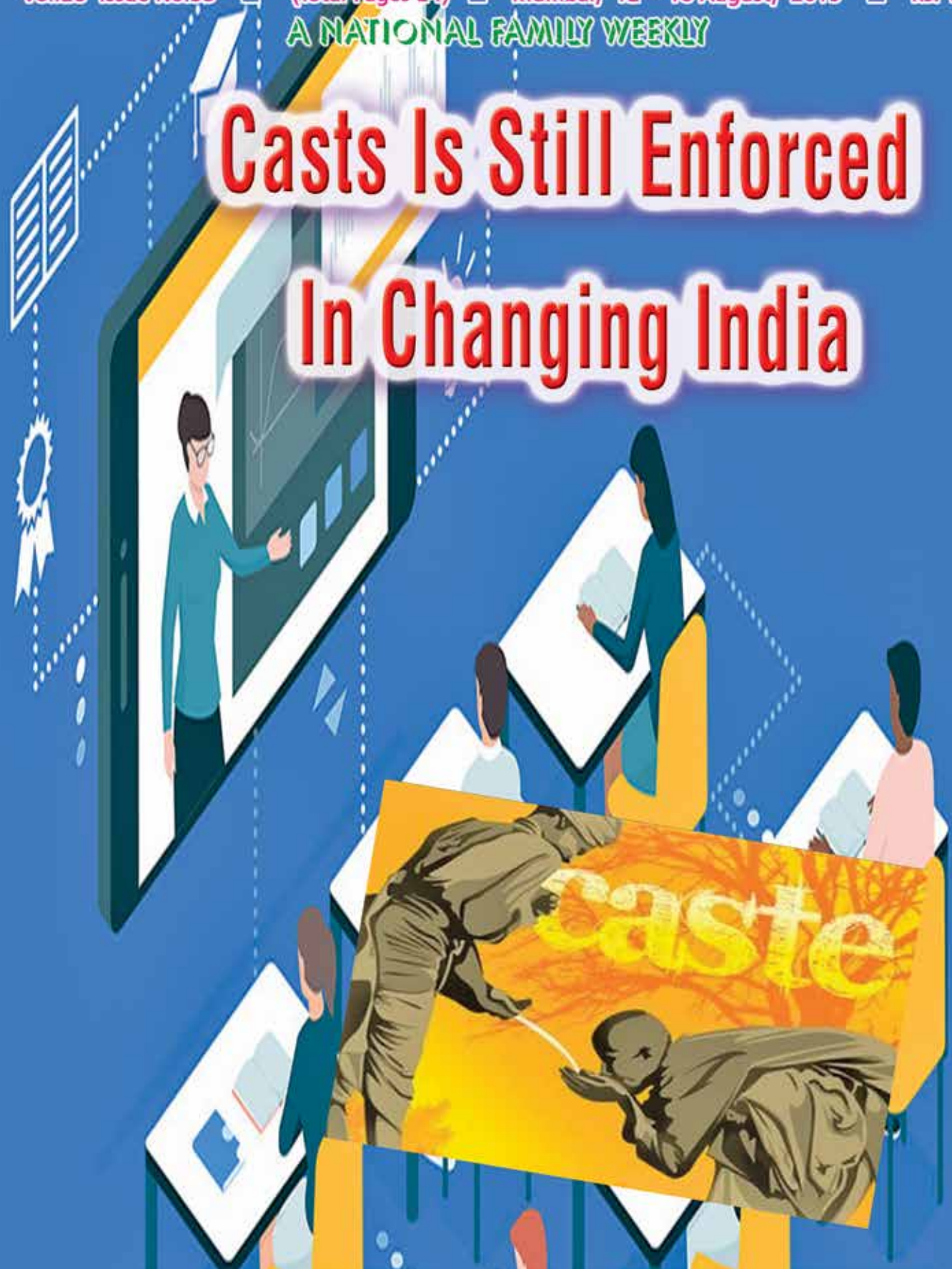


THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Caste Is Still Enforced In Changing India



Melvyn Brown Felicitated



From left Principal, Vice Principal and Melvyn Brown

Melvyn Brown was felicitated on Anglo Indian Day 2 August 2.8.19 at St. augustine school calcutta for his rich contribution of Six books. On the history heritage and culture of the community. He was the Chief Guest at the event. *AjNews.*



Signature campaign organized by Bombay Catholic Sabha SFX Vile Parle Unit in the parish today to protest against the dilution of powers of the management of Minority Schools in the new National Education Policy to be adopted soon .

Godwin Pinto Unit's new Chairman did a good job about explaining about the Government Minority Schemes and the National Education Policy at the Sunday Masses.

SaveRTI



RTI activists and people from Mumbai, Mira Bhayandar and Thane participated at the Air India Modern School of Kalina on Sunday against the amendments of the RTI Act by the Central Government. In the meeting held in Mumbai against the amendment of the said Act, it has been decided to emphasize on the need to go public and gather a movement against the amendments.

Former Union Information Commissioner Shailesh Gandhi said that the changes made without the necessity are wrong and that the government is not giving concrete answers. Anjali Damania said that after the change, the battles have started and now we need to fight the battle at all levels. RTI activist Anil Galgali said that the government has made changes in the constitution by ignoring the provisions and rules. The government is conducting a new experiment to put pressure on the Information Commissioners directly so that people cannot exercise their right to information.

AAP spokesperson Preeti Memon Sharma said that the amendment is being brought about so that Information Commissioners can be controlled by giving them post retirement benefits, thus the environment is being destroyed. Senior journalist Hemant Desai said that politics being played out with ED, CBI.

Journalist Ravindra Ambekar said that it is wrong to expect from the politicians by the people. Adv. Vijay Kurley said that people need to get on the road. Kamalakar Shenoy said that the government is directly and indirectly amending all the laws which were providing justice to the citizens. The meeting was being moderated by GR Vora.

A resolution was to fight against this amendment at all levels. Bhaskar Prabhu, Mohammad Afzal, Sunil Ahya, Dolphy D'Souza, Sudhir Badami, Clarence Pinto, Sharad Yadav, Krishna Gupta, Brijesh Arya were present on the occasion.

By Gaurang Vora

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Caste Is Still Enforced In Changing India

By Don Aguiar

Is it relevant to talk about caste in modern times? Isn't caste an "internal" matter of heritage and culture beyond the remit of global agendas? Certainly, we do not find caste treated alongside gender, race or age in the international analysis of poverty and inequality.

The effects of caste are not "locational"; they travel from the village to the city and into virtually all markets where "cultural and social relations play out" and have impact on the gains from developments such as education.

Caste still persists in this age of the market because of its advantages – its discriminations allow opportunity hoarding for others; and the threat of the advancement of subordinated groups provokes humiliating violence against them. The relational inequalities of caste require no particular ideological justification and are reproduced rather than erased by globally-integrating neo-liberal urban or industrial development. They ensure that every opportunity for Dalit advancement, whether starting businesses or gaining access to the educational gateways to middleclassdom, is a source of prejudice against them.

When Sardar Singh Jatav set out walking on a muggy night in early September to talk with the men who employed his son, he found them already waiting for him in the road. But they were not in the mood for discussion.

The higher-caste men greeted Mr Sardar with a punch to the face. Then they broke his arm. Then they pinned him down. Mr Sardar shrieked for help. Nobody came.

One higher-caste man stuffed a rag in his mouth. Another gleefully pulled out a razor. He grabbed Mr Sardar's scalp and began to lift and cut, lift and cut, carving off nearly every inch of skin.

"Take that!" Mr Sardar remembers them saying. "Tell everyone we scalped you!"

Mr Sardar is a Dalit, a class of Indians who are not just considered lower (Contd.. on p. 4)

(Contd.. from p. 3)

caste, but technically outcaste — what used to be called untouchable. Bound at the bottom of India's Hindu society for centuries, the Dalit population, now estimated at more than 300 million, has been abused for as long as anyone can remember.

And now, according to crime statistics, the violence against them is rising.

This might seem surprising against the new narrative India is writing. So much has changed. Millions of people have been lifted out of poverty. The Indian economy is now one of the world's biggest. Everywhere in the country, there are new roads, new airports, and new infrastructure.

But in many places, especially in poorer rural areas, caste infrastructure is still the one that counts. And those who rebel against it, like Mr. Sardar, are often greeted with unchecked brutality.

It is violence intended to send a message, pain inflicted to maintain India's old social order. The crimes are happening across the country and Dalits are not simply killed: They are humiliated, tortured, disfigured, and destroyed.

You may talk about India being a world power, a global power, sending satellites into space. But the outside world has an image of India they don't know. As long as Hinduism is strong, caste will be strong, and as long as

there is caste, there will be lower caste.

The lower castes don't have the critical numbers to counterattack, and the result has been violence that is described as "intimate, sadistic and cruel."

