

PARSI TIMES

[13th May, 2023 | Mah-Dae, Roj-Hormazd; YZ 1392]

RNI NO. MAHBIL/2011/39373

VOLUME 13 - ISSUE 05 • Saturday, 13th May – Friday, 19th May, 2023 • English-Gujarati Weekly • www.parsi-times.com • Mumbai • Pages 16 • ₹8/-



THE TRUTH. DELIVERED WEEKLY.

**DAE DADAAR-
THE HOLY
MONTH OF
THANKSGIVING**

Pg **5**



**COMMUNITY
NEWS**

Pg **6**

**MOTHER'S
DAY SPECIAL**



Pg **8-9**

**THE AGE OF
AQUARIUS**

Pg **15**



Nagpur Metro, Nagpur, India

- 158 years in business
- Presence in 40+ countries
- 35,000+ global workforce



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

SUPPORT LITTLE SMIRA WITH A CHANCE AT LIFE



"My name is Abhishek. I hereby plead an urgent appeal to save my six year old daughter Baby Smira, with a hope that these entire efforts will give her the desired treatment and a speedy recovery. My daughter Smira is a brave little girl. She is an angel. She has a very good heart and always helped her mother with household chores. Unfortunately since last April 2022, her little world has been turned upside down, by a type of inherited bone marrow syndrome, known as "Facioni Anemia." It is a rare genetic disorder that affects her body's ability to produce new blood cells. According to our kind doctors, the only hope for a cure is through a **bone marrow transplant treatment costing around Rs. 28 lakhs approx.** which comes with a significant financial burden for our family. We are doing everything we can to save our daughter, but the cost of the transplant and associated medical expenses is very high. We hail from an impoverished family background and this hefty amount needed for her treatment is far beyond our reach. That's why we are requesting support from the people reading our appeal. As a father, it breaks my heart to stay helpless despite of watching my little girl suffering every day. Our daughter deserves a chance to live a full and healthy life. Your generous support can make a real difference in her life and help us provide her with the life-saving treatment she needs to beat this disease. We know times are tough for everyone, but any amount you can donate will make a difference in Smira's life. We shall stay grateful and indebted for all your support and kindness during this difficult time. Please help us to save our daughter with your kind support through Cancer Aid & Research Foundation (CARF)."

- Mr. Abhishek, Smira's father



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

NAME	BRANCH	IFSC CODE	ACCOUNT NO.
State Bank of India	Vikhroli (W)	SBIN0001406	30003671701
IDFC First Bank	Bhandup	IDFB0040146	10051311955

• You can also donate by Credit Card through our website - www.cancerfoundation.org

• Any surplus amount collected will be used towards provision of care and services for other deserving CARF patients.

CANCER AID & RESEARCH FOUNDATION
Tel.: 022-2300 5000 / 7000 / 8000 / 2301 6000 / 2305 3600/3607 / 2306 4443/0088 / 2307 0088
Website: www.cancerfoundation.org • Email: carf@cancerfoundation.org, cancerfoundation@yashoo.com

Scan here to Pay



UPI ID:
cancerfoundation@idfbank

Please Save her life

We appeal to you to send your donations, by Cheque / D.D. in the name of "CANCER AID & RESEARCH FOUNDATION" addressed to Cancer Aid & Research Foundation, Unit No. 103, Shivkripa Industrial Estate, Vikhroli West, Mumbai - 400 083, INDIA. Please write the patient's name on reverse side of your cheque and also your PAN No.

FROM THE EDITOR DESK

All You Need To Do, Is Ask...



Dear Readers,

If you are asked to guess the three words that most of us just can't get ourselves to say out loud, what would your answer be? Which three-word sentence takes all you've got, for you to share with another?

Over the years, across the world, the answer to this most amusing question has been changing. In earlier times, the three most difficult words to say were, 'I Love You'. A romantic confession was nearly taboo! But that has changed, as newer generations got increasingly bolder and more emotionally confident to express their feelings. 'I Love You' evolved from a statement made usually on special occasions or only ever in private, to brazen declarations from the rooftops! Of course, no one's complaining!

It was soon replaced by 'I don't know' – three words which simply destroyed the admitter's ego to shreds. The new three-word sentence which had us go speechless... it just pained too much confess that there could be things that one does not know much or anything about. Smart was the new sexy... still is, and one of the smartest things to do is to be self-assured enough to say you don't know something if you don't! After all, in the words of the great Abe Lincoln, "Better to remain silent and be thought a fool, than to speak and to remove all doubt!"

Which brings us to the toughest three-word sentence that rules today... 'I need help'. This is the deadliest one of them all and it's been claiming more than just one's peace of mind. There's been a steady increase in the number of people choosing to end their lives, the world over. It must be so heart-breaking to have to resort to suicide, to be stuck in a moment of such absolute hopelessness, such emotional and mental mutilation, that ending it all seems the only way out.

But it doesn't have to be that way – if only one could reach out and say those three words, 'I need help'. Today, we live in a comparatively more enlightened society because of the stresses of modern day living. Help is at hand and more accessible – professionally and otherwise. You could speak with family or friends, or a professional or verified online avenues which provide you as much assistance and privacy, and help raise you out of the depressive quagmire. All you need to do is build the courage to reach out and say, 'I need help'. Help is at hand. All you need to do is ask.

-Anahita
anahita@parsi-times.com

MATRIMONIAL

Matrimonial alliance invited for a well settled, 33 years old, tall Parsi boy, based in USA. Girl must be well educated, working professional and living in USA.

What's app +1 929 319 0898

MATRIMONIAL

ALLIANCE INVITED BY PARENTS OF A 33 YEAR OLD GIRL, WORKING IN A REPUTED COMPANY AS A SOFTWARE DEVELOPER. SHE IS A DIVORCEE WITH A THREE YEAR OLD CHILD. SHE IS FAIR, GOOD NATURED WITH A PLEASANT PERSONALITY AND WE ARE LOOKING FOR A WELL EDUCATED AND WELL SETTLED BOY FROM A GOOD FAMILY.

KINDLY EMAIL YOUR DETAILS ON
spentafarohar@gmail.com

SUBSCRIBE TO PARSİ TIMES THE No. 1 PARSİ PUBLICATION

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

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

Address: Framjee Cawasjee Institute
Annexe Building, 3rd Floor, Opp Metro
Cinema, Dhobi Talao, Mumbai - 400 002
Tel. No.: (022) 22010704 / 05

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

A FERVENT APPEAL TO ALL RESIDENTS/TENANTS OF PARSİ PUNCHAYET COLONIES AND BAUGS

We, the workers and employees of Parsi Punchayet, wish to implore the conscience of all residents/tenants of Parsi Punchayet colonies and Baugs towards the apathy being shown by the Management of Parsi Punchayet towards our legitimate demands and requests for our wages and allowances under the subsisting settlement relating to our service conditions.

Our Union had signed a settlement regarding revision in our service conditions on or about 12.04.2022. The erstwhile Trustees, namely Smt. Armaity Tirandaz, Shri Kersi Randeria, Shri Noshir Dadrawala, Shri Viraf Mehta, Shri Xerxes Dastur, were the Trustees who had negotiated and finalised the Settlement after prolonged discussions which was then endorsed by Smt. Armaity Tirandaz, Chairperson.

Now everyone is aware that we, the workers and Staff employees of the Punchayet, derive our only source of income through wages paid by the management of the Punchayet. Whist

the Trustees are responsible for managing the affairs of the Punchayet, it is we, the workers and staff employees including employees at Doongerwadi, who toil day and night to keep the Trust running smoothly, by performing every task that is given to us.

It is also true that the management in their role as an employer, and we as an employee, are important cogs of the same wheel, i.e., the Punchayet. In absence of any one of the cogs, the machine cannot run smoothly and for that, all the parts need to be maintained in proper running condition. For us, our wages are the oil and grease which makes our lives smooth. In its absence, we shall soon rust and the fall off the wheel, thereby leading to an inevitable chaos and stoppage of entire punchayet working.

This is the fact which the new management refuses to see and fails to acknowledge our contribution. Since more than the past one year, we are being deprived of our legitimate wages in form of various allowances which are

part and parcel of our emoluments.

All of you would appreciate that we are also an integral part of your community and you benevolent souls would definitely not like us to suffer such degradation and helplessness.

We would therefore like to request all of you to kindly lend a helping hand by supporting us in our legitimate cause and help us achieve our goals towards healthy and respectful living conditions for us and our family members.

We are fighting for our rightful share and we express our heartfelt apology if this causes you any inconvenience in near future which would be the direct result of the adamant attitude adopted by the management of Parsi Punchayet.

Dated: 3rd May, 2023

We remain,
Yours faithfully,
(All Workmen of Parsi Punchayet, including Staff at Doongerwadi)



For Mother

By Manashni Patel

A Mother is a being divine,
Her love never grows old,
Her smile is bright sunshine,
And her heart is pure gold.

In the Heavens above,
Angels whisper to each other:
Nothing can compare to the love,
Or the devotion of a Mother



In the years so quickly gone,
No love like a mother's has even shone;
No other emotion or sentiment can dare
To a mother's undying love, compare.

Only a mother dissolves the pain
Of a sad soul and weary brain,
Only a mother can truly calm
The tempest within with her loving balm.

God made a wonderful mother,
And gave dear mother to me,
For that I shall be thankful,
For all eternity.

YOUR BELONGINGS ARE IN SAFE HANDS.

Whether you're an individual who's migrating for work, or a business that's looking to expand, we have storage solution for everyone. No matter how big or small a space you need, we'll always be there for you.

Doorstep & 24x7 Hrs Customer Support
Customized Packaging Support
Storage Insurance Cover

GURUKRUPA
STORAGE & SHIFTING SOLUTIONS
अमानत आपकी. जिम्मेदारी हमारी.

9821530702 | 9324254460
To know more, visit :
www.gurukrupastoragesolutions.com

In Loving Memory

OSHI - VILLOO BALDAWALA PIR

Born 20-11-1964 ■ Left for Heaven 14-05-2022

BEHEST GARDTHMAN

A caring daughter, a protective sister, a loving wife, a nurturing, compassionate mother and a doting grandmother.
She will be deeply missed by her loving husband, children, brother and grandson.
*She touched the lives and added colour to all she came in contact with.
She will always be remembered for her kind and generous spirit and her unwavering love for her family.*

Gone too soon, will be sorely missed by -

Husband	- Er Neville Pir	Daughter In Law	- Khushnaaz Pir
Son	- Er Hanoz Pir	Son In Law	- Meherzad Bhatena
Daughter	- Veenaz Bhatena	Grandson	- Vehaan Pir

Brother/Sister-in-Law/Niece - Yazdi/Tehnaz/Shazneen Baldawala
And entire Baldawala / Pir family and her friends.

DR. BHORE ENCOURAGES FARMING AS BIG BUSINESS IN THE FUTURE

Well known authority and consultant of India's farming sector, Dr. Bhore specializes in growing multiple high-paying cash crops in the open field, polyhouse and shade net. Through his unique expertise and exceptional command over the market, he has standardized Advanced Cultivation Practices, which ensures year-round business, as opposed to seasonal business. Let us understand why Farming is big business today and Dr. Bhore's outstanding contributions in this field.

The indispensability of farming cannot be emphasized enough. All through the pandemic, when every business came to a screeching halt, Farming stood out as the only industry which catered food, dairy, poultry products, etc.

Today's polished lifestyle is marked by

quality food habits and the constant increase in the buying capacity, especially of the college youth segment, working women and IT professionals. There has been burgeoning growth of the Hotel and Food Processing Industry due to the increasing demand for nutritious and healthy products. Eminent scientist, research fellow and farming business tycoon - Dr. Bhore has planned and geared up farm production for supply of quality products.

Numerous farming ventures have been reaping profits, thanks to the expertise of Dr. Bhore, who looks forward to rendering individuals, NRIs and corporates his expert advice in the Farming Business, in keeping with the growing domestic and international market demands... especially with over 1,000 hectares of fallow, virgin farming lands lying

idle, just waiting to be brought under cultivation for mass production of a variety of crops.

Dr. Bhore's proficiency in modernization, also helps you gauge your Farm Product Performance as well as helps you track your Annual Sales Transactions, with precision with the use of the latest technology.

This would collectively create a positive ripple effect as CSR Funds, Joint Ventures and collaborations would look to precision farming and community-based farming, which would boost entrepreneurship, promote and create jobs, employment and business opportunities for many, and improve overall livelihood and standard of living.

For Details / Queries, kindly contact Dr. Bhore:
M: +91 9421913040 OR Email: scorpio.berry@gmail.com [W: www.greenprojectsindis.org]

As per SEBI 30th Sept. 2023 deadline to transfer the physical shares to demat after this it will transfer to suspense account.

