

PARSI TIMES

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THE TRUTH. DELIVERED WEEKLY.

CUSTOMS TO OBSERVE AT ATASH BEHRAM/AGAIRY



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COMMUNITY NEWS



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UDWADA NINE FAMILY SHAHENSHAHI ATHORNAN ANJUMAN - UDWADA

Invites all Zoroastrians to celebrate the 1304th Anniversary of Shreeji Paak Iranshah Atashbehrum on Roj Adar Mah Adar Y.Z. 1393, Saturday 20th April 2024.

1. The Jashan Ceremony will be performed at Shreeji Paak Iranshah Atashbehrum at 9.00 am.
2. Thereafter Mr Firoze Andhyarujina, Senior Advocate High Court, Mumbai will formally introduce Ex-Justice Mr. Rohinton Nariman, who will address the gathering with an enlightening speech on the significance of the 'Kusti Prayer' at the Sir Dinshawji Manekji Petit Compound, opp. Iranshah Apartment, Udwarda.
3. Lunch - courtesy Sir Dinshawji Manekji Petit Charities will be served after 11.00 am at the same venue.
4. A humble request, to all devotees who grace this occasion, to cooperate with the organisers and the volunteering team.
5. Please leave the prohibited items, listed on the notice board, outside the Atashbehrum building.
6. It is also required to maintain decorum and be dressed in appropriate attire befitting the sanctity of the Shreeji Paak Atashbehrum Saheb.

Dear Esteemed Donors,

Warm greetings from Cancer Aid & Research Foundation (CARF)!

We express our heartfelt gratitude for your unwavering support in our patient care journey. Please consider joining our latest appeal, becoming a beacon of hope for little Bhargavi as we strive to alleviate her suffering. With your continued support, we can extend our reach, touching more lives, and making a lasting impact on their well-being.

"ANSWER BHARGAVI'S PAINFUL CALL FOR LIFE: SUPPORT WITH COMPASSION & CARE"

Parenthood is a journey of unconditional love and unwavering dedication, where every parent navigates through countless struggles, determined to provide their children with the best possible upbringing. And then, one day, it happens suddenly the harsh reality dawns upon them resulting unimaginable challenges, when they find their beloved child is facing the daunting battle against life. CARF believes, during such crucial moment, shared compassion is the beacon that guides us through dark nights, lighting the path to a brighter tomorrow amidst unexpected hurdles and trials. Introducing Bhargavi, a nine-year-old daughter of Mangesh, a daily wage laborer supporting his family of four. The family is currently facing the most formidable challenge of their lives.

Since February 2024, Bhargavi has endured relentless sickness, grappling with persistent high fever, body pain, and weakness. Despite prescribed treatment, her health has deteriorated. Following Blood and bone marrow tests, she was diagnosed with the rare blood cancer **"Pre-B Acute Lymphoblastic Leukemia."** The sole lifesaving treatment, including chemotherapy and supportive care, is worth Rs. 3.50 lakhs approx.

Bhargavi's father, Mangesh, tearfully implores, *"We have raised our daughters with boundless love, never anticipating such cruelty. Watching Bhargavi's daily battle is heart-wrenching. Please help us generously to secure the treatment she desperately needs."*

CARF EARNESTLY REQUESTS YOUR SUPPORT IN BHARGAVI'S FIGHT AGAINST CANCER. LET'S COME TOGETHER TO GENEROUSLY SUPPORT HER FAMILY AND MAKE A SIGNIFICANT IMPACT!



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FROM THE EDITOR'S DESK

Community Engagement Is Community Empowerment



Dear Readers,

Being born in the Parsi community is a privilege. We're blessed with a platform that commands respect and admiration... not to forget the unparalleled benefits inherited from our visionary forefathers, known for their legendary industriousness and philanthropy. There are Trusts that cater to all our needs, like they say – from the womb to the tomb – with grants for education and medical expenses; doles, and of course, free/subsidized housing – the most valuable advantage of them all.

However, over time, our gratitude for these benefits has been replaced by a sense of entitlement... while many of us relish our rights as beneficiaries, we unfortunately seem to have forgotten our responsibilities. There's been a rise in an unhealthy sense of indifference towards community commitment and engagement.

We need to understand that the progress and wellbeing of any community, especially once as small as ours, calls for the wilful investment of time and effort from both – its publics and its leaders. Meaningful and inclusive community engagement is crucial to the wellbeing of our community. We need to cultivate a greater interest in staying informed about the ongoings, causes and needs within the community. More importantly, it's about enabling and engaging in a community-led conversation – a productive dialogue comprising regular feedback from both ends – our decision-makers and community members. Community engagement is the single-most, strongest factor that facilitates the transformation we desire.

As a tiny community, we need to be that much more invested and engaged in community affairs, to sustain and empower this glorious legacy, so we can hand it over to oncoming generations with as much responsibility and promise, as it was bequeathed to us.

Have a good weekend!

-Anahita
anahita@parsi-times.com

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RELIGIOUS ANNOUNCEMENTS

Vatcha Agiary Celebrates 144th Salgreh

The Bai Pirojbai Dadabhoy Maneckji Vatcha Agiary, (Fort, Mumbai), celebrates its 144th salgreh on 14th April, 2024 (Shenshai Roj Ardibehest, Mah Adar; 1393 YZ), with a Machi in the Havan Geh at 6:30 am and a Jashan ceremony at 9:30 am. All Parsi Zarthustis are welcome.

Jashan At Idawala Agiary

The monthly Hama Anjuman Jashan will be held at the Bai Avabai Wadia (or Idawala Agiary, situated behind Anjuman Atash Behram), on 19th April, 2024 (Roj Daepadar, Mah Adar), at 5:00 pm, followed by a religious talk by Er. Darayash Katrak. Light Refreshments will be served. All Parsi / Irani Zoroastrians are invited.

Panchgani's Choksi Dar-e-Meher Celebrates 94th Salgreh

The Seth Nanabhoy Bejonji Choksi Dar-e-Meher, in Panchgani, will celebrate its glorious 94th salgreh on 20th April, 2024 (Shenshai Roj Adar, Mah Adar) with Jashan Ceremony at 10:30 am and a Machi at 11:30 am, followed by a meeting of the Samast Anjuman at 12:00 pm. All Parsi Zarthustis are invited.

Banaji Limji Agiary Celebrates 316th Salgreh

The Seth Banaji Limji Agiary (Fort, Mumbai) will celebrate its splendid 316th anniversary on 20th April, 2024, (Roj Adar, Mah Adar) with a Machi at 6:45 am, followed by a Jashan at 10:00 am. There will also be a contributory Jashan at 4:00 pm, followed by Adar Yazad Parab nu Jashan, in Avishtam Geh, at 7:20 pm. All Zoroastrians are welcome to attend.

Seth Maneckji Nowroji Sett Agiary Celebrates 291st Salgreh

The Seth Maneckji Nowroji Sett Agiary (Fort, Mumbai) will celebrate its glorious 291st Salgreh on 20th April, 2024 at 10:00 am. All Humdins are warmly invited.

Mithaiwala Agiary Celebrates 113th Salgreh

The D. E. Mithaiwala Agiary will celebrate its magnificent 113th Salgreh on 20th April, 2024 (Roj Adar, Mah Adar), with a Machi in the Hawan Geh at 7:15am followed by a morning Jashan at 9:30am and an evening Jashan at 5:00pm. Chasni and light refreshments will be served. All are welcome to attend in large numbers.

175th Ava Roj Humbandagi & Jashan At Bhikha Behram Well

The glorious 175th Ava Roj Humbandagi will take place on 21st April, 2024 at the Bhikha Behram Well. A Jashan will be performed at 10:30am followed by the Humbandagi at 11:30am and a talk by Er. Dr Ramiyar Karanjia.

Religious TV Serial

Frohar Films presents tele-serial 'Ahunavar', with episode titled: 'Avan Ardivisoor Banoo Parabh', on 14th April, 2024, at 1:30pm, on DD Girnar channel. The episode screens glimpses of how Avan Ardivisur Parabh is celebrated in Mumbai.

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A Tribute To The Great Sir Jamsetjee Jejeebhoy

14th April, 2024 marks the death anniversary of our community's highly respected and leading visionary and philanthropist – Sir Jamsetjee Jejeebhoy - the first Knight of Bombay, the first Indian Baronet, the true pride of the Parsis. He will be eternally remembered for his great philanthropy towards our community and our country, as also his long-standing vision towards education.

Jamsetjee Jejeebhoy was born on 15th July, 1783, in a humble dwelling at Yatha Vario Mohalla (near present-day Crawford Market) to Jejeebhoy and Jeevibai. The youngest of five siblings, Jamsetjee may have been born to humble beginnings, but he went to become a pioneer in organised philanthropy, practicing, what came to be known as 'Gandhiji's Theory Trusteeship of Wealth', long before Gandhiji was even born!

When Jamsetjee was five years old, his father relocated the family to his native Navsari, where they lived in a quaint little house, which today is a museum that has retained the old-time essence of a hard-working weaver. Despite not being able to receive formal education, Jamsetjee imbibed solid moral grounding from his parents.

After losing his parents in quick succession in 1799 – his mother on 9th April and father on 16th September – Jamsetjee decided to make a living in Bombay. In the years to come, through sheer hard work and grit, he grew rich as a Merchant Prince, earning a spotless reputation as a man of honesty and integrity. He overcame his lack of education during the course of his work and travels, learning to read and write, mastering English language and acquiring bookkeeping skills.

His philanthropy transcended geographical boundaries and communal prejudices. He earned a lot, he gave a lot. Dr. Jal H. Wadia, in his book, 'Life of Sir Jamsetjee Jejeebhoy', writes "charity was his religion." He goes on to say that even as a little boy, "he had formed the good habit of giving every morning a little money to the poor" and "kept up this habit of liberality till his death, the benefactions becoming naturally greater and greater as his wealth increased." No human or humane cause went in need if it came to his notice.

In Gujarat and its surrounding territories, Jamsetjee learnt of the abject poverty amongst the Parsis. He realized the only permanent solution to this was education. In 1842, the year he was conferred his Knighthood, he created a fund and extended himself in every direction to promote learning. He sent donations to the Naval School at Devonport, England; he created an endowment for the Grant Medical College, donated to its Students' Literary and Scientific Society; had books translated in Gujarati; he supported the teaching of Zend, built schools, established the country's premier School of Art.



When the Bombay University was established on 21st February, 1857, he was appointed one of the first five Fellows. This is the man who did not have the benefit of any school education!

A letter he wrote to the Governor of Bombay, Sir George Arthur, reads, "That the interest from the fund shall be applied towards relieving the indigent of our people, and the education of their children, and I now propose to invest the sum of Rs.3,00,000/- and place it at the disposal of Trustees, who with interest shall carry out the object I have mentioned." The total amount actually offered by Sir Jamsetjee came to a then colossal Rs. 4,44,000/-.

After a long but fruitful correspondence, The Trust Deed was finally signed on 9th January, 1849, and thus was born the Sir Jamsetjee Jejeebhoy Parsi Benevolent Institution, with eleven trustees and Sir Jamsetjee as the Chairman. The Central English School (located near current-day Bora Bazar) was established on 17th October, 1849, with 200 students. It was soon known as Sir Jamsetjee Jejeebhoy Fort Boys' High School - this marked the beginning of the learning renaissance amongst Parsis.

Shortly after the Boys' School opened, Dadabhai Naoraji appealed to the Trustees for financial help to start

a girls' school. Sir Jamsetjee immediately embraced the idea, setting up two girls schools on 17th August, 1850 - at Fort and in Gujarat. This act brought in much opposition from a huge majority of Parsis who were at the time and Jamsetjee faced bitter criticism from the orthodox. Today, these schools in Maharashtra and Gujarat stand as monuments of a great mind and a noble heart.

He also donated generously to the fire in Hamburg, the war widows of the Afghan war, the famine fund of Ireland and even to the French people during the great cyclone in France.

He was self-taught and he had learnt much by experience. A man without any formal education became the founder of 'Bombay Times', which was later re-named, 'The Times of India' – India's leading English daily today. He was appointed as member of the senate of the Bombay University; he established Sir J J School of Art at a time when there were hardly enough schools for even formal education. Sir Jamsetjee served on several boards of Education Societies. In fact, he was also the first member of the Board of Education.

Sir Jamsetjee Jejeebhoy, 1st Baronet passed away on 14th April, 1859, at the age of 75, deeply mourned by his family, community, country and the British Empire, leaving behind a magnificent legacy of philanthropy and education with nineteen schools run by Sir JJPBI in 1859.

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Customs To Observe At Atash Behram Or Agyari



NOSHIR H. DADRAWALA

The Holy month of *Adar* has commenced. *Adar* is the Divinity that presides over fire. A number of fire temples across India will celebrate their *Salgreh* (Anniversary) this month. The devout will flock to different *Atash Behram* and *Agyari* to offer gratitude and seek divine blessings! Recently, I was talking to a few friends who wanted to understand the reason behind certain customs and ceremony that we observe when visiting an *Atash Behram* or *Agyari*.

Bathing: Having a bath and preferably a head-bath, before visiting a place of worship is a common practice across many religions. Bathing is seen as a way of purifying oneself before entering a sacred space, and respecting the Divine. It is symbolic of cleansing the body, mind, and spirit, in preparation before engaging in prayer or participating in a religious ceremony. Zoroastrians believe that cleanliness is Godliness. An unclean body or a polluted environment is to move away from Godliness. Washing is a process of purification and restoring *Asha*.

Dress: Wear clean, comfortable and decent clothes. One should keep in mind that we are visiting a place of worship for an uplifting spiritual experience, not a party or a fashion show! Some often argue why one cannot visit an *Atash Bahram* wearing shorts. The short answer is - if one is invited for an audience with an important dignitary, would one go dressed shabbily or wearing shorts? It is simply a matter of decorum. Even certain clubs do not allow members or their guests to wear shorts! We refer to the consecrated fire as *Atash Padshah* or Monarch. Would it be proper to stand before a Monarch in shabby clothes?

