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Tractors, Tanks, Treason & Trump

This piece is being written in the evening of Republic Day. This morning I had addressed a Flag Hoisting gathering and spoke about democracy in India and the USA, about the farm agitation and the Trump negation of his election.

As a conscientious citizen, not a pseudo desh bhakt, I enjoy watching the annual Republic Day parade in New Delhi. In my morning speech I had spoken about the two parades to be held later that day; the first, the achievement one that I will call the Tank Parade, and the second, the aspirational one, that I will appropriately call the Tractor Parade.

By the time I got to see the Tank Parade the military part was over. I saw a few floats and dances followed by the air show. For once, it did not enthuse me. For all the talk of Atmanirbhar Bharat (Self Dependant India) the aircraft on display were either Russian, American or French! So what were we showcasing?

I found the tableaux insipid, and the commentary even worse. When the tableau of the hearing impaired was going past, the commentator referred to them as speaking body language, instead of sign language. It seemed a hurriedly put together affair. The flair and flamboyance of the PM were also conspicuously absent, as also his flashy head gear. This year he wore a more sedate flat turban, and the tension was palpable on his face, as also on that of some of his ministerial colleagues.

The reason soon became obvious, as split screen images began to flash the other parade – the Tractor one. The first images were indeed disturbing, of Nihangs (warrior Sikhs) on horseback, with naked swords. Then followed images of thousands of farmers and their tractors. Next came the physical removal of the police barricades, tear gas, baton charges, minor scuffles, as the incensed farmers broke ranks, and chose to head for the Red Fort; a digression from their assigned route.

When being interviewed some farmers accused what they called the Godi Media of being biased against them. Some TV channels attempted a balanced coverage of the unfolding events, while others chose to question the farmers for not sticking to the designated route. We also saw some tractors aggressively whirling around to put the cops on the defensive. But largely, considering the numbers, their parade was shorn of violence.

They ultimately reached the Red Fort and even hoisted a Sikh religious emblem, the Nishan Sahib, on the flagpole in the forecourt of the Fort. They were subsequently removed by the cops who were now showing much more restraint than earlier.

Thereafter some sanctimonious politicians and news anchors began to condemn the “violence and desecration” of the Red Fort. I found their words shallow, seeking to be politically correct. I did not share their “correctness”.

(Contd.. on p. 3)

Nation wants to know

When Arnab Goswami was the anchor of Times Now TV channel, he was known for his hard hitting and fearless debates taking on the governments and opposition parties with his acerbic tongue. Some parties even boycotted him for his acidulous barbs. He was seen as an epitome of righteousness who stood for truth. Viewers waited for his incisive debates. Other channels looked weak and ineffective – unable to make an impact. Undoubtedly, he exposed many a scams and wrong doings with his investigative journalism and proper homework. Not many could match his crusade to expose corruption especially among politicians. His unrelenting tirade against the BJP stopped abruptly the moment he launched his channel – Republic. In a 360 degrees U-turn, he became government friendly and directed his onslaught against parties challenging the BJP with emphasis on Gandhis/Vadras. In doing so, he projected himself as a new Messiah to take on the dynasty. He called them Tukde tute gang, Urban Maoists, Naxals and even anti-nationals parroting the BJP terminology. He managed to put 'holier-than-thou' façade for a long time till the bubble suddenly burst and how? His image has taken a big hit.

The charge sheet in the now famous TRP scam exposes the extent to which the system is corrupted by the active connivance of a few individuals with power to manipulate. As the investigations show this malpractice was subsisting well before Republic TV was launched. It is revealed that this channel had studied the rot in the system and planned, much before its debut, on how to exploit the system which could catapult it to the top position. This pre-planned coup of sorts gave this channel undue advantage as a leading channel with attendant benefits arising from high advertisement rates. He bragged about being the No. 1 channel for weeks and months leaving others far behind. It was always a mystery as to how a new channel could become No 1 that fast. Everybody was fooled. When the whole rot came into the open he was furious and tried to vociferously take on the state Police Commissioner – 'Ulta chor kotwal ko date'. He even challenged the top cop but we should not be surprised if the cop has the last laugh. The rival channel Times Now which was denied the top slot through

IEWS on NEWS

planned manipulation is contemplating legal remedy. The top bosses of the BARC connived with certain elements including the management of the Republic TV for huge pecuniary benefits. Reports suggest even financing their overseas holidays by Arnab giving some \$12,000/- The chats bear testimony to this grand unholy nexus.

Remember when Arnab was arrested in abetment to suicide case, a number of senior union ministers, BJP Chief and BJP CMs backed him to the hilt which 'baffled' the general public. Even in the TRP scam the BJP tried to stop the Uddhav government from pursuing the matter. In a clever move, some complaint [TRP manipulation] was filed in UP and immediately there was clamour for CBI to take over the entire investigation. It transpires that the forensic audit of the BARC affairs in June 2020, which showed gross irregularities, was known to the Ministry. If the chats are to be believed some Minister had agreed to keep it under wraps obviously to benefit the Republic TV. In his chats Arnab boasted of his proximity with senior BJP ministers at the Centre. He had access to the most sensitive news. Who fed this to him? Is Republic TV a BJP channel? He has put the BJP in a quandary to face the music in Parliament with a demand for JPC. BJP will defend Republic TV till the end as it suits them. The reality is that India may boast of a 'free media' but by no means an 'independent' media – far from it. Either we have those who cozy up to the ruling dispensation. Others take a cautious line - fence-sitters. 'Republic of India' deserves a fearless and independent media to strengthen democracy which at times looks a somewhat fragile. What is really happening – the nation would like to know.

UK Asylum for Mallya?

In a shocking disclosure, the lawyer of the fugitive Vijay Mallya of Kingfisher fame has revealed that the accused in the UK court has indeed applied for asylum in the UK. For years the accused has fought the cases against him in that country where he lost from time to time. One wonders how a person accused of criminal wrongdoing in India should even be considered for asylum. Of



by Marshall Sequeira

course, it is not that easy but the asylum seeker is no ordinary person. He has the money power [but did not want to repay the loans to Indian banks] and will use the same to see that he does not have to return to India.

Ordinarily asylum is granted to someone fearing political or religious persecution in his or her country. That is not the issue in Mallya's case. He is required to face the Indian courts which enjoy good international reputation as being transparent and fair. All the courts in the UK rejected his claims and fears. The Indian government even spruced up one of the prisons to meet European standards though all convicted persons should be treated alike with no special favours. With no other remedy left for the fugitive, he has made his last bid. Even if he fails he can always tap the European Court for justice despite the Brexit. Thereafter he could move the Human Rights Commission.

Should UK have entertained Mallya's request in the first place? The Home Secretary Priti Patel had vowed that she would bring in legislation to make asylum more difficult particularly those with criminal record. With this position, it will be hard for the UK authorities to consider his plea favourably. Yet there are many who are inimical to India and will cite human rights violations particularly in J & K. It will not surprise many, if the UK government finds a way out. After all UK is fast becoming a safe haven for rich fugitives like the Modis and more who have made UK their home. Wonder if anybody with no real financial resources will get such royal treatment. Granting asylum to Mallya could impact Indo-UK relations. By the way, earlier he had cited Covid-19 as an excuse. But now, Mr Mallya, you may be much safer in India than the UK which is fighting the deadly mutants with harsh measures. Perhaps you may like to return to India and even get a free vaccine.

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I was immediately reminded of the infamous Red Fort Trial of 1945, where three colleagues of Netaji Subhash Chandra Bose were tried for treason by a British military court. They were condemned to death by hanging. They were General Shahnawaz (a Muslim), Col Prem Sehgal (an agnostic Hindu) and Major Gurbax Singh Dhillon (a Sikh). However, the nation rose as one to oppose the mock military trial. Sensing the belligerent mood of the nation, the British rulers relented and gave the "offenders" an honourable pardon. I confirmed these events from Comrade Subashini Ali Sehgal ex MP, the daughter of Col Prem Sehgal and Padmavibhushan Capt Lakshmi Sehgal.



by chhotebhai *

Contrast the action of the videshi imperialists with our own deshi political dispensation. The Modi Sarkar was unmoved by thousands of farmers camping for two months in the bitter cold and rain on the capital's borders. Their tear gas, barricades and water cannons had failed to remove them, neither then, nor today. Over a hundred deaths and growing unrest left the Sarkar unmoved as it basked in

the sun of yet another Tank Parade, its show of strength.

The Sarkar seems intoxicated with its own power, and electoral successes, based on emotive religious slogans, blatant misuse of money power, and demonising "the other". I am reminded of what sociologists tell us, that violence is the option of those who have nothing to lose. Even a docile deer will use its pointed antlers when brought to bay. Self-defence or assertion of one's legitimate rights cannot be called violence, even if there are some off shoots of the same. (In military parlance this is referred to as collateral damage, and moral theologians call it the double effect)

To the contrary, the pride and obstinacy of the Sarkar is the greater violence, unleashed on the agitating farmers. When a dam bursts it sweeps aside everything in its path.

