

**Parsi
Junction**

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PARSI JUNCTION

Sunday, 28 August 2022

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Committed to Transparency and Accountability

BERJIS DESAI HONORS HIS COMMITMENT TO DONATE RS. 1 CRORE FOR EVM ELECTORAL EXPENSES

In keeping with this paper's policy of Transparency and Accountability, we take pride to inform the community that Berjis Desai is still willing to honor the commitment made by him to donate Rs. 1 crore to cover the difference between additional cost involved between voting by physical ballots and voting by EVM. This is in spite of the likelihood of reverting to the earlier system of voting by Ballot paper due to the several glitches experienced by EVM voting in the recently conducted Elections on 29th May 2022.

The community will recall that when the new Election Scheme was pronounced by the Division Bench of the Bombay High Court of His Honor ex-Justice Sharukh Kathawalla and Jadhav J. by its Order dated 1st March 2022, it had recorded the voluntary offer made by Advocate Berjis Desai to donate Rs. 1 crore to cover the high cost of conducting Elections by EVM instead of paper Ballot.

Berjis Desai by his mail of 18th August 2022 has informed the Trustees of BPP that he remains committed to making the said donation though



BERJIS DESAI

he now agrees to the near unanimous view that EVM voting is not really suited for Trustee Elections, having regard to the nature of the Electorate and other complexities, and that it is widely believed that any future election will be conducted by physical ballot, which the Trustees are authorized to do, even under the provisions of the present Scheme.

Berjis Desai further goes on to inform the Trustees that the entire income of his donation can be utilized towards meeting election expenses and further adds that at the request of

the Chairperson, he is agreeable if R. 25 lakhs from it is utilised for clearing the liabilities of the recently concluded elections and the balance Rs. 75 lakhs is placed in approved securities under the Income Tax Act to cover future election expenses by either mode.

Berjis Desai has sought the views of the Board of Trustees on his proposal at the earliest and upon their approval will forward the Donation cheque of Rs. 1 Crore upon execution of a short Agreement between him as the Settlor and Trustees of BPP.

Unfortunately though 10 days have already elapsed from receipt of the offer of Berjis Desai, the Trustees have found no time to post haste reply to him from their onerous micro-management duties self inflicted on themselves by our Hon'ble Trustees, though now meeting twice a week for hours on end. Perhaps it is time that the Board considered appointing sub-committees of knowledgeable individuals on the several issues concerning the BPP and its management to help the Board to take expeditious decisions on such issues.



ILLEGAL ACTIVITIES OF SANA IRANI

From: darayus bhoja <darabhoj@yahoo.com>

Sent: Friday, August 19, 2022 10:38 AM

To: Yazad Boga <yazadboga@hotmail.com>; bppceoas@gmail.com; bppydyceo@gmail.com; bppjtdyceo@gmail.com; Mr. Viraf D. Mehta <viraf@viraf.com>; Xerxes V. Dastur <dasturxerxes@gmail.com>; Xerxes Dastur <xerxes.dastur.2018@gmail.com>; armaity tirandaz <artirandaz@gmail.com>; Viraf Mehta, CLSA <viraf.mehta@cls.com>

Cc: Anaita Boga <anaitaboga@hotmail.com>; natasha_bharucha@yahoo.com; kashwriter2@rediffmail.com; Mahatab Bharucha <mahatabbharucha@gmail.com>; DinshawjiBPP <dinshaw@dinshawmehta.com>; Dinshaw Mehta <dinshawrusimehta@icloud.com>; Anahita Desai <anahitadesai1@gmail.com>; CB Hoshi Jal <hoshangjal@hotmail.com>; maharukhnoble@gmail.com; adiljmalia@gmail.com

Subject: Re: Sana Irani aka Sana Abdullah - Illegal activities

ILLEGAL ACTIVITIES OF SANA IRANI AKA SANA ABDULLAH

Subject: Re: Sana Irani aka Sana Abdullah - Illegal activities

REMINDER NO 10

Dear Ms Shernaaz, Dep CEO,

This is my 10th reminder but you have not even taken any efforts to even reply or take action on our complain. I heard that BPP is paying you handsomely and even allotted the expensive Home out of turn at Cusrow baug as you work late. But I feel there are many ladies and senior citizens who work hard and late but they don't get same facility.

Then why you don't reply to the mails concerned to BPP tenants????

Have you been advised by any trustees to not to reply to Bhabha Tenants mails????

Why have you not taken any action on our Bhabha Tenants complaint????

Same has been even sent to you on watts app but you never replied to that msg even after reading the same...



This is a new development . Pls let us know who gave permission to change entire common passage electric wire /cable for A wing in Bhabha . This same facility was not given to us in Godrej Bldg cable change. Tenants paid for the same. We are at least paying rent to BPP but we are not getting same favor's from BPP trustees and Staff.

But this lady Ms Sana Abdulla from A wing Bhabha who is not paying any rent from 1995 gets all free of cost facilities...

Dear Trustees , is Ms Shernaaz answerable to tenants or not ? Earlier in last board it was different story but now these new board of trustees even have authority to ask her to reply or what action she has taken on this complain from BHABHA tenants ?????? Or is she above all BPP Trust Laws ??????

Dear Trustees pls give us appointment to come to meet you all and ask for the status of this complaint. If your staff of Dep CEO position do not wish to answer

DARAYUS M. BHOJA
MOB: +919820425511
EMAIL: darabhoj@yahoo.com"

OUR COMMENTS:

Mr. Bhoja, this is the third reminder sent to the newly elected Trustees of 29th MAY 2022, with first sent on 3rd June 2021 regarding source of permission and cost of laying new electric cables in A Block occupied only by Sana Irani and no one else. It is obvious that Kersi Randeria, the defacto Chairman, was ruling the roost and that he had **probably** instructed Bharucha to do the wiring and also **probably** instructed Dy. CEO Mrs. Shenaz Khambatta not to reply. Hence your earlier blaming her was not correct.

But the newly elected Trustees had no such qualms or impediments and yet they as well as Dy. CEO, now under new dispensation, did not bother to reply to your three reminders is certainly a matter of concern. You all were co-operative enough to shift to Transit Accommodation in Bandra from the dilapidated Mahim building and certainly deserve adequate consideration as beneficiaries of the Trust.

However some of the new Trustees are taking the same offense of staff being unfairly blamed and instead of replying to your query want to shut you up with threat that you will get no co-operation

if you persist to blame the Dy. CEO. This is certainly not how benevolent Trustees are supposed to treat their beneficiaries.

We would request you to convince and ensure the few occupants of Godrej Foundation building still living there to urgently shift to Transit camp so that the demolition and reconstruction can be planned and permission of BMC and MHADA can be applied for in conjunction with Palmland occupants.

Forget Sana for the present and concentrate on getting your Godrej building reconstructed. Otherwise you will get permanently housed in Bandra Sanatorium with all its negativities especially lack of rail transport.

