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# THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY



## What it means to me



# FREEDOM! – What it means to me

On the eve of 15th August 1947, Jawaharlal Nehru addressed the Constituent assembly at the Parliament, delivering his famed eloquent speech, **Tryst with Destiny**, announcing India's freedom at midnight. He said, "At the stroke of midnight hour, when the world sleeps, India will awake to life and freedom." The announcement raised the spirits of all Indians over the country, the realisation of a dream to be a free nation, free from oppression and domination under foreign rule. It was a historic day as India finally shook off the shackles of British rule and became free. So Freedom! What does it mean to me.

Freedom to me means the power to speak, act or think unrestrained. It is to be independent, to make your own decisions and have the freedom of choice, expression and opinion, the freedom to express gratitude, joy, and happiness; to live deeply connected with myself, my loved ones, and with God. Connection is always there, whether in solitude, ill health, or when in difficulty.



by:  
**Dr Jeanette  
Pinto**

Freedom really starts with the principle of **self-control**. Nobody has the right to inflict offensive harm on others therefore freedom includes **self-defence** because it empowers people to fight for their right. Freedom to me means existing with respect and dig-

God's gift to mankind is this beautiful universe, and He placed human beings therein to create a Paradise of love, harmony, peace, justice, equality, caring, compassion and cooperation. He freely gave to mankind the gift of life and especially the intellect so that man has the choice to make decisions on his own. So what freedom means to me is, to enjoy life in all its fullness. Our freedom was purchased with the high price of sacrifice of human life, but people today by their arrogance, greed, position and power have upset this delicate balance in God's world.

One can define freedom politically, religiously, economically, socially and also personally. When we say that we have the ability to do things as we desire by wisdom, we call it personal freedom. To a young adult freedom may mean being free from the controls of their parents, teachers and superiors. Any control gives a feeling of suffocation. Freedom does not mean being free from everything, it means utilising given opportunities properly by not violating any rules and not harming others. One can be happy enjoying freedom in doing little things, like helping someone in need, going for a walk in the park, watering the garden and so on.

nity amidst diversity. We need to respect others' rights, to think and act as they like without coercion. Everyone is unique and different. We can express our differences because of our freedom and thus create different opportunities, platforms for expression, friendship, career options, expand and improve our lives.

Seventy two years later Independence Day is a national celebration of liberty and freedom, a day of glamour, glitz and glory which melts into oblivion as soon as we move on to the next day. The rest of the year simply witnesses starvation, hunger, disease, hatred, rivalry, and oppression of sorts, tortures, lynching, killings, murders, and other inhuman acts being perpetrated. How then have we become free? Where are joy, peace and happiness to be found in this horrible culture of violence that is prevalent? This is not what freedom means to me.

The reality! Thousands of our fellow Indians are languishing in ill-equipped jails, dilapidated hospitals, homes and sanatoriums due to conspiracies, hate crimes, intimidation and political jingoism? Thousands are prisoners

of fear and silence, struggling with alternatives. Human life is cheap! The brutal killings, rape deaths, political murders and vendetta are all around. Only a minuscule section of society lives in luxury with plenty of ill-gotten wealth and tons of corruption. Is that the Freedom we desired for our motherland? Did our freedom fighters through boy-cotts, sit-ins, demonstrations and marches voice the peoples cry for this freedom? Freedom isn't just a word, it is an action. Where are the many freedoms? The freedom to speak, to worship, to choose and to pursue what one wants to do. Independence makes us equal and free.

What about **human rights**, the rights of children, of women, minorities, indigenous peoples like the tribal, Dalits? Have we lost sight of the 'dignity of the human person'? The empty talk of economic development, smart cities, Incredible India! Is this mere rhetoric? Is India in the progressive or regressive mode? How can poverty stricken people be happy? Basic necessities, fundamental values of liberty, equality, justice, tolerance, respect for humans and nature are non-existent? What kind of anti-life creatures are we to hurl abuses, to hack, decapitate and kill, to plunder, murder, torture and butcher our fellow Indians? Man's greed and **self-centeredness** has even crippled the earth. We have lost sight of the social, economic and environmental pillars of sustainable development. We are left to wonder and merely ponder, that's the reality. But we have **Hope** to face these and newer realities.

Freedom to me means to see joy, laughter and happiness on the faces of all our peoples who enjoy the basic necessities of food, shelter and clothing; including the poorest of our country. It is for me to know that

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## Revoking Article 370 special status to J&K

By Don Aguiar

**BREAKING | Home Minister Amit Shah proposes revoking of Article 370 of the Constitution of India which offers special status to J&K. Both the houses pass it by majority.**

Is plebiscite good for the Kashmiris now? Many have been displaced, many killed, many indoctrinated, many kidnapped, raped, jailed, tortured, all confused. Will they be allowed to have a fair plebiscite? Neither India nor Pakistan want an independent Kashmir.

What comes to mind at this stage is a brilliant short story that we have all studied in our Hindi syllabus - written by our first President, Rajendra Prasad. The title of the story is "Abbukhan ki Bakri". On the surface, it's just another story about an old man Abbukhan and his favourite baby goat, whom he keeps tied up all day inside his house to prevent her falling prey to wild animals. He loves her very much, treats her kindly, feeds her well, but does not give her any freedom. All day the goat cries out to be free. One day the rope comes untied and she has her freedom which she enjoys to the fullest, roaming the forest, seeing the world, dances around with gay abandon, only to be eaten by wild animals at the end of the day.

This was symbolic of India under British rule. On a larger scale it is symbolic of the freedom struggle of any oppressed state in a larger country. Was that freedom good for the goat? Who are we to judge?

The sad fact remains that the majority in Kashmir is Muslim. As also that Kashmir is the most militarized place in the world. (India being the militarizer, to be certain.) As also that the Muslim majority has been historically side-lined, marginalized and neglected in Kashmir.

Don't want to quote from the records of Indian atrocities, even possible war crimes here, as the larger, more powerful and effective state media (as compared to voices of resistance from Kashmir by Kashmiris) warps public perspective in India, the aggressor state. Patriotism steps in, as perhaps, in some instances, nationalism. Don't want to re-antagonize anyone here more than

(Contd.. on p. 4)

necessary.

A law which fundamentally alters the way the people of Kashmir will live was enforced by the Modi government while communication in the state was cut off, military presence was increased and leaders were under house arrest. This was done through a legally dubious Presidential order, **a thick Bill and an additional resolution that was not circulated to MPs till the last moment.**

THEN, how is the government saying this is the will of the people? Isn't the will being propagated by huge outside influence? The will of the Kashmiri people is self-determination? It has been extensively documented about the abuse of Kashmiri people in their own homeland: men, women, youth, children, at the hands of by far the bigger aggressor state, India.

Revoking article 370 of the constitution of India is - Usurpation, plain and simple. The independence of the will of the people of Kashmir, their fundamental right to self-determination, which was already ongoing, has now been thwarted by India, the larger, aggressor state, in a nakedly political act of legislative overreach.

It is not hard to predict that this naked unilateral usurpation of a land is not likely to be bloodless—if not imminently, in the long term. **And that, further, the blood shed will be that of soldiers of India and innocent civilians of Kashmir. Not an ounce of blood will be shed by those politicians engineering the legislative coup or those supporting it.**

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Prop. B. D'Souza

It is part and parcel of the larger forces at play, made bolder and the more dangerous after the overwhelming mandate given to this government by the Indian public by returning it to power for the second term: Hindu nationalism and the decimation of the minority Muslims in India, who should take serious notice, as it does not at all augur well for them. Not only in Kashmir, where they've been Palestinianized for quite a while, but also in India, proper, where, as suspected their harassment, humiliation, and relegation to second- or third-class status will gain even more momentum under what has been clear for a while: the dehiscent of an ugly, religio-nationalist fascist state under a charismatic autocrat.

More than 70 years of Indian government, a succession of Kashmiri leaders, controlled by a few rich businessmen, both Hindu Pundits and Muslim, failed to do justice to the Kashmiris. Add to this the continuous interference by Pakistan, whose very purpose for existence seems to be to take Kashmir away from India, provided a rich pasture for extremist Islamists to start taking control over the minds of the disillusioned Kashmiris. Violence and armed forces atrocities added fuel to the burning cauldron that Kashmir became.

The partition of India was handled very badly by the decision making parties of the time - the British, the INC, Gandhi, Muslim League, and Jinnah being the chief among them. The secession of 3 states to India was contentious - Kashmir, Junagadh and Hyderabad. 2 were forced militarily to accede to India. Kashmir was not militarily forced to join India, but the ruler at the time sat on the fence till the very last moment. However at no stage were the local Kashmiri people involved in the decision making. The oppression of the working class (poor Muslims of Kashmir in this case) is not unique to Kashmir or India - it has been practised and is being practised all over the world. However, once the act was done and dusted, it was up to the Indian government to give a good

deal to the Kashmiris.

