

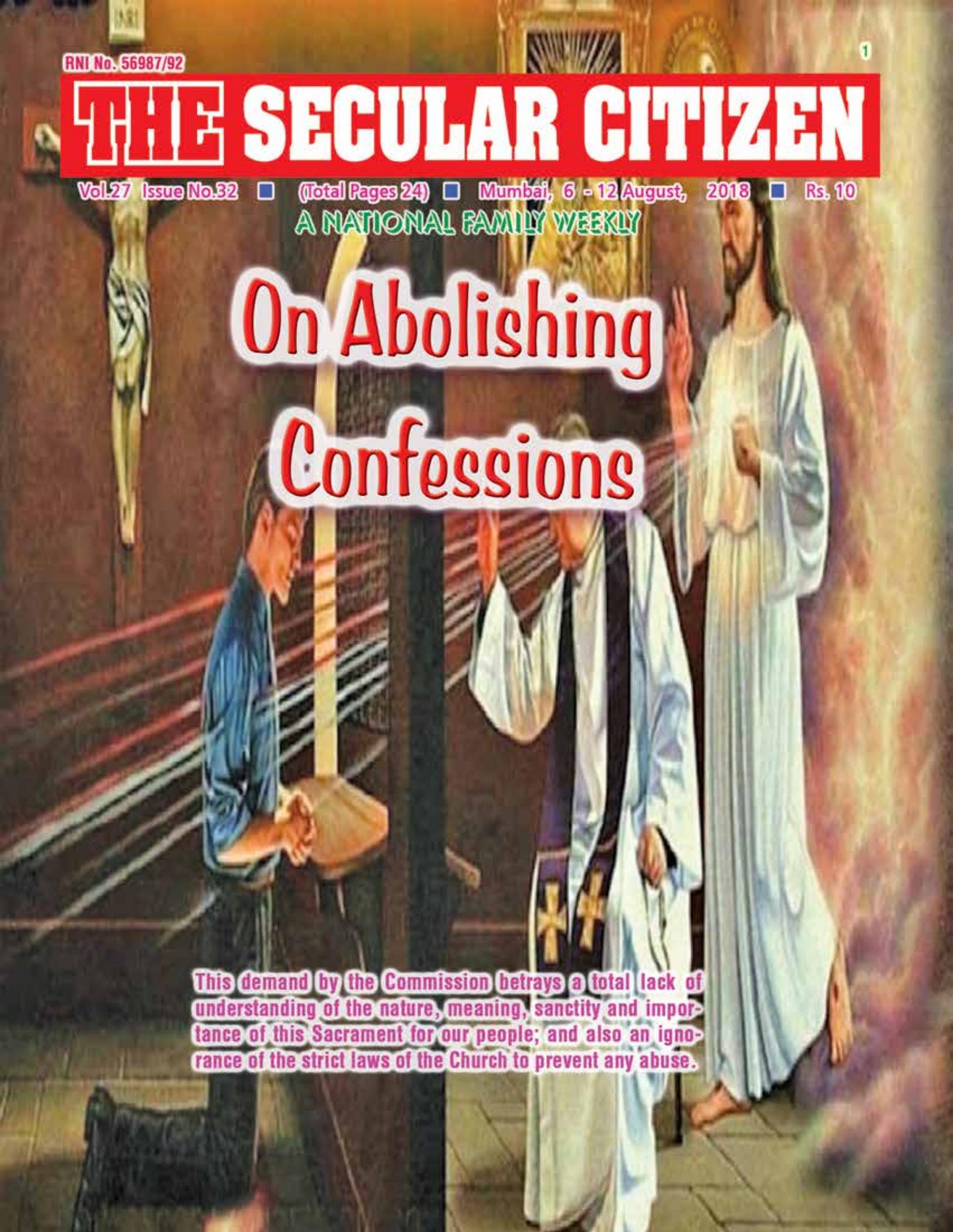
THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

On Abolishing Confessions

This demand by the Commission betrays a total lack of understanding of the nature, meaning, sanctity and importance of this Sacrament for our people; and also an ignorance of the strict laws of the Church to prevent any abuse.



Prominent journalist and social activist of M'lore gets prestigious appointment



Mangaluru : An order issued by the Karnataka Government Secretariat Bengaluru on July 11, Tuesday, states that the Governor of Karnataka and Chief Minister have appointed Dr Ronald Anil Fernandes as a member of the Karnataka Public Service Commission (KPSC).

Dr. Ronald Anil Fernandes, is a well known journalist and senior editor of the esteemed daily, Deccan Herald, in the city for last 21 years. He has earned a PhD, from Mangalore University and associated with multiple academic activities. Well known as a social activist, he has served the region well in several capacities and has been awarded many awards local and national, including prestigious Sarojini Naidu Award, Media Academy Award and District Rajyotsava Award. The public consider it a matter of pride for DK in particular and wish him all success in the future.

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Press Release from Cardinal Oswald Gracias, President, CBCI on the interference into the Christian religious practice of Confession.

I was shocked to read in the press about the demand from the National Commission for Women for a ban on the Christian Sacrament of Confession. This demand by the Commission betrays a total lack of understanding of the nature, meaning, sanctity and importance of this Sacrament for our people; and also an ignorance of the strict laws of the Church to prevent any abuse.

Such a ban will be a direct infringement on our freedom of religion guaranteed by the Indian Constitution. Millions of people from all over the world, over the centuries, have testified to the spiritual benefit of this Sacrament and to the grace, pardon and peace they have experienced as a result of receiving this Sacrament. I am confident the Government will totally ig-

nore this absurd demand from the Commission.

There are very many issues concerning women that the Commission should pay attention to: empowerment of women, their capacity building, prevention of domestic violence, organizing rescue systems, and so on, instead of dabbling in religious matters about which it understands nothing. The Church wishes to promote even more the advancement of women in society and is ready to collaborate with the National Commission for Women for this, as it does with other agencies.

†Oswald Cardinal Gracias
Archbishop of Bombay and President, Catholic Bishops Conference of India (CBCI)

The 'Malala Day' Report!

On Thursday 12 July 2018, the U.N. marked 'Malala Day'! Malala Yousafzai was shot on 12 July 2013, when she was just sixteen; and now today she turned 21. She reminisced:

"When 130 million young girls are unable to become doctors, engineers, journalists and CEOs, because education is out of their reach due to cultural reasons, our world misses out on trillions of dollars that could strengthen the global economy, public health and political stability. We cannot allow gender inequality to get in the way of global economic progress."

According to the analysis of the World Bank, in a report just released revealed: "By denying education for girls, or creating barriers towards their learning process, costs between \$20 to 30 trillion! Besides, less than two-thirds of females in low-income countries complete primary school, and only one in three manage to graduate towards lower secondary school. However, women who secure a secondary education, are more likely to work; and they even earn almost twice as those with less or no education."

This vital information further informs: "Women's educational attainment has a large potential impact on their lifetime fertility through reduction in their birth rate; and ultimately on the country's population growth, both directly and through a decrease in child marriage and early childbearing."

The Gospel of Luke reveals: "Martha's sister Mary sat at Jesus' feet, and listened to His teaching." Jesus praised her attitude: "Mary has chosen the better part, which will not be taken away from her" (Lk 10:38-42).

—Dr. Hazel Colaso, Ashburn, Virginia, USA.

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'Thought for the week'

To make a difference in someone's life, you don't have to be brilliant, rich, beautiful or perfect. You just have to care.

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Why is the Government Putting the Christians in the Dock on Nationalism

By Don Aguiar

BJP MP Gopal Shetty questions the role of the Christians in the Freedom Struggle and abuses Christians using very vulgar language, says they are useless, good for nothing... he refuses to apologize.

Forgiveness is often read in a Gandhian vein. But it is worth remembering that Nehru, as much as Gandhi, wanted above all to avoid being consumed by a politics of resentment. Nelson Mandela often quoted another line from Nehru, one that needs to be put on every office wall in India, "Nationalism is good in its place. But it is an unreliable friend and an unsafe historian. It blinds us to many happenings and sometimes distorts the truth, especially when it concerns us and our country."

Nehru & Mandela signified the freedom from hate. Today's petty leaders believe that freedom means, freedom to hate, freedom to beat up & kill those they disagree with & don't like

After all, in this age of resentment, to use Pankaj Mishra's phrase, their politics of Nehru & Mandela seems not just to be out of place, but almost unintelligible.

We live in a world where these political sentiments are now deeply alien. Resentment is not seen as imprisoning, it has become almost synonymous with our idea of freedom; freedom is the freedom to hate. Political statesmanship is no longer considered necessary since there is no diversity to be acknowledged and brute assertions of power will suffice. The past is not something we want to overcome because we need it to construct narratives of blame, an excuse to target others. And finally, we have given up even the possibility of imagining a world together, where, as Mandela reminded us, the freedom of each depends upon the freedom of all.

The incident occurred after Shetty in a public speech had incorrectly claimed that Indian Christians did not contribute to the Freedom struggle and sided

(Contd.. on p. 4)

(Contd.. from p. 3)

with the British. When the gaffe was pointed out to him the next day and he was informed that the community is up in arms, with his speech video gone viral on Facebook, Shetty threw a fit. "Using vulgar and abusive language, he retorted: let them go sc*** themselves, 'they (the Christian community) are anyway useless, and good for nothing, they don't vote for us (the BJP)'. This was revealed, the next day by a source that was present near Shetty when this happened.