The jury is still out on the Tractor Parade, though there are reports now of a BJP sympathiser having led the breakaway group to the Red Fort, to discredit the farmers. Not improbable.

Now to the fourth T – Trump, who I had referred to this morning. His rejection of the election result, and the assault on Capitol Hill, are well documented and bear no repetition. In the light of the Sikh religious symbol being used in the Tractor Parade I am drawing a parallel with the Capitol Hill assault.

There were TV images of Trump supporters who had entered the Senate hall and occupied the Speaker's podium. What shocked me was their "Halleluiahs". They were praising Jesus and attributing their success to him! It is no secret that Trump, Bible in hand, had evoked strong religious sentiments from Christian fundamentalists and evangelicals.

What is not so commonly known is that he also had the support of conservative elements in the Catholic Church, including from its bishops. There have been videos of Catholic priests condemning Joe Biden for his liberal views on sexual ethics and abortion, even though he is a devout practicing Catholic. While Pope Francis wrote him a warm letter of encouragement on his election, Abp Jose Gomez, the president of the US Conference of Catholic Bishops, issued him a stern

(Contd.. on p. 14)



World Marriage Day!

Drs. Hazel & Trevor Colaso

World Marriage Day (WMD) honors husband and wife as the fountain of the family – the basic unit of society. It salutes the beauty of their faithfulness, sacrifice, joy and even their stress in daily married life!

If one were to describe marriage's tender intimacies, discover them in these 8-unifying doubles! Adam in madame; man in woman; he in she; male in female; hero in heroine; other in mother; love in beloved; and Mr. in Mrs. And so both you better-halves, you are in the 'marry-age'! May your prayers always end with an "Amen"!!

History, Symbol & Theme:

The idea of celebrating 'marriage' began in Baton Rouge, Louisiana, U.S.A. in 1981, when couples encouraged their mayor, governor and their Catholic Bishop to proclaim St. Valentine's Day (14 February) as, "We Believe in Marriage Day"! The event was so successful that the idea was adopted by the Worldwide Marriage Encounter's National Leadership. By 1982, 43 governors officially proclaimed this Day – Second Sunday in February as WMD! Husband and wife are symbolically seen as 'two candle-like figures'; reminding everyone that married life is a vocation to light up the world (cf. Matthew 5:14)! In the center the couple is joined by a 'red heart' – focusing on love as the power that comes from the bosom of one's interior– physically, spiritually and emotionally!

The Theme for WMD has always been, "Love-One-Another" – the directive given by Lord Jesus, "My command is that you 'love one another' as I have loved you. Greater love has no on than this – to lay down one's life for one's friend. You are my friends if you

do what I command" (John 15:12-14). Lord Jesus also visualized an ideal marriage of devoted union, raising it to a Sacrament of Matrimony! – "In the beginning the Creator made them male and female. For this reason, a man will leave his father and mother and be united to his wife. So, they are no longer two but one flesh. Therefore, what God has joined together, let no one separate" (Matthew 19:4-6). This applies also to the woman.

Besides, the God of Israel strongly disapproves of divorce! – "To divorce your wife is to overwhelm her with cruelty! So, guard your heart; do not be unfaithful to your wife" (Malachi 2:16).

Holy Spouses Society!

This was the dream of Fr. Larry Toschi, an Oblate of St. Joseph, and Parish Priest of Our Lady of Guadalupe Church, Bakersfield, California, USA. Online: HolySpouses.org. It celebrates as the first of 8-steps, *The Holy Eucharist or Mass on 23 January, the feast of the Holy Spouses, Mary & Joseph; by which husbands and wives learn to emulate them. Couples could also renew their marriage commitment on their Wedding Day!

Fr. Larry in 1984 also developed *the "Life-Giving-Love"! This 2nd step, a two-day workshop, became the seed-bed from which the Holy Spouses Society would germinate and grow. The other six are, *Pray at least part of the HolySpouses.org/Rosary together weekly. *Enthroned a Holy Spouses image of (Mary & Joseph) in the house. *Live marriage loyally and lovingly as a call from God. *Respect children as the supreme fruit of marriage. *Uphold the Church's teaching on the permanent Sacramental union of Matrimony. *Develop an openness to procreation, right from conception until natural death; by avoiding artificial contracep-

tion, and by following Natural Family Planning!

Speaking on 27 September 2018, to an audience of deacons, priests and laypeople, Pope Francis renewed his call for a 'Permanent Catechumenate'! "It is essential for couples to receive ongoing formation, both before and after their wedding ... for marriage is a vast, complex and delicate apostolic field that requires the full energy and enthusiasm of the Church!"

Saints Peter and Paul's Advice:

It would be indeed elevating and inspiring for every married couple to follow the practical counsel of our chief Apostles:

"Husbands live with your wives in an understanding way, showing honor to woman as the weaker vessel; since they also are heirs to the grace of life, so that your prayers may not be hindered. All of you have unity of mind, sympathy, brotherly love, a tender heart, and a humble mind" (1 Peter 3:7-8).

"Wives submit to your own husbands as to the Lord. For the husband is the head of the wife, even as Christ is the Head and Savior of the Church, his Body ... Husbands loves your wives, as Christ loved the Church and gave Himself up for her; so that He might sanctify her and cleanse her by the washing of water and the Word. // Train the young women to love their husbands and children; to be self-controlled, pure, kind and submissive to their husbands, so that the Word of God may not be reviled" – (St. Paul in Ephesians 5:21-26 // Titus 1:4-5).

Marriage Prayer for Couples!

Abba-Father, we thank You for Your tremendous gift of the Sacrament of Marriage! Help us to witness to its glory by a life of growing intimacy. Teach us the beauty of forgiveness, so that we may become more and more one in heart, mind, and body. Strengthen our dialogue and help us become living signs of Your love! Make us grow more in love with Your Church, so that we may be renewed especially through the Most Holy Eucharist the Bread of our life! Make us living signs of unity, in the Name of Jesus, Our Lord and Brother. Amen!



Kamala Harris and her religious beliefs

Kamala Harris was sworn in as the 49th vice-president of the US on Jan 20th, which significantly came in the midst of the 'Week of Prayer for Christian Unity' (Jan 18-25). She took the oath with her hand on the Bible (in fact 2 Bibles). The religious side of Kamala's life mirrors the unity of religions and the fact that one can hold strong religious beliefs yet engage with other faiths with equal felicity.

Kamala's mother Shyamala Gopalan was a Hindu from India who left India at the age of 19 for further studies. She died in 2009. Her father Donald Harris (83) from Jamaica is a Christian (Anglican). Her husband Doug Emhoff is Jewish. On family visits to India with her mother, little Kamala and her younger sister Maya visited several Hindu temples. Kamala's parents divorced when she was only 7. Her mother took her to a nearby Hindu temple where she and her sister would sing occasionally. As her father was not around to take her to church, a neighbour Regina Shelton 'living downstairs', took Kamala and her sister to a Baptist Church on Sundays where they would sing in the children's choir. Regina would also read passages from the Bible to the girls and this formed the basis of her faith. Kamala used the same Bible at the Oath taking ceremony. Today Kamala identifies herself as a Black Baptist.

Kamala is at home to diverse religions. She now visits Hindu temples and Baptist churches. At one point in her life, when she was contesting for the post of Attorney General of California she asked her aunt in India to

break coconuts in a Hindu temple for good luck in keeping with Hindu traditions. Her aunt arranged to have 108 coconuts broken, as the figure is lucky. And though Jews do not look at inter-faith marriages with favour, she broke a glass in keeping with Jewish traditions -- signifying the permanence of marriage, requiring couples to stay together in good times and bad. Kamala celebrates both Christmas and the Jewish Hanukkah--a religious festival.

In trying to find unity, Christians may take some cues from Kamala Harris' openness to all faiths while remaining steadfast to her own.

—Prof Robert Castellino
Orlem Malad

Black day for Indian democracy

The horrible and senseless acts of violence unleashed by the protesting farmers on the 72nd anniversary of the Indian Republic, is a shameful act of defiance and belligerence, which will go down in Indian history as another black day for Indian democracy. It is unfortunate that a peaceful protest for over 2 months by disgruntled farmers had to end up with acts of violence, stone-throwing, smashing of security barriers, disruption of public life, damage to property, and injuries to policemen and protesters, including one death. Such a situation could well have been prevented had there been a strict law and order enforcement by the Delhi police. Finally, such sacrilegious acts of violence and defiance also raise several questions as to whether the vision of the founding fathers of our Constitution of ensuring a just and equitable Indian society

through the noble ideals of liberty, justice, equality and fraternity, has become a reality even after 7 decades of our Republic. Something it seems, that is more easily stated than practised.

— A. F. Nazareth,
Alto Porvorim, Goa

On Christian baptism

I am a little puzzled after hearing the sermon of a Redemptorist priest during the online celebration of mass. While on the subject of baptism, he stated that all persons who are baptized are called Christians. Then what about the un-baptised infant child, was his next question. What is his/her religion? Unable to get an answer from the congregation, he categorically stated that the un-baptised child is also a Christian, because the parents are Christian. The question which naturally arises then is why do we baptize the child. Is religion is also transmitted through inheritance?

