જુબીન દારૂવાલાના મમાવાજી તે મરહુમો તેલમીના તથા અમનશા માનેકજી દારૂવાલાના જમાઈ.

Death Announcements From Poona Parsee Panchayat

Wing Cdr Adi Khurshedji Taleyarkhan વીંગ કમાન્ડર અદી ખુરશેદજી તાલ્યેરખાન	79 ૭૯	08.01.2023	A/6, 102 Ganga Setelite, Wanavadi Pune 411040 એ/૬, ૧૦૨, ગંગાસેટેલાઈટ, વાનવડી પુણે ૪૧૧૦૪૦	તે મરહુમ મેરી તથા મરહુમ ખરશેદજી તાલ્યેરખાનના દીકરા તે શીરીન નેવીલ વકીલ, ફરીદા દારાયસ ઈરાની અને જરૂ (તાથીની) ગેવ ઈરાનીના ભાઈ.
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Death Announcements From Prayer Hall

Aban Nowroji Seervai આબાન નવરોજી સીરવઈ	77 ૭૭	18.01.2023	D 504, Serenity Complex, Off new Link Road, Andheri West, Mumbai 102. ડી-૫૦૪, સેરેનીટી કોમ્પ્લેક્સ, ઓફ ન્યુ લીન્ક રોડ, અંધેરી વેસ્ટ, મુંબઈ ૧૦૨.	તે મરહુમ અરવિંદના ઘણીયાણી તે મરહુમ તેલમીના તથા મરહુમ નવરોજીના દીકરી તે માણેક અને તેલમીના મમ્મી તે ઝીનોબીયાના સાસુ તે ઝરાન અને જેહાનના ગ્રાન્ડ મધર તે એમી અને મરહુમ કેરસીના બહેન.
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Death Announcements From Rajkot

Khushroo Homi Dosabhai ખુશરૂ હોમી ડોસાભાઈ	58 ૫૮	18.01.2023	Khusraho, 39 A, Bhomeswar Society, Rajkot. ખુશરૂ, ૩૯, એ, ભોમેશ્વર સોસાયટી, રાજકોટ.	તે હોમી તથા રોશનના દીકરા તે શીરાઝના ખાવિંદ તે કુરૂષ તથા ઝીબાના પીતાજી તે રોશન ફીરોઝ મીસ્ત્રીના જમાઈ.
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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંચયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૧.૦૧.૨૦૨૩ થી તા. ૨૭.૦૧.૨૦૨૩



Aries - મેષ - અ.લ.ઈ.

૩જી ફેબ્રુઆરી સુધી રાહુની દિનદશા ચાલશે. રાહુ હાલમાં તમારા દિવસની ભૂખ અને રાતની ઉંઘ બંને ઉડાવી દેશે. તમારા રોજના કામને પુરા કરવા નહીં દે. બીજાના ઉપર વિશ્વાસ રાખીને કામ કરવા જશો તો તેમાં તમારી સાથે ચીટીંગ થશે. તમારા મનની વાત કોઈને કહી નહીં શકો. હાલમાં દરરોજ ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૨૨, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 22, 23, 24, 25

Rahu's rule till 3rd February will rob you of your sleep and appetite. You will not be able to complete your daily chores. You could get cheated if you trust another in getting your work done. You will not be able to share what's on your mind with anyone. Ensure to pray the Mah Bokhtar Nyaish daily.



Cancer - કર્ક - ડ.હ.

પહેલા ત્રણ દિવસ શનિની દિનદશામાં પસાર કરવાના બાકી છે. ઉત્તરતી શનિની દિનદશા આજુબાજુવાળાને તમારા દુસ્મન બનાવી દેશે. ૨૪મીથી ગુરુની દિનદશા આવતા ૫૮ દિવસમાં તમે ગુમાવેલ ધન અને માન પાછા મેળવી આપશે. જે લોકો તમારાથી દૂર ભાગતા હતા તેમને તમારી જરૂરત પડશે. દરરોજ મોટી 'હમન યક્ત' સાથે 'સરોશ યક્ત' ભણાજો.

