

THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

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China's Crackdown

Continues as Christianity Thrives



**By 2030 China will be home to the largest
Christian population in the world
with more than 247 million faithful.**

S.A.A Message Through Music And Dance

Fr. Paul Moras SVD

In this Jubilee year of Mercy, Sanmeet Abhinay Academy, Andheri, Mumbai (S.A.A) got its first opportunity to proclaim God's love and mercy in their trade mark music and dance style, this time in the Diocese of Mangalore, through the performance of PREM RAGINI - MELODY OF LOVE, the internationally acclaimed dance drama composed and directed by Dr. Fr. Charles Vas SVD.

The first one was at PUTTUR on February 20, and it was organized by Mai de Deus Parish Youth in collaboration with St. Philomena,s College, to mark the 10th Anniversary of ICYM, and was held at the College ground. The second one on February 21, was organized by Rev. Fr. Andrew D.Souza, founder manager of DAIVIK AMRIT a Religious Konkani Monthly. and his Team, on the occasion of the decennial celebrations of the monthly and was performed at the holy Cross Church grounds at Kulshekar.

Both the shows were performed before captive capacity crowds who were mesmerized by the scintillating performances of S.A.A. artistes, first in the colourful cultural dances and then in the hour and a half non stop dance drama-MELODY of LOVE, PREM RAGINI (Mogacho Naad in Konkani.) And on the sidelines of these shows, Fr. Charles also got to be interviewed by Daiji World TV Channel, as one of



Dr.Fr.Charles Vas SVD,



the prominent contributors to Konkani Music and Culture.

PREM RAGINI is truly a melody of God's unconditional love for the sinful humanity, as depicted in the Biblical story of creation of the universe and humans as man and woman to the birth, death and resurrection of Jesus, the God-promised Redeemer, all this presented in captivating music and dance. This breath taking light and sound dance drama, composed and directed by Dr.Fr.Charles Vas SVD, has seen over 500 performances in India and several countries abroad and has been widely appreciated by clergy and laity, both Christian and non Christian alike.

Music is an universal language and is understood and loved by one and all and is very dear to the hearts of modern youth. Keeping this fact in mind, Fr. Charles, already during his own musical training, had a unique dream of getting the youth to be partners in his mission as messengers of God's Kingdom here on earth through the unique medium of their talents of

music and dance. Thus in 1980 Fr. Charles founded SANGET ABHINAY ACADEMY (S A A), as a college of music and dance, both to impart training in music and dance to all those interested and more so to provide a platform to the youth to utilize their talents of music and dance for a mission.

So as members of S.A.A. Performing Troupe, under the leadership and guidance of it's founder director Dr.

Fr. Charles Vas SVD, youth from all walks of life, irrespective of caste and creed, band together with the common mission of bearing witness to the world that music and dance is an universal language and is

best suited to proclaim to the world the Gospel message of God's love, mercy and compassion and thus to build one human family.



PREM RAGINI is only the first and only one of the many dance dramas Fr. Charles has composed ever since the foundation of S.A.A. in 1980. Maa Tuje Pranam, on Blessed Mother Theresa and her mission, Prem Avtar on

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'Thought for the week'

To get through the hardest journey, we need to take only one step at a time, we must keep stepping.

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Cover : China's Crackdown continues as Christianity thrives:
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China's Crackdown Continues as Christianity thrives

China: Chinese pastor Gu Yuese was detained and accused of misuse of funds on Jan. 27. Two days later, pastor Li Guanzhong was placed under criminal detention. Then less than a month later, pastor Bao Guohua and his wife Xing Wenxiang were sentenced to 14 and 12 years for "corruption" and "gathering people to disturb social order."

All four individuals are Protestant church leaders. All are based in Zhejiang Province, just south of Shanghai. All belonged to churches legally recognized by the government, and at least two held key positions in official religious associations.

They are accused of various crimes, but they have one more thing in common: they opposed the authorities' campaign to remove crosses from churches in their home province of Zhejiang.

As many as 1,700 crosses have been removed from Catholic and Protestant churches in Zhejiang since early 2014. Many churches tried to negotiate with the authorities. Some later organized peaceful protests or wrote letters opposing what they see as a violation of their religious freedom, as did overseas Catholic and Protestant clergy.

Zhang Kai, a Christian lawyer who provided advice and assistance to Zhejiang churches, was detained in August last year and in late February made a televised "confession" that colleagues and supporters believe was forced.

Gu and Li held positions in the China Christian Council, one of two state-sanctioned associations that oversee Protestant activities in China, while Bao and Xing also belonged to state-registered churches. To some, it seems that the Chinese government has turned on its own churches and church leaders. Why, after years of pressuring unregistered "house churches" to join the state-approved associations, have the authorities begun persecuting those within the system? This question needs some unpacking.

Firstly, there is another question behind it: is this the work of the Chinese central government? Although there are different theories about the Zhejiang cross removals, most agree that the campaign was launched by provincial authorities, rather than at the national level.

Nevertheless, a campaign this far reaching and long running, which has provoked strong reaction from both local Christians and the international community, must have at least the approval of the central leaders, even if it didn't originate in Beijing.

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There are, to be sure, divisions and factions within the Chinese Communist Party, but we can at least say that the provincial authorities do not appear to have been reined in from above.

A second question is whether the pastors are really the government's "own" people. This is the crux of the matter.

The Chinese Christian Council and the Three Self Patriotic Movement, and the churches and leaders under them, belong to the state in the eyes of the government. They are allowed just as much freedom as the state allows: they are certainly not allowed to oppose government policy. In speaking out against the cross removals, Gu and his colleagues crossed a line. The authorities reacted with extreme actions to match their extreme anger.

For those officials who see religion as something to be controlled and managed, the timing could not be worse. Christianity is thriving: observers note there are more Christians than party members in China nowadays, and even the party has of late acknowledged the presence of religious believers within its own ranks.

Yang Fenggang, director of the Center on Religion and Chinese Society at Purdue University, has predicted that by 2030 China will be home to the largest Christian population in the world with more than 247 million faithful.

The majority of Chinese Christians do not see their faith as politically subversive: as one Chinese Christian observed: "[After Zhejiang] Christians began to ask, 'Why doesn't the government let us do what we want with our own money? We are not political.'"

The government, however, has a tendency to see any large group as a potential threat. The state-sanctioned associations can be seen both as a recognition that religious belief survived the decadelong Cultural Revolution ending in the mid-1970s and an attempt to manage and contain it, to bring religious activity under the oversight and even the control of the state. Over time, some registered churches were able to negotiate more space for their activities. This may be the first time, however, that church leaders occupying senior positions in official Christian associations have spoken out publicly and collectively in direct opposition to the actions of the authorities.

Many questions remain. It is not clear wheth-

Inter-School Drama And Dance Competition

At Zilla Parishaad School, Ambedohe Shahapur Taluka,
Organised By: Navjeet Community Health Centre, Bandra
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Navjeet Community Health Centre, an outreach of the Bandra Holy Family Hospital has since 1978 been taking keen interest in the empowerment of the have-nots, through various programs in Education, Health, Women Empowerment and Community Development.

From time to time, Navjeet aims at doing something that would change the lives of marginalized children in the villages, and it was felt that drama and

er the detention of the Zhejiang pastors is a knee-jerk reaction by offended provincial authorities or a central decision that indicates a possible change in policy toward the state-sanctioned churches nationwide.

It also is not certain to what degree actions by authorities will cause Christians in Zhejiang and elsewhere to rethink their own relationship with the state, and how this might affect the future of Christianity in China.

One thing is clear: the detention of mediators such as Gu, and the continuation of the cross-removal campaign in the face of massive opposition, has led to a breakdown in trust between the churches and the authorities in Zhejiang Province.

For all the state rhetoric around social harmony and social stability, this encounter between the state and religion has hugely undermined both, and the full consequences have yet to be seen.

The author is a researcher on China and other East Asian countries for Christian Solidarity Worldwide and is based in London.

Source: UCAN

dance, a powerful means of communication, would help develop their dramatic skills and promote active ability in a disciplined, stimulating and healthy environment, where the child is able to realize his fullest potential and contribute to the progress and well-being of his family, the society and the world at large.

Keeping this in mind, on 25th February 2016, about 600 children, parents, teachers and guests witnessed a day-long electrifying performance at Ambedohe, when 212 performers from 22 schools from Khativali Kendra, Khardi and Kasara participated in the Navjeet Community Health Centre Inter-School Drama and Dance Competition at Shahapur Taluka.

