

THE SECULAR CITIZEN

Vol.29 Issue No.34 ■ (Total Pages 24) ■ Mumbai, 24-30 August, 2020 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

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Need For More Covid Care Centres



As the pandemic is going to touch 150 days, the scene is set for finding out a vaccine and the medical fraternity is making all efforts to bring out the best medicine to prevent as well as to treat Coronavirus patients. A vaccine war is going on and we hope to get a breakthrough in the near future. In the hope of hopes we find out various ways and means to prevent the spread of the disease. As a part of Israel-India cooperation to fight the ongoing COVID-19 pandemic, (AIIMS), Delhi, which has treated around 5,500 patients till now, has received state-of-the-art AI-based technologies and high-end equipment from the Embassy of Israel and it shows signs of mutual understanding and co-operation among the nations. And once the vaccine is out in the market, the manufacturing country should provide details of production and send enough stock to provide people a sigh of relief.



Jayanthy Subramaniam

Both efficacy and safety of the vaccine are still unknown. They haven't conducted proper trials, which are stage-III trials. That is when you get to know the efficacy, when it is tested on a large number of people and should wait for two months to see whether they get a viral infection or not. Doesn't look like they have carried out (large scale testings) because if you have done it, then the data will show more positive cases. The efficacy and safety levels of the vaccine developed by Russia for treating COVID-19 patients is not predictable in the absence of data and so a wait and watch policy may see light at the end of the tunnel.

As an alternative Kerala government is trying its best to prevent the spread of virus and ayurvedic medicines provide a relief in number of cases and that is a good news, The strategy to contain COVID-19 spread in the dis-

Need of the hour

trict would involve aggressive testing of symptomatic people and primary contacts of patients, since this approach had resulted in bringing down the number of positive cases in the Aluva and Keezhmad clusters where nearly all primary contacts were successfully traced. Trial and error methods are followed in the present circumstances.

In Maharashtra testing is to be done on a door to door basis in big housing societies. As per instructions from the State government, anyone entering the state will have to follow the quarantine rule of 10 days, but after that, a COVID-19 negative report will be compulsory, Having lacked in Covid-19 testing and failing to adhere social distancing, now the focus is on testing and implementing quarantine measures in a planned way. It was a muted Janmashtami in Mumbai this year. Many dahi handi mandalas have cancelled their celebrations keeping it low key without forming human pyramids due to COVID-19. Dahi handi will be broken only symbolically, and in some places even a ladder is kept

to allow the participant to climb and break the dahi handi without the usual fanfare and avoid crowding of people in the street corners.

In the North eastern belt there was a high recovery rate and the measures taken by these states were appreciated initially. Barring Arunachal Pradesh, Mizoram and Tripura, the number of infected people has been increasing in the region. But officials prefer to look at the falling rate of positivity, which has been consistently under 5% in the case of Assam for the past few days.

India's COVID-19 recovery rate soared past 70% with 16,39,599 people having recovered from the disease so far in the country, while active cases comprise 27.64% of the total caseload as per Covid reports. The case fatality rate has further declined to 1.98%. The highest single-day recoveries at 56,110 are the result of the successful implementation of effective containment strategy, aggressive and comprehensive testing coupled with standardised clinical management of the critical patients based on holistic standard of care approach and that proves handy in many cases. Overall, the scenario is not alarming but at the same time the need for more Covid care centres can create a better environment and provide best solutions to overcome the situation.

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Vol.29 Issue No.34 Aug. 24-30, 2020 Rs.10/-

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Subscriptions Rate:

One year (anywhere in India) Rs. 500

Two years (anywhere in India) Rs.1000

Five years (anywhere in India) Rs. 2000

One year (outside India) Rs. 3500

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THE SECULAR CITIZEN

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It is Quite Clear Who is Serving Whom

by Don Aguiar.

This Independence Day the Gods leave me cold, especially the human ones made up entirely of snake oil and television. I did see a print photo of Prime Minister Modi prostrated full-length before the idol of Ram. It reminded me of a six-year-old photo of him touching his head to the steps of Parliament, and a one-year-old photo of him touching his forehead to the Indian Constitution. It doesn't take Sherlock Holmes to grasp that anything he treats with suspicious humility is a thing he means to hollow out and pervert in his quest for absolute power.

And his power is indeed nearing absolute, now that much of the media serves as the horses on his chariot, now that the Election Commission of India is so willing to overlook his and his party's violations of ECI rules; and now that courts so often return judgments that turn out to be favourable to his cause—for example in awarding the temple property to the party who committed and/or supported a crime there; for example in repeatedly putting off hearings related to the forceful takeover and dismemberment of Jammu and Kashmir; for example in propping up long and poorly explained detentions of anti-CAA-NRC protestors and activists.

While in America Modi's Hindu right wing supporters – fronted by a group called the American Indian Public Affairs Committee (AIPAC) – decided to lease giant screens in Times Square on Wednesday 5th August to display images of the Hindu god Ram and a temple to Ram being inaugurated that day in India by Modi.

The plan to project an image of the proposed temple on the high profile Nasdaq screen at the Times Square did not materialise, but there was one digital board showing the temple aired over the Hershey's store for a limited part of the days. As the celebration of the Indian temple appeared on a giant screen, the 'Indian community' distributed sweets in Times Square. Protest were lodged with the mayor and with the billboard companies by a diverse range of groups, and were apparently successful in preventing the images

(Contd.. on p. 4)

(Contd.. from p. 3)

from being displayed on a majority of the screens, including those on Nasdaq building, **but even the solitary airbrushed image of the Ram temple concealed far more than it revealed.**

The temple construction is taking place after the demolition of the Babri Masjid which was the high point of a long campaign by the Hindu right, so successful in creating an ingrained grievance that it turned the BJP from a political oddity to the totalitarian behemoth it is today. Yet rather than birth, violent death was the true shrine of this campaign. Around 2000 people died in the spiral of violence set off by the demolition of the mosque: soon the vilification of Muslims had become an everyday affair in India. Not surprisingly, such belligerence produced nothing in the way of the sacred.

Last December a visit to Ayodhya was 'almost a ghost town' with a population almost crazed by anger and deprivation, and soldiers guarding the temple construction site in a manner that made it feel 'like a maximum security prison.'

If this is what is being celebrated as Hindu culture in Times Square, it is because Modi and his acolytes know well how one hand washes the other. We see today an agile fascism of the 21st century. It stands well that in Ayodhya, in an India reeling from a failed lockdown and a thousand other miseries, the apparent victory in Times Square will have as much weight as the victory of the temple being constructed in India.

Picking August 5 for the temple ceremony did not erase the fact that it was also the first anniversary of the democratic death of J&K— BJP's unilateral suspension of the special status of Kashmir, a move that led Kashmiris being subjected to suspension of all civil liberties, this brazen celebration

will also remind Muslims in India of their subjugated status in every way, a reminder that nothing is available to them in Modi's India, neither history nor geography - it deliberately highlighted it, in the most menacing way possible. It was a reminder to the Muslims and the other minorities of India that Hindutva is in charge, and that they should know their place in the new order. The country cheered Modi's repression of Muslims in J&K, and silently accepted the verdict on Ayodhya. What more could Hindutva possibly want?

Modi is clever and knows how to unleash beast as well as how to render them acceptable on a global stage, airbrushed and Disneyfied, while his engine of cruelty rolls on, expanding his maximum security prisons from Kashmir and Ayodhya to India at large. In order for this not to continue with impunity, the beast will have to be caged. Hatred should never have been allowed to express itself in one of the most diverse cities in the world.

M.S. Golwalkar, the venomous philosophical 'guruji' of the RSS, would have been delighted to see his ideal

Hindu Rashtra coming along so nicely. **He envisioned a Hindu theocracy in which religion is twinned with power, and veneration trumps democracy. God is represented by a necessarily powerful clergy; government and clergy sit at the top of the pyramid; the rest know their various places and obey. Is it any surprise how much effort Modi puts into associating himself with religion and divinity, even as he claims to be the servant of the Constitution?**

If you think I'm being far-fetched, consider that there is a petition in the Supreme Court demanding that the press not be allowed to hurt the sentiments and dignity of saints, and of religious and political organisations. The petitioner wants the Central government to frame a set of regulatory guidelines for the media. I wonder whether the Modi government will want to shield religion and power from scrutiny, don't you?

Go back to that photo of Modi lying full length before Ram, and remember that it is quite clear who is serving whom.