શુકનવંતી તા. ૨૪, ૨૫, ૨૬, ૨૭ છે.

Lucky Dates: 24, 25, 26, 27

You have 3 days remaining under Saturn's rule. The descending rule of Saturn could result in making enemies of your neighbours. Jupiter's rule, starting 24th January, for the next 58 days, will bring back your lost respects and appreciation. Those avoiding you will feel the need for you. Pray the Moti Haptan Yasht along with the Sarosh Yasht daily.



Libra - તુલા - ર.ત.

તમને આજનો દિવસ મંગળની દિનદશામાં પસાર કરવાનો બાકી છે. ઘરવાળા અથવા ભાઈ બહેન સાથે મતભેદ થશે માટે શાંતિ રાખજો. કાલથી શરૂ થતી બુધની દિનદશા તમને મનગમતુ ફળ આપશે. કામમાં માન ઈજ્જત ખુબ મળશે. આજથી ભુલ્યા વગર 'મહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૨૨, ૨૩, ૨૬, ૨૭ છે.

Lucky Dates: 22, 23, 26, 27

This is your last day under Mars' rule. You could end up squabbling with family members or siblings and are advised to maintain calm. Mercury's rule, starting tomorrow, brings you all that your heart desires. You will receive much respect and appreciation at your workplace. Starting today, pray the Meher Nyaish daily.



Capricorn - મકર - ખ.જ.

સુર્યની દિનદશા ચાલુ હોવાથી તમારા માથાનો બોજો વધતો જશે. ગામ પરગામ જવાના પ્લાનને થોડા સમય માટે રોકી રાખજો. સરકારી કામોથી દૂર રહેજો. સુર્યને કારણે તમારા રોજ બરોજના કામમાં બોજો વધુ લાગશે. માથાના દુખાવા તથા એસીડીટીથી પરેશાન થશો. ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૬ છે.

Lucky Dates: 21, 22, 23, 26

The ongoing Sun's rule increases your mental pressures. You are advised to put your travel plans on hold. Stay away from any government related works. The Sun's influence will make your daily chores feel very heavy. You could suffer from headaches or acidity. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

આજનો દિવસ ગુરુની દિનદશામાં પસાર કરવાનો બાકી છે. આજે અને તો થોડુ ઘણું ચેરીટી કે કોઈને મદદનું કામ કરી લેજો. કાલથી ૪૨ દિવસ માટે રાહુની દિનદશા તમારા સીધા કામ પણ સારી રીતે નહીં કરવા દે. રાહુ તમને નાણાકીય મુશ્કેલી આપશે. આજથી ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૨૧, ૨૪, ૨૬, ૨૭ છે.

Lucky Dates: 21, 24, 26, 27

This is your last day under the rule of Jupiter. Try to do works of charity of helpfulness towards others. Rahu's rule starting tomorrow, for the next 42 days, will not allow you to even get your normal works done in peace. You could encounter financial stress. Starting today pray the Mah Bokhtar Nyaish daily.



Leo - સિંહ - મ.ટ.

૨૩મી ફેબ્રુઆરી સુધી શનિ જેવા દુસ્મન ગ્રહની દિનદશા ચાલશે. હાલમાં જેટલું કમાશો એના કરતા વધારે લોકરની દવા અને વડીલવર્ગની બીમારી પાછળ ખર્ચ કરવો પડશે. બચાવેલ રકમનો ખર્ચ કરવો પડશે. તમે સાંધાના દુઃખાવા તથા હાઈપ્રેશર જેવી માંદગીથી પરેશાન થશો. શનિના દુઃખને ઓછું કરવા માટે દરરોજ મોટી 'હમન યક્ત' ભણવાનું ચાલુ કરજો.

શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૬ છે.

