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A NATIONAL FAMILY WEEKLY

Is the Catholic Press Dead?

The Herald **Indian Currents** JOURNALISM WITH A SOUL

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CATHOLIC HERALD
Diocese celebrates 50th anniversary of Humanae vitae

Is the Catholic Press dead?

By Fr. F. M. Britto

Most of the passengers in the train are busy browsing through their android mobiles. I appear to be the only outdated person reading a magazine. My conscience is troubled: Am I allowed to read?

These days, people are more occupied with internet than reading any printed word. Definitely internet has better advantages than the printed medium. Faster in communication, internet offers you what you ask at the mere click of a button. Internet has a much wider reach than print media. They are both audio and visual, unlike the print that speaks only to your eyes.

But does it mean the print media is dead and outdated? Print is a long-lasting, cost-effective and aesthetically-pleasing method of communication. Print media is popular because it is one of the easiest ways to reach the targeted customers. Many opt for physical copy, printed books than e-books. Magazines and books go deeper into a particular topic. Print media do not disappear immediately, but creates a lasting impression. It can be reviewed again and again. Scientific study reveals that the children have a taste for study in the families that cherish a shelf of books. Print will continue to survive, even if the percentage of users goes down.

Catholic Church used to celebrate Press Month every February way back from 1950. But we don't hear much about it these years. Is it because many do not read Catholic publications and books these days? Neither the Catholic Church nor the Catholics seem to take seriously of the press.

Printed word is one of the outstanding achievements of humankind and

in India by Christian missionaries. In fact it is the foreign Christian missionaries who first brought the printing machines to India. And they started printing Bibles first in various vernacular languages. They also used the press for imparting Christian instruction and information, both to the baptized and non-baptized. The first Indian newspaper called Bengal Gazette was established by Christian Missionary James Augustus Hickey from Calcutta on Jan 29, 1780.

Besides communicating faith by printed booklets, the missionaries also promoted the local literature and spread humanism for social change. Salesians launched their first publication way back in 1923 in the North East with the Khasi monthly 'Ka ling Khristan' (The Christian Family). It was followed by other publications in the 1930s in Khasi, Garo, Mikir, Hindi, Lotha, Angami, Manipuri, Lalung etc. By establishing the St. Paul Society in Allahabad in the 1950s, the St Paul Fathers and Brothers spread Christian literature both in English and Hindi. The handing over of the Examiner Press Bookshop in Bombay to the Society of St. Paul in 1951 was another milestone in the growth of the Catholic Press in India. Though the Christian missionaries contributed much to the growth of local literature in the initial stage, no more they top in the list these days.

Appreciably many dioceses in India have since late started their own diocesan newsletters to communicate the diocesan news in the diocese. Some of them have grown over the years into national periodicals like the New Leader, Examiner, the Herald (of Calcutta), Nishkalanga (Ranchi). All the dioceses should start their diocesan newsletters, monthly, bimonthly or at least quarterly. It should be in the vernacular language where the laity also should be able to read, write and ben-

efit, and not meant merely for priests and nuns. Besides communicating the diocesan news, they also need to give the universal church news and should be vehicle for imparting and living the faith in their social context. With plenty of visuals and space, they should be attractive to the children, youth and women and not boring treatises on some theological doctrines. The catholic press should disseminate the gospel values to transform the society.

Greg Erlandson, President of the U. S. Catholic Press Associations said, "Only the Catholic Press gives the Catholic leaders a voice with which to be heard by their people – unmuted, uncensored and independent of the preconceptions and prejudices of too many secular media outlets."

Way back in 1884 the US bishops recommended all household subscribe at least one Catholic periodical of their choice, because they are the means to re-evangelize our people. For the English speaking Catholics, we have the New Leader, Light of Truth (Sathyadeepam), Examiner and the Herald (Calcutta). Readers could choose whatever periodical is relevant to them and to suit their budget. Besides subscribing, they also need to regularly renew their subscriptions and gift others also subscriptions.

If the Catholic press is to be the salt of the earth and light to the world, it needs to have the professional quality. How many of our church publications attract young readers? They lose interest in reading them because they fail to hook them. We need to move on along with the advancement in technology, electronic and social media.

Pope Benedict XVI spoke to journalists in 2010 that the foremost task

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Smoke & Mirrors - BUDGET 2020

By Don Aguiar

As the slowing economy threatens Prime Minister Narendra Modi's grip on power, the government unveiled a modest budget that one economist called "smoke and mirrors."

India is stuck in its biggest economic slump in more than a decade, but Prime Minister Narendra Modi's budget for the New Year, unveiled on Saturday, offers only small steps to try to create a turnaround.

The government's \$428 billion budget for 2020-21 laid out a series of modest initiatives, including planned investments in new roads and airports and personal income tax cuts, along with an increase in bank deposit insurance to reassure customers rattled by high-profile bank failures.

A new personal tax regime was introduced, wherein a tax payer can get a lower tax rate benefit if he/she forego deduction and exemption. About 70 of more than 100 income tax deductions and exemptions have been removed to simplify the tax system. Adoption of tax saving sops for individuals would depend on their income and saving pattern.

While the present individual tax regime remains untouched, with the introduction of new lower tax regime for individuals, you cannot take the benefits for -

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And many others!

My maid picked up the buzz regarding the introduction of the new lower tax regime and said that the Finance Minister has given a huge tax relief, her salary needs to be increased too. I said ok. I will increase your salary by Rs200,

(Contd.. on p. 4)

(Contd.. from p. 3)

but no Holi - Diwali gifts or bonus. Now you have two options. If you want gift n bonus, work on the old salary or accept the increased salary. My maid has not yet responded. She will probably discuss with her CA.

Narendra Modi's budget has offered no large stimulus program to provide more jobs or money in the pockets of India's 1.3 billion residents, most of whom barely get by through farming or work in the informal economy. Nor did the budget propose any additional support for the country's weakened financial institutions.

"Our government shall work towards taking the country forward so that we can leapfrog to the next level of health, prosperity and well-being," said the finance minister, Nirmala Sitharaman, while announcing the budget. However the signs of economic distress are everywhere. People have gone back to two meals in a day and children are going without milk.

India's economy grew about 4.8 percent in 2019, a sharp drop from 6.8 percent in 2018, according to the International Monetary Fund. Last year, inflation rose and business investment ground to a halt; from underwear to automobiles, sales of consumer products slowed.

Unemployment rose to 7.5 percent in the last three months of 2019, with city dwellers and young people hit particularly hard, according to the Centre for

Monitoring Indian Economy. Demand for new housing has been weak for four years, according to Knight Frank, an international real estate consultancy.

The weak economy threatens Mr Modi's grip on power in the world's largest democracy. His Bharatiya Janata Party recently lost state elections in two states, including Maharashtra, home to Mumbai, the country's economic powerhouse. On Friday, the Modi government projected that economic growth would rebound to as much as 6.5 percent for the fiscal year that begins on April 1.

International organizations like the International Monetary Fund predict a more modest turnaround. But forecasting is especially tricky at present, with the global economy facing risks from the deadly coronavirus outbreak in China, from Britain's exit from the European Union and from an unresolved trade war between the United States and China. Mr Modi's government is facing its biggest challenge in years, as Indians from all walks of life have taken to the streets to protest against the government.

The protests began in December over a divisive citizenship law that makes it easier for immigrants — except those who are Muslim — to become Indian citizens. With the government planning a national exercise to make all Indians prove their citizenship, the demonstrators say they are defending India's secular roots.

Concerns about the weak economy are also seeping into some of the protests. Thousands of employees of government-owned banks, which have done poorly, according to the country's annual economic survey, were on strike on Friday and Saturday.

Budgets in India have always been aspirational documents packed with goodies to appeal to different sections of voters in the country. For example, Ms Sitharaman announced funding for programs aimed at lower-caste Indians and members of tribes, who are among the country's poorest people.

Investors hoping for a capital gains tax cut were disappointed and sent shares lower in India's stock market, which was ordered to open on Saturday specifically so that people could react to the budget.

Economists are worried that the current problems could deepen in the next few months unless the government takes more aggressive action on the kind of crisis the economy is currently facing and also the scale of it — what is still missing is how they restore the consumption demand which has collapsed.

International trade is also a concern. India and the United States have been locked in an escalating trade fight for more than a year. Officials in India are working hard to prepare for a state visit by President Trump in late February, when the countries hope to sign a much-awaited trade deal.

But a trade deal will not solve India's larger problems. Everyone is saying the government needs to inject more fiscal stimulus. Employment is down, every sector is affected. Right now, the government needs to make the patient survive. And then can think about making him walk.

But the government in assurance has clarified that it stands by its electoral promise of complete abolition on Income Tax. That's right you heard it correct. Finance Minister Sitharaman has explained that it will be done in two stages. First they will abolish income. Then they will abolish the tax,

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Is Kunal Kamra's punishment justified?

