

THE SECULAR CITIZEN

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Recognizing
and
Nurturing
Creative
Talents



‘Rachana Awards 2014’ Ceremony Was Held On Sunday, November 16 at Milagres Jubilee Hall, Mangalore



Rachana president John B Monteiro gave the floral welcome to the guests and explained about the importance of Rachana awards to the gathering. Guest of honour MLC Ivan D'Souza, Mangaluru South MLA J R Lobo and Ivan Fernandes UAE gave away Rachana awards for the year 2014 to the following people:

1. Rachana Woman of the Year - Dr Jeanette Pinto, Mumbai (Pro Life Social Activist)
2. Rachana Agriculturist of the Year - Gabriel Stany Veigas, Ferar (Innovative Agriculturist)
3. Rachana Entrepreneur of the year - Raphael Sequiera, Mumbai (CMD Reliable Group)
4. Rachana Professional of the year - Dr Anil Kieth D'Cruz, Mumbai (Senior Oncology surgeon)
5. Rachana NRI entrepreneur of the year - Ligoury D'Mello, Oman (Group Managing Director Technofit group)



Rachana Entrepreneur of the Year award presented to Raphael Sequiera, Mumbai - CMD Reliable Group

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Kolkata Archbishop and Author-researcher Nominated Winners Of The Joan Brown Memorial Award 2014

Calcutta: The Ambassadors For Jesus and Founder Melvyn Brown in a moment of quiet reflection and prayers, happily and with pride presented the JBM Award 2014 to Archbishop Thomas D'Souza and Mr. Trophy D'Souza last week.

Archbishop Thomas D'Souza received the Joan Brown Memorial Award at Archbishop's House, Calcutta. His Grace was bestowed the award for his many good works of pastoral and spiritual excellence and for raising awareness of the Catholic church in the archdiocese under his leadership as the ninth chosen 'shepherd' in the diocese.

Mr. Trophy D'Souza took the award at the Chapel of Divine Mercy from AFJ Founder Melvyn Brown. Trophy has written books, travelled widely on the subject of minority people in Third World Countries, and had been a teacher to many men-who-matter. Both winners received a citation and a souvenir.



Thought for the week

People will forget what you said. People will forget what you did. But people will never forget how you made them feel.

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Recognizing and Nurturing Creative Talents

What do we do with our talents? Do we nurture them or keep them locked up? This was the question Pope Francis asked faithful gathered in St. Peter's Square for the Sunday Angelus. The pontiff has invited everyone to do "a good thing: go back home pick up the Gospel and read the passage from Matthew on talents. Meditate on your talents and remember that God has faith in us. Don't disappoint Him!".

Parents can best recognize creative talent by giving their children opportunities to explore many realms of expression and noting their interests and abilities. Indeed, motivation in childhood is probably a better predictor of adult talent than ability. Abilities develop over time, but the tenacity to pursue an area of interest usually shows up early.

It can be hard for parents to advocate for creative children. Educators may be far more familiar with differences among children that indicate problems than with those that characterize potential. Therefore parents have the duty to educate themselves about creative talent—how it manifests itself, develops, and can be encouraged. Then they should try to partner with the school rather than be an adversary. Parents can volunteer to help with activities such as Future Problem Solving, Odyssey of the Mind, Invention Convention, Destination Imagination, or other content-specific programs. Whether working with teams after school or on weekends, raising funds, or providing transportation, offering help to start and maintain programs is a positive way for parents to assist the school.

As children grow and develop, they need a variety of opportunities and have to commit more time and energy to their talent area. For example, a girl may take dance classes for fun once a week when she's quite young. As she matures and decides that she has a strong interest in dance, she will spend more time taking classes and practicing. Her parents may have to decide, if her interest and talent are strong enough, to send her to a better dance school (even if it's in another city). Stories of very talented individuals often include family sacrifice and commitment.

(Contd.. on p. 4)

(Contd.. from p. 3)

E. Paul Torrance's Manifesto for Children, based on observations of the creative development of a group of children from primary school through adulthood, can provide guidance in fostering creativity:

- * Don't be afraid to fall in love with something and pursue it with intensity.
- * Know, understand, practice, develop, and enjoy your greatest strengths.
- * Free yourself from the expectations of others. Free yourself to play your own game.
- * Find a great teacher or mentor who will help you.
- * Don't waste energy trying to be well rounded.
- * Do what you love and can do well.
- * Learn the skills of interdependence (i.e., depend on one another, give freely of your strengths).

As our world becomes more complex and problems become more challenging, the need for creative individuals to address these situations in innovative ways increases. If creativity goes unrecognized, both the creative individual and society lose such important contributions as the ideas from unwritten novels, medical breakthroughs, economic prosperity from new business ventures, beautiful art and music, proclamations for social change, and resource-saving inventions.

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Let Us Clean Parliament First



Our beloved Prime Minister has initiated and rightly so a wonderful move in what has come to be known as "SWACH BHARAT"

All of a sudden celebrities, the rich and famous, a few ministers and even school children to name a few have shown patriotic signs and have started wielding brooms, ensuring of course that T.V. cameras capture their valiant action for all and sundry to see.

Behind this symbolic gesture which unfortunately may soon fade away, have we so easily forgotten that the country already has in place a huge army of well paid men and woman employed by the many civic Corporations at the cost of the tax payer's money, whose prime duty it is to ensure that our cities, towns and by lanes are kept clean at all times.

If the streets are to be kept clean by individuals who in the normal circumstance have their own priorities to attend to, then is there a need to abolish paid workers and save the tax payers money? Obviously this cannot be done and at the same time the bottleneck seems difficult to clear. An old saying goes "If you experience a bottle neck, remember the

neck of the bottle starts at the top" and this is precisely the crux of the problem.

It is the duty of our law makers to ensure that the prescribed laws and rules are successfully carried and percolate the same down to the benefit of the common man. It is quite evident that this does not happen. The reason for this anomaly is well known and thus persons entrusted to carry out a responsible job become a law unto themselves which naturally cannot be controlled.

The prime need of the day, if we sincerely desire to have a SWACH BHARAT is to have clean lawmakers who adorn Parliament and the various Assemblies in the country. It is a situation similar to a successful family whose success has stemmed from the integrity and honesty of a 'Head' who places values above everything else.

A final appeal to the broom wielders is that they concentrate their energies to ensure that waste and garbage are disposed in a manner that does not create a nuisance on the streets. This in itself will ensure some degree of cleanliness.

—JUDE CHAVES

Celebrating The 25th Anniversary Of The Jesuit Martyrs Of El Salvador

November 16, 1989! It is a day which will surely go down in the history of modern world's struggle for justice and peace. In the early hours of that morning, six Jesuit priests including the rector and vice-rector of the Central American University - the most prestigious university in El Salvador - were brutally murdered along with two other persons. Nobody has ever doubted who was behind this dastardly deed!

Fr. Ignacio Ellacuria (59 yrs), the rector of the university and the superior of the Jesuits there, was a widely respected intellectual, who was not afraid to take on the ruling political dispensation of El Salvador. He was a Spaniard who had adopted Salvadoran citizenship. His outspokenness ensured that he received frequent death threats and just before his assassination he was evenly publicly denounced over the national radio. His companion Ignacio Martin-Baro (50 yrs), the university's vice-rector was also a Spanish-born Salvadoran citizen. He was the founder-director of the Public Opinion Institute, a think-tank which was highly respected for its documentation and analysis of national and regional affairs.

The other Jesuits who were murdered were Segundo Montes (56 yrs), a Spanish-born sociology professor who did extensive work on Salvadoran refugees in the United States. Amando Lopez (53 yrs), a Spanish-born philosophy professor. Joaquin Lopez y



BY FR. CEDRIC PRAKASH
SJ

Lopez (71 yrs), a Salvadoran-born who was director of a center for humanitarian assistance affiliated with the university. Juan Ramon Moreno (56 yrs), a Spanish-born who was director of two university-related programs; together with Elba Ramos (42 yrs), their house-keeper and her teenaged daughter Celina Ramos (15 yrs) were also murdered.

The Jesuits were unitedly working together with other civil society leaders to end the bloody civil war which was going on in El Salvador. The cause of the violence was the military junta together with very rich, powerful vested interests; at the receiving end, were the poor and the vulnerable people of El Salvador who were consistently exploited and terrorised by the former.

The Jesuits were inspired and motivated by the 'faith-justice' mandate of the Society of Jesus which emerged from the 32nd General Congregation in the mid-seventies. They were convinced of just one thing: they had to take sides with the poor of the country; they had to be a voice for the voiceless, they had to stand up for truth and

justice and for that they paid a heavy price indeed!

There were others killed earlier in El Salvador; the most well-known of these martyrs was Archbishop Oscar Romero who was gunned down whilst saying mass on March 24th 1980.

It was common knowledge that Fr. Ellacuria and his companions had a preferential option for the poor. In several ways, they tried to bring that dimension to the university which was entrusted to their care; because of their writings and the fact that they were very vocal, they became a threat to the very powerful around them; but they feared no one except the God they believed in and were convinced that the path they had chosen to accompany the poor, was the only way towards a more just and humane society.

