

THE SECULAR CITIZEN

A NATIONAL FAMILY WEEKLY

(Total pages 24)

Vol.25 No.26 ■ Mumbai, June 27, 2016 ■ Rs. 5

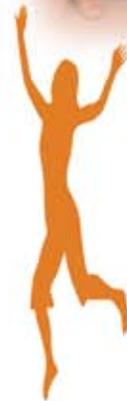
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'Konkani Jagrati Abhiyan' concludes after reaching 267 institutes



Mangaluru,: 'Konkani Jagrati Abhiyan' by Karnataka Konkani Sahitya Academy conducted in 267 schools and colleges across Dakshina Kannada, Udupi and Karwar districts, to create awareness and encourage students to take up Konkani language in the academics, concluded with a valedictory programme at St Aloysius High School on Friday June 17.

There are 22 national languages and Konkani is one among them. Konkani speaking people have given great contributions to the nation in every field.

Rector of St Aloysius College Institutions, Fr Dionysius Vas, Headmaster of St Aloysius High School, Fr Edward Rodrigues and Mangaluru south MLA J R Lobo addressed the gathering.

Registrar Dr Devdas Pai, members Lawrence D'souza, Devdas Pai, president of Mandd Sobhann, Louis J Pinto and others were present.

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Deakin University has been ranked among the top 150 universities in the world for communication both by Times Higher Education (THE) and 2016 QS subject rankings. St Pauls Institute of Communication Education is an up and coming establishment already known for its Post Graduate programmes in Journalism and Advertising, both of which emphasise first class faculty, and state of the art infrastructure in its Mumbai campus.

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First Sinhalese Catholic newspaper completes 150 years



Colombo: Catholics and others in Sri Lanka celebrated the 150th anniversary of the island nation's first Catholic paper in Sinhalese and one of oldest publications in Asia.

From a four-page newsletter announcing Catholic Church events, Gnarath Pradeepaya (Lamp of Wisdom), has become a 24-page weekly, in color, with a circulation of 30,000.

John Fernando, a layman, founded the paper in 1866 with a staff of eight lay people and a priest.

After about 20 years, the Archdiocese of Colombo bought him out. For 150 years, the paper could be picked up each Friday at parish churches or on newsstands around the country. Recently, circulation has increased by almost 50 percent, a sign of the great interest for the universal Church

"When I arrived last year, 195 copies were sold a week. Now it's 300," said Reka Denipitiya, who sells the paper in St Mary Parish in Jael, a suburb north of Colombo. "This means that readers like the content and the news," she told AsiaNews.

Tharanga Nonis, a Catholic entrepreneur, finds many articles and news related to human affairs, current issues and the pope.

Out of a population of 21 million, 70 percent is Buddhist, about 10 percent Muslim, and 7 percent Christian.

—Mattersindia

'Thought for the week'

As person abandons worn-out clothes and acquires new ones, so when the body is worn out a new one is acquired by the self, who lives within.

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The Faces of Islam

by Don Aguiar

A fortnight ago I was in Damascus. I had the great privilege of meeting the Grand Mufti of Syria. He is a man of peace who pleads repeatedly for equal and harmonious relations between Muslims, Christians and followers of all religions as members of one human family. Because of this stance, he has endured great abuse and criticism from some of his fellow Muslims and was targeted for assassination by the Saudis. Knowing that he would have good security and protection, the group of Islamist hit-men were instructed that, if they could not kill the Grand Mufti himself, they should kill one of his sons instead. In due course they murdered his teenage son. After some months, two of the perpetrators were caught and imprisoned. The Grand Mufti asked to see them and they were brought to him blindfolded.

He instructed their blindfolds to be removed, and the two young men, discovering themselves face to face with the head of Sunni Islam in Syria and the father of their victim, shook with fear. But, to their astonishment, the Grand Mufti gently reached out his hands to them and told them not to be afraid. He said that he did not want their mothers to weep as his own bereaved wife had wept for her son, and therefore he forgave them.

Last week I was in northern Iraq and came face to face with the stark reality of another face of Islam, that of ISIS (the Islamic State of Iraq and the Levant, now calling itself simply the Islamic State). The sheer brutality of this face of Islam cannot be comprehended. It kills men, women and children, the elderly, the poor and the weak. It cuts in half little children and commits acts of ethnic cleansing that border on genocide. This behavior is pure barbarism reminiscent of the early Assyrians and later Babylonians who once inhabited this region and were known for their immense cruelty.

ISIS produces a magazine, in English and other European languages, called Dabiq. The name is actually a town not far from Aleppo in northern Syria, which is important in Islamic history because it was the site of a major battle between the Ottomans and the Mamluks in 1516. But, more significantly, Dabiq is mentioned in a hadith (tradition recording the words and actions of Muhammad) that prophesies that a great battle will be fought there in the End Times, in which the Muslims will be victorious over the Christian forces, and which will be the first step in the Muslim conquest of the whole world. In Islamic eschatology, Jesus, whom Muslims call Isa, will descend via a minaret of the Great Mosque in Damascus, and from there he will lead his armies to victory. "Victory" means destroying every cross, killing every Jew and pagan, and either converting every Christian to Islam or killing them. This apocalyptic dimension is now shaping ISIS as it sees itself fighting an End Time battle.

In the first issue of Dabiq, ISIS addressed the "return of the Khalifah", arguing that Islam is now in its final stages as it achieves at last its goal of re-establishing the Caliphate. The Ot- (Contd.. on p. 4)

(Contd.. from p. 3)

toman Caliphate, which collapsed in 1922-23 as the Republic of Turkey was established, is now being reborn in a new Caliphate, represented by the Islamic State.

In the second issue, Dabiq looked at Noah and the flood. An article entitled "It's either the Islamic state or the flood" begins with the "polluted ideologies that have afflicted people the entire world over" and condemns the idea of leaving people to choose peacefully for themselves what to believe. The only solution, says Dabiq, is to eradicate the principle of free choice and to implement God's will. Any who oppose this will be punished both on earth and in the hereafter as those who scoffed against Noah were punished by flood and hellfire.

This face of Islam, based as it is on Islamic sources including the Quran and hadith, is as authentic as the peaceful tradition of the Grand Mufti of Syria. Both have existed throughout Islamic history. The Grand Mufti of Damascus has not only been ridiculed and vilified by his co-religionists but also told that he is not a true Muslim. When he visited the UK some ten years ago, and preached at the Regent's Park mosque in London and at other mosques, he afterwards had to be protected from Muslim leaders who disagreed with his theology. Today, he cannot return to the UK, being unable to get a visa and opposed by Muslim leaders.

The question therefore is: what is true Islam? The reality is that there are now many "Islams" depending on one's interpretation of the texts and of the history. All can validly claim to be theologically based on the same Islamic source texts. Thankfully the peaceful traditions continue to live on, shaping the minds and hearts of countless millions of Muslims across the world. These are the Muslims who seek only a better future for themselves and their children and grandchildren, many of whom have also a deep desire

to live at peace with all humanity, as well as with their co-religionists.

But equally, there is the undeniable rise of radical Islam with an ideology that is propagated by Saudi Arabia, Qatar and Turkey, funded by their vast oil resources, and now effectively reshaping Islam. This face of Islam brings extremists to the forefront and gives birth to movements like ISIS.

ISIS has been publicly disowned by Muslim and Western leaders alike, including key political leaders in Britain and other Western countries, who assert that it does not represent Islam. In fact some would go so far as saying that ISIS is not Islamic in any way. But however much one may want to dismiss ISIS as a temporary phenomenon that will soon disappear, or that can be easily defeated, or that is un-Islamic and therefore can be rejected, these concepts may well prove to be nothing more than pie in the sky. Even if these extreme forms were to cease to exist, the ideological underpinning that has produced movements such as these will continue so long as nations like Saudi Arabia, as well as countless individual Islamic clerics and Muslim leaders, continue to use a literalist interpretation of Islam's source texts. This remains true whether or not Western governments recognize the theological basis of such movements.

For Christians it is now impossible to survive within the territory controlled by the so-called Islamic State. For those in bordering areas, such as northern Iraq, Baghdad, Damascus, certain other parts of Syria, and Lebanon, the future is filled with terror. Hope seems to be fast disappearing as they see an international community without the will to defeat such an extreme force.

For many the only apparent solution that enables them to retain their faith and protect their families and communities is to leave – to leave their homes and their homelands in search of survival. Countries such as the UK have shown a reluctance either to address ISIS or to protect Christians and welcome them into their land.

Before I took my leave of the Grand Mufti, he commented on his last visit to the UK, a decade ago, when he had predicted that there would come a day when many British and European mosques would become radicalized and where some of their members would become prey to extremist beliefs and go on to do horrible things. Sadly, that day has now come.

If courageous Muslims of peace who plead

More than 65 million refugees worldwide

New York : The number of refugees worldwide has reached the figure of 65.3 million people, including those seeking asylum and internally displaced persons.

This is what emerges from the annual report of the UN High Commissioner for Refugees (UNHCR), published on the occasion of World Refugee Day, which is celebrated today. The figure of over 65 million is the highest ever recorded before, with an increase of at least 5 million from last year.

50% of the refugees come from war-torn or unstable countries: Syria, Afghanistan, Somalia. Another significant finding is that the majority of refugees – at least 80% – are housed not in rich countries, but in those with medium and low incomes.

