

# THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

## CITIZENS' CHARTER - 2019



The 'Citizens' Charter 2019' has been prepared by recently formed **INDIAN CATHOLIC FORUM** under the leadership of **chhotebhai (Kanpur)** who is the Convenor of the Forum for the forthcoming Lok Sabha polls .

# Mangalore born Doctor pioneering in USA

Compiled : Ivan Saldanha-Shet.M'luru.

Indian experts in artificial human reproduction were recently pleasantly surprised at an academic festival 'FERTICON, 2019', by the IVF Research Society and ART centre, held at Jawaharlal Auditorium, AIIMS, New Delhi - that the International faculty sharing knowledge with live demonstration and techniques in latest research in 'Reproductive Medicine', was Dr. Nigel Pereira, MD, FACOG. New York, USA is a current pioneer specialist originally hailing from Mangalore proper. A super specialist in Reproductive Medicine and Obstetrics and Gynecology. Broadly his clinical expertise encompasses reproductive disorders. At 32 years of age, he is the envy of many stalwarts, in his special field not only in the US but, in a wider arena. It is a matter of pride that he is Assistant Professor of Reproductive Medicine and Obstetrics and Gynecology at the Ronald O. Perelman and Claudia Cohen Center for Reproductive Medicine, Weill Cornell Medical College/New York-Presbyterian Hospital. Dr Nigel



Dr. Nigel Pereira

is married to Sarah D'Souza. Sarah, is the daughter of long-time Kuwait residents Joseph and Sylvia D'Souza, who also lived for a while in Mumbai. Sarah graduated with BA (honors) in Human Resources and Industrial Relations from the University of Toronto.

Dr. Nigel Pereira born in Mangalore, spent his formative years in Doha, Qatar. After grade 12 from the CBSE-affiliated Ideal Indian School in Qatar,

where he was the subject topper in Biology and Chemistry; He was accepted into Weill Cornell Medical College for his pre-medical education, where he was granted the HSBC scholarship for academic excellence. Dr. Pereira received his M.D. degree with academic distinction from Weill Cornell Medical College in 2010. He completed his residency training in Obstetrics/Gynecology at Hahnemann University Hospital/Drexel University College of Medicine in 2014, where he was named Chief Resident.

During residency, he was the recipient of prestigious national awards, including the Golden Apple Award for Excellence in Teaching, the APGO Resident Scholar for academic excellence and the Special Resident in Minimally Invasive Gynecology for surgical excellence (American Association of Gynecologic Laparoscopists). He also holds the rare distinction of winning the CREOG award during all 4 years of residency for his performance on the annual national resident examinations. Dr. Pereira also been credited for the creation of important video modules high-

(Contd.. on p. 19)



'Sabha Day' annual event of The Bombay Catholic Sabha (BCS) was held on 23rd February 2019 at St. Andrew Auditorium Bandra, On this occasion St. Francis Xavier Church Kanjur Unit of BCS is honoured with **Star Unit Award**. Walnes Rego Chairperson along with Managing Committee and Parishenors receiving the Award from Bishop Savio Fernandes

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## The difference between “calling in” before “calling out.”

By Don Aguiar

If you're going to have a serious discussion about hate and intolerance in this country, let's start at the top. Let's start by having a House discussion about the prime minister and his party's intolerance anti-secularism thought process. Let's have a discussion about the xenophobia and the anti-secularism that's coming from their side of the aisle. And let's stop using the discussion of nationalism and patriotism as a way of avoiding a real discussion about policy towards minorities, and the issues that are actually on the table about secularism and the treatment of minorities. Nothing like patriotic frenzy to divert attention from basic problems.

Last I'd read the government and nationalists were after high-profile dissenters, intellectuals and other such. Now it's just anyone who's not a Hindu or questions the government and its policies that are fast rising to levels not seen after early Nazi treatment of Jews? A wave of angry nationalism has swept India.

Euphemizing (here or anywhere) what the government is doing to conscientious objectors (citizen and others) is neither moral nor prudent.

“Bad men need nothing more to compass their ends, than that good men should look on and do nothing.” – John Stuart Mill (1867).

When countries face a threat from a foreign enemy, the imperative is national unity. That unity must be based on a solidarity that transcends sterile internal hostilities, without snuffing out the inalienable right in a democracy to have a civilised debate.

But, while we exalt national unity as we did in the wake of the Jaish-e-Muhammed (JeM) terrorist attack on our CPRF convoy claiming 40 lives of our braves, there is a noxious underbelly in our society that refuses to relinquish its vicious diatribes.

(Contd.. on p. 4)

Pro-right wing activists demand “allegiance to their ideology”; that right wing Indian politicians support this ideology because of money they receive from the pro-right wing activists lobby group, and that pro-right wing activists together with the prime minister has to an extent hypnotized the Indian masses.

They are certainly from the middle class: they own a smartphone, use Twitter, and can read and write. Whatever happened then to the much vaunted cliché about middle-class morality? Does the middle class condone such coarseness?

Besides, do such people need a particular trigger to spout their venom, or is every day par for the course? All that Barkha said is that while Pakistan must be punished for Pulwama, there should be no harassment of ordinary Kashmiri students unconnected with the terror strike. There is nothing objectionable about this. In fact, our prime minister said the same thing.

It becomes very clear, therefore, that these cyber villains have little discrimination, suffer from congenital intellectual illiteracy, do not judge views on merit, seek ‘hate’ figures that are conjured out of their twisted world of bigotry, and are driven simply by visceral animosity where there is no place for anything remotely connected to objectivity.

The frightening thing is that those guilty of such attacks are mostly driven by some form of ideology. Either they are ultra-nationalists, or ferocious ‘protectors’ of Hinduism, or have very strong views on issues like minority appeasement, or are congenital ‘liberals’.

What is the underlying cause of this condemnable expression of anger, which refuses to abate even when we are facing a foreign enemy? Is it evidence of a long suppressed angst against an English speaking elite that has hitherto disproportionately

monopolised opinion making in our country, and is seen as ‘liberal’?

Is it the rage of the underdog, who wants to make his presence felt by purveying this kind of calumny? Is the pressure cooker hierarchy of our social system bound to find ventilation in this form of vituperation?

If this is so – and one can only hope it is not – it speaks volumes about the level to which some elements of our political class can stoop, in order to silence real or perceived opponents to their agenda.

Ultimately, what happened to Barkha Dutt is only a metaphor of a much more ugly malaise that is threatening to demolish one of the most refined civilisations of the world.

What is incorrect in these statements? Why describing reality is considered anti-Secular?

It’s not my position to tell people how to feel, or that their hurt is invalid.

But incidents like these do beg the question: where are the resolutions against anti-secularism statements? For anti-minorities? For xenophobia? For a member of the ruling party saying he’ll “send Muslims and Christians home to Pakistan and Rome?”

We should highlight the core issue of intent, on all sides in this administration plus all others, we should actively check fundamentalism, anti-minorities, anti-secularism, intolerance, and all other forms of bigotry. And the most productive end goal when we see it is to educate and heal.

It’s the difference between “calling in” before “calling out.” “Calling out” is one of the measures of last resort, not 1st or 2nd resort.

We do it when repeated attempts to “call in” are disrespected or ignored. And I believe that PIL’s and activists, have demonstrated a willingness to listen and work within impacted communities.

The main theme of the defences of the activists and PIL’s is deflection. The pro-right wing newspapers lists all the anti-Secularism on the activist’s side that has gone unpunished, and devotes not a single word to defending or even minimizing the offense. This has been a running theme of pro-activists commentary on social media.

It’s because the media reporting has largely been false.

Let’s be clear, the prime minister hasn’t said anything about his party having taken an anti-secular stand. The prime minister has not said one word about protecting the minorities from these anti-secular and communal attacks. The right wing activists have mentioned how the prime minister and his party has accused the minorities of having dual loyalties to Pakistan or any other country. Why did they say that? Because they did say that. They talked about supporters of Pakistan and other countries insisting that politicians in India show allegiance to Pakistan and other countries, and that’s kind of undeniable. I mean, that’s been on for years.

That’s not whataboutism. That’s what-about-the-facts-ism, which is the exact opposite of what they pretend is going on.

It was weak-willed moderate pseudo-allies like that who drove Martin Luther King Jr. to distraction. Nevertheless, he persisted. So will the secular activists, no doubt.

Who else but the politician and the ideology their party follows could figure out how to win the coming elections by being the best at sneaking up on the unsuspecting populace and screwing them when they weren’t paying attention?

Vote carefully in the next election. You can’t always hear the what-about-the-facts-ism.



## Let's clean the system

This year, it is a given that no single party will get a simple majority in the Lok Sabha elections. That being the case there will be a lot of 'buying and selling'. To preempt these political machinations I would like to make a suggestion to all voters. Please ensure that you will consider only those candidates who give a signed affidavit affirming that he/she will not switch parties after being elected. Furthermore he/she may resign but must not contest the elections for the remainder of the 5-yr term.

Let us clean up the rotten system by insisting on such an affidavit not only for the Lok Sabha elections but also for all state elections.

—Robert Castellino  
Mumbai

## General Elections 2019—The staggering Statistics

It was finally out on Sunday 10th April 2019 evening. The details of the time table for India going to the polls was declared at a press conference headed by the Chief Election Commissioner Mr. Sunil Arora. The voting would take place in seven phases beginning with the 11th April 2019 and followed by polling in several states across India on, 18th April, 23rd April, 29th April, 6th May, 12th May and final day 19th May 2019. Counting would be held all over India on May 23rd 2019. It is a mammoth exercise. The statistics stagger the imagination. Ninety crores people are eligible to vote as per electoral rolls. This includes 1.59

crores new voters aged 18-19 yrs and likely to go up till the last day for registrations. (In the 2014 elections 81.54 crore voters were enrolled) Polling stations number 10.35 lakhs and 17.4 lakhs VVPAT machines. (the number of EVM machines not available) All this is to elect 543 M.P.s to the Lok Sabha. Welcome to the Greatest Show on Earth.

