

# THE SECULAR CITIZEN

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# Stand up for Human Rights



Once again we celebrate Human Rights Day as every year all over the world on 10th December, to honour the United Nations General Assembly for declaring the human rights universally. All member states and interested organizations were invited to celebrate this day. This year it will be the 71st anniversary of the Universal Declaration of Human Rights and the theme is "Stand up for Human Rights." The day is celebrated by organizing conferences, meetings, exhibitions, cultural events, debates and many more programs to discuss various issues of human rights. Several governments, civil and NGO associations will actively participate in different events discussing and debating their opinions and it is anybody's guess how many will stand up for Human Rights.



by:  
**Dr Jeanette  
Pinto**

The objectives of Human Rights day celebration helps to improve physical, social, cultural and spiritual well-being and welfare of the disadvantaged group of people globally. It also helps the vulnerable people like women, minorities, youth, poor, disabled persons, indigenous people and others to take part in this event and get motivated to act or make decisions. Just by being human means first we must respect one another as well as each other's rights regardless of who they are, stand up and uphold them even when we disagree. One of the nicest quotes I have read goes: "In life when you encounter mean and hurtful people, treat them like sand paper. No matter how rough they may scrub you, you end up polished and smooth" -Nishan Panwar.

The greatest human rights challenge for mankind is that of human poverty. How can man eradicate poverty and help human beings the world over to face hunger, the key of survival. What can man do for the well-being of life for global humanity? Most events are aimed to instruct, create awareness about human rights through programs including music, dance, drama, fine art etc. but how many people actively stand up for the rights of the poor. If you believe in something, stand up for it.

Some people wonder as to when human rights begin? Well the unborn child has the right to be born isn't it? Every unborn child's choice is life. "A person's a person, no matter how small." – Dr. Seuss. Each of our lives began on day one with one single cell – the fertilized egg. From that point on, we simply grew and developed. Joseph Goebbels destroyed this right by his propaganda which resulted in abortion lobbyists and their incessant advocacy for killing of the unborn chil-

dren. Here is an opportunity to stand for the rights of the unborn.

Further of what use would it be for the UN to discuss human rights if the basic right of poverty reduction or alleviation is not considered. There is more talk and less action. Poverty is largely created by human factors. That should be on the global agenda and Poverty Alleviation programs should be designed to overcome the cycle of poverty in households and communities the world over. Another opportunity to stand up for the rights of the poor!

Violence, lynching and atrocities are constantly committed. How cheap is human life one may ask? How does one calculate the value of the human person? Human values refer to those values which are at the core of being human. The basic values inherent in humans include truth, honesty, loyalty, love, peace etc. because they bring out the fundamental goodness of human beings and society at large.

The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation of a moral vision for society. You may face situations that can cause you to compromise your opinions, but what is right is right. It takes courage to stand up for the right cause. In our society human life is under direct attack from abortion and euthanasia, and is constantly being threatened at all stages. If you believe this, then we all must stand up for human rights. Surely we desire to co-exist and make the earth a paradise.

Human dignity refers to the intrinsic and absolute value of the human person for the mere fact that he or she is a person, and not because of his or her race, religion, achievements, age, health or any other characteristic. Each person possesses a basic dignity that comes from God, not from any human quality or accomplishment, not from race or gender, age or economic status.

How is this human dignity upheld? The dignity of every person independent of ethnicity, creed, gender, sexuality, age or ability is the foundation of Catholic Social Teaching. No human being should have their dignity or freedom compromised. Poverty, hunger, oppression and injustice make it impossible to live a life commensurate with this dignity. All our programs should be people-centred with empowerment at their heart. People are never to be treated as commodities or as mere recipients of aid. (The Common Good, CBCEW, 1996, #13)



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## Contents

pg. 2 - Stand up for human rights

pg. 3 - The price of appreciation

pg. 5 - Voice of the People

pg. 6 - The graipe of Goa

pg. 8 - After Ram Mandir & ....

pg. 9 - Have we really done away with our constitution?

pg. 10 - Modern Konkani ....

pg. 11 - Views on news

pg. 12 - Master soft social skills ...

pg. 13 - What exactly are soft skills?

pg. 16 - Stop violence against ...

pg. 17 - Inspiration!

pg. 18 - ..... God is coming

pg 20 - Matrimonials

pg 22 - Our Lady of Guadalupe ...

pg 23 - I eat politicians for breakfast

**Cover** : Master soft social skills to succeed:

(Article on pg.12)

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## The Price of Appreciation

By Don Aguiar

In his formative years in the seminary his professor in order to give him the confidence that he so needed told him the following story his father told him before he died:

"This is a watch your grandfather gave me, and is more than 200 years old. But before I give it to you, go to the watch shop on the first street, and tell him I want to sell it, and see how much he offers you".

He went, and then came back to his father, and said, "the watchmaker offered 5 rupees because it's old".

He said to him: "go to the coffee shop".

He went and then came back, and said: "He offered Rs 5 father".

"Go to the museum and show that watch".

He went then came back, and said to his father "They offered me a million rupees for this piece".

The father said: "I wanted to let you know that the right place values you in the right way.

Don't find yourself in the wrong place and get angry if you are not valued.

Those that know your value are those who appreciate you, don't stay in a place where nobody sees your value".

Know your worth.

He always kept that "Know your worth" in sight and on his first parish and subsequent postings ensured that he proved it to his senior resulting in him getting promotion fast to parish priest.

(Contd.. on p. 4)

The new parish priest was excited to begin his first assignment in this small parish and he started off with a bang putting into practicing “Know your worth” and the psychology he studied in his formative years. When a new assignment begins, such as the first assignment as parish priest, typically high levels of enthusiasm are experience. Expectations are lofty and hopes soar in anticipation of promising outcomes.

After each event/function he added some observation about what he appreciated of the event/function and before long, other parishioners were chiming in. The positive energy generated was contagious, but it is not something that can be taken for granted.

He knew that whatever else each parishioner derives from their contribution, there may be nothing more precious than the feeling that they truly matter – that they contribute unique value to the whole and that they are recognised for it. Feeling genuinely appreciated lifts people up. At the most basic level, it makes them feel safe, which is what frees them to do their best. It's also energizing.

Often it's like opening a soda bottle: initially there is a lot of fizz, and then it's gone. After the initial euphoria, which lasted a few months, he realised he was losing his commitment and dedication.

However such peak energy and excitement are rarely sustained. It is not unusual to become disillusioned, discouraged and dejected halfway into the task, no matter how worthwhile it

may be to pursue.

A drudgery to the whole exercise seemed to be setting in. There is a saying often applied to sporting events that's also fits very well with every other endeavour: “It is not how you start, but how you finish.”

After the initial few months the new parish priest succumbed with the sweet talk of a selective group of parishioners and in particular narrowing it to a couple and started openly praising and expressing appreciation of their work to the detriment of the balance and value adding parishioners to the extent of entrusting this couple and their team with all of the parish work.

The new parish priest was in the process of fund raising and was negotiating for a western classical musical in order to attract a refined gathering which would enable a good fund collection and advertisements, and to review the show the orchestra gave him two tickets to attend the opening show.

But on that day he fell ill and he gave the tickets to this couple who in order to impress him had falsely boasted about their knowledge of western classical music to him although the fact is that they never heard or subscribed to this music nor had any knowledge of the instruments used or what it sounded like.

Next morning the couple met the new parish priest in his office and after thanking him for trusting them with this major task to review this musical, reported as under:

The highlight of the evening was Schubert's unfinished symphony. Although personally I think unfinished works should be disqualified, I did watch the performance and here are some, but not all, of the malfunctions I found:

1. The most obvious problem was that they had 22 violinists playing the exact same tune. Such reckless waste! I

believe that at least 21 of them should not be there.

2. The drummer was doing nothing for long stretches of time.

3. Many of the musical segments kept repeating themselves, and I fail to understand the point of having the flutes play the same segment as the oboes. If we can cut down on these repetitions, we can finish the symphony in 20 minutes instead of 2 hours.

4. Regarding the equipment: I noticed a horrible lack of standardization when it comes to musical instruments, and especially when it comes to string instruments. I've seen small ones, big ones, one you hold under your chin and some you hold between your legs. I think that one size for all these instruments will save time, money and confusion, as well as make maintenance easier.

5. The conductor, the most senior employee, did not play as much as a single tune the entire concert, and showed a complete lack of respect to the audience, while standing with his back (his back!) to the audience. There were even a few times he was threatening his staff with a stick, which should never be allowed.

To summarize: We are quite sure that if Mr Schubert had avoided these issues, he would have managed to finish his work, instead of leaving us with an unfinished symphony! AND with that they suggested a Bollywood musical with the local gathering which the parish priest had ruled out.

The parish priest at first thought that the couple was joking but on further probing realised that they had their own agenda and had falsely impressed upon him their knowledge of classical music. That's unfortunate. The impact of negative emotions — and more specifically the feeling of being devalued — is incredibly toxic. As Daniel Goleman has written, “Threats to our standing in the eyes of others are almost as powerful as those to our

(Contd.. on p. 18)

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in India.

