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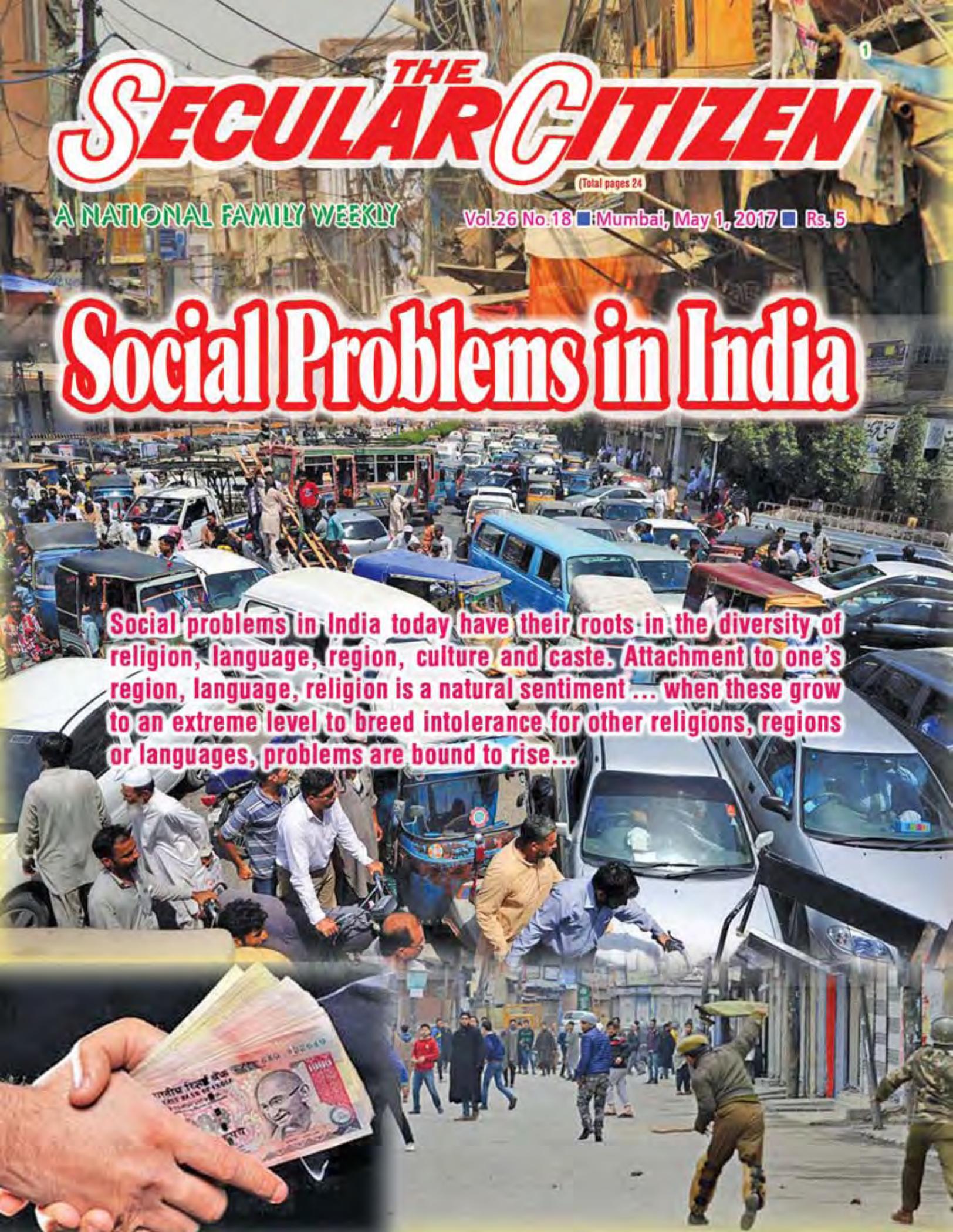
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Social Problems in India

Social problems in India today have their roots in the diversity of religion, language, region, culture and caste. Attachment to one's region, language, religion is a natural sentiment ... when these grow to an extreme level to breed intolerance for other religions, regions or languages, problems are bound to rise...



Another Year For The Yazidis

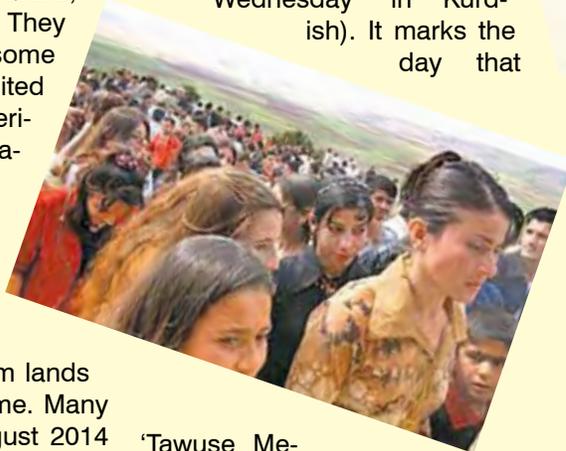
April 19th was New Year Day for the Yazidis. It was a joy to meet with some of them in Sarsink in the Dohuk District of Iraq on that day, to greet them with a *"Jajna ta Piroz"*. Each family had a tray laden with several bowls filled with cookies, boiled eggs (with their shells colourfully painted), candies and fruits (and for good measure, a packet of cigarettes too!). They happily shared these, with some soft drinks, to those who visited them. It was a similar experience the next day at Sharya-Khadima.

New Year Day for most people is a day of celebration. Unfortunately, it is not so for the Yazidis, who have been forcibly displaced from lands which they once called home. Many of them had to flee in August 2014 from towns like Sinjar (also known as Shingal) in the Nineveh Province of Iraq, to escape violence and persecution at the hands of the ISIS. It is believed that more than 5000 Yazidi men were massacred at that time. Many more were killed in the following months and more than 500,000 had to seek refuge in other places. Today an estimated more than 3000 Yazidi women and young girls are still being held in captivity by the ISIS and are being used as sexual slaves. What has happened to the Yazidis is today universally regarded as a genocide.

Even as one partakes of the goodies that have been set before us, one has to listen to the pain and suffering that they have gone through. The elder Yazidi tells us how he and several members had to hide in the mountains for several days, virtually without any food and had to face both starvation and dehydration. Their journey

to safer areas was replete with difficulties. For more than two years now, they have had to live in makeshift tents or in some unfinished apartments with meagre facilities.

New Year Day for the Yazidis is known as 'Chwarshama Soori', (literally meaning 'Red Wednesday' in Kurdish). It marks the day that



Zoroastrianism, Christianity and Islam; there are some similarities between Yazidi and Hindu symbols. The Yazidis have been persecuted for centuries because of their faith. Many Muslims regard them as heretical devil worshippers.

A UN Commission of Inquiry in June 2016, stated that 'ISIS is committing genocide against the Yazidis' elaborating that, *"ISIS sought – and continues to seek – to destroy the Yazidis in multiple ways, as envisaged by the 1948 Genocide Convention. "ISIS has sought to erase the Yazidis through killings; sexual slavery, enslavement, torture and inhuman and degrading treatment and forcible transfer causing serious bodily and mental harm; the infliction of conditions of life that bring about a slow death; the imposition of measures to prevent Yazidi children from being born, including forced conversion of adults, the separation of Yazidi men and women, and mental trauma; and the transfer of Yazidi children from their own families and placing them with ISIS fighters, thereby cutting them off from beliefs and practices of their own religious community"*.

In a New Year message to the Yazidi community Masoud Barzani the President of the Kurdistan Regional Government (KRG) said the Yazidis are an "inseparable" part of the Kurdistan nation and they should no longer suffer persecution. *"The Yazidi Kurds*

(Contd.. on p. 4)



BY FR. CEDRIC PRAKASH SJ

'Tawuse Melek', the Peacock Angel who is God's representative on earth, descended on the holy site of Lalish to bless the earth with fertility and renewal. On April 19th this year thousands of Yazidis gathered at the Temple in Lalish (the temple was apparently built about four thousand years old) near Mosul, in Northern Iraq to celebrate their New Year and to commemorate the arrival of light into the world. Since the ISIS was recently defeated in some parts of their traditional homelands, this New Year Day was the first major gathering in Lalish since 2014.

The Yazidis are a miniscule minority (approximately 700,000 worldwide) ethno-religious group mainly concentrated in northern Mesopotamia. They practise an ancient faith called 'Yazidism' which they claim is the world's oldest religion. Their faith is linked to the Mesopotamian religions of old and combines aspects of Judaism,

'Thought for the week'

*For success in life: Be sweet as honey; Be regular as clock;
Be fresh as rose; Be soft as tissue; and be strong as rock.*

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Social Problems in India

by Don Aguiar

Social problems in India today have their roots in the diversity of religion, language, region, culture and caste. Attachment to one's region, language, religion is a natural sentiment but when these attachments grow to an extreme level to breed intolerance for other religions, regions or languages, problems are bound to rise.

In common parlance religion and secularism are juxtaposed as op-positional forces and communalism is viewed as the degenerate manifestation of religion. Thus, the term communalism is used pejoratively and is believed to be a negative social force in contemporary India. Communalism has come to be perceived as the tendency on the part of a religious group to affirm that it is a political entity.

