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FROM THE EDITOR'S DESK

Dear Readers,

If there’s one crucial lesson about life that has been amply stamped onto our souls over the past three years, it’s that life is short and unpredictable. Sometimes, there are no second chances to do those things you should have, or to say those words which so needed to be said... and heard. There is nothing that scars the spirit more than a regret that cannot be redeemed or a mistake that cannot be corrected. Putting off those seemingly ‘small things’ for later can sometimes end up inflating into becoming the biggest weight you carry around for a long, long time... because the moment has simply passed and it’s too late now to go back and do what needed to be done then.

There’s only one right time to do those things that we unintentionally de-prioritize - it’s in the HERE AND NOW. It could be as simple as saying thanks to your mum for cooking your favourite dish or giving just a 10-second hug to your grandpa or making a call to a long lost friend... or then, maybe getting down to finally writing out your will or starting that health regimen you’ve been meaning to start since the year started!

The year-end is usually when many of us reflect over the things that happened, but more importantly, over the things that haven’t. And instead of pushing these even further to merge with that ‘New Year Resolutions’ list - the most part of which fizzes off by the time we hit the first week of February - let’s just get down to getting things done... NOW - in the ‘present tense’... because, like they say, if you don’t do it in the ‘present’, you’ll end up with good reason to get ‘tense’! Think about it!

Have a good weekend!!

-Anehita
anehita@parsi-times.com

Religious Announcements

Hama Anjuman Jashan At Idawala Agiary
The Bai Avabai Wadia Agiary, also known as the Idawala Agiary (situated behind Anjuman Ashab Behram), will hold the monthly Hama Anjuman Jashan on 21st November, 2022, (Roj Daedarad, Mah Teter Tiir), at 4:30 pm. This will be followed by a religious talk by Mr. Darayash Katrak and light refreshments. All Parsi / Irani Zoroastrians are invited to attend.

Tir Mahino Jashan At M N Sett Agiary
Seth Maneckji Nowroji Sett Agiary (at Bazar Gate Street, Fort) will hold a Tir Mahino Jashan on 26th November, 2022, (Roj Tir -Mah Tir, YZ 1392), at 9:30 am. All Humdins are warmly invited.

Indian Vocal Music Competition At Khareghat Colony
Khareghat Colony Youth Association Trust Funds is organizing an Indian Vocal Music Competition on 27th November, 2022, at Khareghat Memorial Hall, at 5:30 pm onwards. Participants would have to make it through the Elimination Round first, which will be held on 20th November, 2022, at the same venue, 5:00 pm onwards. Divided into three categories - Juniors, Seniors and Senior Citizens, winners will be awarded trophies and cash prizes.


WZCC Bengaluru To Host Winter Bazaar
The Bengaluru chapter of the World Zoroastrian Chamber Of Commerce (WZCC) will host a ‘Winter Bazaar’ celebrating Parsi flavours, on Saturday, 19th November, 2022, at Lady Jehangir Kothari Memorial Hall, Queen’s Road, from 3:00 pm to 9:00 pm.

The bazaar will bring a slice of old Parsi Bengaluru through food and lifestyle items from Sir Ratan Tata Institute, Women’s India Trust, and embroidered Gara products. The aim is to provide small businesses with a platform for artisans to grow their trade and also create public awareness and provide an opportunity to learn new skills. The event will showcase artisans from across the city and their products, and will also include a fun kid’s corner

For details: On Facebook: themarketplacewzcc, On Insta: themarketplace_wzcc

In Memoriam

SOLI FRAMROZE CONTRACTOR
(1/6/1937 - 7/11/2022)
(Husband of Dr. Shirin Wadia-Contractor; Father of Aashish and Naheed; Father-in-law of Phiroza and Rustom; Grandfather of Shanaya, Naira and Theila)

The Passing Of A Decent Man
By Dr. Aashish Contractor

My father was a decent man. I know that sounds like an underwhelming adjective for your own father, but a decent man is one who lives life with moral integrity, kindness and goodwill. In the modern world, it’s a rare person who lives his entire life based on these values. He hailed from a simple background, born in 1937, and was brought up in Mount Abu at a time when most Contractor men were destined to work in the Railways. He did his schooling in the sprawling campus of St. Mary’s School, Mount Abu, and pursued further education in Mumbai.

He worked for decades at Macneill and Major (MM), which later became KilmURN Engineering. His was the classic middle-class, hard-working service, for a single-company-for-life, and he got the proverbial gold watch at the end of his tenure... except, it wasn’t gold. The gold he did receive was lifelong friendships from his colleagues, most of whom happened to be Parsis. In an era where ‘out of sight, out of mind’ seems to be the norm, he was treated and nurtured those relationships till the end.

One of the more touching messages I received was from Nazneen Vandevrwalla, from Seattle, daughter of Erukh, one of dad’s MM colleagues, who passed away a few years ago. She told me how he never failed to wish her on her Roj birthday, even after all these years, despite having met only fleetingly in the past twenty years. That was my dad - the Prince of little gestures... those which come from the deepest recesses of our heart and rest in the same place in the recipient’s heart. He was a loving father to my sister and me, and a doting husband to my mother.

The basic tenets of Zoroastrianism are Humnata, Hukhta, and Huvarashta; good thoughts, good words and good deeds. And he was a living example of these, especially the good deeds. He was not the grand gesture of building a hospital or school, but it consisted of a million acts of daily kindness, like helping an older person cross the road or chatting with the vegetable vendor and inquiring about his family. At the Uthmania, a gentleman came up to me and narrated how a week ago, ‘Soli Saab’ saw him across the road and actually made the effort to cross and greet him in person... this, in an age, when we pass each other and pretend to be lost in our phones, to prevent eye contact.

He passed away peacefully on the 7th November of a severe brain haemorrhage. It was one and done. And this was a man, who at age 85, had barely spent three days in hospital in his life! A week ago, he was with our entire extended family, a jolly gang of over 20 people, in Dalhousie and then Amritsar, visiting the Golden Temple. He was the patriarch of this motley crew. He was the beloved Soli Dada/Nana/Fua/Mama to all. However, that didn’t stop him from shaking a leg (and hips) to ‘Staying Alive’, and betting out the old favourite, ‘Jamaican Farewell’, on karaoke on my sister’s birthday - just 11 days before he bade us his own sudden farewell.

