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FROM THE EDITOR'S DESK

It's Never Too Late



Dear Readers,

Often, we come across people who are very religious – they live up to every prescribed directive and all the guidelines set by their religions, and yet seem very wanting on a spiritual level. What that means, is that while they're up to mark on all religious diktats, they lack basic humane traits, like compassion or helpfulness or open-heartedness. They could be awarded doctorates in all things religion, but struggle at the kindergarten level in spiritual schooling. That's ironic, considering the very purpose of religion is to bring you closer to divinity.

How very fortunate we all are to be born into a religion, who's very fundamentals – Good Thoughts, Good Words, Good Deeds – ensure the introduction and progress of our spiritual journeys! In addition to being the oldest monotheistic religion in the world, Zoroastrianism is not just a powerful religion, it also facilitates an extremely empowering, life-long partnership with the Divine – which is the very basis of spirituality. It acts as our constant companion through this enriching journey, making us better humans, and in turn, collectively uplifting humanity itself. This is probably why, despite our minuscule numbers, we are respected and admired across the world as philanthropists, pioneers, business magnates and more.

Unfortunately, some of us, especially our youngsters, embrace this empowering, protective and guiding light a bit later in life, when they have had to 'resort to' a higher power for divine intervention, when they find themselves in situations out of their control. And yet, no one, who has come asking for help - with the right intention, and for the right cause - has been turned away or has returned without their prayers being answered. It's never too late. That is the unconditional and friendly nature of our glorious religion.

What's amusing and heartening is, even if you're a sceptic, but are following our basic three tenets and living your life as a good person - one that is productive and empathic and helpful – you're still living out this magnificent religion, in principle!

In times as these, which most priests, sages and enlightened souls refer to as 'ghor kalyug' or the darkest period of humanity, it would serve us all well to seek mental, emotional and spiritual refuge in our powerful prayers and mantras, which have been proven even scientifically to help ward the burgeoning negativity in the world. Like they say, the proof is in the pudding... to see the magic, all you have to do is give it an honest try. It's never too late!

Have a lovely weekend!

-Anahita
anahita@parsi-times.com

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The BPP N.N & R.N Wadia Baugs are in possession of a 3 Rooms + Kitchen flat admeasuring about **900 Sq. Ft. Carpet area on Ground Floor, "Building - D, Flat No 2" in Cusrow Baug, Colaba** which has reverted to the Trust. "The said flat is proposed to be offered only to prospective Parsi Irani Zoroastrian bidders for their live and use-purely on Leave & License basis" who gives the highest quantum of Refundable Deposit. Kindly contact **Mr. Yazad H. Unwalla (M) +91 7045547781 for Base Price.** Those interested to inspect the flat are requested to contact Custodian at Cusrow Baug (Contact No M: 9322825716 Monday to Saturday 10 am - 1 p.m.)

- Those interested are requested to attend the Auction to be held at the BPP Board Room office on Wednesday **14th June, 2023 at 5.00 p.m.** and submit their proposal in a sealed envelope @ Neville House – **Mr. Yazad H. Unwalla (M) +91 7045547781**, with a separate **Demand Draft of Rs. 1 Lakh** in the name of **"Funds & Properties of the Parsi Panchayet Bombay"** as **Earnest Money Deposit** which will be returned if their proposal is not accepted. Please do not put the Demand Draft in the sealed envelope but hand it over separately.
- Interested bidder must quote value of the flat in excess of **(Reserve Security Deposit Amount)**, exclusive of Stamp Duty and Registration Charges, as applicable for registration of Leave & License Agreement.
- The sealed envelopes will be opened in the presence of all the applicants on the same day **Wednesday on 14th June, 2023 at 5.00 p.m.**
- The highest offer will be taken as the Second Reserve Security Deposit amount and the applicants will be requested to make an Open offer in excess of this Second Reserve Security Deposit amount.
- The highest Open Offer will be taken as the Third Reserve Security Deposit amount.
- The Bid member will be guided beforehand by the **Presiding Chairperson- BPP Trustee** for all 3 Round Bidding process. Final Round will be conducted on One-to-One basis for bid in excess of 2 nd Round final figure.
- The flat will be allotted to the highest bidder in this Third & Final round. If any tie it may occur, one more round will be conducted on same pattern of Third & Final round for Final Highest Figure Between each round bidder must maintain range of **Minimum Rs.50,000/-**
- 50% of the full Security Deposit amount of the flat must be deposited by the Buyer within **15 days** of the auction and the balance 50% within one month of the auction. Failure to make payments on the Due date will lead to cancellation of their offer and the **forfeiture of the Earnest Money Deposit.** The flat may again be re-auctioned, or offered to the second highest bidder, as decided by the Trustees.
- The Leave & license Agreement will be registered after the full Security Deposit amount is received by the Trust.
- The Trustees reserve the right to refuse any or all offers at their discretion without assigning any reason.

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NOSHIR H. DADRAWALA

True Significance And Relevance of *Gahambar*

The following table the six *Gahambars*, the time of the year when these should be celebrated and the corresponding season or creation they commemorate: *Kusti* provides the wearer (of the *Kusti*) the merit of associating himself/herself with the goodness of the six *Gahambar*. **How *Gahambar* Should Be Celebrated:**

Name of <i>Gahambar</i> :	Celebrating:	Creation:
MAIDHYOZAREM	Mid-spring: 41 st to 45 th day after Navroze [Mah Ardibehesht - Roj Khorshed to Daepmeher]	Heavens / Sky
MAIDHYOSHEM	Mid-summer: 101 st to 105 th day after Navroze [Mah Tir, Roj Khorshed to Daepmeher]	Waters
PAITISHHAYEM	Autumn: 176 th to 180 th day after Navroze [Mah Shehrevar, Roj Ashtad to Aneran]	Earth
AYATHREM	Time of prosperity and breeding cattle: 206 th to 210 th day after Navroze [Mah Meher, Roj Ashtad to Aneran]	Vegetation
MAIDHYAREM	Mid-winter: 286 th to 290 th day after Navroze [Mah Dae, Roj Meher to Behram]	Animals
HAMASPATHMAEDAEM	Vernal equinox and the arrival of the Fravashi of our dear departed: 361 st to 365 th day after Navroze [The Gatha days - Ahunavad to Vahishtoishst Gatha]	Man



An Important Religious Duty:

According to the *Rivayet*, a Zoroastrian has **six important religious duties** to perform:

1. Perform or participate in the six *Gahambar*;
2. Consecrate the Rapithvin;
3. Offer worship to Sarosh Yazata;
4. Remember the Fravashis of the departed;
5. Recite the Khurshed and Meher Niayeshes thrice a day; and
6. Recite the Mah Bokhtar Niyayesh at least thrice a month.

The *Minokherad* (chapter IX) lists seven principal acts of righteousness, of which the first three are: Charity (*Radih*), Truth (*Rastih*) and celebrating *Gahambar*.

The *Shayast la Shayest* and the *Sad-dar* place the celebration of *Gahambar* on top of the list of religious acts of merit.

The *Zand-e-Vohuman Yasna* states: "It will be an evil day for the world when the *Gahambar* are not celebrated." (i.e., it will be an evil day when Zoroastrians fail to offer thanks to Ahura Mazda).

Ancient (Pre-Historic) Tradition: King *Jamsheed* of the *Peshdadian* dynasty is believed to have established the tradition of celebrating the *Gahambar*. He is also believed to have initiated the tradition of wearing the *Kusti*, and **the six tassels** at the end of the

There are two aspects of celebrating the *Gahambar*:

- a) Liturgical services (which include the *Afringan*, *Baj*, *Yasna* and *Pavi* of *Gahambar*); and
- b) Feasting (*Gahambar-ni-chasni*).

Traditionally, Zoroastrians contribute cash, grain, wine or manual services for the *Gahambar*. The poorest of poor may contribute a token piece of wood or fuel for cooking. According to the *Shayast la Shayest*, on returning from a *Gahambar*, a Zoroastrian should recite four *Yatha Ahu Vairyos* (the priests recite four *Yatha* before the *Afrin* of *Gahambar*).

The tradition of celebrating the *Gahambar* at the proper time should be revived wherever a reasonable number of Zoroastrians reside. According to tradition, during the *Gahambar* days, *Ahura Mazda* showers special blessings on His creations. By performing ceremonies on that day, we invoke and tap and channelize these blessings for the prosperity and happiness of the entire universe. Also, traditionally, at a *Gahambar*, the rich and poor sit at a common lunch or dinner table, breaking all barriers of rank and class.

Doubtlessly, a community that prays and feasts together, stays together. Conversely, a community that only believes in feasting without gratitude or thanksgiving, portends a bleak future!

Religious Announcements

Monthly Hama Anjuman Jashan At Idawala Agiary

The Bai Avabai Wadia Agiary, popularly known as the Idawala Agiary, (situated behind Anjuman Atash Behram), will hold its monthly Hama Anjuman Jashan on 20th May, 2023 (Roj Daepadar, Mah Dae), at 5:00 pm. Er. Darayesh Katrak will give a religious talk, after the Jashan. Light Refreshments will be served. All Parsi / Irani Zoroastrians are invited to attend.

Ava Roj Jashan & Humbandagi At Bhikha Behram Well

The monthly Ava Roj Jashan and Humbandagi will be held on 22nd May, 2023, at the Bhikha Behram Well. A Jashan ceremony will be conducted at 4:30 pm, followed by the 164th Ava Roj Humbandagi at 5:30 pm. This will be followed by a talk by Er. Yazdi Aibara, on the topic, 'Shah Jamshed and Shah Faredoon of Peshdadian Dynasty.'

Dae Month Jashan At Godrej & Boyce

The Dae month Jashan will take place at the Godrej Hill Side Club House, Vikhroli, on 26th May, 2023, (Mah - Dae, Roj - Gosh), at 5:30 p.m. followed by a contributory Non-Veg/ Veg dinner. For details, contact Shahruckh Ratanshaw Marolia: 9820699026



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

Woman - The Invincible She By Bakhtawar Noble

A woman's life is that of vagabond
For the myriad roles she plays,
Tossed around in the sea of sacrifices -
A thankless job I say!
The humdrum of life never ceases,
She slays each job with a smile;
For a women's nimble fingers can
Weave, the warp and weft of life...
An entangled life in a whirlwind of chores,
To tussle and to juggle...
Need I say more?
Seared with scars, and with a silent smile,
Her invincible force, resilience and might,
Whilst she meanders through life's weary ways,
She paves the path for yet another day...

In recent times, we have unfortunately reduced *Gahambar* to a travesty. In not-so-distant history, we have been witness to so-called *Gahambars* hosted by individuals who had aspired to become Trustees of certain community institutions or by those who won the elections. There is also a variety known as the 'fee no *Gahambar*,' which is a regular community dinner with a 'cover charge' that follows a community event. This sort of *Gahambar* is mainly to entice people to come for the event - generally the kind where there are a few boring speakers who wax eloquent, and lots of garlands and shawls get exchanged. Sometimes, in order to manage the crowds, there is a *Gahambar* only for men or only for women, as is quite common in Pune city.

Unfortunately, from what was once a pious and disciplined religious event, we have reduced *Gahambar* to a black comedy circus where tickets reportedly are sometimes sold in black and people shout and push each other as if they have just returned from a famine-stricken district! Perhaps, it is time for us to understand the true importance and significance of this solemn event.

