

THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

Vol.24 No.19 ■ Mumbai, May 11, 2015 ■ Rs. 5

Let us Not Choose

GOSSIP & SLANDER



... Religious orders and communities must combat "the terrorism of gossip," which is even worse than an occasional physical confrontation. The way members of religious orders live should attract people to Christ and the church, and should be a model for other Catholics of creating harmony among a varied group of people thrown together by a common call...

Model Co-op Bank relocates Admin office in Kalina

Mumbai, 27 Apr 2015: Model Co-op Bank relocated its administrative office to a better and larger area in Kalina, Santacruz East on 26th April 2015.

Cardinal Oswald Gracias blessed the relocated new administrative premises of Model Co-operative Bank, on the fifth floor of Center Plaza, CST Road, Kalina, Santacruz (East) and addressed the guests present.

The relocated administrative office is inaugurated by Mr. John D'Silva, Founder and former Chairman

Speaking on the occasion, John said that banking is embodied in Mangaloreans. Its difficult to live without money, while the bank has been striving to provide easier and simple banking facilities to ordinary customers. The efforts are underway to convert the bank into scheduled bank shortly, je said.

Model Co-operative Bank chairman Albert W D'Souza in his presidential address said that the bank founded by ancestors with long range plans is at the threshold of cel-



Paul Nazareth, Philip L S Pinto, Abraham Clement Lobo, Benedicta Rebello, Mariette D'Silva, and Ronnie H Mendonca.



ebating centenary. Three new banks will opened shortly that will make 20 branches. The bank surge in progressive path by providing customer friendly banking services that was the motto of founders, said Albert.

Prominent among the present on the occasion were Mrs. Janet Lawrence D'Souza, Vice President, Maharashtra state minority Commission; Mr. Henry Lobo, Chairman, Christian Chamber of Commerce and Industry; Fr Cathy Immanuel, and branch managers of the bank.

The directors present for this event are: Lawrence D'Souza, advocate Pius Vas, Vincent Mathias, Lazarus Menezes,



Prayers are led by Biata Carvalho and Elvina Albert D'Souza. Bank CEO and general manager William Louis D'Souza proposed vote of thanks. Herald M Serrao, Asst. Gen. Manager and Kenneth Sequeira compered the programme.

'Thought for the week'

If you are depressed, you are living in the past. If are anxious you are living in the future. If you are at peace, you are living in the present.

Contents

- pg. 3 - Will Rahul Gandhi's ...
- pg. 4 - Why are Churches At-tacked?
- pg. 5 - Mercy Says It All...'
- pg. 6 - DP 2034 - Not Rules, Just Guidelines
- pg. 7 - Reader's Views
- pg. 8 - Let us not Choose Gossip & Slander.
- pg 11 -Views on News
- pg 14 - Think before you Post
- pg 15 - The Agricultural Revolution...
- pg 17 - 10 Healthier Eating Substitutions
- pg 19 - Inspiration!
- pg 20 - Matrimonials
- pg 23 - During Holidays, instead of taking kids to movies, shopping...

THE SECULAR CITIZEN

Subscriptions Rate:

- One year (anywhere in India) Rs. 250
- Three years (anywhere in India) Rs. 700
- Five years (anywhere in India) Rs. 1000

One year (outside India) Rs. 2500

E-paper Edition

- sent anywhere in the world (by email)
- One year Rs. 600 or US \$ 15
- Two years Rs. 1000 or US \$ 25

Cover : Let us not Choose Gossip & Slander (Read article on p.8)

Advertisement. Tariff

Over all size 21.5 cms x 27cms ● Print area 18 cms x 25.5 cms

Full pg. back Colour (19 cms x 24 cms)	Rs. 15,000
Center spread colour(39 cms x 23.5 cms)	Rs. 15,000
Full pg. inside Cover colour(18 cms x 24 cms)	Rs. 10,000
Full pg. inner colour (18 cms x 24 cms)	Rs. 8,000
Half pg. Colour (18 cms x 12 cms)	Rs. 5,000
Full page B/W (18 cms x 24 cms)	Rs. 5,000
Half page B/W (18 cms x 12 cms)	Rs. 3,000

Small Size Ads B/W

12 x 12cms Rs. 2000 ●	6 x 24cms Rs. 2000
18 x 6cms Rs. 1500 ●	6 x 12cms Rs. 1000
	6 x 6cms Rs. 500

Matrimonial Classifieds:

- Rs. 500 per insertion (for 35 words) (includes box no.)
- Rs. 1500 for 12 insertions. (1 year The Secular Citizen FREE)

Will Rahul Gandhi's Padyatra Make Any Difference, At All?

by Varun Ramesh

Vidarbha has for years been a region known more for its tragedy than for its long history or tiger reserves. Up to 70% of Maharashtra's farmer suicides happen in this region, with 319 having taken their lives in 2015 alone.

For activists, journalists and academicians alike, the region is often used as an indicator for the state of farming in the country. It is endemic of almost every problem that strikes farmers in India: from new cash crops that demand timely rainfall or perish to lax regulation of minimum support prices; from insufficient rains to blind government aid packages that reach nobody.

The words Vidarbha and "agrarian crises" have often gone together in the last decade. Releasing a statement from Vidarbha, often indicates that the speaker is at the ground zero of agricultural issues in the country. Rahul Gandhi's latest Pad Yatra in the region is a well-timed political move for the scion of the Congress dynasty to earn his stripes in terms of dealing with farmer's issues.

However, he may have bitten off more than he can chew. Former Prime Minister Manmohan Singh last visited the area in 2006, where he promised a Rs. 3750 crore relief package for farmers affected by poor rainfall. State governments would later try to match this offer with a Rs. 2000 crore package in 2011. As of 2013, neither package would have gotten off the paper it was promise on. While few reports claim that 95% of cotton farmers in the region suffer from debt – much of which is triggered by policies that favour costly cash crops like Bt Cotton over food crops, few other reports point to some of the fallacies of trying to solve such crises with relief packages.

What Rahul Gandhi will have to fight, if indeed, he wishes to fight for the farmers in Vidarbha, is the government itself, which is particularly tricky because neither he nor his party are in power. He could raise his voice – but what can a new soundbyte do against more than a decade's worth of bad policymaking

(Contd.. on p. 4)

(Contd.. from p. 3)

(much of which was by the UPA).

Solving Vidarbha seems akin to solving poverty – a promise significantly larger than what political will makes possible. Rahul cannot merely blame the “anti-farmer” BJP for Vidarbha’s problems.

Did it take Gajendra Singh’s death for politicians to remember Vidarbha? This article from 2010 shows how farmers have been writing their last letters in full protocol to both Prime and Chief Ministers before taking their lives. The letters often contain heart-breaking tales of how they ended up in the situations that made them take their lives – much like what Gajendra Singh left on the floor at the AAP rally. Perhaps it’s time to read these letters?

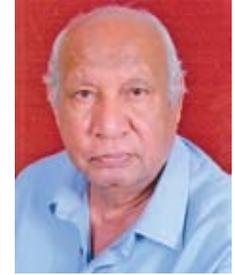
Rahul Gandhi is said to trek 15km across five villages where crops have been damaged by early rains, discussing their issues and taking suggestions as they come. Doubtless, this will make for several photo-ops and perhaps even the memorable soundbyte of the day. But, will it do anything for Vidarbha? It would certainly be refreshing for the top command of any party to seek out and understand what it is that plagues the region’s farmers – for many of these problems can be scaled to a national level.

I would ask Rahul, to not rely, solely on his own judgement to solve the same – he could do worse than call veteran journalist P. Sainath up for a talk on the same. Certainly, reporters like Sainath who have spent decades documenting similar issues, would like an opportunity to tell those on top exactly what is wrong with the policies of the region. Rahul may not be on top in this current political climate – but he has nothing to lose by taking up a pet cause and making it happen.

Whether he makes it happen for the farmers or for the cameras is the question.

Why Are Churches Attacked?

'Christians are a tiny minority in a thickly crowded India. But they have the best schools, colleges, medical centres, hospitals, Adivasi centres... Christian community has given the best Army, Navy, and Airforce men, best teachers, people in judiciary and Civil services... Christians are law-abiding, God-fearing and serviceable citizens....'



by Ignatius Dabhi
Sr. Journalist, Gujarat

In no less than eleven month BJP rule in Delhi, nearly 93 reported and unreported attacks have been systematically carried out by Hindu extremists in various parts of India. Why are Christian worship centres are targeted? Can these shameful and single acts be just waved out and say: 'there are some stray incidents! Are Christians an easy prey for the miscreants? Should we Christians bear these attacks under a false pretext of 'humility'? A Mother Superior of a religious congregation said, "We bear these attacks in a Christ-like humility? Was not He targeted?" A social worker of a Hindu organization said: "We, educated Hindus feel sorry and wish such things have no place in a secular democracy of India...." A Jesuit Missionary said: These barbaric acts should be brought before media and the Church should break the 'unholy silence' and protest vehemently ... Keeping silence will encourage the extremists... We should raise our voice in protest." A well-known professor and doctor from the Banaras Hindu University said " Hindu philosophy welcomes other religious thoughts and there is no clash. The Indian Hindu society has been all encompassing and all embracing to all people in India... Extremes and dangerous and harmful. It is indeed shameful to think that Hindu extremists have become violent and anti-democratic..."

People in or around Ayodhya hardly discuss the Ram temple ... A 78 year old businessman - a Hindu by religion - Bansilal said, "The Temple issue is a political one, it has never been social

or ethical in Ayodhya. This goes to prove that intolerance towards weak religious minorities is never a Hindu agenda. Never. Attacks on Churches is a work of a few, a handful fanatics. Hinduism has never preached intolerance and violence towards the weak and the humble. Over the centuries, people like Greeks, Persians, Moghuls, Pathans and British have come and stayed in India. Intolerance towards Christians does not have a long history. It is a recent phenomenon, Christianity has a glorious history of 2000 years in this country. Quite often a false propaganda is made that the East India Company people brought Christianity, The British, as per the history were never entertained any thought of converting the locals.

Let us not forget what He said once "In my name they will hate you..." But when wronged remember what He also said: " If I have done no wrong, why do you slap me?"

