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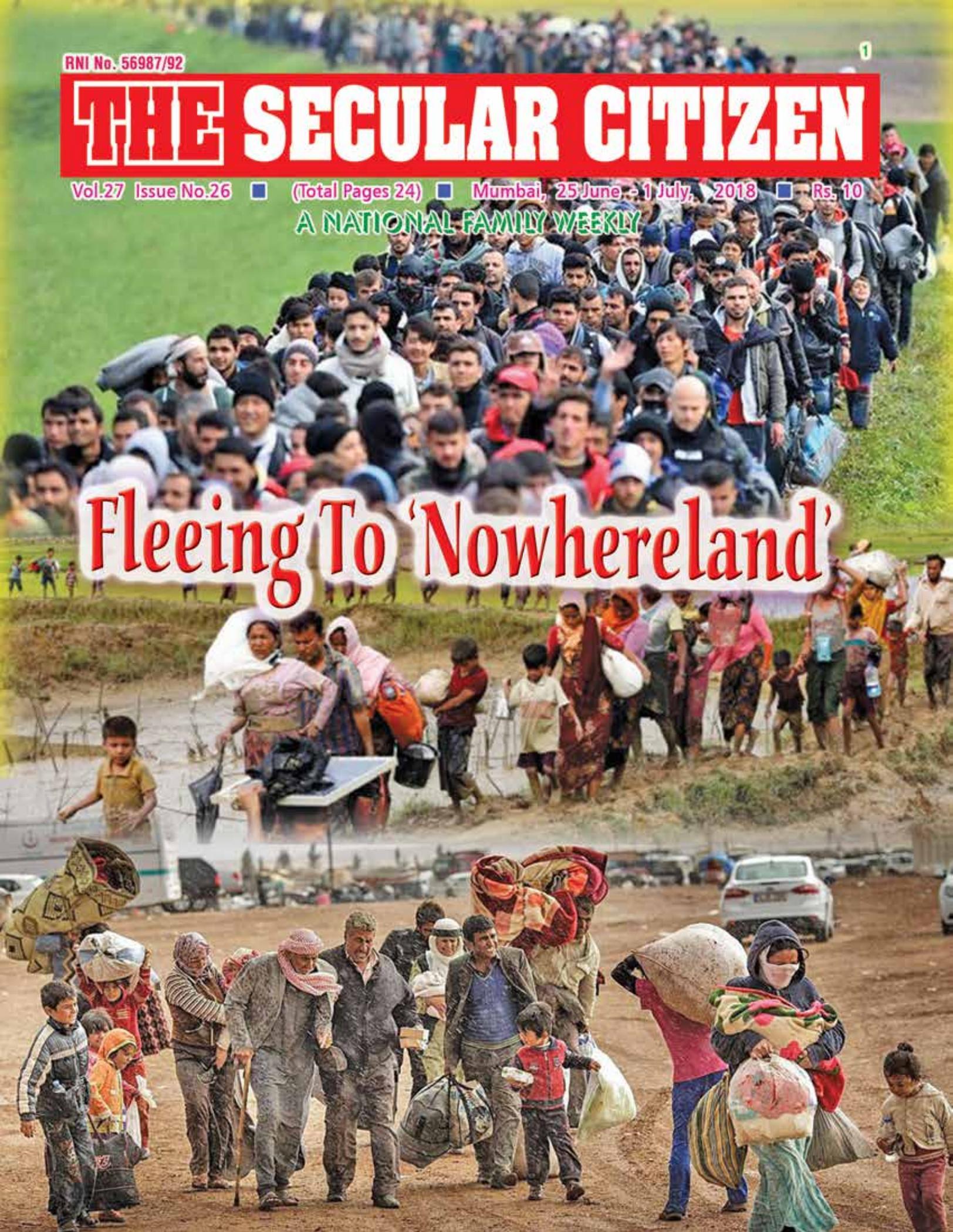
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THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Fleeing To 'Nowhereland'



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THE SECULAR CITIZEN,

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Prayer to **St. Expedite** for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) _____

My financial need is urgent. Be my

Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—A. M. D'Souza, Nagpur

THANKSGIVING



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. By the eighth day your prayer will be answered. It has never known to fail. Promise to publish this or distribute this as soon as your favour has been granted.)

—K. Thomas, Chembur

Thanksgiving



Thanks to St. Francis Xavier, for the favours granted Praying for more favours

—Geraldine Pereira, Kuwait

Unfailing Prayer to St. Anthony



O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

—Mrs Lucy Rodrigues, Dadar

Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday throughout the world, now and forever. Amen!!



Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Amar, Thane

Thanksgiving



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

— A Devotee, Vasai

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'Thought for the week'

If you stop judging what is important or not and pay full attention to everything, every door in the universe will open for you.

Contents

- pg. 3 - Govt's 'Cruel' measures pushing India's
- pg. 5 - Voice of the People
- pg. 7 - Fleeing to 'Nowhereland'
- pg. 8 - You the citizens decide
- pg. 9 - Goa tourism, getting a bad name
- pg. 11 - Views on News
- pg. 12 - Media emperor of Kanara
- Walter Nandalike
- pg. 14 - Purposeful living
- pg. 15 - Come out of your ...
- pg. 16 - Book review
- pg. 17 - Inspiration!
- pg. 18 - Holy Mass celebrates the eucharistic adoration
- pg 19 - Matrimonials

THE SECULAR CITIZEN

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(Article on pg.7)

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Government's 'CRUEL' measures pushing India's inequality to dangerous level

By Don Aguiar

This government is deliberately forcing millions of Indians into financial ruin, cruelly depriving them of food and other basic protections while lavishing vast riches on the super-wealthy.

The government is steering the country towards a "dramatic change of direction" that is rewarding the rich and punishing the poor by blocking access even to the most meager necessities.

This is a systematic attack on India's welfare program that is undermining the social safety net for those who can't cope on their own. Once you start removing any sense of government commitment, you quickly move into cruelty.

Millions of Indians already struggling to make ends meet faced "ruination" if access to Medicaid are removed, and housing subsidies cut, then the effect on people living on the margins will be drastic.

To define "ruination", it is: "Severe deprivation of food and almost no access to healthcare."

This assessment of Prime Minister Modi's leadership in his almost 4 years in government is likely to spark debate across the political aisle as well as globally about the Indian Prime minister's rapid drive towards heightened inequality.

The policies pursued over the past four years seem deliberately designed to remove basic protections from the poorest

It is profoundly important that international observers speak out about Modi's impact. This administration inherited a situation with inequality in India which was prevalent from the very beginning and is now fanning the flames and worsening the situation. What is so disturbing is that Modi, rather than taking measures to ameliorate the problem, is taking measures to aggravate it.

Top of the list of those measures was the slashed corporate tax rates. Can you believe a country where the life expectancy is already in decline, particularly among those whose income is limited, giving tax breaks to billionaires and

(Contd.. on p. 4)

(Contd.. from p. 3)

corporations while leaving millions of Indians without basic protection for the poorest?.

The Indian people similarly excoriate Modi and his government for passing a tax bill that “overwhelmingly benefited the wealthy and worsened inequality”. Also the policies pursued over the past four years seem deliberately designed to remove basic protections from the poorest, punish those who are not in employment and make even basic health care into a privilege.

Middle-class Indians should take caution from thinking they were immune from the lash of such policies, as Modi’s assault bodes ill for society as a whole. The proposed slashing of interest rates will affect the middle classes and the retired investor every bit as much as the poor.

The annual economic survey underlines the large pool of people who are vulnerable to any further erosion of the safety net. It found that six out of 10 Indians are so hard up they could not cover an emergency expense of Rs 10,000/- without borrowing money or selling possessions.

We live in a land where great wealth lives alongside unconscionable poverty, and the Modi tax bill makes this dire situation worse by showering the wealthiest with huge tax breaks while his government seeks to make drastic cuts to the government funded pro-

grams.

To combat poverty, policymakers should take bold action, such as a jobs guarantee, healthcare for all and help for farmers to sell their produce at a decent price. People who disagree on politics can agree that no child in India should go to bed hungry, no home should lack access to a working sewer system, no illness should drive a family to bankruptcy.

As one of the world’s largest democratic society, India is a “land of stark contrasts”. It is home to one in forty of the world’s 2,208 billionaires.

At the other end of the spectrum, millions of Indians live in poverty. More than half eke out an existence amid the kind of absolute deprivation normally associated with the under developed world.

The symptoms of such glaring inequality include:

- Indians now live shorter and sicker lives than citizens of other democracies;
- Tropical diseases that flourish in conditions of poverty are on the rise;
- India’s incarceration rate remains the highest in the world;
- Voter registration levels are among the lowest – 40% of the voting-age population, compared with other democracies of 91% in Canada and Germany and 99% in Japan.

● Many middle class, especially high caste Hindus are trapped in RSS’s ‘social work’ façade. All over the world radical organizations use this trick.

Against that backdrop, one identifies a slew of “aggressively regressive” policies coming out of the Modi administration that are sending the country “full steam ahead” towards greater inequality. This is an across the board attack on those who are living on

the poverty line or below it.

It is contended that what amounts to Modi’s punishment of low-income Indians is based on an unfounded assumption that such people are lazy, work-shy and dedicated to be content with their way of living.

The scrutiny now falling on Modi is significant in that India stands increasingly as an outlier in the world community. There is also a mounting body of criticism emanating from global organizations warning India that unless it pulls back from its current course it will end up isolated from all other industrialized, developed and developing countries.