The present government has taken a decision - time will prove whether it is right or wrong of a very long standing problem.

Muslims in Kashmir presently are in a state of total lock down. All their communication systems, even land lines, are cut. Troops in the thousands are all around them. ARE all of the above being done to help the Muslims? That too by Hindu nationalists whose track record with Muslims is crystal clear?

Who's going to buy this story?

**Does anyone like the timing? Just around when the economy is weakening and joblessness is rising. Nothing works like nationalism to avert the public gaze from governmental failings, economic deficiencies and so forth.**

In this country where MNS can chase away UP walas from Bombay, where I am a Northie in Chennai and a Dilli wala in Ahmedabad, where folks from north east are chinkies in Delhi and can be chased away from Bangalore, **it's more important to remove 370 from our hearts than from a book. This gorilla like chest thumping as if we have conquered Kashmir could signal the beginning of the end not the end of the beginning. We are not a monolithic state we are the UNION of India. This could be the initiator of doubts in many states about the nature of the Indian nation. At last count there were already 9 separatist movements in the country**

Some are feeling proud of being Indian through an act of cowardliness. Through same act, Delhi's statehood could be withdrawn by putting who is who of India residing in Delhi under house arrest. Same act, can be used to bifurcate states under the government of other political parties. A very dangerous precedence set by the present government for future governments. This is an emergency of another kind.



## Goa taxi drivers must change with the times

With the revocation of Article 370 J&K has ceased to enjoy the special status it had for several decades. Ironically,

'special status' is still to be found in Goa--- applicable to the taxi drivers ! This special status is not to be found anywhere else in the country. The taxi drivers do not ply by meter, they do not allow competition such as Uber and Ola and they persist with an archaic system of 'reserved stands' which actually works to their disadvantage.

The special status for J&K deprived the state of the benefits of globalisation and kept them in a state of backwardness and isolation. But they were very happy with the system--like the proverbial frog in the well. Just as in J&K, the protectionist policy has led to the stagnation of the taxi business in Goa. The taxi drivers must realise that this protectionist policy is against their own interest. Take the case of a taxi driver from Dabolim airport taxi stand. He may get a decent fare for a trip to Calangute. But he cannot park his taxi at the Calangute stand. Most often he returns without a fare-- a huge financial loss and a waste of time. This is what a protectionist policy does.

The favourite argument that taxi drivers advance is that they will lose their jobs or suffer a loss. Nothing of this sort. They need to reinvent themselves. When the Konkan railway was being built it was felt that it would sound the death knell of the Mumbai-Goa bus business. But the bus owners changed with the times, replaced the creaking buses with swanky a AC Volvo buses. Today the market has grown exponentially and they are do-

ing a flourishing business, alongside the railways. Take another example of on-line sales and malls which impacted small retail business initially. Are they extinct? Not at all. They have reinvented their business and are doing very well.

The taxi drivers must look at the writing on the wall and change with the times. Either join the existing app based taxis or start their own app based taxi service. Their profits will increase substantially. But they will have to work hard. They will have to be constantly on the road and not holed up for hours at a reserved hotel stand or a designated area . They will have to abjure their hitherto 'susegad' life.

—*Prof Robert Castellino*  
*Mississauga*

## East Indians should learn from the Goans

It is very disgusting that when a person dies in an East Indian Catholic family, tea, snacks (sandwiches, pastiches and cakes) and soft drinks are served to the people at the graveyard after the burial. Then the people who have attended the funeral come to the house of the deceased member where again snacks, soft drinks, alcohol and dinner is served. This is ridiculous! We are supposed to be mourning for the deceased member of our family but instead of mourning, we are having a grand party. Goans, Mangaloreans and other Christian communities do not do all this; it is only the East Indians who do it. We East Indians should learn from the Goans, Mangaloreans and other Christian communities and bury the dead member of our family with respect instead of having a grand party after the funeral.

Then again after the month's mind Mass and after the 1st anniversary Mass, snacks and lunch just like that of a wedding is served to neighbours, relatives and close friends either at home or in the church hall.

With all this eating, drinking and merry-making, I don't think the soul of the deceased member will rest in peace.

P. S...: The East Indians are a community of Roman Catholics who are the original inhabitants of Mumbai. They got their name from the East India Company of the British who had converted a large number of local Marathi-speaking people to Christianity."

—*Jubel D'Cruz,*  
*Mumbai*

## Reviving a defunct Congress

The drubbing of the Congress party at the Lok Sabha polls, followed by the resignation of party president Rahul Gandhi, has proved to be the nemesis of the party which is struggling to keep itself afloat and relevant. An apt summing up of the beleaguered party's present state is best depicted in the nursery rhyme " Humpty Dumpty sat on a wall. Humpty Dumpty had a great fall. All the king's horses and all the king's men couldn't put Humpty together again". Now that the Gandhis have opted out of the party leadership, the decks are now cleared for the election of a new leader ,preferably from the younger generation, who will hopefully breathe life into the dying party. Secondly, unless the party learns from its past mistakes and members remain united and committed to the party's ideology with no internal bickerings, the party will continue to experience defections galore , as it happened in Goa and Karnataka. Voters will also have to be convinced of the bona fides of party candidates and reassured that their elected representatives do not betray them again by defecting to another party.

—*A. F. NazarethAlto*  
*Porvorim*

# Kashmir Kayoed!

ts August 12, 2019! Its the great festival of Eid al-Adha (incidentally, for Jews, Christians and Muslims – the sacrifice of Abraham is a very significant one); for the people of Kashmir however, this year Eid was a sad day indeed - what with the lockdown and communications blockade! Exactly a week earlier on August 5, Kashmir was kayoed in a swift, unethical and undemocratic way. That day, will surely rank as one of the blackest days in the country's history – if not, the blackest! In a blatantly unconstitutional and anti-people act, the BJP-led NDA Government abrogated Article 370 of the Constitution. The manner in it, which was done, was autocratic and an onslaught on democracy. The draconian and secretive manner in which the Government pushed a sensitive bill, steam-rolling all opposition, without consulting Parliament, without taking the people of Kashmir into confidence – is clear betrayal of the values embedded in the hearts and minds of most Indians.

Article 370 of the Constitution of India is a self-contained one. It determined how the Constitution of India would apply to the State of Jammu and Kashmir (J&K) and it also contains clear and specific provisions for the procedure for the abrogation of the Article. The President of India can pass an order under Article 370 (3), removing article 370 ONLY if the Constituent Assembly of Jammu & Kashmir recommended the same. The Constituent Assembly of J&K ceased function-

ing in 1957, the Supreme Court in its judgement in 'SBI vs Santosh Gupta', (2017)', held that the Article 370 has become permanent unless another Constituent Assembly of J&K was constituted. In order to get over this constitutional roadblock, the present regime in New Delhi adopted a devious and unconstitutional route.

Article 370 (1) (d) of the Constitution empowers the President to periodically issue notifications modifying the way the constitutional provisions can be made applicable to J&K. Article 367 of the Constitution of India explains how phrases in the Constitution are to be interpreted. The issue, in case of abrogation of Article 370, was the need for a recommendation by the 'Constituent Assembly of the State.' On August 5, in a devious manner, the BJP-led Government, introduced a three-step amendment process. In the first step a Presidential Notification under Article 370 (1)(d) was issued amending Article 367 by introducing a new Sub-clause (4) which stated that the expression 'Constituent Assembly' in Article 370(3) shall be read as 'Legislative Assembly of the State'. The effect was that after this change, Article 370 of the Constitution could be amended removing the necessity to obtain the recommendation of the 'Constituent Assembly'. This is in fact, completely violative of the spirit and the letter of the Constitutional provi-



BY FR. CEDRIC PRAKASH SJ

sions. Besides, adding insult to injury J&K was downgraded to a Union Territory from a State- something unheard of and absolutely humiliating!

For almost a week before 5 August the Government was on an over-kill: with surreptitious yet strategic acts ensuring a build-up, which kept the nation wondering but at the same time the people of Kashmir were kept on tenterhooks and in utter darkness. There was a massive upscaling in deployment of military forces, random frisking of people, the imposition of indefinite curfew, the arrests of former Chief Ministers Mehbooba Mufti and Omar Abdullah and other key Kashmiri leaders were arrested; a round the clock curfew with a complete black out in communications, the suspension of civil activity, the sudden evacuation of all tourists and particularly pilgrims to Amarnath, in an attempt to terrorise citizens and bulldoze the aspirations of the people of the state. Five days after the unconstitutional abrogation of Article 370 the people of Kashmir are still being denied the rights and freedom which are legitimately theirs.

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every Indian child receives a basic education; and that the air resonates with the laughter of young men and women who are provided job opportunities. It is for the girl child and women to be empowered and not to be sexually abused. For me it is that orphan children, the differently abled, the widow and the elderly are not treated as rejects of society, but with respect, love and care. Let's not forget those who left indelible memories in their fight for Independence.

