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A NATIONAL FAMILY WEEKLY

*Untold laws of 'true' happiness*





# “Teaching is a very noble profession”

Our former President, Dr. A. P. J. Abdul Kalam had aptly said, “Teaching is a very noble profession that shapes the character, caliber, and future of an individual. If the people remember me as a good teacher, that will be the biggest honour for me.” These words beautifully signify the very essence of being a teacher. September 5, is celebrated as teachers’ day to commemorate the birth anniversary of Dr. Sarvapalli Radhakrishnan, a renowned teacher and a philosopher for his commendable contribu-



tion to education. This day is rightly set aside to honour our teachers for their sacrifice in making a significant contribution to the society. On this day, let us celebrate our teachers for their service to the nation and the entire humankind and get inspired by their lives that have influenced thousands of minds. The generations to come will be influenced by the values they have instilled in their students today and the impressions made by them will shape eternities beyond our imagination. Teaching is considered as noble profession because teachers not only transmit subject knowledge but also help children discover their strengths and

potential within and nurture them as



responsible human beings. Teachers are the pillars of our society; they play a vital role in bringing out the best from the children. They are responsible for

their hard work and dedication. On this teachers’ day, we urge you dear teachers to rededicate yourself for this noble cause of education. You hold the key to transform lives and society at large. There is a wealth of talent and potential within every child and you as teachers need to make every effort to unlock this wealth and empower children to discover their purpose in life. Cherish your special calling a teacher that impacts eternity. Wish you a very Happy Teachers’

nurturing extraordinary personalities by moulding and shaping young minds. Dear teachers, remember that you continue to remain as an essential part of the enlightenment process which we all call as ‘Education’. You are not only empowering individuals but empowering generations to come. In this age of technology, while

Day!



**Dr. Madam Grace Pinto**  
**Managing Director**  
**Ryan International Group of**  
**Institutions**

99, Perin Nariman Street, Fort, Mumbai - 400 001.

Mobile: +91 9820485389 / 9820473103

E-mail : secular@sezariworld.com / seculardivo@gmail.com

Website: www.sezariworld.com

Editor: LAWRENCE COELHO

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## Buying Economic Peace.....

By Don Aguiar

Just wondering with the state of things in our country, did India actually need this mission to the moon? What have we achieved, besides nothing but bragging rights? Similarly, spending crores on humongous status. Which are already in need of repairs. So more expense. The need of the hour in our country, is more educational institutions, hospitals, irrigation projects, etc. all on a very large scale.

"Bragging rights" – that's the only thing the present government is good at and that is what has got them to power again. Perception is the operative word. They have mastered the art over the past many decades. Yes and sadly the majority cannot see through and more important they invent new ideas to brag about.

For most governments on the planet, genuine betterment of their people is simply not their priority. It is not that they simply ignore their people but they wilfully so do. This is how leaders get off lightly – they are deemed ignorant, when they should be seen as being cynically oblivious, criminally culpable.

Modi's closed door meeting with Indian businessmen in Abu Dhabi saw over 20 billionaires seated around him pledging their support in Kashmir. Here are the Personal Net Worth of the top 10 who were in this hall. Yusuffali of Lulu \$5billion. Micky Jagtiani of Landmark group \$3.75billion. Dr BR Shetty of NMC Healthcare \$3billion. Rizwan Sajan of Danube \$3billion. Sunny Varkey of GEMS Education \$2.5billion. Vidya Chabbria Jumbo Elect \$1.75billion. Dr Shamsheer Vayalil VPS Healthcare \$1.5billion. Dr Azad Moopen Aster DM \$1billion and Dhananjay Datar Al Adil Trd \$1billion. That's about \$24billion personal wealth. Including the others in the hall, the total personal wealth sitting around Modi was in excess of \$40billion.

Buying justice and peace after stealing land and liberty? Brilliant. Except, "neo-colonial arrogance" has been tried and failed.

"Economic peace" does not work. Ask Trump's son-in-law, Jared Kushner.

(Contd.. on p. 4)



(Contd.. from p. 3)

His plan to dump \$50 billion in Palestine's West Bank and Gaza is being ridiculed and seen by most as dead-on-arrival.

The above is current but not without historical analogue. 'You cannot do without us,' Lord Curzon condescendingly told the Indians over whom he ruled as British imperial viceroy more than a century ago.

Will the Indian billionaires foster independent self-rule? Not going by Curzon or Kushner or any such carpet-baggers in history.

Kushner doubted the feasibility of independent Palestinian self-rule, declaring, "We'll have to see," adding, "The hope is that they over time can become capable of governing."

When asked if Palestinians should ever be able to enjoy freedom from "Israeli government or military interference," he said only that this was "a high bar." After suggesting that Kushner had consulted few if any Palestinians over the two years during which his peace plan was in the works, his interviewer asked if he understood why the Palestinians did not trust him. Kushner responded curtly, "I'm not here to be trusted."

He's right. He can't be trusted by the Palestinians. Similarly, it is not hard to see that the Indian government who've laid siege upon Kashmir, usurped their land, and have been torturing and killing them for long, won't be trusted by the Kashmiris.

Intangible problems of peace, justice, freedom, self-determination, etc., cannot be swept away under the rug by tangible money and economic progress.

"In 1919, another British imperialist, Lord Balfour, wrote—in a confidential memo to Curzon himself—in Palestine we do not propose even to go through the form of consulting the wishes of the present inhabitants of the country... Zionism, be it right or

wrong, good or bad, is rooted in age-long traditions, in present needs, in future hopes, of far profounder import than the desires and prejudices of the 700,000 Arabs who now inhabit that ancient land."

"The 1917 declaration associated with Balfour's name, the basis of the British Mandate that led to the establishment of Israel, excluded the Palestinians—whom Balfour never mentioned by name—from the political and national rights it accorded to Jews."

"Kushner echoed Balfour's words, repeatedly excluding Palestinians from political and national rights." And we, who have not too long ago, removed the colonial yoke of a foreign imperial power are now putting it on Kashmiri necks.

How hard we fought for freedom, how soon we forget its lessons.

Kushner & Co "consistently stressed that theirs is essentially an economic development initiative for the occupied West Bank and Gaza Strip, meant to operate under existing conditions of almost absolute Israeli control. So far, it has no disclosed political element, except the clear indication that Palestinian statehood and sovereignty are ruled out. All the Palestinians deserve, in Kushner's view, is "the opportunity to live a better life... the opportunity to pay their mortgage," under Israel rule.

"Understandably, almost universally, Palestinians—along with many international commentators—see such an approach as simply paving the way to a normalization of never-ending occupation and creeping annexation under conditions of extreme legal discrimination between Israeli Jews and Palestinian Arabs: a situation resembling nothing so much as apartheid South Africa.

The above tracks remarkably closely to what our leaders are ruinously undertaking in Kashmir, when not busy building sky high statues of mythical gods and dead leaders to distract the multitudes.

To share another perspective: I had gone for the Paramparik Karigar exhibition where weavers and artists from all over India come with their traditional weaves. Met 2 Kashmiris from Srinagar who had come with their Pashminas. I asked them how & when they had left Srinagar. Apparently they took 2 days to reach the airport - what is normally a 30 min journey. They travelled mainly in the evening or night by foot or cycle or horse. Because they also had to bring all the material for this exhibition, where they had confirmed participation 3-4 months back. So tragic that they have to hide and come within their own country

I think it's good to take people what they say or share at face value. These are innocent people from a small village 30 minutes out of Srinagar who travelled to sell their handicraft. The Indian government is certainly lying. I would not bother with what any other nation would say. I have reached out to others and from what I learn the average person west north west of Kashmir is in a difficult or hopeless situation, ruined and broken by the way their life is turned upside down. They support 370 going away but the manner - forget democratic - it's not humane. We are living in bad times sadly

There are quite a few human rights teams visiting Kashmir these days and a team, just got back this afternoon from Srinagar.

