

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

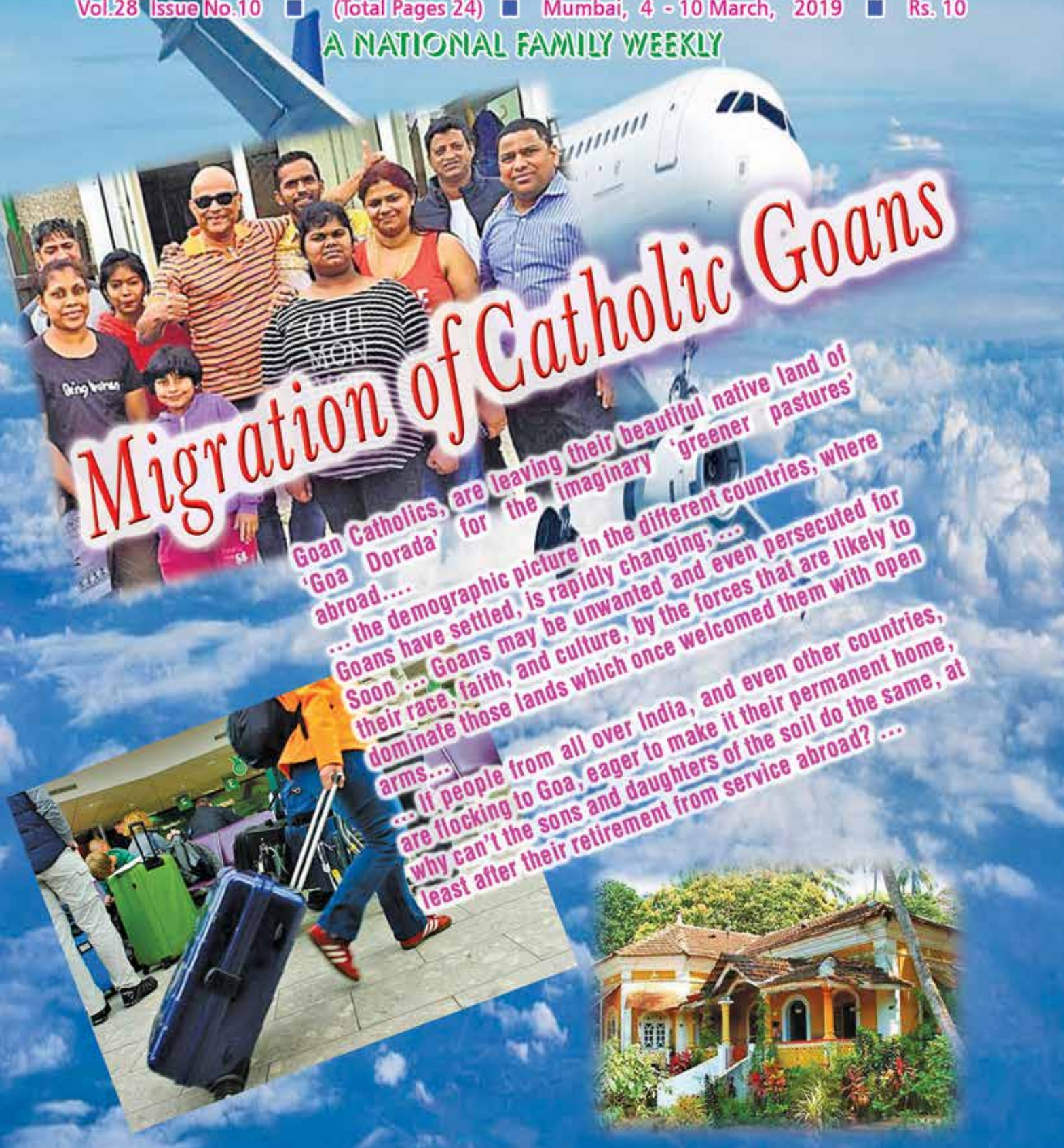
Migration of Catholic Goans

Goan Catholics, are leaving their beautiful native land of 'Goa Dorada' for the imaginary 'greener pastures' abroad....

... the demographic picture in the different countries, where Goans have settled, is rapidly changing; ...

Soon ... Goans may be unwanted and even persecuted for their race, faith, and culture, by the forces that are likely to dominate those lands which once welcomed them with open arms...

... If people from all over India, and even other countries, are flocking to Goa, eager to make it their permanent home, why can't the sons and daughters of the soil do the same, at least after their retirement from service abroad? ...





Model Co-operative Bank held a programme at St Xavier Engineering College auditorium, Mahim on January 19, 2019 to distribute scholarships for 2018 to the children of its members. Jamnabai Nursy International School and Mumbai education board senior advisor Josphin Vas was the Chief Guest. The bank's vice president William Sequeira chaired the programme and handed over scholarships to hundreds of students.

The bank's founder president John D'Silva, former vice president Vincent Mathais, directors Paul Nazareth, Thomas Lobo, Lawrence D'Souza, Sanjay Shinde, Benedicta Rebello, Marita D'Mello, Jerald Cardoza, bank's CEO and general manager William L D'Souza were on the dais. Fr Vincent Menezes was present as special guest.

Vel-Vin Packaging Pvt. Ltd., has been nominated for an international industry award Category : **New Planning Factory Award**. The award will be presented in Shanghai on the 7th of April 2019.

Vel Vin Packaging is the vision of Mr. Vincent Mathias who is also a founder of Christian Chamber of Commerce and Industry



**Bombay Catholic Sabha
SFX Vile Parle Outreach Service**

About 40 kgs of plastic waste collected and sent to a Ragpickers Association for segregation and recycling in the truck that comes every Tuesday for pick up from the Church compound.

BCS Members also see that plastic bottles and glasses from parties in the Church compound are collected and added to their collection for proper disposal. —Gordon D'Souza



Condolence Mass offered for the souls of our 40 Heroes of Fulwama terrorist attack and prayed for their family members. Main celebrants Bsp. John Rodriguez & Bsp. Alwyn Dsilva on 20th February 2019 at 8 am at St. Michaels Church Mahim.

—Mrs. Flora D'Souza, Jerimeri

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Migration of Catholic Goans

By Joseph M. Dias, S.J., Andheri (East)

We keep getting reports, almost daily, that more and more Goans, especially Catholics, are leaving their beautiful native land of 'Goa Dorada' for the imaginary 'greener pastures' abroad. One wonders whether the people, who are leaving in droves, realize the long-term implications of this trend for their own identity, community, culture, religion and future generations. There is much they could learn from reading the history of the Jewish people in the Bible. During the time of the Patriarch Joseph, they left the land God gave them, for better prospects in the land of Egypt. For some time they prospered, but a few hundred years later, when there arose a Pharaoh, who knew not Joseph, they became pitiable slaves of the Egyptians -- harassed and helpless. They realized that having lost their land, they had lost everything that makes life worth living. Mercifully, God sent a great liberator like Moses, to lead them back to the land promised by God to their ancestor, Abraham, so that they could live, once more, as a free people. After the destruction of Jerusalem, in the year 70 CE, they got scattered, once again, all over the world, prospered, suffered rejection and terrible persecution, especially during the horrendous 'holocaust', till the nations victorious in the Second World War, decided to give them back their original homeland, by creating the State of Israel, in 1948, at a terrible cost to millions all over the Middle East.

Right now, for the people of Goa, there is still time to change course and avoid such a terrible fate befalling them. Already, the demographic picture in the different countries, where Goans have settled, is rapidly changing; and it is not difficult to see that, in the foreseeable future, Goans may be unwanted and even persecuted for their race, faith, and culture, by the forces that are likely to dominate those lands which once welcomed them with open arms. Why can't their faith, inspire more and more Goans, today, to stay back in the paradise God has given them, to strengthen their own identity, sense of belonging, Community, Religion and Culture, and bear collective witness to Christ in the great motherland of India? It would be good to remember that the Holy Family returned from exile in Egypt to the Land of Israel; and Jesus Himself wept over Jerusalem, remaining faithful to his land and his People till the very end of his life. If people from all over India, and even other countries, are flocking to Goa, eager to make it their permanent home, why can't the sons and daughters of the soil do the same, at least after their retirement from service abroad? Those who have lived in foreign lands could contribute so much -- their wealth, talents and skills -- to preserve their unique cultural heritage and bring progress and prosperity to their own people and the nation at large. This would indeed be an inspiring mission, surely worth undertaking, in order to enrich their own lives and render a unique kind of service to the entire nation.

Role of bishops in today's church

Of late I have often wondered why in Goa we have only 1 Archbishop in charge of the large Archdiocese of Goa, Daman and Diu, whereas in the Archdiocese of Bombay we have 1 Archbishop and 7 auxiliary bishops. This is unlike the Mumbai of yesteryear when it was only the Archbishop at the helm of governance and 1 or 2 bishops as auxiliaries. Is it because of a new norm to promote senior priests to the rank of bishop unlike in olden times when seniors could only aspire to become Monsignor? Or has the title of Monsignor become obsolete? Secondly, on going through the list of weekly appointments assigned to bishops in the Archdiocese of Bombay, (as published in the 'Examiner') one will find that apart from a few annual confirmations, bishops hardly play any role in governance, as their activi-

ties are limited to only celebrating the Eucharist in various parishes or presiding over parish functions and gatherings of Small Christian Communities. This is certainly not what is expected of a bishop, as in the post- Apostolic era, where a bishop governed a church with a large congregation and played an important role in building up the Christian community.