The statistics speak for themselves. In 1980, in terms of inequality, the richest one percent earned about 10% of national income. Fast forward to 2017 and the same elite now gobbles up 40%.

Last year the IMF, a world body not renowned for being hyper-critical of countries that fail the poor, said: “The Indian economy is delivering better living standards for only the few. Household incomes are stagnating, job opportunities are deteriorating, prospects for upward mobility are waning and economic gains are increasingly accruing to those that are already wealthy.”

It’s clear that this administration is totally out of step with the rest of the world that is looking at India more askance on so many levels. For Indians who are fighting against this abnormality the government is using instruments of law as tools of intimidation. All this while one though Indian Democracy would keep them safe & keep their rights as a private citizen intact. Today the private citizens are aware that sections of the Establishment have decided to use any tool available to attain their goal. But it is heartening and reinforcing to know that the rest of the world is becoming more resolved in how it deals with the post-Modi India.



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Goa Tourism, Getting A Bad Name

Shocking cases of rapes in the last few weeks are giving Goa tourism a bad name. Already hit by a ban on mining, Goa cannot afford a setback to tourism, which is now the biggest source of revenue for the state and livelihood of its people.

We have to admit that at the root of this sorry state of affairs is the availability of cheap alcohol, which attracts tourists in droves from all corners of the country. If Goa is to be saved the govt must increase the cost of alcohol substantially. For the needs of local Goans, the price of Feni, (which has few takers among foreign or domestic tourists), may remain untouched or even lessened.

Realisation has set in, that Goa needs 'quality Indian tourists'. One minister stirred a hornet's nest by calling unwanted boisterous domestic tourists 'scum of the earth'. Among the quality tourists GOA wants are Indian families, couples, conference groups etc. These tourists come for relaxation, sight seeing and entertainment and not to get drunk. These tourist visit Goa for an average of 3-4 days. They won't mind paying more for their drinks which they usually buy and consume in their hotels or in the many eateries in Goa dotting the coastal tourist hubs. They also spend large amounts on their food.

Goa doesn't need the hordes of fly-by-night tourists who come in SUVs from neighbouring states or 'unruly male only' groups from all corners of the country whose only intention is to consume as much alcohol as possible in the least possible time. They do not consume liquor in hotels and eateries, which are largely empty. Hence they do not contribute to the economy of Goa. Instead,

they purchase liquor from shops and consume the same on beaches and even on the roads. They throw empty liquor bottles on the beach which make it dangerous to walk on. In an inebriated state they are a nuisance to other tourists. These tourists come in their own vehicles with stoves and cook their meals on the wayside. Hiking the price of alcohol and banning consumption of alcohol and cooking in public places will compel tourists to consume alcohol in hotels and eateries and gradually discourage them from entering Goa. The state must recruit more police to enforce the ban on public drinking. Rapes, prostitution, consumption of drugs will all decrease once unwanted tourists stop coming to Goa.

—Prof Robert Castellino
Orlem.

Save the environment; Stop cutting trees

Trees are as much important to our life as food and water. Life becomes very difficult without trees or we can say that life would be finished because trees are the most important aspect of giving us healthy and wealthy life. Saving trees from being cut down is the important social awareness now-a-days and have been included in the student's life through studies. Students are generally assigned this topic to discuss or write essays in their exams or any quiz competition in their schools. We all are aware that trees have been cut down in the major cities of the country and even though a lot of trees that are marked by the government are cut down illegally to sell the wood that are acquired from trees. This has affected both the geo-

graphical and atmospheric conditions of the country. Due to the absence of trees in many localities, the atmosphere contains dust particles, which cause breathing problems, lung diseases and allergies such as bronchitis, etc. The solution to this problem is to plant more trees and make the city's atmosphere clean and healthy instead of cutting them. I request the authorities to take actions against the culprits behind this crime for the safety of humans.

— Jubel D'Cruz, Mumbai

Thanksgiving



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

—J. Thomas,
Bangalore

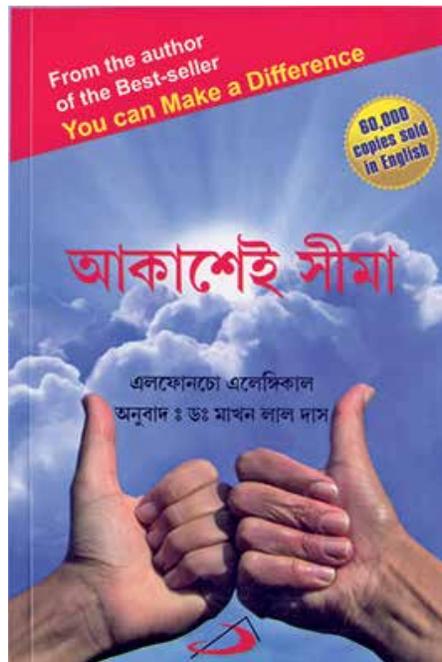
“You Are Destined For The Skies” In Assamese!

AKASEI SEEMA, Assamese translation of the English Best Seller YOU ARE DESTINED FOR THE SKIES by the popular motivational author Fr Alfonso Elengikal, was released in Guwahati by Most Rev. John Moolachira, Archbishop of Guwahati, at a special function, on Saturday, June 9, 2018.

Padmasree Dr Laksmi Nandan Bora, renowned Assamese author and editor of GARIOSHI, Assam Tribune Group of publications, received the first copy of the book from the Archbishop. Rev. Fr. Januarius S. Sangma, sdb, Salesian Provincial, Guwahati Province, was the Guest of Honour.

The original English edition was translated into Assamese by Prof. (Dr) Makhan Lal Das, formerly Professor of Assam Engineering College, Guwahati, known for his erudition and proficiency in Assamese, and who has to his credit a number of books in Assamese.

First published in English in 2014, YOU ARE DESTINED FOR THE SKIES, in addition to the present Assamese edition, is available also in Telugu (2015), Hindi (2015) Malayalam (2015), Gujarati (2016) and Kha-



si (2017). In addition to the above title, Fr Elengikal has to his credit, two other best sellers: You Can Make A Difference! and Let the Real You Stand Up. Together these books have sold over 1,80,000 copies in English alone. His fourth book Discover the Hero Within You is scheduled to be released in August, this year.

— Sr Teresa Joseph, FMA

Pope Francis on Journalism and Social Media!

Ahead of the presentation of the Bagio Agnes International Journalism Award, Pope Francis on 04 June 2018, advised journalists - (some highlights):

“In your work consider all walks of life; pursue truth and always introduce hope. Often the nerve centers of news productions are found in large cities; but stories worth reporting exist beyond these hubs of human activity. Many of these quite existences are part of great suffering and degradation; yet they are sagas of great solidarity, helping to look at reality in a renewed way.”

“Practicing self-discipline is also the key; so as not to fall into the trap of opposing interests or ideologies. Thus, journalists should not be afraid to reveal even the most difficult of truths... But also of remaining silent, rather than harming a person or a group of people, or delegitimizing an event.”

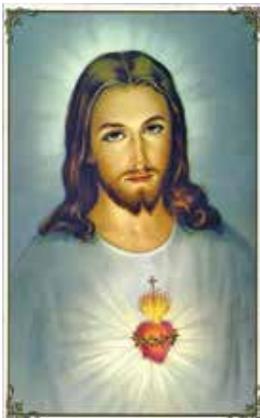
“Journalists should also be courageous and prophetic. They should adopt evolving technologies, so as to be educators of the new generations ...”

Pope Francis in his 05 June 2018 ‘Prayer Video’ exhorted: “Digital Communication and Social Media Platforms, should be places of inclusion and encounter, rather than isolation and alienation. May they be places rich in solidarity!”

“Internet is a great gift from God, but also a great responsibility! Information Technology has brought with it a lengthening of horizons, and a widening and an embracing of so many peoples and cultures, through the ‘peace’ of Christ” (cf. Ephesians 2:14ff).

—Dr. Trevor Colaso,
Memphis, TN. USA.

Prayer & Thanksgiving Prayer to the Sacred Heart



Oh Lord Jesus Christ, to Your most Sacred Heart I confide this intention (your request). Only look upon me, then do what your love inspires. Let your Sacred Heart decide ... I count on You ... I trust in You ... I throw myself on your mercy. Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in you.

Sacred Heart of Jesus, I believe in your love for me.

Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

—R. D. Fernandes

Fleeing To 'Nowhereland'

In the early hours of Sunday 17 June, six hundred and thirty refugees finally disembarked in the port of Valencia Spain after an ordeal in the high seas, which lasted for more than a week. They arrived in three different ships but the ship that has been the focus of world attention is MV Aquarius. The 'Aquarius' is a refugee rescue ship jointly operated by 'Doctors beyond Borders' (known by the French acronym MSF) and 'SOS Mediterranean'. Their teams have constantly been picking up people from the high seas making the perilous journey towards the European coast from sub-Saharan Africa and the Middle East. A few days ago the 'Aquarius' had rescued 630 refugees (including 123 unaccompanied minors, 11 children and seven pregnant women). They come from 26 countries; the largest groups (about 150 each) are apparently from Sudan and Nigeria, with dozens more from Eritrea, South Sudan and Algeria; majority of the rest are from other African countries; but a handful are from Afghanistan, Pakistan and Bangladesh.

Early last week, the ship was denied the right to dock in the two closest countries, Italy and Malta. There was a natural outrage on this inhuman stance by several other EU countries and from the global community. Fortunately, the newly elected Prime Minister of Spain volunteered to accept them, ordering authorities to allow the rescue ship carrying the refugees to dock in the eastern port of Valencia "It is our obligation to help to avoid a humanitarian catastrophe and to offer a safe port to these people," the Prime Minister's office said in a statement.