The new Board whose only source of Revenue, aside from auction of high value flats, is from Re-development under 33(7) of prime properties at Mahim and Dadar Parsi Colony. Three months have already passed and it is time to move your butts post haste to fulfill your promises. We wonder when LEAVE Licensees will be converted to Tenancy and given protection of the Rent Act with three of Randeria's group on the Board.



THE PARSI JUNCTION APPLIES MISLEADING LABELS TO ORTHODOX GROUPS LIKE PIPZ, TZML, ETC.

The Parsi Junction (PJ) newsletter has deliberately labelled genuinely orthodox groups like PIPZ, TZML, etc. as "ultra-orthodox" in an attempt to ridicule their worthiness. This was done twice in successive issues dated 27 June and 10 July.

PIPZ had promptly objected to these labels used by PJ way back on 12th July. However even after an elapse of one and a half months and after many issues, PJ has not yet reproduced their reply, which is now anyway available in the public domain and reproduced below.

Dear humdins, please do not get sucked into these word games played by PJ for reasons best known to them.

PIPZ, TZML, etc. are all genuine traditional-orthodox groups which do not encourage intermarried Parsis nor their progeny as members. Yet the Parsi Junction mischievously refers to even such 24-carat gold groups derisively as 'ultra-orthodox' for no other reason but to falsely portray them as extremists and Taliban-like.

Please read below the PIPZ's publicly available letter of clarification sent to the Parsi Junction for printing, but not yet reproduced by them.

A big thumbs-down for PJ.
Sincerely,
TZML Admins
(tzmladm@gmail.com)

TRADITIONAL-ORTHODOX GROUPS CANNOT BE FALSELY AND DEROGATORILY LABELLED AS ULTRA-ORTHODOX.

HERE'S WHY.

12th July 2022

To : The Parsi Junction Newsletter

We, the PIPZ Admins sincerely thank Parsi Junction (PJ) for responding to our statement that was posted on PIPZ on 27th June 2022; and reproduced on page 1 of the Parsi Junction of Sunday, 10th July 2022. This was in connection with the Doongarwadi finally being readied and legally allowing the use of one of our dokhmas for our unfortunate covid ruwans. The Admins humbly and graciously accept the apology tendered.

However, we are perplexed and rightfully take umbrage, when Parsi Junction has – for the second week in succession - resorted to refer to us - and other traditional groups like TMYZ, etc. - by a non-suitable label of 'ultra-orthodox'.

Why would PJ play such labelling mind games with sincere traditional groups of the

community who, even in these ahrimanic times, are upholding the absolute essential principle of our religion called 'Tokham Pasbani', meaning preserving the Parsi boon (or seed). Wonder what are PJ's motives in doing so.

First, let's get the facts correct.

To be labelled a traditional-orthodox, a group MUST have a robust membership clause where neither male or female intermarried Parsis, nor their juddin children are accepted.

This is ably manifested in the membership criteria of PIPZ, TMYZ, TZML, PIDPZ, Traditional Zoroastrian Association of California, etc; and also amongst the Khshnoom groups which flourish in real life and on social media. Only the above organisations and those similar to it which respect 'Tokham Pasbani' can be rightfully categorised as traditional-orthodox.

And by what stretch of imagination or with what ecclesiastical authority has PJ called groups like WAPIZ and others as orthodox, when they permit inter-marrieds and their juddin children as their members. Does PJ want the ethnic Parsi community to be racially wiped out by promoting these pseudo-orthodox groups as orthodox?

PJ talks about the much abused, misunderstood and misquoted Davar Beamon 'judgement', when in fact it is not even a judgement, but an 'obiter-dictum' pronounced by one of the judges Justice Davar. For the unversed, in the beginning of the last century, the two judges were primarily judging a case to decide whether an intermarried lady in question can or cannot use the facilities or be part of the Parsi Zarathushti religion. The judgement was 'No, they cannot'.

On the passing, Davar remarked that a Parsi could be one whose mother is a non-Parsi; but as many like the late Meherjirana K. N. Dastoor (a legal luminary), Mr Adi Doctor and the Parsee Voice have explained many times, the judge was only speaking his mind, and did not set that definition as legally binding on the community. He had an associate declare so in writing on his behalf that what he had stated (dictum) was outside (obiter) the purview of the main judgement.

Hence, this patrilineal-leaning remark attempting to include Parsi intermarried males as Parsis is NOT THE LAW OF THE LAND, as is erroneously believed by community members today, and unscrupulously quoted by people who do not want the ethno-religious Parsi community to survive at all.

Additionally, Samast Anjumans have been held in the past where such patrilineal

definitions have not been accepted by the community.

Legal niceties aside, the Zarathushtrian religious Scriptures clearly pronounce intermarriage of any gender as a sin, and Vada Dasturji Kotwal too has also mentioned that inter-married men have sneaked into the community 'by the back door'.

Now comes the question is why the Parsi Junction has labelled the true traditional-orthodox as 'ultra-orthodox' and why we find that term derogatory.

The answer is simple : In today's day and age, if you label someone as 'ultra', you are indirectly implying that they are extremists, fringe elements or over-the-top people. Some have even called the orthodox groups as 'Taliban-like', all incorrect and mischievously done so that pseudo-traditional groups like WAPIZ can elbow the true-traditionals out of the orthodox domain into the 'ultra' domain and start calling themselves orthodox.

We are very disappointed to see such labelling tricks used by the Parsi Junction, which is normally supportive of traditional causes. Instead of joining hands with PIPZ, TMYZ, etc. and furthering the case of strengthening the Parsi ethnicity (due to which only we are a recognisable community), they have given covert and overt support to the liberals, reformists and the heterodox individuals and organisations in India and overseas who have no real interest in the preservation of the community.

Forgive us for being so blunt, but thank you for reading and listening, and giving us - the true traditional-orthodox - an opportunity to air and affirm what we believe in, and what our Mazdayasni Zarathushti religion mandates in countless statements of our Scriptures and highlighted by the faithful, proven and dedicated scholars .

Thank you again.

Admins of PIPZ

OUR REPLY: NOW TZML TAKES UMBRAGE AT TRADITIONAL ORTHODOX GROUPS BEING LABELLED 'ULTRA ORTHODOX'

In Parsi Junction issue No. 140 of 10th July 2022, we had requested PIPZ ADMINS for a better word to describe such Traditional Orthodox groups like PIPZ, TZML, etc to describe them if they felt offended by being labeled 'Ultra Orthodox'.

It was never our intention to ridicule their worthiness. In fact we agree with your

(Continued 04)



THE PARSI JUNCTION APPLIES MISLEADING LABELS TO ORTHODOX GROUPS LIKE PIPZ, TZML, ETC.

(Page 03) statement that “PIPZ, TZML, etc. are all genuine traditional-orthodox groups which do not encourage intermarried Parsis nor their progeny as members”.

