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Lessons From The Story Of Homaji

As 3rd June marks Homaji ni Baj this year, there are lessons we can imbibe from the story of Homaji - a pious and innocent man who paid the fatal price based on false accusations.

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Unity in Adversity: The Abu Dhabi Bawa Gang

The small but thriving Parsi community in Abu Dhabi does away with the Lockdown Blues in style!

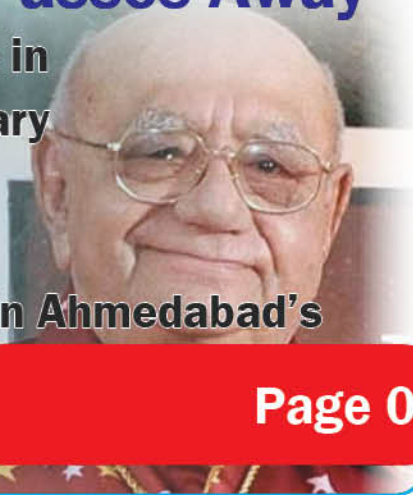


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World's Leading Astrologer Bejan Daruwalla Passes Away

The biggest name in astrology, legendary prophesier Bejan Daruwalla breathes his last in Ahmedabad's Apollo Hospital, at age 88.

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Meherbai's Lock-Down And Meherwanji's Knock-Down!

Don't miss the rib-tickling account of Meherbai's sworn allegiance to being 'atmanirbhar'!



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PARENTS/ STUDENTS Think Win Win!

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FROM THE EDITOR'S DESK

When Your Journey Is Your Teacher

Dear Readers,

As Mumbai becomes the new COVID hotspot, with spikes and surges in the number of COVID-positive cases outdoing each other daily, we know that not too much will change for us, if and when the lockdown eases. In fact, greater caution will need to be practiced once we are allowed to get out of our homes, which have so far proven to be our protective cocoons.

Though our normal, everyday life has come to pretty much of a standstill, we continue our onward journey, trying to make the best of a very challenging situation. The month of June will be upon us in a couple of days, taking us into our fourth month of lockdown, which started on 25th March. As we look around us and as we look back, we realise the adage - 'it's not the destination, it's the journey', couldn't have resonated any more strongly with us, than it does today.

What a journey it's been thus far! We've been battling so much more than just the pandemic! We've been up against the fear and uncertainties on multiple levels, about life and sustenance itself; we've had to unlearn the ludicrous and dangerous myths traveling the social media circuits about the horrors and cures for the COVID-19... and we have learnt that consuming raw garlic will not safeguard us from the coronavirus, unless we consider the pungent stench which has succeeded in keeping others at the required social distance.

Even as we continue to grudgingly adapt to this new normal, there's no denying that this journey has been a wonderful

teacher, often bringing out the best of our humanity... whether it's a renewed sense of respect for our healthcare professionals and even our house-help; or the humbling realisation of how fragile life is and how much more significant the human connect is; or how faith and prayer can comfort a terrified soul and sprout hope in a fearful heart; or giving us the opportunity to reflect and reconnect with ourselves and establish a more evolved, clearer perspective of what it is that really matters, where our priorities lie and what it is we want out of our lives.

As important as getting to our destination is, where we can once again roam the earth fearlessly, without masks and sanitizers, it is the journey and all that we have learnt from it, that truly marks this extraordinary period in our lives. In fact, in keeping with the house-arrest situation we live in, we could take it a step further and say, it's not just the destination or the journey, it's as much the travel partner(s) you're saddled with!

There's a long, winding road ahead of us before we safely make it home. Yes, it's going to be a while before our COVID-kits hibernate in the remote recesses of our closets. But till then, let's keep learning the wondrous lessons this journey still has in store, so we can arise out of this cataclysm as a wiser and better species. Moreover, you know what they say... when your journey is your teacher, you're surely headed to 'Destination Success'!

Have a good and safe weekend!

- Anahita
anahita@parsi-times.com

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'My PERFECT PAPPA!'

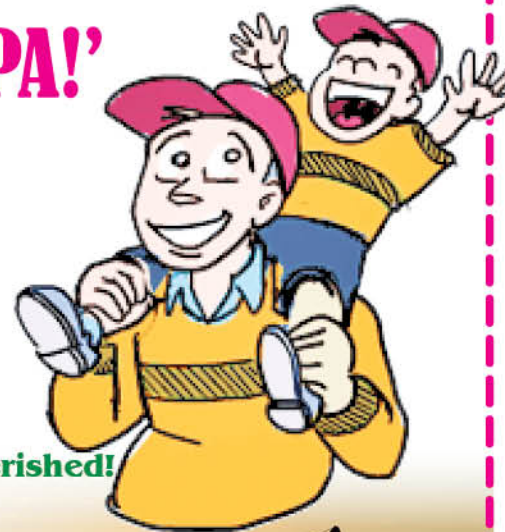
We expressed our love and praise for our lovely Mummies on Mother's Day, Let's now express our love and gratitude to our Darling Daddies On Father's Day (21st June)!

Participate in PT's Father's Day Contest: 'My PERFECT PAPPA'

to let your Pappa know he's always loved and cherished!

Express your feelings and share your love with your Daddy / Father Figure in your Original Words via 'Poetry' or 'Prose' [Max Word Limit: 150 words] or 'Painting' or 'Craftwork'.

Top 3 Winning Entries Will Be Featured in PT's Father's Day Special issue dated 20th June, 2020 and will also WIN FAB PRIZES!!



Mail in your entries for PT's Father's Day Contest, LATEST by 16 June, 2020, at: editor@parsi-times.com



NOSHIR H. DADRAWALA

Lessons From The Story Of Homaji



Roj Govad of Mah Dae, which falls on 3rd June this year, is observed as Homaji ni Baj. The story of Homaji is about the power of truth and the sacrifice made by a pious and innocent man who was falsely accused. It is a tragic tale revolving around mindless acrimony that prevailed among Parsis of Gujarat, in the wake of the 'Calendar Controversy', also known as the 'Kabiseh Controversy'. This unfortunate controversy stands testimony to the futility of infighting within the community. Around that period, the rift between the Shehenshahi and Kadmi Parsis was not only wide, but quite violent. In comparison, the current orthodox and reformist divide within the community would appear docile!

The controversy of this period is also a lesson in history that what we frequently fight for and even get ready to die for, is often not of any significance. In fact, when future generations view such disputes objectively, they begin to wonder what all that fuss was about and over?

Calendar Controversy: Around the eighteenth century, Indian Parsis established contact with their Zoroastrian community in Iran and among other differences in customs and traditions, they discovered that the Iranian Zoroastrians followed a calendar that was one month ahead of what they followed in India. According to the Zoroastrian tradition, instead of adding one day every four years (leap year), the practice during the Sassanian empire was to add a full month of thirty days once every hundred and twenty years.

Historians believe that after the Parsis arrived in India, they added the extra month sometime during the twelfth century, whereas the Iranian Zoroastrians did not do so, probably due to the troubled times they were going through in Iran. This resulted in a difference of one month in the calendar observed by Parsis in India and the community in Iran.

In the year 1745, a section of the community in Gujarat changed their calendar and adjusted it one month ahead, so as to conform with the calendar observed by the community in Iran. They called themselves *Kadimi* (*Kadmi*) or followers of the *Kadim* or

the ancient calendar. Those who did not adopt the change called themselves *Shehenshahi* or those who followed the royal traditional calendar from the time of King Yazdagird III of the Sassanian dynasty.

The Kadmi-Shehenshai Rift: Dispute over which calendar was accurate (actually, both were running inaccurately without intercalation) took an ugly turn and led to a lot of infighting. Both groups not only argued verbally but often took to street fighting and rioting within Parsi *Mohallas*. For several decades, marriage between members of the two sects was considered taboo and each sect considered the other as enemy of the religion.

Homaji was a victim of this unfortunate eighteenth century calendar intercalation (*Kabiseh*) controversy which divided the community bitterly and violently.

Falsely Accused: The calendar controversy flared up rather seriously in Bharuch in the year 1782. A lady from the *Kadmi* group, who was pregnant, falsely accused a pious and innocent *Shehenshahi* gentleman - Homa (son of Jamshed Zaahiaa, a weaver and well-known poet of Bharuch) of kicking her, which allegedly led to a miscarriage.

Homaji was first brought to trial before the *Nawab* of Bharuch and then to Bombay before the British Court. He pleaded innocence. However, incensed by the *Kabiseh* controversy, a member of the Wadia family belonging to the *Kadmi* sect gave false testimony as a witness against Homaji. Based on the witness'

false testimony, Homaji was sentenced to death.

The pious and innocent Homaji was hanged to death at the corner of Bazaar-gate in the Fort locality of Bombay, on *Roj Govad* of Mah Dae 1152 YZ (corresponding to 1783 AD).

The Dying Man's Divination:

Before he was hanged, Homaji declared that he was innocent of the charge brought against him and that his sentence was not just. Homaji is believed to have declared, that the person who had leveled false charges against him would be found dead on the fourth day (*Chahrum*) after his death. He also declared before he was hanged that all those who will remember him for his innocence and his sacrifice will forever receive his blessings.

Reportedly, the lady who had falsely accused Homaji was found dead in her home on the fourth day after Homaji's death. According to another version, it was the witness who bore false testimony

burdens of long litigations or false charges.

Jashan On The Day Of Homaji Ni Baaj:

The month of *Dae* is dedicated to the Supreme Divinity, *Ahura Mazda*. Throughout this holy month, devout Parsis perform thanksgiving *Jasan*, offering gratitude to *Ahura Mazda* for His bounties. It is considered particularly meritorious to perform *Jasan* on *Roj Hormuzd*, *Daepadar*, *Daepmeher* and *Daepdin*. *Roj Govad* of Mah Dae is observed as *Homaji ni Baj* and performing *Jashan* ceremony on this day is also considered meritorious.

Commemorating Homaji's Memory:

Today, as a community, do we even bother to ask fellow coreligionists whether they are *Kadmi* or *Shehenshahi*? Do any of our youngsters even know the difference or care to know the difference? Don't we pray at both *Kadmi* and *Shehenshahi Atash Bahrams* with equal respect and devotion in Mumbai and in Surat? Yet, this was once an issue that once bitterly divided the Parsis in India and led to several incidences of violence.

However, today we still quarrel over who is orthodox and who is liberal. Vegetarian Parsis castigate meat eating Parsis. Orthodox Parsis demonize those who bury or cremate the dead. Some orthodox Parsis see no harm if an inter-married Parsi man visits the fire temple, but considers the place of worship as desecrated if an inter-married Parsi woman visits the fire temple.

There was a time when orthodox Parsis considered the Grand old man of India, Dadabhai Navroji as a reformist because he espoused education for girls. Today orthodox associations garland his statue. When the uncrowned king of Mumbai, Sir Pherozsha Mehta, contested for Trusteeship of the Bombay Parsi Punchayet, he lost because he was not considered as orthodox. When the fire brigade was introduced in Bombay, Parsis (who doctrinally view



dousing fire as a sin) were very upset. However, over time many Parsis joined the fire brigade and became famous.

To this day, devout Parsis observe *Govad Roj* of *Dae Mah* as a solemn occasion to remember Homaji as the Patron Saint of all those who are falsely accused or generally harassed. In the *Aafringaan* prayers, his name is invoked with reverence along with names of other pious persons as *Behdin* Homa *Behdin* Jamshed. Over the centuries, devout members of the community have invoked the blessings of Homaji for speedy and amicable redress from

dousing fire as a sin) were very upset. However, over time many Parsis joined the fire brigade and became famous.

Therefore, the day of *Homaji's Baaj* (death anniversary) is not just a day to commemorate the memory of Homaji and his sacrifice. It is the day we should resolve to abstain from infighting as a community and falsely accusing those who either think, speak or act differently. It matters not if one is traditional or liberal. What is important, is to stay united as a community and discover unity in our diversity.

CONNECT- CONVERSE-COOPERATE: PARZOR in the Pandemic



SHERNAZ CAMA

While India and the world have been under lockdown, it is not possible for an Institution like Parzor to stop activities. In fact, the last three months have been busier than ever before, since the needs of many sections of society have dramatically increased and people from very different walks of life have turned to NGOs like ours for help. Over 20 years of trust also means huge responsibility. The international Press and community have covered the help given by members of the community, in their individual capacity, to the Iranian community in Yazd. We are honoured to have received thanks from the President of Iran, Dr. Rouhani and Foreign Minister Mohammad Javad Zarif for helping Iranians treat Covid-19, by sending pharmaceuticals and medical equipment by shipments to Iran from March to May 2020.



Final Consignment of medical equipment, Yazd, Iran, May 11th, 2020

There are however many other important activities which Parzor as an institution has been doing continuously and quietly. Our first responsibility has been to our Parzor Crafts men and women, whom we have protected and kept employed, despite the fact that there has been no income for Parzor Crafts in the lockdown. Our *Karigars* are like members of

our family; we have taught them to understand symbols and nuances of Parsi history. They have great pride in Parzor Crafts and we owe a huge debt to them. We need *your help*



Parzor Embroidery Training Workshop at Delhi



Karigars at Work, April, 2020, Delhi

to keep them comfortable and safe in this pandemic. If you are interested in receiving our Catalogue, please contact Dr. Niloufer Shroff at nilouferparzor@gmail.com, Contact / WhatsApp number: + 91 9810152764.

DCWA Medical Centre

Parzor works for all vulnerable humanity; therefore our

Members have a long personal association with The Delhi Commonwealth Women's Association, DCWA, of which Mrs. Bapsi Nariman has been Chairperson for many years. For over 70 years, DCWA has worked to make valuable contributions towards healthcare, education, women and child welfare as community services. This Organization depends on contributions from Civil Society and

functions independent of government funding. Over the years, DCWA has been instrumental in providing a life of dignity and respect to countless women and members on the margins. During the Covid crisis however,

most of DCWA's activities have come to a halt; only the Medical Centre has been allowed to remain open in the lockdown.

The DCWA Centre approached Parzor with a request for donations towards the purchase of commonly prescribed medicines for their OPD facilities, essential to serve the poorest in the Zamrudpur area of Delhi. This Clinic serves over 80,000 patients each year especially focusing on contactless TB

Camps. These patients were very vulnerable to the virus.



DCWA Contactless TB camp

The added concern, given the rising prices and inability to source medicines, was that these included essential drugs for regulating TB, blood pressure, seizures in children, antibiotics for UTIs, Gastrointestinal infections, respiratory tract infections



Dr. Niloufer Shroff sending off a medical consignment to DCWA on 6th May 2020

and other bacterial infections. They needed drugs for diarrhea and dehydration, throat, skin or ear infections, for anti-allergic tablets, medicines for eye allergies and general eye-care, as well as Vitamin D, Iron and Folic Acid medicines. The Parzor Team is grateful to have had an opportunity to support an Organization like DCWA during these tough times, and through it, extend a helping hand to the less privileged in times of a global crisis.

Parsi Priests & the Pandemic

While every Fire Temple has suffered a loss of revenue during the lockdown, institutions can survive. Individual Priests are the people who have faced silent Agiaries, placed the *Sukhad*, performed the *Boi* and prayed for the welfare of our world and community without any participants and therefore faced a loss of income. Parzor has found that there was also a deep loneliness and emotional disconnect in the Priests of the Delhi Parsi Anjuman.

In conjunction with the DPA, we encouraged the community in Delhi and the Diaspora to hold regular ceremonies, streamed them live, taught our community members that *Jashans* in *Dae Mahino*, are auspicious and celebrate Ahura Mazda Himself. We have received an encouraging response: In a region as widely spread as the National Capital Region, NCR, the lockdown, has been a perfect time to reconnect with religion and tradition. We have decided to celebrate Meher Roj to Thank God in *Meherbani* or gratitude for keeping our Parzor community safe through a regular monthly *Maachi*, as well as perform other regular monthly prayer ceremonies. By this, we have provided



Jashan: ready for performance in Godrej Hall, DPA



A Jashan at a more normal period in the Delhi Agiary, 2019

▶ an annual honorarium to our Priests and *Chasniwalla*, as well as income to our Agiary while satisfying our own deep felt need for a connection with the Divine. We perform our Jashans in the Godrej Hall and will be explaining a Jashan ceremony with its full performance on **Parzor Online** shortly. Do join us in large numbers. For details contact Mahtab Irani at WhatsApp: +91 9650811129.

