

THE SECULAR CITIZEN

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EARTH WEEPING

—
in vain ?





by **chhotebhai** *

A Constipational Theory

who is invariably disappointed that his BP, blood sugar and other vital parameters show up normal. Daughter Piku (Deepika) herself gets hyper with her papa's hypochondriatic state. Interestingly, the Greek etymology of the word hypochondria describes this state as one emanating from the abdomen, the seat of all melancholy. It fits Bhaskar Bannerji (Amitabh) to the T.

Here's where the human-interest part begins. Piku vents her frustration on her colleagues and taxi drivers, to the extent that no driver is ready to attend to her call. Her selfish father, who after the death of his wife, clings to his daughter, invariably conspires (oops

eyes, acts well, despite his limited repertoire. But Amitabh and Deepika's acting is superb. Their eyes are so expressive, a force-multiplier to the script. Since Amitabh's real life wife, Jaya Bahaduri, is Bengali, it would have been relatively easy for him to portray a Bengali. But hats off to Deepika for her powerful portrayal, what with her kajal lined eyes and prominent Bengali style bindi.

The high point of the movie is when Amitabh borrows a cycle to rediscover his Kolkata roots. The changed ambience puts him at peace with himself. He subsequently declares that he has had the best motion of his life! Both a relief and a release. This is the real take away from the movie. So many of us go through life with fears of the past or apprehensions of the future; ending up living emotionally constipated lives. We need release and relief. In the instant case it came through a voyage of rediscovery, of coming home to roost. If we are physically, psychologically or even sexually constipated, we need to let go and rediscover ourselves, preferably in a changed and conducive ambience. As a person who took to cycling two years ago, when I was 62, I can bear testimony that cycling is in fact a liberating experience that even changes one's world view.

The other touching story line is the daughter's single-minded devotion to her Machiavellian father. She is prepared to remain single, so as not to abandon her father, who is now totally dependent on her. She even ate karela (bitter gourd) and kaddu (pumpkin) for years, in accordance with his diet. Of such sacrifices are love stories made.

Having seen Piku, the motion picture, I feel emotionally well, and ofcourse continue to have good motions, in all spheres. No constipational theory for me.

* *The writer has been involved in film criticism for youth*

We have had a surfeit of conspirational theories from the time of British India's "Divide & Rule" policy, to the mysterious disappearance of Subash Chandra Bose; Indira Gandhi's all weather "foreign hand", and now the BJP's tirade against "conversions"! So the reader must needs be forgiven for having misread the title of this piece, and assuming it to be a typo! It isn't.

Because it is indeed about constipation and not conspiracy! By now you'll have guessed right; that this is about Amitabh Bachchan's much hyped constipation in the movie "Piku"; which I just saw, courtesy a good friend. Most viewers would have us believe that the story line revolves around Bachchan's chronic constipation; all the way from the Bengali enclave of Chittaranjan Park in New Delhi to his ancestral home, Champa Mansion, in Kolkata.

Here is where I differ. Constipation is just a thunderous thread (pun intended) that runs through the movie. Its actual merit lies in the various subtle sub-plots, nuances, dialogues, and most importantly – its human relationships. To get stuck with constipation (pun again intended) would be like missing the wood for the trees; or suffering from constipation of the imagination! Mercifully, the scriptwriter has been innovative in his dialogues, both Hindi and Bengali, so there is no verbal diarrhea! Do you think that I have gone potty now?

For those who haven't yet seen Piku it is about a young Bengali architect in Delhi (Deepika Padukone) and her perennially constipated father (Amitabh). He is a hypochondriac, imagining various sicknesses,



so there is a conspiracy theory too) to ensure that she doesn't get married. He declares that only women with low IQs get married. He tells prospective suitors that Piku is financially and sexually independent. She is not a virgin. So nobody is willing to marry her. Emotional blackmail is added to his motions, or rather a lack of them.

When Bannerji decides to travel by road from Delhi to Kolkata, no taxi driver is willing to go along. It falls to Irfan Khan, the owner of the taxi company, to drive them down himself, with Bannerji's throne (singhasan in Hindi) strapped to the top of the car. Irfan, with his trademark bloodshot bulging

'Thought for the week'

God is the most loving Being in the universe because He takes those who deserve the least and He gives them the most.

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(Read p.11)

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Sacramental wine: Catholic Church in Kerala courts controversy

Thiruvananthapuram: The Catholic Church in Kerala, which has supported the government's steps on prohibition, has courted controversy by seeking permission to increase the production of sacramental wine.

The Syro Malabar Church in Kochi is hogging the headlines on TV channels since Tuesday after it became known it had applied for an increase in the production of sacramental wine or mass wine.

Paul Thelekat, spokesperson of the Syro Malabar Church at Kochi, told IANS that a mountain is being made out of a molehill.

"Yes, we had applied for increase in production of sacramental wine used during our mass. Our diocese currently has an annual production of 1,500 litres of wine, which was last increased over 20 years ago. This time we have applied for 5,000 litres," said Thelekat.

About the reason for seeking the increase Thelekat said there were many. "Look, the number of churches in our diocese has gone up dramatically in the past two decades. Hence there are more members which leads to more religious functions. So it natural that our requirement of wine will increase" said Thelekat.

Sacramental wine is made from grapes and used in celebration of the Eucharist (Lord's Supper or Holy Communion). While the Catholics are very particular about the use of wine, the Thiruvalla-headquartered Mar Thoma Church is not.

An official of the Mar Thoma church who did not wish to be identified told IANS that they use dry raisins and pour a little water and keep it overnight.

"The next morning just before the service, it is mashed and the liquid is used as wine and is given to our laity. The rest is equally shared by the priest and his assistants. Now-a-days in many of our churches, to make things easy, we use grape squash," the church official said.

Sources in the excise department have confirmed that the application from the Kochi dioceses of the Syro Malabar church has been received. All the necessary procedures are complete and they will be permitted to increase the production of wine from 1,500 litres to 5,000 litres annually.

The Catholic Church, in particular, has been very vocal that the Oommen Chandy government go ahead with its policy to achieve total prohibition by 2023 in the state.

IANS

Q1. What are the challenges faced by Businesses in the current competitive scenario?

In today's dynamic times, businesses are characterized by the following challenges that threaten their continuity and distinct core competencies:

- Growing your business.
- Acquiring and Retaining Manpower.
- Financial Management, Fund Raising, Recoveries.
- Competition, Expansion, Diversification.
- Marketing, Digital and Social Media Challenges.
- Succession Planning & Family Business Conflicts.

In general, it is observed that businesses lack the adequate managerial and technical skills to speed-up their growth and there is a dire need to manage these businesses with a more objective and professional outlook.

Q2. How is a specialised PGP Entrepreneurship Management different from a Standard MBA?

During the course of a standard MBA program, students are trained for seeking jobs in Corporates / MNCs etc. whereas WeSchool's 11 months PGP Entrepreneurship Management program trains students with management skills to be Entrepreneurs. MBA trains a student to operate one function such as Marketing, Operations, Finance and HR whereas, the specialized PGP Entrepreneurship Management program provides knowledge of all functions as required by the head of the company. Lastly, MBA programs are designed to sustain the needs of the company whereas, WeSchool's Entrepreneurship Management program is designed for the rapid scale up of one's own business.

Q3. What are the modules that are taught in a program for Family Business owners?

In consonance with the diverse issues which confront businesses, the PGP Entrepreneurship Management is designed with a focus on:

- Business Strategies in a Digital Economy
- Venture Capital and Private Equity
- Family managed business traditions and practices
- Integrated Business Plan and Project management
- Managing Finances, People and Resources
- Managing Organizations for sustainable growth and prosperity
- Wealth and Cost Management
- Technology integration to enable business growth
- Innovation Management
- Leadership and Change Management
- Business ethics in entrepreneurship
- Cultivating global thinking to be applied to the business
- Understanding latest international trends in entrepreneurship

The sessions also include business owners sharing their experiences with others, in turn confronting situations commonly faced by all business owners.

Q4. A brief about Welingkar Institute of Management?

Established in 1977, Prin. L. N. Welingkar Institute of Management Development & Research (WeSchool) features amongst the leading B-Schools in India with two sprawling campuses in Mumbai and Bengaluru. WeSchool has been recently recognized and ranked 10th All India and 2nd in the West region in the coveted Times

of India B-School survey 2015, within just a month of winning the prestigious "Best Management Institute 2015" award from the Bombay Management Association at the hands of industry doyen Mr. Ratan Tata and other dignitaries. For more details on WeSchool, please feel free to log on, www.welingkar.org.

Q5. What are the special unique features of the WeSchool's PGP Entrepreneurship Management Program?

- This program has sessions for just 7 days a month so that business can go on as usual.
- Program participants not only gain new insights but are also able to apply them in the context of their existing business
- Program is designed on the guiding philosophy of the AAA approach, which stands for acquisition, application & assimilation of knowledge.
- Global outreach program at Japan is conducted to bring the global perspective to business.
- Parent interaction session is held every semester to help align the participants and their family business members with new learning's of the program

Q6. Who should apply for this program & what is the eligibility criteria?