In an interview with AFP, the head of UNHCR, the Italian Filippo Grandi, noted that due to the pressure of refugees, there is a worrying and growing "climate of xenophobia" in Europe.

repeatedly for equal and harmonious relations between Muslims, Christians and followers of all religions as members of one human family do not go to the UK, Europe and other countries, if mosques do not open their doors to them, if the minds of the young do not receive their teachings and are not enlightened by their knowledge and wisdom, then the future of this land and others is increasingly uncertain. Christians in the Middle East, and now farther afield, sees a rapidly approaching terror; the same terror is now facing the West and before long it may reach us in south Asia and INDIA.

The fearsome Assassins were a ferocious Ismaili Islamic sect that came into being in the late eleventh century and instituted a reign of terror, which lasted for some 200 years. The Assassins were eventually destroyed only when Christians and Muslims joined forces to work together against a group that threatened everyone. Unless a concerted effort is made by governments in the region and internationally too, ISIS will continue to grow and threaten us all.



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'Death and Meditation - their importance'

With reference to the excellent editorial titled: Fear Of Death And Meditation BY MDON AGUIAR in THE SECULAR CITIZEN dated MONDAY JUNE 6,2016 all of us ie human-beings have to die someday and one day but the topic of death being a very morbid subject is always avoided and even more morbid is how we will die -so here again the subject of death is again always avoided.

Only God gives life and only he can take it away but in the case of a suicide even when the person who commits suicide asks God for forgiveness he can be forgiven -despite the fact that when a person commits suicide he is sinning against God.

On the day that a person dies he is a king and when people see a funeral cortege pass they stand in silence till it passes and in some funerals a band plays because life is a celebration that continues even after the person has died and entered the spirit world.

We are taught that there is Heaven/Paradise,Purgatory and Hell/The Nether World and Limbo but only those who die can witness them so nobody knows where one goes when one dies.

It is definitely better to meet a person when he is living than when he is dead and to interact or socialize with him and help when he needs help as a friend in need is a friend indeed as this makes more sense.

There is a saying that a blind man is as good as a dead man but one must take this saying with a pinch of salt and not literary and when on a table a knife is spun where people are seated and the one at whom it stops at will be the next one to die this too must taken with a pinch of salt and not literary.

When a person dies his face is covered with a facecloth in addition to the shroud in the coffin indicating or meaning that he has passed from this world.

Some people when they die ask for the prayers of all religions besides their own to be conducted as it is their wish.

Before a criminal is executed he has a right to be granted his last wish and he greatly fears death which he expresses through his emotions and even atheists get scared before they die and repent and become theists and return to the religion they have left-however some of them just do not repent -but to convert those atheists who would like to repent before they die it is essential to know when they are dying so the saying once an atheist always an atheist can hold good or not hold good depending on the situation and the time.

Even animals like dogs express grief when their master dies by remaining very silent on the day he dies and sometimes fretting for him and eventually dying.

When an animal is to be put down or put to sleep it can sense before hand that it is going to happen because of its instincts.

One must thus thoroughly enjoy one 's life before one dies and seek a person's blessings by helping him when he is alive and after he dies one must carry out whatever good work and even hobbies he had during his lifetime to keep alive his memory.

Meditation ensures a calm state of mind and thus must be encouraged and its benefits are very many like better concentration and helps us deal with the issue of death by reducing fear.

Thus death which is termed as an insult for terminally ill patients and considering a person dead when he is actually alive is an insult just as un-

successful workers are considered dead men is again an insult -these insults must be avoided at all costs.

Finally it is an undeniable fact that we pass from womb to tomb and there is just no way of escaping it as this is life and thus we the importance of death and meditation.

—Peter Castellino

Dress code for priests

With reference to the letter ' The Archdiocese of Toronto' by Prof. Robert Castellino'(Secular Citizen, June 13) I would like to comment as follows: In the first place the clerical collar referred to by the writer and recommended for use in the Archdioceses of Mumbai , is not 'Roman' and basically a Protestant clerical dress code which came into use by the Catholic church only at the turn of the 18th century. Earlier it was the cassock which is still in use in many countries and best suited for tropical countries. According the Canon law, the clergy are required to wear some sort of ecclesiastical dress according to the norms of the local bishop and the permissible local customs, so as to make themselves readily identifiable in public. In India, therefore even a shirt and pant, bush-coat, kurta or safari suit is permissible, provided a cross is displayed prominently by the priest on his attire. Therefore while the " collar reminds the wearer that he is a priest 24x7, commands respect from the public and signifies closeness to God much like a wedding ring", the cassock is also equally edifying and respectful.

—A. F. Nazareth, Alto Porvorim

' How to curb corruption '

With reference to Jubel D'Cruz's letter titled Corruption rules India in

(Contd.. on p. 6)

(Contd.. from p. 5)

THE SECULAR CITIZEN dated MONDAY, 20 JUNE ,2016 curbing corruption is easier said than done.

However it can be curbed by ensuring that in Parliament it is defined, its origins are traced throughout the entire history of the country its causes/ roots are traced and earnest and suitable measures are taken to curb it.

Ethics and etiquette courses and finishing courses must be made compulsory for one and all.

Closed circuit televisions and security cameras must be used to track down corrupt people and punish them and if they repeat their offence again their punishment must be doubled.

Capable their punishment in a variety of ways like denying their offence, hiding so that they cannot be caught, maintaining double accounts ,passing of bribes as donations , feigning sickness refusing to talk when questioned about their offences when tried in court, bribing the judges to ensure that they get away scotch free, threatening anti-corruption activists / whistle blowers with death etc - they are past-masters in dodging the law and law enforcement agencies so to catch and prosecute them one has to watch their every move.

Fast track courts must therefore be used to trap and prosecute the corrupt people and tap their phones to prevent them from escaping justice.

Apart from this the money recovered from corrupt people must be used to fund useful projects and corrupt money kept abroad in banks and businesses must be recovered as for corrupt and inefficient politicians they must be recalled immediately and more jobs and self -employment jobs must be created for one and all .

It is a real shame that India is high on Transparency International's corrupt list and as Christians we have a duty to curb corruption and the greed for more and more money at any cost so that we can set a good example that will be appreciated and followed by one and all otherwise our country has no future.

—Peter Castellino

The Church Regenerates

On June 14, 2016, the 'Congregation for the Doctrine of the Faith' released a Letter, *Invenescit Ecclesia – The Church Regenerates*, on "The Relationship between the Hierarchical and Charismatic Gifts for the Life and Mission of the Church". There are six directives which I shall briefly outline:

1. Hierarchical and Charismatic Gifts are Co-essential in the Life of the Church: This is the "central theme" of the Letter – first conferred by the "Sacrament of Ordination" (Episcopal, priestly and diaconal).
2. Harmonious and Complementary Connection with Obedience to Pastors: as part of a "fruitful and ordered participation" in the charismas of the Church which does not authorize them "to withdraw the obedience owed towards the Ecclesial Hierarchy".
3. Do not oppose the Institutional Church and the Church of charity: Since in the Church the "essential Institutions are also charismatic,

and the charismas must be institutionalized to have coherency and continuity".

4. Criteria for discerning authentic charismas:- Some of these are; to be an instrument of holiness in the Church; to be engaged in the missionary dissemination of the Gospel; to fully confess the Catholic faith; to have spiritual fruits such as charity, joy, peace, and humility.
5. Legal recognition in accordance with Canon law: The first is "respect for the individual charismatic groups"; and second "respect for the fundamental Ecclesial regimens".
6. Look to Mary: as "Mother of the Church" and model of "complete docility to the action of the Holy Spirit" and of "transparent humility –as servant of the Lord" (cf. Luke 1:38).

—Dr. Trevor Colaso, *Bandra*

Thanksgiving



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

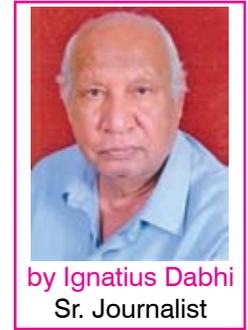
—Philip Gomes, *Kolkata*

“Modi Can’t deliver, Congress Can’t Conceive

Paris-famed ‘la Monde’, a week back printed an article in France which more or less can be translated this way ! Funny as it may seem, it depicts the reality we are facing today in India. Rhetorics, tall-claims, false promises and full-page adds in all leading newspapers of India represent the Ruling Modi side. Party differences, internal quarrels, a deep feeling of hopelessness and leadership’s vacuum represent Sonia side. The ruling party can always have an edge over the opposition. The electronic and the print media conveniently back up the ruling party. And the majority in india believes what is printed !.... Hell with the truth!

Those of us, who know Modi personally, feel that Narendra Modi is a warm hearted patriot. No doubt it. His modus operandi may be questioned but at heart, we are sure, he wants to deliver. He wants to deliver good - do good. After becoming the Prime Minister, Modi would not like to be branded as ‘ sangh pracharak ‘ and yet the RSS would not leave him! And that how the Sangh got Madhavan in the government. Modi has faced the foreign press abroad and doubtlessly questions regarding the treatment of minorities in India must have embarrassed him greatly. News spread like fire and journalists are well-aware of religio-political scenario of India.

