

PARSI TIMES

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Women's
Day

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FROM THE EDITOR'S DESK

What It All Boils Down To...

Dear Readers,

In recent times, a main cause for concern in our community is the increasing number of divorces and separations taking place between couples. For a minuscule community as ours, with population trends pointing towards imminent extinction, we are already struggling to simply stay afloat. While efforts are being taken to help increase the population, this trend of increasing divorces comes as an extremely disappointing bummer.

'Irreconcilable Differences' is cited as the main reason for most Parsi divorces. While this is an acceptable clause in cases of extreme incompatibility, these days couples seem more eager to quit a relationship, than to repair it. It all boils down to respect, or rather, the lack of it... a lack of respect towards another's point of view if it's not in line with ours, and a lack of respect for the blessed institution of marriage.

Respect is the cornerstone of all healthy relationships, more so, between couples... each partner needs to recognize that the other has different experiences and opinions, and they must support and nurture each other's individuality as much as they celebrate their collective couple-hood. Where there is genuine respect for each other, there will be no unsurmountable 'irreconcilable differences'. For those of us who know of couples undergoing such struggles, let's give them hope and encourage them to seek resolutions through counselling, not the courts... for the sake of their own well-being as well as that of our community.

And speaking of respect, we dedicate this issue to International Women's Day, which falls on 8th March. It's a blessing belonging to a community where gender-equality has largely prevailed right from the get-go! Our community boasts of having some of the strongest woman leaders, and a progressive and highly successful female populace in India and the world over. But let's face it - this wouldn't have been possible without the support and the respect of our men, who 'walk the talk' of gender-equality... up until they see a woman driving a car! But seriously, unlike so many other communities, it is our utmost pride to proclaim that our women rose to the fore, not despite the men, but because of them! And this wouldn't have been possible without the integral element of 'respect' ingrained in us all.

So, here's wishing you a fun weekend and Happy Women's Day to all!

- Anahita
anahita@parsi-times.com

SESSION ON CAT BEHAVIOUR TALK!

Have you always loved cats but never managed to understand them? Then this is the perfect session for you! World renowned Italian cat behaviourist Laura Borromeo shares her 27 years of experience on how to understand your cat and solve simple issues! You will get to understand what's going on in the mind of a cat, why they act in a certain manner and how to enhance your and other animals' relationships with improve your and other animals' relationship with them.

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The lineup includes MOBO nominated artistes:

When: March 18, 2023: Beatrice kahl b.groovy featuring Joan Faulkner and David Tobin - Soul to Jazz

When: March 19, 2023: Natalie Williams and the soul family

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Time: 6:30 PM

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Religious Announcements

Jashan Ceremony At Anjuman Atash Behram

A Jashan ceremony in memory of late Dasturji Kookadar Saheb will be performed on 11th March, 2023 (Roj Zamyad, Mah Meher; YZ 1392), at 10:00 am, at Zarthoshti Anjumanna Atash Behram. Devotees are requested to attend in large number and seek blessings.

Jashan And Gambhar At Cama Baug

A Jashan will be conducted at the Cama Baug Agiary at 10:00 am, followed by a vegetarian Gambhar for Parsi / Irani Zoroastrians on 18th March, 2023, at Cama Baug Big Otlia from 10:00 am to 2:30 pm. Coupons not required. Zarthostis are requested to attend.



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Main Course (Parsee)

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Classy Women... What Sets Them Apart?



VEERA SHROFF SANJANA

As we celebrate Women's Day on 8th March each year, much of what it means to be a woman, is all about her being sassy and smart, soft yet strong, perfect with all her imperfections. Her confidence stems from being mature, wearing her scars with pride, and her knowledge of the world. She has an innate understanding that true strength lies in accepting who you are and being happy within oneself.

A woman of substance knows what she brings to the table and trust me, she isn't afraid to eat alone. She's strong enough to let go and wise enough to wait for what she deserves. She exudes confidence without being arrogant, she is elegant without being flashy. She is perfectly comfortable in her own skin and doesn't need to put on a show for others. There is authenticity and honesty in what she says and does. She knows how to be fun and let loose, yet be respectful and dignified when the situation calls for it. A classy woman is a complete package - beautiful inside and out!

Being a woman is about being fierce



yet classy, while embracing your true feminine self. A classy woman is one who wears kindness, exhibits strength, but still knows her own mind. She considers kindness a strength and not a weakness. She can be tough when she needs to be, but at all times, presents herself with dignity and elegance. Now being a classy woman needs certain restraint and control. Classiness exudes certain personality traits that, unfortunately, not all women possess.

Class is about character and character-building, more than anything else. A classy woman is one of a kind - radiates confidence and modesty simultaneously. For her, staying classy never goes out of style. See a woman enter the room, you can spot charm and attractiveness

instantly, but see her work the room... that's where class can be observed. Little girls seek attention, a classy woman seeks respect. Real class is all about knowing what to say, when to say it, and when to stop. It is more about respect and dignity. She may often-times come across as old-fashioned but you will know this lady is quite deep-rooted in her principles.

In a world gone plastic and fake, she retains her class and her convictions effortlessly. She is the girl with a mind, a woman with attitude but always, always the lady with class. She is unique and different and always stands out in a crowd of ordinary

women without even trying. You will know a classy woman when you see one... She is well groomed, she lives and breathes tranquillity. Her house may not be palatial or opulent but it will be a soothing abode of cleanliness, tidiness, peace and serenity. She abhors messiness in her life and her surroundings. She understands style and elegance. There is never vulgar display to seek attention. Her looks and her style are enough.

She may keep up with the latest trends and fashion styles but is never a slave to the same. She restrains from being garish or loud, that's just not her. She will wear what makes her look comfortable and yet look stunning. She has panache and grace, a sense of style and elegance that she wears as her accessory. Like Audrey Hepburn said, "Elegance is the only beauty that never fades."

What makes her different is her infinite well of compassion and kindness. She is not only about those table manners and the right etiquette skills. There is a genuine consideration and kindness that makes her unique. Always thoughtful about another's feelings and emotions, she understands how the world works and just how cruel it can sometimes be. She is firm but never mean or rude. She spreads love, instead of judgement and criticism everywhere she goes. For her, empathy is an instinct, not an act and she will never miss a chance to show that. Her sense of understanding, forgiveness and kindness never fail to do their magic. A beautiful lady smiles a lot and she smiles with her heart. She spreads positivity and joy wherever she goes.

She is all about being responsible and dutiful. She doesn't slack off when needed. She's always on time and values it. She has goals and ambitions which she constantly works on. She knows her strengths and weaknesses. She is aspiring and intelligent without having to prove it. She often pushes herself and her loved ones to achieve their dreams. She is fierce and loyal, independent and loving and if she is in your world, she chooses to spend her time with you, not because she has to.

A woman knows her worth but most importantly she recognises the worth of people in her life as well. A woman is a full circle. And within her is all the power to create, nurture and transform.

A woman with class is timeless. She is one that creates beauty with her presence, an impression with her attitude, and a real statement with her elegance. She makes other women want to be her. In life, successes oftentimes come on the heels of failures, but as a woman, if your actions can create a legacy that inspires others to dream more, learn more, do more - then you are truly a lady with class!



વેચાણથી જોઈએ છે

સફેદ વાછરડો - વરસીયાજી - શ્વેત કપિલા

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સંપર્ક : દીનશા જાલેજર ભગવાગર * મો. નં. - ૯૭૨૭૩૬૨૩૦૭

Excellent Sports And Sportsmanship At All-Parsi Tournament By Tata Housing And Marazban Colony



Sepak winners Godrej Baug A



Direct Volleyball winners Ben Stallions



Indirect Volleyball winners Malcom Baug

Razvin Namdarian

The grounds of Tata Mills Co-op Housing Society, Parel, were host to the All-Parsi Tournament that was organized by their very own Tata Housing Sports Club, in association with Marazban Colony. The air was charged with much excitement and energy as 26 teams battled it out, over 13 days, from 13th to 25th February, 2023, competing across three categories - Sepak, Direct Volleyball and Indirect Volleyball. Played in the league format, the organizing team comprising - Behzad Faroodi, Neville Goveshni, Rayomand Nauwezidan, Rayomand Kassad, Astad Palkhiwalla, Afrid Palkhiwalla, Paras Daruwalla, Shahzad Ichhaporia and Anoz Balsara - received much praise for the event's excellent planning and seamless execution, all through.

Sponsored by title sponsors - WZO Trusts and Viraf Mehta alongside co-sponsors - Zubin Royal fleet, Nariman Sports and Jangid group, this was the first ever All-Parsi tournament to be jointly hosted by two different societies. The reason was, over the last few years, volleyball as a sport had seen a downhill trend within the community, as many Baugs and societies had stopped playing this sport, and hence weren't organising the tournament. "The primary motive behind holding this tournament jointly was to encourage the sport, which was once a favourite sport among All Parsees tourneys, and not let it fade away. This joint endeavour was much appreciated by all, especially the competing teams, which had requested that it be continued as an annual event," explained the organisers.

Speak (also known as Sepak Takraw or Kick Volleyball), which originated in South East Asia, is considered to be a blend of Volleyball and Football. Kerman Darbari, Captain of the winning team - Godrej Baug A Team, said, "Our team comprised members with ages ranging from 19 to 45 years! We practiced regularly and were quite confident of winning. Even in the finals, when we were down by 2 sets to 0, our team persevered and we came back taking it one set at a time, to claim victory. This was a fantastic initiative and the ground was very well prepared and maintained."

His sentiments were echoed by Sunny M. Patel, captain of Ben Stallions, winner of the Direct Volleyball segment of the tournament. "We played a good game and were elated to win in the finals after a tough match. But I feel we would

have had a more competitive edge if we would have a similar ground at Gamadia Colony and were able to practice more. The infrastructure here at Tata Mills CHS was super," he shared.

Sohrab Mehta, Captain of the winning team for Indirect Volleyball, from Malcolm Baug, was all praises for the organizers, "The entire tournament was very well organised and the infrastructure was very good. We were certainly proud to win the trophy. Every team member was outstanding - it helped that we had a young team and have maintained our fitness levels."

Going by the enthusiasm levels of both team players and spectators, the All Parsi Tournament is certainly back with a bang!

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March 18, 2023**

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Dr. Arnaaz Doctor Wins Top Spot In Scientific Presentation At National Physio Conference

Dr. Arnaaz Rusi Doctor was awarded the first position in the category of Junior Professional for Scientific Presentation on the topic, 'Evaluating Effectiveness Of Aquatic Therapy Approach On Performance In Football Players', at the 60th National Conference of The Indian Association of Physiotherapists, which was held in Ahmendabad, Gujarat on 11th and 12th February, 2023.