Time For Collecting: *Gahambar* means 'the time for collecting/storing'. Broadly speaking, it is the time for collecting or harvesting good deeds and Nature's Blessings. Some also interpret the term as collecting of the community to offer gratitude. In modern times, a few philanthropic Parsi and Irani Zoroastrians also sponsor *Gahambar* in the *Nayat* or memory of their dearly departed, as an act of spiritual merit and to invoke blessings from and for the departed.

Six *Gahambars*: In the religious and traditional context, there are six *Gahambars* (in ancient times, the six great holidays of five days' duration each in a year - the first four days of each *Gahambar* for preliminary preparation and the last day for the main feast). *Gahambar* should be celebrated at the correct time during the year to commemorate:

- a) The seasons and their regularity on which the prosperity of the world depends; and
- b) *Ahura Mazda's* Good Creations in the order of their evolution.

Dr. Cyres Mehta Awarded 'Fellow Of The Collegium Of AIOS' At Annual Conference



Dr. Cyres Mehta, the nation's leading Ophthalmologist, reckoned globally for his unparalleled genius and breakthroughs in the field of professional eye-care, was felicitated with the prestigious title: 'Fellow Of The Collegium' at the 81st Annual Conference of the All India Ophthalmological Society (AIOS - India's most prominent Ophthalmological association), which was held at the Grand Hyatt Convention Centre, Kochi, from 11th to 14th May, 2023.

Hailed as the 'International Hero Of Indian Ophthalmology', Dr. Cyres Mehta was presented the award by Padma Shri and Padma Vibhushan awardee, Elattuvalapil Sreedharan, known as India's 'Metro-Man', in the presence of Dr. Lalit Verma - Past President, AIOS; Dr. Harbans Lal - President, AIOS; Prof. Namrata Sharma - Secretary and now Scientific Chairman of the Society; Padmashri Dr. Ashok Grover - Head of the All India Collegium and other foreign dignitaries on the dais, from Egypt and the USA.

This eminent recognition - FAICO or 'Fellow All India Collegium of Ophthalmology' award is the Indian equivalent of the British FRCS Degree - is awarded to only two eye surgeons every year for



their super speciality. Attended by over 7,000 eye surgeons from across 20 countries worldwide, this year, Dr. Cyres Mehta was

the sole recipient of this award from Maharashtra, for his unmatched and pioneering work done in the field of Robotic Cataract Surgery. The FAICO recognition was instituted in 2014 by the AIOS as a super-speciality qualification. Every year, over a thousand eye-doctors appear for this for this coveted degree. The recipient of this award certifies that the recipient has performed exemplary service and pioneering work in the field for over 20 years.

Dr. Cyres Mehta is the Founder and Chief Surgeon of 'Dr. Cyres Mehta's International Eye Centre', located in Colaba, Mumbai, which is equipped with the world's leading, state-of-the-art eye equipment, and has been providing world

class services and procedures. In his latest Continuing his streak of 'FIRSTS', for India and Maharashtra, doing the community and the nation tremendously proud of his superlative achievements in terms of his skill as well as technology, in July 2022, Dr. Cyres acquired the very FIRST updated automated robotic AVEDRO Cornea System - which turned out to be a blessing for keratoconus patients and those unable to undergo lasik/smile number correction, as it restores better vision in just 90 seconds and is a painless procedure.

Here's congratulating Dr. Cyres Mehta for consistently leading the way for the nation and the world, in the field of expert eye-care, with his genius and dedication.



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Ex-student and Director Ruby Pavri addressing the girls .



Director Mr. Hoshang Gotla giving an inspirational speech to the alumni .

Ronnie Irani Awarded Honorary Degree By UO

Entrepreneur and a Geoscience enthusiast, Ronnie K. Irani has been awarded an honorary degree by the University of Oklahoma (UO), in recognition of his extraordinary achievements through his 43-year stint in the Energy Industry which led to many commercial developments in oil and gas, as also his generous service to others.



Founder and CEO of RKI Energy Resources, LLC, a privately held energy company headquartered in Oklahoma City, Ronnie Irani was previously President and CEO of RKI Exploration and Production, which he founded in 2005 and built into a multi-billion-dollar enterprise, prior to its sale in 2015.

He has been actively engaged in non-profit organizations and contributed significant time and resources for the betterment of the community, including the University of Oklahoma, where he served as past chairman and emeritus member of the Mewbourne College of Earth and Energy's Board of Visitors. He works closely with the students at the Ronnie K. Irani Center for Energy Solutions in Mewbourne College and the Ronnie K. Irani Center for the Creation of Economic Wealth in the Price College of Business.

Outside of OU, Irani has served on numerous boards, including the OKC Boathouse Foundation, Oklahoma Energy Explorers, the Oklahoma City Community Foundation and the Oklahoma Medical Research Foundation. He has received numerous higher education, professional and business awards, including the OU Regents' Alumni Award, the Trailblazer Award from Mewbourne College for Lifetime Achievement in the energy sector, the Society of Petroleum Engineers' Industry Service Award and Oklahoma Independent Petroleum Association's Member of the Year award.

Having completed his Bachelor of Science in Chemistry from Bombay University, India, in 1977, he also holds a Bachelor's and Master's degrees in Petroleum Engineering (UO); an MBA from Oklahoma City University; and completed the Executive Management Program offered by the Independent Petroleum Association of America, in conjunction with Harvard University.

Alexandra School Holds Fun Alumni Dinner



Girls enjoying their dinner and reviving memories in the old dining shed.psd

Over 300 ex-students, with ages ranging from their teens to the eighties, attended the fun-yet-nostalgic alumni school dinner, hosted by The Alexandra Girls' English Institution, on 29th April, 2023. 87-year-old Putli Pavri, the oldest ex-student on the day, shared the excitement with as much enthusiasm as the rest of the ex-students, even as they missed their centenarian - Rati Hakim who was unable to make it to the event due to her age and mobility issues.

Speaking on behalf of the Board of Directors, Hoshang Gotla and Ruby Pavri set the stage for the 160th year celebrations for the school (founded on 1st September, 1863, by Manockjee Cursetjee)

and the 100th year celebrations for Girl Guides in the school... in keeping with the tradition mentioned during the 150-year celebrations (2013), proclaiming: 'The legacy goes on!'

The organising team performed a stellar job to ensure the eve was one to remember, with a fun quiz, an Odissi dance performance and a standup comedy routine as part of the entertainment.

Partaking of the nostalgia a number of ex-students were seen reliving memories, wandering around their school, sitting in classrooms and even ringing the school bell! Dinner and the return gift of cup-cakes had everyone leaving with sweet memories.

Barjor Mehta Appointed President At CEPT University, A'bad

On 8th May, 2023, Ahmedabad-based architecture and planning institute, CEPT University announced the appointment of Barjor Mehta, an alumnus and former Director of the School of Planning, as the new President and Acting Director for a five-year term, commencing January 20, 2024. He succeeds Dr. Bimal Patel.

Barjor Mehta - an architect and urban planner, is World Bank's Lead Urban Specialist for East Asia and the Pacific Region based in Singapore. Prior to this, he was based in World Bank's country offices in China (2016-2020), India (2012-2016), and Tanzania (2009-2012). Between 2002 and 2009, he was in Washington DC where he worked on urban development initiatives in



Eastern and Southern Africa, South Asia as well as the Middle-East and North Africa.

Sanjay Lalbhai, Chairperson of the Governing Body, welcomed Mehta, stating, "As a successful professional with global experience in urban planning and development, I am confident that he will carry forward the legacy and lead the institute to newer horizons."

Mehta has previously served as the Associate Professor of Urban Planning (1990-1995) and Director of the School of Planning, CEPT (1995-1997). He holds a Diploma in Architecture from the School of Architecture, CEPT, and a Masters Degree in Human Settlements Planning from the Asian Institute of Technology, Bangkok.

CEPT University, formerly the Centre for Environmental Planning and Technology, is an academic institution located near university area in Ahmedabad, India, offering undergraduate, postgraduate and doctoral programmes in areas of natural and developed environment of human society and related disciplines.

ZYA Poona Beats The Heat With All-Pune Parsee Indoor Sports Tournament & Summer Camp



The Zoroastrian Youth Association (ZYA), Poona, partnered with J J Building Sports Committee to organise the very first chapter of the ‘All-Pune Parsee Indoor Sports Tournament’, over the last couple of weekends. Headed by Cyrus Malegamwala, the event had over 140 participants, from ages 10 to 78 years, vying to get top place competing in indoor games including Table Tennis, Carrom and Chess. The Parsi sportsmanship and fairness stood out as the young and old came together to show their skills.

Pune philanthropists rose to the occasion, with Dinoo Framroze Patel donating a new Table Tennis table; Jimmy Patel sponsoring prizes for the winners and runners up; and Hormuz Pundol sponsoring watches. Kudos to Ardhviraf Sinor, Mabrin Nanavati, Percy Ankleshwaria, Vispy Karkaria and Bakhtiar Narielwalla for organising an excellent event for Pune’s Parsis.

TITLE	WINNERS
TT doubles	Kaizad Irani & Sarossh Munsshi
TT Open Singles	Rashid Khorshedi
Veteran >40 Singles	Rashid Khorshedi
TT <14	Arhaan Karkaria
Carrom Doubles	Rayomond Khambata & Farzaan Gocal
Chess	Bezan Nanavatti

Pune’s Zoroastrian Youth Association also had over 30 Zoroastrian children participate in the week-long summer camp, held in May, in fun activities like plantation, art, dance and drama. The children were treated to breakfast each morning

from several Parsi food establishments.

The ZYA summer camp was spearheaded by Farah and Arzaan Khambatta alongside dedicated volunteers - Nausheen, Pourush Irani, Saneya Dastur, Behnaz Nanavatti, Bezan Nanavatti, Vahbiz Nanavatti, Medioma Engineer – who ensured the children were well taken care of.

A sumptuous dinner on 7th May, 2023, marked the conclusion of the festivities with prize distribution for indoor games and a special dance performance by ZYA Summer Camp children. Donors were thanked and felicitated and were made to distribute the prizes onstage. All in all, an excellent endeavour by Pune’s ZYA and J J Building Sports Committee, which brought as many thrills to Pune Parsis, as chills in the summer!

Rustom And Kayan Patel Win Top Spot At Motorsport Endurance Event

45-year-old veteran motorcycle-racing champ, Rustom Kersi Patel, and his nephew, 22-year-old Kayan Zubin Patel, both residents of Rustom Baug (Mumbai), continued the family tradition of winning accolades in motorbike racing, having secured first place in one of the toughest endurance events - the ENDURO X-version 90-4x, which was held on 14th May, 2023, in Palghar District (Maharashtra) at BAR – a ranch based in the outskirts of Mumbai, with technically designed tracks for learning Enduro, Flat Track, Dirt Track And Natural Trails.

The Enduro X -Version 90 -4x’ is a format of the motorsport designed by AOM (Academy Of Motorcycling) in which a solo rider or a team of riders need to make maximum laps, in a given time on a controlled off-road track. This race explores the rider’s endurance level, and helps the rider understands how his motorcycle can perform better and how team effort makes one win. A team can also comprise 2 - 4 riders sharing a single motorcycle (changing riders timely) as also solo riders (called Iron-Man), maximum laps in the given time.