Stand-up comedian Kunal Kamra was put on the no fly list for heckling a prominent TV anchor on an IndiGo flight. While heckling on a flight is not right, the comedian did not misbehave nor was he a danger on the flight, which would have warranted strict and peremptory punishment. And while the incident occurred on IndiGo, why did Air India, Spicejet and GoAir ban the comedian even before an enquiry was held? Maybe they were afraid that he was infected with the contagious CAARona Virus!

Just another thought: What if Kamra had heckled some other TV anchor, Prannoy Roy for instance? Probably, he would've received a national award. Kamra, not Rajdeep!

—Prof Robert Castellino
Mumbai

EusCe

Christians in Mumbai are protesting against the demolition of their holy crosses by the BMC (Brihanmumbai Municipal Corporation) that were built by their ancestors and are over a hundred years old. They say that the demolition is done without any prior notice being given to them or without any documentation or court orders. They further say that the present ruling party politicians and the government is just harassing them as they want to wipe out Christianity permanently from the country.

Local residents suspect that the authorities are doing this in conniv-

ance with the police to claim land for property developers because land is a premium commodity in the city. Christians are just 2 per cent of the 14 million people in the city of Mumbai according to a recent government census. Despite being a minority community, Christians, majority of them Catholics, are well acknowledged because of the reputed schools, colleges and medical facilities they run.

The government has been pushing pro-Hindu policies to the people of the country and five years back it had even banned the consumption of beef making it an offence punishable by a five-year jail term. By demolishing crosses and other Christian structures, our faith in Jesus Christ will not diminish; instead it will only increase. The BJP government should realise this.

Just because we Christians are peace loving people, the government and the present day ruling party politicians (the BJP) have been taking an upper hand of us.

— Jubel D'Cruz,
Mumbai

' The importance of the Legislative Councils '

With reference to Melville X D Souza's excellent letter titled : Whither Legislative Councils ? in The Secular Citizen dated 10 February, 2020 the legislative council /upper house acts as a check on hasty decisions and actions taken by the legislative assembly and is not as popularly perceived as a house for politicians who have to be directly elected by the people and have lost the elections in the past.

Instead of abolishing the legisla-

tive council their term must be reduced from 5 years to 4 years and the same must be done for the lower house and two-thirds of the legislative council must be directly elected by the people to make it more representative and responsible and the same must be done for the Rajya Sabha and legislative councils which have been abolished must be restored and if the politicians who have been directly or indirectly elected to the legislative council are ineffective, corrupt and communal and have thus failed the people then they must be recalled through a right to recall law.

Even if the prime minister deputy prime minister chief minister and deputy chief minister are elected from the upper house at the centre and at the states they must be allowed to serve only two four year terms.

Since India is a democracy the upper houses both at the centre and the states have the right to reject the views of the government which must be both respected and tolerated.

This then is the importance of the legislative councils which must be abolished since haste makes waste and slow and steady wins the race .

—Peter Castellino

' Unite and don't divide '

With reference to Jubel D' Cruz's letter titled : Dividing Game in The Secular Citizen dated 10 February, 2020 history is repeating itself because just as the British played the pre-independence game of divide and rule and totally ruined the country Indians after independence have played the same games to polarise different communities to gain votes since they do not have any policies and programmes that will benefit the people which are pursued by a political party which calls itself the party with a difference but actually instead in reality is a party with an indifference.

The solution to this bad situation

(Contd.. on p. 9)

(Contd.. from p. 2)

of the Catholic newspapers is giving "voice to a point of view that reflects Catholic thinking on all ethical and social questions."

Nowadays there is a lack of interest among our Catholics to learn more about the faith and the students are busy only with their mobiles and laptops. Priests and nuns need to encourage their parishioners, students to subscribe to at least one Catholic magazine which would be relevant to them. But if many priests and nuns themselves do not read any Catholic periodical or book, but while away their free time only in watching TV serials and WhatsApp messages, how are they going to motivate others to read? Catholic English monthlies like The Teenager (Mumbai), Heights (Bhopal) are very relevant to non-Christian students too. Weeklies like the Indian Currents were started to give Christian perspective to non-Christians. Church needs to honour lay leaders like Lawrence Coelho running The Secular Citizen, a weekly from Mumbai, and Dr. P. M. Chacko for publishing The Family Magazine (Cochin), which could be benefitted

by all. Though late Archbishop M. Arockia Samy of Madurai dreamt of starting a Tamil Catholic daily, he couldn't materialize it. Yet the Tamil Nadu bishops are successfully running a weekly Nam Vazhvu. The influence of the Malayalam daily Deepika has to be lauded.

In running a publication our vision and mission should be clear. In some of our Catholic publications, Jesus and the gospel values are out, though that is the focal point of the Protestant publications. If the editors envisage to have a larger circulation of their publications, their products need to be attractive and worth the subscribers' money and time. What they write should be readable and they should not write literature to get Noble Prize. Due to lack of professionalism, many of our Catholic publications are not sought after. Many editors want to please their bishops by printing their large photos and the hierarchy and they have no concern with the ordinary people's problems. Responding to the changing demands of the consumers the printing industry needs to take steps like the Forbes magazine. They should carry stories of our faith,

our people and our life.

Sometimes the diocesan bishop or provincial appoints an editor, who has no experience of print journalism. When his term is over, another disinterested person is brought in - to murder the publication. Many priests and nuns are regularly sent to be trained as teachers, nurses, social workers and in theology. But how many of them are trained to be media persons in this age of media, though the bishops have opened institutions like the Niscort. Media training should form an integral part of religious formation.

Since years the (Tamil Nadu) Kottar diocesan monthly Then Oli is successfully managed by the laity, cooperated by the priests and its bishop. But we cannot find such lay leaders in all dioceses. Even if there are, some bishops do not have the trust in them and some lay leaders are also to be blamed for that. And there is also the problem of financial payment to them. What about the clergy who return from foreign countries with doctorate in media? Many of their ambitions seem to be to adorn their names with Dr. or looking for high ecclesiastical posts in their dioceses or congregations.

Some Catholic schools spend so much money on extravagant school annuals, get-togethers, parties, prizes and buildings. Why not they offer at least one advertisement in a year to any one of the Catholic publications to supplement its cost? Mumbaikers need great applause in the enormous advertisements they give to their Examiner.

Oswald Cardinal Gracias of Bombay said at the 33rd General body meeting of the CBCI, "Media provides us the best opportunity to be a new way of being the church by going beyond all barriers that divide the society. Encourage more and more Catholic laity to take up media profession so that their deliberations and lives communicate truth, fairness, authenticity, justice, peace and brotherhood in India." Will this Press Month improve Catholic readership and publications?

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Statement by the Catholic Church of Gujarat on the CAA, NRC and NPR

On the occasion of India's 71st Republic Day, a statement by the Catholic Bishops of Gujarat on behalf of the Catholic Church of Gujarat on the **Citizenship Amendment Act (CAA)**, the **National Register of Citizens (NRC)** and the **National Population Register (NPR)**.

The Indian Catholic community, as proud citizens, are deeply committed towards the building of a nation based on justice and equity. The Catholic Church regards it a duty to stand with the country at every difficult moment. Mother India, has for centuries, been nurturing every single citizen, without any discrimination based on caste, religion, language or region. The Indian dictum of '**Vasudhaiva Kutumbakam**' ("the world is one family") has resonated all over the world from our shores. Being the cradle of different religions and cultures, India has given the world the ideal of 'unity in diversity'.

As loyal citizens of India, the Catholic community of Gujarat is committed to safeguarding the Constitution of the country and in ensuring that all communities living in the country, enjoy happiness, prosperity and human rights without discrimination.

There has been widespread protest against the Citizenship Amendment Act (CAA) ever since it was passed by Parliament, about one and a half months ago; the Catholic Church of Gujarat, convinced that standing up for the truth is their religion, would like to clearly state their position on the issue.

The Church welcomes the Government's attempt to provide citizenship protection to some refugees from Pakistan, Bangladesh and Afghanistan through the Citizenship Amendment Act (CAA); however, it would like to express concern and apprehension about the exclusion of any particular group on the basis of religion, in the conferring of citizenship. It is unconstitutional, to determine citizenship on the basis religion. For the

Church, '**Vasudhaiva Kutumbakam**', is a non-negotiable ideal. In this ideal, any prejudice or discrimination of any group, contradicts the spirit of a 'world family' and is contrary to the values of our Constitution.

The proposed provisions also raise serious apprehensions about the benefits to the country, against the huge expenditure incurred through the implementation of CAA, NRC, and NPR. There are also questions about the safety, security of the 'illegal' immigrants; above all, the dignity and living conditions to those already confined (or may be confined) in detention centres.

We are in solidarity with the non-violent protests in the country, for justice, as an expression of one's right to freedom of speech and expression. We urge the following of one's conscience, in joining any peaceful protest. At the same time, we condemn any attempt to silence dissent and to suppress non-violent protests. We take note of the laxity and negligence by the administration and the police in acting against those who violently try to disrupt peaceful protests. There are certainly several unanswered questions with regard to the NRC and NPR: for example, the availability of the stipulated document to prove one's citizenship; we also have serious doubts about the competency and the qualification of those responsible for determining the citizenship of another.