Shetty later issued a clarification stating that he was misquoted by the media and he didn't intend to offend any community. His quotes were reported out of context, he said. He however refused to apologize saying he had done nothing wrong and it was his personal opinion. Shetty has vehemently denied any wrong doing. After senior party leaders criticized his speech, he offered to resign but a few hours later did a U-TURN and claimed there was no need to resign for routine comments.

In the last one week, there were several posts on social media providing names of Christian individuals who had been part of the freedom struggle for India. The list began with Dr Annie Besant, a born Christian, who later turned Theosophist and a founder of the Indian National Congress. The other names included Deenbandhu Rev CF Andrews, a close associate of Rabindranath Tagore and Mahatma Gandhi, Barrister Joseph Baptista Kaka from Vasai, who was part of the delegation, which accompanied Lokmanya Bal Gangadhar Tilak during his famous England tour, Pandita Ramabai, a scholar, who was among a handful of women delegates at the Indian National Congress session held in Mumbai in 1889 and who had deposed before Hunter Commission on Education.

The long litany of the Christians from various parts of the country, who participated in the Indian freedom struggle, was being flaunted in response to a controversial statement of Mumbai

BJP MP Gopal Shetty, who had spoken of the lack of participation of the 'British' Christian community in the freedom struggle. A majority of these posts were created or shared by persons who belonged to the Christian community.

But was there really any need for the Christian community to prove its credentials as a nationalist or patriotic community? It seemed so, especially when the whole community was put in the dock by the MP whose party rules in Maharashtra and at the Centre. Those who turned active on social media to furnish the names of the 'nationalist' Christians obviously felt that they needed to give these proofs so that the Christian community is not treated less patriotic than the rest.

This is indeed a sorry state of affairs the country has landed in. In the past, there were attempts to coerce people to chant Vande Mataram to test if they were indeed patriots. There is a malicious tendency to divide people in the country on the basis of food habits, social and religious beliefs and thus reap a huge harvest during elections.

The policy of the dividing people on communal grounds does create doubts among the general masses about the 'Others' in the society and thus, encourages the likes of Gopal Shetty to utter such statements. It cannot be said that Shetty's statement was borne out of ignorance. He is elected from Mumbai North constituency, where Christian voters have a sizeable presence.

Although the parliamentarian has later withdrawn his controversial statement, the damage had already been done. The subsequent reaction of the Christians and others has revealed that the MP's statement had succeeded in putting the Christian community in the defensive mode.

In the recent past, the extreme right elements have been posing themselves as the sole custodians of nationalism, and all other things associated with national pride and interest.

Anyone even attempting to question them is simply trolled on social media or abused socially or in person.

The BJP has condemned Gopal Shetty's statement and has also dissociated with it. But as in the past, the condemnation has been very meek and seen as a formality.

This is rather becoming a trend in national politics as was seen with the vicious trolling of Foreign Affairs Minister Sushma Swaraj and Union Minister Jayant Sinha openly felicitating those associated with a heinous crime of lynching a man on the suspicion that he was carrying beef.

Many are aware of how increasingly fearful the minorities and some of India's weakest citizens feel today. Of the enormous damage the government has done to freedom and democracy in India. It has silenced speech, attacked academic institutions, slapped sedition charges on free-thinking students, failed to stop violence against women, curbed the movement of humble cattle traders, and promoted and encouraged the most unspeakable kind of violence against its own citizens – mostly Minorities, and Dalits, and now people from nomadic and de-notified tribes (recently in Dhule, Maharashtra). This regime has unleashed the drug-filled high of mobocracy on all Indians.

The ruling party at the Centre and also the government need to send strong signals to those concerned so that such incidents do not become a routine affair, but should be about an inclusive vision of India, with a shared goal of justice and development for all - about the guarantees of the constitution - An India of equality and equal citizenship, An India in which murderers and lynchers are not garlanded by Harvard-educated ministers.

The Secular Citizen

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Pluri-intention Masses

In my parish, Orlem, Malad, Mumbai the pluri-intentions mass is held on Saturdays. Last Saturday 44 pluri-intentions were announced before the mass! Every week the number keeps increasing. Considering that the Archdiocese of Bombay has introduced box-intention masses, the huge number of pluri-intentions masses being offered, defies logic.

Pluri-intention masses were introduced as churches were not able to accommodate all requests for masses. However, the number of pluri-intentions masses being offered are just too many. To address this issue, the Archdiocese of Bombay has introduced box-intention masses.

While pluri-intentions masses are announced in Church, box intentions are not announced but placed near the altar, which I believe is much better. And while pluri-intentions have a fixed stipend, box intentions have no such fixed stipend. One may put the mass intention in the box along with any stipend or nothing at all. I believe that not more than 10 pluri-intention masses should be permitted at a time. I also believe that the stipend for pluri-intentions need to be increased by at least five times. Perhaps, parishioners may then turn to the box intention masses, which is a very good initiative by the Archdiocese of Bombay.

—Prof Robert Castellino
Orlem.

On abolishing confessions

This is with reference to the news item 'NCW : Abolish practice of confessions' (Times of India, July 27).

Growing incidents of rape and sexual assault on women in the churches of Kerala by priests and a bishop, have opened up a can of worms that has prompted the National Commission of Women (NCW) to press for the abolition of confession to safeguard the blackmailing of women into sex after pressurizing them to reveal their secrets in the confessional. Confession, also known as the sacrament of reconciliation is an age-old Apostolic tradition of the Catholic church, instituted by Christ, when He breathed upon them saying "Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them. If you retain the sins of any, they are retained" (Jn.20: 22-23). Pope Francis spoke extensively on the role of the sacrament of reconciliation, saying "I ask you in the name of Christ and the church to never tire of being merciful". Priests are therefore required to show mercy to the repentant sinner in every situation, no matter what. Calling for abolishing the sacrament of reconciliation, just because of a handful of predators is therefore unacceptable. Church doctrine can never be changed because of a few black sheep in the fold. If found guilty, there is no reason why priests should not be de-frocked and expelled from the church and hauled up in a court of law. .

—A. F. Nazareth,
Alto Porvorim, Goa

Role of Parents and Teachers in Children's Education!

On Friday 05 January 2018, Pope Francis spoke to the Italian Association of Catholic Teachers, at the concluding principles, which should be "continually cultivated anew" (cf. 2

Corinthians 5:17).

—Dr. Trevor Colaso, Bandra (W),
Mumbai..

The crimes of satan.....

The other day, I received a WhatsApp message which says, **Jesus was born in a Cow Shed, so Christians must Stop Eating Beef.** This is a statement made by a BJP leader Indresh Kumar. So, here is yet another learned member of the ruling party making a new discovery as far as Christianity is concerned. Great revealing statement ! Needless to say, the man does know or understand what he says.

The ruling party at the centre and in several states like Uttar Pradesh, Rajasthan really has a lot of learned members. Some time back, we have heard of the 'scientist' who defied Darwin's theory and discovered that man did not evolve from the ape. Then we have historians who from time to time, make statements on Indian History, in fact, they are trying to rewrite history. It seems, a committee is also in place to conduct a holistic study the evolution of 12000 years of Indian culture.

They also have philosophers in their ranks. They liberally give advice on what Indian women should wear in order to avoid rapists. They also tell us what we should avoid eating in order to save ourselves from getting lynched. According to Indresh Kumar, **crimes like mob lynching could stop if people stopped eating beef. He also emphasized on the role of 'sanskar' (values) for dealing with such problems. He goes on to say, that if the practice of eating cow meat is stopped, many such crimes of the 'Satan' could be stopped,**" he said. What is that "satan" ? What "sanskar" !,

What next can we expect from the ruling party - only God knows !

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

THE SADHU & MADHU

We are familiar with the Sadhu, usually a saffron robed ascetic or mendicant. Till not so long ago most Sadhus had little or no worldly possessions, living simple and frugal lives. Maharishi Mahesh Yogi may have been the first to break the stereotype with his Rolls Royces and the stereo music of the Beatles. Madhu is Hindi for honey. This word has also assumed a different connotation with the expression – Honey Trap.

It refers to a woman seducing a man in order to extract favours or classified information. During the First World War the most famous, or notorious, case was that of Mata Hari, the 5'10" Dutch spy for the French; who was also believed to be a double agent and executed on 15/10/1917. The other case was closer to the Maharishi's time in the 1960s; Christine Keeler and the Profumo Scandal in England, at the height of the Cold War.

For the church in India honey is suddenly the flavour of the season, with some writers and commentators accusing the Madhus of entrapping the Sadhus. The former are being portrayed as the villains not the victims of the piece; thereby greatly disturbing

the peace of Christ.

Why have so many Christian "Sadhus" allegedly got trapped by the Madhus? I see three reasons for this sudden spurt – (i) The question of celibacy (ii) Our attitude towards women and (iii) Unbridled power. Together they form a heady cocktail, with or without honey. Let us examine them one at a time.