The logistics of moving Men, Materials, Machines and various commodities required for smooth running of the voting is quite formidable. Detailed plans have to be drawn up, every activity being co-ordinated with others so that, the enormous machine that it is, works flawlessly. Questions have been asked why so many phases of the elections are necessary and the length of time that the exercise takes. Troops and Police besides, security people have to move around the country for keeping law and order. After duty at one place they have to be rested and given time for travel before being reassigned for duty at a new place. Also the buildings like schools and colleges with class rooms have to be available as voting centers with booths for people to cast their vote. April and May are times during the year when examinations are held. Only after the exams are they free to become election voting booths, and storage places which are considered safe for keeping EVMs, VVPATs and other material. Planning to satisfy these conditions require time. In places like Kashmir and other states which are mountainous in nature require more time for travel and movement of material and men than in flat terrain. Also some constituencies require more than one day to be worked. Here is a typical example. Voting for six Lok Sabha seats in Jammu and Kashmir will be held in five phases including three phases for just one seat in Anantnag ! Three

states will see voting during all seven phases. Seventeen States will finish voting on a single day. Four states will be having Assembly elections along with Lok Sabha elections. J&K will be having Lok Sabha elections but not Assembly elections. That is a separate subject for a debate and cannot be discussed here. Byway of interest Maharashtra along with Jarkhand, M.P. and Odisha complete voting in four phases.

Putting the juggernaut of General Elections into motion requires the efforts of lakhs of people. It needs also time, money, energy and above all infinite patience. One newspaper has headlined the General Elections as The Dance of Democracy. Sounds nice. However it should never end up as democracy leading us a dance! Every eligible citizen has the moral obligation to cast his or her vote regardless of the sacrifices it requires in terms of time, convenience or even health and money. Do not use the public holiday given for voting to go on a picnic or jaunt and not voting. That is irresponsible and militates against good citizenship. Keep your date with Democracy. You owe it to yourself and the country. JAI HIND!

—Albert C deSouza.

## Mumbai FOB Collapses

Human lives have no value in Mumbai. Politicians merely plays old cassette "Inquiry shall be initiated strong action shall be taken...." now voters needs to teach effective lesson to Politicians.

The collapse of foot over bridges in Mumbai have become casual incidents. In past age when Britisher use to rule us they constructed many many bridges all over country were used and may be used now too which may have cross 100 years when and where those bridges were built with no advancement in technology then too much with perfection and accu-

(Contd.. on p. 6)

## Go not to the church to put...

A friend sent me this beautiful poem written by Rabindranath Tagore :

*Go not to the church to put flowers upon the feet of God,  
First fill your own house with the fragrance of love and kindness.  
Go not to the church to light candles before the altar of God,  
First remove the darkness of sin , pride and ego,  
from your heart...*

The poem has a few more couplets. For the record, Tagore did not use the word 'church', but temple. But the message is the same and applies to all religions equally.

With due apologies to Tagore I have added one more couplet:

*Go not to the church to put money in the collection plate.  
But go to the church to give money to beggars at the church's gate.*

Alas! We don't have beggars at the gates of our churches. While all other religions encourage beggars to sit in orderly manners outside their religious places, we actually discourage them from sitting anywhere near the church. What would Jesus say if he took a stroll down 'Church Road' on any Sunday? He could be forgiven for thinking it's Fashion Street and not Church Road!

I guess our antipathy for beggars outside the church arises from the fact that we dress in our Sunday best and feel guilty at the sight of poor, shabbily clad beggars. I believe, that's precisely the reason why people of other faiths dress in simple white cotton clothing when they go to their mosques, temples and Gurudwaras.

We can give scores of reasons why beggars should be kept away from the gates of churches, but would Jesus approve of any of them? Let's face it: We are hypocrites, this writer included.

**Prof Robert Castellino  
Mumbai**



(Contd.. from p. 5)

rate engineering.

Today, we have vast resources in front, huge funds and much high advance tech then too no bridge is there to compete with Britisher architecture and engineering that too of old time. Where are we heading towards ?

On fake lies how we still feel our country can progress and people can be made fool ....?

Playing with lives of innocent common man has become a routine behaviour for politicians as for votes they remains in front and on accountability none from those speak ?

For a crime there is a law and accountability is fixed with punishment as life imprisonment, death penalty.....

For bridge collapse incident why not should we have death penalty where lives of so many are being taken away just for being innocent and tolerant towards system.....?

Mumbaikar asks Government till date what strict actions has taken.

—John Andrew Lobo, Dadar

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# Politics Pulwama

**Some parents and relations of the martyred jawans have asked the Delhi government to give enough proofs of the Pak activists killed. This raises doubts in the minds of Indians whether all tall claims of the government are true. BJP calls this as “anti-national” and against the army. This is not true you should have proof to verify your claims.**

disturbing. Today's scenario disheartens every political thinker. The country is going to face the General Election and political leaders seem to have only on line programme : gaining power at any cost. Telling lies in public and spreading scandalous matters have become normal. Unruly behaviour and disrespecting law and order are very common. Indian political life has degraded and minimum morality has disappeared. It seems dangerous to befriend a political leader. The jungle-rule pre-

Mr. B. S. Dhanoa - The Air Chief of the Indian Air Force clarified in an interview that they were given a target and they hit it successfully. Neither did they count the dead bodies of the Pak ultras nor did they hit somewhere in forest. That's why Pakistan reacted...

The Army, following the best tradition to be above any politics, did its best and suffered the precious lose of its brave sons. Hats off to the Indian soldiers and their bravery. What painfully should disturb every citizen is the dirty politics our unscrupulous 'netajis' play over martyrdom of our brave sons. The ruling BJP take the lead! "We... none but we alone taught the lesson to Pakistan..... No one could ever do....." They conveniently seem to forget that 48 years ago Indira Gandhi broke one wing of Pakistan and made them kneel before India.... Ayub Khan and his generation will remember that..... In more than six public meetings, Modi did not lose the opportunity to glorify self..... It is always "I", "me" and "myself".... Unfortunately, Maya, Mamta and Digvijay Singhji n Sibbal wanted proofs and authenticity of the claim made by the air force..... The BJP supreme Amit Shah went on with the figure of "250" killed.... From where did he get the number?! Wild guess.



The ruling BJP and the Opposition tried to politicise the glorious martyrdom of our Jawans. This is unethical and bad in taste. Of late, Indian politics, words and behaviour of our politicians have degraded and become shameful. So often the P M behaves like a 'sangh pracharak'! so said a political commentator. We, senior journalists saw Prime Ministers like Pandit Jawahar Nehru, Lal Bahadur Shastriji, Morarji Desai, Indira Gandhi, and Atal Bihari Vajpayee.... What dignity, what pride for the country, what approachability and what greatness they commanded... Of late, we had Dr. Manmohanji. I had a previledge to interview Indiraji, Morarji Desai and Dr. Manmohansighji ..... For these men - great souls. India was the first and India was above their own party.... Unfortunately, today's leaders don't rise above their viewed with party politics. It is indeed sad and highly



by Ignatius Dabhi  
Sr. Journalist

vails : the might is right. We live in a dangerous world. In happier days political leaders were respected -, today they are feared. Entering political life was considered noble, today politics means men power, money power and muscle power.

Every secular citizen should work for a clean, self-less God-fearing politics.

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# WHETHER THE BIGGEST CAUSALITY OF THE PRESENT JINGOISTIC UNQUESTIONED ENTHUSIASM FOR WAR IS RATIONAL THINKING?

by Eric D'Sa

**A**t a time like this, an article asking for rational thinking may not be welcome. The Pulwama attack took place much within Indian territory in Kashmir. It was carried out by a young Kashmiri, who was ready to give up his life for a cause dear to him. As things stand there seem to be many more young men like him in Kashmir. In the last count in retaliation, the Indian army have confirmed that they have eliminated around 18 young Kashmiri's, who have fought back when surrounded and given up their life for their cause. We the rest of Indians call them terrorist. However, the Kashmiri's call them martyrs. How many more such disgruntled youth are there in Kashmir is anybody's guess.

As soon as Pulwama occurred the JeM in Pakistan took credit for the same. Once they did so, there was very little leeway left for the government of India, but to give the go ahead to the Indian armed forces to take the necessary action against this declared terrorist outfit. Unfortunately the Indian armed forces do not have war drones like the ones American forces use effectively to attack similar outfits in Afghanistan and Pakistan. We need to give credit to our airforce for having penetrated deep into Pakistan territory to hit the JeM training camps. Once they did it, there was again no way for Pakistan airforce not to retaliate and drop some bombs on Indian territory. Unfortunately during the battle that took place both the countries lost a fighter aircraft each, but an Indian pilot was captured by the Pakistan army. Fortunately better sense prevailed and Pakistan unlike in the past, promptly returned the pilot to India against the wishes of some hard liners in Pakistan. This helped to diffuse the situation.

One would think then that rational thinking would prevail. We would try to find out how as much as 300 kg of explosives could be obtained without our intelligence net work having a clue and how it came into the hands of a suicide bomber packed into a vehicle. If it came from Pakistan are our borders so porous? Instead, many of our TV channels and politicians are still asking for more attacks on Pakistan and even risk a war with it. May be because of this atmosphere of hatred, our armed forces have kept up the attack on perceived terrorists in Kashmir, who are

**YOU THE CITIZENS  
DECIDE:**

mainly young and this is expected to continue. The consequences of such actions is bound to increase the hatred of Kashmiri's against the Indian nation. Meanwhile the world seems to be not concerned. They have become used to these two countries after independence constantly fighting with each other.

