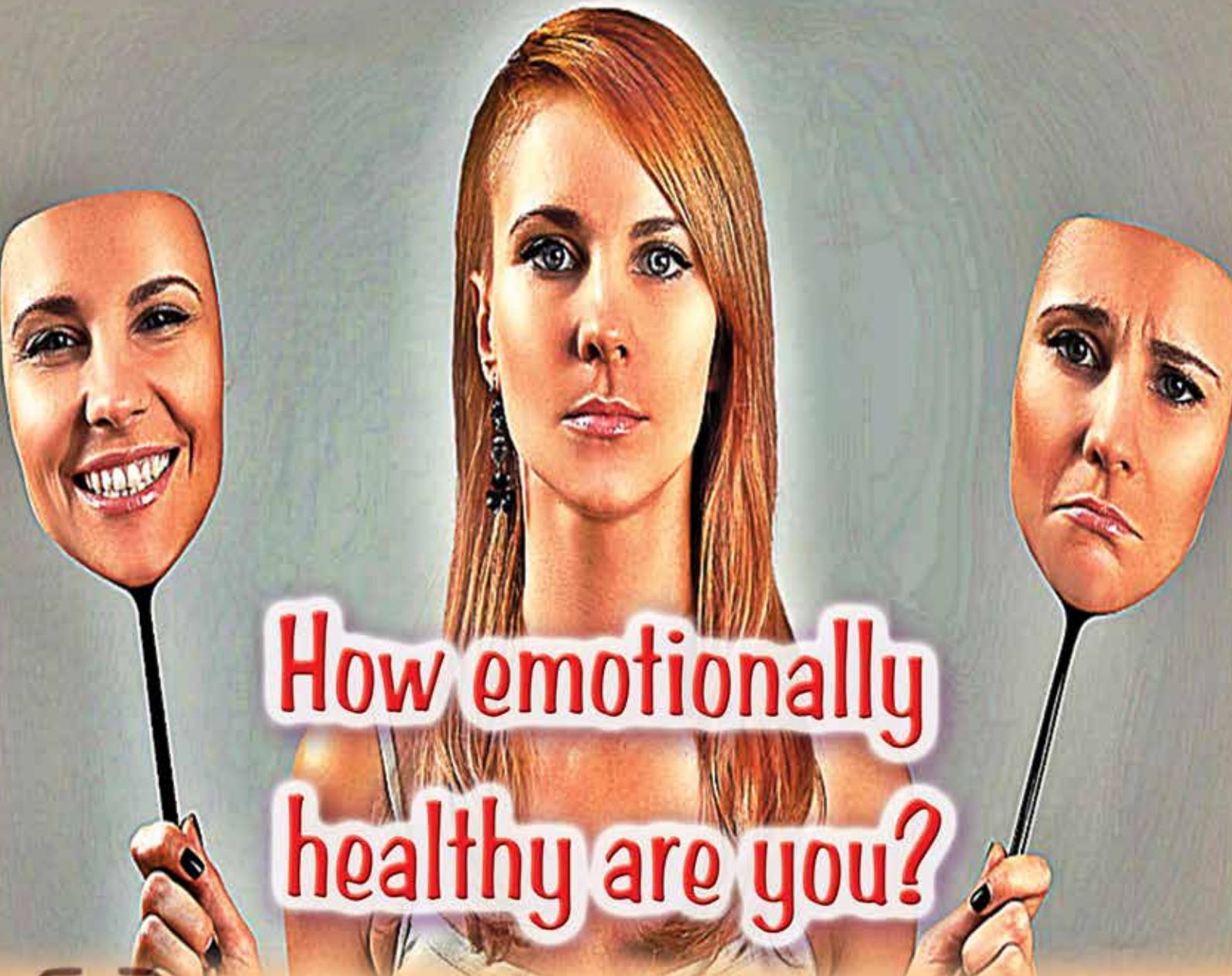


RNI No. 56987/92

THE SECULAR CITIZEN

Vol.29 Issue No.03 ■ (Total Pages 24) ■ Mumbai, 20 - 26 January, 2020 ■ Rs. 10

A NATIONAL FAMILY WEEKLY



How emotionally
healthy are you?

Church Urged to Promote Solidarity and Secularism in Our Country:

Cardinal Oswald Gracias



Photo Unveiling the Plaque: Most Rev. Filipe Neri Ferrão, Archbishop of Goa and Daman and the President of the CCBI unveiling the plaque. His Eminence Oswald Cardinal Gracias, Archbishop of Bombay and Most Rev. George Antonysamy, Archbishop of Madras-Mylapore and Vice President of the CCBI, Most Rev. Anil Couto, Archbishop of Delhi and the Secretary General of the CCBI and Rev. Dr. Stephen Alathara, Deputy Secretary General of the CCBI is also seen

Benaulim, Goa 8 January, 2020: Inaugurating the Conference of Catholic Bishops of India's (CCBI) Secretariat Extension in Benaulim, Goa His Eminence Oswald Cardinal Gracias the Archbishop of Bombay and the President of the CBCI urged the Church in India to promote solidarity and respect all in our country.

"The Citizenship Amendment Act is a cause of great anxiety for all citizens and there is a danger that there could be a polarization of our peoples along religious lines, which is very harmful for the country. It is the responsibility of all to promote solidarity and re-

spect for all in our country" said Cardinal Oswald.

He also requested all Christian faithful to continuously pray for our country to prevail peace and harmony.

Shanti Sadan (House of Peace), the CCBI Secretariat Extension in Benaulim was dedicated to the Service of the Church in India by Cardinal Oswald Gracias in the presence of 12 Bishops, priests, religious and lay faithful.

His Grace Most Rev. Filipe Neri Ferrão, the President of the CCBI and the Archbishop of Goa, unveiled the

plaque and blessed the ground floor. His Grace Most Rev. George Antonysamy, the Vice President of the CCBI and the Archbishop of Madras Mylapore blessed the first floor and gave homily during the celebration of the Holy Eucharist. His Grace Most Rev. Anil Couto, the Secretary General of the CCBI and the Archbishop of Delhi, blessed the second floor.

The three story building has 25 self-contained rooms and can accommodate 40 persons. It has a chapel, conference and dining halls. The new Secretariat Extension building is situated in Benaulim, the birth place of St. Joseph Vaz, the Apostle of Sri Lanka. It is 17 kilometres from the Goa airport and 4 kilometres from the city railway station. The Episcopal Conference will organise small animation and training programmes from Shanti Sadan.

The CCBI has five Secretariat buildings in India, Suvarta Kendra, Pachmarhi, Madhya Pradesh is the Secretariat of the CCBI Commission for Proclamation. Bethania, Faridabad, New Delhi is the CCBI Youth Commission Secretariat, PMO Secretariat, Ulsoor, Bangalore, is the Secretariat of the Pontifical Mission Organisation (PMO). The Headquarters of the CCBI is the CCBI Centre, Bangalore from where the Deputy Secretary General and four other Commission Secretaries operate.

There are 16 Commissions and 3 Departments under the CCBI where 23 personnel are working as Executive Secretaries or Directors.

The Conference of Catholic Bishops of India (CCBI) is canonically the National Episcopal Conference for the Latin Church. It is the largest Bishops Conference in Asia and the fourth largest in the world. It consists of 132 dioceses with 190 bishops.

Rev. Dr. Stephen Alathara
Deputy Secretary General, CCBI



Lighting the Lamp: His Eminence Oswald Cardinal Gracias, Archbishop of Bombay lighting the lamp in the newly opened CCBI Secretariat Extension, Benaulim, Goa. Rev. Dr. Stephen Alathara, Deputy Secretary General of the CCBI, Most Rev. Filipe Neri Ferrão, Archbishop of Goa and Daman and the President of the CCBI, Most Rev. George Antonysamy, Archbishop of Madras-Mylapore and Vice President of the CCBI, Most Rev. Anil Couto, Archbishop of Delhi and the Secretary General of the CCBI and Rev. Dr. Ayres Fernandes, Administrator of Shanti Sadan is also seen.

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Subscriptions Rate:

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One year (outside India) Rs. 3500

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The Question is What Next?

By Don Aguiar

How many people know about the 'goodness' this tradition of kite flying (Sankranti) brings along with it?

-vitamin D is made by the body with sunlight.

-sesame seeds (til) have the highest calcium (975mg per 100g). Milk has 125mg only.

-the body is capable of storing vitamin D up to a year, and use the reserves.

-lastly, the body is capable of getting its vitamin D reserves full with 7 full days of sunlight.

-the best quality of sunlight is end of winter & beginning of summer.

Now join the dots, and see how wise our sages were of ancient India. They created a festival of flying kites where by our kids get excited to go in the open, under direct sunlight, throughout the day starting from early morning. And their mothers feed them homemade TIL laddoos.

Are we a not fantastic culture?

We definitely are a fantastic culture. Culture presently has been dammed and is for lip service only. Culture is for votes and only one culture. The government is only interested in sloganeering with regards to attaining their goal of making India a Hindu Rashtra with their introduction of CAA, NRC & NPR into law which violates the basic tenants of Indian Democracy and Secularism and contradicts the essence of the Constitution. Watch what is happening in our country India now where six years ago its citizens lived in peace and communal harmony.

(Contd.. on p. 4)

A battle is being fought today in the public squares, at political conventions, on the television, in the opinion pages: a battle of storytelling about migrants and Muslims. Stories have power, much more power than cold numbers. That's why Narendra Modi won elections/power. A populist is, above all, a gifted storyteller, and recent elections illustrates the power of populism: a false narrative, a horror story about the other, well told. The only way it can be fought is with a true story, better told.