Our Invisible Helpers

While newspapers and TV Channels first did not see the dreadful calamity coming, journalists like Ravish Kumar of NDTV and Barkha Dutt were already following the most tragic migration of India since Partition. Parzor is sensitized to look carefully and we discovered 2 orphaned young men whose parents had been the *Dhobis* of the area. Due to lockdown they could not cross to safety in Gurgaon where their sister has a home.

We discovered them, hungry and alone, sleeping on the bricks that make the ironing board. There were no clothes to iron; people were throwing water to keep them away in fear of the virus when we decided to take responsibility for them. After 3 months of lockdown during which they came home for every meal, were given masks, soap, clothes, shoes, sanitizers and moral and emotional support, we got them jobs as helpers in the Park of the area in which they lived. Because of our commitment the RWA has permitted them to live here and now helps instead of shunning these good human beings. At the same time, since

so much labour has left Delhi, the RWA appreciates the intermediary help given by Parzor to keep them safe and well. There are so many *invisible people* who have kept our homes and country working; to reach out is not impossible and as Zoroastrians it is our duty in troubled times.

Coordinating for Dr. Regi George's Tribal Health and Development project, Tamil Nadu

In the midst of the pandemic we received a message:

We are sitting on 80 tons of organic high quality turmeric, this time our buyers in Kerala are not sure how



Farmers we are supporting in Tamil Nadu

much they can pick up - it was all exported to Europe, and now they can't tell when the shipping lines will open. We are trying to sell turmeric powder - bulk packing of 500gm and 1kg @ Rs 200/- per kg. So can you ask your friends/neighbors/relatives if they want? We can send through lorry transport [transport to be paid by them]. If the collective order is > 10kg, then the transport cost/kg is bearable, anything less than that, it will pinch.

Every tonne sold brings a better price for the farmer. Let me know. Keep safe.

Mail your order to svad.organic@gmail.com - or message me directly WhatsApp me at 09488344325. and we can help you get it near you. Turmeric powder is sold at the wholesale rate of Rs.200/- per kilo. Remember it is organic certified and FSSAI certified <https://www.tribalhealth.org>.

Since members of Parzor are linked across the country, we immediately circulated this Appeal. We are happy to announce that today, Dr. Regi has been supplying all the Southern States where lorry transport is now safe and running. Parzor is waiting to coordinate the distribution of 103

JIYO PARSİ | PARZOR

FRIDAY FORUM

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FRIDAYS, 5-7PM



A series of interactive webinars to help you manage your personal, professional and mental well-being through the Pandemic.

To stay updated and join the sessions live, please follow the Jiyo Parsi Facebook and Instagram pages.



MAY 22

MS BINAIFER SAHUKAR
Psychotherapist

MAY 29

DR PARZAN MISTRY
Gynaecologist/
Infertility Expert

JUNE 5

MR RAYOMAND SIRVALA
Yoga Health
Instructor

JUNE 12

DR ARMAAN PANDEY
Psychiatrist

JUNE 19

MS AVI SABAVALA
Management Trainer
& Biodiversity
Specialist

►kilos of organic turmeric in Delhi and each day a new order comes to us. The Parzor *Haldi Group* on WhatsApp grows and the farmer benefits. We appeal to all readers to support this very genuine venture directly.

Tails of Compassion & Dog Matters

Every Zarthushti, from Prophet Zarathustra Himself, is an animal lover; in our mythology the Dog, helper of Sarosh Yazata is sacred. While many of us have been looking after community dogs all our lives and supporting animal welfare associations, the *Fake News Brigade* has been working overtime, especially on Social media.

Parzor members have shelter dogs, who now enjoy sleeping on our beds and taking over the air conditioner! Like good Parsis, they love their food and enjoy company. However, the pandemic has created a terrible situation of pets being abandoned; media reports say that today, 3 months into the lockdown, there are 35 million dogs living on the streets across India. Two Parsis of Delhi, Shernaz Italia and Freny Khodaji began many decades ago, by feeding the Dogs of Connaught Place. Today, this effort has grown into *DogMatters*, where they feed, sterilize and care for animals on the streets, right across Central Delhi. They have a Veterinary Van, 10 dogs in hospitals requiring medical boarding, 25 serious cases of neglect in full time boarding because they are too old to be on the street. They feed 250 dogs daily and an additional 150 since the lockdown. Because normal systems failed, the food for the dogs was cooked for some time at the Delhi Parsi Anjuman's Hall Kitchen, due to the kind support of the President and Trustees. In addition we have supported *Tails of Compassion*, run by Divya Parthasarthy, which is committed to providing a safe home to special-needs dogs. They work on giving a new lease of life to animals that cannot survive on the streets on their own and are considered as candidates of euthanasia by many. In the last 2 years, they have supported disabled dogs; rescued and rehabilitated many animals; and



Dogs & Cats: Both Matter



Animal Van



Tails of Compassion: A happy home



Shernaz, Freny & Friends

sterilized and re-homed both dogs and cats. The shelter is currently home to 60 animals including senior, paralyzed, amputated, blind and deaf dogs.

Realizing the increasing costs and limited support available

to these brave women who have to face violence sometimes, when they rescue or feed animals, Parzor has supported their Vet bills as well as food and other expenses over the past 3 months. We too have limited funding, while I know that everyone is facing economic difficulties, I make this personal appeal to Parsis to support both these Institutions in these difficult times. They both have 80G Tax Exemption. Please contact them directly at:

Divya Parthasarthy
Tails of Compassion Trust
Mob: 096506 50044
Email: tailsofcompassion@gmail.com

&

Shernaz Italia
DogMatters
HDFC Bank,
A/C# 50200030165175
H Block, Connaught Place
New Delhi -110001
IFSC Code :HDFC0000313
PAN: AACTD9272F

Other Activities continue; Dr. Cama was invited in April to join the "Religions for Peace's Interfaith Moment of Hope and Solidarity", where Global religious leaders will guide believers in a spiritual movement of shared humanity, calling for health, compassion and strength in the time of COVID-19. Again, as an educator, who has taught for 35 years, Dr. Cama was approached on Facebook by a group of young Assamese students from Silchar, who have just joined college and have dreams of making it to the elite IAS Academy at Mussorie. Since the past month she has been holding online sessions in English - written and spoken, history, mythology, philosophy, encouraging them to explore their own interests and develop new skills. This voluntary teaching takes up a considerable amount of time each day. The joy a teacher gets from opening a student's eyes to a better future is the sole motivation.

We all live in a world where because of the destruction of forests and rampant consumerism, nature seems to be hitting back, with a tiny virus which none of us can see and yet has affected every aspect of our being. There are small ways in which we, as Zoroastrians and citizens of what we hope will become a cleaner world, can work to improve our surroundings. Our friendly *Kabbadiwalla* has disappeared; either rejected by gated colonies as a threat, or has returned to the village. Even if he comes back, it is our duty to help him lead a more dignified and cleaner life. One of the effects of the lockdown is that Parzor and its associates have found recycling centres where everything and anything is

kept away from destructive landfills.

'Max Xchange', collects all kinds of Waste including packets of chips, sachets of sauce and even cigarette butts. They ensure "Collect - Recycle ♻️ - Xchange". Please contact.

9818472777 | 9718472777,
xchange@maxxchange.in

Others who work on plastics and reuse them are Shayna EcoUnified, do check their website- https://www.shaynaecounified.com/. Once you start cleaning your own house, as we have all being doing, we realize how much waste we produce. Let's reduce and reuse by small steps. Some of the things we can do to help is stop plastic straws, each straw takes over 400 years to get decomposed. We have discovered that you can get Bamboo straws and wheat straws at Pappco Greenware 022 22414333 and Edible cutlery instead of plastic cutlery at bakeys.com, +91 93937 62080.

Other little ways to prevent pandemics are small changes in everyday life: Pens rolled in paper instead of plastic and pencils rolled in newspaper instead of wood. Contact: thepureliving.in , +91 9895040899 and www.gograameem.com for pencils made out of newspapers. The bristles of our regular toothbrushes take up to almost 1000 years to decompose, so let's order at Bamboo India & switch to Bamboo toothbrushes. Contact: +91-20-67264712, info@bambooindia.com. Bombayites can even create a Green sole discard for old shoes by contacting Navin, Mumbai - 08879982045 and +91 96321 11766.

So Parzor has worked and learnt new habits and made new connections during the pandemic. We continue our mandate given by UNESCO of connecting human heritage and conversing with human beings across the globe, cooperating to serve and help. We are all going to be in a new kind of world, mainly online for a long time. Parzor looks forward to meeting you at our *Jiyo Parsi Friday Forums* as well as at other Courses, Lectures and Outreach Programmes we will be offering as the year goes on. Stay Safe, Stay Well, Stay Connected.

The 101 Names Of Pak Dadar Ahura Mazda – Part 9



DAISY P. NAVDAR

Daisy P. Navdar is a teacher by profession and a firm believer in the efficacy of our Manthravani. She is focused on ensuring that the deep significance of our prayers is realized by our youth. She credits her learnings and insights, shared in her articles, to all Zoroastrian priests and scholars whose efforts have contributed towards providing light and wisdom for all Zarthostis.

A strong and silent prayer of gratitude has been rising in my soul these past few weeks. When I look around me, I feel that we are privileged and blessed. We are enjoying good health, good food and the wonderful company of our family. We are in touch with our dearest ones online and we know that they are also fine. But more importantly it is the gratitude that I feel for those unsung heroes who make our lives safe. The ones who come to collect the garbage, the ones who sell daily essentials, the ones who enforce the lockdown and most importantly our health workers. Let us everyday, say one prayer for the Tandorasti of all these people who don't have the choice to stay home and protect themselves and their families, the ones who have to wear the mask and other protective covering in this sweltering heat, the ones who go to their homes at the end of a long day, not knowing whether they have become carriers or victims of the COVID-19 pandemic. Let us seek the blessings of Pak Dadar Ahura Mazda on all these people, may they enjoy good health for all times to come.

This column is in continuation of my ongoing series on the 101 names of Pak Dadar Ahura Mazda, which are really His attributes or qualities. Chanting these names regularly creates a protective aura of their strength around us and keeps us safe. Reciting these names daily, post doing the kusti prayer, can remedy almost all ills and challenges we face. They are not a substitute for effort and hard work; these will augment your dedication and give it an added boost. Please note that each name is a prayer in itself and can be chanted to gain maximum benefit of its particular divine vibration.

[Please note that these 101 names as explained in this column are referenced from the translation of very ancient texts which have the 1001 names of Pak Dadar Ahura Mazda - hence they may slightly differ from the ones that we normally pray as 101 names.]

81. Amsafan: Always clever, shining and smart. Today, people are getting laid off, salaries are slashed and the future remains uncertain. COVID has not finished its dirty business yet and we are already facing a crisis with

locusts attacking crops. People who are struggling to find a job are helped by the recitation of this name, which also grants beauty and intelligence, hence it should be recited by pregnant women for gaining these blessings for their unborn children.

82. Fashutana: This name holds within it the power of protection over all creation, including birth and death. Very often our loved ones live far away from us, we cannot help them in times of crisis even if we want to. Reciting this name creates a protective vibration around them and most importantly, we can recite this *manthra* even if we are in another continent! Reciting this name is also beneficial for increase in income and for begetting children.

83. Padmani: The One who knows and understands the limits and boundaries of all creation. Sometimes we are stretched by life and circumstances, we feel defeated and often give up as we can go no further. Ahura Mazda understands us and our limitations, therefore this name can grant any wish. The one who is faithful and trustworthy and recites this name gains a rich and deep intuition and a strong shining strength. This name is the giver of income and destroyer of enemies, bringing much relief in various forms to those who recite it regularly.

84. Chier: Leader of the strongest and one who is best in helping others. This name is the conduit through which we receive God's blessings. Reciting it helps us to overcome our enemies, but if the enemy is very powerful, then for 21 days this name should be recited 101 times daily. Never underestimate the power of the *manthra*. Today, we are faced with a war like situation and even if we cannot physically go to battle, we can bring it upon ourselves to recite this name for the protection and betterment of our country. This name has the power to destroy the one who is wrong, and the reciter can even gain the respect of his enemies.

85. Phirozgar: The most victorious among all - giver of unequalled victory. (*Pa Name Ahuramazd Yazad, Yazdaan, Phirozgar Ashaum Gargar Yazamaide*)

- this prayer must be prayed in times of trouble, in seclusion. Dasturji Azar Kaiwan has stated that if this *manthra* is recited with piety and dedication with a clean mind and body, then it can even help us in attaining great wealth. Very often, history reveals to us the trials and challenges of battles fought in olden days. Battles took their toll in men and money and the earth around the world is soaked with the blood of the valiant who fought to die for king and country. Today, those battle fields have changed and we fight the battle for our very existence. But the war remains the same, every day we fight an unknown, faceless enemy. The weapons that are used now do not draw blood, they simply drain the life out of you. How much more difficult it is to



fight this war where even you are your own adversary! So, as we go forth into our own individual battles every day, let us start by making this *manthra* our war cry so that we may emerge victorious in the eyes of Ahura Mazda.

86. Khudavand: The ruler of both the worlds, the provider, the knower of all things, the caretaker, the helper in all difficulties. Our challenges don't announce themselves when they manifest in our lives. We have to be prepared for any eventuality. Reciting Ashaum Khudavand Yazamaide can help us overcome all difficulties that we face.

87. Ahuramazda: The giver of life, merciful, gentle, one who is a giver, one who provides livelihood, the one who accepts both prayer and penitence, one who grants blessings and gives life to all creation. Unfortunately, some sections of society have succeeded in creating a villain out of our beloved Ahura Mazda. They spread the message of fear, if you don't do this, follow this, pray this, behave like this, then Ahura Mazda will strike you with unimaginable suffering. In reality, we all reap the fruits of our own deeds or karma. We cannot sow the seeds of falsehood and expect a life of truth. But Ahuramazda is the gentle one, the one who accepts your penitence, the one who waits on the sidelines for you to decide your own destiny and the way forward. He does not infringe

on your free will, He awaits your love and acceptance without making a loud demand for the same. We must never forget to recite this name, as it brings with it the rich reward of loftiness in both, the physical and the spiritual world.

88. Abarin Kuhan Tawan: The knower of all reality, the one who knows the past, the present and the future. In Hindu mythology, the term for this is Trikal Darshi. One who sees and knows all aspects of existence. Many times, we hope and pray that we would be able to see our future but that is beyond human grasp. Astrologers study the path of the planets and give us guidelines on what lies ahead, but no one can truly predict our future. Reciting this name can bring within you a sense of awareness, if you are deeply connected to your inner voice, then you will be able to gauge the early warning signs. However, I strongly support the words of this wonderful hymn:

*"I know who holds the future,
And I know who holds my hand;
With God things don't just happen,
Everything by Him is planned.
So, as I face tomorrow,
With its problems large and small,
I trust the God of miracles,
Give to Him, my all!"*

89. Abarin No Tawan: The giver of strength to the whole Universe. This name removes the deficiencies and weaknesses of the reciter. Often, we give up; we give up our vision, our dream, our task and sometimes we even give up on people. We lose hope and cannot see the way forward. This name helps find a renewed strength to move on. Those unable to complete their work or for some reason have given up on it, then reciting this name can give you the impetus to complete all your tasks. When we invoke this name we must be open and willingly accept the blessings that it brings.

90. Vaspan: The one who cares and hears you out. When you recite, Ashaum Vaspan Yazamaide, you bring upon yourself the divine blessings. This name should be recited before asking for the aid of Ahura Mazda, it will help us communicate our problems effectively and it will reach Ahura. This name helps us get rid of the fear of loneliness and gives us the strength to work for His divine plan.

Thou Dost Never Fail Me. Help Me Never To Fail Thee, Ahura Mazda!

Start your weekend with positive vibes with inspirational excerpts from the acclaimed book, 'Homage Unto Ahura Mazda' by Dasturji Dr. Maneckji Naserwanji Dhalla of Karachi.



When all else fail, Thou dost never fail. Often do I fail to answer Thy call, but Thou dost never fail to answer my call. Thou dost answer me whenever I call Thee in my joy or sorrow. Since the day that Thou didst plant my feet on the mother earth, Thou dost shepherd me along the path of safety. Ever quick are Thy ears to hear my supplications.

