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FROM THE EDITOR’S DESK

“By Failing To Prepare,
You Are Preparing To Fail!”

Dear Readers,

Little could the Founding Father of the USA - Benjamin Franklin have known, how literally life-saving, his iconic quote, “By failing to prepare, you are preparing to fail,” would turn out to be through the Coronavirus pandemic! It definitely qualifies as one of the top three most important lessons we’ve had to learn during these times. And closer to context, yes, of course, I’m speaking about the dreaded third wave - a topic as current and contagious as the virus itself.

Confirming the claims of most researchers, just a couple of days ago, the Indian Council of Medical Research has affirmed that the third wave is likely to hit India around the end of August. The good news - it won’t be as intense as the second wave, assuming we have wised up enough to ensure we don’t allow any more super-spreader events, unlike the last time. The bad news - in many parts of India, both - the government and public are still being complacent about practicing covid appropriate behaviour. The worse news - WHO Chief, Tedros, has warned that the world is already in the early stages of the third wave, driven by the deadly Delta variant of the virus, which is expected to be the dominant strain circulating worldwide... with nearly 3.9 lakh new confirmed cases being reported daily, from across the world.

Now that may not be the kind of news one wants to start the weekend with, but after having witnessed the horrifying devastation caused by the second wave, we need to understand that taking our foot off the pedal now will lead to an imminent crisis. Don’t fail yourself, be prepared instead – boost your immunity level, take care of your physical and mental health, and most importantly, continue practicing covid appropriate behaviour, and do your best to ensure the rest do so too!

Stay prepared! Stay well! Have a good weekend!

- Anahita
anahita@parsi-times.com

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Editorial

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In Your Service

There are many problems and issues faced by community members, especially at present during the pandemic. My 20 years in the service of the community has given me an insight into resolving all kinds of problems - whether faced by the young or the elderly of our community. To further facilitate my assistance to community members who need it, I am making myself available on the 4th Saturday of every month at the WAPIZ office, Fransjee Cawasjee Institute, Dhoobi Talao, from 2:00pm to 5:00pm onwards.

Community members who need guidance and support to resolve their problems, or wish to discuss any issue, can meet me at the WAPIZ office on the above-mentioned days. You may take an appointment to suit your convenience or walk-in, if necessary.

For further queries, contact WAPIZ Office: (022) 22005999 between 10:00am to 5:00pm, Monday to Friday.

- Anahita Desai

BOMBAY PARSİ PUNCHAYET EX-TRUSTEE
MR. MUNCHERJI NUSSERWANJI CAMA
PASSES AWAY

The Trustees and the Staff of the Bombay Parsi Punchayet are very pained and distressed to hear the news about the tragic demise of Mr. Muncherji Nusserwanji Cama on 3rd July 2021.

Muncherji was a Trustee of the Bombay Parsi Punchayet (BPP) from 2011 to 2018 and during this period he contributed the wealth of his time, talent and governance skills to the BPP Board. He was deeply involved in the working of every trust whose Board he adorned and the BPP was no exception. He was meticulous and thorough in all his decision making and served every institution including the BPP with sincerity of purpose and full-fledged dedication.

He was kind and generous but at the same time he was a strict disciplinarian and boldly outspoken. He was religious and a man who lived a very principled life. His qualities of head and heart will be missed by one and all. He was a ‘Sethia’ in the true sense of the word.

Our deepest and heartfelt condolences to the members of the Cama family.

The Trustees & The Staff,
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IN LOVING MEMORY OF OUR
BELOVED TEACHER

PINAZ ADI SHAHWALLA
25.01.1973-11.07.21 * Aneran Roj, Bahman Mahino
Daughter Of Late. Mr. Adi And Nargis Shahiwalla,
Sister Of Xerxes Shahiwalla,
Sister-In-Law Pratima, Nephew Kaizad

Soft spoken and kind-hearted,
A gentle soul was she,
Sincere and dedicated,
A silent worker was she.
The fact that she is no longer here
Will always cause us pain,
But she’s forever in our hearts
Until we meet again.

Deeply missed by
the Management and
Staff of The BJPC Institution.

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Aspandarmad or Spendarmad is the twelfth and last month of the Zoroastrian calendar. It is dedicated to Spenta Armaity - the divinity presiding over Mother Earth. While the term ‘Spenta’ can be variously translated as ‘increasing, growing, good, holy and benevolent’, the term ‘Armaity’ can also be variously translated to mean ‘devotion, piety and peace’. Spenta Armaity is an Ameshas Spenta that advances peace and piety in this world - little wonder that she’s constantly referred to in the Gathas!

Our religious traditions call for Zoroastrians, on awakening in the morning, to recite one Ashem and offer salutation to Spenta Armaity, by touching the ground and then the forehead three times. This is to seek both - forgiveness and blessings. Forgiveness is sought at the start of the day for all acts which may be committed knowingly or unknowingly that may burden the earth.

By way of blessings, the devotee aspires for Spenta Armaity’s qualities of devotion, peace and piety. The earth patiently carries all burdens calmly and quietly. It converts even waste, like dung, to useful fertilizer. Just as Spenta Armaity converts all the negative to positive, the devotees also hope and pray that they convert the negatives in their lives and in the world, to something positive, good and useful.

Since 1970, the world has celebrated ‘Earth Day’ on 22nd April. But for centuries, us Zoroastrians have celebrated ‘Aspandarmad Roj of Aspandarmad Mah’ as ‘Earth Day’. It’s the original and perhaps the world’s first ‘Earth Day’! Every year, on the Aspandarmad Parab, Zoroastrian priests write the Nirang of Aspandarmad, which devote Parsis paste on the front entrance of their homes. This Nirang, believed to ward off all forces of evil, is written as follows:

Aspandarmad

Roj Spendarmad, Mah Spendarmad, bast hom zafr
I hama khrafastaran, devan,
drugan, jaduan, parvan,
sastaran, kikan, kapan,
vanakaran, durkan, gorgan,
stahmakon, pa nam i yazad,
pa nam i tag Faridun, pa nam i
tishtar stareh, pa nam i Sattavas,
pa nam i Vanant stareh, pa nam i
I oshan starekan Haftoring!

