

Mah - Shehsevar,
Roj - Anesan
YZ1392

Happy
Valentine's
Day

PARSI TIMES

RNI NO. MAH-
BIL/2011/39373

Volume 12 - Issue 44 • Saturday, 11 February, 2023 - Friday, 17 February, 2023 • English Gujarati Weekly • Mumbai • Pages 16 • Price ₹8/-

THE TRUTH. DELIVERED WEEKLY.

 DIVYAMRUT
AYURCARE



**Valentine's Day
Special Offer**

"A Haven for all Kerala Ayurvedic Treatment"

Starting from 10 February to 19 February
Valentine's Day Special -
Full Body Massage (45 mins) + steam + Shower

Rs ~5000~ **Rs ~3500**

+91 97699 98000
divyamrut.ayurcare@gmail.com
www.divyamrutayurcare.com





**Come Celebrate Your Love With Us
Happy Valentines Day!**



**BREAKFAST
SERVED ALL DAY**



SWIGGY/ZOMATO FOR DELIVERIES

- Stock'd Bar • Live DJ
- Live Sports
- Continental, Italian,
Lebanese, Mexican Food

Happy Hours!
Call for information
23622877
23632876

Café New York

44, Hughes Rd., Dabholkar Bldg., Mum - 7.

Tel.: 022 23622877

E-mail: shbakht@hotmail.com

PARSI TIMES

The Truth. Delivered Weekly.

**JAMSHEDI NAVROJ
SPECIAL ISSUE
March 18, 2023**



**Reach Your Brand To
Every Zoroastrian Household**

Advertise in our
Bumper Special
Jamshedi Navroz Issue
With Excellent
Content that ensures
Maximum
Reader Engagement
And renders our
Special Issues As
Acclaimed 'Collector's Items'!

Call Now For Early Bird Discounts!

Tel: (022) 22010704/05
Email: advertise@parsi-times.com/
marketing@parsi-times.com

Last Date For Accepting Advt: 7 March, 2023
Parsi Times empowers your marketing
efforts and ensures business success!



FROM THE EDITOR'S DESK

Celebrating Love!

Dear Readers,

With Valentine's Day just around the corner, it's the time when singles repent for not having mingled enough, and the attached miss the freedom to mingle! One could tend to feel a little lonely if you're missing that 'special someone' to celebrate the occasion with, considering we live in a society largely obsessed with the concept of romance... as a community with an increasing singles' count.

But should we choose to celebrate love in its holistic form, we understand that love is so much more than just about romance between couples - it's uncategorized, but more so, unconditional. And the only way we are capable of loving or being loved like that, is when we love ourselves as much. So, immaterial of your relationship status, do not believe for a moment that you're incomplete without a significant other, because love is definitely not the reserve of a single capacity.

As grateful survivors of the deadly pandemic, we've hopefully grown wiser, having experienced it all - fears and apprehensions, empowerment and empathy, loss and gratitude, introspection and epiphanies, new normals and renewed relationships. And more than ever, we have understood the magical power of love in healing. They say the only thing we never get enough of, is love, and the only thing we can never give enough, is also love. So let's give of it and receive it in as much abundance!

And while you're sharing all that love with your dear ones, don't forget to love yourself - which is probably one of the most difficult of all things to do. But here's a clue, in the words of the great poet and philosopher, Rumi, with, "Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it."

Have a 'LOVE'ly weekend!

- Anahita
anahita@parsi-times.com

MATRIMONIALS

Male, 29 years, 5'6", M.D. Working as a physician in the U.S. invite matrimonial correspondence from slim, good looking, educated, professional, Parsi Zoroastrian girls under 29 years from good family background. Girl should be ready to settle in the US.

Respond with complete details and full-length pictures to:
shehrev101@gmail.com

I am a 28-year-old Parsi male, Canadian citizen, 5'10", Doctor of Pharmacy, working as a pharmacist in Toronto. I am looking for a life partner (whose both parents are Zoroastrians) who would be interested in sharing her life with me in Canada.

Please respond with complete details including a contact telephone number (for WhatsApp) and a digital photograph to parsimatrimony10101@gmail.com

**Don't Miss PG's
8th All-Parsee TT Tournney!!**

Watch our top Parsi players battle it out in the 8th All-Parsi Table Tennis Tournament at Parsee Gymkhana (Marine Lines), on 11th and 12th February, 2023 (this Saturday and Sunday)!

COME AND WATCH



All Parsees Sports Foundation

Presents

**38th Jal D. Pardiwala
Annual Athletic Meet - 2023**

**SATURDAY 18TH FEBRUARY &
SUNDAY 19TH FEBRUARY 2023**

UNDER THE AUSPICES OF

- THE NAVROZE BAUG PLAY CENTRE
- MANCHERJI EDALJI JOSHI MEMORIAL TRUST
- CUSROW BAUG UNITED SPORTS & WELFARE LEAGUE
- FEDERATION OF ZOROASTRIAN ASSOCIATIONS FOR WELFARE & CULTURE (FOZAWAC)



**AT UNIVERSITY STADIUM, MARINE LINES, MUMBAI
COME & WATCH INTERNATIONAL, NATIONAL &
STATE LEVEL ATHLETES IN ACTION**

**SPOT ENTRIES WILL BE ACCEPTED IN SCHEDULED EVENTS ONLY
PROOF OF BIRTH WILL BE MANDATORY**

SPONSORS



• MOB.:9820348061 • MOB.: 9819848061 • MOB.:9819395957 • MOB.:9819163896

Religious Announcements

Jashan In Memory Of Late Sheth Maneckji Limji Hataria

A Jashan ceremony in memory of late Sheth Maneckji Limji Hataria, will be held on 15th February, 2023, at Wadiaji Atash Behram (Princess Street), at 10:00 am, on behalf of BPP. Parsi/Irani Zoroastrians are invited to attend.

16th Salgreh of Renovated M J Wadia Agiary

The 16th Anniversary of the renovated Muncherji Jamshetji Wadia Fire Temple (Lalbaug) will be celebrated on 27th February, 2023, (Roj Meher, Mah Meher), with a Jashan at 4:45 pm, followed by a celebration program and dinner. (Contributory Dinner coupons to be collected Er. Kersi Bhadha, 20th February, onwards, at M J Wadia Agiary. For program queries, contact Kobad Gheewala: 9920374154).

Religious TV Series

Frohar Films presents 'Vohumana': Episode titled 'Meherangeez - (Part -1)', on 12th February, 2023, at 1:30 pm on DD - Girnar channel. This episode features a two-part play, conceived, written & directed by Mrs. Mithoo Jimmy Jesia, about a little Zoroastrian girl from Iran who loses her mother and then has to deal with a hostile step-mother and step-brothers, and how these trials and tribulations do not shake her faith in God and prayers.

SUBSCRIBE TO

PARSI TIMES

THE No. 1 PARSII PUBLICATION

ANNUAL SUBSCRIPTION

India and Upcountry **Rs. 1200/-**
E-paper sent to you via e-mail **Rs. 1500/-**

* PLUS 5% GST

Kindly write your Cheques in favour of:
Parsi Times Multimedia Pvt. Ltd

Address: Framjee Cawasjee Institute
Annexe Building, 3rd Floor, Opp Metro
Cinema, Dhobi Talao, Mumbai - 400 002

Tel. No.: (022) 22010704 / 05

To receive the newspaper (hard copy) in countries out of India, kindly e-mail us at: editor@parsi-times.com



SYMPHONY ORCHESTRA OF INDIA

EVGENY BUSHKOV
conductor

PLAMENA MANGOVA
piano

JOHN AXELROD
conductor

ALIM BEISEMBAYEV
piano

JOHN AXELROD
conductor

ADAM WALKER
flute

WEBER: Overture to Der Freischütz
TCHAIKOVSKY: Piano Concerto No. 1
BRAHMS: Symphony No. 3
15 FEBRUARY 2023 | 7:00 PM

BEETHOVEN: Leonore Overture No. 3
RACHMANINOFF: Rhapsody on a theme of Paganini
TCHAIKOVSKY: Symphony No. 6
19 FEBRUARY 2023 | 5:00 PM

DVOŘÁK: Othello, concert overture
MOZART: Flute Concerto No. 1
DVOŘÁK: Symphony No. 7
23 FEBRUARY 2023 | 7:00 PM



JAMSHED BHABHA THEATRE

BOOK NOW ON
[book my show](#)

SOI PATRON





Wishes all it parsi and Irani patrons A loving
Happy Valentine's Day
and offers A 14% discount on the special day .

For reservation call on
(022)22871333, 20821202/9821765540
23-A, Sir P. M. Road, Fort, Mumbai 400 001



In Loving Memory




RHODA ASPI MISTRY

*Three years have passed away
Your blissful fragrance continues to pervade
ours and many grateful lives as
sublime memories,
we shall all forever treasure it with love.
Thanks for enlivening our lives.
Miss you.
Very lovingly,
Husband: Aspi, Son: Vispi,
Grandson: Stevan*


Keep love in your heart. A life without it is like a sunless garden when the flowers are dead.

— Oscar Wilde



Your flaws are perfect for the heart that's meant to love you.

— Trent Shelton



GENEROSITY IS NOT A DUTY, BUT A JOY. HERE IS A WAY CLOSE TO YOUR HEART TO SUPPORT OUR CAUSE!

Nowadays, the disease of cancer has become common and one of the leading causes of death worldwide. The most common form of cancers is breast, lung, colon, rectum and prostate cancers. Infant babies to old-aged people have become the cancer victims. Many people with cancer feel sad. They feel a sense of loss of their health, and the life they had before they learned they had the disease. We understand the fact that an individual being diagnosed with cancer has poor impact on their emotional health including their families & caregivers. The cancer patients from the marginalized families struggle daily in their life for their primary needs due to which they are not able to meet the expenses of their medical treatment. During this time they desperately need help, support, and encouragement. Therefore, considering all these factors, Cancer Aid & Research Foundation (CARF) not only provides financial assistance for their treatment, but also stands with them by giving them the strong emotional support as that tends them to adjust to the changes that Cancer brings into their lives.

To outlive the dreadful disease of cancer, usually a patient has to undergo prolonged treatment plans which are massively expensive, such as the chemotherapy treatment per cycle estimate starts around **Rs. 15,000/- to Rs. 80,000/-** and depending on the suggested treatment plan per patient has to undergo min. **12 to 15 total cycles**. We strive to provide timely financial support to such cancer patients for their treatment and aftercare. Currently, due to the prevailing economic circumstances, the revenue of our Foundation has been significantly impacted and doing good work needs financial resources.

We desperately need your support for this initiative, so that many of our patients can get access to their Chemotherapy treatment. It is assured that the collected funds will be directed towards all the needy cancer patients in their treatment to give them a better life. A sacred opportunity for you to make a difference in the society! Feel the Joy of Giving! Donate now!

If you need more details about CARF you can log on to www.cancerarfoundation.org. Further if you have any more queries you can write to us on carf@cancerarfoundation.org

- Your donation is entitled for exemption under section 80G of Income Tax act 1961.
- Other donors can donate through their bank directly to

Name	Branch	IFSC Code	Account No.
State Bank of India	Vikhroli (W)	SBIN0001406	30259036802
IDFC Bank	Bhandup	IDFB0040146	10051311955

- You can also donate by Credit Card through our website - www.cancerarfoundation.org
- Amount collected will be used towards provision of care and services for deserving CARF patients.

We appeal you to send your donations, by Cheque / D.D. in the name of "CANCER AID & RESEARCH FOUNDATION" addressed to Cancer Aid & Research Foundation, Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083, INDIA.



Estd. 2001

CANCER AID & RESEARCH FOUNDATION

Tel. : 022-2300 5000 / 7000 / 8000 / 2301 6000 / 2305 3602/3607/ 2306 4443/0088 / 2307 0088
Email : carf@cancerarfoundation.org, cancerarfoundation@yahoo.com
Website : www.cancerarfoundation.org

SCAN TO DONATE



UPI ID :- CARF802@SBI

ANTIQUES

DHIRAJ
Old Antique Shop

VALUE GIVEN IS
MORE THAN MARKET RATE

We also collect Goods
& give free Home Service

Old Furniture, Watches,
Old Fountain Pens, Kerba,
Old Crockery, Old Resham Kore
And Zari, Old Toys, Old Camera,
Old Notes And Coins,
German Silver.

CONTACT: DHIRAJ
9819774578 / 8369666193

99, Sai Shop, Next to Cumballa Hill
Hospital, Kemps Corner, Mumbai-36

ANTIQUES

We Buy / Sell all types of
Old Antique Furniture,
Old Crockery,
Old German Silver Ses & Vas,
Old Fountain Pens,
Original Kerbas,
Old British Coins,
Embroidered Gara Sarees,
Zari Borders,
Rolex /Omega Watches,
Antique Wall Clocks.