The Ordinary Citizen Protests and Protestors have to take it on them to make the Big Media irrelevant. It is time to strongly oppose any ideology that seeks to divide, oppress and promote violence. The Modi government has met its fiercest opponent – India's youth. Seven months into its second term, its befuddling that a government with a powerful electoral mandate chose to pick fights with its own citizens. India is now governed by a regime whose sole raison d'être is to find an adversarial rallying point and crush it by brute force.

It is limiting of public imagination and of rising collective rage to assume that this fight is only against CAA and NRC. The fight is against ad hoc thoughtlessness, desperate, unqualified governance.

Many have asserted in various forums the constitutional and moral untenability of the CAA and urge the government to repeal this controversial legislation as it is a wasteful exercise constituting the invasion of a citizens' right to privacy, especially because the bulk of the information including Aadhar, mobile numbers, Voters IDs will be listed in a document.

At a time when the economic situation of the country warrants the closest attention of the government, India can ill afford a situation where the citizens and the government enter into confrontation on the roads and leading to impasse in Centre-State relationship.

Today, there are a quarter of a billion people living in a country other than they were born in. The whole debate around global migration is framed from the viewpoint of the rich countries: how many migrants should they let in, what kind of skills should they have, and what colour should their skin be? But I take the point of view of the migrants themselves. Why are they moving in the first place? Not because they hate their homes or their families or their culture or their language. But because the rich countries stole the future of the poor countries; through colonialism, corporate colonialism, war, and, most of all, climate change.

There's an immigration panic, a backlash against this migration. The west and India is being destroyed, not by migrants, but by the fear of migrants. In country after country which now also includes India, the ghosts of the fascists have rematerialized and are sitting in parliaments. They have successfully convinced their populations that the greatest threat to their nations isn't government tyranny or inequality or climate change, but immigration. And that, to stop this wave of migrants, everyone's civil liberties must be curtailed.

We complain loudly about anti-discrimination when it occurs abroad. But it's the height of hypocrisy for India to be demanding fair treatment for its migrants to other countries while treating migrants to India so shabbily. We have no standing to demand protection for the Indian diaspora abroad if we persecute these countries diaspora in India.

With the hardening stand of the center on the citizenship law its rather puzzling to note that a reputed Union Minister Piyush Goyal who is an ex student of Don Bosco's Matunga ... who speaks very highly of his Christian background and education to turn turtle and does not see or understand the reason behind CAA, NRC & NPR....It is evident that he owes his allegiance to his Political Boss.... refus-

ing to back down against the protest of activists. The government should put CAA aside ... announce NRC won't come ... and not let the country burn to save their ego.

But will they?

You know the fable. It's winter. It's the desert. Enter a camel, who walks up to an Arab's tent and asks to be let in. The Arab permits the camel to stick its nose in. The camel pushes his luck. One leg; another. Until the camel is completely inside and refuses to leave.

Let's talk about what our government is doing by refusing to back down and saving their ego while the country burns.

The nose - Our governments' introduction of CAA violates the basic tenants of Indian Democracy and Secularism and contradicts the essence of the Constitution.

The neck - Here's a question. The citizens of India before CAA was launched lived in peace and communal harmony.

The torso - Now is where it gets force. The government gets parliament into enacting CAA as an Act.

The legs - There's another aspect to CAA. And that's polarisation of communal forces and detention camps.

The camel is inside the tent.

The question is, what next?

In the absence of an articulate opposition, it's our campuses that are raising key issues. Those who want to see the promises of the Constitution of India being fulfilled have a long and difficult part ahead. -

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Goa tourism in the doldrums

Goa tourism got off to a bad start this year. With Thomas Cook suddenly folding up, British tourists arrivals virtually dried up. Overall there is a 40% drop in foreign arrivals. Another contributing factor to the decline is the protests and counter protests in the country which has impacted both foreign and domestic tourists. While the domestic arrivals are picking up, quality tourists are lacking. This has been the bane of Goa tourism.

A video of the 'After Party' of Sunburn festival in Goa has gone viral. I've received several WhatsApp forwards from Canada, US, UK NZL and Australia in addition to India. The video is a sad commentary on the quality of tourists, Goa is attracting. The day after Sunburn music festival the Calangute beach is seen strewn with tourists asleep or fallen down in various stages of intoxication. The video showing a long queue in front a public toilet is testimony of the quality of tourists that the festival is attracting. And though the govt is vehement denying it, drugs are the driving engine of the festival.

The govt must put an end to this type of entertainment which gives Goa a bad name. Instead, food festivals, adventure sports, village, religious and medical tourism, and other such entertainment must be encouraged.

—Prof Robert Castellino
Calangute

Unresolved woes of PMC bank depositors

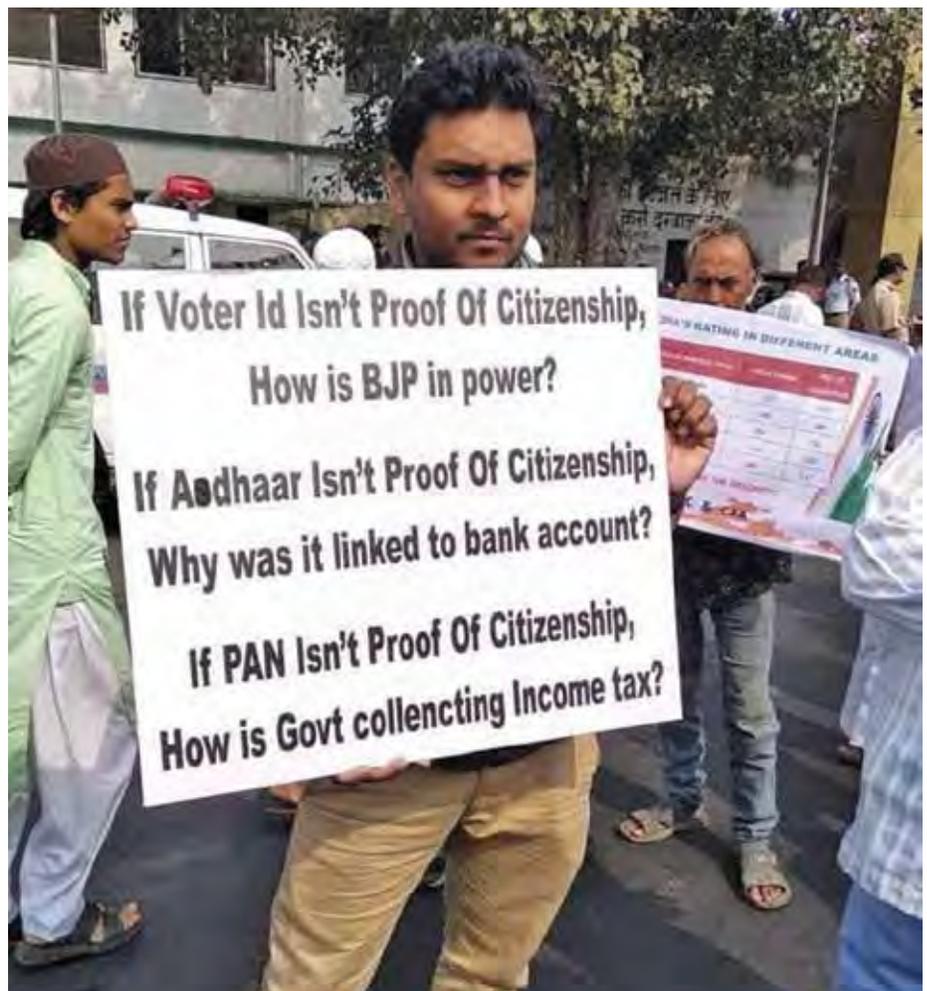
More than 3 months have passed since the PMC bank scam was unearthed and put under the control of the RBI administrator with a 6-month embargo on the amount that can be withdrawn by lakhs of its depositors who are now suffering because of the crimes committed by the bank's directors and top officials. Even after some concessions were made by the RBI, permitting withdrawals up to a maximum of Rs 1 lakh by senior citizens who are facing hardships under a few categories, depositors are still finding it difficult to make ends meet, because of the high cost of living and

mandatory EMI payments. The fate of these depositors still hangs in the balance as even their Fixed deposits (FDs) which have matured are not allowed to be withdrawn or even transferred to their Saving accounts and are required to be renewed for some further period. The interest accrued from these FDS also cannot be withdrawn from their accounts because of the RBI Rs. 50,000/ cap. Can we therefore blame the depositors for protesting against these hard measures and demanding a quick solution to the unending problems. It is hoped that the RBI will take a sympathetic stand and find a quick solution to end the miseries of lakhs of depositors and before some more lives are lost.

— A. F. Nazareth,
Alto Porvorim

Inhuman culling of

(Contd.. on p. 6)



Australian camels

According to a recent newspaper report , around 10,000 wild camels in Australia will soon be culled by Australian authorities , with the help of some professional snipers who will shoot the animals, to save the lives of aboriginal inhabitants and the damage they have caused to their water sources in the desert by the rampaging wild camels . There are more than a million of these wild camels in Australia. who also pose serious threats to the eco-system , destroying vegetation and bringing huge losses, totaling millions of dollars. It is a sad state of affairs that nothing has been done by animal lovers, and activists of the animal welfare and protection brigade, to save the inhuman culling of these hapless creatures. Fancy this happening in our country where the lives of several persons are in danger because of the lakhs of stray and rabid dogs that roam the streets , threaten the neighbourhood and even maul children. Yet, nothing can be done to get rid of these strays . Our laws are different. Animal rights and lives need to be respected and protected and take precedence over human rights and lives.

—**A. F. Nazareth**
Alto Porvorim

Importaucation

There is absolutely no doubt that molestation derstand the importance of Moral Education.