—Peter Castellino

## Effect of Toy Gun on Childrens' Mind

This is a very serious problem that some parents purchase toy guns for their children at a very early age to provide them entertainment but that causes inhuman behaviour in the young children's mind which is promoting gun culture that is inciting the habit of aggression and brutality. The fact is this that the children must be given education of etiquette, ethics and morality because they are the future of the nation. The children who are more inclined to gun become less tolerant and kind to their fellow beings.

This is a bad culture that we are promoting in our new generation. We must censure media access where children are watching such cartoons displaying aggression with guns because children have active receptive power for learning. The children must be refrained to watch such movies where there is a fight with a gun but rather show such stuff that educates the children to be more hospitable and kind. It is necessary that parents must give awareness to their children that guns and other utensils which convert aggression and intolerance are not good for their education.

It is seen that around 80 percent of parents involve their children to play with toy guns which is not accepted by a sound mind. Playing with a toy gun set minds of children that gun is a conventional and accepted pattern of the culture. Parents must educate the children to be more responsible and become a good citizen.

— Jubel D'Cruz,  
Mumbai

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## The Sabarimala Row: Right to equality

This is regarding the Sabarimala temple row that's taking place in India since the last few years where women are not allowed to enter the temple to pray. The Catholic Church is the only place of worship where not only women but people of all faiths and communities are allowed to enter. When God created human beings in His own image and likeness (Genesis 1: 27), why are women being discriminated from entering temples? Isn't it unfair and disgusting that women are treated inferior to men by some people of a certain community? When will men learn and treat women in par with them? When Adam was without a partner, God created woman and named her Eve. This Eve should not be treated as a sex symbol by certain people. She should be respected and should be given a proper place to live in society.

—Jubel D'Cruz,  
Mumbai

## Maharashtra Politics

The political situation in Maharashtra is so fluid that no party is willing to take any chances. Afraid of horse trading, the Shiv Sena, NCP and Congress are likely to corral their MLAs in posh resorts. Whichever way you look at it, Maharashtra is set to get a "stable" govt---with horses from different stables!

—Robert Castellino  
Mumbai

## Settle religious issues amicably and fairly

With reference to Prof. Robert Castellino's letter titled : Courts should not interfere with established faith in The Secular Citizen dated Nov. 25, 2019 religion is a delicate issue and to ensure impartial judgements for cases like Ahodya there must be an equal number of Hindu and Muslim judges / jurists.

A case must be filed against the Ahodya judgement to ensure that both the Hindus and Muslims get an equal share of the disputed land and a temple and mosque must be built at the same spot and also that the people who pulled down the Babri Masjid must be severely punished by awarding them life sentences in addition to fining them and their political parties and doubling the fine if they and their political parties indulge in similar criminal acts elsewhere .

In Uttar Pradesh the Yogi government is trying to pass an anti conversion law which will even prevent changing of religion in a mixed marriage which is totally undemocratic and communal and shows that is promoting the Hinduvata ideology and when passed must be challenged in court .

If this fails then the minorities should jointly file a case against the anti - conversion laws prevailing in the country at the ICJ -International Court of Justice so that all the politicians responsible for them can be immediately punished .

In these ways one can and must settle religious issues amicably and fairly and thus strengthen secularism



# The Graipe Of Goa

What a word! My word, it isn't. Ask our very own wordsmith – Shashi Tharoor. So why did I choose such an obnoxious sounding word? It is actually a combination of three words – Grape, Gripe and Rape; with which I have taken poetic licence to write some prose!

The first word, Grape, came to mind, not because of the fruit, but because of the best-selling novel "The Grapes of Wrath" by Nobel laureate John Steinbeck in 1939. Written during the American depression, it is about a poor family of tenant farmers seeking greener pastures. The second word, Gripe, is usually associated with gripe water; a concoction of sodium bicarbonate and aromatic herbs. It is commonly administered to babies suffering from colic pain, teething problems, hiccups and flatulence. The other meaning of gripe is to persistently complain about something in an irritating manner.

As for rape, we know its sinister meaning, when applied to an individual. In the case of people or places it means the forceful exploitation of the weak or voiceless.

I was on a recent 10-day vacation in Goa, with family and friends, and interacted with several people, both known and unknown. These three

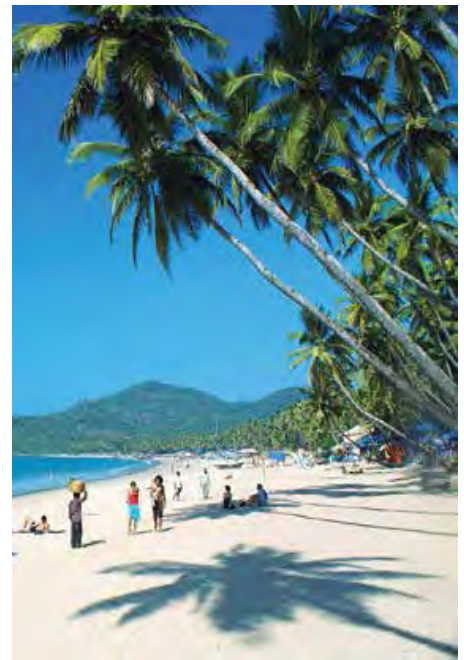
words seemed to express their common angst, which is why I chose to amalgamate them into GRAIPE.

Noted Goan environmentalist Hartman de Souza has written a book "Eat Dust" about Goa's mining mafia. It was presented to me by a dear friend in Goa. Hartman has ascribed an altogether different meaning to the word rape. For him the red pit of an open iron ore mine, with fluid oozing out, caused by the hard nosed excavator, is so akin to penile penetration, with its attendant pain, trauma and lingering after effects. A vivid, but horrific picture.

Mining is not the only reason why the Goans are griping or devouring the grapes of wrath. They are angry about the pot holed roads, the innumerable speed breakers, tourist invasions, outsiders buying up property, heaps of garbage and defecting MLAs. Hartman identifies Goa's colic as – Tourism, Real estate, Infrastructure, Mining and Consumerism. He even bemoans that the Mandovi River at Panaji now has three bridges spanning it. Before Goa's liberation in 1961 there were no bridges and ferries were used for the river crossing.

Hartman also rues inflation caused by tourism and consumerism. He claims that in 1967 one could buy 100 mackerel for one rupee in the Mapuca market. However, I recall my first visit to Goa in 1965, when my mother packed me off to Mapuca, where I got 8, not 100 mackerel for one rupee!

So are the Goans griping persistently? Hartman himself admits that "Goans complain long and hard, but always stop short of actually taking a stand and pursuing it to its logical conclusion". Is such griping, and apathy, as he calls it, unique to Goa? It has a



highly educated populace, especially among the Catholics. Unfortunately, the "educated middle class" tends to gripe more than coming to grips with a situation. This is equally pronounced in other "educated" areas like Kerala, Bengal and more recently in Gurugram.



by chhotebhai \*

I am both an outsider and an original inhabitant of Goa, because my great grandfather left Goa circa 1854, to eventually establish his business in Kanpur in far-away U.P. way back in 1858. Hartman begins his book with an aerial survey like a "crested serpent eagle with a bird's eye view". All our ministers do aerial surveys when there are floods. How useful are they?

Hartman had undoubtedly done immense ground work as well, and is to be commended for it. Like me, he too is an ex-pat Goan. His family relocated back from East Africa. But I remain an ex-pat. So I may enjoy the slight advantage of not being tied down to Goa, hence having a more expansive view. Having travelled far and wide, my basic observation is that Goa's colic is not unique in itself. It is a story repeated across the globe – from the Amazonian forests in South America, to melting Himalayan glaciers and

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Arctic icecaps, to the recent flooding of Venice in Italy.

This in no way dilutes Goa's dilemma. To the contrary, Goans must realize that the battle they are waging is not theirs alone. It is a worldwide phenomenon. Instead of griping about what is happening they need to co-ordinate their efforts with others across the country and the globe.

Comparisons are said to be odious, but they can also be useful. Goa is 40x100 kms, with the Arabian Sea as its natural Western boundary. It has a population of fewer than 2 million, for which it has 40 MLAs. My hometown Kanpur has similar territorial limits, and the Ganges River as its northern geographical boundary. But it has a population closer to 5 million, for which it has just 5 MLAs.

I therefore see Goa as democratically far better placed. Most of the countryside is managed by Village Panchayats that are duly elected bodies. In contrast my city has a mayor and over 100 corporators for its municipal wards. However, the 74th Amendment to the Indian Constitution that empowers urban bodies has not been enacted in the State. As a result the Mayor and corporators have little or no power. In contrast, the 73rd Amendment that applies to village panchayats, has been implemented across the country. Goa therefore has relatively more democracy and self-government. If it is still griping, it has only itself to blame, for electing the wrong people. Or worse still, for not participating in the electoral process. Let's face it. MLAs that defect are inherently defective, because the electorate is ineffective.

