

# PARSI TIMES

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## FROM THE EDITOR'S DESK

### Your Time Starts NOW!

Dear Readers,

We usually settle into the New Year by the second month of the year. February is always interesting like that - it signals the slow fading of all that festive buzz and excitement we've been indulging in since last November - navjotes, lagans, Xmas and New Year parties, et al.

Some of us will find ourselves sheepishly chuckling, or worse, sulking, at those untouched resolutions that somehow just didn't come to pass. "2023 is going to be my year!" we whispered confidently to ourselves, as we made those resolutions which would finally help us realise our potential and transform us into our better versions. But by mid-January, we seem to have abandoned these with nearly as much indifference, as the passion we wrote these out with! The good news is it's not really too late to get started! As they say, the perfect time to start or restart anything is 'NOW'!

To those disciplined and focused few who have been delivering upon the promises they made to themselves, I'd say Kudos! Keep going! The past few years have proven, without doubt, that self-care is one of the most crucial factors for survival and happiness. And this includes your health across all fronts - physical, mental, emotional, spiritual, financial and intellectual.

We have much to live for. Taking care of ourselves will ensure that we get to live out our days happily and with the ability to help others. Many of us cite genuine excuses for not having enough time to care for ourselves as we are too busy taking care of all things else. They would unfortunately have to learn the hard way, that those who are unable to find the time for self-care, will, sooner or later, have to find the time for illness. Make the time! Your time starts now!!

Have a lovely weekend!

- Anahita  
anahita@parsi-times.com

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## Religious Announcements

### Hama Anjuman Jashan At Idawala Agiary

The monthly Hama Anjuman Jashan will be held at the Bai Avabai Wadia Agiary, popularly known as Idawala Agiary (situated behind Anjuman Atash Behram), at 4:30 pm on 19th February, 2023, (Roj Daepadar, Mah Meher), followed by a religious talk by Er. Darayash Katrak, post which light refreshments will be served. All Parsi / Irani Zoroastrians are welcome to attend.

### Ava Roj Jasan & Humbandagi At Bhikha Behram Well

The monthly Ava Roj Jashan and Humbandagi will be held on 21st February, 2023, at the Bhikha Behram Well. A Jashan ceremony will be conducted at 4:00 pm, followed by the 161st Ava Roj Humbandagi at 5:00 pm. Er. Hormuz Dadachanji will then give a talk and recital of the story of Manijeh and Iranian Prince Bejan, from the Shahnameh.

### Godiwalla Agiary Adarian To Celebrate 176th Salgreh

The Seth Mancherji Khorshedji Langrana (Godiwalla) Adarian Saheb Agiary (behind JJ School/ BPP Office) will celebrate its glorious 176th Anniversary, on 26th February, 2023 (Roj Daepmeher, Mah Meher; YZ 1392), with a Jashan at 10:30 am, performed by Vada Dasturji Keki Ravji Meherjirana. All Zarthushtis are invited.

### Poonjiaji Agiyari Salgreh Jashan & Gambhar

A Jashan and Gambhar celebrating the Salgreh of Poonjiaji Agiyari will take place on 18th April, 2023 (Mah Adar, Roj Khordad). The Jashan will be performed at the Agiyari followed by a lunch gambhar by Diana Caterers. Contributions are welcome - contact Navroz Pagdiwala at: 9821645463

### Religious TV Series

Frohar Films presents 'Vohumana': Episode titled 'Meherangeez - (Part 2)', on 18th February, 2023, at 1:30 pm on DD - Girnara 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.

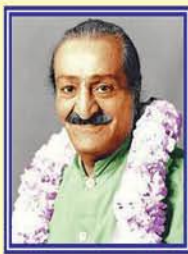
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## AVATAR MEHER BABA BOMBAY CENTRE 129th Birth Anniversary Celebrations of Avatar Meher Baba

Saturday, 25th February 2023 - MORNING PROGRAM

TIME : 4:30 a.m. to 6:30 a.m.

PROGRAM HIGHLIGHTS : Devotional songs, dhun, repetition of the names of God, prayers, flag hoisting and arti.

Saturday, 25th February 2023 - EVENING PROGRAM

TIME : 5:30 p.m. to 7:30 p.m.

PROGRAM HIGHLIGHTS : Shri Pramod and Shri Alok Dhapre, long-time followers of Beloved Baba will present a musical followed by prayers and arti.

Sunday, 26th February 2023 - EVENING PROGRAM

TIME : 5:30 p.m. to 7:30 p.m.

PROGRAM HIGHLIGHTS : Shri Pratap and Shri Prashant Ahir, long-time followers of Beloved Baba will share their experiences through music and talk followed by prayers and arti.

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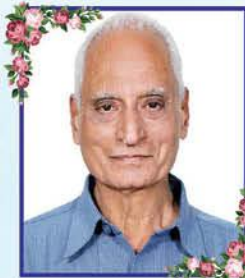
## In Remembrance

Garothman Behest

**Mr. Rohinton Rustomji Bhumgara**

1<sup>st</sup> Death Anniversary

18/11/1941 to 18/02/2022



It has been one year since you left us for the heavenly abode. I wanted to make sure you knew that you're in my thoughts and heart always. While nothing can alleviate your loss, I do want you to know, I am remembering you always and praying for your eternal progress towards Ahura Mazda. You are a wonderful and loving soul and have touched countless lives, even after your death you live through your good deeds. I promise you to abide by your values and will keep praying till my last breath, for your spiritual progress towards Garothman. Sarosh Yazad Panah Baad!

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- William Shakespeare

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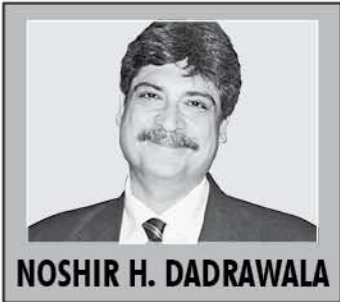
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# Religious Queries Answered...



**NOSHIR H. DADRAWALA**

Recently I had an opportunity to interact with a few young Zoroastrians who had a number of questions regarding our mode of offering worship, especially at an *Agyari* or *Atash Bahram*. This led me to believe that many others may also have similar questions in their mind, which I would like to share with you along with the answers for your knowledge...

### Are Zoroastrians Fire-Worshippers?

According to legend, fire was discovered during prehistoric times by *Shah Hooshang*. While elaborating this episode, *Firdausi Toosi* states in the *Shah-nameh* (the Book of Kings), "*Ma gui ke atash parastā budand, Parastande-e pāk yazdān budand,*" which translated means, "Do not call them Fire-Worshippers - they are worshippers of God through Fire."

Indeed, therefore, when a Zoroastrian reveres or prays before fire, he/she in essence, offers worship to *Ahura Mazda* through Fire. From the Zoroastrian perspective, fire is both - the giver of light and giver of life. Fire is the closest that we come to understanding the Divine. It is energy, it is light, it is warmth and it is life giving.

Neither darkness nor evil has an existence of its own. Just as darkness is merely the absence of light, so is evil the absence of good.

### Why Are Non-Faith Members Disallowed?

Why entry inside an *Agyari* or *Atash Bahram* is restricted to Parsi Zoroastrians only is a fairly common question. The reasons are many... To begin with, an *Agyari* or *Atash Bahram* is a consecrated sacred space and all such places have their own rules and regulations in order to maintain ritual sanctity. Also, Parsi Zoroastrians are not the only religious community to restrict entry to their places of religious worship. For example, only a Muslim may enter the Holy city of Mecca. Among Hindus, non-faith members are not allowed to enter the Jagannath temple at Puri. Even the Prime Minister of India, Mrs. Indira Gandhi was refused entry (that too at the peak of her



political power) only because she was married to a Parsi. There are at least eight other Hindu temples in India where non-Hindus are disallowed.

### To Stand Or To Sit?

*Should we stand or remain seated during the Boi ceremony is yet another frequently asked question. As we are aware, during the Boi ceremony, evil is ritually driven away and this leads some devotees to think that if one stands up at the toll of the bell, it would tantamount to paying respect to the forces of evil!*

The *Boi* ceremony is performed by ordained Zoroastrian priests in each of the five *Geh* or watch of a day of twenty four hours. The Persian term for the ceremony is *Bui daadan* which means to ritually offer 'fragrance'. Whether a devotee should sit or stand during this ceremony is not stated in any known

Zoroastrian text. However, as part of ritual tradition, priests always stand up while offering the *Atash Niyash*, which is a litany to the fire. Hence, if the devotee is praying the *Atash Niyash* at the time of the *Boi* ceremony, he or she should ideally be standing.

During the *Boi* ceremony the priest rings the bell while reciting the words, "*Dushmata, Duzhukhta, Duzhvarshta*", which means "bad thoughts, bad words and bad deeds", leading some super-imaginative minds to conclude that if one stands up at that moment, it implies paying respect to evil. A fire temple is a consecrated place of worship and the object of reverence is the Holy Fire. Where is the question of any evil force being present at such

a sacred, purified and consecrated place of worship?

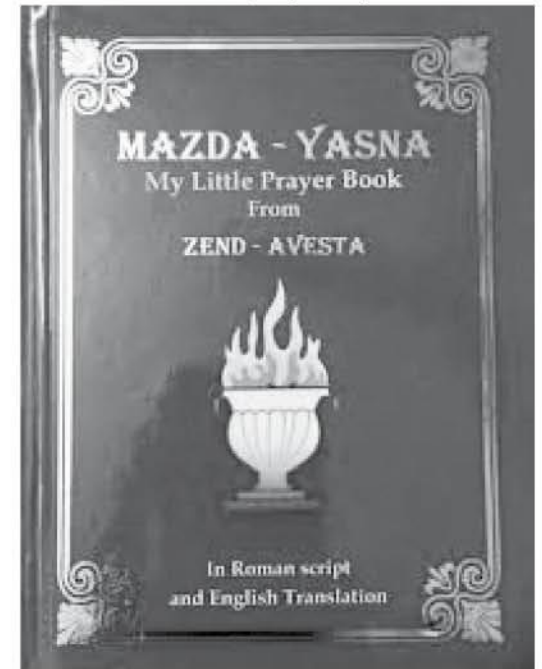
With the ringing of the bell, the priest symbolically and ritually drives away the forces of evil (all bad thoughts, bad words and bad deeds) and if one decides to stand up, it does not mean the devotee is offering respect to evil. The act of standing up is an act of respect to the Holy Fire through which the forces of evil are being driven out of this world.