They saw many people being hit by shotgun pellets, women just standing in the streets and wailing, parents urging their little children to throw stones and old women looking for stones. Many have died due to the tear gas that is being used and doctors and medicine is in short supply. Government targeting "foreign correspondents.

During the last thirty years what was happening in Kashmir? Our defence personals attacked killed by terrorist and terror soft governments there. Wonder in a same country why two

(Contd.. on p. 9)



## Holy Spirit Miracle

I had a lot of enemies and could not forgive them however hard I tried in spite of attending many retreats and Saturday prayer services at Tabor. Then one day during the Saturday prayer service, I asked the Holy Spirit to give me the grace to be able to forgive my enemies in spite of they having hurt me terribly. Then one fine day when the adoration was going on during the Saturday prayer service, I automatically shed tears from my eyes and was able to forgive them. When I started forgiving each one of them by taking their names, the lump which I had under my armpit for years, automatically disappeared. Praise the Lord. From that day onwards, I started attending the Saturday prayer services regularly and also the four-days retreats as often as I could. It was only with the help of the Holy Spirit that I was able to forgive my enemies.

—*Jubel D'Cruz,*  
*Mumbai*

## Brides in Goa village under a curse

This is with reference to the news report 'Queen's curse leaves youths

from Chandor ward without brides' (Times of India, Goa edition dated September 1). It was amusing, though not surprising to read that many houses in Chandor village in Goa are lying un-occupied and even abandoned, as youths from the village are unwilling to stay in their ancestral homes after marriage, because of a curse put on their brides by the erstwhile widowed queen of the kadamba dynasty in the 14th century. This is a classic case of superstitious beliefs holding sway over a sizable number of Goan families in Goa. Several other houses are also facing similar problems in other parts of Goa, but for different reasons. Buyers are hesitant to purchase these houses even at throwaway prices, because of their shady track record and a stigma often linked to evil spirits and ancestral curses. It is a mindset that is difficult to change, even in this age of scientific temper. While it is preposterous to believe that curses can harm or change the destiny of those under a curse, it is also difficult to discount holy scriptures which are replete with cases of persons incurring the wrath and curse of God for disobeying his commandments. Deuteronomy 27 and 28 for instance spells out 12 curses and 9 blessings and warnings for the guidance of Israelites. This could possibly be one of the reasons why

God-fearing people prefer to play safe before deciding to buy a house under a curse.

—*A. F. Nazareth*  
*Alto Porvorim*

## "Season of Creation"!

The above "Theme" was established on 1st September 2019 as, "World Day of Prayer for Care of Creation"! And extending to 04 October, feast of St. Francis of Assisi – a period as a, "Season of Creation"! Pope Francis sent '10 Thoughts'!

"Let's make efforts to change, and to adopt more simple and respectful lifestyles; for too many of us act as tyrants towards God's creation//Let's say 'no' to consumerist greed, and to the illusion of omnipotence; for these are the ways of death//Let's inaugurate responsible sacrifices today, for the sake of better prospects for life tomorrow//Let's not give in to the perverse logic of quick profit; but instead, to look to our common future//Let's reflect on our food wastages, transportation costs, use of water, energy, and many other material goods, which can often be thoughtless and harmful//Let's replace fossil fuels with forms of clean energy; for native people have 'age-old wisdom' that can teach us to live in better relationship with the environment//Let's rediscover our vocation as children of God and stewards of creation. Now is the time to repent, and return to our roots//Let's pray during this season, and make efforts to redeem our common home, and abandon our self-centeredness; and feel embraced by the tender love of the Father, to share with joy the gifts we have received//Let our prayers be inspired by closeness to nature; as St. Bonaventure who called, 'creation God's first Book'!//Let us be reminded by the young, that earth is not a possession to be squandered; but an inheritance to be handed down!!!"

And if I may add: "The Lord God took the man and put him in the Garden of Eden (earth), to till it and keep it" (Genesis 2:15).

—*Dr. Trevor Colaso,*  
*Memphis, TN. USA.*

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# Is Pope Francis A Heretic?

**Does this question shock you? It should! Over the last couple of years I have been in regular correspondence with Rev Dr Valson Thampu. After retiring as Principal of the prestigious St Stephen's College, Delhi, he is now settled in Kerala.**

But he is terribly unsettled by recent events in what was once described as "God's Own Country" and the cradle of Christianity in India. Many like him are appalled at the mounting cases of paedophilia, rape, murder, financial misappropriation etc being levelled (and in some instances proved) against priests, bishops and even a cardinal. So he has concluded that the Christian community, not necessarily restricted to Kerala, is in dire need of shock therapy, to shake it out of its complacency and stupor. What is rubbing salt into the wounds are the desperate attempts to shield, play down, obfuscate or interminably delay the path of justice against the accused; and to label the dissenters as "terrorists". The ultra-chauvinistic Catholic Church in Kerala seems to be beating Modi at his own game of ultra-nationalism.

Before I attempt to answer the shocking question that I have posed I need to clarify what is meant by the word "heretic". It comes from the Greek word *haeresis*, which etymologically means to pick and choose, usually what suits one. However, the Dictionary of the Bible by Rev John McKenzie SJ states that in the New Testament the word is not used as a denial of dogma (Pg 353). In the course of centuries, though, heresy and heretics assumed the connotation of enemies of the church or faith; because of their erroneous beliefs.

These in turn led to the most hor-

rific, debased and inhuman acts in the name of the Inquisition. In Spain it lasted from 1478 to 1834. The target was the neo-converts from among the Muslim Moors from North Africa and Prosperous Jewish traders, and to a lesser extent the Protestants; whose Christian faith was deemed to be erroneous, and therefore dangerous.

In other parts of Europe there was the witch-hunt, where poor illiterate women were deemed to be agents of the devil. Even a mole on their bodies was considered an indelible mark of the diabolical. To ascertain that, a woman suspect was stripped naked and even all her hair was shaved off. These witch hunts were not limited to the Catholic Church and had more to do with male chauvinism masquerading as Christian faith. I will not go into the gory details of how women were tortured and abused.



by chhotebhai \*

What has all this got to do with Pope Francis in Rome and Thampu in Kerala? Much more than meets the eye. Thampu claims that he has been branded a terrorist by the Syro-Malabar Rite church authorities in Kerala. Why? Because of his open support for Sr Lucy Kallapura FCC, who has in turn been very vocal against rape accused Bp Franco Mulakkal of Jalandhar.

Pope Francis has in turn been labelled a heretic and a "modernist" (whatever that means) by conservative Catholics, both lay and clerics, especially in Europe and the USA. Ironically, these are the very territories



that were scarred by the Inquisition and witch-hunts. So is there a lingering residual effect (like atomic radiation) where a rich and influential lobby resists change, and mistakes tradition for faith?

Pope Francis, by any standards, has broken many traditions. Personally, he has left the papal palace to live in a two room guest house, uses a small car, and calls for simplicity in church life. In mid-air he solemnized/ regularized the marriage of a live-in couple that was his flight attendants. He has repeatedly taken a non-judgmental approach on sexual morality. He emphasises the quality of mercy (compassion or empathy would have been better English words).

Nevertheless, I am reminded of Portia's famous words in Shakespeare's "The Merchant of Venice". She pleads with Shylock, the usurious Jewish money lender: "The quality of mercy is not strained. It dropeth as the gentle rain from heaven on the place beneath. It is twice blessed: it blesseth him that gives and him that takes" (Act 4, Scene 1).

Are the conservatives that are gunning for "heretic" Pope Francis, or the Kerala church authorities that have



branded Thampu a “terrorist”, not very different from Shylock demanding his pound of flesh? Vatican observer Christopher R Altieri wrote on 9/3/2018 that “Pope Francis seems neither to know nor care enough about doctrine to be a real heretic”. This observation needs elaboration.

