

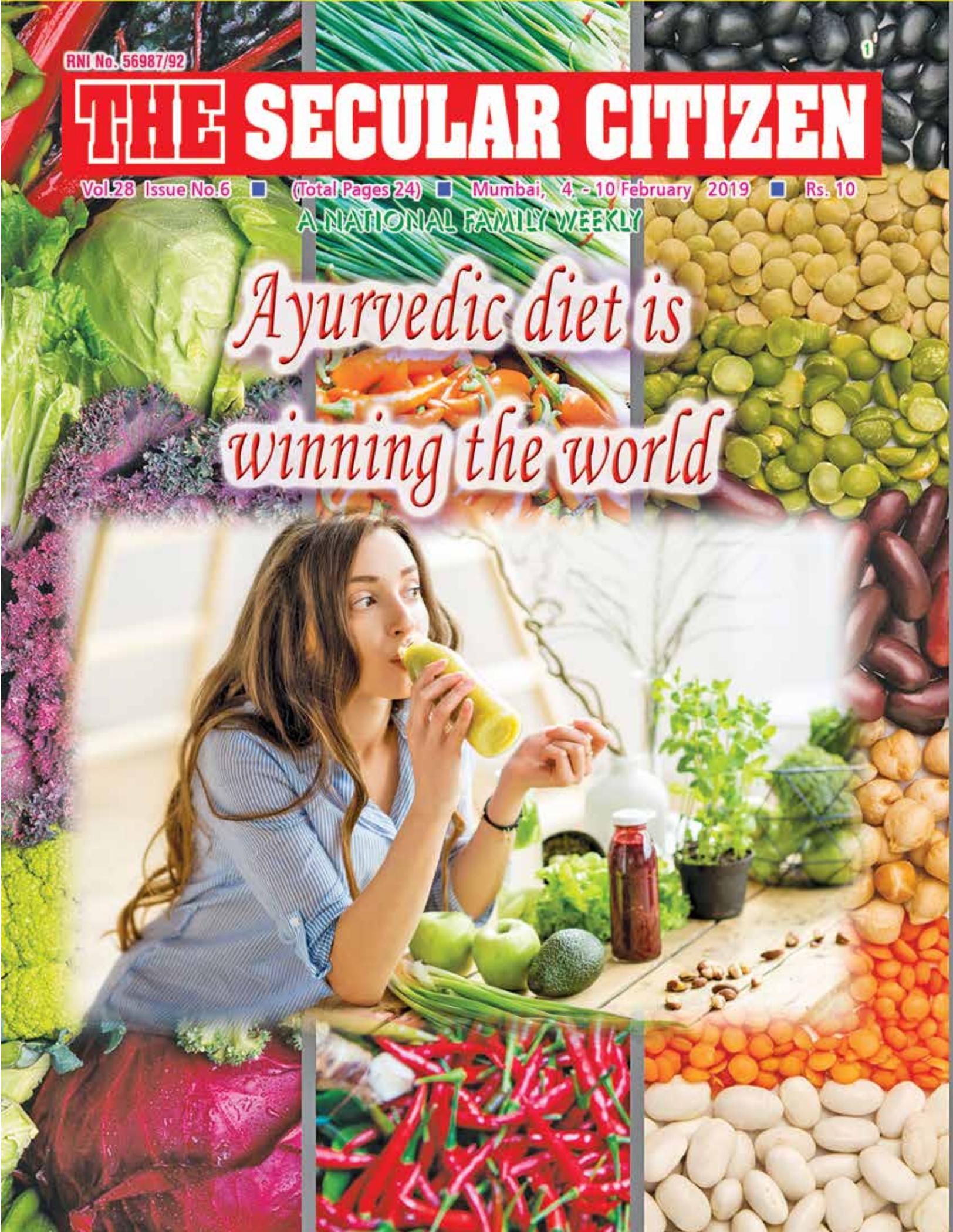
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THE SECULAR CITIZEN

Vol.28 Issue No.6 ■ (Total Pages 24) ■ Mumbai, 4 - 10 February 2019 ■ Rs. 10

A NATIONAL FAMILY WEEKLY

*Ayurvedic diet is
winning the world*



The Secular Citizen Support Group

About ten prominent well-wishers from different walks of life came together on Friday 18 January 2019 at Hotel Avion to discuss, plan and search for ways to support and strengthen the only National Family Favourite weekly—The Secular Citizen (TSC). The meeting was chaired by Freddy Mendonca, the Founder-Director of Life Anchors and Dimensions, who was instrumental in planning and initiating this meeting. Mr Lawrence Coelho, who was felicitated on his birthday, and his wife, Susan Coelho, publishers of TSC and Divo presided over the meeting.



Various valuable suggestions and opinions are expressed by the participants present after hearing the keynote address by the editor. It was decided to form various groups develop different sections such as Subscription, Promotion, Contents, etc.



The Secular Citizen is now in its 28th year of publication. It offers an excellent platform to the community members as its voice to the nation as well as a tool to self development and promotion of talents, business and other activities. Prominent members of the society are its contributors.



Want to improve your business, come to 'Dimensions'

Dimensions Businessmen's Group meets every month for business interaction and upgrade their knowledge and expand business circle. Their recent 153rd meet held on 26th Jan. 2019 at Hotel Avion, Vileparle from 8 to 10 a.m. morning.

At their recent meet Mr. Dolphy D'Souza, Convenor of police reform watch Project lead Mumbai, was the resource person who shared various unknown facts of Police Force and their relation with public.



Dimensions is a brain child of Mr. Freddy Mendonca, which is now grown far and wide having chapters in Pune, Goa and other locations in Mumbai. Over the years many Christian businessmen participated in their business meet and benefited richly by way of information, knowledge and clients.

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YOUR VOTE: A RIGHT and A DUTY!

By Fr Cedric Prakash SJ

Come 25 January 2019, India observe 'National Voters' Day', once again. Thanks to the stewardship of the then Prime Minister of India, Dr. Manmohan Singh, the Union Cabinet of the UPA Government in 2011, decided that 25 January, which is the anniversary of the foundation of the Election Commission of India (ECI) and the eve of Republic Day, would be designated as the special day for the voters of India! The main objective of the day is to encourage many more young voters to take part in the political process; besides, it is also an opportunity to make people aware that voting is both a right and a duty. The hallmark of a vibrant democracy is the power and the ability of the people to exercise their franchise freely and fearlessly. Analysis of past elections in India, do provide a fairly good picture of the number of people who cast their votes; in most cases, it was between 55% to 65%; however, in the last General Elections of 2014, a record-breaking 66.38% had exercised their franchise. Experts say that this too is not enough, we would need to reach at least 80%.

These percentages are only of those whose names are on the electoral rolls; there are millions in our country whose names are just not on the electoral rolls! Several are just lazy or apathetic about ensuring that their names are registered on the electoral rolls. Many are disenfranchised; these include, the poor, the homeless, the displaced/refugees, migrant workers, the minorities, those in prison, the disabled. One of the most subtle ways, is for a registered voter to be denied exercising one's franchise on the day of elections, simply because one's name has 'mysteriously' disappeared from the electoral rolls. The polling officers say that they can do absolutely nothing about it. Denying several legitimate voters their right to vote has often changed the result of specific constituencies, in the past.

In many countries, the 'right to vote' is a fundamental right, but in India, it is just a legal right. All should however regard that exercising one's franchise is a sacred duty

In a few days from now the ECI is expected to announce the dates of the General Elections 2019; these are expected to take place in different phases between mid-April and mid-May.

(Contd.. on p. 4)

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Whilst voting cannot and should never be made compulsory, here are some guidelines, which could be helpful for all:

It is the RIGHT and DUTY of every citizen of India, above the age of 18 years to exercise his / her vote.

Visit IMMEDIATELY the website of the Election Commission of India (<https://eci.gov.in/>) or their National Voters' Services Portal <http://www.nvsp.in>

Download the VOTER HELPLINE app from the Playstore

Join the campaign to allow Indians on the Move to Vote from their Current Location in 2019 Elections #LostVotes (<https://www.change.org/p/election-commission-of-india-make-it-possible-for-every-indian-to-vote>)

I. THE ELECTORAL ROLL:

- if you are above 18 years (on January 1st) and a citizen of India, you must have your name on the Electoral Roll (ER)
- it is a basic and important identity for every adult citizen of India
- check immediately whether your name is on the ER (by visiting <http://www.nvsp.in>) your State CEO website / Taluka Office / Collector's Office
- all changes/updates can be done ONLINE (the current deadline is 30 January)
- for inclusion of one's name on the ER, you will have to fill Form 6
- for any objection or inclusion of name/s, you will have to fill Form 7
- for correction of entries in the Electoral Rolls, you will have to fill Form 8
- write your complaints to the Chief Electoral Officer (CEO) of your State and to the Chief Election Commissioner (CEC) Delhi
- always retain copies of your application / letters, signed by the receiving Officer, for further reference
- ensure that you have the Elector's Photo Identity Card (EPIC)
- (remember having an EPIC does NOT mean that your name is on the ER – check if your name is registered on the ER NOW!)
- check periodical advertisements in National/Regional newspapers regarding the updating of the Electoral Rolls of your State; adhere to their deadlines

- help the poor, vulnerable, differently-abled have their names included on the ER

II. POLITICAL INVOLVEMENT:

- get involved in mainstream politics
- encourage / support political parties which focus on governance and on issue related to transparency, human rights, justice and peace and the safeguarding of the Constitutional Rights of all.
- check out the candidates/the parties you wish to promote for a particular seat
- even if a candidate is 'good' we must be cautious of the party/ideology s/he represents
- don't be swayed by 'empty' promises
- organize public debates / dialogue with them and assess their views / opinions / promises / track-record
- study their 'Election Manifesto' of the previous elections and based on this manifesto see whether the ruling party / sitting candidate has fulfilled the promises made
- assess their views on the poor and on discriminated/ vulnerable communities like the tribals, dalits, women, children, minorities, differently abled and oriented persons; and also on critical subjects like human rights, water, education, RTI, demonetization, food security, ecology, employment, agriculture, health, displacement, nuclearization, military warfare, governance and globalization
- download (from 30 January) the HATE HATAO app from the playstore
- think of the FUTURE of the Country; don't be myopic and/or selfish, exclusive!