For decades, India has struggled to de-weaponize caste. When the Constitution was being written in the late 1940s, intellectuals knew caste was a sore spot that needed to be urgently addressed. They included specific protections for Dalits, who make up about 15 to 20 percent of India's 1.3 billion people.

Affirmative action programs, though they have generated deep resentments among upper castes, have helped some Dalits escape poverty. Today there are Dalit poets, doctors, civil service officers, engineers, and even a Dalit president, though it is mostly a ceremonial post.

But 95 percent of Indians still marry within their caste, experts say. And recent studies show income and education levels correlate very closely with caste. Even controlling for education, Dalits still fall behind, indicating that caste discrimination is alive and well in the workplace.

The current political environment has increased the vilification of the other — whether that be along caste, creed or gender lines. According to national crime statistics, the number of

caste-based crimes has increased 25 percent since 2010, reaching nearly 41,000 cases in 2016, the last year on record.

Caste is found to be a complex institution, simultaneously weakened and revived by current economic and political forces; it is a contributor to persisting national socioeconomic and human capital disparities, and has major impacts on subjective wellbeing. A source of embarrassment and controversy in middle-class India.

Many analysts blame the ruling party, the Bharatiya Janata Party, whose Hindu supremacist roots have emboldened supporters to lash out at minorities, often in the name of Hinduism. One example is the rash of people beaten up or killed for slaughtering cows. The animals are revered in Hinduism and the vast majority of the victims of the cow vigilante squads are Muslims or Dalits.

Experts say this violence is committed to sow terror. They liken it to the many well-publicized horrors intended to dehumanize and put people in their place.

Another factor may be that Dalits like Mr. Sardar are speaking out more, demanding what is theirs.

What ignited the confrontation that night in September was Mr. Sardar's insistence that the higher-caste landlords pay his son about Rs 5600 in back wages that he was owed for

(Contd.. on p. 6)

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Two-party system emerging in the country!

Maharashtra CM Devendra Fadnavis is in a very envious position of having an embarrassment of riches. There is a stampede from all political parties to join the BJP in the state. The situation is no different in other states. The opposition has been virtually decimated. The situation is so bad that there is no need for any horse trading. Soon we will become a 2-party nation, like USA and UK. Alas! It won't be Congress vs BJP. It's going to be BJP vs BJP! or to put it more simply BJP Old (karyakartas) vs BJP New (gold diggers)

—Prof Robert Castellino Calangute.

Women in Space Odyssey!

India on 22 July 2019, successfully launched *Chandrayaan-2*. It is headed by a woman, Muthyaya Vanitha as project director. K. Sivan, chairman of India's Space Research Organization (ISRO), revealed that 30% of the team comprise women. The primary objective of *Chandrayaan-2* is to soft land on the lunar surface, and operate a robotic rover and conduct experiments.

Three women have also stood out in the US Space Program. 1. *JoAnn Morgan*, who worked as an instrumentation controller to alert the test team if anything went wrong. She paved the way as one of NASA's first female engineers. From 1958 to 2003, she continued to break barriers, and became the first female executive at the *Kennedy Space Center*.

2. *Margaret Hamilton* was the software engineer who developed the onboard computer program that powered NASA's *Apollo* moon landing. For the 50th anniversary of the *Apollo 11* space mission, Google unveiled a giant tribute to Ms. Hamilton in California's *Majove Desert*.

3. *Katie Bouman* was a computer scientist who earned global plaudits for helping develop the 'algorithm' that created the first ever image of a 'black hole'! This was captured by a network of eight Earth-based Event Horizon Telescopes, made possible by *Dr. Bouman's algorithm*! She was assistant professor of mathematical sciences at the prestigious *California Institute of Technology*.

And if I may supplement the qualities of enterprising women: "Strength and dignity are her clothing; and she laughs at the future ... Many women have done excellently, but you surpass them all ... Give her a share in the fruit of her hands, and let her works praise her in the city gates" (*Proverbs 31:25 ... 29 ... 31*).

—Dr. Hazel Colaso, Ashburn, VA. USA..

Two Great Events

On August 15, we celebrate two great significant and related events. One is the Assumption of Our Blessed Virgin Mary and the other is Independence Day. The reason as to why these two events are related is because they are both about freedom. Independence Day is celebrated as freedom from foreign rule and domination to self-rule and governance of our country and the feast of the Assumption of Our Blessed Mother Mary may be seen as freedom from this limited and incomplete life to a bliss of eternal and perpetual life.

There is indeed a happy coincidence to celebrate our Independence Day on the feast day of the Assumption of Our Blessed Mother Mary. It is to our Blessed Mother that we dedicate our country as she is our patron saint.

—Jubel D'Cruz, Mumbai.

Pensioners below the poverty line

The implementation of the seventh Pay commission has brought cheer to lakhs of State and Central govt pensioners, unlike their counterparts under the EPS 1995 pension scheme of the govt, who have been kept out of such schemes, and have to subsist on a minimum pension of Rs 1000/p.m. The last time their pension was raised was around 5 years back. Ever since their pensions have remained stagnant. A pension of Rs 1000/ p.m. translates to Rs 33.33/ per day, which puts these pensioners in the category of persons below the poverty line (BPL). Isn't this a travesty of justice that retired educated persons with several years of work experience should be treated in this manner? Is this the path these hapless pensioners have to tread on the journey to the 5 -trillion dollar Indian economy envisaged by the Modi govt in the recent Union budget?

—A. F. Nazareth Alto Porvorim

Bungalows at Nalasopara (W)

2 Km from Rly Stn., Next to Church, Market and School and also Beach.

Cont. :

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9987064209

Ronald - 9503523423

(Contd.. from p. 4)

working in their rice paddies.

In traditional Indian society, castes designated occupations. The untouchables were the ones who did the dirty work, such as skinning animals or cleaning toilets. Today the caste-occupation relationship has broken down a bit.

But villages still observe an old social order that the arrival of electricity, cell phones and more opportunity for the lower castes has not dismantled.

The Gujjars are hardly at the top of the overall caste ladder, far below the Brahmins, who are considered the highest. In some places, Gujjars complain that they themselves are discriminated against because of their caste. But in Thati, they are the most powerful and own most of the land. Gujjars live in bigger homes, and many have tractors and small cars. Most Dalits don't even have bicycles.

Dalits must show Gujjars respect. They are not supposed to look Gujjars in the eye or touch their food or water cups — Gujjars would consider it polluted. The two castes have separate water taps.

All of this is illegal.

India's Constitution specifically prohibits the practice of "untouchability," though recent surveys show many Indians still do it, even in cities.

At the edge of Thati village stands

a sacred peepal tree. Beneath its nubby branches lies a small Hindu temple. Dalits are not allowed to sit at this temple, but any Gujjar, including a child, can. This is how it goes for many Dalits, their life circumscribed by what they are not allowed to do.

When one young Dalit man said he was willing to break the taboo, another quickly grabbed his arm and said: "Don't! If you do, there will be a fight tomorrow."

While this was happening, a Gujjar farmer happened to walk by. Seeing three journalists talking to the Dalit men, he couldn't resist joining the discussion. He insisted that Thati was a happy place and that Dalits and Gujjars lived "like brothers."

"Brothers?" one Dalit man shot back. "Brothers don't scalp each other!"

Police officers have arrested several Gujjar men accused in the attack on Mr. Sardar, who is around 55 years old — he's not exactly sure of his age. But the authorities say that caste played "no role" and that the crime was precipitated by a personal dispute between Mr. Sardar and a landlord.

That claim made Mr. Sardar laugh — a dry, bitter laugh. He shook his bandaged head, still recovering from a painful skin graft from his thigh. It's a common complaint: that the police (who are usually from higher castes) always side against the Dalits.

One police inspector tried to claim that the assailants hadn't intended to

scalp Mr. Sardar but that part of his scalp had simply fallen off when they hit him in the head with a stick. Two doctors who treated Mr. Sardar at a government hospital disagreed. They said just about all the skin on the top of his head had been forcibly removed with a sharp instrument, leaving his skull undamaged but much of the bone exposed.

Mr. Sardar said that while he was being scalped, the Gujjars taunted him for wearing a turban, something that Dalits are not supposed to do. He remembers the men saying: "We're going to take away your crown."

Now, he said, he is going to bear a horrible scar that will remind him, for the rest of his life, what the higher caste men did to him.

Inherited caste identity is an important determinant of life opportunity for a fifth of the world's population, but is not given the same significance in global development policy debates as gender, race, age, religion or other identity characteristics.

"I wish I were a different caste," he sighed.

Prejudice is materialized through a caste-networked economy, seen in the 'glass-ceiling' effect in salaried employment and the 'sticky-floor' effect in self-employment, and rendered durable intergenerationally through the closures of caste endogamy.