Judges for the drama competition included Bros. Morgan Fernandes, Melvin Colaco and Sachin Muntode from St Pius College, Goregaon, and Aniket Deorukhakar, Ajay Talekar and Prateek Shinde, all Asst Choreographers from Marathi Bana Dance Group for the dance competition.

Nilesh Vadu from Ambedohe ZP School and Sakshi Umbarghode from Mokhavane ZP School were greeted with thunderous applause by the packed house when they were adjudged the best actors for their roles in the plays on child marriage whose practice is prevalent in some strata of the society and female foeticide. Trophies and certificates were also given to the best Director and best Writer.

Earnest John Group of Companies who have partnered with us to enter the lives of these marginalized children and be facilitators to fill the gap between them, were the main sponsors of the event for the 2nd year in succession.



Budget not good for common man

The budget doesn't seem to have profited the common man. It has only profited the government at the Centre. With Narendra Modi as the Prime Minister of the country, bad days are ahead for us. Who said "Achche din aane wale hai?"

Section 80L should have been brought back and the tax-free limit on interest earned from bank fixed deposits should have been raised to Rs 50,000/- per year. This would encourage savings and would have a telling effect on inflation. This would also boost bank fixed deposits.

— Jubel D'Cruz, Dombivili

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Divorced and Remarried Catholics

Since the recently concluded Synod was unable to find an acceptable solution to the problems faced by divorced and re-married Catholics regarding the reception of the holy Eucharist at mass, leaving them to feel marginalized , it is better if the church reverts to the earlier practice of the church of the first millennium before the Great Schism of 1094, of imposing a penance for the illicit second marriage. This enabled divorced and re-married Catholics to repent and later be fully reconciled with the church, including the reception of Holy Communion. It is a pity that even in the jubilee year of mercy, the mercy of Jesus Christ does not find a place in the juridical and pastoral framework of Catholic marriage and its marriage tribunals.

—A. F. Nazareth, Alto Porvorim



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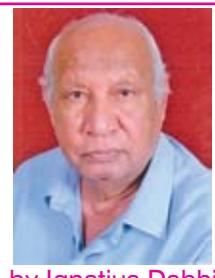
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"Is not Gujarat in India ?"

Asks Supreme Court to BJP Govt. in Gujarat

Ever since the Bhartiya Janata Party came to power in Gujarat, many pro-poor Congress initiated projects have been either scrapped or re-named. Narendra Modi, as Gujarat Chief Minister, kept all important portfolios under his wing or gave them to those who acted as 'yes men'. Nobody raised any voice against him.. Nobody could. Modi has two big allergies, his friends say. : The Nehru family and Congress. For a while, he tried - of course through his cronies, to be compared with Sardar Vallabhbhai Patel....! His legacy is followed and implemented by his first choice : Anandiben Patel !

One of the best pro-poor initiative the former prime Minister , Dr. Manmohan Singh took was ' the Manrega Yojna' in which every job-seeking poor will have at-least 100 full days in a year, a job given by the Central scheme. Lacs of farmers all over India got at least Rs.150/- per day to survive



by Ignatius Dabhi
Sr. Journalist

in these cut-throat inflammation. Hundreds of village level projects were taken up in which thousands of poor, hungry, jobless rural folks found a thread of livelihood. That was the best pro-poor Congress project. The BJP ruled Modi government scrapped this project.

Another pro-poor Congress initiated project was 'the National Food Security Act'. The world Health Organization was all praise for it. But Modi Saheb did not like it ! Hence, BJP ruled Gujarat government stopped the implementation of the Supreme Court Order. A writ petition was filed against the Gujarat government in Supreme Court and the SC judge in utter anger said : Is not Gujarat in india ? Shame for Gujarat government ! Modi's dictatorship was legally rewarded by the SC. And the Gujarat government had to give a written assurance that the National Food Security Act will be implemented by April 1st, 2016.

Because of the anti-poor management of the Gujarat government. 1.47 lac Gujarat anganwadi kids have severe acute malnutrition. The Socioeconomic Review has revealed that 1.47 lac children were found to be suffering acute malnutrition (S A M). The most number of children suffering from SAM are found from the constituency represented by chief minister Anandiben Patel ! It is Patan constituency.

Modi's tall claims of Gujarat being a model state have really a very pathetic picture. Some sort of police raj is in power. The writer of this article was twice harassed and once attacked by goons.

Congress does not have a strong leadership in Gujarat and the state faces problems which require urgent attention...

(Contd.. from p. 2)

St.Francis Assisi and his message, One on Don Bosco and his love for the youth, Desh Hamara, on India's Golden Independence are a few of the many prominent dance dramas Fr. Charles has created on Founders of some Religious Congregations and Patrons of some of the prominent Schools in India. All of these have the same ultimate message: that of human brotherhood in God's all embracing and forgiving love! All of this proclaimed attractively through light and sound dance dramas.

Therefore, even in this age of mass media revolution, Fr. Charles Vas's dance dramas have a unique role in religious and social messaging and this has been greatly appreciated by all sections of people gathered in capacity crowds to watch them. Thus together with composing Madhur Geet series of Hymns, Bhajans and Christmas carols in Hindi and Konkani and imparting training to so many young and old in music and dance with the help of dedicated teachers at the Academy in Andheri, Fr. Charles is constantly called upon by different religious and non religious institutions to create new and varied dance dramas on varied subjects. So Fr. Charles Vas continues enthusiastically to repeat his Ordination Motto: "I will sing, dance and make music to the Lord, for HE has done wonders for me!"

The Image of a Thirsty Christ – He Understands

by Don Aguiar

By sitting on his chair Pilate transforms any room or street into a courtroom. It is from here he renders decisions.

How many times has he sat here? How many stories has he heard? How many pleas has he received? How many wide eyes have stared at him, pleading for mercy, begging for acquittal? But the eyes of this Nazarene are calm, silent. They don't scream. They don't dart. Pilate searches them for anxiety ... for anger. He doesn't find it. What he finds makes him shift again.

He's not angry with me. He's not afraid ... he seems to understand.

Pilate is correct in his observation. Jesus is not afraid. He is not angry. He is not on the verge of panic, for he is not surprised. Jesus knows his hour and the hour has come.

Pilate is correct in his curiosity. Where, if Jesus is a leader, are his followers? What, if he is the Messiah, does he intend to do? Why, if he is a teacher, are the religious leaders so angry at him?

Pilate is also correct in his question. "What should I do with Jesus, the one called the Christ?"

Perhaps you, like Pilate, are curious about this one called Jesus. You, like Pilate, are puzzled by his claims and stirred by his passions

What do you do with a man who calls himself the Savior, yet condemns systems? What do you do with a man who knows the place and time of his death, yet goes there anyway?

Pilate's question is yours. "What will I

do with this man, Jesus?"

You have two choices.

You can reject him. That is an option. You can, as have many, decide that the idea of God's becoming a carpenter is too bizarre—and walk away.

Or you can accept him. You can journey with him. You can listen for his voice amidst the hundreds of voices and follow him.

Pilate gives in to the wishes of the frenzied mob and hands Jesus over to them to be scourged but the mob insist that Jesus be crucified. The mob makes Jesus carry his own cross all the way to Calvary.

"Move on!" commands the executioner.

But Jesus can't. His body leans and feet try, but he can't move. The beam begins to sway. Jesus tries to steady it, but can't. Like a just-cut tree, the cross begins to topple toward the crowd. Everyone steps back, except the farmer. Simon instinctively extends his strong hands and catches the cross.

Jesus falls face-first in the dirt and stays there. Simon pushes the cross back on its side. The centurion looks at the exhausted Christ and the bulky bystander and needs only an instant to make the decision. He presses the flat of his spear on Simon's shoulders.

"You! Take the cross!"

Simon dares to object, "Sir, I don't even know the man!"

"I don't care. Take up the cross."

Simon growls, balances the timber against his shoulder, and steps out of the crowd onto the street, out of anonymity into history, and becomes the first in a line of millions who will take up

the cross and follow Christ.

He did literally what God calls us to do figuratively: take up the cross and follow Jesus. "If any of you want to be my followers, you must forget about yourself. You must take up your cross each day and follow me".

I want to tell you a simple truth, perhaps forgotten for its simplicity; and very few can practice it because the moment you become conscious about it you are no longer the worldly person you are but simple and conscious. I want to tell you just a very simple thing which I have learned the hard way.

Perhaps you are getting it too cheap, and the simple is generally mistaken for the cheap. It is not cheap at all. It is the costliest thing possible because one has to pay for this simple truth with one's own life. It is surrender, trust, love and getting rid of hate. Jesus did this in a beautiful manner.