Inflation, economic instability, uncertainty of rise and fall of oil prices, joblessness, growing unrest among the poor, water scarcity, farm-sectors’ problems, feeling of uncertainty among the minorities, endless differences with the opposition are Modi problems. It seems he can not deliver



by Ignatius Dabhi
Sr. Journalist

Funny as it may seem, it depicts the reality we are facing today in India. Rhetorics, tall-claims, false promises and full-page adds in all leading newspapers of India represent the Ruling Modi side. Party differences, internal quarrels, a deep feeling of hopelessness and leadership’s vacuum represent Sonia side.

the desired good. The Modi ideology is yet to be accepted even among the allies. On the other hand, Congress under Sonia is gradually losing the grip, it seems. Modi-men have succeeded in unearthing countless scams. It is widely propagated that Congress means corruption ! Unhappily big guns in Congress are silent or made silent. Congress has a bright team of lawyers, administrators, experienced politicians and seasoned men. From a very reliable source it is known that Sonia’s political advisers are grossly is guided and ineffective today. In the happier days things were different. During Modi days, Congress, with the best pro-poor ideology, fails to attract people. Can Rahul (baba?) save the situation? Can a new team under Rahul win over the lost confidence of the common man?

Meanwhile the Prime Minister’s office is in a close contact with all the countries under the sun where Modi can go... ‘No party can remove the poverty in India’ says a Hindi cartoon. ‘Remove the poor, the poverty will be removed...’ says the cartoon !

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Gossiping is my birthright

I therefore build to destroy

by Rtn. Calwyn N D'Abreo

To gossip is the most irrational, irrelevant, incongruous, insipid, unintelligent method of enjoying a conversation. And if gossip is so much of a negation in meaning of what it is how can you or anybody else want to qualify for this baseless adornment.

GOSSIP is negative.

But then Gossip is a human phenomena.

All homo sapiens with little or no IQ quotient are victims of the most irrational method of conversation which the intelligentsia will call useless chatter, blather, gossip mongering, tattler and you name it.....

Being called a gossip-monger is the most damaging and disadvantageous as a noun adjective word that can be attached to the name of a person.

Are you a member of the gossip club in your area. Most of the time there are people who gather to gossip in idle chatter. Often times you may think that you are not a club member but soon realize that you were the most attract-

ing narrator of a comment that now is a gossip. Your presentation of the matter is gossip centric and devoid of any clarity and truth but you espouse the reality of the substance by giving it stage presence and oftentimes you even become emotional during delivery.

Gossip, today is an art as well as a science. There are professional gossipers. You can become one too. I believe all are guilty of gossip.... Maybe even the POTUS. He is human after all. And I am sure he is in reparation. Gossip is a human tendency that quite often springs from the bowels of uncertainty.

Gossip begins as a casual conversation and develops into content rolling on an acid surface with holes burning through the parchment. It is often said that women are specialist in the art of gossiping. Not that they are meant to be mothers first and gossip mongers thereafter but because of the availability of domestic time at their hands and the freedom to concert with idle chatter. For want of anything else that is productive which they feel is not so much apparent and available to them they chatter and they gossip on all and sundry as if it is socially acceptable to break news or story tell within the freedom of speech.

Gossip cannot be practiced alone. It has to have the human connection as in a one to one discourse.... Research has data to qualify commercial conversations to be 80 percent gossip and the rest being value content that actually becomes documented as the sum and substance of the business at hand.

Conversations are essential to begin a metamorphosis towards gossip. From young, casual and often unpremeditated stances erupts the nuances of vitriolic. Inside the substance and content of the narration stems the bounty of this misdemeanor.

But try and use your mind before you put it into gear that kick starts a gossip session. Be very careful on the fuel availability of content you make ready for gossip. Our families love gossip. They gossip at all times and wherever and whenever they can schedule time. Parents often bond with children over the dinner table gossiping about the days affairs or harboring on situations that zero in on some person of iconic value. We often ask one another about other people not as a matter of concern but to get to know who is bigger and better or depraved and dissolute amongst the familiar diaspora you live in. We itch to get to know about other peoples lives. We make celebrities of people of no consequence and suddenly give them pride of place because of the amalgam of juicy gossip. And better the narration with words that put electricity into visuals the more accolades for the gossip king.

We are master gossipers at our workplace as we hide behind the office watercooler and speak about the bosses wife or the office thief who wears an imitation Prada and yet sits amongst us even though we find our writing instruments missing. We have the inside scoop on Judalin's pregnancy. 17 years after she married she is having a stork party. Gossip says she was inseminated. Who is the donor. Bertie Blue from dispatch did the honors,

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(Contd.. from p. 8)

what! Or is it Mack the Knife or Casmiro Afroz of Bilawar, the optimist who grows apples in petri dishes.....? Gossip unlimited and unexpurgated.

But then gossip can be an asset to certain circumstances that need proof of the existence of an happening and without diatribe the reality of it all may be true as if in manifesting a dafodil from the stem of a cacti plant. Arguments will surface to ideate on the potential realness of the matter gossiped. Why cannot we find the good in gossip rather than lambast it against the wall . Cannot we say that it is psychologically approved for our emotive and expressive personality that abides in us.

But then gossip can hurt our affiliation with others and push the button on fear, resentment and hate.

The Holy Father , Pope Francis has a word for you this side of the Suez. He is aware that the meta content of gossip is synonymous with the advocacy of wanting to deliver a nonchalant imposition of negation , intentionally or by default.

At the outset gossip is enjoyable and fun to comply with. It is always in resonance to the value you give it as if it is in tandem with the enjoyment of normal conversations and parlance.

"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!" – says Pope Francis –Global Head of the Roman Catholic Church and Chief Surveyor of Catholics around the world. Yet the Pope believes that gossip brings people together. Is there healthy gossip to counter the effects of the unhealthy gossip phenomena. What say you at this point of observing the writer's dilemma....?

Why should we abhor gossip?

"Those who live by judging their neighbors, speaking badly about them, are

hypocrites because they don't have the strength nor the courage to look at their own defects' says Pope Francis.

Well said Holy Father. Well said.

I believe that if there is something said about another which may not be true and you do not have proof of the situation that has brought you towards discussing the veracity of the presentation of facts then do a pivotal to save the face of that which you may feel is untrue. Human beings are born with flaws and regressive fixtures. You can often count these imbalances by visual documentation. And why do you have to publicize these shortcomings and weaknesses.....?

Your time starts now. Save the situation . From gossip to a gracious remark that encourages wellbeing. Bend the gossip conversation that reflect on the perspective of human frailties that become inherent in all and with grace and divine intervention tell a different story. Defend the person and raise him on a pedestal. Give him pride of place. Increase his brand equity. You, yourself become the winner now. Gossip unlimited is submerged to the axiom of time and place. So be it.

"Gossiping is like terrorism because the person who gossips is like a terrorist who throws a bomb and walks away, destroying. They destroy with their tongue." says Pope Francis from the balcony of the Vatican.

The modus operandi of a good and mature gossip is worth recognizing. The mere description of his unique selling proposition is to draw your attention with the sweet smell of salicylic content and then flower it to the point when you need to ask questions and fan the production further .You ask questions and the gossip gander adds his methane to make the gossip more dangerous and detrimental. On the face of it all I suggest you walk away from that place of inculcation rather than subjugate yourself to something negative that crowds your hard disc and brings a virus in without a quick heal.

"It is so rotten, this 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" says Pope Francis once again.

No matter what you are or who you are meant to be you have without being attentive succumbed to the atrocity that is gossip that creates destruction to the human reservations of camaraderie and love for one another on this animal planet.

I have incidences in my life when I have used negative courage to get even with people who I presume have hurt me. I have with revenge slandered their names in the process of using gossip as the fulcrum to create this perverted enjoyment . I have become orgasmic when I did on purpose defame and smear, malign and slight that individual who I believed to be responsible for my incongruent behavior and incompatibility in what I had failed to do in my active life and in some active parts of my personal editions of life and living.

I pray today as a child of the universal intellect we all call God and confess to my mentor soul that I have fallen into the sin of gossip and the content of its co relationship within the heat of fire and brimstone. I destroyed instead of building. Instead of constructing I brought down the pillars of love and disregarded the presence of the voice of divine knowledge. Forgive me my brethren for I have sinned. Forgive me. For I knew not what I was doing.

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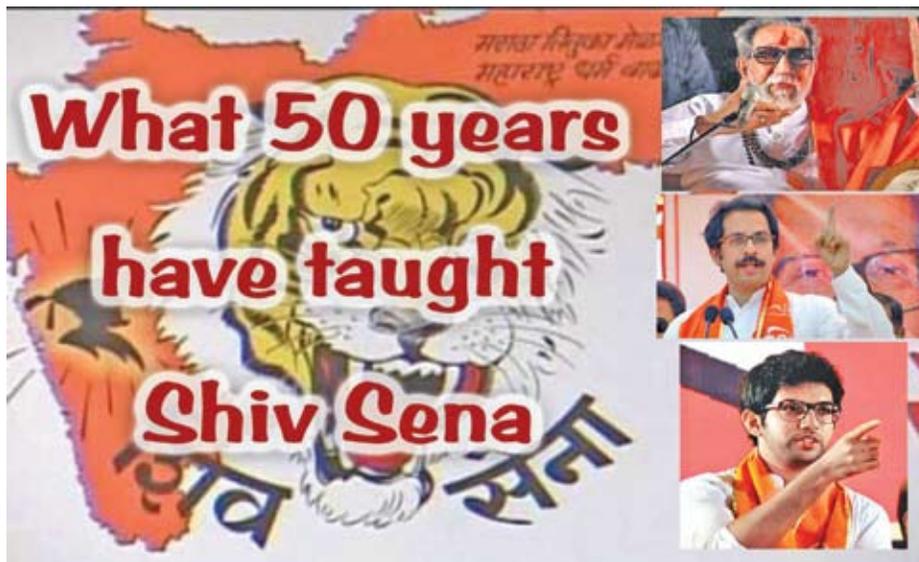
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by Sahil Joshi

June 19, 1966 can always be remembered as the day which changed the fortunes of the Thackeray family. The family of the noted cartoonist never thought that after this day they will be turning into one of the most feared and followed political families of Maharashtra.