But since we have already labeled Groups like BPP, N.M.Wadia Trust (of Ervad Burjor Antia), Petit Trust, Wapiz, etc as Orthodox as they follow the Parsi definition laid down in the Davar Beamon Judgement of 1908, which allows children of Parsi fathers with non Parsi mothers to be treated as Parsis but not children of non Parsi fathers with Parsi mothers.

Whether Davar Beamon Judgement of 1908 is Obiter Dicta or not, the community and its apex Trust, the BPP, has followed this definition from 1908 till today in spite of various fatvas and public meetings and Hama Anjuman meetings as well as all High Priests calling for gender equality.

Today there is a non Parsi in almost every Parsi family and one cannot run away from the fact of every second or third marriage is an

intercaste marriage. We are a dying community and if we do not see the reality staring in our face we will die out sooner than later.

We do not agree with your derisive statement that “Yet the Parsi Junction mischievously refers to even such 24-carat gold groups derisively as ‘ultra-orthodox’ for no other reason but to falsely portray them as extremists and Taliban-like”.

It is not our intention to label or portray genuine traditional-orthodox groups like yours as extremists or Taliban like as we agree that you are on the right track but in today’s times when we are faced with 50% inter-caste marriages, to stick to the traditional definition of both Parsi parents seems a travesty of an ostrich like situation rather than facing reality.

We understand your angst but once we define BPP as orthodox with Parsi fathers, than please let us know what to label groups like yours. It was never our intention to ridicule or run down groups like your which probably may turn out to be the Parsi saving Group but for lack of a better label we called you as ‘Ultra Orthodox’.

Please let us know what your group should be labeled oncc BPP is called Orthodox.

We would like to draw your attention to the fact that the most Orthodox of your group Mr. Burjor Antia, seeing the writing on the wall, has allowed and sold plots in Malcolm Baug, Jogehwari to mixed marriage couples. Of course with the new Chairman, ex-Justice Sharukh Kathawala, taking over, it is to be seen how Orthodox will his Trust be.

Pending your reply we have decided to call your Group ‘Traditional Orthodox’ and others like BPP only ‘Orthodox’ if it will soothe frayed nerves.

Awaiting your reply as to what label to give Groups like yours which believe in gender equality and want to keep children of both Parsi fathers as well as Parsi mothers out of definition of Parsi,

Yours truly,
Editor and his team.

PARSI GATE WILL BE REINSTATED IN DECEMBER 2023 SAYS HAVOVI SUKHADWALLA

We have been informed by Havovi Sukhawalla that she has received a letter from Coastal Road Division of BMC about Parsi Gate. It is informed that Parsi Gate will be reinstated after the completion date of the Coastal Road Project which is expected to be 26-11-2023.

YAZDI HODIWALLA ON KHORDAD SAL

On the auspicious occasion of Khordād Sāl, which is celebrated as the birth anniversary of our holy and revered prophet, Zarathustra (May the powerful and beneficent influence of his propitious name spread over the entire universe), let us seek the blessings of his exalted “ravān” and “fravashi”, to guide us through this turbulent age, so that we practise, to the core, the lofty religion and its tenets of “ashoi”, that he preached, thousands of years ago, with unflinching faith and devotion.

Let us all pledge, on this day of good omen, to strive to be true Zoroastrians (and not just in name), by essentially following the religion in its pristine form.

A series of other noteworthy and important events, too, have transpired in the chequered history of ancient Iran, on

this well-disposed and benignly favourable day:

The first male (Mashya) and female (Mashyān) of the human species was created on roz Khordād of Fravardin māh, by Ahura Mazda.

Gayomard, the first of the twelve “Nar Asho” listed in our religion, took birth on this very day, millennia ago.

Hoshang pādshāh, who first discovered fire, was born today, during the Peshdānian dynasty.

After vanquishing Afrāsīāb, the evil Toor, Kaikhushroo pādshah relinquished his throne and decided to live in seclusion, for leading the life of an ascetic, on this eventful day.

This day marks the victory of Tehmurasp pādshah, over Ahriman and his several

hordes.

The righteous Fredoon pādshah is said to have distributed a third part of his kingdom, each amongst his heirs, his three worthy sons, on this momentous day.

On this same day, prophet Zarathustra was bestowed with divine inspiration by Ahura Mazda, after completing ten fruitful years of meditation, in isolation, and attained the status of the prophet of the first revealed religion of the world.

Khordād Sāl also commemorates the glorious event of the acceptance of Zoroastrianism by Vishtāsp pādshah, and his proclamation to adopt it as the official religion of the Iranian empire.

~Y. H.



PUNE PARSI PANCHAYET TRUSTEES IN THE EYE OF A STORM

For some time now, disputes among the Trustees of Pune Parsi Panchayet have gone viral on almost all WhatsApp and Facebook groups with its Vice-President Yezdi Motivala carrying on a one man War with the Owners of Dorabjee & Co. to retrieve the Trust's valuable open land illegally captured by Dorabjee & Co., without any help or support from his co-Trustees.

We give below his statement floating on WhatsApp on the said issue:

A MOMENTUM FOR A CAUSE AGAINST ILLEGAL ENCROACHMENT TO SAVE PARSEE PROPERTIES IN PUNE WHICH BELONGS TO PUNE PARSEE PANCHAYAT TRUST

A Request to all Zorastrains and Citizen's of India to participate in the noble cause of justice to GHASWALLA BAUGH 1.6 ACRES OF PROPERTY DONATED BY LATE K.A GHASWALLA

(Baristar).

Dear friends as I have received calls from the well wishers regarding my on going holy battle against *Dorabjee & Co, Mr. Farsheed B Patel and other's, to recover our property from them back who have illegally occupied the said property since last 5 decades ..*

So I am making this group as *Free Ghaswalla Baugh from all illegal occupants*

As a Supporters group, Would request all Citizen's of India & all Zoroastrians to support me in this Herculean task and let Lord Ahura Mazda blessings be bestowed on all of us, to give support and strength to regain our property back to Poona Parsee Panchayat Trust.

If you all agree please support.

And share the link in the universe to gain a momentum to fight for a cause.

We need all your support and guidance in our journey of success, who have illegally occupied the said property since last *5 decades* .

Now all in your mind the question will come for last 5 decades Poona Parsee Panchayat was not awake

But my dear friends as you all know it's a Charitable Trust with the trustees term is for 3 years So all come and go & this Herculean task cannot be completed in their terms, but I have initiated this task in my tenure and would request future elected trustee's to continue with this mission.

I am confident this momentum will come to its logical end. As it consumes lot of time energy and focus to carry out this illegal occupants to vacate.

We thank you all for joining us in this noble cause A million thanks and appreciation to all for your



YEZDI F MOTIWALLA, VICE CHAIRMAN POONA PARSEE PANCHAYAT.

time efforts and knowledge and expertise shared to make this a success.

FROM THE DESK OF YEZDI F MOTIWALLA, VICE CHAIRMAN POONA PARSEE PANCHAYAT.

