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A NATIONAL FAMILY WEEKLY

“JAI JAWAAN! JAI KISAANI!”

by Ladislaus Louis D'Souza

Old timers would recall that the title of this article hails from a 1966 Hindi movie named 'Shankar Khan'. The lead song 'Jai Jawaan! Jai Kisaan!' of this film did not take time to turn into a patriotic song of sorts that came to be sung or broadcast with gusto on and around Independence Day and Republic Day as a timely reminder of the fact that the two, viz the country's soldiers and its farmers were equally important to independent India and her citizens, the former protecting the country from foreign enemies and the latter ensuring that food was never wanting through the year! That equality has now been thrown to the winds, even trampled underfoot in recent times as is evident from the unduly long-drawn protest of our farmers against three draconian laws brought forth by the government in relation to farms, farmers and farm produce.

From the kind up steady build-up one observes—barricades, trenches, barbed wire fences, ground spikes and what not!—within the country's borders, i.e. barely a few kilometers from the country's capital, it becomes apparent that the country seems to be preparing for a 21st century version of the 20th century Jallianwallah Bagh British massacre of the country's citizens, this time at the hands of the country's own police and probably para-military personnel. Apparently, the government has virtually stopped short of calling in the jawaans to gun down the kisaans in a do-or-die episode which certainly does not augur well for both the present and the future of the country, besmirching forever as it does a page of democratic India's history with blood that is not likely to be wiped off for eons.

The ball of negotiations is obviously in the government's court. And it is the bounden duty of the government to gracefully face reality and strive to break the stalemate, eyeing a peaceful and amicable solution. That is what DEMOCRACY per se is all about: a government of the people, by the people and for the people. Unless the Modi-Shah government believes it to be otherwise, i.e. 'of the BJP, by the BJP and for the BJP'!

Democracy, community enterprises are all socialistic principles, close to Christian values. The Christianity is a religion of community living. God is not a solo being but a trinity, a community. The first Christians lived as one community, having every thing in common. That's why the present government economic policy disturbs!

Disinvestment Or Bharat Mata For Sale?

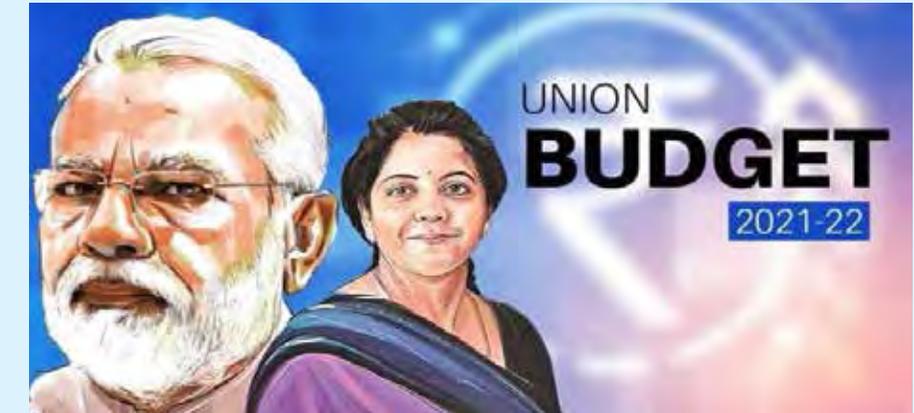
The budget 2021-22 invites us to consider a grave question: Disinvestment, yes but to what degree and what purpose? Investment refers to the conversion of money or cash into securities, debentures, bonds or any other claims on money. As follows, disinvestment involves the conversion of money claims or securities into money or cash. Disinvestment can also be defined as the action of an organisation (or government) selling or liquidating an asset or subsidiary. It is also referred to as 'divestment' or 'divestiture.' In most contexts, disinvestment typically refers to sale from the government, partly or fully, of a government-owned enterprise. A company or a government organisation will typically disinvest an asset either as a strategic move for the company, or for raising resources to meet general/specific needs.

The new economic policy of 1991

The present government as a habit shirks responsibility by saying, 'well disinvestment policy is already practiced by the Congress government. It is true that the new economic policy (Liberalisation-Privatisation-Globalisation) was initiated by the Congress government in July 1991 because Public Sector Units (PSU) had shown a very negative rate of return on capital employed. Inefficient PS had become and were continuing to be a drag on the Government's resources turning to be more of liabilities to the Government than being assets. Many undertakings traditionally established as pillars of growth had become a burden on the economy. The national gross domestic product and gross national savings were also getting adversely



Fr. Michael G. Vasai



affected by low returns from PSUs. About 10 to 15 % of the total gross domestic savings were getting reduced on account of low savings from PSUs. In relation to the capital employed, the levels of profits were too low. Various factors were responsible for low profits in the PSUs. Hence disinvestment was inevitable. That time the following main objectives of disinvestment were outlined:

- To reduce the financial burden on the Government
- To improve public finances
- To introduce, competition and market discipline
- To fund growth
- To encourage wider share of ownership
- To depoliticise non-essential services
- But what do we see in the budget 2021-22?
- Of course even then many socialist minded people opposed the new policy as promoting capitalism.

BUDGET 2021, A SALES DEED?

But the present budget has gone beyond limit. The Congress spokes person Mr. Gaurav Vallabh called the budget a 'sales deed'. It is just a list of government assets for sale! In fact presenting the Union Budget for 2021-22, Finance Minister Nirmala Sitharaman announced that for fiscal year 2021-22, out of the total Rs 1.75 lakh cr, Rs 1 lakh cr! That means more than half income is to come from selling government stake in public sector banks and financial institutions. Rs 75,000 cr would come as CPSE disinvestment receipts. The strategic sale of IDBI Bank, BPCL, Shipping Corp, Container Corporation, Neelachal Ispat Nigam Ltd, Pawan Hans, Air India, among others, would be completed during the current year. Besides IDBI Bank, the government would privatise two public sector banks and one general insurance company in the year, she said.

Naturally when the GDP is -9 today, where could she get money to spend except through selling the assets! The PPP (public-private participation) is another new scheme introduced. It



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will present it as "Encouraging more competition in the power distribution sector. Major ports will also be moving from managing their operational services on their own to a model where a private partner will manage them. Seven projects worth more than Rs 2,000 crore will be offered by major ports in PPP modes in FY 21-22. The government has clearly stated its intention for more private sector participation, describing this push to privatise on the lines of liberalisation in 1991.

Of Course Modiji praises the budget as 'a proactive budget that gives boost to wealth as well as wellness. (India Today). Budget 2021-22 makes a concerted push toward getting the government out of commercial sectors, a move in line with the Narendra Modi government's stated agenda of minimum government. Hence, the need for the Government to get rid of these units and to concentrate on core activities of the government. The Government also took a view that it should move out of non-core businesses, especially the ones where the private sector had now entered in a significant way. Finally, disinvestment was also seen by the

Government to raise funds for meeting general/specific needs. Its a clear move to capitalistic rule!

Democracy, community enterprises are all socialistic principles, close to Christian values. The Christianity is a religion of community living. God is not a solo being but a Trinity, a community. The first Christians lived as one community, having everything in common. They sold their property and placed the price at the feet of the apostles (Acts 4.32-35). The other people looked at them and marvelled, saying, "Look how united they live!" Hence the trend to privatise all business is anti-Christian. Even the PSUs like public transport, running in loss should be allowed to function because they help the last and the least person in society. But the BJP government seems to privatise even railways and buses and sell even the oil pipes! And worse still place all PSUs in the hands of a few industrialists like Adani-Ambani!

SURVIVAL OF THE NATION OR THE BJP?

Many are wondering where is the Modi Government heading? I received a post one day on What's App answering the question:

Modi bhakt: Modiji, you know how devoted I am to you and how frantically I defend you against our opponents.

Modiji: you have received your award and will receive more in future.

Modi bhakta: I am made the BJP taluka president! Thanks! But now as I see you are selling every asset of the country! People are displeased.

Modiji: So what? Precisely this is our party agenda, friend. The sole purpose of our coming to power was to pass Hindutva bills and make money for the Party. We have almost achieved both.

Modi bhakta: But Modiji you have to be elected in 2024!

Modiji: There is no need. Let me make the best of the coming 4 years in power. We shall hand over all the assets in the hands of the Adani-Ambani gang and they will see to the elections. Besides the EVM is there to save us in difficulties.

VASUDHAIVA KUTUMBAKAM!

The Mass, Pre & Post Holy Communion?