III. ON VOTING DAY:

- cast your vote FEARLESSLY
- encourage all others to FREELY cast their votes too
- vote for a candidate (or the party that is being represented) that is NOT corrupt, criminal, communal and / or casteist ; fundamentalist, fascist, fanatic
- if you notice any bogus voting, rigging or booth capturing, bring it to the notice of the police / Election Officers immediately and preferably in writing
- make sure that the Electronic Voting Machine (EVM) you use – works correctly (there is plenty of controversy/ debate regarding the possibility of the EVMs being hacked)

- you have the right to exercise your franchise as "None of the Above" (NOTA) under Rule 49 – O

IV. AFTER ELECTIONS:

- find out the complete details of your elected representative (name, address, telephone / fax nos., email id, website/ blog, facebook page, twitter, Instagram and other social media accounts)
- arrange that organizations, villages / groups invite the representative to share his / her views about the area for the next five years
- ensure that you keep in touch with him / her constantly; make them accountable!
- remember that they have budgetary allocations for their constituency; find out for what programmes this money is being utilized
- insist that your views / concerns are voiced in the assembly / parliament
- ensure that they do NOT endorse any draconian or anti-people legislation
- remind the representative that as a voter you have a right to ask for his / her resignation for non-performance (we do not have the power 'to recall' in India)
- don't be taken up by their freebies or their 'bribes'

V. REGARDING CONCERNS / COMPLAINTS:

- any concern / complaint in the context of the Electoral Rolls must be sent in writing (registered post / courier) immediately to your State CEO/the CEC
- serious concerns like the disenfranchisement of a whole community / village must be brought to the notice of: The Chief Election Commissioner of India, Nirvachan Sadan, Ashoka Road, New Delhi-110 001 <https://eci-citizen-services.eci.nic.in/default.aspx> email: complaints@eci.gov.in Control Room: 23052220, 23052221
- the above may also be informed about any irregularities regarding the elections

VI. OTHER INFORMATION:

- visit/read the section on "Systematic Voter's Education & Electoral Participation (SVEEP)" posted on the ECI website for detailed information
- use "The Right to Information" – to obtain essential information of a political party / candidate / elected representative

**(Fr Cedric Prakash SJ is a human rights activist. Contact cedricprakash@gmail.com)*



German Bishops to discuss priestly celibacy

Reference to Prof R. Castellino's letter on the above subject, in The Secular Citizen of 21-27 January. The German Bishops are very progressive thinking of many changes in the Catholic teachings. Once Cardinal Reinhard Marx suggested that German dioceses are not a "subsidiary of Rome" on the question of Communion for remarried couples. Cardinal Burk of the U. S. had said

" it is ridiculous suggestion. We are all oriented toward Peter, that is the unity of Catholic Church. Subsidiaries-- that is the language of business, that does not belong to the Church. That is where obedience counts"

Cardinal Marx and company even want women priests, easier divorce, married priests, gay marriage etc. Recently they said the non Catholic spouse of Catholic person may be allowed to receive Communion. Thus goes Conference of German Bishops. We have more loyal clergy and the faithful . We need no suggestion from Europe

—K. C. Thomas

Hardik Pandya and K. L, Rahul Cricketers

I refer to Prof Castellino's letter in your magazine 21st-27Jan 2019 on the cricketers named above for un-called for comments on Karan Johar's show which were outrageous misogynistic remarks.. The youngsters have been mercilessly pilloried for comments which were not in good taste to say the least but hardly-de-

serving of such verbal thrashing by some members of the public. They are quite young and immature and a little rap on the knuckles would have been enough. They got carried away. You know how easily youngsters are led up the garden path.

The interviewer Karan Johar a filmmaker is a seasoned hardcore professional. The boys were like putty in his hands and taking unfair advantage of them was not correct. He should have stopped it somewhere. In Today's (24th Jan 2019) Bombay Times Johar has expressed regret and admits his responsibility over the whole affair. I think that is very commendable of him But he can not repair the damage done."It is gone into a zone beyond-my control" he is reported to have said. According to the Bombay Times he is said to-have had sleepless nights over the unfortunate affair. The nasty event should be a lesson to interviewers, interviewees and Officials concerned.

—Albert C deSouza
Bandra.

Contribute Your Bit to the Nation

Our country celebrates Republic Day every year to honour the day when the Constitution of India came into force. Republic Day is the national festival of India which reminds us about the sacrifices of our great leaders and freedom fighters who did not think about themselves and their families but happily sacrificed their lives for the nation. The democracy which we have received should be valued by everyone and should not be taken for granted. Everyone should contribute their bit for the development of the nation and spread peace, love and harmony.

—Jubel D'Cruz,

Priyanka's Political Plunge

It has finally happened.Priyanka Gandhi Vadra has entered politics , Eastern U.P. being the region she is responsible for , as Vice President in the Congress Party.It is the last trick in the Congress Bag of tricks. Some people including a Bihar Minister have unkindly remarked that she has beauty and nothing else.

This is unfair .She has every chance to prove her worth and we must not grudge her the freedom to work the way she wants as long as it is legal .Then only can judgements be made about her prowess or not in the political game.Beauty and Brains are a rare synthesis but the two need not be clubbed together.You can not conflate the two.If both qualities occur in a woman leader it is God's gift. Her beauty can not be held against her but if she acts in an unstatesman like manner she can be faulted.I have noticed that uncharitable statements about Priyanka's abilities a politician have more than a tinge of jealousy in them.Best of Luck to Priyanka.

—Albert C deSouza
Bandra West

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Netizens for Democracy



BY FR. CEDRIC PRAKASH
SJ

Given the significance of the subject and the urgency which it entailed – it was an event that had to happen! **‘Netizens for Democracy’** (<https://netizensfordemocracy.in/>) held a **day long conclave on ‘Social Media as a Tool’, of Indian Netizens who believe in the power of social media and want to use it to bring about sustainable and positive social change.** It was held on the 19 January 2019, at Fr. Agnel’s Campus in Bandra, Mumbai. The conclave brought together some of the most well-known names of the country- all concerned about what is happening in the India today and the need to do something immediately and collectively. It was certainly a heady mix of youth leaders, journalists, activists and celebrities. They deliberated on how to spot and stop fake news, deal effectively with trolls and check the spread of hate and vitriol on social media. It was a quest for solutions that help us essentially hold our own while preserving the dignity of the platform and our own sanity, in India at this crucial socio-political juncture.

Most importantly, the conclave was a quest for ways and means to empower people from some of the most vulnerable sections of society, in order to strengthen our democracy. SocialMedia, all over the world and particularly in India, is today recognized as a valuable tool for giving voice to entrenched interests, especially when marginalized sections excluded from access to the mainstream media in general, have creatively used this space for expression on issues fast recognized as the ‘deep dark underbellies’ of our society. The conclave emphasized the belief that social media can be a powerful tool in the hands of good and socially conscious citizens who can use it to create awareness, provide encouragement and bring renewed vigour to the culture of dialogue and discussion in our

vibrant democracy.

Every session of the conclave was invigorating and provided much food for thought and concerted action. The honours of the Inaugural Session was done by Prashant Bhushan, Justice Abhay Thipsay and Sambhaji Bhagat. Sambhaji also regaled the audience with a stirring Lokshahir performance, in his own unique style. ‘Media in Times of a Majoritarian State’ was anchored by Teesta Setalvad with powerful insights from Prashant Bhushan and Dilip Mandal. This was followed with another ground reality dialogue on ‘Combating Hate’ between Ruben Mascarenhas and Rachna Awatramani. Subalterns had their say in the session on ‘Shining the Light on Subaltern Voices’; Arfa Khanum, Divya Kandukuri and Abhay Xaxa left no stone unturned to highlight the plight of the Minorities, Dalits and Adivasis in the country today! Durgesh Pathak in ‘Crafting a Connect: Online Support and Grassroots Change’ emphasized the need for change at the grassroots. Akash Banerjee provided a greater awareness to the reality that is taking place on the net today!

Shashi Tharoor minced no words when he said that “trolling is an organized technique of the ruling party”. Later, Abhisar Sharma, Umar Khalid, Gurmehar Kaur, Sanjukta Basu and Preeti Sharma Menon elaborated with their personal experiences of how ‘Censorship and Trolls’ was the bane of the country today! It was certainly ‘The March That Touched a Hundred Million Hearts’ when CPI (M) leader Ashok Dhawale and seven-time MLA JP Gavit of the CPI (M) from Sargana and Kalwan, Maharashtra spoke about the 30,000-strong historic ‘Kisan March’ and how the Netizens of Maharashtra had so effectively contributed to it. Nandita Das was candid when she shared ‘My Journey with Social Media – A Hesitant Relationship’. Jency Jacob, Kishore Mandhy-

an and Pankaj Jain gave the audience numerous instances of the ‘Spread of Hate and Fake News on Social Media’ – particularly by the ruling dispensation. Rajdeep Sardesai, was at his eloquent best when he spoke on ‘Hate, Hype and Dialogue’; he asserted that, ‘citizens need to wake up now and act- before it is too late! The session ‘Organising Social Media Beast for Change’ which was moderated by Rajdeep Sardesai, had some eminent panelists like Richa Singh, Dilip Mandal, Jairas Banaji, Jaaved Jaaferi and Harish Iyer.

Before the end of the Conclave the announcement of a new app ‘HATE HATAO’ was also made. It will be launched on 30 January by the Citizens for Justice and Peace (CJP) with the specific intention of fighting the spread of hate on social media. The app will pursue all hate related posts, videos, threats etc., and will take up these matters with the National Human Rights Commission, the Press Council of India and other appropriate law enforcement agencies and statutory bodies. CJP Secretary Teesta Setalvad says, *“Our vision and mission is to create a committed band of peace volunteers (Peace Premis) on the ground, trained to spot stages that build up to targeted violence and prevent its spill over into blood on the streets.”*

There were significant banners on the venue which displayed a ‘Code of Conduct’ for all; it unequivocally stated, *“At Netizens for Democracy we are committed to providing a safe space and discrimination-free experience for everyone, regardless of their religion, ethnicity, caste, economic strength, skin colour, gender, sexual orientation, disability, physical appearance, body*

(Contd.. on p. 7)

Lost Votes

by Don Aguiar.

