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PARSI JUNCTION

Sunday, 21 November 2021

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► Year 2 ► Copy 108 ► Pages 12

Committed to Transparency and Accountability

REGISTER TO BECOME A BPP VOTER

LOST YOUR VOTER CERTIFICATE & NEED A DUPLICATE

Please Feel Free to Contact our Volunteers below who shall help obtain your BPP Voter ID.

This service is **FREE OF COST** and carried in the interest of the community.

COLONY CONTACTS

Cusrow Baug:	7977001081	Navroz Baug:	8850377894
Rustom Baug:	8369721881	Dadar Parsi Colony:	7977001081
Godrej Baug:	8850377894	Bharucha Baug:	8369721881
Ness Baug / Kharcghat Colony:	7977001081	Panthaky Baug:	8850377894
CJ / Gamadia Colony:	8369721881	Nirlon:	7977001081
Captain Colony / CJ:	8850377894	Salsette:	8369721881
Zoroastrian Colony (Chikalwadi):	7977001081	Contractor Baug / Khan Estate:	8850377894
Marzban Colony:	8369721881	Cama Park:	7977001081

For all other colonies & Non-Colony (Private Buildings)
7977001081 / 8369721881 / 8850377894

For further information contact parsijunction@gmail.com



DR. ZULEIKA HOMAVAZIR EXPOSES BOTH NOSHIR AND KERSI



Dr. Zuleika Homavazir

My Dear Community Members,

EARLY MORNING VITAMIN SHOTS DURING HUNGER STRIKE - HOW CONVENIENT, THE FUSS, THE DRAMA, ACHIEVED NOTHING.

BOTH NOSHIR DADRAWALLA & KERSI RANDERIA ACTUALLY MISSED THEIR PROFESSION. THEY ARE BORN THESPIAN ACTORS. OFCOURSE NOT FORGETTING THE ACTRESS TOO, TRUSTEE ASPIRANT!! YOU'LL ONLY MANAGED TO CHEAT YOUR OWN MEAGER SKELETAL SUPPORTERS WHO SPENT THEIR VALUABLE TIME & MONEY TO ENDORSE YOUR SIGNATURE CAMPAIGN LEAST REALIZING, THEY WERE BEING TAKEN FOR A MERRY RIDE.

During the 2015 Elections, our Community wilfully appreciated the Manipulative Manifestos of these Duo Dissenting Trustees but as 5 long years painfully dragged by WITH THEIR ABSOLUTE CONTROL OF BPP, without any progress or initiation and formation of Rules & Regulations, their potentials never held ground as their Treachery speaks "The Truth". They turned out to be insignificant and a Pathetic Disgrace to the very Institution and Community they represent.

Noshir Dadrawalla! How far can you stoop to fall into an abyss of Lies, only to accommodate Anahita Desai and Berjis Desai as Consensus Candidates to walk into the Board Room of our Bombay Parsi Panchayet, without being Elected during the March 14, 2021 Elections.

AS WE ALL NOW KNOW "THE CONSPIRATOR" Noshir Dadrawalla who pompously calls himself Righteous, spun a web OF BRIBES to keep Hoshang Jal out of the race by offering Hoshang, Tenancy in Exchange of leave license for his flat in Cusrow Baug under dispute.

BUT WHAT HAD REMAINED UNDER WRAPS WAS NOSHIR DADRAWALLA'S INSANE DECEIT IN CREATING A "FAMILY TREE" TO FACILITATE

TRANSFER OF TENANCY FAVOURING HOSHANG JAL, DECEIVING NOT ONLY THE MANAGING COMMITTEE OF THE WADIA BAUGS BUT ALSO DISCREDITABLE AVOIDANCE OF STAMP DUTY PAYMENT AND GST THEREON, IN NOT EVEN REGISTERING THE PERCEIVED STATUTORY TENANCY AGREEMENT.