Settled ABROAD ?? Couldn't convert your or your family members Share in Demat or have deceased shareholders share we will help you to demat.
If you have only name of deceased and don't have details of there investments we will help you recover that also

INVESTMENT HOUSE

Shares ના કોઈપણ Problem માટે Service આપીશું: IEPF- Demat- Single Deceased- Probate- Succession- Duplicate- Transmission.

INVESTMENT HOUSE, India-Mumbai, 4, Hem Niwas, Kilachand Road, Opp.Shankar Lane, Kandivali-(W), Mumbai-400067.

Mobile: +91 9619315362, 8291225710 • Email: investmenth07@rediffmail.com | www.investmenthouse.co.in

ACCOMMODATION AVAILABLE

APARTMENT AT JOGESHWARI

Bright airy and Spacious
630 carpet apartment
at Jogeshwari (West)
Railway Station for Leave
and License, 24 hours Water,
Security, CCTV, Car Park, Well
connected, No restrictions,
Higher Floor, Gated Society.

Call Owner
**9920608625/
9820193362**

ANTIQUES

VIJAY
OLD ANTIQUE SHOP
VALUE GIVEN IS
MORE THAN MARKET RATE
We also collect Goods
& give free Home Service
Gold & Silver Jewellery,
Watches, Old Furniture, Gramophones,
All Records, All Cameras,
Old Fountain Pens,
Gara, Kerba, Old Crockery,
Zari Border, Old Notes, Coins,
German Silver, Household Items
VIJAY
9653285127/9321101731
12/2nd Floor, 52/54 Haveliwala Building,
Mint Road, GPO, Fort, Mumbai 1

FINANCE

PHYSICAL SHARES

Your last change to transfer
Physical Shares into demat
mode, we shall solve your
problems regarding lost
shares both holders dead,
or getting L.O.A or
succession certificate
shares. locked in I.E.P.F.
Delhi will be handed
by us, guaranteed. Contact :

KAIYOMARZ
9373106323
ADIL
9920041579

INTERIORS

GOGIA INTERIORS

SINCE 1970

**WANTED URGENTLY NEW
STAFF IN SALES &
MARKETING**

- Site supervisors
- Designing- Architects
- Accounts

Must be educated-
Computer Savvy

**SEND : CV- BIO DATA-WHATSAPP
9137204759/8879165005**

08104587707

gogiainteriors@gmail.com
subashgogia@gmail.com

RETAIL PARTNER DISTRIBUTION

**RETAIL PARTNER
DISTRIBUTION**

India's Leading Financial
Group is Seeking Invitation for
Partners/Franchisee opportunity
in Mumbai Region.. Long Term
Biz Model , High Income .Min
Experience in Insurance &
Financial Industry must... Salary
ranges between 19000 to 52000

pm

+ Incentive..

Plz Call or WhatsApp on

9820164571**BUNGALOW
IN LONAVALA**

AVAILABLE 3 BHK Fully
Furnished Bungalow
in Lonavala on Daily Basis.
Discounts available for
ZOROASTRIANS
6-8 Persons can be
Accommodated.

SALE of Bungalow
can be Considered
Call / WhatsApp
+91 98690 16730

AARAV

OLD ANTIQUE ITEMS
VALUE GIVEN IS
MORE THAN MARKET RATE
We also collect Goods
& give free Home Service
Gold & Silver Jewellery,
Watches, Old Furniture, Gramophones,
All Records, All Cameras,
Old Fountain Pens,
Gara, Kerba, Old Crockery,
Zari Border, Old Notes, Coins,
German Silver, Household Items
CONTACT: AARAV
9324503876 / 8169751275
181, Shop No. 13, Bora Bazar,
Fort, Mumbai-1

FLAT FOR SALE

**Spacious 3bhk
for Sale**

at Dadar Parsi colony.

1800 carpet with
an exclusive
1800 sq ft terrace.
Garden view
from all sides.
Plus 1 enclosed garage.
Low outgoing.

Contact: Anahita
9920817227

PART - TIME WORK

**EXCELLENT
OPPORTUNITY**

SECOND EARNING FOR
Retired personnel/
Homemakers/ Teachers/
Professors/ Businessmen/
Ex- Government Officers
(example: MTNL, ONGC,
Police, Army, Navy,
Airforce, etc.)

Age between 45 to 75 years.

Fixed Salary + PF + Medical

Call: 9870339103

PLOT FOR SALE

**WANTED
PLOTS / LANDS**

For Sale or Joint Venture
Societies for Redevelopment
Any Size / Any Location

SIPPY HOUSING
Rera No. A51800001161 | Estates & Properties
Your Key to Happiness...

www.sippyhousing.com

Sanjay Sippy**9820053962**

ANTIQUES

MUSIC CENTRE**BEST PRICE**

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

**Contact: 9920663443 /
7738935999.**

BUNGLOW FOR SALE

Bungalow
for sale at
Malcolm Baug
Jogeshwari west
Contact on Whatsapp
9820902998

COURIER

PAC n DELIVER**INTERNATIONAL COURIER**

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

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

FLAT ON LEASE

**WANTED
FLAT ON LEASE**

3-4 BHK
in or around
Parsi Colony,
Dadar.

**Contact Mobile:
98330-41990**

PROPERTY

GOOD NEWS

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

Contact :
Amit Tanna
Mob. : 09978850067

SITUATION VACANT

**RECEPTIONIST /
FRONT OFFICE**

wanted for a Chemical
Manufacturing Co.
Exp. and smart Females,
Age below 35,
Fluent English,
Convent
Educated preferred.

Email Bio-data with photo to:
hr@westernchemical-in.com

SUMMER CAMP

**Summer Camp
Cusrow Baug**

Enroll your kids (2-5 years)

Attractive price.

2 batches each day.

WhatsApp
9821567924

DHIRAJ

Old Antique Shop

VALUE GIVEN IS
MORE THAN MARKET RATE

We also collect Goods
& give free Home Service
Old Furniture, Watches,
Old Fountain Pens, Kerba,
Old Crockery, Old Resham Kore
And Zari, Old Toys, Old Camera,
Old Notes And Coins,
German Silver.

CONTACT: DHIRAJ
9819774578 / 8369666193

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

FLATS ON L&L IN NAVSARI

**AVAN BAUG CHARITY
TRUST FUNDS**

**AVAN BAUG CHARITY
BLOCK, NAVSARI.**
Ready to offer
Flats on Leave and
License Basis to Parsis.

Contact :
9427102928
to be Followe by
written Application at
Opp. S.T. Depot, Charpul,
Navsari - by R.P.A.D.

Date: 7.4.2023

Trustee
Novshir K. Sabawalla

Printed and Published by
Cyrus Firoz Printer on behalf
of Parsi Times Multimedia
Pvt. Ltd., Published at Annexe
Building, 3rd Floor, Anandilal
Podar Marg, Opp. Metro
Cinema, Dhobi Talao,
Mumbai - 400002
* Printed at Dangat Media
Pvt. Ltd., 22 Digha M.I.D.C.,
TTC Industrial Area,
Vishnu Nagar, Digha,
Navi Mumbai,
Thane - 400 708.
Editor: Anahita Subedar.
Contact Nos.: 22010704,
Advt.: 22010705
Office Timing:
10 a.m. to 5.30 p.m.
Monday - Friday.

Disclaimer:

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

CLASSIFIEDS

Cont. From Pg. 04

SOUTH MUMBAI PROPERTIES

COLABA

DOLI CHAMBERS

Office 1250sq. ft
+ 750 terrace
Well Furnished.
Good Building
4.25Cr Negotiable
Office 1450 sq. ft - 3.75 Cr.

Bharat : 9820095654
Raj Daryanani : 9820066025

PEDDARROAD

Mt. UNIQUE BUILDING

SPACIOUS 4 BHK with
Servant Room & Bathroom
Carpet 2365 Sq.ft + 1 Car Parking
& 200 sq.ft Basement room
For Sale - 18.90Cr Negotiable

Bharat : 9820095654
Raj Daryanani : 9820066025

CUFFEPARADE

J. M. APARTMENTS 3

Available 2-3 BHK
Reasonable Price
Immediate Possession

Contact :

Bharat : 9820095654
Raj Daryanani : 9820066025

AVAILABLE FOR SALE

BYCULLA (EAST)

Near Rani Baug,
Just 4 Mins walking
distance from Parsi Agiary

3 BHK 1265 Carpet Area,
3 Master Bedrooms,
Large balcony, 2 Lifts (5 flats)
Ready with Parking.

OWNER 9821540733

VETERAN FOR ANIMALS

WANTED SUPERVISORS

Animal Lovers / LSS and Animal
Caretakers Age below 35, for
Supervising / Managing Animals
admitted in Clinics and Animal
Hospitals in Parel & Admissions,
Treatment, Surgeries,
Sterilization and Feeding.

Submit Biodata to :
kawf9000@gmail.com
Mobile: +91 81046-89110

editor@parsi-times.com

DAE DADAAR - The Holy Month of Thanksgiving



NOSHIR H. DADRAWALA

Today (13th May, 2023 is *Roj Hormuzd* of the Holy Month of Dae. Both, today's *Roj* (day) and *Mah* (month) is dedicated to the Supreme Divinity (*Ahura Mazda*), and therefore considered one of the most auspicious days in the Zoroastrian calendar.

The term *Ahura Mazda* is usually translated as *Ahura* (Lord) and *Mazda* (Wisdom). However, more liberally translated *Ahura* is Creator (and therefore Lord or Master of all creations) and *Mazda* is wisdom or the Divine Order within all things created by *Ahura*. In other words, this universe is created with 'Divine Order or Principles' also referred to by Zarathustra as *Asha*.

One of the reasons why Zoroastrians revere all good creations (fire, earth, water, vegetation, sun, moon etc.) is because they do not see *Ahura Mazda* as some external force outside of creation, but an internal force within every creation.

Thanks-Giving..

Mah Dae Dadaar is a month of thanksgiving to the Creator and one way in which gratitude is ritually expressed or offered is by performing *Jashan* ceremonies either at home, at the office or at an *Aatash Behram/Agiary*.

It is considered most meritorious to perform *Jashan* on each of the four special days of this month (Day One – *Hormuzd*, Day Eight – *Dae Adar*, Day Fifteen – *Dae Meher* and Day Twenty-three – *Dae Deen*), which are dedicated to the Supreme Creator and the *Yazata* having the Creator's aspect, presiding over Fire (*Dae-pa Adar*); Light and Justice (*Dae-pa Meher*); and the Religion (*Dae-*

pa Deen). Each of these four days is referred to as *Jashan* of *Dadva* (or *Jashan* of the Creator).

Dae Dadaar is a month to express our gratitude and experience happiness that arises out of our very expression of gratitude. Gratitude or thanksgiving is a powerful positive force. It has real impact on physical health, emotional wellbeing, motivation, engagement and belonging. Gratitude is also the root of happiness, an antidote for negative emotions, a neutralizer of envy, greed, hostility, worry, and irritation.

Emerging research enumerates multiple benefits of gratitude. People who are consistently grateful have been found to be relatively happier, more energetic, and more hopeful and experiencing more frequent positive emotions. They also tend to be more helpful and empathic, more forgiving and less materialistic than others who are less predisposed to gratefulness.

Hormuzd Yasht...

While the *Hormuzd Yasht* may be prayed daily, it is considered particularly meritorious to pray this *Yasht* (hymn) during this Holy Month. It is composed mostly in the *Avesta* language with some *Pazand* passages, dedicated to *Ahura Mazda*. In this hymn *Asho Zarathushta* inquires of *Ahura Mazda* as to which of his names (which also denote *Ahura Mazda's* innate qualities) are most powerful to protect the devotee against all types of evil. *Ahura Mazda* provides the first set of twenty names which also gives us a glimpse into His Divine attributes.

The very first name and attribute is *nāma ahmi* or self-created and self-existent. The second name is *vāthwyō* or protector while the third is *avi-tanyō* or omnipresent. The fourth name is *asha vahishta* or best righteousness while the fifth is *vīspa vohu mazdadhāta asha-chithra* or possessing every-goodness of pure origin.

In other words, *Ahura Mazda* is self-created (*Khu-da*) without beginning or end, the protector of all good creations, present in every creation, righteous and all good.

Loving Divinity...

In certain religious traditions, the Supreme Divinity is perceived as a fearsome divinity (the adjective – God-fearing is quite common in the English lexicon). However, in the Zoroastrian tradition, *Ahura Mazda* is not to be feared but simply loved, respected and befriended.

In the Zoroastrian tradition and particularly in the *Gatha*, the Supreme Divinity is referred to as '*Friya*' (Sanskrit *Priya*) which means friend or beloved. In other words, a Zoroastrian's relationship with God is built, not on the basis of awe or fear, but of friendship and love.