The evidence points to the need for policy innovation to address market and non-market discrimination and to remove barriers, especially in the informal and private sector; and to ensure caste has its proper place in the global development policy debate.

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Don't Tell Me, Mumbai is Sinking !!!

The first causeway was planned by a British officer who had lived in the Bombay of those years. He had seen four monsoons in the city and had a fairly good knowledge of Mumbai. That was in 1708. The then caretaker of the city declared that the causeway plan was totally illegal and could not be acceptable..... Since then plans are made executed and have failed. And since then also, this beautiful city is “sinking” officially! Yes, terrifying it may sound, the city is gradually giving way to the ever-rising waters of the Arabian sea.

Danny Boyal, the Director of the ‘Slumdog Millionair’ writes : Its not so much you learn about Mumbai, its what you learn about yourself, really. Its funny old hippie thing but it is true as well. You find out a lot about yourself and your tolerance and about your inclusiveness....”

Mumbai is a living legend. A legend that is sinking in the water. Mumbai kids no longer sing” Come Come Rain god cone.....” Instead, they say : Go away go away rain go away..” My good friend, Dr. Louis, the day in his telephonic chat said : Its raining cats and dogs..” It is always “cats and dogs”... And when the sky runs havoc, so does the sea! King Bhimdev was the last ruler from whom the clever Portuguese traders snatched away the main icelands. That was 1784. The first Governor, William Hurnbee, had enough courage to come and stay in Mumbai. That was Today’s Parel which greatly inhabited by the Kolis. The old Portugese record called it “Candil Island”. Mahim was called “Maizeem” or “Mezambu” It was the capital of King Bhimdev. Muslim rulers captured it and later the Portugese gave it away to the British. It is surprising that even the ancient Maurys, were aware this place. The



Portugese kept these icelands for one hundred years. Charles, the second, the king of England married a portugese princess Catherene D. Breganza in 17th century and the Portugese ruler gifted this place to him. That entire iceland was leased out to the East India Company with 10 pounds annual amount! The British, in the beginning, found out that it was not very hygienic to live there. This was reported to the



by Ignatius Dabhi
Sr. Journalist

Queen also. That was the history of the so called ‘old Mumbai’..... The first causeway between Mahim and Sion was prepared. These were the first two icelands first-ever joined by the causeway. The first big flood disturbed the city in 1772. ‘Mumbai Central’ was half in water. The British joined Mahalaxmi and

Worli. Later on, it was officially accepted that the causeway was illegal. It was the Governor Hurnbee. He spend Rs. 1,00,000/ in those days. Much before the nod came from the Crown, he completed the causeway construction! It was totally illegal and yet operative! That was Dongri of today. Which was linked to Malabar Hills and Worli. By 19th century all seven icelands were linked up.

In the 20th century, Mumbai had nearly 10,00,000 people. Sion was in the possession of some priests from Jerusalem. Some hills near the Sion stations had synagogs.

Mumbai of those years was

fairly beautiful city. Mumbai has been the heart of India. People from every corner of India have come to this city to fulfill their dreams. The city is overflowing with crowds of people and youngsters feel it has been their dreamland.... It has been noticed that every monsoon creates some problems to the people of Mumbai. Old constructions give way, walls collapse, roads are washed out and the low-lying areas sink in waters..... This has been there year after year... and yet the craze for Mumbai also ever growing.

Ever Monsoon creates frightening scenes. The old and young, the poor and the rich fully pay during the monsoon! Is the ‘City sinking? The BMC has heart enough to combat with the monsoon maladies.... Often it is water, water, water everywhere and not a drop to drink..’ The hope to survive surfaces and the sinking, soaky man emerges for a better tomorrow!

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WHETHER A POPULIST LEADER GAINS ELECTORAL TRACTION AND WINS, BECAUSE POPULISM APPEALS TO A GROWING COHORTS OF THOSE WHO ARE DISILLUSIONED WITH EXISTING ARRANGEMENTS?

by Eric D'Sa

In the Middle Ages, Italian city-states led the European "commercial revolution" with innovations in finance, trade and technology. Then something strange happened. In 1264, to take one example, the people of Ferrara decreed that, "The magnificent and illustrious Lord Obizzo ... is to be Governor and Ruler and General and permanent Lord of the City." Suddenly, a democratic republic had voted itself out of existence. In fact, this was not an uncommon occurrence in Northern Italy at the time. As the people, seeing that they cannot resist the nobility, gave their support to one man, in order to be defended by his authority. The lesson is that people will abandon democracy if they are worried that an elite has captured its institutions.

Medieval Italy's democratic institutions succumbed to what we might now call populism: an anti-elitist, anti-pluralistic and exclusionary strategy for building a coalition of the discontented. The method is exclusionary because it relies on a specific definition of "the people", whose interests must be defended against not just elites but all others. Hence, in the United Kingdom, the Brexit leader Nigel Farage promised that a vote for "Leave" in 2016 would be a victory for the "real people". Not those who had immigrated over decades into the country from different parts of the world. As Donald Trump told a campaign rally the same year, "the other people don't mean anything". As far as Trump is concerned only WASPS are really the ones who made America great and will do so in the future.

There are two obvious reasons why such populism is bad. First, its anti-pluralistic and exclusionary elements undermine basic democratic institutions and rights; second, it favours an excessive concentration of political power

and de-institutionalization, leading to poor provision of public goods and subpar economic performance. History will tell us that most of the countries that have gone this route have ended up in dictatorships that have led to economic disaster for the majority, without the means for the people having the democratic option of removing the dictator. See what is happening in Venezuela.

.Nonetheless, populism can become an attractive political strategy when three conditions prevail. First, claims about elite dominance must be plausible enough that people believe them.

YOU THE CITIZENS DECIDE:

Second, in order for people to support radical alternatives, existing institutions need to have lost their legitimacy or failed to cope with some new challenge. And third, a populist strategy must seem feasible, despite its exclusionary nature. Blame every one for your problems; the minorities, the past governments and rulers over centuries, the neighbouring countries, the inefficient bureaucrats and the old crony capitalist, dishonest banker and greedy past politician nexus.

Not long ago after the First World War, a similar situation arose in Germany and the populist movement elected a politician named Hitler, who promised to bring in the necessary changes to eliminate the poverty and deprivation. He gradually made the populist believe in the white Aryan supremacy and one by one undermined the democratic institutions to give himself more political power. He then made the more prosperous Jewish community the villains of the German problems. He built on the German nationalism and pride. History tells us where all this finally lead Germany to become and its final failure.

All three conditions can be found in today's world. The increase in inequality over the past 30 years means that economic growth has disproportionately benefited a small elite. But the problem is not just inequality of income and wealth: there is also a growing suspicion that the social distance between the elite and everyone else has widened. Even in India this is happening and unfortunately the income is being taxed heavily and not inherited wealth. We are getting back to the populist Gharib Hatao period where super tax on incomes went as much as 95%

These economic and social disparities have profound implications for political representation. As a de-institutionalizing strategy, populism appeals to the growing cohort of those who are disillusioned with existing arrangements. In the US, the widespread perception that institutions have failed to address issues such as inequality has been eroding public trust in major institutions since the 1970s. After failing to anticipate the 2008 financial crisis, US policymakers are now struggling to regulate (and tax) new "mega-firms" like Amazon and Facebook. They are also seen as having dropped the ball with respect to globalization and the effects of the "China Shock" on local labour markets.

Finally, for populism to get a foothold, politicians themselves must see it as a viable strategy. Generally speaking, declaring that the "other people don't mean anything" isn't the best way to garner broad support. So, even when structural factors favour it, populism can succeed only in certain circumstances. In Trump's case, the intense partisan polarization in the US means that he can appeal to marginal or swing voters, because he knows that Republicans will vote for him no matter what. And, more generally, populism can win

(Contd.. on p. 9)

(Contd.. from p. 8)

when the "other people" are narrowly defined or simply small in number, provided that they can still be depicted as posing a threat.

To defeat populism, then, one must address all the factors that make it a viable strategy. That starts with recognizing that populism can emerge only when there are real social and economic problems to give it electoral traction. It also means being honest about the fact that there are competing and contested visions of citizenship, which should be debated, not ignored.

Finally, we need more democracy and representation—including, possibly, referenda at local levels—so that voters feel as though their concerns are being taken seriously. The political class should be exploring new ways to make government more representative of society. We in our country for example, have a hidden caste-based quotas for parliamentary seats and other positions, and may soon have reservation with respect to gender. You the Citizens will have to decide whether we need to work to encourage an alternate arrangement to provide participatory democracy that will work to defat populism?

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Parishes must encourage community marriages/wedding receptions



This refers to "Church in Thane asks members to share their wedding masses"(Hindustan Times, July 24). Our Lady of Fatima Church, Thane, has issued a circular to its parishioners stating: "No exclusive nuptial masses. Henceforth two or three marriages will be blessed at the same nuptial mass".