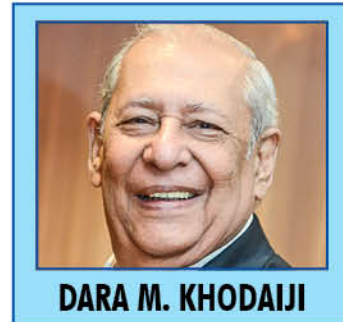
Thou, my ever-forgiving Father, never dost turn Thy face from me, even when, in my folly, I fail Thee. Thou dost gently draw me to Thyself. Thou dost lovingly take me by my hand and bring me back to Thee and put me anew on the right path. Ever kind and ever gentle, Thou dost guide me all my days.

Thou dost never part from me. It is I who leave Thee. Thou dost know me just as I am. My mind has eyes to see Thee and ears to hear Thee. In my folly I became blind to Thy sight. I became deaf to Thy voice. I disappointed Thee. I came not to Thee when required. I failed Thee. I went astray and I suffered. Now I fall on my knees and seek Thy forgiveness. Thou dost always open my eyes and my ears. Then do I both behold Thee and see Thee.

Weak and lonely am I now without Thee. Give ear to this my earnest call. Turn Thy eyes hitherward. Beckon me back to Thee with Thy loving voice. Restore me to Thee. I belong to Thee. I am Thine. When Thou wilt take me back, I will not leave Thee again. I will not fail Thee. I will not stray far from Thee. I will follow Thee whithersoever Thou wilt lead me. I will do whatsoever Thou dost desire me to do.

I know that I have but to come to Thee, for Thou art so overwhelmingly kind, that Thou dost ever stand ready to receive me. When Thou dost speak to me and smile on me, all my cares flee. I become strong in Thy strength, when Thou, Ahura Mazda, dost live in my heart!

Stone Walls Do Not A Prison Make, Nor Iron Bars A Cage



DARA M. KHODAIJI

Today is the sixty-third day of my vacation at home. It is almost the equal number of days that my ears have been blitzed with the same old complain - telephonically of course - of being imprisoned at home by many of my family and friends. Ask any politician, any fraudster, any crook about their house-arrest and they will tell you it is almost a vacation, compared to the prison. Sleep late, have home-cooked food, happy hour at seven thirty, all the phone calls they can make to their lawyers or their political connections and instructing their underlings how to go about their day to day 'business'.



The other day I pointed out from my window to a know-it-all Bawaji, living in the building opposite mine, to two guys who were strolling hand in hand in our colony. He reaction was, "Arre baddha gher ma kuntaali giyach. Su kariy! Do they have any choice? They (the authorities) are simply dragging the social distancing too far. If I were Chief Minister, within 24 hours I....." I butted in before he could complete; my reply will wipe out all doubts, should any still exist, as to why I am persona non grata in my colony. I riposted, "Yes, Mr. Chief Minister, they have a choice. Either stay at home and keep alive or step out and play Russian roulette with coronavirus. Take your pick!"

The know-it-all, taken aback, banged shut his window saying something involving mother and sister. But then, that is the limit of the vocabulary that

the likes of such possess. I went back to singing, 'Home on the range where buffaloes roam and there's a thick t-bone steak on my plate...' A happy song indeed!

Besides making a mockery of social distancing, that the likes of us are religiously practicing, what really got my goat was the hand-holding! My mind went back to my second day in college, when fresh NCC cadets were summoned to the college auditorium and were addressed by an army major, if my memory serves me right - a Major Hemani. He was a tall, well-built, no-nonsense sort of guy, with sharp eyes, or as P G Wodehouse would have put it, "eyes that could open an oyster at a distance." He opened his address by saying, à la general George S. Patton, "You are now NCC cadets and I don't want any so and so here holding hands and strolling around like bloody sissies, milquetoasts. It stops here and now!" The good major did not mince his words and he was able to turn boys into young men.

Here we have a life-threatening virus spreading at a pandemic level, threatening to wipe out our very existence and we are rather very casual about it! Ok, it is all right to be casual, but to be stupid is another thing. Be casual at home. Stay at home. Take it easy. Work at home, do some exercises. English language differentiates between house and home. Home is where your heart is. Isn't it? Enjoy your home life. Learn something new, something that agrees with your aptitude, take up a new hobby, exchange old memories, read, laugh, love and live. Do not close your mind and build a mental wall around yourself. Do not feel trapped.

Read of the character in Daniel Defoe's book, 'The Life And Adventures Of Robinson Crusoe'. Crusoe was shipwrecked on a deserted island when

he was just nineteen years old and lived there alone most of the twenty-eight years, two months and nineteen days. Yet another such book that captures the imagination is the 'Swiss Family Robinson'. The Robinson family too was stranded on an island and they made a happy life there. The above examples were of the fictitious characters, but what about Archie Williams of the state of Louisiana, USA, who spent thirty-seven years in prison for rape and murder, which he did not commit. Even this did not destroy his spirits. He says, "I was in prison but I did not let my mind go to prison." Archie was released on 21st March, 2019 being proved not guilty after investigations by modern techniques, then unknown, in the 1980s. Let us not lose heart. God has given us the gift of sense of humour, which acts as a great defense mechanism during adversity, preventing us from breaking down.

In times of loneliness, I find great solace in the following lines of Sir Richard Lovelace:

Stone walls do not a prison make,
Nor iron bars a cage;
Minds innocent and quiet take
That for a hermitage.
If I have freedom in my love,
And in my soul am free,
Angels alone that soar above
Enjoy such liberty.



World's Foremost Astrologer Bejan Daruwalla Passes Away

The world's most revered and foremost astrologer, Bejan Daruwalla, passed away at 5:13pm, on May 29th, 2020, at the age of 88, at Ahmedabad's Apollo Hospital. He was admitted to the hospital and put on a ventilator after he complained of breathing difficulty last week. His funeral and last rites were held at Dudheswar Crematorium in Ahmedabad. He is survived by his wife, Gooli, a renowned tarot card reader, and his sons Nastur, a prominent astrologer and Chirag Ladsaria (adopted).

After the news of his passing emerged, several media reports suggested that he had died due to the novel coronavirus, but his son, Nastur, quashed these reports, clarifying that his father had been suffering from pneumonia and lung infection, and the oxygen levels in his body had dipped.

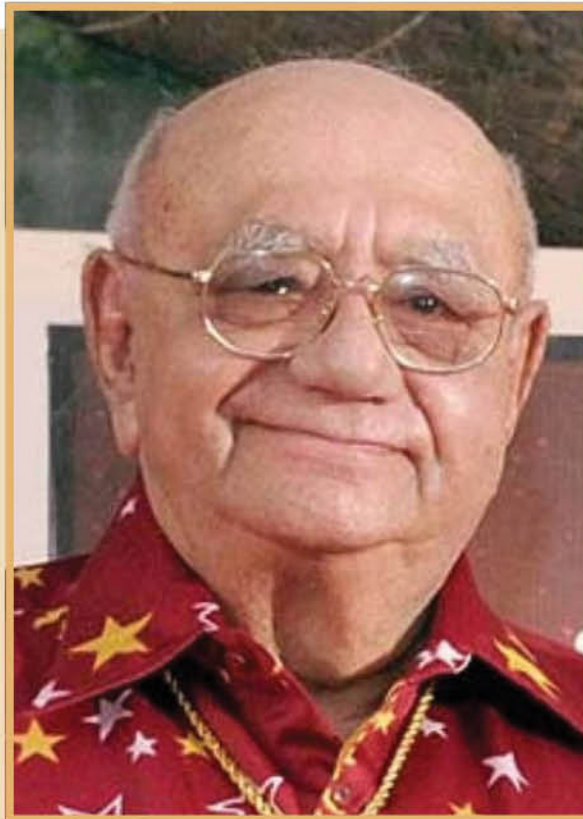
Bejan Daruwalla was acknowledged as one of the 100 great astrologers of the last 1000 years. In addition to being the world's most famous astrologer, Bejan Daruwalla held a Ph.D in English and also served as a professor of English. Despite his Parsi heritage, he was known to be an ardent follower of Lord Ganesha.

Loving and kind-hearted, Bejan Daruwalla has won numerous accolades and widespread recognition for his unerring predictions. He was closely associated with a number of newspapers, magazines, television channels and publishing houses all over the world. He was actively involved in learning and practising astrology and changed the lives of many. His astrological predictions have been keenly followed by thousands of people the world over. His website, Ganeshaspeaks.com, has been one of the most-accessed sites in the astrological arena, commanding a huge global following.

Gujarat Chief Minister Vijay Rupani took to Twitter, expressing his condolences thus, "Saddened by the demise of renowned Astrologer Shri Bejan Daruwalla. I pray for the departed soul. My condolences. Om Shanti...".

His consultations were sought after from people all across the world including USA, UK, Canada, Australia, Scotland, Dubai, New Zealand, Singapore, UAE, etc. Daruwalla earned trust across the globe through his detailed analysis of planetary positions and predicting its effects on the world. His astrological techniques combined Vedic Astrology, Western Astrology, I-Ching, Tarot reading, Numerology, the Kabbalah and Palmistry. The right combination of these principles enabled him to make accurate and relevant predictions. He was naturally gifted with intuitive prowess, listening to and relying on his inner voice, and seeking Lord Ganesha's blessings to foresee and predict.

Sharing his general approach and technique of making predictions, he explained, "First of all, if the person is there, I look at him and get vibrations. Secondly, the time the person comes is



Bejan Daruwalla (11 July 1931 – 30 May 2020)

important. Thirdly, what type of day is it? Good, bad or indifferent? Fourth, lines on the palm. Fifth, the Indian horoscope and lastly, the western horoscope. So, all this goes into a computer called the brain. And after that, I look at Ganesha and make a prediction." He firmly believed in the five 'I's - Intuition, Imagination, Inspiration, Investigation and Identification.

Daruwalla had made predictions of some of the high profile politicians including former prime ministers Atal Bihari Vajpayee, Morarji Desai and current PM Narendra Modi. He also predicted the assassinations of Indira Gandhi and Rajiv Gandhi, as also the accident of Sanjay Gandhi. He had also prophesied the Gujarat earthquake and the 2019 Lok Sabha elections. He had huge patronship from innumerable Bollywood celebrities, and personalities like Prince Lakshyaraj Singh Mewar of City Palace, Udaipur and former Maharashtra



CM Sushilkumar Shinde, also sought advice from him.

According to his website, Daruwalla followed three principles in his life - "Keeping an open mind; Observing keenly; and Researching completely". At the age of 87, he concluded that Tolerance was the most important aspect, saying, "...we all have a right to our own opinion and ideas. We may differ but we must do so with decorum and dignity and consider the other person's point of view also." He would even advise all astrology students to be patient as tolerance was the key to success.

In his understanding, the marriage of technology and humanity was the way forward as that would lead to evolution and happiness, and nurture his guiding principles of trust, accuracy and reliability. One of his happiest moments was when the Dalai Lama asked Bejan to put his own hand on Dalai Lama's head at the India International Centre, Delhi. It overwhelmed him beyond everything else!

Always a favourite of the print and television media, Daruwalla was associated with numerous television channels and publishing houses across the world. He has appeared on NBC and ABC TV channels in Columbus, New York, Ohio and was featured on the BBC, in Hard Talk India. His vision and accurate predictions have earned him a place in the coveted group of best-selling Indian authors. His articles/ predictions have been regularly published in leading newspapers including The Sunday Times of India (Bombay, Kolkata, Delhi, Chennai), Telegraph (Kolkata), Navhind Times (Goa), Dainik Bhaskar, Times of India, Hans India, Speaking Tree, Divya Bhaskar, Dell Annual Horoscope (New York), News India (New York), Berkley Communications (London), amongst many others.

In the book, 'Change Your life', he was referred to as one of those who could motivate, inspire others to give their very best. He truly believed that goodness, compassion and equal rights for everybody was the real tripod of life itself.

During the very little spare time that he would get to himself, he enjoyed listening to singers Bhimsen Joshi and Pandit Jasraj who he considered legends of Indian Classical music. He enjoyed film starring Amitabh Bachchan, Karishma Kapoor and Salman Khan. His motto in life was to leave the world a better place to stay in for all.

Bejan Daruwalla was awarded the highest degree of Vedic Astrology - the 'Jyotishi Mahahopadhaya' Award by the Federation of Indian Astrologers. Bharat Nirman awarded him the title of 'The Astrologer of the Millennium' (August, 2000). The Russian Society of Astrologers of St. Petersburg conferred upon him the 'Best Astrologer of 2009' award. However, he always considered the highest and the most precious reward and award to be the love and affection that his followers showered upon him, and Lord Ganesha's blessings.

The world has truly lost a great astrologer in Bejan Daruwalla. May his soul attain Garothman Behest. The community stands by his family during these sad times.

Byculla Restaurant & Bakery's Darius Ferzandi Is No More



Darius Ferzandi doing the loban ritual alongside Manager, Sheriar Raisi

85-year-old Darius Ferzandi, senior partner of the popular Iranin café - 'Byculla Restaurant & Bakery', passed away on 21st May, 2020. He had been running the 105-year-old café since the early 1950s and was known to provide great quality food at very affordable prices.

His daily ritual at the gullah (counter) of the café included performing the religious loban every evening. He will especially be missed by his regular clientele, especially the residents of the close-by Rustom Baug, whose generations of Parsis have grown up relishing the delicious chicken patties, Byculla syrup (a raspberry drink), and bun-maska at the restaurant.

The Byculla Restaurant and Bakery, like its peers, had been struggling to keep up operations with their low-priced menu. Many of Ferzandi's employees have been with him for over 45 years. Despite the escalating costs in the later years, the prices at the Byculla Restaurant and Bakery continued to remain low.

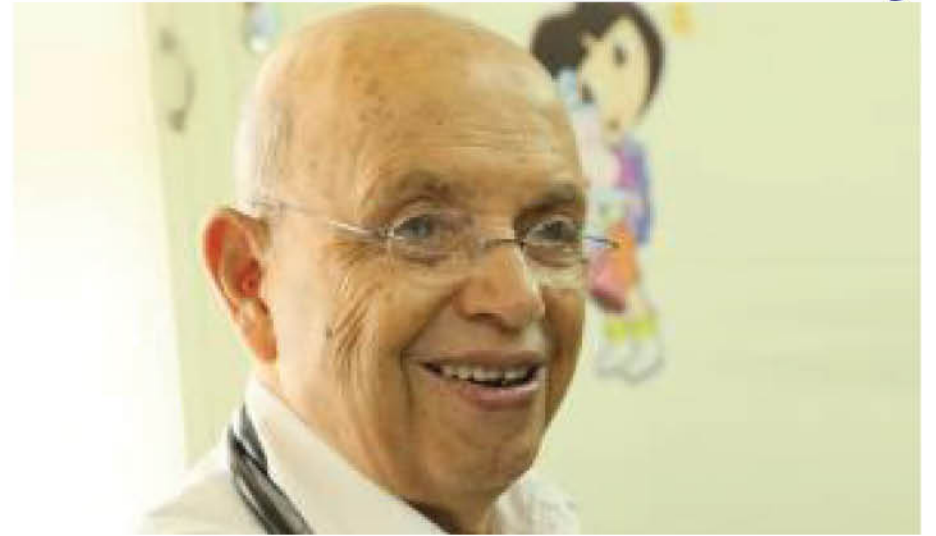
Byculla Restaurant and Bakery was established by Ferzandi's father, who had come from Iran and settled in Mumbai. Darius started working here since the young age of 18 years and was known for his large heartedness. May his soul attain Garothman Behest!

RIP Goolshan Mazdiasni

17th May, 2020, marked the passing of popular Bollywood artist, Goolshan Jamshid Mazdiasni, who was known for her role as a great supporting actor in a number of hit films including 'Ishq', 'Vivaah', 'Dil Ka Rishta', 'Bombay Boys', 'Bewafaa' and 'Detective Naani', amongst others. She was 64 years old. She is survived by husband Jamshid and daughter, Mahafriid. She was known to be a loving and jovial person. May her soul attain Garothman Behest.



'Smile Surgeon' Dr. Adenwalla Passes Away



Renowned as the doctor who was responsible for the smile of over 15,000 patients, 89-year-old Dr. Hirji S. Adenwalla passed away on 27th May, 2020. He was the Director at the Charles Pinto Cleft Centre at Jubilee Mission Hospital in Thissur, Kerala. Making children smile was his lifetime mission, he dedicated five decades to performing surgeries to correct the cleft lip and palate - a congenital deformity in children. He had performed over 17,000 cleft lip and palate surgeries on children. Due to turn 90 on 5th June, Dr. Adenwalla was being treated for fever and breathing difficulty at a private hospital in Coimbatore.