K University, Rajkot. She currently holds the post of Assistant Professor, Physiotherapy at NMIMS University, Mumbai.

Mumbai-based resident of Behram Baug Colony (Jogeshwari), Dr. Arnaaz has done her Masters in Musculoskeletal Sciences and is currently pursuing her Ph.D in Sports Physiotherapy from R.

The daughter of proud parents - Late Rusi Doctor and Rashna Doctor, Arnaaz is also a certified Aquatic Therapist and has authored five journal publications.

Pune's Sardar Dastur Hormazdiar High School Celebrates Silver Anniversary

Sardar Dastur Hormazdiar High School (located at Camp, in Pune, Maharashtra), founded on 24th February, 1998, by Sardar Dastur Hormazdiar Noshirwan Kaikobad Dastur, celebrated twenty-five years of successful establishment on 24th February, 2023. The special event was commemorated by an evening program which commenced with the unveiling of the bust of Founder President - Sardar Dastur Hormazdiar Noshirwan Kaikobad Dastur, fondly known as 'Dasturji', followed by lighting the ceremonious divo (lamp). The day is also celebrated as the school's Founder's Day.

Dignitaries attending the function included Chief Guest - Behram Pudumjee, Guest of Honour - Mehernavaz Vakil, Col. Sohrab Pudumjee - President Emeritus, Sardar Dastur Schools' Trust; Jehangir Vakil - Hon. Secretary; Management Board members - Farhad Forbes, Kavas Patel, Jehangir Ardeshir, Viera Pudumjee Gaekwad; Principal of the school - Farrah Gustaspi and other principals of sister concerns.

Behram Pudumjee and Mehernavaz Vakil set the pace for the evening and were then escorted by the Guard of Honour to witness the spectacular musical 'Back to School' with scintillating dance performances



Principal Farrah (3rd from left) along with all Principals & Supervisors

and a wonderful display of ex-students' success over the last 25 years.

Principal Gustaspi read out the Annual Report, highlighting the students' achievements in various fields. The National Anthem was presented in sign language. The choir presented the school song which was followed by a vote of thanks by the Headboy. It was a gala evening, much appreciated by the audience, and put together by the Dastur family and the dedicated team of teaching and non-teaching faculties.



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A brand new Pilates studio - 'MD's Pilates', offering state-of-the-art Pilates equipment, including the Reformer with Tower, Wunda Chair and Arc/Spine Corrector was recently unveiled in Colaba. An initiative by Fitness experts Marazban Doctor and Madhuri Ruia, M D's Pilates is a division of Movement By Design.

Each expert brings over two decades of rich experience as Fitness Gurus. Marazban Doctor is a Barefoot Training Specialist from EBFA, a Rehab Master Trainer from Rehab Trainer (Australian Physiotherapists Association), an Anatomy Trains Therapist practicing Structural Integration and has completed his Equipment Based Pilates Training from The Australian Physiotherapy and Pilates Institute. Pilates expert Madhuri Ruia brings her invaluable 25 years of rich experience and success, having transformed the lives of hundreds towards better posture and overall health.

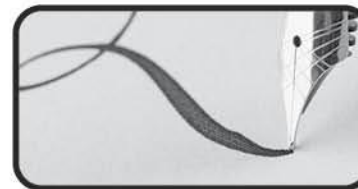
Pilates is a proven therapy to alleviate back pain/neck tension/ imbalances and other conditions stemming from an increasingly sedentary lifestyle and postural issues arising from daily activities. It is suitable for all ages and fitness capabilities - including young adults, elite athletes, senior citizens as also those needing rehabilitation. Pilates technique focuses on strengthening the



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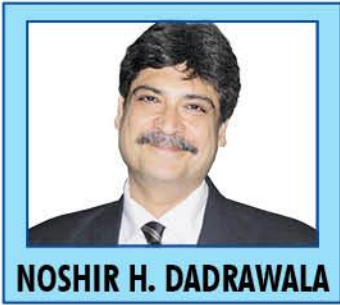
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THE WEDDING PROCESSION

By Gulshan D Morawala

I could hear the drumbeats from afar,
As the sky grew dark, showing the evening star,
I stood on tip-toe to glance over the wall,
The procession approaching, with frequent stalls.
As they came up closer to me,
It was a wedding group, I could see,
With a groom atop a rickety horse,
Which seemed dazed and totally at a loss.
The music blared, as the crowd just danced,
Enjoying their moments, leaving nothing to chance,
Dressed in glittering clothes and jewels to match,
Each was a spectacle, that the eye could catch.
Little boys and girls jumped around
While teenagers flirted with friends they had found
Showing off their dancing prowess,
As they gyrated to the music with full success.
The groom, he bobbed up and down,
Upon a horse, which looked more like a clown,
For the horse was made to wear a pointed cap,
And ribbons on his feet, that went clip-ty-clap.
The merry crowd moved steadily on,
Towards the bride, who I'm sure since morn,
Was awaiting for her groom to come her way,
To sweep her off her feet and take her away.
Once again I heard the drumbeats afar,
The sky had grown darker and there were now many stars.
There would be a happy union tonight,
I wish the couple a life that's just right!

Ancient Persian Maritimers



NOSHIR H. DADRAWALA

More than two and a half millennia ago, ancient Persians were Master Maritimers. Neither the seas nor rivers stood as barriers for them, be it for trade or during war. The greater the obstacle, the more glory they saw in overcoming it. They were innovative, bold and adventurous. We narrate here how three Great Achaemenian Kings proved their genius and turned challenges into opportunities, during peace and war.

Cyrus The Great Diverts Course Of A River...

Let us start with how Cyrus the Great conquered Babylon. Ancient Babylon (modern day Iraq) was situated on the river Euphrates. The city was surrounded by massive walls considered impregnable. The river Euphrates ran through Babylon, entering and exiting through two spiked gates whose bars reached down to the riverbed. This allowed cargo ships to enter Babylon right into the city for commerce. However, when both - the outer and inner river doors were shut and all other entrances were closed, Babylon was impregnable.

How was Cyrus able to take over the city with scarcely a fight? The story goes that over a century before the birth of Cyrus, Yahweh (the God of the Jews) had promised the clairvoyant Isaiah that He would send a saviour to free the Jews who were held captive as slaves in Babylon. Yahweh had predicted concerning Babylon and the Euphrates, "I will dry up thy rivers" (Isaiah 44:27) and named 'Cyrus' as "my shepherd" and "anointed" (Isaiah 44:28; 45:1). Yahweh also declared: "I will open before him



Modern Bosphorus bridge connecting the Asian side of Istanbul to the European side

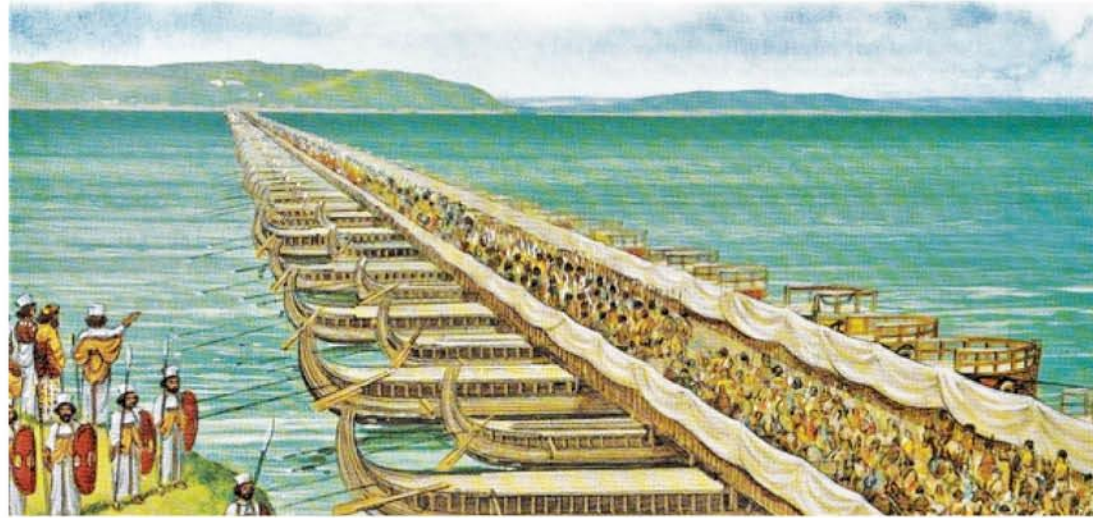


Image of Xerxes pontoon bridge

the two gates; and the gates shall not be shut." (Isaiah 45:1).

When Cyrus the Great marched with his army to Babylon, he knew about this prophesy and using his intellect, he strategically diverted the course of the river Euphrates and his army marched into Babylon over the dry river-bed, while the gates were carelessly left open by the intoxicated and over confident guards, as prophesised.

Cyrus the Great freed the Jews from slavery without shedding a drop of blood and soon thereafter, gave the world the first Bill of Human Rights.

Darius The Great Digs Prototype To The Suez Canal

The Suez Canal is an artificial sea-level waterway in Egypt, connecting the Mediterranean Sea to the Red Sea through the Isthmus of Suez and dividing Africa and Asia. This over one 193-kilometre-long canal is a popular trade route between Europe and Asia.

The canal officially opened on 17th November, 1869, offering vessels a direct route between the North Atlantic and Northern Indian oceans, via the Mediterranean Sea and the Red Sea, avoiding the South Atlantic and Southern Indian oceans and reducing the journey distance from the Arabian Sea to London, by approximately 8,900 kilometres or ten days at the speed of twenty knots.

Forerunners to the modern Suez Canal included a small canal constructed under the auspices of Ramesses II. Later, another canal, probably incorporating a portion of the first, was constructed under the reign of Necho II. However, the only fully functional canal was engineered and

completed under orders of Darius the Great.

The Persian King, Darius the Great (522 - 486 BCE) constructed a canal connecting the Nile to the Red Sea (an ancient precursor to the Suez Canal) that made it possible to sail from Egypt to Persia and to other places in between. The Suez inscriptions of Darius the Great are texts written in Old Persian, Elamite, Babylonian and Egyptian on five monuments erected in Wadi Tumilat, commemorating the opening of the 'Canal of the Pharaohs'. Having conquered Egypt, Darius was also Pharaoh of Egypt.