The Catholic Church insists on celibacy for its priests. Why should this be a sine qua non for the clerical state? How much weightage does it have in Sacred Scripture, the history of the Church and the complexities of modern life? At the very beginning God said that it is not good for man to be alone. He needed companionship that was intrinsic to his human nature (cf Gen 2:18). In the Judaic tradition there was no such thing as celibacy. There was not even any word for it. Which is probably why Jesus had to use the word Eunuch (cer-

tainly not the best choice of word today, with the LGBTQ.. breathing down one's neck).

Celibacy is today considered the norm for the Catholic priesthood. But my reading of what Jesus said would indicate that this was meant for a very select group. Jesus indicates that only a few are called (cf Mat 19:11-12). He could as easily have said "If you want to be perfect as your heavenly father is perfect, then be celibate". He said nothing of the kind. Of his 12 apostles it is believed that John was the only one who remained unmarried. Rather, one of Jesus' first miracles was the healing of the mother-in-law of Peter, the first pope (cf Mat 8:14).

The issue of celibacy arises when Paul in his first (actually second) letter to the Corinthians, advises the unmarried to remain so (cf 1 Cor 7:1), unless he cannot control his desires (ibid 9)! He even advises married persons to refrain from sexual relations. Before we read too much into his exhortation let us see what he himself says about it. Firstly, he admits that it is his personal opinion and not from the Lord (ibid 25). Secondly, he bases his appeal on the erroneous belief that the world was soon ending. He was way off the mark. It was definitely not what the Lord wanted him to say. If some zealous souls would still believe in Paul's exhortation, let them read on. He also asks people to stop buying property (ibid 29-31). Imagine Catholic bishops or priests putting a moratorium on buying property or collecting pastor's funds?

What of the history of the Church, or rather that of the papacy? While now referring to various popes the number in brackets is their chronological number. St Hormisdus (52) was married and even his son Silverius (58) became pope. John XII (130) was just 18 when his influential father made him

(Contd.. on p. 7)



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the pope. He was a debauch who was murdered by his mistress' husband. John XI (125) was the illegitimate son of Sergius III (119). Clement IV (179), a Frenchman, was married with two children before his ordination. Paul II (216), who had many illegitimate children, was the one who called the Council of Trent in 1545 to counter the Reformation of Martin Luther.

On the other hand Pelagius (63) promoted celibacy in the 6th century and St Sergius I (84) and Constantine I (88) resisted the demand of Emperor Justinian to allow priests to marry.

What of contemporary church teaching? Even though it still prescribes celibacy for priests, Vatican II warns of the dangers of loneliness and recommends community life, and priests should not be sent singly to new areas, but in twos or threes (cf P.O. 8,10). Canon Law even warns that the Eucharist should not be celebrated alone, where nobody else is present (cf Can 906).

Celibacy may be the exception not the rule for discipleship, but even those who do embrace celibacy are expected to live a community life. I don't see that happening in our parishes, where each priest is master of all he surveys. They seldom eat, pray or recreate together. So where is the community life? Even priests from Religious Orders are giving this cardinal precept the go by.

Small wonder then that the Sadhu

finds solace in Madhu. More so today, when porn and erotica are easily accessible to those to those living behind closed doors. The temptation is too strong. If a priest enjoys good food, drink, clothes, cars and bikes he is not far from seeking fulfilment of other desires as well. Simplicity and austerity seem to be things of the past. A seminary professor once said to me that most priests are celibate either because of lack of circumstances or fear of consequences. Living alone, as most priests do today, these deterrents have become infructuous.

We have also been told that poverty, chastity and obedience are evangelical virtues with eschatological witness value. But today not many are bothered about what they will be in the next life. Poverty is no longer considered a virtue. Obedience is nebulous, especially for the rebellious. Chastity/ celibacy are impossible to prove. It is therefore high time that the Catholic Church seriously reconsiders its insistence on priestly celibacy.

What of the Indian male's attitude towards women? Many years ago a catechist friend told me that a woman is looked upon as either a "Pagri ka phool ya chappal ka dhool" (the jewel in the crown, an asset to boast of; or the dust on one's sandals to be shaken off like a use and throw disposable). On a recent FM Radio show I was asked to give some advice for today's youth. I said that increasing cases of sexual assault/ molestation were because we looked at women as a vastu (object) rather than a vyakti (person). We are brought up to believe that "Ladka khayee malai, Ladki kare silai" (the boy should get the cream, preferential treatment, while the girls should be restricted to mundane tasks like stitching or cooking).

Modern life has accentuated the divide between the sexes. Formerly one needed physical power and prowess, like that of the warrior, hunter or iron-smith, as exemplified by Tubal Cain the "instructor of many craftsmen in bronze and iron" (Gen 4:22). Such job profiles have become redundant now.

A woman can as easily fire a missile, arrange for food, or operate heavy machinery and assembly lines. Even sitting all day in front of a computer screen comes easier to a woman with her diffused energy, than a man with his erratic bursts of energy.

Women are excelling in competitive exams, the job market, academics and sports. This leads to anger, resentment and revenge. The only area where a man still finds himself the master is by exercise of brute power through sex. This is in no way a justification, but only an analytical explanation of what is happening. Analysing a problem is halfway towards finding a solution.

This brings us to the third aspect, of power. St Thomas Aquinas had identified three types of pride – that of the senses, the intellect and the spirit. The same may be said of power. In the case of Catholic "Sadhus" they are prone to all three – power of the senses by virtue of having more authority, power of the intellect by being a "sab jaanta wallah", and pride of the spirit by being "holier than thou". This then is an unmitigated recipe for disaster.

Pride comes before the fall. That is what seems to be happening. All of us, men in particular, need to recall the words of Jesus, "Learn from me for I am meek and humble of heart". Then, and only then, will the Sadhu not get entangled with Madhu.

** The writer has several years of experience in working among youth, vocation promotion and houses of formation.*

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WHETHER IT IS TIME FOR US AS A DEMOCRATIC NATION TO CLEANSE THE THE UNLAWFUL ACTIVITIES (PREVENTION) ACT, (UAPA) OF ITS VAST DISCRETIONARY POWERS?

by Eric D'Sa

I am writing this article from a nation that guards the fundamental right of freedom of speech of its individual citizens, like no other nation in this world. The first amendment of the constitution of USA states the following:

“Congress shall make no law respecting an establishment of religion, or prohibiting the free exercise thereof; or abridging the freedom of speech, or of the press; or the right of the people peaceably to assemble, and to petition the Government for a redress of grievances.” Many Americans firmly believe that this constitution provision has helped their nation to become great and remain great.

Our own history of writing of the Indian constitution reveals that on December 1, 1948, Professor K.T. Shah rose to make an impassioned speech in the Constituent Assembly. “The autocrat, the despot,” he warned, “has always wished, whenever he was bankrupt of any other argument, just to shut up those who did not agree with him.” Along with many other members of the CA, he was objecting to the wide range of restrictions that had been imposed upon fundamental rights in the draft Constitution. Drawing attention to the multiple “Public Safety Acts” and “Defence of India Acts” that had been the favourite weapons of the colonial regime, speaker after speaker expressed the concern that, despite the best intentions of the Assembly, the Constitution could easily be interpreted to authorise the continuation of these hated laws.

In June this year, five individuals were arrested ostensibly for instigating the riots at Bhima Koreagon earlier in the year. This throws the fears ex-

pressed in the CA into sharp focus. The accused, who include activists and lawyers, have been booked under the UAPA. An examination of the UAPA shows how, in one overarching “anti-terrorism law”, vast discretionary powers are conferred upon state agencies, the judicial oversight is rendered toothless, and the personal liberty is set at naught.

The UAPA authorises the government to ban “unlawful organisations” and “terrorist organisations” (subject to judicial review), and penalises member-

YOU THE CITIZENS DECIDE:

ship of such organisations. The problems begin with the definition of the clause itself. The definition of “unlawful activities” includes “disclaiming” or “questioning” the territorial integrity of India, and causing “disaffection” against India. These words are staggeringly vague and broad, and come close to establishing a regime of thought-crimes. Any one knowing the issues that caused the riots at Bhima Koreagon will be surprised that UAPA has been used to to arrest the five individuals.

The problem of excessive breadth is then carried over into the “membership clauses”, which are the heart of the UAPA. “Membership” of unlawful and terrorist organisations is a criminal offence, and in the latter case, it can be punished with life imprisonment. But the Act fails entirely to define what “membership” entails. Are you a “member” if you possess literature or books about a banned organisation? If you express sympathy with its aims? If you’ve met other, “active” members? These are not theoretical considerations: chargesheets under

the UAPA often cite the seizure of books or magazines, and presence at “meetings”, as clinching evidence of membership.

In 2011, the Supreme Court attempted to narrow the scope of these provisions, holding that “membership” was limited to cases where an individual engaged in active incitement to violence. Anything broader than that, it ruled, would violate the constitutional guarantees of freedom of speech and of association. The application of this ruling, however, has been patchy and arbitrary: one judge of the Bombay High Court invoked it to grant bail to some members of the Kabir Kala Manch music troupe, while another judge ignored it and refused bail to other members of the same troupe (they were ultimately granted bail by the Supreme Court). Despite the verdict of the Supreme Court, therefore, the wide and vague provisions of the UAPA allow governments great and virtually unbridled power to arrest people under boundlessly manipulable justifications, such as “having suspected Maoist links”.