Hailing originally from Mumbai, Dr. Adenwalla joined Jubilee Mission in 1959 and teamed up with the US-based Smile Train, a non-profit organisation dedicated to cleft lip and palate surgery worldwide. Dr. Adenwalla served as Chief Medical Superintendent for 25 years. The partnership with Smile Train helped in performing the surgery free of cost on children from poor families.

After achieving his degree in Medicine, Dr. Adenwalla wanted to dedicate his life to doing missionary work. Post his marriage, he wished to move with his family to Africa, but respected his parents' wishes to the contrary. He then joined this Hospital in Thissur in 1958. He later got his FRCS degree. Since 2013, he worked for two weeks a month and returned to his daughter's house in Kovai. The last cleft surgery he performed was in December 2019. Dr. Adenwalla was awarded with the Joseph G. McCarthy Award for Cleft Surgery, often regarded as the 'Nobel' of in cleft surgery.

Despite the lockdown, Director of the hospital, Fr. Francis Pallikunnath, came to Coimbatore to pay his last respects to Dr. Adenwalla. He shared that Dr. Adenwalla worked with a missionary zeal and treating children with cleft lip and palate became his passion. He said that even at the age of 89, he was still practicing until he moved in with his daughter in Coimbatore. The centre currently does around 60 free surgeries a month to correct cleft lip and palate.



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Ref. No.

May 28, 2020

Statement for Doongerwadi and Covid 19

Sometime in mid-March when the Covid 19 deaths started in Mumbai, the issue of consignment of our dead at Doongerwadi has been at the forefront of the various issues the BPP Trustees have been mulling over. As the community is aware our method of consignment of the dead at Doongerwadi involves various rituals particularly the sachkaar, sagdid and gehsama. This involves giving the body a final ritual bath, putting a used sadra on the deceased and ritually tie the kusti, placing the body on marble slabs, tying up the body with various ritual knots, bringing a dog to see the corpse etc. and which means that our pall bearers would have to touch the body at various stages and hence be subject to infection.

Later in the month of March the BMC officials visited Doongerwadi and informed the Person in Charge that all persons passing away would be assumed to be infected by Covid 19 and should be cremated. The BPP discussed this at length and decided to obtain further clarification as this did not make any sense and was definitely not acceptable to the community.

Trustees immediately consulted some prominent legal experts within the community and were prepared to move court against this rule if enforced. While we were looking into this option, our Doongerwadi in Charge obtained clarity from the BMC and the Health officer in charge of D ward and he reverted that there was some misunderstanding and the government has now clarified that only persons who have specific mention of Covid 19 on their death certificates would not be given a Death Certificate for proceeding further at Doongerwadi, all other death certificates will be issued and those could be consigned to Doongerwadi.

The Board of Trustees discussed this at length and felt that taking into the following issues, it would be prudent to follow the government's directive

A. Covid 19 is such a virus that information on the same is dynamic and changing on an almost daily basis and there was no complete guideline issued worldwide as regards disposal of the dead and hence it would make sense to follow the instructions given until there is further clarification from the government.

B. The Guidelines issued by the Department of Health clearly mentions various clauses where the body is not to be exposed, cannot be taken out of its protective cover or body bag and no complete or partial unzipping of the body bag so these we would not be able to follow at Doongerwadi. The bodies are also not allowed to be sprayed, washed or embalmed. Our system of disposal requires various touch points with the body during the rituals to be performed and it was not possible to expose our pall bearers at Doongerwadi to the spread of the virus.

C. The Government is placing under quarantine any place where any case of Covid 19 is reported so just in case anyone is infected at Doongerwadi, the entire Doongerwadi would be placed under quarantine and we would not be able to consign our other dead there either.

The above has also been discussed with our religious leaders and High Priests and they are in agreement that at times like this we can follow the government guidelines and also that all religious prayers (including the first four days ceremonies) can be performed at their respective panthaks or agiaries for those who die of Covid 19 and are cremated. This is only for those who have passed away due to Covid 19 and hence cremated.

**Trustees
The Bombay Parsi Panchayet**

Sadeh Festival Added To Tehran's National Heritage List



In a decree issued to all of Tehran's Governor-generals, the Cultural Heritage, Tourism, and Handicrafts Minister - Ali-Asghar Mounesan has underlined the need to preserve the time-honored, ancient festival of mid-winter - Sadeh, which takes place on January 30. Issued on 26th May, 2020, an excerpt from the decree reads, 'Any measure that helps this heritage be safeguarded and preserved is supported.'

Named after the number one hundred (Sad in Farsi), Sadeh marks 50 days and 50 nights before Noruz (Jamshedi Navroz), as a mid-winter ritual to celebrate the date when the earth starts warming up. The festival is becoming increasingly popular amongst Iranian Zoroastrians in the cities of Yazd, Tehran, Shiraz and Kerman. Sadeh is a festivity to honor fire and to defeat the forces of darkness, frost, and cold. Several mythological accounts, however, connect the festival to the origins of human beings. According to Persian mythology, Houshang, the second king of the world, discovered the fire when he tried to hit a dragon with a stone. He reportedly threw a flintstone that struck against another flint stone causing a spark and generating fire. As the feast commemorates the mythical discovery of fire, celebrations involve setting fire to a big pile of wood, as the event reaches its climax.

Before lighting the huge open fire, some Zoroastrian Mobeds, dressed in white cotton robes, trousers, and hats as a sign of purity and neatness, recite verses from Avesta. Zoroastrians, all clad in white and holding torches walk around the pile of shrubs, lighting the fire and cheering.

Zoroastrian rituals are widespread in Iran. Noruz, Yalda Night - which takes place on the longest night of the year, and Chaharshanbeh Souri - in praise of the spring, are examples of such ceremonies that are currently observed by nearly all Iranians.

Physics Ph.D. Student Benaz Colabewala Is Grad Slam Campus Champion

UC Merced's Graduate Division wrapped up its annual Grad Slam Competition, announcing Physics doctoral candidate, Benaz Colabewala (Boe Mendewala) as its campus champion, on 21st May, 2020. Daughter of Jimmy and Rukshana Colabewala, Benaz was declared UC Merced's 2020 Grad Slam Champion for her talk, 'The Solar Solution: Upgrading Energy Technology', where her research, with Professor Sayantani Ghosh, studies the optical properties of hybrid perovskite materials for Solar Energy and lighting applications. Benaz receives a \$5,000 grand prize.



each video and selected the winners.

This year's Grad Slam looked much different from the past years due to California's shelter-in-place orders. Each finalist was tasked with submitting a video of his or her presentation instead of performing it in front of a live audience. While most didn't have experience with the format, the entrants received individualized coaching sessions. A panel of eight judges - including UC Merced Foundation Trustees, a software engineer at Google; and Ashley Swearingin, President and CEO of the Central Valley Community Foundation - scored

This was Benaz's first year entering the competition. "I'm so grateful for this honour, especially considering the quality of presentations that all the finalists gave this year," said Benaz, who grew up in Fullerton, after arriving in the US from India at five years of age. "I feel privileged to have been able to share my research in such a unique format and I thoroughly enjoyed the challenge of turning a lot of technical information into a digestible and compact three-minute talk." In the fall, Benaz will start a faculty position at Mills College in Oakland.

Ratan Tata-backed 'Repos Energy' To Produce 3,200 MPPs This Year



Backed by industrialist Ratan Tata, a Pune-based energy distribution start-up, Repos Energy, has shared plans to manufacture and sell nearly 3,200 Mobile Petrol Pumps (MPP) this year. Established three years ago, the start-up plans to get on board over 1,200 operators from across the country during FY 2020-21. The start-up possesses a fleet of 320 vehicles, of which over 100 are fully operational and working to deliver fuel across India.

In a press statement, Chetan Walunj, Co-founder of Repos Energy, said "At present, India needs over a lakh of fuel stations across the country to meet the demand. However, this wouldn't be feasible due to the availability of land and the huge costs involved. There are over 55,000 fuel

stations which are not sufficient."

Led by IoT, a Repos Petrol Pump can safely and conveniently deliver fuel to the end customers through a simple mobile application, the company said, adding that it is integrated with cloud technology to get real-time updates. It has highly sensitive sensors called ATG to get accurate quality and quantity of diesel. Enabled with GPS and Geofencing, this mobile petrol pump can be monitored in real-time, to ensure transparency.

The start-up is backed by Ratan Tata, Chairman Emeritus of Tata Group, who came on board as a mentor, along with Tata Motors, which has helped manufacture these safe and efficient Repos Mobile Petrol Pumps.

WE Offers Webinar 'The Perfect Portfolio Recipe - Designed for Women'

The 'WE' or Women Entrepreneurs - Ladies Wing of WZCC, Mumbai Chapter, invites you to a scheduled Webinar titled 'The Perfect Portfolio Recipe - Designed for Women' - with experts - Maher Dhamodiwala - owner of Financial Artists, a 15-year-old financial planning firm which specializes in crafting and insuring portfolios for key life events; and Swati Dugar, who has been managing distribution with private banks, independent advisors and national distributors for the past 14 years; and has educated women on their role to manage money through various initiatives.

Like a good dish, Investment Portfolio is all about what you put in it - the right ingredients in the right proportions. The Perfect Portfolio Recipe is an event that simplifies investing for you and helps women like you create unique recipe for a perfectly balanced financial portfolio.

Join Team WZCC-WE, DSP and Financial Artists as they take you through the investment options available and help you identify the ones that suit your goals. The program is tailored for the ideal age group of 20 + years.

If you have Registered via the RSVP link, you will receive an Invite Link for the Webinar. For those attending this event through a Laptop, kindly paste the Invite Link in your laptop browser (preferably though FireFox Mozilla or Google Chrome). Mobile users are requested to download Cisco WebEx Meetings App in your mobile & click on the Invite Link or click on Join Meeting in Mobile App and paste the Invite Link at the time of the event.

"We look forward to your early response and seeing you in large numbers," says Homai H. Mehta, Chairperson - WZCC - WE (Mumbai Chapter)

'The Perfect Portfolio Recipe - Designed for Women'

When : Friday, 5th June, 2020
Where : WebEX Platform
Time : 6:00 pm to 7:00 pm
Registration : RSVP: <https://tinyurl.com/The-Perfect-Recipe>

Tata Group Top Rung To Take 20% Pay Cut

In keeping with the COVID-19 crisis, for the first time in the history of the Tata Group, its senior leadership would be taking salary cuts during this quarter, to help the company, by contributing a percentage of their salary. CEOs and MDs of Tata Steel, Tata Motors, TCS, Tata Power, Trent, Tata International, Tata Capital and Voltas as well as Tata Sons Chairman N Chandrasekaran - are some of the companies top officials to undertake an estimated 20 per cent cut in compensation.

The leadership of the conglomerate aims to lead by example and motivate employees and their group organisations as well as ensure business viability. TCS, Tata Group's most profitable company was the first to announce a pay cut for CEO Rajesh Gopinathan. Indian Hotels said that its senior leadership would contribute a percentage of their salary this quarter to help the company, as mentioned in a report in The Economic Times. The cut would primarily be in the current year's bonuses.

A Tata Steel spokesperson said that remuneration decisions are taken by the remuneration committee of the board of Tata Steel. The spokesperson said that it might not be appropriate to preempt a way forward. This move comes after several reports stated that Tata Group might cut the salary of some of its employees as it saw a slump in revenues. Indian Hotels (Taj), Tata SIA Airlines (Vistara) and Tata Motors are some of the companies that might be affected by the pay-cut.

CEO remunerations of the top 15 Tata Group companies rose around 11% from FY18 to FY19. Chandrasekaran received a total remuneration of Rs 65.52 crore, up 19 per cent, for FY19 including a Rs. 54 crore commission on the profit of Tata Sons, as per ET's report. TCS CEO Rajesh Gopinathan's remuneration dropped 16.5 per cent to Rs 13.3 crore in the fiscal year ended March 31. He had earned Rs 16.04 crore in the previous financial year. Apart from TCS, no other Tata company has published its FY20 annual report yet.

XYZ Celebrates 7th Foundation Day



The XYZ Foundation celebrated its 7th Foundation Day on 22nd May, 2020. Due to the ongoing pandemic, they held three virtual activities - a Rangoli making activity; a *Khushali nu Jashan* (which was live streamed); and a Quiz based on our Religion, in collaboration with Empowering Mobeds.

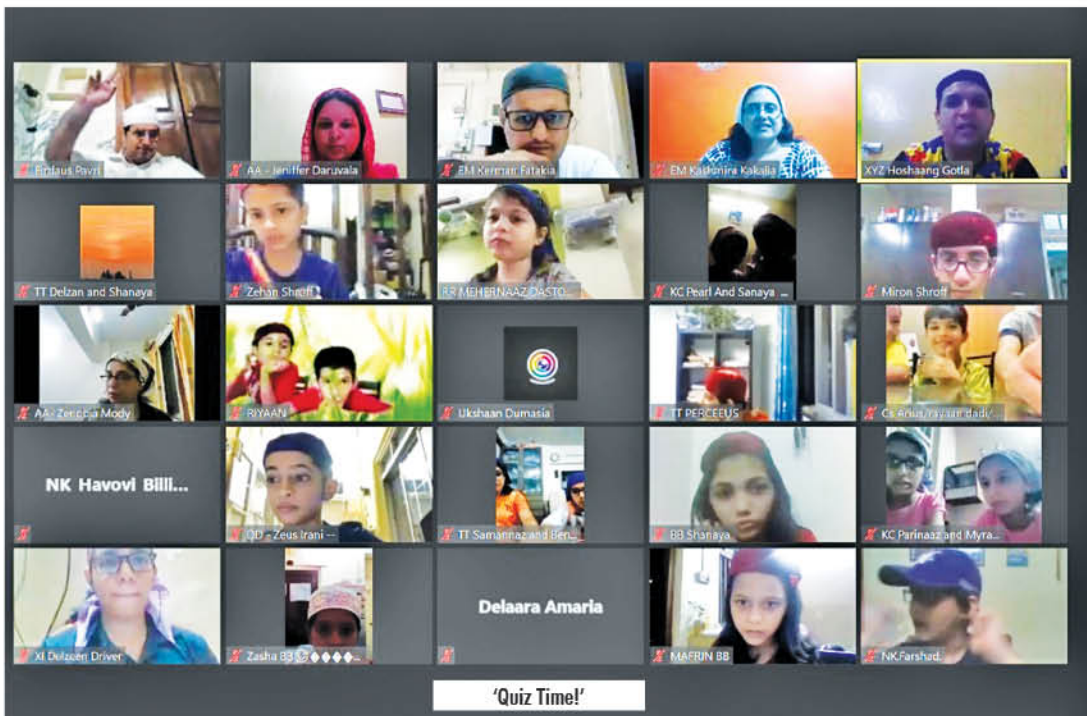
The morning's Rangoli activity saw over 150 members send in pictures and



videos of the colourful rangolis made on their doorsteps, in keeping with XYZ's theme colours - red, yellow and blue. Come early evening, the *Khushali nu Jashan* was performed at the Godavara Agiary by Er. Firdaus Pavri and Er. Rohinton Pavri. The entire Jashan was live streamed on XYZ's Facebook page, receiving a viewership of over 11,000 people!



Following the Jashan, there was a Quiz based on our religion and culture, conducted by the Empowering Mobeds team. The various XYZ groups



formed their own teams for this lively and educational session. Daraius' Daredevils (Colaba) won the Quiz Competition in a tie breaker with Rustom's Rockstars (Bandra and Mahim).

All in all, it turned out to be a delightful, fun-filled day which fostered the sense of belonging and camaraderie amongst all the XYZ members, despite the current lockdown situation.

Q.19. Name the festival based on the image clue below.



Unity in Adversity: The Abu Dhabi Bawa Gang

By Mahzarin Katrak
and
Sheherazad F. Kapadia

Parsis first migrated to the UAE long before its unification in 1971. While Dubai is where the majority settled, it's capital, Abu Dhabi hosted a smaller but equally thriving community now rising to about 30 plus families. Each weekend, our close-knit group would meet for pot-lucks on Thursdays and bowling on Fridays - the only requirements were a good sense of humour and an appetite to match. Since our numbers are so small, there has never



Sheherazad F. Kapadia
(Young Zoroastrians of the UK Chair; Co-Chair as the 2023 8th World Zoroastrian Youth Congress (UK); Occupational Therapy Student/Assistant Therapist)

been an official Zoroastrian Association, we were always just known as the 'Abu Dhabi Bawa Gang'.