—A. F. Nazareth
Alto Porvorim

'Grant autonomy to the states'

With reference to Eric D'Sa's article titled : Whether The Unity Of India Would Be Threatened By Granting More Political And Economic Power To The States ? in The Secular Citizen dated 25 February - 3 March 2019 instead of letting the states deteriorate further due to grinding poverty it is far better to grant them autonomy only when they are fully advanced in all aspects of administration and governance by setting guide lines to help them improve and overcome their defects.

Discipline can be achieved by promoting conscription, all national languages must be made to adopt the Roman script to help simplify them and Hindustani must be adopted as a joint national language along with Hindi and English as the link language.

The commune system must be promoted in the villages to help end grinding poverty and also to help improve the standard of living and bare foot doctors must be promoted in the villages to help attend to health problems of villagers and solve them.

Education must be made mandatory to help wipe out illiteracy.

By inter linking rivers the water shortage can be solved and an internal water transport system to ferry passengers and cargo can be started in the country.

Ethics and etiquette courses and finishing courses can help promote honesty and a more cultured and better life style and when promoted with fast track courts can ensure speedy and fair justice.

Autonomous states must have their own flags but must accept and respect the national flag as the country's flag.

Thus when holistic/all round development is achieved one can grant autonomy to the states.

—Peter Castellino

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Priests are only human

For the first time ever, a US Cardinal was defrocked for sexual transgressions and a Catholic priest in Kerala, was convicted under the stringent Pocsso Act, to a minimum of 20 years in jail. While this may come as a shock to us, we should remember that priests are only human, like all of us. At the same time, priests too should never forget that they are mere human, like all of us---not a class set apart. To cite an everyday example, I find it very strange why any priest, especially a young priest, should wait for me, a 70 yr old man, to wish him first! Why is it that I'm always expected to wish him first? And yet I do, and so do all other people, because we respect priests. But this respect must be reciprocal.

We also need to dismantle the system of honorific titles, in the church which creates an artificial divide between the sheep and the shepherds. Jesus never conferred any titles on the apostles. Titles like Your Lordship, Your Excellency, Your Grace etc create an aura of invincibility around these shepherds making them inaccessible to the sheep. These titles also inhibit oral and written communication.

—*Prof Robert Castellino
Mumbai*

Priests are only human

If a cardinal, bishop, priest or a religious taking the vow of celibacy has faltered and fathered a child, it's best for him to realise that he is only human and leave priesthood and/or religious of that order and concentrate on bringing up of the child that he has fathered.

I think that (I may be wrong) there is a feeling in the church higherarchy that if action is taken on faltering priests and they are asked to stop from per-

forming duties of a priest, there would be a vacuum, in as much as vocations have dwindled.

If at all that is true, the church has to remind itself what Jesus taught 'it's better to have sinning part of our body to be severed and live with one part of the body. The less number of genuine priests will be better off for the church than those scandalous.

As for criminal prosecution of priests, it (criminal law) certainly sets in motion when the person is secretive, nonrepentant, tries to play the card of persecuted instead of owning up his human error and evades responsibility.

Sexual act generally remains known to only two people and God. If a priest who is revered as Goodman does not repent, he better pay for his criminal guilt as all criminals are expected to.

—*Adv. Raphael D'Souza
Mumbai*

Terror Attacks - any lessons learnt ?

The Pulwama Terror attack which left 44 of our CRPF Jawans dead, once again brings to the fore the lack of preparedness from our side. This is also seen as "intelligence" failure on our part. The protectors of the nation are in need of protection themselves. Around 44 lives have been lost for no reason. They did not lose their lives in battle; they were sitting ducks. And in the bargain, some of our countrymen have lost their sons, some have lost their spouses, some have lost their fathers – there's total grief in the families of the deceased. On how many more occasions must we lose such precious lives ? Does somebody care ?

It is sad to note that even as the country is mourning the death of those

44 brave CRPF Jawans, leaders from the ruling party were in complete 'Election campaign mode'. Are elections & power more important than the security of our jawans and of the country? How much more disgusting can it get ? Do their sympathies mean anything ? We seem to have learnt no lessons from previous terror attacks. Are we atleast now, willing to learn any lessons ? What are we doing to prevent such attacks in future ? We all appreciated the movie, URI, now will there be another movie, "Pulwama" ? Do we need such movies? I think what we need is some rearguard action ! Once again, one tends to ask, does anybody care ?

—*Melville X. D'Souza
- Oriem, Malad West.*

Peace Be With You!

Very explosive atmosphere is created in the country today! In the wake of the #Pulwama attack, there has been a marked rise in incitement against Kashmiris, and Muslims in general. TV show hosts are calling for surgical strikes. Shivsena has called even for war with Pakistan. Revengeful attitude and general high-decibel psychological warfare which can result in communal rights. We are already witnessing reports of trains stopped, roads blocked, and violence against Kashmiris from across India.

The need of the hour is to halt this spreading of hate campaign at the earliest. Wherever we see or hear hate propaganda, incitement, calls for violence or revenge or war, we must disagree vocally. Voices calling for peace must dominate public discourse today; we must condemn voices serving an agenda of terror and adding to the body count.

We must support tags like #Un-HateNOW! As responsible citizens of India and true Christians let us raise our prayers for peace!

FIGHT right now to prevent India from exploding into violence aimed at electoral gains.

—*Fr. Michael G.
St. Paul Church,
Post Sopara, Vasai (N) .*

The Oil & Gas Company's Knew about Climate Change Almost 40 Years Ago

by Don Aguiar.

Exxon was aware of climate change, as early as 1977, 11 years before it became a public issue, according to a recent investigation from InsideClimate News. This knowledge did not prevent the company (now ExxonMobil and the world's largest oil and gas company) from spending decades refusing to publicly acknowledge climate change and even promoting climate misinformation—an approach many have likened to the lies spread by the tobacco industry regarding the health risks of smoking. Both industries were conscious that their products wouldn't stay profitable once the world understood the risks, so much so that they used the same consultants to develop strategies on how to communicate with the public.

Experts, however, aren't terribly surprised. It's never been remotely plausible that they did not understand the science. But as it turns out, Exxon didn't just understand the science, the company actively engaged with it. In the 1970s and 1980s it employed top scientists to look into the issue and launched its own ambitious research program that empirically sampled carbon dioxide and built rigorous climate models. Exxon even spent more than

\$1 million on a tanker project that would tackle how much CO₂ is absorbed by the oceans. It was one of the biggest scientific questions of the time, meaning that Exxon was truly conducting unprecedented research.

In their eight-month-long investigation, reporters at InsideClimate News interviewed former Exxon employees, scientists and federal officials and analysed hundreds of pages of internal documents. They found that the company's knowledge of climate change dates back to July 1977, when its senior scientist James Black delivered a sobering message on the topic. "In the first place, there is general scientific agreement that the most likely manner in which mankind is influencing the global climate is through carbon dioxide release from the burning of fossil fuels," Black told Exxon's management committee. A year later he warned Exxon that doubling CO₂ gases in the atmosphere would increase average global temperatures by two or three degrees—a number that is consistent with the scientific consensus today. He continued to warn that "present thinking holds that man has a time window of five to 10 years before the need for hard decisions regarding changes in energy strategies might become critical." In other words, Exxon needed to act.

But ExxonMobil disagrees that any of its early statements were so stark, let alone conclusive at all. "We didn't reach those conclusions, nor did we try to bury it like they suggest," ExxonMobil spokesperson Allan Jeffers tells Scientific American. "The thing that shocks me the most is that we've been saying this for years that we have been involved in climate research. These guys go down and pull some documents that we made available publicly in the archives and portray them as some kind of bombshell whistle-blower exposé because of the

loaded language and the selective use of materials."

One thing is certain: in June 1988, when NASA scientist James Hansen told a congressional hearing that the planet was already warming, Exxon remained publicly convinced that the science was still controversial. Furthermore, experts agree that Exxon became a leader in campaigns of confusion. By 1989 the company had helped create the Global Climate Coalition (disbanded in 2002) to question the scientific basis for concern about climate change. It also helped to prevent the U.S. from signing the international treaty on climate known as the Kyoto Protocol in 1998 to control greenhouse gases. Exxon's tactic not only worked on the U.S. but also stopped other countries, such as China and India, from signing the treaty. At that point, a lot of things unravelled.

But experts are still piecing together Exxon's misconception puzzle. Last summer the Union of Concerned Scientists released a complementary investigation to the one by InsideClimate News, known as the Climate Deception Dossiers which included a memo of a coalition of fossil-fuel companies where they pledge basically to launch a big communications effort to sow doubt. There's even a quote in it that says something like 'Victory will be achieved when the average person is uncertain about climate science.' So it's pretty stark.

Since then, Exxon has spent more than \$30 million on think tanks that promote climate denial, according to Greenpeace. Although experts will never be able to quantify the damage Exxon's misinformation has caused, one thing for certain is we've lost a lot of ground. Half of the greenhouse gas emissions in our atmosphere were released after 1988. If the fossil-fuel companies
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had been upfront about this and had been part of the solution instead of the problem, we would have made a lot of progress [today] instead of doubling our greenhouse gas emissions.

Experts agree that the damage is huge, which is why they are likening Exxon's deception to the lies spread by the tobacco industry. I think there are a lot of parallels. Both sowed doubt about the science for their own means, and both worked with the same consultants to help develop a communications strategy. However, the two diverge in the type of harm done. Tobacco companies threatened human health, but the oil companies threatened the planet's health. It's a harm that is global in its reach.

To prove this, Bob Ward—who on behalf of the U.K.'s Royal Academy sent a letter to Exxon in 2006 claiming its science was "inaccurate and misleading"—thinks a thorough investigation is necessary? Because frankly the episode with tobacco was probably the most disgraceful episode one could ever imagine. These reasons really highlight the responsibility that these companies have to come clean, acknowledge this, and work with everyone else to cut out emissions and pay for some of the cost we're going to bear as soon as possible.

