

# THE SECULAR CITIZEN

(Total pages 24)

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## Let us respond to God's love with love

What is commitment? What does it mean to commit oneself to something? Pope Francis asked faithful gathered in St. Peter's Square for the extraordinary "Jubilee" audience, a monthly event that will continue throughout the Holy Year. Commitment, he explained, "means taking on responsibility. God has committed Himself to us, keeping the world in spite of our attempts to destroy it and giving us Jesus."

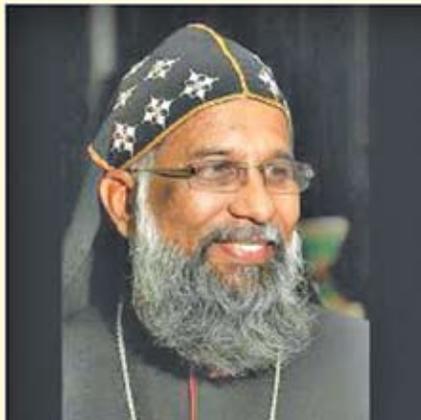
In the jubilee year, says Francis, "we are invited to know more about the Lord and to live in accord with the faith, with a lifestyle that expresses the Father's mercy. It is a commitment that we are called to take on in order to offer to those we meet the concrete sign of closeness to God. My life, my attitude, the way I live must be a concrete sign of the fact that God is close to us. Small gestures of love, of tenderness, of care, which suggest that the Lord is with us, is close to us. This is how we open the door of mercy".

This is why we need to make a commitment: "It means that I take on a responsibility, a task for someone; and it also means lifestyle, loyalty and dedication, an attitude, a particular attention with which I carry out a certain task." Committing oneself, in short, means putting our good will and our forces into improving life: "Even God has committed Himself to us. His first task was to create the world, and despite our attempts to ruin it - and there are many - He agrees to keep it alive. But His greatest commitment was to give us Jesus. This is God's greatest commitment".

In the gift of Jesus, as the Gospels explain, "God has engaged in a complete way to give back hope to the poor, to those who were deprived of dignity, to foreigners, the sick, the prisoners, and sinners whom He welcomed with kindness. In all this, Jesus was a living expression of the Father's mercy." To the point of having even sinners welcomed with kindness: "If we think in a human way, the sinner would be an enemy of Jesus; an enemy of God, but He approached them with kindness, He loved them and changed their hearts. We are all sinners: everyone! We all have some guilt before God. But we must not be without confidence: He approaches us to give us comfort, mercy and forgiveness".

In the face of this merciful love "we can and must respond to His love with our commitment. And this especially in situations of greatest need, where there is hunger for hope. I think - for example - of our commitment with the abandoned, with those who carry very heavy handicaps, with the most seriously ill, with the dying, those who are not able to express gratitude ... In all these situations we bring God's mercy through a commitment of life, which is the witness of our faith in Christ. We must always take the caress of God - because God has caressed us with his mercy - bring it to others, to those who need it, to those who have a pain in their heart or are sad: draw closer with God's caress, which is the same that He has given to us."

## Bishops seek status change for Christians of SC origin



**Pathanamthitta:** The Catholic Bishops Conference of India (CBCI) office for Scheduled Caste/Backward Classes will stage a march in New Delhi on March 10 seeking SC status to Christians and Muslims of SC origin, according to Cardinal Baselios Cleemis Catholicos, Major Archbishop of Thiruvananthapuram, and CBCI president.

In a letter issued to bishops and other church members on Saturday, the Cardinal said, "Our Christian brothers and sisters of SC origin have been denied SC rights for the last 65 years, which the Hindu, Sikh, and Buddhist SC people enjoy, The Hindu reported.

In spite of a long and laborious struggle, the Union government, from time to time, has failed to amend the Presidential order of 1950 so as to extend the same right to Dalit Christians and Dalit Muslims as well."

### Silent march

He said the CBCI office for SC/BC, in association with the National Council of Churches in India and the National Council of Dalit Christians, would stage a silent rally from Ramlila Maidan to Jantar Mantar at 10 a.m. on March 10 to press the demand.

## Young Indians Against Religious Fundamentalism



**Mumbai:** More than 500 young people cutting across religions gathered in Mumbai recently for a meeting themed, Religious Fundamentalism: a threat to humanity and creation.

The Daughters of St. Paul organised the meeting in collaboration with various educational institutions and schools in the city. The meet that characterized "Unity in diversity" and "condemnation of all religious extremism" included not just Christian institutions but of different religions.

The annual interfaith meeting highlighted the fact that "youth is the key to celebrate and promote unity in diversity and build peace and justice". The forum was intended to be a "platform to learn from each other, in a fruitful exchange of religious traditions, values, ideas and experiences". All participants vowed to work to "build a better India, a better world".

Sister Ananda Amritmahal, Headmistress of Sophia College, explained religious fundamentalism and its impact on society due to "a faith which is lived without reason". She said that "all human beings are equal in the eyes of the Master/Creator, even if they use different methods to communicate with the Creator", urging respect for each other and not to feel "in competition with other religions".

Young people expressed their awareness of the threat posed by religious fundamentalism today, the desire to go beyond religious differences and live in peaceful coexistence and harmony in a pluralistic, multi-cultural and multi-religious India.

Source: Agenzia Fides

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**'Thought for the week'**

*Our days are happier when we give people a bit of our heart rather than peace of our mind.*

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**On being fully human**

by Father Shay Cullen

Philippines: The deplorable remarks of Philippine congressman and former world boxing title-holder Manny Pacquiao where he described gay people as "worse than animals" are vile comments that are to be condemned, rejected and repudiated in the strongest terms possible.

He has since apologized.

We as humans have to recognize and respect the dignity of every human person and end discrimination of all kinds whether it be based on race, religion, gender, culture or social and economic status.

As Pope Francis says, "Who are we to judge?"

U.S. presidential candidate Donald Trump wants to build a wall to stop Mexican migrants and has insulted and condemned them as criminals and rapists and has called for the banning of Muslims coming into the United States. In response, the pope said "A person who only thinks about building walls and not of bridges is not Christian, this is not Gospel."

Strong words of truth for those super rich who exploit and condemn the poor to lives of hardship and need.

Christianity is based on the example and teaching of Jesus of Nazareth and the most important, outstanding value that he gave his life for was love and service to the poor and the needy and equality among all humans — a value rejected by the secular and materialistic world that has ignored what it means to be human.

They allegedly only know of what it means to be rich. Even children and people in old age with disabilities are disposable based on the economic costs to care for them.

The immoral politicians and their rich supporters who get them into office prefer to abort children, deny medical support to disabled children and allow them to die or pressure the elderly to commit assisted or planned suicide. The tyrants of war are bombing, gassing and starving their fellow human beings into submission and extermination in Syria.

The right of all is to be accepted, respected, supported and free to love and be loved. It's a basic human right to have the opportunity to a life of dignity and economic sustainability. But too many corrupt and immoral and discriminating politicians and billionaires rule the world.

When 62 people have more wealth than half the world's poorest, then we know that democracy has failed and might is declared to be right.

This we have to oppose and we must promote the right of all, especially the poor, to a life free of discrimination and to live in a society based on human dignity and social justice.

As a BBC report puts it, Oxfam found that since 2010 the wealth of the richest 62 people — according to the Forbes' billionaires list — has risen by 44 percent while the wealth of the poorest 3.5 billion people fell by 41 percent. The average annual income of the poorest 10

(Contd.. on p. 4)

(Contd.. from p. 3)

percent has risen by less than US\$3 a year in the past 25 years.

The billionaire Philippine boxer became a congressman — like many other members of the Philippine congress — not on the strength of his wisdom and knowledge and ability to lead and legislate for 100 million Filipinos, but on the mindless hoopla and media blitz surrounding his status as a celebrity. Movie stars have made it to the Philippine congress with ease and have failed to deliver a performance worthy of a good actor.

While there are many good, decent and intelligent representatives in congress where 292 members make up the Lower House and 24 in the Senate, many have little or no ability or insufficient experience and knowledge for the important task. Some are there as representatives — not of the voters whose votes they buy with their money — of the super-rich tycoons and barons with billions to whom they are beholden to.