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No need for priests and religious in secular life

This is in reference to the article 'Mr Yogi, you have no religion' by Fr. Michael G (Secular Citizen, Aug 17-23). Corruption in public life is a global phenomenon and is something we have to live with, just like the Covid-19 virus. It is rampant even in religious institutions and there is little we can do to eradicate the deeply ingrained malaise which is both endemic and pandemic. The entry of priests, nuns, monks, babas and yogis into the secular world will hardly serve to cleanse the filthy Augean stables in politics and secular life and is more likely to vitiate the atmosphere further, as it is happening in our country. There is also the risk of losing whatever respect these individuals have as consecrated persons of God. The Carmelite nun in question has done well in refusing the post of Chancellor of Patna university. It is certainly not about being "blameless in secular life" or losing one's holiness, but the inability to function and survive in an environment of conflicting ideologies. There are several cases where persons of high morals and integrity have been victimised and asked to leave, for refusing to toe the management line. It is therefore advisable for priests and religious to stay out of the secular world if they wish to preserve their dignity and escape humiliation. Our clergy and religious are already engaged in doing commendable humanitarian work and promoting gospel values of love, compassion, equality and secularism through their various institutions like schools, colleges, hospitals and social centres. Thousands of non-Christians have benefitted and are today holding posi-

tions of power and responsibility and owe their success to their Christian education. Does this not bring us satisfaction that gospel values are being lived and spread through our institutions that stand witness to Christ, his teachings, and his example of ushering in God's kingdom on earth? This is exactly what Mahatma Gandhi envisaged as 'Ram Rajya'.

—A. F. Nazareth
- Alto Porvorim

Two Great Significant Events

On August 15th, we Catholics in India celebrated two great significant and related events. One was the feast of the Assumption of Our Blessed Mother Mary into heaven, and the other was Independence Day. The reason as to why these two events are related to each other is because they are both about freedom. Independence Day is celebrated as the freedom from foreign rule and domination to self-rule and governance of our country and the feast of the Assumption of Our Blessed Mother Mary may be seen as a freedom from this limited and incomplete life to a bliss of eternal and perpetual life. There is indeed a happy coincidence to celebrate our Independence Day on the feast day of the Assumption of Our Blessed Mother. It is to our Blessed Mother Mary that we dedicate our country, as she is our patron saint.

— Jubel D'Cruz,
Mumbai

The Present Covid-19 Situation

Never have I seen such a mess in life,
The air is pure,
But wearing a mask is mandatory.
The roads are empty,
But it is impossible to go on a long drive.
People have clean hands,
But there is a ban on shaking hands.
Friends have time to sit together,
But they cannot get together.
The cook inside you is crazy,
But you cannot call anyone for lunch or for dinner.
Every Monday, the heart longs to go out, But the weekend does not seem to end.
Those who have money have no way to spend it,
Those who don't have the money have no way to earn it.
There is enough time on hand but you can't fulfill your dreams,
The culprit is all around,
But cannot be seen,
A world full of irony!
Be positive, but test negative.

— Contributed by: Jubel D'Cruz,
Dombivili, Mumbai

Coping with COVID-19

On the 10th of August, the newspapers (The Indian Express) reported a heartbreaking story of how a social media platform and the Delhi & Mumbai police managed to save a young man from putting an end to his life.

According to the report, on Saturday evening, the DCP office in Delhi got a call from the Ireland Facebook headquarters, informing them of a suicidal activity on an account belonging to a Delhi resident. Such is the power of the internet & the social media platform, which proved that distance does not matter. It is commendable how fast the distress message was related and coordinated between the police personnel of Delhi & Mumbai and successfully pulling back a young man from the jaws of death. The man from Delhi was depressed due financial problems on account of COVID-19 and his anxiety of contracting the illness himself. In desperation, he had come to Mumbai and decided to end his life.

This brings us down to the basic issue. COVID-19 has definitely affected a large number of lives in the world. Loss of jobs, anxiety about contracting the disease, etc., is pulling down mankind. A number of people have committed suicide and many more seem to be in distress on account of COVID-19. The future seems uncertain for a large number of people across the world. It is good to know however, that several seminars are being conducted online, by various institutions including the Church, to help people cope up with this unprecedented situation. We all need to strengthen our minds and hearts and brace ourselves to face the uncertain future. And faith in God will certainly help.

—Melville X. D'Souza
Orlem, Malad West



Our contributor **LADISLAUS D'SOUZA** with his wife, **Adv DAPHNE**, at the INDEPENDENCE DAY Flag Hoisting at their **CARDINAL GRACIAS CHS**, Mithchowki, Malad. Their common ideology: "**INDEPENDENCE DAY** - The mainstay of our lives as Indians!"

**We have not missed
even a single issue
during the
Lockdown Period**

The World is changing - A New Normal!

The world was moving at a frantic pace
Faster than one could imagine
The Earth was moving at a snails pace
Battered as it were, by man's plundering!

Man was flying high, soaring high above the clouds
The birds had stopped flying high
They were found grounded!

Man's dwelling places were rising up to the skies
Skyscrapers touching the clouds
Feeling on top of the world
Looking down on earthlings, far down below
His Arrogance had reached Great Heights!

Man had started living in heaven
Oh, what a feeling, a luxury
But they could not see the stars and the moon
The man living down below
sees the galaxy of stars among the dark clouds in the
dark night sky,
What a luxury!

Man was building statues, thousands of metres high
Competing with one another
Taller the statues higher the egos
Egos had touched the skies
Nothing could bring them down!

Man had built huge religious structures
They took pride in their beauty and size
Happy to show off their holiness
Man thought he had become God!

The world was going crazy, celebrations galore
Outings, Parties, dances, drinking, movies
Man was having a gala time!

When God sent down the plague,
Man found drugs to combat the plague
When God sent down water-borne diseases
Man found a vaccine for them
When God sent down the Spanish Flu, Ebola, Swine
flu.....Many other illnesses...
Man overcame it all
Man had become master, atleast that is what he thought!

And one fine day, something happened
Something hit like a bolt from the blue
A tiny invisible force entered man's world
Attacking him from the inside
It was the CORONAVIRUS!
Man was at a loss, not knowing what had hit him
Not knowing what to do!

The world was brought to a standstill
The world had stopped moving
All of a sudden, the whole world had turned upside down
Man was grounded
No outings, no parties, no office, no business
Nothing, nothing, nothing
Man was reduced to nothing.

Man had stopped moving, mortally afraid
Animals were moving instead
Man had stopped flying in the sky
Birds were flying instead, perching on the trees, happily
fluttering their wings
Soaring high in the sky, nothing to obstruct their path!

Then came a small little voice from inside
Hey man, what happened?
Where is your power?
Where is your Ego?
Where is your Arrogance?
Have you lost it all?

What does man understand?
What does he make of this pandemic called the CO-
VID-19?
Man is still struggling to find a vaccine
Humanity is going to shrink faster than we think, yes it is!
Thousands and thousands of lives have been lost
Thousands are on the waiting-list
What can man do?

Will the world return back to normal in the near future?
Will man find lucrative jobs, fantastic salaries, excess
money to splurge?
Will man get back to partying, dancing, drinking, what-
ever?
It seems like a remote possibility!

Man is now discovering something called a 'New Normal'
- Now, what is that?
A change in the way man would work
A change in the way he would socialise
A change in his behaviour towards family,
Towards others in society
A change in his relationship
with God
A change in his attitude to
everything in life
A fascinating change in his
behaviour
An overall new outlook
The world is changing - Yes,
that is the 'New Normal!'



Melville X. D'Souza
- Orlem, Malad West

WHETHER KAMALA HARRIS WITH HER KNOWN BACKGROUND WILL DO INDIA GOOD?

by Eric D'Sa

Kamala Harris, tapped on Tuesday as Joe Biden's running mate, born in Oakland, California of a Jamaican father and a South Indian mother, both highly educated professional migrants, attended services at both a Black Baptist church and a Hindu temple growing up as children – an interfaith background that reflects her historic status as the first Black woman and woman of South Asian descent on a major-party US presidential ticket.

The 55-year-old first-term Democratic senator, whose name means "lotus" in the Sanskrit language, identified herself as a Baptist when she became an adult and brought another faith into her life in 2014 when she married Douglas Emhoff, a Jewish attorney. Their wedding featured the breaking of a glass, a Jewish tradition, and Harris' stepchildren gave her the nickname of "Momala," a rhyme with her name that recalls the Yiddish term "mameleh."