GOD alone knows, how many such manipulated documents have been created and presented for Unscrupulous Favours by such Shameless Conspirator Trustees.

“IF MY SOLITARY OBJECTIONS WERE NOT MADE PUBLIC, both Anahita Desai and Berjis Desai would have been Trustees, making a Mockery of the Adult Franchise as also the Voluntary Code of Conduct, which she is always inclined to violate”.

I reiterate, Noshir Dadrawalla and Kersi Randeria will ensure Creation of Uncorroborated Impediments, thwarting AMENDMENTS TO THE SCHEME OF ELECTIONS, BEFORE THE UPCOMING ELECTIONS AS NOSHIR DADRAWALLA WILL BE VETOED FROM CONTESTING FOR HIS 3rd TERM. THE AMENDMENT WOULD RESTRICT THE TRUSTEES TO 2 TERMS ONLY. THE AMENDMENT WOULD ALSO SQUASH NOSHIR DADRAWALLA'S DREAM OF ATTAINING CHAIRMANSHIP OF THE BOMBAY PARSİ PANCHAYET. CLEAR EXAMPLE OF SELFISH MOTIVES PRECEEDING PROGRESS.

BEWARE! BEWARE!

Such Trustees with their Sublime Sympathy Seekers, if voted to Power would spell disaster for the BPP and the Beneficiaries. Both these Dissenting Trustees took immense umbrage[F1], when the Late Yezdi Desai was referred to as INVALID in one of my writeups.

Noshir, please look up to the Oxford Dictionary, if you have one, for the meaning of this word. The meaning being - a person who is too sick or weak to care for himself. Late Yezdi Desai was DISREGARDED because of you and your fellow Conspirator Kersi Randeria right from the commencement of his term as Chairman of the BPP.



I regret to reiterate, Noshir Dadrawalla despite his "Unknown Education" is ignorant of the connotation of Good Governance. Transparency is a farfetched Virtue to these two Trustees.

There never is an appropriate time for Tough Decisions as there always will be an impending Election. NOW IS THE TIME, ALL AMENDMENTS BE LEGALLY IMPLEMENTED[F2] BEFORE ELECTIONS, FAILING WHICH ALL SUCH AMENDMENTS WILL BE CONVENIENTLY FORGOTTEN AS WAS DONE BY THE DISSENTING TRUSTEES.

You, my Dear Community must have the Courage and Conviction to vote for "Amicable Contestants" who are aware of Legal Formalities and Management Skills to formulate Good Governance which has always remained an Illusion.

In this Decisive Election, a contest between the Self Acclaimed Righteous Crooks and the Promised Legal System Respondents, You, the Beneficiaries cannot under any circumstances merely emotionally vote for Empathy, but Judge each Contestant for providing Good, Truthful & Bold Governance.

BE THE CREATOR, as Politics remain too serious a matter to be left to such Conspirators.

LET THERE BE A CHANGE.

The most profound state of Awareness comes from being devoted to the present Financial Crisis at the BPP and that vital transformation in Management will certainly uplift the BPP from the Nadir the BPP has stagnated into, thanks to these two dissenting Trustees who took pride in their Majority to vanquish the Minority during their Unproductive Egoist Reign for 5 long years.

WISELY VOTE FOR ASTUTE CANDIDATES WHO CAN USHER IN FINANCIAL REFORMS AND BRIGHTEN THE FUTURE OF THE BPP.

Peacefully think, my Dear Community Members of the Unethical Mistakes committed by these Trustees. Do we deserve such Treacherous Deceitful Conspirators, Blatant Liars, Shameless Betrayers, Cheap Impulsive Egoist, Power Crazy,

Lethally Destructive Trustees at the Helm of the BPP to manage our affairs WITHOUT AN IOTA OF CONCLUSIVE LOYALTY TO THE BPP AND TO YOU, THE BENEFICIARIES?