This fear has sustained for 50 years and shows no sign of waning.

June 19, 1966 is the day when Bal Thackeray, cartoonist by profession and son of one of the leading social reformists of Maharashtra, formed an "organisation" not a political party, which his father Keshav Thackeray named Shiv Sena.

The baton of the organisation had been passed on to Bal Thackeray's son Uddhav and then will likely be passed on to Aditya, his grandson.

The Shiv Sena on June 19, 2016 will be 50 years old. It remained an "organisation" for many years after its formation and mainly concentrated its activities in Mumbai and surrounding areas like Thane. The initial promise made by its chief Bal Thackeray was that the organisation will do "20 per cent rajkaran and 80 per cent samajkaran". It means politics will comprise only 20 per cent of its agenda and the remaining 80 per cent will

consist of social work and that's why it was formed as an organisation and not a political party.

This, however, was the first of the promises that Bal Thackeray broke after the formation of the organisation. The Shiv Sena contested the BMC elections within two years of coming into being and won an impressive 42 seats in alliance with the Praja Socialist Party.

However, the Shiv Sena broke the alliance within few years of testing its strength in elections. Bal Thackeray who was running a political magazine called Marmik understood the frustration of the lesser educated, unemployed youngsters. He promised them that the job opportunities that Mumbai's economic growth was creating would go to Marathi job aspirants. So in Maharashtra, the Shiv Sena is the progenitor of "son of the soil" politics.

This agenda of "son of soil" politics gave a much-needed headstart to the political party-cum-organisation, but more than that, the Shiv Sena's method to get "justice" led to the creation of an aura of fear around the name Thackeray

Shiv Sena became the first political party which openly supported violence. Bal Thackeray never gave any ideological base to his organisation; its ideology swings happened accord-

ing to diktats and needs of its leader Bal Thackeray. That is the reason Shiv Sena could have an alliance with even those parties which have been the target of Bal Thackeray's speeches.

The Shiv Sena has had alliances with socialists, the Congress, Muslim League and in the end, with the BJP. Bal Thackeray openly supported only one ideology to keep the party floating - the ideology of violence and it became Shiv Sena's working ideology.

The ideology is so ingrained in the hearts of the Sena workers that even its new leadership is finding it hard to change. The Shiv Sena is a party which cannot be put in to any ideological mould - Right or Left. In the initial days, its "son of the soil" slogans were supported by even socialists in Mumbai and also by the working educated middle class.

Shiv Sena's street fights in Marathi-dominated central Mumbai were supported by the Congress, which was waiting since long to cut the communist and its rowdy unions to size.

The Shiv Sena's equally rowdy cadre was used by the Congress against the communists but Shiv Sena's leadership never bothered about that as long as it had its aura intact in Mumbai.

During the Emergency years, when the Right and Left came together against Indira Gandhi, it was Bal Thackeray who supported the Emergency, though he and the party paid political price for that. But this clearly showed that Shiv Sena and its leaders never cared about the position they were taking ideologically.

Despite this, its cadre at the ground level remained intact. When Thackeray saw an opportunity to grow beyond Mumbai and Thane he abandoned his original "son of the soil" agenda and took up an aggressively Hindutva agenda. The Shiv Sena's role in the 1992 Mumbai riots made it a strong right-wing party, but Thackeray kept using the saffron tag only when it was

(Contd.. on p. 15)

The Long and Sho[r]t Of It!

The latest deadly attack on innocent night clubbers in Florida once again brings to the fore the gun culture as it prevails in that country. This heinous massacre is a terror attack by an Afghan origin American. The attack is directly linked to the dreaded IS organization. Scores of people were shot dead in cold blood by those who have no value for life. These fanatics view killing others as a part of their religious duty. How flawed can their approach be, since no religion teaches violence or killing?

That brings us to the moot point on the very liberal gun control laws obtaining in the United States. How the country became so liberal with gun culture is hard to fathom. It was very filmy to see those macho cowboys on horse-backs with pistols jetting out from their hips, clad in leather jackets, with cigars in their mouths. But to see almost every person having a gun is the most dangerous thing for any society. Americans have 101 guns for every 100 people, leaving Yemen far behind. Have successive governments, the GOP or the Democrats, ever tried to tinker with this freedom. What really are their compulsions? What holds them back? These are the issues that need to be studied.

Is the gun lobby so powerful that the voice of sanity cannot penetrate their psyche? Is financial gain the only motive in their lives? Those advocating the continuance of these liberal gun laws ever wonder how they will view it if their own family members or other loved ones become victims as a result. The whole approach of the American establishment is frightening and is fraught with grave consequences not only for them but humanity as well. Not that there are no gun fights elsewhere in the world. Of course there are plenty of cases. Such cases are a result of defiance of law that does not allow them to possess a gun. Yet they manage to procure guns through other means – fair or foul. But when the government of the land does not really bother to at least have some sort of control then the matter becomes serious. America has witnessed any number of incidents involving such shooting, albeit less severe than this. There have been incidents in schools where young boys pull out guns at the drop of a hat. We have heard of very small kids using

VIEWS on NEWS

guns without knowing the consequences. The results have been fatal.

When there are guns available everywhere, terrorists obviously will have easier access to such arms. One wonders if there are any security checks in cities – the type seen in Mumbai where every entrant into a mall or a movie house and most certainly night clubs is searched. In fact there is no check even at American airports and one can enter very easily right up to the checking counters and beyond. Thousands of passengers throng at the airline counters for check-in. Surely, you can allow non passengers but the least you can do is to put them through a security check at the entrance itself. No such checks are witnessed at public places like malls and even train stations. Is America invincible?

The only place that you find proper security is once you check-in for international flights. Sometimes they go over board. Does it mean that only the lives of air passengers are precious and that of the rest can be played with? America is going through the election process to put a new president in place. Will the two hopefuls for the top post have a public debate on the very sensitive and important issue of how to tackle the uncontrolled flow of guns in the hands of all and sundry? Donald Trump's proposal of blocking the entry of people of a particular faith is to throw the baby with the bath water. He needs to revisit those odious thoughts.

A Speech that left everybody speechless

Narendra Mody, Indian Prime Minister is undoubtedly one of the finest orators especially amongst the politicians. He has the ability to draw the attention of those whom he is addressing. For a man who is not really adept with the English as compared to his predecessors, his delivery was flawless except of course the pronunciations. There was no grammatical error and for him to speak apparently without any notes, was commendable and one must give credit where it deserves. He managed to keep his august audience – the American Congress, spell bound who gave him a thunderous ovation on many occasions though the Americans are generally very generous with their applause



by Marshall Sequeira

which at times goes for far too long. That said, this must be one of those forceful speeches after the late Rajiv Gandhi – a product of Doon School [Narendra Modi is not].

On the substance of the long speech, most of the issues covered were all 'soft' ones on which there is almost complete meeting of minds with the host country. Perhaps, the only forceful points related to the call for complete isolation of promoters of terrorism [read Pakistan] and the need for concerted efforts by the advance countries on environment.

The Prime Minister has been successful in marketing this country with the Americans. To what extent this bonhomie will continue should the unreliable Donald Trump, is something the nation is worried. From that perspective, too much of alienation of the Chinese is not in our national interests. A balanced approach is called for even if we have to wait a while for NSG membership. After all, our bigger aim is to secure a seat on the UN Security Council. That is where the Chinese will put hurdles if we try to show them in poor light for not supporting India for the NSG, which undoubtedly is important. A day after he left U S shores, the Senate gave a 'thumbs down' to Modi by not recognizing India as America's 'Global Strategic defence partner'. What an anti-climax! The BJP and pro-BJP Patrakar should not overplay the 'immense success' quotient.

All said and done, Modi's speech left everybody speechless more for delivery than substance. One of the high points of that speech was assuring the Congressmen that they are not alone in their bipartisan attitude. He gave them an insight into the same type of attitude, back home, from the Indian Opposition parties in the Upper House. Surely, it was in jest and well taken. It would have been more truthful if he also had to say, in the same breath, that his own BJP party did the same in the Lower House, albeit in greater measure, when it was in the Opposition.

Empowering Christian Youth

2 011 census data released recently brings out the various aspects of education and employment of different religious communities. Christians constitute only 2.3 percent of 1.21 billion population of India as per 2011 census. In absolute terms, they number 27.84 million which is more than the total population of many individual countries. In India's population, the size of Christians, the second largest minority is a minuscule one. Politically it is insignificant except in a few places but its presence in terms of educational institutions and health-care services, is far greater than the proportion of its population.

We have a large number of well established schools and colleges known for their quality. Yet Christians have a literacy rate of only 84.5 percent for the age group of 7+ years while the Jains top with 94.9 percent. Only 80 percent of Christians in the 5-19 age group were in school in 2011 as against 88 percent of Jains. It was reported that 62,698 Christian students dropped out of school in 2004. In the employment market, 26 percent of Christians in the age group 20-29 were seeking employment as against national average of 20 percent.