### Why Cover The head?

There are certain rules to be followed when one visits a holy place. Various etiquettes must be observed, one of which is to cover the heads while worshipping. Accordingly, men are required to wear a skull cap while women are

required to wear a head scarf when inside an *Agyari* or *Atash Bahram*.

Hindu women also cover their head in their temples as a mark of respect, gratitude, and humility towards the deity they worship. In the early years of Christianity, men and women were required to cover their heads while entering their place of worship. Later, it was only mandated for women. While this tradition of covering the head inside a Church has faded away with time, some still observe it, especially on ceremonial



occasions. Sikhism also requires that both men and women should cover their heads when they enter the *Gurudwara*.

In the Zoroastrian tradition, hair is seen as *naso* or dead matter. Hence, all Zoroastrians are required to cover their heads, especially while praying or attending a religious ceremony or while inside an *Agyari* or *Atash Bahram*. It is believed that hair that falls off renders the surrounding ritually impure.

As we know, even in good restaurants, chefs and kitchen staff keep their heads covered to prevent any hair from slipping into the food. Surgeons and nurses in hospitals and particularly the operation theatre, also cover their heads for the same reason - medical hygiene!

Also, covering the head is a mark of respect - be it in the presence of an elder or the Holy Fire - displaying reverence.



**I look forward to other queries you may have. Do mail in your questions for which you seek answers, at [editor@parsi-times.com](mailto:editor@parsi-times.com)**

# VCCCI Holds Vintage And Classic Automobile Extravaganza



KERFEGAR EDULJEE

For over a decade, Motorcycle Connoisseur and PT's Expert Columnist, Kerfegar Eduljee, has been one of the foremost names in the Motorcycle and Two-Wheeler Circuit. A judge by special invitation at the prestigious, annual Vintage and Classic Car Club of India (VCCCI) event for the Motorcycle and Two-Wheeler Segment, Kerfegar has been honoured with numerous felicitations, including by the VCCCI. He shares a report about the recent '40th Annual Vintage Car Fiesta', organized by VCCCI (Vintage & Classic Car Club of India) which took place in Mumbai, on 12th February, 2023, where he was once again invited as the judge.

The 5-year-old motorcycle that I cut my teeth on, is today 39. Many Classics of today will be tomorrow's Vintage. Over the years, we have seen people come and go, but these glorious machines stay on. Last Sunday, the World Trade Centre was abuzz as the starting point of Mumbai's numero uno Vintage & Classic automobile extravaganza, hosted by Vintage & Classic Car Club of India (VCCCI).

Cars & Motorcycles of yore represented themselves in their finest - some under the 'Best Restored' and many under the 'Best Maintained' category, basis the year/era they fall under.

As a judge for the two-wheeler category, I had the privilege of seeing them up-close and listening to the owners passionately detail their efforts in resurrecting these classic beauties... a journey converting a mere heap of junk metal parts into wondrous automobiles that leave onlookers mesmerized...

Proud owners of over 150 classic and vintage cars and 49 such motorcycles participate in the '40th Annual Vintage Car Fiesta', organized by VCCCI (Vintage & Classic Car Club of India) in Mumbai, on 12th February, 2022. They showed off their precious vehicles in a rally which kicked off from the World Trade Centre, Cuffe Parade to Bandra Kurla Complex, and back, covering around 50 kms.

As always, the Parsi/Irani community showed up in large numbers with their prized steeds, winning multiple



prizes, across the four-wheeler category. Yohan Z Poonawalla was awarded the Concours d'Elegance Nanji V Dossa Award (Classic Car) for his 1949 Rolls Royce Silver wraith. He also won the first prize in the 'Recent Classic Car' Category for his 1975 Jaguar E-Type. Rony Vesuna won the first place in the 'Best Maintained Indian Heritage Class' category for his Fiat Super Select, while Bomi Boyce won the first place in the 'Best Restored Indian Heritage Class' category for his 1957 Fiat Elegant. Roshna Master won the 'Most Original Car' title for his 1974 Mercedes W115.

In the two-wheeler category, Jehangir Farooq won the top spot for his 1925 AJS G5, in the 'Best Restored Vintage Motorcycle' - upto 1940 category, as also the second prize in the 'Best Maintained Vintage Motorcycle' - upto 1940 for his 1927 AJS H7.

Hormazd Dadachanji secured third place for his 1955 BSA A7SS, in the 'Best Restored Classic Motorcycle - 1941-60'. In the 'Best Maintained Classic Motorcycle -1941-60' category, Jazeel Mehta grabbed second spot for his 1959 T100 while Shiraz Ginwalla stood third for his 1958 Triumph T100.

Pezad Lakdawala claimed top spot with his 1969 Triumph Bonneville in the 'Best Maintained Recent Classic Motorcycle -1961-70' Category, while the top spot for the 'Best Restored Motorcycle Award - 1971-93' was won by Xereus Zend for his 1976 Triumph T140.

VCCCI promotes touring of vintage and classic vehicles, preservation and exhibition of all historically significant vehicles. It encourages careful and skilful driving and highlights the importance of road safety in all its events.



### LKPZA Holds Annual Program



Recently, the Lonavala Khandala Parsi Zarthusti Anjuman (LKPZA) held its yearly get-together at the Adenwala Agiary Compound, after a gap of three years, due to the pandemic. The Adenwala Agiary Compound was well-decorated - colourfully lit to accommodate 200 guests with a dance floor and a live band. The program started with a free game of Housie with attractive cash prizes for all guests.



Percy Master, Trustee - LKPZA gave the welcome address, extending gratitude to guests for their continued support for the event. A minute's silence was observed and prayers were conducted in memory of Nargish Balaporia, senior trustee and Vice President, who passed away during the pandemic. Percy thanked the donors and trustees for their unflinching assistance - Sarosh Dinshaw for his support to the Anjuman and for the use of the Agiary



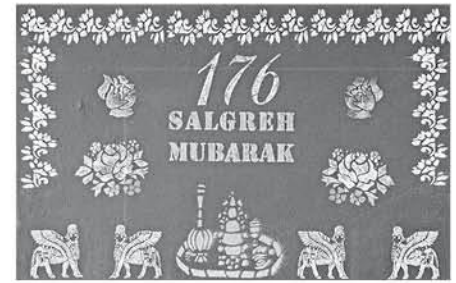
compound; Er. Zarin Tata and his family were felicitated for looking after the Agiary; and Rashida Shroff was thanked for her back office work through the year.

He informed about lending financial assistance to Lonavala Khandala institutions like SAMVAD, Nab Lions Home for Aging Blind and for animals, and for education of Bungalow owners' care-taker's and mali's (gardener's) children, specially girls. All this funding was possible due to the generosity of the magnanimous donors.

The live band took over, entertaining guests with foot-tapping music, which continued till late, alongside cocktails and a sumptuous dinner, making the function a big success.

### Karani Agiary Celebrates Glorious 176<sup>th</sup> Salgreh

The Seth N Karani Agiary, at Cusrow Baug, Colaba, celebrated its 176<sup>th</sup> salgreh on 1<sup>st</sup> February, 2023, with a Havan Geh Machi and Jashan led by Panthaky of Karani Agiary, Er. Yazdi N. Aibara, alongside other mobeds of the Agiary. After the Jashan, Er. Albara said a few words on Atash Padshah Saheb.



In the evening, Er. Farhad Yazdi Aibara performed a Huma Anjuman Jashan alongside other mobeds. Managing Trustee - Bomi Hansotia requested all to stand and offer homage to the dear departed souls of Wadia family, Karani Agiary family, Er. Aspandiar Dadachandji, Yazdi Desai and Mani M. Vajifdar. Trustee Homi P. Ranina then introduced the Chief



and Unity', throwing light on the Persian Empire, different Persian Dynasties and the exodus of Parsi/Irani Zarathustis.

Bomi Hansotia felicitated Justice Kathawalla and Dr. Pervez Bajan, with floral tributes and words of praise. He also felicitated stalwarts of Cusrow Baug - Hoshang Gotla, Founder of XYZ, for

organizing a monthly Jashan and Hum Bandagi on every Avan Roj at Bhikha Behram Well and conducting XYZ programmes for young children for over 10 years. Mani Mody was also felicitated for conducting gratis sewing classes at Cusrow Baug, since many years.

Er. Yazdi Aibara, Panthaky, shared a few words on Atash Padshah Saheb and stressed that all parents should ensure to teach the Zoroastrian prayers to their children from an early age. Percy Sigantoria, Trustee of Karani Agiary, shared a brief history of ancient Parsi textiles and weaving methods. The Baug's children were gifted a silver coin of Karani Agiary along with goodies. The event ended with floral tributes given to guests and dignitaries.

Guest of the evening, Justice Sharukh Kathawalla [Retd.], who stressed that there was no need for youngsters to leave India and seek better prospects abroad, for now India was emerging as a global power, but moreso, it was here in India, that we can preserve our Agiaries and Atashbehrams. He then spoke highly of the Late Panthaky, Er. Nadarsha Naoroji Aibara, who served as Panthaky of Karani Agiary and was spiritually connected to Dasturji Kookadar Saheb, and would give Kookadar Saheb's prayers to people who came to him for their problems.

The speaker of the evening, religious scholar - Dr. Ervad Pervez M. Bajan, Panthaky of Mevawalla Agiary, next addressed the gathering on the topic, 'From Iran to India... But for the Faith

all the attendees by our GM (Event Management) - Tabassum Khan. The Chief Guest appreciated and honored the efforts of CARF through his motivating speech and assured his support to CARF in the future. Cheques and kits were distributed to all the patients. CARF extends gratitude to everyone for their presence and support for making the event a success.

### CARF Hosts Program On World Cancer Day



On the occasion of World Cancer Day, CARF hosted a charity program for cancer patients at their Byculla office on 8<sup>th</sup> February, 2023, with Chief Guest M V Kini - Advocate & Solicitors, and Guest of Honour - Mrs. Kini - Advocate. Chairman Shamshi Mulla and CEO Savita Nathani welcomed the Chief Guest and everyone. The event was hosted with greetings to

all the attendees by our GM (Event Management) - Tabassum Khan. The Chief Guest appreciated and honored the efforts of CARF through his motivating speech and assured his support to CARF in the future. Cheques and kits were distributed to all the patients. CARF extends gratitude to everyone for their presence and support for making the event a success.