Twenty-five years to date, the only way by which we can surely celebrate the memory of these great martyrs of the faith is to make our own little pledge to stand up for truth and to work for justice; and in doing so, let us try to internalise the words of Ellacuria "the struggle against injustice and the pursuit of truth cannot be separated nor can one work for one independent of the other."

(*Fr. Cedric Prakash sj is the Director of PRASHANT, the Ahmedabad-based Jesuit Centre for human rights, justice and peace)

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Fictional Account about Jesus

The ancient manuscript which states that "Jesus married Mary Magdalene, had kids", is reported to be dated from the 6th century C.E., but translated from much earlier Greek writing (TOI, Nov. 11). What historical value does such a document have, until the original Greek writing is traced and compared with other writings of the first 3 centuries? How is it that hundreds of reputed historians and writers from the 1st century to the 6th century did not have the faintest idea of what this manuscript presents as facts? During the first 3 centuries, till 325 C.E., when the Roman Emperor Constantine was converted, Christians were powerless and very harshly persecuted by the Romans who wished to destroy their faith. Why could not the enemies of the Christians have highlighted this story to discredit the teachings of the Church about its founder during all those hundreds of years? Given its relatively late historical date and lack of attestation by reliable multiple sources from an earlier period, this manuscript lacks credibility and seems to be a stray and imaginary fictional account about Jesus, like many others that have kept appearing down through the centuries, seeking unsuccessfully to debunk the core beliefs of Christianity.

—Joseph M. Dias, S.J.,
Mumbai

Cleanliness is next to Godliness

A resident member called up the Hsg. society secretary to complain that the sweeper had not cleaned the area outside her door. We generally keep our houses spotlessly clean but are reluctant to put a foot outside the door to clean up because it is 'common area' even though we are members of a 'cooperative' society. This attitude results in clean flats but dirty staircases, bannisters and railings. Our streets and lanes are among the dirtiest in the world. PM Narendra Modi kick-started his cleanliness drive 'Swachh Bharat Abhiyan' on Oct 2 with



3 million govt employees and school children wielding the broom. The 'Swachh Bharat' campaign has received world-wide attention. The PM has challenged us to turn the nation completely clean by 2019 --the 150th birth anniversary of Mahatma Gandhi.

Religion can play a big role in achieving this goal of cleanliness. Nearly 3.5 lakh volunteers of the Dera Sacha Sauda from Haryana, Gujarat and other states arrived with brooms in Mumbai on Oct 28 to clean up the city. During the Mohurram sermons, the religious head of the Dawoodi Bohras, Syedna Saifuddin exhorted the faithful to participate in the PM's cleanliness drive. Sikhs have a long-standing tradition of performing Kar Seva --voluntary physical service at the Golden Temple.

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This service has now been extended to cover all community projects.

We Catholics have the unique sacrament of confession which cleans the soul. Before giving absolution the priest gives the penitent person some penance to do for atonement of the sins committed. An 'Our Father', and an 'hour of community service' would be a very meaningful form of penance, cleaning the souls and the environment at the same time. There are many avenues for community service. Initially community service may entail doing some work in the church or its surroundings. Doing physical service in the environs of a religious place will help people shed their initial inhibitions of doing community service in public.

In my parish, Orlem, the much-maligned BMC Christian cemetery can do with some cleaning up. One hour per month per parishioner of voluntary community service can transform this cemetery into a beautiful garden (there are no tomb stones, only pure earth). Beautiful flowering plants, planted on graves by grieving family members, die within weeks for want of watering. Regular cleaning, planting of shady trees, gardening and watering by parishioners as a form of community service can transform the cemetery into a lush and beautiful place, clean and green. Other parishes too, will not have to look far for cleaning up operations.

—Prof Robert Castellino
Orlem, Malad

Themes of the 17th Exposition

—Some Biblical Perspectives

The 17th Exposition of St Francis Xavier (feast – 3rd Dec.) will be held from Nov 22, 2014 to Jan 04, 2015. The Themes consists of two concepts: Faith and Commission. 'Faith Creates Communion, Strengthens Family. Commissions to Renew Society' In my lyrical Konkani language it translates as, 'Bhavart Ekchar Rochta, Kuttumb Thirayta. Samaz Navsorank Pattoyta'.

(Contd.. on p. 17)

Faith: "If you have 'faith' the size of a mustard seed, you will say to this mountain, 'move from here to there,' and it will move; and nothing will be impossible for you" (*Matthew*, 17:20-21).

Creates: "For we are what He has made us, 'created' in Christ Jesus for good works, which God has prepared beforehand to be our way of life" (*Ephesians*, 2:10).

Communion: "Above all, clothe yourselves with love, which binds everything together in perfect harmony (communion) – (*Colossians*, 3:14).

Strengthens: "And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will Himself restore, support, 'strengthen', and establish you" (1 *Peter*, 5:10).

Family: "At that time, says the Lord, I will be the God of all the 'families' of Israel, and they shall be My people" (*Jeremiah* 31:1).

Commissions: "I became its servant according to God's 'commission' that was given to me for you, to make the word of God fully known" (*Colossians*, 1:25).

Renew: "You have clothed yourselves with the new self, which is being 'renewed' in knowledge according to the image of its Creator. In that 'renewal' there is no longer greek and jew ... but Christ is all and in all" (*Colossians*, 3:10-11).

Society: "But now our 'commonwealth' (society) is in heaven, and it is from there that we are expecting the Savior, the Lord Jesus Christ" (*Philippians*, 3:20).

—*Dr Trevor Colaso, Sandra (W)*

Seek A Second Opinion

In these days of various epidemics polluting the atmosphere, there seems to be a dearth of diagnostic skills and there is a tendency among doctors to jump to conclusions and treat a patient for an illness he/she is not suffering from.

This may also possibly happen due to a heavy rush at the dispensary where a doctor's concentration may

reach low ebb or his infallibility may be put to the test.

Whatever may be the reason, getting treated for the wrong illness is more dangerous than the basic ailment itself and there are ways to avoid this.

To avoid such situations and casting no blame on the doctor, it is advisable to seek a second opinion to confirm the type of illness that needs to be treated, followed by appropriate tests that would set one's mind at rest.

However, it must be understood that if a discrepancy occurred between the initial doctor and the one who gave the correct diagnosis, no attempt should be made to reprimand the doctor with default as this would not only be unfair but void of ethical practices. One must thank one's stars that one is able to get the right treatment in time.

—*Jude Chaves*

Celebrating Children

"Children are the fairest flowers in our Garden of Earthly Delights ". But what of the brambles and thorns that prevent the flowers blooming : child (sexual) abuse; child (bonded) labour; child marriage; children born and living behind bars with their prisoner mothers - robbed of their childhood, their innocence ? How do we, how can we celebrate them ??

When we read the news headlines today, we realise to our horror / dismay, that even the home and school are no longer safe for children, as predators lurk there in the garb of kindly relatives/friends/neighbours/teachers.....

Every child ` , said Tagore, ` comes with the message that God has not despaired of Man ` . How then do we justify Abortion- CHILDREN WHO NEVER GOT A CHANCE?

On the 125th birth anniversary of Jawaharlal Nehru, India's first PM, celebrated as Children's Day , political parties were busy scoring brownie points with photo-op celebrations, each trying to outdo the other in claiming the Nehruvian legacy. The sad truth is that no political party / politician can, be-

Christmas Music Concert

Navjeet Community Health Centre of Holy Family Hospital is presenting a Christmas Music Concert produced by Felix Flor on Tuesday 16th December 2014 at 7.30 pm at St. Andrew's auditorium, in aid of their ongoing charitable projects.

Compered by Shahriyar Atai, the concert will feature leading choral groups like the Salvation Singers conducted by Dylan D' Souza, Santacruz Ensemble conducted by Mimosa Almeida Pinto, Victory Chorus Line conducted by Karen Vaswani , Brothers in Harmony, as well as soloists Ella Atai, Felix Flor, Frederica Flor, James Miranda, Marie Paul, Leny Serrao, Tara Sutaria & others.

For invitations please contact Navjeet Community Health Centre at Holy Family Hospital tel nos : 26419956//30610348.

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cause their record in protecting and promoting child rights/human rights ,is pathetic. They are too busy protecting their own entitlements to more emoluments , perks and privileges when they aren't violating the law. So we cannot depend on government agencies and others to solve our problems. May our resolve be, therefore, to secure the safety of our children ourselves and to safeguard their future; may it begin with our own children and the children of our hired help.

And MAY A 1000+ FLOWERS BLOOM !

—*Bernie Tellis*

The False Propaganda

Jesus married Mary Magdalene, had kids: Ancient manuscript (Lost Gospel)

by Capt. Mervin John Lobo

It is shocking to read this blasphemy in The Times of India posted by Kounteya.Sinha@timesgroup on

November 11th 2014 page 18. He has now written to hurt the religious sentiments of the Christian Community. Kounteya Sinha should be once and for all stopped to write on any religious topics of any religion and hurt their religious feelings which he copies from the net and are all lies; he should be reprimanded and sacked. He is totally ignorant of any Religion. People of other religions would have severely dealt with him and the Times of India in

a violent way for publishing all blasphemy.