Contact: R K Old Antique
Mobile: 7045561663
8591329601

COURIER

PAC n DELIVER
INTERNATIONAL COURIER

Send parcels to your Children
& loved ones in CANADA,
UK, USA & WORLD WIDE
including Garments, Farsan,
Chocolates, Sweets, Gifts,
Eatables, Medicines &
any permissible item & get
benefited with SPECIAL rates.

Contact - Mr. ANUJ SANGOI
Tel. - 022-48932230 / 8879991866
Email - sales@pacndeliver.com
"20 Yrs of Quality Service"

FLAT FOR SALE

Available Various
Commercial/ Residential
Premises For Sale And Rent In
South Mumbai
And Independent Bldg Of
2Laks Sqft. at Andheri East
And Luxurious Bungalow At Juhu
We Also Arrange For
Home Loan

Atisaya
Property Consultant
Call For Details

9323126547
7045046300

RETIRED PERSONS

This is an
Exclusive Invite for

**Business
Opportunity
Programme**

At Goregaon for
Retired/VRS/NRI
For Free Registration

Call 9324278852

**BUYING OF ALL TYPES
OF ANTIQUES &
FURNITURE**

E.g. Coins, Notes,
Watches, Wall Clock etc.
Maharashtra & Gujarat.

Transportation of goods
from one place to another
throughout india

Contact. Mr. Irani
8169835441
WhatsApp: 9322871171

AARAV
OLD ANTIQUE ITEMS

VALUE GIVEN IS
MORE THAN MARKET RATE

We also collect Goods
& give free Home Service

Gold & Silver Jewellery,
Watches, Old Furniture, Gramophones,
All Records, All Cameras,
Old Fountain Pens,
Gara, Kerba, Old Crockery,
Zari Border, Old Notes, Coins,
German Silver, Household Items

CONTACT: AARAV
9324503876 / 8169751275

181, Shop No. 13, Bora Bazar,
Fort, Mumbai-1

FLAT FOR SALE

RESALE

flat at worli sea face
Spacious 1.5 BHK with
682 sq ft carpet area,
price Rs 3.25 cr.
Prime location.

Call +91 85917 18824

**OWNERSHIP FLAT
AVAILABLE**

Well Maintained Luxurious
Flat Available For Sale
at Dadar Parsee Colony,
2300 Carpet Area,

WITH 3 CAR PARKING
Owner

Mobile 9821011921

PART TIME JOB

Earn - Learn

Work Digitally From
Home Sweet Home

**All Age Group
Welcome**

Would Be Happy To
Speak With You on

8766534390

PROPERTY

GOOD NEWS

To Buy / Sell and Rent
Flat / Plot & Bungalow
in UDWADA, SANJAN,
NARGOL & NAVSARI

Contact :
Amit Tanna
Mob. : 09978850067

Disclaimer :

The Classified Section of Parsi
Times does not endorse any
product or service advertised and
will not be held responsible by any
third party for the same.

RELIGIOUS ITEMS

Preeti's Parsi Point

Dealers in all kind of
religious & gift items

Lagan/Navjote Ses, Toran, Topi,
Scarf, Kusti, Sadra, Lengha, Sap-
at, Carpets, Silver Farohar Chain,
Pendant & Coins, Mukhad Vase,
Sukhad, metal Zarhost, Ghoda
pair, Soldier pair, Night lamp.

• We under take Polishing of
Old german silver Ses, Vase etc.

• We also buy Old german silver
items at Best Price.

Mob.: 9820770223

Near dadar parsi colony
Mumbai-31.

SITUATION VACANT

Looking For

a smart female,
preferably good at MS
EXCEL, for a back office
computer job in
Real Estate Consultant
office in Tardeo.

Good English.

SilverKey

9820094078
care@silverkey.in

WANTED COOK

Wanted

COOK

Knowing Parsi, Continental
and Indian dishes.
Age below 35.

Live in accommodation.
For family in Cuffe Parade.

Contact:

Mobile: 81046-89110

BUSINESS DEAL

The One and Only
Top Rank Company
Incorporated in 1962
Is Wanting to Sell Its
SARIYA Business

(The Traditional Sariya which
are served In All PARSİ
NAVJOTE & WEDDINGS)

**Any Interested Party
Local or Abroad**

Contact : 9979688353

Printed and Published by Cyrus
Firoz Printer on behalf of
Parsi Times Multimedia Pvt. Ltd.,
Published at Annexe Building,
3rd Floor, Anandilal Podar Marg,
Opp. Metro Cinema, Dhobi Talao,
Mumbai - 400002

* Printed at Dangat Media Pvt. Ltd.,
22 Digha M.I.D.C., TTC Industrial
Area, Vishnu Nagar, Digha,
Navi Mumbai, Thane - 400 708.

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

VIJAY
OLD ANTIQUE SHOP

VALUE GIVEN IS
MORE THAN MARKET RATE

We also collect Goods
& give free Home Service

Gold & Silver Jewellery,
Watches, Old Furniture, Gramophones,
All Records, All Cameras,
Old Fountain Pens,
Gara, Kerba, Old Crockery,
Zari Border, Old Notes, Coins,
German Silver, Household Items

VIJAY
9653285127 / 9321101731

12/2nd Floor, 52/54 Haveliwala Building,
Mint Road, GPO, Fort, Mumbai 1

MUSIC CENTRE

BEST PRICE

We deal in all types of EMI Old
Hindi CDs & English Blu ray Disc,
Vinyl Records Hindi & English,
Turntable, Hi End Music System,
Old CD Games, G.I. Joe, HE Man
Toy, Vintage Telephone, Rupee
NOTE BUNDLES (1,2,5) & Coins.
Zari Border & Sarees, LCD TV, Lap-
top & All Electrical Items.

We Collect all Material from your
Doorstep!

Contact: 9920663443 /
7738935999.



MANCHERJI EDALJI JOSHI MEMORIAL TRUST

DADAR, MUMBAI
presents

Our Ruby Anniversary



the
40th Festival of Spring
2023

40th Jamshedi Navroze Gambhar

Tuesday, 21st March 2023, 5.30 pm. onwards, at Dadar Parsee Colony Gymkhana Grounds

CHIEF GUEST:

The Hon'ble
Mr. Justice Rohinton Fali Nariman
(Retd.)

Guest of Honour:

Mr. Fredun E. De Vitre
Sr. Advocate

THE FESTIVAL OF SPRING CONTESTS

OPEN TO ALL PARSIS / IRANI ZOROASTRIANS

Let The Fun Begin!!!

CREATIVE CHILD GENIUS

Sponsored by **PACKWELL INDUSTRIES**



Sunday 26th February, 2023 at 4.00p.m. at J.B.Vachha High School

Five age groups between 3 years to 15 years will be given a creative task to fulfill within a stipulated time.

Funky Fusion Fashion Show

Sponsored by **YASMIN MISTRY**



Saturday 4th March, 2023 at 6.30p.m. at J.B.Vachha High School

Two age Groups, Under 15 years & Over 15 years. Flaunt an Outrageous or a most Bizarre Ensemble that you can imagine. Walk the Ramp to Music. Enter Alone or in pairs. Pairs will be judged as one entry.

Caveman's Sport

Sponsored by **ERIC J. ANKLESARIA.**

Sunday 5th March, 2023, at 9:00 a.m. at Dadar Parsee Colony Gymkhana Grounds.

A regular Obstacle course Prehistoric Style. Group together to make up a team of six people.

Two under 15 years, two between 15 to 35 years & two above 35 years.

Two participants must be of the fairer sex.

All ladies team permissible. Dress one member of the team as a Mascot to go with the Title Theme.

Conventional Sports Equipment will be replaced by Primitive Contraptions and Tools.

A great sporting event for you to enter and show your skills at some Prehistoric Sports.

TAMBOLA

Sponsored by **A Well Wisher**

Saturday 11th March, 2023, at 6.30 p.m. at J. B. Vachha High School

A Classic Housie Evening.

RANGOLI & FLOWER ARRANGEMENT



Sponsored by **WORLD ZOROASTRIAN ORGANISATION TRUST**

Sunday, 12th March, 2023. - 10:30 am at J. B. Vachha High School

RANGOLI

In the stipulated time of 1.5 hours and size of 2' 6" x 2' 6" get creative with your dabba chowk or stencils.

Both these to be worked in white and coloured 'Chuna' 'Karoti' and / or Sparkle.

One helper will be allowed, who should be of the same age group.

FLOWER ARRANGEMENT

In a space of 2' x 2' create an exquisite flower arrangement from scratch at the venue. In one hour.

Props may be used to enhance your creation. Candles, Drift wood etc.

Artificial flowers up to 10% of the full arrangement may be used as fillers.

PROGRAMME

- Welcome -

By Children of our Dharmagnan Class

Sponsored by Roshan & Sanobar Nanavati in Memory of Late Piyoo Nanavati

- Felicitations -

Entertainment : By Colony Artistes

Music Sound & Lights - SAROSH DARUWALLA'S MAZDA AUDIO VIDEO LAB.

Sound Recording - 'D.J.AARISH' DARUWALLA. Photography - REHAN DARUWALLA

- Caterers -
TANAZ GODIWALA - NON VEGETARIAN
HARBANSLAL TALWAR - VEGETARIAN

- Decor -
DREAM
DESIGNS

- Mandap
Lighting -
MODERN ELECTRIC CO.

- Graphics -
NEETA P. KOCHAREKAR
ARTFARM DESIGNING SERVICES

MENU

NON-VEGETARIAN: Achar, Rotli, Sarya, Sali Mutton, Atheli Chicken, Bharuchi Akuri, Mutton Samosa, Eeda-No-Saas, Mutton Pulao Dal, Custard, Ice-cream, Drink.- One Serivng

VEGETARIAN: Papad, Pickle, Green Salad, Chutney, Supreme Dahi-Vada, Supreme Aloo Chaat, Paneer Finger Fry, Palak Mutter Mushroom, Paneer Do Pyaza, Veg Kolhapuri, Yellow Dal Jeera Tadka, Veg-Biryani, Chapati, Mini Butter Naan, Lachha Paratha, Jalebi Rabadi, Gajar Halwa.

Please buy Dinner Coupons accordingly.
LAST MINUTE CHANGES OF TICKETS WILL NOT BE POSSIBLE

JASHAN: By Dadar Athornan Institute.

At The Dadar Parsee Colony Gymkhana, Wednesday March 15, 2023 at 7.45am.

CONTRIBUTORY DINNER

RS. 1000/-

Coupons available at The Dadar Parsee Colony Gymkhana, Ambedkar Rd, Dadar, Mumbai- 400 014.

From Sunday, February 26, 2023. 9.00 AM. TO 11.30 AM. & 6.00 PM TO 8.00 PM.

Thereafter everyday from 6.00 pm. to 8.00 pm. Till Coupons are available.

SPONSORS



ASSOCIATE SPONSORS



Universal Speciality Chemicals (P) Limited

THIS JAMSHEDI NAVROZE LET'S DO A GOOD DEED!!

Join **MEJMT's FOOD SCHEME** that provides daily meals to our less fortunate brethren across the length & breadth of Mumbai.

CONTRIBUTE GENEROUSLY ON A REGULAR BASIS - MONTHLY, QUARTERLY, YEARLY.

Meals are sent across daily to the old & infirm, breakfast to our Doongarwadi Khandias, meals to children of Chasniwalas studying in Mumbai, food provisions to widows & the less fortunate....

Let's Spread the Joy!

Contact:

Let's Donate... Dil Se !!

MITHOO JESIA

24149571 / 9920971008

TINA PATEL

24151354 / 9820420458

ALL CONTEST ENTRY FORMS & DETAILS ARE AVAILABLE WITH

MITHOO JESIA - 9920971008 • TINA PATEL - 9820420458 • POORAAN BUNSHAH - 9821277972

DINMEHER BUNSHAH - 9821141150 • SHAZNEEN MEHTA - 9967591390 • NATASHA DUBASH - 9820246846

ZENOBIA UNWALLA - 9820021357 • JAHAN NARGOLWALA - 9821354636

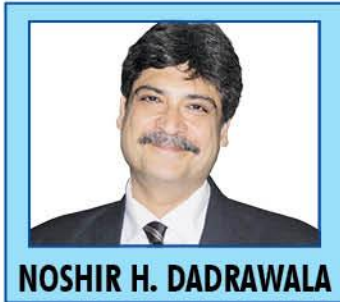
Donate Generously



MANCHERJI EDALJI JOSHI
MEMORIAL TRUST

FOOD SCHEME
Together, let us
feed our Brethren

Celebrate Love and Friendship



NOSHIR H. DADRAWALA

The holy month of Meher begins on 12th February, 2023, and two days later (i.e. 14th February, 2023) it will be Valentine's Day. Interestingly, the Avestan name for Meher Yazata is Mithra – the Divinity presiding over oaths, promise, contracts, bonds, friendship and love. Avestan Mithra finds an echo in the Sanskrit word 'Mitra', which means friend.