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

First they branded students as anti-nationals. Then they filed sedition charges. They called students as naxals and civil society as urban naxals. They increased the fees. Across IITs, IIMs, JNU, BHU, FTII. Made education unaffordable. They decreased the research scholar grants. They re-

4 Catholic Witnesses Who Gave Us Hope in 2019!

National Catholic Register – A Service of EWTN, reported on 01 January 2020, four inspiring persons who attested to faith in Jesus Christ:

1. Father Jean-Marc Fournier: When the Notre Dame Cathedral was on fire during April 15 Holy Week, he risked his life – he grabbed the tunic of St Louis IX, and a relic of the Crown of Thorns; but instinctively found Jesus in the Most Blessed Sacrament, whisking Him away to safety saying – “Without Jesus, Our *Eucharistic Bread of life*, all other precious artwork is complete nonsense.”

2. Kenrick Castillo: When a gunman entered STEM School Highlands Ranch on May 07 to execute his teacher and fellow classmates, Castillo lunged at the gunman using his body as a shield, sacrificing his life. Castillo who assisted his father, a *Knight of Columbus*, had put in 2,600 hours of community service. He was posthumously conferred the Knight's highest award –*Caritas Award!*

3. Melissa Villalobos: She was on the floor of her bathroom miss-carrying her child and expecting to die in a pool of blood. She prayed to then Blessed John Henry Newman. She heard a voice declare that the door to his Canonization would open with Melissa, her husband David and their seven children in attendance. A scan at the Hospital later astonished the Doctors. Not only was her recovery complete with a perfect pregnancy, but there was no longer a hole in her placenta. On 27 December 2013 Melissa delivered a healthy baby girl Gemma.

4. Abby Johnson: She wrote her memoir, “*Unplanned*” –It is the story of her journey from Planned Parenthood, a notorious abortion facility, of whom she was a director, to a humble ‘Pro-Life’ advocate. It went from the book store to the big screen in 2019. She provided alternatives to Planned Parenthood such as, *Guiding Star Health Centers & And Then There Were None*, ministries that help victims of abortion and cajole people to leave the abortion industry. For Christ assured us, “I came that they may have life in abundance”! (*John 10:10*).

—**Dr. Hazel Colaso,**
Bandra (W), Mumbai.

duced scholarships. They reduced the education budget at a central level. Nothing worked.

And then we had NRC + CAA. The duo talked in forked tongue. So, first they targeted the minority institutions. Jamia and AMU were easy fodder. It didn't work. So, they go after JNU, the most premier University in India. In the Capital of India. In the center of Delhi. They unleash goondas. They go after the students. They go after the faculty. The police waited for a complaint. The JNU admin did not file the complaint. The VC is anyways supposed to be silent till a lesson has been taught. Students have nowhere to go. The goons are inside. With bricks. With iron rods. With lathis. The police locked gates from outside. And the assault begins. It is a pogrom. It was meant to be a pogrom.

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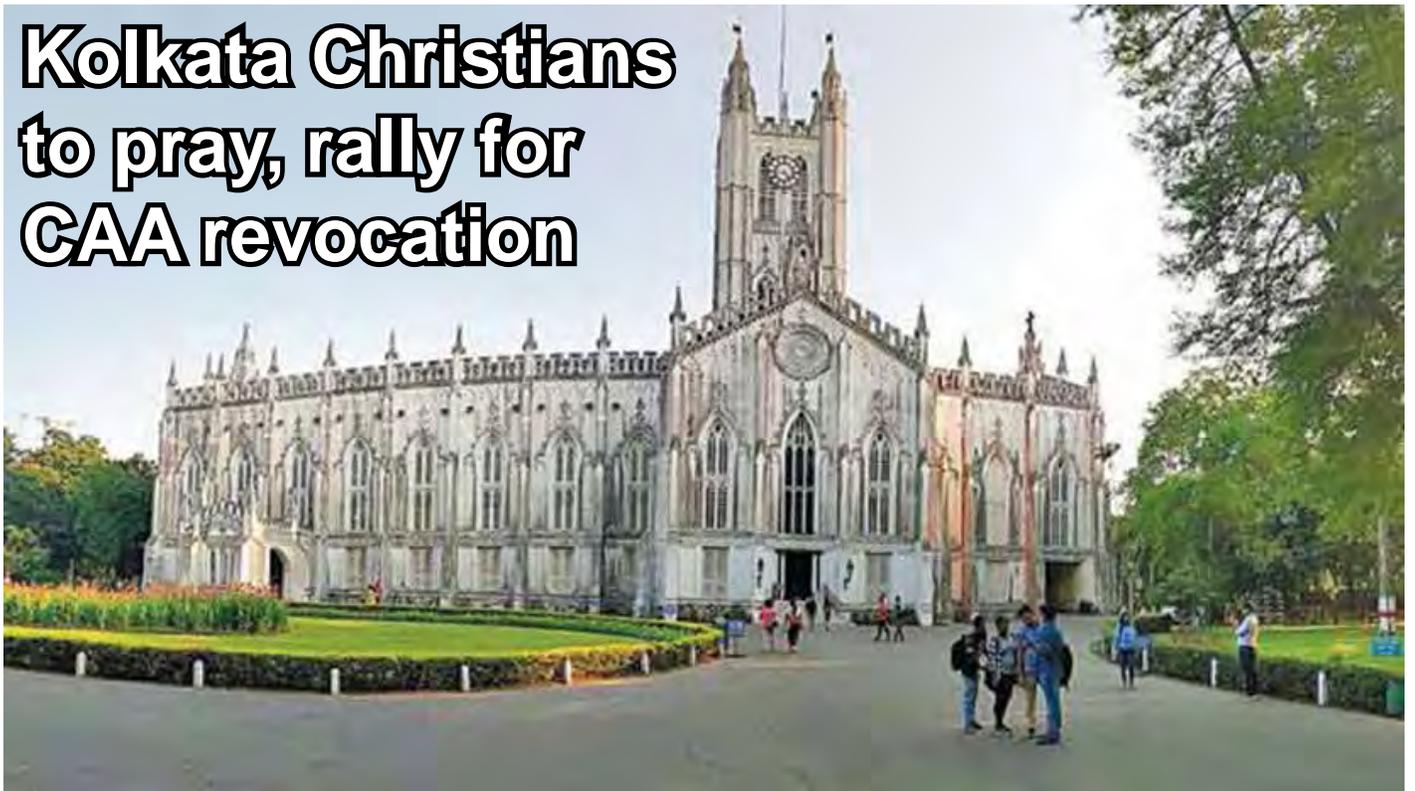
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Kolkata Christians to pray, rally for CAA revocation



Kolkata, Jan 14, 2014: A prayer for unity and communal harmony and a formal appeal to revoke the amended citizenship act will be communicated to the Prime Minister through the West Bengal governor.

This was decided on January 13 at a meeting of school principals of Christian educational institutions, priests and church workers in Kolkata, the state capital.

Two ecumenical bodies — Bangiya Christiya Pariseba and Bengal Christian Council – will organize the rally after contacting all Christian denominations in the city, said an organizer.

The walk had earlier been planned under the banner of the Calcutta diocese of the Church of North India. The Bangiya Christiya Pariseba is an organization of various Christian denominations, including Catholics, and the Bengal Christian Council is an association of other Churches.

“There was a need to have an ecumenical body that will include more people rather than having one particular denomination only,” a principal present at the meeting said.

Representatives of over 175 churches and institutions attended the meeting at St Paul’s Cathedral.

The heads of churches and schools and others will on January 20 walk from St Paul’s Cathedral to the Gandhi statue on Mayo Road, 3.5 km north. The walk will be open to people from all faiths, the organizers said.

“The walk will be a protest through prayers. It will be open to all faiths. After the walk, a memorandum will be handed over to the governor and through him to the President and the Prime Minister,” said Reverend Paritosh Canning of the Bengal Christian Council.

The main point of the memorandum will be the withdrawal of the Citizenship (Amendment) Act and the proposed National Register of Citizens (NRC).

The objective of the prayer rally would be “to proclaim the message of unity, amity and communal harmony”, to express solidarity with the protesting multitude across the nation and demand withdrawal of CAA and NRC.

“The prayer rally concerns the anxiety

and fears of the Christian people after seeing what is happening to people of other minorities,” said Terence Ireland, the principal of St James’ School.

Letters will be sent to Christian schools, churches and various organizations that have launched a movement against the amended citizenship act and NRC. Letters will also be sent to people from other faiths, requesting them to join the walk.

“People are now showing solidarity for upholding rights of everyone,” said a principal who was at the meeting.

*Source: telegraphindia.com
MattersIndia*

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Prop. B. D'Souza

Needed urgently

an extremely good political party alternative

With reference to Ignatius Dabhi's article titled : That High Tide is Receding ... Modi - magic is over ? in The Secular Citizen dated 13 January, 2020 once bitten twice shy and you can't fool people all the time and a lie repeated many times become the truth ring true in the present circumstances.

Modi and his supporters have excelled in making money to fill their pockets to bursting capacity and have toured several countries worldwide and done shopping at the tax payer's expense and are more interested in polarising people instead of solving their problems because they have no worthwhile and useful policies and programmes to offer to the people and have used EVMs to ensure that they come to power at any cost and have resorted to bribing voters in the voters' houses to ensure that they are always elected.

Here sting operations conducted by the media must expose their evil deeds so that they can be severely punished by an impartial judiciary.

A committed united secular progressive and liberal opposition political party with a very good second line leadership formed when all the opposition political parties unite and form shadow cabinets both at the centre and in all the states and identifies all the people's problems and helps to solve them can be very useful.

Besides this with the help of a non political social worker like Mr Anna Hazare extremely vigorous anti corruption movements must be launched to drive home the message that corruption in any form will not be tolerated.

Communes formed in the villages can help address and solve the issue of poverty and other problems faced by villagers like unique ways and means of getting a good water supply

to provide irrigation for crop growing and how to take care of farm cattle like cows sheep and goats etc effectively.

Self employment in easy and profitable self employment lines through self employment courses offered through recognised self employment institutions can help to reduce unemployment.

