

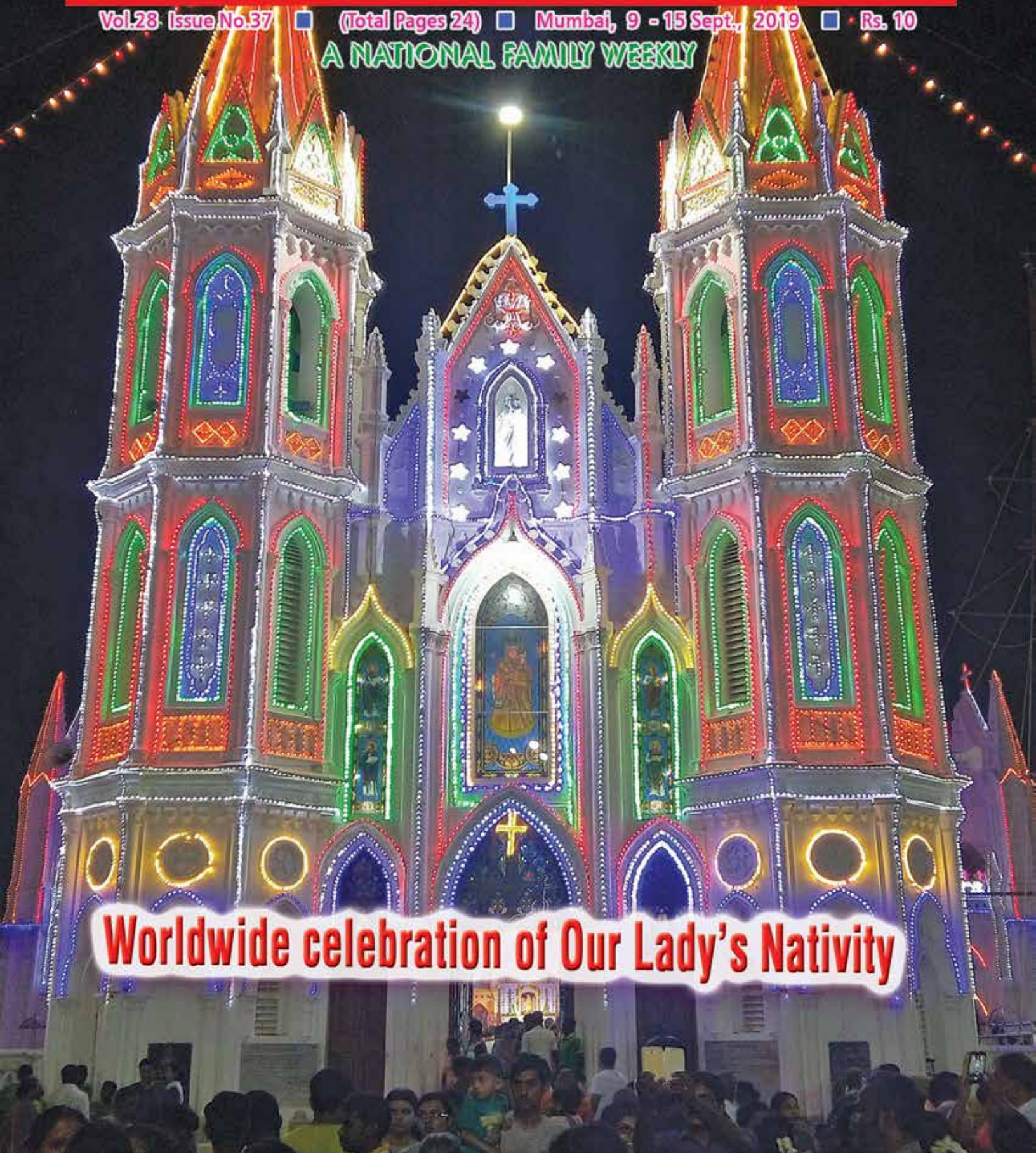
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# THE SECULAR CITIZEN

Vol.28 Issue No.37 ■ (Total Pages 24) ■ Mumbai, 9 - 15 Sept., 2019 ■ Rs. 10

A NATIONAL FAMILY WEEKLY



**Worldwide celebration of Our Lady's Nativity**

# Seek First the Kingdom of Heaven

(This article is based on news reports on Odisha TV)

The residents of a village in Gajapati district of Odisha are distraught on losing their 'Mother', who is no more welcome in India, a country known for the warm-hearted people who treat guests as gods- **Athithi Devo Bhava!** Shashi Tharoor, a well-known political leader endorses India's universal appeal as "a welcoming land for people around the world, who contribute immeasurably....." So with the expulsion of a Spanish nun who has contributed to the wellbeing of poor Indians, this definition seems to be true no longer!

Sister Enedina, 86, of the 'Daughters of Charity' who rendered yeoman service for 54 years to the locals in the backward areas of Odisha was

denied a renewal of Visa and was ordered to 'leave the country within 10 days'!( reportedly she left India and flew to Spain on August 20) How did she, a religious sister from Spain become a 'Mother' to the poor people living in the unknown hamlets in India?



by Vera Alvares

Sr. Enadina, came to India to spread the kingdom of God, of peace, joy and contentment! Her commitment to this cause brought her in contact with the sick and deprived people of Aliganda village and surrounding areas. She worked relentlessly with other volunteers to minister to the local poor who had no access to education and healthcare. With her valuable humanitarian work as a doctor, nurse and teacher she endeared herself to the people she worked for. "No one else can treat the locals here and take care of them, the way she used to do....." says Edwart Mantri, a local retired teacher. Her life-story as reported in the media, defines a selfless soul, easily moved

by pain and suffering. Sister Enedina earned bachelor's degrees in medicine and surgery from Madrid Capital Medical College in 1959. After arriving in Berhampur several years later, she opened a dispensary to cater to the healthcare needs of local people — mostly tribal and socially poor Dalit people. Five years later, she moved to Mohana village in nearby Gajapati district and began working to educate the locals. Apart from establishing a dispensary, Enedina also set up a high school in 1996 and a primary school in 2009. A hostel that was constructed by her, provided food and lodging to students who came from distant areas to study at the schools. Mahima Nayak, a student who stays in a hostel set up by the sister, told the media that Sr.Enedina provided them with food and house. "She even helped children of the area to get education."

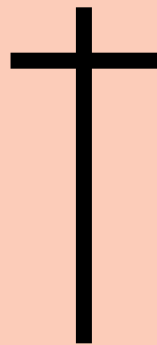
**ucanews.com** reported that the sister had renewed her visa periodically since she arrived in Berhampur in 1965, but the government rejected her application this time around. India's Ministry of External Affairs deals with visa issues but maintains a policy of not stating any reason when a visa is denied.

"She (Enedina) used to say that serving the poor and destitute is to serve God. We are very sad as she is going to leave us. She used to take care of the residents of this area like her children," said Swarnalata Pradhan, a sister who worked with her. The locals demanded that the government must do something for Enedina so that she can stay in Aliganda for longer period and continue her noble work. What motivates people like Saint Mother Theresa and Sr. Enadina to uproot themselves, give up a comfortable lifestyle to embrace the sick and the poor in a distant unknown country?

## A Great Artist on Konkani Stage



**Harry Boy**  
Died : 29-8-2019  
Age : 90 years



My close family member, hailing from my grandmother's village. My eldest cousin brother and Konkani stage artist Harry Boy, left for heavenly abode with tears in our eyes. He is a good writer, producers and comedy artist. My heartfelt condolence to his family and pray may his soul rest in peace.

Francis Fernandes Cascia



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## Contents

pg. 2 - Seek first the Kingdom ...

pg. 3 - Prisoners of negative energy

pg. 5 - Voice of the People

pg. 7 - India floating in floods - PM busy in G-7 meeting!

pg. 8 - Remembering the ...

pg. 10 - Mother of poorest

pg. 11 - Views on news

pg. 12 - Sisters in M'luru ...

pg. 13 - Worldwide celebration of Our Lady's Nativity

pg. 15 - Startups made them ...

pg. 16 - Fun page

pg. 17 - Inspiration!

pg. 18 - When you need peace ...

pg 19 - Matrimonials

pg 23 - Guide to store vegetables

**Cover :** Worldwide celebration of Our Lady's Nativity:

(Article on pg.13)

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## Prisoners Of Negative Energy

By Don Aguiar

Ever experienced that when you interact or meet few people, or when few people come across you, you tend to feel a negative energy. There is something that makes your heart skip some breathes. You seem to be trapped into a negative energy.

In my early years I had bought my first new car and as I was about to drive to office, just then my neighbour came running and congratulated me. But with that he also told me how this car was smaller than his. He even commented on how miserably five people will fit into this small car. He commented not just on the strength (power) of the vehicle but also told me how limited its fuel tank capacity and its risky to go on long drives. Overall, he made me realise how bad my decision was to buy a small car.

But while leaving, he still congratulated me – 'Good you bought a car. When are you celebrating? Don't forget to invite me. Will come with full family.'

I did not understand the purpose of such conversation of my neighbour with me, but I realised that there are few people in this world that only give you negative energy – negative vibrations. Their mere presence make you feel unhappy, depressed and you feel sorry for yourself after meeting them.

