

# THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY



**WE All are sitting on a  
CREDIT TIME BOMB.  
The CLOCK is ticking**

... banks, mutual funds, and insurance companies are going  
to face the heat of BANKRUPTCY going forward ...

## 'Bethany Heritage Park' opened in Mangaluru



*-Ivan saldanha-Shet.*

Highlighting the vision of first potential Mangalorean saint of the church and founder of the indigenous Bethany congregation - Servant of God Raymond F C Mascarenhas - a 'Heritage Park' was inaugurated at Bethany Complex, Bendur in the city on June 28. commencing with the enthronement of the statue of the Sacred Heart of Jesus by Mgr Maxim Noronha, the Vicar General of the Diocese of Mangaluru. Mgr Maxim Noronha who conducted the blessings, he appreciated Bethany Sisters for their unique contribution to the society by setting up this park. He encouraged the audience to be the bearers of love, peace and harmony which comes from a pure heart.

Sr Rose Celine, the Superior General inaugurated the Heritage Park replete with memorials spiritual and of practical values. She also unveiled the statue of Jesus in the Garden of Gethsemane. Sr Lillis, the Assistant Superior General and mastermind behind this heavenly park in her introductory speech said that the heritage park highlighted the vision, ideals and spirituality of the Servant of God RFC Mascarenhas, the Founder of Bethany Congregation and the

Former Vicar General of the Diocese of Mangaluru. She called upon all Mangaloreans to recapture these values especially compassionate love that Mgr Raymond translated in to his daily life.

Rev Fr Vincent Monteiro, the Parish Priest of St Sebastian Church, Bendur, opened the scene of Jesus crucified on Calvary. Sr Wilberta, the former Superior General paid homage to the portrait of St. Joseph centrally placed in the garden. Mrs Sabitha Misquith, former area Corporator unveiled the image of the Servant of God RFC Mascarenhas and honored by all present. This was followed by the various key nun leaders inaugurating different pieces of spiritual art and culture in the park. Children present took delight in unveiling the portrait of Jesus with children and posed for a photographs.

The other attractions to the Heritage Park are: Mgr Raymond Museum, Spiritual-Cultural Centre containing the First house of Bethany Congregation, the Grotto of Our Lady of Lourdes, the renovated Chapel built by Mgr Raymond with religious painting, and an underground tunnel. People were urged to visit this gracious spot often and be filled with peace and joy.

## Cardinal Gracias says Global Rosary Relay calls priests to be Good Shepherds

Mumbai, June 30, 2019: Cardinal Oswald Gracias, the Archbishop of Bombay, joined people from around the world in the Global Rosary Relay on Friday, the Feast of the Sacred Heart.

Different churches in over 70 countries participated in the event, each dedicating at least 30 minutes to the rosary at different half-hour intervals of the day. Organizers estimated over 1 billion decades of the rosary were said for the intention of the sanctification of priests.

"Today at the Global Rosary Relay, we pray for all priests, our own sanctification and sanctification of all priests of the Archdiocese of Bombay, the Church in India and in the Universal Church," Gracias told Crux at the Basilica of Our Lady of the Mount, where the event took place.

Gracias told Crux the event "is an invitation to grow in closer proximity with Jesus."

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## Contents

pg. 3 - We are all sitting on ...

pg. 5 - Voice of the People

pg. 7 - In solidarity with Sanjiv Bhatt

pg. 8 - You the citizens decide

pg. 10 - The first canonised couple

pg. 11 - Are you a people pleaser?

pg. 12 - Ideas to boost your productivity

pg. 14 - Recipe

pg. 15 - US antiminority report irks BJP Govt.

pg. 16 - Obituary

pg. 17 - Inspiration!

pg. 18 - Fun page

pg 19 - Matrimonials

pg 23 - Strange laws from around the world

**Cover** : We all are sitting on a

credit .... The clock is ticking:

(Article on pg.3)

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## WE All are sitting on a CREDIT TIME BOMB. The CLOCK is ticking

By Don Aguiar

Is Indian Banking System heading for Liquidity? Crises never seen before? What investors should do? HDFC AMC has renewed the FMP by 12 months. Kotak AMC is facing the payment issues for its FMP due to exposure to ZEE and other companies. SBI has taken over JET. LIC has taken over IDBI BANK. Many PSU banks have been merged. Where are we heading looking at these incidents? If you look at the govt. statistics, everything is the best. They have given the first instalment of Rs.2000 to the farmers and things like that. But if you just go little deep you will find that .....

1. Banks are doing businesses other than banking – SBI is flying planes of JET!!
2. Insurance companies are running BANKS!!
3. Mutual fund investors are getting a promise to get their money as and when the lenders give money back to mutual funds.
4. Your customers are promising you that they will send money for their overdue payments.

In short, the above is an illusion that everything is OKAY. Banks are feeling safe now, but the end results will be more negative than what it appears today. What does it MEAN for BANKING and NBFC stocks?

A drunk naked woman boards a cab in America.

Driver of the cab, a Gujju, keeps staring at her and does not start the cab.

Woman: Haven't you ever seen a naked woman before?

Gujju: Cool down, ma'am. I am not staring at you. I am just wondering as to where you have kept the money to pay me?

Moral: This is what most of the Indian Banks failed to do.....

Assessing the repayment capacity before enjoying the exposure

Long back BUFFETT had said he would never invest in BANKS. Today 61% of BUF-

(Contd.. on p. 4)

(Contd.. from p. 3)

FETT portfolio is into 5 banks or financial companies!! Buffett has a problem of plenty of money and he would have got these companies by force or by choice. His plus point is that he is in the USA, where the Helicopter BEN printed new money and recapitalised all banks.

In India – those who had invested in now-defunct UTI guaranteed schemes – had not got a single penny as per the promise. US – 64, the star performing fund, had lost lakhs and crores of the small and HNI investors. We have seen what happened to GLOBAL TRUST BANK – now taken over by Oriental Bank of Commerce. There is a small bank in Mumbai – KAPOL Co-Op Bank. The bank is closed by RBI and now the deposit holders are not getting their full money.

Today LIC money is considered 100% safe as it is guaranteed by parliament law. I am unable to see how LIC will pay to all the policyholders – the way it is being asked to invest by CENTRAL Government in PSU dis-investments or taking over sick banks.

Private insurers are chasing return in the form of Unit Linked plans. The way Mutual Fund guys have lost in DEBT funds, I am seeing the same thing would be happening in Private Insurer's investments also.

So, banks, mutual funds, and insurance companies are going to face the heat of BANKRUPTCY going forward.

The FUNNY aspect of solving Bankruptcy?

Most of the companies are being sold at 20-40% of the loan amount. Now, to pay that 20-40%, the taking over companies are taking new loans to pay to the banks. Let us say Tata Steel took over Bhushan steel. Now, the banks got 40% from the Tata Steel. But Tata Steel didn't have the cash to pay that. So, banks gave a loan to TATA STEEL. Technically, what happened is BANKS lost 100% of the BHUSHAN STEEL and paid another 40% to TATA to take over BHUSHAN STEEL. (one may argue that TATA STEEL will return the capital some day and pay the interests regularly – but today BANKS had to top up the loan by 40% !!)

My Marwari friend used to say a very

good saying in their language on this scenario. He says "Sau(100) ke HUE SAATH(60). Aadhe gaye NAATH. 10 de denge.' 10 dilwa denge or 10 me kya lena or dena. Meaning of this is – from Rs.100, they decided to give Rs.60. Now they say they can give only Rs.30. From that Rs.30, He will give Rs.10, he will ask somebody to pay Rs.10 and now don't cry for Rs.10 which is the balance. It means all Rs.100 gone.

This by accounting standards is a perfect deal and makes the balance-sheets of banks looks strong.

In this kind of deals – the deal makers make the hefty commissions for finding a suitor for sick companies. This is an additional cost to the banks or financial institutions. What NEXT?

We all are sitting on a CREDIT TIME BOMB. The clock is ticking.

After telecom you will see massive job losses in banking. SBI has reduced branches overall if you count the merged banks. They have also not replaced retirement attired employees in the last three years. HDFC Bank has been quietly shedding people last two years. Auto companies are next, for the first time in Maruti's life, dealerships have closed in Bombay. Maruti dealership used to be a currency printing machine!! Same for two wheeler companies. NBFCs are shedding people in droves. If you think it's bad now, you ain't seen nothing yet

With India's economy growing at more than 7%, why is the auto industry hurting so much? The answer lies in something of a perfect storm that has hit the industry's horizons.

Many factors have converged to dent sales.

Last year's Kerala floods.

Insurance cover change.

Tightening liquidity: 80% of new cars being sold are financed.

Urban India's difficult job market.

Rural India's farm distress.

If rural was hurting, urban market compensated and vice-versa. This time, both rural and urban are hurting.

Lok Sabha elections, known to make

consumers postpone big-ticket purchases.

Plus, multiple policy shocks, like demonetization, GST and emission norms for which the industry spending Rs 70,000 plus crore to comply.

In 2017 government announced that India will go 100% EV by 2030, sending shivers through the auto industry.

Freak policy/regulatory announcements: example, last year, West Bengal restricted two-wheeler registration only to people with driving license. The Supreme Court ban on diesel vehicles was another instance.

With multiple ministries interfering, policy flip-flops have been aplenty.

Two other factors—growth of shared mobility trend (Uber and Ola) and market structure (Maruti and Hyundai together have nearly 70% market share). Ford and General Motors, are re-evaluating or exiting the Indian market.

Future not encouraging. "Election will dent the first quarter and BS-VI transition the last quarter in 2019-20.

The new emission norms will push up prices, especially diesel vehicles. Due to stiff emission norms, auto companies will phase out non-compliant models and pull the plug on non-viable variants, especially diesel.

This means companies will have fewer models to lure buyers.

Maruti just announced that it will cease diesel vehicle sales by April 2020. A small consolation is that BS-VI compliance will open up many more export markets for Made-in-India vehicles.