At this point, the second serious problem with the UAPA regime kicks in: Section 43D(5) of the Act prohibits courts from granting bail to a person if “on a perusal of the case diary or the [police] report ... [the court] is of the opinion that there are reasonable grounds for believing that the accusation against such person is prima facie. The case diary and the charge sheet is the version of the state. Therefore, under the UAPA, as long as the state’s version appears to make out an offence, a court cannot, under law, grant bail. When we juxtapose this with the inordinately slow pace at which criminal trials progress, Section 43D(5) of the UAPA is effectively a warrant for perpetual imprisonment

(Contd.. on p. 9)

(Contd.. from p. 8)

without trial. This is not a theoretical concern either: on more than one occasion in recent years, terror accused have been acquitted after spending more than a decade in jail. This is something for which there can be no compensation or restitution; and it is only made possible because the law places an unbreakable shackle upon personal liberty.

This too was something that the framers of the Constitution foresaw, and wished to avoid. Maulana Hasrat Mohani, the great freedom fighter and poet, commenting on the same set of provisions as K.T. Shah, observed that “so long as you do not prove anything openly against anybody in a court of law, it should not be lawful to detain anybody.” His concern was discarded when the CA decided to have a specific provision that authorised preventive detention (Article 22). However, as the CA debates reveal, the provision was meant to be used in rare and exceptional cases. The framers did not intend — and the Constitution does not contemplate — the kind of perfect storm that exists when broad and vague provisions of public security laws are combined with statutory bars upon the grant of bail, and a legal system that takes years to complete a criminal trial.

This is not to say that the state always, or even often, abuses its power. The purpose of a Constitution and a bill of rights, however, is to establish a “culture of justification” where the state cannot abuse its power. Civil and political rights are based upon the understanding that at no point should so much power, and so much discretion, be vested in the state that it utterly overwhelms the individual. The women and men who occupy the high offices of the state may have the best of intentions, but they are human like the rest of us, and therefore imperfect. The Constitution exists to protect us from the consequences of those imperfections.

This is why the traditional argument in

defence of laws such as the UAPA — that the state must be given a strong hand to control terrorist and other violent and disruptive activities — proves too much. It proves too much because it subordinates every other constitutional value — freedom of speech, personal liberty, the right to a fair trial — to the overarching concern of order. Such an attitude can be justified only in times of war (and even then, subject to safeguards). But what the UAPA does is to normalise this “state of exception”, and make it a permanent feature of the legal landscape. One of our great judges, Justice Fazl Ali, expressly warned against it when he declared, “I do not think that it was ever intended that Parliament could at its will treat the normal as the abnormal or the rule as the exception.”

The Bhima-Koregaon arrests provide us the people, with yet another opportunity to rethink a legal regime that has obliterated the distinction between the normal and the abnormal. The power to keep citizens incarcerated for long periods of time, on vague charges, and without affording them an opportunity to answer their accusers in a swift and fair trial, is an anathema to democracy and the rule of law. The UAPA’s stringent provisions should go the way of its predecessors — the Terrorist and Disruptive Activities (Prevention) Act and the Prevention of Terrorism Act. They should be removed by Parliament, and, in the alternative, struck down as unconstitutional by the Supreme Court. And if the above is not feasible, then there must at least be a change in the legal culture and in such cases the trials should be held within a year, to provide the accused the opportunity to defend themselves.

You the citizens will have decide whether a time has come, to try and ensure that the continued survival of “the one precious right to personal liberty” that the CA believed marked the transformation from a colonial regime to an independent democratic republic, is not trampled upon by the state?

Fr. V.P.P. as ‘Venerable’!

Fr. Varghese PayyappillyPalakkappilly (VPP) for short, has received approval from the Congregation for the Causes of Saints, Cardinal Angelo Amato, on 14 April 2018, to be recognized as ‘Venerable’! Pope Francis has thus advanced his cause from the stage of ‘Servant of God’!

Fr. VPP was born in Perumanoor, Kerala, on 08 August 1876, and was ordained priest of the Syro-Malabar Catholic Church on 21 December 1907. He started St. Mary’s Higher Secondary School, and ably managed it for 14 years, during which time priestly vocations at the School flourished. He turned the School into a shelter for people who had lost their homes and property in a flood in 1924, bringing food to people in a hired boat.

Fr. VPP was a good mediator, and was sought after for solutions to various religious and secular problems. He was held in great esteem by both Church and Government officials. He was noted for his punctuality, discipline, piety and fraternal charity.

His concern for the poor led him to establish a Congregation called the Sisters of the Destitute in 1927; as a way to continue Christ’s redemptive mission. Today, the Congregation includes over 1,500 sisters who are present in Asia, Europe, Africa and North America. They run schools, hospitals, homes for the sick and needy, rehab centers for mentally and physically handicapped, health centers for ADIS and cancer patients, and even libraries! – All these “for the least of society, whose service is indeed rendered unto Christ Jesus” (cf. Matthew 25:31-40).

—Dr. Trevor Colaso,
Ashburn, Virginia, USA.

Call to abolish confession upsets Indian Christians

New Delhi: An Indian federal agency has proposed abolishing the sacrament of confession on grounds that Christian priests misuse it to blackmail and target women, but church officials believe the plan is unnecessary interference in religious affairs.

The National Commission for Women, a body that protects women's interests, has also proposed a federal inquiry into two cases of rape and sexual assault involving clergy of two Christian churches in Kerala, media reports said.

"The priests pressure women into telling their secrets and we have one such case in front of us. There must be many more such cases and what we have right now is just a tip of the iceberg," commission chairwoman Rekha Sharma said.

The commission probed a man's claim that four priests of the Malankara Orthodox Syrian Church used the confession secrets of his wife to blackmail and sexually exploit her.

It also investigated a June 29 complaint by a 48-year-old Catholic nun that Bishop Franco Mulakkal of Jalandhar diocese in Punjab raped her four years ago. She accused the bishop of abusing her 13 more times over the following two years on his visits to

Kerala.

Both cases are now under police investigation. The commission constituted an independent panel to probe them and sent its findings to Prime Minister Narendra Modi, Home Minister Rajnath Singh, Women and Child Development Minister Maneka Gandhi and the heads of police departments in Kerala and Punjab.

Indian bishops said the commission's proposal to scrap confession was unwarranted interference in the affairs of Christians.

"It is none of their business to interfere with the religious matters of Christians," said Bishop Theodore Mascarenhas, secretary-general of the Catholic Bishops' Conference of India.

He said allegations of misuse of confession for sex are "the rarest of the rare" in the church's history and "generalizing and stigmatizing a whole community for the alleged misdeeds of a few people is totally unfair and uncalled for."

The regional bishops' council in Kerala said the proposal has "shocked not only Christians but all those who stand for religious freedom."

It said the commission acted irresponsibly and with ulterior motives when it made the proposal unilaterally on a subject on which it has no mandate.

The commission's inquiry into criminal cases under police investigation shows the "hidden political agenda and the communal nature" of the individuals who have submitted the report, the council said.

It said the proposal violates

the freedom of religion guaranteed by the constitution and is part of an effort to create sectarian tension and violence.

Christian leaders have been complaining that since Modi came to power with his pro-Hindu Bharatiya Janata Party (BJP) in 2014, violence and harassment against Christians have increased. Hindu groups and officials are accused of augmenting anti-Christian activities to accelerate their goal of making India a Hindu-alone nation.

Archbishop Leo Cornelio of Bhopal said the commission has no reason to call for the "abolition of something Christians consider sacred just because of an aberration."

"What we need are corrective measures rather than generalizing one or two incidents and abolishing time-tested practices like confession," he said.

Source: UCAN

MATRIMONIAL

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Our parents – *do they have a shelf life ?*

A couple of months ago, we celebrated “**International Mother’s Day**” - the 2nd Sunday of May, to honour all Mothers. To show them how much we love them, to thank them for all that they do for us, caring for us, to thank them for all the sacrifices they make for our sake. Some offer to cook for the family in order to give their mothers some rest, maybe some take their mothers for a meal. **So, it’s their day, in short !**



It is right and fitting that we have a Mother’s Day celebration. Now what about the fathers ? Sometimes people wonder, is there something called “Father’s Day?” Does such a day exist ? Some are convinced that Father’s Day does not exist ! While surfing through the Net, one will find that Father’s Day is celebrated on different days in different countries, but there is a specific day in the calendar, assigned as Father’s Day, and that is the 3rd Sunday of June. Ah, Ah, so here we are, all praise for the Fathers – for all that they do or not do, for being there when you need them, etc., etc.



Melville X. D’Souza
- Orlem, Malad West

Now how about a combined celebration of both Mother’s Day & Father’s Day on one specific day ? Why not a common day when we can shower all our Love on both Mother & Father at the same time - a double celebration as one would call it ! And that is where **the Church comes in. The Church has set aside a day to honour both parents together – the 26th of July. Needless to say, it is a special time for us to show our parents how much we appreciate our parents.** There will be zonal/sector celebrations for parents - the parents are made to feel special on the day of the celebration.