And that’s what makes it so hard. I spend my life working with patients who have been given a second, third and even fourth chance at life after severe illness, but my father had none. I seek solace in the fact that he had no suffering, but can’t help grieving that he went too early. Or maybe like Abou Ben Adhem (may his tribe increase), he was highest on the list of names whom love of God had blessed, and he was needed in heaven to continue to spread sweetness and light.
5th ALL ZOROASTRIAN ARM WRESTLING COMPETITION

ORGANISED BY PARSEE GYMKHANA
3RD DECEMBER 2022 FROM 5 PM

CASH PRIZE Rs.1,50,000/- (Cumulative)

Chief Guest
JUSTICE (RETD) SHAHRUKH J. KATHAWALA

GUEST OF HONOR:
MR. JEHAN K. DARUVALA (MULTIPLE RACE WINNER FORMULA 2)

BODY BEAUTIFUL DEMONSTRATION BY
MR. JEHAN IRANI - 3 GOLD MEDAL WINNER IN ALL INDIA ICN CONTEST POSING DEMONSTRATION

CATEGORIES (Men & Women)

JUNIORS: Under 18 years Weight class from 40 kg
SENIORS: Weight class starting from 50 kg
MASTERS: Under 40 years
GRAND MASTERS: Over 50 years
SUPER CLASS: Over 60 years
TEAM CHAMPIONSHIP: 4 members per team

CHAMPION OF CHAMPIONS: Previous year Champions (Men) will fight with Senior Champion for CHAMPION OF CHAMPION Title.
Minimum Four Entries in each category failing which the categories will be merged.
Entry fees per wrestler: Rs.400/- (including entry, dinner & T-shirt)

DINNER TICKETS
Members Rs 450/- Guests Rs. 500/-
(Last date of ticket issue 30th November 2022)
Enter forms available at Parsee Gymkhana

BUFFET MENU
Starters: Peri Peri Potato Wedges with Garlic Aioli, Kung Pao Chicken, Fried Prawn
Accompaniments: Kachumber & Lemon, Chapati, Assorted Breadbasket
Main Course: Grilled breast of chicken in pepper mushroom sauce, Pan Seared Fillet of Fish in Caper Sauce, Sali chicken, Subzi Miloni, Burnt Chilli & Garlic Rice, Vegetable Thai Green Curry, Paneer Mutter
Dessert: Malai Kulfi with Falooda & Rose Syrup

Contact for Entry forms:
Mr. Adil Daruwalla/ Mrs. Pooja – 9167868817 / 022-2281 1869
Email: armwrestling@parsee gymkhana.in

FKS FOUNDATION
Boman Lodge, Khedavad Circle, Dadar, Mumbai 400 014
Tel.: 9821484148 (Bet. 10 a.m. to 4.00 p.m.)

MERIT PRIZES FOR ZOROASTRIAN STUDENTS OF MAHARASHTRA
For the years 2022 - 2023
In pious memories of
Late Jehangirji & Late Homai Mithaiwalla,
Late Rustomjee & Late Piroja Tavadia and
Late Jemi & Late Gool Tavadia
(For MBBS Course only)

In pious memories of
Late Miss Goolmohore P. P. Preader
(For MBBS/BDS Course only)

In pious memories of
Late Miss Shirin H. Bharucha
(For Engineering & Architecture)

In pious memories of
Late Mrs. Jerbai & Kaikhushru R. Fitter
(For Post Graduation)

In pious memories of
Dr. D.B. Parakh & Mrs. Katie D. Parakh,
Miss Mani K Fitter & Ms. Bapsy Modi
(For Post Graduation)

Students with distinction marks may apply.
Forms may be collected from our office from:
21st November, 2022 to 30th November, 2022
between 10.30 a.m. to 3.00 p.m. only
Students staying at distant places may apply through Post
Miss Rukhsana F. Sholapurwala
President & Managing Trustee

“Until the lion learns how to write,
every story will glorify the hunter.”
- African Proverb
Celebrating The Arrival Of Parsees In India

India, including the holy ash of the AtashBahram in Khorasan, was brought from Iran, reportedly on horseback and on foot via Afghanistan and what is modern-day Pakistan. Hence, the first Atash Bahram consecrated by the Parsees in India is named Iranshah, as it has a spiritual and ritual link with Iran.

When Sanjjan Came Under Threat: After Iranshah was duly installed, Parsees lived peacefully in Sanjjan for about 324 years. However, when Sultan Mahmud Begdo attacked Sanjjan with an army of thirty thousand soldiers, led by General Alkhan, the local Governor of Sanjjan asked the Parsees to join his army in battle, after annulling the treaty between the Parsees and his ancestor, Vajjadeval, that they would not bear weapons.

1,400 Parsi men enlisted in the army and General Ardashir led them in battle. During the three days and Ardashir emerged victorious in the first round. However, Alkhan returned with a bigger army and Ardashir and several men in his army were killed. Sanjjan fell into the hands of Alkhan. Even as the battle was being fought, the Sanjana Priests, fearing desecration of the Holy Fire, carried Iranshah away to safety in a cave on Mount Bahrot. For twelve years, the priests kept Iranshah safe and secure at Bahrot.

Gratitude To Sanjjan: Historically, Sanjjan was always a busy and flourishing port. With time, the community started moving to other parts of Gujarat. Today, Parsis, though small in numbers, are spread across India and the world. However, the community to this date remembers Sanjjan with fondness for this is where Iranshah was consecrated. Sanjjan is where the community found a safe new home. Sanjjan is where we initially flourished. Sanjjan is where our ancestors sought Sultan Mahmud on request of the local governor. Sanjjan is where our ancestors learned and adopted the Gujarati language and our ladies started to wear the Indian saree.

