



**manashni**

Volume 34 Issue 08 - August 2020

SETHNA FINANCIAL GROUP LLC, ZARIR J. SETHNA, CLU®, ChFC®, LUTCF®  
 WWW.SETHNAFINANCIALGROUP.COM  
 OFFICE 713-963-4229

**WISHING ALL OUR READERS A VERY HAPPY, HEALTHY, SAFE NAVROZE MUBARAK AND  
 HAPPY KHORDAD SAL**

**SUNDAY SCHOOL**

PLACE: ZHCC,  
 8787 W. Airport Blvd.  
 Houston, TX 77071  
 Tel: 713-270-9339

TIME: Different timings for each group

DATE: July 12, 2020

**Children's Session:** The Sunday School session starts at **11.00 a.m.** join in by Zoom

**Middle Group:** The Sunday School session at **10.30 a.m.** by Zoom



**Youth Group:**



**MANASHNI SPECIAL EDITION – HONORING OUR MEDICAL & HEALTHCARE PROFESSIONALS.** Please click on this [link](#).

**REGRETTABLY, DUE TO COVID 19 SITUATION, NAVROZE FUNCTION HAS BEEN CANCELLED.**

**SUBCOMMITTEE NEWS**

**LIBRARY COMMITTEE**

By Jangoo Mistry

**Rediscover your Library**

Today, as we are all struggling with the lifestyle changes to cope with the pandemic, we are finding different ways to get through this difficult time. Some of us are discovering all kinds of shows that are streaming on Netflix or Amazon, some are discovering new hobbies that they never had time for before, while still others are catching up renewing friendships that got lost in the daily hustle. But what better way can there be than rediscovering your ZAH Library?

We have something for everyone. We have books, and we have DVDs. We have biographies and we have autobiographies. We have books on our history, religion, and culture; and we have fiction from acclaimed writers like Rohinton Mistry and Thrity Umrigar.

A few months back, some of us had met at the Library to take inventory and rearrange books to their proper positions on shelves. Just picking up a book to find its rightful place tempted me to open and browse the fascinating books that we have. And instead of working to place books, I found myself drawn into some truly fascinating work that we have collected over the years. Some of you who have visited the library during this lockdown have told us how amazed they were to discover gems and how delighted that they had access to it. So we urge you to take some time and land up at the Library for some quiet reading time.

You can browse our collection in comfortable reading chairs, or check out whatever book or DVD catches your fancy to continue reading it at home. Some of us complain that all the sitting and snacking at home

## ZAH EXECUTIVE MEMBERS 2020

Dungor, Nozer – Chairman  
Gandhi, Kamalrukh  
Hormazdi, Khursheed  
Katrak, Percy  
Khumbatta, Kershaw  
Dastur, Khursheed – Secretary  
Billimoria, Farokh – Treasurer

## OUR ERVADS (PRIESTS)

Boomla, Noozar  
Buchia, Kyrus  
Dastur, Barjor  
Dastur, Darius  
Desai, Adi  
Desai, Farokh  
Firozgari, Bahrom  
Gonda, Pervez  
Kanga, Neville  
Katrak, Rayomand  
Katrak, Vispi P.  
Khumbatta, Noshir  
Kotwal, Zubin  
Masani, Dara  
Nariman, Khushrav  
Nariman, Viraf  
Pavri, Shapur  
Sanjana, Bahmanshah  
Sanjana, Kurush  
Sidhwa, Kayomarz  
Sidhwa, Maneck  
Sidhwa, Yazad  
Unwalla, Peshotan  
Vimadalal, Freyaan

## DONATED ITEMS IN TWO DAYS



has stretched our waistlines. Now we have a way to stretch our minds. But unlike our waistlines,

*“The mind, once stretched by a new idea, never returns to its original dimensions.”*

- Ralph Waldo Emerson

*“When you give a man a book, you don’t sell him 12 ounces of paper and ink and glue -- you give him a whole new life”*

- Christopher Morley

Happy Reading!

## YOUTH GROUP REPORT

By: Zara Italia

This is a youth initiative for the Non-perishable food drive. We will be collecting nonperishable/canned food, during the Muktaf Days. The food will be collected in the Rustomji Room, and will be collected on muktaf days and weekends. People are welcome to drop off the items at the table in the Rustomji room.