When I visited Kuwait twice in the 1990s, little did I realize that the practice of administration and reception of Holy Communion [HC] after the Last Blessing at Mass observed there would one day become a norm in India as compelled by the nearly year-long COVID-19 pandemic! Initially frowned upon by both clergy and lay faithful alike for obvious reasons, the moving of the rite of HC after Mass has today come to be accepted by all and sundry as something normal—the ‘new normal’ as they say! There is however another issue slowly, steadily cropping up in the present dispensation that can eventually lead to a backlash of sorts and that is, the time factor as we shall see below.

Regular Mass schedule...

Common sense dictates that the celebration of Mass in our parishes at timings restored to the pre-lockdown period schedule stays within the time limit, taking into consideration two important factors viz, that there is another Mass to follow, and that the distribution of HC after Mass must be concluded well on time for the congregation of the next Mass to assemble unhindered. Most celebrants have forgotten that the administration of HC is integral to the Mass and only relocated to after the Last Blessing for pandemic related reasons and so, go on and on and on with their homilies which last not a second less than 20 to 25 minutes, necessitating a rushing through of the long Nicene Creed no less, the Prayer of the Faithful [POF], the Offertory, the Consecration, Celebrant’s consumption of the sacred species, and everything else that ought to follow. What however follows is an undignified hurry on the part of the ushers to get the congregation to vacate the pews for those already to assembling for the next Mass, the commencement of which has been unduly delayed.



The CT syndrome!

Methinks its time our bishops gave due thought to relocating the preaching of the Homily to a slot after the distribution of HC whereby those receiving HC have the option of proceeding to some hall or meeting place within the parish premises to listen to the unending diatribe preached by celebrants who suffer from what may be best described as ‘Compulsive Talkaholism’ [CT] – they talk to the congregation at length at the commencement of Mass, at the conclusion of the Gospel, at the congregation’s slot during the POF, at the recitation of the Pater and sometimes again after the Announcements! A certain celebrant is widely known to throw time limit caution to the winds for the highly unacceptable reason that the preparation of his Sunday homily generally begins on a preceding Monday,



by Ladislaus L. D'Souza

“so how dare you expect me to keep my homily short”! Poor padre! Seems to imagine that the Mass is nothing but the homily, Amen!

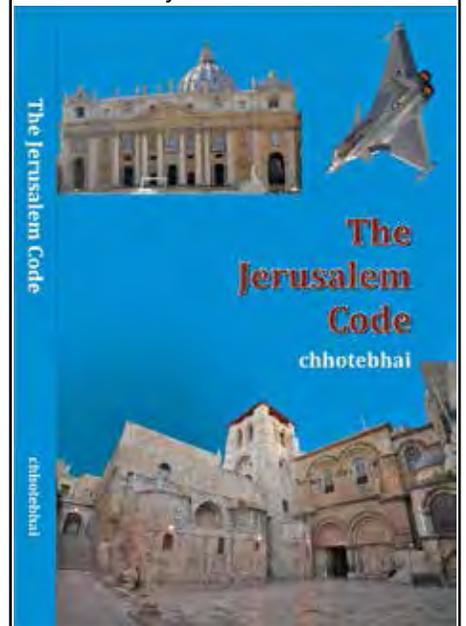
Forewarned is forearmed!

Denying the issue of lengthy homilies timely attention could lead the church into the situation that followed the handling of the squirrel population issue by churches of different denominations within a given locality. While each of the denominations reportedly struggled to arrest the fast rising numbers of these rodent-like creatures by adopting equally different measures, the Catholic church resolved the issue once and for all

by baptizing all the squirrels whereby they were thenceforth seen in church no more that once or twice a year like say at Christmas and Good Friday! Put differently, brevity being of the essence, would our preachers, taking a cue from Pope Francis’ February 2018 advice, “Be brief...; no more than 10 minutes, please”, prefer to preach a power-packed 10-minute homily to a church packed to the rafters so to say? Or are our parish churches hell-bent on heading for a future where, with the numbers of participants at the Sunday Eucharist still not exactly picking up post reopening, celebrants will eventually end up preaching to the four walls?

The Jerusalem Code

by Chhotebhai



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Kamala Harris' ancestral home

Those of you who have travelled from Mumbai to Velankanni by train will have passed station named Thiruvarur Jn at the fag end of the journey. Thiruvarur is just 35kms away from Velankanni. Here the train stops for a very long time. At this point of the journey, the engine detaches from the train and attaches itself to the rear end of the train before continuing on its journey to Velankanni on a branch line. This station is now attracting much attention as the ancestral home of US vice president Kamala Harris.

—Prof Robert Castellino Orlem

The Inequality Virus

-the rich are getting richer, the poor getting poorer

In it's report: 'The Inequality Virus' tabled at the World Economic Forum at Davos, Jan 25, Oxfam reported that during the pandemic the wealth of Indian billionaires grew 35%. Ironically during the same period 84% Indian households suffered varying degrees of economic losses and 75% of the poorest, employed in the informal sector lost their jobs. India's top 1% holds 4 times the total wealth held by the bottom 70% of the population! Can inequality be more glaring than this? Surprisingly, the GDP, the per capita income, the Sensex and other economic indicators give the impression that the average Indian is well off. That's far from the truth. Our economic mod-

els are flawed and do not give a true measure of our economic inequality.

Take for example the model for calculating per capita income in which the total income earned by all people in a country is divided by the total number of people in that country. This works well in western and developed countries. These countries have a minimum wage of about \$15 per hour. The per capita income in these countries is more or less a true reflection of average income earned by a person in those countries.

This model however, does not work in developing countries like India where there is huge inequality of incomes. There is no minimum wage in the informal sector (and 90% of our workforce comes from the informal sector). Therefore the incomes are lop sided.

The incomes of the top 1% of the population is insanely high and unimaginable, while that of the bottom 60% is abysmally low. By using the same model of calculating the per capita income we find that the per capita income is ridiculously high because the income of the rich 1% pulls up the average (India's per capita income is around \$6,250 or about Rs 1,50,000 per person). Multiply that by about 4 members in the family and you have an average Indian family earning around \$25,000!). Ridiculous.

A suggestion: I suggest that in India and all developing countries the income of the top 1% be excluded in calculating per capita income. This will give a more accurate picture of the per capita income and economic inequality in the country.

— Prof Robert Castellino Orlem

Futile exercise by WHO

The visit of the 14-member WHO expert team to the Wuhan wet market in China to unravel the mystery of the killer virus Covid-19 which is presumed to have originated here, more than a year ago, is hardly expected to throw much light on how the virus was transmitted from bats or animals to humans, as the wet market now stands closed and cleaned up. It is more like visiting the Augean stables after they were cleaned up, or the intensive search for the elusive big bang 'Higgs boson' particle, to unravel the mysteries of creation 13 billion years ago. Secondly, trying to study what happened a year ago by reconstructing events, and hunting for animal records that were traded in the wet market, will only throw up more theories that are speculative in nature and not factual. Even a visit to the high security Wuhan laboratory at this stage to establish that the virus was a Chinese bio- weapon that escaped during testing, is bound to be a failed exercise and a question mark for posterity.

—A. F. Nazareth, Alto Porvorim, Goa.

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Valentine's Day

Make it a Festival of True Christian Love!



Come February, and young people and those young at heart, across the globe, look forward to Valentine's Day traditionally celebrated on February 14, every year. While each country, and region, has its own unique ways of celebrating the day, it is universally accepted and kept up as the "lovers day", the day keeping aside other engagements, they try to stay close to their "valentines", creatively expressing their love to those they love.

The history of Valentine's Day goes back to 500 A. D. thanks to Pope Gelasius, who instituted it as a Feast in the Catholic Church in honour of St Valentine, executed by the emperor for refusing to worship the pagan god he and his courtiers worshipped. A legend concerning him says that before he was martyred, he fell in love with the jailer's daughter who was suffering from some illness for long. As a result of Valentine's prayers, she was completely healed. Seeing the miracle, the jailer along with his family converted to Christianity.

According to another legend, there was a Roman priest by the name Valentine who quietly performed marriage rites for the Roman soldiers, who were forbidden by law to marry. He also handed out paper hearts to remind Christians of their love for God that he came to be known as the patron Saint of lovers, and people began to pray to him to connect lovers, and bring them together. The paper hearts became the forerunner of the present day Valentine's Day cards.