God is to be loved, not feared for his wrath. God is to be considered as a friend and not as a demanding or domineering Lord who constantly puts his subjects to tests and sacrifices. In the Zoroastrian tradition, God is not to be pleased with sacrifices or fasts. In fact, as a 'friend', *Ahura Mazda* wants all His friends to enjoy *Ushta* or happiness. In the Zoroastrian calendar of 365 days, there is not a single day set aside for fasting – all that *Ahura Mazda* wants His friends to fast from is from doing wrong - in thought, word or deed.

Befriending Divinity...

How best can we befriend *Dadaar Hormuzd*? Those who pray the *Hoshbam* at dawn would recollect praying, "*Asha vahishta, asha sraeshta, daresāma thwā, pairi thwā jamyāma, hamem thwā hakhma*," which means, "Through the best righteousness, excellent righteousness, O *Ahura Mazda*, may we catch sight of Thee and may we come near Thee and attain Thy eternal friendship." From this, one can see that we can earn God's eternal friendship by walking on the path of *Asha* (truth and righteousness).

In this Holy month of *Dae*, may each one of us endeavour to earn *Ahura Mazda's* friendship through our daily conscious effort to walk on the path of *Asha*. For indeed the *Colophon* to *Yasna* asserts, "*There is but one path, that of Asha. All other paths are false.*"

Dae Mah Celebrations In Ancient Iran:

In ancient times, when Zoroastrianism was the state religion of Iran, on *Roj Hormuzd* of *Mah Dae*, the great kings of yore used to descend from their throne, dress in simple white garb, suspend for the day the duties of all royal attendants, and make themselves available to any common citizen who wanted to interact with the king.

The kings would hold meetings with small landowners and farmers – even share simple meals with them. This tradition was an annual reminder that to the Supreme Divinity, *Dadaar Hormuzd*, king and commoner are all one and the same. It celebrated friendship with God and all his creations – particularly friendship among human beings, rich or poor, royal or commoner.

May we celebrate this Holy Month with gratitude, friendship, love, understanding and giving!

WZO Trust Funds Holds Fun Summer Camp 2023



The WZO Trust Funds, the community's premiere non-profit organization devoted to the cause of community welfare for decades, organised a fun and exciting, five-day Summer Camp for Parsi Zoroastrians children between nine and sixteen years of age, on 1st May, 2023. Eighteen girls and twenty-four boys participated at this camp which was held in Navsari, at the Bai Dosibai Kotwal Parsi Orphanage.

Each day commenced auspiciously with morning prayers at the Dadgah in the Orphanage, followed by breakfast. Various prominent community leaders of Navsari took the time to visit the camp and taught the students about various life-skills, including effective verbal communication, importance of imbibing good listening skills, dynamic leadership, how to become positive role models and public speaking. Through

various activities and games, the children also learned how to assemble teams, build concentration and strengthen their moral values. They were made to imbibe the importance of prayers and doing the 'kusti' in their day to day lives.

The afternoons were kept for learning drawing, crafts and painting skills, where the participants practiced various creative and unique art skills of painting on canvas, resin art, lipan art and mirror artwork, under the able guidance of Shiraz Perviz Gandhi and her team from Shiraz Gandhi Art Foundation. The children also prepared various home utility articles like name-plates, photo-frames, key hanging board and decorated mirrors.

On the final day, the young guns took off for a day-picnic to Ambik Riverside Camp and Resort, Kachholi, 15 kms from Navsari. Here they thoroughly enjoyed various adventure activities, splashed around in the swimming pool and boogeyed away in a rain-dance.

After five days, the happy campers returned home, hav-

ing had a lot of fun, but more importantly, having imbibed new social, emotional and cognitive skills, which will surely prove beneficial to them in the future.

The WZO Trust Funds' Trustees extend gratitude to Dr. Shehnaz P Billimoria – Principal, Daboo Law College; Dr. Hufriz Y Deboo – Professor, K

P Commerce College; Gulshan K Vandriwala and Bakhtavar D. Minocherhomji, for their honorary contributions. They are also grateful to the Trustees and Superintendent of Bai Dosibai Kotwal Parsi Orphanage, Sunnu G. Kasad, Percy Surti, Simin Bharda and Sharmin Tamboly, for their support through the camp.



On 3rd and 4th May, 2023, XYZ Seniors (Youth group of XYZ Foundation) embarked on a fun summer getaway – 'Escapade' - packed with indoor and outdoor activities including swimming, ziplining, shooting, carrom, table-tennis, a DJ Night, to Karjat.

SPP Organises HPV Vaccine Camp In Association With ZWAS

The President and Trustees of Surat Parsi Panchayat (SPP) organized an HPV (Human Papilloma Virus) vaccine camp on May 04th, 2023, to provide injectable vaccine, free of cost, for the prevention of Cervical Cancer, for Parsi girls and ladies, between 10 and 45 years of age, at Seth R D Tarachand Surat Parsi General Hospital, Surat. HPV vaccine helps in the prevention of Cervical Cancer in women.

87 Parsi women and girls benefitted from this camp, with 33 girls (upto age 26) administered quadrivalent 'Cervavac' vaccine (priced at Rs. 3,100/-) and 57 ladies (27 to 45 years) administered quadrivalent 'Gardasil' vaccine (priced at Rs. 2,890/-).

SPP President - Dr. Homi D. Doodhwala, Dr. (Mrs) Persis Doodhwala and Pad-mashree Yezdi Karanjia were also present



at the camp, which was organized with the cooperation of ZWAS (Zoroastrian Women's Assembly of Surat), with many SPP staff and ZWAS members volunteering to help the staff nurses of Parsi General Hospital, managed by SPP.

The second and third doses of the

vaccine will be given after two and six months, respectively, based on the requirement, free of cost by SPP to recipients of the first dose. SPP will organise a repeat camp for ladies who were unable to attend this one.

Up to 93% of Cervical Cancers are

preventable by taking the HPV vaccines, which prove more efficient in younger women. These vaccines also prevent vulvar and vaginal cancers to some extent. Cervavac vaccine is an Indian Govt. approved vaccine produced by Serum Institute of India.



Homavazir's 11th CBDA Scouts Hold Bordi Summer Camp



With summer holidays marking the end of exams, Homavazir's 11th CBDA Scouts held a fun and exciting summer camp, from 27th April to 1st May, 2023, at the J N Petit Sanatorium, in the quaint town of Bordi, besides the sea.

A total of 28 cubs, scouts and scouters attended the camp, starting out with a bus journey to Bordi. The flag hoisting marked the official commencement of the camp, followed by general instructions, as patrols settled into their allotted rooms and got busy with camp chores, modeling bridges, patrol flags

and gadgets.

In addition to being a lot of fun, camping is excellent as it disciplines boys and trains them to be courageous so that they become model citizens of tomorrow.

Each day began with exercises followed by flag hoisting, uniform and room inspection, to include a sense of cleanliness and orderliness. Other morning activities included thrilling stunts like monkey crawl, climbing rope ladders and pyramid competitions. Face masks were creatively crafted and used later in the identification contest -

'Who is Who'. Afternoons were devoted to training in first aid, rescue techniques, stretcher drills, learning knots and mapping, as also quiz competitions with prizes.

The evening was a time for competitive games and activities like baseball, kite flying on the beach or swimming at a pool resort. Night activities included observing the Milky Way through a telescope and learning about planets and constellations and other games played in darkness to ingrain fearlessness in young minds. The night would end with prayers followed by the devotional monajat 'Jaya Zarthost'. The highlight was the campfire on the final night where the boys indulged in merrymaking, performing skits, songs and dancing, having learnt lessons in humility, service and kindness.

Special thanks is conveyed to the kind hospitality of Mehroo Shroff - the sanatorium manager for providing accommodation and delicious meals throughout the camp, as also to the Trustees of N M Petit Charity Fund for generously allowing the use of the sanatorium.



Pune's Patel Agiary Celebrates 180th Salgreh



Pune's oldest Agiary - the Sardar Seth Sorabji Ratanji Patel Agiary, celebrated its glorious 180th anniversary on 2nd May, 2023 (Mah Adar, Roj Behram) with a Machi offering and a Jashan in the evening, which was performed by fifteen mobeds. About 200 Zarthostis came to pay their respects on the momentous occasion to the Patel Agiary, which is popularly called the 'Gaamni- Agiary, situated in Pune's crowded Nanapeth locality.



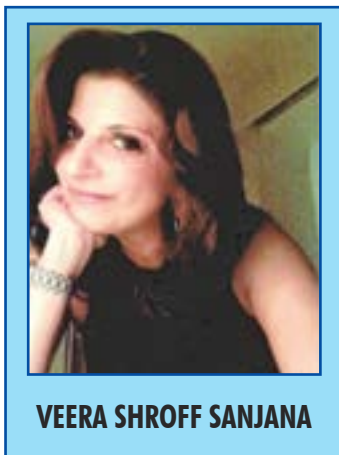
The Agiary is based in a spacious compound, with a well curated garden. The large main hall hosts Muktdads, marriages and navjotes. It has a separate Dadgah for individuals to make personal offerings. With the Kebla and prayer hall posing a stately presence, this is the only Agiary in Pune which has provision to perform the Vendidad and Yezeshni ceremonies. A large well in the courtyard houses five baby tor-

toises and several catfish; as also a magnificent 60-year-old date-palm tree which has been awarded heritage status.

Built in 1824 by Seth Sorabji Ratanji Patel, who was a Sadar in the Peshwa Army, the Agiary was consecrated in 1843, with Dastur Jamaspji as its first High Priest, followed by seven generations of the Jamaspji lineage. Today, the Agiary is served by five Mobeds, led by Manager and Panthaki Er. Arzaan Khambatta, who hails from Dadar's Athornan Madressa, known for finely bending tradition with modernity.

Today, the Agiary needs structural reinforcement and much repair work, for which the present Trustees have been working to garner the support of the community's Zarthosti philanthropists of Pune.

[COURTESY: HOMI D. MEHTA]



VEERA SHROFF SANJANA



A Love So PURE

How is it possible to capture a heart even before you first meet her? How is it possible that the idea of you, from the moment she knew, set her whole life on fire? Her heart was given freely to you, unconditionally, to do as you will with it. She has you for her lifetime, she is your lifeline through much of life's ups and downs, twists and turns. Her blood and bones, skin and sinew made you, created you, perfected you. Her spirit, mind and body enveloped you, embraced you. Near or far, she has a way of caressing your soul without words. She is your port in every storm, your harbour to safely anchor when things go wrong.

She is the first call when life grants you all its myriad blessings, the one who walks alongside you in every joy. She is the one to forgive your trespasses, and the one to hold you at night when it seems your heart just can never be mended. She is the strength when you are weak, her hands keep you warm. Her face brightens up your darkest night. Her smile is the sunshine that lights up your life. She is your surety and security through all walks of life.

Her whole life is a promise dedicated to your wellbeing and safety. Hers is the love and trust that sets your compass all through life. Hers is the first relationship you'll ever have and the one you'll always need. Her beating heart tells you tales inexplicable, unquestionable. Her breath infuses your life, with a meaning only you understand. Her eyes speak a million truths, like bright stars in a pale milky galaxy. Her words evoke emotions like springs in some barren desert. Her scars tell stories of days remembered and forgotten.



Her beating heart tells you tales inexplicable, unquestionable. Her breath infuses your life, with a meaning only you understand. Her eyes speak a million truths, like bright stars in a pale milky galaxy. Her words evoke emotions like springs in some barren desert. Her scars tell stories of days remembered and forgotten.

All the years she has lived, she planted roots and a foundation to make it that much easier for you. She braced the wind on her back, trying to knock her down from time to time, only so that she could shelter you from it. She worked so that you could rest on the comforts she provided. She toiled so that you could delight. She struggled so that you could have it all. All her knowing, all her wisdom was softly wrapped in warm and fuzzy layers around you. She had a spine so you could be stronger and braver than you will ever know and

so that even at your most vulnerable, you would still stand tall. Hers is a life of perfection amidst the debris of hopes and dreams she sacrificed in the name of motherhood.

My mother taught me things never learnt in textbooks or schoolrooms. She taught me strength at my weakest. She spoke of humility at my strongest. She spoke of kindness and compassion and applauded toughness and boldness. She taught me peace when going to war and how to battle when wronged. She taught me the merits of work and rest and how to gain a balance between them. She made the stairway so I could climb to the top, to view the world dressed in success. She counted both my success and failures, so that life's challenges never threw me off course. She saved her wealth so that I could have mine. And... who knew behind such a sweet face dwelled the soul of a spy! Near or far, she watched my every move... she counted each step, she knew my every secret, she knew my soul.