These are such people who when stand in front of a mirror either end up criticising their own image or the mirror itself – 'you're not looking good today, why don't you change your face.'

We do have such people in our families too. But you still have that sympathy of a family member. My grandfather used to appreciate everything that I did. Even when I was wrong, he never criticised me. But he also told me how to do it better. At that point, I did not like that also. We expect 100% appreciation of whatever we do or what we are.

We all have similar experiences from our school days as well. I had a maths teacher who never had anything good to say about anyone in the class, particularly me. For him even when I scored 100% in his subject, he expected

(Contd.. on p. 4)

(Contd.. from p. 3)

an improvement. My marks always looked as if it was an obligation. The feeling of a non-deserving student was always alive.

To speak about office work culture? This is a place full of such people who only prove how much incompetent and wrong you are. On the pretext of having morning tea or coffee, they come uninvited to your desk or room and make sure to spoil your mood and intentionally your concentration towards work. You end up screwing your morning and the afternoon and evening follows.

And what to speak about the community at large? No matter how much educated such people are they still allow themselves to be led astray by gossip. They in turn do not hesitate to do the same to other likeminded people and the gossip changes the story completely as it moves from one to another with each one's add on or subtraction resulting in misunderstanding, unpleasantness, and much

more.

But once just utter a word against them, and they would either leave your room without wasting even one second or would want to argue their case till they are acknowledged as right irrespective of it being friction.

Fed up with such people, I decided to take them head-on. I found a unique way to deal with them and get rid of such depressing thought and such people. After all, this was affecting my work and peace of mind.

As soon as such people approached me, I would become quiet, start doing something else and would not respond to them in any way. I would make them feel undesirable and unwanted and ensure that I am not listening to them. I would get up after sometime from my chair or dial a number and start speaking on the pretext of an urgent call. If still stuck, I will start seeing some video in my mobile and show them as well.

You don't have to get trapped into their conversation.

Such people need a good listener and if you break their rhythm of conversation, they don't like it and tend to leave. You are no more a bait for them.

I read a quote somewhere – 'say whatever you want to say about me and do whatever you want to do, add few more things from my side also – I don't have time to explain you or prove you wrong.'

Put such people in a bracket and multiply them with 'Zero'. You know what you get when you multiply a figure with 'Zero'. You get a bigger 'Zero'.

Do not be a prisoner of negative energy.

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## E-rickshaws will soon ply Mumbai suburbs

This refers to "You can soon hail e-rickshaws in MMR" (Hindustan Times Aug 24). Commuters in the Mumbai Metropolitan Region (MMR) including Mumbai suburbs will soon be able to hail e-rickshaws. These rickshaws are popular in Delhi. As they can accommodate 4 passengers, plus the driver, it would be advisable to ply them on sharing routes, originating from suburban stations, which are very popular in the suburbs. Moreover, these e-rickshaws would be under-utilised and only add to the congestion on the roads if used by one or two commuters.

—Prof Robert Castellino  
Orlem Mumbai

## Healed at Prayer Service

I had this itching problem all over my body since the last 35 years. Medicines and creams were of no use as I found no relief in them. On July 14, 2019, I attended a prayer service in Mumbai and found that I was healed on the first day itself. Till today, there has been no itching on my body. The Lord has healed me completely. Praise the Lord.

—Jubel D'Cruz, Mumbai

## Calangute Village Panchayat bans drinking on the beach

The Calangute Village Panchayat

has issued a notice banning consumption of alcohol on the beach, roads and public places in its jurisdiction. Individuals who violate the ban will be fined Rs 2,000 while the fine for groups will be Rs 10,000. Earlier, the state govt too had banned drinking on beaches and public places, but to little effect. In recent years, Calangute beach has been getting invaded by hordes of domestic tourists from neighbouring states. They descend on weekends, usually 10-15 youth packed in an SUV, with the sole intention of binge drinking and generally making a nuisance of themselves. They spend most of their time on the beach and in an inebriated state break empty bottles on the beach which pose a serious hazard to other tourists. These rowdy elements need to be reined in.

I don't think anybody is really serious about banning consumption of alcohol on beaches in Goa. Along the beach promenade, at the very entrance of the popular beach, three liquor shops do a roaring business. Are we to assume that the hordes of tourists from neighbouring states who through these 3 beach shops are purchasing mineral water?

—Robert Castellino  
Calangute Goa

## GDP plunges to 5% from 8% last year

The collateral damages of demonetisation and GST have begun to kick in. Economic slowdown, unemployment, plunging rupee, rising NPAs, mounting auto and real estate inventories, bleeding public sector enterprises like BSNL, MTNL Air-India...the list is getting longer by the day. The road to recovery will be long and tortuous.

In order to kick-start the economy it will be necessary to put to more

money in the hands of the common man to enhance purchasing power and revive production. This will only be possible by creating jobs; not by doling out freebies and concessions.

—Prof Robert Castellino, Mumbai

## 'Zealously safeguard democracy'

An article cum report titled : Stopped at J&K airport, says Oppn in the Sunday FPRJ of 25 Aug.2019 says that the opposition were stopped from entering J&K which is something totally undemocratic and unacceptable in a democracy as they too have a right to assess the situation there and make concrete and practical suggestions to help improve things in that state and to set things right the united secular, liberal and progressive opposition must file a case against the ruling party.

The decision to end J&K's autonomy is a foolish, idiotic and autocratic decision.

Autonomy does not under any condition mean separation or secession from the country and is something that is highly desirable for all Indian states to progress provided they are fully developed in all aspects rather than let them depend on or be at the mercy of other states and reel for ever under grinding poverty.

The decision to restore autonomy to J&K must be made possible by filing a case in a fast track court that delivers a fast track judgement and in the future any withdrawal of autonomy must be carried out by a referendum conducted separately from a central or state election for that purpose to ensure that the referendum is impartial.

The press must be constantly alert and curb any attempt to restrict its freedom because it is guardian of a democracy and democratic rights and must be allowed to provide impartial news coverage and educate people about their rights.

In this way one can and must zealously safeguard democracy.

—Peter Castellino.

# Nun protest has terrorist links, claim Indian bishops

Kochi: The synod of an Eastern-rite Church in India claims that people linked with terrorists and anti-church groups are among those masquerading as protectors of a Catholic nun dismissed by her congregation.

The bishops in the Syro-Malabar Church in the southwestern state of Kerala said on Aug. 27 that Sister Lucy Kalapura's dismissal by the Franciscan Clarist Congregation (FCC) in early August followed all canonical norms and was done with the Vatican's approval.

"It is deplorable that external forces are exerting pressure tactics in the internal affairs of a religious congregation," said a statement from the 11-day synod, which concluded on Aug. 30.

The synod, attended by 57 of the Church's 63 bishops, was referring to the ongoing protests and social media debates by rights groups and some Catholics that the FCC had violated the 54-year-old nun's rights when dismissing her.

"Anti-social elements, anti-church groups and groups linked with terror organizations" have joined together against the Church "masquerading as protectors of religious life," the synod statement said.

It referred specifically to an Aug.

28 demonstration that some rights groups organized in front of an FCC provincial house in the rural district of Wayanad.

Sister Kalapura continues to live in her convent there pending a verdict in an appeal she filed with the Vatican against her dismissal.

The synod asked Catholics to desist from joining the protest, organized by Save Our Sisters, an interfaith forum that helps women in distress, saying it had been organized by different terrorist groups.

The synod also expressed concern over protests being organized against Christians, which they said threatened interreligious amity in the state.

Church officials told ucanews.com that they're not making baseless allegations.

"These protestors are supported by some Maoist groups, who are under police watch. We have proof of them accusing and threatening the Church," said Father Noble Mathew Parackal, the public relations officer Manathavady Diocese based in Wayanad.

Synod has 'no authority' over SOS

An official of Save Our Sisters told ucanews.com that it had sought legal

advice after the synod linked them with terrorist groups.

"These are serious allegations that will have far-reaching ramifications, especially when it comes from a responsible church body. It's imperative that we legally challenge it," said Shaiju Antony, an SOS joint convener.

He said SOS was not a church group and the synod had no authority over its members.

Antony said it had organized the protest to bring the attention of the world to Sister Kalapura's basic rights. "You can't just throw out a nun who has lived in a convent for 30 years in the name of disobedience," he said.

Sister Kalapura says she was sacked on Aug. 5 for supporting last September's public protests by some nuns against Bishop Franco Mulakkal of Jalandhar, who is accused of rape.

But the FCC says its records show that Sister Kalapura had been defiantly violating the rules of the congregation for at least five years and had ignored canonical warnings to mend her ways.

Moreover, it said she had violated her vows of poverty and obedience by spending her salary on unwarranted expenses, including buying a car against the orders of her superiors.

She continues to teach in a government-aided school.

Antony said her case was closely linked with that of the bishop accused of rape. "Some bishops in the hierarchy are bent on taking action against all those who protested" against Bishop Franco, he said.

"But it is a mindless move to bracket people as terrorists just because we stand up to question wrongdoings."