Ashem Vohu........

Translation: “In the name and with the help of Dada Ahura Mazda!

On the Spendarmad of the month Spendarmad, with the help of the Yazads, Faridun, the holder of Tagi, with the help of the stars Teshar Tir, Satayas, Vanant and Haforting, I hereby bind the mouths of all Devs, Khrafastars, Druj holders, magicians, evil fairies, evil power users, the willfully deaf and the willfully blind, evil doers, thieves, wolf-like men and tormentors. May the Ashem Vohu help me do this!”

The last 10 days of the Zoroastrian calendar (i.e., Roj Astad to Anaran and the independent fifth days of the Gathas), are considered very holy, and doctrinally it is believed that during this period, the fravashis of the righteous dead, come down from their spiritual world into this material world and bless all those who remember and pray for them.

During the Fravardegan or Muktid days, Parsis offer special prayers for the fravashis of their dearly departed. The fravashi or farohar is the divine essence, which is wholly pure and good. It is not to be confused with the ruwan or soul. The Avestan word ‘fravashi’ comes from the word ‘Fra’ (to take forward) and ‘vaksh’ (to grow). In other words, fravashi is that spiritual essence or power that takes every good creation of Ahura Mazda forward and helps it to grow.

Fravashi is also a prototype, which is believed to have existed before the material creation. Even Ahura Mazda and His Divine Energies, the Amesha Spentas and the Yazatas, are said to be having their own fravashis. Plants, animals, mountains and rivers also have their own fravashi. They are guardian spirits of the souls of the dead and protect and guide the souls of the living, as well.

The Muktid or Fravardegan days essentially center around the family, and until a few decades ago, were observed largely at home. But with urbanization, small flats and difficulty in observing ritual purity at home, the focus shifted from the home to the fire temple. However, with the ongoing Pandemic relegating us home-bound, many have been observing these holy days at home again.

Religious Announcements

The Zoroastrian Colony Youth Welfare Association, with support from Maharukh Madan and Dastoor Farshogar, has been performing the 10-day Muktid ceremony at Soonajji Agiary, Gowalia Tank, for years. This year too, the tradition will be continued for 10 days of Muktid by performing the Afringan, Farokshi, and three Satum prayers. For each prayer, the Asho Farohar names will be recited. The amount for Muktid prayers will be Rs. 300/- per name. You can WhatsApp the names by 1st August, 2021 and request for payment details: Polly Nagwaswalla: +91 7738906278 / Maharukh Madan: +91 9821311119 / Dastoor Farshogar: +91 9821653366

UDVADA MUKTAD SCHEME

During the ten holy days of MUKTAD, Afargan, Farokshi & Satum prayers will be performed in Iranshah Atash Behram. The names of Asho Farohar will be recited in all of the above prayers.

Amount per Name Rs. 500/-

Khurshed K. Dastoor
* OPP IRANSHAH ATASH BEHRAM. UDVADA - 396180
* P-7 CUSROW BAUG, COLABA, MUMBAI - 400001

Note: Names for the above will be accepted upto 01-08-2021
Roj 21, Mah 12.

Udvada Muktid Scheme - Y.Z. 1390

Please Note: Due to the current pandemic, names of Asho Farohars will be accepted through mobile messages.

The option of a google form - https://forms.gle/dxT7j5uV7M36v65cS is also made available.

Payments can be made online through Net Banking:

Account name: Khurshed Dastoor
Bank: Axis Bank
Branch: Udvada
Account number: 919010032168875
IFSC Code: UTIB0002231

Please mention your name in ‘Nature of transaction’ while doing the bank transfer for our records.

Only on completion of the bank payment, please message, via SMS on mobile no. 9620341247, in the below format with all details:

Name of sender
Address
Mobile no.
Total Amount paid
Bank transaction no.
Names of Asho Farohars

Receipt will be acknowledged on your SMS message.

Last date for sending in the names
Is 1st August, 2021
Roj 21, Mah 12

UDVADA MUKTAD SCHEME

During the ten holy days of MUKTAD, Afargan, Farokshi & Satum prayers will be performed in Iranshah Atash Behram. The names of Asho Farohar will be recited in all of the above prayers.

Amount per Name Rs. 500/-

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Note: Names for the above will be accepted upto 01-08-2021
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Is 1st August, 2021
Roj 21, Mah 12
FreshtoHome To Scale Omnichannel, Overseas Presence

The pandemic accelerated a fundamental change in consumer behaviour, as they turned online. The start-up delivers nearly 2 million orders every month!

FreshtoHome, a Bengaluru-based meat, fish and fresh produce e-tailer, plans to scale up its omnichannel presence, expand across its core market India and West Asia, while focusing on deeper supply chain integration in these markets. Currently present in about 28 cities including metros, FreshtoHome delivers nearly 2 million orders every month and looks to expand to 50 cities in the next 12 months — increasing from current-count of 14 physical stores to 100. It currently sells 25,000 tonnes of produce yearly and 8 million litres of milk. Meat and fish constitute 70% of its product portfolio, having entered the fresh fruits & vegetables category in 2019.

Last year, FreshtoHome closed a $12 million Series C funding round led by Investment Corporation of Dubai (ICD) - the principal investment arm of the Government of Dubai, Investcorp and Ascend Capital, DFC, the Alana Group and other investors. “Offline presence and the whole touch and feel experience is important and lends a personal touch. Our offline expansion will be a combination of both stand-alone as well as multi-branded stores. The second wave was harsh but unlike the first, we were operationally ready,” said Shan Kadavil, Co-founder & CEO, FreshtoHome.

FreshtoHome, which was founded in 2015 by Shan Kadavil and Mathew Joseph, competes with BigBasket, Licious as well as smaller startups. It is the largest player in the business in the UAE and now plans to expand to all GCC (Gulf Cooperation Council) countries.

“Our ready-to-cook and ready-to-eat products comprise a sizeable portion of our offering now. We also plan to launch a completely clean label (without preservatives) in 3-6 months, where we will sell cold cuts and burger patty,” Kadavil said. In UAE, the company also offers meatless chicken, mince, and meatballs in the plant-based product category. “We are doing some R&D on that front and experimenting with meatless products for India as well,” he added.