—A. F. Nazareth,
Alto Porvorim, Goa

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In fact, andolan should not be so peaceful that the government can sleep over it for months together! It must be disturbing to the government and even sensitising the public!

How Can Any Andolan Be Peaceful?

New Delhi witnessed violent scenes on Republic Day as farmers participating in a tractor rally clashed with the police. They broke barricades and stormed the Red Fort. The Police responded with tear gases and lathi charge. One protester was killed and nearly 400 police personnel were injured. Whom to blame? A reporter writes, "About two lacks tractors were participating and at least double the number of farmers. Was any shop vandalised? Any private car smashed? Any house smashed; at least a flower from a garden plucked? Was any girl molested on the road? Any ambulance obstructed?" Then what prevents us from calling it 'peaceful'?

Was it to make the andolan peaceful, a responsibility of the Kisan Morcha leaders alone? Safeguarding peace is mainly the responsibility of the Government and the police. After two months of peaceful protests on Delhi's borders and 11 rounds of negotiations with the central government, the farmers' protest leaders cannot be blamed for a violent turn with their Republic Day tractor parade spiralling into chaos Tuesday. The home ministry totally failed on 26th. A farmer leader Balbir Singh Rajewal claimed, "Over two lakh tractors and many lakhs of people participated in Tuesday's parade. 99.9 percent of the protesters were peaceful". The crowd was so big that any terrorist group could have entered the morcha and caused mischief. In fact, andolan should not be so peaceful that the government can sleep over it for months together! It must be disturbing to the government and even sensitising the public!

GOVERNMENT CONSPIRACY.

The news is creeping in now regarding the foreign elements like Deep Sidhu who squeezed into the andolan. The tractor parade was hit by a government conspiracy. Satnam Pattu of Kisan Majdoor Sangharsh Samiti was not a member of Kinsan Morcha. He was independently planning on the previous day to take his group to Lal kila. The Intelligence Agency should have known it. Deep Sidhu, an RSS man was with Satnam's group. Police let them go to Lal Killa smoothly and even hoisted the religious flag at the Fort. NDTV news shows Police seated in front peacefully watching the scene. Sidhu was even allowed to slip away without any hazard after hoisting his flag! Knowing facts from independent media one can safely make a statement : "Anti-social elements had perpetrated the violence to "torpedo" the peaceful agitation against the farm laws, planted by the government and guided by the Delhi police."



Fr. Michael G. Vasai

Police could have halted the tractors entering the forbidden routes. They could have prevented the persons climbing up the Lal kila to hoist a strange yellow flag at the national flag stand. Anyway, the faces of those who climbed up are very clear in videos. The police should recognise and arrest them! Why not? It is proved by now that the police allowed the blunder to take place purposely, in order to find an excuse to dismantle the Kisan morcha the following day at Gajipur. "India won't tolerate the manner in which the Tricolour was insulted at the Red Fort," hon. Min. Prakash Javadekar said, nor did the agitators rejoice at the fact. Swaraj India leader Yogendra Yadav, strong support of the farmers' agitation, said, "We regret the Red Fort incident and accept its moral responsibility. The incident should be

probed. There is a conspiracy behind it"

Though the BJP feigns to know nothing, the people by now recognise the RSS backed terrorists. Deep Sidhu hoisting a religious flag at the Red Fort, Kapil Mishra in Delhi riots, Gunja Kapur entering as woman in burkha in Shahin Baug, giving anti-national slogans and Kapil Gurjar firing shots in the crowd; Gopal firing in Jamiyat incident; Sadhvi in Malegaon and so on! The problem is that the Godi media does not proclaim them as terrorists! All culprits at the Red Fort are recognised. What happens to them? But the kisan leaders are booked under several sections! Responding to a question on farmer leaders being named in FIR, Yogendra Yadav said, "FIR, jail and torture are rewards of movements!"

THE END OF KISAN ANDOLAN?

I am afraid in the days to come worst things may happen and the government will be responsible as an elder brother, for not being solicitous to avoid it. A reporter writes, "टीवी चैनलों ने किसान आंदोलन खत्म होने की खुशी में आज शाम शैंपेन की बोतलें भी खोल ली थीं। लेकिन बाज़ी पलट चुकी है। हरियाणा और यूपी में किसान रात में सड़क पर आ गया। किसान आंदोलन जारी है। किसान क़ानून कोमा में हैं। उन क़ानूनों की मृत्यु की घोषणा होना बाक़ी है।" Rakesh Tikai cried the fatal day and the agitation revived with his tears. Now the agitation will spread in villages. If the workers and jobless youth join them the end of Modi rule will not be far! In the meantime our hats off to the farmers at Delhi borders come with 6 months provision to sit in agitation! There was a tractor morcha in Vasai in support of them on Sunday 24 January. I am happy I was part of it.

Inquilab zindabad!



Charity Begins At Home

Charity begins at home, but it should not stop there. As a German proverb says, Charity sees the need and not the cause. This gives us the boost to be different. Teaching your children to be charitable is one of the greatest gifts you can give them. Not only are you fostering kindness, but you are helping them along the path to a happier life — and a better world.

The entirety of CSR can be discerned from the three words this phrase contains: corporate, social, and responsibility. CSR covers the relationship between corporations and the societies with which they interact. CSR also includes the responsibilities that are inherent on both sides of these relationships. CSR defines society in its widest sense and on many levels, to include all stakeholder and constituent groups that maintain an ongoing interest in the organization's operations. Society acts as fertilizer for business to grow, right from providing a ground till flourishing it successfully. The concept of corporate social responsibilities originated in the year 1950 in the USA. Corporate social responsibility is not a difficult concept and can be explained as Corporate – means organized business, Social - means everything dealing with the people, Responsibility - means accountability between the two. The term corporate social responsibility (CSR) what is generally understood is that business has an obligation to society that extends beyond its obligation to its



C.K. Subramaniam

shareholders or owners.

It is indeed timely service to various strata of society which suffer for food, shelter, clothing and the support and warmth during old age. CSR initiative creates customized strategies aligned with your company's values, expertise, products, stakeholder expectations and long-term vision and drive effective implementation leading to long-lasting change within communities you work with and causes you espouse.

From philanthropists to foundations to individual donors, Corporates propagate informed giving practises, facilitate conversations among sector players, build sector knowledge, help raise funds for causes, and design programs that improve lives at a systemic level. Corporates work closely with our network of NGOs across India to bring you access to funding, partnerships with companies, new models, in-kind donations, enhanced communications capabilities and much more.

CSR funds can respond to growing interest in this model through an aggregated national fund that is professionally managed to expand such public-private partnerships (PPP). Such a fund would attract top quality school operators from India and abroad, collaborating with state or city governments to provide a scalable, quality education option. We aren't worried about contributions by corporates, many of whom have come forward. It is pilferage at the ground level which we need to curb. Experts feel there is a need not only for better reporting of CSR activities, but also more due diligence by implementing agencies.

Join some NGO networks today to make your work strategic, scalable and sustainable contribution to society. CSR activity impact is widespread and intensive. From women's health to free eye check-ups for children, from financial literacy to safe waste disposal, from vocation training of youth to employment opportunities for rural communities - our programs have helped change millions of lives. Even builders

having big business go for CSR activities to get some rebate in Income Tax and Sales Tax and at the same time get name and fame in the process.

In that context, are Corporate Social Responsibility funds realizing and achieving sustainable social change to benefit the undeserved? The answers are mixed. Let's look at education, a stated priority of most CSR entities. In reality, funds are often deployed in a one-off, short-term and inputs-oriented manner, like the adoption of a few neighbourhood schools. This fragmented approach has had minimal impact on the state of public education across the country.

There is no single commonly accepted definition of corporate social responsibility but the following US-UK tradition can be defined as "Corporate social responsibility is operating a business in a manner which meets or excels the ethical, legal, commercial and public expectations that a society has from the business. In the last twenty years, there has been a sea change in the nature of the triangular relationship between companies, the state and the society. No longer can firms continue to act as independent entities regardless of the interest of the general public. The evolution of the relationship between companies and society has been one of slow transformation from a philanthropic coexistence to one where the mutual interest of all the stakeholders is gaining paramount importance. Companies are beginning to realise the fact that in order to gain strategic initiative and to ensure continued existence, business practises may have to be moulded from the normal practise of solely focussing on profits to factor in public goodwill and responsible business etiquettes.

Charity begins at home and is proved appropriate for Azim Hashim Premji as he has given more than 25 percent of his personal wealth to charity. He continues to carry on the good work and it is indeed a fine gesture. Deciding together how to be charitable and talk about causes you can support or activities you can do together, and follow through as a family.

Being in the World with Responsibility

“It is our responsibility to save this world and all the creatures on this earth by fighting against adharma, in order to establish dharma again.”