Source: UCAN

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# India Floating In Floods - PM Busy In G-7 Meeting !



by Ignatius Dabhi  
Sr. Journalist

A New York - based 'Global Watch Institute' in its reports states. "The climatic changes turn extreme and accidental.... they often statement is true as our country is concerned. For the last three years - mostly in the northern States - we has extreme winter, severe summer and excessive rains. All the major rivers, chiefly the Ganges and its tributaries created a severe havoc in the entire north India. Hundreds of people died, lacs of houses and properties destroyed, lacks of people were shifted from the affected areas and millions of rupees worth damages caused a serious set back the limping economy of the country.

Open any newspaper of these days... Watch any news channel line in TV and you feel greatly disturbed. Crowds of starved masses with tattered clothes and a total hopelessness in their eyes totally believe the rosy picture our P M seems to give of a New India. He seems more political than factual and real! I live in masses and I know for sure that the life of the middle and lower-middle class has become very difficult. Baba Ramdev recently made a statement nearly forty crores of people to go sleep hungry and lacs of people are jobless. The apparent glamour and progress are in cities only. See the living conditions of the poor and the hut-dwellers - they are totally

deprived of clean water, cleanliness, and every hygienic facility. Their miserable life leads them



to crime and lawlessness. These youths easily get irritated and become violent. Hindi movies hardly present this side of India. The real picture is indeed sad and frightening. Unhappily our political leaders hardly go deep down to this sad-dening side of hungry,, starved, India.

Instead of addressing these maladies, our great P M is far you

busy attending meetings in the West and accepting highest honours in the gulf states ! Niro used to dance when Rome was burning.... The history repeats and masses are royally goofed. If this is democracy, and if only the crude majority rules and media is well kept under their thumbs, we prefer to flave those old kings who often went round and tried to find our the real conditions of their people. The government agencies supply wrong information and those politicians flying high think that people are.^ all happy. Every government cupboard has skeletons of corruptions and scandals. The paid channels glorify only the ruling party.... and the ministers. Congress on the other side is shifting from bad to worse ! From gram panchayats to Members of Parliament en masse join Bhartiya Janata Party and desert the sinking ship Congress.... The party rule, one man show and Mera Bharat Mahan ! This is New India.... ..



# Remembering the disappeared

**By Mary Aileen D. Bacalso**

Manila: The world is supposed to mark Aug. 30 as the International Day of Victims of Enforced Disappearances.

In a world where the sanctity of life is supposedly respected, some 57,891 people, according to the United Nations, have fallen victims of enforced disappearances since 1980.

With an estimated 60,000 cases occurring in Sri Lanka alone, the U.N. figures obviously reflect under-reporting.

A life lost due to enforced disappearance is worse enough, and the devastation it causes to the family is irreparable.

Asia is the region that has submitted the highest number of enforced disappearance cases to the U.N. in the past two decades.

The Philippines has the highest number of cases submitted from Southeast Asia. The Permanent Mission of the Philippines to the U.N. in Geneva has sought the de-listing of 625 cases that mostly occurred during the years of the Marcos dictatorship in the 1970s and the early 1980s.

Families of the disappeared all over the world have already united and formed themselves into associations to amplify their collective voices.

Their persistence has moved the U.N. to adopt an international treaty on enforced disappearances that provides, among others, the right to truth and the right not to be subjected to them.

The Philippines, which supposedly has an anti-enforced disappearance law and whose many provisions are compatible with the treaty, refuses to be a party to it.

Every year, the stories of those who have gone missing continue to be shared.

Maria Adela Antokoletz of the Madres de Plaza de Mayo-Linea Fundadora in Argentina still recalls the disappearance of his brother Daniel more than 40 years ago.

"I vividly remember my only brother, Daniel, a desaparecido. I want him to be at my side so I can embrace him and tell him stories," she said.

"My memory goes vertically straight to my heart and horizontally, too, to embrace those who are definitely part of my life," added Adela.

Amina Masood, wife of disappeared Masood Ahmed Janjua, said the annual observance has become an occasion "when I can put pressure on the power corridors and tell them in a screaming way that I do not accept the disappearance of my loving husband."

"I am knocking at the world's conscience that no matter what, I can die but cannot give up hope to find him," said Amina, whose husband was disappeared in Pakistan on July 30, 2005.

Life cycle starts with birth, followed with infancy, childhood, adulthood, old age, and death. But in cases of enforced disappearances, regardless of the victim's age, the cycle is disrupted.

There is a huge possibility of death, but without proof and with the absence of closure, it has become so cruel, so inhuman, and un-Christian.

The states' inhumanity is manifested, among many different ways, in using such a tool to terrorize not only the victims' families but also society.

Historically an instrument of military dictatorships, enforced disappearance is perpetrated in internal conflicts, struggle for independence, war on terror, war on drugs, and in some

situations, committed in the context of migration.

This is a potent form of harassment against victims, human rights defenders, and organizations.

During Pope Francis' visit to the Philippines in 2015, he gave a special prayer to the disappeared, a reality that also exists in his beloved Argentina.

The best and the brightest in the pope's homeland were made to disappear at the height of the military dictatorship in the 1970s.

In the Philippines, the administration of President Rodrigo Duterte has gained notoriety in recent months after several states voted for a U.N. resolution that aims to investigate the wave of killings and other human rights violations in the country.

The government dismissed the allegations as an infringement on the country's sovereignty.

Its 3-year-old war on drugs, however, resulted in nameless, undocumented desaparecidos who are added to the litany of names that the government proposed to de-list from the U.N.

The best tribute the world can pay to the disappeared today is to struggle for the non-repetition of enforced disappearances.

Mary Aileen D. Bacalso is former secretary-general of the Asian Federation Against Involuntary Disappearances. For her commitment to the cause of the victims of enforced disappearances, the Argentine Government awarded her the Emilio F. Mignone International Human Rights Prize in 2013. The views and opinions expressed in this article are those of the author and do not necessarily reflect the official editorial position of ucanews.com.

Source: UCAN



## World

### Forgiveness Day

Every year 7th September is celebrated as "World Forgiveness Day". This day is a day to forgive and be forgiven, Forgiveness Day is a chance to set things right. It means to forget someone's bad deeds or actions and not to punish him or her for that bad deed. Sometimes, a person performs such an act which is damaging for us, hurt us, or anyone us. And when we react in response to that act, it can cause damage on both sides. For example, we fight or try to take revenge which means we do same bad deed which other person did. There will be no difference between that person and us.

Forgiveness is a virtue but the way people perceive it is quite relative. Some people think that certain actions are forgivable while others are not. Some people think that forgiveness encourages the wrongdoer to perform all kinds of wrong deeds repeatedly. Forgiveness is subjective and the act of forgiveness can have many meanings. Acceptance of apology may be forgiveness for some, while helping the other person who has hurt you to get out of the habit of ill-treatment may be a way for others. If the people who are close to you betray you or hurt you, you find it most difficult to forgive them. Sometimes the extent to which your trust is breached determines the ease or difficulty in forgiving. But it is true that the more easily we forgive, the less likely we shall suffocate ourselves keeping bad intentions for the wrongdoer. We need to feed it into our system to let go so that we do not stay annoyed and offended for long. Our grudges will only affect the relationship with the person and not hurt the other person in any way. The ability to forgive gives us a sense of freedom and makes us suffer less and feel lesser misery and pain.

— Jubel D'Cruz,  
Mumbai

## Modernise the Mumbai Metro

The Mumbai Metro must be modernised by ensuring that all train compartments have water sprinklers on their roofs in addition to fire extinguishers to help extinguish fires and deal with short circuits and all train carriages must be painted on the interior and exterior with a non stainable paint and streamlined metro trains must be constructed out of aluminium with an inner steel body

The elevated metro rails must have strong pumps to pump out water during the monsoons and prevent them from getting flooded and depending on the space available the elevated metro must be extended by building four parallel lines on either side or four railway flyover lines on top of each other.

The underground metro can be expanded by building it below the sea and flooding in the monsoon can be prevented by building double hatches over the metros .

All metro trains must have magnetic wheels to prevent derailment.

Driverless metro trains must have provisions for metro train drivers to drive them in case of an emergency and all metro trains must have a generator or solar powered battery with a back up battery to power them in the event of a power failure.

Fisherfolk must be provided with a separate compartment with exhaust fans and air de humidifiers and dhawallas must be also provided with a separate compartment .

All metro passes must be without a photo ID and must be totally refundable and a single day pass must be initiated too and all metro stations must have a station map and metro train route maps must be provided to all metro commuters

In this way one can and must modernise the Mumbai Metro and make it the pride of Bombay and something that can help other states to build modern and efficient metros.

— Peter Castellino

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# Mother of the Poorest

## (Mother Teresa)



By F. M. Britto

**W**ho has not heard of Mother Teresa? Her nuns are seen in every Indian town and abroad. She has become an icon of charity and selfless service. But would she have become so famous if she did not respond to her inner voice on that day?