By itself, this move will serve no useful purpose. I believe that the church in India, should concentrate more on conducting mass marriages along with community wedding receptions. Costs of weddings are spiralling out of control causing poor and middle class families to fall into an inescapable debt-trap. Weddings have become a commercial extravangza, exploited to the hilt by a booming marriage industry. Take the case of photography and videography. They can cost up to a lakh of rupees. The wedding album takes months to prepare and sometimes delivered even after the couple's first child is delivered! And when it finally arrives, friends and neighbours are compelled to go through the motions of 'enjoying' the experience of viewing a pictorial re-run of the wedding . Besides, there's a huge wastage of good food; food that could have filled the hungry bellies of several poor families.

Coming back to the Thane church, I think it is the prerogative of the parish priest to issue circulars from time to time for the good of the parish. Perhaps paucity of priests could be the reason for the circular. However if couples can arrange for their own priest to celebrate their nuptials, they should be allowed to do so. Several couples have a priest in their family. Also, most parishioners generally know a priest, (formerly from their parish) who may be happy to oblige the couple. They should be permitted to celebrate the nuptials.

**—Prof Robert Castellino
Mississauga /Mumbai**

'Care Givers' & Aged

—Ivan Saldanha-Shet.

The aged elders, weak, sick and marginalised face pathetic fate generally. The kith and kin of suffering aged people today, are unable to care for them and forced to put them in nursing homes, institutions. Most of these places do not give full care, personal 'care giver' is a must. Care Givers/workers, male/female are meant to provide on the spot room care. These 'care givers' receive hefty amounts through their agencies; food and facilities too - this is a major expense, second to none. The care home are 'homes' no more, but commercial institutions; the managements of all kinds, are indifferent and care more for their welfare and profits.

Most "caregivers" are casual persons who are not qualified, often barely literate, they have no formal training or organised support system, generally very young. It can be seen that they casually take up the task and are often irresponsible. Coming mostly from the outlying areas, their antecedents are often unknown. Few of them may prove good but many are not so - their presence threatens security and safety often. Some of these freelance 'caregivers' are from remote northern states and are unfamiliar with normal matters. Others are under an informal 'local agency' that usually has no recognition or authorisation per se. They do not meet regulations and do not register with the local authority/police; financial incomes are also pocketed by 'middle-men' as commissions

cheating the workers. Often they are a sad lot and isolated due to their nature of life closed in and secluded with the suffering sick, aged, help-

search concluded that greater social connection is associated with 50% lower odds of early death. The attendants of these aged and lonely too share this handicap as time progresses, due to isolation.



less people and face a type of 'house arrest'. Their plight needs a sympathetic consideration and proper relief urgently.

Loneliness and illness go hand in hand, a sad reality of modern life. The problem is even more severe among the elderly this also extends to 'Care Givers' in isolation. Loneliness is a critical problem that needs to be addressed through a variety of ways. Among older people, loneliness is cause for increased cognitive decline, depression, worsening of health, and more medical bills. A British study found that deficiencies in social relationships are associated with an increased risk of developing coronary heart disease and stroke. Loneliness is also associated with an increased incidence of mental health issues and increased risk of chronic health issues such as diabetes. Recent re-

In Australia, a political party has raised a demand for government intervention to tackle the problem of entrenched loneliness among Australians. British Government is set to appoint a 'Minister of Loneliness' to address the issue of isolation and loneliness among a large section of the country's population and the aged.

It is very urgent for all purposes in India - that a suitable authority/department under Govt., will be charged with this dedicated responsibility of overseeing/control. The officials must monitor and regulate the needed aspects where sick, aged, elders are housed. This is a vital and urgent need; also a lot of money is involved in this service which needs proper organisation, channeling and control at the earliest. This final phase will have to be faced by all and reasonable organisation is essential.

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UP government censured

“There is no law and order in UP” observed the Chief Justice of India while he wondered what is going on in this country. A very strong indictment of the Yogi Government on the issue of the Unnao rape case! The Apex Court was appalled at the failure of the government and the Police force to act on the survivor’s 30 odd complaints of harassment and intimidation/threats by the henchmen of the incarcerated BJP MLA Kuldeep Singh Sengal – since expelled. How powerful he is can be gauged from the fact that despite being in jail no neighbour attended the last rites of the survivor’s deceased aunts.

What made the Supreme Court take drastic decisions like shifting all cases to Delhi with a time bound [14 days] investigation in the highly suspect ‘accident’ and directing the CBI Court to hear the case on day-to-day basis and complete the process in 45 days? The CJ was livid at the attitude of the Police force in UP. The alleged rape was committed in 2017 and for unknown reasons no FIR was filed till the High Court stepped in a year later, the father of the survivor was arrested under Arms act and beaten mercilessly. He died in Police custody. No action was taken. The key witness in the case died mysteriously. Shocking! The uncle of the survivor was arrested and charged.

The security personnel detailed to protect the survivor and her family turned out to be informers. If the family said ‘no’ to the guards accompanying them, then they would have contacted their superiors for suitable orders. It may be interesting to check the call logs of all the guards for about a week prior to the mishap. Similarly, the cell phone of the truck driver too needs to be checked to find out with whom he interacted during those days and more particularly just prior to the ‘accident’. A senior Police functionary surprisingly, felt nothing wrong in the security staff not accompanying the survivor. He said they did not want the security which was fine. Yet the government suspends them for not accompanying the survivor but not the senior. A protectee needs more protection when he/she is out of the house. The court replaced the security and asked the CRPF to protect the family.

It is hoped that the CBI will address

VIEWS on NEWS

all these issues and pin-point the lapses at each stage right from the day the survivor first approached the Police to file an FIR. Who gave instructions to the Police to go slow, or arrest her father and subsequently her uncle and the abject apathy of the Police and the administration towards the survivor and the numerous appeals of the family for justice? It gives an impression that the accused sitting in the jail would give instructions to the Police and the Government officials on how not to move expeditiously but keep on delaying. Mind you, FIR was filed in June 2018 but the file has not moved to begin the prosecution. Chief Minister was either complicit or incompetent to run the State of UP. As Home Minister, Yogi must take full responsibility.

The displeasure displayed by the Supreme Court will not make the BJP or Modi proud. It shows that the Apex Court was not inclined to trust the State Government with anything. All the five cases were shifted to Delhi; the security of the victim family was replaced by a Central agency, the uncle who was jailed in UP was ordered to be shifted to Tihar Jail in Delhi. The State Police was relieved of its role in the whole case. The lawyer was shifted from Lucknow hospital to Delhi. What does all this imply? One wonders if, in the face of the strictures passed by the Supreme Court, the State government should be dismissed under article 356 of the constitution for complete breakdown of law and order. All the senior Police personnel should be dismissed for dereliction of duty and cover up. Yogi too should go!

Kashmir internationalized

The meeting of Imran Khan – Pak PM and the all powerful man on earth Donald Trump managed once again to bring the Kashmir issue to the world centre-stage. The American President by saying what he said about the Indian PM asking him to play a mediatory role created a major controversy at home while the people on the other side of the border capitalized on it. They gloat over the willingness of the POTUS to play a role in Kashmir settlement. Thankfully, the Indian government rubbished it all. Yet, the offer in a diluted form, was repeated



by Marshall Sequeira

a week later and that should alarm New Delhi.

Notwithstanding those very warm Modi hugs at every possible opportunity, the Americans can never be trusted as permanent friends. They use countries for their own benefit and then dump them. Pak is one such case. This is particularly true about the present American President who gets himself in all sorts of controversies and speaks irresponsibly. For him, what he feels is right and is not used to being challenged. No wonder, you see a slew of resignations and dismissals of high ranking public functionaries in his administration. To that extent, he is dictatorial in his approach. He is crude in his language and does not hesitate to speak in that fashion even to his female detractors. He lacks civility expected of a man of his stature. He is defiant and threatens his opponents all the time trying to force them into submission. Some relent while others do not hesitate to take him head on.

India needs to be very careful in dealing with this man who is generally disliked by his people but not many dare to speak. If he gets re-elected it will be a miracle but for the world he could be a problem. He can change tracks at the drop of a hat. In his anxiety to get out of Afghanistan, he may enter into an unholy alliance with Pakistan and even dump India. He has already started warming up with Pak and considering the strategic importance of that country, the Americans will have no option but to keep them in good humour. India has been kept out of the Afghan loop obviously at Pak’s behest. India will have to tread with utmost caution and not be swayed by his empty promises even on terrorism. India should not forget old and trusted friend like Russia since there is no impermanence in American friendship. Donald is no Trump [Ace] for India, for sure. At best, he is a Joker.

Financial moves for dual-incomes

As a dual-income household, the extra income might give you an advantage over a single-income family. But you'll still have to plan your finances well to retain the advantage.