We consider it thoughtless and hasty to proceed with the implementation of the CAA, NPR and NRC without adequate reflection on the remedies and solutions of these issues related to human rights and human dignity, as well as national peace and unity; and without adequate consultation with the people of India

We humbly urge the Government, to immediately stay this act and the associated procedures, until adequate thought is given to all human aspects related to it, so that the good of the

entire human community residing in India is ensured and that India emerges in the world community as an exemplary nation, for its adherence to the Constitution and the protection of human rights!

May God our Father protect our beloved India!

Jai Bharat!

Signed:

+Rt. Rev Bishop Athanasius Rathnaswamy +Rt. Rev Bishop Jose Chittooparambil CMI
Diocese of Ahmedabad
Diocese of Rajkot

+Rt. Rev Archbishop Stanislaus Fernandes SJ +Rt Rev. Archbishop Thomas Macwan
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WHO SHOULD BE THE WATCH DOGS OF THE GOVERNMENT?

by Eric D'Sa

In a functional democracy, generally it is the opposition party or parties who act as the watch dogs of the government. They are the ones who should ensure that all laws that are being passed through the parliament are discussed in detail, scrutinised carefully and then only made into a law.

As a matter of fact all the elected parliamentarians should check with the voters of their constituencies if the proposed law meets their approval. They should except in rare cases such as vote of no confidence against the government and the financial budget be able to vote as per their own conscience and their voters wishes, without the party whip being used for doing so. Unfortunately because of the party whip being enforced all the time, the parliamentarians in our country behave like puppets on the string.

The other watch dog is the Judiciary which needs to be independent and ensure that any law passed by the parliament falls within the country's constitution. So far to a certain extent our Judiciary has resisted the attempts by the government to control the Judiciary by insisting on having control over the appointment of judges to the Supreme Court. However the Government has indirectly controlled the Judiciary by not filling the vacancies by delaying approval of the judges that have been selected to fill in the vacancies.

The third and as important watch dog is the 4th estate - the Press and News media. Unfortunately even this has gradually except in a few cases that can be counted with your fingers, has come under the total influence of the government control. As a matter of fact the number of people who reading news papers are dwindled to below 20% and those watching news on TV to below 50% of the population.

In the above circumstances the cluster of inter-related political rights - expression,

association, assembly, petition and protest - is meant to ensure that even when the government works in our interests, we don't sit back and allow it to conduct business as usual. We act as watchdogs and constantly monitor its acts, for even such governments can falter and then it is up to us, through consultation, meetings and discussion, to recognise and rectify its mistakes.

However, another serious situation can easily arise. An elected government may stray from the constitutional course, go against the interests of the people, become unresponsive and refuse to listen. Here pressure against the government must be built by still stronger public

YOU THE CITIZENS DECIDE:

methods. Protests may take the form of street assemblies - the occasional, temporary gathering of a group to parade or demonstrate or become a sustained movement, necessary to complement or reinforce more conventional forms of politics.

We have glaring examples of a person like Potti Sreeramulu starving himself to death in order to draw attention of the Madras State government to the urgency of creating a new Telugu-speaking state of Andhra or the Chipko movement in which Gaura Devi, Chandi Prasad Bhatt and others began to hug trees to prevent the then U.P. government from awarding contracts to commercial loggers? Such movements are particularly important for those outside the mainstream, or those not educated formally. After all, any disaffected person, no matter how illiterate or powerless, can shout a slogan, hold up a placard, go on a silent march and oppose the government. Meetings around a table rarely involve as many people as street protests do.

Democracies everywhere are founded on two core political rights. The first, the right of every citizen to freely elect their

government and when dissatisfied with its performance, to vote it out of power in a legitimately held election (Article 326). This remains the only proper constitutional procedure to get rid of a government and rightly so. Indeed, peaceful transfer of power is one of the great strengths of democracies. But short of displacing it, and as long as it is done peacefully, any form of public action to challenge the government's proposals or decisions is also constitutionally legitimate, forming the second core political right: to politically participate not only during but between elections.

The right to protest, to publicly question and force the government to answer, is a fundamental political right of the people that flows directly from a democratic reading of Article 19. If so, one is left speechless at the way in which the current government sidesteps issues, ducks questions, and wilfully obstructs any attempt to discuss. It has become a habit with it using its majority in both Houses of Parliament to take decisions quickly, almost secretly, foist them on an unprepared people and then, when challenged, to campaign in order to retrospectively justify its opaque, midnight decisions.

Will a government that publicly promised 'sabka saath, sabka vikas, sabka vishwas' demonstrate its legitimacy by really listening to everyone, especially its critics, or will it continue to vilify all opponents as traitors or anti-nationals? Will it go even to the extent of using brut police force, break up peaceful demonstrations and hail them on false charges? Will you the Citizens knowing what is occurring around you ignore the same and become one of the watch dogs to ensure that democracy survives?

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Felicitation of Anthony Menezes on Konknni Journalism Day



have this soul?' asked Rajendra Desai, Editor of Konknni weekly 'Amcho Avaz'. He was speaking as the chief guest at a function organised by Dalgado Konknni Akademi (DKA) to commemorate Journalism Day on February 02, 2020 at the Tiatr Academy of Goa (TAG) Conference Hall, Campal, Panaji. Noted Konknni writer, Anthony Menezes, who was felicitated on the day, DKA President, Tomazinho Cardozo, Secretary, Vincy Quadros and Treasurer, Celso Fernandes shared the dais with the chief guest.

Panaji: 'Wishing that there be rise in the number of Konknni writers, there was no expectations from our writers of the past generations, but they had their soul in the writings. Do today's writers

While stating that Konknni is God's language and has beauty of its own, he reminded the audience that Goans celebrated various days including the Journalism Day today. He explained how the journalism of yester years made an impact on the social life of the people and appealed to all to face the challenges in the literary field and urged the writers to avail the facilities available to them.

(Contd.. from p. 5)

is to vigorously pursue secularism and liberalism and adopt progressive policies and decisions that help to modernise the country and ensure that we stand together at all times and at all places as one people ie Indians despite our divisions of religion ,state and language and culture etc thus ensuring that the policy of unity in diversity survives.

These then are the reasons why the unite and do n ' t divide policy must be zealously followed in thought , word and deed .

—Peter Castellino

We are Indians; nothing can divide us

Ask any expat on holiday to India about his adopted country and he will gush forth with fulsome praises about the great country to which he has migrated. "The air is clean, the open spaces are green, there is road discipline. Water and electricity is available 24x7. You wont see scraps of paper and plastic bags around. The schools are good and healthcare excellent. Corruption is unheard of and crimes are few. It's a great country . Why don't you migrate?" he asks. But after a two days in India and per-

haps two drinks, he acknowledges that something is missing. The soul is missing. There is no place like India and so he keeps coming back. India has a soul. And that's the big difference.

Politicians may try to divide us but we hold fast. Hindus, Muslims, Christians live in communal harmony. We may protest and shout slogans but at the end of the day, we are Indians. We love our fellow countrymen, we love our neighbours. We may have arguments, even fights, but if there is an emergency, or a death the entire building without exception will rush out to help. We are Indians. Not a people without a soul, as elsewhere.

The following small and virtually insignificant incident encapsulates the spirit of india. A few days ago piped cooking gas was shut off without prior notice, due to an emergency in our area. The entire area was affected for hours. People had never faced such a situation before and were unprepared for it. One person put out a message on the housing society's chat group. " If anyone needs to use gas, you are most welcome to come over to my house. I have HP gas cylinder". She was a Muslim---the only Muslim in the building.

Arre bhai, we are Indians, a nation with a soul. Nothing can divide us.

Prof Robert Castellino
Mumbai

On the occasion famed Konknni writer from Curchorem, Anthony Menezes, was felicitated at the hands of the chief guest. Addressing the audience, Anthony thanked DKA for helping him bring out the hidden talent in him. In his presidential address, DKA President, Tomazinho Cardozo mentioned that most of the first in Konknni literature were through the Roman script. As these facts remain un-acknowledged and that the history should not be manipulated, DKA organises such activities from time to time to remind the people of the facts and truths in the Konknni literary field.

At the onset, the chief guest put a garland on the portrait of the editor of the first Konknni weekly 'Udentichem Sallok' in Roman script, late Eduardo Jose Bruno de Souza. While Vincy Quadros welcomed the gathering, Celso Fernandes proposed a vote of thanks. Daniel F. de Souza introduced Anthony Menezes and Sonia Gomes compered the function. The event ended with the singing of the national anthem.

An evening with a Saint

His name! Pedro Arrupe. The Jesuit General.