Martin Heidegger was a renowned German philosopher of the 20th century. He will be ever remembered for his contribution towards phenomenology, hermeneutics and existentialism. He spoke on Dasein which means being - in - the - world. According to him, Human beings are not spectators rather we are actors, always engaged actively in the world. Even though, we remain as spectators in the world whatever things happen around as would surely affect or influence directly or indirectly. Human beings and the world are entangled with the existence of both. So they are inseparable in nature. In this context, we can identify two kinds of people. One group of people see things happen. These people can be termed as spectators. They will not react until and unless they are affected. They like to remain in the comfort zone always. The another kind of people are those who make things happen. These people are actors who actively engage in the world according to Heidegger. Social activists, Volunteers, Journalists and who raise the voice of the voiceless come under this category. The living example that I can give you is Fr. Stan Swamy SJ who has been detained in the prison for actively engaging himself in the world. I would like to quote here what he had said in the interview before his arrest by NIA. “I am happy to be the part of the process because I am not a silent spectator but part of the game and ready to pay the price whatever may be.” Along with his existence in the world, he made things happened by becoming voice of the voiceless.



**Br. Justin Arokia
Raj SVD
Bhopal**

The another epitome that I can give you is those intellectuals who made the things happened are the drafting committee of our Indian Constitution and brought it into effect on 26th Jan 1950 which we commemorated recently. At this juncture, I would like to quote what John F. Kennedy said, “Ask not what your country can do for you, ask what you can do for your country”, Most often we failed to ask ourselves what we have done for our country.” Whereas the preamble of Indian constitution would tell us what our country done and give for us. Our preamble assures us with sovereign, socialist, secular, democratic, and republican nature of our country and provides justice, liberty, equality to us and fraternity among us. What is our contribution towards our country remains always unanswered. There is beautiful phrase with which my congregation formed me is Freedom with responsibility. I feel this phrase would be very much felicitous for the question of our contribution towards our country. Here, I prefer some of the responsibilities through which we can contribute towards our country.

Religions-Responsibility:

Our country is the womb to so many religions and religious practices, traditions and being spiritualistic and ritualistic in nature. In order to have tolerance among the people belonging to different religions and worshipping other Gods we need to have religion-responsibility which has nothing to do with our religious practise and responsibility. Rather, it means that it is the responsibility of every citizen of this country to maintain peace, harmony among laity of all religions and be respecting their sentiments, faith practises and allowing them to practise their religious responsibilities which is considered to be a higher consciousness of every citizen.

Constitution-Responsibility:

Our country is the amalgamation of a large number of religions, cultures, traditions languages, atheists etc. Indian Constitution, the sacred book of every citizen which is the unifying factor of all provides its people with right to equality, to freedom, right against exploitation, right to freedom of religion, culture and education and these fundamental rights safeguard the democratic nature of our country. It is the finite responsibility of all to preserve the rich heritage of our constitution from those who try to seduce it by actively engaging themselves in opposition to our constitution. It would be possible when we give priority to our country and fulfill the fundamental duties of ours, without fail.

Nature-Responsibility:

Our planet is an exquisite place for all species. No matter where we go on the planet, there are stunning flora and fauna that seize our attention. They are two very predominant aspects of eco-system. Without flora and fauna, human species cannot exist. The flora generates and releases oxygen, which is required by fauna for respiratory purposes. In return, the fauna produces and releases carbon dioxide which is required for photosynthesis. So, there is a ubiquitous of harmony between flora and fauna. Whenever this harmony is disturbed by deforestation, air, water, plastic pollution, there will be consequences of acid rain, ozone depletion, globe warming, climate change and what not. As human beings, we have nature connectedness for our continuousness. We need to protect our human race from extinction by making preservation of nature as our fundamental responsibility and work on it.

Human-Responsibility:

As human beings, we are expected to fulfil above mentioned responsibilities and also as inheritors of cognitions and humaneness, we



(Contd.. from p. 8)

have to become good Samaritans to those who are wounded physically and mentally and give them solace by nursing their wounds. Our life on this earth similar to the flowing river which quenches the purposes of all without denying. In our daily life too, we need to meet the need of all by helping them all the way possible that of flowing river.

These are the best contributions that we can give to our country. They don't demand money or wealth but attitudes. In Hinduism, we see God Vishnu taking avatars when dharma declines and adharmas break and the last avatars of Vishnu is Kalki avatars for which people are expecting. In Christianity, we see Jesus, as an Incarnation of God. He comes to the world to save the people from their sins and people are expecting for the Second coming of God. But often, our eyes are blind folded to see the avatars of Kalki and Messiah within us. We, as human beings are Avatars and Messiahs. It is our responsibility to save this world and all the creatures on this earth by fighting against adharmas, in order to establish dharma again. (Your feedback is most welcome: justinsvd5@gmail.com)

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KONKANI JOURNALISM DAY and Presentation of Journalist and Gulab awards

The popular Konkani monthly GULAB in association with Fr. Freddy J da Costa Memorial Trust (FFJDCMT),



Fr. Freddy J Da Costa

Konkani Bhasha Mandal (KBM), FELICIO CARDOSO-che PATTLAVDAR (FCP) and Ravindra Bhavan, Margao celebrates KONKANI JOURNALISM DAY on February 2, 2021, at 4.00 p.m. at Ravindra Bhavan's Conference Hall, Margao, in commemoration of publication of the first Konkani Journal UDETECHEM SALLOK, on February 2, 1889 from Pune by the late Eduardo Jose Bruno de Souza.

Director and Editor of Prudent Media, eminent journalist Mr. Pramod Acharya will be the guest of honour for the function and deliver a talk on 'GÖY-CHI OSMITAI ANI POTRKARITECHI BHUMIKA' (GOA'S IDENTITY AND THE ROLE OF JOURNALISM IN ITS SUSTENANCE)

Tributes will be paid to the pioneers and stalwarts of Konkani journalism on the occasion.

The function will also include Fr. Freddy J Da Costa and Felicio Cardoso Memorial Day Celebration and felicitation and presentation of 2019 Fr. Freddy J Da Costa Memorial Gulab awards and Felicio Cardoso's Journalism award to the recipients: Hon. MLA of Curtorim, Mr. Aleixio Reginaldo Lourenco - Gulab's Personality of the year, eminent tiatrists Mr. John Claro Fernandes, Gulab's Tiatrists of the year, noted Konkani writer and

ex-editor of Cine Times, Mr. Enclidas de Elly, Gulab's Konkani Writer of the



Felicio Cardoso

year and tenacious and ethical journalist Mr. Marcos Gonsalves, Felicio Cardoso's Journalist of the Year.

Senior Journalist and Editor of O'Heraldo, Mr. Alexandre Moniz Barbosa will grace the occasion as the chief guest.

All are cordially invited to attend this commemorative function.

Fausto V. da Costa,
(Editor, GULAB)

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Konkani Bhasha Mandal
Felicio Cardoso-che Pattlavdar &
Ravindra Bhavan, Moddganv
hanham sangatak gheun **gulab**
ghoddoun haditta
KONKANI POTRKARITA DIS
Fr. Freddy J Da Costa Ugddas Dis / Gulab Puroskar
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Dementia and Mental Health



Egged on by a friend, I enrolled for a free online beginners course on Dementia run by the Wicking Dementia Research & Education Centre, Tasmania. Initially I baulked at the idea since I have not appeared for an exam for over forty years! But then, I thought, why not accept the challenge? The classes were truly an eye opener.

Dementia occurs among the elderly. It is a broad term to describe a loss of memory, intellect, rationality, social skills and normal emotional reactions. Alzheimer's disease is the most common form accounting for 50% to 70% of all cases of dementia and is more prevalent among men. One rare form of Alzheimer's disease that is hereditary is Familial Alzheimer's disease (FAD). If a parent has a mutated gene that causes FAD, each child has a 50% chance of inheriting it. Alzheimer leads to neurons being destroyed and increasing prevalence of degenerative amyloid plaques or protein fragments called beta amyloid and tangles which are dead and dying nerve cells made of twisted strands of protein which destroy vital cells in the brain. Cell to cell signals at synapses are blocked.

With dementia, the frontal lobe and the hippocampus get affected thus coming in the way of memory, thinking, planning and learning. As the disease progresses, the patient's personality changes.

Regrettably there is no known cure for dementia. But it can be controlled and even prevented with a combination of lifestyle choices and drugs. I was surprised to learn that lifestyle changes are advocated to those in their twenties. Realistically this does not happen as youth are more concerned in living for the moment. Enjoy now instead of bothering what will happen 30 years from now. The elderly ignore symptoms, ascribing them to ageing.

However, we must understand that dementia is NOT a natural process of ageing. Prof. Carol Brayne estimates that approximately 40-50% cases are preventable. If both parents suffered from dementia, there is a higher risk for the child.

Some of the signals of dementia are repeating questions, misplacing items and being unable to find them ever – sometimes accusing others of stealing, decreased judgment, withdrawal from work and society, having issues with solving problems, forgetting a familiar recipe, difficulty in completing regular tasks, confusion with time or place, trouble in understanding visual images, personality changes.

There are three stages of prevention/treatment - primary before the onslaught of dementia, secondary which consists of early detection and enhancing quality of life. Tertiary treatment includes interventions of medication and palliative care. A multivariate approach to risk reduction is recommended as enumerated below.



