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## 'Thought for the week'

*Time is too slow for those who wait, too swift for those who fear, too long for those who grieve, too short for those who rejoice, but for those who love, time is eternity.*

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## EDITORIAL CHALLENGES TODAY

by Ladislaus Louis D'Souza\*

**G**iven today's ethos, the importance of the role of an Editor in India, whether of a newspaper (news periodical) or of a magazine (or of a book publishing house), or even of an e-news portal, assumes enormous significance. Never before in Indian history – since the infamous 1975-1977 Indira Gandhi Emergency - has the responsibility of an editor been so frighteningly challenging as it is today. And yet, if an 'editor' is to live up to his/her calling to be a writer or reporter of "...the truth, the whole truth and nothing but the whole truth" (as a witness in court would affirm), he/she must needs be true to the unwritten maxim that the **editor is the conscience keeper of society**.

The twin challenges faced by today's journalists in general and publishers and editors in particular are discussed below -

### PLURALITY OF LANGUAGES, RELIGIONS AND CULTURES

**Languages** - According to the 2011 Census of the country, India has 122 major languages and 1599 other languages, figures from other sources varying, primarily due to differences in definition of the terms "language" and "dialect". The 2011 Census recorded 30 languages which were spoken by more than a million native speakers and 122 spoken by more than 10,000 people. Of all these languages, the Eighth Schedule of the Indian Constitution accords official recognition, status and encouragement to 22, with Kannada, Malayalam, Odia, Sanskrit, Tamil and Telugu accorded the 'classical language' distinction. Interestingly, the two contact languages that have played an important role in the history of India are Persian and English.

**Religions** – India, which is characterized by a diversity of religious beliefs and practices, is a Secular State by the 42nd Amendment Act of the Constitution [1976], 'Secularism' ensuring the equal treatment of all religions. The 2011 census indicates that 79.8% of the population of India practices Hinduism, 14.2% adheres to Islam, while the remaining 6% adheres to other religions such as Bahá'í, Buddhism, Christianity, Jainism, Judaism, Sikhism, Zoroastrianism and others, Christianity emerging as the 3rd largest religion in India.

**Culture** - Indian culture collectively refers to the thousands of distinct and unique cultures of ethnic communities of all religious persuasions existing in our country which happens to be one of the most thickly populated countries in the world. This amalgamation of cultures spanning pre- and post-Independence

(Contd.. on p. 4)

(Contd.. from p. 3)

India, influenced by a history several millennia old, is collectively influenced by the class, caste, creed and colour of every single individual [and salubriously so!], cutting across the numerous elements in the diversity of the country's languages, music, dance, cuisine, customs, architecture and so much else, that differ from place to place within the country's borders.

### MIXED READERSHIP vis-à-vis TRUTH & TRUTHFULNESS

The demographic composition of readers differing from continent to continent, country to country and place to place, a new way of looking at the publishing-editing task and all that it entails is an urgent need of the hour. This "new way" cannot but involve the evolvement of consultation and collaboration among publishers and editors of all publications, individual publication/editing policy remaining intact, the competitive element sustaining readership and viewership interest. At the stroke of the midnight hour when India made her **tryst with destiny** in freedom 70 years ago, Pandit Jawaharlal Nehru, the First Prime Minister of free, independent India had said: "The ambition of the greatest man of our generation has been to wipe every tear from every eye. That may be beyond us, but as long as there are tears and suffering, so long our work will not be over" [Nehru's Tryst with Destiny, Parliament, 15 August 1947]. And so it is that financial resources apart, **what is needed is a will, a 'fire in the belly' desire to reach out to every single human person in the country with the truth of a happening or an event in a way that touches the heart of every reader both in the country and beyond its borders.** As James Alberione, the founder of Saint Paul Publications says, "We see all people as souls to whom we owe truth, edification and prayer" [James Alberione - Thoughts, St Paul Publications, 1984, p 90]. As he also says, quoting the ancient media man, Paul: "All things work together for good" (Rom 8:28) when there is goodwill [James Alberione - Thoughts, St Paul Publications, 1984, p 86]. Indeed! As long as that remains from happening, our mission as journalists (whether

as publishers or as editors) of exposing the wrong by way of baring the truth remains unfulfilled. This brings us to the question:

### What exactly is Journalism?

Walter Leland Cronkite (Jr), an American Broadcast journalist who passed away not very long ago (2009), puts it very succinctly when he explains: "Our job is only to hold up the mirror - to tell and show the public what has happened." What does that involve if not fearlessness and a daring? Of course, as Cronkite adds, "We all have our likes and our dislikes. But... when we're doing news - when we're doing the front-page news, not the back page, not the op-ed pages, but when we're doing the daily news, covering politics - it is our duty to be sure that we do not permit our prejudices to show. That is simply basic journalism."

**Goal of journalism** - "Great journalism," according to the famed Australia-born American media baron, Rupert Murdoch, "will always attract readers. The words, pictures and graphics that are the stuff of journalism have to be brilliantly packaged; they must feed the mind and move the heart." This becomes the responsibility of the editor. Indeed, **it is the Editor who gives soul to the publication.** What goes into print in every issue is entirely at his/her discretion. The lines agreed upon between publisher and editor apart, it is the editor who ensures that journalism does not unduly become the pastime of the elite and the educated but the active concern of every single individual regardless of his or her personal attributes, persuasion or qualifications. Interestingly, ground reality being the keyword, the famed Oscar Wilde cautions thus: "By giving us the opinions of the uneducated, journalism keeps us in touch with the ignorance of the community." Unarguably, then, fearless and favourless exposure of the truth stand out as hallmarks of unprejudiced journalism!

The Late Henry Anatole Grunwald, one time Editor of TIME and Time Inc. would say, "Journalism can never be silent: that is its greatest virtue and its greatest fault. It must speak, and speak immediately,

while the echoes of wonder, the claims of triumph and the signs of horror are still in the air." Two periodicals that deserve to be commended in this regard are: INDIAN CURRENTS [IC] (Delhi) and THE SECULAR CITIZEN [TSC] (Mumbai). The Editor of IC, young and ebullient Capuchin friar Suresh Mathew, backed by the Publishers, Indian Current Publications, a Registered Society under the patronage of the Capuchins of Krist Jyoti Province of North India, **has at no time minced words in calling a spade a spade** as seen by the bold content of practically every issue, irrespective of the issues or persons involved, thus living up to its motto, **Journalism with a Soul.** As for TSC, despite the presence of 'Secular' in the masthead of the magazine, the genial, soft-spoken Mr Lawrence Coelho, its Publisher-Editor, has in the course of its 26-year history of publication unabashedly proven by its contents that **religion and politics, though separate entities, do gel**, for the simple reason that both religion and politics directly concern the family. And so we have articles on religious themes rubbing shoulders with political treatises and so much else, making each issue a truly **National Family Weekly!** As a matter of fact, the journalistic scene today clearly indicates that religion and politics being two sides of the same coin, be it on the universal level or in the Indian context, can never be kept apart. In India particularly we have avowedly religious heads or even religiously inclined politicians heading governments, openly making religion the vote springboard to political power. It is more than obvious that religion influences politics, which alone can explain the rise of the RSS on the Indian firmament and the IS on the world horizon.

**In Conclusion** - We shall let American TV Anchor Bob Lloyd Schieffer have the last word! Emphasizing the social dimension of journalism in general, says, he says, "I think journalism is a great way to do public service, to have an impact on your community." How would those among us—particularly editors—who consider ourselves prolific writers, like our journalistic output to benefit our fellow humans?

*\*Pauline Cooperator & Copy-editor with ST PAULS/BETTER YOURSELF BOOKS*



## Black day in Indian history

November 8, 2016 will go down in Indian history as another black day, when people woke up to find that their hard-earned money was rendered useless with the demonetisation of Rs 500 / and Rs 1000/ notes. Untold misery and harassment were witnessed as people were told that they were not free to spend their hard-earned money as there were restrictions galore on the amount of old notes to be exchanged and also the amount of new notes to be withdrawn from banks. And the ostensible reason? ---- to enable black money to be flushed out of circulation. Unfortunately, what happened was just the opposite. The entire exercise boomeranged badly on the govt with 99% of demonetized notes returned to the RBI. A godsend opportunity seen by some, to convert their black money into white money. No time was wasted as touts were engaged to deposit money illegally in their name with a hefty commissions and the connivance of bank officials. A nationwide scam, to say the least. On the other hand, more than a million people were rendered jobless with the closure of small es-

tablissements, as there was no money to pay the workers. So, even after a year, where people are still struggling to eke out a decent living due to recession and inflation, they are also eagerly awaiting the promised Rs 15 lakh in their accounts ---the amount Mr Modi promised after bringing back the mind-boggling figure of Rs 35 lakh crore rupees stashed away in foreign banks. Unfortunately, even this was not achieved. Even more surprising is the newspaper headlines of the "Paradise papers" involving more than 700 politicians, businessmen and celebrities in tax evasion of money invested and holed up in off-shore tax havens.