Historians say that the modern Valentine's Day had its origin from a poem, written by the 14th century author Geoffrey Chaucer, that highlighted romantic partnership, linking "Valentine" to such relationships. The thought grew over the years, and in 18th Century a book named Young Man's Valentine Writer was also published.

The greeting card industry took up this opportunity, and started producing variety of Valentine's Day cards in big numbers. Though the custom of sending Valentine "cards" is disappearing, getting in touch with lovers through internet and social media continues.

The celebration, once limited to western countries, is now quite prevalent in many places in India, as well. We see around young people expressing their "love" aping the west in ways alien to our culture and tradition, despite the government machinery and the police, in some States, coming down mindlessly upon youngsters, engaged in such activities.

The Catholic youth can think of novel and more meaningful ways of celebrating the Valentine's Day, by making it a day to reach out to all whom they love and who deserve their love in a special way, not limiting only to a boy or girl they feel attracted to during teenage years, or with whom they have just "fallen" in love or with colleagues at work. This limits the reach of the true love, and distorts the original idea behind the Valentine's Day.

As we saw earlier, Valentine's Day was originally instituted to honour

a Saint/s who reached out to others with real love, and expressed the same, beginning with God whom we can never love enough. Why not make it a "holy day" making time to begin the day by going for Mass with your family members to express your love and gratitude to God, whose deep love and concern we share with one another? Think of the possibility of celebrating it on the adjoining Sunday, that Valentine's Day can become a parish level communitarian expression of our love and gratitude to God and one another.

Plan an evening meal with your immediate family members, including your parents. You could possibly invite your "closest" friends, including non-Christians to this meal that they can feel part of your family and experience the warmth of love in a true Christian family.

Why not visit an elderly or an invalid person or even a Home for the Aged and spend some time with the inmates there, who feel lonely and look forward to visits from people like you who care? Let them know that the visit is part of your Valentine's Day celebration!

Believe me, senior priests are people who feel quite lonely in the evening of their lives, spent in the service of the Lord and devoted most of their years to serving others, missing out many good things that you and I enjoy today. Pay a brief visit to them with some gift they will cherish. Look out for a priest who played a key role in making you who you are today; he deserves it from you!

Try to pick up a few nice "Thank You"/ Valentine's Day cards to be sent in advance with a personal note of love and appreciation to those who are far away, but are close to you and who would love to hear from you on a day like the Valentine's Day!

Just as we need to bring back Jesus and St Nicholas, in the place of a commercialised Santa Claus, to our Christmas celebrations, we need to bring back the saintly Valentine/s to the Valentine's Day that it becomes a festival of true love as Pope Gelasius who instituted it in honour of St Valentine/s wanted it to be: they were people who reached out to God and others in Christian love. Happy Valentine's Day!



By Fr. Alfonso Elengikal

Clean Beaches in Mumbai



Having lived in India for six decades I had a liking for beaches from my younger days and enjoyed the beauty of Marina Beach in Madras (now Chennai) and had fond memories. Whenever I visited Mumbai, I made a habit of going to Juhu beach and spending 4 to 5 hours there. Being a resident of the Satellite city, recently I was there in Alibaug beach as well. The general experience of beaches in India is very bad as the water is most polluted and as a nature lover you cannot walk on the shores to really experience the flow of waves and the breeze movement there. Chimbai beach is not an exception to this as we find filth on the shores and cause environmental danger and health hazard for people visiting this place. We come across such spots being badly maintained and we hate to go to that beach for the second time.



Jayanthi Subramaniam

The beaches in Mumbai may be a far cry from the ones in Mumbai but they do have a character of their own. Usually, Mumbai beaches rightfully conjure images of large noisy rustic crowds. However, it is also true that quite a few of the beaches remain delightfully secluded. In short, some of the must visit beaches in Mumbai include Chowpatty Beach, Aksa Beach, Marve Beach, and Versova Beach.

Alibaug beach in the vicinity is also proving to be a dirtiest beach and how the people sit and enjoy the contaminated water going all through their body including their undergarments. Cleanliness is next to Godliness and it is time to clean up beaches in and

around the city as summer is fast approaching and people find solace in sitting on the shores during the best part of evening till late night. Desilting the water on the shores can be done on a large scale on a routine basis to give the water a clean look. For this to happen, people should help out the cause and do a world of good to make sure that rubbish is not thrown into sea water and make it highly polluted. People should not be allowed to cross the danger mark and life guards should guard the coast to avoid mishaps. Clean beaches within the reach of Mumbai is the need of the hour, so that people can spend their valuable time there enjoying the scenic beauty without hindrance of bad smell emanating and filth washing ashore every time the waves sweep them on the shores.

Mumbai is not only known as the financial capital of India, instead, it is the home to some of the most protected harbours in India. This is the place where tourists and locals can witness the magical sunset and sunrise. The Arabian Sea, the sands and the sight of the horizon and a perfect sunset, makes the beaches of Mumbai truly magical and a must-visit tourist destination in Mumbai. In the midst of fast-paced city lifestyle, Mumbai the city that never sleeps is the home to some of the serene and beautiful beaches that are worth visiting.

From happening, crowded, noisy beaches to narrow, quiet and pollute-free beaches, there are a number of beaches which you must mention on

your to-do list. But, not all beaches are worth visiting as some of the beaches are heavily crowded and polluted by the tourists and locales. So, to narrow down your search and make your beach visit in Mumbai memorable here is the list of best and clean beaches in Mumbai.

Madh Island Beach: The best time to visit is during the evening. Visiting the popular Portuguese watchtower constructed in the 17th Century, the 16th-century church St. Bonaventure, Erangal Beach bear by and 5-Star resorts where you can enjoy mouth-watering seafood.

Aksa Beach: There are water activities but the current and flow are very high, thereby it is recommended not to indulge in any water activity, instead, you can take a stroll alongside the coastline of the beach on the brown sand. Collecting Seashells, Sit on Beach Coastline, relax in private resorts close to the beach. Swimming in Aksa beach is strictly prohibited due to its waves and high current.

Gorai Beach: This is the less visited and less crowded beach in Mumbai that can be reached easily with a ferry ride from Malad or Borivali. This is one of the peaceful and Clean Beaches in Mumbai and considered to be the college-goers Mecca. This is a black sand beach that you can reach by road. Frolic in the waves, sit back and relax, taking a moonlit stroll, swimming.

Uran Beach: It is one of the Cleanest Beaches Near Mumbai which worth your visit during your beach tour in Mumbai. The villages close to the village offer ample viewing options and you can also explore the historic forts that are located in the surroundings of the beach.

Erangal Beach: This will truly help you relish and get peace of mind after a hectic maddening city lifestyle. This beach is located strategically alongside the fishing village and bordered by the hills and paddy fields. The

(Contd.. on p. 13)

Facing Fascists Fearlessly

Gauri Lankesh would have completed sixty-two years on 29 January 2021, were she still alive. Sadly, she was brutally gunned down on the night of 5 September 2017, just outside her home in Bangalore; her only crime: she had the courage to face the fanatics of the country: those who were determined to destroy the secular and pluralistic fabric of the nation and all that is sacred in the Constitution of India.

Gauri was a journalist-turned-activist from Bangalore. She worked as an editor in Lankesh Patrike, a Kannada weekly started by her father P. Lankesh, and ran her own weekly called *Gauri Lankesh Patrike*. She was a fierce critic of right-wing Hindu extremism and was not afraid to lambast their ideology of hate, discrimination and divisiveness. In 2003, she vehemently opposed the Sangh Parivar's alleged attempts to Hinduise the Sufi shrine Guru Dattatreya Baba Budan Dargah located at Baba Budan giri. In 2012, while participating in a protest demanding a ban on communal groups in Mangalore, she stated that Hinduism was not a religion but a "system of hierarchy in society" in which "women are treated as second-class creatures". She endorsed a minority religion tag for the Lingayat community and headed the 'Komu Souharda Vedike', a communal harmony platform for the oppressed communities. She was also of the view that the followers of the philosopher Basavanna were not Hindus. All this certainly rankled the Hindutva elements- and they did away with her!

On 28 January, the eve of Gauri's birth anniversary, the well-known human rights organisation 'Citizens for Justice and Peace (CJP) together

with the Gauri Lankesh Foundation organised an excellent webinar to celebrate the memory of Gauri. The programme 'Facing the Fanatics' brought together celebrated writer and activist Arundhati Roy and the internationally renowned human rights activist Teesta Setalvad, who is also the secretary of the CJP in an engaging conversation on the reality which grips India today and the need to take on the fanatics who try to stifle every voice of reason and sanity. Kavita Lankesh, Gauri's younger sister was a special guest on the programme.