The votes of legislators in congress are bought and sold to approve laws favoring certain industries, business conglomerates or other foreign-vested interests.

In other words, congress being dominated by millionaires tends to serve the rich rather than the poor. To the filthy rich, the poor are teeming masses of inferior creatures living in the dirt and disease-infested slums where their hovels squat in the towering shadows of the glittering condominiums of the rich.

In the aftermath of Pacquiao's comment, the media should ask the candidates running for office in May to name at least three of the unique attributes of being human, what makes one truly homo sapien?

That question when asked is usually met with a stunned silence. The wise philosopher directing his students to a perfect life advised them to "know thyself." It is attributed to Socrates but to many other Greek philosophers also.

Knowing and being constantly aware of what makes us human and above the other animal species gives us a greater self-knowledge and richer, fuller life and we will come to respect and value every other human life.

The great dictum "Do to others as you would want them to do to you" is a guiding light and to live a life of dignity we must know and be aware that no person is lower or "worse than animals." We are spiritual beings endowed with unique attributes and abilities. You have just to ask yourself what they are.

Irish Father Shay Cullen, SSC, established the Preda Foundation in Olongapo City in 1974 to promote human rights and the rights of children, especially victims of sex abuse.

Source: UCAN



# Priestly Celibacy

- A Layman's Perspective -

Last Sunday the BBC aired a documentary entitled 'The secret letters of Pope John Paul II' which predictably made headlines, as it was intended to. However, the very next day it was generally ignored, as it should be. Such stories have a very short shelf life and usually surface to generate interest in a new book or, as in this case, a new documentary film.



But while dismissing this story as little more than a 'Valentine's Day joke' we must admit that the time has come for the Catholic church to do a rethink on priestly celibacy. The issue of celibacy is discussed regularly, though informally by the laity. There needs to be an official platform for the laity and for the clergy (separately) to formulate their views.

Incidentally, celibacy was not the rule for over a thousand years after Christ and became mandatory only after the Second Lateran Council in 1139. Hence merely discussing the issue or even talking about it should not be seen as sacrilegious. Perhaps it's an idea whose time has come. Such discussions will give the Vatican an idea of which way the wind's blowing.

Priests who at some time in their ministry begin to feel that they cannot honestly be faithful to their promise (not vow) to be celibate should be permitted to leave the priesthood, rather than continue as prisoners of conscience. They may be allowed to serve God as permanent deacons if they so desire.

—Prof Robert Castellino  
Mumbai



## Gandhiji on Monkeys

For animal lovers and those who believe in the sacredness of life, but are perturbed by the Goa govt's decision to re-classify the monkey as 'vermin', thus enabling them to be hunted and culled freely, there is an interesting incident in the life of Gandhiji worth recalling. Being a member of an institution in S. Africa that owned several acres of land whose crops were in imminent danger of being destroyed by monkeys, Gandhiji tells us in his autobiography that he never hesitated to instigate and direct an attack on the monkeys to save the crops, even though he regarded it as a breach of 'ahimsa'. Gandhiji then goes on to say that he would have liked to avoid the evil, but could not avoid it without leaving or breaking up the institution. Gandhiji never left the institution because he believed that he did not expect to find a society where there is no agriculture without destruction of some life. He therefore participated in the injury inflicted on the monkeys, hoping to find a way out some day. It is hoped that the Goa govt also finds a way out soon.

—A. F. Nazareth, Alto Porvorim

## Reservation for All - on Merit

Reservations seem to be a cure worse than the disease. In a country like India, with myriad groups, sub-groups, castes and communities, it is impossible to please all with quota reservations.

Without going into the reasons for such reservations, it is pertinent to observe that it has not served the purpose for which it was originally intended. On the contrary, political parties have used this as a vote-garner-

ing ploy and successive governments as a device to avoid doing much for the upliftment of truly backward castes and classes. Moreover, every other week, there is an agitation, fuelled and supported by vested interests, by some excluded OBCs to stake their claim to a slice of the reservation pie, resulting in disruption of normal life and distraction from the agenda of Development and delivery. Not to mention a 'pie' that will soon be exhausted after being given on entitlement, not merit! It would be helpful if information is disseminated on the number of BC members who have actually benefitted from this policy; we do know that there are many members who have uplifted themselves by sheer dint of hard work, among whom are PM Modi and late Indian President K R Narayanan. The time has come to end reservations based on birth in a community/class/caste, and move towards a system of equal opportunity for ALL, with perhaps a lower threshold for the economically disadvantaged and differently abled.

—Bernie Tellis, Bandra

## ' Beautify Mumbai '

Mumbai stinks because of its garbage which is seen everywhere.

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tion instead of burning it.

Municipal garbage workers must have compulsory record the start and the end of their work shifts to avoid shirking work and all buildings must have garbage chutes for easy garbage collection and all garbage bins must be disinfected daily after the garbage has been cleared from them.

Fines must be imposed on people who litter roads and pavements and spit on them and also on people who do not keep public toilets clean and do not flush them after using them and a western style toilet must be provided in addition to Indian style toilets as the latter can never be kept clean.- but the fine must be used to finance the construction of better public toilets and projects to keep Mumbai clean instead of being wasted

Gardens and greenery can also help beautify Mumbai-even below fly-overs.

Paintings and wall murals and good architecture can also help beautify Mumbai.

Slum dwellers must be resettled in buildings.

Thus by putting in a good and sincere effort Mumbai will cease to be called Slumbay and become a clean and green financial capital of India

—Peter Castellino

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# Faith That Moved Mountains

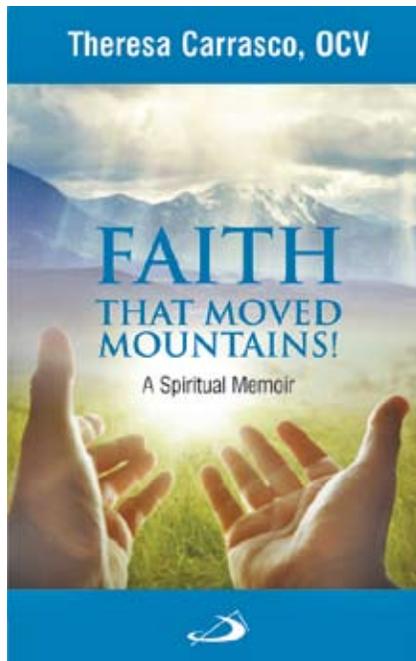
– By Theresa Carrasco, OCV

“Rejoice in the Lord, O you righteous! Praise is fitting for loyal hearts” exults the psalmist (Ps 33:1). It is but fitting that we humans rejoice in the righteousness of the Lord and praise him with a heart full of gratitude.

FAITH THAT MOVED MOUNTAINS, published by St Paul’s [ISBN 978-93-5015-271-3], is an unabashed paean to the Trinity rising from the hearts of those whose loyalty to the Faith is unbridled and whose trust in the Lord is boundless! Indeed, from the reflections of the author to the numerous testimonies of individuals that make up the contents, the book oozes with Jesus-centric confidence and a sense of gratitude!

The reading of this book is made profound by the fact that it is a spiritual memoir of a woman of deep faith, a faith she is known to proclaim by literally living it. Theresa Carrasco is a Spirit-filled person whose ministrations as a staunch Catholic have been having a positive impact on the lives of innumerable individuals (including priests and religious). She worked for a top multinational firm from where she resigned as Assistant Manager to dedicate her life to the Lord. Allowing the transformative power of the Spirit to hold sway, she yielded to His call to be consecrated in the Order of Consecrated Virgins by Bishop Ferdinand J. Fonseca of happy memory on 21 November 1997, whence there has been no turning back!

The book brings the reader an account of the journey of transformation traversed by the author as she turned from a fashionable society lady to a simple spouse of the Lord and the wonders he wrought through the use of her as an instrument of his mercy in the lives of innumerable people. As such, the text of FAITH THAT MOVED MOUNTAINS (pp 158 / Rs 150), from which emanates a very significant message, viz., that Jesus never fails, goes on to show in a comprehensive manner how our trust in the love of the



## BOOK REVIEW

by Ladislaus L D’Souza

Father, our confidence in the saving grace of the Son, and our surrender to the Spirit can never be in vain. It contains so to say her heart’s promptings that have the power to enthuse and enlighten, calm and heal, boost and lead the reader on to the realm of the Spirit, the power of whose grace alone can so help build one’s faith as to move mountains!

