

May 2020

## KZBM PROGRAMME

'Stay Home' need may prolong and KZBM - like all other associations - is constrained from planning events, but through this newsletter we wish all our members - and readers of the newsletter - good health. It may help if you develop a routine, find a hobby, and stay in touch with your family and friends.

## Z-CLIP

**Collaborative effort key to find solution to Covid-19: Adar Poonawalla, CEO, Serum Institute of India**



*Adar Poonawalla, CEO, Serum Institute of India*

Addressing a webinar organized by Bennett University on 'Combating Covid-19: Biotech to the Rescue', **he said patience and efficiency will be important during the development of the vaccine, although the general public expects a quick vaccine**

The only way the pharmaceuticals can find a solution to the Covid-19 pandemic is through a collaborative effort, said Adar Poonawalla, CEO, Serum Institute of India.

Highlighting the importance of large-scale manufacturing of the vaccine, Poonawalla said, "No matter who makes the vaccine we will need a lot of companies to help in order to manufacture it.

He said the Serum Institute of India will not protect a solution, if it finds one. He expects other pharma companies to follow the same principle. Although publicly-listed pharma companies might face pressure from their shareholders, the entire process should be collaborative.

Till a vaccine is developed, it is important to follow the lockdown, he said. However, he also appealed to the government not to enforce multiple lockdowns together as this might cripple the country's economy altogether.

## OUR FRIENDS

**Online Concert: Across the Rainbow**

**6<sup>th</sup> Fund Raiser by Rashna Gazder**



Rashna Gazder and Harmony in Helping Hands announce their sixth fundraiser, and first online home-based concert for National Institute of Child Health. As COVID-19 cases are on the rise, funds are needed for an isolation ICU for children, as well as to assist hundreds of daily indigent patients to their OPD.

**Please donate generously to this noble institute. You may contact Rashna on her mobile: 0321-2732787 or landline: 32256112 for details.**

The online concert will be released after Eid - by payment to a link - and will be arranged by Dr Darayus Gazder.

Watch out for details as senior musicians and pianists will perform from their homes, bringing you music divine, all for a good cause.

Azad Iqbal, Terence Joseph and Rashna Gazder will put together items from their homes in sound synchronisation with visual screens arranged by Darayus Gazder. Janelle Dias will soulfully perform from home including Brendon & Eden Emmanuel - a husband wife duo – and Aspy & Iyanah Bhatena – a father daughter duo. Select pianists will perform well-loved pieces and, a stupendous performance by eight-year old Kimaya Massey. The special visual effects will transport you to another place.

Please donate generously! Thank you!

### **Jehanbux Mehta's light-hearted account of: 'Activities of a COVID-19 Prisoner'**

*(Written for Manashni, monthly newsletter of the Zoroastrian Association of Houston, and shared with you readers - with his permission – so that you too may have a chuckle or two.)*



The Golden Group was ready as ever for their April 04 event at the ZAH Centre. It was to be some thing different: an afternoon of sing-along of popular songs from Hollywood movies and Broadway shows plus some unforgettable Gujarati Parsi natak songs including my favourite: that of a ganga and her ghagri. But then, Covid-19 raised its ugly head.

Consigned to the house on strict orders of our children, we seniors were left to our own genius to work out schedules for counting the hours by. Gone were the unnecessary visits to the super markets and the stolen hours away for a quaff of beer and lunch at our favorite pub or the dinners with friends. What then?

Not surprisingly, when I broached the subject with fellow silver-haired friends, I learnt that they, like Sillie and I, had adapted to a style that keeps us occupied. Bored? Not at all. Each day goes by with some thing or the other to do, and, no kidding, even to look forward to. Waking up in the morning, be it at 7:00 or 8:00 or even later – who are we to report to? – to find feet touching solid ground is unbounded blessing, prompting a Yatha for gratitude of just being here. A leisurely wash and off for the first “looking forward to” moment. The brewing of the first round of coffee. Ooh, the aroma! Straddled with a hot mug – cups are for tea, you know – with newspaper in hand, sitting in the kitchen, or better still, on the porch keeping company with nature: yet another blessing to be thankful for. Skipping through the pages with a cursory glance at the woeful tales and repetitious warnings and advices, one turns to the Comics section for the much-needed laughter. The mug hath run dry; it is time for another “look forward to” activity. Yes, a simple breakfast. All this while music permeates. A shower preceding a short prayer. A second mug of java while running through a magazine, drooling over pictures of forbidden food. The awaited moment has arrived: the first nap of the day. What bliss!

Awakening after 15 or 20 minutes, we proceed upstairs to pore over uninteresting and unwanted messages on the computer. To the rescue, a voice beckons to bring out the chilled beer and birdie numnum. Difficult decision has to be made: should it be pistas or cashews or the always popular peanuts, varieties a many. What a delightful way to spend 30 odd minutes doing absolutely nothing but sip and munch. Then, another “event” to look forward to: yup, lunch. Wow, five or six hours have gone by. Wash up, gargle with warm salt water and turn on the stupid smart phone. An avalanche of articles on the covid which can be mercifully dispensed with by just a click of the “delete” tab. Enjoy the funny anecdotes and hilarious cartoons sent by considerate friends to remind us that laughter overrules worry. Yet another moment has arrived: the second and longer nap of the day.