Lucky Dates: 21, 22, 23, 26

Saturn's rule till 23rd February will cause you to spend all your earnings on medical needs and doctors. You might need to dig into your savings. You could suffer from joint pains or high blood pressure. To reduce the impact of Saturn, pray the Moti Haptan Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

પહેલા ત્રણ દિવસ શાંતિમાં પસાર કરી શકશો. ત્રણ દિવસમાં ઘરવાળાની ડિમાન્ડ પહેલા પુરી કરી આપજો. નહીં તો ૨૪મીથી મંગળની દિનદશા આવતા ૨૮ દિવસમાં તમારા સ્વભાવને ચીડીયો બનાવી દેશે. નાની બાબતમાં મગજ ગરમ થઈ જશે. હાલમાં ચાલતા ચાલતા પડી જાવ તેવા હાલના ગ્રહ છે. મંગળને શાંત કરવા રોજ 'તીર યક્ત' ભણાજો.

શુકનવંતી તા. ૨૧, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 21, 24, 25, 26

You have 3 days remaining to spend in peace. Prioritize catering to the wants of family members in this period. Mars' rule, starting from 24th January, makes you very irritable. You could lose your temper over small matters. Your stars indicate a fall even while simply walking. To placate Mars, pray the Tir Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

૧૩મી ફેબ્રુઆરી સુધી શુક્રની દિનદશા તમને ભરપુર સુખ આપશે. તમારા મનપસંદગીની વસ્તુ લેવામાં સફળ થશો. ઘણી ઘણીયાણીમાં મતભેદ ઓછા થતા જશે. તમારા અધુરા કામને પુરા કરવા માટે કોઈનો સાથ સહકાર જરૂરથી મળી જશે. નાણાકીય બાબતમાં ચિંતા નહીં આવે. દરરોજ 'બહેરામ યક્ત' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૨૨, ૨૪, ૨૫, ૨૭ છે.

Lucky Dates: 22, 24, 25, 27

Venus' rule till 13th February brings your immense joy and contentment. You will be able to make purchases that you desire. Fights between couples will reduce. You will get the support of someone to help you complete your work. There will be no financial issues. Pray to Behram Yazad daily.



Gemini - મિથુન - ક.છ.ધ.

ફેમીલીમાં નવા સંબંધ બનાવવા માટે ખુબ સારો સમય છે. તમારી બુધિ વાપરી નાણાકીય મુશ્કેલી દૂર કરવામાં સફળ થશો. લીસાબી કામ કે લેતીદેતીના કામ ઉપર ધ્યાન આપજો. જૂના રોકાણમાંથી ક્ષયદો લેવાનું ભુલતા નહીં. ધનને સારી જગ્યાએ ઈનવેસ્ટ કરજો. બુધની વધુ કૃપા મેળવવા માટે 'મહેર નીઆએશ' ભણાજો.

શુકનવંતી તા. ૨૨, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 22, 23, 24, 25

This is a very good time to make new relations in the family. You will be able to resolve any financial issues with the use of your intelligence. You are advised to focus on works related to accounts and financial transaction. Ensure to withdraw any profits from old investments. Invest your money wisely. To continue getting the graces of Mercury, pray the Meher Nyaish daily.



Virgo - કન્યા - પ.ઠ.ણ.

બુધની દિનદશા ચાલુ હોવાથી તમે તમારી બુધિ વાપરીને કામ કરવામાં સફળ થશો. શેર માર્કેટમાંથી થોડા નાણા મેલવી લેશો. વધુ કરકસર કરીને ધન બચાવી શકશો. મિત્રો તરફથી સારા સમાચાર મળશે. બુધની કૃપાથી આ અઠવાડિયામાં સારા સમાચાર મળશે. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૨૧, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 21, 23, 24, 25

Mercury's ingoing rule helps you use your intelligence to be successful. You will earn money from the Share market. With a bit of effort you will be able to save money. Friends will bring you good news. With the blessings of Mercury, you will receive good news this week. Pray the Meher Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