Employment in companies must be ensured through recognised pre-training courses where the experience factor is abolished and through refresher courses to update the pre-training that one has undergone.

Rather than let a good company which has gone into loss close down it is well worth saving it if the employees are capable of running it- thus preventing unnecessary unemployment.

Respect for women must be ingrained through human relationship courses and inter community living and the permanent banning of communal associations and organisations and communal political parties and preventing them from re-starting under any new name can help communalism.

Article 370's nullification must be challenged in a court of law since only the people have a right to decide whether to want to keep it or remove it through a referendum conducted separately but at the same time as a political election to ensure impartiality.

These then are the things that are needed urgently - an extremely good political party alternative can help to them a reality through its agenda.

—Peter Castellino

The annual feast of St. Bonaventure at Erangal beach

Over six lakh pilgrims from all over Mumbai and its suburbs embarked on a pilgrimage to celebrate the annual feast of St Bonaventure at the historic Portuguese Church at Erangal beach at Madh Island in Malad (West) on Sunday, January 12, 2020.

The feast of St Bonaventure is celebrated on the second Sunday in January every year. The Church of St Bonaventure was the first Church to be built at Madh Island in the year, 1599. Till the year 1976, the Church was in ruins as it stood on the open coast facing the sea. In 1976, through the efforts of Fr Peter Bombacha, the Church was repaired and brought back into use. A statue of the saint --- St Bonaventure has been standing at the altar ever since.

St. Bonaventure was an Italian medieval Franciscan, scholastic theologian and philosopher.

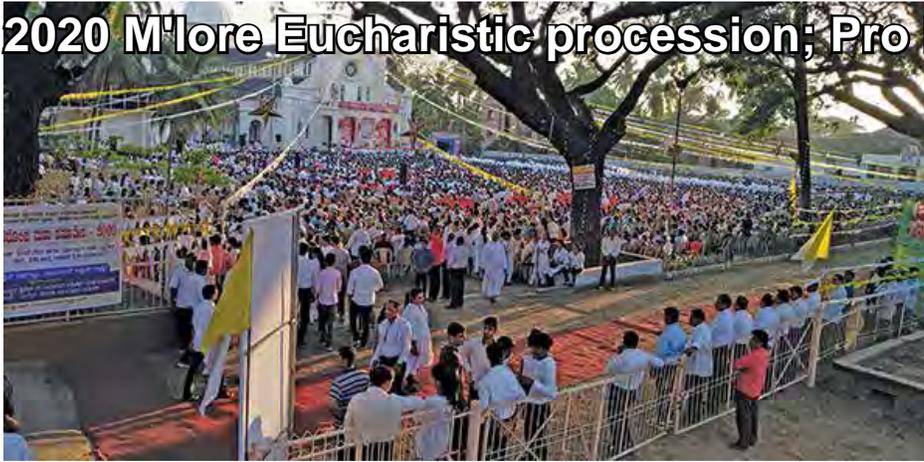
The annual festivities of this Church have become a magnet today for both Christians and non-Christians.

They then make their way to the local fair where scores of people sell local produce and other goodies like specialty foods, musical instruments and music CDs. Currently, there are very few East Indian Catholic families and Koli Christians residing near this church. In Marathi, this feast is known as *Erangalcha Sann*.

— Jubel D'Cruz,
Mumbai

Panaji 13th Jan. 2020: Dalgado Konknni Akademi (DKA) will organise a special function to celebrate "**Osmitai Dis**" (Goan Identity Day) and also to remember and pay respect to Dr. Jack de Sequeira – the father of the Opinion Day. The function will be held on 16th Jan. 2020 at 4.00 p. m. at the Reginald Conference Hall of Dalgado Konknni Akademi , 2nd floor, Old Education Dept., Bldg., Near Pharmacy College, Panaji, Goa.

2020 M'lore Eucharistic procession; Pro life year declared.



-Ivan Saldanha-Shet.

The first Sunday as per annual traditions was marked by Mangalore diocese in it's unique manner and held the 53rd annual Eucharistic Procession and Inauguration of the year 2020, as the 'Year of Pro-Life'. The procession, from Milagres church to Rosario Cathedral on January 5, Sunday was a big draw. Thousands of Catholics, many youth, about 230 priests of several congregations, large number of nuns participated in a devout manner in honour of the Eucharistic Christ. Bishop Rev Dr. Peter Paul Saldanha gave the lead as head of the diocese of Mangalore, emeritus Bishop Rev Dr. Aloysius P D'Souza, walked the entire route. The solemn occasion commenced with Eucharistic Celebration, Bishop Rev Peter Paul Saldanha presided over with former bishop Rev A P D'Souza and more than 200 priests held at Milagres Church in the afternoon. Thereafter the Eucharistic Procession set out to Rosario Cathedral in an edifying manner.

At the solemn mass in Milagres Church delivering an official homily, the bishop said, "We will today declare the year



2020 as the Year for Life - 'Pro Life' in our diocese. Jesus Christ taught us to love one another as our selves, every human life is a special plan of God and has its individual vital importance. It is our duty to value and respect human lives without discrimination totally. Killing humans, especially infants due to gender discrimination, is very common. We are becoming inhuman anti-life and merciless to our fellow humans, young and old. The need for immediate transformation is urgent. Right to life, pro-life is universal as per God's teaching and plan." Further the bishop stressed on the need to protect nature and that without nature life is impossible. "Internationally, this year 2020 is marked in favour of nurses and doctors.

At Rosario cathedral :

'Araadhana', adoration, was conducted at the packed front yard of the Rosario Cathedral commencing at 6 PM on a decorated platform, after all participants reached there on foot. The main banner had the words "The Fruit of the Holy Eucharist, Strength for Human Dignity," This session commenced with a reflection talk by Rev Wilfred Rodrigues, a well known Carmelite and director of Infant Jesus Shrine Bikarnakatte.

Fr. Wilfred in a stirring reflection to pin drop silence touched on Christ's birth - God made Man - and laid in a lowly manger from which cattle eat their food. The Babe God was to become the sustenance of man and be saved from eternal damnation. Thus HE is the human food that saved human kind. Care, Love for all others around as your self - that is the essence of Christ's teaching. It is not words that count but actions.

As the new year is set out to "protect and promote Life" we need to use all the human senses towards this end. Every human must protect and promote life in it's fullness every where. This reflection was followed by a sacramental benediction bestowed on all by the Bishop, who later expressed his gratitude and thanks to all present.

The Logo of Pro-life was un-veiled and explained in action which ended



the formal part of the solemn observance for 2020; To protect life is the main duty of all Christians and all humans.

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Testing times for Modi?

After getting a massive mandate for the second term, surpassing the first one, Narendra Modi and his go-to-man Amit Shah thought that it would be a cake walk for the next five years. The duo felt, with the opposition almost decimated in the Lok Sabha in the second term, they could literally bulldoze any legislation with the brute majority BJP enjoyed in the Lok Sabha. In the Rajya Sabha though they did not have the numbers; they could make their pliable allies either to vote with them or abstain or even resort to a fake walk-out. They succeeded in their plan and got the critical bills like the abrogation of Articles 370 / 35A and the Citizens Amendment bill [CAB] now an Act [CAA] but did not visualize that the backlash could be so intense and long drawn. The BJP is blaming the Congress for the agitation. If it had that much of a hold on the Indian public, they would have displaced the BJP in last elections. Without a charismatic leader, the movement against CAA is escalating. This has brought together all the disparate groups – political as well as non political and together they pose a huge problem for the government. The international community is also concerned.

The country is facing economic slowdown and from all indications it appears that we may be heading for a recession like the one the country faced in 2007-08. There is gloom in every sector and with unprecedented price rise in items of daily consumption like the onions, potatoes and all vegetables in general, we are heading towards inflation which was contained for a few years. The fall out of this situation is the rising unemployment on a scale unseen in decades but the government is not prepared to accept that all is not well. Not a single problem has been tackled by the government. They may be making efforts but it looks like they are really clueless and groping in the dark.

Economy is one issue which could bring down the fortunes of the BJP which is losing state after state. After the losses in MP, Rajasthan and Chhattisgarh earlier, it was followed by a jolt in Haryana and dramatic developments in Maharashtra which left the BJP in the lurch. With the loss of Jharkhand, the BJP is left with a fraction of what it ruled earlier. Despite having no leader of eminence, there is a marked revival

IEWS on NEWS

in the fortunes of the Congress. Slowly but surely, the nation is heading towards a BJP mukht India at least as far as the states are concerned. The arrogance of the BJP party is actually helping regional parties to consolidate their hold and is posing a real challenge to the BJP for 2024.

As someone rightly said, the first term was Modi-centric while the second term is a shared equation between Modi and Amit Shah – the latter being the executioner taking the full brunt of the public ire. It is too much of a prestige issue for them to even dilute the CAA – leave alone revocation. The allies of the BJP are slowly distancing themselves from the controversy and it will be a Herculean task for the BJP leaders to get them on board. The setback faced by BJP in state elections has emboldened the allies to express their reservations on the controversial measures, the latest being the JD[U]. BJP cannot take allies for granted for any future legislation. They will have to think twice before contemplating any controversial legislation. They will have to embark on a consultative process and engage all stakeholders on board. Nobody is convinced that genuine citizens will be unaffected since people feel that the BJP [read RSS] has an agenda which it is trying to push through. By the way, is the call by Modi for Congress Mukht India, backfiring? The arrogance of Narendra Modi is having a negative impact. The duo will not agree though and that is good for the Congress.

Children's deaths

The BJP was perhaps well within its right to call for the resignation of the Rajasthan CM Ashok Ghelot in the wake of a 100 deaths of innocent children in the State in a short span of one month. No doubt the children belonged to poor parents who could not afford private hospitals for obvious reasons. With the pathetic conditions inside and outside the hospital it is surprising that the death toll was not higher. Infants are more susceptible than the adults when it comes to unhygienic surroundings. It is said that the medical equipments were either not adequate or dysfunctional adding to the woes of the helpless parents who waited in vain for proper medical care to save



by Marshall Sequeira

their loved ones. They were let down.