FAITH THAT MOVED MOUNTAINS brings you on the one hand brief dissertations on certain vital elements of our faith, like prayer (chh 6 & 22), the Eucharist (ch 8), love (ch 12), forgiveness (ch 24) and the like and, on the other, firsthand accounts of people who’ve experienced God’s grace through the author’s intercession. Emphasizing the intercessory factor of prayer, Theresa has been conducting an hour’s ‘intercessory prayer’ session at her residence every Sunday evening for the past two decades with a band of committed

intercessors numbering 35. In a way, the book echoes what 101 Springfield at Malad resonates with every Sunday evening, viz. “What marvels the Lord has worked for us! Indeed we are glad!” (Ps 126:3)

The contents of this book invite the reader to put his/her hand in the hand of the man who not only once stilled the waters and calmed the sea but continues to raise and reward the hopes of the hopeless and renew the spirits of those who dare to trust in him completely – à la Theresa Carrasco who revels in bringing a touch of heaven to troubled hearts! All in all, a book with a difference, set to make a difference to the life of the reader, both believer and non-believer alike, at whose instance in the first place she has put pen to paper to spread wider the message that God’s love is so high that you can’t get over it, so deep, you can’t get under it and so wide you won’t ever get around it!! Hey! Wonderful love!

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# Discriminating God

**R**eligion according to the faithful is God sanctioned. However if you delve deep into the historical, anthropological and sociological analysis, every rational thinking person knows that religion is man-made. It was evolved out of fear of the unknown and the need to establish rules, regulations and laws to govern society. Over the years, religious and political leaders promoted a number of customs which have become traditions in the name of religion. They have become part and parcel of the cultural life of each religious group. People are made to believe that the entire spectrum of rules, customs and traditions are divinely sanctioned and violation of any is liable to incur the wrath of God almighty. Scriptures are quoted to justify these practices by convincing people that they are revealed by God. The fact that the scriptures were written by men and not descended from heaven is an open secret. Since all these customs, traditions and rules were worked out and framed by men, they are naturally patriarchal and misogynistic but justified in the name of God.

Gender discrimination is historical and practised by almost all religions. Women have been kept out of religious rituals and social ceremonies as they are considered unclean, inauspicious or a source of distraction. In the catholic church, some 50 years back, women never entered the sanctum sanctorum. The Bible, in the book of Leviticus, clearly spells out the unclean aspect of women. It is amusing to know that women remained unclean for a longer period when she gives birth to a girl-child (Leviticus 12:5). The church has now become liberal and allows women to



by  
**Prof. A. D. Mascarenhas**

attend Mass without covering their heads, to be altar servers, lectors and Eucharist ministers but does not ordain them to priesthood and then elevate them to the position of bishop, cardinal or pope. At the same time, Mother Mary is venerated and cited as an exemplary woman. There are numerous women saints, Mother Teresa being the latest. The entire situation is ironical.

The episodes of Sabarimala Temple in Kerala, Shani temple in Maharashtra, are in the news. So also, Haji Ali Dargah in Mumbai. There are several temples and mosques where such practices are followed. Muslim women groups are also agitating against the practice of multiple wives and triple 'Talaq'. Women everywhere are given less than equal rights in the matter of inheritance. Female foeticide is practised as a girl child is considered a liability in some sections of the Indian society. Girls are the first to be withdrawn from education, when their families are under economic stress. Widow re-marriage is restricted or discouraged, whereas there are widowers who even at an advanced age do not miss the very next opportunity to tie the nuptial knot. We had the sati system which was banned in 1829. In many cases widows were forced to jump into the husband's funeral pyre,

but never heard of any incidence where the husband jumped into the wife's funeral pyre.

Governments (both Congress and BJP), have been reluctant to correct the injustice inflicted on women. The case of Shah Bano Begum is a pointer. In 1986, the Congress government headed by Rajiv Gandhi, over-turned the Supreme Court verdict of this case for the sake of vote politics. The uniform civil code has not yet seen the light of day. It was only in 2005, the Hindu Succession Amendment Act gave equal rights to daughters in ancestral property. Delhi High Court recently ruled that the eldest female member of Hindu Undivided Family, can be a Karta (manager/administrator of family property). It is pertinent to note that in the ongoing Sabarimala temple case, the Supreme Court has observed that Hindu scriptures do not discriminate between the genders for practising religious rituals/practices.

Gender discrimination is sanctioned and justified by religious leaders, at times with the support of politicians, in the name of God whom nobody has ever seen or heard, except in the mythological episodes that are narrated in the scriptures.

# Crying For Social Justice



BY FR. CEDRIC PRAKASH  
SJ

**T**he cry for social justice has become today loud, clear and very shrill! It is a cry that no longer seems to be the prerogative of only the poor and the marginalized as several from across the social strata want their voices to be heard; these include students from prestigious universities in India and abroad, academia and intellectuals, litterateurs and poets, film-makers, playwrights and other celebrities – the list is endless. The cry, the refrain is the same everywhere, “We want Justice!”; one is reminded of the uprising of workers led by trade union leaders of yesteryears. This time however, whilst the script remains the same—the ‘dramatis personae’ has changed. Those who cry out are not just crying out for themselves – they are crying out for the rights of others, for the sanctity enshrined in the Constitution, for democracy, for the children of tomorrow!

So February 20th 2016, the ‘World Day of Social Justice’, comes to all of us as a grim reminder that India and the world at large is desperately in need of social justice. True, on this day, there will be the usual ceremonies and tokenism; the rhetoric from the politicians (particularly the governing class) who will once again indulge in empty platitudes. Many of them will be totally unaware that UN mandate for this day states that “Social justice is an underlying principle for peaceful and prosperous coexistence within and among nations. We uphold the principles of social justice when we promote gender equality or the rights of indigenous peoples and migrants. We advance social justice when we remove barriers that people face because of gender, age, race, ethnicity, religion, culture or disability. For the United Nations, the pursuit of social justice for all is at the core of our global mission to promote development and human dignity.”

So how does one address the tragedy of Rohith Vemula, a PhD student of Central University in Hyderabad- who was desperately fighting against discrimination and harassment? Or for that matter the current imbroglio that has gripped the prestigious Jawaharlal Nehru University in Delhi – all because some students wanted to question the systemic ills in society – particularly the way the minorities are targeted? JNU student Union leader Kanhaiya Kumar and some other students are today in jail on charges of ‘sedition’. Their arrest is a clear signal that freedom of speech and expression will gradually become history in India! Since the last few months –several eminent citizens have returned their well-deserved awards to the Government because of rising intolerance. No one will forget that intellectuals and rationalists like Kalburgi, Pendse and Dabholkar were assassinated because they dared the fascists and the fundamentalists of the country.

In just about a week from now, we will observe the fourteenth anniversary of the Gujarat Genocide. The victim-survivors still cry for justice. Many of them today are internally displaced persons –living in sub-human conditions Whilst there have been some convictions, the big culprits are out on bail – and the biggest ones seem to have become invincible as they cloak themselves with a degree of immunity. On the other hand, human rights defenders like Teesta Setalvad and Javed Anand have to face no end of harassment and intimidation from the powerful – just because they had the courage to take on cudgels on behalf of the victims.

One should not forget that the current Prime Minister of India, when he was the Chief Minister of Gujarat piloted and got promulgated for Gujarat -one of the most draconian laws in the history of India. Innocuously called the “Freedom of Religion Act 2003”, it de-

nies a citizen the freedom to embrace a religion of one’s choice without first seeking the permission of the District Magistrate. This is in clear contravention of Article 25 of the Constitution of India and Article 18 of the Universal Declaration of Human Rights

Across the globe, the refugee crisis has reached magnitudinal proportions, as millions of people are hounded out of their homes and lands; are bombed, raped and butchered. They just flee in desperation and most often with nowhere to go.