Social problems in India are the result of divergent views among various social groups. What has gone wrong with Indian society and culture where tolerance was so deeply embedded in people's consciousness?

Since independence India has experimented with an extremely modern political system, namely multi party parliamentary democracy based on universal adult franchise.

However very often this very modern system in India is often operated with pre-modern units of mobilization. Thus the choice of candidates by most political parties is dictated by caste or communal or linguistic composition of constituencies and these identities are freely used in mobilizing votes and support.

Caste system is a major social problem in India. Practically all other religionists in India sometimes including atheists go by caste considerations even when they do not subscribe to the theory of caste system. The caste system is among the root cause of poverty in India. The other caste based problems in India are untouchability, caste conflicts, reservation policy, caste barriers and casteism.

Communalism manifests itself when attachment to one's religious community spills over to other spheres of life and blinds people to the basic need to maintain harmonious social relations with people of all religions. There is a need of communal harmony in India.

(Contd.. on p. 4)

(Contd.. from p. 3)

Language problem in India manifests itself in the form of dislike of other languages and linguistic groups, claim of superior status to one language compared to others. When linguism demonstrates itself through political actions and programs, linguistic fanaticism results.

Prevalence of racism in subtle forms is proved when some Aryans assert their superiority over the native races in India and propagate the views of their culture is the basic culture of India. Differences of dresses, food habits, feasts and festivals, folk arts and classical arts, etc are natural and healthy signs of regional diversity in India. But dislike of people of other states and regions, sons of the soil theory, interstate border and river disputes, etc are the manifestation of regionalism.

The problems arising out of diversity in India can be effectively dealt with only if the modern norms of equality and social justice are not merely preached but effectively practiced. Wrong interpretation of the natural attachment to one's language, region and culture as something inherently bad has to be given up even with promoting the secular values of equality and social justice. India is a large country and there is need of unity in diversity in India.

Equality of opportunity in education and employment, equal promotion of all languages and cultures by the state and reduction of inequalities are important components of equality, whereas reservation of seats and posts for backward classes, protection to minorities, prevention of exploitation of the people of one region by outsiders, etc are essential components of social justice.

Some of the practical steps that may be taken to promote national integration are –

Use of formal education to inculcate the spirit of tolerance

Informal education through schools and media to promote national integration

(Contd.. from p. 2)

are a dear and inseparable segment of the Kurdistan nation. Their joys and plights are that of the Kurdistan nation. Throughout history, our Yazidi brothers and sisters have faced catastrophes due to their identity." This certainly comes as solace to the Yazidis; though many are still upset and will not forget that the Kurdish Peshmerga military forces abandoned them in the wake of the advancing ISIL forces in 2014.

Nadia Murad, a young Yazidi woman, is today visible and vocal in the fight against the ISIS. When she was just about twenty years old, the ISIS abducted her together with her mother and siblings. Nadia was separated from her family, beaten and sexually assaulted. She managed to escape from the clutches of the ISIS and eventually found her way to Germany. Since the last couple of years despite her own trauma, she took up a global campaign to draw attention to the plight of Yazidis being held in sex slavery by the Islamic State or remaining displaced in Iraq. Last October the Council of Europe awarded the Vaclav Havel Human Rights Prize Nadia. When accepting the prize Nadia said that she was exhausted by having to repeatedly speak out about what she has survived. Nevertheless, she also said she knew that other Yazidi women were being raped back home even as she spoke: *"I will go back to my life when women in captivity go back to their lives, when my community has a place, when I see people accountable for their crimes."* Nadia's painful story has captured widespread attention. Among the people who have come forward to

champion her cause are former UN Secretary- General Ban Ki-moon and Amal Clooney, the celebrated British human rights lawyer, who now represents her, pro bono.

The Jesuit Refugee Service (JRS) Iraq today works among thousands of displaced Yazidis in the Dohuk District. The services provided are many, which include classes in English, Computer Education and Sewing. JRS Teams visit the displaced Yazidis in several villages of the District. These family visits help in creating a bond in keeping with the JRS core value of 'accompaniment'. Psychosocial support also plays an important role in helping individuals heal their psychological wounds, which eventually may help to rebuild social structures.

Some of the JRS staff of Dohuk like Salwa Khalo Lazgeen are Yazidis themselves. Salwa belongs to the home visit team of JRS in Sharya. She has been brought up in Sharya herself and has completed her studies in basic education. Salwa reaches out to the Yazidi families in her own inimitable way. The bonding is quick. The language is of the heart. Salwa says, *"JRS has made a big difference in the lives of the displaced Yazidis. It has helped the host communities come closer to them"*. Speaking about the tragedy, which has befallen her people, Salwa is emphatic, *"I want this persecution to stop immediately. We too are human. We have the right to live our lives."*

It is another year for the Yazidis and like Salwa; they all look forward to a better one!

and

Familiarizing the people of one state with the traditions arts and literature of other states

The Indian nationalist perspective advocates that the multiplicity of cultural identities should be dissolved in favor of uniform nation identity, the content of which is essentially political. The nation-

alist perspective seeks to establish the hegemony of the state.

There is a need of social and communal harmony in India, where there is coexistence of different cultures within the same nation. India is a country of Unity in Diversity. No culture is inferior or superior and hence the need and possibility of the coexistence of social cultures in India.



Real issues of commonman are forgotten

The ruling party politicians are more concerned about the slaughter of cows than about those who kill human beings. The party doesn't seem to be that much affected by rapes or other heinous crimes either. We

should be dishing out severe punishments to the culprits of such atrocities instead of running after beef-eaters.

We are living in a secular country. Therefore the government and the judiciary need to remain secular in its respective roles.

— **Jubel D'Cruz,**
Mumbaia

Let the Secular Citizen reach to more Families

Dear Editor,

Day by day, issue by issue, your magazine, "The Secular Citizen" is gaining momentum, with better quality and informative articles, covering a wide range of subjects, views and news. It has become a much wanted weekly, with subscribers from all over the nation, and also abroad, in our community. Being an admirer of your persistence and supporter of the cause, I wish you, the beautiful couple, and all the best and good luck.

Through this column I would like to appeal to all readers to continue supporting the magazine by reading the magazine, and also, extend their support by spreading the word about the magazine and extending the support to have its reach far and wide.

My association with the Editor (man of few words) goes way back to 1998 when we conducted a Johnny Lever show at Central Railway Mechanical workshop at Parel to build an English Medium School at 'Mudarangadi', under the banner of Ex. St. Francis Elementary School Association, in Mumbai which was a grand success.

And also, in 2004, when we jointly conducted 'Antony Parakkal Life Time Achievement Award' for having his name in the 'Limca Book of Records' and 'Guinness Book of World Record' for writing maximum number of letters to the editor. Nevertheless, the couple has stood with support each and every time. Thanks a ton for the dedication and sincere support to them.

I strongly believe that if any individual is doing something good for a common cause, his/her efforts should be supported in whatever way we can. When a person is on the job, mistakes are bound to happen, same needs to be ignored. Then only can we say and claim that we believe and practice what we preach, otherwise at the end of the day it is all talk and no walk, with synthetic smiles,.

Wishing all the best to this dynamic weekly! Praise the Lord Jesus Christ.

Regards

—**Freddy Mendonca**

"Women of Courage" & "She's Ambassador"!

According to the International Labor Organization (ILO), human trafficking generates around \$150 billion annually. And, India's National Crimes Records Bureau (NCRB) in 2013 uncovers, that the maximum number of crimes (65.5%) committed were related to human trafficking! But two recent events have however, portrayed the versatility and multi-faceted characters of women.

Sister Carolin Tahhan of Damascus Syria, a member of the Salesian Daughters of Mary Help of Christians, has received the "International Women of Courage" award (one of 13), from First Lady Melania Trump in Washington on 29th March 2017. This was for her humanitarian work in running a 'Nursery School', where over 200 children traumatized by war, both Muslims and Christians, can play and be just children. She also manages a 'Tailor Workshop' which provides support for over 500 women who are vulnerable and displaced.

On 13 April 2017, Bombay Times pg. 3 revealed, that the Mumbai Obstetrics Gynecological Society (MOGS) along with PVR Nest, have announced the launch of the "She's Ambassador" project – a first ever health and leadership program to develop 'health champions'!

This initiative will strive to promote skills of over 10,000 school girls across 50 schools, on five thematic zones, namely – nutrition and fitness; menstrual health and hygiene; prevention and spread of diseases; sanitation and cleanliness; and mental vigor and wellbeing.

And if I may augment the Good Word: "She is clothed with strength and dignity ... her children rise up and call her blessed!" (Proverbs 31:25...28).

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

Itanagar City Parish Releases New Directory



Sacred Heart Church, the city Parish of the Catholic diocese of Itanagar in Arunachal Pradesh, released its first-ever Directory as part of its Easter celebrations, on Easter morning. The bound volume, consisting of over 300 pages and considered a land mark publication in the entire North East region was formally released by Fr Alfonso Elengikal, the national President of the Indian Catholic Press Association (ICPA), giving its first copy to Mr Dominic Tadar, Secretary of the Parish Council, in the presence of Fr Jacob Mattathilany, Parish Priest and the Vicar General of the diocese.