This program is ideal for first and second generation entrepreneurs and SME owners from diverse industry sectors like Manufacturing, Trading, Retail, Textiles, Gems & Jewellery, Logistics, Media, Real Estate, Hospitality & Tourism, Services, IT etc., Fresh graduates wanting to pursue entrepreneurship as a career option, Women entrepreneurs and individuals interested in professionalising and diversifying their existing business. Graduates from a recognized university, with minimum 50% marks can apply for this program.



"For me studying this WeSchool program has empowered me to think beyond conventional parameters of competition like pricing, quality etc. and to work on new business drivers like design thinking, innovation and customer focussed profitable business models. It has helped to reduce the company's electricity bill from 5% of the production bill to just 3% amongst the many other tangible benchmark results".

- Harshit Mehta

Director & CPO of Abhinav Electrical Industries,
(Asia's Largest Manufacturer of Plastic Disposable Cups
Containers, Food Packaging Products)

Q7. How to get more information & how to apply for the program?

Application forms are available at WeSchool or can be downloaded from <http://www.welingkar.org>. WeSchool's 11 months PGP Entrepreneurship Management Program **will be commencing in June 2015**, and we would be pleased to offer you free personalised counselling sessions with our team at WeSchool or your office as per a date and time convenient to you. To arrange for the same, we request you to kindly give us a **missed call 022-45305060**. Alternatively you can also write your queries to us on entrepreneurship@welingkarmail.org, or log on to fmb.welingkar.org for further details on the program.



Is the Church in India Media Shy ?

An unofficial report says that there have been nearly 55 attacks on Christian Churches all over India. The BJP ruled government and the BJP itself seen to take this softly. A 72 year old nun was gang-raped in Didi's West Bengal. Hindu extremists can not take minorities for granted. The entire world is closely watching what is happening in India... Modi's silence speaks ... The unholy silence!



this sad incident. My mind, since that day, has been asking me this question: "Is the Church Media-shy?" In order to be over cautious, after it seems, the Church (in India) avoids confrontation with burning issues.

Fr. Cedrick Prakash, a known social activist and human rights defender says: "The global Church under the Pope Francis is very vocal and takes up issues which require attention... When asked, "Is the CBCI or the official Church remain silent on burning issues?" Fr. Cedrick said "Yes, they should be specific and vocal ... As for me, I react to all these issues and we have press meets with the media men..." Father Cedrick Prakash is clear and minces no words when it comes to react in media.

The Gurjarvani director Fr. Ashok Parmar reacted this way: " It is true that the Church is media-shy but the new breed in the Church is very vocal and active in the social media. ... Gone are the days when we remained silent..."

Prof. Raymond Parmar, a known writer in Gujarat said: " Yes, the Church officials keep "prudent silence... They do not want take sides... We must raise our voice when wronged..."

This writer has absolutely no evil intention to malign any body. But silence can often be culpable...

"Wise silence" can sometimes be a sure sign of fear... When we do no wrong, why should we be slapped? That is the question.

After the 1998 Church attacks in south Gujarat, during which nearly 48 Christian worship places were either demolished, burnt down or attacked, the Hindu extremists under the Bhartiya Janata Party's patronage have crossed all the limits of tolerance and decency in a democratic set up of secular India. Those were the Christmas days. The shadow of the cross frightened us all in Gujarat. The then Prime Minister Atal Bihari Vajpayee left all his New Delhi engagements and rushed to Surat in south Gujarat, much before the state Chief Minister Mr. Keshubhai Patel realized the grave consequences of the church attacks in Gujarat. The English language news-papers in Gujarat played a just role in reporting and assessing the pathetic events. The Gujarati news papers danced at the tune of the BJP rule. The sangh parivar justified the role played by the miscreant elements.



The New York Times, 'La Observato Romano (Rome), 'La Monde' (Paris), and 'Lai Tung (Frankfurt) sent report-

ers and photographers to Gujarat. This writer accompanied or guided many foreign journalists in accurate and balanced assessment of frightening attacks.

On 8th January, 1999, a friend of mine from Frontline wanted me to meet the Bishop of Ahmedabad - Stany Fernandez, S.J. We went to see him to Gandhinagar, 30 K.M. from Ahmedabad. Bishop Stany would not say anything about the attacks! He tried to be diplomatic! We were literally pained and shocked as well. This writer in his book, 'The Hills on Fire' has mentioned

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Pope Francis Is A Godsend

Ordinarily only the pope and his bishops are empowered to forgive the sin of abortion. During the Holy Year of Mercy the Holy Father proposes to send out priests as 'missionaries of mercy' to dioceses and parishes empowering them to forgive the sin which leads to excommunication.

While this concession in no way purports to change the church's teaching on abortion, it provides a reprieve to those who otherwise face excommunication. This forgiveness, after confession, is also extended to doctors, nurses and others who may have assisted in the commission of the sin.

Once again, in the face of possible criticism, the Holy Father has shown genuine and realistic concern for his straying flock. The reality is that abortion is rampant among teenagers and newly weds. Of late, abortion pills which are available across the counter, are consumed without even tickling the conscience. Very few women would have the courage to approach a bishop for forgiveness. Empowering priests will encourage more persons to seek forgiveness.

Critics of the Holy Father will undoubtedly get more ammunition to attack him. However, several surveys among teenagers and young couples reveal that millions resort to abortions. Without mercy, they face eternal damnation. God is infinitely merciful. The Holy Father is only attempting to reflect the mercy of God.

For the millions who face damnation, Pope Francis is a godsend.

—Prof Robert Castellino
Orlem

The Significance Of Rahul Gandhi

Ladislaus L. D'Souza [The Secular Citizen Vol 24 No 17 April 27, 2015] in his article "Why the Rahulmania?" has criticized the attention Rahul Gandhi is getting. His criticism is misplaced. I for one was happy that he took time off to introspect and work out his next moves. This has been done by great leaders throughout the ages before they launch on their Life's Mission.

The fact that he has come back invigorated has justified my hopes. The BJP was becoming too arrogant thinking that they had the country behind them because of their massive electoral victory, when they got only 31 % of the votes. The Modi Juggernaut was fortunately stopped by the AAP victory in Delhi. Then it was shaken up by the re-emergence of Rahul and the change in the leadership of CPM.

That nothing was done in over six decades of Congress Rule is part of the propaganda of the BJP with massive funding from some corporate houses. During the past ten years the numbers below the poverty line has dropped dramatically. India is a leader in IT and Space Technology. We have seen the Green Revolution and India being the No 1 milk producer in the world. The Middle Class who criticize the Con-

gress and have backed the BJP have seen their revenues go up by several orders of magnitude.

That Rahul is young and is prepared to learn are his strengths. What has the BJP to offer --- Hindutva, learn Sanskrit and the Vedas. Why do I have to learn Sanskrit to learn about ancient India? I studied Latin in school but it didn't help me understand Roman Law or literature. I learned these through translations and interpretations which have evolved over the centuries. Smiti Irani, whose educational qualifications are questionable, interviewed candidates for the post of Director of IIM Lucknow through a Group Discussion like a bunch of school boys

The emergence of the political forces over the past year --- The success of AAP in Delhi, the resurgence in the Congress, the new leadership in CPM, the coming together of secular forces in the Hindi Heartland as significant trends --- has shown that India is a Great democracy and "will get the leaders it deserves"

Rahul has shown true empathy by actually visiting the farmers not just a superficial statement from a rostrum with a lot of rhetoric and sound bites.

—Francis Lobo

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The Laity Are Called To Be Messengers Of Evangelisation

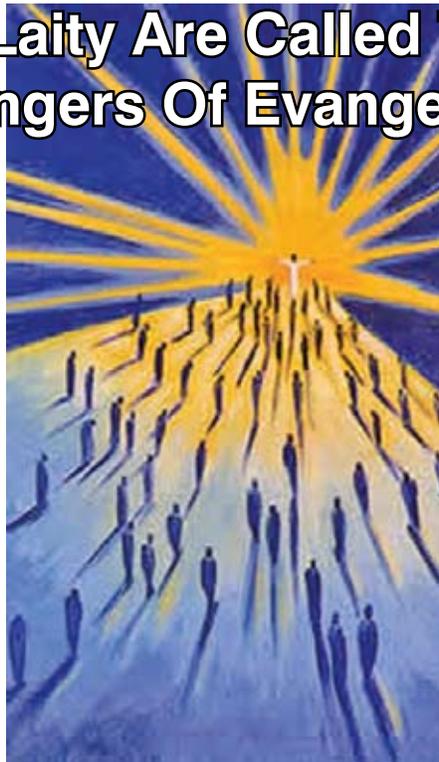


by S. Santiago

Evangelization

Evangelization is the preaching of the Good News, the Gospel, JESUS CHRIST our Lord and Savior to the world, to the entire humanity. The time has come for laity, particularly the lay leaders to take seriously their role as evangelizers. Evangelization is not the patrimony of only the clergy and the religious. It is the sacred duty of every baptized Christian. The Church invites her children to be messengers of evangelization both in the Church of faith and in the world of inter-faith.

'Lumen Fidei', Pope Francis' Encyclical establishes that manifestation of God's love in Jesus is the foundation of faith, that faith is communitarian, an ecclesial existence, that faith is rooted in Truth and Love and that faith renders the believer humble and leads him to co-existence with respect for others.



mental rights of people and peace. In the world.