We all know the importance of parents in our lives. They are the ones who have raised us, shaped our lives and given us the values of life. **Spending time with the children is important yes, but where do we draw the line ? Do they have a ‘shelf life?’** There comes a time when one needs to ask, when does their role end in our lives ? Difficult question isn’t it ? In recent times certain posts have been circulating on social media, advising parents not to save for their children, rather, spend your money on yourselves, for your own well-being. At least after the children have become adults. The children will chart out their own future, they will make their own lives. The children may not always be there for you, for some reason or the other, when you require them the most. Further, the post advises parents that their retirement life should be a relaxed life, free from all worries. Especially, it says, parents should not take on the responsibility of looking after their grand children – they have toiled enough to bring up their children, why should they be burdened with the responsibility of taking care of the grand children ? This is their time – a time to unwind, one would say, sit back and relax. **“The best thing you can do for your child? Take care of you”**, says Julie Burton a freelance

writer, & author of the book, “The Self Care Solution,” and a yoga instructor. She cautions, **“If you give and give and give, you’ll eventually break down, physically or emotionally.”**

Is there some truth in this message ? Perhaps, one may tend to agree. We have been reading newspaper reports of how parents have spent all their time, money and energy on their children and those same children have disowned, abandoned, harassed their parents for whatever reason. There could be cases where children have disowned their parents for the sake of money. And this is not limited to any particular class of society, but to all classes, whether they are rich or poor, educated or uneducated, literate or illiterate.

The children are our future, it is said, but do we need to tread cautiously ? Don’t parents need to hang up their boots after a long hard struggle in life ? Isn’t it their relaxation time ? Is the future of the parents at stake ? This is indeed a touchy issue and we need to study and understand the situation and then take informed decisions. Parents indeed, have a “Shelf Life” – it’s just that nobody knows how long that “Shelf Life” is !

Alternatives In Silence To Avoid Abortion

God's vision of the family is between a man and a woman. The gift of a child is part of the divine will for humankind's destiny, of unquestionable value.

Pope St. John Paul II had clearly said, "The family is truly the sanctuary of life...the place in which life – the gift of God – can be properly welcomed and protected against the many attacks to which it is exposed."

The life of an unborn child is not given to be terminated or its conception thwarted by artificial or ecological means.

When God is the Giver of life, infertility is seen as a sad experience and accepted as the Lord's decision. For thousands of years children were born, loved, protected and never considered an "unnecessary burden". God blessed the human being he had created, with the benefaction of fertility. "Be fruitful and multiply, and fill the earth and subdue it" (Gen.1:27-28).

The gift of procreation is never to be taken as an obstacle but an acceptance of God's law. Contraception and abortion are not of the same seed. They both violate God's divine order 'Thou shall not kill'. At the same time, in a marriage there is no question of chastity, for marriage is a union of conjugal love, to create the life of a human being.

A few weeks back the Irish abortion referendum shocked the Catholic and Christian world. It has challenged the faith, its prayers, rallies and pro-life efforts worldwide.

According to statistics, in the last ten years in the European Union 13 mil-

lion children died because of abortion. In Russia the official count is 4 million a year, and possibly more.

Destroying life in a woman's womb is an abomination since God entrusted us to "be fruitful and multiply, and fill the earth and subdue it". Instead, the act of killing a child with corrosive substances is turning ones face from God who loves you.

To silence critics of abortion there is a single American government program which takes on the responsibility to help a woman in the throes of being forced to abort a child. Life begins from conception as we all know.



BY MELVYN BROWN

Alternatives to Abortion, is the US program in Missouri with a well-planned presentation to help render safe service to a woman carrying an unborn child. Comfort and courage helps the woman to overcome her fears and to face the reality of the unplanned pregnancy. The program deals with emotional outbursts, renders attention during and after birth for one year. AA helps women to lower the use of tobacco, alcohol, illegal drugs and to have better nutrition.

Alternatives to Abortion, is designed to assist women in carrying their unborn child to full term. Furthermore, they help the child find adoption should the need arise. If their work-plan becomes a template, abortion can be wiped out across the world.

Pope Francis spoke to members at a Forum of Family Associations, celebrating its 25th anniversary this year. The pontiff said, "The murder of children....to

get a peaceful life an innocent person is sent away...We do the same as the Nazi....but with white gloves." The Holy Father stressed on God's vision of the family, as matters between a man and a woman

The commandment of God to be 'fruitful' was an act of his love. For generations children were born and man struggled by the sweat of his brow to live happily in the arms of his family safeguarding his wife and child.

It was only in the last century that the use of contraceptives grew. In our contemporary world we talk of being sterilized, practice safe-sex, aborting sick or disabled children, using condoms, taking pills to kill the unborn child, even to prevent conception..... We have reached the pinnacle of sin where the full sanction of the law for an abortion is now possible.

To all this there is an irony, rapists are coming under a strong law to be sent to the gallows or life in prison. The doctors and staff of abortion clinics are still at large and in practice. A girl child in a woman's womb is not safe. Does this make sense to critics on the subject of abortion?

Pope Saint John Paul II in his book, The Gospel of Life, wrote: " It is frequently claimed that contraception, is made safe and available to all, is the most effective remedy against abortion.... Contraception and abortion are specifically different evils: the former contradicts the full truth of the sexual act as the proper expression of conjugal love, while the latter destroys the life of a human being..."

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Eye tracking technology is changing the world



THE EYES ARE the window to the soul, so says the old adage. The development of the technology has been a lengthy process, from which we are now starting to see the results. The use of eye tracking devices is not only opening up new ways of solving problems or obtaining new data but also giving rise to entirely new fields of research

Thanks to advances and breakthroughs in hardware, software and artificial intelligence, eye tracking technology has progressed immensely in the past year and is now drawing the attention of tech industry's biggest players. From monitors and laptops to smartphones and VR headers, as eye tracking tech slowly finds its way into more and more devices, here are some key areas that will likely be immensely affected by the technology that measures and responds to human eye motion.

Neuroarchitecture:

Neuroarchitecture or cognitive architecture is an emerging field that provides an empirical basis for the design choices made by architects. Researchers have used eye tracking to investigate participant responses to factors within the built environment

such as ceiling height, room size and lightness - critical components of architectural design. By understanding the fundamental attentional and cognitive reactions to buildings, research can guide better resulting designs.

Virtual reality :

VR is all about immersion and in this respect, eye track-



ing technology is likely to be a crucial component of next generation headsets. VR headsets is taking your gaze into account by becoming truly immersive. The use of eye tracking technology will enable VR rendering engines to eliminate current graphics distortions caused from not being able to calculate gaze direction.

Advertising:

Eye tracking can also revamp the entire advertising industry. In their current state, ads are measured by impressions, which is not a very precise metric. When eye tracking becomes an inherent part of all computing de-

vices, ad campaigns can also take into account the amount of actual eye views that ads get. The data helps advertisers and location partners to assess audience interest in various messaging angles and to correlate this information with parameters like location, timing and demographics.

Market research:

A large part of the interaction that customers make with products and services is through their gaze. By measuring customer sight, eye tracking is opening up unprecedented possibilities for both lab and real world neuro-marketing tests. With eye tracking, instead of relying on surveys, you'll be able to collect objective data from the eyes of users while they're interacting with a product or service. Gaining insights on natural interaction with

products and services enables researchers to identify real usability problems and frustration points and make decisions that improve customer satisfaction and engagement.

MENTAL HEALTH DIAGNOSIS

Eye tracking has an application in the diagnosis of neurological disorders and diseases. Data from eye tracking has also

been shown to be helpful indicator in the detection of depression, schizophrenia and even Alzheimer's disease. The study showed the clear potential of using eye tracking as a straightforward, non-invasive diagnosis aid

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Prop. B. D'Souza

M'luru, Bondel -

St. Lawrence Shrine feast on August 10.

Compiled :
Ivan Saldanha-Shet. M'luru

Ever since the famous St. Lawrence shrine near Attur-Karkal has been delegated to Udupi diocese post the bifurcation, the shrine of St. Lawrence in Bondel, between Mangaluru city and it's International Airport, has become the centre of devotion to this super saint of Konkani Kanara. Many Konkani Catholics based in Mumbai, the earlier Bombay, are fervent devotees of this saint for all seasons receiving favours. and miracles. The Bondel St. Lawrence Shrine grand festival, starts on July 31, 2018, with the grand finale on August 10, it is programmed for new highs in terms of rituals and devotion along side participation.

The two high church dignitaries now in the lime light here, retiring Bishop Aloysius Paul D'Souza of Mangalore Diocese and newly-appointed bishop, Peter Paul Saldanha (Consecration announced to be on September 15, 9.30 am, at Rosario Cathedral), will officiate at the forenoon and evening Masses, respectively on the feast day August 10. Thousands of devotees of St. Lawrence are expected to congregate at the Bondel shrine which is becoming a new magnet to the saint whose weekly novenas are held on the forenoon every Tuesday, ending with fellowship meal for the devotees.

On all the days of devotion this year, starting from August 1 and ending



devotions for ten days starting from July 31 with a 'horekanike procession' (offering of gifts) with offerings starting at 5 PM Maryhill Carmel Central School and wending its way to the shrine complex at Bondel. On August 1 there would be flag-hoisting at 10.30 AM and from thereon from August 1 to 10, at 11 AM and at 6 PM there would be novenas (nine-day devotions).The devotees could avail of the fellowship meal and blessed bread after the evening service on each day of novena.