Naturally you will misunderstand trust. Jesus ask - How many times have I told you? Yes, I must have told you millions of times, but have you listened even once? Jesus surrender, trust, love and getting rid of hate unfold in our everyday life.

Just the other night Jesus' follower was crying, and he asked why. She said, "The reason for my tears is that you trust me so much, and I am not worthy of it. It is too unbearable." Jesus said, "I trust you. Now if you want to cry again, you can cry. If you want to laugh, you can laugh."

Now this is certainly difficult for her. She understands Jesus, but her tears were not against Jesus, they were for Jesus. Jesus said to her, "What can you do? At the most you can tell me you do not trust me, you do not want to be my follower anymore. Anyone who wants to put their trust in me will come with me,

(Contd.. on p. 22)

Violation Of Human Rights Of Women – With Special Reference To Cyber Harassment

by Adv. Savina R. Crasto

Introduction

Indian social reality is intermeshed with diverse cultures that are reflected in variant gender relations ranging from patriarchal forms to matriliney. The portrayal of this complex range of gender subjectivity can provide an appearance of media's simultaneous sensitivity and bias on gender issues. The prevalence of gender discourse has ensured that the impact of gender differentiating structures in terms of atrocities such as sati, rape, female foeticide, denial of access to facilities and resources (credit, health care, property) and poor quality of participation in availed avenues is well reported. Such coverage is interspersed with images of typed male-female roles, beauty as an empowering product and female honor as the epitome of Indian culture. Moreover, the lack of formalized structure allows the media to selectively appropriate and represent gender issues contextually in conjunction with the dominant socio-political norms. Thus gender representation in the media is open to the influence of competing tendencies, be it the market, cultural capital, communalism, electoral politics or women's empowerment articulations. The derogatory representation of women in the media is more a social, cultural and economic problem than purely a physical one. The subjection of woman to indecent representation is a global one. Moreover, the lack of formalized structure allows the media to selectively appropriate and represent gender issues contextually in conjunction with the dominant socio-political norms. Thus gender representation in the media is open to the influence of competing tendencies, be it the market, cultural capital, communalism, electoral politics or women's empowerment articulations. The derogatory representation of women in the media is more a social, cultural and economic problem than purely a

physical one.

Technological developments in information and communications have presented rich and varied opportunities for advancements in the empowerment and participation of women and girls. New platforms now exist from which to raise awareness and disseminate information which have enabled women access to a wealth of information, presented new modes of communication, and new means of mobilization.

Unfortunately, along with the myriad of possibilities brought about by technological developments, new risks and types of violence have also emerged. Technology has also played a role in enabling and exacerbating violence which takes place offline. It offers possibilities to store and share personal information about ones' movements, social life and finances which have offered increased possibilities for partners or family members to exert control in the lives of others. Furthermore, the anonymity afforded by the internet has exposed women and girls to specific risks, including the possibility that those who they are communicating with are doing so under a false identity. The Association for Progressive Communications (APC) notes that almost 1 million adults are the victims of cyber-stalking every year. In many cyber crimes, women log on to the internet to find their faces have been placed on pornographic pictures. There is more to cyber-violence than pornography, which seems to be the most talked about form of online violence against women and this paper is an attempt to deal with the same.

The Concept Of Cyber Harassment

Harassment usually involves repeated communications via e-mail or some sort of instant messaging program after the harasser has clearly been told to go away. It consists of the intention



crossing of your emotional or physical safety boundaries. However, boundaries must have been set in place clearly in order for that to apply. The legal definition of harassment, according to Black's Law Dictionary is: "A course of conduct directed at a specific person that causes substantial emotional distress in such person and serves no legitimate purpose; or words, gestures, and actions which tend to alarm and abuse (verbally) another person." It can be further qualified as "any actions that meet the qualifications of the above definition after the harasser has been told to cease." The harassment can take place in any electronic environment where communication with others is possible, such as on social networking sites, on message boards, in chat rooms or through email. Just posting a general opinion on a discussion board or in a forum is not considered harassment.

Cyber-stalking is a specific kind of harassment. Cyber harassment and cyber stalking are often used synonymously to describe the actions of people who relentlessly pursue others online with the intention of frightening or embarrassing the victim. The Department of Justice defines Cyber-stalking as "the use of the Internet, e-mail, or other electronic communications devices to stalk another person. Stalking generally involves harassing or threatening behavior that an individual engages in repeatedly, such as following a person, appearing at a person's home or place of business, (Contd.. on p. 9)

(Contd.. from p. 8)

making harassing phone calls, leaving written messages or objects, or vandalizing a person's property."

Cyber-stalkers frequently follow their targets around the net, frequenting chat rooms, message boards, newsgroups or mailing lists in which the target participates. At times they will also attempt to form relationships with those who are friendly with the target in order to get more information about the target. Laws against this behavior vary depending on the country, and victims should report their case to local authorities. To prevent crimes from occurring, it is important for everyone to protect their identity while on the Internet.

Cyber Harassment Against Women In India

Technology has certainly helped perpetrators due to a greater reach, anonymity and a larger victim base. Crime now had a new face in the shape of: easier access to pornography; cyber stalking; cyber harassment; identity theft; morphing; cyber defamation; cyber bullying and e-mail spoofing. The perpetrators of cyber crime also include children, who find a way of taking revenge, and getting back at teachers, classmates or friends.

The IT Act, especially Sections 66 and 67, covers a range of inter-related offences: communicating "offensive or menacing" messages or false information with the potential to cause "annoyance/ inconvenience/ obstruction/ injury/ enmity/ ill will" and so on; violation of privacy; and publishing or transmitting "lascivious" or "obscene" material. While these provisions can provide legal recourse for a woman who faces harassment in the cyber world, the sections are also prone to misuse.

International Laws On Cyber Harassment

In many countries, there is no specific anti-stalking law, but laws exist that are relevant to preventing or policing stalking, or there have been dis-

cussions in the media or government about the need for specific anti-stalking legislation. Where we are aware of specific articles or reports discussing these issues, they have been included in the list below as references for professionals or victims in those countries.

In the case of on-line harassment, there are the difficulties of tracing the cyber-stalker who remains anonymous and problems of dealing with harassment that crosses national boundaries. The borderless nature of the Internet also means that actions by individual governments and international organisations can have a profound effect on the rights of the law-abiding Internet users, or "netizens", around the world. Legal regulation of the Internet, should not be achieved at the significant expense of fundamental rights such as freedom of speech and privacy of on-line users around the globe.

Suggestions & Conclusions

We need to actively engage women and civil society organisations on these other issues, such as emotional abuse, cyber-stalking and identity theft. The anonymity of the internet provides protection from identification and retribution and makes it easier to mount a campaign of abuse against someone, even from the other side of the world. The internet can be both a tool for empowering and for terrorising women. They need to be given the tools to help reinforce the former and prevent the latter.

People who feel they have been victimized should begin to document and collect all harassing messages, postings and other activities. If there is any indication that a perpetrator knows where the victim lives or works or how to find him or her offline, the victim should contact the local authorities immediately. In some instances, the authorities can track the harasser through an Internet Service Provider (ISP) and issue a restraining order against the individual. Victims who cannot file criminal charges against an offender might attempt to file a civil

suit, have accounts revoked and have damaging websites shut down.

The beneficial uses of the Internet far outweigh its abuses and the few problems created by the use of the Internet by a small proportion of the Internet community should be dealt with through self-regulatory solutions at both private and public levels together with the improvement of good practices for Internet usage.

Computer crime is a multi-billion dollar problem. Law enforcement must seek ways to keep the drawbacks from overshadowing the great promise of the computer age. Cybercrime is a menace that has to be tackled effectively not only by the official but also by the users by co-operating with the law. The founding fathers of internet wanted it to be a boon to the whole world and it is upon us to keep this tool of modernization as a boon and not make it a bane to the society.

Advocate Savina R. Crasto
Catholic Lawyers Guild Mumbai
Visiting Faculty
at Siddharth College of Law, Mumbai

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Minister Turned A Blind Eye To India's Children In This Budget

by Farhana Yasmin and Kumar Shailabh

Amidst the global economic slowdown, Mr. Arun Jaitley in his Budget Speech indicated that India's economy is stable and the GDP has accelerated to a commendable 7.6 percent growth. On 29th February 2016, the NDA-led government presented its third Union Budget. In his Budget Speech, the Finance Minister mentioned that the "*Plan Allocations have given special emphasis to sectors like agriculture, irrigation, social sector including health, women and child development, welfare of Scheduled Castes and Scheduled Tribes, minorities, infrastructure, etc.*" But HAQ Centre For Child Rights' analysis of the Union Budget through children's perspective shows otherwise.

