

THE SECULAR CITIZEN

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A NATIONAL FAMILY WEEKLY

Dump Negative People from Your Life



Indian Catholic Press Association (ICPA) Awards for Best reportage and Literature

Indian Catholic Press Association (ICPA) has chosen Santhosh Kumar Digal for the best reportage on Scheduled Castes and Scheduled Tribes and John Deepak Sulya for his contribution to Hindi literature.

While the SC/ST Reportage Award is a joint venture of the ST Commission of the CBCI and the ICPA, the Swami Devanand Chakkungal award for contribution to Hindi literature is jointly given by the Indore Province



Fr. John Deepak Sulya SVD

of the Society of the Divine Word and the ICPA.

The Awards will be conferred by former Supreme Court Judge Justice Kurien Joseph during the 25th National Convention of Christian Journalists, organized by the ICPA, scheduled to be held in Delhi on 29th February.

Santhosh Digal, a Catholic priest-journalist from the Archdiocese of Cuttack- Bhubaneswar, has been regularly contributing to major national and international news portals on tribal issues. His stories have appeared in The Herald (Calcutta), The Examiner (Bombay), The New Leader (Chennai), The Indian Currents (Delhi), The Teenager (Bombay), JIVAN (Jesuit news and views magazine, Gujarat), The People's Reporter (Kerala), The Tablet (London), mattersindia.com (Delhi), Union of Asian Catholic News (UCA News), South Asian Religious News (SAR News), AsiaNews (Rome), Fides (Rome), Independent Catholic News (London), uca.news/LiCAS.news (Bangkok), Philip-

pine News Agency, CBCP News, The Catholic Times, and World Mission (all from Manila). He has worked as a sub-editor at Orissa Post (English daily from Bhubaneswar), English tabloid "YUVA SAMBAD" of prominent Odia daily SAMBAD (Bhubaneswar), and Kloud 9 (monthly English magazine) for high school and college students published from Bhubaneswar.

Digal's writings have been mainly focusing on human rights, freedom



Fr. Santhosh Kumar Digal

of religion, religious persecution and marginalized communities (Dalits and Tribals) across India. He has also extensively reported on communal violence, most importantly the anti-Christian violence of Kandhamal in 2008 and its aftermath. He has been the voice of people's rights especially of the poor Tribals who are more susceptible to exploitation and injustice.

Fr John Deepak Sulya, a Divine Word Missionary based in Indore, has been chosen for the Lifetime Achievement Award for his contribution to Hindi Literature. Fr Sulya has been using his pen to make the Word of God as comprehensible as possible in the current literary Hindi that would be appropriate and understandable not only to Catholics but people of other faiths. He uses literary genre that flows smoothly, using words that are delicately and specifically chosen not to hurt the cultural sentiments of the local population.

Ignatius Gonsalves,
President-ICPA

Suresh Mathew,
Secretary-ICPA

' Promote good journalism '

A very interesting editorial article in Mid-Day dated, January 18, 2020 titled : Will real journalist please stand up ? BREAKING BAD The older I get , the harder it is for me to find members of my profession willing to stick to the basic ethics of journalism by Lindsay Pereira very correctly and very aptly speaks of and bemoans the fact that journalists are not neutral and impartial and hence cannot write a fair and investigative article.

Journalists are wrongly and insultingly called prostitutes by politicians who fail to understand that journalists are only doing their duty to expose politicians wrong , bad and evil deeds.

Criticism of the government in power is not tolerated -which is totally wrong and undemocratic since everybody has a fundamental right to express his opinion fearlessly in a democracy.

Journalist are also attacked by criminal gangs and religious sects who do not like the truth to be revealed .

Good and honest journalism can bring about positive and useful changes and journalist are only fighting to save the Constitution.

The sad and real truth about Indian journalism is that it is completely commercialised and politicised and even communal and reaks of propaganda and journalistic movements that have been used to modernise it have failed after having being successful for a long time because the zeal and zest to go very deep to reform it are undertaken half heartedly and sometimes by journalistic modernisers who are one man shows and do not have a good second line moderniser.

Even the once strong and vibrant letter writer association movement has collapsed and urgently needs to be urgently revived immediately without fail and letter writer whose letters are actually short articles are wrongly not considered journalists

Freelance journalists must be recognised as journalists who earn a living and must be allowed to join the press club.

Thus we see the need to promote good journalism whose purpose is to educate and to inform and to entertain -unless this is done how can we expect to have good leaders.

—Peter Castellino

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Awakened Conscience

By Don Aguiar

It is not an insignificant fact that most of the tall leaders of India's freedom movement — were formatively influenced by the Christian culture via their exposure to the West. Sri Aurobindo lived with a Christian priest-family for several years in England. Gandhi was influenced by Ruskin and Tolstoy, both of whom were ardent and well-informed Christians. Gandhi's acceptance of truth as the paradigm of his spiritual and political life — was, to a large extent, due to Tolstoy's influence.

A significant meeting point between the Constitution of India and the Christian faith is the value both attach to life per se. In the Indian culture, life as life had no value. The worth of life depended on a person's caste and social standing. The purest form or example that Christian faith introduced into the world is centred on the absolute value of all human beings based on the divine origin.

In a country where obedience to elders is all but enshrined in law, young Indians are demanding the right to be heard, protesting against everything from university fee hikes to most recently a new citizenship law criticised as anti-Muslim/Minority which was passed last month.

Every country will and should define its borders, protect national security and set immigration policy accordingly. In democracies, that is something that the people and their governments will debate and define within these boundaries. Legislation alone will not transform the country. The transformation of the individual — is the key to social transformation and national regeneration. When this is left out, the law itself assumes an unjust and oppressive character. **The flavour of law depends very much on who handles it and for whom it is handled.**

Hundreds of thousands of people have participated in demonstrations nationwide, and at least 25 have been killed in clashes with police. **It is sad to see violence by the government against its citizens for voicing their opinion through peaceful protests.**

(Contd.. on p. 4)

We must not dilute our citizenship responsibilities but maintain a higher standard of right and wrong, of the idea and practice of justice, and commitment to the ideals of liberty, equality, fraternity. In all of these, we must exceed the norms prescribed.

The Preamble to the Indian Constitution lists four fundamental principles, the foremost of which is justice. The centrality of the ideal of justice to the protesting students and we the people is too obvious to be argued.

A dangerous aspect of the corrosive and widespread social and political confrontation we see in India today is the absence of true dialogue. Consumed by the correctness of their thinking and cause no one is engaging anyone on the opposite side. All are busy talking past the other. **Their messages and postures are not directed at finding solutions, but at shoring up their credentials with the likeminded.**

A couple of Sundays ago masked attackers went on the rampage at Delhi's Jawaharlal Nehru University, injuring 34 people and sparking yet more

protests.

The ruling alliance and the opposition are only exchanging harsh words. In this context it is worth recalling that Rajnath Singh once said that while he could not agree with many of Nehru's policies, he could never doubt his intentions.

The debasement of our public debates currently, their aggression, hostility and the 'other-ing' of anyone who disagrees with you is at least partly a consequence of the odious descent of TV news media.

Inordinate media focus on Left vs Right battles have taken the eye off larger, more important issues – student protests, CAA, NAA – counter-productive in my view. These issues have nothing to do with Left vs Right student politics. **They are about the constitution & nationhood.**

The constitution is to a country what the scripture is to religion. It sketches the destination for a people and roadmaps the journey in a minimalist sort of way. Insofar as a nation is an entity in a state of continual evolution towards the goals espoused by a people, its constitution too is bound to be in perennial modification. The most obvious meeting point between the protesting students, we the people and the Constitution of India is the ideal of freedom and its emphasis on justice and secularism.

India is vigorously engaging the world but it is ironic that the same impulse is lacking among leaders in different sectors of national life to dialogue with those with differing views on domestic issues.

In an age ruled by social media, even movie stars are not insulated from the issues that matter to their fans. Why would they want to alienate them or cannot stay neutral?

None of this would be happening without social media, Bollywood has faced so much criticism on Twitter for not being politically engaged, and much of it from young people who are

their target audience.

Ultimately the film industry is a microcosm of society, and images of bloodied students do not go down well with middle-class Indians. They cannot stay neutral in such issues.

In contrast to Bollywood's younger generation, the old guard including superstars such as Shah Rukh Khan, Aamir Khan and Amitabh Bachchan have not commented on the protests.

They perhaps have learned the hard lesson that sticking your neck out is a dangerous business, risking film boycotts, the loss of lucrative sponsorship deals, or worse.

Padukone's last release "Padmaavat" came under fire from religious radicals linked to Modi's Bharatiya Janata Party (BJP) who objected to her portrayal of the legendary Hindu queen in the epic.

Mobs attacked the director and vandalised the set. One BJP politician even offered a bounty for the actress to be beheaded, and a Molotov cocktail was lobbed at a cinema. A cabinet minister Smriti Irani accused Padukone of being unpatriotic and standing "with people who wanted the destruction of India".

For years it's been easy to malign those of us who spoke up and write it off as a publicity stunt, so to have the biggest female star in the country do it is a huge win in the perception battle.