During a 2017 speech at a historic Black church in Atlanta, Harris invoked both of the faiths she encountered as the daughter of immigrants from Jamaica and India. Attending Oakland's 23rd Avenue Church of God as a child, Harris said, "we'd learn

about caring for the least of these. And I sang in the choir about how faith combined with determination will always see us through difficult times."

Harris added that her mother also took her and her sister to a Hindu temple "to see that all faiths teach us to pursue justice." She also used that speech to portray her approach to high-profile prosecutorial positions, first as San Francisco district attorney and later as California's attorney general, as rooted in the biblical "concept of redemption." "We will all make a mistake, and for some that mistake will rise to the level of being a crime," Harris said. "But is

YOU THE CITIZENS DECIDE:

it not the sign of a just society that we allow folks a way to earn their way back? That is the concept of redemption."

Harris attends at times services at the Third Baptist Church of San Francisco, led by pastor Rev. Amos Brown, who lauded her as "a quintessential scholar" who would unite "the spirituality, the genius and the nonviolent traditions" of her parents' backgrounds and of the African American community. "She's a spiritual person," Brown said of Harris.

While she has not spoken about her faith as frequently as Biden, a practicing Catholic, Harris at times invoked biblical values during her Democratic presidential primary bid, which ended last year. During remarks at a forum hosted by the Poor People's Campaign, a national effort to combat poverty co-chaired by the Rev. William Barber, Harris pointed to the parable of the Good Samaritan as a guidepost. That biblical parable is "about defining who is a neighbor," Harris said, as not someone "who shares your zip code" or "drives the same kind of car," but about connecting with the needy and those seeking refuge and "understanding that we are all each other's brothers and sisters."

Religious groups that weighed in on Harris' selection largely split along ideological lines, with the Jewish Democratic Council of America hailing her selection while the Republican Jewish Coalition decried it. Harris' support for abortion rights also sparked criticism from Priests for Life, an anti-abortion group led by a Catholic priest and longtime backer of President Donald Trump. The same holds for Indian-Americans depending whether they are staunch Hindus or not.

Kamala Harris filled two important criteria that Joe Biden wanted in a running mate: She is a woman and she is Black, two critical Democratic constituencies ahead of the November elections. She also with her South Asian background fills another important rich constituency of immigrants from South Asia. But Harris, the 55-year-old junior senator from California, has other advantages in the 2020 presidential race. She embodies the future of American religion: In a time of expanding religious pluralism, the country's younger generation, many of them children and grandchildren of immigrants, will recognize in Harris a kind of multifaith and spiritual belonging unfamiliar to the mostly white Christian majority of past decades.

She will hold similar views when dealing with another country, India which is struggling with maintaining her pluralistic Gandhian heritage.

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The Spirit Of Freedom For Gandhi Came From The Cricketing Field

at batting and bowling and had an uncanny understanding of the game's uncertainties as well.

Requested for his autograph Gandhi turned over the pages and put his sig-

India is a secular country and after getting our independence on 14th August 1947, we have the right to express our views and nobody can stop us from giving valuable suggestions. Newspapers play a positive role in bringing the views of the readers by including them in Letters to the editor column. It gives an opportunity to the reader to give his frank opinion.

"India is my country and all the Indians are my brothers and sisters" goes a long way. The Government is by the people of the people and for the people and we get freedom of speech and open your mind in public. Pen is mightier than sword is true. National Integration is the hallmark of Indian sub-continent.

India is a linguistic country and we have many newspapers in different languages to express your views. The hype, hoopla and hysteria about sensitive issues figure out in newspapers and the people are given an open page, thanks to the media. For example, the spate of suicides of Farmers figure out prominently. Secondly, the atrocities committed on women are given a pride of place. But such types of news should not be used for increasing the sales of the publication. We in India get a boost to call shots when it is really required.

We need not get afraid of exposing the right things and try to provide solutions in the right way. In cities, the platform height is abnormal and hence pedestrians failed to use the same. By sending suggestions, the Corporation provides slopes at certain places and provides steps to climb and use the platforms. Road repairs at focal points are also taken on war footing if you provide clippings of the damages caused to the roads during the monsoon season. The increase of slums at posh localities is also a matter of great concern



and taken up before the situation goes out of hand. Gandhi brought freedom for India and it is up to preserve our independence in the best way possible.

Mahatma Gandhi's spirit for freedom struggle came from the cricketing field. Mahatma Gandhi, when requested for an autograph "played with a straight bat", quite forgetting that he was engaged in a mighty and bloodless revolution with the British-and thereby became a member of an official in England Team. How he was chosen could not probably have been explained even by the MCC selectors.



C.K. Subramaniam

Cricket might not have affected Gandhi, but Gandhi certainly affected cricket. The political movements he led and the social changes he sought to bring about had their consequences on how the game was played in the sub-continent. Mahatma's classmates at Alfred High School, Rajkot. This man, Ratilal Ghelabhai Mehta, remembered Gandhi as "a dashing cricketer" who "evinced a keen interest in the game as a school student. He was, it seems, good both



nature as the 17th player of the MCC team led by Douglas Jardine in 1933-34. The autograph book is one of the treasured possessions of the Marylebone Cricket Club(MCC) at Lord's. Not only Gandhi signed an autograph book but also played for the team comprising Indians of British origin. Mahatma Gandhi played for a team of British origin against a team of Indian origin at London and scored 21 runs with 3 boundaries. He took one wicket also. He was wearing pants and a shirt while playing.

Gandhi was not only a cricket enthusiast but he also wielded the willow. R.G. Mehta, a boyhood friend and schoolmate wrote" It is not commonly known that Gandhi was a dashing cricketer and evinced keen interest in the game. Once we were watching a cricket match together. In those days there were ding-dong battles between Rajkot city vs Rajkot Sardar (camp area). At a crucial moment, as if by intuition, Gandhi said that a particular player would be out and hey presto the batsman was really out. There is no doubt that the freedom spirit of Gandhi came from the cricketing field.

Annual Feast of St Lawrence, Bondel, Mangalore

Celebrated with solemnity and devotion during this regulated Corona Pandemic, was on 10 August 2020. Msgr Maxim Lawrence Noronha Vicar General of the Diocese of Mangalore was the main celebrant. Intention of the Feast "Lord save us from this Covid 19 pandemic". Msgr Maxim Lawrence Noronha opened the devotion with the words, "All have gathered here not only to celebrate the feast but also to pray for the suffering people due to Covid 19.



It is a place of traditional goodness surrounded by Pacchanady, Moodu-shedde, Marakada, Kavour and Padavinangadi villages. This parish was established April 10 1923. Though it

place is popularly known as Bondel.

The church is growing today in all the areas including spirituality, charity, education, health, culture and peripheral activities. It has got several associations like Catholic Sabha, ICYM, Legion of Mary and so on. The parish is surrounded by the religious several institutions run by many religious and lay people. The parish is moving towards progress under the president of the parish pastoral council and able leadership of Rev. Fr Andrew D' Souza and Parish Pastoral

Parishad (PPP) which consists of more than 90 members which is a very strong advisory body of the parish. Late Bishop Rt. Rev Dr Basil D' Souza, and several prominent people from all walks of life too hail from here over the centuries.

Most of the people here are agriculturists, businessmen, some working abroad. The church is vibrant with youth and the elderly working together to build the

community. So it has a long history of around 88 years. The 2020 Corona Pandemic has placed limitations and efforts are on to support betterment in all spheres.

**-Compiled :
Ivan Saldanha-Shet.**

Rev. Fr Andrew Leo D'Souza, Parish Priest, Rev. Fr Clifford Pinto, Rev. Fr Rupesh Tauro and several priests celebrated the holy mass. On occasion of the Annual feast a Family prayer book was released by Msgr Maxim Lawrence Noronha, Rev. Fr Andrew Leo D'Souza, Parish Priest, dignitaries were present and paid visits during the feast. As in every year people of all religions visit the shrine and honour the saint's protection and graces to the people of Mangalore.



The traditional nine-day novena in preparation for the Annual feast of St Lawrence Church, Bondel began on August 1st with the unfurling of St Lawrence's flag at the church premises. Fr Joseph Lobo, then Parish Priest Our Lady of Miracles Milagres Church, hoisted the flag followed by Mass and Novena. He also inaugurated the novena by lighting the lamp along with Fr Andrew Leo D'Souza Parish Priest, many Devotees were present all through the fest proceedings of ten days.