Valentine's Day was earlier celebrated as a Christian feast in honour of Saint Valentine of Rome, known as the Patron Saint of love, because at a time when Rome had forbidden soldiers from getting married, he secretly solemnized the marriages of several soldiers in love who wanted to tie the knot.

What is love? Love is a series of varied emotions and behaviors characterized by intimacy, passion, bonding and commitment. It involves care, bonding, protectiveness, attraction, affection, and trust. Love can vary in intensity and change over time. It could nurture happiness, exhilaration, fulfillment and joy or result in negative emotions like jealousy, anger and stress!

However, true love is whole and beyond suffering. In fact, the absence of love is suffering, for true love does not leave you wounded when it is lost. In fact, true love is never lost! Love has its roots in friendship and respect. True love with a best friend usually means that one feels at ease in witnessing each other. In most cases that ease seems to come from a sense of deep similarity.

The Zoroastrian Concept Of Love... In the *Gatha*, Zarathushtra addresses Mazda (Divine Wisdom) as his *Friya* (Sanskrit *Priya*) or beloved! Thus, to Zarathushtra, the essence of Divinity is Wisdom and Zarathushtra lovingly worshiped Wisdom. In the *Gatha*, Zarathushtra chants: "Thee. Do I lovingly entreat for the best for Frashaoshtra!" (Yasna 28.8)

Zarathushtra believed that worship or prayer requires two key ingredients - 'good purpose' and 'love'. He affirms this in *Yasna* 28.10: "For I know that words deriving from good purpose and from love are not to be left wanting by you". In *Yasna* 70 he chants: "I will worship those who are Amesha Spenta and I will approach them with love."

any desire to do anything at all. However, Brahma (the Creator), with a divine sword, split Purusha in two, separating the sky from earth, darkness from light, life from death and male from female. Each of these equal opposites set off passionately to reunite with the severed half. Humans - male and female, continue to seek unity with the severed half through the journey we call love.

Five Forms Of Love... In the Vedic tradition, love has five forms/stages - *Kama* or sensory craving; *Shringara* or joyful intimacy beyond sensory craving; *Maitri* or compassion; *Bhakti* or impersonal devotion; and *Atma-Prema* or unconditional self-love.

Though the first four stages of love are directed outward, when these are crossed, one comes full circle, and back to the self that exists at our very core. Love is about seeing ourselves in others and others in ourselves - the attainment of 'oneness' - the ultimate manifestation of love!

We find a similar theory in Plato's dialogue, 'The Symposium', where the playwright, Aristophanes, suggests that the origins of love lie in a desire to complete ourselves by finding a long lost 'other half'.

Christian Concept Of Love... In the Christian tradition, love is seen as bonding and comprises four forms - *Storge* or the bonding that emanates from empathy towards another; *Philia* or the bond of friendship; *Eros* or the bond of romantic love; and *Agape* or the unconditional love or bonding with Divinity.

In the Bible, (Corinthians 13:4-8) love is glorified as, "Love is patient and kind; love does not envy or boast; it is not arrogant or rude. It does not

insist on its own way; it is not irritable or resentful; it does not rejoice at wrongdoing but rejoices with the truth. Love bears all things, believes all things, hopes all things, and endures all things. Love never ends." Corinthians 16:14 also affirms: "Let all that you do be done in love"

Invoking Meher... As the Divinity presiding over love and friendship, invoking Meher Yazata helps the devotee build and sustain good relationships with one and all.

In the Zoroastrian tradition Meher is also referred to as Meher Davar or Judge who presides over the trial of the soul on the *chahrom* or fourth day after death. Meher is depicted as light or more specifically, sunlight. Therefore, the *Khurshed* and *Meher Niyash* go hand in hand and are recommended as daily obligatory (*Faraziyat*) prayers.

The *Meher Yasht* is one of the longest of the *Avesta* Hymns. It embodies invocations for mercy and protection. Mithra, being the Divinity of heavenly light, is depicted as knower of the truth and one that sees everything. Meher is therefore the Divine Witness of truth and protector of oaths and promises including marriages.

Praying the *Meher Niyash* together with the *Khurshed Niyash*, or the much more elaborate *Meher Yasht*, is considered spiritually beneficial. It dispels the darkness of ignorance and untruth and strengthens the devotee with a high sense of truth, justice and commitment.

Meher Yazata is also the presiding deity over all rituals and ritual spaces and therefore Zoroastrian places of worship, especially in Iran are referred to as *Dar-e-Meher* or *Darb-e-Meher*, which means 'House of Meher Yazata' or the 'House of Light' (including the light of love and friendship).



Amesha Spenta are Ahura Mazda's Divine attributes and Zarathushtra chants that he will lovingly imbibe these attributes! Zarathushtra believed that the purpose of life is to imbibe the good qualities of Ahura Mazda with love.

Indian Concept Of Love... As per an ancient Indian myth, love originated with a super-being called Purusha, who initially felt no craving, fear, or

The History of Bhopal's First Parsi Aaramgah

83-year-old Gev M. Dhunjibhoy, a permanent resident of Bhopal City since September, 1961, is one of the senior-most members of the Bhopal Parsi Panchayat. He shares how the city of Bhopal got its first and only Parsi Aaramgah. (Courtesy: Col. Firoze B. Allavali, President - Bhopal Parsi Anjuman)

At the time of my coming to the wonderful city of Bhopal as an employee of BHEL (Bharat Heavy Electricals Limited), there were many Parsi families living here. Some of them were in prominent



A typical Parsi Aaramgah

positions, like K F Rustomji - IGP, who then became Director Border Security Force; Sam Bharucha, Mr. Marfatia - the cotton mill head, Mr. Divetri - Regional General Manager of Central Bank and Mr. Mina Sanjana - Chief Personnel Manager, BHEL, etc.

Being a member of Parsi community, I had the opportunity to meet all of them frequently and by way of mutual discussion, I came to understand the history of Bhopal's Parsi Aaramgah, which I'd like to share with you.

It was the year 1914, on the day of August 17th, a rail accident occurred near Bhopal, in which many people died, including a Parsi gentleman by the name of Pestonji Dadabhai Shikari. Since there was no Parsi graveyard or burial facility in Bhopal at that point in time, the wife

of late Pestonji Shikari decided to buy and donate a piece of land to be used as a Parsi graveyard in Bhopal.



Aaramgah at Bhopal

This land was donated with the pre-condition, that the first grave on entrance will be of late Pestoni Dadabhai Shikari and any burial be done in future should only be beyond his grave. The condition is followed till date. This is how the city of Bhopal got its first and only Parsi Aaramgah.

Bandra Parsee Assn. Celebrates 74th Annual Day

By Shernaz Bhamgara

The Bandra Parsee Association (BPA) celebrated its 74th Annual Day, at the Bai Avabai Petit Girls High School on 29th January, 2023. The event witnessed a good turnout of members and guests. Chief Guests for the function - Dr. Nozer and Ruby Sheriar and Daina Marfatia were felicitated by BPA President - Sam Choksey and Jt. Secretary - Maharukh Mistry.



The evening comprised variety programs including lucky prizes on the dinner coupons, games of Housie, etc. Sam Choksey delivered the vote of thanks to the Trustees and the Principal of Bai Avabai Petit Girls High School - Yasmin Charna, Head of the boarding section,

the Chief Guests, members, guests and the BPA committee members. The evening ended with everyone reciting the Zoroastrian anthem, 'Chhaiye Hame Zarhosti', and a delicious dinner catered by RTI.

BOMBAY PARSI PUNCHAYET

PUBLIC NOTICE INVITING OFFERS FOR A FLAT AT KHAREGHAT COLONY

The Bombay Parsi Punchayet is in possession of a 4 Rooms + Kitchen Flat admeasuring about 838.92 Square Feet Carpet area on the 2nd Floor, being Flat No. 5, Bldg No. 6, Old Khareghat Colony, Mumbai - 400007, which has reverted to the Trust. The said flat is proposed to be offered on Leave & License basis to prospective bidders, who gives the highest quantum of Refundable Deposit. (Kindly contact Mr. R. F. Patel on 02222617421/22/23 or Mobile : 9819946387 from Monday to Friday between 11.00 am to 5.30 pm for Bid Start Value as well as inspection of the Flat).

1. Those interested are requested to attend the BPP Head Office, 209, Dr. D. N. Road, Fort, Mumbai-400001 on **Wednesday, 22nd February 2023 at 5.00 pm.**
2. Interested Applicants to submit their proposal in a sealed envelope @ BPP Office (Tel: 02222617421/22/23 or (M) 9819946387, with a separate **Demand Draft of Rs. 1 Lakh** in the name of "Funds & Properties of the Parsi Punchayet Bombay" as Earnest Money Deposit, which will be returned if their proposal is not accepted. Please do not put the Demand Draft in the sealed envelope but hand it over separately.
3. Interested bidders must quote value of the Flat in excess of (Reserve Security Deposit amount), exclusive of Stamp Duty and Registration Charges, as applicable for registration of Leave & License Agreement.
4. The sealed envelopes will be opened in the presence of all the applicants on the same day on **Wednesday, 22nd February 2023 at 5.00 pm.**
5. The highest offer will be taken as the Second Reserve Security Deposit amount and the applicants will be requested to make an Open offer in excess of this Second Reserve Security Deposit amount.
6. The highest Open Offer will be taken as the Third Reserve Security Deposit amount.
7. The bidder will be guided beforehand by the **BPP Trustees and Administration** for all 3 Rounds Bidding process. Final Round will be conducted on One-to One basis in close cover- confirmation for bid in excess of 2nd round highest bid amount.
8. The flat will be allotted to the highest bidder in this Third & Final round. (If any tie it may occur, one more round will be conducted on same pattern of Third & Final round for Final Highest Figure)
9. 50% of the full Security Deposit amount of the flat must be deposited by the bidder within **15 days** and the **balance 50% within one month.** Failure to make payments on the Due date will lead to cancellation of their offer and the forfeiture of the Earnest Money Deposit. The flat may again be put up for bidding, or offered to the second highest bidder, as decided by the Trustees.
10. The Leave & license Agreement will be registered after the Full Security Deposit amount is received by the Trust. Possession of the flat will be given **only after** Leave & Licence Agreement is executed and registered.
11. The Trustees reserve the right to refuse any or all offers at their discretion without assigning any reason.

By the order of BPP Trustees

A. F. Sarkari
CEO

Vanam - Nagpur's Restored Heritage

Redevelopment was fast catching up in Nagpur. Once a peaceful area dotted with old bungalows with huge gardens, mostly owned by Parsis, New Colony suddenly became a hub of building activity. Old bungalows were being sold since these were no longer feasible to maintain. Families had shrunk in number, so living in huge places requiring a lot of maintenance due to age, was not practical.

One such beautiful structure, known as 'Empress Mills Director's Bungalow' - a landmark in New Colony - was put up for sale. Empress Mills was the first Tata venture, which provided a platform for them to expand their business. The Director's Bungalow was residence to numerous General Managers over the years as also to various Tata VIPs visiting Nagpur. Right from Naval Tata to Ratan Tata - they lived here while visiting Nagpur in relation to their work at the Empress Mills, which was impeccably maintained, and was a beautiful structure with clean lines - a vision to behold.

Alas, when the Empress Mills shut down in 1986, we knew its days were numbered too. For many years, it stood there as a mute testimony to the glorious days of Empress Mills. Rumour mills were abuzz that the Empress Mills Director's bungalow was sold. The new owners resided there for a few years but found it difficult to maintain, so it was finally sold to a builder for redevelopment.

Shiraz, who lived next door was perturbed with the news. He had grown up seeing this majestic house and spent countless happy hours admiring its old-world charm. He was loathe to see it being demolished and replaced with an ungainly high-rise usurping its place. Not the one to bemoan for an inevitable event which was likely to take place, he went across and made a deal. He bought the old mosaic tiles and the artistic grills, employing expert masons to carefully remove these, salvaged them carefully for future use.



He then set his sights on another Parsi bungalow right in front of his house owned by mining magnate Byramji, who had built and occupied it till his passing. His kin had put it up for sale and Shiraz knew there would be gems here which could be salvaged, reused and restored to their old glory. He bought all the old doors and windows, an imposing and regal wooden staircase and an iron spiral staircase going up to its terrace!

His plan was to build a farmhouse at his farm in Chourbauli (65 kms from Nagpur), which shared its boundary with the Mogarkasa Bird Sanctuary. The Safari gates - both in Silari (Maharashtra) and Turia (MP) of the famous Tiger Reserve - Pench National Park - are just 20 to 30 minutes away.