It meant several extra days at sea for the refugees. Medical workers aboard the Aquarius said the food and water supply on the boat would not last the journey; that some of the passengers had water in their lungs after falling

into the Mediterranean from smugglers' boats; and there were still others suffering burns caused by boat fuel mixed with seawater or from hypothermia.

"People are in distress, are running out of provisions and need help quickly," the UN refugee agency UNHCR said, urging governments to set aside political considerations; adding that, "broader issues such as who has responsibility and how these responsibilities can best be shared between states should be looked at later." The Catholic Church in Italy was also very critical of the rather new right-wing populist, anti-migrant Government; Cardinal Francesco Montenegro, president of Italian Caritas and head of the Italian Bishops' Conference's immigration committee bluntly stated, "beating your fists on the table is absurd before endangered lives and the international law that imposes the rescue of people at sea. Politics must be the ability to dialogue and search for the common good, safeguarding human rights above all else."

The group finally made it to Valencia on Sunday morning. A huge banner "WELCOME HOME" (in English, Spanish, French and Arabic) was prominently displayed in the port. The Archdiocese of Valencia, several International Agencies and NGO's are currently doing all they can to ensure that these hapless victims are provided the necessary medicare, food shelter and other humanitarian necessities. In a message sent to the entire archdiocese of Valencia, Pope Francis said, "You have moved me, your behavior [has moved me]. I congratulate you and thank the diocese of Valencia for the speediness and generosity with which you've reacted, [for] the example you're giving of charity with these poor people." This is the path, do not ever abandon it: that of charity; remain

steady in charity, in the good example, in the light and the good taste of charity and works of charity. The pope is with you, with the diocese of Valencia"

The terrible plight of these refugees who have just landed in Valencia is just an example of what those fleeing war and persecution have to be going through. Theirs is an escape to 'nowhereland!' Thousands of refugees meet with horrendous deaths as they journey by sea or land for a safer and more secure country. In January, more than a dozen Syrian refugees were found frozen to death in the mountains of Lebanon in an attempt to cross illegally into the country. On 3 June, more than 50 migrants drowned in the Mediterranean on Sunday, the majority off the coasts of Tunisia and Turkey. According to rough estimates, more than seven hundred refugees have already lost their lives just in the first five months of the year trying to cross the Mediterranean Sea. Human smugglers and traffickers continue to have a field day profiteering from the plight of the helpless refugees.

In 2016, just before the United Nations General Assembly (UNGA) in New York, the UNHCR launched a massive global campaign and petition #WithRefugees. The primary aim of this initiative was to show world leaders that the global public stands #WithRefugees and that concrete solutions need to be found to address the global refugee crisis. At the heart of this campaign is a commitment to ensure that every refugee child gets an education; that every refugee family has somewhere safe to live; that every refugee can work or learn new skills to support their families.

This campaign continues until a global compact for refugees is adopted at the next UNGA in September 2018. On 19 September 2016, at the conclusion of a 'United Nations Summit on Refugees and Migrants', in New York, world leaders finally produced

(Contd.. on p. 10)



BY FR. CEDRIC PRAKASH SJ

WHETHER WE THE PEOPLE OF INDIA, NEED TO MAKE THE REQUIRED CHANGES IN THE WAY THE NATION SELECTS OUR PRESIDENT, VICE PRESIDENT, GOVERNORS ETC ?

by Eric D'Sa

Our Constitution opted to have the Parliamentary form of government, very similar to the one that has functioned successfully for centuries in the United Kingdom. The Britishers are mostly proud of a sovereign head who is above politics and would after an election invite the head of the successful political party or the leader of a stable coalition of political party's, as per conventional wisdom and common law practices, to form his or her majesty's government. Our founding fathers decided to duplicate this scenario by having an elected President who would for all practical purposes duplicate the role of the British sovereign head. However, he would not be designated a King or Queen (thank God for that considering the type of Rajas and Rani's we had in the past) or would be elected directly by the public. He or she would be elected by all the elected MPs, MLAs and members of the upper houses and have limited tenure of 5 years and like the sovereign head in UK have limited executive power.

Being a large nation it was decided that the President would be assisted by a Vice President elected only by the MPs. Besides as the nation would

be divided into a large number of different federal states, the President would be represented in each state by a Governor. These persons would be recommended to the President by the council of ministers, central government. The President would then appoint the person as the Governor of the state. The President would head the executive branch of GOI and the Governors the executive branches of each state. The only constitutional stipulation was that these posts should not be filled by elected MPs or MLAs.

YOU THE CITIZENS DECIDE:

At the same time the Constitution of the country required that the three wings of the government, - the Legislative, Executive and Judiciary to be separate and independent of each other. However in the Parliamentary form of government adopted, the government formed would consist mainly an elected MP, the leader of the majority party acting as the Prime Minister, assisted by a number of ministers mostly chosen from the MPs from the ruling party. As the ministers head each of the different ministries of the government, it causes the first anomaly of governance, as the legislative wing could slowly take over the functions of the executive. Unfortunately over the years this is what has happened. The Legislative wing has gradually encroached on the powers of executive wing and distorted the smooth functioning of the governments both at the centre and the states.

Even the limited powers that the President, Vice President as executive heads have been provided by the constitution, have been over the

years undermined and curtailed by the legislative wing at the centre, by only nominating one of their own senior MPs and MLAs to become President, Vice President and also ensuring mainly the the ageing party MPs and MLAs being appointed as Governors and Lt. Governors of states. This has ensured that these heads of executive branches at the centre and the states have slowly become only stooges of the legislative wings. They have started acting just like puppets of the ruling party. The people have witnessed what happened in the past at the centre and is happening now, where a weak President is signing even laws brought in as ordinances, promptly without questioning. In case of Governors we have seen what has happened in Tamil Nadu a few months ago and again a few weeks ago in Karnataka and now in Delhi. The less said about the impartiality of the Governors concerned, the better.

So how can this situation rectified? As a first step to rescue the Executive branch from the clutches of the Legislative branch, starting with the positions of the President, Vice President and the Governors, we need an amendment to the Constitution of India, which will prohibit any persons to be named for these executive positions, who in their life have been part of the Legislative branch or the Judicial branch. There are enough prominent personalities who have for years put in exemplary service in the executive branch of the government itself, as bureaucrats such as senior secretaries, police officers, armed force officers etc. There are also intelligent academicians from universities, top class scientists and technologists, and very successful businessmen, who will be willing to serve the nation in an executive role. They are

(Contd.. on p. 9)



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(Contd.. from p. 8)

sufficiently educated to be capable of reading the constitution and carrying out their executive duties without being politically partial. Though they could be leaning towards a political philosophy, they will be less inclined not to full fill their constitutional obligations, to be neutral once elected to the high executive positions.

The selection of the Governors also requires a change. While the person could be nominated by the Central Government, a panel consisting of the President, Vice President, the concerned Chief Minister of state and the leader of the opposition in the state, will have to approve the name. Again once the Governor is nominated by the President his tenure should be a full 5 year term in the state itself, whether the Central Government or the concerned State Government changes. The Governor could be dismissed by the President only if impeached by a joint session of Parliament for the dereliction of his duties as a Governor. The Presidents, Vice President and Governors will have to give an official undertaking, that they after retiring from the office would not to enter politics.

The above is the first step that is required to distance the Executive branch from that of the Legislative branch. All politicians will be most reluctant to loose the grip they have on the Executive branch and as such you the citizens will have decide, whether we the people can demand and bring about the above essential constitutional change?

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Goa Tourism, Getting A Bad Name

Shocking cases of rapes in the last few weeks are giving Goa tourism a bad name. Already hit by a ban on mining, Goa cannot afford a setback to tourism, which is now the biggest source of revenue for the state and livelihood of its people.



We have to admit that at the root of this sorry state of affairs is the availability of cheap alcohol, which attracts tourists in droves from all corners of the country. If Goa is to be saved the govt must increase the cost of alcohol substantially. For the needs of local Goans, the price of Feni, (which has few takers among foreign or domestic tourists) , may remain untouched or even lessened .

Realisation has set in, that Goa needs 'quality Indian tourists'. One minister stirred a hornet's nest by calling unwanted boisterous domestic tourists 'scum of the earth'. Among the quality tourists GOA wants are Indian families, couples, conference groups etc. These tourists come for relaxation, sight seeing and entertainment and not to get drunk. These tourist visit Goa for an average of 3-4 days. They won't mind paying more for their drinks which they usually buy and consume in their hotels or in the many eateries in Goa dotting the coastal tourist hubs. They also spend large amounts on their food.

Goa doesn't need the hordes of fly-by-night tourists who come in SUVs from neighbouring states or 'unruly male only' groups from all corners of the country whose only intention is to consume as much alcohol as possible in the least possible time. They do not consume liquor in hotels and eateries, which are largely empty. Hence they do not contribute to the economy of Goa. Instead, they purchase liquor from shops and consume the same on beaches and even on the roads. They throw empty liquor bottles on the beach which make it dangerous to walk on. In an

inebriated state they are a nuisance to other tourists. These tourists come in their own vehicles with stoves and cook their meals on the wayside. Hiking the price of alcohol and banning consumption of alcohol and cooking in public places will compel tourists to consume alcohol in hotels and eateries and gradually discourage them from entering Goa. The state must re-



cruit more police to enforce the ban on public drinking. Rapes, prostitution, consumption of drugs will all decrease once unwanted tourists stop coming to Goa.