The faith-illuminated human segments of society are first the Family based on marriage, a stable union between man and woman based on love in Christ, promising to the couple a 'love for ever' that leads to begetting of children; secondly the Youth with their commitment to live faith and life to the fullest and thirdly the Universal Brotherhood which is not merely equality but rather the common experience of God's paternity and the comprehension of the unique dignity of each person.

Importance of Evangelization

Lumen Fidei focuses on the importance of Evangelization. Evangelization is not individualist but communitarian. "He who has opened himself to God's love can not keep this gift for himself but must share it with others".

Within the community of the church, transmission of faith is enabled through the Sacraments and Prayers. Baptism of both children and adults received in an ecclesial communion are supported by parents and grandparents and this establishes the intense need of cooperation between church and family. Eucharist is the precious nourishment of faith. In the confession of the faith – the Creed – the believer not only confesses faith but is involved in the truth that he confesses. In the prayer – Our Father – the Christian learns to see through Christ's eyes. Through the Ten Commandments which are not a set of negative commandments, the faithful are embraced by His Mercy.

Evangelization and the Common Good

Lumen Fidei teaches us that faith which is born of the love of God strengthens the bonds of humanity and places itself at the service of justice, funda-

Evangelization and God's Creation

Lumen Fidei exhorts us all to understand that:

Nature and Environment: must be respected to find models of development which are based not simply on utility and profit but consider creation as a gift from God. People have to find Just Forms of Government in which authority comes from God and which serves the common good and justice. Faith offers the possibility of forgiveness that leads us to overcome conflicts and thus provides Conflicts Solutions. Suffering and Death: which can not be eliminated opens up a threshold of light in the shadows and hope which is the pathway for progress. Public Confession of God – A strong faith which strengthens the foundation of humanity and promotes mutual trust and confidence facilitates public confession of God as faith illuminates social life.

Evangelization and Purification of Personal Lives:

To evangelize effectively and fruitfully, the laity should first be free from the original deadly sins which were revealed by God through His chosen

(Contd.. on p. 18)

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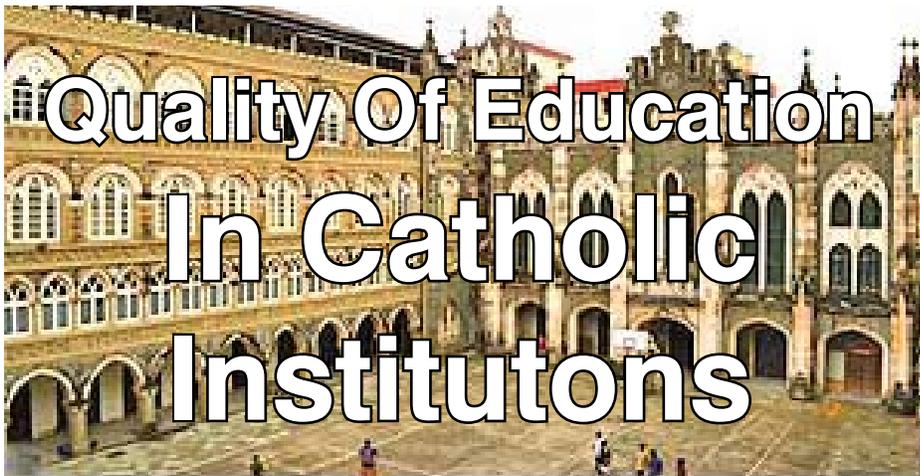
Concern has been raised recently through this Weekly about the declining quality of education in catholic schools and colleges in Mumbai managed by Parishes and religious orders. The problem areas brought are 1) infrastructure 2) teaching staff 3) finance 4) discipline and 5) management and administration.

The main objective of these institutes is to provide education primarily but not exclusively to Catholic students. Catholic schools were sought after by all, specially the higher income group. At present, the elite, including Catholics prefer private schools. The government aided catholic schools are filled by the lower income group students. Majority of the catholic schools have a small number of catholic students, some with less than 5% of the total strength. The colleges though few in number, are not without problems but are still sought after by all.

Why have we landed in this sorry state of affairs? Infrastructure is not a serious problem for most catholic institutes, thanks to the land and money donated by the lay people and land granted by the government. The facilities for teaching and learning are sufficiently good in most of our schools.

Catholic institutes being religious minority institutes (unless they have not obtained minority status) have the constitutionally granted rights to select the teachers and administrative staff, subject to the qualifications. The government, though periodically attempted to withdraw such rights, has not succeeded. Salaries for the approved staff is paid by the government. They have improved under the successive Pay Commissions but not good enough to attract the best talents.

Primary sections of most catholic



schools, technical and management colleges and new courses in the general colleges, function on self-financing basis. The payment here for the staff in most cases is less than the government prescribed scales, even for fully qualified teachers, under the pretext of financial constraint. This reason is not acceptable as there are government provisions to obtain permission to charge fees to cover the cost. Additional activities and services required for the qualitative improvement in education, can be charged and defended provided a total transparency is maintained in the collection and expenditure. The poor catholic students can be supported by the community. Most of the parishes collect community development fund meant for health and education, from which the poor catholic students must be helped.

Deteriorating discipline is one of

the reasons which dissuades many from seeking admission in our institutes. Besides the socio-economic and political reasons, the large number of students itself becomes the source of indiscipline. The number of students in each division and the number of divisions which have increased over a period of time, as the management and principals are eager to have large institutes which help them acquire social and political influence. We cannot blame the expansion of our schools only on extraneous factors. For whatever the reasons, best known to the religious authorities, they have taken the responsibilities upon themselves to impart education to a larger section of the society. In the process more and more schools have opened, enrolling more and more students as possible. Large number of students, declining student teacher ratio, non-co-operation by teachers and parents, indifferent or selective approach by the management have contributed to the growing indiscipline in the cath-

(Contd.. on p. 10)



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(Contd.. from p. 9)

olic institutes.

It is pointed out that our institutes are less friendly to the catholic students in their admission policies. At present schools do not have a problem admitting all the catholic students of their parishes except perhaps in a few pockets where the catholic population is concentrated. It is true, the change in approach has been more evident after the Anti-conversion Bill introduced in Parliament by O.P.Tyagi, in 1978. Some of the higher education institutes have acquired minority rights very recently and there are others who are not very happy to have 50% catholic students and thereby risk their elite status. Ofcourse there are exceptions as in the case of St. Andrew's College, where 80% of the students are Catholic, securing admissions under 50% minority quota, management quota and through government online admissions. No doubt, such an overwhelming majority of a single community has its advantages and disadvantages too.

Management and administration together is another important factor contributing to this situation. The function of the management is to lay down the policy measures to run the institute in the best possible manner. For parish schools, the management comprises only the manager, who usually is the parish priest and functions under the principle of a single trustee. They may be helped by a larger body like our Archdiocesan Board of Education (ABE). It should however, be noted that the management policies cannot override the rules and regulations laid down by the government and University (in the case of colleges).

Administration of an institute, i.e., to implement the policies laid down by the management, is the responsibility of the principal. For the effective working and achieving excellence, it is essential that the management and principal confine to their respective sphere of activities. When the principal is a priest, this division of labour apparently works well. If the manager does not have the knowledge or ex-

perience of academic administration, the principal (priest) is granted complete freedom to manage the institute for better or worse.

A lay person occupies the principal's chair when the management fails in its frantic efforts to secure a qualified and experienced (as per the rules) priest or nun. The principal is responsible to implement the rules and regulations of the Board/University. The Management should support and encourage the principal in this regard. I had a very good and supportive Manager who was not only well qualified as an educationist, a Fulbright Scholar and he also served as a principal many years. He respected the position of a principal and did not interfere in the day to day running of the institution. He offered his valuable advice on policy matters and was not hesitant to give his permission to start new ventures or programmes. He was in fact lauded for being 'a progressive' by the Assessment and Accreditation team who visited our college. Sadly, this is not always the case with (priest) Managers. Often they allow themselves to be manipulated by disgruntled staff, making it difficult for the principal to function. The situation becomes a potential source for indis-

cipline and problems.

An observation of some of the best managed non-Catholic institutes would reveal that the principal is a part and parcel of all decisions taken by the management. These institutes have acquired the status of good or best colleges in spite of the fact that the trustees are hardly seen in the campus. One fails to understand why a catholic lay principal cannot be an ex-officio trustee and be involved in the process of making every decision. The trouble is, the management of our catholic institutes, though based on the principle of trusteeship, the trustee or trustees consider themselves, owners and attempt to manage on the principle of single proprietorship. The church suffers from the illusion that the catholic education structure would collapse if it is not in full control of it.

Since the institutes discussed here were established primarily for the catholic community and also belongs to it, it is not too late for the religious leaders and lay representatives together to think of ways and means to salvage the system and impart qualitative education to our students.

Justice, Peace and Development (JPD)

Pope Francis' injunction: "Where there is no Justice, there is no peace", Vatican city, 12 May, 2015, The Secular Citizen, pg. 06, 25 May, 2015, forwarded by Dr Leo Rebello, rings out loud and clear; that both these entities go hand in hand.