Of the 21 participants of this format, Rustom Patel



and his team-mate Kayan Patel attempted this race as a 2-rider team format, and completed an amazing 109 laps in only 90 mins, thus winning the top spot! Speaking with Parsi Times, Rustom Patel shared his thrilling experience: “90 gruelling minutes of endurance riding was one hell of an experience, and it was amazing to see all participants surviving the full 90 minutes. This was our first ever endurance race at BAR. We were a 2-rider team, with my super talented and daring nephew Kayan Patel, who provided a great start by leading from the get-



go! The bike really performed well, thanks to Castrol for the amazing 10W 30 Castrol Power1 Ultimate engine oil, that took all the heat and beating continuously from 2 riders.

We had to be fully focused while keeping in mind a number of things including keeping the bike safe, ensuring smooth overtaking and bike safety, staying with the strategy, conserving stamina and ensuring the rider exchange took place at the correct time and place. At all times, we made sure we were in full control and not overdoing it. Sometimes we had to get off throttle to avoid crashes right in front of us. Also, when the track was not visible, due to the heavy dust, we just trusted our instincts and kept riding. It was crucial that we maintain patience and stay at the same speed till the finish line – because the most important thing to remember is that to be a winner, you have to cross the finish line! Our Team was Ajmera Racing India 35 Rules Powered by Castrol Biking. A huge thanks to Ajmera Realty and Infra India Limited for the support.”

Kudos yet again to the Patel men for doing the community repeatedly proud!



Brigade

PT's Parsi Pride Brigade celebrates the academic performances of our young achievers who have triumphed in the Board exams, across schools and colleges. We are delighted to feature our bright sparks who make our community proud! We invite you to celebrate your success too with our community and feature in PT's Parsi Pride Brigade! Mail us at editor@parsi-times.com with details.

Heartiest Congratulations and Best Wishes for a Shining and Successful Future to our Young Guns

Kudos Kenisha!



Hyderabad resident, 17-year-old Kenisha Jilla, studying at Villa Marie Junior College, secured 98% in her Second Year Intermediate exams, (core subjects: Math and Commerce) to notch the top-third position in her college. Daughter of proud parents Binaz and Raishad Jilla, Kenisha plays basketball and is the recipient of many academic awards. She looks to study in an Accredited Australian University in Dubai and complete her ACCA to be a professional Chartered Accountant.

Terrific Tanaaisha!



Tanaaisha Neville Mehta from Jankidevi Public School has scored 98.6% in the ICSE Board exams. Residing at Behram Baug Parsi Colony, 15-year-old Tanaaisha enjoys

baking, painting and outdoor sports activities. She has opted for the Commerce stream in college to grow a booming career in the field of Finance & Marketing.

Positive Pashum!

Pashum Bergees Italia, from Champion School, has cleared his ICSE Board exams with 95.4% overall (PCM – 97%). He looks to take up Math and Science in junior college, to finally graduate in Architecture and Design. Having won awards in photography and speech inter-school competitions, the 16-year-old Godrej Baug resident is an avid swimmer, cyclist and loves to read and travel. He looks to construct a career in Design and Architecture.



Dazzling Delnaaz!

Delnaaz Burzis Dubash from J B Vachha High School notched up 89% in her Class X board exams. Having won debates and elocutions in school, with a penchant for reading, the 15-year-old Rustom Baug



resident will pursue the Arts stream in college to cultivate a successful career in the field of Psychology.



Kool Katriena!

16-year-old Katriena Hakim from Activity High School secured 95% in the ICSE Boards and wishes to pursue Commerce / UPSC in the future. A District level TT player and State level karate enthusiast, this dynamic Khareghat Colony resident is also an avid actor in Parsi plays and enjoys jams, debates, cycling and all sports. She hopes to make a career either as an Advocate, CA or in the IAS.

Dashing Delzeen!

16-year-old student studying at Maneckji Cooper Education Trust, Delzeen Adil Mistry secured 96.2% in her ICSE Class X exams. Fond of reading and listening to music, this brightspark is a Behram Baug Parsi Colony resident and plans to take up Commerce in college.



Klassy Karyna!



Karyna Hakim from Activity High School scored 85% in the ICSE exams. The 16-year-old Khareghat Colony resident is a District level Shot Put player and loves music and dance. She plans to take up Commerce in college and top it off with an MBA in Finance to secure a successful career.

WORD SEARCH

Search out 16 best men cricket players in the world of all time hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|----------------|------------------|------------------|----------------|
| Donald Bradman | Viv Richards | Sachin Tendulkar | Shane Warne |
| Virat Kohli | Richard Hadlee | Kapil Dev | Ian Botham |
| Brian Lara | Jacques Kallis | Ricky Ponting | Rohit Sharma |
| AB de Villiers | Kumar Sangakkara | Chris Gayle | Mahendra Dhoni |



TechKnow With Tantra

Scribe

Scribe is a documentation and screenshots tool, delivered as a Chrome Extension. If you like to create visual documentation for yourself or your team, Scribe lets you do it simply by recording the step by step instructions online. Once installed, all you have to do is to click "record" and go through the process you want to share - for yourself, your team, your customers, or your suppliers. Scribe monitors your clicks and keystrokes to instantly create your guide. You can answer questions, build SOPs and train your stakeholders really fast. You could create step-by-step guides, work instructions, product assembly / usage instructions, training manuals and much more. You can easily embed the instructions in any knowledge base or CMS.

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

SUDOKU

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

Solution see below

WINNING CAPTION!!!



King Charles: The pens still don't work, the guards don't behave!
 Camilla: Oh! Shut your whiny trap and just wave!

By Sharukh J. Patel (Baroda)

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 24th May., 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

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

Thought of the Week

"We can see through others only when we can see through ourselves."

- Bruce Lee

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

એસપીપીએ ઝેડડબ્લ્યુએએસ સાથે જોડાણમાં એચપીવી વેક્સીન કેમ્પનું આયોજન કર્યું



સુરત પારસી પંચાયત (એસપીપી) ના પ્રમુખ અને ટ્રસ્ટીઓ દ્વારા ૦૪ મે, ૨૦૨૩ ના રોજ સર્વાઈકલ કેન્સર નિવારણ માટે, પારસી છોકરીઓ અને મહિલાઓ માટે ૧૦ થી ૪૫ વર્ષની વય વચ્ચે, શેઠ આર ડી. તારાચંદ સુરત પારસી જનરલ હોસ્પિટલ, સુરત ખાતે વિનામૂલ્યે ઈન્જેક્ટેબલ વેક્સીન આપવા માટે, એચપીવી (હુમન પેપિલોમા વાયરસ) દ્વારા વેક્સીન કેમ્પનું આયોજન કરવામાં આવ્યું હતું. એચપીવી વેક્સીન સ્ત્રીઓમાં સર્વાઈકલ કેન્સરને રોકવામાં મદદ કરે છે.

૮૭ પારસી મહિલાઓ અને છોકરીઓએ આ કેમ્પનો લાભ લીધો હતો, જેમાં ૩૩ છોકરીઓ (૨૬ વર્ષની વય સુધીની) ક્વાડ્રિવલેન્ટ સર્વાઈકલ વેક્સીન કિંમત રૂ. ૩,૧૦૦/- અને ૫૪ મહિલાઓ (૨૭ થી ૪૫ વર્ષની) ક્વાડ્રિવલેન્ટ ગાર્ડસિલ વેક્સીન આપવામાં આવી હતી જેની કિંમત રૂ. ૨,૮૯૦/- હતી.

એસપીપી પ્રમુખ - ડો. લોમી ડી. દૂધવાલા, ડો. (શ્રીમતી) પરિસ દૂધવાલા અને પદ્મશ્રી યજ્ઞદી કરંજિયા પણ આ શિબિરમાં હાજર હતા, જે ઝેડડબ્લ્યુએએસ (સુરતની ઝોરાસ્ટ્રિયન વિમેન્સ એસોસિએશન) ના સહયોગથી આયોજિત કરવામાં આવી હતી, જેમાં ઘણા એસપીપી સ્ટાફ અને ઝેડડબ્લ્યુએએસ એસપીપી દ્વારા સંચાલિત પારસી જનરલ હોસ્પિટલના સ્ટાફ નર્સોને મદદ કરવા સાથે હતા. વેક્સીનના બીજા અને ત્રીજા ડોઝ અનુક્રમે બે અને છ મહિના પછી, જરૂરિયાતના આધારે, પ્રથમ ડોઝ પ્રાપ્તકર્તાઓને એસપીપી દ્વારા મફતમાં આપવામાં આવશે. જેઓ આમાં હાજરી આપી શક્યા ન હતા તેઓ માટે એસપીપી મહિલાઓ માટે પુનરાવર્તિત શિબિરનું આયોજન કરશે.

માલ દએ દાદાર એ સર્જકને આભાર માનવાનો મહિનો છે અને એક રીત કે જેમાં કૃતજ્ઞતા ધાર્મિક રીતે ઘરે, ઓફિસ અથવા આતશ બહેરામ કે અગિયારીમાં જશન સમારંભો કરી વ્યક્ત કરવામાં આવે છે અથવા સમર્પિત કરવામાં આવે છે તે છે. આ મહિનાના ચાર વિશેષ દિવસોમાં (દિવસ પહેલો - હોરમઝદ, આઠમો દિવસ - દએ આદર, દિવસ પંદર - દએ મહેર અને ત્રેવીસમો દિવસ - દએ દીન) પર જશન કરવાનું શુભ માનવામાં આવે છે, જે સર્વાઈચને સમર્પિત છે. સર્જક અને યજ્ઞતા સર્જકનું પાસું ધરાવે છે, અગ્નિની અધ્યક્ષતા કરે છે પ્રકાશ (દે-પા આદર); ન્યાય (દે-પા મહેર); અને ધર્મ (દે-પા દીન). આ ચાર દિવસમાંથી દરેકને દાદવાલના જશન (અથવા સર્જકનું જશન) તરીકે ઓળખવામાં આવે છે.

દાદાર એ આપણી કૃતજ્ઞતા વ્યક્ત કરવાનો અને આનંદનો અનુભવ કરવાનો મહિનો છે જે આપણી કૃતજ્ઞતાની અભિવ્યક્તિમાંથી ઉદભવે છે. કૃતજ્ઞતા

દએ મહિનાનું મહત્વ



અથવા થેંક્સગિવિંગ એ એક શક્તિશાળી હકારાત્મક શક્તિ છે. શારીરિક સ્વાસ્થ્ય, ભાવનાત્મક સુખાકારી, પ્રેરણા, સગાઈ અને સંબંધ પર તેની વાસ્તવિક અસર પડે છે. કૃતજ્ઞતા એ સુખનું મૂળ છે, મારણ, ઈર્ષ્યા, લોભ, દુઃસ્મનાવટ, ઘિંતા અને બળતરાને તટસ્થ કરનાર નકારાત્મક લાગણીઓ છે.