Image of Cyrus the Great Entering Babylon

One of the best preserved of these monuments is a stele (a stone column with inscriptions) of pink granite, which was discovered by Charles de Lesseps, Ferdinand de Lesseps's son, in 1866, thirty kilometres from Suez near Kabret in Egypt. It was erected by Darius the Great, king of the Achaemenid Empire (or Persia). The monument, also known as the Chalouf stele (Shaluf Stele), records the construction of a forerunner of the modern Suez Canal by the Persians.

The inscription states: "I am Darius and I am a Persian. Setting out from Persia I conquered Egypt. I ordered the digging of this canal from the river that is called Nile and flows in Egypt, to the sea that begins in Persia. Therefore, when this canal was dug as I had ordered, ships went from Egypt through this canal to Persia, as I had intended."

Many of us (including this writer)

have enjoyed the Bosphorus cruise while in Istanbul in Turkey. As we all know one part of Istanbul lies in Europe and the other part lies in Asia. Istanbul's European part is separated from its Asian part by the 'Bosphorus strait', a thirty-one-kilometre-long waterway that connects the Black Sea with the Sea of Marmara, and forms a natural boundary between the two continents.

Today, two suspension bridges across the Bosphorus - the Bosphorus Bridge and the Fatih Sultan Mehmet Bridge, also called Bosphorus Bridge II connect the two sides of the two continents of Asia and Europe. However, over 2,500 years ago, when Darius the Great tried to cross over from Asia to Europe with thousands of soldiers, the Bosphorus (almost a mile wide) presented a logistical problem.

The Greek writer Herodotus says in his 'Histories' that, on the orders King Darius the Great of the Achaemenid Empire, Mandrocles of Samos engineered

a pontoon bridge (a floating bridge) across the Bosphorus, linking Asia to Europe and this bridge enabled Darius to pursue the fleeing Scythians as well as position his army in the Balkans to overwhelm Macedon.

Xerxes the Great... A Bridge Of Boats...

Ancient civilisations must have looked longingly at unreachable shores on the other side of rivers and wished for bridges to carry them there. However, wishes alone could not build those bridges, but wars could. In fact, most early floating bridges were built for the purposes of war. The Persians, Chinese, Romans, Greeks and Mongols - all used versions of pontoon bridges to move soldiers and equipment, usually across rivers too deep to ford.

The most primitive floating bridges were wooden boats placed in rows with planks laid across them to support foot

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► traffic, horses, and wheeled carts. At each shore these bridges were secured, often with ropes, to keep them from drifting with the current or wind.

Xerxes the Great ordered a pontoon bridge to be constructed in 480 BC during the second Persian invasion of Greece to traverse the Hellespont (present-day Dardanelles) from Asia into Thrace, then also controlled by Persia (in the European part of modern Turkey). The Hellespont was a more than one-kilometre-wide strait.

The first floating bridge, built on the command of Xerxes the Great, was destroyed due to a very violent storm. However, Xerxes refused to give up and a second bridge was built, and nearly 400 ships were used to keep its surface afloat. However, according to Herodotus, the bridge was made of 676 ships stationed in two parallel rows with their keels in the direction of the current.

The boats were all tied together with heavy flaxen and papyrus ropes and weighted with heavy anchors to hold them in place. There was an opening left so that small vessels navigating the strait could still pass the bridge. Logs were used for the bridge's surface, and these were topped with soil. There were barriers on each side so that horses and soldiers would not fall off. This bridge survived the marching of several thousand soldiers and horses across the strait and the army of Xerxes succeeded in capturing Athens.

Ancient Persians, like Cyrus, Darius and Xerxes never blamed circumstances. In fact, they did not seem to believe in circumstances. They looked for circumstances that they wanted and if they could not find them, they made them! Men such as these are called Great and remembered even after two and a half millennia, because they were innovative, bold and considered no challenge as impossible!

Dr. Jasvi's Numero Tarot Predictions

(As Per Your Birth Month)



Parsi Times brings you Dr. Jasvi's column on her unique Numero-Tarot monthly readings, based on your month of birth:

January (Lucky No. 21; Lucky Card: World): You need to start believing in yourself. Remember that everything that glitters is not gold, so break out of the illusions in your mind. You are advised to be more practical and move on. No one can hold you down except yourself. Travel or shift in property is indicated.

February (Lucky No. 5; Lucky Card: Hierophant): Daily prayers cleanse the soul, so do take the time to connect with the divine. Finances will be stable. You are empowered by the Universe and blessed by your Guru. A little juggling could be required to balance the situation.

March (Lucky No. 17; Lucky Card: Star): Hard work is the key to success - this is your mantra for the month. Financial support will be available to you. A situation will balance itself out and get sorted automatically. You are blessed by divine energy. Students are advised to study well.

April (Lucky No. 2; Lucky Card: High Priestess): Your biggest strength is your inner power. This is the learning and teaching phase in your life. Your confidence is potent enough to help you conquer the world. Stay confident!

May (Lucky No. 11; Lucky Card: Justice): Good laughter and adequate rest will wipe off the majority of your irritations. Good sleep is an absolute must for your good health - you need to take care of your health. Think positive. Don't let worries get to you. Sudden travel plans could come up.

June (Lucky No. 8; Lucky Card: Strength): This month will have the sunrise bring you much lightness and happiness. A bright month ahead with positive prospects is on hand. All your pending work will be done. You are advised not to shirk your responsibilities. Fight for your rights.

July (Lucky No. 19; Lucky Card: Sun): Practicing gratitude is a must for your overall growth. Health will be super-fine. Celebrations and party-times await you! You could consider purchasing new property or renovating current ones.

August (Lucky No. 1; Lucky Card: Magician): Learn to appreciate your blessings. You are advised to take care of your health. Finances will be stable. You are advised to bathe with rock salt to protect and strengthen your energy.

September (Lucky No. 6; Lucky Card: Lovers): This is the time for you to enjoy the rainbow of happiness, success, victory and satisfaction. Celebrate some good quality time with your family. Try to clear out your confusions. Remember, as you sow, so shall you reap!

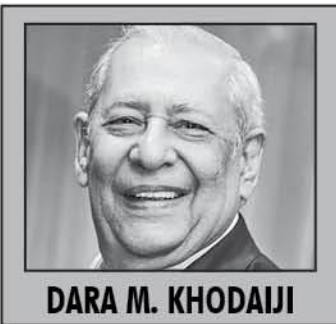
October (Lucky No. 10; Lucky Card: Wheel Of Fortune): You need to learn to adjust with the situation. You need to keep in mind that nothing but change is permanent. Accept this truth gracefully and move on. Your health will be good. A busy month lies ahead for you.

November (Lucky No. 4; Lucky Card: Emperor): Remember that hurry brings worry. You know where your destiny lies but are seeking the path to get there. Slow down mentally and start thinking afresh. Emotional support is available. You could face a temporary problem of cash liquidity.

December (Lucky No. 3; Lucky Card: Empress): You are advised to focus on things that need to be done. The times ahead hold happiness, success and peace for you. Justice is on the cards. Legal matters will get sorted out soon. Your self-confidence is the key to your success.

A Tribute To Two Magnificent Parsi Women!

- Mithuben Petit And Zarin Daruwala -



DARA M. KHODAIJI

This is a tribute to two less known Parsi women - one from an aristocratic, family - a daughter of a Baronet; and the other - born in a humble, Parsi family. Both achieved greatness - one despite her wealthy family background, the other despite her humble beginnings! What better occasion than Women's Day to celebrate their glory!

Mithuben Petit: Born during the last decade of the long reign of Queen Victoria, on 11 April 1891, to (Hormasji) Sir Dinshaw and Lady Sakarbai Petit, Mithuben Petit passed her senior Cambridge from the Convent of Jesus and Mary, at Colaba, in Mumbai. While still in her teens, she was influenced by her maternal aunt - Bai Jaiji Jehangirji Petit, an ardent follower of Mahatma Gandhi and the Secretary of the Rashtriya Stree Sabha.

Mithuben joined the Gandhian movement to protest against the Rowlett Act. She met with lots of opposition from her aristocratic family - they urged her, even tried to coerce her against her nationalistic fervour by threatening to disinherit her inheritance, which would have been quite considerable, but to no avail. Our petite Petit was firm in her resolve!

Young Mithuben plunged headlong into the Freedom Movement and was soon appointed the Secretary to the Khadi Department of the 'All-India



Conference', founded by Sarojini Naidu. In her late twenties, she was actively involved with relief work during the 1929 Gujarat floods.

Her presence also made a huge difference to the 1,500 women protesting against wine shops, foreign cloth, and other foreign goods outlets. On 30th December, 1930, she established 'Kasturba Weaving School' at Maroli and a year later, the 'Kasturba Sevashram'. She also founded a hospital in name of Kasturba Sevashram for the scientific treatment of mental illnesses.

One of the highlights of her life as a freedom fighter was the Dandi march with Gandhi - standing right by his side as he lifted salt on 9th April, 1930. This was the most significant moment in the history of the Indian Freedom Struggle. Mithu Petit was there along with Kasturba Gandhi and Sarojini Naidu. When Kasturba Gandhi was arrested for her role in the Dandi March, Mithuben took over the task of picketing at the wine shops. Soon afterward, Mithuben was also arrested and imprisoned for four months.

Post-independence, she continued serving people, furthering the Gandhian word and philosophy. For her meritorious service to the nation, she was awarded the prestigious Padma Shree on 2nd January, 1954. She died on 16th July that year, in Surat, Gujarat.

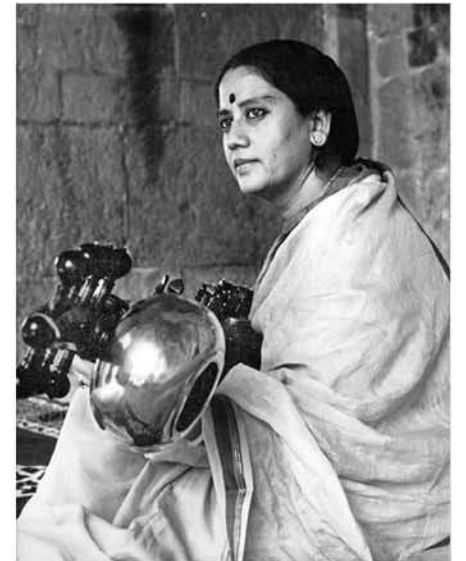
Disowned by her father, a wealthy uncle left her a considerable sum to subsist upon. Her reply to her family's threat to disinherit her sums up her dedication to the cause of Indian Freedom: "It is your business to sit with

the government and mine to remain with the nation."