Agnes Gonxhe Bojaxha, who was known later as Mother Teresa, was born on Aug 26, 1910 in Skopje, now the capital of North Macedonia. She was the youngest child of Nikola and Dranfile Bojaxha. Her father, who was a construction contractor, a trader and worked for Albanian Independence, died when she was only eight years old. With great difficulties her simple, religious and altruistic mother brought up her two daughters.

As a school girl, Agnes was fascinated by the stories of the missionaries in Bengal. Wishing to become a religious nun, at the age of 18 she joined the Sisters of Loreto in Rathfarnham, Ireland. She was sent to India in 1929 and began her novitiate in Darjeeling. She took her first religious vows on May 24, 1931 and chose the name Teresa, after St Therese of Lisieux, the patron saint of missionaries.

While she served as a teacher at their St. Mary's school, Entally, eastern Calcutta, Teresa took her solemn vows on May 14, 1937. She was appointed its headmistress in 1944 and taught here for twenty years. Though she enjoyed teaching and loved her students coming from affluent families, she was disturbed by the sight of poverty around Calcutta. The Bengal famine of 1943 and the Hindu Muslim violence in 1946 brought misery to the poor.

While she travelled by train for her annual retreat to Darjeeling on Sept 10, 1946, she experienced "the call within the call" to serve the poorest of the poor. With permission of the Church

authorities, she left the Loreto convent in 1948 to live with and serve God in the poorest. She changed her western Loreto dress for the simple, white cotton Indian sari with blue border.

Taking Indian citizenship, she spent several months in Holy Family Hospital, Patna, to receive basic medical training. She began teaching the unschooled kids in Calcutta's Motijhil slum and tended the poor. But with no financial income and support from anybody, she experienced doubt, loneliness and the tempter enticed her to return to her comfortable convent life. She experienced "the darkness of her soul." That however made her realize the poverty of the poor and to surrender herself to God's will.

Attracted by her good works some of her former students began to join her. On Oct 7, 1950, she received the permission from the Vatican to start her diocesan congregation, the Missionaries of Charity (M. C.), to serve "the unwanted, the unloved, and the uncared for." With help from Calcutta government officials, in 1952 Teresa opened her first Home for the Dying at the abandoned Kalighat temple, renaming it as Nirmal Hriday (Home for the Pure Heart), for people "who lived like animals to die like angels – loved and wanted." She opened then a hospice for those with leprosy, calling it Shanti Nagar (City of Peace). In 1955 she opened the Nirmal Shishu Bhavan, a home for the orphaned children.

Her humanitarian works among the destitute began to attract funds and vocations. In the 1960s she opened many hospices, orphanages and houses for the destitute, leprosy, TB and AIDS patients throughout India. In the 1970's she became a global celebrity and her congregation became international.

To expand her charity to every section of the people and to get the cooperation of all, M. Teresa founded The Missionaries of Charity Brothers in 1963,

a contemplative branch of the Sisters in 1976 and Contemplative Branch of Brothers in 1979. Lay Catholics and non-Catholics were enrolled as Lay Missionaries of Charity. In 1981 she founded the Corpus Christi Movement for priests and the Missionaries of Charity Fathers in 1984.

The Indian government honoured her in 1962 with Padma Shri and in 1980 with the highest civilian award - the Bharat Ratna. Some of the important international recognitions were: Nobel Peace Prize in 1979, Ramon Magsaysay Award in 1962, and the U.S. Presidential Medal of Freedom in 1985. The first Pope John XXIII Peace Prize was awarded to her by the Catholic Church in 1979.

M. Teresa suffered a heart attack in 1983, a second attack in 1989 and in 1991 a bout of pneumonia. In 1996 she fell and broke her collarbone, then was affected by heart failure. She resigned on March 13, 1997 as head of the M. C and she died on Sept 5, 1997. At the time of her death the M.C. sisters numbered over 4000 nuns, 300 brothers and more than one lakh co-workers, serving the destitute in 610 places in 123 countries.

Though people regarded her as a saint while alive, Pope John Paul II beatified her on Oct 19, 2003 and Pope Francis canonised her on Sept 4, 2016 in Vatican. She was declared a co-patron of the Calcutta archdiocese at the first anniversary of her canonization. In 2017 the first Kosovo Roman Catholic cathedral was named after her.

Pope Francis remarked of her at the canonization, "Mother Teresa, in all aspects of her life, was a generous dispenser of divine mercy, making herself available for everyone through her welcome and defense of human life, those unborn and those abandoned and discarded."

Fr. F. M. Britto,  
Chhattisgarh

## The 'Go-to' Man Goes!

Though Arun Jaitley has been ailing for quite some time, nobody really expected the end to come so soon. No doubt, he has been suffering a lot and that is the reason why he opted out of Modi:2 dispensation and the PM was gracious enough to respect the wishes of the ailing aide. He was a go-to man for his party. The PM would have surely wanted him to head the Finance Ministry to put the economy back on the rails. Perhaps things may not have looked so gloomy under his care.

All of us agree that Jaitley was the corner-stone of the Modi:1 government. He was to BJP what Pranab Mukherji was to the UPA. He was a one man army who could handle any situation and face the united opposition [not that there was a formidable one] when there was more cohesion among the various segments of the opposition. Yet, Jaitley with his amiable nature got along with every politician in the opposition camp who saw him as a moderating force in the NDA. He defended the government fiercely when it was most needed but remained away from hard line approach. He believed in genuine secularism but came down heavily on those indulging in pseudo-secularism. He remained focused on whatever role he was asked to play and did not let down those who trusted him to deliver.

A Supreme Court Lawyer of repute who argued important cases and came out successful with his highly skilled line of reasoning in the Court. With Modi winning the elections in 2014, Jaitley, who lost the contest himself, gave up his legal practice to be part of the government. Though he himself aspired for the PM's post at one stage he quickly adjusted his sails to align with Narendra Modi to become his virtual number 2 in the cabinet and remained in that position till his health starting failing him rapidly. His administrative skills and his authority on constitutional issues earned him the respect and admiration of his detractors as well.

Only a couple of weeks earlier, the BJP lost another stalwart in Sushma Swaraj who was also suffering from similar ailment. Two huge losses in quick succession made the BJP weaker to some extent on the administrative side and you can see the PM struggling to find the right talent to take the country to a 5 trillion economy. With the state of the economy in a state of virtual

## VIEWS on NEWS

coma, the Prime Minister has a daunting task ahead. It is just as well that the opposition is fragmented and weak. Otherwise the government could have been put on the mat and embarrassed. While the government is trying its best, it is doubtful if things could look better to herald the "acche din" which has been eluding the nation for the last five years. No wonder there is a demand through the social media to give us back those "bure din" which, on hind sight, looked much better.

The loss of the two big leaders has weakened the administrative quotient of the Modi:2 government though it is putting up a brave face and even resorting to lateral recruitments in the government to face the many challenges. Faced with criticism, the government may be diverting public attention and targeting opposition leaders for perceived corrupt cases. Ironically, not a single tainted BJP or NDA politician is in the line of firing which reinforces the belief that the drive is selective. With a weak opposition and with many of their leaders literally making a beeline to join the BJP, even today, it is doubtful if the government could be brought to its knees for the dismal performance. Though the passing away of Arun Jaitley and Sushma Swaraj is a colossal loss, the government is well entrenched. The likes of Pragya Singh Thakur may blame the opposition for their death. Though the party has distanced itself from her allegations it will do well to distance itself from such motor-mouths otherwise it will give credence to general perception that the party is archaic in its mental set-up.

\*\*\*\*\*

## Maharashtra politics

With the assembly elections just a couple of months away, there is intense competition between the BJP and the Shiv Sena with the latter vying for the top post. The incumbent CM cleverly welcomed the Sena cub to be a part of his cabinet ostensibly to be under him [at best a Dy CM]. All said and done, if the Sena gets more seats than the BJP there is no reason why the top post should go to the BJP. Things will crystallize in the coming days. At this point in time, the saffron combine is in a driver's seat and should be able to return to



by Marshall Sequeira

power with ease. The only suspense would be the opposition tally. The forthcoming election contest will be akin to India-West Indies series – one sided affair.

There is no opposition in the State. The Congress is a rudderless ship with no real agenda. There is no clear cut direction and it is said when you know not where to go, any road will take you there. With this state of affairs there is confusion across the party and the cadre lacks discipline which is replaced by in-fighting. Those who are not fighting are deserting the party for greener pastures. Maharashtra is no exception with rumours floating about the erstwhile State President returning to his parent party, his denial notwithstanding. The position in the NCP is worse, with the party with party leaders joining the winning side – BJP and Sena in this case. Sharad Pawar is powerless and a lonely man with Ajit Pawar waiting to grab the party leadership but he himself is under a scanner in the irrigation scam. Others like the VBA of Prakash Ambedkar and AIMIM are struggling to come to a settlement over the seat sharing. With the BJP saying Ambedkar is a CM candidate material, he has succeeded in driving a wedge between the VBA and the Congress and thus putting the chances of an understanding between them in jeopardy.

For the BJP-Sena combine, this coming election should be a cake-walk unless there is a last minute understanding among the three opposition parties viz the Congress, NCP and VBA keeping their individual interests aside and fighting as a united front to give a semblance of resistance to the formidable saffron alliance. The NDA is riding high with the just concluded Parliamentary elections where they literally decimated the once strong rivals Congress-NCP combine in Maharashtra.