The road ahead looks bleak. But it is also true that consumer sentiment — the biggest catalyst for consumption — is so much more a matter of the heart than the hard reality of purchasing power. And that really is the best hope for Mottown India — that a stable government and rising economic sentiment could just reverse the tide for the industry. Has India voted for a stable secular democratic government?



## Chatting on mobile – a malaise

There was a newsreport recently which says, women cops help reunite lost 2-yr-old with parents. The incident - A Two year child was out with her parents at Worli sea face when during the course of the evening, the child got separated from the parents. It was however, their good fortune that a passerby and two women police took possession of the child and found the parents within an hour of the child getting lost.

The point that cannot be missed here however, is that **the mother was “busy talking on the phone”** when the child got left behind. How so often we find parents busy engrossed in chatting away on the mobile while the child is left on its own? The poor child is completely forgotten. **This practice of “chatting on the mobile” seems to have become a malaise that is affecting a lot of people and needs to be eradicated.**

And this is limited not just to the lower, uneducated, illiterate class of people. We find this malaise affecting the educated, literate parents as well. This incident should be enough to make such parents sit up and think. They need to understand that their children are more important than chatting on their mobile !

—Melville X. D’Souza  
- Orlem, Malad West.

## Unpredictable monsoon and forecasts

The type of monsoons the country has been experiencing this year

has been not only unpredictable, but also unprecedented in recent years. Months before the onset of the monsoons , the India Meteorological Dept (IMD) had predicted a normal monsoon for the entire country. Instead, what we have had this year in most parts of the country, is drought, parched lands , heat waves and dried up reservoirs and water bodies. Cyclone ‘Vayu’ was predicted to rage over the coasts of Goa , Mumbai and Gujarat in early June, but fortunately, nothing of this happened, as Vayu’ changed course and petered out

tamely, without much of the expected havoc. In Kerala , Goa and Mumbai monsoons were said to be delayed because of the change in monsoon pattern, caused by ‘Vayu. Accordingly, different dates of its arrival were forecast, but there were no visible signs of its arrival till around June 25 in Goa and much later in Mumbai, which was said to be the latest in the past 45 years. So, what do we make of these official forecasts? Have we reached a stage that compels us to throw up our hands and submit meekly to the vagaries of nature and its mysterious behavioral patterns?---- Unable to predict, start, or stop the fury of nature, despite our technological advances and expertise?

—A. F. Nazareth  
Alto Porvorim.

## Do you know that...

- \* The stomach is scared when you do not have breakfast in the morning.
- \* The kidneys are afraid when you do not drink 10 glasses of water a day.
- \* The gall bladder is scared when you do not sleep until 11 o'clock in the night and do not wake up when the sun rises in the morning.
- \* The small intestines are scared when you eat cold and stale food.
- \* The large intestines are scared when you eat more fried and spicy food.
- \* The lungs are scared when you breathe in smoke, dirt and polluted environment of cigarettes and bidi.
- \* The liver is scared when you eat heavy fried food, junk food, and fast food.
- \* The heart is afraid when you eat your meal with more salt and cholesterol.
- \* The pancreas are scared when you eat more sweets.
- \* The eyes are scared when you work in the light of mobile and computer screen in the dark
- \* The brain is scared when you start thinking negative thoughts.

Take care of the parts of your body and do not scare them. All these parts are not available in the market. Those available are very expensive and probably cannot be adjusted in your body. So keep your body parts healthy. Do yoga and meditation regularly so that you remain healthy and strong.

— Jubel D’Cruz, Mumbai

# Vatican intervention fails to resolve Ernakulam problems

**Kochi, June 29, 2019: Crisis seems to have deepened in Kerala's Syro-Malabar Catholic Church with about 200 priests of the Ernakulam-Angamaly Archdiocese protesting the Vatican's decision to reinstate Cardinal George Alencherry as their archbishop with all administrative powers.**

Launching a scathing attack on the cardinal, the priests made it clear that they and the faithful could not accept him as their archbishop as he is an "accused in financial misappropriation cases related to the church land deals."

Meanwhile the Archdiocesan Movement for Transparency (AMT), a combine of priests, religious and lay people demanding more transparency in the functioning of the Syro-Malabar Archdiocese of Ernakulam-Angamaly, has claimed that a press release from the Syro-Malabar Church Media Commission on June 27 was "misleading and confusing."

The media commission said Cardinal Alencherry, head of Syro-Malabar Church, secured full powers as the head of the Ernakulam-Angamaly Archdiocese after the Vatican asked Apostolic Administrator Bishop Jacob Manantheodath to go back to his Palghat diocese.

The Vatican appointed Bishop Manantheodath as the apostolic administrator in 2018 after suspending the cardinal's administrative powers over the archdiocese.

An AMT statement on June 28 said the media commission's claims caused "anxiety" among the faithful.

The priests of the archdiocese, who met at nearby Aluva on June 28, also adopted a resolution slamming the Vatican's Oriental Congregation's decision to suspend two auxiliary bishops of the archdiocese from the offices.

"This can be seen only as an act of vengeance," they said in a statement on June 28.

Questioning the decision to suspend Bishops Sebastian Adayanthrath and Jose Puthenveetil from their offices, the priests said no convincing documentary proof has been produced by the Synod of Syro-Malabar Church to justify the decision.

Rallying behind the suspended bishops, the priests, who had earlier fought Cardinal Alencherry over a controversial land deal in the archdiocese, allegedly involving him, sought to know why both the bishops were suspended.

They said the Oriental Congregation, which has authority over all matters relating to the Oriental Churches, and the Syro Malabar Synod have the responsibility to convince the priests and laity of the decision to suspend the bishops.

They also urged the Oriental Congregation and Synod to convince them and the laity about the "serious lapses and corruption" in the land deal.

Stating that the Vatican's decision to reinstate Cardinal Alencherry has affected the faithful, the priests said they would not cooperate with the archbishop, who has no moral right to rule over them.

Cardinal Alencherry had secured full powers of the archbishop of the archdiocese on June 27 after the Vatican directed Bishop Manantheodath to return to his diocese.

The Media Commission had said Pope Francis took the decision in the light of studies carried out on different levels over the recent developments in the Ernakulam-Angamaly Archdiocese.

The AMT statement expressed con-

cern that Cardinal Alencherry has returned to head the archdiocese with full powers despite causing "massive financial losses" to the archdiocese.

"This step cannot be believed to have been taken by the Pope," the movement claimed and alleged that the Media Commission presented the decisions and steps taken by the Congregation for the Oriental Churches as the Pope's decisions.

The media commission statement said that the Pontiff had expressed his gratitude for the responsibilities carried out by Bishop Manantheodath as the apostolic administrator.

However, Cardinal Alencherry's "temporary" return to power has been attributed to the Congregation for the Oriental Churches, the AMT statement added.

In 2018, a division bench of the Kerala High Court had set aside a single bench order, directing police to book Cardinal Alencherry and three others over alleged irregularities in land deals in the archdiocese.

The bench had said the single bench order "suffers from legal infirmity and deserves to be set aside."

A six-member inquiry committee appointed by the Church to probe alleged irregularities in the land deals had said Cardinal Alencherry "seems to have fully known and involved" in the alienation and purchase of lands by the archdiocese between April 1, 2015 and November 30, 2017.

The panel, comprising priests, was appointed by Cardinal Alencherry after some priests and faithful accused him of selling the archdiocese's prime land for "a very low price."

The Syro-Malabar Church has more than 30 dioceses in India and four outside serving over five million faithful.

*Courtesy: Matters India*

# In Solidarity With Sanjiv Bhatt



**O**n 20 June the day Sanjiv Bhatt was sentenced to life imprisonment, his wife Shweta Bhatt posted on Facebook and also tweeted, *"the sessions court today sentenced Sanjiv to Life Imprisonment for a crime he did not commit. To all of you who have stood by Sanjiv as his pillar of support - Your words of support are comforting and encouraging, but words without action will amount to nothing. your support will mean nothing if you let such travesty of justice happen to a man who has done nothing but serve his country and his people diligently"*.

In a direct message To the IPS association she continued *"today one of your very own has been vindictively persecuted for being a true IPS officer. You didn't stand by him, you didn't protect him ... he keeps fighting his battle against this vindictive government, the question is till what end are you prepared to remain as silent spectators?*



BY FR. CEDRIC PRAKASH SJ

*We as a nation are going through an extremely dark phase. We shall continue fighting till our last breath, the only thing remaining to see is whether we will be fighting a lone fight? or will the people of this sovereign democracy fight for a man who never stopped fighting for them."*

Shweta followed this with complete details of the thirty-year old 'incident' attaching copies of Sanjiv's further Statement and the Forensic Medico-Legal Expert's Opinion. She ends her cry for justice saying, "India, it's time to wake up. Today it is us, tomorrow it can be you. God bless!" with the hashtags #Timeforactionsnotwords #Enoughisenough #JusticeforSanjivBhatt

The life imprisonment punishment meted out to Sanjiv Bhatt has few takers! A simple, objective reading of the judgement by the Sessions Court will make any thinking citizen to laugh at the hollowness of it and perhaps even

cry in shame at the abysmal depths to which sections of the Indian judiciary can fall! Sanjiv Bhatt's case goes way back to November 1990, when he had apparently detained several people (the numbers vary between 110 and 150 in different reports!!!) for rioting in Jamjodhpur town on the day of a Bharat Bandh, called to coincide with the end of the 'rath yatra' initiated by L.K. Advani, the then Supremo of the Bharatiya Janata Party. Bhatt, a 1988-batch IPS officer, who was then additional superintendent of police of Jamnagar district, had been sent to Jamjodhpur by then superintendent of police, T.S. Bisht. Among those detained was one Prabhudas Vaishani, who was released on bail after nine days and allegedly died ten days after his release, while undergoing treatment in a hospital for renal failure. His brother, Amrutlal, had then filed a complaint alleging custodial torture against Bhatt and eight other policemen.