The head must be properly covered - in Zoroastrian tradition, hair is 'naso' or dead matter. Hence, we are required to cover our heads, especially while praying or attending a religious ceremony. It is believed that hair that falls off renders the surrounding, ritually impure. Even in good restaurants, chefs and kitchen staff keep their heads covered to prevent any hair falling in the food; surgeons and nurses in hospitals, particularly the operation theatre, also cover their heads for the same reason - medical hygiene.

Covering the head is also a mark of respect - be it in the presence of an elder or the Holy Fire. In ancient rock reliefs of the Achaemenian, Parthian or Sasanian era, no king, queen, priest, soldier or commoner is seen bareheaded. This tradition was continued by Parsis, all the way from Iran to India. Rarely would you see an old portrait of a bareheaded Parsi lady or gentleman.

Padyab Kushti: Before commencing formal prayers or entering the room where the sacred fire is enthroned, the devotee is required to wash with clean well water, the exposed parts of his body (hands and face) and ritually untie and retie the sacred *kushti* which is worn around the waist. This is an act of cleansing one's own aura or the unseen energy enveloping the devotee. *Aura* is often described as the distinctive atmosphere or quality that surrounds or is generated by a person, thing, or place. We often say that certain people, objects or places either give us good vibes or bad vibes. The object behind performing the *Kushti* ritual is to cleanse one's personal atmosphere before entering the sanctified atmosphere surrounding the consecrated fire.

Footwear: Shoes and slippers are removed before walking on the carpeted area inside the fire temple. However, one is encouraged to wear socks and not walk bare foot in any area that is not carpeted. In some cultures, walking barefoot is seen as a mark of reverence, humility and respect. However, the object behind leaving footwear outside is to maintain hygiene inside the



sacred space. Shoe soles carry outside dirt, which should not be brought inside.

Oil lamps: Devotees generally light one or more oil lamps at an *Atash Behram* or *Agyari*. Ideally, these should be lit in the evening and placed near the Holy Well in the fire temple complex. The custom of lighting oil lamps at an *Atash Behram* or *Agyari* goes back to the time when there was no electricity, and oil lamps were a source of light inside the building to aid both - priests and laity in finding their way around at night. To this date, there is no electricity inside the building where *Iranshah* is enthroned and devotees and priests are able to walk through the main hall before entering the chamber only with the aid of the soft light of these oil lamps burning inside ancient glass chandeliers. These flickering flames add to the mystique of such places of worship. (Though not an *Atash Behram* grade fire, there is no electricity even at the *Boyce Agyari* at Tardeo in Mumbai. There is a natural charm sitting at a place of worship like this, which is illumined during the day with natural sunlight and during the night with the glowing Holy Fire and dancing flames of dozens of oil lamps. The scent of burning sandalwood further lifts the spirit.)

Offering To The Fire: We offer fragrant sandalwood to the fire, which in turn gives off fragrance. When offering sandalwood to fire, we should visualize our offering as a gift to the Divine. It also reminds us that throughout life, we should continue to offer to this world our good thoughts, words and deeds, which in turn, will make

the world fragrant. We apply the holy ash to our forehead as a way of ritually connecting to the fire and reminding ourselves that ultimately, we will all be reduced to ash. While sandalwood is our gift of fragrance it is *Baawal Kaathi* (logs of the *Babool* tree) which actually sustains the fire. Hence, offering along with sandalwood some *Kaathi*, or putting some money in the *kaathi* fund donation box, would also be very meritorious.

Sit Or Stand During Boi Ceremony?

The *Boi* ceremony is performed by ordained Zoroastrian priests in each of the five *Geh* or watch of a day of twenty-four hours. The Persian term for the ceremony is '*Bui daadan*', which means to ritually offer 'fragrance'. During the ceremony, the priest offers *Maachi* - which are six to nine elongated pieces of sandalwood, arranged in the form of a *manch* (platform) for the fire.

Whether a devotee should sit or stand during this ceremony is not stated in any known Zoroastrian text. However, as part of ritual tradition, priests always stand while offering the *Atash Niyash*, which is a litany to the fire.

During the *Boi* ceremony, the priest rings the bell while reciting the words, "*Dushmata, Duzhukhta, Duzhvarshata*," which means, "bad thoughts, bad

words and bad deeds", leading some imaginative minds to conclude that if one stands up at that moment, it implies paying respect to evil. A fire temple is a consecrated place of worship and the object of reverence is the Holy Fire. Where is the question of any evil force being present at such a sacred, purified and consecrated place of worship? With the ringing of the bell, the priest symbolically and ritually drives away the forces of evil (all bad thoughts, bad words and bad deeds) and if one decides to stand up, it does not mean the devotee is offering respect to evil. The act of standing up is an act of respect to the Holy Fire, through which the forces of evil are being driven out of this world.

Be Mindful: While at any place of worship we need to be mindful so as not to disturb other devotees, by praying loudly, no matter how melodious our voice may be. Pay your respects at the threshold of the sanctum sanctorum and make place for other devotees to pay their respects. If you borrow a prayer book from the cupboard or shelf, make sure that you put it back where it belongs - don't just leave it on any bench. Also, avoid carrying mobile phones inside, but if you do, ensure that it is switched off. The focus should be on the Divine and not phone calls or messages beeping on the phone.

Shree Mahavir's Matunga * Shree Mahavir's Matunga * Shree Mahavir's Matunga * Shree Mahavir's Matunga

Exhibition Cum Sale With Heavy Discount at Aakar Art Gallery, Breach Candy Mon 15/4/2024 to Thu 18/4/2024

- Machine Made Parsi Gara - Saree - Kurtee - Dupatta - Coat
Ready N Make 2 Order 20% Discount
- Hand Made Parsi Gara - Dupatta
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SHREE MAHAVIR'S EMBROIDERY

Raj Niketan Building, Shop No. 1,
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Contact: 24025070/8652239537/9833916510

WE BUY REAR COR OLD REAL GARA

Shree Mahavir's Matunga * Shree Mahavir's Matunga * Shree Mahavir's Matunga * Shree Mahavir's Matunga

Parsee Gym Retains Supremacy In 7th Late Manek Golvala T10 Cricket Cup

By Special Correspondent Hoshang Katrak

'Cricket is a game of glorious uncertainties', the late Raj Singh Dungarpur would have remarked had he witnessed the finals between holders Parsee Gymkhana (PG) and Navsari 'A'. With some of the best players from the community participating in the six teams - two from Navsari and one each from Hyderabad, Nagpur, Surat, apart from hosts Parsee Gymkhana (Marine Lines) - the stage was set for a pulsating three days of limited overs cricket, from 5th to 7th April, 2024.

In its seventh edition now, the coveted Late Manek Golvala T10 Trophy was instituted by present President - Mehli Golvala in memory of his father, past President of Parsee Gymkhana. The six teams battled it out over three days at the Parsee Gymkhana, the hosts, who proved their supremacy right from the first league game - a 10-wicket

victory over Surat, and came out on top as the only unbeaten team throughout the tournament.

Team Hyderabad were involved in two of the closest matches - a victory over Surat by four runs and a loss to Navsari 'A', off the last ball of the last league game - which turned out to be a virtual semi-final, paving the way for the latter to scrape through to the finals, and at the same time, preventing last year's runners-up - Nagpur, from entering the finals.

In the finals, the two teams lined up and were introduced to President Mehli Golvala. PG captain, Kersi Pavri,

won the toss and decided to bat first. Openers - Shahen

Mistry (54 off 21) and Behzad Devadhwala (62 off 35) shared a 98-run opening stand. In response to PG's 124 for 2, Navsari's openers - Kurush Jagirdar (58 off 25) and skipper Rohin Patel (33 off 21), went for overkill, bringing up the team's 50 in merely 3.2 overs. The seventh over yielded 23 runs. With just 30 required from the last 3 overs, the match was going Navsari's way.

PG skipper, Kersi bringing in Burzin Mehta in the eighth over, proved to be a masterstroke as the latter gave away just 6 runs. With 12 needed off the last over, Pavri handed the ball back to Burzin, who let only 3 runs slide in the over. Thus, Parsee

the three days. The tournament owes its phenomenal success to the meticulous planning by Khodadad Yazdegardi, ably supported by Mehernosh Chhor, Vafadar Irani, Eric Billimoria, Cherag Irani, Vispi Mehta and Farshid Yazdani.



All 6 Teams Captains with Khodadad Yazdegardi & The Trophy



Team PG Captain Kersi Pavri receiving trophy from Chief Guest Jeetu Thakarey, alongside PG President Mehli Golvala, Hoshang Katrak & Mayur Bhatia

Gymkhana had won the finals by 8 runs.

Jeetu Thakrey, ex-Mumbai Ranji Trophy player and current Mumbai Ranji selector, presided as Chief Guest and gave away the prizes. Present through the tourney were PG's physiotherapist Dr. Saloni Modh; international Score-keeper - Harshil Patel; and senior MCA 'A' Division umpires - Rohinton Mistry, Shailendra Sharma and Manish Patel who officiated the matches. Kainath Zadeh of Rainbow Warriors provided the live telecast on YouTube.

PG spared neither effort nor expense to make this tournament a huge success - providing cricket attire, lodging facilities for outstation players, and all meals for



Winners: Team Parsee Gymkhana

7th Late Manek Golvala T10 Cricket Cup Awards

BEST BATSMAN & PLAYER OF THE TOURNAMENT:
Bezad Devadhwala (PG)

BEST BOWLER: **Kaivan Kasad (Navsari 'A')**

BEST FIELDER: **Porus Sui (Navsari 'A')**

BEST PLAYER (FINALS): **Burzin Mehta (PG)**

BEST UPCOMING PLAYER: **Shiamak Bhatela (Hyderabad)**

Lisa Bandari, Dr. Ricardo Tavares Honoured At UK-Portugal Business Awards

Two leading personalities of Parsi heritage - Lisa Bandari and Dr. Ricardo Tavares - were recognised at the UK-Portugal Business Awards, recently hosted by the UK Department for Business and Trade, in Portugal. This event was designed to reward and publicly recognise the entrepreneurial efforts of companies that have either chosen the UK as an investment destination, or British companies that have achieved success in Portugal.

Lisa Bandari, daughter of Kay and Darayus Bandari, has recently been appointed His Majesty's Ambassador to Portugal. Lisa was previously serving at the FCDO (Foreign, Commonwealth and Development Office) as Deputy Director for India and HMG India Coordinator, having read Modern Languages at Oxford University.

Dr. Ricardo Tavares, is the great grandson of Rustomji Bomanji Billimoria - the founder of the Bel Air Sanitorium in Panchgani

(Maharashtra, India); recipient of the prestigious Padma Bhushan Award for his contributions in the field of Medicine (studied at Oxford University), and currently a leading part of a distinguished global premium education brand - Dukes Education. Doing his lineage proud, Dr. Ricardo Tavares sits on the Board of Governors for Dukes Education's three International Schools in Portugal, namely United Lisbon International School; International Sharing School; and Colegio Julio Dinis (Porto).



WZO Trusts: Summary Of Funds Disbursed In India

WZO Trusts is pleased to share with their Donors, Friends, Well Wishers and Community Members, the following Summary of Funds Disbursed in India, for various welfare activities undertaken, during the course of Financial Year - April 2023 to March 2024.

Parsi Times catches up with Mr. Dinshaw Tamboly, Chairman – WZO Trust Funds...

PT: WZO Trust Funds has been at the forefront of community service making a huge difference in the lives of innumerable community members, thanks to the munificence of your donors. Could you share some light as regards approximately how many beneficiaries have been helped as well as how many donors contributed over the last year?

Dinshaw Tamboly: During the course of the FY 2023-2024, a total of 4,291 beneficiaries have been extended support from funds received from many donors.

THE WZO TRUST FUNDS THE WZO TRUST FOR WOMEN & CHILDREN THE WORLD ZOROASTRIAN ORGANISATION TRUST			
DETAILS OF FINANCIAL HELP DISBURSED DURING FY APRIL 2023 TO MARCH 2024			
Sr. No.	PURPOSE	No. of Beneficiaries	Amount (INR)
1	MEDICAL	665	69,164,423
2	EDUCATION	213	14,782,481
3	RELIEF FROM POVERTY a) Quarterly Financial Help b) Lumpsum	571 1048	34,983,000 13,713,478
4	FINANCIAL HELP TO MOBES a) Quarterly Financial Help i) Senior Mobeds ii) Senior Widows of Mobeds b) Lumpsum to Mobeds	117 31 96	17,550,000 4,836,000 5,693,121
5	DONATIONS TO FIRE TEMPLES For Repairs and Kathis	11	9,113,280
6	QUARTERLY FINANCIAL HELP TO a) Economically challenged Senior Citizens b) Pall Bearers c) Atashbehram & Agiyaries Helpers	192 65 147	11,520,000 5,850,000 8,820,000
7	FINANCIAL REHABILITATION of individuals in economic distress	29	3,232,391
8	A) FARMERS' WELFARE towards sustaining their livelihoods B) Converting Huts to Cottages C) Repairs to Cottages	4 6 8	885,000 1,669,000 1,203,500
9	SELF EMPLOYMENT	13	6,326,000
10	FOODGRAINS AND FOOD PACKETS DISTRIBUTION	1075	6,648,058
11	YOUTH ACTIVITIES		4,972,628
12	BOOKS & PERIODICALS		424,500
13	GENERAL EXPENSES		2,302,388
14	SENIOR CITIZENS CENTRE, NAVSARI		9,754,413
15	SANJAN SANATORIUM		1,006,913
16	ADMINISTRATIVE EXPENSES (1.95% of total disbursements / expenses)		4,671,916
	GRAND TOTAL	4,291	239,122,490

Donors	No. of donors	Amount Rs.
From overseas	18	18,92,10,199
From within India: (More than 100,000)	56	8,55,24,400
(Less than 100,000)	350+	74,84,270
Total	424	28,22,18,869

PT: Which donors that have been greatly instrumental in making a difference due to their sizeable donations?

