

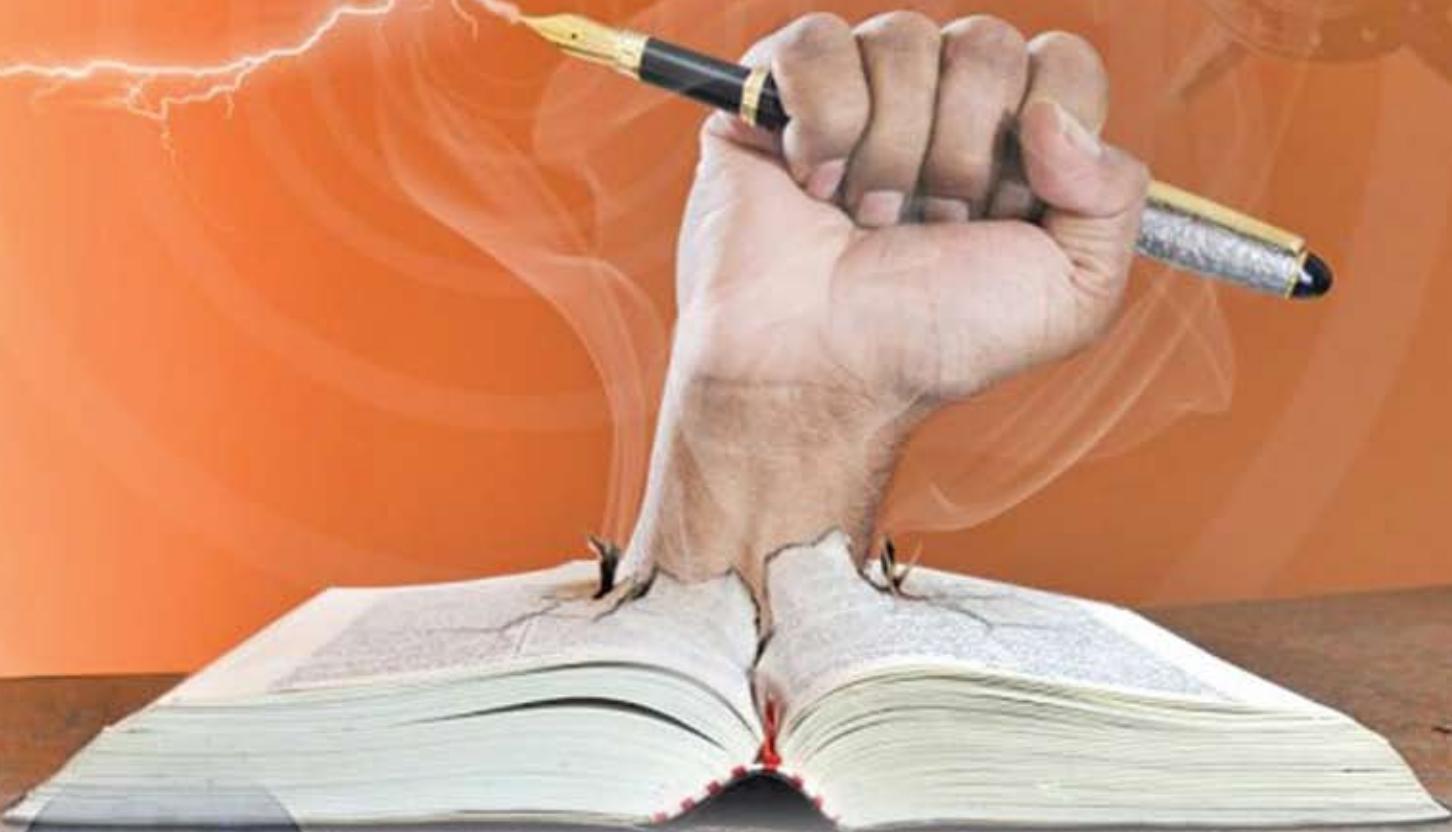
THE SECULAR CITIZEN

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Journalists' Challenges in Our Times



Today in India journalists' profession has become a very dangerous profession. For, as leaves fall from a tree in winter the fearless and committed journalists are falling death as the victims of people who take law in their own hands



Ryan Minithon 2017

Ryan Minithon 2017, one of the largest minithons for the school students in the country which was held today in Mumbai witnessed the enthusiastic participation of 9757 students of 41 different schools of Mumbai. Ryan Minithon 2017, the 149th race for school students in the country under the aegis of Ryan Group of Institutions mentored by, Chairman Sir of St Xavier's and Ryan International Group of Institutions was flagged off from St. Lawrence High School, Borivili (West) by Lt. Cdr. Mukesh Kumar along with all distinguished guests present for the occasion.

Sporty students from under U- 12 to U- 16 clad in P T uniform ran the race along the marathon route lined with a continuous human chain of teachers, Scouts and RSP students of all the participating schools. Ryan International Group of Institutions, India, has been organizing such races in Bengaluru, Delhi, Chandigarh, Nagpur, Surat, Jalna, Jaipur and Navi Mumbai since 1998 to develop a sports culture in the country conducive for grooming young students for national and international sporting events. Chairman Sir believes that this minithon is a tribute to all the athletes throughout India and such minithons promote an interest in sports in the minds of youth.

The winners of different age groups were awarded in a scintillating ceremony with a number of distinguished guests in attendance. The prize distribution ceremony got off with a prayer followed by welcome speeches, melodious songs and captivating dance performances. Amidst thunderous applause, for a third time in a row St. Allouyius High School , Nallasopara received the Championship Trophy of Ryan Minithon 2017 of Mumbai division. Following the well established tradition of the Ryan Group of Schools, a galaxy of guests hailing different walks of life from athletics to academics from sports to films and from music to media planted saplings before the mega Ryan Minithon 2017 kicked off.

Rons Bantwal



Thanksgiving



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



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

— Ponnamma Anthony

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99, Perin Nariman Street, Fort, Mumbai - 400 001.
Mobile: +91 9820485389, 9820473103
Tel: +9122 - 2269 35 78 / 2265 49 24
E-mail : secular@sezariworld.com / secular@vsnl.com
Website: www.sezariworld.com
Editor-in-chief : LAWRENCE COELHO Editor: PHILIP MYABOO

'Thought for the week'

When you have human qualities, then God will always be with you, in you, around you, above you and before you, guiding you and guarding you.

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Journalists' Challenges in Our Times

Last few years the socio-political situations have changed nationally and internationally. According to the mass media I am sad to note That India is in forefront in corruption and persecution of the minorities in the name of religion. Let us speak about the situation in India and specifically in Gujarat. The Amar-Akbar-Anthony situation of brotherhood and friendship exists no more. A teenager Junaid Khan who had gone to buy new clothes for Eid was brutally murdered with sharp weapons in a train amidst other passengers. The fearless journalist-editor Gouri Lenkesh was shot dead in front of her house by two burkha-clad motor cycle riders.



by Fr. Varghese Paul, SJ

The situation of Gujarat is not much different from the rest of India. Author journalist Anuja Chauhan writes in a popular periodical THE WEEK dated October 15, 2017: "These days Amitabh Bachan is busy white-washing Gujarat into some kind of weird, Sanskritised Disneyland on national television." But the people know the picture portrayed by Bhachan is quite different from the actual situation of Gujarat. According to news paper report a Dalit young man was beaten to death for watching Garba Dance from afar! A few days after that a Dalit youth was attacked with a sharp weapon for the crime of keeping a mustache!

The people of good will are frightened with news paper reports like criminals not only being protected but also honored and promoted by self serving politicians. In the name of cow protection such criminals have cruelly murdered innocent people. Thanks to the fear of the terrorists of cow vigilante type, the sale and transport of cows have come to a standstill even without law. Consequently poor people and small farmers with one or two cows have now no income. Consequently we see the increasing number of deaths by hunger and farmers' suicide. I am ashamed to take note here that India's position is 100th out of 119 countries on global Hunger Index 2017! Nepal, Bangladesh and Sri Lanka are in much better position than India. These realistic situations are great challenges for journalists.

Today in India journalists' profession has become a very dangerous profession. For, as leaves fall from a tree in winter the fearless and committed journalists are falling death as the victims of people who take law in their own hands. Such victims include rationalist Dr. Narendra Dabholkar, social activist comrade Govind Panshar,

(Contd.. on p. 4)

(Contd.. from p. 3)

educationalist Prof. M.M. Kulburgi and fearless journalist, Gouri Lenkesh. The fearless journalists with independent views and freely write, are pursued and persecuted. Such independent journalists who fearlessly practice their profession are also victims of witch-hunt.

It is in this situation that we have to examine the challenges of the journalists. As I see it journalists face mainly three types of challenges. First, A strong will to pursue the truth and stick to it; Second, The courage to live fearlessly and Third, The rationalist intelligence to recognize good and bad and differentiate between them. Let's examine these three challenges.

First, a strong will to pursue the truth. While working this article the Ahmedabad Edition of the Indian Express dated October 18 and 19, 2017 has front news about a girl by name Santoshi Kumari in Jharkhand. The newspaper reports that the eleven year old Santoshi Kumari died last month due to hunger and thirst. According to the report Koyli Devi, mother of Santoshi Kumari, and her eldest sister earn Rs. 40 or 50 selling fire woods which they collected from the forest. With that money and the wages they get, whenever there is work in the field, they run the house. But for eight days before the death of Santoshi Kumari there was nothing to eat or drink in their house. As Koyli Devi said before the death Santoshi Kumari was asking and crying for rice and rice-water. But there was nothing in the house to feed her.