The pandemic helped accelerate online purchasing of meat products as consumers took to branded packaged items and companies improved their supplies and access to the market. A report by RedSeer earlier this year said urban Indian shoppers are increasingly turning to buying meat online, largely driven by the assurance of safety and hygiene, availability of various products under one umbrella, doorstep service provided by online meat providers. This led to a two-fold jump in gross merchandise value reported by online meat players as mapped by RedSeer during January–December last year. In 2020, online meat players saw a 10-15% jump in average revenue per user and reported a 10-15% improvement in customer retention.
**Tête-à-tête With Adille Sumariwalla**

President of the Indian Olympic Association and Executive Board Member/
Jury Member for the Track and Field Sport, at the Tokyo 2020 Olympics

‘Sports’ is one of life’s most important teachers – it builds character and leads you to excellence. The world of sports births and nurtures remarkable athletes who often leave an inspirational legacy for future generations to follow... like our very own Ajuna Awardee - Adille Sumariwalla, who has brought great pride to the nation and the community in the athletics arena. Adille has represented India at the Asian Games, the 1980 Moscow Olympics and the World University Games. He has won eleven 100m National Titles, seven 200m National Titles and has been a part of seven Relay wins. Further, he has clinched 17 international medals, most prominently an Asian Bronze.

Adille currently serves as the President of the Athletics Federation of India, Council Member-World Athletics, Vice President of the Indian Olympic Association and is also Executive Board Member, Jury Member for the track and field Sport at the Tokyo 2020 Olympics. (Olympics in 2021 will still be called Tokyo 2020 games), which will be held from 23rd July – 8th August, 2021. He has been a Jury Member for two Olympics and three World Championships.

Parsi Times Sports Reporter, Binaisha M. Surti brings you an exclusive interview with the icon himself - Adille Sumariwalla, where he talks about the Tokyo Olympics 2020, his role as a Jury Member, learnings from his guru Jal Pardivala and lots more...

**PT:** Firstly, tell us how you’ve utilized this time through the Pandemic, which brought most activities to a screeching halt?

**Adille:** We used this time very effectively doing numerous online courses for athletes, coaches, officials, women empowerment etc. We reached out to over 2,50,000 people across 49 countries during the pandemic. Initially, our courses were aimed at bettering and developing Indian athletics, but soon we opened it to people worldwide, as I sit on the World’s Development Commission. So, we used this period to effectively upgrade our knowledge. I personally reached out to 600 plus districts of India to energize them with grassroot level coaching, competitions, talent identification and more. Hence, a lot of them have benefited from these online initiatives.

**PT:** How has this impacted the preparations for Tokyo Olympics 2020?

**Adille:** The preparations could have been better were it not for the pandemic. After the first wave, we had planned to send our athletes abroad for training and competitions, but the situation didn’t allow that. So, they had to stay back and train here, but I still believe we should be able to produce the best performance by our Indian team at the Olympics. We were the only national federation that held the Junior National Championship, the Youth National Championship and the Interstate National Championship. We’ve done all we could, within our means, to ensure that everything goes smoothly for the athletes. Earlier, there were important competitions which the athletes did not get to participate in, this time around. These are very critical for them before an all-important event like the Olympics. As that did not happen, it could have an impact on our athletes.

**PT:** How different or difficult will it be for the athletes, in keeping with the new normal, especially adapting to the bio-bubbles?

**Adille:** There is a detailed protocol set up, which everyone will have to follow. The athletes would have to go through testing, quarantine for a few days first. All of us will have to stay within the bio-bubble and no one will be allowed to get out of it - no shopping, no going to restaurants... absolutely nothing. Everybody will have to follow the protocol to remain safe.

**PT:** Tell us about your prestigious role as a Jury Member for Track and Field Sport in the Tokyo 2020 Olympics?

**Adille:** There are various events, protests, issues every day where somebody has touched the line, crossed the line, side-hurdles, or someone has obstructed another athlete in middle-and-long-distance running or someone is running instead of walking in a particular event, and so on. These issues crop up regularly and need to be resolved. We get into the jury room, look at the replays from 30 different angles. Normally, there are five different Jury Members from five different countries, daily. One has to pay minute attention to every single event that takes place, so yes, it is a hands-on and decisive responsibility. And you prepare by ensuring you know all the rules and regulations. You basically take the rule book and then apply the appropriate and relevant rules.

**PT:** How can one encourage more athletes to pursue their dreams productively, so that, as a community and a nation, we can yield a better crop of sports personalities?

**Adille:** The most important aspect is for athletes to get an opportunity or a break, and that is why we hold Inter-District Athletics Championships, so we can scout and identify good talent, to take to the next level. Last year, before the lockdown, over 500 districts participated, making it globally, the largest grass-root program as of now! There are so many more opportunities for people today... it can be taken up as a career, while in my times, that wasn’t really an option! There are so many leagues and tournaments; the government as well as different associations are employing numerous people in the sports field. Today, there are opportunities in Sports Management, Sports Marketing, Sports Sponsorship, Stadium Management...there are so many new options now.

**PT:** How do you think India will fare at the Olympics this year?

**Adille:** I have told my athletes I want them to perform their best - to give it their best shot, to the best of their consistent. What one has achieved in the past is history, you should always look forward to achieving new things and bettering yourself! Success can go to one’s head if you keep thinking about past laurels. So, focus and work your way into achieving new future goals.
Khan Bahadur Edulji Sohrabji Chenoy Anjuman Dar-e-Meher in Secunderabad Celebrates 101st Salgreh 14th July, 2021 (Raj Ardiebehest, Mah Asfandarmad), marked the glorious 101st salgreh of the Khan Bahadur Edulji Sohrabji Chenay Anjuman Dar-e-Meher, situated at MG road, in Secunderabad. Due to the ongoing pandemic restraints, public celebrations were toned down, like last year. A Machi in Havan Geh was held at 7:00 am, followed by a Salgreh Jashan at 10:30 am, post which light snacks and chasni was distributed.