ચંદ્ર જેવા શાંત અને શીતળ ગ્રહની દિનદશા ચાલુ હોવાથી તમે લીધેલા ડીસીઝન ને ચેન્જ કરવાની ભુલ કરતા નહીં. જે પણ કામ કરશો તેમાં કોન્ફીડન્સ ખુબ સારો રહેશે. હરવા ફરવાની પાછળ ખર્ચ કરવો પડશે. ખર્ચ તમે બીજી રીતે કમાઈ લેશો. ભાઈ બહેન-મિત્રના પ્રોબ્લેમ દૂર કરી શકશો. દરરોજ ૪૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાજો.

શુકનવંતી તા. ૨૨, ૨૩, ૨૪, ૨૭ છે.

Lucky Dates: 22, 23, 24, 27

The Moon's ongoing rule suggests that you do not try and change any decisions that you have made. You will do all your work with great confidence. You will spend money on fun, travel and entertainment. You will be able to earn back this spent money. You will be able to resolve the issues of your siblings and your friends. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

તમારા મોજશોખને પુરા કરવા માટે વધુ કામ કે મહેનત કરવામાં કોઈ કસર નહીં મૂકો. જીવન સાથી મલવાના ચાન્સ છે. શુક્રની મહેરબાનીથી સામાજિક કે સોસીયલ કામો કરીને વધુ આનંદમાં આવશો. અચાનક ધનલાભની વાત જાણવા મળશે. જે પણ કામ કરશો તેમાં તમારી ભુલ કોઈ શોધી નહીં શકે. થોડું ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. તમે દરરોજ 'બહેરામ યક્ત'ની આરાધના કરજો.

શુકનવંતી તા. ૨૧, ૨૩, ૨૪, ૨૭ છે.

Lucky Dates: 21, 23, 24, 27

You will go all out to work harder to accommodate your spendings towards fun and entertainment. You could find your life partner in this phase. With Venus' graces, you will find great contentment in doing social work. You will get to know of unexpected gains. You will be able to execute your tasks to perfection. Ensure to invest some money. Pray to Behram Yazad daily.

Unleash Your Creativity In 2023

It's Never Too Late To Realise Your Dreams!



VEERA SHROFF SANJANA



Does creativity decline with age? This question has attracted much scientific research. Throughout life, we have output peaks and as we age, our output does tend to decline. But creativity and passion have little to really do with the progression of years.

What is creativity actually? Some think it's a gift - something bestowed upon the likes of Vincent Van Gogh, Mozart or Toni Morrison. But, creativity is a skill. And when skill gets driven by passion, it leads to a creative manifestation. As humans, we often create hindrances that stops the flow of creativity. We create external and internal barriers that limit our imagination and inspiration

As adults, we give excuses and reasons not to pursue our passions and creative interests, with people saying, "I am too old for this," be it a piano lesson or donning those salsa shoes. But honestly, there's no such thing as a person who is 'too old' to just try stuff.

As we mature, adults have a propensity to give in increasingly to fears, inhibitions and blocks. As children, we took chances, stepped out into the world for ourselves, fearless of an audience who would be quick to judge if we stumbled. As adults our greatest critics are unfortunately ourselves. We place too much value on the emotional cost of the ego deflation involved if we were to fail at something.

The moment we realise that creativity and passion should mainly be driven by self-gratification rather than any performance value, it will be the Eureka moment for all artists and creators. How does it really matter that the poem you scribbled down from the deepest recesses of your soul may perhaps not appeal or worse still be completely misunderstood by another? And what if that clay pot you so proudly perfected on that pottery wheel is all misshapen? It still holds that place of pride in your heart. That should be the learning curve for all manners of creativity.

Creativity has little to do with mastering stuff or perfection. Everyone is creative. Creativity is all about self-expression; we are all creative to some degree... even if singing in the shower is the closest you've ever gotten to fulfilling that dream of being an operatic singer! We are all composed of unique DNA material, bringing to this world, our unique imprint. If you're in the habit of saying your life isn't interesting enough, you're denying your self-worth.