પુણેની પટેલ અગિયારીએ ૧૮૦મી સાલગ્રેહની ઉજવણી કરી

પુણેની સૌથી જૂની અગિયારી - સરદાર શેઠ સોરાબજી રતનજી પટેલ અગિયારી, તેની ભવ્ય ૧૮૦મી વર્ષગાંઠ ૨૭ મે, ૨૦૨૩ (માલ આદર, રોજ બહેરામ)ની ઉજવણી સાંજે માચી અર્પણ અને જશન સાથે કરી હતી, જે પંદર મોબેદો દ્વારા કરવામાં આવી હતી. પુણેના ભીડભાડવાળા નાનાપેઠ વિસ્તારમાં આવેલી પટેલ અગિયારી, જેને લોકપ્રિય રીતે ગામ-ની-અગિયારી તરીકે ઓળખવામાં આવે છે, તે મહત્વપૂર્ણ અવસર પર લગભગ ૨૦૦ જરથોસ્તીઓ તેમને શ્રદ્ધાંજલિ આપવા આવ્યા હતા.

અગિયારી એક ખાસ જગ્યા ધરાવતા કમ્પાઉન્ડમાં સ્થિત છે, જેમાં સારી રીતે ક્યુરેટેડ બગીચો છે. મોટા મુખ્ય હોલમાં મુક્તાદ, લગ્ન અને નવજોત યોજાય છે. તેમાં વ્યક્તિગત પ્રસાદ લેવા માટે અલગ દાદાગાલ છે. ૧૮૨૪માં પેશવા સેનામાં સદર એવા શેઠ સોરાબજી રતનજી પટેલ દ્વારા બનાવવામાં આવેલ, અગિયારીને ૧૮૪૩માં પવિત્ર કરવામાં આવી હતી.

દસ્તુર જામાસ્પજી તેના પ્રથમ ઉચ્ચ ધર્મગુરૂ હતા ત્યારબાદ જામાસ્પજી વંશની સાત પેઢીઓ હતી. આજે, મેનેજર અને પંથકી એરવદ અરઝાન ખંબાતા જે આધુનિકતા સાથે ઝીણવટભરી પરંપરા માટે જાણીતા છે અને તેમની આગેવાની હેઠળ



પાંચ મોબેદો દ્વારા અગિયારીને સેવા આપવામાં આવે છે.

ત્યારે હોરમઝદ યજ્ઞની દરરોજ પ્રાર્થના કરી શકાય છે, ત્યારે આ પવિત્ર માસ દરમિયાન આ યજ્ઞ (સ્તુતિ)ની પ્રાર્થના કરવી તે ખાસ કરીને યોગ્ય માનવામાં આવે છે. આ સ્તોત્રમાં અશો જરથુસ્ત્ર અહુરા મઝદાને પૂછે છે કે તેના કયા નામો (જે અહુરા મઝદાના જન્મજાત ગુણોને પણ દર્શાવે છે) ભક્તને રક્ષણ આપવા માટે સૌથી શક્તિશાળી છે. તમામ પ્રકારની દુષ્ટતા અહુરા મઝદા વીસ નામોનો પ્રથમ સમૂહ પ્રદાન કરે છે જે આપણને તેમના દૈવી લક્ષણોની ઝલક પણ આપે છે.

સૌથી પહેલું નામ અને લક્ષણ nāma ahmi

અથવા સ્વ-નિર્મિત અને સ્વ-અસ્તિત્વ છે. બીજું નામ vāthwyō અથવા રક્ષક છે ત્યારે ત્રીજું નામ avi-tanyō અથવા સર્વવ્યાપી છે. ચોથું નામ asha vahishta અથવા શ્રેષ્ઠ છે પ્રામાણિકતા ત્યારે પાંચમું vōspa vohu mazdadhāta asha-chithra અથવા શુદ્ધ મૂળની દરેક સારાઈ ધરાવે છે.

બીજા શબ્દોમાં કહીએ તો, અહુરા મઝદા સ્વ-નિર્મિત છે (ખુ-દા) શરૂઆત કે અંત વિના, બધી સારી રચનાઓનો રક્ષક, દરેક રચનામાં હાજર, ન્યાયી અને સર્વ રીતે સાફ કરનાર.

દએના આ પવિત્ર મહિનામાં, આપણામાંના દરેક આશાના માર્ગ પર ચાલવાના આપણા દૈનિક સભાન પ્રયાસ દ્વારા અહુરા મઝદાની મિત્રતા મેળવવાનો પ્રયાસ કરીએ. આપણે આ પવિત્ર મહિનો કૃતજ્ઞતા, મિત્રતા, પ્રેમ, સમજણ અને દાન સાથે ઉજવીએ!