In his introduction to the volume, Most Rev. John Thomas Kattrukudiyil, Bishop of Itanagar, writes: "The

directory is a commendable step towards bringing the Parish community together, and will definitely be a great means to reach the noble goals set before the Church by the saintly Pope John Paul II: "the Parish is the family of God, a fellowship blazing with a unifying spirit, a welcoming home and a loving community of the faithful."

The Sacred Heart Parish, Naharlagun, was canonically erected on 25th July, 2004, by Most Rev. Robert Kerketta, the then Bishop of Tezpur, as Itanagar was then part of Tezpur diocese. The diocese of Itanagar was formally erected in 2006, with Most Rev. John Thomas Kattrukudiyil, as its first Bishop. Since then the diocese has had a phenomenal growth and today has a population of over 25,000 Catholics. Besides the diocesan Clergy, numerous religious Congregations of men and women are actively involved in the numeric growth and development of the Catholic community.

The Sacred Heart Parish, situated in the heart of Itanagar city, has a Catholic population of over 3,000 people belonging to nearly 750 families. The parish is divided into 18 family units, with a well-known Saint each as their heavenly patron. The number of those who receive Baptism and other Sacraments have rapidly increased during the past few years. The new directory makes a special mention of the Catholic women of the parish who have successfully organised many good programmes in the Parish and in the diocese.

--Fr Akhil Paul, CMI

ICG Award Ceremony



The much awaited award ceremony of the second edition of ICG-Goa University Essay Competition - "Ideas Unleashed", was held on Thursday 20th April, 2017, at The International Centre Goa, Dona Paula. During the ceremony, the Honourable Governor of Goa, Smt Mridula Sinha expressed concern regarding the flight of intellectuals and other educated Indians to the West, especially the US, due to the limited employment opportunities for educated young people in India. Also present were Professor Varun Sahni, Vice Chancellor of Goa University, Mr. Yatin Kakodkar, President of the Board of Trustees, ICG, and Dr. Pushkar, Director of ICG.

The essay competition—on the topic "Raising the Standard of Higher Education in Goa: Challenges & Solutions"—was launched on 30 August, 2016, by Professor Varun Sahni, and Mr. Yatin Kakodkar. Ideas Unleashed 2016 is supported by Mr. Dattaraj Salgaocar, Chairman, V.M. Salgaocar, Institute of International Hospitality Education and Vice-President of the Board of Trustees of ICG. The competition was open to students under 25 years at Goa University and its affiliated colleges. The Vice-Chancellor also spoke on the occasion, discussing at some length the emerging challenges in higher education, particularly with reference to technology, and the critical need for interdisciplinary studies.

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Serving Science in a Noble Way



Body Donation

Secular Citizen readers have been sparing no stone unturned on the subject recently. Perhaps it is worth to also look at a general view of body donations after death. Unclaimed bodies are no more the best source of cadavers for medical study, such cadavers originating from police morgues and so on are a risk to the learners as they may be exposed to critical infections. Also, such material is usually in an advanced state of decomposition and disintegration due to postmortems, etc. The bodies coming from body donation programmes are thus better for study/research. The terms 'anatomical donation,' 'body donation' or 'body bequest' are commonly used and synonymous. Body donation provides students and researchers with unparalleled opportunities to study the human body. Now a days organ donation too is a close parallel.

Law defines 'unclaimed body' as the body of a person who dies in a hospital, prison or public place or a place to which members of the public have access, and which has not been claimed by any person interested within such time as may be prescribed. The option of final acceptance or rejection is the prerogative of the institution concerned, some institutions are yet to introduce a regular system. The Anatomy Depart-

ments normally deal with all matters on 'Body Donations'.

When someone donates their body after death, they help train the next generation of doctors. Advanced electronic means too have not improved matters. Cadavers and donated bodies remain a principal teaching tool for anatomists and medical educators. A person can give budding scientists and medical doctors a chance to study that can benefit generations to come. Perhaps medical institutions could offer some incentives to donors to show their appreciation.



by Ivan Saldanha-Shet

Importance of anatomy:

Anatomy, the detailed study of the structure of the human body is one of the first, most basic yet one of the most important subjects studied by medical students when they begin their medical career. Teaching and research in anatomy is mainly based on cadaver dissection. Doctors' most basic medical skills in physically examining the body is unfortunately taking a backseat. Modern doctors when they take up challenges in backward areas find it difficult to detect diseases without scans, X-rays and so on. They are unable to diagnose with just Stethoscope and so on like older trained medics. The consequence of losing confidence and skill in basic physical examination of the body is that even the simple relationship with the human patient is

weakened. Ordering more modern tests only exposes the human to dangers of radiation and cancers to a greater extent. Patients normally expect a ritually elaborate examination; they quickly get worried that the examination is not fully done when it is quickly over and they are referred to radiological labs and super specialists- basic bedside skills had a human touch.

Will medical body donations soon be history?

It has been widely reported that scientists have developed very real 3D-printed body parts to allow trainee doctors to learn human anatomy without actual access to a real human cadaver in anatomy labs across the world. The creators of the unique kit containing anatomical body parts produced by 3D printing say it will revolutionize medical education and training, especially in countries where cadaver use is a problem.

Medical schools generally face a shortage of cadavers, or find their handling and storage too expensive as a result of strict regulations governing where cadavers can be dissected and so on. "Without the ability to look inside the body and see the muscles, tendons, ligaments, and blood vessels, it's impossible for students to understand human anatomy. We believe our version, which looks just like the real thing, will make a huge difference." "Even when cadavers are available, they're often in short supply, are expensive and they can smell unpleasant. As a result many people feel uncomfortable working with them, 3D printed series can be produced quickly and easily, and unlike cadavers they won't deteriorate —so they are a cost effective option."

The religious reservations and taboos to donate ones body during life is rapidly being eroded. The Catholic church too is seen to be adjusting its stance to make organ and body donations an acceptable norm. Cremation and body donation is no longer discouraged by the church and many other religious groups and is seen as a generous and considerate alternative. The individual's choice is paramount and no serious hurdles to this end are in place in modern times.

Yogi Adityanath assures bishops freedom to practice faith



Lucknow: The Catholic bishops of Uttar Pradesh on April 21 called on Yogi Adityanath, the new chief minister of the northern Indian state.

“It was primarily a courtesy visit,” Father Donald de Souza, spokesperson of Lucknow diocese, told Matters India.

Yogi Adityanath, a Hindu ascetic, became chief minister of India’s most populous state on March 19 after the Bharatiya Janatya Party won the state assembly elections.

Father Donald said the bishops used the occasion to seek an assurance from the chief minister that Christians have the full freedom and protection to practice their faith. The delegation comprised bishops of Agra, Allahabad, Bareilly, Bijnor, Gorakhpur, Lucknow and Varanasi

The prelates, led by Bishop Gerald Mathias of Lucknow, also expressed their concern about the difficulties faced by educational institutions at times because of interference by local administration in many places.

The chief minister assured the Christian community that no one will be allowed to take law in their own hands

and that the community need not fear in the practice of their faith, said Father de Souza, who was involved in the preparation of the bishop’s meet.

Father de Souza, who is also the chancellor of Lucknow diocese, had met the chief minister a few days ago with a few people led by the outgoing Eurasian member of the state legislative assembly.

The chief minister was born Ajay Singh Bisht on June 5, 1972. He re-

nounced his family at the age of 21 and came under the influence of Mahant Avaidyanath then the head priest of Gorakhnath Math. He became his disciple and subsequently was given the name ‘Yogi Adityanath.’

He was promoted to the rank of Mahant of Guru Gorakhnath Temple, following the death of his guru on September 12, 2014.

He has been the Member of Parliament from Gorakhpur for five consecutive terms. He was the start campaigner for his party at the last assembly elections. He is also the founder of the Hindu Yuva Vahini, a youth organization.

Christians in Uttar Pradesh are a tiny minority comprising mostly Catholics and Protestants who belong to the Church of North India.

Christianity was introduced to Uttar Pradesh during the reign of Mughal Emperor Akbar (1556-1605). Akbar sought out educated Jesuit priests from Goa and gave them permission to propagate their religion in his land.

Christians manage several reputed educational and healthcare institutions in the state.