**"GOD SPEAKS TO THOSE WHO DEVOTE TIME TO LISTEN,
GOD LISTENS TO THOSE WHO DEDICATE TIME TO PRAY"**

PRAY BIASED CONTESTANTS NEVER EVER STEP ONTO THE BOARD OF THE BOMBAY PARSI PANCHAYET EVER AGAIN.

MEMORY IS INDEED SHORT SUBSISTED, WOULD THE POMPOUS DADRAWALLA CARE TO EXPLAIN TO OUR COMMUNITY, WHAT HAS CATEGORICALLY HAPPENED TO HIS IMPULSIVE HANDWRITTEN RESIGNATION - ANOTHER CIRCUS??

Best wishes,

Dr. Zuleika Homavazir

Mobile: 9821033786 (please message this number to receive regular updates)

Profile at: www.drzuleika.com

**FINAL NAIL IN THE COFFIN:
CONSPIRACY BY NOSHIR DADRAWALLA & KERSI RANDERIA.....**

"ALL IS QUIET ON THE WESTERN FRONT"

Noshir Dadrawalla and Kersi Randeria accept their gaffe and now believe "Silence is Golden" where Dr. Zuleika is concerned, as Dr. Zuleika flawlessly and uncompromisingly follows the Law. Both these Trustees are caught on the wrong foot without any escape routes. Not even a Moron can commit such Deceit on the Community. Did they really think they can anymore fool our Community and get away with their nuisance?

Dr. Zuleika Homavazir will certainly be an asset on the Board of the Bombay Parsi Panchayet considering her colossal knowledge, her command of the English Language and above all her courage and consistency to oppose these Vicious Trustees as she creates History.

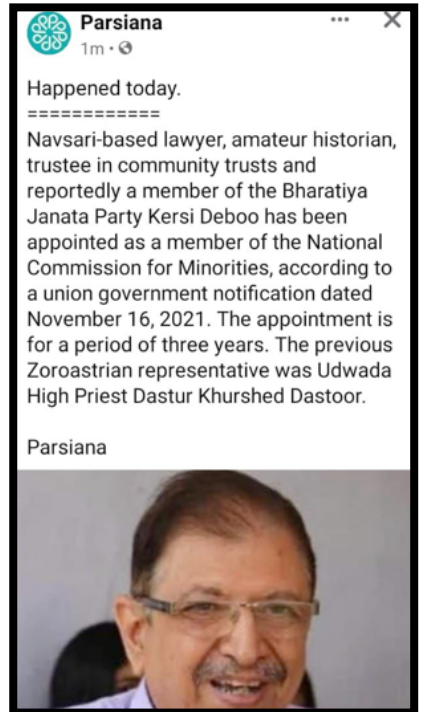


CONGRATS TO KERSI DEBOO

TRUSTEES AND MEMBERS OF BARDOLI JARTHOSTI ANJUMAN CONGRATULATE KERSI DEBOO, OF NAVSARI ON BEING APPOINTED AS THE PARSI MEMBER TO THE PRESTIGIOUS NATIONAL COMMISSION FOR MINORITIES AFTER A LAPSE OF OVER A YEAR, IN REPLACEMENT OF THE HIGH PRIEST OF UDVADA, VADA DASTURJI KHURSHED DASTUR.

WE WISH HIM ALL THE BEST IN HIS THREE YEAR TERM ON THE MINORITY COMMISSION AND ARE SURE HE WILL BRING LAURELS TO THE PARSI COMMUNITY EVERYWHERE.

HOMI P. PITHAWALA -PRESIDENT
FOR SELF AND TRUSTEES OF BARDOLI JARTHOSTI ANJUMAN



KERSI K. DEBOO
(Advocate / Social Worker)

BIO - DATA

NAME: KERSI KAIKHUSHROO DEBOO

ADDRESS: Office: Sir J. J. Shopping Centre, Panch Hatdi, NAVSARI 396445.
Mobile +91 9825495943
Tel. (02637) 259640
Email: kersideboo@yahoo.com
Twitter- kersideboo@kersideboo

Residence: A/904, Dinshaw Park, Opp. Circuit House, Lunsikui, NAVSARI 396445.