Unfortunately, due to the spread of COVID-19, regular gatherings have come to a halt. Most of the youth no longer



The Abu Dhabi Bawa Gang

live in Abu Dhabi, and the lockdown prevented them from returning to their loved ones. So, it was not long before the group started making suggestions to meet up virtually and globally. From grandkids to grandparents, Abu Dhabi Bawas from all corners of the world were invited.

The first activity set up on our forum was Bingo and it brought together players from America, Australia, Canada and the United Kingdom. With nearly 40 participants strong at one point, it was hard to hear who had yelled 'Fullhouse' and who was shouting for more Falooda!!

After a couple of weeks, the lockdown really kicked in and one aunt vocalised what all the bawas were feeling... "Su yaar, I can't wait a whole week to see you all again!" she lamented. In typical Bawa

fashion, the Whatsapp group chat was soon flooded with ideas and funny memes suggesting ways in which the Bawa gang could remain connected. Brimming with these ideas, it dawned on the youth (all of whom live abroad) to step up and organize some more fun!

There soon followed fitness sessions and Bollywood dance classes with the different time zones being part of the fun! We had Australian Bawis dancing away into the night in their pyjamas and Canadian Bawas brewing fresh coffee to the sound of 'Sheila Ki Jewani'. Magic shows, art lessons and concerts are all in the planning process and our Abu Dhabi Bawa Gang has remained more united than ever. In fact, it's even given the youth the chance to step away from their hectic schedules and spend more precious



Mahzarin Katrak (Zoroastrian Association of Victoria Member Civil Engineering & Architecture Student Toastmasters Member)

time with their childhood friends.

Beyond the Abu Dhabi Bawa Gang, some of our overseas youth have started their own Zoroastrian initiatives, and have used the lock down period to bring even more unity amongst their Zoroastrian communities. Anaheez Karbhari, Co-Founder of Dhansak and Co., partnered with the Zoroastrian Society of Ontario to host quiz nights, whilst Persis Zack in the UK, has pioneered the first ever Global Zoroastrian Facebook Page, with the immediate uptake of over 10,000 members!

One takeaway from this experience is that borders and boundaries are only limits if you let them be. The bonds of family and community created in times of health come to light in times of hardship. Thanks to social media and advancing technology, many initiatives have taken place to keep the Zoroastrian community together and bring unity even in the face of adversity!



Zoom Bingo Session run by Mahzarin Katrak

NCPA@home
Enjoy the best of the arts from the NCPA on our digital channels from the comfort of your home.

SYMPHONY ORCHESTRA OF INDIA



Holst: *The Planets*
Martyn Brabbins conductor

This performance was recorded live on September 17th, 2016 at the Jamshed Bhabha Theatre, NCPA.


Saturday, May 30th | 6:00 pm

This event will be available for viewing till June 5th
www.youtube.com/TheNCPAMumbai1
f t i /NCPAMumbai

NCPA@home
Enjoy the best of the arts from the NCPA on our digital channels from the comfort of your home.

SANKALAN

Odissi choreographies by Madhavi Mudgal



This event was staged at the NCPA *Pravaha* dance festival on December 16th, 2018 at the Tata Theatre, NCPA.

Sunday, May 31st | 6:00 pm

This event will be available for viewing till 6th June.
www.youtube.com/TheNCPAMumbai1
f t i /NCPAMumbai

ZYNGing Musical LIVE To Regale Your Weekend!

Sensational Talents - Shanaya Boyce, Sarosh Nanavaty, Parzaan Dastur, Rehan Balaporia and Sarosh Sidhva - jamming live on Insta -

SAROSH NANAVATY



REHAN BALAPORIA



PARZAAN DASTUR



SHANAYA BOYCE



SAROSH SIDHVA



ZYNGING MUSICAL LIVE
HOSTED BY SHANAYA BOYCE
DATE: 31/5/20
TIME: 7.00PM
@ZYNG2.0



ZYNG 2.0 (Zoroastrian Youth for Next Generation) presents 'ZYNGing Musical LIVE', bringing you five, young, super talented Parsi artists, in an entertaining musical evening on 31st May, 2020 at 7:00 pm... all for free!

The Fab-Five line-up of talent includes singer, model and psychologist Shanaya Boyce has formally trained under the legendary likes of Coomi Wadia and Zubin Mehta. She has performed at prestigious forums and worked with India's leading musical theatre productions. Parzaan Dastur

is a former child actor who now enjoys performing in musical theatre along with producing and directing digital films. Singer, musician and voiceover artist, Sarosh Nanavaty has performed live nationally and internationally with numerous artists and bands and been a part of numerous musical theatre shows including Broadway style musicals. There's also filmmaker Rehan Balaporia and award-winning musician, producer and sound-designer - Sarosh Sidhva! All of these amazing performers will come together and jam live on Instagram to make your Sunday eve an entertainment bonanza!

Don't Miss ZYNGing Musical LIVE

When : Sunday, 31st May, 2020
Where : Instagram [<https://www.instagram.com/shanayabooyce/?hl=en>]
Time : 7:00 pm

Sorry, Temporarily Shut For Spiritual Maintenance!



VEERA SHROFF SANJANA

Veera is a published Author ('Endured' and '#LoveBitesLifeHacks') and Columnist; a passionate Educator and Counsellor; Poet and Philosopher... but most of all, a lover of all things literary.



They say that sometimes the most important ingredient for spiritual renewal is a cataclysmic event. A three-quarter of a century down, our memories horrifically lived or relived through chapters in history books or cinematic experiences of the World Wars, its gruesome conflict and devastating consequences. Even then, those who survived those wars had to grapple with the kinds of deep profound questions that only ever arise in the aftermath of a calamity and the scorched ruins of disasters.

In the grips now of a pandemic and the imposed lockdown, never afore in modern history have so many people been sanctioned to their homes, in what one can easily attest to being 'an enforced period of reflection'. It seems, the locks are turned and the key is thrown away. The world is witnessing a major shift from debauched consumerism to an almost ascetic way of life. It seems, 'Fate has nudged Faith forward' or at least for the time being in the right direction. Perhaps the novel global virus that keeps us contained in our homes - over repeatedly extended periods of time - is already reorienting our relationships to governments, the economy, our lifestyles, the outside world and even to each other... marking the end of our romance with market society and hyper-individualism.

While these changes definitely seem unfamiliar and unsettling, crises moments, as viewed in history, inevitably also present great opportunities. Coronavirus is leading us into an age of religious revival - step by step, month from month... the worse it gets, the stronger our desire to find meaning in this world now gripped in terror, as COVID-19 reminds us glaringly of life's fragility. The pandemic has triggered a 'historic spiritual moment' - there is a surge with increasing numbers now turning to faith, religion and spirituality. People are leaning towards other 'higher sources' for comfort and an explanation during the crisis. It is forcing us to reconsider

who we are and what we value, in its course it is helping us rediscover better versions of ourselves.

With nothing but time on our hands practises like Yoga, Reiki, Meditation are fast gaining favour with the masses. The need for spiritual practices helps to lessen the impact of fear and uncertainty surrounding this global health emergency. They help us deal with the stress; accept the change, the new normal, while building our resilience and immunity. These practices help build up positivity and an attitude that helps you view the glass as half full rather than half empty.

The constant barrage of reading or watching the news may water the seeds of worry and despair giving rise to feelings of negativity, frustration and anxiety that often prove detrimental to our mental as well as physical well being. Did you know that humans are wired to deal with stress and challenging situations innately? When posed with high stress situations the hypothalamus literally turns on the 'fight or flight mode response' and the whole body gets affected by the neurochemical changes of stress signals. After the emergency passes the body becomes calm and at rest again. Prolonged or chronic stress causes this mechanism to go awry, endangering overall health and other systems in our body. We are a generation of self-proclaimed productivity fiends. We thrive on chaos; multi-tasking believing that there is method in all this madness. The prolonged lockdown has been an enforced shift from noise to quiet, thereby taming our monkey-minds into passive bouts of stillness. The world of late has witnessed increased

engagements not only in major religions but alternative medicine and fields too, much of it involving energy healing and promoting feelings of calm. Even the Harvard Medical School recommends practising yoga to combat anxiety at times of the corona virus.

Traditionally the goal of yoga is to quiet the mind and stop the mental chatter - called 'chitta' in Sanskrit. And then there is the meditation mania gripping our gripping masses. There are many myths and misconceptions about meditation making people believe that it is nothing but a difficult spiritual practice involving sitting for lengthy amounts of time in uncomfortable positions with the end goal being to create complete emptiness in the mind. (There are people that argue that emptying a bottle of wine seated comfortable in that armchair pretty much does the same). The goal, however,



of all forms of meditation is not to stop the mind but to shift our focus. This in turn effectively balances our emotions especially in trying times. While we find quiet corners to understand and throw some light on the present situation, the world is awakening to a spiritual revival painted with stokes of bold

contemplation and inner exploration.

Never before have we been afforded this luxury of time, space and contemplation while gripped in the clutches of the worst tragedy the world has seen in centuries. It's making believers of the sceptics, conformers of rebels. Our eyes are turning inward; our vision is clearing with the veil of materialism peeling away. The shift from 'what I want' to 'what I need', in the last couple of months, has been radical. The virus, unlike any predated calamity, has hijacked the global community; we are a generation of young people seemed likely to be the most religiously unaffiliated generation. Respect for it had diminished in almost ever corner of modern life. But for the first time we are moving from our quest of economic and material pursuits to promoting and ensuring the welfare and wellness of communities and societies at large.

Finding meaning to life in general, our place in the world, the role we play, questions floating around in our time compressed lives, now find the quiet that was needed in our journeys to enlighten, explore and discover all that for ourselves. While we cohesively knit the various components of our existence back into a semblance of balance, tuning into ourselves weaving with the universe at large, maybe the amazement of finding simplicity in these seemingly complex queries may change our perspectives and guide us to a path of conscious empowerment from within.

Searching for meaning, soul searching, both personal and collective, is especially important if we are to emerge from this tragedy stronger. Maybe, in its shadow we have arisen gentler, kinder, fairer, and more humane. Maybe finding your corner in the world on that yoga mat may lead you to discover your place in the world and all this 'meaning-making' may unfurl truths you knew but failed to recognise, like old friends in the guise of strangers. Maybe the hunger for understanding, as you sit quietly with open hands, palms turned upwards indicates your acceptance of all that you were meant to be in the stillness of calm and balance of life.

PARSI TIMES *PT Timeout*

The Bawa Word Search

Search out 16 Cat Breeds hidden in the word-jumble box below, in bi-directional, horizontal, vertical and diagonal forms:

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

- | | | | |
|-------------------|------------------|--------------|--------------|
| Persian | Bengal Cat | Siamese | Sphynx |
| British Shorthair | Norwegian Forest | Chartreux | Birman |
| Toyger | Selkirk Rex | Nebelung | Egyptian Mau |
| Turkish Van | La Perm | Havana Brown | Minskin |



TechKnow With Tantra

Very Well Mind (verywellmind.com)

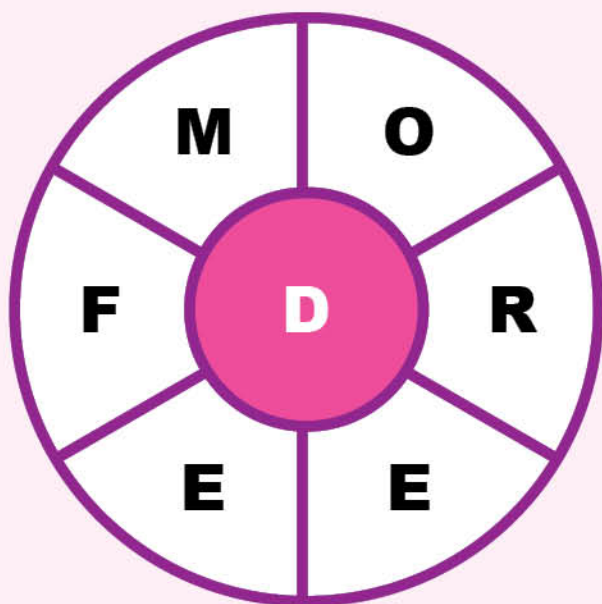
Verywell Mind is a trusted and compassionate online resource that provides guidance to improve your mental health and find balance. Their library of more than 4,000 pieces of content, created and refined over the past 20+ years, has been written by more than 100 healthcare professionals and industry experts including experienced doctors, therapists, and social workers, and then vetted by board-certified physicians. You get the resources you need to feel happy and healthy. The articles are classified into 3 broad sections – Disorders, Self-improvement and Psychology. Upto date analysis and current trends are projected and portrayed. Meditation, Brain Health, Addictions, Psychology, etc. are covered professionally in depth. Know more and live brighter with this interesting website!

SUDOKU

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8			3	7				
7						1	2	6
9		6				2		

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 - 5 or more words
 Good - 7 or more words
 Outstanding - 9 or more words

WINNING CAPTION!!!



Salman: Our 'Bhangda' finger is under Lockdown, so dancing with this finger!

By Aloo Cama (Pune)

CAPTION THIS!



Calling all our readers to caption this picture!

The wittiest caption will win a fabulous prize!

Send in your captions at editor@parsi-times.com by 3rd June, 2020.

Disclaimer: Some of our 'Caption This' Contest photos are taken from freely available, public online resources and are published in a light and humorous vein, which is the mainstay of the Parsi spirit! No offence is intended to anyone or any situation.



**Chef
Delzad K Avari**

Delzad K Avari is a Le Cordon Bleu, London Alumni. His love for cooking was evident from a very young age. Having completed the Grand Diploma in cuisine and patisserie from the London campus, post his Hotel Management degree from Mumbai's Sophia Polytechnic. His expertise has been honed with rich and varied experiences including his stints with the Taj Mahal Palace and Towers (Mumbai); a Food Producer with Masterchef India - Season 2, followed by Dubai and the Maldives; and more recently, as a Sous Chef in Trinidad and Tobago in the Caribbean!

Back home in Mumbai, he currently runs his own home chef set-up, greatly gaining in popularity, named, 'Del'z Kitchen'- an absolute go-to for all meat-lovers! Delzad also shares his expertise in Restaurant Menu Development and Consulting for his recent project - 'Tiger Lily', an upscale restaurant in Hyderabad. He has recently begun his own YouTube channel, titled 'Chef Delz', which is tasting great success! [Chef Delzad's Insta - Personal: @chef_delz & Work: @delzkitchen]. We welcome suggestions, queries and requests for recipes from our readers at editor@parsi-times.com

This week, Chef Delzad presents two of his favourite dishes, which are not just delicious to the Parsi palate, but super easy to make - Chicken Farcha Bites with Yoghurt Mint Dip and Parsi Style Scotch Eggs.



Chicken Farcha Bites With Yoghurt Mint Dip

Recipe for Farcha Bites:

Ingredients:

Cubed Chicken breast - 500 g; Yoghurt/Dahi - 2 tbsp; Dhana-jeera powder - 1 tbsp; Chilli powder - 1 tbsp; Haldi powder - 1 tsp; Ginger-garlic paste - 1 tbsp; Salt and pepper - to taste; Semolina/Rava - 100g; Eggs - 2

Method:

1. Season the chicken with salt, pepper, dhana-jeera powder, chilli powder, haldi powder, ginger garlic paste, and yoghurt and marinate. Keep aside for at least 30 mins or overnight.
2. Beat up the eggs.
3. Roll each piece of the marinated chicken in the semolina then dip in egg and deep fry.
4. Once in the fryer, drizzle some of the leftover egg over the frying chicken.
5. Fry for about 7 mins or till cooked
6. Serve with the mint yoghurt dip (recipe follows)

Recipe for Yoghurt Mint Dip:

Ingredients:

Yoghurt/dahi - 100g; Mint - ¼ bunch; Garlic - 3 to 4 cloves; Salt and pepper - To taste

Method:

1. Combine yoghurt with chopped mint, garlic, salt and pepper
2. Whisk together and refrigerate before using



Parsi Style Scotch Eggs

Ingredients:

Mutton/chicken mince - 200 g; Eggs - 2 pcs; Boiled eggs - 5 pcs; Chilli powder - 1 tbsp; Haldi powder - ½ tsp; Dhana-jeera powder - 1 tbsp; Ginger-garlic paste - 1 tbsp; Garam masala powder - ½ tsp; Salt and pepper - to taste; Chopped coriander - ¼ bunch; Chopped mint - ¼ bunch; Semolina/rava - 150 g; Vegetable oil - for frying

Method:

1. Wash the mince and squeeze out maximum liquid from it, preferably through a muslin/cheesecloth.
2. In a bowl, combine the mince with salt, pepper, chilli powder, haldi powder, garam masala powder, ginger garlic paste, dhana jeera powder, coriander and mint.
3. Divide the mince into 5 equal portions.
4. Grease hands with a little vegetable oil and wrap the mince around each of the eggs. Make sure that the mince forms a thin layer around the eggs.
5. Beat two eggs and then dip each one of the above in the beaten eggs and then roll them in semolina.
6. Deep fry them in the vegetable oil on low heat for 10 - 12 mins.
7. Serve hot!