The local activists and the journalist of the Indian Express Prashant Pandey have reported the story. But the civil officials and local medical personal of Jharkhand state are trying to cover up their own crimes saying that Santoshi Kumari died not of hunger but of Malaria! The journalist Prashant Pandey has quoted that the Chief Minister of Jharkhand Raghuvar Das sanctioning to provide the family of Santoshi Kumari Rs. 50,000/- immediately. So it is clear that everything is not okay but the concerned official have something to hide.

Here I am reminded of Jesus' words

to his disciples. "Whatever is covered up will be uncovered, and every secret will be made known. So then, whatever you have said in the dark will be heard in broad light, and whatever you have whispered in private in a closed room will be shouted from the housetops." The politicians and civil authorities may fail to perform their duties; but, when they are caught they look for scapegoats to hide their crimes of criminal negligence and find excuses. In such situation Journalists with determination and strong will are challenged to find the truth and bring it to the light.

There is selfishness of the so called upper class people in persecuting and keeping under control the poor, the Tribals and the Dalits with contempt and hatred. Selfish people keep the poor, the Tribals and the Dalits away from their basic human rights. They are prevented from coming up socially, educationally and economically. But we do hear 'Sabka sath sabka vikas' meaning 'development of all together with all', but nothing more! Consequently the majority of the poor, the Tribal and the Dalits are deprived of their basic needs like food, clothes and shelter even 70 years after our Independence. This reality is a great challenge to journalists through the wisdom and the courage to present to the truth as it.

Second, fearless courage to live and performs duty as a journalist. The news reporter of Santoshi Kumari, Prashant Pandey has shown the example of a fearless and committed journalist. When health officials defend themselves claim visiting the village and treating Santoshi Kumari and mother, Prashant Pande quoting the Koyli Devi says, that the health personal and government officials never came to the village. Here the journalist Prashant Pande, in the words of Bernard Shaw "has learned to honor the truth."

We need two things to cultivate courageous and fearless journalism. One, journalists need to be professionally competent in their field. Only professionally competent journalists can withstand and keep away from bribes, corruption and threats. In the words of

Benjamin Franklin "only those who are courageous can get what they decided to have." Two, to practice fearlessly journalism journalists should be ready to face the consequences even death. After reading some of my writings my sister Celine once asked me, "Brother, are you not afraid to write what you write when you read about the murders of activists and police encounter deaths?" I told her that I am not afraid of death. I am prepared to face death anytime. I do not fear anyone except God who takes care of me every moment. "But please take care," she said.

Today one of the most dangerous professions is that of journalism. People to achieve their selfish ends sitting at high positions misuse their authority and money. The so called Godmen in the name of religion mislead innocent people promising them heaven and salvation. In such situation fearless journalists are called to reveal true facts in public interest about the sinful behavior of such people and warn the public. The journalists need to be always on their guard that they do not misuse their profession for selfish purposes. It is a challenge for journalists to be faithful to their profession and fearlessly portrait the truth even in tempting situation.

Third, the rational intelligence to know and differentiate between the good and the bad. Journalists need to have a deep understanding and comprehensive power to differentiate the evil from the good. So journalists, proficient in his/her own fields, need to be sufficiently well acquainted about many other fields. A journalist is not an all knowing person; but journalists need to have wisdom and the ability to know things they need to know.

The journalists need to be able to express and communicate well in the language in which they work. Similarly the journalists should also know the medium which they work and also the target audience for whom they work. Rational intelligence also called for a fair knowledge of laws concerning the profession and the general public. Finally, journalists have a great challenge to be professional and reliable in all their works.



Healing Saints

I was shocked to read an article "Healing saints for common ailments" in 13 Nov. 2017 issue page 18. The author (name not mentioned) has declared, "When it comes to concerns for our health and the health of our loved ones, we should always turn to prayer. We pray for disease prevention, for physical healing, and for peace of soul while enduring physical suffering... The saints are great aids to us in our time of need and help guide us to greater love for Christ through our crosses and trials, especially when it comes to our health..." so far the spiritual advice is O.K. but further he declares his theology emphatically, "Fortunately, there seems to be a special Saint for just about every illness and health concern we can think of!" Still shocking is his announcement of the list of saints and their allotted disease! "Here is a list of both popular and not-so-well-known saints to invoke for common ailments: Addictions: St. Maximilian Kolbe. Arthritis: St. Alphonsus Ligouri. Babies, Infants, Children's Health... etc.

I ask you, who made these appointments? Jesus? Why? Is he not capable of dealing with each one of with all our illnesses? He said, "Come to me all of you who are tired from carrying heavy loads, and I shall give you rest" (Mt. 11.28). So why do we need these saints as 'specialist doctors'? This is human and superstitious understanding of God. Jesus said, "I am the way!" (Jn 14.6) Such beliefs create intermediaries that distance us from our close relationship with Jesus, and complicate the religious practice. Protestants rightly complain against such idolatrous faith. Jesus is Almighty God and he like our Prime Minister, does not need various Ministers to take care of different depart-

ments. You know how Ministers take bribes to do the jobs, so the saints are given various 'allurements' to persuade them, flowers, money, monuments, novenas, adoration, prayers and what not!

Hence I would advise you to publish a well-studied article on this superstitious belief through esteemed paper at the earliest.

—Fr. Michael G. , Vasai

BEST fare hike, poor WORST affected

The BEST committee has approved a proposal to hike bus fares in Mumbai. No hike is proposed for the first 4 kms. Those travelling from 4 to 6 kms will have to pay Rs 15, a hike of Re1. But those travelling longer distances will have to much more by way of the hike. Those, for example, travelling 17 kms will have to pay Rs. 32, a hike of Rs 8 from the prevailing fare

This hike in bus fares will hit the poor hardest. Most of the poor people consisting of daily wage earners, labourers, watchmen, barbers, painters carpenters etc, live in slums located far from the suburban stations, where housing is cheaper. One such example is Malwani-Malad, teeming with tens of thousands of poor people who have to commute 12-20 kms daily to reach Malad Station. These people will now have to shell out between Rs 56 and Rs 64 daily for a to and fro journey to the station. The irony is that the well off who generally live within 4 kms of suburban stations will not have to pay anything extra by way of hiked fares! ---a gross injustice.

Many of these poor people walk

miles to the nearest suburban station every day so as to save precious money . The fare structure'should be just the opposite---the fare per km should decrease as the distance increases. This is the general practice adopted by the Railway and State Transport services But who cares for the poor. These poor folks do not make prime time Breaking News. They are not vocal. They have no netas to take up their causes, except during election time. It's really sad.

— Prof Robert Castellino
Malad Mumbai

Donations for needy churches

It appears to be a regular practice for representatives of other parishes to stand with donation boxes outside every church after Sunday masses, in the hope of collecting funds for their church, which is either in dire need of repairs or expansion, but kept in abeyance, for want of funds. An announcement is therefore made at every Sunday mass to contribute generously towards these needy churches. Unfortunately, it is found that the response for donations is very poor, since it is a second, Sunday -collection. Parishioners are therefore in no mood to contribute further in these days of rising prices and inflation. And so, those standing outside with their donation boxes are either by-passed or ignored. As it is very distressing and heartbreaking to see such things happen after much toil and effort by the needy parishioners, a better option would be, if one Sunday-collection of every church in the Archdiocese is sent to the deserving churches instead of Archbishop House or other Apostolates , as is usually done. There are many churches which are considered to be rich, and it will not hurt if people's money is diverted for a worthy cause and the building of God's kingdom on earth.

—A. F. Nazareth
Alto porvorim

Embracing the Poor

Pope Francis has invited all Catholics and in fact, all men and women of goodwill, to observe 19 November as the 'World Day of the Poor'. This year is the very first observance of such a day (now fixed for the 33rd Sunday of the Liturgical Year). In a message, which was released last June, Pope Francis says, "I invite the whole Church, and men and women of good will everywhere, to turn their gaze on this day to all those who stretch out their hands and plead for our help and

Vatican but also in Dioceses and Parishes across the world. In the Vatican, a special Mass presided over by Pope Francis followed by a festive lunch for the poor, some with the Pope and others in Catholic Institutions in Rome will mark the day. Several other noteworthy programmes are planned in other places. It will truly be a day for giving and receiving.

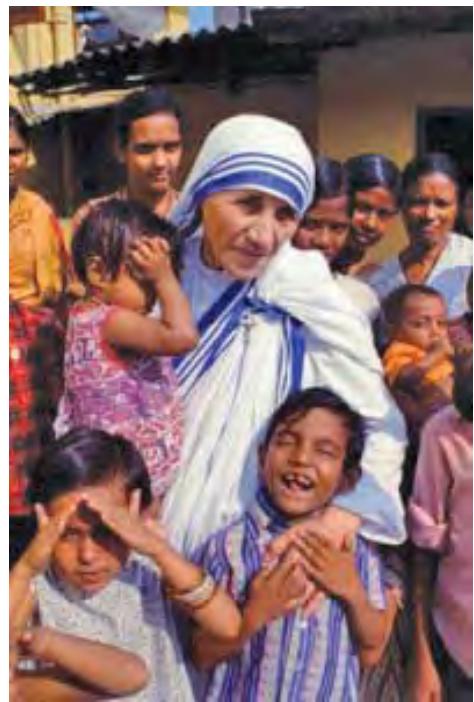
Pope Francis is aware of the dangers of tokenism. He challenges all to a change in attitude towards the poor. He emphatically says, "We may think of the poor simply as the beneficiaries

of our occasional volunteer work, or of impromptu acts of generosity that appease our conscience. However good and useful such acts may be for making us sensitive to people's needs and the injustices that are often their cause, they ought to lead to a true encounter with the poor and a sharing that becomes a way of life".



solidarity. They are our brothers and sisters, created and loved by the one Heavenly Father. This Day is meant, above all, to encourage believers to react against a culture of discard and waste, and to embrace the culture of encounter. At the same time, everyone, independent of religious affiliation, is invited to openness and sharing with the poor through concrete signs of solidarity and fraternity. God created the heavens and the earth for all; yet sadly some have erected barriers, walls and fences, betraying the original gift meant for all humanity, with none excluded."