Like today's India, countless Indians are on the move. For work or education. And so are our banks accounts which automatically travel with us. And also our mobile phone numbers and income tax liabilities. Perhaps the only thing that doesn't is our right to vote. That's

(Contd.. from p. 6)

size or race. We do not tolerate harassment of participants, speakers or staff in any form. Harassment includes (but is not limited to) offensive verbal comments, sexual images in public spaces, deliberate intimidation, stalking, following, harassing photography or recording, sustained disruption of talks or other events, inappropriate physical contact, and unwelcome sexual attention. These policies apply at every space at the venue and to all participants in every role. Participants who violate these rules may be expelled from the venue at the discretion of the organisers. In case you have a grievance, please email us at netizensfordemocracy@gmail.com besides the slogan of the Conclave was loud and clear, and "Reclaim the Internet". Besides the hashtag #NetizensForDemocracy was trending in the first spot all over India during the conclave.

The conclave was jointly organized by 'Sabrang', 'All India Professionals Congress', 'Let Mumbai Breathe', 'QTP' and 'INDASDA Foundation'. Thanks to the tremendous efforts put in by Teesta Setalvad, Ruben Mascarenhas, Mathew Anthony and whole group of committed collaborators and volunteers, the run-up to the elections 2019 is definitely going to be a very engaged time in the history of India. All present at the conclave were convinced that change is imminent and that a new chapter of democracy will soon begin for the citizens of our country!

**(Fr Cedric Prakash SJ is a human rights activist. Contact cedricprakash@gmail.com)*

tied to the place where it's registered in. Tied down by a rule that subtracts crores of Indians from our country's democratic equation. It's time to change this. Time to turn these lost votes into votes that count. Because they can shape the destiny of our nation.

In the 2014 general elections, 281 million Indians who were eligible to vote – over 18 years of age and with their names in the electoral rolls – did not vote. No other democracy on this planet even has as many voters. The world's second largest democracy, the US, only had 183 million registered to vote in the 2016 presidential elections. So, 281 million not voting isn't just a few votes lost, it's more than a whole voting nation lost.

Pause for a moment to think about just how large a number it is and what it means to have so many not voting. They constituted about a third of all those who could have voted. No party came even close to winning as many votes. The BJP, which got the largest number of votes, had just under 172 million. So the single largest party in the elections was really the Non-Voters Party. What could be a bigger tragedy in a democracy?

But why did so many not vote? One widely held perception is that they couldn't care less. But is that really true? Or is it because many or most of them couldn't vote? Think about what it takes to vote. You have to be of eligible age, you have to be registered on the electoral rolls and, most importantly, you have to be physically present where you are registered on polling day to be allowed to vote. And that's where the rub lies.

When you see that you can't participate in something that you could be a part of too, it feels bad. For a long time, you feel strongly about the need to digitise the voting mechanism for people on the move who can't vote

because they are physically distant from their polling stations. When everything is going digital, including local kirana stores, do not understand why this is so difficult to achieve. Maybe the kind of security or control mechanism necessary for it may not be in place yet.

We are, by all accounts, a nation on the move. Many services have taken this on board and adjusted to this reality. Your phone number moves with you, your bank account does so too. Your Aadhaar number remains the same whether you live in Bombay or Bangalore. So why doesn't our vote – the fundamental right to choose our representatives – move with us? You could be in Bombay doing an MBA at the IIM. Or you could be in a job that keeps you on the move every year or two. Is it realistic to expect you to deregister yourself in your home town and register where you happen to be temporarily, only to go through the whole process again a year or so down the line?

If every poll is intended to reveal the voice of the people then all of us should get an opportunity to be heard through the ballot, no matter where we are. Many have to move elsewhere in search of a job as there are not many jobs from where they come. But that doesn't mean that they should not be given a chance to be a part of the election process.

Our netas have decided that NRIs should have the right to vote by proxy. They are also Indians after all. But then why not those who are very much in India but just not at the place they are registered in on voting day? It's time this changed. Indians on the move within the country are at least as entitled to their franchise as those living abroad.

A lost vote is not just about constitutional rights but also about ones aspirations. It is important for everyone to vote since it is government policies that drive the narrative of economic activity, it could directly effect if poli-

(Contd.. on p. 9)

WHETHER IN A POOR COUNTRY SUCH AS INDIA, IF IT IS FAIR FOR THE RICHEST 1% TO GROW RICHER AT 39%, WHILE THE BOTTOM HALF GROW AT JUST 3% LAST YEAR ?

by Eric D'Sa

As the country nears the national general election, it has become apparent that irrespective of the constant rhetoric by the ruling party, that India is the fastest GDP growing large country in the world and it has surpassed even China, the common man at the bottom half of the pyramid, seems to be not convinced of the statistics being constantly broadcast and branded about for his benefit. They have heard before, almost five years ago, that the Ache Din would come and their poverty will disappear for ever. From their own family income situation and their purchasing power, they have sadly realised that what ever is being said to them about the growth in the country, the wealth created has not trickled down to their own family.

Many economists doubt the latest GDP calculations in India, as GOI has changed the various parameters of how it is calculated, from data collection which is suspect. Even overlooking this fact, what ever growth that is being boasted about, seems to have mostly gone to make the rich in the country richer and the disparity of wealth in the country seems to have grown bigger between the very rich and the poor. The recent wedding of the daughter of the richest man in this country, which was unabashedly flouted in the media, is like rubbing salt into the poor mans wounds caused due to the poverty, from which he is struggling hard to extract himself.

An impartial and renowned international agency known as Oxfam, has in its annual report which was just presented at Davos to the rich and powerful of this world, stated that the increasing inequality is undermining the fight against poverty, damaging economies and fuelling public anger across the globe. It states that Indian billionaires saw their fortunes swell by Rs. 2,200 crore a day last year,

with the top 1 per cent of the country's richest getting richer by 39 per cent, as against just 3 per cent increase in wealth for the bottom-half of the population.

Globally, billionaires' fortunes rose by 12 per cent or \$ 2.5 billion a day in 2018, whereas the poorest half of the world's population saw their wealth decline by 11 per cent, the international rights group said in its annual study released before the start of the five-day World Economic Forum (WEF) Annual Meeting, in the Swiss ski resort town of Davos. Oxfam further said that 13.6 crore

of this country," she added.

Noting that wealth is becoming even more concentrated, Oxfam said 26 people now own the same as the 3.8 billion people in this world, who make up the poorest half of humanity, down from 44 people last year. The world's richest man Jeff Bezos, founder of Amazon, saw his fortune increase to USD 112 billion and just 1 per cent of his fortune is equivalent to the whole health budget for Ethiopia, a country of 115 million people.

"India's top 10 per cent of the population holds 77.4 per cent of the total national wealth. The contrast is even sharper for the top 1 per cent that holds 51.53 per cent of the national wealth. "The bottom 60 per cent, the majority of the population, own merely 4.8 per cent of the national wealth.

Wealth of top 9 billionaires is equivalent to the wealth of the bottom 50 per cent of the population," Oxfam said while noting that high level of wealth disparity subverts democracy.

Between 2018 and 2022, India is estimated to produce 70 new dollar millionaires every day, Oxfam said. " It's survey reveals how governments are exacerbating inequality by underfunding public services, such as healthcare and education, on the one hand, while under taxing corporations and the wealthy, and failing to clamp down on tax dodging on the other," Oxfam India CEO Amitabh Behar said.

The survey also shows that women and girls are hardest hit by rising economic inequality, he added.

"The size of one's bank account should not dictate how many years your children spend in school, or how long you live - yet this is the reality in too many countries across the globe. While corporations and the super-rich enjoy low tax bills, millions of girls are denied a decent education and women are dying for lack

(Contd.. on p. 9)

YOU THE CITIZENS DECIDE:

Indians, who make up the poorest 10 per cent of the country, continued to remain in debt since 2004. Emphasising what was stated in my last weeks article, for the need for implementing a Basic Income Scheme for the benefit of these very poor, to get them out of the debt trap.

Asking the political and business leaders who have gathered in Davos for the annual jamboree of the rich and powerful of the world, to take urgent steps to tackle the growing rich-poor divide, seem to be failing. Oxfam said this increasing inequality is undermining the fight against poverty, damaging economies and fuelling public anger across the globe. Oxfam International Executive Director Winnie Byanyima, one of the key participants at the WEF summit, said it is "morally outrageous" that a few wealthy individuals are amassing a growing share of India's wealth, while the poor are struggling to eat their next meal or pay for their child's medicines. "If this obscene inequality between the top 1 percent and the rest of India continues, then it will lead to a complete collapse of the social and democratic struc-

(Contd.. from p. 8)

of maternity care," Byanyima said.

According to the Oxfam report, India added 18 new billionaires last year, raising the total number of billionaires to 119, while their wealth crossed the \$ 400 billion (Rs. 28 lakh crore) mark for the first time. It rose from \$ 325.5 billion in 2017 to \$ 440.1 billion in 2018, making it the single largest annual increase since the 2008 global financial crisis. Oxfam further said getting India's richest 1 per cent pay just 0.5 per cent extra tax on their wealth could raise enough money to increase the government spending on health by 50 per cent. It said the combined revenue and capital expenditure of the Centre and states for medical, public health, sanitation and water supply is Rs. 2,08,166 crore, which is less than the country's richest man Mukesh Ambani's wealth of Rs. 2.8 lakh crore.

Globally, Oxfam said the tax rates for wealthy individuals and corporations have been cut dramatically. While billionaire wealth soars, public services are suffering from chronic underfunding or being outsourced to private companies that exclude the poorest people, Oxfam said. The rights group said in many countries including India, a decent education or quality healthcare has become a luxury only the rich can afford. "Children from poor families in India are three times more likely to die before their first birthday than children from rich families," it added.

Oxfam said its calculations are based on the latest comprehensive data sources available publicly, including from the Credit Suisse Wealth Databook and the annual Forbes Billionaires List. As this new report of Oxfam gets translated into different Indian languages and widely circulated around the country, it is bound to have a negative effect on the prospects of the present ruling party in the coming elections. However, it will also require a credible alternative offer from the opposition parties of how this growing disparity of wealth can be reversed by increasing the earnings of the people at the bottom of the pyramid. You the Citizens will shortly have the unique opportunity with your votes that democracy provides, to make that choice.