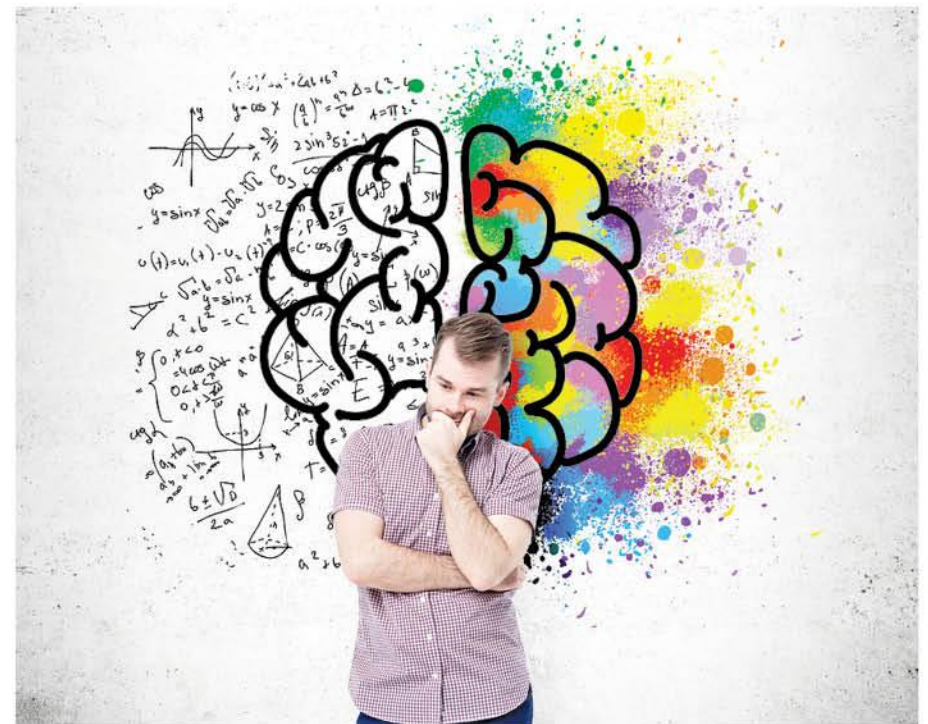
While not all can garner fame and popularity or capture the public eye, we can still live every moment of the life we've been given, doing our best. The first step is to let passion and creativity flow. When we honour ourselves with gratitude and self-worth, our existence automatically becomes meaningful.

A fulfilled life is a beautiful life. Learn to capture the little things that you are good at. Maybe it's the meals you prepare for your family... maybe you're a fab host... maybe you're a solutions-finder! People have made a career of these simple acts as they help you lead a life of empowerment and self-appreciation. You can re-discover old dreams or find a new purpose to channelize your energy. It is also the aspirations and inspirations that could be rekindled and ignited to follow new paths and goals.

Ageism should not be factored into diminishing our dreams. The end result of all creativity is not about accolades or recognition. It is about the Picasso moments that fuel your soul and not about being the next Picasso. The changes that ageing brings can spiral elders into depression and isolation. To age creatively, we need a flow of varied experiences, exploring new activities or reframing long-time interests from a fresh perspective. Expressive arts are known to engage our minds, bodies and

spirits. A Washington university study shows that people engaged in the arts are happier and healthier. All adults need to believe that we are lifelong learners.

Ask yourself as a child, what did I yearn to do; play the piano, paint, solve puzzles? It is never too late to



revisit old dreams to make way for new possibilities. To be creative is simply to yearn for something that offers up excitement, energy and joy. Here are a few simple ways to explore and develop your creativity:

Stop Depending On Others: When you learn to use your own resources without waiting for validation from others, that's when your creativity will surge.

Believe In Your Dreams: It's said that a man is as big as his dreams. You have to believe you have an amazing mind full of thoughts and ideas and you need to

express them constantly.