Meherbai's Lock-Down And Meherwanji's Knock-Down!



RUBY LILAWALA

Ever since PM Modi's speech on being self-sufficient i.e. 'atma-nirbhar', there has been no peace in Meherwanji's life. He got up early one morning to brush his dentures but couldn't find the Colgate in the basin-cabinet...

Meherwanji: Colgate nu manjan and mouth-wash kya-chey?

Meherbai: Manjan na karo! I have thrown both out of the window.

Meherwanji: Why?

Meherbai: Colgate is not an Indian company and I want to be atma-nirbhar. From today, we use Vajradanti - it's made from Ayurvedic jari-booti. It's Indian - like us! Meherwanji asked for his morning cup of tea and his bitter-half gave him a 15 minute lecture on being atma-nirbhar and making tea himself from thereon - and oh! "While you are making it, make two cups for me also!"



Meherbai: Neither! I threw away all your 'Made in Thailand' shirts and pants as well as your St. Michel's under-wears. They are all foreign. Modiji says be atma-nirbhar and buy only Indian stuff. I'll buy you lungis and dhoties when the shops reopen after the Lock-down.

Meherwanji: And till then? What do I do? I can't leave the house on sadra and legha!

Meherbai: It's our traditional Parsi dress. Be proud and wear it! Set a trend! Be a pioneer and others will follow.

Meherwanji: Ai toh hoon Lock-down ma knock-down thai gaya!!

Meherwanji: Badhaney mamo na banav!

Meherbai: Quiet! Aimai, how do we market my momos?

Aimai Einstien: Make all our husbands the Marketing Managers!

The husbands were thrilled at the glorified title and asked in chorus, "Arrey Wah! Marketing Managers? Will we get air-conditioned cabins and a beautiful mailu as secretary?"

Aimai Einstien: This is not a Tata, Godrej or Birla enterprise. This will be a small-scale industry set-up in your kitchen and to market the product, all husbands will take two thelas each of the product and move from one Parsi Colony to another and shout on top of their lungs - 'Meherbai's Momos, Meherbai's Momos!' Arrey, they will sell faster than Avan's baked-goodies!

Husbands: No Way! No Way!

Aimai Eienstein: In that case, we appoint agents in different Baugs and Colonies. Meherbai's neice, Khadhri Farida, will get the Rustom Baug agency since she lives there from birth!

Banoo Batak: I know Farida, she will eat-up half the momos and not even pay for them.

Aimai: Her illicit lover, Soli-Sales-Tax will get agency for Chikalwadi since he lives there and knows the area well. Homi Homeopath will get it for Dhobi Talao since his clinic is at Dukkar-Gali, so that along with the spurious sugar-pills he makes at home, he'll sell some packets of Momos to his unsuspecting patients and say, take these pills immediately after eating 4 or 5 Momos.

Vikaji Vaghmaru: This is not marketing strategy - it's Chini-Chalaki!

Next day, all the Mandli ladies came to Meherbai's kitchen and made lovely Momos - organic, hand-crafted, home-made, nutritious, with added Vitamins - A, B, C, D, E.... right up to Z!

Now see the fickle finger of fate! Since it was too hot in the kitchen,

Meherbai had opened up all the windows. The ladies had put their heart and soul in making the Momos and after hours of hard work and honest labour and Meherwanji's money, which went into buying the ingredients, the Mandli went to the hall to relax with cold lassis, while the Momos cooled down before being packed. The Mandli chit-chatted about everything nice - like the latest books they had read, the yummy food they made, Bollywood news, music, everything under the Sun! Refreshed, they went to the kitchen to pack the Momos, when lo and behold! Not a single Momo in sight!

Behroze Bollywood: Usey aasman ney khaya, ya zameen nighal gayi?

Prochi Practical: Stop this Amitabh Bachan dialogue from Shaan. It applies to diamonds - not Momos!

You see, while the Mandli was enjoying cool lassis in the hall, the crows were enjoying hot Momos on the window-sill!

Freny Fatakri: How come we never heard the crows?

Tehmi Trim-Tarak: I heard, but I thought it was Meherwanji singing in the next room!

Meherbai: No! No! My Mehli jaan doesn't sound like a crow. He croaks like a frog - like the old Saigal songs!

Musical Mani: How dare you insult Saigal!

Aimai-Eienstein: Forget crows and the frogs! Let's go to the kitchen to make



Momos all over again!

Meherbai: I have no more ingredients. Let Nirmala Sitaraman's loan come through, then we'll start our business.

So you see, dear readers, Man proposes but God disposes and so, Meherbai's business became Chopat, Foos-Faas, Kaput and The End, even before it started!



The same natak followed at breakfast time. Meherwanji made some nice garam-garam, char-eeda no poro and went to do his kasti to say grace before eating and what did he see? The poro had vanished! He lost his cool! Ataa Meherwanji chi satakli!

Meherwanji: Hey you! Meherbai, Mandrake the Magician, what did you do to my breakfast?

Meherbai: Self-help! Atma-nirbhar! Do it yourself policy! I didn't wait for you to bring the poro to the table! I took it myself and had it! I'm self-sufficient but the poro was not sufficient so make another one for me!

Meherwanji had some bank work that morning so he went to his Godrej cupboard for a new set of clothes. But alas! Like old Mother Hubbard, Meherwanji's cupboard was bare! No clothes except sadras and leghas!

Meherwanji: Arrey oh! Mandrake the magician, now what did you do to my clothes? Given them to the Dhobhi or put them in the washing machine?

Soon the Eeda-walo came and Meherbai bought a dozen eggs, of which one was broken.

Meherbai: Yeh kya hai ?? (pointing to the broken egg)

Andawala: Anda hai!

Meherbai: Uska bheja mein crack-hai!

Andawala: Toot gaya!

Meherbai: Yeh anda hai - baida hai - Aashik ka dil nahi, jo toot jayega!

The poor fellow replaced the egg and scooted off faster than the Road Runner! Later on, there was a high-level meeting of the Mandli in their spacious hall. The members came wearing their masks and sitting away from each other.

Meherbai: Mandli, our Finance Minister has announced Rs. 20 lakh crore package to set-up various industries, including the small-scale industries to boost India's economy and help people, particularly, the poor and middle-class. Why not take advantage of that?

Cavas Kanjoos: Arrey! But first we have to think about our own individual economy since paisa pani ni mafak kharchaij, thanks to the unscrupulous bazarwalas and shopkeepers who have jacked up the prices under the guise of Corona!

Meherbai: That's for our next Saturday's meeting. Right now, I'm starting a new organic product called Meherbai's Momos and all the ladies should come and help me make delicious Momos!

THE TRUTH. DELIVERED WEEKLY.

પ્રો. રૂમી મિસ્ત્રીને ભાવભીની શ્રદ્ધાંજલિ

પ્રો. રૂમી મિસ્ત્રી એ બરોડા યુનિવર્સિટીના સિનિયર સભ્ય હતા, જે એન્જિનિયરિંગ (ટેક્સટાઈલ) અને ઉચ્ચ શિક્ષણ ક્ષેત્રે વિશેષતા ધરાવતા ક્ષેત્ર સાથે હતા. પરઝોરના પ્રથમ સમર્થકોમાંના એક, દેશ અને સમુદાય માટે તેમનું કાર્ય નોંધપાત્ર રહ્યું છે. તેઓ બરોડા પારસી પંચાયતની ચૂંટણી સમિતિના અધ્યક્ષ હતા. ભારતના પારસી ઝોરાસ્ટ્રિયન અંગુમનસ ફેડરેશન સાથેના તેમના કાર્યથી સમુદાયના આ લીડરોના મુખ્ય જૂથને દિશા મળી. બરોડા યુથ લીગ - બીયુએડવાયની રચના પાછળની એક શક્તિ, તેમણે બરોડા અને દેશભરના યુવાન લીડરોને સતત પ્રોત્સાહન આપ્યું. વિદ્વાન, વિચારશીલ મન, અને સૌથી મહત્વનું, નોંધપાત્ર માનવી, તેમણે શરૂઆતથી જ પરઝોર ખાતે આપણને મદદ કરી છે. રૂમી અંત સુધી એક લડવૈયા તરીકે લડ્યા. તેમની પાછળ છે તેમની પત્ની -



પ્રો. વીણા મિસ્ત્રી અને બે દીકરા, કેઝાદ અને શાહરૂખ અને તેમના પરિવારો. અમે તેમની સાથે દુઃખ વ્યક્ત કરીએ છીએ અને તેમના સારા માર્ગદર્શન અને સ્મૃતિ આપવા બદલ ભગવાનનો આભાર માનીએ છીએ. તેમના આત્માને ગરોથમાન બહેસ્તમાં શાંતિ મળે.

કોવિડ-૧૯ દરમિયાન ઝેડટીએફઆઈ રાહત પૂરી પાડે છે

મુંબઈ શહેરમાં લાલનું લોકડાઉન, જે ઝડપથી ફેલાતા કોરોનાવાયરસ રોગચાળા માટે લાવવામાં આવ્યું છે, આપણા સમુદાયના વંચિત લોકો માટે ઝેડટીએફઆઈ (ભારતના ઝોરાસ્ટ્રિયન ટ્રસ્ટ ફંડ્સ) દ્વારા પૂરું પાડવામાં આવતું માર્સિક રાશન અને આર્થિક સહાય કરવાનું અશક્ય બન્યું છે. હમદીનોની તકલીફોને સરળ બનાવવા માટે સમર્પિત સમુદાયની અગ્રણી બિન-લાભકારી સંસ્થાઓમાંની એક તરીકે, ઝેડટીએફઆઈ હવે એક દાયકાથી સમુદાયના સભ્યોને તેમની વિવિધ મુશ્કેલીઓમાં ટેકો આપવા માટેનું કેન્દ્ર છે. ૯મી મે, ૨૦૨૦ ના રોજ, ઝેડટીએફઆઈએ નિર્ધારિત કોવિડ - ૧૯ પ્રોટોકોલનું પાલન કરીને, માર્સિક રેશન કીટ વહેંચતા, જરૂરિયાતમંદ સમુદાયના બસો ભાઈઓ સુધી પહોંચ્યું. લાભાર્થી ઓ રાશન લેવા માટે એક જગ્યાએ ભેગા થઈ શક્યા ન હોવાથી, સામાન્ય માર્સિક ધોરણ મુજબ, બહાદુર અને મદદગાર ઝેડટીએફઆઈ સ્વયંસેવકો અસંખ્ય જુદા જુદા ક્ષેત્રોમાં જરૂરિયાતમંદ લોકો સુધી પહોંચી ગયા હતા. ગામડીયા કોલોની, વાહિયા સ્ટ્રીટ, કેપ્ટન કોલોની, સીજે ટાટા કોલોની, ફોરજેટ સ્ટ્રીટ, હીરાબાઈ પેટિટ બિલ્ડિંગ, ખેતવાડી, બલારામ સ્ટ્રીટ, ગિલ્ડર લેન, મર્ઝબાન કોલોની, નવરોઝ બાગ, ખરેઘાટ કોલોની અને ફોર્ટ, મરીન લાઈન્સ, ગ્રાન્ટ રોડ, પરેલ, દાદર, લાલબાગ, માલીમ, અંધેરી, ભાયખલા અને આંબાવાડીના વિસ્તારોનો સમાવેશ થાય છે.

થઈ શક્યા ન હોવાથી, સામાન્ય માર્સિક ધોરણ મુજબ, બહાદુર અને મદદગાર ઝેડટીએફઆઈ સ્વયંસેવકો અસંખ્ય જુદા જુદા ક્ષેત્રોમાં જરૂરિયાતમંદ લોકો સુધી પહોંચી ગયા હતા. ગામડીયા કોલોની, વાહિયા સ્ટ્રીટ, કેપ્ટન કોલોની, સીજે ટાટા કોલોની, ફોરજેટ સ્ટ્રીટ, હીરાબાઈ પેટિટ બિલ્ડિંગ, ખેતવાડી, બલારામ સ્ટ્રીટ, ગિલ્ડર લેન, મર્ઝબાન કોલોની, નવરોઝ બાગ, ખરેઘાટ કોલોની અને ફોર્ટ, મરીન લાઈન્સ, ગ્રાન્ટ રોડ, પરેલ, દાદર, લાલબાગ, માલીમ, અંધેરી, ભાયખલા અને આંબાવાડીના વિસ્તારોનો સમાવેશ થાય છે.



લોકડાઉન દરમિયાન સ્વયંસેવકો રાશન આપવા લાભાર્થીઓ પાસે પહોંચતા જોઈ તેઓએ રાહત અનુભવી. ટીમ ઝેડટીએફઆઈને સલામ. જેમાં સામેલ છે નેવિલ ઝવેરી, મેલરજાદ તારાપોરવાલા, મહેરનોશ ગઝદર અને ડેલજાદ ડોક્ટર ખાસ આભાર - યાસ્મિન મિસ્ત્રી અને અરનવાઝ જાલ મિસ્ત્રીને જેમણે મુંબઈમાં એક નિર્ણાયક તબક્કામાં આટલી જરૂરી સેવાનું આયોજન કર્યું.

આ બાબત છે શ્રદ્ધા અને વિશ્વાસની

એકવાર પ્રાચીન ભારતમાં એક રાજા હતો જેણે તેની પુત્રી, રાજકુમારીને એક સુંદર હીરાનો હાર ભેટ સ્વરૂપે આપ્યો. જો કે, ગણાનો હાર ખોવાઈ ગયો કે ચોરાઈ

કાંઈ કંઈક ઝબૂકતા જોયું; નજીકથી જોવા પર, તેને સમજાયું કે તે હીરાનો હાર છે, જે કદાચ રાજકુમારીએ ગુમાવ્યો હતો તે હશે. તેથી, તેણે ગંદા, મલિન નદીમાં



ગયો લોકોએ ઘણી શોધખોળ કરી પણ તે મળ્યો નહીં. કેટલાકએ કહ્યું કે તે કોઈ પક્ષી દ્વારા લઈ જવામાં આવ્યો. તેથી, રાજાએ તેના લોકોને તે સર્વત્ર શોધવા કહ્યું અને હાર શોધનારને પાંચ લાખ રૂપિયાનું ઈનામ જાહેર કરવામાં આવ્યું. એક ગરીબ માણસ નદીની બાજુએથી ઘરે જતો હતો. જે શહેરના મુખ્ય બજારની સમાંતર હતો. વેપારીઓ અને દુકાનદારો પોતાનો કચરો નદીમાં ફેંકતા હોવાથી નદી પ્રદૂષિત અને ગંદી હતી. આ માણસ ચાલતો હતો ત્યારે તેણે નદી

લાથ નાખ્યો અને હાર લેવાની કોશિશ કરી પરંતુ લાથમાં કંઈ નહીં આવ્યું પણ હાર હજી નદીમાં હતો. તેણે ફરી પ્રયાસ કર્યો અને તેના કપડા નદીના પાણીમાં ગંદા થયા પરંતુ તેના લાથમાં ફરી કંઈ નહીં આવ્યું તે હતાશ થઈ જવા માંગતો હતો પછી ફરી, તે ગણાનો હાર જોયો તે મેળવવાનો નિશ્ચય કર્યો પરંતુ ફરીથી નિષ્ફળ ગયો! તે આશ્ચર્યચકિત થઈ ગયો હતો અને નિરાશ થઈ ગયો હતો. બસ ત્યારે જ, એક સાધુ જે ત્યાંથી

પસાર થઈ રહ્યો હતો, તેને જોયો, અને પૂછ્યું કે આ મામલો શું છે. શરૂઆતમાં, તેને લાગ્યું કે સાધુને હાર માટે લાલચ થશે તેથી તે બાબત સાધુ સાથે છુપાવી. પરંતુ પછી તેણે સાધુમાં વિશ્વાસ કરી નદીમાં હાર વિશે જણાવ્યું અને તેને પાછા મેળવવાના તેના અનેક નિષ્ફળ પ્રયાસો વિશે કહ્યું. સાધુએ તેને કહ્યું કે કદાચ તેણે નદીને બદલે ઝાડની ડાળીઓ તરફ ઉપર જોવાનો પ્રયત્ન કરવો જોઈએ. માણસે ઉપર જોયું અને હાર ઝાડની ડાળી પર જૂલતો હતો. કોઈ પક્ષી તેને ત્યાં છોડી ગયું હતું. તે આટલા બધા સમયથી અસલી ગણાના હારનું પ્રતિબિંબ પકડવાનો પ્રયત્ન કરતો હતો! પછી સાધુએ તેમને સમજાવ્યું કે ભૌતિક સુખ એ જ અશુભ, પ્રદૂષિત નદી જેવી છે. આપણે ઉપરની તરફ જોવું જોઈએ, ભગવાન તરફ, જે વાસ્તવિક સુખનો સ્રોત છે. આધ્યાત્મિક સુખ એકમાત્ર વસ્તુ છે જે આપણને સંપૂર્ણ રીતે સંતોષી શકે છે.