RELIGION: PARSI ZOROASTRIAN (MINORITY)
DATE OF BIRTH: 04/07/1951
EDUCATIONAL : M.A. LL.B.
QUALIFICATION: M. A. History (Gold Medalist)
LANGUAGE KNOWN: Gujarati, Hindi, English
OCCUPATION: Advocate

(A) SOCIAL ACTIVITIES

(1) Ex-Director: Gujarat Minorities Finance and Development Corporation (2011 to 2015).

(2) Hon. Secretary: Indian Red Cross Society, Navsari District Branch.

- Hon. Secretary for last 12 years.
- Working with Red Cross Society of India since 1978.
- Awarded many State level awards for Blood Bank and other activities.
- Honoured by many well known Institutions.
- A regular blood donor for many years.

(3) Trustee: Rotary Eye Institute and College of Ophthalmology (Famous Eye Hospital in India)

(4) Treasurer: Manav Rog Nivaran Mandal (working for Leprosy & Malnutrition)

(5) Trustee : The R.F.Daboo Parsi General Hospital (108 years old Hospital in Navsari - Estd. 1913)

(6) Hon. Secretary: S. B. Garda College Trust (Managing three Colleges)

- S. B. Garda Arts & P. K. Patel Commerce College.
- B. P. Baria Science College
- Dinshaw Daboo Law College

(7) Hon. Adviser: Navsari Agriculture University (N. S. S. Programme)

(8) Trustee: Navsari Kelvani Mandal (Managing two schools)

- Hiralal Chhotalal Parekh High School, (Navsari High School)
- Dinbai Daboo Girls High School

(9) Convener: Dadabai Navroji lecture series.

(10) President: Navsari District Table Tennis Association

(11) Trustee: Dinshaw Daboo Charity Trust

(12) Member: Navsari District Chamber of Commerce.

(13) Past President: Lions Club of Navsari

(B) LITERATURE ACTIVITIES

- A Columnist in various News papers.
- A Co-editor in a local News Paper – 'Priya Mitra'.
- Short story writer
- Research work on History of Navsari (have written more than 200 articles on Navsari)
- Cartoonist

(C) HOBBIES

- Activities of Animal Welfare.
- Photography.
- Collecting Coins, Stamps, old Articles, Photographs and Books.
- Tree plantation, Tourism, Games.
- Having a sizeable own library

Kersi Deboo Appointed as Member in National Commission of the Minorities India



Parsi Khabar is happy to share the news that Kersi Deboo has been appointed as the Parsi Zoroastrian representative on the National Commission of the Minorities India.

Kersi is a lifelong resident of Navsari, and has been active in community affairs for many years. Professionally Kersi is an advocate practising in Navsari.

Kersi begins a three year appointment.

The post was left vacant during the pandemic after the three year term of Vada Dasturji Khurshed Dastoor ended.

We congratulate Kersi, and wish him all the success and cooperation he will need as he represents our community at the highest level of the Indian government.

Quantum Physics and Spirituality This is such an uplifting post !!

7 things that affect your vibrational frequency from the point of view of physics.

Vibration in quantum physics means that everything is energy. Any feeling causes you to emit a vibration that can be positive or negative.

1st - *The Thoughts*.

Every thought you have emits a frequency to the Universe, and that frequency returns to the origin, in this case you! So if you have negative thoughts and sadness this will all come back to you. That is why it is so important that you take care of the quality of your thoughts and learn to cultivate more positive thoughts.

2nd - *The Company*.

People around you have a direct influence on your frequency. If you stand beside cheerful people, you too will enter into this vibration, now if you surround yourself with complaining and pessimistic people, be careful! For they may be lowering their vibrational frequency.