The Rajasthan CM did not show much sensitivity while facing the media. He gave an impression that he was satisfied with the state of affairs in hospitals which drew public ire. Even his own deputy [Rajesh Pilot] had to publicly contradict him and sought remedial measures and actions against those responsible after fixing responsibility. He may have had an axe to grind with his boss but he did what was right under the circumstances. The hospital authorities knew that all is not well and the moment the Health Minister announced his intention to visit the hospital, within a day or two, things changed with new paint and clean wards for the Minister to take a guided tour. Even a green carpet was laid but the moment there was public outcry the idea was abandoned. Was the Minister visiting the hospital for the first time since he took over? Perhaps! No wonder everything was being spruced up to impress him. Actually, the Minister must visit all hospitals unannounced and incognito if he wants to 'see' things as they are. No doubt the situation is no better in other states like UP and MP. State governments too have not done enough on the basic healthcare. It is a malaise all over the country.

Why did the BJP not persist with the demand for Rajasthan CM's resignation? Was there a change of heart? No. The media came up with startling details of deaths in Gujarat hospitals – some 166 deaths in December and over 900 plus in 2019. These details put the BJP on the back foot because the situation in the BJP ruled state of Gujarat was worse than Rajasthan. The lives of infants were no longer precious. Politicians will play politics but the real sufferers will be the poor of this country. Medical care and education should have been the priority of the Modi government but who cares. He has a much larger agenda for which he has brought Amit Shah [or made to?] as Home Minister.

How emotionally healthy are you?

DO YOU MONITOR your emotional well-being and take action when you hit a rough patch? Let's be honest, most of us don't. In the past, researchers believed that success made people happy. Newer research reveals that it's the other way around. Happy people are more likely to work toward goals, find the resources they need and attract others with their energy and optimism - key building blocks of success. We bring you some of the best information that you can use and apply in your daily life to increase your emotional health and wellness because mental and emotional health is an essential part of your wellbeing.

If you physically over-tax your body, say by overexerting yourself on a hot day or staying up for 24 hours with no sleep, you probably wouldn't be surprised if it suddenly 'breaks down'. We avoid such pitfalls by tending to our physical health, resting and drinking water when doing taxing work in the outdoor heat or making sure we get adequate sleep on most nights. Your mind is subject to the same rules, meaning that it can only take so much stress before it breaks down, yet many neglect to tend to their emotional health with the same devotion they give to their physical well-being. This is a mistake but one that's easily remedied with the following tips for emotional nurturing:

Develop nurturing rituals :

Emotionally healthy people have empowering daily rituals that help them play to their strengths. Moreover, these daily rituals help them to stay grounded, focused and emotionally in control. They partake in daily rituals such as meditation, gratitude journaling, goal setting, visualisation, self-reflection, exercise and reading. Each one of these rituals helps them to connect deeper with their core selves.

Guard your mind :

Emotionally healthy people do not

quickly succumb to fear, worry or stress. Yes, they indeed experience these emotions on some level but not to the degree where their emotions overwhelm them. This is because they have trained themselves to detach mentally from their experiences. With a more objective view of what's going on, they are better able to work through their problems and circumstances in more optimal ways. This process of detachment is a means for them to guard their mind against the negativity and uncertainty that they are confronted with daily.

Protect your self esteem :

Self-esteem is the armour we wear to the 'battle of life' and yet when it is low, we often become self-critical and injure it even further. Even more concerning is that they by weakening our emotional armor we make ourselves more vulnerable to things like failure, rejection, anxiety and stress. So stop the self-criticism and protect your self-esteem when it's low by practicing self-compassion. Whenever self-critical thoughts pop into your head, consider what you would say to a close friend who expressed similar feelings. Then address those exact thoughts to yourself. Practicing self-compassion and allowing your self-esteem to recover will give a big boost to your overall mental health.

Feed your mind :

Emotionally healthy people take time to nourish their mind every single day through a commitment to life long learning. They feed their mind with new knowledge and information. This helps them gain new insights and perspectives that they previously may not have considered. They feed their mind through reading books, through exposing themselves to new people, ideas, perspectives, places and information. And as they feed their mind, they develop new skills and strengths that serve them as they progress through each new chapter of their life.

Nurture your body :

Emotionally healthy people under-

stand that their body and mind are intrinsically connected.

The health of one directly impacts the health and vitality of the other. With this in mind, they regularly take the time to nurture their body. They do this by eating healthy, by getting enough sleep, sunlight and through partaking in regular exercise. Emotionally healthy people also avoid getting caught up in food and drinking addictions that steal their energy and cloud their mind.

Nurture your relationships :

Emotionally healthy people regularly take the time to nurture their relationships. They understand that healthy relationships provide them with the mental, physical and emotional support needed to get through life's toughest challenges.

They understand the power of giving and of regularly making deposits into other people's emotional bank accounts. As a result, each and every relationship and friendship has meaning and purpose - supporting both parties along their journey of self-discovery.

AVOID AN EMOTIONAL BREAK-DOWN

- Be an optimist.
 - Have hope.
 - Accept yourself.
 - Express gratitude.
 - Find your purpose and meaning.
 - Master your environment.
 - Exercise regularly.
- Emotional health, as with physical health is an ongoing process that we need to work on consistently over time. We can't expect to be physically healthy after one session at the gym. The same is true when it comes to your emotional health. To be emotionally healthy, you need to apply yourself. You need to work on building and growing your emotional health over time. Only in this way will you develop the mindset required to live an emotionally healthy and vibrant life.

The Honest Truth About Abortion

The early Christian writer Tertullian had said: “You shall not kill the embryo by abortion and shall not cause the new born to perish. Destroying the child in her womb, causes a traumatic experience for the girl or woman often making counsel unacceptable. Abortion destroys the sense of motherhood in her.



Women by their own nature are committed to motherhood. They find themselves unable to forgive their decision of the sin of abortion, even after God forgives them.

“Thou hast granted me life and steadfast love, and thy care has preserved my spirit.” (Job.10:12). Mothers are expected to give proper advice to their daughters on birth control.

Erroneous public opinion on the crime of abortion is simultaneously disseminated via the print media not to support large families. By extension of these warped ideas abortion is being reinvented to destroy social norms causing the clarity of the miracle in pregnancy to be whitewashed.

In the book of Jeremiah it is said: “Before I formed you in the womb I knew you, and before you were born I consecrated you...” (Jer.1:15). This is an eye opener, a revelation in the words of God – that life is His to give and to take. No one has the right to abuse His grand design.

The Catholic Herald, London, reported (October 14, 2011) in their lead feature on the front page: ‘Queen’s cousin fights effort to make abortion a human right’.

The Queen’s cousin, Lord Nicholas Windsor emerged to officially

launch the San Jose Articles in the House of Lords. The articles state that from a ‘Scientific fact’ life begins from conception and must be protected. Lord Nicholas pointed out.

“I see the San Jose Articles as an attempt to draw a line and fight back against a concerted movement which seeks to read a ‘right to abortion’ into ‘international law...’ Roman Catholics can never yield to the interruption of pregnancy.



BY MELVYN BROWN

The Catholic establishment will not agree with base “homegrown and lone-wolf extremists” who condone the termination of a human birth.

Repeatedly we learn from the prophets and the apostles that God created all creatures, but bestowed on humankind the power to reason, like all his creatures He gave them the gift of procreation.

“You wrapped me up in skin and flesh, knit me together with bones and sinews. In your goodness you gave me life and watched over my breathing with care”.(Job.10:11-12).

We must protect the expectant woman from the destruction of the fruit in her womb. Do women know that life is a question of justice in relation to God’s

gift of her sexuality and feminine nature? That life goes on uninterrupted is a marvel beyond the understanding of man’s “micro-mind”.

Science may dig into the secret corners of creation, detail by granular detail, and will never be able to deliver an explanation on the divine intelligence. “Upon thee was I cast from my birth, and since my mother bore me thou hast been my God.”(Ps.22:10).

The termination of a pregnancy is a deliberate act of murder. There is no other perspective, unless, it is the only way to protect the life of the mother. Abortion is always an insensitive issue to the sacredness of human sexuality. Fortunately, abortion, like all sins is forgivable at the confessional.

When social services are not available take on the crisis in a Christian spirit – and her nightmare will go away. Compassion is the greatest healer. Often, family and relatives are in a state of shock, and the girl’s traumatic experience is hard for parents to accept, or give counsel. Never forget that the fetus is innocent and the girl is likewise innocent in all instances of forcible rape.

The Congregation for The Doctrine of the Faith, has written: “It is immoral to produce human embryos intended for exploitation as disposable biological matter.” (CDF. Donum Vitae 1.5).

“The inalienable right to life of every innocent human individual is a constitutive element of a civil society and its legislation.” (CCC. 2273).

Make some aromatic sambar masala at home

Freshly made, homemade, aromatic powder used in the preparation of popular and delicious South Indian dish Sambar. Made with a wide variety of spice and herbs, ground and stored in an airtight container to be used for a longer period of time. You can use the same masala in various other dishes to up the tangy taste and give a twist to many different recipes.



Ingredients needed for Sambar masala: 2 cups whole red pepper, 1 1/2 cups coriander seeds (dhania), 2 tbsp mustard seeds (sarson), 3 tbsp cumin seeds (jeera), 4 tsp pepper corns (sabut kali mirch), 2 tbsp fenugreek seeds (methi dana), 2 tbsp black gram (dhuli urad dal)(husked and split), 2 tbsp bengal gram (channa dal), 2 tbsp yellow lentils (arhar dal), 2 tbsp rice, 2 tbsp asafoetida (heeng), 2 tbsp turmeric powder (haldi) and 1/4 cup dried curry leaves (kadi patta).