As an outsider I have my own gripe about Goa. Who has put up the speed breakers on every stretch of 50 metres of village roads (actually arterial), if not the elected village panchayats? The taxi mafia, controlled by ethnic Goans, has stalled the entry of consumer friendly cab operators like Ola and Uber. As a result Goan cabbies are millionaires. They assault out-

side cabbies, including the drivers of GoaMiles, a State Govt sponsored app for taxis.

Why are the Goans griping about tourism when they are minting money from it? Goan villages, especially in the tourist coastal belt, have gaudy new houses. The fishermen who once struggled with wooden fishing boats are now the proud owners of home stays and resorts. Why gripe about smart North-Easterners staffing the hospitality industry when the Goans themselves are seeking Portuguese passports to do the same menial jobs in the U.K.?

As a Catholic community leader I had two interactions with some local Catholic leaders. They had two major gripes – of how their MLAs, most of whom were Catholic, defected to the BJP; a party against which the Archbishop of Goa had issued a not so subtle “pastoral letter”. The other gripe, that floored me, was that the clergy was domineering. I had always thought of the church in Goa as being more liberal. Sadly, it seems that the longer the faith has been entrenched – as in Kerala, Goa, Ranchi or the North East, the more powerful is the clergy!

How did this happen in Goa? During fascist Portuguese dictator Salazar's time the Catholic clergy's movements and activities were restricted to the church compound. After Liberation in 1961 did the clergy strike back with a vengeance? Where are the enlightened lay leaders and organizations in Goa?

Another outside observation is about the archaeological sites in Old Goa that include the uncorrupted body of St Francis Xavier. I saw hordes of tourists being disgorged from buses coming to see the sights. They tramped through the holy places fully shod. None of them appeared to be Christian. Would they have walked into their temples, mosques or gurdwaras wearing their footwear? I didn't see a single clergyman around to minister to the visitors. Nor did I see

any evidence of spiritual or liturgical activity. In contrast, while waiting for my flight back from Goa airport I saw three Buddhist monks in their distinctive robes thumbing their rosary beads. Why are we so reticent to express our faith?

A final thought for my fellow Goans. The development versus displacement debate, or the environment versus infrastructure one, has no easy answers or simplistic solutions. However, I was reminded of John Chau, the American missionary/ adventurer who was apparently murdered exactly a year ago by the “undeveloped” aborigines of North Sentinel Island in the Andaman Nicobar archipelago. Padmabhushan British-Indian anthropologist, dear to both Mahatma Gandhi and Jawahar Lal Nehru, had prevailed upon them to leave primitive tribes alone. He himself married two Gond tribal women from central India. He didn't want these tribes to be polluted by modernity. These undeveloped areas are today the hotbeds of violent naxalism against the State. As always, there are two sides to every debate.

Yet we can stay clear of extreme positions and follow the Latin dictum “Virtus stat in medio” (Virtue lies in the middle). I give the example of a distant relative who I met for the first time in Moira village. Two years ago he bought a plot and built his house without cutting a single tree. All his furniture was fabricated in house. It was well ventilated and totally dependant on solar power. He has appropriately named his house Amtan Savli (in the shade of the old tamarind tree). Where there is a will there is a way.

Instead of griping and gnashing one's teeth in the grapes of wrath at the perceived rape of Goa let each and every one of us look for solutions. As management Guru Shiv Khara says, “If you are not part of the solution then you are part of the problem”. Let me then wish my fellow Goans “Deo Borem Korun” (God be with you).

*\* The writer's family migrated from Goa 165 years ago).*



# After Ram Mandir & Kashmir, let economy be taken care of Modiji...

The second term of Mr. Narendra Modi has some net worthy achievements and the history will take note of them. The temple case was very sentimentally associated with crores of people of two faiths in India. The verdict of the Supreme Court contains well-guarded terms, sentiments and legal aspects. Much before our independence, the issue was very touchy and highly sensitive. The prudence of Indian judiciary and the sanctity of two faiths have been well taken care of and for that we feel proud of our seasoned judiciary system. This deepens our faith in our courts and justice. The Modi government with all its machinery deserves our appreciation. Indian judiciary exhibit its secular and legal maturity. The verdict giving bench deserves our appreciation.

The removal Article 370 was commented all over the world. The foreign media took considerable interest, tried to study the past and the presence of the conditions of the people of Kashmir. U.N. delegation spent nearly a week in Kashmir. The great Pandit Jawaharlal Nehru had absolutely made no mistake in allowing a special status to Kashmir then. Sardar Vallabhbhai Patel was very much involved in that decision. Nehru was a well-informed Prime Minister and spent enough time for the issues Indian. He was enough popular.

These two major issues were well taken care of.

Inflation and economic crisis are the world issues. China, the U.S. India, Japan and the West ern countries are undergoing the economic crisis. The Indian situation is worse because of the climatic reasons. The farm sector is the worst-hit among all. Excessive rains, floods and many climatic reasons have nearly broken

the back-bone of the Indian farmer. The apparent government apathy is also responsible to worsen the economic situation in the country.

In its last budget, the Modi government had in the Parliament declared to widen it scope to five trillion dollars. The first term of Narendra Modi saw an increase of one trillion dollar. The then Finance Minister late Arun Jately wanted to double the target of the second term. But the problem came when, after the end of the first term, the D G P growth came down to just 5 percent. The three major sectors - textile, automobile and agriculture slowed down drastically.



by Ignatius Dabhi  
Sr. Journalist

The former P M, Dr. Singh, in a press meet, warned the government about the ongoing economic crisis but his scholarly observation was taken as the Opposition tactics to disturb the ruling party... The Bank of America merryll Linch in its report reduced the G D P of India but the finance ministry took it far too lightly.



The Moodys stated in its February report that the "Indian economy is



dwindling".... The Finance Minister, Mrs. Sitaramanm in a conference said," the picture is not that bad...." and avoided other questions. Many economists believe that the country is facing a "deep inflation" but neither Narendra Modi nor Sitaraman pay attention to these warnings.... The World Bank and International Monetary Fund have expressed "serious concern" about the Indian economy but the ruling party has not taken serious notice of their warning.

According to a press release, the real estate industry has more than 5,00,000 unsold flats in eight major cities of the country. It is highly unfortunate that Narendra Modi has failed in fulfilling his poll promises. It seems Modi is either incapable or ignorant about the worst crisis the nation is facing. The entire corporate world is disappointed about the P M's apathy towards the economic growth. Rhetorics and dramas will not do. Foreign trips seem far too expensive for this poor nation. The last question : Is the P M serious to uplift our economy? The country

can wait endlessly.



# “Have we really done away with our Constitution?”

**E**xactly, seventy years ago on 26 November 1949, the Constituent Assembly of India adopted and gave to “we, the people” a landmark Constitution. ‘The Constitution of India’ is the sacred book of every Indian citizen; it is a bulwark of fundamental rights and directive principles, which are a prerequisite for any healthy democracy. The Preamble, with its emphasis on justice, liberty, equality and fraternity and its commitment to India being and remaining a “sovereign socialist secular democratic republic” spells out the vision and the intrinsic character of the Constitution. The Constitution of India with its minute details is undoubtedly a unique one. Thanks to the vision of women and men of the Constituent Assembly, we can take genuine pride in a Constitution which is forward-looking and all-embracing and which respects the pluralistic fabric of the country.



BY FR. CEDRIC PRAKASH, SJ

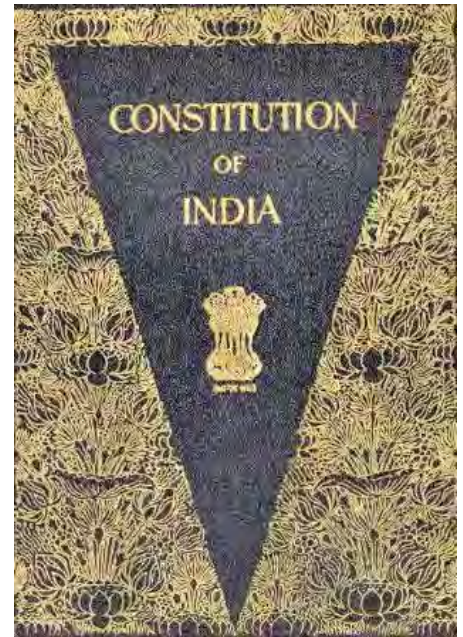
Today, after several years of having and being guided by a masterpiece, unbelievable events have been unfolding in India. The past five years (up to May 2019) have seen several of them; and ever since, this regime seized the reins of power for a second term (after, what is believed by many, a fraudulent election), a sizeable section of the population is simply dumbstruck. The one question that most thinking citizens of India are asking today is, “*have we really done away with our Constitution?*”

What took place in the Raj Bhavan of Maharashtra in the wee hours of Saturday 23 November 2019, provides a clear answer: “*yes, we seem to have done away with the Constitution!*” How else can one explain the way, the President threw all Constitutional propriety to the wind and revoked without a Cabinet meeting and a resolution, ‘President’s rule’ in Maharashtra. In a matter of time, the Governor

of the State swore in a usurper as the next Chief Minister of the State. How does one explain this ‘tearing and unprecedented hurry’ – even if there are some so-called legitimate provisions in extreme cases? The support for this nefarious act came from a turn-coat of the NCP, who has several cases of corruption against him, and with a commitment by the Maharashtra CM, to put in jail! (strangely, in just about twenty-four hours, the State’s Anti-Corruption Bureau “closes” the corruption cases against him). The Maharashtra case came up in the Supreme Court on Monday, and on expected lines, the highest Court of the land does not think that it is in their own interest and impartiality, that they should at least have restrained the ‘impostor’ CM from functioning, until one or the other combines proves its majority on the floor of the house.