Dinshaw Tamboly: Our single largest donor over the last 25 years have been the generous Trustees of Zoroastrian Charity Funds of Hong Kong, Canton & Macao whose contributions during the last financial year has amounted to Rs.10,32,68,400 (36.59%) of total contributions received by us.

PT: What message would you like to share with community members?

Dinshaw Tamboly: WZO Trusts has always pursued the policy of transparency and accountability with donors as well as ensured that the self-respect and dignity of the beneficiaries always remains inviolable. These policies have ensured smooth and seamless relations between donors and beneficiaries and will hopefully continue in the years to come.

We extend sincere gratitude and appreciation to donors who have contributed towards various charitable causes that have brought relief into the lives of community members in need.

- Team WZO Trusts

Nikita Surty Wins Women In New Energy 2024 Award

On 5th April, 2024, Nikita B. Surty was conferred the prestigious Women In New Energy (WiNE) 2024 Award for her dedication to transforming renewable energy in East Africa, on the occasion of SolarQuarter's East Africa Leadership Night 2024, which unites the most distinguished experts from the East Africa solar industry for an evening of celebration

and recognition. Held at the Emara Ole-Sereni, in Nairobi, the event showcased the remarkable achievements of industry professionals and underscored the region's commitment to advancing solar energy innovation.

Nikita Surty was one of only two women who were presented the 'Women in New Energy (WiNE) East

Africa Awards 2024, honoring the influential role of women in driving innovation. Her inspiring journey boasts of resilience and vision, aiming to redefine the sector. Under her leadership, Spenomatic Solar Home Solutions Ltd. has thrived in small scale solar installations for homes and other establishments.

The evening served as

a beacon of inspiration, bringing together industry luminaries to celebrate the collective progress and achievements of the solar energy sector in East Africa and recognizing and celebrating the achievements of solar energy professionals. Kudos to Surty and her team for their commitment to making a difference in East Africa.



Launch Of 'Centre for Avesta-Pahlavi Studies' - A 5-way 'Samanvay' Project'

Dr. Adil Malia

5th March, 2024, marked the launch of the renewed initiative: 'Centre for Avesta-Pahlavi Studies', at the Kalina campus of Mumbai University (MU), inaugurated by our H'ble Minister of Women & Child Development, and Minister of Minority Affairs - Smt. Smriti Irani. Indeed a historic day of pride for the Zoroastrian community – thanks to the untiring efforts of the core team comprising Er. Parvez Bajan, Er. Cyrus Darbari, Shiraz Kapadia, Shirin Contractor, Meher Contractor and Dr. Daruwalla, and myself - Dr. Adil Malia.

This is a 5-way 'Samanvay' project. For the uninitiated, 'Samanvay' (in Sanskrit) means harmonious co-ordination, integration or synthesis. It refers to the act of bringing together diverse elements of the equation in a manner which creates a coherent and unified whole, for collective progress.

The project envisions building a 'State of the Art Centre for Avestan Culture. Setting up this Centre promoting Avestan culture and studies is a unique and live 'Samanvay' project, that is currently underway, being worked on by 5 critical stake holders:

1. The Ministry of Minority Affairs, GoI
2. Govt. of Maharashtra
3. University of Mumbai
4. Centre for Distance And Open Education (CDOE), at University of Mumbai
5. The 'Zoroastrian-Parsi-Irani' team comprising Dr. Adil Malia, Er. Dr. Parvez Bajan, Er. Cyrus Darbari, Mrs. Meher Contractor, Ms. Shirin Contractor, Mrs. Shiraz Kapadia and Dr. Kerman Daruwalla.



This Group of stakeholders held its second meeting on 8th April, 2024, at the Dr. Babasaheb Ambedkar Auditorium, at Kalina. Several integral issues were discussed including design of the infrastructure, planned international teaching Partnerships, course content for various programs, and also the need to go beyond teaching Avesta-Pahlavi languages at this Centre and to focus on various course designs that would make the proposed Centre an all-inclusive International Centre for Development of Zoroastrian & Avestan Culture.

The Central Government was represented by Principal Secretary, Ministry of Minority Affairs - Srinivas Katikithala; Joint Secretary (Education) - Jitendra Singh Raje; their Undersecretary and other officers from the Ministry. The State Government was represented by the Sr. Secretary. The Mumbai University was represented by Vice Chancellor - Prof. Ravindra Kulkarni and Head of the English Department at MU - Dr. Shivaji Sargar, who is also appointed as the first Nodal Officer of the project. The Centre of Distance & Open Education was represented by Dr. Santosh Rathod - the Second Nodal Officer, and our team was led by Dr. Adil Malia and Er. Dr. Parvez Bajan, along with five members of our team, named above.

The good news is that admissions for the relevant Avesta-Pahlavi language graduation (MA) level courses will commence by June 2024. Students

interested in pursuing the same can contact Er. Cyrus Darbari on email: cyrus_darbari@ashinfo.com for relevant details.

We, as a group, communicated our wholehearted support to the Government and other stakeholders and further expressed our keen desire to work with the larger team of stakeholders, not only as beneficiaries of the program, but more so, as working partners, right from the design stage of this project itself.

Our community members are crucial to this project – your contributions in terms of your knowledge, skills and ideas will make this joint project a grand success. Do write in and share your ideas and suggestions with us, either directly to me at adiljmalia@gmail.com or to Er. Bajan (pmbajan@gmail.com), Er. Cyrus Darbari (cyrus_darbari@ashinfo.com), Dr. Kerman Daruwalla (kerman.daruwalla@gmail.com), Shiraz Kapadia (Shirazvkapadia@gmail.com), Meher Contractor (maresa@rediffmail.com), or Shirin Contractor (shirindara@gmail.com).

Education is the best way to institutionalize and sustain our language and culture for posterity. Let us all collaborate and work together to make this project a resounding success!

Rati Wadia Felicitated By Wishwa Bharti Sansthan

Esteemed educator - Rati Dady Wadia was felicitated with a special award for her outstanding lifelong contributions in the field of Education and Social Service, by Ahmedabad-based NGO, Wishwa Bharti Sansthan, during its annual literary function – the Juhi Mela - which was held in Mumbai, on 30th March, 2024.



Dr. Usha Upadhyay, the head of Wishwa Bharati Sansthan, greatly praised Rati Wadia in her speech saying that it was a matter of great pride and honour to be honouring such successful and respected personality. The annual conference, which was organised in collaboration with WDC, Mumbai University and Maniben Nanavati Women 's College, Mumbai, serves as a global platform that integrates Indian writers and women artists. Earlier conferences have been held in Ahmedabad, Delhi, Bhavnagar, Nepal, California USA and Indore. Rati Wadia was one of the seven most prominent women residents of Mumbai, who were honoured on the occasion.

An exemplary educator, Rati Wadia has also been a nurturing guide to her students and dedicated her efforts towards social causes. She served as Head of the English Department as well as Senior School Supervisor at Mumbai's Queen Mary School, her alma mater. She retired after a commendable 36-year service (from 1964 to 2000) as the first and only non-Christian Principal, in the 125-year-old academic institute.

Rati Wadia has also served as a speaker delegate at various prime institutes including the Educational Exchange Programme with College D'argent in Lyons, France; the 6th World Zoroastrian Congress (WZC) in Tehran, Iran; the 7th WZC in Houston, Texas, USA; and the 11th WZC in Perth, Australia. Additionally, she has conducted Poetry Festivals, for the last 12 years, under the flag of '100 thousand Poets for Change'.

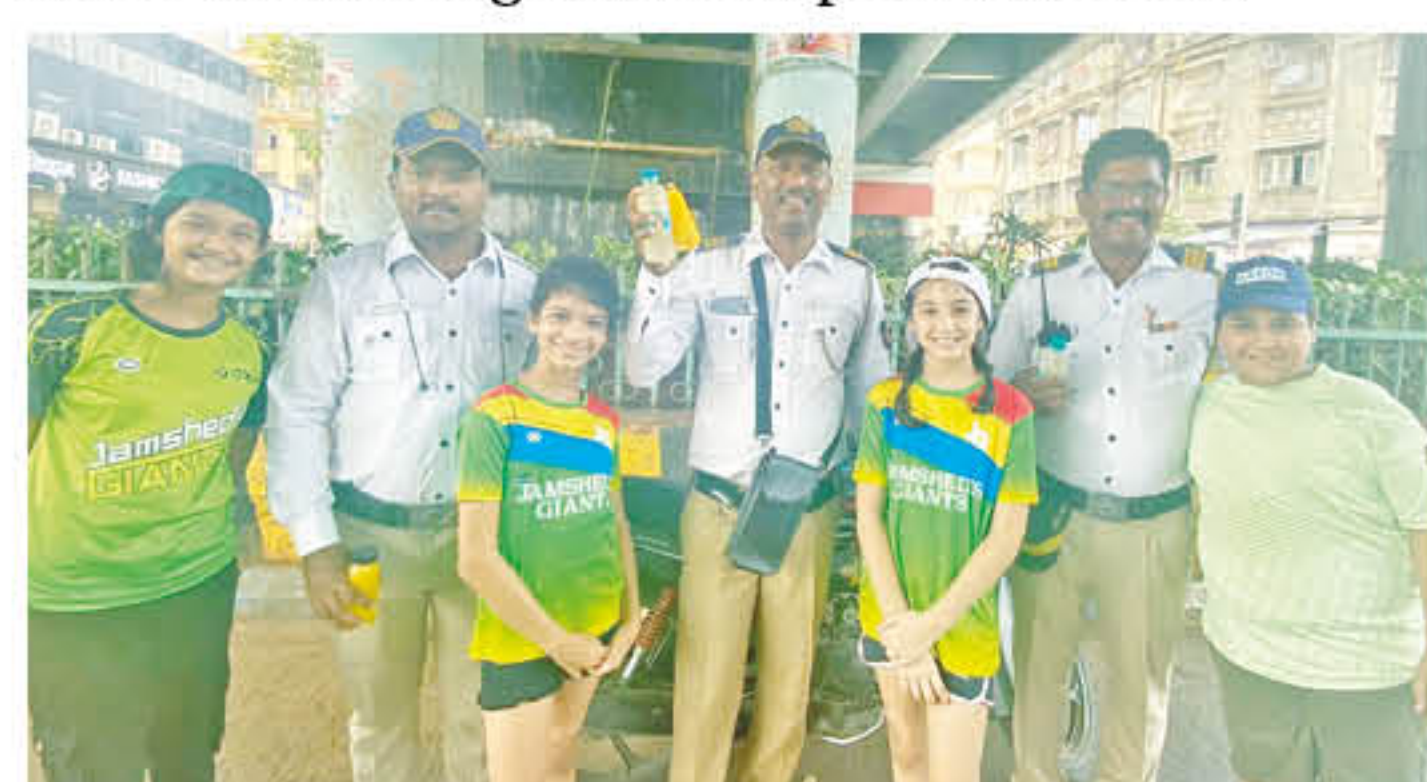
XYZ's Jamshed's Giants Help Ground-Workers 'Beat The Heat'!

In the scorching summer heat, XYZ's group - 'Jamshed's Giants' (JG) from Byculla, took to the streets to execute their 'Beat The Heat' mission – aimed at showing gratitude to ground-workers, who toil tirelessly under the blazing sun, by giving them refreshing home-made beverages.

Much planning went into this activity as volunteers, with the support of parents, carefully mapped out areas where construction was underway, ensuring to cover as much ground as possible. Each



child was tasked with preparing at least ten 250 ml bottles of a refreshing drink.



On 6th April, 2024, the valiant JG members headed out, with parents overseeing different groups, to show their appreciation by providing cooling relief to workers at construction sites, metro projects, even reaching out to police and traffic police. Over 300 bottles of icy goodness were handed out to grateful

construction workers, who welcomed the sweet relief with smiles. At every traffic signal, the children also gave heartfelt shout outs to the traffic police, expressing their thanks for keeping our roads safe.

A job well done was celebrated with a well-deserved treat of ice-cream at McDonald's – relished by the members of JG, even as they grew a deeper sense of respect about the hardships that ground workers undergo.



WORD SEARCH

Search out 16 Popular English Names of Fishes Consumed hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- Pomfret (Paaplet)
- Mullet (Boi)
- Herring (Hilsa)
- Salmon (Ravas)
- Black Pomfret (Halva)
- Indian Carp (Rohu)
- Solefish (Repti)
- Oysters (Kalva)
- King Fish (Surmai)
- Dolphin (Mahi Mahi)
- Red Snapper (Rani)
- Mackarel (Bangada)
- Bombay Duck (Bombil)
- Cat Fish (Singhada)
- Sardines (Pedve)
- Tilapia (Tilapia)

WINNING CAPTION



AJAY: Our marriage is so blissful though it's been so long!
KAJOL: That's because I always forgive you whenever I am wrong!

By Dezadd Dotiwalla

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

TechKnow With Tantra



Arcwise.ai

This Google Chrome extension is your co-pilot for Google Sheets, where you can instantly understand, clean and ingest data in Google Sheets with the AI behind ChatGPT. It cleans your data from its original database at the click of a button. It helps infer formulas from a complex Worksheet, answers questions in simple English; if you have the concept of the formula but don't know how to write it, Arcwise.ai writes the formula! It even imports data from a website into your sheet. Arcwise.ai is free to use - just add the Chrome extension to your browser and get instant, intelligent assistance!

<https://arcwise.ai/>

SUDOKU

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

Solution Below

CAPTION THIS!



Calling all our readers to caption this picture!

Send in your captions at editor@parsi-times.com by 18th April, 2024.

