

# THE SECULAR CITIZEN

(Total pages 24)

A NATIONAL FAMILY WEEKLY

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Be a new  
**YOU**  
this New Year

Are you looking for inventive ways to transform yourself for the New Year? A lot of people do that come January. After all, new year, new you, right? Here are ways to transform yourself for the New Year. See if they suit you, if they ring any bells, or if you think any of these are something you would like to do!

(Read on pg.15)

## Let go of these to live a joyful 2016

Let go of making life choices based on the expectations of others.

Let go of ignoring your intuition.

Let go of questioning your dreams.

Let go of waiting to take action until you're confident in the results.

Let go of comparing yourself to others.



# CCCI Christmas Get-together 2015

Members of Christian Chamber of Commerce and Industry celebrated their Christmas Get-together with family and friends on 19th December 2015 at Hotel Kohinoor Continental, Andheri East.

The event is graced by Joint police commissioner of Mumbai Crime branch, A. Kulkarni as Chief Guest and Fr Francis D'Mello, Director of St Xavier's Engineering College, Mahim as Special Guest. Mr. Anthony Sequeira, Chairman CCCI welcomed and gave his Christmas Message.

The entire programme this time was organised and designed by the youth group of CCCI under the leadership of Reuben Buthello and sub-committee Vernon Mathias, Boris Buthello and Prem Sequeira and the entire youth team. The team conducted games, Christmas carols, jokes, dances and other recreation competitions.

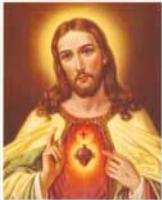
Aldridge D'Souza and Miss Denise Pereira introduced the guests and compered the programme. Reuben W Bothello proposed the vote of thanks. It was attended by a large number of CCCI members.



RONIDA



## Thanksgiving



Thanks to Sacred Heart of Jesus & St. Jude for the favours granted



May the Sacred Heart of Jesus be adored, loved, glorified & praised throughout the world now and forever. Sacred Heart of Jesus, have mercy on us. Sacred Heart of Jesus, Thy kingdom come. St. Jude worker of miracles pray for us. St. Jude helper of the hopeless pray for us. Amen, Say this prayer nine times a day for nine days.

— Robert Mendonca, Baroda

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**'Thought for the week'**

*Don't start your day with the broken pieces of yesterday. Every day is a fresh start. Each day is a new beginning. Every morning we wake up is the first day of our new life.*

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Cover : Be a New You This New Year:

(Article on p. 15)

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**Ushering in the Year of Mer cy**

by Jayeel Serrano Cornelio

**Manila:** A new morning is a reality that many take for granted. Plans for work, and with family and friends necessarily rest on the assumption that one day is replaced by another. In sociological terms, the possibility of everyday life thrives in the mundanity of patterns. In a way mundanity makes it possible to look forward to the coming year with some expectations and perhaps many plans too.

And so in spite of the setbacks of 2015, surveys and reports show that governments and businesses are optimistic about 2016. Investments around Asia continue to expand and economic growth is still anticipated. Asia, after all, remains to be the "fastest-growing region of the global economy," as the IMF's Mitsuhiro Furusawa claimed in a speech to Central Bank governors in Manila last November.

The assumption that another morning will soon arrive keeps us hopeful.

And yet one can only be cautious with optimism. Although it speaks of Christmas as a "day of joy," a huge part of Pope Francis' "Urbi et Orbi" message is devoted to contemporary atrocities. In 2015, violent conflicts in Syria, Iraq, and Libya fearfully mirrored each other. Terrorism in Paris and the influx of refugees around Europe became dangerously synonymous. In South and Southeast Asia, the suffering of the Rohingya people is in many ways a crime against humanity. In the Philippines, all the celebration over its stellar economic growth simply concealed the fact that it has never been inclusive. Lamentable too is the spread of preventable diseases in this part of the world.

Inaugurated on Dec. 8, the Jubilee Year of Mercy is therefore a timely intervention on the part of the Catholic Church. In his proclamation delivered last April, Pope Francis characterizes mercy as the "bridge that connects God and man, opening our hearts to the hope of being loved forever." As a result, holy doors around the world were opened and specially appointed priests allowed to grant absolution for abortion. The jubilee also includes the granting of indulgences and calls for greater interreligious dialogues. Throughout the year, special events will be celebrated for various groups such as catechists, prisoners, deacons, and volunteers. The Year of Mercy is in effect a year to love and be loved.

In a significant way, therefore, the proclamation brings the church back to its fundamental calling. Pope Francis believes that mercy is the "very foundation of the church's life" and that "nothing in her preaching and in her witness to the world can be lacking in mercy." He recognizes the strong temptation for the church to instead exercise justice in lieu of mercy. This is true especially in societies where religious leaders vie for social and political power. But he acknowledges too that mercy seems to have become unfashionable in the wider culture. Meritocracy and the pursuit of wealth are pillars of neoliberalism, that, when left

(Contd.. on p. 4)

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unchecked, can leave the weak behind and blame them for their own fortunes.

The morning will come tomorrow. I am sure of it. But we cannot merely wait for what tomorrow brings. Nor can we allow only the powerful to define it for us.

And so 2016, the Year of Mercy, cannot simply be a series of religious events. Adherents of the faith and people of goodwill need to complement and in fact challenge, when necessary, any sense of optimism that will benefit only the few.

And if the atrocities of 2015 were any reminder, oppression in society is not simply economic in character. In 2016, the world still needs to confront authoritarian regimes, human displacement, the exploitation of workers, and the tyranny of powerful nations. Their victims are crying out for mercy.

*Jayeel Serrano Cornelio, a sociologist of religion, is the director of the development studies program at Ateneo de Manila University, Philippines. He writes on religion, philanthropy, youth, and the city.*  
Source: UCAN

## Unfailing Prayer to St. Anthony

O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures, made you worthy, when on earth, to possess miraculous powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

—John C. Fernandes, Mangalore



## Its the season of love

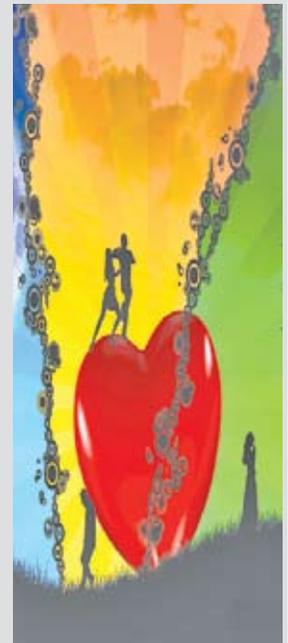
Its the season of love  
Its the time to celebrate.  
There is a reason to serve  
This is a time to reach out to the less-fortunate.

With my spouse with me  
Of our parents' blessings assured are we..  
Love fills our family  
Love fills the society.

Mercy brings forgiveness  
Forgiveness brings healing.  
Its the time for oneness  
the time for relationship-healing.

Love can be expressed in many ways  
Love can brighten the days.  
Love unfolds opportunities,  
Love appreciates our abilities.

Its the season of Love.  
Its the season to Love.  
Its the season for Love.  
Its the season.... let thou' Love



by Adv. Aileen Marques

## Novena to the Sacred Heart of Jesus

Almighty arms of Jesus, before you I come with all my faith begging you for comfort in all my difficulties. Do not forsake me, Good Jesus.

Open your doors in my way that your Almighty Arms will open and close as you design to give me that tranquility that I so desire (make your petitions for three difficulties).

Oh my Jesus, receive that supplication from a wounded heart that is always fighting for me, with

your divine power, never let me scramble for want of help. Almighty Jesus assist me to find a shelter in your celestial country ever AMEN.

Kindly note: This prayer start on Friday and must continue for 15 days. Make 4 copies and give away. Each day light a candle while praying and then put it out. Only one candle to be used for 15 days. Thank you my Lord for helping me in all my difficulties and special favours granted.

—Lucas D'Mello





## More publicity needed for the Holy Year of Mercy

Pope Francis ushered in the Holy Year of Mercy by opening the main door of St Peter's basilica in Rome on Dec 8 . All dioceses are expected to open at least one Holy Door . For the first time, the pope has permitted opening of the Holy Door outside Rome expressing his desire to take the Year of Mercy to the local level. The pontiff even opened a Holy Door at a soup kitchen and shelter for the poor in Rome, run by Caritas. Last Sunday, the parish priest of Calangute ( my village in Goa) opened a Holy Door at St Alex's church.

There are several important features of the Holy Year of Mercy such as : Walking through a Holy Door, gaining a plenary indulgence( complete remission of all sins) , going on a pilgrimage, making a confession, doing spiritual and corporal works of charity like feeding and clothing the poor and several more. These features need to be explained to parishioners in some detail . I regret to say that this not being done adequately.

Plenary Indulgence can be gained by praying before the Blessed Sacrament for half an hour, saying the rosary in the church or as a family or as a community, attending the first mass of a new priest and many more. An important feature of the Holy Year is absolution for the sin of abortion which normally can be given only by a bishop. During the Holy Year all priests have been given this faculty. But how many people aware of this? These and other features of the Holy Year are important and need to be explained to the faithful. Fr Google cannot always be relied on for authentic information.