October 19th, 1965. The place : Sacred Heart College, Shembaganur, Kodaikanal - nearly 10000 feet above sea level. Madurai district, Tamil Nadu. It was an official visit of a Jesuit General to a house of Philosophate, Sacred Heart College. There is a perpetual winter and a damping shower or two daily on that lush green mountain where the college is situated.



every inch a saint! With the highly intelligent eyes and winning smile, Fr. Arrupe seemed very eager to meet us all. He spent a couple of minutes with every Jesuit student and allowed us to feel that Pedro Inigo de was very much alive.... He handed over his cap in my custody and for two and half hours I had a luck to preserve his boina'.

Before he came here, he had a full knowledge of things here. I had to accompany him and even after 55 long years I still have the vivid knowledge and a

deep recognition of that living saint, Padre Arrupe - the beloved General.

The community had 129 Jesuits - ten highly qualified professors with their doctorates from Gregorianna University, Rome. We were 102 students of a three-year course of philosophy. I was in my second year and was 'bidellus'-monitor of all the students. The Dean of the college was Fr. Ugarte - the only Spanish Jesuit in Tamil Nadu. He was genius - an old man with a scholarly look and very lively eyes. It was an icy chilly evening of mid-October and we had a plash of breezy rain at noon. The entire college was eager to see and meet the Jesuit General who had witnessed the Hiroshima bomb attack, where thousands of lives mingled with death in minutes..... The General's convoy consisted of five vans from Madurai. As the middle, I was at the college gate with our Rector - Fr. Rodriguez - who looked like Vinobha Bhave! A very gentle, sharp, scholarly Jesuit. That evening was chilly, windy and frosty. Father Arrupe had a black cassock and he had a Spanish 'boina' - a black cap. Fr. Arrupe looked a highly mortified thin, wirey man with an innocent child-like smile that will win away any hard-hearted person.... he looked



by Ignatius Dabhi
Sr. Journalist

His English was very articulate and clear. I guess he had a divine gift to fathom every new situation.... The convoy left at 7.45 as he was to visit other parts of India.

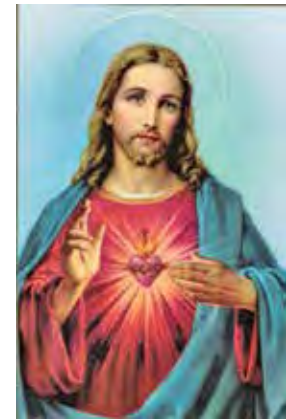
As in-charge of students' body, I had to send him the annual report. After going through my report, he sent me a personal letter which I still possess. A letter from Saint!

Today, no more a Jesuit, I carry a deep, intimate vision of that holy person who touched me in my deepest

being....

The process of canonization to declare Father Pedro Arrupe a saint is on.... Many Catholic writers have already said that Fr. Arrupe was a second Inigo de Loyola - St. Ignatius of Loyola.... His simplicity, piety, mortification and deep understanding helped the Church in difficult days.... May his closeness to Christ help us all!

Thanksgiving



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

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

—Gracy Sequeira, Mumbai

Election Commission of India

The Election Commission of India [EC] is one of the most respected institutions in India only second to the judiciary. It is known for its impartial conduct of the biggest election exercise in India when it comes to the General Elections last of which were held in mid-2019. The manner in which the elections are conducted has received universal acclaim and some countries do seek help and guidance from this great institution which comprises of a CEC and two ECs. Together they have, over the years, conducted the elections both Loka Sabha and Assembly elections with military precision though some opposition members, particularly those on the losing side do make some wild charges of bogus voting, favouritism etc but such reactions are understandable considering that the government alone appoints them.

Over the years money and alcohol played an important role in influencing the elections and this was something that the EC was concerned about. Then came T.N.Seshan who decided to play proactive role in keeping a close watch on movement of vehicles etc and seize cash, alcohol etc. He streamlined the campaign mode as well. They have been able to lay their hands on huge cash etc which shows how vigilant and committed the officials are. They take the help of the police and even direct them to file FIRs. With a close watch on the activities of the candidates as well as the political parties, the EC ensures that the rules of the game are followed and pull up the errant candidates.

Based on the complaints from the opposing candidates, the EC sends notices to the offenders and seek their explanation and where it is justified, the candidates or other leaders canvassing for them are pulled up and even debarred from campaigning as star campaigners for 48 to 72 hours depending on the severity of the offence. Where the offence is grave, the EC orders the police to file an FIR. All this is good but does not really act as a deterrent. There is a need for harsher actions as our politicians have thick skins and nothing of this sort really bothers them.

Even when the results are out there are complaints by the losers against the winning candidates and EC is required to handle such complaints especially

IEWS on NEWS

those concerning non-disclosure of cases pending or the candidates exceeding the monetary limit stipulated by the Commission. Some of the cases land in judicial courts and knowing the pace at which justice is delivered in this country the cases drag on and on for years. The term of the legislator or the MP expires in the interim making a mockery of the whole exercise. Apart from this, the precious time of the judiciary is wasted on this futile exercise.

It is time for the Parliament to revisit the entire gamut of elections and the powers of the EC. Unfortunately, all political parties benefit from the toothless position of the EC when it comes to disqualifying an errant candidate. Any more powers would be detrimental to their interests and therefore they are not complaining. During canvassing stage the EC must have the powers to disqualify the candidate if he or his party functionary canvassing on his behalf commits a grave offence which is punishable under the IPC. This will put an element of fright and bring about some sanity in the campaigning which at times crosses all bounds. Another issue that needs to be tackled is the eligibility of candidates to contest if they have a criminal background. Anyone who has charges filed against him for murder / rape etc should be debarred from contesting. The EC has already recommended to the Apex Court that the political party must place on record the compelling reasons why a tainted candidate is given a ticket to contest. The Apex Court should also direct the government to bring about election reforms which will bring about radical changes in the existing rules. The selection process of ECs should be akin to the appointment of Vigilance Commissioner.

A discreet Union Budget?

The first lady Finance Minister of India Nirmala Sitharaman delivered the longest budget speech in Indian history taking more than 2 hours and 40 plus minutes which she could not actually finish and sought the Speaker's permission to consider the same as read. Perhaps she was exhausted with the time and energy spent in the whole exercise. Talking about the length of the speech Dr Man-



by Marshall Sequeira

mohan Singh delivered a 18650 word document in 1991 when he was the Finance Minister delivering that path breaking budget which put an end to the Licence Raj bringing down the Customs duty from 220% to 150% among other big time changes. Of course others like Arun Jaitley also delivered long speeches. H.M.Patel restricted his speech to a mere 800 words – must have been a man of few words. While Sitharaman spoke for a long time she could not possibly beat Britain's William Gladstone who spoke for 4 hours and 45 minutes. For the general public, the income tax is a big issue and anything significant which reduces the burden makes them happy. The dual tax rates with option to choose either is available only to individuals and not the business community. Why would the senior citizens go for the new option foregoing 50,000 towards interest exemption, 50,000 towards medical care not forgetting 150,000 under 80/C. Anyway, it is left to the discretion of the individual to choose what is best.

It is not the size of the speech but the content that matters – not even the discreet benefits that it will accrue. In the case of the latest budget the content could score just around 5/10. People will look forward to the disinvestment in the LIC and to some extent the IDBI which could set the trend for the future. If this could generate huge funds for the government we can expect many such steps in the future budgets. The share market reacted adversely on the day of the budget only to recover a couple of days later. It will be interesting to see how the government monitors the GDP growth and control inflation. The next few months will give an indication how the economy will fare. The government should revisit their priorities and focus on economic issues rather than divisive ones. Creation of jobs should be a priority. All the unemployed cannot sell pakoras for survival.



Pink Is Beautiful

by C.K. SUBRAMANIAM

Pink has not always been considered a colour for girls. There was no sudden, unanimous cultural shift but both men and women wear pink attire and that suits them well. It is still seen as both men and boys wearing a feminine colour', not as just another colour. It gets noticed, no matter who wears it. The attraction on pink colour is just more than people wearing red colour. Pink colour is more English in nature and people love to have a good look with pink.

Pink is a pale red color that is named after a flower of the same name. It was first used as a color name in the late 17th century. According to surveys in Europe and the United States, pink is the color most often associated with charm, politeness, sensitivity, tenderness, sweetness, childhood, femininity and the romantic. A combination of pink and white is associated with chastity and innocence, whereas a combination of pink and black links to eroticism and seduction. One can choose pink as they feel like it.

This Valentine's Day, lovers in Japan can present the object of their affection with a world first — naturally bright pink chocolate. The KitKat store in the glitzy shopping area of Ginza in Tokyo is a riot of wall-to-wall pink. And the salespeople have chosen their moment wisely: Valentine's Day is massive business in Japan. In India some

religious groups objected Valentine's day celebrations in India and consider sending pink undergarments to show their resentment on such social celebrations. Thus pink assumed great importance and garment showrooms display pink attire on their frontal display board to attract their clients.