It doesn't appear, however, that Kim-mell will get his retribution. Jeffers claims the investigation's finds are "just patently untrue, misleading, and we reject them completely"—words that match Ward's claims against them nearly a decade ago as the oil company understood the science before it became a public issue and spent millions to promote misinformation.

What do we note from all the above - that no matter how much you spend and what you do to reduce climate change and global warming there are the oil and gas companies to spend even more and undo the good that you are doing and when the world is unable to withstand this onslaught of global warming and climate change it will act as required.

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Some pertinent questions

For many years I have been reading some of the articles and vox populi of the SECULAR CITIZEN and I have not always agreed to opinions expressed. However, rather than point out the pros and cons of those views, I would like to ask a few basic questions:

- 1) Why did Jesus Christ wisely choose most of his apostles from among the married people and why doesn't the Church do likewise?
- 2) Why is Religion given so much importance in backward countries, and why for example is church attendance dwindling in the rich democratic countries, especially among the intelligentsia?
- 3) Why do some Christians and Catholics feel that ordained priests alone should be models of virtuous living and not each and every Christian? At the Last Judgement will Christ ask us about our priests' behaviour or about our own virtuous living?
- 4) Why do most Christians give more importance to the worship of Jesus Christ and less to the imitation of Christ and to his preachings e.g. to love our fellowmen as ourselves, to love our enemies and do good to them, to be poor in spirit, to pray quietly in our rooms where nobody sees us, etc.

—A. John Fernandes.
Goa.

WHETHER THE SYSTEMATIC WEAKENING OF THE INSTITUTIONS, THE GOVERNMENT RISKS PUSHING ALL RESISTANCE TO THE STREETS?

by Eric D'Sa

The Government of India has reportedly suppressed its own data on current employment, or rather job loss, in the country. It has, thereby, compromised the autonomy and the standing of the National Statistical Commission to the extent the chairman resigned in protest. This is the latest instalment in the rather sordid story of institutional decay in India, overseen by the leaders of the present government.

This is not to suggest that previous governments did not undermine institutions. The internal Emergency imposed on the country from 1975 to 1977 initiated the process. The government's have continuously tried to tame bureaucrats as well as the highest court in the land. Postings and appointments were and are manipulated to suit the ruling dispensation. This BJP led NDA government has, however, earned the dubious distinction of sabotaging the autonomy of several political institutions in rapid succession.

Institutional decay occasions worry, because it affects ordinary citizens in disastrous ways. All governments, even those which have been democratically elected, betray an inexorable will to stay in power. Expectedly, expansion of gov-

ernment power violates constitutional rights to freedom, equality and justice. The only way citizens can be protected against any arbitrary and unlawful exercise of power, is by limiting the power of government. Liberal democrats, always sceptical of state power, have tried to contain dramatic surges of power by charting out of constitutions and institutional design. Institutions, as the embodiment of formal and informal rules, assure citizens that the government exercises power according to some norms that enable as well as regulate state power.

niscient and omnipresent God who is aware of our thought, word and deeds and if we transgress without remorse his laws, is ready to condemn us to everlasting suffering even in hell, has helped the societies to survive over centuries and grow. As the number of Atheist and Agnostics have grown democratically elected governments have stepped in waits laws that are supervised by independent institutions.

The institutions embody 'strong evaluations' over a period of time. We learn gradually to discriminate between right and wrong, better and worse. These evaluations are not judged subjectively by our own desires or impulses. Institutions, which stand independently of us, give us standards that allow us to evaluate.

We can rightly wonder why political power should be exercised, implemented and executed without rules. Assertions of political power adversely affect our interests and our projects. We should be in a position to judge when this power is exercised fairly or unfairly. Rules in a democracy assure us that justice is synonymous with fairness.

Moreover, rules make our worlds predictable. We know what the boundaries of the freedom of expression are, we know that if the police arrests us tomorrow, we have the right to appoint a lawyer and appeal to the judiciary. Without institutions and rules our life would be chancy, unpredictable and fickle. We would inhabit a space empty of certainties, expectations, aspirations and evaluations.

In a democracy, individuals are governed by institutions, and not by men. If we do not live in an institutional universe, we will be at the mercy of capricious individuals. Democrats would rather be administered by a system of rules they can scrutinise and evaluate. Of course,

(Contd.. on p. 9)

YOU THE CITIZENS DECIDE:

This makes for good political sense when we remember that most human activity is structured by systems of rules — take the intricate and rule-bound game of chess or cricket. Relationships, households, the economy, society, the games we play and do not play, take place and develop within the framework of rules. Human beings are social animals, but we cannot be social unless we know what is expected of us, and what we should do or not do. More importantly our animal instincts are curbed. Without rules that govern relationships — for example, the norm that marriage is based on trust— we will not know what is worthwhile and what is not, what is preferable and what should be avoided, and what is appropriate and what is expedient.

Anthropologists believe the creation of God and religion with rules, with a threat of retribution for breaking the rules, was ingenious way that ancient societies ensured some semblance of orderly behaviour and curb of animal instinct taking over in human beings . Only the awareness of an omnipotent, om-

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(Contd.. from p. 8)

rules can be, and are at times unfair. But at least we can struggle against rules. We do not have to commit murders to get the ruling dispensation out of power. We might have to carry out a thousand peaceful demonstrations, approach the courts, lobby our legislative representatives, engage in civil disobedience, or withhold our vote. In a world stamped by the decline of institutions and the exercise of arbitrary power, the only way to dislodge a government is through violence as is happening in states like Venezuela.

The present government has tampered with institutions by appointing its own people to positions of authority, and by using the Enforcement Directorate, Income Tax authorities, the Central Bureau of Investigation and the police as bulldozers to flatten out any site of opposition. In civil society, human rights organisations have been pulverised by blockage of funds, raids and arrests. The shameful way in which human rights activists have been incarcerated without a shred of evidence testifies to the subversion of the rule of law. The ultimate aim of government action is to dismantle institutions, and the delicate relationship of checks and balances among them. This bodes ill for democracy.

On November 4, 1948, B.R. Ambedkar, responding to criticism of the draft Constitution in the Constituent Assembly, clarified that the Constitution provided but a framework for future governments. But: "If things go wrong under the new Constitution, the reason will not be that we have a bad constitution. What we will have to say is that Man was vile." The Indian Constitution established major political institutions, Parliament, executive and the judiciary, laid out the relationship between them, provided for judicial review, and codified political and civil rights.

The constitutional framework does not provide thick or substantive conceptions of how we shall think, and in what we shall believe. It provides us with a thin framework that guarantees constitutional morality, or respect for the Constitution as the basis of political life.

The Order of the Sacraments of Initiation

A bishop in UK has announced the restoration of the order of the sacraments of initiation (Baptism, Confirmation and Holy Eucharist), in his diocese. Children will first receive Confirmation and then First Holy Communion at the same Mass, at around the age of 7 or 8. (I received First Holy Communion in the morning and the Sacrament of Confirmation the same evening, at the age of 7 in 1955). In our catechism class we were made to learn by rote the 7 sacraments as: Baptism, Confirmation, Holy communion etc., I don't think this order has changed, at least in Catechism.

Bishop James Wall of Gallup UK, opined that receiving the Sacrament of Confirmation long after the reception of Holy Communion, tends to weaken the understanding of the bond and relationship that the Sacraments of Initiation have with one another. He also felt that the practice of postponing the reception of Confirmation until the teenage years has not always been beneficial. The bishop said that a large number of Catholic children who were baptized and received First Holy Communion, did not continue their formation for the

Sacrament of Confirmation, in UK. He said "As your shepherd, I believe it is important for our children, before they reach their adolescent years, to receive the strength of this important Sacrament."

I am in full agreement with the views of the bishop. Already 11 dioceses in UK have implemented these changes. Also, several local churches in USA are following this practice.

Two years ago I wrote letters to 50 bishops in India making a strong case for the Sacrament of Confirmation to be conferred at the age of around 12 when students are more receptive to religious teachings. Only one bishop (Bishop Moras of Bangalore) replied to my letter informing me that in his diocese Confirmation was given at the age of 12 years. (49 bishops did not even acknowledge receipt of my letter) Most countries in the West follow this practice. In our country Confirmation is usually given to students in the eleventh class. I believe that at this age 15-16 years, students have made up their minds. They are not receptive to religious instructions.

—Prof Robert Castellino
Mumbai

Today the ruling party wants to legislate a thick conception of the good. We are instructed to worship the nation, respect the cow, glorify the coercive arm of the state, and listen on bended knees to leaders.

The government arrests civil society activists who engage with policy, and vigilante groups attack individuals who dare transport cattle, legitimately, from one part of India to another. Immediately the sympathies of the police and magistrates, some sections of the media and public opinion swing towards the perpetrator, not the victim. The leaders of our ruling dispensation seem to have no respect for the rule of law, nor for the rules

that regulate speech in public spaces. Ultimately institutionalised power that is subject to regulation, and that can withstand the scrutiny of the political public, is meant to protect citizens.

Unfortunately, in the India of today institutions are used to protect the ruling class, and its sins of omission and commission. The people who rule us should know that when the relationship between citizens and the state is governed not by institutions but by individuals, politics takes to the streets. And then a thousand revolts happen. We pay heavily for institutional decline. We the citizens will have to decide when the opportunity comes, whether we want to be those on the streets?