Catering to over a thousand Parsis living in the city, the Dar-e-Meher is the youngest of the three fire temples present in the twin cities of Hyderabad and Secunderabad. The Dar-e-Meher was built by Seth Jamshedji Edulji Chenoy, son of Khan Bahadur Seth Edulji Sohrabji Chenoy and Baji Pirojji Edulji Chenoy, along with his brothers, in memory of their late father, during the reign of Osman Ali Khan - the last and seventh Nizam of the erstwhile Hyderabad State. Dastoor Khurshed Dastoor Behram Jamasp Asa consecrated the Dar-e-Meher during the reign of Nizam Mir Osman Ali Khan and King George V. The Chenoy family came to Hyderabad 200 years ago.

The Dar-e-Meher is situated opposite the ‘Seth Viccajee Meherji & Seth Pessonji Meherji Dar-e-Meher’, which is the oldest fire temple in the twin cities, built in 1839 and consecrated on 12th September, 1847. The ‘Bai Manekji Nusservanji Chenoy Dar-e-Meher’ (built in 1904), is located at Tilak Road, Abids and was built to serve Parsis living in that side of the city, due to lack of transport. Collectively, the three fire-temple compounds house 430 families in their residential flats.

A peaceful haven located amid a serene sanctuary, the 101-year-old architectural marvel - the Khan Bahadur Edulji Sohrabji Chenay Anjuman Dar-e-Meher, has been serving generations of Parsi/Irani Zoroastrians. May the long-standing, holy fire continue to bless our community!

The mural replica of Bas Relief at Persepolis inaugurated by Pervez Nfalladaru

Bai Avabai Wadia (Idavala) Agiary Celebrates 178th Salgreh

The glorious 178th salgreh of the Bai Avabai Wadia (Idavala) Agiary at Dhobi Talao, Mumbai, was observed on 1st July, 2021 (Mah Bahman, Roi Behram - YZ1390), in a sombre environment this year, due to the ongoing restrictions posed by the coronavirus pandemic. A Jashan was performed by Pantafta Er. Shahriv Mehrvran Dastur and Er. Adil Bhesania.

Mobedyar Bhujwala Re-elected As President - Interfaith Organization, Cali

Mobedyar Maneck Bhujwala was recently elected for a second time, as President of the Greater Huntington Beach Interfaith Council (GBIBC), in Southern California, which serves religious communities of Huntington Beach and nearby cities like Fountain Valley, Westminster, Cypress, and Seal Beach.

GBIBC was founded by the City Council, in response to hate crimes and incidents. It holds monthly meetings, where people of all faiths are invited. It organizes several programs every year, including ‘Day of Service’, ‘Blessing of the Waves’, ‘Prayer Breakfast’ and ‘Thanksgiving Day’, and also participates in the largest Independence Day Parade West of the Mississippi river, USA.

Bhujwala has been a GBIBC member since 2005 and previously served in its executive committee, taking the opportunity to share information about Prophet Zarathushtra, his teachings, and the history of our religion and community, with members of other faiths. In June 2021, he also participated in an online panel discussion titled, ‘I am a Zoroastrian Ask Me Anything’, alongside other speakers from the California Zoroastrian Center of Westminster. The discussion was attended by over a hundred people globally and was a good opportunity to answer questions about Zoroastrian beliefs and undo false stereotypes.

Community Appeal by Idavala Agiary

The 178-year-old iconic Agiary, which has a staunch devotee following across from the metropolis and the suburbs, is in dire need of comprehensive grouting and extensive repairs.

Managing Trustee Godrej N Dovithila, Hon. Sec. G N Panthaki and Trustees Kersi and Veera Wadia, Sillou Billimoria and Dr. Minoo Bamborde earnestly request our Zoroastrian brethren to donate generously for renovating and refurbishing the Agiary as well as re-enthroning the holy Atash Paddah Shadheh.

Cheques may kindly be drawn in favour of: Avabai Wadia (Idavala) Agiary Trust
Coomi Kapoor Authors
Parisi Biography: ‘The Tatas, Freddie Mercury and Other Bawas’

In her newly launched biography of the Parsi Community, titled, ‘The Tatas, Freddie Mercury and Other Bawas’ (published by Westland), Delhi-based journalist and author, Coomi Kapoor shares an engaging and intimate history of the Parsi community, highlighting prominent personalities, stories, achievements and the continuing successes of our minuscule but exceptional community. Coomi delves deep into exploring the essence of what it means to be a Parsi in India, and how integral the community and its contributions are to India.

The infamous controversy between Ratan Tata and Cyrus Mistry seemed to have spurred Coomi Kapoor into getting on with the biography, which explores the history of the community through its most prominent names, and how they transformed cities with their entrepreneurial genius. A good part of the book explores the Tata-Mistry controversy. The history of India, over the last century or so, is filigreed by the contributions of Parsis in every field, including nuclear physics, music, industry, arts, medicine, military, law, etc., with personalities like Dadabhai Naoroji, Dinshaw Petit, Homi Bhabha, Sam Manekshaw, Jamsetji Tata, Ardishir Godrej, Cyrus Poonawalla, Zubin Mehta and Farrokh Bulsara (aka Freddie Mercury).

The cast of characters in her book is as wide as it’s varied, from businessmen, lawyers, doctors, academicians, to politicians, including the unassuming Ferose Gandhi overshadowed by wife Indira Gandhi; cultural mascots - Zubin Mehta and Freddie Mercury; Lovji Nusserwanjee Wadia - Nusli Wadia’s descendant and founder of Bombay’s shipping industry, The role of Parsi women in education, philanthropy, the arts and even in India’s independent struggle, offers interesting insights into their early emancipation. Amongst them is mentioned the Bombay-born revolutionary leader, Bhikhaiji Cama, known for unfurling the precursor of the Indian flag at a conference in Germany, almost 40 years before the country won its Independence!

Coomi Kapoor articulates the story of Parsis as incident-filled adventures - from dominating the trade with China to becoming synonymous with Bombay, once, arguably, a city defined by its Parsis... from the business success of the Tatas, Mistrys, Godrejs and Wadias to such current contributions as the manufacturing of COVID-19 vaccines by the Parsi-founded Serum Institute of India (SII). The numbers of the Parsi community may be dwindling, but since our arrival in India from Persia, centuries ago, the community’s contribution to our adopted home has been extraordinary. The book is available on Amazon for Rs. 505/- (hard cover) and Rs. 480/- (Kindle).