Why is he allegedly soft on doctrine and strong on compassion? Remember that he comes from South America that has had an overdose of political oppression and social injustice. His only sister is a divorcee. So he has seen pain at close quarters. Even when he was a cardinal in Argentina he lived in a commoner’s apartment, used public transport and had the “smell of the sheep”, as also of the ghettos.

He is therefore primarily a pastor (shepherd) rather than a doctrinal, dogmatic, religious head. I use a simple analogy to distinguish between the pastoral and dogmatic approach to real life situations. The dogmatist says, “Thou shalt not jump into the water, you will drown in the depths”. The pastoralist says, “That man is drowning. I must save him, even if it involves risking my own life”. Francis’ life conditioning has made him a pastor. His predecessor in office, the Eurocentric Pope Benedict XVI, was a dogmatist.

Perhaps one of the real reasons that the conservative traditionalists have been gunning for Francis is his multiple tirades against clericalism. He considers that one of the greatest evils in the church today. A major consequence of that is the cover up of sexual abuse by sacrosanct clerics.

A few papal quotes should suffice to prove my point. I will here limit myself to the compilation done by Kathleen N. Hattrup on 23/8/2018. I quote:

*One of the dangers that Pope Francis regularly singles out as most threatening the Church is “clericalism.” It could be defined as a false or sycophantic respect and esteem for clergy. It lends to the persons of priests, in*

*view of their clerical office, an excessive deference and acquiescence. In a clericalist culture, the clergy often stand above and aloof to their flocks, to which distance the faithful can respond in a childish spirit of obedience and false reverence. Francis points out that clericalism can be a sin for both clergy and laity: for clergy, if they demand to be treated as superior to the laity; and for laity, if they resign themselves to the status quo - “Let Father do everything” - and shirk the responsibilities proper to their own vocation as baptized Christians.*

Clerics always say: “This should be done like this, like this, like this, and you – go away!” It happens “when the cleric doesn’t have time to listen to those who are suffering, the poor, the sick, the imprisoned: the evil of clericalism is a really awful thing; it is a new edition of this ancient evil [of the religious ‘authorities’ lording it over others].” ~ Homily in Casa Santa Marta, December 13, 2016.

*Clericalism is a perversion of the Church. ~ Meeting with young Italians, August 11, 2018.*

*The lack of consciousness of belonging to God’s faithful people as servants, and not masters, can lead us to one of the temptations that is most damaging to the missionary outreach that we are called to promote: clericalism, which ends up as a caricature of the vocation we have received. A failure to realize that the mission belongs to the entire Church, and not to the individual priest or bishop, limits the horizon, and even worse, stifles all the initiatives that the Spirit may be awakening in our midst. Let us be clear about this. The laypersons are not our peons, or our employees. They don’t have to parrot back whatever we say. “Clericalism, far from giving impetus to various contributions and proposals, gradually extinguishes the prophetic flame to which the entire Church is called to bear witness. Clericalism forgets that the visibility and the sacramentality of the Church belongs to all the faithful people of God (cf. Lumen Gentium, 9-14), not only to the few chosen and enlightened.”[2]*

~ Meeting with the bishops of Chile during apostolic trip to Chile, January 16, 2018.

I may also add the comments of Cindy Wooden of Catholic News Service on 23/8/2018. She reports: Pope Francis blamed “clericalism” in the Catholic Church for creating a culture where criminal abuse was widespread and extraordinary efforts were made to keep the crimes hidden. Throughout his pontificate, Pope Francis has targeted clericalism as an illness in the Church, an ailment that pretends “the Church” means “priests and bishops,” that ignores or minimizes the God-given grace and talents of laypeople and that emphasizes the authority of clerics over their obligation of service. “To say ‘no’ to abuse is to say an emphatic ‘no’ to all forms of clericalism,” the pope wrote in a letter Aug. 20 to all Catholics.

I will leave readers to draw their own conclusions. I would end by saying that Pope Francis is not a heretic, and Thampu is not a terrorist. To the contrary, the terrorists in the church are those that “terrorise” the people into submission; and the heretics are those who today pick and choose statements, usually out of context, to protect their fiefdoms, their money, their institutions and, yes, even their male chauvinism.

A case in point is that of the minor girl who was raped, impregnated and subsequently procured an abortion. The girl was ex-communicated *latae sententiae* (without an opportunity to be heard) as per provisions of Canon Law (No 1398) and the Catechism of the Catholic Church (No 2272). Here the heretical and hypocritical male chauvinist ecclesiastical authorities chose to pick on the hapless girl, while claiming that the crime of the rapist was less than that of the aborter! If this isn’t ecclesiastical heresy, hypocrisy and terrorism, what is?

(To be continued)

\* The writer is the Convenor of the Indian Catholic Forum and an advisor to Catholic Church Reform International.

# Indian nuns protest media coverage of dismissed sister

Kochi: Hundreds of Catholics demonstrated on a public road in India's Kerala state to protest what they called a deliberate media disinformation campaign to ridicule and discredit Catholic religious life.

With lit candles, prayers, speeches and hymns, some 500 religious, mostly nuns from more than 50 religious congregations, gathered in front of the office of Mathrubhumi (motherland), a prominent daily newspaper, in Kannur town on Sept. 4.

"We strongly oppose the manner in which the newspaper has been projecting Catholic religious life," said Father Varghese Vallikkatt, spokesman for the Kerala Catholic Bishops' Council.

He said the immediate reason for the protest was a disparaging presentation in the newspaper's Sept. 1 edition of the lives of priests and nuns who have taken vows of chastity, poverty and obedience.

It published an interview with Catholic nun Sister Lucy Kalapura, who was dismissed from the Franciscan Clarist Congregation (FCC) for violation of her vows of obedience and poverty.

The nun in the interview called for a revision of religious vows to reflect modern life. She continues to live in her Kerala convent pending the decision of her appeal in the Vatican.

Father Vallikkatt said the article justified rebellious moves and defiance to regulations, portraying in a poor light

the thousands of religious who follow the vows.

The daily's "coverage in the past two years has been aimed at maligning and defaming Catholic religious life," the priest said. "We understand it as a motivated campaign against Catholic religious life."



Sister Emestina, superior general of the Dina Sevana Sabha (Servants of the Poor), told ucanews.com that the newspaper and other media outlets "use isolated incidents as an excuse to despise Catholic religious life."

Most media coverage, she said, presents Catholic religious as a group of disappointed people suffering inside their convents and monasteries under superiors who follow outdated systems and rules.

"That is far from the truth. We took up this life of our own free will and we lead a life of contentment in serving others," Sister Emestina said.

FCC provincial Sister Noble Mary told ucanews.com that in her interview Sister Kalapura had tried to project entire religious life as one of strife and

bondage.

She said the FCC alone has 7,300 professed nuns. "It is painful when the media project the views of one rebellious person to tarnish the image of several thousand who lead a happy religious life."

Media in the southern state highlighted Sister Kalapura's case after she connected her dismissal with a public protest against Bishop Franco Mulakkal of Jalandhar, who was accused of raping a nun of a diocesan congregation — Missionaries of Jesus — under his care.

Sister Kalapura maintains that the FCC began action against her after she supported the public protest of five Missionaries of Jesus nuns last September demanding the arrest of the bishop. The prelate was eventually arrested and charged but was bailed and is facing court proceedings.

In mainstream and social media, nuns have been portrayed as victims trapped in convents under an ancient patriarchal system, often exploited by priests and bishops.

"We are upset and annoyed with such biased reports that send a negative message about Catholic ascetics to people who are totally ignorant about the Catholic religion and its ascetic life," said Father Joseph D'Cruz, a priest in Kannur Diocese.

Father D'Cruz, who was among 20 priests who supported nuns at the Sept. 4 protest, told ucanews.com that they had collected signatures of protesters to be sent to Mathrubhumi's management.