Several questions arise from the above scenario. Why, with our large number of schools, Christians do not top the list in literacy? Why such a large number of students dropped out of schools? Why the educated Christians top the list of unemployed? Why is the gross enrolment ratio of Christians to higher education only about 22 percent, given the number of higher education institutions under Christian management? It is no solace to say that we are better than the national average in the above mentioned variables.

20 percent of our 5-19 age group which is not in schools and a large number of drop outs are due to i)



by Prof. A.D. Mascarenhas

Indian youth demands for better education, employment driven training and brighter future. Youth also want that skill based education and job placement should be a part of every higher institution. More emphasis should be laid down on career oriented courses and there should be a connection with real life scenario rather than just bookish. Youth from non-urban setting generally lacks good communication skills. This is also one of the major concerns because it acts as an obstacle on the way to get job and progress.

The enthusiasm among today's youth is eloping somewhere leading to frustration and lack of zeal. The reason may be unnecessary burden in the form of competition, unemployment, lack of job skills and skill based job etc. Indian Youth at present is also facing acute pressure in every field from getting job to performance at the job.

poverty, ii) lack of interest in studies, iii) addiction to vices, iv) broken homes, v) difficulties in understanding and so on.

Educated unemployment can be traced to unemployability of our graduates, besides insufficient employment opportunities in the market. Mere passing at the graduate level does not enable one to secure a job. Under the present examination system it is difficult for a student to fail than to acquire a graduation degree with minimum marks. Some of the factors responsible for the problem are:

- i) **Not acquiring sufficient skills required for the job,**
- ii) **Poor quality of education especially in rural areas,**
- iii) **Lack of academic culture at home,**
- iv) **More interest in fun culture than in academics**
- v) **First time college goers failing to get sufficient advice and support,**
- vi) **Financial difficulties for acquiring additional skill.**

Christians have a well organised administrative mechanism primarily used for religious purposes. It can be used for tackling the above problems. For this we require complete information through data from parishes, coordinated at diocesan level. At present as I know, parishes can tell us the number of families and the to-

tal number of faithful under them.

For tackling these problems we require data comprising i) number of school children ii) children out of schools iii) drop out numbers at all levels and reasons for the same, iv) number of college students in different faculties v) number of unemployed vi) addicts and reasons for the same vii) data on any other information required.

Measures are to be worked out to tackle the above problems at parish level or a group of parishes (deanery) and diocesan. They may include: i) training in required skills, ii) counselling, iii) remedial classes, iv) providing financial help to poor students, v) establishing employment exchange at diocesan level. Many or all the above measures may be in existence in some parishes and dioceses. Effective working of these measures must be ensured through the required administrative machinery. The existing set up of zones, small Christian communities and other associations can be used for this purpose. Raising money should not be a problem. Churches can divert some money from their income for this purpose.

Committees can be set up at parish and diocesan levels for achieving academic and employment goals. This may help us to shed some of the negative attributes of the community. In the ultimate analysis a community is known or judged by the quality of its social, economic and spiritual life.

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Youth Education Scenario - Need for Inclusion of Life Skills



The demographic dividend of youth with diverse needs and almost total absence of educational and skill development opportunities for them makes the youth education a most significant challenge at the present time. Youth is overburdened by a education system which is not much meaningful for them. The present education system does not align with the holistic approach towards understanding young people's lives.

As the young people step into the threshold of the external world, they are increasingly influenced by their peers and by adults other than their parents. They begin to explore and experiment intellectually, ingeniously and socially through various activities. To support them in this sensitive and tender stage, they need to de-

velop life skills – skills in negotiation, conflict resolution, critical thinking, decision making and communication. This would help them develop self-esteem, self-confidence, assertiveness, ability to work in teams and resolve conflicts in a rational manner. Life skills programme should be an integral part of the education system in order to transmit the accumulated resources of our cultural heritage to each new generation.

Our youth has all the potential. The community should provide rational education support to them so that they keep on growing in their knowledge and understanding and keep making a difference to the nation and to the world. Then they should be fully empowered to lead India into the future.

Role of Youth for Better India

Here comes the responsibility of the future of the nation. There is a large population of youth in



India. More than 50 percentage of Indian people belong to the age below 35 years. This is a great hope for the nation. They are looking for a better India, and a new world order. Significant social changes can come through them. They are for socio-economic development. India is a very large country full of diversities – linguisti-

cally, culturally, religiously. The level of education of youth is a key to both the successful functioning of democracy and socio-economic

development of the country. And perhaps, more importantly, it is an essential condition for human dignity. Only right education makes them conscious of the principles of liberty, equality, secular and democratic. Recently, the Right to Education is provided as a fundamental right.

Make Masalas at Home



There are perhaps as many masala - as there are cooks and, sure you can buy there all ready to go at grocery store, but there is nothing like the aroma and freshness of a spice mix you've put together yourself to give your recipe that added zip

Spices have been used in india for centuries, not just because of the amazing flavour they impart to recipes, but also because they are extremely beneficial to health. Moreover, nothing can beat the freshness of masalas made at home. All you need are the whole spices and a grinder and you can make your own masala in minutes:

Madras Curry powder Ingredients

Coriander powder (1 tbsp)
Turmeric powder (1 tsp)
Jeera (cumin) powder (1tbsp)
Pepper powder (1tsp)

Uses:

Madras curry powder has all the blending for ultimate flavour but with an added kick for those who like their curries slightly spicy. It is used in marinades and to create flavoured oil.

Goda Masala Ingredients

Coriander seeds (1tbsp)
Sesame seeds (1 tsp)
Cloves (4)
Cardamon pods 4
Pieces of cinnamon bark
Dry bay leaves (2)

Peppercorns (10)
Cup coconut shreds (1/4)

Uses:

Add a tsp of masala in subzi or dal at the end of cooking. It gives a unique flavour.

Rasam powder Ingredients

Coriander seeds (1 cup)
Tuvar dal (1/2 cup)
Black peppercorns (1/3 cup)
Chana dal (3 tbsp)
Cumin seeds (2 tbsp)
Red chillies (8-10 dry)
Turmeric powder (2 tbsp)

Uses:

This aromatic and spicy mixture of ground spices is added while preparing various types of south Indian style tentil soups.

Chettinadu Masala Ingredients:

Marathi mughru (5gms)
Mace (5gms)
Kalpasi (5gms)
Star anise (5gms)
Bay leaves (5gms)
Cloves (5gms)
Cinnamon stick (5gms)
Black pepper (10 gms)
Black cardamom (5gms)
Green cardamom (5gms)
Coriander seed (20gms)
Fennel (saunf) (10gms)
Cumin (20gms)
Curry leaves (dry) (20 gms)
Red chilly (round) (25gms)
Desiccated coconut (10gms)
Nutmeg (1)

Uses:

Chettinad cuisine of Tamil Nadu is known to be the spiciest and the most aromatic in India. You can use this masala to add a hot and pungent flavour to any non-veg dishes.

Dhansak Masala

Ingredients:

Fenugreek (Kasoori methi) (45 gms)
Cloves (45gms)
Black Cardamom (45 gms)

Uses:

Dhansak Masala has its origins in parsi cooking. Call some tangy richness and with the preparation of dal and vegetables with a touch of dhansak spice.

The goodness of spices

- **Chilli powder:** That vibrant red spice that adds the famous heat to indian cooking - revs-up your metabolism and can lower blood pressure.
- **Turmeric:** It is an anti-inflammatory, reduces arthritis symptoms, improves the body's anti oxidant capacity, can help with Alzheimer's and depression and can fight heart disease.

Always cook spices and let them blend in together first before you add the acid element (tomatoes, vinegar, lemon, lime) of the dish. Acid slows the cooking of the spices and you could land up with a raw spice flavor in your meal.

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(Contd.. from p. 10)

needed to boost the voter base.

But why is it that in spite of many u-turns by Bal Thackeray, the Shiv Sena could maintain its dominance? The credit for that should go to its selfless cadre working on the streets. The cadre, abandoned by all mainstream parties as it had no ideological face and aptitude, got Bal Thackeray's patronage.

This cadre ran the party from thousands of "shakhas" across Maharashtra. These shakhas, or local offices of the party became a parallel judicial system, which decided matters right from money matters like real estate dealings to mundane family issues like marital discord.

The aam adami who normally does not wish to go to courts to sort out their day-to-day issues started knocking the doors of these shakhas, and the local level shakha heads called "shakha pramukhs" started solving these issues.

This worked for the Shiv Sena as this instant, time-saving justice system was not offered by any other political party. This system did keep the Shiv Sena's existence intact despite many defections from the party including that of Raj Thackeray.

However, this system had its flaws. It never gave the Shiv Sena the image of a serious political party and because of this, it could never touch the heights that some of its contemporaries like the DMK, AIADMK, TDP and recent ones like TMC and TRS could in their respective states. The Shiv Sena on its own could never come to power on its own in Maharashtra.

The current Shiv Sena chief Uddhav Thackeray is giving it a serious push but that is also because its long-time ally BJP ditched it in the 2014 Maharashtra Assembly elections.

Now the Shiv Sena has realised that its techniques of forming alliances

Is Your Child Stressed?

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Children should be given North/ East or West rooms.