Brief of the Church : Bondel is about 6 Km north of the city, on the now developed airport road. It is thought that a French missionary who visited here in 1873, called it 'Bon Vale' translated to Good Valley.....which lead to it being called 'Bondel'. Some time around 1900, a priest of Milagres Fr.Aloysius Fernandes set up a temporary chapel a kilometer or so to the east of the present shrine. In 1913 Fr. Frank Pereira built a chapel at the present raised spot. It was served by Milagres Church until 1922, It was accorded the status of a Parish on April 10, 1923 and Fr.Frank Pereira was its first parish priest serving until 1926, he also constructed a small school.. The present church came up between 1977 and 1987 when Fr.Denis D'Souza was the Parish Priest. The present Parish Priest is Fr. Andrew Leo D'Souza . The shrine and devotions are developing rapidly now.



with the grand finale, on August 10, devotees will be offered lunch and blessed bread in the evening, with festive lunch after the feast Mass.

The festive Mass on August 10 will start at 10.30 AM and will be led by Bishop Aloysius Paul D'Souza, followed by grand festive lunch for devotees and the evening festive Mass will be led by Bishop-designate Peter Paul Saldanha at 6.00 PM.

The concluding feast day will be preceded by various programs and

Kerala bishops decry women commission's call to abolish confession

Kochi: The Catholic bishops in Kerala on July 26 lambasted the National Commission for Women's call for abolishing the practice of confessions in Christian Churches.

The media reports about the commission's recommendation have shocked not only Christians but all those who stand for religious freedom, the bishop's press release says.

"The Kerala Catholic Bishops' Council strongly protests the women commission's recommendations done for some hidden political agenda," it adds.

The commission, a statutory body concerned with advising the Indian government on policy matters affecting women, reportedly recommended confession's abolition saying the practice could lead to blackmailing of women.

Commission chairperson Rekha Sharma says priests pressure women

into telling their secrets. "We have one such case in front of us, there must be many more such cases and what we have right now is just a tip of the iceberg," she said.

The recommendations come in the backdrop of a rape case against four priests of Malankara Orthodox Syrian Church accused of sexually exploiting a married woman belonging to their church.

The issue came to the fore after the victim's husband wrote to the Church, alleging that the priests blackmailed and abused his wife, a school teacher.

The commission constituted an inquiry committee to look into alleged sexual assaults against women in churches, and sent its findings to Prime Minister Narendra Modi, federal Home Minister Rajnath Singh, Women and Child Development Minister Maneka Gandhi and the heads of police departments in Kerala and Punjab.

The Kerala bishops say they find the commission's recommendations "based on one isolated case" as "irresponsible" and done with "ulterior motives." The commission did not bother to consider the theological, religious and psychological reasons for confession, consult responsible persons or hear the Churches before deciding on a matter that it had no jurisdiction, the council asserted.

"Confession for Christian Churches is a Sacrament. It is the path for spiritual growth and eternal salvation. Confession has been in vogue in Christian Churches for centuries," explains the press release issued by Father Varghese Vallikkatt, the official spokesperson of the bishops' council.

The priest also points out that hundreds of thousands of people – both men and women — have confessed

to thousands of priests over the past centuries. "There are cases where priests have sacrificed their lives to keep the confessional seal," adds Father Vallikkatt, who is also the council's deputy secretary general.

The press release says the commission chairperson has no idea about confession or its purpose and her recommendations violate the freedom of religion guaranteed by the Indian Constitution. "They are part of attempts to create religious animosity and spread tension and violence in society," the press release alleges.

Meanwhile, the Tellicherry unit of the Kerala Catholic Youth Movement organized a candlelight protest against the women commission's recommendation. "Commission chairperson Rekha Sharma has crossed all limits by ridiculing confession and hurting the religious faith of Christians," said Auxiliary Bishop Joseph Pamplany of Tellicherry, who led the protest on July 26 evening.

source: *MattersIndia*

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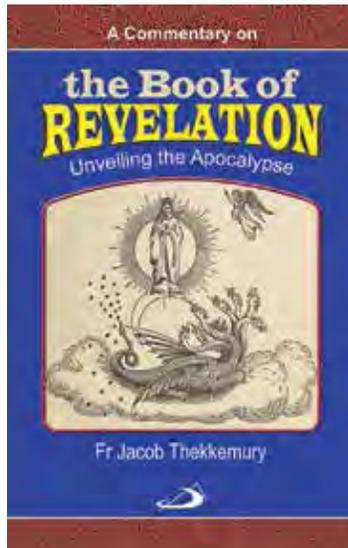
A Commentary On The Book Of Revelation – Unveiling The Apocalypse

By Father Jacob Thekkemury

**Reviewed by
Ladislaus Louis D'Souza**

The Canon of Sacred Scripture comes to a close with the Book of Revelation. The Kingdom of God, prepared by the Old Testament, inaugurated in the Gospels, promulgated in Acts and explained in the Pauline and other Epistles, appears in the Book of Revelation in its final, triumphant phase – a glorious vision of its inner nature and destiny. Revelation, bringing up as it does the rear of the Holy Bible, is interesting in that it abounds in puzzles and riddles to say the least! Among the numerous books interpreting 'Revelation', A COMMENTARY ON THE BOOK OF REVELATION: UNVEILING THE APOCALYPSE [ISBN 978-93-5015-086-3 – pp 423 – Rs 350] stands out primarily for its ability to solve problems related to its contents, puzzles, riddles et al, the author's avowed objective being to help the simple, ordinary reader unravel the mysteries of the Faith.

Thekkemury's Commentary lucidly offers an almost verse by verse problem-tackling interpretation of the book, clarifying the different enigmatic usages of apocalyptic literary expressions and unveiling the spiritual messages contained therein by means of a detailed analysis of words, phrases, numbers, symbols and images in the light of parallel passages in Old Testament and New Testament writings. Thus, if the reader has a problem with the meaning of a certain word or expression in a particular chapter of 'Revelation', looking for it as a title corresponding to the same chapter in



this commentary would indicate the proper answer, the matter under each title providing a comprehensive treatment of the topic.

Like any other book of the Holy Bible, 'Revelation' yields ever fresh and significant insights, a prayerful reflection on which would prove to be spiritually replenishing for the serious reader. Very importantly, aided by Thekkemury's commentary, 'Revelation' comes through as having much liturgical as well as ecclesial significance, what with the author singling out passages with obvious Eucharistic allusions!

Essentially, the Book of Revelation was crisis-occasioned: the severity of the persecution of the early Christians for their loyalty to the Lord Jesus Christ. [Does that ring a bell in relation to the present-day persecution of Christians in evidence?] In such a situation, the zealous pastor in John the Evangelist is profoundly inspired to develop themes such as encouragement to persevere amid affliction, God's intervention in judgement bringing punishment upon those unleashing persecution on the believer.

As a matter of fact, 'Revelation' is a book for our times! And A COMMENTARY ON THE BOOK OF REVELATION: UNVEILING THE APOCALYPSE would help the reader appreciate the significance of this truth better. Both, the author, Father Jacob Thekkemury, a competent authority on 'Revelation' with no less than five books on the subject to his credit (not to mention the numerous other titles under his belt!), and the publishers, ST PAULS, deserve to be highly commended for bringing out this timely treatise.

12 Commandments of Good Parenting by Dr. Leo Rebello

- 1.. Both parents looking after the child with love and respect.
- 2.. With Grand Parents, Aunts, Uncles, Cousins visiting regularly.
- 3.. Plenty of Love, Smile that will help blossoming of the child.
- 4.. No Shouting, No Fighting that will frighten the child.
- 5.. Eating with children. A family that eats together, stays together.
- 6.. No Cell phones at Dinner table.
- 7.. No Cell phones as play tools for small children.
- 8.. No Child Abuse of any kind, including Vaccines, Drugs.
- 9.. No Smoking in front of children.
10. Set Rules, but no Harsh Punishments.
11. Play with children, go for Picnics, take them to school, movies.
12. Have pets at home so children are protected and learn kindness.

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Inspiration!

The remarkable power of touch

TOUCH CAN HAVE powerful psychological effects on both the giver and the recipient. It conveys a lot of unsaid information and can affect people's decisions without them even being aware of it happening. Whether it is an accidental glazing from a stranger, a gentle hold from someone close, a reassuring squeeze of the hand, an 'I see you' caress, an encouraging touch on the back, a quick kiss on the forehead or one that is slower, more tender and more anticipated power of touch is profound. It can strengthen connections, heal, communicate, influence and soothe. Therefore, today we reveal some of the interesting truths behind touch and human relationships

Without thinking about it, some people can go hours, days or even weeks without any physical contact in their lives. Adding touch to your day is a simple way to harness its health-maximising effects of less stress, pain management and a healthier body and mind. We all have an inbuilt need to be touched. When it is done respectfully and appropriately, touch is a vital part of the human experience. The touch doesn't have to be intimate and it doesn't have to be big to have an effect. Done appropriately, it has a profound capacity to nurture our relationships and our overall well-being. Here are some things that it's capable of:

Reduces stress:

There's no doubt that a cuddle from the right person at the right time can take the steam out of stress. Any touch, even an incidental one that lasts for less than a second, can soothe the physiological response to stress by lowering blood pressure and cortisol (the stress hormone). Lower stress means happier hearts.