We owe so much to Sanjjan and therefore we remember it with so much fondness and gratitude. Thank you, Sanjjan. Thank you, India!
Q1: What is SOAS?
A1: SOAS, University of London, is a highly respected academic institution with decades-long connections to Zoroastrian associations and organisations in the UK, India and Iran. At SOAS, courses in Zoroastrianism and its associated languages both ancient (Avestan and Pahlavi) and modern (Gujarati and Persian) have long been taught. A major exhibition, The Everlasting Flame: Zoroastrianism in History and Imagination, mounted by SOAS first in London (Brunei Gallery 2013) and then in Delhi (National Museum 2016), brought attention to the subject on a global scale. A major donation to SOAS by Mr Shapoor Mistry enabled the establishment of the SOAS Shapoorji Pallonji Institute of Zoroastrian Studies in 2018 – the first such institute dedicated to teaching and research of Zoroastrianism in the world with a new post, the SSP Lecturer in Zoroastrianism, a scholarship fund and part-time administrator. Thanks to the Zartoshty Brothers, Mehryarben and Fereidoun, SOAS was already the beneficiary of a philanthropic donation that supports the Zartoshty Brothers Chair in Zoroastrianism. In addition, the Zoroastrian Trust Funds of Europe (ZTFe) have generously given to SOAS over the years, funding scholarships and making a substantial donation towards The Everlasting Flame exhibition.

Q2: So, what is Gen Z and Beyond: A Survey for Every Generation?
A2: The survey was initiated and sponsored by members of the community for the benefit of the global (Iranian / Parsi / Irani) Zoroastrian community as a whole. This Survey is unique as it does not collect any identifying information, is global, and totally anonymous. The questionnaire asks a wide range of questions covering social, family life, professional aspirations, religious observances and beliefs, philanthropy, entrepreneurship, migration, community engagement and other issues of importance to the (Iranian / Parsi / Irani) Zoroastrian community.

Q3: Is the survey a community-sponsored study, why is an academic institution responsible for conducting it? Why doesn't a community body run the survey?
A3: The Survey was brought to us at the SOAS Shapoorji Pallonji Institute of Zoroastrian Studies (SSPZI) because, as researchers belonging to an academic institution, we provide a neutral platform for studies such as this one. In other words, we have no agenda, and don’t support any particular outcome from the survey. We have no influence over the data collected nor can we identify the people who fill in the survey – it is completely anonymous.

Q4: SOAS is a university based in the west and so won’t the results be biased towards a western (liberal, untraditional) perspective?
A4: In our report at the end of the survey, we won’t be making any recommendations or judgements. We will not say that this is right or that is wrong, or the community should do one thing or another. We will be collecting the data – the data the community gives us in their responses to the Survey – analysing it and presenting it back to the community in the form of a report which will be interesting and useful to community members and leaders.

Q5: What is the purpose of the survey?
A5: This is a once-in-a-lifetime opportunity that may never come around again, so participants of the Survey are a part of something truly historic! We understand that many people are experiencing survey fatigue, but this Survey examines a wide range of topics that are of interest and relevance to the community, posing questions about the priesthood, what religious practices and customs you observe, the importance of the Qisse-e-Sanjand Shahnameh to your ethnic-Religious identity, your favourite community activities, and what you think are the most significant factors that will strengthen or threaten the community. The scope of this survey goes beyond sociopolitical viewpoints, aiming to understand all aspects of (Iranian / Parsi / Irani) Zoroastrian life today, including the many positive aspects of belonging to a tiny minority.

The Survey is also an opportunity to quantify, verify and examine the many challenges the community faces by tackling the important questions: What are the most pressing challenges? Why are they happening? Where are they happening? It is essential to capture this information about the community and preserve it for future community members as well as academics who are interested in the Zoroastrian community and religion.

Q6: One of the main criticisms of the survey has been that it is not restricted to only those with two Zoroastrian parents. Why are people who have only one Zoroastrian parent, grandparent or spouse included in the Survey?
A6: The Gen Z and Beyond survey open to people aged 18 and over who have:
- Two Iranian / Parsi / Irani Zoroastrian parents, or
- A Iranian / Parsi / Irani Zoroastrian father, or
- A Iranian / Parsi / Irani Zoroastrian mother, or
- At least one Iranian / Parsi / Irani Zoroastrian grandparent, or
- A Iranian / Parsi / Irani Zoroastrian spouse

The most important point to take away here is that responses and data from each category are collected separately and will not be merged or conflated during analysis.

We included the categories because we wanted to make comparisons between them. We understand that there are different rules of inclusion and exclusion in different parts of the world.

It might be of interest that, to date, people with two Zoroastrian parents are, by far, our largest category – over 90% of our respondents.

Q7: Will the report be the only outcome of the survey?
A7: Yes, a report will be produced by the Gen Z team that will analyse the data. Once again, the report will present the results separately for each category. The report will not make judgements or recommendations.

We want the report to be relevant and meaningful, and above all, useful for the community. We do not want the report to gather dust in a library somewhere and therefore we hope that the community will make use of the huge amount of data. The results are in no way binding on the community, and community leaders can decide to use the data as they wish once it’s made available.

The raw data from the survey will be stored in perpetuity in an archive such as the UK Data Archive and will be a substantial resource for the Zoroastrian global community as well as for academics, students, and researchers.

Q8: If the report doesn’t make recommendations, what is the benefit of it? How will young people benefit from participating in the survey?
A8: Currently, there is limited sociological and demographic data on the Zoroastrian community as a whole. Young people should take this Survey as ultimately, the future of the community lies with them. The younger generation will benefit because the report will highlight the topics of interest, issues, religious practices, and beliefs that are most important and relevant to them.

Q9: Older people or those who aren’t very tech savvy may find it challenging to sign up and take the survey online.
A9: Responses from the older generation are an integral part of the Survey and the picture it builds of the community as a whole. This is why we have, are in the process of leafleting all the colonies and baungs to give people instant access to the Survey. If anyone hasn’t received the leaflet in the last few weeks (or has difficulty signing up) and would like to participate, please contact Er. Sheherazad Pavi on +91 96192 54448.

Q10: Is it safe to participate? Who has access to my responses and information?
A10: The survey does not ask for ANY identifying information. We do not ask your name, address or even your city/town/village name. The survey is completely anonymous - your response cannot be linked to the email address or mobile number used to sign-up for the survey. You can be completely honest when filling out the survey.

Q11: How do you participate?
A11: There are two ways of participating:
1) Sign up using an email or phone number by visiting tinyurl.com/GenZSignUp or scanning the QR code.
2) If you would like to participate without signing up, please call Er. Sheherazad Pavi on +91 96192 54448 for a leaflet which has a password for instant access.