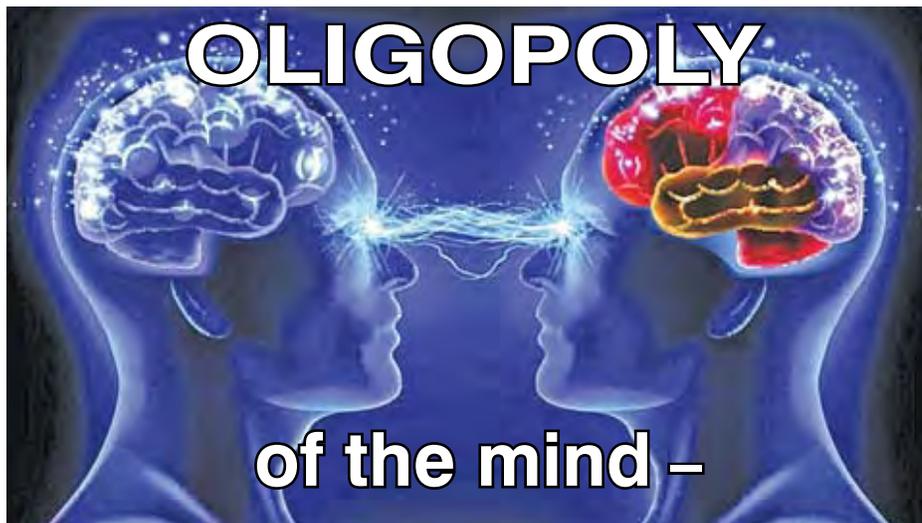
Courtesy: Matters India

PRAYER TO THE HOLY SPIRIT



“Holy Spirit, thou who makes me see everything and shows me the way to reach the ideal. You who gives me the divine gift to forgive and forget the wrong that is done to me and are in all instances in my life with me. I, in this short dialogue want to thank you and confirm from you once more that never want to be separated from you, no matter how great the material desire may be. I want to be with you and my loved ones in your perpetual glory. Amen”.

— Raymond. Rodrigues



Your magic wand with a message

by Calwyn D'Abreo

Oligopoly of the mind occurs when a select few minds have the majority of the market share of wisdom and panache, and the transmission of intelligence and forward thinking is shared by a very versatile yet small number of producers of end results that science calls realization.

Oligopoly of the mind is more like monopoly, except that rather than one mind, there may be more than one mind dominating the universal conscious and subconscious galaxy in time and space. Actually there is no precise upper limit to the number of minds officiating within the ambit of pure intelligence as long as there is a thoroughfare of pure transmission of powerful intellect between one mind and the other.

If all this is so then the Mind can give you (anything) in the parenthesis of that which you desire as if , if you can see the picture of the contents that make the thought in the mind then you can hold it in your hand as it will always manifest and come to fruition.

OLIGOPOLY of the mind – A wand with a message. A scepter that is synonymous with the power of the ultimate.

But where is this wand? The scepter of all probability? Maybe lost in the haze that permits only negations or left to abscond by default or by the

virtue of the non-inventive and dastardly acts of human manual incompetence.

You can't buy this wand at a magic store, or ask for it from your jadoo walla or borrow it from a sorcerer, or find it under a loadstone. Believe it or not, you already have it!

It is right there in the physical; omnipresent and widespread. The wand of Divine intervention, and an adjunct to the future yet an essential part of the whole.

The wand we would like to showcase here already exists inside of you.

And the magic that can change your life are so succinct as if clarity has a new name.

The magic expresses itself as right thoughts and the right beliefs!

What you think is what you get, anytime, every time, and wherever you are. It is the law.

So, then, what are you thinking....

Right thoughts and the equivalent of a simile that you and I call right beliefs tantamount to a rationale that supersedes the Methuselah of our times with or without the food of inadequacy in our lives.

The ability to understand this mandatum is the actual mandate we offer ourselves.

In the process of executing the viable motions of the requirements for the implementation of the use of the magic wand, you may feel like a Sha-

man on a snow sledge. So smooth is the drift into the world of manifestation. Like a spell that gives you limitless power to fulfill your dreams and to write your own destiny. It is a universal promise that those who use this magic wand like how Moses of the Bible used his staff, and used it correctly to divide the sea from the land – life will give you anything you want if you are worthy of the wave of the wand. Even the moon. If it is cooler there than Peyton Place, where the heat of summer flourishes to kill not only libido but the sonorous sound of life and living as your blood rushes from one ventricle to the other inside your body.

To get the magic of the wand you do not have to be a vegetarian, or do odd jobs that keep you mystified listening to the twin sounding horns of a green Ferrari. Not even fall into a relapse of memories that remind you of how your failures were due to your misfortunes. Nor do you have to have a patron saint or do a pilgrimage to the south of your country where the preacher proclaims your future as you genuflect for being on time for his illustrious anglo-english diatribe on the evil forces of sin and the venial misdemeanors of your lifetime. You do not have to have worst luck than the car that went over the barricade on the Mumbai sea link and kept you hanging like a one act stage play on a trapeze from the wire ropes that hold the future of the city's trade and commerce route. You do not have to be special and anointed. Just be you. Just you. Only you. The real you. Nothing else but you, the flesh and blood representative of a world without end to get the secret of the wave of the wand. The feeling of giving credence to the thoughts that make you feel you can't control the cards that life has dealt you is a story that you will tell yourself but in a lighter vein without using referrals. But here comes the enigmatic and mysterious scepter that now becomes the wand of your lifetime.

Playing the game and winning is still up to you. It is all in the lottery of winning where all the single digits are yours before you reach the inimical number ten. It is the mandate of the

(Contd.. on p. 10)

(Contd.. from p. 9)

regulator of our minds that now pays attention to our wants and our desires. Again, playing the game and winning is still up to you. And within the framework of jurisprudence and the familiarity of a non abrasive mind lays the secret to announce your wants and needs at the wave of your wand. If you let negative thoughts and negative beliefs successfully blur and shadow your mind to darken and dim the otherwise fluid and fast moving power of actionable contrasts you will lose to the conundrum of putting you in a quandary and a dilemma. Negative thoughts and negative beliefs create negative energy. Are you comfortable with this ratio which according to the principle of manifestation is 'nimis absurdum et non divina.' And this negative energy stops you from achieving your goals. This kind of application by default also has a definite impact and radiates without the pointers that would otherwise enable you to recognize the pith and gravity of the situation at hand. Negative energy is the cause of unhealthy habits, that always creates lack of money, leads to addictions and problematic relationships.

A failed business without an affirmation to succeed is a pause that comes with the intrusion of the nuances of fertile negativity that is with seed and compost at every given moment of time because you left the front door open. And the birds of depreciation flew in as they thirst for water when you are in doubt and your doubting spirit has made you weak. These stances can cause you emotional problems and depression. If health is your emotional quotient then see how fast you succumb to the inclement weather of change when body begins to reflect the incidences that plague your mind without a full stop. Your immune system goes bust. Your scalp becomes the trichologist's playing field and if man must resist the aftermath of a bungled up and non cosseted mind then there is no libido rising to celebrate, ipso facto.

So if you want success, wealth, love, or anything else, you need to

Soon, technology will let people type with brain

Our brains produce enough data to stream 4 HD movies every second. The problem is that the best way we have to get information out into the world - speech - can only transmit about the same amount of data as a 1980s modem.

Recently it is revealed that social networking giant, Facebook is working on a system that will let you type straight from your brain about 5x faster than you can type on your phone today.

The optical imaging system will scan users' brains hundred times speaking silently in their head and translate it into text. According to



Facebook CEO mark Zuckerberg, "eventually, we want to turn it into a wearable technology than can be manufactured at scale.

Even a simple yes or no 'brain click' would help make things like, augmented reality feel much more natural."

get rid of your negative beliefs, and train your mind to avoid negative thoughts. On the way to achieving nirvana of the mind you are at liberty to experience the G Force of your nature. That is something that only you have, and your DNA agonizes and writhes with it if uncared for. If thoughts become things and the fact is they do why cannot we self believe in our positive energy and ask for the Universe, our God referendum to give us a lucky break. A stroke of luck , a privileged and providential event, particularly of the sort that propels one to success, fame and the luxury of great being accredited with the honor of being celebrated .

You may fail a thousand times before you find the right filament for your bulb as you realize that Rome was not built in a day. Your thoughts and self belief will acclimatize their position in the ether of probabilities and descend on you to fruitfully impress your subconscious mind to bring into manifestation that which you desire. What does it take to have you persist? Only the powers of positive thinking and empowering beliefs set in motion by your desire to get to the manifestation of that which and what you want. What will your life be like, with the power of your subconscious, empowered by right thoughts and the right beliefs set in motion. How much of your personal placement in thought will you satiate with positivity and desire that now comes unobstructed. Will you entwine the magic of emotions and your feeling to net the wants and needs of your lifetime....? You are today, with the omnipresence of Infinite Intelligence and the fine tuning of technology in full divine placement. You have emerged into the physical and in gratitude for the rising of the morning sun.

Ad Maiora Natus

A red rectangular advertisement for Edwin Soares. The text reads: "COMPERE EXTRAORDINAIRE EDWIN SOARES", "Bring your party to life", "Christening, Birthdays, Communion, Anniversaries, Wedding & all Social Gatherings", "To make it rock contact him", "Phone: 9967027988", "Email: edwinsoares@rediffmail.com", "Like our Facebook Page @ www.facebook.com/edwinsoarescompere". A photograph of Edwin Soares, a man in a suit and glasses, speaking into a microphone is on the right side of the ad.

The best gift that any parent can give their children is their undivided time and attention!

In today's fast-paced world parents are often too busy with their careers to give quality time to their children. They compensate for this lack of quality time by giving them materialistic goods and tangible items. But can love be shown through these toys and other fancy gadgets? Love is not measurable by tangible items, but by actions and time spent with a loved one. Besides, when the child grows up, what memories will they have? Toys are soon forgotten, but the time spent lingers in the mind for a long time.