- Prof. Michael Valenzuela spoke of a cognitive lifestyle and inculcating healthy habits.
- It was observed that those with a college education have a better chance of reducing the risk of cognitive decline in later years than those without. This is

because more neural pathways are used. The type of job one does is also important. Does it involve managing others or making decisions? Does it involve problem solving and out-of-the box thinking? Post retirement pursuits such as contacting and meeting others by doing volunteer work, joining a club, or going to the church or temple and building larger social networks have better cognitive resilience. It's fun to broaden our

horizons by learning a new skill as this involves exercising another part of the brain than hitherto used.

- While solving crossword and other puzzles do help, a better exercise is learning a new language with different rules of grammar. It is also suggested that the puzzles we attempt should gradually increase in difficulty. Computerised brain training was conducted for patients with dementia. It was found that an increase in the level of difficulty of the same exercises increased connectivity between the hippocampus (memory centre) and frontal lobe (planning and problem solving).
- Cardiovascular diseases brought about by smoking, excessive alcohol, diabetes, heart ailments, repeated strokes restrict the blood flow to the brain thus leading to dementia. Prescribed medication such as blood thinners helps to control some illnesses. It was suggested to avoid red meats and follow a Mediterranean diet rich in nuts, whole grains, fruits, vegetables, fish and olive oil.
- Use of drugs like cocaine affect general health and could increase dementia.
- Physical activity improves cognitive ability. Aerobic activity lead to increased heartbeats as our breathing becomes more rapid. Hence we should not saunter but walk reasonably fast, even for 10 minutes, take a break and then continue. Group dancing or ballroom dancing is also suggested as this involves learning steps and social contact with other dancers. It is suggested that we combine aerobic and weight/strength training.
- Repeated brain injuries such as in boxing could result in 'dementia pugilistica' due to a series of high im-



pact concussions.

- Depression in late and mid life could cause vascular dementia and increase the risk of Alzheimer. Hence it is important to seek treatment and take the prescribed anti depressants.
- Good quality sleep is important for neurogenesis or growth of new brain cells in the hippocampus. A new discovery shows that sleep clears the brain of various proteins and harmful toxins including beta amyloid. Sleep improves memory. Obstructive sleep apnea, where the brain is deprived of oxygen for a short. while is a risk factor
- We need to control our stress levels as stress releases cortisol. When an excess amount of cortisol is in our brain, the function of the hippocampus is affected. As part of our fight or flight response, blood glucose, which is a source of energy, is diverted from the hippocampus to our muscles. In addition, cortisol interferes with the neurotransmitters' activities, which prevents normal memory function. Yoga, prayer, meditation are all ways to control stress.
- A study has suggested that the polluted air we breathe could also have an adverse effect on our brain.
- Researchers rely a lot on MRI scans of patients with Alzheimers. One such study unearthed a surprising fact. Some patients with more brain damage (Group A) were able to function better than another group (Group B) with less brain damage. A study of their life history revealed that those in Group A had been more mentally active than those in Group B. Perhaps this resulted in Group A having a better cognitive resilience than Group B.
- It is interesting to know that a study was conducted among the West London Indian Asian population who had high risk factors such as diabetes, obesity, high BP and were in the age group of 40 to 70 years. Then the study

expanded to those from 30 to 40 years. It was discovered that the participants were following an unhealthy lifestyle by consuming a lot of fast foods, not exercising, having a diet full of oil, all of which promoted obesity, elevated cholesterol and cardio vascular illnesses. Around 200 younger people of 20 years were then taught how to avoid the pitfalls of an unhealthy lifestyle.

The elderly should not be isolated or made to feel a burden non-contributing member of society. They should be enveloped with love in the family circle, as difficult as this may sometimes be. People suffering from Alzheimer sometimes get angry. This was beautifully portrayed in the movie 'The Notebook'. It is not known whether this is due to changes in the brain or whether the person finds it a challenge to remember. Past memories are easier for them to access than memories of something that occurs recently. A friend sent me this very touching video of a prima Russian ballerina. The psychologist showed her a clip of her during a performance of the Swan Lake in her hey days. Suddenly she was transported to happier times and though wheel chair bound, started doing graceful hand movements just like she did several years ago.

While early prevention is preferable, it is never too late to change our lifestyle patterns in order to live a fuller cognitive lifestyle, irrespective of our age. Why not opt for a better quality of life?

Republic Day at Bandra

St. Peter's parish, Bandra celebrated Republic day with the flag hoisting and an interfaith service. After the flag hoisting and the reading of the preamble to the constitution, Fr. Frazer Mascarenhas, SJ, the parish priest introduced the Chief Guest, Dr. Rosemarie de Souza, M.D. . He said that Dr. Rosemarie was inducted as the Chief of Nair Hospital's Intensive Care Unit and specialized in plasma separation. Dr. Rosemarie praised the vibrant St. Peter's community whose priests and members went all out in helping the marginalized irrespective of creed through the orderly distribution of rations and other initiatives. She gave an absorbing account of how Nair Hospital coped with the pandemic.

Dr. Rosemarie was first assigned to the Kasturba Hospital for attending to Covid-19 cases. Later on, Nair Hospital was converted into a hybrid hospital handling both Covid and non-Covid patients. Covid patients were initially treated with Oxygen, Hydrochloroquine, Erythromycin and anti-virals. Later on the doctors started using Ramdesivir, plasma therapy and monoclonal antibiotics as recommended by WHO. All treatment was provided free of charge to patients, irrespective of wealth, caste or creed. Nair Hospital augmented the oxygen supply and increased the diameter of the tubing for oxygen. The Covid ICU strength of 123 beds was increased by 110 through the inclusion of the other ICUs. A track, trace and treat method was used. The lockdown helped in controlling the spread of this dreaded disease. Those staying in Dharavi and the Worli slums extended full co-operation. Dr. Rosemarie attended Death Audit Committee meetings daily over zoom to ensure that fatalities did not increase. As a doctor who ventured into the unknown, she had to work 'monstrously' long hours but always wore a tightly fitting surgical mask and necessary gear.

Dr. Rosemarie said that the community should continue to care for others and not wait for another crisis. The pandemic demonstrated our own fragility. We are in God's hands and by serving one another, we can convert a tragedy into triumph.

She concluded that serving India is all about a vibrant community, such as St. Peter's, rising to the occasion and in so doing, became a beacon of hope. She called on the Almighty to bless each and every one of the parish.

Dr. Rosemarie's speech was followed by short readings from different faiths.

— **Monica Fernandes**

Girl : Dad! I'm in love...
It's love at second sight!

Dad : What's Love at second sight?

Girl : When I first saw him,
he was buying Gutka.

When I saw him again,
he was spitting it out of his Lamborghini

1. What time of day was Adam created?

Just a little before Eve.

2. Who was the fastest runner in the race?

Adam. He was first in the human race.

3. Why are atoms Catholic?

Because they have mass.

4. Why didn't they play cards on the Ark?

Because Noah was always standing on the deck

5. Why didn't Noah ever go fishing?
He only had two worms.

6. Did Eve ever have a date with Adam?

Nope — just an apple.

7. Why did the unemployed man get excited while reading his Bible?

He thought he saw a job.

8. Does God love everyone?

Yes, but He prefers "fruits of the spirit" to "religious nuts!"

9. If Mary had Jesus, and Jesus was a little lamb...

Does that mean Mary had a little lamb?

10. What's so funny about forbidden fruits?

They create many jams.

11. Why couldn't Jonah trust the ocean?

He just knew there was something



fishy about it.

12. What kind of man was Boaz before he married Ruth?

Absolutely ruthless

13. The good Lord didn't create anything without a purpose.

Mosquitoes come close, though.

14. What kind of car does Jesus typically drive?

A Christler.

15. What do you get if you cross a Jehovah's Witness and a Unitarian?
Someone who goes around knocking on doors for no apparent reason.

16. What excuse did Adam give his children about why he no longer lived in Eden?

Your mother ate us out of house and home!

17. Which servant of God was the most flagrant lawbreaker in the Bible?
Moses. He broke all 10 commandments at once.

18. Who was the first tennis player in the bible?

Joseph because he served in Pharaoh's court

19. Who is the greatest babysitter mentioned in the Bible?

David — he rocked Goliath to a very deep sleep

20. How do groups of angels greet each other?

Halo, halo, halo!

21. Who was the greatest moneyman in the Bible?

Noah. He was floating his stock while everyone else was in liquidation.

22. What do we have that Adam never had?
Ancestors.

23. Where was Solomon's temple located?

On the side of his head.

24. What did Adam say the day before Christmas?

It's Christmas, Eve!

25. How does Moses make his coffee?

Hebrews it, obviously.

26. Who do mice pray to?

Cheesus.

27. How do you make Holy Water?

You take some regular water and boil the devil out of it.

28. How long did Cain hate his brother?

As long as he was Abel.

29. Why did God create man before woman?

Because He didn't want any advice on how to do it.

30. Why did Noah have to punish and discipline the chickens on the Ark?

They were using fowl language.

31. Did you know they had cars in Jesus' time?

Yup. The Bible says the disciples were all of one Accord.