—A. F. Nazareth  
Alto Porvorim

## Misplaced patriotism ?

A wave of patriotism seems to have gripped our politicians today. They seem to be in a hurry to get over the hangover of foreign rule, be it the British or the Moghuls. And so, they go about renaming cities, railway stations, roads, etc. They want to wipe out all traces of foreign regimes.

Elphinstone Road station was one of those stations which they had proposed to rename because it bears the name of a britisher. What happened recently at this very station is there for

all to see. The reality does not change just by renaming. Charni Road is another station on the 'renaming' list, and soon after the Elphinstone Road tragedy, part of a F.O.B. at Charni Road came crashing down.

Not satisfied with renaming exercise, they are now digging up old records and setting aside the names of historic structures from official records. A case in point is the Taj Mahal - someone says it was built by traitors and is not part of our history. The chief minister of the state ( U.P) however, has found new love for the Taj Mahal, contrary to the views of some of his own partymen. He even swept the area in front of the Taj Mahal - oh ! what a show of patriotism ! **The Taj Mahal - a marvelous structure - wah Taj !**

What are these politicians trying to prove ? They do not seem to care about humanity. These politicians are taking shelter under this false show of patriotism. They need to understand, this does not help. We could call it '*misplaced patriotism*'. The 'Sacred Space' in today's Times of India (1.Nov.2017) titled "*Desh Bhakti*", says, "*Patriotism cannot be our final spiritual shelter; my refuge is humanity. I will not buy glass for the price of diamond and I will never allow patriotism to triumph over humanity as long as I live.*"

—Melville X. D'Souza  
- Orlem, Malad West

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# What Is the Fear of Knowing Oneself?

by Don Aguiar

**N**o one is an island and through shared experience we come to know each other. Yet the gap between what others say and who they are is a puzzle we all find perplexing. Are the minds of others profoundly unknowable? Are we as much of a mystery to ourselves? Or is thought and experience inextricably social so there is no gap to overcome after all?

Do you know who you really are? Are you really John or is your name John?

Your name is considered to be your identity! But didn't your friends in school call you Johnny or Jo? Your parents have their own ways of expressing their love and so will your wife. You can also change your name to Jack by legal process if you like. Does changing your name change you as well? Do you lose your existence by changing your name? No!

A couple of days ago, I had a number of people share information with me about the fear of knowing oneself and people started asking themselves for the first time. One question really hit home for me really though – the question was, "What if you don't know who you are?"

Don't worry, I can relate to this question so deeply.... It wasn't that long ago, I was in a similar place and had no idea of who or what I was and then "The day came when the risk to remain tight in a bud was more painful than the risk it took to blossom."

Socrates said it so well "Know Thyself"

To be honest it is up to you and you have to decide for yourself the importance of knowing yourself and whether you want to go on that journey. It takes courage and a willingness to

peel back the layers bit by bit.

Tao and Ching say – "Knowing others is intelligent, knowing yourself is true wisdom. Mastering others is strength, mastering yourself is true power. If you realize that you have enough you are truly rich." and

"The cost of not following your heart is spending the rest of your life wishing you had." – J. Paulsen

One of my friend's colleagues was promoted as senior manager, got very excited as she never expected to make that level, went home in excitement to tell all at home the good news.

However on just stepping inside the house her mother told her to go and get milk. So she goes out and gets milk. And when she came back, she's hopping mad. She says, "I had great news for you. I've just been named senior manager of my company. And all you want me to do is go out and get milk."

Then her mother says, "Let me explain something to you. You may be senior manager of your company. But when you step into this house, you're a wife and mother first. Nobody can take that place. So leave that crown in the garage."

Her mother was right, of course. No matter who we are, or what we do, nobody can take the wife and mothers place in our families.

The fear is that perhaps one is a bad person. The fear is that we may discover that we are a bad person after having cultivated an image of being a good person. We appear to be a good person – we are saintly, we are innocent, we are authentic, we are truthful. Our fear is that we may realize that inside we are inauthentic and false. We are afraid of finding out that we are irreligious, complicated, cunning, hypocritical, unsaintly. The fear

is that the image of ourselves – what we think ourselves to be – may turn out to be false.

A person who is afraid in this way can never encounter the mind. It is very easy to go into the forests, it is easy to go into darkness, it is easy to sit fearlessly in front of wild animals, but it is very difficult to stand fearlessly in front of the wild man that is hidden within you. It is very arduous. It is not at all arduous to stand for years in the sun, any fool can do that. It is not difficult to stand on your head, any idiot can be taught such circus games. And it is not very difficult to lie down on thorns – the skin adjusts to the thorns very soon. If there is one thing that is really arduous, it is the courage to have an immediate knowing of however one is within, whether bad or mad, however one is. So the first thing is to drop fear and to get ready to see oneself courageously.

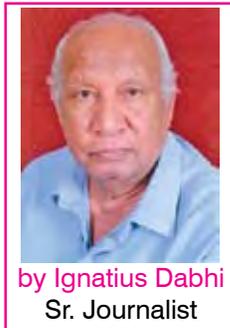
One who does not have this courage is in trouble. We are interested in attaining the soul, we are interested in knowing existence, but we do not have the courage to have a direct and simple encounter with ourselves. The soul and existence are very far away. The first reality is our mind, our brain. The first reality is the thought center with which we are most closely related. One has to see it, know it, and recognize it, first. The first thing is the effort to know one's own mind in aloneness, without fear.

For at least half an hour every day, give your mind a chance to express itself as it is. Close yourself in a room, like an emperor, and give total freedom to your mind. Tell it, 'Whatever you want to think, to contemplate, let it happen.' Drop all the censoring of yourself that has prevented things from surfacing – drop all that. Give your mind the freedom to allow whatever arises to arise; to allow whatever appears to appear. Don't stop or suppress anything. You are ready to know what is inside.

# Age-old Caste System Base of Gujarat Polls



**T**he December Vidhan Sabha elections in Modi's home-state Gujarat are to be fought only and only on the age-old caste system. Apparently Gujarat seems to be very modern and open to changes. But what appears is literally not true! With all its modern facade, Gujarat is highly conservative and lover of out-dated ideas. In its very fibre the state is orthodox and adhering to old values. Political parties take the maximum advantage of the local human psyche.



by Ignatius Dabhi  
Sr. Journalist

Of late, the state witnessed three big agitations which shook the very roots of Congress and BJP In Gujarat. These agitations were: Patel agitation, Thakore-OBC agitation, and Dalit agitation. Scores of caste-based organizations erupted all over Gujarat and the people of Gujarat revealed their real colour. These caste-based units

have surprisingly a very deep and big hold on social media. and facebook. Very soon people all over the state, while greeting each other, started using phrases like 'Jay Mataji', 'Jay Matcesh' and 'Jay Swaminarayan'. Gujarat seems to be a house divided in itself.

The December elections will be based on castes. It indeed frightens one to see the elements of division are on rise. Political pundits in India know it very well that political parties give a big importance to castes and creeds while selecting candidates before the polls. Be it the Congress or the Bhartiya Janata Party. They all are the same and play the same dirty games. Caste-based priority in India will lead to caste wars, sooner or later. Political leaders and religious saints should not further divide this caste-based country. Housing societies and certain organizations take candidates only from their own caste and creed. Gujarat ranks first in this order!

After the rise of BJP in Gujarat, RSS and most communal forces seem to have a government protection. Many mis-guided youths often harass and disturb minority and weaker section people. The police will not react against certain people belonging to certain castes. Crime record says that crimes are on rise because people are becoming more and more caste-conscious. Intolerance is on rise and

caste-based favoritism is fast increasing.

Patel hero Hardik, Thakore hero Alpesh and Dalit hero are highly sought after by Rahul Gandhi. Congress knows it very well that all these three castes command more than 56 percentages of Gujarat voters. It is not necessary that economic progress and development depend on caste-equality. In a country like ours the poor will always remain poor - and mind you, they are the minorities and the marginalized, All the 20 percent of the Indian rich belong to a so called 'upper class' and the remaining 80 percent poor - mainly the dalits and backwards.

Gujarat will be further divided - the people will be further separated. If the BJP wins - very likely - Gujarat will face more restlessness. More bitterness and more vindictiveness will further rise. The apparent 'Vikaas' (development) is only of a certain caste and certain creed ....

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# Are Centre And States Erring, In Not Investing Sufficiently In The Infrastructure, Of Educating The Children?

by Eric D'Sa

**A**fter 1956, when Tunisia became independent, their first president, Habib Bourguiba, decided to invest 20 percent of the country's national budget on education. Yes, 20 percent, on the high end of the spectrum even by today's standards. Some people protested. What about infrastructure? What about electricity, roads and running water? Are these not important? The President argued that the most important infrastructure their country should have are minds, educated minds. He thus helped establish free, high-quality education for every boy and every girl in that country and looking back all of them are very grateful to him for having taken such a bold decision. Tunisia's Nobel Peace Prize in 2015, as the only successful democracy that emerged from the Arab Spring, is a legacy to that bold leadership decision.