Pink, a delicate color that means sweet, nice, playful, cute, romantic, charming, feminine, and tenderness, is associated with bubble gum, flowers, babies, little girls, cotton candy, and sweetness. The color pink is the color of universal love of oneself and it is a peculiar one. Both red and pink represent love and young generation

love to wear those colours when they go for an outing as these colours bring out best picture for posting in social media and get the maximum likes. The reason is that pink, being a more decided and stronger color, is more suitable for the boy; while blue, which is more delicate and dainty, is prettier for the girl. Dress designers like pink much like all colors, and is considered gender-interchangeable throughout most of the 19th and 20th centuries.

Pink in its conventional avatar has connoted romance and femininity, so it is used extensively by brands of feminine perfumes, cosmetics and accessories. Pink is also the colour



of babies and gentle feelings, so a natural colour for baby brands such as Johnson and Johnson. Adult male brands have tended to keep away from pink for these very reasons, and also because pink has been considered the signature colour of the gay community. But this is changing fast. In recent years, pink is emerging as a cool colour which conveys new-age values to young consumers. Because it is used by few brands today, it can also serve as an immediate differentiators. For marketers who are willing to take courage, pink is certainly a colour to ponder over for your next offering.



Johnson and Johnson's Dumex baby soap was pink in colour to attract young ones to go for a happy bath. More than 50 pink colours are prevailing with different shade and texture. Pink colour brings serenity to the life of women and men love to see them in pink attire for the sake pleasure. The transition to pink as a sexually differentiating color for girls occurred gradually, through the selective

process of the marketplace, in the 1930s and 40s. In the 1920s, some groups had been describing pink as a masculine color, an equivalent of the red that was considered to be for men, but lighter for boys. But stores nonetheless found that people were increasingly choosing to buy pink for girls, and blue for boys, until this became an accepted norm in the 1940s.

As long as you are aware of how different work environments have a different way of dressing and in the daily routine pink occupies the top spot and women love to wear their favorite colour and pink is the best suited for them. A pleasing colour like pink pays well for your appearance and brings about a sea change in your dress sense as well.

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Explore different cooking methods

Many household foods are prepared by frying in oil, which not only causes weight gain but also releases free radicals that damage the body. Try other cooking methods that highlight the wonderful flavours of different foods. Grilling or baking with a little oil brings out the natural sweetness of vegetables such as Brussels sprouts, carrots, and even cauliflower. There are so many different tools available for cooking foods without oil, such as grilling meat and fish that actually highlight their wonderful taste sometimes lost in frying. Steaming is also a wonderful method for making healthy dishes.



Add walnuts to your daily diet

Walnuts are perhaps one of the most effective super foods and can play a remarkable role in improving an individual's health. Among nuts, they stand out for their unique nutrient content and phenomenal health benefits; they're rich in fibre, protein, essential fats. Take a look at some important health benefits that walnuts can provide.

Cancer - fighting properties :

Walnuts may help reduce not only the risk of prostate cancer but breast cancer as well. Just two handfuls of walnuts a day can cut breast cancer risk in half.

Heart health :

Walnuts contain the amino acid L-arginine, which offers multiple vascular benefits to people with heart disease or those who have increased risk for heart disease due to multiple cardiac risk factors.

Weight control :

Adding healthful amounts of nuts such as walnuts to your diet can help you to maintain your ideal weight over time. Eating walnuts is also associated with increased satiety after just three days.



Bombil Fry

Ingredients:

- 6 - 7 bombils (Fresh Bombay ducks)
- 2 tsp garlic paste
- 2 tbsp fish masala
- 2 tsp red chilli powder
- 1 tsp vinegar
- Salt as per taste
- Rice flour for coating
- Oil for frying



by Jubel D'Cruz

Method:

1. Chop the head, tail and side fins from each of the bombils.
2. Slit each bombil from the stomach side till half to make it flatten. Wash properly with running water so that all the waste is flushed out.
3. Now place all the bombils one by one in a clean medium sized napkin on kitchen platform (or any other clean place).
3. Flip the napkin and cover the bombils and keep a heavy weight tin on the bombils for 30 minutes so that the excess water is drained out and they turn out more flat (which in turn while frying will give a good crispy texture to the fish).
4. Now add salt, garlic paste, vinegar, fish masala and chilli powder in a bowl with 2 tbsp water.
5. Mix well and apply it on the fish both sides. (For more crispy texture, do not add water, just mix the ingredients and apply it on the fish directly).
6. Coat rice flour on the fish (both sides) and shallow fry on a tawa on low flame until crisp (Once the bombils are crisp, flip them onto the other side to be cooked). Tastes best when served hot with dal rice

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Thanksgiving



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

—Ms T. R. P, Bandra

'Catholic Maha Samavesha 2020' in Kanara

-Ivan Saldanha-Shet.

The Konkani Catholics of Kanara's hinterland in a high magnitude event, 'The Catholic Maha Samavesha-2020' at Sacred Heart Church ground, Madanthyar near Belthangady on February 2, Sunday created a fresh mandate. At least 30,000 or more participated, it is positively a mile stone and a renewal of collective unity and support in the glittering history of the Catholic Church in the region. Catholic Sabha Mangaluru Pradesh, Indian Catholic Youth Movement, Diocesan Christian Councils of Catholic Women (DCCW) were the organizers of this event, diocese of Mangaluru, Syro Malabar diocese, Beltangady, Syro Malankara diocese, Puttur were joint organizers.

Maha Samavesha commenced with a 'unity rally' from Madanthyar town to the church ground venue. Bishops of Mangaluru, Puttur and Beltangady, hundreds of priests, religious sisters and thousands of delegates from the community, were an integral part of the rally. Dr Peter Paul Saldanha, Bishop of Mangaluru flagged off the rally.

Dr Lawrence Mukkuzhy, Bishop of Belthangady Syro Malabar diocese, Dr Geevarghese Mar Divan nasios, Bishop of Puttur Syro Malankara diocese, Rev. Maxim Noronha, vicar general, Mangaluru Diocese, Ronald Colaco, NRI entrepreneur and philanthropist, Rev. Mathew Vas, spiritual director, Catholic Sabha, Rev. Ronald D'Souza, director, ICYM, Rev Francis D'Souza, director DCWC, Rev Eldo Puthankadathil, vicar general, Beltangady diocese, Rev Jose, Puttur diocese, Leon Saldanha, president, ICYM central council, Rev. Basil Vas, parish priest, Madanthyar, Rev. Stany Pinto, assistant parish priest, Madanthyar church, Dr Ronald Fernandes, member KPSC, M.P Noronha, secretary, diocesan parish council, Mangaluru, were present on the dais. ICYM Karnataka regional representative Jaison Pereira was also present. Rolphie D'Costa, president, Catholic Sab-



ha Mangaluru Pradesh presided over the inaugural events. Deliberations and study teams are on going.

In his address Bishop Dr Peter Paul Saldanha said, "Forever Konkani's are Indians. In Mangaluru, for last 450-years history says we have lived peacefully, respectfully, not encroaching others on the path of Jesus Christ. We believe in the deep goodness in humans and have long proved humanity in our life and works. At the same time, we believe in our Constitution and Country. Rev. Jerome D'Souza a Jesuit, worked with Dr B R Ambedkar, and has contributed to drafting the Constitution."

In his keynote talk, Dr Lawrence Mukkuzhy, Bishop of Beltangady said, "With deeper objectives to unite, to reflect and to strengthen, this Catholic Samavesha-2020 was created. Humanity is our faith n focus which is centered in God. We are cent percent Indian citizens. We are in the forefront contributing in the fields of education and health. No one can deny this with mere verbal attacks. There are ministers in all governments, sports persons in all events, educationalists, scientists and intellectuals of all categories who are products of Christian institutions. We never converted them or anyone else to Christianity, nor have they left their religion. We respect all religions,

respect and accept their faiths. Christians are set to continue service to the mother land forever."

Ronald Colaco, NRI entrepreneur philanthropist, appreciating the unanimous gesture the Christians said, The history of ancient India says that one way or the other, most present Indians are migrants and by birth we are all Indians. Our youths must be active in nation-building, going abroad should not be a blind fad, opportunities exist within the country. The government sector is one of the finest areas to work in. The community should take an interest in helping the youth become active in UPSC openings too." Colaco stressed that youth needs to abstain from excessive use of mobile phones and games in it. Gulf is not what it was once before. Now in the Middle East you spend as much as you earn which leaves no savings at all." Colaco requested youth to not fall prey to lure from the Middle East and try to focus on building a brighter future in their motherland. He encouraged the youth to work hard, with dedication and determination and make efficient utilization of the government schemes for their entrepreneurial ventures and contribute to the home land and happiness.

"Life does not give several chances

(Contd.. on p. 17)

Puns to start your day on a punny note

1. I had a crazy dream last night. I was swimming in an ocean of orange soda. Turns out it was just a Fanta Sea.

2. My boyfriend just broke up with me for talking about video games too much, what a stupid thing to Fallout 4.

3. I want to be cremated as it is my last hope for a smoking hot body.

4. What do snowmen eat for breakfast? Snowflakes.

5. Some aquatic mammals at the zoo escaped. It was otter choas.

6. What was Forrest Grump's email password?

1forrest1

Master of fast

Kuntal : I am a master of fast calculations"

Teacher : Ok, what is 758 time 642 divided by 5?