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર.કે.	Relations સગાઈઓ
Khorshed Gustadji Billimoria ખોરશેદ ગુસ્તાદજી બિલ્લીમોરીયા	95 ૯૫	11.05.2023	Gemfrina Bldg., Ground Floor, 630, Khareghat Road, Dadar(E), Mumbai 14. જેમફરીના બિલ્ડિંગ, ગ્રાઉન્ડ ફ્લોર, ૬૩૦, ખરેગાત રોડ, દાદર પારસી કોલોની, દાદર (ઈસ્ટ), મુંબઈ ૧૪.	તે મરુદમો પીરોજી ગુસ્તાદજી બિલ્લીમોરીયાનાં દીકરી તે મરુદમો શાવક, અદી, તેલમી, કેટી તથા જરૂના બહેન તે બોમી, મની, જીલુ તથા વીરાના ફુજી તે દોસુ બેલરોજ, ખુશરૂ તથા મરુદમો જીજી, યાસ્મીન તથા વીસ્પીના માસી.
Bapsy Firoz Forbes બેપસી ફીરોઝ ફોર્બેસ	85 ૮૫	11.05.2023	Bldg.no.1, Flat No 6, A.H.Wadia Baug C.H.S.I., Sai Baba Marg, Parel Tank Road, Mumbai 33. બિલ્ડિંગ નં-૧, ફ્લેટ નં-૬, એ.એચ.વાડયા બાગ, સી. એચ. એસ. એલ. સાર્થબાબા માર્ગ, પારેલ ટેન્ક રોડ, મુંબઈ ૩૩.	તે ફીરોઝ નરીમન ફોર્બેસના ઘણીયાણી તે ડેસી બી. ફીટર તથા વીસ્તારુ ફોર્બેસના માતાજી તે મરુદમો કેટી તથા ફલ્કી માસ્તરના દીકરી તે બરજીસ ફીટર તથા ડેસી વી. ફોર્બેસના સાસુજી તે જીનાયશા તથા યાવીક્ષના મમઈજી તે મરુદમો આલામાય તથા નરીમન ફોર્બેસના વલુ તે મરુદમો દારા માસ્તર તથા જરૂ પંથકીના બહેન તે રોલીન્ટન ફોર્બેસ, સામ ફોર્બેસ તથા મરુદમ હોમી ફોર્બેસના ભાભી.
Villy (Villie) Pirojsha Avasia વીલ્લી પીરોજશા અવાસીયા	91 ૯૧	11.05.2023	B-19, Keval Mahal, 64, Marine Drive, Mumbai 20. બી-૧૯, કેવલ મહલ ૬૪, મરીન ડ્રાઈવ, મુંબઈ ૨૦.	તે મરુદમ પીરોજશા દીનશા અવાસીયાના વિધવા તે શેરનાઝ ફરોખ લોયર તથા જીમી અવાસીયાના માતાજી તે મરુદમો તેલમીના તથા રસ્તમજી બેલરાનાના દીકરી તે ફરોખ લોયરના સાસુજી તે લીયાન ઈઝાગીર, શોન લોયર તથા અરમાન અવાસીયાના ગ્રાન્ડ મધર તે મરુદમો નાજા તથા દીનશા અવાસીયાના વલુ તે પરવીઝ મોદી તથા મરુદમ ડોસુ બેલરાનાના બહેન તે દીનુ બેલરાનાના નાણંદ તે મરુદમ એદલજી મોદીના સાલ્વી તે આરમીન કયુમ, જમશેદ બેલરાના, નીના દુબાશ તથા ગુલશન કુપરના આન્ડી.
Freny Kersi Bharda ફ્રેની કેરસી ભરડા	84 ૮૪	12.05.2023	Flat No 601, Sinclair Chs.ltd., 95 Hill Road, Bandra (W), Mumbai 50. ફ્લેટ નં. ૬૦૧, સીનકલર, સીએચએસસી., ૯૫, હીલ રોડ, બાન્દરા વેસ્ટ, મુંબઈ ૫૦.	તે મરુદમ કેરસી ભરડાના ઘણીયાણી તે મરુદમો જરબાઈ તથા પીરોજશાલ ડ્રાઈવરના દીકરી તે તેલમી, લીલી, મરુદમો સારાલ, ગુલ, સરોશ, રોઝી, કુમી, ફલ્કીના બહેન તે તેલમટન, કેવાન ડ્રાઈવર, કમલ ડીમેલોના ફુજી.
Farrokh Jamshedji Katrak ફરોખ જમશેદજી કાતરક	89 ૮૯	13.05.2023	F-4, Palacimo, Silver Oaks Estate, Bhulabhaji Desai Road, Mumbai 26. એફ-૪, પેલેસીઓ, સીલવર ઓક્સ એસ્ટેટ, ભુલાભાઈ દેસાઈ રોડ, મુંબઈ ૨૬.	તે રતી ફરોખ કાતરકનાં ખાવૈદ તે મરુદમો તેલમીના તથા જમશેદ કાતરકનાં દીકરા તે શેલરનાઝ નેરીયોસંગ આંટીયાના બાવાજી (પાલક) તે ડેઝી જમશેદ કાતરક, બાનુ, તથા મરુદમો લુતોક્ષી અને લોશંગના ભાઈ તે આશીશ, કેનાઝ, લુતોક્ષીના મમાવાજી તે ટીયુ, પ્રોબીર, ચીન્ડી, કુક્સી, જેનીસના મામાજી તે મરુદમો દીના તથા દીનશાલ ગીસ્તાનાં જમાઈ તે મરુદમ રૂસી દીનશાલ ગીસ્તાના સાલાજી.
Dhun Firoze Shroff ધન ફીરોઝ શ્રોફ	87 ૮૭	14.05.2023	F-44, Cusrow Baug, Shahid Bhagat Singh Road, Colaba, Mumbai 1. એફ-૪૪, ખુશરૂ બાગ, શહીદ ભગતસિંહ રોડ, કોલાબા, મુંબઈ ૧.	તે મરુદમ ફીરોઝ બરજોરજી શ્રોફના વિધવા તે મેલેર, દીલખુશ તથા સાયરસના માતાજી તે મરુદમો બચા તથા સાવકશા કુપરના દીકરી તે લી મુરજેવો, પીરૂઝ બલસારા તથા ખુશીદ શ્રોફના સાસુજી તે રીયા, કાર્લ, ફેરોન, રૂશાન, બેઝાન તથા કઈઝીનના ગ્રાન્ડ મધર તે મરુદમો બાનુબાઈ તથા બરજોરજી શ્રોફના વલુ તે મરુદમો ખોરશેદ કુપર તથા એરચ તારાપોરના સિસ્ટર ઈન લો તે ચેરાગ, ફરોખ તથા રોશનના આન્ડી તે મરુદમો જીમી કુપર તથા કેટી તારાપોરના બહેન.
Nergesh Hormaz Irani નરગીસ હોરમઝ ઈરાની	89 ૮૯	13.05.2023	Jijamata Road, Near Pump House, Flat No 207, 3-B, Salsette Parsi Colony, Andheri(E), Mumbai 93. જીજામાતા રોડ, પંપ હાઉસ પાસે, ફ્લેટ નં. ૨૦૭, ૩બી, સોલસેટ પારસી કોલોની, અંધેરી (પૂ), મુંબઈ ૯૩.	તે મરુદમો દોલત તથા હોરમઝ ઈરાનીના દીકરી તે રોદા સ્કુવાલા, વીલ્વુ કરકરીયા તથા મરુદમ ઝરીન મર્ચન્ટના બહેન તે આદીલ સ્કુવાલા તથા મરુદમો કેકી કરકરીયા તથા બેલરામ મર્ચન્ટના સિસ્ટર ઈન-લો તે ફીઝા કામા, નેવીલ સ્કુવાલા, આદીલ મર્ચન્ટ, તીનાઝ તોદીવાલા તથા લુફરીઝ સેડીના આન્ડી.
Parvez Phiroz Doctor પરવેઝ ફીરોઝ ડોક્ટર	64 ૬૪	13.05.2023	A-31, Anmol Apt., 6/10, Sorabji Santok Lane, Marine Lines, Mumbai 2. એ-૩૧, અનમોલ એપાર્ટમેન્ટ ૬/૧૦, સોરાબજી સંતોક લેન, મરીન લાઈન્સ, મુંબઈ ૨.	તે યાસમીન પરવેઝ ડોક્ટરના ખાવૈદ તે વાહબીઝ પેશોતન દરોગા તથા તનાઝ ડોક્ટરના બાવાજી તે મરુદમો દીનામાય તથા ફીરોઝ સ. ડોક્ટરના દીકરા તે પેશોતન ર. દરોગાના સસરાજી તે કીયાના પ. દરોગા તથા આરિયાના પ. દરોગાના મમાવાજી તે મરુદમો રોશન તથા રૂસી પુનેવાલાના જમાઈ તે દારા ડોક્ટર, ગુલ સુરતીયા, રૂબી મહેતા, કેશમીરા ડોક્ટરના ભાઈ તે કેરસી સુરતીયા, ધનજીશા મહેતાના સાલાજી તે અરનાવાઝ મજીદના બનેવી તે જુબીન મહેતા, પોરસ બલસારાના મામાજી તે ધન, રતન દરોગાના વેવાઈ.
Roshan Fali Vajifdar રોશન ફલ્કી વજીફદાર	85 ૮૫	15.05.2023	803 - B, Adajania House, 2nd Floor, Dr.ambedkar Road, Dadar, Mumbai 14. ૮૦૩- બી, અદાજાનીયા હાઉસ, ૨જે માલે, ડો. આંબેડકર રોડ, દાદર, મુંબઈ ૧૪.	તે મરુદમો રોડા તથા લીમ બીલ્લીમોરીયાના દીકરી તે ખુશીદ ફલ્કી વજીફદારના માતાજી તે મરુદમો દીના તથા નસરવાનજી વજીફદારના વલુ.
Gool Jahangir Sarkari ગુલ જહાંગીર સરકારી	93 ૯૩	15.05.2023	Silverine, 34/35, Malcolm Baug, Jogeshwari(W), Mumbai 102. સિલ્વરીન, ૩૪/૩૫ માલકમ બાગ, જોગેશ્વરી (વે), મુંબઈ ૧૦૨.	તે મરુદમ જહાંગીર આર સરકારીના વિધવા તે મરુદમો જરબાઈ તથા કેકોબાદ દાફવાલાના દીકરી તે શેલરૂ ને વિસ્પી કાંગા તથા મરુદમો દીનુ અદી દલાવ, પેરીન ફરામ દમનીયા ને નરીમાન કે દાફવાલાના બહેન તે મરુદમો ગુલબાનુ તથા રસ્તમજી સરકારીના વલુ તે પરીઝાદ રૂસી બારીયાના નેબર.
Niloofer Dali Sanjana નીલુફર દાલી સંજાના	59 ૫૯	16.05.2023	N.m.wadia Block, 6/5, Malcolm Baug, S.V.Road, Opp. Dena Bank, Jogeshwari(W), Mumbai 102. એન. એમ. વાડીયા, બ્લોક ૬- ૫, માલકમ બાગ, એસ. વી. રોડ, દેના બેંકની સામે, જોગેશ્વરી (વેસ્ટ), મુંબઈ ૧૦૨.	તે મરુદમો ગોરુપી તથા ડાલી સંજાનાના દીકરી તે કુમી મિસ્ત્રીના બહેન તે જમશેદ મિસ્ત્રીના માસી.
Coomi Padamji Kapadia કુમી પદમજી કાપાડીયા	93 ૯૩	16.05.2023	Flat No B, Ground Floor, Ambar Prasad Co-Op. hsg.soc., Bandra Reclamation, Bandra, Mumbai 50. ફ્લેટ નં-બી, ગ્રાઉન્ડ ફ્લોર, અંબર પ્રસાદ કો.ઓપ. હાઉસિંગ સોસાયટી, બાન્દરા રેક્લેમેશન, બાન્દરા (વે), મુંબઈ ૫૦.	તે મરુદમો દીનામાઈ તથા પદમજી નસરવાનજી કાપાડીયાના દીકરી તે મરુદમ નોશીર પી. કાપાડીયાના બહેન તે (પાલક) રેનુકા જાદવના માતાજી.
Faredoon Adi Kapadia ફરેદુન અદી કાપાડીયા	73 ૭૩	16.05.2023	13, New Cama Bldg., 3rd Floor, 275J, Chikalwadi, Near Bhatia Hospital, Tardeo Road, Mumbai. ૧૩ નવી કામા બિલ્ડિંગ, ૩જા માલે, ૨૭૫-જે ચિકલવાડી, ભાતિયા હોસ્પિટલની બાજુમાં, તારદેવ રોડ, મુંબઈ ૭.	તે લુતોક્ષી ફરેદુન કાપાડીયાના ઘણી તે મરુદમો પેરીન તથા રતનશાલ કાપાડીયાના દીકરા તે કયઝાદ તથા રૂબેલના બાવાજી તે પ્રીતિ કાપાડીયાના સસરાજી તે ગોદરેજ કાપાડીયાના ભાઈ તે મરુદમો પેરીન તથા ધનજીશા કલવચવાલાના જમાઈ.
Gool Pesi Gubba ગુલ પેસી ગુબ્બા	84 ૮૪	17.05.2023	Bldg.no 1, Flat No 1, Malcolm Baug, S.V.Road, Jogeshwari(W), Mumbai 102. બિલ્ડિંગ નં. ૧, ફ્લેટ નં. ૧, માલકમ બાગ, એસ. વી. રોડ, જોગેશ્વરી (પૂ), મુંબઈ ૧૦૨.	તે મરુદમ પેસી અરદેશીર ગુબ્બાના ઘણીયાણી તે મરુદમો રતી તથા જમશેદજી ચીનીગરના દીકરી તે રૂબેલ વીરાફ દાફવાલા તથા મરુદમો સાયરસના માતાજી તે વીરાફ અદી દાફવાલાના સાસુજી તે સુન્નુ લોશંગ દમનીયા તથા મરુદમ અરુપીના બહેન તે મેહેરઝાદ વીરાફ દાફવાલાના મમયજી તે ફરઝાના પોરસ જસાવાલા તથા ફરહાદ અરુપી ચીનીગરના ફુજી તે મરુદમો બાનુબઈ તથા અરદેશીર ગુબ્બાના વલુ તે રોડા અદી દાફવાલાના વેવાન તે સીલ્હુ અરુપી ચીનીગરના નાણંદ.

Death Announcements From Prayer Hall Trust

Maharukh Mino Balsara મહારૂખ મીનુ બલસારા	60 ૬૦	17.05.2023	Murzban Colony, Talukdar Building, Room No. 9, Opp Nair Hospital, Mumbai 11. મર્ઝબાન કોલોની, તાલુકદાર બિલ્ડિંગ, રૂમ નં. ૯, નાયર હોસ્પિટલની સામે, મુંબઈ ૧૧.	તે મરુદમ મીનુના ઘણીયાણી તે યઝદ, ધન, દારાયશના મમ્મી તે મહેરઝાદ અને આરવાના સાસુ તે રૂશાદ, સનોબર, શિરીન અને ફિરોઝના ગ્રાન્ડમધર તે મરુદમ આલામાઈ અને મરુદમ હોરમસજીના વલુ.
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Death Announcements From Poona Parsee Panchayat - Trust Office

Tehmi Jimmy Cooper તેહમી જીમી કુપર	92 ૯૨	16.05.2023	8, Hermes Heaven, 10, Mangaldas Road, Pune 411001. ૮, હર્મ્સ હેવન, ૧૦, મંગલદાસ રોડ, પુણે ૪૧૧૦૦૧.	તે જીમી રસ્તમજી કુપરના ઘણીયાણી તે શેલરનાઝ લોશંગ વકીલ, ફરહીઝ દારાયસ લોયરના મમ્મી તે લોશંગ, દારાયસના સાસુ.
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YOUR MOONSIGNS JANAM RASHI THIS WEEK

લાખનાર: મરહુમ મહારાજ શ્રી સ્વયંજ્યોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિક્ષણ: તા. ૨૦.૦૫.૨૦૨૩ થી તા. ૨૬.૦૫.૨૦૨૩



Aries - મેષ - અ.લ.ઈ.

૨૫મી જૂન સુધી ચંદ્રની દિનદશા ચાલશે. તમે સોશીયલ વર્ક ખુબ સારી રીતે કરી શકશો. તબિયતની ચિંતા નહીં હોવાથી રોજના કામો સારી રીતે કરી શકશો. ચંદ્રની કૃપાથી જેટલું જાઈએ તેટલું ધન મેળવી લેશો. નાની મુસાફરીનો ચાન્સ મળશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણાવો.

શુકનવંતી તા. ૨૦, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 20, 23, 24, 25

The Moon's rule till 25th June will have you executing social work very effectively. With your health keeping well, you will be able to do your daily chores efficiently. With the Moon's grace, you will be able to earn as much money as you wish to. Short travel opportunity is indicated. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Cancer - કર્ક - ડ.હ.

તમને પણ શુકની દિનદશા ચાલુ હોવાથી મોજશોખમાં દિવસો પસાર કરી શકશો. કામકાજને વધારવા થોડી ભાગદોડ કરવી પડશે. તેનાથી કામ પણ વધશે અને ધન પણ મળશે. અપોઝીટ સેક્સનું એટ્રેક્શન ખુબ વધી જશે. અપોઝીટ સેક્સને તમારા મનની વાત કહી દેશે. રોજ 'બહેરામ યઝદ' ભણાવવાનું ચાલુ રાખો.

શુકનવંતી તા. ૨૧, ૨૨, ૨૪, ૨૬ છે.

Lucky Dates: 21, 22, 24, 26

Venus' rule will have you spending your days in fun and entertainment. You will need to put in some effort to expand your business, which will increase your business as well as your finances. Attraction towards the opposite gender will increase greatly - you are advised to share with them what is going on in your mind. Pray to Behram Yazad daily.



Libra - તુલા - ર.ત.