Ultimately though, this moment belongs to the protesters and the students who have awakened this country's conscience.

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Justice delayed is justice denied

The long arm of the law seems to have just got longer. The hanging of the four convicted men in the horrific Dec 16, 2012 rape and murder case in Delhi, looks set to be delayed. While the hanging is for sure, the Jan 22 date is not. One of the convicts has appealed to the president for mercy. Should the president reject the mercy petition (which he will,) the law requires that the hanging can take place only after 14 days thereafter. These dilatory tactics are diluting the deterrent value of capital punishment. The law must be changed so that there is a set time frame for appealing to a higher court and to the president and the final hanging. Curiously as per the existing law the other three convicts cannot be hanged on Jan 22 as all convicts in the same case must be hanged together!

—Prof Robert Castellino

Priestly celibacy on the boil

Priestly celibacy in the Catholic church is a hot potato which keeps popping up time and again, even as the Catholic church keeps demanding its continuance. Pope Benedict XVI is a classic example of a diehard Pontiff who firmly believes that priests should emulate the example of their lord and master Jesus Christ who was celibate all his life. However of late, it is the 2019 October Amazon synod which is proving to be the game-changer with a majority of bishops voting in favour of the ordination of married men as priests to overcome the acute short-

age of priests in the Amazon, where natives are deprived of the Eucharist and sacraments for months together. While nothing concrete has emerged till now, there is strong reason to believe that Pope Francis is likely to succumb to the pressures within and change the 900 year old ecclesiastical law of mandatory celibacy, as an exceptional case, to meet the spiritual needs of the natives of the Amazon region. Secondly, questions are also being raised as to why church missionaries are reluctant to go to the Amazon to meet the needs of the indigenous people. We have sufficient number of Catholic missionaries all over the world who can take up this daunting task, even it means making great sacrifices. Probably it is because the “spirit is willing, but the flesh is weak”.

— A. F. Nazareth,
Alto Porvorim

Adherence to the flag code of India

Republic Day is one of the most important national festivals in India. It is celebrated with great splendour and grandeur to commemorate the enforcement of the Indian Constitution on January 26, 1950. It was on this day that our motherland was declared a total sovereign, democratic and republic state for the first time. Celebrations in the form of massive parades, playing patriotic songs, organising cultural events and reciting poems take front seat. Indeed it's a day of celebration.

But it is the duty of every citizen of India to show respect to the Indian Flag. Streamers made out of small National Flags are often used for decorative purposes on Independence

Day and Republic Day. But once the celebrations gets over, we find these flags being trampled upon on the streets or thrown into dustbins. Often, these flags are also burnt along with the garbage. This is an insult to the National Flag. The practice must be stopped at once. Any display of the National Flag must be in strict adherence to the flag code of India. The Centre and the State administration should ensure this.

—Jubel D'Cruz,
Mumbai

Swami Vivekananda Wouldn't Have Approved of CAA-NRC

If standing up for the Indian Constitution and for the values of Swami Vivekananda and Mahatma Gandhi make me a part of the 'tukde tukde' gang and an 'Urban Naxal', then the label fits. I am a human being and a proud Indian. I do not belong to any political party, I am not anti-national, I am a little bit of a Hindu, a Muslim, a Christian, a Sikh, a Parsi, a Jain – and a bit of any belief that embodies what the Preamble to our Constitution guarantees us – a sovereign, socialist, secular, democratic republic.

My name is Minna Kabir, and I am the wife of the late Justice Altamas Kabir, former Chief Justice of India. This is the way I grew up. I lived in a neighbourhood where Indians of all religions and all communities and all cultures lived. We coexisted, never judging people because of the religion they belonged to.

—Ms Minna Kabir

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Are we media-shy or Too prudent?

Ignatius Dabhi



I have been reminded of the Gospel... they will hate in my name....” I have seen hundreds of cases where Christians are maltreated.... The moment they hear your Christian identity, their behaviour is changed! Some sort of hidden apathy for us is expressed in their behaviour for us....

A nun, our family friend in her late sixties recently visited Bihar, U P and North. - Eastern states. She told me : “What a amount of persecution, maltreatment and hatred for our nuns and religious people in those states.... Goons openly attack our convent, our girls are not safe and so are our nuns....” Does the Catholic Bishops Conference of India protect, safeguard and come to our aid? I was dragged to court by a Hindu fanatics to court.... the case lasted for fifteen years and nobody (except my good Lord) came to help.... Our people ever protected? Does the local bishop or Vicar ever care to (dare to) protect poor Christians? In the B J P States we face a complete discrimination... Any protection to us? Most of the print-media bosses are BJP yes-men...” The police is the worst of all,” said a Catholic social worker who faces more than five court cases. Do our parish priests really involved in our social lives? The time has indeed come when will as citizens of this country, stand up for our rights. We will have to make our own place in this Hindu India.... Our youngsters should be trained to fight for their rights.... **WE ARE NOT A SECOND-CLASS CITIZENS. NO, WE ARE NOT AND WE WILL NOT BE... WE FIGHT FOR EQUAL RIGHTS.....**

One of the signs of wisdom is you do not easily give your opinion on the matter under discussion. Your silence is respected and your words are worshipped! On the other hand, the timid also keeps silence but his silence is out of fear or ignorance. I am reminded of this eternal truth we Christians on the whole seem to keep silence on the burning matters like CAA, CAB atrocities on dalit Christians and so on.... Are we Christians media-shy, far too prudent or ignorant? It is indeed a time we reflect on these vital issues.

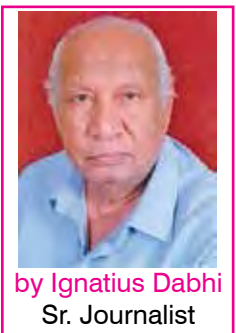
Examine the Church history. By and large Christianity was favoured by the authority and often protected also. Kings and the Church tried to have a single mind on many important matters. Things were smooth and easy then. After the Islamic invasion Europe,

things started to shift. Christianity was persecuted. The voice of dissent was brutally crushed.

St. Thomas came to India and had to face opposition practically everywhere. His conviction for Christ knew no fear. And he died because of his conviction. Francis Xavier did face opposition but there were rulers to back him up... Most of Indians believe that Christianity came to India through the British rulers. The British were more businessmen than faith-protection. The Queen and the Crown were not much bothered about the spread of the faith. Christians might have felt protected but the British were real politicians.....

Volumes and volumes can be written on Christian contribution towards the building of today’s India. It is suffice to say now that although we form a tiny minority, in the field of education, health-care, socials service, in army, navy and military forces and in administration and politics, Christian contribution is note-worthy and important.

Be it a Congress or a B J P government, some sort of difference or apathy for Christians is always experienced. Christians are not liked or treated equally... Having been in public life, as a journalist, I have seen, experienced and undergoes unequal treatment by the government officers.



by Ignatius Dabhi
Sr. Journalist

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Student Power to the Fore

It is student power to the fore! Ever since India attained independence, it is the very first time that students are protesting and out on the streets. Reports are pouring in from scores of universities from all over the country! They are protesting against the CAA, the NPR and the NRC and above all, the attack on the students and their professors, by the police and the Hindu-tva goons, in some of the nation's prestigious universities. On 14 January, when Gujarat celebrated 'uttarrayan', several students of the Gujarat Vidyapith (the university founded by Mahatma Gandhi in 1920) flew kites with slogans saying 'NO to CAA, NRC, NPR'! On 18 January, at the convocation ceremony of the CEPT University, also in Ahmedabad, dozens of students sported black armbands, again to protest the CAA and in solidarity with the university students beaten up in other parts of the country.

In fact, the Government, is really clueless as to how to deal with this unprecedented student uprising. From the IITs, the IIMs and from universities across the country, thousands of students have been protesting in creative and non-violent ways. In several places the police have been sent in – and this has added fuel to the fire! Besides, from all over the globe students and academics have come out in solidarity: from Harvard and Oxford, from Stanford and Cambridge, from SOAS, London and Yale and from many other ivy league universities! Their voice is loud and unequivocal: the CAA, NRC, NPR have to be withdrawn and students have a right to voice their dissent against what is unconstitutional!

One is reminded of the address which, the then Prime Minister of India,

the late Pandit Jawaharlal Nehru delivered on 13 December 1947 at a special convocation of the University of Allahabad, when he said, "it is necessary for all of us, and more especially for young men and young women in the universities to pause and think for a while on these basic matters, for the future of India is taking shape in the present, and the future is going to be what millions of young men and women want it to be. There is today a narrowness and intolerance and insensitivity and lack of awareness which rather frighten me."



BY FR. CEDRIC PRAKASH SJ

Nehru went on to add, "war has not brought peace and freedom, but it should teach us many lessons. It brought the downfall of what had been called Fascism and Nazism. Both of these creeds were narrow and overbearing and based on hatred and violence. I watched their growth in their respective countries as well as elsewhere. They brought a certain prestige to their people for a while, but they also killed the spirit and destroyed all values and standards of thought and behavior. They ended by ruining the nations they sought to exalt. I see something very similar to that flourishing in India today. It talks in the name of nationalism, sometimes of religion and culture, and yet it is the very op-

posite of nationalism, of true morality and of real culture. If there was any doubt of this, the past few months have shown us the real picture."