It is true that children are fascinated and delighted by new toys, but this joy is short-lived. The most important gift that any child could receive is the continual presence of his parents in his life. Giving your time, energy and love to your child is one of the best things you can do.

Here are a few reasons why your presence is necessary in your child's life than any other present:

Kids need your example: Children often pick up habits and behaviors from their immediate surroundings. And your home is the child's first school. Children learn a lot of things at home, and not just the essential stuff like learning to hold a fork or speak or use the toilet. They also learn how to communicate or behave with other people. Actions speak a lot louder than words, and children of-

ten pick up habits unconsciously by imitating their parents. By your own examples, you show children what is best for them. By watching their parents perform household tasks the children learn that they must perform these tasks as well.

They need your physical touch:

Physical touch is a powerful thing, and is often underestimated. When a child falls and gets hurt, or gets sick, he expects his mother to be there to kiss the pain away or his father to lift him up and hug him. Consider the importance of skin-to-skin contact with newborns right after birth. The physical touch of the mother right after birth provides many physical and mental benefits for the child. It helps in the development of the baby's brain and protection against feelings of separation. Snuggling with your children, letting them sit on your lap when you are reading them stories, and give them hugs each night, promote the parent-child bond and make them even stronger.

Make a 'be' choice: How you choose to 'be' affects whatever you choose to 'do'. When you are with your children, be there wholeheartedly for them. Be

interested in your children and focus your time on them and their needs. Be excited when they are excited about something. Even when misbehavior occurs in your children, choose to be glad that you have the opportunity to help them and correct them at that point, that you are there to teach them right from wrong. Be there to teach them the correct behavior and effectively communicate a desire or express a feeling.

A strong relationship builds a child's communication skills:

When parents are present actively in a child's life, they spend more time conversing with the child. By just giving the child gifts, you usually leave them by themselves for an extended period of time. Communication with parents is essential for establishing critical inter-personal communication skills. Vocabulary, grammar and even basic socializing skills

can all be learned through constant communication between a child and a parent. At first, presents may seem like a great way to win your child's love but they will never replace your presence.

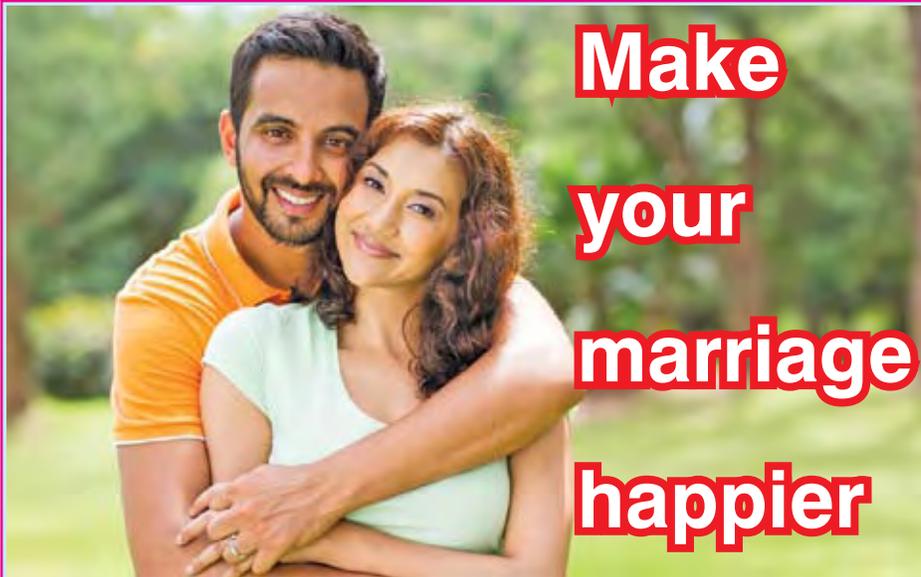
Involvement helps build a child's self-esteem:

The parent's involvement in the child's life is critical for him to gain confidence and build up his self-esteem. When parents make it a priority to attend their children's activities, or even just sit while they are doing their homework, it brings feelings of security and love to a child. This is important to a child's mental health. When children feel that their parents are not involved, or do not care enough, the child is more likely to be insecure and have feelings of low self-worth.

(Contd.. on p. 15)

Your Presence is your Present...





Make your marriage happier

A majority of struggle in married life is in our head. It makes us feel uneasy when we think more about it. Everyone wants a happy married life and to learn contentment is necessary for that

We wonder why we can't find time to connect with loved ones because we're caught up in our to do lists or struggling with an inad-

equacy or striving to create a life like we see other's living in their Facebook feed.

This struggle is normal, as it is part of the process of becoming. It's the path to creating a more solid, flexible self. Someone who knows who they are and is comfortable in their own skin.

A great step forward in this process is to learn the art of contentment. Contentment is not easy - it's something that must be developed and learned over time. It's actually more like a life-

long process of developing. The best formula for creating contentment

Don't Complete

What does competing do to a woman and how she views herself (and how her husband views her)? There are many things competing for your attention each day. For your time. For your energy.

But what (and who) do you complete against? Do you find yourself competing for affection from your husband? Or competing for acceptance from those around you?

By becoming aware of the areas you complete you'll better see your areas for growth because you often compete out of some feeling of inadequacy or shortcoming. While there may be some truth to the feeling (you may in fact be a little overweight or growing older), it's blown way out of proportion when you compete against something or someone else.

Don't Complain

Nagging, bugging, complaining, are all a downward spiral. Once it begins, it snowballs. To change this, what's your perspective on things - are you a half full or half empty type of man?

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Work to become a half-full type of man. They complain lesser about women. Because they know that they want you as you are. Never strive for perfection in you and also in him. Try to accept the situation as it is. So accept each other and start a new journey.

Don't Compare

Stop comparing him with other. Many women have habit that they compare each thing they have with other women. Stop comparing even yourself with other women. It is better to accept the original version of yourself because that is more pure and sacred.

Comparing makes you greedy and it takes your peace of mind away. So, stop comparing and start living. What others have in their life is none of your business. Comparing your relationship with others will not change your relationship. It will cause you to lose your uniqueness. Try to be the way you are just try to be better than what you were yesterday. Try to respect each other and give each other space. Appreciate the person in front of you rather than comparing him with others. Just respect each other for everything.

Address the things you can control

You can't change the fact that years and children, take a toll on your physical body. But you're also a more mature, full grown woman when you're in your 40s and beyond than you were in your 20s. You have much more to offer and give due to your growth and experience. Your husband doesn't want a fake version of you he wants you. After all, he's likely been with you through life's experiences thus far, keep enjoying the journey together.

Happy couples stay away from social media

REPORT

Researchers have found that those who don't use social media are on the whole happier than those who do because they don't constantly compare themselves with their colleagues; all of whom always appear to be somehow better or happier. We too often forget that all that matters are our real lives, our relationships and our feelings and not the endless search for popularity online. Here are few reasons why happy couples don't post their lives online.

- When people are happy in their relationship, they live in the here and now.
- And couple that parades their relationship problems online will gain nothing from it.
- Real happiness comes from simply being in a relationship with someone you love.
- They do not have to prove anything to anyone. People who are in a truly happy relationship don't have any interest in using each other to prove how happy they are. They're together because they want to be and they don't care whether their page says 'in a relationship' or not.

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Thanksgiving



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—Philip M. Lobo, Mangalore



Thanksgiving

My heart felt thanks to Holy Family for the favours granted

—A Devotee from Goa

Asia's largest church in Nagaland



Situated in Zunheboto town of Nagaland, The Sumi Baptist Church Zunheboto (SBCZ), is said to be the largest church in Asia. The church, which is now open to public, stands tall at 1864.9 m above sea level and measures 23,73,476 sq ft in the plinth area.

The construction of the church took 10 years and is reportedly built on a budget of Rs 36 crore. According to reports, with a seating capacity of 8,500 people, the church houses 27 rooms for the sick, bride and groom dressing, cafeteria, offices, conferences, training, baptism pool, etc.

The actual structure measures 203 ft in length, 153 ft in breadth, and 166 ft in height. Painted in blue and white, the church is said to be the only Baptist Church in the town. the church building also has 27 rooms for the sick, bride and groom dressing, cafeteria, offices, conference, training, baptism pool and several other church activities. The bell of the church, which weighs 500 kg (93 per cent brass and 7 per cent tin), has been reportedly imported from Poland and has a 1.5 km radial sound outreach. The bell costs Rs 15 lakh.

Brief history of churches

Sé Catedral de Santa Catarina, known as Se Cathedral, is said to be the largest in Goa and one of the best in the world.

Saint John the Baptist is the oldest church in North India and still houses a huge but non-functioning pipe organ.

The Christ Church of Shimla is the second oldest church in North India. It was built in neo-Gothic style in 1857 and is situated on The Ridge.

Peter's First Missionary Talk At Pentecost

The Apostle Peter stood calmly in the center of the crowded room, in the midst of scattered groups of diversified people: the new Christians, the curious, the non-believers and the faithful. Today would be Peter's first talk as a missionary for Christ.

The soul of the apostle's talk would be based on the Resurrection of our Lord and redeemer. Peter was confident that the Holy Spirit would guide him and give him the spiritual strength he needed to propagate the faith. A sudden cool breeze fell upon the clustered group like a miracle, swallowing the hot air and the swirling dust of the surrounding area.