## Young Rathestars Bring Relief To Parsis In Rural Gujarat

The Gujarat Poverty Relief Project of the Young Rathestars - our community's leading Social Welfare Association from Dadar Parsi Colony - conducted another successful annual Food Distribution Camp, from 1<sup>st</sup> to 4<sup>th</sup> February, 2023. Young Rathestars' stalwarts - Arnavaz Mistry, Homiyar Doctor, Shiraz Guard and Aspi Elavia - travelled all the way to the interiors of rural Gujarat with supplies for the sustenance of our underprivileged community members. The Gujarat



in the Talukas of Mandvi and Mangrol in Surat District and the villages around Ankleshwar in the Bharuch District.

As the trustees approach the mostly ramshackle dwellings, Parsi homes stand out due to the presence of chalk and toran at the doorsteps. "This time over 85 families in Gujarat and over 60 families in Pune were given the necessary items. The smiles of gratitude and the warm welcome everywhere has to be experienced to be believed! This is the Young Rathestars' real reward!" say the wonderful troupe of Young Rathestars!

The Young Rathestars is a group of Parsi based in Dadar, Mumbai who reach out to the poor and

Poverty Relief Project has been in operation for over two decades.

Every year, the trustees of the Young Rathestars visit remote villages of Gujarat with the aim of reaching out to and bringing relief to the poorest of poor Parsi families living in the villages of Borbatha, Ilav, Mandvi, Ambapardi, Ambawadi, Varetpetia, Sathvav, Khodamba, Jakharda, Vankal, Boria, Zankhvav, Lavet, Chokhvada, Sanandhara, Madhi, Akhakhhol, Balda and Khambat. The Parsi families were given sadras, 10 litres of oil, various kinds of pulses, cereals, house hold articles, bedsheets, tea, sugar, etc.

Each year, the Young Rathestar trustees set up a base camp at Ankleshwar and the trip lasts for three days, which covers 20 remote villages



needy Parsi Zoroastrian families by way of educational help, medical help, financial help and distribution of grain and other household items in Mumbai, Pune and the interior villages of South Gujarat.

Those who would like to contribute to this worthy and noble cause can send in cheques favouring 'Young Rathestars'. For details, connect with: Arnavaz Mistry (President) - 9821009289; and Homiyar Doctor (Vice President) - 8693822722

## Five Wins For Rustom Patel At Offroad Carnival 2023

The 'All India Offroad Carnival 2023' was held at Prodir Adventure in Pune, Maharashtra, on 11<sup>th</sup> and 12<sup>th</sup> February, 2023. The 2-day event, which was divided into categories for 'Professional', 'Amateur' and 'Kids' - saw riders participating from across India. The event was



Foreign Bikes upto 500cc' riding a KTM 250cc. He came in second in the 'Pro 4 Stroke, upto 150cc,' riding his hero impulse and in the 'Scooter Open Category', riding an Aprilia. He also claimed top-spot, in partnership with 15-year-old Abhas, winning the Bike Treasure Hunt.

Rustom thanks his title sponsor Ajmera Racing India power by Castrol Power 1 biking for their support. "This was one of the best experiences in my racing career as this was the first

based on time attack autocross, so the fastest rider would clocking the best time, over a 2-laps, wins.

Riders - men, women and children - participated from Bangalore, Nasik, Pune, Mumbai, Satara, Goa, Kolhapur, Nagpur and Panchgani to win in this prestigious carnival event. The riders were put up at the venue in tents where all facilities were provided, including live music played and barbecue for participants and teams plus crew members.

Ace rider, Rustom Kersi Patel, from Mumbai, won five trophies at the event over 2 days, making the community ever so proud of his achievements. Patel won the top spot in 'Pro 4 Stroke - upto 250cc' riding his hero X pulse and in the 'Pro Veterans Open



time all riders and participants were living in tents! This is brotherhood of bikers and everything was very well managed," shared Rustom with Parsi Times, as he strutted home with five trophies - three in first place and two in second place. Reiterating his message to all racing enthusiasts, Rustom emphasizes, "Say no to street racing, If you want to race, get on the track!"

## Delnavaz Iranpur Wins 'Mrs. Fitness Diva' Title At GBT Pageant



Treasures India 2023' pageant, that was held in Hyderabad on 12<sup>th</sup> February, 2023.

She competed alongside 22 other contestants selected from across the nation. In addition to being a wife and mother of a 15-year-old daughter, Delnavaz is a fitness trainer by profession, working at 'Benercise' fitness studio, located at Tardeo, in South Mumbai.

Mumbai's Jer Baug resident, Delnavaz Iranpur, won the title of 'Mrs. Fitness Diva', at the 'Miss And Mrs. Global Beauty



## WZCC Mumbai Holds Knowledge Master Series On Where And How To Invest

In a unique initiative, WZCC's Mumbai wing partnered with ICICI Prudential Asset Management Company, which held two Master Class sessions over the past fortnight, in keeping with the Finance Budget for 2023. Two Asset Management gurus from ICICI Prudential, Fund Manager Chentan Haria and AVP Investments PMS & AIF - Sandip Santdasani, conducted two sessions, which were attended by over 200 WZCC members gratis.

The prime commerce wing of the Zoroastrian community, WZCC, ensured that its Mumbai members reap the benefits of this unique knowledge on asset management and how to invest money wisely. The



evening ended with a complimentary dinner sponsored by ICICI Prudential, where they got a taste of our 'patra

par bhonu' parsi food, which was much appreciated by all. Office bearers of the WZCC Mumbai chapter and the Global WZCC were commended by all for this initiative.

## Host PG Retains Supremacy In 8th All-Parsi TT Tourney

By Hoshang Katrak (Org. Secretary and PT Special Correspondent)

The two-day annual Table-tennis extravaganza, hosted by Parsee Gymkhana (PG) on 11<sup>th</sup> and 12<sup>th</sup> February, 2023, concluded with hosts Parsee Gymkhana walking away with Gold in the three main events, in addition to their presence in Jumbled Doubles. Seventy-seven competitors battled it out across six events with players coming even from Surat and Navsari.

The tournament began with 4 youngsters competing in the Under-14



Open Doubles finals in progress



Hoshang Katrak, Sameer Bhate, Yogesh Desai, Chief Guest Hoshi Batiwalla, Former India No 2 Baji Khambatta, PG Jt Hon Secretary Adi Pardiwalla and Percy Patel.

event. Naira Kabraji, the only girl amongst the four, stretched ultimate runner-up Yeshan Kolah to the decider while all other matches ended in straight wins. Yeshan's elder sibling Jehan ended up winning the Gold medal. In the Veteran singles, Yezdi Bhamgara of Navsari, who represents India at the Para games, stretched PG's second seed and runner-up Rayomand Marolia to 5 thrilling games. In the Open Doubles event, the husband-wife combo of Zubin-Frenaz bagged the title, beating Nekzaad Kerawalla and Shihan Palkhivala in straight games.

In the Team event there were 14

teams with Parsee Gymkhana, Godrej Baug, newcomers Mahim Association and Navroze Baug fielding 2 teams each. CCI, with its young brigade of Nekzaad Kerawalla, Shihan Palkhivala and Pearl Amalsadiwalla, was expected to give a tough fight to holders Parsee Gymkhana 'A' in the semi-finals. However, PG claimed victory in the end.

The Semi-finals surely made match of the day, with MalCamSal (a player each from Malcolm Baug, Cama Park and Salsette Colony) competing with Captain Colony. Sohrab Mehta of Malcolm Baug set the tone with a thrilling five-game upset over Sarosh Shroff. Hormazd



Chief Guest Hoshi Batiwalla with Percy Mehta and Sarosh Shroff

Pithawalla lost to Farzan Malesaria and their doubles pair of Hormazd and Nozer Amalsadiwalla lost to Sarosh Shroff and Percy Mehta. Sohrab then salvaged the situation beating Farzan in three straight games. In the decider, old warhorse Percy Mehta had the measure of Nozer, taking Captain Colony to one more finals in the Team event.

The Open singles event, which attracts the maximum number of entries, had 64 players fighting it out in the league stage for 16 slots in the main draw. In the main draw, the most exciting match was in

the pre-quarters with Sohrab Mehta of Malcolm Baug beating Cama Park's Hormazd Pithawalla in five hard fought games. The crowd's favourite and fun event - Jumbled Doubles comprised 14 new pairs, with Zubin Taraporewalla claiming his fourth title.

Hosts Parsee Gymkhana provided the players with all three meals on both days and handed out free T-shirts. Outstation players were lodged at Gymkhana's expense. Professional umpires, an international qualified referee and four new precise tables completed the setup. Hoshi Batiwalla, Kyoshi 8th degree Black Belt and renowned Karate instructor, as also Judge and Referee at the Asian Karate-Do, was the Chief Guest. He exhorted the players to play competitively and with dedication. PG presented mementos to Yogesh Desai and Sameer Bhate, for winning Gold at the World Veteran Table-tennis Championships at Oman, last month.

Parsee Gymkhana thanks its sponsors for their support - Zoroastrian Cooperative Bank Ltd, WAPIZ, Rishad Byramjee, Hanoz Patel, Minoo Khan as also Media Partner - Parsi Times.