Good Education is the civil rights struggle, it's the human rights struggle of our generation. Quality education for all: that's the freedom fight that we've got to win. India won its political freedom from colonial rule in 1947. Unfortunately the expenditure on education of GOI educational departments, has from statistics available shown to be from 1951-52 at 0.64%, raising gradually to in 2013-14 to around 4.57%. It has now in the year 2016-17 come down to 3.71%. You can add to this around 2 to 2.5% that the State governments spend on education, it still does not add to too much. Compare this to China which for decades has been spending nearly 10% of their GDP on education. Is it a wonder then, that on an average the Chinese citizen is ten times richer than an average Indian citizen, though both started at the same levels in the 1950s?

It is no surprise that we are like in many parts of the world facing a national learning crisis. We can call it learning crisis and not education crisis, because we have been told, that more than a quarter of a billion children are out of school today around the world. More importantly 330 million children are in school but failing to learn. And if we do nothing, if nothing changes, by 2030, just 13 years from now, half of the world's children and youth, that is half of 1.6 billion children and youth,

## YOU THE CITIZENS DECIDE:

will be either out of school or failing to learn. Do not be surprised, if we in India do not do something to tackle the situation, many of the above children will be in India. Whatever few studies that we have conducted in India has indicated, that learning capabilities of our children passing out of our government schools, especially from those of our village schools are very poor.

So two years ago the Education Commission, a commission brought together by former UK Prime Minister and UN Special Envoy for Global Education, Gordon Brown, took the task to find out how big the school learning crisis was around the world. Today as per their studies, they confirm that half of the world's children by 2030 will be failing to learn. And that's how actually they discovered, that the world needs to change its focus from schooling to learning, from just counting how many bodies are in classrooms, to actually find how many are learning.

The second big task was for this commission to find, if the world can do something about this problem? Can the world do anything about this big,

vast, silent, maybe most-neglected international crisis? And what they fortunately found out after some study is, that the world can. It's actually amazing that for the first time in the world history, within just one generation the world with the help of technology, can have every child in school and learning. And they found that they don't even have to really invent the wheel to do so. The different countries in this world, just needed to learn from practices followed by the best in their own class of countries. What the commission did is actually to look at countries by income level: low-income, mid-income, high-income. They looked at what the 25 percent fastest improvers in education do, and what they found out is that if every country moves at the same rate as the fastest improvers within their own income level, then within just one generation the world can have every child in school and learning.

Vietnam is a good example. It is a country which was devastated by a long civil war. It was bombed almost out of existence by the USA not too long ago. Yet it is now one of the fastest growing countries in the world. They have over the years increased spending on education from around 7% to 20% of their GDP. Hence the country spends similar amounts for primary and secondary school pupils education, as percentage of GDP per capita as Tunisia, but achieves today higher results. This is because Vietnam introduced a standardized assessment for literacy and numeracy. Teachers in Vietnam are better monitored than in other developing countries, and students' achievements are made public. And it shows in the results. In the 2015 PISA -- Program for International Student Assessment -- Vietnam outperformed many wealthy economies, including the United States.

(Contd.. on p. 9)

Now, if you're not an education expert, you may ask, "What's new and different? Don't all countries track student progress and make those achievements public?" The sad answer is a big NO. We are very far from it. Only half of the developing countries have systematic learning assessment at primary school, and even less so at lower secondary school. India is unfortunately one of them. So if we don't know if our children are learning, how are teachers supposed to focus their attention on delivering results. More importantly how will countries who are supposed to prioritize education spending actually to delivering results, find they are doing so?

That's why the first big transformation before investing is to make the education system deliver results. Because pouring more money into broken systems may only fund more inefficiencies. And what deeply should worry us is that children go to school and don't learn. It devalues education, and it devalues spending on education, so that governments and political parties can say, "Oh, we are spending so much money on education, but children are not learning. They don't have the right skills. Maybe we should spend less."

Now, improving current education systems to deliver results is important, but won't be enough. What about countries like ours where we do not have sufficient qualified teachers even in our cities and towns, leave alone our villages? Most of our villages have just two or three room primary schools, where there are just one or two teachers whose qualifications are in question. Pre school education in our villages is unheard of and hence the students start of with a disadvantage. Besides our teachers are saddled with administrative work. Now a days they may even have to procure food and cook the mandatory noon meals.

So how do we overcome this problem. Technology can help us to do the

same. This is done by developing the media center solution. It works this way. You have specialized, trained content teachers in district head quarters delivering classroom via livestream to over hundreds of classrooms in scattered villages in the districts. Those classrooms have 15 to 25 students, and they will be supported by a more generalist tutoring teachers for their learning and development. The 50 to 60 content teachers in the district head quarters will work with over 2,000 tutoring teachers in those village communities, to customize lesson plans, to the context and time.

Now, why is this division between content teacher and tutoring teacher important? First of all it is because we just don't have enough qualified good teachers. But secondly also because teachers do too many things they're either not trained for or not supposed to do. Besides good trained teachers are not ready to shift from towns and cities to remote villages. We have to recognise that our teachers in village schools have hardly a person or two to support them. Imagine a hospital ward with 20, 40, 70 patients and you have a doctor doing it all by themselves: no nurses, no medical assistants, no one else. You will say this is absurd and impossible, but this is what teachers are doing all over village schools every day with classrooms of 20, 40, or 70 students.

So this division between content and tutoring teachers is amazing, because it is changing the paradigm of the teacher, so that each does what they can do best. It ensures that children are not just in school, but in school and learning. And some of these content teachers become celebrity teachers. Some of them even run for office, and they help to raise the status of the profession, so that more students want to become teachers. And what is great about this example is that beyond changing the paradigm of the teacher, it teaches us how we can harness technology for learning. This is a living example how technology is not just an add-on but can be central to learning and can help us bring school

to children, if we cannot bring children to school.

Now, I hear you. You're going to say, "How are we going to implement this all over the country". To do so in the first phase we need trained country leaders in a methodology called the delivery approach. What this does is basically two things. In the planning phase, it takes everyone into a room -- teachers, teacher unions, parent associations, government officials, NGOs, everyone -- so that the reform and the solution they come up with are shared by everyone and supported by everyone. And in the second phase, it does something special. It's kind of a ruthless focus on follow-up. So week by week you check, what has that been done, what was supposed to be done, and even sometimes sending a person physically to the district or school to check what is happening. It may sound for many as common sense, but it's not common practice, and that's why actually many reforms fail. It has to be piloted to be successful.

Now, the next initiative to make the Learning Generation a reality is financing. Who's going to pay for this? The above examples show that domestic financing by governments has to be the backbone of good education investment. But governments love to spend on roads, bridges, dams, ports etc as they can be exhibited to the people. This also provides the politicians opportunities to siphon off part of the money for there political funding. Expenditure on schooling and education learning is an infrastructural expenditure less glamorous. So how do we ensure that the governments spend sufficient money on educating the minds of our children so that they actually learn? You the Citizens decide.

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# Power to Create

by Rtn. Calwyn D'Abreo

**P**ower to create and therefore it must exist in this paradoxical world where minds below differently with thoughts that create to destroy and destroy to recreate in the amalgam of life technology.... which must proliferate within a world without end. To be with the power is to be with yourself engaged in the completeness of your being. Every being is powerful. Like an atomic display of a myriad of colors so defiantly existing within the ambit of your own geography and time. You are truly powerful. But are you in harness with this special infinite intelligence who disburses power by your relationship to the presence of the act of reciprocity.

Most of us rarely align with their own true power, because it seems illogical to them that there is power in relaxation, in letting go, or in love or joy or bliss, or in creativity, or in gentle art of letting go. Most people do not understand that their true power lies in releasing resistance—which is the only obstacle to their true power.

Most people do not expect their path to great abundance to be one of ease and of joy. They are in total acceptance that in order to get that which they want there is tremendous amount of

pain and persistence with sweat and tears that must be applied to affect manifestation. Often times manifestation is a far cry from where you want to be and as if you must be pardoned for all your mortal sins perdition which is the state of eternal punishment and damnation into which a sinful and unrepentant person passes after death seems to be the fatwa that co exists and as a congregation you have been imbibed with this accusation from time immemorial originating in the distance past till this very day and hour.

They have been taught by patrons of the holy canons and clerical collars who when heard without resistance from the listeners and when no retaliation is showcased, that struggle and hardship and sacrifice are requirements that must be met before the reward of great abundance can be realized. Most do not understand that the very struggle they deliberately involve themselves in towards the achievement, in their quest for success and advantage, actually works against them.

There are so many things that you have been taught to believe and keep intimate to your inner self as if because the verbal intonation has come from a body of well known charismatics and reflect the inner sanctum that are counter to the powerful Laws of the Universe that it is difficult for you to think your way out. And that half is better than full. And that is the reason that much must be said about this path of much less resistance.