The children should sleep with your head towards South or East.

Avoid sleeping with head towards West or North.

Always study facing North or East.

Do not clutter your study table with junk material or irrelevant books.

Keep it clean to let positive energy around you.

Keep some water source in North-east such as fish aquarium or water fountain.

Always keep a glass full of water in front of the study

table while studying as it helps increasing concentration.

Pendulum clocks on North wall also increases concentration.

The shape of the study table should be regular in shape.

The study table should not be sticking to the wall. Leave a space of at least 3 inches between wall & table.

Avoid placing overhead storages above the study table.

Avoid any kind of electronics in a children room. If they are present, try to switch them off from the main switch when not in use.

Place any object of sunflower yellow colour, it increases overall grasping power & intelligence.

will not work. The biggest asset of the Shiv Sena till now has become its hurdle, particularly if it is building up a Mission 2019 for the next Assembly elections and nurturing the dream of becoming the ruling party on its own.

The Shiv Sena cadre is ill-equipped to bring the party to the top position in the state. Bal Thackeray could play his politics according to his whims, Uddhav and Aditya do not have that luxury. They have a challenge not only from their rivals but also from their "friends" like the BJP.

Maybe that's the reason Uddhav Thackeray keeps playing the role of Opposition despite being part of the government in the state as well as the Centre. Bal Thackeray always fought the politics of survival so that he could keep talking about "20 percent politics and 80 percent social service". Uddhav and Aditya Thackeray know that they will have to talk about 100 per cent politics and that would truly be the 50th birthday gift to its cadre.

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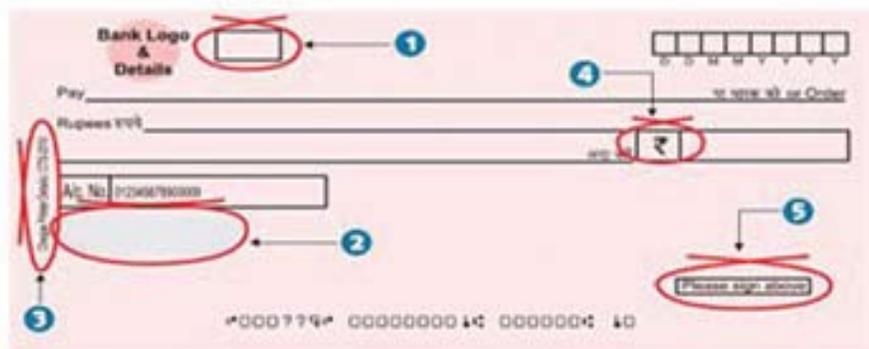
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New cheque rules from Reserve Bank

A Cheque in New Format



- 1 Bank's logo printed with invisible ink (ultra-violet ink)
- 2 VOID pantograph
- 3 Cheque printer details/CTS-2010
- 4 ₹ symbol
- 5 Signature space indicator

How Salt Puts Up Your Blood Pressure

The amount of salt you eat has a direct effect on your blood pressure. Salt makes your body hold on to water. If you eat too much salt, the extra water stored in your body raises your blood pressure. So, the more salt you eat, the higher your blood pressure. The



higher your blood pressure, the greater the strain on your heart, arteries, kidneys and brain. This can lead to heart attacks, strokes, dementia and kidney disease. Also, eating too much salt may mean that blood pressure medicines don't work as well as they could. Don't be too concerned about the exact amount of salt you eat. The aim is to reduce the amount of salt you eat as much as possible, not to keep an exact tally of the amount you eat.

The Reserve Bank of India (RBI) recently changed cheque rules in India, to tackle the rise in cheque related fraud cases.

Here are new updates that RBI has asked banks to put preventive measures in place and follow them meticulously.

One day cheque clearing system 2016: The RBI asked banks to ensure the use of 100 percent CTS-2010 compliant cheques. As part of the Cheque Truncation System (CTS), an electronic image of the cheque is transmitted to the cheque writer's bank branch through the clearing house, along with other relevant information. It helps eliminate the need for physical movement of the cheque for verification. Thus the scope for fraud is reduced.

SMS alerts: As per new cheque rules RBI has asked banks to send an SMS alert to both payer and drawer when the cheque is received for clearing. Till now, SMS alerts were compulsory only for debit and credit card transactions. While dealing with suspicious or cheques of high value, banks have been asked to alert the customer by a phone call and obtain confirmation.

Cheque-handling infrastructure: Among other preventive measures, RBI stated that, must have high quality of equipment and personnel must be ensured for CTS based clearing. Banks should not look at it as a mere mechanical process but consider it as an important part of cheque handling.

Examination of cheque rules in india: Besides sending alerts, banks have been asked to examine cheques under UV lamp for amount goes over Rs two lakh and multi-level checking of cheques for amount over Rs five lakh.

KYC compliance
Whenever you open a new bank account, you are supposed to go through a process called Know Your Customer or KYC. This is a must. It ensures that the bank verifies information about you, thus limiting fraud cases. Banks are also required to closely monitor how money is deposited or moved out from newly opened transaction accounts.

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A Compact Dissertation For Deciding Marriage

Marriage Is For Better Or Worse

While marriage has been somewhat generous for procreation with the purpose of enriching the human race, tough choices continue to take the upper hand in the ineptness of going about the task to form unions. There are myriad alternatives and solutions to making options to evaluate reasons, if one understands the hidden and unique obligation in getting married.

Youth, like most elders are rightfully wary of the phrase “marry in haste, repent at leisure.” The greater the stakes, the more intimate closeness, the pressing emotions to please parents, the reality of confronting brickbats, eloping, waiting another year or being radically different, makes marriage seem like a ‘third-degree’ commitment. Not true.

Marriage is a Sacrament. “The matrimonial covenant... this covenant between baptized persons has been raised by Christ the Lord to the dignity of a Sacrament”(ccc.1601). The different liturgies in prayers asking for God’s blessing on the couple, especially the bride, brings down the Holy Spirit who is the seal of the covenant.

The creation of man and woman in the likeness of God ends with the “Wedding-feast of the lamb.” (Rev.19:7,9.)

As in the past, so also in the present youth are confronted with practical problems in getting united with the opposite sex. It is seldom mutually agreed upon – the girl having to decide; since “arranged marriages” are not popular today. The hardline efforts by some families are never always successful. In most cases such “forced marriages” leads to divorce or worse.

The original meaning of marriage



BY MELVYN BROWN

is relevant for the Christian seeker to know: “What therefore God has joined together, let no man put asunder.” (Mat.19:6). The insistence on the bond of wedlock has left many perplexed at the importance of marriage.

Because of our strained times and a person’s enormous baggage of problems when facing marriage: making choices, listening to preachers and matchmakers, I will boil down seven reasons which often stall and confuse couples from saying, “I do”.

First Reason: “My parents hound me with their single dream, “Get married soon – we want to be grandparents before we die.” This way of thinking is not to be encouraged. The child’s life is at stake. Parents should not play mind-games forgetting the fact that their off-spring has a future to live.

The young person should ask the parents “ Do you wish me to marry, have children and live to regret a hasty decision, all because you wanted grandchildren?”

Reason Two: Many couples have told me that friends and relatives tease them. The girl is told that the man is old enough to be your father. The boy is told in another case file that the girl is too young. “You are a cradle-snatcher”.

If you love her and she loves you let nothing what others say stop you! “Better to be an old man’s darling than a young man’s slave”.

Reason Three: Ranu’s parents had no problem finding a young man for their daughter. Ranu, however, did not approve as she had found out the

man’s background. He was a flirt with other women, a drunk and a gambler.

Ranu threw a party on a lame excuse for her parents to observe their future son-in-law. True to his nature, his true colors were shown. He flirted openly, drank too much, cursed and spewed all over the hall. Her parents got rid of the villain.

Reason Four: Some parents drill their children to marry for security, stability and for property. And very often this is done under duress. Many youngsters run away from home with the wrong partner.

Remain single for some time. Find a good job or start your own business and wait for the right man to come along. There is an old English saying, for every man there is a woman.

Reason Five: She is prepared to marry a Sikh who refuses to convert. What can the woman do. They love each other?

If there is a mutual understanding, fine! However, one must not interfere with the others faith, and if the girl is a Catholic he must agree to let the children be baptized as Christians.

Reason Six: Pre-marital sex must not be allowed. It is a truly big issue. For the simple reason the opposite partner will lose trust in you, and every move one makes can trigger off doubts and misgivings.

Reason Six: Courtship before marriage and the engagement which follows should be the proper thing to do.

Reason Seven: You matter, after all is said and done. You cannot afford to be reckless, thoughtless and foolish. In most cases people depend on you and your moves should be yours alone. Marriage is and should be a priority first for you to decide. Pleasing others is not always the right answer.

Melvyn Brown, (M): 8017934248



Spices with healing powers

(Contd.. from last issue)

Black Pepper (kali mirch):

Pepper has a stimulating effect on the digestive organs and produces an increased flow of saliva and gastric juices. Powdered black pepper, thoroughly mixed with malted jaggery (gur), may be taken in the treatment of such conditions. Alternatively, a quarter teaspoon of pepper powder mixed in thin buttermilk can be taken during indigestion or heaviness in the stomach. For better results, an equal part of cumin (jeera) powder may also be added to the buttermilk. Three peppers sucked with a pinch of cumin (jeera) seeds and a crystal of common salt provides relief from cough.