The address which Nehru gave, more than seventy years ago, ring so very true today, as we see and experience a grim reality, unfolding before us today! India's temples of learning are under attack as never before: hate, intolerance and violence are being mainstreamed in a meticulous manner. Freedom of thought, speech and expression; the courage to be critical, analytical and objective; to debate and to dissent, to challenge and to be creative, which make up the DNA of great universities in most parts of the world, are systematically denied!

Fascism is alive and kicking in India even as it reared its ugly face onto University campuses in different parts of the country; first it was the Jamia Millia Islamia University in Delhi; following violent clashes during protest called by Jamia students over the Citizenship Amendment Act during the day, police entered the university campus and thrashed students even those studying in the library. That very night (Sunday, December 15), the Uttar Pradesh police, entered the campus of the Aligarh Muslim University and beat up students. More than one thousand students were booked. This happened following violent clashes during the day during once again a protest over the Citizenship Amendment Act.

Both in the Jamia and AMU attacks, allegations flew thick and fast from both sides with police and right-wing outfits, on one hand and the Left-wing outfits (both engaged in student and national politics), blaming one another for violence and police action inside university campuses. Allegations aside, there is sufficient evidence showing that violent goons of the Sangh Parivar (mainly from their

(Contd.. on p. 9)

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IF THE NATION HAS ENTERED STAGFLATION?

by Eric D'Sa

In economics, stagflation is defined as a situation in which the inflation rate is relatively high, the economic rates slows down and unemployment rate remains steadily high. All the 3 are happening in our country just now. Retail inflation shot to a five and a half year high of 7.35% in December 2019, breaching the R.B.I. tolerance limit of 6%. What is further worrisome to the government is that the retail inflation is driven by food inflation which has gone up to 14.12%. Hence the burden on the Indian Consumers, especially of the poor and lower middle class, has just got a lot heavier.

The slowing economic GDP growth has from Q1 FY 18 of around 6% reduced in Q2 FY 20 to a pathetic 4.5%. This in turn has affected adversely job seekers. The inflation shock and GDP slump will make it difficult for R.B.I. to continue with the accommodative policy stance they have been following. As a matter of fact many economists who follow the other trends in the Indian economy, believe the present actual GDP has slumped to as low as 2.5%. This is not surprising as the gross saving rate in India has declined sharply from 34.65% in 2011-12 to 30.54% in 2017-18, lead by household sector.

Economists offer two principal explanations to why stagflation occurs. First, stagflation can result when the economy faces a supply shock, such as a rapid increase in the price of crude oil. An unfavorable situation like that tends to raise prices at the same time as it slows economic growth by making production more costly and less profitable. This is in a small way occurring and may worsen if the Iranian situation deteriorates.

Second, the government can cause stagflation if it creates policies that harm industry while growing the money supply too quickly. These two things would probably have to occur simultaneously

because policies that slow economic growth do not usually cause inflation, and policies that cause inflation do not usually slow economic growth.

Both explanations are offered in analyses of the global stagflation in 1970s. It began with a huge rise in oil prices, but then continued as central banks used excessively stimulative monetary policy to counteract the resulting recession, causing a price / wage spiral.

The economists believe in the Indian case the drop in GDP can be first traced to the sudden withdrawal of 85% of the currency under circulation and soon after the unprepared imposition of GST. At the same time the money supply has

hidden expenditure. This totals around 8.5% , one of the highest in the world.

The economic problems being faced by the government can not be hidden by the central government by diverting attention to C.A.A. , N.S.C. and nationalism. The students who are already agitated with joblessness have surprisingly taken the cause of opposing the C.A.A. as divisive and have taken to the streets. High inflation which is regarded as the tax on the poor will worsen the situation as far as they are concerned.

With private investment stagnating, many economists expect the central government to keep public spending high to boost the economy. This will not be easy as the fiscal deficits as stated above is already high. If GOI in the coming budget fudges the figures and pumps additional money into the economy and the R.B.I. also does not take appropriate actions to curb inflation, the Nation will continue with stagflation.

YOU THE CITIZENS DECIDE:

been increased by high fiscal deficit, if the state fiscal deficits are added to that of the Centre and the non budgeted

Hinduism:

A Rich Heritage With Contradictions

It was amazing for me to read an article by a journalist on the presidential address given by historian D N Jha at the 11th Session of the Indian History Congress at Santiniketan in January 2006.

reference, if I could find any hint on "conversions" and the word "Hindu". Prof. Jha had a learned advantage of tackling the problem on both fronts: 'Conversion' and 'Hinduism', trouncing the myth and belief on the topics.

I was intrigued to learn that the professor's address opened with a disturbingly different explanation of Hinduism from what I had known, embellished with thought provoking contradictions, discovered in the Vedas.



BY MELVYN BROWN

I found it surprising when the historian spoke about the conflict between leftists who dominated the Meet, and the Hindutva present with half strength in attendance. I quote the reporter:

"Hindus, Jha said, weren't original inhabitants of this country." "It's only a claim Hindutva votaries, such as the VHP, make Hinduism, as the concept we know today, emerged

(Contd.. on p. 10)

(Contd.. from p. 7)

student wing Akihil Bharatiya Vidya Parishad (ABVP)) in connivance with the police, are responsible for these despicable attacks.

To add salt to the wounds, on 5 January 2020, more than fifty masked people armed with rods, sticks and acid attacked the campus of the prestigious Jawaharlal Nehru University (JNU) in Delhi. The brutal attack left more than forty students and teachers injured. The Professors who tried to intervene and protect the students, as well as ambulances carrying injured individuals, were also attacked. Eyewitnesses stated that security within the campus did not intervene to stop the mob. After attacking residents of the University campus for more than three hours (they did not spare even those living in the ladies' hostel), the mob later escaped; none of its members were arrested or detained till today.

Strangely enough, on 10 January, in a well-publicized action, the Delhi Police released pictures of nine suspects in the JNU violence case, 'claiming' that JNUSU president Aishe Ghosh was one of them. Pictures of Aishe's broken head and bleeding face went viral even as the attack was taking place. No one of course is believing the police version of the events; Aishe vehemently denies any involvement in the violence, and there is ample documented evidence to support her claim. In a scenario earlier played out in Jamia and in the AMU, the police and even some of the JNU administration seemed to be hand in glove with the perpetrators of the attack. In a time-tested fascist strategy, the victim is conveniently now accused as a perpetrator, which obviously defocuses from the actual culprits

In a hard-hitting op-ed in the 'Indian Express' (7 January 2020) noted social scientist Pratap Bhanu Mehta writes, "The events at JNU are another symbol of the apocalyptic politics this government is playing. It is apocalyptic in a triple sense. At the level of discourse, the normalisation of the phrase "tukde gang" abetted by the home minister,

with the help of a pliant media, laid the background conditions for this kind of violence. There is no doubt that many of those who were cowardly enough to assault unarmed professors and students and hit them on the head, see themselves as some kind of nationalist warriors: Avenging national honour by unleashing violence in a university. But the fact that they think in this way has been enabled by the larger ideological climate, something government functionaries have done much to inculcate. There is no getting away from the fact that hunting down your own citizens as anti-national is now part of the ideological construct of this government, as evidenced by the home minister's speeches. There is no getting away from the fact that the kind of state response that you have seen in UP against minorities, on the heels of the tepid response to earlier episodes of lynching, emboldens the worst elements of our society to act as vigilantes. The state will, directly or through proxies, encourage violence against anyone who is not in tune with it."

The attack on the JNU has also evoked spontaneous national and international outrage. Universities are meant to be citadels of tolerance, of promoting pluralism, of encouraging the students to challenge the system. For years the students of JNU were encouraged to pursue knowledge which was not tainted in any way, to think independently and creatively, in order to provide the country with a more meaningful and relevant direction. Suddenly this very bastion which should have been held up as a lighthouse for the country, a beacon of hope and the vestibule of truth, stands battered by a group of thugs representing a fascist regime which unabashedly supports their dastardly deeds.

Attacks on Universities and colleges in different parts of the country continue with impunity and of course with the immunity the goons are cloaked with by their bosses. On 8 January, masked goons armed with sticks entered the campus of the GLS University in Ahmedabad and threatened the students with dire consequences

should they not support the policies of the Government; that very day, students of the Jyoti Niwas College in Bangalore were threatened that they would face the same music as the JNU students, if they did not favour the CAA. Significantly, on 1 January 2020 students from more than one hundred universities, took a solemn pledge to defend the Constitution of India, at all costs.

Hitler and the Nazi regime could not bear the intellectuals, the academics, the poets, the students and anyone else who could think, challenge and raise a voice of dissent. Fascist and dictatorial regimes everywhere today do likewise! At this moment of our country's history, Nehru's address in Allahabad must resonate in our minds, hearts and souls, "a university stands for humanism, for tolerance, for reason, for progress, for the adventure of ideas and for the search for truth. It stands for the onward march of the human race towards even higher objectives. If the universities discharge their duty adequately, then it is well with the nation and the people. But if the temple of learning itself becomes a home of narrow bigotry and petty objectives, how then will the nation prosper or a people grow in stature?"