32. Why do they say 'Amen' at the end of a prayer instead of 'Awomen'?
Same reason we sing Hymns instead of Hers!

33. What do donkeys send out near Christmas?

Mule-tide greetings.

34. Did you hear about the 1-800 service they have for atheists now?
You dial the number and it rings and rings but nobody answers

35. Who was the smartest man in the Bible?

Abraham. He knew a Lot.

Are you Blessed?

Melville X. D'Souza

There is this incident in the life of St. Blaise. While he was in prison, it is said, a woman brought to him a boy who was choking on a fish bone that was stuck in his throat. The woman must have been desperate, not knowing what to do. St. Blaise said a blessing over the boy, and the boy spat out the fish bone. Surely, the woman must have been overjoyed. She must have feared the worst that could happen to the boy, probably a surgery and complications. But instead, here was the boy cured by St. Blaise without surgery or medication. St. Blaise was a physician but he healed the boy with his blessing.

Do you have a sore throat? And you cannot speak without experiencing pain, or cannot eat or drink comfortably. Do you have something like a fish bone stuck in your throat? That's terrible, very frightening. We would try all sorts of stunts or home remedies in order to soothe our throat or to get the thorn or the bone to pass down the throat. And if all that wouldn't work what would you do? Alfred Hitchcock the famous film director says, "**I have a perfect cure for a sore throat: cut it!**" But of course, we wouldn't resort to such a drastic step. The physician is there for you. He will heal you surely, you would be back to normal, perhaps through surgery. And back to your usual self. In the meanwhile though, do we feel we were missing out on something? We were unable to communicate with others. We have a tongue but unable to speak with ease. Perhaps, that was the time we had become good listeners, when we were unable to say anything? Katherine Whitehorn a British journalist, says, "**A good listener is not someone with nothing to say. A good listener is a good talker with a sore throat.**"

Do we need spiritual healing for our

Ingredients:

1/2 kg. rice flour
100 gms sugar
1/2 coconut juice or milk
2 tsp. yeast or toddy
1/4 kg. maida
2 eggs

Method:

1. Mix all the ingredients at night, except the coconut juice or milk. In the morning, add the coconut juice or milk so as to obtain a dripping consistency.
 2. Place a cast iron chitap pan on a slow flame.
 3. Dip a chopped onion stuck to a fork in a bowl of oil and lightly grease the chitap pan.
 4. Spread the liquid mixture, a little at a time, in the pan and cover the pan with a thali to retain the heat.
 5. After a few minutes, the chitap is ready.
 6. Continue this process till all the batter is over.
- Tastes good with tea, chicken curry or with sorpotel. It can also be eaten plain.



— Jubel and Shirley D'Cruz,
Dombivili, Mumbai

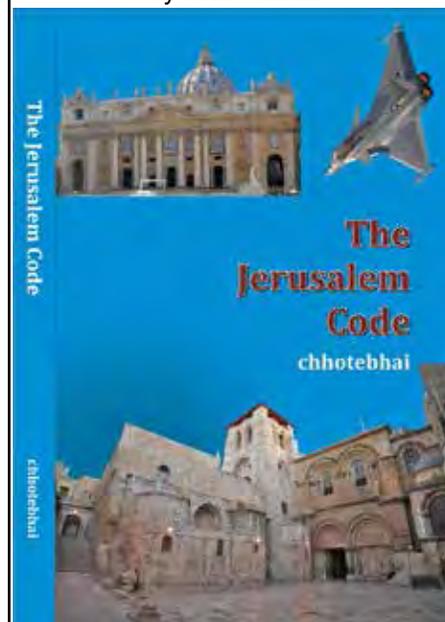


throat? We have St. Blaise to bless our throat and so, there we are on the feast day of St. Blaise, standing before the priest getting our throat blessed. The priest invokes God's blessings to preserve us from every infection of the throat and other afflictions through the intercession of St. Blaise. And we go back home feeling safe and Blessed. That's it. But, What next?

What happens after our throat is blessed, it gets cleaned of course. Then why is it that even after our throats are blessed, good words fail to gush out through our throat? Why do we continue running down somebody fair name, backbiting, spitting venom, hurling choicest abuses on others? That's something for introspection. **If we are truly blessed, we need to guard the words that we speak or else St. Blaises' blessings would be in vain.**

The Jerusalem Code

by Chhotebhai



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Archbishop Filipe Neri urges to keep Word of God close to our heart



Most Rev. Filipe Neri Ferrão, the President of the CCBI, releasing the book "Celebrating the Word of God."

Book Celebrating the Word of God Released

Panjim, Goa 27 January, 2021 (CCBI): Archbishop Filipe Neri Ferrão, the President of the Conference of Catholic Bishops of India (CCBI) and the Metropolitan Archbishop of Goa and Daman, urged the faithful to keep Word of God close to our heart on daily basis. The Archbishop was releasing the book "Celebrating the Word of God" on Wednesday 27 January, 2021 at Archbishop's House, Panjim, Goa.

Echoing what Pope Francis had spoken more than once, Archbishop Filipe said "Let us make room in our lives for the word of God. Let us read each day,

a verse or two of the Bible and allow it to inspire us daily. This volume helps us to realize and appreciate the place of Word of God in our liturgy, mission and life as well as the significance of celebrating the Word of God on special Sunday".

The book brings together four Church documents on the Word of God. It includes two Apostolic Letters of Pope Francis: (1) *Aperuit Illis*, instituting the celebration of the Word of God on a special Sunday of the Year and published on the 30 September 2019 (2) *Scripturae Sacrae Affectus*, published on the 30 September 2020. (3) *The Roman Missal Lectionary Praenotanda*, which contains the essential catechesis about Scripture in the Liturgy and (4) Note of the Congregation for Divine Worship and Discipline of the Sacraments for the celebration of the Sunday of the Word of God, published on the 17 December 2020.

"Celebrating the Word of God" is published in by the CCBI. For copies kindly contact the CCBI General Secretariat or call Mobile no. +91-9886730224.

Rev. Dr. Stephen Alathara
Deputy Secretary General,
Conference of Catholic

(Contd.. from p. 3)

warning. Writing in *La Croix International* from the Vatican, Robert Mickens described Gomez's letter as "an iron fist in a velvet glove"!

This is not surprising because, as Mickens says, the American bishops have been opposing Pope Francis' pastoral reforms, and even used former Nuncio Abp Vignano to defame and discredit Pope Francis through his 70 page open letter. In many ways I find that both Indian democracy and the Catholic Church here are far ahead of the US. Where the latter scores over us is in its fiercely independent media, a robust judiciary, and nonexistent bureaucracy.

At Biden's inauguration the Catholic priest who led the invocation made a pointed reference to Pope Francis, and in his inaugural address Biden quoted St Augustine. This augurs well for his presidency, to heal a fractured post-Trump nation. Incidentally, Joseph (Biden's actual name) means "the gatherer" in the original Hebrew. So he has his task cut out for him, to gather together those who have been scattered. Coincidentally, Pope Francis has declared 2021 as the year of St Joseph.

In conclusion I recall the words of the Prophet Hosea. "Those who sow the wind, reap the whirlwind" (Hos 8:7). This goes for all, be they politicians, farmers or religious heads. Rather let us have the heart of Jesus who, towards the end of his public life lamented; "How often I wanted to gather your children together, as a hen gathers her chicks under her wings" (Mat 23:37).

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Estd: 1951 Prop. B. D'Souza

Preparation For The Season Of Lent



On the 17th February is Ash Wednesday.

Over the years most people struggle to faithfully recall the life of Christ and His presence among us. To meditate on his divine mission to bring us salvation, redemption and spiritual strength we need a moment in time, and lent gives us this opportunity.

The season of lent is a reality check. It cannot compare with any other human experience. Our path to heavenly life is to share in Christ's Passion.



BY MELVYN BROWN

From His walk to Jerusalem, His triumphal entry into the Holy City, as its King of Peace, to His arrest in the garden, the infamous trial which followed, the agony, the crucifixion of Christ and His death, is to have a perfect understanding of Christ's passion.

In the tapestry of the gospels are many hidden messages for us as Christ our Redeemer goes through almost twelve hours of excruciating physical, mental and spiritual pain. His human tendencies remains to the end.

The human factor in Jesus serves as an exemplary beacon for us. We too should, should try and bear our cross, especially at lent and always. When you dedicate your life to human work in the true Christian formula, it enriches your faith.

Jesus spent his last days in Galilee before He went up to Jerusalem. Contrary to what some people believe that the passage of time changes the human experience, it always remains

the same, emotionally, and in relationships.

Christ knows this, and He set up a human plan to conquer sin, temptation, rebuke, hate, anger and spiritual weakness. In His Passion we are taught lessons of kindness, charity, love, forgiveness and the overcoming of fear.