Zarin Daruwala: British India was gasping towards its end and New India was yet to be awakened to light and freedom. A star was born to shine in the musical firmament of Indian Classical Music, on 9th October, 1946. Zarin Sorabji Daruwala grew up to become the finest Sarod player, achieving 'finesse and mastery' over an instrument very difficult to perfect. Her father, Sorabji Dinshawji Daruwala, who served in the Indian Police, loved Indian Classical music. Her mother played the piano. Naturally, the young Zarin took to music - it was in her blood. She started her musical journey by learning to play the harmonium at age four. Barely six years of age, she heard a *jugalbandhi* between Ravi Shanker and Ali Akbar Khan and instantly fell in love with the Sarod.

Giants of the Indian classical world like Lakshman Prasad Jaipurwalla, violinist V G Jog and S Bhat influenced her greatly. Zarin won the All India Radio Music Competition when she was just 13. Then on, it was a journey marked with greatness and fame. Recognized as a child prodigy, she learnt under genius gurus like Pandit Haripad Ghosh, Pandit Bishamdev Vadi, Khayal vocalist Pandit Laxman Prasad Jaspurware, the doyen of Jaipur and Goswami Gharana, and violinist Pandit V G Jog and Pandit Shrikrishna Narayan Ratanjankar of Agra Gharana.

At the age of fourteen, she played for Queen Elizabeth II, who was on state visit to India. Only 18 years old, Zarin made her entry in the Indian film world, when she played for the title music of the hit movie, 'Masoom' in 1960, for the evergreen sing, 'Nani Teri Morni'. In 1964, music director Roshan was looking for a Sitar-Sarod duet player and he reached out to her. The Daruwala father and daughter made their way to the studio, unsure of what to expect. To their astonishment, Roshan asked Zarin to come the very next day to record the background score for the movie, 'Chandralekha'. When Zarin and her father, Sorabji, went to Mehboob studio, they were surprised to find the entire orchestra present! It was an intimidating sight! Though Zarin was nervous and her father asked if she wanted to leave, the young prodigy thought it improper to do so. So they waited. Hours later she was called. Being a Parsi from Bombay, her foray into the North Indian Classical music was looked upon as something alien! She was



referred to as 'that Parsi girl'!

It is said, "Sarod is a difficult instrument to master. Few Sarod players display an equal facility with both hands. The need to attain the 'right-left balance' is drilled into every student, but it eludes most. On this count alone, Zarin Sharma (after her marriage to Sitarist - Pandit Ashok Sharma) deserves a place amongst the greatest."

Zarin continued enthraling her audiences the world over - music lovers, world leaders, ambassadors, consuls, and dignitaries. She was conferred various prestigious honours including the 'Sangeet Natak Academy Award' in 1988, 'Maharashtra Gaurav Puraskar' in 1990 and the 'Dadasaheb Phalke Award' in 2007.



In a community as small as ours, Zarin's contribution has been quite fantastic. Zarin left this world for the concert in the sky on 20th December, 2014, leaving her footprints on the harmonious sands of time, leaving this world a better and richer place.

This little bio-scribble is just skimming the top of two great Parsi women's achievements. Their achievements can fill volumes, but it is written lest their accomplishments fade out into the fog of time of young Parsi minds.

પારસી રાઈમ્સ

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HAPPY'S
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થાણેની શેઠ કાવસજી પટેલ અગિયારીએ ૨૪૩મી સાલગ્રેહની ઉજવણી કરી



૨૦મી ફેબ્રુઆરી, ૨૦૨૩ને દિને થાણે સ્થિત શેઠ કાવસજી પટેલ અગિયારીની ૨૪૩મી સાલગ્રેહની ભવ્ય ઉજવણી કરવામાં આવી હતી. સાંજના કાર્યક્રમની



શરૂઆત માચી અર્પણ સાથે થઈ અને ત્યારબાદ સાલગ્રેહનું જશન સાંજે ૫:૩૦ કલાકે કરવામાં આવ્યું ત્યારબાદ અગિયારી મેદાનમાં કાર્યક્રમ ચાલુ રહ્યો.

સામૂહિક હમબંદગી કર્યા પછી, થાણા અગિયારી ફંડના ચેરમેન હોમી તલાટીએ સ્વાગત પ્રવચન આપ્યું, ત્યારબાદ મોબેદો અને અગિયારી સ્ટાફનું સન્માન કરવામાં આવ્યું. આગળ કાર્યક્રમનો બહુપ્રતિષ્ઠિત ભાગ આવ્યો જેની રાહ થાણેના જરથોસ્તી વિદ્યાર્થીઓ દ્વારા જોવામાં આવી હતી - શિક્ષણ નાણાકીય સહાય યોજના (૨૦૨૨-૨૩), જ્યાં જુનિયર કેજમાં નાના બાળકોથી લઈને સ્નાતકો સુધીના ૪૩ વિદ્યાર્થીઓમાં અનુદાનનું વિતરણ કરવામાં આવ્યું હતું.

મુખ્ય અતિથિ, (નિવૃત્ત) ન્યાયમૂર્તિ શાહરૂખ જે. કાથાવાલા એ ૨૪૩વર્ષ પહેલાં થાણેની પટેલ અગિયારી ખાતે આદર રોજ, આદર યજ્ઞ અને પાદશાહ સાહેબના રાજ્યાભિષેકના મહત્વ વિશે વાત કરી હતી. બોમી બોયસે આભારનો મત વાંચ્યો હતો અને રાત્રિભોજન સાથે કાર્યક્રમ સમાપ્ત થયો હતો.

હૈદરાબાદની ચિનોય અગિયારી અઠવાડિક હમબંદગીના ૧૭ વર્ષની ઉજવણી કરે છે



૨૦મી ફેબ્રુઆરી, ૨૦૨૩ ના રોજ, હૈદરાબાદની બાઈ માણેકબાઈ એન. ચિનોય અગિયારીના હમબંદગી ગ્રુપે, અગિયારી પરિસરમાં, દર સોમવારે સાંજે ૭:૦૦ કલાકે સામાહિક હમબંદગીનું સંચાલન કરવાના ૧૭ વર્ષ પૂર્ણ કર્યા હતા. હમબંદગીનું નેતૃત્વ હેડ પ્રિસ્ટ - એરવદ મહેરનોશ ભઝ્યા દ્વારા કરવામાં આવ્યું હતું ત્યારબાદ તેમણે ધાર્મિક પ્રવચન આપ્યું હતું.

૧૭ વર્ષ પૂર્ણ કરવાના પ્રસંગે, હમબંદગી ગ્રુપે એક કાર્યક્રમનું આયોજન કર્યું, જ્યાં સામાન્ય હમબંદગી પ્રાર્થના પછી, એરવદ દિનશા સુરતી, જેઓ આ વર્ષે ૩૧મી માર્ચે અગિયારી ખાતે સેવાનો ત્યાગ કરશે, તેમણે સત્તર વર્ષના અવિરત હમબંદગીના આચરણ માટે પ્રશંસા વ્યક્ત કરી અને આશા વ્યક્ત કરી કે આ સમૂહમાં વધુ લોકો જોડાશે. એરવદ મહેરનોશ ભઝ્યાએ હમબંદગીને આટલા લાંબા સમય સુધી ચાલુ રાખવામાં પ્રારંભિક અવરોધોનો સામનો કરવો પડ્યો હતો તે માટે જણાવ્યું હતું.

હૈદરાબાદના રહેવાસી, સાયરસ તારાપોરે આ પ્રસંગે એક કવિતા રજૂ કરી જેને બધાએ ખૂબ વખાણી.

ફરામ દેસાઈએ પછી પારસીપણુ થીમ પર મનોરંજક રમતોનું સંચાલન કરી આભાર માન્યો હતો. સાંજે નાસ્તો અને પારસી રાષ્ટ્રગીત, છેવે હમે જરથોસ્તી ગીત ગાઈને કાર્યક્રમ સમાપ્ત થયો હતો.

એસઆઈઆઈ હૈદરાબાદમાં ચેપી રોગો અને રોગચાળાની તૈયારીમાં સીઓઈ સેટ કરશે



વિશ્વની સૌથી મોટી ઉત્પાદક સીરમ ઈન્સ્ટિટ્યૂટ ઓફ ઈન્ડિયા જેની સ્ત્રીઓ વિશ્વભરમાં ૧૭૦ દેશોમાં વપરાય છે, ૧૯મી ફેબ્રુઆરી, ૨૦૨૩ના રોજ હૈદરાબાદ ખાતે ડૉ. સાયરસ પુનાવાલા સેન્ટર ઓફ એક્સેલન્સ ઈન ઈન્ફેક્ટિયસ ડિસીઝ એન્ડ પેનેમિક પ્રિપેરેડનેસની સ્થાપનાની જાહેરાત કરી હતી. એસઆઈઆઈના સીઈઓ આદર પુનાવાલાની વર્ચ્યુઅલ મીટીંગ કે.ટી. રામારાવ સાથે થઈ હતી તે જાહેરાત પોસ્ટમાં આવી હતી.

આ કેન્દ્ર હૈદરાબાદમાં ઈન્ડિયન ઈન્સ્ટિટ્યૂટ ઓફ પબ્લિક હેલ્થ (આઈઆઈપીએચ-એચ) ખાતે સ્થિત હશે, જે દેશભરમાં પબ્લિક હેલ્થ ફાઉન્ડેશન દ્વારા સ્થપાયેલી પાંચ સંસ્થાઓમાંની એક છે. તેનો ઉદ્દેશ બહેતર આયોજન અને કામગીરી માટે આરોગ્ય પ્રણાલીઓને મજબૂત કરવાનો છે અને જાહેર આરોગ્યના ઉદ્દેશો સાથે બહુ-ક્ષેત્રીય નીતિઓ અને કાર્યક્રમોને પણ સંરેખિત કરવાનો છે. આ કેન્દ્ર જાહેર આરોગ્ય શિક્ષણ અને આઉટરીચ, ચેપી રોગોની ટેખરેખ અને ટ્રેકિંગ, સ્થાનિક આરોગ્યસંભાળ પ્રદાતાઓ સાથે પ્રતિભાવ પ્રયાસોનું સંકલન, રોગચાળાથી પ્રભાવિત વ્યક્તિઓ અને પરિવારો માટે માહિતી અને સહાયની જોગવાઈ સહિત વિવિધ સેવાઓ પ્રદાન કરશે. તેલંગણા તેના રહેવાસીઓને જીવનની ઉચ્ચ ગુણવત્તા અને ઉજ્જવળ ભવિષ્ય પ્રદાન કરવા માટે સમર્પિત છે, એવું ડૉ. પુનાવાલાએ જણાવ્યું હતું.