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.

Thought of the Week

"Don't expect to build up the weak by pulling down the strong."
 — Calvin Coolidge

પારસી ટાઈમ્સ

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THE TRUTH. DELIVERED WEEKLY.

ઉદવાડા નાઈન ફેમિલી શહેનશાહી અથોરનાન અંજુમન - ઉદવાડા

સર્વે હમદીનોને શ્રીજી પાક ઇરાનશાહ આતશબેહરામ સાહેબની ૧૩૦૪મી ઉજવણી પ્રસન્ને રોજ આદર, માહ આદર ૧૩૯૩, તારીખ ૨૦ - એપ્રિલ - ૨૦૨૪ ને દિને પધારવા આમંત્રણ આપે છે.

૧. સ્ટા. ટા. ૯.૦૦ કલાકે ઉદવાડા નાઈન ફેમિલી શહેનશાહી અથોરનાન અંજુમન તરફથી ખુશાલીનું જશન શ્રીજી પાક ઇરાનશાહ આતશબેહરામ સાહેબના મકાનમાં કરવામાં આવશે.
૨. શ્રી ફિરોજ અંધ્યારુજીના સિનિયર વકીલ હાઈકોર્ટ, ભૂતપૂર્વ ન્યાયાધીશ શ્રી રોહિન્ટન નરીમાનનો પરિચય કરાવશે. જેઓ કસ્તી ભણતર ના મહત્વ ઉપર સર દિનશાજી માણેકજી પીટીટ કમ્પાઉન્ડ ખાતે સભાને સંબોધન કરશે.
૩. સવારે ૧૧ કલાકે સર દિનશાજી માણેકજી પીટીટ ના સૌજન્ય થી ખુશાલીનો જમણવાર પીટીટ કમ્પાઉન્ડ માં રાખવામાં આવ્યો છે.
૪. આ અવસરમાં પધારેલા તમામ હમદીનોને સવયંસેવક ની ટીમને સહકાર આપવા વિનંતી છે.
૫. આતશબેહરામ બિલ્ડિંગની બહાર નોટિસ બોર્ડ મુજબ પ્રતિબંધિત વસ્તુઓ આતશ બેહરામમાં લાવવી નહીં.
૬. શ્રીજી આતશબેહરામ સાહેબની પવિત્રતા જાળવવા મહાજાભર્યો પોશાક પહેરવા વિનંતી છે.

નવરોઝ ફ્યુઝન ફિયેસ્ટા... વાહ સિકંદરાબાદ



સિકંદરાબાદની ઓરાસ્ટ્રિયન ક્લબે ૨૧મી માર્ચ, ૨૦૨૪ના રોજ પારસી ધર્મશાળામાં એક ગાલા નવરોઝ ફ્યુઝન ફિયેસ્ટાનું આયોજન કર્યું હતું, જેમાં ઘણા બધા સમુદાયના સભ્યો - નાના બાળકોથી લઈને સુપર સિનિયર્સ સુધી - ધર્મશાળાના પેવેલિયનમાં પરફોર્મ કરી રહ્યા હતા, જેમાં ૮૮૦ મજબૂત પ્રેક્ષકો હતા. તમામ સમુદાયોના લોકો પારસી સાંસ્કૃતિક વાતાવરણમાં ભીંગવા અને અદભૂત રાંધણકાણાનો નમૂનો લેવા તત્પર હતા. સ્થળ પર એક વિસ્તૃત નવરોઝ ટેબલ પણ ગોઠવવામાં આવ્યું હતું. ઓરાસ્ટ્રિયન ક્લબના પ્રમુખ, જહાંગીર બિસ્નીએ ઉષ્માભર્યું સ્વાગત પ્રવચન આપ્યું, ત્યારબાદ ફરીદા આંટીયા દ્વારા પ્રશિક્ષિત, પારસી ઝભલામાં સુંદર

દેખાતા અગિયાર બાળકો દ્વારા એક શુભ હમબંદગી અને આત્માપૂર્ણ મોનાજત રજૂ કરવામાં આવી. આગળ હાઉસીની રમત હતી. તેમના સ્વાગત પ્રવચનમાં, જહાંગીર બિસ્નીએ ગયા વર્ષે અવસાન પામેલા બે પારસી દિગ્ગજો - ઓમીમ દેબારા અને હવોવી પટેલની સ્મૃતિને અંજલી સમર્પિત કરી. તેમણે કાર્યક્રમને સફળ બનાવવામાં મદદ કરનાર તમામનો આભાર વ્યક્ત કર્યો હતો. સાંજ માટેના મનોરંજનમાં પરિયાથી પારસી સ્થળાંતર દર્શાવતો શો, પારસી લગ્નનું પ્રદર્શન કરતી એક સ્કીટ,



તેમના ભવ્ય ગરાસની ઝાંખી કરાવતી મહિલાઓનું એક મંત્રમુગ્ધ સરઘસ, પારસી દંતકથાઓ અને બેન્ડનો સમાવેશ થતો હતો જેણે પ્રેક્ષકોને મંત્રમુગ્ધ બનાવી દીધા હતા. આ પર્વ રાષ્ટ્રીયતની પ્રસ્તુતિ અને પારસી વાનગીઓની મિજબાની સાથે સમાપ્ત થયું. (યુટ્યુબ ઈવેન્ટ અહીં જુઓ: <https://www.youtube.com/watch?v=GPNjN0y-jAk> or <https://www.youtube.com/watch?v=4EeHWos1CQU>)

ડબલ્યુએસએએસ ગ્લોબલ ફોકલોર સાથે મહિલા દિવસની ઉજવણી કરે છે



ઓરાસ્ટ્રિયન વુમન્સ એસેમ્બલી ઓફ સુરતે (એડબલ્યુએએસ) સુરતના તાલ ગ્રુપ દ્વારા આયોજિત ઈન્ટરનેશનલ ફોકલોર ડાન્સ ફેસ્ટ ૨.૦માં મહિલા દિવસ ૨૦૨૪ની ઉજવણી કરી હતી. મિત્રતા, સ્ત્રીત્વ અને ઉત્સવની યાદમાં, સુરતની પ્રતિભાશાળી મહિલાઓ દ્વારા ડિઝાઈન કરાયેલ પરંપરાગત પોશાકમાં સ્ત્રી શક્તિની ઉજવણી કરવા સુરત સાયન્સ સેન્ટર ખાતેનું એક્ઝી

થિયેટર વાઈબ્રન્ટ સોનેરી અને ગુલાબી રંગછટાઓ સાથે જીવંત બન્યું હતું. પોલેન્ડ, રોમાનિયા, શ્રીલંકા, થાઈલેન્ડ અને ભારતની ટીમોએ, તાલ ગ્રુપની સક્ષમ આગેવાની હેઠળ, તેમના નૃત્ય પ્રદર્શન સાથે, ૮ થી ૧૧ માર્ચ સુધી ભારતના ઘણા શહેરોનો પ્રવાસ કર્યો હતો. વધુ માટે જુઓ પાનુ ૧૧

સ્ટીલ મેન વિસ્પી ખરાડી ભારતમાં કોમ્બેટ લીગ લાવશે

રેનશી વિસ્પી ખરાડી, હેડ કોચ ઈન્ડિયા, અને પત્ની - સેન્સેઈ ફરજાના ખરાડી - જનરલ સેક્રેટરી કુડો ઈન્ડિયા, કુડો એશિયા પેસિફિક હેડ - હેનશી મેલુલ વોરા અને કુડો ઈન્ડિયાના પ્રમુખ - સેન્સેઈ મેઘા વોરાના નેતૃત્વ હેઠળ, તાજેતરમાં ટોક્યોમાં વિશ્વ પરિષદ માટે જાપાન, કુડો અને માર્શલ આર્ટ્સને નવી ફેમ આપવા માટે આમંત્રિત કરવામાં આવ્યા હતા. કેઆઈએફઆઈ એસોસિએશનની આ એક્ઝિક્યુટિવ કમિટીની કુડો ઈન્ટરનેશનલ ફેડરેશન વર્લ્ડ હેડક્વાર્ટર (જાપાન) ખાતે ફળદાયી બોર્ડ મીટિંગ થઈ હતી, જેના પરિણામે એવા નિર્ણયો લેવામાં આવ્યા હતા જે કુડો ઈન્ડિયાને ભવિષ્યમાં મુખ્ય સીમાચિહ્નો હાંસલ કરવામાં મદદ કરશે. કુડો કોમ્બેટ લીગનું આયોજન ભારતમાં ડિસેમ્બર ૨૦૨૪માં કરવામાં આવશે અને તમામ સહભાગીઓને ઈનામી

રકમ મળશે. ઉપરાંત, કુડો રમતવીરોને કલામાં તેમના જ્ઞાન અને કુશળતાને સમૃદ્ધ બનાવવા માટે નિષ્ણાત ટ્રેનર્સ ભારતની મુલાકાત લેશે. સુરતના પ્રખ્યાત વ્યક્તિત્વ અને સમુદાયનું ગૌરવ - વિસ્પી ખરાડી, જેમની જીવનયાત્રા તાજેતરમાં હિસ્દ્રી ચેનલ પરના શો ઓએમજી યે મેરા ઈન્ડિયામાં દસ્તાવેજીકૃત કરવામાં આવી હતી, તેઓ મન ફૂંકાતા પરાક્રમો અને અદભૂત રેકોર્ડ્સ માટે, ૧૩ ગિનિસ રેકોર્ડ્સ તોડવા માટે પ્રખ્યાત છે. અને ભારતના ટોચના માર્શલ આર્ટિસ્ટમાંના એક તરીકે સ્થાન મેળવ્યું છે. વિસ્પીએ



બીએસએફના યોદ્ધાઓને પણ તાલીમ આપી છે. માર્શલ આર્ટ્સમાં તેમના યોગદાન માટે સન્માનના ચિહ્ન તરીકે, રેનશી વિસ્પી ખરાડીને ઘ સ્ટીલ મેન ઓફ ઈન્ડિયાનો ખિતાબ એનાયત કરવામાં આવ્યો હતો. ફિટનેસમાં શ્રેષ્ઠતાના બારને સતત વધારવા માટે રેનશી વિસ્પી અને ટીમ કુડોને અભિનંદન.



ઈમોશનલ એકાઉન્ટ!!

હું જેવો ઘરમાં દાખલ થયો, ફેશ થઈને કપડાં બદલીને જરાં શાંતીથી આરામખુરશીમાં ગોઠવાયો ત્યાં જ અવાજ આવ્યો ચા લાવું?

પછી જવાબની અપેક્ષા ન રાખતાં જ ચા આવી ગઈ. કેમ આજે કંઈ વિચારોમાં છો? પત્નીની પૂછપરછ શરૂ.

કેમ? મેં સામું પૂછ્યું, શું થયું છે? ઓફિસમાં કાંઈ બોલાચાલી?



પત્નીએ મજરી ચાલું રાખી. છતાં હું મૌન હવામાં તાકતો ગયો અને ચા પીતો ગયો.

આ નવી ઓફિસમાં નવા લોકોની વચ્ચે આવીને મને ઘણો સમય થઈ ગયો, પણ જૂની ઓફિસમાંથી કોઈનો સમ ખાવા પૂરતો પણ પુછપરછનો ફોન નથી આવ્યો કે શું કરો છો? ક્યાં છો? જેમની સાથે આઠ-દસ કલાક કામ કરતા હતાં, એમાંથી કોઈ યાદ પણ નથી કરતું?

જે લોકો મારી માટે કોઈની પણ સાથે લડી લેતાં હતાં, એ પછી સામે સિનિયર લોય કે કોઈ ક્લાયંટપણ, એ બધાં જ આજે મને વીસરી ગયાં લોય એવું લાગે છે

તો? સાર્કોલોજીની પ્રોફેસર પત્નીએ ટૂંકાવ્યું.

તો, એટલે?

હું હવે વધું અસ્વસ્થ થયો અને વધુ મૂંઝાયો, અને મનમાં બબડ્યો આને કાંઈ ફરક જ નથી પડતો, મારે તો બહાર પણ એવું જ અને ઘરમાં પણ એવું જ.

હે પ્રભુ, તું જ રસ્તો દેખાડ!!

મારા આ હાલ જોઈને પત્ની થોડી ગંભીર થઈ.

તમારી એક જ તકલીફ છે. તમે જીવનમાં કોઈની પણ પાસે કોઈ પણ અપેક્ષા રાખવાનું બંધ કરી દો, પછી કાંઈ દુઃખ નહીં થાય.

અરે યાર, તું હવે મને પ્રવચન આપવા માંડી છે. હું ચીડાયો.

ના ના એવું નહીં, હું સમજાવું એણે ધરાર મને સ્ટુડન્ટ બનાવીને સમજાવવા માંડ્યું

બેન્કવાળા તમારા જમા કરેલ પૈસાનું તમને વ્યાજ કેમ આપે છે?

આશ્ચર્યથી આંખો પલોળી થઈ, મનમાં વીચાર્યું કે આ કાંઈક નવું આયું..... પછી ડાહ્યાડમરા સ્ટુડન્ટની જેમ જવાબ આપ્યો

મારાં ખાતામાં પૈસા છે, એટલે ડેબિટ કાર્ડ પૈસા આપે.

એટલે કે તમે જેટલાં જમા કર્યાં છે, એટલાં જ ખર્ચી શકો બરાબર ને!!

એવી જ રીતે તમે દરેક જણ સાથે એક ખાતું ખોલ્યું છે જેને કહેવાય, ઈમોશનલ એકાઉન્ટ એમાં જ્યાં સુધી બેલેન્સ હશે ત્યાં સુધી વપરાશે.

જે લોકો તમારી આસપાસ હતાં, પણ ઈમોશનલ એકાઉન્ટમાં બેલેન્સ ઓછું હતું, એટલે તમે ઓફિસમાંથી બહાર નીકળતાં જ બેલેન્સ ખતમ.