Whatdya know? It’s tea time. A hot cuppa with a batasa or two to dunk in, sitting outside listening to the chirping of birds oblivious to the woes of the world. A bit of reading before turning on Dua Tandarosti beautifully recited by Ervad Dr Karanjia, while seated on the patio surrounded by nature. So soothing! So peaceful! Off upstairs for another bout with the computer, cleaning up material stored over the years but hardly perused. Back in the bedroom – no, no, not another nap, though tempting – but for some more reading or to watch a movie. Omigosh, it’s already supsup time. Flag the page or press the pause button, proceed to the cabinet to select the eau de vie, pour a generous measure in a glass and continue reading or watching the movie with legs outstretched on the bed. Dinner awaits. Complete the movie. Guess what? 12 hours have elapsed since awakening. So soon, we ask? Read some more till sleep calls. Was it not a wonderful day? Definitely!

Good night all. Keep well, stay safe and look forward to the next day.

## MILESTONES

### JANAM

**Anushae, a daughter to Fiona and Ariya Patel**, grand-daughter to Dr Behroz & Mistry and Kharmen & (late) Behram Patel on 14 April 2020 in Sydney, Australia

## Maran

**Jasmine Sohrab Banaji**, wife of Sohrab Jehangir Banaji, daughter of (late) Shirin & (late) Jehangir Karanjia, mother of Kairaz Banaji, mother in-law of Veronica Kairaz Banaji, sister of (late) Perviz Phiroze Sethna, Goolu Kayomurz Sethna and Mahrukh Jehangir Karanjia **on 30 March 2020**

**Ex-Karachiite: Homai Cowas Rustomjee**, wife of (Late) Cowas Rustomjee, mother of Rico and Feroza Rustomjee on **31 March 2020, in London, England**

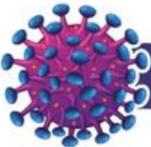
**Ex-Karachiite: Sam Minocher Patel**, husband of (late) Maryanne Patel, father of Scott Patel, father in-law of Wanetta Patel, Brother of Roy Patel and Zarin Patel and brother in law of Nergish Roy Patel on **2 April 2020 in Indiana, USA**



## WHAT'S MORE

### Good Health

 آغا خان یونیورسٹی ہسپتال  
The Aga Khan University Hospital



**COVID-19**

**Healthy Living**

|  |   |
|--|---|
|  <p><b>Keep a Daily Routine</b><br/>Set Timetable   Goals   To Do List<br/>Maintain Personal Hygiene</p>                                |  <p><b>Talk to your Maker</b><br/>Pray   Be Grateful   Meditate<br/>Have Faith   Replace Fear with Hope</p>                      |
|  <p><b>Exercise Daily</b><br/>Stretches   Yoga   Walks   Zumba<br/>Weights   Skipping</p>   |  <p><b>Learn New Things</b><br/>Online Courses   Books<br/>Crosswords   Quiz   Sudoku</p>  |
|  <p><b>Avoid Information Overload</b><br/>Watch News Once<br/>Use Reliable Sources</p>  |  <p><b>Quality Family Social Time</b><br/>Talk   Zoom Call   Facetime   Skype<br/>Play Games   Do Puzzles</p>                    |
|  <p><b>Find Your Hobbies</b><br/>Cooking   Painting   Dancing<br/>Music   Writing   Poetry</p>  |  <p><b>Laughter therapy</b><br/>Smile   Tell Jokes   Watch Comedies</p>  |
|  <p><b>Choose Healthy Foods</b><br/>Drink Water   Avoid Overeating<br/>Eat Fruits and Vegetables<br/>Avoid Sugary Drinks and Snacks</p> |  <p><b>Help Other People</b><br/>Talk to Elderly, Sick and Alone   Give<br/>To The Poor   Share Your Knowledge<br/>or Skills</p> |

**We Will Get Through This Together.**



**CAP**  
ACCREDITED  
COLLEGE of AMERICAN PATHOLOGISTS

HELPLINE 021-111-911-911  
<https://hospitals.aku.edu/Pakistan>

 AKUHPakistan |  AgaKhanUniversityHospitalPakistan

Courtesy: Yazdyar Haveliwala

## Our Faith

If you are doing the Hammbandgi suggested last month,  
you may like to know the meaning of the prayers



Some of you may be praying Doa Tandarosti or listening to its recording. Do whatever is comfortable but engage in prayer, as it gives good vibrations to you and to your home.

Above images are courtesy Rumi Sarkari, from [Gavashni: Newsletter of Zoroastrians in the Gulf Region](#).

**AND...**



|           |                 |          |                                |
|-----------|-----------------|----------|--------------------------------|
|           |                 |          |                                |
| Every day | Suitable to you | Own home | Engage in some form of prayer. |
|           |                 |          |                                |
|           |                 |          |                                |