3rd - *The Songs*.

Songs are very powerful. Pay attention to the lyrics of

the songs you listen to and remember: you attract into your life exactly what you vibrate.

4th - *Things You Watch*.

When you watch programs that address misfortune. Your brain accepts it as a reality and releases all the chemistry in your body, causing your vibrational frequency to be affected. Watch things that do you good.

5th - *The Environment*.

Whether at home or at work, if you spend a lot of your time in a messy, dirty environment, it will also affect your frequency. Improve what is around you. Show the Universe that you are fit to receive much more. Take care of what you already have!

6th - *The Speech*.

If you complain or speak badly about things and people, that also affects you. Eliminate the habit of complaining and speaking ill of others. Take Responsibility for the Choices of Your Life.

7th - *Gratitude*.

Gratitude positively affects your frequency, this is a habit you should incorporate right now into your life. Start to thank for everything. Gratitude opens the door for good things to flow positively into your life.



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Send WHATSAPP to receive regular updates

Sunday 21-11-2021 •

PARSI JUNCTION

Inauguration of CT scan Dept at Parsee General Hospital

Service will be available 24hrs a day





PARSI PANCHAYAT CHARITABLE FUND VADODARA

Seth Behramji N. Servai Parsi Dharamshala, Hirabaug, Fatehganj P.O. Road, Vadodara
(Tel. No. 0265 2793979)

Cir. No. 05/21-22

Date: 09/11/21

SCHOLARSHIPS

**(ALL SCHOLARSHIPS MENTIONED BELOW ARE ON ALL INDIA BASIS. IF ELIGIBLE,
SEPARATE FORM TO BE FILLED)**

Parsi Panchayat Charitable Fund Vadodara invites applications from Parsi / Irani Zoroastrian Students / Sports persons of India for the following Scholarships.

LATE PROF. SOHRAB MANCHERSHAW WADIA SCHOLARSHIP

One Scholarship of Rs. 20,000/- will be awarded to a student who has studying at undergraduate level, post graduate or Research Studies during academic year 2020-21. The student must have consistently excellent record and must be studying in Nationality / Internationally ranked Institutions / Universities in India and abroad. Detailed eligibility and other conditions available with form.

LATE DR RUSTOM B. CAMA MEMORIAL SCHOLARSHIP

One Scholarship of Rs. 10,000/- would be awarded to a student studying in Second or Third M.B.B.S. Course, (as first preference) during academic year 2020-21 in any Govt. recognized Medical College in India. Detailed eligibility and other conditions available with form.

**FIRST PARSIS WORLD CYCLISTS AWARDS - IN MEMORY OF LATE ADI
HAKIM, RUSTOM BHAMGHARA AND JAL BAPASOLA**

One award of Rs. 11,000/- will be given for outstanding performance during April-2020 to March-2021 in any International / National recognized Sports.

One award of Rs. 11,000/- will be given for outstanding performance during April-2020 to March-2021 in Adventure Sports.

Detailed eligibility and other conditions available with form.

CONTACT DETAILS: Application Forms, for all the above Three Scholarships only for eligible candidates may be obtained by writing to:

The Secretary, Parsi Panchayat Charitable Fund Vadodara, Seth B.N. Servai Parsi Dharamshala, Hira Baug, Fatehganj Post Office Road, Fatehganj, Vadodara-390 002 (Tel. No. 0265 2793979) or by email: sppvadodara@gmail.com. Applicant should clearly mention brief bio-data with complete mailing address, telephone number, mobile number, e-mail id. Forms, duly filled, together with Certificates etc. to be sent by courier at our above address (NOT by e-mail). Last date for receipt of completed Application Form at our Panchayat Office is 15/01/2022.



SHARED WITH IMMENSE PRIDE BY:
MEHER AMALSAD, WESTMINSTER, CALIFORNIA, USA



FEZANA is happy to announce that the job posting for the position of Associate Professor: FEZANA Professorship in Zoroastrian Languages and Literature is now online.