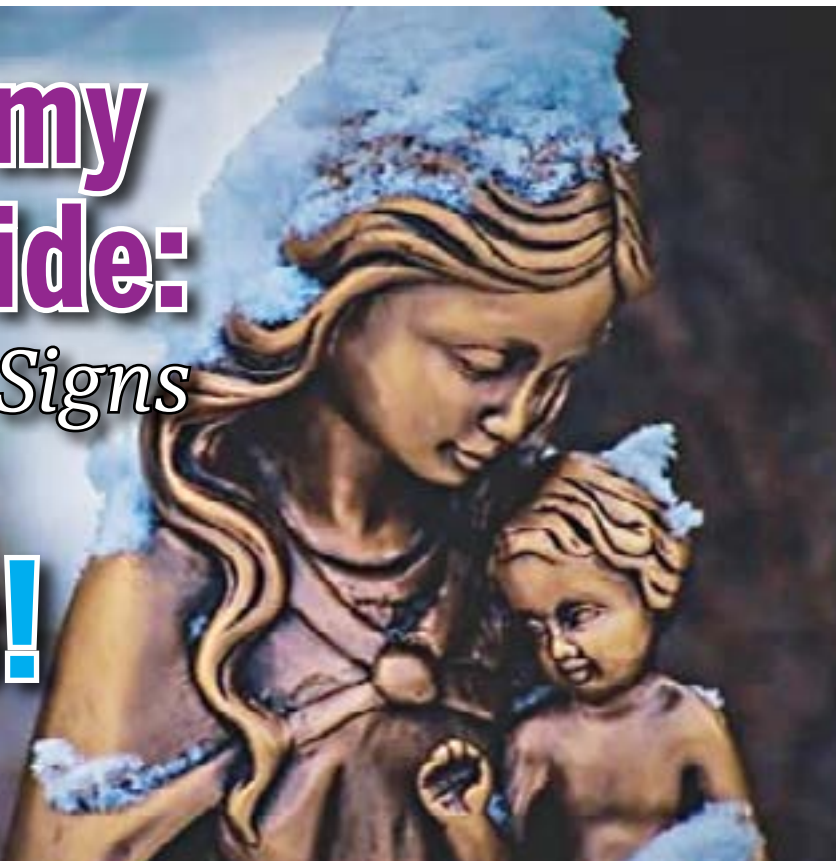
My mother was unique and so's yours. They were different women sharing the same fierce essence of motherhood. A mother is a mother, no matter what, where and who she chooses to be – all

fierce lionesses to their cubs! An angel to behold and a devil to boot! Ruffle her feathers and she will shoot! When your day is a museum of disappointments hanging from events outside your control, it's mom who steps up and steps in to make the ride a little less bumpy. Along the way, her guidance and protection soften the sharp edges of weary struggles... when fevered brows are cooled with soft words, and tender kisses even pain-ridden nights, and long hours of darkness float on by quicker.

Her smiles and her tears are the badges you wear, sometimes a privilege and sometimes a dishonour for all the times you rejoiced or regretted your decisions and your choices. And no matter what, she stands by you through it all. Hers are the echoes you hear in the deepest realms of your mind. Hers is the soul that speaks to you without words. That picture of her on your nightstand frames the first shot of love you ever felt, and on cue, you see the first line of a song fly by! In the hours floating between sleep and the dawn waiting to be welcomed, hers will be the presence you feel warmly wrapped around you, forevermore.

To this extraordinary creation everywhere, Happy Mother's Day!

The Mommy Astro-Guide: What Zodiac Signs Say About Mothers!



Aries: This is a 'Warrior Mama', ruled by Mars – God of War! Never a quitter, full of energy and always up for a challenge, she innately trusts her instincts, which are usually spot on! She knows how to nurture without mollycoddling! She could get competitive while playing board games. An Aries mother teaches her kids how to fight their way to the top and grow up to become independent adults, capable of fending for themselves. Stylish and undeterred, she'll forever be the fiery spirit that confidently marches through life with her head held high.



Taurus: There'll always be delicious food in a Taurus mom's house, she's an amazing cook and a warm hostess. She will be the solid anchor in her children's lives – you can rely on her blindly. She has an almost miraculous threshold of pain and stress – physical, mental, emotional and spiritual. She takes naturally to motherhood. As affectionate as she is with her children, her rules are the kind that can never be bent or the bull in her sees red! She'll defend her children profusely and will always love them with divine intensity.



Gemini: Having a Gemini mom is more like having a cool sibling than a strict mother. A Gemini mother is never boring. While drama keeps her going, she has little patience for whiny behaviour. She's always up for late night conversations about fascinating topics. Despite having a sharp tongue, she's also incredibly hilarious and always knows the right thing to say to make you laugh. She's too impatient to sit still and may not be obviously 'maternal', but there's never a dull moment with her around!



Being a mother is one of life's most fulfilling yet thankless experiences. Motherhood involves bringing a new life into the world and nurturing it to become a wonderful human being – a task as divine as daunting. All mothers really want in return is some love and a little respect - a simple heartfelt 'thank you' and a hug is all it takes to truly fill their hearts with joy. Marking the occasion of Mother's Day, on 14th May, 2023, here's a fun 'Mommy Astro-Guide' based on zodiac signs, which could help us better appreciate and honour our mothers...

Cancer: You're super lucky to have a Cancerian mommy – they're the most compassionate and caring of them all, putting your needs first always. A tad too sentimental at times, tragedy and sacrifice are her middle names and she'll ensure that everyone knows it! She's very warm and resourceful - there's nothing in the world she won't do for her family – especially her children. Her possessive nature can sometimes get a bit much but being possessive is her love language! She raises her children to be sensitive and compassionate individuals.



Leo: The charismatic Leo mom lights up any room she enters - lavishly showering her children with love and affection. Sometimes her overpowering love can blind her to their faults and those who dare point them out, will fall prey to her leonine roar! Low tolerance for disrespect, she can be the 'best friend' you've always wished for. She is a queen – even if only in her head – which means you have incredibly high standards to live up to. A bit of a diva, her confidence is second only to her love for her children.



Virgo: Virgo mothers are the glue that keeps the family together. This mum perfectly manages to raise a [child](#), pursue a career, fix all meals, change the light-bulbs, pay the bills and even pursue a course to further her education or update her skills! A super memory, she remembers every little detail, making her someone that remembers your idiosyncrasies and understands you better than you do! She'll always raise her children with firm ethics – personal, moral and emotional. Overly meticulous at times, her organizational habits set you up for greatness.



Libra: Libra mommies are easy-going and make amazing friends. Grooming is part of her personality - she'll teach her children right from a young age, how to present oneself in public with an air of grace, refinement and impeccable manners. The Libra mother encourages her children to be as creative as possible and to lead their own lives. A patient mother, she ensures her children grow up in a creative environment and receive all the intellectual stimulation possible.



Scorpio: Extremely protective (even a bit of a helicopter mom at times), the Scorpio mum is extremely caring and devoted to her children. She will never let her children's talent nor potential go unnoticed. An exceptional motivational coach when they need a pep talk, she will always bail her children out when they're in a fix. Those posing a threat to her children will usually live to regret it! She can see right through her children, making it impossible to hide anything from her!



Sagittarius: An adventurer at heart, the Sagittarian woman ain't a natural mommy but she loves openly and expressively, with all her heart. She will lovingly change diapers, shower her kids with love and attention and enjoy playing with them... she's just not terribly fond of being in the kitchen, though she can whip up a delicious feast if she absolutely has to! Her brutally honest streak helps her raise children who grow into adults with a balanced sense of reality.



Capricorn: Born an unflinching leader at heart, the Capricorn mom is always in charge. She teaches her children all about having discipline and working hard toward their goals. The ultimate 'power mother', she never sits still and hates it when children sit idle. An excellent listener and non-judgmental, she gives her complete attention to her children, and they always look to her for advice as a confidant. A Capricorn mother manages to stay as your steadfast anchor, holding and healing you through the worst storms of life.



Aquarius: Aquarius women are free-spirited and very intelligent. When motherhood comes knocking at her door, she prefers to focus only on her child, making it her top priority to ensure giving the best life to her child. An Aquarius mother knows what her children should learn at what age. She finds new and fun ways to teach her kids new things. There's something about her that sets her apart from everyone else – she follows the beat of her own drum while teaching her children to do the same.



Pisces: A Pisces mother is truly a sensitive soul. She truly believes her love can heal all wounds and can reform even the most troubled souls, and she'll never ever give up trying. With a Pisces mum, you grow up surrounded by empathy and mystical energy. She teaches you to explore the expanse of your imagination and follow your artistic urges. She finds it challenging adapting to the concept of boundaries but she can be the most generous soul – and wouldn't hesitate to take a bullet for her children.



WORD SEARCH

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

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

- Push Ups
- Bench Press
- Dead Lifts
- Walking
- Jumping Jack
- Bicep Curl
- Jump Rope
- Burpees
- Calf Raises
- Lunges
- Glute Bridge
- Lateral Raise
- Squat Jump
- Bent Over Row
- Skipping Rope
- Side Plank



TechKnow With Tantra

Moasure – The Smart Tape Measure

Moasure is a 300m/1000ft tape measure, ruler, protractor and a goniometer (angle measurer) – all in one simple App. Simply move your phone from one point to another point and Moasure displays the distance or height difference between the two points, or the angle between them, as also the length, width, and height of objects, as well as internal room dimensions and even inter-room dimensions. Convenient to use and reliably accurate, it even gives you the average of multiple attempts at a measurement. The Moasure Pro version provides the option of paths – which enables you to quickly and effortlessly produce floor plans too!

Android : <https://bit.ly/3GfyveG> & <https://bit.ly/3f6mJYb>
 iOS: <https://apple.co/3faEQMO>

SUDOKU

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

Solution see below

WINNING CAPTION!!!



Kangaroo (Right): Don't stop now! Practice Naatu-Naatu and we'll also win the Oscars!

Kangaroo (Left): Do you realise it's been an hour since we lost our boxers?!

By Shanaya Patel (Canada)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 18th April., 2023.

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

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

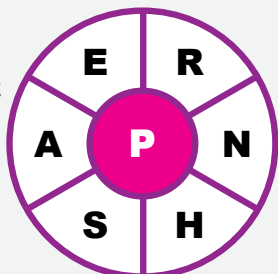
Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offence is intended to anyone or any situation.

HOW MANY WORDS?

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

RESULTS:

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



SUDOKU SOLUTION

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

Thought of the Week

"Don't let someone else's opinion of you become your reality"

- Les Brown

પારસી ટાઈમ્સ

VOLUME 13 - ISSUE 05 • Saturday, 13th May – Friday, 19th May, 2023 • English-Gujarati Weekly • www.parsi-times.com • Mumbai • Page 11 • ₹8/-

THE TRUTH. DELIVERED WEEKLY.



અઝરબૈજાનની રાજધાનીમાં સ્થિત આતશગાહ બાકુ ફાયર ટેમ્પલ, કુદરતી ગેસ વેન્ટ પર બાંધવામાં આવ્યું હતું, અને તેનું નિર્માણ ૧૭મી સદીના અંતમાં અને ૧૮મી સદીની શરૂઆતમાં કરવામાં આવ્યું હતું. જો કે, એવા પુરાવા છે કે એક વખત આ સ્થળ પર એક જૂનું મંદિર હતું. આતશગાહ બાકુ ફાયર ટેમ્પલની રસપ્રદ વિશેષતા એ છે કે પારસી, હિંદુઓ અને શીખો દ્વારા ઉપયોગમાં લેવાતા મંદિર પરના શિલાલેખો છે. આતશગાહ ત્યારથી તેનું ધાર્મિક કાર્ય ગુમાવી ચૂક્યું છે અને ૧૯૭૦ના દાયકામાં તેને મ્યુઝિયમમાં રૂપાંતરિત કરવામાં આવ્યું હતું.

બાકુ ફાયર ટેમ્પલો પહેલાથી જ ૧૦મી સદીમાં ઉપયોગમાં લેવાતા હતા. આતશગાહ બાકુ ફાયર ટેમ્પલ અઝરબૈજાનના બાકુના ઉપનગર સુરાખાનીમાં આવેલું છે. એબશેરોન દ્વીપકલ્પ (જ્યાં બાકુ આવેલું છે) હેઠળ ઘણા કુદરતી ગેસ વેન્ટ્સ હોવાને કારણે, ૧૦મી સદી એડીથી આ વિસ્તારમાં અગ્નિ સંસ્કાર કરવામાં આવે છે. કુદરતી ગેસ વેન્ટ્સ જ્વાળાઓ માટે બળતણ પ્રદાન કરે છે જે કાયમ માટે બલતી રહે છે. તેને શાશ્વત જ્વાળાઓ પણ કહેવાય છે. આ કુદરતી ઘટના બાકુ નજીક યાનાર દાગ (એટલે કે બર્નિંગ માઉન્ટેન) પરથી પણ જોઈ શકાય છે.