આપણા જીવનમાં કેવી રીતે શ્રદ્ધા અને માન્યતા મહત્વપૂર્ણ છે તેની એક બીજી રસપ્રદ વાર્તા છે અને શુદ્ધ હૃદય કેવી રીતે પ્રભુ દ્વારા પ્રિય છે. આ ટૂંકી વાર્તા એવા પૂજારીની છે કે જેમણે પ્રાર્થના અને વ્યાપક વિધિઓના પ્રદર્શનથી પોતાનો દિવસ પ્રારંભ કર્યો. જો કે, ત્યાં એક (વધુ માટે જુઓ પાનુ ૨૧)

કોવિડ-૧૯ થી લડવા માટે ઘરેલું ઉપાય

આખી દુનિયામાં, આખી માનવતા, જીવલેણ કોરોના વાયરસનો ઉપાય શોધવા માટે સંશોધનમાં મગ્ન છે, પરંતુ હજી સુધી કોઈ સફળ થયું નથી. દુઃખની વાત છે કે આપણે દરરોજ અનેક કિંમતી જીવ ગુમાવીએ છીએ. જીવલેણ વાયરસ સામે લડવું અને તેને હરાવવા માટે પ્રતિરક્ષા પ્રણાલી બનાવવી એ જ આપણે હવે કરી શકીએ છીએ. આ લોકડાઉનના સમય દરમિયાન, આપણે પોતાને ફીટ રાખવા માટે કેટલીક શારીરિક કસરતો કરવી જોઈએ. ઘરેલું તૈયાર, આરોગ્યપ્રદ ખોરાક, ફળો અને બદામ ખાઓ. મીઠાઈ અને કેન્ડી ટાળો અને ખજૂર, આમળા-કેન્ડી વગેરે ખાઓ. તમારી જાતને પુષ્કળ પાણીથી લાઈડ્રેટેડ રાખો, પ્રાધાન્યમાં લીંબુના રસ સાથે નવશેકું પાણી પીઓ. તમારા નાકમાંથી ઉડા શ્વાસ લો, અડધા મિનિટ અથવા તેથી વધુ સમય સુધી જાળવી રાખો અને તમારા મોં દ્વારા ધીમે ધીમે શ્વાસ છોડો. તમે કરી શકો ત્યાં સુધી વારંવાર પુનરાવર્તન કરો. તે તમારા ફેફસાંને મજબૂત બનાવશે. આ પેય તૈયાર કરો અને કોરોના વાયરસને દૂર રાખવા માટે દિવસમાં ઓછામાં ઓછા બે વાર પીઓ, ઘટકો: તુલસીના પાન - ૧૦ થી ૨૦, આદુ અથવા સુંઠ (શુષ્ક આદુ) - ૧ ઈંચ, તજની લાકડી - ૧, લવિંગ - ૫ થી ૭, કાળા મરી - ૮ થી ૧૦, અજમો - ૧/૨ ચમચી, હળદર પાવડર - ૧/૨ ચમચી. રીત: બધું પીસી લો - તુલસી, આદુ, તજ, લવિંગ, કાળા મરી, અજમો મિક્સરમાં જરૂર મુજબ પાણી ઉમેરો. આ મિશ્રણ લો અને તેમાં બે ગ્લાસ પાણી ઉમેરી હળદર પાવડર નાખો અને અડધી માત્રામાં ઘટાડો થાય ત્યાં સુધી મધ્યમ આગ પર ઉકાળો. મધ અથવા ગોળ નાખી સૂતા પહેલા ખાલી પેટ પર ગરમ પીવો. વધુ વ્યક્તિઓ માટે માત્રા વધારો. તે ખૂબ જ અસરકારક છે અને તે તાવ, ઉધરસ અને શ્વાસ સંબંધી બીમારીને મટાડવામાં મદદ કરશે. કાળજી લો, સલામત રહો, સ્વસ્થ રહો! ચાલો આપણે આપણા મધર અર્થ માટે પ્રેમ અને સંભાળ રાખતા શીખીશું અને તે આપણને બધી મુશ્કેલીઓથી સુરક્ષિત કરશે! - પીરોજા હોમી જોખી

એક નજર પારસી મરણો ઉપર

Deceased મરનાર	Age વય	Date તારીખ	Address ર. ઠે.	Relations સગાઈઓ
Freni Pestonji Variava ફેની પેસ્તનજી વરીયાવા	89 ૮૯	22-05-2020	D/3, 21, 2Nd Floor, Bharucha Colony, Andheri (W), Mumbai 58. ડી-૩, ૨૧, બીજો માળ, ભરૂચા કોલોની, એ-અંધેરી (વેસ્ટ), મુંબઈ ૫૮.	તે મરહુમ પેસ્તનજી પીરોજશાહ વરીયાવાના ઘણીયાની. તે મરહુમો સુનામાય તથા હોરમસજી મહેરનોશજી દસ્તુર (ઉદવાડા)ના દીકરી. તે મરહુમો પીરોજશાહ તથા રતનબાઈ વરીયાવાના વહુ. તે ખુરશેદ, હોલી પરવેઝ વરીયાવા, ઝરીન ફરેદુન પંથકી, બેપસી કોબાદ પારાસ, જોલી કેરસી ભમગરા તથા અરનાવાઝ, હોમી ભગતના બહેન. તે કેરસી તથા અસ્પીના માતાજી. તે રૂખશાના તથા હુટોશીના સાસુજી. તે રોશની, શાહઝાદ, ઝીશાન તથા શાઝનીનના બપઈજી તે મહાફૂખ અને એલનના કાકીજી તે ફરઝાના તથા તનાઝના માસીજી તે મરહુમ આબાન તથા યાસમીનના માસીજી.
Homai Khudamurad Namriyan Irani હોમાય ખુદામુરાદ નામેરીયાન ઈરાની	89 ૮૯	22-05-2020	Mishra Bhavan, Room No.30, Wadia Street, Tardeo, Mumbai 34. મીશ્રા ભવન, રૂમ નં. ૩૦, વાડિયા સ્ટ્રીટ, તારદેવ, મુંબઈ ૩૪	તે મરહુમ ખુદામુરાદ અસ્પમદીયાર ઈરાનીના વિધવા તે ફરઝાના ઈરાની ને દાનેશના માતાજી તે ફીયા ને પરીનાઝના ગ્રેન્ડમધર તે ફરામરોઝના સાસુજી તે મરહુમો એરગોવન ને ફરેદુનના દીકરી તે શીરીન બાસ્તાની, ગુસ્તાસપ બાસ્તાની ને મરહુમો દોલત એન્ડબાક, અવઝાર સુમોન્ડીના બહેન.
Sunoo Noshir Shroff સુનનું નોશીર શરોફ	94 ૯૪	22-05-2020	Ness Baug Annexe 3, Flat No.3, Nana Chowk, Grant Road (West), Mumbai 7. નેસ બાગ, એનેસી નં. ૩, નાનાચોક, ગ્રાન્ટ રોડ, મુંબઈ ૭.	તે મરહુમ નોશીરના ઘણીયાની તે મરહુમ જરબઈ બરજોરજી મેહતાના દીકરી તે હુકરીશ સરોશ કોન્ટ્રાક્ટરના મામી તે મરહુમ પીલુ પેસી બામબોતના બહેન તે મરહુમ પેસી બામબોતના સાલી તે મરહુમ હોમાય જાહાંગીર વાડીયાના ભાભી તે કેરાઝ, આફતાબ, દાનેશ અને તુશ્કાના ગ્રેન્ડ મામી.
Firoz Erachshaw Tangri ફીરોઝ એરચશ ટાંગરી	82 ૮૨	22-05-2020	A/2 Shree Punit Nagar Bldg, Flat No-3, Borivali (West), Mumbai 92. શ્રીપૂનીત નગર, એ-૨ બિલ્ડિંગ, ફ્લેટ નં. ૩, પ્લોટ નં. ૩, એસ. વી. રોડ, બોરીવલી (વેસ્ટ).	તે પેરીનના ખાવિંદ તે મરહુમો બાનુબઈ એરચશ ટાંગરીના દીકરા તે મરહુમો ઈલામાય ડોશાભાઈ કેલાવાવાના જમાઈ તે મની ફલી જોખી અને મરહુમો દાદીબા દિન્યાર, જરૂ મીનુ મેહોરા, આલુના ભાઈ. તે બાનુ દિન્યાર ટાંગરીના દેર.
Shirin Minocher Kermani શીરીન મીનોચેર કેરમાની	89 ૮૯	24-05-2020	6/7, Old Khareghat Colony, Hughes Road, Mumbai 7 ૬/૭, ઓલ્ડ ખારેગાટ કોલોની, હુજીસ રોડ, મુંબઈ ૭.	તે મરહુમ મીનોચેરના વિધવા તે મરહુમો દોલત તથા શેહેરીયાર મેહેરબાપુરના દીકરી. તે મેહેરદાદ, બેહેરામ, ને દીલશાદના માતાજી તે જહાંગીર, રૂસ્તમ, ખુરશીદ, મોરાબીદ ને ગુલચેરના બહેન તે રૂસ્તમ, અરમાન, મીનોચેર, રૂબી ને કેરમનના ગ્રેન્ડ મધર તે કેપુશરવ, બીનાઈફર ને ફરીદાના સાસુજી તે દિન્યારના વહુ.
Sam Jehangir Mehta સામ જેહાંગીર મહેતા	94 ૯૪	25-05-2020	3 / 4, Rustom Baug Sant Savta Marg, Byculla (East) Mumbai 27. ૩/૪, રૂસ્તમ બાગ, સંત સાવતા માર્ગ, બાયખલા (ઈ), મુંબઈ ૨૭.	તે ઝરીન સામ મહેતાના ખાવિંદ તે આદીલ ને હુતોશીના બાવાજી તે મરહુમો બાનુ તથા જેહાંગીર રતનજી મહેતાના દીકરા તે મરહુમ બહાદુર તથા કેરસારપ, ખીરમીન દીનશાહ ભરૂચા ને આબાન નરીમન પાલીયાના ભાઈ તે વીકી આદીલ મહેતાના સસરા તે મરહુમો ખોરશેદ તથા રૂસ્તમજી કેખશરૂ બાટલીવાલાના જમાઈ.
Rohinton Nariman Patel રોહીનટન નરીમન પટેલ	71 ૭૧	25-05-2020	G/11, Godrej Baug, Napeansea Road, Mumbai 36 ૭-૧૧, ગોદ્રેજ બાગ, નેપીયન્સી રોડ, મુંબઈ ૩૬.	તે સનોબર હવેલીવાલાના બાવાજી.
Villie Furdoon Mehta વીલી ફરદુન મહેતા	89 ૮૯	25-05-2020	9/W, Navroz Apartment, 35 Warden Road, Mahlaxmi, Mumbai 36. ૯, નવરોઝ અપાર્ટમેન્ટ, ૩૫ વોર્ડન રોડ, મહાલક્ષ્મી, મુંબઈ ૨૬.	તે ફરદુન મહેતાના ઘણીયાણી તે ઝરીના ને હોરમઝના માતાજી તે રોહીનટન સ્કુવાલાના સાસુજી.
Homi Jamshedji Panthaki હોમી જમશેદજી પંથકી	80 ૮૦	25-05-2020	8, Raj Mahal, 84, Veer Nariman Road, Churchgate, Fort, Mumbai 20. રાજ મહલ, ૮૪ વીર નરીમાન રોડ, ચર્ચગેટ, ફોર્ટ, મુંબઈ ૨૦.	તે ઓસતી મેહરુ હોમી પંથકીના ખાવિંદ તે વીરાફ, કેરબાનુ તથા મરહુમ ખુશરના ભાઈ તે તીના તથા એ. બહેરામના પપા તે સનાયા, રીલીયા, જમશેદ, આરમીનના ગ્રેન પપા તે બીજલ ને રોસલીના સસરાજી તે મરહુમો પેરીન રૂસ્તમ મોગલના જમાઈ તે મરહુમો ગુલબાનુ જમશેદજી પંથકીના દીકરા.
Dolly Rusi Gandhi દોલી રૂસી ગાંધી	78 ૭૮	25-05-2020	Jamasp Tata Block, Flat No.4, 1st Floor, 30th Road, Bandra (West), Mumbai 50. જામાસ તાતા બ્લોક, પહેલે માળે, ૩૦ રોડ, બાન્દરા, મુંબઈ ૫૦.	તે વીરાફ, કેશમીરાના મમા તે પરીઝદ ને સાઈરસના સાસુજી તે પેરીન તથા મરહુમ કેરસીના બહેન તે મરહુમો બાનુ બહેરામજી માકીલતાના દીકરી તે સાઈરસ અલીનાના બપઈજી તે કીયાનના મમઈજી તે રૂસીના ધન્યાની તે મરહુમો ગાયમાય એરચશ ગાંધીના વહુ તે બરજોર, બેજન, ફીરોઝ દીના ગાંધી, મરહુમ જમશેદ ગાંધી, આલુ એરચવાલાના ભાભી.
Ervad Tehmasp Rustomji Mogal તેહમાસપ રૂસ્તમજી મોગલ	86 ૮૬	26-05-2020	Mota Mansion, 'B' Wing, Room No.6, 2nd Floor, B. Motibai Street, Grant Road, Mumbai 7. બી/૫, મોટા મેનશન, મોટીબાઈ સ્ટ્રીટ, તારદેવ, મુંબઈ ૭.	તે મરહુમ એરવદ રૂસ્તમજી ફરદુનજી મોગલ અને મરહુમ ઓસ્તી આલાંમાઈ રૂસ્તમજી મોગલના દીકરા તે મરહુમો એરવદ કાવસ, ફિરોઝ બેહરામશાહ રૂસ્તમજી મોગલના અને મરહુમ ઓસ્તી ફેની કેડી રબાડીના અને ઓસ્તી પીરોજા બમનશાહ અંકલેશ્વર્યાના ભાઈ તે કેઝર, ફરઝાન, નવાઝ, ઝીન્યા અને યોહાનના મોટા પપા તે શેરનાઝ અને રોશનીના સસરાજી તે મરહુમો એરવદ નેરયોસંગ સોરાબજી પંથકી અને ધનમાઈ નેરયોસંગ પંથકીના જમાઈ તે ઝરીર અને ખુશરૂના પપ્પાજી તે ઓસ્તી રોડા તેહમાસપ મોગલના ઘણી.
Katey Rustom Cooper કેતી રૂસ્તમ કુપર	88 ૮૮	26-05-2020	C-1, Godrej Baug, Next To Simla House, Nepean Sea Road, Cumballa Hill, Mumbai 36. સી-૧ ગોદ્રેજ બાગ, નેપીયન્સી રોડ, કંબાલા હિલ્સ, મુંબઈ ૩૬.	તે મરહુમો એમી ને રૂસ્તમ કુપરના દીકરી તે મરહુમ આલુ રૂસ્તમ કુપરના બહેન, તે ફરીદા, દીલશાદ ને દીનાઝના માસી.
Arnavaz Homi Edibam અરનાવાઝ હોમી એદીબામ	88 ૮૮	26-05-2020	6/E, Hongkong House, Malcom Baug, S. V. Road, Jogeshwari, Mumbai 102. ૬-ઈ હોંગકોંગ હાઉસ, માલકમ બાગ, એસ. વી. રોડ, મુંબઈ ૧૦૨.	તે મરહુમ હોમીના ધન્યાની તે મરહુમો બાનુ નસરવાનજી એન્જનીયરના દીકરી તે શાહરૂખ, પરસી, બરઝીનના માતાજી તે મરહુમ કેકાસ નસરવાનજી એન્જનીયરના બહેન તે શીરાઝ, મેહર ને બીનાઈફરના સાસુજી તે વીલુના નરણ તે મરહુમો બાનુબાઈ માનેકશા એદીબામના વહુ તે મશાદ, મીઝાદ, દેલઝદ, વીતાસપ, રૂખશાર, શેરીયારના બપઈજી તે દેઝી, ઝીનીયા, દેલનાઝ ને મહાફરીનના બપઈ સાસુ તે દેલનાવાઝ સુઈ, પુરાનદોક એન્જનીયર ને ફરનાઝ શ્રોફના કુઈ તે માર્દરા, મીશકા, તીઝાસપ ને સાપરસના મોતા મમા તે નીકોલ શ્રોફના મોતા કુઈ.
Minocher Jahangir Balsara મીનોચહેર જાહાંગીર બલસારા	89 ૮૯	26-05-2020	23, Monalisa, 10, Bomanji Petit Road, August Kranti Marg, Mumbai 36. ૨૩, મોનાલીસા, ૧૦ બમનજી પીટીટ રોડ, ઓગસ્ટ ક્રાંતિ માર્ગ, મુંબઈ ૩૬.	તે આરમેતી મીનોચહેર બલસારાના ખાવિંદ તે જહાંગીર મીનોચહેર બલસારા ને ખુરશીદ જમશેદ શેઠના બાવા તે મરહુમો બાનુબાઈ તથા જહાંગીર માણેકશાહ બલસારાના દીકરા તે જમશેદ ઝરીર શેઠનાના સસરા તે મરહુમ રૂસ્તમ જહાંગીર બલસારાના ભાઈ તે મરહુમો હોમાય તથા ધનજીશાહ મેરવાનજી બલસારાના જમાઈ.
Khorshed Kersi Bharucha ખોરશેદ કેરસી ભરૂચા	85 ૮૫	27-05-2020	707, Bridge View, Hansraj Lane, Byculla, Mumbai 27. ૭૦૭ બ્રીજ વ્યુ, હંસરાજ લેન, બાયખલા, મુંબઈ ૨૭.	તે મરહુમ કેરસી બહાદુરજી ભરૂચાના ઘણીયાણી તે ફરીદા કેરસી ભરૂચાના મમ્મી. તે મરહુમો પીરોજા મીનોચહેર નશરવાનજી ફીટરના દીકરી તે આલુ મીનોચહેર ફીટર તથા મરહુમો ફીરોઝ મીનોચહેર ફીટર ને ફેણી ફીરોઝ રૂડીના બહેન તે મરહુમો ખોરશેદ તથા બહાદુરજી માનેકશા ભરૂચાના વહુ તે બેપસી ફીરોઝ ફીટરના નરણ તે દોલી દીન્યાર તારાપોરના ભાભી તે દીન્યાર એરચશ તારાપોરના નણંદવહી તે ફીઝાના માસી તે સારમીન ને ખુશનમના કુઈ તે ઝરીન, ફરઝાનાના મામી.
Siloo Khushru Panthaky ઓસ્તી સીલુ ખુશરૂ પંથકી	69 ૬૯	28-05-2020	The M. F. Cama Institute, 12, Cama Road, Cama Park, Andheri (W), Mumbai 58. ધ એમ. એફ. કામા ઈન્સ્ટિટ્યૂટ, કામા પાર્ક, કામા રોડ, અંધેરી (વે.), મુંબઈ ૫૮.	તે એરવદ ખુશરૂ નરીમન પંથકીના ઘણીયાણી તે કેનાઝ, નાઝનીન અને અરીઝના મમા તે રૂઝબે ફરોક ડેબુના સાસુ તે મરહુમો ઓસ્તી જાલામાય તથા એરવદ નવરોઝ કાવસજી અંકલેસરીયાના દીકરી તે મરહુમો ઓસ્તી તેહમીના તથા એરવદ નરીમાન અસ્પંદીયાર પંથકીના વહુ તે એરવદ તેહમુરસ તથા મરહુમો મનીજે, એરવદ હોરમઝ ને માહબાનુના બહેન તે યાસમીન ફરોખ ડેબુ તથા મરહુમ ફરોખ ફરામરોઝ ડેબુના વેહવાન.