St Lawrence Church, Bondel Overview : A parish of the Diocese of Mangalore. It is situated 8 kms away from the City on the road to Mangaluru International Airport.

began small it now serves nearly 1000 families, having 27 wards. This Parish has received the service of 10 parish priests, more than 23 Assistant priests who were able and dynamic. Under their leadership the parish has grown in all ways. Rev. Fr Andrew D' Souza is the present Parish Priest.

A French missionary priest Rev. Fr Alexander Dubois known as Frad Saib (Then PP of Milagres) visited this place in the year 1873 and seeing the natural beauty of this place he called this place as "Bon valle", A French term meaning good valley (Konkani: Borem Falkay) and hence this



We have only to imagine the plight of Iraqi Christians and thank God the safety we have enjoyed so far in our tolerant country! And... may be prepare ourselves to suffer as we witness the rising communalism these days!

Christians Are Welcome Back In Iraq!

-Fr. Michael G. , Vasai,

The Vatican announced good news for Christians in the world on August 14, 2020! Iraqi Prime Minister Mustafa Al-Kazemi has called on Christians to return home to Iraq after the defeat of the so-called Islamic State in the country. The Assyrian International News Agency (AINA) also says the premier is serious about providing assistance to Christian families. He is quoted saying: *"Iraq is a country for everyone, and Christians are the original children of the country. We are glad that Christians will return to Iraq and contribute to its reconstruction. Iraqis of all sects are yearning for a new Iraq that believes in peace and rejects violence."* During the period from 2013–2017, with ISIS rapidly sweeping through Iraq's western lands, Christians fled as they feared persecution by the terrorist organisation. The ISIS extremists were to 'execute' any person who did not believe in their Sunni sect! Now they are welcome back to Mai bhumi!

These days in the midst of sad news of Corona deaths, devastating floods, frightening explosions, poverty and starvation deaths, the news of reconciliation between Muslims and Christians in Iraq is certainly heartening -and bearing a message for us Indian Christians!

INFECTED WITH WARS!

Iraq has a big challenge from Turkey. Turkey is at war with Iraq on account of PKK (*The Kurdistan Workers' Party*). It is a Kurdish militant and political organization based in the Kurdish regions of Turkey and Iraq. Since 1984, the PKK has been

involved in an armed conflict with the Turkish state, with the initial aim of achieving an independent Kurdish state. The PKK terrorist organization attacks Turkey from regions in Iraq where it has nested, also challenges northern Iraq's sovereignty, territorial integrity, security and stability. Turkey underlines that "it is Iraq's responsibility to take necessary measures against PKK elements on its territory."

IRAQ, THE BIBLICAL LAND

After Israel, Iraq has the most biblical history than any other country in the world. The patriarch Abraham was from Uruk, in southern Iraq, modern day called, Nasiriya. Rebecca was from northwest Iraq. Prophet Daniel lived in Iraq most of his life. The prophet Ezekiel was from southern Iraq and his shrine is located there. Shrines of Prophet Jonah, Saint George, and various other biblical prophets and saints are attributed to have been originally from Iraq. Adam and Eve are also widely thought to have hailed from Iraq, as the biblical Garden of Eden is largely attributed to have been located in southern Iraq. (Cfr. Wikipedia)

In Iraq, Christians numbered about 1,500,000 in 2003, representing just over 6% of the population of 26 million. During the period from 2013–2017, with ISIS rapidly sweeping through Iraq's western lands, Christians fled leaving their homes. They feared persecution by the terrorist organisation. The ISIS extremists had vowed to 'execute' any person who did not believe in their Sunni sect! Thousands of Iraqi Christians fled to the nation's capital, Baghdad where they found refuge and adequate housing. Some of them have made Baghdad as their new permanent home following the full defeat of ISIS in Iraq. Thousands have also

fled to other parts of southern Iraq, city of Najaf. The people being the Shia-majority, they housed thousands of Christians in their holy Islamic shrines as they fled from ISIS, which sought to exterminate them.

A large population have also returned to their homes en masse following the defeat of ISIS and were able to celebrate Christian festivals of Christmas and Easter in safety with the protection provided by the NPU (*The Nineveh Plain Protection Units*). NPU is a military organization that was formed late in 2014.

We have only to imagine the plight of these Christians and thank God for the safety we have enjoyed so far in our tolerant country! And may be, prepare to suffer as we sense the rising communalism these days! Let us pray that the Iraqi Christians forget all the old history of persecution, bloodshed during the Iran-Iraq war of 1980, the American lies that killed Saddam Husain! May they Muslims, Christians and the people of all religions, create new Iraq, grown to its full stature!

Praise the Lord!! Salaam Alaikum!!!

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Follow Justice And Justice Alone

(Reflections on Justice Sunday -16 August 2020)

Several years ago, the Catholic Church in India decided to observe the Sunday after Independence Day (15 August) as 'Justice Sunday'. It was certainly a significant decision with the twin objectives of making the Catholics in India aware of the injustices that abound in Indian society and motivating them to respond proactively to these injustices. For some years there excellent resource materials (including posters in various languages) sent out to various Churches. Over the years however, it petered down to become a mere cosmetic ritual for some, whilst most tend to ignore the day. It certainly speaks volumes of the fear in a fairly large section of the institutional Church – to take on anything which even faintly smells of 'injustice'.

Significantly Justice Sunday this year (16 August) is sandwiched between two important Feasts of the Catholic Church: that of the Polish martyr, the Conventual Franciscan friar St Maximilian Kolbe (14 August) and of St Alberto Hurtado Cruchaga (18 August), the Chilean Jesuit who is regarded as the Patron Saint of his country. Whilst both contributed tremendously through their heroic and holy lives in bearing witness to their faith, it is important on a day like this to reflect a bit on the 'places and people' they were associated closely with.

True, Kolbe sacrificed his life for a stranger; volunteering to take his place- so that the other could live and go back to his wife and children. That is the stuff that saints are made of! But all this took place in Auschwitz: a place which symbolised all that was evil; of man's inhumanity to man. Torture and persecution both physical

and mental, right up to the gas chamber, that are simply beyond human description. It was a brutal regime that imprisoned all those who did not toe the line. A place which reeked of all that was wrong and unjust in society! A place to which the world said 'never again'; sadly we see the emergence of an unjust system in India: where ordinary people are denied their legitimate rights and freedoms, where innocent people are incarcerated just because they take a stand for justice!



BY FR. CEDRIC PRAKASH SJ

Are we witnessing the birth of a new Auschwitz?

Alberto Hurtado was almost a contemporary of Kolbe, though in faraway Chile. Coming from a rather impoverished background, he studied law but ultimately ended up joining the Jesuits and being ordained a priest. The 'streets of Chile' was the place that defined his ministry. He was concerned about the poor, the abandoned and the homeless. He founded the Hogar de Cristo (Home of Christ) foundation where he provided shelter and security to thousands of youth. He provided them with hope and the possibility of living a life with dignity. These shelters quickly grew all over Chile. In 1940 he began working for Catholic Action and in the following year became the national director of the youth organization. He also published 'Is Chile a Catholic Country?'—a book which challenged some long-held conservative beliefs. It caused considerable controversy and even had some critics labelling him a "communist." Hurtado also established the Trade Union Association of Chile and published three volumes on the labour movement. All through his life he fought relentlessly

for the rights of the poor and the labour class.

Both Kolbe and Hurtado who died in the prime of their life, who today

are venerated by millions all over the world, are apt examples for the Church in India, to emulate as we observe Justice Sunday! Both experienced injustice at close quarters; they were convinced that their priesthood is about reaching out to those who suffer from injustices.

Justice should never be seen as a threat, but as a mandate to be actualised, by every disciple of Jesus. In the Old Testament we see how he Prophet Isaiah implores the people to "learn to do good; seek justice, rescue the oppressed, defend the orphan, and plead for the widow" (1:17). In his encyclical 'Caritas in Veritate' (June 2009) Pope Benedict XVI redefines the meaning of 'caritas' saying "Love — caritas — is an extraordinary force which leads people to opt for courageous and generous engagement in the field of justice and peace. It is a force that has its origin in God, Eternal Love and Absolute Truth". Pope Francis has not stopped speaking of the need and importance of justice in the world; in June 2019 addressing a group of Judges from across the world he said, "It seems that the constitutional guarantees and the international treaties that have been ratified have in practice no universal value. There is no democracy when there is hunger, there is no development when there is poverty, and there is no justice when there is inequality."