Stay tuned for the latest statistics from the Survey in the coming weeks!
One day you’re fine, and the next, you’re struck by excruciating shoulder pain - the kind that takes your breath away. Then comes the first of many sleepless nights. Welcome to the mysterious and miserable world of ‘frozen shoulder’. Clinically termed as ‘adhesive capsulitis’, frozen shoulder can literally develop overnight. The lining (capsule) of the shoulder becomes inflamed and stiff, causing shooting pain with certain arm movements. Eventually, the shoulder ‘freezes’ or could become immobile for a few months, a year or even longer. Frozen shoulder is one of those spontaneous conditions we face as we age. Recovery can be long and grueling if you go it alone, which many people do. Early intervention with an expert physiotherapist gets you back on track faster.

Like many patients, Rustomjee was going to try to ‘tough it out’. After all, who like going to the doctor? But take it from Rustomjee - waiting too long isn’t worth it. “The doctor asked me to perform certain diagnostic movements, like reaching behind my back and up towards my shoulder. These bursts of pain brought tears to my eyes. Within five minutes, he diagnosed me with frozen shoulder. He said it was a good thing I’d come in during the inflammatory phase, before the shoulder froze up. I was relieved when he said I wouldn’t need surgery and, better yet, I could and should keep playing box cricket. Keeping the shoulder mobile would help with recovery, he said. Being sedentary is the worst thing for frozen shoulder. That’s why I hadn’t been sleeping, doctor explained. At night, as you try to rest, the lining of the shoulder tightens up like a T-shirt that’s too small. So, any little motion causes pain and keeps you awake. He recommended an anti-inflammatory injection and regular physiotherapy, which I attended for two months. The physiotherapist used electrical stimulation to loosen up my shoulder and taught me exercises I could do at home to improve my range of motion. If you find yourself trapped in the world of frozen shoulder, don’t wait until you’re desperate, like I did. It started affecting my personal and professional life. Seek help right away, if only to get some peace of mind about what’s wrong. And to finally get a good night’s sleep!”

Rustomjee’s personal medical mystery was solved, but in a larger sense, the condition itself is still a puzzle. While we don’t know exactly why frozen shoulder develops, patients with thyroid problems and uncontrolled diabetes are more prone to it and have a tougher time recovering. Patients who have been in a sling or have been sedentary due to an accident or surgery, also can develop frozen shoulder. Frozen shoulder can affect any adult, but it is most common in women aged 40 to 60. The majority of patients recover without surgery. Recovery can be a long road. Rustomjee was wise to come in during the inflammatory phase. Once a shoulder is frozen, “thawing” it, or rendering it mobile again, takes much longer.

Patients who see a physiotherapist early could recover in a few months, as opposed to longer periods, without intervention. Eventually, frozen shoulder will resolve on its own, but that’s a long time to deal with intermittent pain, mobility issues, and sleep disruption. Most patients recover with nonsurgical therapies. For severely frozen shoulder or patients who are fed up with the pain, surgeons can do arthroscopic surgery. The surgeon looks inside the joint, releases the shoulder capsule, and restores your range of motion. However, you’d still need physical therapy to regain full shoulder mobility.

Here are a few frozen shoulder exercises for you. Always warm up first by taking a warm shower for 10 to 15 minutes or apply a moist heat pack. While performing the following exercises, stretch to the point of tension, but not pain.

**The Pendulum Stretch:** Start with this exercise. Relax your shoulders. Stand and lean over slightly, allowing the affected arm to hang down. Swing the arm in a small circle - about a foot in diameter. Perform 10 revolutions in each direction, once a day. As your symptoms improve, increase the diameter of your swing, but never force it. When you’re ready for more, increase the stretch by holding a light weight (three to five pounds) in the swinging arm.

**The Towel Stretch:** Hold one end of a three-foot-long towel behind your back and grab the opposite end with your other hand. Hold the towel in a horizontal position. Use your good arm to pull the affected arm upward to stretch it. You can do an advanced version of this exercise with the towel draped over your good shoulder. Hold the bottom of the towel with the affected arm and pull it toward the lower back with the other arm. (10 - 20 Reps, once daily).

**Finger Walk:** Face a wall three-quarters of an arm’s length away. Reach out and touch the wall at waist level with the fingertips of the affected arm. With your elbow slightly bent, slowly walk your fingers up the wall, spider-like, until you’ve raised your arm as far as you comfortably can. Your fingers should be doing the work, not your shoulder muscles. Slowly lower the arm (with the help of the good arm, if necessary) and repeat. (10 -20 Reps, daily).

**Cross-Body Reach:** Sit or stand. Use your good arm to lift your affected arm at the elbow, and bring it up and across your body, exerting gentle pressure to stretch the shoulder. Hold the stretch for 15 to 20 seconds. (10 - 20 Reps, daily).

**Armpit Stretch:** Using your good arm, lift the affected arm onto a shelf about breast-high. Gently bend your knees, opening up the armpit. Deepen your knee bend slightly, gently stretching the armpit, and then straighten. With each knee bend, stretch a little further, but don’t force it. (10 - 20 Reps, once daily).

As your range of motion improves, add rotator cuff-strengthening exercises. Be sure to warm up your shoulder and do your stretching exercises before you perform these strengthening exercises.

**Outward Rotation:** Hold a rubber exercise band between your hands, with elbows at a 90-degree angle close to your sides. Rotate the lower part of the affected arm outward 2 - 3 inches. Hold for five seconds. (10 - 15 Reps, once daily).

**Inward Rotation:** Stand by a closed door, hook one end of a rubber exercise band around the doorknob. Hold the other end with the hand of the affected arm, holding your elbow at a 90-degree angle. Pull the band toward your body 2 - 3 inches, and hold for five seconds. (10 - 15 Reps, once daily).
Merzina Irani Wins Silver In State Level Karate Championship

13-year-old Merzina Irani, student of J. B. Vachha High School for Parsi Girls, Dadar, won a Silver Medal in Kumite, at the Maharashtra State Sub Junior Karate Championship, 2022, held in Aurangabad, on 5th - 6th November, 2022, organised by the Karate-Do Association of Maharashtra. Merzina represented Mumbai City in the open weight category for 13-year-old girls (+55 kgs).