For your information. In the New Testament there are Many Mary's mentioned; i.e. Mary of Magdala was a disciple of Jesus who delivered her from the seven demons (Mk.16: 10); Mary the Mother of Jesus is the Blessed Virgin Mary and she is the Immaculate Conception; Mary of Bethany is the sister of Lazarus whom Jesus raised from the dead; Mary Helli is the elder sister of the Blessed Virgin Mary and her son is James the less; after her husband Alphaeus died she married Cleophas; she is the mother of Simon, Jude and Salome (John: 19:25) and many other Marys in the Bible. In the entire Holy Scriptures NO WHERE IS IT MENTIONED THAT MARY OF MAGDALA WAS A PROSTITUTE! The author has got his stories completely wrong and has made a blasphemous statement; the woman who was caught in adultery and whom the Scribes and the Pharisees wanted to stone and was brought xxx to Jesus is, in the Gospel of John chapter 8, on the Mount of Olives and her name is "Livia". Mary Magdalene came from Magdala a place next to Galilee. Mary Magdalene was very grateful to Jesus because He delivered her from the 7 demons; she stood at the Cross of Jesus at Calvary and at the Tomb of Jesus; SHE NEVER HAD ANY SEXUAL RELATIONSHIP WITH HIM..

The author is making his own false research "AND AS PAPER DOES NOT REFUSE INK , WRITES A LOAD OF LIES" inspired by Satan. One must realize that these people are under the shadow of Satan to write such blasphemies. It is written in the Sacred Scriptures which is the inspired word of God (Galatians: 5:16-21) "Let me put it like this; if you are guided by the Holy Spirit you will be in no danger of yielding to self indulgence. Since self-indulgence is the opposite of the Spirit it is totally against such a thing, and it is precisely because the two are so opposed that you do not always carry out your good intentions. If you are led by the Holy

Bishops Condemn Blasphemous Times of India Story

New Delhi: The Catholic Bishops' Conference of India has condemned and termed "blasphemous" a news item in the Nov. 11 Times of India daily, which said Jesus had married Mary Magdalene and fathered two children.

"It further contains derogatory and obscene comments about the mother of Jesus, Blessed Virgin Mary," said a letter posted in the website of the Catholic Bishops Conference of India.

The bishops' conference "deplores and strongly condemns the blasphemous news item," said the letter signed by public relation officer Father Joseph Chinnayan.

The Times of India report quoting London based media said a manuscript almost 1,500 years old unearthed at the British Library authenticates the marriage of Jesus and Mary Magdalene, and they having children.

Professor of Religious Studies Barrie Wilson and historical writer Simcha Jacobovici, who spent months translating the manuscript, are set to publish their findings in a new book, The lost Gospel, reports said.

"It is not for the first time that such obnoxious stories appear in the media about Jesus Christ and other Religious founders and sacred persons. None of these stories can

change the history, nor can it shatter the faith of millions of people around the world," the letter said.

Christian faith "handed down from generation to generation through the last 20 centuries, have withstood such nefarious attempts to tarnish the image of Jesus Christ and of His Blessed Mother. The fate of this news item, aimed at creating chaos and confusion will not be a different one either," the bishops' letter said.

The Church of England has dismissed claims saying it is closer to popular fiction than an accurate historical account. "This appears to share more with Dan Brown [author of The Da Vinci Code] than Matthew, Mark, Luke or John," a church spokesman told the Sunday Times of London.

"It sounds like the deepest bilge," added Diarmaid MacCulloch, Professor of the History of the Church at Oxford University, according to SundayTimes.

The Indian bishops' letter exhorted Christians not to be carried away by the "nefarious attempts" and said any "hideous attempt to distort the truth and weaken the faith will have its shameful end."

They also asked to pray that "better sense prevail on such people, who by distorting the truth do great harm to our faith and great disservice to humanity at large."

Source: CBCI

Spirit no law can touch you. When self-indulgence is at work the results are obvious; fornication, gross indecency and sexual irresponsibility; idolatry and sorcery; feuds and wrangling jealousy, bad temper and quarrels disagreement, factions, envy, drunkenness, orgies and similar things. I warn you now as I warned you before: those who behave like this will not inherit the kingdom of God." Jesus Christ was conceived by the Holy Spirit and through the power of the Holy Spirit, He worked his miracles, He rose from the dead and ascended into Heaven all by the power of the Holy Spirit.

When you have the indwelling of the Holy Spirit the matter of sex with Mary Magdalene and having children and with His Mother Mary does not arise...this is total gross blasphemy.

How dare he says that Jesus had sex with his own mother, and also says that she was his wife and not his mother which is absolutely false and baseless and defaming of the Blessed Virgin Mary, and will have pay very severely for these, these concocted stories are not mentioned in any Christian Bible or in the Koran. Jesus and Mary are highly

honored. This author writes a figment of lies and has a perverted mind.

As for Dan Brown's "The Da Vinci Code," it is total fiction and fraud. The picture he painted is with 13 people at the Last Supper, i.e., with the 12 Apostles and Jesus; so where is Mary Magdalene? She should be the 14th one according to Dan Brown. The Last Supper Table is a Triclinium table and not a straight table which is painted by Leonard da Vinci. Part of this table is in the Basilica of St. John Lateran in Rome. All these frivolous allegations made by Barrie Wilson (Toronto), Nikos Kazantzakis (The Last temptation), Dan Brown (The Da Vinci Code), and the publishers, Pegasus, are false and not in keeping with Holy Scripture; they are inspired by Lucifer, the prince of all Demons. Isn't it a utter shame!!.

After Vatican II the entire Catholic Church and the laity have taken a very indifferent attitude from past experience towards these blasphemous articles. For it is written in the Gospel of St. Mathew: "So if anyone declares himself for ME in the presence of men, I will declare myself for him in the presence of my Father in heaven. But

the one who disowns ME in the presence of men, I will disown in the presence of my Father in Heaven". "NOT TO OPPOSE ERROR IS TO APPROVE IT; AND NOT TO DEFEND THE TRUTH IS TO SURPRESS IT AND INDEED TO NEGLECT TO CONFOUND EVIL MEN, WHEN WE CANNOT DO IT, IS NO LESS A SIN THAN TO ENCOURAGE THEM" (POPE ST.FELIX III)

The entire article, "Jesus married Mary Magdalene the prostitute, had kids and sexual relations with His Mother: Ancient manuscript" is totally false and in the eyes of God they are asking for his wrath for the above mentioned characters and you publishers (Times of India)..

Finally The Truth will set the readers free from all these lies. Truth will always prevail .A public apology is called for.

Captain Mervin John Lobo is a Master Mariner in his span Of 44 years he has sailed to all the 5 continents. He has studied the entire Holy Scriptures in depth in Jerusalem he contributes to many journals and other publications round the globe.

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The Right To Happiness

 **Francis Lobo**

The US Constitution lists “The Pursuit of Happiness” as one of its goals. In the Indian Constitution many rights have been enshrined and we have subsequently added to these by Acts such as The Right to Education, The Right to Information. But Happiness has not been specifically mentioned. Happiness results from experiences which are pleasant and pleasurable, absence of fear, avoidance and removal of pain, sickness, ill-health. It results from good human relations, peace, security, concern, attention, responsibility and recognition, justice, love and truth. It is basic for existence. Without it depression steps in and one feels life is not worth living. Society can increase the Stock of Happiness in the world or destroy it.

When we are swamped with misery Hope steps in to restore Happiness. The Greek legend of Pandora comes to mind. The beautiful Greek Princess, Pandora, was given a box by the gods with the order not to open it. But curiosity got the better of Pandora and she lifted the lid to have a peek letting loose misery into the world. But a compassionate god let her close the box just in time to capture the one antidote to misery — HOPE. Prior to the 2014 Lok Sabha Elections the opposition parties brought to the notice of the Indian people the miserable condition they are in and how the country had been looted by those in power. But all was not lost. There was one Hope — Narendra Modi. But those who propagate Hope have the sacred responsibility to ensure that it is based on an agenda of truth and justice and is not just rhetoric and propaganda for self-interest and winning elections.

One of the hopes that were given was that the lakhs of crores of rupees stashed in secret foreign accounts would be brought back in 100 days. Election speeches were made that with this recovery there would be no need for taxation. In fact the government could put money into each Indian's bank account. Then it was pointed out

that most Indians don't have bank accounts. So a drive was initiated with the objective of including every Indian into the banking system. Today we are told that the list of foreign secret account holders which the government has is a small fraction of the total, it doesn't contain any of the big names one would expect to be on the list and we really don't know how much we can get back.

But one must have income to put into a bank account. Unfortunately a sizable portion of the population lives below the poverty line. They need employment. So “The Make in India” movement is launched. For this money and know-how is required. What easier way than to get it from those in affluent countries to invest in India by the route of Foreign Direct Investment — F.D.I. The incentive is that things will be made easy. One of the major road blocks is land availability. So the Land Acquisition Act has to be ‘modified’ along with labor and other reforms. The rights and livelihoods of those living on the land at present will be subservient to the needs of development and infra-structural projects. Project clearances are to be done at top speed to show that India is on the Fast Track and has become the “Red Hot” attraction for investment. Important public policies in this Knowledge Era are not based on study, knowledge, debate but on expediency, ideology and self-interest.