We have since independence during wars with China and Pakistan, gone through similar war cry, a school boy loyalty without questioning. We have even urged our government if necessary to take on the 7 fleet of the American Navy. To talk about Peace during such mob hysteria is asking for trouble. During such periods one sees an instant unity which is almost miraculous. This sense of unity does not tolerate difference. People take loyalty literally and become paranoid. War becomes an evangelical issue, as each man desperately competes to prove his loyalty. Doubt and dissent become impossible, rationality is rare, and pluralism a remote possibility. There is a sense of solidarity with the ruling regime which is surreal.

During such periods, rational thinking becomes a casualty as people conflate terms such as Kashmiri, Pakistani and Muslim while threatening citizens peacefully pursuing their livelihood. One watches aghast as India turns feud into a war cry, indifferent to a wider conflagration. The whole country lives from event to event and TV becomes hysterical, not knowing the difference between war and cricket. It is a moment when we congratulate ourselves as a nation, forgetting that we are also a civilisation that has lived in peace. In this movement of drum-beating, where jingoism as patriotism is the order of the day, a dissenting voice is not welcome. But dissent demands that one faces one's fellow citizens with probably more courage, than one needs to face the enemy. How does one begin a conversation, create a space for a more critical perspective?

Sadly, India as a country has not experienced war as a totality, unlike Europe or other countries in Asia such as Vietnam or Afghanistan. War has always been an activity at the border. It did not engulf our lives the way World War II corroded United Kingdom, Germany, Japan or Russia. War is a trauma few nibble at in India. When our leaders talk even of surgical strikes, one is not quite sure whether they know the difference between skirmishes and a modern war. They seem like actors enacting an outdated play. In fact, one wonders whether India as a society has thought through the idea of war. We talk of war as if it is a problem of traffic control which in any case we are unable to manage. Our strategists, our international relations experts have started to worship security and patriotism.

The over emphasis of the idea of security has done more damage to freedom and democracy than any other modern concept. Security as an official concept

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needs a genocidal count, an accounting of the number of lives and bodies destroyed in pursuing its logic. The tom-tomming of such words in a bandwagon society destroys the power and pluralism of the idea of India as a society and a democracy.

The biggest casualty of such enthusiasm for war is democracy and rational thought. Our leaders know that the minute we create a demonology around Pakistan, we cease to think rationally or creatively about our own behaviour in Kashmir. We can talk with ease about Pakistani belligerency, about militarism in Pakistan, but we refuse to reflect on our own brutality in Kashmir or Manipur.

At a time when the Berlin Wall appears like a distant nightmare and Ulster begins appearing normal, both Koreas are talking, should not India as a creative democracy ask, why is there a state of internal war in Kashmir and the Northeast for decades? Why is it we do not have the moral leadership to challenge Pakistan to engage in peace? Why is it that we as a nation think we are a democracy, when internal war and majoritarian mobs are eating into the core of our civilisation? Where does India stand in its vision of the civility of internationalism which we articulated through Panchsheel? Because Pakistan behaves as a rogue state, should we abandon the civilisational dream of a Mohandas Gandhi or an Abdul Ghafar Khan?

Even if we think strategically, we are losers. Strategy today has been appropriated by the machismo of militarism and management. It has become a term without ethics or values. Strategy, unlike tactics, is a long-range term. It summons a value framework in any decent society. Sadly, strategy shows that India is moving into a geopolitical trap where China, which treats Pakistan as a vassal state, is the prime beneficiary of Pulwama. The Chinese as a society and a regime would be content to see an authoritarian India militarised, sans its greatest achievement which is universal democracy. What is to be argued is that strategy also belongs to the perspectives of peace, and it is precisely

as a democracy and as a peace-loving nation that we should out-think and out-flank China. Peace is not an effeminate challenge to the machismo of the national security state as idol, but a civilisational response to the easy brutality of the nation state.

In debating with our fellow citizens, we have to show through a Gandhian mode that our sense of Swadeshi and Swaraj is no less. Peace has responsibilities which an arid sense of patriotism may not have. Yet we are condemned to conversation, to dialogue, to arguments persuading those who are sceptical about the very integrity of our being. Dissent becomes an act of both survival and creative caring at this moment. One must realise that India as a civilisation has given the world some of its most creative concepts of peace, inspired by Buddha, Nanak, Kabir, Ghafar Khan and Gandhi. The challenge before peacedom is to use these visions creatively in a world which takes nuclear war and genocide for granted.

You the citizens who crave for lasting peace, the civil society, our scholars and the growing number of places of learning, must help create that neighbourhood of ideas, the atmosphere that peace demands, to go beyond the current imaginaries of the nation state. Our search for peace is a testimony to a society that must return to its civilisational values. It is an appeal to the dreams of the ordinary people and a realisation that peace needs ideas, ideals and experiments to challenge the current hegemony of the nation state. India as a peaceful civilisation cannot do otherwise.

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## Pope: “Personal Conversion Needed for SDG”

On 08 March 2019, Pope Francis addressed Vatican officials, religious representatives, and members of international organizations participating in a March 07-09 event : “Religions and the Sustainable Development Goals (SDG) – Listening to the Cry of the Earth and the Poor”. The conference was hosted by the Dicastery for the Promotion of Integral Human Development, and the Pontifical Council for Interreligious Dialogue.

The SDG are 17 global targets covering social and economic development, including poverty, hunger, education, energy and the environment. The SDG were set by the UN General Assembly in 2015, as part of the “2030 Agenda”! (Some highlights of the Pope’s speech):

“SDG need to be supported by ethical objectives stemming from the need for ‘personal conversion’, and the recognition of one’s failures. This presupposes a change of attitude, or as the Bible would say, a change of heart! So it is necessary to admit one’s mistakes, sins, vices and negligence; to repent and to change from within – and especially to be ‘reconciled’ with others, with creation, and with the Creator!”

“Global dialogue is a sign of the ‘new universal solidarity’! It involves the whole person, and not just the material dimension. For example, indigenous people though a very small percentage of the world’s population, take care of almost 22% of the earth’s surface, and protect 80% of the planet’s biodiversity. Their voices and concerns should be at the center of the implementation of the SDG and of the 2030 Agenda!”

—Dr. Trevor Colaso, *Bandra West, Mumbai.*

# CITIZENS' CHARTER – 2019

## INTRODUCTION:

This Citizens' Charter 2019 has been prepared for the forthcoming Lok Sabha polls, and is being sent to all major political parties, the media, social, civic and religious organizations; with the common good of the country in mind. It is based on the Preamble of the Constitution of India – a **Sovereign, Socialist, Secular, Democratic Republic**, with its core values of **Justice, Liberty, Equality and Fraternity** that it enshrines, and the Directive Principles found in Articles 36 -51.

## AYODHYA:

We welcome the Supreme Court's referral of the matter to a committee of three Mediators with the poignant observation that this is not just a land dispute, but also of head and heart that needs healing. We propose to the Mediators that they conduct a study tour of Jerusalem/Bethlehem where three major religions have been in conflict for centuries over "disputed religious sites". They were amicably resolved through an edict (firman) of the Ottoman Sultan in 1757 that was subsequently codified by the British Mandate in 1929. It is therefore proposed that the Mediators take along some religious leaders and legal experts to Jerusalem to find a lasting solution.

## KASHMIR:

This is another major issue that is a drain on the nation and its economy, with Pulwana just the latest incident in an endless circle of mindless violence. Neither pellet guns nor stone throwing can resolve the issue. It is imperative that confidence building measures, including local self government be restored. Making provocative statements, war mongering and surgical strikes have not solved these deep-seated problems. We must also dialogue with Pakistan, as fighting proxy wars is not getting anywhere. There are no winners, only losers.

## PAKISTAN:

It will always seek revenge for India's role in its dismemberment and the formation of Bangladesh. We cannot turn

the clock back. We should not set pre-conditions for talks. If the Berlin Wall could fall, and North and South Korea are engaging in constructive dialogue, then why can't we talk to Pakistan? Confidence building measures through trade, cultural and sporting exchanges will help. With some give and take we should accept the Line of Actual Control as the de facto, if not de jure, international border. Pakistan has a new Prime Minister in Imran Khan, who showed sagacity in not trying to escalate the post Balakot scene, and by returning our captured pilot. We should give

## INDIAN CATHOLIC FORUM

Convenor: chhotebhai (Kanpur)  
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him a chance, instead of labelling him a stooge of the army. He has said that he will talk to India after the Lok Sabha elections, knowing full well that no aspiring politician would like to be seen as being soft on Pakistan. Nevertheless, whoever comes to power in 2019 must be prepared to talk to Pakistan without preconditions.

## DEFENCE PROCUREMENTS:

The country of the Mahatma that preaches non-violence to the world is the world's biggest arms purchaser. All major purchases from Bofors and Westland to Rafaele have been bogged down by allegations of corruption. Ironically, such allegations have not been levelled for purchases made from the erstwhile Soviet Union/ Russia. It is food for thought. However, one does not foresee controversy abating in future defence procurements. It is therefore proposed that a Joint Parliamentary Committee be formed beforehand, for defence procurements; including members from the opposition parties. This should ensure greater transparency in mega purchases.