Vehishta Aunty's group and middle group kids will be participating.

The food will be packed and taken to Kids Meals, on Garden Oaks Street, by youth parents and Persis Aunty after Navroz day.

**Location: ZAH Rustomji Room**

**Dates of Collection: August 6th through August 16th**

Items Needed:

Snack Items, such as Juice boxes, Annie's Whole Wheat Bunnies, Oatmeal Squeeze, Clif Bars, Mamma Chia Chia Squeeze, Kind Bars, Lara Bars, Quaker Oats Chewy Granola Bars, Skinny Pop, Pirate's Booty, Boom Chika Pop, Nature Valley Granola Bars, Planter's Peanuts, Late July Crackers, Snyder's Pretzels, trail mix, cheese crackers, peanut butter crackers, almond pack.

Shelf-Stable Milk boxes (non-chocolate), Single-serve peanut/almond butter pack with pretzels, mini can Vienna sausage, jerky (chicken, beef, turkey, pork), canned tuna or chicken salad pack, individual pastas/soups, individual Mac and cheese.

Fruit items, such as Fruit cups, applesauce, Annie's fruit snacks, Munk pack fruit, Buddy Fruits, Apple Chips, Go Organically Fruit Snacks, Welch's Fruit Snacks (low sugar), Clif Kid Fruit Rope, Fruit Crisps, GoGo Squeeze Applesauce packs.

Please do help the youth group by donating any of the above items. Any donation will be more than welcome. We want this food drive to be successful and help as many kids as we can. If you have any questions, please contact Persis Behramsha at 713-294-7747 or Zara Italia at 713-932-6629.

## MEET THE NEW YOUTH GROUP OFFICERS



Zara Italia  
President



Niousha Bastani  
Vice President



Zal Italia  
Treasurer



Roshni Chikhlwala  
Secretary



Neville Kanga  
Historian



Natasha Kanga  
Web Master

## ATASH KADEH

Behram Roj Jashan - July



In July the Youth Group had their elections and the new elected officers are:

Zara Italia - President  
Niousha Bastani - Vice President  
Roshni Chikhlwala - Secretary  
Zal Italia - Treasurer  
Natasha Kanga - Webmaster  
Neville Kanga - historian.

## ATASH KADEH NEWS

By: Persis Behramsha

WOW, we have zoomed past more than half of 2020, and we are still ZOOMing. In spite of the changes and challenges, our community continues to find new and better ways to keep functioning and value life.

Here we are, in our second year of the Atash Kadeh, preparing for the Holy Muktdas. Though we may not be able to accommodate a large group, we have smart technologies to share the prayers with all those that want to be part of it.

The July Behram Roj Jashan sponsors were Amy and Erach Balsara, Nargis & Homi Cooper, Thrity & Rohinton Desai, Arnavaz Godiwala, and Zenobia and Jal Guzdar. We very much value your support and thank all of you for your participation.

We continue to Live Stream the WeekEnd Boye and very grateful to our special guests Mobed Soli Dastur (Florida), Mobed Zarrir Bhandara (California), Mobed Zerkxis Bhandara (California), Mobed Bahrom Firozgari (Houston), and Mobed Viraf Nariman (New York) for dedicating their precious time to pray the Hambandagis. and also to our two dedicated Mobeds Maneck Sidhwa and Pervez Gonda for taking such good care of our Atash Kadeh. Our youth Ariana Anklesaria, Cyrus Desai, Anosh Irani, Darius Aga, and Shanaya Vakil have made our Hambandagi translations so interesting and enjoyable to hear. We are happy you joined and hope you continue to do so.

If any individual or family wishes to visit the Atash Kadeh, you are welcome to do so, as long as you maintain all the guidelines for Social Distancing, Wearing Masks at all times inside the Atash Kadeh, Washing Hands, etc. etc. We cannot yet congregate in large numbers, however, those offering Machis, sponsoring Jashans, holding private prayers, etc., can attend, again, as long as everyone wears a mask and maintains social distancing guidelines.