BY FR. CEDRIC PRAKASH SJ

The underlying message of the webinar was loud and clear: Gauri represented the very best of a free and fearless India, which respects the rights of her citizens, which celebrates pluralism and above all, defends the highest values of democracy! Gauri had the courage to take on the clear: Gauri fundamentalist, fanatic and fascist forces including the Sangh Parivar and all communal-minded people; she abhorred the caste system, she fought for the emancipation of women, she took up cudgels for the poor and marginalized and she was a relentless crusader for the freedom of speech and expression! She spared none, when injustice was the issue!

Roy read a passage from the 2020 Clark Lecture in English Literature instituted by Trinity College, Cambridge, which she delivered on 12 February 2020, 'What is the Role of the Writer in a Time of Rising Nationalism?' She said, "for some of us, every sentence, spoken or written, real or fake, every word, every punctuation mark can be torn from the body of a text, mangled and turned into a court notice, a police case, a mob attack, a television lynching by crazed news anchors—or,

as in the case of the journalist Gauri Lankesh and so many less well-known others, an assassination. Gauri was shot dead outside her home in Bangalore in September 2017. The last message she sent me was a photograph of her holding The Ministry of Utmost Happiness.

Most people, I imagine, believe it would restrict a writer's range and imagination, steal away those moments of intimacy and contemplation without which a literary text does not amount to very much. I have often caught myself wondering—if I were to be incarcerated or driven underground, would it liberate my writing? Would what I write become simpler, more lyrical perhaps, and less negotiated? It's possible. But right now, as we struggle to keep the windows open, I believe our liberation lies in the negotiation. Hope lies in texts that can accommodate and keep alive our intricacy, our complexity and our density against the onslaught of the terrifying, sweeping simplifications of fascism. As they barrel toward us, speeding down their straight, smooth highway, we greet them with our beehive, our maze. We keep our complicated world, with all its seams exposed, alive in our writing".

Gauri Lankesh was not the first one to be silenced by the fascists in our country; several have been killed before her and many more after her. It continues today with frightening regularity. Those who are visible and vocal in taking a stand against anti - people and anti-Constitutional policies are muzzled, denigrated, charged under draconian laws like sedition and the Unlawful Activities Prevention Act (UAPA) and even killed. The nation experienced this post the violence in Bhima-Koregaon on 1 January 2018; sixteen innocent persons Sudha Bharadwaj, Arun Ferreira, Vernon Gon-



(Contd.. from p. 8)

salves, Fr Stan Swamy and others are languishing in jail, incarcerated under the UAPA. Then last year, several of those who protested against the Citizenship Amendment Act (CAA) were slapped with cases and even jailed; several of them were students and also prominent citizens from all over.

Recently more than one hundred organisations collaborated together through the initiative of the Peoples Union for Civil Liberties and the Jesuits of India (Stand with Stan campaign) for five online events to highlight how the UAPA was being misused against human rights defenders in the country. The first one (on 15 January) focused on hundred days of the incarceration of Fr Stan. Among the speakers was Mary Lawlor the United Nations Special Rapporteur on the situation of human rights defenders who said, *"India is a state which doesn't properly protect human rights defenders. I'm appalled by the treatment of human rights defenders such as Father Stan Swamy who embodies solidarity; It is clear that there are severe challenges to promoting and protecting human rights in the country. Make no mistake, the state is responsible for protection of human rights defenders."* She also criticised the UAPA, saying its *"definition of a terrorist act is not precise or clear, and fails to provide legal certainty; the law has led to a highly concerning conflation of human rights advocacy with terrorism; defending human rights is not terrorism"*. This was followed by three programmes (January 20 to 22) demanding the 'Repeal the UAPA'. Several eminent lawyers, victims, relatives of those incarcerated and human rights defenders spoke at these events. Finally, on 24 January, a book on 'Sudha Bharadwaj' was released and entire event focussed on the grit and determination who has spent the best years of her life selflessly serving the poor and marginalised of the country.

The farmers protest in and around Delhi for the immediate and uncon-

ditional revocation of the three anti-farmer laws, designed to help in profiteering of the corporate friends of the ruling regime, is regarded as one of the biggest ever peoples protest in the world. For more than two months now the farmers have protesting non-violently. Violence however broke out in some parts on 26 January – all objective media are unanimous that the violence was engineered by the ruling regime and their henchmen with the police being complicit. However, on 28 January the Uttar Pradesh police booked some politicians and journalists, including Congress MP Shashi Tharoor, *India Today* journalist Rajdeep Sardesai, *National Herald's* senior consulting editor Mrinal Pande, *Qaumi Awaz* editor Zafar Agha, The Caravan magazine's editor and founder Paresh Nath, *The Caravan* editor Anant Nath and its executive editor Vinod K. Jose, undersedition laws for sharing unverified news during the farmers' tractor rally in Delhi on Republic Day.

The First Information Report (FIR) states that the accused persons *"instigated violence"* on January 26 through their posts on social media. It said that despite the large-scale attack on the police causing injuries to hundreds of

policemen, the accused persons circulated fake news in a coordinated and well-planned manner alleging that the police have shot a person dead. The FIR alleges, *"it was done deliberately so that it causes a large-scale riot and communal violence among various communities,"*; adding, *"this act of theirs tried to build insurrection against the Indian Republic and tried to sow the seeds of enmity, violence and create a riot-like situation between communities."* Earlier, Sardesai (a popular Senior Journalist and anchor) was taken off the air for two weeks and a month's salary deducted from him by his employers the pro-Government 'India Today Group' for his tweet and on-air announcement that the police shot a farmer.

On 18 December 2020, a bench led by Ashok Bhushan issued contempt notices to popular stand-up comedian Kunal Kamra on a batch of petitions filed against him over his tweets attacking the top court for granting bail to *Republic TV* Editor-in-Chief Arnab Goswami after his arrest in an abetment to suicide case. In an affidavit to the Supreme Court on 29 January, Kamra offered no defense for his jokes saying they were based on a

(Contd.. on p. 10)

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comedian's perception, and used to make the audience that shared that perception, laugh. His brilliant and timely affidavit has been going viral; among other things he courageously states the plain truth, *"I believe there is a growing culture of intolerance in this country, where taking offense is seen as a fundamental right and has been elevated to the status of a much-loved national indoor sport. We are witnessing an assault on the freedom of speech and expression, with comedians like Munawar Farooqi being jailed for jokes that they have not even made, and school students being interrogated for sedition. At such a time, I hope that this Court will demonstrate that the freedom of speech and expression is a cardinal constitutional value, and recognise that the possibility of being offended is a necessary incident to the exercise of this right. Should powerful people and institutions continue to show an inability to tolerate rebuke or criticism, we would be reduced to a country of incarcerated artists and flourishing lapdogs. If this Court believes I have crossed a line and wants to shut down my internet indefinitely, then I too will write Happy Independence Day postcards every 15th August, just like my Kashmiri friends"*. Kamra, through his affidavit has done a great service for free speech in India!

Late on Saturday 30 January night the Delhi police arrested freelance journalist Mandeep Punia, from the Singhu protest site for apparently 'obstructing them in the discharge of their duties and beating police personnel,' a charge which Punia vehemently denies. He has already been remanded to fourteen days judicial custody. Several journalists are already protesting his arrest. His wife Leelashree who is a research scholar at Panjab University says, *"If they start suppressing their (journalists') voices, society will be silenced. This is very unfortunate"*. On 1 February, Twitter blocked (apparently on the directives of the Government) 250 accounts over *"fake, provocative"*

posts on the farmers' protest. The timeline of each account is blanked, 'Account withheld' is written across it and below it says *"your account has been withheld in India in response to a legal demand."*

Every year on the feast of St Francis de Sales (24 January), the Pope gives his message for World Communications Sunday (16 May). This year the Pope's message was released on the vigil of the Feast of St Francis de Sales. Appropriately titled, *"Come and See"* (Jn 1:46). Communicating by Encountering People as They Are', the Pope challenges Catholic communicators in a way which is his trademark. He highlights the reality of today saying, *"journalism too, as an account of reality, calls for an ability to go where no one else thinks of going: a readiness to set out and a desire to see. Curiosity, openness, passion. We owe a word of gratitude for the courage and commitment of all those professionals – journalists, camera operators, editors, directors – who often risk their lives in carrying out their work. Thanks to their efforts, we now know, for example, about the hardships endured by persecuted minorities in various parts of the world, numerous cases of oppression and injustice inflicted on the poor and on the environment, and many wars that otherwise would be overlooked. It would be a loss not only for news reporting, but for society and for democracy as a whole, were those voices to fade away. Our entire human family would be impoverished"*. Sadly, very few Catholic communicators take the words of the Holy Father seriously and would prefer being in their comfort zones by not taking a courageous stand on the critical issues facing the country today.