## DEFENCE PREPAREDNESS:

Not just the Chinese Aggression of 1962, but even in Kargil 1999, we were not prepared. We neither had ammunition for our artillery nor coffins for the dead. This is because the 1.3 million

strong army seems to take more pride in parades and regimental traditions (including caste and community), than in a major switch to tactical, technological and strategic warfare. We can't win modern wars with infantry battalions blindly charging into battle. Interestingly, the Union Budget for 2019-20 has earmarked 8% of its expenditure, or 4.31 lakh crore rupees (LCR) for defence, of which 1.82 LCR or 42% is for salaries and pensions, and of that again 1.2 LCR or 24% is for pensions alone. This requires serious consideration.

## DEFENCE PRODUCTION:

Kanpur, as an example, alone has several defence production and related units – Ordnance Equipment Factory, Small Arms Factory, Ordnance Parachute Factory, Ordnance Factory Cawnpore, Hindustan Aeronautics Ltd, Defence Materials Stores Research Development Establishment and Central Ordnance Depot. Employee strength could be 20,000. They recently went on a three day strike (23rd to 25th January) because they allege that the present Govt is threatening to close some of them down and shift core defence production to the private sector. There are several such units across the country. This is a mockery of the Govt's claim to "Make in India". This large human and infrastructure resource must be re-oriented and galvanised to respond to latest technology and production methods, thereby also reducing our heavy dependence on foreign purchases.

## RURAL DISTRESS:

This was a major cause for the change of Govts in three States in the Hindi heartland. We are the world's largest producer of milk, the second largest producer of wheat, and a major producer of fruits and vegetables. Why then are farmers in distress and so many people so poor? We need a second white and green revolution, not just in production, but in storage, transportation and processing of food; especially for highly perishable fruits and vegetables, 40% of which are either wasted or destroyed. We must learn from the co-operative movement of Amul, and make the producers themselves the major stakeholders in agricultural production and the

(Contd.. on p. 18)

# Lenten Arithmetic Of 'Seventy Times Seven'



Lent with all its penitential potential comes and goes annually with unfailing regularity as does Advent. In the course of the year since the last season of Lent—as in the years gone by—much has been spoken and written, read and heard as regards forgiveness, the virtue that marks very starkly the Church's observance of Lent, striking as it does at the very root of the Faith so to say. Frankly, the Lord's act of seeking forgiveness for his crucifiers takes us back through the gospels where we see him forgiving with alacrity – the adulterous woman, the paralytic and so on, his way of teaching his disciples how to pray essentially including seeking forgiveness for ourselves in relation to the fact that we supposedly forgive those who sin against us... **When and how do we put into practice this most significant of virtues if not commencing with Lent, "the favourable time" (2 Cor 6:2b)!**

## Theology of Forgiveness

Humanly speaking, if there's one thing that has been the most difficult to do since Cain and Abel it is *forgiving* and *seeking forgiveness*, the need for revenge paramount in the human heart. And so it is that to the query of his chief lieutenant, Peter, destined by Jesus to become the first pope, "Lord, how many times must I forgive my brother who sins against me - up to seven times?" Jesus replies, "No, I tell you, not just seven times, but seventy times seven" (Mt 18:21-22). To decipher the depth of the significance behind this answer, we need to first understand the fact that the numeral '7' in Hebrew, an alphanumeric language [which means that every word has numerical value] implies boundlessness.



by Ladislaus L. D'Souza

Thus Jesus' response to Peter's query as to whether he should forgive his brother 7 times was, "Not seven times, but seventy times seven" – that is 490 times! Quite shocking, isn't it! Let's say, the Lord does have a sense of humour!

Incidentally, a little research shows that 490 is the numerical value of the biblical Hebrew word "tamim" which means to "complete," "perfect," or "finished"; 490 is also the value of the Hebrew phrase "Let your heart be perfect" (1 Kings 8:61). Implicitly, then, anyone who can't forgive ends up living an imperfect, incomplete life, a life devoid of a true appreciation of the "finished" work of grace executed on the cross. Isn't that worrisome, surely? Forgiving, being the key to achieving a perfect heart, certainly makes us complete as an integral part of the "finished" work of the cross.

Further research into the number 490 reveals that just as one can't live without one's daily bread, one can in no way survive spiritually and relationally without forgiveness—forgiveness *given*, *sought* and *obtained*. Indeed, we all need to learn *to forgive* and *to be forgiven*. While the words 'Nativity' and 'Bethlehem' both individually add up to 490, forgiveness, in the

Lord's Prayer, is linked to bread - "Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us" (Mt 6:11,12). Indeed, wasn't the birth of Jesus, born in Bethlehem [house of bread] to be bread, consecrated at the Last Supper in the Upper Room and baked in the oven of the Crucifixion, meant to bring us 'forgiveness' per se? And what better time to taste the fruits of this lovely virtue, apart from the bread itself, than Lent!

## Infinite value of forgiveness

Now, how important is forgiveness in the life of a Christian who avidly observes the Church's Liturgical seasons? To make things easier for ourselves in terms of acknowledging forgiveness as the mainstay of the Holy Season of Lent, we would do well to make urgent, concrete efforts to understand that **forgiveness per se is but a requirement to qualify as a mature Christian, rather than an elective**. Lent is an acute reminder for us to actively work at forgiving. Why so? Precisely because we ourselves are at the receiving end in that we ourselves need to be forgiven as much—if not more!—as we need to forgive. Put differently, **giving pardon both sought and unsought, and seeking and obtaining pardon are two sides of the same coin called forgiveness!** The difficulty in forgiving arises from the question concerning an apology. Yet, Biblically speaking, forgiveness cannot be dependent on receiving an apology. As Saint Paul says, "Even as the Messiah has forgiven you, so you also must forgive" (Col 3:13). Indeed, when the Father decided to send the Son to die for the purpose of obtaining for fallen humankind the forgiveness needed to re-make us all sons and daughters of the Father, neither did the Father wait for an apology from His human creation, nor did the Son, when executing the will of the Father, wait to hear an apology from any individual, but instead, raised in his glory on the Cross, prayed aloud "Father! Forgive them for they know not what they do" (Lk 23:34). Pity, those guys did not even know what they had gone and done with the cross, the veritable symbol of suffering and shame—they had turned it into the Messiah's throne of glory! O happy fault made sublime!

## Forgiving: Walking the talk

Instances of difficulty are numberless: a spouse cheating on the other apart from denying him/her marital relations; a paramour daring to show up at the family celebrations of the adulterous individual; a family encouraging a member's infidelity (for selfish reasons obviously); siblings surreptitiously selling

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# Importance Of Entertainment



Entertainment is surely necessary in our life. Without entertainment, we don't have any relaxation or refreshment, simply we will do our work round the clock like a machine and there is no difference between human and other things.

Human beings only have the sixth sense and know what is good and bad. We must entertain our self to get relaxation. Most of us will feel tired with our heavy work and need some refreshment to continue our activities. This kind of entertainment will give refreshment to us and relax our self to get more energy.

Lot of ways are available to get entertainment. Various medias like TV, cinema, internet, Magazines and our friends, family members will help a lot to get entertainment. We must take frequent break in between our work and take proper entertainment with our favorite thing like TV, movies, online activity or chatting with our friends and so on.

Without entertainment it is very hard to imagine our life. We all need. various kind of entertaining activities to live our life in a smooth and enjoyable manner.

We don't have the ability to get enjoyment, happiness and relaxation with out entertainment. This kind of entertaining activities are like fuel to get energy. Surely we will get more energy and motivation after entertaining our self with our favorite media.

Different kind of people is having different kind of ways to entertain themselves. Some people like to listen song and music, some others like to watch TV or movies. Whereas some people will spend their time with online activities and others like to spend their time with their friends and family members and chat with them to get fun and entertainment. We all need entertainment to get motivation, energy and inspiration to do our work in a good manner. Take proper break and entertain your self to do your work properly.

Entertainment is important as it brings people together and is a good way for the entire family to bond. It diverts people's attention from their demanding lives and amuses them in their leisure time. Usually, entertainment is fun, enjoyable and pleasurable.

As life gets increasingly busy, it becomes more difficult for people to spend time with their loved ones. Thus, it is necessary to keep everyone entertained to ensure a relaxing time when a family break does become feasible. Entertainment provides a way to break away from everyday humdrum activity and enjoy a refreshing moment together.

Comedy is taken into account as the most effective strategy to entertain massive figures of men and women. This often the key rationale that cracking jokes is incredibly common throughout the world in several types. A joke is especially short and joke that can help men and women giggle and minimise their tension. Jokes predominantly stop with a little something humorous while in the end or odd twist that could remind sturdy emotions within the listener.

# The three types of self-esteem

**SELF-ESTEEM IS often seen as a personality trait, which means that it tends to be stable and enduring. It can involve a variety of beliefs about yourself, such as the appearance, beliefs, emotions and behaviours. But there isn't just one type**

Self-esteem is a very important factor if you want to maintain your well being. What's more, self-esteem will be vital when forming positive, healthy relationships with those around us. Yet despite this, not all of us have the same self-esteem. There are three types of self-esteem. This does not mean that we can label ourselves with one single type of self-esteem but rather, we know that sometimes we feel more exuberant and other times more depressive. It all depends on what is happening our lives. But you can know which type of self-esteem predominates in you. Which is the one that surfaces most often?

## **Inflated self-esteem :**

People with inflated self-esteem think they are better than others and have no doubts about underestimating everyone else. This is a very negative self-esteem, as it holds them back from establishing affectionate. Their competitiveness is always present and they always want to come out on top. For these people, happiness is found in achieving success but the reality of the matter is that they do not attain happiness with this attitude. people with inflated self-esteem are characterised by their inability to listen to others and to critique themselves. They are not capable of correcting their own errors and, as such, they are constantly blaming others. Furthermore, they tend to undervalue others, adopting hostile behaviours towards them. It is very difficult for these people to estab-

lish healthy relationships with others. They always see everyone else as competition.