This strategic location was ideal for a homestay - all the salvaged material was reused and took a new avatar in the form of 'Vanam'. Restoration and adaptive use was the mantra. Vanam was built

keeping in mind the use of the old tiles, doors, windows, grills and staircase. The heritage tiles were meticulously refitted, juxtaposing the old with the new. Walls were made keeping in mind the various old doors and windows measurements. The old grills made their appearance on the huge open verandahs. The regal wooden staircase looked majestic in the hall, going up to the first floor. The old circular iron staircase was fitted at the back, to reach the terrace and water tanks.

The old-world charm was evident though the kitchen and bedrooms had all the modern amenities. Old furniture from their village house in Gujarat was transported to Vanam, occupying a pride of place. Thus, Vanam displayed distinct heritage detailing, married with creature comforts of modern luxury. The crowning glory was the old heavy cast iron gate which was installed at the entrance of the farm. Belonging to the erstwhile Empress Mills, with the Mills emblem engraved on each gate, it looks imposing.



Shiraz ensured to make Vanam sustainable and environment friendly, installing an innovative rain-water harvesting system. There's a Gobar gas plant and an ancient quaint-looking chulla or stove, which keeps the cooked food warm through the day. No plastics, pesticides or synthetic manure is used, only cow dung and manure obtained from vermicomposting is utilized. Repellants prepared of jungle herbs and neem are used as herbicides. The property

also boasts of a 5-acre teak forest planted, 15 years ago.

Wild animals have been known to visit the farm, with various displayed photographs and a cast made from the pug marks, bearing testimony to that. To make up for human encroachment into animal territory, two water holes were dug up, which have proven very useful for animals and birds, especially during the harsh summers. Salt licks are also left at strategic places for animals.

All rural festivals are

celebrated with much fanfare, maintaining the regional ethos for visitors to experience. This, combined with a comfortable, homely stay and a visit to the Pench National Park, Vanam is the place to visit. Farm fresh vegetables and food cooked on wood satisfies your taste buds, coupled with a generous host who will make sure your stay will be a memorable one!

(Courtesy: Havovi Govadia)

The Bawa Word Search

Search out 16 Most Popular Watch Brands in the world hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|----------------|------------------|-----------------|-----------|
| Montblanc | Jaeger-LeCoultre | Audemars Piguet | Piaget |
| Cartier | Harry Winston | Fossil | Blancpain |
| Longines | Zenith | Omega | Rolux |
| Patek Philippe | Tag Heuer | Panerai | Breitling |



TechKnow With Tantra

Project Activate by Google

This is an interesting app initiated by the Research Project of Google for people unable to speak or use technology with their hands, eg. those with cerebral palsy. This App enables you to activate customized preset communications by making facial gestures, such as smiling or looking up. With your face, you can Play text-to-speech phrase; audio to express yourself or control a smart speaker; Send a text message; and make a phone call. A caretaker can customize communications and adjust face gesture sensitivity on a one-time basis, post which the user can use the phone. (Being in its development stage, accuracy cannot be always guaranteed.)

Android: <https://bit.ly/3BKUxTz>

SUDOKU

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

Solution see below

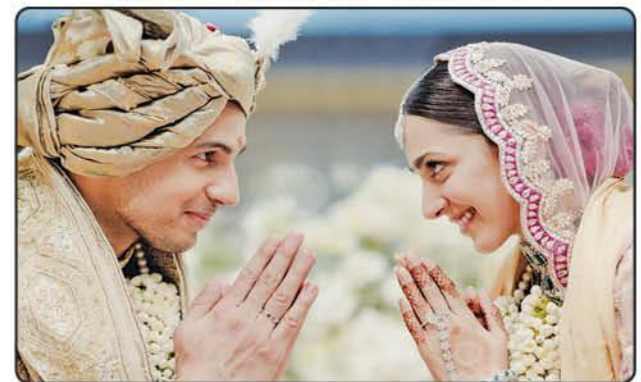
WINNING CAPTION!!!



Male Doggie (red scarf): Your heart-shaped glares make you an extra attractive Retriever!
 Female Doggie (blue scarf): I've tested positive for the Valentine's Day fever!

By Nergish & Jamsu Giara (Navi Mumbai)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 15th Feb., 2022.

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

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

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

HOW MANY WORDS?

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

RESULTS:

Average: 6 or more words

Good: 8 or more words

Outstanding: 9 or more words



SUDOKU SOLUTION

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

Thought of the Week

"You define your own life. Don't let other people write your script."

- By Oprah Winfrey

What Is Love Anyway?



VEERA SHROFF SANJANA

Love is a many splendid thing... Complex, simple, confusing, irritating, exhilarating and so much more. Not all love is the romantic kind. We love all things... people, animals, nature, the air we breathe, the sunshine on our face and that wind on our backs. As humans, we are born to love, we were made to love, we were created in the image of love. But love can often lead you down a path of disappointment if not approached with the right mindset.

There's lots of things about love that puzzle, confuse, beguile and leave you wondering what this heady confounding emotion is all about! Some things about love you learn early on in life; others drag on and become a shade clearer later. It's all about perspective and how you choose to approach love, that either makes it work for you or against you... like a little potion in a bottle, it's fragrance when released envelops you completely. At first, it's all about explosive chemistry, that magical feeling of infatuation and attraction. But, by and by, like any fragrance, you are left with that deeper, more subtle undertone of its charm.

While a great many have discussed, researched and questioned ideas and theories about love, the truth about love continues to elude us. Love neither follows rules, nor can it fit in a single box. One cannot draw conclusions or make assumptions. Love is different for everyone. What I've found time and again, is that people end up learning the hard way, some of their greatest lessons on love. Unfortunately, sometimes these lessons are learnt a little too late in life. But that's the funny thing about wisdom, wine and love. They all mellow with age. Over time here are few things we all need to keep in mind about 'Love', especially when in love.

You Can't Make Someone Love You... People can't control who they love. It's as simple as this. No matter how hard you try to make someone love you, forcing it never works. Love works with the heart and not the head. If you find yourself in a relationship that has fizzled

out, don't force the outcome. It will feel like a compromise. Get out while you can - it will hurt, it'll take time to move on, but it's better than being in a relationship with someone you have to convince to love you.

Qualities That Will Seal The Deal... This advice may certainly feel eye-roll worthy, but it's true. Looks, ambition and wealth might attract you initially but these won't make you happy in the long run. Respect, admiration, the ability to communicate and willingness to grow, are all things that indicate you can ride the rollercoaster of life with them.

Another Person Can't Make You Happy... If you're not happy in your life, whether you're single or in a relationship, it's not your partner's job to make you happy. And it's certainly not their fault you're in a constant state of despair and misery. As an individual in any relationship, it's your responsibility to do whatever needs to be done to make yourself happy.

Be With The Person For Who They Are, Not For What They Could Be... Countless people enter relationships in the hope of changing the person they are with. Often you think, "If only they are more focused," or "If only they are a bit more ambitious or successful". Basing a relationship on 'potential' mean building a relationship on things that don't exist. You're harbouring expectations the other person never signed up for! You will end up resenting each other! Be with a person for what they present to you, not their potential.

Don't Take Each Other For Granted... Even if you've been together for 20 years, you need to tell your partner often enough how much you appreciate them, in ways and means invented, created or curated. A simple comment on their action, a touch, a hug, a meal prepared, a table reservation at their

favorite restaurant... goes a long way.

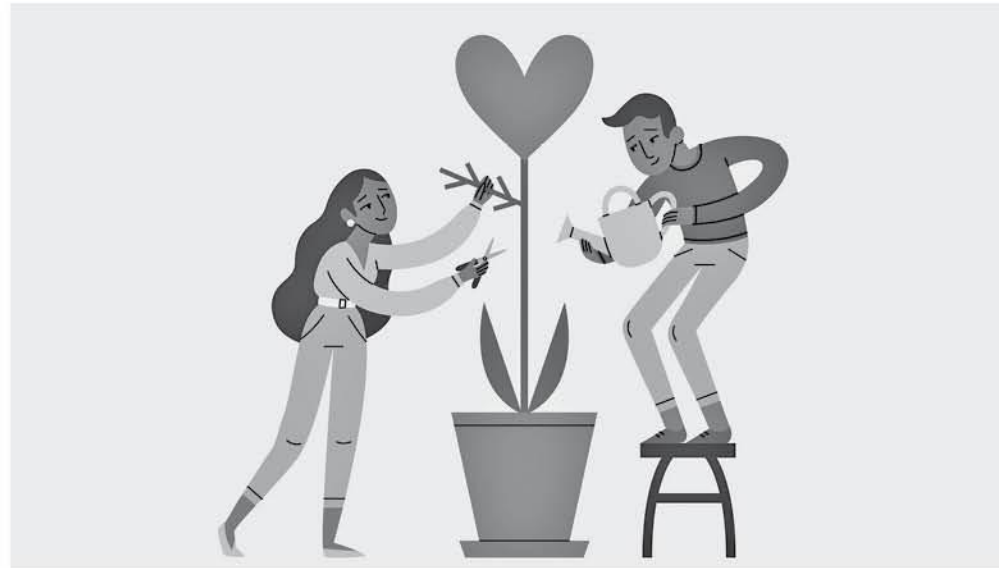
Love Is A Choice, Not A Feeling... Feelings come and go. People stay together in relationships for years and decades because love is a choice you make to stick it out with each other, even after the honeymoon period has ended and the 'pretty bits' have chipped off a while ago. If you think you'll always ride the highs of a relationship without the hard lows, you're gravely mistaken. It's only when you stop making that choice, that love actually falls away.

Love Is Not Always Enough... Two people can be in love but completely wrong for each other. If you do not treat each other well or do not have mutual love, trust and respect, the road ahead is going to be a nightmare. While we've been told that love is all you need to make a relationship work, sometimes we fall in love with the wrong people.

It's Really Up To You To Ask What You Desire In A Relationship... Your needs are your responsibility. You cannot expect your partner to be a mind-reader. No matter how long you've been together, no one can possibly anticipate all your needs without you being vocal about them. You have to speak when something is on your mind.

Agree To Disagree... In a relationship, you need to stop overthinking or being overly sensitive to a difference in opinion or views. You may not align on several issues that pop up in any healthy relationship. It's alright to have differing views. In fact, having different opinions keeps a relationship interesting. You may pride yourself on compatibility but a little debate and friction about life and things is healthy too. Trying to dominate or control how the other person thinks and feels is very healthy and destroys the relationship. Being disrespectful or nasty if things don't go your way is a sign of immaturity.

Whether you're married or in a relationship, remember that every relationship has value, no matter the length. You may feel you've wasted precious time with someone who abandoned you. But they have served a deep and meaningful purpose. Every person who enters your life was meant to enter and exit at that time. There are lessons to be learned, memories to cherish and progress that you have to make in this journey called life. And so, it is in love as well. You may not have the Valentine kind of love every day, but Love, real love, somehow only makes everything better!



Healthy Relationship Checklist

Look for these signs that your relationship is healthy!

Comfortable Pace	Trust	Honesty
Independence	Respect	Equality
Fun	Healthy Conflict	Taking Responsibility

Content Credits to onelove: "10 Signs of a Healthy Relationship"

@FamilyCentreBDA
www.tfc.bm

સમુદાયને શાંતિ અને એકતાની જરૂર છે



ભયથી સ્વતંત્રતા,
દુસ્મનાવટ અને વેરની
ગેરલાજરી ન્યાં
લોય ત્યાં શાંતિ
આવે છે. પરંતુ,
બધાથી ઉપર,
શાંતિ માટે
સમાધાન નિષ્ઠા
અને પુનરાવર્તિત
પ્રયત્નોની જરૂર છે. જો
કે, કમનસીબે, આપણે આપણી

જાતને સમુદાયમાં વિભાજિત કરવાનું ચાલુ રાખીએ છીએ વર્ચ્યુઅલ રીતે દરેક વસ્તુ પર, પછી ભલે તે આપણી સામુદાયિક સંસ્થાઓને પુનર્જીવિત કરવા અથવા ટકાવી રાખવાના પ્રયત્નો લોય કે પછી ધાર્મિક કે સાંસ્કૃતિક કાર્યક્રમો પણ લોય. એક સમુદાય તરીકે, આપણે સમુદાયના ટેબલ પર બેસીને ઉકલો શોધવાને બદલે કાયદાની અદાલતોમાં એકબીજાને મળવાનું પસંદ કરીએ છીએ.