In 2018, CJP published a book of poems, 'Akka' which Kavita composed in memory of her martyred sister Gauri; in one of them 'My Sister, My Soulmate', she writes,

*"She raved, she ranted,
Many times she burst out...
Uppercaste this... Brahminical that...
At the inhumanity of it all...
At the injustice of it all..
Wait a minute..
Is it the same woman?"*

*Who spoke soft words, and tenderly
hugged
And embraced
Little kids,
The untouchables,
The Muslims,
The women,
The minorities...
The Maoists..
Few rabids barked she is a bitch,
some even called her prostitute,
just because she was single
and lived her life the way she wanted
to...
.....
Silence Gauri?
Ha raids!! What a joke!!
She burst like sunflower seed
scattered all over
In India
And across the seas...
Now the silence is chanting echoing,
"We are all Gauri!!"*

Yes, "We are all Gauri!" There are writers and media personnel, human rights defenders and activists, academics and others, from every corner of the country, who despite all odds, face fascists fearlessly. They are the ones genuinely concerned about what is happening in the country today. Some of them, like Gauri Lankesh have given their lives already; some like Fr. Stan Swamy and others are languishing in jail. Those mentioned in the media and here are the more well-known ones; there are thousands of others – all unknown but courageous Indians- who are jailed, hounded and harassed because they have dared take on a fascist regime. In all these women and men, lie the future of our democracy, the India of our tomorrow! We all must face the fascists fearlessly!

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

Gandhians Shocked And Dismayed



KANPUR (30TH JANUARY): The Gandhians of Kanpur were shocked and dismayed to find the enclosure of Mahatma Gandhi's statue locked and abandoned on this day of his martyrdom.

The statue is situated in the central Phoolbagh. Earlier it was a public space where people could gather or children could play. However, a few years ago the Kanpur Development Authority (KDA) took over the premises and converted it into a paid entry park. However, on the insistence of the Gandhi Peace Foundation (GPF), Kanpur chapter, the KDA made Gandhiji's statue area into a separate enclosure. They gave the GPF an assurance that there would be unrestricted entry to the enclosure.

A GPF delegation led by late Padmasri Dr Giriraj Kishore had met the Vice Chairperson of the KDA who had also agreed to develop the enclosure with a proper entrance gate behoving the dignity of the place. All these assurances remained unfulfilled. Nevertheless, the GPF and various other social organizations continued to use the enclosure as a rallying point for various public causes. On Gandhi Jayanti (2nd October) and his martyrdom day (30th January) the enclosure was always open.

However, this year when the Gandhi-

ans reached the enclosure they were shocked to find the place locked. A request to the park authorities fell on deaf ears. chhotebhai, the GPF Vice President and other members who had already begun to gather there decided to sit in protest on the dirty pavement outside the enclosure. Slogans of "Shame shame" against the government were raised. One of the members then contacted the District Magistrate, and a few minutes later the gate was unlocked, thereby avoiding what could have turned out into an ugly and embarrassing situation.

Thereafter the members entered the enclosure and paid their homage to the Father of the Nation. They were of the unanimous view that the present authorities had done a great disservice to the Mahatma. It was agreed that a delegation would later register their protest with the district authorities.

Speaker after speaker said that today democracy was in peril and all true citizens needed to unite to fight fascist and majoritarian forces. They were also vociferous in condemning the government's mishandling of the farmer's agitation in Delhi, especially on Republic Day. The meeting ended with the all-religion prayer that Gandhiji used to recite every day. It included the prayer of St Francis of Assisi "Make Me a Channel of your Peace".

Catechesis is the Echo of God's Word!

Pope Francis on 30 January 2021 spoke to members of the National Catechetical Office of the Italian Bishop's Conference, celebrating their 60th anniversary. (Some excerpts):

"Catechists have a vital responsibility of leading others to a personal encounter with Jesus, through Prayer, Scripture and the Sacraments. The Kerygma is a Person – Jesus Christ! There is no true catechesis without the testimony of men and women who do not remember at least one of his or her catechists. I remember the nun who prepared me for my Holy Communion, and she was so good to me."

"Catechesis is the 'echo of the Word of God'! – which transmits the joy of the Gospel of life! Sacred Scripture becomes the 'environment of salvation history'! It inspires each person to find their own rhythm and enhances their uniqueness."

"I recall that St. Pope Paul VI had said that the Second Vatican Council would be the 'great Catechism of the new times. The Council is the Magisterium of the Church!'"

"Catechists are called to offer a renewed catechesis, one that inspires every area of pastoral care – charity, liturgy, family, culture, health-care, and social life. We must not be afraid to speak the language of the people of today!"

"Catechists must also have the communal dimension at one's heart. They must be especially close to the abandoned, the forgotten, and the imperfect. Like the Good Samaritan, they should know how to draw near to those wounded by life, and to bind up their wounds with compassion." (cf. Luke 10: 25-37).

—Dr. Trevor Colaso,
Memphis, TN. USA.

Today on 2nd February

Train service started for all passengers between 12 to 4pm. This means, you need to work from home & go to office for lunch & come back soon

If a Wada-pav wala makes more money than An Engineer,
YOU ARE IN Mumbai

If you see BMC cleaning up every morning and in the evening its all the same,
YOU ARE IN Mumbai.

If high class people also dont leave the panipuri stall without asking for Sukhapuri,
YOU ARE IN Mumbai.

If the rikshawwala's and Panwala's are more accurate than Google Maps,
YOU ARE IN Mumbai.

If a Chaiwala at marine drive explains his struggle at 2'o clock in the morning.
YOU ARE IN Mumbai.

If Bike Riders shout at you for not locking your car doors properly,
YOU ARE IN Mumbai.

If a girl can move around alone at late nights safely, Its.. Because
YOU ARE IN Mumbai.

In a breathtaking crowd of locals, if an poor old lady always gets a Hand to cross the bridge,
YOU ARE IN Mumbai.

When some idiots blame Mumbai, at the same time if you find people saying "Amchi Mumbai" is the Best Place to live.
YOU ARE IN Mumbai.

Last one for the people outside Mumbai, If you find anyone taking Care of you without any Reason, its not that they are idle Its Because,
WE ARE Mumbaikar !!

Soul for Sale, Dirt Cheap ...



An attorney was working late one night in his office when, suddenly, Satan appeared before him. The Devil made him an offer. "I will make it so you win every case that you try for the rest of your life. Your clients will worship you, your colleagues will be in awe, and you will make enormous amounts of money. But, in return, you must give me your soul, your wife's soul, the souls of your children, your parents, grandparents, and those of all the your friends." The lawyer thought about it for a moment, then asked, "But what's the catch?"

Of Time and Dollars ...

A 50-year-old lawyer who had been practicing since he was 25 passed away and arrived at the Pearly Gates for judgment. The lawyer said to St. Peter, "There must be some mistake! I'm only 50 years old, that's far too young to die." St. Peter frowned and consulted his book. "That's funny, when we add up your billing records, you should be at least 83 by now!"

Speaking Ill of the Dead ...

One day the phone rang at a law office and when the receptionist answered a man asked to speak to Mr. Dewey. "I'm sorry, sir," the receptionist said. "Mr. Dewey passed away yesterday." "Oh, is that right? Goodbye." But everyday for the next two weeks the same man called back and the same exchange occurred. Finally, the receptionist said, "Sir, I have told you repeatedly that Mr. Dewey died, why do you keep calling and asking for him?" "Oh," the man replied, "I just like to hear it."

A London lawyer runs a stop sign

and gets pulled over by an Irish cop.

He thinks that he is smarter than the cop because he is a lawyer from LONDON and is certain that he has a better education than any Irish cop. He decides to prove this to himself and have some fun at the Irish cop's expense.

Irish cop says, "License and registration, please."

London Lawyer says, "What for?"

Irish cop says, "Ye didnae come to a complete stop at the stop sign."

London Lawyer says, "I slowed down, and no one was coming."

Irish cop says, "Ye still didnae come to a complete stop. License and registration, please"

London Lawyer says, "What's the difference?"