## **High self-esteem :**

People with this type of self-esteem accept and value themselves. It is a self-esteem that is known to be positive, as it manages to make the person satisfied with their life. Does this imply that there will not be barriers or walls to be scaled? Absolutely not but the confidence in oneself and the courage to face any problems that may be arise make everything much easier. Persons of high self-esteem are not driven to make themselves superior to others; they do not seek to prove their value by measuring themselves against a comparative standard. Their joy is being who they are, not in being better than someone else.

Believing in yourself and trusting in who you are is what characteristic people who possess this type of self-esteem. However, this does not make them arrogant nor do they feel better than anyone else. But even among those with high self-esteem, there

are people who can indeed be seen off-balance. The aggressive, passive or negative attitude to accept other points of view. This particularly happens in competitive contexts when their insecurity becomes something that they absolutely cannot face.

## **Low self-esteem :**

People who have low self-esteem are the opposite of those with high self-esteem. They do not value themselves, they do not trust in their possibilities, and insecurity that they may be feeling is carried over into almost every situation. Fear of failure is something that torments them and holds people with low self-esteem back. They are the model of unhappy people. People with low self-esteem have moments of euphoria when everything is going right for them but when things start to go bad, their self-esteem drops very quickly. They are often very sensitive people who are easily influenced and who tend to show their opinion but without defending it.



## Model Bank opened its 22nd Branch at Vikhroli

Model Co-operative Bank Ltd. opened its 22nd Branch at Vikhroli (East) on 10th March 2019. The Branch was inaugurated by Shri G. V. Bilolikar, Jt. Commissioner of G.S.T., Mumbai and blessed by Rev. Fr. Rocky Banz, Parish Priest, St. Joseph Church, Vikhroli (West).

The Chairman of the Bank, Albert W. D'Souza in his welcome address stated that at present our Bank is having 21 Branches and this is the 22nd Branch which is inaugurated today. Our 23rd Branch at Panvel will be inaugurated on 20.03.2019 and two more Branches will be inaugurated at Goregaon (W) and Sakinaka in the month of April 2019. He stated that we will be having 25 Branches by the end of April.



as the top 3 Financially Sound & Well Managed Co-operative Banks in Mumbai by 'The Brihan Mumbai Nagari Sahakari Banks Association Ltd., Mumbai in the category of Deposits above Rs.300 crores to Rs.1500 crores for the year 2013-14 and 2014 - 15 and 1st Prize for Best Bank among Co-operative Banks in Mumbai Region in the category of Deposits above Rs.500 crores awarded by the Maharashtra State Co-operative Banks Association Ltd., Mumbai for the year 2014 - 15 and the Brihan Mumbai Nagari Sahakari Banks Association Ltd. for the year 2015-16. The Brihan Mumbai Nagari Sahakari Banks Association Ltd., also awarded the Bank 2nd Prize in the category of Deposits above Rs.500 crores for the F.Y.2016-17.

interest on loans compared to other Banks.

Rev.Fr. Rocky Banz, Parish Priest, St. Joseph Church, Vikhroli (West) in his address said he was privileged to bless the Branch premises of the Bank & expressed his gratitude to the Bank for having opened a Branch in Vikhroli (East). He invited the people to avail of the services of the Bank. He stated that the Bank should cater to the needs of the people not for profit but for reaching out to the needs of the oppressed and the downtrodden by charging low interest rates.



He also stated that the Institution has completed 100 years of existence as an Institution on 26.04.2016 and the Bank has crossed Deposits of Rs.1000 crores as on 01.03.2019. The Chairman stated that with Deposits of Rs.1000 crores and advances of Rs.550 crores the Bank has achieved total business of about Rs.1550 crores and the Bank is on the threshold of achieving Scheduled Status. The Chairman thanked the customers for their invaluable support and trust.

The Chairman also stated that the Bank is honoured to be recognized

han Mumbai Nagari Sahakari Banks Association Ltd. for the year 2015-16. The Brihan Mumbai Nagari Sahakari Banks Association Ltd., also awarded the Bank 2nd Prize in the category of Deposits above Rs.500 crores for the F.Y.2016-17.

The Chairman further stated that Model Co-op. Bank Ltd. is offering highest interest on Fixed Deposits and lowest



The Chief Guest Shri G. V. Bilolikar in his address congratulated the Bank for achieving Rs.1000 crores deposit and stated that he was honored to be

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the Chief Guest of the function at this important stage of development of the Bank, wherein the Bank is opening series of Branches and will have 25 Branches by the end of April 2019.

The founder Chairman, John D'Silva and Guardian Director of the Branch, Lawrence D'Souza also addressed the gathering.

The Bank offers convenient services to its customers with full CBS enabled network and operations and provides services of ATM, SMS Alerts, Personalised Cheque Books, Pan Card, Bharat Bill Payment System, Bancassurance, RTGS / NEFT, E-Tax Payment Facility, Cheque Truncation System, Direct Clearing, Direct Benefit Transfer Scheme (LPG Subsidy), Internet View Facility, Authorised Dealer Category – II – Full Fledged Money Changers (FFMC), NRE Accounts, E-Commerce etc. The Bank offers various Deposit Products. The Bank has been offering spectrum of financial services to different customer segments covering Housing Loans, Vehicle Loans, Educational Loans, Business Loans with the lowest interest rates.

A large number of customers, shareholders, well wishers and Bank Officials were present on the occasion.

Vice Chairman, William Sequeira and Directors Paul Nazareth, A. C. Lobo, Gerald Cardoza, Benedicta Rebello, Marita D'Mello, Pius Vas and Ancy D'Souza graced the occasion.

William L D'Souza, GM & CEO, Zenon D'Cruz, Deputy GM were also present.

Edward Rasquinha, Manager compered the programme.

The Dignitaries were felicitated with floral tributes.

Branch Manager Mervyn Lobo proposed the vote of thanks.

The function concluded with the singing of the National Anthem.

(Contd.. from p. 11)

off rights in undivided family property; a son/daughter squandering parental largesse on idle frivolity; a country breaching its neighbour's borders with impunity, even sending suicide bombers across to kill mercilessly and such-like are but glaring examples. Clearly, un-forgiveness keeps us imprisoned in our past from which only forgiveness has the power to set us free. One last booster on the forgiveness trail: in Hebrew numerology, '70 times 7' is a number that denotes infinity. Thus when Jesus touts that number, he is obviously asserting that according to the Father's Heaven based calculator, forgiveness is an in-finite, ongoing factor in the perfection of a believer inasmuch as it is an ongoing, unconditional act of love on the part of the Father! **Forgiveness thus comes through as not an occasional act but one that has an 'always' ring to it, '70 times 7' implying forgiving ad infinitum: each time someone wrongs us.** God forgiving us constantly is a challenge to us mortals to keep on forgiving every moment, every step of the way, no matter what!

#### *The broadsheet of forgiveness*

Who is it that needs to seek forgiveness and give forgiveness? Every single believer, irrespective of his/her calling and background – clerics and clerks, religious and lay alike, journalists, doctors, preachers, teachers, sweepers et al! **How can we scribes write about forgiveness or preachers preach on forgiveness, challenging readers and listeners to forgive, if we ourselves are unwilling to forgive, even at the risk of the other taking undue advantage of our kindness?** Yet, if we fail to put our own act together and forgive unstintingly, we can be sure of one thing: our destination can only be perdition. All said and done, **forgiveness per se, though difficult, is not an option but an essential.**

Why then do we find it ever so hard to forgive? Could it be due to our failure to appreciate and celebrate our own forgiveness? Of course, analytically, the bigger the hurt one has been subject-

ed to, the more difficult it is to forgive. A certain priest could not stand the sight of his Parish Priest, to the extent that he made his own arrangements for meals with a family in a neighbouring parish. Why? "I can't stick his guts! When I sit at table with him, I feel like throwing up!" Apparently, he was victimized or ill-treated by the boss. Yet, where is the priestly witness value in terms of forgiveness? As an Altar-server I remember two priests standing at two ends of a flight of stairs hurling invectives at each other. Interestingly, one had just finished celebrating the Eucharist and the other was about to ascend the Altar to do the same! And amazingly, the latter preached O so eloquently on brotherly love! Amen!

#### *Forgiveness, a decision*

We could take any parable from the gospels related to forgiveness and we shall discover that, for our part, we are stuck with focusing on the 100 denarii that someone owes us rather than the 1000 talents we are accountable to God for, a debt which God has so freely and graciously cancelled in and through the Passion and Death of His only begotten Son on the Cross that fateful Good Friday! When we conscientiously make with Jesus the forgiveness plea "*Father, forgive...*", we break the chains of anger that bind us to what the other said or did. Contrarily, waiting for the other's apology or even for signs of repentance on their part as it were can prove detrimental to the peace of *our* mind. Love, it is said, is a decision, not a feeling. So is forgiveness, which of course begins with an honest prayer: "*Jesus, I don't want to forgive him/her, but I do choose to forgive.*" I ardently desire that you forgive them, too. And please forgive me for holding on to my anger and bitterness for so long! Jesus, teach me what it is to say when I pray the Our Father: 'Forgive us as we forgive others.' **And in the process of learning to seek, obtain and offer forgiveness during this Season of Lent, may I develop a truly deep appreciation of the Father's all-forgiving, all-encompassing love and mercy that is always on hand, gratis!** Love you Jesus! Praise you Jesus!! Thank you Jesus—all glory to your holy name!"