The Office of the Justice, Peace and Development (JPD) was established by the CBCI in 1972. Its 'Vision' statement is three-fold to :

1. Enable empowerment of individuals and communities;
2. Provide and ensure the environment where every individual and community can live and work with human dignity, and be free from all forms of exploitations;



3. Work towards the creation of a just and peaceful society where the Gospel values are lived, advocated and nurtured.

Its areas of 'action' are seven-pronged:

1. Peace and Communal Harmony;
2. Social Justice;
3. Option for the Poor;
4. Human Dignity, and Human Rights;
5. Integral Human Development;
6. Sustainable Development;
7. Ecology.

As the Good Word also enjoins: "Learn to do good; seek justice; correct oppression; bring justice to the fatherless; plead the widow's case" (Isaiah, 1:17).

—Dr Trevor Colaso,

EARTH WEEPING – in vain ?

June 5th – WORLD ENVIRONMENT DAY comes once again to remind us to care for the environment. But how many of us remember this day just like we would remember our birthdays, our anniversaries, and other occasions – we recall all such memories, both happy & sad. Why World Environment Day ? Why should we remember this day ? It has no bearing on us, and what is there to celebrate anyway ? **What is this World Environment Day ?**

Whether we like it or not, World Environment Day comes to tell us to care for the Environment just like we would care for our loved ones. It comes to remind us that the Earth is all we have – this is only planet on which there is life; there is no other place we can live in. It comes to tell us how we are plundering the Earth's resources, how we are misusing the Earth, how we are polluting our rivers & ponds with dangerous chemicals, plastics, and every kind of rubbish, how we are indiscriminately cutting down trees within the city and from our forest areas; in short, in a thousand and one ways – yes we are literally ripping apart this Earth which God so lovingly created for us. **Can't we see, the EARTH IS WEEPING ?**

Have we seen the drastic fluctuations in the climate around the World and in our own city of Mumbai – we had an 'extended' monsoon, the unexpected cold wave, sudden fluctuations between hot & cold weather, and then the 'unseasonal' rains which hit our own city and the state of Maharashtra. Need we list out the damage caused by these unseasonal rains – damaged crops, seasonal fruits forfeited. The farmers already reeling under drought conditions have had to face further misery. **Can't we see, the EARTH IS WEEPING ?**



Oh yes, the Earth is weeping – but who is listening ? Will anyone wipe away the tears ? Oh no, we are too busy with our own worries to bother about the Earth; or we are too busy enjoying ourselves to think of the Earth, rather we couldn't care less – to hell with the earth, let me enjoy this life ! We need to understand that we are steadily moving on the road to disaster. **We need to save this planet for future generations or else they will have nothing to live on. With the deterioration in the environment, the future generations are bound to face a tough time. It's a question of their survival.** We need to become conscious of the decay around us and we must do something. Or, are we under the impression that the Earth will take care of



by Melville X. D'Souza

itself, or perhaps somebody or something will come out of nowhere and take care of the earth ? No ! Nobody is going to come from outer space and save our planet. When are we going to understand ? At this moment, I recall a small story which you may have read earlier, but could perhaps have some message for us.

An environmentalist dies and knocks at the doors of heaven and St. Peter checks the records and tells him, "you're an environmentalist – you're in the wrong place". And so, the environmentalist is sent down to hell where the gates are open for him.

The environmentalist finds that the situation in hell is horrible and very

soon, naturally disgusted but, he decides to do something about it. He does not just sit and brood over the situation or think that someone would come to their help. He sets about the task of bringing some order and brings in certain eco-friendly measures. After some time, the situation begins to improve – the air and water have begun to clear; Global Warming is in under control. The landscape is now covered with grass and plants. He starts organic farming and so everybody is getting healthy food & fruit and everybody is happy. The environmentalist has become very popular in hell.

One day, God telephones Satan and says, "So how you doing down there ?" Satan proudly replies, "Things are great down here – we have clean air & water, the temperature is good and we have tasty food; and I don't know what else the environmentalist is going to do, to make life better for us. God said, "What, you have an environmentalist down there ? Oh no, that must be a mistake, he cannot be in that place, please send him up here." Satan in triumphant voice says, "No way, the environmentalist is on my staff and I'm loving it – I'm keeping him here for good !"

Does this story mean anything to us ? Would it make any difference to us ? Perhaps we would say, Leave it to the environmentalists, or whoever is interested, why should I bother ? Is this the attitude we are adopting ? It's time to wake up to the reality of the Threat to our planet – the Climate change. The Earth needs us, we need to give back to Earth for all that the Earth has given us. We need to open our eyes to reality. **Can't you see, the EARTH IS WEEPING ? But No, how can you ! You may not be able to see the tears – they could be drying up. We need to understand the effects of the sudden changes in climate.** The U.S. president, Mr. Obama remarked some time back, **"There's no greater threat to our planet than climate change. It's bigger than my presidency." Yes folks, the EARTH IS WEEPING – but it seems, in vain !**

Bangalore Cares For Nepal

The earthquake relief work in Nepal by Fr George Kannanthanam of Bangalore Cares for Nepal. They build the first model shelter for the leprosy patients' colony in the outskirts of Kathmandu.

Fifty families who were completely abandoned by the society were settled in the Budaneelkanda village about 10 kilometres in the outskirts of Kathmandu since 20 years, most of them affected by leprosy. All the 250 odd persons, many with severe deformities, were forced to stay outdoors since the April 25 earthquake brought down many of the houses and made the rest of them unlivable.

Going to Budaneelakanda village after seeing a report in a newspaper from Mumbai, the group found them totally shattered. Twenty five days of living in the open had created huge questions about the future as the first



rains of monsoon had already arrived. Our first visit last Saturday made us convinced that our intervention was most needed here. Sunday was spent with the Shanthi Seva Griha that facilitated the settling down of these families here. They worked out a program to collaborate with Mrs Mary Ann and team that headed Shanthi Seva Griha.

No one took them seriously in the first one hour, when the iron rods

were bent and the measurement taken for the location of the house. But when the iron rods were fixed and the first tin roof sheet was raised, the entire village was around to witness the place that can save them from the rainy season. Two hours later the house was inaugurated. When told them that such houses could be made for all the fifty families, there was a huge applause. On providing the materials, the carpenters in the village promised to build it on their own. Fifty houses will come up in the next 10 days.

'Bangalore Cares for Nepal' signed a memorandum of understanding with Mr. Rabintra Piya, Rotary International - 3292, District Governor, Kathmandu, for jointly building permanent houses for the shelterless. For every one house that we donate money for, the Rotary will raise money for two more houses from their matching grant from Rotary International. One house with 250 sq ft built area will be constructed at a cost of Rs. 200,000 which will be earthquake resistant. The houses could be built in the name of the donor.

Fr George held discussions also with Bishop Paul Simick of Nepal and discussed possibilities of working together on rehabilitation. A wide network of contacts have been established with various religious and social groups for the relief work like Caritas and Nepal Jesuit Society.



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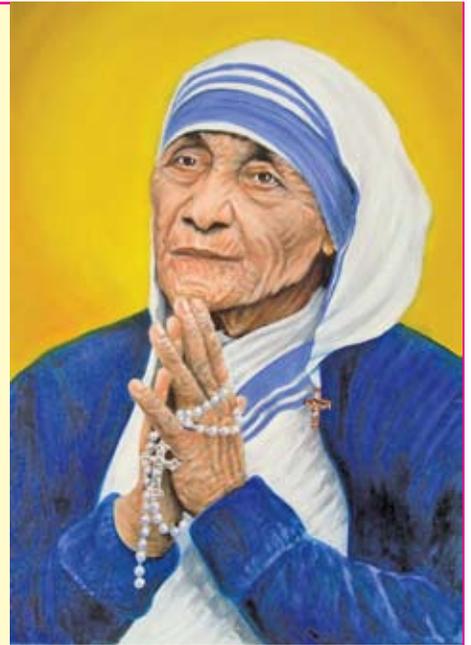


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Christians Welcome News Of Sainthood For Mother Teresa



Mumbai: Christian leaders have welcomed the news of a Vatican plan to canonize Blessed Mother Teresa of Kolkata by September next year.

Media quoted head of the Pontifical Council for the Promotion of the New Evangelisation, Rino Fisichella, last week as saying that Sept. 4, 2016 will mark the Voluntary Work Jubilee and the hoped-for date for Mother Teresa's sainthood.?

Fr Nigel Barrett, spokesperson of the archdiocese of Bombay, was awaiting a formal notification from Rome. He said the announcement of sainthood had only been a matter of time.

"Pope John Paul II had beatified Mother Teresa in 2003 and awarded her the title of Blessed at the time. Canonization is the next step," he said.

Nuns at the Missionaries of Charity which she founded were overjoyed at the news. Eleven sisters who serve in the Vile Parle centre made a pretty picture of smiling faces as the good news arrived.

"Thanks be to God," said the seniormost nun. "This is a joyous occasion. I must say though that it is a mere formalization of what we have known and believed all along. We knew she was a saintly person and her canonization affirms our faith."