In 1995, cognisance of the case had been taken by a magistrate. The case was first given to the state CID (Crime) for investigation. Following scrutiny of 2,500 pages of evidence from log-books of vehicles, wireless messages and examining more than 200 witnesses, the Crime Branch declared that there was no evidence found against Bhatt and the five policemen accused in the case.

The CID (Crime) also concluded that there was no evidence that Prabhudas Vaishani and Ramesh Vaishani were ever in custody of Sanjiv Bhatt or his team. The report also observed that none of the 133 arrested by the Jamjodhpur police, including Prabhudas, had complained of either any discomfort or of ill-treatment to any doctor or medical professional. Moreover, their medical examination done by doctors at the prison also did not find any external or internal injury to Prabhudas.

The expert opinion of celebrated Nephrologist Padmashri Dr HL Trivedi, the founder director of the well-known Kidney Disease and Research Institute of Ahmedabad, was sought and obtained by CID (Crime) by sending him all the medical reports, treatment papers, post-mortem reports and related tests. Dr Trivedi, in his expert opinion, stated that there was no indication of "Rhabdomyolysis" as the cause of death of Prabhudas Vaishani, thereby further confirming that the cause of death was not due to any torture. (Shweta has included Dr Trivedi's report in her release).

The investigations were thorough. The State CID (Crime) finally submitted its investigation report and in keeping with the veracity of the report, the Gujarat government refused to sanction the prosecution of Sanjiv Bhatt and other accused police officers. Thereafter, the prosecution filed a closure report in the court in 1995. Until Sanjiv Bhatt had the courage to take on Modi and the Gujarat Government for their complicity in the Gujarat Carnage of 2002. Showing unparalleled vindictiveness, the Gujarat Government and High court reopened the case in 2011.

'Custodial deaths' do happen with frightening regularity in India. There is no denying that! According to the latest data from the National Crime Records Bureau, as many as 180 custodial deaths took place in Gujarat between 2001 and 2016. However, no police personnel have been punished for any of these deaths in this time. Besides there is fool-proof evidence to show that Bhatt was not directly or indirectly involved in the hospital death of Vaishani. Ironically, a few days ago

(Contd.. on p. 9)

# WHETHER WE IN INDIA ARE IN A JUNCTURE WHERE FUNDAMENTAL NOTIONS OF MODERN INDIA ARE UNDER EXISTENTIAL THREAT?

by Eric D'Sa

Events in recent weeks where journalists are being arrested just for forwarding a few messages on What's App have again high lighted the concern the liberals are having, if India is becoming more and more intolerant. Events over the past few years have prompted many to revisit the idea of individual freedom. Indeed, not just in India, but elsewhere too, the idea of individual freedom is under intense scrutiny. Are governments across the world increasingly posing a threat to individual liberty? By corollary, are fascist policies and rhetoric on the rise? Persons with a liberal bent of mind, who prize individual freedoms like free speech, gender and racial equality, are especially troubled, for our country appears to be at a juncture where fundamental notions of modern India are under existential threat.

One particular freedom that has come under fire is the freedom of practising one's own religion. Personal freedom is very often associated with secularism, which, as received from the Western canon, is the separation of church from state. Sometimes secularism is also seen as a negation of religion completely. Indeed, many religious leaders taught that secular people do not believe in gods. But this notion is wrong. But unfortunately the liberals and the Congress party have done very little to convince the people that even if you are a temple-going Hindu or a devout Muslim, you can still believe in having a secular government.

Unfortunately, those of us who value religious freedom have been disillusioned by multiple Indian governments once too often. The current BJP-led government has no pretensions about its dislike for the secular idea. Even those governments that proudly flaunt the label of "secularism" have sub-

jected us to their non-secular realpolitik. Take the politics of Rajiv Gandhi, for instance, often touted as a "secular" Prime Minister: his government not only overturned the Shah Bano judgment, but also banned Salman Rushdie's *The Satanic Verses* and had the locks of the Babri mosque in Ayodhya opened to Hindus. Every political party, including the Congress and the BJP, has played communal politics with everyone in India — Hindu, Muslim, minorities — in the search for pliable vote banks.

In contrast, an exhibition of true "secu-

**YOU THE CITIZENS  
DECIDE:**

larism" would be open-ended, either agnostic or, at the other extreme, in a country like India where faith is so central, multi-religious. Most importantly, at its heart, true secularism would be driven by universal values of truth, compassion and equality, which are fundamental values that straddle all religions. For instance truth, not to be confused with belief, has no sole custodian. Truth is based on observation, evidence, and inference, and is accessible to all. Compassion comes from an understanding of suffering: a compassionate person does not kill not because their faith tells them not to, but because they know that killing causes immense suffering.

And the universal value of equality comes from a recognition of both truth and compassion, empowering people to never substitute "uniqueness" with "superiority". Everyone may be unique in their own way, but they are all still equally unique — no one being more specially so than the other. Ultimately, we cannot find truth, or learn compassion, or appreciate equality if we have no freedom to think, to question, to seek, to find these for ourselves. These

freedoms are, ultimately, the most valuable. Recognising these freedoms was central to the politics of Mahatma Gandhi. Sadly, our leaders since then have either forgotten or chosen to turn a blind eye to these ideas completely.

What can we do to change this? We need not look to foreign shores or to long-forgotten pasts. We only need to open India's nearly 70-year-old liberal manifesto. The Constitution contains all the declarations essential to a nation that preserves individual liberties. It is for us to protect it from neglect and disrepair. It was B.R. Ambedkar, the key driver of the Constituent Assembly, who said: "The assertion by the individual of his own opinions and beliefs, his own independence and interest as over and against group standards... is the beginning of all reform." These ideas also find their way into the Constitution.

Even as the Constitution was being written, even as the leaders of the independence movement were negotiating for our freedom, Hindutva forces present at the time — the days of the advent of the Hindu Mahasabha, of Veer Savarkar and B.S. Moonje — were suspicious of secular ideas. They were, instead, great admirers of Hitler and Mussolini, with Moonje even going to Italy to meet the latter, and Savarkar justifying Hitler's treatment of Jews. This suspicion continues amongst the legatees of the Hindu Mahasabha, in their mistrust of the Indian Constitution, for it is this document borrowed from Western ideals, they believe, that obstructs the idea of the Hindu Rashtra.

In today's India, as a result the most liberal document that we have, the Constitution, is at risk. So if you the Citizens want to keep this great country a beacon of hope to the world of how a very diversified community of people could live in peace and harmony, you need to protect the constitution.



(Contd.. from p. 7)

a man who was beaten in police custody in Jharkhand, died the day after he was released. The police have gone on record categorically stating that they cannot be blamed for his death. Of course, the 'powers' in this case fully agree with the police statement! One needs to be an absolute moron or in a highly prejudiced state of mind to even think that Bhatt's conviction is in any way justified.

The harassment of Sanjiv Bhatt clearly began in 2011, when he filed an affidavit in the Supreme Court claiming to have attended a meeting on the eve of the 2002 Gujarat riots. Bhatt alleged that Narendra Modi, the then chief minister(now Prime Minister of the country) asked senior IPS officers to let Hindus "vent out their anger against Muslims" in the aftermath of the burning of the train compartment of the Sabarmati Express in Godhra. In that affidavit, Bhatt also alleged that it was discussed in the meeting that the bodies of the Hindu pilgrims who had died in the Sabarmati Express would be brought to Ahmedabad before being cremated. Senior police officials had, according to Bhatt, then advised against this as they feared it would incite religious violence. Bhatt's allegations are corroborated by several independent studies!

In a recent interview to *The Wire*, Sanjiv's wife Shweta affirms these. She also detailed the extraordinary steps taken to particularly humiliate and corner Bhatt and his family, in the years

that followed. Their security cover was withdrawn without prior intimation, agency officials walked into their bedroom as Shweta was asleep seeking to question her husband, and the municipal corporation sent labourers to demolish 'illegal structures' in their 23-year-old house. There has been no end to the harassment and intimidation which Sanjiv and his family have had to face all these years.

Shweta Bhatt, is determined to leave no stone unturned, in her pursuit of justice and truth and to vindicate her husband – by ensuring that his fair name is restored. She now plans to appeal the conviction of her husband in the High Court. Addressing a mammoth rally 'Justice for Sanjiv Bhatt' in Kozhikode, Kerala on 28 June 2019, she asserted that "in the end, truth will triumph" and that she believes that cause of justice will ultimately be served. There are groups and individuals all over the country today who have expressed their solidarity with Sanjiv and Shweta and their family. In Ahmedabad, a group of citizens have come together under the banner 'Release Sanjiv Bhatt'. Editorials and lead articles across the world (including the BBC) and postings/messages on social media, highlight the travesty of justice in the Bhatt case.

Sanjiv Bhatt wrote an open letter to Narendra Modi some time ago. It has gone viral this past week; in that letter he says, "The truth is more frequently than not, a little bitter and not very easy to swallow. I hope that you will take this letter in the true spirit in which it is written and you or your agents will not indulge in direct or indirect acts of retribution as is your wont.

In the words of Martin Luther King Jr. – Injustice anywhere is a threat to justice everywhere. The spirit of the hapless victims who have been struggling for justice in Gujarat may occasionally flag but it will not be suppressed by any amount of false Goebbelsian propaganda. The struggle for justice is never easy anywhere in the world...it calls for everlasting patience and unfailing perseverance at all times. The spirit of the crusaders for truth and justice in

Gujarat is epitomised in this poem by Bhuchung Sonam, an alumnus of M.S. University, Baroda.