Please check [ZAH.org](http://ZAH.org) for Atash Kadeh updates, or contact Persis Behramsha at 713-294-7747 for any questions.

## MISCELLANEOUS

### Significance of Muktd

By: Sabrina Warden (7<sup>TH</sup> Grade)

The word Muktd is derived from the Sanskrit word mukt ātmān meaning free soul. The Muktd is a very special time to recall our dear departed ones, cherish their memories, emulate them in all the good words they have said and good deeds they have done in the past and pray for their souls. The Muktd comprises 10 days. The start of Muktd is Roj Ashtad Maj Spandarmad and ends on



**SABRINA WARDEN**



**MUKTAD TABLE**



**MUKTAD JASHAN**



**MUKTAD SILVER BOWL  
ALPAIWALA FAMILY  
1875 BURMA**



Vahishtoist Gatha. All Fravashis and souls descend every year to their collective houses and to the world in general.

Fravashi and Ravan are the two immortal components of a human being. Ardafravash is the collective of Fravashis of all righteous departed ones. Souls (Ravan) have to bear the rewards or recompense in the spiritual world for their life's actions.

The Muktabar days are also known as Farvardegan, defined as "days of remembering the Fravashis". Every creation either, spiritual or material, has a Fravashi. Human beings have a Fravashi as a guardian spirit. It gives strength to the body and regulates functions. Fravashis help plants to grow, waters to flow, and allow the sun, moon and planets to travel in their orbits. Apart from these, there are also helper Fravashis, fighter Fravashis, nature Fravashis and protector Fravashis. Those who invoke with prayers and rituals receive boons of prosperity, health and divine energy.

According to Zoroastrianism every word, thought and deed is noted in nature. Muktabar has a twofold significance. Firstly, the festival is to thank all the Fravashis collectively as they help us in many ways. Secondly these days are to individually remember the souls and the Fravashis of our own dear departed ones.

During the period of ten days, combined items are brought into the house and prayers are recited. Such as fresh water, flowers, a metallic vase or a Karasyo, a metallic or stone table, fire and divo. Flowers and water are the emblems of the invisible souls and Fravashis. Water and flowers are carriers of Khordad and Amardad Ameshaspand. They uphold life, and are the couriers of the divine blessings

In conclusion, Muktabar has to be a joyful and a festive occasion to welcome, and be hospitable to the Fravashis. It is a time of **REPAYING** the debt of gratitude to our ancestors, as life without them would have not been possible. They fortify our memory of the past and hope for the future. This time of the year is very special and auspicious. Unlike in other rituals, we remember not just the departed ones during these days, but all Fravashis in Nature.

**Wishing you all a very auspicious and meaningful 10 days of Muktabar 2020!!!**

Sources:

1. <https://www.zawa.asn.au/significance-of-muktabar>
2. <https://zoroastrians.net/2014/08/12/making-muktabar-more-meaningful/>
3. <https://zoroastriansnet.files.wordpress.com/2009/08/muktabar-an-article.pdf>
4. <https://ramiyarkaranjia.com/muktabar>
5. <https://parsi-times.com/2018/07/significance-of-muktabar-by-wzotf-athornan-mandal/>

## ZAH CARES



## DON'T EAT RAW RED ONIONS



## CONTACT DETAILS OF CAREGIVERS

Davier, Homi	832-428-4285
Balsara, Diana	281-794-2080
Behramsha, Persis	713-294-7747
Chhor, Aban	832-794-0820
Collector, Sarosh	713-882-8465
Dungor, Nozer	832-758-8331
Engineer, Yasmin	832-276-0502
Italia, Arzin	713-679-4998
Katrak, Jasmin	713-320-5075
Khumbatta, Nazneen	832-867-8006
Rustom, Shaheen	713-301-1356
Sagar, Pervin	832-532-2100
Sarkari, Shirin	281-844-1284

## ZAHCARES

CDC – Centers for Disease Control & Prevention is aggressively responding to the global outbreak of COVID-19 and community spread in the United States. As we start ordering food in from area restaurants the *Salmonella* bacteria cases will tend to increase.

CDC estimates that *Salmonella* bacteria cause about 1.35 million infections, 26,500 hospitalizations, and 420 deaths in the United States every year.