Injustices abound in India today: the legitimate rights and freedom of people- in every possible sphere are being trampled upon as never before. Those who suffer most are the poor and the vulnerable, the marginalised



(Contd.. from p. 12)

and the minorities, the excluded, the migrant workers, the Adivasis, the Dalits, women and children, differently abled and oriented persons; the list is endless!! The poor become more and more impoverished every day and rich and a few vested interests become richer. The fragile ecosystem of our country is being destroyed thanks to the greed of the powerful

As a disciple of Jesus, we, the Church in India, have no choice but to address the injustices which are being heaped on our people. We primarily called to be **AWARE** of the injustices around us; we need to be able to **ARTICULATE** them in every possible way; then we need the courage to engage in **ADVOCACY** of these injustices; we are called to **ACCOMPANY** those who are victims of these injustices; ultimately we are called to **ACT** to ensure that our beloved country is a more just and humane place for all to live.

One hundred and twenty years (on 5 August – a very strange coincidence with the date this year) Rabindranath Tagore, our visionary Nobel laureate wrote a poem "Deeno Daan". It was about a temple structure. The last verses of the poem read thus,

***That is the day God left that Temple of yours,
And joined the poor beside the roads,
under the trees.
Like emptiness of the froth in the vast seas,
Your mundane temple is as hollow.
It's just a bubble of wealth and pride.'
The enraged King howled,
"Oh you sham cretin of a person,
Leave my kingdom this instant'.
The Saint replied calmly,
"The very place where you have exiled the Divine,
Kindly banish the devout too".***

These verses certainly resonate with God's instructions to his people in the Book of Deuteronomy, "Follow justice and justice alone, so that you may live and possess the land the LORD your God is giving you" (16:20). Will the Church in India wake up today, to this mandate from our God and try to imitate the ways of St Maximilian Kolbe and St Alberto Hurtado?

**(Fr. Cedric Prakash SJ, is a human rights & peace activist/writer. Contact:cedricprakash@gmail.com)*



How to make Neer Dosa

Ingredients:

- 2 cups rice
- 1/2 cup grated coconut
- 1 tsp cumin seeds
- 1 tbsp coriander leaves, chopped fine
- A pinch of asafoetida
- 2 finely chopped green chillies
- 1-inch piece ginger, finely chopped
- Salt to taste
- 5 tbsp refined oil
- 1 tsp red chili powder

Recipe

Method:

1. Soak the rice for 3 to 4 hours.
2. Wash it and drain the excess water. Then in a blender, add the ginger, green chillies and coconut along with the moist rice. Grind all the ingredients into a smooth batter. Then, transfer the batter into a large vessel and add a little water to the mixture and mix it once or twice.
3. Now add the asafoetida, coriander leaves, cumin seeds and salt to the batter. The batter should be thin like a rava dosa batter.
4. Heat a little oil in a nonstick pan over medium flame. Pour a ladleful of the batter and spread evenly. Add oil around the edges and cook till golden brown and crisp on both sides. Serve hot with chutney or sambhar.



—Sweta D'Cruz

The Resurrection: Bedrock Of Christianity

By Melvyn Brown

In all the analysis of a true Christian life and mission, both in religion and in nature we should not forget that we have been sent to give testimony to the resurrection, the bedrock of the Catholic and Christian faith. We are the Church, in spite of our weaknesses and limitations.

Before we bear witness we turn to the Holy Spirit who stays with us, penetrating our minds and deeds to always bring forth fruits of the faith and to inspire faith, hope and charity provided we keep our hearts open to the words of the Spirit of God. We should pray for great power to give witness of the resurrection anytime, anywhere.

The triumph of Jesus Christ is in the ultimate miracle of the resurrection. He conquered death. The recorded fact that Christ died, was buried and rose on the third day is supreme proof of His divinity. Because of this amazing event the resurrection of the Messiah seals the validation of His claims to divinity. Jesus was, is and always will be the Christ triumphant.

The Gospel of John 11:25 states: "I am the resurrection and the life, he who believes in me, though he die, yet shall he live. And whoever lives and believes in me shall never die.". Jesus by his own power rose from the grave. In Matthew 26:61 writes,

'Christ said, "I am able to destroy the temple of God, and to build it in three days."

St. John Vianney, Cure D'ars, wrote a beautiful Sermon for Easter Sunday. I reproduce an extract from his Easter Sermon:

"....Jesus lives! What glad tidings for us; what joy and delight for us who are baptized in the name of Jesus who believe in the teaching of Jesus, for us, who may live in the blessed hope that we, too, may one day rise again to a better life. When the Man of Sorrows, His struggle and His sufferings ended, cried out to the world with a loud voice those mighty words "it is consummated", when He bowed His head and gave up the ghost, the sun was obscured, it did not wish to behold that dreadful spectacle; the earth was shaken mightily, the graves opened and the dead arose.

Today, however, one grave is open, and from it has risen a sun which will never be obscured, which will never set, a sun which creates new life. This new sun is the Crucified One, The Son of God, God Himself, blessed for all eternity. He it is in whom the words of the Apostle are fulfilled; for He humbled Himself and was obedient even unto death on a cross, therefore God has exalted Him and given Him a name which is above all other names.

In the morning of the third day the



women went to the tomb of Jesus and found an angel of the Lord who told them not to fear, he knew they had come to find Jesus who was crucified. He is risen, said the angel, adding, go quickly, tell his disciples that He is risen. And they went with all haste from the sepulcher, running with great happiness to tell the disciples.

Read all about it in St Matthew 28: 5-10.

In the first letter of Peter 1:3 it is written, "Blessed be the God and Father of our Lord Jesus Christ! By His great mercy we have been born anew to a living hope through the resurrection of Jesus Christ from the dead."

St. Paul to the Philippians 3:11, "That I may know Him and the power of His resurrection, and may share his sufferings becoming like Him in His death, that if possible I may attain the resurrection from the dead."

We find in the Acts of the Apostles 4:33. "And with great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all."

Jesus promises us no less when we give testimony to His resurrection; telling family, friends and strangers of His triumph. Believe in Him. And "great grace" will also come on you. Truly, the resurrection of the Messiah is a truth which lives above and beyond the portals of this lifetime. Jesus is my Lord and my God. Amen.

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The Great Colonial Diamond

A SHORT STORY

Judith Ann Richards was in a class of her own: a spinster at thirty-two, nonconformist, but always respectful, kind and polite. She was the mistress of Rosemary manor, named after her late mother. The sprawling fortress-like building had been designed and built by her grandfather, Rodney Calvert Richards.

When her uncle Rodney died he was a major in the British-Indian army holding a high rank among the Royal Engineers (Construction) Corps. The army garrison stood at the foot of the Lalita hills, not more than two miles from the turgid waters of the Brahmaputra River.

Judith's father had no taste for military service. He worked for the Nizam, a Prince of the State called Hatizamin. Her father managed the business affairs of the prince in the palace till the day he had a massive stroke and passed away. Her uncle Rodney took care of Judith and gave her a good Oxford education.

The young lady returned from London at the age of twenty-six, putting up in a posh bungalow with her uncle. Judith supervised the staff keeping the large house in ship-shape condition. About this time the Nizam urgently called for her uncle to his palace.

"I am deeply worried about the big river....I fear for the people of the town should the river break its banks after heavy rains. Sir Richards, could you get the army's permission to permit you to build a dam to control the raging waters? I will bear all the cost. Your men will be well taken care of" The Nizam gave a princely smile.

It was not difficult for her grandfather to get the required permission from

the English King. Officially the King gave Major Richards the commission to design the dam and take full responsibility for its implementation. The Indian Prince was very pleased with the results. Within a year the mighty dam was built according to the blueprint. Judith could not explain it, but she had a gut feeling that something about the structure was wrong. She kept the feeling to herself.

The Prince was overly euphoric and grateful that the Major was able to pull strings and get the job done, which was nothing of the sort, mused Judith.

On the day of Thanksgiving, the town was richly decorated for the dinner in the presence of the town people. The Prince gave the major a jewel box from the collection of his royal treasures, containing the rare and priceless Colonial Diamond, found at the Golconda diamond mines near Hyderabad.

Two years later Major Richards passed the jewel box with the Great Colonial diamond to Judith, his granddaughter. A few weeks later the Major went to London on an annual visit. It was time to let Judith take charge of the manor, the affairs of the town folk, and to give aid to the church and hospital administration as he would.