So the Day of Social Justice needs to be a reminder that all us have a role to play in making our world a more just and humane for all: particularly for those who are poor and marginalized; the dalits and tribals; the minorities and the excluded; the refugees and other displaced persons; for those who are denied their legitimate rights and freedoms. We need to be vocal and visible in taking a stand against all those who are bent on denying others the cherished and eternal values of justice, liberty, equality and fraternity. We should take a cue from the UN Secretary General Ban Ki-Moon who emphatically states “with exclusion and inequality on the rise, we must step up efforts to ensure that all people, without discrimination, are able to access opportunities to improve their lives and those of others.”

Social justice is wide raging – but it is essentially, what Pope Francis reminded us a couple of days ago at the end of his visit to Mexico- ‘the courage to build bridges and not walls’

\*(Fr. Cedric Prakash sj is a human rights activist. He is currently based in Beirut, Lebanon as the Advocacy and Communications Officer of the ‘Jesuit Refugee Service’ in the Middle East and North Africa Region)

# Half Mast

**T**here are claims and counter allegations that our Union Minister for Human Resource Development (an euphemism for Education) has been to, or enrolled, at three different colleges. What is not clear is whether or not the lady, whose earlier claim to fame was that of a heroine in a TV soap opera, is actually a graduate. I have something in common with her, but not TV.



by **chhotebhai** \*

a mind-boggling idea. At a recent meeting of Vice Chancellors of universities she intelligently proposed that a 200+ ft flag pole be erected at every university from which the national flag, the tricolour, is to be flown. The sight of the fluttering tricolour would have a sobering impact on those students hell bent on inciting violence. The learned VCs acquiesced in humble submission.

Does the tricolour, per se, invoke feelings of nationalism? Do we suddenly become “nationalistic” when the tricolour is displayed during the national anthem in cinema halls? Cricket fans enthusiastically wave the tricolour, even when they migrate to England or Australia. Rather anti-national really, if they have become nationals of those countries. During Anna’s angst, waving the tricolour was par for the course. The Jats in Haryana, violently agitating for reservations, are doing the same. It has become a symbol of protest rather than of nationalism. The men in black coats who recently assaulted Kanhaiya Kumar at the Patiala House courts were hysterically chanting “Vande Mataram” and “Bharat Mata ki Jai” – apparently the other irrefutable certificates for nationalism.

As a social and civic activist I have to interact with all sorts, including such pseudo nationalists. Regrettably I must observe that they are more of anarchists than nationalists. Chauvinism masquerades as nationalism. For this reason, even though I am an unlettered college drop out, I make bold to say that Smriti Irani has caught the bull by the tail. And thereby hangs a tale of gross miscalculation and immaturity. We cannot be offering simplistic or jingoistic solutions to complex issues; be they affecting universities and college campuses, or other volatile issues that are impacting our national psyche or social fabric today.

Fifty years ago, I also had made three futile attempts to graduate. The first was as a regular B.Sc student. I failed in one subject, and then opted to help my ailing father in business. Thereafter I enrolled for a B.A. course by correspondence. My father saw one of my answer papers on accounts that had been corrected by the university. I had learnt accounts from my father and value it to this day. When my father saw the corrected paper he said, “Rubbish, these guys don’t know accounts”. I concurred and rubbished the idea of further correspondence on the subject!

My father passed away not long after that, and my mother now insisted that I enroll for B. Com morning classes; while simultaneously helping her to look after the family. Unknown to her, I was bunking college to spend “quality” time with my girlfriend. So the three attempts to graduate, in three different streams, from three different institutions came to naught. Naughty of me!

Why am I reminiscing like this? The Minister’s, or my own, attempts at graduation are but a co-incidence.

In order to counter “anti-national” sentiment among university students, JNU being the latest culprit, the Minister in question has come up with

## Pope John Paul II’s Letters

The recently publicized letters of Pope John Paul II to a lady-friend ought not to unduly disturb us because of newspaper headlines. The contents only show that a mature religious person can be fully committed to a life of celibacy, while at the same time, maintaining a deep, healthy relationship with a person of the opposite sex, with the constant help of God’s grace. In a marriage too, such a person can have other enriching relationships, while being totally committed to his/her marriage. History shows that there have been several close friendships and highly edifying relationships, even between very saintly people. These letters do not indicate that the celibacy law for priests in the Catholic Church or that its teaching on the sacredness and indissolubility of the marriage bond is not practical or outdated.

—**Joseph M. Dias, S.J.**  
**Andheri (E), Mumbai.**

Hence, unlettered fool and unfettered thinker that I am, I cannot give a thumbs up to Irani’s “nationalistic” flag pole idea. As I mourn the death, or dearth, of intelligent engagement, I fly my flag at half-mast, for a half-baked idea.

\* The writer is the Convenor of the Kanpur Nagrik Manch.

Read **THE SECULAR CITIZEN**

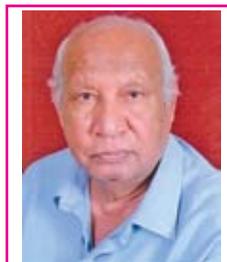
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# Witnessing Christ In Hindu India

**W**itnessing Christ begins with self. Spiritually and then mentally you have to be Christian. And this is not always easy. The word 'Christian' came from the Latin word 'Christian' - first used by a Roman governor giving a detail account of the first followers of Christ to the Roman Senate. This was in the year 64 after the death of Jesus Christ. Hence, a 'Christian' means 'one who follows Christ. Values set up by Jesus Christ are not the values set up by the world. We introduce someone by his status, education, position, wealth, family and so on. Christian values are diametrically opposed or much above the values set up by this world.

In a conservative state like Gujarat, Christian values like accepting each other, forgiveness, love, sympathy, humility are pooh-poohed. Here humility is considered cowerdicensness, forgiveness is considered as timidty and love for the poor and downtrodden is considered as helplessness. Gujarat, with all its progressive claims, is a highly conservative, materialist, intolerant state where caste system and giving first priority to gaining material wealth is the supreme virtue and value. You should have money and have it at any means and cost - this is the Gujarati mentality. Gandhi can only be created from a state like Gujarat. And Gandhi knew it very well what harm the caste system can do to democratic and secular values to human society.

Christians are hardly two to three per cent of the total population. We are easily singled out - chiefly in the state like Gujarat. Our names, surnames, behaviour, attitude, likes and dislikes greatly vary from the common men. I had been the only Catholic from Gujarat on the Times of India's Editorial desk, the majority being the Namu-



by Ignatius Dabhi  
Sr. Journalist



dari bhahmins from the South. In the housing society of 200 flats, I have been the only Christian in a typical (high-caste) Hindu housingsociety. Most of these societies do not allow Christians

and Muslims in their socity. The level of tolerance has been lessened after the rise of the Bhartiya Janata Party. They tolerated me only because top level Gandhinagar politicians and police officers used to frequent us. Fear psychosis !

We neither hid nor felt shy about our religion- Christianity. We practised our faith in open. This has been for the last 40 years now. This has been never, never easy. Compared to the most of my journalists friends, our economic status and condition were much lower only because I tried to witness that Christ who preferred poverty to wealth and simplicity to pomp and pride. Majority of my companions roll in wealth and comfort because of links with power and money. I have no regrets. At 74 content. Christ has been my constant consolation and comfort. Witnessing Christ in Hindu India has been a constant mortification. Wear Christ, live Christ and spread Christ through your life... ..

## Jobs for the Educated

At present, most of the young people who complete their Masters Degrees (eg. MCA, MBA, ME, M.Tech etc) are not able to get suitable jobs. Every year only 10% of the students who complete their course are getting suitable jobs in the campus interview but with decreasing salaries. The remaining 90% are forced to join jobs which offer less than Rs.20, 000/- per month as salary. Most of these students do not know about Central /State Government and Banking job opportunities which offer good pay.

Now, Staff Selection Commission has issued notice on 13.02.2016 for conducting exam on Sundays 08th and 22nd MAY 2016 for filling up different categories of posts in various Ministries/ Departments/Organisations in the Central Government. The minimum educational qualification is just graduation with any degree and the age limit is 18-27 years. The starting salary for these posts is approximately Rs.45000/- at present and it going to be .revised shortly as the Seventh Pay Commission has submitted its recommendation to increase the salaries.