Pope Francis' message is based on the theme, 'Let us love, not with words but with deeds' (1Jn3:18) which underlines the importance of concrete and substantial actions. As special days go, this 'World Day of the Poor' is bound to see plenty of programmes for the poor not only in the



bitter and endless list we would have to compile were we to add the poverty born of social injustice, moral degeneration, the greed of a chosen few, and generalized indifference!"

Pope Francis lays bare a challenge, "Tragically, in our own time, even as ostentatious wealth accumulates in the hands of the privileged few, often in connection with illegal activities and the appalling exploitation of human dignity, there is a scandalous growth of poverty in broad sectors of society throughout our world. Faced with this scenario, we cannot remain passive, much less resigned. There is a poverty that stifles the spirit of initiative of so many young people by keeping them from finding work. There is a poverty that dulls the sense of personal responsibility and leaves others to do the work while we go looking for favours. There is a poverty that poisons the wells of participation and allows little room for professionalism; in this way it demeans the merit of those who do work and are productive. To all these forms of poverty we must respond with a new vision of life and society."

One only needs to look at India to see how the Pontiff's words ring pain-



BY FR. CEDRIC PRAKASH

SJ

(Contd.. on p. 7)

India Rising!



Moody's Investors Services has upgraded India's sovereign rating for govt bonds for the first time in 14 years. Going by the ratings it's 'India Rising' all the way. PM Modi's rating too is rising in sync with the ratings. But the ground reality is different. Unemployment is rising. Farmer suicides are rising, food prices are rising, job losses are rising and cooking gas price is rising.

The govt needs to take immediate remedial measures to uplift the standard of living of farmers, the poor, the middle class and the informal sector workers who constitute more than 90% of the work-force. Else, 'India Rising' may just turn out to be a deja vu of the disastrous 2004 'India Shining' campaign!

**Prof Robert Castellino
Orlem**

(Contd.. from p. 6)

fully true. The Global Hunger Index (GHI) 2017, which was released recently by the International Food Policy Research Institute, places India a low 100 out of 119 countries ranked on the GHI. This is disgraceful by any standards Countries like China (placed 29) and other neighbours like Nepal, Sri Lanka, Myanmar and Bangladesh are ranked much higher than India. Hunger is just one indicator in the measurement of poverty; nevertheless, it is a key indicator. Besides, according to Global Wealth Report 2016 compiled by Credit Suisse Research Institute, '*India is the second most unequal country in the world with the top one per cent of the population owning nearly 60 per cent of the total wealth*'.

The disparity between the rich and poor continues to grow at an alarming rate. The fact that an unbelievable amount of wealth is concentrated in the hands of a few, while millions are condemned to a dehumanized existence, is sheer obscenity. Many of those who have amassed wealth have done so by exploiting the poor, plundering natural resources and muscling their way with help from the military-industrial complex. Indian 'leaders' are not ashamed to flaunt their nexus with powerful vested interests. Corruption in high places

is in charge whilst the poor of India struggle to eke out their survival.

St Francis of Assisi is given to us as an exemplar who personified poverty and identified with the poor. There are several others like St. Teresa of Kolkata, St. Martin de Porres, and St. Vincent de Paul who reached out to the poor, who gave of themselves unconditionally and did not count the cost. Pope Francis succinctly says, "*We are called, then, to draw near to the poor, to encounter them, to meet their gaze, to embrace them and to let them feel the warmth of love that breaks through their solitude. Their outstretched hand is also an invitation to step out of our certainties and comforts and to acknowledge the value of poverty in itself.*"

The 'World Day of the Poor', should also be a wakeup call for Catholics and others, to realise that poverty in our world today is largely, man-made and structural. Pope Francis reminds us that we need "*to react against a culture of discard and waste.*" Like Jesus, we need to embrace the poor, walk with them and ensure for all "*a new vision of life and society.*" - based on justice, equity, fraternity and solidarity.

* (Fr Cedric Prakash sj is a human rights activist. He is currently based in Lebanon, engaged with the Jesuit Refugee Service (JRS) in the Middle East on advocacy and communications. Contact: cedricprakash@gmail.com

Social Workers Imbibe Catholic Social Teaching!

In collaboration with the 'US Conference of Catholic Bishops', the conference of the *Catholic Social Workers National Association*, began its deliberations on 03 November 2017 in Washington DC, on the theme: "How social workers can live their faith in the workplace"! It was chaired by president and co-founder Kathleen Neher. (some highlights):

"We are called to live out the Gospel and to carry forward its mission, not only in our personal lives, but also in our professional lives! We share a common belief, which is to bring forth a 'culture of life'; by promoting 'Catholic Social Teaching', and in keeping faithful to the Magisterium." "We want our clients to see us as representatives of St Louis de Marillac, who cared deeply about moral and social problems. We follow in his footsteps, by serving the needs of the dispossessed and neglected."

Founded in 2005, the association members gather annually to network, pray, and learn about current developments in their practice, with lectures by learned professors on a wide variety of relevant topics. They also interact with the most vulnerable – immigrants, alcoholics, drug addicts, veterans, pregnant and lactating women, children and the poor. And as Kathleen has pointed out, "The social worker's profession is aligned to the Church's charitable works – 'to feed the hungry, clothe the naked, and care for the sick and the imprisoned in jail and in vices'!" (cf. Matthew 25:33-40).

—Dr. Trevor Colaso,
(Memphis, TN. USA).



India's Economic EMERGENCY?

by Don Aguiar

The media and government are telling us we're doing fine. But the facts prove something else: We're about to be hit by one of the biggest financial disasters in history. And there's little the government can do about it. At first glance, our country seems to be on a good path. The unemployment rate is only 3.5%, the GDP is still growing at about 5.7% and the Sensex recently hit an all-time high of 32,575....

But many believe, things aren't as good as they appear.

In fact, right now there's an economic firestorm brewing overhead this pretty picture. And it could possibly bring down the entire Indian economy, wiping out the hard-earned savings of millions of Indians just like you. The initial symptoms of the crisis are already here.

In 2014, when our current Prime Minister was elected, he promised us one of the biggest job initiatives in the history of our country. With his "Make in India" plan, he promised us higher wages and secure employment for willing job seekers. But what has the millions of youth and jobseekers been discovering... None of that has happened.

In fact, Modi's ambitious plan could actually be the trigger for the worst socio-economic crisis we have ever seen in our country. And this fear was further echoed by Raghuram Rajan, one of the most astute RBI Governors

and a globally renowned Economist, when during his recent book launch, he said -.

"Remember that we have what we call the population dividend. A million new people entering the labor force every month.

If we don't provide these jobs that are required, you have a million dissatisfied entrants. And that could create a lot of social mischief." - Dr Raghuram Rajan

Dr Rajan has already warned us all that if the government does not do anything immediately about the job crisis...the repercussions could be huge and long lasting. Effectively, leading India towards what we call an Economic Emergency.

And to make matters worse, the employment crisis is just 1 of 4 early warning signs which indicate that the Indian economy is about to be hit by a runaway freight train.

The crisis in the public banking sector has gotten so worse the government is planning mergers and privatizations to prevent public banks from failing. One million bank employees took to the streets in protest. And last time the government announced that unemployment was just 5 %, the story was much worse.

Close to half the workforce is self-employed-and that the media spins this as India being a nation of entrepreneurs. Indeed, Modi repeated this

same talking point during his 2017 Independence Day speech. But according to news reports, many individuals are "entrepreneurs" because they have no other choice.

Modi claims these "entrepreneurs" will create jobs, but more than two-thirds of them make less than Rs 7,500 per month-how can they afford to hire anyone when they barely get by themselves?

The unemployment problem is one of the major reasons - over 9 lakh Maratha protesters bought Mumbai to standstill earlier this year-the biggest protest ever seen in the city-demanding reservations for government jobs. The bottom-line is, the economic situation in India is getting worse, not better.

Even though the Indian economy has boomed at an unprecedented level, it's not immune to meltdown, like we saw in 2008 when the Sensex lost more than half its value in a little over a year. It took 6 years for the Sensex to regain its losses. But now, many believe something bigger and much more catastrophic is coming.

The government is showing that it is doing a lot to make things look bright and positive. But the simple fact is: It's quite the opposite.

While the Government continues to waste money on the PSUs the Bigger threat comes from what they are missing out on. India's Youth.

Now, for years we've been talking about how India's young population will lead us into becoming the next global superpower. However, the ground reality is actually alarming. As per Planning Commission's estimates - Almost 33,000 people are entering the workforce every day. And 12 million a year!

How is our present Government preparing for this Demographic Dividend?

(To be contd...)

Advent - Season Of Hope And Anticipation!

Advent is the beginning of the Church's Liturgical Year, commencing as it does four weeks before Christmas Day, i.e. on the Sunday nearest to 30 November, and ending on Christmas Eve, i.e. 24 December. If Christmas Eve happens to fall on a Sunday, the day is counted as the Fourth Sunday of Advent, with Christmas Eve proper beginning at sundown.