**I have principle and no power  
You have power and no principle  
You being you  
And I being I  
Compromise is out of the question  
So, let the battle begin...  
I have truth and no force  
You have force and no truth  
You being you  
And I being I  
Compromise is out of the question  
So, let the battle begin...  
You may club my skull  
I will fight  
You may crush my bones  
I will fight  
You may bury me alive  
I will fight  
With truth running through me  
I will fight  
With every ounce of my strength  
I will fight  
With my last dying breath  
I will fight...  
I will fight till the  
Castle that you built with your lies  
Comes tumbling down  
Till the devil you worshipped with  
your lies Kneels down before my  
angel of truth."**

Words that reflect the indomitable spirit of a true fighter! A person who will never give up till the very end! The people of India must whole-heartedly **Be in Solidarity with Sanjiv Bhatt** today!

*\*(Fr. Cedric Prakash SJ is a human rights and peace activist/writer. Contact: cedricprakash@gmail.com)*

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# The First Canonised Couple

By Rev. Fr. F. M. Britto

**Modern Saints**  
**Feast day: July 12**



**D**o you think that only the Religious are canonised as saints in the Catholic Church? There are so many lay saints too. Only four years before the first couple was ever canonised together as saints.

Louis Joseph Aloys Stanislaus Martin was born on Aug 22, 1823 at Bordeaux, France, to Pierre-Francois Martin and Marie-Anne-Fanny Boureau as the third of their five children. His father, a military man and a pious Catholic, brought up his children in a strict and religious style. But all his children, except Louis, died before reaching the age of 30.

Zelie-Marie Guerin was born on Dec 23, 1831, as the second daughter to Isidore Guerin, a police officer, and Louise-Jeanne Mace at Alencon, France. Zelie's elder sister later became a Visitation nun and her younger brother a pharmacist.

In spite of being the only surviving son, Louis went to become a monk in the Augustinian Great St. Bernard Monastery. But God had other plans for him. Since he could not study Latin, he was rejected. So he became a clockmaker.

Wishing to serve the needy, Zelie joined the Sisters of Charity of Saint Vincent de Paul. But God did not want her to become a Religious either. Afflicted with respiratory and headache problems, she too was turned away. She became a lace maker.

Though these two craftsmen lived in two different places and their families were not at all acquainted, it was God who brought them to meet each other at St. Leonard's Bridge one day in 1858. Within three months their marriage was solemnized at the Basilica of Notre-Dame in Alencon on July 12, 1858. Louis was then 35 and Zelie was 27.

Zelie's business became so successful

that Louis later sold his watch making business in 1870 and went into partnership with his wife's business at her place and inherited her family property after her parents' death.

This holy couple consecrated their lives to God that they lived like brother and sister without consummating their marriage for about ten months. Then their confessor advised them that one of the divine purposes of marriage was to beget children and bring them up in God's ways. Zelie told her loving husband that they would found a family of saints.

God blessed them with nine "lilies". But He plucked two sons and two daughters between the ages of six months and six years, survived by five daughters.

Being faithful to prayer and daily Mass, they had a deep trust in God in all their trials. Besides being devoted to each other and their offspring, they brought up their kids in love and faith. Nurturing the idea of giving a great saint to the world, they nursed the sanctity of all their children.

Their seventh child was born on Jan 3, 1873 and they christened her Mary Frances Therese Martin the very next day. Their eldest daughter, Mary became her god-mother. This Therese is the great saint of the Church known as "The Little Flower" or St. Therese of the Child Jesus.

Four years after the birth of Therese, the Lord called the 45 years old Zelie to Himself, abandoning her beloved husband and the five daughters to divine providence. Zelie died of breast cancer on Aug 28, 1877 in Alencon. Selling her business, Louis went to Lisieux to be with his wife's brother Isidore and sister-in-law and their two daughters. They

helped him in bringing up his daughters.

After their mother's death, two more of their daughters joined the strict Discalced Carmelite nuns, where their eldest sister Mary had already joined and Leonie later became a Visitation nun after leaving the Poor Clares nuns.

But when his youngest daughter Therese, 16, too left him to join the Monastery of Mount Carmel at Lisieux in 1889, Louis' health began to deteriorate. He suffered two paralyzing strokes in 1880 and was hospitalized. When he returned home to Lisieux after three years, two of his Religious daughters nursed him. The 70 years old Louis went to his eternal reward on July 29, 1894.

While Pope John Paul II declared Louis and Zelie "Venerable" on March 26, 1994, Pope Benedict XVI's legate Jose Saraiva Cardinal Martins beatified them on Oct 19, 2008 in the basilica of St. Therese of Child Jesus. Pope Francis canonized them on Oct 18, 2015.

Normally the saints' feast is celebrated on their heavenly birthdays. But for this saintly couple their feast is rightly celebrated on their earthly wedding day: July 12.

Like all couples, Louis Martin and Zelie too experienced both joy and sorrow in their family life. They firmly believed that God was with them in their challenges of married life. Besides being devout to God, this French couple was devoted to their partner, kids, society and occupation. As a result, all their offspring became Religious and one even a famous saint.

How wonderful it is to hear St. Therese of Child Jesus remark of her loving parents, "God gave me a father and mother more worthy of heaven than earth."

## The benefits of practicing yoga

*Yoga plays a very important role in our lives. It makes us fit and healthy. But very few people know about it.*

Yoga is panacea for all types of physical, mental, emotional, psychic, and psychological imbalances. In the famous documentary on mediation 'Spiritual Reality: Journey Within', many benefits of yoga have been enumerated upon. The documentary reveals how yoga replenishes and rejuvenates a yogi physically, mentally, and spiritually. In the state of perfect yoga, one receives abundant cosmic energy, which heals, energizes, rejuvenates each and every cell, nerve, and organ of the physical, mental and spiritual body of a man. It cleanses the body of all its ills and toxins that might develop into some fatal ailments.

Yoga is very easy to do; basic yoga can be done anywhere. However, advanced yoga must be done under the care of an expert.

Many organizations such as Patanjali under the aegis of Baba Ramdev in India has contributed to its spread in recent times.

Yoga has become quite popular in the entire world today, especially in the western countries because of its wholesomeness.

We must practice yoga for a healthy, happy and fulfilling life. It is a wonderful alternate healing therapy for any disease.

The practice of yoga is something that has the power to heal the entire body. It is the best medicine that any doctor can ever give you and that for any kind of disease that you are suffering from. In India, yoga day is celebrated every year on June 21, which came into being in the year 2015 with the genuine effort made by our Prime Minister, Shri Narendra Modi.

To promote this important day and to help people know the significance of this day, every school and college organises for essay-writing competitions on Yoga day. Students prepare for the best essay on their part and it also helps in a way to spread awareness about the significance of including yoga in their everyday life. Yoga is more than just burning your calories and toning your muscles. It is a mind-body workout where you have strengthening and stretching poses along with deep breathing techniques to relax your mind and body. There are more than a hundred different forms of yoga. Some are fast paced and intense. Others are gentle and relaxing. Yoga is an invaluable gift of ancient Indian tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and a holistic approach to health and well-being. The word 'yoga' literally means 'union'. Through yoga you can explore profoundly the very mechanics of life.



by Jubel D'Cruz

## Are You A People Pleaser?

*This could be a mindset that can sabotage your success*

It's admirable to be pleasant and ready to help others. But there's a thin dividing line between being helpful and kind, and wanting to be all things to all people. Someone who's so ready to go overboard for others that (s)he says "Yes" when (s)he really wants to say "No" – that's the definition of a people pleaser. And it can become virtually a defining trait.

Where does that addiction to being a people pleaser come from? From two wellsprings: one is a neediness, a craving for others' approval. The second is fear: a debilitating fear of confrontation and the anger of others, which impels people pleasers to use "niceness" as a camouflage and a shield. Saying "yes" is an effective way to avoid potential conflict with other people.

People-pleasers often confuse assertion with aggression. They are not the same thing. Assertiveness is being able to speak up, politely but firmly, when you want something or when you feel wronged. Aggression, which is often thinly-masked hostility, will generally take the form of an angry reaction. Both, assertion and aggression, say "no", but in very different ways.

Being a people pleaser can have damaging consequences. That seemingly simple "yes" can come back to bite you. For example, to please others, you may go along with the majority view in an office meeting even when you have a better solution. You might agree to unreasonable requests, like working late nights and weekends to cover for your co-workers' tardiness. Spreading yourself too thin - on the home front or at the workplace - and assuming an unrealistic amount of responsibilities just because you can't say 'no' can leave you overloaded and feeling overwhelmed and under-appreciated – and that can lead to frustration and depression.

Striving to make everyone happy all of the time is also not sustainable over the long term. Instead, a perspective that takes others into consideration but puts the emphasis first on taking care of your own needs, inclinations and preferences, is the clearest path to success and happiness.

You might want to begin by taking a "baby step", one that derives its inspiration from toddlers – yes, those "terrible two's" who have that innate ability to say "no" – willingly, freely and frequently – to almost anything without reservation. Adapting that ability, as an adult now, to saying "no" – politely but firmly – when the answer is no, can start you on the path to becoming an assertive person.

—Nirmala Wilson

Counselling therapist

Email: n21wilson@gmail.com

# Ideas to boost your productivity

**THE REASON WHY so many people push themselves to the limit of exhaustion is simple - they just cannot think of any interesting activities they can do, during their break time. No matter how productive you may be, there are always opportunities to increase your level of output. Here are some break ideas that help to restore your energy, sharpen your focus, boost productivity and avoid burnout at work.**

**E**very self-help program talks about the importance of taking a 10 to 15 minute break to boost your productivity. Breaks give us much needed time to rest our eyes, move around, stretch our stiff muscles. Get more blood and oxygen flowing to our brain, to unwind and obtain a fresh outlook on complex work problem - we often forget to take them. Going to the washroom, grabbing a cup of coffee or checking Facebook updates does not count, as these activities hardly give us enough time to energise our body and restore our concentration and productivity. As strange as it may sound taking regular breaks throughout the work day requires discipline and a little bit of planning. Here are some tips to try

## **Listen to a guided meditation :**

There are plenty of 10 to 15 minute meditation that allow you to trigger your creativity, let go of muscles tension and take your mind off the work at hand. All you have to do is out on a headset, close your eyes and enjoy peace and relaxation even in the midst of work chaos.