Consider the lilies of the field where the wind marries the unfurling of the petals and there is peace and joy in this blessing. Where the air is in full consonance with the shadow of the cloud over the fields and dancing grass hoppers flit from stalk to stalk. We are meant to feel that way, to respire rather than try hard with



resistance on our backs, to unwind rather than endeavor exertion in ratio with the task to be confronted with, to smile rather than struggle, to be rather than do because of forced direction. For your true power is experienced only from inside the Vortex. The vortex is that swirl felt in the innermost labyrinth of your being from which all emotional positivity emanates and that which mentors the thread in the bobbin to continue its work of weaving the vibrational alignment to your desires. It is here that you align with Source Energy that stays hybrid to the glorious presence of the Infinite Intelligence who you and I call God or the Universe. Being in the Vortex is being one with who you are in true natural composition without outside stimulants and diatribe and when there is no condemnation, no rebuke nor is there any criticism or reprimand. You are feeling wonderful and marvelous and in full vibrational alignment to your desires. It is in this navigation of things that happen that you begin to manifest that which your innate power can. That which your power can. Given to you by Infinite Intelligence and the Source of all Energy.

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## Patriotism redefined

Ever since the BJP came to power they have been working overtime to test the patriotism of a section of the Indian population. They spare no efforts to make that segment of society as uncomfortable as possible. More than the nationalistic fervor, it is the sadistic pleasure they derive from such an exercise. Of course, the RSS is behind this unwanted controversy and the government is just doing its bidding. One wonders if the other constituents of the NDA share the view that the BJP espouses. If they do not, then they are hypocrites. Not that they should distance themselves from the NDA; they should at least say it is wrong. They lack guts.

Unfortunately, the targeted segment is the Muslim community because they have [rightly or wrongly] certain reservations on Vande Mataram, Bharat Mata Ki Jai, and National Anthem etc. If they have reservations, that does not make them anti-nationals by any yardstick. People are prepared to give their lives for the religion rather than the country. This is the stark reality and every one will do well to accept this. People are torn between their religious beliefs on one hand and nationalism on the other. A theist believes the country's role is co-terminus with death while that of religion its role stretches far beyond - even after death.

One thing is clear. There is no question of disrespecting the National Flag or the National Anthem. It represents the very freedom and identity of the nation which we have inherited from those who fought valiantly and sacrificed their lives. But you cannot have the national anthem for breakfast, lunch and dinner. The schools sing it during the assembly while colleges don't. It is sung at major sports events but whether spectators really respect it is something that needs to be watched. Some of them are doing their own things and that is disrespect. So have it where it can be sung with all the respect. Is the national anthem sung daily before the proceedings start in Parliament or Assembly? If not, why not? Do they possess certificates of patriotism from some authority? Movie houses are not the best of places for a national anthem to be sung before a movie which might be showing sexually explicit scenes or criminal / antinational scenes.

Social issues like the triple talaq, women empowerment etc are good issues but if the aim is to discredit a par-

## IEWS on NEWS

ticular community then you are being unfair. The ruling dispensation says it for the good of the community but their motives are suspect. This is where the danger lies for a country with diverse cultures, religion, customs, beliefs, languages etc. Every effort needs to be made to preserve these values by being accommodative and tolerant which unfortunately is missing.

It first started with cow slaughter and everybody agreed that this being the most sacred animal to the Hindu community, it should be banned. When you stretch it to include buffalo meat you are taking things a little too far more so because a large segment of dalits and other backward classes do consume it. They too honour the cow but find nothing wrong in consuming buffalo meat. The reason given for banning buffalo meat is that you cannot differentiate between the two. There are scientific methods of doing this but if you want to outsource that function to the gau rakshaks then it is a different story. Not many of them will know the difference between mutton and meat. The aim is to harass the community and the gau rakshaks have succeeded in doing it.

The government is using the patriotism handle to be aggressive towards that community. RSS which did not hoist a flag at their headquarters for over half a century after independence cannot really talk about patriotism. It is like the devil quoting the Scriptures. Edith Cavell puts it nicely when she says 'I realize patriotism is not enough. I must have no hatred or bitterness towards anyone'. You cannot have loyalty oaths all the time [in some form or the other]. Noel Pattie tells us why. "Loyalty oaths increase the number of liars". Patriotism they say is your conviction that this country is superior to all others because you were born in it. Let each one decide about the degree of his or her patriotism. An Italian proverb says all those to go to Church are not Saints. Similarly all those wearing saffron outfits or jackets may not be patriots. Let the Government not redefine patriotism.

\*\*\*\*\*

## Honouring Shivaji Maharaj

Undoubtedly, the contribution of this great King to India in general and Maharashtra in particular is invaluable and it has been adequately acknowledged over the



by Marshall Sequeira

years – the latest being adding 'Maharaj' to his name at the airports in Mumbai. Politicians therefore continuously play politics over it putting the ruling party in a quandary. Each party tries to out-do the other and the latest being raising the height from 192 to 210 meters. Why? To make it tallest in the world! How stupid can we be! Are we honouring the Warrior or competing with other monuments in the world. Hope they make a provision to increase the height just in case somewhere in the world somebody builds something taller. For this we are spending over Rs 4000 crores when the State is neck deep in debt. No clarity on from where the money will come and yet we are going ahead.

It is expected that the 600 plus feet tall monument will have about 10,000 foot falls per day and assuming you charge Rs 100 you can collect roughly 36 crores per year [By the way, Taj Mahal collects 25 crores only] and that could take over 100 years to break even not factoring the maintaining and running the hospital and 3 tier security cover that is contemplated. Will the monument be accessible throughout the year? Doubtful! This may change the financial equations. Not many people are convinced that the monument will withstand the strong winds especially the weaker part of the monument like the sword which is supposed to be 120 ft tall.

This half cooked project is expected to be ready by 2019 and efforts are being made to have the inauguration on Shivaji's birthday. In trying to meet the deadline, which looks very tall like the monument, hope safety and other related issues are not compromised. Politicians will want to take credit for it for 2019 general elections. Has the government got its priorities right? With children starving, many of the dying, farmers committing suicides, prices soaring, the people's king and a great warrior may not be very elated by this great honour at the cost of precious lives of children and farmers. The fishermen too are worried.

# Health mantra from Japan

**Japanese don't age, they have the longest life span and also the lowest obesity rate in the whole wide world. Its time to learn from them their secrets for being so healthy.**

**T**here is something about Japan that intrigues all of us. It could be their porcelain skin or maybe their waist line. In today's time how these women keep all the weight problems at bay and remain healthy for the longest time? Read to know

## **Keep the portions small and colorful:**

Make a habit of eating smaller portions at a time. Use smaller sized plates instead of the bigger ones. Japanese like their food to have a visual appeal. They like to include all the reds, greens, yellows, whites and blacks in one single meal.

## **Bread is replaced by rice:**

A small bowl of rice has lesser calories than 2 slices of bread. Japanese replace their breads with small portions of rice with no butter or oil.

## **They don't believe in fad diets:**

Japanese women are very particular about what they eat. They believe in healthy eating and a stress free life. They do not believe in fad diets or any such concepts. They are not inspired by western countries for crash diets. And you shouldn't too.

## **Japanese love drinking green tea:**

It is rich in antioxidants, very low in caffeine and calories, keeps your stress levels down and also frees your mind from anxiety.

## **Replace red meat with fish and soy products :**

They live such a long life because their hearts are healthy. They have Omega 3 fatty acids in the form of salmon,

Heavy meals are difficult to digest and could be upsetting for the stomach. They don't eat until they are full like we do. They practice of 'hara hachi bu' meaning filling the stomach up to only 80%. They also do not finish their meals with a round of calorie laden deserts. They prefer green tea or fresh fruits.



## **Walking their way to fitness:**

They don't drive as much and they don't spend hours in the gym trying to break a sweat. They just believe in plain old walking. Spending less time in vehicles and more on the feet is a great way to stay in shape and be active.

## **A hot bath prolongs your life:**

After a hot bath you always feel really calm, your muscles are relaxed, and your blood circulation improves naturally. Taking a bath at least twice a month will help to make your skin cleaner and improve digestion. Japanese people get the water level of the bath up to the level of the heart: if the water level is higher, then blood pressure will rise. It's ideal method for improving blood circulation.

## **Ditch Big plates and platters:**

Do like the Japanese and eat as much of your food as possible out of a bowl or off of small tapas-style plates. When you use smaller dinnerware instead of a large plate or platter, it's easier to practice portion control. Grandma was right: Your eyes are indeed bigger than your stomach.

## **They believe in having a Light dinner:**

mackerel, or fresh tuna. If you are a vegetarian like me then you can have tofu which has very high protein content. Incorporate colourful vegetables into each meal including breakfast too.

# Teach your beloved son to respect women



**Raising kids is a difficult task but raising a boy takes guts. Everyone teaches their son that, "Don't cry, be a man." But we forget to teach him that. "Dont make her cry, be a man." And we need to teach him these little things. Here are some tips to raise a good son.**

## **Model the Behavior:**

Raising boys means making sure that the adult men in your life treat you right. You ultimately want your son to see what you consider to be the standard for how a man should treat women.