Alongside Karate, she also practices Judo and has won several Judo competitions too, including MSSA. Dynamic Merzina is also a trained and certified ballet dancer and has won awards in interschool elocution and essay-writing. English Literature and History are her favorite subjects at school. Speaking to Parsi Times, Merzina says, “Winning or losing doesn’t matter as much - participation is the greatest achievement. Each competition has something new to offer. I’m very proud and happy to represent my school and the community, and aim to continue achieving more. I’m grateful to my parents, brother, school principal, teachers and mentors for my success.”

Daughter of proud parents Naznin and Mehernosh Irani, residing at Dadar Parsee Colony, Merzina has been training for the past seven years under the guidance of Shihan Jehangir Shroff (7th Dan Black Belt) President and Chief Instructor of Yudansha Kobujitsu Karate Doh Federation (India) and Jehangir Shroff Fitness Academy (JSFA).

Kudos to Merzeena! Here’s looking to many more future wins!

Paashin Sethna Peddles A Win In Jio Mumbai Cyclothon

18-year-old Paashin Behram Sethna, residing in Bandra Tata Blocks, made a mark in the first edition of the ‘Jio Mumbai Cyclothon’, which took place on 13th November, 2022, (from 5:00am to 1:00pm), and successfully concluded with over 3,500 cycling enthusiasts having participated in the event and securing third place in the Men’s 50km 18+ Category. Flagged off by Bollywood actor Suniel Shetty, the marathon started at BKC and passed through Kharvadi, Bandra and Worli via the sea-link and back to BKC.

Organized by Champ Endurance, the Jio Mumbai Marathon is a green initiative that aims to create awareness among citizens about health and fitness for people of all ages and sensitizes them towards eco-friendly transportation options like cycling. Participants were spread over about 25 different categories and sub-categories for men and women, with a total of 60 winners. Paashin came in third in the Men’s 50 km category, doing 3 laps in 1.49 minutes, from amongst 474 other co-participants.

A student at Tata Institute of Social Sciences, Paashin is pursuing Bachelors of Vocational Engineering (Automobile Servicing) and has been a passionate cyclist since 2017. His talents also extend to wood-work carving and he wishes to pursue a career in cycling as a professional athlete.

Olpadwalla Brothers Shine Bright At Global Taekwondo Competition

Known for winning accolades in Taekwondo, the Olpadwalla brothers - Nekzaad and Shazaad Aspi Olpadwalla - continue their winning streak in 2022! The students of Sir Lady Engineer High School have yet again made their school, community and parents very proud, with Nekzaad winning the Gold medal and Shazaad bringing home the Bronze medal, in their respective Categories, at the First World Open Friendship Taekwondo Cup 2022, which was held on November 12, 2022, in Mumbai.

The winning duo thank their school principal - Ervic Elavia for his encouragement and support and as also their coach - Kiran Gawande, for prepping them to win. Parsi Times congratulates the Olpadwalla family and wishes Nekzaad and Shazaad all the very best for their future achievements!

Heartiest congratulations to Burzin Engineer and Percy Bharucha on completing the extreme endurance event, ‘IRONMAN 70.3 Goa’, on 13th November, 2022.

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- 40,000+ global workforce

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51-year-old Surat resident, Yezdi Noshir Dapotawala, continues to inspire one and all, this time having completed the second edition of ‘IRONMAN 70.3 Goa’ - an extreme endurance event - which commenced at the Miramar Beach in Goa’s capital - Panaji, on 13th November, 2022. Over 1,450 participants from 33 countries put their best to the test, into this eight-hour triathlon (which is qualifying event for the IRONMAN World Championships), where they were required to complete a gruelling 1.9 km open sea swim, 90 km cycling and 21 km running.

Yezdi clocked 7 hrs, 50 mins and 30 Secs (Sea-swim at 00:54:36; Cycling at 03:42:47 and Running at 02:53:15) to complete this extremely demanding event. The IRONMAN 70.3 comes on the heels of yet another fabulous triumph - the first edition of the VRG Triathlon, held on 6th November, 2022, where Yezdi stood first in his age group, completing the Olympic distance of 1.5 km swim, 40 km cycling and 10 km running.

A passionate athlete since childhood, Yezdi has participated in and won numerous endurance competitions across local, regional and national platforms. He represented The Zoroastrian Club - Surat at the All Parisi Athletic Meet in Mumbai since he was in school, a legacy now continued by his children. But it was long distance running that captured his heart and he started practicing sincerely for Marathons, since 2018. Even through the pandemic, when it was possible, over the past couple of years, Yezdi successfully completed numerous half-marathons held in Surat city as also Ultra-runs held in the forest areas of Daang near Saputara.

“The Goa Ironman was one of the more difficult ones in India, with its challenging hilly cycling rides and hills. Plus, since we started post-pandemic, we had to press on the whole day through the extremely hot (32°C) and humid conditions (71% Humidity). I’ve been training six days a week for Ironman, since the last three years. Two days each, I’d practice swimming, running and cycling for long hours. Though swim sessions are normally in a pool, once a week, I’d swim in the river Tapri to test my endurance. One has to keep a watch on the diet too,” shares Yezdi.

Two of Yezdi’s commendable achievements comprise major cycling expeditions, one where he cycled 500 km over 10 days, at high altitude and broken roads, from Manali to Spiti Valley (2016), and the other where he rode through the dangerous forest regions in Arunachal Pradesh, again another 500 k.m over 10 days. Some of his best timings have been in the Tapri Monsoon Marathon and the Hyderabad Half Marathon, considered to be the toughest road race in India.

So, what keeps him going strong even at the age of 51? “Having always been an athlete, I feel constantly motivated to do something or other. For me, age is just a number,” says Yezdi, who has also been training his son - Zeus Yezdi Dapotawala, by taking him for marathons in Surat.

Speaking excitedly about his future plans, he says, “I’m now aiming for the full Ironman next year, which consists of 3.8 kms swim, 180 kms cycling and 42.2 kms running - all of which should be accomplished in 16.30 hours. And after that, I want to participate in the Ultraman - it’s every athlete’s dream to come true! It’s a 515 km multisport race, spread over three days and consists of 10 km of open-water swimming, 421 km cross-country cycling and an 84 km ultra-marathon run. Each stage has to be completed in 12 hours or less!”