The 17 nuns at the Byculla centre sent up a prayer of gratitude as well. Sr Magdalita said, "I have eaten, worked and slept with Mother Teresa in Kolkata where she would advise us to remain beneath the cross, that is be humble in service.

The honour comes shortly after the RSS's allegations of conversion. "We did not react because the charges were not true. We believe her detractors will understand in time. If conversion was our agenda we could have converted the entire world given that we have a presence in so many countries," said a nun in the Byculla centre.

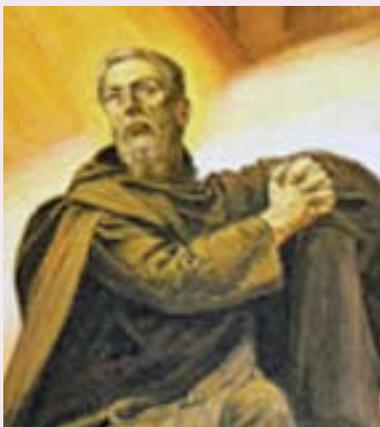
Gordon D'Souza, president of the Bombay Catholic Sabha, said this was a well-deserved honour. He said, "Hers was such a clear cut case for

sainthood that we wonder why it took so long."

Abraham Mathai, president of Indian Christian Voice, organises an annual awards ceremony in her name. He said Mother Teresa had brought a smile to the face of lepers, destitutes and AIDS victims. "Her message of love towards fellow human beings holds the key for peace in our polarized world," he said.

Source: Times of India

Prayer to St. Peregrine



(For cure of cancer and other malignant diseases)

O God, You gave to Saint Peregrine an Angel for his companion, the Mother of God for his Teacher, and Jesus as the Physician of his malady, grant we beseech You, through his merits that we may on earth intensely love our Holy Angel, the blessed

Virgin Mary, and our Saviour Jesus Christ. Grant that we may receive the favor of a complete recovery from our present malady for which we now pray. Through the same Christ our Lord. Amen.

Say seven 'Our Father', seven 'Hail Mary' and seven 'Glory be to the Father' with the invocation: 'St. Peregrine', pray for us!

Testimony

On my Europe Tour, on the fourth day when I was in Pisa, I misplaced my digital camera. I thought I had been pick-pocketed all the way from Pisa to Paduva I prayed to St. Anthony. I searched my bag and looked under the seat. It was nowhere to be seen. Still I continued praying to St. Anthony. On reaching Paduva, St. Anthony performed a miracle to me. The camera was right in front of me under the seat of the bus as if St. Anthony had placed it there for me.

I thank St. Anthony for all the favours received till date and ask everyone to pray to him with real faith and all your prayers will be heart. Thank you once again.

—P. Lobo, Vasai

Invest In Good Habits

Creating new good habits is easy, just do a bit every day and you will notice that just like your financial investments these good habits will also give you rich returns.

The hardest thing for most people, when it comes to building habits, is sticking to it long enough for it to become ingrained. It sounds really obvious when you say it, but if you do something small repeatedly, the benefits accrue greatly over time. It's obvious, but not everyone puts it into practice. It's like putting a little extra cash into an index investment fund ... you put in a small amount of money and over the years the amount becomes quite big along with the interest. It adds up greatly over time. The same principle applies to habits. The benefits from a small amount of investment paid off in huge dividends.

Bad habits are easy to make, but extremely hard to end. Good habits, on the other hand, tend to take more time to make. Luckily, scientists agree that the average person needs at least 3 weeks to form a good habit. Just doing a small amount each time, adds up hugely over time, some habits to cultivate slowly are:

Actual money. Seriously, if you don't have any savings yet, cut out one or two small daily expenses and instead, make regular automatic trans-

fers each week (or every payday) to a savings account. Once you have a small emergency fund, pay off debt. Once you've paid off most of your debt, start investing. Your finances will improve immensely with time.

Healthy eating. Eating just one small healthy thing a day, if you aren't eating healthy now, will pay off over



time. Just add one fruit instead of an unhealthy snack you might have in the afternoon. Do that for a couple of weeks. Then add a veggie to lunch. Do that a few weeks. Each step of the way won't seem hard, but you'll eventually get used to each change. Sometimes the veggie won't be something you love, so just eat a few bites. You'll learn to enjoy it with time. You change, little by little.

Waking early. Wake up just a few minutes earlier tomorrow (say 7:55 instead of 8:00), and stay at that level for a week, then another 5 minutes earlier for the next week, and so on. In less than 6 months, you'll be waking up 2 hours earlier, and you won't have ever really noticed it. It'll never feel like you're waking earlier. Most people, try to do way more than this (say, an hour earlier at first) and then fail, and never figure out why.

Writing. If you haven't been able to

create the writing habit, just write a sentence today. I'm completely serious. Then write a sentence tomorrow. Do that for a week. Next week, write two sentences. This sounds ridiculously easy, so most people will ignore this advice. But if you follow it, you'll be writing 1,000 words per day, every day, this time next year. Maybe 2,000 per day the following year.

Stretching and/or yoga. I'm the world's least flexible person. So now I stretch just a little each day. I bet in a month or two. I've started by just doing three yoga poses each morning.

Musical instrument. My wife started learning to play the guitar. Just a couple chords. If she practices those two chords each day, then another chord or two when she feels pretty confident with the first two, she'll be playing some Bach and Granados next year.

Meditation. I made a vow to meditate at least 3 minutes a day. That's all I have to do, though sometimes I'll do more. That makes it super easy to do it every day. What will I get if I keep doing that for years? I'm not sure, but I know I already have a judgment-free space, with no expectations, and it helps me to be more mindful and focused throughout the day.

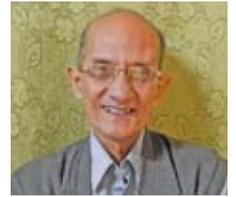
Decluttering. Just declutter a few things every day. In a few months, you'll have a dramatically less cluttered home.

Language learning. Study three cards a day with words/phrases/sentences on them. You'll be speaking Spanish like loco in six months.

Set a daily reminder. Let's say you want to do it every day at about 6:30 a.m. Set a reminder for that time, and make it a priority to do it each day.

Watch it grow. If you just do it repeatedly, it will grow. Don't force it. Keep the repeated activity as small as possible for as long as you can if you want it to grow

Holy Mass Is The Mass Of Salvation



BY MELVYN BROWN

Throughout the celebration of Holy Mass we are empowered by the Spirit of God. The daily sacrifice on our altars offers us a flood of graces. It is the Mass of Salvation which has become “one oblation”, the sacrifice of the Mass and that of Calvary – for Priest and Victim are ‘one’ in Jesus Christ.

Two thousand years ago Christ offered Himself as the sacrificial lamb on the cross. It became the infinite sacrifice. Today, the Holy sacrifice of the Mass revives His surrender in order that Christ’s precious blood might purify and sanctify us. His cross is in our midst, renewed daily on the altars of the Catholic world. The highlight of the celebration is, “with the Eucharistic Prayer, the Prayer of Thanksgiving and consecration.

Pope Paul VI commenting at the Vatican on the adoption of liturgical reforms, March 17, 1965, said : “Before it was enough to attend (Mass). Today it is necessary to participate.

Going to church for nothing more than to fulfill an obligation is a real pity. We should go a step further and discover the true reasons why Catholics, the world over attend the sacrifice of Holy Mass, and with solemn devotion receive Our Lord in the Eucharist.

The Eucharistic Mass of the Roman Catholic Church activates a spiritual shield to assure the people of God that His sacrifice, mercy, love and compassion is a reality radiating hope and salvation at the altar. St. Justin Martyr in the second century made note of “The basic lines of the order of the Eucharistic celebration. The pattern remains the same to this day. Holy Mass preserves the main structure of the ritual down the centuries: the two “great parts” in the Mass continues, the liturgy of the Word and the liturgy of the Eucharist.”

At Mass we should not be passive participants. We must be actively en-

gaged, doing more than hearing the Mass. The priest celebrates the Mass in the name of all present. He says, “We offer Thee, O Lord, the chalice of salvation.” The liturgical celebration of Holy Mass obeys the command of Jesus to repeat his actions and words “until he comes.”

Historically Christ was a person of infinite stature. He gave himself as a victim to Almighty God. His was the final sacrifice.

In Hebrews, chapter nine, verse twenty-six, “for then he would have had to suffer repeatedly since the foundation of the world. But as it is, he has appeared once for all at the end of the age to put away sin by the sacrifice of himself.”

“The breaking of bread” (as the Mass was known earlier) would now be in remembrance of the Last Supper. “The Eucharist is the memorial of Christ’s Passover”. (1362 CCC). The Mass is a holy service of thanks-giving to God.

(1352: Catechism of the Catholic Church). Holy Mass has always been celebrated on “the first day of the week,” that is Sunday, the day of Jesus’ resurrection. Mass is also celebrated everyday throughout the year and whenever and wherever it is necessary.