Before delving deeper into the analysis of the Budget, it is pertinent to note that children, in particular, did not find any mention in the Budget Speech. This compels one to question the Government's perspective of 'Inclusive Growth' when one of the most marginalised and vulnerable sections get no attention at all.

This year, children received 3.32 percent share [as per Statement 22 of Expenditure Budget Volume I] of the total financial allocations, which is a significant 13.54 percent jump from the previous year's allocation (3.26 percent in 2014-15).

While this is a welcome increase in the overall budget for children, there are major reductions in some of the key programmes related to children belonging to minorities like 'Pre-Matric Scholarship for Minorities' (reduced by 10.48%), 'Post Matric Scholarship for Minorities' (reduced by 5.19%), 'Scheme for Providing Education to Madrassas/Minorities' (reduced by

68.04%), 'Incentive to Children of Vulnerable Groups among Schedule Castes' (reduced by 90%).

What is more, one of the two schemes addressing the needs of children with disabilities, 'Deendayal Disabled Rehabilitation Scheme' saw a significant 25 percent reduction against the previous year's allocation. While the nation is high on dreams of smart cities, GDP growth, digital literacy in rural India, Make in India, Startup India, with such reduced financial resources, would the children belonging to minorities or children with disabilities be included in this dream of 'Sabka Saath Sabka Vikas'?

Mr. Jaitley, in his Budget Speech mentioned that "*after universalisation of primary education throughout the country, we want to take the next big step forward by focusing on the quality of education.*" And yet, we see a mere 2.27 percent increase in funds allocated for the Sarva Shiksha Abhiyan. This face-value increase must be examined in the light of findings of Economic Survey 2015-16. As per the Survey, there is a declining trend in the percentage of enrolment in government schools in rural areas from 72.9 percent in 2007 to 63.1 percent in 2014 and it emphasised upon the need to increase the percentage of enrolment substantially to achieve universalization of education. Can a mere 2.27% increase in the SSA budget from the previous year help address both decline in enrolment in government schools and improved quality of primary education?

Further, last year, the NDA government had announced the 'Scheme for Setting up 6000 Model schools at block level as benchmark of excellence' with great pride. It took just a year for the government to revisit its decision, and hence, no more model schools in 2016-17.

As against a 21.8% decline in the child health allocations last year, this year witnesses an increase of 3.6%. But, as a proportion of the Union Budget, it has declined from 0.13% in 2015-16 to 0.12% in 2016-17. The 2015-16 Economic Survey clearly notes that "*while the achievements of the National Health Mission in reaching affordable healthcare services must be applauded, the need of universal healthcare, both in terms of access and quality remains a cause of concern.*" As a share of the Union Budget, child health has seen a consistent decline over the last five years, going down from 0.18% in 2012-13 to 0.12% in 2016-17, showing the low priority accorded to this over the years. Right to health as a fundamental right remains a distant dream.

Another flagship scheme related to young children, the 'Integrated Child Development Scheme' (ICDS) has seen a boost of 68% against previous year's allocation. This scheme has been allocated a total sum of Rs. 14,000 Crore. Though such an increase must be applauded, the mission document of ICDS has fixed a total requirement of Rs. 30,325 crore for universalisation of this scheme. There is still a huge shortfall of Rs. 16,325 crore, which must not be ignored. The allocation for ICDS must be seen in the context of restructuring of ICDS which needs additional investment with additional provisions in the system for covering children who get left out (e.g. migrants, transients). This will also necessitate revisiting the provisions for reaching underserved and unreacheted tribal settlements which may require specific budgetary allocations.

The only scheme related to child labour in Statement 22 is the 'Scheme for the Welfare of Working Children in Need of Care and Protection' observed a decrease of 70 percent in

(Contd.. on p. 15)

Your guide to perfumes

Perfumes are a favourite amongst all. Smelling good makes you more confident of yourself.

It adds more charm to your personality. Here is all that you should know about your fragrances.

Everyone loves buying perfumes. There are perhaps very few people who haven't tried a fragrance in their lifetime. But, only few know about the details that go into these fragrances. The feeling of confusion reigns supreme. So, without further ado, we give you a masterful guide on fragrances.

Eau De Cologne:

Out of all the four major fragrances, this is the lightest. The essential oil percentage lies somewhere between 5-8 percent and a base of diluted alcohol ranging from 70-9 percent.

Eau De Toilette :

This fragrance is known to be a notch higher than the Cologne. The first and foremost thing to know that the term 'Toilette or Toilet' has nothing related to the loo. In this context, it means personal grooming. With a concentration of 8-12% essential oils, the fragrance is directly applied to the skin after bathing or shaving.

Eau De Parfum :

This fragrance type is stronger than the Eau De Toilette but not more than the Parfum. This is the favored type of fragrance across the world because of its ability to last throughout the day. It consists of 12-20 percent essential oils.

Parfum:

If you ever wanted to know who the mother of all fragrances is, then it's this. Clocking in a solid 20+ percent of essential oils, it is the fragrance



Shopping for new perfume can be overwhelming with all of the scents available. Not only are there countless scents available, there are also different fragrance concentrations. Underneath the name of the perfume on a bottle will normally be the fragrance concentration. A fragrance concentration refers to the strength that a fragrance has. Perfumes with a higher fragrance concentration contain more perfume oils and less alcohol. Fragrance concentrations are broken into categories including parfum, eau de parfum, eau de toilette, eau de cologne, and eau fraiche.

to beat. It is also known as Perfume, Extract or Extrait De Parfum. Given its strong sense of fragrance, caution needs to be taken while wearing it. Over enthusiasm could lead to you smelling like a garden of flowers. So spray them a little less and make sure you don't go overboard.

Anatomy of it all:

The anatomy of the fragrance can be broken down into 3 simple notes, much like music. These are the 3 major notes in play.

Top note: This is very volatile. After the initial blast, the scent disappears quickly.

Heart note:

This is also known as the middle note as it lasts more than the top note. One

hour is the usual time limit.

Base note:

The base note is what you get after the top and heart note have worn off.

The family in short:

While there are plenty of families under which the fragrances can be classified. The industry standard describes only 4 and they are fresh, woody, floral and oriental.

Keep these in mind

Bear in mind that a fragrance that smells wonderful on someone else may not be suitable for you, as the chemical balance and make-up of your skins and their reactions with perfumes differ. Although perfume samples are ideal for testing numerous fragrances, take the time to allow each fragrance to develop.

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Our children in the digital age

Kids growing up now have great fun and learning experiences with new technology such as iPods, iPads, cell phones, Skype and podcasts. But, alarmingly, they are missing out a whole range of learning, social interaction, physical activities and emotional intelligence skills

We live in a remarkable time when the use of technology among children has exploded. Most children today are better at surfing the internet or using a smartphone than swimming or making their own breakfast. By understanding the several potential threats children face, you can educate, empower and protect yourself to have safer, more meaningful online experiences.

Kids are not playing outside anymore

More and more children are playing inside and are attached to their devices and video games. Children are likely to be more physically active when they play outside and more likely to play with other children. This is essential for their emotional and physical health, wellbeing and happiness and is also important for their future development.

Not learning via face-to-face interaction

How does a baby learn to express and judge emotion? How do they start to learn language? They do it by watching their parents 'facial expressions and they begin to become social creatures, acquiring essential skills which will be vital when they start schools. But guess what is happening? The parents are absorbed in their electronic devices and are not bothered to even smile at their own children.

Reading ability is adversely affected

There is not much research on this. But one initial study done by the schugars of West Chester University suggests that the kids reading comprehension could be negatively affected. Their study showed that the



kids who read paper books were better at comprehension than those who were using only ebooks. Kids on ebooks were inclined to skip the text and concentrate on all the interactive visual features such as popups. The best solution would be to encourage kids to read more paper books.

Kids have never played board games

Kids are online most of the time. What happened to those board games? Look at the benefits a child gets, when you play together:

- Child learns vocabulary, counting, math, reading.
- You can bond with him
- Child learns about winning and losing
- She or he can gain confidence, builds self esteem
- Satisfies competitive urges
- Increases attention span focus
- Helps concentration

While many games and apps on smartphones are also good at building some learning skills, they can ever replace the human interaction.

Kids do not know what real friendship means

When we grew up, we had friends. Virtual friends did not exist. Look at today's teens who can count up to a few hundred friends on Facebook. The problem is that they have never seen most of them and they only

know them very superficially through a virtual friend of a friend.

Kids are losing sleep

Dr Kimberley Young, Director of the Centre for Internet Addiction Recovery, has warned that children may lose track of time while they are online. This has serious consequences for doing household tasks and chores. It also affects their mood and they become irritable when they are forced to switch off. One of the most serious aspects is loss of sleep because this impacts on schoolwork the following day.