Irish cop says, "The difference is, ye havte come to complete stop, that's the law. License and registration, please!"

London Lawyer says, "If you can show me the legal difference between slow down and stop, I'll give you my license and registration and you give me the ticket. If not, you let me go and don't give me the ticket." Irish cop says, "Sounds fair. Exit your vehicle, sir." The London Lawyer exits his vehicle. The Irish cop takes out his baton and starts beating the living shit out of the lawyer and says, "Daeye want me to stop, or just slow down?"

In Flames and Inflamed ...

A man was sent to hell for his sins. As he was being led into the pits for an eternity of torment, he saw a lawyer passionately kissing a beautiful woman. "What a joke!" he said. "I have to roast in flames for all eternity and that lawyer gets to spend it with that beautiful woman." Satan jabbed the man with his pitchfork and snarled, "Who are you to question that woman's punishment?"

Hang 'Em High ...

How are an apple and a lawyer alike? They both look good hanging from a tree.

Christian women express horror at Delhi border fortification

New Delhi: A national body of Catholic and Protestant women leaders has urged Indian Prime Minister Narendra Modi to heed the protesting farmers' demand and repeal the three recently enacted farm laws.

"Our farmers have never failed our nation through the last 71 years. Please do not fail them now," pleads a letter from the Indian Christian Women Movement addressed to the prime minister as the farmers' protests on the Delhi borders entered 70th day on February 3.

The movement expressed shock over the January 26 events in New Delhi when thousands of protesters broke through barricades and clashed with the police.

At the same time, the women says they watch with horror how the protest sites outside Delhi's borders are being fortified with barbed wires, cement barriers and spikes on the roads. They also point out that wooden batons in the hands of the police have been replaced with steel batons.

"Are we fighting India's enemies with such a display of power or the citizens of this country who are trying in vain to reach out to their government?" asks the letter signed by ICWM national convener Aruna Gnanadason and her team members.

Their letter says the government passed the three farm laws hurriedly without following due constitutional and democratic procedure.

The farmers on Delhi's borders protested peacefully, braving the bitter cold through December 2020 and January 2021, the Christian women point out.

"The Delhi police had agreed to an alternate celebration of people's nationalism with a tractor display by the farmers, immediately after the government display of India's military power in the official Republic Day celebration. The tractor rally was also peaceful until miscreants were let loose upon them on Jan 26 to tarnish their reputation for exemplary non-violent resistance," the Christian women assert.

Their movement now wants the government to repeal the laws and formulate new laws in consultation with the farmers' representatives.

The Christian women also want the government to compensate the farmers for the time lost from agricultural activity.

Another demand is a fair and impartial investigation into the collapse of law and order in the national capital on Republic Day.

They also want the police to drop immediately all "false cases" registered against protesters and journalists and resolve problems by "breaking barriers rather than by building new ones."

The Christian women hail farmers as the backbone of the country's economy. "No farmers, no food. It's extremely critical that we listen to our farmers as they share their concerns on how the 3 laws will affect them, as well as all of us, who rely on them for our staple diet."

Observing that several rounds of talks have failed, the women ask: "Is it too much to ask our Prime Minister to meet the people who till the land and feed the country, listen to their grievances and consider a roll-back?"

"The farmers expected nothing less

than understanding and sensitivity from their government. At the end of the day the law is made for humanity and not humanity for the law. The farmers with dignity have continued to insist that their protest will be sustained till the laws are repealed," the letter adds.

"As a Christian women's group, we would like to highlight the innumerable hardships faced by women farmers who are working shoulder to shoulder in the farm sector, facing many challenges and equally demanding repeal of the laws. Today as the barricades deny them basic access to clean water for cooking, bathing and their basic needs, these women face intense hardships merely for exercising their democratic right to protest."

— Matters India

(Contd.. from p. 7)

beach claims to stay empty during the weekends.

Kalamb Beach: This is the ultimate beach for lazing strolls alongside the coastline. Tourists come here to take lazy naps and wake up with the mesmerizing sunset in the evening. It is surrounded by great food joints which make your day at the beach worthwhile.

Juhu Beach: This is another of the popular and crowded beaches in Mumbai, owing to its close proximity to some of the luxurious hotels, celebrity homes, 5-Star restaurants and plenty of shopping hubs.

These are some of the top-notch clean beaches in Mumbai that one needs to surely make a visit to. For those who love the beaches, this is a golden opportunity not to be missed. There are many other beaches in this dream city.



Origins Of Valentine Day Cards

By Peter Castellino

The first Valentine Day Cards were handmade ones sent in the 18th century since pre-made cards were unavailable and lovers would decorate them with puzzles and poetry lines and romantic symbols like flowers and love knots/ true love knots or true lover's knots encompassing several distinct knots and knots association with symbolism dates back to antiquity - thus no single knot can be called the true " true love knot ".

In 1700 England people sent cards and flowers to their lovers and in 1913 Hallmark then called Hallmark Brothers produced the first commercially printed Valentine Day card and in 1915 made money from printing and selling of these cards and the company has 1400 varieties of cards every year with blanks inside for the love-struck writer to create a moving and personal verse and CNN.com says 29% people will send a romantic Valentine Day message with the majority adding points .

Volumes offered lovers guidance on the appropriate words and images to woo the lover which were slipped under a door or tied to a door knocker.

Pre-printed cards were unpopular in Georgian Britain and the oldest examples were from 1797 at New York

Museum was sent by Catherine Mosaday to Mr Brown of London and decorated with flowers and Cupid's image and a verse :

Since on the ever Happy day
All Nature's full of Love and Play
Yet harmless still if my design
' Tis but to be your Valentine

The popular medieval folk belief that birds choose their mates on February 14 made doves a favourite Valentine Day symbol - and the dove was carried to Venus and was known for choosing a life long mate.

In the 18 th century paper embossing techniques produced complex decoration with a paper placed on a die and subjecting it to pressure .

Some Valentine Day had the words on the interior : ' Look at one I love ' and had a tiny mirror for this purpose whilst other novelty cards had a beehive or cobweb design with carefully cut paper and when lifted with a tread had a paper beneath it.

Esther Howland founded the Valentine firm in 1848 in Worcester , Massachusetts lithographed pictures and embossed paper lace to improve cards which sold well despite their more than 100 dollars price thus outdoing European Valentine day dominating the European market.

Louis Prang in 1850 an immigrant of Boston and a magazine engraver returned to England in 1864 studied latest printing techniques and advanced skills in chromolithography that used 20 plates to produce delicate image coloration.

Before and after 1900 Valentine cards were elaborate and layered with fabric fringes , ribbons and silk cords or tassels reaching such dimensions that they needed boxes and not envelopes to mail them.

In the 1900s German manufacturers dominated the market with mechanical Valentines that folded out in to three dimensional shapes for children and not romantic grown-ups .

In 1893 the World's Columbian Exposition in Chicago spurred a nationwide fad for postcards inspired Valentine postcards .

1800s saw a split between comicals and traditional romantics / sentimentalists despite the latter costing more .

In the 20th century Valentine Day humor shifted from insulting Vinegar Valentines - a bad pun to fruit or vegetables as Valentine subject matter as a source of inspiration.

Thus we see the origins of Valentine Day cards where the oldest surviving love poem is written on a clay tablet from the Sumerian time and the Sumerians invented writing around 3500 BC which is named Istanbul #240/.

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Jesus Takes Us To God

First Sunday in Lent



over the evil and saves mankind from the surge of evil. By Christ's divine nature the power of death was defeated and death lost its sting.

The agony of Jesus played an all-conquering role in giving us the assurance of salvation. His human pain was balm of faith – it revealed the prophecy that Jesus would be both priest and sacrifice, bringing humanity eternal redemption.

In the coming weeks the promises of our faith, its agenda in redemption and eternal life will be a dramatic testimony for us to use in evangelization and the healing of our own spiritual self. It is still possible “to repent and believe in the gospel” as Christ had preached. We can never forget the first letter of Peter: “by his wounds you have been healed.” (1Pet. 2:24)

God's covenant with Noah and his six sons never to destroy the earth with floods is worthy of recounting. But that he will destroy the earth is a reality. Prayer, penance and sacrifice is needed in our lives. Let us reflect this season of lent on asking God to wash our sins with the blood of Christ and make us whole. By the example of Christ let us live in obedience to God's ways.

Jesus is the Christ of faith. We believe in him and the Nicene Creed that he is “the only-begotten Son of God...God of God, Light of Light, Very God of Very God....by whom all things were made.”