# Sisters in Miluru awarded Ph.D on same date

by Ivan Saldanha-Shet.

Indeed it's a rare coincidence that two sisters, siblings, in Mangaluru city - Ms Tressie Irene Menezes, Librarian at the historic St Agnes PU College, Mangaluru, and her elder sister Ms Anna Benedict Gracy Monteiro, Library Assistant at well known historic St Aloysius College Mangaluru; have both been awarded Ph.D by C M J University in Meghalaya, on the same calendar date - August 21, 2019. Gracy is the eldest of 8 children of John & Magdalene Monteiro, while Tressie is the 5th child; the family is based in Kulshekar in the city.



**Dr. (Ms) Anna Benedict Gracy Monteiro**

Ms Gracy pursued her thesis titled - "The use of Information Communication Technology (ICT) by the faculty in the libraries of post graduate colleges in Mangalore city." While Ms Tressie pursued her Ph.D on the topic "Awareness, attitude and information use behaviour of teachers in CBSE schools in Dakshina Kannada," Both were guided by Dr S Chandrappa, former Librarian, Indian Institute of Management (IIM), Bengaluru.

Anna Benedict Gracy Monteiro did her early education at Kulshekar convents and PU at St.Aloysius College and got her first taste of Library science at women's Polytechnic. Mangaluru, getting 2nd rank, in service she obtained her bachelors and masters degrees; she has presented papers

and published in journals at National level. In 1988, she married Vincent Monteiro. Her 2 children are Dr.Vijay Monteiro pursuing MS at St.John's Medical Bangalore and Vinay after his BE and MBA is on his first job just now. Gracy as she is better known, is the first lady non-teaching staff of St.Aloysius College.

Tressie Irene Menezes too did her early education following in the footsteps of her elder sister launched out as a librarian at Srinivas college, then joined St.Agnes College as Asst librarian and since 15 years is librarian of the PU college there. She married Richard Gonsalves, their son is now finishing his internship in Audiology. She has several voluntary pursuits, mainly - NCC Coordinator, 'Abhaya' womens forum coordinator, PMI - Prison Ministry India, outreach coordinator, both expect to be active in their respective professional fields and in the family as they have always been.

Dr Gracy has put in 32 years of service in St Aloysius College library and Dr Tressie has been serving St Agnes PU Library for the last 19 years. Both were honoured for their achievement during the recent Librarians' Day celebrations organised by Dakshina Kannada and Kodagu Library Association at Sri Ramakrishna PU College in Mangaluru.

## Persuaded to say something about their field of work they explained :

Librarian is professionally caring for a library, providing access to information and sometimes social or technical platforms to users and guidance on information literacy. Modern librarians have to deal with provision and maintenance of information in many formats, including: books; electronic resources; magazines; newspapers; audio and video recordings; maps; manuscripts; photographs and other graphic material; bibliographic da-



**Dr. (Ms) Tressie Irene Menezes**

tabases; and web-based and digital resources.

A library is a curated collection of sources of information and similar resources, selected by experts and made accessible to a defined community for reference or borrowing. Modern libraries are increasingly being re-defined as places to get unrestricted access to information in many formats and from many sources. Libraries are increasingly becoming community hubs where programs are delivered and people engage in lifelong learning. As community centers, libraries are also becoming increasingly important in helping communities mobilize and organize their rights.

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# Worldwide celebration of Our Lady's Nativity

by Peter Castellino

**T**he Angers church in France started the feast at Angers because of a revelation in 430 on 8th September night a man heard angels singing in heaven and on asking them for the reason they told him they were rejoicing since the Virgin was born on that night.



French wine growers called the feast Our Lady of Grapes Harvest and the best grapes are brought to the local church for blessing and some grape bunches are attached to the hands of Mary's and a festive meal is prepared where the grapes are part of the day.

In Southern France there is a bride wedding custom of Globe de Mariee where baby Mary is placed on a cushion representing fertility as the ideal wishes of a new bride.

In Goa the nativity of our lady is called Monti Fest and is a major thank you festival with blessed newly harvested crops and a festive lunch centered /

focused on blessed harvested grain .

In Mangalore the nativity of our lady is called Monthi fest.

Manglorians eat pulses and vegetables and the priest blesses bundles of grain added to the food and before the feast there are 9 days of novena followed by throwing of flowers on baby Mary's statue.

In Lovere , Italy in 1730 a wax statue Sant Ssema Maria Bambine was venerated by Franciscans and later taken to Milan by the Sisters of Charity .

In former Spanish territories like Mexico , Guatemala La Nina Ma-

ria is shown as a prepubescent girl and also showcased as the toddler Mary.

In 19 century Mexico Conceptionalist nun Sr Magdalena allowed devotion to Mary and the Carbezoi or cherub angel head was used to create a Santo image.

A later Marian visionary began a religious order devoted to the Marian title called The Order of the Slaves of the Immaculate child .

Pope Benedict XV recognised the Marian image in Senglea , Malta under the title of Mariee Bambina honouring Mary's nativity and granting her canonised coronation on 1 May 1920 which was crowned by Archbishop Caurauna on 4 September 1921 -this Marian image once adorned a Catholic galleon shipwrecked in 1618 near the Dalmation islands and rescued

and given to the present town for celebrations of the feast on 8 September.

In the Philippines pious Catholics adopted devotion to Mary and dressed her in pastel colours and crowned her with flowers to emphasise her virginity and innocence under traditional diadem / customs used for adult saint images and later Hispanic traditions of candles and cakes are popularly offered in Mary's honour emphasising honour to La Dulcie Maria or the servant Mary

On 27 December 2018 the Philippines House of Representatives officially a bill 7856 in honour of Mary's birthday on 8 September declaring that Mary's birthday as a partial holiday.

In Austria the nativity of our lady is celebrated as Doan Day with a caravan full of animals decorations various types of food as a tradition.

In art Medieval depictions of the nativity of our lady include birth by St Anne which in later medieval settings is in a wealthy household.

Thus we see how the different and varied worldwide celebrations of the nativity of our lady emphasise her nativity celebrations making it a joyous and holy celebration which forever continued to be remembered by and in the best possible spirit since a festival is an expression of joy and also one of peace.



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## Thanksgiving



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

—A. P. George, Chennai

## 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



—R. M. S., Bandra

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



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

(State Your Petition) \_\_\_\_\_  
My financial need is urgent. Be my

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

Amen. (Promise Publication)

—Thomas A. Pinto, N. Mumbai

## Benefits Of Alfalfa Sprouts



Alfalfa, also called lucerne and called *Medicago sativa* in binomial nomenclature, is a perennial flowering plant in the legume family Fabaceae. It is cultivated as an important forage crop in many countries around the world. It is used for grazing, hay, and silage, as well as a green manure and cover crop.

Alfalfa is used for kidney conditions, bladder and prostate conditions, and to increase urine flow. It is also used for high cholesterol, asthma, osteoarthritis, rheumatoid arthritis, diabetes, upset stomach, and a bleeding disorder called thrombocytopenic purpura.

Alfalfa sprouts are the shoots of the alfalfa plant, harvested before they become the full-grown plant. Because they are so small, the sprouts contain a concentrated amount of certain vitamins and minerals such as calcium, vitamin K, and vitamin C.

1. Alfalfa sprouts can help you heal from open wounds. Vitamin K contributes to blood clotting during an injury. Though uncommon, a vitamin K deficiency does occur, which can cause excessive bleeding.
  2. Alfalfa sprouts can help you build strong bones. The vitamin K found in alfalfa sprouts acts as a modifier of bone matrix proteins, improves calcium absorption, preventing bone loss and osteoporosis.
  3. Alfalfa sprouts can help prevent iron deficiency. The iron content in alfalfa sprouts can improve blood circulation.
  4. Alfalfa sprouts are perfect to fill your stomach and aid in weight loss. Alfalfa sprouts are nutritionally dense.
  5. Alfalfa sprouts are helpful for pregnant women and their babies. Alfalfa Sprouts are a good source of the B-vitamin complex, such as folate. Folate has shown to help in neural tube formation and red blood cell formation in prenatal babies. A deficiency of folic acid in pregnant women can lead to the birth of underweight infants and may also result in neural tube defects in newborns.
  6. Alfalfa sprouts can help fight cold sores. The amino acid lysine found in alfalfa sprouts can help inhibit the growth of cold sores and treats the condition.
  7. Alfalfa sprouts can help keep your hair shiny and vibrant. Regular consumption of sprouts adds shine, elasticity, and luster to the hair. Alfalfa sprouts contain omega-3 fatty acids, which provide nourishment for hair follicles. It combats dry and brittle hair, flaky scale and reverses hair loss.
- Arthritics benefit greatly by the alkalizing of food residues aided by alfalfa tea, especially that made from seeds.

# Startups made them billionaire

**STARTING UP CAN be cool but it also entails hardships, dedication and patience - much like raising a child. Here are some entrepreneurs who did - with finesse and ended up in the billionaire club**

India is the world's largest democracy and its economy has been growing rapidly over the past few decades. As a country, it also holds the second-largest native population behind China. Not surprisingly, India has produced a number of billionaire businessmen and businesswomen. Listed below are those who run successful startups in India.