—Prof Robert Castellino

Orlem

## Entering The Holy Door Of Mercy

Another Christmas is over, but the growing incidents of violence, hatred, hate -speeches , family feuds and killings of innocent children by parents, have yet to abate, especially in our once peaceful State of Goa where crime was earlier unknown. The Christmas message of love and peace has unfortunately failed to sink into our hearts and change our sinful behavior and attitudes. So, as we prepare ourselves to start the New year, it is hoped that we leave behind our past baggage of hatred and intolerance, and enter the jubilee holy door of mercy opened by Pope Francis in the Vatican and by the local bishops in their respective dioceses, with a sense of forgiveness and mercy. As Christians we need to keep the doors of our heart open remembering the words of our Lord Jesus Christ who said” I am the door who saves and pastures. I am the way the truth and the life. No one comes to the Father except through me’ (Jn. 1o:9, and !4: 6).

—A. F. Nazareth, Alto Porvorim

## Challenges Facing Women in the Workplace

An international seminar on, “Women and Work”, organized by the Pontifical Council for Laity, took place in Rome on 04-05, Dec. 2015. About 100 participants discussed the challenges facing ‘professional women’ trying to balance the demands of their careers and their family life. The semi-

nar will be especially looking into the gender pay gap, as well as innovative solutions to help women overcome discrimination in the workplace.

Pope Francis expressed his hope that the symposium will help to affirm the indispensable role of women in the family, in the formation of children, as well as the essential contribution of women workers in the building up of economic structures, and a politics worthy of humanity.

One renowned Australian publication in 1999, “Women and Man: One in Christ Jesus”, by Donella Johnston, notes that women out-participate men in all areas of Church life except in the Ordained Ministry. In education, healthcare and social services, it revealed that women perform respectively around 70%, 80% and 90% of the labor.

Ms. Donella pointedly remarked that in India, Bishops now also have a remarkable gender policy. Several goals of the report have yet to be achieved, but the vision is there. And if I may add, for Scripture does not differentiate: “... There is neither male nor female, for we are all one in Christ Jesus” (Galatians 3:28).

—Dr. Trevor Colaso, *Bandra*  
(Now at Memphis, TN, USA)

## Liquor Policy Flawed

Kerala govt's liquor policy flawed Kerala govt's liquor policy somehow seems to smack of discrimination. What is sauce for the goose is sauce for the gander. But in Kerala, while the rich can drink in five star hotels the poor are not allowed to drink in country bars . If the govt is concerned about the health of the poor it should also show similar concern for the health of the rich. This decision seems like a throwback to the British Raj when clubs and other 'white' establishments frequently sported notice boards reading 'Indians not allowed'. The difference is that now Indians are discriminating against their own countrymen.

The govt may argue that it has not banned alcohol, but only banned consumption of alcohol in bars. But by

(Contd.. on p. 6)

(Contd.. from p. 5)

the same logic the rich too can drink at home. Why should they be given preferential treatment?

The govt has the right to ban alcohol totally by introducing prohibition but it has no right to make choices for the rich and poor selectively. Moreover, if the govt is really concerned about the health of the poor, why doesn't it ban beedis and allow only the rich to smoke cigarettes?

—Prof Robert Castellino

## LPG Subsidy Should Be Only For Needy

The govt has decided to discontinue LPG subsidy to consumers who have a taxable income of Rs 10 lakh plus. While the Rs10 lakh ceiling is a move in the right direction it will only target the salaried class, as tax is deducted at source (TDS). Several businessmen and shopkeepers do not show any taxable income even if they earn income in lakhs. Moreover, while NRIs earn fabulous salaries their families living in India will enjoy benefit of LPG subsidy. And politicians generally exempt themselves from paying any income tax.

The difference between a subsidized LPG cylinder and the market rate is currently only about Rs200. For that much money you will not get half a bottle of whisky in Mumbai. There should be a better way of ensuring that only the deserving can avail of LPG subsidy.

—Prof Robert Castellino  
Mumbai

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# Kerala Parish Encourages Daily Mass Attendance

**Monippally:** A Catholic parish in Kerala has devised a new way to encourage daily Mass attendance among children.

St Thomas' Parish, Cheenkallel under Palai diocese, on January 1 gifted bicycles to 20 children aged 5 to 13 years who had attended Mass on all days during 2015.

"We promised a bicycle each for those who completed 365 days of attendance. The first day had 50 children for the Mass. Only 20 could complete the race Not all will persevere,." parish priest Fr Joseph Kaduppil told Matters India.

Assistant pastor Fr Mathew Korankuzha helped the pastor buy the bicycles, each costing 5,200 rupees. "It is of course a moral and spiritual boost to the children," Fr Kadupil added.

"When we promised the gift we did not imagine anyone would sponsor the bicycles. One family came forward to fund 11 cycles and another family from a nearby parish paid for nine more," said Fr Kaduppil a visitor professor in various seminaries in India.

Ebin Dellis, one of the winners, said he goes for Mass daily because of his desire to receive Jesus. "I will continue to thank God for his gift and for all the blessing in my life," the 13-year-old ninth grader told Matters India.

Five of the winners were first graders, the assistant pastor said.

The parish priest said the children's gesture has inspired some parents to change their lifestyle. Father of a five-year-old was an alcoholic who had kept away from the church. The child pestered him to accompany him to the church. "Now the father has become a regular participant in the dai-

ly Mass. This is the greatest gift we priests have received this year," the priest added.

Many of the prize winners are altar servers. "We encouraged them to participate actively in the Eucharist saying the payers loudly, and follow certain discipline in the church, as well in life."

The sponsors also presented a kit, containing a rosary, statue of the Blessed Virgin, prayer book, chocolate and an alarm watch to wake up on time, the priest said.

The priests also monitor the children's school progress reports to keep track of their academic performance.

What next? The priests are planning a package tour for kids that include travels by air, train and ship. "It will be much cheaper than the bicycle," the pastor added.

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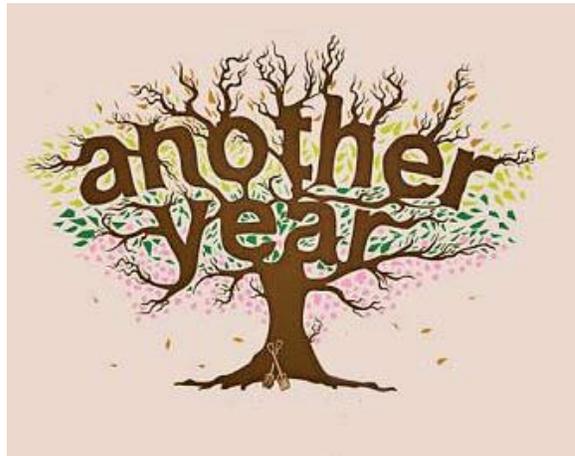
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# Looking Forward To Another Year!



BY FR. CEDRIC PRAKASH  
SJ



secure return for them.

2016 promises to be a year of promise! We hope and pray that it will be a year of fulfilment too: for mercy, justice, inclusion, security and peace! We need to look forward to this year with resolute determination and to leave no stone unturned to make of it a year worth living for others and for ourselves too!

*\* (Fr. Cedric Prakash SJ is the Director of PRASHANT, the Ahmedabad-based Jesuit Centre for Human Rights, Justice and Peace.)*

**A**s another year - 2015 - slowly slips into history, it's a good time to look forward to a brand new year: 2016 and the promise it holds

2016 is for Catholics the Jubilee Year of Mercy. There cannot be a better foundation for the year. Mercy is a quality of the brave and not of the faint-hearted. Mercy is not about ignoring the wrong - but on doing all one can to address it and overcome it. Mercy is rooted in justice. Pope Francis reminds us that "it would not be out of place to recall the relationship between justice and mercy. These are not two contradictory realities, but two dimensions of a single reality that unfolds progressively until it culminates in the fullness of love." (MV#20)

2016 is dedicated by the United Nations as 'The International Year of Pulses' (IYP 2016) which 'aims to inspire young people to not only to think about the role of pulses in feeding the world, but to motivate them into playing a more active role in matters affecting their environment'. Few of us realise how important pulses are to the ordinary person. It is a necessity in one's daily diet. Yet, the costs of pulses have kept sky-rocketing in India! Will pulses be easily accessible to the poor of India in 2016? We hope it will!

2016 will be year when many will continue to yearn for lasting peace. These past years have been marked

with violence at every possible level: from the bombings on innocent civilians to the sinister domestic violence in the confines of one's own home. Much of this lack of peace is due to divisiveness, prejudices, falsehood and indifference. In a message for the XLIX World Day of Peace on the theme 'Overcome indifference and win peace' Pope Francis writes, "yet some events of the year now ending inspire me, in looking ahead to the new year, to encourage everyone not to lose hope in our human ability to conquer evil and to combat resignation and indifference. They demonstrate our capacity to show solidarity and to rise above self-interest, apathy and indifference in the face of critical situations." We certainly need to transcend indifference and pettiness!

2016 and will we see the return of refugees to a place which they once called 'home' that to which they belong? Will the promise that a brave woman like Angela Merkel gave to the world in opening the borders of her country continue with greater commitment? Will we see a whole-hearted response by Governments all over to provide refugee children with more than lip-service education? If 2015 saw the largest movement of refugees in the recent history of the world, 2016 must surely promise a safe and

## The Extraordinary Jubilee Year Of Mercy

The Holy Father Pope Francis announced the Extraordinary Jubilee Year of Mercy during the Lenten penitential service at St. Peter's Basilica, Rome on Friday 13th March 2015. This Jubilee Year is celebrated from 8th December 2015 to 20th November 2016, the Feast of Christ the King.