હાલમાં ગુરૂની દિનદશા ચાલુ હોવાથી રોજબરોજના કામો ખુબ સારી રીતે કરી શકશો. નાના કામ સમય પર પુરા કરવાની કોશિશ કરશો. ગુરૂની કૃપાથી ધનની કમી નહીં આવે. ધનને લીધે કોઈપણ કામ અટકશે નહીં. સોશીયલ અને ધર્મના કામો કરવાથી મનને શાંતિ મળશે. દરરોજ 'સરોશ યજ્ઞ' ભણાવવાનું ચાલુ રાખો.

શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24

Jupiter's ongoing rule helps you manage your daily tasks effectively. Try to complete your smaller tasks on time. There will be no financial shortage. No work will get stalled for financial reasons. You will get mental peace by doing religious and social duties. Pray the Sarosh Yasht daily.



Capricorn - મકર - ખ.જ.

૧૮મી જૂન સુધી બુધની દિનદશા ચાલશે. તમે તમારા ખર્ચને ઓછા કરીને ધન બચાવી શકશો. થોડી મહેનત કરવાથી વધુ સારા ફળ મેળવશો. હીસાબી કામ પર વધુ ધ્યાન આપો. મિત્રોનો સાથ મળવાથી વધુ આનંદમાં દિવસ પસાર કરશો. મનગમતી વ્યક્તિને મળી શકશો. દરરોજ 'મહેર નીઆએશ' ભણાવવાનું ચાલુ રાખો.

શુકનવંતી તા. ૨૦, ૨૨, ૨૫, ૨૬ છે.

Lucky Dates: 20, 22, 25, 26

Mercury's rule till 18th June will help you control your expenses and save money. A little added effort will yield a lot of benefits. You are advised to focus on accounts-related work. The support of your friends will give you joy. You will be able to meet your favourite person. Pray the Meher Nyaish daily.



Taurus - વૃષભ - બ.વ.ઉ.

સુર્યની દિનદશા ચાલુ હોવાથી માથાનો દુખાવો ખુબ હેરાન કરશે. સુર્યને કારણે અપોરના કોઈ પણ કામ કરવાનું મન નહીં થાય. કંટાળામાં દિવસ પસાર કરવા પડશે. હાલમાં સહી સિકકાના કામ કરવાની ભુલ કરતા નહીં. વડીલવર્ગની તબિયતની ચિંતા સતાવશે. સુર્યના તાપને ઓછો કરવા ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧ વાર ભણાવો.

શુકનવંતી તા. ૨૧, ૨૨, ૨૪, ૨૬ છે.

Lucky Dates: 21, 22, 24, 26

The ongoing Sun's rule could leave you with troublesome headaches. You will not feel like doing any work in the afternoons. You will feel irritated and lethargic most of the day. You are advised not to sign any important paperwork in this period. The health of the elderly could cause concern. To placate the Sun, pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Leo - સિંહ - મ.ટ.

૪થી જૂન સુધી રાહુની દિનદશામાં દિવસો પસાર કરવાના બાકી છે. આજુબાજુવાળા સાથે સંબંધો બગાડી ન જાય તેનું ધ્યાન રાખો. નાણાકીય ખેચતાણ ખુબ રહેશે. ખોટી જગ્યાએ ખર્ચ વધી જવાથી કોઈ પાસે લોન લેવાનો સમય આવશે. ભુલ્યા વગર દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણાવો.

શુકનવંતી તા. ૨૦, ૨૩, ૨૪, ૨૫ છે.

Lucky Dates: 20, 23, 24, 25

Rahu's rule till 4th June cautions you to take care of your relationship with neighbours as these could get harmed. Financial struggle is indicated. With expenses increasing unnecessarily, you might need to take a loan. Ensure to pray the Mah Bokhtar Nyaish daily.



Scorpio - વૃશ્ચિક - ન.પ.

પહેલા ૪ દિવસ જ શનિની દિનદશામાં પસાર કરવાના બાકી છે. ઉતરતી શનિની દિનદશા તમને ખોટા વિચારોથી પરેશાન કરશે. તબિયતની ખાસ સંભાળ લેજો. ૨૪મીથી ગુરૂની દિનદશા ધીરે ધીરે તમને સુખ આપવામાં સફળ થશે. અટકેલા કામો ફરી ચાલુ થશે. આજથી મોટી 'હમન યજ્ઞ' સાથે 'સરોશ યજ્ઞ' પણ ભણાવો.

શુકનવંતી તા. ૨૦, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 20, 24, 25, 26

You have 4 days remaining under Saturn's rule - its descending rule will fill your mind with negative thoughts. Take special care of your health. Jupiter's rule, starting 24th May, will gradually bring you much peace and happiness. You will be able to restart your stalled projects. Starting today, pray the Sarosh Yasht, along with the Moti Haptan Yasht, daily.



Aquarius - કુંભ - ગ.શ.સ.

આજ અને કાલનો દિવસ ખુબ શાંતિમાં પસાર કરી લેજો. કોઈ વ્યક્તિ બે દિવસ ખોટી રીતે પરેશાન કરશે. બાકી ૨૨મીથી બુધની દિનદશા તમને વાણીયા જેવા બનાવી દેશે. મીઠી જબાન વાપરી પારકાને પોતાના બનાવી દેશે. ૨૦મી જુલાઈ સુધીમાં નાણાકીય સ્થિતિમાં સારા સારી થતી જશે. આ અઠવાડિયામાં 'તીર યજ્ઞ' સાથે 'મહેર નીઆએશ' પણ ભણાવો.

શુકનવંતી તા. ૨૨, ૨૪, ૨૫, ૨૬ છે.

Lucky Dates: 22, 24, 25, 26

You can spend today and tomorrow in peace. Someone could wrongly trouble you during these days. Mercury's rule, starting 22nd May, till 20th July, will make you sharper. You will be able to win over strangers with your sweet words. Financial prosperity is indicated. Throughout this week, pray the Meher Nyaish along with the Tir Yasht daily.



Gemini - મિથુન - ક.છ.ધ.

શુકની દિનદશા ચાલુ હોવાથી તમારા કોઈપણ કામમાં મુશ્કેલીઓ નહીં આવે. તમે બીજાના મદદગાર થઈ શકશો. મુશ્કેલીભર્યા કામ સમય પર પુરા કરવામાં સફળ થશો. નાણાકીય મુશ્કેલીમાં નહીં આવો. જેટલો ખર્ચ કરશો તેટલા નાણાં કમાઈ લેવામાં સફળ થશો. દરરોજ 'બહેરામ યઝદ' ભણાવવાનું ભુલતા નહીં.

શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૩ છે.

Lucky Dates: 20, 21, 22, 23

Venus' ongoing rule will ensure you face no challenges in any of your endeavours. You will be helpful to others. You will be able to complete even difficult tasks on time. There will be no financial shortage. You will be able to earn back as much as you spend. Pray to Behram Yazad daily.



Virgo - કન્યા - પ.ઠ.ણ.

આજ અને કાલનો દિવસ ગુરૂની દિનદશામાં પસાર કરવાનો બાકી છે. તેથી બે દિવસમાં ઘરવાળાને નારાજ નહીં કરતા. તેમની હિમાન્ડ પુરી કરી લેજો. ૨૨મીથી ૪૨ દિવસ રાહુની દિનદશા તમારી રાતની ઉંઘ અને દિવસની ભુખ બન્ને ઉડાવી દેશે. નેગેટીવ વિચારથી પરેશાન થશો. આજથી 'મહાબોખ્તાર નીઆએશ' ભણાવવાનું શરૂ કરજો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૫, ૨૬ છે.

Lucky Dates: 20, 21, 25, 26

Jupiter's rule lasts today and tomorrow - try not to aggravate your family members in this period. Cater to their wants. Rahu's rule, starting from 22nd May, for the next 42 days, will rob you of your appetite and your sleep. Negative thoughts will haunt you. Starting today, pray the Mah Bokhtar Nyaish daily.



Sagittarius - ધન - ભ.ધ.ફ.

૨૫મી જૂન સુધી શનિની દિનદશા ચાલશે. હાલમાં શનિ તમને આળસુ બનાવી દેશે. રોજના કામો કરવામાં ખુબ હેરાન થશો. નાણાકીય મુશ્કેલીમાં આવી જશે. શેર-સહાઈ દૂર રહેજો. શનિ તમારી તબિયતને બગાડી નાખશે. તમે જોઈન્ટ પેઈનથી પરેશાન થશો. શનિને શાંત કરવા દરરોજ મોટી 'હમન યજ્ઞ' ભણાવો.

શુકનવંતી તા. ૨૧, ૨૨, ૨૩, ૨૪ છે.

Lucky Dates: 21, 22, 23, 24

Saturn's rule till 25th June makes you lethargic. Doing your daily chores will feel troublesome to you. Financial struggles are indicated. Avoid the share market. Your health could take a dive - you could suffer from joint pains. To placate Saturn, pray the Moti Haptan Yasht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

પહેલા ૪ દિવસમાં ઘરવાળાની હિમાન્ડ પુરી કરી લેજો. ચંદ્ર તમારા મનને ૨૪મી સુધી શાંત રખાવશે. ૨૪મીથી ૨૮ દિવસ માટે મંગળની દિનદશા તમને ચીડીયા સ્વભાવ બનાવી દેશે. જે લોકો હાલમાં તમારા મિત્ર હશે તે મંગળની દિનદશા તમારી સાથે શત્રુ જેવો વહેવાર કરશે. તબિયતની ઉપર ધ્યાન આપજો. 'યા બેસ્તરના' સાથે 'તીર યજ્ઞ' ભણાવો.

શુકનવંતી તા. ૨૦, ૨૧, ૨૨, ૨૬ છે.

Lucky Dates: 20, 21, 22, 26

You are advised to cater to the wants of your family over the next 4 days. Till 24th May, the Moon will keep your mind in peace. Mars' rule, starting 24th May, for the 28 days, will make you irritable. Your current friends could treat you like an enemy. Pay attention to your health. Pray the Tir Yasht along with reciting the 34th Name, 'Ya Beshtarna', daily.



MEHEZABIN DORDI

Divorce Predictors... What You Can Do About It

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

Marriage is an institution that is supposed to last a lifetime, but sadly, not all marriages do. Divorce can be a painful and traumatic experience, affecting not just the couple but more so, the children as also the families.