It required the Noble Peace Prize Committee to bring to our notice that, while there is heavy unemployment there is a sizable child labor force. Children, who should be in school, are working in factories and some in hazardous conditions. Why do children, especially girls, not go to school? The reason has been discovered — because there are no toilets. So we got to first have toilets, so that children can go to school and child labor replaced by an adult work force. It is an Integrated Plan with a Master Vision. Public Policy, which changes with changes in government, is obviously absent and not

based on the grass root needs, study by dedicated workers, sound data and statistics, application of science and technology.

Hope and inspiration can be drawn from our past leaders what was their thinking, how they arrived at decisions and framed policies. But the images of our great leaders, like Sardar Patel and Nehru, are being used to wage political battles between political parties. All that is going on in the political arena is causing distress and not building up the stock of happiness. We see alliances breaking up, defections from the parties based on considerations of money or position, name calling and accusations of bribery for buying votes, appointments based on party affiliations and rewards for past favors, tainted characters with criminal records being put up as candidates, winning elections and even being made ministers, government formation with a minority vote, [even the Modi Government with an absolute majority won only 31 % of the votes polled which works out to 20 % of the total electorate] etc. etc. Black Money is generated to fight elections because winning elections gives one control over the country — its wealth, land, labor force, forests, water and oil resources, the power to determine who is your friend and who is your enemy, to wage wars and kill.

We should not create charismatic leaders whom we clothe with the qualities we would like them to possess. Rather we should aim for Happiness achieved by working together, considering everyone's point of view, applying knowledge and creating new knowledge through study and research. Happiness will only come through involvement. The present systems don't permit involvement of the people but centralizes power, authority and decision making in a top-down hierarchical structure.

Right to Happiness covers every aspect of life — education, health, leisure. What after all makes us happy?

(Contd.. on p. 22)

The Mystical Power Of The Holy Spirit

God's gift of the Holy Spirit came down upon the disciples of Christ, his Church and the faithful on Pentecost. It became, in a sense, the spiritual Body of Christ and will remain with us till the end of time. Through the power of the Holy Spirit the Church and humankind was given a destiny to be inspired, guided and to empower the Church of Christ. The Virgin Mary's presence on that first Christian festival of Pentecost has made her the Mother of the Church.



BY MELVYN BROWN

It is mentioned in Acts 2:1-4, "When the day of Pentecost had come, they were all together. And suddenly there came a sound from heaven as of a rushing mighty wind, and it filled all the house where they were sitting. And there appeared unto them cloven tongues like as of fire, and it sat upon each of them. And they were all filled with the Holy Spirit, and began to speak with other tongues, as the Spirit gave them utterance."

To the early disciples, Pentecost made a dramatic impression. The ten days spent in the Upper Room had been charged with an enormous spiritual message; it was the birth of the Christian Church; it was for the increased faithfulness and love of the Church; to the secular world it would be of interest – a new sociology had erupted with spiritual impact. The

miracle of speaking in different languages was made intelligible by the Holy Spirit.

We belong to the Church of Jesus Christ and much has been accomplished through the Holy Trinity. This was, is and always

will be the precious message of the Holy Spirit. "All Scripture is inspired by God and profitable for teaching, for reproof, for correction and for training in righteousness (2Tim.3:16)... and because no prophesy ever came by the impulse of man, but men moved by the Holy Spirit spoke from God." (2Peter.1:21).

The annual Novena to the Holy Spirit leading to the Feast Day has always been overwhelmingly supported by the Catholic faithful down the ages. The nine continuous days of prayer as written in Acts 1:14 and in Acts.2:3-4 were the first created novena. It is interesting to note that Pope Leo XIII issued an encyclical on the Holy Spirit novena and proclaimed that the Church should make the novena to prepare for Pentecost. The Church is one in the Trinity.

"The highest exemplar and source of his mystery is the unity, in the Trinity of Persons of one God, the Father and the Son in the Holy Spirit". (CCC 813/259).

Holy Mother the Church is the temple of the living God and the Holy



Spirit had made this possible. St. Irenaeus says: "Indeed, it is to the Church herself that the "Gift of God" has been entrusted... In it is in her that communion with Christ has been deposited, that is to say, the Holy Spirit, the pledge of incorruptibility, the strengthening of our faith and the ladder of our ascent to God... For where the Church is, there also is God's Spirit, where God's is, there is the Church and every grace."

I remember a priest one Sunday preaching: "The principle of every vital and truly saving action in each part of the Body is the Holy Spirit." He said. I recalled reading those words somewhere... it was from the Encyclical of Pope Pius XII, *Mystici Corporis*. The Holy Spirit has many ways to construct the spiritual Body, through the Sacraments, the Word of God in Baptism, Charity, in special 'charisms' given to certain of the faithful for assisting the Church, and by the "grace of the apostles."

(To be contd...)



Konkani Youth Fiesta organised by Maharashtra Konkani Association, Jerimeri on 9th November 2014

For Singapore Catholic Doctors Medicine "Is Not Profession But A Vocation"

Singapore - Being a doctor is not just a "profession", but also - and most importantly - a "calling", a service to others. This is why he has launched an appeal aimed particularly at young people, to "change" their approach to their job and to consider it a mission in a society that in many cases marginalizes those who have nothing, those most in need.

This is how John Lee, a Catholic doctor originally from Singapore, describing his profession and the ideals underlying medicine. He is the father of eight children, six boys and two girls between 16 and 29 years of age, a certainly uncommon family in the city-state, where the birth rate is at its lowest levels in years and Prime Minister Lee Hsien Loong has called young couples to have more children.

Last October, on the occasion of the 24th international conference that was held in Manila (Philippines), John Lee was named president of the World Federation of Catholic Medical Associations (FIAMC); He is the second Asian to hold the highest position in the prestigious institution, founded in 1924 and active in coordinating the activities of the Catho-

lic doctors and spread the Christian principles - even in medicine - worldwide.

A former teacher at the Catholic Medical Guild of Singapore, he also holds the positions of chairman of the missionary movement A Call to Share (Acts), which he founded and contributed decisively to.

"It's a great honor," says the Catholic doctor, of his appointment as FIAMC president, but "at the same time a bit of a shock because I did not expect it". He adds that he accepted the position so as not to betray the trust "of those Asian countries that elected me," and now will be at the helm of the movement for four years. He will have to get used to travelling with frequent trips to Rome, but will not change his vision of a profession, that of the doctor, which he says first and foremost is a "vocation".

Among the first projects, the creation of a "Committee against human trafficking," he says, following a theme dear to Pope Francis. He then



intends to provide greater weight and voice in the most topical issues, such as issues relating to human life and ethics, along with a stronger presence in the media. Citing the famous line from Spiderman's Uncle Ben, he concludes that "with great power, comes great responsibility."

More than 200,000 Catholics, or about 5 per cent of the total population, call Singapore home. Buddhism is the city-state's dominant religion with 43 per cent of the population, followed by Christianity (18 per cent), Islam (15 per cent), Hinduism (11 per cent) and Taoism (5 per cent). At present, the local church is going through a phase of growth and dynamism, which has led to the recent opening of a theological seminary, a real "milestone" for the local community. growth and dynamism that led to the recent opening of a theological seminary, called a real "milestone" for the local community

Asia News

Thanksgiving



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

—Ms Annie M. Fernandes, Mahim

READ



The Only Weekly from Mumbai with Largest Konkani Readership having print edition as well as e-Paper edition

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Children's Day Celebrated by Ryan International Group of Institutions

The Ryan Schools' FOOD BUCKET CHALLENGE, a unique initiative launched in Mumbai by the Ryan International Group of Institutions under the visionary guidance of Dr. Augustine F. Pinto, Chairman and Madam Grace Pinto, MD of the Group continues to receive overwhelming response from the Ryan student-parent community and citizen supporters. Their generous contribution has indeed made a big difference in the lives of the poor and the needy. Since its launch, over 10,000 children from various orphanages and NGOs have been provided a nutritious meal. Currently over 200,000 kilos have been collected and distributed to more than 40 NGOs serving the poor and the needy. On behalf of these children, the Ryan Group felicitated and acknowledged the



generous contributors in a programme organized at St. Andrew's Auditorium, Bandra on 14th November 2014. The Ryan Group also commemorated the joyous occasion of the Children's Day by giving away the special "Children's Awards" to the winners of the recently held Duet



Singing, Musical Orchestra and Elocution competitions in Mumbai and Navi Mumbai.

The event was graced by a host of dignitaries. Dr. Rajan Welukar, Vice Chancellor, Mumbai University, Shaina NC, Mr. Mukesh Sharma, Additional Director General, Doordarshan, Rajeev Singh Sahni, Asia Pacific Head, Yahoo, Sanjivni Belande, Bollywood Singer, Ali Asgar, TV Artist, Lyricists Manoj Muntashir & Prashant Hingole and Dr. Shrikhande among

the guests during the function.