After Ash Wednesday the Jewish Messiah's role in a new vision begins, creating his sacrifice of himself to make correction for sins against God. It's been a long time since God spoke to man. The Lord God had spoken to Noah and his sons who were with him. He told them of his covenant: “I set my bow in the cloud, and it shall be a sign of the covenant between me and the earth” (Gen, 9:13).



BY MELVYN BROWN 1:14-15)

God had spoken to Moses and the prophets, to Saint Paul on the road to Damascus when Paul heard Jesus “Saul, Saul, why do you persecute me?”

Today, God speaks to us through the spirit, the inner-voice. Are you listening? The First Sunday in Lent begins to help us understand the need to draw closer to God. To listen to that “inner-voice” prompting us during the coming weeks to be with Christ – to meditate and pray as his passion leads us to his death and resurrection.

The psalmist said: “This is the generation of those who seek him, who seek the face of God of Jacob” (Ps.24.6). For truly, his words apply to every generation. And when you believe you will

see his face and hear his voice. Our journey to his Passion commences.

We lower our heads and pray to the Holy Spirit to inspire us in keeping with the tradition: to be His people, the faithful believers.

We recall St. Augustine's best-loved Psalm, the 150th: “Seek the Lord and his strength: seek his face evermore”. We treasure the Christian conviction: Jesus above all else. We are reminded by Christ that God's kingdom will soon arrive. In the words of St. Mark... Jesus came into Galilee preaching the gospel of God, and saying, “The time is fulfilled and the kingdom of God is at hand, repent and believe in the gospel.” (Mk.

The prophet Isaiah had predicted: “He was wounded for our transgressions, he was bruised for our inequities and with his stripes we are healed” (Is. 53:5). Jesus has also prophesied his suffering, death and resurrection. These are the basic historical facts to be found in the Holy Bible.

At this period of lent we meditate on the sustained claims the Church lays open to us. The promise of salvation, that Christ also died for sins once for all...that he might bring us to God being put to death in the flesh but made alive in the spirit...” (1 Pet. 3:18).

For forty days Jesus was in the wilderness. He was tempted by Satan and comforted by angels. Christ triumphs

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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

7185. MUMBAI : Goan Roman Catholic Bachelor, (Born in October 1984) Ht. 5' 10", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., working for Bank. Contact email : spydee321@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

7184. U.K. : Goan Roman Catholic Bachelor, (Born in April 1990) Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., working as a Credit Control in Private company in U.K. Contact email : troyt007@gmail.com

6664 MUMBAI : Mangalorean R.C. Bachelor (Born in December 1982) Ht. 5' 3", Wt. 68 kgs, Fair Complexion, Edn. B.Com., A.C.A., LLB., C.A. by Profession. Contact email : saldanha_ryan@yahoo.com OR 9820670158.

7183. MUMBAI : East Indian Roman Catholic Bachelor, (Born in February 1991) Ht. 5' 11", Wt. 86 kgs, Wheatish Complexion, Edn. PGDM and BMS., working as a Relationship Manager. Contact email : ritadhawan10@gmail.com

6198. MUMBAI : Mangalorean Roman Catholic (Born in October 1969), Ht. 5' 10", Edn. B.Com., good personality, hailing from God fearing, cultured family, issueless, divorcee by mutual consent, working for Cruise

Liner in U.S.A., as Security Supervisor, well settled in Mumbai, Seeks suitable match. Contact email : dsouzamalcolmneil@gmail.com. Phone/SMS 09480157258.

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

6228. MUMBAI : Mangalorean Roman Catholic Bachelor (Born in December 1972). Ht. 5' 8", Wt. 65 kgs., Wheatish Complexion, Edn. S.S.C. A/C Tech. Course, working as a A/C Technician in Voltas. Contact email : lawrencedias321@gmail.com / Mob: 8291056939

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**

7088. MYSORE : Mangalorean Roman Catholic Bachelor, (Born in March 1983), Ht. 5' 9", Wt. 70 kgs, Fair Complexion, Edn. MBA. Marketing. well employed. Contact email : vishwasturners@yahoo.com

7146. MUMBAI : East Indian RC Bachelor, (Born in July 1988) Ht. 5' 10", Wt. 79 kgs, Fair Complexion, Edn. B.E. (Mech), + PG course in Finance, working as a Asst. Manager in MNC. Contact email : lenin.pdsouza@gmail.com

7077. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in March 1987), Ht. 5' 10", Wt. 80 kgs, Wheatish Complexion, Edn. B.Com., working as a Manager. Contact email

: leroy2266@gmail.com OR Mob: 9503282306

7113. POONA : Tamilian Roman Catholic Bachelor, (Born in December 1982), Ht. 5' 6", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working in Logistic Co. in **DUBAI**. Contact email : shantasam1955@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

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

7024. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in April 1980), Ht. 5' 9", Wt. 65 kgs, Wheatish Complexion, Edn. SSC / Diploma in Electricals, Having own Business. Contact email :

jeny22_m@yahoo.co.in

7017. MUMBAI : Roman Catholic Bachelor, (Born in March 1981), Ht. 5' 8", Wt. 67 kgs, Wheatish Complexion, Edn. MBA working as a Administrator. Contact email : matheanil@gmail.com

7135. U.S.A. : Mangalorean RC Bachelor, (Born in June 1990) Ht. 5' 10", Wt. 65 kgs, Wheatish Complexion, Edn. B.E. in Electronics & Telecommunication (EXTC), working as a Senior Software Engineer. Contact email : ryandcunha01@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

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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

7194. MUMBAI : Goan Roman Catholic Spinster, (Born in July 1989), Ht. 5' 1", Wt. 55 kgs, Wheatish Complexion, Edn. M.B.A. (HR), HR by profession. Contact email : dsouza.elvina3@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

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

7169 MUMBAI : Roman Catholic Spinster, (Born in September 1992), Ht. 5' 1", Wt. 50 kgs, Wheatish Complexion, Edn. MBA in Event Management. Contact email : rosypeters74@gmail.com

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

7143. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1987), Ht. 5' 4", Wt. 75 kgs, Wheatish Complexion, Edn. M.A. (Literature) working as a Sales & Marketing Manager. Contact email : irisedsouza@gmail.com

7162 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in September 1993), Ht. 5'5", Wt. 58 kgs, Wheatish Complexion, Edn. B.A., working as a Secretary. Contact email : t.banze@rediffmail.com

7142. MUMBAI : Roman Catholic Spinster, (Born in December 1981), Ht. 5'3", Wt. 62 kgs, Very Fair Complexion, Edn. MBA (HR) working as a HR Associate. Contact email : sunrays1227@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

7141. MUMBAI : Affluent business family Protestant Spinster, (Born in November 1995), Ht. 5', Wt. 55 kgs., Fair complexion, good looking, Edn., M. Pharma, Student. Contact email : saloni.1995naik@gmail.com

7140. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1991), Ht. 5' 3", Wt. 63 kgs, Wheatish Complexion, Edn. Graduation (BBI), working for a Private Bank as a Deputy Manager. Contact email : glendamisquith9@gmail.com

7139. MUMBAI : Maharashtra Protestant Spinster, (Born in May 1993), Ht. 5' 3", Wt. 47 kgs, Fair Complexion, good looking, Edn. B.Com., working as a Sr. Advisor in MNC. Contact email : shirley.jadhav@gmail.com

7158 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in August 1986), Ht. 5'1", Wt. 64 kgs, Wheatish Complexion, Edn. B.A., working as a Patient Care Manager. Contact email : ceciliacookie@gmail.com

7137. MUMBAI : Karnataka Protestant Spinster, (Born in January 1996), Ht. 5' 5", Wt. 54 kgs, Wheatish Complexion, Edn. B.Com., working

as an Accountant. Contact email : sujatareddy209@gmail.com

7156 MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5'1", Wt. 65 kgs, Fair Complexion, Edn. MBA., working in an IT Company as an Executive Assistant. Contact email : mumbai.lavi@gmail.com

7134. MUMBAI : Goan Roman Catholic Spinster, (Born in April 1992), Ht. 5', Wt. 55 kgs, Wheatish Complexion, Edn. B.Com., working as a Modification and Writer. Contact email :

jacklinemascarenhas@gmail.com

7153 MUMBAI : Mangalorean Roman Catholic Divorcee, (Born in May 1987), Ht. 5'2", Wt. 60 kgs, Wheatish Complexion, Edn. B.Sc., IATA, Pursuing B.Ed., working as a Travael Consultant. Contact email : greshma.saldanha@gmail.com