Wedding Invitation, Christening,
First Holy Communion, Mortuary
Cards & Religious Goods
Contact:

David & Company

Sharaf Manzil, 1st Floor, 650,
J.S.S. Road, 2nd Dhobitalao Lane,
Mumbai 400002

Tel.: 22019010 / 2205 7394

Fax: 2206 0344

Emails: davidprinters@gmail.com /
bryan@vsnl.com

Mercy Says It All....



BY VERA ALVARES

As a testimony to the mercy and compassion of Lord Jesus, an experience that stands out as a symbol of Christian Faith and fervour, not easily visible elsewhere, is presented here.

Sunday after Easter is celebrated as Divine Mercy Sunday. For many years we in Mumbai have been celebrating the feast in our churches with Tridum, 3 to 9 days of Novena, Eucharist and homilies by speakers well-versed with the topic. Being an ardent believer in the Lord's mercy, I valued the opportunities I received to participate actively in the celebration and contributed in whatever way possible. But this time was different- The Lord called me to be at the receiving end of the line and mercy said it all.....

For believers in smaller towns and cities where Christianity flourishes with fervour, the day begins with the Eucharist and ends with the Rosary and a hymn to the heavenly Mother. One memory stands out. In the month of May, the lines of the hymn 'Singing hymns to our mother, tis her own month of May' emanating from every household in the locality went on and on making it a gay medley of joyful singing! Even at other times, led by the senior family members, prayers normally prologue to include besides the Holy Family, all the heavenly hordes, family members present, absent, dead or alive! Children set a pattern by yawning, dozing and simply switching off this main line to heaven, their hungry stomachs rumbling louder than their voices. It happened to all of us, but a regimen of prayer was firmly established and lives were moulded into the ways of the Spirit without anyone realising it. All that time spent around the family altar has borne fruit and children now grown into adults are so rooted

in Faith that they miss no opportunity to flock to the churches and shrines for every religious celebration. I stand witness to this fact!

Thus on the feast of Divine Mercy I found myself attending the Eucharist and other devotions at St. Anne's Friary which now has grown into a retreat centre in my home town, Mangalore. The invitations had gone out through word of mouth, reaching the hamlets and townships around the city. Eager to flock to the crucified Lord from whose side gushed forth the two streams of blood and water to wash away the sins of all humanity, crowds of believers thronged the open-air venue. It was estimated that nearly two and half thousand people had gathered there. Young and old in all their finery poured into the shrine using



all forms of transport. Jesus had said to St. Faustina one day, "Humanity will never find peace until it turns with trust to Divine Mercy"- (from the Diary of St. Faustina). Was this the humanity seeking peace, trusting in the promise of Jesus Christ?

The proceedings commenced with the singing of the Divine Mercy chaplet, followed by intercessory prayer and worship. Eucharist was a solemn celebration shared by the congregation whole-heartedly. Used to the lukewarm whispers as responses back home, I found this new experience thrilling and joined in proclaiming the unfamiliar responses- as Don Moen advises, "shout to the Lord all the Earth....!"

The devotion of 'Divine Mercy' was actively promoted by Pope John Paul II. On April 30, 2000, the Canonization of Faustina Kowalska took place and the Sunday after Easter was officially designated as the Sunday of the Divine Mercy. On April 22, 2001, which was one year after establish-

ing Divine Mercy Sunday, Pope John Paul II re-emphasized its message in the resurrection context of Easter: Divine Mercy is the Easter gift that the Church receives from the risen Christ and offers it to humanity. The humanity assembled at this shrine that day was indeed a crowd of Paschal people, illuminated from within, radiating happiness. If some of them came to lay their burdens of worries and illness beneath the cross, there were no visible signs of it. Mercy did it all...

Like the prayers of yore, the service lasted for a long time. At times, music could have given way to contemplative silent prayer, which enriches the communication with the Lord. However, the gem in the crown of this devotion was the homily by Fr. Anthony D'Souza S.J. Director at the Loyola House in Mangalore. The distinct delivery of words chosen with care and concern found their mark in the hearts of the congregation that listened with rapt attention. Compassion and mercy were presented in new light, wrapped in simple every day events. Subtle challenges to answer his call were accepted gratefully by a people known for their simplicity.

"I have compassion on the crowd because they have been with me now three days and have nothing to eat...." (Mark 8: 2) It may not have been three long days but certainly people had left their homes long ago, long enough for physical exhaustion and hunger to set in. But compassion of the kind Master and mercy showed up once again! The miracle similar to the multiplication of fish and loaves, where Jesus feeds the multitude had to happen-- in this case it was not fish and loaves but the local favourite fare of chicken and pork! The red rice and the bland pulses complimented the rest of it, the wholesome meal so lovingly cooked. The multiplication story

(Contd.. on p. 7)

We are all Indians, and Humanity is our religion

How would this world be if everyone lived in harmony? No wars, no crime, no people dying. And where each one lived with the other just like one big family.

These questions often linger in our minds, but we seldom stop to think what we as communities can do in this regard. The 1st of February, 2015 saw one such attempt in bringing us all closer as Indians. With the theme of 'Hum sab Bharatiya hain, aur Manavta humara dharma hai', the Inter-faith meeting organized by Sevadham in collaboration with the Sha'ar Hashamaim (Gate of Heaven) Synagogue in Thane attracted many like-minded citizens of this city. Inter-Faith meetings have been conducted regularly by Sevadham ever since its inception in 1991, to build mutual respect and appreciation for persons of all spiritual affiliations.

With the fervour of Republic Day in the air, everyone was committed to taking their pledge towards ONE India. The occasion was graced by the Jt. Commissioner of Police Mr. V.V. Laxminarayan as the Chief Guest who gave us a very pertinent message. We also were privileged to have among us various dignitaries – Dr. Homi Dhalla, Prof. Davindarpal Kaur Bhasin, Fr. Allwyn Fernandes, Dr. Utpala Mody, Mr. Ismail Nerekar, Mr Ezra Moses, Dr. Lalita Namjoshi who exchanged ideas in a very engaging Talk Show conducted by the articulate Ms. Hailley Turakhia who held her own in English and Hindi. People from different communities actively participated in the programme. Students of Holy Cross Convent High School, Thane brought out the theme in colourful dances while kids trained by Ms Martina Martis and Ms Marcia D'Cunha engaged everyone with beautiful patriotic songs and meaningful intercessory prayers.

The entire program focused on the essence of 'Manavta' from the viewpoint of every religion and the importance of the family and social institutions in nurturing their children and leading them on the path of being responsible and committed Indians. Siddhika, aged 4, a student of Garden School astounded everyone with her beautiful dance depicting the cultural diversity of India. The programme concluded as Veda Rebello extended a vote of thanks to everyone who supported the cause of building a harmonious, vibrant and courageous India.

Steadfast involvement in Inter Faith Dialogue is imperative for sustainable harmony and peace. Manavta is intrinsic to all faiths and to every human being. After all, we are all Indians and Manavta can only enrich our religious mosaic.

—Hailley Turakhia

Nepal Earthquake – a tragic episode!

The Earthquake that hit Nepal recently was indeed very tragic, with around Ten Thousand believed to have perished. A large number of structures have collapsed, flattened to the ground but it is heartening to note however, that amidst the ruins, the famous 5th century Pashupatinath Temple, has survived the massive 7.9 magnitude earthquake. This proves that God still exists and that one cannot destroy the House of God. The Faith of the survivors seems to have been strengthened – a large number of people have taken shelter in the Temple and feel safe there.



BY MELVILLE X.
D'SOUZA

While we will find several people praising God for saving their lives from the devastating earthquake, there are others who are now bitter with God. Today's newspapers (TOI) reports that a family had gathered in a house for a puja to thank God for all His goodness, when the earthquake struck. It seems around 40 people were present in the house at the time – only nine survived. An entire generation has been wiped out. "I do not believe in God anymore" says one of the survivors ...we were conducting the puja to make the gods happy, they instead gave us their wrath," he continues. This is very sad indeed.

It is indeed very difficult to understand God – "God's ways are not our ways", it is said. It is only hoped that the people who have gone through this tragedy not just in Nepal but other places in India where the earthquake also struck, would come to grips with the situation. And that they would gather courage and strength to move on, with Faith in God's mercy.

*Exclusive!
Creative!*

WEDDING
Invitation Cards

Designed to suit your
Wedding theme, Concept,
Colour scheme, Idea, etc. ...

Call - 9820524481
022 26406679

Also...
The latest in LASER CUT designer cards

BONDS OF LOVE
Cards for Every Occasion
E-mail: dregobrian@gmail.com



hul Gandhi should start his padyatra from Amethi, the constituency he supposedly represents, where deceased farmers' families have been awaiting his visit these past months. And Mr. Gandhi., living as he does in a glass house, with a 58 day foreign jaunt - ostensibly to introspect, that too when Parliament is in session, cannot afford to criticize PM Modi whose foreign trips are in the line of official duty and reap rich rewards for the country. Moreover, to call the NDA a "suit-boot ki sarkar" is priceless coming as it does from the Congress VP whose party was decimated in 2014 for its 2 term "suitcase sarkar" !

—Bernie Tellis

Deacons

There seems to be an error in reporting the number of deacons in the archdiocese of Mumbai. Only 3 deacons were ordained recently as per reports. Prior to the ordination there were only ten permanent deacons.

—Prof Robert Castellino

(Contd.. from p. 5)

behind the feeding of more than two thousand faithful was revealed later- generous hearts from surrounding villages and towns and even from the distant shores of Araby had dipped deep into their pockets to supply the best and freshest of ingredients, the Lord would have been proud of!

Apparently such services at various shrines and churches are a regular feature of this place, rightly known as the 'Rome of the East'. Later my belief was substantiated at Calvary Hill, the beautiful world-famous shrine of Infant Jesus that conducts similar devotions and draws Faithful in thousands. I heard that the crowds sharing the festive meal here were so huge that the Lord would have to multiply more than two fish and five loaves! Reluctantly I admit that what we have in Mumbai are sterilized, formal and pale versions, lacking in Spirit, that leave many a heart untouched.....

Political Slugfest

It is unbecoming for someone who hopes to lead the country some day, to lead its people astray with half truths and white lies.