Kuntal : 22!

Teacher : Ha ha, that's wrong!

Kuntal : Might be but it was fast!"

Girl : So, how many times a day do you shave?

Man : Well, about 15-20 times every day.

Girl : My God, are you some kind of crazy?

Man : No, I'm a barber.

Secret revealed

Five ways to make your husband happy:

1. Obey him
2. Love his parents.
3. Allow him to party with his friends.
4. Never argue with him.
5. Support him when he is broke.

Five ways to make your wife happy:

1. Give her money
2. Always give her money
3. Continue to give her the money
4. Keep giving her the money.
5. Just never ever get tired of giving her money!



Two couples went out golfing together. The men hit first from the men's tee and walked with the ladies to their tee box. The first lady took a mighty swing at the ball, missing it completely, while passing some gas rather loudly in the process. No one commented. She addressed the ball again but this time she passed just little gas as she made contact with the ball, topping it and moving it only a short distance. She said, "I wonder why it didn't go any further?" One of the men said, "I don't think you gave it enough gas."

Dad: I was just listening to the radio on my way in to town, apparently an actress just killed herself.

Mom : Oh my! Who!?

Dad : Uh, I can't remember.... I think her name was Reese something?

Mom : Witherspoon!!?

Dad : No, it was with a knife.

Rahul : I;m selling my talking parrot.

Chinks : Why?

Rahul : Because yesterday, he tried to sell me.

RSVP missing

Sanata and Jeeto were preparing wedding cards for their son at the printers. Jeeto was not very good at English so she asked the printer to help her. After the printer had presented her with a draft, she quickly pointed out that the "RSVP" was missing. The printer was surprised by Jeeto's knowledge and asked her if she knew what it meant. Jeeto started to think and after much thought she replied, 'Vait! I remember, I remember - RSVP. It means "Remember, Send Vedding Present."

The tomato sauce

A husband and a wife sit the table,

having dinner. The woman drops a bit of tomato sauce on her white top. "Och, I look like a pig" The man nods, "and you dropped tomato sauce on your top!"

Husband an wife are arguing

Husband : Where did I go wrong?

Wife: You tried to correct me.

The symptoms of Coronavirus are sweating, weakness, diarrhoea and stomach pains. Basically it's the same kind of feeling you get when you see your wife checking your phone.

Two students talk:

"What are you reading?"

"Quantum physics theory book."

"But why are you reading it upside - down?"

"It makes no difference anyway."

Dad came into his son's room and said,

Dad: Son, give me your mobile for a minute

Son : Wait Dad, let me switch it on.

Girlfriend Picture Delete,
Girls Number List Delete,
Phone Call Received Delete, Delete,
Delete, Delete, Memory Card Format.
Phone Completely Reset.

Son: Here it is, Dad.

Dad : Thanks, I just want to see the time.

Valentines Week

Feb 7 : Rose day (80 per rose)

Feb 8 : Propose day (Rs 500 for ring)

Feb 9 : Chocolate day (Rs 150 for chocolate)

Feb 10 : Teddy day (Rs 1,500 for teddy)

Feb 11: Promise day (Rs 1000 for lunch)

Feb 12 : Hug day (Rs 1,500 for hang-out)

Feb 13 : Kiss day (Rs 3,000 for Oyo room)

Feb 14 : Valentines day (Rs 5,000 for Dinner)

Congrats singles!

You just saved Rs 12,730

(Contd.. from p. 15)

and once the time is lost, it can never be re-gained." People must be aware of what is to be absorbed and what is to be ignored. Youngsters need to have good role models who they can idolize and who inspire them to do great things. On behalf the Catholic community of Mangaluru, Bishops of Puttur and Beltangady diocese and dignitaries bestowed the title 'Vishwa Bhushan' to Ronald Colaco, NRI entrepreneur, philanthropist and felici-



tated him with a shawl, memento and bouquet.

In his presidential address, Rolphie D'Costa said, "Without any canvassing or special invite, more than thirty thousand have gathered here as delegates of our community; proving unity and strength of our folks. We have gathered with an intent and to take few resolutions. We are not the kind of people who live for ourselves. We are people who have lived and are living for society and humankind."

"As responsible citizens of India, we have always been in the forefront in nation-building activities. Being a part of our state, through this Samavesha, we demand an independent 'Samudaya Bhavana' with a care center to rehabilitate drug addicted youths and bring awareness on drug abuse. Secondly, we demand an independent Christian Development Board and Rs 50 crore initial grant along with government land for this".

"The Christians of coastal Karnataka

celebrate September 8 as birthday of Mother Mary (Monti Festh) which is a family festival. As a custom, all family members should attend this festival and have food together. As no holiday is declared on this working day, children, teachers and government employees of our community miss the chance to celebrate this festival with family members. So, we demand a government holiday on September 8 with prior notification. We also demand a ban on online games like PUBG which put our youth and stu-

dents in depression. Finally, we also demand an equal reservation opportunity for Christian candidates in all parties. Based on population figures eligibility to get tickets to contest elections and so on must be allotted officially," he said.

Dr Ronald Anil Fernandes, member KPSC's educative talk on 'Government jobs and need for higher education' got rapt attention. Dr Harsha P S, city police commissioner, Mangaluru spoke on the subject 'Crime and youth' while Lydia Lobo spoke on 'Drugs, constructive usage of social media and its control'. The motivation and uniting potential of this great gathering is proving to be a blessing for all in the region and India.

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“Preventive Health”!

Emeritus Bishop *Bosco Penha* has given us a scholarly (*W*)holistic Healing) through his, **Reflections on HEALTH**, *The Examiner* 08-14 February 2020. He has examined four components of 'Preventive Health': **1. Care of the body:** *Drink water; *Healthy diet; *Exercise; *Rest. **2. Effects of the mind on body:** *Humility; *Contentment. **3. Control of emotion:** St. Paul's 9 fruits of the Spirit (Gal 5:22). **4. Spiritual Life:** *Daily Prayer; *Constant Love, even of our enemies (cf. Mt 5:43-45; 48). **Conclusion:** Prevention is better than cure!

From a technical angle, the *World Health Organization (WHO)* estimated, 55 million people died worldwide in 2011, two-thirds from non-communicable diseases; chiefly cancer, diabetes, and cardiovascular and lung disorders. There are many methods for 'Preventive Healthcare or Prophylaxis'; but especially three are of paramount importance! **A. Stop Smoking:** Be Smart, Don't Smoke! **B. Screenings:** To identify risk factors, example for: hypertension (high BP); hyperglycemia (high blood sugar); hypercholesterolemia (lipid profile); colorectal cancer; depression and STDs (HIV, Chlamydia, syphilis, gonorrhea), cervical cancer (Pap smear), and osteoporosis (bone density scan). **C. Breastfeeding:** Deaths of nearly 820,000 infants under the age of five could be prevented globally every year. *WHO* recommends "Nursing" exclusively for at least six months.

Holy Scripture praises 'Breastfeeding': "Rejoice with Jerusalem and be glad you who love her; that you may 'nurse' and be satisfied from her consoling breasts, and may drink deeply with delight from her glorious bosom" (*Isaiah 66:10-11*).

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

Education & Educators

by Mrs. Ninette Dsouza

In Mumbai, days from the end of January and moving into early February are times when Schools bid farewell to the students of Std. 10, who have nestled in this home away from home for 12 precious years. This Valedictory day in our School (3rd of Feb) led me to think....

"Education is not preparation for life, Education is life itself."¹ A term bandied around frequently these days, 'Holistic Education' necessitates a paradigm shift in understanding that, Education today is not meant to advise but to enlighten, not meant to push problems aside, because they are not related to our syllabi, but to work towards a solution, to realize that every naughty child is a story untold. The field of Education is being swept by a new wave of awakening in the Teaching – Learning process. The onus is now on the Learner while the Teacher is looked upon as a 'Facilitator'. Our classrooms are increasingly becoming Learning Laboratories and we as Educators are called to move beyond our traditional roles and become like 'Social Scientists' or maybe even 'Researchers'???

"Our progress as a nation can be no swifter than our progress in Education."² In this day of high end technology and student friendly education, the single most important factor in any classroom continues to beThe Teacher. In a world where young lives vacillate between conflicting values, this truth assumes greater proportions. "Education breeds Confidence, Confidence breeds Hope, Hope breeds Peace."³ As Educators we need to stress on Prayer, Meditation and other forms of Spirituality as a means of combating the rat race of marks and percentages. Prayer and its ilk also provide courage to not give up on one's self or to give into negativity. "Educating the mind without educating the heart is no Education at all."⁴ The

way we educate our children, must reflect a power inherent in them, one which arises from a consistent ideology, a power that will allow them to grow up with a no nonsense attitude, in combination with a warm affectionate heart.