પારસી ધર્મમાં, એક અર્થપૂર્ણ શબ્દ છે - હમા-જોર જે શાંતિ, સંવાદિતા અને એકતાની ભાવના ધરાવે છે. હમા એટલે એકસાથે અને જોર એટલે તાકાત. તેનો શબ્દિક અર્થ છે: તાકાત કે જે એકતામાંથી આવે છે. આફરીન-ઈ-ગહમ્બારમાં આપણે પ્રાર્થના કરીએ છીએ, “Hamā-zor bād vehāne haft-keshvar zamīn ... emān avā eshān, eshān avā emān, hamā-zor ham-baher, ham-yāred,” જેનો અર્થ થાય છે: આપણે બધા સહકાર આપીએ. સાત પ્રદેશો (સમગ્ર વિશ્વ) ના પ્રામાણિક માણસો ... આપણે તેમની સાથે એક થઈએ અને તેઓ આપણી સાથે એક થઈ શકે. આપણે બધા એકબીજાને લાભ અને મદદ કરીએ. જશન સમારોહ દરમિયાન, જોરાસ્ટ્રિયન ધર્મગુરૂઓ બધાથી હાથ મીલાવે છે અને બોલે છે, “Hamāzor hamā asho bed,” એટલે આપણે આધ્યાત્મિક શક્તિમાં એક થઈએ, આપણે બધા આપણા કાર્યોમાં ન્યાયી બનીએ.

ધર્મ એ જીવનનો માર્ગ છે અને તે આપણને માર્ગ બતાવવા માટે છે. કમનસીબે, આજે, એક સમુદાય તરીકે, આપણે ધર્મ વિશે વાત કરીએ છીએ, ધર્મ વિશે દલીલ કરીએ છીએ, ધર્મ માટે લડીએ છીએ અને કેટલાક ધર્મ માટે મરવા પણ તૈયાર છે. આપણે કંઈપણ કરવા તૈયાર છીએ સિવાય કે ધર્મ માટે જીવીએ કે આપણો ધર્મ આપણને બતાવે છે તે માર્ગ પર જીવીએ! ચાલો આપણે શાંતિ, સહનશીલતા અને સમજણને પ્રોત્સાહન આપવાનો પ્રયાસ કરીએ. ચાલો આપણે આપણી શક્તિઓ બનાવવા અને તેના પર કામ કરવાનો પ્રયાસ કરીએ અને આપણી નબળાઈઓને અવગણવાનો પ્રયાસ કરીએ કારણ કે તે ફક્ત આપણી શક્તિઓ છે જે આપણને આપણી નબળાઈઓને સુધારવાની શક્તિ આપી શકે છે. એક સમુદાય તરીકે, ચાલો આપણે સામાજિક અને આર્થિક ફેરફારો માટે ખુલ્લા રહીએ, પરંતુ આપણા મૂલ્યો, નૈતિકતા, સંસ્કૃતિ અથવા ઓળખની કિંમત પર નહીં. જેમ કે મહાત્મા ગાંધી કહેતા હતા કે, તમારે તમારા મનની બારીઓ ખોલવી જોઈએ, પરંતુ તમારે તમારા પગ પવનની લપેટમાં ન આવવા દેવા જોઈએ. બીજા બધાથી ઉપર, ચાલો આપણે વધુ સહનશીલ બનવાનો પ્રયત્ન કરીએ.

જરથોસ્તીઓએ ઈરાનમાં જશન-એ-સાદેહની ઉજવણી કરી

પરંપરાગત મધ્ય-શિયાળામાં પ્રકાશ, આતશ અને ઊર્જાના મહત્વની ઉજવણી કરતો એક તહેવાર જશન-એ-સાદેહ જે હજારો વર્ષોથી પેઢી દર પેઢી ઈરાની જરથોસ્તીઓ દ્વારા ઉજવવામાં આવે છે અને આ વર્ષે પણ ૩૦મી જાન્યુઆરી, ૨૦૨૩ના રોજ ઉજવવામાં આવ્યો હતો, જેમાં મોટી સંખ્યામાં ઈરાની જરથોસ્તીઓએ હાજરી આપી હતી. તેહરાન, યજ્ઞ, શિરાઝ અને કેરમાનના જરથોસ્તીઓ વચ્ચે જશન-એ-સાદેહ તહેવાર ઉજવવામાં આવે છે. આ વર્ષે આ ઘટના તે બળવા સાથે જોડાયેલી હતી જે ગયા વર્ષે સપ્ટેમ્બરના મધ્યથી ચાલુ છે, જ્યારે ૨૨ વર્ષથી માલસા અમીની હિજાબ પોલીસની કસ્ટડીમાં માર્યા ગયા હતા.

આ પ્રસંગ, જેનું નામ ૧૦૦ (ફારસીમાં સેડ) નંબર પરથી રાખવામાં આવ્યું છે, તે ઈરાની કેલેન્ડર વર્ષની શરૂઆત, ૨૧ માર્ચના રોજ નવરૂઝના ૫૦ દિવસ અને ૫૦ રાત પહેલા થાય છે. જ્યારે ક્રિયા તેની ટોચ પર પહોંચે છે, ત્યારે લાકડાના મોટા ઢગલામાં આગ પ્રગટાવવામાં આવે છે. આદરણીય તહેવારને જાળવી રાખવા માટે, જશન-એ-સાદેહને મે, ૨૦૨૦માં ઈરાનની રાષ્ટ્રીય અમૂર્ત સાંસ્કૃતિક



વારસાની યાદીમાં ઉમેરવામાં આવ્યો હતો.

કેટલાક જરથોસ્તી ધર્મગુરૂઓ (મોબેદો) પ્રચંડ ખુદ્દી આગ શરૂ કરતા પહેલા અવેસ્તાના શ્લોકોનું પઠણ કરે છે. સ્વચ્છતા અને સુવ્યવસ્થિતતાના ચિહ્ન તરીકે, ધર્મગુરૂઓ હંમેશા સફેદ સુતરાઉ ઝભ્ભા, ટ્રાઉઝર અને ટોપીઓ પહેરે છે. વધુમાં, મોબેદો અને જરથોસ્તી છોકરીઓ અને છોકરાઓ, બધા સફેદ પોશાક પહેરેલા લોય છે અને તેઓ પ્રદક્ષિણા કરે છે, જ્યારે આતશ પ્રગટાવે છે ત્યારે ભીડનો ઉત્સાહ વધુ તીવ્ર બને છે.

દાદર અથોરનાન ઈન્સ્ટિટ્યૂટમાં નોંધાયેલા અથોરનાનોને પ્રોત્સાહિત કરવા માટેની પ્રોત્સાહક યોજના

૨૯મી જાન્યુઆરી, ૨૦૨૩ના રોજ દાદર અથોરનાન ઈન્સ્ટિટ્યૂટ (ડીએઆઈ)ના મંચેરજી જોશી હોલમાં એક બેઠક યોજાઈ હતી, જેમાં મુંબઈ અને ગુજરાતના વિદ્યાર્થી ઓ તથા વાલીઓએ મોટી સંખ્યામાં હાજરી આપી હતી. સંસ્થા (દાદર મદ્રેસા) ના વર્તમાન અને ભાવિ વિદ્યાર્થી ઓ માટે આશાસ્પદ પ્રોત્સાહન યોજના વિશે માહિતગાર કરવા માટે આ બેઠક યોજાઈ હતી, જે તેમને અભ્યાસક્રમની નોંધણી અને પૂર્ણ કરવા માટે પ્રોત્સાહિત કરે છે.

ડીએઆઈના પ્રિન્સિપાલ - એરવદ ડો. રામિયાર પી. કરંજીયાની આગેવાની હેઠળની હમબંદગી સાથે મીટિંગની શરૂઆત થઈ હતી. ત્યારબાદ દિનશા તંબોલીએ વાલીઓને સંબોધતા અને દરેક વિદ્યાર્થીને રૂ. ૫,૦૦૦/- દર મહિને, ડબ્લ્યુએડઓ ટ્રસ્ટ ફંડમાં તેમના નામે અલગ રાખવામાં આવે છે અને જ્યાં સુધી તેઓ તેમના નાવર, મરતાબ અને એસએસસી પૂર્ણ ન કરે ત્યાં સુધી ચક્રવૃદ્ધિ કરવામાં આવે છે. સંચિત રકમ (અંદાજે રૂ. ૮,૦૦,૦૦૦ થી રૂ. ૧૦,૦૦,૦૦૦ની નજીક), વિદ્યાર્થીએ તેમનું એસએસસી પૂર્ણ કર્યા પછી, વિદ્યાર્થીઓને એકઠી તરીકે સોંપવામાં આવશે, અને તે ઉમરલાયક થયા પછી પ્રાપ્ત થશે.

દિનશા તંબોલીએ પણ આભાર માન્યો અને યોજનાના પ્રાથમિક દાતા નેવિલ સરકારીની પ્રશંસા કરી, જેમણે પોતે ખૂબ જ નમ્રતાથી શરૂઆત કરી હતી, પરંતુ હવે યુ.એસ. માં ઘણા પરોપકારી કાર્યો કરી રહ્યા છે. પારસી ધર્મગુરૂઓના ભાવિ વિશેની તેમની ચિંતાએ તેમને આ યોજનાની શક્ય બ્લુપ્રિન્ટ સાથે સંબંધિત લોકો સાથે દિવસો અને મહિનાઓ



સુધી સતત કામ કર્યા પછી, બે કરોડ રૂપિયાનું યોગદાન આપ્યું.

આ પ્રસંગે બોલતા નેવિલ સરકારીએ જણાવ્યું હતું કે તેઓ તેમની સમક્ષ બેઠેલા વિદ્યાર્થીઓમાંથી ભાવિ વડા દસ્તુરજીઓને જોવાની આશા રાખે છે. એરવદ ડો. કરંજીયાએ જણાવ્યું હતું કે આ એક ઐતિહાસિક પ્રસંગ હતો, કારણ કે અગાઉ ક્યારેય ધર્મગુરૂ વર્ગના સારા ભવિષ્ય માટે આટલી મોટી રકમ ફાળવવામાં આવી ન હતી. તેમણે વિદ્યાર્થી અને માતા-પિતા સાથે શેર કર્યું કે સમય કેવી રીતે બદલાઈ ગયો છે, અને સમુદાય તેમના ધર્મગુરૂઓનું ધ્યાન રાખે છે અને હવે તેમણે આગળ કદમ બઢાવવાનો છે. ત્યારબાદ માતા-પિતાએ સ્વેચ્છાએ આ યોજનામાં ભાગ લેવા માટે સંમત થતા સમજૂતીપત્ર પર હસ્તાક્ષર કર્યાં. નેવિલ સરકારી, બચી તંબોલી અને દિનશા તંબોલીને પુષ્પાંજલિ અર્પણ કરવામાં આવી હતી અને ધર્મગુરૂ વર્ગને સુધારવામાં અને આ રીતે પારસી સમુદાયના ઉદ્ભવ ભવિષ્યને સુરક્ષિત કરવા માટે તેમના પુષ્કળ યોગદાન બદલ આભાર માનવામાં આવ્યો હતો.