Everybody wants to live in peace and harmony. There's no Peace without freedom. The Feast of Mary's Assumption falls on the same day as our Independence Day, she is truly our hope and we need to invoke her blessings and grace on this special day.

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(Contd.. from p. 6)

The abrogation of Article 370 has always been part of the DNA of the Sangh Parivar. The BJP election manifesto clearly highlights it – and to their 'bhakts' they have made good their promise. Several of them are jubilant and celebrating with unabashed adulation – just as the crowds did for Hitler when he began purging the Jews, the Catholics, the intellectuals, the liberals.

There are however several unanswered questions, which even the most ardent of 'bhakts' are unable to answer, on this heinous deed:

*-why was it done in such a cloak-and-dagger manner?*

*-why were the people of Kashmir, their political leaders and others who matter not taken into confidence?*

*-why was the Opposition kept in the dark- and not given the minimum mandatory two days to deliberate on such a contentious issue?*

*-why are the people of Kashmir kept imprisoned in their own homes, with a complete blockade on communications and being denied their basic human rights?*

The BJP and their ilk know that what they have done, is wrong, totally unacceptable by anyone, who has a little common sense, who has some degree of objectivity and sensitivity to the larger issues, concerning India and the whole sub-continent.

Several intellectuals and other eminent citizens of the country have taken umbrage on the abrogation of Article 370 and the way it has been done. Editorials and op-eds not only from India

but from all over the world, have unequivocally condemned this draconian act of the Government and the fact that it will greatly affect the peace and stability of the region. 'The Telegraph', of Calcutta which is well-known for its front-page headlines critical of the Modi regime, likened the August 5 decision, to 'the Partition' in big, bold letters. In a hard-hitting article 'The Ultimate Goal Is a Hindu Rashtra and It Is Now Within Sight', Sidharth Bhatia the founding editor of 'The Wire' argues that the Sangh Parivar's dreams are close to being fulfilled and scores of Indians are cheering it on. Whereas 'Mumbai Mirror' (from the Times of India Group) had a strong headline 'Cloak and dagger that pierced Kashmir's heart' reflected its paper's view on both the decision itself and how it was carried out, without consultation, and while blacking out any news or dissent from the Kashmir Valley.

Pratap Bhanu Menta, the well-known intellectual, in an op-ed in the 'Indian Express' (6 August 2019) entitled, 'The story of Indian democracy written in blood and betrayal' writes, "There are times in the history of a republic when it reduces itself to a jackboot. Nothing more and nothing less. We are witnessing that moment in Kashmir. But this moment is also a dry run for the political desecration that may follow in the rest of India. The way the BJP government has changed the status of Jammu and Kashmir by rendering Article 370 ineffective and bifurcating the state is revealing its true character. This is a state for whom the only currency that matters are raw power. This is a state that recognises no constraints of law, liberty and morality. This is a state

*that will make a mockery of democracy and deliberation This is a state whose psychological principle is fear. This is a state that will make ordinary citizens cannon fodder for its warped nationalist pretensions."*

UN Human Rights Council (UNHRC) states, "the fact that hardly any information is currently coming out from the region is of great concern." The Spokesperson pointed to the UNHRC's July 8 report on the human rights conditions in Kashmir, which documented how authorities in India have "repeatedly blocked telecommunications networks to muzzle dissent, used arbitrary detention to punish political dissidents and employed excessive force when dealing with protesters leading to extrajudicial killings and serious injuries;" adding that the latest restrictions "will exacerbate the human rights situation in the region."

'The Guardian' the well-respected news media from the United Kingdom minced no words in an editorial (August 6, 2019) saying, "Yet the revocation and decision to split the state in two – creating two centrally administered territories in its place – is shocking and perilous. Several legal experts believe it unconstitutional too. Its abrupt and ruthless manner, with the house arrest of well-known politicians, imposition of a curfew and blackout of the internet and phone lines, will likely lead to protests and inflame the resentment which has underpinned an insurgency which has cost tens of thousands of lives".

Several national, non-partisan and secular organisations like the Peoples Union for Civil Liberties (PUCL) the National Alliance of People's Movements (NAPM) have issued very strong statements condemning the abrogation of Article 370. Anuradha Bhasin, the executive editor of the 'Kashmir Times' has filed a writ petition on 10 August, in the Supreme Court seeking directions to ensure that the State creates an enabling environment for journalists and all other media personnel in all parts of Jammu and Kashmir to practise their profession. The petition has

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# WHETHER SEVERE JOB LOSSES CAUSED BY DEMONETISATION AND GST IMPLEMENTATION HAS CREATED ECONOMIC SLOWDOWN DUE TO WEAKENING DEMAND, ESPECIALLY IN THE RURAL AREAS AND IN TURN SERIOUS EMPLOYMENT PROBLEM?

by Eric D'Sa

**D**uring the UPA 1 government years, when the economy of our country started growing fast, we heard and read a lot about the demography dividend that will help the economy continue to grow until we become an economically developed country. What was called then the animal spirit took charge and the businessmen whom one had never heard before, started to take up very large projects with help of bank finances and stock market investments. Only a few economists who were concerned with the growth in population, were voicing their doubts about the providing jobs to the increasing number of young men and women, who would be entering the job market.

Most indicators of the Indian economy in recent months that we are now reading about, confirm that the Indian economy is slowing. There is also a consensus that the economic slowdown is largely a result of weakening demand, most notably in rural areas. While slowing demand has obviously affected the overall growth rate, it has also contributed to declining availability of jobs in an economy already struggling with the spectre of jobless growth. When the economic growth is itself slowing down, the growth taking place due to automation, robot and AI is reducing

job availability.

How serious is the employment problem in India? Official economists and politicians shrug off any such idea of jobless growth with claims of jobs having been created in the informal sector during the previous term of the National Democratic Alliance (NDA) government. However, evidence from multiple sources points to a far more serious crisis of employment generation than is being publicly accepted.

The most authoritative source on employment in the country remains the

absolute number of workers declined by 15.5 million over six years. This is the first time in the history of employment measurement by the NSSO that the total number of workers declined in absolute terms.

However, this is not surprising, with almost a similar estimate of a 16-million decline in the number of workers reported by the Labour Bureau's Annual Employment Surveys of the fourth and fifth rounds. The government, shocked by these estimates, quickly decided to abandon the release of the labour bureau reports. However, a confirmation of the decline in absolute number of workers from two official government sources clearly points to the severity of the jobs crisis.

## YOU THE CITIZENS DECIDE:

employment-unemployment surveys of the National Sample Survey Office (NSSO). The latest in this series is the Periodic Labour Force Survey (PLFS), the results of which were withheld by the NDA government until the Lok Sabha elections were over. These were released soon after the incumbent NDA won the election. Like most other data, the government tried to tarnish the credibility of the surveys that had been initiated by it and were approved by an expert committee on this matter at several levels. It is important to reiterate that the PLFS estimates are fully comparable to the estimates of employment-unemployment based on NSSO surveys earlier.

The PLFS estimates, like their counterparts in earlier years, only provide estimates of the workforce, labour force and the unemployed. These are then blown up using population estimates from the census to arrive at an absolute number of workers.

What do these numbers tell us? First, the total number of workers in the economy was 472.5 million in 2011-12, which fell to 457 million in 2017-18. The

Most of the decline in employment has happened due to the fall in the number of workers in agriculture and a sharp fall in the absolute number of female workers. Roughly 37 million workers left agriculture in the last six years. During the same time, 25 million women workers were out of the workforce. While the trend of workers moving out of agriculture is seen since 2004-05 and is welcome, it also points to the rising vulnerability of farm production. The crisis in agriculture in the last six years has only accelerated the process.

What is surprising is the trend of declining women workers, which has absolutely no parallel in any developing or developed country of similar per capita income. In most East Asian countries, the period of rapid growth was also accompanied by a rising number of women workers. Though it is being claimed by officials that declining women workers has been due to increase in family wealth, the drop in family savings which by itself has dragged the economy down tells a different story. Most probably the women workers are being displaced by the younger male workers

(Contd.. on p. 9)

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(Contd.. from p. 8)

who are ready to take up any work.

The movement of workers out of agriculture is a welcome trend, but also raises questions on where they will go. Along with the fact that the number of people aged 25-64 years increased by around 47 million during the six-year period, it also means that the economy should have created at least 83 million jobs between 2012 and 2018 to accommodate those who have entered the labour force and those forced out of agriculture. As against these, the economy witnessed a decline in the number of workers by 15.5 million. These are hard facts and no effort at criticizing and demonizing the NSSO will provide answers to these problems.