Once you have all the ingredients handy, roast all the ingredients, except the turmeric powder, till very slightly coloured. Remove from the heat and cool. Grind to a powder and mix in the turmeric powder. Store this masala in an airtight jar and use aroma magic while you prepare some hot steamy sambar.

Thanksgiving



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

—Ms Annie Maria Fernandes, Mahim

Drumsticks Foogath



Ingredients:

400 gms drumsticks
4 peeled slices of fresh ginger
3 large cloves garlic, skinned, and crushed
1 tsp turmeric powder
1/2 tsp cumin seeds
1/2 tsp chilli powder
1 green chilli, cut finely
1 tbsp coriander leaves
1 tomato, chopped finely
1/2 tsp salt
125 gms ghee
2 sliced onions
5 tbsp fresh grated coconut

Method:

Before preparing this recipe, it is necessary to scrape the skin of the drumsticks. After scraping the skin, wash them in water and cut them into pieces of 3 - 4 inches each. After this, simmer them in salted water until almost cooked.

Crush together in a blender, the ginger, garlic, spices and salt.

Heat enough ghee to coat the base of a pan that will take the drumsticks more or less in a single layer. In it, cook the onions to a lightly browned golden stage.

Stir in the paste (i.e. the garam masala) and continue stirring for 2 minutes along with the chopped tomatoes and coriander leaves.

Add the drained drumsticks and stir-fry gently so that the pieces do not break up and lose their definition. Then scatter in the coconut and continue to cook until the drumsticks are cooked.

Taste and add extra salt if necessary.



by Jubel D'Cruz

Start your day with a glass of warm water

Regularly drinking very warm water, especially in the morning, can heal our bodies, providing digestive power and reducing metabolic waste that could have built up in our immune system. While drinking warm water may not suit your taste buds, it may be beneficial to put the caffeine and tea aside for your health's sake. Here are few reasons why:

Cleanses Digestion :

A very warm cup of water in the morning can help cleanse your body by flushing out toxins. Warm water will help break down these foods even faster, making them easier for you to digest. Drinking or after a meal can actually harden the oil in consumed foods and therefore create a fat deposit in the intestine.

Aids Constipation :

At one point or another, many of us are plagued by this common stomach problem where we have little to no bowel movement. The strain felt during elimination, accompanied by bloating, is brought on by a lack of water in the body. Drinking very warm water in the morning on an empty stomach can help improve bowel movements and aid constipation while breaking down foods as they smoothly pass through the intestines. Stimulating the bowels will help return your body back to normal functioning.

Alleviates Pain :

Warm water, considered to be nature's most powerful home remedy, can help alleviate pain from menstruation to headaches. The heat from warm water is known to have a calming and soothing effect on the abdominal muscles, which can help provide instant relief for cramps and muscle spasms.

Five home remedies that will heal your burns

Mild burns typically take around a week or two to completely heal and usually don't cause scarring. The goal of burn treatment is to reduce pain, prevent infections and heal the skin faster.

Cool water : The first thing you should do when you get a minor burn is run cool (not cold) water over the burn area for about 20 minutes. Then wash the burned area with mild soap and water.

Cool compresses : A cool compress or clean wet cloth placed over the burn area helps relieve pain and swelling. You can apply the compress in five to 15-minute intervals. Try not to use excessively cold compresses because they may irritate the burn more.

Antibiotic ointments :

Antibiotic ointments and creams help prevent infections. Apply an antibacterial ointment like Neosporin to your burn and cover with cling film or a sterile, non-fluffy dressing or cloth.

Reducing sun exposure :

Do your best to avoid exposing the burn to direct sunlight. The burned skin will be very sensitive to the sun. Keep it covered with clothing.

Don't pop your blisters :

As tempting as it may be, leave your blisters alone. Bursting a blister yourself can lead to infection. If you're worried about blisters that have formed due to your burn, see a medical professional.

Fasting can help one live longer

Keeping away from any food intake for a minimum of 16 hours to a maximum of 18 hours regularly can help can treat various health conditions. But to do so, one must be trained to bear the hunger pangs. Recent study has convinced many physicians to recommend and at times

prescribe fasting to prevent and even treat obesity, diabetes, heart diseases and cancer.

F a s t i n g contributes to keeping obesity under control. The prime example would be the locals of Okinawa who live long by surviving on nutrient-rich low-calorie diet components.

One can live longer with improved cognition and lesser proneness to heart diseases.

Fasting has an influence over mental health as well. People are more stress resistant as their brain function gets optimised after they take up fasting techniques.

Mira Road

Flat For Sale

**Spacious 1 BHK, Ground Floor,
Ownership clear title,
in registered Housing Society.
Behind St. Joseph's Church,
Opp. Infant Jesus Shrine,
for Sale for 43.50 Lakhs
(No Brokerage)**

Frank D'Souza : 9307348502

Iran attacked US military bases in Iraq. Now what will be the next step of USA? To know this, Trump is watching Indian Media channels.

Things that exist but serve no purpose
P in Pneumonia

EA in Tea

Ueue in Queue

Law and order in Delhi

Two difficult things to achieve

1. To plant your ideas in someone else's head,
2. To put someone else's money in your own pocket. The one who succeeds the first one is a teacher. And the second one is called a businessman. The one who succeeds both is called wife. The one who fails in both is called husband.

Husbands for sale

A store that sells 'New Husbands' has opened in New York City, where a woman may go to choose a husband. There are six floors and the value of the products increases as the shopper ascends the floors. A woman goes to find a husband.

Floor 1 : These men Have Jobs. She continues to the second floor.

Floor 2 : These men have jobs and love kids and she continues upward.

Floor 3 : These men have jobs, love kids and are extremely good looking, 'Wow', she thinks but she goes to the fourth floor.

Floor 4 : These men have jobs, love kids, are good looking and help with housework. She exclaims, "I can hardly stand it! Still, she goes to the fifth floor.

Floor 5 : These men have jobs, love kids, are very handsome, help with housework and have a strong romantic nature. She is so tempted to stay but she goes to the sixth floor, where the sign reads:

Floor 6 : You are the visitor number 31,456,012 to this floor. There are no men on this floor. This floor exists only as proof that women are impossible to please! Thank you for shopping at the Husband Store. Now the



store's owner opened a 'New Wives Store' just across the street. The first floor has wives that listen to men. The second, third, fourth, fifth and sixth floor have never been visited by men!

The big fight

Gurvinder, Satinder, Mahinder and Harjinder were going around town in their new BMW when a Nano driven by an old man brushed their car. All four of them came out to have a fight with the old man. The old man said, "aap log jawaan ho aur chaar ho.... This is not a fair fight." So the sense of fairplay prevailed. It was decided that Gurvinder and Satinder will team with the old man and fight Mahinder and Harjinder. The old man says, "but this too is not fair. Now we are three and the other side has only two." So Gurvinder says, "Uncle, aap ghar jao. Hum dekh lenge in ko!"

The fight after

A drunkard woke up one morning deeply repentant after a bitter fight with his wife the previous night. He noticed with dismay the crate of beer bottles that had caused the fight. He took it outside and started smashing the empty bottles one by one onto the wall. He smashed the first bottle swearing "You are the reason I fight with my wife!" He smashed the bottles till the last bottle was remaining. He realised the bottle was sealed, full and cold. He hesitated for a moment and said, "You stand aside, I know you were not involved!"

The art of lying

Telling a lie is a sin for a child, fault for an adult, an art for a lover, a pro-

fession for a lawyer, a requirement for a politician, a management tool for a boss, an accomplishment for a bachelor, an excuse for a subordinate. BUT a matter of survival for a 'Married Spouse!'

The party

Ravi to Ranjit : Look I'm not a political person but I believe that there should be only two parties in the country. On a Saturday night? And the second on Sunday night?

A politician was a guest speaker at the golf club dinner. As the politician stood up to speak, a few of the men saw it as an opportunity to sneak off to the bar. An hour later, with the politician still talking, another man joined them. "Is he still talking?" they asked him. "Yes," the other man answered. "What on Earth is he talking about?" "I don't know. He's still introducing himself."

• **Banta :** What sort of woman is your wife?

Ranbir : She's an angel.

Banta : You're lucky, mine is still alive!

Photography / Cinematography

STUDIO 10

Evershine Nagar, Malad (W)

- Traditional Photography / Videography
- Candid / Creative Photography
- Cinematography - Short Film
- Pre-Shoot / Post-shoot

• Contact : 9819157565 - Derick
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Inspiration!

Know your inspiration

There are a lot of things that can provide inspiration - seeing other people accomplish great things, seeing other people accomplish great things, seeing other people overcome adversity, hearing inspirational quotes from great people, even the sheer beauty of nature can remind us just how lucky we are to be alive. Everyday each one of us feels inspired and hopeful about the coming day. Here are some reasons:

Possibility :

The way to define possibility is something that's achievable, likely or probable. When you can confirm that something is possible, it gives you the energy and determination to keep pushing. That's how powerful inspiration can be when you focus on what inspires you.

Success of another person :

You may ask yourself 'What are the things that inspire me?'. In this case you should think about the goals you have. If you would like to achieve success, you should read about the stories of other successful people. These will teach you that it's never too late to turn your life around and become what you always wanted to be. There have been some people who were simply flat broke in their thirties or forties and in ten or twenty years they turned their life around.

Books are your friends :

The power of literature is undeniable. In case you are looking for an inspirational thought, you could turn to your favourite writer. Maybe there is a



poem that puts into words everything you would like to become in your life. In the same manner there might be a novel with some thoughts that sums up your desires. There have always been people who had their way with words and that could verbalise the things that nobody else ever could. If you find quotations of this kind, you should put them on paper and read them as often as you can. As matter of fact, these could become your mantra to keep you going when times are tough and you feel like giving up.