—Prof Robert Castellino
Mumbai

(Contd.. from p. 7)

a significant declaration to deal with the refugee crisis. To implement the lofty ideals encompassed in the Declaration, they committed themselves to drafting and approving, by the end of 2018, two Global Compacts: one regarding refugees and the second, for safe, orderly, regular and responsible migration. Both these compacts are meant to comprehensively protect, promote the rights and integrate migrants and refugees into the mainstream.

With less than six months to go, some work has been put in, with 'zero' draft documents on both the compacts already in place. However, the recent past has not been easy for refugees and other displaced all over the world. Last December, the United States announced that it was withdrawing from the two Global Compacts. There is an 'official' atmosphere of hostility towards refugees and other migrants in the US today, despite visible and vocal protests from the Church and civil society there.

India on the other hand has literally shut its doors on the Rohingya refugees fleeing persecution in Myanmar. On 11 September 2017 in his opening statement to the 36th Session of the Human Rights Council Zeid Ra'ad Al Hussein, United Nations High Commissioner for Human Rights said, *"I deplore current measures in India to deport Rohingyas at a time of such violence against them in their country. Some 40,000 Rohingyas have settled in India, and 16,000 of them have received refugee documentation. The Minister of State for Home Affairs has reportedly said that because India is not a signatory to the Refugee Convention the country can dispense with international law on the matter, together with basic human compassion. However, by virtue of customary law, its ratification of the International Covenant on Civil and Political Rights, the obligations of due process and the universal principle of non-refoulement, India cannot carry out collective expulsions, or return people to a place where they risk torture or other*

serious violations". Strong words indeed but the plain truth. Several other prominent human rights organizations have also criticized India's stand. On 5 June, a Memorandum of Understanding was signed by the Myanmar Government, the UNHCR and the UNDP to ensure the voluntary, safe, dignified and sustainable return of the Rohingya refugees from Bangladesh and for reintegration in the country. One needs to wait and see what happens on this front.

In several countries today, xenophobia, racism, discrimination and exclusiveness is on the rise as never before. Right-wing, anti-immigrant 'populist' leaders are winning elections in some key western countries. New and tougher anti-immigration policies; the shrill voices for refugees to return home does not help in easing the crisis. The military-industrial complex is definitely not keen that the wars end; they rake in huge profits from the sale of arms and ammunition to all the warring factions. Key members of the UN Security council thrive on the production and sale of deadly weapons. Multi-nationals and other big business houses and even Governments with lop-sided anti-people projects, do not bat an eye-lid in displacing the poor and the marginalised.

The way migrants and refugees are today treated by the US Government today is also a major global concern. The celebrated American Jesuit Fr James Martin, in a response to the policies and utterances of the US administration on 14 June tweeted, *"It is not biblical to treat migrants and refugees like animals. It is not biblical to take children away from their parents. It is not biblical to ignore the needs of the stranger. It is not biblical to enforce unjust laws. Do not use the Bible to justify sin"*.

UNHCR states, *"We are now witnessing the highest levels of displacement on record. An unprecedented 65.6 million people around the world have been forced from home. Among them are nearly 22.5 million refugees, over half of whom are under the age of*

18. There are also 10 million stateless people who have been denied a nationality and access to basic rights such as education, healthcare, employment and freedom of movement; nearly 20 people are forcibly displaced every minute as a result of conflict or persecution"

Pope Francis has been consistent in his stand for the refugees, migrants and other forcibly displaced. He has championed their cause and shown through substantial acts how one needs to respond to the cries of the refugees. He has been emphasising that we all must do our part to welcome, protect, promote and integrate them. On 14 June in a message to the 2nd Conference on International Migration hosted by the Holy See and Mexico, he said, *"we must move from considering others as threats to our comfort to valuing them as persons whose life experience and values can contribute greatly to the enrichment of our society"*. The Holy Father further added *there is need to ground responsibility for the shared global management of international migration in the values of justice, solidarity, and compassion; we are called to encounter the other, to welcome, to know, and to acknowledge him or her. These persons, our brothers and sisters, who need ongoing protection independently of whatever migrant status they may have"*. He said their fundamental rights and dignity must be protected, especially those of migrant children. *"All of them hope that we will have the courage to tear down the wall of 'comfortable and silent complicity' that worsens their helplessness; they are waiting for us to show them concern, compassion, and devotion."*

Pope Francis has also reminded world leaders as they prepare for the September UNGA, *"Dear brothers and sisters, in light of these processes currently underway, the coming months offer a unique opportunity to advocate and support the concrete actions, which I have described with four verbs. I invite you, therefore, to use every occasion to share this mes-*

(Contd.. on p. 15)

UP takes BJP DOWN

The keenly awaited results of the by polls in the country showed the BJP in such a poor light that the top leaders forgot to react. With every small victory, the PM used to tweet and thank the people for their support. With two [or 1] out of four Parliamentary seats and one out of ten assembly seats, the results were worst that the party ever saw since 2014. The final nail in the coffin, if one likes to put it that way, came in UP with the loss of Kairana – third in quick succession. For the God-man CM Yogiji, this loss is a message that he is a wrong man in the right place. 2017 victory was an anti-incumbency factor coupled with the brand image of the Prime Minister - now depreciating. Pushing Yogiji down the throat of the elected BJP MLAs was a disaster and his clear intentions of going after everything that was close to the Muslim community was too obvious. You can do things subtly but to do it crudely, is a sign of fascism.

As somebody rightly said, Yogiji mistook assembly election success as a vote for temple politics as well as anti-minoritism. The worst part of it is that he continues to think that way with undue stress on saffronization of everything. This disgusting politics, at the cost of development, angered the people to such an extent that if the BJP does not take corrective steps, bigger electoral disaster awaits them. The party is in a dilemma – if they remove him the opposition will pounce on the party and dub it as an admission of failure. Also the fringe elements and possibly the RSS will be most upset as it will signal BJP distancing itself from the temple issue.

The invincibility of the Prime Minister and his Man Friday – Amit Shah has come to question. Most of the successes, beginning from the 2014 elections, can be attributed to anti incumbency throwing out non BJP governments at the centre and states. Now that the BJP is ruling in almost all the states [either singly or jointly] it will face a massive anti incumbency syndrome. In fact the pro-

VIEWS on NEWS

cess started with Gorakpur [Yogiji's constituency] and Phulpur [Dy CM's stronghold] going decisively against the ruling BJP. Yogiji's arrogance and neglect of dying children without oxygen and medication [with health centres not functioning] coupled with the fringe elements creating havoc and interfering in the day to day lives of the people especially the minorities, is creating havoc. If reports are to be believed, there is no love lost between the CM and his MLAs. He is more concerned with pleasing his bosses. Other results which merit mention is that of Bihar where BJP' ally JD[U] loss to RJD whose supremo is cooling his heels in a jail. Nitish Kumar has betrayed his people after distancing himself from the BJP in the past. It was seen as a selfish move to remain in power. He may have second thoughts in 2019, if he smells danger.

The BJP is more concerned with Rahul Gandhi. They know for sure only he can stand up to Modi. It does not have any other issue to show or talk about. Its aim is to see a Congress-Mukt Bharat. Their association with the JD[S] in Karnataka was dubbed as anti-people who had voted for BJP. I would consider the R.R. Nagar by poll as a referendum on the stand taken by the BJP. Congress won hands down and proved that their decision to join hands with the JD[S] was right. Jayanagar poll simply sealed it. If the BJP does not put its act together, it may be an interesting battle in 2019. It won't be Congress-mukt Bharat for sure. The NDA of 2019, if they win, could be a weak combination and Modi is no Atalji. That's a big difference.

RSS and the ex-President.

Pranab Mukerjee, the ex-president of India, by accepting the request of the RSS to be the Chief Guest at its function, put the entire political system in turmoil. The precise reason why he agreed to grace the occasion of an organization of which he has



by Marshall Sequeira

spoken in inimical terms many times, is rather perplexing not only for the general public but also the pundits. Each one has put forth his or her view point which is diametrically opposite of what the other is propounding. Only the man at the centre of this huge controversy knows the truth and he has chosen to keep it close to his chest. He kept his silence till the last and delivered a speech which both sides seem to say it favours them. That is Pranab Da for you – a man of courage.

The Congress was furious but tried to taper down and even put his daughter in front to plead with her father to have second thoughts but he did not budge. Rahul Gandhi was upset no end. Shiv Sena theory that RSS has a plan B ready in case BJP does not do well and the allies refuse to accept Modi as PM. Pranab Da was supposed to be a standby for the post of PM [something that was denied to him by the Congress and preferred Manmohanji]. This jolted Rahul.

Actually Pranab Da is a man of huge resources. He could have played a decisive role in this murky situation the country is facing today. He could still be a rallying force in 2019 and Rahul Gandhi has reluctantly accepted this fact. Rahul's sudden love for the elder Statesman at the Iftaar party, giving him a place of pride, shows how important it is for the Congressmen to keep the grand old man on their side. Being highly respected by all sections of the political spectrum, he could use his good offices to bring the opposition parties together and also help in choosing the right man to lead the nation, should such an opportunity arise, if at all.

Media Emperor of Kanara - Walter Nandalike

by Ivan Saldanha-Shet. M'lore.