## **Step outside for a fresh perspective:**

Leaving a stuffy office and letting yourself enjoy the warmth of the sunlight, the coolness of a breeze and the freshness of the spring air can do miracles to your mind and body. You will come back feeling rejuvenated and ready to approach your work with new energy and a fresh perspective.

## **Share your break with a co-worker:**

Alone, you might not always have the

strength to pull yourself away from the computer but if you have a friend taking breaks with you, it is much easier to stick with your break routine.

In addition, it offers a great opportunity to bond with your colleagues and get to know them better.

## **Try people-gazing :**

Watching people walking down the street chatting in a nearby cafe and driving by, is meditation in itself. In addition looking outside the window helps to take the strain off the eyes.

## **Rock out to some great music:**

Music is a great mood changer, especially if you allow yourself to get up and move with it. Just a few minutes of humming and dancing can put a smile on your face and get your blood moving.

## **Pick up the pace:**

If you feel yourself tired and sleepy, deliberately pick up the pace and try to move a little faster than usual. Type faster. Speak faster, Read faster. Make decisions faster. And, of course, go home sooner.

## **Take a 'No Cell-phone Walk':**

Leave your cell-phone in the office and head outside for a brisk walk. Shake off apathy and fatigue. Walk even faster, raising your heartbeat and letting the excitement and the sense of freedom re-charge your mind and body.

## **Read a magazine or a book:**

Pick a read that has nothing to do with your area of work or the latest news. Give your brain the pleasure of not to thinking, being stressed or making decisions.

## **Laugh off the tension:**

You can start by simply saying, 'Ha, ha, ha...' and keep repeating it, until you are really laughing. A few minutes of a good belly laugh help to get rid of tension, relax a lot of involuntary muscles and increase blood circulation.

## **Stretch out stiffness:**

Getting up from your desk to do a set of yoga exercise might not be an option if you work in a room full of people. But it does not mean that you should deprive yourself of the pleasure of stretching your body and getting some exercise. Try a simple stretching exercise.

- Plant your feet firmly on the ground, lift your arms and look at your palms.
- Stretch your spine for about 30 to 60 seconds, gradually increasing pressure, as if you were trying to touch the ceiling with your fingers.
- Relax, lower your arms and feel the energy moving up your spine.

## **Do something artistic:**

Write a short, funny poem and dedicated it to your worker. Draw a picture for your kids. Take a few photos of your surroundings. Let your creative side shine!

## **Unclutter your desk:**

A great way to take a much needed break, while looking 'busy' is to unclutter your desk. Not only is it relaxing, it also helps to activate energy flow.

## **MAKE THE BEST OF YOUR BREAK TIME**

- Talk to friends and co-workers all you like - just don't talk about work.
- Keep a list of funny quotes and pick the one that best describes your day so far.
- Try to schedule your break so that you can be alone for a few minutes. Then close your eyes, smile and take several deep, filling breaths.
- Munch an apple, drink some water or have a handful of nuts.
- Keep a non-work book in the office to read from during breaks.

## **CLOSE YOUR EYES AND TAKE DEEP BREATHS**

Stand up and walk away from your desk. Find a quiet place, where you can sit down, close your eyes, smile to yourself and take a few deep breaths. Imagine tension, stress and anxiety leaving your body as you breathe out and peacefulness, positivity and relaxation filling your mind with every breath that you take.

# Increase Productivity and Achieve More in Less Time

If you feel like you don't have enough time to do everything you want to do, maybe it's time to check-in with your time management skills.

No one is born to be very good at time management, so that's okay if you think you're bad in it. But everyone can learn to boost their productivity and achieve more!

## Set a Timer:

Estimate the time you need to tackle different tasks and set a timer for each of your tasks. When it comes to the time limit, move on to another task first.

## Eliminate All Distractions:

Distractions include the phone, email notifications and having multiple web browsers open on the desktop.

## Listen to Music That Boosts Productivity"

Distractions should be avoided, but sometimes a bit of music in the background can help you focus.

## Find Meaning in What You Do (And Love What You Do):

Enjoying what you do is the ultimate way to increase your productivity.

## Prioritize your tasks ahead of time:

By listing your tasks in order of importance, you can make sure that you finish all of your most important tasks during the day.

## Batch Similar Tasks into a Single Batch:

Tasks like blog writing, phone calls, email and errands can be grouped into a single batch. You will save time by completing similar tasks in one session.

## Complete Your Most Dreaded Tasks First Thing in the Morning:

Whichever activity you are dreading the most is probably the one you need to complete first thing in the morning.

## Don't Multitask:

Research has shown that multitasking is not productive. If you think you can

multitask, think again. For optimum productivity, focus on one thing at a time.

## Just Start:

Often times, starting is the hardest part. People tend to wait for the perfect time with perfect condition to start. But there's no perfect condition. Once you get going, you will quickly get into a rhythm that could last for hours.

## Find out Your Productive Hours:

Everyone has a certain time of the day in which they are more productive than others. Find out when your prime time is for productivity and optimize your work schedule accordingly.

## Keep a Notebook and Pen on Hand at All Times:

This way, you can write down your thoughts, to-dos and ideas at any time. The key is to get everything out of your head and onto paper. Your subconscious mind won't be reminding you about it every other second.

## Write out a To-Do-List Each Day:

I like to plan my day the night before. This way, I can get started on my most important tasks as soon as I wake up.

## Reflect on Your Productivity Constantly:

As you go throughout your day, repeatedly ask yourself: "Am I currently making the best possible use of my time?" This one simple question can be an excellent boost to your productivity.

## Get Plenty of Sleep:

When you work online, sleep can become a long lost memory. However, it's important to get plenty of sleep so that your working hours can be as productive as possible.

## Exercise:

Research has shown that midday exercise boosts productivity and morale in the workplace. Take a short walk at lunch or do some simple stretches during your break to maximize your

productivity.

## Outsource as Much as Possible:

If you want to achieve more in less time, learn to delegate or outsource work. Here are just a few of the companies that will help you outsource your everyday tasks:

## Set Some Exciting Goals:

Without worthy goals, you will never be motivated to get things done. Set goals that are challenging and achievable. The best goal setting framework is SMART goal.

## Focus on Result-Oriented Activities:

Pareto's law states that 80% of the outputs result from 20% of the inputs. This means that 20% of our actions result in 80% of the results.

## Take a Break:

You can't always be working at optimum productivity. Instead, you should shoot for working in short bursts at your most productive times.

## Organize Your Office:

The piles of paper around your desk can be a huge barrier on your productivity. Optimize your time by organizing your office, setting up a system and dumping the junk.

## Get Rid of Time Wasters:

Common time wasters include Instant Messenger, video games, Flickr, checking your stats 10 times a day, television and extraneous Internet surfing.

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## Thanksgiving



Thanks to Divine Mercy, Our Lady of Vailankani, Our Lady of perpetual Succor and St. Anthony

—Lucy D'Sa, Bandra

## 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

—Lucy D'Sa, Bandra



## Prayer to St. Expedite for solving a financial crisis



I call forth the Power and the presence of **St. Expedite** in my time of financial trouble. I offer my body, heart, mind and soul upon your altar of light. I have faith and trust and complete confidence that you will be my strength in this time of need. Quickly come to my assistance.

(State Your Petition) \_\_\_\_\_

My financial need is urgent. Be my

Light and Guide in this situation so that I may live with peace, love, prosperity and abundance and in the Praise of God.

Amen. (Promise Publication)

—P. Thomas, Kalina



## Pork Baffad

### Ingredients:

1 ½ kg. pork; 2 small pieces cinnamon, 4 onions; 2 small pieces ginger; 12 cloves; 5 green chillis; 2 pods garlic; vinegar and salt to taste.

### Grind together to a fine paste :

25 dry chillis; 10 peppercorns; 2 tbsps. Coriander; 2 tbsps. Vinegar; 2 tsps, jeera; ½ inch piece turmeric; 1 kg. green plantains; or potatoes or sweet potatoes or radish roots; 2-3 cinnamon leaves; water as required; salt to taste.

### Method :

Grind masala. Cut meat into convenient pieces and wash. Slice onions, green chillis, ginger, garlic. Mix pork pieces with ground masala, add sliced onions, green chillis and garlic, ginger and also cinnamon and cloves and mix well adding a little water, salt and vinegar to taste. Cook till the pork is almost done and tender. Now add the cut and washed pieces of vegetables and continue to simmer till vegetables and pork are well cooked.

### Some Cooking Tips

**For the perfect tempering**, always add spices to hot oil and transfer over dish as soon as the mustard / cumin seeds have spluttered. Adding spices to cold oil will not carry the spice flavours into the dish.

**Always soak beans** overnight and any kind of lentils for at least 30 minutes before cooking, for quicker cooking and to negate the effect of phytates.

**Before squeezing a lemon**, microwave it whole for 10 seconds to get maximum juice out of it. This trick works for oranges too. No microwave? Roll the lemon firmly on the chopping board or kitchen counter top before squeezing. To peel ginger, use the edge of a teaspoon to scrape out the skin.

**To get finely grated ginger** every single time, freeze the peeled ginger and grate it whenever required. Storing it in freezer makes sure it stays fresh for very long and you get very finely grated ginger too.

# “U. S. Anti-minority Report Irks BJP , Govt.”

An independent body in the United States keeps a vigilant eye on countries all over the world about their treatment to minorities. Every year this report is being published and the feedback is carefully scrutinized. India is watched by this organization which is known as ‘**International Religious Freedom**’. India has the world’s highest number of Muslims, residing here for the last seven centuries. Christians amount to hardly 2 to 3 percent of the total population. Verbal and physical attacks on both these communities have alarmingly increased ever since the *Bhartiya Janata Party* came into power. There have been some BJP leaders who leave no opportunities to attack Muslims and Christians. The writer has earlier reported in no less than

six articles about attacks on minorities by Hindu extremists. More than once U.S. Senators teams were not allowed to visit India. These teams wanted to ‘see things’ for themselves.



by Ignatius Dabhi  
Sr. Journalist

The Prime Minister Mr. Narendra Modi, personally has not involved in any verbal attack on minorities. But, at the same time many of his party leaders and workers, under his very nose, make biased reports and statements. Such attempts by his party-men spoil the BJP image. Often it gives an impression that the ruling party is being dictated by extremists of Vishva Hindu Pariahad and Rashtriya Swayam Sevak Dal.