Gone are the days when male members were the financial lifeline of the family. It is quite rare today to find a family with a single breadwinner. Besides, with fluctuating inflation rates, households with just one earning member find it really difficult to make ends meet.

As a dual-income household, you might have an advantage over a single-income family. But you'll still have to plan your finances well to keep that advantage. Here are a few financial planning tips for your postnuptial years:

Plan Your Finances Together:

As individuals, each of us has a different attitude and perception of money and savings. While some of us may prefer to spend lavishly, there are others who may prefer to follow in Uncle Scrooge's footsteps.

It would be difficult for both spouses to create a budget and plan their finances until they get on the same page financially. Being earning members, both of you will be pining for financial independence. Yes, being financially independent is a good thing! But, you'll have to work out a part (at least!) of your finances together if you want to live a comfortable life with each other. The trick is to work towards common goals.

Clear Those Debts, Please!

Trust us when we say that debts are a menace. Don't let mental anxiety ruin your married life. Clear all your debts – Credit Card, Car Loan, Personal Loan, etc. as soon as possible, before it creeps into your blissful life. This should be your first priority. Doing so not only saves you from mental



anxiety, but it also helps you save on the high interest charged by lending institutions.

Experts suggest that you approach your debt repayment strategy using the 'ladder' method. According to this method, you must first pay off those loans which have a high-interest rate. Another way to approach your debt repayment is by using the 'snowball' method wherein you start by paying off the smaller debts. The ideology behind this method is that you'll have more money at your disposal to clear off the bigger debts once you're done with the smaller ones.

Invest In Insurance:

Both earning spouses should invest in individual insurance policies, and



preferably both Life and Health Insurance. In case something bad happens to either or both of you, these policies can provide the much-needed financial aid for the rest of your family.

Invest In schemes:

Follow the golden rule here – Pay

yourself first. In simpler terms, you ought to put aside savings first. The remaining amount can be used for your monthly needs, according to your budget. In the case of a dual-income family, this should be practised by both spouses. The next step is to invest your savings in different financial instruments.

Gear Up For Doomsday:

Both of you need to prepare well in advance for rainy days. They hardly come announced! The easiest way to be prepared is by having an emergency fund – actually two emergency funds. Both of you should have individual emergency funds. Stock up your emergency cash in short-term debt funds, liquid funds, sweep-in accounts or a Fixed Deposit account.

Spend Some Money On Buying Happiness:

Contradicting the saying that money can't buy happiness, we believe that it actually can. For instance, you have always dreamt of buying something or going on a vacation to These are monetary dreams and you can easily achieve them if you save enough. Don't you think that it's equivalent to buying happiness? Besides, there is no issue with prioritising these dreams if they make you happy.



Deal with offensive behaviour

Sometime someone will do something that will offend you. You can either choose to ignore it but sometimes you need to speak up.

When it comes to these difficult moments, it's important to respond in a way that's thoughtful, being mindful of the context, the nature of the transgression, and the texture of your own feelings. To decide how big or small you want to go with your response, consider the following:

Who is the person, and what is your emotional investment in that relationship?

If you have a well-established relationship with this person, then you may have a history you can consult and a future you want to preserve.

Ask yourself what the person's patterns have been. Do you know the person to be well-intentioned or malicious? Do you want to continue to be in a relationship with this person or not?

If the person has a history of being mean and nasty, then you may not care much about preserving the relationship. So you may want

to address the point with nothing more than a concise statement and just let the chips fall where they may. You may also want to make a request that you expect the person to honor. "Hey, I need you to know that when you said _____, I experienced it as _____. Please refrain from that sort of speech. Thank you."

On the other hand, if the person is someone that you want to be in a relationship with and who you feel is usually well-meaning, you may want to engage in more of a conversation. "Hey, I heard you say _____, and I was wondering if you realized that it was offensive. For me at least, it felt _____. Is that what you were going for?"

What happened, and how harmful was it?

Was it questionable, inappropriate, offensive? Similarly, when things are questionable or inappropriate (people talking over you, tasteless jokes, etc.), sometimes a lighthearted but honest comment made to the person in pri-



vate is enough to alert them to their impact. Offensive behavior may not present the same imminent threat to your personal safety but can certainly make a social setting or situation feel less safe. These are your typical racist or sexist comments, for example. When faced with behavior that is offensive but may not necessarily be abusive, I suggest taking a breath and

having a thoughtfully planned conversation that is firm but engaging. You'd be shocked at what you can help shift.

When is the best time to raise your concern?

Sometimes you can easily address questionable or inappropriate things in the moment with a look of disapproval, a disapproving remark, or a brief side conversation. Similarly, for abusive behavior, the situation needs to be addressed sooner rather than later because they are dangerous. It can be extremely difficult and very scary, so be sure to find support to help you through it. Don't let it go. Draw the boundary and hold it firmly.

For less immediately dangerous transgressions that still offended you deeply, it may be better to wait before responding so you have the opportunity to sit, process, and plan. Just because you didn't say anything in the moment doesn't mean you've missed your chance—oftentimes it's helpful to be with your thoughts and feelings for a

while so you can mindfully respond later when you're ready.

Where is the best place to ensure you'll be heard?

Does it need to be a public announcement or a private moment? Most people will respond better to a private conversation. They will be less defensive and thus better able to listen and receive what you are offering. a public conversation is sometimes necessary to clear the air, hold that person accountable, move everyone to the same page, and achieve a resolution.

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PRAYER TO THE HOLY SPIRIT



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



**Thanks to
Sacred Heart of
Jesus
& St. Jude
for the favours granted**



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

Say this prayer nine times a day for nine days.

— Roman D'Souza,
Goa



Nutritious chicken caesar pasta salad

Ingredients :

- Chicken breasts, skinless ...2
- Penne, boiled1 cup
- Lettuce leaves20
- Cherry tomatoes, halved ...1/2 cup
- Olive oil 2 tbsp
- Bread slices 3
- Chopped garlic 1/2 tsp
- Parmesan shavings1/4 cup

For the dressing

- Garlic clove1
- Mayonnaise1/2 cup
- Salt to taste
- Vinegar 1 tbsp

Method

- Clean the lettuce leaves and roughly tear them into small pieces. Keep aside.
- Rub the chicken breasts with olive oil, garlic and seasonings. Pan-fry for 10 minutes, making sure that you turn sides. Remove from flame, let it cool for 10 minutes and then chop into cubes.
- Pre-heat the oven to 15 degree C. Tear the bread slices into small croutons and spread them out in a baking tray. Toss them with olive oil and season. Bake in the oven for 15 minutes until golden.
- For the dressing, in a mixing bowl, whisk mayonnaise, garlic, vinegar and salt.
- In a large salad bowl, toss the pasta, chicken slices, lettuce and cherry tomatoes. Add the dressing and toss well. Check seasoning.
- Tip in the roasted bread croutons and finish with Parmesan shavings on top.

Some Useful Kitchen Tips

- To remove tea leaves stuck in nylon strainers, boil water with a little soap suds in it and dip the strainers for a while in the soap solution. Wash off later.
- To clean a plastic strainer, dilute a teaspoon of washing soda in a cup of water and dip the strainer in it. After half-an-hour, the strainer will be as good as new.
- When boiling green vegetables put in a couple of bacon rinds and remove before serving. The rinds give vegetable a nice flavour than if boiled on their own. When boiling the cauliflowers, tie them in muslin. When cooked they can be easily lifted out with fork and put in a colander. This way the cauliflowers remain whole.

The Application Of Christian Life Management

All credit must go to the Lord for the first rule of application in Christian life management, to love our parents. "For God commanded: Do your duty to your father and your mother..." (Mat. 15:4).

At the same time we are given to understand from other books in the Old and New Testament, because of our dependence on parents in the early years of life, for security, love and necessities and proper directions, we undertake pride to honor them, love them, protect them and in their winter years to bear witness with compassion in their growing old.

Life lessons taught by our parents about God, the faith, His mercy, and that Christ Jesus is the epitome of all visible and invisible beauty.

We are taught to respect elders, to help the sick, attend Holy Mass, to always speak the truth, and to say our prayers before meals and at bedtime. Christians are known to have good manners, polite and cordial often radiating sympathy for the ills of society. It is well worth knowing that Christian life trains a person to show respect at the workplace and where people gather to celebrate occasions.

To think kindly of others, to make friends easily and to keep an open home to well-wishers is the seed of politeness. Most Christians are considered to be tolerant, as G. K. Chesterton said, "People generally quarrel because they cannot argue."

Should an incident require criticism, the Christian will use discretion most often. The Bible informs us: "Brethren, in the event of someone falling into a sin, you, who are spiritual, shall set him aright with the spirit of kind-

ness..." (Gal.6:1).

Christian charity has to be of mutual concern, and love must respond to love, transforming the apostolic gift to sympathy and benevolence. That is what Jesus expects of us to build on inspirational thinking, establishing an order to give another the moment to win his/her trust.