Farmer suicides, though most distressing, are a state subject and more farmers have suicided in Maharashtra during the 15 yr. Congress- NCP rule than in any other Indian state, under any other party rule. Neither Sonia Gandhi nor Rahul had anything to say about the agrarian crisis then, nor did they tour the affected districts to meet with the mourning families. Worse, under the watch of their coalition NCP ministers in charge of rural infrastructure, lakhs of crores of public money never went into projects meant for solving the water/power problems that would have precluded the present crisis. This matter is now in the SC. Ra-

Mothers Day

In India, Mother's Day is celebrated on the second Sunday in the month of May every year. But in many other countries Mother's Day is celebrated in an entirely different time of the year. But whatever may be the date of Mother's Day around the world, the spirit is the same everywhere. Everywhere in the world mothers are respected for their extreme devotion towards their children. And on Mother's Day children pay their humblest tribute to their mothers and also thank them for giving them birth and providing them with the best of care and upbringing.

— Jubel D'Cruz,
Dombivili

For Sale in Amboli, Andheri - West in Bldg with OC & 24 Hrs Water

- 1) Furnished 2 BHK 600 Carpet with stilt parking @ 2 Cr.
- 2) Furnished 2.5 BHK 750 Carpet @ 2.45 Cr.
- 3) 2 BHK in New Construction, Ready Possession 690 Carpet @ 1.95 Cr. with parking

Many other under construction 2BHK / 2.5 BHK / 3BHK Options Available.

Main Road location near Church, Schools, Banks, Restaurants, Market, Metro Station, Railway Station, Etc.

K KADS REAL ESTATES

William : 9819541594 • Email: williamrpinto@gmail.com

☎ 022-65642291

Let us Not Choose GOSSIP & SLANDER

by Don Aguiar.

If there is one challenge our community is unwilling to face up to, it is accepting and then being empathetic on GOSSIP / SLANDER. I know of many people in our community, including the clergy and their bosses, which to this day has been in denial about GOSSIPING. Our community is riddled with taboos when it comes to gossiping. Look around and you will observe how sad it has gotten into. Our community is perhaps the most unfriendly and unhelpful when it comes to gossiping / slandering. We have absolutely no idea on how to get out of the habit of gossiping / slandering

Religious orders and communities must combat "the terrorism of gossip," which is even worse than an occasional physical confrontation. The way members of religious orders live should attract people to Christ and the church, and should be a model for other Catholics of creating harmony among a varied group of people thrown together by a common call. However our clergy and their bosses are not supposed to ever admit that they were wrong. It is just that the community has not understood them.

Gossip, viewed over time, has been likened to a room with two doors, one of which admits new players, the other providing an exit for those who think that all is over. The room itself is growing, with the expansion of new gossips; only the participants change. The rate of change generally speeds up when someone is against or jealous or wants to take revenge on another and spread it at community group discussion or meetings or on whatapps, etc.

There was this story going about a certain Auntie M... Auntie M was a flight engineer on a plane in the Gulf War and her plane got shot down. She had to bail out over enemy territory and all she had was a bottle of rum, a machine gun and a machete. She drank the rum on the way down so it wouldn't break and then she landed right in the middle of 100 enemy troops. She killed seventy of them



with the machine gun until she ran out of bullets. Then she killed twenty more with the machete until the blade broke. And then she killed the last ten with her bare hands." Good Heavens," said the horrified neighbors on hearing this story, "what a horrible woman" Nobody bothered to check the facts but all said "Stay away from Auntie M." Subsequently as the story was being passed on from one to another and to the whole community more "masala" / other imaginary things was added to this story of Auntie M... being ignored and cut out by the neighbors / community. Later a neighbor who repeated this gossip learnt that it was not true but could not do anything to undo the damage.

An old proverb relates the story of a person who repeated gossip—some rumor about a neighbor. Soon, the whole community had heard the rumor. Later, the person who spread the gossip learned that the rumor was untrue. The person was very sorry and went to an elder in the community who had a reputation for great wisdom to seek advice. The elder told the person, "Go to your home and take a feather pillow outside. Rip it open and scatter the feathers, then return to me tomorrow." The person did as the elder had instructed. The next day, the person visited the elder. The elder said, "Go and collect the feathers you scattered yesterday and bring them back to me." The person went home and searched for the feathers, but the wind had carried them all away. The person returned to the elder and said,

"I could find none of the feathers I scattered yesterday." "You see," said the elder, "it's easy to scatter the feathers but impossible to get them back." So it is with gossip; it doesn't take much to spread hurtful words, but once you do, you can never completely undo the damage.

Gossip is a bad thing when it is not true or can harm someone else in a bad way. Can we gossip, sure! But not if someone gets hurt by it. As it says in the short story, you can gossip about everything but you can't take the words you said once you open your mouth.

Do not let the terrorism of gossip exist among you. Throw it out. Let there be fraternity. And if you have something against your brother, tell him to his face. Sometimes it might end in fisticuffs that are not a problem. It's always better than the terrorism of gossip. Rather than following this way our community has done themselves to death by denial.

Let me assert my firm belief that the only thing our community has to fear is gossip / slander -- nameless, unreasoning, unjustified talk which paralyzes needed efforts to get all of the neighbors/colleagues/etc to work collectively and happily as a community/team. Gossip can grip us; choke all faith out of our hearts. Gossip also drives economic depression. Gossip causes the community to contract and brings unpleasantnesses and

(Contd.. on p. 9)

(Contd.. from p. 8)

bitterness resulting in people avoiding and stop talking to each other. It causes panic in the community. Gossip itself constitutes a large part of the problems we face.

There is this story of how Socrates the Greek Philosopher handled gossip by putting the gossip through a test; perhaps you could give it a shot. Keep this in mind the next time you are about to repeat a rumor or spread gossip! In ancient Greece (469 - 399 BC), Socrates was widely lauded for his wisdom. One day an acquaintance ran up to him excitedly and said, "Socrates, do you know what I just heard about Diogenes?" "Wait a moment," Socrates replied, "Before you tell me I'd like you to pass a little test. It's called the Triple Filter Test."

"Triple filter?" asked the acquaintance.

"That's right," Socrates continued, "Before you talk to me about Diogenes let's take a moment to filter what you're going to say..

The first filter is Truth. Have you made absolutely sure that what you are about to tell me is true?" "No," the man said, "Actually I just heard about it." "All right," said Socrates, "So you don't really know if it's true or not. Now let's try the second filter, the filter of Goodness. Is what you are about to tell me about Diogenes something good?" "No, on the contrary..."

"So," Socrates continued, "You want to tell me something about Diogenes that may be bad, even though you're not certain it's true?"

The man shrugged, a little embarrassed. Socrates continued, "You may still pass the test though, because there is a third filter, the filter of Usefulness. Is what you want to tell me about Diogenes going to be useful to me?"

"No, not really."

"Well," concluded Socrates, "If what you want to

tell me is neither True nor Good nor even useful, why tell it to me or anyone at all?"

The man was bewildered and ashamed. This is an example of why Socrates was a great philosopher and held in such high esteem.

On a silver lining our Pope Francis puts it in a simpler way and emphasized during his homily on Feb 16th 2015 the importance of avoiding all forms of gossip / slander in living a Christian life. "It's so rotten, gossip. At the beginning, it seems to be something enjoyable and fun, like a piece of candy. But at the end, it fills the heart with bitterness and also poisons us," Pope Francis says "I tell you the truth," he preached to the crowds filling St. Peter's Square. "I am convinced that if each one of us would purposely avoid gossip, at the end, we would become a saint! It's a beautiful path!"

Jesus offers the example of the Fifth Commandment, "Do not kill," and goes on to add, "but I say to you: Whoever is angry with his brother will be guilty before the court." "With this,

Jesus reminds us that even words can kill," explained the Pope. "When it is said that someone has the 'tongue of a serpent,' what does it mean? That his words kill."

"Therefore, not only must one not make an attempt on the life of others, but one must not even pour on him the poison of anger and hit him with slander, nor speak ill of him. And here we arrive at gossip. Gossip can also kill, because it kills the reputation of the person," stressed the Holy Father.

Jesus proposes another way to his followers, "the perfection of love: a love in which the only measure is not to measure, but to go beyond all calculating." This Christian path of loving one's neighbor is "so fundamental that Jesus comes to say that our relationship with God cannot be honest if we do not want to make peace with our neighbor."

The Pope then summarized, "From all of this, one understands that Jesus does not give importance simply to disciplinary observance and exterior conduct. He goes to the root of the Law, focusing above all on the intention and then on the human heart, from where our good or bad actions originate.

"Good and honest behavior," he said, does not come merely from "juridical norms," but, rather, requires "profound motivation, expressions of a hidden wisdom, the wisdom of God, which can be received by the grace of the Holy Spirit." It is the Holy Spirit who "renders us capable of living Divine love" and following "the greatest commandment: Love God with all your heart, and love your neighbor as yourself."

It is a shame then that in spite of our Pope Francis emphasizing that gossip is rotten and must not be avoided our community is still in denial and unwilling to act. It is time we develop a heart for matters that have to be avoided. This is the only way to help everyone in our community.

4 Ever and Ever
The Perfect Dress for Every Bride!



*Gorgeous Wedding Gowns, Tiaras,
Bridal Jewellery & accessories,
Bridesmaid & Flower Girl Dresses,
Elegant Evening Gowns*

Call now on +91 9820016277
Also, visit www.4everandever.in

World's Largest Diocese Opened

New Delhi: The latest diocese of the Syro-Malankara Church is officially opened in a day-long program that includes a public meeting attended by officials of the federal and state governments.



Federal defense Minister Monohar Parrikar and Delhi chief minister Arvind Kejriwal are scheduled to address the afternoon

public meeting along with Deputy chairman of Rajya Sabha P. J. Kurian.

During the function, Cardinal Basileos Cleemis, the head of the Church will hand over a check of 500,000 rupees to Parrikar to the Prime Minister's relief fund to help the quake-affected people in Nepal.

A three-hour long liturgy prior to the public meeting will also see the installation of Bishop Jacob Mar Bernabas as the head Delhi-Gurgaon diocese that was announced March 26. The new diocese covers 22 states of the northeast region of India.

With the announcement of the diocese in Delhi and a new exarchate in Pune, the Malankara Church has "achieved an all India jurisdiction for ecclesial administration," said Cardinal Cleemis.

Archbishop Salvatore Pennacchio, the apostolic nuncio in India, will address the gathering, along with Latin rite Archbishop Anil Couto of Delhi and Syro-Malabar Bishop Kuriakose Bharanikungara of Faridabad.