## **Teach Him to Listen:**

Do this by being present when he's communicating with you and validating his feelings. Allow him to express

them, and show him that you're always there to hear him out. With your guidance he will learn to do the same for others.

## **Teach Him to Open Doors:**

Let him know that he really wants to be a stellar gentleman, he can even open the car door for ladies. Teach him to hold the door so women can enter first. If you are raising a son in today's uber-feminist world, it's especially crucial to teach them the (lost) art and value of being chivalrous.

## **Teach Him to be Sensitive:**

Show him how important it is to always be a friend to women and listen to their problems. Even if it's about a fight she had with a girlfriend and he doesn't really get it, teach him to listen, ask questions, and always take her side.

## **Teach Him to be a Companion:**

Make sure he understands how important it is to be a team player—which means it's not always about what he wants to do. Show him the fun in preparing for an afternoon baseball game by going to the farmer's market first to get ingredients for a nice lunch.

## **Teach Him to Be Comforting:**

When raising boys it's crucial to make sure they know how to make the women in their lives feel better.

## **Teach Him to Make Her Laugh:**

Appealing to a woman's sense of humor is often the way to her heart. After physical chemistry fizzles—and it does fizzle—humor is often the best thing left to share. Being light and playful in a way that takes into account her participation is a great way to interact with a lady.

## **Teach Him to Be Transparent:**

Make sure he knows that lying is the ultimate deal breaker. Women are good at picking up on lies, and while the truth may sometimes have negative repercussions, a lie always will.

## **Teach Him to be Her Rock:**

Show your boy how much it means to be supportive. If she has an idea, teach him to troubleshoot it with her. If she's running ragged, teach him to help her out. If she needs a hand, make sure he knows he should offer it before she even asks.

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# Catholic Psychologists of India

**T**he Conference of Catholic Psychologists of India, (CCPI) was established on the initiative of the Salesian Psychology Association (SPA) in the year 2000, it became official in 2007. Currently there are about 300 - lay persons, priests, brothers, nuns from all parts of India. They are serving several needs for 'mental health' of all types of people and the services they render are of great value and importance to humanity.

CCPI works towards a special mission to bring the healing love of Jesus Christ to those seeking psychological help and support. It provides psychological information and a list of counselors who have life membership in Conference of Catholic Psychologists of India (CCPI) across Indian States who are trained and are faithful to the teachings of the Roman Catholic Church. They are avowed to follow the highest ethical and moral standards of Christ at all times in their work and life.

The need - Mental health : Though we have achieved great advancement in the medical field and ailments of the body are well taken care, the needs of our mental health care have not kept pace and advanced. For us

in India, the vital need, 'a healthy mind for the welfare of a healthy body' is a forgotten priority. Even seeking mental health expertise is a 'taboo' in cultures society too. It is only a means of last resort when the family can not cover it up. A mental health expert or a psychia-

trist is approached very secretly. Stress of life, anxiety and depressions were not very common in the past, due to good social structures and family bonding. A strong family structure with grandparents, parents and the extended family was a great support in terms of welfare and good mental

health norms. Children and adults had in their own families and loved ones whose solace went a long way to treat stress or anxiety problems. Social norms now, with advances in development and competitive life styles have given birth to nuclear families and each member or nuclear family is too self centered and/or busy for themselves, their ambitions and well-being to consider or support oth-



ers needs, making professional care the only remedy after a certain point. For people with a catholic perspective a Catholic psychologist can provide the best support.

A Psychologist : Psychologists are mental health professionals who systematically evaluate and study behavior and mental processes. In order to become a psychologist, a person must complete a doctoral degree. In most state jurisdictions, members of other behavioral professions (such as counselors and psychiatrists) can also evaluate, diagnose, treat, and study mental processes.

There are many types of psychologists as reflected by the 56 divisions of the Psychological Association. Some of the major categories include clinical, counseling, and educational psychologists; these professionals work with persons in a variety of therapeutic contexts. There are also other categories such as industrial, organizational and community psychologists; these professionals apply psychological research, theories, and techniques to "real-world" problems that apply mainly to business, industry, social benefit organizations, government and academics.

(Contd.. on p. 15)



by Ivan Saldanha-Shet



Psychology can be divided into two general categories - Applied Psychology which includes "practitioners" or "professionals", and research-orientated psychology which includes "scientists" or "scholars". The training models endorsed require that applied psychologists be trained as both researchers and practitioners, and that they possess advanced degrees. People often think of the discipline as involving clinical or counseling psychology. Counseling and psychotherapy are common activities for psychologists.

2017 Conference - CCPI : Since the year 2000, the CCPI members gathered for an annual conference every year. The members are made aware of new issues, explore professional knowledge and skills, collaborate and net work in offering better psychological training and services all over the country. They also give a lead in promoting research in the field of psychology; from Sept 22 to 24, 2017 the 18 conference was held at Mangaluru. Mangaluru is a hub of education and the Catholic influence is strong, with the theme "Positive psychology - pathway to well being," National Conference of Catholic Psychologists of India held the 3 day Conference of Catholic Psychologists of India (CCPI) and Psychologists of Karnataka - Mangalore Region. Kanara flavour and tradition was an integral component of the 3 day seminar well arranged by the organizers.

In his presidential address the Bishop of Mangaluru Rev Dr. Aloysius Paul D'Souza, stressed the fact that his role was one of benediction to the Conference; he exhorted the skilled psychologists participating to make sure that more reasons for a healthy mind are spread in addition to the many that are highlighted for a healthy body. Research has proved that people give higher importance to bodily health today, mental health is equally important in the success of a person. Mastering of oneself through 'will power' helps the person to grow mentally, stress is a major illness today. It's the duty of Catholic Psychologist to build the positive image of the broken selves by following the example of the scriptures. Psychologists have a role to play in the positive well being of humans across a wide divide. All are called to live in happiness by the Almighty, and psychologists have a role to create the reality and restore humans to live according to God's designs.

On this occasion the website of CCPI was launched by Bishop Aloysius Paul D'Souza. Dr. Fr. Lawrence Soosai Nathan OFM (Cap), delivered the keynote address. Dr. Fr.C.M.Joseph Cherukunel SDB the President of CCPI, Fr. Thomas the Secretary of CCPI, Fr.Peter D'Souza, the Director of Pastoral Institute and Dr.Fr.Lawrence OFM(Cap) Director of Anugraha Counselling Centre Dindigal, Ms Kamalesh Singh, Dept of HUSS ITT, New Delhi, Msgr Denis Moras Prabhu the Vicar General of Diocese of Mangalore, Fr.Arun Lobo the local organizer of the conference participated. The CCPI has taken on a new form and motivation from this convention which is expected to result in better mental health initiatives for those who really will need the services in the modern world that is visible in times to come.

## I came to the Cathedral

*I came to the Cathedral one day,  
Broken and sorrowing in spirit.  
Its imposing pillars gave me strength,  
And I summoned all my grit.  
Having none to speak at length,  
And finding no place secure,  
I had come to Jesus for a cure.*

*When the Spirit began His work,  
The hymn filled the air,  
And with a gift of overflowing tears,  
He sanctified me fair.*

*A long way I've come in his power,  
And stand in this place of graces,  
Only a fallen flower,  
He set me among his princes.*

*His plans for me are golden,  
His work share I may,  
Lightening someone's burden,  
Brightening someone's day.*

*For we have a Lord who understands,  
A God who sees our strife,  
Who considers not our precedents,  
But true worth and a life.*

*When I retire into his side,  
And my labors here have ceased,  
May the Father say, "This is my child,  
in whom, I am well pleased."*

— Dr. Paul Mathulla

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# Marian Legacy Of Father Aurelius Maschio SDB

**O**f all precious stones in existence, it is the Diamond that holds pride of place. It goes without saying that the diamond of all Catholic places of worship in Bombay is the **Shrine of Mary Help of Christians at Matunga in Mumba!** Flanked by buildings of the educational setup of Don Bosco's, the **Shrine of Don Bosco's Madonna, which is 60 diamond years old, is one of the finest of its kind and can easily be counted as one of the 7 wonders of the city if not the world!** His Holiness, Pope Paul VI, was known to have delightfully exclaimed on entering it on his visit to Bombay (the first ever Papal visit to India!) for the XXXVIII International Eucharistic Congress in December 1964: "It's like entering one of the Italian Basilicas!"

## A fertile mind

Undeniably, the shrine was the brainchild of the late Father Aurelius Maschio SDB who gave the already popular Marian devotion in Bombay a touch like no other, the Perpetual Novena to Mary Help of Christians drawing Mary's clients by the droves. But the Shrine (as anyone who has seen even a few of the churches in Italy will agree) remains unmatched testimony to the vision and grit of a man who had it in him to make the impossible possible! Stone from Malad, marble from Italy, the finest craftsmanship put into presenting the Stations in mosaic, the then 15 Mysteries of the Rosary in stained glass (Indeed, if he were around he would have probably found some way to present the Luminous Mysteries, too), a gilded statue of Mary Help of Christians atop its central dome, and finally, the exquisite Christmas Crib that continues to have no competition in the diocese!