The Year of Mercy calls all of us to rely on God's Mercy and share His Mercy with others.

On Sunday, 13th December, Pope Francis opened the Holy Door of the Cathedral of Rome, the Basilica of St. John Lateran. After that, the Holy Doors of the other Papal Basilicas are opened.

Moreover, the Holy Father decreed that on the same Sunday, "in every local church, at the cathedral — the mother church of the faithful, a Door of Mercy will be opened for the duration of the Holy Year.

His Grace the Most Rev. Dr. Bernard Moras, Metropolitan Archbishop of Bangalore opened the Jubilee Door at St. Mary's Minor Basilica, Shivajinagar on Friday, 1st January, 2016 at 5.00 p.m. A large number of Priests, Religious and lay faithful participated in this Solemn Ceremony.

# “Return To Essentials”

At his ‘Annual Christmas Greetings’ (Dec. 21, 2015), to the members of the ‘Roman Curia’, Pope Francis urged them to “return to the essentials”, and to thus follow a path of gratitude, conversion, renewal, penance and reconciliation, as indicated by the ‘Jubilee Year of Mercy’!

He listed a ‘catalogue of twelve pairs of virtues’, by which to advance on a path of goodness – a practical aid to make their consecration and service to the Church more fruitful and fertile. It would indeed be instructive for the Clergy of India, and more so for its laity too.

The first set of virtues is that of a ‘Missionary and Pastoral Spirit’, which is needed by priests in their daily efforts to follow the “Good Shepherd”, Who cares for the flock and gives life.

He then enumerates, ‘Suitability and Sagacity’, which are imperative for staying away from recommendations and payoffs. Then ‘Spirituality and Humanity’, including ‘Example

and Fidelity’, which remind us to set examples in order to avoid scandals which harm souls, and impair the credibility of our witness.

Then he lists, ‘Rationality and Gentleness’, ‘Innocence and Determination’, ‘Charity and Truth’, ‘Honesty and Maturity’, ‘Respectfulness and Humility’, ‘Diligence and Attentiveness or Alertness’, ‘Intrepidity and Modesty’, and finally ‘Trustworthiness and Sobriety’.

“Sobriety gives us the ability to renounce the superfluous, and to resist the consumerist mentality. A ‘sober’ person is consistent and straightforward, because he/she can reduce, recover, recycle, repair and reform, through a life of moderation.”

And if may add a ‘Spice of Scripture’: “With minds that are alert and fully sober, set your hopes on the grace to be received when Jesus Christ is revealed” ( 1Peter 1:13).

—**Dr. Trevor Colaso, Bandra**  
(Now at Ashburn, VA, USA).

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## Everyone seems to be in such a hurry to scream 'racism' these days....



*In London, a customer asked, "Do you have "Sarso Da Tel ?"*

*The shopkeeper says "Are you a "Sardar ?"*

*The guy (clearly offended) says, "Yes I am..! But let me ask you something..."*

*If I had asked for Olive Oil, would you ask me if I was Italian ?*

*Or if I had asked for Bratwurst, would you ask me if I was German ?*

*Or if I asked for a kosher hotdog, would you ask me if I was Jewish ?*

*If i had asked for halal meat, would you ask me if I was Muslim ?*

*Or if I had asked for a Taco, would you ask if I was Mexican ?*

*The shopkeeper says, - "No, I probably wouldn't...!"*

*The guy says, "Well then, because I asked for Sarso Da Tel, why did you ask if I am a Sardar ?"*

*The (calm) shopkeeper replied, "Because, this is a wine shop. !!!"*

# ' The Importance of Subsidies '

by Peter Castellino

A subsidy is money paid by a government to keep the price of a product low and thus a subsidy assumes importance especially when MPs in Parliament avail of canteen services that provides food for them at a very low cost than it is made available to the common man and besides this MPs get several perks -so they just do not understand the problems of the common man.

People get the leaders they deserve and if our politicians are distanced away from the people they must be recalled through a right to recall law that must be passed at the earliest and must be sensitized by drastically reducing their perks in an effort to make them understand the problems of the common man and address effectively and sincerely.

Digitisation which has eliminated 6 million bogus ration cards and plugged leakages of 42,00 crore and it thus must be used to stop people taking advantage of subsidies through bogus and unethical methods.

The subsidy on LPG must be retained or alternatives to it as a cooking fuel like solar energy for cooking purposes or electricity for the same purpose must be provided and subsidised. -thus reducing the gap between the haves and the have nots.

Rather than controlling subsidies the government must also fund welfare schemes for people below the poverty line through money obtained from tax fines, confiscated black or illegal money, money obtained from the auctions of the movable and immovable property of criminals and terrorists which can be done even in absentia when they are not traceable immediately or after a long time.

Our politicians must be reformed through a cultural revolution which lays great stress on ethics and etiquette and finishing courses so that better politicians who truly care for the people can emerge and provide a modern and constructive leadership

for the country to move forwards and not backwards as at present.

The current prime minister is only interested in travelling and seeing as many countries as he can see during his term at the expense of the tax payer from taxes on practically every scheme promoted by his government and fooling the governments and the people about the condition about India -here the concept of a lie repeated again again becomes the truth comes in very handy for him.

But one cannot fool people all the



time because or later the mask will fall off and the true personality of the person will be revealed and even if for some reason this just not happen people have to collectively pull off the mask of the fake personality so that his true personality is revealed.

A crook is a crook and will always be a crook but whatever good he does must be followed to imbibe whatever good points he possesses and this with the help of a modern, liberal, secular and honest combined opposition who can also perceive and put into action ideas obtained from brainstorming exercises carried out regularly and sincerely can provide a credible alternative provided the danger of strong and conflicting personalities are eliminated.

Just what else can be done.

There is a great need to introduce the concept of charity to eliminate greed and other sins through moral education at all levels of our education system to make our country ethically sound and along with it finishing

courses.

At a much later date when our country becomes a developed country subsidies could only be then removed but not before introducing a dole scheme which can become a reality by utilising the money confiscated from fines of all types, seized black money and money obtained from the auction of the confiscated movable and immovable property of all types of criminals and terrorists by investing this money into schemes specially set aside for people who have lost their first job or those who cannot get a job.-this could make people lazy but it is better to give them some money which they can live a decent life rather than let them die in abject or grinding poverty.

However it goes without saying that when a person gets a job he should not get a dole and when a person retires from a company after many years of continuous service in it he must be provided with an award to encourage other employees in the future besides being provided with a bigger pension.

Yet another way to reduce unemployment is to zealously promote different kinds of self-employment schemes through training programmes and seminars and books on them besides articles on them in publications.

So one has to be very alert and constantly identify new self employment schemes .

Besides all this recognised institutes providing pre-training for jobs required by companies must also be promoted but directors of companies must make suggestions of what they want included in the syllabus which must be constantly be upgraded to provide the very best training available-this can help eliminate the experience factor which has become like a passport for getting a company besides the graduate degree which also plays a role here.

Thus if all these suggestions are sincerely followed our country will move forward -surely we want that to happen rather than remain a very distant and unacheivable dream.

# Good Food for the New Year

“Let food be thy medicine and medicine be thy food,” said Hippocrates, the Greek physician, who is considered the father of modern medicine, all those years ago. Among our resolutions for the New Year, let there be one more resolution of eating for health. The new year is a good opportunity to come right back on track if an analysis of our food habits shows that we are on dangerous ground that leads to disease or weight gain.

The array of advertisements, vying with one another to capture the biggest share of consumer market for various products is the biggest culprit, camouflaging truth in attractive words and wrapping it in eye-catching idyllic pictures. Most of them feature children and female models to target a particular segment of consumers. There is more to every product that meets the eye. Right from those glistening long wigs, to ‘fair’ faces with pancake makeup, it is a world full of illusions. Take nothing at face value but read between the lines, research till you are aware of the effects of ingredients used in products and the make decisions for yourself and your family.

Lately, there is a general awareness about ‘eating fresh, eating local’. Fresh food is the medicine that supplies the nutrients to strengthen the body and control illness by ridding the harmful toxins etc. Food that is locally produced is usually fresh, unlike the refrigerated food products that arrive from distant countries and places. When there is a choice between fresh and imported, opt for the fresh, despite the alluring colour and packaging of the imported stuff. Compare the taste, nutrients and wholesomeness of local food products with the refrigerated ones before you decide what to buy. When fruits like grapes from Nasik, oranges from Nagpur and apples from Kashmir are freely available in plenty, why do we opt for the fruits that are shipped to India from distant



BY VERA ALVARES

shores?

Some foods are constantly peddled as super foods by self-serving elements. No doubt nutrients in foods differ in kind and quantity, just as human bodies differ in requirements depending on the constitution of a person. According to Ayurveda, Prakriti or the characteristic personality of an individual is determined by a combination of the three Doshas - Vata, Pitta and Kapha. An individual's health, potential diseases and self-healing power are determined by these doshas. Therefore all the foods do not benefit all persons in a similar manner. Experience will teach one to avoid certain foods, however glamorous and exotic they are made out to be! You do not need to eat something because someone says it is good for you. As they say, “one man's food is another man's poison”. Something that heals one body can trigger a host of illnesses in someone else.