The students of India are on the front-line today: for the Constitution, for Democracy, for the secular and pluralistic fabric of our country. They say "enough is enough"! They will ensure, in keeping with the vision of Nehru, that their power will effect change!

**(Fr. Cedric Prakash SJ is a human rights and peace activist / writer. Contact: cedricprakash@gmail.com)*

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Prop. B. D'Souza

much later and was primarily the result of Christianity's encounter with the prevalent religion here." Said the professor.

From what is known, Pre-Colonial Sanskrit barely notes the word 'Hindu'. Historian Jha forcefully noted, "Such terms didn't have a currency in Bhakti literature, either. This indicates Indians didn't create a Hindu religious identity for themselves."

Jha believed, the British made use of the word 'Hindu' for their own trade purposes in the colonial years. It was, to be honest, Annie Besant who made the 'First codification', and she was European.

"Hinduism, as we understand it today, emerged from the encounters with Christianity". D N Jha stated.

Jha went on to say, "There is no reason to deify the Vedas either," adding , that there are "inherent contradictions in them and other Hindu scriptures". He mentioned 'examples' from the Mundaka Upanishads which brand the Vedas as "lower knowledge".

Historian Jha further said, "In the Bhagavad Gita , Krishna tells Arjuna that those who believe in the Vedas are full of worldly desires. Modern day preachers such as Ramakrishna also rejected the efficacy of the Vedas." Jha tactfully mentioned.

It was surprising to find that the eminent historian spoke on the view that Hinduism was promoted as a tolerant religion, he said: "A religion that practices the caste system and untouchability is incapable of tolerance. History is replete with examples of Brahminical hostility towards the Jains and Buddhists. Kautilya in his

The Citizenship Amendment Act (CAA)

The Citizenship Amendment Act (CAA) undoubtedly has disturbed the entire nation. Protests against the Act are continuing all across the nation. It's not just political parties or organizations which are protesting against the Act, but the common citizens including students, are part of these agitations. The Citizenship Amendment Act (CAA) as it stands today makes illegal immigrants who are Hindus, Sikhs, Buddhists, Jains, Parsis and Christians from Afghanistan, Bangladesh and Pakistan who have migrated into India on or before December 31 2014, eligible for Indian citizenship. For the first time perhaps, we are witnessing agitations both for and against an Act. Without going into the merits of the Act however, one wonders how this citizenship issue has suddenly become so very urgent. All other important and urgent issues have been pushed into the background – the economy on the downslide, unemployment at an all time low, prices of fuel & provisions are touching the sky, etc, etc.

While on the subject of migration, one will find that a large number of Indians have steadily been migrating to western countries like Europe, U.S.A.,

New Zealand, etc., not just in search of job opportunities but for a better quality of life and perhaps to escape from the feeling of insecurity in the country. The recent issue of The Examiner (Jan 11 – 17, 2020) carried a newsreport (UN: At 17.5 million, Indian diaspora largest in the world) which says, **India continues to be the largest country of origin of international migrants which stands 17.5 million across the world. Further, it says that the top destination country remains the United States. So what's the big deal about migration into India? Today, who would like to migrate into India, especially Christians, considering the resentment against Christians in this country.**

"A Thought for Today", in Today's Times of India (16 January 2020) puts it aptly, **"People of Bangladesh would prefer to swim the Mediterranean and go to Italy than come to India"** (said, Syed Muazzam Ali, the Bangladesh High Commissioner to India, who passed away recently)

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

Arthashashtra describes non-Hindus as pashandas."

In many circles it is believed that the Brahmanas were well-trained in the martial arts as there were many salais and ghatikas who used their training to attack people of other religions over the centuries. Jha mentions "mass conversions from Jainism to Hinduism."

Extracts taken from the Address of Historian D N Jha appeared in the Times of India 29 January 2006 and was reported by Jhimil Mukherjee Pandey,TNN.

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NOVENA PRAYER TO ST JUDE

O Holy St Jude, apostle and martyr, great in virtue and rich in miracles, near kinsman of Jesus Christ, faithful intercessor of all who invoke your special patronage in time of need, to you I have recourse from the depth of my heart and humbly beg to whom God has given such great power, come to my assistance. Help me in my present urgent petition, in return I promise to make your name known and cause you to be invoked.



Three Our Father, three Hail Mary and three Glory be.
St Jude pray for us and all who invoke your aid. Amen.

(Publication must be promised.)

(This Novena has never been known to fail. This Novena must be said for 9 consecutive days.)

— Kalpana M., Mulund

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.

—Janet D'Souza, Navi Mumbai

Model Bank holds 2nd 'Customers Meet'



Mumbai, Jan. 17: After an overwhelming response at the Customer Meet held on Wednesday, 15th January 2020 at Emerald Hall, Hotel Kohinoor Continental, Model Co-operative Bank Ltd., held the 2nd Customer Meet on Thursday, 16th January 2020 for it's customers of Borivli, Dahisar and Malad Branches at Celebrity Hall, Payyade International Hotel, Kandivali (W), Mumbai – 400 067.

There were approximately 250 customers from these branches that attended the function. The event began with the inaugural address being given by Albert W. D'Souza, He spoke on the current banking scenario and in particular the performance of Model Co-op. Bank Ltd. over the years. He elaborated on the requirements for a FSWM (Financially Sound & Well Managed) co-operative bank and how Model Co-op. Bank Ltd was above the benchmark required. The FSWM status and the overall good performance of the Bank has been recognized by the various associations for all Co-operative Banks, at City level, District level and State level, as was evident from the fact that the Bank has won 11 awards in the last 5 years for their stellar performance. The Bank continues to grow from strength to strength and launches new products from time to time; the Bank is launching 'Mobile Banking' for the benefit of its customers, which will attract the younger generations to the Bank.

Founder Chairman John D'Silva spoke on the evolution of Model Co-op. Bank Ltd. from it's roots which were sown on 26th April, 1916 with the formation of the Mangalorean Catholic Co-operative Credit Society Ltd. which in 1998 became Model Co-op. Bank Ltd.

Founder Director Vincent Mathias was the next speaker and he gave a very practical and relevant presentation on 'Your money is safe with Model Co-op. Bank Ltd.'. He spoke on how the Bank has always ensured compliance with all the regulatory requirements. The regulatory requirements have been laid down by RBI and are updated from time to time, the purpose of these requirements are to ensure that the funds of the public and depositors with the Bank are safe. The Bank has been regularly rated as 'A' by its Statutory Auditors which is evidence of the soundness and compliance level of Model Co-op. Bank Ltd.

Once the presentations were completed there was an Interactive session where the customers were invited to take the mic. Many customers voluntarily came forward and shared their experience of banking with Model Co-op. Bank Ltd. and expressed their satisfaction of the prompt and professional services pro-

(Contd.. on p. 19)

Dump Negative People from Your Life

Happiness is something that we all strive for. While it's nearly impossible to rid negative thoughts, people and situations altogether, we can choose to strip away the parts our life that bring us down and instead refocus that energy towards being the best versions of ourselves and some of these biggest detriments to success we encounter come from toxic people. We bring you few strategies to take back your power and reduce the detrimental impact negative people have in your life.

Lack of confidence, gloom and doom, distrust, and anxiety are a toxic cocktail mix. You probably wonder how one person can survive with all that inside them! Yet, these negative people exist all around us and are impossible to avoid. Luckily, there are ways to block out the negativity and focus on staying positive, happy, and healthy. Better yet, it's easier than it seems! All you need is a good heart, determination to stay happy, and the desire to rise above the mess and chaos of someone else's negativity. Watch and guard your time. Negative people can monopolize your time - even when they're not with you - if you're not careful. It's easy to spend two hours dreading a one hour meeting with a negative person. Combine that with two hours of venting to a co-worker after the meeting, and you've just given that person five precious hours of your time.

Don't allow negative people to steal your time and energy. Rather than complain about people you don't enjoy, choose to strike up conversations about pleasurable topics.

Adjust your attitude:

Spending time with negative people can be the fastest way to ruin a good mood. Their pessimistic outlooks and

gloomy attitude can decrease our motivation and change the way we feel. But allowing a negative person to dictate your emotions gives them too much power in your life. Make a conscious effort to choose your attitude. Create a mantra, such as, "I'm going to stay positive today despite the people around me," and repeat it often to help you stay on track. Take a deep breath and decide that you're going to make it a great day, despite what others say or do.

Adjust and refocus your thoughts:

Negative people often influence what we think about. Perhaps you're so distracted by your colleague's know-it-all attitude that you can't contribute productively to the meeting. Or, rather than think about how to improve your performance, you spend more time thinking about how upset you'll be if that unpleasant co-worker gets a promotion.

Pay attention to how your thoughts change when you're faced with negative people. Make a conscious effort to reduce the amount of mental energy you expend on negative people.

Choose to behave productively:

Negative people can bring out the worst in us if we're not careful. Sometimes certain pessimists seem to have the power to raise our blood pressure, for one reason or another. A normally calm, mild-mannered person may resort to yelling when he can't take one more second of negativity. Or, after being surrounded by negative co-workers for hours, an optimist may find herself convincing others that the company's future is doomed.