Talati’s Scout Group Celebrates Scouting Centenary!

Talati’s 8th East Bombay Bharat Scouts Group organized a virtual Group Birthday, on 11th July, 2021, to commemorate the completion of the group’s hundred glorious years, providing scouting services. Their Guides Group, 68th East Bombay, completed 35 years in Guiding.

A few Scouters and Guiders celebrated the day with homage to the founder, Scouter Rustam Dinshaw Talati, with the traditional ceremony of flag break and renewal of scout and guide promise, followed in by numerous ex-members including Roshan Lala, the oldest member, who remains connected with the group and fashion show.

The program ended with awards given to individuals and patrols for their achievements in Scouts and Guides over the past year, for events held virtually. All the Cubs, Scouts, Rovers and Scouters, past and present, expressed gratitude to earlier scouts for imparting the traditions, learnings and moral values, which helped in achieving physical, intellectual, emotional and social betterment as individuals and as responsible citizens and members of their local, national and international communities.

Hundred years ago, Rustam Dinshaw Talati gathered around him eight young boys and taught them the rudiments of Scouting and thus was established Talati’s Scout Group. It is indeed a tribute to the leadership, passion and hard work of the founder that the 8th East Bombay, continues to forge ahead, true to its motto ‘Go Ahead and Be Prepared’.
SII Collaborates To Provide Equal Healthcare Rights To Trans Community

Aadar Poonawalla, the CEO of Serum Institute of India (SII), the world’s most voluminous producer of vaccines, has said that SII would be collaborating with the transgender activist - Laxmi Narayan Tripathi, to ensure that the community is vaccinated.

“I have always believed that healthcare and dignity should be fundamental human rights. I look forward to collaborate with @MLaxmiNarayan in providing equal opportunities to the transgender community in India,” tweeted Aadar Poonawalla, on 12th July, 2021. Up until June 2021, only 11.45% of the transgender population was partially vaccinated with one dose of the Covid-19 vaccine.

SII manufactures the Covishield vaccine, under licence from AstraZeneca, and is also preparing to use a local version of the Novavax vaccine. Most of the vaccines used in India are Covishield.

Another Bestseller By Dr. Batra ‘The Nation’s Homeopath’

Parsi Times is delighted to share the launch of yet another brilliant book, aptly titled, ‘The Nation’s Homeopath - How Dr. Batra’s© Became the World’s Largest Chain of Homeopathy Clinics’, authored by the world-renowned homeopath, Founder-Chairman of Dr Batra’s© Group - the first and largest homeopathy corporate worldwide, and PT’s Special Guest Columnist, Padma Shri Dr. Mukesh Batra. Published by Harper Collins and lauded as an unusual tale of entrepreneurship, risk appetite, resilience and self-belief, the book essays the interesting and exciting journey of the icon who revolutionized and pinned the word ‘homeopathy’, on the global map.

Dr. Batra’s© is the instant recall to the word ‘homeopathy’ in India. From humble beginnings with a clinic in Chowpatty, Bombay in 1982, Dr. Batra went on to build an empire in the next four decades, comprising over 200 clinics across seven countries, and in 150 Indian cities. Dr. Batra’s life has been eventful. For decades, he has treated innumerable celebrities, including presidents, prime ministers, actors, sportmen, artists, as well as the common man without discrimination. He has authored several books and has been honoured with numerous fellowships and over 50 national and international awards, including the Padma Shri, one of India’s highest civilian honours. Part memoir, part guidebook for entrepreneurs, Dr. Batra’s life has lessons that would benefit readers from any sphere of activity.

Shares Dr. Mukesh Batra, “The Nation’s Homeopath is the story of my personal experiences as a medical professional and an entrepreneur. The reader will get a ringside seat of the mistakes I’ve made and how I converted challenges into opportunities and failures into success. This book tracks not only my journey as a homeopath in India, but the lessons I’ve learned while setting up a multi-national medical conglomerate from the ground up. It will also teach budding entrepreneurs lessons that they won’t find in any text-book or management degree.”

‘The Nation’s Homeopath’ has been receiving rave reviews from all corners, including Rajiv Bajaj, MD - Bajaj Auto, who praises the book as an, “endearing tale of the seventy years that this passionate and compassionate ambassador of this magical and transformative science has toiled, single-mindedly pursuing his dream to do good for everyone.” Other personalities praising the book include actors Shatrughan Sinha and Shabana Azmi, Professor Barry Stevens, Founder of The Trichological Society in London; and Swami Shailendra Saraswati (Osho’s brother).

Dr. Batra has authored six bestselling books on homeopathy and also published several research papers in journals. He has chaired scientific sessions at homeopathic conferences, nationally and internationally. Dr. Batra was honoured with the Padma Shri for Medicine (Homeopathy) in 2012 for his contribution towards the field of homeopathy. ‘The Nation’s Homeopath’ is available on Amazon at Rs. 489/- (hard cover) and Rs. 335/- (Kindle).

ZYNA To Host 2021 Global Virtual Graduation Ceremony

With graduation ceremonies being cancelled or turned virtual across the world, due to the mandatory restrictions of the ongoing Pandemic, students have been denied celebrating on of the most important occasions of their young adult lives - their Graduation Ceremony, which marks the fruitful culmination of all their years of hard work and study which lead to their well-deserved achievements.

In keeping with this, ZYNA or the ‘Zoroastrian Youth Of North America’ will be hosting a historic ‘Global Zoroastrian Virtual Graduation Ceremony’ to commend and celebrate the momentous academic occasion for the Zoroastrian youth from all around the world, on 18th July, 2021! Through this event, our young graduates will be able to celebrate their feats with our worldwide Zoroastrian community!

The very first ‘Global Zoroastrian Virtual Graduation Ceremony’ will feature Zoroastrian youth speakers, the procession of graduates, followed by a Humbandagi. The event will be graced by eminent Zoroastrian trailblazers - Jimmy Mistry, Dr. Mickey Mehta and Dr. Karishma Koka.