(Contd.. from p. 7)

cies aren't favourable. Government laws and regulations directly affect the sentiments of investors, and if economic activity takes a hit no firm would hire any further but may start retrenchment. For that reason it is required for all to vote for a government that supports economic activity and are secular and democratic in nature.

We need to petition the Election Commission and our netas to make it possible for every Indian to vote irrespective of where he or she may be temporarily located. If we have the political and administrative will, today's world certainly has the technological way to make it possible.

Voting should be made possible from anywhere and any location. Why there should be limitation, voters with proper id should be able to update on online portal. Change of state is very common now due to work. This should deprive voting rights of citizen.

In today's online world, everything is at your fingertips- safe & secure like Bank, Aadhar, etc., What is so great that we can't be able to Vote online???, The system is already in place as in TV shows we can vote only once to the desired candidate (like DID and others), Given the way digital technologies have revolutionised societies, it's all about having a will.

Voting for every Indian citizen living anywhere and everywhere in India and abroad must be available by use of all technology, and no mat-

ter where they are. Voting list should be centralised, accessible by computer anywhere so that any voter living anywhere, male or female, single or married can vote to voice their choice. Arrangement should be made to support married female votes living in small places and under the authority of family elders so that they are not prevented, censored, prevented or forced any choice upon them. It is for the safety of democracy and nation

Voting must have an online option by Aadhar / Voter Id card through Mobile OTP mechanism to avoid misuse. It should reduce Cost of Election to 90% and which can be used for welfare and growth of nation.

Despite one's disappointments, the excitement one feels about the elections every time has not ebbed. There are many from the past and current generation who have moved out to live and work independently and absorb new cultures, but this is the price they have to pay as the political and administrative will is lacking in making it a possibility.

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AN OPEN LETTER

Franco Mulakkal case



by chhotebhai *

To,
Abp Giambattista Diquattro
Apostolic Nuncio to India

Respected Nuncioji,

For several months now we have been reading and hearing, ad nauseum, on TV channels about what I call the Frightening Franco Mulakkal case; pertaining to the alleged multiple rape of a religious sister, a former Superior General of the Missionaries of Jesus (MJ) congregation of Jalandhar, coming under the ecclesiastical jurisdiction of the self same bishop, the accused in the instant case.

It is common knowledge that it is only after a group of concerned citizens (not just Catholics) came together under the banner of Save Our Sisters that both the police and judiciary in Kerala, and even the office of the Holy Father, sat up and took notice.

As Pope Francis' Apostolic representative in India it is only fitting that I write to you, as any letter to the Pope himself may get lost in a maze of correspondence. My Open Letter to you and other leaders of recognized national Catholic organizations is occasioned by the letter of Swami Agnivesh to the Pope about the coercive attempt to transfer the five nuns who are key witnesses in the case, out of Kerala. I had the privilege of meeting Swami Agnivesh way back in 1990, when I was the National President of the All India Catholic Union. He is an ascetic of high moral integrity, who has dedicated his life for the marginalized, especially bonded labour.

It is disturbing that the present Superior General of the MJs is transferring the sisters who are key witnesses to the alleged instances of multiple rapes. At such a time, taking recourse to ecclesiastical discipline or rules of the congregation (controlled by the accused) to browbeat the victim into

submission, is tantamount to rubbing salt into the wounds, and extending tacit support to the powerful and influential accused bishop.

It is not for us to pre-judge the bishop, but the due process of criminal justice has found him to be a prima facie criminal, hence ordered his arrest. It is common knowledge that influential clients with highly paid and clever lawyers can obtain bail for them. So it is not at all surprising that the accused is now out on bail.

In the face of adverse media build up the accused bishop was removed from "administrative duties" of his diocese. However, he continues to reside there. The way that he was feted on his release on bail made our stomachs churn with revulsion. He obviously still calls the shots in the diocese.

It is pertinent to place on record that the accused, the victim, the witnesses, and even the present Superior General of the MJs, all belong to Kerala, where the case is registered, and the victim and witnesses presently reside. The brother of the victim and others has alleged a threat to their lives if they do not withdraw the charges, or reject the "offer" of land and money in lieu of the same. We also know that one of the key witnesses, a priest of Jalandhar diocese, again a native of Kerala, was found dead at his residence in mysterious circumstances a couple of months ago.

The circumstantial evidence points to a deep rooted conspiracy to silence the alleged victim and obstruct the course of justice. Justice must not only be done, but as also be seen to being done. Unfortunately, the way that the case has been handled by ecclesiastical authorities has only compounded the negative publicity for the church. There is urgent need for a course correction.

Fearing for their lives from the machinations of a powerful and influential adversary, the sisters have had to take the extreme step of seeking protection from the Chief Minister of the State of Kerala. This was in fact the fundamental duty of the church itself, "to save the smouldering wick and bruised reed" (cf Mat 12:20) as Jesus would have done.

We know that clerical sexual abuse is now a worldwide scandal that has made us Catholics hang our heads in shame. Pope Francis has now called a special meeting of bishops in Rome next month, to address this deep rooted malaise. As a pre-requisite for the same he has asked the heads of all Episcopal conferences to meet the victims of alleged clerical sexual abuse, and record their tales of suffering. This does not seem to have happened in the instant case.

In view of the above I humbly request you to initiate the following steps:

1. That the head of the concerned episcopal conference (be it the CBCI or the CCBI) be directed to immediately meet with the alleged victim and submit his findings to Pope Francis.
2. That Franco Mulakkal, the powerful accused, be forthwith relocated from the geographical area of Jalandhar diocese, and be forbidden to interact with the MJ congregation, directly or through intermediaries.
3. That the hapless victim and witness nuns be provided emotional, spiritual and ecclesiastical support, and be allowed to stay together in Kerala till all their statements have been recorded before the concerned judicial officer hearing the case; and that in the matter of transfer the Su-

(Contd.. on p. 16)

Priyanka Gandhi gives BJP sleepless nights

In UP, the Bua-bhatija combo, with their own self interest in mind, concluded a seat sharing arrangement between them keeping the likes of Congress – a pan India party, in the lurch. Buoyed by the astounding success in the bye-elections to the Lok Sabha to fill the seats vacated by UP CM and Dy CM gave the duo of bua-bhatija confidence. Of course, Congress has not been successful in UP for some two decades and like the BSP failed to open an account in 2014. Post 2014, thanks to demonetization, GSP and Rafale, Congress is seen as a party capable of resurrecting from the ashes under the leadership of Rahul Gandhi. It is this factor that has made the SP-BSP a little nervous.

Rahul Gandhi played a master stroke in bringing on board his charismatic sister – Priyanka to add spice to the Congress' gamble of going solo in UP and thereby denying a cake-walk for Akilesh and Mayawati. This can upset their plans. Priyanka has a very mature mind and looks more like her iconic grandmother – Indira Gandhi. Anyone who can remotely fit into Indira's shoes will naturally pose a 'threat' to any opponent. The BJP knows this well and it is precisely for this reason that they will target her through the alleged financial misdemeanors of her husband Robert. That may not cut much ice with the people of UP who are disenchanted with a Gau-rakshak CM. It is this aspect that will be highlighted and the BJP may rue the day they decided to thrust a God-man Yogi on the people of UP as a part of Hindutwa programme including going after anything associated with minorities mainly Muslims.

In the UP, a bulk of the 80 Lok Sabha seats could go to the SP-BSP combine putting them in a vantage position in any post elections negotiations should there be a hung Parliament which is a distinct possibility. This is the only State where they can win. On the other hand if Congress was made a part of this tie-up, they would have 'shared' the winning seats. With its pan India presence, Congress could get many more seats which could put it in a win-win situation with highest number of seats. This could erode the BSP clout and Behenji's claim to Prime Minister-ship. With-

VIEWS on NEWS

out UP, the Congress may not have sizeable number and the likes of Mamta Didi, TRS Chief nurturing their own ambitions may not support Rahul Gandhi. Only a sizeable tally could catapult Rahul Gandhi in the driver's seat. All this talk about Modi v/s the rest is unlikely to happen now. You will have multiple gathbandhans led by BSP another led by TMC, one by TRS and finally by TDP. All this will polarize the votes to the advantage of the ruling NDA which has geared up to highlight the differences among the various opposition parties saying that there a half a dozen aspirants for the top post in opposition ranks.

Every opposition party wants NDA out in 2019. Failing to do it collectively, they will first do so in small groups to ultimately put up a coalition of multi-ideology parties – a belated Mahagathabandhan, post elections, just to deny Modi a second innings. A new leader will emerge based on performance at the elections – a dark horse could be the wily Sharad Pawar. This vague talk about Nitin Gadkari as an alternative [with RSS blessings] should BJP lose its clout cannot be trashed altogether as coalition partners may not endorse Moddi for second term. Sushmaji has opted out and Arun Jaitley is not in the best of health. The BJP is worried with Priyanka stepping in. Though a Lok Sabha Speaker is apolitical, Mrs Mahajan said by appointing Priyanka as General Secretary, Rahul Gandhi has shown that he is not capable of handling the Congress party alone. By the way, by inducting the out-of-job CMs of MP, Rajasthan and Chhasttisgarh as Vice Presidents, did Amit Shah convey to the people that he can no longer handle the BJP party alone? Will the not so 'apolitical' Speaker please clarify?

RTE for cows in UP?

How else will you explain why so many cows are occupying schools in UP whose Chief Minister is more worried about the welfare of the cows than of the numerous kids dying in hospitals for want of proper medical care. Banning of cow slaughter is perfectly in order. But to ban slaughter of buffaloes just because you cannot differentiate between cow and buffalo meat is no reason; if



by Marshall Sequeira

you have no problem with goat slaughter. What you are doing in the process is that you are allowing population explosion of unproductive cows and buffaloes. The farmers are not able to feed such non-performing assets when their own livelihood is not guaranteed. With no option, they abandon such animals making them homeless. They roam the streets of UP and destroy the crops of farmers. What is their option?

These stray cows are locked up in schools by the farmers who are not able to bear the losses of crop destruction by these animals. The farmers give their sweat and blood to grow crops which they hope will barely sustain them and their families. The government, if it is so concerned with the welfare of these animals, should actually buy them from the farmers and do whatever they want. If gau shalas is the answer, so be it. The CM is concentrating all his energies on this issue and has also earmarked funds for the project. All this hype has a lot to do with the forthcoming elections and assembly elections a couple of years later. You can be rest assured all this will stop thereafter.