Become an optimist in two weeks

A story in verse (titled, “Keep Swimming”; poet unknown) is told about two frogs:

*Two frogs fell into a deep cream bowl.
One was a truly optimistic soul.
But the other took the gloomy view.
“We’ll drown,” he lamented without much ado.
And with a last despairing cry,
he flung up his legs and said “Goodbye.”*

*Said the other frog with a steadfast grin,
“I can’t get out but I won’t give in,
I’ll just swim around till my strength is spent,
then I can die the more content.”
Bravely he swam to work his scheme,
and his struggles began to churn the cream.*

*The more he swam, his legs a-flutter,
the more the cream turned into butter.
On top of the butter at last he stopped,
and out of the bowl he gaily hopped.*

What is the moral? It’s easily found...
If you can’t hop out, keep swimming around!

It’s an approach that is also put to work by some human beings when they find themselves in adverse circumstances – we call them the optimists. They are the people who always “expect the best”. And, in the opposite corner – the pessimists, the ones who believe the worst is yet to come.

We generally know (and others know, too) whether we are ourselves optimists or pessimists. But it’s not just a matter of having a positive outlook or a negative one. There are more practical implications of being an optimist or a pessimist. Research over several decades has found that optimists, overall, enjoy better health and also more success in their undertakings (including job success) than pessimists do.

From Pessimism to Optimism

With optimists enjoying such lifelong benefits, who wouldn’t want to be one? But, is it possible for a pessimist to make the shift to an optimistic outlook? Or, are optimists born that

by **NIRMALA WILSON**
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way – is there an optimism gene? The current consensus among scientists is that there does seem to be a small contribution coming from genetic inheritance. But, they emphasize, optimism can also be learned. Martin Seligman, who has been called “the father of positive psychology”, has spent a lifetime researching optimism. His conclusion: even a dyed-in-the-wool pessimist can “learn” optimism. Seligman’s approach has long since been accepted and successfully used by counsellors to train pessimistic people to make the

shift to a more optimistic outlook.

Seligman’s approach is based on the premise that, faced with an adverse event, optimists and pessimists “explain” it differently. The optimist sees adversities as being caused by temporary factors that are changeable (“I didn’t prepare well for that exam – I’ll do better on my next paper”). The pessimist sees things happening because of unchangeable factors. (“I’m always so stupid” / “Things will never change”).

In therapy, a counsellor can train a pessimist to make optimal use of a skill called “Re-framing”. Or, alternatively, “Disputing”. But, can you learn to use this skill to change your outlook on your own, without going to a therapist? The answer is yes, but it will not happen overnight. It takes about two weeks of practising the skills of optimism. While it is not possible to convey all the skills of what Seligman calls “Learned Optimism” in a few paragraphs, here is the essence of how you put them to work for you

when an adverse event occurs:

Adverse Event. You borrowed a pair of expensive earrings from your friend, Lydia, and you lost one of them while you were at a wedding.

Pessimistic Self-talk: “Lydia is going to be furious with me. And I deserve it – I’m always so irresponsible. It’s unbelievable what a nitwit I can be.”

Re-framing: “It’s a shame I lost the earring. They were Lydia’s favourite pair, and she’ll feel sad and disappointed. But she’ll understand that it was an accident, and I’ll make good by buying her another pair. I’m really not an irresponsible person – this is the first time in a long while that I’ve lost anything.”

Once you begin to use this skill, you can also employ it in disputing the negative statements that other people may make about you. For instance, at the office you order up apple pie for a coffee break splurge, and a colleague makes a catty remark (“Watch it – you know how easily you put on weight”). Instead of allowing that remark to upset your mood or damage your self-esteem, you can stay unruffled and say with a smile, “That’s the well-deserved treat I promised myself for going to the gym every day last week.”

Once you get good at this **Re-framing** technique (and that will happen by consciously and regularly practising the skill), you can actually watch your mood change from anxious to calm, from down to up, in just a few seconds. And before you know it, you’ll be wearing a smile on your face far more often than you used to.

You’ll be well on your way to becoming an optimist.

The Nuns feel let down

The five nuns from Kerala, who continue to stand by the victim of alleged sexual assault on one of their own, by none other than the named and shamed Franco Mulakkal, have had to go through sleepless nights with fear because they dared to stand up against a very powerful bishop. They went through all this with public support. They defied the transfer orders [disguised as routine] which they saw as an attempt to browbeat them and vowed to stay put in the convent, come what may. They felt their voice and determination are being stifled. In the face of public outcry, the Apostolic Administrator of Jalandar Diocese, Bishop Agnelo Gracias in a significant move 'promised' the nuns, in writing mind you, that they will be allowed to stay in the Convent and the nuns were naturally happy. And why not?

But shockingly, it is reported that the Diocese later issued a 'clarification' that the transfer orders have neither been diluted nor cancelled. This news unnerved the nuns as well as the right thinking Indian Christian community. Is this a sort of game that is being played by someone powerful? Who authorized this 'clarification'? Did the Apostolic Administrator authorize it? If he did, then he must say why his earlier assurance to the nuns, in writing, stands withdrawn. Now the leader of the group Sr Lucy has been given an ultimatum – face expulsion from the Congregation unless she agrees in writing "to rectify the errors committed her". What errors? Has she committed a crime by supporting her colleague? This is a clear case of threat and intimidation and it gives a feeling that the main reason for this ultimatum is to somehow save Franco. Should Bishop Agnelo Gracias 'clarify' his position on the reversal of his decision to let the nuns remain in Kerala? Is the Mother Superior reporting to the Apostolic Administrator or to the disgraced Bishop? The mystery gets deeper.

At the end of the historic Gulf visit, the Holy Father Pope Francis came down heavily on sexual predators in the Catholic Church. He was candid in his admission about this malaise and the injustice that has been done to the victims [nuns] and the need to initiate measures to undo the wrong done to the hapless victims. Just recently Fr Robin of Kerala is convicted and sen-

VIEWS on NEWS

tenced for 20 years [it was revealed that some institutions were protecting him all along]. One thought the Church authorities in India took the Papal concerns seriously and swiftly moved to assure the Kerala nuns that they are not alone in their dogged fight. Are the Indian Church Authorities afraid of losing priests? Is it better to have fewer committed priests without any baggage of sexual harassment / exploitation of nuns and children?

We are blessed with a Pontiff who is people-centric. The four-day brainstorming session with top Church Officials of the world is currently underway and the reports suggest that the Pope is pretty serious about this malaise. It is hoped the existing 'secret' guidelines by the Vatican on abuse by priests will be withdrawn and made more transparent. He has exhorted local Church authorities to take 'concrete action' and asked them to listen to the voice of the victims, youth etc who want justice. Just condemnation is not enough he said [which is not heard in India, any way]. The observation of Cardinal Gomez of Bogota hit the nail on its head when he said that the 'enemy is within' implying that those who are supposed to take action actually try to shield the culprits. Not a very flattering comment by any standard. One only hopes that at the conclusion of this exercise, the Pontiff would have given clear-out directives on the issue. Actually action for abetment should be taken against those who willfully try to protect the culprits and drag their feet in taking verifiable action.

Caged Parrot enraged the apex Court

The tamasha surrounding the country's premier investigating agency CBI does not seem to end. It all started with the ugly feud between the two top functionaries of this supposed independent agency. Their differences were not restricted to personal fued – they went much beyond that until the whole thing came to the fore and in public domain. The investigations that were initiated were not necessarily based on the merits of each case but seen as an opportunity to score points over each other's rival. Not surprisingly, there were three groups – one siding with the top boss while the other was loyal to his deputy with the



by Marshall Sequeira

third one remaining neutral willing to swing either way. Naturally the priorities changed based on factors other than professional. The stock of this premier agency nose-dived.

The ousting of the two top cops and all the mid-night drama that followed is now history. But the hastily appointed ad-hoc Chief M. Nageshwara Rao was removed by the Apex court and put the issues in proper perspective. Reinstatement of the top boss of the CBI sent a lesson or two to the government at the centre. The government's action appeared prima facie to be biased since it found the incumbent Chief Alok Nath inconvenient and not pliant enough. The interim Chief went overboard transferring scores of senior officials who supervised on-going high profile investigations including the highly sensitive and explosive case of mass exploitation of young girls in shelter homes in Bihar with political patronage. The Supreme Court had barred the CBI from transferring the investigating official.

Perhaps due to political pressure [shall we say compulsions of coalition politics], in trying to ingratiate himself to the powers that be, Nageshwara Rao went against the apex court diktat and invited the wrath of the Chief Justice. Despite his unconditional apology, the CJI took a serious view of the defiance by the acting CBI chief and sentenced him to pay a fine of Rs 1.00 lac and a symbolic day's imprisonment. By emphasizing that the law is your boss, the Court has sent a message to the CBI, the government at the Centre and the CVC whose actions also came under fire. The cage seems to have been unlocked by the highest Court; but there is a need for a continuous vigil to see that it remains open with no outside interference. The new CBI boss may have to be extra cautious in running the premier investigating agency in a manner that will not be challenged. It is time the agency regains public confidence which is vital.

Lent Is The Season For Spiritual Compassion



The first Sunday of Lent prepares us for the celebration of the world's greatest sacrifice which God, in the person of His Son Jesus and the Holy Spirit offers his human body and blood for the redemption of sin, that we may gain salvation and eternal life.

For over two thousand years the Christian people across the battered face of a broken earth have been faithful to the words of Christ Jesus: "Do this in remembrance of me".(Lk.22:19). Those words were spoken at the Institution of the Lord's last supper, to keep his suffering, passion, death, Resurrection and Ascension as the Covenant of the Christian Faith.



BY MELVYN BROWN

At Lent we will focus our hope, trust and belief on Jesus by prayer, penance, mortification, sacrifice, fasting and confession, performing the Stations of the Cross every Friday in lent.

Lent is a time to broker a spiritual ceasefire; to use the language of prayer as a candid option to compel the forces of evil to retreat. At lent let us be truly Compassionate, for it is compassion which can heal the wounds and scars of families worldwide.