It was the day of Pentecost. In Peter's mind the words of the psalmist might have flowed: "Preserve me, Lord, I take refuge in you" (Psalm 15). He was not alone in the room there were eleven of the other apostles standing next to him.

Peter's voice rose above the whispers of the multitude as he addressed them: "Men of Judea, and all who dwell in Jerusalem, let this be known to you, and give ear to my

words..." (Acts of the Apostles (2:14, 22:33).

This is the Third Week of Easter (2017).

Let us cry out to God, alleluia. God has given us the Mother of all Gifts, a legacy of truth in the Resurrection: hope, redemption, salvation and the promise of Eternal Life through His Son Jesus. Alleluia, the scriptures are the door to holiness in this life. In St. Peter's First Letter we are taught to believe and hope in God. (1:17-21).

In the Gospel of Luke we are told of the appearance of Jesus to two disciples on their way to Emmaus. (Lk.24:13-35). The village was close to Jerusalem, and both disciples were talking about the recent events connected to the crucifixion, death and Resurrection of Jesus. For the travellers it was already the third day since the Lord died.

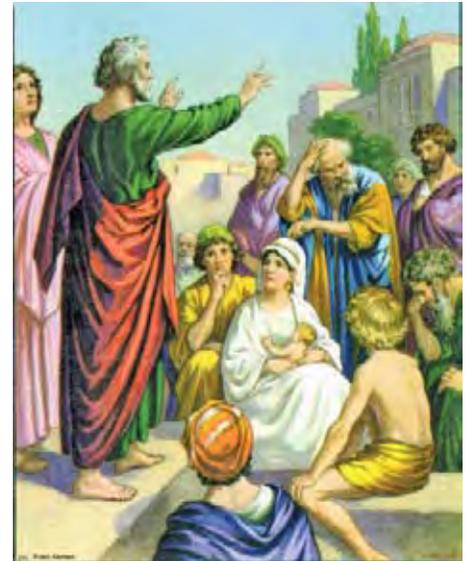


BY MELVYN BROWN

St. Peter said to the gathering of how Jesus met the two men and spoke to them. They did not know who the stranger was, and when they invited the man to stay with them as night drew near Jesus obliged. When the evening meal was served Jesus broke bread and gave them, only then did they recognize the Lord.

The Resurrection of Jesus had made a dramatic impact on the world. Men and women down the ages have retold the story in many ways and in many forms of art. The story of Christianity is fascinating as it first spread east going into Syria, central Asia, India and the Far East.

The Roman Catholic Church was the single Christian faith of devotion which ripped through the world, and won millions of souls. The sacrament of Confession was initiated by monks on a remote island off the coast of Ire-



land. The epicenter of Christianity in the early Church was Jerusalem, till the Vatican was built in Rome.

Liturgy and living is a revelation of faith and fellowship. The Eucharist became the binding element in spiritual grace; more meaningful, proclaiming an amazing grace given to all believers to enrich the presence of Jesus in our mundane and material life.

Jesus is a "token of our salvation" from God. Peter had stated that Jesus of Nazareth was a person "attested to you by God", for Christ did works of miracles and gave signs which all were aware of. Turning to the vast gathering the apostle said God raised him in spite of being crucified and having died.

Many joined the early Christians, for they believed in Jesus. People came from distant villages and tribes to hear of Jesus, to be baptized by the apostles.

The Romans were greatly disturbed for having listened to the Jewish High Priests and other Rabbi's. It was now too late to make amends, and as the Christians believed, the Scriptures had to be fulfilled. The Roman soldiers and their officers were being relocated to far places – justice could not undo the historic damage....

(Contd.. from p. 11)

Quality time cannot be compromised: If you are spending time with your kids but all you want is to be somewhere else, that is not quality time and child can tell that you are not present with them. Quality time means they have your undivided attention and if they do not have it, they cannot settle for 'half a daddy' or 'half a mommy'. When you are with your children, make sure that you are unconditionally present, physically as well as mentally.

Spending time with your children is crucial for them; it is your Presence that matters, not your Presents...!!

Be A Trend Setter



watch *your*
waste

Your Waste Not Wasted

by *Fr Felix Rebello*
Infant Jesus church
Jogeshwari-East

Do you know from May 1, 2017 onwards the Devendra Fadnavis government will make it compulsory to start ZERO GARBAGE. Why wait someone to force you to do something good for Mother Earth which has given so much for you?

You may be a Managing Committee member or an ordinary resident of your Housing Society, here is an opportunity to be a TREND SETTER. Being a TREND SETTER, you can show to the world that, you are a responsible citizen and can do something noble for environment without having to force it on you.

Following is a simple STEP-BY-STEP plan you can propose to your Managing Committee to start the ZERO GARBAGE PROJECT in your housing society.

Step 1-AWARENESS AND EDUCATION: Today, in spite of so much information available on any subject just by a click of button, there are so many who are still ignorant on the issue of Waste Management. Perhaps, they have not felt the need of knowing about this subject. As a first step in launching ZERO GARBAGE PROJECT, residents need to be made

aware of the seriousness of this issue and motivate them to do something about it. In this regard, you can take a bold step to contact your housing society office bearers to call a meeting of society members to bring awareness on ZERO GARBAGE. Today lot of material is available in the internet. Besides, regular ads are given on TV.

STEP 2-CIRCULAR TO FAMILIES/ FLATS: This circular, preferably signed by the housing society office bearers can contain the dates to begin the segregation, instructions to families to keep 2 bins in the kitchen for wet and dry waste, list of wet waste and dry waste, method/timings of collecting the waste by the housing society workers etc etc. WET WASTE consists of bio-degradable waste which decomposes easily and can be used as compost for plants and trees like vegetable waste, fish/meat bones, left out food, used tea powder, garden waste etc. DRY WASTE is the one which does not decompose at all, or takes long time to decompose. This waste consists of materials made up of metal, plastic, glass, paper, electronic items etc.

STEP 3: PROVIDE 2 BINS: It is a great motivation, if society office bearers use some society funds to buy 2 waste bins for each household/flat of different colours for wet and dry waste, and gift it to each family. If society is not ready/willing to gift a set of waste bins, each family can make their own arrangement to buy two bins. Forcing to buy two bins of their own money (though it doesn't cost much) may

create some uneasiness amongst the residents.

STEP 4 – TRIAL SEGREGATION: As initially families may not be well acquainted with dry and wet waste, there can be a trial segregation for few days. Based on the circular issued (list of dry and wet waste), the residents may be given a few days, say 1 or 2 weeks for trial segregation. At this stage, the society workers would make door to door collection of waste in 2 separate bigger bins. The wet waste handed over by each family is collected in the WET WASTE BIN and all the dry waste of each household is collected in a big DRY WASTE BIN. After each day's collection, the Monitoring Committee can correct the residents wrongly segregating (mixing dry waste with wet or vice versa), and improve the quality of segregation.

STEP 5: EVALUATION: The office bearers/Monitoring Committee can have an evaluation of the response by the residents, and the quality of segregation done by the families. Results of the evaluation of segregation can be communicated to all the families with any corrections needed to be done.

STEP 6: FINAL SEGREGATION: At this step another circular can be issued giving the details on final segregation. At this stage segregation system has to be followed strictly. The monitoring committee will continue to monitor if the segregation is properly done by each family.

STEP 7: COMPOSTING PITS/WET WASTE HANDLING: Success in convincing the residents to segregate the garbage is like half the battle won. If society has some place for compost pits, the advance planning can be done for composting of the wet waste. If no space available at the society compound, possibility can be explored to start the composting process on the building terrace. There are professional NGOs like Stree Mukti Sanghatana who take up this project on contract basis. If for some reasons composting of wet waste is not pos-

(Contd.. on p. 22)



own faults.”

Pope: Mercy is a form of knowledge that opens the door of the mind and heart

Vatican City – Mercy is "a true form of knowledge of the mystery we experience," Pope Francis said today, Sunday of the Divine Mercy, the second of Easter, before he recited the Regina Caeli with the pilgrims in St Peter's Square.

The pontiff noted that, inspired by the Holy Spirit, Saint John Paul II established a special celebration of the Divine Mercy on this Sunday to remember the time when Jesus appeared to the disciples after his resurrection, giving them the power of reconciliation (cf. Jn 20: 19-31).

Pope Francis had stressed the importance of this theme in the life of the Church and the world when he convened the Jubilee of Mercy that ended last November.

"Saint John writes that Jesus, after greeting his disciples, said to them, 'As the Father has sent me, so I send you.' After this, he breathed on them and added, 'Receive the holy Spirit. Whose sins you forgive are forgiven them' (Jn, 20-21-23). This is the meaning of mercy that occurs on the day of the resurrection of Jesus as [the act of] forgiving the sins. The Risen Jesus passed on to his Church, as its first task, his own mission to bring the concrete announcement of forgiveness to everyone. This visible sign of his mercy brings with him the peace of the heart and the joy of the renewed encounter with the Lord."

After the Marian prayer of Easter time, the pope thanked "all those who sent me Easter greetings. I reciprocate with all my heart by invoking for each of them and for every family the grace of the Risen Lord."