દર વર્ષે ૮ માર્ચે સમગ્ર વિશ્વમાં આંતરરાષ્ટ્રીય મહિલા દિવસની ઉજવણી કરવામાં આવે છે. તે એક એવો દિવસ છે જ્યાં દરેક વ્યક્તિ સ્ત્રીઓ પ્રત્યે પ્રશંસા, પ્રેમ અને આદર દર્શાવે છે. વિશ્વભરમાં, આંતરરાષ્ટ્રીય મહિલા દિવસ નિમિત્તે ચળવળ અથવા કૃત્ય સહિત વિવિધ કાર્યક્રમો થાય છે.

સ્ત્રી એ ભગવાનની સુંદર રચના કહેવાય છે! એ હકીકત છે કે તમામ મહાન હસ્તીઓનો જન્મ સ્ત્રીના ગર્ભમાંથી જ થયો છે અને તેઓએ પોતાનો પ્રારંભિક ઉપદેશ સ્ત્રી પાસેથી લીધો છે અને તેથી જ લોકો તેમના જીવનમાં મહિલાઓને યોગ્ય સન્માન આપે છે.

તે એક એવો દિવસ છે જ્યાં મહિલાઓને જીવનના વિવિધ ક્ષેત્રોમાં વિવિધ ભૂમિકાઓ ભજવવા માટે ઓળખવામાં આવે છે અને ઉજવવામાં આવે છે.



મહિલા દિવસની શુભેચ્છાઓ!

છે. મહિલાઓમાં મજબૂત ભાવના હોય છે જે તેમને તેમના ક્ષેત્રમાં શ્રેષ્ઠ બનાવે છે. તેઓ તેમના પરિવારના સભ્યો અને દેશના જીવનમાં મોટા પાયે યોગદાન આપે છે.

ઘણા લોકો માટે મહિલાઓની ભૂમિકા માત્ર ઘરના કામકાજ પુરતી જ સીમિત હોય છે. જો કે, આમાં ફેરફાર કરવાની જરૂર છે કારણ કે સ્ત્રીઓ પુરુષોની જેમ દરેક બાબતમાં સમાન સ્વતંત્રતા

અને તકોને પાત્ર છે. વિશ્વ સમાનતા તરફ આગળ વધી રહ્યું છે. તે સ્ત્રી અને પુરુષ બંને વચ્ચે સંતુલન તરફ આગળ વધી રહ્યું છે. પરિવર્તન જરૂરી છે અને આવશ્યક પણ છે. એવું અવલોકન કરવામાં આવ્યું છે કે યુગોથી સ્ત્રીઓની તુલનામાં પુરુષોને જીવનના દરેક ક્ષેત્રમાં વધુ ફાયદાઓ છે. જો કે, આમાં પરિવર્તનની જરૂર છે કારણ કે આપણે બધા માણસો છીએ અને સમાન અધિકારો અને તકો સાથે સમાન રીતે વર્તવું જોઈએ.

વ્યવસાયિક જીવન હોય કે અંગત જીવનમાં, મહિલાઓની ઉજવણી કરવી એ દરેક સ્ત્રી માટે એક જવાબદારીની ભાવના છે. દેશભરની

મહિલાઓ શાંતિ, ન્યાય, સમાનતા અને વિકાસ માટેના તેમના સંઘર્ષને યાદ કરવા માટે વિવિધ સાંસ્કૃતિક અને વંશીય જૂથોમાંથી તમામ સીમાઓ પાર કરીને સાથે આવે છે. આંતરરાષ્ટ્રીય મહિલા દિવસ એ આત્મ-મૂલ્યની અનુભૂતિ અને સંભવિતતા મુજબ લક્ષ્યોને પ્રાપ્ત કરવા વિશે છે. તે ઉપરાંત, મહિલાઓએ જબરદસ્ત સુધારો કરવા માટે જીવનના તમામ ક્ષેત્રોમાં તમામ અવરોધોને પાર કરવાની હિંમત ભેગી કરવી જોઈએ.

આંતરરાષ્ટ્રીય મહિલા દિવસ પર, દરેક વ્યક્તિ તેમના જીવનમાં મહિલાઓની પ્રશંસા કરે છે. દરેક વ્યક્તિ તેમના જીવનમાં મહિલાઓનું મૂલ્ય અને મહત્વ અને સમાજ પ્રત્યેના તેમના જબરદસ્ત યોગદાનને સ્વીકારે છે.

મહિલા દિવસની શુભેચ્છાઓ!