Builds champion teams:

Research has found that teams that touched more performed better. In research that looked specifically at NBA players, it was found that when players touch their teammates more, such as with a high five, fist bumps, chest bumps, a hug after scoring a

goal, they performed better. The reason for this is unknown – we just know it works. It is likely to be related to increased confidence and a closer connection between players.

Make your sorry sound 'sorrrier':

Touch during an apology adds warmth and sincerity. It triggers a part of the brain called the insula which plays a part in processing emotions. The warmth, closeness, eye contact and other messages that are communicated through touch can help soothe leftover negative emotion and upset that has warranted the apology in the first place.

More touch, less violence:

Research shows that when there is greater physical affection during childhood, the rates of adults physical violence are lower. On the other hand, when touch is limited, physical and verbal aggression is higher. The results have been found in both adolescents and children.

Brings people closer:

Oxytocin is affectionately known as 'the cuddle chemical'. Affection that is wanted causes the release of oxytocin. It helps to nurture feelings of trust and connectedness and it also reduces cortisol (the stress hormone). Ten seconds of affectionate touching (hugging, back rubs, gentle stroking) is enough to trigger the release of oxytocin.

Helps people with Alzheimers:

Touching (touch therapy, massage therapy) for patients with Alzheimers reduces stress and depressive symptoms and helps them to make emotional connections with others.

Happier, closer intimate relationships:

Physical affection between couples is gold in relationships. Aside from boosting that loving feeling, physical affection eases the subjective experience of stress and improves relationship satisfaction. When couples in one study were asked to take part in a stressful event (public speaking), those couples who hugged for 20 seconds after spending 10 minutes holding hands and watching a romantic video had significantly lower blood pressure and heart rate than the couples who only rested quietly for 10 min-

utes and 20 seconds.

If by reading the benefits you want to get started with the therapy, take a look at these tips for your daily oxytocin boost

Hug hello and goodbye

Greet friends and family with a quick embrace to maximise touch in your day.

Try a solo massage

Using lotion or massage oil, relieve neck, arm, leg and scalp tension using the tips of your fingers to massage in a circular motion. Self-massage tools, such as canes (to massage your back) or kneading tools can help with hard-to-reach spots or tough knots.

Hold hands

Don't wait for someone to initiate it - go for it yourself! This simple gesture can bring the spark back to a long-time relationship, add some sizzle to a new one and even show someone special (your child, parent, grandparent, sibling or best friend) that you care.

Pat someone on the back

Congratulate friends and co-workers on their accomplishments with a celebratory pat on the back.

How Does The Power Of Touch Affect Us All?

- Newborns that are given nurturing touch grow faster and have more improved mental and motor skill development.
- Children raised with more physical interaction tended to be less aggressive and violent.
- Partners who cuddle have been shown to have lower stress levels and blood pressure and improved immune function.
- Elderly people who receive the soothing, affirming experience of touch have been shown to better handle the process of aging and passing with dignity.

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Happy Friendship Day!!

Friendship Day has come to be celebrated in a big way in India and elsewhere in the world. The celebration of Friendship Day started in 1935 when the US Congress decided to dedicate a day in honour of friends. Nevertheless, the reason behind making this day was not exactly known.

The noble idea of honoring friends has really caught on with the youth and one can see the festival being enthusiastically celebrated by the youth especially, students. Friendship Day celebrations are particularly marked in schools and colleges. In tune with the spirit of the occasion, people dedicate Friendship Day festival to their best friends. Most of them choose to celebrate the entire day in the loving company of their dearest friends --- boyfriends, girlfriends, etc. Recollecting sweet memories of the time spent together and catching up with their lives over a cup of iced tea or coffee is the idea of ideal Friendship Day celebration for many. Friendship is the most valuable relationship in the life of a person. Everyone of us needs a good and loyal friend to share bad or good life events, enjoy happy moments and share unbearable events of our life. A good and balanced human interaction is very necessary for the survival of everyone. Friendship is also the key to strengthening family bonds and relationships. Many a times, being friends with your siblings, parents, cousins, etc. makes that relationship even stronger. Friends are also our helping hands in our times of need or whenever we are in trouble. It

is rightly said that "A friend in need is a friend indeed." The coming Friendship Day on August 5th might not be a big deal for many of us, but it still gives a reason to show to our friends what they mean to us. A friendship card or a gift, a get-together or just simply hanging out in some park or restaurant goes a long way in telling our friends how much we appreciate them. Also try contacting a friend or acquaintance whom you have not been in touch with for a long time. You will pleasantly be surprised by how good you will feel by making the con-

tact. Friends can have a positive influence on us if we choose them wisely --- those who hold good values, are involved in constructive activities and who are not selfish. But if your friends are distracting you from your aims or are urging you to get involved in things that you or your parents don't approve of, it is time to part ways with them. Happy Friendship Day!!



—Jubel D'Cruz

Mumbai Xavier's gets first non-Christian principal

Mumbai: St Xavier's College in Mumbai has created history by appointing a Hindu as principle in its 150-year-old history.

Rajendra Shinde, who currently heads the Jesuit-managed the college's botany department, will assume charge as the institution's 24th principal on September 1.

The 55-year-old academician is the first non-Christian to head a Jesuit college in India.

"The management has sent a strong message of inclusion by appointing me as principal in its 150th year. My appointment has paved the path for my colleagues and juniors in the future," Shinde said reacting to his appointment.

Since its inception, the iconic south Mumbai college has had 22 Jesuit priests as principals. In 2015, it appointed Agnelo Menezes, a Catholic layman, as its first non-Jesuit principal.

Shinde has been associated with the college for 35 years. He is a resident of Nerul, an upmarket residential and commercial node in Navi Mumbai.

He was an herbarium curator at the



college for almost 10 years since 1983/ He was the vice-principal during 2011-2017.

Shinde's appointment as the principal comes as the college aims to attain university status.

He comes from a modest railways employees' family from Nashik.

Shinde completed his primary education in Odha village near Nashik. The village had only one school at that time. He moved to Mumbai in 1978 for junior college studies from St Stanislaus. After completing BSc in botany in 1983, he joined St Xavier's as herbarium curator. During this period, he completed his MSc.

Shinde has worked on various academic and non-academic bodies at the college since 1991.

—Matters India

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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

6693. MUMBAI : Mangalorean RC bachelor, (Born in September 1988), Ht. 6', Wt. 85 kgs, Edn. Graduate Degree, Merchant Navy Captain in U.K., working as a Merchant Navy Officer. Contact email : kennethlazrado@yahoo.com.

6684. MUMBAI : Goan RC bachelor, (Born in January 1969), Ht. 5' 5", Wt. 60 kgs, Edn. High School, working as at Airport as Counter Staff. Contact email : danrox009@gmail.com.

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

6722 MUMBAI : East Indian RC Bachelor, (Born in September 1989), Ht. 5' 11", Wt. 64 kgs, Fair Complexion, Edn. M.Com., C.A., working in Audit firm. Contact email : eltn89@yahoo.co.in

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

6722 MUMBAI : East Indian RC Bachelor, (Born in September 1989), Ht. 5' 11", Wt. 64 kgs, Fair Complexion, Edn. M.Com., C.A., working in Audit firm. Contact 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

6669 MUMBAI : Goan R.C. Bachelor, M.Sc., in Telecom, MBA, (Born in February 1978) Ht. 5' 5", Fair, good natured. Working as a Financial Analyst in New York. Contact email: zennon.fernandes@gmail.com OR 8698375997.

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

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

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

6621 MUMBAI : Tamilian Roman Catholic Bachelor, (Born in September 1970), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as an Event Manager. Seeks good looking fair girl. Contact email:

rosario.thefernandoco@gmail.com

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

yahoo.com OR Mob: 09322156322

6667 MUMBAI : Goan R.C. Bachelor, B.Com., (Born in January 1983) Ht. 5' 7", Wt. 65 kgs, Fair, smart and good natured. Non alcoholic and non smoker. Seeks a fair, good looking, good natured slim Goan RC girl. Contact Mob: 9930466725

6666 MUMBAI : Mangalorean R.C. Bachelor (Born in February 1988) Ht. 6', Wt. 72 kgs, Fair Complexion, Edn. BMS/PGDM, working as a Customer Executive. Contact email: lilydsouza50@gmail.com OR 9869158197

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

6841. MUMBAI : Anglo Indian / Keralite Roman Catholic Bachelor, (Born in May 1991), Ht. 170 cms, Wt. 78 kgs, Fair Complexion, Edn. M.Com., working as a Sales Executive. Contact email : mrsannieroy@yahoo.co.in

6636. MUMBAI : East Indian Roman Catholic Bachelor, (Born in September 1983), Ht. 5' 9", Wt. 80 kgs, Wheatish Complexion, Edn. B.E., working as a Technical Lead. Contact email : joy.dominic@gmail.com

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6924. MUMBAI : Mumbai born and broughtup Roman Catholic Keralite Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.Sc. (I.T.), working as a Sr. Software Engineer in Foreign Bank. Contact email : dianamanuel320@gmail.com

6923. PUNE : Mangalorean Roman Catholic Divorcee, (Born in April 1963), Ht. 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn.High School + 3 years Full term apprectice, working as a Machinist CNC Operator in reputed organisation. Contact email : mathiaswilliam04@gmail.com

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**

6912. SAUDI ARABIA : Mangalorean Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn.10th Std., working in Saudi Arabia. Contact email : dsouzasachin77@gmail.com

6786 MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1981), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. BA working as a Sales Associate. Contact email : saviatorres56@gmail.com

6784 MUMBAI : Roman Catholic Divorcee, (Born in April 1982), Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. MBA working as a Accountant. Contact email : getaustin@gmail.com

6783 MUMBAI : Goan Roman Catholic Bachaelor, (Born in June 1983), Ht. 5' 4", Wt. 60 kgs, Wheatish

Complexion, Edn. Edn. H.S.C. working as a Dept. Manager. Contact email: faugustine992@gmail.com

6781 MANGALORE : Mangalorean Roman Catholic Bachaelor, (Born in January 1989), Ht. 5' 11", Wt. 60 kgs, Fair Complex ion, Edn. MBA (Finance) working as a Corporate Officer. Contact email : sudeshmascarenhas@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.