Interestingly, the transformation of the land on which Father Maschio erected his tribute to Don Bosco and his Madonna in stone and brick has its own story! Purchased after it was rejected by the then Cardinal Archbishop of Bombay, Valerian

Gracias, who was at that time looking for a plot of land for the diocesan seminary, Father Maschio had it filled and levelled with the debris and rubble of the Bombay dock explosion, a glass of cool tang and a small though enticing tip ensuring that lorry drivers kept coming in with more! When digging finally started for the construction of the shrine (and the other buildings), the tidy sum that reportedly came from the sale of metal dug out at the site helped mitigate the huge construction costs.

## Purpose-filled Mission

Numerous have been the individuals of both Catholic and non-Christian persuasion who have been touched by Father Maschio through all he did. "What we are now in western India is due to Father Maschio, as he built all our institutions in the region," said Father Peter Gonsalves, the then director of Tejprasarani (spreading the glow), the Salesian media centre in Mumbai, at the time of the pioneer's death in 1996.

Today we have Catholic Parish Calendars and reflection diaries galore, apart from parish bulletins masquerading as 'parish magazines' of sorts! But back then it was Father Maschio's two Church Art Calendars and the DON BOSCO'S MADONNA monthly [cross-

ing the 90,000 copies circulation mark!!] which, along with the Shrine itself, that played a key role in the Faith perception of Bombay's Catholics. Indeed, it's not for nothing that Father Anthony Charanghat, Editor of the Bombay diocesan weekly 'The Examiner' once said that through the shrine and the magazine Father Maschio "spread the Faith" and proved "an effective pastor."

## Mission accomplished!

Born on 12 February 1909 in Vazzola, Italy, Father Maschio came to India in 1924 at the age of 15. Having completed his technical training and priestly studies in North-East India, he was ordained on 29 April 1933 at age 24. There is no gainsaying the fact that Maschio, who was sent to Bombay in 1937, proved to be a rare



example of Marian devotion and Salesian acumen, the aura of holiness surrounding him during his interactions with Mary's clients at the Shrine too obvious to be forgotten. One may not recall much about his preaching in relation to Mary in word as such. But all that he did, apparently possessed of the spirit of Saint John Bosco and infused with a Marian heart, the numerous inspiring letters he wrote to his equally numerous donors and well-wishers was eloquent enough to convince any Marian heart of the saintly qualities he enshrined. This Master-builder and fund raiser who counted among his friends and benefactors the likes of J.R.D. Tata, held orphans and lepers close to his heart and generously subsidized homes and medical facilities for them, even as the educator in him went on to mould several generations of students. Rightly then did the then Archbishop of Bombay, Cardinal Simon Pimenta, presiding over Maschio's funeral, lauded his humility, adding, "It was an act of God to send Father Maschio to do some good for humankind."

## Our tribute to Father Maschio

**"This is my house. From here my glory will go forth" – words of Our Blessed Mother to Don Bosco! Father Aurelius Maschio SDB carried forth that command into the Church in Bombay. Would that the Archdiocese of Bombay, together with the Bombay Province of the Salesians, seize the occasion of the Diamond Jubilee of the Shrine to work towards opening the Cause of Beatification of this worthy son of Mary so that his memory perpetually resonates to the glory of the Trinity through the intercession of the never-failing Help of Christians!**



by Ladislaus L  
D'Souza



## Pope Francis bans sale of cigarettes inside Vatican

Vatican City: Pope Francis is putting a stop to the sale of cigarettes and tobacco inside Vatican City State.

A statement released on Nov 9 by Greg Burke, Director of the Holy See Press Office, explained that the Holy See "cannot be cooperating with a practice that is clearly harming the health of people."

Citing the World Health Organization statistics that smoking causes more than seven million deaths worldwide every year, he said cigarettes will not be sold at the Vatican as from the beginning of next year.

Burke acknowledged that the sale of cigarettes has been a source of revenue for the Holy See, but he said "no profit can be legitimate if it is costing people their lives."

"Although the cigarettes sold to employees and pensioners in the Vatican at a reduced price are a source of revenue for the Holy See, no profit can be legitimate if it puts lives at risk" the statement said.

He added that the sale of large cigars would continue for the time being because the smoke is not inhaled.

## Major seminary rectors address challenges to spiritual formation

Bhopal: Major seminary rectors of India recently spent two days to seek ways for the effective spiritual formation of their students in the modern world.

"We reflected upon the theme: 'Spiri-

tual formation in seminaries. Previous meetings had discussed on human and intellectual formation," Divine Word Father Francis Pereira, rector of theology at Khristo Jyoti (light of Christ), an inter-diocesan theologate, Sambalpur, Odisha, told Matters India.

Father Pereira was among 77 rectors of various major seminaries in India who attended the Nov 7-8 national meeting at the Pastoral Centre in Bhopal, capital of Madhya Pradesh state.

The Association of Rectors of Major Seminaries (ARMS) joined the commission for seminaries, clergy and religious of the Conference of Catholic Bishops of India to organize the event.

Father Maria Antony of Sivagangai diocese elaborated on the theme.

The participants discussed motivation and models, dynamism of spiritual formation, perspectives and helps from psychology and some practical aspects.

Archbishop Leo Cornelio of Bhopal presided over the Mass and inaugural session. Auxiliary Bishop of Mumbai Agnelo Gracias gave the keynote address.

## Pope: to build, safeguard and purify the Church, we must start with ourselves

Vatican City (AsiaNews) - "Building the Church, safeguarding the Church and purifying the Church", conscious that "we are all sinners". These were the indications offered by Pope Francis at Mass this morning at Casa Santa Marta, commenting on today's dedication of the Cathedral of Rome, "mother of all the Churches". A title that signifies,

he said, not a "cause for pride but of service and love".

First of all, "building the Church": but what is the foundation of the Church? It is Jesus Christ. "He is the corner stone in this building. Without Jesus Christ there is no Church. Why? Because there is no foundation. And if you build a church - think of a material church - without foundation, what happens? It collapses. It crashes down to the ground. If there is no Jesus Christ living in the Church, it collapses. "

"And we, what are we?" Francis asked. "We are living stones", not the same, each one different, because "this is the Church's wealth. Each of us builds according to the gift God has given us. We cannot think of a uniform Church: this is not a Church. "

Therefore, "safeguarding the Church," being aware that the Spirit of God dwells in us. "How many Christians today know who Jesus Christ is, know who the Father is - because they pray the our Father? But when you talk of the Holy Spirit ... 'Yes, yes ... ah, it's the dove, the dove', and they end up there. But the Holy Spirit is the life of the Church, it is your life, my life ... We are the temple of the Holy Spirit and we have to keep the Holy Spirit so much that Paul advises Christians to 'not grieve the Holy Spirit', that is not to have a conduct contrary to the harmony that the Holy Spirit makes within us and in the Church. He is harmony, makes this building harmonious. "

Finally, "purify the Church," starting with ourselves: "... we are all sinners: all. All of us. If any of you is not, raise your hand, because it would be a curious thing. We all are. That is why we must purify ourselves continually. We must also purify the community: the diocesan community, the Christian community, the universal community of the Church. To make it grow. "

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# India among world's fastest growing alcohol markets

New Delhi: India is among the fastest growing alcohol markets in the world.

Rapid increase in urban population, sizable middle class population with rising spending power, and a sound economy are certain significant reasons behind increase in consumption of alcohol in India.

This was revealed by MarketResearchNest.com in its report "Indian Alcohol Consumption – The Changing Behavior."

The 60-page report with multiple tables and figures provides a comprehensive analysis of the market size of alcohol industry on the basis of type of products, consumption in different states, retail channel and imported and domestic.

The Indian alcohol industry is segmented into IMFL (Indian made foreign liquor), IMIL (Indian made Indian liquor), Wine, Beer and imported alcohol. Imported alcohol has a meager share of around 0.8 percent in the Indian market. The heavy import duty and taxes levied raise the price of imported alcohol to a large extent. Alcohol is exempted from the taxation scheme of GST.

Browse full table of contents and data tables at: <https://www.marketresearch-nest.com/indian-alcohol-consumption—the-changing-behavior-.html>

The Indian alcohol market is growing at a CAGR (Compound Annual Growth Rate) of 8.8 percent and it is expected to reach 16.8 billion liters of consumption by 2022. The popularity of wine and vodka is increasing at

a remarkable CAGR of 21.8 percent and 22.8 percent. India is the largest consumer of whiskey in the world and it constitutes about 60 percent of the IMFL market.

Although India is one of the largest consumers of alcohol in the world owing to its huge population, the per capita alcohol consumption of India is very low as compared to the Western countries. The per capita consumption of alcohol per week for 2016 was estimated at 147.3 ml and it is expected to grow at a CAGR of 7.5 percent to 227.1 ml.