Sharing a heartfelt message with the community, he says, “My message to my fellow Zoroastrians is to please take some time out from your hectic schedules for your health. Health is the greatest wealth. There’s no point in losing health in the quest for wealth because you will end up spending all of that hard-earned wealth to regain your health! Take an hour off daily to dedicate to the betterment of your health. Respect and take care of your body as it’s the only place you will live in, till your last breath!”

Wise words indeed! Parsi Times congratulates Yezdi on doing the community and the nation proud and for proving that age, is indeed, just a number! Here’s to many more accomplishments - may he continue setting the inspirational precedent for one and all!
The sixth salgreh of Zoroastrian Association of California’s (ZAC) Atashkadeh was celebrated with great religious fervor and Parsi gusto on 12th November, 2022. Preparations started a week in advance with a deep cleaning of the premises. On the salgreh day, chowk was done by Vira and Barjor Santoke, a Hama Anjuman Maachi was offered to Atashpadshah in all five ghats. Also, two Hama Anjuman Jashans were performed by Ervad Zerkxis and Zarrir Bhandara - in the morning and the evening - for the convenience of about 75 community members who attended the auspicious occasion.

After the Jashans, blessings in the form of messages, from Vada Dasturji Dr. Firoze M. Kotwal, Vada Dasturji Khurshed Dastoor, and Vada Dasturji Cyrus Noshirwan Dastur, were read out. The following message from the High Priest of Iranshah Udvala - Vada Dasturji Khurshed Dastoor - was read by Rocky Fitter (in the morning) and Daisy Pithavalla, ZAC Youth Coordinator (in the evening): “Dear Humdinds, Greetings from the land of Iranshah! I would like to express my heartiest congratulations and best wishes to my dear friend and a sincere Mobed, Er. Zarrir Bhandara on this auspicious occasion. In many of my talks, I have expressed the need and importance of a religiously pious and scripturally knowledgeable Mobed who is willing to share his learning and insight with the community. This is the one way, our religious traditions will be protected and our religion, preserved. This is what Zarrir has believed in and has made every effort in the direction of preservation. He continues to take the trouble to play a contributory role in organising and being a part of as many religious gatherings as he possibly can. What strikes me as very impressive is that he has not only encouraged and motivated his son Zerkxis but has mentored him to follow his passion. I am grateful to you Zarrir, though so far away from your roots, you have in the past 50 years, helped lay a strong foundation of religious wealth for the Zoroastrians in the U.S. May the Light of the Sacred Fire strengthen the Faith, bring Harmony, and Guide our community towards preserving our traditions and ethnicity eventually leading us towards enlightenment.”

ZAC Secretary Vira Santoke (morning) and ZAC Treasurer Phiroze Gundevia (evening) read the following message from Vada Dasturji Dr. Firoze M. Kotwal: “I am pleased that the Association of California has deemed it fit to felicitate a worthy priest (Er. Zarrir) who is involved in the service of the whole Parsi community. Felicitations on the 6th Anniversary (Salgreh) of the Atash Padshah installed by the Zoroastrian Association of California (ZAC)... It is our sincere prayer that our Holy Fire may continue to shower his choicest blessings on the faithful devotees of California... and lead them always on the path of Truth and Righteousness. It is very gratifying that ZAC is fortunate to have a good and sincere priest such as Ervad Zarrir Bhandara who has been helping community members in all spheres of life... It is my sincere hope that he and his son Zerkxis will continue to serve the faithful and devout members of the Good Religion... May this father and son team live a long and healthy life and may the divine blessings of Ahura Mazda be bestowed upon them and the devout members of the Parsi Irani Zarathush community of California.”

ZAC’s past president Mobedyar Houtoxi Contractor read the following message from Vada Dasturji Cyrus Noshirwan Dastur: “I wish and pray to Dabar Ahura Mazda that the divine fire that was enthroned in California six years ago, may eternally keep burning and keep blessing the Zarathoshi devotees with an abundance of happiness, success, progress, and prosperity. I also congratulate Ervad Zarrir F. Bhandara, my guru, on his 50 years of dedicated, selfless, and honorary service to our Zarathoshi community in the US, North America, and globally. Zarrir you have been guiding our community with your expansive knowledge about our religion and I commend you for the same, may Ahura Mazda’s blessings be showered upon you forever.”

After which a note of thanks was delivered by Ervad Bhandara, thanking the ZAC executive committee and Er. Zerkxis for working behind the scenes to make sure everything runs smoothly and to the Commissariat family and Yashmin Pithavalla for the Parsi food and snacks, respectively, relished by all.

XYZ Brainiax 2022 – A Mind-blowing Event!

XYZ Foundation conducted its 4th edition of ‘Brainiax’, a competition of the mind with numbers, puzzles, and science, on 6th November, 2022. Eight teams of XYZ - from Colaba to Thane - converged at the BJPC Institution at 9:00 am to participate in competing events like Scientifix (science fair), Mathemagix (mental maths competition), Gridx (sudoku), Logix (puzzles), Blax (block building), Mechanix (machine making) and Xcelerate (Video making). Videos which were uploaded on social media received over 20,000 views.

The finals of all the competitive events, which were held post a delicious lunch, included a live final of Mathemagix held in the auditorium. After several nail-biting finishes, Rustom’s Rockstars emerged victorious, as the overall champions of XYZ Brainiax 2022.

Hoshaang Gotla, XYZ’s Founder, said, “This event was organised by the XYZ Seniors. They were instrumental in conducting every competition for the XYZ members in the 4 age groups. Every activity was on time and their organising skills were fantastic. The crowd really enjoyed all the events. Kudos to all the winners!”
The Zoroastrian Trust Funds of India (ZTFI) held its Annual Fest 2022 at Cama Baug, on 12th November, 2022. The evening began with the auspicious and heart-warming Navjote ceremony of two Zoroastrian children - Varzan Bhagwagar and Tiana Sukhadiya, nobly organized by ZTFI, with the support of the Navjote donors - Rasheed Patel and Rashna Mistry. It was conducted by Er. Kaizad Karkaria and the priests of Rustam Framji Agiary who conducted the Navjote. ZTFI gifted the newly inducted Zarathustis and their families valuable goodies.