Meaning of Advent

The word **Advent** means "coming" or "arrival." Advent is essentially a preparation for the coming of the one who claimed in Exodus (3:14): "I AM WHO I AM"; in Revelation (1:8 & 22:13): "I AM the Alpha and the Omega [the first and the last, the beginning and the end],' says the Lord God, WHO IS and WHO WAS and, the Almighty"; in Isaiah (44:6b): "I am the first, and I am the last"; and who came as "Emmanuel", i.e. God-with-us (Mt 1:23) as foretold in Isaiah (7:14).

Vatican II says, "Through the Liturgical Year, the Church unfolds the whole mystery of Christ from his Incarnation and Birth to the Ascension, Pentecost and his Second Coming" (SC 102). Advent is thus a season of "joyful expectation" of a coming for which we ought to wait in joyful anticipation rather than in penitential preparation for "judgement day"! **The focus of the entire season is preparing to celebrate the twofold coming of Jesus, first at Christmas, marking his First Advent, and his coming at end-time**, in effect, his Second Advent – "This same Jesus, who has been taken from you into Heaven, will come back in the same way you have seen him go into Heaven" (Acts 1:11). Advent essentially is far more than simply marking a two millennia-old event in history. It is celebrating a truth about God, the revelation of God in Christ and the expression of the hope that

all of creation might be reconciled to God through him. That is the process in which we now participate, and the consummation of which we anticipate – a process that involves reflecting on our accountability quotient in relation to a sense of faithfulness concerning his coming, sin and its judgement, and the hope of life eternal.



by Ladislaus L
D'Souza

With this double focus, i.e. on the past and the future, Advent takes the believer on a spiritual journey that has the individual and community make a triple affirmation of Christ having come, of his ongoing presence in the world today, and of his future coming in power and glory. Indeed, such an acknowledgement enjoins on us the triple responsibility of observing Kingdom ethics, of living a holy life, profoundly conscious of the fact that we live "between the times", and of exercising our duty as stewards of the Faith handed down to us by our forbears. Seen from this perspective, Advent is a mini Lent that has us repenting of our faithlessness, our lack of holiness in our manner of life, and our indifference in terms of living and propagating the Faith.

Spirit of Advent

Advent is marked by a sense of expectation, of anticipation, of preparation, of longing, which of course can be superficial unless backed by a life that is indicative of owning up responsibility as a people commissioned to "love the Lord your God with all your heart" (Mt 22:37) and to "love your neighbour as yourself" (Mt 22:39). Part of the expectation also anticipates a judgement on sin and a calling of the world to accountability before God. We long for God to come and set the world right! Yet, as the prophet Amos warned, the expectation of a coming judgement at the "Day of the Lord" may not be the day of light that we



might want, because the penetrating light of God's judgement on sin will shine just as starkly on His people. The Season of Advent has come to be celebrated more in terms of expectation or anticipation, the spirit of that expectation being better captured with a joyous sense of expectancy. Rather than a time of mourning and fasting, Advent is celebrated as a time of joy and happiness as we await the coming of the King, the penitential aspect of our observance depicted in the omission of the *Gloria*. The liturgy of the last week preceding Christmas, i.e. 17-24 December, specifically refers to the entry of Jesus into human history in flesh and blood at Christmas, with the role of our Blessed Mother in the saving mystery of Salvation duly emphasized.

Colours of Advent

Historically, the primary sanctuary colour of Advent has been **Purple**, the colour that both symbolizes *penitence and fasting* and gives the season its due royal touch to welcome the arrival of the King of eternal glory! It is also the penitential colour of the Season of Lent, a visual distinction between the purple used during the two seasons being bluish purple for Advent and red-tinged violet for Lent. Does one see here the all too important connection between Jesus' birth and death? Indeed! **The Nativity, i.e. the Incarnation, cannot be separated from the Crucifixion.**

(To be contd...)

Tipu & the Konkani Catholics

—Complied :Ivan Saldanha-Shet

The history of Tipu Sultan who ruled the west coast of India as part of his great Empire holds the interest and fascination of many with diverse back grounds. Recently his birthday was marked in Karnataka amidst surging controversy. A reputed and committed researcher revisiting the 250-year old connection in his book titled 'Slaves of Sultans', his third, in 2015. Well documented the book are the migration of Goan Saraswats (Konkanis) to Mangalore and the identity conversion that took hold over the years.

The story of the Konkani Saraswats is ancient and classic. Many reasons are found why people migrate, but the most common one, throughout history, it is said is 'survival'. During the Portuguese Era, many families literally fled from Goa terrorised by the inquisition, many of these were families settled in Mangalore. Three centuries is a long time, and these people created an identity of their own over these 300 hundred years. Having lost the key to their roots, the generations of Konkanis that followed had to bear witness to the domination of the Nacao Portuguese and Tipu Sultan's regime.

In becoming known as Mangalorean, the Konkani community went through a series of traumatic crisis which tore it apart from its ancient roots. The first of these was the process of Christianisation which was far more than just religious in nature. Religious rites and practices are extensively relied upon in agriculture, trade and every aspect of life, to seek divine help for success. So having to give these up was perceived as threatening one's livelihood. Replacing them with untested rites must have created new traumas, as did developments that eventually forced a large section of



the population to migrate in search of security and food. The second great crisis resulted from inimical government policies towards agriculture and the failure to protect the country from the Dutch and Marathas over many decades.

Just as these Konkani speaking neo Catholics were re-establishing new roots in Kanara, they were uprooted by Tipu in early 1784 and taken to Srirangapatna. This was undoubtedly the most traumatic event in the history of the community. Several books contribute to the recording for posterity both the history and the traditions and customs of the Konkani Manga-

loren community who were in captivity for 15 years. The community rose up like an albatross, after the death of Tipu Sultan and release from captivity in 1799.

Speaking about the current connect between the Mangalorean community and their Goan roots, it may be generalized, While today's community is largely descendant from Goan emigrants, they are composed of different castes and social segments. The emigrants from Goa came from Salcete, Tiswadi and Bardez, bringing their own distinct identities and divisions in dialects, customs and social taboos. The Mangalorean identity evolved through the 20th century. However, the Goan connection lived on in oral tradition even after four generations, in common language, customs, cuisine, and religion. This is clearly visible in the singing of 'vovios', in the 'Monte Saibiniche Fest', and in other customs which the Inquisition banned in 1732 but still survive among Mangaloreans." Earliest written record to find old roots is that of the Vas-Naik family of Chorao. In 1881, George Vas visited Goa and re-established links in Goa, both Catholic and non-Catholic. This has since come a long way and as a community is diversified





By Dr Paul Mathulla

The human condition requires us to work for a living. As children of God, we are also called to have a transcendent dimension to life through prayer. There are occasions when the two, our need to work and the need to pray, are uncomfortably poised. Whereas there is plenty said about the need to pray, we have to read searchingly in Scripture about the need to work. It is often indirectly implied. Saint Paul, in the second letter to the Thessalonians, makes the need to work an imperative (2Thess 3:6-12, NRSV). Also, early in Genesis, we are told that Adam, besides other things, was made to be a tiller of the land (Gen 2:5, NRSV). A common tendency is to carry, if unconsciously, our work-culture into our relationship with God.

We, who work very hard, sometimes have a deplorable attitude because of it, making claims upon Almighty God. We turn Him into a transacting partner on equal terms, who owes us something—we bring our business mores into the divine economy. A person who has strived justly is most likely to be so afflicted. A God who has done so much—created us, saved us, shepherds us and nourishes us with the body and blood of His Son and sanctifies us with His Spirit, what can such a God possibly owe us? He is busy doing everything as a loving parent!

There is an aberration in our attitude. It is a subtle one that even Jacob, in

Genesis, was guilty of. Let us examine his prayer at Penuel: 'Then Jacob made a vow, saying, "If God will be with me ... and will give me bread to eat and clothing to wear... then the Lord shall be my God..."' (Gen28:20-21, NRSV). Notice the conditionality in Jacob's prayer. It's a very naïve one that betrays a lack of knowledge of the Father and bespeaks of no intimacy with Him, considering Him rather an entity to be used. On the surface, it seems to be an innocent exchange, but beneath, it is "a labour for gain," with God merely seen as an instrument for self-gratification.

Contrast this with the Lord's prayer, "Our Father who art in heaven...." where the disciple enters a trustful relationship. That leads to another kind of labour: "A labour of love." It is a great truth that there is simply nothing that can compensate God, except a genuine conversion of our life and a resolve to do better. That conversion indeed is the source of the labour of love. The disciple is concerned only with giving his/her beloved the very best. Carrying the mark of the Spirit, that state of life produces transcendent works, and the disciple's is a humble offering, imploring the Father to accept it as He once accepted the gifts of Abel (Gen 4:4, NRSV).

Hopereplaces our sense of entitlement. Hope is writ large in the Lord's prayer. Humble acceptance of His sovereign decision is the happy lot of the disciple. But we often fail in relating in this manner, which is why the Letter of Saint James says: "You ask and do not receive, because you ask amiss" (Jas 4:3, NJKV). More than pursuing an insistent goal, the right

thing in prayer is to say: "I am in the Lord's hands; may He provide for me in His time, and in the meanwhile, I shall stay dependent on Him"—that acknowledges the graciousness of a good and loving saviour—the blessed way to be a disciple. It reveals deeper love for God and the assuredness that He knows our needs before we express them (Mt 6:8, NRSV).

But there's a problem: There are times when patience (prayer) and the need to act (work) do not comport well. Trying situations when lives are at stake do not have easy answers. How is a military commander to respond when the enemy is near? "Get the guns loaded!" would be the likely response. One would imagine that immediate action and not patient prayeris the natural course to take. Where does that leave us? Saint Ignatius of Loyola, found great balance between prayer and work, "Work as if everything depended on man. Pray as if everything depended on God." The business of life is very exacting, with not an inch given nor taken for granted. Every gain is made through strenuous effort, but the Spirit makes it easier.