The diocesan area has some 2,000 families of this Kerala-based oriental rite that traces its roots to St. Thomas the apostle, who according to a tradition landed in Kerala in the first century.

Although originally based in Kerala, the members of the Church are now spread across the world. The migrant community in Delhi and surrounding areas are engaged in social

welfare activities of the poor such as feeding the hungry, educating the poor and nursing the infirm, officials said at a press conference Thursday.

The new diocese will help expand the community's social service activities for the development of the nation, said Cardinal Basileos Mar Cleemis, the head of the Church at the press conference.

"The focus will be more on slum dwellers, construction workers, homeless people and those who have no facilities for education and health care," said Father Varghese Mattamana, the coordinator of the diocesan activities.

FERNANDES PROPERTY SOLUTION

DAHISAR

@ 9700 PER. SQ. FT.

MIRA ROAD

@ 6500 PER. SQ. FT.

VASAI

@ 5000 PER SQ. FT.

Contact :

022 28123473 /

9920258471 /

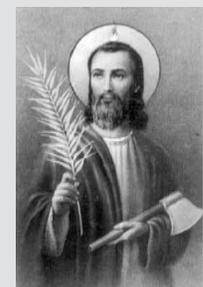
9322632712.



Thanks to Our Lady of Remedy for the favours granted

—A Devotee

Thanksgiving



Thanks to Holy Spirit, Sacred Heart of Jesus, Mother Mary and St. Jude for favours granted.

—D. A. B. D'Souza, Malad

Suicide, a new Farm Product?

A poor [was he really poor?] farmer, Gajendra Singh, commits 'suicide' in Delhi in full public view at a rally organized by the AAP ironically to highlight the problems of the farming community. Was he 'invited' by the leaders of AAP to be their Mascot? There are conflicting versions on this very tricky but important issue which has caused huge embarrassment to the organizers. In what appeared to be a damage control exercise, there was a belated regret from Kejriwal [on the lines of Giriraj Singh] and some crocodile tears by one of the leaders. Regret, repentance and even tears normally flow immediately after the incident and not after being cornered by the rival political parties or the media.

There was no comment from the CM for some 48 hours. Was he so much in grief that he forgot to publicly admit that it was wrong on his part to continue with the rally once it was clear that the man had died? Ashutosh, one of the leaders, when asked why the Aam volunteers could not go up and dissuade the farmer from taking that drastic step, sarcastically said that next time he would ask the CM to climb the tree. Was he expecting a repeat? This prompted the BJP to say that the CM is used to climb electric poles.

Political parties have mastered the art of turning a tragedy into political advantage. It is a matter of shame for all of us to witness this chapter of our great democracy which we show-case to the outside world. I really doubt if this thing happens anyway else in the world. Political leaders made a beeline to the home of the Gajendra Singh who was not the only one to sacrifice his life in this country but they wanted to extract as much mileage as possible to lift their political fortunes. They rush there with cheques, cash etc – a perfect photo-op. How else would one explain this sudden love for the 'poor' farmer?

Farmers have been committing suicide almost on a daily basis. Since 2004, Maharashtra saw 36846 suicides roughly 10 per day while Andhra witnessed 23396 with 6 plus each day. Ironically, Congress which is spearheading the Farmers' cause ruled these two states most of the time

IEWS on NEWS

and we never saw these grieving leaders rushing to give statements, shedding tears or offering cheques or cash. These are our leaders whom we have elected. Today, in the current situation, the BJP is finding itself in a very hopeless position with 'you are damned if you do and damned if you don't' type of a dilemma.

'Farmer suicide' has become a new farm product – a cash cow for politicians. Commenting on the Delhi episode, a well known journalist Sekhar Gupta said quoting a Hindi adage 'Garib ke chita par roti sekhna' which, if translated, means 'to heat one's chapatis on the funeral pyre of the poor'. That was well said in the context of the present situation. Do we believe that all these leaders really felt sorry for the wife and the three kids of the deceased Gajendra Singh? Forget it. Now that they have a chance to put the Badals on the mat in the Punjab for the death of a young girl, poor Gajendra Singh and his family is part of statistics. After some time it will be somebody else. Just you wait and watch!

As you sow, so shall you reap!

For the past 11 months there has been wide spread condemnation of the irresponsible and highly disparaging comments by Ministers / MPs / MLAs of the ruling combine The Government at the Centre and BJP while not agreeing with such comments show arrogance though. The attacks on Churches, dismissed as law and order problems, show that Christians do not really matter to them. Now a report emanating from a respectable American Panel sums up how the world sees this situation in India. BJP fields its Muslim leader to defend itself which does not mean that he represents the entire community or the minorities for that matter. The BJP may dismiss the report it but the world won't. The same BJP is quick to quote American opinion if it praises Modi's leadership.

Today, for the arrogant BJP, the boot is on the other foot in Kashmir. The PDP Chief Minister, instead of thanking the Army and the State Police for smooth elections, thanks Pakistan and the separatists. By this, he accepts that



by Marshall Sequeira

Pakistan and separatists are the main trouble makers in the Valley. It would have been appropriate if he had to berate the separatists for their uncalled for 'election boycott' call which the Kashmiris simply ignored showing how much clout these leaders have in the Valley. If the PDP had majority, Kashmir would have been turned into mini-Pakistan by now.

The PDP treats the BJP in the same way the BJP treats its allies. The BJP does what it wants to and the helpless ally the Sena has to resort to BJP bashing and minority bashing to remain relevant. Despite having impressive tally in the State assembly, it is being treated as if their support is dispensable. The Shiv Sena has to see that MNS does not hog the lime light and in the process goes overboard on issues like family planning for the minorities, debarring them from voting etc. The MNS keeps the Shiv Sena on its toes all the time. The RPI is upset about the beef ban in Maharashtra while the Akalis are unhappy for being ignored.

The BJP is getting it back from the PDP in full measure. The CM there does what he wants to without even bothering to consult the BJP. First it was the release of the Masarat Alam. Then it was Geelani and the same Alam spitting venom against the nation and encouraging hoisting of Pak flags. Now Geelani wants Amarnath Yatra curtailed and has issues with Pandits being rehabilitated in exclusive townships where they may be a force to reckon with for the Separatists. The PDP is clearly keeping the separatists in good humour. They want the BJP to withdraw support and then play the 'martyr card' which can help PDP win more seats in re-election which will give the Muftis larger bargaining power. By the way, where on earth is Mehbooba Mufti? Is she also on a sabbatical like Rahul Gandhi to introspect? He came out good after that, much to the discomfiture of the NDA.

SIM



Truthful. Thoughtful. Thankful.

Presents **Green City**

Vamadapadav Mangalore.

NO Down Payment
Loan
Interest

*Pay in
60
Installments*



1 BHK **15.99** Lacs
(All Inclusive)

Monthly Installment 26,650/-

2 BHK **21.99** Lacs
(All Inclusive)

Monthly Installment 36,650/-

FREE * Modular Kitchen * Sofa Set * Dining Table

* Centre Table * Double Bed * Wardrobe * Curtains * Fans * Tube Lights
* Well equipped gymnasium * 1000 books Library * Table Tennis, Carom, chess and cards room
* 24 HRS. drinking water * 24 HRS. Hot water for Bath room through solar system * 24 HRS.
Automatic Generator for Elevator, Common Lights & Apartments * 24 HRS. Security with
Intercom system connecting apartments & Security room * FREE Car Parking Space for All *
Automatic Lift * Weather coat anti fungus paint for Exteriors * Emulsion paint with Double
Coat putty for walls and ceilings * Flush Valves for commodes * Hot & Cold Mixer unit in
bathrooms * Decorative Granite Staircase till Top Terrace * Balcony.

Offer Valid for 30 Days from Today

T3 URBAN DEVELOPERS LTD.

MANGALORE | SHIMOGGA | HUBLI | BELLARY | BOISAR | MUMBAI

Head Office : 201, Corporate Arena, Near Railway Station, Goregaon West, Mumbai - 400104.

Mangalore: 2nd Floor, Harmain Complex, B.C. Road, Mangalore, Karnataka. Pin Code- 574219.

Website: www.t3urbandevelopers.com Email: info@t3urbandevelopers.com

V P LOBO: +91 9321292899 (Mumbai) STANY: 9900995720 AVINASH: 9663644199

Think Before You Post

Some basic mistakes on internet can cost us more than we realise. Benefits of internet are coupled with risks. Beware!

There are many reasons to be careful about what you post on the Internet. Many people have wished they'd been more cautious, when their Internet history comes back to haunt them. Even deleting material that you post may not protect you. Here are just some of the reasons to be careful about what you post on the Internet.

Career

One of the most important reasons to be careful about what you post on the Internet is that it can have a detrimental effect on your career. Prospective employers can and will check on your name to see what comes up, and many people have been caught out criticising their job. You might think that revealing pictures are harmless now, but what if in ten years time you're a teacher and your students find the pictures?

Open

You might think that your employers will never see your Facebook page or your emails. But anything could be copied or forwarded on. Never assume that anything you post is truly private. Ask yourself "Would I be embarrassed if someone saw this in the future?" These days, anything you post can very quickly go viral and be passed on to thousands of people. There really aren't any secrets on the Internet

Misunderstandings

You might think that your meaning is clear when you post a comment, but it's easy for misunderstandings to occur. People take perceived slights and criticism very seriously, and it's all too easy to get caught up in argu-

Things to think before posting items

- If you wouldn't say it to someone's face, don't post it on their wall.
- If you think your friend might be embarrassed by that photo from your party, check with them first before you post it.
- If police see evidence of illegal activity in a film or in photos on a website or a mobile phone they can use it in court as evidence



ments. If someone attacks your comments it can be quite upsetting. So always think twice before you post a comment. How will your words come across?

Copied

Anything you post on the Internet can easily be copied and pictures may be stolen so that people can pass

them off as their own. This may be dishonest - someone accessed pictures of my cat and used them to collect funds. Deleting pictures or posts doesn't mean that they're gone forever - people can take a screenshot or access cached copies of the pages.

Personal Information

Wherever you post, be careful not to give away details that could identify you. Someone could trace many different bits of information about you and put them together. The chances of someone harmful tracking you down may be slim, but why take chances? Even posting on your Facebook that you're going away on vacation is advertising that your house is going to be empty.