So, if the President, the Governor and even the judiciary, are not serious about Constitutional basics, to whom do “we the people” go to? It is not that one did not see or read the writing on the wall. It has been coming slowly but surely. There are several instances when the spirit and letter of the Constitution has not been adhered to. But this most recent out of Maharashtra is on several counts, the proverbial “last straw”. The moot question, we need to ask ourselves at this juncture do we have the courage to stop the fascists who are not merely tearing the Constitution to shreds, but are doing all they can to destroy the very idea of India and its pluralistic fabric.

The National Register of Citizens (NRC), as announced by Union Home Minister, is again blatantly violative of the Constitution. The NRC together with the ‘Citizenship Amendment Bill’, assuring citizenship to all undocumented persons except those of Muslim faith, risks tearing the coun-



try apart, reopening the wounds of Partition, and ultimately destroying the secular and democratic tenets of the Constitution. The country today stands at the brink of catastrophic human suffering and injustice, if the government as it plans to do, begins implementing it nation-wide.

Many subtle and direct efforts are being made to tamper with the Constitution, to negate its essence and even to delete core dimensions like the words ‘secular’ and ‘socialism’ which are deeply interwoven into the pluralistic fabric of Indian society. The current BJP/RSS combine, including some of their ministers and leading functionaries have often gone on record saying that once they have the pre-requisite numbers in Parliament, they will have no qualms of conscience to change fundamentals of the Constitution like that of ‘secularism’ and equal rights for all. There are consistent proclamations for the establishment of a ‘Hindu State’ by 2020; the annihilation of the minorities particularly the Muslims and Christians; ‘lynching’ of minorities is the ‘new normal’. There is talk of a ‘Common Civil Code’, of a national anti-conversion law and of abrogating the rights of minorities. In October 2018, in the wake of the Supreme Court ruling to allow young

(Contd.. on p. 19)

# Modern Konkani Dictionary release in December

**W**ith Christmas in sight, many bright lights are seen in the heavens for Konkani Mangaloreans the world over. Expected before Christmas is the first and modern class Konkani – Konkani –English – Kannada, Dictionary. Konkani is spoken in states of Goa, Karnataka, Kerala and Maharashtra. It is one of the official languages of India. According to the 2011 census of India there are around 2.5 million Konkani speakers in India and it is now taught in schools and colleges in selected institutions. The languages have compiled and evolved compendium of vocabulary in the form of a dictionary for long. Quite a few erstwhile vibrant languages are succumbing to slow extinction.

Patha Darshini Seva Trust has now got ready for publishing the very first Konkani – Konkani – English – Kannada Dictionary. This work, apart from the synonyms, gives gender, tense, common form and cases of a term and other grammatical explanations needed. Homonyms and antonyms are also provided wherever applicable. In the usages, sentences mostly based on oral literature, Idioms, phrases etc are given making

this Dictionary user friendly.

The success of any dictionary depends entirely on its UTILITY or user value. Hence, any lexicographic project rests on its commercial viability.



The standardization of language is a continual process and therefore, it constantly redefines and reinvents itself by evolving, acquiring, infusing, accepting, modifying and, including new forms of expressions. A lexicographic endeavor like this makes the language evolve into freer, open, dynamic user friendly. Preparing a comparative lexicon needs a broad spectrum of works, regional and other foreign languages, for global acceptability.

Patha Darshini Seva Trust is a Registered Public Charitable Trust started in the year 2006 with twin objectives of guiding the marginalized students towards higher education and employment. The trust has by now published three Career Guidance books (Marga, Yashas and Namagagi Sarkara). It has in 2014 brought out 50000 Head Entry English – Kannada –Konkani Dictionary. If you are interested to join this mission please contact, details at end here.

**History :** Fr Angelo Xavier Maffei, a Jesuit priest, was the pioneer to work

for compiling the first English-Konkani dictionary in 1883 and later a Konkani-English Dictionary too. Later, one of the significant works has been “Konkani English Shabd Sangraha” by Mgr Sylvester Menezes. In this dictionary, the head entry is made in Konkani in Roman script and transcribed in Kannada script followed by English meaning. This dictionary includes in its concluding part, religious vocabulary, numericals, relationships, and so on.

The trust members engaged in this noble work - Anil Johnson Coelho, Sunil Menezes, Roman Basil Lobo, Prof Vincent Dsouza and Alwyn D'Souza, Prof. Stephen Quadros Permude have contributed in great ways.

This project would not have been possible without the collaboration, goodwill and, most of all, their commitment and love for the language. Konkani people's and public support and help is required now. It is heartening to note that lexicon writing and lexicography as an endeavour to learn and promote languages has still maintained its relevance and respect in spite of the onslaught of the digital revolution. Taking up the challenge itself is an encouraging sign and now the Patha Darshini Seva Trust leads here.

The Dictionary is expected to be released in Mangalore December 20, 2019. We are told that the copies will be printed in limited number based on the pre press bookings. The early birds will get a special offer and a free book. Those interested can contact for more information : sqodr39@gmail.com MoB: 9480761017 as soon as possible.

*-Adapted by Ivan Saldanha-Shet, inputs from Prof. Stephen Quadros.*

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## Ayodhya dispute closure?

The Supreme Court in its sagacious judgment has opted for a balancing act in trying to bring closure to this age old vexed and highly emotive problem which had defied solution for decades. It had remained a contentious issue between the big two religious communities. The issue being sensitive no political party was willing to stick its neck out for fear of backlash from the affected community. The Courts too were hesitant initially to get involved in matters of faith versus reality or proof. The judiciary was therefore keen that the matter is resolved amicably through dialogue but despite efforts from well meaning intermediaries, stalemate continued. The Apex Court ultimately realized that there is no other option but to go through the legal proceedings and decided on time bound day to day hearing.

In allowing the Hindus to construct the Ram temple on the disputed site, the Supreme Court laid emphasis on matter of faith as neither side could produce any conclusive proof to establish its claim. Knowing well that this would cause umbrage to the other community, the Court directed the government to make a five acre plot available to them to construct a suitable mosque. It must go to the credit of the leaders of both communities that they mutually agreed not to celebrate the 'victory' so as not to antagonize the other party. The Prime Minister too cautioned his party men to maintain a low key and not make unnecessary comments. This was a very sensible thing to do considering the animosity over the issue for decades especially post demolition of the mosque in early nineties. This irresponsible act on the part of the radicals in the Sangh Parivar widened the divide between the two warring parties. It is heartening to note that the Court has ruled that the case against those responsible for the demolition should go on though some of the top leaders are no longer alive.

Despite the Muslim groups' stated position that they would abide by the verdict of the Apex Court, there are some elements within the community who have decided to renege from that position. They now want to file a review petition to ask the Apex Court to have a second look at its verdict which in

## IEWS on NEWS

all probability will remain unchanged. Should the revision go against the majority community, it could create a highly volatile situation in the country. Fortunately, only a small segment of the Muslim leaders who are radical in their approach have supported the review petition. It is unfortunate that some of the leaders from the majority community view this development against national interests. This is unfair. The aggrieved party is only exercising its option available under Indian jurisprudence to seek a review of the verdict. There is nothing anti national about it. Actually, in a conciliatory move they should assure the losing party that they will not target other holy cities like Mathura, Varanasi, Koshi etc. Actually this should have come immediately after the verdict.

*The construction of the temple is bound to commence shortly unless of course, the Court decides otherwise pending the review petition. It is bound to be a massive monument in honour of Lord Ram who is revered by the people of this country. It is hoped that with the conclusion of this project, there will be amity and goodwill between the two big communities. It is unfortunate that the matter could not be resolved through mutual discussions as that would have eliminated the pain of 'losing'. All religions preach peace and amity amongst communities but in reality the opposite is more prevalent - not only in India but globally. More lives are perhaps lost in the world today on account of religious strife than terrorism per se. In fact even within a religious community you find disparate groups who arrogate to themselves the right to impose their will on others. When there is no intra-religion harmony it is too much to expect inter-faith amity and goodwill. It is heartening though that there has been untoward incident post the historic Ayodhya verdict. It is time to move on.*

\*\*\*\*\*

## Electoral Bonds – a scam?

The Parliament witnessed turmoil over the issue of Electoral Bonds which the NDA government introduced in their 2017 budget. The opposition parties led by the resurgent Congress mounted a scathing attack on the government.



by Marshall Sequeira

There was hardly any real opposition to the scheme when it was announced by the late Finance Minister Arun Jaitley who with his oratorical skills could succeed in getting the proposal through. His emphasis was on this scheme being an alternative to the black money which influenced the outcome in elections. The opposition perhaps did not think that it would only benefit the ruling party. Only when it realized that the ruling party got the bulk of the money.