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Dolly Rohinton Bharucha દોલી રોહિન્ટન ભરૂચા	67 ૬૭	02.02.2023	Q-24, Godrej Baug, Near Simla House, Off Napeansea Road, Cumballa Hill, Mumbai 26. ક્યુરજ ગોદ્રેજ બાગ, કંબાલા હીલ, મુંબઈ ૨૬.	તે રોહિન્ટન લોમી ભરૂચાના ઘણીયાણી તે પરીનાઝ તથા પરવીન કુરૂશ દાદાબાઈના માતાજી તે મરહુમો બાનુ તથા મોનડેગર ઈરાનીના દીકરી તે કુરૂશના સાસુજી ને ટ્રીઝનના મમઈજી તે નોશીર મોનડેગર ઈરાનીના બહેન તે મરહુમો કેટી તથા લોમી ભરૂચાના વહુ.
Kersasp Darab Marolia કેરસાસ્પ દારબ મરોલીયા	68 ૬૮	02.02.2023	Empress Bldg. 13- Nusserwanji Petit Street, Grant Road, Mumbai 7. એમપ્રેસ બિલ્ડિંગ, ૧૩, નસરવાનજી પીટીટ સ્ટ્રીટ, ગ્રાન્ટરોડ, મુંબઈ ૭.	તે મરહુમો માનેક તથા દારબ મરોલીયાનાં દીકરા તે નીલુફર દારબ મરોલીયા તથા દીનાઝ અદી તાતાનાં ભાઈ.
Soli Bomanshah Tavadia સોલી બમનશાહ તવડિયા	78 ૭૮	03.02.2023	Bhatia CHS bldg, 280 C, 1st Floor, Princess Street, Mumbai 2. ભાટિયા સીએચએસ બિલ્ડિંગ, ૨૮૦-સી, પહેલે માળે, પ્રિન્સેસ સ્ટ્રીટ, મુંબઈ ૨.	તે મરહુમો ટેલમીના તથા અમનશાહ તવડિયાના દીકરા તે શેહરૂ કાવસ સંબાણાના ઘણી તે બેપસી પટેલ, શેહરનાઝ ડી. દુબાશ ને ખરશેદના બાવાજી તે નરગીશ તવડિયા, કેટી માણેકજી, ફલી તવડિયા તે મરહુમો મીનુ તવડિયા, એમી, ચાન્દનના ભાઈ તે દીન્યાર દુબાશ ને મીનુ પટેલના સસરા.
Filly Soli Crawford ફીલી સોલી ક્રોફર્ડ	80 ૮૦	03.02.2023	659, Keki House, Sohrab Palamkote Road, Dadar Parsi Colony, Mumbai 14. ૬૫૯, કેકી હાઉસ, દાદર પારસી કોલોની, મુંબઈ ૧૪.	તે મરહુમો પેરીન અને સોલી કેબશરૂ ક્રોફર્ડ દીકરા.
Freny Jamshed Bharucha ફ્રેની જમશેદ ભરૂચા	96 ૯૬	04.02.2023	701, La Solita 28th Road, Near Gurunanak Park, Bandra, Mumbai 50. ૭૦૧, લા સોલીટા, ૨૮ રોડ, ગુરુનાનક પાર્ક આગળ, બાન્દરા (વે.), મુંબઈ ૫૦.	તે મરહુમ જમશેદ કાવસજી ભરૂચાના વિધવા તે મરહુમો વીલરબઈ ને હોરમસજી પટેલના દીકરી તે લોમીયાર ને રોશનીના માતાજી. તે પ્રીતી તથા મરહુમો ધન, ફરામજી ને ફરેદુનના બહેન તે દોલી ને અસ્પીના સાસુજી તે દેવનાના બપઈજી તે ઝુબીન ને પીનાઝના મમઈજી.
Dinshaw Behram Irani દિનશા બેહરામ ઈરાની	76 ૭૬	04.02.2023	6/22, Blue Gardenia, Dr.G.Deshmukh Marg, Pedder Road, Cumballa Hill, Mumbai 26. ૬/૨૨, બ્લુ ગાર્ડેનીયા, પેડર રોડ, કંબાલા હીલ, મુંબઈ ૨૬.	તે શાહીન દીનશા ઈરાનીના ઘણી તે મરહુમો દોલી બેહરામ ઈરાનીના દીકરા તે બેનઝીર અબ્બ મીશરાના પપા તે અબ્બ મીશરાના સસરા તે લોમાય અંકવેસરીયા ને ખુરશીદ વાડીયાના ભાઈ તે સમીલા મીશરા અને આયાન મીશરાના ગ્રાન્ડ ફાધર.
Navaz Mino Mehta નવાઝ મીનુ મેહતા	69 ૬૯	04.02.2023	Albless Bldg., 1st Floor, Flat No 1266B, Jayker Marg, Mumbai 2. ઓલબ્લેસ બિલ્ડિંગ, પહેલે માળે, રૂમ નં. ૧૨૬૬, બી. જયકર માર્ગ, મુંબઈ ૨.	તે મરહુમો પેરીન ને મીનુ મેહતાના દીકરી તે મેહર કેરસી ગઝદર ને બીનાઈફર ઝરીર કેરાવાલાના બહેન.
Shernaz Yazdi Bardoliwalla શહેરનાજ યઝદી બારડોલીવાલા	54 ૫૪	04.02.2023	306/C, Parsi Salsette Bldg. No 1, C.H.S. Ltd., Pump House, Andheri (E), Mumbai 93. ૩૦૬, સી. પારસી સોલસેટ બિલ્ડિંગ નં.૧, સી.એચ.એસ. લિમિટેડ, પંપ હાઉસ, અંધેરી (પૂ). મુંબઈ ૯૩.	તે યઝદી ફકીર બારડોલીવાલાના ઘણીયાણી તે ઝીનયા તથા યોહાનના માતાજી તે ઝરીન તથા મીનુ વેચુનાના દીકરી તે મેહરૂ તથા ફકીર બારડોલીવાલાના વહુ.
Rashid Firojsha Irani રશીદ ફીરોજશા ઈરાની	82 ૮૨	04.02.2023	Wadia Bldg., 2nd Floor, Flat No 8, 'C' Block, Chira Bazaar, Mumbai 2. વાડિયા બિલ્ડિંગ, ૨જે માળે, ફ્લેટ નં. ૮, સી. બ્લોક, ચીરાબઝાર, મુંબઈ ૨.	તે મરહુમ માહરૂખ રશીદ ઈરાનીના ખાવિંદ તે મરહુમો પીરોજા તથા ફીરોજશા ઈરાનીના દીકરા તે ખુશરૂ, ગુલુ, હદોખત તથા મરહુમો દીલબર, મેરવાન તથા મેહરૂના ભાઈ તે મરહુમો જરબાનુ તથા શેરીયાર ઈરાનીના જમાઈ.
Dinoo Dhunjisha Dubash દીનુ ધનજીશા દુબાશ	88 ૮૮	04.02.2023	784 A, Readymoney Bldg., M. Joshi Road, Dadar, Mumbai 14. ૭૮૪-એ, રેડીમની બિલ્ડિંગ, એમ. જોશી રોડ, દાદર મુંબઈ ૧૪.	તે મરહુમો નાજમાય તથા ધનજીશા અરદેશીર દુબાશના દીકરી તે જાવ, તેહમી ફીરોઝ પુનીવાલા, મેહરૂ તથા મરહુમો નરગીસ, મની ફલી વાડીવાલા તથા રૂસીના બહેન.
Soona Sam Dotiwala સુના સામ દોટીવાલા	91 ૯૧	05.02.2023	West Hill, 27 Nepeance Road, Cumballa Hill, Mumbai 36. વેસ્ટ હીલ, ૨૭ નેપેન્સી રોડ, બેન્ક ઓફ બરોડાની નજીક, કંબાલા હીલ, મુંબઈ ૩૬.	તે મરહુમ સામ સોરાબજી દોટીવાલાના ઘણીયાણી તે મરહુમો ખોરશેદ અને માનેક મિસ્ત્રીના દીકરી તે ફરેદુન સામ દોટીવાલાના માતાજી તે નતાશા ફરેદુન દોટીવાલાના સાસુજી તે મરહુમ ડો. કેતી એન. મુલ્લાના બહેન તે યોહાન દોટીવાલાના બપઈજી તે મરહુમો નાજમાઈ તથા સોરાબજી દોટીવાલાના વહુ.
Rohinton Rustom Irani રોહિન્ટન રૂસ્તમ ઈરાની	76 ૭૬	05.02.2023	F.S. Parekh Dharamshala, 34 Hughes Road, Mumbai 7. એફ. એસ. પારેખ ધર્મશાળા, ૩૪, હુજીસ રોડ, મુંબઈ ૭.	તે મરહુમો લોમાય તથા રૂસ્તમ શેરીયાર ઈરાનીના દીકરા તે અરનાવાજ, દોલી, ગોવેર, ઝીની તથા મરહુમો શેરીયાર ઈરાની ને નરગેશ કુવાદીના ભાઈ.
Khushroo Hormasji Mehta ખુશરૂ હોરમસજી મેહતા	70 ૭૦	06.02.2023	E/7, Godrej Baug, Off Nepeansea Road, Cumballa Hill, Mumbai 26. ઈ/૭, ગોદ્રેજ બાગ, ઓફ નેપીન્સી રોડ, કંબાલા હીલ, મુંબઈ ૨૬.	તે કેશમીરા ખુશરૂ મહેતાના ખાવિંદ તે જઝીલ ખુશરૂ મહેતાના બાવાજી તે મરહુમો કુમી તથા હોરમસજી મેહતાના દીકરા તે ઝીનીયા જઝીલ મેહતાના સસરાજી તે મરહુમો ગુલ તથા એદવજી દેબુના જમાઈ તે મરહુમ હોશંગ મહેતાના ભાઈ.
Mino Sorabji Pithawala મીનુ સોરાબજી પીથાવાલા	79 ૭૯	06.02.2023	Pilla Lodge, 3rd Floor, Bhaji Galli, Grant Road, Mumbai 7. પીલા લોજ, ૩જે માળે, શંકર શેઠ રોડ, ભાજી ગલી, ગ્રાંટ રોડ, મુંબઈ ૭.	તે વીરા મીનુ પીથાવાલાના ખાવિંદ તે કેનાઝ તથા ઝુબીનના બાવાજી તે મરહુમો નરગીશ તથા સોરાબજી પીથાવાલાના દીકરા તે ખુશરૂ બીલ્લીમોરીયા તથા દીનાઝ પીથાવાલાના સસરાજી તે કેઝીન તથા કાથરાના મમાવાજી તે કેઝીયન તથા દેવીશાના બપાવાજી તે લીલી દાડવાલા, હોશી પીથાવાલા તથા મરહુમ ફીલીના ભાઈ.
Freny Manchershaw Guzder ફ્રેની મંચેરશાહ ગઝદર	74 ૭૪	06.02.2023	Mistry Bldg., 2nd Floor, R.N.17, 816 Jame Jamshed Road, Dadar (E), Mumbai 14. મીસ્ત્રી બિલ્ડિંગ, બીજે માળે, રૂમ નં. ૧૭, દાદર (ઈ) મુંબઈ ૧૪.	તે મરહુમો નાજમાય તથા મંચેરશાહ દીનશાહજી ગઝદરના દીકરી તે મરહુમ દીનશાહ મંચેરશાહ ગઝદરના બહેન.
Kersi Dara Jokhi કેરસી દારા જોખી	56 ૫૬	06.02.2023	12/6 Ustate CHS, Jahangir Daji Road, Grant Road, Mumbai 7. ૧૨/૬, ઉસ્તાતે સી. એચ. એસ., જહાંગીર દાજી રોડ, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરહુમો ફેની અને દારા જોખીના દીકરા તે ગેવ દારા જોખીના ભાઈ.
Minocher Framroze Ragina મીનોચેહર ફરામરોજ રાગીના	75 ૭૫	07.02.2023	O/16, Bharucha Baug, Lallubhai Park Road, Andheri(W), Mumbai 58. ૦/૧૬, ભરૂચા બાગ, લલ્લુભાઈ પાર્ક રોડ, અંધેરી (પ). મુંબઈ ૫૮.	તે મરહુમો ધનમાય તથા ફરામરોઝ રાગીનાના દીકરા તે આલુ ફરામરોઝ રાગીના તથા મરહુમ લોમી ફરામરોઝ રાગીનાના નાના ભાઈ.
Dilnawaz Khushroo Patel દીલનવાઝ ખુશરૂ પટેલ	66 ૬૬	07.02.2023	P-23, Nowroz Baug, Behind Ganesh Galli, Parel (E), Mumbai 12. પી-૨૩, નવરોઝ બાગ, પારેલ (ઈ). મુંબઈ ૧૨.	તે મરહુમ ખુશરૂ રતનશાહ પટેલના ઘણીયાણી તે મરહુમો જરૂ તથા ફલી સેઠનાના દીકરી તે ઉરવકશ ખુશરૂ પટેલના માતાજી તે મહાઝરીન ઉરવકશ પટેલના સાસુજી તે પરવીન, એમી તથા રૂસ્તમના બહેન તે મરહુમો આલુ તથા રતનશાહ પટેલના વહુ.
Pervin Pervez Patel પરવીન પરવેઝ પટેલ	78 ૭૮	08.02.2023	299/301 May Bldg., 4th Floor, flat No 402 A, Kalbadevi, Mumbai 2. ૨૯૯/૩૦૧ મેલ બિલ્ડિંગ, ૪થે માળે, રૂમ નં. ૪૦૨ એ, કાલબાદેવી, મુંબઈ ૨.	તે મરહુમ પરવેજ અમનશા પટેલના ઘણીયાણી તે મરહુમો આવામાઈ અને એરચશાહ કાવસ કાપડયાના દીકરી તે હનોઝ પરવેજ પટેલ તથા મરહુમ અરનાઝ ફીરોજ મીરઝાના માતાજી તે ફીરોજ મીનુ મીરઝા તથા દેવજીન હનોઝ પટેલના સાસુજી તે પરવીજ મીનુ ચોકશીના બહેન તે તીનાઝના મમઈજી તથા જરેસ્તીન, જહાન, જનીસાના બપઈજી તે મરહુમો ગુલા અને અમનશા દારાબશા પટેલના વહુ.
Tehmina Jehangirji Hiloo તેહમીના જહાંગીરજી હીલુ	95 ૯૫	08.02.2023	Flat No 7, Jamasp Tata Block, Plot No 202, 38th Road, Tps 3, Mumbai 50. ફ્લેટ નં. ૭, જામસરપ ટાટા બ્લોક, પ્લોટ નં. ૩૦૩, ૩૮મો રોડ, મુંબઈ ૫૦.	તે મરહુમ જહાંગીરજી સોરાબજી હીલુના ઘણીયાણી તે મરહુમો હીરાબાઈ અને નાદીરશા પીઠાવાલાના દીકરી તે પરવેજ, ફરોક, જહાનબકશ, દીન્યાર તથા મરહુમો કેરસી ને ફેદીના માતાજી તે પ્રેની, પરવીઝ, રીતાના સાસુજી તે મરહુમો માનેકશા તથા બાનુ રતનશા વાડીયાના બહેન તે જેનીફર ફરઝાદ સદવી, નવરોજના બપઈજી તે મરહુમો સુનામાઈ અને સોરાબજી અમનજી હીલુના વહુ.