## **Vijay Shekhar Sharma :**

Hailing from Aligarh in Uttar Pradesh, Vijay Shekhar Sharma has a net worth



of \$2.6 billion (Rs 18,593 crore) and is the 74th richest person in India in 2018 and was the 877th among global billionaires in 2019 listed by Forbes. Vijay shot to fame when his payments platform startup Paytm was widely adopted for online transactions post demonetisation. Founded in 2011 as a mobile recharge and bill payment platform, Paytm now supports all kinds of transactions. The startup claimed to have secured 550 crore transactions in FY19.

## **Sanjeev Bikhchandani :**

Info Edge is one of India's most important internet conglomerates, run-



ning popular portals like Naukri.com, Jeevansathi.com and 99Acres.com. It also owns a majority stake in Zama-to. Founder Sanjeev Bikhchandani, who'd started Naukri.com all the way back in 1997, is now worth Rs. 4,800 crore.

## **Byju Raveendran :**

Byju's signaled its growing ambitions



this year, raising massive sums of money from marquee investors such as the Chan Zuckerberg initiative and looking to expand internationally. And Byju's seems to have cracked the ed-tech model, the company says it's on track to make Rs. 400 crore in sales this year. Founder Byju Raveendran is now himself worth a cool Rs. 1,000 crore.

## **Bhavin and Divyank Turakhia :**

The Turakhia brothers were ranked 98th on India's rich list with a net worth of \$1.55 billion (Rs 7150 crore). The duo is famously known for bootstrapped ad-tech startup Media.net,



which was founded in 2010 and sold to Shuzhi (formerly known as Miteno) in 2016. Their entrepreneurial journey started in 1998 when the two set up Directi, a group of technology startups, with an initial investment of Rs 25,000. Through Directi, the duo has invested in startups like Ringo, Flock and Radix.

## **Bhavish Aggarwal :**

At just 33, Bhavish Aggarwal is counted among the most successful Indian



tech entrepreneurs of recent times. Within only eight years since Aggarwal and his friend from the Indian Institute of Technology Bombay (IIT-Bombay), Ankit BHati, launched Ola, the cab-hailing venture has emerged as the country's second-most-valuable unicorn, worth over \$5 billion (Rs 36,131 crore). The company has grown to become the biggest player in its sector despite competition from the world's largest ride-sharing firm, Uber.

## The Elderly Couple

There was an elderly couple who in their old age noticed that they were getting a lot more forgetful, so they decided to go to the doctor. The doctor told them that they should start writing things down so they don't forget. They went home and the old lady told her husband to get her a bowl of ice cream. "You might want to write it down," she said. The husband said, "No, I can remember that you want a bowl of ice cream." She then told her husband she wanted a bowl of ice cream with whipped cream. "Write it down," she told him and again he said, "No, no, I can remember : you want a bowl of ice cream with whipped cream." So he goes to get the ice cream and spends an unusually long time in the kitchen, over 30 minutes. He comes out to his wife and hands her a plate of eggs and bacon.

The old wife stares at the plate for a moment, then looks at her husband and asks, "Where's the toast?"

\*\*\*\*\*

**Parent:** You scored 40/100 in the mathematics test

**Kid:** I scored 20 in the last test. So, that's 100 percent growth. Sharmaji's son scored 85 last time and 95 now. That's only 11.8 percent growth. You should be proud.

**Parent:** Yes, I am proud of you. You will one day be India's Finance Minister.

### Girls never listen!

**Wife :** I lost my keys again!

**Husband :** It's in your jeans.

**Wife:** Don't drag my family into this.

### Examination council of Zambia

Special paper 1

**Time:** 15 minutes

Answer all questions. Do not turn this paper until you are told to so. Each question carries 10 marks

1. Black is a colour. White is a colour too. But black and white television is not a colour television. Discuss.
2. If soap and water makes body clean then what makes the towel dirty after bath?  
Discuss.



3. Can you trust a nurse whose husband sells coffins?

**Note:** You are free to use calculator.

\*\*\*\*\*

Wife in UAE seeks divorce because husband loves her a lot and cares a lot and never argues with her. She says, "I need a real discussion, even an argument is fine for me."

If you are going on a 90 minute flight, you carry a laptop, three books, two journals and movie downloaded on iPad. But the truth is you stare out of the window for the entire flight (90 minutes wasted)

\*\*\*\*\*

A frustrated girl in the office says : Bollywood romantic movies are totally myth. Today I was passing through a corridor and suddenly due to blowing wind all my papers were strewn on the ground. Not a single man came to help me.

\*\*\*\*\*

### At wedding

**You:** Clicking one or two pictures  
Wandering here and there Eating every dish

**Your mom:** Clicking picture of couple  
Clicking the picture with couple  
Forcing you to click their pictures

\*\*\*\*\*

### Funny one liners!

1. The trouble with being punctual is that no one is there to appreciate it.
2. In a country of free speech, why are there phone bills?
3. If you cannot change your mind,

are you sure you have one?

4. Beat the 5 O'clock rush, leave work at noon!
5. If you can't convince them, confuse them.
6. It's not the fall that kills you. It's the sudden stop at the end.
7. I couldn't repair your brakes, so I made your horn louder.
8. Hot glass looks same as cold glass. - Cunino's Law of Burnt Fingers.
9. The cigarette does the smoking you are just the sucker.
10. Whenever I find the key to success, someone changes the lock.
11. To Err is human, to forgive is not a Company policy.
12. The road to success.... Is always under construction.
13. Alcohol doesn't solve any problems but if you think again neither does milk.
14. In order to get a loan, you first need to prove that you don't need it.
15. Someday is not a day of the week

\*\*\*\*\*

## The judgement

A man died and went to The judgement, they told him, "Before you meet with God, I should tell you — we've looked over your life and to be honest you really didn't do anything particularly good or bad. We're not really sure what to do with you. Can you tell us anything you did that can help us make a decision?" The newly arrived soul thought for a moment and replied, "Yeah, once I was driving along and came upon a person who was being harassed by a group of thugs. So I pulled over, got out a bat and went up to the leader of the thugs He was a big, muscular guy with a ring pierced through his lip. Well, I tore the ring out of his lip and told him he and his gang had better stop bothering this guy or they would have to deal with me!" "Wow that's impressive, "When did this happen?" "About three minutes ago," came the reply.



# Inspiration!

your head can be solved or turned into something helpful.

**Aim for good enough instead**

## Can small habits change your life?

**THERE IS ONE thing that is for sure in the world and that is that you can create your own happiness, all it needs is small changes in habits and thinking**

If you can commit to making little lifestyle changes and altering your thought processes you can transform your life with five life-changing habits:

**Recognise situations where you need to say no :**

'Yes' is so easily ingrained in our culture. It supports an open-hearted approach to life, it shows kindness and selflessness, whilst the word 'No' is generally frowned upon and perceived badly. But when you know you are being exploited and you are pushing yourself to far to reach other people's expectation, you need to stop and say no.

• **How it works** : By saying 'no' to others, you can concentrate on the things that are really important to you.

**Comparing yourself to yourself :**

Take a look at how far you've come and how much you have grown and

learned along the way. Look at what you've achieved, at what you've managed to overcome and what progress you have made towards your goals. Learn also to be kind to others as well as to yourself, noticing and analysing your thoughts. If you often judge and criticise people, you'll likely end up being more judgmental and critical towards yourself.

• **How it works** : By getting into this habit you create gratitude, appreciation and kindness towards yourself



**THIS  
TINY HABIT  
CAN MAKE  
YOUR WHOLE  
DAY**

**of perfect :**

This does not give you the excuse to slack off. Rather, it's about realizing when to let go of your perfectionism and learning to be pleased with what you have done and with what you have finished.

• **How it works** : One of the best ways to let go of perfectionism is to set a deadline. Do what you can, in time-frame you have given yourself (you can apply this to whatever you are doing,

be it around the house or at work), doing so will help you to let go of the need to polish things up a bit too much.

**Learn to let go and walk away :**

Broken relationships are always a difficult step to encounter and once you have

and others. You learn to become okay with yourself and with the people around you, as opposed to competing with them.