Winter had been extremely cold, the winds coming in from the north snow-capped mountains. It lasted for four long months. The people started to prepare for the period of spring when they would prepare the fields for the coming months of harvesting before the heat of summer would parch the land.

The Prince was turning old and he decided to go on a tour of Europe and the United States of America. He called for Judith and gave her his blessing

and the authority to take care of the palace and the staff, also his young nephews and nieces. Judith was honored.

All went well till the early monsoon crept in with thunderstorms and lashing rains whipping across the town and the acres of open fields below the hill top where the manor stood rock-fast. The powerful winds battered the houses, the school, church and hospital. Suddenly a low moan could be heard across the town as though a beast was at the far end of the open fields.

Judith knew better. It was the sound of the great dam straining to hold back the force of the turbulent waters. The dam was about to burst open. Sensing the event would be a disaster, Judith raced across the palace rooms commanding the staff to open the gates of the palace grounds, it would be the safest place for the town folk to take shelter. For the first time the iron gates of the palace were thrown open

The 'Fortress' would in future be known as the 'Sanctuary'. The raging waters of the dam swept away everything in its path. A cyclonic storm added to the chaos, but lives were saved. Men, women, children, cattle and livestock were safe on the high ground of the palace. Judith handed out all the stock of food and drinking water stored in the building. No one went hungry, day after day.

"What shall we do Memshaib, our homes have all been destroyed?" The innocent farmers and the townspeople wept looking up to their brave guardian who had saved their lives so often.

"Let me think," said Judith, adding, "it is a great problem which will need an incredible amount of finance. I plan to rebuild the town, the dam and to help every family with jobs and a sense of security."

(Contd.. on p. 17)



BY MELVYN BROWN

"It's been almost a week me and wife are working from home due to coronavirus situation. I think we will kill each other before the virus does!"

There are two types of wives.
First Type: Quiet, Beautiful, Understanding, Not Argumentative, Loving,
One who listens to husband
Second Type: Your own wife

There are two types of wives.
First Type: Quiet, Beautiful, Understanding, Not Argumentative, Loving,
One who listens to husband
Second Type: Your own wife

Maximum wives hate their husband's friends...!!!
Maximum husbands love their wife's friends...!!!
.....Men are generally nice.....

Husband: Have you heard of King Akbar?
Wife: Yes, what about him?
Husband: He had three wives.
Wife: So??
Husband: That means I can marry two more times?
Wife: Have you heard of Draupadi !!!???
Husband: I was just kidding dear!!!!
You take things too seriously!!!!

Wife: Dear..do you remember what saree I was wearing when u came to see me...for the first time.
Husband: No..I don't remember.
Wife: see..u don't love me at all.
Husband: its not like that honey.. A person going to keep his head on the railway track will not be checking whether it is shatabdi express or Rajadhani.

Wife joins english speaking class.
After few days.
Wife : Welcome home darling.
Husband : I m so tired today.
Wife : Ok. Rest in Peace.



Husband: I found Aladin's lamp today.
Wife: wow, what did u ask for darling??

Husband: I asked him to increase your brain ten times..

Wife: oh..jaan..luv u so much.. Did he do that??

Husband: He laughed and said multiplication doesn't apply on zero.

A couple was having dinner at a fancy restaurant. As the food was served,
Husband: "the food looks delicious, let's eat."

Wife: honey.....you say prayer before eating at home.

Husband: that's at home sweetheart.....here the chef knows how to cook.

Test Your Intelligence

See if you can figure out what these seven words have in common.

1. Banana
2. Dresser
3. Grammar
4. Potato
5. Revive
6. Uneven
7. Assess

— Jubel D'Cruz,
Mumbai

Answer: In all of the words listed, if you take the first letter, place it at the end of the word, and then spell the word backwards, it will be the same word.

10 'Naked Humors'!

It was customary for the Reader's Digest to have an article, "Humor In Uniform" Here are "10 naked Humors"! Please excuse me!

*Someone asked the 'common man', Why does Modiji walk in the evenings and not in the mornings? Sir, Modiji is PM and not AM! *Doctor: Which soap do you use? Patient: Vijay's soap! And paste? Vijay's! And shampoo? Vijay's! Doctor: OMG! Is Vijay an international brand name? Patient: No. Vijay is my roommate! *Teacher: What is the full name of MATHS? Student: Mentally Affected Teacher Harassing Students! * Argument between a British and an Indian: British: We spoiled your motherland for over 200 years. Hahaha! Indian: We are spoiling your mother tongue daily! Hahahaha! *Someone asked an old man – Even after 70 years you still call your wife, Darling, Honey, Love! What is the secret? I forgot her name. There were so many in between!

*A person in Hell asked the Devil, Can I make a call to my beloved? After making the call he asked, How much do I pay? Devil: Nothing! Hell to Hell is free! *Future husband at a bookstall. Do you have a book, Husband is the Master of the House? Sales girl: Yes sir, Fiction and comics are on the first floor! *The upper arms hugs all, even your enemies! *Why is the bald man able to float with difficulty? Cause he has no Air on his head! *After birth many things are given to you; but after death, they are taken away by others! So take care!

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

(Contd.. from p. 15)

The next day, as the week long thunderstorms calmed and the level of the water was slowly going down, Judith came up with an idea to make a positive beginning in putting the destruction together and helping the people. The one blessing she had was that the nephews and nieces of the Prince were safe in their rooms. The only problem she suddenly thought aloud was that she had no connections in that part of the State to assist her in the planning and administration, she would have to do it by herself.

On second thought Judith remembered having the Great Colonial Diamond and the contents of the jewel box. Three days later when the waters receded she went across the countryside to the town of Bhialal where a diamond merchant weighed the precious stone in its rough state it was 303 carats, more than the weight of the Kohinor, (The Mountain of Light)

had been reduced to 125 carats after three cuts, it is kept in the Jewel House at the tower of London. The Great Colonial was double the value and the money would cover the cost of the entire project, thought Judith with a sigh of relief.

She raced back to the palace with the good news. A full week of discussions, planning and another whole week of interviews with contractors, engineers and the cooperation of unions to help advice the labour in their work routine , to rebuild the town and to reconstruct the dam.

The contents of the Jewel box, the precious stones was enough in value to enrich and uplift the lives of the town folk, and the elderly. Construction of the dam was done under the watchful eyes of Judith. She made certain that only the best in cement and material for the structure was bought.

In the years to come the 'Sanctuary' was put in the Heritage list and the name of Judith Ann Richards went down in the history books.

10 Misuses of Marriage! & Scripture Advice!

"Physical, moral, and spiritual differences and complementarities are oriented towards the good of marriage and the flourishing of family life" (Catechism of the Catholic Church: 2333). Here are 10 comical 'misuses of marriage'!

*An argument between spouses turned rude. Husband – Don't let the animal in me come out! Wife – Who's afraid of a mouse? *A philosopher husband – Every wife is a 'Mistress'! Miss for first year, and stress forever! *Husband outside a phone booth. Excuse me, you are occupied since 30 minutes and haven't spoken a word! Person inside, I am talking to my wife! *Condition of a husband is like a split AC. - loud outdoors, but silent indoors! *Wife - You should learn to lap up and embrace your mistakes. Husband slapped her, and then hugged her!

*Do you remember the tingling sensation on your honeymoon might? That was common sense leaving you numb! *Spouses make each other smile; for laughter is the best medicine. But wear a face mask! *Bookseller asked a woman, which book helped her most? My husband's chequebook! *If wife wants husband's attention, she should look sad. If husband wants wife's attention, he should look happy! *Hope you haven't missed your period dear? Later don't labor for it!

"Let marriage be held in honor by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers" (Hebrews 13:4). "Every man who looks at a woman with lust has already committed adultery with her in his heart" (Matthew 5:28).

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

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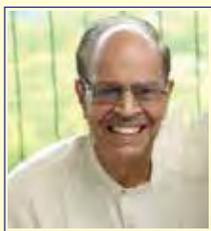
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Survival of the fittest with Varicose Veins

Varicose veins, also called varicosities, are swollen veins that may bulge near the surface of the skin. These blue or purple, sometimes squiggly veins are most likely to show up in your legs. Varicose veins may sometimes be painful, and the physician might in extreme cases suggest surgery. Varicose veins may increase the risk of developing potentially dangerous blood clots, according to a study. Varicose veins are veins that have become enlarged and twisted and most commonly appear in the legs and feet. People whose jobs require them to stand for long hours like bus conductors, traffic police personnel, cricketers and cricket umpires and salesmen, for instance often have to contend with a thorny problem throughout their lifetime.