Therefore without depending on the media hype or the publicity blitz, particularly on the idiot box, be attentive to how your body reacts to each food and learn to eliminate the harmful from your diet. Test the alternatives grown locally; include a wide variety of food items, create recipes to make them attractive to the palate till you have a Master Plan, a diet chart suited to your own body. “There is no love more sincere than the love of food,” says George Bernard Shaw, in ‘Man and Superman’. So for the love of food, it makes sense to walk to the nearest greengrocer to buy fresh food



for the day, to get exercise and fresh foods at one go!

From time to time, the media that dictates most of the new trends, explodes a new bomb with the news of a new product that has been researched and found “to be immensely beneficial” to the human body. Someone so kindly pointed out that this particular toothpaste, decades ago advertised itself as a safe and beneficial alternative to charcoal, in the days when charcoal was used to clean teeth. And now the same toothpaste boasts of how charcoal is its core ingredient. Excellent for cleaning teeth!! Years ago ‘research declared that coconut oil was harmful to health.’ Foodies were happy that the alternative to ‘harmful coconut oil’ was found in the form of corn oil, palm oil and rice bran oil etc. by the super power countries that flooded Indian markets with their products. The prices of coconuts crashed, cottage industry of oil-mills went bankrupt as people fell for the marketing strategy and began using the imported oil. And now, coconut oil is flaunted as beneficial to humans! This is the story of how Indians with the herd mentality are exploited by vested interests, not only the ‘desi’ variety but also the big players in the world!

The news that aerated waters and processed meat are dangerous to human bodies comes into lime-light periodically. The variety of ‘soft drinks’ in the market is simply mind-boggling! Something new appears on

(Contd.. on p. 18)

## Sharif's Return [New Year] Gift

The Prime Minister, Narendra Modi played his Ace on Christmas Day when he decided to 'drop in' to meet his counterpart in Lahore. He then accepted the invitation of his host to visit his home town for a piece of birthday cake – not an ordinary cake mind you! This cake [eggless] must have been specially prepared post haste for a very important guest. The wedding celebrations in the Nawaz Shariff's family were also on.

What really made Narendrabhai take such a bold step, albeit impulsively, knowing fully well that it was a gamble that can either make or break the already fragile relationship between the two hostile neighbours. Justifying the visit, the BJP has rightly said that if countries like The United States could mend fences with their adversaries - Cuba and Iran, why not India and Pakistan. A very valid point well taken! But pray, why was this very important philosophical approach missing only a few weeks back? How come it dawned on the PM when he had gone to Afghanistan to inaugurate the new Parliament House constructed by Indians? It is surely not easy to digest.

The BJP would pounce on the UPA every time it showed some magnanimity towards Pakistan. They taunted Manmohan Singh saying he was vying for Nobel Peace Prize. Their stereotype question was 'What has changed post 26/11' The same question has come to haunt them and the government in this new kid glove approach, all of a sudden. It is this aspect that is worrying the Indian people. While in Ufa, the party boasted of the fact that they brought the terrorism issue to the centre stage and relegated the 'K' issue to the backburner. Before the euphoria could die down, this position was diluted to a great extent. Then there was a lull. Both sides hardened their well known positions. Pakistan insisted on meeting the Hurriyat and Kashmir issue being brought to the table while the Indian side harped on terrorism. Why India agreed for the NSA meeting in Thailand is something that is clouded in secrecy yet, it does not require intelligence. Obviously, the Pak side did not agree to meet without their tete-a-tete with the separatists.

The External Affairs Minister visited

## VIEWS on NEWS

Pakistan – something which had not happened for a very long time. What had changed – nothing. They agree on the FS meet and that too in Pakistan instead of India. Again the Indian government gave in just to salvage the talks. Why do we have to make concessions all the time? Should the Indian government not have put its foot down and insisted on the talks in India. Pakistan had to agree not to meet the Hurriyat leaders but without doubt they were not willing to oblige the Indians. This is something the PM has to explain to the people of India.

Perhaps it may be worthwhile to look at the turn of events from that famous 'Sofa Talks' in Paris. What really triggered that? His visit was on climate issues with a galaxy of world leaders. Did they, the big ones, send a subtle message to Narendra Modi to get moving and moving fast with Pakistan if India wants to play a larger role in global affairs? Remember, India is dreaming of a permanent seat on the Security Council. For this, India needs support from all the big players who were all there. Perhaps Modi was told that if India hopes to make it to the Security Council, it cannot do so with the baggage of Indo-Pak hostility. If the long standing problem cannot be solved immediately, at least set the ball rolling for the world to see that efforts are being made to resolve all the issues. This theory, which no one has spoken thus far, sounds more plausible than any other. A grateful Nawab Sharif, has now sent Modiji a very expensive return gift – half a dozen terrorists on 'COD' [cost on delivery] basis – the cost being martyrdom by 7 bravehearts.

\*\*\*\*\*

### The DDCA mess – a BJP family affair

The Visit my Modi to PK has helped in diverting the attention of nation from the DDCA mess raked up by none other than the BJP MP Kirti Azad. The AAP and the Congress have capitalized on the issue and managed to divert the attention from the AJP scam if you like to call it which has put the Gandhis on the back foot, their attempts to disrupt the Parliament notwithstanding. The BJP felt that the Gandhis are not willing to face the courts to answer the various charges leveled against them because



by Marshall Sequeira

they feel that they are 'different'. The general public saw some merit in the stand taken by the BJP and perhaps the public opinion forced the Gandhis to appear before the court.

Simultaneously, the Kejriwal government launched a tirade against the FM – Arun Jaitley who headed the DDCA until a couple of years ago and all the wrong doings occurred during his stewardship. Nobody implied that Jaitley was involved in any corruption, per se, but as the head of the organization, he had to take the responsibility. The AAP government compared him to Manmohan Singh who allowed his Ministers to do what they wanted and failed to check the corruption. This time, the Indian public found merit in their stand which possibly cornered the BJP and the government. In a desperate attempt, Jaitley decides to file defamation cases against top AAP leaders but did not feel it necessary to do likewise in case of Kirti Azad but later sacked him. To add flavour to this issue, none other than Ram Jethmalani decides to defend the 'poor aam admis' gratis.

The SFIO inquiry earlier was conducted by the UPA government and Sheila Dixit government – both Congress led. The UPA had Sharad Pawar, a powerful politician who had held the position of President of the BCCI. Add to this, was the fact that Rajiv Shukla the IPL chief was also a force to reckon with. Are we to believe that the enquiry was fair? Incidentally, the BJP always considered every inquiry by the UPA as a farce. How come in this case it finds the SFIO probe to be good just because there was no specific mention of the words 'fraud' and Arun Jaitley anywhere? Irregularities are preludes to any fraud or scam. By the way if he has not done anything wrong why is he afraid of facing the probe just as he advised the Gandhis to appear from the court and come clean in the case of Herald case. That was a good advice he gave them which he should now follow.

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# Looking for Business Interaction? Join 'Dimensions'



**Freddy Mendonca**  
Mob.: 9320152052

One of 'Dimensions' recent meeting at Hotel Avion, Santacruz



## Dimensions

(Global Christian Chamber of Commerce)

Once in every month Christian Businessmen meet in Mumbai under the umbrella of 'Dimensions' for promoting, introducing and interacting business activities. This idea - initially founded by Freddy Mendonca who is also its founder Chairman.

The businessmen meet just for 2-3 hours in the morning beginning from 8 a.m. early morning. So far they have conducted over 116 such meetings which helped many participants in giving new shape to their business.

In every meeting there is a talk on important topic concerning the busi-

ness by an expert which educates the participants with new developments. Some of them even open mini display of their products in the hall. A lot of networking is being generated among its members in every meeting.

In addition the body has a monthly business newsletter **DIMENSIONALLY YOURS** which again is a brain child of Mr. Freddy Menconca.

Mr. Joseph Mathews is the present Chairman of the Dimensions.

Recently one of its active member Mr. Raymond D'Souza has undertak-

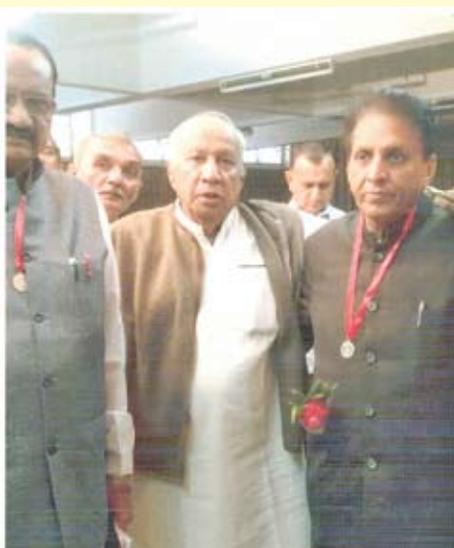


Display table of products at one of the Dimensions meeting

## Ignatius Bags Prestigious Award

The Secular Citizen's political writer Ignatius John Dabhi, received a prestigious award from 'Gujarat State Journalists' Union on December 20th in Ahmedabad at Gujarat Vidyapith set up by Mahatma Gandhi.