Embarrassing

Right now you might be happy for people to know all about your hobbies and see pictures of you larking about. But things may change. What if you regret something you've posted or done? If you get a responsible job, pictures of you dressed up may be embarrassing. Always think ahead, and assume that your circumstances may change from how they are now.

Permanence

You don't necessarily have control over your own information, even if you've posted it yourself. Treat everything as if it could be up on the Internet forever. Check your privacy settings on Facebook; their policies do change, so make sure that nobody other than friends can see your information.

People often assume that anything they post is relatively private. But it's best to behave as if everything you post can be viewed by the whole world. This can save you from a lot of future embarrassment or even unpleasantness. Have you ever regretted posting something on the Internet?

The Agricultural Revolution ---

Sociological Considerations

by Francis Lobo

Sensitivity Analysis

Agriculture contributes only 15 % to GDP yet supports 2/3 of the population. The first implication of this is that agriculture is the real creator of employment. At this level of support people are still surviving. The second is that for every increase in percentage growth in agriculture the standard of living will go up by 4.5 % [$67/15 \times 100 = 4.5$ %]. The third is that if the percentage of agriculture goes up by 5 % from 15 to 20 % the standard of living of the rural population will go by 20 %. The fourth is that the rural population is subsidizing the urban population by cheap labor to the urban areas, cheap food, supplying scarce water required for agriculture for urban and industrial use. The fifth is that 33 % of the population accounts for 85 % of the wealth generated i.e. the average wealth in the urban areas is 12 times that in the rural area. By rapid urbanization this gap is going to be widened. The ratio of 12:1 gets further distorted as the rich get richer at the expense of the poor resulting in 1 % of the world population holding a chunk of the world's resources.

The question is can the urban areas, which are already groaning under over-population and slums be rejuvenated by creation of smart cities and infra-structural projects? Urbanization has been glamorized with glitzy malls, luxurious high rise structures catering to human vanity. Icons and models are created out of celebrities and the affluent justifying spending \$ one billion on living space for a single family on the grounds that it is their money and they are free to do with it what they wish.

Multiple Uses Of Land

One reason for shifting to urbanization is that land holdings are getting more and more fragmented and less and less sustainable as a means of

survival and growth. Large holdings enable mechanization, economies of scale and create abundance so that a few can support the many.

We have not explored what is possible on each unit of land as we have done in real estate where every square meter counts. The value of the ground is multiplied by going underground for

Turning Water Into Wine Part II

basements and over the ground for high rise structures. The same can be considered in agriculture --- below the ground for fish, at ground level for vegetation, poultry and cattle above the ground for living and the roofs again for vegetation and rain water harvesting.

Rotation of crops will not only give income throughout the year but help in soil rejuvenation and preservation. Bio waste from vegetation and cattle can be recycled for energy generation and manure. Small holdings can be specialized for medicinal and ayurvedic plants. Intensive activities is the wake up call I remember when Lal Bahadur Shastri was the Prime Minister and there was a shortage of food, we were encouraged to use every spare space for growing food, open spaces, the land along railway lines and roads, etc.

Controlling Wastage

It is estimated that 20 % of farm produce is lost because of inadequate storage and cold storage facilities. Here we can learn from Manufacturing and adopt techniques like Just-In-Time [JIT] so that farm produce can be processed immediately and we need not carry inventory and have to build storage facilities. Villages should be self contained with their own processing facilities. This will also save on energy and transport to carry the farm produce to the processing centers and then bringing the finished prod-

ucts back to the village for consumption --- after all the rural areas are big consumer markets.

Prerequisites For An Effective Agricultural Revolution:

We have to move from a Top Down, Hierarchical approach where the major resources and decision making are in the hands of a few to a Bottom Up approach where the power and decision making are with the people. The individual is now the center and has a say in what he wants and what will be done.

This calls for a change in the form of governance and the evolution of Transformation and Alternative Politics.

The power of the people has to be tapped in this Age of Enlightenment, in this Knowledge Era. We have to move away from the VVIP and Celebrity Culture to respect for the Common Man and the individual.

Endpoint

This is the opportunity for the up-coming generation of the 21st Century to apply and grow their knowledge, skills, innovative abilities, talents, technology, spirit of cooperation, tolerance, compassion, creativity. It calls for moving away from the dominance of Money and Muscle Power to application of the Mind with a Vision to do the best we can with what is around and within us

JACK OF ALL STALL
Reliable House for
Religious Goods

Gloria Church Bldg.,
263, Dr. Ambedkar Rd.,
Byculla, Mumbai - 400027
Tel.: 23725963, 23749358

Estd: 1951

Prop. B. D'Souza

Reading Prescription Abbreviations

a.c. - "ante cibum" before meals
 ad. lib. - "ad libitum" as you desire or need
 b.i.d. - "bis in die" twice a day
 c - caution
 cap - capsule
 cc - "cum cibis" with food
 comp - compound
 daw - dispense as written
 d/c - discontinue or discharge
 dieb. alt. - "diebus alternis" every other day
 gt - "gutta" drop
 h2o - water
 hr - hour
 hs - "hora somni" at bedtime
 iv - intravenous
 nebul - "nebula" a spray
 npo - nothing by mouth
 od - right eye
 os - left eye
 ou - both eyes
 p.c. - "post cibum" after meals
 p.o. - "per os" by mouth
 p.r. - by rectum
 p.r.n. - "pro re nata" as needed
 q.d. - "quaque die" once a day
 q.i.d. - "quater in die" four times a day
 q.h. - "quaque hora" hourly
 q.2h. - every 2 hours
 q.3h. - every 3 hours
 q.4h. - every 4 hours
 s - without
 sol - "solutio" solution
 supp - "suppositorium" suppository
 susp - suspension
 syr - "syrupus" syrup
 tab - "tabella" tablet
 t.i.d. - "ter in die" 3 times a day
 top - topical
 ung - "unguentum" ointment
 ut. dict. - "ut dictum" as directed
 vag - vaginally
 w - with
 w/o - without
 x - times

Celebrate The Journey Of Life With
ROSHAN PINTO
Professional Master Of Ceremonies
Mobile: +91-9892049815
E-mail: roshanjpinto@hotmail.com

Contact For: Christening Parties,
 Birthday's, Communion
 Parties, Engagement
 Parties, Roce Ceremony,
 Weddings, Jubilee's,
 Corporate
 Events, Press
 Conferences etc.



Fr Salvador Memorial Lecture & Award

The first Fr Salvador Memorial Lecture & Award function was held on Sunday 26 April 2015 at the Don Bosco International School Auditorium, Matunga.

Mr. Anand Castelino, Secretary-General of the Bombay Catholic Sabha (BCS) led the prayer and remembered the victims of the Nepal earthquake. This was followed by the BCS Anthem.

Mr Gordon D'Souza, the BCS President, welcomed the audience and explained the genesis of the Lecture and Award, and paid glowing tributes to late Fr Salvador Rodrigues, former Ecclesiastical Adviser to the BCS.

Ms Rita D'Sa, BCS Vice President, introduced the speaker, Fr Mario Mendes, the Director of the Centre for Social Action of the archdiocese, who delivered the first Lecture. Fr Mario explained the various facets of Participative Governance, especially with regard to Mumbai and India. He challenged the audience to take the initiative to participate and make a difference. A brief Open House followed, with some pertinent questions and comments.

The Awards Ceremony began with Adv. Raphael, BCS Vice Presi-

dent, reading the citation of the Award. The winner (selected by a Jury drawn from the social sector) chose Mr Gene D'Silva, founder of the NGO Jeevan Dhara, from five applicants. His work in the Cheetah Camp area (balwadis, study classes, vocational training for women and youth and medical camps) and with the drug addicts (Dahanu and Lonavla) as well as the football academies for youth, which merited him this Award, were highlighted by Shobha and Max in a brief but touching presentation.

Fr Edward D'Souza, present Ecclesiastical Adviser to the BCS, presented the Award consisting of a trophy and a cheque to Mr Gene D'Silva. His humble and frank acceptance speech helped the audience understand the motivation behind his dedicated service. He also shared his next project – an orphanage for siblings so that male and female siblings can stay in the same home, rather than being torn apart from each other.

The Vote of Thanks was followed by singing of the National Anthem.

Truly, it was a morning well spent and a beginning of a new annual event of the BCS.

Medical Abbreviations Used by Doctors

Wondering why you can't read what the doctor wrote on your prescription?

Rx = Treatment.	BD = Before Dinner
Hx = History	Tw = Twice a week
Dx = Diagnosis	SQ = sub cutaneous
q = Every	IM = Intramuscular . .
qd = Every day	ID = Intradermal
qod = Every other day	IV = Intravenous
qh = Every Hour	QAM = (every morning)
S = without	QPM (every night)
SS = On e half	Q4H = (every 4 hours)
C = With	QOD = (every other day)
SOS = If needed	HS = (at bedtime)
AC = Before Meals	PRN = (as needed)
PC = After meals	PO or "per os" (by mouth)
BID = Twice a Day	AC (before meals)
TID = Thrice a Day	PC = (after meals)
QID = Four times a day	Mg = (milligrams)
OD = Once a Day	Mcg/ug = (micrograms)
BT = Bed Time	G or Gm = (grams)
hs = Bed Time	1TSF (Teaspoon) = 5 ml
BBF = Before Breakfast	1 Tablespoonful = 15ml

10 Healthier Eating Substitutions

Here is a full list of 10 Delicious Alternatives to a Healthier Lifestyle



1) Eat Healthier Snacks instead of Junk Food - The supermarket shelves are stocked full of candies, potato chips, cakes, donuts and assorted baked goods. The grease, oil, refined sugar and saturated fats found in these foods are the major contributors of many unnecessary health problems.

You can still enjoy a quick snack and get the essential nutrition by replacing junk food with healthier alternatives. Fresh fruits, such as apples and oranges, make for excellent substitutes to candy bars. A handful of almonds replaces a bag of potato chips, baked potatoes replace French fries and skim or low fat milk replaces whole milk. You can also choose low fat frozen yogurt topped with fresh fruit over ice cream. Snacking can still be fun after all.

2) Dried Herbs and Spices Instead of Salty Foods - A High daily intake of sodium can result in certain heart problems over time. Rather than adding salt to your meals, consider the healthier alternative of cinnamon, turmeric, cayenne, clove, garlic, ginger, sage, parsley and basil. Not only will you be adding delicious flavours to your favourite dishes, you'll also be limiting any risk of heart diseases in the future.