Kids need supervision

Parents should be on the alert for any sort of online addiction. They themselves have to set example and make sure that there is a balance between can be achieved with these tips:

- Use Skype together to bond with grandparents
- Play video games together
- Negotiate digital break times where both parents and kids switch off all devices
- Encourage outdoor activities when possible

Kids are getting no input on values and attitudes

The lack of real social interaction with parents and peers means that there is less and less time spent on teaching core values such as tolerance, kindness, honesty, diligence and respect. The devices are great for some learning activities but the parent-child relationship is becoming weak.

Kids are not learning the lessons of empathy

Being tolerant, caring and controlling your emotions are life skills that will serve you well. But the digital era kids are not learning any of these skills at all. You cannot empathise with a device, at least, not yet! The best way is to play with other kids and to learn about sharing, turntaking and giving.

Busy Vs Productive People

As you productive or are you just busy? Both these terms though sound similar are way different. Here are ways in which productive people stand out from those who are just busy.

There are many differences between busy people and productive people read on to find out what the differences are and to get learn a lot of things. We are born with a lot of potential and talent. Don't let all that go to waste by killing time on worthless things. Let your actions define you. Be a productive person and not a busy one!

The Goal

Busy people want to look like they have a mission. Productive people have a mission for their lives. Busy people hide their doubt about the destination of their lives by acting confident in their little steps. Productive people allow others to see the doubt in their little steps because they are clear on the destination.

Priorities

Busy people have many priorities. Productive people have few priorities. Nobody is ever too busy, if they care they will make time. Life is a question of priorities. If you have 3 priorities, you have priorities. If you have 25 priorities, you have a mess.

Focus

Busy people focus on action. Productive people focus on clarity before action. To focus on the top 20% of activities, you must gain clarity about what those activities are for yourself. The greatest resource you will ever have to guide you to live a good life is your own personal experience – if well documented. Sadly, most people only document their life in facebook status updates. Keep a diary and take 5 minutes every day to reflect on the



Busy managers measure hours of activity, productive managers measure output. Busy managers are frustrated by others looking relaxed, looking like they have time, looking like they are enjoying their work. Productive managers love seeing others enjoy their work, love creating an environment in which others can excel.

past day, on what worked, on what didn't work; and some time on what inspires you.

Bringing change

Spend less time talking about what you will do and dedicate that time to creating the first step. What can you do now that requires the approval of nobody else? What can you do with the resources, knowledge and support that you have now? Do that. It is amazing how the universe rewards the person who stops talking and begins. We are born with incredible potential. At the age of 20, the best compliment that can be paid is that you have a lot of potential. At the age of 30, it is still

ok. At 40, you have a lot of potential is becoming an insult. At 60, telling someone that they have a lot of potential is probably the cruelest insult that can be made about their life. Don't let your potential go to waste. Create something amazing. This is its own reward. So now it's up to you to determine whether you want to be just a busy person or a really productive one.

Quick tip

Everyone has had the experience of not having enough hours in the day to accomplish everything you need to. Given the busy lives that we all lead, staying organised and staying productive can be a challenge. It is easy to get caught up on the wrong path and waste valuable time you need to get things done. Take some advice from the world's most productive people about staying on task and staying productive.

Busy people talk about how busy they are. Productive people let their results do the talking

Busy people talk about how little time they have. Productive people make time for what is important

Busy people talk about how they will change. Productive people are making those changes.

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Lenten meditation on FORGIVENESS

One beautiful stressed aspect in the Lord's Prayer is the supplication for forgiveness. "And forgive us our trespasses as we forgive those who trespass against us." (Mat.6:12).

Saul of Tarsus, persecutor of Christians became Paul the apostle. Augustine, the sinner, because of his mother's prayers was forgiven by God and became a saint. The woman caught in adultery would have been stoned to death, but Christ forgave her and asked the mob if there was one man without sin to cast the first stone. Slowly, everyone turned away. (Jn.8:1-11).

To forgive has never been a threshold issue with Christians. Many generations through the passage of the Old Testament period into the New Covenant had enough evidence of the forgiving love of God. To ignore forgiveness or to deny it has never been suspect in the fellowship of the faithful.

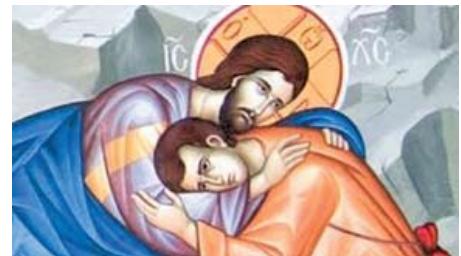
We discover Jesus Christ early in our Christian life while growing up; He forgave the thief on the cross and assured the man of being with him in paradise. Christian history of faith is dramatically the most awesome among world religions, having a core belief in forgiving and been forgiven.

In many ways a significant part of mercy is to be found in forgiveness. Uncomfortable as it may seem to most people only a comparatively few take time and thought to understand and accept the concept of forgiveness. Take the common phrase, "a second chance". Well, all right, the wrong is forgiven and a second chance is given.

The Christian faith is Christ-centered, and Christ is one in the Holy Trinity.

His mercy is boundless, His love beyond understanding, His forgiveness is comforting. In this week's second reading from the letter of St. Paul to the Philippians, states: "I press on towards the goal for the prize of the upward call of God in Christ Jesus."

At this point of our meditation we think of the adulterous woman, the confrontation of Jesus with the Scribes and the Pharisees, the silence Jesus kept while writing in the dust, and the challenge he put to the Pharisees while not directly replying to their questions: "Let one without sin cast the



an epidemic of sorrow and discontent. Let us stand and make our voices blend to create a choir appealing for repentance in a world concert with the theme, 'willing to forgive'. May Christ Jesus, the 'incarnation of mercy' hear our appeal.

In 2001 George Bush was the President of America. He forgave the enemy when they killed in cold-blood thousands of his countrymen by destroying the Twin Towers. Pope John Paul II forgave the assassin who shot to kill him. Pope Francis, in this Year of Mercy has asked all priests and religious to forgive sinners at the confessional when they repent, and to make them feel that God is ever loving, forgiving and a merciful Father. In the Gospel of Luke, 6:37 the apostle writes: "Forgive, and you will be forgiven."

When Jesus saw the paralytic lying on the bed, he said, "Take heart, my son; your sins are forgiven." (Mat.9:2). Jesus was accused of blaspheming and knowing their thoughts he replied: "But that you may know that the Son of man has authority on earth to forgive sins" Jesus said to the man - "Rise, take up your bed and go home." (Mat.9:6-7).

From the cross Jesus heard the people saying: "He saved others; let him save himself, if he is the Christ of God." Hearing this, Jesus looked up to heaven, "Father, forgive them, for they know not what they do." (Lk.23:d34).

To forgive is merciful. To forgive is to please God. To forgive enriches your spirit, and empowers your faith. "Whenever you stand praying, forgive, if you have anything against anyone; so that your Father in heaven may also forgive you your trespasses." (Mk.11:25).

Fifth Week in Lent



BY MELVYN BROWN

first stone," said Jesus.

St. Augustine declared Jesus Christ is "the incarnation of mercy". He never ceases to forgive when anyone turns to Him and repents. In the Gospel of Luke, Jesus makes it absolutely clear, "... if your brother sins, rebuke him, and if he repents, forgive him; and if he sins against you seven times in the day, and turns to you seven times, and says, 'I repent', you must forgive him." (Lk.17:3-4).

To heal the wounds of our crippled world we must begin with fervent prayers for the enemies of Holy Mother the Church to repent: the snipers, assassins, rapists and men of violence. Only then can we forgive these evil children of God.

Innocent Christians are living through

What is a Comedone Extractor?



A comedone extractor is a tool used to remove blemishes, such as blackheads, pimples and whiteheads. Often, those who are afflicted with these common skin conditions are hesitant to remove the blemishes because they are afraid of scarring, which can happen under some circumstances. An extractor tool is not much bigger than a pair of tweezers and is said to make removal easier, without as much risk of creating scars.

Difference Between A Cello And A Violin



The cello and violin are members of the string group of musical instruments and easily distinguishable from one another. The violin is smaller than the cello, tuned differently and produces notes that are over an octave above those played on the cello. Violins enjoy greater popularity than cellos and are used more often in ensemble settings. While the violin is held between the user's left hand and chin, the cello is plated on an end pin and played vertically as it is considerably larger. Both the violin and cello are heavily used in classical music and in various genres of modern music.

Knowledge Page



What is Fear Mongering?