Food is the source for most of these illnesses.

- Most people who get ill from *Salmonella* have diarrhea, fever, and stomach cramps.
- Symptoms usually begin 6 hours to 6 days after infection and last 4 to 7 days.
- Most people recover without specific treatment and should not take antibiotics. Antibiotics are typically used only to treat people who have severe illness or who are at risk for it.
- Some people's illness may be so severe that they need to be hospitalized.

### Prevention – Five Fast Facts

Remember to follow the Clean, Separate, Cook, and Chill guidelines to help keep you and your family safe from *Salmonella*. Be especially careful to follow the guidelines when preparing food for young children, people with weakened immune systems, and older adults.

Don't let *Salmonella* make you or your loved ones sick. Take a look at these five facts and CDC's tips for lowering your chance of getting a *Salmonella* infection.

1. *Salmonella* can be found in many foods, including sprouts and other vegetables, eggs, chicken, pork, fruits, and even processed foods, such as nut butters, frozen pot pies, chicken nuggets, and stuffed chicken entrees. Contaminated foods usually look and smell normal, which is why it is important to know how to prevent infection
2. *Salmonella* also can spread from animals to people and from people to people. Always wash your hands after contact with animals. If you have a *Salmonella* infection, you should not prepare food or drinks for others until you no longer have diarrhea.
3. *Salmonella* illness is more common in the summer. Warmer weather and unrefrigerated foods create ideal conditions for *Salmonella* to grow. Be sure to refrigerate or freeze perishable.
4. *Salmonella* illness can be serious and is more dangerous for certain people. Anyone can get a *Salmonella* infection, but some people are more likely to develop a serious illness, including children younger than 5, older adults, and people with immune systems weakened from a medical condition, such as diabetes, liver or kidney disease, and cancer or its treatment.
5. *Salmonella* causes far more illnesses than you might suspect. Most people who get food poisoning do not go to a doctor or submit a sample to a laboratory, so we never learn what germ made them sick.



We send these articles in the hope that it may help you in protecting yourselves from such diseases & are what we have experienced from our care/experience with INDIVIDUALS WITHIN OUR COMMUNITY.

There have been two such cases within a month already so TAKE CARE PLEASE!

We have heard that Krogers and a couple of other Supermarkets, have called their regular customers to advise of the outbreak of Salmonella in Red Onions. Please DO NOT EAT THE ONIONS RAW.

With our best wishes for your good health and safety

**DASTUR DR. M N DHALLA**



**MUKTAD NO NAMASKAR  
MUKTAD AT ATASH KADEH**



### **PRAYER FOR THE DEAD**

From Homage Unto Ahura Mazda  
By Dastur Dr. Maneck N Dhalla.

Death of our dear ones destroys the radiant joy of our home and plunges us in deep distress. We look unto thee, Ahura Mazda, for the relief of our grief and comfort of our hearts. Time can soften our sorrow, it cannot efface the loving memory of our dead from our minds. We worship their pious memory and it is the one gleam of sunshine in our lives shadowed by sorrow.

Death has freed them from the material bondage. They have shed their frail earthly clay and departed this life to live hereafter in the realm of the spirit. Their earthly work is done and they have laid down the burden that pressed heavily on them. From the din and dust and storm of life's struggle they have gone to the deathless world of peace and rest where light fades not and happiness fails not. Our beloved have died in body to live in spirit a life higher and nobler than our thoughts can measure and minds can conceive. They rest in everlasting peace and joy with thee.

Though lost to us, our dear departed ones have not forsaken us. They cannot forget us, as we do not forget them. Though the seven zones divide us and the boundless space part us, they, the spirits, are above and beyond space. They are near us and with us, and see us through our bodily veil. Death has silenced them. They speak not with tongues. They have cast off the vesture of flesh and their souls hold their communion with our souls. They care for us, they feel for us, and they bless us. They long for us and love us, as we long for them and love them. They are ours, as we are theirs. Death has not dissolved our union.

Thou, Ahura Mazda, hast called them to thyself. We commend them into thy hands. Have compassion upon their human infirmities. Absolve them from the errors of their mortal life. If they have sinned in thought and word and deed, spare them in thy mercy. Gather them into thy fold. Admit them in the fellowship of thy blessed dead. Let thy light shine upon them. May they rest in thee in the shining, all-happy paradise of the righteous.