### The Final Results

#### TEAMS:

PG 'A' (Hoshang Katrak, Zubin Taraporewalla & Frenaz Chipia) bt Captain Colony (Percy Mehta, Sarosh Shroff & Farzan Malesaria) 3-0

#### OPEN SINGLES:

Zubin Taraporewalla (PG) bt Frenaz Chipia (PG) 3-1

#### OPEN DOUBLES:

Zubin Taraporewalla & Frenaz Chipia (PG) bt Nekzaad Kerawalla & Shihan Palkhivala (CCI) 3-0

#### VETERAN SINGLES:

Sarosh Shroff (Bandra) bt Rayomand Marolia (PG) 3-0

#### JUMBLED DOUBLES:

Zubin Taraporewalla (PG) & Vishtaspa Sethna (Thane) bt Carlshen Wadia (Cama Park) & Percy Patel (PG) 3-1

#### UNDER-14:

Winner - Jehan Kolah

# The Bawa Word Search

Search out 16 Popular Classic Bollywood movies hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- |                     |                             |                               |                                |
|---------------------|-----------------------------|-------------------------------|--------------------------------|
| Mother India (1957) | Chalti Ka Naam Gaadi (1958) | Mughal-e-Azam (1960)          | Sahib, Bibi, Aur Ghulam (1962) |
| Gumnaam (1965)      | Padosan (1968)              | Aaradhna (1969)               | Kati Patang (1970)             |
| Pakeezah (1972)     | Deewar (1975)               | Hare Rama Hare Krishna (1971) |                                |
| Sholay (1975)       | Amar Akbar Anthony (1977)   | Jaane Bhi Do Yaaron (1983)    |                                |
| Khaamosh (1985)     | Chameli Ki Shaadi (1986)    |                               |                                |



## TechKnow With Tantra

### Two Dots

This is a simple game to pass time. Just join the dots in vertical or horizontal planes and traverse through the maze of this fun, free puzzle game. Adventure through 3800 fun and addicting levels at your own pace. Challenge your friends to a Two Dots match on Facebook, beat their scores and earn medals! You can make a line, a right angle or even a square or rectangle. The design is minimalistic and flat so that the game is very simple and easy to handle.

Android: <https://bit.ly/3GdCZCx> iOS: <https://apple.co/3zGukWM>

## SUDOKU

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

Solution see below

## WINNING CAPTION!!!



Sidharth: Now that we are married, please don't spend all my money.  
 Kiara: You really thought I married you for your good looks, honey?

By Viraf P. Commissariat (USA)

## CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at [editor@parsi-times.com](mailto:editor@parsi-times.com) by 22nd 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.

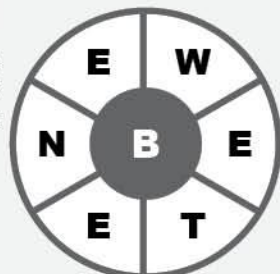
Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offense is intended to anyone or any situation.

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

## Thought of the Week

"If we take care of the moments,  
 the years will take care of themselves."

- By Maria Edgeworth

# પારસી રાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

## ભોપાલની પ્રથમ

### પારસી આરામગાહનો ઇતિહાસ



સપ્ટેમ્બર, ૧૯૬૧થી  
ભોપાલ શહેરના  
સ્થાયી નિવાસી ૮૩  
વર્ષથી જેવ એમ.  
ધનજીભોય ભોપાલ  
પારસી પંચાયતના  
સૌથી  
વરિષ્ઠ સભ્યોમાંના એક  
છે. તે શેર કરે છે કે  
ભોપાલ શહેરને તેમની  
પ્રથમ અને એકમાત્ર  
પારસી આરામગાહ  
કેવી રીતે મળી.  
(સૌજન્ય: કર્નલ કિરોજ  
બી. અલાવલી, પ્રમુખ  
- ભોપાલ પારસી  
અંજુમન)



બીએચઈએલ (ભારત હેવી ઈલેક્ટ્રીકલ્સ લિમિટેડ)ના કર્મચારી તરીકે હું ખુબ સુંદર એવાં ભોપાલ શહેરમાં આવી ત્યારે અહીં ઘણા પારસી પરિવારો રહેતા હતા. તેમાંના કેટલાક અગ્રણી લોકો પર હતા, જેમ કે કે.એફ. ઝસ્તમજી - આઈજીપી, જેઓ પછી બોર્ડર સિક્યુરિટી ફોર્સના ડિરેક્ટર બન્યા; સામ ભઝ્યા, શ્રી મારફતિયા - કોટન મિલના વડા, શ્રી દિવેન્દ્રી - સેન્ટ્રલ બેંકના પ્રાદેશિક જનરલ મેનેજર અને શ્રી

મીના સંજાના - ચીફ પરિનલ મેનેજર, બીએચઈએ, વગેરે.

પારસી સમુદાયના સભ્ય હોવાના કારણે, મને તે બધાને વારંવાર મળવાની તક મળી અને પરસ્પર ચર્ચા દ્વારા મને ભોપાલની પારસી આરામગાહનો ઇતિહાસ સમજાયો, જે હું તમારી સાથે શેર કરવા માંગુ છું. તે વર્ષ ૧૯૧૪ની આ વાત હતી, ૧૭મી ઓગસ્ટના દિવસે ભોપાલ પાસે એક રેલ અકસ્માત થયો હતો, જેમાં પેસ્તનજી દાદાભાઈ શિકારી નામના પારસી સજ્જન સહિત ઘણા લોકો મૃત્યુ પામ્યા હતા. તે સમયે ભોપાલમાં કોઈ પારસી કબ્રસ્તાન કે દફનવિધિની સુવિધા ન હોવાથી, મરહુમ પેસ્તનજી શિકારીની પત્નીએ ભોપાલમાં પારસી કબ્રસ્તાન તરીકે ઉપયોગમાં લેવા માટે જમીનનો ટુકડો ખરીદવા અને દાન કરવાનું નક્કી કર્યું.

આ જમીન પૂર્વ શરત સાથે દાનમાં આપવામાં આવી હતી કે પ્રવેશદ્વાર પરની પ્રથમ કબર સ્વર્ગસ્થ પેસ્તનજી દાદાભાઈ શિકારીની હશે અને ભવિષ્યમાં કોઈપણ દફનવિધિ તેમની કબરની પછી જ હોવી જોઈએ. આજ સુધી શરતનું પાલન કરવામાં આવે છે. આ રીતે ભોપાલ શહેરને તેની પ્રથમ અને એકમાત્ર પારસી આરામગાહ મળી.

## માગી - ઝોરાસ્ટ્રિયન જાદુગરો

અભિવ્યક્તિ તરીકે મેજિક શબ્દના મૂળ માગીમાં છે. માગી અથવા મેગસ એ ઉત્તર-પશ્ચિમ ઈરાનમાં મેડીસ તરીકે ઓળખાતા આદિજાતિના પ્રાચીન ઝોરાસ્ટ્રિયન ધર્મગુરુઓ હતા. ડેરિયસ ધ ગ્રેટ ઈરાનમાં આધુનિક કર્મશાસ્ત્ર નજીક બેલિસ્તુન પર્વત પરના તેમના ઐતિહાસિક શિલાલેખમાં પણ ગૌમાતા નામના ચોક્કસ મગુસ વિશે વાત કરે છે. પશ્ચિમી વિશ્વમાં, માગી શબ્દ સામાન્ય રીતે શ્રી માગી અથવા પૂર્વના ત્રણ જ્ઞાની પુરુષો સાથે સંકળાયેલો છે જેઓ બેથલહેમમાં શિશુ ઈસુની મુલાકાતે આવ્યા હતા. પ્રાચીન માગીઓ બગોળશાસ્ત્ર અને જ્યોતિષશાસ્ત્રની બાબતોમાં સારી રીતે વાકેફ હતા, અને કદાચ આ રીતે તેઓ ઈસુને શોધવા તેમની શોધમાં તારાને અનુસરતા હતા. તેઓ ઉપચાર કરી સાજા કરનારા પણ હતા જેમણે પ્રાર્થનાના મંત્રોચ્ચાર અને વિવિધ છોડ અને ઔષધિઓના મિશ્રણથી લોકોને સાજા કર્યા હતા. આમ, તેમની શક્તિઓ પ્રાચીન વિશ્વમાં જાદુ સાથે સંકળાયેલી હતી.

તબીબી સલાયતી જરૂર હોય તેવા વ્યક્તિને લાજર રહેવા માટે તેમની અંગત જરૂરિયાતોને અલગ રાખવાની માગીના કોડે સમગ્ર મધ્ય એશિયામાં માગીને આદર આપ્યો. માગી અવારનવાર તેમની સાથે બારેસમેન (બાર્સમ) બંડલ (ભારો) લઈ જતા હતા, એટલું બધું કે બારેસમેન માત્ર માગીનું જ નહીં, પણ પારસી ધર્મનું પણ પ્રતીક બની ગયું હતું. વિવિધ ડાળીઓનું બંડલ (ભારો) વહન કરવું, જેના રસને વિવિધ રીતે વિવિધ પ્રકારના વિવિધ રોગોની સારવાર માટે જોડી શકાય છે તે કેટલીક રીતે આધુનિક ચિકિત્સકની દવાની થેવી અથવા તબીબી કીટ વહન કરવા સમાન હતું. આમ, માગી પ્રાચીન ડોક્ટરો હતા જેમણે બધા બીમાર લોકોને સાજા કર્યા હતા અને ઉપચારની અસર એટલી મોલક હતી કે તેને જાદુઈ માનવામાં આવતી હતી.

અર્દિબેહસ્ત યજ્ઞ એ ઉપચારની પ્રાર્થનાઓમાંની એક સૌથી શક્તિશાળી પ્રાર્થના છે અને તે સામાન્ય રીતે આતશ સળગાવતા પહેલાં અથવા તેની લાજરીમાં પ્રાર્થના કરવામાં આવે છે, કારણ કે અર્દિબેહસ્ત યજ્ઞ (નેતિક સ્તરે સત્ય અને સચ્ચાઈને મૂર્તિમંત કરે છે તે દેવત્વ) ભૌતિક સ્તરે એ અગ્નિની ઉર્જાનું નેતૃત્વ કરે છે. અર્દિબેહસ્ત જીવન અને આરોગ્ય આપે છે, જે બંને અગ્નિના કુદરતી લક્ષણો છે. છોડના અર્કના ઉપયોગ દ્વારા લીલિંગનો જાદુ: બુન્દાહિસ્ત (મધ્યમ પર્શિયન ઝોરાસ્ટ્રિયન ધાર્મિક લખાણ) અનુસાર, લાગોમા (એકેડ્રા) એ ઔષધીય વનસ્પતિઓમાં મુખ્ય છે જેને તેનો રસ વિધિપૂર્વક કાઢવો પડે છે. જ્યારે લાગોમા એ જૂના ગ્રંથોમાં વપરાતો શબ્દ છે, ત્યારે હોમ એ પછીના ગ્રંથોમાં વપરાતો શબ્દ છે. પછી તાણેલા રસને ખૂબ ઓછી માત્રામાં પીવામાં આવે છે. ધર્મગુરુઓ પણ ધાર્મિક રીતે લાગોમા, દાડમની ડાળીઓ અને દાડમના પાનને ભેળવીને મિશ્રણ ઉત્પન્ન કરે છે જેનું સેવન શારીરિક સ્વાસ્થ્ય અને ઉપચારને પ્રોત્સાહન આપવા માટે દૂધ અને પાણી સાથે કરવામાં આવે છે.