એટલે

નો યાદ..... નો કોલ.... નર્થીંગ.

કાંઈક ગળે ઉતરતું લોય એવું લાગ્યું.

તમારાં ખાસ મિત્રો વિશે પણ એવું જ ફીલ થાય છે? એમનાં પણ ફોન નથી ઘણા દિવસથી, તો શું?

એક વિચાર કરાવી દે એવો પ્રશ્ન પત્નીએ પૂછ્યો.

ના, ના, મને એવું કાંઈ જ ફીલ નથી થતું મેં સ્પષ્ટતાથી જવાબ આપ્યો.

કારણકે, આ બાબતે ભલે વપરાતું ના લોય પણ તમને ખબર છે આ એકાઉન્ટમાં બંને તરફથી જમા કરેલું ઘણું બેલેન્સ છે અને એટલેજ અપેક્ષાભંગ કે દુઃખ નથી થતું.

પત્નીએ મારાં વિચારોનાં સમર્થનમાં મલોર મારી.

હવે મને કલો, તમને આપણાં ગામથી મમ્મી-પપ્પાં લગભગ લગભગ રોજ યાદ કરે છે, ફોન કરે છે, એટલે શું કહેવાય?

મારી પરીક્ષા લેતી લોય એવો સવાલ પૂછ્યો.

એમની પાસે મારી માટે ઈમોશનલ એકાઉન્ટમાં ભરપૂર બેલેન્સ છે.

થોડું ઢીલા સ્વરે મેં જવાબ આપ્યો.

પરંતુ તમે જો મમ્મી- પપ્પાને યાદ કરીને ફોન ના કરો તો શું થયું કહેવાય?

પત્નીએ જરા અલગ વળાંક લીધો.

મેં જરાક અચકાતા અચકાતાં કહ્યું મારાં ઈમોશનલ એકાઉન્ટમાં મમ્મી-પપ્પા માટેનું ઈમોશનલ બેલેન્સ ઘણું ઘટી ગયું છે.

આટલું ટૂંકે ટૂંકે કહેતાં કહેતાં આંખમાં અશ્રુધારા વહેવા લાગી.

બસ બસ, આ જે તમારી આંખોમાં જે આંસુ દેખાય છે ને, તે જ છે તમારું મમ્મી પપ્પા પ્રત્યેનું બેલેન્સ.

ઈમોશનલ એકાઉન્ટ ખાલી થઈ ગયું છે તો ફરી રીચાર્જ કરો.

જો ઈમોશનલ એકાઉન્ટ બંને તરફથી ભરપૂર બેલેન્સ બતાવે ને તો પછી અપેક્ષાઓનો ભંગ ક્યારેય ન થાય અને સંબંધોમાં સુગંધ જળવાય.

અને એક તરફી રીચાર્જ થયા કરે તો દુઃખ જ થાય પત્નીએ સારાંશ કહ્યો.

આ ઈમોશનલ એકાઉન્ટની વ્યાખ્યાએ મને પ્રોફેશનલ અને ઈમોશનલ સંબંધો વચ્ચેની ભેદરેખા સ્પષ્ટ રીતે સમજાવી દીધી.

હવે જો થોડું દૂધ બેલેન્સ લોય તો બીજી વાર ચા બનાવી આપોને!

મેં મૂડમાં આવીને કહ્યું....

તંદુરસ્ત રહેવા...

પાચનતંત્રને નોર્મલ રાખવા આટલું જરૂર કરો

સવાર-સવારમાં પેટ સાફ ન થાય તો લોકો આખો દિવસ પરેશાન રહે છે. ઘણીવાર પેટ સાફ ન થવાની સમસ્યા કબજિયાતમાં ફેરવાઈ જાય છે અને ધીમે-ધીમે પાર્થિવ, અલ્સર સહિતની ગંભીર બીમારીઓનું જોખમ ઉભું કરે છે.

પૂરતા પ્રમાણમાં પાણીનું સેવન: પેટ સાફ રાખવા માટે લોકોએ દરરોજ પુષ્કળ પાણી પીવું જોઈએ. ૧ સ્વાસ્થ્ય નિષ્ણાંત અનુસાર દાઈડ્રેટડ રહેવું એ સારું પાચન જાળવવાનો સૌથી સરળ અને અસરકારક માર્ગ છે.

ફાઈબરવાળા ખોરાકનું સેવન કરવું જોઈએ: પેટ સાફ કરવા અને કબજિયાતથી રાહત મેળવવા માટે ફાઈબરવાળા ખોરાકનું સેવન કરવું જોઈએ. પાચન તંત્ર માટે ફાયબર સૌથી મહત્વપૂર્ણ માનવામાં આવે છે. ફળો, શાકભાજી, અનાજ, ડ્રાઈ ફ્રૂટ્સ અને બીજાં ફાઈબર સારી માત્રામાં જોવા મળે છે.

ફળો અને શાકભાજીનો રસ: ફળો અને શાકભાજીનો રસ કોલોન એટલે કે મોટા આંતરડાને સાફ કરવામાં ખૂબ જ ફાયદાકારક છે. તેમાં રહેલા પોષક તત્ત્વો સફાઈનું કામ કરે છે અને પેટમાં જમા થયેલી ગંદકીને બહાર છે. કબજિયાતના દર્દીઓ માટે ફળ અને શાકભાજીનો રસ ફાયદાકારક માનવામાં આવે છે. જો તમને ડાયાબિટીસ લોય તો ફળોનો રસ પીતા પહેલા ડાયેટિશિયન અથવા ડોક્ટરની સલાહ અવશ્ય લો.

અળસીના બીજ: પેટ સાફ કરવામાં અળસીના બીજ ખૂબ જ ચમત્કારિક સાબિત થઈ શકે છે. અળસીના બીજનો ઉપયોગ કબજિયાતની પરંપરાગત સારવાર તરીકે થાય છે. અળસીના બીજમાં ભરપૂર માત્રામાં ફાઈબર લોય છે. જે પાચનને સુધારે છે અને પેટ સાફ કરવામાં મદદ કરે છે. તમે અળસીના બીજને આખા ખાઈ શકો છો અથવા તેનો પાવડર બનાવી શકો છો.

દેશી ઘી: સ્વાસ્થ્ય નિષ્ણાંતનાં મતે પેટ સાફ કરવા માટે લોકોએ સવારે વહેલા ઉઠીને એક ગ્લાસ નવશેકા પાણીમાં ૧ ચમચી દેશી ઘી ઉમેરીને પીવું જોઈએ. આ પછી ૩૦ મિનિટ વોક કરો આમ કરવાથી તમારું પેટ સારી રીતે સાફ થઈ જશે અને તમે જૂની કબજિયાતથી પણ છુટકારો મેળવી શકશો. તમે આ લાંબા સમય સુધી કરી શકો છો. તેનાથી સ્વાસ્થ્યને લાભ થશે.

ડબલ્યુએએસએસ જોબલ ફોકલોર સાથે...

(પાના નં. ૧૦થી ચાલુ)

કલાકારોને પ્રોત્સાહિત કરવા, પદ્મશ્રી સહિતના મહાનુભાવો અને પારસીઓનું ગૌરવ - યજ્ઞી કરંજયા, સુરતના મેયર - દક્ષેશ માવાણી, મ્યુનિસિપલ કમિશનર - શાલિની અગ્રવાલ અને અન્યોએ સાંજે લાજરી આપી હતી. મહાઝખ ચિચગર દ્વારા આ કાર્યક્રમનું સંતુલન અને તેમના શુભ આશીર્વાદ સાથે સંચાલન કરવામાં આવ્યું હતું.

જેડડબલ્યુએએસ ટીમે આનંદી પારસી સ્કીટ રજૂ કરી હતી. જેડડબલ્યુએએસ સ્થાપક ટ્રસ્ટી તરીકે મહાઝખ ચિચગરને શિક્ષણ ક્ષેત્રે, કલા અને જાહેર વક્તવ્યના ક્ષેત્રમાં તેમના અતુટ યોગદાન માટે ત્રણ

પુરસ્કારોથી સન્માનિત કરવામાં આવ્યા હતા. સુરત મ્યુનિસિપલ કોર્પોરેશન અને સુરતની ચેમ્બર ઓફ કોમર્સના વુમન આંત્રપ્રિન્યોર સેલ દ્વારા શહેરની શક્તિશાળી મહિલા લોવા બદલ રાઈઝ એન્ડ શાઈન એવોર્ડ એનાયત કરવામાં આવ્યો.

જેડડબલ્યુએએસ પરિવાર માટે પ્રેરણાક્રમ લોવા ઉપરાંત, મહાઝખ બાળકો, યુવાનો અને વરિષ્ઠ લોકોના ઉત્થાન, પ્રોત્સાહન અને સમર્થનમાં સતત સામેલગીરી અને યોગદાન માટે સુરતમાં ખૂબ સન્માનિત છે. મહાઝખ અને જેડડબલ્યુએએસ મહિલાઓને અભિનંદન!!

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Kamal Noshir Bhandari કમલ નોશીર ભંડારી	75 ૭૫	05.04.2024	2A, Sonawala Building, 4th Floor, Room No 8, Tardeo Naik Chowk, Mumbai 7. ૨/એ, સુનાવાલા બિલ્ડિંગ, ૪થે માળે, રૂ.નં.૮, તારદેવ નાઈક ચોક, મુંબઈ ૭.	તે નોશીર નવરોજ ભંડારીના ઘણીયાણી તે મરલુમો કેટી તથા મીનુ કુપરના દીકરી તે બરજશ નોશીર ભંડારી ને શેરનાજ કેટી વાચ્છાના મમ્મી તે નાઝનીન બી ભંડારી ને કેટી એમ. વાચ્છાના સાસુજ તે ફરહાન કેટી વાચ્છાના ગ્રાન્ડ મધર.
Osti Homai Manchersha Karkaria ઓસ્તી હોમાય મંચેરશા કરકરીયા	98 ૯૮	07.04.2024	F. S. Parukh Dharamshala, Hughes Road, Mumbai 7. એફ. એસ. પારખ ધર્મશાલા, હ્યુઝ રોડ, મુંબઈ ૭.	તે મરલુમો ઓસ્તી નાજમાય તથા એરવદ મંચેરશાના દીકરી તે એરવદ મીનુના કઝીન બહેન તે મરલુમો જલંગીર તથા માનેકબાઈના ભત્રીજી.
Meki Jehangirji Bagwalla મેકી જલંગીરજી બાગવાલા	87 ૮૭	05.04.2024	E/26, Godrej Baug, Off Nepeansea Road, Mumbai 26. ઈ/૨૬, ગોદ્રેજ બાગ, ઓફ નેપેનસી રોડ, મુંબઈ ૨૬.	તે મરલુમો શેરામાય તથા જલંગીરજીના દીકરી તે ધન ડોશુ કરકરીયા, ડોલી દારા દોટીવાલા, લોશી, વિરાફ ને મરલુમ જમીના બહેન તે વિરૂપી, ક્યોમર્ઝ, આશીશ, નેવીલ ને યજ્ઞીના માસી તે રયોમંદ, નીલુફર, માઝરીન, માલતાબ ને વીકીના કુઈજી તે કેટી, ફરીદા ને દિનાસના નણંદ તે મરલુમો દારા દોટીવાલા તથા ડોશુ કરકરીયાના સાલી.
Aloo Minoo Dhalla આલુ મીનુ ધાલા	89 ૮૯	07.04.2024	792-Dina Manzil, 2nd Floor, Jame Jamshed Road, Dadar Parsi Colony, Dadar (E), Mumbai 14. ૭૯૨, દીના મંઝીલ, ૨જે માળે, જામે જમશેદ રોડ, દાદર પારસી કોલોની, દાદર (ઈ), મુંબઈ ૧૪.	તે મરલુમ મીનુ જમશેદજી ધાલાના ઘણીયાણી તે આદીલના માતાજી તે આશીપના સાસુજ તે અરમાન તથા અરનાઝના અપઈજી તે જરબાઈ તથા જમશેદજી જલંગીરજી ધાલાનાં વડુ તે ઉદવાડેવાલા મરલુમો બાનુબાઈ તથા અરદેશર પાલનજી સીધવાના દીકરી તે જમશેદ અરદેશર સીધવા તથા મરલુમો ધન નોશીર દસ્તુર, લોમ્યાર તથા પાલનજીના બહેન તે મરલુમો પીરોજા ફી. બલસારા તથા ડો. રોડા ધાલાના ભાભી તે માણેક તથા મરલુમ એરચ કામાના વલેવાણ તે નરગીસ તથા તેલમી તથા મરલુમ આબનનાં નણંદ.
Jahanbux Barjor Bhatena જહાંબુજ બરજોર ભાઠેના	87 ૮૭	08.04.2024	B/41, Bina Apart, M.V.Road, Near Ganesh Mandir, Andheri(E), Mumbai 69. બી/૪૧, બીના અપાર્ટમેન્ટ, એમ. વી. રોડ, ગણેશ મંદિરની નજીક, અંધેરી (પૂ.) મુંબઈ ૬૯.	તે મરલુમ હોમાય ભાઠેનાના ખાવીંદ તે મરલુમો અખતાવર તથા બરજોર ભાઠેનાના દીકરા તે કેશમીરા બિહ્તીમોયીના પપ્પા તે મરલુમ દીનયાર ભાઠેનાના ભાઈ તે રોશન, લોમીયાર, ફરઝાના, નેવીલ, કારમાઈલ ને માલકમના કુવા તે મરલુમો બાનુબાઈ તથા માનેકશાલના જમાઈ તે મરલુમો શ્યાવજી પુનાવાલાના અનેવી તે ઝરીન તથા મરલુમ પરીન પુનાવાલાના અનેવી તે ડો. રૂઝવા ભાઠેના, જેરમીન, સામ, બેરોઝ ને ખુશરૂના કઝીનભાઈ.
Sami Behram Dalal સેમી બેહરામ દલાલ	77 ૭૭	08.04.2024	Flat No 11, Building No 12-A, B.S.Panthaki Baug, Andheri(E), Mumbai 69. ફ્લેટ નં-૧૧, બિલ્ડિંગ નં-૧૨, એ.બી.એસ. પંથકી બાગ, હરગોવિંદદાસ સાન વેન, વિશાલ લોવની સામે, અંધેરી (ઈ), મુંબઈ ૬૯.	તે મરલુમો કુમી તથા બેહરામ દલાલના દીકરા તે વિરાફ, કેટી ગયોમંદ ઈરાનીના ભાઈ તે કારબી મંચેર દેબુ, પારસી વિરાફ દલાલના કાકા તે સાયરસ, ઝીન્યા, એમીના મામા તે રોશની વી. દલાલના જેઠ તે કેયા ને ઝેનના ગ્રાન્ડ કાકા.
Xerxes Kershasp Aga ઝકસીસ કેરસાસ્પ આગા	82 ૮૨	08.04.2024	7-Oval View, 150-M. Karve Road, Opp. Oval Maidan, Churchgate, Mumbai 20. ૭, ઓવલ વ્યુ, ૧૫૦ એમ. કર્વે રોડ, ઓવલ મેદાનની સામે, ચર્ચગેટ, મુંબઈ ૨૦.	તે મરલુમો ખોરશેદ તથા કેરસાસ્પ આગાના દીકરા તે ઉરવજી ને ફવશી આગાના પપ્પા તે સમાનાઝ કોલાબેવાલા તથા મરલુમ શ્રેટોના આગાના ભાઈ.
Zarin Edulji Contractor ઝરીન એદલજી કોન્ટ્રાક્ટર	81 ૮૧	10.04.2024	Simla House Chs Ltd., Flat No 201, A-Block, Ak Marg, Nepeansea Road, Mumbai 36. સીમલા હાઉસ કો.ઓ.લા. સોસાયટી, ફ્લેટ નં. ૨૦૧, એ બ્લોક, એ.કે. માર્ગ, નેપીયન સી રોડ, મુંબઈ ૩૬.	તે મરલુમો શીરીન તથા એદલજી કોન્ટ્રાક્ટરના દીકરી તે રક્ષા ખુશરૂ પુનાવાલાના આન્ટી તે મરલુમો દેવબર કરાંજાવાલા ને ફીઝી કરાંજાવાલાના માસી તે મરલુમો નાજમાય તથા માનેક કરાંજાવાલાના ગ્રેન્ડ ડોટર.
Mini Rustomji Palamcoat મીની રૂસ્તમજી પાલમકોટ	85 ૮૫	11.04.2024	E-29, Herbai Baug, Victoria Garden Road, Mumbai 7. ઈ-૨૯, જરબાઈ બાગ, વિક્ટોરિયા ગાર્ડન રોડ, મુંબઈ ૭.	તે મરલુમો કેટાયુન ને રૂસ્તમજીના દિકરી તે હોમાય તથા મરલુમ જલંગીરના બહેન તે લુતોક્ષી, અખતાવર ને ફીલીના કઝીન.
Mehroo Rattan Surveyor મેહેરૂ રતન સરવેયર	87 ૮૭	11.04.2024	Mount Blank, Flat No. 201, Dadi seth Hill, Camps Corner, Mumbai 26. માઉન્ટ બ્લેન્ક, ફ્લેટ નં. ૨૦૧, દાદી શેઠ હીલ, કેમ્પસ કોર્નર, મુંબઈ ૨૬.	તે મરલુમ રતનના વિધવા તે મરલુમો નાજુ ને હીરજી માદનના દિકરી તે ડેલના ને શીરીનના માતાજી તે તુશાદ ને શાપુરના સાસુ તે મરલુમ તુશાદ કુપર તથા ફરહાદ ને ફરહાદના મમયજી.