For a wide cross section of people with roots in Kanara, be they speakers of Konkani, Tulu, Kannada, Beary, English.....the zenith of entertainment is the house hold name "Daijiworld". Whether, Cell, Print, Web, TV or more, 24X7, all swear by 'Daiji' - it's master mind is Walter Nandalike. As the sun rises in different time zones of the globe.....at any given minute, many a news and information buff, connected even remotely to Mangalore and/or Mumbai, is logged on to Daijiworld, in one spot or another of the wide wide world. For them 'Daiji' is the 'World'. Their lives would never be the same without 'Daijiworld'. Reflecting, it dawned on me that the Konkani (others too) word 'Daiji' is it self pointing to net working of treasures of generations past, the roots of nostalgia, culture and much more. Then, what is it all about? who where when whylets take a brief look.

Self motivated Emperor :

For Walter D'Souza a young man, hailing from a small town -Nandalike, journalism became a dream, writing stories and analytical articles for Konkani and Kannada periodicals here. After earning a degree in commerce from St Mary's College, Shirva, he left for Dubai in search of his dreams. But, first of all his childhood desire was to be a star in the management of media and create a media in a range of forms. Computers was only a word



Walter Nandalike

for him as for many others at that point in time, though it was fast gaining ground to bring a revolution in media.

April fools often are no fools, April 1, Y2K, expecting the world to end soon, he sent a message to his friends saying that he had started a website 'dai-



jidubai.com'. It was meant to be an April Fool prank, but his friends took him seriously and responded that they could not open the website. Amazed by the response, Walter decided to actually start a website. Initiative was forced on Walter, he began to learn

computers on his own, and spent months mastering skill that was to shortly herald a revolution in the field of journalism in Kanara. On January 14, 2001 his hard work paid off, when daijiworld.com (then daijidubai.com) was officially launched. It was initially meant to cater to the Konkani speaking community, but over the years, the website has connected the entire Mangalorean diaspora spread across the world, irrespective of language, caste and gender.

The website reaches nearly 5,00,000 readers in over 140 countries, bringing the latest happenings from the coastal cities and towns of Karnataka as well as Mumbai, Goa, Bangalore and also national and international hot breaking news day in and day out. Walter D'Souza Nandalike (born January, 1973) is today the Founder and Managing Director of Daijiworld Media Pvt Ltd, a media company based in Mangalore, Karnataka, India. He is now works out of mainly Dubai UAE, but often in Mangalore and Mumbai. His wife is Wilma, and Children are Cema and Samantha.

Daijiworld Media Conglomerate :

After the success of Daijiworld.com, Walter mustered forward looking like minded friends launched a new company. He never looked back after that :

* In the year 2007 Walter Nandalike was the first person to introduce the concept of internet TV in Mangalore. He launched Mangalore's first-ever internet television 'Tv Daijiworld' which is a huge success with wide viewership world over. Several major community and social events have been webcast

live from Mangalore, Dubai, Doha, Mumbai, Bangalore and other parts of the world.

* Daijiworld Weekly, a print magazine is another milestone in Walter's career, which was started under Daijiworld Publications Pvt Ltd in Feb 2009. The weekly magazine, with Hemacharya (Stephen Mascarenhas) as its editor has created it's own identity in print journalism. The weekly is the only English language weekly published from Karnataka State.

* Daijiworld 24X7 tv channel launched in May 2014, the TV channel considered as one of the leading local channels in Coastal Karnataka. This is considered as first multilingual channel of Karnataka serving Kannada, Tulu, Beary and Konkani languages.

* Daijiworld Audio Visual Pvt Lt, first state of art audio recording studio in the region with advanced recording facilities for music and movie dubbings.

* Now, Daijiworld Technologies Pvt Ltd, a IT solution company has started up in Chennai

* Radio Daijiworld, app based Konkani - Tulu music radio station opened in May 2017.

Currently Daijiworld has its own offices or franchisee office in Manga-



lore, Udupi, Mumbai, Bangalore and Dubai.

Social Contributions :

Daijiworld.com has also created a bridge between people spread across different parts of the world. Hundreds of people who had lost links with their roots were reunited and reconnected through daijiworld. More than 750 families have received financial assistance for their medical, education or other needs, through frequent appeals to readers who have been more than generous in lending a helping hand to make lives better. The cumulative financial assistance generated through daijiworld today stands at near an estimated Rs 17 crore.

Awards & Recognition :

By innovation in Mangalore's e-media,

Walter has been featured in several dailies as well periodicals, TV channels, and radio channels in India as well as abroad.

Walter Nandalike has received over 85 national, international and regional awards for his achievements. Some of the more prominent awards are Pingara Rajyotsava Award-2007, IPP Star of Year - 2009 from Toastmasters Club, Houston, USA, Rachana Entrepreneur of the Year-2010, Sandesha Media Education Award-2010, Editors' Award 2011, Young Entrepreneur award from CCC Mumbai, Entrepreneur of the year award from FKCA Bengaluru, Mayura Award 2012 and many more.

He has written about 100 short stories, several articles on current affairs and two novelites "Saithanachya Savlenth" and "Devcharachi Deswat". His stories have been broadcast on All India Radio. He is an actor as well as compere, having hosted more than 100 major cultural events in India as well as in Gulf countries. Without doubt, Walter D'Souza Nandalike, has brought a well oriented wide angle honour world wide to Kanara/Mangalore and people connected with it as of now. Yet, it is a fact that it is hard to come by such a down to earth matter-of-fact personality, among a culture that is intrinsically prone to glitter; And Walter is one personality that you should know and watch for the future.

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Purposeful Living



Life does not come with ready-made meaning. Living purposefully is one of the most effortless but enjoyable experiences which you can cherish in life. When you live purposefully life just flows. There are times when things become turbulent and you can fall off purpose, but with small amounts of conscious efforts you can usually guide yourself back until you are living purposefully once again. When you chose to live your life purposefully, the benefits are beyond measure. The meaning of our lives is the function of the goals we chose to pursue.

People with higher purpose are more proactive in taking care of their health, have better impulse control, and engage in healthier activities.

People can increase their purpose in life by cultivating hobbies and relationships, helping others and practicing mindfulness.

Studies have revealed that people age better if they have a purpose in life. Do older people feel happier as they enter the golden years too? As people age and time horizons grow short, people start investing in meaningful relationships. Sending cards, emails, arranging get-togethers or even joining a social

media site can bring happiness from inside and savor each moment. Volunteering can bring a host of happiness and health benefits. In fact, setting and reaching achievable and worthwhile goals leads to happiness whatever your age is.

Experience brings improvement. Hence a person should be open to experiences during his early years to grow in wisdom.

More or less all our cognitive abilities decline throughout the life span. A large variety of skills including memory, analytical reasoning and processing speed decrease as we age. The one thing that stays constant or even increases is our crystallized intelligence, that is a person's accrued knowledge about the world, in other words "experience".

Ageing is inevitable, but to grow gracefully is a choice. One who has purposefully lived life will feel like surrendering positively to the twilight of his or her life by reflecting on the years gone, living fully and mindfully in the present and looking forward to the future however short it might be.

Living purposefully is different from living only with a purpose. Because the latter seeks ruthless ego satisfaction at the expense of others or self indulgence at the expense of one's own integrity which is only leading towards greed.

Purposeful living paves the way to serving people in the best way possible. Exuberate by contributing your unique passions, gifts, joys and talents to the world. When you delight the world with your presence, you automatically and effortlessly delight in your own life too!

by Ms Deepika Lobo

Psychologist and Counselor
email: deepikaslobo@gmail.com

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(Contd.. from p. 10)

sage with all political and social actors involved (or who seek to be involved) in the process which will lead to the approval of the two Global Compacts”.

World Refugee Day (20 June) is a reminder to the global family, that refugee; the displaced, have no choice of their own. It is important to commemorate the strength, courage, and perseverance of millions of families forced to flee their homes. Nevertheless, we also need to challenge unjust systems and political leaders, the rich and the powerful who are responsible for displacing people, for the refugees and the migrants of this world. World leaders and every single citizen must demonstrate the political will, the courage and compassion to reach out to refugees, to listen to them and to address the endemic issues, which has resulted in the greatest humanitarian crisis after World War II. They are a nowhere people desperately fleeing violence and persecution to a nowhere land. We need to make room for these- our less fortunate sisters and brothers- in our hearts and lives. We must do all we can to welcome, protect, promote and integrate them! ‘Aquarius’ and ‘Valencia’ have become new symbols of hope in our world which is becoming more and more fragmented!

**(Fr. Cedric Prakash SJ, is based in Beirut, Lebanon with the Jesuit Refugee Service (MENA) as the Regional Advocacy and Communications Advisor. Contact: cedricprakash@gmail.com)*

Come out of your caves, Let us go out and evangelize

When asked in an interview some years back what specific mission he has for the laity, Pope Francis responded with a frequent appeal: to go outside of oneself and take risks in evangelizing, rather than staying stuffed up at home while the moths move in.

The interviewer had questioned the pope about a comment he had made to him on a previous occasion to “tell the laity to come out of the caves.”

When asked about the comment and what mission he would give to the laity with that image in mind, Pope Francis said that many times Christians “are locked up and they are going to get eaten by moths.”

“They have to go out, they have to go and bring the message of Jesus” to others, he said, explaining that the Good News is meant to be shared, not stored away. “The message of Jesus is to give it; so just as I receive it from him through a brother or sister, the grace comes to me and I give it,” he said, stressing that Christians shouldn’t “can” the message, trying to conserve it in a jar, because “it’s not to save, it’s to give.” By taking the Good News and then delivering it to others, “in this way I leave the cave,” he said, and stressed the importance of practicing the works of mercy, which are “the backbone of the Gospel” and what we will eventually be judged on.