"Children learn more from what you are than what you teach."⁵ The great psychologist and contemporary of Freud, Alfred Adler (1870 – 1937) stated over and over again that, the Teacher was the 2nd chance for every student. So powerful is the influence of the Teacher, that Adler believed that s/he could overcome nearly all the mistakes in child rearing that the Parents have made!! The critically important role of the classroom Teacher, in both Primary and Secondary Schools is being strongly underlined by new Neuro Scientific research. Recent research has uncovered a group of Neurons (cells of the Nervous system) located in the brain called 'Mirror Neurons' which are activated when we do something such as; playing music, dancing, moving our limbs for eg. They are also activated when we watch someone else do the same. Fancy that!! Hence when a child in the classroom sees the smiling face of the Teacher, the child responds with feelings of comfort. The important role of these mirror neurons thus makes it possible for a Teacher to correct attachments that are not secure, thus laying down new and positive attitudes that help the child to feel loved, cared for and nurtured not just within the confining walls of a classroom, but even in the big wide world

The demography of our classrooms has changed radically. It is an undisputable fact that today a multitude of children come to our Schools from dysfunctional homes. It is this very situation that gives the Teacher the privilege to become that 2nd chance and help those children and adolescents who enter the classroom, as a collection of rough and jagged edges, become refined and smooth. Edgar Lee Masters, an early 20th century

lawyer in America, who was also a scholar of Greek and Latin, began to write poems which enunciated the notion of the Teacher being the 2nd chance. Through them he unites across time and space, the Teacher and the Student, whose life is healed by a Teacher who never gave up on him, continued to see the good in him despite the messy reality of his life. What a wonderful vision of the healing and Lifesaving role of a Teacher. Masters the millionaire poet, knew in his heart years ago what contemporary neuroscientists are proving today.

"Be good to the child and he will come to you tomorrow..."Anonymous. Unfortunately the potential for the Teacher to become the 2nd chance for every child is greatly reduced as I see it by:

- a) An Education policy that harps on 'Inclusive Education' while paying scant attention to training mainstream Teachers to handle children with special needs.
- b) An Education system that does precious little to provide continuing professional development, the burden of which falls on the Management.
- c) Social factors like accommodating a large class in small classrooms; limited teaching resources; pressurised Curriculum; an exam driven Secondary educational system that lays emphasis on how many students achieve those unbelievable percentages as opposed to how many students leave School equipped to live a life of dignity, self-respect, self-confidence and the ability to be a contributing member of society. It truly surprises me that our children continue to come to us to be nurtured, to be groomed, to be HEALED.

As Educators of the citizens of a bright present and an even brighter future, we need to ensure that our children combine dignity with courage, are empowered to face the worst of crises in their personal lives, to endure a lot from outside and come out stronger for that. Then and only then will we be able to align ourselves with this sublime thought--- "Intelligence plus Character – that is the goal of true Education."

Lorna to Perform at Music of Goa Event in Mumbai

- A Charity Fund Raising Mega Musical Nite titled –'MOG -2020' Music of Goa
- Featuring Top Indian Artists of International Fame with Goan Music



me and my music gives me immense joy”.

In its 59th year, the Goan Outreach Association was established for the purpose of spreading and preserving the rich GOAN culture among the members and non-members in Mumbai. The Association has now grown manifold on the foundation laid by its fore-fathers, and it now boasts of a strong membership base of over 2500 members which has now been extended to many non-Goans too. The show promises to be an unforgettable evening for all lovers of Goan music that will be cherished by one and all for a long time to come. Goan or not, you are invited to an evening of nostalgia and reverie by the Goan Outreach Association to bring the beauty of Goa to Mumbai.

Young and old, families and friends, save your date Saturday 15th February, 2020 this Valentine's Day weekend. It's an evening you should not miss.

MOG

Saturday, 15th February 2020
Dublin Square, Phoenix Market City, Kurla

6.30 to 10 pm (Gates Open at 5 pm)

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Mumbai... 3rd February, 2020..."A Blast from the past" lets relive it again! The Goan Outreach Association (GOA), once again presents a show for all lovers of Konkani music with a mega Musical Nite titled 'MOG - 2020' (Music of Goa) on Saturday 15th February, 2020 at Dublin Square, Phoenix Market City, Kurla (West) from 6.00 pm to 10 pm.

Come join us in celebrating with 'Love the Goan' way through Goan music. The evening promises to be spectacular and will feature Lorna Cordeiro 'The Nightingale of Goa', besides leading pop singers from Goa namely O'luv, Anthony San, Rita and Alria Rose, along with Goa's leading comedians John D'Silva and Kennedy who will have the audiences asking for an encore.

Well known international renowned dance choreographer Bobby will lead his troupe with a dance carnival on stage. Keeping the audience in splits is Shahriyar Atai who will comper the show. He is one of the city's most versatile performers who has been on stage, on TV, in films and is a familiar voice on radio.

According to Valentine Fernandes, President of Goan Outreach Association, "It's indeed a pleasure for us to be hosting such a mega musical event once again by popular demand here in Mumbai for all lovers of Konkani music. The musical nite promises to bring to you the music of Goa, which essentially is the soul of Goa. Goan Outreach Association is a registered TRUST and Sponsorship / Donations are eligible for Income Tax benefits under section 80G". The proceeds of this will be utilized to work for the Society and for a humanitarian causes by focusing on providing education, medical needs & financial assistance to the under privileged children of our society irrespective of their cast or creed in a bigger and organized manner. Be a part of this Charity”.

Speaking about the show, Lorna stated, "I'm so excited to be performing once again with an organization that's promoting Konkani music in India since many years. These lovers of Konkani music are my greatest fans who come and give this show their tremendous support." Lorna who is celebrating her 75th Birthday added "My fans encourage me to sing my heart out. Their love and understanding for

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7130. DUBAI : Mangalorean RC Divorcee, (Born in July 1972) Ht. 5'11", Wt. 80 kgs, Fair Complexion, handsome, simple down to earth, Edn. B.E. (Mech.), Working as an Engineer. Contact email : francisd Souza472@gmail.com OR 00971501532702

7129. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1987 1989), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.Com., working in Back Office. Contact email : roshan7687@gmail.com

7112. MUMBAI : Converted Roman Catholic Bachelor, (Born in October 1970), Ht. 5' 7", Wt. 80 kgs, Fair Complexion, Edn. B.Com., & Masters in International Journalism (UK). Looking for a bride below the age of 42 years willing to raise a family. Contact email : decemberwedding08@yahoo.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

6707 MUMBAI : Goan RC bachelor, (Born in June 1975), Ht. 5' 10", Wt.

70 kgs, Fair Complexion, Edn. B.Sc., having own business. Seeks a Family oriented girl. Contact email : maxabreo@yahoo.com / maxabreo@vsnl.net

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 : gracion.moras@gmail.com

6250. MUMBAI : East Indian Roman Catholic Bachelor, (Born in January 1974), Ht. 5' 8", Wt. 76 kgs, Wheatish Complexion, Edn. B.A., working as a Manager. **Contact email : cardoz.clint@gmail.com OR 9833563182**

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

6862. MUMBAI : Goan Roman Catholic Bachelor, (Born in February 1983), Ht. 5' 11", Wt. 72 kgs, Fair Complexion, Edn. B.Com., well settled working in Mumbai. Contact email : keith_peter1983@yahoo.co.in

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
7119. KUWAIT : Goan Roman Catholic Bachelor, (Born in November 1989), Ht. 6', Wt. 78 kgs, Fair Complexion, Edn. F.Y. B.Com. + 2 yrs Hotel Management Diploma. working in Kuwait. Contact email :

fernandes.clayton@rocketmail.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

7047. MUMBAI : Goan Roman Catholic Bachelor, (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

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

7018. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1969), Ht. 5' 5", Wt. 80 kgs, Wheatish Complexion, Edn. SSC, Self employed. Contact Email :

fredrick.dsouza0110@gmail.com
7031. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in September 1985), Ht. 5' 7", Wt. 60 kgs, Wheatish Complexion, Edn. Undergraduate, IT Software, works at TCS. Contact email : josephavild@yahoo.co.in

7005. DUBAI : Goan Roman Catholic Bachelor, (Born in May 1986), Ht. 5' 6", Wt. 50 kgs, Fair Complexion, Edn. BMS /CFA, working as a Head Treasury in Dubai. Contact email : matri3119@gmail.com

6952. MUMBAI : Goan / Tamilian Roman Catholic bachelor, (Born in June 1974), Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. HSC, working as a Supervisor, Only Child. Contact email : williammendes2106@hotmail.com

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 Son 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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7128. MUMBAI : Affluent business family R.C. East Indian Spinster, (Born in April 1988), Ht. 5' 2", very beautiful and pretty. Edn. MBBS, Doctor by profession. Contact email : drqueeniedias@gmail.com

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

7127. MUMBAI : Goan R.C. Spinster, (Born in December 1992), Ht. 5' 5", Edn. Ph.D., Student. Contact email : exmi2019@gmail.com