Death Announcements From Poona Parsee Panchayat - Trust Office

Mehera Pesi Buhariwala મેહેરા પેસી બુહારીવાલા	92 ૯૨	03.04.2024	3/B Kedeny Park, Punawala Land, sabari Park, Pune 411037. ૩/બી કેડેની પાર્ક, પુનાવાલા લેન્ડ, સબરી પાર્ક, પુણે ૪૧૧૦૩૭.	તે મરલુમ પેસી ફરામજી બુહારીવાલાના ઘણીયાણી તે મ. સુનામાય તથા એદલજી ચીખલીવાલાના દીકરી તે મ. દીનબઈ તથા ફરામજી બુહારીવાલાના વડુ તે એદલ, મરલુમ દારાયસ તથા જમશેદના મમ્મા તે યારમીન, જેરમીન તથા યારમીનના સાસુજ તે ફરશીદ, શાહવીર, ડાયના, રયોમંદ, પરીનાઝના અપઈજી તે મ. ડાલી, પેસી, પેરીન, પરવીઝના બહેન.
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Death Announcements From Parsi Zoroastrian Anjuman of Secunderabad and Hyderabad

Silloo Noshirwan Dastoor સીલુ નોશીરવાન દસ્તુર	91 ૯૧	23.03.2024	Anjuman Fire Temple Compound, Secunderabad. અંજુમન ફાયર ટેમ્પલ કમ્પાઉન્ડ, સિકન્દરાબાદ.	તે મરલુમ નોશીરવાન દસ્તુરના ઘણીયાણી તે મેહેરદાદ અને લોમ્યાર દસ્તુરના મમ્મી તે ફિરોઝ, મરલુમ બોમી ઉનવાલા, મરલુમ બાનુ ભાટેલા, દોલી સીધવાના બહેન તે રક્ષા એમ. દસ્તુર અને જેનીફર એચ. દસ્તુરના સાસુજ તે નશવાન, કેયાન, યજ્ઞાન એચ. દસ્તુરના ગ્રાન્ડ મધર.
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ધનનું હોવું જરૂરી છે છતાં મનનું સુકન પણ જરૂરી!!

ઘણાં પૈસાદાર લોકો છતાં પૈસા કેમ દુઃખી હોય છે? કારણ કે તેમણે જ્યારે દોડવાનું શરુ કર્યું ત્યારે તેમને ખબર નહોતી કે પૈસા સાધન છે, સાધ્ય નહીં. પૈસા જ્યારે સાધ્ય (લક્ષ્ય) બની જાય ત્યારે, ખૂબ બધા પૈસા ભેગા કરો તો પણ સંતોષ નથી થતો તેનું કારણ એ છે કે પૈસાની કોઈ સીમા નથી કે તમે તેને કોસ કરીને જીતી ગયાના ભાવ સાથે અટકી જાવ. બેસુમાર રીતે ઉપલબ્ધ ચીજ જ્યારે લક્ષ્ય હોય ત્યારે, તે જેટલા પ્રમાણમાં ભેગી થાય તેટલા પ્રમાણમાં અસંતોષ વધારે છે. એમાં જીતી ગયા ને બદલે હજુ બાકી છેનો ભાવ મજબૂત થાય છે.

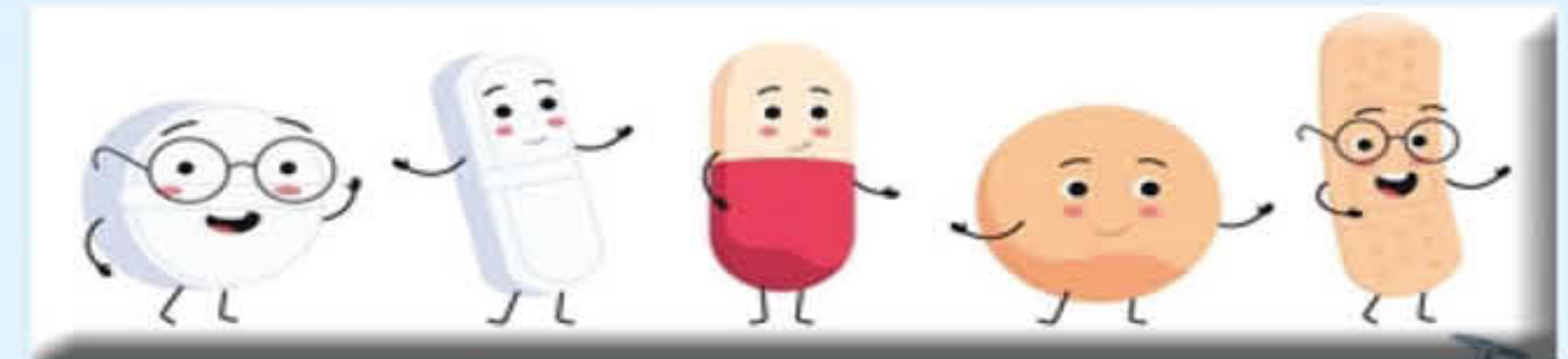
દરેક વધારાનો પૈસો તેનું મલત્વ ઓછું કરે છે. તમારી પાસે પૈસા નહોતા ત્યારે પહેલા પગારના એક હજાર રૂપિયા એક લાખ જેવા લાગ્યા હતા, પણ પગાર વધતો ગયો તેમ દરેક હજાર રૂપિયાનું મૂલ્ય ઘટતું ગયું, અને તમે એક લાખના પગાર પર પહોંચ્યા, તે પછી હજાર રૂપિયાની કિંમત એક રૂપિયો જેટલી બની ગઈ.

પૈસા પાછળની દોડમાંથી મુક્તિ ત્યારે જ સંભવ છે, જ્યારે આપણું લક્ષ્ય કોઈક સાર્થક કામ કરવાનું હોય, અને પૈસો તે લક્ષ્યને પૂરું કરવા માટેનું સાધન હોય. પૈસાની સીમા નથી, પણ પૈસાના માધ્યમથી લક્ષ્યની સીમા જરૂર પાર કરી શકાય છે. સુખ એ લક્ષ્યને પાર કર્યાનું હોય છે.



દવા માત્ર બાટલીઓમાં અને ગોળીઓમાં જ નથી!!

વ્યાયામ એ દવા છે, મોર્નિંગ વોક પણ દવા છે.
ઉપવાસ એ દવા છે, નિસર્ગોપચાર પણ દવા છે.
કુટુંબ સાથે બેસીને જમવું, હસી મજાક એ દવા છે.
ખડખડાટ હસવું, ઘસઘસાટ ઉઘવું એ પણ દવા છે.
મિત્રો સાથે ગેટ ટુ ગેઠર કરવું એ દવા છે.
હંમેશા આનંદી, હસમુખા રહેવું એ પણ દવા છે.
સકારાત્મકતા અને આત્મવિશ્વાસી મન દવા છે.
નીયમીત યોગ, ધ્યાન, દયા, કરુણા દવા છે.
અમુક પ્રસંગે મૌન અને એકાંતવાસ પણ દવા છે.
અંગત મિત્રો અને સારા પાડીશીઓ દવાની દુકાન છે.





YOUR MOONSIGNS JANAM RASHI THIS WEEK

લખનાર: મરહુમ મહારાજ શ્રી સ્વયંજયોતિના સહકાર્યકર્તા જયેશ એમ. ગોસ્વામી

અઠવાડિક રાશિફળ: તા. ૧૩.૦૪.૨૦૨૪ થી તા. ૧૯.૦૪.૨૦૨૪



Aries - મેષ - અ.લ.ઈ.

આજથી સૂર્યની દિનદશા તમને ચોથી મે સુધીમાં સરકારી કામોમાં સફળતા નહીં અપાવે. સૂર્યને કારણે તમે માથાના દુખાવાથી પરેશાન થશો. અગત્યના કામો લાલમાં પુરા નહીં કરી શકો. અગત્યની ચીજ વસ્તુ સંભાળીને રાખજો ખોવાઈ જવાના ચાન્સ છે. બપોરના કામ કરવાનો ખૂબ જ કંટાળો આવશે. લાલમાં ૯૬મુ નામ 'યા રયોમંદ' ૧૦૧વાર ભણજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 14, 15, 16, 17

The Sun's rule starting from today, till 4th May, makes it tough for you to get any government-related work done. You could suffer from headaches. You might not be able to complete important tasks. Ensure to keep important documents and items safely as there is a possibility of losing these. You will feel too lethargic to work in the afternoons. Pray the 96th Name, 'Ya Rayomand', 101 times, daily.



Cancer - કર્ક - ડ.હ.

૪થી મે સુધી રાહુની દિનદશા ચાલશે. નાના કામની અંદર પણ ભરપૂર મુશ્કેલીઓ આવશે. ખર્ચનો કોઈ હિસાબ નહીં રહે. ઘરમાં કામ કરનાર નોકરો પણ તમને પરેશાન કરશે. તબિયતની ખાસ સંભાળ લેજો. ડોક્ટરની પાછળ ખર્ચ વધી જશે. બીજાની વાત સાંભળીને તમારા ડિસીઝન ચેન્જ કરતા નહીં. દરરોજ 'મહાબોખ્તાર નીઆએશ' ભણજો.

શુકનવંતી તા. ૧૩, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 13, 16, 17, 18

Rahu's rule till 4th May will pose a lot of challenges even in doing your smaller tasks. Expenses will greatly mount. Even the household help will annoy you. Take special care of your health - you could end up spending on medical expenses. Do not change your decisions based on advice from others. Pray the Mah Bokhtar Nyaisht daily.



Libra - તુલા - ર.ત.

૨૩મી એપ્રિલ સુધી શનિની દિનદશા ચાલશે. તબિયતની ખાસ સંભાળ લેજો. દાંતના દુખાવા તથા માથાના દુખાવાથી પરેશાન થશો. તબિયતમાં જરા બી ખરાબી દેખાય તો ડોક્ટરની સલાહ અવશ્ય લેજો. તમારી નાની ભૂલ તમને મોટી મુશ્કેલીમાં નાખશે. નાણાકીય મુશ્કેલીઓ આવશે. દરરોજ મોટી 'હમન યશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૫, ૧૮, ૧૯ છે.