The Award was presented at a glittering ceremony by Mr. Pandit who is the president of All India Journalists Union. Mr. Ignatius was warmly welcomed by Mr. B. R. Prajapati - president of Gujarat State Journalists' Union. This was the second award baged by Ignatius. He has been a regular writer in 'Gujarat Journal' monthly magazine published by the union. Chandrakant Mehta, Dean of Faculty of Journalism at Gujarat University was present at the ceremony. Many known journalists, writers and social workers congratulated Ignatius. In a BJP ruled Gujarat State, Ignatius has been the one and only accredited Catholic journalist in the State.



From left: Mr. Pandit, President of All India Journalists Union, Mr. Ignatius Dabhi and Mr. B. R. Prajapati, President Gujarat Journalists Union

en Mentoring sessions and successfully completed the 1st batch of young budding entrepreneurs.

Dimensions has a commitment to business ethics and corporate social responsibility," says Mr. Freddy "we Christians live a sheltered life protected by the Church, schools and parishes. We work hard and we have an education, but we are not prepared to do business and build relationships". says he.

But new this concept of businessmen meeting once a month for a short duration specially early morning has generated a lot of interest in many upcoming entrepreneurs as many new ones are seen in every meeting.

'Dimensions' provides a platform of exposure for entrepreneurs for creating wealth for self, community and nation.

Are you looking for inventive ways to transform yourself for the New Year? A lot of people do that come January. After all — new year, new you, right? Here are ways to transform yourself for the New Year. See if they suit you, if they ring any bells, or if you think any of these are something you would like to do!

**Y**ou make a resolution every year and you break it in the same year. If you are not a person who believe in resolutions, then it is good to transform yourself completely. Your approach towards things will change the minute you transform yourself. Listed are some ways to start with. Read on to know more.

### Change your thinking

It all starts with the change of thinking, which then reflects in your attitude in life. Change is something that is not constant, so changing your attitude will guide you to that. Be flexible in your approach towards things. Don't stick to things that are impossible in life, rather do things that are possible and within your limits.

### Stop planning

A simple way to change is by acting on it. How many times do you plan things and don't do those things later on? This actually causes stress in your life. It is important to stop planning and start doing things. When you plan something, implement that plan and act on it. Don't just put it on paper, because that will serve no purpose in life. You are the change which you want to see in life.

### Do something creative

You know creative satisfaction can give you an inner peace of mind. Do something creative in the coming year. Like, playing your favorite musical instrument or cooking something new. Any creative idea or hobby can keep you happy. Don't just think, do it from your heart. This would also help

# Be a new **YOU** this New Year

## Let go of these to live a joyful 2016

Let go of making life choices based on the expectations of others.  
Let go of ignoring your intuition.  
Let go of questioning your dreams.  
Let go of waiting to take action until you're confident in the results.  
Let go of comparing yourself to others.  
Let go of seeking validation and approval from others.  
Let go of focusing on the negatives.  
Let go of the need to win the argument.  
Let go of worrying about the past.  
Let go of comparing yourself to others.  
Let go of moving on before celebrating your successes.

you to remain stress free.

### Ask for your space

It is a fact, if you don't have your space in life, you would eventually feel suffocated. A space where you can just be yourself! A time out for yourself where you can analyze your life and things you need to do. Do ask for your space in life, because it is good to spend some time alone and in thoughts of life.

### Get a makeover

Don't get a complete makeover, but small change can make you feel good about yourself. Like, get a new hair cut so that you change the way you look. Try new makeup styles to look different. Replace your eye frame with lenses to feel new. A makeover can surely bring that much needed change in your life.

### Don't be fussy

Change yourself from being fussy to being friendly in life. You heard that

right! There is no meaning to fuss about things around. It is good to accept change once in a while. Don't stick to a particular diet throughout the year. Don't wear the same brand only because you are brand conscious. Be more open on things and see a difference.

### Let go of your comfort zone

Unknowingly, everyone builds a comfort zone in life. If you also have a comfort zone, then let go of it or get out of it. A comfort zone will not let you try new things in life. If you are scared of water, then you won't go for water sport, which is your comfort zone in life. You only live once, so let go of that fear and try water sports instead. You would be surprised to see your transformation in life.

### Grab A New Hobby

Is there a hobby you've been wanting to try? Do you want to learn how to knit, roller blade, or go kite boarding? Now is the perfect time to do it — or to start planning it, because I would never recommend rollerblading when it's icy outside. Whatever the case, it's the ideal time for a new hobby. If it's something you can do indoors or something that's snow friendly, more so the better!

### Refresh Your Love Life

Whether you are single or in a #relationship, married or just dating, it's a great time to give your love life a refresher course. Try new things with your #partner, or do new things so you can meet someone. Take risks, do something you've always wanted to do, and make sure that the New Year extends to creating new memories and having new experiences.

### Get A New Attitude

It's a perfect time to get a new attitude. That doesn't mean you have to completely reinvent your attitude. You might simply want to start thinking more positively, or you may want to stop sweating the small things. Either way, it's a perfect time for this kind of change, which is one of the most enriching ways to transform yourself for the New Year.



**Make in India, has become  
"Make believe in India."**

## **Despite Modi sarkar's tall claims, It's bure din for Indian economy**

*by Kamal Mitra Chenoy*

**T**he finance minister's job is a difficult one. Arun Jaitley has tried to talk up the Indian economy, but facts are against him. For example, exports, on which the robustness of the economy depended have fallen sharply.

Over the last year, exports have dropped by 16.52 per cent. In November 2015 alone, exports crashed by 24 per cent or \$20 billion. In the first nine months of 2015, Indian exports declined by 17 per cent, while world exports fell by 11 per cent.

What about increases in Foreign Direct Investment (FDI) which the finance minister claims? According to Emkay Global, FDI, instead of increasing domestic manufacturing, has contributed to increasing imports.

Job creation, in the face of large-scale unemployment, is critical.

In April-June 2014, new jobs created in eight major sectors of the economy were only 1.82 lakh. In the next quarter, job creation dropped to 1.2 lakh. After that, in the following quarter, job creation slumped to 64,000 jobs. By April-June 2015, new job creation contracted to only 43,000.

Jaitley cites that the revenue collec-

tion has gone up. But this is because of a revenue target of 18.8 per cent, which in this economic context, could turn out to be inflationary.

What is the state of big business, which is often expected to indicate economic trends. In a word, very bad. Here's a look:

- 1) Reliance (Anil Ambani) in March 2015 was in debt of Rs 1.25 lakh crore.
- 2) Vedanta Group was in debt of Rs 1.03 lakh crore.
- 3) Essar owed Rs 1.01 lakh crore.
- 4) Adani Group was in debt of Rs 96,031 crore.
- 5) Jaypee Group was in debt by Rs 75,163 crore.
- 6) JSW (Sajjan Jindal) is indebted by Rs 58,171 crore.
- 7) GMR Group owes creditors Rs 49, 976 crore.
- 8) Lanco Group owes Rs 47,102 crores.
- 9) Videocon Group is in debt of Rs 45,405 crore.
- 10) GVK Group is in debt by Rs 33,933 crore.

What does this mean for the economy? Indian business is in serious trouble. It is yet another symptom of a stuttering economy which has severe problems. The current economic model has not delivered, despite economic "reforms."

From top (big business) to bottom (job creation) the outcome is very poor. It is not due to lack of incentives to big business. It is not due to lack of further openings to Foreign Direct Investment.

Despite all the tall claims from Prime Minister Narendra Modi and Arun Jaitley to the media, the Indian economy is not in a good shape. The time for course correction is long overdue.

"Make in India," has become "Make believe in India." But the people cannot live on promises alone. Some serious rethinking about the economy is desperately needed.

The current economic situation is grim, and a poor country cannot afford that.

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**Don't let financial fears ruin your wealth-you can invest and grow your money for future. You can find safe investments and good money-making ideas if you know where to look**

Whatever may be your profession, it is important that you participate in the decision making surrounding investments. There are some simple principles you can follow year on year which will help you make the most of the money you have and stop you being conned into losing it. Here are some of the best. Ways to grow your money

### **Think before you invest**

Where should one invest? The world of finance has so many choices that it becomes virtually impossible for someone to choose the right investment option.

### **Investment options**

The best investment options are the ones that you understand easily and that fulfil your specific needs. As an individual, You should test each and every investment against these two axioms, which actually cover almost all aspects of analysis:

- If you invest in something that you don't understand you are taking risks for which you are not prepared.
- Each investment should be result- or goal-oriented.

### **Classifications**

Broadly, investments can be divided into two categories real assets and financial assets. Primarily, your real assets are jewelry, land, buildings, flats, cars and so on. Financial assets, on the other hand, are intangible assets that have a defined pay-off like fixed deposits, mutual funds, equity stocks, insurance and so on.

### **Invest prudently**

Ideally, every person should have a good mix of both real and financial assets. Real assets help in preserving capital and also have a better ability to retain their value. On the other



hand, financial assets help in creating liquidity as well as generating good returns. Typically, real assets should be bought for long term, we mean money that the family can keep away for 10 years or more. Most of the time, whenever wealth is referred to, it includes only the long-term assets.

### **Pay off your mortgage**

One of the safest and most tax-efficient investments you can make is to pay off your mortgage early. It gives you the most wonderful freedom to be mortgage-free.

### **Spread your bets**

To be safe you must spread your money across different asset classes (shares, property, cash, bonds and so on). Don't put all your eggs in one basket. You cannot rely on any one asset class to create a nice pot of money from which you can receive a decent income later on.