This is a typical case of the 'Arab is out and the camel is in' scenario. It looks like cows have now acquired the Right to Education and this right may have been derived from the nomenclature "gaushalas" which literally mean schools for cows. How will their presence be marked? Will they say 'Present Sir' or 'Bharat Mata ki Jai. All the schools may not be enough for all the cows. As it is the government is not functioning so the best thing is to allow the cows in government offices beginning with the Mantralaya. How about offering the capacious bungalows of ministers and government officials for guashalas? This will show that the government cares for the poor cows. The UP is the only State where cows have precedence over school children. It is called "gau-vernance"

Acquire soft skills

SOFT SKILLS IS a term used by employers to refer to the more intangible and non-technical abilities that are sought from candidates. Being able to demonstrate your soft skills equates to demonstrating potential to succeed in the career.

Soft skills relate to your attitude and your intuitions. As soft skills are less referable to your qualifications and more personality-driven, it is important to consider what your soft skills are and how you might show evidence of them before you apply for a job. This is particularly true of the recruitment process for graduate programmes, where transferable skills and potential often take precedence over professional experience. Read on to learn which soft skills are critical to have firmly under your belt and what steps you can take to acquire them.

Listen actively :

It is important to listen carefully, make mental notes and then clarify your points when it's your turn to speak. Interrupting while the other person is talking is not just disconcerting but also hinders the other person's confidence in you. Soft skills are all about building relationships and this can happen if you show the right interest and then ask insightful and pertinent questions in a conversation. Remember, breaking these tacit rules can mean that when it is your turn to make a point, it will not have the desired effect on the other person.

Build up a team :

You are part of team whether you like it or not. It is not just important to adjust in one, but also to give creative direction to productive ends. Involve other in what you say, make it look like a team effort. If you do have to run a team later, it wouldn't be much different. You might have to delegate work and consider strengths and weaknesses, but most importantly, you will need to be receptive and treat each member equally.

Leadership skills :

As a leader, what you do individually is a second-



ary concern. Before anything else, you are an instance, consciously followed or not, that you must try to keep in place. This will neutralise the tension which is characteristic of a workplace and motivate others to perform better. Soft skills are essential for a team leader, someone who is good tempered and responsive to others and these will determine the performance of the team.

Workplace ethics :

Following an ethical code at the workplace is an essential component of developing your soft skills in any position. Using office equipment for personal use or talking behind a person's back are the sort of things which will establish you as a person who cannot hold people's confidence. We give



several involuntary signals, which establish out integrity at the workplace. A breach of this will make people associate your character with others such people and this will shape the way in which they interact with you. You might not get assigned on important tasks and this will surely hinder your growth in the organisation.

Soft skills are necessarily abstract, you should reinforce any claims with examples of when you were able to use them to achieve positive outcomes. These examples can be drawn from professional, personal or academic experiences. Remember to show your skills, don't tell simply that you are a great communicator.

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Build Solidarity Workshops For Christian Unity



By Melvyn Brown

It is obvious that the Catholic-Christian Community are making resolves both spiritual and practical for solidarity, to combat evil forces working towards the destruction of their faith and belief.

Although it seems that the devil has infiltrated the faith and its fortress, it is also being self-destroyed, scraped out of the woodwork bearing panels of hope, trust, belief and charity. The Church, founded by Christ himself survives as a significance of immense value.

The spread of Christian solidarity workshops are slowly bonding with the need to combine their ideas of unity through youth and families. Young people today face a world of cataclysmic upheaval and with family, church and elders battle evil in praying the Rosary and forgiving those repentant who come forward.

The voice of Catholic-Christian solidarity is in what the prophet Isaiah said, here is our God, He comes to save us.

To activate positive thinking comes from the Bible as the inner strength of all workshops. Efforts to bring change will help us to inherit God's Kingdom. In the Gospel of Mark 7:37 we are told of the crowd who stood

and watched Jesus as he did his Father's work, they said, He has done well. Through solidarity let us also 'do well' for the unity of our faith as a binding, unbreakable chain of fellowship.

Solidarity can be exploited by using the media to effectively boost the wisdom found in Philippians 4:13. "I can do all things through Christ who strengthens me"

Workshops can be of diverse groups of faithful activists who share a single vision of a free country where the people can practice their faith in the open with full support of the country's leaders.

In the Bible the Pharisees and a few Herodians questioned Jesus about Paying Taxes. Christ asked them to show him a denarius, and asked them, "Whose head is this?" They replied, "The emperor's". Jesus said, "Give to the emperor the things that are the emperor's and to God the things that are God's" (Mk. 12:15-17).

The solidarity workshop package includes: youth events, forums, sermons on unity and Catholic-Christian fellowship, family involvement etc. Pope Francis, recently attended a giant youth gathering for World Youth Day. Over 150,000 young Catholics from across the world attended. Sources had declared that in Latin America 62 million people were living in 'extreme poverty'.

For solidarity, the key theme is Unity for Faith. Freedom to practice one's belief is the message.

Youth, the elderly and intellectuals should demand a re-examination of promises made, and to promote a fresh thought on structures of society; to ensure that responsibility is taken seriously, positive action in a responsible leadership should heal and not cause open wounds to fester, albeit one vested with the human right to make all things new. (Revelation 21:1-5). Isaiah said, He has made the living waters of baptism flow in the desert of the world. I recall reading somewhere that, 'History says there is no bread without freedom'.

Let the word Solidarity be synonymous with Unity.

MEMORARE



Remember, O most Gracious Virgin Mary, that never was it known, that anyone who fled to Thy protection, implored Thy help, or sought Thy intercession, was left unaided. Inspired by this confidence, I fly unto Thee, O Virgin of Virgins, my Mother. To Thee do I come, before Thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in Thy Mercy, hear and answer me. Amen.

In an emergency, say the Memorare prayer 9 times in a row (and a tenth time in thanks). Your prayer will answered.

—Martha S. D'Mello, Santacruz

Are you settling for less in your relationship



SOME OF US settle for a partner that makes us doubt why we want to wake up next to them every day. Not only do you run the risk of feeling unhappy but you also risk missing out on a true connection for the right one

Being in a relationship can have its fair share of ups and downs, as not every single moment with your partner is going to be amazing. But how do you know if you're settling for less in your relationship? Since all relationships can have their challenges, it's important to be able to recognise the key signs that you're settling for less than you deserve.

You're with this person for the wrong reasons :

When you find yourself settling for less, you're likely with your partner for the wrong reasons. For instance, if you're in a relationship with this person because you're afraid of being alone, you're feeling peer pressure from those around you or because you feel obligated to stay because you've been together for a prolonged

period of time, you're clearly settling for less in your relationship. You should have a strong desire in your heart to be with your partner, but if your reasons to stay together come from a place of fear rather than a place of love, it's time to end this relationship and move on for good in every way.

You're treated poorly :

Another key indicator is that your partner tends to treat you badly. For instance, if your partner is often disrespectful, rude, and always puts his or her needs over yours you're clearly

Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and every-day throughout the world, now and forever. Amen!!



Ask St. Clare for three favours two impossible and say nine Hail Mary's and the above prayer for 9 days with a lighted candle and publish on the 9th day your request will be granted no matter how impossible it is

—Mrs. M. S. Lewis, Vasai

settling for and accepting less than you deserve from mate. Specifically, if your partner is physically, verbally or emotionally abusive in any way, you're clearly in the wrong relationship and you should end it immediately. A partner should treat you with respect, compassion and gratitude, but if he or she is controlling, manipulative and toxic to be around, it's time to say goodbye once and for all.

You're compromising too much :

It's not uncommon to feel that you hopes, dreams and priorities because of your partner. And while you can certainly compromise with him or her about where to go to brunch, what type of ice cream to buy or what show to watch on Netflix, it's another thing to give up on important dreams and life goals in order to appease him or her. For instance, if you truly want to have children but your partner never does, staying with him or her despite this is a form of settling for less. You deserve to be in a relationship with someone who shares and supports these types of major life choices and you shouldn't have to compromise to a point where you lose sight of what your priorities in life truly are.

THANKSGIVING



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

(Say this prayer nine times a day for nine days. By the eighth day your prayer will be answered. It has never known to fail. Promise to publish this or distribute this as soon as your favour has been granted.)

—Mrs. Felicia, Khar

Ayurvedic diet is winning the world



FOR MORE THAN 5,000 years, ayurveda has been practiced to promote wellness in India. From the Sanskrit words ayurs (life) and veda (knowledge), ayurveda branches from Hindu scriptures called the Vedas and has influenced Buddhist philosophy, Eastern and Western health care - and it is beginning to find a place in diet trends. Today, let's learn more about this diet method and be able to identify which type you belong to and get recommendations for your diet

The Ayurvedic diet claims that each of us belongs to one or more categories, which affects our physical but also emotional and mental characteristics. This category makes us who we are and it characterises every cell and tissue in our bodies. Diseases, emotional problems or digestive problems are the product of the disorder that occurs in response to the food we eat, as well as the stress we experience. In general, doshas are divided into three types: Pitta, Vata and Kapha, where most of us are affected by one dominant category and the other two may be expressed in a secondary way or not at all. The doshas govern physical, mental and spiritual health. According to ayurvedic teach-

ings, a person's prakruti is immutable. Ayurveda advocates preventive care by balancing one's doshic makeup through diet.

Vata : comprises air and ether and is associated with lightness, dryness, change and creativity. According to ayurveda, people who are predominately vata are spiritual, positive and adaptable when balanced - and restless, indecisive and fearful when vata is unbalanced. Vatas are said to have dry skin and experience stiffness, gas, constipation and coldness when the dosha is unbalanced. An ayurvedic practitioner may recommend warm, wet food like soups, oils and herbal teas.

Pitta : encompasses fire and water and is associated with sharpness, drive and confidence. Those who are predominantly pitta are reportedly competitive, powerful, focused and expressive. They are leaders and visionaries when pitta is balanced but may become demanding and arrogant when out of balance.

According to ayurveda, pittas may suffer from inflammation, acid reflux and overheating and a diet of sweet,

Within Ayurveda, formulated recipes of food, herbs and spices support balance in an individual's constitution and body systems. Self-healing through food can include cooking methods, eating times, quantity of food and simple food combinations to promote healthy day to day living.