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Mani Fali Jokhi મની ફલી જોખી	80 ૮૦	23.02.2023	Opp Kalgidhar Mission School, D-36, Gilder Baug, Andheri, Mumbai 59. કલગીધર મીશન સ્કૂલ સામે, ડી-૩૬, ગીલ્ડર બાગ, અંધેરી (ઈ), મુંબઈ ૫૯.	તે મરુદમ ફરામરોઝ (ફલી) પાલનજી જોખીના ઘણીયાણી તે મરુદમ બાનુબઈ તથા એરચશા કાવસજી ટાંગરીના દીકરી તે હુતોક્ષી પરસી ડાવર અને કેશમીરા રૂસ્તમ તવાટીના માતાજી તે શિરૂય, જેસીકા અને કરીનાના મમયજી તે પરસી ને રૂસ્તમના સાસુજી તે મરુદમો મહેરબઈ તથા પાલનજી જોખીના વડુ.
Dali Jamshedji Dastoor દાલી જમશેદજી દસ્તુર	92 ૯૨	23.02.2023	B/6, Sanjwat Co-Op. HSG.SOC., Ambadi Road, Vasai, Thane, Maharashtra 401 202. બી/૬, સંજવત કો.ઓપ. હાઈસિંગ સોસાયટી, વસઈ-થાને, મહારાષ્ટ્ર ૪૦૧૨૦૨.	તે મરુદમ માનેક દસ્તુરના ખાવૈદ તે મરુદમો આવામાય તથા જમશેદજી દસ્તુરના દીકરા તે હિલ્દા દસ્તુર ને આદીવ દસ્તુરના બાવાજી તે મેરીટા અ. દસ્તુર તથા મરુદમો યુની નેયેરના સસરા તે મરુદમો પેરીન ને ધનના ભાઈ તે મરુદમ જાલ કાત્રકના જમાઈ.
Noshir Sorabji Billimoria નોશીર સોરાબજી બીલીમોરિયા	81 ૮૧	23.02.2023	Piroja Mansion, 4th Floor, Flat No 49/50, Tulsiwadi, Tardeo, Mumbai 34. પીરોજા મેન્સન, ૪થે માળે, ફ્લેટ નં. ૪૯/૫૦ તુલસીવાડી, તારદેવ, મુંબઈ ૩૪.	તે મરુદમ રૂબી નોશીર બીલીમોરિયાના ખાવૈદ તે મરુદમો ગુલબાઈ તથા સોરાબજી બીલીમોરિયાના દીકરા તે મોનાઝ બીલીમોરિયા તથા મરુદમ ઈઝીમ બીલીમોરિયાના બાવાજી તે મરુદમ રોશન ફીરોઝ બલસારાના ભાઈ તે તેજના મમાવા.
Dr. Dinshaw Rustom Doongaji ડો. દીનશાહ રૂસ્તમ ડુંગાજી	91 ૯૧	24.02.2023	33/B, Empire Estate, Kemps Corner, August Kranti Marg, Near Shalimar Hotel, Cumballa Hill Road, Mumbai 36. ૩૩/બી, એમ્પાયર એસ્ટેટ કોર્નર, ઓગસ્ટ ક્રાંતી માર્ગ, ખંબાલા હીલ રોડ, મુંબઈ ૩૬.	તે કેરમાન દીનશાહ ડુંગાજીના ખાવૈદ તે ખુશનાઝ ને કેનાઝ જુબીન મોરીસના બાવાજી તે મરુદમો મેહરબાઈ તથા ડો. રૂસ્તમ દીનશાહજી ડુંગાજીના દીકરા તે જુબીન સોહરાબ મોરીસના સસરા તે મરુદમો માનેક, ને બીખુના ભાઈ તે મરુદમો કેટાયુન તથા જલંગીર ફરામજી દાવરના જમાઈ.
Freny Keki Italia ફેની કેકી ઈટાલિયા	91 ૯૧	24.02.2023	F-4, Adam Mahal, Wadia Street, Tardeo, Mumbai. એફ-૪, આદમ મહેલ, વાડીયા સ્ટ્રીટ, તારદેવ, મુંબઈ.	તે મરુદમ કેકી જલંગીર ઈટાલિયાના ઘણીયાણી તે મરુદમો દિનશાહજી તથા દીનબાઈ અવારીના દીકરી તે શેહેરનાજ જે. તોડીવાલાના માતાજી તે જમી એન. તોડીવાલાના સાસુજી તે બલમન તથા મરુદમો બેહેરામ, શાવક, મેહેરજી નાદર, ધન, પેરીનના બહેન તે જલંગીર તથા શાહીનના મમઈજી તે મરુદમો જલંગીરજી તથા ગુલબાઈ ઈટાલીયાના વડુ.
Farhad Gustad Mavji ફરહાદ ગુસતાદ માવજી	48 ૪૮	24.02.2023	M-2-11, Merwanji Cama Park, Cama Road, Opp Andheri Station W, Mumbai 58. એમ-૨-૧૧, મેહેરવાલજી કમા પાર્ક, કામા રોડ, ઓપ. અંધેરી સ્ટેશન (વે), મુંબઈ ૫૮.	તે મરુદમો નરગીશ તથા ગુસતાદ માવજીના દીકરા તે મરુદમો ખોરશેદ તથા નોશીરવાન માવજી અને મરુદમો ધન તથા ફરામરોજ પતેલના ગ્રાન્ડ સન.
Katy Sohrab Rana કેતી સોહરાબ રાના	87 ૮૭	25.02.2023	73 A, 3 Napeansea Road, Malabar Hill, Mumbai 26. ૭૩એ, ૩, નેપિયન્સી રોડ, મલબાર હિલ, મુંબઈ ૨૬.	તે મરુદમો કુમા તથા સોહરાબ રાનાના દીકરી તે મરુદમ હોમાયના બહેન.
Behram Bomanji Bulsara બેહરામ બમનજી બલસારા	84 ૮૪	25.02.2023	47, Malcolm Baug, S.V.Road, Jogeshwari (West), Mumbai 102. ૪૭, માલકમ બાગ, જોગેશ્વરી (વે.), મુંબઈ ૧૦૨.	તે મરુદમો મેહેરા તથા બમનજી બલસારાના દીકરા તે સોબી અને સામના ભાઈ.
Kersi Bahadur Wadia કેરસી બહાદુર વાડીયા	74 ૭૪	26.02.2023	582-Amiya, Flat No 101, 1st Floor, 18th Road, Khar (W), Mumbai 52. ૫૮૨ અમ્યા, ફ્લેટ નં. ૧૦૧, ૧૮મો રોડ, ખાર (વે.), મુંબઈ ૫૨.	તે શેહરૂ કેરસી વાડીયાના ઘણી તે મરુદમો બહાદુર તથા કેતી વાડીયાના દીકરા તે નતાશા કેરસી વાડીયાના બાવાજી.
Dara Pallonji Mehta દારા પાલનજી મેહેતા	91 ૯૧	26.02.2023	808, Khushnum, 1st Floor, Dr. Ambedkar Road, Dadar(E), Mumbai 14. ૮૦૮ ખુશનુ, પહેલા માળે, ડો. આંબેડકર રોડ, દાદર (ઈ.), મુંબઈ ૧૪.	તે નરગીશ દારા મેહેતાના ઘણી તે મરુદમો પાલનજી મેહેતા તથા જરબાઈ ફરામજી સુતરીયાના દીકરા તે હુતોક્ષી તથા શીરાજના બાવાજી તે રોહીનતન નવદર તથા રોહીનતન તમપાલના સસરાજી તે મરુદમો કેરસી સુતરીયા, ફેની તમબોલી, ખોરશેદ દોરાબજી, રતા રૂસી ભરૂચાના ભાઈ તે અરઝાન, કેઝાન, બીનાઈશાના મમાવાજી તે મરુદમો નવાજબાઈ તથા બરજોર સુતરીયાના જમાઈ.
Arnoo (Arnavaz) Homi Cooper અરનુ (અરનાવાજ) હોમી કુપર	76 ૭૬	26.02.2023	A/06, Ness Baug, Nana Chowk, Mumbai 7. એ/૦૬, નેસ બાગ, નાના ચોક, મુંબઈ ૭.	તે મરુદમો ગુલબાઈ તથા હોમી (હોરસમજી) ફરામજી કુપરના દીકરી તે મરુદમ દીનાના બહેન.
Khurshed Behramsha Pardiwala ખરશેદ બેહેરામશા પારડીવાલા	93 ૯૩	26.02.2023	G-23, 6th Floor, Venus Co-Op.Housing Society, R.g.thandai Marg, Worli, Mumbai 18. ગ-૨૩, ૬થે માળે, વીન્સ હાઈસિંગ સોસાયટી, આર. જી. ઠંડાઈ એમજી, વરલી, મુંબઈ ૧૮.	તે મરુદમ દીનુ ખરશેદ પારડીવાલાના ઘણી તે મરુદમો નાજમાય અને બેહેરામશા પારડીવાલાના દીકરા તે ડો. ફરાહ જીજીના તથા રશના આદીવ પુનીવાલાના બાવાજી તે ફરોખ જીજીના તથા આદીવ પુનીવાલાના સસરાજી તે મરુદમો જાલ, શાવક, કેકી, મીનુ, તેલેમીના ભાઈ તે સાયરસના બપાવાજી તે મરુદમો બાનુ તથા સોરાબજી પારડીવાલાના જમાઈ.
Jaloo Taimuras Sethna જાલુ ટેહમુરસ શેઠના	92 ૯૨	27.02.2023	4/12, Tata Mills Compound Hsg. Society, Parel, Mumbai 12. ૪/૧૨, ટાટા મીલ્સ કમ્પાઉન્ડ હા. સોસાયટી, પારેલ, મુંબઈ ૧૨.	તે મરુદમ ટેહમુરસ જલંગીરજી શેઠનાના ઘણીયાણી તે મરુદમો મેહેરબાઈ તથા પેશોતન શેઠનાના દીકરી તે નોશીરવાન તથા કેબજી ટેહમુરસ શેઠનાના બાવાજી તે ધન ફરોઝ મરોલીયાના બહેન તે મરુદમો રતનબઈ તથા જલંગીરજી શેઠનાના વડુ.
Osti Khorshed Sam Jijina ઓસ્તી ખોરશેદ સામ જીજીના	76 ૭૬	27.02.2023	2/1112, Flat No 203, Ghanchhaya Apt., Near Parsi Agiary, Rustompura, Surat, Gujarat - 395 002. ૨/૧૧૧૨, ફ્લેટ નં. ૨૦૩, ધનજાયા એપાર્ટમેન્ટ, પારસી અગિયારીની પાસે, રૂસ્તમપુરા, સુરત, ગુજરાત ૩૯૫૦૦૨.	તે મરુદમ એરવદ સામ જલંગીરજી જીજીના ઘણીયાણી તે મરુદમ ઓસ્તી ગુલબાનુ તથા હીરજીબાઈ કુદીયાનવાલાના દીકરી તે નરગીશ તથા બખતાવરના બહેન તે મરુદમ એરવદ જલંગીરજી તથા ઓસ્તી ડોસામાય જીજીનાના વડુ.
Zarin Faredun Panthaky ઝરીન ફરેદુન પંથકી	81 ૮૧	27.02.2023	2, Ground Floor, 10 B Mody Bldg., Guilder Lane, D.B.Marg, Navjivan Society, Mumbai Central, Mumbai 8. ૨ બોયલબીધે, ૧૦-બી મોડી બિલ્ડિંગ, ગીલ્ડર લેન, ડી. ડી. માર્ગ, નવજીવન સોસાયટી, મુંબઈ સેન્ટ્રલ, મુંબઈ ૮.	તે મરુદમ ફરેદુન જમશેદજી પંથકીના ઘણીયાણી તે મરુદમો સુનામાય તથા હોરમસજી દસ્તુરના દીકરી તે મરુદમો આબાન અને યાસમીનના માતાજી તે ખુરશેદ, દોલી વરયાવા, બેપસી ખરાસ, જોલી ભમગરા, અરનાવજી ભગત તથા મરુદમ ફેની વરયાવાના બહેન તે મરુદમો તેલેમી તથા જમશેદજી પંથકીના વડુ.
Mehru Hoshang Damania મેહરુ હોશંગ દમનીયા	87 ૮૭	28.02.2023	Aakash CHS Building No B-3, Flat No 25, Khira Nagar, S.V.Road, Santacruz(W), Mumbai 54.. આકાશ સી.એચ.એસ. બિલ્ડિંગ, નં-બી-૩, ફ્લ નં. ૨૫, ખીરા નગર, એસ. વી. રોડ, સાંતાક્રુઝ (વેસ્ટ), મુંબઈ ૫૪.	તે મરુદમ હોશંગ, હોરમસજી દમનીયાના ઘણીયાણી તે મરુદમો બાઈમાય તથા માનેકશાહ ભાઠેનાના દીકરી તે મરુદમો કુમી રૂસી ખજોતીયા, દાલી માનેકશાહ ભાઠેના તથા મની બોમી સીધવાના બહેન તે મરુદમો બાનુબઈ તથા હોરમસજી દમનીયાના વડુ.
Osti Khorshed Keki Parbhoo ઓસ્તી ખોરશેદ કેકી પરભુ	90 ૯૦	01.03.2023	Dhun Villa, S.V. Road, Malcolm Baug, Jogeshwari(W), Mumbai 102. ધન વીલા, એસ.વી.રોડ, માલકમ બાગ, જોગેશ્વરી (વે), મુંબઈ ૧૦૨.	તે મરુદમ ઓસ્તા. કેકી હોરમસજી પરભુના ઘણીયાણી તે મરુદમો ગુલચેર તથા મેહેરવાન ઈરાની (આરસ્તાની)ના દીકરી તે બેલનાઝ, હોરમજી તથા મેહેરવાનના માતાજી તે પરવીઝ હોરમજી પરભુ, શીરાઝ મેહેરવાન પરભુ તથા નાઝીના સાસુજી તે સીલ્વુના બહેન તે મજદી, ફરીદ તથા સામીના મમઈજી તે શાહઝાદ, રૂશાદ, આઈશા, એરવદ કેરાસના બપઈજી તે મરુદમો જરબાઈ તથા હોરમસજી પરભુના વડુ.
Darius Bomi Chinoy દારાયસ બોમી ચિનોય	65 ૬૫	01.03.2023	Lady Dorab Tata Bldg. No 1, Flat No 7, Tata Blocks, Bandra (W), Mumbai 50. લેડી દારાબ તાતા બિલ્ડિંગ નં-૧, ફ્લેટ નં. ૭, તાતા બ્લોક્સ, બાન્દ્રા (વે), મુંબઈ ૫૦.	તે કેશમીરા દરાયસ ચિનોયના ઘણી તે ચેરાગ-દરાયસ ચિનોયના બાવાજી તે મરુદમો બાનુ તથા બોમી તેહમુરસ ચિનોયના દીકરા તે પરસી બોમી ચિનોયના ભાઈ તે મરુદમો હોમાય તથા મીનોચહેર હોરમસજી બાલડાવાલાના જમાઈ.

Death Announcements From Shree Daman Vapi Parsi Jarthosty Anjuman

Shapur Dosabhai Oliyaji શાપુર ડોસાભાઈ ઓલ્યાજી	74 ૭૪	27.02.2023	Daman. દમણ.	તે ફેનીના ખાવૈદ તે મરુદમ ડોસાભાઈ તથા મરુદમ દોલતના દીકરા તે નરીમાન તથા હોરમજીના પપ્પા તે ખુશનાઝના સસરાજી તે જોસુઆના બપાવાજી તે ખુશરૂ તથા શાહનાઝ ખોબ્યારના વહેવાઈ તે ગુલશન ફરોખ બાવાઆદમના ભાઈ.
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Death Announcements From Palghar

Zarthost Hormusji Mubarakai જરથોસ્ત હોરમસજી મુબારકાઈ	92 ૯૨	26.02.2023	Dahanu, Palghar. દહાણુ રોડ, પાલઘર.	તે મરુદમ હોરમસજી અને શિરીનબાઈ મુબારકાઈના દીકરા તે અરનવાઝના ઘણી તે મરુદમ સોલી, માણેક, કેકુ, અરુપી, ગુલા, સેરા, કેટી, રોશન, ડોલ મુબારકાઈ, રોડાના ભાઈ તે મંચેર, આરમીન, પરવીનના પપ્પા તે માહિર, રોહન, થીયા, મનીશા, સાયેસ્તે, ફિરોઝના ગ્રાન્ડ ફાધર તે મહેરનોશ, ગેવ, આરમઈતીના સસરાજી તે મરુદમ આવા અને બોમન ઈરાનીના જમાઈ.
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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૦૪.૦૩.૨૦૨૩ થી તા. ૧૦.૦૩.૨૦૨૩



Aries - મેષ - અ.લ.ઈ.