# Pope Saint Pius X: Unconquerable Champion Of The Faith

By Melvyn Brown

In the archives of the Catholic Church it's very correct to note spiritual power and authority given to Cardinals, bishops, religious and priests show the large majority of such holy orders are not outside morality, and must set good examples.

Morality is embodied in the divine plan to help values survive failures and garner the experience of true faith and challenge. Christ said to his apostles, "On this rock I will build my church, and the gates of the netherworld will not prevail against it." (Mt.16:18).

Pope Saint Pius X is considered as one of the greatest among the popes. Pope Pius X showed the Christian world the high standards set by Jesus, that Holy Mother Church would never go astray should the evil face of morality show itself. Good will always conquer.

When Pope Leo XIII passed away at the age of ninety-four on July 20, 1903, Cardinal Joseph Sarto was chosen as Pius X to succeed him on August 4. The new pontiff was a man of a different character, initiating invaluable developments, especially settling once for all authority disputes in the exact understanding of the Council of Trent's direction towards frequent reception of the sacrament of the Holy Eucharist.

Secondly, the Holy Father made it clear that children should make their first Communion when they are old enough to accept the truths needed for salvation, and to know the difference of ordinary bread and the Blessed Sacrament.

The Holy Father adopted St. Thomas Aquinas' teaching methodologies and instituted the Gregorian Chant for Mass.

The pope took a staunch stand for political and religious conservatism which dominated the early 20th century. He preached forcefully on

violence, hate and war. Pius X had visions of World War 1 taking lives of innocent children and people.

He supported immigrants from Europe who fled to North and South America. He was dedicated to devotion of the Eucharist and developed the foundations of modern catechism and also adult education. Pius X rarely slept and earned the name "Perpetuum Mobile" - a machine in perpetual motion.

The two decrees, June 23, 1905 and that of August 8, 1910 have revolutionized piety in the Catholic Church. The pontiff had anticipated the troubled thoughts of the Church Fathers, scholastics and philosophers reminding all Catholics to read the Letter of St. Paul to the Thessalonians, to pay obedience to the word of God.

"For God did not call us to impurity, but to holiness... who (also) gives his Holy Spirit to you." (1 Thess.4,7-8).

Pope Pius X was born Giuseppe Sarto, 2 June 1835 at Riese, Italy. He was the second of ten children in a poor family. Pius X was Beatified 3 June 1951 by Pius XI, and Canonized 29 May 1954 at Saint Peter's Basilica Vatican City. His Feast Day is 21 August. He protected Church documents, creeds and doctrines.

Pius X had strived hard to better the education of the clergy having effected vast improvements in the seminaries. He did much as patron for sacred learning.

Pope Saint Pius X died a few weeks after World War 1 began in August 1914. It is hard to describe what the Church owes to his many initiatives taken in his short term of eleven years as pontiff.

Engraved on his tombstone: "Unconquerable champion of the Catholic Faith".

## ' Solid waste solutions '

With reference to Dr. Hazel Colaso's letter titled : Solid Waste Management - Flycatcher Technologies ! in THE SECULAR CITIZEN dated 18 - 24 March 2019 solid waste can also be converted into compost and used as a fertiliser.

Biogas from solid waste must be supplied as an underground piped cooking gas to all residential buildings .

Solid waste must be separated in recycling plants established throughout the length and breadth of Bombay into recyclable and non recyclable waste and in the latter case when it cannot be converted into compost or biogas there is no alternative but to electrically incinerate it at these plants .

In this way solid waste solutions can be used to effectively use or destroy solid waste rather than let it turn into a health hazard.

## 'Solve problems peacefully'

With reference to Eric D'Sa's article titled: 'YOU THE CITIZENS DECIDE' in THE SECULAR CITIZEN dated 18 - 24 March 2019 war against enemy countries and terror and terrorists must only be resorted to when all peaceful means fail .

To solve Asia's vexed problems a council of Asia , an Asian parliament and an Asian court of justice must be established immediately without fail.

Diplomacy must be used to solve disputes and third party diplomacy must also be tried out rather than let problems out of issues worsen and be used to distract citizens from important issues that need to be solved and also be used for political gains.

Credit must be given to armed forces for defending the country and their success must not be used by politicians for political gains.

War serves as a distraction from issues that need urgent attention but people cannot be fooled all the time.

Thus we see why it is important to solve problems peacefully.

—Peter Castellino

# Inspiration!

create something new which helps us think in different ways.

**Intuitive creativity :**

## What is your creativity type?

**HAVING A CREATIVE mind is a great thing. Creative people often think in ways that are completely out of the box and through that, innovations are developed. But creativity just like everything else in life isn't just of one type**

Creativity is defined as the cognitive ability that helps us experience new, original, flexible and organised behaviours that are directed toward searching, detecting and finding a solution to any problem. There is no such thing as a 'standard' type of creativity. We can possess many different types of creativity such as those we are going to discuss below. Also, if we want to develop our own potential 'creator', we can do this by focusing ourselves on one type at a time or working on all at once. Of course, the second way would be more complete and would most likely give us a more rounded understanding of ourselves.

### **Mimetic creativity :**

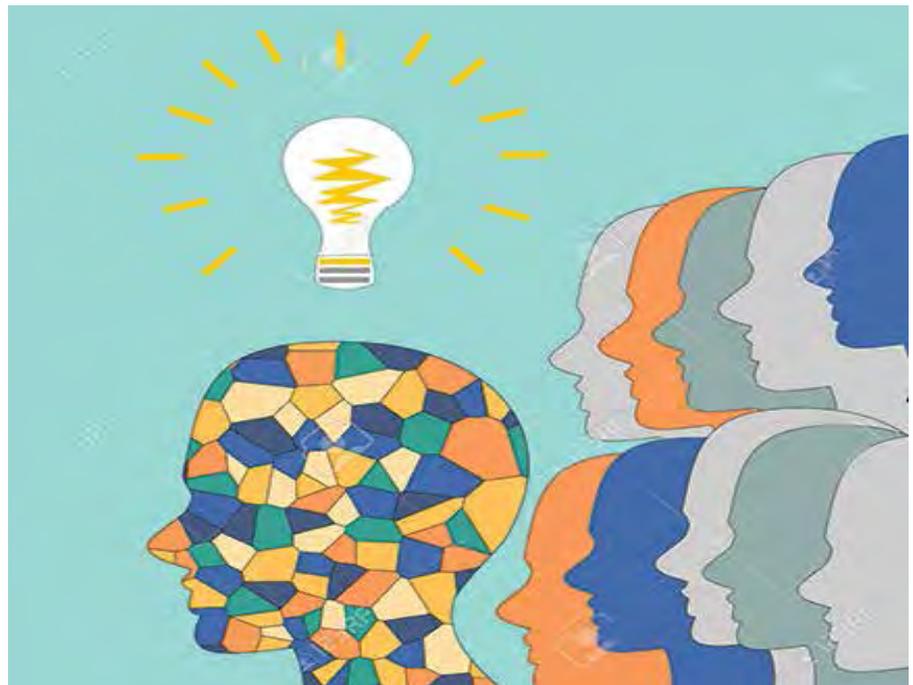
This type of creativity is focused on copying imitating or reproducing something exactly as it is. It's a type of basic creativity and not very elaborate. Even animals are capable of developing this kind of creativity.

### **Analogous creativity :**

Analogies allow us to resolve more complex problems. They serve for

transferring information that we understand and we can control the objective of resolving new challenges. Analogies definitely give birth to new ideas.

In this sense, intuition has to do with the ability to receive ideas and form them into our own minds without needing any external help from other images. In this way, emptying our minds or removing or automatic sys-



### **Bisociative creativity :**

This type of creativity is found when our rational thoughts connect with our intuitive thoughts. It's when we have those "Eureka!" moments or insights. Bisociative creativity allows us to connect an idea that is familiar to us with another idea that isn't. It helps us to create an entirely different concept.

### **Narrative creativity :**

This type of creativity lies in the ability to create stories. Stories normally follow a coherent pattern; they relate and unite characters, actions, descriptions, plots and the narration of the story. We then are able to very simply reconstruct these stories and

terms of reasoning prepares the best terrain to foster our intuitive creativity. How to achieve them : In the practical sense, we can do many things to achieve this state such as meditation, yoga or any type of activity that allows us to enter a conscious state where we have emptied our minds and have relaxed ourselves. In this way, we are creating a fluid, conscious state that allows ideas to very easily enter our minds. Besides these is constantly going through process that consists of two even smaller processes: the revision and exploration processes, resources like intelligence, knowledge, motivation and personality will help to develop it.

(Contd.. from p. 10)

food chain. Farm loan waivers are just a knee jerk reaction to garner votes. This is not a long term solution.

### **URBAN CHAOS:**

An atheist from another country after visiting India said that he now believed in God. How else could the country survive its urban chaos? There is just no urban planning. Incompetent bureaucrats present smart schemes to inept politicians for preparing "Smart Cities". It is not happening. Pollution, chaotic traffic and burgeoning slums are the order of the day. The 74th Amendment to the Constitution passed by parliament in 1992 was meant to strengthen local self-government, the swa-raj (self-rule) that Gandhiji had envisaged. This power was to devolve on urban municipal bodies, just as the 73rd Amendment gave Panchayatiraj to the villages. It is covered under Articles 243P-243ZG and Schedule 12 of the Constitution. Despite the passage of 27 years most States have not implemented the 74th Amendment, because they want to retain control and funds of the urban bodies. This Amendment is crucial to the planned development of urban areas.