The violence unfolding in the world marks a new era. The hope for peace is in a death struggle. Human life lost in conflicts of faith is beyond calculation. For those who still survive it seems like the gasp of a cosmically naïve vision.

Lent is celebrated for forty days. Do you know that Sundays are not count-

ed in the period of lent, because Sunday commemorates the Resurrection.

In the Roman Catholic faith lent officially ends at sundown on Holy Thursday. Throughout the Christian world churches are decorated

during lent in purple or blue – symbolic colors to welcome the king.

Compassion and forgiveness plays a dynamic role in the theme for lent and its special days. We all know that lent is a special time for soul-

Significance of '40':

The number 40 has got a peculiar prominence regarding Lent. Moses had stayed with the Lord at Mount Sinai for forty days and forty nights in order to receive the ten precepts. In these forty days and nights, he did not have food or water at all.

ways compassionate. It is not always easy as we are humans. Overcome the desire to retaliate – reach out to those who are so brainwashed they cannot help themselves. Forgive them.

The hour is at hand. Tell this to yourself throughout the period of land. The hour is at hand when the world will witness the new age of reason and compassion.

Lent is a period of fasting, moderation, and self-denial traditionally observed by Catholics and some Protestant denominations. It begins with Ash Wednesday and ends with Easter Sunday. The length of the Lenten fast was established in the 4th century AD as 46 days (40 days, not counting Sundays). During Lent, participants eat sparingly or give up a particular food or habit. It is not common for people to give up watching television or eating sweets or telling lies. It is six weeks of discipline. Fasting is a good thing and God is pleased when we repent of our sinful habits. However, repenting of our sins is something we should do every day of the year and not just during the 46 days of lent.

—Jubel D'Cruz

searching and repentance.

In the early years of the Church lent was instituted as a preparatory time for Easter. The same applies even till today. The forty days of lent is to inspire the people of God to imitate the time when Christ withdrew into the desert. Had today, he might

Christ been with us have said:

Weep for your enemies and for those who blindly follow the wicked ambitions of their insane leaders. Pray for the release of those in the chains of evil forces engulfing the world. Show people compassion and be ready to forgive.

Lent is the season when you must brave the sin, hate, revenge and greed the enemies have for us. Be al-

During lent, believe, that the love of Jesus and his deep compassion is the answer for the world seeped in the abyss of violence. Be passionate in prayer and remember the words of Christ:

"Would that even today you knew the things that make for peace. But now they are hid from your eyes". (Luke. 19:42).

Total acceptance of peace and togetherness is a virtual dream. The vision of a world order based or centered on promoting peace, harmony and fellowship is no more possible, if the west underestimates the mercenaries who fan the flames of hate for the mere love of wealth. Pray during this lent for God to forgive the evil at work, and then pray for your protection and those of your loved ones.

Remember, Lent is the Season for Spiritual Compassion



Lenten Thoughts and actions.....



Forty days and forty nights.... Biblically a long time... a strenuous time as well. And Jesus gives us a head start at the beginning of Lent. The desert is the place that Mathew situates Jesus in the passage of the temptations - the same desert that the Israelites trod for 40 years in their exodus from Egypt. The desert is synonymous with temptations, hardships, self-knowledge and an experience of God.



by Fr. Austin Norris*

today is a complete prayer. It is patterned on the life saving actions and utterances of Jesus Himself and is "the source and summit of our lives." The Holy Father Pope Francis says: 'Mass makes us a living Eucharist'. So the habit or practice of daily Mass is a sure way of closeness with Christ and a certain way of developing a relationship with the Divine, especially as we commune with the sacred species. The forty days of Lent could just be the start of a lifelong desire for daily Eucharistic attendance that stands us in good stead.

The words 'Lent' is originally derived from Anglo-Saxon words 'Lencten' and 'Lenctentid'. 'Lencten' means 'spring', whereas "Lenctentic" stands for "march", the month in which Lent is observed. In the old times, many Churches had been observing Lenten preparations for Easter.

Many a sage and saint has had this "desert experience" and come out stronger. The utter desolation one feels in the dry and killing conditions is at the same time an occasion for creating a sense of emptiness so that infilling of another kind is made possible. Our Retreat experiences and recollection days are meant to be such an experience. In the midst of the world and its distractions and the practicality of our daily living, we are called to create a "desert within our crowded lives" and therein find our innermost being.

Several forms of prayers are available to us in our search for meaning and wholeness as well as for an experience of the divine. Mother church, in her wisdom, offers us ample opportunities to gather our thoughts and spend time creatively so as to rejuvenate our innermost self - especially during the Season of Lent.

The Holy Eucharist: The Mass, as we celebrate it

The Stations of the Cross: Many a conversion has been wrought by the pious (personal or community) way of the Cross. Tis devotion is a "emotional puller" for obvious reasons. If well prayed and conducted it can save many a soul and make metanoia a reality. The community way of the cross, conducted in the homes of the sick and aged, as well as on the streets of the parish, is a way of edification and evangelization.

Visits to the sick and aged: People today long for a connection with others. Age and illness takes its toll and over-night people become strangers and recluses. The longing for "a God with flesh" is real and people long for others to be at their side, if only for a brief moment. We are meant to be community and not islands. Our hearts long for companionship. Hence time spent with these special ones is a "grace and heavenly outreach."

Praying with children: Our energies, where children are concerned, seem to be largely concentrated on studies, tuitions, sports, cultural pursuits... Church and devotion seem to be kept for Sunday school and clergy and religious. Hence the need to focus during Lent on family prayer - where Children can be instructed - as well as family activities such as reading the Holy Scripture and praying the Rosary. Children learn by example and parental guidance which can go a long way in influencing young minds.

Fasting and Abstinence: Novel ways of doing this time tested "spiritual work" is suggested. Parents and care-givers are adept at this from their vast experience and knowledge. The notion of healthy eating habits (read vegetarian) and non-wastage of food is highly recommended. The idea of "living simply so that other may simply live" is a concept worth inculcating.

Quiet time: Our attendance at church services is "well-timed". We enter church on the dot of time and exit before the end or as soon as the "Mass is ended." In other areas we will go ahead of time and exit long after "the credits have stopped scrolling on the screen". For a change, we could, go to church five to ten minutes before time and exit after five or ten minutes, from the time the service is ended. Spend those quiet moments, with yourself and God and experience the stillness within and the peace that comes from such an action.

Commencing with Lent 2019, may our thoughts and actions be ever God-centred and Jesus-filled...

*Parish Priest - Saint Vincent De Paul, Khar, Mumbai



'White Doves' opens Psychiatric and Destitute Home in M'luru.

Compiled : Ivan Saldanha-Shet.

'White Doves' a premier NGO of Mangaluru city since 1990s fulfilled its dream for a state-of-the-art 'Psychiatric Nursing and Destitute Home' at Niddel off Kulshekar, on Sunday, February 17, 2019. Philanthropist Leslie Fernandes, prime donor of the home, inaugurated the lovely building. Rev Dr Aloysius Paul D'Souza, bishop emeritus, blessed the new building and its dream facilities.

Corrine Rasquinha, the charismatic founder of 'White Doves' thanked the donors and supporters and said, "This building at a cost of Rs 8 crore. was launched without substantial funds in hand. But the Almighty inspired many kind-hearted humane people from all around the world to be miraculously generous, it is providence. With the help of our own people and society, we have completed the construction of this new home. There might be questions in some mind's why such a modern building? But, we all want to live in a good and modern house, then why destitute and poor cannot dream of the same? They are humans and not different from us - children of God - our very own too."

J R Lobo former MLA and senior official said, "People fail to understand service by Christians, unaware of true facts, blindly it is said that Christians engage in conversation - it is far from truth. This community stood for service. They

never do service on the basis of caste, creed and religion. It is time the service of Christians which is admired will find its true place. Corrine, her family and team are blessed people"

White Doves : For 25 years now, God given talents of music are used to raise funds, buy medicine and other essentials for people lying uncared for by families at hospitals and on the streets. Corrine Rasquinha who is a singer, song writer and a musician, brought together like minded whole hearted people to contribute in many ways for their care and rehab.

White Doves, operates two homes; One for women and one for men in loaned premises and have rehabilitated over 600 destitute, caring and sheltering the abused, sick and mentally challenged providing selfless support. Many inmates are from distant places starving and delirious. They are picked up even from garbage dumps, cleansed, medically treated and rehabilitated. Efforts reunite them over a period of time with their kith and kin. Over 200 such cases have been reunited all over India, even Nepal and Bangladesh.

White Doves also runs a home for children at Kulshekar and is presently taking care of the education and well being of over 50 children. Selfless workers go to the streets of the city late evenings everyday and find many who live rough



and starving through the day due to illness and lack of mental capabilities. What started with 20 food packets 20 years ago, today over 175-200 are fed everyday on the streets. Food cooked at the White Doves Home is packed and taken to the streets everyday at 7 pm to feed the hungry and roofless unfortunates of Mangaluru. Homes for the homeless, medical relief in illness, support for education, monthly rations to deserving families are some of the works of charity undertaken by white doves irrespective of caste or religion.

NEW Facility : The Foundation for this new White Doves Psychiatric Nursing and Destitute Home was laid on February 2, 2016 and is now inaugurated after battling many odds. The LORD is its guide, guardian and leader. The basement floor has parking for 15 vehicles, physiotherapy and handicraft making and so on. The ground floor houses Emergency treatment Room, Therapy room, Doctors Room, Pharmacy, Patient utility room, Recreation Hall, Prayer Hall, Lobby, kitchen and pantry, dining hall, Staff rooms and offices. The first floor will have 4 wards and will house 100 men, staff rooms and medical/nurse stations; similarly the second floor will house 100 women.