One Trustee alone cannot achieve much and it is therefore requested to all Trustees of PPP to support him as much as possible so that the open vacant Trust lands illegally usurped by Dorabjee & Co. comes back to the Trust. This is not the only land usurped by vested interests. There are other properties of PPP which have also been encroached by vested groups which also needs to be freed from their encroachers and brought back under control of Trustees of PPP.

In this respect we are publishing below the state of the various properties of PPP as pointed out by the Vice Chairman Yezdi Motiwalla below:

REGARDING MAJOR ENCROACHMENT OF POONA PARSEE PANCHAYAT PROPERTY'S WORTH CRORES OF RUPEES

Dear Co Trustee's

And Humdins,

And Jt.Charity Commissioner for information.

Greetings from the desk of Vice- Chairman, Pune Parsi Panchayet.

I have independently taken the responsibilities of Ghaswalla baugh for all the Encroachment

which are being encroached upon for *Several* *Decades* and depriving the trust of its privilege revenue.

As I have only received Resolution to carry on this *Herculean task* from 6 Trustee's, Mr Bakhtiar Nariwalla (Secretary) has NOT SIGNED THE RESOLUTION FOR THE REASON BEST KNOWN TO HIM. As he requested to meet my Advocate and to understand the case and how strong our case his, which was answered by our Advocate in writing; stating that M/s Dorabjee & Co, Point of case is very valid and strong, As we have already received a notice from Pune Cantonment Board and further my meeting with the CEO of Cantonment Board is fruitful.

1) I now sincerely request Mr Bakhtiar Nariwalla *(Secretary)* to take the responsibility on his shoulder and to remove the said Encroachment from the *Boy's* *Hostel* .

I would definitely would have love to take this responsibilities also, But I am over engaged with the Ghaswalla Baugh.

I pray and hope Mr Bakhtiar Nariwalla takes this responsibilities on his shoulder in the interest of our community and Poona Parsee Panchayat Trust.

2) I would also request Col Kaizad Bhaya *(Trustee)* to take responsibilities of the *DUBASH ENCROACHMENT* at the khadakwaslla, which is 100% Encroached.

The area is 15,864 Square feet. Gifted to P.P.P in 25/03/1957. Since he is experienced and capable and from military background and he can use his good influences with the Government authorities, since he has been *Elected Twice*.

3) I also request Mr Rohinton Bhada *(Treasurer)* to take responsibilities at the Encroachment of 603 North by Sanas/ Lulla. As per the donor will it shows on records 8.5 Acres', however when we got the land surveyor a month back we were shocked to see approximately 7.500 Acres (Including Encroached and disputed area). And as per the past trustees letter that 40,000 Square feet is encroached which that letter is on records in the office.

So I would request Mr Rohinton Bhada to examine and find out from the concern Authorities how the land as shrunk to approximately by 1 acre? And remove the Encroachment.

For the information of the member's of the Poona Parsee Panchayat and parsee's of Poona at large, the valuation report received into RTI shows valuation report by Government Approved Valuer of 11- 03- 2021 is

**Rs- 232, 80, 00, 000/-*

*Rupees TWO HUNDRED THIRTY TWO

(Continued 06)



PUNE PARSI PUNCHAYET TRUSTEES IN THE EYE OF A STORM

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CRORES AND EIGHTY LAKHS ONLY**
Value of this Single Property (603 North).

* And unless each individual trustee takes interest at his personal level then further Enchroachment will not take place in future.

As all are capable to carry out this good work in the interest at large ,
And this all above said Enchroachment are worth several Crores.

* I hope that I have clarified my views on the *Main Enchroached properties of the Poona Parsee Panchayat Trust, which are worth almost hundreds of Crores of Rupees.*

* This is to place facts on records.

Also sending above mail for records on trustee's group and office.

Regards.

Yezdi F Motiwalla, Vice Chairman, Poona Parsee Panchayat
@ 25 th August.
@ 14.00 hrs."

The Vice-Chairman has brought out all the details of the encroachments on its various properties and it is now upto the Parsees and residents of Pune to take this forward to free all Trust property from the illegal occupants.

why an elected Trustees term be restricted to only 3 or 5 years as such a short duration hardly gives a Trustee time to implement any worthwhile Scheme in the interest of the community at large.

It is suggested that the Trust Deed be amended to increase the term of office of an elected Trustee to atleast 7 to 10 years. Normally Trustees of every Charitable Trust are for life unless they die or resign. It is not understood

It is also suggested that the Trustees should be in contact with the Parsi minority Member of the National Minorities Commission, Kersi Deboo of Navsari, since the Govt. is keen to help the Parsis in every way it can.

ADDITIONS TO PIONEERING PARSIS

In The Last Parsi Junction Issue No. 143 Of 14Th August 2022, We Had Carried An Informative Article On Pioneering Parsis.



MEHROO BENGALEE

In Relation To The Same We Have Received From One Dilnavaz The Below Mail:

"Just Wanted To Tell You That I Have Read Todays Issue Of Parsi Junction.

On The Last Page, In The Article Titled "Pioneering Parsis", Would Like To Bring To Your Kind Attention That One Name Which Needs To Be Applauded Is The Late Dr. Mehru Bengalee, The Only Lady To Become The Vice Chancellor Of Mumbai University And That Too, A Parsi Lady.

Please Don't Misunderstand. I Am In No Way Related To Her. This Lady's Name Just Came To My Mind.

Thanks. Dilnavaz, 9892922806".

Thank You, Dilnavaz. If We Recollect, She Was Appointed Vice Chancellor For Two Terms.

If Other Readers Can Recollect Other Pioneering Parsis, Then Feel Free To Convey Their Names And We Will Publish Them Too If Sufficient Names Are Received.

75 ANNIVERSARY  THE NOWROZE BAUG PLAY CENTRE (ESTD. 1ST NOVEMBER 1946) MULTIPURPOSE SOCIAL WELFARE

SEP 11, 2022

All Parsee Tele-games

Co- Sponsor: By Rumi Bhatena



20+ Teams

10+ Challenges

01 Champion

Team Consist: 5 Boys + 2 Girls

Entry fees per team: INR 2500 (Includes: Refreshment, Energy drink & Lunch)

Age: 16+ | Time: 9:30am onwards | Venue: Nowroze Baug Play Ground

Rush your entries to: Zubin L (9819950862) or Michelle A (8169823123) or Zubin K (9820079585) on before 8th Sep.

In association with:



With Best Compliments:
Viraf D Mehta



BOMBAY PARSEE ASSOCIATION HOMAGE TO MARTYRS

Last Sunday 21-8-22 was Khordad Sal day when WZCC hosted the Natak "Mix Breed" to raise funds for its activities. Led by Xerxes Dastur, the moving spirit and BPP Trustee the program was a huge success. Even the theme of the play was very relevant in today's Times when inter marriages are on the rise. It shows

the families especially the father's, very well played by Rummy Zarir, dilemmas to stop their son marrying a Sardarni. It was a spoof of sorts with all actors playing their parts with aplomb

WZCC Mumbai Chapter



Chairman's Note

Dear Friends,
I would like to start by thanking each and every one of you for being here to celebrate this fund raiser for WZCC Mumbai.