Over 500 community members gathered to make the most of the evening fest. Hosts for the eve, charismatic Kerfegar Eduljee and Hormuz Daruwalla - charmed the audiences. The enthusiastic audiences were kept engaged through the evening, participating in various fun activities and contests including counting the number of holes in a belt or figuring out the tallest heel, as well as Spot prizes and a Lucky Draw competition. The live band ‘Hijackers’ rocked the stage and had the audiences dancing to their fun tunes!

An audio-visual presentation by Kaizad Chinoy screened ZTFI’s glorious 13-year-old journey, highlighting various programs, achievements and support provided to the community, including Feed-A-Family monthly initiative, Soul Mate program, Zoroastrian Achievers Awards Night, various religious and picnic trips, concluding with a touching message by the dynamic Yasmin Mistry, Founder Trustee and Chairperson, ZTFI.

Living up to its motto, ‘Community First’, ZTFI also launched yet another, brand-new initiative on the occasion - the much needed ZTFI’s Helpline: 909-909-6874”, which was well-received by the audiences and would be of great benefit to the community. Yasmin Mistry shared how this would prove to be doubly advantageous, benefitting both community members in need of support, as well as those who wished to do community service and help fellow Zarathustis in need. Assuring that this initiative as one that was ‘For the Community and By the Community’ Yasmin reinforced how ZTFI would always reach out and support all humdins.

The stage lit up with the glamour of Parsipanu as vibrant contestants did a ramp walk, showcasing their gorgeous Garas and talents, including little dance moves to stylish walks! Guests of Honour for the occasion, Dr. Cyres Mehta, Noshir Dadrawala and Hoshang Jal also addressed the gathering and were felicitated by Kersi Randheria and ZTFI Trustees. Committee Members were also felicitated with an appreciation for their dedication, with a special thanks extended to the spirited and fab Team ZTFI.

The event was sponsored by the Godrej Group, The Zoroastrian Cooperative Bank Ltd, Master Group and Della Group with Parsi Times as the Media Partner. A scrumptious dinner by Tanaz Godivalia concluded ZTFI’s gala Annual Fest 2022, amidst much joy, fun and community camaraderie!
**PT Timeout**

**The Gowa Word Search**

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

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

Alexander the Great (Greece)
Augustus (Rome)
Suleiman (Turkey)
Alfred The Great (England)
Napoleon Bonaparte (France)
Ashoka (India)
Constantine (Rome)
William Conqueror (England)
Julius Caesar (Rome)
Charlemagne (France)
Cyrus The Great (Persia)
Qin Shi Huang (China)
Genghis Khan (Mongolia)
Marcus Aurelius (Rome)
Hannibal (Tunisia)
Tutankhamun (Egypt)

**WINNING CAPTION!!!**

Rahut: You put your left hand in, you put your left hand out...
Sonia: I’m already quite ‘shaken all about’ with his antics!!

*By Hormazd R Minocher (Mumbai)*

**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**

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2 4 6
8 1

3 6
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**CAPTION THIS!**

Calling all our readers to caption this picture!

*Send in your captions at editor@parsi-times.com by 23rd Nov., 2022.*

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

We invite our readers to contribute funny / interesting pics that we could use for the "Caption This" Contest.

**Disclaimer:** Some of our ‘Caption This’ Contest photos are taken from freely available, public online resources and are published in a light and humorous way, which is the essence of the Parsi spirit! No offense is intended to anyone or any situation.

**Thought of the Week**

“Do not wait for the perfect time and place – as long as you’re alive, you’re already onstage!”

*Anon*
સેન ડિઝાઇનો પાસે નવી દ્રારે મહેર

દેવિકીના ઓલિમ્પિક સેટ (લીલાલીને), વળસ્કેટ્બાલ સેલસમાં અંદાજે મેં ગોલ કરવામાં આવ્યું. તેના માટે પાલકામાં તેમની સામાજિક સાથી હતી જે તથા તેમના વર્ષ અધીનમાં દેશની મહિલા સ્વરૂપના રાજ્યમાં ગયા હતા. 

ચલ મહાન મહાન મહાનની ભાજપમાં વધુ વધુ ધૂમ માંગને કામ માટે ઉચ્ચ કોશશીર્ષક એવા રચનાઓ સ્વરૂપ થઈ રહી હતી. તમે જોઈ શકો છો કે વધુ વધુ ધૂમ માંગને કામ માટે ઉચ્ચ કોશશીર્ષક એવા રચનાઓ સ્વરૂપ થઈ રહી હતી. 

યુષીયે ડિઝાઇનો પાસે કોમ્સરીયેટમાં વધુમત

12 વખતી વખતિ મહાન મહાન મહાનની ભાજપમાં શિક્ષક પુરાણી કોમ્સરીયેટમાં વધુમત કરવામાં આવશ્યકતા હતી. તેમને તેમના નિષ્ણાદોની વ્યવસ્થા માટે મહત્વ હતી. 

બેલાન ઈરીનિઓ ઈરીનિઓ (ભારત) બાકી પ્રથમ પ્રયાસમાં 3 ગોલ અને 1 સિલીર મેળવયા

મૂર્ધની સંગ, 22 વગમાં બેલાન ઈરીનિઓની પ્રથમ આઇસ-સ્કેટ ટેમી બેલાન ઈરીનિઓ કોમ્સરીયેટ વાહન સંઘની પ્રથમ પ્રયાસમાં 3 ગોલ અને 1 સિલીર મેળવયા. 

બીમારીની કારણમાં બેલાન ઈરીનિઓની પ્રથમ પ્રયાસમાં જે પ્રયાસ કરતી હતી, તે પ્રયાસમાં જે પ્રયાસ કરતી હતી, તે પ્રયાસમાં જે પ્રયાસ કરતી હતી. 

નાગરિકતાના સમયના સંક્ષાલવના માટે તે લગભગ પ્રયાસ કરતી હતી. 

બીમારીની કારણમાં બેલાન ઈરીનિઓના પ્રયાસમાં જે પ્રયાસ કરતી હતી, તે પ્રયાસમાં જે પ્રયાસ કરતી હતી, તે પ્રયાસમાં જે પ્રયાસ કરતી હતી. 