Death Announcements From Prayer Hall

Eruch Jehangirji Billimoria એરુચ જહાંગીરજી બિલ્લીમોરીયા	84 ૮૪	08.02.2023	702, Shree Heights, Wadia Street, Tardeo, Mumbai 34. ૭૦૨ શ્રી હાઈટસ, વાડીયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪.	તે ગુલના ઘણી તે મરહુમ જરબાઈ અને મરહુમ જહાંગીરજીના દીકરા તે આબાન અને આદિલના પપ્પા તે મરહુમ જાવ, હીલા, પીલુ, ઝરીનના ભાઈ તે મરહુમ ધન અને મરહુમ રતનશાના જમાઈ.
--	----------	------------	--	---



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૧.૦૨.૨૦૨૩ થી તા. ૧૭.૦૨.૨૦૨૩



Aries - મેષ - અ.લ.ઈ.

હાલમાં શુક્રની દિનદશા શરૂ થયેલી છે તેથી તમારા મોજશોખ ખુબ વધી જશે. શુક્રની કૃપાથી જે પણ કામ કરતા હશો તેમાં તમને ભરપૂર જથ્થા મળશે. તમારું અશાંત મન શાંત થઈ જશે. તમારાથી નારાજ થયેલી વ્યક્તિ તમને સામેથી કોન્ટેક્ટ કરશે. તમને મળવા આવેલી વ્યક્તિનું વેલકમ કરજો. દરરોજ 'બહેરામ યજ્ઞ' ભણજો.

શુક્રનવંતી તા. ૧૧, ૧૨, ૧૫, ૧૭ છે.

Lucky Dates: 11, 12, 15, 17

The start of Venus' rule increases your inclinations towards fun and entertainment. With Venus' graces, you will receive great appreciation and fame in all your endeavours. Your restless mind will find peace. Those upset with you will approach you themselves. Ensure to welcome those who come to meet you. Pray to Behram Yazad daily.



Cancer - કર્ક - ડ.હ.

તમને ગુરૂની દિનદશા ચાલુ હોવાથી ધારશો તો ધર્મ કે ચેરીટીના કામો સારી રીતે કરી શકશો. ધારેલા કામ સમય પર પુરા કરી શકશો. અટકેલા નાણાં પાછા મેળવવામાં થોડી ભાગદોડ કરી લેજો. સમય પર કામ પુરા થવાથી મનને વધુ શાંતિ મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણજો.

શુક્રનવંતી તા. ૧૧, ૧૨, ૧૩, ૧૭ છે.

Lucky Dates: 11, 12, 13, 17

Jupiter's ongoing rule enables you to do works of religion and charity more effectively. You will be able to complete your work on time. You are advised to put in a little effort to retrieve your stuck funds. Completing your work in time will give you mental peace. Pray the Sarosh Yasht daily.



Libra - તુલા - ર.ત.

બુધની દિનદશા ચાલુ હોવાથી તમારા ખર્ચ પર કાબુ મેળવવામાં સફળ થશો. તમારા રેકમેન્ટથી કોઈના અટકેલા કામો ફરી ચાલુ થઈ જશે. કોઈપણ જાતનું ઈનવેસ્ટમેન્ટ કરવામાં કસર રાખતા નહીં. ગામ પરગામથી કોઈ સારા સમાચાર મળવાના ચાન્સ છે. સરકારી કામમાં સફળતા મળવાના ચાન્સ છે. તમે દરરોજ 'મેહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૧, ૧૨, ૧૫, ૧૬ છે.

Lucky Dates: 11, 12, 15, 16

Mercury's ongoing rule helps you to control your expenses. Your recommendation will help restart the stalled work of another. Do not hesitate to make investments. You could receive good news from abroad. You will be successful in government-related works. Pray the Meher Nyaish daily.



Capricorn - મકર - ખ.જ.

૨૩મી માર્ચ સુધી શીતળ ચંદ્રની દિનદશા ચાલશે. જે તમને નાની મુસાફરી કરવાનું મન થાય તો મુસાફરી જરૂર કરજો તેનાથી તમને મનને શાંતિ અને આનંદ મળશે. જે પણ કામ કરશો તેમાં ખુબ સાવધાની રાખજો. ઘરની વ્યક્તિનો સાથ સહકાર મલવાથી વધુ સુખી થશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો.

શુક્રનવંતી તા. ૧૧, ૧૨, ૧૪, ૧૭ છે.

Lucky Dates: 11, 12, 14, 17

The Moon's rule till 23rd March advises you to travel if your heart desires, as this will bring you mental peace and joy. You are advised to be alert in all your tasks. The support of a family member brings you much contentment. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

૪થી માર્ચ સુધી રાહુ તમારા મગજનો બોજો ઉતરવા નહીં દે. તમારી અંગત વ્યક્તિ તમને પરેશાન કરે તો નવાઈમાં નહીં પડી જતા. રાહુ તમને સાચો રસ્તો બતાવશે નહીં. બીજાનું સાડું કરવા જતાં તમે તમારા કામો ભુલી જશો. ખોટા વિચારોથી પરેશાન થશો. નાણાકીય મુશ્કેલી ઓછી કરવા માટે ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણજો.

શુક્રનવંતી તા. ૧૧, ૧૨, ૧૩, ૧૪ છે.

Lucky Dates: 11, 12, 13, 14

Rahu's rule till 4th March doesn't allow your mental tensions to lessen. Don't be surprised even if those close to you start to harass you. Rahu does not let you see the right path. Trying to help others, you will forget to do your own work. Negative thoughts will upset you. To reduce financial stress, ensure to pray Mah Bokhtar Nyaish daily.



Leo - સિંહ - મ.ટ.

૨૩મી ફેબ્રુઆરી સુધી શનિની દિનદશા ચાલશે. હાલમાં તબિયતથી વધુ પરેશાન રહેશો. મોટી ઉમરના લોકોને સાંધાના દુખાવાથી પરેશાન થશે. જ્યાં એક બાજુથી કરકસર કરશો ત્યાં બીજી બાજુથી ત્રણ ગણો ખર્ચ વધી જશે. લાંબા સમયના વિચારો કરતા નહીં. મોટી 'હમન યજ્ઞ' ભણવાથી મનને શાંતિ મળશે.

શુક્રનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 14, 15, 16, 17

Saturn's rule till 23rd February could have you upset over health matters. The elderly could suffer from joint pains. While trying hard to save money from one end, your expenses will increase from three other ends! Do not think about any long-term plans. For mental peace, pray the Moti Haptan Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

૨૧મી ફેબ્રુઆરી સુધી મંગળની દિનદશા ચાલશે. તમારા ગુસ્સા ઉપર કાબુ રાખવો અગત્યનો છે. નોકરી કરનાર વ્યક્તિને ધનલાભ મળી રહેશે. રોજ બરોજના કામો સારી રીતે કરી શકશો નહીં. મનમાં ખોટો ડર રહ્યા કરશે. બુધિનો ઉપયોગ કરતા નહીં. દરરોજ 'તીર યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૩, ૧૪, ૧૫, ૧૬ છે.

Lucky Dates: 13, 14, 15, 16

Mars' rule till 21st February makes it crucial for you to be able to control your temper. The employed will receive monetary benefits. You will not be able to do your daily chores effectively. Your mind will be haunted with unnecessary fear. You will not be able to use your intelligence. Pray the Tir Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

આજ અને કાલનો દિવસ સુખ અને શાંતિમાં પસાર કરવાનો બાકી છે. ૧૩મીથી સુર્યની દિનદશા તમને આવતા ૨૦ દિવસમાં શારિરીક નુકસાની આપવામાં કોઈ કસર નહીં છોડે. ૪થી માર્ચ સુધીમાં તમે તાવ માથાના દુખાવાથી પરેશાન થશો. સુર્યની ગરમીને શાંત કરવા ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો.

શુક્રનવંતી તા. ૧૨, ૧૩, ૧૫, ૧૬ છે.

Lucky Dates: 12, 13, 15, 16

You have today and tomorrow to spend in peace and happiness. The Sun's rule, starting 13th Feb, for the next 20 days, will cause you much trouble. You could suffer from fever and headaches till 4th March. To placate the heat of the sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Gemini - મિથુન - ક.છ.ધ.

છેલ્લા ૧૦ દિવસ ગુરૂની દિનદશામાં પસાર કરવાના બાકી છે. ફેમીલી મેમ્બરની ડિમાન્ડ પહેલા પુરી કરજો. ઘરમાં જોઈતી ચીજ વસ્તુ વસાવી લેવામાં જરાબી કરકસર કરતા નહીં. ગુરૂની કૃપાથી નાણાકીય મુશ્કેલીમાં નહીં આવો. કોઈના મદદગાર બની શકશો. ધારેલા કામો સમય પર પુરા કરી શકો તે માટે દરરોજ 'સરોશ યજ્ઞ' ભણજો.

શુક્રનવંતી તા. ૧૨, ૧૪, ૧૫, ૧૬ છે.

Lucky Dates: 12, 14, 15, 16

You have 10 days remaining under Jupiter's rule. Ensure to cater first to the wants of family members. Do not hesitate at all to make purchases for the house. There will be no financial concerns. You will be of help to others. To be able to complete your works on time, pray the Sarosh Yasht daily.



Virgo - કન્યા - પ.હ.ણ.

બુધની દિનદશામાં છેલ્લું અઠવાડિયું પસાર કરવાનું બાકી છે. બધા કામ બાજુમાં મુકીને વેતી દેતીના કામો પહેલા પુરા કરજો. તમારા લેણાના પેસા પાછા મેળવવા ભાગદોડ કરી લેજો. માથા પર વધુ ઉધારી હોય તો લેણદાર પાસેથી થોડી મુદત માંગી લેજો. દરરોજ 'મેહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૧, ૧૩, ૧૪, ૧૭ છે.

Lucky Dates: 11, 13, 14, 17

This is the last week under Mercury's rule. Keep all your work aside and first focus on transactions related to lending or borrowing money. To retrieve your money from debtors, put in extra effort. If you have to return money, request your creditors for a little more time. Pray the Meher Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૩મી ફેબ્રુઆરી સુધી ચંદ્રની દિનદશા ચાલશે તમારા કામો સારી રીતે કરી શકશો. ઘરવાળા મિત્રનો સાથ મલવાથી મુશ્કેલીભર્યા કામને સહેલા બનાવી દેશે. ઘરમાં જોઈતી ચીજ વસ્તુ લેવામાં જરાબી કરકસર કરતા નહીં. થોડી રકમ સારી જગ્યાએ ઈનવેસ્ટ કરજો. હાલમાં ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો.

શુક્રનવંતી તા. ૧૨, ૧૩, ૧૪, ૧૫ છે.

Lucky Dates: 12, 13, 14, 15

The Moon's rule till 23rd February helps you do your tasks very efficiently. You will be able to do even challenging tasks with ease, with the help of family members and friends. Do not hesitate to make any purchases for the house. Invest a part of your income. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

શુક્રની દિનદશા ચાલુ હોવાથી મોજશોખ વધતા જશે. જેટલા કમાણો એટલો ખર્ચ કરી નાખજો. શુક્રની કૃપાથી કોઈ પાસે લાથ લાંબો કરવાનો સમય નહીં આવે. અપોજીટ સેકસનો સાથ ખુબ સારી રીતે મળશે. નવી ચીજ વસ્તુ લેવામાં સફળ થશો. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૧, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 11, 15, 16, 17

Venus' ongoing rule will have you inclined increasingly towards fun and entertainment. You will end up spending all your earnings. But, with Venus' blessings you will not need to borrow money from others. You will get good support from members of the opposite gender. You will be able to buy new things. Pray to Behram Yazad daily.

Meherbai's Mandli Discusses Their First Love



RUBY LILAOWALA

Meherbai hosted a simple theme-based Valentine's Day lunch at her house. The Mandli was served heart-shaped pakoras as starters (with beer), heart-shaped pizzas and a huge, heart-shaped cake followed by heart-shaped chocolates. Everything was relished by the Mandli and as usual..., Keki's *Khadhri* wife reminded her husband, "Keks! Go ask Meherbai if we can take home the left-overs!"

Keks: Why should I ask every time? *Mahra position ma puncture, aney abroo ma gaabroo pari jasey!*

Kek's wife: What position and *abroo* are you talking about? Since the day you became a *gher-jamai*, you have been living off my money!

Meherbai overheard the conversation and slipped a huge packet of goodies to Keks for which he thanked her. That done, they all settled in Meherbai's library to discuss their first love!