3) Choose Whole Grains Over Refined Ones - Refined grains are consumed daily with nearly every meal. They are commonly found in white rice, white flour, white sugar and white breads. Cereals also contain large amounts of refined grains and tons of sugar.

The healthier solution here would be to replace the refined grains with whole grains. Substitute brown rice for white rice, whole grain bread over traditional white bread, and healthier bran cereals over the sugary variety of cereals. Oatmeal is an ideal replacement for refined cereal.

4) Eat More Cold-Water Fish and Less

Red Meat - We all love our steaks and beef, but they also contain a high amount of saturated fats. Consuming a regular diet of red meat on a daily basis may increase the risk of hypertension, cardiovascular diseases, obesity and strokes. Cold-water fish, such as tuna, swordfish, whitefish, mackerel, salmon, anchovies, and trout all contain Omega-3 fatty acids, which are the essential fats the body needs. Omega-3 helps combat depression, boosts memory production and greatly reduces the risk of Alzheimer's Disease. Fish can also be frozen for long periods of time, so it never goes to waste.

5) Add Avocados to Your Diet Instead of Mayonnaise - Mayonnaise is most commonly used while preparing sandwiches and in dips. Mayonnaise gives that dry turkey sandwich a bit of extra taste. Mayonnaise is also loaded with plenty of trans and saturated fats, which are very unhealthy for you. Avocados are the healthy alternatives to mayonnaise. They contain over 25 essential nutrients which are all vital health components. These specific nutrients protect against cancer, prevent heart diseases and prevent bone diseases from occurring. Avocados are also the main ingredients used for making guacamole, which perfectly complements whole wheat tortilla chips.

6) Eliminate Butter with Extra Virgin Olive Oil - You can't hear a frying pan sizzle without the sweet sound of butter being applied to it. Some of the most popular dishes are cooked exclusively with butter. Butter is delicious but extremely unhealthy. Butter significantly increases high cholesterol levels, diabetes, obesity, high blood pressure and heart

diseases. Use extra virgin olive oil instead of butter to give your meals a solid dose of essential Omega-3 and Omega-6 fatty acids. Olive oil can be substituted for butter when baking or cooking.

7) Go Organic! - What exactly does organic mean? Simply put organic means natural. Organic farming relies on the usage of natural fertilizers and pesticides, which do not contain harmful toxins. Non-organic foods are generally exposed to harmful pesticides and other dangerous chemicals. So, the next time you're outside fruit and vegetable shopping, consider visiting your local farmer's market instead.

8) Drink Water Instead of Sugary Beverages - Soda contains high amounts of refined sugar with absolutely no nutritional values whatsoever. Sugar found in sodas and other sweetened drinks lead to fatigue, cause dental problems, trigger depression and can eventually lead to diabetes.

Avoid sugary beverages and drink water as often as possible. Water flushes out all the toxins in the body and helps to promote regular digestion. Filtered water is even better because it removes all chemicals found from the tap. Make sure you carry a bottle of water wherever you go.

9) Make the Switch from Regular Breakfast Cereals to Oats - Walk down any cereal aisle in the supermarket and you'll be bombarded with a tremendous selection of unhealthy cereals that are loaded with refined sugars.

Cooked oats make for the best substitute for a healthy morning breakfast. You can add a pinch of cinnamon, brown sugar, chopped nuts or fresh fruit to give it a little extra flavouring. A healthy bowl of oatmeal can drastically reduce heart diseases, stabilize blood sugar, and lower cholesterol.

10) Drink Green Tea Instead of Coffee

(Contd.. on p. 19)

Maxims are POSITIVE!

Our former President, A.P.J. Abdul Kalam, had consoled students with three 'Maxims':

1. If you "fail", never give up because F.A.I.L. means:
2. "First Attempt In Learning"!
3. End is not the "end".

In fact E.N.D. means:
"Effort Never Dies"!

4. If you get "no" as an answer, remember N.O. means;
"Next Opportunity"!

So let us be "Positive" he entreated the pupils.

Thus, I have been inspired to 'protract', 'probe' and 'propel' the word "POSITIVE", in order to 'prompt', 'persuade', 'proclaim' and 'practice'; in and out of season (period), so as to grow 'progressive' and "POSITIVE"!

P – Philanthropy, for a Perfect Personality.

O – Operations, for an Open Originality.

S – Service, to the Smallest of Society.

I – Initiatives, to Insure Integrity.

T – Trust, in the Transcendent TRINITY!

I – Innovations, for an Inspired Intimacy.

V – Values, for a Virtuous Victory.

E – Eucharist! JESUS' Eternal Ecstasy!

So, 'position' yourself for a "Positive" 'present' descending from 'Paradise', sent from our radiant PAPA!

"Every generous act (performance) of giving (providing), with every perfect (positive) gift, is from above (Paradise) coming down from the FATHER (Papa) of lights, with Whom there is no variation or shadow due to change" (James, 1:17).-

NB: words in bracket are mine

—Dr Trevor Colaso

Walking

Walking is the king when it comes to exercising. Almost everyone can walk, it is easy to do, feasible to maintain, and its benefits are proven beyond doubt! But just walking isn't enough. You need to make it really effective. Here's how.



To strengthen your lower legs as part of your warm-up, walk on your heels for 30 seconds. Aim for four to six power walks a week of 20 to 30 minutes each. Make sure you rest your body now and then to let your body repair and build up muscle. Ideally take one day off a week.

Every step counts

Take a spin around the office or walk down to the nearby market take the furthest parking space from your building take clients for a long walk instead of lunch schedule walking meetings instead of group sit-downs in stuffy rooms walk while you're on your mobile. Also, if you really can't set aside 30 minutes of your day for a walk, take a 10-minute walk after breakfast, lunch, and dinner to reach the goal of 30 minutes per day, or take a family walk after dinner or walk your dog.

Hydrate well

Hydrate well before, during and after the walk. Have a sports drink if you sweat excessively. To determine the quantity of fluid you require, weigh yourself before and after the walk. The difference in weight would be the quantity of fluids you may need to replace. Also avoid caffeinated beverages before your walk as they lead to loss of fluid from the body and make you thirsty.

Power walk

When it is done right, walking can blast away fat as fast as jogging maybe faster. Follow these pointers to power walking. Work on your pace aim to walk at about a 4.5-mile per hour (mph) pace. Take quick heel-ball-toe steps as these are more efficient and less tiring than long strides. Hold your head high raise your chin up and look about 10 feet ahead of you. Instead of hanging your arms loosely by your sides, bend the elbows at a 90-degree angle, close your hands in relaxed fists and swing them in an arc from your waist to your chest, keeping them close to your body. This way you'll walk faster, burn more calories, and build upper body strength.

Take a silent hike

When walking, try to be quiet, and tune into your surroundings. Be aware of the fragrance of the soil, the sensations of the breeze, the warmth of the sunshine, and draw up energy from the earth. This will enhance your sense of connection and serenity and walk your body as well as your mind.

Get a pedometer

A pedometer senses your body motion and counts your footsteps. This count is converted into distance by knowing the length of your usual stride. The simplest pedometers only count your steps and display steps and / or distance. A visual reminder (a pedometer clipped to your belt or shoe) not only makes walking easy but also keeps you accountable to something, even if it is a machine. This is a great motivating tool. For weight loss, experts usually recommend an uninterrupted walk each day of 4,000-6,000 steps.

A total of 10,000 steps every day is considered a magic number. You can find pedometers at sports stores, buy them online or use a pedometer app on your mobile.

—Agnelo Rodrigues, Wadala E



Studio fernandes
CUSTOM DESIGN

MEN'S APPAREL, FORMALS & ETHNICS

Shop No. 1, Harmony CHSL, I. C. Colony,
Holy Cross Road, Borivali (W), Mumbai - 103.
Tel.: 022 - 2894 0451 | Cell : +91 - 96643 04393

Inspiration!

Be More Appreciative

Most of us have access to everything we need and much of what we desire. Yet many people are very dissatisfied with their lives. Instead of getting into the never ending cycle of always wanting more and being critical of everyone, try a little gratitude. Experiencing and expressing appreciation is one of the keys to a good relationship and good life.

Steps

- 1 Start saying thank you for everything, time, gifts, service rendered, assistance, kind words, everything.
- 2 Make a list of things and people you appreciate and make a conscious effort to regularly show your appreciation for them.
- 3 Volunteer. Spend time at your local elementary school, library, homeless shelter, soup kitchen, nursing home, or hospital. Give blood, be a mentor, clean up your neighborhood park. Just do something that is for anyone but yourself on a regular basis.
- 4 Know that if you are lucky enough to have electricity and indoor plumbing, try to do without it for one full day. No cheating, you still have to find a way to do laundry, cook and



clean.

- 5 Understand that you regularly go out to eat, buy convenience foods, treats, even bread, or if you have help around the house, spend one week learning and doing it all for yourself. I guarantee the next time a waiter brings you a basket of bread that you had to wait a couple extra minutes for, you will feel more grateful and appreciate the work it took to get it to you.
- 6 If you have your own personal transportation, or live on a bus route, try walking everywhere for a few days.
- 7 Realize that if you find yourself being overly critical of people around you, make a mental list of their good qualities and the things they do that you appreciate (i.e. maybe your boss is not always nice, but he pays you enough to keep food on your table and most likely enough to afford many luxuries)

You can read the The Secular Citizen Online at:
www.issuu.com/secularcitizen

(Contd.. from p. 17)

- Most people prefer to start their day with a cup of coffee. The aroma of freshly brewed coffee can be very difficult to resist. Coffee also carries a list of health problems that include; acid reflux, intestinal problems, heartburn, anxiety, nausea and can induce unwanted stress.

Green tea is the healthier hot beverage alternative from coffee and provides a quick caffeine boost as well. Green tea is a staple in Asian culture and served with nearly every meal. Green tea also contains powerful antioxidants which fight off diseases and lower the risk of cancer. There must be something special in that green tea! A few minor changes to your dietary intake can make a tremendous impact to your health and well-being, and that is certainly some food for thought!

—Agnelo Rodrigues
Wadala E

Humor

PA to Mr. Modi - sir, which country have you planned to visit next?

Modi - ok, tell me which country is left?? I want to visit all in 5 years

PA - sir, only our own country is left. Indian citizens are confused whether they have chosen a Prime Minister or Vasco da gama

"Celebrations last for a moment & memories a lifetime"

WAYNE FERNANDES
YOUR HOST & COMPERE

For all your occasions, socials & Corporate events to remember...