Today we celebrate two auspicious occasions together, Khordad Sal and the first ever Parsi Natak hosted by the WZCC Mumbai, at the prestigious 1100 seater Birla Matushri Auditorium.

Today is a landmark day for WZCC Mumbai, to have you all here together to support and encourage us to interact and promote our youth on a professional platform.

Having taken over as Chairman of the WZCC Mumbai Chapter recently, I am keen to ensure that we take a leadership role in our community and change the narrative, so that we can continue to be recognized as

"Zoroastrians - A community of Innovators and Entrepreneurs".

Our members have always been a pillar of support to us and I would like to take this opportunity to thank all our members, well-wishers, the WZCC India Board, National and International Chapters, who have come out to support us in large numbers.

The last couple of years have been particularly difficult with the pandemic, however I'm happy to share, that at the WZCC Mumbai, we have recently held two very successful networking meets popularly called "Coffee with WZCC" and "Dinner with WZCC" and we had an outstanding attendance considering members have recently started to network physically again after almost 2 years.

We intend to carry on with these networking activities on a regular basis and provide better value to all our members and the community as a whole. We would also like to encourage our supporters to sponsor some of the events going forward, which will encourage more youth to attend and learn about the opportunities and upskill professionals and guide them with what we can provide and assist with being a part of the WZCC Mumbai.

Finally, I would like to end by wishing you all a Happy and Prosperous New Year and Khordad Sal Mubarak.

Best regards

Xerxes V. Dastur

Chairman

WZCC Mumbai Chapter



MUMBAI CHAPTER

COMMITTEE MEMBERS

Chairman
Xerxes Dastur

Vice Chairman
Jamshed Mistry

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Committee Members
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Tehemton Dalal
Dinyar Marolia
Rashna Sanjana
Kershasp Carnac
Cyrous Shroff

THE BOMBAY PARSEE ASSOCIATION
(Established 1920)

C/o. VISPI S. DASTUR
V. S. DASTUR & CO., Chartered Accountants, 6/A - 4 B, New Excelsior Bldg., 6th Floor, A. K. Nayak Marg, Off Dr. Dadabhoi Naoroji Road, Mumbai - 400 001.

President : VISPI S. DASTUR
Tel. : (C) 2206 5835/36/37
(R) 2372 1062
E-mail : vispi.dastur@gmail.com

Hon. Gen. Secretary : TEHMINA P. PEER
Mob. : 9967998000

Jt. Hon. Secretary : ALOO N. SHROFF
Tel. : 2205 1610

98 YEARS OF SERVICE

THE BOMBAY PARSEE ASSOCIATION TO PAY HOMAGE TO "HIND NA DADA" DR. DADABHOY NAOROJI

As per past practice, The Bombay Parsee Association will pay homage to that great son of India and the Parsee community, Dr. Dadabhoi Naoroji on his 198th Birth Anniversary by garlanding his statue at Hutatma Chowk (Flora Fountain) on **Sunday September 4, 2022 at 9.00 a.m.** All are welcome!

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98 YEARS OF SERVICE

THE BOMBAY PARSEE ASSOCIATION TO PAY HOMAGE TO MARTYRS

The Bombay Parsee Association will also pay homage to the heroic members of the Armed Forces who sacrificed their lives for the country during World War I and the subsequent wars by laying wreaths at the War Memorial at Khareghat Colony, N.S. Patkar Marg, Mumbai - 400007 on **Farvardin Mahino Farvardin Roj i.e. Saturday September 3, 2022 at 9.00 a.m.** Buglers of the Indian Navy will sound the "Last Post" and "Reveille". All are welcome!

SUDHA MURTY

Once a TTE (Train Ticket Examiner) who was on duty on a Bangalore bound train from Mumbai caught a girl who was hiding under a seat. She was around 13 or 14 years old.

The TTE asked the girl to produce her ticket. The girl hesitantly replied that she had no ticket.

The TTE told the girl to get off the train immediately.

Suddenly, a voice from behind said, "I will pay for her." That was the voice of Mrs. Usha Bhattacharya, who was a college lecturer by profession.

Mrs. Bhattacharya paid for the girl's ticket and requested her to sit near her. She asked her what her name was.

"Chitra", the girl replied.

"Where you are going?"

"I have nowhere to go," the girl said.

"Then come with me." Mrs. Bhattacharya

told her. After reaching Bangalore, Mrs. Bhattacharya handed over the girl to an NGO, to be taken care of. Later Mrs. Bhattacharya shifted to Delhi and the two lost contact with each other.

After around 20 years, Mrs. Bhattacharya was invited to San Francisco, USA to deliver a lecture in a college there.

She was in a restaurant, having a meal. After she finished, she asked for the bill, but she was told that her bill was already paid for. When she turned back, she saw a woman with her husband smiling at her. Mrs. Bhattacharya asked the couple, "why did you pay my bill?"

The young woman replied, "Ma'am, the bill I paid is extremely little, compared to the fare you paid for me for that train journey from Mumbai to Bangalore.

Tears rolled down from the eyes of both women.

"Oh Chitra... It's you...!!!" Mrs. Bhattacharya

said happily astonished

While hugging each other, the young lady said, "Ma'am my name is not Chitra now. I am Sudha Murty. And this is my husband... Narayan Murty."

Don't be astonished. You are reading the true story of Mrs. Sudha Murty, the chairman of Infosys Ltd, and Mr. Narayan Murty, the man who established the multi million Infosys software company.

Yes, the little help you extend to others can change their whole lives!

"Please do not withhold doing good to those in distress, esp. when it is in your power to do it".

WISH YOU A BEAUTIFUL HAPPY LIFE...

Going a bit deeper into this story...

Akshata Murthy is the daughter of this couple and married to RISHI SUNAK who's about to become the Prime Minister of U.K.



ENJOY LIFE WHILE YOU CAN

A few month ago, my friend had just crossed age 45. Just about 8 days later she was struck with an ailment ... And she died swiftly.

In the group we received a condolence message that ..."Sad .. she is no more with us"... RIP

Two months later I called her husband. A thought crossed my mind ..he must be devastated as he had a travelling job. Till her death she would oversee everything.. home.. education of their children... Taking care of the aged in-laws.. their sickness.. managing relatives.. everything, everything, everything...

She would express at times.." my house needs my time, .. my hubby cant even make coffee tea, my family needs me for everything, but no one cares or appreciates the efforts i put in. I feel they all take me for granted ".

I called her husband to see if the family needed any support, as, i felt her hubby must be feeling lost.. to suddenly have to handle all the responsibilities, for eveything.. aging parents, Kids, his travelling job, loneliness at this age.. how must he be managing?