One might say that prayer translates into work and work is offered as prayer. Prayer and action are to be reconciled in the transcendent life. This is best done through a deep conversion, which begets a strong devotion and a labour of love in its wake.

[Dr. Paul Mathulla, is Chairman, Governing Council, IMPACT Institutions, Bangalore. Besides his occupation in educational administration, he writes on Christian themes.]

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Easy solution to extinguish your burnt tongue



Even a mild burn on your tongue can cause a lot of discomfort, which you may mostly experience when you eat or drink something warm. The burn will heal eventually, but you can speed up the process with some simple home remedies

Here are some simple and easy ways to heal a burnt tongue.

Breathe through Your Mouth stick your tongue out of your mouth and start breathing orally.

When you breathe through your mouth, cold air flows over the surface of your tongue and provides relief from the pain.

Keep breathing oodles of air with your tongue out until you get relief from pain.

Have Something Cold:

Another good first response to a burnt tongue is to get something cold on it as soon as possible. It will help bring down the temperature of your burning tongue.

It will also reduce inflammation and prevent tissue damage. Plus, it will keep your mouth hydrated to ensure harmful bacteria do not cause an infection.

Swish with Warm Water:

Swishing warm water around in your mouth is another natural remedy for a burnt tongue.

A 2013 study published in the Journal of Plastic, Reconstructive and Aesthetic Surgery reports that in order to limit damage after a burn injury, burn progression can be prevented with the application of warm water. It also improves the microcirculatory perfusion, which translates into increased tissue survival.

It is best to use warm salt water, as salt helps prevent an infection from

developing in the mouth and around the damaged tissue on the tongue.

Honey:

Honey is another excellent home remedy to heal a burnt tongue. Its antibacterial nature prevents bacteria from infecting damaged skin. Plus, being a natural anti-inflammatory agent, honey reduces swelling and pain.

Note: Honey should not be given to children under one year of age, as it can harbour toxic spores causing infant botulism.

Aloe Vera:

Aloe vera is another amazing remedy to heal the burn on your tongue.

It not only soothes the damaged cells on the tongue but also aids healing. Plus, it helps reduce pain and inflammation.

A 2007 study published in Burns analyzed several studies and concluded that aloe vera might be an effective intervention used in healing first- to second-degree burns.

Extract fresh aloe vera gel from an aloe vera leaf and apply it all over the tongue to soothe the burn. Repeat several times a day.

You can also freeze the aloe vera gel into ice cubes and suck on them regularly.

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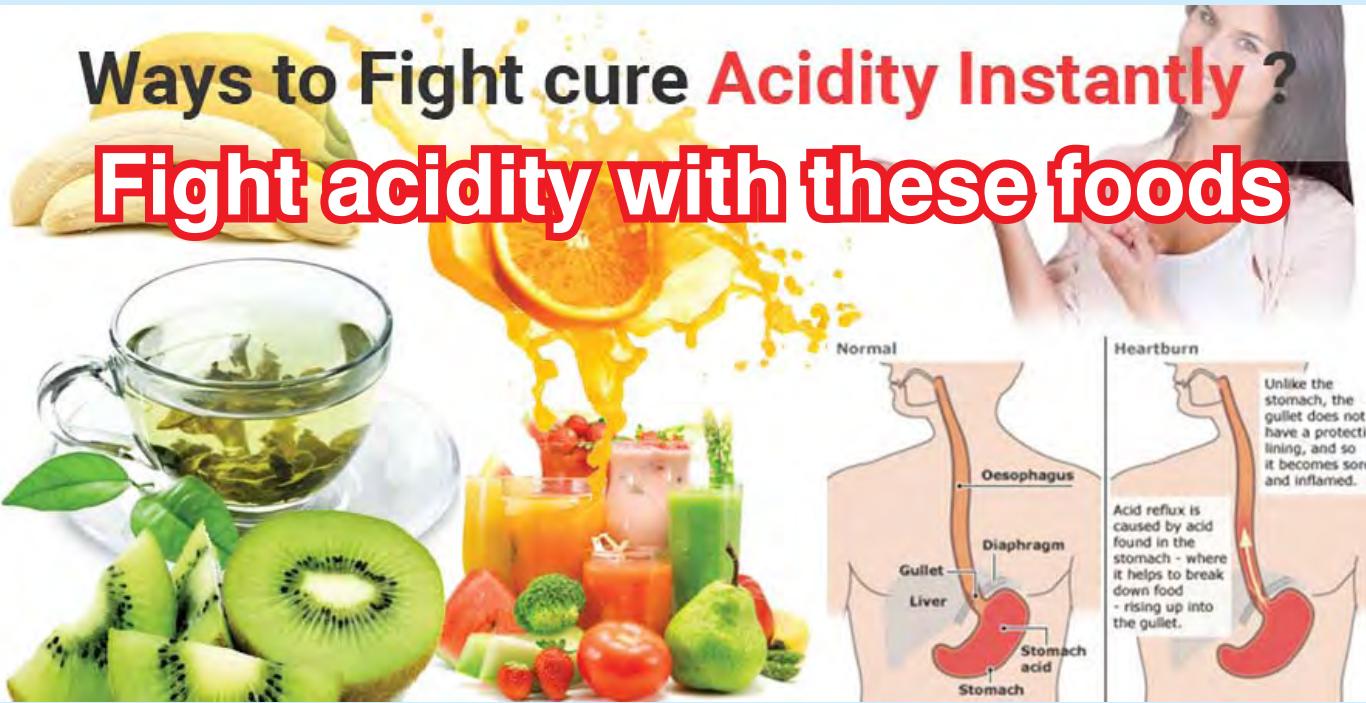
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Avoid chances of acidity during the seasonal changes by indulging in bananas, melons and coconut water, suggest experts.

Fitness apps and nutritionists which connects doctors and patients, shares a list here for you to keep your acidity in check. These are healthy foods with healthier benefits.

Bananas:

It is the best antidote for acid reflux and is great for snacking purposes. Potassium in bananas produces mucus in the lining of the stomach, thus lowering the pH levels in the body. Also, bananas are high on fibre and a great source of roughage. Eating over-ripe bananas during summer is the best way to keep acidity at bay.

Melons:

Melons such as cantaloupe, musk melon and watermelon are high on anti-oxidants and fibre, and help avoid acid reflux and other stomach ailments by maintaining the mucous membrane. The cooling properties and high water content in these fruits help hydrate the body and reduce pH

levels. Other fruits such as apple and papaya are also great sources of fibre and aid in preventing acidity.

Coconut Water:

This refreshing natural drink has cleansing properties that help flush out toxins from your body. Coconut water is also rich in fibre content and helps with regular bowel movements.

Cold Milk:

Milk is another excellent way to combat acidity. Milk absorbs acid formation in the stomach, stopping any reflux or burning sensation in the gastric system. Anytime you feel an acid formation in the stomach or heartburn coming on, have a glass of plain cold milk without any additives or sugar.

Buttermilk and Curd:

Besides milk, other milk products (except cheese) like curd and buttermilk also provide relief from acidity. These products cool the stomach and the natural bacteria in them do not allow acid formation. They help in keeping the overall digestive system healthy. Having curd and buttermilk regularly after meals is a great way to avoid chances of acidity in the long run too.

Say No to Food Carts:

Though these should be avoided all

year round, they are definitely a strict no-no during summer season. Rise in temperature goes hand-in-hand with water scarcity, which in turn means compromise on washing properly in the kitchen. And that can have a bad effect on your system when you eat food that is not washed properly before cooking or cooked by hands that have been not thoroughly cleaned. Gastroenteritis, amoebic dysentery and diarrhoea are common during this time of the year.

Swap Juice for Whole Fruit Instead:

In summer, you often spot house flies especially in markets near food vendors. They are major germ carriers and thus, people should be careful when having juice outside. Instead of cutting fruits or blending them into juice you should rather try to eat whole fruits to keep infections at bay.

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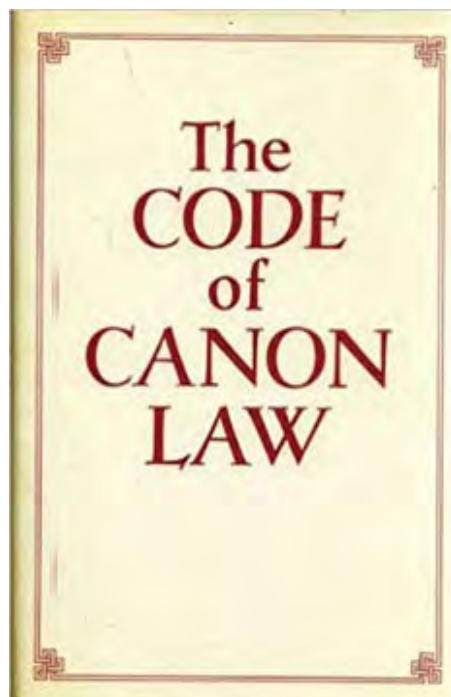
100th Anniversary: The Code Of Canon Law

2017-2018 marks the centenary of a most important innovation in recent Roman Catholic history: coding the laws of the Church. At high focus the Spirit of God inspires like nothing on earth, and helps only when man calls for his wisdom and guidance.

Holy Mother the Church realized in the early years of the faith that her laws had to be compiled, classified and codified; after all, eight centuries of scattered (10,000) laws had been collected. Earlier popes had tried to codify them and failed. In 1150, Gratian, a jurist tried to put together the documents and in a small effort published his *Decretum c* (Textbook of Canon Law). His effort was not received with much enthusiasm in Rome. Although the jurist scratched the surface, his small attempt was seen as invaluable.