Parents, students and well wishers who contributed towards the FOOD BUCKET CHALLENGE were felicitated and thanked for their valuable contribution. This laudable initiative by the Ryan Group is gaining a momentum and moving close to the target of bringing one million smiles on the faces of the hungry, the poor and the needy.

Pics + News by Rons Bantwal

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Cardinal Gracias To Head Pontifical Commission To Myanmar Jubilee

Vatican City: Indian Cardinal Oswald Gracias will lead a three-member pontifical commission to the celebrations of 500 years of the Catholic Church in Myanmar.

The Pope had earlier delegated Cardinal Gracias, the Archbishop of Bombay, as his special envoy to the event.

On Saturday, Pope Francis appointed Salesian Fr. Mariano Soe Naing, and Fr. Peter Sein Hlaing Oo of Mandalay Archdiocese, both professors at St Joseph's Major Seminary of Yangon, as members of the Pontifical Mission to the celebrations Nov. 21-23 in Yangon, the national capital.

The 500-year jubilee celebrations in Myanmar (formerly Burma) are belated, reports the Vatican Radio.

The first Catholics arrived in Myanmar in 1511, and the 5th centenary celebrations were to be held in 2011, but postponed because of political circumstances and religious liberty situation in the southeastern Asian nation.

Cardinal Gracias will preside over the thanksgiving Mass on the third and concluding day of the celebrations at Thuwana, Practice Ground, according to the Catholic Bishops' Conference (CBCM) of Myanmar.

Meanwhile, Pope Francis on Saturday nominated Bishop Stephen Tjephe as head the Myanma Diocese of Loikaw, where until now he was the Auxiliary Bishop and Apostolic Administrator.

The seat of the diocese has been vacant since April 26, when Bishop Sotero Phamo stepped down on health grounds. Bishop Tjephe, 59, was ordained priest in 1984 and appointed Auxiliary bishop of Loikaw in 2009.

Myanmar has around 450,000 Catholics, approximately 1 percent of the total population. The country is divided into three archdioceses and 13 dioceses.

The CBCM website claims evidence of Christianity in the country



was found as early as 1287 in the form of frescos containing crosses, Latin and Greek words in some places in Pagan, which was once a flourishing kingdom.

Burma attracted Portuguese traders and by 1510, after having founded Goa as the Sea port to the East, they came to Mergui, Tavoy, Syriam and Akyab befriending the king of Pegu.

Jesuit records show that St Francis Xavier had written to his superiors to send missionaries to the kingdom of Pegu.

By 1556, around 1,000 Portuguese soldiers and sailors served king Bayintnaung. The following year, Friar Peter Bonfer, a French Franciscan, came to Pegu and spent three years learning the language and customs of the people and wrote a book of his missionary experience there.

Around 1595, serious troubles began among various kings in Burma and the king of Arakan entrusted a certain Philip de Britto, a captain of a band of mercenary troops to capture the port of Syriam. Britto captured Syriam but refused to return it to the Arakanese king. He won over the Portuguese viceroy at Goa and was given the rank of captain general and the Governor of Syriam.

In the north, King Anaukphetlun succeeded to the throne of Ava in 1610 and immediately began uniting the kingdom. He conquered Prome and Taungoo and marched south with his army. De Britto, with the assistance of king Nat Shin Naung, resisted but to no avail.

De Britto and Nat Shin Naung were captured and put to death. The remainder of the garrison with their wives and children, numbering some 5,000 were taken as prisoners to the North.

Among the prisoners was Father de Fonseca who was regarded as a saint by his fellow captives.

King Thalun, who succeeded Anaukphetlun, made use of the services of the prisoners in whatever way they seemed qualified, gave them land and allowed them to build a church. Fr. Augustin de Jesus from Lisbon, who later visited the kingdom, wrote that he had found more than 4,000 Christians, all of whom had been taken prisoners at the fortress of Syriam.

The "Annual letter" of the Jesuits in India mentioned about Christianity's growth in Ava kingdom. A 1644 letter listed eight villages with the presence of some 1,660 Catholics.

In 1622 Pope Gregory XV set up the Sacred Congregation of the Propagation of the Faith to take care of Christian missions independently of the secular governments such as Spain and Portugal which had too many ulterior motives. The Foreign Mission of Paris (MEP) was approved as a missionary society in 1659.

The first MEP priests, Fathers Genoud and Joret, came to Burma from Siam (now Thailand), helped by the Burmese Ambassador in Siam. They reached Pegu and set up hospital work. But the king of Ava, fearing their influence over the people, condemned them to death.

The Vatican divided the Mission of Burma into two and entrusted the Mission of Ava to the secular priests and the Mission of Pegu to the Barnabites.

The separation of the two kingdoms did not work effectively as planned because of lack of personnel. The Vatican eventually combined the two kingdoms and created a Vicariate Apostolic.

We Learnt

by Don Aguiar

My parents set the foundation of my life and the value system, which makes me what I am today and largely defines what success means to me today. My earliest memory of my father is that of a Banker in Bombay. It was and remains as back and beyond as you can imagine. My father used to get transferred at times for short durations – so the family moved from place to place and without any trouble my mother would set up an establishment and get us going.

As a banker my Father was given an Ambassador car by the Bank. There was no garage in the office so the car was parked near our house. My father refused to use it to commute to office. He told us that the car is an expensive resource given by the bank – he reiterated to us that it was not his car but the “Bank’s Car”. Insisting that he would use it only to tour the interiors for inspection, he would walk to his office on normal days as well as to many other places and that is how he got us to like walking. He also made sure that we never sat in the bank car – we could sit in it only when it was stationary.

That was our early childhood lessons in governance – a lesson that corporate managers learn the hard way, some never do.

The driver of the car was treated with respect due to any other member of my father’s office and as part of our family. As small children, we were taught not to call him by his name. We had to use the suffix “chacha” whenever we were to refer to him in public or private. When I grew up to own a car and a driver by the name of Prakash was appointed – I repeated the lesson to my twin daughters and son. They have, as a result, grown up to call Prakash “Prakash Uncle” who in turn took good care of them - very different from many of their friends who refer to their family driver as “my driver”

To me the lesson was significant – Aim high in your career but stay humble in your heart - you treat small



people with more respect than how you treat big people. It is more important to respect your subordinates than your superiors.

Occasionally Father would ask us to read aloud the editorial page of the Indian Express. We did not understand much of what we read. But the ritual was meant for us to know the world was larger than Bombay so that it should not be like he who knows nothing doubts nothing. After reading the newspaper aloud, we were told to fold it neatly. Father taught us a simple lesson.

He used to say – “You should leave your newspaper and your toilet, the way you expect to find it.” That lesson was about showing consideration to others. Business begins and ends with that simple percept.

Being small children, we were always enamored with advertisements in the newspaper for transistor radios –

Philips, Murphy or Bush, We saw our friends owning transistor radios. We would ask Father when we could get one. Each time my father would reply that we did not need one because he already had many transistor radios – alluring to his sons and wife. Dinner time was when all of us would share our day’s experiences, jokes, news, etc. with the exception of rumors as he said that a rumor goes in one ear and out of many mouths.

We learnt that it is important not to measure personal success and sense of well being through material possessions. There are some things that money cannot buy like manners, morals and intelligence.

In due course my mother began developing cataract in her eyes so in addition to my daily chores I had to read her the local newspaper end to end. That created in me a sense of connectedness with a larger world. I began taking interest in many different things. She and I discussed the daily news and built a bond with the larger universe. In it we became part of a larger reality. We realized that a lot of problems in the world would disappear if we talk to each other instead of talk about each other. Till date I measure my success in terms of that sense of larger connectedness.

Remembering the persons fea-

(Contd.. on p. 16)

*Kimberley
Vivien*



*Designer Outfits & Bridal
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Indian Wear*

Kimberley Dias

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(Contd.. from p. 15)

tured in the newspaper for their exemplary talent, skills or bravery, I would at times daydream of imagining in becoming one, as I imagined that I too could do something similar. The act unlocked my imagination. Imagination is everything. If we can imagine a future, others will live in it. That is the essence of success

Where ever Father was transferred although it was for a short spell, mother would take the trouble to beautify the place. A few neighbors asked my mother why she was taking so much pain to beautify a bank house, why she was planting seeds that would only benefit the next occupant. My mother replied that it did not matter to her that she would not see the flowers in full bloom. She said "I have to create a bloom in a desert and whenever I am given a place I must leave it more beautiful than what I had inherited."

That was my first lesson in success. It is not about what you create for yourself, it is what you leave behind that defines success. It doesn't matter how many resources you have. If you don't know how to use them, they will never be enough.

Over the next few years her vision deteriorated and she was operated for cataract. I remember when she returned after her operation and she saw my face clearly after a long time, she was astonished. She said "Oh my God I did not know you were so fair" I remain mighty pleased with that adulation even till date. Curious to know what she saw when she had very little vision or none I asked her once if she saw mostly darkness. She replied "No I did not see darkness; I only saw light" Until she was eighty years of age she did her own cooking every day, kept the house spic and span and she was always anxious to attend all the functions she was invited too.