When the faithful partake of the sacrificial banquet in Holy Communion they reap the full benefit of the Mass. At the Orate Fratres, the celebrant says, “Pray, brethren, that my sacrifice and yours may be acceptable to God.” Let us at this point recall the words proclaimed at the Council of Trent, “that at each Mass the faithful present should communicate not only in spiritual desire, but also by the reception of sacramental communion, in order that the fruit of most holy sacrifice may more abundantly be theirs.” (Sess.22, C.6)

For all believers the Holy sacrifice of

the Mass is an obligation to discover a formidable truth, “For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”(John 3:16).

At Mass we kneel on Calvary. Christ comes down on the altar as the victim given up for our salvation. He becomes our intercessor by His body and blood, praising His Father on our behalf, presenting us with the expiatory merits of His sacred Passion and Death. “Consequently he is able for all time to save those who draw near to God through him, since he always lives to make intercession for them.” Heb.7:25.

In the Gospel of Luke we are called upon to listen to the words of Jesus, “And he took bread, and when he had given thanks he broke it and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me”(Luke.22:19).

The celebration of Mass is in obedience to what Christ had commissioned the Church and the faithful to perform together. His constant presence in the Eucharist is for all to embrace and give adulation. Holy Mass is an act of God sent to us that we may know “we have received not the spirit of the world, but the Spirit which is from God, that we might understand the gifts bestowed on us by God”. (1Cor.2:12).

The most powerful of these “gifts” is the sacred and most holy sacrifice of the Mass. Attend the Mass. Pray the Mass, feel His presence, and know that the Mass is the living stream of our spiritual life – the source of strength, the bond to the Master, one God forever. Always consider the Holy Mass as the “presence of Christ by the power of his word and of his Spirit.”

BEFORE I GO—Letters to Our Children about What Really Matters,

by Peter Kreeft

Clearly, most parents have no trouble chatting up their children on how to dress or drive, study or shave or whatever, but are at a loss for words when it comes to guiding them on how best to live – about things that touch their lives like, say, real love, faith, integrity, human values, true life enrichment, success and so on. In the tradition of “Tuesdays with Morrie”, renowned Catholic philosopher Peter Kreeft goes all out to share with us the wisdom that he has compiled for his children and grandchildren as his best gift to them. Easily readable, the contents, though presented in an apparently casual, yet compelling manner, are simple heart-to-heart chats that put before the reader priceless truths to live by.

Kreeft, who lives with his wife, Maria, in West Newton, Massachusetts and enjoys spending time with his four grown children and four growing grandchildren, is Professor of Philosophy at Boston College and

has been featured on the PBS series The Question of God. He is the author of over 55 books, like You Can Understand the Bible, Handbook of Christian Apologetics, The Philosophy of Tolkien, and The Sea Within to name a few.

The purpose reading BEFORE I GO will serve is explained in the writer's own words: “My unutterably dear children and grandchildren, I give you this book about the most valuable life lessons I have

Book Review

by Ladislaus L D'Souza

learned because I want to give you everything I can, and writing books is something I can do. I wish I had given you more of myself, that I had been a stronger, wiser, and more present father to you. This book is a poor substitute for that. But its motive is not poor; its motive is my love for you, which is stronger than my love of life itself..... Love can take many forms. Let my love for you now take the form of this book” (p 5).

Refreshingly, not only does the book have no ‘contents’ page, it also has no intended order as such in the arrangement of the topics each of the chapters deals with. Indeed, they are life lessons presented in precisely the random manner in which life throws them up and can be referred to or picked up for reading at random, too!

Refreshingly, too, there's definitely something different about the values the author seeks to illustrate in terms of matters “Catholic”. Born into a devout Protestant family with a strong Calvinist influence, he was a mature adult when he converted to the Catholic Faith. And it is as a Catholic parent that he presents in this book gems of Christian values with a Catholic perspective. What are those? Well, let this 259 page book, BEFORE I GO (Rs 170), published by ST PAUL'S, Bandra, let you in on the secrets!

Thanksgiving

Thanks to Holy Spirit for the favours granted

—Ms Leena Quadros,
Thane



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The 'T's' of Lasting Marriage

Every marriage has a few basics to work on. There are things that couples should talk about before and after taking vows. Here are basic "T's" you should have in your marriage for a strong relation



If there was a secret formula or a rule book on how to make a marriage work, there would have been far happier homes than now. The truth is, there is no general formula that can be applied to all. However, there are some basics that can make any relationship healthy and long-lasting.

Trust

The importance of this word cannot be overemphasised. You need to have complete trust in your partner as well as in the relationship. No matter how bad situations get, never lose trust in the foundation of your relationship. In fact, trust is the base of the relationship, so if base is not strong then relationship goes for a toss.

Tea Time Talk

Decide to have tea together at least once in a day. If not tea, then coffee doesn't matter! The idea is to dedicatedly take out time for each other. Taking time for each other doesn't necessarily mean that you have to take out hours; miracles can happen in 5 to 10 minutes of tea time as well.

Tickle The Funny Bone

Big problems may seem trivial when you look at their funny side. Bring in some humour in your relationship, and you both will be the ones laughing out loud! Laugh about silly things together.

Tempt

Another base of the good relationship is the temptation. Seduce each other, and bring out the passion; good intimacy is essential for a healthy rela-

tionship.

Travel

Travelling together can work wonders for a relationship. Take small trips, if not vacations. Explore new places even if in your own city. All this will help you spend some quality time together. And, by travelling together, you will get a chance to create new everlasting memories together. What's more? According to researches and surveys, couples who travel more often share a more intimate and stronger relationship.

Tuning

Every person is different, and you need to respect and understand that. Accept your partner for who they are and they will accept you for who you are. The biggest mistake in any relationship is trying to change the other person.

Take Turns

When it comes to household chores, or other responsibility, always take turns and divide things amongst yourselves. When only one person shoulders the entire burden of one or the other responsibility, it is bound to take toll on the shoulder... your relationship.

Thank You

We get so involved in our day to day lives that, sooner or later, we start taking everything from our partner to our relationship for granted.

Take advice

If your relationship seems too difficult to continue; even then give it a last chance by taking some advice either from elders or professional help from marriage counsellors. We are not perfect; there can be times we can take wrong hasty decision to break up, and seeking advice could help us from taking any disastrous step.

Thanksgiving



Thanks to Holy Spirit, Sacred Heart of Jesus, Mother Mary and St. Jude for favours granted.

—P. Lobo, Vasai

Why is pineapple good for you?

(Contd.. from p. 8)

ones. The original seven deadly sins as follows were clear, easy to understand and to the point.

Pride clothed in arrogance gets in the way of one's belief in God; Envy - an excessive jealousy of someone else's possessions, abilities, attributes; Gluttony - eating too much; Lust - unnatural sexual appetites; Anger (Wrath) spurning love and opting for fury; Greed - desire for wealth overriding the need for spiritualization and Sloth avoiding work both physically and spiritually. These deadly sins in personal lives will certainly come in the way of genuine Evangelization. The Laity should seek triumph over these temptations in order to become true messengers of Evangelization

Evangelization and Social Transformation

The seven original deadly sins are still key to understanding and healing the social and personal ills. In course of time, spiritual leaders both lay and clergy have become more concerned about actions that could hurt other people like cruelty, adultery, bigotry, dishonesty, hypocrisy, greed and selfishness. On March 8, 2008, The Apostolic Penitentiary, the Vatican Body for Confessions and Absolutions had cleared a new listing of seven modern deadly social sins namely Environmental Pollution, Genetic Manipulation, Accumulating Excessive Wealth, Inflicting (Causing) Poverty, Drug Trafficking and Consumption, Immoral Experiments on humans and Violation of Fundamental Rights of Peoples.

The Laity through Baptism and Confirmation become a chosen race, a royal priesthood, a holy nation, God's own people (1Pet 2.9) and thus also become co-sharers in the priestly, prophetic and kingly office of Jesus Christ and their primary task is to transform the temporal order, to sanctify the secular world and to build a civilization of cultured people who leads a life of love, peace, development and justice, through transforming areas specific to the laity - family work, and work place, civic and political life.

We all know that eating fresh fruit provides your body with the vitamins and minerals it needs to stay healthy, and pineapple is no different. Tropical pineapples have lots of important properties that are essential in keeping you healthy. Here are some of the main nutritional benefits of pineapples:



Immune system support

Pineapple contains half of the daily-recommended value of vitamin C, according to the FDA. Vitamin C is a primary water-soluble antioxidant that fights cell damage according to a study. This makes vitamin C a helpful fighter against problems such as heart disease and joint pain.

Bone strength

Pineapple may help you keep standing tall and strong. The fruit contains nearly 75 percent of the daily-recommended value of the mineral manganese, which is essential in developing strong bones and connective tissue the study says. One 1994 study suggested that manganese, along with other trace minerals, may be helpful in preventing osteoporosis in postmenopausal women.

Eye health

Pineapples can help reduce the risk of macular degeneration, a disease that affects the eyes as people age, due in part to its high amount of vitamin C and the antioxidants it contains.

Digestion

Like many other fruits and vegetables, pineapple contains dietary fiber, which is essential in keeping you regular and in keeping your intestines healthy, according to the Mayo Clinic. But unlike many other fruits and veggies, pineapple contains significant amounts of bromelain, an enzyme that breaks down protein, possibly helping digestion, according to the American Cancer Society.