Although it can be tempting to say, "She makes me so mad," blaming others for your conduct gives them more power. When you act in a manner that isn't consistent with your usual behavior, accept responsibility for it. Commit to controlling your emotional reactivity and staying true to your values, de-

spite your circumstances.

Look For Solutions, Not Problems:

The most common trait that all negative people share is their constant insistence on pessimism, even in the best circumstances. You can only imagine, then, what happens in adverse situations! Negative people have no desire to see silver linings - they're too focused on the dark clouds.

To be free from negative influence, you just have to do the opposite. Don't look at all the problems and build them up until they're overwhelming in your head. Break them down into small, easy-to-process chunks. Then, once you've made sense of them, shift your focus entirely. Stop thinking about the problems. Think about the possible solutions.

Look For Positive People:

Lots of negative people in your life? It's time for you to question why that's the case! Instead, go out of your way to find people who are positive, supportive, understanding, and encouraging.

Does this mean you may have to cut off some friends or whittle your friend list down significantly? Maybe. But studies show that having a smaller number of terrific friends is much better for positive health and wellbeing than having many mediocre friends. So don't be ashamed of just having two or three people you can trust. Size never matters in a support system.

Final Thoughts on Freeing Yourself of the Influence of Negative People

Negative people can be challenging to filter out. They tend to be very loud and open about their feelings, even to the extent of accidentally harming other people. But with these tips and tricks, you'll be able to reduce their influence on you significantly, allowing you to live a better, happier life.

The review of the recent film, 'The Two Popes' by Bishop Robert Barron (Catholic Herald, London), gives the reader a very enlightened and balanced picture of the two great popes, not quite accurately portrayed in the film. When, two years ago, the Church canonized two eminent Popes, John XXIII and John Paul II, it presented to the world the manner in which these two Popes had spent their lives in the service of the Catholic Church, each in his own unique way, won the admiration of millions all over the world and attained holiness worthy of emulation by all the faithful. One would have expected this film also to present the two Popes, Benedict XVI and Francis, in the same manner, highlighting each one's special genius and contribution in the service of the Church and humanity. Unfortunately, the film reviewed gives the impression that the makers were only interested in highlighting the contrast between the two living Popes, in order to show that while one is striving to take the Church forward, in the light of the teachings of Vatican II, the other only did his best to keep the Church backward, by unwilling to change with the times and refusing to implement the reforms of the great modern Council. The truth is that both Popes have done remarkably well to preserve the unity of the Catholic Church in these troubled times, while steadily moving in the direction shown by the Vatican Council.

Pope Benedict, with his great theological acumen, clearly showed, on many occasions, that there was continuity between Vatican II and all the previous Councils of the Church, and that it did not initiate a radical break with the sacred tradition of the Catholic Church by founding a totally different Church. Vatican II was to be read in the light of all the previous General Councils, and there was a gradual organic development in the doctrine and teachings of the Church. This was often perceived as taking the Church backward, whereas it was necessary to preserve the unity and integrity of the Church, under the guidance of the Holy Spirit. Also, Pope Benedict's shy, contemplative and prayerful attitude was largely perceived by the media as his being aloof and cold towards the poor and the suffering. The truth is that he was very sensitive and deeply concerned about poverty in the world and made significant efforts to save the earth's envi-



ronment to be labelled by media people as the "Green Pope". He also showed his extraordinary humility by taking the unprecedented step of resigning as Pope, when he honestly felt that he no longer had the physical strength to do justice to his duties as Pope. His theological writings, both before and after becoming Pope, especially, on Jesus the Christ, the Church, Scripture and Liturgy, have earned the admiration of great scholars and thinkers among Christians of all denominations, so that he has been

acclaimed as one of the greatest theologians of the Church during the past 500 years. The film would have done well to present truthfully many of these aspects of the greatness of Pope Benedict XVI, his deep humanity, spiritual, philosophical and theological insights and mystical nature. Instead, the makers of the film have chosen to contrast him with the equally great Pope Francis, only to distort his image in order to promote their own one-sided idea of the Church. When speaking about Popes, one must remember that a Pope is no ordinary person, but one who has ultimately been chosen by the Holy Spirit to steer the Barque of Peter, at a particular time in history, through the storms of this world and to preserve its unity and integrity, when societies, nations and even religions are getting more and more narrow-minded, fundamentalistic and fragmented.

—Joseph M. Dias, S.J.
Andheri, Mumbai

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Ingredients:

250 gms French beans, cut into 1/2- inch pieces, or as desired
 1 onion , sliced
 2 green chillies, slit lengthwise
 3 tbsp cooking oil
 1/2 tsp mustard seeds
 1/2 tsp cumin seeds (jeera)
 8 curry leaves
 3 Kashmiri dry red chillies, broken
 6 tbsp fresh coconut, grated
 Salt to taste
 A pinch of sugar



by Jubel D'Cruz

Method:

Wash the French beans, remove the strings from them and chop them into 1/2-inch pieces each. Heat oil in a heavy bottomed pan. Add mustard seeds, cumin seeds, curry leaves, dry red chillies and green chillies. Saute for about 2 minutes. Add onions and saute till onions turns translucent. Then add the French beans, salt and a pinch of sugar. Saute. Add around 1/4 cup of water, cover and cook for 8 to 10 minutes. When beans are cooked, add grated coconut to it. Stir, so that the coconut gets mixed with the vegetable.

For sea food lovers: Methods to cook prawns

Deciding whether to cook with the head and shell on or off is a personal decision. If you choose to cook without the shell, you will find it is a little easier to remove if the prawn is still slightly frozen. First remove the head by twisting it off. Next remove the legs, then, holding the prawn by its tail, pull the shell from the body. At this point you can choose to de-vein it along the vein. This is done by taking a thin, sharp knife and running it along the vein. Run the prawn under cold water and the vein should wash away. When cooking prawns, one thing to remember is that they cook fast. If using prawns in a stir dish wait until the last minute to add prawn as they will cook in as little as 30 seconds. Other methods, such as breading and frying prawn can cook in under a minute.

Ingredients :

- Basmati Rice - 250 gram
- Corn kernels - 80 gram
- Olive oil - 2 tsp
- Onion - 1
- Ginger garlic paste - 1 tsp
- Salt - to taste
- Chillies - 4 green
- Cumin seed - 5 gram
- Bay leaf - 1
- Pepper corn - 1/2 tsp
- Cloves - 8 flakes
- Hot water - 2 cups
- Coriander leaves, chopped - 3 tbsp
- Lime juice - 2 tsp
- Bell pepper (Sauteed and diced), chopped
- Coconut, grated - 1 cup

Directions :

- Rinse basmati rice and soak it in water for at least 15-20 mins.
- Grind coconut, green chilli, coriander leaves to make a fine paste.
- Take a pan add olive oil.
- Once the oil is hot add cumin seeds, cloves, bay leaf, pepper corn, sliced onion, slit green chillies, ginger garlic paste and the above coconut paste.
- Saute well and then add corn kernals.
- Drain the rice and add it to the pan. Keep stirring.
- Add hot water, little salt and cook for 15 mins.
- Once the rice is 3/4th done add lime juice.
- Finally garnish with sauteed diced red and yellow bell pepper, grated coconut and chopped coriander leaves.
- Serve with cucumber raita.

What is rock salt?

Rock salt is the mineral form of sodium chloride, otherwise known as table salt. It's sometimes referred to as 'halite,' especially when it is used industrially. This form of salt is available in most grocery stores and also in hardware stores which stock it in massive bags for the purpose of keeping down ice on the roads in the winter. There are a number of uses for rock salt ranging from making homemade ice cream to deterring trespassers.

The primary difference between rock and table salt is the size. Rock salt forms in very large, chunky crystals as opposed to the small crystals seen in table salt. Like table salt, it also has an assortment of trace minerals that can have an impact on how it behaves chemically.



Fatal mistakes you make while using phone

Mobile phones have become part of our daily but we are unaware of some fatal mistakes which we are committing. Here are we highlighting those in detail.

Blue light exposure harms you :
The light from your phone suppresses melatonin, the hormone that controls your sleep cycle which is another reason you shouldn't be near it when you sleep. Blue light also induces headaches and vision and hearing problems.

Keeping it in contact with your skin :

There are many studies focusing on the relation between mobile phones and cancer. Each time you hold it close to your body, the skin absorbs the heat quickly in tiny bits, which may harm your skin.

May cause text neck :

Prolong usage of smartphone may lead to improper posture of neck and cause 'text neck'. As the time passes, the weight your neck feels may be five times more than your actual head weigh. This causes neck pain and posture abnormalities. Place your phone at eye level, holding your back as straight as possible.

Mood food: Diet that makes you energetic



YOU ARE WHAT you eat. There are plenty of foods you can eat to improve your mood. The body produces its own uplifting chemicals, known as endorphins, which can make you happy.

Low endorphin levels can be caused by certain vitamin and mineral deficiencies. Certainly, a lack of B vitamins (particularly B12) and vitamin C or of minerals such as iron, potassium and zinc, can cause you to feel low. So it is important to include the so - called happy foods in your diet to stay away from low mood swings. Here are a few endorphin releasing foods to make you feel happy when you eat them.