Source: UCAN



# St. Mother Teresa's 15 Humility Tips!

As we celebrate St. Mother Teresa's birth anniversary, we should remember that she called 'humility' the mother of all virtues; because Jesus used it to save us! She spoke boldly 'against abortion' at the National Prayer Breakfast in 1993, before President Bill Clinton and other dignitaries. As head of the Missionaries of Charity, she kept a list of ways to cultivate true humility for her sisters:

Speak as little as possible about yourself

Do not interfere in other's affairs

Keep busy with your own affairs

Avoid undue curiosity

Accept minor irritations with good humor

Do not dwell on the faults of others

Accept censures even if merited or unmerited

Give in to the will of others

Accept insults and injuries

Accept contempt as being forgotten and disregarded

Be courteous even when provoked

Do not protect yourself behind your own dignity

Give in to discussion even when you are right

Do not seek to be admired and loved

Choose always the more difficult and humiliating tasks!!!

"It was pride that changed angels into devils; yet, it is humility that makes men into angels" -St. Augustine. St.

John Vianney, Cure d'Ars, patron Saint of Diocesan priests, was often harassed by the devil, with God's permission. The devil admitted, "I can imitate you in everything, except in humility"! St. Vianney replied, "That is why I defeat you"!

Humility seems to be a contradiction yet, "Jesus was meek and humble of heart ... The Son of Man came not to be served but to serve, and to give His life as a ransom for many" (Matthew 11:29 ...20:28). "Jesus, though in the form of God, did not regard equality with God as something to be exploited, but emptied Himself, taking the form of a slave ... He humbled himself, and became obedient to the point of death - even death on a cross!" (Philippians 2:6-8).

—Dr. Hazel Colaso,  
Memphis, TN. USA.

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constitutions and two flags? Why the Balmikis will remain as sweepers only there? Why women once married to a non-Kashmiri Indian has no rights there? When Kashmiri pundits were attacked badly thrown out and nobody said anything. The government did a surgery there. There will be some pain. Let us not stand for Modi but stand for one country. This type of statements will help Pak to raise it again at UN like they raised Rahul Gandhi's statement.

Northeast is waiting to happen like J&K. Their special privileges will also be taken away soon. Our Muslim friends could not celebrate Eid, soon our friends in Northeast will not be able celebrate Christmas.

Don't be satisfied by lollipops given by greedy leaders of our community. What required is safety; security and dignity. There were Judas from the right of beginning of Christianity. It is easy to grab power by supporting our enemies. Those who believe in Christ should think twice before supporting the enemies of India who does not reflect our Constitution. I am very much sad by happening in Goa and north east. FOUR CRORERS or thousands does not matter. They make use of Judas from every community.

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# Sentiments of teachers day 2019



Every year, we celebrate Teachers' Day on September 5, the birth anniversary of Dr Sarvepalli Radhakrishnan, who was a teacher par excellence. He became the President of India in 1962, when his students and friends asked his permission to celebrate his birthday on September 5; he politely replied, "Instead of celebrating my personal birthday, it would be better if it is dedicated to the teaching profession as a whole." He often has appreciated and admired Christian institutions for work in education field too.

As we know teaching is a noble profession and teachers are the source of knowledge and wisdom. There is a saying that teachers are greater than parents. Parents give birth to a child, whereas teachers mould that child's personality and equip it for a brighter future. It is evident, teachers always stand by their students at every step to guide, motivate and inspire them to become better persons in society and also succeed in life. A teacher always desires, students do well, do right and be moral; yet we see today that people in big positions are not as honest and upright as expected. This needs some thought and correction. It is not uncommon that the best, better and good students rarely opt for teaching - many are forced into teaching by default, the reasons are well known and need a proper approach

- this needs a better plan. In advanced countries teachers are better compensated and respected and the better talent is attracted to the teaching profession.

Teachers act as role models and always play a prominent role in influencing and inspiring their students. In our society, parents are responsible for giving their children quality care Teachers are the source of inspiration to the students which help them to go ahead and be successful. Teachers make students prepare them to face the many challenges they can face in their life with confidence and commitment.

Nothing could be learned without the help of a teacher — be it painting, lab experiments or learning a new language, it is a teacher who guides a student on how to acquire particular information to excel in any specialised or technical field. One book, one pen, one child and one TEACHER can change the world... Engineers build bridges, artists paint pictures, Scientists make rockets, but teachers make them all do it....

Teachers' Day is a wonderful opportunity for all students to appreciate the hard work and efforts of the teachers in grooming and shaping the lives of his/her students in a meaningful way. The most difficult and challenging part

for a teacher is to balance the class where students come from different economic, social, religious, linguistic and cultural background. God made Teachers too...God understands our thirst for knowledge, and our need to be led by someone wiser; He needed a heart of compassion, of encouragement, patience; Someone who would accept the challenges regardless of the opposition; Someone who could see potential and believe in the best in others....so, God made Teachers.

On this very special day, to honour the teachers, students should and must offer their true sentiments to express their affection, love and respect towards them. Celebration of Teachers' Day is a wonderful opportunity for all of us to recall our childhood days and cherish those school or college memories, in our human mind.

Then ponder on the words - "Everyone is a teacher, I must seek. Some I accidentally find and learn by His design. Some are completely unaware that I am learning from them simply observing, I bow deeply to all in gratitude."

*Compiled : Ivan Saldanha-Shet.*

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# Importance of computer knowledge

**Computer skills should be adopted by students in their school life only; not only these skills are beneficial for their studies but also they can excel in other spheres of life.**

The era of digitalism basically started with the invention of computer. Since then, our society has been experiencing remarkable growth in technology by getting benefited from digital products including PCs, laptops, mobile phones, cameras etc. As a matter of fact, everything started with computer, therefore the knowledge of computer is much important than any other thing. Students, belonging to different fields of life, must have the knowledge of computer because its use is required in every area. Whether you become a doctor or an engineer, a businessman or a housewife, you'll always need computer knowledge. This article will further discuss the importance of computer knowledge in every student's life, even those belonging to non-IT studies.

## Use of Emails:

Every student should have the knowledge of using emails because student as well as professionals both requires it. The understanding of

computer is important for every student so that they can send and receive emails easily. Some teachers also ask for assignment submission through emails and students should do that privately to keep it confidential because asking for someone's help might make you lose your work's uniqueness. Having computer knowledge will simply make students' life easy by saving from all the hassle.

## Digital Documentation knowledge:



We're living in digital age and every task gets done in digital manner. Students also require to complete their assignments, projects, thesis and many other tasks by using computer as teachers don't prefer holding bulk of sheets in order to check the work. So, this makes the knowledge of computer quite important for all students, even the ones who don't belong to IT courses. Every student need to do digital documentation by using Word, Adobe reader, PPT and Excel to com-

plete assigned works properly.

## Internet research proficiency:

To complete an assignment or a project, you need to do heavy research. Students can use libraries for this purpose but finding required research material through books is time consuming and require a lot of effort. Whereas, through internet you can find exactly your desired topic and reference material in few minutes with no effort. Computer knowledge provides internet research proficiency so that you can enjoy good and relative content for your project by saving a lot of your precious time.

## Social media usage:

Students also need computer knowledge for social media use such as Facebook, Twitter, YouTube, Tumbler etc. whole world is connected through social media and students also require to be a part of vast community in order to increase interaction.

## Entertainment purposes:

An understanding of computer can help you with entertainment purposes as well. You can download movies, listen to songs, play games and much more by using your computer.

## Expertise in operating digital products:

Having Computer knowledge spontaneously provide you an expertise in operating any digital product. Computer proficiency basically improves your mind's understanding level overall. You can operate latest digital gadgets, without any prior knowledge, just on the basis of your computer expertise.



# Untold laws of 'true' happiness

It's easy to think of happiness as a result, but happiness is also a driver. It seems like an odd question, but is it? Do you know how to define happiness? Do you think happiness is the same thing to you as it is to others? However, nobody is jolly and elated all the time but some individuals are definitely more fulfilled than others. Some studies reveal that happiness has little to do with materialism" so what is it about? We bring you a list of lesser known laws to learn how to be happier.