No doubt, the problem is not new and even earlier governments are to be blamed for the mess that the economy is in. They did not invest enough in girl education and family planning, especially in the Bihar states to stabilise the population. Unfortunately blaming the data or earlier governments does not make people who are looking for jobs vanish from the country. Stagnant wages and jobless growth are not just indicators of a weakening economy, but also a recipe for political instability and a crisis in the countryside. The least that is expected of the government is an acknowledgement of the extent of the problem and then try to address it. We the Citizens will have to take cognisance of this major problem of joblessness and sufficiently educate our youngsters obtain the required skills to deal with the problem.

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## Global Warming Alarming situation

This report in the Mumbai Mirror (dated 9th August) with regard to climate change & global warming is disturbing, quite alarming in fact. The United Nations Scientific report says “global warming and land interact in a vicious cycle, and human-caused climate change is dramatically degrading the land, while the way people use the land is making global warming worse.” Further, it says, **“on the ground, climate change is hitting us where it counts, i.e. the stomach, not to mention forests, plants and animals.**

We are already seeing the effects of Global warming in our own country. Large parts of our country have been experiencing heavy rainfall with rivers, lakes & dams overflowing. Entire villages have been marooned and life has become hell. On the other hand, there is no rainfall in several other parts of the country. **We have seen how the groundwater in several states has been wiped out by our own actions. Chennai was in the grip of a severe water crisis just recently.**

Another worrisome point the United Nations Scientific report makes is, the way we use land is making food less nutritious. Isn't there some truth in that ? Are the vegetables & fruits the same as what we used to get in earlier times?

Needless to say, this calls for some rearguard action on our part. We need to take care of our land, preserve our wetlands, our forests, stop polluting our waters, and change the way we grow our food. We need to declare war on all our misdeeds. **Alarm bells are ringing - can we wake up now? The sooner we do the better would it be, the situation is alarming – our very survival is at stake!**

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



(Contd.. from p. 7)

demanding that the debilitating restrictions imposed through the complete shutdown on internet and telecommunication services, and severe curbs on the movement of photo-journalists and reporters be immediately relaxed in order to ensure the freedom of the press and media. Besides a couple of other petitions have already been filed in the Supreme Court challenging the abrogation of Article 370. At this moment, the Supreme Court does not seem to be in a hurry to take up these matters!

Asiya Syed, is a young Kashmiri currently doing her undergraduate studies in Bombay University. Her parents and relatives live in Kashmir – she has absolutely no communication with them these past days. Asiya is not

afraid- she is visible, she is vocal- passionately espoused to the idea and the cause she believes in *“I will speak up, no matter what, and I will not keep my identity hidden even if they kill me”*. She goes on to add *“your million forces and communication blockade will not kill an idea!”*

Asiya represents that idea of a free, pluralistic, dignified, sensitive India. We the people, should have the courage to unequivocally condemn the bloody betrayal of a people by standing up for Asiya and the Kashmiris now!

*\*(Fr Cedric Prakash SJ is a human rights and peace activist/writer. He is the recipient of several international and national honours for his work for human rights, justice, reconciliation and peace. Contact: cedricprakash@gmail.com)*

# Three Sins That Cannot Be Forgiven

**Confession of sins, absolution followed by Holy Communion provides an open door for repentant sinners to have peace of mind, hope and the immediate comfort of reconciliation with God's love and mercy through the Holy Spirit and Holy Mother the Church – to feel welcome after forgiveness to partake in the many blessings of a challenging mission.**



BY MELVYN BROWN

To pardon the sinner in confession is the power the Church radiates with authority invested in her by Jesus Christ for a better understanding of her commission to save souls, protecting the Word of God.

“...and hope does not disappoint us, because the Holy Spirit has been given to us, pouring into our hearts the love of God.” (Rom.5:5).

You could call Holy Scriptures the heartbeat of the eternal Christian Faith. The Bible is endowed with wisdom to enrich and preserve the Word through the inspiration of the Holy Spirit and the teachings of the Roman Catholic Church as Christ had instituted it.

From the source to the soul of humankind, the Catechism of the Catholic Church imbibes every word in the Holy Bible without change and charge to care in control of her authority as guardian of the Word.

Sin is the dark destroyer of the human spirit. The demon of an unknown dimension (Satan) who juggles with the sins of hate, violence, lust and destruction - flirting with the weaknesses of humankind to distort and drown the one true religion.

Because the Father (God) loves us beyond all our understanding, He

is prepared to forgive us our sins in the sacrament provided we are truly sorry having sinned against Him, the Holy Spirit and Christ. The wonderful aspect of the Sacrament of reconciliation is the light of Christ's humanity which is the fruit of our grace. The Word of God takes away sin. (Lk.5:21).

The faithful have a mission to “build up the Body of Christ” (Eph.4:2), to be aware of sin and sinfulness in life and to seek God's intervention for the purification of our body, mind and soul. We sin in many ways and turn for salvation in the confessional.

The wounds of Christ, is the price of the sacrament of penance. After the Resurrection in the evening of that very same day, Jesus came inside the room where the apostle had gathered in fear of the Jews.

Jesus spoke to those present before His Mother Mary. Jesus breathed on them saying, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.” (Jn.20:22-23).

As a dedicated researcher and student of theology I had often admired the idea why Jesus had instituted the Sacrament of reconciliation as it is better known. I remembered the version in the Gospel of Mathew: Jesus says, “Take and eat: this is my body.” He did not say, “Take and eat my body”.

By Christ saying “...this is my body” paved the way for the truth of His Presence for all time, to be represented in the consecrated Host (bread). This was, is and always will be His intention.

The forgiveness of sins had been insti-



tuted to expressly enrich holiness and piousness on the faithful who could prepare a passage to the Kingdom. I once asked a Jesuit priest if all sins may be forgiven ?

“Yes,” he replied, adding, “provided there is true repentance from the sinner in regret and sorrow”. When we try to further scrutinize what Jesus said, it is the Church who teaches for total justification. Three sins cannot be forgiven:

- First, sins against the Holy Spirit
- Second, the shedding of blood
- Third, trading on sacred ground

Things have changed from what they were in the past is no excuse to exploit the situation trying to create loopholes to escape punishment. All this is disconcerting but should be taken seriously.

The three sins which cannot be forgiven – should not be forgiven. There is no room for rethinking.

## Best Performance Award for Model Bank



**Model Co-operative Bank Ltd. continues to receive accolades for their Overall Best Performance from 'The Brihan Mumbai Nagari Sahakari Banks Association Ltd., Mumbai, for the Fifth time.**

Mumbai, Aug.09: The Brihan Mumbai Nagari Sahakari Banks Association Ltd., Mumbai (an Association of Urban Co-operative Banks) at their Annual Award Function held on Friday, 9th August 2019 awarded Model Co-operative Bank Ltd. 2nd Prize for the overall best performance of UCBs for the Financial Year 2018 – 19 in the category of Deposits between Rs.501

to Rs. 2000 crores among Co-operative Banks.

The function was held at Vows Banquet, Prabhadevi, Mumbai and was attended by Senior Management and Directors from Co-operative Banks. This Award is another milestone for Model Co-operative Bank.

The Association Chairman Mr. Kashi-nath More presented the award to Model Co-operative Bank Ltd. Chairman Mr. Albert W. D'Souza, Director Mr. Paul Nazareth, General Manager & CEO Mr. William L. D'Souza and Deputy General Manager Mr. Zenon D'Cruz.

The Vice Chairman of the Association

Mr. Vitthal Chivilkar and Chief Executive Officer Ms. Sonali Kadam were also present.

The Bank has its roots in the Mangalorean Catholic Co-operative Credit Society Ltd., which was registered on 26th April, 1916. The Bank, has completed 103 years of its foundation and is proud to receive this award in recognition of its excellent services. The Bank is constantly riding the path of progress and is on the threshold to attain Schedule Status.

The Chairman, Mr. Albert W. D'Souza and Board of Directors have extended their gratitude to all the Shareholders, Customers and Well Wishers.

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# Talking about the right topic

**AWKWARD SILENCES AND dry conversations can make a first meeting or gathering extremely uncomfortable. Keep these topics in mind**

**A** good conversation should deal with topics that arouse the interest of both speakers. There is nothing more boring than 'talking' will someone whose only intention is to hold forth about a topic or who is only interested in convincing the other person they are right about a certain subject.

For it to be a true conversation, both people should really have the opportunity to listen and to speak. There are conversation topics that never fail to start off a good conversation. They all revolve around issues that interest most people and are also topics that almost anyone can join in with. Here are the most helpful conversation topics for any situation.

## **Travel anecdotes :**

Even if the other person hardly ever leaves his house, there is always some trip he'll be able to recall. Trips are always a journey into the unknown and that is why they always give many discoveries, surprises and knowledge. Talking about travel is always fun. This topic has an additional bonus: we can share information that will be useful to others. It is not only about sharing experiences, but we can give and receive information that can be used in future trips. It also allows you to go to know people really well. It gives you clues about what they think about change and trying new things.