Bananas:

Bananas are rich in potassium. Which is a vital mineral for nerve function. The natural sugars in bananas are released quickly into the bloodstream, making you feel energetic.

This fruit contains plenty of starchy carbohydrate. Which sustains your good mood.

One of nature's ideal snacks. Contain plenty of potassium. Fibre and starch. Also have antibiotic activity and strengthen the stomach lining against acids.

Grapes:

High in endorphin producing vitamin C and full of natural sugar for energy. Good source of potassium. Red and

black grapes are high in poly-phenols, which are a powerful source of antioxidants and help to protect against cancer and heart disease.

Strawberries :

These are a rich source of vitamin C, which helps in the production of endorphins and aid the absorption of iron. They are also a good source of potassium, which helps in the generation of nerve impulses. The red colour of strawberries is due to anthocyanidin, a flavonoid known as pecargonidin. These also change our mood for the better.

Ice -cream :

Most varieties contain a good source of vitamin A, riboflavin, vitamin B12, calcium and protein from the milk. Less fattening alternatives include calcium fortified frozen yogurts and desserts containing just one percent fat.



We sincerely thank Amit shah and Devendra Fadnavis for their whole hearted support in achieving our annual revenue targets

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The talking frog

An engineer was taking a walk when a frog spoke to him and said, "If you kiss me, I'll turn into a beautiful princess." He picked up the frog and put it in his pocket. The frog spoke again and said, "If you kiss me and turn me back into a beautiful princess. I'll become your girlfriend. The engineer took the frog out of his pocket, smiled at it and put it again and said, "If you kiss me and turn me back into a princess, I'll become your wife." The engineer took the frog out of his pocket again, smiled at it and put it back into his pocket. Finally, the frog said, "What is the matter? I'm a beautiful princess. Why won't you kiss me?" The engineer said, "Look, I'm a busy engineer. I don't have time for a girlfriend or a wife, but a talking frog, now that's cool."

The Sunday drive plan

Wife: Chalo na aaj Sunday hai. Bahar chalte hai Aur drive mai karungi
Husband Wow! Matlab, jayenge car me aur aaynge Kal k Akhbaar main.

Technical Difference

Q : What is the difference between welding and wedding
A : In welding there are sparks forever, whereas in wedding there is bonding first and sparks forever.

Boy or girl

A : Just look at that young person with the short hair and blue jeans. Is it a boy or a girl?
B : It's a girl. She's my daughter.
A : Oh, I'm sorry sir. I didn't know that you were her father.



B : I'm not. I'm her mother.

Husband : Have you heard of King Akbar?

Wife : Yes, what about him?

Husband : He had three wives.

Wife : So?

Husband : That means I can marry two more times?

Wife : Have you heard of Draupadi!!!!???

Husband : I was just kidding dear!!!! You take things too seriously!

Vikas : What's the difference between a good lawyer and a bad lawyer?

Yogesh : A bad lawyer makes your case drag on for years. A good lawyer

makes it last even longer.

There are two types of wives

First type : Quiet, beautiful, understanding, not argumentative, loving, one who listens to the husband

Second type : Your own wife

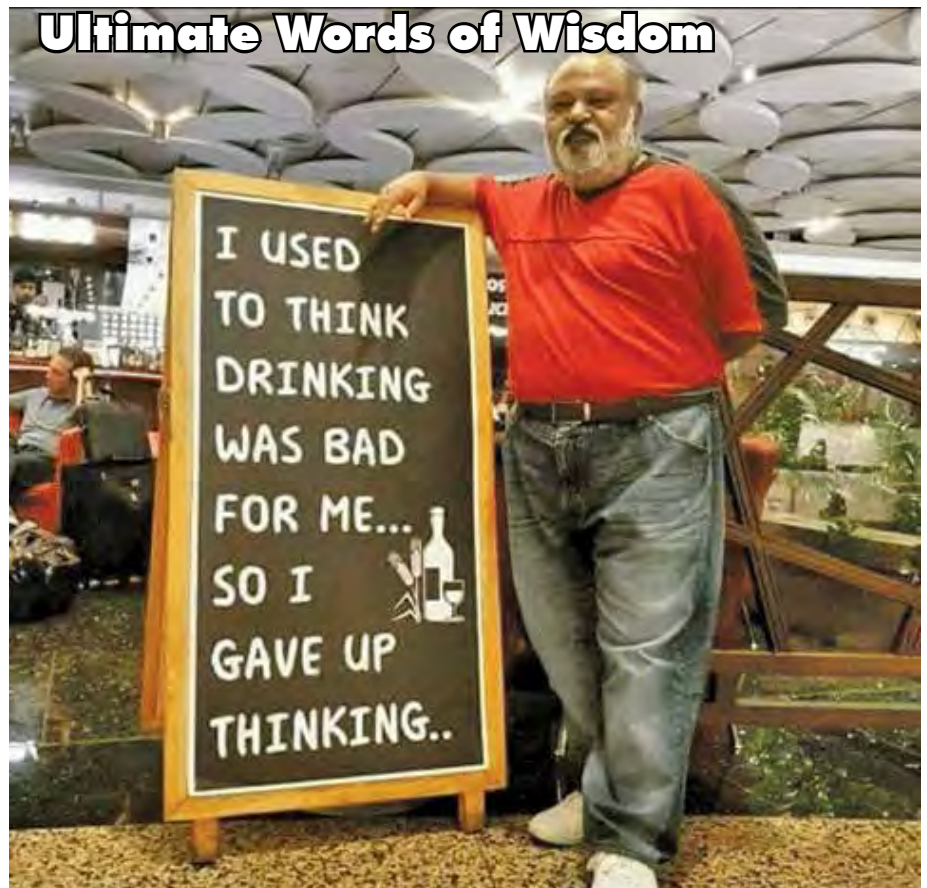
Dad entered son's room and found him asleep on his books, tired of exam studies. He walked closer to him... and played with his hair softly, sweetly and.... BAAANNNG slapped his face... and said: "Last seen on whatsapp 1 minute ago".

The house party

Hostess : Won't you have something more, Jimmy?

Jimmy : No, thank you, I'm full. **Hostess :** Well, the, put some fruits and cakes in your pockets to eat on the way home.

Jimmy : No, thank you, they're full too.



Inspiration!

Little things make big things happen

Sometimes we need a moment to step away from the "big picture" and focus on the little things and those seemingly trivial things that need our attention right now. It's like every little things make big things happen.

When we wish to improve our life we assume we need to make radical changes. We look for some programme or person who will fundamentally change our life. However, with this attitude we forget that we can radically change our life just by making a few small changes. Try these suggestions and consider what impact they have.

Be patient:

When you are standing in a line waiting for slow customer service, instead of getting frustrated see this as an opportunity to remain calm and peaceful. Many people regularly get upset and angry because of small defects in the quality of a good / service. However, becoming upset does not help in any way; all you do is to try and spread your unhappiness. The next time you are victim to an unavoidable delay, don't lose your equanimity, but be patient. If you can retain peace of mind in these situations you life will benefit immeasurably.

Smile:

A smile costs nothing, but it creates a powerful positive vibration. When we smile we are offering our good will to the other person. Furthermore, this good will is much more effective than anything we can say. We should not just smile at our friends, but also at those who cause us consternation.

If our smile is sincere it can remove many negative feelings and defuse tense situations. People will unconsciously respond positively to us when we smile.

Offer Gratitude:

It only takes a moment, but if we appreciate the efforts / presence of other people, it will create much goodwill. Our gratitude does not have to be an ostentatious display of affection. It may merely be a recognition of someone's efforts. To recognise someone's efforts is, in a way, to offer gratitude to that person. In particular, try to offer gratitude to people who are working without demanding immediate recognition. Offering gratitude also helps ourselves; by appreciating the good qualities of others we help to make these part of ourselves. Gratitude is therefore a powerful antidote to developing jealousy.

Give selfless service:

It is easy to do one good deed in the day. However, the problem is that we also feel that this deed deserves recognition and praise. If we can work without demanding recognition, people will eventually appreciate our



selfless service. But, importantly if we can work without a demand for recognition we are acting with the best selfless motives; through this we can make tremendous progress and gain inner peace.

Go for Full Concentration :

Doing one thing at a time enables great focus and it relieves us of much tension. Whatever we do, we should try to give it our undivided attention. When we eat food, don't try to read the newspaper as well. When we speak to a friend, don't be thinking of a work problem. By concentrating on only thing we will do things quicker and better.

Only way to excel is to do little things:

Everyone does the big things. They are the things that challenge each of us. Consequently, the difference between us must be our attention toward little things. They have found that "little drops of water and little grains of sand make the mighty ocean and the pleasant land.

Always make a check list of little things. Never trust your memory. You will remember to do the big, but you must remind yourself to do the little. If possible, the little should be done immediately. Fix little things when they break. Most houses become run- down because of the neglect of repairing little things. Many cars lose their value because the little things are not attended to. Make a check list of things to do that are little.