બાકુ એક સમયે પ્રખ્યાત સિલ્ક રોડ પર હતું. માલસામાન ઉપરાંત, આ વેપાર માર્ગે

ઈરાનનું પ્રાચીન આતશગાહ બાકુ ફાયર ટેમ્પલ

ખબરોને પૂર્વથી પશ્ચિમ તરફ અને તેનાથી વિપરીત મુસાફરી કરવાની પણ મંજૂરી આપી હતી. એવું માનવામાં આવે છે કે સિલ્ક રોડ દ્વારા, ભારતના વેપારીઓએ એબશેરોન દ્વીપકલ્પ અને તેની શાશ્વત જ્વાળાઓ વિશેની વાર્તાઓ સાંભળી હતી. પરિણામે, ભારતમાંથી યાત્રાળુઓ પવિત્ર જ્યોતની પૂજા કરવા માટે બાકુ જવા લાગ્યા. તે જ સમયે, તેઓ આ વિદેશી ભૂમિ પર તેમના પોતાના દેવતાઓ લાવ્યા, અને આ જ્વલનશીલ ગેસ વેન્ટ્સની સાથે તેમની પૂજા કરી.

વર્તમાન આતશગાહ બાકુ ફાયર ટેમ્પલ ૧૭મી સદીના અંત અને ૧૮મી સદીની શરૂઆતમાં બાંધવામાં આવ્યું હતું. ૧૯૬૯માં જ્યારે તેનો જીર્ણોદ્ધાર લાઇ ધરવામાં આવ્યો ત્યારે વર્તમાન મંદિરની નીચે જૂની રચનાનો ભાગ મળી આવ્યો હતો. આ સૂચવે છે કે આ સ્થળનો ઉપયોગ ૧૭મી સદી પહેલા ધાર્મિક હેતુઓ માટે થતો હતો. જો કે એવું અનુમાન કરવામાં આવે છે



કે જૂનું મંદિર વર્તમાન મંદિરની પરિમિતિની બહાર વિસ્તરેલું હતું, આની ખાતરી કરવી અશક્ય છે, કારણ કે આ અવશેષો કદાચ ૧૮મી સદીથી નાશ પામ્યા હતા કારણ કે આસપાસના વિસ્તારમાં તેલ અને ગેસ માટે ખોદકામ કરવામાં આવ્યું હતું.

આતશગાહ બાકુ ફાયર ટેમ્પલ નો વર્તમાન લેઆઉટ: વર્તમાન આતશગાહ બાકુ ફાયર ટેમ્પલ આંગણાની આસપાસની પંચકોણીય દિવાલોની પરિક્રમા ધરાવે છે, જેની મધ્યમાં વેદી છે. આ વેદી એક પેવેલિયનનું સ્વરૂપ લે છે અને કુદરતી ગેસ વેન્ટની ટોચ પર બનાવવામાં આવી

હતી. આ વેન્ટમાંથી નીકળતા વાયુઓ દ્વારા, પેવેલિયનની મધ્યમાં અને છતના ખૂણા પર ચાર નાની જ્યોત સળગાવવામાં આવે છે. આંગણાની અંદર અને વેદીની આસપાસ, નાની જગાઓ છે જે યાત્રાળુઓ અને તપસ્વીઓ માટે આવાસ પ્રદાન કરે છે.

આતશગાહ બાકુ ફાયર ટેમ્પલના સ્થાપત્યમાં પારસી ધર્મ અને હિન્દુ ધર્મ બંનેના તત્વોનો સમાવેશ થાય છે. આતશગાહની સ્થાપના શરૂઆતમાં ઝોરાસ્ટ્રીયન મંદિર તરીકે કરવામાં આવી હતી, સમય જતાં તે મુખ્યત્વે હિન્દુ સ્થળ તરીકે વિકસિત થઈ.

હિન્દુ સ્થાપત્ય તત્વો ઉપરાંત, આતશગાહ પર હિંદુઓની લાજરીની બીજી નિશાની હિન્દુ દેવો ગણેશ અને શિવને સમર્પિત શિલાલેખો છે. આ ઉપરાંત, અહીં શિલાલેખ

પણ છે જે શીખ યાત્રાળુઓ દ્વારા સમર્પિત છે જેઓ આતશગાહમાં પૂજા કરવા આવ્યા હતા. જો કે આતશગાહ પણ પારસી ધર્મ સાથે સંકળાયેલ છે, હકીકતમાં મંદિરમાં માત્ર એક જ પારસી શિલાલેખ છે. કોઈ પણ સંજોગોમાં, શિલાલેખો સૂચવે છે કે પવિત્ર સ્થળ ત્રણ અલગ-અલગ ધર્મો દ્વારા વહેંચવામાં આવ્યું હતું.

આ સ્થળની યાત્રા આજે પણ ચાલુ છે. ૧૯મી સદીના અંત સુધીમાં, અઝરબૈજાનની ભારતીય વસ્તીમાં ઘટાડો થવાને કારણે, આતશગાહ બાકુ ફાયર ટેમ્પલને છોડી દેવામાં આવ્યું હતું. તેમ



છતાં, તે સદી દરમિયાન પણ, પારસીઓ જેમણે ૭મી સદી એડી દરમિયાન પર્શિયા પર ઈસ્લામિક વિજય બાદ ભારતમાં સ્થળાંતર કર્યું હતું, તેઓએ આ સ્થળની યાત્રા કરવાનું ચાલુ રાખ્યું હતું. તદુપરાંત, આ સ્થળ અઝરબૈજાનમાં પ્રવાસ કરતા યુરોપીયન પ્રવાસીઓ માટે પણ

આકર્ષણનું કેન્દ્ર બન્યું હતું.

અગાઉ ઉલ્લેખ કર્યો છે તેમ, આતશગાહ બાકુ ફાયર ટેમ્પલનું ૧૯૬૯માં જીર્ણોદ્ધાર કરવામાં આવ્યું હતું. સંજોગવશાત, તે જ વર્ષે, એબશેરોન દ્વીપકલ્પ પર કુદરતી ગેસના ભંડારના સઘન શોષણને કારણે, વેદી પરની શાશ્વત જ્યોત ખતમ થવા પામી હતી. જો કે જ્યોત આજે પણ જાળવી રાખવામાં આવી છે, તેના બળતણનો સ્ત્રોત બાકુના મુખ્ય ગેસ સપ્લાય દ્વારા પૂરો પાડવામાં આવે છે.

૧૯૭૫માં આતશગાહને મ્યુઝિયમમાં રૂપાંતરિત કરવામાં આવ્યું હતું. દાખલા તરીકે, વેદીની આસપાસની જગાનો ઉપયોગ યાત્રાળુઓની વાર્તાઓ કહેવા માટે થાય છે જેઓ એક વખત મંદિરમાં પૂજા કરવા ગયા હતા.

આતશગાહ ફાયર ટેમ્પલ બાકુના ઉપનગરમાં આવેલું હોવાથી, તે શહેરના કોઈપણ મેટ્રો સ્ટેશનની નજીક નથી. તેના બદલે, ત્યાં બસો છે જે કેટલાક સ્ટેશનોથી સાઈટ પર દોડે છે. તે સિવાય ટેક્સી દ્વારા પણ મંદિર જઈ શકાય છે. આતશગાહ દરરોજ ૧૦:૦૦ થી ૧૮:૦૦ સુધી ખુલ્લું રહે છે, અને સાઈટમાં પ્રવેશવા માટે ટિકિટ જરૂરી છે.

દિવંગત સુપ્રસિદ્ધ કલાકાર રવિ વર્માની ધ પારસી લેડી પેઈન્ટિંગ પુનઃસ્થાપિત

ધ પારસી લેડી - સુપ્રસિદ્ધ કલાકાર રાજા રવિ વર્માનું એક સદી જૂનું, અદ્ભૂત પેઈન્ટિંગ, જે કેરળના તિરુવનંતપુરમમાં ૩૮૦ વર્ષ જૂના કિલીમનૂર પેલેસના સ્ટુડિયોમાં ફોલ અને આશ્રયસ્થાન હતું, હવે તેને પુનઃસ્થાપિત કરવામાં આવ્યું છે અને ૨૯મી એપ્રિલ, ૨૦૨૩ના રોજ પેલેસમાં જ કિલીમનૂર પેલેસ ટ્રસ્ટ દ્વારા અનાવરણ કરવામાં આવ્યું હતું, જે પ્રખ્યાત કલાકારની ૧૭૫મી જન્મજયંતિ નિમિત્તે ઉજવવામાં આવી હતી.

ધ પારસી લેડી રવિ વર્માનું છેલ્લું અદ્ભૂત પેઈન્ટિંગ હોવાની વિશેષતા ધરાવે છે, જેમણે કિલીમનૂર પેલેસની ચિત્રશાળામાં પેઈન્ટિંગ પર કામ કર્યું હતું, પરંતુ

કમનસીબે તેને પૂરું કરતાં પહેલાં એક બીમારીને કારણે તેમનું અવસાન થયું હતું. (અપૂર્ણ ભાગોમાં આંગળીઓ અને પૃષ્ઠભૂમિનો સમાવેશ થાય છે.)

૧૯૦૪માં, તેમના ભાઈના અવસાન પર, એક બરબાદ રવિ વર્મા મુંબઈ છોડીને કિલીમનૂર પેલેસમાં ઘરે પાછા ફર્યા, જેમાં ધ પારસી લેડી - કેનવાસ પર એક તેલ ચિત્ર સહિત તેમની કેટલીક અદ્ભૂત કૃતિઓ સાથે લાવ્યા, પરંતુ તેઓ બીમાર પડ્યા અને ૧૯૦૬, તેને અદ્ભૂત છોડીને મૃત્યુ પામ્યા.

પેલેસ સત્તાવાળાઓ યોગ્ય સુરક્ષા પગલાં ગોઠવવાની પ્રક્રિયામાં હોવાથી આ પેઈન્ટિંગને એક મહિના પછી લોકોને જોવા માટે મૂકવામાં આવશે.



એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર.કે.	Relations સગાઈઓ
Mani Soli Bharucha મની સોલી ભરુચા	93 ૯૩	01.05.2023	Dubai UAE. અબ ખલીજ સેન્ટર, દુબઈ, યુ.એ.ઈ.	તે મરણ સોલી હોમસજી ભરુચાના વિધવા તે એચ, નેવીલ તથા મરણ રોહીનના માતાજી તે મરણો ગુલામય તથા એચ મંચેશા ડાઈવરના દીકરી તે કારમેનના સાસુજી તે એનાના બપઈજી તે ઝરીન તથા મરણો એદી, ફેની, શેરૂ તથા નરગીસના બહેન તે બેરોજ, દીનયાર, કેશમીરા, સેમી, ઝીનોબ, ફરઝાના, એરીક, રૂમીના માસીજી તે મરણો ખોરશેદ તથા સોલીના વડુ.
Veera Sarosh Jamshedji વીરા સરોશ જમશેદજી	66 ૬૬	05.05.2023	2/26 B, The Reward Bldg., Tardeo Road, Next To Ganga Jamuna Theatre, Tardeo, Mumbai 7. ૨-૨૬ બી ધી રીવોર્ડ બિલ્ડિંગ, તારદેવ રોડ, ગંગા જમુના થીયેટર પાસે, તારદેવ, મુંબઈ ૭.	તે સરોશ રૂસી જમશેદજીના ધણિયાણી તે નવાજ અને પરસીના માતાજી તે મરણો શીરીન તથા કાવસ અમરોલીયાના દીકરી તે મરણો જર તથા રૂસી જમશેદજીના વડુ તે ઝકસીસ અમરોલીયા, ખોરશેદ રાઈતર, પીનાજ જોખી, અનાઈતા ચોથીયા તથા મરણ ઝરીન મુલ્વાના બહેન તે ખોરશેદ શાપુર ભાથેના, કેમુશરૂ રાઈતર, ફરદુન જોખી, લોખીયાર ચોથીયા તથા મેહરનોશ મુલ્વાનાં સીસ્ટર-ઈન-લો.
Baji Jal Mistry બજી જાલ મિસ્ત્રી	91 ૯૧	06.05.2023	Opp. Andheri Station, K-1/22, Cama Park, Cama Road, Andheri(West), Mumbai 58. અંધેરી સ્ટેશનની સામે, કે/૧/૨૨, કામા પાર્ક, કામા રોડ, અંધેરી (પ), મુંબઈ ૫૮.	તે રોશન બજી મિસ્ત્રીના ખાવિંદ તે ગોદરેજ મિસ્ત્રી તથા દિનાઝ નૌઝર વાંકડીયાના બાવાજી તે મરણો મહેરબાઈ તથા જાલેજર મિસ્ત્રીના દીકરા તે પરીવાજ મિસ્ત્રી તથા નૌઝર વાંકડીયાના સસરા તે શાહનાઝ અને નેવીલના મમાવાજી તે તરોનીશ, ખોરેલોમંદના બપાવાજી તે મરણો દીનામાય તથા દારબશા મિસ્ત્રીના જમાઈ તે પરવેઝ, જમશેદ તથા યાસ્મીનના ભાઈ.
Yasmin Behram Gandhi યાસમીન બેહરામ ગાંધી	84 ૮૪	07.05.2023	10/8, Old Khareghat Colony, N.s.patkar Marg, Babulnath, Mumbai 7. ૧૦-૮, ઓલ્ડ ખરેઘાટ કોલોની, એન. એસ. પાટકર માર્ગ, બાબુલનાથ, મુંબઈ ૭.	તે મરણ બેહરામ પદમજી ગાંધીના વિધવા તે મરણો ફેની તથા રૂસ્તમજી દારૂવાલાના દીકરી તે મરણો તેલમીના તથા પદમજી ગાંધીના વડુ તે શેરૂ સામ નગરવાલા તથા મરણો આબાન દારા ચીનોઈ તથા ફીરોઝ તથા કેરસી દારૂવાલાના બહેન તે બહાદુર પદમજી ગાંધી તથા મરણો કેટી લોમી દીવવાલા તથા નરીમાન પદમજી ગાંધીના ભાભી તે શેરનાઝ કેરસી દારૂવાલાના નરન તે હોશદાર, પરીઝાદના મામીજી તે શેહનાઝના કાકીજી.
Noshir Manchershaw Shethna નોશીર મંચેરશા શેઠના	83 ૮૩	07.05.2023	Clover Plot No 4, 4th Floor, Sleater Road, Next To Grant Road, Mumbai 7. કલોવર, પ્લોટ નં. ૪, ૪થે માળે, સ્લેટર રોડ, ગ્રાંટ રોડ પાસે, મુંબઈ ૭.	તે મરણ દીનુ નોશીર શેઠનાના ખાવિંદ તે ખુશનુમ નોશીર શેઠનાના બાવાજી તે મરણો સુનામાય તથા મંચેરશા શેઠનાના દીકરા તે મરણો ખોરશેદ તથા જાલ ગાંધીના જમાઈ તે મરણો ખોરશેદ, મેહરા, પેરીન, લોમાય, તેલમી, આબુ, જાલ, અસ્પી તથા પરવીઝના ભાઈ તે મરણો બરજોર મેહતા, કેટી અંકલેસરીયા તથા જમશેદ તોડીવાલાના સાલાજી તે શ્રીતી વાડયા, શાહરૂખ અંકલેસરીયા, મહારૂખ સંજના તથા પરસી અને જુબીન તોડીવાલાના મામાજી.
Bomi Dinshaw Avari બોમી દીનશાહ અવારી	71 ૭૧	07.05.2023	B/1 Petit Bldg., Petit Street, Opp Balaram Street, Grant Road, Mumbai 7. બી/૧ પીટીટ બિલ્ડિંગ, આવાબાઈ પીટીટ સ્ટ્રીટ, ઓફ બાલારામ સ્ટ્રીટ, ગ્રાંટ રોડ, મુંબઈ ૭.	તે તારા બોમી અવારીના ખાવિંદ તે મરણો દીનશાહ તથા રોશન અવારીના દીકરા તે ઝીનતા તથા મેહરનોશ અવારીના બાવાજી તે દારા, પરવેઝ, વીરુપી તથા મરણ બેહરામના ભાઈ.
Niloufer Hoshang Rudina નીલુફર હોશંગ રૂદીના	70 ૭૦	08.05.2023	Marzban Colony, Talukdar Bldg, 2nd Floor, Room No 7, Mumbai 11. મરઝબાન કોલોની, તાલુકદાર બિલ્ડિંગ, ૨જે માળે, રૂમ નં. ૭, મુંબઈ ૧૧.	તે મરણ હોશંગ નરીમન રૂદીનાના વિધવા તે ખુશરૂ હોશંગ રૂદીનાના માતાજી તે મરણો ગુલામય તથા હોમસજી નેતરવાલાના દીકરી તે મરણો લોમાય તથા નરીમન રૂદીના નાના વડુ તે બેપસી વીરુપી કોફર્દ, સુન્નુ હોશંગ બુહારીવાલા તથા મરણ જંગુ નેતરવાલાના બહેન તે ફીલી રૂદીના, મેહરનોશ રૂદીના, ફરીદા રૂદીના, બખતાવર નેતરવાલા તથા મરણો ફેની રૂદીના, વીસ્તાપ કોફર્દ તથા હોશંગ બુહારીવાલાના સિસ્ટર-ઈન-લો.
Ervad Jamshed Sorabji Minocherhomji એરવદ જમશેદ સોરાબજી મીનોચેરહોમજી	84 ૮૪	09.05.2023	1-B, 106, Salsette Parsi Colony, Pump House, Andheri(W), Mumbai 93. ૧-બી, ૧૦૬, સાલસેટ પારસી કોલોની, પંપ હાઉસ, અંધેરી પ. મુંબઈ ૯૩	તે મરણ ઓસ્તી ફેની જમશેદ મીનોચેરહોમજીના ખાવિંદ તે એરવદ ફરોખના બાવાજી તે મરણો ઓસ્તી તેલમીના તથા એરવદ સોરાબજી મીનોચેરહોમજીના દીકરા તે ઓસ્તી રૂખશાના મીનોચેરહોમજીના સસરાજી તે મરણો બાનુ તથા રૂસી ઘડીયાલીના જમાઈ તે એરવદ અનોશકના બપાવાજી તે એરવદ લોમી, એરવદ એચ તથા મરણ એરવદ કેરસીના ભાઈ તે ઓસ્તી એમી વીરાઝ સુરતીના વેવાઈ તે એરવદ આરસપર તથા એરવદ જુબીનના કાકાજી.
Freny Cawas Baria ફેની કાવસ બારીયા	84 ૮૪	09.05.2023	3/5, Sir Dorab Tata Bldg., Tata Blocks, S.V.Road, Opp.Shroff Eye Hospital, Bandra (W), Mumbai 50. ૩/૫ સર દોરાબ તાતા બિલ્ડિંગ, તાતા બ્લોકસ, એસ.વી. રોડ, શ્રોફ આય હોસ્પિટલની સામે, બાન્દરા પ. મુંબઈ ૫૦.	તે કાવસ બારીયાના ઘણીયાણી તે ઝીનોબીયા ખુશરૂ પ્રેસના માતાજી તે મરણો કોલામાય તથા કાવસ વકીલના દીકરી તે ખુશરૂ જમશેદ પ્રેસના સાસુજી તે મરણો નાજમાય તથા સાવકશાના વડુ તે આદીલ પ્રેસ તથા મેહરંગીઝ દાવરના મમઈજી તે મરણો રોશન અને રૂસી વકીલના બહેન તે મેહરઝાદ દાવર તથા સના પ્રેસના મમઈ સાસુ તે રેહાન આદીલ પ્રેસ, આરીયાના પ્રેસ, નાશીન મેહરઝાદ દાવરના ગ્રેટ ગ્રાંડ મધર.
Daulat Soli Javeri દૌલત સોલી જવેરી	90 ૯૦	09.05.2023	61, Bakhtawar Narayandabholkar Road, Off Napean Sea Road, Mumbai 6. ૬૧, બખતાવર નારાયન દાબોલકર રોડ, ઓફ નેપીયન્સી રોડ, મુંબઈ ૬.	તે મરણ સોલી ઘનજીશા જવેરીના વિધવા તે પરવીન સોલી જવેરીના માતાજી તે મરણો માણેકબાઈ તથા ઘનજીશા મહેતાના દીકરી તે મરણો શેરૂ, દીની તથા બેહરામ મહેતાના બહેન.
Mani Pirojshaw Daruwalla મની પીરોજશા દારૂવાલા	87 ૮૭	10.05.2023	61, Bakhtawar Narayandabholkar Road, Off Napean Sea Road, Mumbai 6. એફ-૧૨, ખુશરૂ બાગ, શહીદ ભગતસિંહ રોડ, કોલાબા, મુંબઈ ૩૬.	તે અરની તથા મરણો સીલુ તથા જુબીના બહેન તે મરણો ગુલબાઈ તથા પીરોજશા દારૂવાલાના દીકરી.
Pheroze Keki Cooper ફીરોઝ કેકી કુપર	74 ૭૪	11.05.2023	324/B Cooper Bldg., 2nd Floor, N. S. Ali Road, Grant Road, Mumbai 7. ૩૨૪/બી, કુપર બિલ્ડિંગ, ૨જે માળે, એમએસ અલી રોડ, ગ્રાંટ રોડ, મુંબઈ ૬.	તે મરણો રોશન કેકી જોશીના દીકરા તે ફરીદા માસ્તર તથા મરણ રૂસી કુપરના ભાઈ તે કેનેડી, કીથ, કીસ્તીનનાં કાકાજી તે આદીલ માસ્તરના મામાજી.
Khorshed Kaikobad Sethna ખોરશેદ કેકોબાદ સેઠના	86 ૮૬	11.05.2023	Ferns Mansion, Flat No 12, 116 Hill Road, Bandra West, Mumbai 50. ફર્નસ મેન્શન, રૂમ નં. ૧૨, ૧૧૬, હીલ રોડ, બાન્દરા વેસ્ટ, મુંબઈ ૫૦.	તે મરણ કેકોબાદ શાપુરજી સેઠનાના ઘણીયાણી તે મરણો મનીજેલ જાલેજર કોટવાલાના દીકરી તે રૂસ્તમ, હોશંગ તથા રૂબીનાના માતાજી તે બખતાવર રૂસ્તમ સેઠના, આરમીન હોશંગ સેઠના, પરવેઝ બીલીમોરીયાના સાસુજી તે નવાઝ, આવાં મહેર, હોમઝદ તથા શાઈનાનાં બપઈજી તે દાનેશના મમઈજી તે મીકી, આસ્તાદ, ગુલનાર, યાસ્મીન, નવરોઝ તથા જુબીનના કાકીજી તે મરણો ગુલામાય તથા શાપુરજી સેઠનાના વડુ.

Death Announcements From Poona Parsee Panchayat - Trust Office

Jennifer Kaizad Bharda જેનીફર કાયઝાદ ભરદા	41 ૪૧	05.05.2023	C-602, Signature, Undri, Pune 60. સી-૬૦૨, સીગ્નેચર, ઉંદરી, પુણે ૬૦.	તે કયઝાદના ઘણીયાણી તે મરણો જર અને લોમી બારદોલીવાલાના દીકરી તે બરજીસના બહેન તે શનાયાના ભાભી તે મરણો જાલ તથા ઝરીનના વડુ
Roda Eruch Dastur રોડા એરુચ દસ્તુર	82 ૮૨	05.05.2023	Sir J. J. Agiyari, Dastur Maher Rd., Camp, Pune 411001. સર જે. જે. અગિયારી, દસ્તુર મહેર રોડ, કેમ્પ, પુણે ૪૧૧૦૦૧.	તે ઓ એરુચ બ. દસ્તુરના ઘણીયાણી તે પરવીઝના મમ્મા તે રયોમંદના મમઈજી તે કેપશીન જ. રાયમલવાલાના સાસુ તે જમશેદજી અને ફેનીમાયના દીકરી તે બહેરામજી અને દીનઈ દસ્તુરના વડુ તે ઓ લોમી, કેકોબાદ, માણેકબાઈ ઘન અને લોમાયના બહેન.