Also known as scare mongering, fear mongering is the use of fear to influence other people into taking a certain action or thinking a certain way. For instance, some television commercials have been accused of fear mongering by insinuating potential customers will be assaulted or killed if they do not purchase the product in question. In addition, political campaigns often use certain scare mongering tactics to get more votes. Some studies show that the tactics are highly effective at manipulating viewers.

What is a profit motive?

A profit motive is the goal of most business, to make a profit or have more money coming into the business than is spent by the business. It generally considered to be the main reason most businesses exist and is closely tied to the concept of 'self-interest'. It has also developed a fairly poor reputation and is considered by many to be one of the primary reasons that businesses or corporations are not trusted or require regulations.



Eat Fish For A Bright Baby

Babies born to women who ate more fish during pregnancy score higher in verbal intelligence and fine motor skill tests and also fare better socially. Fish oil is primary source of long-chain omega-3 fatty acids as docosahexaenoic acid (DHA), the main component of brain cell membranes. Experts say DHA contributes to the normal development of the brain and eye of the foetus and breast-fed infants.

Fiscal Policy

Fiscal policy refers to the policies framed by the government in order to regulate taxation and for allocation of budgets to various departments for their functioning. The annual economic survey and the annual budget list out these policies of the government. From paying the income tax, to our demand for better roads and infrastructure, everything is affected by the government's fiscal policies.

What is a Generic Brand?



A generic brand is a product that is not marketed and sold under some type of name brand. The term was first coined to identify consumer products sold in supermarkets during the latter part of the 1970's. Since that time, the designation of generic brand has come to include any brands sold exclusively under a particular retailer name and includes prescription medications as well as supermarket goods. In some cases, generic products are sold at a much lower price than any brand name product.

IN GOD'S COMPANY

Retreat Notes for Individuals and Groups

By Father George Kaitholil, SSP

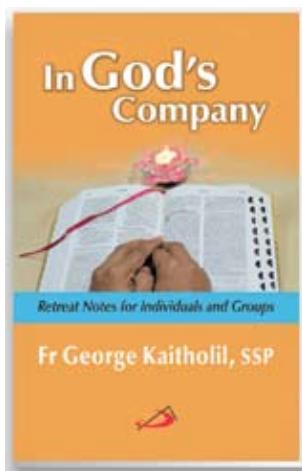
Making a retreat never seemed more interesting than with the aid of this new book by a writer whose reputation for preaching is legendary. Fruit of four decades in the ordained ministry as a religious, IN GOD'S COMPANY caters to the 'retreat' needs of a cross-section of believers—priests and seminarians, men and women religious, and lay people. In the spirit of Paul whose writings form the bulwark of the Church's theology, the author, a Pauline to boot, shares with the reader a deep insight emanating from the experience of having preached retreats numbering 200+ to date, bringing participants the hope of much needed spiritual renewal. Any wonder then that his books cut across eight Indian and foreign languages!

IN GOD'S COMPANY [ISBN 978-93-5015-273-7] is set to fulfil a twin objective: on the one hand it will help the preacher to prepare and conduct a retreat effectively and, on the other, it will help the unguided retreatant to make his or her solitary withdrawal from the hurly-burly of life a genuine encounter with our Lord and Saviour Jesus Christ. This book can be gainfully read as a source of enlightenment and inspiration albeit not at one go but a chapter or two a day as a spiritual exercise. As such, the numerous topics the author has touched upon and the points raised in the course of his dissertation can be used for discussion and sharing in groups big and small on a variety of occasions.

BOOK REVIEW



by Ladislaus L
D'Souza



"Spend at least one hour with each chapter, and let its spirit sink into you and keep working in your mind and heart for the day. One may also divide a chapter into two or three parts and use them for as many meditations. Note down your own thoughts and reflections in a notebook" (p 12) exhorts the author who holds a Licentiate in Sacramental Theology and a

Doctorate in Spiritual Theology. Keeping the Bible handy and reading from it the scripture texts referred to and meditating prayerfully on them would greatly help self-examination, besides making personal applications of the implications of the contents of IN GOD'S COMPANY (pp 216 / Rs 170) an unforgettable experience in spiritual renewal and progress.

Blessed James Alberione, the initiator of the media apostolate, used to urge his sons and daughters in the Pauline Family to develop a deep relationship with the Eucharistic Lord. And so it is that Fr George Kaitholil, SSP, who, as a faithful son of Alberione, has experienced firsthand the graces emanating from such a relationship, urges the reader to spend at least an hour a day in adoration before the Blessed Sacrament (p 12).

Of special interest to the reader would be "Some Useful Prayers" (ch 19 / p 208) that cover the interests of both the ordained and the married, both of whom the Lord chooses to speak to, touch and transform through the use of this book, IN GOD'S COMPANY.

(Contd.. from p. 10)

allocation in the 2016-17 Union Budget. It must be noted that India is home to 12.6 million child labourers (Census 2011) in the age group of 5-14 years.

Not only does the child protection sector remain the most under-resourced, the 2016-17 budget clearly does not offer much solace with the allocation for Integrated Child Protection Scheme (ICPS) down by 1.3%. ICPS has been allocated Rs. 397 Crore in 2016-17. The allocation was Rs. 402.23 Crore in the 2015-16 Budget. An increase in both crimes against children and by children make them even more vulnerable, and hence, this lack of attention to child protection is very disconcerting.

The Finance Minister seems to have already forgotten the warning from the Economic Survey 2015-16 which stated that "*India is already halfway through its demographic dividend, and taking full advantage requires a healthy and educated population.*"

What is more, the government seems to have forgotten its own commitment to inclusive growth. A mere increase from 3.26% to 3.32% cannot be a call for celebration when children remain unprotected and uncared for.

Your Friend & Compere



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Tax Structure In India

1) What are you doing?

Ans. : Business

Tax : PAY PROFESSIONAL TAX!

2) What are you doing in Business?

Ans. : Selling the Goods.

Tax : PAY SALES TAX!

3) From where are you getting Goods?

Ans. : From other Area / State / Abroad.

Tax : PAY CENTRAL SALES TAX, CUSTOM DUTY & OCTROI AND NOW LBT & LPT!

4) What are you getting in Selling Goods?

Ans. : Profit

Tax : PAY INCOME TAX!

How do you distribute profit ?

Ans. : By way of dividend

Tax : Pay DIVIDEND DISTRIBUTION TAX!

5) Where are you Manufacturing the Goods?

Ans. : Factory

Tax : PAY EXCISE DUTY!

6) Do you have Office / Warehouse / Factory?

Ans. : Yes

Tax : PAY MUNICIPAL & FIRE TAX!

7) Do you have Staff?

Ans. : Yes

Tax : PAY STAFFS PROFESSIONAL TAX!

8) Doing business in Millions?

Ans. : Yes

Tax : PAY TURNOVER TAX!

Ans. : No

Tax : Then pay MINIMUM ALTERNATE TAX (MAT)

9) Are you taking out over 25,000 Cash from Bank?

Ans. : Yes, for Salary

Tax : PAY CASH HANDLING TAX!

10) Where are you lodging your client?

Ans. : Hotel

Tax : PAY LUXURY TAX!

11) Are you going Out of Station for Business?

Ans. : Yes

Tax : PAY FRINGE BENEFIT TAX!

12) Have you taken or given any



Service/s?

Ans. : Yes

Tax : PAY SERVICE TAX!

13) How come you got such a Big Amount?

Ans. : Gift on Birthday

Tax : PAY GIFT TAX!

14) Do you have any Wealth?

Ans. : Yes

Tax : PAY WEALTH TAX!

15) To reduce tension, for entertainment, where are you going?

Ans. : Cinema or Resort

Tax : PAY ENTERTAINMENT TAX!

16) Have you purchased House?

Ans. : Yes

Tax : PAY STAMP DUTY & REGISTRATION FEE!

17) How you Travel?

Ans: Bus

Tax : PAY SURCHARGE!

18) Any Additional Tax?

Ans. : Yes

Tax : PAY EDUCATION CESS, SECONDARY & HIGHER EDUCATION CESS & SURCHARGE ON ALL THE CENTRAL GOVT. TAXES !!!

19) Delayed any time Paying Any Tax?

Ans. : Yes

Tax : PAY INTEREST & PENALTY!

20) Do you want growth of India.?

Ans. : Of course, Yes

Tax : Then pay SWATCH BHARATH, SERVICE TAX, KISAN KALYAN TAX, VAT, EXCISE, ELECTRICITY TAX, WATER TAX, ROAD TAX, ETC. ETC.

21) INDIAN : Can I die now?