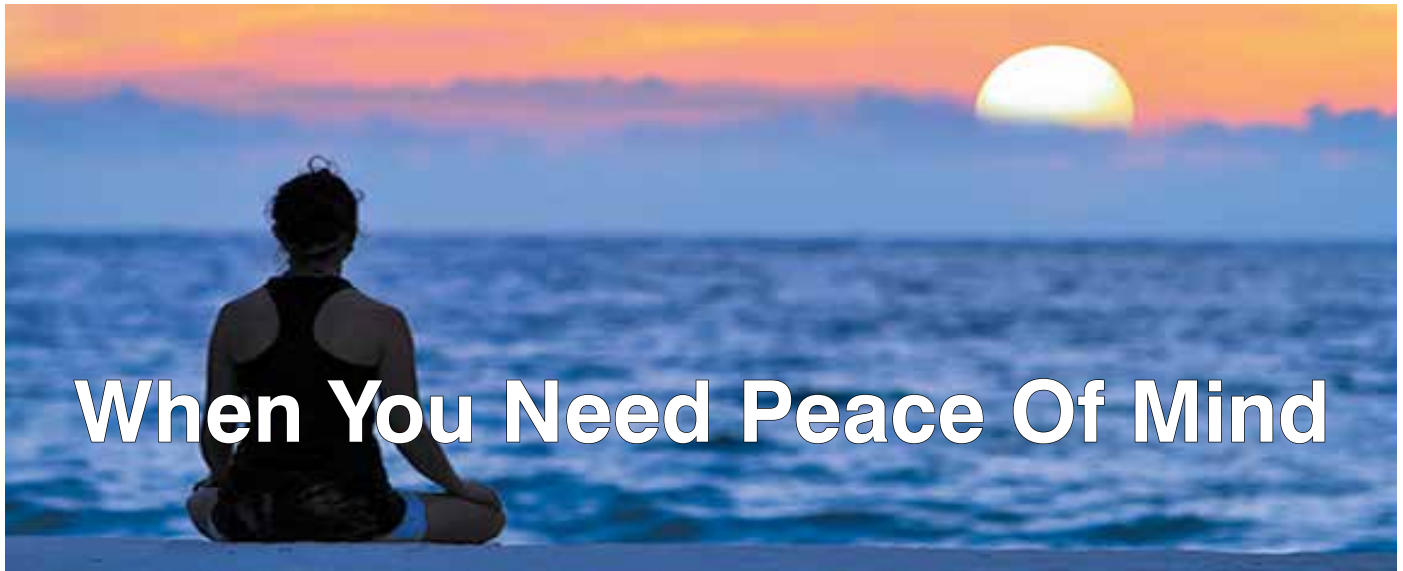
**Replacing your negative thoughts with powerful :**

**Influence** : Starting with your social circle, dedicate most of your time to hanging out with positive people. Watch movies that exhibit a strong message and TV shows that will make you laugh.

• **How it works** : Negative thoughts we often make mountains out of molehills. Frequently, the problem in

made the decision to distance yourself from a friendship or a relationship, there are often a number of hard lessons you will have to learn to overcome. Forgiving the person for wronging you, is perhaps the hardest lesson that you will have to endure, particularly when you are overwhelmed with resentment towards this person.

• **How it works** : Keep in mind that if you allow these negative feelings to persist, you will only be prolonging your suffering. Remember also that forgiveness has more to do with healing the negative feelings within ourselves, than it does with having to accept the wrong-doing of others.



# When You Need Peace Of Mind

**The flow of conscience is creating wide approval in the modern Church. The spirit of direction has been a hidden blessing in the formation of Christian thinking, pastoral choice and spiritual action by the clergy and laity, forming a coherent system. The realistic truth in the system is to have peace of mind.**



BY MELVYN BROWN

St. Luke informs us that Zachariah ended his canticle by reaching out to the mercy of God, "Guiding our feet into the way of peace." (Lk.1:79).

To gain peace of mind you should begin by having a sincere desire to love God, to declare your deep dependence on God. The letter St. Paul wrote to the Romans said: "We know that in everything, God works for the good of those who love him, whom he has called according to his plan". There are six points for reaching peace of mind.

First: Keep the mind occupied. Actively work towards a goal. Follow a dream even when the effort you make is not appreciated by others. Let your dream become a dynamic vision and peace of mind will catch up with you. Decide on what makes you happy;

be it cooking, carpentry, collecting world postage stamps, photography or having a sense of achievement in religious works. A vacant mind tempts the devil to step in.

Second: Change your attitude to fit your environment. On reflection, you should calm any disturbing event with kindness. Never undermine a person. Reach out to people as a friend would, or an advisor or a spiritual guide. Try to be humble even in the case of

a no-win situation. Do not be proud, as you know, pride will have a fall. Try not to embitter people. Fellowship is always welcome by any count. Even the diehard will melt if you give him a genuine hug.

Third: Avoid interfering in other peoples' arguments. Remember to keep your opinions to yourself, sometimes; because your way is not always the way others think, feel or make decisions. You will find peace of mind by avoiding human frailties in other people, try to understand human nature and help whenever you can as a blessed privilege. A little compassion with affection can work wonders. What matters would be to earn the respect of friends and neighbors to gain peace of mind.

Fourth: Do not over indulge in whatever you do. Keep a limit to carrying

out responsibilities. When people try to maximize their work load they satisfy their ego, creating physical and health issues. Try to cut down on external plans and find the time to meditate, pray and make self-appraisal. Peace of mind is possible if you are not in a restless state of mind. Someone once said, an uncluttered mind is the showcase for peace.

Fifth: Bear with what you cannot change. The spiritual worth in enduring with suffering may sound mysterious, but has its rewards. A disadvantage often becomes an advantage. To carry out the daily chores can be a burden, a troublesome factor if you are in search for peace of mind. Have trust, believe that God knows what is best for you.

Sixth: Do not procrastinate. Putting things off for tomorrow what can be done today is a risk you take; tomorrow may have other plans for you. Procrastination is the thief of time, an old but very true saying. Forget the past and think of the present, not forgetting tomorrow. St. Paul said, "I would like that all of you should be like me" (1Cor.7:7) who is weak and I am not weak? Who is scandalized and I am not on fire?" (2Cor.11:29).

St. Paul did not put things off; he had a mission, a purpose, and with that peace of mind.

# Royal Christian Family MATRIMONIALS - @GROOMS

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

**7024. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 9", Wt. 65 kgs, Wheatish Complexion, Edn. SSC / Diploma in Electricals, Having own Business. Contact email : jeny22\_m@yahoo.co.in

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

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

**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

**6971. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born

**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

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

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

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

**6904. MUMBAI :** Converted Roman Catholic issueless Divorcee, (Born in April 1971), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.Sc., MBA, working as a Territory Manager. Contact email : sudeeptalukdar2003@gmail.com

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

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

**6838. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in October 1974), Ht. 5' 4", Wt. 55 kgs, Wheatish Complexion Edn. VII std, working as a Electrician in BEST. Having House. Seeks a simple, understanding and good natured girl. Contact email : belindacardoza777@gmail.com

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

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

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

**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

**6832. MUMBAI :** Goan Roman Catholic Bachelor, (Born in August 1970), Ht. 5' 7", Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., working as a Captain in Hotel. Contact email : ignatius.matel@gmail.com

**6852. MUMBAI :** East Indian Roman Catholic Bachelor, (Born in August 1983), Ht. 5' 8", Well built, Wheatish Complexion, Edn. Bachelors in Hospitality and Tourism Management. Working as a Chef Head Chef in DUBAI. Contact email : joslyn.gomes@gmail.com

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**7039. MUMBAI :** Goan Roman Catholic Bachelor, Handicap - slight Scoliosis - taking treatment, spine slightly curved. (Born in September 1976), Ht. 5' 4", Wt. 45 kgs, Wheatish Complexion, Edn. B.A. Computer Prog. / Hair Designer, Having own business. Contact email :

reginarodrigues634@gmail.com

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

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

**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

**6485. MUMBAI:** North Indian R.C. Bachelor, (Born in October 1974), Ht. 5' 7", Wt. 75 kgs, Wheatish Complexion, Edn. B.Com., working for an MNC in Mumbai as Back Office Executive. Contact email : awr88@rediffmail.com

**7084. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in May 1956), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. 9th std., working as a Machine Operator. Contact email : fern.gilbert54@gmail.com

**7018. MUMBAI :** Goan Roman Catholic Bachelor, (Born in October

1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email : fredrick.dsouza0110@gmail.com

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

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

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

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

**6832. MUMBAI :** Goan Roman Catholic Bachelor, (Born in August 1970), Ht. 5' 7", Wt. 59 kgs, Wheatish Complexion, Edn. B.Com., working as a Captain in Hotel. Contact email : ignatius.matel@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

**6813 USA :** Mangalorean Protestant Divorcee, (Born in March 1951), Ht. 5' 10", Wt. Medium, Fair Complexion, Edn. MBBS.,MD., Doctor by profes-

sion. Contact email : fh2@mail.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

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

**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

**6968. DUBAI :** Mangalorean Roman Catholic Bachelor, (Born in March 1991), Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate in Commerce. Working in Dubai since 2014 in Indian Consalate Office. Designation Senior Customer Executive. Contact Email : shalenedsouza4@gmail.com

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

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Email : royalchristianfamily@gmail.com

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**7071. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in April 1983), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn.M.A. B.Ed., Teacher in Aided School. Contact email : marinamia44@gmail.com

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

**7074. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in January 1985), 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.D.S.,(Mumbai), Self Practising. Seeks a well settled qualified Or Professional bachelor. Contact : email : dabfern@yahoo.co.in

**7053. MUMBAI** : East Indian Roman Catholic Spinster, (Born in June 1987), Ht. 5' 2", Wt. 63 kgs, Wheatish Complexion, Edn. B.Sc., Home Science, working as a Jr. Officer in Bank. Contact email : ayasha18j@gmail.com