It was only in the 13th century when divine providence moved bishops, cardinals and theologians to find methods of research in finding a scientific mode to classify, compile and codify canon laws promulgated by pontiffs, which made things seem to catch the wind's right direction. Legislation multiplied with the passage of years and most of the laws became obsolete and contradictions also crept in. Some laws were difficult to explain, or to discover a law on a particular question.

In 1869 by divine grace the Vatican Council met. A number of bishops from several countries requested the implementation and a compilation of the Canon laws to make pastoral, liturgical and supernatural experiences clear and complete. The Council never completed the agenda or to



update the legislation. The time was not right.

Pope Saint Pius X in the 19th century ordered the creation of the Code of Canon Law to be linked and codified in a single volume. This would be the first Code of Canon Law to tackle the stack of 10,000 norms. The Holy Father, Pius X had set up a commission to reduce the massive documents into a single code. The Pope, however, died before the commission completed its work of reducing 10,000 norms to 2,414 canons.



BY MELVYN BROWN

Pope Pius' successor, Pope Benedict XV had promulgated the new code of canon law (*codex Iuris canonici*) on Pentecost Sunday 27 May 1917. Pope Benedict XV set 19 May 1918 as the date on which it came into force. The new code covered 2,414 Canons in the official presentation.

The pontiff in a further provision created a Pontifical Commission to ex-

plain the codes and for making any necessary modifications later. New laws might be appended to those in existence in new sections, or placed in between canons. The numbering of the canons cannot be changed.

Benedict XV promulgated the *motu proprio cum Iuris Canonici*, not allowing the Roman congregation from finding new decrees or general ones unless it was of most importance. They would first have to consult the Pontifical Commission given the power to amend a code. We are grateful to Pope Benedict XV for his dedication and determination to put order in the house.

The authoritative coding shows five groups to present Canon laws in their proper perspective:

1. General principles of the law.
2. The law of persons (clergy, religious and laity).
3. De rebus, including things like, holy sacraments, places, divine worship...
4. Procedures.
5. Crimes and punishment. The magisterium.

For the first time in Roman Catholic history, Canon law legalized interest outright. The present Codes of Canon Law are a blessing in the mission of the Church having come a long way by the divine grace of God.

Devout souls on this spiritual journey will understand and appreciate the creation of The Code of Canon Law which Holy Mother the Church can use to establish truth, love, forgiveness and justice.

Do We Need To Adopt The FASTag System To Get Rid Of Pollution - Congestion In Mega Cities?

by Eric D'Sa

Recently I was in the car being driven by my daughter-in-law going from my residence in Deonar to attend a function in New Mumbai. We had to pass the Vashi toll naka. Though she had a monthly pass for her car and took the lane reserved for pass holders, she had to stay in the queue for a considerable long time. At other cash payment booths there were even longer line of cars. A lot of valuable time is wasted for no good reason. I am told by her that it is the same each day. I fortunately take the new freeway when I drive down to office at Sewree East on each working day. Though the number of cars on that road keeps increasing, at least it is moving generally fast. Going to suburbs like Malad and Versova by car from my home, is time consuming and stressful. The increase on the roads of vehicular traffic are mainly diesel and petrol driven cars. They are spewing exhaust gasses in the air around the roads. It is in the cities like Mumbai, the main cause of air pollution, though one must admit there are other causes.

The State Government is nudging its city citizens to switch to CNG vehicles and recently to even electric driven ones. Being a victim of chest congestion caused mainly by air pollution, I am one of those who has shifted to own a CNG car. Unfortunately the authorities have not provided sufficient CNG outlets and this deters more people switching to a much cheaper and cleaner mode of travelling. It is a national policy that by 2030 all public and private vehicles that are operating in mega cities will be electrical. There will be also efforts made to get the people to switch to suburban rail ways, mono rails and metro rails, which are being built in all mega cities around the country. Even public buses are going to be CNG or electric driven. However if more and more

people have to use them for commuting, they need to move on fast tracks, at least on the city main routes.

All the above in principle, point towards the urgent need to have the cars on the roads to be driven by CNG and finally by electric motors. But what about the total number of cars that are too many for the roads which can not be broadened further and are throttling the flow of traffic? How do we nudge people from trying not to own private cars that are generally driven around by just one individual? How can the city have reserved lanes on atleast the main roads for public electric buses,

ily car is vey expensive, my nephew is driven to his office in the morning by his wife and in the evening he returns home by a taxi. This saves them a lot of parking money at the work place.

So it is not a rocket science for our city governments to do what has been successfully done in other mega cities. We need the necessary mindset to bring in the required laws and regulations, to control the number of private cars on roads, whether on the move or parking. We need fast bus lanes on the main arterial roads and sufficient number of electric driven buses. The private cars should gradually shift to

be CNG and electric motor driven. No vehicles should be allowed to be parked on public roads, for more than a known period of time without paying a toll. Car Parking buildings should be provided in each of the suburbs where people could pay and park their cars. The divine right as claimed by a few people to park their private car for days, weeks or months on narrow bye lanes of the city should be abolished.

How can the authorities set up proper traffic control and monitoring systems and manage the above city vehicular traffic without causing major disruptions. This is where the new FASTag system will come very useful. It has been in use by the Indian Highways Authorities since 2014 to collect tolls on the highways electronically. How does it work and how will it be useful? Each car gets a radio frequency identification (RFID) tag that is based on the open standard. This means RFID readers are cheap inter operable and not locked into any particular vendor. The transactions switch is managed the National Payments Corporation of India (NPCI). When fully implemented, India will be the only country with a nation wide inter-operable electronic toll collection system. Already 0.6 mil-

YOU THE CITIZENS DECIDE:

so that they can move fast around the city? The answer lies in just two mega cities, London and Singapore, who have tackled this problem successfully in the past. In principle they have made it difficult to own private cars and operate them in the city. A family to own the second car has become prohibitive in these two cities. Parking of private cars on public roads is almost impossible and the parking lots provided where the such cars can be parked, are expensive.

To give you an example when I joined BP India in the middle 1970s, I was provided with a chauffeur driven car, to drive me to the office in Ballard Estate in Bombay and the car was allowed to park on the road in front of the building without paying any parking fees. This went on for decades. While my boss in London and his boss took the local suburban underground train to commute to the BP head office in the business district. In that building of 25 floors, there was parking space only for 12 cars. Now coming to Singapore, because owning a second fam-

(Contd.. on p. 17)

(Contd.. from p. 16)

lion vehicles plying on the national highways have the RFID tags and the National Highway authority are doing a great job of installing more of these tags on other vehicles.

The first beneficiary of these RFID fitted on Mumbai cars will be like my daughter-in-laws car who drives up and down the Vashi toll booth each day. As more and more cars are fitted with RFIDs, the movement of cars past the tolls will be faster without reducing toll revenue. The need to buy each month car passes will be eliminated. You pay only when you pass the toll gate. Since from 1st December this year, every new car will come pre-installed with FASTag, it will not be difficult to get the ones already on the roads to be fitted if the state nudges them to do so. Allowing fast movement of cars with FASTags through reserved lanes at toll collection centres will be a big incentive.

At first glance, FASTag may seem useful only for automating toll collection pricing. In reality it is very versatile and can be used for many other purposes. Each car gets a unique ID, which can be linked to owners Aadhaar ID and to his bank account valet. Money will only be deducted linked to the event that has happened, like passing the toll booth, parking in reserve car depots etc. The car ID will know, the registration number, the type of car, the model and make, the year it was built and the fuel it uses. This will help not only air pollution but road congestion. These are the following ways by which it can do so.

First, FASTag can implement congestion pricing. This is a model that has already been perfected in London and Singapore and has proven a success. We just have to follow the system in Mumbai City, which though having a good suburban rail network, has one of the worlds highest density of cars. The congestion pricing itself can be dynamic to effect demand.

Second, the FASTags can enable

the city governments to have lower congestion pricing for those who are pooling to work. This has worked very well in cities like San Francisco, which give such cars access to fast tracks on the bridges. The system can work like Uber and Ola work these days.

Third, and may be one of the most important for Mumbai city is to regulate parking on the city roads. There are cars which are kept parked on roads for weeks and months causing lot of bottle necks on roads without penalising the owners of such cars. Charging suitable and dynamic parking fees depending on the type of roads, the time of the day and period, will provide the required revenue for the city from people who can afford to pay the same.

Fourth, FASTag can be used to keep a track on Insurance certificates and PUC certificates of a vessel and the owners can be fined if a car moves past a reader with such expired certificates. Even Odd - Even system when air pollution levels start to go up, can be implemented quickly. Owners who flout the system can be tracked and fined easily.

Fifth, the City authorities can gather required data of traffic on the busy roads and when for any reason the traffic pile up, the reason for the same. The traffic light durations can be altered as required to ease the situation. Planners can study the effect on building bye pass roads and making roads one way etc.

So finally you the Citizens will have to decide, whether you would like to sit in your cars for endless hours each day, on congested roads of the city or try to have a electronic smart traffic control system, which will enable most of the people to zip around the city in shared electric cars or taxis or fast electric buses on fast lanes, in an atmosphere which is less polluted?

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"What ever you believe, so shall it be." Jesus Said

by Rtn Calwyn D'Abreo

Someone asked us recently, "Is there any limitation to the body's ability to heal?" And we said, "None other than the belief that you hold." And he said, "Then why aren't people growing new limbs?" And we said, "Because no one believes that they ever can.....(EH excerpted-)

If you believe so shall it be .

If you believe that what you are wanting is not what will be. So shall it also be.