Cardamom (elaichi): Cardamom is used chiefly in medicines to relieve flatulence and for strengthening digestion activities. Ground cardamom seed mixed with ginger (adrak), cloves (laung) and coriander (dhania), is an

effective remedy for indigestion. A tea made from cardamom is valuable in headache caused by indigestion. This can also be used as a remedy in the treatment of depression. Green cardamom is broadly used to treat infections in teeth and gums, to prevent and treat throat troubles, and congestion of the lungs. Daily gargling with an infusion of cardamom and cinnamon (dalchini) cures pharyngitis, sore-throat and also protects one from flu.

Cumin (jeera)/Carom (ajwain):

Cumin and Carom seeds are both used for cooking and also possess many medicinal properties. They are a good source of iron and keeps immune system healthy. Water boiled with cumin seeds is good for coping with dysentery. Cumin (also known as Caraway) oil is specially used to remove flatulence. Also a cup of tea made from caraway seeds taken

thrice a day after a meal will give relief. The tea is prepared by adding a tsp of caraway seed in 1.5-2 litres of boiling water and allows simmering on slow fire for 15 min. Strain and sip hot to get best of results.

Ajwain is mucous-clearing and beneficial in treating respiratory diseases. A mix of the seed and buttermilk is effective for relieving difficult expectoration caused by dry phlegm. A hot fomentation with the seeds is a popular household remedy for asthma. Ajwain is good for muscular pains the seeds should be fried in coconut oil and should be massaged as a liniment in treating this condition. Ajwain shouldn't be used in excess as it can cause dryness of fluid and damage your eyes.

Asafoetida (hing): For gas and flatulence, you may add a pinch of hing to buttermilk with a pinch of salt and drink it after meals. In case of stomachache, a little hing should be dissolved in water and the paste should be applied on the navel. A piece of hing placed on an aching tooth, reduces pain. Raw asafoetida may be given to the patients in lung infections like bronchitis in dosage of 5gm per day. It can be fried in ghee and given to the patients suffering from neuro-muscular disorders such as sciatica, facial palsy, paralysis etc. for relief from pain. In breathing disorders such as coughs and cold, it can be consumed in dosages of 12-15 gm for relief. You can even apply hing on an itching skin for relief.

Though these spices provide innumerable benefits they should be used sparingly. The excessive use of spices in food can cause harm to the health.

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The Power Of Happy Thoughts

'This too shall pass': No matter what you are going through, you must remember that if you are still breathing, if you are still alive, it is not over. You

Do you have a personal manual of life principles to live by? Or do you have a set of happy thoughts that you remind yourself from time to time? If the answer is 'no', you are so not alone. Just remember these lovely principles which are also the best happy thoughts that you should live by and once you start doing this you will never, ever forget who you are or your purpose, again

How do you feel about your life today? Are you living every day in liveliness? Do you love what you're doing? Are you excited every single moment? Are you looking forward to what's coming up next? Are you living your best life? If your answer to any of the above is a no, maybe or not sure, that means you're not living your life to the fullest. In this wild and crazy world, there are several principles that you should live by in order to live the best life. Here's a list of few such happy thoughts that will keep you grounded, helping you to be the best you

'The responsibility is mine'

Take responsibility for everything happening in your life. The second you take on the victim role, you release control of your life to anyone else that wants it. Instead own up to your mistakes. Acknowledge your past and the future is yours! There is nothing like taking control of your life and living how you want to. It is one of the best feelings in the world, and is definitely one of the key principles that you should live by, starting now!

'Everyone has time for love'

You are on-the-go constantly, always up to something. It seems as if you

never have enough time to date, visit with family, or gather with your friends.

Correction: you never MAKE time.

These people are your support system. Their love is the anecdote to whatever you are going through, so don't take them for granted.

'Today will never be tomorrow'

Many people find themselves constantly preparing only for tomorrow without regard for today. At some point, today should be more important than tomorrow. You should not wait to enjoy your life because nothing is guaranteed. No matter what age you are, you are younger than you will be tomorrow. Therefore it is vital that you live like that. Live like each day is your chance to be all that you have ever wanted to be.

'Over analysing won't make success come faster': You feel obliged to look at a situation from twenty different angles. You pace back and forth. You try to think about what you are missing. What in the world could make everything work out faster? The only thing is, your worrying will not speed time up. It won't make tomorrow come sooner and it sure won't guarantee that things will go your way. So breathe in and breathe out. Let yourself relax.

There are only 24 hours in a day, use wisely': Each day, you wake up is a blessing. You get twenty-four hours to eat, build your life, enjoy yourself and then recharge for the next day. As easy as it is to just spend your free time with the lovely 52 inch TV, don't do that. Get out of your comfort zone. Really use each day to grow as a person. Never let a single day go by without doing something to make yourself and others around you happy. Take each day as if it were your last to make it your very best.

have to keep going. Things can never bring you down if you understand that they will eventually be a part of your past.

'Your life is your life': It is easy for others to plan out your life for you. Your mom wants you to become the best doctor out there. Your dad dreams of you taking over the family business. Even your friends have their own assertions in your life. The only thing is that it is your life. Do not give up on taking your life in the direction that you want to go. Being alive is cool but to truly live, you have got to do things for yourself when you can.

'Nothing is impossible': How many times have you thought to yourself, "Yes, maybe I can do this?" Lots of times right? The truth is that you can can, Set your mind to it. The first step to success in life is to believe that your dreams can become reality. Then you have to actually do something about them. You can do it. Nothing not a single thing, is impossible.

10 principles to live by every day

- 1. Bad situations in life are only temporary.**
- 2. Things aren't going to always work out the way you plan.**
- 3. People's opinions of you are not who you are.**
- 4. Be a rebel-with a cause.**
- 5. Be committed to your growth.**
- 6. Don't do things for the sake of doing them.**
- 7. Spend more time with people who enable you.**
- 8. Be the absolute best in what you do.**
- 9. Embrace disappointments.**
- 10. Last but not least: Love life.**



MUMBAI : Tamilian Roman Catholic Bachelor, aged 33 years, Ht. 5' 10" Wt. 72 kgs, Tan Complexion, Edn. MBA (ICFAI), working as a AVP in Citi Group Chennai. Contact email : ponsil@rediffmail.com OR 7829388114 **(Regd. No. 6549)**

MUMBAI : East Indian Roman Catholic Bachelor, aged 29 years, Ht. 171 cms, Wt. 80 kgs, Wheatish Complexion, Edn. HSC., Diploma in Aviation, working for a Foreign Cruise line in USA as a Security Officer . Contact email : stayblessed1287@ gmail.com OR 9820942790. **(Regd. No. 6546)**

MUMBAI: Mangalorean R.C. Bachelor, aged 29 years, Ht. 5' 5", Wt. 72 kgs, Wheatish Complexion, Edn. B.E. Mechanical, working in Merchant Navy Vessel as 3rd Engineer. Seeks a suitable match. Contact email : ryan2421986@gmail.com OR 9833755448 **(Regd. No. 6483)**

USA : Mangalorean Roman Catholic Bachelor, aged 29 years, Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Software Consultant. Contact immediately Email : rahul.ferns@ gmail.com OR 9833932407 **(Regd. No. 6463)**

MUMBAI : East Indian Roman Catholic Bachelor, aged 31 years, Ht. 5' 6", Wt. 63 kgs, Wheatish Complexion, Edn. M.Sc., working for MNC. Contact email : j.31784@gmail.com OR 26120397 / 9920074467 **(Regd. No. 6458)**

MUMBAI: Goan R.C. Bachelor, aged 38 years, Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Bom., working as a Sr. Accountant in Bahrain. Contact email : dias2401@yahoo.com OR 9819121346 / 97333270202 / 97336451098 **(Regd. No. 6480)**

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 : 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 : East Indian Roman Catholic Bachelor, aged 25 years, Ht. 5' 11", Wt. 75 kgs, Fair Complexion, Edn. F.Y.B.Com., well employed. Contact email : gerardd754@gmail.com OR 9930620943/9594766322

(Regd. No. 6424)

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 : Goan RC Bachelor, aged 33 years, Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. B.Sc., Physics, working as a Editor in Private Company. Contact email : josephdiniz187@yahoo.com OR 9920845539. **(Regd. No. 6477)**

MUMBAI : Keralite + Mangalorean Roman Catholic Widow, aged 57 years, Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. SSC, working for Dimond Company as a Assorting Diamond. No encumbrance, having own Flat. Seeks a simple and poor girl. Contact Mob: 9821078194. **(Regd. No. 6547)**

PUNE : East Indian Roman Catholic Bachelor, aged 33 years, Ht. 5' 5", Wt. 66 kgs, Fair Complexion, Edn. B.Com., working as a Dy. Manager. Contact email : warren_4153@hotmail.com OR 9960493092 **(Regd. No. 6471)**

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 march. Reply with photo to chrisnorbert@outlook.com / sharlet1968@gmail.com **(Regd. No. 6411)**

MUMBAI : Goan Roman Catholic Bachelor, aged 45 years, Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.A., having own business. Well settled. Contact email

: listv21@yahoo.co.in OR 9821656739

(Regd. No. 6455)

MUMBAI : Roman Catholic Bachelor, aged 29 years, Ht. 5' 8", Wt. 85 kgs, Fair Complexion, Edn. B.E.IT & MBA IT, working as a Business Analyst. Contact email : briansavio86@gmail.com OR 09820744043 **(Regd. No. 6467)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 42 years, Ht. 5' 4", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Admin. Controller in DUBAI. Contact email : dsouzarobin25@gmail.com OR Tel : 22-24983066 / 0097150-2460903 **(Regd. No. 6358)**