Share the word amongst academic friends and colleagues who may consider applying for this unique, first of its kind position in North America.



Associate Professor - FEZANA Professorship in Zoroastrian Languages and Literature

Date Posted: 11/12/2021

Closing Date: 12/20/2021, 11:59PM ET

Req ID: 15385

Job Category: Faculty - Tenure Stream (continuing)

Faculty/Division: Faculty of Arts & Science

Department: Department of Near and Middle Eastern Civilizations

Campus: St. George (Downtown Toronto)

Description:

The Department of Near and Middle Eastern Civilizations in the Faculty of Arts & Science at the University of Toronto invites applications for a full-time tenure stream position in the area of Zoroastrian Languages and Literature. The appointment will be at the rank of Associate Professor and the anticipated start date is July 1, 2022. The successful candidate will be eligible to be appointed to the FEZANA Professorship in Zoroastrian Languages and Literatures. This endowed

professorship appointment would be for a three-year term and is renewable following a favourable review.

We are seeking a scholar who will contribute to our program in Iranian and Persian studies, with demonstrated expertise in Old and Middle Iranian languages and literatures, specifically as they relate to Zoroastrian religious culture.

Applicants must have earned a Ph.D. degree in Iranian Studies, or Near and/or Middle Eastern Studies, or their cognate disciplines, and have a demonstrated record of excellence in teaching and research commensurate with the rank of Associate Professor. We seek candidates whose research and teaching interests complement and strengthen our existing **departmental strengths**. Candidates will have an established international reputation and will be expected to sustain and lead innovative and independent research at the highest international level and to maintain an outstanding, competitive, and externally funded research program.

Evidence of excellence in research will be demonstrated by a record of sustained high impact contributions and publications in top-ranked and field-relevant journals, the submitted research statement, presentations at significant conferences, distinguished awards and accolades, and other noteworthy activities that contribute to the visibility and prominence of the discipline, as well as strong endorsements from referees of high standing.

Evidence of excellence in teaching is based on strong letters of reference, teaching accomplishments and a teaching dossier containing a strong statement of

teaching philosophy, teaching evaluations and sample syllabi. The successful candidate must have the demonstrated ability to teach courses on Avestan, Old Persian, and Middle Persian (Pahlavi) languages and literatures, at both the undergraduate and graduate levels. A demonstrated commitment to collaborative and interdisciplinary research and teaching, involving research opportunities for students, such as digital humanities projects, is strongly desired.

Candidates are also expected to show evidence of a commitment to equity, diversity, inclusion, and the promotion of a respectful and collegial learning and working environment demonstrated through the application materials.

Salary to be commensurate with qualifications and experience.

All qualified candidates are invited to apply by clicking on the link below. Applications must include a cover letter, curriculum vitae, one recent publication, teaching dossier (including a statement of teaching philosophy, teaching evaluations and sample syllabi), and a statement outlining current and future research interests. Equity and diversity are essential to academic excellence. We seek candidates who value diversity and whose research, teaching and service bear out our commitment to equity. Candidates are therefore also asked to submit a 1 2 page statement of contributions to equity and diversity, which might cover topics such as (but not limited to): research or teaching that incorporates a focus on underrepresented communities, the development of inclusive pedagogies, or the mentoring of students from underrepresented groups.

Applicants must provide the name and contact information of three references. The University of Toronto's recruiting tool will automatically solicit and collect letters of reference from each once an application is submitted (this happens overnight). Applicants remain responsible for ensuring that references submit letters (on letterhead, dated and signed) by the closing date.

Submission guidelines can be found at: <http://uoft.me/how-to-apply>. Your CV and cover letter should be uploaded into the dedicated fields. Please combine additional application materials into one or two files

in PDF/MS Word format. If you have questions about this position, please contact nmc@utoronto.ca.

All application materials, including reference letters, must be received by December 20, 2021.