"Ayurveda is the world's oldest recorded and proven holistic medical system that directly translates to the science and knowledge (veda) of life (ayur). Your Ayurveda constitution refers to your genetically inherited physical and emotional qualities. These complimentary energies are described in terms of doshas: vata, pitta, and kapha; the three doshas are comprised of the five "great elements" which create their distinctive qualities. Vata dosha is made up of space and air; pitta dosha is fire and water; kapha dosha is water and earth."

When it comes to tastes and food choices, the following general principles apply for each dosha. Vata: consume warm/unctuous foods and warm drinks; foods with predominately sweet, sour and salty tastes are best; avoid cold, dry foods and drinks.

Pitta: cool foods and drinks are best, foods with predominately sweet, bitter and astringent tastes can bring balance; avoid pungent, sour and salty tastes.

Kapha: foods with pungent, bitter and astringent tastes are best; avoid or reduce sweet, sour and salty foods.

cool foods such as juice, salads, raw seeds and cooling herbs while avoiding alcohol, caffeine and spicy food may help balance pitta.

Kapha : is associated with oiliness, density, languidness and stability. Kaphas are said to be kind, caring and patient. When kapha is balanced, they are providers and nurturers. Out of balance, kaphas reportedly tend toward depression, neediness and secrecy. Physically, they may suffer from weight gain, high cholesterol and congestive disorders. An ayurvedic practitioner may recommend bitter, light and dry food to balance kapha, including salads, beans, citrus and whole grains and avoiding salt, overeating and sugar. Food intake adapted to our dominant dosha can help us feel healthy and vital but there are also a few guidelines on which Ayurvedic nutrition is based which important to pay attention to. The main ones are:

- Try to eat only when you are hungry,

(Contd.. on p. 16)

Six Leadership Principles To Learn From An Eagle...

1. Eagles fly Alone and at High Altitudes. They don't fly with sparrows, ravens, and other small birds.

MEANING; Stay away from narrow-minded people, those that bring you down. Eagle flies with Eagles. Keep good company.

2. Eagles have an Accurate Vision. They have the ability to focus on something as far as 5km away. No matter the obstacles, the eagle will not move his focus from the prey until he grabs it.

MEANING; Have a vision and remain focused no matter what the obstacles and you will succeed.

3. Eagles do not Eat Dead things. They Feed only on Fresh Prey.

MEANING; Do not rely on your past success, keep looking for new frontiers to conquer. Leave your past where it belongs, in the past.

4. Eagles Love the Storm.

When clouds gather, the eagle gets excited,

(Contd.. from p. 10)

perior General of the MJs be directed to submit to the authority of the court concerned, so that the course of justice is not impeded.

It is not out of place to here mention that a few months ago I had drawn your kind attention to the alleged concubinage and massive alienation of community assets by Bp Gallela Prasad of Kadapa diocese in Andhra Pradesh. You took cognizance of the complaint and made the concerned bishop resign from his post. I therefore have confidence in your ecclesiastical leadership and administrative acumen; and hope and pray that you will use your good offices to act decisively in this matter as well.

I thank you in anticipation of your action.

Respectfully,

chhotebhai
CO-ORDINATOR

cited, the eagle uses the storms wind to lift itself higher. Once it finds the wind of the storm, the eagle uses the raging storm to lift itself above the clouds. This gives the eagle an opportunity to glide and rest its wings. In the meantime, all the other birds hide in the branches and leaves of the tree.

MEANING; Face your challenges head on knowing that these will make you emerge stronger and better than you were. We can use the storms of life to rise to greater heights. Achievers are not afraid to rise to greater heights. Achievers are not afraid of challenges, rather they relish them and use them profitably.

5. Eagles Prepare for Training;

They remove the feathers and soft grass in the nest so that the young ones get uncomfortable in preparation for flying and eventually flies/ when it becomes unbearable to stay in the nest./

(Contd.. from p. 15)

regardless of the time. Many times, we get used to eating at certain hours without asking ourselves whether our bodies are actually hungry and by doing so we unnecessarily load our bodies with food.

- Listening to our body will make it possible to identify not only feelings of hunger but also pain and various medical problems in their early stages, feelings that we often learn to miss over the years.

- Avoid as much as possible cold foods or meals based solely on salads. Food should warm you up from the inside, meaning even if you happen to eat a cold meal, add a hot side dish.

- If you drink while you are eating, choose warm water and avoid drinking from the refrigerator or adding ice to your drink.

- Just before eating, turn off the TV, close your book and concentrate only on the plate in front of you. This kind of eating will allow you to feel when you are satiated, help you understand whether a particular food is causing you discomfort and teach you to eat slowly and calmly.

MEANING; Leave your Comfort Zone, there is No Growth there.

6. When the Eagle Grows Old,

His feathers becomes weak and cannot take him as fast and as high as it should. This makes him weak and could make him die. So he retires to a place far away in the mountains. While there, he plucks out the weak feathers on his body and breaks its beaks and claws against the rocks until he is completely bare; a very bloody and painful process. Then he stays in this hiding place until he has grown new feathers, new beaks and claws and then he comes out flying higher than before.

MEANING; We occasionally need to shed off old habit no matter how difficult, things that burden us or add no value to our lives should be let go of.

NEVER GIVE UP, :: BE AN EAGLE.

HEALING FOODS TO ADD TO YOUR DIET

- Almonds: Almonds are nourishing and life-supporting. Ayurveda recommends blanching and peeling almonds because their skins are slightly toxic.
- Lemons : Lemons are both purifying and nourishing and they stimulate digestion.
- Ghee : Ghee is among the best rejuvenating and longevity-promoting foods.
- Dates and figs : Dates and figs are prized as excellent sources of energy. They also help build tissues.
- Ginger : Ginger is often referred to as the universal medicine. It promotes good digestion.
- Juicy, seasonal fruits : These are both highly nutritive and purifying. Juicy fruits should be completely ripe for maximum healing value.
- Green, leafy vegetables : They are both nutritive and purifying. Their bitter flavour stimulates the liver, helps balance blood sugar and aids skin conditions.
- Cow's milk : Cow's Milk is considered a vitaliser by Ayurveda and recommended for those emaciated after injury.

Inspiration!

Discover and live your passion

HAVE YOU EVER thought about how amazing your life would be if you live your passion every day? It seems like just last week when you were that kid who was going to be an astronaut, pilot or inventor. It probably seems like yesterday when you finished school got your first job and charted out your career advancement

While society wants you to believe living your passion is irresponsible and foolish, we are going to focus on some amazing things that happens when you live your passion.

Increased self-confidence :

There is a little-known truth that everyone wants to be accepted for who they are. Yet, everyone is not comfortable expressing

who they are. When you ignore the opinions of others and live your passion, you will become more comfortable expressing yourself. Oftentimes, when you are not living your passion, you are living the life that you believe is acceptable to others. Your confidence will suffer when you give into the pressures of society, your friends and family. This is largely because you are forcing yourself to do something that is of little interest to you.

Mastery of work-life balance :

There is a saying that if you live your passion, you no longer need a work-life balance. The premise is work-life balance is only needed when your work is draining. When you are following your passion, your life is in constant balance. Your work does not feel like a job because you would do it for free. Can you imagine, wishing you could be working because you truly enjoy what you do? Well, that is exactly what will happen when

you are pursuing your passion.

Fewer regrets later in life :

In the end, most people will not regret the things they did not but things they did not do. Imagine what your life would be like if you pursued all your dreams and passions. Now imagine if you ran into that person and had to explain to him why you did not pursue your passion. This is the real-life conversation most people are having when it is all but too late. Take a risk and bet on yourself. Even if it does not work out exactly as you would have hoped, you will be better for it.

Fulfillment in your work :

By pursuing your passion, you will feel fulfilled in your work. You will no longer feel the need to listen to podcasts and audio-books while working (trying to fill that unfulfilled void). You will have the joy of living your passion, instead of planning to live your passion. There is nothing more rewarding than doing what you were called to do and that's pure passion that you are living for.

One of the most fascinating things about living your passion is the freedom and ease of burden. Do not think another moment what your life would be like if you lived your passion. Instead, you need to go out there and start living it. No matter how small the change, you will start to see the benefits discussed. Once you start seeing the benefits, there will be nothing holding you back.

CONGRESS SEEKS SUGGESTIONS FOR MANIFESTO 2019

According to a report in Change. Organization that espouses several social and citizens' causes the Congress party is inviting suggestions for its manifesto 2019. The appeal has been made by Dr Rajeev Gowda, Rajya Sabha M.P. from Bangalore. Those citizens that would like to send their suggestions to him may do so on the change organization website, or do so at rajeev.gowda@sansad.nic.in / reachprofgowda@gmail.com or at his postal address: C-1/12 Lodi Gardens, Rajesh Pilot Marg, New Delhi. His listed phone numbers are 9013181074/5.

Dr Gowda (49) is described as a PhD in Public Policy & Management from Wharton School, USA. He had done his graduation from St Joseph's College, Bangalore. This is a good opportunity for the Christian community of India to express its expectations to one of the main national political parties, that is expected to play a major role in the forthcoming Lok Sabha elections. We should also find ways and means to express ourselves to other political parties as well. This is a golden opportunity that should not be wasted.

chhotebhai
Former National President
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' Curb cow slaughter ban effects '

With reference to the excellent editorial titled : Cow Slaughter Ban can Cost India Dearly in THE SECULAR CITIZEN dated MONDAY ,14 JANUARY ,2019-SUNDAY ,20 JANUARY , 2019 the horns of a living cow/bull when cut off can be used to make buttons and artefacts , cow urine and cow dung can be used to make agarbattis and dhoop and the former can be used to enhance the perfume in them and cow dung can be used as a fertiliser and to make cow dung floors and both cow dung and cow urine along with garbage can be used to make gobar gas which can be used as a cooking fuel .

The usefulness of the cow /bull has resulted in its turning into a sacred animal but rather than let it feed on garbage and get sick it must be given good ,healthy and nutritious food and the cow's milk yield must be increased by crossing with foreign bulls.

Farmers must be taught to take good care of their cows and bulls through village communes and through good courses in recognised and reputed institutions and every year the farmer with the best kept cows and bulls in all the states and union territories of India must be awarded a prize by a panel of non- political social workers.