The reports say that the RBI was not in favour of the bonds for variety of reasons and its opinion was ignored by the Finance Ministry. Even the Election Commission was unhappy with the scheme as it feared that it would encourage money laundering through shell companies. The government was hell bent on going ahead so much so that it did not even bother about the apprehensions voiced by the CEC leave alone the Reserve Bank of India. When these who institutions voice their concern, the government ought to have taken their views seriously and convinced them that their fears were ill-founded.

Though the bonds, to some extent, eliminated the direct involvement of black money in the electoral process, it did open a new window – to legitimize kickbacks for contracts to Corporates even MNCs. With the introduction of electoral bonds, the Corporate can directly buy the bonds or set up some shell company to facilitate the transaction. In the process nobody will know about it. Though the government claims that this is a transparent scheme, in reality, it is shrouded in total secrecy. The routine submission of data to the EC in the old system was given a go-by. May be if the Courts order then the data may be given out by SBI. The removal of 7.50% cap on donations from profits raises more doubts on the intention of the government. It has a lot to answer to the people of India. Perhaps bringing the political parties under RTI is the answer. Will the BJP agree?

# Master soft social skills to succeed

**SOCIAL SKILLS ARE the skills we use to communicate and interact with each other, both verbally and non-verbally. Social skills, if applied improperly, can lead to social skills. Knowing how to get along with other people, how to build strong friendships and how to work effectively in groups are some of the most important skills you must have. Here are a few social skills that you must master to be successful in every aspect of life**

In a world where technology is increasing our capacity to connect with people worldwide, it is also diminishing our ability to effectively connect with people in person. Learning the social skills necessary to connect with others will help you be more successful in every aspect of your life. Here are few such social skills you can develop to be more charismatic.

## **Celebrate others win :**

When someone shares great news with you, instead of dismissing it or sharing good news of your own and boasting about another achievement or even bashing their good news try to celebrate their win by being genuinely happy and excited for them.

## **Listen to their voice :**

People will reveal a lot about themselves by not only what they say but how they say it. Some people connect

better when you speak loud and fast, while others prefer to be communicated to in a softer tone - know your audience.

## **Pay attention to the little things :**

Life is hard. And many people are going through life in quiet desperation with little or no support from family or friends. The problem is, people are so good at hiding it, that they give off the impression that everything is good in their life and they don't need help. Keep in mind that people have lives outside of work, school and other places you see them. A simple awareness of others' body language, behaviour and facial expressions will give you an insight into how things are really going for them.

## **Praise people's value :**

To be at the top of your social skills game you've got to bring something to the table. Use what you know or do to be a benefit to those around, with no intention ask for anything in return. Share what you're good at with others and you will experience the fulfilling joy of giving.

## **Focus on the bright side of things :**

Negativity is contagious and can spread quickly; refuse to be that person who transmits negativity through your family, friends and co-workers by complaining all the time. Instead, be that person which can look at the bright side of a difficult situation and keep tough times in perspective. This doesn't mean to be unrealistic and overly-positive, it means to be that person who can look adversity in the face and focus on what you can control.

## **See the good in people :**

Develop the skill to see the good in others. Its human nature to put others down in order to make ourselves feel better; but be that person who can spot the diamond in the rough; especially when they can't see it themselves.

## **Build others up when they aren't around :**

You can tell a person's character by how they talk about others when they aren't around. If you know someone who is constantly talking bad behind people's back, you can be certain they are talking negatively about you when you're not around. Be the kind of person who speaks highly of others when they are not around.

## **Select effective communication channels :**

There are a variety of ways in which you can communicate with someone. Make sure you are using the proper channel. For instance, never have a conflict or present an argument via email or social media. Know when face to face is better than a phone call.

## **Flexibility and cooperation are essential social skills :**

Get rid of the attitude that your way is the right way and the only way. Although you may feel as though your way is the best way, remaining flexible and open to another solution is always a good guideline to follow. Keep in mind that you will need other people in order to get anywhere in life. An open willingness to share ideas with others would also be coupled with a flexible mind-set as well.

## **ADVANTAGES OF WELL-DEVELOPED SOCIAL SKILLS**

- Identifying well with individuals leads to more relationships. A smile and 'hello' in a social situation may lead to a friendship being formed.
- Relating with people and being able to work in large groups naturally develops one's communication skills.
- If you are good with people, you can more easily avoid being with the people you do not like as much as others.
- Getting along with people will help to open many personal and career-related doors.



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# What Exactly Are Soft Skills?

Soft skills are the personal attributes, personality traits, inherent social cues, and communication abilities needed for success on the job. Soft skills characterize how a person interacts in his or her relationships with others.

Unlike hard skills that are learned, soft skills are similar to emotions or insights that allow people to “read” others. These are much harder to learn, at least in a traditional classroom. They are also much harder to measure and evaluate.

Soft skills include adaptability, attitude, communication, creative thinking, work ethic, teamwork, networking, decision making, positivity, time management, motivation, flexibility, problem-solving, critical thinking, and conflict resolution. Hybrid skills are related to soft skills in that they include a combination of non-technical and technical skills.

## Why Employers Care About Soft Skills

It's easy to understand why employers want job candidates with particular hard skills. After all, if you are hiring a carpenter, he or she needs skills in carpentry.

However, soft skills are important to the success of almost all employers. After all, nearly every job requires employees to engage with others in some way. Therefore, being able to interact well with others is important in any job.

Another reason hiring managers and employers look for applicants with soft skills is because soft skills are transferable skills that can be used regardless of the job at which the person is working. This makes job candidates with soft skills very adaptable employees.

Also, because soft skills are acquired over time—as opposed to those acquired in a short time during a class



or training program—people with soft skills are often seen as having unique and broad backgrounds that can diversify a company and help it run more efficiently.

Soft skills are particularly important in customer-based jobs. These employees will typically be in direct contact with customers. It takes a number of soft skills to be able to listen to a customer and provide that customer with helpful and polite service.

## Tips for Highlighting Your Soft Skills

First, make a list of the soft skills you have that are relevant to the job you want. Look at a list of soft skills, and circle the ones that you have. Then, compare your list of soft skills with the job listing. Which of these soft skills are mentioned in the listing? Which of these do you think would be most useful in this job? Make a list of three to five soft skills you have that are also needed for the job.

Then, include some of these soft skills in your resume. You can add them to a skills section (or a section titled “Transferable Skills”).

You can also mention these soft skills in your cover letter. Pick one or two soft skills you have that appear to be the most important for the job you'd like. In your cover letter, provide evidence that shows you have those par-

ticular skills.

Finally, you can highlight these soft skills in your interviews. You can mention examples of times you have displayed some of these skills in the past at work. However, you can also demonstrate your soft skills during the interview. For example, by being friendly and approachable during the interview, you'll show your ability to interact with others. And by paying attention while the interviewer is talking, you will show your listening skills. These actions will demonstrate your soft skills clearly to the hiring manager.

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## Prayer & Thanksgiving Prayer to the Sacred Heart



Oh Lord Jesus Christ, to Your most Sacred Heart I confide this intention (your request). Only look upon me, then do what your love inspires. Let your Sacred Heart decide ... I count on You ... I trust in You ... I throw myself on your mercy. Lord Jesus, You will not fail me.

Sacred Heart of Jesus, I trust in you.  
Sacred Heart of Jesus, I believe in your love for me.  
Sacred Heart of Jesus, Your kingdom come.

Sacred Heart of Jesus, I have asked you for many favors, but I earnestly implore this one. Take it, place it in your open Heart. When the Eternal Father looks upon it, he will see it covered with your Precious Blood. It will be no longer my prayer, but yours, Jesus. Sacred Heart of Jesus. I place all my trust in You, Let me not be disappointed. Amen.

—A Devotee

## PRAYER & THANKSGIVING Prayer To The Holy Spirit

(if you are in difficulty, You can say this prayer)



HOLY SPIRIT, You who makes me see everything and shows me the way to reach my ideal. You who gives me the Divine Gift to forgive and forget all that is done to me and you who are in all the instances of my life with me. I in this short dialogue want to thank you for everything, affirm once more that I never want to be separated from you no matter how great the

material desires of this life may be I want to be with you and my loved ones in your perpetual glory to the end and submitting to God's Holy will

—A Devotee



## How to make Tomato Pachadi

### Ingredients:

- 6-7 tomatoes (cut into small pieces)
- ½ cup tamarind pulp
- 1 coconut
- ¾ teaspoon mustard seeds
- 3 green chillies
- Salt to taste
- ½ teaspoon turmeric powder



by Jubel D'Cruz

### Procedure:

Grind coconut with green chillies and mustard seeds into a thick paste and keep it aside. Boil the tomato pieces in tamarind pulp with water, salt and turmeric powder. When the tomatoes are cooked, add the coconut paste and mix well. Allow it boil for some time. Take it off the flame and garnish it with mustards seeds and serve hot.