The cell phone rang for some time..no response... After an hour he returned the call.. He apologised that he could not answer my call..as he had started playing tennis for an hour at his club and meeting friends etc. To ensure he had a good time.

He even took a transfer to Pune. So as not to travel anymore.

"All well at home? " I asked,

He replied, he had appointed a cook .. he paid her a little more and she would buy the groceries and provisions. He had appointed full time caretakers for his aging parents.

"Managing well...kids are fine. Life is returning to normalcy...he said.

I barely managed to say a couple of sentences and we hung up.

Tears welled up my eyes.

My friend remained in my thoughts... She had missed the school reunion for a minor ailment of her mother in law. She had miss her nieces wedding because she had to supervise the repair work in her house.

She had missed so many fun parties and movies because her children had exams she had to cook she had to take care of her husband's needs...

She had Always looked for some appreciation and some recognition.. which she never got.

Today I feel like telling her..

No one is indispensable.

And no one will be missed.. it is just the play of our mind.

Perhaps it is the consolation.. A symbol of our understanding if you would like to call it that... That's the problem of putting others first.

You have taught them that YOU COME

SECOND

Reality bites : After her death two more maids were hired and the house was in order....

We only measure our respect and our value.. ain't that true?

Then do enjoy life.. Remove the frame of mind that I am indispensable and without me the house will suffer..

My message to all Ladies :

Most importantly make time for yourself .. the ME time.. the time for the self..

- ✦ Get in touch with your friends... Talk, laugh and enjoy
- ✦ Live your passion, live your life
- ✦ Once in a while do things that love to do ...
- ✦ Don't look for your happiness in others, you too deserve some happiness because if you are not happy you cannot make others happy
- ✦ Everyone needs you, and you too need your own care and love
- ✦ Women should come forward to help and guide other women who are unable to handle their personal stress and give them a hand to uplift their confidence .
- ✦ Let us HELP Ourselves and make this LIFE WORTHWHILE .
- ✦ we all have only one life to liveLife is beautiful

MUKTAD: THE FESTIVAL OF ALL SOULS

The ten-day Muktaḍ period is a time of remembrance and prayer for the souls and spirits of the departed...

The last ten days of the Zoroastrian calendar are dedicated to the festival of Muktaḍ or Hamaespathmaedyā. Beginning from the early hours of Ashtad Roj, which is the 26th day of the last month Aspandarmad, this festival ends on the fifth Gāthā – the Vahishtoishṭi Gāthā – in the early hours of the morning before Navroze begins. In ancient Iran, a ten-day holiday was given to allow the public to celebrate this festival.

The last five days are dedicated to the five Gāthās, which form the revelation of Aṣho Spitaman Zarathuštra. This festival is also designated as the sixth Gāhambar and is known as Hamaespathmaedyā in Avestan or Fravardegan in Pahlavi, and is celebrated in honour of Man – Lord Ahura Mazda's finest creation. According to the Fravardin Yasht, one of the oldest Yashts, the Fravashis of the dead come down to earth and mingle with the

living for ten days and nights. "We worship the good, strong, beneficent Fravashis of the righteous, who come flying down from their homes at the time of Hamaespathmaedyā; then there they walk to and fro for ten nights, desiring to know thus... Who will praise us? Who will worship us? Who will sing hymns to us? Who will give offerings to us of meat and clothes? Of which of us will the name be taken for invocation?" (Yt 13. 49-50). Thus, an important part of the Muktaḍ prayers involves the names of the departed, which are recited during the Afrinagan, Satum and Farrokshī rituals.

Interestingly, both the righteous and the wicked souls are formally invoked, in order for them to participate in the ceremonies performed in their honour. Parsis and Iranis go to the Fire Temple every day for ten days to remember the souls and spirits of their deceased family members.

The Muktaḍ is seen as one of the most important festivals of the Zoroastrian

calendar, for it is through the enactment of the Muktaḍ ceremony that a link and continuity is maintained between the spirits and souls of the departed and those family members, who have requested for the rituals to be performed. What is the difference between the Urvan or Ruvan and the Fravashi?

Simply put, the term Urvan or Ruvan means the soul. It is the soul that helps in the decision making process in life, and is, therefore, judged on the fourth morning after death at the allegorical Bridge of the Separator (Chinvat Pul). The soul goes to heaven if the good words and deeds outweigh the bad ones, or is relegated to hell if more bad words and deeds are generated during one's lifetime.

On the other hand, the Fravashi is recognised to be the essence of Ahura Mazda in man. It is seen as the righteous, incorruptible part of God and therefore, can never be judged. The Fravashi is also seen as the guardian spirit of man and is said to come to one's help when invoked.



BPP SCHOLARSHIPS

Reg. # C-416 (BOM)

Tel. : 2261 7421-22-23
Fax : 91-22-2263 0010

FUNDS & PROPERTIES OF THE PARSİ PUNCHAYET BOMBAY

209, Dr. Dadabhai Naoroji Road, Fort, Mumbai - 400 001.

Ref. No. $\frac{DM}{J}$ / DM- 8622nd August 2022

Dear Madam / Sir,

We forward herewith 3 circulars of the three different scholarships as follows :

1. Dr. Dadabhai Naoroji Scholarship
Bombay Parsi Punchayet & Jamshed and Shirin Guzder Trust
2. J R D Tata Scholarship
Bombay Parsi Punchayet & Jamshed and Shirin Guzder Trust
3. Shapur and Tehmina Desai Memorial
And Bombay Parsi Punchayet Scholarship

We request you to display the same prominently on the Baug/Colony Notice Board for information of our community youths so that those eligible students may avail of the Scholarship opportunity.

The concerned applicants must apply to the Bombay Parsi Punchayet directly latest by 30th September, 2022.

Thanking you,

Yours faithfully,

A. F. Sarkari,

(A. F. Sarkari)
Chief Executive

Encl: A.A.

Bpd
Anjeac10/48

Bombay Parsi Punchayet and Jamshed and Shirin Guzder Trust Dr. Dadabhai Naoroji Scholarship

Trustees of the Parsi Punchayet Bombay and Trustees of Jamshed and Shirin Guzder Trust (through the Parsi Punchayet Bombay) have initiated two Scholarships each (i.e. 4 in all) called DR. DADABHAI NAOROJI SCHOLARSHIPS of Rs. 2,000/- each per annum per Scholarship for the year 2021-2022 for Parsi Zoroastrian boys and girls who secure 80% and above of any recognized Std. X Examination, such as S.S.C., I.C.S.E., C.B.S.E., or any other equivalent recognized examination passed in March 2022.

Two of the above Scholarships of the Bombay Parsi Punchayet are reserved for students who have preferably taken up Arts Faculty, whereas the other two Scholarships from Jamshed and Shirin Guzder Trust are open to students from any faculty i.e. Arts, Commerce and Science. The criteria of eligibility for all the 4 Scholarships is the same. College Admission proof for joining a College study starting from July 2022 will have to be produced by the applicants.