Varicose veins are swollen, twisted veins that lie just under the skin and usually occur in the legs. Overview. Varicose veins are a common condition caused by weak or damaged vein walls and valves. Varicose veins may form whenever blood pressure increases inside your veins. Varicose veins are caused by a failure of the one way valves in the veins that normally allow blood to only flow towards the heart. If the valves leak, blood gathers in the veins and they enlarge, further damaging the valves and worsening the problem.

A medical adhesive is now being used to treat varicose veins in what doctors call a walk-in and walk-out procedure for patients. Variants of a gene that leads to cells in blood vessels producing too much of a protein heighten the risk of developing varicose veins, according to a study carried out by a group of Indian researchers. Candidates with varicose veins unfit to join the Army, says HC as strict guidelines for selection. HC noted that such patients have pain, heaviness of legs, inability to walk or stand. The Delhi High Court has said that a candidate who had developed varicose veins and was



C.K. Subramaniam

operated upon later is unfit to join the armed forces since it entails working in extreme conditions and involves more physical activity.

Many who suffer from varicose veins think there is no cure for this problem. But this is a misconception. There are several instances of people silently suffering from varicose veins unable to find a cure or learn how to handle them. Also, when the pain and disease recurs despite treatment, patients are under the impression that varicose veins are curable. But this is a misconception. Now the medical facility is very much advanced and we can go for laser treatment without shedding a drop of blood. But the problem is that it may recur over a period of time and that is a bad news. It is better to have control over body weight.

With changes in life styles and professions demanding continuous activity, one in five were developing varicose veins and needed to be treated at the right time. People manage with stockings in both the legs while going out and in a standing position. The veins should stand up rigorous in life and should not break when a person is straining much. Stockings were the mainstay of any varicose veins treatment, be it open surgery or minimally invasive techniques like Endovenous Laser Ablation, Radiofrequency Ablation or even the relatively newer Mechano Chemical Ablation techniques like Clarivein. Percutaneous Sclerotherapy too would need the patient to wear stockings for 6 to 18 weeks to help the treated veins heal.

Now, varicose veins care can be a pleasant experience. With the onset of this Non Thermal technique, the patient no longer needs to be given multiple local anaesthesia pricks that are given in Thermal techniques like EVLA or RFA. This is called tumescence or tumescent anaesthesia. This is usually a mix or local anaesthetic medication and saline, usually about 500 ml would need to be



injected around the vein to lock in the heat in the target vein and prevent other healthy tissues from burning.

Varicose Veins affect more than 10 million Indians every year. Newer techniques like Venaseal would help in curing more fellow Indians faster and more comfortably. It is a real boon for the older population with advanced vein disease like severe pain, skin damage and open wounds which earlier could not be treated as they would not be fit enough for anaesthesia. Prevention is better than cure. We can see police constables and traffic constables standing in the road wearing long stockings to protect their legs from the strains and allow them to work hurdle free. It is not worth straining your legs. You can come across cricketers keeping their legs up after the game is over and even during the play is going on. As a cricketer, I suffered a lot with my right leg veins from my younger days.

I bought one pair of Hush Puppies chappal for Rs.2499/=. I am having a varicose veins problem and need the best sole of chappal for walking. Thanks to Bata India Limited for this prestigious product. It is indeed a walking comfort and I am able to go for my morning work out without much pain and added comfort.

Inauguration Of Mother's Meal



A new movement to end hunger named Mother's Meal was inaugurated at Delhi by former Supreme Court Justice Kurian Joseph along with Shri K J Alphonse, Member of Parliament and Former Cabinet Minister by providing Survival Kits to 25 families in distress. Inauguration of the movement based on a new concept of Family to Family support, was done simultaneously today across 55 locations in all 28 States and 8 UTs of the country by helping 1000 plus families.

The objective of Mother's Meal is that no one should die of hunger. According to OXFAM and World Food Program, as many as 12,000 people might die everyday due to COVID induced hunger globally, more than the number of people who will die to COVID disease itself. The target of Mother's Meal movement is to provide support for a million people over a period of time.

The strategy of Mother's Meal is to create a Family to Family Support between the 50 % of world's families that can afford to support the 10% of people in extreme poverty. Each donor family will provide for a Survival Kit worth 500 rupees of food and provisions to a family in distress, for a sustained period of minimum six months.

Most vulnerable sections were selected as the beneficiary families for the Mothers Meal program. These are families of people with disabilities, terminal illness, widows, refugees and tribals, the sections that are

pushed further into poverty and hunger due to the financial crises related to COVID. While Mukthi in Guntur, Andhra Pradesh provided Kits to beggars in the railway station, National Federation of the Blind gave support to 25 visually challenged persons in Tamil Nadu. Dehra Dun based Waste Warriors organisation extended help to the waste workers. CDI in Mumbai supported sex workers and HIV infected families.

Mother's Meal program was implemented through 55 grass root agencies, working closely with the affected families. Some of them are established NGOs like SAATH in Ahmadabad or AIFO in Bengaluru. Many of them are groups of individuals coming together for a cause like the DMC in Delhi. Some of them are social groups like Rotary club in Bengaluru, Lions club in Darjeeling. Thus the program solves effectively the end user connectivity.

There are many Christian religious groups of religious and lay people that are Providers of the Survival Kits in various States. Ambikapur in Chattisgarh has the Social Service Society as partner with Mother's Meal. Networks like Catholic Heath Association of India work through their network partners like OCHA in Bhuvanewar, Odissa. In North East, FAsCE India, an initiative of the MSFS Fathers and NanJan of the Claretians are coordinating Mother's Meal program in all eight States, mostly among the tribal communities. While Jesus Youth is involved in the distribution the Survival

Kits in Tamil Nadu, Vincent De Paul society members are the Providers in Wayanad in Kerala and Bangalore. Various women's religious Congregations have partnered with Mother's Meal to ensure that the most vulnerable sections are supported to survive through the COVID times.

Mother's Meal is a movement started by a group of passionate social entrepreneurs under the leadership of Claretian Priest Fr Dr George Kannanthanam, a social activist based in Bangalore. It is the eight social innovative idea by him under the Hope Anti Addiction Action Group Society initiated in the part 30 years. Thirteen Founder Members from various walks of life across the world belonging to various religious affiliations came together to find a workable solution to the extreme hunger that many are pushed into due to COVID. Already more than two lakh people were supported under the Coronacare Bangalore, initiated by Fr George after the out bread of COVID.

Justice Kurian Joseph is the Patron of the movement. Fr George Kannanthanam was inspired by his late mother Brigit to start this movement, with the thought that no mother would allow her children to go hungry and we can all be a little motherly by helping another family to survive this troubled COVID times.

website www.mothersmeal.life

Fr George Kannanthanam -
9845811515

Royal Christian Family MATRIMONIALS - GROOMS

7159. MUMBAI : Roman Catholic Bachelor, (Born in September 1982) Ht. 5' 5", Wt. 65 kgs, Ethical, Healthy, Simple, Sober, Wheatish, B.E. Software Engineer, works @ Mumbai, 9224335003, mariosofttech@gmail.com seeks matrimonial alliance from Mumbai based Catholic Spinster. Please exchange relevant information.