## **Childhood :**

A conversation about childhood is not only entertaining, but also allows you to delve deeply into the life of another person. Childhood is a stage that leaves great impressions in people's lives. However difficult or hard it may have been, there are always wonderful and touching stories that we all like to share.

## **Movies and books :**

Movies are another one of those topics of conversation that nobody finds difficult to have an opinion about. To talk about movies buff. We have all at some point seen a film that has touched us, made us cry with laughter or shown us some truth to help us in our lives. The cinema is a meeting point and also the starting point of many friendships. It is of course possible to talk about television as well. There have been so many series down the years that have had millions of followers. Every good programme raises points to talk about the argue over and this can give rise to very interesting conversations.

## **Music :**

Who doesn't like music? It is an art that has been with us almost since man came into being. We can find

it in all cultures and in every period of time. It is clearly a universal language which encompasses every social level, race, religion and ideology. Two people can think very differently in a lot of aspects, but at the same time agree perfectly about musical tastes. If you want to have a pleasant conversation, you don't need to delve too much into genres, interpretations and technicalities. Music brings us together when everyone can freely express their tastes and preferences. Talk about stories of how music has played an important role in our lives.

## **Pets and animals :**

Human beings have lived with domestic animals for thousands of years. Some people like parrots, others like fish and many people love dogs and cats. They are not just an object for the house, but rather they become part of your life, your family and your affections. Talking about pets will always lead to a happy conversations.



# Communication techniques to master in the workplace

**SOMETIMES THE MOST important thing at work is what you're working with - the right phones, the right internet and even the perfect orientation of desks. Sometimes it's not as simple as that - sometimes your success is completely dependent on effective communication skills. The ability to communicate effectively with superiors, colleagues and staff is essential, no matter what industry you work in. Workers in the digital age must know how to effectively convey and receive messages in person as well as via phone, email and social media. Good communication skills will help you get hired, land promotions and be a success throughout your career**

Communication in the workplace is critical to success. Success for you as an individual and success for the company. Teams work so much better with clear, consistent communication. Your ability to communicate well directly impacts your success, your teams success and therefore the companies success. Let's take a look at some of the communication techniques that can super charge your success in the workplace

## **Be available :**

One of the easiest ways to have good communication at work is to simply be available. By simply being available you help create a comfortable atmosphere of communication in the workplace.

## **Be open minded :**

Think about this. If you aren't open minded while having a conversation with someone, chances are you won't be listening very well. You'll be too busy formulating a response to think

objectively about what is being said. Having an open mind will allow you to have a strong dialogue with others that leads to working together to solve



problems.

## **Be friendly :**

Being friendly to the people you work with is another fairly easy way to have good communication skills at work. Having a positive attitude and caring about the folks you work with goes a long way. When you have a friendly, engaging attitude, the people you work with will naturally flow towards you. They will see you as approachable and have an easy time opening up to you. This type of communication leads to groups that work well together and enjoy being around each other. It helps to develop a good sense of team in the workplace.

## **Be clear :**

Sharing information clearly is one of the most important communication techniques in the workplace. We all know someone who can generate a lot of words coming out of their mouth but really not say anything. Don't be this person. All it does is hinder communication. While it's great to have small talk when you share important information, be very clear about it. Make the points that are needed and

don't build in a lot of fluff around it. Say what is needed in a clear manner. Add more information if needed. Clarity is key.

## **Be aware of non-verbal communication :**

Remember, non-verbal communication is just as important as verbal communication. Watch other people's body language when you are interacting with them. Things like crossed arms and frowns should be big signals that someone either doesn't agree with you or doesn't understand. It's just as important to be aware of your own non-verbal communication. Look at other people in the eye when speaking to them. Have an open posture when someone is speaking to you. This reflects that you are open to what they are saying. Watch your and other people's non-verbal communication cues.

## **Text smart :**

More and more workplace information gets communicated via text and email. This is another instance where it's best to know your audience and choose the most appropriate medium. Bottom line: never text anything too complicated. That will help you avoid misinformation. But don't send a big email to arrange a short meeting either.

## **COMMUNICATION IS THE KEY FOR BETTER COMPANY CULTURE**

- Gives you tools to better understand the needs and goals of your employees.
- Allows you to better understand what motivates and fulfills the employees.
- Better understanding of employees' talents and skills that may otherwise go unnoticed.
- Ability to cultivate talents and skills in a way that develops them in line with company goals.
- Improved connection between co-workers for a more positive and satisfying work environment.
- Better relationship with managers and leaders.

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## Thanksgiving



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

—Mary Pinto, Mumbai

### 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)

—Norbert A. V., Pune

## 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

—Verghese Thomas, Bangalore



### Ingredients :

- Mutton chops - 200 gram

### For the marinade :

- Shot espresso - 1
- Honey - 10 ml
- Balsamic vinegar - 10 ml
- Rosemary - 5 gram
- Pink peppercorns (crushed) - 10 gram
- Olive oil -
- Salt - to taste

### Method :

- Let the marinade stay in the fridge for 4-6 hours.
- On medium heat, drizzle some oil on a nonstick pan.
- Dust the lamb chops with some flour.
- Sear the lamb chops on the pan.
- Transfer into a preheated oven at 180 degrees for 5 minutes.
- Once the lamb chops are cooked put them in the same pan and add 100 ml of lamb.
- Stock and let it reduce to a sauce consistency.
- Adjust seasoning.
- Garnish with some fresh parsley sprigs and serve with a side of sauted spinach and sweet potato mash and it is ready to serve.

### 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.
- Cook the ingredients in a particular order to make the dish appetizing and tasteful. For example onions should be added first, then garlic and then ginger and tomato as each veggie has its own cooking time.
- Rava can actually make the puris crunchy and crispy. Add 2-3 tbsp while kneading the dough.
- Wash vegetables before peeling or cutting to preserve the water soluble vitamins.
- Peel vegetables as thinly as possible to preserve the minerals and vitamins.
- Soak potatoes and eggplant after cutting, to avoid discoloration.

# Gwalior's Very Own Vianney

by *chhotebhai*

**T**he 4th August was the feast of St John Mary Vianney, the patron saint of parish priests. He was known for his simplicity and proximity to the people, especially the poor and disadvantaged.

It was no coincidence then that Gwalior diocese in M.P., sandwiched between Agra and Jhansi dioceses in U.P., and got a new bishop on that day. The See had fallen vacant a few months earlier due to the tragic demise of Bp Thomas Thennatt in a road accident. Thomas was also known to be a simple, loving and prayerful prelate. Pope Francis must have been looking for another like that when he chose Joseph Thykkattil of neighbouring Agra diocese. Gwalior, till 1954, was a part of Agra diocese and till 1999 in Jhansi diocese. As a diocese it is just 20 years young.

A bishop's Coat of Arms usually reflects his priorities or aspirations. Thykkattil's insignia has an extraordinary number of 10 symbols. Is he like St Paul trying to be all things to all men (cf 1 Cor 9:22)? Many of the symbols are commonly used. But there were two that caught my attention – a Green Cross symbolising caring for creation, air, water, flora and fauna, and a House symbolising a healthy family, spiritually, socially and materially; as the legend says. So has Thykkattil drawn inspiration from Sts Francis of Assisi and Vincent de Paul?

The episcopal consecration was held on the grounds of St Paul's School, Morar, Gwalior, presided over by Cardinal Oswald Gracias of Mumbai, one of the eight advisors to the pope, and himself a former archbishop of Agra. There were 6 archbishops, 12 bishops, over 100 priests, possibly 300 nuns and about 1000 laity, including 5 busloads from Agra and 150 from Thykkattil's mother parish of Enamakal, in the archdiocese of Thrissur, Kerala.



*Bp Joseph Thykkattil*

With such a concourse of humanity I was wondering how Thykkattil would find time for the interview that he had promised me. The service that began at 10.00 a.m. followed by a valedictory and lunch wound up at 3.00 p.m. So I was pleasantly surprised when I got a call from "Fr Joe" at 5.00 p.m. saying that he was free for the interview.

Something that Bp Raphy Manjaly of Allahabad (formerly also of Agra diocese) said during his homily echoed in my mind. He said that Thykkattil joined the seminary at the relatively late age of 30, having worked for some years in a school, and therefore made a mature choice. Raphy described him as a person with empathy for the poor, a good listener, and one who had the ability to reconcile differences. He was indeed a simple and humble person like Vianney.

After a gruelling 5 hour programme Thykkattil looked remarkably relaxed in a plain white kurta pyjama, sitting at a 2x3 ft office table devoid of episcopal paraphernalia. I immediately set to the task at hand.

I asked him what would be his pastoral priorities as the new bishop of Gwalior? He said that there would be two aspects. His first priority would be the spiritual well being of the people.