The Key leaders named are : Mrs Corrine Rasquinha – Founder and President; Mr Jerome Coelho- Secretary/ Treasurer; Mr. Vitus Rasquinha – Trustee; Mr Sunil Baliga – Member; Mr Jerald Fernandes - Manager. White Doves is grateful and thanks donors who came forward with their unflinching support by means of finances, material goods, service, prayers and good wishes with positive power of the people in general - the aim is 'Share & Care' - Your sharing is your Blessing.



and starving through the day due to illness and lack of mental capabilities. What started with 20 food packets 20 years ago, today over 175-200 are fed

What kind of wife you are?



YOUR ZODIAC SIGN tells a lot about you, what you like and dislike and dislike and other aspects of your personality. It can also hint at what kind of wife you'll be !

Read on to find out more about your personality when it comes to love and being married! This is what kind of wife you would be, according to the stars!

Aries :

You can be a bit moody, so your partner will want to watch his steps at times but he also knows that you are confident, enthusiastic and optimistic most of the time. When the going gets tough, you're ready to step in and help, which comes through into your home life.

Taurus :

Home and family and very important to Taurus and they are willing to put in the time and effort to make their family strong and healthy. You have throwing parties for family and friends and you love being around your children.

Gemini :

You crave excitement and passion and as soon as you find yourself getting 'bored' in your

relationship, you are willing to try out new fun experiences and convince your partner to do them with you!

Cancer :

You care deeply about the members of your family and this sign is most tied to the home and family over any other sign.

Leo :

Bright and creative Leo makes a deeply loyal and loving partner. You definitely won't work with a partner who is clingy and jealous, as you like attention and have no problem getting it.

Virgo :

You are loyal, practical and hardworking and your husband knows he can always come home to a spotless house and organised space. You are great at handling responsibility, but you have a hard time letting go or work.

Libra :

You want a partner who is willing to come out and have as much fun as you and who is willing to always challenge you intellectually and keep you entertained.

Scorpio :

You're an incredibly honest partner though and your husband knows what you tell him will always be the truth, which makes him feel at ease.

Sagittarius :

You live for freedom. Adventure means a lot to you and being able to be who you truly are without a partner telling you what to do is crucial for your relationship and marriage to work.

Capricorn :

These sweet, gentle and responsible creatures are wonderful wives because they are super committed. They always see things as long-term goals, whether it involves saving money, a career their marriage.

Aquarius :

You are often slow to commit to someone for fear of getting too close too quickly, but once that man wins your heart, you're all his and you're fiercely loyal. You're also creative, expressive and good communicators, meaning you are willing to talk things through with your husband instead of fighting.

Pisces :

You are incredibly devoted to your husband and your family and as a mother, you would be incredibly loving, understanding and gentle with your children.

Thoughts Become Things

by Calwyn D'Abreo

When you fire thoughts with emotions and feelings.

And when you delegate the impetus of its presence to assume a formidable front in the pathway journey from the conscious mind to the subconscious mind where all things become energy and thereby attract other similar sources that allow for manifestation. Magical moments follow. You become the creator.

You become the creator of your own reality. What is reality, then.

Reality is the sum total or the aggregate of all that is real or in existance, as opposed to that which is merely imaginary and lost in it's own perambulations.

Simply put it is the state of things as they are being seen and felt in relation to your thinking.

The fact is that our beliefs and thoughts according to Infinite intelligence and metaphysics and spirituality in tow is meant to make us understand this great understanding that our beliefs and thoughts are manifested into physical reality. You are actually the sum total of your reality.

Whether you like it or not. The moment you incline yourself towards placing your mind within the ambit of the conscious platform, accepting the preface of that which you have thought and thereafter using emotions and feelings to colour the scenario. You enter the furrows of the subconscious, heaven help you if you have deviated wrongly and gone on a tangent you will get what you have programmed and nothing can cancel that effect. It is a God movement validating the assumption that you believe in yourself. Every thought is

manifested if you believe in it to the extent of involving your emotions and feelings and you meditative mind that is present in all human embryos that develop to subscribe to the effervescence of the universe.

You can use your power in thoughts to change your life and living. Before you look for the Taj Mahal of your life clean the storehouse of all the rubble and kack that hinges on to the walls of your mental framework as negative parcels of slime and broken syntaxes.....destroy. Our thought put to use in tandem with the subconscious mind will become the ignition vehicle to attract to your self that which you choose. It is essential to programme and re programme your subconscious mind within the ambit of its singularity as it stays like a trapeze inside the confines of your skeletal body and not like the common universal feeling which is that the subconscious mind is always up there in the cranial housing. This special mind set is everywhere the potential of feelings and emotions proliferate within the nervous system.

Many a time naturalist and Indian medicine has often made known to those who believe in the esoteric that the over use of the subconscious mind is felt by the tips of the fingers when tingling sensation over rules the nerve ends and pathological colleges prescribe a dosage of a pyridoxine to overcome these anomalies outside the fraction of the body's elliptical orbit.

But, then not all thoughts are created equal in force and finish. The secret is quite often cast away by religious dictum that favor the clerics to imbibe fear into the faithful and their flock. The answer to the expression of the availability of the secret is universal. The application is devoid of any payment in terms of retribution and then

forgiveness. It is actually a matter of simple mathematical application exerted by the nuances of common sense.

' The attractor factor ' and the power of any thought in particular is determined by how often you have that thought and by the strength and feelings associated with it becomes manifest without and confusion as long as you are without deviation in your mental desire.

This application requires a system of involvement. It needs an engine room and that is where you are meant to maintain the level of visual oil. Your imagination is the engine of your thoughts. It converts your thought power into mental images which are in turn manifested into the real, actual everyday physical realm. The Master himself is an example of this exercise and the results were spell binding. His placement, though divinely tuned were well defined in the realization of the manifest. Thoughts become things. The master thought that which he wanted and used the solus power of good placement and derived for the people the best ever to come forth. Thoughts become things. Believe me.

Thanksgiving

May the Sacred Heart of Jesus be Praised Adored, Glorified and Loved today and everyday 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

—Eliza Pereira, Vasai

Inspiration!

Gratitude: The missing link in modern times

Cultivate the habit of being grateful for every good thing that comes to you and to give thanks continuously. And because all things have contributed to your advancement, you should include all things in your gratitude.”

*-Ralph Waldo Emerson,
American author*

WE LIVE IN a time where everyone is on the pursuit of happiness. Each individual has his or her own path to this journey. But perhaps the most popular form of seeking happiness is through the accumulation of ‘things.’ Materialism, though, is bought at a cost. A society that feels entitled to what it receives does not adequately express gratitude. Seen through the lens of buying and selling, relationships as well as things are viewed as disposable and gratitude cannot survive this materialistic onslaught. So, let’s try to understand why no duty is more pressing than that of gratitude and how we can develop the attitude of gratitude

We have grown in numbers, wealth and power but we have forgotten gratitude! We have forgotten the acknowledgment, appreciativeness, grace, gratefulness, praise, responsiveness and thankfulness; all of which is related to gratitude. Having said that, being grateful is a choice, a prevailing attitude that endures and is relatively immune to the gains and losses that flow in and out of our lives. Gratitude is a selfless act. Gratitude acts are done unconditionally to show to people that they are appreciated, not because people are looking for something in return; however, that is not to say that people do not return the favour. Gratitude can be contagious, in a good way. When disaster strikes,

gratitude provides a perspective from which we can view life in its entirety and not be overwhelmed by temporary circumstances. Yes, this perspective is hard to achieve - but it is worth the effort. Here are the main benefits of gratitude:

- Grateful people celebrate the present.
- Gratitude blocks toxic negative emotions. For instance, it is impossible to feel grateful and envious at the same time.
- Grateful people are more stress resistant. Many studies show that grateful people recover from trauma more easily, perhaps because it gives a perspective from which to perceive events.
- Grateful people have a higher sense of self-worth. This comes from a sense that someone else is looking out for them, so they must be worth something.

Another interesting angle on the benefits of gratitude is the way it challenges dominant psychological patterns. We are often taught to believe that we get what we deserve or, in other words, if something good happens, we’ve earned it. There is often a self-serving bias in this, that if something goes wrong we blame others (or perhaps we blame ourselves and refuse to forgive ourselves). Gratitude works against this by broadening our perspective to include the people and events that have helped and supported us.

The next question is how to become more grateful or how to practice gratitude. Here are a few of the tips:

- Keep a gratitude journal. Set aside time, ideally a daily practice, to remind yourself of the gifts and good things you enjoy
- Remember the bad. It can be helpful to remember the tough times you’ve

had. These can remind you how far you’ve come and encourage gratefulness.

- Learn prayers of gratitude. These

are considered by many spiritual traditions to be the most powerful form of prayer.

- Come to your senses. Through touch, taste, sight, smell and sound we are reminded what it is to be human, what a gift our bodies are and the miracle it is to be alive.
- Use visual reminders. The two primary obstacles to gratefulness are forgetfulness and lack of mindful awareness, so use visual reminders - other people are often the best reminders.
- Make a vow to practice gratitude. Research shows that making an oath to perform a behavior increases the likelihood it will be done, so write a gratitude vow: ‘I will count my blessings every day’.
- Watch your language. Grateful people often use the language of gifts, blessings, fortune, abundance, focusing on the good things others have done for them.
- Go through the motions. By going through the motions, the emotion of gratitude should be triggered. Grateful motions include smiling, saying thank you and writing letters of gratitude or thank you letters.