Meherwanji: Isn't it surprising how we seldom marry our first crush? Mine was Shernaz, our neighbour. But since she was painfully-thin, my mother rejected her, calling her *sukki-boomli* and adding that she looks so weak that she'll die in her first delivery and I'd have to raise the child!!

Shero Sharp-shooter: My first love was Pedro D'Cunha, my piano -teacher. But our budding love-affair was made *Foos-Faas* by my family since my Pedro was a *parjaat!!*

Adi Adagro: I was in love with a gorgeous girl with film-star looks but she was a *kum-akli-saparchand*, so I dropped her and married my intellectual *Hoshiar-Homai*.



Hoshiar-

Homai: *Pesi Papau* was my crush in school but whenever we went on a date, his *Hausun-Jhausun* family would come along, especially his *Jaari-Paderi* mom who always did *festa-fajeta* and sat between us, so *romance na bhajia tarai gaya!*

Amy Atom Bomb: In school, *Vaankidoki-na Vikaji* was my crush. He used to come home to give me tuitions. I called him *Chavitro Vandro* because his hands moved up and down my back like an Octopus! But he was 16 years older than me, so I opted for my next-door neighbour - *Rustom* who was 10 years younger than me.

Abban Aban: Oh wow! Like *Priyanka Chopra* married that *Bavaji-No-Boocho* *Nick Jonas*! Speaking for myself, my first crush was on my Marathi teacher, *Mr. Wagh*. He is married now and very scared of his wife.

The Mandli: Why? Why?

Aban: Because when she married, she was (Miss) *WHAGMARE!!*

Alamai Eienstein: These days, most marriages are unhappy and a mere compromise. It's called: '*Khasra Khai*

Ne Khar-Khar Hasey, Aney Tamacha Mari Ne Gaal Laal Karey! Unhappily married but *Gher Na Ghela Aney Baahar Na Dahya!!*

Shapur, the Shaayar: *Hamari Pehli Mohabbat Victoria Garden Mein Hui Thi. My Dolly Ding-Dong was feeding the monkeys, One sing (peanut) at a time. One sing mujh par giri aur mera dil dhadakney laga.*

Abban Aban: *Uskey pehle kya aapka dil bandh tha?*

Shapur: *I mean naacheez ka dil zor zor se dhadka!*

Anahita Andoos: *Palpitation hua? Heart attack aaya?*

Shapur: Ladies, ladies, my heart was going boompitty-boom. We met daily and she fed half the peanuts to monkeys and half to me. I proposed marriage, pleading an answer only in *Shairi-form* and then we stopped meeting.

The Mandli: What was her answer?

Koomi Kaajwali: The Nation wants to know!!

Alamai Eienstein: *Koomi*, are you *Arnab Goswani* or what? The Nation wants to know!

Shapur Shaayar: *Her answer was: Aam Gaye, Anar Gaye, Kacchey Limboo Reh Gaye, Sacchey Ashiq Mar Gaye, Aur Uloo Ke Patthey Reh Gaye!!*

Then she called me, "Ullu (owl), melo-ghelo, bettho-bekar, vegret, meloo and Mad-house no Mehmaan!" It broke my heart, so I went home and sang sad songs from old Bollywood movies. The neighbours complained to the landlord that they couldn't sleep at night. *Cawasji Kasari* told me to my face to stop singing in my *faatela dhol jevo avaj!* So, I composed this *Shairi:*

Kuch Is Tarah Maine Ishq Asaan Kar Lia, Kisi Se Maafi Maangi, Kisi Ko Maaf Kar Diya!!

Rusi Rockstar: Hey, you shameless plagiarist, these are my generation's popular songs, *Bawa adam na jamana na!!*

Shapur Shayar: Even *Freny* didn't get married!! It's 50 years now since our hot, insane, passionate romance started in *Victoria Garden Zoo*, outside the monkey-cage.

Zamana Guzar Gaya, Garam Chai Jaisa Ishq, Cold Coffee Ki Tarah, Thanda Ho Gaya!!

Noshir Naustraadamus: You must forget everything and move on in life.

Shapur: I had already forgotten and moved on until yesterday, when I came face to face with her in *Colaba Bazar* and saw that she was wearing a *spondylitis collar*, looking like a cow with all the weight she put on over 50 years. I'll tell my story in a *Shairee*.

Abban Aban: *Varsaad, Varsaad.*

Anahita: *It's Irshaad, Aban!*

Shapur: *Aaj Voh Purani Mohabbat Achaanak Mili Bazar Mein, Uske Galey Mein Spondylitis Ka Collar Tha Aur Mere Dil Mein Stent!!*

The Mandli: *Phir kya hua?*

Shapur: *Na Uski Gardan Hili, Na Mera Dil Dhadka!!*

Meherwanji: Romance no 'THE END' thai gayo!!

On this note, the Mandli parted with the usual *kisi-koti-ta-ta-bye-bye* and Meherbai telling everyone, '*Hasta Ramta Sidaavo!!*'



Rajiv Gandhi International Cricket Stadium, Dehradun, India

- 157 years in business
- Presence in 40+ countries
- 40,000+ global workforce



Shapoorji Pallonji And Company Pvt. Ltd.
Corporate Office: SP Centre, 41/44 Minoo Desai Marg, Colaba, Mumbai - 400 005
Tel: +91 22 6749 0000 Website: www.shapoorjipallonji.com



Conscious Living by
DR. TRISHALA CHOPRA

'SIBO': Have You Heard About This Before?

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]

Gut problems are an epidemic in our society. Often undiagnosed, these problems lead to loads of uncomfortable symptoms that mainstream medicine struggles to treat. My practice, however, specializes in uncovering the root cause of a person's symptoms, so as to achieve the best of their health, naturally. One common gut problem is 'SIBO'. This condition can wreak serious havoc on your gut and result in further health problems, if not addressed in time.

So, what exactly is SIBO? 'SIBO' stands for 'Small Intestinal Bacterial Overgrowth'. Your gut comprises small and large intestines. When you are not eating, all the gut bacteria migrate down into the large intestine, where they live. However, when this system gets disturbed due to various reasons, they migrate to the small intestine instead of the large intestine and start growing. These bacteria end up eating what you eat, fermenting the food in the wrong area, causing uncomfortable symptoms. SIBO is often considered a precursor to the more serious 'leaky gut', which is linked to many chronic and autoimmune conditions.

Symptoms Experienced Due To SIBO
SIBO is associated with gut-related symptoms that are annoying but often considered 'normal' at first glance by mainstream medicine, since these are quite common, like: Constipation, Diarrhoea, Abdominal cramps, Flatulence/Gas, Nausea, Bloating, Acid

Reflux, heartburn. If left unattended for a longer period of time SIBO can also lead to Irritable Bowel Syndrome (IBS).

What Causes SIBO?

SIBO can have both - direct causes or be influenced by other activities taking place in your body. Certain conditions have been linked to a predisposition for SIBO including: Pancreatitis (inflammation of the pancreas); Diabetes; Abdominal surgery; Celiac disease (hypersensitivity to gluten); Rosacea (skin condition); and even Ageing has also been known to contribute to SIBO since your digestive tract slows down with age.

Consequences Of SIBO:

Other than uncomfortable symptoms, one of the biggest concerns of SIBO is malnutrition. SIBO inhibits the absorption of vitamins, fat, carbohydrates, and protein from foods, causing nutrient deficiency which is often a major problem for those with SIBO. Some common deficiencies that come up in the blood work for SIBO patients include iron, calcium, vitamin D, vitamin A, and vitamin B12. Since these nutrients can contribute to fatigue, weakness, brain fog, hormonal imbalance and low immunity, it's vital to treat SIBO to



overcome these nutrient deficiencies and improve your overall gut health.

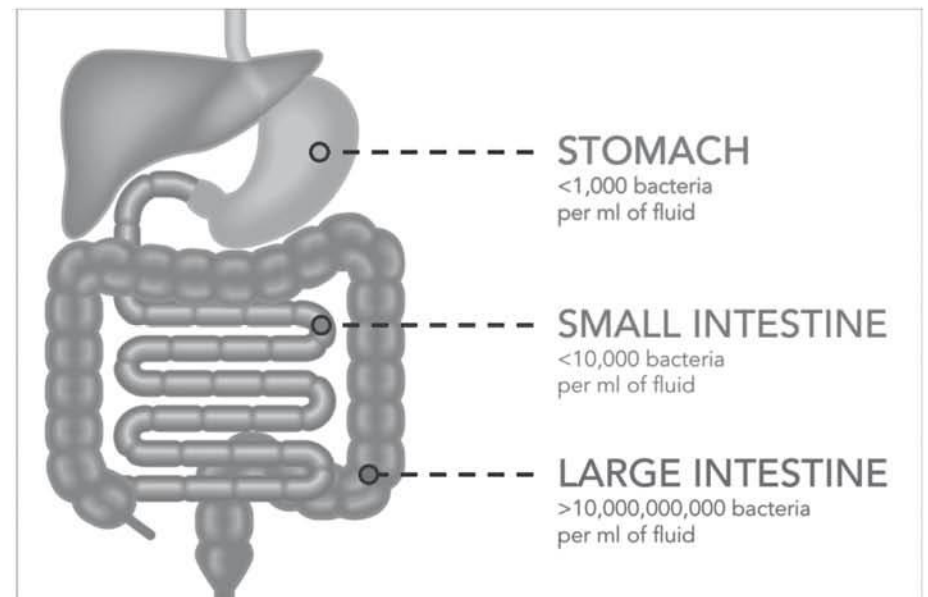
Some Treatments To Help Overcome SIBO:

Identify The Root Cause: To treat SIBO

resolves completely.

Add Probiotics To Your Routine: You can incorporate more probiotic-rich foods into your diet such as sauerkraut, kimchi, yoghurt, kefir, and Kombucha. Speak to your practitioner and add a supplement with a strain that works for you. Avoid probiotics that contain prebiotics, which can feed the bacterial overgrowth.

Practice Intermittent Fasting: An intermittent fasting protocol, where one limits food intake for a short period of time, to starve out the bacterial overgrowth, can be an effective against SIBO. Constantly eating also doesn't give your gut a break! (Note: Practice this



Source: Gorbach SL. Microbiology of the Gastrointestinal Tract. Medical Microbiology, 4th edition. University of Texas; 1996

and achieve long-term, sustainable healing, the first step is to identify its root cause in the first place and remedy that, so it ultimately doesn't return. Working with a practitioner who can understand gut health is crucial in this case.

only under supervision of a professional specialist).

Add Supplements After Fixing Your Basic Lifestyle For An Overall Boost: In addition to probiotics that can be used to support a healthy microbiome environment, other supplements which help correct nutrient deficiencies caused by SIBO-induced malabsorption include: Vitamin B12, Vitamin D, Iron and Zinc.

Opt For A Low FODMAP Diet: FODMAP (Fermentable Oligosaccharides, Disaccharides, Monosaccharides And Polyols) diet comprises eliminating specific carbohydrates /sugars that may cause intestinal distress, as these feed gut bacteria and encourage them to proliferate. Some foods that are high in FODMAPS are onions, cabbage, beans, apples, and rye which must be avoided till the issue

The dosage will differ based on your age, gender, medical condition and physical state. Please get in touch with your healthcare practitioner to understand the same. In the end, the most important thing you can do when it comes to dealing with SIBO is to start with uncovering the root cause and coming up with a plan to facilitate healing. Incorporating some of these helpful healing tools will help you overcome SIBO and nurture a healthy gut!

FODMAP DIET

FOOD	Vegetables	Fruits	Proteins	Fats	Starches, Cereals & Grains
EAT	Lettuce, Carrot, Cucumber	Strawberries, Pineapple, Grape	Chicken, Eggs, Tofu	Oils, butter, Peanuts	Potatoes, Tortilla Chips, Popcorn
AVOID	Garlic, Beans, Onion	Blackberries, Watermelon, Peaches	Sausage, Battered fish, Breaded meats	Almonds, Avocado, Pistachio	Beans, Gluten-based bread, muffins

GODREJ HORIZON WADALA

2 & 3 BHK Luxury Homes

Start price ₹2.99 Cr*

FEATURES

- ✓ Sun Decks With Amazing Views
- ✓ Larger Carpet Area
- ✓ World Class Lifestyle Amenities



More information call us

9372889118



MONTE SOUTH BYCULLA

Super Spacious 2 & 3 BHK

Start price ₹3.25 Cr*

FEATURES

- ✓ A Massive Project of 12.5 Acres
- ✓ 50+ Amenities | Podium Level Beach
- ✓ Breathtaking Sea & City Views



More information call us

9326173446



LODHA MATUNGA (E)

Pre-Launch Opportunity
Premium 2, 3 & 4 BHK

Start price ₹3.76 Cr*

FEATURES

- ✓ Biggest Township of Matunga
- ✓ 40+ Luxurious Amenities
- ✓ Spread Across 7 Acres



More information call us

9372889118