૧૩મી એપ્રિલ સુધી શુક્રની દિનદશા ચાલશે. તમારા મોજશોખ ઘટવાની જગ્યાએ વધતા જશે. ખર્ચ પર કાબુ મુકવામાં સફળ નહીં થાવ. નાની મુસાફરીનો ચાન્સ મળે તો જવા દેતા નહીં. ચાલુ કામની અંદર પ્રમોશન અથવા નાણાકીય ફાયદો થશે. મનગમતી વ્યક્તિને સામેથી મલવા જાશે. દરરોજ 'બહેરામ યઝદ' ભણાશે.

શુક્રનવંતી તા. ૪, ૮, ૯, ૧૦ છે.

Lucky Dates: 4, 8, 9, 10

Venus' rule till 13th April will have you increasing your inclinations towards fun and entertainment. You will not be successful in controlling your expenditures. Do not let go of any opportunity to travel. You will benefit with profits or a promotion in your ongoing work project. You are advised to take the initiative and meet your favourite person. Pray to Behram Yazad daily.



Cancer - કર્ક - ડ.હ.

૨૩મી માર્ચ સુધી ગુરૂની દિનદશા ચાલશે તેથી કુટુંબમાં ખુબ શાંતિ રહેશે. ફેમીલી મેમ્બર સાથે મનમેળાપ વધતો જશે. ઘણી ઘણીયાણી નાની મુસાફરી કરી શકશો. નાણાકીય બાબતમાં મુશ્કેલી નહીં આવે. કોઈ સગા સંબંધીને નાણાકીય મદદ કરીને ભલી દુવા મેળવી લેશો. દરરોજ 'સરોશ યજ્ઞ' ભણાશે.

શુક્રનવંતી તા. ૪, ૫, ૭, ૧૦ છે.

Lucky Dates: 4, 5, 7, 10

Jupiter's rule till 23rd March will ensure a lot of peace within the family as well as mental bonding with family members. Couples will be able to take a short trip. There will be no financial concerns. You will receive the blessings of a family member by helping them out financially. Pray the Sarosh Yasht daily.



Libra - તુલા - ર.ત.

છેલ્લા બે અઠવાડિયા જ બુધની દિનદશામાં પસાર કરવાના બાકી છે. હાલમાં તમારા માથાના બોજને ઓછો કરવામાં સફળ થઈ જશે. થોડી કરકસર કરીને સારી જગ્યાએ નાનું ઈન્વેસ્ટમેન્ટ કરી લેજો. મિત્રો તથા સગાઓ તમને મદદ કરવા માટે તૈયાર રહેશે. તેઓની મદદથી તમારા કામ સરળતાથી કરી શકશો. દરરોજ 'મેહર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૫, ૬, ૭, ૯ છે.

Lucky Dates: 5, 6, 7, 9

You have 2 weeks remaining under Mercury's rule. You will be able to reduce your mental tensions. With a little effort, ensure to make a small investment in a good place. Friends and relatives will be eager to help you. You will be able to complete your work effectively and smoothly, with their help. Pray the Meher Nyaish daily.



Capricorn - મકર - ખ.જ.

૨૩ માર્ચ સુધી ચંદ્ર જેવા શાંત ગ્રહની દિનદશા ચાલશે. જે પણ વિચાર કરશો તેને સફળ બનાવવામાં મહેનત કરીને સફળતા મેળવશો. ઘરવાળાની હિમાન્ડ પુરી કરવામાં સફળ થશો. મનને આનંદમાં રાખવા માટે મુસાફરીનો પ્લાન બનાવી લેજો. મનગમતી વ્યક્તિને મળી શકશો. મનને શાંત કરવા દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાશે.

શુક્રનવંતી તા. ૪, ૭, ૮, ૧૦ છે.

Lucky Dates: 4, 7, 8, 10

The calming Moon's rule till 23rd March, will help you manifest your thoughts into reality, if you put in a little hard work. You will be able to cater to the wants of family members. You are advised to make travel plans as this will give you peace and happiness. You will be able to meet your favourite person. To keep the mind at peace, pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Taurus - વૃષભ - બ.વ.ઉ.

તમને આજથી તમારી રાશિના માલિક શુક્રની દિનદશા શરૂ થયેલી છે. ૧૪મી મે સુધી તમે તમારા ખરાબ સમયમાંથી બહાર આવી જશો. નાણાકીય મુશ્કેલી દૂર થતી જશે. અધુરા રહેલા કામો જલદી પુરા કરવા માટે કોઈનો સાથ સહકાર મળી જશે. નવા મિત્રો મલવાના ચાન્સ છે. બને તો રોજ 'બહેરામ યઝદ' ભણાશે.

શુક્રનવંતી તા. ૫, ૬, ૭, ૮ છે.

Lucky Dates: 5, 6, 7, 8

Venus' rule, starting today till 14 May, will help to pull you out of difficult times. Your financial issues will gradually fade away. You will get support in completing your unfinished work projects. You could make new friends. Pray to Behram Yazad daily.



Leo - સિંહ - મ.ટ.

તમને ગુરૂની દિનદશા ચાલુ હોવાથી જાણતા અજાણતા તમે કોઈના મદદગાર થઈ જશો. ધનની ચિંતા જરાબી નહીં આવે. થોડીક મહેનત કરવાથી રોકાયેલા નાણા પાછા મેળવી શકશો. થોડું ઈન્વેસ્ટમેન્ટ કરવાનો ચાન્સ મળે તો કરી લેજો. ઘરમાં જોઈતી ચીજ વસ્તુ લેવામાં કરકસર નહીં કરો. દરરોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૬, ૭, ૮, ૯ છે.

Lucky Dates: 6, 7, 8, 9

Jupiter's ongoing rule will make your actions help others, inadvertently or knowingly. There will be no financial worries at all. With a little effort you will be able to retrieve your stuck funds. If you get the chance, do invest some money. Do not hesitate to make purchases for the house. Pray the Sarosh Yasht daily.



Scorpio - વૃશ્ચિક - ન.પ.

બુધની દિનદશા ચાલુ હોવાથી તમારા કામનું ફળ મળી રહેશે. રોજના કામો કરવામાં કોઈ મુશ્કેલી નહીં આવે. ગામ પરગામથી કોઈ સારા સમાચાર મળવાના ચાન્સ છે. લાંબા સમયનો વિચાર કરીને કામ કરવામાં કોઈ મુશ્કેલી નહીં આવે. તમારી બુદ્ધિ પ્રમાણે ધન મેળવી લેશો. દરરોજ 'મેહર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૪, ૭, ૮, ૧૦ છે.

Lucky Dates: 4, 7, 8, 10

Mercury's ongoing rule will ensure to give you the fruits of your labour. You will be able to carry out your daily chores smoothly. You could receive good news from abroad. Working towards your long-term plans will not pose any challenges. You will be able to earn as per your intelligence. Pray the Meher Nyaish daily.



Aquarius - કુંભ - ગ.શ.સ.

તમને આજથી ચંદ્રની દિનદશા આવતા ૫૦ દિવસમાં મનની શાંતિ અપાવીને રહેશે. ૨૩મી એપ્રિલ સુધી તમે તમારા કામકાજને ખુબ સારી રીતે પુરા કરી શકશો. ઘરવાળા સાથે લોવીડે પ્લાન બનાવવામાં સફળ થશો. જૂની વાતોને યાદ કરવાની ભુલ કરતા નહીં. મિત્રોના સાચા સલાહકાર બની શકશો. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાશે.

શુક્રનવંતી તા. ૫, ૬, ૯, ૧૦ છે.

Lucky Dates: 5, 6, 9, 10

The Moon's rule, starting today, for the next 50 days, will ensure to bring you mental peace. You will be able to execute all your professional projects effectively till 23rd April. You will be able to make holiday plans with your family members. Do not think of the past issues. You will be a sincere advisor to your friends. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Gemini - મિથુન - ક.છ.ધ.

૩૭ એપ્રિલથી શરૂ થતી રાહુની દિનદશા તમને નાનામાં નાના કામમાં પરેશાન કરશે. તમારી સામે પડેલી વસ્તુ તમને દેખાશે નહીં. અચાનક તબિયત બગડી જાય તો નવાઈમાં નહીં પડતા. બીજાનું ભલુ કરવા જતા તમે તમારા અંગત વ્યક્તિને નારાજ કરશો. બને એટલું પાક પરવરદેગારનું નામ લેજો. હાલમાં દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાશે.

શુક્રનવંતી તા. ૪, ૬, ૯, ૧૦ છે.

Lucky Dates: 4, 6, 9, 10

Rahu's rule, starting from 3rd April, will prove troublesome across all areas. You will be unable to focus on things in front of your eyes. You could suffer from sudden deterioration in health. Trying to help others could result in you upsetting someone close to you. Take God's name as much as you can. Pray the Mah Bokhtar Nyaish daily.



Virgo - કન્યા - પ.હ.ણ.

૧૮મી માર્ચ સુધી શનિની દિનદશા ચાલશે. તમારી તબિયતની ખાસ સંભાળ લેજો. તમે તબિયતની સંભાળ નહીં રાખો તો મોટી મુસીબતમાં ફસાઈ જશો. કોઈ પણ બાબતને સહેલાઈથી લેતા નહીં. તમે જો સાંધાના અથવા માથાના દુખાવાથી પરેશાન થશો તથા હાઈપ્રેશરથી ખાસ સંભાળજો. રોજ મોટી 'હમન યજ્ઞ' ભણવાથી થોડી રાહત મળશે.

શુક્રનવંતી તા. ૪, ૫, ૮, ૧૦ છે.

Lucky Dates: 4, 5, 8, 10

Saturn's rule till 18th March suggests that you take special care of your health. Your carelessness towards your health could land you in big trouble. Do not take any matters with ease. You could suffer from joint pains and headaches, as also high blood pressure. For relief, pray the Moti Haptan Yasht, daily.