Violence arising out of cases of cow slaughter bans etc being violated must be severely punished.

In this way one can curb cow slaughter ban effects.

—Peter Castellino

' Why sports are useful '

With reference to PROF ROBERT CASTELLINO's letter titled: India lacks a strong sports culture in THE SECULAR CITIZEN dated MONDAY 14 , JANUARY ,2019 - SUNDAY 20,2019

LAMENTS OF A GIRL CHILD

After two girls, my dad wanted a boy,
Said, "nothing else would give me joy"
Then I arrived and dad was very wild,
Roared, shouted, "again a girl child!"

Instead of a hug, I received a curse.
In place of a kiss, a pinch so harsh!
I cried, wailed, not knowing why
My dad was cruel, no love, so dry!

My school uniforms, old and worn,
Class books, borrowed and torn.
All games and the beautiful toys,
Reserved only for chubby boys!

O! those beautiful childhood days
Passed off without outings, plays.
Then I crossed that sweet sixteen
Away from boys, though very keen!

A man of fifty came with a proposal
Dad chaired ceremony of my disposal.
Then he relaxed with the solemn belief,
"Got rid of girl child", wonderful relief!

—Henry D'Souza, Vadodara

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the reasons why India lacks a strong sports culture must thoroughly probed holistically.

Sports besides being a source of relaxation,entertainment and enjoyment and also promoting a sporting culture helps to make a person , strong ,healthy and alert and make friends both at home and abroad through sporting events.

However one must avoid over indulgence in sports but must have a judicious mixture of work ,studies and education etc to prevent one wasting one's time and try to be an all rounder in all aspects of life .

This is why sports are useful.

—Peter Castellino

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6773 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1989), Ht. 5' 10", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc. (I.T.), working as a Information Security Analyst, Contact email : conyderic.andrade@gmail.com

6771 CANADA : Bombay born, broughtup and educated Kerlaite Roman Catholic Bachelor, (Born in October 1987), Ht. 180 cms, Wt. 75 kgs, Fair Complexion, Handsome, Edn. B. Tech Computer Engineering, working as a Software Engineer. Permanent Resident Canada. Seeks a well educated girl from Canada, U.S. Or Mumbai. Good looking, ready to settle in Canada. Keralite / Mangalorean / South Indian. Contact email : anthony99ignatius@gmail.com.

6768 MANGALORE : Mangalorean Roman Catholic Divorce, (Born in August 1975), Ht. 174 cms, Wt. 70 kgs, Wheatish Complexion, Edn. HSC + 2 years Mechanical, working on Cruise Line. Contact email : roshanpilar@gmail.com

6766 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1973), Ht. 5' 5", Wt. 68 kgs, Tan Complexion, Edn. SSC, working as a Mech. Fitter in Private Limited Company. Having own accommodation. Contact email : maxielobo1973@gmail.com

6764 MUMBAI : Goan Roman Catholic Bachelor, (Born in November 1977), Ht. 5' 10", Wt. 76 kgs, Fair Complexion, Edn. MBA PGDM, working as an Asst. Vice President. Contact email : shamlcoutinho@gmail.com

6763 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1978), Ht. 5' 7", Wt. 60 kgs, Fair

Complexion, Edn. HSC, working as a Captain. Contact email : harrydsilva3@gmail.com

6756 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1977), Ht. 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. 12th std. (HSC), working as an Admin. Assistnat in **DUBAI**. Contact email : charlotteirani@yahoo.com

6751 MUMBAI : Goan Roman Catholic Bachelor, (Born in December 1990), Ht. 5' 10", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc. (Hospitality), working in UK Cruise Line. Contact email : asharcfernandes@gmail.com

6750 AUSTRALIA : Goan RC Bachelor, (Born in October 1985), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. Bachelor in Communication, working as a Media Analyst. Contact email : artemiamaria@gmail.com

6746 MUMBAI : Mangalorean RC Bachelor, (Born in April 1987), Ht. 5' 10", Wt. 78 kgs, Fair Complexion, Edn. MBA / BE, Working as a Asst. Manager. Contact email : nestortauro@rediffmail.com.

6745 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. M.Com., working as a Material Controller in **DOHA QATAR**. Contact email : cyrus_0679@yahoo.co.in OR 9819938837

6744 MUMBAI : Roman Catholic Bachelor, (Born in November 1980), Ht. 5' 11", Wt. 59 kgs, Wheatish Complexion, Edn. Graduate, Service. Contact email : fernandes.ed2@gmail.com

6743 DUBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1976), Ht. 5' 7", Wt. 76 kgs, Wheatish Complexion, Edn. BBA., working as a Key Accounts Manager / Sales & Marketing. Contact email : wilsonalmeida87@yahoo.com

6740 MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1986), Ht. 5' 6", Wt. 62 kgs, Fair Complexion, Edn. B.E. / B. Tech. Worked abroad present having own business. Contact email :

noelmenezes02@gmail.com

6735 MUMBAI : Born and broughtup in Mumbai, Tamilian RC Bachelor, (Born in August 1977), Ht. 6', Wt. 89 kgs, Tan Complexion, Edn.FYJC. having own Transportation Business. Contact email : michaelenterprises07@gmail.com OR 9222008111

6734 MUMBAI : Mangalorean RC Bachelor, (Born in April 1981), Ht. 6' 2", Wt. 85 kgs, Wheatish Complexion, Edn.Diploma in Hotel Management, well settled. Contact email : tauro.roshan@gmail.com

6731 MUMBAI : Mangalorean RC Bachelor, (Born in September 1978), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn.12th, working as a Office boy in Bank, having own house. Contact email : dsouzamaximmcb@gmail.com

6729 MUMBAI : Mangalorean RC Bachelor, (Born in November 1988), Ht. 6', Wt. 72 kgs, Fair Complexion, Edn.SSC, Diploma in A.C., working as a A.C. Technician. Contact email : johnmacoib@gmail.com

6726 MUMBAI : Mangalorean RC Bachelor, (Born in January 1984), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn.B.Com., MBA, LL.B., working as a Manager in reputed Company. Contact email : franscoroyal@rediffmail.com

6722 MUMBAI : East Indian RC Bachelor, (Born in September 1989), Ht. 5' 11", Wt. 64 kgs, Fair Complexion, Edn. M.Com., C.A., working in Audit firm. Contact email : eltn89@yahoo.co.in

6718 MUMBAI : Goan RC Bachelor, (Born in April 1980), Ht. 5' 7", Wt. 85 kgs, Wheatish Complexion, Edn. B.Com., working as a Marketing Executive. Contact email : mumbaischool@yahoo.co.in

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6941. MANGALORE : Mangalorean Roman Catholic Divorcee, (Born in November 1985), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. B.E., working as IT/Software Developer. Contact email : rickson.philip@gmail.com

6940. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in November 1984), Ht. 5' 5", Wt. 73 kgs, Wheatish Complexion, Edn. SSC, working in **MAURITIUS** a Screen Printing Machine Operator in Textile Company. Contact email : ryanfernandes84@gmail.com OR 9819353213

6939. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in February 1989), Ht. 6' 1", Wt. 70 kgs, Wheatish Complexion, Edn. B.Tech / MS (US) working in US as Consultant. Contact email : ritadsouza800@yahoo.com

6938. MUMBAI : Goan Roman Catholic Bachelor, (Born in January 1989), Ht. 5' 9", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., well settled. Contact email : yohancharry03@gmail.com

6934. MUMBAI : East Indian Roman Catholic Bachelor, (Born in October 1987), Ht. 5' 6", Wt. 75 kgs, Fair Complexion, Edn. Graduate, Hotel Management, Contact email : nevaidd2016@gmail.com

6930. GOA : Goan Roman Catholic Bachelor, (Born in August 1979), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. SCC and Diploma in Electrical, Electrical Contractor. Contact email : cajetan1208@gmail.com

6924. MUMBAI : Mumbai born and broughtup Roman Catholic Keralite

Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.Sc. (I.T.), working as a Sr. Software Engineer in Foreign Bank. Contact email : dianamanuel320@gmail.com

6923. PUNE : Mangalorean Roman Catholic Divorcee, (Born in April 1963), Ht. 5' 5", Wt. 62 kgs, Wheatish Complexion, Edn.High School + 3 years Full term apprectice, working as a Machinist CNC Operator in reputed organisation. Contact email : mathiaswilliam04@gmail.com

6918. MUMBAI : Mangalorean Roman Catholic Widow, (Born in November 1953), Ht. 5' 6", Wt. 58 kgs, Wheatish Complexion, Edn.D.P.E., Well settled. Contact email : louisn23@hotmail.com

6917. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1985), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn.B.E. MBA, working as an Engineer. Contact email : delphinempinto@gmail.com

6916. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1986), Ht. 5' 10", Wt. 84 kgs, Fair Complexion, Edn.B.E.Mechanic, working as an Engineer in the Oil Industry. working as an Engineer in Major MNC Company. Contact email : treasa542000@gmail.com

6915. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in January 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn.B.Com., MBA, CS, working as a Accountant. Contact email : marriageproposalseeker@gmail.com

6914. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1985), Ht. 5' 9", Wt. 75 kgs, Wheatish Complexion, Edn.T.Y. B.Com., working as a Chef. Contact email : stanleycoelho@ymail.com

6913. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1987), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn.B.Com., working for Carnival Cruise Lines. Contact email : frankyfernandes1587@gmail.com Or Mob.: 8108968804

6912. SAUDI ARABIA : Mangalorean Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn.10th Std., working in Saudi Arabia. Contact email : dsouzasachin77@gmail.com

6909. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1988), Ht. 5' 11", Wt. 74 kgs, Wheatish Complexion, Edn.Bachelor of Engineering in INformation Technology, IT Professional. Contact email : allwync88@gmail.com

6906. ABUDHABI : Tamilian Roman Catholic Bachelor, (Born in July 1988), Ht. 5' 2", Wt. 67 kgs, Wheatish Complexion, Edn. Bachelor in Business Admin., working as a Customer Support. Contact email : dvdleena@yahoo.co.in

6904. MUMBAI : Converted Roman Catholic issueless Divorcee, (Born in April 1975), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn.B.Sc., MBA, working as a Manager. Contact email : sudeeptalukdar2003@gmail.com