HAVE LESS ATTITUDE AND MORE GRATITUDE

Gratitude and its influence in our lives is highly fruitful. There is no excuse for not conveying your feelings to your loved ones today. There is no excuse for not expressing your gratitude and appreciation today. There is no excuse for not taking a few minutes of your time to check-in on somebody who has influenced your life with his or her gift of kindness.

Mera Desh, Meri Pehchaan

by Mrs. Ninette D'Souza

"We will not forget, we will not forgive" read the tweet from the official handle of our country's largest paramilitary force. While we accept that in our larger interest it is always better to forgive and move on, currently the angst expressed in the tweet, finds an echo in the hearts of countless Indians.

In the aftermath of the carnage that was the Pulwama attack & the dastardly acts that followed in the succeeding days, it seems providential that Canossa High School, Mahim, planned for the students of Std. 9, to visit the exhibition on the Indian Armed Forces, organized by the Lakshya Foundation, almost a month ago. This was one of the practices we implemented, of the many suggested, by the Education Dept. as part of Self Development, a grade subject for Stds. 9 & 10.

At the outset I wish to thank the Lakshya Foundation for their invitation and Mrs. Shweta Gangan in particular for the constant coordination, attention to minutest details like sending exact locations of where to alight & board & even where to park the buses, adherence to punctuality & exemplary hospitality by ensuring that each group had a volunteer in special clothing, guiding them through every section.

The 16th of Feb, 2019 was indeed a day out of time for the 288 students of Canossa & the Teachers accompanying them as they arrived in 6 groups at Gokhale Municipal English School, Parel, site of the display and interaction with Bravehearts. The inaugural ceremony of 'MeraDesh Meri Pehchan' was on the 15th of Feb in the presence of Honourable guests, Lt. Col D.D Goel, Instructor - NDA & Col. Gaurav Dutta, OIC, Army Paralympic Node. We were ushered in courteously & in an orderly fashion, a system that was maintained right through the time we spent there. The students were asked to settle down in the courtyard along with those of other schools while the adults mingled

around, trying to capture the mood of the event through photographs. A rousing welcome by the founder of Lakshya Foundation Mrs. Anuradha Prabhudesai led to a brief yet evocative interaction conducted by the Lt Col & the Col both of who were physically impaired while rendering service. The message of the exchange was very clear... 'So what if I have failed? I will put in more effort & do better. So what if I fell down during a race? I will get up & move on. So What? So What? many examples, all in the positive sense of the phrase. What the country needs are youth with dedication & determination was the tagline.

Each group was then led to a different room where they were introduced to the Lakshya Foundation & its objectives through a dialogue with the resource person and an AV Presentation. The brief & highly informative session ended with each group receiving its own 'WAR CRY' as is the MO of the different regiments, especially within the Infantry. As we moved out of the Orientation room & were led into a hall, it felt like we had entered a different world altogether, one that inspired awe and pride. Personnel of the 15th Punjab Regiment were all around to explain in simple terms to the young questioning minds, the origin, functioning & handling of the models of the massive Artillery that was being showcased. The Naval Cadets were just 3 but were up to the task of sharing all the information about the functioning of the different Navy ships in battle, including which were in use & which were not. Very humbly they agreed to a couple of pictures which we could not click of the Army Personnel for security reasons.

We were then led to another resource person who prepared us for the dream-like encounter we would be undertaking. As we entered the model created of the Siachen Glacier, we found ourselves standing in regulated chill on what seemed like bits of ice, with tiny snowflakes dripping around us. It sent not just goose bumps up our spines but brought tears to our eyes, as we were helped to

understand the level of sacrifice our soldiers go through, as they oscillate from -50°C at the Siachen Glacier to 50°C in the Rajasthan desert. No one wanted to leave the model area because the heinous act of the previous day was still very fresh in each one's mind.

We were led onto the School Grounds where we were privileged to watch how a platoon of a regiment led by a Commander, functions. Their actions were replicated by a group of NCC Cadets. We were explained their movements in detail as in sections of 3 they moved forward, organizing themselves for offense & defence, to attack or to cover one of their own till they were commanded to retreat. Then was 'Action Time' for the children themselves. Moving around the ground we were introduced to the minimalistic bunkered living conditions of our Jawans. This was a real eye opener for all of us who have hitherto looked at life in the Army through rose coloured glasses. Learning the posture of holding a gun in readiness to fire, crossing a Burma bridge with the gun slung over the shoulder, crawling through narrow pipes, jumping over obstacles (simulating land mines) was a dream come true for a few selected students from each group. Some of the children with reverential respect got some of the Personnel around to sign autographs for them. I'm sure these will go into their treasure trove of memories. It was time for group photographs and they enjoyed placing themselves in the cut-outs placed in strategic places, so they resembled a soldier. Soon it was time to depart. With an energy bar in the hand we left the venue with heavy hearts.

Amidst the rising cacophony of boycotts & the unending rhetoric of televised debates, all I can say is that while there were many 'Takeaway's' from our visit, the biggest was the understanding that Sacrifice, Determination, Dedication & Passion for every task from the smallest to the greatest on the part of its citizenry, is what will take our country to great heights. As we experienced the instantaneous rush of action, we joined many others in celebrating the spirit of Indianism.

Jai Hind.

Catholic Forum Calls For Vatican III

(TContd... from last issue)

It assumed greater urgency today because of the deafening silence of national level Catholic organizations, be they lay, clerical or episcopal. He opined that the Catholic Church is the biggest organization in the world, but it is woefully lacking in both crisis management and damage control. Crisis management is preventive, to foresee or forestall a crisis; whereas damage control is a rapid response to an event that occurs unexpectedly, despite preventive measures. A crisis is different from a problem, in that its redressal cannot be deferred, as in the case of a fire.

Lobo felt that most of the crises facing the church today were rooted in excessive clericalism. Subhash Anand intervened to say that the more we depend on the clergy for non-essentials, the more we perpetrate clericalism. Lobo continued that in Pope Francis we had the best opportunity to reform the church, it should not be wasted. The media, as also the social media, were the best tools for bringing about change.

Rev Devraj Fernandes, editor of the Herald, one of the oldest English language weeklies, spoke on the media as an agent for transformation of the church. He gave a detailed analysis of how the church has interacted with or kept the media at bay over the centuries. Of late the church, both universally and in India, has been under intense media scrutiny. By its very nature the media is both adversarial and sceptical. In the past the Church's normal response was to clam up in secrecy. There has been a gradual change, beginning with Pope Pius IX who leaked information to his supportive press, to Pope Pius XII founding La Osservatore Romano for dissemination of information.

In contrast, Pope John XXIII, in his encyclical "Pacem in Terris" stood for freedom of speech. Vatican II de-

liberations also began with leaks that soon turned into a torrent. Fernandes said that most Catholic publications were confined to religious matters, and were either owned or controlled by a status quoist hierarchy. In recent times though, the church has opened its windows to the media. He exhorted the participants to encourage the reading habit. The organizers had arranged for copies of leading Catholic journals like Indian Currents, The Herald and the Voice of the Faithful, to be distributed to all participants. Jude D'souza of Vadodara made a pertinent observation that pulpit power or hegemony is used to obstruct lay initiatives. Hence the laity had no alternative but to use the media for dissemination of information, even though it is much more costly and time consuming.

After three days and nine topics of intense deliberations and prayer the participants now focussed on The Path Ahead. Because of the leadership vacuum in the church they decided to constitute themselves into the "Indian Catholic Forum" (ICF), a platform that would act as a moral force in the country, to take forward the message of "We Too Are Church", to reform the church and speak up for it on critical issues in the media. It would also formulate a Citizens' Charter for the Lok Sabha elections 2019 that would be sent to all major political parties. It elected a Core Team with chhotebhai as the Convenor, Swami Sachidananda as the Co-Convenor, and Isaac Gomes as the Secretary General, together with 8 others from across the country. Rev Subhash and Percival also accepted to collaborate as Spiritual Advisor and Youth Animator respectively.

The goal of the ICF is to bring about the wished for renewal of the Catholic Church in India as per the teachings of Vatican II and the provisions of Canon Law, with special emphasis on

the role of the laity in secular or temporal affairs. It calls for collaborative decision making in the church, transparency and accountability in public dealing, special protection for vulnerable women and children, and avoiding all forms of ostentatious celebrations by both the institutional church and the laity. It therefore makes a clarion call for the convening of Vatican III, with adequate numbers of the laity, clergy, religious and youth, so as to be fully representative of the universal (catholic) church.



by chhotebhai *

It also calls for the establishment of arbitration and conciliation boards as per the provisions of the Arbitration & Conciliation Act of 1996; to be established in all dioceses and church related institutions, for conflict resolution and grievance redressal. It will strive to use the media; print, electronic and social, to disseminate its views, thereby transforming through informing. It hopes to collaborate with Catholic Church Reform International, an international body that has already been engaged in dialogue with the Vatican. In India it will seek support from change.org, a social site that organizes public interest petitions worldwide.

The ICF has no membership fee. All Catholics resident in India be they lay, clergy, religious or bishops, are welcome to join if they share its goal and vision. This report, besides being sent to the Catholic media, will also be sent to the Nuncio, the CBCI and major Catholic organizations in the country, as it has no hidden agenda. Those seeking more information may contact the Secretary General, Isaac Gomes, at the following: 9433060603 or at isaac25gomes@gmail.com .