Reacting to such a question on minorities, former President of India, Venkatraman, had said: “.....

About the Christian minorities let me say that services to the poor was for the first time in India, was done in an organised way, by the Missionaries..... Their contribution in the field of education is unique and always praise worthy.... So many health centres are run by them....” It is interesting to note that many of the R S S and V H P leaders children were educated by the Missionaries. If you study, you learn that the cream of the wealthy and mighty send their children to the Christian school and colleges.

Guided by lower motives, religious extremists make baseless attacks on minorities. An U. S Foreign Office official said that we carefully collect all the information on minority attacks. We get a lot of feed back from the local intellectuals and then only we forward our report to the international forum in the U.S.

The P M O, it is believed, that would make a good note of this and study the matter. If minorities are attacked and the government ignores it, the Indian Prime Minister’s image will be tarnished.

## Modi at Lord’s Alter!



The Prime Minister, Mr. Narendra Modi, visited the Cathedral in Sri Lanka, discussed the incident with the Arch-bishop and extended his support and sympathy.

## 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

—CAD

# A Veteran Jesuit Missionary Goes To Eternal Home At 102

by Fr Varghese Paul, SJ

A veteran Jesuit Missionary Fr Jose Maria Lopez de Pariza went to his eternal reward on June 20, 2019 at the ripe old age of 102. People often referred to him as 'Pavitra' (holy priest) Fr Pariza. I consider myself privileged to be associated with the holy priest from December 1977.

On my return to India after my journalism studies in London followed by theology studies in Gregorian University and priestly ordination in Rome I was appointed a full time the Editor of DOOT (messenger) a Catholic family magazine in 1977. Fr Pariza was then the Parish Priest of an old mission parish at Amod. He invited me to help him out in the Sacramental ministries in Christmas 1977.

Amod is the sixth oldest mission parish in Gujarat started in 1912 and Fr Pariza was appointed Parish Priest of Amod a second time from 1969-83. In 1977 there were only bullock cart roads to Amod but I managed to reach there by my motor cycle. Fr Pariza entrusted to me the Holy Masses and other liturgical services like baptism while Fr Pariza sat at the confessional most of the time when people came to the church.

I enjoyed officiating the liturgical services and the company of the veteran missionary that I offered my services for every Christmas and the Holy Week at Amod Parish. While preparing to celebrate the centenary of Amod parish in 2012, the parish priest called me to enquire when I was the Parish Priest of Amod Parish! He told me that he saw my name signed in the baptism registers year after year for several years! Yes, Fr Pariza prepared families for their children's baptism including a few adult baptisms every Christmas and Easter. He entrusted the baptism ceremonies to me while he sat patiently hearing the confessions of endless queue of people and guiding them in Christian living!

Apart from the Church services I enjoyed visiting the families of Catholics and of a few others with Fr Pariza, a patient listener and wise counsellor. He helped to restore many broken marriages and encouraged living-together couples to have sacramental marriage in the Church. He enquired the welfare of the people not only in the house but also their relatives in other places.

As a missionary Fr Pariza led a very

simple, humble and frugal life. His life was very much people-centered with much prayers and sacrifices. His needs were the bare minimum. Like his see through personality the Amod mission house was also open for one and all. Even if a thief entered the house, there were not many things which he could carry away! He shared food from the kitchen of boarding school children.

Amod mission has a primary school with a boarding for boys. Fr Pariza also looked after a sub-mission station at Tarapur with a primary school. He celebrated the golden jubilee of Amod mission in 1962. With gifts and donations, which he received, he built a pacca building for the primary school at Amod. He also put up a building for the primary school at Kadana sub-mission station.

The importance of Amod mission started steadily decreasing when another sub-mission station at Petlad with a primary school from 1928 became a full pledged mission parish in 1955. Many people from Amod mission migrated to Petlad as Taluka headquarters with good road facilities and job opportunities in the cloth mills. Petlad mission Parish too developed with the starting of a high school in 1960 and a higher secondary school in 1987.

After the Golden Jubilee celebrations of Fr Pariza in the Society of Jesus, he was transferred to Fatima Shrine mission parish at Gothada (Savli) in 1983. He was born on 13 May 1917, the day when Mother Mary appeared to three children – Francisco, Jacinta & Lucia – at Fatima, Portugal. It was a happy coincidence that Fr Pariza, a devotee of Mother Mary became the Parish Priest of the only Fatima Shrine in Gujarat.

Fr Pariza's Golden Jubilee in the Society of Jesus in 1983 was celebrated by his beloved parishioners both at Amod and Gothada. As a pioneer missionary Fr Pariza founded Fatima Uttar Buniadi School at Gothada, which later became a regular general stream high school and higher secondary school. He also built the Fatima Chatralaya (hostel) building giving as always importance to education of children. Fr Pariza was also able to start an aided high school at Gothada in 1987.



Fr Jose Maria Lopez de Pariza

Fr Pariza also bought 15 vigha (about 6 acre) land at Vejalpur in Vaghodia Taluka and started a new sub-mission station there. But more than buying land and putting up buildings, Fr Pariza was a builder of the Christian community with regular family visits

and prayers with them often celebrating Holy Mass in village houses, where he regularly went on cycle.

On May 13, 1992 the Gothada parishioners celebrated his 75 years of life. In 1994 Fr Pariza was transferred as assistant parish priest to Anand St Xavier's parish, where he was Parish Priest from 1963-69. Meanwhile Anand Parish saw tremendous growth with good many housing society of Catholics and other Christians came up in the Amul-fame milk city Anand. Fr Pariza every day visited the families riding on a cycle.

The Society of Jesus and St Xavier's parishioners celebrated in a grand way his centenary of life on May 13, 2017 with a Souvenir. When he was not able to cycle any more, the Parish arranged for an auto rickshaw to take him for his regular morning and evening visits to Christian houses in the parish. At age of 101 when he was not able to manage himself he was transferred to Jeevan Darshan, a house for retired and sick Jesuits.

Though Fr Pariza died at Vadodara his body was brought to Anand for funeral service and burial. Hundreds of priests and nuns from three dioceses and thousands of faithful attended the funeral service led by Bishop Rathnasway, Achbishop Stanislaus Fernandes and Bishop Godfry de Rozario. The Holy Mass and services were conducted in an open air stage in the Church compound, which was filled with people. It was the biggest gathering of people which I have ever seen in a funeral during my 55 years in Gujarat.

Fr Pariza remains for me as a model missionary priest who communicated nothing but God's love first through life and then through his selfless services. He reached out to all people especially the poor and the needy without any distinction of religion or caste, as he called everyone as God's children. Today listening to people I see that Fr Pariza has become a legend!

## Obituary



# Inspiration!

## The art of effective note taking

**In the classroom, notes are your means of remembering all that the teacher has taught so that you can recall the same when you revise your lessons. In any business meeting, notes are what let you compile the minutes of the meeting and act on them.**

Notes are important for you to keep a record of all the new things that you learn so that you will be in a position to apply them as and when required. Having understood the importance of note-taking, the next major thing in this regard is the fact that you will not be in a position to write down complete sentences when taking notes. This itself may look like a Herculean task for many people. To help you through it, this article explores 10 tips that will enhance your note-taking skills, and thereby improve your overall productivity.

### Eliminate Distractions:

You cannot take proper notes if you are distracted by the noise from the streets or by the flickering light. As much as possible, try to get your surroundings to become distraction-

free before you sit down to jot notes. This will not just ensure better concentration but will also make sure that you are able to do better justice to your job.

### Be Organised:

Start taking notes on a fresh page or document and make sure that you mention the date in the same. Once the session is over, make sure that you write down headings for the different sections. This will ensure that you are able to find the correct information as and when you need them. In case you are taking down your notes on paper, make it a point to number your pages well.

### Take Notes Digitally:

These days there are a number of note-taking templates that are available online and you can choose any one of those for your use. That will ensure that you save out on time while taking notes. You may either choose to take notes on a laptop or a tablet. Taking notes on the tablet will reduce the distractions whereas typing will be easier on a tablet.

### Focus On Important Content:

Understand that notes are for jotting down only what is important and make conscious efforts to ensure that you do not cramp your notes with too much of information at a go. When the speaker uses phrases like 'in conclusion' or 'write it down', take that as a cue to understand that what is being spoken is of utmost importance and make it a point to include the same in your notes.

### Visual Representation:

Try to include drawings, pie charts and bar graphs in your notes. Doctors have confirmed that the human brain is such that we tend to retain things better when they are expressed in visual form. Hence, it will be a good idea to include the same in your notes as well.

### Think What You Write:

Most people make the mistake of merely jotting down all that they hear. Doing so often makes the notes incomprehensible. Do not attempt such blunt transcription. Rather listen to what the speaker is saying and try to process the same before you pen it down. This will ensure that what you write makes logical sense and can be understood by the person reading the same.

### Use Multicolor Pens:

This is for people who need to take notes on pen and paper. We understand that while taking notes there might be a lot of information that you may have to jot down and there may not be enough time for you to make neat margins, use subheadings and bullets and all of that. In such a situation, the easiest way to maintain demarcations as you write would be by using different coloured pens. You may even choose to use highlighters as well.

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## Why Do Couples Fight!!

My wife sat down on the couch next to me as I was flipping channels.

She asked, 'What's on TV?'

I said, 'Dust.'

**And then the fight started....**

\*\*\*\*\*

My wife was hinting about what she wanted for our upcoming anniversary.