Indian states such as Andhra Pradesh, Telangana, Kerala, Karnataka, Sikkim, Haryana and Himachal Pradesh are among the largest consumers of alcohol in the country.

The trends and pattern of alcohol consumption are changing in the country.

With the increasing acceptance of women consuming alcohol, growing popularity of wine and high demand for expensive

liquor, the market scenario seems to be very optimistic in the near future. MarketResearchNest.com conducted a consumer research study for the alcohol market with around 1,000 respondents from the cities of Delhi, Chandigarh, Mumbai, Pune, Hyderabad, Kolkata and Bangalore.

The study reflected changing pattern of the consumer's mindset toward alcohol consumption in India.

(Source: medgadget.com)  
mattersindia



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**MUMBAI :** Mangalorean Roman Catholic spinster (Born in April 1973), 5' 5" tall, looks much younger to her age, good looking, 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 47 years, employed in good position and well settled in Mumbai or abroad. Contact email.: bellwether77@yahoo.com OR Mob.: 9892700617

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# Inspiration!

edge is increased when spread.

## Handle change beautifully:

Most of us are afraid of change and

## The Blessing of higher EI

**Emotional Intelligence (EI) is the 'something in each of us that is a bit intangible. It affects how we manage behaviour, navigate social complexities and make personal decisions to achieve positive results. Here are few things you do differently because you have high emotional intelligence**

**E**motional intelligence is the ability to understand and process your own as well as others' emotions. People with higher than usual emotional intelligence, understand the world and its people better and can regulate their emotions according to their surroundings and environment. Listed below are seven things people with higher than normal emotional intelligence do differently.

### Driven:

People with high emotional intelligence are very driven in general. They are not blind to the problems of the world and the people but that does not mean that they get disheartened and give up. They find out new ways to deal with these issues and get everything done. They want to change the world for the greater good of humankind.

### Self Aware:

People in possession of high emotional intelligence are self aware, which means that they are not blind to their strengths and weaknesses. They always know what their weak points are and how they have to work on them. They also know what their

strong points are and how they can improve on them. They are comfortable being whoever they are and are self assured.

do not take even the idea of it too well, but people who have high emotional intelligence are pretty different in this regard. They are very well disposed towards change as they believe that

change always brings something positive with it and though a few things might go wrong but it is always for the greater good. They are not scared of what the future might have in store for them because they know they will make it through everything that life throws at them like the trooper they all are.



### Empathy:

They are true empath. They not only listen to other peoples' problems but also have deep compassion towards them, and place themselves in their shoes. They feel the pain but don't let it engulf them as they always look for the solution and find a way to make it all better. They don't spend their lives in the darkness of these negative emotions and believe in making everything the best of what it can be.

### Fascinated:

They are naturally curious beings and therefore everything fascinates them. They want to learn new things all the time and keep themselves in the loop. They are suckers for new experiences and ideas. They solve one problem in several ways, just to see what each process would lead to. They also believe in sharing their knowledge and whatever they learn with everyone they know, as they believe that knowl-

### Good at striking a balance:

Emotionally intelligent people are not all-work or all-play. They know what they have to do, when and how. They understand that some things have to be done on time and cannot be delayed, but they will not spend all of their time slogging. They know when to give themselves a break and how to get work done when they need to. They are wonderful at striking a balance that gives them enough time to relax and work. They know how to make a routine and follow it effectively.

### They don't chase perfection:

They know the perfection is a myth and do not run after it. They do what feels right at the moment, taking into account their strong and weak points and just roll with it.



**6793 MUMBAI :** Goan Roman Catholic Bachelor, (Born in November 1987), Ht. 5' 10", Wt. 85 kgs, Wheatish Complexion, Edn. MBA., PG in taxation law, well employed. Contact email : linet.noronha06@gmail.com

**6789 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in December 1989), Ht. 5' 11", Wt. 81 kgs, Wheatish Complexion, Edn. MBA in Human Resources, working as a Deputy Manager in Bank. Contact email : rego909@gmail.com

**6788 MUMBAI :** East Indian Roman Catholic Bachelor, (Born in May 1987), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Diploma in Industrial Electronics, BAMAC., Having own business. Contact email : info@icmtraining.in

**6787 MUMBAI :** Goan Roman Catholic Bachelor, (Born in August 1986), Ht. 6' 1", Wt. 80 kgs, Wheatish Complexion, Edn. 12th Std., born, brought up, worked in Bahrain, currently settled and working in Mumbai. Contact email : schinderfernandes1986@gmail.com

**6485 MUMBAI:** North Indian R.C. Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

**6777 MUMBAI :** Wanted Bride (Spinster, widow or Divorcee) Mangalorean or Keralite christian for a Bachelor Mangalorean R.C., Ht. 5' 9", Age 49 years (Born in April 1968), Own Business, own house in Mumbai & Mangalore. Girl should be min. HSC, Ht. above 5' 5". Contact email : patberin@yahoo.com OR Mob: 09322156322

**6773 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in April 1989),

Ht. 5' 10", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc. (I.T.), working as a Information Security Analyst, Contact email : conyderic.andrade@gmail.com

**6751 MUMBAI :** Goan Roman Catholic Bachelor, (Born in December 1990), Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc. (Hospitality), working in UK Cruise Line. Contact email : asharcfernandes@gmail.com

**6750 AUSTRALIA :** Goan Roman Catholic Bachelor, (Born in October 1985), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. Bachelor in Communication, working as a Media Analyst. Contact email : artemiamaria@gmail.com

**6745 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. M.Com., working as a Material Controller in **DOHA QATAR**. Contact email : cyrus\_0679@yahoo.co.in OR 9819938837

**6708. USA :** Mangalorean Handsome RC bachelor, (Born in October 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.S., working as a Software Engineer. Seeks a good looking, fair Mangalorean girl, working in America. Contact email : rodrigues.gracy61@gmail.com.

**6705. MUMBAI :** Anglo Indian RC bachelor, (Born in November 1979), Ht. 5' 4", Wt. 45 kgs, Fair Complexion, Edn. H.S.C., Dip. Hotel Mgt., working for Groups of Hotels in Dubai. Contact email : dnfernz@gmail.com OR 9975878894

**6704. MUMBAI :** Goan RC bachelor, (Born in September 1987), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. 10th std., working as a Mech/Supervi-

sor in Gulf. Contact email : josephdsouza12@gmail.com OR 8691913335 / 9029273230

**6682. MUMBAI :** Mangalorean RC bachelor, (Born in September 1986), Ht. 5' 5", Wt. 56 kgs, Fair Complexion, Edn. ITI, working as a HVAC & BMS Supervisor. Contact email : vincent.serra1@gmail.com.

**6681. MUMBAI :** Goan RC bachelor, (Born in July 1977), Ht. 5' 10", Graduate Master of a reputed school seeks a suitable match. Contact email : noronhaneil@yahoo.in OR 9920460551 / 23820314.

**6660 NASHIK :** Goan R.C. Bachelor (Born in November 1984) Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduation in perfusion technology, working as a Clinical perfusionist. Contact email : dan2mills@gmail.com

**6659 MUMBAI :** Sr. Citizen seeks lady partner widow or spinster must be educated cheerful healthy and a home maker Contact email : envision 277@yahoo.com OR 9819839842.

**6652 MUMBAI :** Mangalorean R.C. Bachelor, (Born in November 1988) Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. M.B.A. Marketing, working as an Executive in well known Private Company. Contact email : menezesajit@yahoo.com

**6641. MUMBAI :** Goan Roman Catholic Bachelor, (Born in July 1982), Ht. 6' 1", Wt. 100 kgs, Wheatish Complexion, Edn. Graduate, working as an Engineer, Contact email : melvinsaldanha20@gmail.com or 9820477618

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**6792. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. MBBS., pursuing MBA., Doctot by profession. Contact email : dr.criss25@gmail.com

**6791. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1987), Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. C.A., Working as a Senior Specialist, Seeks a suitable match. Contact Email : jolie\_rosetta@yahoo.co.in

**6790. MUMBAI :** Roman Catholic Spinster, (Born in October 1987), Ht. 5' 3", Wt. 58 kgs, Fair Complexion, Edn. B.A., LL.B., (M.A - I), working as a Legal Executive. Contact email : robertalbuquerque10@gmail.com

**6775 AUSTRALIA:** Australian citizens of Indian Christian origin residing in Sydney seek matrimonial alliance for their daughter: Age: 43yrs Ht.: 5'4", Wheatish complexion, Beautiful with black hair Understanding, trust worthy, physically active, having a pleasant & affable disposition with strong family values and social networking skills. Marital Status: Divorcee/Female living in New South Wales Australia (has no children) Annulment in progress. Well educated employed in the Australian Financial Sector in a responsible position.