Life itself :

Knowing that you are alive and happy should be an inspiration by itself. It is the biggest blessing which God has given to every living being. Learn to respect the life you have and be inspired to live it fully everyday!

- Inspiration is everywhere - from the words of your favourite writer to the blooms and leaves on your morning walk. You just need to open your eyes and breathe it in.
- Colours can be very inspiring specially when you are not feeling good about anything.
- Little children teach you many things about life in their own small ways.

FOCUS-SLS20: “You Were Made For Mission!”

Over 9,000 Catholics, most of them college students and young adults gathered in Phoenix, Arizona, USA; and welcomed 2020 with a celebration of hope and life in Christ! A similar program would be a spiritual exercise for our Indian youth, many of whom are addicted to substance abuse.

From December 30 to January 03, 2020, the Fellowship of Catholic University Students (FOCUS), in union with SLS20 – Students Leadership Summit 2020 with the slogan: “You Were Made For Mission!” was inaugurated. An ideal example, if I may substitute would be: “Fight the good struggle of the faith. And Take hold of the eternal life, to which you were called, and for which you made the good confession in the presence of many witnesses” (1 Timothy 6:12).

FOCUS-SLS20 brought priests, Bishops and Cardinals, college students from 311 campuses, and passionate Catholics who serve in myriad mission fields – media, education, publishing, teen chastity, family life, marriage, pro-life, etc.

One participant witnessed: “I was enveloped by vibrancy, energy and enthusiasm. I slipped into the immense room converted into an Adoration Chapel. Hundreds of heads bowed low in Adoration. The stillness was thick with the presence of God! ‘Lord!’ I prayed. ‘This is a small taste of heaven, isn’t it?’”

Another one commented: “As Catholics, one of our greatest treasures is the companionship of Saints, especially Mother Mary, St Joseph, and our patron Saints who inspire us throughout our salvation history. They are with us as we ring in the new decade and every day of our lives.

The Apostolic Nuncio to the United States, Archbishop Christophe Pierre revealed: “It is your task as disciples and missionaries to show ‘Jesus as the Way, Truth and Life’ (John 14:6). Do not lose courage – ‘The light shines in the darkness, but the darkness could not overcome the light!’” (John 1:5).

And if I, the author of this letter may add St Paul exhortation: “Let no one despise your youth; but set an example in speech and conduct, in love, in faith, and in purity” (1 Timothy 4:12).

—Dr. Trevor Colaso,
Bandra (W), Mumbai.

Stresspassers

by NINETTE D'SOUZA

'Stress passers will be prosecuted.' When I read this notice on a signboard, I was momentarily taken aback. Whether deliberate or unintentional, the spelling mistake forced me, 'A Teacher' to accept the bitter pill that Stress & Education are indeed synonymous. "Education to be complete must be humane, it must include not only the training of the intellect but also refinement of spirit" opined Dr. Radhakrishnan over 5 decades ago. This truth is even more pertinent in the new decade. We cannot deny the fact that in our country, Education & its Assessment, like 2 sides of a coin, are like a controlled access highway, providing all stakeholders of Education with a level of security. Testimony...the results of the ICSE & CBSE Boards (X & XII) last year, which honestly frightened the daylight out of me, especially the regret of the student who topped CBSE Class 12, for getting 1 mark short of 500.

The term 'Holistic Education' bandied about, should set us thinking. Could we be guilty of setting out young girls & boys at the tender; impressionable age of 15/16 armed with a high IQ on 1 hand & a low EQ / SQ / PQ on the other, into a society that actually looks for all round development, simply because we followed unquestioningly set patterns of Assessment? Ah! The stress I experience at the very thought. The 21st century is about Management & Assessment of all the knowledge we have generated (& are going to generate in the future) & the value addition we bring to it. Marrying the competencies & skills acquired through academic pursuit, with responsible quantitative & qualitative Assessment techniques, will definitely lead to a special flowing of talents, which would fulfil the mission of Education that the 'People's President'nt

A.P.J. Kalam believed in.

*"When learning is purposeful; creativity blossoms,
When creativity blossoms; thinking emanates,
When thinking emanates; knowledge is fully lit,
When knowledge is lit; economy flourishes.*

The NCF of 2005 visualizes certain broad aims of Education which seem to be in sync with Kalam's mission. It suggests that Evaluation & Assessment should give due importance to the independence of thought & action of a child. The pedagogy employed should be sensitive to the wellbeing & feelings of students at every level. It should strive to motivate them to respond to new situations in a flexible; creative manner. The one evaluating should be pre disposed towards patience & above all should encourage the children to work towards economic progress & social change. A TALL order indeed!!!

Undoubtedly myriad problems plague our Education system, especially State run & our students are forced to swim with the tide, often against their wishes. The demography of our classrooms has changed radically & the focus in Education is no longer on rote learning & a year end Evaluation but on constant Development & Continuous Assessment. Our classrooms are increasingly becoming 'Learning Laboratories' & Educators are called to move beyond the traditional role & become, 'Facilitators of Learning'. This change necessitates that we look for & seriously put into practice more scientific & efficient ways of assessing not just our students but ourselves too. The goal of Education was; is; & shall always be: to equip our children to become better individuals, thereby creating a better world. With this end in mind our varied Curricula and our methods of Instruction too, will have

to keep pace with changing social structures & technological advances. The key lies in sound decision making for which systematic Evaluation becomes an integral part of the Teaching - Learning process.

"The crippling of individuals I consider the worst evil of capitalism. Our whole educational system suffers from this evil. An exaggerated competitive attitude is inculcated into the student who is trained to worship success as a preparation for his future career." Albert Einstein. Newspapers everyday are flush with scary statistics of student suicides (Telangana, April 2019), of overburdened help lines trying to soothe the frayed nerves, of doctors, psychiatrists, psychologists working overtime to calm stress related disorders of both parents & children. For Educators today it is equally stressful, challenging traditional parameters of academic Assessment. A lot has been done, is being done but a lot remains to be done, if Evaluation is to become stress free. All collaborators in the Educational process need to make a paradigm shift, to a more transparent & inclusive Evaluation system. Concentrated efforts are needed towards changing the mind-sets of parents & children themselves, who with bigger dreams to chase & ambitions (often parental) to fulfil have made stress an inevitable part of their lives. The need of the hour is to understand that in the rat race for unbelievable percentages & a topper's position, parents could find themselves guilty of not only smothering a bright future for their children, but also preventing them from living a life of abundance.

The Educational process & thereby its Evaluation was never easy & is not going to get any easier with time, because each day brings with it new situations / challenges, that make unique demands on the system. Life is pure

(Contd.. on p. 19)

Saint Jerome's Death Anniversary 2020

The Catholic Church celebrates 1600 years of his dying

By Melvyn Brown

adventure & the sooner formal Education & all it entails helps students realize this, the quicker they will be ready: 'to challenge, to dream, to shine & to dare.' In the year 1987, when I was pursuing my B.Ed. at STIE, my Principal, Sr. Eileen advised me to throw out my plan book at the end of each academic year, as it would be ineffectual the following year. She apprised me of the truth that each new group of students was unique & all of our fashioning of Curriculum, Assessment & other activities should be done, to meet their needs. Today it seems as if our children are better informed than us in almost all areas of Life & yet it is when they think they know it all, that they are actually lacking in correct knowledge. An Educational system that understands the 'Multiple Intelligence Theory' put forth by developmental psychologist, Howard Earl Gardner way back in 1983, will teach--- to students strengths, when evaluating them--- will expect the best & above all--- **will celebrate their success, no matter how small or insignificant.** This will happen when we realize that we are called to suggest rather than dogmatize, to inspire rather than to inform. It is only generosity of heart in accepting change in Instruction & Evaluation that will allow us Educators to watch our students move beyond us – to think, write & achieve better than we ourselves have ever done.

"Education is the most powerful weapon you can use to change the world." – Nelson Mandela. It is up to us Educators to realize this dream. Come, this International 'Day of Education' (24th Jan) let us pledge to be 'Stress Busters' & not 'Stress Passers'

In the opening weeks of this New Year, among the great saints in the Catholic Church the name of Saint Jerome evokes a life extraordinary in spiritual traditions. He died near Bethlehem in 420 AD. This year the Church celebrates his death anniversary.

Saint Jerome was a Latin Catholic priest, confessor, theologian, historian and Doctor of the Church. He had translated the Bible into Latin, known as the vulgate. His views on the Gospels and his vast collection of writings is preserved to this day.

Jerome often draws attention to the lives of women and went on to state that women who showed devotion to Christ Jesus should live in true faith and devotion. He was accepted as a saint by the Catholic Church, the Lutheran Church, the Anglican Communion and the Eastern Orthodox Church.

Jerome went on a mission to Thrace and Asia Minor with a few companions in 373, moving across northern Syria. He lived for many months in Antioch, where two of his friends died and he had taken ill, often. He studied the classics and the Bible. At this time he went to the desert of Chalcis, found much time to study, write and learn Hebrew from a converted Jew. Eventually, he translated parts of the Hebrew Gospel into Greek.

Bishop Paulinus ordained Jerome in 379 as a Latin Catholic priest. He still kept his ascetic life. Sometime later Jerome went to Constantinople and studied Scripture before he returned to Rome. Jerome was made secretary to Pope Damasus 1.

In 382 he attended the synod, while at Rome he took on the task to revise the Latin Bible based on the Greek writings of the New Testament. He also

enriched the Psalter which had the Book of Psalms, and was centered on the Septuagint. His many translations became the Latin Vulgate Bible. It would become his most important success and contribution to Catholic scriptural writings.

Jerome went back to Palestine and lived the few years of his life in a cave near Bethlehem. It was said the cave was the place where Jesus was born. From this cave he spoke, taught and wrote several articles, surrounded by friends, men and women to whom he took on the role of a priest, guide and teacher.