She said, 'I want something shiny that goes from 0 to 100 in about 3 seconds.'

I bought her a weighing scale.

**And then the fight started.....**

\*\*\*\*\*

When I got home last night, my wife demanded that I take her someplace expensive.

So I took her to a petrol pump

**And then the fight started....**

\*\*\*\*\*

My wife was standing & looking in the bedroom mirror. She was not happy with what she saw and said to me, 'I feel horrible. I look old, fat and ugly. I really need you to give me a compliment.'

I replied, "Your eyesight is perfect.."

**And then the fight started....**

\*\*\*\*\*

I asked my wife, "Where do you want to go for our anniversary?"

It warmed my heart to see her face melt in sweet appreciation.

"Somewhere I've not been in a long time."

So I took her to my parents' house.

**And then the fight started....**

\*\*\*\*\*

I sent it to my friend.  
He sent it to his wife and then **the fight started.**



### Caution before taking kids to work....

An eight-year old girl went to the office with her father on "Take Your Kid to Work Day". As they were walking around the office, the young girl started crying and getting very cranky, her father asked what was wrong with her.

As the staff gathered round she sobbed loudly. Daddy, where are all the clowns that you said that you worked with?

\*\*\*\*\*

School teacher sent home a note

"Your son is an obedient and bright student but spends too much time with girls."

Mother sent a note back:

"Please advise a solution!

Father has the same problem."

\*\*\*\*\*

Wife: I am not talking to you.

Husband: OK

Wife: Don't you want to know the reason?

Husband : No, I respect and trust your decision!

\*\*\*\*\*

Doctor : You must exercise daily for good health.

Pappu : I play football, cricket and tennis almost daily.

Doctor : How long do you play?

Pappu : Until the battery in my mobile dies down!

\*\*\*\*\*

Teacher asked George : How can you prove the earth is round?

George replied : I can't. Besides, I never said it was.

\*\*\*\*\*

Mukesh to his wife : If I die during the operation, then you get married to the same doctor.

Wife : Have you gone mad?

Mukesh : So what do you want, forgive the doctor?

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Cont. :

Vijay - 9987054209

9987064209

Ronald - 9503523423

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**6250. MUMBAI :** East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. **Contact email : cardoz.clint@gmail.com OR 9833563182**

**6856. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in September 1973), Ht. 5' 7", Wt. 67 kgs, Fair Complexion, Edn. MBA, working as a HR. Contact email : clifforddsilva@yahoo.co.in

**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

**7025. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in May 1992), Ht. 5' 8", Wt. 56 kgs, Fair Complexion, Edn. B.E. (IT), working as a Software Developer. Contact email : kevin92ster@gmail.com

**7050. LONAVLA :** Mangalorean Roman Catholic Bachelor, (Born in November 1985), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. MBA., working. Contact email : dsouza\_adrian@yahoo.co.in

**7026. AMERICA :** Goan Roman Catholic Divorcee, (Born in March 1977), Ht. 5' 10", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email : aydenoneil@gmail.com

**6745 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in

**7034. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Fair Complexion, Edn. M.C.A., Software Engineer, working as an Asst. Manager IT Company, Contact email : vivian1548@gmail.com

November 1978), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. M.Com., working as a Material Controller in **DOHA QATAR**. Contact email : cyrus\_0679@yahoo.co.in OR 9819938837

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

**6864. DUBAI :** Mangalorean Roman Catholic Divorcee, (Born in December 1963), Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. Non SSC. working as a Driver in Well known Company. Well settled. Contact 971-50-3564608

**6862. MUMBAI :** Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith\_peter1983@yahoo.co.in

**7019. MUMBAI :** Tamilian Roman Catholic Bachelor, (Born in June 1981), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Services. Contact email : dasvinod1@gmail.com

**7018. MUMBAI :** Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email : fredrick.dsouza0110@gmail.com

**7017. MUMBAI :** Roman Catholic Bachelor, (Born in March 1981), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. MBA working as a Administrator. Contact email : matheanil@gmail.com

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

**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

**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

**6886. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in May 1980), Ht. 5' 9", Wt. 68 kgs, Fair Complexion, Sober, Edn. S.Y.B.Com., working as a Sales Expert. Contact email : sandypinto70@gmail.com

**6872. MUMBAI :** Affluent Family Mangalorean R.C. Bachelor, (Born in September 1982), Ht. 5' 10", Wt. 86 kgs, Fair Complexion, Handsome, MBA, M.Com., B.Com., (Rank Holder) Banker by experience, (Director - Managing very profitable Business). Contact email : rajiv\_alvares@yahoo.com

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

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

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**6830. BAHRAIN :** Goan Roman Catholic Bachelor, (Born in February 1988), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. MBA, Marketing Professional in Public Sector. Contact email : [rolsonvaz@gmail.com](mailto:rolsonvaz@gmail.com)

**6708. USA :** Mangalorean Handsome RC bachelor, (Born in October 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.S., working as a Software Engineer. Seeks a good looking, fair Mangalorean girl, working in America. Contact email : [rodrigues.gracy61@gmail.com](mailto:rodrigues.gracy61@gmail.com).

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

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

**6828. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 7", Wt. 81 kgs, Wheatish Complexion, Edn. Diploma in Electrical / Tele., working as a Site Engineer in Airport. Contact email : [anthonylobo1983@yahoo.com](mailto:anthonylobo1983@yahoo.com)

**6857. AUSTRALIA :** Mumbai born and broughtup Tamilian Roman Catholic Bachelor, (Born in July 1988), Ht. 5' 10", Wt. 60 kgs, Wheatish Complexion, Edn. B.A., IHM., Working as a Store Associate in **Australia** and is a permanent resident. Contact email : [simonsigo31@gmail.com](mailto:simonsigo31@gmail.com)

**6573. VALSAD :** Mangalorean Roman Catholic Bachelor, (Born in February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in **SAUDI ARABIA** seeks a well qualified

girl from a good family background. Contact email :

[ian.roshan.dsouza@gmail.com](mailto:ian.roshan.dsouza@gmail.com)  
**6664 MUMBAI :** Mangalorean R.C. Bachelor (Born in December 1982) Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. B.Com., A.C.A., LLB., C.A. by Profession. Contact email: [saldanha\\_ryan@yahoo.com](mailto:saldanha_ryan@yahoo.com) OR 9820670158.

**6707 MUMBAI :** Goan RC bachelor, (Born in June 1975), Ht. 5' 10", Wt. 70 kgs, Fair Complexion, Edn. B.Sc., having own business. Seeks a Family oriented girl. Contact email : [maxabreo@yahoo.com](mailto:maxabreo@yahoo.com) / [maxabreo@vsnl.net](mailto:maxabreo@vsnl.net)

**6713 MUMBAI :** Mangalorean RC Bachelor, (Born in September 1989), Ht. 5' 6", Wt. 67 kgs, Wheatish Complexion, Edn. B.E. (Extc) working as a Sales Engineer. Contact email : [coelho.helen@yahoo.co.in](mailto:coelho.helen@yahoo.co.in)

**6841 MUMBAI :** Anglo Indian / Keralite Roman Catholic Bachelor, (Born in May 1991), Ht. 170 cms, Wt. 78 kgs, Fair Complexion, Edn. M.Com., working as a Sales Executive. Contact email : [mrsannieroy@yahoo.co.in](mailto:mrsannieroy@yahoo.co.in)

**7019. MUMBAI :** Tamilian Roman Catholic Bachelor, (Born in June 1981), Ht. 5' 6", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Services. Contact email : [dasvinod1@gmail.com](mailto:dasvinod1@gmail.com)

**7018. MUMBAI :** Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email : [fredrick.dsouza0110@gmail.com](mailto:fredrick.dsouza0110@gmail.com)

**7017. MUMBAI :** Roman Catholic Bachelor, (Born in March 1981), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. MBA working as a Administrator. Contact email : [matheanil@gmail.com](mailto:matheanil@gmail.com)

**7011. MUMBAI :** Mangalorean

Roman Catholic Bachelor, (Born in September 1983), Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. MBA Electronics and Finance, working as Research Electronics. Contact email : [canute.serrao@gmail.com](mailto:canute.serrao@gmail.com)

**7010. BAHRAIN :** Mangalorean Roman Catholic Divorcee (with in three months of marriage), (Born in June 1985), Ht. 5' 11", Wt. 76 kgs, Wheatish Complexion, Edn. HSC Diploma in food & beverage, working in 4 Star Hotel Bahrain. Contact Mob: 8806129309

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

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

**6898. MUMBAI :** Goan Roman Catholic Bachelor, (Born in September 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate in Hotel Management, working as a Supervisor -Food and Beverage in Royal Caribbean Cruise USA. Contact email : [rohanfernandes61@yahoo](mailto:rohanfernandes61@yahoo) OR Mob.: 8459353089 / 7407814175

**6626 GOA :** Goan RC Bachelor, (Born in March 1970), Ht. 5' 10", Wt. 75 kgs, Wheatish Complexion, Edn. BL/LLB., Self Employed. Contact email : [gdsouza07@yahoo.com](mailto:gdsouza07@yahoo.com)

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# Royal Christian Family MATRIMONIALS - BRIDES

**6825. MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn. Graduate + Masters working as a HR. Contact email : shobhna\_dsa@ymail.com

**7048. MUMBAI :** Roman Catholic Spinster, (Born in April 1989), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. Masters in Social Work, working for an NGO. As a Manager. Contact email : saviomay89@gmail.com

**6900. MUMBAI :** Mangalorean Roman Catholic spinster, (Born in May 1989), Ht. 4' 10", Wt. 51 kgs, Wheatish Complexion, Edn. BMS., Marketing specialization, working as a Customer Support. Contact email : pereira1189@yahoo.com

**6869. MANGALORE :** Mangalorean Roman Catholic Spinster, (Born in December 1985), Ht. 5' 2", Wt. 52 kgs, Fair Complexion, Edn. B. Com., pursuing MBA, working as an Executive Asst. in **BANGALORE**. Contact email : weddingvow85@gmail.com

**6836. CANADA :** Parents of RC 36 years spinster, (Born in July 1991), Ht. 5' 4", B.A., B.Ed., (Honours) teaching in Canada (Govt. Job) seeks alliance from well-educated Bachelor (Preferably settled in Canada) within 28 to 32 years with good values, height between 5' 5" to 6' 2". Please email to musicfan0323@gmail.com with recent photo and phone no.