ZYNA’s Global Virtual Graduation Ceremony

Time: 8:30 PM India | 6:30 AM Pacific | 11:00 AM Eastern | 3:00 PM UK | 8:00 PM Pakistan | 7:30 PM Iran | 11:00 PM Hong Kong, Singapore and Perth Australia | 3:00 AM – New Zealand (July 19th)
Where: ZOOM
Meeting Link: https://zoom.us/j/91592803735?pwd=bDdqL2pvUzlCezEzX1Imbm14dzcydz09
Meeting ID: 915 9280 3735 Passcode: ZYNA
**Wellness**

**A ‘Fast’ Cure!**

Dr. Danesh D. Chinoy is a leading Health and Wellness Coach, Sports Physiotherapist and Psychologist. He is dedicated to helping all to heal holistically and remain fighting fit for life. Providing eye-opening and ground-breaking insights into Wellness, Dr. Chinoy's two-decades’ rich expertise has won him innumerable awards, nationally and globally. His mission is to empower you to reach your highest levels of wellness/fitness. You can connect with Dr. Chinoy at daneschchinoy@gmail.com.

Modern medicine’s greatest challenges are metabolic diseases: Obesity, type 2 Diabetes, High Blood Pressure, High Blood Cholesterol, and Fatty Liver - collectively known as the Metabolic Syndrome. The roots of Metabolic Syndrome lie in our modern eating-habits - abundance of sugar, dairy and meat, artificial colours and flavors, artificial sweeteners and overdependence on refined and processed foods. Cultures that have kept their traditional whole-food, plant-based patterns of eating, are less afflicted with these metabolic disorders.

Years of abuse via unhealthy lifestyle and eating habits create Metabolic Hormonal Imbalances, such as Insulin Resistance. Thus, an increasing number of community members complain of Metabolic Syndrome, in the form of obesity, diabetes, blood pressure and high cholesterol levels. Regularly lowering insulin levels leads to improved insulin sensitivity - your body becomes more responsive to insulin. The opposite of insulin sensitivity, high insulin resistance, is the main villain.

The cure is to increase insulin sensitivity and decrease the insulin resistance. To achieve this, we need to lower insulin levels in the body, instead of raising it. Lowering insulin rids the body of excess salt and water (as insulin causes salt and water retention in the kidneys). This is beneficial in reducing bloating and helping you feel lighter.

A decreased insulin level is one of the most consistent hormonal effects of Fasting. Longer-duration fasts reduce insulin more dramatically. Fasting means a water-based fast, not dry-fasting, so ensure to keep yourselves well-hydrated by drinking adequate amounts of water during fasting. Though studies on water-based fasting have found no evidence of electrolyte imbalances, you can consume unsweetened lemon water with a pinch of rock salt during fasting.

Most people feel energized and revitalized with fasting, as it increases the adrenaline and speeds metabolism. Fasting activates Autophagy - a process where cells recycle and renew their content - which helps slow down the aging process and has a positive impact on cell food energy. Carbohydrates are absorbed and converted into glucose, raising blood sugar levels. Insulin allows glucose to enter cells, which use it for energy. Second: Insulin enables storing excess energy. There are two ways to store the energy - Glucose molecules can be linked into long chains called glycogen, and then stored in the muscles and the liver. There is, however, a limit to the amount of glycogen that can be stored away. Once this limit is reached, the body starts to turn glucose into fat. This newly created fat can be stored as fat deposits in the body. While turning glucose into fat is a more complicated process than storing it as glycogen, there is no limit on the fat that can be created.

The process of using and storing food energy that occurs when we eat, goes in reverse when we fast. Insulin levels drop, signaling the body to start burning stored energy. Glycogen is the most easily accessible energy source, and the liver stores enough to provide energy for a day or two. After which the body will start to break down the stored fat for energy. Our body exists in two states - the fed (high-insulin) state and the fasted (low-insulin) state. Either we are storing food energy or burning food energy. If, however, we spend all of the time storing food energy (because we’re in the fed state), then we will simply keep gaining weight. If eating and fasting are balanced, then we maintain weight.

To help our PT readers understand the concept better, let me explain the physiology of fasting in the following five stages:

**Stage I - The Feeding Phase:** Blood sugar levels rise as we absorb the incoming food, and insulin levels rise in response to move glucose into cells, which use it for energy. Excess glucose is stored as glycogen in the muscles and the liver, after which it is converted to fat.

**Stage II - The Post-Absorptive Phase (6 - 24 hours after beginning a fast):** At this point, blood sugar and insulin levels begin to fall. To supply energy, the liver starts to break down glycogen, releasing glucose. Glycogen stores last for 24 to 36 hours.

**Stage III - The Gluconeogenesis Phase (24 - 48 hours after beginning a fast):** At this point, glycogen stores have run out. The liver manufactures new glucose from amino acids in a process called ‘gluconeogenesis’, meaning ‘making new glucose’. In a non-diabetic person, glucose levels fall, but stay in a normal range.

**Stage IV - Ketosis (2 - 3 days after beginning a fast):** Low insulin levels stimulate breakdown of fat for energy. Triglycerides, the form of fat used for storage, are broken into the glycerol backbone and three fatty acid chains. The glycerol is used for gluconeogenesis, so the amino acids formerly used can be reserved for protein synthesis. The fatty acids are used directly for energy by most tissues of the body, but not the brain. The body uses fatty acids to produce ketone bodies which can cross the blood-brain barrier and are used by the brain for energy. After four days of fasting, approximately 75% of the energy used by the brain, is provided by ketones.

**Stage V - The Protein Conservation Phase (5 days after beginning a fast):** High levels of growth hormone maintain muscle mass and lean tissues. The energy for basic metabolism is almost entirely supplied by fatty acids and ketones. Blood glucose is maintained by gluconeogenesis using glycerol. Increased adrenaline levels prevent any decrease in metabolic rate. There is a normal amount of protein turnover, but it is not used for energy.

Fat is simply the body’s stored food energy. In times of low food availability, stored food is naturally released to fill the void. The body does not ‘burn muscle’ in an effort to feed itself until all the fat stores are used up.

**[IMPORTANT]: Start your fasting only under proper medical supervision and in consultation with your physician to evaluate your specific health conditions.**

And remember, for optimal health, it is not enough to simply add fasting to your life. You must continuously focus on healthy eating patterns.
આપણે પ્રાર્થના કેમ કરીએ છીએ?