+91-96196 80592 / 98920 33993

wayne.fds14@yahoo.com

<https://www.facebook.com/wayne.fernandes.compere>



Kiyaraa Beauty at home

Skin - Hair - Makeup

- Professional bridal makeup & hair style
- Facials according to skin
- Hair Spa
- Body polishing
- Nail Art
- Gift A Service

Only original & genuine products used.

Contact : +91 9820360534 / 08055199699
kiyaraa.beauty@gmail.com

Grooms



MATRIMONIALS

MUMBAI : Goan RC Bachelor 32 years, Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. S.Y.B.A., Computer Engineering, working as a Team Leader. Seeks a Goan or Mangalorean girl. Contact email : myfrancis@gmail.com OR 9969887236 / 9870002508 (Regd. No. 6310)

MUMBAI : Goan RC Bachelor 58 years, looks young, 5' 7", slim, wheatish, B.Com., own flats financially very well settled in Mumbai. Seeks educated, presentable lady upto 50 years. No Bars. Email : gerryc1956@gmail.com OR 09820636316. (Regd. No. 6301)

MUMBAI : Anglo Indian Roman Catholic Bachelor aged 37 years, Ht. 5' 9", Wt. 75 kgs, fair Complexion, Edn. Bachelors in Business Administration, Diploma in Electronics, currently pursuing MBA in projects. Working as a Senior Operations Manager. Contact email : vanderhidebrian123@gmail.com OR 8655770778 / 9920207250 (Regd. No. 6298)

MUMBAI : Goan Roman Catholic Bachelor Edn. 8th std., having own accommodation, working in Catholic school as a Peon, drawing good salary, aged 47 years, Ht. 5' 2", Wt. 55 kgs, Wheatish Complexion, Seeks a suitable match. Contact Mob.: 9892134950 (Regd. No. 6294)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 27 years, Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. B.Sc., IT, MCM, working as a Associate Developer. Only Child. Seeks a educated girl. Contact email : peterlobo.lapetero@gmail.com OR 9969477179 (Regd. No. 6278)

MUMBAI : Goan RC Bachelor, aged 28 years, Ht. 5' 11", Wt. 78 kgs, Wheatish Complexion, Edn. B.E. I.T., Principal Consultant in South Africa. Currently in Mumbai Contact immediately : ronaldsouza.pm@gmail.com OR 9702970004 / 9820842154 (Regd. No. 6276)

MUMBAI : Goan Roman Catholic, aged 67 years, looks much younger to his age, Pensioner from Australia, intend to settled in Mumbai or Goa. Ht. 5' 10", Wt. 83 kgs, Wheatish complexion, Edn. SSC., seeks a girl from decent family background. Contact : 7506932009. (Regd. No. 6274)

MUMBAI : Goan Roman Catholic Bachelor, aged 36 years, Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. Contact email : raceangelreb@yahoo.in OR 9821173681 (Regd. No. 6172)

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 27 years, Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a Sr. system Engg in Mysore. Seeks a graduate, Mangalorean girl below 25 years. Contact email : dsz.roshan@gmail.com OR 9699672525 / 8767173907 (Regd. No. 6168)

CANADA : Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 5' 4", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, working in Hotel line. Seeks a Mangalorean girl, below 27 years. Contact email : mathias.brian@ymail.com OR 5875824352 (Regd. No. 6167)

MUMBAI : Mangalorean RC Parents Mumbai based invite proposal for their Bachelor son, aged 27 years, Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.E., Chemical working in Saudi Arabia for reputed MNC having family status (ready to relocate), Seeks a suitable educted girl. Contact email : florange903@gmail.com OR 9867974086 (Regd. No. 6141)

MUMBAI : Mangalorean RC Bach-

Members are requested to inform us when they are settled, so that publication of their details can be discontinued.

elore, aged 29 years, Ht. 6' 1", Fair Complexion, Edn. BE and Masters in Computers (IT) from London, working in an MNC (IT) in Mumbai, Seeks an educated, simple, mangalorean girl. Contact email : johnsonquadros@yahoo.co.in OR 28618926 / 9920631575 (Regd. No. 6014)

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)

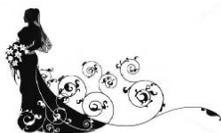
MUMBAI : "I am a fun loving 38 years Goan R.C. Ht. 5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., C.A., who believes in having a balance between work and personal life. Fond of music, travelling and the best way for me to unwind is through dance (Latin Style). I am currently working for a reputed MNC for last 5 years. Though I drink socially and occasionally, smoking is a strict-no. Seeking alliance with a simple, god-fearing girl with a good family background. Eventually, I hope to see myself not just as my partner' partner but my partner's Best Friend forever!" Contact email : goansearch@yahoo.com OR 9833761339 (Regd. No. 5994)

MUMBAI : Mangalorean RC Bachelor, aged 27 years, Ht. 5' 11", Fair Complexion, Edn. B.Com., MBA, Sales Director, Only Child. Seeks a humble, god fearing, kind, Ht. above 5' 2", age below 26 years. Contact email : natashadevelopers@aol.in OR 9820092761 (Regd. No. 5981)

Address your replies to :

Regd. No.
ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st
Floor, Fort, Mumbai - 400 001.

To Place Your Matrimonial Advertisement Call:
2269 3578 OR 2265 4924



MUMBAI : RC Goan Spinster, 37 yrs, 5' 2", slim, Wheatish Complexion, looks young and good looking, holding USA Citizenship. Completed Associate Degree from USA. Presently residing in Mumbai for a short while. Seeking alliance from a well-educated, well-settled, good family background bachelor from USA or someone from UK, Canada, Australia upto 42 yrs. Reply with details and latest photo to senorita_gomes@rediffmail.com or 9769825928. (Regd. No. 6031)

NASIK : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 2", Wt. 50kgs, Wheatish Complexion, good looking and decent, Edn. B. Com., P.G. Diploma, studied in Mumbai, working as a Co-ordinator. Contact email : ruby.rego@gmail.com OR 9168165005 (Regd. No. 6326)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 163 cms, Wt. 62kgs, Fair Complexion, Edn. M.D. (Ophthalmology) Doctor by profession. Seeks a Mangalorean bachelor from Mumbai or Mangalore below 32 years, preferably Medical profession. Contact email : rufa0107@gmail.com OR 9969642490 (Regd. No. 6325)

MUMBAI : Goan Roman Catholic Spinster, aged 36 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. M.Sc. (Chemistry) working as an Executive. Contact email : piress90@yahoo.com OR 9867736474 (Regd. No. 6320)

MUMBAI : Goan RC Spinster, aged 29 years, Ht. 5' 4", Wt. 52 kgs, Wheatish Complexion, Edn. M.B.A. in Finance, working as an Executive. Contact email : febrinedsouza@gmail.com OR 9619374254 (Regd. No. 6318)

MUMBAI : Goan RC Spinster, aged 34 years, Ht. 5' 5", Wt. 69 kgs, Fair

and good looking, Edn. B.A., well settled, seeks a qualified, sober, well settled bachelor from good family background. Contact email : feelingblessed2015@gmail.com (Regd. No. 6317)

MUMBAI : Mangalorean RC Spinster, aged 26 years, Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. M.A., Teacher by profession. Contact email : aranha.priya22@gmail.com OR 9920320332 (Regd. No. 6316)

MUMBAI : Matrimonial alliance is invited for a Catholic Spinster, aged 25 years, M.A., B.Ed., High School Teacher, Wheatish Complexion, from Catholic bachelors below 30 years of age, well qualified, financially stable, sober, preferably working in Mumbai, East Indians, Mangaloreans or Goans may mail their details to dsilva.agnes57@gmail.com (Regd. No. 6195)

MUMBAI : Goan (Bardez) Roman Catholic Spinster, aged 32 years, Ht. 5' 4", Fair Complexion., Edn. B.A., Dip. in Financial Management, Banking Exams, Working as Senior Manager for a reputed Private Sector Bank Seeks educated and well settled Roman Catholic Goan (Bardez) Bachelor between 34-36 years. Ht. 5' 7" and above. Contact email : andy.franky@hotmail.com OR 9833710833 (Regd. No. 6185)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 35 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Sr. Customer Service Associate. Contact email : dsouza.arati@gmail.com OR 9869612479 (Regd. No. 6184)

MUMBAI : Telugu Protestant Christian Spinster, aged 29 years, Ht. 5' 2", Fair Complexion, Edn. B.H. T.M.S., working as a F.O. Manager. Contact email : asmatrix82@gmail.com OR 8454083778 / 7506242266 (Regd. No. 6182)

MUMBAI : Goan Roman Catholic Spinster, aged 38 years, Ht. 5' 2", Wt. 44 kgs, Wheatish Complexion, Edn. B.A., working as a Manager in Bank.

Seeks a suitable match. Contact email : musikin@yahoo.com OR 9820023114 (Regd. No. 6165)

MUMBAI : Roman Catholic Divoree, 1st marriage is annulled by the church, having one grownup son, well settled, Ht. 5' 3", Wt. 60 kgs, fair complexion, pretty, aged 53 years, looks much younger to her age, Edn. SSC., Hair Styling and BeautyCare by profession. Seeks a suitable match having a good personality and good health. Contact email : psvaz23@hotmail.com OR 9821970719 (Regd. No. 6162)

PUNJAB : North Indian Roman Catholic Spinster, aged 28 years, Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate in Nursing, Position : Nursing Tutor (Clinical Instructor), Calm, quiet, intelligent, Seeks a suitable match from respectable family, and well settled. Contact email : shephalitagga04@gmail.com OR 0164-2272549. (Regd. No. 6161)

MUMBAI : CSI Protestant Spinster, aged 39 years, Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., Computer Teacher. Seeks a suitable match. Contact email : george_bhagya@yahoo.com OR 9819206366 / 9545978761 (Regd. No. 6160)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 24 years, Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., working for a Multinational Company. Contact email : denverr89@gmail.com (Regd. No. 6025)

Address your replies to :

Regd. No.
ROYAL CHRISTIAN FAMILY,
99, Perin Nariman Street, 1st
Floor, Fort, Mumbai - 400 001.

Please renew your membership
at least a month in advance
before its expiration date.