Ans. : Wait we are about to launch the FUNERAL TAX!

JESUS is like a computer:
He ENTERS your life,
SCANS your problems,
EDITS your tensions,
DOWNLOADS solutions,
DELETES your worries,
And SAVES you.

— Jubel D'Cruz, Dombivili,

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Inspiration!

Recharge yourself within minutes

We live in a society that celebrates being busy and stressed. But what is that stress really costing you? Exhaustion, quick meals and no time to play! However, when you feel your best, you'll do your best. Start carving out personal time to recharge and you'll be surprised to find you accomplish more work during a shorter period of time. Here are a few tips that will help you recharge within minutes.

Life is stressful but it's also too short to spend in a constant state of physical, emotional and mental fatigue. If you've been feeling worn out lately, take the time to pause and recharge your batteries. The time and effort to do so will be well worth it. If you feel physically, mentally, emotionally or even digitally exhausted, these tips may help.

Enjoy a warm bath:

Making time for yourself is an important way to prevent burnout and keep your stress levels low. After a long day, a warm bath sets the stage for a peaceful, restorative night's sleep by signaling your body that it's time to rest. Enhance your experience by stocking your shelves with indulgent bath products. After soaking, wrap yourself in a comfortable robe and cozy slippers for a truly soothing evening ritual.

Watch something funny: Watching something short and funny may provide the mood boost someone needs to break their creative slump. The simple reason: solid creative thinking is best achieved in a positive frame of mind. While feelings relating to anxiety may help with focus, feelings of humor, especially the act of laughing, help stimulate your mood.

Experiment with aromatherapy: Candles that contain essential oils are a good choice, or you can add a few



drops of essential oil to your bathwater. Certain scents are believed to trigger a relaxation response in the body, while others may make your body feel more energized. For instance, lavender can help relax you. To recharge and revive your body, try scents like rosemary, juniper berry, peppermint and citrus.

Sing out loud: Studies suggest that singing offers many of the emotional, mental and physical health benefits provided by exercise. Singing loudly releases endorphins and relieves stress. If you don't feel comfortable singing in front of other people, do it when you're alone in the shower or in your car.

Stretch yourself: Need a little energy boost after sitting behind your desk all morning? Slouching in your chair and hunching over your computer can take a toll on your health and mood. Whenever you need a quick pick-me-up, resist the temptation to check the latest news and celebrity gossip and try stretching instead. Stretching loosens your muscles and gets your blood flowing again. When your blood circulates freely through your body, it becomes easier to supply your tissues and brain with oxygen and essential nutrients. This leads to more energy, less stress and improved concentration.

Let your mind wander: When is the last time you just sat there, doing nothing but dreaming away? Our minds need quiet time to digest all the information and sensation we're

bombarded with every day. It's during those bored moments that our brain frees up the mental capacity to connect the dots between all the knowledge you've stored in your mind to find new solutions. Just think about it: did you come up with your best ideas sitting behind your desk or when you were relaxed, taking a leisurely stroll or quietly sipping a cup of coffee?

Spend time with friends and family. Focus on supporting relationships that you don't usually have the time to nurture. Make time to connect and have meaningful, face-to-face conversations with your spouse and children. Go to family and children's events together, and do things that make you all smile.

Meditate and pray. Commit to spending five to 20 minutes in a state of meditation and/or prayer. Meditation works well for both religious and non-religious individuals alike, but if you are a person of faith, prayer adds a spiritually rejuvenating component to the process as well. Either way, the point is to let go of your grief and negativity during this time.

Recharge your body and mind overnight

- Make peace with yourself at the end of the day.
- Empty your mental pockets.
- Schedule out tomorrow.
- Aim to accomplish a task tomorrow.
- Loosen up and relax.

It's very important that we re-learn the art of resting and relaxing. Not only does it help prevent the onset of many illnesses that develop through chronic tension and worrying; it allows us to clear our minds, focus and find creative solutions to problem.

Grooms



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MUMBAI : Goan RC Bachelor, aged 45 years, Ht. 6', Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Security Guard. Contact Mob : 8451069841 (**Regd. No. 6494**)

MUMBAI : Goan RC Bachelor, aged 38 years, Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Bom., working as a Sr. Accountant in Bahrain. Contact email : dias2401@yahoo.com OR 9819121346 / 97333270202 / 97336451098 (**Regd. No. 6480**)

MUMBAI : Mangalorean RC Divorcee, aged 45 years, Ht. 5' 10", Wt. 77 kgs, Fair Complexion, Edn. Graduate + Civil Engineering, having own consultancy business and own accommodation. Contact email : info@richardproperty.net OR 9820324492 (**Regd. No. 6352**)

MUMBAI : Anglo Indian RC Bachelor, aged 34 years, Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn.B.Com., working as a Duty Manager. Contact email : saviohenry@gmail.Com OR 9820267423 (**Regd. No. 6349**)

MUMBAI : East Indian RC Divorcee, aged 45 years, Ht. 5' 9", Wheatish Complexion, Edn. BE/MBA., working as a Sofware Professional. Contact No. 9819406433 OR email: examinerboy@yahoo.com (**Regd. No. 6347**)

MUMBAI : RC Goan Widower age 70 no encumbrances, owns spacious flat, in perfect good health seeks matrimonial alliances from widows / spinsters above 60 years. Contact email : rick6522@gmail.com OR 7208966328 (**Regd. No. 6344**)

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

MUMBAI : Anglo Indian RC Bachelor aged 37 years, Ht. 5' 9", Wt. 75 kgs, fair Complexion, Edn.Bachelors in Business Administration, Diploma in Electronics, currently pursuing MBA in projects. Working as a Senior Operations Manager. Contact email : vanderhidebrian123@gmail.com OR 8655770778 / 9920207250 (**Regd. No. 6298**)

MUMBAI : Goan RC Bachelor Edn. 8th std., having own accommodation, working in Catholic school as a Peon, drawing good salary, aged 47 years, Ht. 5' 2", Wt. 55 kgs, Wheatish Complexion, Seeks a suitable match. Contact Mob.: 9892134950 (**Regd. No. 6294**)

MUMBAI : Mangalorean RC Divorcee, aged 44 years, Ht. 5' 7", Wt. 66 kgs, Fair Complexion, Edn. HSC., Service. Contact 9167419437 (**Regd. No. 6292**)

MUMBAI : Mangalorean RC Bachelor, aged 37 years, looks much younger to his aged and slim, Ht. 5' 5", Fair Complexion, Edn. HSC., Working as a Financial Consultant. Contact email : ronalddsouza888@gmail.com OR 9004566519 (**Regd. No. 6290**)

MUMBAI : Goan RC Bachelor, aged 30 years, Ht. 5' 4", Wt. 60 kgs, Fair

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

Complexion, Edn. B.Com., working as a Asst.Manager. Contact email : peterpereira11@gmail.com OR 9833005381 (**Regd. No. 6289**)

MUMBAI : Mangalorean RC Bachelor, aged 32 years, Ht. 5' 11", Wt. 65 kgs, Wheatish Complexion, Edn. HSC., Service. Contact 7666527859 (**Regd. No. 6283**)

MUMBAI : Mangalorean RC Bachelor, aged 27 years, Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. B.Sc., IT, MCM, working as a Associate Developer. Only Child. Seeks a educated girl. Contact email : peterlobo.lapetero@gmail.com OR 9969477179 (**Regd. No. 6278**)

MUMBAI : Goan RC Bachelor, aged 28 years, Ht. 5' 11", Wt. 78 kgs, Wheatish Complexion, Edn. B.E. I.T., Principal Consultant in South Africa. Contact email: ronaldsouza.pm@gmail.com OR 9702970004 / 9820842154 (**Regd. No. 6276**)

MUMBAI : Goan RC, aged 67 years, looks much younger to his age, Pensioner from Australia, intend to settled in Mumbai or Goa. Ht. 5' 10", Wt. 83 kgs, Wheatish complexion, Edn. SSC., seeks a girl from descend family background. Contact : 7506932009. (**Regd. No. 6274**)

MUMBAI : Mangalorean RC Bachelor, aged 31 years, Ht. 5' 10", Wt. 65 kgs, Fair Complexion, Handsome, Edn. B.A., PG-HR, working as a HR-Manager, Seeks a suitable match. Contact email : frank_4_f@yahoo.co.in OR 9820470506 (**Regd. No. 6270**)

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MUMBAI : Mangalorean RC Divorcee, 1st marriage annulled by the church, aged 31 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com, working as a S&Q Officer in Shipping company. Contact email : flavi.maría@yahoo.co.in OR 9769119766 (**Regd. No. 6498**)