## Tips on Mint, Coriander Leaves and Curry Leaves

1. Add a few leaves of mint to your coconut chutney and you will have a new flavour.
2. Mint will keep fresh longer if a dash of soda bicarbonate is added to the washing water.
3. Always keep mint and coriander leaves separately whether in the refrigerator or not; they keep longer this way than when stored together.
4. To remove stones from mustard and coriander seeds, roll the seeds on a slightly slanted vegetable board.
5. Wash and dry coriander leaves in the sun for two or three days. When completely dry, grind them to a fine powder. Use the powder as garnish.
6. Coriander leaves are easily and finely chopped with a pair of scissors rather than with a knife.
7. Coriander leaves will stay fresh if you store them inside a banana leaf in the fridge.
8. Coriander leaves will stay garden fresh, if you store them in an airtight container in the refrigerator.
9. Bring out the flavour of dried herbs by soaking them in hot water for a couple of minutes then in cold.
10. Dry curry leaves in a cool dry place and store in an airtight tin; these come handy when fresh leaves are not available.
11. Curry leaves, if fried in oil and kept in an airtight bottle or jar remain fresh for days without losing their original taste. They can be used as and when necessary.



# Reasons why you should start eating apricots



Apricots can be enjoyed in a wide variety of ways. Round and yellow, they look like a

smaller version of a peach but nutritious and have many tartness of purple plums. They're extremely digestion and eye health. Here are few health and nutrition benefits of apricots.

## **They balance fluid levels :**

The high percentage of potassium in apricots has been linked to maintaining fluid balance in the body and ensuring that energy is being properly distributed to the right organs and muscles. By maintaining a healthy balance of electrolytes, you will have more energy and less cramping.

## **They can cure earaches :**

Apricots oil is great for earaches. Dripping a few drops of this oil into the affected ear canal should prove to be a quick remedy. Scientists believe that it has something to do with the antioxidants that are present in apricot oil.

## **They help to treat asthma :**

Apricot oil is anti-asthmatic in nature and helps to treat the disease and its related symptoms. It has certain expectorant and stimulant qualities due to its essential oils. One of these can help relieve pressure and stress on the lungs and respiratory system, thereby preventing asthma attacks.

# Fitness myths that mislead you



**HAVING A GYM session might seem a cool idea to boost fitness but there are several talks associated with it. These talks have nothing to do with fitness and considered to be myths. Let's decode few of them**

Many people are gaining interest in the fitness industry either as investors or as fitness enthusiasts. As an ardent fan, you are a potential victim to be facing the gym gossip, myths and lies that are common in the gym. Myths are likely to catch up with those who are desperate for a quick transformation. Meanwhile, your best workout plan may not see the light of the day because of these misleading myths.

## **Crunches are the key to flat abs :**

They may be the most iconic abdominal exercise around but doing crunches is not actually the best way to slim your midsection. Since they don't burn off a lot of calories, they don't help in major way with. Crunches tone a small portion of your abs, moves involving your distal trunk, which includes your shoulders and butt, more effectively engage your entire core.

## **Running is bad for knees :**

A study found that older runners' knees were no less healthy than those of people who don't run. But while pounding the pavement is safer on the joints than contact sports like foot-

ball, it's not totally harmless. Women are four to six times as likely to be at risk of serious knee injuries from running as men because they tend to have an imbalance in the strength ratio between their quadriceps and hamstrings, which can increase the risk of Anterior Cruciate Ligament (ACL) injuries.

## **No pain, no gain :**

If you have ever been inside any Gym, the notice no pain no gain is one of the signs that will welcome you. Many people misinterpret this to mean leaving the gym with a sore body and aching muscles is the ticket to a body builder's physique. Any prolonged pain after a workout could be indicative of an underlying injury. Exercise should not harm you. Any routine that adds pain to your body will not motivate you to continue exercising. A challenge cannot be the same as continuous pain.

## **An energy drink during or after a workout?**

Let those who are on a high intensity or strenuous exercise without enough breaks between sets use energy drinks. For instance, long-distance runners or triathlon athletes are under constant pressure and their bodies lose a lot of sugar through sweat. Energy drinks have glucose that replaces the lost sugars. If you hit the gym and have a rest in between your workouts, there is no need for an energy drink as your body is working at an optimum. Please take water if you are into moderate sports.

My boss arrived at work in a brand-new Lamborghini. "Wow," I said, "That's an amazing car." He replied, "If you work hard, put all your hours in and strive for excellence, I'll get another one next year."

\*\*\*\*\*

### The payment method

One WhatsApp group decided to meet over lunch. All 15 of them met and had good food, drinks and dessert. Then the bill arrived. All 15 of them rushed to grab the bill for payment. There was a scene with everyone fighting to take the bill. The Hotel Manager saw this and appreciated the love and good intention of each to pay bill. Finally one among 15 said "The bill has to be paid but everyone wants to pay it. No one wants the other to pay. So we shall organise a race. All must take a round of hotel premises and whoever comes first to the counter, shall pay the bill. The manager was amazed to see such a decent and generous group wanting to pay and all can run around hotel. Whoever comes first shall pay the Bill. Today is the third day and one has reached the counter.

\*\*\*\*\*

The grave side service had just ended when there was a frightening clap of thunder, followed by a tremendous bolt of lightning accompanied by even louder thunder. The little old man looked at the pastor and said calmly, "Well, she's there."

\*\*\*\*\*

**Me to Alexa :** Alexa, can you please suggest me a good Aple product based on my saving?

**Alexa :** Apple juice!

\*\*\*\*\*

### Dual heart attack message by a girl

**First message :** Let's breakup now, its all over.

**Second message :** Sorry-sorry, that was not for you.

\*\*\*\*\*

### Conversation in Heaven

**Syrian :** I died because ISIS bombed my house.



**American :** I died because of a devastating hurricane.

**Japanese :** I died because of a huge earthquake.

**Delihite :** Main toh balcony main pranayam kar raha tha.

\*\*\*\*\*

**Santa to Venkat :** I asked my new girlfriend what sort of books she's interested in?

She said, "Cheque Books."

\*\*\*\*\*

### Come and set up your business

To whichever country he goes, our beloved Prime Minister tells people in the country, come, set up your business in India. I am very happy. Presently, he has gone to Thailand.

\*\*\*\*\*

### The sincere apology

A man received a message from his neighbour. "Sorry sir, I am using your wife day and night when you are present at home. In fact, much more than you do. I confess this now because I am feeling very guilty. Hope you will accept my sincere apologies. The man is down with a heart attack. A few minutes later he received another message: Sorry sir, a spelling mistake "I meant wifi".

**Moral of the story :** Please check spelling before sending.

\*\*\*\*\*

Wife crashed the car again today. She told the police the man she collided with was on his mobile phone and drinking a can of beer! Police said he can do what he likes in his own living room!

\*\*\*\*\*

### The brake

A woman came to the two-wheeler mechanic and said that the brake in

the bike wasn't working. The mechanic checked the bike thoroughly looked at the lady and said, "ma'am the bike's brake is fine I guess you need a different pair of sandals.

\*\*\*\*\*

### The fight

In the middle of a fight, husband said, "let's not quarrel, let's discuss the things sensibly." "No", said the angry wife, "Every time we discuss sensibly, I lose!"

\*\*\*\*\*

**Teacher :** Why do girls live longer than boys?

**Little Johnny :** Shopping never causes heart attacks. Paying the bill does.

\*\*\*\*\*

A police officer came upon a terrible wreck where the driver and passengers had been killed. As he looked upon the wreckage a little monkey came out of the brush and hopped around the crashed car. The officer looked down at the monkey and said "I wish you could talk: The monkey looked up at the officer and shook his head up and down. "You can understand what I'm saying?" asked the officer. Again, the monkey shook his head up and down. "Well, did you see this?" "Yes", motioned the monkey pretended to have a can in his hand and turned it up by his mouth. They were drinking?" asked the officer. "Yes". "What else?" The monkey pinched his fingers together and held them to his mouth. They were smoking marijuana?" "Yes". "Now wait, you're saying owners were drinking and smoking marijuana before they wrecked." "Yes". "What were you doing during all this? "Driving." motioned the monkey.

\*\*\*\*\*

### Three kinds of men

There are three kinds of men in the world. Some remain single and make wonders happen, some have girlfriends and see wonders happen. The rest get married and wonder what happened?



# Inspiration!

## Signs you need a social media detox

as a scarier symptoms: Cognitive impairment. Scrolling and hunting likes alters our brains leading to short term memory loss, which is only one

**LET'S FACE IT, While social media has a wealth of perks that make our lives comfortable, it can also get quite addictive. Just like any other addiction, we can either police ourselves or watch it get out of hand or worse, harm us in ways we never imagined. Thankfully, a lot of people are becoming more sensitive of their social media activities and are taking it upon themselves to go on a social media diet, detox even. Studies have proved that social media addiction affects your mental health. So, if you haven't been feeling like 'yourself' for a while, check for these few signs. It might be a time for a detox to examine your mental and physical well-being**

Before even getting out of bed, we read headlines and trending topics during our commute. We wake-up and immediately check our social media accounts. Sure, it's great to reconnect with old friends and stay up-to-date on the friends and stay-up-date on the news. But for some, social media outlets like Facebook and Twitter can take a life of their own. You start moving among them like a virtual extension of yourself. You start losing the ability to walk in sunlight. You start sticking to your office chair. It just might be time for a social media detox!