સમુદાયપસંદિશાઓ, પારીશાંત, આશ્રય, સમયની પ્રખ્યાતિ પાશાના પ્રાણી સંબંધીની આરામથી આવે છે, તમારી આશ્રયપસંદિશા અમલી કરવા માટે આપણા સંબંધે જ જુઓ. 

આપણા પ્રાર્થના કેમ કરી શકાશે?

પારીશાંત, આશ્રય, સમયની પ્રખ્યાતિ. 

કુમી ઈશીલાના ૧૦પાંછે જનતિકાપંદ્રના શુભનાગતાઓ!

પ્રાર્થના સંબંધે વચ્ચે વ્યક્તિઓની સંબંધિત વિભાગમાં વિચારની પ્રશ્નો કરી શકી શકાશે. 

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**Death Announcements From Prayer Hall**

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Aries - 11th & 12th.

Taurus - 23rd & 24th.

Cancer - 1st & 2nd.

Capricorn - 20th & 21st.

Libra - 19th & 20th.

Scorpio - 17th & 18th.

Aquarius - 15th & 16th.

Gemini - 5th & 6th.

Leo - 26th & 27th.

Virgo - 24th & 25th.

Sagittarius - 12th & 13th.

Pisces - 19th & 20th.

Taurus is the most stable and practical sign, grounded in reality and able to withstand any challenges. They are loyal and committed to their goals.

Cancer is known for their emotional depth and sensitivity. They are nurturing and caring, especially towards their loved ones.

Capricorn is known for their determination and ambition. They are strategic thinkers who can achieve great things with hard work.

Libra values harmony and balance in all aspects of life. They are diplomatic and skillful in negotiations.

Scorpio is known for their intensity and deep emotions. They are passionate and can be quite mysterious.

Aquarius is known for their unique and independent nature. They are creative and often ahead of their time.

Gemini is known for their versatility and adaptability. They are intelligent and curious, always seeking new experiences.

Leo is known for their confidence and leadership qualities. They are magnetic and enjoy being in the spotlight.

Virgo is known for their attention to detail and analytical skills. They are hardworking and thrifty.

Sagittarius is known for their adventurous spirit and love for freedom. They are great storytellers and喜欢旅行。

Pisces is known for their empathy and compassionate nature. They are creative and often do well in fields related to art or writing.
Parsi Times presents 'The Zen Series' by PT Columnist, Kashmira Shaw Raj - a professional Tai Chi and Qigong practitioner and teacher, as also a sought-after clinical psychologist and healer. These Zen stories will resonate with you and help you connect within, at a deeper, inner level to encourage and empower you to reflect, thereby helping you realize your own truths and set you on the path of growth, wisdom and happiness.

KASHMIRA SHAW RAJ

The Zen Series: The Gift

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

Reader's Corner

Words Can Hurt
Words Can Heal

By Farida Banjil

Chew one’s words
Before one speaks,
Think them over
Before they leak.
People lacking confidence
Ans under-achievers,
Usually do cobwebs weave.

Be deaf ears to these naysayers,
They’re just balls of fluff,
Discard them as they
Are up to no good stuff.
Traveling the pathways
And byways Of life,
We face lots of struggles
As well as strife;
Some will take you
Down the wrong pathway,
Do not flinch or cover
Having Faith in one’s prayers
And using one’s Vohu Mano
You will be able to say:
“I did it My Way!!!”

All Good Things
By Vahishta Y Patel

We ought to do good deeds,
And follow the path that the Almighty leads;
He opens the gates of life,
And helps us sow the good seeds.

We ought to have good will,
And swallow life’s bitter pill;
HE will always provide us the rope,
That will help us climb the hill.

We ought to have good goals,
And surround us with good souls;
For it is HE who will bestow love,
To fill our life’s darkest holes.

We ought to give good blessings,
And help all with their healings,
Keep your faith in HIM, child,
For it is HE who blessed you with all feelings.

No one had ever lasted with him
In a match beyond the first move.
Much against the advice of his concerned students, the old master gladly accepted the young warrior’s challenge. As the two squared off for battle, the young warrior began to hurl insults at the old master. He threw dirt and spit in his face. For hours, he verbally assaulted him with every curse and insult known to mankind. But the old warrior merely stood there motionless and calm. Finally, the young warrior exhausted himself. Knowing he was defeated, he felt his feigned shame. Somewhat disappointed that he did not fight the insolent youth, the students gathered around the old master and questioned him. “How could you endure such indignity? How did you drive him away?” “If someone comes to give you a gift and you do not receive it,” the master replied, “to whom does the gift belong?”

[Courtesy: Zen Stories to Tell Your Neighbors]

There lies a profound lesson in this story. It takes time and hard work for us to build our lives, and just moments for others to tear down everything. Why? Because we give them the power to do so. We let others know what we get affected by what they say and do. The day we stop letting them affect us, we render them powerless.

This sounds so simple
but is it easy to achieve? No way! Approval from others - the outside world is so important to us that one negative word can shake all the positivity we have painstakingly gathered! To strengthen your inner self in a way that you would be least affected by others:

1. Build that feeling of inner security. Tell yourself repeatedly and with belief that you are confident.
2. Do not get carried away by what others say. Just as you will be impacted by their praise, you will be afflicted by their criticism.
3. It is ok if people do not like you, as long as you love yourself.
4. Do not try to be good in order to be liked. Do something good because you want to do it.
5. It is up to you to accept or refuse what others give you.

Daily, we face bullets. We hear seniors say things that are untrue and hurtful. We listen to gossips and endure misunderstandings. But we do so because we have no choice. Ideally, we all have a chance to make a choice but sometimes we don’t because the outcome of that choice is more painful than bearing it. So, we continue. Situations may not change but it is up to us to make them better by becoming emotionally strong and developing inner tenacity.