6504. KUWAIT : Mangalorean Roman Catholic Spinster (Born in June 1980), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., Computer, Finance, Banking Marketing Course & Airlines Course completed, employed as a Travel Co-ordinator in Kuwait. Contact Email : lucy777p@gmail.com

Tel: 00965-60402765 / 9867308911
6825. MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1986), Ht. 5' 5", Fair Complexion, Edn. Graduate + Masters working as a HR. Contact email : shobhna_dsa@ymail.com

MATRIMONIAL

7066. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in June 1987), Ht. 5' 4", Wt. 78 kgs, Fair Complexion, Edn. B.E., (EXTC) M.S. (International Business Management), working as a Consulting Manager. Contact email : l2018anselm@yahoo.com

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

6645. ABU DHABI : Roman Catholic East Indian Spinster Mumbai origin, (Born October 1992), Ht. 5' 5", 59 kgs, Wheatish Complexion, pleasing personality MBA (Finance) U.K. working for a UK based MNC in Abu Dhabi, as Sales Executive. Family based in Abu Dhabi, UAE. Seek a RC bachelor, well qualified professional with good moral values and good family background settled/working abroad. Email : leteciaprisca@gmail.com

MATRIMONIAL

7126. U.S.A. : Mangalorean Roman Catholic Spinster, (Born in January 1992) from Mumbai, Ht. 5' 7", Wt. 60 kgs, Fair Complexion, Edn. B.E. (Computers) from Mumbai, M.S. (Information Systems) from US. Possesses H1B visa and is working as a Technical Analyst with a MNC in USA. Contact email : wil-fyjoy1315@gmail.com or call +91 98603 02527 / + 91 9970172527

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 : lynnettelewis67@gmail.com

6970. MUMBAI : Roman Catholic Spinster, (Born in September 1987), Ht. 5' 2", Wt. 48 kgs, Fair Complexion, Edn. CS & LLB., working as a Company Secretary. Contact email : mendonsajacinta@gmail.com

7121. MUMBAI : Mangalorean Roman

Catholic Spinster, (Born in August 1988), Ht. 5' 3", Wt. 55 kgs, Fair Complexion, Edn. Bachelor of Physiotherapist, working as a Physiotherapist. Contact email : ryanbarboza806@gmail.com

7120. CANADA : Goan Roman Catholic Spinster, (Born in April 1986), Ht. 5' 2", Wt. 51 kgs, Wheatish Complexion, Edn. B.Com., University of Toronto, working as a Customer Support for Canada Government. Contact email : joafaria@yahoo.ca

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

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

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

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Red flags in financial statements

FINANCIAL STATEMENTS PROVIDE important information about a business. Read ahead to know some of the red flags in your financial statement to be careful about

Financial statement apart from providing monetary conditions, give insight into a company's future. From time to time, problems may develop. However, catching them early will prevent big headaches down the line. Here are the few most common red flags that may mean trouble is brewing.

Heightened inventory :

It is common for a business to expand its product line, which increases inventory. However, if inventory is going up but nothing has changed within a company's offerings, it may mean items are not selling. In many industries, the longer a product remains shelved, the bigger the risk it has of becoming obsolete or spoiling. It is simple to spot this problem by examining the balance sheet. It is important to calculate inventory for the year by using the ending inventory number from the previous year's balance sheet.

Mounting receivables :

Although a large account receivable figure may seem good, it is only profitable if it can be collected. In the business world, the longer an account goes without being paid, the more unlikely it is that your company will see compensation. When receivables begin to mount, it may be necessary to adjust your collections process and become stricter with your credit policies.

Disposal of fixed assets :

It is acceptable to sell old equipment that is not being utilised or that has

stopped performing effectively. However, the proceeds should never be used to pay down debt or be put toward short-term expenses. To make sure gains, losses and disposals are being used correctly, it is wise to examine your income and balance sheets.

Patterns of poor cash flow :

Even though a business shows a profit on paper, it may still be cash poor. When cash does not flow into the business, investors may start to worry that receivables are not being collected properly, revenue is being exaggerated or you are struggling to pay your loans. If net cash flow is constantly low, you may suffer a cash crunch. When this happens, it is essential to identify the cause. Many times, it may be due to a slow month or similar circumstances.



CONSIDER OTHER EXPENSES

Many companies have 'other' expenses that are very small or inconsistent. It is normal and is reflected in the balance sheet and income statements. However, when these items have high values, it is a definite red flag and needs to be checked. In many cases, some of these expenses can be reclassified.

Non-operating income :

It always looks good when your company shows consistent income from continuing operations. Investors are often leery of seeing income from the sale of fixed assets, a large one-time sale, or the sale of investments. Operating income is listed separately from non-operating income on your income statement. If you notice a definite increase from year to year, it may be necessary to target sources of revenue that are solid and steady.

Archbishop bans receiving host in the hand

Kampala, : A Catholic Archbishop in Uganda has decreed that Holy Communion can in future be received only by mouth, and not in the hand.

The conservative Archbishop of Kampala, the Most Rev Cyprian Kizito Lwanga, said this was because of "many reported instances of dishonouring the Eucharist that have been associated with reception of the Eucharist in the hands."

In addition, he said that those in "illicit marital co-habitation and those who persist in any grave and manifest sin" cannot be admitted to communion at all. And in the same letter, released on 1 February and headlined: "Decree concerning the proper celebration of the Eucharist in Kampala Archdiocese", he said that Mass can no longer be celebrated in people's houses or other "non-sacred places" unless "grave necessity" requires otherwise.

He also stipulates that any priest who is not vested properly must sit with the laity and not the clergy. In addition, lay people are no longer to be allowed to distribute, unless specifically designated an extraordinary minister of communion. "In celebrating and administering the Eucharist, priests and deacons are to wear the sacred Vestments prescribed by the rubrics (Can. 929). Following this canonical norm, it is strictly forbidden to admit as a co-celebrant, any priest who is not properly vested in the prescribed liturgical vestments. Such a priest should neither concelebrate nor assist at the distribution of Holy Communion. He should also not sit in the sanctuary but rather take his seat among the faithful in the congregation.

Archbishop Lwanga issued the decree after meeting clergy and senior executive committees of parishes at Rubaga Cathedral in Kampala, Uganda's PML Daily reported.

The move was also aimed at stamping out the growing practice of celebrating Mass at people's homes. "The Eucharist is henceforth to be celebrated in designated sacred places since there is an adequate number of such designated places in the Archdiocese for that purpose," he writes. *source: The Tablet*

Approach your exam with a positive Mind-Set

As the examination dates approach, it grips students with implicit fear, unnecessary anxiety and unusual strain at all levels, especially those appearing for board examination. Often the examination fever brings to an end all the recreational activities, robbing the very joy of students' lives. While examination does create certain level of worry, there are several other aspects that cause excessive anxiety. Unrealistic self imposed lofty goals for high marks, impractical expectations and undue pressurising by parents, peer competition, misplaced ambitions to outperform others are some of the aspects that mount undue nervousness and over burdening. It is high time that students take examination positively as a challenge and not as a painful event and the end of everything in life. Often excessive anxiety is also related to lack of self-motivation, self-confidence and preparedness. While students grapple with their examination fear, here are a few tips that will help them boost their selves and make them emerge confident achievers not only in the upcoming exams but also in life in general.



Dr. A. F. Pinto

- **Have a Positive Approach:** First and foremost take your exam with positive approach, negativity will only increase your nervousness, hamper your preparation and affect your results. •
- **Follow a Timetable:** Insist upon yourself to make and follow a time table, it will make the preparations easy. Also, self discipline is important not only for exam preparation but also for life. •
- **Make Time for Revision** – Make it a point to keep sufficient time to revise and review what you have learned. •
- **Write with neat and clean handwriting** – This is yet another very important aspect for students. Put yourself in the shoes of an examiner. You will definitely expect a clean and neatly written answer-sheet. Do your best to deliver the same in your examination. •
- **Solve and Practice Sample Papers** •
- **Eat Nutritious Food** and Drink sufficient water and keep yourself healthy •
- Do not forgo good night sleep and some time for relaxation to keep yourself vitalized •
- **Remain calm and composed** while preparing and writing your exam papers.

Parents and Mentors:

Do not compare your child's performance with other children's achievements. Don't force impossible targets on them. These can lead to several negative consequences on the young minds. Rather, stand by them; be extremely supportive and encouraging ensuring that they feel loved and cared for. Mentor and motivate them to remain steadfast, emotionally balanced and robustly anchored to their goal.

Dear students, remember that good marks may get you into a reputed college but falling a little short of it will not be an obstacle in reaching your fullest potential. **You are precious, lovable and a wonderful person who can make a difference in the society with your positive contribution.** Spend time in prayer and draw energy and inspiration to remain focused. Turn your anxiety into positive motivation and do not get bogged down by exams. Be positive while you approach not only exams but any challenge in life. You will only grow stronger and emerge victorious. With your hard work, determination and effort you will be a proud winner. "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Wishing you success and a bright future ahead!

Dr. A. F. Pinto
Chairman
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