Death Announcements From Houston (Texas)

Homi Manchershaw Davierwala હોમી મંચેરશા દવીયેરવાલા	75 ૭૫	07.05.2023	9327, Wheatfield Lane, Rosenberg (TX) 77469 USA. ૯૩૨૭, વીટફીલ્ડ લેન, રોશનબર્ગ, (ટીએક્સ), ૭૭૭૪૬૯, યુએસએ.	તે નરગીશના ઘણી તે જસ્ટીન લોમી દવીયેરવાલાના પપ્પા તે મરણો હિલ્લા અને મરણ મંચેરશા હોમઝજી દવીયેરવાલાના દીકરા તે કેશ્મીરા એચ કોમીસેરીયટ, બીનાઈફર મરઝી તારાપોરના ભાઈ
---	----------	------------	--	---

Death Announcements From Prayer Hall Trust

Katayune Jamshed Bandorwala કેટાયુન જમશેદ બન્દોરવાલા	88 ૮૮	10.05.2023	102 Cumballa Crest, 42 Peddar Road, Mumbai 26. ૧૦૨, કંબાલા ક્રેસ્ટ, ૪૨ પેદર રોડ, મુંબઈ ૨૬.	તે જમશેદના ઘણીયાણી તે મરણ બચા અને મરણ ફીરોઝના દીકરી તે રૂસ્તમ, તોઝરના મમ્મા તે અનીશા, અકીલાના સાસુજી તે ઝોયાના ગ્રાંડ મધર તે ઝરીર, મરણ એચ, દીનુ, દારાયસના બહેન તે રોહીન્ટન, તીનાઝ, દીનીયાર, લુવીદા, જુબીન, નાઝનીન, ફરઝાના આન્ટી, તે મરણ ઘનમાય તથા મરણ શાવકશાના વડુ.
Silloo Dady Baxter સીલુ દાદી બેક્ષ્ટર	77 ૭૭	10.05.2023	Enchante, 9th Floor, 14th Road, Khar West, Mumbai 52. એનચેન્ટે, ૯મે માળે, ૧૪મો રોડ, ખાર વેસ્ટ, મુંબઈ ૫૨.	તે મરણ દીના અને મરણ દાદીના દીકરી તે મીઠુ, રોશન, હિલુ, રૂબીના બહેન તે જ્હાન, શનાયા, યુઝન, કરનના આન્ટી.



YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૧૩.૦૫.૨૦૨૩ થી તા. ૧૯.૦૫.૨૦૨૩



Aries - મેષ - અ.લ.ઇ.

ચંદ્રની દિનદશા ચાલુ હોવાથી હાલમાં નાની વાત પર ધ્યાન આપીને તમારા કામને સારી રીતે પુરા કરી શકશો. ગામ પરગામ જવાના મોકો મળે તો મુકતા નહીં. ચંદ્ર તમારો કોન્ડીડન્સ વધારી આપશે. જે પણ કામ કરશો તેમાં સફળતા મળશે. ધનલાભ થશે. આજથી દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧વાર ભણવાનું ચાલુ કરી દેજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૮, ૧૯ છે.

Lucky Dates: 13, 14, 18, 19

The start of the Moon's rule will help you focus on your work at hand and execute your tasks very efficiently. Do not miss out on opportunities to travel abroad. The Moon's influence will magnify your self-confidence. You will be successful in all your ventures. Profits are indicated. Pray the 34th Name, 'Ya Beshtama', 101 times, daily.



Cancer - કર્ક - ડ.હ.

તમને પણ ચમકતા શુક ગ્રહની દિનદશા ચાલુ હોવાથી તમારા ઘરવાળાનો સાથ સહકાર મળતો રહેશે. જે વ્યક્તિને મળશો તે તમને ખુબ માન પાન આપશે. બાળકો તરફથી કોઈ સારા સમાચાર જાણવા મળશે. મનગમતી વ્યક્તિને મળી શકશો. નાણાકીય બાબતમાં સારા સારી થતી જશે. દરરોજ બહેરામ યજ્ઞની આરાધના કરજો.

શુકનવંતી તા. ૧૩, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 13, 15, 16, 17

Venus' ongoing rule ensures that your family members support you wholeheartedly. Anyone you meet will be appreciative of you and give you much respect. Children will bring you good news. You will be able to meet your favourite person. Financial prosperity is indicated. Pray to Behram Yazad daily.



Libra - તુલા - ર.ત.

૨૩મી જૂન સુધી ગુરૂની દિનદશા તમને શારીરિક બાબતમાં ખુબ સારા સારી આપશે. તમારા કામો તમે સમય પર પુરા કરી શકશો. તમારા શત્રુઓ તમને હરાવી નહીં શકે. કોઈ સારી વ્યક્તિની ભલી દુવા મેળવી લેશો. નાણાકીય બાબતમાં સારા સારી રહેશે. દરરોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૬, ૧૮ છે.

Lucky Dates: 13, 14, 16, 18

Jupiter's rule till 23rd June will provide a major boost to your physical health. You will be able to complete your work in time. Your detractors will not be able to cause you any harm. You will receive the blessings of a good person. Financial prosperity is indicated. Pray the Sarosh Yasht daily.



Capricorn - મકર - ખ.જ.

બુધ જેવા ગ્રહની દિનદશા ચાલુ હોવાથી ધનને બચાવી સારી જગ્યાએ ઈનવેસ્ટ કરી શકશો. નોકરી પર પણ તમારું માન સન્માન વધી જશે. રોજના કામ સમય પર પુરા કરવા માટે થોડી મહેનત કરવી પડશે. બુધની કૃપાથી ગામ પરગામથી કોઈ સારા સમાચાર મળશે. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૫, ૧૮ છે.

Lucky Dates: 13, 14, 15, 18

Mercury's ongoing rule helps you to save and invest your money profitably. Your respect and appreciation will increase at the workplace. You will need to work a little hard to complete your daily chores on time. You could get good news from overseas. Pray the Meher Nyaish daily.



Taurus - વૃષભ - બ.વ.ડ.

તમારે આજનો દિવસ મોજશોખમાં પસાર કરવાનો બાકી છે. કાલથી શરૂ થતી સુર્યની દિનદશા ૨૦ દિવસમાં તમારી શારીરિક બાબતમાં પરેશાની વધારી દેશે. કોઈપણ અગત્યના કામો પુરા નહીં કરી શકો. અંગત વ્યક્તિ પર આંધળો વિશ્વાસ મુકતા નહીં. સરકારી કામો કરતા નહીં. સુર્યના તાપને ઓછો કરવા દદમુ નામ 'યા રયોમંદ' ૧૦૧ વાર ભણજો.

શુકનવંતી તા. ૧૩, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 13, 15, 16, 17

Today is your last day to spend having fun and entertainment. The Sun's rule, starting tomorrow, for the next 20 days, will tend to take a toll on your physical health. You might not be able to complete any important work. Do not blindly trust even those close to you. Avoid dabbling in any legal/government-related work. To placate the heat of the Sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Leo - સિંહ - મ.ટ.

રાહુની દિનદશા ચાલુ હોવાથી નાની મોટી બાબત ભુલી જશો. કોઈ પણ કામ પુરું કરવામાં મુશ્કેલીઓ આવશે. કોઈ વ્યક્તિ પર વગર કારણે ચીડાઈ જશો. ખર્ચનો ખાટો ઉડો થતો જશે. તેની સામે આવક ઓછી થતા ચિંતામાં આવી જશો. રાહુ તમને ખોટો ડર આપી દેશે. ભુલ્યા વગર દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૮, ૧૯ છે.

Lucky Dates: 13, 14, 18, 19

Rahu's ongoing rule will cause you to forget things. You will face challenges in completing any work. You could end up getting angry with someone without any reason. The increase in your expenses and insufficient income could have you feeling worried. Rahu's influence could infuse unnecessary fear in your mind. Ensure to pray the Mah Bokhtar Nyaish daily.



Scorpio - વૃશ્ચિક - ન.પ.

૨૪મી મે સુધી શનિની દિનદશા ચાલશે. તમે માથાનો દુખાવો તથા જોઈન્ટ પેઈનથી પરેશાન થશો. ડોક્ટરના ખોટા બીલ ભરવા પડશે. તમારી હાથ નીચે કામ કરનાર તમારો સાથ નહીં આપે. ઘર અને ઘરવાળાની પાછળ ખર્ચ વધુ થઈ જશે. દરરોજ મોટી 'હમ્મન યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૫, ૨૦ છે.

Lucky Dates: 13, 14, 15, 20

Saturn's rule till 24th May could cause you headaches or joint pains. You could end up having to endure medical expenses. Your subordinates at work will not be supportive of you. Expenses related to home and family members could increase greatly. Pray the Moti Haptan Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

૨૨મી મે સુધી મંગળ તમારી તબિયતને બગાડી નાખશે. હાઈ પ્રેશર થશે. કાર ચલાવતા સમયે સંભાળીને ચલાવજો. નાનું એક્સીડન્ટ થાય તો ચિંતા કરતા નહીં. ઘરનું વાતાવરણ સાફ નહીં રહેવાથી મન બેચેન થશે. મંગળને શાંત કરવા દરરોજ 'તીર યજ્ઞ' ભણજો.

શુકનવંતી તા. ૧૪, ૧૬, ૧૭, ૧૯ છે.

Lucky Dates: 14, 16, 17, 19

Mars' rule till 22nd May could take a toll on your health. You could suffer from high BP. Be careful while driving your vehicle. Do not get too perturbed if you have a small accident. Your mind will feel restless due to the unpleasant conditions at home. To placate Mars, pray the Tir Yasht daily.



Gemini - મિથુન - ક.છ.ધ.

૧૬મી જૂન સુધી શુકની દિનદશા ચાલશે. તમારા મોજશોખ ખુબ વધી જશે. ખર્ચનું પ્રમાણ વધી જવા છતાં નાણાકીય મુશ્કેલી નહીં આવે. શુકની કૃપાથી રીસાયેલ મિત્ર, પ્રેમી કે પ્રેમીકાને મનાવી લેવામાં સફળ થશો. નવા મિત્રો બનાવી શકશો. કામકાજમાં સારા સારી થતી જશે. દરરોજ 'બહેરામ યજ્ઞ' ભણવાનું ભુલતા નહીં.

શુકનવંતી તા. ૧૪, ૧૫, ૧૮, ૧૯ છે.

Lucky Dates: 14, 15, 18, 19

Venus' rule till 16th June will lead to a great increase in your inclinations towards fun and entertainment. Despite an increase in your expenses, you will not face any financial issues. With Venus' grace you will be able to win over your friends/sweetheart who are/is upset with you. You will make new friends. There will be progress at work. Pray to Behram Yazad daily.



Virgo - કન્યા - પ.દ.ણ.

ઉત્તરતી ગુરૂની દિનદશા તમારા હાથે કોઈની ભલાઈનું કામ કરાવી દેશે. બીજાના મદદગાર બની શકશો. જે પણ કામ કરશો તેમાં માન ઈજ્જત ખુબ મળશે. કેમીવી મેમ્બરનો સાથ મળવાથી મુશ્કેલીભર્યા કામને સહેલા બનાવી શકશો. કોઈ પાસે ઉધાર પેસા લીધા હોય તો તેના પેસા ચુકવી શકશો. ૨૨મી સુધી દરરોજ 'સરોશ યજ્ઞ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૫, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 15, 16, 17, 18

The descending rule of Jupiter will have you do a noble deed for another. You will be helpful to others. You will receive much appreciation and praise in all your endeavours. You will be able to resolve any challenging tasks with the support of your family members. You will be able to repay your loans. Till 22nd May, pray the Sarosh Yasht daily.



Sagittarius - ધન - ભ.ધ.ફ.

૧૮મી મે સુધી બુધની દિનદશા ચાલશે. તમારા અગત્યના કામો પહેલા પુરા કરી લેજો. તેમાંપણ લેતી દેતીના કામ પહેલા પુરા કરી લેજો. તમારે કોઈ વ્યક્તિને પેસા આપવાના હોય તો તેની પાસે થોડો સમય માંગી લેજો. થોડું ઈનવેસ્ટમેન્ટ અવશ્ય કરજો. મનગમતી વ્યક્તિને મળી શકશો. દરરોજ 'મહેર નીઆએશ' ભણવાનું ભુલતા નહીં.

શુકનવંતી તા. ૧૬, ૧૭, ૧૮, ૧૯ છે.

Lucky Dates: 16, 17, 18, 19

Mercury's rule till 18th May suggests that you complete your important tasks first, especially transactions related to lending and borrowing money. You are advised to request your creditors to give you some time to repay them. Ensure to invest some money. You will be able to meet your favourite person. Ensure to pray the Meher Nyaish daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

૨૪મી મે સુધી શીતળ ચંદ્ર તમારા મનને શાંત રાખી સારા કામ કરાવી આપશે. ઘરવાળા તમારી વાત માની તમે જે કહેશો તે પ્રમાણે ચાલશે. ગામ પરગામથી કોઈ સારા સમાચાર મળવાના ચાન્સ છે. કોઈ નવી વ્યક્તિની ઓળખાણ ભવિષ્યમાં કામ આવશે. દરરોજ ૩૪મું નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૫, ૧૯ છે.

Lucky Dates: 13, 14, 15, 19

The Moon's rule till 24th May will help keep your mind calm and have you do good deeds. Family members will agree with you and act as per your suggestions. You could get good news from abroad. A new person you meet during this phase will prove useful in the future. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

Belly Fat, Hormonal Health And Weight Loss (Part – II)



In the second part of this crucial and very relevant topic in the current times, we get greater insights into the connect between hormones, belly fat and the struggle to lose weight. (If you missed last week's article, it is available for you to read online at www.parsi-times.com).