Third Minor Basilica in Karnataka proclaimed

—Ivan Saldanha-Shet.

Our Lady of Health Church in Harihar became the third church in Karnataka to be declared as Minor Basilica on January 15, Wednesday, in a significant celebration; the other two are at Shivaji Nagar, Bangalore city and At-tur in Udupi district. It is the 25th minor Basilica in India, Karnataka Chief Minister B S Yediyurappa unveiled the decree to mark the celebrations.

Declared by Pope on the basis of historicity, considering its spiritual importance to the Christian faith and its influence in building reconciliation and peace among people, it was proposed that this shrine can be elevated to the status of a minor basilica. After careful consideration and proper scrutiny, the Vatican has raised the Shrine of Our Lady of Health, Harihar, to the status of a Minor Basilica on September 18, 2019.

On January 15, The holy mass started at 9:35 am, Most Rev. Dr. Filipe Neri Ferrao (Archbishop of Goa and Daman) was the main celebrant of the Eucharistic celebration. There were bishops from whole of Karnataka. The Vicar General Rev. Fr. Felix Noronha, rector of the shrine and the parish priest Rev. Fr. Anthony Peter, Rev. Fr. Yesu Nathan and Rev. Fr. Stany were present on the Eucharistic Altar. The readings of the day were chosen based on the theme of temple and there was solemn procession of



the word of God by Rev. Fr. Stany D'Souza. The homily was preached by Most. Rev. Dr Gerald Isaac Lobo, Bishop of Udupi. Relevant points were presented to the mammoth gathering on the occasion.

Programmes began with the Solemn Eucharistic Celebration at 10.45am. Bishop Francis Serrao welcomed Most Rev. Dr. Peter Machado, Archbishop of Bangalore with a bouquet of flowers. The Chief Guest Sri B.S Yediyurappa, Honourable Chief Minister of Karnataka was welcomed too with a bouquet of flowers. Bishop also welcomed Most Rev. Dr. Filipe Neri Ferrao, Archbishop of Goa and Daman, and all dignitaries present, there were at least 11 bishops present.

The Honourable guests inaugurated the programme by lighting the lamp. Papal Bull 'De Titulo Basilicae Minoris' official decree of Pope Francis signed by Card Robertus the Prefect of Divine

of him by the Lady in the apparition.

The Karnataka Chief Minister B.S. Yediyurappa in his speech said that Our Lady of good health is one of the powerful icons in India. There have been enormous pilgrims flocking to the shrine for long. He also congratulated the Christians on the Holy See declaring the shrine to the status of Minor Basilica. He said in the words of Mahathma Gandhiji to love all the religions and live in communal harmony is a must. The contribution of the Christians towards Karnataka has been exemplary he said. Shivamoga Bishop Francis Serrao honoured chief Minister B.S. Yediyurappa.

Most Rev. Dr. Filipe Neri Ferrao, Archbishop of Goa and Daman congratulated everyone for the historical event and dream realised in Harihar and he thanked all the Bishops on behalf of all the Bishops. He said, "Harihar town is known for religious harmony and genuine peace". We need to boost religious harmony in the society which is very much necessary by respecting and serving one another as sons and daughters of India according to the Constitution. The Basilica is located at the heart of Harihar town and is located near the Railway station and the bus stand. Harihar Matha is a blessing to the pilgrims of Harihar. Religion and the love of God are entirely two different ends. In order to love God and neighbour, one needs to sacrifice one's religion and show human love is greatest.



Worship. Fr Anthony Peter, the Parish Priest of Harihar highlighted the brief history of the Minor Basilica, according to the history, a local Brahmin had witnessed the miraculous statue and offered it to the church as asked

The Challenge To Be A Good Parent

By Melvyn Brown

Times are changing. People are turning more insensitive to situations. The world is grasping at new alternatives to pose a new image of a new age.

For generations the most familiar people in society with whom everyone can identify with have been parents, those tough, loving, devoted firebrands who nudge the young, especially in the early years to develop into future generation parents.

Some parents do a great job of increasingly shaping their off-springs in their own image, while others make impressive gains in bestowing an unhappy childhood, and yet, others

silently or sometimes unintentionally wield their attitudes to grow apart from their children.

The chorus that follows belies the significance of a universal truth: parents are policy makers who love their children regardless.

To forgive and forget the weaknesses of their parents is a second nature syndrome for most male children. They somehow instinctively know that all the measures taken by mum and dad in the spring years of their lives had to be a reality which, of course, makes them mum and dad.

The girls being more sensitive are always forgiving of restraints or the legacy of stiff upper-lip brow beatings. A few women hang on to the visuals of those bitter-sweet years, acquire a heart-damaged generalization of their ego, and actually live through self-inflicted traumas, till one day she is a mother and a parent herself.

It is a gene "thing" about being a loving and caring parent, this gene "thing" which is natural - born among all creatures of the planet. In a more studious analysis we discover that the races of man are basically linked to a life-guidance pattern of nurturing the young to be responsible members of their society. Eventually, a common rule of ethics follows and people get to know how to conduct their lives and cultivate attitudes.

Each race has its own code of parenthood. The discipline is to inculcate and foster the old ideas of respect for ones parents, elders, country, honesty, support for the weak and a willingness to work and be trusted. These policy beliefs are passed down from one generation to another. The es-

tablishment of any communities code of parenthood, is the burden of the parents to promote.

The rallying cry: Be free. Be educated. It often takes decades for the good news to impress young parents. Irresponsible parenting could demean a family's future and a child's success.

Children turn cynical, out-spoken without reserve, abrasive in language and dare teachers and superiors. At home they take mean advantage of morally-crippled parents, cuffed to the chains of a degrading social system.

The challenge to be a responsible parent is to confront every problem, and to find answers. The breakthrough arrives in a surprising way. Parents watch the media, especially television. And the media is spelling out examples for good parenting. The child is the hope for the family. The child matters : more time should be spent with him/her, to listen to them, teach them and guide them through the maze life is becoming in our times. A parent should inspire the child in the arts and literature. Draw their attention to those who show good examples in behavior and observation. It is a loving and tough job to be a parent with wisdom and kindness. You can do it.

The textbook equation on how to be a proper parent is often hard to implement, it always is. Yet, the responsibilities of being a good parent, single or together does ultimately pursue the path of being spontaneous, reacting to situations with love and understanding. Finally, the challenge in being a good parent is to have the willingness to work for the love and future of the off-spring – that is the challenge.

(Contd.. from p. 11)

vided by the Bank.

The Banks first General Manager & CEO Frank Lewis was among the Dignitaries present.

The customers who gave their comments and suggestions were Brian Silva, Joachim Cardoz, John Lobo, Ravi Jain, Carlos Castelina, Leena Tauro, Irene Duguet, Maxim Pinto, Marus Mascarenhas, Yvonne D'Souza, Lydia Lewis, George Almeida.

The interactive session was responded to by the Chairman Albert W. D'Souza and the General Manager William D'Souza. The evening ended with the vote of thanks given by Director Thomas Lobo.

The other Directors of Model Co-op. Bank Ltd. that were present included Marita D'Mello, Paul Nazareth, Gerald Cardoza, Sanjay Shinde. The event was compered by Deputy General Manager Zenon D'Cruz.

Royal Christian Family MATRIMONIALS - GROOMS

7104. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1975), Ht. 5' 3", Wt. 95 kgs, Wheatish Complexion, Edn. H.S.C., working as a Office Assistant. Contact email :

agnelo.nazareth1975@gmail.com

7047. MUMBAI : Goan Roman Catholic Bachaelor, (Born in November 1982), Ht. 5' 5", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., C.S. in Process, having family business. Contact email : mail.soj@gmail.com

7102. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in August 1988), Ht. 6' 1", Wt. 95 kgs, Wheatish Complexion, Edn. Masters, working for MNC. Contact email : am.pereira@rediffmail.com

6938. MUMBAI : Goan Roman Catholic Bachelor, (Born in January 1989), Ht. 5' 9", Wt. 70 kgs, Wheatish Complexion, Edn. B.Com., well settled. Contact email :

yohancharry03@gmail.com

7101. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Masters in Logistics doing part time MBA. Working as an Asst. Manager. Contact email :

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

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Email : royalchristianfamily@gmail.com

gracian.moras@gmail.com

6934. MUMBAI : East Indain Roman Catholic Bachelor, (Born in October 1987), Ht. 5' 6", Wt. 75 kgs, Fair Complexion, Edn. Gradute, Hotel Management, Contact email :

nevaidd2016@gmail.com

7100. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 7", Wt. 52 kgs, Fair Complexion, Edn. H.S.C., working as a Event Coordinator. Contact email :

celeseinepereira@gmail.com

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

7099. USA : Mangalorean Roman Catholic Bachelor, (Born in March 1988), Ht. 5' 8", Wt. 82 kgs, Wheatish Complexion, Edn. M.Sc., working as a Computer Engineer in USA. Contact email : willatauro@gmail.com

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

7097. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in October 1991), Ht. 5' 11", Wt. 97 kgs, Wheatish Complexion, Edn. B.Com., working as Sr. Account Recievable in private company. Contact email : dsouzadonald11@gmail.com