Applications should be forwarded to Mr. A. F. Sarkari, Chief Executive Officer, Bombay Parsi Punchayet, 209, Dr. D. N. Road, Fort, Mumbai 400 001, latest by September 30th, 2022. Those awardees who continue to achieve similar excellence during subsequent academic years will be eligible, on application being made, to receive the Scholarship from year to year, till completion of their Graduation.

The desired candidates should either collect the requisite application form from Mrs. B. P. Dastur, Sr. Executive, Bombay Parsi Punchayet, 209 Dr. D. N. Road, Fort, Mumbai 400 001 during office hours or write to the Bombay Parsi Punchayet with a self addressed envelope requesting for the application form by post.

Please note incomplete applications (including the required enclosures) would not be entertained.

BOMBAY PARSİ PUNCHAYET & JAMSHED AND SHIRIN GUZDER TRUST

J. R. D. TATA SCHOLARSHIP

Trustees of Parsi Punchayet Bombay and Jamshed and Shirin Guzder Trust have instituted two each J. R. D. Tata Scholarships for Post graduate Parsi Zoroastrian students.

The Scholarship will be of Rs.5,000/- each for first and second year respectively for Post Graduate studies in India, subject to continued good performance of the student in the first Post Graduate year.

Applicant should be First Class graduate from any faculty having passed in March 2022 and having opted for Post Graduate studies preferably in Social Science, Population Study, Nuclear/Geo Physics, Mathematics, Education, Cancer Research and Microbiology.

Applications with separate Bio-data giving all academic and extra-curricular activities details along with College fee receipt are invited addressed to Mr. A. F. Sarkari, Chief Executive Officer, Bombay Parsi Punchayet, 209, Dr. Dadabhai Naoroji Road, Fort, Mumbai 400 001, latest by 30th September, 2022.

SAPUR AND TEHMİNA DESAI MEMORIAL A N D BOMBAY PARSİ PUNCHAYET SCHOLARSHIP

The Family of Late Sapur and Tehmina Desai and Bombay Parsi Punchayet have initiated two Scholarships as under:

- Rs.10,000/- for Zoroastrian students pursuing Graduation in any stream and who have secured highest overall percentage of any recognized Std. X Examination, such as S.S.C., I.C.S.E., C.B.S.E., or any other equivalent recognized Examination Passed in March 2022.
(Rs.2,000/- p.a. from Std. XI to completion of Graduation provided the candidate continues to achieve Ist Class till completion of Graduation).
- * Rs. 10,000/- for Zoroastrian students pursuing Post Graduation in any stream and who have secured highest overall percentage in March 2022.
(Rs.5,000/- p.a. for 2 years i.e. till completion of Post Graduation).

The selection of scholarships would be based on need-cum-merits.

Application with separate Bio-data with a Xerox copy of Std. X Report, College Fee Receipt, and a certificate for extra-curricular activities, if any, and likewise Xerox copy of Graduation Passing Certificate, etc. for Post Graduation along with latest salary certificate or latest Tax Returns of the parents (Husband & Wife) should be forwarded with the full postal address and Tele. No. to Mr. A. F. Sarkari, Chief Executive Officer, Bombay Parsi Punchayet Office, 209, Dr. D. N. Road, Fort, Mumbai 400 001, latest by 30th September, 2022.



RIPON CLUB- PRE NEW YEAR PARTY

Ripon Club hosted a Pre New Year Bash for its members and their guests on Saturday 13th August 22 at its premises. The club was almost full with guests enjoying the Live Band performance.

The Dinner laid out was a super success by the caterer Mr. Tehmtan Dumasia and his wife who also entertained the guests and looked after all the minute details to ensure everyone had a lovely evening. The crowd then moved on the dancing floor after their appetite was satiated by the huge spread. Everyone had a great time and all members present suggested that the club should host one such night every month.



ADVICE FROM FARAH IRANI

Friends, i have some bad news.

I watch the B. B. C. chanel regularly. Looking at the world's economy, i wish to warn you that please stop luxurious spending and start conserving your cash.

In United Kingdom, the worst inflation in 40 years is currently affecting the people.

United States of America is in no better situation.

Parts of Europe has drought.

Illegal immigration is like poison in the above three places.

In Mumbai, you must be reading how cyber crime has increased. People are cheated, saying that their electricity will be disconnected. Sextortion rackets are trapping men.

Cost of the gas cylinder has crossed Rs 1000. Look at the prices of petrol and diesel.

Interest earned on our savings and fixed deposits have diminished.

Friends, i feel that the time has come to stop unnecessary expenses. Please try to save as much as possible.

We have an aging population, cost of ward boys and ayahs has skyrocketed.

Economics has been my favourite subject. I have scored 76% in the subject at my Chartered Accountant exam.

Please conserve. Do not flaunt your wealth. Do not trust unknown people. Do not click on suspicious links.

Ahura Mazda bless us all

Farah Irani unfurling the Indian flag on Independence Day with a motley crowd of kids



Celebrated Independence Day With All Our Children Of India Outside Regal Cinema, Colaba.



YEARS 70 TO 79 ARE CRUCIAL

KINDLY READ MINUTELY

Courtesy Capt Vinod Adukiya

To have a Long Life, the 10 years from 70 to 79 years are crucial!*

Israeli scholars have found that there are around two health problems per month for people between the ages of 70 and 79. Surprisingly, the health status of the elderly aged 80-89 is as stable as the 60-69 age group!

70-79 years is a dangerous period. During this period, various organs decline rapidly. It is a frequent period of various geriatric diseases, and it is often prone to hyperlipemia, arteriosclerosis, hypertension, and diabetes.

After entering the age of 80, these diseases will decline, and the mental and physical health may return to the level of 60-69 years olds!

Thus, the age of 70 to 79 years old is called the "dangerous age group". As people grow older many people want to have a good healthy life. They realise that "Health is Wealth".

The 10-year health care of 70 to 79 years olds is crucial.

Here are some simple steps called "Doing *ten ones* every day"

This will help you to navigate more smoothly through the "dangerous age group" stage of your life. When the elderly are 70 to 79 years old, they may wish to do these "ten ones" every day. Here are the 10 tips:

*** 1. A POT OF WATER***

Water is "the best and cheapest health drink". You must drink a glass of water during the following three times/occasions each day:

FIRST CUP: AFTER GETTING OUT OF BED, YOU CAN DRINK A GLASS OF WATER ON AN EMPTY STOMACH.

Because of our invisible sweating and urine secretion during sleep, we lose a lot of water. Even if we don't feel thirsty after getting up, the body liquids will still be thick due to lack of water. Therefore, after getting out of bed, you must slowly add water as soon as possible.