બેલાન ઈરીનિઓની પ્રથમ પ્રયાસમાં 3 ગોલ અને 1 સિલીર મેળવયા.
**Aries - अ. - अ.र.ड.**
25 दिसंबर तक युग्म वन्धन के बाद कुछ विनाश प्राप्त हुआ. युग्म तक नहीं बनाया जाना है। कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Cancer - क. - क.ड.**
26 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Libra - ल. - ल.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Capricorn - क. - क.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Taurus - त. - त.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Leo - ल. - ल.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Scorpio - स. - स.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Aquarius - अ. - अ.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Gemini - ग. - ग.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Virgo - व. - व.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Sagittarius - स. - स.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Pisces - प. - प.ड.**
25 दिसंबर तक कुछ विनाश प्राप्त हुआ। निष्पादन के बाद कुछ विनाश हो सकता है। उपयुक्त निष्पादन का मान सौंदर्य है। युक्ति के साथ अच्छा निष्पादन हो सकता है।

**Lucky Dates:**
19, 20, 21, 22
20, 21, 22, 23
20, 21, 24, 25
20, 21, 22, 23
20, 21, 22, 25
20, 21, 22, 23
19, 20, 21, 22
20, 21, 22, 23
20, 21, 22, 24
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20, 21, 22, 24
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<tr>
<th>Deceased</th>
<th>Age</th>
<th>Date (dd.mm.yy)</th>
<th>Address</th>
<th>Relations</th>
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<td>Zarin Naval Damania</td>
<td>91</td>
<td>11.11.2022</td>
<td>6A, Rustem Baag, Sant Sata Marg, Boculla, Mumbai 27.</td>
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<tr>
<td>Lovejoy Savaksha Shaw</td>
<td>76</td>
<td>11.11.2022</td>
<td>194 Talati Building, 3rd Floor, Khetwadi back Road, Girgaum, Mumbai 4, 17.4.2012, Mumbai, Maharashtra.</td>
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<tr>
<td>Pervez Ardeshr Mistry</td>
<td>83</td>
<td>12.12.2022</td>
<td>12, Star BLDG, Urmulwala Street, Alibaug Premji Mang, Grant Road, (E) Mumbai 7, 2.3.2012, Mumbai, Maharashtra.</td>
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<tr>
<td>Armity Parvez Nagarwal</td>
<td>79</td>
<td>18.12.2022</td>
<td>G-32, Cusrow Baig, Colaba Causeway, Mumbai 1, 3-13, Mumbai, Maharashtra.</td>
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<tr>
<td>Gool Hoshang Wankaclia</td>
<td>87</td>
<td>17.12.2022</td>
<td>B-206, Vikas Towers, Amboli, Andheri East, Mumbai 14, 6-12, Mumbai, Maharashtra.</td>
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<td>Ervad Farokh Jehangiri Siddhva</td>
<td>82</td>
<td>17.12.2022</td>
<td>C-203, Ashok Garden, Toksarji Jiraj Road, Shriyeli, Parel, Mumbai 15, 12-14, Mumbai, Maharashtra.</td>
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<tr>
<td>Bachan Falli Karaka</td>
<td>92</td>
<td>17.12.2022</td>
<td>Maleganawala Bldg. No 1, Flat No 3, M. M. Road, 1st Floor, Mahim West, Mumbai 16, 16-18, Mumbai, Maharashtra.</td>
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<td>Roda Nadir Pavri</td>
<td>80</td>
<td>15.11.2022</td>
<td>850, Dostur Meher Road, Camp, Pune 411001.</td>
<td></td>
</tr>
<tr>
<td>Aloo Bomi Partovi</td>
<td>92</td>
<td>12.11.2022</td>
<td>3 School Parade, PADSTOW, NSW, 2211. 3, 12-14, Meher Road, Camp, Pune 411001.</td>
<td></td>
</tr>
</tbody>
</table>

Death Announcements From Poona Parsee Panchayat (Trust Office)

Death Announcements From Australia
Sanjan Day Celebrates 102nd Salgreh

By Khushroo P. Mehta

Each year, in the month of November, the Gujarati Express train from Mumbai makes a special halt for one day at Sanjan station and the locals ponder on the reason and one of them realizes loudly, ‘Aare oage to Parsi Day che ne etle gaadi ubhi raat!...’ even as Parsis alight from the train with a smile. Indeed, it’s Sanjan Day - a day of gratitude towards our ancestors and for being accepted by the local rulers.

Zarthostis, mainly from Mumbai and Uvdada and Sanjan. The Humbandagi was led by Er. Kersasp Sidhwa from Uvdada.

The main celebratory function started with an introduction of guests on stage by Paricheher Daviervalva, the family which organizes the event. Bapsy Rohton Daviervalva, President of the Sanjan Memorial Column local committee welcomed the crowd and the guests on stage, adding that the presence of Parsi on a working day proved the strength of the community’s ethos. She went on to invite some of the BPP trustees, who also addressed the crowd. Col. Kaizad Bhaya, who also shared the dais shared an interesting take on deciding the importance of time vis-a-vis money. He explained the importance of both. He hoped that parents would be able to motivate their children to also be present to celebrate Sanjan Day and to take pride in how Zoroastrians excel in every sphere.

Paricheher Daviervalva thanked the community, especially the donors who helped make the function a possibility each year. She also thanked all the teams and volunteers for contributing towards the success of the function, as also the Sanjan Gram Panchayat for laying paver blocks around the Stumbh and the pathway. Finally, a word of praise for the Western Railways for permitting the stoppages of Gujarati Express and Flying Ranee trains. The function concluded with the rendition of the Parsi Anthem, ‘Chaiye Humne Zarthostin’ and the National Anthem. A specially prepared sumptuous lunch by Kaizad Patel was enjoyed by all present.

Gujarat, come by road and rail, in good numbers to celebrate the occasion. The otherwise quiet and peaceful Sanjan town gets abuzz with the Parsi voice and essence. This year marked the 102nd anniversary of the Sanjan Stumbh. The day started with a Jashan ceremony at 9:30 am performed by four mobeds from Parsi on a working day proved the strength of the community’s ethos. She went on to invite some of the BPP trustees, who also addressed the crowd. Col. Kaizad Bhaya, who also shared the dais shared an interesting take on deciding the importance of time vis-a-vis money. He explained the importance of both. He hoped that parents would be able to motivate their children to also be present to celebrate Sanjan Day and to take pride in how Zoroastrians excel in every sphere.

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