He would like the Bible to be central to his ministry, for it to reach every family for prayer and reflection. He would try to have neighbourhood evening gatherings for this purpose and seek the co-operation of his priests in this ministry; as without them "nothing moves".

Thykkattil also expressed his great devotion to adoration of the Holy Eucharist. He had a habit of taking a pen and notebook and just kneeling there, and thoughts and ideas would come to him.

He was also concerned about the material well being of the people. He would like to emphasise higher education and vocational training so that people could stand on their own feet. He strongly asserted that our schools are primarily for our own Christians. The day is not far off, he prophesied, when the Govt would question our "Minority Status" if we didn't have enough students from the community. He would also like to ensure that every Catholic family had a house of its own.

As for the priests of his diocese (36 for a population of 4171), he would like to involve his clergy in social causes like tree plantation, garbage disposal, visits to prisoners, especially under trials who were rotting in jail because there was nobody to bail them out. Such humane activities would make his priests happy and fulfilled. They would escape the drudgery of institutionalized ministry that leaves priests spent at the end of the day and prone to hypertension and diabetes!

Thykkattil would also like to promote local vocations to the priesthood and religious life. He had a pleasant experience with candidates from villages in U.P. They were both bright in studies and creative. Since most of them lived in a totally non-Christian milieu he had embarked on a familiarization

(Contd.. on p. 16)



process by sending them to places in Kerala that had a long standing Christian tradition.

To realize the vision of a post Vatican II church he saw the importance of promoting small Christian communities, but that too required committed leadership, especially from the priest.

I queried him on the personal example of Pope Francis who lived in a two room guest house, used a small car, carried his own umbrella and briefcase, and exhorted clergymen to cycle around; that had little or no impact in India. He smiled and said that this was indeed a serious matter of perception. Many clergymen had begun to live upmarket lifestyles saying that they needed it for security or convenience. They gradually began to feel that it was the accepted thing. Like a child he said to me " I can't do without warm water to drink, and some fruit". I'm sure that the people of Gwalior will not grudge him that little indulgence!

His message to the church in India was that there was an urgent need to empower the laity both spiritually and materially. He said that in pastoral work there are no short cuts to perfection. But that is what one must constantly strive for.

I am inclined to believe that, episcopal trappings apart, the man will continue to go as "Fr Joe". Having known Bp Thykkattil for over 40 years I do believe that Gwalior has found a man like Vianney, who will be all things to all men.

My humble prayer for him is that he may be spared the hot (not warm) waters of which there are some ominous signs in the diocese (that I will keep under wraps for now), and that he may indeed bear abundant and abiding fruit (cf Jn 15:5).

**A boy on date in BMW car**  
Boy : I hid something from you.  
Girlfriend : What ?  
Boy : I;m already married and have two kids.  
Girlfriend : Ohhh, you scared me! I thought the BMW is not yours.

•  
What's the difference between love and marriage?  
**Love is one long, sweet dream and marriage is the alarm clock.**

**The wrong tattoo**  
A friend of mine works at a tattoo shop. A client walked in and got a sentence tattooed on his back. A few hours later, the customer called, demanding a refund.

Client : You did my tattoo backward!  
Tattoo artist : It's backward!  
Client : Yes! I'm looking at it in the mirror right now!  
\*\*\*\*\*

My seat mate on a flight was a woman. Ever the charmer, I asked, "Does the airline charge you extra for sitting next to good-looking men?" "Yes," she said, "but I wasn't willing to pay."  
\*\*\*\*\*

An inspirational speaker said:  
*"The best days of my life were the days I spent with another man's wife."*

Audience were in the shock and silence. He added: *"and she is my mother."* A big round of applause and laughter followed. One Man who lis-

tened to the speech decided to crack this at home. At dinner, he said to his wife: the best days of my life were the days I spent with another man's wife. After a moment he tried to recall the second line. By the time he regained his senses, he was on hospital bed, recovering from burns of hot sambar poured by his wife.

MORAL : *Don't copy if you cannot paste.*

\*\*\*\*\*

**Benefits of serving green tea to guests**

1. You look rich.
2. Save money on milk.
3. You don't need to serve biscuits.
4. They won't ask for more.
5. They won't come again.

\*\*\*\*\*

• A scientist tells a pharmacist, "Give me some prepared tablets of acetylsalicylic acid." "Do you mean aspirin?" Asks the pharmacist.

The scientist slaps his forehead. "That's it!" He says. "I can never remember the name."

\*\*\*\*\*

**When a women says what?**

It's not because she didn't hear you.  
She's given you a chance to change what you said.



# Inspiration!

## Make a bucket list you'll actually achieve

### Time frame :

Next it's time to break - up your list by time. This is crucial because otherwise your bucket list could languish in

your computer or desk drawer without ever getting done because it feels too long and overwhelming.

### Get your buddy :

You don't have to do this but after sharing and comparing you might want to consider asking someone to be your bucket list buddy, your partner in joy or your to-do list teammate. You don't have to do your entire list with someone but you can have certain items shared with someone else.

### Never-ending :

This might sound odd but the goal of your bucket list is not to finish it. It's to keep it growing. The best lists are constantly changing -you are adding items and checking off items you have completed. Keep the never-ending bucket list mentally to live a regret-free life. See the world through the lens bucket list- what do I want to do in my lifetime?

### FEW IDEAS TO GET YOU STARTED

- Travel (Tour China, see Taj Mahal, camp in the Australian outback)
- Skills and knowledge (Speak Spanish, learn to write calligraphy, know your constitutional rights)
- Experiences (Drink an expensive concoction, play in a band, drive a Ferrari)
- Career (Own your own company, become a partner at your firm, quit the industry you're in)
- Finances (Make six figures, become debt-free, donate 10 percent of your income to charity)
- Relationships and family (Have a child, trace your family tree, get married)
- Physical feats (Run a marathon, do 100 pushups, do a wheelie on your mountain bike).

**THE PRINCIPLE OF the life list is simple. You list all the things you want to do in life and cross them off as you do them. Try to do them all before you die. It's easy and fun to make one but to create a list of dreams that will actually come true is not quite as simple as merely writing down what you want. For too many people it takes a terrifying illness, hitting retirement age or some other life altering event to honestly begin thinking about all the things to do before you die. In many of these cases, it will then be too late to turn these dreams into a reality. So, the moral of the story is, 'Don't wait for that perfect time to begin - make your bucket list not because you are dying but because you want to live!'**

**F**irst things first, you can have a bucket list for more than just things to do before you die. Bucket lists can be a fun and help you keep things organised. For a little help and inspiration, here are few reasons to start a bucket list:

- A bucket list will help you repossess your enthusiasm for life. Getting started on any project or goal requires finding a way to overcome inertia with motivation. Drawing up your own personal bucket list can serve as an excellent catalyst for kick-starting these goals, as it provides you with a new sense of meaning and purpose.
- A bucket list will make your goals more manageable. The human mind operates more efficiently when it has a list of specific goals to work toward and writing down your goals will help you focus more on the tasks at hand. Doesn't it make sense that life will seem more manageable when thought of as a scavenger hunt as opposed to a surprise party?

- A bucket list will keep you accountable for and mindful of what you want out of life. Keeping a journal where the goals are readily visible is the first step toward turning them into a reality. Do you ever make a to-do list? Isn't it true that the more you look at the list, the quicker those things get done? Well, it works the same way with goals. Compelling your list will prevent further procrastination and keep you responsible for actualising your dreams.
- A bucket list will prompt you to discover your true potential. As you document your victories and your progress, you will find yourself reaching further than you normally would. You will never know your full potential until you push yourself to find it and it is this self-discovery that will inevitably take you to the wildest places on earth.
- Fulfilment of a bucket list will ultimately bring you more happiness! The key to a happier life is contained in the dreams that you already have and when these dreams turn into realities, the immediate emotion that results is happiness. Achieving your goals can create motivation, independence and meaning; it can also strengthen relationships, assure self-improvement and bring joy. So, what are you waiting for? Let's help you create your bucket list and start executing the amazing items you have been dying to try.

### Dreamstorm :

The first thing you can do to create your bucket list is to dreamstorm this is combination of dreaming and brainstorming. Take out a piece of paper or open a new document and set aside at least 15 minutes to put all of your ideas into writing. Here's the key: Remove all limits. When you let your brain and mind free, it's amazing what ideas will come out.