Your inference point is the presence of 'BELIEF' emotionally entwined within the labyrinth of the consciousness of man subjugating to the subconscious mind the presence of it.

At this superior moment.... of thought versus time... thought overtakes time and manifests that which you are focusing on. Focusing is imagining and therefore seeing the end result of that which you are thinking with the intention of acquisition either to benefit you or that which when applied to distort a negation to benefit you for the relief that it will give you.

What ever you believe, so shall it be.

So what is it that you are believing....?

When you say I believe you cannot assume that you believe unless you believe in your self at first . Then with the satisfaction of containment of what you are as of belief the mind explodes with the reason to assuage and thus fulfil the presence of an infinite intelligence which comes with the energy bouquet from where all things are made. We call this Intelligence , God. And He under patriarchal laws of time does exist as a force to reckon with as OUR FATHER residing in the inner core of all creation with jurisprudence given to the human body that comes

with a conscious mind and a subconscious presence of all that is within you and the Godhead which is in you since the sperm met with the ovum. The Creator has now by default assigned a generic code to your body and soul composition and you are ready to go. The world is your oyster as you come into existence and the meaning of you, yourself inside the hallowed halls of your being begin to define your status quo. This representation will stay till you exist. Like the Father you are in power. Without power this amalgam will fail the test to assemble itself for all the seasons of the year and throughout your lifetime as primary as you may be and as nonchalant as you may be seen as. Without power. Without human power, which is a merger and acquisition of the Godhead in you since conception life is a barren field without the seven ears of plenty. Nothing is malefic when the Power is harvested and the sheaves of corn distributed.

You are a primary object. So is the world at large . Every object is a vibrational match to another like minded .

Are you in tandem with the Creator we now call God or are you lost in oblivion with the passage of time thus depleting your sacred presence within the arc of well being which is the first cause of creation.If it was not for the Infinite Intelligence we all call God who we believe is the Artist in the Creator mode and is a well being in itself then life would never be a reality and a reason to continue as a name given to living things.... all things that conceal a DNA in side the metamorphosis of it's living presence.

All creation is in an expansion mode. If you are not then your neighbor must allow for pruning you to estimate your worth and the magnificence of the infinite wealth that is synonymous with the simple yet charismatic placement of the divine word you are meant to use.....I believe.

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Inspiration!

Boost your confidence

True self-confidence isn't an overnight acquisition. It takes dedication to realise you are a good human being who is worthy of respect and love.

Success is the synonym of confidence. Never will a person with a low confidence can dream to make it big in his life for he loses the battle in the beginning itself. But the one who considers every failure as the stepping stone to success will cut a path for himself. It is always a pleasure to watch someone speak with his/her head held high, answering questions assuredly. Ratan Tata, Azim Premji or Narayan Murthy are nothing less than living legends only because they have the confidence to face anything and everything that comes their way. They consider every new problem not as an obstacle but as a new objective. Here are a few tips on how you can go about boosting your confidence.

Think Positive:

Optimism is the word that has to be circled in the dictionary. An extremely positive mind is what you need to gift yourself. 'I can' should rule your mind when you are not able to cope up with negative things that come as hurdles on your way. Know how to love yourself and be proud of whatever achievements you have made in

life, big or small. You can stick a few posters with quotes on success and confidence on the walls of your room and get inspired by those words each time you read them. Life becomes exciting only with things that you can do and not with the ones you dare not try. Learn to say 'I Can' aloud.

Find Right Objectives:

Be sure about the objectives that you set. Set each goal as per your strengths and your abilities. Catego-



rize the objectives as per your skills and talents and at the end of the day you will be able to harvest the fruit of your confidence through these fulfilled objectives. Prioritize each goal, like go for the easier tasks first then slowly raise the challenges. Remember failures can interrupt you but take it as a challenge and march forward. You have to reach the final lap to take the trophy of success securely in your hands.

Body Language:

There are many things that boost confidence in a person from the file that he is holding to the tie that he is wearing. Choose the best outfit that gives

Remember that no one is perfect. Even the most confident people have insecurities. At some point in any of our lives, we may feel we lack something. That is reality. Learn that life is full of bumps down the road. And that often these insecure feelings come and go, depending on where we are, who we are with, the mood we're in, or how we are feeling. In other words, they are not constant.

you that comfort zone and elevate your confidence. Walk straight with your head held high. This itself exhibits the confidence that is abundant in you. Make the first impression the best one. From a good hand shake to a beautiful smile, everything counts..

Breathe Properly:

Whenever you feel that you are low in confidence, try taking some deep breaths. This is a great exercise to tackle nervousness and can revitalise you.

Stick to your principles :

It might be tough, but if you don't have something you can believe in, you don't have anything. If you don't stand for something, you will fall for anything. No matter what's happened in your life, you can always lay claim to the fact that from this day forward, you've followed your principles to the best of your ability.

Meditation:

Listen to yourself. Meditate each day for a new beginning and a fresher day that is in the offering. Consult yourself for taking decisions and persuade your mind to make the best of the decisions.



6424. MUMBAI : East Indian Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. B.Com., well employed, working as Sr. Customer Care Executive. Contact email : gerarッド754@gmail.com, Mob:9594766322 / 9930620943

6796 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. BE- IT & PGDM - Operations, working as a IT Audit. Contact email : shawndsa185@gmail.com

6794 MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in May 1976), Ht. 5' 6", Wt. 74 kgs, Wheatish Complexion, Edn. M.Sc., MS Counselling & psychotherapist, Working as a Associate Professor in Psychology & Counselling at Managalore. Contact email : naveensrasquinha@gmail.com

6778 USA : Mangalorean Roman Catholic Bachelor, (Born in December 1989), Ht. 5' 6", Wt. 65 kgs, Very fair Complexion, Edn. B.E. Electronics / Telecom Engineering, M.S. in USA, working as an Engineer. Contact email : jenniferdmello@gmail.com

6766 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1973), Ht. 5' 5", Wt. 68 kgs, Tan Complexion, Edn. SSC, working as a Mech. Fitter in Private Limited Company. Having own accommodation. Contact email : maxielobo1973@gmail.com

6764 MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1977), Ht. 5' 10", Wt. 76 kgs, Fair Complexion, Edn. MBA PGDM, working as an Asst. Vice President. Contact email : shamlcoutinho@gmail.com

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For Tel. Nos. Please contact on 022-22693578 / 9820485389 or Email : royalchristianfamily@gmail.com

6743 DUBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1976), Ht. 5' 7", Wt. 76 kgs, Wheatish Complexion, Edn. BBA., working as a Key Accounts Manager / Sales & Marketing. Contact email : wilsonalmeida87@yahoo.com

6735 MUMBAI : Born and brought up in Mumbai, Tamilian RC Bachelor, (Born in August 1977), Ht. 6', Wt. 89 kgs, Tan Complexion, Edn.FYJC. having own Transportation Business. Contact email : michaelenterprises07@gmail.com OR 9222008111

6731 MUMBAI : Mangalorean RC Bachelor, (Born in September 1978), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn.12th, working as a Office boy in Bank, having own house. Contact email : dsouzamaximmcb@gmail.com

6729 MUMBAI : Mangalorean RC Bachelor, (Born in November 1988), Ht. 6', Wt. 72 kgs, Fair Complexion, Edn.SSC, Diploma in A.C., working as a A.C. Technician. Contact email : johnmacoib@gmail.com

6726 MUMBAI : Mangalorean RC Bachelor, (Born in January 1984), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn.B.Com., MBA, LL.B., working as a Manager in reputed Company. Contact email : franscoroyal@rediffmail.com

6723 MUMBAI : RC Bachelor (42) (Born in October 1974), Ht. 5' 10", Wt. 76 kgs, Fair Complexion, Edn. HSC., own business. Seeking single and simple orphan girl below 35 yrs. Preferably pet lover. Contact email : henriques.nigel@gmail.com OR 9821812507

6722 MUMBAI : East Indian RC

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Bachelor, (Born in September 1989), Ht. 5' 11", Wt. 64 kgs, Fair Complexion, Edn.M.Com., C.A., working in Audit firm. Contcat email : eltn89@yahoo.co.in

6718 MUMBAI : Goan RC Bachelor, (Born in April 1980), Ht. 5' 7", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., working as a Marketing Executive. Contact email : mumbaischool@yahoo.co.in

6717 MUMBAI : Born and brought up in Mumbai, Keralite RC Bachelor, (Born in June 1986), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn. B.Sc., (Computer Science), PGDM MBA,m working as a Software Consultant in reputed IT firm. Only

Child., Contcat email : donaldarakel@gmail.com OR 9004608504

6713 MUMBAI : Mangalorean RC Bachelor, (Born in September 1989), Ht. 5' 6", Wt. 67 kgs, Wheatish Complexion, Edn.B.E. (Extc) working as a Sales Engineer. Contact email : coelho.helen@yahoo.co.in

6711 MUMBAI : Mangalorean RC Bachelor, (Born in September 1985), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn.B.Com., IATA, working as Investment Banking Analyst. Contact email : tristan.fernandes85@gmail.com

6709 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1985), Ht. 5' 8", Wt. 72 kgs, Wheatish Complexion, Edn.MBA, working as a Logistics Operations. Contact email : rosd2505@gmail.com

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6502-R. MUMBAI : Mangalorean R.C. Spinster, Date of Birth 14-5-1983, Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. M.Sc. Nursing, working as a ICU Head in Abudhabi - UAE. Military Hospital, Shortly visiting Mumbai. Seeks a well educated having a good job. Contact immediately email : janydz_1484@yahoo.com OR Tel.: 0971 557463484 / 9930076741.