આધ્યાત્મિક શક્તિનો જાદુ:

તેમના આધ્યાત્મિક પરાક્રમથી સાજા કરનારા માસ્ટર લીલર્સમાં અઝર કેવાન અઝર ગુશાસ્પ જરદુશી, અકબરના દરબારમાં ગયેલા પ્રથમ દસ્તુર મહેરજીરાણા અને દસ્તુર જમશેદ કુકાદાડના નામો ખૂબ ઊંચા છે. અઝર કેવાન ૧૨ શિષ્યો સાથે ઈરાનથી ભારત આવ્યા હોવાનું કહેવાય છે. કેટલાક માને છે કે તે પારસી મૂળના સૂફી સંત હતા જ્યારે અન્ય લોકો માને છે કે તે ઝોરાસ્ટ્રિયન રહસ્યવાદી ધર્મગુરુઓના પ્રાચીન કમના ઝોરાસ્ટ્રિયન હતા. તેઓ



પ્રથમ નવસારી અને પછી પટના જતા સુરત આવ્યા, જે તેમનું મુખ્ય આધ્યાત્મિક કેન્દ્ર બન્યું. તેમના રોકાણ દરમિયાન ભારત મુગલો હેઠળ હતું. કહેવાય છે કે, અકબર ધ ગ્રેટે અઝર કેવાનને પોતાના દરબારમાં આમંત્રણ આપ્યું હતું. જો કે, સંતે શાહી આમંત્રણ સ્વીકાર્યું ન હતું. મહાન ગુરૂની રીતો જાણીને, અકબર, પોતે દૂર પટનામાં તેમને મળવા ગયા હતા.

અઝર કેવાન અને તેના કેટલાક નજીકના શિષ્યોમાં અદભુત આધ્યાત્મિક શક્તિઓ હતી જે તેઓએ ભગવાન પ્રત્યેની તેમની સતત ભક્તિ અને માનવતાની સેવાના પરિણામે પ્રાપ્ત કરી હતી. અન્ય આધ્યાત્મિક શક્તિઓમાં તેઓ સરળતાથી અન્ય લોકોના વિચારો વાંચી શકે છે, પાણી અને અગ્નિ પર ચાલી શકે છે, સામાન્ય ઘાતુઓને સોનામાં બદલી શકે છે અને ઈચ્છાથી અદક્ષ થઈ શકે છે. આ ચમત્કારો અથવા જાદુના પરાક્રમો દેખાઈ શકે તેટલા અદભુત અને અસાધારણ, પ્રખ્યાત અંગ્રેજી વૈજ્ઞાનિક, આલ્ફ્રેડ રસેલ, માનતા હતા કે ચમત્કાર એ કુદરતના અમુક નિયમો સિવાય બીજું કંઈ નથી જેને આપણે જાણતા કે સમજી શકતા નથી.

પ્રથમ દસ્તુર મહેરજીરાણા અઝર કેવાનના શિષ્ય હતા. તેમના ગુરૂથી વિપરીત, તેમણે અકબર ધ ગ્રેટના રોયલ કોર્ટની મુલાકાત લીધી અને રાજાને ખૂબ પ્રભાવિત કર્યા. દંતકથા છે કે બ્લેક મેજિકની શક્તિ ધરાવતા એક જાદુગરે શાહી દરબારમાં દાવો કર્યો હતો કે તે બીજા દિવસે સવારે આકાશમાં બે સૂર્ય ચમકાવી શકે છે. બીજા દિવસે લોકોએ ખરેખર બે સૂર્ય જોયા. અવેસ્તાન મંથરસની શક્તિ સાથે દસ્તુર મહેરજીરાણાએ એક ચમકતી ચાંદીની ઠાળી નીચે ઉતારી જે આકાશમાં સૂર્યને પ્રતિબિંબિત કરી રહી હતી અને જાદુગર દ્વારા દ્રુષ્ટ શક્તિઓ બહાર કાઢવામાં આવી હતી.

દસ્તુર અઝર કેવાન અને દસ્તુર મહેરજીરાણાના કઢર ભક્ત દસ્તુર કુકાદાડ હતા. તે પણ એક કુશળ માગી હતા. તે એક જ્યોતિષી હતા તેમણે ઘણી ઘટનાઓની ચોક્કસ આગાહી કરી હતી, અને તેમની પ્રાર્થનાની શક્તિથી ઘણાને સાજા કર્યા હતા. દસ્તુરજી સાહેબે આખી રાત પ્રાચીન અવેસ્તાનની પ્રાર્થના કરીને એક સામાન્ય ઈંટને સોનાની ઈંટમાં પરિવર્તિત કરી. મુંબઈના ધોબીતળાવ ખાતે અંજુમન આતશ હલેરામ બિલ્ડિંગના બાંધકામ માટે જરૂરી ભંડોળની અછતને આવરી લેવા માટે આ વિનંતી કરવામાં આવી હતી. ૧૦,૦૦૦ રૂપિયાની રકમ સોનાની રૂપાંતરિત ઈંટ વેચીને એકત્ર કરવામાં આવી હતી, જે ઓગણીસમી સદીમાં ખૂબ મોટી રકમ હતી.

પાઉલો કોએલ્લોના શબ્દોમાં, આપણે જીવનના ચમત્કારને ત્યારે જ સમજી શકીશું જ્યારે આપણે અણધાર્યાને થવા દઈશું. આપણે અબજો જીવો ધરાવતા એક વિશાળ ગ્રહ પર છીએ. આ ગ્રહ લાખો વર્ષોથી એક વિશાળ તારાની પ્રદક્ષિણા કરી રહ્યો છે અને ચંદ્ર સાથે જે દરરોજ ઘણી વખત સમુદ્રને ફરે છે અને આપણને બધાને જીવંત રાખે છે. આ બધું ચમત્કાર કે જાદુ નથી તો બીજું શું છે?



# YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વચંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૮.૦૨.૨૦૨૩ થી તા. ૨૪.૦૨.૨૦૨૩



## Aries - મેષ - અ.લ.ઈ.

૧૩મી એપ્રિલ સુધી શુક્રની દિનદશા ચાલુ હોવાથી તમને કોઈપણ જાતની ચિંતા નહીં સતાવે. રોજ બરોજના કામ પુરા કરવામાં કોઈ મુશ્કેલી નહીં આવે. નવા મિત્રો મળવાના ચાન્સ છે. નોકરી કરતા હશે ત્યાં ધનલાભ મલવાના ચાન્સ છે. હાલમાં દરરોજ 'બહેરામ યજ્ઞ' ભણાવો.

શુક્રનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

**Lucky Dates: 18, 19, 23, 24**

Venus' rule till 13<sup>th</sup> April ensures that you will not be touched by any worries or troubles. You will be able to complete your daily chores without any challenges. You could make new friends. Those employed can expect financial gains. Pray to Behram Yazad daily.



## Cancer - કર્ક - ડ.હ.

હાલમાં ગુરુની દિનદશા ચાલુ હોવાથી તમારા હાથથી કોઈની ભલાઈનું કામ થઈ જશે. નાણાકીય બાબતની અંદર તમને કોઈની મદદ નહીં લેવી પડે. ગુરુની કૃપાથી તંદુરસ્તી વધુ સારી રહેશે. જરૂરતમંદની મદદ કરી શકશો. ફેમીલી મેમ્બર સાથે મળીને કોઈ સારા કામ કરી શકશો. દરરોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૮, ૨૦, ૨૧, ૨૩ છે.

**Lucky Dates: 18, 20, 21, 23**

Jupiter's ongoing rule will have you do a noble / helpful work for another. You will not need any external help financially. With Jupiter's grace, your health will be good. You will be able to help those in need. You will be able to do good work jointly with a family member. Pray the Sarosh Yasht daily.



## Libra - તુલા - ર.ત.

૨૩મી માર્ચ સુધી બુધ જેવા મિત્ર ગ્રહની દિનદશા ચાલશે. હાલમાં નાણાકીય બાબતમાં વધુ સારા સારી થતી જશે. જે પણ કમાશો તેમાંથી કરકસર કરવામાં સફળ થશો. ખોટા ખર્ચા પર કાપ મુકી દેજો. જરૂરત હશે ત્યાં બીજાને મદદ કરશો. દરરોજ 'મેહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૯, ૨૦, ૨૨, ૨૪ છે.

**Lucky Dates: 19, 20, 22, 24**

Mercury's rule till 23<sup>rd</sup> March will bring in much financial prosperity and growth. You will be able to save some money from your earning. You are advised to cut down unnecessary expenses. You will help others when they are in need. Pray the Meher Nyaish daily.



## Capricorn - મકર - ખ.જ.

૨૩મી માર્ચ સુધી શુભ શાંતિ આપનાર ચંદ્રની દિનદશા ચાલશે. તમારે ગામ પરગામ જવાના ચાન્સ મળતા રહેશે. તમે તમારા મનની વાત સાંભળીને જે પણ કામ કરશો તેમાં ફત્તેહના ડંકા વગાડીને રહેશો. ઘરનું વાતાવરણ ખુબ આનંદમાં રાખવામાં સફળ થશો. અચાનક નાનો ફાયદો થઈ જશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો.

શુક્રનવંતી તા. ૧૮, ૧૯, ૨૩, ૨૪ છે.

**Lucky Dates: 18, 19, 23, 24**

The Moon's rule till 23<sup>rd</sup> March brings you much peace and contentment. You could get opportunities to go abroad. You will achieve great success in all your endeavours which you follow based on your own mind and thoughts. You will be able to keep the home atmosphere happy and joyous. You could receive unexpected financial gains. Pray the 34<sup>th</sup> name, 'Ya Beshtama', 101 times, daily.



## Taurus - વૃષભ - બ.વ.ટ.

રાહુની દિનદશા ચાલુ હોવાથી તમે કોઈ સાથે ખોટી બોલાચાલીમાં પડતા નહીં. તમારા આજુબાજુનું વાતાવરણ સાફ નહીં રહે. ખોટા ખર્ચા વધતા જશે. ઘણા સમયથી કામ પુરું કરવાની કોશિશમાં સફળ નહીં થાવ. રોજબરોજના કામમાં તમારું મન નહીં લાગે. ભુલ્યા વગર 'મહાબોખ્તાર નીઆએશ' ભણાવો.