So are you happy? Knowing the answer to this question is important. What is true happiness? According to the Dalai Lama, "The very purpose of our life is to seek happiness. Whether one believes in religion or not, whether one believes in that religion or this religion, we are all seeking something better in life. So, I think, the very motion of our life is towards happiness".

Some people appear to be happy on the outside, but they struggle anxiously behind closed doors and don't give the matter much thought as to why.

Others make big plans based on what they've been told "should" make them happy: "I'm going to marry a good man, we're going to buy a house, and we're going to have three children and a house in the suburbs." and likewise. Living every day in such a manner that makes happiness possible is life



Anil Fernandes  
photography  
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changing. Here are twelve basic laws of happiness we often cover with our coaching/course students that make life-long happiness a gradual reality:

## **Integrity : Foundation of a happiness.**

A lot of the everyday conflict that arises in our lives exists simply because we're not living in sincere alignment with our core values – we're not being true to ourselves.

Wherever your heart is – wherever your truth is – that's where you will find your reason to smile.

## **Happiness is an evolving mind-set.**

Living a happy, positive life hinges on your ability to accept the fact that everything is constantly moving onward, away from everything that previously existed.

No matter how good or bad you have it right now, it will change. That's the one thing you can count on, again and again.

## **Happiness is wholeness**

Without each life experience, you are a blank page, an empty journal, an unsung lyric.

What makes you ALIVE is your will to live through today's challenges and then hold your head up high tomorrow with hope and determination.

## **It's impossible to build your own happiness on the unhappiness of others.**

Don't put others down; lift them up. Use your voice for kindness, your ears for compassion, your hands for charity, your mind for acceptance, and your heart for love.

## **Happiness depends on freedom**

You have to be willing to take a chance on what makes you happy. The only way to find true happiness is to be vulnerable sometimes and risk the possibility of being completely cut open.

## **A happy life story does not mean an easy life.**

The best thing that you can do is to follow your heart. Take risks. Don't just make the safe and easy choices because you're afraid of what might happen – if you do, nothing will ever happen.

You must work hard to make your life as beautiful as the dreams that dance through your imagination, while at the same time respecting each step along the way.

## **Happiness is not some possession**

The ability to find beauty in the humblest things makes a home happy, a relationship lasting, and a life lovely. One must find the mindfulness to truly appreciate the small things while chasing after the big ones.

## **Happiness is not liking what you do**

Be present with each step, do your very best, and let go of the rest. There is always some reason to be grateful and something interesting to learn along the way.

## **You can't be happy unless you're unhappy sometimes too.**

You can't completely shield yourself from sadness without also shielding yourself from happiness. Light needs darkness to be light.

## **Happiness flourishes through detachment**

Happiness grows in direct proportion to one's acceptance. Happiness grows in inverse proportion to one's expectations.

## **You are incomparable to everyone else, and so are your triggers for happiness**

Social comparison never stems from a healthy, happy place. It makes no sense to directly compare yourself to someone who is NOT you, or worry that they are judging you for being YOU.

If you feel called to compare yourself to someone else, compare yourself to an earlier version of yourself, and admire how far you've come.



# Stop Destruction Of Mother Earth, Now

The stakes for teaching ecology is of the highest importance today. We should reflect in prayer asking God to forgive us our acts of destruction on his planet.

## This is our prayer:

“With serious resolve and commitment Lord, we pledge to renew the ‘good earth’. Bless us with your forgiveness, gifting us the spirit of wisdom to overcome our blind rage in ignoring the life of Mother Earth, for our own self-enrichment and comfort in mundane living. Amen.”

In my meditation on Pope Francis’ *Laudato Si’* (written May 2015), I was deeply concerned at the pontiff’s empathy on creation and especially for mother earth. His encyclical on the earth as our common home is a first in the history of the Church.

## On the environment, Pope Francis wrote:

“Everything is related, and we human beings are united as brothers and sisters on a wonderful pilgrimage, woven together by the love God has for each of his creatures and which also unites us in fond affection with brother sun, sister moon, brother river, and mother earth”. (92).

Christian morality can be taught by first understanding the values embedded in ecology. After all, ecology is of moral concern. Nature’s law shows us what is right and what is wrong. Humans are special creatures because, as Pope emeritus Benedict XVI once said, “ they have the ability to listen to the voice of the Creator and, in this way, know what is good and what is bad.”

For damage-control of the environment there are many serious refer-

ences in Church doctrine, Scripture and Catholic social teaching. Concern for



the environment in the Church is not new: down the history of the Church teaching on ecology have been stated by Jesus, saints, popes and Scripture. Pope Francis admitted that his letter, *Laudato Si’* is “both joyful and troubling” (246). We should consider the pontiff a prophet.

God’s Creation embraces basic laws for survival, renewal and growth, which we must respect, accept and propagate. “And God saw everything that he had made, and behold, it was very good.” (Gen.1:31).



BY MELVYN BROWN

The Creator had prepared his instruments to keep the earth clean and to refresh it: bolts of lightning, rivers changing course, flooding the banks, eroding the shores, flash floods, mud slides, earthquakes, forest fires, dead volcanoes coming to life, thunder storms, whirlwinds, sand storms.....just as humans have made inventions to clean their homes, prepare their food, mine for coal, metals, gold and a million other comfort –amenities.

A child left in a cold sterile hospice to be fed and clothed, but unloved, will not grow strong and wise. If we need love, the earth needs care and

gratefulness for all that she provides us on this journey in life. Nature’s rumble should not be our grumble. The sacred mysteries of earth should be respected – and science is there to inform us of nature’s Circle of life.

Mother nature needs us to look into our reasons for self-interest,

expansion of industry, desire for wealth, greed for control and domination of nations, lust for self-gratification, disregard for laws and the abuse of power among many other evil visions.

Everything is connected. Everything has an intrinsic worth in Creation. Pope Francis said: “... our insistence that each human being is an image of God should not make us overlook the fact that each creature has its own purpose. None is superfluous...soil, water, mountains, everything is, as it were, a caress of God.”(84).

Pope emeritus Benedict XVI stressed upon the fact that life is precious: littering is bad, clear cutting a forest is a shame, that water and clean air are precious, as precious as life. We must plan damage-control to save the earth.

Together as one, men and women must struggle to promote good perceptions: for banning sound pollution, cutting of trees for malls and highways, digging up good farmlands for housing, burning of fossil fuels, water pollution, and plastics: help to reverse climate change. Nothing is impossible.

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# Start cooking with superfoods



Superfoods are super because they're loaded with health benefits, so the more you eat, the better. It's best to start with several simple superfoods that are easy to find in your grocery store (there are probably more than you think), then cook them properly to reap their benefits.

Have you decided that you want to start incorporating superfoods into your diet? Fantastic! But there's so much information out there, it can be a bit overwhelming. How do you even get started? Where do you find these so-called superfoods? We answer all these common questions here:

## Sweet potatoes

Sweet potatoes are superfoods because they have vitamins B, C, and D, have iron to help boost your immune system, and are full of potassium and magnesium. They're low in fat, and unlike other potatoes, they don't cause a carb-ridden blood sugar spike that can be dangerous for people with diabetes and cause you to be hungry very soon. In other words, sweet potatoes are good for you and fill you up. To cook sweet potatoes without losing all those healthy nutrients, try not to cook them in water. Some say boiling them can diminish the vitamins, but if you must, boil them whole with the skins on. Roasting them may retain the vitamins, but it will bump up the sweetness and

starchiness, so choose what's best for you based on your dietary needs.

## Papaya

Papayas are so good for you, we should eat them far more often than we do. They're loaded with nutrients and have a tremendous amount of health benefits. Their high vitamins C and A content help the body fight the accumulation of cholesterol. It also contains enzymes that can break proteins down into amino acids, which aids in digestion. To maximize the digestive benefits of papaya, have some fresh, ripe papaya as dessert after a big meal. Pregnant women should avoid unripe papaya, which contains green papaya latex and can cause contractions. Fully ripe, non-green papaya should be safe.