Sagittarius - ધન - ભ.ધ.ફ.

મંગળની દિનદશા ચાલુ હોવાથી તમારો ગુસ્સો ઓછો નહીં થાય. સમજ્યા વગર કોઈ ખોટી વ્યક્તિ પર ગુસ્સે થઈ જશો. વાહન ચલાવતા હો તો સંભાળીને ચલાવજો. ઘરમાં ખોટા ખર્ચા વધી જશે. ભાઈ બહેન નાની બાબત પર નારાજ થઈ જશે. તાવ શરૂ થઈ માથાના દુખાવાથી પરેશાન થશો. મંગળને શાંત કરવા 'તીર યજ્ઞ' ભણાશે.

શુક્રનવંતી તા. ૪, ૫, ૬, ૯ છે.

Lucky Dates: 4, 5, 6, 9

Mars' ongoing rule does not allow your anger to reduce. You could end up taking your anger out on the wrong person. You are advised to ride/drive your vehicles with great caution. Unnecessary expenses could increase on the home-front. Sibling could get upset with you over petty matters. You could suffer from fever, cold or headaches. To pacify Mars, pray the Tir Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૧૪મી માર્ચ સુધી શુક્રની દિનદશા ચાલશે. જો તમે કોઈના પ્રેમમાં હો તો તમારા મનની વાત કહેવામાં સમય ખરાબ નહીં કરતા. સારા સમાચાર આવવાના ચાન્સ છે. શુક્રની કૃપાથી બીજાને સમજાવી પતાવીને તમારા કામોને પુરા કરવામાં કોઈ મુશ્કેલી નહીં આવે. દરરોજ 'બહેરામ યઝદ' ભણવાનું ચાલુ રાખજો.

શુક્રનવંતી તા. ૪, ૭, ૮, ૯ છે.

Lucky Dates: 4, 7, 8, 9

Venus' rule till 14th March suggests that you speak out what's on your mind to your sweetheart. You could expect good news. With the grace of Venus, you will be able to convince others to help you in completing your work projects. Pray to Behram Yazad daily.

Can Eating Naturally Reduce Arthritis Symptoms?



Conscious Living by
DR. TRISHALA CHOPRA

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

As a practitioner specialising in autoimmune conditions, I consult numerous patients with related disorders, of which Arthritis is one that I discuss regularly. This uncomfortable condition can make even everyday tasks feel like a big challenge. But, there's always hope for healing and a lot of it comes down to the food that we consume daily.

Rheumatoid Arthritis (RA) is an autoimmune disorder which is connected to inflammation in the system.

Understanding Rheumatoid Arthritis... Many of us may be unaware that there are multiple types of Arthritis. Rheumatoid arthritis is different from other types, including osteoarthritis, which is an autoimmune disease. RA is caused by an underlying issue with the immune system, that causes it to attack your body's own tissues. Autoimmune diseases can target any part of the body, including the skin, brain, eyes, pancreas, thyroid gland and colon. But in this case, the body's immune attack is aimed at the joints, fluid and tissues that surround them, causing the cartilage, bone, and ligaments in that area to deteriorate and cause stiffness, swelling and pain. RA mostly targets the wrist and hands or the feet, ankles, and knees.

Symptoms Of Rheumatoid Arthritis: RA symptoms can be more centralized than other types of arthritis. For example, you may experience fatigue, muscle aches, loss of appetite, or a



random low-grade fever along with the following common symptoms:

- Swelling or heat around the joints
- Stiffness in the morning or after sitting or laying down
- Loss of mobility
- Nodules under the skin around the joint that are hard to the touch

If not treated at the right time, it can lead to a more systemic illness, called Inflammatory Arthritis, which can cause complications like an increased risk for cardiac disease, shortness of breath and recurrent chest pains, carpal tunnel syndrome, kidney problems, anaemia, inflamed nodules, brittle bones, frequent infections, headaches and loss of appetite.

Some common Inflammatory-Autoimmune triggers include Toxin exposure; Infections (bacterial, yeast, viral, or parasitic); Leaky gut syndrome; Poor diet; Chronic stress; Nutrient deficiencies and Mould toxicity.



Rheumatoid arthritis usually affects joints symmetrically (on both sides equally), may initially begin in a couple or joints only, and most frequently attacks the wrists, hands, elbows, shoulders, knees and ankles

How Is Inflammation Connected To Food?

For every medical condition, there are foods and ingredients that either help heal or worsen the condition. One of the biggest factors to take into account is the drastic change in food habits, over the past few decades, due to rise in processed foods and artificial preservatives.

However, our genetics haven't changed, and we haven't been able to adapt to these changes in the food we eat. This has contributed to the rise in autoimmune conditions.

What Foods Should Be Avoided For RA?

While there is no 'one-size-fits-all' diet, some foods are inflammatory for most people, especially for those who already suffer from autoimmunity. While you should consider your own bio-individuality, there are some foods that are generally known to make arthritis worse and should be avoided. These include Coffee; Gluten; Dairy; Refined

sugar; Tomatoes; Bell peppers; Potatoes; Eggplant (Baingan); Seed oils like canola oil, corn oil, grapeseed oil, rice bran oil, safflower oil, soybean oil, sunflower oil and vegetable oils.

Every individual will have a different response to these foods. While for some, gluten might be a problem, for others it may not. The same goes for dairy and veggies. It's important to work with a practitioner who understands this and will chalk a plan that is customised for you!

Foods That Help For RA:



There are some foods reduce inflammation while offering a well-rounded amount of nutrients that your body needs to function optimally. These include Healthy fats (Salmon, Tuna, Avocado oil, Coconut oil, Nuts and seeds, Olives, Olive oil); Cruciferous veggies like broccoli, cauliflower; Antioxidant rich fruits like blueberries, pomegranates, and apples; Herbs and Spices like turmeric, ginger and black pepper; Green tea and Earl grey tea.

Rheumatoid Arthritis is an autoimmune condition that doesn't have a set healing plan for every single individual. In my telehealth clinic we run a comprehensive look at your health to put together a diet plan that works for you! Healing is possible! With the correct approach, you will be able to live a stress-free life!



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Search out the following 16 Of The World's Best Airports hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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 G U A N G Z H O U B A I Y U N O Z U O G Z Q S B H
 W U R B C U X D U F P I Q P V Q Q V L B B B P G R
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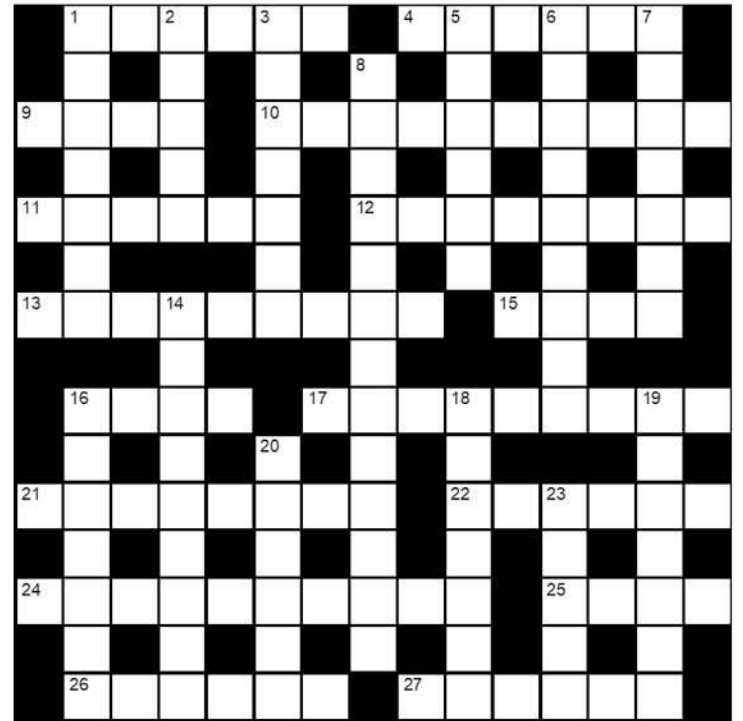
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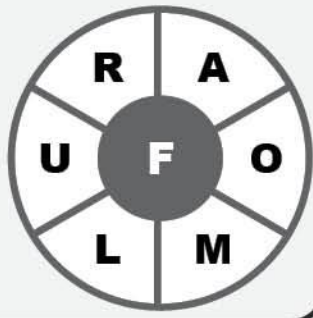
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BAWAJI BHEJA FRY



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

ACROSS

- Just copes (4,2)
- Ordinary (6)
- Pluck (4)
- Former South Indian state (10)
- Ski race (6)
- Apt or fitting (8)
- Forerunner, portent (9)
- Short skirt (4)
- Ransack (4)
- Humiliation or degradation (9)
- CIDCO general manager who

recommended the construction of the Vashi bridge (3,5)

- Recorded (2,4)
- The function of a ruler (10)
- One of a pair (4)
- Deliberate cruelty (6)
- Totalling (6)

DOWN

- The largest ape (7)
- Whole (5)
- One facing the bowler (7)

- Giraffe-like animals (6)
- Contrivance (9)
- Legendary siren (7)
- Dr _____: Co-founder of Mumbai's National Centre for the Performing Arts (7,6)
- Obstructed the passage or view of (9)
- Climbing frames (7)
- Bent forward (7)
- Pinching or biting (7)
- Grunts (6)
- All together, musically? (5)

CAPTION THIS!



Calling all our readers to caption this picture! Send in your captions at editor@parsi-times.com by 8th March, 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.

WINNING CAPTION!!!



ADANI: Rotey hue aate hai sab, hasta hua jo jaayega..!
 MODI: Tu to jaayega, par saath mein mujhe bhi le dubaayega!

By Kayomarz Dotiwalla

BAWAJI BHEJA FRY ANSWERS Across: 1 Gets by, 4 Normal, 9 Grit, 10 Travancore, 11 Sialom, 12 Suitable, 13 Harbinger, 15 Mini, 16 Loot, 17 Absement, 21 Adi Kanga, 22 On tape, 24 Leadership, 25 Iwin, 26 Sadsim, 27 Adding. Down: 1 Gorilla, 2 Total, 3 Barsman, 5 Olapis, 6 Mechanism, 7 Lorelei, 8 Jamshed Bhabha, 14 Blockaded, 16 Ladders, 18 Stoopied, 19 Nipping, 20 Snorts, 23 Turli.

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