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

sudeeptalukdar2003@gmail.com

7096. MUMBAI : Mangalorean Ro-

man Catholic Bachelor, (Born in April 1990), Ht. 5' 10", Wt. 81 kgs, Fair Complexion, Edn. B.E. Mechanical and PGDM in Project Management, working for very reputed MNC. Contact email :

glo_2008@rediffmail.com

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

teresa.mimr@gmail.com

6886. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1980), Ht. 5' 9", Wt. 68 kgs, Fair Complexion, Sober, Edn. S.Y.B.Com., working as a Sales Expert. Contact email : sandypinto70@gmail.com

6898. MUMBAI : Goan Roman Catholic Bachelor, (Born in September 1988), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. Post Graduate in Hotel Management, working as a Supervisor -Food and Beverage in Royal Caribbean Cruise USA. Contact email : rohanfernandes61@yahoo OR Mob.: 8459353089 / 7407814175

6885. USA : Mangalorean Roman Catholic Bachelor, (Born in November 1986), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. (I.T.), working as a Software Consultant. Contact Email : jane_3105@yahoo.co.in

6884. MANGALORE : Mangalorean RC Bachelor, (Born in April 1984), 5', Wt. 55 kgs, Wheatish Complexion, Edn. 8th Pass, working with Interior Designer. Seeks a simple poor girl, studied upto 10th std., Contact Mob: 7795733200 / 8971267606

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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

7093. MUMBAI : Gujarati Roman Catholic Spinster, (Born in July 1982), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. B.Com., working for Private Bank. Contact email : annie.waghela@gmail.com

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

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

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

rodrigues.kavin@gmail.com

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

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

librettaserrao11@gmail.com

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

6942. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in October 1987), Ht. 5' 4", Wheatish Complexion, Edn. M. Com., working as a Sr. Associate in Foreign Bank. Contact email :

olgapin123@gmail.com

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

fernweh.stan@gmail.com

6933. USA : Mangalorean RC parents invite proposal for their daughter, (Born in October 1990), Ht. 5' 3", MS from USA, working in Minneapolis USA, holding H1b visa, born and brought up in Mumbai, from Mangalorean RC bachelors, working in USA, age below

31 years, masters or higher preferred, with good familybackground. Contact : Wilfred D'Souza : 09869165412 OR email : wilfred1954@gmail.com

7037. MUMBAI : Gujarati Roman Catholic Spinster, (Born in June 1979), Ht. 5' 3", Wt. 63 kgs, Fair Complexion, Edn. T.Y.B.A., Mumbai University, working as a Frant Office. Contact email : lisamacwan3@gmail.com

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

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

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

jokina10@rediffmail.com

6972. M.P. : Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A., working as a Manager. Contact email :

anitabilung@gmail.com

6937. POONA : Roman Catholic Spinster, (Born in July 1988), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. MBA (Finance) working as a Financial Analyst. Contact email :

sheron.muller@gmail.com

6936. MUMBAI : Karwari Roman Catholic Spinster, (Born in May 1968), Ht. 5' 4", Wt. 65 kgs, Wheatish Complexion, Edn. SSC., working as a Patient care taker. Contact email : donii1967@gmail.com

MATRIMONIAL

7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email : 12018anselm@yahoo.com

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How do you demonstrate responsibility?

Responsibility is an admirable trait that makes life better for everyone around you. It isn't only about doing your homework or feeding the dog. It's about making proper choices and doing what is right.

Make a schedule to plan out your daily routine :

Everyone has their own set of tasks to complete every day. It includes small chores like cleaning your room or brushing your teeth as well as big ones like work or school. Think of what you need to do during the day and label which ones are most important.

Be reliable by doing what you agree to do :

Whether it is last night's homework or showing up to your doctor's appointment on time, actions are a big part of responsibility. Make your promises worth their weight. When you follow through with your promises, people begin trusting that you say.

Master self-discipline to get through your chores :

School, work and chores all come first before playing. These things usually aren't fun and you would rather be out in the sunshine. Part of being responsible is knowing when to buckle down and get to work.

Anger is the greatest evil

Anger or aggression is harmful to health but life without anger is dangerous. Anger is a psychological

reaction when someone is hurt mentally, physically or emotionally. When we find someone positioned against us we become angry. Sometimes it is in the right direction but mostly it is uncalled for, unjustified or because of unfulfilled expectations. Sometimes if we forcefully crush our anger it may lead to depression, addiction or heart disease. If we weep or cry, we release the pressure on our body and heart. It is better to release emotions, pain or complaint through anger, weeping or sharing with somebody we trust. Keeping these things to our self is very injurious. It Makes us frustrated and isolated. We feel guilty or feel others are doing wrong. When we do not show our anger we start hurting ourselves. We may become our own enemy. Our behaviour becomes unusual and we become unbalanced. So it is best way to come out with our anger in a balanced and positive way. First we need to find out the real cause of our anger and then we need to take corrective methods. Anger can be good for you because it's designed to protect us, our relationships and our way of seeing the world. In the everlasting battle between right and wrong, the bodily effects of anger are meant to tell us that something's wrong. Nobody minds you if you are angry on correct causes. So we should all be positive in our thoughts and if not satisfied, should come with strong corrective words. Life also will be peaceful.

How are caves formed?

Caves are natural openings within the earth that usually extend deep beyond the reach of light. They are found in many types of rock but are most common in limestone and gypsum. These caves were formed by water under the surface of the earth. A second type of cave is the lava cave, formed as liquid lava flows.

A third type of cave is the sea cave. Sea caves were formed along cliffs and rocky seashores. Caves are cavities that form in hillsides, in cliff walls and underground and are ac-

cessible at Earth's surface. Typically, they form in soft, fractured or soluble rocks as a result of natural mechanical and chemical processes that continue over thousands of years.

Hone your creativity, become a graphic designer

Graphic designing helps to develop the overall layout and production design for advertisements, brochures, magazines, and corporate reports. Below is a list of few graphic design career option jobs that can be obtained with a graphic design degree.

User experience (UX) designer :

UX designers work to make products, processes and services seamless, enjoyable and intuitive for users. UX designers might run use tests, refining any bumps or confusions in the process. This career involves tons of out-of-the box thinking, creative intuition and a natural appreciation for smooth design.

Production artist :

Production artists take over the hands-on steps of production, whether that's in graphics, film, art or other formats. They upload and ensure the accuracy of design files throughout the last stages of development. Production artists might suggest improvements to the work they are finishing as well as making final touches like scaling, cropping, retouching and repositioning.

Logo designer :

Logo designer role is to sketch graphically designed symbol arranged in a unique way, with distinct colours, shapes, and designs to represent a company, product, organisation, agency, or service. The logo is the brand identity image of a company or product. Most companies turn local graphic design firms or advertising agencies to design their logos for them.

Christian Girls Are Trapped in Love by Terror Outfit

Circular from Syro-Malabar church read out during Sunday mass

Kochi, Jan. 19. 2020: A circular from the Syro-Malabar Church on the alleged incidents of Christian girls in Kerala and other states being trapped in love and recruited by terror outfit IS was read out in many of its churches during the holy mass on January 19.

In the circular, the Church's head Cardinal George Alencherry urged the priests and laity of the Syro-Malabar Church to take serious note of Christian girls getting trapped in love and being killed in Kerala and other states.

The term 'Love Jihad' was not used in the circular.

The bishops of the Church had faced flak from a section of priests and laity after the Synod of the Church last week issued a statement saying that Love Jihad is a reality."

The statement alleged that scores of Christian women from the southern state were being lured into the trap of Islamic State and used in terror activities.

In the circular read out in churches, the Cardinal expressed concern over the growing incidents of inter-religious love affairs with intentions endangering communal harmony and peace in society.

"It is a fact that such planned moves targeting Christian girls are happening," the circular said adding that Christian girls were even recruited by the Islamic State terror organisation.

The church said it should be an 'eye-opener' for all the priests and its followers.



Through the circular, the Cardinal urged the law enforcement agencies not to approach it as a religious issue but demanded speedy action against the culprits involved in such activities, treating it as a terror issue or a law and order issue.

He also called for efforts to sensitize parents and children to the danger of 'Love Jihad'. Sources said many of the churches under Ernakulam-Angamaly Archdiocese did not read out the circular, as most of the priests in the diocese had differences of opinion over the recent statement of the Synod of the Church on the issue 'Love Jihad'.

A priest of the Ernakulam-Angamaly

Archdiocese had publicly come out against the statement, saying it was not the right time to say something about 'Love Jihad' when the nation is allegedly polarized along religious lines.

The DYFI, youth wing of Kerala's ruling Communist Party of India (Marxist), slammed the Syro-Malabar Church over the issue, urging it to produce evidences of 'Love Jihad' in the state.

The youth wing alleged that the propaganda unleashed by the church against 'Love Jihad' would only help the Hindu outfit RSS.

Another Hindu outfit, the Vishwa Hindu Parishad (VHP) had welcomed the church statement and called for a united fight against 'Love Jihad' in Kerala society.

<https://www.indiatoday.in/india/story/circular-from-syro-malabar-church-read-out-during-sunday-mass-1638302-2020-01-19>

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