She used to say – Forever is a long time, make sure you spend it with someone that makes you laugh, living in the present brings you a sense of peace and independence and being anxious is living in the future and the past leads you to depression. That is what I saw had brought about in her the sense of independence - it is the suc-

cess of about not seeing the world but seeing the light. He who lives without discipline dies without honor.

Even after retiring as a banker my Father could never sit quite, he always kept himself busy in his other activities and in doing so one day slipped and broke his hip bone. He had to be rushed to hospital and while attending to him after the operation I realized that the saline bottle was empty and fearing that air would go into his veins I asked the attending nurse to change it. She bluntly told me to do it myself. In that horrible theater of death, I was in pain and frustration and anger. Finally when she relented and came, my father opened his eyes and murmured to her "Why have you not gone home yet?" Here was a man had just been operated but more concerned about the overworked nurse than his own state. I was stunned by his stoic self.

There I learnt that there is no limit to how concerned you can be to another human being and what the limit of inclusion is you can create. He was a man whose success was defined by his principles, his frugality, his universalism and his sense of inclusion.

After all he taught me that success is the ability to rise above your discomfort, whatever may be your current state. You can, if you want raise your consciousness above your immediate surroundings. Success is not about building material comforts – the transistor that he never would buy. His success is about the legacy he left, the mimetic continuity of his ideals that grew beyond a bankers world.

My father was a fervent believer of British Raj. He sincerely doubted the capability of post independence Indian political parties to govern the country. To him the lowering down of the Union Jack was a sad event. My mother was the exact opposite. Consequently, our household saw diversity in the political outlook of the two. On major issues concerning the world, the Old man and the Old lady had different opinions. In them we learnt the power of disagreement, of dialogue and the essence of living with diversity in thinking.

Success is not about the ability to create a definitive dogmatic end state;

it is about the unfolding of the thought process, of dialogue and continuum. There is no pillow as soft as a clear conscience.

A few years back, at the age of eighty, Mother was not keeping good health. I flew down from Denmark where I was based to see her. I spent two weeks with her and I noticed that she was neither getting better nor moving on and her river was nearing its journey, at the confluence of life and death. Suddenly one evening which happened to be a Saturday she became very cheerful and her old self because she had all the family around her. The next day a beautiful Sunday morning she told us she is being called to celebrate and as usual while it may have been fun for us at her expense she was we noticed for the first time getting upset
(Contd.. on p. 17)

Prayer & Thanksgiving PRAYER TO THE HOLY SPIRIT



(If you are in difficulty, you can say this prayer)

"HOLY SPIRIT, thou who makes me see everything and shows me the way to reach my ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you for everything, and confirm from you once more that I never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory to the end and submitting to God's holy will I ask you (mention your request). Amen".

You must pray this prayer 3 consecutive days. After the 3rd day, your wish will be granted no matter how difficult it may be. Promise to publish this dialogue as your favor has been granted

—Mrs. Gloria Rao, Mumbai

(Contd.. from p. 16)

with our fun making. After playing with her grand children she said that she would rest for some time but before that she hugged all of us and smilingly said “understand and no making fun now – People aren’t always going to be there for you, that’s why you need to handle things on your own. Never beg people to stay against their will. Sometimes the gift of goodbye opens another door for you. Move on create the next chapter of your life”. Lunch time came and we went to wake her up and it is then that we realized what she was telling us and of which we were making fun of - she was called upon by the almighty for the celebration.

This was an unexpected shock to all of us and in particular to Father who sat in his easy chair for a couple of days just staring at thin air. Then at the week end he called us around him and said – I have been thinking - When you are in the final days of your life, what will you want? Will you hug that college degree in the walnut frame? Will you ask to be carried to the garage so you can sit in your car? Will you feel comfort rereading your financial statement? Of course not - What will matter then will be people. If relationships matter most then, shouldn’t they matter most now? And that is what happened to all of us before the angels took your mother away.

We learnt - Never blame anyone in your life. Good people give you happiness. Bad people give you experience. Worst people give you a lesson. Best people give you memories.

Success to me is about Vision. It is the ability to rise above the immediacy of pain. It is about imagination. It is about sensitivity to small people. It is about building inclusion. It is about connectedness to a larger world existence. It is about personal tenacity. It is about giving back more to life than you take out from it. It is about creating extra-ordinary success with ordinary lives. It is about poverty which is a wonderful thing; it sticks to a man after all his friend have forsaken him. It is about being shameful not to know, but being shameful not to ask

Thank you very much I wish you good luck and God’s speed.

Indian Student Builds Shoe That Can Charge Phones As You Walk



Last month we came across reports about a 15-year old boy who built a 3D printer, and now we have this: A 12th standard boy has created a shoe that can charge mobile devices as you walk. The boy concerned has been identified as Rajesh Adhikari from Nainital, and his shoe takes complete advantage of the energy generated when a person walks, in order to charge a mobile phone.

According to a report by ANI, the idea of making such as waterproof charger struck Adhikari when it snowed heavily at his home town, leading to a power blackout. He had built the device to ensure that in such times, one could charge phones at least for basic communication. But this also means users will have to walk enough to charge the device. A new good reason for exercise perhaps!

Talking about the shoe-mobile charger, Adhikari told the news agency, “When we raise our feet, the spring gets released and the dynamo starts revolving, which generates cur-

rent. We can charge our mobile phones while we are walking.”

The charge can be reportedly used to light a bulb as well, in case of electricity failure. One simply needs to install a battery in the shoe for lighting a bulb. Adhikari also plans to add further improvements to the shoe. He is now reportedly working on a design that will make the shoe a wireless phone charger so that the user can charge a mobile phone by simply walking with it in his/her pocket.

Adhikari is not the only Indian low cost tech entrepreneur though.

There is also the story of Angad Daryani – 15-year old dropout-turned-entrepreneur – who is believed to have built India’s first 3D printer using DIY kits and wants to bring 3D printing to every household. Daryani had a keen interest in technology from a very young age and built his first humanoid robot when he was just eight-years-old. He built a remote-controlled hovercraft in Class 6 by watching YouTube videos. By 13, he was building his own versions of the open source RepRap 3D printer.

Make Your Flowers Last Longer

If you're looking for a way to make those flower arrangement bloom vibrantly and stay fresh for a few more days, try one of these tips using household ingredients for to preserve your flowers and make them last longer.

The secret to keeping cut flowers looking good as long as possible is to minimize the growth of bacteria in the water and to provide nourishment to replace what the flower would have gotten had it not been cut.

Aspirin

Put a crushed aspirin in the water before adding your flowers. Also, don't forget to change the vase water every few days.

Bleach

Freshly cut flowers will stay fresh longer if you add 1/4 teaspoon bleach per quart (1 liter) of vase water. Another popular recipe calls for 3 drops bleach and 1 teaspoon sugar in 1 quart (1 liter) water.

Coins

Add a copper penny and a cube of sugar to the vase water. The copper in pennies is thought to act like an acidifier, which prevents the growth of bacteria.



Hair Spray

A spritz of hair spray can preserve your cut flowers and help them look fresh, longer.

Soda

Pour about 1/4 cup soda into the water in a vase full of cut flowers. The sugar in the soda will make the blossoms last longer.

Sugar

Dissolve 3 tablespoons sugar and 2 tablespoons white vinegar per quart (liter) of warm water. When you fill the vase, make sure the cut stems are covered by 3-4 inches of the prepared water. The sugar nourishes the plants, while the vinegar inhibits bacterial growth.

Apple Cider Vinegar

Mix 2 tablespoons apple cider vinegar and 2 tablespoons sugar with the vase water before adding the flowers.

Vodka

Add a few drops of vodka (or any clear spirit) to the vase water for antibacterial action along with 1 teaspoon sugar. Change the water every other day, refreshing the vodka and sugar each time.

Poha Cutlet



Ingredients for Poha Cutlet

Poha (Rice Flacks) - 1 cup
Boiled potato - 2
Salt - 3/4 tsp (to taste)
Red pepper - 1/4 tsp
Ginger - 1 inch piece (grated)
Green chillies - 2 (finely chopped)
Green coriander-2-3 tbsp, finely chopped
Bread- 3
Corn flour - 2 tbsp
Black pepper - less then 1/4 tsp

How to make Poha Cutlet

Firstly soak poha (Rice Flacks) in a sieve for 5 minutes. Peel the potatoes and grate or mesh them with a spoon finely.

Mix meshed potato with soaked poha. Add ginger, salt, red pepper, 1/2 tsp salt and green coriander and mix them thoroughly. Knead the mixture with hands and prepare it like dough. Batter is ready for making cutlets.

Add 1/4 cup water into the corn flour and prepare a thin mixture. Add the rest of salt and black pepper and stir well.

Break the bread and put it in grinder. Bread crumbs are ready.

Take out little mixture in a small quantity as that of a lemon and give it a shape of ball. Press it to give a shape of cutlet. Dip the prepared cutlet in the mixture of corn flour. After dipping it into the mixture place them in bread crumbs. Press the cutlet from all the sides (so that the crumbs stick to the cutlet nicely) place them on the plate.

Prepare cutlets from the entire mixture. Leave the cutlets as it is for 15 minutes so that they get fermented.

Deep fry or shallow fry the cutlets.