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**6774. U.S.A. :** Mangalorean Roman Catholic spinster, (Born in June 1979), Ht. 5' 6", Wt. 58 kgs, Fair Complexion, Edn. B.E. (Civil), M.S., working as a I.T. Engineer (Team Leadaer) . Contact email : alicedsouza722@gmail.com

**6760. KUWAIT :** Mangalorean Roman Catholic spinster, (Born in November 1987), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. B.Com., MBA Finance, working as a Administration in IT firm. Contact email : astridmathias@gmail.com

**6742. AUSTRALIA :** Goan Roman Catholic spinster, (Born in December 1989), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. B.A. working as a Project Manager. Contact email : mark.alvares16@gmail.com

**6715. MUMBAI :** Tamilian Roman Catholic Spinster, (Born in August 1987), 5' 4", Wt. 76 kgs, Fair Complexion, Edn. B.Sc. MBA., working as a Team Leader. Contact email : cdgopal@gmail.com / nishachandra05@gmail.com

**6714. MUMBAI :** Goan Roman Catholic Divorcee, (Born in May 1978), 5' 5", Wt. 54 kgs, Fair Complexion, Edn. HSC., working as a Company Secretary. Contact email : loveleentoscano@yahoo.com

**6712. MUMBAI :** Goan Roman Catholic Spinster, (Born in February 1988), 5' 1", Wt. 55 kgs, Fair Complexion, Edn. B.Sc. Microbiology, working

as a Quality of Map products. Contact email : anupereira@yahoo.com

**6706. MUMBAI :** Roman Catholic Spinster, (Born in February 1983), 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. B.A., working as an Accountant in **BAHRAIN**. Contact email : denis\_anthony@rediffmail.com

**6703. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in November 1990), 5' 3", Wt. 56 kgs, Wheatish Complexion, Edn. B. Tech., MBA, Working for MNC. Contact email : proposal2k16@gmail.com

**6702. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in April 1989), 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. MBA Finance, working in a Finance Co., Ready to settle abroad. Seeks a groom above Ht. 5' 8". Settled in Mumbai / Abroad. Contact - 9867152211 Email: whit-erosegarden@gmail.com

**6701. MYSORE :** Mangalorean Roman Catholic Divorcee, (Born in May 1983), 5' 2", Wt. 70 kgs, Wheatish Complexion, Edn. MBA, Ph.D., Assistant Prof., by profession. Contact email : rosecynthia1962@gmail.com

**6699. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1976), 4' 11", Wt. 45 kgs, Wheatish Complexion, Edn. B.A., Diploma in Personal Secretaryship, Diploma in Art, Studing Diploma in Special Educator for deaf and deafblind. Contact email : saritadsouza08@gmail.com

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**6697. MUMBAI :** Goan RC Spinster, (Born in January 1979), 5' 2", Wheatish Complexion, Edn. Graduate / PGDHM, working as a Administrator. Contact email : [jmjcapricon@rediffmail.com](mailto:jmjcapricon@rediffmail.com)

**6696. MUMBAI :** Mangalorean RC Spinster, (Born in August 1991), 5' 1", Wt. 49 kgs, Fair, Edn. MBA - Finance, working as a Finance Executive in **DUBAI**. Contact email : [moraes.cheryl@gmail.com](mailto:moraes.cheryl@gmail.com)

**6694. MUMBAI :** Mangalorean RC Spinster, (Born in August 1991), 5' 4", Wt. 57 kgs, Wheatish, Edn. MBA - Finance, working as a Trade Finance Assistant in **DUBAI**. Contact email : [rochellemoraes91@gmail.com](mailto:rochellemoraes91@gmail.com)

**6692. MUMBAI :** Matrimonial alliance is invited for Roman Catholic Spinster, (Born in February 1990), 5' 3", fair, goodlooking, Lecturer, seeks alliance from Catholic bachelors, around 30, sober, good family values, financially sound, well qualified, havings own accommodation email details to : [rchldsilva@gmail.com](mailto:rchldsilva@gmail.com)

**6691. MUMBAI :** Goan RC Widow, (Born in December 1965), Ht. 5', Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., B.Ed., working as a Teacher in **BAHRAIN**. Contact email : [noellachristine64@gmail.com](mailto:noellachristine64@gmail.com)

**6690. MUMBAI :** East Indian RC Spinster, (Born in December 1986), Ht. 5' 2", Wt. 54 kgs, Fair Complexion, good looking, smart, intelligent, Edn. CS., LL.B., working as a Asst. Company Secretary. Seeks a suitable educated and well settled bachelor. Caste no bar. Contact email : [joylinafaroz@gmail.com](mailto:joylinafaroz@gmail.com)

**6685. MUMBAI :** Goan RC Spinster, (Born in December 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. S.Y. B.Com., having own business on **DUBAI**. Contact email : [reachbernie@yahoo.com](mailto:reachbernie@yahoo.com)

**6661. GUJARAT :** Goan / Mangalorean RC Spinster, (Born in November 1983), Ht. 5' 6", Fair Complexion, Edn. D'ed, B.A., B.'ed, from Mumbai

University, working as a teacher in Convent School. Contact enmail : [juhaina.2015@rediffmail.com](mailto:juhaina.2015@rediffmail.com)

**6658. MUMBAI :** Mangalorean RC Spinster, (Born in October 1987), Ht. 5' 5", Wt. 45 kgs, Wheatish Complexion, Edn. B.E. in E&T. with Master, working for Corporate firm. Contact email : [jovi\\_tangerine@yahoo.co.in](mailto:jovi_tangerine@yahoo.co.in)

**6657. VADODARA :** Goan Roman Catholic Spinster, (Born in May 1989), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. B.A., working for MNC. Contact email : [cheryl24052001@yahoo.com](mailto:cheryl24052001@yahoo.com)

**6645. ABU DHABI :** East Indian Roman Catholic Spinster from Mumbai (Born October 1992), Ht. 5' 5" (166 cms), 62 kgs, Wheatish Complexion, B. Com, MBA (Finance) U.K. working for a Bank in Abu Dhabi, United Arab Emirates. Family U.A.E. based for past 25 years. Seeks a Professionally qualified bachelor, below 30 years working or settled overseas / On Board with sober babits, good family values, from a respectful family. Contact email : [leteciaprisca@gmail.com](mailto:leteciaprisca@gmail.com)

**6644. MUMBAI :** Goan RC Spinster, (Born in December 1991), Ht. 5' 4", Wt. 52 kgs, Fair Complexion, Edn. Graduate (Travel/Tours), working as Sr. Operation Exe., Contact email : [bernie0164@gmail.com](mailto:bernie0164@gmail.com) OR 9930466725

**6642. MUMBAI :** Goan /Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match. Contact email : [rowmonteiro@yahoo.com](mailto:rowmonteiro@yahoo.com) OR 9820792115

**6640. MUMBAI :** Goan RC Spinster, (Born in December 1980), Ht. 5' 4", Wt. 85 kgs, Fair Complexion, Edn. M.B.A-HR, B.Com., 1st class, working as an Asst. to Vice President. Contact email : [rodrigues2631@gmail.com](mailto:rodrigues2631@gmail.com)

**6639. MUMBAI :** Protestant Spinster, (Born in June 1981), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. B.A. Journalist, Working as a Fashion Designer. Contact Mob: 9820250350

**6638. MUMBAI :** Mangalorean Ro-

man Catholic Spinster, (Born in May 1989), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. M.Com., Bank Officer. Contact email : [noronha2305@gmail.com](mailto:noronha2305@gmail.com)

**6635. MUMBAI :** East Indian Roman Catholic Spinster, (Born in January 1990) Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.Com., B.Ed., Teacher by profession. Contact email : [judithds1901@gmail.com](mailto:judithds1901@gmail.com)

**6633. MUMBAI :** Goan Roman Catholic Spinster, (Born in July 1989), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. B.E., Computer Science, working for Foreign Bank. Contact email : [mendonca17edward@gmail.com](mailto:mendonca17edward@gmail.com)

**6632. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Travel Counsellor in MNC. Contact email : [denverr89@gmail.com](mailto:denverr89@gmail.com)

**6631. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1983) Ht. 5' 7", Wheatish Complexion, Ph.D., from American University, working as a Senior Healthcare Consultant in a MNC Mumbai. Kindly reply with details and full length photograph to [mendoncaedwina@gmail.com](mailto:mendoncaedwina@gmail.com)

**6627. MUMBAI :** Goan Roman Catholic Spinster, (Born in December 1988) Ht. 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. Graduate with Diploma in Interiors. working as a Interior Designer. Contact email : [virlib2209@gmail.com](mailto:virlib2209@gmail.com)

**6617. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in November 1992), Ht. 5' 4", Wt. 60 ks, Fair Complexion, Edn. MMS / MBA working as a HR in MNC. Only Child. Seeks a groom below 28 years, preferably Mangalorean. Contact email : [amd19901992@gmail.com](mailto:amd19901992@gmail.com)

**6615. MUMBAI :** Goan RC Spinster, (Born in March 1981), Ht. 154 cms, Wheatish Complexion, Educated, working, Contact email : [valarie.estibeiro@gmail.com](mailto:valarie.estibeiro@gmail.com)

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