Details are available in [http://ssc.nic.in/SSC\\_WEBSITE\\_LATEST/notice/notice\\_pdf/exam\\_notice\\_CGLE\\_12\\_02\\_2016.pdf](http://ssc.nic.in/SSC_WEBSITE_LATEST/notice/notice_pdf/exam_notice_CGLE_12_02_2016.pdf) (click link).

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# Raising an Only Child

**A small family differs dramatically from a large one and, consequently, comes with an entirely different set of challenges and rewards.**



**R**aising an only child isn't easy as there are a lot of insecurities the child goes through. He or she may feel very lonely or may be finding it difficult to fit in. Here are some things to help you, for you to keep in mind while raising your only child.

## **Teach your child social skills.**

Only children don't have the benefit of the rough-and-tumble of sibling relationships. What we call sibling rivalry is actually a chance to get along with peers on a daily basis. Teach your child to get social, whether in his or her school or the park. It can be anywhere.

## **Foster your child's independence.**

Since only children develop such a close relationship with their parents,

some become too reliant on them for moral support, homework help, and entertainment. Parents, too, can unknowingly reinforce this dependence. They must avoid this and try fostering independence in their child.

## **Get a pet to help your child**

The child might suffer from loneliness. To help him or her get rid of this loneliness the best choice is a pet that can also serve as a conversation starter with other kids, like a friendly dog that can be walked.

## **Single kid, double the love**

Having a single child means you can give undivided time and love to your kid. At the same time, raising a single kid becomes more economical as parents do not need to compromise on their aspirations for their child and can still provide the best of everything.

## **Raising a confident 'only' child**

In many cases, when a child has a

sibling, he/she may suffer from the negative impact of sibling rivalry, leading to insecurity or competition. But with a single child, there are higher chances of the kid turning out to be confident and self-sufficient. This in turn, results in them being better achievers and extroverts with adequate social skills, quite suited for this age's cut-throat competitive world.

## **No sibling, no sharing**

With all the love showered upon a single child., he/she might be very possessive about his/her belongings as well as relationships. Due to this he or she may not like to share things. Teach them how to share everything with others

## **Dos and don'ts**

Don't leave the child alone for many days

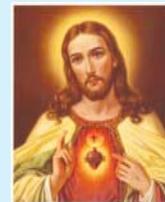
Take out time for your child

Do not give them everything that they want

Don't pamper them too much

Foster qualities of independence and growth in them

## **Thanksgiving**



Thanks to Sacred Heart of Jesus & St. Jude for the favours granted

May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen, Say this prayer nine times a day for nine days.

— Francis R. Delhi

# Become A Better Student

**Just because you couldn't get a top rank in your school doesn't mean that it is the end of the world for you. So work hard each year and be an excellent student.**

**M**ost professors and counselors say that good students aren't really those who have a very sharp brain, but ones who have good habits. To be able to score good marks and get all the awards shouldn't be difficult for you, as long as you aim towards being a better student by developing some good habits and following some worthwhile practices.

Listed here are some ways to become a better student.

## Attend All Your Classes

Needless to say, you have to start from the most basic of things. Attend all your classes, because the kind of interaction that happens in a classroom is far more useful to remember concepts than just mugging the theories from books a day before the exams.

## Take Notes

Not everything that is said in a classroom will stay in your head or will be available later on to go through from your textbooks. So make it a habit to take notes in your class. Write them as neatly and in as organized a manner as possible. Using colour codes to mark your notes is also one of the great ways to make them interesting.

## Study Daily

Make it a point to come back every day from school or college and go through your notes once. It doesn't necessarily mean memorizing them. But if you start just reading through your notes daily, you will realize that a lot of it stays in your brain even till the exams, reducing the pressure of memorizing. Repetition and re-

**Pay attention during class:** If you don't pay attention it will be almost impossible for you to understand the lesson by yourself. Remember to participate in class as well. This is good for your relationship with your teacher, for your grades and for passing the time.

**On your homework:** If you have homework due on Monday that was assigned on Friday, don't start the assignment at 11 p.m. on Saturday. Take your homework seriously and try hard problems, even if you're not sure on them.



inforcement are the keys to making things stay in your head.

## Finish Your Homework:

Much like studying daily, finishing your assignments on time is also important for the same reason. If you've studied a concept in class today, doing the assignment for the same today will help you to make the information stay in your head a lot better.

## Study Extra:

As a student, you must take interest in your subjects. If something is taught in class, go to the library and look for other books covering the same concepts. Read more, research more, and try and gain more knowledge about the concepts than what is just being taught in class. This extra information not only makes your assignments unique and better as compared to others, but also helps you gain more knowledge, making concepts stay in

your head better.

## Get Your Answers

Good students have a habit – they never live with half information. If you have half information about something and want to know more, or if you have a problem or a question, go and seek answers to it. Take help from fellow students or from your professors, but never let the question stay in your head for too long. Always get the answers to get better clarity.

## Make Schedules:

It's important to get organized in life. You should make proper schedules before exams to ensure that you are covering all your subjects and not leaving anything behind. Set daily targets to ensure that you are not overburdening your brain on one day and doing nothing the next day. And then stick to those schedules for maximum

efficiency and productivity.

### **Take Tests:**

Challenge yourself and take mock tests before you appear for the actual exams. You can ask your friends or parents to help in this process by making them go through your subjects and asking them to ask questions from you. Mock tests will help you find out where you stand.

### **Keep Your Calm**

There will be times when some subjects will take more than usual time to register in your head. And not every mock test that you take will be as successful as you thought. But you've got to keep your calm. If you panic, then it's just going to make this more difficult by delaying the process.

### **Take Breaks**

A good student knows the importance of breaks. Even if it's just a day before the exam when you are sitting and going through all your notes one last time, make sure that you keep taking breaks in the middle. Your mind is just going to collapse if you overdo the memorizing and cram it with too much information. Learn to take breaks, of the right duration, and then get back to studying for maximum efficiency.

At the end of the day, not everyone can be at the top position because there is only one of it. But you must know that your battle is not with your classmates, but with you yourself. You have to keep challenging yourself to get better grades from the previous year for your own satisfaction, and as long as you are having a steady growth and improvement, there should be nothing that upsets you. After all, each student is different, and everyone has different talents and skills. Just because you couldn't get a top rank in your school doesn't mean that it is the end of the world for you.

## **Providing Excellent Customer Service**

Nine ways you can start to create a pattern of excellent customer service in your business.

### **Know Your Product/Service:**

In order to provide good customer service, you need to know what you're selling, inside and out. Make sure you know how your product or service works. Be aware the most common questions customers ask about your products, and know how to articulate the answers.

### **Be Friendly:**

As they say, customer service starts with a smile. Even when handling customer service requests via telephone, a smile can come through in your voice, so make sure you're ready to be friendly.

### **Say Thank You:**

Gratitude is memorable, and it can remind your customers why they shopped at your store or hired your company. Regardless of the type of business you have, saying thank you after every transaction is one of the easiest ways to start a habit of good customer service.

### **Train Your Staff:**

It's important to make sure all of your employees, not just your customer service representatives, understand the way they should talk to, interact with, and problem solve for customers. Provide employee training that gives your staff the tools they need to carry good customer service through the entire customer experience.

### **Show Respect:**

Customer service can often involve emotions, so it's important to make sure you and others you have handling your customer service tasks are always courteous and respectful. Never let your own emotions overtake your desire to see your customer



walk away happy.

### **Listen:**

Listening is one of the simplest secrets of customer service. Listening means hearing what your customers are saying out loud, as well as what they are communicating non-verbally.

### **Be Responsive:**

It's important to respond quickly to all inquiries, even if it is only to say you are looking into the issue and will be back in touch. Some response is always better than none so the customer doesn't feel ignored.

### **Ask for Feedback:**

You may be surprised what you learn about your customers and their needs when you ask them what they think of your business, products, and services. You can use surveys, feedback forms and questionnaires, but you can also make it a common practice to ask customers first-hand for feedback when they are completing their orders.