Various psychologists in the sphere of relationships have tried to explore certain factors that are harmful and destructive to relationships. Research has shown certain kinds of negative destructive communication styles, which contribute to the end of a relationship. As per internationally renowned relationship expert and best-selling author, John Gottman, **there are four main counterproductive behaviours** which corrode the love which is at the core of an intimate relationship and predict relationship failure. These are: **(I) Contempt; (II) Criticism; (III) Defensiveness; and (IV) Stonewalling.**

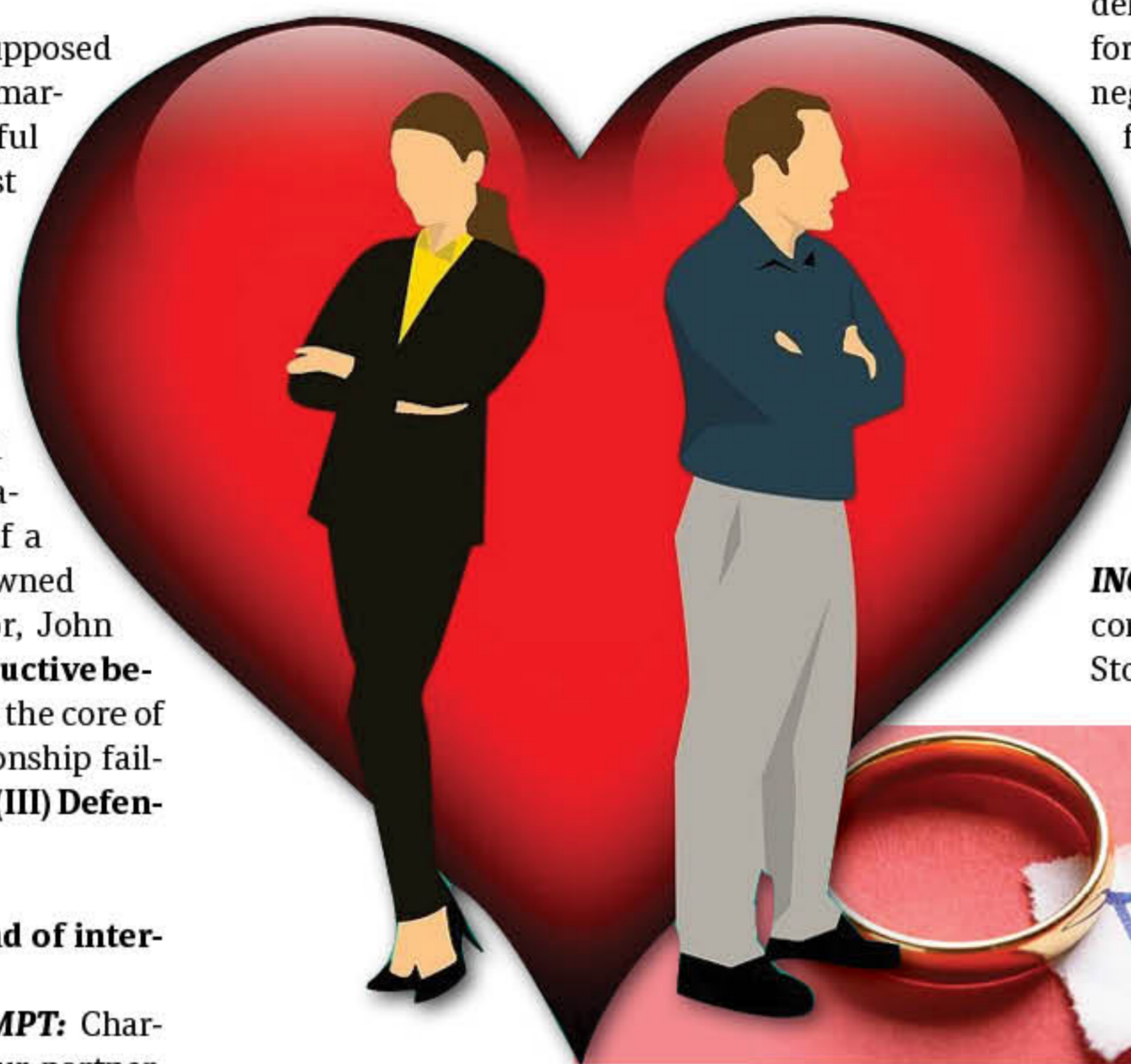
Let's explore each of these as also the kind of intervention needed:

The First Predictor Of Divorce – CONTEMPT: Characterized by negative feelings towards your partner, such as disgust, disrespect and mockery, (eye-rolling, sarcasm, name-calling), Contempt is the most dangerous of all because it signals a lack of respect for each other. At a minimum, it is cruel or mean, and at worst, it becomes emotional abuse. The biggest indicator of divorce, Contempt is also responsible for causing health issues, including a compromised immune system, in the partner who is its recipient.

Coping With Contempt:

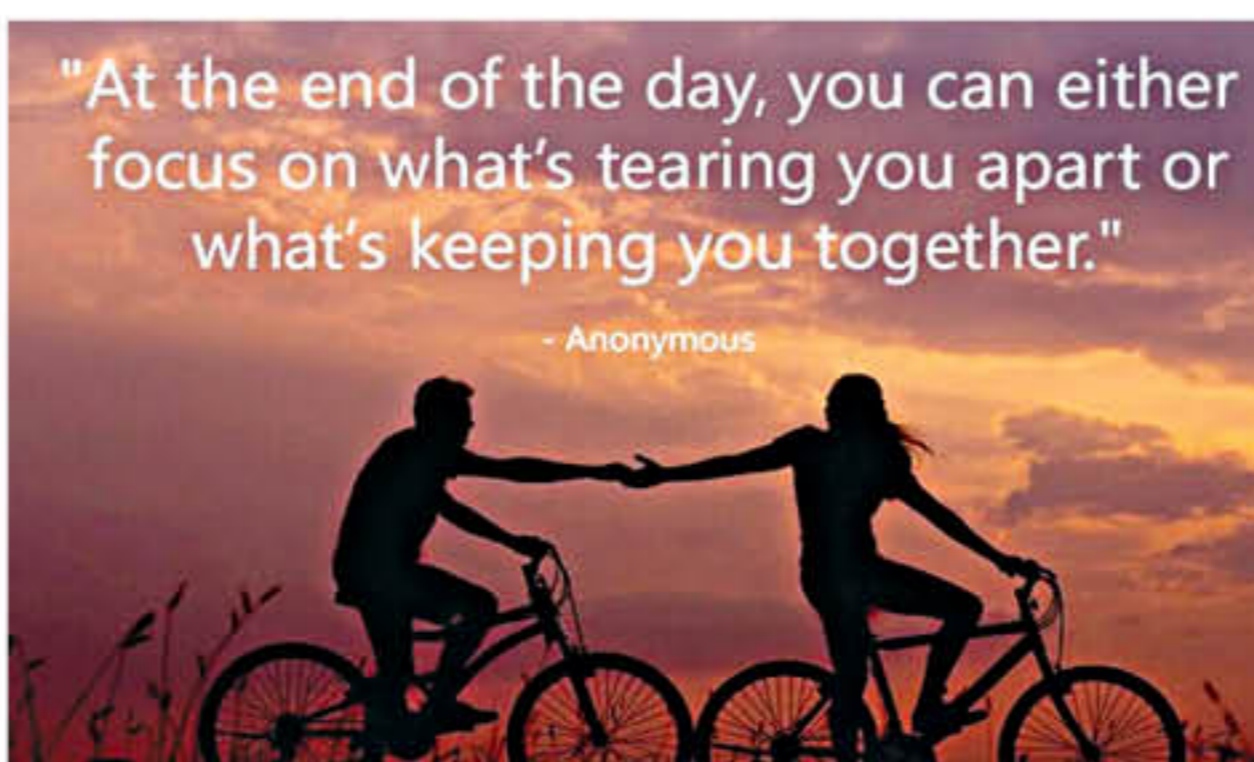
- Be aware of your thoughts, feelings and behaviours and understand what it is that you are really upset about. Target that rather than using passive-aggressive ways to tell your partner how you feel.
- Speak respectfully even when angry. You can try to use "I feel" statements instead of "You are" statements, and avoid attacking or belittling your partner.
- Let go of any unhelpful stories (of righteous indignation or innocent victimization)
- Practise holding your partner in warm regard, even when feeling distant or during a fight.
- Appreciate your partner on their achievements or efforts.

The Second Predictor Of Divorce – CRITICISM: This involves attacking your partner's character or putting down their personality, instead of addressing specific behaviours. Criticizing often leads to defensiveness,



as the partner may feel attacked and become defensive, in response. Of course, this doesn't mean you can't freely express to your partner if their behaviour upsets you. It's HOW you express yourself that matters. Under the difference between Criticism v/s Complaints. While a complaint addresses a specific action or non-action, a complaint targets the behaviour you want to change.

Coping With Criticism: You need to focus on the behaviour that you want to address and avoid attacking your partner's character. Express what you notice, Share your feelings about that and then state your need. Use a gentle startup instead of criticism. For eg., instead of saying, "You're so lazy," you could say, "I feel frustrated when you don't help with the housework."



"At the end of the day, you can either focus on what's tearing you apart or what's keeping you together."

- Anonymous

The Third Predictor Of Divorce – DEFENSIVENESS: This is a reaction to perceived criticism. It occurs when one partner feels attacked and responds with defensiveness, rather than listening to their partner's concerns. Making excuses, cross-complaining and "yes-butting" are all forms of defensive behaviour. When feeling under attack, it's understandable for people to get defensive. That's why it's such a difficult habit to break however, defensiveness rarely works because it's really another form of blaming. Defensiveness can lead to a cycle of negative communication, as both partners become defensive and may feel unheard.

Coping With Defensiveness: It's important to take responsibility for your actions and avoid blaming your partner. Try to listen actively to your partner's concerns, rather than becoming defensive. Validate what your partner is saying - let them know what makes sense to you and what doesn't.

The Fourth Predictor Of Divorce Is STONEWALLING: This occurs when one partner withdraws from the conversation and refuses to engage with their partner. Stonewalling can be a coping mechanism for dealing

with conflict, but it can be destructive to a relationship. Common responses include stony silence, monosyllabic answers or changing the subject. There is a reluctance to express directly what you are thinking or feeling. While some people use stonewalling to calm themselves or the situation down, it seldom works because your partner is likely to assume you don't care enough about the problem to talk about it and finds it very upsetting to be ignored.

Coping with Stonewalling: You need to learn to calm yourself down actively and then to re-engage in the conversation. Take some time out. Tell your partner you need a break from the conflict discussion. You can disengage from the conversation saying, "Let's leave this for another time, when we're calmer." Assure your partner that you will return to the conversation when you're both ready. During your time out, do something soothing or calming, such as listening to music or reading a magazine. Sometimes engaging in some form of meditation or deep breathing can also help.