6915. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn.B.Com., MBA, CS, working as a Accountant. Contact email : marriageproposalseeker@gmail.com

6909. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1988), Ht. 5' 11", Wt. 74 kgs, Wheatish Complexion, Edn.Bachelor of Engineering in INformation Technology, IT Professional. Contact email : allwync88@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

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

6756 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. 12th std. (HSC), working as an Admin. Assistnat in **DUBAI**. Contact email : charlotteirani@yahoo.com

6838. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1974), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion Edn. VII std, working as a Electrician in BEST. Having House. Seeks a simple, understanding and good natured girl. Contact email : belindacardoza777@gmail.com

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

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6770. MANGALORE : Mangalorean Roman Catholic spinster, (Born in October 1987), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. MBBS, Senior Residential Doctor. Contact email: myname2487@gmail.com

6653 MUMBAI : Goan Roman Catholic Spinster, (Born in July 1990), Ht. 5' 2", Fair Complexion, Edn. M.B.B.S., Doctor & pursuing M.D. Seeks M.D. / M.S., Doctors. Contact email : selwynhenriques13@gmail.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

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

6927. MUMBAI : Goan Roman Catholic spinster, (Born in January 1977), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. Post graduate, working as an Admin., in MNC. Contact email : mrf.ma77@gmail.com

6482. K.S.A. : Roman Catholic Spinster, (Born in July 1983), Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc. in Chem/PGDMLT, Pathology Lab Technician (Instructor) in KSA since 10 years, well settled, seeks a suitable match. Contact email :

mathew_680@yahoo.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

6769. MUMBAI : East Indian Roman Catholic spinster, (Born in December 1986), Ht. 5' 1", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Finance, Deputy Manager in Bank. Contact email: dianafrnds62@gmail.com

6811. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5' 3", Wheatish Complexion, Edn. B.Com., working as a Freelance Content Creator. Contact email : dcostavalentina@gmail.com

6033 ABU-DHABI : Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. Contact email : barretto.lorraine@gmail.com OR 9730454857

6810. MUMBAI : Mangalorean RC Spinster, (Born in February 1990), Ht. 5' 4", Wheatish Complexion, M.P.T. (Master in Physiotherapy) working in Mumbai, planning to settle down in Canada, seeks alliance from well settled, qualified Mangalorean RC bachelor with good family background and Christian values. Contact No. 9967119891

6809. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in May 1983), Ht. 5' 8", Wt. 62

kgs, Wheatish Complexion, Edn. B.Com., Computer, working as a Customer Service in Foreign Bank. Contact email : saldanhairene@hotmail.com

6004 AHMEDABAD : Goan R.C. Spinster (Born in September 1984), Wheatish, slim, good looking, aged 31 years, Ht. 5' 4", Wt. 49 kgs, Edn. B.A., PGDMFI, Pursuing MBA, working as a Senior Officer in Bank. Seeks a educated, well settled bachelor from decent and respectable family. Contact email : steffi8138@gmail.com / jerrypeter02@yahoo.com OR 079-22162694

6808. USA : Mangalorean Roman Catholic Spinster, (Born in August 1984), Ht. 5' 4", Fair Complexion, Edn. B.E., M.S. (USA), working as an Engineer in USA. Contact email : 1954.tulips@gmail.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

6807. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in January 1988), Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. B.E. Computer Engineering, working as a Software Engineer in California. Preferred someone working in U.S.A. Contact email : celinefrancisdcunha@gmail.com

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5619 DUBAI : Mangalorean R.C. Spinster, (Born in November 1981), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Working in Govt. Hospital in Dubai as Specialist Doctor (M.D.) Seeks a well qualified bachelor from Decent family. Kindly send the profile and recent photograph to Email : alliance12313@yahoo.in

6822. KUWAIT : Mangalorean Roman Catholic Spinster, (Born in November 1982), Ht. 5' 4", Wheatish Complexion, Edn. B.Sc. Post Graduate in Mumbai University, Teacher in Kuwait. Contact email : pereiralucy2017@yahoo.com Tel: 00965-60402765 / 9867308911

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

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

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

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

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

6839. MUMBAI : Mangalorean Roman Catholic Issueless Divorcee, goodlooking, (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

6926. MUMBAI : TAMILIAN Roman Catholic Divorcee. 1st marriage annuled by the church, (Born in June 1985), Ht. 5' 3", Wt. 76 kgs, Very Fair Complexion, Edn. B.A., Successful school teacher for last 10 years. Contact email : amelia_christopher@rediffmail.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

6337. M.P. : Protestant Christian Divorcee, (Born in July 1980), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager , MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.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.

6925. MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in April 1987), Ht. 4' 11", Wt. 60 kgs, Wheatish Complexion, Edn. B.Ed., Teacher by profession. Contact email : precstillamarsh201@gmail.com

6502 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, Seeks a well educated having a good job. Contact immediately email : janydz_1484@yahoo.com OR Tel.: 0971 557463484 / 9930076741.

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.

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

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Ad. Rates for Thanksgiving

	Colour	B/W
Favours granted minimum i.e. 15 words + 1 block(1 photo of saint)	Rs. 800	Rs. 400
each additional block	Rs. 400	Rs. 200
Holy Spirit Prayer	Rs. 1000	Rs. 600
Other small prayers (upto 100 words)	Rs. 1000	Rs. 600

Contact: Tel.: +91 - 9820485389, 9820473103

THE SECULAR CITIZEN,

99, Perin Nariman Street, Fort, Mumbai - 400001

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.

— P. M. G., Mumbai

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

—R. M. Fernandes, Pune

Thanksgiving

Thanks to
Our Lady of
Perpetual Succour
for favours granted.



—Gretta Menezes

An AFJ Exhibition Extraordinary On Pope Francis



It was time when students in Calcutta experienced the joy of knowing the extraordinary story about Pope Francis, Vicar of Christ, pontiff and Bishop of Rome. The story of his family, his rise in the Catholic Church to Cardinal and finally, to be chosen by God's divine plan to be the 266th pope since Saint Peter, the apostle. He is the first Jesuit pope, the first pope from the Americas, the first pope from outside Europe.

Three days of the Exhibition underwent the trial of being held on wet monsoon days, yet nothing could stop the children from visiting the Divine Mercy Chapel venue of the event between 8 a.m. to noon each day.

Lay people of the parishes attended the event in the evenings.

The first-ever event in the city was organized by the Ambassadors For Jesus under direction and approval of their Founder Melvyn Brown, AFJ.

MATRIMONIAL

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

Expressions of interest are solicited from eligible male suitors meeting the following criteria: Must be Christian settled either in Australia, UAE, Kuwait, Bahrain, North America, Canada Age: under 47yrs Marital Status: Bachelor or Divorce (with no children) Personality traits: Suitor must be healthy with a pleasing personality & strong family values. Height :minimum 5'8" Suitors with strong financial resources pursuing either a Professional/Corporate/ Business career will be highly favoured. Interested suitors are requested to send profiles to the following email: sme94427@bigpond.net.au

Altina Essay Contest 2018

An Initiative of Altina Securities, to promote 'The Spirit Of Entrepreneurship'

TOPIC:

THE POWER OF ENTREPRENEURSHIP

NUMBER OF WORDS : 400 to 600

ELIGIBILITY : 16 Years & Above

CONTEST DATES : From 1st July to 31st August 2018

1st Prize:
Rs 30,000/-



2nd Prize:
Rs 20,000/-

3rd Prize:
Rs 15,000/-

JURY MEMBERS:



Tahir Mohamed
Head Business Development
Nasdaq – Dubai



Rajesh Mascarenhas
Senior Assistant Editor
The Economic Times



Kewal Handa
Chairman
Union Bank of India &
Former MD - Pfizer India Ltd



Clifford Dsouza
Managing Director
Morgan Stanley (I) Ltd



Mahesh Bhupati
Professional
Tennis Player



Clifton DeSilva
Director
Altina Securities Pvt. Ltd.

Please provide your full name, postal address, e-mail ID, Mobile no. & latest passport photo (square only)
The names of the WINNERS will be listed on www.altinasecurities.com and also informed via e-mail or postal address provided

Entries should reach us by e-mail or post, to:

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