Jesus did this when he asked the Samaritan woman at the well: "Give me to drink" (Jn.4:10). In return He gave her "living water" and made an everlasting friendship.



BY MELVYN BROWN

Another application is to preserve and protect biblical standards, to never be intimidated or afraid to raise the banner in the glorious truths in the Gospels. Smile when insulted, and forgive

the evil in the breath of sin. A Christian walks in the light (1 Jn. 1:4-7). Christians keep God's will and His commands.

Unfortunately, life sometimes sends us trials and tribulations, sickness, loss, violence, accidents, when many are taken by surprise, go through traumatic periods, and bear it all with patience, and grace, always turning to God in prayer and in trust.

Christian life management down the years has helped in a powerful manner to bring change for the better. In most cases the healing comes via meditation, prayers and the truth that God never leaves your side when you need him.

Pope John Paul II, who is now a saint, had taught us many lessons through his own respect for Christian life rules, by surrendering his all to the will of God, refusing to retire from the pa-

pacy.

The pontiff suffered the weight of his cross, a remarkable stimulus for reflection, and died while still in office. Was Pope St. John Paul's life providential or, a manifesto for the pious rules in Christian life management?

Henry Perowne, a neurosurgeon, said, "Pope John Paul II did more than anyone in our lifetimes to make vivid the task of defining respect for life in the context of modern science."

Despite years of Christian persecution, hate and violence, the pivotal point on its application is to faith, love, trust and forgiveness based on the mission of the Messiah, to be the light and to practice Christian life, passing it down to future generations to unify and purify the Catholic Church.

Having faith is a priority. To the Canaanite woman, Jesus said, "Woman, how great is your faith! Let it be as you wish." And her daughter was healed at that moment. (Mat.15:28).

The application of Christian life management spells victory and true fellowship in the community of believers.

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“That Nobody May Be In Want...!”

‘SKILLS FOR ANIMATORS’ Training Programme 13-14 July 2019

By Ladislaus Louis D’Souza

Organized by the Archdiocese of Bombay, the proceedings opened with the Enthronement of the Holy Bible and a Reflection on Mathew 7:21-27 by Bishop Barthol Barretto, Auxiliary Bishop of Bombay, that lead all present in a thorough soul-search in relation to understanding and living God’s Word in the context of ‘animating’ Small Christian Communities in the diocese.

Soothing the ‘Hangry’

Reminding participants that pent up anger caused by sustained hunger could cause the emotions of a ‘hangry’ [hungry+angry] person to explode in ways unpredictable, Bishop Barthol’s dissertation brought the participants to the realization of the link between his aim for the effective functioning of every SCC viz to ensure that **NOBODY IS IN WANT**, and the Gospel injunction in relation to servant discipleship. That ‘want’ he hastened to point out was not necessarily want of food and finance but much, much more – a li’l love and understanding, a patient, listening ear, words that soften some hurt or pain, help with looking after someone bedridden and such-like. The theme **NOBODY SHOULD BE IN WANT** was further emphasized by Bishop Barthol in his Homily on the parable of the Good Samaritan at Mass on Sunday morning. Clearly evident was the fact that the repeated reference to this objective stemmed from his heart, even as one couldn’t help but detect in his voice a hint of hurt, pain and worry when at the end of the tiring exercise of handing over our certificates he pleaded for prayers for vocations, given the fact that “this year only four boys have joined the Bombay diocesan seminary”. Indeed! If vocations to harvest the vineyard don’t come from our SCCs, where else will they come from!

Speaking Smart!

The success of any training pro-

gramme is the calibre of the speakers. And so it was that the inimitable Professor Adrian Rosario of SVP Parish, Chuim, set the tone by discussing with the participants the **Functioning of the SCC** – how lack of fellowship and the absence of a sense of belonging among members can prove detrimental to the very existence of any SCC. Encouraging the participants to **think SMART** whereby we are Specific in our efforts, Measured in our output, ensuring we set ourselves Achievable goals, be Realistic in our approach, and avail of the necessary Training, he had everyone eating out of his hands as it were! That he repeated his act at the ‘Entertainment Session’ post Supper would be an understatement, getting the participants as he did to make group presentations that defied all competition in terms of how we as SCC Animators/ Coordinators could animate/coordinate our respective SCCs, creativity coming to the fore like never before!

Vanessa Essaki of IC Parish, Borivili and **Naveen Menezes** of Holy Family, Pestom Sagar, deserve to be complimented for the manner in which they handled the **Role of an Animator** using – hold your breath! – *Puppetry!* By means of group enactments, they made it easy for us to look at Empowering, *Evaluating, Enabling* and *Encouraging* as the 4 pillars of facilitating leadership that can never fail to ensure that an SCC flourishes! In the process, on the one hand they brought into focus the components of the essence of the very term ‘animator’: Available, Nurture, Involve, Meeting, Approach, Take initiative, Observe, & Respecting others’ views and feelings; on the other, the talents that surfaced gave us a wider perspective of creativity!

In the session on **Becoming a Positive & Proactive Animator**, if there’s one thing the participants would be most grateful to **Father Patrick**

D’Mello, Director of the Archdiocesan Laity Centre, Marol and **Michael Rodrigues** of Sacred Heart’s Parish, Mahakali, for, it is this: for forcefully driving home to our minds the need to be ‘positive persons’, negativity taking us nowhere, and for reminding us that every emotion that we experience is as a matter of fact good, each impacting our BMI [Bio Mass Index] and affecting the quality of our lives in profound ways.

Dwelling on **Holistic Growth** was the genial **Thomas Lobo** of Saint Thomas Parish, Goregaon East, who in his gentle, unassuming manner, challenged us to not just go through life but to grow through it! He highlighted the fact that undergoing training of any kind is not for enabling ourselves to be of service to the church but to be of service to ourselves for, in the process of improving ourselves through self-realization and self-activation, we achieve holistic growth! Ideas concerning Seven Habits to Achieve Success, Five Essential Elements to Correct Well-being and so much else flowed effortlessly from his laptop as did video clippings that touched the core of our very being, realizing that each of us, first as human persons and then as Animators, was made to live, learn, love and leave a legacy!

The topic **Building Team Spirit** was brought alive for us by **Iona Pereira** of Holy Trinity, Powai and **Ronnie Pereira** of Kalina! From *listening to developing a win-win attitude*, this duo enabled us to give wings to our dreams even as they goaded us on to build the tallest towers possible with – can you guess! – newspapers and whatever else we had in our possession on the spot, enabling us to perceive the pitfalls of not planning properly, lack of shared vision and failure to put in the right kind of effort. The most significant part of this session that helped deepen our sense of com-

(Contd.. on p. 18)

Inspiration!

The mindset of achievement

Successful people are successful because they do things differently. Their mind works in a different way.

Some people call it grit. Others call it perseverance. Whatever name you give it, a strong mindset is a trait shared by the world's best performers - whether they are entrepreneurs, leaders, musicians or athletes.

Yet a strong mindset is more than simply refusing to quit. True strength of mind comes from a combination of awareness, focus and resiliency. A strong mindset is what allows you to stay focused on your intentions, instead of negative thoughts. It's what helps you understand that struggle is impermanent and won't derail your success. It keeps you from making self-destructive decisions.

So how do you cultivate a mindset that rivals the strongest performers on earth? You learn and adopt the same habits they use every day. Here are ten things that remarkably successful people do to develop a powerful mindset of success.

They make time to think:

Successful people are certainly busy, but that doesn't mean they're constantly hustling with their head down. They also understand the importance of reflection and introspection. They take time to examine their progress and give their minds the space needed to notice new ideas or opportuni-

ties.

They learn to deal with negative thoughts:

The best performers are aware of the negative thoughts that derail most people and they know how to deal with them in a productive way. Instead of suppressing negativity, they accept that negative thoughts are simply thoughts with no inherent power. They don't attach to them, and in do-



ing so, are free to look at the same situation from a new angle. Finally, they replace the negative thought with a new one that serves them well.

They use the power of intention:

Successful have so much belief in their abilities that to them that it is only a matter of time for their success to find them. They believe that their hard work will eventually pay off and success will surely find. It is not just a dream to them but a future reality. That is the power of intention. Success is an possibility not just a far-away dream.

They have clear goals
Successful people know what they want. They define their goals in specific terms and they write them down on paper. The process of writing them down makes them feel even more real. Also, many successful people use vision boards to keep their intentions in the forefront of their minds.

They are constantly learning:

One trait shared by remarkably successful people is a dedication to reading and learning. Successful people are voracious readers. They know that learning is a key ingredient for a growth mindset.

They don't listen to the haters:

When you play big, someone is bound to hate on your ideas or success. Winners do not give their power away by allowing hate and external judgment to affect their ambitions or self-confidence.