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 : geryc1956@gmail.com OR 09820636316. **(Regd. No. 6301)**

MUMBAI : Mangalorean Roman Catholic Divorcee, aged 33 years, Ht. 5' 8", Wt. 162 lbs, Brownish Complexion, Edn. M.Sc., Computer Science, working as a Software Engineer in USA., Contact email : mumbaiopen@gmail.com OR 7738581130 **(Regd. No. 6493)**

MUMBAI : Mangalorean Roman Catholic Bachelor, aged 30 years, Ht. 5' 9", Fair Complexion, Handsome, Edn. B.Com., working as CEO in Family Business. Seeks a good looking, smart, stylish girl. Contact email : mail2marg@gmail.com OR 9821556409 **(Regd. No. 6396)**

MUMBAI: Goan Roman Catholic Bachelor, aged 37 years, Ht. 5' 6", good looking XII Pass, presently working as Share Broker having own bungalow accommodation at Bandra Mumbai also getting good regular monthly rent seeks a good looking RC Spinster. Call 9167372840 Contact email : pintolazarus2012@gmail.com **(Regd. No. 6393)**

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MUMBAI : Tamilian Roman Catholic Spinster, aged 30 years, Ht. 5' 5", Wt. 66 kgs, Wheatish Complexion, Edn. PGDBM NMIMS, working as a Manager. Contact email : prabha.nadar@hotmail.com OR 9819818741 (Regd. No. 6548)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 8", Wt. 65 kgs, Fair Complexion, Edn. MBA Finance, working as a Financial analyst. Contact email : elveera.26@gmail.com OR 9004982464 (Regd. No. 6545)

MUMBAI : Parents of R.C. Goan innocent divorcee, 1st marriage annulled by the church, 35/5' 2", looks much younger to her age, Only daughter, working in Muscat as a teacher, seeks preferably working and living India OR abroad. Contact email : carvalhovanessa28@yahoo.com OR 8308932277 (Regd. No. 6468)

MUMBAI : Goan Roman Catholic Spinster, MBA, Fair, Dec'83, 5' 1"/46 kgs, employed with a reputed Pvt. firm. Seek alliance from India / Abroad. Please send details and photograph to email : fedora48@hotmail.com OR call 24303096 / 9833125356 (Regd. No. 6474)

MUMBAI : Mangalorean Roman Catholic Spinster, aged 33 years, Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.Com., working in Bank as AVP in LONDON. Contact email : rati27@gmail.com OR 9869476537 (Regd. No. 6473)

MUMBAI : Mangalorean Roman Catholic Divorcee, aged 54 years, Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, Edn. SSLC., working as a Care-taker. Contact : 9324953353 (Regd. No. 6470)

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MUMBAI : Mangalorean Roman Catholic Spinster, aged 25 years, Ht. 168cms, Wt. 64 kgs, Beautiful, Fair Complexion, Edn. Master in Dental, studing PG in Doctorate, Dactor by profession. Contact email : kcmesm@gmail.com OR 9821087883 (Regd. No. 6536)

MUMBAI : Mangalorean Roman Catholic Divorcee, aged 58 years, looks much younger to her age, Ht. 5' 3", Wt. 58 kgs, Fair and Beautiful, Edn. Undergraduate, Seeks a match below 65 years. Contact email : loicy30@hotmail.com OR 9920422021 (Regd. No. 6529)

MUMBAI : Goan R.C. Spinster, aged 28 years, Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Software Engineer. Contact email : OR 9819931532 (Regd. No. 6519)

MUMBAI : RC Spinster 30 / 5'2", MBA (F) working as Manager HR seeks alliance from Qualified Bachelors having a good family background. Reply with details and photo to maryline.sebastian7@gmail.com (Regd. No. 6464)

MUMBAI : East Indian Roman Catholic spinster, aged 26 years, Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. BMS., MMS (Mum. Uni.) working as a Data Analyst. Seeks well educated and working and settled abroad, preferably dubai. Girl willing to relocate any city in the world. Contact email : melwyn_dsilva@hotmail.com OR 9224258001 (Regd. No. 6462)

MUMBAI : Parents of R.C. Mangalorean Spinster, 27/5' 1", Only daughter, very fair, B.Com., seeks professionally qualified, well settled bachelors of good character and family background, preferably working and living abroad. Contact email : pashana72@gmail.com OR 91- 6759 7766 (Regd. No. 6461)

BANGALORE : Goan Roman Catholic spinster, aged 28 years, Only child, Ht. 5'

4", Wt. 55 kgs, wneatish Complexion, Edn. Masters in Library & Information Science, working as an Asst., Librarian, seeks a boy preferably working in Bangalore. Contact email : gracefreitas@rediffmail.com OR 9731866341 (Regd. No. 6460)

AURANGABAD: Parents invites alliance for their Roman Catholic spinster daughter aged 31 years, Ht. 5' 2", slim, fair and good looking, B.E. (I.T.), seeks well settled and well educated bcahelor. Contact email : timothy.anthony@gmail.com OR 9823891561 (Regd. No. 6457)

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MUMBAI : Mangalorean Roman Catholic Spinster, aged 26 years, Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., PG in Banking, working in a Private Bank. Contact email : paisaspascal@gmail.com OR 9892921564 (Regd. No. 6452)

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)

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An Inspirational Story to improve difficult relationships

A long time ago, a girl named Loveleen got married and went to live with her husband and mother-in-law.

In a very short time, Loveleen found that she couldn't get along with her mother-in-law at all. Their personalities were very different, and Loveleen was angered by many of her mother-in-law's habits. In addition, she criticized Li-Li constantly.

Days passed days, and weeks passed weeks. Loveleen and her mother-in-law never stopped arguing and fighting. But what made the situation even worse was that, according to their tradition, Loveleen had to bow to her mother-in-law and obey her every wish. All the anger and unhappiness in the house was causing the poor husband great distress.

Finally, Loveleen could not stand her mother-in-law's bad temper and dictatorship any longer, and she decided to do something about it.

Loveleen went to see her father's good friend, Mr. Zosan, who sold herbs. She told him the situation and asked if he would give her some poison so that she could solve the problem once and for all. Mr. Zosan thought for a while, and finally said, "Loveleen, I will help you solve your problem, but you must listen to me and obey what I tell you."

Loveleen said, "Yes, Mr. Zosan, I will do whatever you tell me to do." Mr. Zosan went into the back room, and returned in a few minutes with a package of herbs.

He told Loveleen, "You can't use a quick-acting poison to get rid of your mother-in-law, because that would cause people to become suspicious.

Therefore, I have given you a number of herbs that will slowly build up poison in her body. Every other day prepare some delicious meal and put a little of these herbs in her serving. Now, in order to make sure that nobody suspects you when she dies, you must be very careful to act very friendly towards her. Don't argue with her, obey her every wish, and treat her like a queen."

Loveleen was so happy. She thanked Mr. Zosan and hurried home to start her plot of murdering her mother-in-law.

Weeks went by, months went by, and every other day, Loveleen served the specially treated food to her mother-in-law. She remembered what Mr. Zosan had said about avoiding suspicion, so she controlled her temper, obeyed her mother-in-law, and treated her like her own mother. After six months had passed, the whole household had changed.

Loveleen had practiced controlling her temper so much that she found that she almost never got mad or upset. She hadn't had an argument in six months with her mother-in-law, who now seemed much kinder and easier to get along with.

The mother-in-law's attitude toward Loveleen changed, and she began to love Loveleen like her own daughter. She kept telling friends and relatives that Loveleen was the best daughter-in-law one could ever find. Loveleen and her mother-in-law were now treating each other like a real mother and daughter.

Loveleen's husband was very happy



to see what was happening.

One day, Loveleen came to see Mr. Zosan and asked for his help again. She said, "Mr. Zosan, please help me to stop the poison from killing my mother-in-law! She's changed into such a nice woman, and I love her like my own mother. I do not want her to die because of the poison I gave her."

Mr. Zosan smiled and nodded his head. "Loveleen, there's nothing to worry about. I never gave you any poison. The herbs I gave you were vitamins to improve her health. The only poison was in your mind and your attitude toward her, but that has been all washed away by the love which you gave to her."

Moral : Make a conscious choice to see the good qualities of the person in relationships , act it out, if necessary and gradually and surely let time heal relationships...

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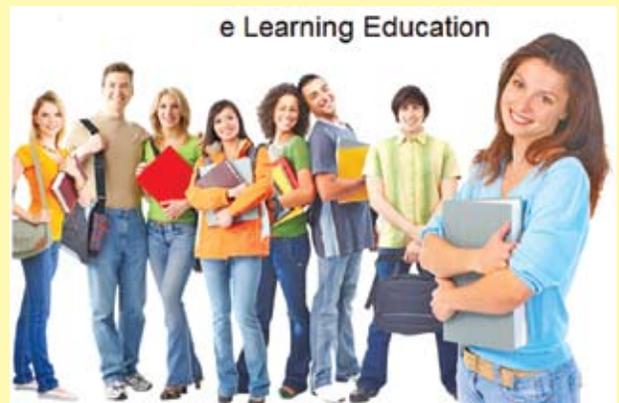
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