6795. ALLAHABAD : Roman Catholic Spinster, (Born in March 1978), Ht. 5', Wt. 60 kgs, Wheatish Complexion, Edn. M.Com., Workaing for MNC. Contact email : sujata.josephine@gmail.com

6779 MUMBAI : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. M.A. in Literature, Teacher by profession. Contact email : angelagurjao1@gmail.com

6776. MUMBAI : Goan Roman Catholic spinster, (Born in September 1992), Ht. 5' 1", Wt. 65 kgs, Wheatish Complexion, Edn. MBA, working as an Executive. Contact email : neilcarvalho1234@gmail.com

6767. MANGALORE : Mangalorean Roman Catholic spinster, (Born in August 1991), Ht. 5' 6", Wt. 80 kgs, Wheatish Complexion, Edn. M.A. (English), Teacher by profession. Contact email : predita1989@gmail.com

6765. MUMBAI : Goan Roman Catholic spinster, (Born in March 1986), Ht. 5' 4", Wt. 42 kgs, Wheatish Complexion, Edn. C.A., working as a Chartered Accountant. Contact email : marilyn.dcosta22@gmail.com

6761. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1990), Ht. 5' 1", Wt. 54 kgs, Fair Complexion, Edn. B.Com., Teacher by pro-

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6759. MUMBAI : Mangalorean Roman Catholic spinster, (Born in April 1991), Ht. 5' 4", Wt. 45 kgs, Fair Complexion, Edn. B.A. (Economics), M. Communication,working as a Account Manager. Contact email : anlolo21@gmail.com / avi03lolo@gmail.com.

6757. MANGALORE : Mangalorean Roman Catholic spinster, (Born in May 1990), Ht. 5' 3", Wt. 51 kgs, Fair Complexion, Edn. MBA (IS), working as a HR in **Dubai**. Contact email : proposalmore25@gmail.com

6752. MUMBAI : Mangalorean Roman Catholic spinster, (Born in February 1982), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Good looking, Edn. MBA (HR), working as a Chief Manager in Insurance Company. Contact email : genesia_17@yahoo.com

6748. MUMBAI : Goan Roman Catholic spinster, (Born in March 1987), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Sc., with Dip. in Software Testing, working as a Test Engineering Specialist at a MNC. Contact email : thomasdsouza18@gmail.com

6747. MUMBAI : Goan Roman Catholic spinster, (Born in August 1988), Ht. 5' 4", Wt. 53 kgs, Wheatish Complexion, Edn. B.A. B.Ed., Teacher by profession. Contact email : idalina1888@gmail.com

6730. MUMBAI : Mangalorean RC Spinster, (Born in June 1989), Ht. 5' 2", Wt. 68 kgs, Fair Complexion, Edn. M.Com., MBA Finance, doing B.Ed., Teacher by profession. Contact email : jgkelshikar@gmail.com

6728. MUMBAI : Maharastrian Protestant Spinster, (Born in June 1989),

Ht. 5' 3", Wt. 53 kgs, Wheatish Complexion, Edn. 10th + Nursing Diploma, Nurse by profession. Contact Mob: 9892562906

6727. IMDORE : Mangalorean Roman Catholic Spinster, (Born in May 1990), Ht. 5' 7", Wt. 58 kgs, Fair Complexion, Edn. B.Com with Computers, working for Airlines. Contact email : triptananda@ymail.com

6725. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1992), Ht. 5' 9", Wt. 60 kgs, Wheatish Complexion, Edn. B. Pharma, MBA, working as a Sr. Analyst. Contact email : meenad@indoco.com

6724. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1984), 5' 4", Wt. 78 kgs, Wheatish Complexion, Beautiful, Edn. M.Com., works for a retail Company in **Dubai** as Team Lead - HR Operation. Contact email : avenap@hotmail.com OR 7506113313

6719. MUMBAI : Mangalorean Roman Catholic, homely and loving Spinster, (Born in August 1969), 5' 5", Wt. 50 kgs, Wheatish Complexion, Edn. SSC., Contact Email : sachin.gaste10@gmail.com OR Tel.: 7498392432

6710. MUMBAI : Goan Roman Catholic Spinster, (Born in November 1984), 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, HR. working as a HR Manager. Contact email : mmf8425@gmail.com

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6528. DUBAI : Mangalorean Roman Catholic Spinster, (Born in April 1985) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6698. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1985), Ht. 4' 8", Wt. 41 kgs., Fair Complexion, Edn. M.A. History, working as an Executive. Contact email : sharmayne7@gmail.com

6697. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1979), 5' 2", Wheatish Complexion, Edn. Graduate / PGDHM, working as a Administor. Contact email : jmjcpricon@rediffmail.com

6696. MUMBAI : Mangalorean Roman Catholic 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

6694. MUMBAI : Mangalorean Roman Catholic 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

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

6691. MUMBAI : Goan Roman Catholic 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

6690. MUMBAI : East Indian Roman Catholic 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.

6689. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1990), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. B.Sc. B.Ed., M.A. M.Ed., Teacher by profession. Contact email : sspasware@gmail.com

6688. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1988), Ht. 5' 3", Wt. 65 kgs, Wheatish Complexion, Edn. C.A. Inter, working as a Business Development Executive in DUBAI. Contact email : sanyo_suares@yahoo.com **OR** Mob.: 9821728168

6687. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1989), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Teacher by profession. Contact email : snlpinto@gmail.com

6686. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1979), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : springwater1948@gmail.com

6685. MUMBAI : Goan Roman Catholic 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.

6683. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in July 1989), Ht. 5' 2", Wt. 48 kgs, Wheatish Complexion, Edn. MBBS., Doctor by profession. Contact email : nads.nisha@gmail.com

6680. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1988), Ht. 5' 6", Wt. 80 kgs, Fair Complexion, Edn. BMM, MBA in HR, working as a HR. Contact email : wal-

terabrahamsouza@gmail.com.

6679. MUMBAI: RC Goan parents seeks matrimonial alliance for their daughter, (Born in November 1989), Ht. 5' 3", slim, attractive personality, B.Tech, MBA from India's premier institutions, senior manager in renowned US based MNC from highly educated, professionally qualified and well-settled Roman Catholic bachelors in India/ abroad with good family background and values. Kindly email profile and picture to tsm8759@gmail.com

6678. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. BE (IT) MBA - Post Graduate Marketing, working as a IT & Financial Consultant. Contact email : md8officemail@gmail.com

6674. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in September 1991), Ht. 5' 4", Wt. 64 kgs, Fair Complexion, Edn. B.A., Diploma in Fashion & Textile Design, working as a Textile Designer. Contact email : lobo_peter12@yahoo.com

6673. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. B.E. (Extc), working as an Engineer. Contact email : mascarenhasrency@yahoo.com

6672. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1985), Ht. 5' 4", Wheatish Complexion, Edn. MBBS, DCH, DNB, Doctor by profession. Seeks Doctors or Engineers. Contact email : bk-louis50@gmail.com

6671. MUMBAI: Goan Roman Catholic Spinster, (Born in July 1965), Ht. 5', Wt. 60 kgs, Wheatish Complexion, Edn. SSC, working as a Co-ordinator, Seeks a suitable match. Contact : 9619392879

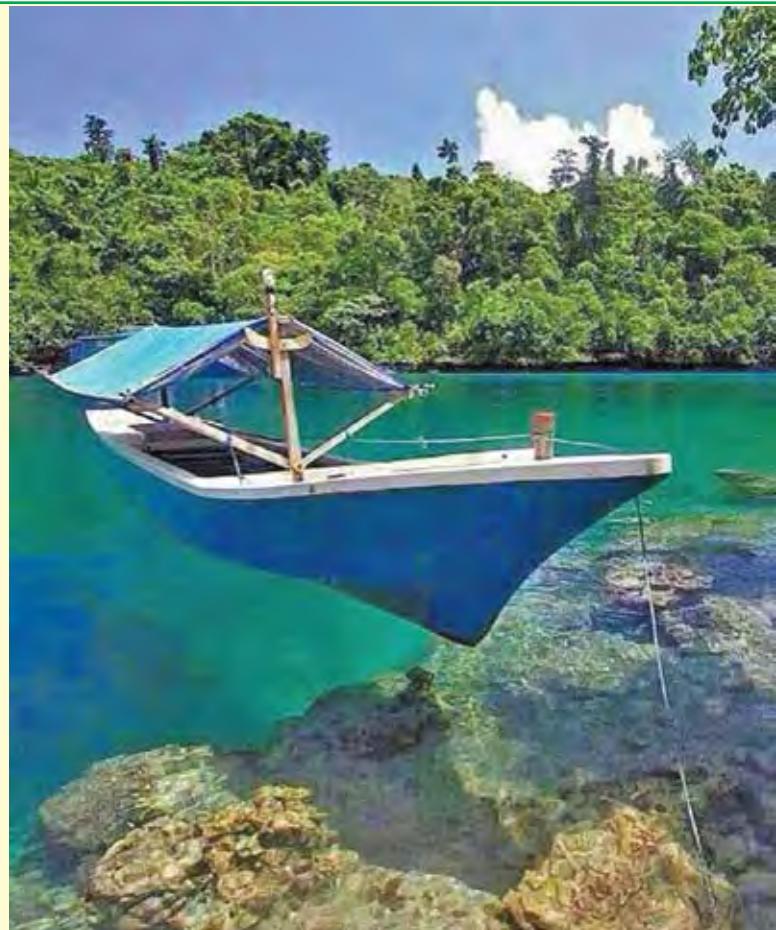
6670. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1984), Ht. 5' 4", Wheatish Complexion, Edn. B.A., working as a Flight supervisor, Air Hostess. Contacat email : carnations984@gmail.com

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