They know how to embrace humour:

Everyone needs a release, and laughter releases endorphins, the brain's "feel good" chemical, which enables us to let go of stress and negativity. People who laugh often are happier and more productive. Find time for laughter every day, even if it's a quick video clip on YouTube.

When your mind is strong, you can handle the ups and downs of the entrepreneurial journey. When your mind is weak, you're vulnerable to making bad decisions due to fatigue, fear and panic. Adopt these habits and build a powerful mindset that will lead to personal growth and professional success.

The secret box

A preacher was told by his doctor that he had only a few weeks left to live. He went home feeling very sad and when his wife heard the sad news she said to him, "Honey, if there's anything I can do to make you happy, tell me."

The preacher answered, "You know, dear, there's that box in the kitchen cabinet with what you always called 'your little secret' in it and you said you never would want me to open it as long as you lived. Now that I'm about to go home to be with the Lord, why don't you show me what's in that secret box of yours?" The preacher's wife got out the box and opened the lid. It contained Rs 70,000 and three eggs.

"What are those eggs doing in the box?" The preacher asked. "Well, Honey," she replied, "every time your sermon was really bad I put an egg in the box." Now the preacher had been preaching for over forty years and seeing only three eggs in that old shoe box, he started to feel very proud about himself and it warmed his soul. "And what about that Rs 70,000 "" he asked. "Oh, you see," she whispered softly, "every time there were a dozen eggs in the box, I..... sold them."

Einstein and driver

One day, Einstein has to give a conference to all the big guys in science. On the way there, he tells his driver that looks a bit like him : "I'm sick of all this conferences, I always say the same things over and over !" The drivers agrees, " You're right, as your driver I attended all of them, and even though I don't know anything about science, I could give the conference at your place." "That's a great idea !" says Einstein, " lets switch places then !" So they switch clothes and as soon as they arrive, the driver dressed as Einstein go on stage and starts giving the usual speech, while the real Einstein, dressed as the car driver, attends it. But in the crowd, there was one scientist who wanted to impress everyone and thought of a very difficult question



to ask Einstein, hoping he wouldn't be able to respond. So this guy stands up and interrupt the conference by posing his very difficult question. The whole room goes silent, holding their breath, waiting for the response. The driver looks at him, dead in the eye and says : "Sir, your question is so easy to answer that I'm going to let my driver reply to it for me."

A little boy was sitting beside a woman in the hospital waiting room. He looked at all the rings on her fingers, then exclaimed, "You must have had a lot of husbands!"

One friend complains to another, "All my husband and I do anymore is fight. I've been so upset, I've lost 5 kgs."

"If it's that bad, why don't you just leave him?" asks the other friend. "I'd like to lose another 10 kgs first."

The Japanese are obsessed with quality and safety. A safety warning notice for female workers in a Japanese factory reads as follows:

**If your skirt is long,
stay away from the Engines.
And if it is short,
stay away from the Engineers.**

• My co-worker at the hotel was miserable at his job and was desperately searching for a new one. "Why don't you work for your mother?" I suggested. He shook his head. "I can't," he said. "Her company has a very strict policy against hiring relatives." "Who made up that ridiculous rule?" "My mother."

The comparison

Never ever compare your kids to other kids. Now just imagine if he compared you with Mukesh Ambani or Bill Gates how would you feel.

• My girlfriend asked me to take her to one of those restaurants where they make food in front of you. So I took her to Subway.

(Contd.. from p. 16)

mitment was the commissioning of the participants by the Lord to "tend" his flock in our respective SCCs as Animators/Coordinators.

Finally, **Reuben Pereira**, probably motivated by the fact that he comes from Sacred Heart's Parish, Worli, took us through the paces of what **Enabling Servant Leadership** according to the heart of Jesus is all about!

Organizer par excellence!

All said and done, the one person who comes in for fulsome praise is the reserved and unassuming Michael Rodrigues whom Bishop Barthol glowingly referred to as his 'right-hand man'! The ease with which he ensured the smooth flow of the entire interactive programme is a stunt few can pull off with such élan! Showing no sign of strain whatsoever, this apostle of the SCC movement if one may call him so, spoke when needed, acted without much ado and kept the warmth of his smile constant! That, coupled with the idyllic atmosphere of the venue of the training programme, with its vistas of greenery, made the 30+ hours the 71 SCC Coordinators/Animators spent at Sarvodaya in the Diocesan Seminary complex a truly memorable experience!

In conclusion, **thank you Bishop Barthol for showing us through this SCC Training Programme the compassionate face of Jesus that now challenges us all to work with you to ensure that nobody but NOBODY IS EVER IN WANT!**

Royal Christian Family MATRIMONIALS - @GROOMS

7079. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1962), Ht. 5' 5", Wt. 67 kgs, Fair Complexion, Edn. B.Com., Inter MBA, working as a Manager. Contact email : archielewis.al@gmail.com

7061. MUMBAI : East Indian Roman Catholic Bachelor, (Born in July 1989), Ht. 5' 11", Wt. 90 kgs, Wheatish Complexion, Edn. 12th, working for Central Railway Mec. Ftr II, Contact email : pkevindsouza@gmail.com

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

7031. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1985), Ht. 5' 7", Wt. 60 kgs, Wheatish Complexion, Edn. Undergraduate, IT Software, works at TCS. Contact email : josephavild@yahoo.co.in

7024. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 9", Wt. 65 kgs, Wheatish Complexion, Edn. SSC / Diploma in Electricals, Having own Business. Contact email : jeny22_m@yahoo.co.in

6952. MUMBAI : Tamilian RC bachelor, (Born in June 1974), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Supervisor, Only Child.

7034. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. M.C.A., Software Engineer, working as an Software Engineer, Asst. Manager (IT), Only Son seeks alliance from Mangalorean RC Spinster, educated, working in Mumbai. Reply with full details & photofraph to email : ID : vivian1548@gmail.com Mobile : 9096141335

Contact email :

williammendes2106@hotmail.com

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

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

yohancharry03@gmail.com

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

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 OR Mob.: 8459353089 / 7407814175

6994. AUSTRALIA : Mangalorean Roman Catholic divorcee, (Born in April 1959), Ht. 5' 11", Wt. 80 kgs, Wheatish Complexion, Edn. Dip. ITI Course, working as a Technician. Contact email : ninearies21@gmail.com

6896. MUMBAI : Goan Roman Catholic Bachelor, (Born in March 1982), Ht. 5' 11", Wt. 75 kgs, Wheatish Complexion, Edn. B.E. Electronics, Master in Information Management, working as a Finance Professional. Contact email : clyde25@gmail.com

6993. MUSCAT : Mangalorean Roman Catholic Bachelor, (Born in May 1982), Ht. 5' 8", Fair Complexion, Edn. B.Com., Dip.in Financial Management, Working as an Accountant. Contact email : sandeepfernandes2002@

hotmail.com

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

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

6986. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 160 cms, Wt. 66 kgs, Wheatish Complexion, Edn. Graduate, working for MNC. Contact email : alwyn90lewis@yahoo.com

6980. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1987), Ht. 182 cms, Wt. 79 kgs, Wheatish Complexion, Edn. PGDBM, working as a Manager. Contcat email : roystonpereira2007@gmail.com

6979. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1989), Ht. 162 cms, Wt. 74 kgs, Wheatish Complexion, Edn. B.Com., working as a Office in Bank. Contact email : luton767@gmail.com

5996. MUMBAI : RC Bachelor (Born in November 1974) / 5'8", B.E., working in Senior position reputed IT firm. Seeks alliance from R.C. spinster educated good family background Pl. reply with photograph and details to keithcardozo@hotmail.com OR 9820338755

6250. MUMBAI : East Indian RC 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

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6975. CANADA : Goan Roman Catholic Bachelor, Canada Citizen, (Born in May 1973), Ht. 5' 6", Wt. 70 kgs, Fair Complexion, Edn. C.A., Working as a C P Account. Contact Email : seqjerome@gmail.com OR Mob.: 9619819553

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

6865. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn.B.Sc., working as a Senior Risk Operations Analyst in Finance Company. Contact email : ryberg07@hotmail.com

6973. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Sc., Nautical Science, working as 2nd Officer in Merchant Ships. Contact email : meltondsouza@gmail.com

6867. PUNE : Goan Roman Catholic Bachelor, (Born in April 1984), Ht. 5' 4", Wt. 70 kgs, Wheatsih Complexion, Edn.MBA Finance, working For Bank. Contact email : adrian.aries@gmail.com

6434. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1978), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, Edn.MD, MS., Doctor by profession. Contact email : rayanvincent@rediffmail.com