SECOND CUP: A GLASS OF WATER AFTER EXERCISE

The right amount of exercise is one of the cornerstones of longevity, especially for the elderly, and more attention should be paid to effective and reasonable exercise. However, after exercise, special attention should be paid to replenishing water. During exercise, sweat takes away electrolytes and consumes more energy. If you don't pay attention, it is prone to hypoglycemia after exercise, and even cause syncope. Therefore, after the exercise, it is recommended that the old people drink water to which a small pinch of salt and sugar can be added and dissolved if you wish.

THIRD CUP: A GLASS OF WATER BEFORE

GOING TO BED....

When people are asleep, sweat glands are still draining water. When the body's water is reduced too much, the blood viscosity is increased. A cup of water before going to bed can effectively reduce the blood viscosity and may even slow down the appearance of aging. Helps against Angina, myocardial infarction and other diseases.

2. A BOWL OF PORRIDGE

If you feel sick, drink a bowl of porridge! Wang Shixiong, a famous medical scientist in the Qing Dynasty, called porridge "the first complement of the world" in his book.

China Daily Online published a 14-year study conducted by Harvard University on 100,000 people. It found that a bowl of about 28 grams of whole grain cereal porridge per day can reduce mortality by 9% and reduce the chance of getting cardiovascular diseases.

Each volunteer was in good physical condition when he participated in the study in 1984, but in the 2010 feedback survey, more than 26,000 volunteers had passed away.

It was found that those volunteers who regularly ate whole grains such as porridge, brown rice, corn and buckwheat seem to have avoided most diseases, especially heart diseases.

*** 3. A CUP OF MILK***

Milk is known as "white blood" and it is so to the human body. Its nutritional value is well known with a lot of calcium, fat and protein.

The recommended daily intake of milk and dairy products is 300 grams.

4. AN EGG

Eggs can be said to be the most suitable food for human consumption. The body's absorption rate of egg protein can be as high as 98%.!!

5. AN APPLE

Modern research believes that apples have the effects of lowering cholesterol, losing weight, preventing cancer, preventing aging, enhancing memory, and making the skin smooth and soft.

The health benefits of different colored apples are different:

Red apples have the effect of lowering blood lipids and softening blood vessels Green apple has the effect of nourishing liver and detoxifying, and can fight depression, so it is more suitable for young people to eat. Yellow apples have a good effect on protecting vision.

6. AN ONION

The Onion has a very high nutritional value and has many functions, including helping to lower blood sugar, lowering cholesterol, preventing cancer, protecting cardiovascular and cerebrovascular diseases, and also anti- bacteria, preventing colds, and supplementing calcium and bones. Eat onions at least three or four times a week.

*** 7. A PIECE OF FISH***

Chinese Nutritionists have warned that "eating "four legs" is worse than eating "two legs", eating "two legs" is worse than eating "no legs." "Four legs" mainly refers to pigs, cattle, and mutton. Eating too much of these meats is not conducive to weight loss and lowering blood fat; "Two legs" mainly refers to poultry such as chicken, duck, goose, etc., which are good meat foods;

"No legs" mainly refers to fish and various vegetables. The protein contained in fish is easily digested and absorbed. The amount of unsaturated fatty acids in the fat, especially polyunsaturated fatty acids, is relatively good for the body.

8. GENTLE WALKING

This has a magical anti-aging effect. When adults walk (about 1 kilometre or less) regularly for more than 12 weeks, they will achieve the effect of correct posture and waist circumference, and the body becomes strong and not easily tired.

In addition, walking exercise is also beneficial to treat headache, back pain, shoulder pain, etc., and can promote sleep.

Experts believe that a 30-minute walk a day can get rid of the danger of "adult disease". People who take 10,000 steps a day will have a lower chance of developing cardiovascular and cerebrovascular disease.

*** 9. A HOBBY***

Having a hobby, whether it is raising flowers, raising birds, collecting stamps, fishing, or painting, singing, playing chess, and traveling, can help the elderly to maintain extensive contact with society and nature. This broadens the horizons of interest of the elderly. They will love and cherish life.

10. GOOD MOOD

Old people should maintain good emotions as these are extremely important to their health. Common chronic diseases which affect the elderly are closely related to the negative emotions of the elderly:

Many patients with coronary heart disease have angina and myocardial infarction due to stimulation of adverse emotions, resulting in sudden death;

"Bad" temper leads to high blood pressure. In prolonged and severe cases, this can cause stroke, heart failure, sudden death, etc.;

Negative Emotions such as anger, anxiety, and grief can cause blood sugar levels to rise, causing metabolic disorders in the body.

This shows how important it is to have a good mood!

Physical aging is a natural phenomenon, and it is the most sensible choice to fully devote yourself to life and to live the best every day!



CHHAIHE HAME ZARTHOSTY

Have they changed the wordings in Chhaihe Hame Zarathosty from "Aabadi Sathe Tu Parsi kom" to Zarathoshty kom.

Very mischievous step to get in converts?

Mischievous and distortion of our classic Parsi anthem Chhaihe Hame Zarathoshti confirmed.

The anthem has been tweaked to remove the words "Parsi kom" and replace them with an innocent sounding but sinisterly planned replacement of "Zarathoshti kom" in the last line.

Who gave them such authority to tamper with our community classics?

They are trying to sneak in non-Parsi/non-Iranis into the community through the back door.

Beware and stay alert, fellow Parsis.

Refuse to sing and participate in any singing of our classic *Parsi community anthem* where the word *Parsi* is omitted from in the last line.

Sheth Shapurji Sorabji Kappawala Charity Trust

Public Trust No. C-274 (BOM.)

Kappawala Agiary, Sir Ratan Tata Colony, Tardeo, Mumbai - 400 034. • (T) 23547914 • (E) kappawala01@gmail.com

26th August, 2022.

Our Dear Patrons of Sheth Shapurji Sorabji Kappawala Adarian Saheb,

As per the traditional practice to perform Jashan by the Honourable Trustees on:

Death Anniversary (Baj) of Rushad Asho Dasturji Saheb Dastur Jamshedji Sorabji Kukudaru Shaheb.

Jashan: Parsi Mah Farvardin Roj Behram.

Date: 4th September 2022, Sunday.

Time : 10.30 A.M.

Venue: Kappawala Agiyari

Request all patrons to be present and participate in the Hama Anjuman Jashan.

Thanks,

SHETH SHAPURJI SORABJI
KAPPAWALA CHARITY TRUST

TRUSTEE

ENJOY LIFE WHILE YOU CAN

A few month ago, my friend had just crossed age 45. Just about 8 days later she was struck with an ailment ... And she died swiftly.

In the group we received a condolence message that ..."Sad .. she is no more with us"... RIP

Two months later I called her husband. A thought crossed my mind ..he must be devastated as he had a travelling job. Till her death she would oversee everything.. home.. education of their children... Taking care of the aged in-laws.. their sickness.. managing relatives.. everything, everything, everything...

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- Let us HELP Ourselves and make this LIFE WORTHWHILE .

we all have only one life to liveLife is beautiful