શુક્રનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૧ છે.

**Lucky Dates: 18, 19, 20, 21**

Rahu's ongoing rule suggests that you do not indulge in any kind of negative talk with others. The environment around you will not be conducive for you. You might not be successful in completing a task you have been trying to finish for a while. You will not be able to focus on daily chores. Ensure to pray the Mah Bokhtar Nyaish daily.



## Leo - સિંહ - મ.ટ.

૨૩મી ફેબ્રુઆરી સુધી શનિની દિનદશા ચાલશે. આ અઠવાડિયામાં ઘરમાં ઈલેક્ટ્રીક કે લોખંડની વસ્તુ લેવાની ભુલ કરતા નહીં. ઉત્તરતી શનિની દિનદશા તબિયતને બગાડી દેશે. અઠવાડિયાનો છેલ્લો દિવસ થોડી શાંતિમાં જશે. ઘરમાં વડીલવર્ગની તબિયત પર વધુ ધ્યાન આપજો. દરરોજ મોટી 'હમન યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૮, ૧૯, ૨૦, ૨૪ છે.

**Lucky Dates: 18, 19, 20, 24**

Saturn's rule till 23<sup>rd</sup> February suggests that you do not make any purchases related to metals or electronic goods in this week. Saturn's descending rule could impact your health. The last day of the week will be spent in peace. Focus on the health of the elderly at home. Pray the Moti Haptan Yasht daily.



## Scorpio - વૃશ્ચિક - ન.પ.

પહેલા ત્રણ દિવસ જ મંગળની દિનદશામાં પસાર કરવાના બાકી છે. ઉત્તરતી મંગળની દિનદશા તમને ખોટી રીતે ગરમ કરી દેશે. ઘરવાળા તમને નહીં ગમતા કામ કરશે. ૨૧મીથી શરૂ થતી બુધની દિનદશા ધીરે ધીરે માથાનો દુખાવો ઓછો કરશે. અટકેલા કામો તમારી બુધિ વાપરી ફરી ચાલુ કરી શકશો. દરરોજ 'તીર યજ્ઞ' સાથે 'મેહેર નીઆએશ' ભણાવો.

શુક્રનવંતી તા. ૧૮, ૨૦, ૨૧, ૨૩ છે.

**Lucky Dates: 18, 20, 21, 23**

You have three days remaining under the rule of Mars. Its descending rule could turn on the heat in a negative way for you. Family members will do things that do no appeal to you. Mercury's rule, starting from 21<sup>st</sup> February, will gradually lift your mental pressures. You will be able to restart stalled projects, using your intelligence. Pray the Meher Nyaish along with the Tir Yasht daily.



## Aquarius - કુંભ - ગ.શ.સ.

૪થી માર્ચ સુધી સુરજના તાપમાં દિવસો પસાર કરવા પડશે. કામકાજનો બોજો વધતો જશે. ખોટી ઉપાધીમાંથી તમારે પસાર થવું પડશે. સુર્ય વડીલવર્ગની સાથે સંબંધ બગાડી દેશે. અથવા વડીલવર્ગની તબિયત ખરાબ થવાના ચાન્સ છે. સરકારી કામોથી દૂર રહેજો. સમજ્યા વગર કામ કરતા નહીં. ૯૬મું નામ 'યા રયોમંદ' ૧૦૧વાર ભણાવો.

શુક્રનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૩ છે.

**Lucky Dates: 20, 21, 22, 23**

The Sun's rule till 4<sup>th</sup> March will cause an increase of your workload. You will have to work your way through negativity and stress. Your relations with the elderly could go bad. The health of the elderly could also get affected. Do not attempt doing any government related works. Do not attempt any work without thinking things through thoroughly. Pray the 96<sup>th</sup> Name, 'Ya Rayomand', 101 times, daily.



## Gemini - મિથુન - ક.છ.ધ.

પહેલા ૪ દિવસ ગુરુની દિનદશામાં પસાર કરવાના બાકી છે. ૨૧મી ફેબ્રુઆરી સુધી ઘરવાળાની ડિમાન્ડ પુરી કરી લેજો. નહીં તો ૨૧મીથી રાહુની દિનદશા આવતા ૪૨ દિવસમાં તમારા કામમાં સફળતા નહીં અપાવે. રાહુ તમને ચારે બાજુથી પરેશાન કરશે. તમે તન, મન અને ધન ત્રણેથી પરેશાન થશો. આજથી 'સરોશ યજ્ઞ' સાથે 'મહાબોખ્તાર નીઆએશ' ભણાવો.

શુક્રનવંતી તા. ૧૯, ૨૦, ૨૩, ૨૪ છે.

**Lucky Dates: 19, 20, 23, 24**

You have 4 days remaining under Jupiter's rule, till 21<sup>st</sup> February. Ensure to prioritize catering to the wants of your family. Rahu's rule starting from 21<sup>st</sup> February, for the next 42 days, does not allow you success in your endeavours. Rahu will attack you from all corners. You will feel harassed on all fronts - mental, financial and physical. Starting today, pray the Mah Bokhtar Yasht along with Sarosh Yasht.



## Virgo - કન્યા - પ.હ.ણ.

આજથી શનિની દિનદશા તમને શાંતિથી બેસવા નહીં દે. ૨૩મી માર્ચ સુધી તમે મનથી ખુબ ત્રાસેલા હશો. શનિ તમારા હાથથી ખોટી જગ્યાએ ખોટા ખર્ચા કરાવશે સાથે સાથે ડોક્ટરના બીલ વધુ ભરવા પડશે. રોજબરોજના કામમાં મન નહીં લાગે. દરરોજ મોટી 'હમન યજ્ઞ' ભણવાનું શરૂ કરજો.

શુક્રનવંતી તા. ૧૮, ૨૧, ૨૨, ૨૩ છે.

**Lucky Dates: 18, 21, 22, 23**

Saturn's rule, starting today, does not allow you to be in peace. Till 23<sup>rd</sup> March, you will feel mentally harassed. Saturn's rule could prompt you into not only making unnecessary expenses but could also lead to medical expenditures. You will not be able to focus on your daily chores. Pray the Moti Haptan Yasht daily.



## Sagittarius - ધન - ભ.ધ.ફ.

છેલ્લા ૬ દિવસ શીતળ ચંદ્રની દિનદશામાં પસાર કરવાના બાકી છે. તેથી ૨૨મી સુધીમાં ઘરવાળા સાથેના સંબંધ ખુબ જ સારા રહેશે. મનને શાંત રાખીને ફેમીલી મેમ્બરને તમારા મનની વાત સમજાવી શકશો. છેલ્લા ૨ દિવસમાં તમારું મગજ ફરી જશે. ન કરવાના કામો તમે કરશો. હાલમાં ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર અને સાથે 'તીર યજ્ઞ' પણ ભણાવો.

શુક્રનવંતી તા. ૧૯, ૨૦, ૨૧, ૨૨ છે.

**Lucky Dates: 19, 20, 21, 22**

You have 6 days remaining under the Moon's rule. Till the 22<sup>nd</sup> of February, your relations with family members will be very cordial. You will be able to explain your thoughts to your family members in a calm manner. The last 2 days will cause a sudden change in your mindset and you will end up doing things that you shouldn't do. Along with praying the 34<sup>th</sup> Name, 'Ya Beshtama', 101 times daily, also pray the Tir Yasht daily.



## Pisces - મીન - દ.ચ.ઝ.થ.શ.

૧૪મી માર્ચ સુધી શુક્રની દિનદશા ચાલશે. ધનલાભ મલતા રહેશે. બીજાના મદદગાર બની શકશો. તબિયતમાં સારા સારી રહેશે. શુક્રની કૃપાથી નાની મુસાફરી કરી શકશો. મનગમતી વ્યક્તિને પહેલા મલવા જજો. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૧૮, ૧૯, ૨૧, ૨૪ છે.

**Lucky Dates: 18, 19, 21, 24**

Venus' rule till 14<sup>th</sup> March brings you continued financial prosperity. You will be of help to others. Health will be good. With Venus' graces, you will be able to undertake short travels. You are advised to be proactive in meeting your favourite person. Pray to Behram Yazad daily.

### એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Roshan Maniksha Shroff રોશન માણેકશા શ્રોફ	89 ૮૯	09.02.2023	1-A/007, Salsette Parsi Colony, Jijamata Road, Pump House, Andheri(E), Mumbai 93. ૧-એ/૦૦૭ સાલસેટ પારસી કોલોની, જીજામાતા રોડ, પંપ હાઉસ, અંધેરી (પૂ), મુંબઈ ૯૩.	તે મરુદમ માણેકશા રૂસ્તમજી શ્રોફના ધણીયાણી તે જેરમીન આદીલ ભણ્યા તથા કેરસી માણેકશા શ્રોફના માતાજી તે મરુદમો માણેકબાઈ તથા શાપુરજી ખજોરીયાના દીકરી તે કમલ કેરસી શ્રોફ તથા આદીલ દારબશા ભણ્યાના સાસુજી તે પરસીસ રૂશાદ દરોગા તથા ક્યોમર્ઝ આદીલ ભણ્યાના મમઈજી તે કેનાઝ પરહાદ આમરાના બપઈજી તે પરવીન રૂશાદ દરોગાના મોટા મમઈજી તે આરા તથા આશા પરહાદ આમરાના મોટા બપઈજી તે મરુદમો નાજમાય તથા રૂસ્તમજી શ્રોફના વડુ.
Hoshang Minocher Elavia હોશંગ મીનોચેર એલાવીયા	84 ૮૪	09.02.2023	598/C, AHA Wadia Bldg., 1st Floor, Sir S.S.Road, Mumbai 12 ૫૯૮/સી, એ.એચ.એ. વાડ્યા બિલ્ડિંગ, ૧ લે માળે, સર એસ.એસ. રોડ, મુંબઈ ૧૨.	તે મરુદમ ડોલ્લી હોશંગ એલાવીયાના ખાવઈ તે નીલુકર હોશંગ એલાવીયાના બાવાજી તે મરુદમો દીનામાય તથા મીનોચેર પીરોજશાહ એલાવીયાના દીકરા તે મરુદમો તેલમીના તથા મંચેરશાહ વાંકડિયાના જમાઈ તે મેહડૂ સોલ્લી ડ્રાઈવર તથા જલુ જીમી કેનટીનવાલાના ભાઈ.
Aban Noshir Gandhi આબાન નોશીર ગાંધી	79 ૭૯	09.02.2023	34/102, Shalmali Vasant Vihar, Off Pokhran Road No 2, Thane(West), 610. ૩૪/૧૦૨, શાલમલી વસંત વિહાર ઓફ પોખરન રોડ નં.૨, થાણે (વેસ્ટ), ૬૧૦.	તે મરુદમ નોશીર રૂસ્તમજી ગાંધીના વિધવા તે મરુદમો ધનમાય તથા દાદીબા સોરાબજી દમણીયાના દીકરી તે ઝરીર ને ફીરદોસના માતાજી તે મેહરનોશના બહેન તે પરીનાઝ ને નાઝનીનના સાસુજી તે મરુદમો પુતલામાય તથા રૂસ્તમજી નસરવાનજી ગાંધીના વડુ તે ઉરવકસ, યઝદ, યઝીશની ને અઝીતાના ગ્રેન્ડમધર.
Perin Framroze Workingboxwalla પરીન ફરામરોઝ વરકીંગબોક્સવાલા	88 ૮૮	09.02.2023	Flat No 4, 6 - P.C. Shroff Bldg., Gamadia Colony, Tardeo, Mumbai 7. ફ્લેટ નં. ૪, ૬- પી.સી. શરોફ બિલ્ડિંગ, ગામડીયા કોલોની તારદેવ, મુંબઈ ૭.	તે મરુદમ ફરામરોઝ માનેકશાહ વરકીંગબોક્સવાલાના ધણીયાણી તે મરુદમો નાજમાય તથા કેખશડૂ ભણ્યાનાં દીકરી તે રયોમન્ટ તથા કેશમીરાનાં માતાજી તે બોબી લંગરાનાનાં સાસુજી તે આઈશા તથા સનાયરાનાં મમઈજી તે મરુદમો હીરાબઈ તથા માનેકશાહ વરકીંગબોક્સવાલાનાં વડુ.
Sam Bejonji Buhariwala સામ બેજનજી બુહારીવાલા	84 ૮૪	12.02.2023	C-2, Palm Springs, Cuffe Parade, Colaba, Mumbai 5. સીર, પામ સ્પ્રિંગ્સ, કફ પેરેડ, કોલાબા, મુંબઈ ૫.	તે રોશન સામ બુહારીવાલાના ધણી તે મરુદમો નાજમાય તથા બેજનજી બુહારીવાલાના દીકરા તે રોકાના બેરામ દેબુ, બિનાયફર બુહારીવાલા, આરમયેસના બાવાજી તે બેહેરામ અને નતાશાના સસરાજી તે મરુદમો ફરેદુન, હોશંગ, તેમુલ, દારા, પીલુના ભાઈ તે ઝાલ, રૂહાદના બપાવાજી તથા અયનાહના મમાવાજી તે મરુદમો ખોરશેદ તથા નવરોજી બુહારીવાલાના જમાઈ.
Pesi Kaikhushroo Ghodawala પેસી કેખશડૂ ઘોડાવાલા	98 ૯૮	13.02.2023	Navroz Baug, G Block R.no.3, Dr.S.S.Rao Road, Near Ganesh Galli, Lalbaug Mumbai 12. નવરોઝ બાગ, જી-બ્લોક, રૂમ. નં. ૩, એસ.એસ. રાવ રોડ, ગણેશ ગલીની બાજુમાં, લાલબાગ, મુંબઈ ૧૨.	તે મરુદમ કેતી પેસી ઘોડાવાલાનાં ધણી તે મરુદમો તેલેમીના તથા કેખશડૂ ઘોડાવાલાના દીકરા તે મરુદમો ફીરોઝ, બજી, જલંગીરના ભાઈ.
Minoo Nariman Bharucha મીનુ નરીમાન ભણ્યા	73 ૭૩	13.02.2023	M-9, Bharucha Baug, S.V.road, Andheri(W), Mumbai 58. એમ-૯, ભણ્યા બાગ, એસ.વી. રોડ, અંધેરી (વે), મુંબઈ ૫૮.	તે મરુદમો પીલુ તથા નરીમાન ભણ્યાના દીકરા તે ફેની શ્રોફ તથા દીનયાર ભણ્યાના ભાઈ.
Cawas Shavakshaw Poonawalla કાવસ શાવકશાહ પુનાવાલા	87 ૮૭	13.02.2023	T-4, Godrej Baug, Nepeansea Road, Near Simla House, Mumbai 26. ટી-૪, ગોદ્રેજ બાગ, નેપીયન્સી રોડ, નીયર સીમલા હાઉસ, મુંબઈ ૨૬.	તે કેટી કાવસ પુનાવાલાનાં ખાવઈ તે મરુદમો નરગીશબાનુ તથા શાવકશાહ પુનાવાલાના દીકરા તે ફરોખ તથા મોનાઝ પોરસ પુનાવાલાનાં બાવાજી તે પોરસ બહાદુર પુનાવાલા તથા શીરીન ફરોખ પુનાવાલાનાં સસરાજી તે મરુદમો બાનુ, પેસી, કમી, હોસી તથા આલુનાં ભાઈ તે ફરજાન તથા ફરીયાનના બપાવાજી તે બીનાફશા તથા બેહઝાદનાં મમાવાજી.
Jini Dorabji Damania જીની દોરાબજી દમનીયા	93 ૯૩	13.02.2023	Hira House, S.V.road, Goregaon, Mumbai 104. હીરા હાઉસ, એસ. વી. રોડ, ગોરેગાંવ, મુંબઈ ૧૦૪.	તે મરુદમો શીરીનબાઈ તથા દોરાબજી દમણીયાના દીકરી તે મરુદમો રતી, કેકી, મની, હોશંગ તથા અરપીના બહેન.
Kurush Faramroze Billimoria કુરુશ ફરામરોઝ બીલીમોરીયા	57 ૫૭	13.02.2023	690/303, Dr. Dinshaw Master Road, Parsi Colony, Dadar(E), Mumbai 14. ૬૯૦/૩૦૩, ડો. દીનશાહ માસ્તર રોડ, પારસી કોલોની, દાદર (ઈસ્ટ), મુંબઈ ૧૪.	તે મરુદમો રોશન તથા ફરામરોઝ બીલીમોરીયાના દીકરા તે કેશમીરા, તીરંદાઝ તથા મરુદમ બેહેરામના ભાઈ.
Kersi Minocher Gherda કેરસી મીનોચહેર ગારડા	94 ૯૪	14.02.2023	9A, Sterling Apt., 38, Pedder Road, Near Sophia College, Mumbai 26. ૯એ સ્ટરલીંગ એપાર્ટમેન્ટ, ૩૮, પેડર રોડ, સોફિયા કોલેજની પાસે, મુંબઈ ૨૬.	તે મરુદમ મોતાન કેરસી ગારડાના ધણી તે મરુદમો શેહેરા તથા મીનોચહેર ગારડાના દીકરા તે મીનુ કેરસી ગારડા તથા ઝીનોબીયા ફરોખ ઉનવાલાના બાવાજી તે ફરોખ મીનુ ઉનવાલાના સસરાજી તે ઝકસીસ અને રોહનના મમાવાજી તે મરુદમો શીરીન તથા સોરાબ અવસીયાના જમાઈ.
Freny Jhaveri ફેની જવેરી	79 ૭૯	16.02.2023	404, Borivali Ruby CHS Ltd, Holy Cross Road, IC Colony, Borivali West Mumbai 103. ૪૦૪ બોરીવલી રૂબી કો.હા.સોસાયટી લિમિટેડ, હોલી ક્રોસ રોડ, આય. સી. કોલોની, બોરીવલી (વે), મુંબઈ ૧૦૩.	તે મરુદમો હોમાય બરજોર દાબુના દીકરી તે સાવક, અદીલ ને હોમાયના બહેન.
<b>Death Announcements From Prayer Hall</b>				
Jehangir Dosabhai Karkaria જહાંગીર દોસાભાઈ કરકરીયા	75 ૭૫	12.02.2023	12B, Bandview, Lady Jehangir Road, Five Gardens, Dadar, Mumbai 14. ૧૨બી, બેન્ડવ્યુ, લેડી જહાંગીર રોડ, ફાઈવ ગાર્ડન, દાદર, મુંબઈ ૧૪.	તે બચીના ધણી તે મરુદમ કેટી અને મરુદમ ડોસાભાઈના દીકરા તે ઉર્વકસ અને રિશાદના પપ્પા તે અનિશા અને અક્ષતાના સસરા તે કલન અને ઝીરના ગ્રાન્ડફાધર તે ગુલ અને સરોશના ભાઈ તે મરુદમ જલુ અને નવલના જમાઈ.
Dilber Rusee Sukhia દીલબર રૂસી સુખીયા	90 ૯૦	14.02.2023	6D-403/404 Salsette Parsi Colony, Pump House, Andheri East, Mumbai 93. ૬ડી-૪૦૩/૪૦૪ સાલસેટ પારસી કોલોની, પંપ હાઉસ, અંધેરી ઈસ્ટ, મુંબઈ ૯૩.	તે મરુદમ રૂસીના ધણીયાણી તે મરુદમ શીરીન અને મરુદમ ફરામરોઝના દીકરી તે ઝીનોબીયા, દારાયસ, ચેરાગના મમ્મી તે મારિયા અને રોહિન્ટનના સાસુ તે ખુશુમા, મેહરઝાદ, યઝદ અને અરજાનના ગ્રાન્ડમધર તે મરુદમ રૂસ્તમના બહેન તે મરુદમ હીરાબાઈ અને મરુદમ અરયશાના વડુ.
<b>Death Announcements From Poona Parsee Panchayat (Trust Office)</b>				
Rashid Boman Parva રશીદ બોમન પરવા	68 ૬૮	08.02.2023	H. No. 255, Next to Datta Society, Nangargaon, Lonavla 410401. દત્તા સોસાયટીની બાજુમાં, નાનગરગાંવ, લોનાવાલા ૪૧૦૪૦૧.	તે બોમન શેરીયાર પરવા અને મરુદમ ખારમેન બોમન પરવાના દીકરા તે જાસ્મીન પરવાના ધણી તે બીનાઈફર, દીનાઈફરના પપ્પા તે શેરીયાર, મીનોચેર, મોરવારી, ડાંગીસ, પરવીનના ભાઈ.
<b>Death Announcements From USA (Miami)</b>				
Dinshaw Hormusji Hansotia દિનશા હોરમસજી હાંસોટીયા	87 ૮૭	10.02.2023	USA (Miami). યુએસએ (મીયામી).	તે હુનોફીના ધણી તે જાસ્મીન હોમસી ઈરાની અને કેઝાદના પપ્પા તે જાલ, બોમી, લીલી અને મરુદમ દારા અને નરગીસના ભાઈ તે હોમસી અને કાત્યાના સસરાજી તે નતાશા, નેવીલ, કાયલ, બ્રેનાન અને નીકોલાઈના ગ્રાન્ડ ફાધર.
<b>Death Announcements From USA (California)</b>				
Rohinton Minocher Panthaky રોહિન્ટન મીનોચેર પંથકી	81 ૮૧	13.02.2023	Carlsbad, California (USA). કાર્લ્સબાડ, કેલિફોર્નિયા યુએસએ.	તે નાજુના ધણી તે અનાઈતા અને શીરાઝના પપ્પા તે જાલ, નોશીર, સીહુ નાઝીર અને કેટી પટેલના ભાઈ.