The pope said there is a need for greater “courage, since we are comfortable and comfort betrays us.” Pointing to the “apostolic zeal” of St. Paul, the pope said he had the “courage to go out,” which is something Christians ought to grow in if they want “to bring what we have received” to others.

Apart from courage, the pope said that in his own personal view, something that is often missing is prayer: “prayer is lacking...because without prayer there is no courage, there is a lack of intercession.”

What is our participation in our parish where we belong? Do we have the courage to take up responsibility? Or are we just Sunday going catholic, or are we

too busy with our materialistic world, or do we say let someone else do it we have no time. We fail to understand that we are Christians today only because someone sacrificed their time to spread the message of the gospel to us.

We will always have people who will find fault, tittle-tattle, discourage and try to pull us down, some may even use us only when they need us. We should be persistent and never get discouraged with all of this as long as we are sincerely doing what is right. There are some whom you would see everywhere and are a part of multiple cells and associations, some like to be in the limelight every time, let them be, let’s us not judge them.

There will be some who would like to discern about your desire to serve let them take their time in discerning. There are some who speak about love and respect for one another in their preaching’s but their actions are contrary to what they say, let it be and as the word says “let us not resist the one who is evil” but rather overcome evil with good. There will be some who will always complain and do very little to bring about a change.

But there are some who will see the good in you, encourage and support you, be around these people, we should always try to see the best in one another, this is what true service is all about and this will only help us spread the good news of love through prayer. Let our actions speak for ourselves.

We the Laity are a very important part of the church, without us the church cannot exist, function or survive if the only workers are the clergy. Let us say yes to this calling and experience the joy of giving of our time, talents and resources in serving our church and others.

On this Laity Sunday let us come out of our caves and get associated with some cell or association in our parish and if not at least be part of our small Christian communities where we belong, thus help in contributing towards building, spreading and living our faith.

—**Marcelino D’souza, Dadar**

Dear Parents...

By Navniit Gandhi

Reviewed by
Ladislaus Louis D'Souza

"Our daughter secretly chats with a boy" - "My daughter wants to learn Bollywood style dancing. From the time I have said 'No', she has become haughty" - "We have but one son and he sits quietly in his room all the time, lonely, friendless" - Sounds familiar?

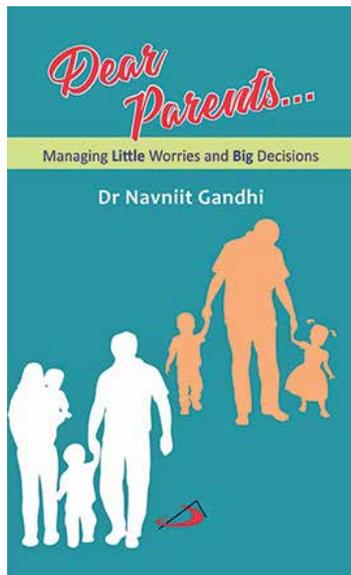
Well that's merely the tip of the iceberg parents commonly find the ship of their family up against! And yet, every child, every situation, every circumstance is so different that parenting per se is often seen as akin to a first-time roller-coaster ride experience. No one knows when the next nerve-

racking twist or turn could occur and where and how it will suddenly end and at what chilling speed! And, before we've regained our balance to gauge the impact so to say, the ride is over, the kids have grown, leaving you a bit confused and wondering as to the growing years that have apparently slipped by! That is the kind of experience **Dear Parents...** attempts to replace with a sense of satisfaction at the appropriate time.

This book is an apt guide to extracting maximum mileage out of every moment of parenting, making for an experience that alternates between excitement and dejection, happiness and desperation. And if you are a parent who though loving it all, also faces

vexing questions and yet is forever willing to listen and learn along the way, this book will help you relish every moment of the living-on-the-edge experience that parenting actually is!

One may hasten to point out that Navniit Gandhi makes no claim to having found a perfect formula for successful parenting by way of all-perfect solutions for issues that parents face or the all-correct answers to questions from children that overwhelm parents. Rather, her book offers a very balanced view that helps lighten the burden of parenting.



Building on the premise that parenting as a task involves learning as much as guiding and teaching, **Dear Parents...** ably drives home the point that a willingness to learn

from whom else but our children is definitely the need of the hour. Conscious that children are our most difficult teachers, leaving us as they do with little or no choice and insisting that we learn and grow along with them, the reader begins to see how, with them around, learning itself never ceases for a moment. Indeed! They will neither let us sleep idly nor wander carefree, daydreaming, while they are trying to teach us something!

There neither is nor can ever be any single individual who knows it all, nor is there even a course for parenting, no readymade solutions and no correct answers either. **Dear Parents....** [BETTER YOURSELF BOOKS - ISBN 978-81-7108-899-7 / pp 182 / Rs 200] is a dialogue that the author attempts with parents on the issue, using real life cases at the opening of each chapter, her comments and advice that follow, very wholesome and encouraging.

Catholic Schools are One Up!

A recent study by the Thomas Fordham Institute, reported on 10 June 2018 by EWTN-Eternal Word Television Network, examined two surveys on the 'behavior' of thousands of elementary school students. According to the 'teachers' who cooperated in this survey, there were seven pertinent observations regarding 'Catholic Elementary Schools Students' (CESS):

- 1.CESS regardless of race, sex or socio-economic status, exhibited more 'self-control and self-discipline' than their peers in either public schools or non-Catholic private schools.
- 2.These were attributed as 'examples' set by older students, as well as teachers; which had a trickle-down effect on other students.
- 3.CESS were engaged in fewer externalizing behaviors - They did not fight, get angry, act impulsively, or disturb ongoing activities. They respected others, accepted ideas, and better handled peer pressures.
- 4.CESS had a competitive advantage at shaping character skills; because they felt not just acceptable to their teachers, but also to God!
- 5.The organizers of CESS promote educational excellence for every child via quality research, analysis, and a close-knit surroundings.
- 6.CESS were more likely to feel engaged and interested through the basis of a 'strong school culture' - as in the Cristo-Ray Network; which exclusively cater to underprivileged students, the majority being non-white.
- 7.Their 'Corporate Work Study Programs' expose CESS towards an office environment, which also pays for their tuitions.

And if I may add a spice of the Good Word! "Train children in the proper ways of life; so that they remember it even in their old age" (Proverbs 22:6).

—Dr. Hazel Colaso,
Memphis, TN. USA.

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Inspiration!

Why hugging matters in relationship?

DO YOU KNOW what is the best thing which enhances every relationship? It is, 'Hugging'. A simple hug in a day from your partner can help your relationship in many ways. Take a look at some valid reasons how a hug helps in a relationship

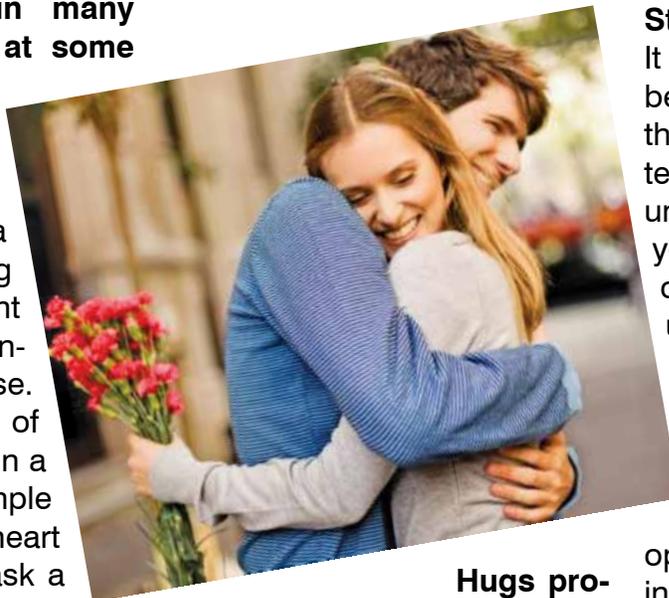
More than a kiss, a hug is important in a relationship than anything else. Not many are aware of the benefits of a hug in a relationship. This simple touch can bind the heart like no other. If you ask a couple who has been together for a long time, they will simply tell you how a hug helps them in a relationship.

If you are new to relationship and want to build a strong connection with your loved one, start with a hug. Have a look at the following and know the amazing reasons:

Provides strength:

There are many times you need your relationship to stay stronger and healthier. Hugging in such circumstance can make your relationship much more

better and stronger. As hugs have a psychological connection, it boosts your mental health which works wonders for your relationship.



Hugs promote caring:

When you love someone, you feel the urge to hug as a gesture of caring and love. This promotes more emotional attachment in your relationship and enhances the bond of care. You can let your partner realise that how much you care for them and you love having them around.

Makes bond stronger:

When you both hug each other every time, it makes you both feel more loved. It assures you that your love is always with

you no matter what. This amazing feeling makes your bond relationship last longer.

Increases empathy:

A passionate hug allows for the exchange of feelings across the bioenergetics field generated by the heart, causing us to empathise with the other person. This builds trust between people in a way that words simply cannot. Hug someone when you want to open your heart to them!

Stress buster:

It creates that positive energy between the couple. It allows the body to be freed from all tension and stress. If you are under a lot of stress, go hug your partner today. This form of affection helps in building up your relationship and your health too.

Draws in smiles:

See the beautiful smile on her or his face when you open your arms and allow them in. The reason why hugging is important in a relationship is because it allows the two of you to smile and be happy.