Relationships cause distress at times and many hurtful accusations may be exchanged with the intention of causing emotional and mental distress or just as a reaction to the pain already felt. It is up to us whether to get sucked into that kind of mental powerplay or mentally choose to try and remain unaffected. Here’s what you can choose to do:

1. Walk away from a situation if you can, when you know that it can get nasty.
2. Don’t let others see how much you are affected by them. It is better to move away from there and then cry in private or release your pent-up emotions with close people.
3. Remember that when anyone is mean to you, they come from an emotional space that is unpleasant and many times their own insecurities, unfulfilled dreams and desires are being expressed. It may have nothing to do with you personally.
4. A false sense of power is what they may feel good about if you let them feel that they have hurt you.

It is difficult not to get affected by people around and go about as if it’s alright. Accept that you are hurt but then take it a notch forward and decide what you wish to do about it and move on from there.

Shrug off dust, dirt and small talk. Inner dry cleaning will keep your soul and emotional and mental states dust free. And strengthen your resolve.

Take a deep breath. Close your eyes and see the person in front of you that causes you grief. Think of everything that the person has told you. Now tell the person very firmly that I refuse to accept what you have given me. Let it go back to where it came from. The moment you say that and believe that you do not accept a single thing said, it no longer belongs to you and is powerless to affect you!
Meow Musings: How To Train Your Human

Teach them to see you, their cat, as the highest power they will ever appeal to and that serving you is the very purpose of their existence.

From the desk of Dr. Rocket Billimeowra BA(Hons), MA, PhD (Sociopathy, Meowalogy and how to claw humans real bad)

Congratulations, fellow feline, on being a cat! There is no higher life form than a cat and none lower than your average, feeble-minded homo sapiens. Trust me, they’re not too bright. After all, what can you expect from a species that spends practically all its waking hours opposite lit-up boxes, their weird paws frantically tapping away on a little board? Do you despair of their inferior intellect and clumsy bearings? Do they stare at you with vacant expressions when you speak to them, order them? Do you long for your unworthy slave to serve you better? Then look no further. This is the guide for you! You will learn all the tips and tricks that I, Dr. Rocket Billimeowra, have personally used on my own family. I will now share a typical day in my life with you, dear comrade, so you can watch and learn...

Humans are nuts. Let’s get that straight first! Every morning, they greet me with their eyes half-shut and incoherent grunts. Plain rude! So what if it’s six-thirty in the morning? A slave’s gotta serve - that’s the principle! And you think a family of science graduates would know principles as if their life depended on it, but no! They’re just as stupid as the rest of their dim-witted species! Anyways, your human is drowsy and sluggish. A good nip on the ankles should help you rev their engine.

Another thing, it’s the wee hours of the morn, so they’re more likely to walk into doorways or stub their toes (be careful where you keep your tail)! So how does that concern us? They’re more likely to give in to your demands because they’re too busy trying to stay conscious. Make sure they start your day with a packet of wet food and don’t settle for anything less. How do you do that? Make maximum use of your God-given vocal cords. They’re so sensitive to sound, they’d do anything to shut me up. Be prepared to listen to stuff like “Shut up!” or “You’ll wake the whole building!” Never take them seriously - another tip I give you. I keep meowing until I’ve thoroughly worn them out. So, they give me what I want - my tuna or salmon jelly - and continue plodding through the day in their slow and sluggish way. It’s become a way of life now.

I stay in a family with a couple of teens and their parents, so you can imagine what I have to deal with. They mostly go about their daily rituals and mind their own business, but if I want an undisturbed siesta that spans only about sixteen hours of the day, the principle: ‘Out of sight, out of mind’ must be used. Mark my words, if you like sleeping in plain sight, be prepared to have the stuffing squished out of you every time one of the lower life forms passes you by.

They’re stupid, no doubt, but they’re big and stupid. They seem to think we’re play-doh or, worse still, dogs! Dogs are even worse than humans, but that’s a story for another time. The point is, these things we live with are very touchy-feely. Hugs, kisses, cuddles, baby-talk are all the forms of torture I undergo each day, and I’m sure you’re subjected to the same. Most times, you will sense when one of them wants to pick you up - they stoop, grubby paws reaching out with a crazed gleam in their eye. I imagine it’s what one of their primal ancestors would do when they cast eyes upon a particularly rotund and juicy looking boar. I don’t really believe that they’ve evolved - only their appearances have changed. Their mental capacity, I’m afraid, would allow them to make perfectly good chitchat with java man! You should see the teens fighting - if anything, that proves that neanderthal blood still courses through their veins. Oh, are they loud, annoying and always in need of a bath! And then they touch us with their grubby mitts. I only wish this whole ‘social distancing’ fad had come around sooner - think of the bother it would have saved us!

Anyway, if the squishing gets too much, use the little knives at the end of our paws that put the Swiss Army ones to shame. I bet our claws could get through metal detectors, so I suppose we could get away with murder. At least the murder of hapless, pathetic creatures like moths and beetles. You should have seen the fuss the girl made on the fateful day I left a mangled lizard in her room!

“MAAAAAAAAA! I JUST STEPPED ON A LIZARD WITH MY BARE FEET!! UGHH!! IT’S SO LEATHERY! ROCKET!! DISGUSTING! I’M NEVER USING THIS FOOT AGAIN IN MY LIFE!! I’M NOT SWEETING IT UP! IT’S SO LIMP AND RUBBERY AND...DEAD!!”

In the end (pardon her articulacy, she isn’t very bright), she did sweep up its limp and rubbery form, holding the dustpan as far away from her as she could. You’d think she was dealing with some biohazardous material - can somebody please tell her the difference between a dead lizard and a canister of uranium-235? Anyways, you should also give your humans such experiences so that they can tell their grandkids about you. And that’s how you will be remembered for eternity. I can imagine the boy, old and wrinkled like a prune go on and on and on about how I made his life that much more bearable.

All humans are stupid, and a lot of them are cruel or indifferent, but not all are that way. Some actually take the trouble to be kind. Maybe we treat them as slaves, but they’re happy to serve us. They enjoy it. See it this way - we’re helping them see the purpose of their existence. I’d like to say this is the epitome of a win-win situation - or if I were to attribute a more biological term to it - a symbiotic relationship. So, remember, the more you condescend to them, the better the quality of life all around!

To you and the subjugation of the Human Race!

Yours sincerely,
Dr. Rocket Billimeowra,
PS: If they touch your belly, they’re asking for a hand amputation. Oblige them.