6573. VALSAD : Goan / 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 quilified girl from a good family background. Contact

email : ian.roshan.dsouza@gmail.com

6885. USA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Software Consultant. Contact Email : jane_3105@yahoo.co.in

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

6971. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1987), Ht. 6', Wt. 81 kgs, Wheatish Complexion, Edn. B.E. Electroncs, working as a Tech. Lead, in Mysore. Seeks a graduate, tall, Mangalorean girl. Contact email : dsz.roshan@gmail.com

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

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

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

6852. MUMBAI : East Indian Roman Catholic Bachelor, (Born in August 1983), Ht. 5' 8", Well built, Wheatish Complexion, Edn. Bachelors in Hospi-

tality and Tourism Management. Working as a Chef Head Chef in **DUBAI**. Contact email :

joslyn.gomes@gmail.com

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

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

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

ritadsouza800@yahoo.com

6895. HONAVAR : Roman Catholic Bachelor, (Born in August 1981), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. 5th Std., having own property business. Contact email : rosiehorta77@gmail.com Mob: 7977361995

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

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Email : royalchristianfamily@gmail.com

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7078. USA : Mangalorean Roman Catholic Spinster, (Born in September 1992), 5' 6", Wt. 65 kgs, Brownish Complexion, Edn. B.E. Mumbai, MS Newyork, working as a Consultant. Contact email : rcmatrimonial2892@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

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

7057. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1993), Ht. 5' 1", Wheatish Complexion, Edn. Masters, working as a Design Thinker. Contact email : louelladsouza10@gmail.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

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

7046. MUMBAI : East Indian Roman Catholic Spinster, (Born in October 1986), Ht. 5' 5", Wt. 54 kgs, Fair Complexion, Edn. B.Com., / 7 Level German, working as Sr. Associate German a/cs. in Multinational Bank. Contact email : fernweh.stan@gmail.com

7042. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1992), Ht. 5' 2", Wt. 57 kgs, Fair Complexion, Edn. B.Com., working. Contact email : cute_reema3@yahoo.co.in

7038. MUMBAI : Gujarati Roman Catholic Spinster, (Born in March 1976), Ht. 5' 2", Wt. 52 kgs, Wheatish Complexion, Edn. B.A., working as a Senior Clerk. Contact email : sunitamacwan72@gmail.com

6894. MANGALORE : Mangalorean Roman Catholic spinster, (Born in February 1989), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Medical Pharmacy, working as a Research Scientist. Contact email :

menezesmangalore@gmail.com

7036. USA : Goan Roman Catholic Spinster, (Born in December 1991), Ht. 5' 3", Wt. 56 kgs, Wheatish Complexion, Edn. B.E. (E & T/C), M.S. (Tech. & Mgt.), working as a Strategic Consultant. Contact email :

veronicadsouza27@gmail.com

7033. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in September 1991), Ht. 5' 2", Wt. 62 kgs, Fair Complexion, Edn. M.Tech USA., working as a Business Developer. Contact email : vio.ban65@gmail.com

7030. JAIPUR : Roman Catholic Spinster, (Born in November 1987), Ht. 5' 3", Wt. 85 kgs, Wheatish Complexion, Edn. M.A. in English & B.Ed., Teacher by profession. Contact email : jennifer27nov@gmail.com

6944. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1991), Ht. 5' 8", Wt. 74 kgs, Fair Complexion, Edn. M.Com., working as Accounting & Finance. Contact email : lavinadsouza16@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

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

7022. MUMBAI : Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 2", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., IT., working as a Manager. Contact email :

doran.costa@gmail.com

6897. UAE : Mangalorean Roman Catholic spinster, (Born in October 1989), Ht. 5' 4", Wt. 55 kgs, Fair Complexion, Edn. MBA, working as a HR Executive. Contact email :

edwarddcosta56@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

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

7069. MUMBAI : Tamilian Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., Nursing, Staff Nurse. Contact email : mp-chandran68@gmail.com Mobile : 9820041633

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6962. LONAVLA : Mangalorean Roman Catholic Spinster, (Born in February 1990), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. M.Com., working. Contact email : fernandesjennifer90@yahoo.com

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

rodrigues.kavin@gmail.com

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

6665 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1986), Ht. 4' 9", Wheatish Complexion, Edn. 12th (HSC), Hair Dresser by profession. Seeks Mangalorean / Goan / East Indian Bacheor. Contact email:

alcheckmate@gmail.com

OR 9867292764

6983. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1991), Ht. 160 cms, Wt.52 kgs, Wheatish Complexion, Edn. Educated, working. Contact email : joaquimbalina17@gmail.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 RC

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

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

6990. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1981), Ht. 5' 7", Wt.70 kgs, Wheatish Complexion, Edn. F.Y. B.Com., Completed Aviation Course & holds knowledge of French Language and computer course. Contact email : evane_martis@yahoo.co.in

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

6855. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5', Wt. 58 kgs, Wheatish Complexion, Edn. CA by profession working for privated company. Contact email :

mithalimenezes@gmail.com

7003. MUMBAI : Tamilian Roman Catholic Spinster, (Born in May 1991), Ht. 5' 1", Wt.47 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Software Engineer. Contact email :

annette.anthony10@yahoo.in

OR 9967681810

7002. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1987), Ht. 5' 3", Wt.60 kgs, Wheatish Complexion, Edn. Masters in Management Studies, working as a Administration Professional. Contact email : kaazar2019@gmail.com

6989. MUMBAI : Smart, good looking Spinster, (Born in February 1989), Ht. 5' 6", Wt.72 kgs, Fair Complexion, Edn. B.Com., working as a Sr. Specialist. Looking for God Fearing boy from Catholic family, Settled in Mumbai. Contact email : khanhi@willis.com

6853. DUBAI : Mangalorean Roman Catholic Spinster, (Born in February 1989), Ht. 5' 4", Wt. 79 kgs, Fair Complexion, good looking, Edn. M.Com., PGDM -HR, working as a HR Assistant in Real Estate Firm in Dubai. Contact email : sav_cm@yahoo.com.

6851. BAHRAIN : Mangalorean Roman Catholic Spinster, (Born in

January 1989), Ht. 5' 7", Wt. 64 kgs, Fair Complexion, good looking, Edn. B.E. Masters in IT Management, working as a I.T. Service Delivery Engineer. Contact email : sjbs2k18@gmail.com

6850. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1989), Ht. 5' 4", Wt. 56 kgs, Fair Complexion, Smart looking, Edn. BBA, working as an Asst. Marketing Manager. Contact email : alisha.v.fernandes@gmail.com

6836. CANADA : Parents of RC 26 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.

6497. POONA : Tamilian RC Spinster, (Born in January 1982), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Sr. Manager. Contact email : harryanthony.7@gmail.com

6642 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 60 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Service, Seeks a suitable match. Contact email : rowmonteiro@yahoo.com OR 9820792115

6341 MUMBAI : Protestant Christian spinster, (Born in April 1985), Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from well settled, educated and good family background. Contact email : georgethomas1353@yahoo.com

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

Address your replies to :

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Ayurvedic tips to get a glowing skin

Ayurveda has some time proven tricks to make your skin clear, soft and radiant without spending a fortune or loading up on chemicals.

According to Ayurveda, dry skin happens due to the accumulation of *Vata* in the body. *Vata* predominates in the fall and early winter and in people over the age of 50. When there is excess *Vata*, we are prone to dry skin, cracking joints, thinning dry hair and brittle nails. Here are some Ayurvedic tips that will slow down *Vata* accumulation in the body and will help you stay young and keep your skin beautiful.

Do Breathing Exercise:

More than physical stress, mental stress can take a toll on skin health.



Controlled breathing exercises are a great way to kick away stress and calm your mind. Before you go to sleep, do a simple breathing exercise. Inhale and fill your belly with air. Then, let it rise. Fill your lungs and then exhale slowly in the opposite order. Follow this for 5 to 20 minutes before you sleep or during any time of the day.

Food for skin:

Eat citrus fruits as much as you can. You can apply the orange juice and lemon juice on your face to charge your skin with vitamin C. you can place some potato slices on your face to get a power dose of vitamin C. use honey for moisturizer.

Seeds And Nuts:

Seeds and nuts are not just for birds. In fact, adding them to your regular

diet keeps your skin healthy. They contain healthy fats that are good for your cardiovascular system as well as your skin. They also contain omega-3 fatty acids and fiber.

Cut Down On Your Sugar And Salt Intake:

High salt intake affects your blood pressure levels, and this, in turn, increases your risk of cardiovascular disease. Also, excess sugar and salt damage the collagen and elastin in your skin. These two compounds keep your skin elastic, toned, and wrinkle-free.

Protect Your Skin From Excessive Sun Exposure:

Too much of anything is bad for you. While a bit of sun exposure is a necessity for giving your skin the daily dose of vitamin D, excessive exposure can harm it. The UV rays can cause tanning, sunburn, hyperpigmentation, and wrinkles. Whenever you go out, don't forget to apply sunscreen. Use an umbrella, a hat, or a scarf to protect your skin.

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