**You have pain in your wrists, back or neck :**

Have you ever had pain in your wrists, hands, back or neck? Take a few moments and close your eyes. Check in with your entire body as you take five deep inhales and exhales. Notice whether the body is feeling any dullness, aches or pains in places that you might be influenced by technology use. This is a full-body scan to see how much you are actually utilising your body when on your tech.

**You feel like you need to buy things :**

Do you actually visit places and change your life or surroundings for Instagram? Reflecting on this question, have you ever felt bad or insecure about yourself after scrolling through other people's social media feeds? Do you notice you get jealous, upset or annoyed when looking at someone else's page? Are you triggered by other people's opinions, comments or pictures when on social media? If you are comparing your life to others' instead of feeling purely inspired, it might be time to reconsider how social media is serving you.

**You experience panic attacks :**

Do you panic when you forget your smart phone at home? Well, this is a major sign of digital addiction and is really nothing to laugh at, despite the fact that it sounds funny. Around 73 percent of people experience a certain degree of panic when they don't have their mobile devices with them. The symptoms of a panic attack can include chest pain, shortness of breath, sweating, nausea and shaking.

**You suffer from frequent headaches and memory loss :**

Staring at the blue screen can also lead to frequent headaches as well

symptoms of what doctors call digital dementia.

**You spend more than 30 minutes getting a post 'ready' :**

Unless it's a really long post, you're probably over thinking it. Do you feel stressed about posting your photo or content to your social media? What does it feel like if you don't get to be on social media for the day? If you are not posting your true, authentic voice and instead you are spending time manufacturing it, it's time for a closer look at how you're presenting yourself and why.

**You have bad posture :**

Many things can lead to bad posture but, the most recent one seems to be the smartphone. Doctor, says the body leans forward when using mobile devices causing the neck and back to ache due to unnatural posture. If you suffer from one or more symptoms on this list it might be time to leave digital use habits. A digital detox can be good for you, even if it only starts with a few hours.

- The average user logs 1.72 hours a day on social media alone. And checks their smart phone 150 times a day.
- Around 26 percent of adults admit that they have sent text to friends while in the same room.
- Skills in critical thinking and analysis have declined as our use of technology has increased.
- University of Sheffield, UK study highlights that, spending an hour a day on social media, reduces probability of a child being happy with their life.
- Staying -off all social media for a week has been shown in a study to increase happiness.

# Be Strong, Fear Not, God Is Coming

In this third season of Advent we are approaching a joyful and historic moment in the Christian faith, the awe inspiring hour when God comes to us. St. John put it so aptly when he wrote in the Gospel: "And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the Son from the Father."(Jn.1:14).

Thanks to the events set in motion, Christmas is blessed to be a celebration forever. Even as we meditate on Christ's coming, we are happily reminded of the prophet Isaiah's words, "Yes, there will be an abundance of flowers and singing and joy! ... for the Lord will display his glory there, the excellency of our God. With this news bring cheer to all discouraged ones. Encourage those who are afraid. Tell them, 'Be strong, fear not, for your God is coming to destroy your enemies. He is coming to save you.'"(Is.35:2-4).

The seemingly endless-long yearning will soon be fulfilled as it has been for decades: the day draws nearer, the hour approaches, the time will soon arrive when the people of God will sing in praise of the Messiah. The path to redemption and salvation will soon become the road to His love, mercy and forgiveness, for Christ comes!

In the Gospel of Matthew it is written, "...What then did you go out to see?" Jesus asked. "Yes, I tell you and more than a prophet. This is the one about whom it is written. "See, I am sending my messenger ahead of you, who will prepare your way before you". (Mat.11:9-10).

Over the span of two thousand years, Christ's birth has been the guiding light in a unified message, inspir-

ing generations to belief to the one true faith under Jesus. We embark on a spiritual voyage year after year pledged to evangelize the Word for His greater glory. As the prophets declared, we today sing about His righteousness, and proclaim His deeds to the world. We do, indeed thank God and bless Him.



BY MELVYN BROWN

All four Gospels reveal the truth of His coming, for the birth of Christ is bigger and more seismic than a myth or legend. In the Gospel of John, the woman said: "Well, at least I know that the Messiah will come – the one they call Christ... and when he does, he will explain everything to us." (Jn.4:25).

The Lord is coming and we must be still and listen. James, a servant of God tells us to be patient." Be patient, therefore, beloved, until the coming

of the Lord. The farmer waits for the precious crop from the earth, being patient with it until it receives the early and the late rains. You also must be patient. Strengthen your hearts, for the coming of the Lord is near. (Jas.5:7-8). "

Advent is a time for recollection, preparation, and for making a decision to be a better person. Traditionally, we associate advent with the fulfillment of a prediction made thousands of generations ago – that the Messiah will come, and he will be the king of kings – Marana Tha!

Through the four weeks of advent Christians have been successful in making their name a verb. In quiet and in tolerance we radically change the world – forgiving, blessing and praying for those who force and use terror to dominate the earth. We do this more and with love in the season of Advent.

(Contd.. from p. 4)

very survival."

Oddly, we're often more experienced at expressing negative emotions – reactively and defensively, and often without recognising their corrosive impact on others until much later, if we do at all.

It was then that the parish priest realised his folly that - the more specific you can be about what you value — and the more you notice what's most meaningful to that person — the more positive your impact on that person is likely to be, resulting in his trusting this couple excessively by openly praising and allowing them a free hand in the parish which encouraged them to boast and humiliate other parishioners in order to gain control of all the parish activi-

ties.

He failed to realise that - When their tiny value feels at risk, as it so often does, that worry becomes preoccupying, in generating hate and humiliation and making false representations against other parishioners in order to be a cut above, which drains and diverts energy from creating value.

We're all more vulnerable and needy than we like to imagine. Authentically appreciating others will make you feel better about yourself, and it will also increase the likelihood they'll invest more in their work, and in you. The human instinct for reciprocity runs deep for authentic people while with the others you get the worst feeling in knowing that you were used and lied to by someone you trusted and showered appreciation.



(Contd.. from p. 9)

women entry into the Sabrimala Temple, the BJP national president Amit Shah not merely questioned the judgement but in fact defended the practice of keeping women out. The 'spirit' of what Amit Shah said is practiced in toto: even in this year's pilgrimage his writ ran large and no women below a certain age were being allowed. The Supreme Court judgement on 'Ayodhya' is certainly skewed pandering to the sentiments of the Hindutva regime.

Writing on the recent developments in Kashmir, ('Business Standard' Nov.18, 2019) Bharat Bhushan says, "The revocation of the special status of Jammu and Kashmir, dividing it into two centrally governed provinces and the military clamp down have tipped the balance against the Modi regime. The world can see that the asymmetric federalism which was the basis of the Indian Union's strength has been junked for a unitary vision. The government's and pliant media's celebration of "normalcy" in Kashmir Valley is nothing but self-deluding propaganda. The fact is that the international community is perturbed with the developments in Kashmir, especially the communication restrictions and the continued incarceration of the state's political leadership".

In several key cases, the judiciary, seems to be abdicating its fundamental responsibility of safeguarding the Constitution. There have been some landmark judgements. In January 2018, four seniors most judges of the Supreme Court (including Justice Ranjan Gogoi, the recently retired Chief Justice of India) held an unprecedented Press Conference asserting that unless things are set in order and that the Government stops interfering in the judiciary, "democracy will not survive in the country!" That the Government has been interfering in the working of the judiciary is without doubt. Bhushan adds, "The rule of law and impartial judiciary that India prided itself on have also come under question. In a stinging indictment, The Washington Post in a recent re-

port remarked that "BJP partisans increasingly dominate the courts." This has been evident to Indians for quite some time. One only has to glance at the global media headlines on the Supreme Court's Ayodhya verdict to fathom how the Indian judiciary is being viewed".

The regime has spared no efforts to destroy the independence and the autonomous functioning of several Constitutional and statutory bodies. The Election Commission of India is today obviously a pawn. The Central Bureau of Investigation (CBI) and the Enforcement Directorate (ED) have become 'caged parrots. The Reserve Banking of India (RBI) is browbeaten to bend backwards to cater to the whims and fancies of a Government that has sent the country into an economic spiral downwards! Media, the fourth pillar of a vibrant democracy, has been made impotent. Only a handful of those in the electronic and print media will dare take on the Government today. Other important bodies, like the Information Commission, have been made toothless and filled with their pliable henchmen!

Seventy years ago, when giving us the Constitution Dr B.R. Ambedkar, the father of our Constituent Assembly said, "Will history repeat itself? It is this thought, which fills me with anxiety. This anxiety is deepened by the realisation of the fact that in addition to our old enemies in the form of castes and creeds, we are going to have many political parties with diverse and opposing political creeds. Will Indians place the country above their creed or above their country? I do not know, but

this much is certain that if the parties place creed above country, our independence will be put in jeopardy a second time and probably be lost forever. This eventuality we all must resolutely guard against. We must be determined to defend our independence with the last drop of our blood!" and he went on to conclude, "If we wish to preserve the Constitution in which we have sought to enshrine the principle of Government of the people, for the people and by the people, let us resolve not to be tardy in the recognition of the evils that lie across our path and which induce people to prefer Government for the people to Government by the people, nor to be weak in our initiative to remove them. That is the only way to serve the country. I know of no better".