## CAPTAIN RAYOMAND KUMANA



## BAWAJI KA TIME AAYEGA



=====



## AWARDS & ACCOLADES

### Capt. Rayomand Kumana

In May 2020, Rayomand Kumana was officially promoted to the rank of Captain in the US Navy Reserve.

Captain Kumana joined the Navy Reserve in 2005 after leaving active duty service, and was assigned Reserve duties in Houston, TX.

Captain Kumana is the eldest son of Jimmy Kumana of ZAH. He presently lives in Baton Rouge, Louisiana, with his wife Katherine and their two daughters Zahra and Ariana. In addition to his Navy Reserve duties, he currently works as an Inspector of civilian nuclear power plants for the Nuclear Regulatory Commission in Baton Rouge.

## OBITUARY

Silloo Sethna, 96, mother of Pervez Sethna (Houston, TX) and Hormuzd Sethna (Virginia), mother-in-law of Dr. Jerry Sethna, grandmother of Dr. Jimmy Sethna, grand-mother-in-law of Taylor, passed away on Thursday, July 16, 2020.

*MANASHNI* and its readers send their heartfelt condolences to Pervez Sethna and his family.

## VISIONAIRE PRODUCTIONS

### Virtual Play *Bawa Ka Time Aayega*

Greetings from Visionaire Productions!

The past few months have been exceedingly trying times for all of us - emotionally, physically and of course financially. Everyday life had come to a virtual standstill: for most of us it still is, while for some the future is uncertain. In the midst of all this we will be celebrating our Navroze in exactly a week. It's time to bring in cheer and laughter with your family and loved ones.

We, at Visionaire, are proud to present our most successful and hilarious play *BAWAJI KA TIME AAYEGA* absolutely FREE on [YouTube on 16th \(New Year\) and 21st \(Khordad Saal\)](#) for the benefit of all community. \*This play will remain on YouTube on both days from 7pm (IST) for a period of 24 hours.

Do remember to put your comments and likes after watching the play

## ZOROASTRIAN ASSOCIATION OF MICHIGAN (ZAOM)

### Zoom Entertainment

ZAOM presents an evening of music and entertainment in collaboration with performers from all over the world.

From the comfort of your home, you can watch the Navroze/Khordad Saal concert featuring Zoroastrian Performing Artists from around the world on [August 22, 2020 at 7:00 p.m. Eastern Time](#)

## ZAH Z-Camp 2020 – First Ever Virtual Experience!

***“We have been through several camps this summer, all virtual. We had a few months of school from one of the largest school districts in the country. This stands out as exceptional compared to all others. The preparation showed incredible thought and anticipation, resulting in great attention to detail. The result was it made for a better experience for the kids, but also for the parents that knew how and when to be prepared and around to supervise. With that said, the supervision was minimal, largely because of how well it seemed to run. The kid’s attention was held, breaks were planned, movement included. All in all, the team that executed this should be incredibly proud of what they pulled off. Thank you so much!” – A Z-camper’s Parent***

Wow! what an experience. It was imperative for us to begin the article with a quote from one of the camper’s parent as it perfectly encapsulates the outcome of the first ever completely virtual endeavor, we (ZAH) undertook by hosting this year’s Z-Camp on July 26<sup>th</sup>. We had 74 attendees (incl. 1 from Karachi, Pak) from 24 cities across North America (incl. Canada) in total with 25 campers from Houston. The most heartening part of the entire Z-camp was, 7 out of 11 sessions were conducted/delivered by our own under-30 Young Adults.

After weeks of virtual preparations, together as a team we were challenged to come up with some very creative and innovative although time relevant session ideas for all age groups. We sent them a comprehensive 8-page preparation document a week prior, although we knew that our biggest challenge in a virtual environment was technology and the entire success of the camp would depend on it. As if we didn’t have our share of worries, we got to know a few days prior that “our dear hurricane Hanna” was looming large over Texas expected to make landfall around the event day.