## Broccoli

The have crowns, so it feels right to call broccoli the superfood royalty. It's good for you raw, roasted or sauteed, and can taste amazing. It's high in magnesium and vitamin C, which not only boosts immunity, but also promotes the body's production of interferon, which is an antibody that can keep infection and viruses from getting into your cells. It's also loaded with calcium, which helps your bone health and your blood pressure. When you cook broccoli, don't overcook it. If you cook it for too long, you break down the superpowers of broccoli, and that's no good. Steaming it lightly keeps most of its goodness and is super tasty

## Turmeric

While not everyone has turmeric in their spice rack, they should. This superfood has tremendous health benefits. It can protect the heart and reduce cholesterol. It has anti-inflammatory properties and is good for people with those types of disorders — from psoriasis to arthritis and gut issues. It may even protect the brain from Alzheimer's. Combining turmeric with pepper and a fat is an easy way to help your body absorb the curcumin — the ingredient from turmeric that provides the benefits. Mix it into a smoothie or, beans or a rice dish, or add it to your favorite tea.

## Hemp seeds

Hemp seeds contain all sorts of health benefits. They're rich in protein, full of omega-3 fatty acid and they contain over two thirds of the body's daily need of vitamin E. Hemp seeds get a bad name because they're from the same species as the cannabis plant, but they're not the same thing — more like very distant cousins. Hemp seeds actually contain only very small levels of THC.

Hemp seeds can be eaten any old way. Raw and whole, shelled, pressed into oil or toasted, the health benefits stay the same. Eat them by the handful for a snack that will taste a lot like sunflower seeds, or sprinkle them on a salad for a nice crunch.

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(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)

—A Devotee



## Thanksgiving



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

*Say this prayer nine times a day for nine days. By the eighth day your prayer will be answered. It has never known to fail. Promise to publish this or distribute this as soon as your favour has been granted.*

—Gracy Sequeira,  
Mumbai

## “We are a minority, but the majority still needs us” Archbishop Peter Machado

Bangalore: Archbishop Rev. Justin Welby, the spiritual head of the Anglican Church was felicitated at a public program at Bishop Cotton Boy's School on 3rd September evening.

Rev. Justin Welby is on a pastoral visit across India. Archbishop Rev Dr Peter Machado a special invitee and guest of honor, while greeting Rev Welby said "Christians may be a minority in this country but the majority still look up to us and need us for the service we render through our missions". There was a spontaneous round of ap-

note address said he was "...Delighted to be here and I am going back challenged". He added "The missionaries who have toiled hard and with great zeal, have left behind legacies of faith both, through their preaching and through missionary activities". He made special mention of the Jesuits.

Archbishop Welby made special reference of how "Touched and moved" he was in the Vatican when Pope Francis knelt down and kissed the feet of political leaders of Sudan asking them to make peace with each other. "I saw



plause. The prelate continued saying "There is more common ground we share (Anglican and Roman Catholic Church) than differences". The Archbishop was referring to the common missions we share in proclaiming the word of God, health, Education and special missions for the socially ostracized. He acknowledged the close association the two denominations share with each other.

Conveying the love of Catholics in the Archdiocese, Archbishop Peter Machado greeted the Archbishop of Canterbury with a bouquet, garland and draped him with a silk shawl.

Earlier in the program, Archbishop Peter Machado was felicitated by the Karnataka Central Diocese (CSI).

Archbishop Justin Welby in his key-

the tears in their eyes" He said.

"God's timing is not ours" Archbishop Welby said "God works in and through us even in difficult times when we choose to be united always with the body of Christ. The Holy Spirit works in ways we cannot imagine when we resign to the will of God in all that we do".

The program was attended by several Bishops of the Anglican Church, officials of the Karnataka Central Diocese, pastors and laity. The public reception was hosted by Bishop Rev Prasanna Kumar Samuel (Church of South India, Bangalore).

The program concluded with a prayer and benediction followed by the National Anthem.

*Report: Fr. Adolf Washington*

## The dinner treat

Venkat calls his girlfriend for a dinner treat

**Venkat** : Do you want to go out for dinner?

**Girl happily** : Yeah sure!

**Venkat** : So eight o'clock come to Babu Ganeshan.

**Girl** : Come to what, say again?

**Venkat** : Arrey 'Babu Ganeshan'.

**Girl** : I don't know this place, I will come to your house and then we will go together.

**Venkat** : OMG! You don't know Babu Ganeshan? Okay you just come to my place, I will take you there. Girl comes to Venkat's house and then they both reach at Babu Ganeshan.

**Girl shocked** : Damn you fool! It's pronounced as "Barbeque Nation."

\*\*\*\*\*

## Fisherman and the cop

A man decides he wants to fish. Unfortunately, his favourite spot became illegal to fish in. Undeterred, he fishes for 2 hours and at this point he has a bucket full of fish and he's still fishing, out of nowhere a cop comes in and tells him

"You know you can't fish here right? It's illegal, I'm gonna have to arrest you."

The man hides the pole and replies:

"Oh no no those are my pet fish I just come here every week or so drop them in the pond and once they are done swimming they jump back in and I go home"

At this point the officer smirks, he knows he's lying, so he says:

Well then show me, if you can truly show me that they will do that then I'll let you go."

The man agrees and dumps the fish into the pond, 2 minutes pass

The officer says:

"So when are the fish jumping back in the bucket?"



The man replies: "What fish?"

\*\*\*\*\*

An engineer having no child, no money, no home, blind mother, prays to God. God says he will grant him one wish.

**Engineer** : I want my mother to see my wife putting diamond bangles on my child's hands in our new bungalow.

**God** : Damn! I still have a lot to learn from these engineers.

\*\*\*\*\*

## Thank God

Jack strode into 'John's Stable' looking to buy a horse. "Listen here" said John, "I've got just the horse your looking for, the only thing is, he was trained by an interesting fellow. He doesn't go and stop the usual way. The way to get him to stop is to scream heyhey the way to get him to go is to scream Thank God. Jim nodded his head, "fine with me, can I take him for a test run?" Jim was having the time of his life this horse sure could run he thought to himself. Jim was speeding down the dirt road when he suddenly saw a cliff up ahead "stop!" screamed Jim, but the horse kept on going. No matter how much he tried he could not remember the words to get it to stop. "yoyo" screamed Jim but the horse just kept on speeding ahead. It was 5 feet from the cliff when Jim suddenly remembered "heyhey!" Jim screamed. The horse skidded to a halt just 1 inch from the cliff. Jim could not believe his good fortune, he looked up to the sky, raise his hands in the air, breathed a deep sigh of relief and said with conviction "Thank God."

\*\*\*\*\*

**She** : Am I looking fat?

**He** : Yes

**She** : Shut up. Don't you ever dare talk to me!

**She** : Am I looking fat?

**He** : No

**She** : Liar

**She** : Am I looking fat?

**He** : I don't know

**She** : Are you blind?

**She** : Am I looking fat?

**He** : Depends

**She** : Oh you comparing me with someone else.

**She** : Am I looking fat?

**He** : Silence

**She** : Are you deaf?

There are some questions for which there is no correct answer.

For everything else there is Google!

\*\*\*\*\*

## Interesting confusions of the world

1. Why is it called building when it is already built?
2. If money doesn't grow on trees then why do banks have branches?
3. When they say dogs food is new and improved, who tastes it?
4. Do fishes ever get thirsty?

## Never make a woman cry

There is nothing more expensive than a female tear. When a single drop of tear comes out, it first mixes with 'Loreal' eye liner (Rs 650) and Dior mascara (Rs. 2,500). Then when it rolls down the cheek, it mixes with D&G blusher (Rs. 2,500) and finally when it touches the lips, it gets mixed with 'Maybellene' lipstick (Rs. 350). This means that a single drop is ruining Rs. 6,000. Please don't make them cry. It would be difficult to afford it.