Royal Christian Family MATRIMONIALS - GROOMS

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6996. MUMBAI : Tamilian Roman Catholic Bachelor, (Born in September 1990), Ht. 5' 5", Wt. 75 kgs, Wheatish Complexion, Edn. BMS., M.Com., MBA in Marketing, working for L & T Infotech. Contact email : rodnidavid@gmail.com

6991. MANGALORE : Mangalorean Roman Catholic Bachelor, (Born in July 1984), Ht. 170 cms, Wt. 65 kgs, Wheatish Complexion, Edn. Engineering, working as a Electrician Contractor. Contact email : priya.tellis5@gmail.com

6948. MUMBAI : Goan Roman Catholic bachelor, (Born in July 1987), Ht. 5' 4", Wt. 70 kgs, Wheatish Complexion, Edn. B.Sc., working a HR. Contact email : adleyds@gmail.com

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

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 Indain Roman Catholic Bachelor, (Born in October 1987), Ht. 5' 6", Wt. 75 kgs, Fair Complexion, Edn. Graduate, Hotel Management, Contact email : nevoid2016@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

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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 RC issueless Divorcee, (Born in April 1975), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn.B.Sc., MBA, working as a Manager. Contact email : sudeep-talukdar2003@gmail.com

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7015. MUMBAI : 35 years, Roman Catholic Spinster, (Born in February 1983), B.Com., LL.M., working in a MNC in Mumbai, seeks alliance from well educated and well settled bachelor. Kindly reply with profile and photograph on the email ID : alliance3525@gmail.com

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7013. MUMBAI : East Indian Roman Catholic Spinster, (Born in November 1989), Ht. 5' 2", Wt. 61 kgs, Fair Complexion, Edn. M.Com., PGDFM., working as a Financial Analyst, Contact email : dmelloraymond23@gmail.com

6995. NEWDELHI : Goan Roman Catholic Spinster, (Born in March 1992), Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. MBA, Real Estate Professional. Contact email : tanya2gomes@gmail.com

6839. MUMBAI : Mangalorean Roman Catholic Issueless Divorcee, goodlooking, (Born in May 1980), Ht. 5' 4", Wt. 70 kgs, Fair Complexion, Edn. M.Com., MBA., working as a HR in TCS., Contact email : matrimonywatch@gmail.com

6860. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1991), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion, Edn. B.M.M. (Mass Media), working for IT in MNC. Contact email : lgp1891@gmail.com

6902. DUBAI : Goan Roman Catholic spinster, (Born in April 1975), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as a Secretary. Contact email : pepem25@rediffmail.com

6901. DUBAI : Mangalorean Roman Catholic spinster, (Born in October 1993), Ht. 5' 7", Wt. 63 kgs, Fair Complexion, Edn. B.Com + IATA, Working as a Asst. Office Administor, Contact email : rishalalbuquerque@yahoo.com

6795. ALLAHABAD : Roman Catholic Spinster, (Born in March 1978), Ht. 5', Wt. 60 kgs, Wheatish Complexion, Edn. M.Com., Workaing for MNC. Contact email : sujata.josephine@gmail.com

6792. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 2", Wt. 60 kgs, Wheatish Complexion, Edn. MBBS., pursuing MBA., Doctot by profession. Contact email : dr.criss25@gmail.com

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6790. MUMBAI : Roman Catholic Spinster, (Born in October 1987), Ht. 5' 3", Wt. 58 kgs, Fair Complexion, Edn. B.A., LL.B., (M.A - I), working as a Legal Executive. Contact email : robertalbuquerque10@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

6943. MUMBAI : Goan Roman Catholic 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 Roman Catholic 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 : Roman Catholic 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 Roman Catholic 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

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To commemorate this International Women's Day, we replace the dismal pictures of women as losers, with the brighter scenes of brave heroines fighting the injustices for their survival!



At twenty six years of age, she had faced it all! Engrossed as she was, in the responsibilities of being a single mother and a bread-winner, the annual International Women's Day slipped her by without touching her life. There are thousands of women like her, unsung and unrecognized, living in obscurity on the fringes of society! Her story came to light when she approached the parish cell of the Women's Commission with a desperate plea to save her ten years old daughter.



by Vera Alvares

It is said that women in India are in a constant state of vigilance as though it is a terrorist state where danger lurks around every corner! In a country where millions of smartly dressed women are seen on the streets, in public transport, factories, airlines and offices and where laws have been amended to ensure greater protection of women, do women still face imminent danger? Why do concerned citizens have to protest on the streets against the brutal rape of infants, gang rape of teenagers and trafficking of women?

Though physical abuse has assumed alarming proportions, women's exploitation in all spheres of life contributes greatly to the fact that women need to be vigilant all the time. It is not surprising that in India; particularly on the lower rungs of society women themselves take this abuse as an integral part of the life of the weaker sex. Groomed by the family to play the role of mother, wife and child-bearer, they are helpless to change the fate that

awaits them, meekly accepting the cruel, agonizing existence.

It is not surprising that there are hardly any instances of such women demanding their rights by seeking justice. The American writer and novelist Pearl Buck who was a passionate advocate of women's rights, winner of the Pulitzer Prize and recipient of the Nobel Prize for literature wrote: "The test of a civilization is the way that it cares for its helpless members." This sentiment has been echoed by other great thinkers and activists. In a Patriarchy like India in the name of tradition and culture, are the women living as helpless members of our society?

The story of this single mother who came pleading for help exemplifies the helplessness of women caught in the web of a duplicitous society. Born of poor, illiterate parents, her dream of making a better life for herself was shattered when at the tender age of fifteen she gave up school to follow her heart! In the absence of any parental guidance or concern, though unmarried, she ventured to live with a person of another Faith, only to end up as a mother a year later! Subsequently, deserted by the man and disowned by her family, she found herself in a Home where the religious sisters accepted her without condemning her.

The years of struggle to survive as a mother equipped her with the necessary skills to make a life for herself and her little girl, away from the prying gaze of her abuser. Then one day trouble came knocking at her door, in

the form of the father of her child who had waited in the wings for a happy ending to this dreary drama of life. Being without any support, she became helpless once again at the hands of the same man who had exploited her once before. She sensed danger when he began stalking the child and decided to seek legal aid with the help of the Commission.

This is not an isolated case. Exploitation thrives on helplessness and poverty. It is common in India for girls from poor families to flock to the cities as domestic workers and live with the family in strange homes with unknown people. Often they are ill-treated and end up as bonded labour or are physically abused. Young girls are sold as brides and sent to distant places where they are totally at the mercy of the persons who have bought them. Weak and vulnerable they live in constant fear and languish in the man-made cage without having lived at all..

No democracy is a true democracy when half its population lives in fear. India may be in denial of the fact that a majority of its women feel vulnerable on the streets, at work, in markets, or at home, even though they have learned how to cope with this anxiety. Young educated women in our cities admit to modifying their behavior to avoid any undue attention from dangerous elements. The new rules are- Don't go out alone unnecessarily; be at home before dark, always be careful and alert, censor your speech, clothes and body posture. Despite this, women live as helpless members of a society that prides itself as being modern and liberal. How long before these restrictions begin to choke and gag women in a nation where 'EQUALITY' is assured to all in the Constitution of the country?

A famous quote from Mahatma Gandhi springs to mind here: *'the true measure of any society can be found in how it treats its most vulnerable members'*!

Break free from failure and move forward

The most important lessons that these studies teach is that success is determined by mindset and drive, that giving in to failure produces absolutely no positive results and that success breeds increased and continual success. Now let's dive into some of the ways that you can effectively deal with failure and continue moving towards the success that is right in front of you.

Acknowledge the failure :

It's important to acknowledge failure in your life when it happens. This will help you to identify what it is you need to focus on, so that you can approach the situation in a new way for success in the future.

View failure as a learning opportunity and take notes :

Failure is such a debilitating feeling because we associate it with losing and with finishing. Failing does not mean that you have lost. It also doesn't mean that you need to be prevented from moving forward because of the failure.

Create a map that will help translate failure into success :

When faced with failure, it can be difficult to convince ourselves to move forward. This is especially true if the failure that you were faced with was large and required a ton of work to go from point A to the not - so - suc-

cessful point B.

Remind yourself of past failures and successes when faced with a large failure :

There may be some failures in your life that seem too big to get over. The failure may cause you to get down on yourself and to feel less motivated than usual. During times like these, it is important to remember that failure is not the end of the world.



Can your password be hacked?

You can stay safe from password hackers using a feature on Google's Chrome browser. This feature is the name of the Google password check. Google Chrome already has a password management support system. This means that you can use Chrome to generate and store passwords and user names. For this you have to go to settings and click on the password box. Google password checkup feature works as a second layer and tells you whether or not you want to change your password.

Google encrypted databases can be used to find out which password is safe and what is not. During this process no data is leaked. If Google finds a match in your password, it will immediately advise you to change your password. When you login to which site and your username and password also goes to 400 billion passwords or username, which is unsafe. After that, Google also advises you to change your password.

But even if that happens, you will have to change your habits too.

Gadgets that every student should own

There is no doubt that technology makes our lives easier in a lot of ways. Student life can be a little stressful but technology can help deal with it. There are a number of gadgets and devices that could be really useful for students to help them learn better and increase their productivity. Here are a few useful gadgets that every student should have.

Portable storage devices like pen drive and external hard drives :

Students should own portable storage devices like pen drives and external hard drives. These devices can come in handy as they help in backing up files and data regularly. This will ensure that students don't lose important assignment or project files even in case of a computer malfunction or any other accident. They can also store educational videos and other learning material and access them anywhere.

Fitness and sleep tracker is a useful device too :

As mentioned earlier, student life is stressful; there may be many ups and downs in their life. In order to overcome stress, they need to stay healthy and both mentally and physically. It is important for students to eat healthy, relax, stay fit and get sufficient sleep. They can take help of fitness and sleep tracking devices to manage their sleep, eating and fitness habits.

Having a power bank is necessary :

Students use their smartphones for educational purposes. They spend a lot of time on their phones which can drain their devices battery fast. To ensure that they're never low on power, it's important for students to have a power bank for their smartphones.

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