**6834. MUMBAI :** Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 9", Wt. 90 kgs, Wheatish Complexion, Edn. BBA/BMS, Profession : Make-up Artist. Contact email : hycintharemedios@gmail.com

**6831. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 5' 3", Wt. 54 kgs, Fair Complexion, Edn. B.Com., working as an Associate in Insurance Com-

pany. Contact email : denidsouza854@gmail.com

**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

**7014. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in September 1992), Ht. 5' 1", Wt. 45 kgs, Fair Complexion, Edn. MMS (Finance) working as a Finance Executive in Limited Company. Contact email : eva\_hpereira@rediffmail.com

**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

**7012. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in April 1970), Ht. 5' 4", Wt. 68 kgs, Fair Complexion, Edn. B.Com., working as an Officer. Contact email : menezesvinet2014@gmail.com

**7009. MUMBAI :** Goan Roman Catholic Spinster, (Born in September 1988), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. MBA Finance, working as a Manager in Bank. Contact email : shirley0982@gmail.com

**7006. DUBAI :** Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Contact email : liddydsouza@gmail.com

**6754. MUMBAI :** Mangalorean Roman Catholic spinster, (Born in July 1991), Ht. 5' 4", Wt. 48 kgs, Wheatish Complexion, Edn. B.E. Mechanical, working as an Officer in PSU. Contact email : mel.6513@yahoo.com

**6753. MUMBAI :** Mangalorean RC Parents seeks alliance for spinster daughter aged 26, Ht. 5' 1", CA (Chartered Account), presently working in Mumbai in an MNC. Looking for a professionally qualified well settled Mangalorean RC boy with good family background age upto 29 years, BE/CA working in India or abroad (Not from middle East). Contact email : stanley\_ds118@yahoo.com

**6752. MUMBAI :** Mangalorean Roman Catholic spinster, (Born in February 1982), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Good looking, Edn. MBA (HR), working as a Chief Manager in Insurance Company. Contact email : genesis\_17@yahoo.com

**6749. AUSTRALIA :** Goan Roman Catholic spinster, (Born in October 1985), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. Bachelor of Arts (Psychology) working as a Psychologist. Contact email : artemiamaria@yahoo.com

## MATRIMONIAL

**7066. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email : l2018anselm@yahoo.com

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**7023. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in October 1992), Ht. 5', Wt. 55 kgs, Fair Complexion, Edn. B.Tech - Biotechnology, working as a Biotechnologist. Contact email :

seherarakel@gmail.com

**7021. MUMBAI :** Goan Roman Catholic Spinster, (Born in February 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., working as a Sr. Sales Officer in Tatas. Contact email :

ofira.afonso@gmail.com

**6826. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 2", Wt. 46 kgs, Wheatish Complexion, Edn. MBA PGDM, working as a Portfolio Manager in Foreign Bank. Contact email :

alicerpraphael@gmail.com

**7029. MUMBAI :** Keralite Roman Catholic Spinster, (Born in September 1992), Ht. 5' 6", Wt. 55 kgs, Fair Complexion, Edn. M.Sc., Asst. Professor. Contact email :

augustyofs@gmail.com

**7051. NEWZEALAND :** Mangalorean Roman Catholic Spinster, (Born in October 1991), Ht. 5' 5", Wt. 60 kgs, Fair Complexion, Edn. LLB., Mumbai University, studing and working towards Newzealand Lowyer Registration. Contact email :

mjbnewzealand18@gmail.com

**7054. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in June 1986), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. Masters in Finance and working in Mumbai. Contact email :

clamapinto@gmail.com

**7053. MUMBAI :** East Indian Roman Catholic Spinster, (Born in June 1987), Ht. 5' 2", Wt. 63 kgs, Wheatish Complexion, Edn. B.Sc., Home Science, working as a Jr. Officer in Bank. Contact email :

ayesha18j@gmail.com

**7058. MUMBAI :** Goan Roman Catholic Spinster, (Born in September 1987), Ht. 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., working back office. Contact email :

venita\_fernandes@rediffmail.com

**6824. MUMBAI :** Mangalorean

Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Fair Complexion, Edn. BMS, working as a Merchandiser. Contact email :

prislobo10@gmail.com

**7060. MUMBAI :** East Indian Roman Catholic Spinster, (Born in February 1983), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., Diploma in Finance from NMIMS, Diploma in B, Self employed. Contact email :

vivanneyde2k@yahoo.com

**6849. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in November 1990), Ht. 5', Wt. 51 kgs, Fair Complexion, good looking, Edn. MBA in Marketing, working as a Assistant Manager in Oil Company. Contact email :

darlet\_vaz27@yahoo.co.in

**6820. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in July 1992), Ht. 5' 4", Wt. 75 kgs, Fair Complexion, Edn. PG in Finance & Banking, working as Bank Manager. Contact email :

dyola7792@gmail.com

**6802. MUMBAI :** Goan Roman Catholic Widow, (Born in September 1986), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn. B.A., working as a Auditor. Contact email :

lemosmarina0@gmail.com

**6816. MUMBAI :** Mangalorean Roman Catholic Divorcee, church marriage annuled, (Born in June 1980), Ht. 5' 1", Wt. 67 kgs, Wheatish Complexion, Edn. T.Y. B.Com., working. Contact email :

marianike04@gmail.com

**6747. MUMBAI :** Goan Roman Catholic spinster, (Born in August 1988), Ht. 5' 4", Wt. 53 kgs, Wheatish Complexion, Edn. B.A. B.Ed., Teacher by profession. Contact email :

idalina1888@gmail.com

**6742. AUSTRALIA :** Goan Roman Catholic spinster, (Born in December 1989), Ht. 5' 2", Wt. 57 kgs, Wheatish Complexion, Edn. B.A. working as a Project Manager. Contact email :

mark.alvares16@gmail.com

**6739. MUMBAI :** Anglo Indian Keralite Spinter (Born in February 1995), Ht. 5' 1", Wt. 62 kgs, Fair, goodlooking, Edn. 5th Std., slow learner, handicap, able to do house work, very much inter-

ested in handicraft. Seeks a suitable match. Contact email :

mercyserroa@gmail.com

**6645. ABU DHABI :** East Indian Roman Catholic Spinster from Mumbai (Born October 1992), Ht. 5' 5" (166 cms), 62 kgs, Wheatish Complexion, B. Com, MBA (Finance) U.K. working for a Bank in Abu Dhabi, United Arab Emirates. Family U.A.E. based for past 25 years. Seeks a Professionally qualified bachelor, below 30 years working or settled overseas / On Board with sober babits, good family values, from a respectful family. Contact email :

leteciaprisca@gmail.com

**6644. MUMBAI :** Goan Roman Catholic Spinster, (Born in December 1991), Ht. 5' 4", Wt. 52 kgs, Fair Complexion, Edn. Graduate (Travel/Tours), working as Sr. Operation Exe., Contact email :

bernie0164@gmail.com OR 9930466725

**6657. VADODARA :** Goan Roman Catholic Spinster, (Born in May 1989), Ht. 5' 9", Wt. 75 kgs, Fair Complexion, Edn. B.A., working for MNC. Contact email :

cheryl24052001@yahoo.com

**6543. MUMBAI :** Maharashtrian Protestant Spinster, (Born in August 1977), looks much younger to her age, Ht. 5', Wt. 50 kgs, Fair Complexion, Edn. T.Y. B.Com., working as an Account Assistant. Contact email :

sonali\_waghchoure@yahoo.com

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

casrdcm@gmail.com

**6431. PUNE :** Protestant Christian Spinster, (Born in June 1986), Ht. 5' 1", Wt. 52 kgs, Fair Complexion, Edn. B.E. (Computer), working in SYDNEY (Australia), as a Software Engineer. She has a P.R. Contact email :

wilson.pandit@gmail.com

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# Strange laws from around the world!

**LAWS ARE USUALLY made for the benefits of the citizens and the country as a whole. But, some laws can be just baseless and weird**

Countries across the world have some absolutely meaningless laws that will really shock and annoy you at the same time. These strange laws are applicable to both citizens and tourists alike and you can't escape them!

## Canada :

You can't buy walkers for toddlers. Walkers are banned in Canada because the government thinks that walkers can cause injury to the babies and hence it is safer to avoid them.

## Australia :

You can't change a bulb on your own in Australia. Only profession-

als who are certified electricians can perform any work related to electricity.

## Greece :

You can't play video games in an internet cafe. If found doing so you can be heavily fined or even jailed. In fact, in 2002 the police arrested a gamer who used to go to the internet cafes and used to play for hours.

## Iran :

Having a hair law isn't something new but Iran has strict rules against having Western hairstyle. People seen adopting Western hairstyles will be fined.

## Malaysia :

You can't wear yellow in Malaysia. The reason may sound stupid to us. But it is a great significance to the citizens. A group of activists

protested against the unfair election system. And they all wore yellow election system. And they all wore yellow since then nobody is allowed to wear yellow to any event.

## Singapore :

Visit Singapore and you'll find many tasty foods but if you want an after-dinner stick of gum, you'll be disappointed - the country banned gum and gum chewing in 1992. There is one exception, however: If you can prove chewing gum has therapeutic value, then you can have it.

## San Francisco :

The city of San Francisco has banned any and all feeling of pigeons within city limits. Not only is it illegal to feed the animals some refer to as 'the rats of the sky' but San Francisco even created an entire web page highlighting the dozens of reasons why.

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