## Issued in public interest!

\*\*\*\*

**Nurse** : Sir, your wife's on the phone.

**Doctor** : What's the matter?

**Nurse** : She wants to kiss you.

**Doctor** : I'm busy, you take her kiss and give me later.

\*\*\*\*\*

How to teach a girl dance in just 5 seconds?

The best answer given by Johnny, just throw a cockroach on her.



# Inspiration!

## Want to improve your life? Raise your personal standards

**SUCCESSFUL BUSINESS AND for that matter successful people, succeed because they set high standards for themselves. As individuals, we should pay attention to our standards and work to raise them. If your standards are set to accept an average life, average is the best you can hope for. Your standards play a critical role in determining the quality of every area of your life. If you routinely have a messy home, it's because you have a standard that says a messy home is acceptable. If you have been overweight for a long time, it's because you have a standard that being overweight is okay, even if you might not be thrilled about it. You have standards that determine the quality of the work you do, your personal hygiene, how you treat people, whether you are always late or on time and pretty much any other area you can think of. If you are serious about improving or to raise your standard of what is acceptable to you in that area**

Personal standards are mostly a set of behaviours that we choose to consistently indulge in. These behaviours are built upon expectations you have of yourself in a variety of situations. They are in some respects performance standards. In other words, they lay down the benchmarks of performance for your life. When you have low standards, you will often fall prey to other people's influence. This up for yourself - you fail to stand up for your principles and beliefs. Your personal standards are, of course, intricately intertwined with your level of self-esteem. Therefore, to raise your self-esteem requires first raising your personal standards. If you are wondering, how to use personal standards to improve your life, we got you some help:

- **Choose** an area of your life that needs improvement. For example, let's say that you have been overweight for a long time and you finally want to do something about it.
- **Get clarity** about the standards you have for the area you want to improve. Do you have a clear standard for the maximum weight that is acceptable to you? If you are overweight, you probably have a vague range serving as your standard. When you reach the upper range of what is acceptable, you will become uncomfortable and begin to change your behaviour. You might go on a diet or begin exercising until you are back at an acceptable weight.
- **Set a specific** and clear standards that is an improvement over your old standard. If your weight has been bouncing around from about 80 to 90 kgs for the last several years, set a new standard of weighing less than 75. It doesn't have to be a huge change. Incremental improvements are okay. Make sure your new standard is clear and unambiguous. You should be able to determine right away whether or not you are violating one of your standards.
- **Rehearse** the new standard in your mind to lock it in. Standards work by giving us pain when we violate them and pleasure when we adhere to them. Think about how much you hate being overweight. When the pain and pleasure associated with the new standard are real to you, then it will be truly a new personal standard for you. You will know that you haven't conditioned the new standard enough if you consistently violate the new standard.
- **Raise the bar** a little once you have successfully maintained your standard for a while. If you have been suc-

cessful at maintaining you weight at below 75 for a while, set a new target of weighing less than 70. Repeat the process of conditioning the new standard until it's consistent.

- **Continue** to raise the bar until you are at your target standard. Maybe you have always wanted to weight less than 65. If so, keep improving your standard where only weighing less than 65 is acceptable to you.

Raising your personal standards is unlikely to be an easy, uneventful process. You will need to break old patterns of behaviour and develop new rituals and habits that will provide you with the impetus you need to make positive changes in your life. Given all this, the following guidelines and suggestions might be of some value.

### **Become more mindful :**

To raise your personal standards, you must first have the necessary self-awareness to understand where things need to improve - where you're not living up to the very best of your ability. This knowledge and understanding will provide you with the impetus you need to make the necessary changes to move your life forward in more optimal ways.

### **Develop right rituals :**

Rituals are the actions that support the personal standards you set yourself. Remember that your rituals don't need to be complicated. For instance getting out of bed at 7 am and exercising for 10 minutes could be an excellent ritual that can help get your day started on the right track. It's important not to overcomplicate things. Keep things simple and straightforward and importantly progressively develop these rituals over time. Exercise for 10 minutes, to begin with, then increase that to 15 minutes and 20 minutes over time. Baby steps are the key to your success.

### **Set performance standards :**

As you partake in specific rituals, measure your performance over time. For instance, measure how consistently you performed these rituals over a period of a week. Then the following (Contd.. on p. 18)

## Ensure success of space missions

Space is the final frontier and it is the dream of every man to go where no man has ever gone before or in the past but space missions are costly missions that must be thoroughly planned to the very last detail and jointly carried out by different countries to ensure their success - so our scientists must shed their egos to make this a reality .

Failures in a space mission like Vikram must be thoroughly analysed so that they can be converted into successful ventures in the future and by carrying out more tests before the mission and taking additional safeguards and precautions for its success the same must be done for joint space missions.

One some how hopes that communication with Vikram can be re established by the space centre's scientists so that the money spent on the space mission is not wasted.

In these ways one can ensure success of space missions but before doing so one must ensure that economic development of our country becomes a reality and not just an empty dream and that space missions are not used to distract us from our problems that need to be solved immediately.

—Peter Castellino

## Popularise doles

An article cum report titled : Fast News Zomato lays off 540 employees in the SUNDAY FREE PRESS JOURNAL dated Sept., 8, 2019 says it laid off the largest number of its employees to prevent redundancies but by resorting to such steps the company is taking advantage of the big population of the country by dictating terms and being choosy about whom it employs and by laying off such a large number of employees there is a very good chance they will take to crime if

they cannot find new jobs or earn their living through a self employment line / job of their choice .

The alternative is to provide doles for people who have lost their first or second job so that they do not lead a life of poverty and starvation by utilising the black money seized from people in tax raids , the money recovered from scams , the money recovered by selling and auctioning of immovable and movable property of smugglers , bank loan defaulters and money seized from people who have invested it in banks abroad etc and investing this money in shares , mutual funds and bonds to help it increase and grow .

An unemployed person must show proof of his unemployment by providing the retrenchment papers of the company where he was employed or proof to show that a company with whom he had worked went into a loss and was shut down to the dole office from where he goes to collect his dole which must issue a written order signed by him that once he is re employed or finds a new job which he must try to get his dole must be stopped immediately without fail thus prevent him from getting lazy and living solely on the dole.

Thus we see the need to popularise doles.

—Peter Castellino

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(Contd.. from p. 17)

week, set new performance standards and try and outperform last week's version of yourself. Again, this all comes back to taking baby steps. Incrementally take time each week to raise your personal standards and tweak your rituals accordingly. Progressively over time, these small tweaks will make a big difference to the way you conduct yourself in various life roles.

### Take Risks :

Sometimes to move your life forward, you will need to take risks. At times things might just be progressing a little too slowly for your liking. You've raised your standards. However, they are just not high enough to make a significant difference in your life. Unless you take the risk, you will never really know what you're truly capable of.

### Don't get complacent :

Complacency is something that often affects even the highest of achievers. They just get comfortable with how things are and no longer set higher performance standards for themselves. When you consistently meet specific standards of performance, keep setting ever higher standards for yourself. This will ensure that you always have something to strive for that's slightly out of your reach.

- When it comes to personal standards, it's important to start small and progressively work your way up. Set higher standards that will keep you challenged and focused but be cautious not to consistently set standards that are completely unattainable at this very moment along your journey.
- In the future with more knowledge and experience - what seemed unattainable today will become attainable tomorrow. Yes, it's important to raise your personal standards but raise them progressively over time to keep your motivation levels high.