Cross removal upsets Kerala chief minister

Kerala: Kerala Chief Minister Pinarayi Vijayan expressed strong displeasure at the removal of a 'Cross' at a church near Munnar on Thursday during a drive to claim usurped government land. The Cross was razed in the early hours of Thursday morning by the revenue authorities using heavy equipment amid tight security while enforcing Section 144 of the Criminal Code Procedure.

Fr. Jimmy Poochakkattil, a spokesperson for the Syro-Malabar Church, said that the Church would not see the removal of the Cross as an offence as the Cross stood on unauthorized land, and the Church would not support the idea of using the Cross to grab government land under the guise of spirituality. The Revenue Minister, E. Chandrasekheran, kept mum on the issue. However, CPI Assistant Secretary Prakash Babu defended the action saying that it was 'well within the law' and that they were 'doing their job.'

Man who raped nun and absconded 11 years ago arrested in MP

Madhya Pradesh: Pidiya Singadia, convicted in the gang rape of four Catholic nuns in 1998, has been nabbed by the Police on 18th April, 2017, in Central India's Madhya Pradesh state, after absconding for 11 years on being granted temporary release.

Bishop Basil Bhuria said that the arrest has 'strengthened our faith in the system,' as Christians being a minority in the state have faced many violent attacks from right wing Hindus. This arrest of the fugitive, he states, boosts our morale and trust in the police.

Pope announces Fatima children's canonization

Pope Francis announced on Thursday that the two young shepherd children, Francisco and Jacinta Marto, will be canonised on May 13th during his Pastoral visit to the Portuguese town.

The shepherd children, along with their cousin Lucia Santos, who saw the apparitions of Our Lady in Fatima, were beatified by Pope John Paul II. Unlike Lucia, who became a nun and lived to the age of 98, Francisco and Jacinta died in childhood, aged just 9 and 11, as a result of the great flu epidemic that swept through Europe in 1918. Meanwhile, the case for Sr Lucia's beatification concluded its first phase in Portugal earlier this year and is now being examined at the Congregation for the Causes of Saints in the Vatican.

A total of 35 people will be canonised by the Pope in May, majority of them being 16th and 17th century Latin American martyrs.

Pope Francis among Time Magazine's 100 most influential people

Vatican City: Pope Francis is among the leaders highlighted by the Times magazine in its 2017 list of the world's 100 most influential people. The nomination included a brief reflection of the Pope's humility, written by Cardinal Blase J. Cupich of Chicago, saying that his powerful witness is what attracts so many people to his message. The humble Pope Francis acknowledged himself as a sinner and goes to confession himself, "because one cannot accompany a suffering world without acknowledging one's

How the Bhim-Aadhaar app works?

CONCEPT

Already being bailed as the future of retail transactions in India, here are five things you need to know about the BHIM-Aadhaar app.



- The BHIM-Aadhaar app will soon be made available for both IOS and Android version.
- The payment system is based on biometrics. All you will need is your thumb impression. There are 40 crore people in the country whose bank accounts are directly linked to their Aadhaar card. Hence through finger print scanning alone, transactions can be conducted. There will be no need to remember PIN details or bank account numbers as a result of it.
- Merchants and sole proprietors who want to use this option will have to buy fingerprint scanners.
- One the fingerprints of the customers are authenticated, the app will automatically transfer the money from the saving account of the customer to the merchant. Nothing else is required.
- There are currently 30 banks that are participating in the initiative. This includes both private and public sector banks. Some of them include Allahabad Bank, Bank of Baroda, Bank of India, Andhra Bank, Axis Bank, Corporation Bank, Dena Bank, HDFC Bank, ICICI Bank, IDFC Bank and more. The team notes that more banks are being brought on board.

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Inspiration!

your face, ready to take on the world. Staying cheerful everyday is a reason enough for you to listen to motivational speakers or read inspirational

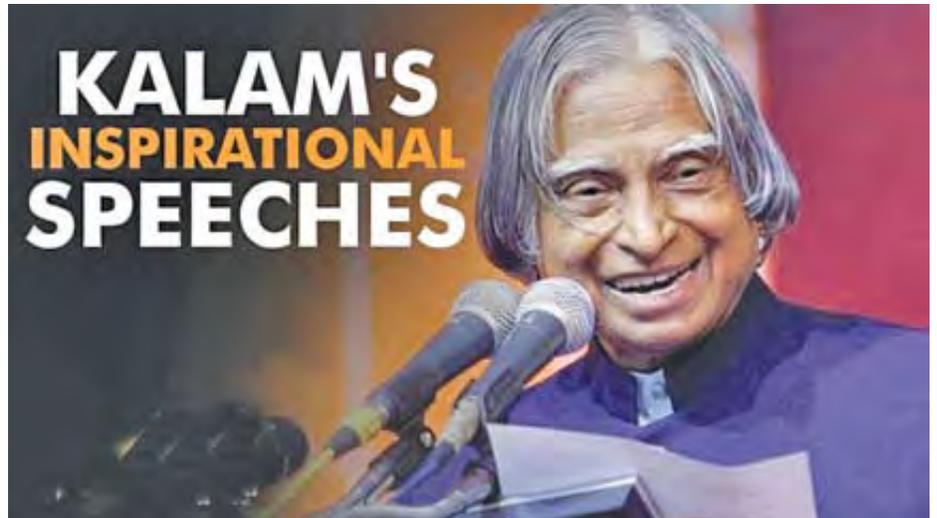
Listen to inspirational speeches

Many people believe that they can boost up the hidden talent of their employee or students with the help of inspirational speech. Motivational Speakers can be like a bright light in a depressing day

Have you ever wondered why motivational speakers are so popular and why inspirational self help books are best-sellers? Read on to know a few reasons why you should absorb motivational literature and media as much as you can.

To reaffirm your faith in hard work and miracles: Motivational speakers and inspirational books are known to use real life anecdotes combined with working wisdom to tell readers and viewers that life is a mix of hard work, smart work, miracles and luck but never any one of these alone. If you have been working hard, you may be able to heave a sigh of relief by reading such books and assuring yourself that something good will happen to you.

To know that failure is a stepping stone to success: If you have picked up an inspirational book or a DVD of a motivational speaker because you are experiencing a major setback in life, you may feel energised enough to move ahead. You may have come across many real life anecdotes and advice from such material which reaffirms that failure is a stepping stone to success. Such positive reaffirmation is likely to leave you in a better position to deal with failure and pitfalls that life throws at you.



To learn from other people's lives:

As a well known quote goes, you may not live long enough to make all the possible mistakes yourself and learn from them. This message given by motivational speakers and books can come handy as you can read and learn from the mistakes that well known personalities and other common people may have made in their lives.

To realise that you are not alone:

Motivational speakers and self help books can help you retain your faith in life through stories of other people whose mental and emotional conditions may be similar to yours. You can feel happy by knowing that your sorrow is shared by a million others in the world. You can also multiply your happiness by knowing that many other people across the globe share the same delights as you do.

To wake up with a smile everyday:

When you live an inspired life and when your state of mind is motivated, you are likely to have a surge of happy hormones in your body. By reading motivational material, you could wake up with a mission everyday and go through the day with a smile on

books.

To be updated with the latest: You should consume inspirational material and media not only to give your self esteem a boost but also to stay updated with the latest buzz. For instance, if your boss mentions the 10,000 hour investment principle, you would be clueless about it unless you would have read bestselling author Malcolm Gladwell's book, outliers.

Without a real goal, life can become really unfocused and pointless. Without aims and dreams, you have nothing really exciting to do, no task or anything that motivates you and gets you going. To stay motivated its important to

- Forget about the past
- Do more of energising and enjoyable activities
- Set daily and weekly priorities

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6695. MUMBAI : Mangalorean RC bachelor, (Born in Auguat 1972), Ht. 5'9", Wt. 77 kgs, Fair Complexion, Edn. F.Y. B.Com., + IATA, working as a C.S. Associate in MNC., Contact email : binatone55@gmail.com OR Phone : 25441116 / 9619742315 / 9619032564

6675. MUMBAI : Roman Catholic Bachelor born and brought up in Mumbai (Born in October 1984), Ht. 6', slim athletic build, fair complexion, only child. Education BE Electronics, having family business (Electronic Component Manufacturing) from decent family having sober habits. Looking for slim, well educated Roman Catholic girl from decent family with sober habits, having hight above 5' 2". If interested kindly send biodata with photograph to snad2450@gmail.com OR contact 9223219634

6652 MUMBAI : Mangalorean R.C. Bachelor, (Born in November 1988) Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. M.B.A. Marketing, working as an Executive in well known Private Company. Contact email : menezesajit@yahoo.com

6648. MUMBAI : Mangalorean RC Bachelor (Born in June 1970) Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. 12th Std., working as a AC Mechanic in Abroad. Contact email : vivinacardoza18@gmail.com OR 9987433677

6647. MUMBAI:MangaloreanRCBachelor (Born in January 1982) Ht. 164 cms, Wt. 70 kgs, Wheatish Complexion, Edn. Engineering, working as a Sr. Executive. Contact email : pereirapraveen@gmail.com OR 9833379899