For more information about the Department of Near and Middle Eastern Civilizations, please visit <http://nmc.utoronto.ca>.

All qualified candidates are encouraged to apply; however, Canadians and permanent residents will be given priority.

Diversity Statement

The University of Toronto is strongly committed to diversity within its community and especially welcomes applications from racialized persons / persons of colour, women, Indigenous / Aboriginal People of North America, persons with disabilities, LGBTQ2S+ persons, and others who may contribute to the further diversification of ideas.

As part of your application, you will be asked to complete a brief Diversity Survey. This survey is voluntary. Any information directly related to you is confidential and cannot be accessed by search committees or human resources staff. Results will be aggregated for institutional planning purposes. For more information, please see <http://uoft.me/UP>.

Accessibility Statement

The University strives to be an equitable and inclusive community, and proactively seeks to increase diversity among its community members. Our values regarding equity and diversity are linked with our unwavering commitment to excellence in the pursuit of our academic mission.

The University is committed to the principles of the Accessibility for Ontarians with Disabilities Act (AODA). As such, we strive to make our recruitment, assessment and selection processes as accessible as possible and provide accommodations as required for applicants with disabilities.

If you require any accommodations at any point during the application and hiring process, please contact uoft.careers@utoronto.ca.



Photography

The Roller



This Indian Roller aka Blue Jay aka Neelkanth was displaying its aerial skills in Bandhavgarh Tiger Reserve, Madhya Pradesh. The species is best known for the aerobatic displays of males during the breeding season.



Behram R. Aderbad works as a professional in a reputed private company, and is also a passionate wildlife lover which got him interested in pursuing wildlife photography. He wants to promote and showcase the wild and wonderful side of Planet Earth through his images. He has travelled to the wild jungles of India and Africa to pursue photography, and any spare time that he finds back home in the concrete jungle is spent photographing different species of birds in and around his house.

એક નાનકડો દીવો

જેમ એક નાનકડો દીવો, દૂર કરે ઘરનું
અંધિયારું

તેમ આં દીપક દૂર કરે મારા દિલનું
ઘનઘોર અંધારું

ફેલાય પ્રકાશ આછો, ધીમો ધીમો,
ઝીલમિલ ઝીલમિલ

દૂર થાય ધીરેથી અજ્ઞાન નો અંધકાર
તિલ તિલ

અંતર મનમાં તારા પ્રગટાવ ઝળહળતો
દીવો એક

જે કરે અજવાળું ચોતરફ, ઝળહળી ઉઠે
દિલો અનેક.

Armin Dutia Motashaw

State of Humanity

As we get ready
To bring in
The festive season
With Christmas trees
Mistletoes and Gifts
Under the X-mas trees
(Not trying to dampen
Your spirit)
Please do not lose
Sight of the other
Half of humanity
Who have neither
Food clothing no
A cozy bed to
Lie down and sleep
But are shivering
In the bitter cold

If there would be

Less shedding of tears
Violence racism Discrimination
Bigotry rapes murders
There would be more
Peace Prosperity
A Very Happy Humanity

So, before the meal
We close our eyes
And join our hands
Saying A Big Thank You
To our Creator
At the same time
Save a little Prayer
For unfortunate
Have Nots of Humanity

Choiest Happiness
Farida



SOME ANCIENT INDIAN HEALTH TIPS: quotes in Sanskrit

1. Ajeerne Bhojanam Visham

If previously taken Lunch is not digested..taking Dinner will be equivalent to taking Poison. Hunger is one signal that the previous food is digested

2. Ardharogahari Nidhraa

Proper sleep cures half of the diseases..

3. Mudhgadhaali Gadhavyaali

Of all the Pulses, Green grams are the best. It boosts Immunity. Other Pulses all have one or the other side effects.

4. Bagnaasthi Sandhaanakaro Rasonaha

Garlic even joins broken Bones..