Lucky Dates: 13, 15, 18, 19

Saturn's rule till 23rd April suggests that you take special care of your health. You could suffer from headaches as well as dental issues. Ensure to consult a doctor if your health goes down. A small mistake could land you in big trouble. You could face financial problems. Pray the Moti Haptan Yasht daily.



Capricorn - મકર - ખ.જ.

૨૧મી એપ્રિલ સુધી મંગળની દિનદશા ચાલશે. તમારા માથાનો બોજો ખૂબ વધી જશે. ઘરમાં મન નહીં માને અને બહાર જશો તો કોઈ સાથે મતભેદ થવાના ચાન્સ છે. તમારા વાક ગુના વગર સામેવાળા તમારું ઈન્સલ્ટ કરી નાખશે. લાલમાં બને તો ઓછું બોલવાનું રાખજો. દરરોજ 'તીર યશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 14, 15, 16, 17

Mars' rule till 21st April greatly increases your mental tensions. You will not feel like staying home but even if you step out, there are chances of you getting into a squabble with people. You could get insulted for no fault of yours. Try to speak as minimally as possible. Pray the Tir Yasht daily.



Taurus - વૃષભ - બ.વ.ઉ.

શુકની દિનદશા ચાલુ હોવાથી તમારા મનની નેક મુરાદ પુરી થઈને રહેશે. બીજાના મદદગાર બનીને તેમની ભલી દુવા મેળવશો. જે પણ કામ કરતા હશો ત્યાં તમારી સાથે કામ કરનાર તમને ભરપૂર સાથ આપશે. થોડુંક ધ્યાન આપશો તો ઈનવેસ્ટમેન્ટ કરવામાં સફળ થશો. અચાનક ધનલાભ થવાના ચાન્સ છે. દરરોજ 'બહેરામ યજદ' ભણવાનું ચાલુ રાખજો. શુકનવંતી તા. ૧૩, ૧૬, ૧૮, ૧૯ છે.

Lucky Dates: 13, 16, 18, 19

The onset of Venus' rule will help bring to reality your sincere wishes. You will be able to help others and gain their blessings. Your colleagues at the workplace will be very supportive. With a little thoughtfulness you will be able to invest money. Sudden windfall is predicted. Pray to Behram Yazad daily.



Leo - સિંહ - મ.ટ.

૨૧મી એપ્રિલ સુધી ગુરુની દિનદશા ચાલશે. ફેમીલી મેમ્બરને ખુશ રાખવા તમારાથી થાય તેવા કામ કરી લેજો. ધની ચિંતા નહીં આવે. ઘરમાં ખુશીનું વાતાવરણ રાખવા માટે ધન વાપરવા માટે જરાય પણ કંજુસી કરતા નહીં. તમારા જુના રોકાણમાંથી ફાયદો થશે. દરરોજ 'સરોશ યજદ' ભણજો.

શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૯ છે.

Lucky Dates: 14, 15, 16, 19

Jupiter's rule till 21st April suggests that you do all that you can to keep your family members happy. There will be no financial concerns. To keep the atmosphere at home cordial and happy, do not skimp on spending money. Old investments will yield profits. Pray the Sarosh Yasht daily.



Scorpio - વૃશ્ચિક - ન.ય.

પહેલા ચાર દિવસ હિસાબી કામ પુરા કરી લેજો. નાણાકીય લેણદેણ ૧૭મી એપ્રિલ પહેલા પૂરી કરજો નહિ તો આવતા ૩૬ દિવસ તમને નાના કામ કરવા માટે પણ ખૂબ જ મુશ્કેલી આવશે. નાણાકીય બાબતમાં ખૂબ જ ખેંચતાણ રહેશે. આગસનું પ્રમાણ વધી જશે. સમયસર કામ પુરા નહીં કરી શકો. દરરોજ 'મહેર નીઆએશ' સાથે મોટી 'હમન યજદ' ભણજો. શુકનવંતી તા. ૧૪, ૧૫, ૧૬, ૧૭ છે.

Lucky Dates: 14, 15, 16, 17

Ensure to complete all your accounts-related works in these four days. Complete all your financial transactions of lending and borrowing by 17th April, else post this date, for the next 36 days, you will face lots of difficulties in handling even minor issues. Financial situation could be strained. Lethargy will increase. You will not be able to complete your work in time. Pray the Meher Nyaisht along with the Moti Haptan Yasht daily.



Aquarius - કુંભ - ગ.શ.સ.

૨૩મી એપ્રિલ સુધી ગામ પરગામથી સારા સમાચાર મળવાના ચાન્સ છે. તમારા કામની અંદર જશની સાથે ધનલાભ પણ થશે. નાણાકીય બાબતમાં સારા સારી રહેશે. ગમતી વ્યક્તિ તરફથી સારા સમાચાર મળશે. જે પણ કામ કરશો તેમાં ખૂબ જ આનંદ આવશે. ચંદ્રની વધુ કૃપા મેળવવા દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧વાર ભણજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૮, ૧૯ છે.

Lucky Dates: 13, 14, 18, 19

The Moon's rule till 23rd April will bring you good news from abroad. You will receive appreciation as well as profits from your work. Financial prosperity is predicted. Someone you like will bring you good news. You will find much joy in all your endeavours. To receive further graces of the Moon, pray the 34th Name, 'Ya Beshtarna', 101 times, daily.



Gemini - મિથુન - ક.છ.ધ.

૧૪મી જુન સુધી મિત્ર ગ્રહ શુકની દિનદશા ચાલશે. જે પણ કામ કરતા હશો તે કામ ખૂબ સારી રીતે કરી શકશો. કોઈ પણ બાબતમાં અટકી જશો તો બહાર નીકળવાનો સહેલો રસ્તો મળી આવશે. ખર્ચ પર કાબુ મેળવવામાં સફળ નહીં થાવ છતાંપણ ધનની કમી નહીં આવે. દરરોજ 'બહેરામ યજદ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૪, ૧૫, ૧૭, ૧૯ છે.

Lucky Dates: 14, 15, 17, 19

Venus' rule till 14th June ensures that you perform all your tasks to the best of your abilities. You will find an easy route out of any challenges that could stall you. Despite not being able to control your expenses, you will not face any financial shortage. Pray to Behram Yazad daily.



Virgo - કન્યા - પ.ઠ.ણ.

તમને દયાળુ ધર્મનું જ્ઞાન આપનાર ગુરુની દિનદશા ચાલુ હોવાથી તમારા કામમાં તમે સફળતા મેળવીને રહેશો. બીજાની પરવાલ કર્યા વગર તમારા કામને પૂરા કરી શકશો. નાણાકીય બાબતની અંદર ઈનવિઝિબલ હેલ્પ મળી જશે. કોઈપણ કામ ધનને કારણે અટકશે નહીં. દરરોજ 'સરોશ યજદ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૪, ૧૭, ૧૮ છે.

Lucky Dates: 13, 14, 17, 18

The onset of Jupiter's rule brings you much success in all your endeavours. You will be able to complete your tasks without having to worry about others. You will receive anonymous financial help. Your projects will not get stalled due to financial shortage. Pray the Sarosh Yasht daily.



Sagittarius - ધન - ભ.ધ.ફ.

૧૮મી મે સુધી બુધની દિનદશા તમને ધનની જરા પણ ચિંતા નહીં આવવા દે. બુધની કૃપાથી બીજાના દિલ જીતી લેશો. તમારા કામો વીજળી વેગે પુરા કરી શકશો. જૂના હિસાબી કામ કરીને અટકેલા નાણાને પાછા મેળવી શકશો. ગરીબ વ્યક્તિને મદદ કરી તેની ભલી દુવા લઈ લેજો. દરરોજ 'મહેર નીઆએશ' ભણવાનું ચાલુ રાખજો.

શુકનવંતી તા. ૧૩, ૧૫, ૧૮, ૧૯ છે.

Lucky Dates: 13, 15, 18, 19

Mercury's rule till 18th May ensures that you don't have to deal with any financial problems. You will be able to win the hearts of others. You will be able to complete your tasks at lightning speed. By working out your old accounts, you will be able to retrieve your funds which are stuck. You are advised to seek the blessings of the poor by helping them. Pray the Meher Nyaisht daily.



Pisces - મીન - દ.ચ.ઝ.થ.શ.

તમને ચંદ્રની દિનદશા ચાલુ હોવાથી તમો ધારશો તો નાની મુસાફરીનો લાભ મળી શકશે. બીજાની પસંદગીને પહેલા જાણી લેશો. ઓછા કામ કરીને વધુ ધન કમાવી શકશો. ધનની મુશ્કેલી લાલમાં નહીં આવે. નવા કામમાં સફળતા મળશે. દરરોજ ૩૪મુ નામ 'યા બેસ્તરના' ૧૦૧ વાર ભણજો.

શુકનવંતી તા. ૧૫, ૧૬, ૧૭, ૧૮ છે.

Lucky Dates: 15, 16, 17, 18

The onset of the Moon's rule could have you benefitting from a planned trip. You will be able to know the preference of others intuitively. You will be able to earn a lot more than the efforts you put in. You will face no financial challenges. New project will be successful. Pray the 34th Name, 'Ya Beshtarna', 101 times, daily.

Nagpur's Glorious Dar-e-Mehr - A Brief History

Adil J. Govadia

The grand scale and proportion of a majestic edifice remains unmatched in its magnificence and religious stateliness

Seth Mancherji Bomanji Panthaky, Seth Faramji R. Desai and Seth Jehangirji Bomanji Mistry were the first known Parsis to have travelled by road to the Nagpur vicinity from Navsari, under extremely dangerous and life-threatening conditions. In 1807, they settled on the banks of River Kanhan, just 15 kms from Nagpur, where a contingent of British and Indian Army personnel, along with a Camel Corps, Cavalry, and Artillery, later moved-in from Secunderabad, to establish the Kamptee Cantonment. The newly migrated Parsis started an Army trading depot, called 'Europe Shop', and were well-established in their new surroundings.

On 1st January, 1877, Queen Victoria was formally proclaimed Empress of India, which also marked the opening of Seth Jamshedji N. Tata's pioneering enterprise in Nagpur, called 'The Empress Mills'. It is because of the said textile mill that Seth Jamshedji N. Tata often visited Nagpur and encouraged several Parsi families in his hometown Navsari to move to Nagpur for employment. Thus, started the eternal affiliation of the Nagpur Parsis, initially with Seth Jamshedji N. Tata himself, and later with his pioneering textile mill that remained a major bread-earner for several Parsi families for over a century. Unknown to many, the history of the Nagpur Parsis and the Tata's first undertaking - 'The Empress Mills' - are everlastingly entwined.

(Note: In 1986-87, Tatas exited from textile business by selling 'The Empress Mills' to Maharashtra State Textile Corporation, which eventually shut in down in 2002).

In 1875, much before the Parsis of Nagpur could identify a plot of land for burial purposes, a few burials were already carried out at the foothills of Starky Point, located outside Nagpur. Even a *chotra* was raised atop the Starky Point hillock, with intentions to consecrate a *Dokhma* later. But the plans never materialized as some Parsis, led by Seth Sorabji Batliwala, President of the Nagpur Parsi Anjuman, felt that those desirous of *Dokhmenishini* may transport their dead to Badnera's *Dokhma* which was a mere 160 kms away by road. Thus, the planned consecration of *Dokhma* in Nagpur was abandoned, despite sincere efforts made by the Anjuman and the long-serving scholar - Panthaky Er. Hormuzd M. E. Pavri.

The existing *Aaramgah*



New majestic Agiary building built in 1944 with the Jamshedji Tata bust and lush garden

land on Seminary Hills was acquired in 1880, mainly due to the untiring efforts of Seth Jamshedji N. Tata who managed to convince the then Government of the day to gift six acres of land FREE to the Parsi Anjuman for burial use. Soon after, it was decided to appoint a *Mobed* (priest) to perform all religious rituals and ceremonies like *Jashans*, *Navjotes*, four-days death



Old Agiary structure built in 1895

rituals etc. In 1913, however, Khan Bahadur Byramji acquired additional vast acres of land surrounding the original six acres from Raja Bhonsle, on a long lease, which continues to remain under Nagpur Parsi Anjuman, to date.

In 1880, Seth Jamshedji N. Tata and Seth Dorabji Panthaky

presented to its members.

In 1888, the Bengal-Nagpur railway newly started its operations to Nagpur, a venture that initiated development of the railways in eastern and central India. More Parsis opted to move to Nagpur, mainly from Gujarat and Mumbai, in search of suitable livelihood, either at 'The Empress Mills' or in the newly formed railways. Historically, Tata's 'Empress Mills' not only led an industrial revolution in India, it's also responsible in the formation of the Nagpur Parsi Anjuman. Thereafter, Nagpur and Kamptee became a much sought-after destination for Parsis from Navsari, Surat and Mumbai - prominent being the families of Dadabhai Zal, Soonawala, Dhunjibhai, Shapurji Buxy, Edulji Bamji and young energetic Sir Bezonji Dadabhoy Mehta - the first Manager of Tata's first venture - 'The Empress Mills'.

Seth Nusserwanji Tata, father of Seth Jamshedji Tata, financed the construction of the first *Sagdi* at the newly acquired *Aaramgah*, which was later demolished and rebuilt by Khan Bahadur Bahramji P. Behramji, in memory of his wife - Bai Shirinbai, which exists till

date as a prayer hall at the *Aaramgah*. Likewise, Seth Cawasji Colabawala presented an iron hearse to carry the dead body, and relatives of late Seth Edulji Bamji donated certain utensils necessary for the religious rituals.

History Of Nagpur's Majestic Bai Hirabai M. Mullan Dar-e-Mehr...