# Prison Ministry India & St. Maximilian Kolbe

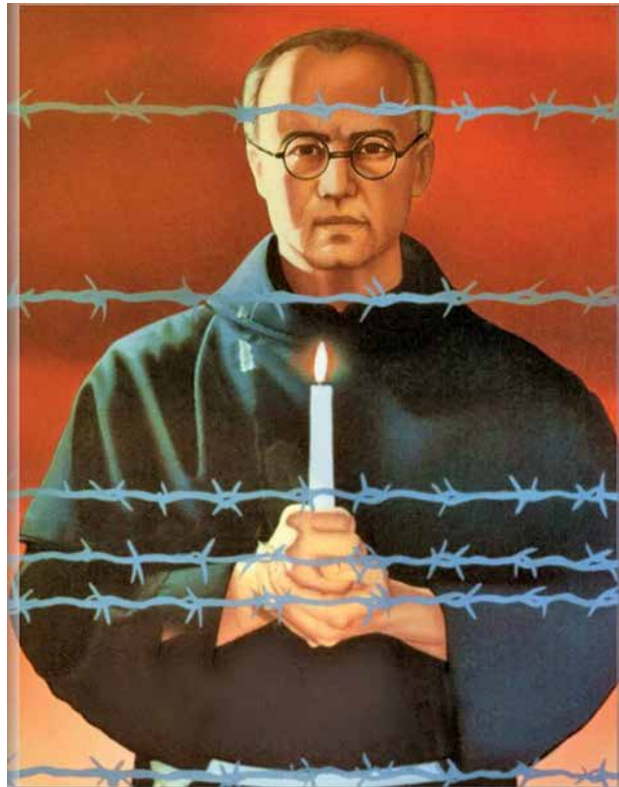
— Ivan Saldanha-Shet. M'luru.

Prison Ministry India (PMI) is rapidly gaining a foothold in the church in India, many Catholics are yet to know about this humane mission. Serving our neighbours has always been a part of Christianity, strongly advocated in the scriptures. It is part of ministering to the needy - the least, last and lost. St. Maximilian Kolbe whose feast the church celebrates on August 14, every year is the patron saint of PMI-PMI Sunday is to be marked all over India on August 18. There are many 'prisons' that humans are trapped in now a days - Jails, destitute homes, orphanages, half way home, addiction centers, hospitals, Homes for aged and many institutions. Loneliness is a serious dis-ease.

PMI is deeply involved in over a thousand prisons big and small all over India now; it all started with a 'Prayer group' of Seminarians in Kerala and has grown tremendously since 1986. At this point in time one of the pioneer seminarians is the National Director of PMI (HQ at Bangalore), under the CBCI's commission of Justice, Peace and Development. Pope Francis does not miss any opportunity to visit and show concern for those in Prisons. There are many principles that need be adopted for better identity and effect in this rare mission, there is a need to have proper co-ordination, guidance and follow certain regulations when interacting with prison inmates and officials.

The PMI 3R's : Release, Renew, Rehabilitate : Rehabilitate prisoners and reform prisons, facilitate social reintegration, ensure congruent function of government systems and structures for the amelioration of victims, offenders, society, government authorities, families of victims. This ministry/service can gain by having committed volunteers - priests, religious and laity.

Referring figures of 2016 : Projected averages are - Central Jails : 137 with 165,750, inmates ; District Jails: 394 with 147,000, inmates ; Sub Jails: 732, with 45,569, inmates; Women Jails :20, with 5,197, inmates; Borstal Schools



: 20, with 1,630. inmates; Open Jails; 64, with 5,412 inmates; Special Jails :42, with 10,145 persons; Other Jails ;3, with 170 persons...Total jails ;1,412. with 380,876, inmates..... present figures will vary.

The Bishops of India have given a call to observe August 18, 2019, feast of St. Maximilian Kolbe, as 'Prison Ministry Sunday' all over India. Many special activities would be held in most churches that day. Many could participate and get to know this Christian mission and involve to enrich the efforts that can fill the human spirit with joy and blessings.

The feast of St. Maximilian Kolbe (8 January 1894 – 14 August 1941) is marked on August 14, each year, he is considered the patron saint of families, imprisoned people, journalists, political prisoners, pro-life movement, amateur-radio operators, drug addicts. A Polish Franciscan Friar, he heroically volunteered to die in place of a condemned stranger in the German death camp of Auschwitz, in German-occupied Poland during World War II to save the man's family. On October 10, 1982 Pope St. John Paul II canonized Kolbe and declared him a martyr of charity. We are fortunate to come into awareness of this powerful movement and it's Patron. Let us be aware and contribute in ways possible to this act of goodness in our surroundings too

There once were twin boys, age six, that had developed extreme personalities. One was a pessimist and the other a total optimist. Concerned, their parents took them to a psychiatrist. First, the psychiatrist treated the pessimist. Trying to brighten his outlook, the psychiatrist took him to a room filled with toys. But instead of yelping with delight, the little boy burst into tears. "What's the matter?" the psychiatrist asked. The little boy replied "but if I did I'd only break them." Next, the psychiatrist treated the optimist. He took him to a room piled to the ceiling with horse manure. But instead of wrinkling his nose in disgust, the optimist climbed to the top of the pile and began gleefully digging out scoop. "What are you doing?" the baffled psychiatrist asked. The little boy replied, "With all this manure, there must be a pony in here somewhere!"

# Royal Christian Family MATRIMONIALS - @GROOMS

**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

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

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

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

**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

**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

**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 Sonm seeks alliance from Mangalorean RC Spinster, educated, working in Mumbai. Reply with full details & photofraph to email : ID : vivian1548@gmail.com  
Mobile : 9096141335

**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

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

**7068. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 5", Wt. 58 kgs, Wheatish Complexion, Edn. HSC, working as a Customer Service. Contact email : cynthiadalmeida83@gmail.com

**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

**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

**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

**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

**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

**6909. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in De-

ember 1988), Ht. 5' 11", Wt. 74 kgs, Wheatish Complexion, Edn. Bachelor of Engineering in INFORMATION Technology, IT Professional. Contact email : allwync88@gmail.com

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

**6228. MUMBAI :** Mangalorean Roman Catholic Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C. Technician in Voltas. Contact email :

lawrencedias321@gmail.com  
Mob: 8291056939

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

**7004. MUMBAI :** TAMILIAN Roman Catholic Bachelor, (Born in August 1988), Ht. 5' 7", Wt. 90 kgs, Wheatish Complexion, Edn. B.E. (Inst.) MBA, working as a Sales Engineer. Contact email : amarian1988@gmail.com OR 9967657806

**6891. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in June 1989), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. B.Com., well settled. Contact email : starwin89@gmail.com

**6677. BANGALORE :** R.C. Parents invite alliance : son Engineer B.E., (Mechanical), Divorcee working in the Gulf, having good job, well off, (Born in June 1967), Ht. 5' 4", Wt. 63 kgs. Girl should be educated, good family background, kind, loving & caring : caste denomination no bar! Contact Mob.: 07795101265

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**6735 MUMBAI :** Born and brought-up in Mumbai, Tamilian RC Bachelor, (Born in August 1977), Ht. 6', Wt. 89 kgs, Tan Complexion, Edn.FYJC. having own Transportation Business. Contact email :

michaelenterprises07@gmail.com

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

treasa542000@gmail.com

**6508. MUMBAI :** Mangalorean Roman Catholic Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. Contact email :

colind.3010@gmail.com

**6660 NASHIK :** Goan R.C. Bachelor (Born in November 1984) Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduation in perfusion technology, working as a Clinical perfusionist. Contact email :

dan2mills@gmail.com

**6621 MUMBAI :** Tamilian Roman Catholic Bachelor, (Born in September 1970), Ht. 5' 6", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., working as an Event Manager. Seeks good looking fair girl. Contact email:

rosario.thefernandoco@gmail.com

**6888. AMRITSAR :** Roman Catholic Bachelor, (Born in March 1990), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. Hotel Management (Diploma) in Singapore, working as a Captain. Contact email :

shephalivancet0@gmail.com

**6893. MANGALORE :** Mangalorean Roman Catholic Widower, (Born in January 1967), Ht. 5' 5", Wt. 70 kgs,

Wheatish Complexion, Edn. Graduate, working in Automotive Sector. Contact email : dan\_3627@yahoo.ce

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

eltn89@yahoo.co.in

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

**6952. MUMBAI :** Goan / Tamilian Roman Catholic bachelor, (Born in June 1974), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Supervisor, Only Child. Contact email :

williammendes2106@hotmail.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

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

delphinempinto@gmail.com

**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

**6585. MUMBAI :** Mumbai born and broughtup Roman Catholic Bachelor, Handsome, (Born in June 1988), Ht. 5' 7", Wt. 78 kgs, Wheatish Complexion, Edn. EXTC Engineering, working as a Networking Engineer. Having own accommodation. Contact email : 18.elaine@gmail.com

**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

**6788 MUMBAI :** East Indian Roman Catholic Bachelor, (Born in May 1987), Ht. 5' 3", Wt. 75 kgs, Wheatish Complexion, Edn. Diploma in Industrial Electronics, BAMAC., Having own business.