Jerome's collection of books added to his life of prayer and activity while his livelihood was taken care of by Paula, a rich Roman's aristocrat's widow and her daughter Eustochium. They had the wish to stay in the Holy Land for the rest of their lives. After a few years Jerome moved on.

It has been noted that Jerome passed away close to Bethlehem on 30 September 420. His remains were kept at the basilica of Santa Naria Maggiore in Rome. His head is in the possession of the Cathedral at Nept.

Saint Jerome viewed the 'apocrypha' as Scripture. In a letter to Eustochium, he mentions Sirach 13:2. At another time he wrote about Baruch, the Wisdom and the Story of Susannah as scripture.

A close study of Saint Jerome reveals that his commentaries fall into three groups: The translations, the Original Commentaries on the Old Testament and the New Testament commentaries. He is also a historian of considerable value.

Saint Jerome has four works of a hagiographic nature: the Vita Pauli Monachi (376). The Vitae Patrum, a biography of Saint Paul of Thebes. The Vita Monachi Captivi (391 AD) and the Vita Hilarionis.

In conclusion Saint Jerome has been ranked one among the western Fathers. In the field of art he has been placed among the four Latin doctors of the Church, Bishop Augustine of Hippo, Bishop Ambrose and Pope Gregory.

Royal Christian Family MATRIMONIALS - GROOMS

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

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.

6424. MUMBAI : East Indian Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 65 kgs, Fair Complexion, Edn. B.Com., well employed, working as Sr. Cus-

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

tomer Care Executive. **Contact email :** gerardd754@gmail.com,
Mob:9594766322 / 9930620943

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

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

6172. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1978), Ht. 5' 9", Wt. 86 kgs, Wheatish Complexion, Edn. M.Com., Position : Financial Consultant. Seeks a alliance from RC graduate/pst graduate spinster. **Contact email:** raceangelreb@yahoo.in

6508. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in October 1986), Ht. 5' 10", Wt. 80 kgs, Fair Complexion, Edn. B.E.. working as a Asst. Manager in German Company. Seeks a tall, well educated homely Mangalorean girl. **Contact email :** colind.3010@gmail.com

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

6573. VALSAD : Goan / Mangalorean Roman Catholic Bachelor, (Born in February 1986), Ht. 5' 5", Wt. 68 kgs, Fair Complexion, Edn. B.E. Mechanical, working as a project engineer in **SAUDI ARABIA** seeks a well quified girl from a good family background.

Contact email : ian.roshan.dsouza@gmail.com

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
OR 9820670158.

6713 MUMBAI : Mangalorean RC Bachelor, (Born in September 1989), Ht. 5' 6", Wt. 67 kgs, Wheatish Complexion, Edn. B.E. (Extc) working as a Sales Engineer. **Contact email :** coelho.helen@yahoo.co.in

6841 MUMBAI : Anglo Indian / Keralaite 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

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.

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 **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

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7122. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1993), Ht. 5', Wt. 45 kgs, Wheatish Complexion, Edn. B.Sc. IT., working as a Tech Support Engineer. Contact email :

lynettelewis67@gmail.com

7111. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5', Wt. 47 kgs, Fair Complexion, Edn. BMS., working with an MNC. Contact email :

owena.dsouza@gmail.com

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

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7123. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1987), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. B.Com., CS., M.Sc., working as a Sr. Manager Programmer. Contact email :

r.douza.co@gmail.com

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

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

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

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

7035. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1988), Ht. 5' 1", Wt. 80 kgs, Wheatish Com-

plexion, 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

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

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

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

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7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email :

l2018anselm@yahoo.com

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Differences between reading and computer glasses

There are two main differences between reading and computer glasses. The latter are designed to work at a longer distance. They also usually contain a material designed to reduce glare from the screen. One alternative to buying separate glasses for reading and computer use is to buy specially designed bifocals.

Note that there is a big difference between generic reading and computer glasses and those prescribed by an eye doctor or optician. Prescribed glasses will have lenses custom built to fit the specific deficiencies of the user's eyes.

Generic glasses often simply contain magnifying lenses similar to those found in a magnifying glass. While these may be suitable for many people, they will not be a suitable solution for everyone and could even do more harm than good. Dedicated reading and computer glasses usually aim to serve different needs, most notably in terms of distance.

For both visual and ergonomic reasons, the most common advice is that a computer screen should be at arm's length from the user which can be as much as twice as far away as book reading distance.

This requires a dramatically different level of magnification and focus point.

More people likely to shop through smartphones in 2020

Rising affordability and better user experience would translate into more people shopping through smartphones this year, e-commerce platform Club Factory said on Wednesday while announcing predictions for 2020.

In 2020, according to the firm, with availability of more payment options

users will make more digital payments, reducing cash on delivery. The increasing use of artificial intelligence (AI) in e-commerce will mean improved logistics, speedier deliveries and better buyer experience.

The digitalisation will allow platforms to source directly from factory, connecting consumers to manufacturing and helping them avail the best possible price as well as better product customisation.

Internet penetration, users becoming familiar with conveniences and benefits of online shopping will help expand the e-commerce market.

E-commerce is also creating a level-playing field for users in smaller towns and cities. As more users get online in these cities, they will be the key to the growth of e-commerce.

More users are likely to sign up for subscription services to regulate delivery and save money.

What Is Corporate Culture?

Corporate culture is a company's perceived environment that is not necessarily tangible to employees and other stakeholders. A common definition for this concept is the values or beliefs a company develops over time. The role of corporate culture is to enhance a company's mission and strategies, with long-term hopes of improvements in a company's profit.

Though corporate culture often comes from a company's top management, older companies can develop a culture that is different from the classically defined business concept. A strong culture can get all employees on the same page and make the company stronger than before the culture existed.

A company's corporate culture can also extend beyond the walls of the business. Consumers who believe a company to be ethical and forthright may be more loyal in their buying behavior.

Difference between passport and visas

Passport and visas are both a critical part of international travel but these documents are used for different things. A passport is a form of identification which is issued by a national government, confirming the identification and citizenship of the bearer. A visa is an endorsement which is added to a passport, indicating that the bearer has permission to enter a particular country for a set period of time. As a general rule, both passports and visas will be needed to cross an international border. Carrying a passport does not entitle someone to any inherent rights, beyond the right to return to his or her home nation. A visa is an endorsement which can be stamped or pasted into a passport, indicating the bearer is allowed to be in a country.

How to deal with a backstabber?

Backstabber's will say the nicest things about you in your presence, only to turn around and tell others what a good-for-nothing, hopeless waste of space you are. They feel insecure, emotionally vulnerable and angry with themselves and the world, so make up stories about others or exaggerate minor mistakes and weaknesses of people. They like to stir up conflict and drama. If possible, stay away from Backstabber's. Otherwise, the following suggestions could help in dealing with them:

- As challenging as it might be, confront the Backstabber when you have evidence that they have been saying negative things about you. If you don't they will delight in their triumph and continue with more of the same.
- It's not wise to want to back-stab in return. You don't want to become their enemy.

The surprising history of emojis



EMOJIS ARE THE little pictures that make texting so fun. So how did things get this way that, in the 21st century, we're completely crazy about and absorbed with it?

You encounter emojis on a regular basis in your 21st-century, tech-savvy lifestyle, but what is the history of emojis? They're all over the place, and you really can't interact with any device or platform these days without someone sending you an emoji or you sending to the ubiquity of this form of communication. It didn't happen overnight, to be sure, but emojis actually haven't been around for very long at all, which speaks to how their popularity has spread like wildfire in recent years.

Where did emojis come from? They're definitely a cultural phenomenon, as they originated from Japan, which you may have already guessed based on their name. As the 20th century drew to a close, Japanese mobile-phone companies were under increasing pressure to support Japanese users' obsession with images. They began to remark on a trend where a lot of picture messages by their Japanese client base.

So instead of just ignoring this and focusing on how they could charge their customers more money, these Japanese mobile-phone companies actually gave their users more of what they wanted.

According to the Verge, the man we can thank today for emojis is Shigetaka Kurita, the father of the emoji. As an employee of NTT DoCo-

Emoji will continue to evolve as new technologies allow for animated and higher resolution images for extra clarity.

Emoji are being used to help transcend language barriers, make machines, home, and industrial robots seem more personable.

Emoji encourage communication in an era when some people wrongly say messaging is killing the art of conversation, ignoring the fact that conversation has been evolving for over 40,000 years from simple pictures on cave walls to simple pictures on HD screens.

Mo, the biggest mobile phone operator in Japan back in the day, he was part of the intrepid i-mode team that sought to revolutionize Japan's means of communication.

However, he soon realised that digital communication whether it's email or, at the time, pagers - robbed human beings of the ability to communicate emotion.

In Japan this is particularly important, as small-mail letters have a tradition of being long-winded, full of honorifics and emotional messages of goodwill. With digital, you ended up robbing people of this more personal aspect of communication, resulting in a relationship breakdown and miscommunication that Kurita wanted to fix. His solution was the emoji, which literally comes out to 'picture' (e) and 'character' (moji).

These days people hardly text instead they opt for emojis to share their views and feelings!

Emojis or Emoticons have gained a lot of popularity among all the generations, especially in Youth. These emojis are widely used on social media websites such as Facebook, WhatsApp, Instagram, etc. It is very easy to type a wink face emoji or a thumbs up emoji in a text message to help get your point across in something other than words alone.

You may wonder why the same emoji looks different on various operating systems, browsers, and Apps (Mac OS, Android, Chrome, Facebook, Twitter, etc.). That is because each of them has different rendering engines since there are no standard styles for Emoji Unicode. It's up to the OS/Browser/App to determine what kinds of styles to apply using their own library. Thus not every emoji in the Unicode specification is compatible if no style is applying to it.

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