Royal Christian Family
Helps In Choosing
The Right Life-Partner
Serving Since 34 Years



MUMBAI : Goan Roman Catholic
Spinster, aged 31 years, Ht. 5' 4",
Wt. 55 kgs, Wheatish Complexion,
Edn. B.Com., working as a Team
Leader. Well settled. Contact email
: goldielocks.2183@gmail.com OR
9820861212 / 66995774 (Regd.
No. 6157)

MUMBAI : Mangalorean Roman Catholic
Spinster, aged 25 years,
Ht. 5', Wt. 46 kgs, Wheatish Com-
plexion, smart, Edn. LLB., Lawyer
by profession. Seeks a educated,
well settled bachelor from decent
family background. Contact email
: asm2983@gmail.com / vid_su-
aris@yahoo.co.in OR 9820838128
(Regd. No.6156)

MUMBAI : Maharashtrian Portestant
Spinster, aged 29 years, Ht. 5' 2",
Wt. 56 kgs, Fair Complexion, Good
looking, Edn. B.A., LLB., CS, Le-
gal Advisor by profession. Seeks
a suitable match. Contact email :
dilipphansalkar@gmail.com OR
9820434141 / 9930056602. (Regd.
No. 6155)

MUMBAI : Goan Roman Catholic
Spinster, aged 31 years, Ht. 5' 2",
Slim, Fair, Edn. B.Com., working as
a Operation Analyst in Financial Or-
ganisation. Seeks a suitable match.
Contact email : tracymails@yahoo.
com OR 9920243080 (Regd. No.
6122)

MUMBAI : Goan Roman Catholic Spin-
ster, aged 25 years, Ht. 5', Wt. 50
kgs, Fair Complexion, Edn. B.Com.,
B.Ed., Teacher by profession. Con-
tact email: ritinadsouza@gmail.
com / arlophvieira@gmail.com OR
9820448715. (Regd. No. 6119)

MUMBAI : East Indian Roman Catho-
lic Spinster, aged 25 years, Ht. 5' 4",
Wt. 55 kgs Fair Complexion, Beauti-
ful, Edn. MSc (statistics), working as
a Sr. Marketing Executive. Seeks a
well settled, understanding bachelor
below 33 years. Contact email : per-
kin12@gmail.com OR 9833989747
(Regd. No. 6117)

ABU-DHABI : Goan Roman Catholic
Spinster, aged 34 years, Ht. 5' 2",
Wt. 58 kgs, Wheatish Complexion,
Edn. M.A. Eng., Literature, working
as a Copy Editor. Contact email :
barretto.lorraine@gmail.com OR
9730454857 (Regd. No. 6033)

MUMBAI : Mangalorean Roman Catho-
lic Spinster, 32 years, Ht. 5' 1", Wt.
55 kgs, Wheatish Complexion, Edn.
B.Com., MBA (Finance) working as
an Asst. Manager. Seeks a suitable
match. Contact Email : florineb81@
gmail.com OR 9820233988 (Regd.
No. 6098)

MUMBAI : Goan Roman Catholic
Spinster, 31 years, Ht. 5' 7", Wt. 56
kgs, Fair Complexion, Edn. MBA
(Finance) working as a Payroll Ad-
ministrater. Seeks a suitable match.
Contact Email: audzzehotmail.com
/ maggie_magguehotmail.com OR
9869771255 (Regd. No. 6097)

MUMBAI : Goan Roman Catholic Spin-
ster, 29 years, Ht. 5' 1", Wt. 56 kgs,
Wheatish Complexion, Edn. B.Com.,
MBA (Finance) working as an Asst.
Manager in Bank. Seeks a suitable
match. Contact Email : oldgoa2012@
gmail.com OR 9869765169 (Regd.
No. 6096)

KOLHAPUR : Goan Roman Catholic
Spinster, aged 25 years, Ht. 5' 7", Wt.
52 kgs, Wheatish Complexion, Edn.
MBA (HR), MBA (System), Lecturer
by profession. Seeks a well educated
with good family background. Contact
email : srm13_serin@yahoo.com OR
9226088408 / 9226944426 (Regd.
No. 5991)

QATAR : R.C. Spinster, age 28, Ht.
5' 6", MBA, working in Qatar for an
Oil Company along with her family,
seeks alliance from tall, well edu-
cated bachelors (working on ship or
abroad-Engineers), having strong
catholic values. Please respond to
email: vanspereira25@gmail.com OR
97466756066 (Regd. No. 5990)

GUJRAT : Goan Roman Catholic
Spinster, aged 27 years, Ht. 5' 4",

Wheatish Complexion, Edn. M.E.
(Mechanical) working as an Asst.
Professor in Engineering College.
Seeks highly educated bachelor.
Contact email : alicedsz08@gmail.
com / alicedsouza08@yahoo.in
OR 0265-2339630 (Date of Birth
8-4-1987)

NEW DELHI : Goan Roman Catholic
Spinster, aged 28 years, Ht. 5' 3",
Wheatish Complexion, Edn. B.A.,
working as a Travel Executive.
Seeks a suitable match. Contact
email : elaine.j.gomes@gmail.com
OR 9818729963 (Regd. No. 6143)

DUBAI : Mangalorean Roman Catho-
lic Spinster, age 28 years, Ht. 5' 4",
Wt. 60 kgs, Wheatish Complexion,
Edn. MBA - Finance, working as an
Accountant in MNC Syvau - UAE,
Seeks alliance RC from well edu-
cated and good family background.
Working preferably in UAE. Contact
email : saldanha.leena7@gmail.
com OR 9967816258 / 00971-
526649919 (Regd. No. 6090)

MUMBAI : Mangalorean Roman Catho-
lic Spinster, aged 25 years, Ht. 5'
3", Fair Complexion, Edn. M.com,
(Accounting) GNIIT, Working as
an Accounts Executive. Seeks a
Mangalorean educate and well
settled boy below 30 years. Contact
email : nishalobo88@gmail.com OR
26324478. (Regd. No. 6089)

MUMBAI : Goan Roman Catholic
Spinster, aged 38 years, Ht. 5' 2",
Fair Complexion, Edn. B.A., (Eco-
nomics), working as a Purchase
Manager. Contact email : lynette_
d03@yahoo.com OR 9967501128
(Regd. No. 6088)

DUBAI : Mangalorean R.C. Spinster,
aged 33 years, Ht. 5' 5", Wt. 60
kgs, Fair Complexion, Working in
Govt. Hospital in Dubai as Specialist
Doctor (M.D.) Seeks a well quified
bachelor from Decent family. Kindly
send the profile and recent photo-
graph to Email : alliance12313@
yahoo.in OR 09845850726 (Regd.
No. 5619)

During holidays, instead of taking kids to movies, shopping...

Try to do the following activities :

1. Go to the nearest bank and show them the functioning of the banks, how ATMs work and what is the benefit of it.
2. Take time out and visit orphanage, home for the aged and explain to them about those places.
3. Take them to the rivers, seas, oceans and teach them how to swim.
4. Give them saplings and ask them to plant them and water them and see them grow. Encourage them by saying that they will be presented with gifts for their good deeds.



6. Take them to government hospitals and show them the difficulties the patients are going through. Tell them how difficult it is to go through this process of pain if you are met with an accident.

7. Take them to your home-town/village and let them spend time with their grandparents, uncles, aunts, cousins. Let them experience the affection and good

times of being with the family. Show them what is agriculture/farming and the difficulties a farmer goes through in providing the food that we are eating and that we should not waste food.

8. Take them to the nearby police station, court, jail. Explain them the punishments rendered to the inmates because of their wrong doings. This will make them aware of the bad things they should be away from.

9. Make them sit by you and ask them what their needs are and satisfy some of the useful ones and explain them which ones are essential and which ones are not. Give them a feeling that you are there for them.



5. Perform blood donations in front of them, and explain to them the need for it. Be a hero (role model) for them.



Subscriptions for

SECULAR CITIZEN

Renewal as well as New, can be sent through Bank Fund Transfer to any one of the following banks:

Bank: HDFC Bank
Branch : CST - Mumbai VT
Account Name: The Secular Citizen
Account No. 03552000006744
ISFC code: HDFC0000355

or
Bank: Citizen Credit Co-op Bank Ltd.,
Branch : Colaba, Mumbai
Account Name: The Secular Citizen
Account No. 000000000100489
ISFC code: CCBL0209003

Please inform us through email: secular@vsnl.com or through phone: 22693578 after transferring the same.

HOLY FAMILY COLD STORAGE

John Rodrigues House, Chakala, Andheri (E), Mumbai – 400099
Located on the way to International Airport, Nr Cigarette Factory
Convenient for the Passengers carrying the stocks abroad.

Try our Fresh Pork Meat; Fresh Real Good Chicken; Cold Cuts; Ready to eat items; Goan Sausages; Goan, Mangalorean and East Indian variety of Masalas.

Note: We provide *FREE HOME DELIVERY* to our most valuable customers.

Phone : 2827 0498 Mobile: 99695 73121

Finding the Love of Your Life!



In its service spanning over 34 years,
ROYAL CHRISTIAN FAMILY
has helped thousands of marriageable
boys and girls in finding their
suitable Life-partner from its wide
data-bank of **Christian Brides and
Grooms** from across India and
all over the world



Royal Christian Family

99, Perin Nariman (Bazargate) Street, 1st Floor, (Above Mahesh Paper Mart &
Dr. Kothari Clinic), Nr. CST & GPO., Fort, Mumbai 400001

Tel.: 91-22-22693578, 22654924

Email: royalchristianfamily@gmail.com

Website: www.royalchristianfamily.com

Youth of today will be the generation that inherits this nation and the world. They will be the ones making decisions that will impact the nation and the world after some years from now. Among them some may even reach the top posts in the government, political position and corporate sector in the future. To enhance their abilities we have designed a project which we call :

Leaders in the Making and Reaching to the Top

After about 10 to 11 years running this project as a full day seminar in Mangalore and Mumbai at different parishes and locations which covered over 8000 youth, now we are preparing to reach the wider section of our youth through the medium of internet.

The youth will be guided for creative leadership by mentors to achieve their higher goals.

We welcome experts, professionals and entrepreneurs as Mentors to guide these youth

The Secular Citizen

99, Perin Nariman Street, 1st Floor, Fort, Mumbai 400001

Tel.: 022 - 22693578, 22654924

Email: secular@sezariworld.com