Words of wisdom and very prophetic indeed! Today, on 'Constitution Day', as we remember our freedom fighters and the founding fathers of our nation, we need to resolve that we will do all we can to fight the fascist and fundamental forces that are today destroying the sanctity of our Constitution. In a show of hollowness and hypocrisy, they will attempt to clothe their vile acts with empty platitudes, in farcical ceremonies today. However, for us, "we the people of India", enough is enough! We will stop taking things lying down; the Constitution is sacred to us and in the words of Ambedkar "we are determined to defend it with the last drop of our blood!"

\* (Fr Cedric Prakash SJ is a human rights & peace activist/writer.

Contact: cedricprakash@gmail.com

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**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

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**7098. MIRAJ :** Protestant Spinster, (Born in November 1983), Ht. 5' 4", Wt. 52 kgs, Wheatish Complexion, Edn. Masters in Dental Science, Doctor by profession. Contact email : dprebentisch@yahoo.com

**7103. MUMBAI :** Mangalorean Roman Catholic Divorcee (Separated), (Born in October 1989), Ht. 5', Wt. 62 kgs, Wheatish Complexion, Edn. B.Com., working as a HR. Contact email : mail2tinafernandes@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

**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

**7064. MUMBAI :** Goan Roman Catholic Spinster, (Born in May 1988), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, working for Private

Company as an Accounts Executive. Contact email : cecrc19@gmail.com

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

**7060. MUMBAI :** East Indian Roman Catholic Spinster, (Born in February 1983), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., Diploma in Finance from NMIMS, Diploma in B, Self employed. Contact email : vianneyde2k@yahoo.com

**7070. MUMBAI :** Mangalorean RC 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

**7064. MUMBAI :** Goan Roman Catholic Spinster, (Born in May 1988), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. MBA, working for Private Company as an Accounts Executive. Contact email : cecrc19@gmail.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

**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

**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

**7043. MUMBAI :** Mangalorean based in DUBAI Roman Catholic Spinster, (Born in October 1988), Ht. 5' 7",

Graduate in Hospitality Management from Mumbai University working in UAE invite alliance from well settled Bachelors. Kindly reply with full details and photographs to email : udyavar99@hotmail.com OR Whats app 9930527227

**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

**7020. MUMBAI :** Goan Roman Catholic Spinster, (Born in September 1982), Ht. 160 cms, Wt. 65 kgs, Fair Complexion, smart and goodlooking, Edn. HSC + Secretarial Course, working as a Receptionist. Contact email : dolphinz27@gmail.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 RC Spinster, (Born in June 1989), Ht. 5' 4", Wt. 50 kgs, Wheatish Complexion, Edn. Undergraduate, Self employed. Contact email : sd450199@gmail.com

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# Our Lady Of Guadalupe's Cloak-Image Is A Miracle

By Melvyn Brown

FEAST: 12TH December

If you are a firm believer in the miracle of Our Lady of Guadalupe's "cloak-image", physicist Adolfo Orozco's research assessment made recently will make you shudder.

Time and accidents have not destroyed the Marian image on the cloak, he said, adding, "There is no scientific explanation for the incredible phenomenon.

The history of the 'tilma' bearing the image of Our Lady of Guadalupe began on the morning of December 9, 1531, feast day of the Immaculate Conception of the Blessed Virgin. Juan Diego was a humble Mexican who had lost his wife Maria Lucia, when she died suddenly in 1529. The shock of her passing away was unbearable, Juan decided to go and live with his uncle in Tolpetlac. Every morning he would walk for miles over the rugged hills to hear Mass.

Two years later, in 1531, on that special December morning, he listened to the strains of music in the stillness – and to his wonderment he heard the voice of a woman, "Juanito ...Juan Dieguito" she gently called him. He looked up at the rocky hilltop, unafraid, and saw a Lady in a bright glow of overpowering light.

The Lady said, "Know for certain, dearest of my sons, that I am the perfect and perpetual Virgin Mary, Mother of the True God, through whom everything lives, the Lord of all things, who is Master of Heaven and Earth. I ardently desire a teocalli (House of God) be built here for me where I will show and offer all my love, my compassion, my help and my protection to the people. I am your merciful Mother,

the Mother of all who live united in this land, and of all mankind, of all those who love me, of those who cry to me, of those who have confidence in me. Here I will hear their weeping and their sorrows, and will remedy and alleviate their sufferings, necessities and misfortunes.

Therefore, in order to realize my intentions, go to the house of the Bishop of Mexico city and tell him that I sent you and that it is my desire to have a teocalli built here. Tell him all that you have seen and heard. Be assured that I shall be very grateful and will reward you for doing diligently what I have asked of you. Now that you have heard my words, my son, go and do everything as best as you can. "

Juan went reverently to the Bishop and after several visits to prove his case, the simple Mexican was finally to bring proof of Our Lady's apparition ordered by the Bishop of Mexico City.

The Mexican walked back to the hilltop and was astonished to find roses growing when it was not the season or the place for roses. He gathered the roses in his tilma under the instruction of Our Lady and took it to the Bishop. In the presence of the Bishop and those who stayed at the Bishop's house, Juan laid out the roses before his Grace, and then, to the utter amazement of all, on the tilma or cloak was the marvelous imprint of the Virgin.

The Physicist, Adolfo Orozco, who had spent many years researching on the miracle of the tilma, made a presentation at a Marian Congress in Phoenix, America.

Orozco stated that the image imprinted on St. Juan Diego's tilma is "completely outside" any scientific expla-



nation.

He said the cloak should have decomposed years ago because of the humid, salty environment around the basilica where the tilma is kept in Mexico City.

A painted copy of the image made in 1789 of a similar material had fallen apart into pieces. The natural life of the ayate fiber from which the tilma is woven is almost 20 years; the original tilma with the delicate cloth had hung in the open for a century.

In our present century a bomb, directly below the image had exploded – but the tilma retained its pristine condition. The original image remains intact even after 498 years. Orozco told his audience that even nitric acid had once accidentally spilled on a section of the cloth....he affirmed that there is no natural understanding how the image survives through time and destructive events.

You can read the book "The Wonder of Guadalupe" by Francis Johnson.

# “I eat politicians for breakfast” THE REAL LION WENT TO SLEEP

by Ignatius Dabhi

T. N. Sheshan is no more. The real lion with teeth and nails has died. He was the rarest of the rare administrator. The law minister Subramanian Swami had suggested his name as the Chief Election Commissioner of India. Swami and Sheshan were co-students at the world-famous Harvard University in the University in the U.S. He was a brilliant speaker, a firm-minded administrator and outspoken scholar. The photo - I D card during voting, When Rajiv Gandhi became the prime minister, Sheshan was in power. Bogue voting, both capturing and lawlessness among ministers were common then. Sheshan brought everything in order and his firm-handed rule opened new chapter in independent India.

The Times of India sought his interview and I was assigned to see Sheshan in his official residence. His secretary Ravi led me to his sitting room. It was 2.30 pm and I had only 15 minutes! As soon as he entered the room, he gave a critical look and told me: Please hurry, I have an important meeting soon after....” Our meeting lasted for 50 long, hearty chat....! He liked me and I too felt at home with his lion-hearted person.... He felt happy with me and asked his official photographer to click us.... And we had a memorable photograph....

The Amul dairy founder-Chairman Varghese Kurien was Sheshan's friend. Sheshan's secretary Ravi called me up to my residence and invited me to Anand.... Although I was meeting Sheshan after a year, he called me by my name and had a hearty shake and. Sheshan was asked to fight an election against L. K. Advani from Gandhinagar. He wished I accompany him.... and I did as his friend.



T N Sheshan will remain a model administrator for a long time to come. Fearless, firm, correct and highly law-abiding person he was. His passing away will be a personal loss to me.

May his soul rest in peace!

The then Chief Election Commissioner, Mr. T. N. Sheshan, and the author Ignatius Dabhi at his Delhi residence.

## Novena to the Sacred Heart of Jesus

Almighty arms of Jesus, before you I come with all my faith begging you for comfort in all my difficulties. Do not forsake me, Good Jesus.

Open your doors in my way that your Almighty Arms will open and close as you design to give me that tranquility that I so desire (make your petitions for three difficulties).

Oh my Jesus, receive that supplication from a wounded heart that is always fighting for me, with your divine power, never let me scramble for want of help. Almighty Jesus assist me to find a shelter in your celestial country ever AMEN.



Kindly note: This prayer start on Friday and must continue for 15 days. Make 4 copies and give away. Each day light a candle while praying and then put it out. Only one candle to be used for 15 days. Thank you my Lord for helping me in all my difficulties and special favours granted.

—Tina Lopes





**Shroud burial at Mulund Cemetery on Sunday**

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