### **Use Feedback You Receive:**

You need to do something with the feedback you receive from customers in order to make it useful in your customer service process. Take time to regularly review feedback, identify areas for improvement, and make specific changes in your business.

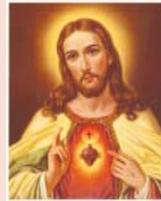
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## Thanksgiving



Thanks to Sacred Heart of Jesus & St. Jude for the favours granted



May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen, Say this prayer nine times a day for nine days.

— Vishal Noronha, Bangalore

## Thanksgiving

Thanks to Divine Mercy, Sacred Heart of Jesus, O.L. Of Perpetual Succor and Infant Jesus for the kind favours granted



—Mrs B. Baptist, Mumbai

## Thanksgiving



Thanks to Fr. Agnel for the favours granted

— B. Pinto, Wadala



Heartful thanks to

The Holy Spirit for the favours granted

—A Devotee

## Thanksgiving



Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of perpetual Succor and St. Anthony

— Benny Mascarenhas, Goregaon

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# 5 Simple Ways To Achieve Financial Freedom

by *Headley Albuquerque*

**T**here is a belief that having a good job and saving is a sure way to become wealthy and enjoy the fruits of financial freedom. However there are several families where the earning member successfully ticks the above check boxes yet struggle to comfortably achieve life cycle goals such as child education, marriage, retirement, foreign vacation. Hence below are five simple ways to achieve financial freedom:

## 1. Start Early

It is important to start investing as early as possible and do not wait to accumulate large amounts of money or earn a high salary. Let us look into the incident of John and Ravi, both aged 33, met recently after several years and exchanged notes on their well-being. John and Ravi, both currently working at large firms, spoke about their finances as well. Ravi had diligently saved five thousand every month since the age of 28, while John plans to begin saving the same amount this year. Assuming their investment provides a return of 10% p.a., Ravi at the age of 60 accumulates Rs.1.27cr while John manages merely 76.53lakh. Thus a mere delay of 5 years by John has reduced his wealth by over 50lakh! Hence it's important to let power of compounding work for you.

## 2. Protection:

Insurance provides protection against risks such as hospitalization expenses, untimely death. It is very important to create a protective shield to protect ones existing investments. A term plan is a pure risk cover and cheapest form of insurance. The thumb-rule of having a cover of 10-12 times your annual income provides a right direction however it is highly recommended to meet a certified financial planner to know

the adequate sum-assured through measures such as HLV analysis.

Several sections believe their investments in several properties are sufficient to cover the family hence do not require insurance. We ask just three questions 1) Do you believe grieving dependents will be in an emotional position to sell the properties. 2) Are they equally equipped to deal with brokers 3) Are you sure your property will fetch the right price and not get offed significantly below market price.

It generally takes 3-6 months for any deal to take place hence liquidity is a major issue. The money received from insurance provides your dependents time to recover, stabilize financially and take correct decisions. Hence having an adequate insurance cover is important for all. This protects your dependents from financial hardship and maintains their standard of living, in the event of your un-timely death.

A medical insurance protects you from rising hospital bills and hence it's important to have adequate medical insurance cover. It is important to review the amount of cover every few years, as medical expenses are rising at a pace of 10-20%p.a. It is important to have your own health insurance policy despite getting a cover from your company, to keep you secured in the event of a job loss. The objective is to avoid drawing down existing investments to meet hospitalization expenses. A critical illness plan is different from a health insurance plan. The critical illness plan pays you the entire sum assured if you are diagnosed with any of the critical illnesses (common ones such are cancer, heart attack, stroke coma etc.) listed in your policy. It is very important to make complete mention of existing illnesses in all insurance forms to avoid rejection of claims.

Overall it is absolutely important to

transfer risk to insurance companies to protect ones wealth.

## 3. Portfolio Allocation:

Indians are considered to be amongst the best savers in the world. Savings account for nearly 30% of GDP compared to 20% in Europe and 17% in US. However a significant portion of our savings barely manages to beat the rise in cost of living. In order to create wealth, it is important our savings earn a return significantly higher than inflation. It is essential to invest based on your risk appetite. A certified financial planner will recommend a portfolio strategy based on risk profile. The right portfolio allocation is the difference between wealth creation and savings.

## 4. Avoid ad-hoc investments:

It is prudent to invest as per financial goals rather than based on scheme name, glossy brochures or based on friend /relatives advice. This prevents a mis-match in timing and funds required to meet a goal. Indians save but invest in low return products, constantly falling short of funds to meet their goals. If you invest in the same manner like everyone does, you can't expect different results. A judicious portfolio allocation results in achieving your goals comfortably and avoids resorting to expensive loans.

## 5. Prepare a financial plan:

A financial plan provides you a road map as every goal is quantified and hence you have a goal-post to compare how much you have saved and how much is required to fulfill a goal. A financial plan is prepared after several rounds of discussion between the financial planner and client. It is prepared after considering existing investments, liabilities, cash-flows and hence extremely customized. The financial planner reviews the plan, your investments and guides you to achieve your goals successfully.

Overall it is essential to decide firmly, begin at the earliest and implement professional advice to enjoy fruits of financial freedom.

# Third Week in Lent on CHRIST



BY MELVYN BROWN

## Lenten Meditation

**F**or five Lenten Weeks from 14 February 2016 until 13 March 2016, prayers and meditation on Christ help Christians with an opportunity to be united by remembering the passion, death and resurrection of Jesus. To reflect and explore the path of redemption and salvation will be to honor Christ. For this, there is no better way than to follow the 14 Stations of the Cross.

The promised Messiah is in our midst. He is the Christ who wants us to meditate this week on the history of Israel: they crossed the sea and ate the same spiritual manna and drank the same spiritual water. Many of them made God angry because of their wicked ways and a great many died across the desert for their evil deeds. From their history we receive a warning as the last days come upon us. (1.Cor.10:11).

The season of lent is a reality check. It cannot compare with any other human experience. Our path to heavenly life is to share in Christ's passion from Jesus walk to Jerusalem. His triumphal entry to the Holy City as its King of Peace, to His arrest in the garden, the infamous trial which followed, the agony, crucifixion and death.

Over the years we struggle to faithfully recall His life and His presence, to meditate on the mission of His coming to bring us salvation, redemption and spiritual strength in our faith.

In the tapestry of the gospels are hidden messages for us as Christ our Redeemer goes through almost twelve hours of excruciating physical, mental and spiritual pain.

His human tendencies remain to the end. The human factor in Jesus serves as an exemplary beacon for us. We, too, should try and bear our cross, especially at lent and always.

When you dedicate your life to human work in the true Christian formula, it

enriches your faith. Jesus spent His last days in Galilee before He went up to Jerusalem. Contrary to what some people believe, that the passage of time changes the human experience, it always remains the same – emotionally, and in relationships.

Christ knows this. He set a human plan to conquer sin, temptation, rebuke, hate, anger and spiritual weakness. In His passion we are taught lessons of kindness, charity, love, forgiveness and the over-coming of fear.

At the Last Supper, Jesus Christ washed the feet of his apostles. He gave us the miracle of the Holy Eucharist. He observed the Passover ritual seriously. Let us at lent take the Passion of Christ seriously, and carefully follow its moments of prayer, contrition and penance.

The Scourging at the Pillar. The Crowning of Thorns. The final judgement for Crucifixion. The Carrying of the Cross. The Nails piercing His Hands and Feet. The agony while hanging on the Cross. Seeing His Mother suffering while she stood below the Cross. His final act in Commending His Spirit to the Father.

When we meditate on Christ and His Passion at lent, we honour Him. We also grow stronger in the power of the faith. During lent we make reparation for our sins and ask God's forgiveness. The season of lent must not be a short term of penance and sacrifice, but a life-long and vibrant tempering of the spiritual nature of the soul.

**Let us recite the  
"Anima Christi" :**

Soul of Christ sanctify me. Body of

Christ save me.