At the Last Supper, Jesus washed the feet of his apostles. He gave us the miracle of the Holy Eucharist. He observed the Passover ritual seriously. Let us at Lent take the Passion of Christ seriously and carefully follow its moments of prayer, contrition and penance: The scourging at the pillar. The

crowning of thorns. The judgement to be crucified. The carrying of the cross. The nails piercing His hands and feet. The terrible pain while hanging from the cross. Seeing His mother suffering while she stood below the cross. His final act in commending his Spirit to the Father; throughout lent we should better understand how Christ was prepared to die for us, for our salvation and redemption.

When we meditate on His passion at lent we honor Him. We grow stronger in the power of the faith. During lent we make reparation for our sins and ask God's forgiveness.

The season of lent must not be a short-term of penance, but a life-long and vibrant tempering of the spiritual nature of the soul. The season of lent tempers the soul.

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7068. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in June 1983), Ht. 5' 5", Wt. 58 kgs, Wheatish Complexion, Edn. HSC, working as a Customer Service. Contact email : cynthiadalmeida83@gmail.com

7133. MUMBAI : Goan RC Handsome Bachelor, (Born in February 1977) Ht. 5' 9", Wt. 78 kgs, Wheatish Complexion, Edn. B.Sc., PG, MBA, working as a Sr. Manager in US IT Company. Contact email : trinidadefranco@gmail.com

7045. CANADA : Mangalorean Roman Catholic Divorcee, (Born in September 1985), Ht. 5' 5", Wt. 68 kgs, Wheatish Complexion, Edn. B.Sc., Hotel Management, having permanent Resident. Contact email : bmathias88@gmail.com

7114. GOA : Goan Roman Catholic Bachelor, (Born in January 1973), Ht. 5' 5", Wt. 70 kgs, Fair Complexion, Edn. 12th + Dip. in Technical Field, working as a Projectionst in KUWAIT. Contact email : hilarylobo48@gmail.com

7188. MUMBAI : Mangalorean Roman Catholic Bachelor (Hearing Impaired) (Born in September 1989), Ht. 5' 9", Wt. 62 kgs, Fair Complexion, Edn. HSC., Dip. in Computer Hardware. Working as a Cashier. Contact email : clifford9948@gmail.com OR 9920331773

7113. POONA : TAMILIAN Roman Catholic Bachelor, (Born in December 1982), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.Com., work-

ing in Logistic Co. in DUBAI. Contact email : shantasam1955@gmail.com

7025. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1992), Ht. 5' 8", Wt. 56 kgs, Fair Complexion, Edn. B.E. (IT), working as a Software Developer. Contact email : kevin92ster@gmail.com

7110. MUMBAI : Goan + East Indian Roman Catholic Bachelor, (Born in December 1984), Ht. 5' 10", Wt. 85 kgs, Wheatish Complexion, Edn. B.Sc. IT, working as a Server Engineer. Contact email :

fernandes.raymond@gmail.com

6986. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1990), Ht. 160 cms, Wt. 66 kgs, Wheatish Complexion, Edn. Graduate, working for MNC. Contact email : alwyn90lewis@yahoo.com

7172. MUMBAI : Goan Roman Catholic Bachelor, (Born in August 1992) Ht. 6' 1", Wt. 90 kgs, Fair, Edn. Graduate, Diploma in Social Communications in Sophia and then done a Fellowship with Piramal House of Leadership. Working with an NGO - sports foundation. Contact email :

florencemendonca@rediffmail.com

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

7157. PUNE : Roman Catholic Bachelor, (Born in September 1990) Ht. 5' 6", Wt. 75 kgs, Wheatish Complexion, Edn. MBA (Marketing) & M.Com., working as a Senior Executive, Sales and Development. Contact email : amlahenry11@gmail.com

7136. HYDERABAD : Anglo Indian RC Bachelor, (Born in July 1988) Ht.

5' 8", Wt. 80 kgs, Wheatish Complexion, Edn. Post Graduate, having own business. Contact email :

phillipctocher@gmail.com

6968. DUBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1991), Ht. 5' 11", Wt. 70 kgs, Wheatish Complexion, Edn. Graduate in Commerce. Working in Dubai since 2014 in Indian Consalate Office. Designation Senior Customer Executive. Contact Email :

shalenedsouza4@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 (below 40 - 42 years) who is willing to raise a family. Contact by email :

decemberwedding08@yahoo.com

6924. MUMBAI : Mumbai born and broughtup Roman Catholic Keralite Bachelor, (Born in September 1984), Ht. 5' 9", Wt. 72 kgs, Fair Complexion, Edn. M.Sc. (I.T.), working as a Sr. Software Engineer in Foreign Bank. Contact email :

dianamanuel320@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

6531. POONA : TAMILIAN Roman Catholic Bachelor, (Born in May 1975), Ht. 6', Fair Complexion, Handsome, Edn. M.Com., Having well established business. Contact email : tony137@rediffmail.com

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7193. MUMBAI : East Indian Roman Catholic Spinster, (Born in August 1990), Ht. 5' 2", Wt. 50 kgs, Wheatish Complexion, Edn. B.A., M.A., B.Ed., working as a Teacher in **DUBAI**. Contact email : marina.rodrigues1954@gmail.com

7181. MUMBAI : Mangalorean Roman Catholic Divorcee, issueless (Born in April 1974), Ht. 5' 5", Wt. 60 kgs, Wheatish Complexion, Edn. M.Com., working as a H.R. Contact email : roopafers@yahoo.co.in

7192. MUMBAI : Goan Roman Catholic Spinster, (Born in December 1988), Ht. 5' 5", Wt. 63 kgs, Wheatish Complexion, Edn. B.A., Diploma in Interior Design (MDID), working as a Sales Professional in the Private Sector. Contact email :

especiosa.dias@legrand.co.in

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 an MNC in USA. Contact email :

wilfyjoy1315@gmail.com or call +91 98603 02527 / + 91 9970172527

6032 DUBAI : Goan Roman Catholic Spinster, (Born in April 1976), Ht. 5' 2", Wt. 41 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email :

track_1976@yahoo.com OR 9730454857

7182. MUMBAI : Mangalorean

Roman Catholic Spinster, (Born in October 1992), Ht. 5' 4", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., C.A., working as Asst. Manager in TATA Company. Contact : email : matrimonialp27@gmail.com

7128. MUMBAI : Affluent business family R.C. East Indian Spinster, (Born in 12-04-1988), Ht. 5' 2", very beautiful and pretty. Edn. MS General Surgeon, Doctor by profession. Contact email : drvd2019@gmail.com

7179. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in May 1994), Ht. 5' 2", Wt. 45 kgs, Fair Complexion, Edn. Bachelor of Pharmacy, working in an MNC as a Project Lead. Contact email : lin.r80@yahoo.com

7167 MUMBAI : Goan Roman Catholic Spinster, (Born in October 1987), Ht. 5' 2", Fair Complexion, Edn. BMS. M.Com., and MBA, working as a Business Analyst. Contact email : soulmateforlife2019@gmail.com

7160. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1988), Ht. 5' 7", Fair Complexion, Edn. BMS, working as a Senior Merchandiser in a Global Retail Company in Dubai. Contact email : prislobo10@gmail.com

7163 MUMBAI : Tamilian Roman Catholic Spinster, (Born in December 1991), Ht. 5'3", Wt. 41 kgs, Wheatish Complexion, Edn. B.Com., PGDM in HR working as a Receptionist. Contact email : dafin1991@gmail.com

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

7161 MUMBAI : Roman Catholic Spinster, (Born in July 1986), Ht. 5'6", Wt. 62 kgs, Wheatish Complexion, Edn. B.Sc. Science, Masters in Mass

Media, working as a Asst. Accounts Director. Contact email : padmarrao@gmail.com

7174. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1990), Ht. 5' 6", Fair Complexion, Beautiful, Edn. B.Com., MBA, PGDM, working for a Ad Agency in Toronto, **CANADA**. Contact email : roshanmehra@hotmail.com

7147 MUMBAI : Goan Roman Catholic Spinster, (Born in July 1992), Ht. 5'4", Wt. 65 kgs, Fair Complexion, Edn. MBA Finance, working as a Fund Accountant. Contact email : stefsasha09@gmail.com

7173 BANGALORE : Mangalorean Roman Catholic Spinster, (Born in December 1989), Ht. 5' 5", Wt. 65 kgs, Fair Complexion, Edn. Bachelor of Engineering in EEE, working as a Sr. Engineer. Contact email : clara.kalare@gmail.com

7145 MUMBAI : East Indian Roman Catholic Spinster, (Born in December 1992), Ht. 4'11", Wt. 50 kgs, Fair Complexion, Edn. M.Sc., Lecturer by profession. Contact email : andrea210358@gmail.com

7170 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1996), Ht. 5' 7", Wt. 80 kgs, Fair Complexion, Edn. Graduate, working for Bank. Contact email : jenniferdmello25@gmail.com

7069. MUMBAI : Tamilian RC Spinster, (Born in April 1992), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. B.Sc., Nursing, Staff Nurse. Contact email : mpchandran68@gmail.com Mobile : 9820041633

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Mangalore's Heroic Grand Old Lady's 105th Milestone

- *Ivan Saldanha-Shet.*

One good turn deserves another - so for our dear readers who know about a 105 year old hero in Canada - William Andrade, and our city's own 99 year old Joseph (Joe) Gonsalves. Now here is a 105 year old great grand spinster lady teacher, who is well past the 105th year milestone - Ivy Mary Mathias of Falnir, in the heart of old Mangaluru is a wonder lady born on December 9, 1915. This great personality once explained "My love for a long long time, are my roots here in Kodial. The nature and coastal folk of the region have changed a lot but still the original affection and care are there," She added, " My one deep feeling whenever I was away from my roots, was to return one day to the land of my forefathers. I am always happy that God has gifted me to live here well all these many years". Eusebius Piedade Mathias (1882-1948) was the father of Ivy Mary Mathias and her mother Julia Mascarenhas of Bendur they married at Rosario Cathedral in 1909. Ivy was the last of 7 children of whom three survived to be adults. Sometime in 1987, Lady Ivy moved to her present flat, near her original property between Milagres Church and Highlands. She is more than fortunate that though she has no one of her own generation around, a caring family Marceline, Leena, Meera and Manoj, look upon her as mother and grandmother and whom she has also stood by. In 2015, visiting the Milagres church office and seeing the well preserved Baptismal register of year 1915 record, it was pleasant to note that the details are confirmed therein.