5. Athi Sarvathra Varjayeth

Anything consumed in Excess, just because it tastes good, is not good for Health. Be moderate.

6. Naasthimoolam Anoushadham

There is No Vegetable that has no medicinal benefit to the body..

7. Na Vaidhyaha Prabhuraayushaha

No Doctor is Lord of our Longevity. Doctors have limitations.

8. Chinthaa Vyaadhi Prakaashaya

Worry aggravates ill health..

9. Vyayaamascha Sanaihi Sanaihi

Do any Exercise slowly. Speedy exercise is not good.

10. Ajavath charvanam Kuryaath

Chew your Food like a Goat..Never Swallow food in a hurry..

Saliva aids first in digestion.

*11. Snaanam Naama Manahprasaadhanakaram
Dhuswapna Vidhwasanam*

Bath removes Depression. It drives away Bad Dreams..

12. Na Snaanam Aachareth Bhukthvaa

Never take Bath immediately after taking Food
Digestion is affected

13. Naasthi Meghasamam Thoyam

No water matches Rainwater in purity..

14. Ajeerne Bsheshajam Vaari

Indigestion can be addressed by taking plain water.

*15. Sarvathra Noothanam Sastham Sevakaanne
Puraathanam*

Always prefer things that are Fresh..

Old Rice and Old Servant need to be replaced with new. (Here what it actually means in respect of Servant is: Change his Duties and not terminate.)

16. Nithyam Sarvaa Rasaabhyaasaha

Take complete Food that has all tastes viz: Salt, Sweet, Bitter, Sour, Astringent and Pungent).

17. Jataram Poorayedhardham Annahi

Fill your Stomach half with Solids, a quarter with Water and rest leave it empty.

18. Bhukthvopa Visathasthandraa

Never sit idle after taking Food. Walk for at least half an hour.

19. Kshuth Saadhuthaam Janayathi

Hunger increases the taste of food..

In other words, eat only when hungry..

20. Chinthaa Jaraanaam Manushyaanaam

Worrying speeds up ageing..

21. Satham Vihaaya Bhokthavyam

When it is time for food, keep even 100 jobs aside.

22. Sarvaa Dharmeshu Madhyamaam

Choose always the middle path. Avoid going for extremes in anything.



ParZor

JIYO PARSI FRIDAY FORUM PRESENTS

JIYO
PARSI

PARSI PRINT HERITAGE

CELEBRATION & PRESERVATION

Friday | 26 November 2021

6-7 pm IST

by

**Murali Ranganathan**

Historian, Writer & Translator

19th century Mumbai and western India

zoom

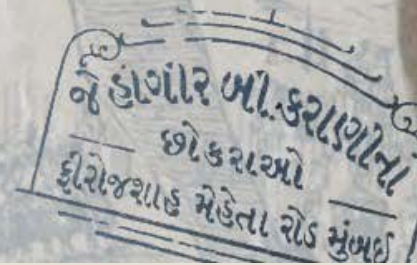
Meeting ID: 990 252 6711

Passcode: jiyoparsi



LIVE

@PARZORFOUNDATION

ગુણીવરની
મુસાફરીઓ.**Friday, 26 November 2021 | 6-7 pm IST | Jiyo Parsi Friday Forum***Parsi Print Heritage: Celebration & Preservation* by Murali Ranganathan,
Historian, Writer & Translator
19th century Mumbai and western IndiaMurali Ranganathan will talk about the long tradition of print culture in the
Parsi community going back to 250 years including his discoveries on the
subject. His lecture will focus on the nineteenth century when Gujaratiprinting was dominated by the Parsis. He will also present his thoughts
on how this print heritage can be celebrated and preserved.**Join us on Zoom:**<https://us02web.zoom.us/j/9902526711?pwd=bnJKbnFhV2NBdTJ3NFJlajNoSUtTdz09>**Meeting ID: 990 252 6711****Passcode: jiyoparsi**