Anti-Inflammatory benefits

Due to a complex mixture of substances that can be extracted from the core of the pineapple, well known as bromelain, pineapples can help reduce severe inflammation ... and can reduce tumor growth. A variety of studies have indicated that bromelain may be helpful in treating osteoarthritis, though more research is needed.

Excessive inflammation is often associated with cancer, and according to the Memorial Sloan Kettering Cancer Center, bromelain and other proteolytic enzymes have been shown to increase the survival rates of animals with various tumors. There is not yet, however, clinical evidence to show that such results will happen in humans.

Blood clot reduction

Because of their bromelain levels, pineapples can help reduce excessive coagulation of the blood. This makes pineapple a good snack for frequent fliers and others at risk for blood clots.

Common cold and sinus inflammation

In addition to having lots of vitamin C, pineapple's bromelain may help reduce mucus in the throat and nose, according to the University of Maryland Medical Center. So if your cold has you coughing, try some pineapple chunks. Those with allergies may want to consider incorporating pineapple into their diets more regularly to reduce sinus mucus long term.

Inspiration!

Ways to Stay Motivated

Having dreams and goals is not enough to attain success. You need to stay motivated constantly to reach the finish line. Find ways to be motivated in Professional life.

No matter what you do for a living, the key to success is superlative performance, day after day after day. And that's only possible if you make optimism, expectancy, and enthusiasm part of your daily experience.

That's easy if you're pursuing your life's dearest dreams. But what if, like almost everybody else in this world, you've got a job that's not exactly perfect. Here's how to remain a go-getter, even when the getting gets tough:

Realize That YOU Are in Control:

Your attitude isn't controlled by the outside world. That's an illusion, a fantasy that, if you believe it, you're simply using to escape responsibility for managing this all-important part of your career.

Neutralize Your Negative Triggers

Stop letting exterior events trigger negative thoughts.

Detoxify Your Media Consumption:

Much of today's news programming consists of "if it bleeds it leads" stories followed by commercials offering some form of (often addictive) security or comfort. The constant flow of negative imagery automatically creates a negative attitude about life, the world, and everything in it.

Instead read and see positive things only.



Avoid Negative People:

You probably have one or more friends, relatives, or acquaintances who make you feel tired and drained. They always seem to have something sour to say; criticisms come to their lips far more quickly than compliments.

Such folk are toxic to your attitude (and hence to your success) because, if they're not actively tearing down your enthusiasm, they're trying to get you to think the same way about the world as they do.

If you want to maintain a positive attitude, consider sharply limiting your daily exposure to such people.

Adopt a Positive Vocabulary:

The words that you use—both what you speak aloud and your internal dialogue—have a vast influence in how you perceive what's happening in the world. All words carry a certain amount of emotional baggage, inherent in their exact definition and the way that they've been used in the past.

Embrace positive vocabulary like:

I have a problem
can be said as
I have a challenge

I am Worried about future
could be
I am curious about future

Instead of I Failed
say
I learned

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— Jubel D'Cruz, Dombivili

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MUMBAI : Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 6' 2", Wt. 82 kgs, Fair Complexion, Edn. Hotel Management, working as a Manager. Contact email : collin.n.dsouza@gmail.com OR 9967286246 (Regd. No. 6336)

MUMBAI : Roman Catholic Bachelor, aged 40 years, Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. SSC, working as a Lab. Technician in Dubai. Curently in Mumbai contact email : clementd818@gmail.com OR 25741993 (Regd. No. 6334)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 9", Wt. 80 kgs, Fair complexion, Edn. M.Sc., Advance Computer Networking, working as a Networking Engineer. Contact email : grettadsouza53@gmail.com OR 9833418836 (Regd. No. 6328)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 5' 10", Wt. 71 kgs, Wheatish Complexion, Edn. B.Sc., Diploma in HRM, working as an Executive Asst., Secretary in MNC. Contact email : conrad_2305@yahoo.co.in OR 9869661682 (Regd. No. 6319)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 5' 9", Wt. 78 kgs, Wheatish Complexion, Edn. HSC + 3 yrs Hotel Management working as a Sr. Rest. Manager. Contact email : stanleef77@gmail.com OR 9920047343 (Regd. No. 6044)

MUMBAI : Mangaloren Roman Catholic Bachelor, aged 30 years, Ht. 6', Fair Complexion, Edn. B.Com + IATA working as a Manager for Emirates in Dubai Seeks a humble, godfearing, educated girl. Ht. above 5' 5", age below 27 years. Contact email : rebeccasald@gmail.com OR 9619639323 / 26372210 (Regd. No. 6040)

MUMBAI : Goan Roman Catholic Bachelor, aged 28 years, Ht. 5' 11",

Wt. 65 kgs, Wheatish Complexion, Working as Marine 2nd Engineer seeks a suitable match. Contact email : annalui19@yahoo.in OR 022-24446040 (Regd. No. 6039)

MUMBAI : Goan Roman Catholic Bachelor, aged 37 years, Ht. 5' 6", Wt. 68 kgs, Wheatish Complexion, Edn.B.Com., Working as a T.L. Operation. Having own house. Seeks a suitable match. Contact email : mq_2775@yahoo.com OR 9821952841 (Regd. No. 6035)

MUMBAI : Goan Roman Catholic Bachelor, aged 32 years, Ht. 5' 6", Wt. 64 kgs, Wheatish Complexion, Edn. B.E., (Comp.), working as a Software Engineer. Contact email : barretto.elton@gmail.com OR 9004500088 (Regd. No. 6034)

MUMBAI : Protestant Christian Bachelor, aged 49 years, looks much younger to his age, Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. DMLT., working as a Section Technical Coordinator. Contact email : shashibsd_d@yahoo.co.in OR 9869117823 (Regd. No. 6253)

MUMBAI : Mangalorean Roman catholic Widower, aged 53 years, Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. HSC, having business and accommodation. Contact email : albertlobo19@gmail.com OR 9820695110 (Regd. No. 6251)

MUMBAI : East Indian Roman Catholic Bachelor, aged 40 years, Ht.5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. Contact email : cardoz.clint@gmail.com OR 9833563182 (Regd. No. 6250)

MUMBAI : Goan Roman Catholic Bachelor, aged 31 years, Only Child, Ht. 5' 8", Wt. 75 kgs, Wheatish Complexion, Edn. SSC., 2 yrs. Dip. in

Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

Trade of Fitter + MEC-3 Marine Engineering Course from New Zealand, working for Merchant Navy. Currently in Mumbai contact email : allwynb2011@gmail.com OR 9930225262 / 9930611534 (Regd. No. 6248)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 31 years, Ht. 6' 2", Wt. 95 kgs, Wheatish Complexion, Edn. 12th English Medium, working as a Foreman in Qatar. Contact email : fmalcolm15@gmail.com OR henryfernandes@mannai.com.qa OR 9820743446 (Regd. No. 6237)

MUMBAI : Goan Roman Catholic Bachelor, aged 60 years, looks much younger to his age, Ht. 5' 10", Fair Complexion, M.Sc., IT, worked in Australia as a Programmer. Currently in Mumbai Contact email: vazpeter100@gmail.com OR 9893886531 / 7506905650 (Regd. No. 6236)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 34 years, Ht. 6' 2", Fair Complexion, Handsome, Edn. B.Com., & HTL Management, Working on Cruise Line as Supervisor, Seeks an educated, simple, Mangalorean girl above 5'5", Email : marprop111@gmail.com (Regd. No. 6045)

MUMBAI : Goan Roman Catholic Bachelor, aged 32 years, Ht. 5' 5", Wt. 63 kgs, Fair complexion, Edn. 12th Sc., + Navatical Studies, working as 3rd officer in Merchant Navy. Seeks Only Goan girl. Contact email : ferns1244@gmail.com OR 9920884799 (Regd. No. 6327)

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MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 4' 11", Wt. 58 kgs, Wheatish Complexion, Edn. T.Y.B.A., Teacher by profession. Contact email : sneha_shetty09@hotmail.com OR 9819126871 (Regd. No. 5995)

MUMBAI : Goan Roman Catholic Spinster, aged 23 years, Ht. 5' 3", Wt. 45 kgs, Fair Complexion, Edn. Graduate, Management, working as a Travel Consultant. Only Child, good looking. Seeks a well settled bachelor. Contact email : shanice.fernandes@hotmail.com OR 8108468273 (Regd. No. 6338)

MUMBAI : East Indian Roman Catholic Spinster, aged 28 years, Ht. 5' 8", Wt. 64 kgs, Fair Complexion, Edn. B.Com., working, Contact email : mariashgo24@gmail.com OR 9819524367 / 9920102623 (Regd. No. 6246)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 22 years, Ht. 5', Wt. 45 kgs, Fair Complexion, Edn. B.Sc., working as a HR. Contact email : andrewvds1972@gmail.com OR 9821639989 (Regd. No. 6245)

MUMBAI : Punjabi CNI Protestant Spinster, aged 28 years, Ht. 5' 2", Wt. 54 kgs, Fair complexion, Edn., B.Com., working as a FM Team Co-ordinator. Contact email : minti_masih@yahoo.co.in OR 9665169956 (Regd. No. 6244)