Tensed a bit, we started our day around 9.30 am with our pre-checks and lo and behold, a couple of Z-campers were already waiting in the ZOOM room which alerted us of the enthusiasm we should anticipate during the day. The Z-camp started promptly at 10 am with a benediction by Ervads Neville Kanga and Darius B. Dastur and got right into the Z Workout session led by our “fitness guru” Serena Setna, which energized all the attendees and created the right mood for an exciting day to follow.

Once the Z Workout session was over it was time for our favorite Iron Chef session led by Yasmin Medhora. This was our biggest test technologically as we had to create team rooms, assign 74 attendees in quick time, resolve any attendee technical issues, move judges and overseers’ multiple times between the team rooms, etc. Due to detailed preparations, the transitions were smooth although we found one camper floating around in the main room, with us trying frantically to get him into one of the team rooms. We resolved the minor pause swiftly and once the teams were sent to their team rooms, they discussed and came up with their team names (Appetizers, Brilliant Bawas, Cookie Monsters, Divo).

This year, although virtual, we wanted the campers to experience the feeling of being physically present like every year together with their friends. To create that feeling and environment, we decided to make the kids eat what they would prepare for the competition as their “Virtual Z-Camp Lunch”. The 7-14 yrs. old were requested to keep ingredients ready to make a sandwich or a wrap and the 15-18 yrs. old were asked to keep ingredients ready for making a pizza of their choice.

Since tasting would be a challenge in a virtual camp, the competition was judged on presentation of the food, creativity to showcase the theme as well as teamwork and participation of the whole team. Keeping in line with the current environment we are in, the theme was to depict “their school cafeteria when the kids return to school after the lockdown”.

We had selected four judges for this competition, Ken Bhappu, Nerius Mehta, Serena Setna and Farzana Sidhwa who were amazed at the creativity of the enthusiastic participants. The food presentations and group activities to show the judges included unique shapes of food representing the theme, social distancing, masks, sanitization, healthy foods, posters, etc.

The team mentors played a crucial role in keeping their groups motivated, on track and making sure that everyone was included in the theme decisions made. The team mentors were Freya Daroga, Priyana Sidhwa, Alyssa Tamboli, Rhea Engineer, Nikita Engineer, Vispi Katrak, Katie Master, Zubin Master, Rayhan Nariman, Yazad Sidhwa and Zenia Sunavala. The support of parents of the 7-10 yrs. old at home was very much appreciated.

As the kids were relishing the lunch prepared by them, Yasmin Medhora showed a demo on making ice cream. After making the base recipe she encouraged all to be creative and add whatever they desire – fruits, nuts, cakes, cookies,



food colors, liquors, essence, etc. She shared various ways to present and decorate ice creams and once the demo was complete the judges gave their feedback and all the campers dove into their creations to fill their already growling tummies. By the way, a couple of them ate before they were judged 😊 and some on the West Coast had to eat an early lunch.

Once the Iron Chef session concluded the attendees went straight into “The New Normal – COVID-19 pandemic session which was delivered by our young medical professionals Bahrom Firozgari and Rayomand Katrak. They educated the camp attendees with a candid presentation of COVID 19 and safety related issues with a unique recommendation from Bahrom to the campers to recite 2 Yatha Ahu Vairiyos and 1 Ashem Vohu to make sure we complete the 20 seconds recommended while washing hands. It concluded with a quiz to test what they learnt during the session. During the quiz, 7-10 yrs. old were taken to another team room for their quiz. After the COVID-19 presentation, Naozer Behramsha took over and amazed the campers keeping them captivated with live Ultrasound demonstrations! Once that ended the 15-18 yrs. old left for another ZOOM room dedicated to them for 3 exclusive sessions.

Once the health sessions were over, the 7 to 14 yrs. old were treated to a virtual Atash Kadeh tour and the Boye ceremony video ingeniously created by our two young Ervads Vispi Katrak and Yazad Sidhwa. The importance of wearing tops/scarves, washing hands, significance of each room (Atashgah or Kebla, Urvishgah, etc.) were presented which were engaging and informative. The related Kahoot quiz was a new and enjoyable experience for the campers and was followed by a melodious chanting of the Airyamanem Nirang by our youngest Ervad Darius Dastur along with Ervads Vispi and Yazad including a translation at the end. Once the Nirang was over the 7-10 yrs. old were given the option to leave and join us back at 4 pm. As expected, some didn't want to and stayed the whole time.