As per B B Patel's 'Parsi Devalstahno', published in late 19th century, the construction of the first Dar-e-Mehr building was supervised by Seth Naoroji Pallonji Talati. The Times of India dated 5th November, 1895, reported that, "an interesting ceremony was performed at Nagpore by Dastur Saheb Shums-ul-Ulama Sirdar Khan Bahadur Hoshangji Jamasphji," when, on 4th November, 1895 (Roz Behram - Mah Ardibehest), the consecrated Fire was enthroned on a large censor, by several *Yozdatregar Mobeds* (priests) in their flowing white robes with drawn swords and *Dhals* (shields). Since then, for over 128 years, the consecrated Fire continues to illuminate the community with its divine radiance!

After enthronement of the Fire, Vada Dastur Hoshangji Jamasphji performed a *Jashan* ceremony which was attended by the entire community in their best traditional attire. Thereafter, Seth Nusserwanji Manekji Mullan, magnanimous benevolence of Rs. 15,000 (given in two installments), helped in building the sanctified edifice, which was formally dedicated to the Nagpur Parsis and handed over to the Nagpur & Kamptee Zoroastrian Anjuman. Shawls were presented to several attending dignitaries, including Vada Dastur Jamasphji, Seth Nusserwanji Manekji Mullan and the first Panthaky - Er. Bejonji Challa. A special resolution was also passed thanking Sir Dinshaw M. Petit, Baronet, for his magnanimous funding.

The Real Beauty Secret



RUBY LILAOWALA

Every person is beautiful in his or her own way. Each one of us is unique – we are like no other person. There's no ugly person because, as the saying goes, 'Beauty is as beauty does'.

Try to keep your soul young and beautiful right up to the end... right up to the brink of



death. Imagine that life is just beginning. Remember, every morning as you wake up, that 'this is the first day of the rest of my life', and live that day to the fullest that you can! Every single day of your life, keep adding to your talent, your affection and your inner happiness by having a purpose for that day and the purpose should be to BE happy and make others happy.

Unless you are happy, how will you make others happy? Remember, a happy person never hurts another. By being happy, you'll receive more happiness because the Universe is like a huge mirror and whatever energy you throw out, returns to you like a boomerang.

Hence, being happy will be manifested by the Universe by sending you positive people and happy circumstances in your life! You'll actually attract these without any effort. A happy person is a beautiful person.

After a certain age, beauty comes only from a loving heart. It is said that in order to be loved, you have to be lovable. It follows then, that in order to look beautiful, you have to be happy and spread happiness around you. Such people don't age. They retain their youthful characteristics and become more beautiful everyday, their face shines and their smile is infectious.

Some people get plastic-surgery done in their 60s and 70s, but don't end up looking any younger – this is not about judging them. I truly believe it's better to get 'work done' on your joy, 'botox' your curiosity and get 'fillers' done on your humour!!

The most beautiful woman in a room is not the youngest, nor the one with the perfect make-



up, or the best dressed. It's always the woman with a smile on her face and a kind word for everyone. It's the woman who feels comfortable in her own skin and radiates love, joy and laughter – no plastic-surgery can do this for anyone!

Wrinkles may show on your face, but lack of enthusiasm wrinkles your soul. You can decide how your wrinkles will develop. Will there be laugh lines or frowns? Wide-eyed optimism or suspicious squints? You can develop a more loving face every day by meeting various people and sharing love and thoughts with them... or you can look like an aging person by isolating yourself from others, staying indoors and leading a lonely life.

If you're still beautiful when

you are older, it's not a free gift. It's because your face shows qualities that are timeless - love, joy, wisdom, enthusiasm, strength, kindness, dedication, intelligence, compassion and above all, a great sense of humour. Each and every time we laugh with our friends, we are giving what I call, 'an internal facial' to our face-muscles. Of course, we all have our problems, set-backs and tragedies but try to be happy despite external circumstances by indulging in nonsensical humour because a little bit of nonsense once in a way, makes a lot of sense in life!

Believe in the positive, not negative. Find ways to show, by your eagerness, vitality and enthusiasm that you enjoy life, right until your ripe old age. This is the only real 'Beauty Secret' I've discovered in life!

As 'The Empress Mills' flourished, so did the Parsi community of Nagpur. The first structure of the Bai Hirabai Mullan *Dar-e-Mihr* was constructed on the muddy hillock opposite Jumma Talao (a water body), supervised by Seth Naoroji Talati, Chief Engineer of 'The Empress Mills'. Unfortunately, an ugly spat broke out in the community when the Parsi engineers working for the railways vehemently opposed the construction site of the *Dar-e-Mihr* on the muddy mound that was originally approved by the engineers of 'The Empress Mills', thereby causing a split in the community. The hostile dispute led the opposing community members to stop their monthly subscription as they threatened to form a new Parsi Anjuman and even build their own *Dar-e-Mihr*. But thanks to the quick-thinking non-partisan approach of Sir Bezonji Mehta, the dispute was amicably resolved and the *Dar-*

e-Mihr was indeed inaugurated on the muddy hillock site as originally planned.

In time, the advice of Parsi engineers from the railways came true, as the walls of the *Dar-e-Mehr* started crumbling - the *Muktad* room caved-in and pillars developed huge cracks. The earth mound, on which the *Dar-e-Mihr* was constructed, proved to be unstable, resulting in recurrent and excessive repairs and maintenance of the edifice. Within 45 years of constructing the first *Dar-e-Mehr* building, the Nagpur Anjuman felt forced to demolish it after temporarily relocating the consecrated Fire to the adjacent Billimoria Brothers Parsi Dharamshala. On 9th July, 1940, under the strict supervision of then Panthaky - Er. Meherwanji Edulji Pavri (author's maternal grandfather), the consecrated Fire was temporarily shifted to a religiously sanctified area of the Parsi Dharamshala, with due

diligence and religious *tarikats*.

The exalted Fire thus remained housed in its temporary abode for almost four years, while a majestic new Agiary building was being constructed at the very site where the old building once stood. The shaky hillock was completely cleared and a new imposing edifice was constructed from ground-level, despite the enduring difficulties of World War II and the resultant scarceness of men, money and material. Indeed, it was a miracle to see a structure of such scale and proportion being erected during the period of unsurmountable financial hardships and dreadful adversities... thanks mainly to the efforts of Seth Sorabji Batliwala and Sir Sorabji Saklatwala for raising required funds from the Tata Trusts; Seth Cawasji B. Parekh and Dr. Naoroji B. Bharucha for meticulously executing plans; Seth Dorabji Cawasji Kamdin, Bai Tehmina Sorabji Gazder

and several other Nagpurians for their magnanimous contributions; and to contractor Jamasji Tehmulji & Sons and Seth Jamshedji K. Karkaria (engineer - 'The Empress Mills') for completing the construction of the new structure in record time, despite all difficulties.

Above all, it was Seth Jamshedji N. Tata who, besides contributing the largest assistance to the Anjuman funds, was truly responsible for the success of the Nagpur Parsis being gainfully employed in the mills or having established, successful businesses related to textile plant and machinery. Hence, with heartfelt appreciation for Seth Jamshedji N. Tata's contributions towards the development of the Nagpur Parsis, the entire area around the vicinity of the *Dar-e-Mehr*, is known as 'Tata Baug', wherein the renowned Tata Parsi Girls High School is also located. Undeniably, there is no other Adarian structure which

matches the magnificence and religious stateliness of the Nagpur *Dar-e-Mehr*.

Under the guidance and supervision of the then Panthaky Saheb - Er. Hormuzd M.E. Pavri (author's maternal uncle), two *Yozdatregar Mobeds* - Er. Jamshedji Rustomji Pavri and Er. Darius Eruchshah Bagli, were invited to perform all the necessary higher liturgical ceremonies, before shifting the consecrated Fire from its temporary abode to the newly sanctified grand religious structure.

On 24th October, 1943, the exalted Fire was solemnly enthroned once again at its new abode where it continues to radiate in full glory! Er. Hormuzd M. E. Pavri, the then Panthaky Saheb, performed a *Jashan* ceremony, along with 26 *Mobeds*, before striking the first *Maachi* and leading the congregation to a short *Humbandagi* prayer.



MEHEZABIN DORDI

Managing Relationship Stress

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

Every relationship goes through its ups and downs, its twists and turns. Adding stress from work, school, family, money and health can sometimes make the daily bumps in the road feel like a roller-coaster ride. How can you help your relationships - romantic or otherwise - stay healthy and meaningful in today's high-stress, fast-paced environment?

Stress in relationships is a common experience that has a detrimental impact on your relationship satisfaction. In fact, unmanaged relationship stress can lead to negative patterns and decreases the ability of your relationship to function well. Relationship stress is inevitable and it needs to be handled in a way that protects your relationships, rather than hampers them. Whether you are feeling lonely, tired, overwhelmed or irritable, it's important to know how to manage stress to help maintain healthy, happy and stress-free relationships.



Relationship Stress

Relationship stress can originate from various sources, ranging from communication breakdowns and financial strains, to conflicting priorities and unresolved conflicts. These stressors get compounded by external factors, such as work pressures, family dynamics and societal expectations. It's important to recognize that stress is a natural response to these challenges, signalling the need for adaptive coping mechanisms to mitigate its impact.

Mechanisms: Differentiating between healthy and unhealthy coping mechanisms is crucial for maintaining relationship well-being and individual mental health. Unhealthy coping mechanisms include Avoidance or withdrawal from communication and conflict resolution; Blaming, criticizing, or attacking one's partner; Escaping into substance abuse or addictive behaviours; and / or Engaging in destructive behaviours such as aggression or manipulation

Here are a few Healthy Coping Mechanisms for us to practice for the wellbeing of our relationships:

Open Communication: Establishing and maintaining open lines of communication is essential for navigating relationship stress. Encourage honest and respectful dialogue, express thoughts, feelings, and concerns in a constructive manner. Active listening and empathy play pivotal roles in fostering understanding and connection within relationships.

Take Breaks During Conflict

When You Need Them: It can be tempting to spiral in arguments when things get heated. If you notice that things are getting escalated, take a 30-minute break to check in with yourself, breathe, and return to the discussion when you're feeling more centered.

Tackle One Conflict At A Time:

Bringing in multiple arguments can get confusing and frustrating. By limiting your discussion to one issue at a time, you can discuss the issue holistically and get closer to understanding the other person's viewpoint.

Set Boundaries:

Clearly defined boundaries help maintain a sense of individuality and autonomy within relationships. Negotiate and respect each other's boundaries, acknowledging and honouring personal needs and preferences. Healthy boundaries promote mutual respect and reduce the likelihood of conflicts arising from misunderstandings or overstepping.

Practice Empathy:

Cultivating empathy towards the other person's perspective fosters compassion and understanding, even in moments of disagreement or conflict. Empathy allows individuals to validate each other's feelings, enhancing emotional intimacy and strengthening the foundation of trust and support within the relationship.

Take A Moment To Talk About

What's Going Well: Even in the midst of all the chaos of our lives,

it is important to acknowledge the things that are going well, despite everything going on. Take a moment with your partner, to individually state what's going well in the relationship and the impact it has on you.

Manage Stress: Prioritize self-care practices that promote emotional resilience and well-being. Engage in relaxation techniques such as deep breathing, mindfulness meditation, or physical exercise to alleviate stress and restore balance. Taking time for hobbies, interests, and self-reflection nurtures personal growth and enhances coping abilities in the face of relationship stress.

Seek Professional Support:

Recognize when relationship stress becomes overwhelming or unmanageable and seek professional assistance from a therapist or counsellor. Therapy offers a safe and supportive environment to explore underlying issues, develop coping strategies, and improve communication skills in the relationship.

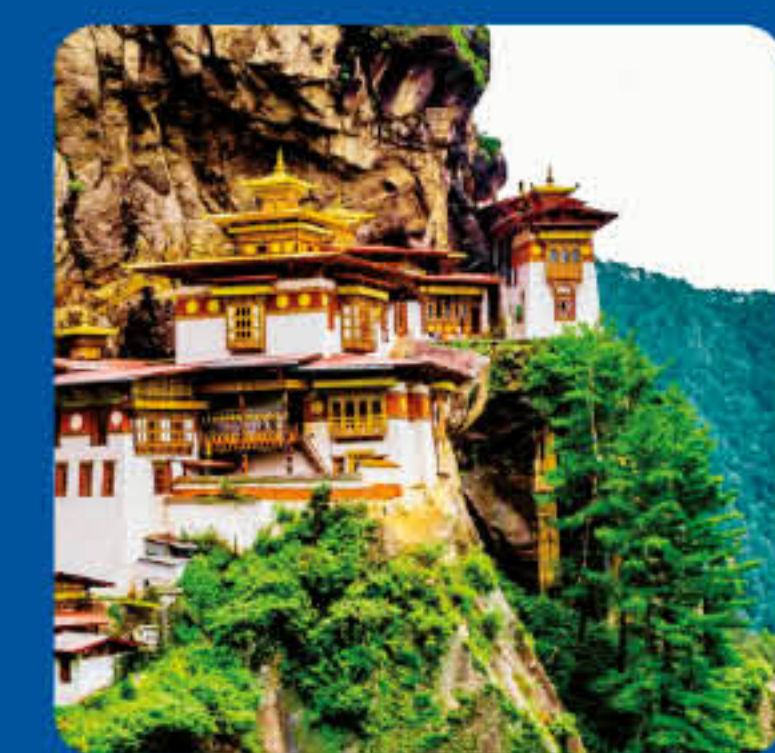
In conclusion, managing relationship stress requires a multifaceted approach. By understanding the root causes of stress, implementing constructive coping mechanisms, and seeking professional support when needed, we can cultivate resilient and fulfilling relationships. Remember, the journey towards relational well-being is a continuous process of growth, learning, and mutual support.

Understanding The Causes Of

Distinguishing Between Healthy And Unhealthy Coping



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