Surround Yourself With Excellence: Pablo Picasso said, "Good artists copy, great artists steal." It simply means good people learn their skills from better ones, and the better people learn from the best. It is about developing your creativity by surrounding yourself with potential. Talented people and rich experiences promote creativity.

Find Creativity In The Simplest Things: Delegate an hour or two in your daily schedule to your hobbies. It could be gardening, collecting souvenirs, your stamp collection or your love for antics. Creativity is awakened by simple acts of pleasure.

Expand Your Comfort Zone: People are often stuck in their comfort zone and afraid to try new things. Shake up your life every once in a while. Try new things, experience new places, cuisines, and cultures. The wider your horizon, the greater your adventures with creativity!

Take A Little Time For Yourself: Tune off from the world and all that background noise. Take a couple of minutes daily to practice channelizing your inner self without distractions and disturbances. Most creative geniuses recommend meditation.

Most Importantly, Never Fear Failure: The fear that you may trip, make mistakes or worse, look like a fool, is all part and parcel of the creative journey. Commit to enjoying the creative process as much as the end result!

CommuniTech: TheParsiDirectory.com



YAZDI TANTRA

It was the year 2005. There were requests from community members to connect with long-lost friends and relatives. There was no single resource to find someone in the community across the world. Facebook was an option with hit or miss possibilities. That is when www.TheParsiDirectory.com was born.

The idea behind TheParsiDirectory.com was to have a listing of Parsis / Iranis / Zoroastrians, globally, and make the list search-friendly, based on Name, Surname, City, Profession or any two of these parameters. So, you could look for the name / surname and location or just the profession and the location and you could find the person you are looking for.

Community members benefitted greatly using TheParsiDirectory - finding long-lost friends and relatives, a professional in another city (a Chartered Accountant in Mumbai or a Travel Agent in Delhi), finding a Parsi in a city you are proposing to visit, wanting to connect with someone when you are in an unknown destination or even looking for a Zoroastrian in a city where your child is going to study!

It was an arduous task. Starting with ads in newspapers, distributing physical

forms in colonies and baugs, collecting directories from various associations, etc. Many questions were asked - 'Will I be spammed? What about my privacy?' It was assured there would be no spamming and the data would never be given out. The directory is only for personal use to find friends, family and others.

Over the last 17 years, there has been no spamming or invasion of privacy. Instead, there's been innumerable cases of reunions with family / friends / neighbours, expressing deep gratitude. As the confidence of the community grew, individuals registered online with their own unique User ID and Password. Today, the directory has over 84,400 names and contact details of Parsis / Iranis / Zoroastrians across the world.

Making the site more informative, additional aspects were added, like News from Parsi Publications; Date / Roj Converter; Prayers; Food; Humour, etc. A whole new section on information of Institutions was also added (www.TheParsiInstitutions.com). 787 institutions including Agiaries, Baugs, Hostels, Dharamshalas, etc. are now listed and easily searchable.

With time, the demand for an App grew. Starting with an Android App (<http://bit.ly/tpdandroid>) the facility was also extended to iOS users (<https://bit.ly/tpdios>), with all features made available on the Apps too.

www.TheParsiDirectory.com is a valuable, FREE, resource enabling Parsis, Iranis and Zoroastrians to keep connected across the world. So, **have you been counted?** Register now and avail of all the benefits and resources and be part of the global community. Find and be found by community members across the globe in this unique, directory of Zoroastrians across the world!

South African Freedom Fighter Frene Ginwala Passes Away

South African Indian-origin freedom struggle veteran and National Orders awardee, Dr. Frene Noshir Ginwala, passed away aged 90, at her home on 12th January, 2023. She was South Africa's first parliamentary speaker after Nelson Mandela became the first democratically-elected President of the country in 1994.