To shallow fry pour 2-3 tbsp oil in a frying pan or tawa to heat it up (use of non stick pan and tawa is preferable). After the oil is heated, put as many cutlets as possible in the pan. Keep them so that they get roasted well. If you feel the oil is less, pour more oil on the cutlets.

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Inspiration!

The Brand YOU

talented the other person is.

Note

It's time for all to take a lesson from image consultants, a lesson that's true for anyone who's interested in what it takes to stand out and prosper in the new world of work.

A 'personal brand' is in many ways synonymous with your reputation. It refers to the way other people see you as a business owner or representative of an idea, organization, or activity. Are you a genius? An expert? Are you trustworthy? What do you represent? What do you stand for? What ideas and notions pop up as soon as someone hears your name?



Want to Change Your Image?

Stop reaching for any and every bit of publicity.

You want people to take you seriously and you want to have a clean reputation. Avoid doing publicity stunts with obvious risks, or doing bad things in order to get attention. When bad things do happen, work actively and harder than expected to make the situation right.

Decide and lay out your core values.

How would you like potential customers and clients to think of you? Because your personal brand is built from the thoughts and words and reactions of other people, it's shaped by how you present yourself publicly. This is something that you have control over. You can decide how you would like people to see you and then work on publicly being that image.

Become the best.

If you want to get work for high-end design clients you'll need to be seen as a runaway talent with a professional attitude. Every good brand involves the notion of expertise. Continue learning and updating your knowledge.

Market your personality.

Personal branding is basically selling someone your personality. You need to think hard about HOW you act. You should have a clearly identifiable personality so that people can easily feel like they know you personally, even if they've never met you. Your style of delivery should be as unique as any other aspect of your personal brand.

Carrying yourself

How you walk, talk, eat has become very important in today's job market. It has become very important to know how to hold the glass, use the spoon and folk and even how to sit, stand and talk. Being polished and well aware of social graces matters in today's world no matter how much qualified or talented you are. It is important in making the brand 'You' as polished as possible.

Make the effort

Building a successful personal brand is not easy, nor is keeping it alive anything, but a continual battle. There are workshops conducted in many offices on ballroom dancing, wine appreciation, luxury appreciation and even fragrance appreciation. There are people to help you out in giving the right finishing touch to your education. Regardless of position and regardless of profession we are into, all of us need to understand the importance of branding.

Get the polish

We should always wipe our hands or use the cocktail napkin before shaking hands with anybody. We should not hold the ladle with our dirty hands. We should not overfill our plate to the brim.

We should not get drunk in a party. We just need to be sensible enough and keep these things in mind at all social do, Whatever background you come from everyone has the chance to stand out. A chance to learn, improve and build up their skills. Everyone has a chance to be a brand. Being 'finished' and 'polished' have become the need of the day what with more international companies coming in, raising the expectations to international levels and with people having to deal with more hectic social lives.

Fine dining - the nuances

To get the 'wow' factor it is not only the look, which is important, a lot of refinement is also required along with it. Being comfortable with fine dining it is also imperative! Knowledge about wine and the spirit in general is important to make yourself a brand. One of the most important things in branding is communication. Like all products, yours need to be advertised. It may be unfair, but most of the time it is seen that those who can market themselves well takes away the job no matter how much

Grooms



MATRIMONIALS

AHMEDABAD : Goan Roman Catholic Bachelor, aged 27 years, Ht. 5' 6", Wt. 64 kgs, Handsome, fair complexion, Edn. B.E. (Mech), Position : Executive Operational Excellence in reputed chemical unit at Baroda. Seeks an educated fair, thin & good looking Konkani speaking girl (willing to relocate). Contact email : sjdias@rediffmail.com OR +919825458473

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 35 years, Ht. 5' 11", Wt. 67 kgs, Wheatish Complexion, Edn. H.Sc. + Shipping Course, working as a Chief Officer in Ship. Contact email : veigasterrance@yahoo.com (Regd. No. 6215)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 9", Fair Complexion, Edn. S.S.L.C., Working as a Clerk. Seeks a suitable match. Contact email : robindsouza1985@gmail.com OR 9820527457. (Regd. No. 6128)

MUMBAI : Goan Roman Catholic Bachelor, aged 35 years, Ht. 5' 6", Wt. 72 kgs, Wheatish Complexion, Edn. MBA Graduate, working as a Manager. Contact email : benson_fernandes@yahoo.co.in OR 9819633378 (Regd. No. 6221)

MUMBAI : Goan Roman Catholic Bachelor, aged 54 years, Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn. Bachelor in Hotel Management, working as a Food & Beverage Manager in Australia. Seeks a fair, should be willing to relocate overseas, single/divorced or Widow below 46 years. Contact Email : jjabranche@hotmail.com OR 9769494588 OR +61 433072951. (Regd. No. 6126)

MUMBAI : Roman Catholic Mangalorean Australian Citizen employed in Govt, 45 yrs, Ht 5'11,

B.Com, Wheatish, Tetotaller, Separated awaiting divorce seeks suitable alliance. Reply with photo to sharlet1968@gmail.com (Regd. No. 6125)

MUMBAI : Goan Roman Catholic Divorcee, aged 33 years, Ht. 5' 6", Wt. 62 kgs, Wheatish Complexion, Edn. Undergraduate, working as a Admin. job in U.K. Seeks a graduate, simple, fair, understanding willing to work and live in U.K. below 33 years. Contact email : mariaferns5553@gmail.com (Regd. No. 6123)

MUMBAI : Roman Catholic Bachelor, aged 44 years, Ht. 5' 5", Wt. 50 kgs, Wheatish Complexion, Edn. SSC., working as a Jewellery setter. Seeks a suitable match. Contact Mob : 9833046266. (Regd. No. 6121)

MUMBAI : Goan Roman Catholic Bachelor, aged 36 years, Ht. 5' 8", Wt. 78 kgs, Wheatish Complexion, Edn. B.Com., Having own well established business. Contact email : dollylopes@ymail.com OR 9220566467 / 9892320912 (Regd. No. 6120)

AHMEDABAD : Goan Roman Catholic Bachelor, aged 28 years, Ht. 5' 6", Wt. 68 kgs, fair and slim, Edn. B.Com., well settled. Seeks a suitable match. Contact email : neillaw123@yahoo.co.in (Regd. No. 6116)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 37 years, Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Dip. in A.C. Mechanic, working as a AC Technician in Muscat. Contact Tel.: 23733750 Or 968-99694267 (Regd. No. 6113)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 31 years, Ht.

6' 2", Wt. 95 kgs, Wheatish Complexion, Edn. 12th English Medium, working as a Foreman in Qatar. Contact email :

henryfernandes@mannai.com.qa OR 9820743446 (Regd. No. 6237)

MUMBAI : Goan Roman Catholic Bachelor, aged 60 years, looks much younger to his age, Ht. 5' 10", Fair Complexion, M.Sc., IT, worked in Australia as a Programmer. (Regd. No. 6236)

MUMBAI : Mangalorean Roman Catholic 1st marriage annulled by the church, aged 37 years, Ht. 5.' 7", Wt. 80 kgs, Fair Complexion, Edn. HSC., Diploma in Hotel and Restaurants Management, Working in Front office Department, well settled. Seeks a simple, humble, godfearing girl. Contact email : menezes_kenneth@rediffmail.com OR 9619089645 (Regd. No. 6154)

MUMBAI : Mangalorean RC Divorcee, aged 45 years, Ht. 6' 1", Wt. 87 kgs, Wheatish Complexion, Edn P.U.C., working as a A/C Mechanic in Kuwait. Mob.: 00965-65983992 / 00965-67724704 (Regd. No. 6012)

MUMBAI : RC Goan bachelor, 36 yrs, 5' 9", 58 kgs, wheatish complexion, youthful, pleasing personality, working as Senior Customer Executive seeks alliance from spinstrs below 35 yrs. Contact email : greenarch644@gmail.com OR 9833930211 (Regd. No. 6214)

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MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5', Wt. 48 kgs, Fair Complexion, good looking, Edn. B. Com., Working with TCS. Contact email : byareeta_scorpio1988@yahoo.co.in OR 8879868217 (Regd. No. 6238)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. Graduate, D.Ed., Teacher by profession. Contact email : kitoo_angel@rediffmail.com OR 9821389985 (Regd. No. 6224)

MUMBAI : South Indian Roman Catholic Spinster, aged 30 years, Ht. 160 cms, Wt. Normal, Wheatish Complexion, Edn. B.Sc./ PGDMLT, working as a Pathology Lab Technician (Instructor) in **KSA** since 7 years, well settled, seeks a suitable match. Contact email : jehovahjireh@rediffmail.com OR Mathew_680@yahoo.com (Regd. No. 6136)

MUMBAI : Mangalorean Roman Catholic Spinster, 29 years, Ht. 5' 4", Wt. 73 kgs, Wheatish Complexion, Edn. B.Com., working as a Advisor. Seeks a well settled Mangalorean Bachelor. Contact email : renita.cabral@rediffmail.com (Regd. No. 6104)

KOLKATA : Roman Catholic Spinster, 27 years, Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. MBBS, MD (PAED),