Blood of Christ inebriate me. Water flowing from the side of Christ wash me. Passion of Christ strengthen me. Suffer me not to be separated from thee. From the malignant enemy defend me. At the hour of my death call me and bid me come to thee, that with thy saints I may praise thee forever and ever. Amen.

The Christian faith is insulated in Jesus Christ. Inevitably, with trust in Jesus, He shields us when we seek his help. Never forget, the reality, Christ always triumphs and saves humanity. Come, let us meditate on these jewels of our faith. Read Psalm 95.

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# Sugar may be as damaging to the brain as extreme stress or abuse

## Medical Research

**Jayanthi Maniam and Margaret Morris, *The Conversation***

**W**e all know that cola and lemonade aren't great for our waistline or our dental health, but our new study on rats has shed light on just how much damage sugary drinks can also do to our brain.

The changes we observed to the region of the brain that controls emotional behaviour and cognitive function were more extensive than those caused by extreme early life stress.

It is known that adverse experiences early in life, such as extreme stress or abuse, increase the risk of poor mental health and psychiatric disorders later in life.

The number of traumatic events (accidents; witnessing an injury; bereavement; natural disasters; physical, sexual and emotional abuse; domestic violence and being a victim of crime) a child is exposed to is associated with elevated concentrations of the major stress hormone, cortisol.

There is also evidence that childhood maltreatment is associated with reduced brain volume and that these changes may be linked to anxiety. What we found

Looking at rats, we examined whether the impact of early life stress on the brain was exacerbated by drinking high volumes of sugary drinks after weaning. As females are more likely to experience adverse life events, we studied female Sprague-Dawley rats.

To model early life trauma or abuse, after rats were born half of the litters were exposed to limited nesting material from days two to nine after birth. They then returned to normal bedding until they were weaned. The limited nesting alters maternal behaviour and increases anxiety in the offspring later in life.

At weaning, half the rats were given unlimited access to low-fat chow and water to drink, while their sisters were given chow, water and a 25% sugar solution that they could choose to drink. Animals exposed to early life stress were smaller at weaning, but this difference disappeared over time. Rats consuming sugar in both groups (control and stress) ate more calories over the experiment.

The rats were followed until they were 15 weeks old, and then their brains were examined. As we know that early life stress can impact mental health and function, we examined a part of the brain called the hippocampus, which is important for both memory and stress. Four groups of rats were studied – control (no stress), control rats drinking sugar, rats exposed to stress, and rats exposed to stress who drank sugar.

We found that chronic consumption of sugar in rats who were not stressed produced similar changes in the hippocampus as seen in the rats who were stressed but not drinking sugar. Early life stress exposure or sugar drinking led to lower expression of the receptor that binds the major stress hormone cortisol, which may affect the ability to recover from exposure to a stressful situation.

Another gene that is important for the growth of nerves, *Neurod1*, was also

reduced by both sugar and stress. Other genes important for the growth of nerves were investigated, and just drinking sugar from a young age was sufficient to reduce them.

The rats were exposed to high sugar intakes during development, and the impact of the sugar is worrying as it may affect brain development, although further work is required to test this.

In this study, combining sugar intake and early life stress did not produce further changes in the hippocampus, but whether this remains the case over time is unclear.

## What does this mean for us?

The changes in the brain induced by sugar are of great concern given the high consumption of sugar-sweetened beverages, with particularly high consumption in children aged nine to 16 years. If similar processes are at play in humans to what was found in our rat study, reducing the consumption of sugar across the community is important.

The fact that drinking sugar or exposure to early life stress reduced the expression of genes critical for brain development and growth is of great concern. While it is impossible to perform such studies in humans, the brain circuits controlling stress responses and feeding are conserved across species.

People who were exposed to early life trauma have changes in the structure of their hippocampus. In humans, those consuming the most "western" diet had smaller hippocampal volumes, in line with data from animal models.

Taken together, these findings suggest future work should consider possible long-term effects of high sugar intake, particularly early in life, on the brain and behaviour.

# Six Significant Sentences

In a 2000 Sq feet house you live in 200 Sq feet; in the remaining 1800 Sq feet lives your ego.

## The difference between "Time" and "Wealth"

You are always aware at all times how much wealth you have but you are never aware at any time how much time you have.!!!

An anklet costs thousands but is worn on the feet but a bindi costs Rs 2 and is worn on the forehead....

Therefore it is not the cost that matters but the place.

In a book store lie both the Holy Gita and the Koran. They never quarrel with each other. ...

The ones who fight in their name are those who have never read them....

A true friend is one who tells you the truth which may hurt like salt on a wound; those who speak sweetly are only sycophants.  
It is a known fact that salt never spoils but sweets spoil very easily.

Science claims that when hurt is inflicted on the tongue it heals very fast .....

Wisdom says that when hurt is inflicted by the tongue it never heals.

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# Inspiration!

## Be an inspiration for all

**We all get our inspirations from everyone and everything that happens around us. So it should be no surprise that in return, we can inspire other people**

**W**hat better way to give back to this world than to inspire everyone around you? It's one of the best gifts that you can provide to this world and specifically, to the ones that are close to you. Here are some ways that you can ensure that you create inspiration everywhere around you:

### **Tell the truth:**

There is something about honesty that we all appreciate. When you think about it, has a liar ever been inspiring? Maybe, but that doesn't last. You see, truth has a way of always coming to light. It can take some time, but usually, the truth comes out. Telling the truth makes sure that your word is gold, and that you will never disappoint anyone in the process. Telling the truth peels all the layers away and the real person is exposed. If we all would get inspired to tell the truth in this world, how things would be different!

### **Live passionately:**

Have you ever watched a singer perform in a way that it touched you? This is passion coming through to you. In return, you can live your own life passionately and everyone around you will be inspired because the emotions become crystal clear. We know right away when someone



does something with passion. It has that little extra, it touches us in our heart.

### **Keep your promises:**

There is nothing more disappointing than someone that does not keep their promise. Once you disappoint someone, you can never inspire them. Because they will never look at you the same way again. More importantly, we are telling ourselves that we don't value our own word. Not keeping a promise to yourself is the same as disrespecting yourself. Eventually, it can harm our self-esteem, confidence and experience of life.

### **Listen:**

Sometimes, the best gift you can give to someone is to just listen to them. People need to be heard, it could be something really silly or something totally not important...do not judge and just be there in full, open your two ears, and just pay attention. This super simple act can truly create inspiration all around you. Being a good listener is one of the most respected

skills anyone can ever have, because it's a selfless act.

### **Share:**

Along the same lines as listening, by donating your time and your wealth, you can help inspire those around you. Sharing is such a beautiful act, one that we simply cannot help but to be in awe of. It's powerful indeed, and such power creates massive inspiration. Donate some of your time and watch how it changes everyone in your surroundings.

### **Smile:**

Such a small act, yet such a large impact. The power of a smile can transform anyone, anywhere, in an instant. A simple smile can truly change everything.

Gandhi once said, "Be the change you wish to see in the world." It starts with us. It's by inspiring others that we can get the ball rolling and make a difference in this world.