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

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

**7059. SATARA** : Tamilian Roman Catholic Spinster, (Born in July 1983), Ht. 5' 2", Wt. 55 kgs, Wheatish Complexion, Edn. MA, B.Ed., (English), Teacher in Convent School. Contact email : veronicadavidvd12@gmail.com

**7065. MUMBAI** : Mangalorean

Roman Catholic Spinster, (Born in December 1989), Ht. 5' 6", Wt.69 kgs, Fair Complexion, Edn. M.Sc., & Dip. in Clinical Research, working as Business Process Lead in TCS. Contact email : mendonca\_luke@yahoo.co.in

**6908. MUMBAI** : Mangalorean Roman Catholic spinster, (Born in July 1992), Ht. 5' 2", Wt. 53 kgs, Fair Complexion, Edn. B.Pharm + PGPBA., working as Sr. Executive in Pharma Packaging. Contact email : anaita.lobog@gmail.com

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

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

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

**7003. MUMBAI** : Tamilian Roman Catholic Spinster, (Born in May 1991), Ht. 5' 1", Wt.47 kgs, Fair Complexion, Edn. B.Sc., IT, working as a Software Engineer. Contact email : annette.anthony10@yahoo.in OR 9967681810

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

**7042. MUMBAI** : Mangalorean Roman Catholic Spinster, (Born in September 1992), Ht. 5' 2", Wt. 57 kgs, Fair

Complexion, Edn. B.Com., working. Contact email : cute\_reema3@yahoo.co.in

**6985. MUMBAI** : Goan Roman Catholic Divorcee, (Born in November 1984), Ht. 157 cms, Wt.68 kgs, Fair Complexion, Edn. B.Com., working as a Customer Support.Contact email : jokina10@rediffmail.com

**6806. MANGALORE** : Mangalorean Roman Catholic Divocee, (Born in March 1984), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. M.Sc. Nurse by profession. Contact email : lailasweety143@gmail.com

**6804. COIMBATORE** : Anglo Indian Roman Catholic Spinster, (Born in October 1983), Ht. 5', Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc IT, MIB, MBA., working as an Export backend operations and customer support operations. Contact email : patricia\_melisa@yahoo.co.in

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

**7069. MUMBAI :** Tamilian Roman Catholic Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., Nursing, Staff Nurse. Contact email : mpchandran68@gmail.com

Mobile : 9820041633

**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.

**7062. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in January 1992), Ht. 5' 3", Wt. 65 kgs, Wheatish Complexion, Edn. MBA in Finance, working as an Accounting and settlement. Contact email : glenna.dsilva@gmail.com

**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

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

rodrigues.kavin@gmail.com

**6950. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in July 1990), Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. Post Graduate, working as a Relationship Manager in Private Bank. Contact email : mendoncas2307@gmail.com

**6341 MUMBAI :** Protestant Christian spinster, (Born in April 1985), Ht. 5' 1", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., B.Ed., Teacher by profession Seeks a groom from

well settled, educated and good family background. Contact email : georgethomas1353@yahoo.com

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

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

**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

**6381 MUMBAI :** Goan Roman Catholic Spinster, (Born in April 1984), Ht. 5' 3", Wt. 58 kgs, Wheatish Complexion, Edn. M.Com., working as a Secretary. Contact email :

soareskaren14@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

**7055. U.K. :** Tamilian Roman Catholic Spinster, (Born in April 1988), Ht. 5' 2", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc., working as a Staff Nurse in UK. Contact email : o365acc@gmail.com

**6883. MANGALORE :** Mangalorean Roman Catholic Divorcee, (Born in December 1983), Ht. 5' 4", Wt. 68 kgs, Wheatish Complexion, Edn. B.Com., MBA, working. Contact email : fionawimpy@gmail.com

**6876. DUBAI :** Mangalorean Roman Catholic Spinster, (Born in May 1985), Ht. 5' 3", Average built, Wheatish Complexion, Edn. MBA - (Finance), working in MNC in DUBAI. Seeks educated, well settled bachelor from decent & respectable family between the age 34-38 yrs. preferably working in U.A.E. Contact with photo & details to email :

saldanha.leena7@gmail.com

**6858. BHOPAL :** Mangalorean Roman Catholic Spinster, (Born in March 1993), Ht. 5' 1", Wt. 55 kgs, Wheatish Complexion, Edn. B.E. Computer Science and MBA in HRM working in Bangalore. Contact email : godwinsvd@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

**7087. DUBAI :** Goan Roman Catholic Spinster, (Born in July 1983), Ht. 5' 3", Wt. 64 kgs, Wheatish Complexion, Edn. B.Com., workaig as a Customner Support in Dubai. Contact : escatravasso@gmail.com

**7082. MUMBAI :** Tamilian Roman catholic Spinster, (Born in September 1985), Ht. 5', Wt. 50 kgs, Wheatish Complexion, Edn. 12th std., working as a sales girl in Big Store. Contact email : susanmoses1385@gmail.com

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

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

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

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99, Perin Nariman Street, 1<sup>st</sup> Floor,  
Fort, Mumbai - 400 001.**

# Best guide to store vegetables



**LIKE MOST PEOPLE, you probably shop for several days' worth of groceries at a time, which means you face the issue of making sure your fresh vegetables stay fresh for as long as possible. With this handy guide you want face the problem anymore**

Not all vegetables are alike, which means there's no single best way to store them all. Fresh greens like lettuce can't be handled the same way as root vegetables like potatoes or carrots. Additionally, certain practices, like peeling or washing, can lengthen or shorten their life, depending on various factors. Storing certain vegetables together can also affect how long they last. Here's everything you need to know to store your vegetables for maximum freshness.

### Cool, dry, dark place :

Some veggies stay fresh longest in a cool or room-temperature location, away from moisture, heat and light. In some cases this might be a kitchen cupboard (not situated directly next to your oven) or it might mean a dedicated pantry. The ideal temperature for your pantry is be-

tween 10 and 21 degree Celsius, Veg- gies to store in your pantry include:

- Onions
- Shallots
- Garlic
- Hard squash like winter, acorn, spa- ghetti and butternut
- All types of potatoes (including yams and sweet potatoes)

### In the fridge :

- Asparagus has a fairly short shelf- life, even when refrigerated. You'll know when your asparagus is start- ing to go when the tips of the stalks

start to look dry and withered. As- paragus will keep for 2 to 3 days in the crisper.

- Eggplant, celery, peppers, peas, artichokes, zucchini and cucumber will last up to a week in the fridge.
- Summer squash, yellow squash and green beans 3 to 5 days.
- Brussels sprouts will last between 3 to 5 days.
- Cauliflower will last 1 week.
- Carrots, parships, turnips, beets and radishes can be stored in a plastic produce bag and will last 2 weeks.
- The same goes for lettuce and oth- er leafy greens, which will last from 3 days up to a week depending on how delicate the leaves are.
- Mushrooms will last 3 to 5 days and should be refrigerated in a paper bag.
- Ears of corn should be stored in their husks; they will last between 1 to 2 days.

### On the counter :

While there are myriad fruits, such as stone fruits, citrus and bananas that should be stored on the countertop, the only vegetable you should keep there are tomatoes. In any case, keep your tomatoes on the countertop, out of direct sunlight. The fridge will turn their texture grainy.

### Storing tall stalks :

We're thinking asparagus and green onions in particular. A quart-sized glass jar is perfect here. With as- paragus, remove the rubber bands, trim an inch off the bottoms and stand them up in a glass jar. Don't crowd them, though. You might have to split a bunch across two jars. Fill halfway with wa- ter, then cover the stalks with a plastic produce bag and secure with a rubber band.

Asparagus will stay fresh this way for at least a week. You can use this tech- nique with green onions as well, only don't trim the bot- toms.

Refrigerator	Countertop
<p>Apples (&gt;7 days) Apricots Cantaloupe</p> <p>(Unwashed in a Single Layer) Blackberries Blueberries</p> <p>(Unwashed in a Plastic Bag) Broccoli Carrots Cauliflower Corn</p> <p>(Store in a Paper Bag) Mushrooms</p> <p>Artichokes Asparagus Beets Brussels Sprouts Cabbage Celery Cherries Grapes Green Beans Herbs (not Basil)</p>	<p>Figs Honeydew</p> <p>Apples (&gt;7 days) Bananas</p> <p>Basil Cucumbers Eggplant Garlic Ginger Grapefruit Jicama Lemons Limes</p> <p>Tomatoes Mangoes Oranges Papaya Peppers Persimmons Pineapple Plantains Pomegranates Watermelon</p>
<p>Kale Lima Beans Leeks Lettuce Plums Spinach Sprouts Summer Squash Yellow Squash Zucchini</p>	<p><b>Cool, Dry Place</b> Acorn Squash Butternut Squash Onions* Potatoes* *Keep away from each other</p>
<p><b>High Ethylene Producers:</b> Keep away from other fresh produce to slow down ripening/spoilage.</p>	<p><b>Counter/Fridge</b> (Ripen on Counter, Then Refrigerate) Avocados Nectarines Peaches Kiwi</p> <p>Pears Plums</p>

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