The next session that followed was Edul Chikliwala's unique presentation on the importance of water and its heritage to the world through Zoroastrian culture, beautifully animated and captivating. The activity at the end of the session enabled the campers (young entrepreneurs) to build a brand for a business idea and a creative marketing strategy keeping in mind impacts to natural resources. After that, the kids were treated to a session by Yezdi Engineer who led the Z-Campers on a journey of discovery, tracing our roots from “Big Bang” to the present times!

While those sessions were going on in ZOOM room 1, in ZOOM room 2 the 15-18 yrs. old were treated to some great topics like Zenia Sunavala's session on Cultural Humility which led our youth into thought provoking activities and discussions as well as the one on “Home, Health and Happiness (the 3 H's) led by Nikita Engineer and Katie Bustos, a dietician, and supported by our mentors Natalya Haveliwala, Serena Setna and Vispi Katrak. They learnt about mental health, fitness, food and the facts and myths behind them. Besides those there was a Trivia/Quiz session moderated by Rhea Engineer and Alyssa Tamboli with topics related to Zoro facts, crazy history facts, general, etc. The entire technical coordination was handled by Rayhan Nariman for ZOOM room 2 where the sessions were relevant with some great content and the campers gave positive feedback.

Once they finished their sessions they were back in ZOOM room 1 to have the combined session titled “Classroom to ZOOM room” led by Friyana Sidhwa and Freya Daroga which comprised of a very informative Panel with an array of speakers consisting of students (Sascha Shroff, Dina Hormuzdi, Hormuz Buhariwala and Zara Italia) and Educators (Manijeh Rustomji and Clarissa Cupit) who threw light on the new norm of virtual teaching/learning as well as sharing best practices and tips and tricks. The perspective and guidance the teachers gave was particularly helpful to the attendees.

As the session was getting over, the 7-10 yrs. old came back for the much-awaited final session of a “Virtual BINGO” with lots of prizes to be won. As part of our comprehensive preparations package that we had sent our attendees, there were two blank bingo grids to write numbers of their choice from 1 to 90 before the session.

The Bingo session began with some instructions from Yasmin Medhora. The first ticket was used for a Jaldi (quick) 7 game and continued to Full House and the second ticket was used for Middle line game followed by Full House. Each number picked was first shown on the screen, then called out followed by a rhyming phrase. All participants were focused, cooperative and thoroughly enjoying both games and the winner would call out Bingo and numbers would be verified. The last impromptu game played was where the participants kept their hands raised until they got a number that was called and the last person/s having their hand/s raised were the winners. A total of eight Bingo prizes were awarded.

After all the excitement and interruptions of “I have a question..., can you repeat the numbers....” we came to the much-awaited results where the team “Brilliant Bawas” stole the honors and were awarded the first place but for us all were winners. As we could not hand out T-shirts and medals this year, all Z-campers, Bingo winners and mentors were

presented with gift certificates. Most importantly, everyone made new friends and long-lasting relationships. We would like to thank all the parents / guardians for being so vigilant and supportive, and for assisting us make our dream of hosting a full day virtual event a reality. We would also like to thank all the overseers, mentors, donors, presenters and above all our dear Z-Campers. Au Revoir and see you all back in 2021.

As we started with a quote from a parent, let's conclude with a quote from one of our Z-campers to summarize the learnings and enthusiasm our Z-campers received throughout the day.

***“Thank you for organizing an amazing day for me and my brother yesterday. You all asked for feedback so here were some of my favorite moments of the class. I really appreciated the support that was available in the breakout sessions. The session on online studies was really engaging and it is really nice to get a summary of what the teachers are looking for during the school year. The food competition was also really cool because we had to use our minds to come up with a good plan to impress the judges. Overall, the Z Camp was super fun and so appreciated by us all. It is going to be a fun memory of summer 2020” – A Z-Camper***

ZAH Z-Camp 2020 Team

Vehishta Kaikobad, Khursheed Dastur, Yasmin Medhora, Lyla Daroga and Kayo Sidhwa