MUMBAI : Tamilian Roman Catholic Spinster, aged 46 years, Ht. 5', Wt. 42 kgs, fair and beautiful, Edn. SSC., working as a Beautician. Contact email : pmsmarshall1937@gmail.com OR 9167912492 / 9637129065 (Regd. No. 6243)

MUMBAI : Maharashtra Protestant Spinster, aged 23 years, Ht. 5' 2", Wt. 53 kgs, Wheatish Complex-

ion, Edn. Diploma in Journalism, working as a Journalist. Contact email : sathapanvel@gmail.com OR 9004684468 (Regd. No. 6242)

MUMBAI : Maharashtra CNI Protestant Spinster, aged 26 years, Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. M.Sc., B.ED., Teacher by profession. Contact email : barse.nirmala@gmail.com OR 9930888768 (Regd. No. 5241)

MUMBAI : Tamilian Roman catholic Spinster, aged 29 years, Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. 12th std., working as a sales girl in Big Store. Contact Mob.: 9665414592 (Regd. No. 6240)

MUMBAI : Parents of R.C. Spinster 24 yrs, Fair Complexion, 5' 2", B.Com., MBA (Fin.) pursuing her B.Ed., also working for her fly business. Seeking alliance from well qualified bachelor upto 29 yrs, preferably from business background. Reply with recent photo to : joygomes2014@gmail.com (Regd. No. 6239)

M.P. : Methodist Protestant Christian Divorcee, aged 34 years, Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager, MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.com (Regd. No. 6337)

MUMBAI : Goan Roman Catholic Spinster, aged 38 years, looks much younger to her age, beautiful, Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., LLB., working as a Leal Head in American Company. Contact email : polysacks@hotmail.com OR 9930813123 (Regd. No. 6208)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Edn. B.E., (IT), MS, working as a Sr. Software Engineer in USA. Contact email : wilfysouza@gmail.com OR 9869036355 (Regd. No. 6207)

MUMBAI : Mangalorean Roman Catholic spinster 1973 born, 5' 5" tall,

fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 45 years, employed in good position and well settled in Mumbai or abroad. Contact email : bellwether77@yahoo.com or Mobile No. 9892700617. (Regd. No. 6166)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 4", Wheatish Complexion, Edn. M.Sc. Maths, Professor. Contact email : alinbombay@yahoo.co.in OR 7738931958 (Regd. No. 6070)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 24 years, Ht. 5' 2", Wt. 56 kgs, Wheatish Complexion, Edn. B.A., working in Family business. Well settled. Seeks a suitable match. Contact email : grehans.gretel@gmail.com OR 9819727898 / 9869251674 (Regd. No. 6339)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 24 years, Ht. 5' 4", Wt. 47 kgs, Fair Complexion, Edn. T.Y. B.A / D.ed., Teacher by profession. Only Child. Contact email : tina.jennifer@rediffmail.com OR 9820957941 (Regd. No. 6285)

MUMBAI : Roman Catholic Spinster, aged 32 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., LLB., pursuing LL.M. working as a Asst. Manager. Contact email : 1february12345@gmail.com OR 9967673377 (Regd. No. 6284)

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MUMBAI : Goan Roman Catholic Spinster, aged 32 years, Ht. 5' 9 $\frac{1}{2}$ ", Wt. 70 kgs, Fair Complexion, Edn. Graduate working as a Office Assistant. Contact email : melsav2014@gmail.com OR 022-2416 2210 (Regd. No. 6180)

MUMBAI : Roman Catholic Spinster, aged 24 years, Ht. 5' 1", Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., (Banking & Insurance) working as a Consultant. Contact email : rosemaybharda@yahoo.com OR 9224780162 (Regd. No. 6053)

MUMBAI : Goan R.C. Spinster, aged 29 years, Ht. 5' 3", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate, working as a Journalist. Contact email. : nd41@in.com OR 9819027945 (Regd. No. 6052)

MUMBAI : Goan Roman Catholic Spinster, aged 36 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B.Sc., PGDC, NIIT. working as a Sr. Executive in DUBAI. Looking for well qualified bachelor from Working in UAE or Mumbai. Contact Email : vsearch2373@gmail.com OR 00971501684427 / 919820594221 (Regd. No. 6177)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 24 years, Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. HSC, Diploma, working as a Graphic designer. Deaf and dumb, can understand and speak little in English. Seeks a suitable match. Contact email : serraonancy3@gmail.com OR 7208812988 (Regd. No. 6176)

MUMBAI : Keralite Syro Malabar Spinster, aged 25 years, Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. MA, working with CFA firm in USA. Seeks a suitable match. Contact email : day-skul@yahoo.co.in OR 9869431648 (Regd. No. 6175)

MUMBAI : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. B.E. (Information Technology) working as a Software Engineer. Contact email : sharondrz@gmail.com OR 8655875558 (Regd. No. 6072)

NEW PANVEL : Mangalorean Roman Catholic Spinster, 30 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Working as a Sr. Accountant. Contact email : slobo2283@yahoo.co.in OR 9819643183 (Regd. No. 6109)

MUMBAI : Roman Catholic Spinster, aged 32 years, Ht. 5' 2", Wt. 55 kgs, Very Fair Complexion, Edn. MBA (HR) working as a Sr. GR Associate. Contact email : dianne.j12@gmail.com OR 9867098306 (Regd. No. 6071)

MIRAJ : Maharastrian Protestant Spinster, 30 years, Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. M.D.S., (Dentist), Lecturer in Dental College. Contact email : dpребentisch@hotmail.com OR 0233-2211495 (Regd. No. 6108)

MUMBAI : East Indian Roman Catholic Spinster, 25 years, Ht. 5' 1", Wt. 45 kgs, Fair Complexion, Edn. B.Com., working. Contact email: ds-dece@gmail.com (Regd. No. 6107)

MUMBAI : Mangalorean Roman Catholic Spinster, 26 years, Ht. 5' 1", Wt. 66 kgs, Wheatish Complexion, Edn. MBA in Hospital Management, working as a Asst. Manager Operations. Seeks a well settled match. Contact email : irenealban@yahoo.com OR 022-25777199 (Regd. No. 6106)

MUMBAI : East Indian Roman Catholic Spinster, aged 32 years, Ht. 5' 3", Wt. 58 kgs, Fair Complexion, good looking, smart, Edn. M.M.S., B.Com., working as a Manager - Marketing.

Seeks a handsome, intelligent, well settled bachelor. Contact email : christophersequeira@hotmail.com OR 9167650179 (Regd. No. 6002)

MUMBAI : Roman Catholic Divorcee, age 31 years, Ht. 5' 4", Wt. 56 kgs, Wheatish Complexion, Edn. M.Com/ MBA, Sr. Executive with a reputed firm, seeks a suitable match. Contact email : ritadsouza58@gmail.com OR 9323628370 (Regd. No. 6001)

MUMBAI : Goan Roman Catholic Spinster, aged 32 years, Ht. 5' 2", Wt. 55 kgs, Fair Complexion, Edn. M.A. MBA. in Finance business management, working as a Vice President in Bank in U.K. Seeks a well settled educated bachelor from U.K. Contact Mob.: 9920291399 (Regd. No. 6036)

MUMBAI : East Indian R.C. Spinster, aged 28 years, Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. B.Sc., working as a Asst. Manager. Contact email : riajoanna6008@gmail.com OR 9987632755 (Regd. No. 6042)

MUMBAI : Keralite Roman Catholic Divorcee, aged 27 years, Ht. 5' 6", Wt. 55 kgs, Fair Complexion, Edn. M.Sc. Somputer Science, working as a Software Engineer. Contact email : lsengg@gmail.com OR 0251-2270204 (Regd. No. 6314)

MUMBAI : Maharashtrian Methodist Protestant spinster, aged 23 years, Beautiful, Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. M.Tech. Seeks a well educated and well settled bachelor below 26 years. Contact email : rohithhare1997@gmail.com OR 9881441774 / 9969227598 (Regd. No. 6313)

MUMBAI : Karnataka Methodist Protestant Spinster, aged 28 years, Ht. 4' 8", Wt. 55 kgs, Wheatish Complexion, Edn. B.Tech, working as a Deputy Manager in HDFC - IT Industries. Contact email : gmshilesh@gmail.com OR 9765361362. (Regd. No. 6312)

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—Anthony M. Lopes, Thane W

Obesity On Rise In School Children

Around 15-21 per cent of school children in India are obese and the number is rising with



high intake of junk food and a sedentary lifestyle. The study by Delhi's Fortis Hospital has found that school children are also increasingly getting afflicted with diabetes, a life-style disorder no longer restricted to the adult population.

The nutrition transition is associated with a change in dietary habits, decreasing physical activity and rising prevalence of obesity. Overweight and obesity are major risk factors for a number of chronic diseases, including diabetes, cardiovascular diseases and cancer. Obesity in children and adolescents is gradually becoming a major public health problem in many developing countries like India.

Children are not directed well so they will overtake chocolates, sweets, chips, ice cream...so these will cause obesity. 2) Children practice relatively little sports compared to the "good" old days. They come to school & go by cars or buses, whereas in olden days students used to walk 4 times daily from home to school with a distance of more than one kilometer. There is a general decline in values as well.

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