Cyril Ramaphosa, South African President, shared the tribute, "Frene Ginwala epitomised the ethos and expectations of our then



CC Tribute - Frene Ginwala with Nelson Mandela

Order of Luthuli in Silver for her contribution.

Frene's friend and fellow human rights activist, Zerbanoo Gifford - also the founder of the ASHA Foundation in the UK, shared a heartfelt tribute on her passing,

fledgling Constitution and played an important role in building the capacity of Parliament through the transformation of activists and leaders into lawmakers who were, in turn, able to transform our country. Beyond African shores, she positioned our young democracy both as one that had as much to contribute to as it had to learn from global precedents and experience. On behalf of the nation and of the legislative, executive and judicial components of the State, (I offer my) sincere condolences to Dr. Ginwala's family, her nephews Cyrus, Sohrab and Zavareh, and their families."

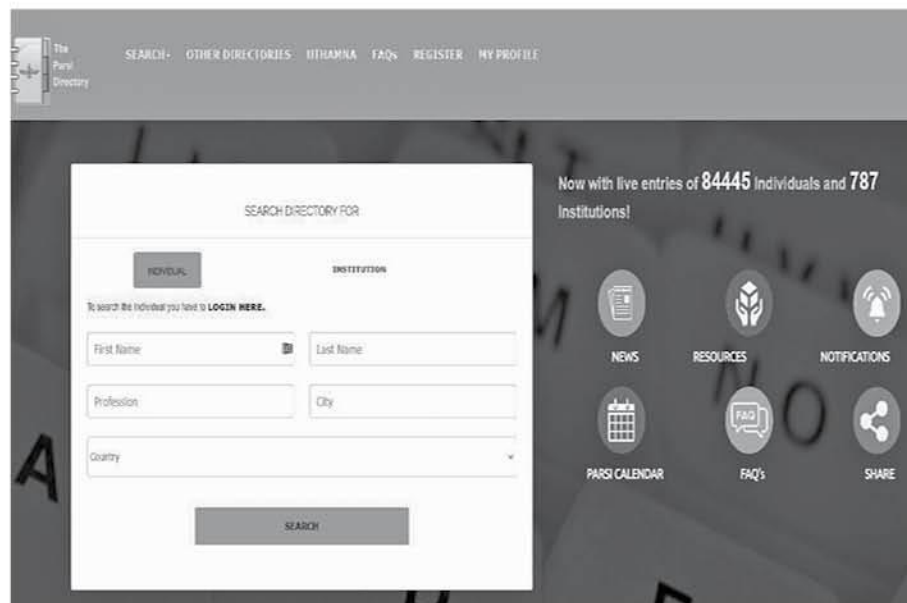
After a ban was imposed on the ANC (African National Congress) and the apartheid government arrested the High Command leaders in 1963, Frene was instrumental in helping many ANC members, including Nelson Mandela. She also helped establish ANC in exile in Tanzania. She participated in the anti-apartheid struggle and fought for democratic dispensation of South Africa as an academic, lawyer, activist, journalist and political leader.

Born on April 25, 1932, Frene Ginwala was the grandchild of one of the few Parsi families who had emigrated from India. She studied in the UK before relocating from South Africa to settle in Mozambique with her parents. In 2005, she was honoured with the

excerpts include: "Frene Ginwala was a great soul. Respected for her determination to see the end of the barbaric apartheid regime that illegally ruled South Africa from 1948 to 1994. Frene was a heroine not just to me but many people who admired her courage and steadfastness.

Frene came from a wealthy and cultured Zoroastrian family. She studied Law in Britain and returned to South Africa and joined the ANC (African National Congress). With a break to edit Tanzania's national newspaper, she returned to England where she received her PHD from Oxford and worked at the ANC President's office in London. When Frene finally returned to her home in South Africa, she made history by being the first woman speaker of their Parliament. She was a striking figure respected for her acute brain and understanding of world politics. Frene lived in London and lead the ANC outside South Africa. She inspired me to take up the fight against the apartheid regime in South Africa. She was a strategist and fearless and hated the way government continued to be racist against Black people.