THE ROOT CAUSE OF BELLY FAT:

Hormones are crucial in directing metabolic functions. Organs like the thyroid and adrenal glands respond by releasing more hormones to maintain balance. However, if one hormone or organ isn't functioning properly, it can disrupt the entire process and adversely affect fat-burning. Cortisol figures as a common hormone imbalance, contributing to visceral belly fat.

HOW DOES CORTISOL CONTRIBUTE TO THE DEVELOPMENT OF BELLY FAT?

Research has extensively explored the relationship between cortisol and weight, and discovered a significant association between elevated cortisol levels and increased body weight. When cortisol levels are high, and you are experiencing stress, hormonal belly fat in both, men and women, can become difficult to reduce.

HOW TO GET RID OF HORMONAL BELLY:

Last week we discussed 2 of the 5 Indicators of How Your Hormones Cause Weight Gain – namely: (I) 'Lack Of Satisfaction Following A Meal' and (II) 'Constantly Feeling Anxious/Stressed'. The following are the remaining three: (III) **Your Abdominal Area Is The Only Part Of Your Body Where You Have Gained Weight:** Menopause often leads to weight gain because oestrogen and other hormone productions decrease. Low oestrogen levels can also result from excessive exercise, disorderly eating patterns or pituitary gland issues. This imbalance affects fat distribution leading to abdominal weight gain, and interferes with insulin regulation, causing hormonal belly fat.

Tips to work on this: To combat hormonal belly fat resulting from low oestrogen and insulin resistance, it is beneficial to adopt a low-carbohydrate eating plan. Of the three macronutrients, carbohydrates have the

greatest impact on raising blood sugar and insulin levels. To achieve weight loss, reducing high-carbohydrate foods like refined sugars, bread, cookies, crackers, and pasta, while increasing the intake of fibre, protein, and healthy fats can be helpful. It's essential to note that if carbohydrate consumption becomes too low, it can lower your leptin levels and affect leptin's ability to regulate your reproductive hormones. Therefore, it's vital to incorporate some whole-food sources of complex carbohydrates into your diet, such as fruit, starchy vegetables, and whole grains.

(IV) You Have Higher Sugar Cravings: If you experience constant sugar cravings, it could indicate that your body is struggling with insulin resistance. This condition hinders the proper absorption of sugar from the bloodstream by your cells, leaving them starved for carbohydrates. Insulin resistance also impacts leptin levels, causing your body to produce more of the hormone. However, high levels of leptin won't make you feel satiated. Instead, these lead to cellular resistance to the hormone, similar to the effects of elevated insulin levels. With reduced sensitivity to both - insulin and leptin, these regulatory hormones fail to recognize when it's time to stop eating, leading to continued sugar cravings, thus contributing to hormonal belly fat.

Tips to work on this: Engaging in High-Intensity Interval Training (HIIT) can improve your leptin sensitivity, which refers to how well your cells respond to the presence of leptin and helps you feel fuller faster. HIIT workouts increase the number of leptin receptors on fat cells, leading to an improvement in leptin sensitivity. This, in turn, enables your body to recognize when leptin is secreted and functions properly to signal fullness. In addition to boosting leptin sensitivity, HIIT workouts are also effective in burning calories post-workout and are recommended 2 - 3 times a week, with rest days, under professional guidance.

(V) You Are Hungry All The Time: Ghrelin, or the 'hunger hormone' plays a crucial role in regulating your appetite and signalling when it's time to eat. For instance, if you decide to fast the entire day, your body

starts producing ghrelin to prompt you to eat again. Conversely, if you indulge in a candy binge, your stomach will detect the overconsumption and reduce ghrelin secretion. Studies indicate that weight gain can disrupt the normal secretion of ghrelin. Obese individuals, for example, tend to have lower levels of ghrelin and higher levels of leptin in circulation. Surprisingly, having high levels of leptin does not always reduce one's appetite. Instead, when leptin levels are persistently elevated, it can impair the function of leptin receptors in the brain, which fail to receive the signal of satiety. This hormonal imbalance can confuse your hunger signals, leading to overeating and persistent belly fat.

Tips to work on this: Having sound sleep is crucial for regulating the secretion of ghrelin in your body. If you are sleep-deprived, your ghrelin levels may increase, making it difficult for you



to resist food cravings. To reduce your caloric intake and cravings for carbohydrate-heavy foods, it is recommended to get 7 to 9 hours of quality sleep every night. You can make it easier to go to bed

by establishing a sleep routine that you look forward to, rather than dread. This could include turning off your electronic devices, reading a book, drinking a cup of tea, and preparing yourself for a restful night's sleep.

In conclusion, hormonal imbalances can contribute to the accumulation of belly fat. Factors such as stress, menopause, and thyroid dysfunction can lead to changes in hormone levels that affect metabolism, insulin regulation, and fat distribution. Adopting healthy lifestyle habits, such as regular exercise, stress reduction techniques, and a balanced diet, can help restore hormonal balance and reduce belly fat. You are not alone! Work with a professional to get the best of your health!

Give The Gift Of Health And Wellness To Yourself And The Ones You Love

Special Health Care Packages curated by Mumbai's leading, award-winning, expert Health Coach, Wellness Scientist & Alternative Medicine Specialist - Dr. Trishala Chopra	Health Package	Duration	Package Includes	Price
Customised 'COMPLETE FAMILY HEALTH PACKAGE' also available.	SILVER	3 Weeks	4 Consultations (Online/In-Person)+ E-mail Support + Menu Plan	Rs. 7,500/-
	GOLD	8 Weeks	9 Consultations + WhatsApp Support + Menu Plan + Customised Routine Modifications + Customised Detox Plan + Travel Food Management + Product Sources	Rs. 17,000/-
	PLATINUM	12 Weeks	13 Consultations + WhatsApp Support + Menu Plan + Customised Routine Modifications + Customised Detox Plan + Travel Food Management + Product Sources + Recipe Booklet + Maintenance Program	Rs. 25,000/-

For details and other queries, Call/Message: (+91) 9930831317 or Email: drtrishalachopra@gmail.com



RUBY LILAOWALA

According to western astrology, we are now in the Aquarian age, which is receptive to the higher vibrational frequencies of the Universe. The Age of Aquarius is referred to in several ways by different sources. Edgar Cayce, the great psychic, refers to it as the start of the 'New Age'. It is also referred to in several other ways, such as 'The second coming of Christ', 'The end times', 'Armageddon' and 'Apocalypse'.

Ancient India called this shift of energies as 'Changing of a Yuga' – a yuga being a cyclic phenomenon of hundreds of thousands of years, like 'Sat-Yuga, Kal-Yuga, Treta-Yuga and the Dwapara-Yuga', each carrying its own unique vibrational frequency of collective-consciousness. In the Zoroastrian 'Jamasp', as well as the 'Chithrem Buyat' prayers, it is believed that a saviour called Shah Behram Varzavand will manifest. Other religions also talk of saviors like the Kaalki Avatar. In fact, several souls from higher dimensions will incarnate on planet Earth and work together in harmony for the common goal of humanity spiritual revival.

From time to time, there have been psychics who could predict the future by 'seeing' it through their third-eye-chakra. They had predicted that the USSR would disintegrate and get fragmented into several small nations; that Germany will be united; that there will be a fall for dictators in Syria, Egypt and Libya and that China, a sleeping giant then, will rise due to the technology-boom, that in the so-called advanced nation, the USA, even school-children will turn violent and kill others with guns, that the planet Earth will come to a stand-still due to a dangerous germ (COVID), which will destroy huge populations just like the earthquakes. This destruction by germs, wars and natural calamities is referred to by the psychics as, 'cleaning of the negative energies of collective-consciousness'.

These are all indicators that we are entering the Aquarian Age or already in it. The transition from the Age of Pisces to Aquarius is taking its toll as we try to pass from turmoil into an age of peace and calm. Of course, all this will take time, perhaps a hundred years or even more! True, there are lots of so-called progress and advances in technology but then, there is also a sense of discontent, earning money at the cost of your health, protests, poverty, discontentment, greed, inequality, corruption, environmental pollution, ego and above all, global terrorism, leading to a complete



The Age Of Aquarius

breakdown of family life.

Whenever there is total chaos, Nature allows it to happen only to a certain limit and once that limit is crossed, Nature has her own ways, like natural calamities to bring order out of that chaos. Planet Earth is a living, breathing entity. For thousands of years, its basic frequency was 7.8 Hz., which scientist Schumann called the 'heartbeat of the Earth' (its vibrational frequency). Today, as our planet moves to another part of the Universe, with the 'Dawning of the Age of Aquarius', the universal-background etheric frequency increases.



Planet Earth is perhaps smaller than a drop in the ocean, on the edge of a vast Universe, which consists of other Solar systems, planets, stars, galaxies and various milky-ways, Black-holes and other forms of life and civilizations. The entire Universe is energy. Everything is energy, which is defined as a vibration or a frequency, which can never be created or destroyed. It can only change forms. Different forms of life exist at different frequencies. Our planet Earth collective-consciousness functions at a very low frequency due to which there is chaos.

In the Aquarian Age, Earth moves

into that part of the Universe which has a higher etheric-vibrational rate which requires the Earth collective consciousness to raise its vibrational-rate for good times to come.

Collective consciousness is made up of people and hence, each one of us has to raise our own vibrational-rate by choosing right over wrong and truth over lies and good over evil.

According to psychics and astrologers, after 2029, humanity will go through a positive transition, with a highly evolved collective mind-set, so that peace and happiness will automatically follow.

In the Aquarian Age, Earth moves into that part of the Universe which has a higher etheric-vibrational rate which requires the Earth collective consciousness to raise its vibrational-rate for good times to come.

Humanity will realize that war and violence don't bring happiness - it's wrong for a few persons to hoard billions of Rupees while a great many people are starving... That its useless spending money on collective health-care because health is a matter of leading a simple life... That the education system doesn't allow a pupil to study according to his aptitude since learning is meant merely to pass an exam, get a degree and forget all about it.

People will change their ideas about health, the state of their bodies, relationships, diets, exercise and environmental degradation. They will know the value of drinking pure water, breathing fresh

air and eating 'clean' food. There will be awareness about rest, relaxation and sleep being good for optimum health. This is what psychics have predicted with their 'remote-viewing'.

What is remote viewing? When the third-eye chakra of a person is fully opened and activated, the person goes into an altered state of consciousness across time and space. In ancient India, this was practiced by Rishis, Munis and Yogis when they went 'ahead in time' and predicted the future. According to what I read, there are several intelligent entities and higher civilizations watching and helping planet Earth through the shift from the negative to the positive in the Aquarian Age. This explains several mysteries like 'The Bermuda Triangle', and sightings of UFOs (Unidentified Flying Objects). Once we make the transition, these higher civilizations will help us with a lot of their advanced technologies to transform planet Earth (by raising its vibrations) into a better and more beautiful place. At least that is the hope of our philosophers and mystics.

Further, our collective-consciousness will be totally transformed and we shall start behaving like other higher civilizations which operate on the principle of unconditional love. We shall see ourselves not as separate beings but realize the oneness of the Universe and Humanity will become a more compassionate society. Our task at a micro-level is to ease this Aquarius Age transition at an individual level by choosing right over wrong, good over evil and truth over un-truth. Lead a simple life, close to Nature, be happy and make others happy so that we can welcome the 'New Age' with hope and joy.

NEW LAUNCH OPPORTUNITY MONTE SOUTH, BYCULLA

A 12.5 ACRE PARADISE IN SOBO

- 50+ AMENITIES
- PODIUM LEVEL BEACH
- BREATHTAKING SEA & CITY VIEWS

SUPER SPACIOUS 2 & 3 BHK

₹3.33 CR* ONWARDS

25:25:50 PAYMENT PLAN

 **93261 73446**

MAHARERA REG. NO. P51900001936



NEW LAUNCH IN SEWRI CANVAS RESIDENCES BY SHAPOORJI PALLONJI

EPIC LOCATION, EPIC LIFESTYLE

- 30+ AMENITIES
- RAPIDLY DEVELOPING LOCALITY

MODERN 2 & 2.5 BHK HOMES

₹2.21 CR* ONWARDS

 **98198 00767**

RERA NO. P51900026182



LODHA DIVINO, MATUNGA

- A 10 ACRE* LUXURY ESTATE
- PRIVATE DECKS
- LAVISH AMENITIES
- CENTRALLY LOCATED

2, 3 & 4 BHK PREMIUM RESIDENCES

₹3.49 CR* All Inc. ONWARDS

 **97698 84999**

RERA NO. P51900049433