7034. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. M.C.A., Software Engineer, working as an Software Engineer, Asst. Manager (IT), Only Son seeks alliance from Mangalorean RC Spinster, educated, working in Mumbai. Reply with full details & photograph to email : ID : vivian1548@gmail.com Mobile : 9096141335

7157. PUNE : Roman Catholic Bachelor, (Born in September 1990) Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. MBA (Marketing) & M.Com., working as a Senior Executive, Sales and Development. Contact email : amlahenry11@gmail.com

7114. GOA : Goan Roman Catholic Bachelor, (Born in January 1973), Ht. 5' 5", Wt. 70 kgs, Fair Complexion, Edn. 12th + Dip. in Technical Field, working as a Projectionst in **KUWAIT**. Contact email : hilarylobo48@gmail.com

7099. USA : Mangalorean Roman Catholic Bachelor, (Born in March 1988), Ht. 5' 8", Wt. 82 kgs, Wheatish Complexion, Edn. M.Sc., working as a Computer Engineer in USA. Contact email : willatauro@gmail.com

7061. MUMBAI : East Indian Roman Catholic Bachelor, (Born in July 1989), Ht. 5' 11", Wt. 90 kgs, Wheatish

Complexion, Edn. 12th, working for Central Railway Mec. Ftr II, Contact email : pkevindsouza@gmail.com

7097. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. B.Com., working as Sr. Account Recievable in private company. Contact email : dsouzadonald11@gmail.com

6996. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in September 1990), Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, Edn. BMS., M.Com., MBA in Marketing, working for L & T Infotech. Contact email : rodnidavid@gmail.com

7047. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., C.S. in Process, having family business. Contact email : mail.soj@gmail.com

7050. LONAVLA : Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., working. Contact email :

dsouza_adrian@yahoo.co.in
7049. CANADA : Goan Roman Catholic Bachelor, (Born in June 1986), Ht. 5' 11", Wt. 85 kgs, Wheatish Complexion, Edn. BE (Computer), working in CANADA in a Non IT Field Seeks a working girl in Canada and holding a PR Visa. Contact email : anniedrz@gmail.com

7052. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1977), Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. B.A., Retail Management, working as a General Manager. Contact email : albert.pinto2006@gmail.com

7039. MUMBAI : Goan Roman Catholic Bachelor, Handicap - slight

Scoliosis - taking treatment, spine slightly curved. (Born in September 1976), Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. B.A. Computer Prog. / Hair Designer, Having own business. Contact email : reginarodrigues634@gmail.com

7045. CANADA : Mangalorean Roman Catholic Divorcee, (Born in September 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, having permanent Resident. Contact email : bmathias88@gmail.com

6888. AMRITSAR : Roman Catholic Bachelor, (Born in March 1990), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. Hotel Management (Diploma) in Singapore, working as a Captain. Contact email : shephalivancet0@gmail.com

6857. AUSTRALIA : Mumbai born and broughtup Tamilian Roman Catholic Bachelor, (Born in July 1988), Ht. 5' 10", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., IHM., Working as a Store Associate in **Australia** and is a permanent resident. Contact email : simonsigo31@gmail.com

7018. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email : fredrick.dsouza0110@gmail.com

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

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7105. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1991), Ht. 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn. M.Sc., Microbiology, (Pursuing Ph.D.,) Assistant Professor. Contact email : 1991divine@gmail.com

7143. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1987), Ht. 5' 4", Wt. 75 kgs, Wheatish Complexion, Edn. M.A. (Literature) working as a Sales & Marketing Manager. Contact email : irisedsouza@gmail.com

7091. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1990), Ht. 5' 2", Wt. 44 kgs, Wheatish Complexion, Edn. MBA PGDM, working as an Assistant Manager Presales for a multinational firm. Contact email :

priyaquadrans@gmail.com

7069. MUMBAI : Tamilian Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., Nursing, Staff Nurse. Contact email :

mpchandran68@gmail.com

Mobile : 9820041633

7109. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1986), Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn. MBA, working as a Associate Consultant. Contact email : helendsz27@gmail.com

7082. MUMBAI : Tamilian Roman catholic Spinster, (Born in September 1985), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. 12th std., working as a sales girl in Big Store. Contact email : susanmoses1385@gmail.com

7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email :

l2018anselm@yahoo.com

7060. MUMBAI : East Indian Roman Catholic Spinster, (Born in February 1983), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., Diploma in Finance from NMIMS, Diploma in B, Self employed. Contact email :

vianneyde2k@yahoo.com

6741. MANGALORE : Mangalorean RC spinster, 26 years, 5' 3", Doctor, Qualification : MD. Very fair and beautiful. Belongings to an affluent business family. Email : sona68500@gmail.com

7128. MUMBAI : Affluent business family R.C. East Indian Spinster, (Born in 12-04-1988), Ht. 5' 2", very beautiful and pretty. Edn. MS General Surgeon, Doctor by profession. Contact email : drvd2019@gmail.com

7072. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 4' 10", Wt. 60 kgs, Fair Complexion, Edn. Digital Media, working for Designing Firm. Contact email : aubreyds@gmail.com

7081. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1993), 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. Masters of Dentistry (MDS), Dental Surgeon, Doctor by profession. Contact email :

carlferns93@gmail.com

7126. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in January 1992) from Mumbai, Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.E. (Computers) from Mumbai, M.S. (Information Systems) from US. Possesses H1B visa and is working as a Technical Analyst with a MNC in USA. Contact email : wilfyjoy1315@gmail.com or call +91 98603 02527 / + 91 9970172527

7080. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1991), 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. M.Com., working as an Accountant. Contact email :

fernandesronita25@gmail.com

7078. USA : Mangalorean Roman Catholic Spinster, (Born in September 1992), 5' 6", Wt. 65 kgs, Brownish Complexion, Edn. B.E. Mumbai, MS Newyork, working as a Consultant. Contact email :

rcmatrimonial 2892@gmail.com

7076. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1975), 5' 7", Wt. 55 kgs, Fair Complexion, Edn. B.Com., MBA., working as a Senior Executive. Contact email : tednvir@gmail.com

7085. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1989), Ht. 5' 5", Wt. 47 kgs, Fair Complexion, Edn. MCA. working as a Banking service professional in private sector. Contact email : dorinbaretto27@gmail.com

7064. MUMBAI : Goan Roman Catholic Spinster, (Born in May 1988), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, working for Private Company as an Accounts Executive. Contact email : cecrc19@gmail.com

7067. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1994), Ht. 5' 4", Wt. 54 kgs, Fair Complexion, Edn. Chartered Accountant, working for Finance Department in MNC. Contact email : wpm999@gmail.com

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

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Indian American honored to speak on India's Independence Day

One individual may die for an idea, but that idea will, after his death, incarnate itself in a thousand lives – Netaji Subhash Chandra Bose.

Bharat FM Founder Manan Raval spoke; "We are proud to invite Honorable Harold D'Souza on August 15, 2020 which is the Independence Day of India. D'Souza is amongst the most reputed and respected Indian American in the United States of America. D'Souza's presence on the show will remind us of freedom for all in modern days".

India will celebrate its 74th Independence Day this 15th August 2020 with great enthusiasm and patriotism. It was this day in 1947 when India attained its long sought-after freedom from the British rule.

"It is an honor to address our community members globally thru Bharat FM on fear, freedom, failures, and faith. Freedom, family, food, first and fear should be last for all human beings" said Harold D'Souza former



Member U.S. Advisory Council on Human Trafficking appointed by President Barack Obama and President Trump. 2015 till 2020.

Mayank Chhaya, Chief Editor of Bharat FM hosted "Rubaru – Harold D'Souza" on August 15th at 12:00 noon to 1:00 pm USA EST and India 9:30 pm. Delegates from India, USA. Delegates can go on Eyes Open International Facebook page to watch the recorded inspiring interview.

"Bharat FM vision is to offer credible news and inspiring interviews like Harold D'Souza and rollicking good music and entertainment from India and South Asia" spoke Hriday Raval Co-Founder of Bharat FM.

Thousands of people watched the Bharat FM show across the world.

Rakesh Shah from Vadodara, Gujarat said; "It was wonderful watching my friend Mr. Harold D'Souza on Bharat FM. Always smiling with lots of positivity filled with love".

"Proud of Harold. Keep the momentum and spirit like this only. Many people can attain the path by your light"

spoke Munish Jhamb, from Delhi.

Ganesh from Bengaluru said; "Great energy, motivation, and compassion for people is what are the few of the attributes of Harold".

Vihasi Gandhi, EOI Regional Director USA said; "Harold D'Souza's story is a true example of 'light at the end of the tunnel' Harold might be that Baroda boy for whom USA was a far off and out of reach dream, Harold might be the Baroda boy that made it to USA but never lived an 'American Dream' but Harold is the same Baroda boy that made it to The White House and that is something that holds him unique. Thank you for your immense dedication to our society Harold D'Souza".

"Failure is the path to success. Stigma, shame, and struggles are temporary. When you cultivate passion as your purpose in life, every powerful perpetrator gets prosecuted" spoke Harold D'Souza President, Eyes Open International.

Eyes Open International is a non-profit organization focused on prevention, education, protection, and empowerment of community members globally. EOI has branches in India, Canada, USA, and will be in Nepal, Mexico, Pakistan, and Guatemala by end of 2020.

Harold D'Souza an Indian American has turned obstacles into opportunities. Bradley his older son is with Tesla in Chicago, Rohan is with Apple in Cincinnati, Dancy is with GECU.

Harold believes you can create your future by thinking positive, living happy, and being F.O.C.U.S. Follow One Course Until Success.



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