# COPING WITH PANIC ATTACKS!



MEHEZABIN DORDI

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



A panic attack is a sudden episode of intense fear that triggers severe physical reactions when there is no real danger or apparent cause. Panic attacks can be very distressing - they arrive suddenly and involve intense and often overwhelming fear. They're accompanied by very challenging physical symptoms, like racing heartbeat, shortness of breath, or nausea.

When panic attacks occur, you might think you're losing control, having a heart attack or even dying. Although panic attacks aren't life-threatening, they can significantly impact the quality of your life.

### Here Are Some Effective Ways And Practices To Stop/Control A Panic Attack:

**Educate Yourself - Know the Signs:** It's not just scary or stressful situations that trigger a panic attack. You could be in your most natural environment - at home or a restaurant - and still experience the strong emotions and fearful sensations. This can also bring about physical symptoms like a pounding heart, sweating, shortness of breath, nausea, chest pain, and/or trembling. An average panic attack lasts 5 to 20 minutes. Once you learn to recognize when attacks are coming on, you are better equipped with ways to stop them.

**Do Not Stop Living Your Life:** It's understandable that you'd want to avoid a panic attack at all costs. But it's important not to let fear hijack your routine life. For example, don't avoid places where you've had panic attacks in the past. If you have one, stay where you are, if it's safe. When the attack is

over, you'll realize that nothing terrible happened.

**Verbalise Your Thoughts:** When you feel a panic attack coming on, remind yourself that you're feeling anxiety, and not real danger. You can even try directly addressing the fear. Practice a go-to response like, "I am not afraid" or "This will pass."

**Don't Distract Yourself:** As tempting as it may be to try to focus your mind elsewhere, the healthiest way to deal with a panic attack is to acknowledge it. Try not to fight your symptoms. But keep reminding yourself that this will pass.

**Stop The 'What ifs':** Panic attacks feed on thoughts of "what if." What if I can't do it? What if I run into my ex? What if everyone laughs at me? **Acknowledge that fear, then shift from "what if" to**

## PANIC ATTACK

### SYMPTOMS



### WAYS TO STOP



**"so what?"** Sometimes the worst-case scenario isn't as bad as it seems. Remember, the worst case scenario is never usually the likely case scenario.

**Breathe Through It:** An attack may make you take quick, shallow breaths, so get your breathing under control. Close your eyes. Put your hand between your bellybutton and the bottom of your ribs. Inhale through your nose slowly and deeply. Then let all that air out gently through your mouth. You'll feel the hand on your belly rise and fall. If it helps, you can count from 1 to 5 on each inhale and exhale. After a few minutes, you should start to feel better.

**Slow Down:** Slow your body down, and your mind will follow. Practices like yoga, mindful breathing or/and tai chi use slow body movements and train the mind to be calm and aware.

**Focus On The Present:** Notice five things you can see around you. Then, four things you can touch. Three things you can hear. Two things you smell. One thing you taste. When you stay grounded in the present, it gives your mind something better to do than focus on fear or have worrisome thoughts.

**H.A.L.T. Your Attack:** 'H.A.L.T.' stands for 'Hungry, Angry, Lonely, Tired' - four feelings that bring out the worst in everyone. If you're prone to panic attacks, they can turn into triggers. When symptoms pop up, check in with yourself: Am I hungry? Am I angry? Once you pinpoint what's going on, you can take steps to fix it.

**Be Mindful Of Your Consumption:** Caffeine can make you feel nervous and shaky. It can also keep you awake, which can trigger tiredness later. Nicotine and alcohol can make you feel calm at first, then make you jittery as your body processes it. All three can trigger panic attacks or make them worse. These are best avoided.

**Make Time To Exercise:** Physical activity lowers stress, which is one of the main causes of panic attacks. A workout, especially the aerobic kind that gets your heart pumping, can also get you to a calmer place. Even a 10-minute walk can help, for starters.

**IMPORTANT DISCLOSURE:** Please note that all the points mentioned are not a substitute for professional help. If you find yourself having difficulty coping with panic attacks, please reach out to a qualified mental health professional.



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DR. DANESH CHINOI

# The 'Knead' Of The Hour!



Physiotherapists are like artists who have mastered the science of movement therapy to help patients in releasing the stress and tension from their body, thus creating the right dynamics in their system to facilitate healing, and ultimately strengthening muscles towards a fit and sound body. Physiotherapists repeatedly practice till they attend unprecedented skill levels in resolving key problems in their patient's body. Then at some point, it almost seems like magic to many when a physio manipulates the patients tissues releasing knots, taut bands and restoring fluidity of movement.

One of the fundamental skills that physiotherapists learn very early on is that of soft tissue manipulation, more commonly referred to as 'massage', in general parlance. Therapeutic massage is a fundamental physiotherapeutic skill that involves the manipulation of the body's soft tissues through specialized hands-on movements. The purpose is to influence cellular changes in the soft tissues that promote healing, reduce pain, and enhance overall wellness.

Massage techniques involve a combination of hands-on movements, such as kneading, petrissage, vibrations, stretching, compressing, and gliding that may range from stroking to deep pressure. Massage is typically combined with first line treatments in manual manipulation to achieve therapeutic goals. The effects of massage therapy are not only physical, but also help calm the mind. It stimulates blood vessels, collagen fibres, muscle and tendon tissues and nerve cells. Some effects include:

1. Reduced stiffness in muscles and tendons.
2. Improved tissue elasticity and increase in range of motion of joints.
3. Decreased inflammation and swelling in soft tissues.
4. Reduced scar tissue formation.
5. Influencing blood flow in the muscles, thus promoting nutrient exchange and removal of toxins,

6. Increasing the levels of endorphins, serotonin, and dopamine: hormones that help decrease pain, regulate sleep and mood, and promote relaxation.

Depending on the treatment goals, different types of massage therapies are considered. Each massage type works on a different principle to manipulate the tissue and produce the desired effects. While some techniques use light pressure and strokes, others may use heat or knead deeper to stimulate the inner layers of the tissue:

**Swedish Massage:** Promotes relaxation in the soft tissues through repeated long strokes, kneading and elongating techniques that encourage blood circulation, loosen tissues, and remove stiffness. For lower back pain, the patient lies face-down, and the therapist focuses on the back muscles, hamstrings, and calf muscles. The health of the hamstrings and calf muscles play important roles in promoting back strength and lengthening these muscle groups can help improve lower back pain. Swedish massage may help reduce scar tissue formation, modify muscle tone, and increase muscle length and flexibility. This massage also reduces inflammation and emotional stress, and enhances overall wellness.

**Neuromuscular Massage Or Trigger Point Therapy:** Also called myofascial trigger point therapy or myofascial release, this is a specialized form of massage that involves the application of firm, sustained, and controlled pressure over painful, taut bands of muscle, called myofascial trigger points, to release tension and facilitate blood flow.

Myofascial trigger points are like small knots in a thick rope, which represents the muscle fiber. The presence of the knot makes the rope shorter—and the length of the rope becomes shorter as the number of knots increases. Since trigger points make the overall length of the muscle fiber shorter than normal, their presence limits the lengthening and shortening of the muscle.

Neuromuscular massage aims to relieve stress and

There are these two basic types of massage machines: the Kneading Type and the Vibration Type. Cushion and chair massagers that would work on the principle of kneading would be moderately effective and allow practically unlimited self-massage. This makes them great for something like relaxing after a hard day's work. However, these would not be as effective as a professional therapist, and their kneading contacts are not directed by a therapist with skills and knowledge. Thus, they would not be a serious consideration for therapeutic applications or for massaging deep problem spots.

Rather than using manual pressure to penetrate and massage, vibration massagers use vibrational waves, just like ultrasound or laser. This means it can penetrate deeper with less risk and



release tension in the trigger point by specialised manoeuvres and techniques. The goal of these manoeuvres is to release the knots and make the fascia free once again. After the fascia is released, blood flow is stimulated into the area (which was previously deprived of adequate blood and oxygen) to foster healing and eventually relieve pain. With experience, physios can pinpoint trigger points by understanding the pain patterns of the patient.

Massage by hand is an excellent therapy which has been used and benefited people for centuries. However, recently various massage machines have become available, which are sometimes used by professional physios to save stress on their hands. More importantly, these have allowed people to self-apply massage. The question is are they effective and a real substitute for hand massage? The answer is yes, they are, but only some, and only if used correctly.

can be a lot more effective. It does not need special skill to use. Thus, a lot of professional therapists actually use vibration massagers themselves in practice, and they are ideal for self-use too.

Using a hand-held massager is simple. You place the vibrating head on the muscle, making good contact, and allow the vibrations to penetrate. With an effective machine it's the vibrations that do the work so there is no need to assist by pressing in or rubbing. Using an effective vibration massager, the vibrations transfer from the head of the machine to the muscle and penetrate deeply. There's a bit of misinformation as regards the need to press in the heads of massager for penetration, but that's wrong. Vibrations always penetrate more than pressing-in. That's why buildings collapse over 100 km away from the centre of an earthquake!

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