# Royal Christian Family MATRIMONIALS - @GROOMS

**7088. MYSORE :** Mangalorean Roman Catholic Bachelor, (Born in March 1983), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. MBA. Marketing. well employed. Contact email : vishwasturners@yahoo.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

**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

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

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

**7011. MUMBAI :** Mangalorean Roman Catholic Bachelor, (Born in September 1983), Ht. 6', Wt. 75 kgs, Wheatish Complexion, Edn. MBA

**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

Electronics and Finance, working as Research Electronics. Contact email : canute.serrao@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

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

**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

**6874. MANGALORE :** Mangalorean Roman Catholic Bachelor, (Born in May 1984), Ht. 5' 11", Wt. 78 kgs, Wheatish Complexion, Edn. PGDMA., working as an Account Manager. Contact email : eltonjds@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

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

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

**6198. MUMBAI :** Mangalorean Roman Catholic (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

**6960. MUMBAI :** Mangalorean Roman Catholic Divorcee, (Born in February 1985), Ht. 5' 10", Wt. 77 kgs, Wheatish Complexion, Edn. B.Sc., Nautical working as an officer in Merchant Navy. Contact email : godfreyvaz@gmail.com

**6956. DUBAI :** Mangalorean RC bachelor, (Born in October 1984), Ht. 5' 7", Wt. 63 kgs, Tan Complexion, Edn. SSLC - ITI Diesel, working in Medical Department. Contact email : godwinclear@gmail.com Watsapp No. 00918296851139

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

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

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

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

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

**7028. ABUDHABI:** Mangalorean Roman Catholic Bachelor, (Born in September 1985), Ht. 5' 6", Wt. 65 kgs, Wheatish Complexion, Edn. Diploma in Mechancial Engineer, working as a Stores Officer in Shipping Company. Contact email : [pjmpraveen@gmail.com](mailto:pjmpraveen@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](mailto:joslyn.gomes@gmail.com)

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

**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

**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](mailto:awr88@rediffmail.com)

**6863. MUMBAI:** Mangalorean Roman Catholic Bachelor, (Born in June 1986), Ht. 6', Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., working as a C.S.R. Contact email :

[canute86@gmail.com](mailto:canute86@gmail.com)

**6977. MUMBAI:** Goan Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. S.Y. B.Com., working as B Bartender at princess Crews. Contact email : [dlimadenzil@yahoo.com](mailto:dlimadenzil@yahoo.com)

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

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

**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](mailto:meltondsouza@gmail.com)

**6913. MUMBAI:** Goan Roman Catholic Bachelor, (Born in August 1987), Ht. 5' 9", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Carnival Cruise Lines. Contact email : [frankyfernandes1587@gmail.com](mailto:frankyfernandes1587@gmail.com) Or Mob.: 8108968804

**6912. SAUDI ARABIA:** Mangalorean

Roman Catholic Bachelor, (Born in January 1981), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. 10th Std., working in Saudi Arabia. Contact email : [dsouzasachin77@gmail.com](mailto:dsouzasachin77@gmail.com)

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

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

**6507. MUMBAI:** Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : [clifford9948@gmail.com](mailto:clifford9948@gmail.com) OR 9920331773

**6797 MUMBAI:** Goan Roman Catholic Bachelor, (Born in December 1987), Ht. 5' 7", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Five Star Hotel in Mumbai. Contact email : [johnserrao14@yahoo.com](mailto:johnserrao14@yahoo.com)

**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](mailto:reginarodrigues634@gmail.com)

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# Royal Christian Family MATRIMONIALS - BRIDES

**7091. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in March 1990), Ht. 5' 2", Wt. 44 kgs, Wheatish Complexion, Edn. MBA PGDM, working as an Assistant Manager Presales for a multinational firm. Contact email :

priyaquadrans@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

**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

**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

**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

**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

**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

**7073. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in January 1982), 5' 3", Wt. 64 kgs, Wheatish Complexion, Edn. M. Pharm, Ph.D., Seeks a well settled qualified bachelor. Contact : email :

apoline\_ubi@yahoo.co.in

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

venita\_fernandes@rediffmail.com

**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

**6033 ABU-DHABI :** Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. **Contact email : barretto.lorraine@gmail.com**  
**OR 9730454857**

**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

**6500 MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in May 1975), Ht. 5' 2", Wt. 60 kgs, Fair Complexion, Edn. S.Y.B.A., Pursuing TYBA., / ECCED (Teacher' Training Course),

Teacher in a reputed Catholic School. Contact email : dmljanet@gmail.com or jdmello@rediffmail.com

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

fernandesjennifer90@yahoo.com

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

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

eva\_hpereira@rediffmail.com

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

dmelloraymond23@gmail.com

**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. email : virgo14\_1990@hotmail.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 : 12018anselm@yahoo.com

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**7090. QATAR :** Mangalorean Roman Catholic Spinster, (Born in July 1988), Ht. 5' 3", Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., worked for Bank in Mumbai, currently working as a H.R. in International School in Qatar. Contact email : loretta6479@gmail.com

**7089. MUMBAI :** Goan Roman Catholic Spinster, (Born in January 1978), Ht. 5', Wt. 70 kgs, Fair Complexion, Edn. M.A., Government employee. Contact email : celinefernandes2014@gmail.com

**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

**7072. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in April 1991), Ht. 4' 10", Wt. 60 kgs, Fair Complexion, Edn. Digital Media, working for Designing Firm. Contact email : aubreyds@gmail.com

**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

**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

**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

**6651. DUBAI :** Mangalorean Roman Catholic Spinster, (Born in May 1984), Ht. 5' 2", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Customer Support in DUBAI. Contact email : dsilva.seema@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

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

**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

**7036. USA :** Goan Roman Catholic Spinster, (Born in December 1991), Ht. 5' 3", Wt. 56 kgs, Wheatish Complexion, Edn. B.E. (E & T/C), M.S. (Tech. & Mgt.), working as a Strategic Consultant. Contact email : veronicadsouza27@gmail.com

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

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

**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

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

**6866. MUMBAI :** Mangalorean Roman Catholic Spinster, (Born in May 1991), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. Graduate, Service. Contact email :

bidisharocking@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

**6983. MUMBAI :** East Indian Roman Catholic Spinster, (Born in December 1991), Ht. 160 cms, Wt. 52 kgs, Wheatish Complexion, Edn. Educated, working. Contact email : joaquimbalbina17@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

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

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

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

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# Networking your way to success



**Networking is the buzzword these days. It is the informal ladder to the stars. Don't just wait for performance at the office to work wonders for you. People in your line of work can also prove very beneficial. So go out and build your contacts**

Networking is an art. Some people are born with it while others need a little guidance and practice. Handing out business cards every now and then does not constitute networking. The secret is to make the meeting memorable. If you don't then your business cards will be lost in a pile somewhere. Here are some tips for good networking:

- Be prepared beforehand with a verbal business card. You should not draw a blank in front of your potential contact. In stressed situations your spontaneity often fails you. So be ready with a few lines about yourself and your skills.
- Try to put aside your personal agendas. Your contact is more likely to remember you if you listen well. People like talking about themselves. Let them do that and you can rise up a few notches in their estimation. Take interest in the



other person instead of straight away asking them about job openings! Get hold of their business cards.

- You should know your target contacts before the conference. Search for their profile online. They will be impressed to realise that you know about them. This saves time at the conference as you would already know whom to approach.
- Make sure you are not standing in a corner wondering what to do. Chat with the person sitting next to you, use your supervisor's contacts, attend every possible event during the conference, never miss lunch and always eat with someone as people bond well over meals. You can be sure of meeting more people this way.
- Try to get noticed so that people become curious to talk to you. Ask

relevant questions to a presenter or give a talk yourself. Spend your time helping out others.

- Suggest meeting for coffee later instead of talking shop at the conference. People meet lots of other people at such conferences and therefore, tend to forget who all they met. You will be fresh in the person's mind if you are successful in arranging a meeting sometime after the conference. You could even promise to send them a link or a copy of something they are interested in. It is a good strategy for keeping in touch with them.
- Do not always seek personal benefit while talking to people. You could even make small talk instead of talking about big business issues. Humour helps but don't get too informal. The other person will find you more interesting. Always end a conversation nicely by thanking the other person for their time and walk away into the crowd. Do not end with an awkward silence.
- Keep promises you make while networking and always follow up on your contacts later. Maintain a record of all your contacts.
- Networking can be done online as well on sites like LinkedIn.



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