# Grooms



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**MUMBAI** : Goan Roman Catholic bachelor, aged 29 years, Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : kelwinbritto007@gmail.com OR 9619011728 **(Regd. No. 6491)**

**MUMBAI** : Goan Roman Catholic Widower, aged 55 years, Ht. 5' 7", Wt. 77 kgs, Fair Complexion, Edn. High School, Government employee in Bahrain. Contact email : alwyn60rodrigues@gmail.com OR 9733830968 **(Regd. No. 6490)**

**MUMBAI** : Roman Catholic bachelor, aged 27 years, Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Graduate, working as a Front Office Clerk in DUBAI. Contact email : sam\_sin88@hotmail.com OR 971559969531 **(Regd. No. 6489)**

**MUMBAI** : Mangalorean Roman Catholic bachelor, aged 30 years, Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn. B.M.M., L.L.M., M. Phil., Law, Postition : Professor + Legal Advisor., Contact email : kevintauro85@gmail.com

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**MUMBAI** : East Indian RC Bachelor, aged 36 years, Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. MD, MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com OR 9619024829 **(Regd. No. 6434)**

**MUMBAI** : Goan RC Bachelor, aged 30 years, Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. M.Sc. B.Ed., Teacher by profession. Only Child. Seeks preferably Goan teacher with B.Ed., qualification. Contact email : agnesmenezes107@gmail.com OR 9821315887 **(Regd. No. 6419)**

**MUMBAI** : Mangalorean RC Bachelor, aged 32 years, Ht. 5' 6", Wt. 90 kgs, Wheatish Complexion, Edn. B.Sc., (Chemistry), working as a Deputy Manager. Contact email : pradeep.bashyal@gmail.com OR 9819733872

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**MUMBAI** : Goan RC Bachelor, aged 34 years, Ht. 5' 4", Wt. 74 kgs, Wheatish Complexion, Edn. BE Computer Engineering, working as a Sr. Software Engineer in Mumbai. Seeks a suitable match. Contact email : marysalvation@gmail.com OR 9221079494. **(Regd. No. 6413)**

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**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 41 years, Ht. 5' 3", Wt. 70 kgs, Fair Complexion, Edn. B.D.S. Dentist by profession. Email : drcleona@yahoo.com Tel.: 25633474 **(Regd. No. 5997)**

**MUMBAI** : Mangalorean RC 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** : Goan Roman Catholic Divorcee, aged 42 years, Ht. 5' 3", Fair Complexion, Good looking and simple, Edn. B.Com., working as an administrator. Seeks a suitable match. Contact email : dalai\_mary@rediffmail.com OR 9967289345 / 9987638099 **(Regd. No. 6130)**

**MUMBAI** : Tamilian Roman Catholic Spinster, aged 32 years, Ht. 4' 11", Wt. 58 kgs, Wheatish Complexion, Edn. B.Com., working as a CRE, Contact email daisy.dec1@gmail.com OR 7507899111 **(Regd. No. 6129)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B. Pharma & MBA in Clinical Research, working as an Asst. Manager. Seeks a Engineer or well settled and educated. Contact email : cosmetony52@yahoo.com

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**MUMBAI** : East Indian Roman Catholic Spinster, aged 29 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** : Goan Roman Catholic Spinster, aged 26 years, Ht. 5' 2", Wt. 45 kgs, Wheatish Complexion, Edn. B.Com., working as a Supervisor in Bank. Contact email : rodriguesmary898@gmail.com OR 91-9979687644 **(Regd. No. 6226)**

**ABU-DHABI** : Goan Roman Catholic Spinster, aged 36 years, Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. Contact email : barretto.lorraine@gmail.com OR 9730454857 **(Regd. No. 6033)**

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**NEW PANVEL** : Mangalorean Roman Catholic Spinster, 32 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** : Tamilian Roman Catholic Spinster aged 29 years, Ht. 5' 7", Average built, Tan Complexion, Edn. Dip. in Hotel Management, Seeks a suitable match. Contact email : salexander172@gmail.com OR 9158622614 **(Regd. No. 6013)**

**MUMBAI** : Goan Roman Catholic

Spinster, aged 27 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. C.A., working as a C.A. Seeks a Goan Roman Catholic Bachelor. Contact email : rosefina.20@gmail.com OR 9022026602 **(Regd. No. 6417)**

**MUMBAI** : Roman Catholic Spinster, aged 26 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. 6414)**

**USA** : Mangalorean Roman Catholic Spinster, aged 31 years, Ht. 5' 4", Wt. 54 kgs., Fair Complexion, good looking. Edn. M.A., MBA., working as Sr. Manager in USA. Seeks well qualified bachelors working in USA. Contact email : divineword121@gmail.com **(Regd. No. 6377)**

**MUMBAI** : Goan Roman Catholic, 1st marriage annulled by the church, aged 40 years, Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. B.Sc.( MBA Pursing) working as a Quality analyst. Contact email : ephania\_helen@yahoo.com OR 8879867471 **(Regd. No. 6364)**

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**MUMBAI** : Tamilian Roman Catholic Spinster, aged 25 years, Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. B.M.S., LL.B., working as an Assoicate Lawyer. Only Child. Seeks a educated and well settled bachelor. Contact email : leonmichelle.90@gmail.com OR 9870896161 **(Regd. No. 6360)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 23 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. M.Sc., in Chemistry, working as a Jr. Chemist. Contact : 9969008104 **(Regd. No. 6356)**

**MUMBAI** : Tamilian Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. BHMS/BAMS, Homoeopathic Doctor. Contact email : shanin2304@gmail.com OR 98200 55319 **(Regd. No. 6355)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 35 years, Ht. 5'2", Wt. 49 kgs, Wheatish Complexion, Edn. B.Com., ALAM (US), working as a Sanctions - Manager in Bank. Contact email : renita.coutinho@gmail.com OR 9820841317 **(Regd. No. 6351)**

**MUMBAI** : RC Mangalorean Spinster, 27/5'2", Wt. 54 kgs, wheatish, B.Com., C.S., L.L.B., working as a teaching faculty for Law. invite alliance from well qualified and well settled bachelor with good family values upto 30 years Kindly reply with details and full length photograph to r.dsouza.co@gmail.com

com OR 9323925995 / 9699788876 **(Regd. No. 6350)**

**MIRAJ** : Roman Catholic Spinster, aged 33 years, Ht. 5'4", Wt. 57 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Fashion Designer / Teacher. Contact email : histellain@yahoo.com OR 08421515747 **(Regd. No. 6348)**

**MUMBAI** : Anglo Indian Roman Catholic Spinster, 34 years, Ht. 5' Wt. 48 kgs, Wheatish Complexion, B.A., MBA/PG (HRM), working as Secretary, Seeks a suitable match. Contact email: smithjenny0407@gmail.com or 9819791693 / 9819610348 **(Regd. No. 6346)**

**VALSAD** : Goan / Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5'1", Wt. 58 kgs, Wheatish Complexion, Edn. B.Com., working. Seeks a suitable match. Contact email : idsouza14@gmail.com OR 9892233758 **(Regd. No. 6345)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 28 years, Ht. 5', Wt. 64 kgs, Wheatish Complexion, Edn. HSC., Teacher by profession. Contact email : juliejoedesa@gmail.com OR 9769614656 **(Regd. No. 6343)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5'3", Wt. 58 kgs, Chocolate Complexion, Edn. B.A., Animation (Dip.). Contact email : profileb9@gmail.com **(Regd. No. 6342)**

**MUMBAI** : Protestant Christian spinster, aged 30 years, Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email : georgethomas1353@yahoo.com OR 9819133154 / 9930310549 **(Regd. No. 6341)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 25 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** : Goan Roman Catholic Spin-

ster, 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** : Roman Catholic Spinster, 29 years, Ht. 5', Wt. 47 kgs, Wheatish Complexion, Edn. F.Y. B.A., working for HR Firm. Contact email : janeqothery@gmail.com OR 9867447645 **(Regd. No. 6335)**

**MUMBAI** : Goan Roman Catholic Spinster, 27 years, Ht. 5' 11", Wt. 60 kgs, Wheatish Complexion, Edn. MBBS, Doctor by profession. Contact email : crickslick@gmail.com OR 9892629974 **(Regd. No. 6331)**

**MUMBAI** : Goan Roman Catholic Spinster, 30 years, Ht. 5' 1", Wt. 56 kgs, Wheatish Complexion, Edn. B.Com., MBA (Finance) working as an Asst. Manager in Bank. Seeks a suitable match. Contact Email : oldgoa2012@gmail.com OR 9869765169 **(Regd. No. 6330)**

**MUMBAI** : Goan Roman Catholic Spinster, aged 33 years, Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. B.Com., Teacher by profession. Contact email : nel2012@rediffmail.com OR 9870332639 **(Regd. No. 6329)**

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wheatish Complexion, Edn. M.Com, (Accounting) GNIIT, Working for a reputed IT - MNC as a Finance Executive. Seeks a well qualified and settled Mangalorean groom age upto 31 years, working in India or abroad. Contact email : nishalobo88@gmail.com OR 9930913027 / 9869077568. **(Regd. No. 6340)**

**DUBAI** : Goan Roman Catholic Spinster, aged 39 years, Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : track\_1976@yahoo.com OR 9730454857 **(Regd. No. 6032)**

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