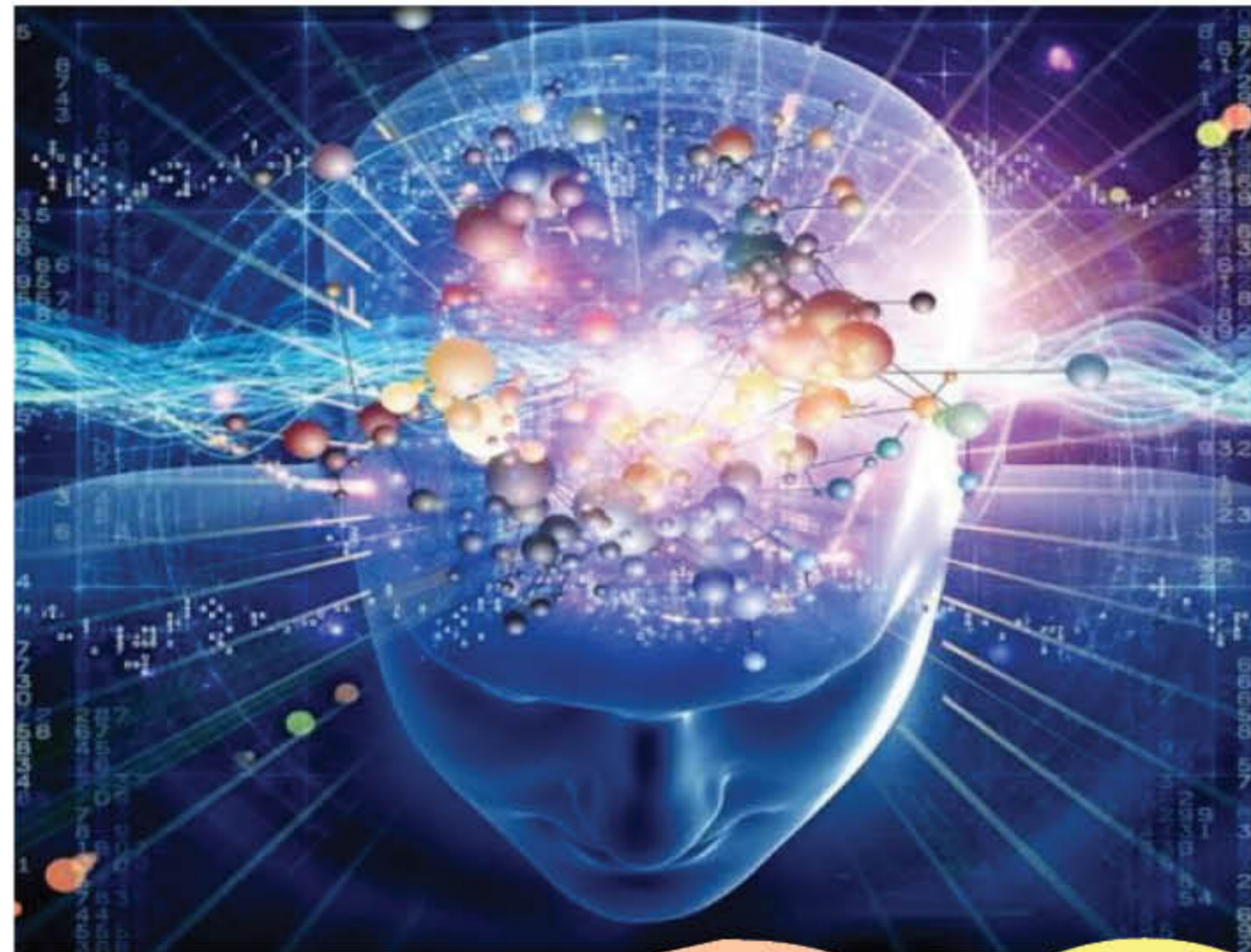
In conclusion, the Four Predictors of Divorce - Contempt, Criticism, Defensiveness and Stonewalling - can be destructive to a relationship. However, by recognizing these behaviours and coping with them, couples can strengthen their relationships. With these coping strategies, couples can build a strong and lasting relationship. If need be, do reach out to a professional to help you navigate and deal with your relationship problems.



DR. DANESH CHINYOY

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Neuro Linguistic Programming



change the words you choose to use to match their vocabulary. The other person will automatically find you more trustworthy – because you resonate with them!

INCANTATIONS: One of the more mainstream NLP techniques, Incantations is a more powerful version of affirmations (a phrase you repeat to yourself about your beliefs and goals). Incantations take it a step further, changing your physiology as well as your words to create a state of complete confidence. Get yourself into peak state by embodying what you're saying with all the intensity you can.

DISSOCIATION: Identify an emotion that you want to get rid of (fear, anger, guilt, etc.). Imagine you can float out of your body looking at yourself having this emotion. You can then float again out of it, meaning, 'you look at yourself looking at yourself'. This will help distance yourself from the emotion.

ANCHORING: If we start talking about lemons, their smell, their taste, the colour, the image of you eating one, you will begin to salivate. The image of the lemon is anchored in yourself. Same goes with many images or emotions. It has been proven that if you strike a power pose for two minutes before an interview, and put yourself in a positive successful mindset, you will dramatically increase your chances to succeed!

An Anchoring Exercise: Think of an emotion you want to feel (happiness, confidence, calmness). Close your eyes and think of a moment you were feeling that emotion. What did you see? Hear? Feel? Taste? Smell? To anchor that feeling, press the part linking your thumb to your index. Close your eyes and keep reliving the moment. You will create a neurological stimulus response, which will allow you to go back to that feeling when you press that part again. You can also do it pressing your ear lobe, etc.

These are a few of the most popular NLP techniques that are easy to practice and quite effective. Like anything else, they need time and practice to master the techniques. If you feel you need a coach or a mentor to help you with the same, feel free to contact yours truly! Enjoy your summer holidays and do keep growing and getting better and better every day. Ushta Te!!

Since childhood we have been taught to lead our lives based on the three magical principles of Humata, Hukta and Hvrashtra, given to us by our beloved Prophet Zarathustra, thousands of years ago. What if I tell you that the world today uses the same principles of Humata, Hukta and Hvrashtra as a super powerful capsule to garner success and achievement. From successful CEOs to winning athletes, people swear by its efficacy. The new-age success coach calls it 'Neuro Linguistic Programming' or NLP.

Neuro Linguistic Programming studies the ways our thoughts (Humata) affect our actions (Hvrashtra). It looks at the ways our brains interpret the signals they receive and how these interpretations affect what we do. It does this through language (Hukta) – the linguistic part of neuro-linguistic programming techniques. By examining how our brains process information, NLP techniques help us to look at our thoughts, feelings and emotions as things that we can control, rather than things that passively happen to us.

NLP starts with a set of presuppositions that complement successful results, in particular - the belief that the meaning we assign to our experiences is everything. It takes the approach that failure is feedback; and if we find the lesson and get back up, failure is worth it. Most of all, NLP believes in the growth mindset: 'We can change our lives. We can do, have, and be exactly what we wish'.

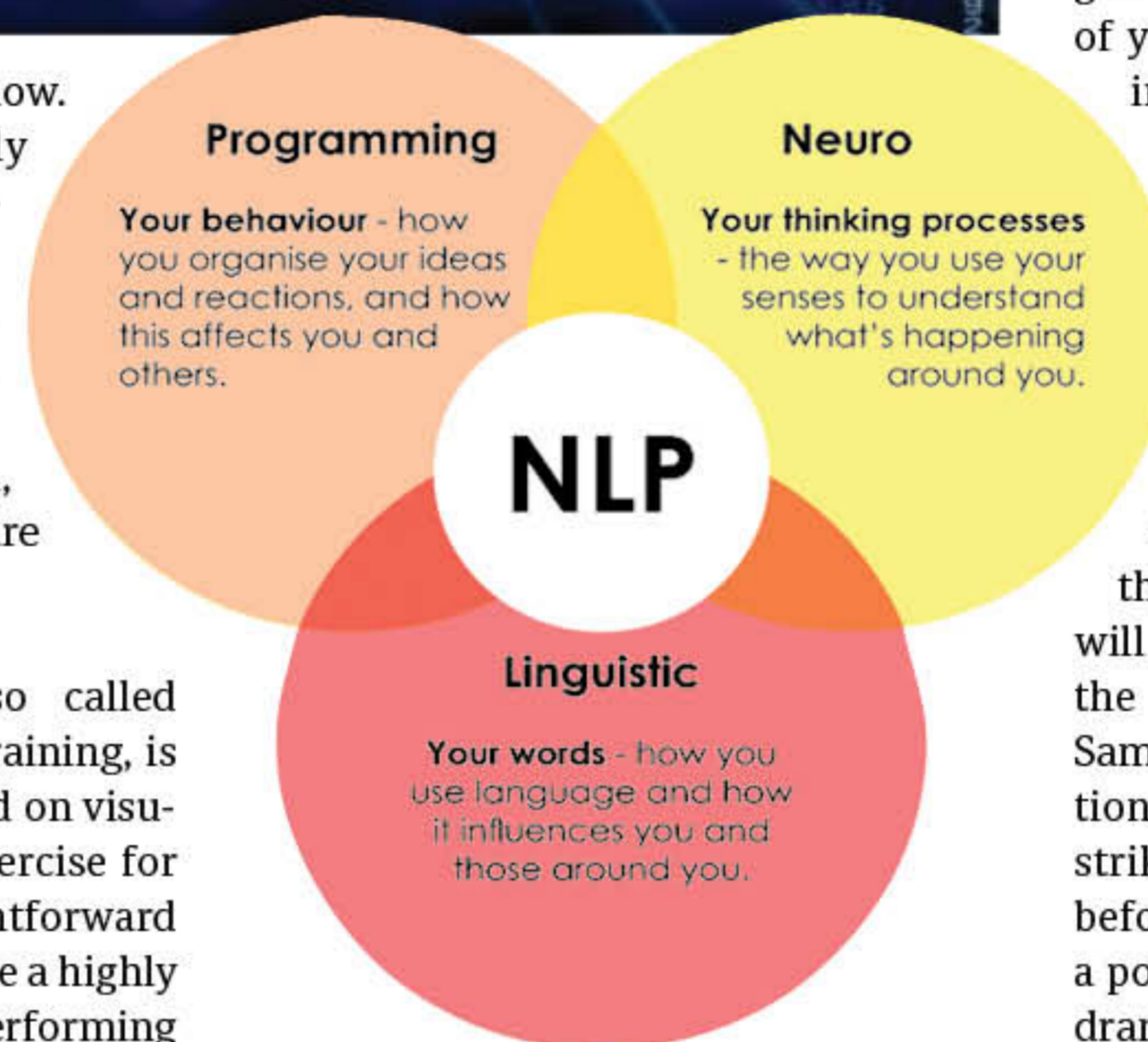
NLP techniques are action-oriented. Rather than focusing on the why of problems, as is done in traditional

therapy, NLP focuses on the how. How can you react differently to your thoughts and emotions? How can you adapt your communication style to the situation? How can you change your mindset so that life is happening for you, not to you? The following are common NLP techniques:

IMAGERY TRAINING: Also called mental rehearsal, Imagery Training, is a classic NLP technique based on visualization. It's an excellent exercise for beginners because it's straightforward and linear. The key is to create a highly detailed scene of yourself performing an action successfully – whether that action is nailing a presentation or driving with ease during peak hours' Mumbai traffic. Picture your body language: confident, determined, comfortable. Feel the confidence you exude and the energy that's around you. Be as detailed as possible. Such NLP techniques are essential for creating absolute certainty in yourself and your abilities.

MODELING: as an NLP training technique has gained the most attention from successful entrepreneurs, athletes, etc. It's based on the law of attraction – the idea that, 'Whatever you consistently think about and focus upon, you move towards'. To elevate your life, surround yourself with people who have achieved the success you want and focus on modeling their behaviors. The more role models you have, the more you'll be able to leverage this NLP technique.

NLP SWISH: First, create a vivid picture in your mind of something you



don't want. Make it big and bright. Then create a vivid picture of what you want to replace it with, making it small and dull. Now reverse them: Bring the image of what you want into the foreground, making it brighter and bigger. Add triumphant music and motion. Throw the image you don't want into the background, turning it gray and colorless. Repeat this reversal three to five times. You'll train your brain to amplify positives and weaken negatives.

MIRRORING: As per the '7-38-55 Rule', just 7% of your message is communicated through words. Your tone of voice contributes 38%, but your body language communicates 55% of your message. Mirroring is an NLP technique that leverages body language to make instant connections and build rapport with anyone. When you're talking to someone, mirror your body language to theirs. If they are high energy, match that energy level. If their body language is relaxed, reflect that. You can even



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