Doctor by profession. Seeks a simple, qualified, preferably Doctor, adjustable, good family background. Contact email : geraldinesawney@yahoo.com OR 9331220504 (Regd. No. 6102)

HYDERABAD : Anglo Indian Roman Catholic Spinster, 28 years, Ht. 5', Wheatish Complexion, Edn. M.Sc., Computer Science, working for a reputed Indian company. Seeks a suitable match. Contact email : aparna.nirmal@yahoo.co.in OR 9652464648 (Regd. No. 6101)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 2", Wt. 70 kgs, Wheatish Complexion, Edn. BMS/MBA-HR, Position : Sr. HR. Executive. Contact email : karenzone@gmail.com OR 9820189797 (Regd. No. 6083)

MUMBAI : Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 2", Wt. 59 kgs, Wheatish Complexion, Edn. (BFA) Commercial Art. Position : Art Manager. Contact email : bernadette26@gmail.com OR 9833097880 (Regd. No. 6082)

MUMBAI : Goan Roman Catholic Spinster, aged 30 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Com., MBA - HR. Position : HR Manager in Foreign Bank. Contact email : genevie.dsouza@yahoo.com OR 9930445550 (Regd. No. 6081)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 2", Wt. 65 kgs, Fair Complexion, Edn. B.A., B.Ed., M.A., Teacher by profession. Contact email : lazradoliselle@yahoo.co.in OR 26773527 (Regd. No. 6080)

MUMBAI : Goan Roman Catholic Spinster, aged 35 years, Ht. 5', Wt. 65 kgs, Fair Complexion, Edn. B.A., working as an Executive. Contact email : dsm1909@rediffmail.com OR 9819800179 (Regd. No. 6079)

MUMBAI : Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 3", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com, working as a Client Associate. Contact email : a_fernandes@ateindia.com OR

976939984 (Regd. No. 6077)

MUMBAI : Goan Roman Catholic Spinster, aged 25 years, Ht. 5' 5", Wt. 67 kgs, Wheatish Complexion, Edn. B.E. (Information Technology) working as a Software Engineer. Contact email : sharondrz@gmail.com OR 8655875558 (Regd. No. 6072)

MUMBAI : Roman Catholic Spinster, aged 32 years, Ht. 5' 2", Wt. 55 kgs, Very Fair Complexion, Edn. MBA (HR) working as a Sr. GR Associate. Contact email : dianne.j12@gmail.com OR 9867098306 (Regd. No. 6071)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 5' 4", Wheatish Complexion, Edn. M.Sc. Maths, Professor. Contact email : alinbombay@yahoo.co.in OR 7738931958 (Regd. No. 6070)

MUMBAI : Bombay Roman Catholic Goan Spinster, 31 years, Ht. 5', Wt. 49 kgs, I have done my MBA in finance and am working as a research analyst and consultant in Bombay. I am a very practical and logical person. I believe in striking a balance between work and personal life. I love travelling, trekking and fitness. Looking for someone well educated, mature, sensible and jovial. If you find my profile interesting, Contact me email : miss.dynamic09@gmail.com OR 9594090936 (Regd. No. 6068)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., Dip. in 3D animation, working. Contact email : nisha.britto@gmail.com OR 9967366434 (Regd. No. 6063)

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Sterilization Terrorism

The doctor who operated on 83 women in five hours in Bilaspur, Chhattisgarh, in which 13 women died due to blotched sterilization surgery has been arrested! But the irony is, that this same doctor was awarded for a record one lakh such surgeries! What a shame! According to Brinda Karat of the CPM and former MP, in the last ten years, 2002-2012, going by figures given to Parliament, an average of 12 women died every month due to blotched-up sterilizations. And these are only reported cases!

It is the system that exploits the poverty of the target groups – the poor tribal women! They are treated like cattle; they suffer in silence, as long as their bleeding and pain does not make headlines, and ofcourse, as long as they do not die!

Look at the utter hypocrisy! In 1994, India along with 179 countries became a signatory to the 'Cairo Declaration'. This 'Declaration' was extremely significant because its basis was that " 'Development' is the Best Contraceptive"!

Learn from the Kerala experience. With the lowest fertility rate in the country, it has proven the 'above'; that through universal education, quality public health, improved standard of living, and disciplined motivation by the Catholic Church through its time-tested Natural Family Planning (NFP) method, families make informed choices about the number and spacing of children – "Like newborn infants, long for the pure, spiritual milk, so that you may grow into salvation" (1 Peter, 2:2).

—Dr Trevor Colaso, Mumbai

(Contd.. from p. 10)

Kabir said. "O God give me just enough to make my family survive so that neither do I remain hungry nor my [unknown, unexpected] guest [person]. This is Kabir's economics. It is also the philosophy of Gandhi "Enough for everyone's needs but not for everyone's greed". If it is put into practice Right to Happiness will have been achieved.

Co-foundress Of AMI Passes Away

The mortal remains of Dr Maria Pia Reggi, Italian lay missionary who worked in India for nearly two decades, co-foundress and long-term President of AMI (International Missionary Association), were laid to rest at the Cathedral cemetery of Faenza, Italy, on Saturday, 15 November, 2014. The Bishop of Faenza was the main Celebrant of the funeral Mass, with 25 priests



joining him as concelebrants. Dr (Miss) Pia (71) died of Cancer on Thursday, 13 November, at the headquarters of the AMI, the Lay Institute she co-founded.

Dr. Pia was born in Faenza, on 25 September, 1943. As a member of the Italian medico-missionary organization, *Associazione Femmine Medico Missionario (AFMM)*, Pia came to Cochin, Kerala, in 1970, and started working there among the leprosy patients, together with Dr (Miss) Daisy Kandathil, whom she had first met at Faenza during their medical studies.

The Indo-Italian duo were specially moved by the miserable living conditions of the poor leprosy patients residing in and around Cochin. Providing them the necessary medical assistance and working to improve their living conditions became a passion for them. Seeing their sense of dedication, the then Archbishop of Ernakulam, Cardinal Joseph Parekkattil, formally welcomed them to his diocese, paving the way for the formation of a Catholic movement which gradually grew into what we now know as the International Missionary Association (AMI), formally approved by the Church.

Gradually, Pia endeared herself not only to the leprosy patients who initially resisted her "intervention" in their lives, but also to everyone around. Soon enough, the charming Italian young lady draped in Sari, driving an ambulance van with other ladies, be-

came a common sight in the whole of Cochin. Pia also picked up Malayalam, and began fluently conversing with the local people, becoming one with them in all possible ways. By all counts, Pia was also a leader, who led by love and example. Meanwhile, a few more well-motivated young ladies joined them, which helped them to reach out to other parts of Kerala, Maharashtra and Assam.

After 13 years of hard work, Pia returned to Italy with some concrete plans in mind: support financially their mission in India, and work towards giving a more concrete shape to the movement she had begun. This became a reality on December 8, 1989, when she together with her Indian, Italian and Eritrean friends and with the support of Msgr Mario Babini formally established the International Missionary Association (AMI). On March 2, 1991, AMI received the diocesan approval from the Bishop of Faenza.

Pia continued to visit India regularly, even after being diagnosed a cancer patient, surrendering herself completely to the will of God, infusing fresh enthusiasm in her co-missionaries in the country. As she goes for her eternal reward, she leaves behind hundreds of committed members of AMI and numerous other associates working in three different continents: Europe, Asia and Africa.

—Fr Alfonso Elengikal

Bishops Welcome India Sending Delegation For Canonization



New Delhi: The Catholic Bishops Conference of India (CBCI) has welcomed government's decision to send an official delegation to the Vatican for the canonization of two Indians next Sunday.

The government decision comes as a response to the request made by Cardinal Baselios Cleemis, president of the bishops' conference to Prime Minister Narendra Modi, the CBCI said in a note on Monday.

The Church official wanted an official India delegation for the canonization of Blessed Kuriakose Elias Chavara and Blessed Euphrasia Eluvathinkal, two holy people lived in Kerala in the last century.

"The Catholic Bishops' Conference of India appreciates this kind gesture from the part of the government and thanks the Prime Minister for taking this initiative," the note said.

Rajya Sabha Deputy Chairman P J Kurien, an Orthodox Christian from Kerala, is leading the delegation, the bishops' noted. The other two in the delegation are TDP parliamentarian P Raveendra Babu and parliamentarian Neiphiu Rio of Nagaland Peoples Front.

Babu is a Hindu and Neiphiu, a three-time Nagaland Chief Minister, is a Protestant Christian.

Some sections of the media said the bishops were unhappy that no catholic is included in the delegation. But bishops' spokesperson Father Joseph Chinnayyan denied such reports.

"The religion of the delegation members does not worry the bishops. It is government's freedom to chose the delegation members," he told ucanews.com. The bishops are happy that the government responded positively to the request, he said.

Press Release

'Leaders in the Making and Reaching to the Top'

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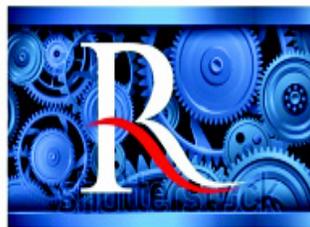
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