Death Announcements from Prayer Hall

Jer Dadi Motiwala જર દાદી મોતીવાલા	83 ૮૩	25.05.2020	B-8, Rustom Baug, Byculla, Mumbai 27. બી-૮, રૂસ્તમ બાગ, બાયખલા, મુંબઈ ૨૭.	તે દાદી મોતીવાલાના પત્ની તે પરિઝાદ અને રૂખસાનાનાં માતા તે મરહુમ રોહિનટન, મરહુમ ફારુખ અને ગોસ્પીનાં બહેન તે મરહુમ ડોલી અને મરહુમ ધન કાપડિયાના પુત્રી, મરહુમ ડોલી અને મરહુમ રૂસ્તમજી મોતીવાલાના ડોટર ઈન લો.
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An Insight by
Prof. Dr. Keki E. Turel

Unlocking The Lockdown

Our community's leading medical luminary, Dr. Keki Edulji Turel commands 47 years of expertise in neurosurgery and is a consultant at the Department of Neurosurgery at Bombay Hospital. Known for his compassionate outlook towards his patients, Dr. Keki Turel's vast educational achievements include MBBS, MS in Neurosurgery, FICS, FABCONS, FAIS, FICG, FRCS, FACS, FIMSA. He is the member of several medical associations and societies including the Neurological Society of India, Epilepsy Association of India, Indian Medical Association, Associations of Surgeons of India etc. Parsi Times thanks Dr. Keki Turel for sharing key insights into the comprehensive repercussions of the dreaded Coronavirus

The lockdown has produced many unusual repercussions. The environment, which during the past decades has been a universal concern, and appeared to be progressively and irreparably damaged, has had a natural respite, and is on its way to getting mended. Man must seize this opportunity to allow it to heal, and remain healthy. We now hear birds chirping all around all the time. Not knowing their language, I wonder if it's a call of freedom or of hunger, as littering by man has reduced significantly. Vehicles have started to ply and the liberty to speed has already started to break the silence of the city streets, which are now treated by some as autobahns, as also by our inherent habit of pointless honking; and by occasional car crashes, which instantly draw hordes of people, throwing social distancing to the winds. True, old habits die hard!

In the past, every time our PM gave a clarion call to address the nation with the now familiar 'Mitro', everyone got anxious and restless! Now we have new, unpredictable, contradictory and unsettling announcements being made by leaders every day to implement, modify or withdraw the regulations; we are put to wonder if some of these knee-jerk reactions are based on any analysis, logic or simply emotional, yielding to the mounting pressure of human inconvenience and suffering, or to the vote-bank. Typical politicians will take a long time to don the 'avatar' of Diplomats, and will need a new 'janam' or formal training, first to unlearn old habits, and then to acquire attitude and skills of prioritising public good before their own.

The pandemic has seriously thrown everyone out of gear because none expected it to be so universally spread, nor was anyone prepared, despite some warnings that surfaced during December itself. Professionally, ignoring the warning symptoms reminds me of patients who disregard the tingling and numbness occurring on one side of the body as something trivial in the limb, (especially,



as it disappears even without treatment within minutes or hours) when, in reality, these are Transient Ischemic Attacks (TIAs) or warning symptoms heralding a catastrophic brain stroke that would result in permanent damage to one's function of movement, speech, cognition etc. So, having overlooked the warning signs, we are currently witnessing the stroke effect and with COVID positive cases and deaths mounting everyday at a frenetic pace, the process of recovery and rehabilitation from this pandemic, I am afraid, will last an entire generation, if not more!

The lockdown has also produced colossal economic suffering. Industries are in coma, MSMEs (Medium and Small Scale Enterprises) will suffer the most. So, following the lockdown and industries closing down, we are witnessing the movement of suffering humans (migrant workers); of course, nothing yet in comparison to the unbelievable and unforeseen tragedies one witnessed after Aug '47 when India lost part of its body with one deadly 'stroke'. This has changed and scarred the face of the subcontinent, if not the entire world, not just transiently, but permanently, and subsequent generations are still paying a huge price of this man-made disaster. Isn't it true that wars take a far heavier toll and perpetuate more suffering than any naturally occurring cyclone, earthquake or volcanic eruption? But, while the genesis of this tiny virus is still in question, the abysmal human response (of the government and its people) has provided it a truly monstrous proportion.

Instead of caution, India should rapidly consider easing the COVID shutdown to revive the economy otherwise it may suffer the worst of both worlds. Economic collapse, without checking the virus. China was the epicenter of the pandemic, but it contained its spread with ferocious speed and action sparing no time, efforts and money doing so. Even now, fearing a backlash, Wuhan has tested 7 million of its people in less than a fortnight. But in poor countries with weak administrative and medical capacity, shutdowns would not check the disease. Social distancing would be impossible in densely populated urban slums (like Dharavi), crowded bazars and huts where several people slept. If virus testing capacity was weak, detection, isolation and treatment would be highly incomplete and the disease would spread despite shutdowns.

India is better than African countries, but it's administrative capacity...?? If just one percent of India's population gets infected, that means 13 million people getting affected. Our facilities look pathetically inadequate for that. Enforcing social distancing despite police and paramilitary forces appears impossible. We have witnessed massive crowds of migrant workers demanding assistance and even looting. Farmers growing perishables have lost their entire crops due to curbs on transport, and now to parasitic infestation.

The IMF predicts India's GDP growth will drop to 1.9% - as bad as in 1991, when India went bust. If social distancing does not work and the economy fails to revive in the second half of 2020, the IMF says growth will be deeply negative, the worst performance in the independent India. This economic disaster will create massive misery that will exacerbate illness and deaths. So, a prolonged shut down may kill and make more people miserable than it saves. Gradual easing of the shutdown to check the disease, would cause more miseries than a rapid revival of economy. Rapid easing will check the economic disaster but could of course worsen deaths. But gradual easing may give India worse of both worlds. The best mode of control of disease or mode of lifting of shutdown may only be realised in hindsight, but we must learn from the history of past pandemics, where no shut downs were imposed and death rates and economies both remained unaffected in the long term.

So we are now witnessing the mass exodus of poor migrant workers, who had flocked to the 'City of Dreams', some a few months ago, some even decades ago, and whilst most were still struggling to have a decent human living and barely surviving, had the cheek to pull their families from their tranquil rural habitats to this unforgiving, shark-like megapolis with a seemingly infinite capacity to accommodate all kinds of elements. They traded their clean environment and traditional lives for a breathtaking (literally) pace and suboptimal survival with no clear plan or aim. With the scorching summer and no jobs, money or amenities, they are belatedly let loose to return to their rural homes carrying the deadly combination of empty pockets, hungry bellies, frustrated brains and an unknown load of the virus. Some have died on the way in very curious circumstances, run over by trains, vehicles or just by hunger and fatigue in this unforgiving weather and unfortunate conditions.

Mumbai may have seem to have become lighter and cleaner. One hopes this will allow its remaining decades-old settlers with a calmer life. As the migrants have appeared to relocate themselves to their respective states, Mumbaikars will have to brace themselves to do without them (to become 'Atmanirbhar' as suggested by our PM), or accept those from the interior of our state, who in turn will have the onerous task to match the hard work and ruggedness shown by the erstwhile migrants. The latter may be well-advised to remain where they came from, and by exhibiting the same zeal and efforts may easily develop their own villages and small towns into prosperous lands of agriculture and industry.

To make this happen the government will have to step in strongly and invest a part of the lakhs of crores promised for other avenues to enable these migrants with jobs, skills and entrepreneurial opportunities. Offering fish to the hungry will only solve the hunger for one day; but by teaching and providing opportunity to fish you will solve it for a lifetime. Thus 'Make in India' will truly 'make India' - shining like the 'Sone ki Chidiya' it used to be!

As even for rest of the world, life will never be the same... at least not in the foreseeable future.

Productivity, Performance And Feeling Joyful About It All!



BY HAVOVI D. PATEL
(Life Coach & HR Consultant)



We all know that the current economic situation has brought about major uncertainty and ambiguity in our lives. As an entrepreneur and a life coach, working from home can pose many challenges in doing all the work that needs to be done, such as business development and strategy, connecting with clients, marketing, social media activity and so much more. Having no house help just adds to it all. And let's not forget the big fear factor! The fear of Covid-19, often reaching paranoia levels. Dealing with all this can get so overwhelming! I continued to battle this overwhelm day after day, only to realise that all this anxiety was keeping me from doing everything else that I really would have liked to, such as reading, learning something new, staying connected with friends, exercise, meditate! Shouldn't being at home in a lock-down scenario, ideally have given me more time? It was frustrating to realise at the end of the day, that I had achieved almost nothing.

Having the preference of leading my life purposefully, I want to be in control of my life, and therefore, had to be more organized and productive. As I spoke with others sharing my apprehensions, I realized they were feeling the same overwhelm, especially the ones who were experiencing work from home for the first time. And that's when I stopped

to think... What can I do? Now is the time to put all those self-help books and podcasts on productivity to good use. Here are few techniques that have worked very well:

(I) ROUTINE: Most of us have a love-hate relationship with routine; they seem dull and stifling. But we couldn't be more wrong. Having a routine brings control and certainty, which experts say, the brain loves. Contrary to that, uncertainty triggers the fight or flight response from the brain, which in turn, apparently increases the secretion of the stress hormone.

(II) POMODORO TECHNIQUE: It's about managing your time. The technique says work for 20 minutes, take a 5-minute-break, repeat. This works when there are short windows of time available for work or to make a task seem less daunting. It's easier to start off when you know you need to spend only 20 minutes on it for now. And before you know it, you will comfortably extend that to 30 or 35 mins! That's ok, but don't forget to take the 5-minute-break. Oh, and there's a Pomodoro Timer App too,

which you could experiment with.

(III) THE ONE THING: This really works for me and I give credit to the book, 'The One Thing' by Gary Keller. It talks about sifting through

(V) THE GOLDEN HOURS: Notice what time of the day you are most productive - those are your 'golden hours', which you must protect fiercely. For me, 10:00 am to lunch works best and that's when I focus on my 'One Thing'.

(VI) LISTS: I love 'To do' lists. And that too paper and pen lists. It brings you razor-sharp focus and things get done. There are many techniques to working with lists such as numbering and prioritising tasks, keeping work and personal tasks on the same list, etc. Try it and see the difference.

(VII) STAYING CENTRED: In all of this, yoga, breathing exercises and meditation have always held a special slot on my list. Enough has been spoken on the benefits of physical exercise and meditation in the last couple of months. It truly makes all the difference. Just remember, whatever you do, regularity is the key.



the things that you need to do, and identifying the one thing, such that by doing it, everything else gets impacted positively too. Basically, it's about finding the one thing to do that can create maximum impact. Then it's all about getting down to doing it.

(IV) TECH OVERWHELM: We all know there's no dearth of distractions when we set aside time to work. I make sure there's no technology distracting me - my phone data is turned off, there are no pop-ups on the laptop, and I even turn off wifi if I don't need connectivity. Keep your phone so far from you that getting to it becomes a task in itself! Sometimes it helps to get ourselves a 'tech-detox' for a whole day - no phone, no social media, no news. I prefer to do this over the weekend so that I don't miss any work calls or messages.

And a quick word from my personal experience for all my friends *working from home*, I'd say, get dressed and go! Have a dedicated work space and actually go there. It could be your dining table or living room. Set up your workstation. The act of opening the laptop, placing your diary next to it, filling your bottle of water / cup of tea and then sitting down to work enables your mind to transition from home to work. And vice versa, so don't forget to wrap-up at the end of day! Turn off your laptop, the diary goes back into the bag and the bag gets put away in its place. Make sure you feel like you're back home.

So, take your pick from these productivity / performance techniques and take one step at a time towards leading the life you love! Let's go for it!



DIGITAL DETOX