### **Get informed**

Managing your money is like eat-

ing healthy. You don't need to be a qualified financial adviser but you do need to have some basic knowledge about how money works.

### **Take a four way test**

- Life insurance: The most worthy life insurance policy that you can take is a term plan. Term plan refers to pure insurance cover without associated investments. Since the cost coverage of life is fairly small, term plans are usually very cheap.
- Fixed income or debt investments: These refer to investments that give a fixed rate of return, have a pre-specified time period and are generally safe. The most important thing to look for while choosing a fixed income product is the safety.
- Equity investments: Equity markets are long-term investments. The best way to invest in equities is through mutual funds. They give you the most benefits.

## How Long Does It Take To Decompose

Paper Towel - 2-4 weeks  
 Banana Peel - 3-4 weeks  
 Paper Bag - 1 month  
 Newspaper - 1.5 months  
 Apple Core - 2 months  
 Cardboard - 2 months  
 Cotton Glove - 3 months  
 Orange peels - 6 months  
 Plywood - 1-3 years  
 Wool Sock - 1-5 years  
 Milk Cartons - 5 years  
 Cigarette Butts - 10-12 years  
 Leather shoes - 25-40 years  
 Tinned Steel Can - 50 years  
 Foamed Plastic Cups - 50 years  
 Rubber-Boot Sole - 50-80 years  
 Plastic containers - 50-80 years  
 Aluminum Can - 200-500 years  
 Plastic Bottles - 450 years  
 Disposable Diapers - 550 years  
 Monofilament Fishing Line - 600 years  
 Plastic Bags - 200-1000 years

## Weight Loss Food Moong dal



It is every Indian's favourite which ever class he/she comes from. This dal is full of Vitamin A, B, C and E and many minerals, such as calcium, iron and potassium. It is often advised by dieticians to replace fatty foods with Moon dal as it is a weight loss food that is rich in proteins and fibre, so one feels fuller after having a bowl of dal for a long time and curbs your cravings. Along with weight loss, moon dal it also benefits the metabolism, immune system and protects against fatal diseases.

Enjoy this weight loss food with chappattis or you can also have them as sprouts with a tbsp of chilli powder, chat masala, a tbsp of lemon juice and salt to taste

(Contd.. from p. 10)

the shelves in shops regularly. The younger generation addicted to bottled or packaged drinks is unaware of the constituents of these thirst quenchers. Do the celebrities who advertise these drinks consume them or are they simply paid to do so? Why don't we use buttermilk, that cooling, tasty and satiating drink produced in our own homes? In rural areas in South India a drink of tender coconut water is highly prized and cherished because the simple folk know the value of this 'packaged' water!

As for the 'cold meats', from time to time, we hear of how the discarded debris from the meat industry is made use of by combining it with chemicals and preservatives to produce processed meats. All cured meat may not be leftovers or debris, but the curing itself is a process not beneficial to the human body. The ham, salami and the variety of sausages, tinned or sold loose may be relished occasionally, but regular consumption may not be a good idea. No display of ingredients is found on most cold meat products. In these days when people are being told to "know the origins of your food", it is essential to know where the food we eat is produced.

There is continuous research that is conducted to find cures for diseases and in the process, foods that heal certain deficiencies or prevent particular illnesses are discovered and publicized. Taking advantage of this, unscrupulous elements give a boost to foods they sell. It is purely a marketing strategy, aiming to widen the market for a particular food item. Did we not hear about quinoa, the grain to be used as substitute for our good old rava, dalia and sooji? Has anyone proved its superiority yet? Similarly there are foods easily available, with the same good quality and nutrients. We do not have to depend on expensive imported foods which are mostly peddled in cookery shows by celebrity chefs.

An alarming trend that should bother us is the adulteration of food. Though adulteration has existed for decades, successive governments have either failed or lacked the will

power to end it. Since this subject is low on the list of priorities of the authorities, it is high time the consumers themselves took the matter into their own hands. Let us be aware that injecting food items with harmful chemicals is practiced widely. To colour, ripen or to prolong ripening, you name it and they have a remedy or chemical ready for the purpose. Fruits dusted in chemical powders, chickens injected with steroids for weight gain, spices and condiments mixed with rubble are freely sold and bought. There was even some news of how rice made of plastic has been exported to India by a neighbouring country!

As for the GM foods, foods out of season and other such weighty matters, people of this country have come to terms with the laxity of the authorities and have learnt to live with it. So be enlightened about what you eat...

## Unfailing Prayer to St. Anthony



O holy St. Anthony, gentlest of Saints, your love for God and Charity for his creatures, made you worthy, when on earth, to possess miraculous

powers. Miracles waited on your word, which you were ever ready to speak for those in trouble or anxiety. Encouraged by this thought, I implore of you to obtain for me (request). The answer to my prayer may require a miracle, even so, you are the Saint of Miracles. O gentle and loving St. Anthony, whose heart was ever full of human sympathy, whisper my petition into the ears of the Sweet Infant Jesus, who loved to be folded in your arms; and the gratitude of my heart will ever be yours.

—Mrs P. G. Fernandes,  
Wadala

# Inspiration!

## Want peace? Give up these

**Sometimes our lives are chaotic. No matter where you turn, there is a new problem to encounter; so how exactly can you rest? let alone find some kind of peace. Well, peace of mind transpires and thrives when you let go of the things that limit your growth and happiness, In order to get a 'peace' of mind, here is what you must let go**

**T**he daily life can be busy, hectic and sometimes overwhelming. Obligations and responsibilities fill every second and the everyday demands have become more complex, which can leave you empty and drained. It may sometimes feel like bringing just a little more inner peace and calmness into your life is a hopeless wish. What if you can bring some sense of calm and serenity amidst all the noise that technology and people have created? What if you can disconnect from all the clutter and find place, find an oasis where you can rest your mind, body and spirit? Yes, you can actually do these! You can work for such kind of peace every time you give up the following

**Old regrets and excuses:** You can't always choose what happens to you but you can always choose how you feel about it and what you do about it. You don't have to be defined by the things you did or didn't do in the past. Don't let yourself be controlled by regret. It's merely something that has already happened. Let go of these old regrets; they're just an excuse for people who have failed and failing only happens if you learn nothing and give up.

**Expectations of others:** One of the worst things in life is always trying to meet somebody's expectations. If you are always trying to reach the approval of others then you will never be able to live peacefully. None of us is perfect in the eyes of the others. None of us is perfect, period. The only way that we can be successful and perfect is if we set our own standards and follow our own road in life. Of course, hold on to some social norms and politeness and also consider the feelings and wellbeing of the people you love. Being authentic and true to yourself doesn't mean becoming selfish or thoughtless.

**The desire to have all the answers:** Accept the feeling of not knowing exactly where you are going and train yourself to love and appreciate this sensation of freedom. What's important is the opening of your wings. You may not know where you're going but you know that so long as your wings are spread, the winds will carry you forward.

**The false hope of a pain-free life:** Pain is a part of life and life's pains have many shapes and sizes. There are the more ambiguous aches and pains of successes, when you actually get what you had hoped for but then realise that it's not quite what you had envisioned. And then, from time to time, there are the warm, tingling pains you feel when you realise that you are standing in a moment of sweet perfection, a priceless instant of achievement or happiness which you know cannot possibly last and yet will remain with you forever.

**People who let you down:** Sometimes

we have to make a decision to let go of people in our lives. It's in your best interests to let go of difficult and negative people, those who constantly bring you down or undermine your efforts to improve your lifestyle. If they are unwilling to understand your current goals then you are better off without them. If you are not able to let go then you might want to minimize the time that you spend with them. Hold on to your close friends, your confidants. Whether it is your spouse, your family member or a friend please make it a priority to spend time with them, to share your joys, ask for advice, and have fun together. It will make you happier and more positive and it can even improve your health. Letting go is not as hard as it seems. Every little thing that you let go of today makes room for something new and amazing in your life. A life of genuine balance and peace starts when you learn to let go without regret and hold on with gratitude.

**Being surrounded with negative news:** For every disheartening crisis that is breathlessly reported, there are thousands of real, meaningful success stories that don't get the attention they deserve but have an enormous positive ripple effect on humanity. Try not to obsess over the negative news; learn from it and use your knowledge to work your way eagerly toward a brighter tomorrow. Life does get better and better when you choose to make it so.