6643. MUMBAI : Mangalorean Ro-

man Catholic Bachelor, (Born in July 1984), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. Undergraduate, working for American Cruise Line, having own accommodation, visiting India shortly. Seeks an educated Mangalorean girl, above 5' 4", below 30 years. Contact email : janetdso57@gmail.com, O R 9619747169 / 9769506595

6641. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1982), Ht. 6' 1", Wt. 100 kgs, Wheatish Complexion, Edn. Graduate, working as an Engineer, Contact email : melvinsaldanha20@gmail.com or 9820477618

6637. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in February 1987), Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. T.Y. B.Com., Hardware & Networking Diploma, working as a Technical Team Leader & Coordinator. Contact email : bipinsw52@gmail.com

6636. MUMBAI : East Indian Roman Catholic Bachelor, (Born in September 1983), Ht. 5' 9", Wt. 80 kgs, Wheatish Complexion, Edn. B.E., working as a Technical Lead. Contact email : joy.dominic@gmail.com

6634. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1982), Ht. 157 cms, Wt. 80 kgs, Fair Complexion, Edn. Diploma Holder, working as a Mechanical Engineer. Contact email : santoshrodrigues7@gmail.com

6549. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in December 1983), Ht. 5' 10" Wt. 72 kgs, Tan Complexion, Edn. MBA (ICFAI), working as a AVP in Citi Group Chennai. Contact email : ponsil@rediffmail.com

6547. MUMBAI : Keralite + Mangalorean Roman Catholic Widow, (Born in July 1959), 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.

6534. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in March 1980), Ht. 5' 8", Wt. 69 kgs, Handsome, Fair Complexion, Edn. B.A., Having own business and accommodation. Contact email : proposal564@gmail.com

6659 MUMBAI : Sr. Citizen seeks lady partner widow or spinster must be educated cheerful healthy and a home maker Contact email : envision 277@yahoo.com OR 9819839842.

6533. MUMBAI : Goan Roman Catholic Bachelor, (Born in April 1983), Ht. 5' 8", Wt. 69 kgs, Fair Complexion, Edn. B.Com., Wheatish Complexion, Working with Disney Cruise line, Well settled. Contact email : joseph_almeida15@yahoo.in

6531. POONA : Tamilian Roman Catholic Bachelor, (Born in May 1975), Ht. 6', Fair Complexion, Handsome, Edn. M.Com., Having well established business. Contact email : tony137@rediffmail.com

6523. MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 68 kgs, Wheatish Complexion, Edn. B.E. Electronics, working as a IT Engineer. Contact email : sandranoronha75@gmail.com

6521. MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1976), Ht. 6', Fair, Handsome, Edn. B.Sc., MBA (HR) full time, working as Manager in MNC. Well settled. Seeks alliance with Goan RC Spinster. Contact email : alliedec2@gmail.com.

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6696. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1991), 5' 1", Wt. 49 kgs, Fair, Edn. MBA - Finance, working as a Finance Executive in **DUBAI**. Contact email : moraes.cheryl@gmail.com

6697. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1979), 5' 2", Wheatish Complexion, Edn. Graduate / PGDHM, working as a Administrator. Contact email : jmjcapricon@rediffmail.com

6694. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1991), 5' 4", Wt. 57 kgs, Wheatish, Edn. MBA - Finance, working as a Trade Finance Assistant in **DUBAI**. Contact email : rochellemoraes91@gmail.com

6674. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in September 1991), Ht. 5' 4", Wt. 64 kgs, Fair Complexion, Edn. B.A., Diploma in Fashion & Textile Design, working as a Textile Designer. Contact email : lobo_peter12@yahoo.com

6673. MUMBAI: Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. B.E. (Extc), working as an Engineer. Contact email : mascarenhasrency@yahoo.com

6672. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in April 1985), Ht. 5' 4", Wheatish Complexion, Edn. MBBS, DCH, DNB, Doctor by profession. Seeks Doctors or Engineers. Contact email : bklouis50@gmail.com

6653. MUMBAI : Roman Catholic Spinster, (Born in July 1990), Ht. 5' 2", Fair Complexion, Edn. M.B.B.S., Doctor & pursuing M.D. Seeks M.D. / M.S., Doctors. Contact email : selwynhenriques13@gmail.com

6651. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May

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1984), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support. Contact email : dsilva.seema@gmail.com

6628. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1992) Ht. 5' 7", Wt. 58 kgs, Wheatish Complexion, Edn. B.E. (Electronics), working as an Asst. Engineer. Contact email : dsz.roshan@gmail.com

6611. MUMBAI : Goan RC Spinster, (Born in January 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. BMS, studying EMBA, working as a Sr. Analyst., Contact email : alliancecaldeira.nc@yahoo.com

6548. MUMBAI : Tamilian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Wt. 66 kgs, Wheatish Complexion, Edn. PGDBM NMIMS, working as a Manager. Contact email : prabha.nadar@hotmail.com

6535. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1988), Ht. 5' 4", Wt. 65 kgs, Beautiful, Very Fair Complexion, Edn. B.Sc., IT., Masters in Media Art & Animation & Editin. Working as an Editor. Contact email : simonsjl@vsnl.com

6532. BANGALORE : Mangalorean Roman Catholic Spinster, Only Child, (Born in December 1976), Ht. 5' 2", Wt. 58 kgs, Fair Complexion, Edn. M.A. Communication, working as an Assistant. Contact email : ashajob@hotmail.com

6530. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.A. in clinical counselling from USA, working as a clinical

counsellor in well know Hospital. Contact email : i_dsa@yahoo.com

6528. DUBAI : Mangalorean Roman Catholic Spinster, (Born in April 1984) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6527. DUBAI : Roman Catholic Spinster, (Born in July 1987), Ht. 5' 3", Wheatish Complexion, Edn. B.A. in Mass Media, working as a Senior Executive in Govt. in Dubai. Staying with parents. Seeks a well settled and educated East Indian or Goan Bachelor. Contact email : axferns@gmail.com

6525. RAJASTHAN : Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Wheatish Complexion, Edn. B.Com., working for Railways as a Confidential Assistant to Sr. DCM. Contact email : casrdcm@gmail.com

6033 ABU-DHABI : Goan Roman Catholic Spinster, (Born in May 1979) Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email : barretto.lorraine@gmail.com OR 9821467722**

6032 DUBAI : Goan Roman Catholic Spinster, (Born in April 1976), Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : track_1976@yahoo.com OR 9730454857

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(Contd.. from p. 16)

sible, the wet waste will go to the BMC vans as usual. At least your society is succeeded in the first step of segregating the garbage.

STEP 8: DRY WASTE HANDLING:

As said in the STEP 4, when all the families segregate the waste into dry and wet, all the waste collected by the housing workers is accumulated in two separate big bins at the society premises or on the terrace. The wet waste goes for composting purpose. What is left out is dry waste. Now, after successful segregation process, the dry waste is free from all kind of smell as smelling items like veg. waste, fish/meat bones, food waste is already taken out for composting purpose. Now, the dry waste can be sold to the scrape dealers, or alternatively, society workers can segregate and pickup the reusable and recyclable items like metals, plastic, papers etc easily. This can be sold as a scrape and earn some money. This money can be used as per the decision made by the Managing Committee. Managing committee can decide to give a part of the proceeds sold to the society workers as an incentive for their extra work. This will be a motivation for them to further improve the segregation as better segregation means more money.

DRY 9: PROPAGATE: Once your society/institution succeeds in starting the ZERO GARBAGE PROJECT, start publicizing and help your neighbouring societies to follow suit.

SO WHY WAIT SOMEONE TO FORCE YOU TO START ZERO GARBAGE, AND KEEP YOUR OWN PREMISES CLEAN AND HEALTHY? FEEL PROUD TO SHOW YOUR LOVE FOR MOTHER EARTH, AND BE A TREND SETTER BY STARTING THE ZERO GARBAGE IN YOUR HOUSING SOCIETY OR INSTITUTION.

Chocolate pudding



Chocolate pudding is fun to eat -- just try to lick it off a spoon without smiling.

Ingredients

- Two tablespoons cornstarch
- five tablespoons granulated sugar
- Two tablespoons cocoa powder
- One eighth teaspoon salt
- One , one fourth cups milk
- Two large eggs
- One, one fourth cups semisweet chocolate chips
- One teaspoon pure vanilla extract

For the topping

- One cup heavy cream
- One tablespoon confectioners' sugar

Instructions

- In heavy-bottom medium - size saucepan, whisk together cornstarch, sugar, cocoa powder and salt.
- Add the cream, milk and eggs. Whisk until combined.
- Stir in chocolate chips.
- Set pan over medium heat. Whisk slowly and constantly, until pudding begins to boil, seven to eight minutes.
- Make ice bath: Fill large bowl with ice and a little water. Set bowl of pudding in ice and stir pudding until it starts to cool, about five minutes.
- Stir in vanilla. Cover with plastic; refrigerate until thick and well chilled, about 40 minutes or overnight.
- To serve: Whisk one cup heavy cream to form soft peaks; whisk in one tablespoon confectioners' sugar. Top pudding with whipped cream.

RECIPE TO TRY

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. Sandra DSouza, Mira Road

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