HUG YOUR SPOUSE EVERYDAY

Hugging is very beneficial to the health of a person and a couple. Hugs have been proven to release those warm and fuzzy feelings, meaning when you and your spouse share a hug, you are not only taking a moment in time to say that they are important to you, you are also helping them physically.

Holy Mass Celebrates The Eucharistic Adoration

“**E**ucharistic adoration is simply the natural consequence of the Eucharistic celebration, which is itself the church’s supreme act of adoration. Receiving the Eucharist means adoring him whom we receive.” Emeritus Pope Benedict XVI.

Holy Mother the Church has urged Catholics to rediscover the truth of the Presence of Christ in the Blessed Eucharist, to receive piety and courage in response to the challenges of these cruel times.

The Blessed Eucharist is the living proof that God is with us. And the celebration of Holy Mass restores our faith in the Eucharist.

Holy Mass reflects on the glory of Jesus, Messiah and Lord of the new covenant. The Eucharist is the central Christian sacrament. It is one of the Seven Sacraments instituted by Christ, and they reach out to man in his times of Christian life. The Sacraments touch our ‘natural life’ and the ‘spiritual life’.

I was taught from young to say a short prayer and if possible make the Sign of the Cross whenever we pass a church where the Blessed Sacrament is reserved.

At Holy Mass when preceded by the Lord’s Prayer offers the faithful “the bread of heaven” and “the cup of salvation”, the body and blood of Christ who offered himself “for the life of the world.” (CCC. 1355).

When the Mass celebrates the Blessed Eucharist it follows a ritual in thirteen constant divisions forming a pattern for pious ecstasy and moments of agony: 1. The Entrance Antiphon. 2. Penitential Rite. 3. Collect. 4. First Reading. 5. Psalm. 6. Second Reading. 7. Acclamation. 8. Gospel. 9. Prayer of the Faithful. 10. Prayer over the offerings. 11. Preface. 12. Communion Antiphon and 13. Prayer after Communion....

The Eucharistic Prayer at Mass is a prayer of thanksgiving. After the Gospel reading

the Mass reaches the center of the celebration and we give thanks to the Holy Trinity for the redemption, sanctification and creation. With the coming of the Holy Spirit, the presence of the third person, common bread and wine turns into the body and blood of Christ.

The memorial of Christ’s Passover is the Eucharist. The Eucharist, in brief is a thanksgiving and praise to God the Father. We consider it as the sacrificial memorial and by his spirit the presence of Jesus Christ.

The church does this to relive the historical moments of the Last Supper, and to follow the command of the Lord when Christ said, “Do this in remembrance of me”. (Lk.22:19). The ritual to preserve the Eucharist is also to honor saints who had devotion to the Blessed Eucharist, and to the Virgin Mary, often called Mother of the Holy Eucharist.



BY MELVYN BROWN

“You have shown yourself to me, Christ, face to face. I met you in the sacraments.” St. Ambrose.

“The Eucharist is not simply a most perfect way of coming face to face with Christ in the Church; it is the keystone of the temple of the Spirit which is being built in the world... and all that is in the Church is directed towards the Eucharist.” Fr. Coleman E. O’Neill. He is a Professor of Dogmatic Theology, Switzerland.

The awesome celebration of the Eucharistic Mass when almost done, the faithful follow the priest at the altar and together in prayer they remember the passion of Christ and his resurrection. Communion is fully prepared for the congregation to receive. “We call this food Eucharist, and no one may take part in it unless he believes

that what we teach is true, has received baptism for the forgiveness of sins and new birth, and lives in keeping with what Christ taught.” (CCC. 1355/180)

To please God w, along with the priest, offer the sacrifice as it is the body of Christ, source of the mystical body. When a person has fellowship in Christ, he eats the sacramental bread. Continual progress and continual conversion is possible through the Sacrament of the Eucharist.

The fear of God and the awareness of the sanctity of the Creator helps a Catholic to gain Eucharistic piety. When the prophet Isaiah saw God’s holiness he cried out, “I am a lost man.... I must die because I saw the God of the universe, I being a man with impure lips and living among the sinners”. (Is. 6:1-5). Isaiah was then purified with the fire from the Most High altar. We can also have Eucharistic piety and experience the conversion which comes from God’s mercy, love and forgiveness in the Eucharistic.

To gain Eucharistic piety a Catholic needs to feel the fire of love from the altar, from the presence of the crucified Christ. At Holy Mass, a Catholic should reach out to a continual conversion in the acceptance of the Sacrament of Penance. Confession is the sign of every conversion.

“Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Mt.5:3).

To have life in Christ we should receive Holy Communion. The celebrant at the altar says, “Go in Peace, the Mass has ended”. The celebration of the Mass helps the congregation with different gifts and roles received by “the Holy Spirit to explore avenues and to sometimes advice the church – as the lay faithful are made to feel welcome and accepted, not kept in the margins of Church actions.

The preservation of the faith and all its fruits put together are entrusted to the Blessed Eucharist as a gift of the Spirit of Christ, especially enriched in the rituals of Holy Mass.

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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

6763 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1978), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Captain. Contact email : harrydsilva3@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

6228. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C. Technician in Voltas. Contact email : lawrencedias321@gmail.com / Mob: 8291056939

6172. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1978), Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. Contact email : raceangelreb@yahoo.in

6508. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. Contact email : colind.3010@gmail.com

6434. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. MD, MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com

6573. VALSAD : Goan / Mangalorean Roman Catholic Bachelor, (Born in February 1986), Ht. 5' 5", Wt.

68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in Saudi Arabia seeks a well qualified girl from a good family background. Contact email : ian.roshan.dsouza@gmail.com

6358. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1974), Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Admin. Controller in DUBAI. Contact email : dsouzarobin25@gmail.com

6393. MUMBAI: Goan Roman Catholic Bachelor, (Born in March 1977), Ht. 5' 6", good looking XII Pass, presently working as Share Broker having own bungalow accommodation at Bandra Mumbai also getting good regular monthly rent seeks a good-looking RC Spinster. Contact email : pintolazarus2012@gmail.com

6045. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1980), Ht. 6' 2", Fair Complexion, Handsome, Edn. B.Com., & HTL Management, Working on Cruise Line as Supervisor, Seeks an educated, simple, Mangalorean girl above 5' 5" Contact Email : marprop111@gmail.com

6198. MUMBAI : Mangalorean Roman Catholic (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

5996. MUMBAI: RC Bachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com OR **9820338755**

6040. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in July 1983), Ht. 6', Fair Complexion, Edn. B.Com + IATA working as a Manager

for Emirates in Dubai Seeks a humble, godfearing, educated Mangalorean girl. Ht. above 5' 5", age below 28 years. Contact email : philomenanoronha60@gmail.com

6113. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1976), Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Dip. in A.C. Mechanic, working as a AC Technician in Muscat. Contact Email : suaresroshan@gmail.com

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 : gerardd754@gmail.com, Mob:9594766322 / 9930620943

6250. MUMBAI : East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. **Contact email : cardoz.clint@gmail.com OR 9833563182**

6353. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. HSC + Dip. in Catering, working on cruise line in store department. Handsome, sober, having own house, seeks a simple, godfearing, working Mangalorean girl. Currently in Mumbai contact immediately. Contact email : lewisroyston@yahoo.com OR 7208759704

6489 MUMBAI : Roman Catholic bachelor, (Born in June 1988), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Graduate, working as a Front Office Clerk in DUBAI. Contact email : sam_sin88@hotmail.com

6507. MUMBAI : Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773

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6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1975), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc., MBA, working as a Manager. Contact email : sudeeptalukdar2003@gmail.com

6899. MUMBAI : Roman Catholic Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn. Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer. Contact email : teresa.mimr@gmail.com

6898. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate in Hotel Management, working as a Supervisor -Food and Beverage in Royal Cruisline. Contact email : rohanfernandes61@yahoo.

6896. MUMBAI : Goan Roman Catholic Bachelor, (Born in March 1982), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, Master in Information Management, working as a Finance Professional. Contact email : clyde25@gmail.com

6893. MANGALORE : Mangalorean Roman Catholic Widower, (Born in January 1967), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate, working in Automotive Sector. Contact email : dan_3627@yahoo.ce

6885. USA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Software Consultant. Contact Email : jane_3105@yahoo.co.in

6833. AUSTRALIA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 78 kgs, Fair, Handsome, PR Holder, Edn. Masters by Research in Biotechnology

from QUT, Australia, Currently working with reputed company in Quality Assurance dept., Seeking a qualified and God fearing Mangalorean RC girl. Contact email : lizbf2017@gmail.com

6832. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1970), Ht. 5' 7", Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., working as a Captain in Hotel. Contact email : ignatius.matel@gmail.com

6830. BAHRAIN : Goan Roman Catholic Bachelor, (Born in February 1988), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. MBA, Marketing Professional in Public Sector. Contact email : rolsonvaz@gmail.com

6829. AUSTRALIA : Mangalorean Roman Catholic Divorcee, (Born in March 1978), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support. Contact email : arthur.fernandes@live.com

6828. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 7", Wt. 81 kgs, Wheatish Complexion, Edn. Diploma in Electrical / Tele., working as a Site Engineer in Airport. Contact email : anthonylobo1983@yahoo.com

6803 MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1980), Ht. 5' 6", Wt. 82 kgs, Wheatish Complexion Edn. B.Com., Advertising Professional. Contact email : barretto.john@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

6777 MUMBAI : Wanted Bride (Spin-

ster, 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

6771 CANADA : Bombay born, broughtup and educated Kerlaite Roman Catholic Bachelor, (Born in October 1987), Ht. 180 cms, Wt. 75 kgs, Fair Complexion, Handsome, Edn. B. Tech Computer Engineering, working as a Software Engineer. Permanent Resident Canada. Seeks a well educated girl from Canada, U.S. Or Mumbai. Good looking, ready to settle in Canada. Keralite / Mangalorean / South Indian. Contact email : anthony99ignatius@gmail.com.