### WAYS TO HAVE MORE PEACE IN YOUR LIFE

- Ways to have
- Don't lose hope
- Set realistic goals
- Remember your blessings
- Don't make mountains out of molehills
- Declutter your world, declutter your mind
- Connect and reconnect with nature
- Escape for a while
- Solve a problem that is weighting you down
- Do not compare your life with anybody else

# Grooms



# MATRIMONIALS

**MUMBAI** : Goan Roman Catholic Bachelor, aged 30 years, Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. M.Sc. B.Ed., Teacher by profession. Only Child. Seeks preferably Goan teacher with B.Ed., qualification. Contact email : agnesmenezes107@gmail.com OR 9821315887 (Regd No.6419)

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 32 years, Ht. 5' 6", Wt. 90 kgs, Wheatish Complexion, Edn. B.Sc., (Chemistry), working as a Deputy Manager. Contact email : pradeep.bashyal@gmail.com OR 9819733872 (Regd No.6418)

**MUMBAI** : Mumbai born, Mangalorean RC Bachelor 40, handsome, Post Graduate, good family background. Financially well established, very practical, having own business and flat in Mulund. Fair Complexion, Height 5' 9", Built on heavy side. Looking for a spinster who is willing to be his Life Partner. Send full details and latest photograph by email : amithanand@theoremsol.in (Regd No.6416)

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 28 years, Ht. 5' 3", Wt. 55 kgs, Fair Complexion, Edn. HSC + Profession in Hotel Management. Professional in Food & Beverages. Only Child. Seeks a suitable match. Contact email : agnesd85@yahoo.co.in OR 9833283285 (Regd No.6415)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 34 years, Ht. 5' 4", Wt. 74 kgs, Wheatish Complexion, Edn. BE Computer Engineering, working as a Sr. Software Engineer in Mumbai. Seeks a suitable match. Contact email : marysalvation@gmail.com OR 9221079494. (Regd No.6413)

**MUMBAI** : RC Mangalorean, 30 years, 5' 8", MBA working in a financial firm, Mumbai Resident seeks alliance from RC girls, with pleasant personality, decent education and from a respected family. Contact with recent snaps and profile on alliancesjason@gmail.com OR 9619370997 (Regd No.6412)

**MUMBAI** : Mangalorean Roman Catholic Divorcee, Australian Citizen, 47 yrs, Ht 5'11, Wheatish, BCom, Govt. job, seeks suitable match. Reply with photo to chrisnorbert@outlook.com / sharlet1968@gmail.com (Regd No.6411)

**KOLAPUR** : Roman Catholic, Goan, 31 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Studing M.D., General Medicine. Seeks a suitable match. Contact email : boom\_anup\_41@yahoo.com OR 9422628636 / 9273337666 (Regd No.6407)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 33 years, Ht. 5' 5", Wheatish Complex-

ion, Edn. HSC / Diploma in Optometry, working as a Sales Professional. Contact email : picardosimon@gmail.com OR 9819403252 (Regd No.6404)

**MUMBAI** : RC Goan Bachelor, fair, 40, Ht. 5' 6", Wt. 74 kgs, B.Sc., Post Graduation in Chemistry from St. Xavier's Mumbai, having own accommodation, working for a reputed company in Mumbai as a section Head, seeks alliance from RC Goan graduate spinsters upto 36 years with good family background and christian values. Pls. reply with details and latest photo to monty\_017@rediffmail.com OR 9930904563 / 9619925304 (Regd No.6401)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 38 years, Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. BBA, working as an Asst. Manager. Contact email : johnpereira.pereira@gmail.com OR 9820304069 (Regd No.6399)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 39 years, Ht. 5' 8", Wt. 75 kgs, Fair Complexion, Edn. B.Com., working as a Senior Clerical in well known Hospital. Contact email : ajw2512@gmail.com OR 9920611659 (Regd No.6398)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 30 yrs, wheatish complexion, ht 5'9", wt. 68 kgs, sober habits, Edn. B.E. (Mech), MBA, Employed with an MNC, seeks alliance from R.C spinsters with pleasant personality and strong moral values. Contact: matriadvert8@gmail.com/9869480235. (Regd No.6163)

**BANGALORE** : Roman Catholic Bachelor, aged 30 years, Ht. 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. B.Tech., MBA, PGDM., working as a IT Software - Business Analyst. Seeks a suitable match. Contact email : osbon\_prusty@yahoo.co.in OR 8123090908. (Regd No.6158)

**MUMBAI** : Telugu Protestant Bachelor, aged 26 years, Ht. 5' 10", Wt. 86 kgs, Fair Complexion, Handsome, Well qualified and good family background. Seeks a suitable match. Contact email : ashok.williams@gmail.com (Regd No.6153)

**MUMBAI** : Mangalorean Roman Catholic Bachelor, aged 36 years, Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. 6th Std., honest, understanding, having a shop. Seeks a sim-

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

ple, homily Mangalorean Konkani speaking girl. Contact email : cyrildsouza87@gmail.com OR 07738976166 (Regd. No. 6152)

**USA** : Mangalorean Roman Catholic Divorcee, aged 44 years, having 2 children aged 12 & 7 years, Ht. 5' 11", Wt. 73 kgs, Wheatish Complexion, Edn. Masters of Engg. MCA., working as an Electronics / Telecom Engineer, working in USA. Contact email : l\_lawrence\_t@yahoo.com OR 0019496903065 (Regd. No. 6151)

**MUMBAI** : Mangalorean Roman Catholic 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 educated girl. Contact email : florange903@gmail.com OR 9867974086 (Regd. No. 6141)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 36 years, Ht. 5' 8", Fair Complexion, Handsome, Edn. HSC pursuing S.Y.Com., working as an Emigration Supervisors. Seeks a simple, understanding, good look, smart girl. Contact email : mariyo.80@gmail.com OR 9619019991 / 982095412 (Regd. No. 6138)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 29 years, Ht. 5' 11", Wt. 85 kgs, Wheatish Complexion, Edn. MCS, working for IT Company in U.S.. Seeks a suitable match. Contact email : marconacruz58@gmail.com OR 9930630927 (Regd. No. 6373)

**MUMBAI** : Goan Roman Catholic Bachelor, aged 25 years, Ht. 6', Wt. 80 kgs, Wheatish Complexion, Edn. B.E. in Electronics and Telecom from Mumbai University, working as a Software developer in a well known MNC in Mumbai. Only Child. Seeks a suitable match. Contact email : clive2111@ymail.com OR 9967555521 (Regd. No. 6359)

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# MATRIMONIALS

**RAJASTHAN :** Roman Catholic Spinster, aged 28 years, Ht. 5' 3", Wt. 65 kgs, fair and goodlooking, simple, loving, very understanding girl, Edn. M.A., B.Ed., CTET, Teacher by profession. Contact email : arleen\_sunni@yahoo.co.in OR 8239871729 (Regd. No.6469)

**MUMBAI :** Parents of R.C. Goan innocent divorcee, 1st marriage annulled by the church, 35/5', looks much younger to her age, Only daughter, working in Muscat as a teacher, seeks preferably working and living abroad. Contact email : carvalho-vanessa28@yahoo.com OR 8308932277 (Regd. No. 6468)

**MUMBAI :** RC Mangalorean Spinster, 27/5'2", Wt. 54 kgs, wheatish, B.Com., C.S., L.L.B., working as a teaching faculty for Law. invite alliance from well qualified and well settled bachelor with good family values upto 30 years Kindly reply with details and full length photograph to r.dsouza.co@gmail.com OR 9323925995 / 9699788876 (Regd. No. 6350)

**MUMBAI :** Goan Roman Catholic Spinster, aged 29 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. B. Pharma & MBA in Clinical Research, working as an Asst. Manager. Seeks a Engineer or well settled and educated. Contact email : cosmetony52@yahoo.com OR 9870399755 (Regd. No. 6192)

**MUMBAI :** RC Goan Spinster, 38 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)

**MUMBAI :** Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 3", Wheatish Complexion, Edn. M.Com, (Accounting) GNIIT, Working for a reputed IT - MNC as a Finance Executive. Seeks a well qualified and settled Mangalorean groom age upto 31 years, working in India or abroad. Contact email : nishalobo88@gmail.com

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OR 9930913027 / 9869077568. (Regd. No. 6340)

**MUMBAI :** Mangalorean Roman Catholic Spinster, aged 41 years, Ht. 5' 3", Wt. 70 kgs, Fair Complexion, Edn. B.D.S. Dentist by profession. Email : drcleona@yahoo.com Tel.: 25633474 (Regd. No. 5997)

**MUMBAI :** Mangalorean Roman Catholic spinster 1973 born, 5' 5" tall, fair complexion with qualifications, B.Com. (Mumbai), M.B.A. Finance (Canada), M.B.A., (H.R.) and Diplomas in I.T. (NIIT), Comp. (APTEC), and Cert.Ind Acct. (I.C.A.), working in good position. Graduate / Post Graduate unmarried R.C. Bachelors upto 45 years, employed in good position and well settled in Mumbai or abroad. Contact email : bellwether77@yahoo.com or Mobile No. 9892700617. (REGD. No. 6166)

**NAGPUR :** CNI Protestant Spinster, aged 31 years, Ht. 5' 3", Wt. 57 kgs, Wheatish Complexion, Edn. M.Sc., Biotechnology. Contact email : shikhanath@yahoo.com OR 9422300753 (Regd No.6383)

**NEW DELHI :** Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 7", Wt. 70 kgs, Fair, good looking, Edn. B.A., LL.B., LL.M., Legal Executive in MNC. Contact email : judith\_m@outlook.com OR 9560242263 (Regd No.6382)

**MUMBAI :** Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : soareskaren14@gmail.com OR 9967297756 (Regd No.6381)

**MUMBAI :** Innocent divorcee 35 years, MBA (F), works for a bank in Mumbai as an Asst. Manager. Short marriage dissolved and annulled. Seeks a suitable groom from good family background. Contact Mob.: No. 09052872253 (Regd No.6379)

**MUMBAI :** Mangalorean RC Spinster, aged 31 years, Ht. 5' 4", Wt. 58 kgs, Wheatish Complexion, Edn. M.Sc., writer and editor of Science Research Publications. Contact email : tnmdfg@gmail.com OR 9619428279 / 8879452467 (Regd No.6378)

**USA :** Mangalorean Roman Catholic Spinster, aged 31 years, Ht. 5'4", Wt. 54 kgs., Fair Complexion, good looking. Edn. M.A., MBA., working as Sr. Manager in USA. Seeks well qualified bachelors working in USA. Contact email :divineword121@gmail.com (Regd No.6377)

**MUMBAI :** Mangalorean Roman Catholic Widow, aged 46 years, Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. 12th std., Housewife. Seeks a suitable match. Contact email : benedicta43@gmail.com.