Contact email : info@icmtraining.in

**6787 MUMBAI :** Goan Roman Catholic Bachelor, (Born in August 1986), Ht. 6' 1", Wt. 80 kgs, Wheatish Complexion, Edn.12th Std., born, broughtup, worked in Bahrain, currently settled and working in Mumbai. Contact email :

schinderfernandes1986@gmail.com

**6763 MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in May 1978), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Captain. Contact email :

harrydsilva3@gmail.com

**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.

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# Royal Christian Family MATRIMONIALS - BRIDES

**7081. MUMBAI :** Goan Roman Catholic Spinster, (Born in April 1993), 5' 3", Wt. 55 kgs, Wheatish Complexion, Edn. Masters of Dentistry (MDS), Dental Surgeon, Doctor by profession. Contact email : carlferns93@gmail.com

**7070. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in March 1992), Ht. 5' 5", Wt. 48 kgs, Wheatish Complexion, Edn. M.Com., CS., working as a Company Secretary in Private Firm. Contact email : smile9920@outlook.com

**6881. MUMBAI :** Goan Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 64 kgs, Fair Complexion, Edn. MDS in Endodontics, working, Seek alliance from well settled RC Bachelor upto 30 yrs. Kindly reply with full details & Photograph to email :

virgo14\_1990@hotmail.com

**7037. MUMBAI :** Gujarati Roman Catholic Spinster, (Born in June 1979), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn. T.Y.B.A., Mumbai University, working as a Frant Office. Contact email :

lisamacwan3@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

**6690 MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 2", Wt. 54 kgs, Fair Complexion, good looking, smart, intelligent, Edn. CS., LL.B., working as a Asst. Company Secretary. Seeks a suitable educated and well settled bachelor. Caste no bar. Contact email : joylinafaroz@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

**7000. USA :** Goan Roman Catholic Spinster, (Born in January 1993), Ht. 5' 5", Wt. 55 kgs, Fair Complexion, Edn. Masters in Information system, working as a Business Analyst. Contact email : joe\_dots@hotmail.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. Contact email : stanley\_ds118@yahoo.com

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

tanya2gomes@gmail.com

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

**6932. MANGALORE :** Mangalorean Roman Catholic spinster, (Born in September 1990), Ht. 5' 4", Wheatish Complexion, Edn. M.Com., working as an Asst. Manager. Contact email : francisjerome.barrocas@gmail.com

**6765. MUMBAI :** Goan Roman Catholic spinster, (Born in March 1986), Ht. 5' 4", Wt. 42 kgs, Wheatish Complexion, Edn. C.A., working as a Chartered Accountant. Contact email : marilyn.dcosta22@gmail.com

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

sujata.josephine@gmail.com

**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

**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

**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 : georghomas1353@yahoo.com

**6337. M.P. :** Protestant Christian Divorcee, (Born in July 1980), Ht. 5' 3", Wt. 52 kgs, Wheatish Complexion, Edn. B.E. (Computer Science), MBA (HR), working as a Senior Manager , MNC Mumbai. Seeks a match residing in Mumbai, having a decent qualification and well settled. Contact email :

estherjoseph@rediffmail.com

## 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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**7080. MUMBAI :** Goan Roman Catholic Spinster, (Born in July 1991), 5' 5", Wt. 78 kgs, Wheatish Complexion, Edn. M.Com., working as an Accountant. Contact email : fernandesronita25@gmail.com

**7067. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in October 1994), Ht. 5' 4", Wt. 54 kgs, Fair Complexion, Edn. Chartered Accountant, working for Finance Department in MNC. Contact email : wpm999@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 : vianneyde2k@yahoo.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 a Officer in PSU. Contact email : mel.6513@yahoo.com

**7035. MUMBAI :** Goan Roman Catholic Spinster, (Born in October 1988), Ht. 5' 1", Wt. 80 kgs, Wheatish Complexion, Edn. B.A., Post Graduation Diploma in Tourism, Working as a Manager. Contact email : louizad2002@yahoo.com

**7016. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in November 1989), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com., IATA, working as a Asst. Manager in Airlines. Contact email : vinita.dsouza89@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 interested in handicraft. Seeks a suitable match. Contact email : mercyserroa@gmail.com

**7001. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in August 1994), Ht. 5' 4", Wt.48 kgs, Fair Complexion, Edn. B.A., working as a **AIR HOSTESS** Lead Cabin Attendant. Contact email : stephen@thesocialstreet.asia

**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

**6978. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in June 1989), Ht. 5' 4", Wt.50 kgs, Wheatish Complexion, Edn. Undergraduate, Self employed. Contact email : sd450199@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. Contact email : leteciaprisca@gmail.com

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

**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

**6925. MUMBAI :** Mangalorean Roman Catholic Divorcee, having one 8 years old son. (Born in April 1987), Ht. 4' 11", Wt. 60 kgs, Wheatish Complexion, Edn. B.Ed., Teacher by profession. Working in **DOHA QATAR**. Contact email : precstillamarsh201@gmail.com

**6032 DUBAI :** Goan Roman Catholic Spinster, (Born in April 1976), Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : track\_1976@yahoo.com OR 9730454857

**6769. MUMBAI :** East Indian Roman Catholic spinster, (Born in December 1986), Ht. 5' 1", Wt. 70 kgs, Wheatish Complexion, Edn. MBA in Finance, Deputy Manager in Bank. Contact email: dianafrnds62@gmail.com

**6772. MUMBAI :** Goan Roman Catholic spinster, (Born in August

1984), Ht. 5' 6", Wt. 59 kgs, Fair Complexion, Edn. B.Com., working as a Accountant. Contact email : josephpiedadepereira@yahoo.in

**6679. MUMBAI:** RC Goan parents seeks matrimonial alliance for their daughter, (Born in November 1989), Ht. 5' 3", slim, attractive personality, B.Tech, MBA from India's premier institutions, senior manager in renowned US based MNC from highly educated, professionally qualified and well-settled Roman Catholic bachelors in India/abroad with good family background and values. Kindly email profile and picture to tsm8759@gmail.com

**6785 MUMBAI :** Alliance invited for 1985 born RC East Indian Spinster, 5' 6", B.Com., LLB., LL.M., Manager in an MNC, from Mumbai, Maharashtra for suitably educated RC bachelor, 32-35 years from Mumbai/abroad preferably Engineers/Doctors/Lawyers/CA/MBA. Kindly reply with details to : faith\_forever\_2017@yahoo.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

**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

**6868 CANADA :** Goan Roman Catholic Spinster, (Born in January 1992), Ht. 5' 4", Wt. Medium, Wheatish Complexion, Edn. M.A., HR Toronto and International Business Management Toronto. Only U.S. and Candian Citizens from good family background apply. Contact email : sugarlog2009@hotmail.com

Address your replies to :

Regd. No. \_\_\_\_\_

**ROYAL CHRISTIAN FAMILY,  
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## Succeed in a group interview

**A GROUP INTERVIEW is a good opportunity to show the employer your ability to engage in a room full of people, speak with authority and share your expertise. Here are four tips to succeed in your next group interview**

A group interview is a meeting format with several candidates and one interviewer, and is often used when employers are looking to hire for more than one position on a short timeline. Generally, employers perform both types of group interviews in conference rooms to simulate a meeting or team project. This interview style can often be found in industries like food service, retail and hospitality. If you are applying for a seasonal retail job over the holidays, for example, you will likely be asked to join a group interview so they can staff up quickly.

### **Be prepared :**

While you won't know the interview questions in advance, it's helpful to prepare a few talking points about your previous professional experiences, skills and education. Be ready to share specific examples of past successes, such as a time when you

overcame a difficult challenge or met a lofty goal. You might prepare several answers to behavioural interview questions before your interview.

### **Be confident :**

Displaying confidence through your body language and tone of voice can



help employers see that you are capable and prepared. Remember to sit up straight, make eye contact and avoid fidgeting or moving around in your chair. Project your voice when you speak so everyone in the room can hear you clearly.

### **Listen carefully :**

Use active listening skills when others are speaking, even if they're not addressing you. If you're in a group interview with other candidates, listen to their talking points. If possible, refer back to someone else's remark to show you're listening.

### **Be respectful :**

Always treat everyone in the room

with respect. If you're interviewing with other candidates, be sure not to dominate the discussion and give others a chance to speak. If there is downtime before the interview begins, don't be afraid to engage in conversation with other candidates or interviewers in the room. This shows interpersonal communication and networking skills, which can be beneficial in any role.

### **Respect everyone :**

Yes, the other candidates are your competition. However, they may become your teammates at some point in time, whether in this position or another position down the road. An added benefit to treating everyone with respect is that, this is something the people conducting the interviews are looking for as well. It's a point in your favour to behave as if you're already coworkers attempting to reach a common goal.

*Group interviews allow you to demonstrate skills you may not otherwise have a chance to share in a traditional interview setting. By using these sample questions and tips, you can be prepared no matter which type of interview you encounter in the hiring process.*

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