6768 MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in August 1975), Ht. 174 cms, Wt. 70 kgs, Wheatish Complexion, Edn. HSC + 2 years Mechanical, working on Cruise Line. Contact email : roshanpilar@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

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6880. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 4", Wt. 66 kgs, Wheatish Complexion, Edn. B.A. Contact email : ben864@yahoo.co.in

6903. MUMBAI : Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Wheatish Complexion, Edn. B.E., M.S. Marketing, working as a Consulting Manager. Contact email : mendonca_luke@yahoo.co.in

6902. DUBAI : Goan Roman Catholic spinster, (Born in April 1975), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as a Secretary. Contact email : pepem25@rediffmail.com

6901. DUBAI : Mangalorean Roman Catholic spinster, (Born in October 1993), Ht. 5' 7", Wt. 63 kgs, Fair Complexion, Edn. B.Com + IATA, Working as a Asst. Office Administor, Contact email : rishalalbuquerque@yahoo.com

6900. MUMBAI : Mangalorean Roman Catholic spinster, (Born in May 1989), Ht. 4' 10", Wt. 51 kgs, Wheatish Complexion, Edn. BMS., Marketing specialization, working as a Customer Support. Contact email : pereira1189@yahoo.com

6897. UAE : Mangalorean Roman Catholic spinster, (Born in October 1989), Ht. 5' 4", Wt. 55 kgs, Fair Complexion, Edn. MBA, working as a HR Executive. Contact email : edwarddcosta56@gmail.com

6894. MANGALORE : Mangalorean Roman Catholic spinster, (Born in February 1989), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Medical Pharmacy, working as a Research Scientist. Contact email : menezesmangalore@gmail.com

6883. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in

December 1983), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., MBA, working. Contact email : fionawimpy@gmail.com

6882. MANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1988), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. M.V. Sc. Assistant Professor by profession. Contact email : clarencemiranda5811@yahoo.co.in

6881. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. MDS in Endodontics, working, Seek alliance from well settled RC Bachelor upto 30 yrs. Kindly reply with full details & Photograph to email : anacletaheredia80@gmail.com

6878. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Edn. B.A., PGDID, Service. Contact email : terrenceeq123@gmail.com

6877. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5', Medium Weight, Fair Complexion, Edn. B.Com., working for Bank in Investment Department, Contact email : ashwinilewis18@gmail.com

6876. DUBAI : Mangalorean Roman Catholic Spinster, (Born in May 1985), Ht. 5' 3", Average built, Wheatish Complexion, Edn. MBA - (Finance), working in MNC in DUBAI. Seeks educated, well settled bachelor from decent & respectable family between the age 34-38 yrs. preferably working in U.A.E. Contact with photo & details to email : saldanha.leena7@gmail.com

6873. MUMBAI : Affluent family R.C. Mangalorean Spinster, (Born in August 1980), Ht. 5' 3", very beautiful and pretty. B.A., E.A. (Secretarial Course), worked for foreign MNC's, currently

managing Father's Business. Contact email : lvbsh16@gmail.com

6871. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1989), Ht. 5' 2", Wt. 56 kgs, Wheatish Complexion, Edn. MA., Teacher by profession. Contact email : andreaandrade310@gmail.com

6870. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1974), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Ed., Self employed. Contact email : caand.reb@gmail.com

6869. MANGALORE : Mangalorean Roman Catholic Spinster, (Born in December 1985), Ht. 5' 2", Wt. 52 kgs, Fair Complexion, Edn. B. Com.,pursuing MBA, working as an Executive Asst. in **BANGALORE**. Contact email : weddingvow85@gmail.com

6868. CANADA : Goan Roman Catholic Spinster, (Born in January 1992), Ht. 5' 4", Wt. Medium, Wheatish Complexion, Edn. M.A., HR Toronto and International Business Management Toronto. Only U.S. and Candian Citizens from good family background apply. Contact email : sugarlog2009@hotmail.com

6866. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1991), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. Graduate, Service. Contact email : bidisharocking@gmail.com

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6861. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1991), Ht. 5' 6", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., PG Banking & Finance, working as a Clerk in Bank. Contact email : michaelfernandes59@gmail.com

6860. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1991), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.M.M. (Mass Media), working for IT in MNC. Contact email : lgp1891@gmail.com

6859. KUWAIT : Mangalorean Roman Catholic Spinster, (Born in August 1986), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. M.Sc., in Physiotherapy (Orthopedics), U.K. working in Kuwait. Contact email : nisha_sequeira@hotmail.com

6858. BHOPAL : Mangalorean Roman Catholic Spinster, (Born in March 1993), Ht. 5' 1", Wt. 55 kgs, Wheatish Complexion, Edn. B.E. Computer Science and MBA in HRM working in Bangalore. Contact email : godwinsvd@gmail.com

6855. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5', Wt. 58 kgs, Wheatish Complexion, Edn. CA by profession working for privated company. Contact email : mithalimenezes@gmail.com

6853. DUBAI : Mangalorean Roman Catholic Spinster, (Born in February 1989), Ht. 5' 4", Wt. 79 kgs, Fair Complexion, good looking, Edn. M.Com., PGDM -HR, working as a HR Assistant in Real Estate Firm in Dubai. Contact email : sav_cm@yahoo.com.

6850. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Smart looking, Edn. BBA, working as an Asst. Marketing Manager. Contact email : alisha.v.fernandes@gmail.com

6849. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1990), Ht. 5', Wt. 51 kgs, Fair Complexion, good looking, Edn. MBA in Marketing, working as a Assistant Manager in Oil Company. Contact email : darlet_vaz27@yahoo.co.in

6843. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in Oc-

tober 1990), Ht. 5' 4", Wt. 59 kgs, Fair Complexion, Edn. M.Com., Accounts and Finance, working as a Sales Mis., Contact email : ncleret@yahoo.in

6842. USA : Mangalorean Roman Catholic Spinster, (Born in October 1989), Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Pharma, Masters in Pharmaceutical Sciences - USA, working as a Formulation Scientist in Laboratories in USA. Contact email : jgonsalves@wockhardt.com

6839. MUMBAI : Mangalorean Roman Catholic Issueless Divorcee, good-looking, (Born in May 1980), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. M.Com., MBA., working as a HR in TCS., Contact email : matrimonywatch@gmail.com

6837. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1992), Ht. 5' 2", Wt. 85 kgs, Fair Complexion, Edn. MBA, Profession : Baker. Contact email : ludvinalobo@yahoo.com

6836. CANADA : Parents of RC 26 years spinster, (Born in July 1991), Ht. 5' 4", B.A., B.Ed., (Honours) teaching in Canada (Govt. Job) seeks alliance from well-educated Bachelor (Preferably settled in Canada) within 28 to 32 years with good values, height between 5' 5" to 6' 2". Please email to musicfan0323@gmail.com with recent photo and phone no.

6834. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. BBA/BMS, Profession : Make-up Artist. Contact email : hycintharemedios@gmail.com

6831. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. B.Com., working as an Associate in Insurance Company. Contact email : denisdsouza854@gmail.com

6827. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1992), Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working as a Accountant. Contact email : pintononie@gmail.com

6826. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 46 kgs, Wheatish Complexion, Edn. MBA PGDM, working

as a Portfolio Manager in Foreign Bank. Contact email : alicerpraphael@gmail.com

6825. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn. Graduate + Masters working as a HR. Contact email : shobhna_dsa@ymail.com

6824. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Fair Complexion, Edn. BMS, working as a Merchandiser. Contact email : prislobo10@gmail.com

6821. UAE : Mangalorean Roman Catholic Spinster, (Born in May 1992), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. M.Sc., in Zoology from Mumabi, working as a Content Writer at Academic Publication. Contact email : clevan2006@rediffmail.com

6820. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1992), Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. PG in Finance & Banking, working as Bank Manager. Contact email : dyola7792@gmail.com

6819. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1989), Ht. 5' 5", Wt. 70 kgs, Wheatish Complexion, Edn. Undergraduate, working as a dispatch Manager. Contact email : sylvia.godinho8@rediffmail.com

6816. MUMBAI : Mangalorean Roman Catholic Divorcee, church marriage annuled, (Born in June 1980), Ht. 5' 1", Wt. 67 kgs, Wheatish Complexion, Edn. T.Y. B.Com., working. Contact email : marianike04@gmail.com

6814. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1992), Ht. 5' 3 1/2", Wt. 47 kgs, Fair Complexion, Edn. M.Com., NET, SET doing Phd., Lecturer by profession. Contact email : albanpereira1991@yahoo.com

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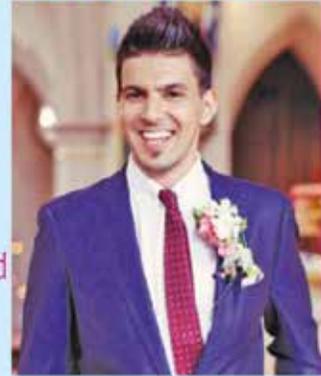
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