(Regd No.6371)

**MUMBAI :** Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 2", Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., Dip. in (HR), working as a French Analyst. Contact email : selmamascarenhas88@gmail.com / malmasca@rediffmail.com OR 9702111899 (Regd No.6368)

**MUMBAI :** Mangalorean Roman Catholic Spinster, Only Child, aged 24 years, Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. B.Com., working as HR. Contact email : staceydsouza95@gmail.com OR 9930276885 (Regd No.6367)

**MUMBAI :** Mangalorean Roman Catholic Spinster, Only Child, aged 30 years, Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. Post Graduate (Marketing & HR), studied and working in SYDNEY-AUSTRALIA. Contact email : sydn2020@gmail.com OR 9892112703 (Regd No.6366)

**MUMBAI :** Goan Roman Catholic Spinster, aged 31 years, Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. BMS & appearing for MBA. working as a HR Manager in IT Company. Contact email : alee\_812@rediffmail.com OR 9967924579 / 8454841729 (Regd No.6365)

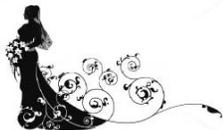
**MUMBAI :** Goan Roman Catholic, 1st marriage annulled by the church, aged 40 years, Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. B.Sc. (MBA Pursing) working as a Quality analyst. Contact email : ephania\_helen@yahoo.com OR 8879867471 (Regd No.6364)

**MUMBAI :** Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. M.Sc. (N), MBA (HCS), working as a Nurse Educator and Hospital Supervisor. Only Child. Goodlooking, smart. Seeks a suitable match. Contact email : vvlfernandes@yahoo.co.in / vcfernandes@gharda.com OR 9923597306 / 9867138818 (Regd No.6362)

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**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 4' 8", Wt. 52 kgs, Wheatish Complexion, Edn. B.A., working for Banking organisation. Contact email : fabian\_sequeira@yahoo.com OR 9892717501 (Regd No.6361)

**MUMBAI** : Tamilian Roman Catholic Spinster, aged 25 years, Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. B.M.S., LL.B., working as an Associate Lawyer. Only Child. Seeks a educated and well settled bachelor. Contact email : leonmichelle.90@gmail.com OR 9870896161 (Regd No.6360)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 23 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. M.Sc., in Chemistry, working as a Jr. Chemist. Contact : 9969008104 (Regd No.6356)

**MUMBAI** : Tamilian Roman Catholic Spinster, aged 26 years, Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. BHMS/BAMS, Homoeopathic Doctor. Contact email : shanin2304@gmail.com OR 98200 55319 (Regd No.6355)

**MIRAJ** : Roman Catholic Spinster, aged 33 years, Ht. 5' 4", Wt. 57 kgs, Wheatish Complexion, Edn. M.A., B.Ed., Fashion Designer / Teacher. Contact email : histelain@yahoo.com OR 08421515747 (Regd No.6348)

**MUMBAI** : Anglo Indian Roman Catholic Spinster, 34 years, Ht. 5' Wt. 48 kgs, Wheatish Complexion, B.A., MBA/PG (HRM), working as Secretary, Seeks a suitable match. Contact email: smithjenny0407@gmail.com or 9819791693 / 9819610348 (Regd No.6346)

**MUMBAI** : Goan Roman Catholic Spinster, aged 28 years, Ht. 5', Wt. 64 kgs, Wheatish Complexion, Edn. HSC., Teacher by profession. Contact email : juliejedesa@gmail.com OR 9769614656 (Regd No.6343)

**MUMBAI** : Goan Roman Catholic Spinster, aged 29 years, Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. HSC (Beautician Course), Beautician by profession. Contact email : manuel.moreira555@gmail.com OR 9967217676 (Regd No.6323)

**MUMBAI** : Goan RC Spinster, aged 30 years, Ht. 5' 4", Wt. 52 kgs, Wheatish Complexion, Edn. M.B.A. in Finance, working as an Executive. Contact email : md279197@gmail.com OR 9619374254 (Regd No.6318)

**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)

**U.S.A.** : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 6", Wt. 54 kgs, Wheatish Complexion, Edn. Engineering, working as a Software Engineer in California. Preferred someone working in U.S.A. Contact email : sd012588@gmail.com OR 9833574859 (Regd No.6308)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Wt. 58 kgs, Fair Complexion, Edn. Chartered Accountant, working as a Manager in Bank. Contact email : multipurpose2909@gmail.com OR 9004351178 (Regd No.6306)

**MUMBAI** : Goan Roman Catholic Spinster, aged 30 years, Ht. 5' 6", Wt. 84 kgs, Wheatish Complexion, Edn. B.E. (Electronics), working as a Sr. Consultants. Contact email : carmina\_fernandes@hotmail.com OR 9867725912 (Regd No.6305)

**MUMBAI** : Mangalorean Roman Catholic spinster, aged 25 years, Ht. 5' Wt. 55 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Executive. Contact email : anithad1103@gmail.com OR 9833286267 (Regd No.6304)

**MUMBAI** : Karwari Roman Catholic Spinster, aged 32 years, Ht. 5' 2", Wt. 57 kgs, Fair Complexion, Edn. CA, working as a Manager in Nationalised Bank. Contact email : esha.debbie@gmail.com OR 022-25542147 (Regd No.6303)

**MUMBAI** : Goan Roman Catholic Spinster, aged 33 years, Ht. 5', Wt. 55 kgs, Fair Complexion, good looking, Edn. SSC., self employed (Hair Stylist). Contact email : 4.saviola@gmail.com OR 9769598323 (Regd No.6300)

**MUMBAI** : Tamilian Roman Catholic Spinster, aged 31 years, Ht. 5' 1", slim, Fair Complexion, good looking, Edn. B.Com., CFA, working as a Manager in Financial Company. Seeks a suitable match. Contact email : simon\_sigo@yahoo.co.in OR mariaselvamsigo@gmail.com Or 9821139079 / 9920178739 (Regd No.6299)

**MUMBAI** : Roman Catholic Spinster, aged 31 years, Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, good looking, Edn. B.Com., MBA Diploma in Jewellery, working as a Manager. Seeks educated, established, from good family background. Contact email : philu159@yahoo.co.in OR 9823910490 (Regd No.6297)

**MUMBAI** : RC Goan Spinster, B.E. - Computer Engineering, studing Executive MBA, Working for reputed MNC in Pune but has

permanent residence in Mumbai. 26 yrs., 5 ft., wheatish, homey with good family background. Career minded and willing to relocate abroad. Please send details and photo to email : ashil2628@gmail.com (Regd No.6296)

**LONDON** : East Indian Roman Catholic Spinster, aged 38 years, Ht. 5' 2", Wt. 55 kgs, Fair Complexion, good looking, Edn. B.Pharm (Mumbai), M.Sc. (London) working for MNC in London. Due for U.K. Citizenship. Visiting India every six months. Seeks a handsome, well settled and educated any Roman Catholic Bachelor. Contact email : blossomcolaco@yahoo.com OR 9326463210 / 9011869244 (Regd No.6286)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 24 years, Ht. 5' 4", Wt. 47 kgs, Fair Complexion, Edn. T.Y. B.A / D.Ed., Teacher by profession. Only Child. Contact email : tina.jennifer@rediffmail.com OR 9820957941 (Regd No.6285)

**MUMBAI** : Roman Catholic Spinster, aged 31 years, Ht. 5' 3", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., LLB., pursuing LLM. working as a Asst. Manager. Contact email : 1february12345@gmail.com OR 9967673377 (Regd No.6284)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 28 years, Ht. 5', Wt. 50 kgs, Fair Complexion, Edn. B.Com., Service. Contact email : leenamargret@gmail.com OR 9833804399 (Regd No.6282)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 32 years, Ht. 5' 2", Wt. 70 kgs, Fair Complexion, Edn. M.Com., working as a Sr. Secretary. Contact email : msmc15@gmail.com Or 9892197920 (Regd No.6281)

**MUMBAI** : Roman Catholic Spinster, aged 27 years, Ht. 5' 4", Fair Complexion, Edn. SSC from iCSE board, B.A., working as a Sr. Accounts Manager - Public Relations with a private firm. Seeks a suitable match. Contact email : sfwedding88@gmail.com OR 9869361783. (Regd No.6280)

**MUMBAI** : Goan Roman Catholic Spinster, aged 28 years, Ht. 5' 6", Fair Complexion, Edn. Masters in HRM, Working as a HR Executive in Private firm, simple, and Godfearing. Contact email athalye.priyanka1@gmail.com OR 09924650033 (Regd No.6277)

**MUMBAI** : Mangalorean Roman Catholic Spinster, aged 29 years, Ht. 5' 7", Tan Complexion, Edn. H.S.C., working as a Sales Executive. Contact email : strawberry.angel1@gmail.com OR 7709216631 (Regd No.6275)



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