Frene will live forever in the hearts of all those that fought the horrors of apartheid and those that endured those terrible years of vicious racism."



In Search Of Sanjeevani!



DR. DANESH CHINOI

Many patients ask me how they could get more energy for their daily activities. Being a holistic physical therapist, I explain the significance of emotional and mental health adequacy, sleep, scheduling, exercise and nutrition. While many of these interventions help significantly, some patients with autoimmune disorders often still struggle with energy and fatigue. Then there are some who simply want more performance for their daily activities and for sports. Both these groups of patients are willing to try almost any dietary supplement, which could have a helpful or harmful impact. The willingness to try new things is good, but many supplements are not regulated and can interact with drugs or cause severe adverse events.

Being a strong proponent of holistic medicine, I'm always looking for natural ways to meet the challenges faced by medical science. Thus, I've always endeavoured to find ways to improve health and wellness for my clients. I've



always been fascinated by the disciplines of Ayurveda and Yoga, more so as a citizen of India, the birthplace of these, which explores wonder herbs.

Sadly, there hasn't

been much research into establishing scientific proofs through clinical trials of the benefits of various herbs, elements, and combinations mentioned in Ayurveda. Colonial past aside, the Indian

government is now promoting traditional medicines backed by thorough scientific research. The PM of India had mentioned the benefit of a wonder-plant - 'Solo', found in the Ladakh region of Jammu and Kashmir.

In the high and hostile peaks of the Himalayas where sustaining life is a challenge in itself, Indian scientists say they have found this 'wonder herb', which can regulate the immune system, help adapt to the mountain environment and, above all, protect from radioactivity. 'Rhodiola' - a herb found in the cold and highland climate, has led India's leading scientists to wonder if it is the end to the quest for 'Sanjeevani' - the mythical herb that renewed the life of Ram's brother, Lakshman, in the epic, Ramayana.

Locally called 'Solo' in Ladakh, the qualities of Rhodiola were largely unknown so far. The leafy parts of the plant were used as vegetable by locals. However, research by the Leh-based Defence Institute of High-Altitude Research (DIHAR) is exploring the therapeutic values of the herb that shows it can do wonders for the troops posted in difficult high-altitude areas like the 5,400m high Siachen glacier.

Solo is also known as arctic root or golden root, and its scientific name is Rhodiola rosea. It is in the Crassulaceae family of plants, known for

stonecrop and other similar flowering succulents. These plants commonly grow in northern territories like the Arctic circle and northern Asia. As such, cultures including Scandinavian and Chinese, have been using this plant for many years to address stress and fatigue in the harsh environments. Traditional Chinese medicine practitioners call it 'Hong Jing Tian', commonly labeled as an 'adaptogen', which is a term for a plant, herb, or mushroom that can help your body with stress, anxiety and fatigue.

While the flowering plant is found across the globe, it's interesting to note that it's been used by our Indian soldiers at high altitudes. As per locals, 'Solo' always delivers promising results. The various benefits of Solo, established by few but quality research studies, include Reduction of Stress; Enhanced Physical and Mental Performance; Helps cure Depression and Anxiety; Improves appetite; Improves the Immune System; Radiation-protecting abilities due to the presence of secondary metabolites and Phyto active compounds, unique to the plant

These benefits have been known for long. Ladakh's traditional medicine practitioners, called 'Amchi', have been using 'Solo' to increase oxygen-carrying capacity of lungs and to cure lung diseases, for centuries now. It is also a known fact that the potency and effects of the same group of plants varies across regions, based on soil, climate and other conditions. A good example could be the THC (psychoactive component) levels in Cannabis which varies significantly across the regions. Given the fact that Indian soldiers and locals vouch for the miraculous benefits of the plant, it is now on the Indian government to give attention to research on the herb and its benefits. After all, Indian mythology does talk about the magical herb - Sanjeevani. History has often proven mythology to be true!