6899. MUMBAI : Roman Catholic Bachelor, (Born in June 1968), Ht. 5' 7", Wt. 77 kgs, Wheatish Complexion, Edn. Diploma, Mechanical Engineering Graduation, MBA, working as an Engineer. Contact email : teresa.mimr@gmail.com

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6983. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1991), Ht. 160 cms, Wt.52 kgs, Wheatish Complexion, Edn. Educated, working. Contact email : joaquimbalbina17@gmail.com

6978. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1989), Ht. 162 cms, Wt.50 kgs, Wheatish Complexion, Edn. Undergraduate, Tailoring. Contact email : sd450199@gmail.com

6976. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1992), Ht. 160 cms, Wt.65 kgs, Fair Complexion, Edn. M.M.S., working as a Officer. Contact Mob: 9967192950 / 8850927660

6974. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 51 kgs, Wheatish Complexion, Edn. B.E. working as a Technical Manager. Contact email : steffie.xavier@gmail.com

6972. M.P. : Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A., working as a Manager. Contact email : anitabilung@gmail.com

6970. MUMBAI : Roman Catholic Spinster, (Born in September 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. CS & LLB., working as a Company Secretary. Contact email : mendonsajacinta@gmail.com

6969. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1983), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. M.A., Working as an Educational Consultant. Contact email : elviraaranha@rediffmail.com

6967. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1991), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. MBA (Finance), working as an Asst. Manager. Contact email : rcmumbai91@gmail.com

6962. LONAVLA : Mangalorean

Roman Catholic Spinster, (Born in February 1990), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : fernandesjennifer90@yahoo.com

6961. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in March 1988), Ht. 5' 4", Wt. 60 kgs, Wheatish Complexion, Edn. MBA., Working as a Deputy Manager in Franch Bank. Contact email :

preethi.dsouza@ymail.com

6959. MUMBAI : Alliance invited from well settled RC Goan bachelors upto 30 years. for RC Goan Spinster (Born in November 1990), a B.A. graduate, done IATA, presently working in **DUBAI** in a travel company as a corporate travel officer, Ht. 5' 3", (preferable working overseas) Contact email : sabjf1963@gmail.com OR Cell No.: 8828998414

6958. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in November 1987), Ht. 5' 4", Wt. 50 kgs, Fair Complexion, Edn. B.E. (Biotech), working as a Business Analyst. Contact email :

rodrigues.kavin@gmail.com

6957. ABU DHABI : Mangalorean Roman Catholic Spinster, (Born in September 1986), Ht. 5' 3", Wt. 60 kgs, Fair Complexion, Edn. M.Sc./BFI, working as a H.R. Executive. Contact email : fidora86@hotmail.com OR + 91 702 006 2880

6955. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5' 1", Wt. 53 kgs, Wheatish Complexion, Edn. BMM, working as a HR. Contact email: librettaserrao11@gmail.com

6954. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 2", Wt. 47 kgs, Fair Complexion, Edn. B.Com., CA., working as a Finance Executive. Contact email : merissa5@yahoo.com

6953. MUMBAI : Mangalorean Ro-

man Catholic Spinster, (Born in December 1992), Ht. 5' 5", Wt. 55 kgs, Wheatish Complexion, Edn. Bachelor in Vet Science, Doctor by profession. Contact email :

andrea-lobo786@gmail.com

6951. MUMBAI : Born Again Christian Divorcee, (Born in October 1976), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Post Graduate Diploma, working for Insurance Company. Contact email : sonalmodawal33@gmail.com

6950. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1990), Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. Post Graduate, working as a Relationship Manager in Private Bank. Contact email :

mendoncas2307@gmail.com

6947. NEWZILAND : Goan Roman Catholic Spinster, (Born in July 1984), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., MBA Finance, working as a Finance Analyst. Contact email : ronifernandes2001@yahoo.com

MATRIMONIAL

6903. MUMBAI : Mangalorean Roman Catholic spinster, (Born in June 1987), Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. B.E. (EXTC.), M.S. (International Business Management), working as a Client Consulting Manager. Contact email :

mendonca_luke@yahoo.co.in

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6944. MUMBAI : Mangalorean RC Spinster, (Born in July 1991), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. M.Com., working as Accounting & Finance. Contact email : lavinad-souza16@gmail.com

6943. MUMBAI : Goan RC Spinster, (Born in August 1990), Ht. 5', Wheatish Complexion, Edn. Chartered Accountant, working as a C.A., Contact email : sandrereg67@hotmail.com

6942. MUMBAI : Mangalorean RC Spinster, (Born in October 1987), Ht. 5' 4", Wheatish Complexion, Edn. M. Com., working as a Sr. Associate in Foreign Bank. Contact email : olgapin123@gmail.com

6937. POONA : RC Spinster, (Born in July 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA (Finance) working as a Financial Analyst. Contact email : sheron.muller@gmail.com

6936. MUMBAI : Karwari RC Spinster, (Born in May 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Patient care taker. Contact email : donii1967@gmail.com

6935. MUMBAI : East Indian RC Divorcee (1st marriage annulled by the church), (Born in February 1983), Ht. 5', Wt. 61 kgs, Wheatish Complexion, Edn. M.A., working as a HR in MNC. Contact email : cocom4053@gmail.com

6337. M.P. : Protestant Christian Divorcee, (Born in July 1980), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA

(HR), working as a Senior Manager, MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email : estherjoseph@rediffmail.com

6377 USA : Parents of RC spinster (Born in June 1984) / 5'4", Slim, Fair, MBA working for a reputed company in USA, invites alliance from RC bachelors, qualified professionals well settled from good Catholic family background upto 37 years. working in US only. Kindly reply with profile and a recent photograph to divineword121@gmail.com

6263 MUMBAI : Mangalorean RC Spinster, (Born in January 1990), Ht. 5' 2", Fair Complexion, Edn. B.Com., Dip. in Mktg., working as a Sales Coordinator. Contact email : mflavy@yahoo.com

6325 MUMBAI : Mangalorean RC Spinster, (Born in July 1986), Ht. 163 cms, Wt. 62kgs, Fair Complexion, Edn. M.D. (Ophthalmology) Doctor by profession. Seeks a Mangalorean bachelor from Mumbai or Mangalore below 32 years, preferably Medical profession. Contact email : rufa0107@gmail.com

6392 MUMBAI : Mangalorean RC Spinster, (Born in May 1989), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. MBA in Pharma Management, working as a Senior Process Associate at TCS. Contact email : zenalobo89@yahoo.co.in

6448 MUMBAI : Mangalorean RC Spinster, (Born in October 1985), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, beautiful, Edn. B.Com., working as an Asst. HR Officer. Contact email : genesalis@yahoo.com OR 9324515797

6305 MUMBAI : Goan RC Spinster, (Born in October 1985), Ht. 5' 6", Wt. 80 kgs, Fair Complexion, Good looking and smart, Edn. B.E. (Electronics), working as a Manager in IT Company.

Contact email : carmina_fernandes@hotmail.com OR 9867725912

6414 MUMBAI : RC Spinster, (Born in July 1989), Ht. 5'1", Wt. 48 kgs, Wheatish Complexion, Edn. B.Com., (Banking & Insurance) working as a Consultant. She is vegetarian. Contact email : rosemarybharda@yahoo.com OR 9224780162

6033 ABU-DHABI : Goan RC 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 9730454857

6032 DUBAI : Goan RC 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

6004 : AHMEDABAD : Goan R.C. Spinster, (Born in September 1984), Wheatish, slim, good looking, aged 31 years, Ht. 5' 4", Wt. 49 kgs, Edn. B.A., PGDMFI, Pursuing MBA, working as a Senior Officer in Bank. Seeks a educated, well settled bachelor from decent and respectable family. Contact email : steffi8138@gmail.com / jerrypeter02@yahoo.com OR 079-22162694

6462. MUMBAI : East Indian RC spinster, (Born in February 1989), Ht. 5' 2", Wt. 49 kgs, Fair Complexion, Edn. BMS., MMS (Mum. Uni.) working as a Data Analyst. Seeks well educated settled abroad, preferably dubai. Girl willing to relocate any city in the world. Contact email : melwyn_dsilva@hotmail.com

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6679. USA : US Based RC Spinster, 28, 5' 3", B. Tech., MBA from premier institutions, talented, caring, slim, attractive personality, senior manager in renowned MNC invites alliance from well-educated, professionally qualified, well-placed RC bachelors with good family background and strong Christian values. Kindly e-mail profile with picture to msp241289@gmail.com

MATRIMONIAL

6822. KUWAIT : Mangalorean Roman Catholic Spinster, (Born in November 1982), Ht. 5' 4", Wheatish Complexion, Edn. B.Sc. Post Graduate in Mumbai University, Teacher in Kuwait. Contact email : pereiralucy2017@yahoo.com Tel: 00965-60402765 / 9867308911

Address your replies to :

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Things to achieve while you are in your mid 20s

Below highlighted are some of our favourite insights about maximising your youth. Read on to see what life changes you can make, starting today.

- Graduation from a higher institution because we were taught that is the only way to gain 'success'.
- Get a job to gain money (obviously).
- Falling in love. It's always so nice to be loved by someone.
- Make lost of friends as that will increase popularity and have more people to talk to.
- Gain unprecedented knowledge because formal education is not enough to get you where you really want to be.
- Financial freedom. Find a way you gain income whether it's from a

business, investment, or a skill you have. Everyone wants money, right? But not everyone is willing to do the hard work in the beginning to achieve that freedom.

- Give love because when you think of only yourself being loved, you will never feel you're having enough. And that's why you want more of it which leads to broken relationships and bad endings.
- Surround myself with good people. You become who you are from all your close friends. So find people who will add value to your life and eventually make you the best version of yourself.
- Enjoy the moment. Don't get too attached to the past or future. You will only get this moment once in life. So don't waste it with things that will only bring negative effect on you but instead, enjoy it, have fun while you still can and keep moving forward.



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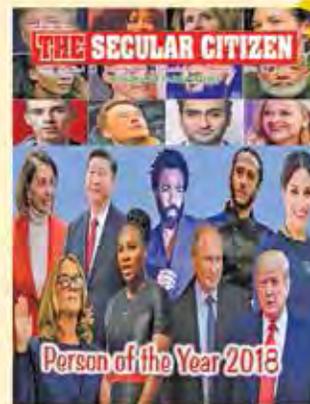
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