POONA : Tamilian RC Spinster, aged 34 years, Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Manager. Contact email : harryanthony.7@gmail.com OR 9960089871 (**Regd. No. 6497**)

MUMBAI : Goan RC Spinster, aged 30 years, Ht. 5', Wt. 47 kgs, Fair Complexion, Edn. B.Sc., (Chem), MBA, working as a Product Manager. Contact email : smartmind0412@gmail.com OR 9867620060 (**Regd. No. 6496**)

MUMBAI : Mangalorean RC Spinster, aged 26 years, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com / MBA, working as a Purchase Executive, Contact email : dsouza.deena833@gmail.com OR 9819853817 / 9686439932 (**Regd. No. 6495**)

MUMBAI : Mangalorean RC Parents from Mumbai seek alliance for their daughter aged 28 year's height 5' 4", Fair, highly educated, working as a Physiotherapist in States. Seeks a suitable match from states. Contact email : mariapereira1909@gmail.com OR 9833819039. (**Regd. No. 6478**)

MUMBAI : RC Goan Spinster, 38 yrs, 5' 2", slim, Wheatish Complexion, looks young and good looking, holding USA Citizenship. Completed Associate Degree from USA. Presently residing in Mumbai for a short while. Seeking alliance from a well-educated, well-settled, good family background bachelor from USA or someone from UK, Canada, Australia upto 42 yrs. Reply wih details and latest photo to senorita_gomes@rediffmail.com or

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OSMANABAD : Anglo Indian Roman Catholic Spinster, aged 23 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. M.E., Student. Contact email : janetshinde@g.mail.com OR 9422935470 (**Regd. No. 6206**)

MUMBAI : Goan Roman Catholic Spinster, aged 23 years, Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn. B.A. (Hons), B.Ed., M.A. (Part), Teacher by profession. Contact email : cancer5belita@gmail.com OR 9892499656 (**Regd. No. 6202**)

MUMBAI : Goan RC Spinster, aged 37 years, Ht. 5' 2", Wt. 45 kgs, Wheatish Complexion, Edn.B.A., working as an Execuve in MNC. Contact email : 12annd@gmail.com OR 9594597319 (**Regd. No. 6200**)

MUMBAI : Mangalorean RC Spinster, aged 28 years, Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. Graduate, D.Ed., Teacher by profession. Contact email : kitoo_angel@rediffmail.com OR 9821389985 (**Regd. No. 6224**)

MUMBAI : Mangalorean RC parents invite alliance for their daughter 28 years, 5' 4", B.Tech (Computer Engineer) Working for MNC. Seeks well qualified and well settled bachelor with good family values. Kindly reply with profile and recent photograph to email : dmaryln@ymail.com OR 09916087940 (**Regd. No. 6223**)

MUMBAI : Mangalorean RC Spinster, aged 27 years, Ht. 5' 3", Wt. 44 kgs, Wheatish Complexion, Edn. B.Com., Working as a Sr. Officer in Bank. Contact email : rima.dsouza@hotmail.com OR 9920627802 / 9819602045 (**Regd. No. 6217**)

UDUPI : Mangalorean RC Parents of spinster daughter 27 years, 5' 4", Height, Wheatish, B.E. in Electronics and Communications. Working as Software Professional in BANGALORE, God fearing and family oriented. Seek alliance from Mangalorean RC Bachelors, well educated and settled, age below 32 years. Please send detailed Profile and recent photograph to email

: saldanhaej@yahoo.co.in OR 0984588 8703 and 0820 258 3452 (**Regd. No. 6216**)

MUMBAI : Mangalorean RC Spinster, aged 33 years, Ht. 5' 4", Wt. 48 kgs, Fair Complexion, Edn. B.E., MBA Marketing, working as a Sr. Manager. Contact email : dnavin@gmail.com OR 9820104238 (**Regd. No. 6212**)

MUMBAI : Goan RC Spinster, aged 39 years, looks much younger to her age, beautiful, Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., LLB., working as a Legal Head in American Company. Contact email : polysacks@hotmail.com OR 9930813123 (**Regd. No. 6208**)

U.K. : Holding a British Citizenship Maharashtrian Protestant Spinster, aged 36 years, fair and beautiful, Ht. 5' 4", Wt. 64 kgs, working for Bank in London. Seeks a well settled and educated bachelor from U.K. or Bombay. Contact email : shrupm@gmail.com OR 9819813730 (**Regd. No. 6309**)

U.S.A. : Mangalorean RC Spinster, aged 27 years, Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. Engineering, working as a Software Engineer in California. Preferred somone working in U.S.A. Contact email : sd012588@gmail.com OR 9833574859 (**Regd. No. 6308**)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wt. 58 kgs, Fair Complexion, Edn. Chartered Accountant, working as a Manager in Bank. Contact email : multipurpose2909@gmail.com OR 9004351178 (**Regd. No. 6306**)

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(Contd.. from p. 7)

otherwise I will go alone. Alone I have come; alone I will have to go. Nobody can accompany me on the real journey. In the meantime you can play all kinds of games just to pass the time.

She looked at Jesus. Her tears had dried but were still there on her cheeks. For a moment Jesus knew what was in her mind. Jesus said to her, "You are thinking that now you can cheat me. Okay, you will not find a better opportunity." She started crying again and saying, "No, no. Jesus, I don't want to cheat you. That's why I was crying. I don't want to cheat you."

Jesus said, "Then why the idea? If you don't want to, and I don't want you to either, then why are we wasting our time? If you want to cheat me, I am willing. In fact I should cry for you because from the very beginning I have been nothing but a problem. And still I am a problem, not to myself - myself, I am not at all, so the question does not arise. But to others who are, and are very much so... the more they are, the more problematic is their life. But you are with a man who is not. And as far as he is concerned he has no problem. And if he can trust you, existence is enough to take care of you. But nobody seems to be at all interested in existence – but in everything except existence".

The dialogue that Friday morning was bitter.

From the onlookers, "Come down from the cross if you are the Son of God!"

From the religious leaders, "He saved others but he can't save himself."

From the soldiers, "If you are the king of the Jews, save yourself."

Bitter words. Acidic with sarcasm. Hateful. Irreverent. Wasn't it enough that he was being crucified? Wasn't it enough that he was being shamed as a criminal? Were the nails insufficient? Was the crown of thorns too soft? Had the flogging been too short? For some, apparently so...

Of all the scenes around the cross, this one angers me the most. What kind of people, I ask myself, would mock a dying man? Who would be so base as to pour the salt of scorn upon open wounds? How low and perverted to sneer at one who is laced with pain...

The words thrown that day were meant to wound. And there is nothing more painful than words meant to hurt...

When they hurled their insults at him, he did not retaliate; when he suffered, he made no threats. Instead, he entrusted himself to Him who judges justly.

Did you see what Jesus did not do? He did not retaliate. He did not bite back. He did not say, "I'll get you!" "Come on up here and say that to my face!" "Just wait until after the resurrection, buddy!" No, these statements were not found on Christ's lips.

Did you see what Jesus did do? He "entrusted himself to Him who judges justly." Or said more simply, he left the judging to God. He did not take on the task of seeking revenge. He demanded no apology. He hired no bounty hunters and sent out no posse. He, to the astounding contrary, spoke on their defense. "Father, forgive them, for they do not know what they are doing."?

"They don't know what they are doing."

And when you think about it, they didn't. They hadn't the faintest idea what they were doing. They were a stir-crazy mob, mad at something they couldn't see so they took it out on, of all people, God. But they didn't know what they were doing.

Yes, the dialogue that Friday morning was bitter. The verbal stones were meant to sting. How Jesus, with a body wracked with pain, eyes blinded by his own blood, and lungs yearning for air, could speak on behalf of some heartless thugs is beyond my comprehension. Never, never have I seen such love. If ever a person deserved a shot at revenge, Jesus did. But he didn't take it. Instead he died for them. How could

he do it? I don't know. But I do know that all of a sudden my wounds seem very painless. My grudges and hard feelings are suddenly childish. Sometimes I wonder if we don't see Christ's love as much in the people he tolerated as in the pain he endured.

Why? Why did he endure all these feelings? Because he knew you would feel them too.

He knew you would be weary, disturbed, and angry. He knew you'd be sleepy, grief-stricken, and hungry. He knew you'd face pain. If not the pain of the body, the pain of the soul ... pain too sharp for any drug. He knew you'd face thirst. If not a thirst for water, at least a thirst for truth and the truth we glean from the image of a thirsty Christ is—he understands.

As we draw near to that Friday morning could we be able to endure even a little of all these feelings as Christ did? If we make a start we shall succeed in making the world a better place.

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