### **SOLID WASTE MANAGEMENT:**

This is one of the greatest threats to the environment and public health, far more than open defecation. Both cities and villages have increasing mountains of solid waste. A major contribution to this is disposable plastic and thermocole (Styrofoam) materials – water bottles, glasses, plates etc, and plastic carry bags. There should be a phasing out and ban on non-essential items like bottles, glasses and plates. The Govt should set the example by not using them in their meetings. Caterers should be banned from using them. Plastic carry bags may be allowed only for such items that cannot be carried in other materials, like dairy products, fish and meat. Retailers may be issued special licences for limited use of carry bags by the municipal authorities. The scientific establishment should be pushed into developing biodegradable packing materials.

### **POPULATION CONTROL:**

Ever since the excesses of the Emergency (1975-77) population control seems to be a taboo subject. To the

contrary, we have an array of religious and ethnic leaders advocating having more children, to wrest the demographic advantage. This must stop, and the Govt must find innovative incentives/disincentives to control the population. It would need to win the confidence of community leaders for this.

### **UNIFORM CIVIL CODE:**

The present Govt had made this a prestige issue. An exhaustive survey was conducted by the Law Commission, headed by Justice B.S. Chauhan (Rtd) that arrived at the obvious conclusion that this was neither feasible, nor desirable, given the diversity of the country. It is time to give it a decent burial.

### **SPECIAL PROVISIONS:**

In their wisdom the framers of the Constitution had made special provisions for some vulnerable States in Articles 370, 371-371(I). Special provisions were also made for protection of the Scheduled Tribes and their lands in Articles 244, 244A and the Fifth Schedule. Any attempt to dilute or remove these special provisions could endanger the rights and livelihood of vulnerable communities, and would only stir up a hornet's nest, with no attendant benefit to the nation; as evidenced in the opposition in the North East States to the Citizenship Amendment Bill. Hence it is best to leave these special provisions untouched.

### **RESERVATIONS:**

This has become a political football, with everybody wanting a slice of the cake. This requires a complete overhaul. A creamy layer system should be introduced. The dependents of those who have already benefited from reservations should be excluded, as also those whose family income exceeds Rupees Five Lakhs per annum. On the other hand, Dalit Christians and Muslims who have been deprived of these benefits because of the Presidential Order of 1950, should be included.

### **JUDICIAL SYSTEM:**

Several systemic changes are called for. The increasingly huge backlog of cases must be addressed on a war footing. A major cause of social unrest is the denial or delay of justice. Starting from the top, the Supreme Court should have Benches in Mumbai, Chennai and

Kolkata, to hear criminal and economic appeals. Only constitutional matters should be reserved for Delhi. Similarly more High Court Benches should be established in large States like U.P. Long vacations and a 5 day week dating back to colonial times should be abolished. The retirement age of Supreme Court and High Court judges should be increased by 5 years, so that the country is not deprived of their legal acumen. At the lower level Honorary Magistrates from the public, with a fixed tenure of 3 to 7 years may be appointed to try petty cases and thereby reduce the burden on the existing system.

### **BUREAUCRACY:**

It is reported that a District Magistrate/Collector oversees some 500 departments. This is a major hurdle in governance. A young bureaucrat, based on his/her score in an entrance exam, cannot be expected to have extensive knowledge or experience of a diverse array of issues. We need more governance and less government, as was talked about, but didn't happen. The USA, one of the biggest democracies, has no bureaucracy. Even a CIA Director or a Supreme Court judge is appointed in full public glare. The Indian bureaucracy is a colonial hangover, to keep the "natives" disempowered. It is time to think out of the box, and transfer major decision making and delivery systems to the people themselves. There is also need of lateral entry of specialists into the system.

### **COW CONUNDRUM:**

The easiest thing to do in some States was to ban cow slaughter, and blame the Muslims for killing them. Other than social tension, this has resulted in a mammoth crisis of abandoned, not just stray cattle. In urban areas they are a traffic hazard, but in rural areas it has become a crisis, with cattle destroying standing crops of already distressed farmers. It costs Rs 120/- per day or Rs 43,800/- per annum to feed one animal. As per the animal census of 2012 there were 31.18 lakh stray cattle in U.P. alone. That figure could now be closer to 40 lakhs. This would entail an annual expenditure of 17,520 Crore Rupees per annum on fodder alone. Add to that the cost of shelter homes, treatment of sick cattle and the personnel required.

(Contd.. on p. 19)

(Contd.. from p. 2)

lighting vital obstetric techniques. For this, he received the First Prize at the 2012 ACOG Film Festival in San Diego. It is remarkable to note that his video on the step-by-step technique of Cesarean delivery has been viewed over 1 million times. The models and assembly techniques have been promoted by the International Federation of Gynecology and Obstetrics at various educational camps in Uganda and Burkina Faso. Dr. Pereira has been nominated as one of New York's Super Doctors Rising Stars for 2019. He also has been ranked as the #1 reproductive Endocrinologist in New York by ratemds.com based on patient reviews and testimonials <https://www.ratemds.com/doctor-ratings/dr-nigel-pereira-new-york-ny-us>

Within the realms of fertility care, Dr. Pereira provides his patients individualized treatments including ovulation induction, controlled ovarian stimulation, IVF/ICSI and oocyte donation, as well as oocyte freezing for fertility preservation. His certification from the American Association of Bioanalysts in Andrology and Embryology also allows him to assimilate the knowledge of established laboratory techniques into the treatment plans of his patients and their partners.

Dr. Pereira is a prolific clinical re-

searcher. He has published over 75 research papers in leading scientific journals. He has also authored over 60 research abstracts and 7 book chapters. His research interests mirror his clinical interests and include IVF outcomes, reproductive surgery, fertility preservation, oocyte freezing, the long-term health of IVF/ICSI children and the genetic and epigenetic basis for unexplained infertility. Dr. Pereira is a Diplomate of the American Board of Obstetrics & Gynecology, Fellow of the American Congress of Obstetricians and Gynecologists and board-eligible in Reproductive Endocrinology and Infertility. He is fluent in English, Hindi, Urdu, Konkani and Kannada and proficient in medical Arabic.

Dr. Nigel Pereira is the son of Mangalorean parents for long based in Doha and popular Konkani artistes/musicians, Norbert and Nancy Pereira. His younger brother, Nester Pereira currently resides in Philadelphia. He earned B.E. degree from Texas A&M University in Electrical Engineering and his M.S. degree in Control Systems Engineering from Drexel University, Philadelphia. Sarah and Nigel spend their rare free time traveling and following sports. They are self-confessed foodies who enjoy exploring new cuisines. They have many interests and keep as lively as can be. In fact it may be rare to find such productive Kanara families striding the globe.

(Contd.. from p. 18)

The figure is mind boggling. Who will bear this burden in U.P. alone? Add to that the loss from hide, bone, meat, gelatine, glue and a host of other by-products that generate direct employment for 90 persons per carcass. The cumulative cost is astronomical. Yet the union Budget for 2019-20 has allocated a token sum of Rupees 750 crores for cow welfare. While respecting the sentiments of those who consider the cow sacred, one must also see the loss to the economy and find a via media. It has been suggested that only the indigenous breeds of cow are considered sacred. In that case could we not have imported breeds of cattle that will not only produce more milk, but later also be available for food, hides etc? Alternatively, States that have banned cow slaughter may permit the cattle to be transported to other States that don't have such a ban; under licence for safe transportation without harassment.

**PUBLIC INSTITUTIONS:**

There has been an increased attempt to subject public institutions and their autonomous functioning to the interests of the Govt in power. This includes the Defence Services, the CBI, RBI, ED and even the Central Statistics Organization. This is an unhealthy trend. The autonomy of such institutions should not be compromised in any way.

**UNEMPLOYMENT:**

It is now commonly accepted that unemployment levels are the highest in several years. This in itself is indicative of an economic slowdown. Priority should be given to job creation through a strong economic stimulus.

**A HUMBLE APPEAL:**

We humbly appeal to political parties to please address the burning issues that affect the lives of people, and not demean the nation by stooping to cheap rhetoric or abusive language. JAI HIND!

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# Royal Christian Family MATRIMONIALS - GROOMS

**6815 MANGALORE :** Mangalorean RC Bachelor, (Born in January 1971), Ht. 5' 7", Wheatish Complexion, Edn. PUC Diploma in Civil Engg., having own business, Contact email : wilmamenz@hotmail.com

**6813 USA :** Mangalorean Protestant Divorcee, (Born in March 1951), Ht. 5' 10", Wt. Medium, Fair Complexion, Edn. MBBS., MD., Doctor by profession. Contact email : fh2@mail.com

**6805 ABUDHABI :** Mangalorean Roman Catholic Bachelor, (Born in February 1984), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. 12th std., + correspond B.Com., studied in Mumbai, working in Bank as Recovery Officer. Contact email : pawan.sana@gmail.com

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

**6800 MUMBAI :** Goan Roman Catholic Bachelor, (Born in February 1985), Ht. 6', Wt. 90 kgs, Wheatish Complexion Edn. S.Y. B.Com., working as a Customer Service. Contact email : mariacardoz@indokem.co.in OR Mob: 9819563066

**6799 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in November 1989), Ht. 5' 11", Wt. 95 kgs, Fair Complexion, Edn. B.Sc., Nautical, working as a 2nd Officer in Merchant Navy. Contact email : dsouzaal.89@gmail.com

**6798 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in November 1987), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. BE, working as a 2nd Engineer in Foreign Ship. Well settled, handsome, simple and humble. Contact email : mariaalewis198@gmail.com

**6833. AUSTRALIA :** Mangalorean

Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 78 kgs, Fair, Handsome, PR Holder, Edn. Masters by Research in Biotechnology from QUT, Australia, Currently working with reputed company in Quality Assurance dept., Seeking a qualified and God fearing Mangalorean RC girl. Contact email : lizbf2017@gmail.com

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

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

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

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

**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

**6949. MUMBAI :** Proposals are invited from parents of a Roman Catholic God fearing educated homely girl for a Mangalorean Roman Catholic boy, finance professional, (Born in March 1983), Ht.