Teaching has been her first love and forte, she first taught in Nagpur at 'Providence', it was the norm then that people went outside to make a life. This has contributed to Mangaloreans spreading far and wide and getting appreciated for their services wherever they have lived, their skills and goodness has served the community. With her mind on up-

lifting the needy, marriage was always on the back burner and she remained a spinster. She always recalls she did a long spell of teaching senior classes at popular Loretto School, in Calcutta now Kolkota; Ivy lived on Middleton Road Calcutta. Ivy also did a spell in Karachi



before Independence in 1947 which was then part of British India.

An Agnesian : Older than the institution; Dear Ivy, probably, is the only surviving old student of St Agnes from that generation reaching this landmark. While St. Agnes, the first Catholic women's college in South India and second in the country is entering its centenary, alumna Ivy Mary Mathias of Falnir in Mangaluru is a coveted 105 years landmark in her life. Born before St Agnes College was established in 1921, she very joyfully recalls her primary schooling at St.Mary's (Margil) that functioned under the Milagres church in those days. Then she went on like most girls of her time to the famous and first women's college in South India, St Agnes at Bendur where she graduated with a degree in Arts and later was trained as a teacher at St.Ann's which is today a great old education hub, near Rosario Cathedral.

Ivy's life and habits : Post Centenarian, Ivy is truly a pleasant, easy person with a great life behind her for sure... she is a bit weaker than on her 100th birthday as is understandable, but Corona has not been anywhere near her",

quipped a senior lady Mrs Tilly Peris, who has known her for a long. Devotion to her beliefs is paramount, she always prayed earnestly and wished for everyone to be happy and successful, she got stressed if she saw injustice and unkindness. She said she used to have a few ailments like mild vertigo, unsteady sugar levels, but at present she seems to have outgrown all those and now apart from the normal pains of old age is far better than many much younger to her. Reading, gardening, art work, embroidery were her forte and she was always very neat and tidy. For health she regularly ate fresh peeled garlic and regularly took local 'herbal teas', which she grew in her own garden. Her's is a known family with longevity printed in their genes or DNA it seems.

It's amazing to hear about her health and food; it nullifies the advanced opinions on the subject....brace yourselves for shock! The accepted theory is vegetables are the best for a healthy and long life – but our centurion Ivy detests vegetables. Her favorites were all kinds of sea foods/fish, meats, sweets, chocolates and to top it all Ice Cream. Junk food is high on her 'like list.' Bananas are her first love among fruits, her food intake was good and she has just normal food like most people, her 'family' is caring. She is very fond of the old genre country and western pop music...like Jim Reeves, Cliff Richard, Elvis Presly and such apart from old Konkani songs. One can see old LP records, kept safely in the showcase, unfortunately the player has succumbed to age! She keenly watches TV - music, soaps and news with attention and grasps all. Her favourites are also religious channels; she is very fond of watching religious ceremonies especially in Mangalore and Vatican. Corona Pandemic has had little impact as for a while she is in a safe capsule at home. Ma'am Ivy is never counted as an old foggy or invalid by any measure and at 105 is a pleasant person to meet and chat with. December 9, 2020 has sure been a red letter day for this grand old lady and many of her admirers who saw her on Video calls cheered. Ivy Mary Mathias in Mangaluru is now a hundred and five but still young in spirit and at her age collected and living a life of quiet awareness - may she live for long and be blessed in every way she needs always.

THE JERUSALEM CODE

By Chhotebhai

A REVIEW by Ladislaus Louis D'Souza

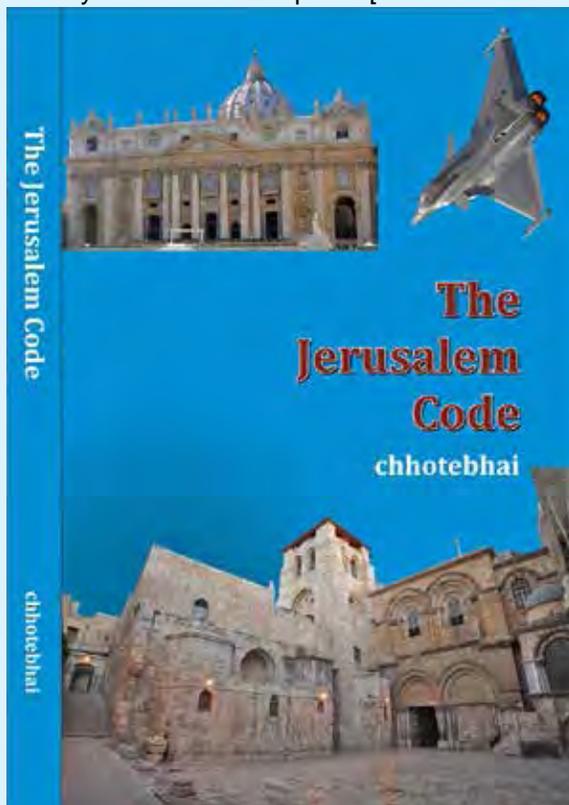
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It was Arnold Henry Glasow, the famed American businessman and humourist of the last century, who said, "Happy is the person who knows what to remember of the past, what to enjoy in the present and what to plan for in the future." **THE JERUSALEM CODE** comes from an author who belongs to the genre of writers who have a prophetic bent and know what to recall about the past and how to look at it, how analyse the present and, finally, to predict, plan and propose a future of desired reality.

Jerusalem per se marks the final lap of the journey the Lord made in his mission to redeem the likes of those who killed the prophets of yore. A book that defies being fit neatly into any particular slot, **THE JERUSALEM CODE** is essentially the author's journey into the Past, an analysis of the Present and a Futuristic vision of the church of tomorrow—a journey on which the reader willy-nilly finds himself accompanying the author. And what can the reader expect to find on that journey but an expression of the anguish of the laity, women in particular, about where the Holy Catholic Church is, where she ought to have been by now and where she ought to be in the near future so to say.

Beating about the bush not being one of his traits, the author fearlessly rakes up delicate issues which most authors would much rather just talk about in private and then shove under the carpet - like papal infallibility, clerical celibacy and priestly ordination of women, family planning and abortion, divorce and remarriage, pre-marital

sex, and a lot else. Drawing heavily on Sacred Scripture [numberless



references and quotes!] and on the teachings Vatican II, besides an array of other sources, the contents of this book constitute an honest attempt at renewing the Church and reforming society. A man of deep convictions, Chhotebhai is a writer who dares call a spade just that, a spade! And how! This is not to say that the contents, in nature, are intimidating and demand acquiescence on the part of the reader. Rather, the reader, his/her conscience stirred, is challenged to really think hard on matters otherwise not given much thought to and ask questions, seeking answers thereof.

The author brings to bear on the con-

tent and tone of the text his wide experience as Convenor of the Indian Catholic Forum, former National President of the All India Catholic Union and former Director of the International Council of Catholic Men.... Salubriously, **THE JERUSALEM CODE**, coming as it does close on the heels of the Jerusalem dance phenomenon that has seized the world by storm [with varying, amazing presentations!], proves in no uncertain terms that expressing divergent opinions on churchy matters in no way means showing disrespect for Church teachings. Au contraire, the contents inspire the reader to constantly ask, "What is the Spirit saying to the churches?" More importantly, what is the Spirit saying to me as a reader?

Now, lest you wonder as to the reason and significance of the title **THE JERUSALEM CODE** - the reviewer is not telling! After all, what's better than a self-discovery! Indeed, the book has quite a few other surprises which the reader would delight in discovering firsthand! Of course, it is another matter altogether that this unputdownable book by Chhotebhai has the backing of his four earlier titles (apart from a plethora of articles) viz, *The Trinity & Me* (1978), *Cracks in the Ceiling* (1985), *Beyond 2000 - The Other Side* (2000) and *An Unfinished Symphony* (2011). Get ready for the kind of impact this

book—probably the author's magnum opus so to say—is all set to leave in its wake!

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