5' 10", Church marriage annulled, no issues presently working overseas on PR. Please email the profile and photo to benedict83319@gmail.com

**6971. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in December 1987), Ht. 6', Wt. 81 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a Tech. Lead, in Mysore. Seeks a graduate, tall, Mangalorean girl. Contact email : dsz.roshan@gmail.com

**6975. CANADA :** Goan Roman Catholic Bachelor, Canada Citizen, (Born in May 1973), Ht. 5' 6', Wt. 70 kgs, Fair Complexion, Edn. C.A., Working as a C P Account. Contact Email : seqjerome@gmail.com OR Mob.: 9619819553

**6997. MUMBAI :** Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. CA, M.Com., B.Com., working as Associate Vice President in Bank. Contact email : wrferns21@gmail.com

**7008. USA :** Separated Roman Catholic, (Born in October 1983), Ht. 5' 7", Wt. 62 kgs, Wheatish Complexion, Edn. MD, MS, working as a Senior Engineer. Contact email : jesumary58@yahoo.com

**7007. MUMBAI :** Goan Roman Catholic Bachelor, (Born in September 1977), Ht. 5' 8", Wt. 72 kgs, Fair Complexion, Edn. B.Com., MBA in Aviation. Contact email : gerald-white@hotmail.com

**7005. DUBAI :** Goan Roman Catholic Bachelor, (Born in May 1986), Ht. 5' 6", Wt. 50 kgs, Fair Complexion, Edn. BMS /CFA, working as a Head Treasury in Dubai. Contact email : matri3119@gmail.com

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# Royal Christian Family MATRIMONIALS - BRIDES

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

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

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

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

**6812. MUMBAI :** East Indian Roman Catholic Spinster, (Born in November 1980), Ht. 5' 3", Wt. 48 kgs, Fair Complexion, Edn. M.Com., LLB., Advocate by profession. Contact email : marthajd25@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

**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

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

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

**6835. USA :** Mangalorean Roman Catholic Spinster, (Born in February 1986), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. M.Phil/Ph.D., doing Doctoral Studies/Working. Contact email :

sathi.monteiro@gmail.com

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

hycintharemedios@gmail.com

**6831 MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. B.Com., working as an Associate in Insurance Company. Contact email : denidsouza854@gmail.com

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

**6826. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 46 kgs, Wheatish Complexion, Edn. MBA PGDM, working as a Portfolio Manager in Foreign Bank. Contact email : alicerpraphael@gmail.com

**6825. MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn.

Graduate + Masters working as a HR. Contact email : shobhna\_dsa@gmail.com

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

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

jpgonsalves@wockhardt.com

**6848. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. M. Phil, Ph. D., Child Psychology, School Counsellor. Contact email : gonsalvespratika@gmail.com

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

## MATRIMONIAL

**6903. MUMBAI :** Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. B.E. (EXTC.), M.S. (International Business Management), working as a Client Consulting Manager. Contact email : mendonca\_luke@yahoo.co.in l2018anselm@yahoo.com

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**7022. MUMBAI** : Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., IT., working as a Manager. Contact email :

doran.costa@gmail.com

**7021. MUMBAI** : Goan Roman Catholic Spinster, (Born in February 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., working as a Sr. Sales Officer in Tatas. Contact email :

ofira.afonso@gmail.com

**7009. MUMBAI** : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. MBA Finance, working as a Manager in Bank. Contact email : shirley0982@gmail.com

**7006. DUBAI** : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Contact email :

liddydsouza@gmail.com

**7003. MUMBAI** : Tamilian Roman Catholic Spinster, (Born in May 1991), Ht. 5' 1", Wt. 47 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Software Engineer. Contact email :

annette.anthony10@yahoo.in OR 9967681810

**7002. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in December 1987), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. Masters in Management Studies, working as a Administration Professional. Contact email : kaazar2019@gmail.com

**7001. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in August 1994), Ht. 5' 4", Wt. 48 kgs, Fair Complexion, Edn. B.A., working as a AIR HOSTESS Lead Cabin Attendant. Contact email :

stephen@thesocialstreet.asia

**7000. USA** : Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Masters in Information system, working as a Business Analyst. Contact email : joe\_dots@hotmail.com

**6999. PUNE** : Goan Roman Catholic Spinster, (Born in May 1991), Ht. 5' 4", Wt. 60 kgs, Very Fair Complexion,

Edn. MBA Finance from Symbiosis Institute of Business working as a Senior Credit Analyst. Contact email : andreagemdsouza@yahoo.co.in

**6998. CANADA** : Mangalorean Roman Catholic Spinster, (Born in May 1998), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. MBA Marketing & Advertising Professional. Contact email : richard.dsouza17@gmail.com

**6974. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 51 kgs, Wheatish Complexion, Edn. B.E. working as a Technical Manager. Contact email : steffie.xavier@gmail.com

**6972. M.P.** : Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A., working as a Manager. Contact email : anitabilung@gmail.com

**6970. MUMBAI** : Roman Catholic Spinster, (Born in September 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. CS & LLB., working as a Company Secretary. Contact email : mendonsajacinta@gmail.com

**6967. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in June 1991), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. MBA (Finance), working as an Asst. Manager. Contact email : rcmumbai91@gmail.com

**6962. LONAVLA** : Mangalorean Roman Catholic Spinster, (Born in February 1990), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email :

fernandesjennifer90@yahoo.com

**6961. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in March 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. MBA., Working as a Deputy Manager in Franch Bank. Contact email :

preethi.dsouza@ymail.com

**6959. MUMBAI** : Alliance invited from well settled RC Goan bachelors upto 30 years. for RC Goan Spinster (Born in November 1990), a B.A. graduate, done IATA, presently working in DUBAI in a travel company as a corporate travel officer, Ht. 5' 3", (preferable working overseas) Contact email :

sabjf1963@gmail.com OR Cell No.:

8828998414

**6958. BANGALORE** : Mangalorean Roman Catholic Spinster, (Born in November 1987), Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. B.E. (Biotech), working as a Business Analyst. Contact email :

rodrigues.kavin@gmail.com

**6955. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5' 1", Wt. 53 kgs, Wheatish Complexion, Edn. BMM, working as a HR. Contact email :

librettaserrao11@gmail.com

**6954. MUMBAI** : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 2", Wt. 47 kgs, Fair Complexion, Edn. B.Com., CA., working as a Finance Executive. Contact email : merissa5@yahoo.com

**6953. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in December 1992), Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. Bachelor in Vet Science, Doctor by profession. Contact email :

andrea-lobo786@gmail.com

**6945. GOA** : Goan Roman Catholic Spinster, (Born in July 1982), Ht. 5' 7", Wt. 80 kgs, Wheatish Complexion, Edn. M.Arch., Architect by profession. Contact email :

nishasoares82@gmail.com

**6944. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in July 1991), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. M.Com., working as Accounting & Finance. Contact email : lavinadsouza16@gmail.com

**6921. MUMBAI** : Roman Catholic spinster, (Born in August 1991), Ht. 5' 2", Wt. 53 kgs, Wheatish Complexion, Edn. B.Ed., working. Contact email : pota150259@gmail.com

**6920. NEW DELHI** : Goan Roman Catholic spinster, (Born in August 1992), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : jolenecrasto@gmail.com

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## Tips to command respect from co-workers

Do you wish that your subordinates listened to every word you said? Here are a few tips you can use to command respect from others.

### Keep your promises :

One of the most important things to do when you want others to respect you is to keep your promises. No matter how insignificant or big your promise is, it is important to show others that you can keep your word in every situation. People who do what they say are respected by others much more than people who say that they will do something but never do.

### Respect yourself :

You cannot get others to respect you unless you respect yourself first. If you don't believe in your own qualities, that self-doubt is likely to come across in your behaviour. Respect for your own self will come only when you believe in your own dreams and integrity.

### Study and imbibe qualities of people who are respected :

Common behavioural traits are likely to arise when you study the personalities of respectable persons. Observe how they talk and present themselves in front of the world. Start making changes in your personality by attempting to imbibe a new quality every week. By the end of a few months, you will have consciously made changes in your personality and you may be in a better situation to command respect from others.

## The Lok Sabha Elections beckon.....



At the time of the last Lok Sabha Elections in May 2014, there was a disturbed political situation in the country, with the then ruling dispensation allegedly ridden with scams, corruption, bribery, etc. So when the people of the country exercised their Franchise, they were looking forward to a change, with an air of expectancy of better times to come. They were disappointed with the performance of the government in power.

Today, as we move towards the next Lok Sabha Elections, we are once again find ourselves in a disturbed political situation. The people are once again disappointed with the situation in the country. One is reminded of the Emergency during the period 1975 - 1977 when democracy was in danger - Civil liberties were suspended, the press was muzzled and freedom of speech was severely curtailed. The situation today seems similar to what it was in 1975-77.

Considering the situation in the country today, the coming Lok Sabha Elections seems to be **the 'mother of all elections'**. **These Elections are certainly crucial and it is imperative that the people in this country assert themselves, move out of their homes and exercise their Franchise wisely.** If they do not do this, they would have no right to complain later. **It is said that, "the country gets the government they deserve"**. Several videos urging people to vote, are doing the rounds of the social media. **One only hopes the people will wake up from their slumber - the Lok Sabha Elections beckon !**

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

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