7131. DUBAI : Roman Catholic Spinster, (Born in September 1990), Ht. 5' 5", Wt. 60 kgs, Tan Complexion, Edn. T.Y. B.Com., working as a Manager. Contact email : rebecca.raj06@gmail.com

7138. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1984), Ht. 4' 11", Wt. 56 kgs, Wheatish Complexion, Edn. B.A., working as an Executive Assistant (Secretary). Contact email : labinajena@gmail.com

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

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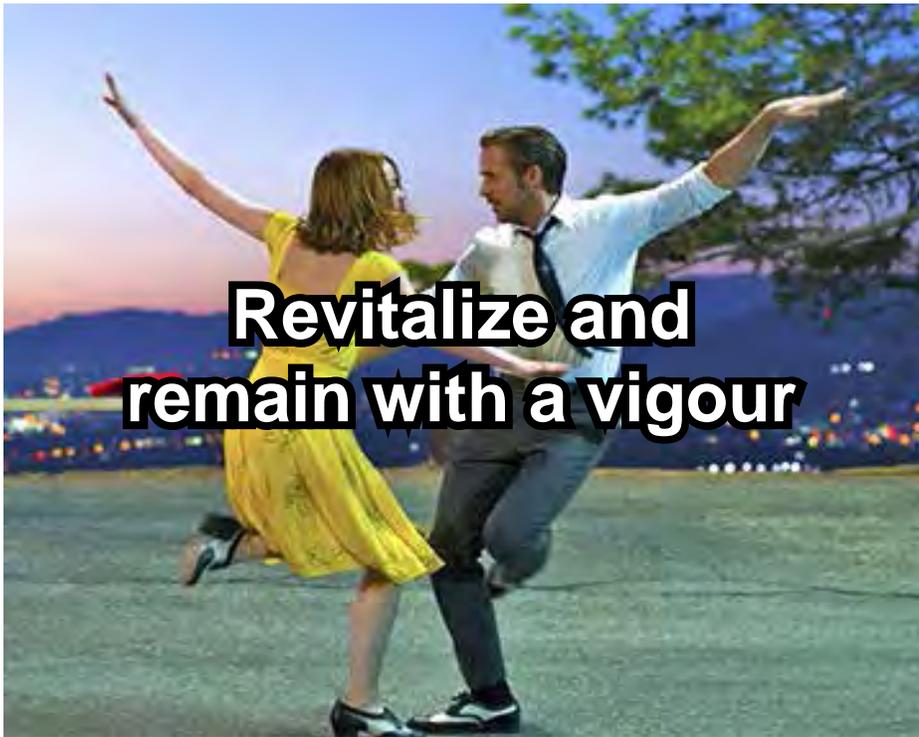
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Revitalize and remain with a vigour

We yearn to live our lives with excitement and passion. Our range of daily activities keep us mobile and self-revitalizing. We like running around, performing well at work, shouting at the top of our lungs and feeling the adrenaline course through our veins. However, the bad habits we create for ourselves while living it up will catch up with us in due time.

High blood pressure develops from a combination of factors such as smoking, alcohol consumption, eating fatty foods and lack of appropriate physical activities. Family history and aging also causes our bodies to perform in sub-optimal conditions as compared to the years of our vigorous youth.

If left unattended, high blood pressure can damage blood vessels and gravitate to life-threatening conditions such as heart problems, stroke and cardiac arrest. You shouldn't wait for it to happen to you when you least expect it. Start taking proactive measures immediately to manage your blood pressure. It could be the best decision you could make for your longevity.

The common reliance on prescription drugs has produced no permanent cures for high blood pressure. You may want to consider nature's solutions to keep your body in a state of wellness and equilibrium.

The following five herbs will help you experience worry-free

excitement through lower blood pressure once again when taken constantly.



C.K. Subramaniam

1. Passion Flower

Passion flower is effective in lowering blood pressure since it reduces stress and anxiety, which are factors that can directly cause an elevation in blood pressure. It is used as a natural sleeping aid for those having bouts of sleeplessness.

2. Lavender

By massaging the body with lavender oil, you can dramatically reduce blood pressure by 50 percent. Lavender works as a vasodilator by relaxing and expanding the blood vessels, thereby causing the blood pressure to lower. Lavender oil can be applied throughout the body or by bathing using either lavender flowers or the oil itself. You can also boil lavender leaves and flowers for use internally as a tea,

which has the added benefits of treating insomnia or an upset stomach.

3. Holy Basil

Stress plays a destructive role in overall cardiovascular health and the adaptogenic properties of holy basil can help alleviate stress-related damage. It prevents stress-induced biochemical changes, improves energy levels and endurance, supports healthy immune functions and promotes healthy gastric tissue which is often subjected to damage during times of stress. It also has many beneficial actions on the heart as a blood thinner and promotes good circulation. When taken daily, it can lower high blood pressure by helping to optimize cholesterol levels.

4. Valerian

Valerian contains a natural tranquilizer as it relaxes muscles and lowers blood pressure. Consuming Valerian daily consumption of Valerian will aid in a state of overall relaxation and elimination of stress. This process will, in turn, decrease blood pressure in people experiencing hypertension.

5. Oregano

Oregano contains carvacrol which is very effective in lowering blood pressure. It reduces your heart rate, mean arterial pressure, and both your diastolic and systolic blood pressures as well. Oregano is also a viable alternative to salt in your meals, as the sodium in salt is a leading cause of high blood pressure. A high-sodium diet can lead to high blood pressure as each teaspoon of salt has more than 2,300 mg of sodium. Oregano is a sodium-free food, so it does not contribute to a higher blood pressure. A low-sodium diet for individuals with high blood pressure has a limit of 1,500 mg per day.

Prevention is better than cure and such remedial measures can tune up your body to have better control over blood pressure and thereby provide better resistance power and revitalize your body for taking up additional strains till your retirement age.

Mangalore scholar Rudolf Noronha bags PhD for research on Tulunadu

- Ivan Saldanha-Shet.



Rudolph Noronha

Tumkur University, of Karnataka, department of Studies and Research in History and Archaeology, has awarded PhD degree to Rudolph Vinod Joyer Noronha, General Manager (Corporate Communications), Mangalore Refinery and Petrochemicals Limited (MRPL), as per a communication received by him on February 3, 2021. His Thesis "The History of Science and Technology in Tulunadu During the Colonial Period" is of great interest and use in Karnataka and particularly in the coastal region. His is the first clear comprehensive study and analysis on the history, science and technology of Tulunadu in the colonial period.

Hailing from Kinnigoli, youthful Rudolf V J Noronha has a long interest in travel, reading, writing and so on.

He holds a degree, B.E. (Mechanical) from NMAM IT Nitte. A technocrat, expert communicator and active researcher he as General Manager (Corporate Communications at MRPL) is seen as a handsome asset. Basic knowledge of Portuguese, French, Prakrit, Tamil, Telugu are enviable sets of knowledge and skills he has acquired and is a fan of travel, reading and writing.

His interesting articles recently published are greatly appreciated and admired. Regarding his doctoral research, he mentioned that analysis was done about the means and modes employed by the colonial powers to transplant Western Sciences in Tulunadu region. It analyses the role of science and technology as a tool for colonization. Study also had strived to list long term and short term Collateral benefits and adverse impacts of Introduction of western science

and technology in Tulunadu region. Dr.Rudolph added that he took seven years to complete the doctoral research. After he obtained an engineering degree from NITTE. Later, he did a masters in history, followed by the PhD research. Right from my childhood, he has been passionate about subjects revolving around history, philosophy and literature, and his love in leisure time is reading these subjects. It is hoped that he will be a great leader in this field soon and it augurs well for Karnataka culture and history in the near future and the linking of Tulu culture with Kannada, Konkani and so on.

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Human Fraternity Day!

The First *International Day of Human Fraternity* was celebrated on 04 February 2021. This Document on Human Fraternity for World Peace and Living Together was signed by Pope Francis and the Grand Imam of Al-Azar of Cairo, Ahmad Al-Tayyab in Abu Dhabi. The winners were selected by an independent jury from 30 countries, who had been nominated by leaders in the areas of administration, culture and religion. This year's winners were awarded to UN Secretary-General Antonio Guterras, and Moroccan-French activist, Latifa Ziaten.

Pope Francis congratulated Antonio for his efforts towards promoting peace with a fraternal heart. He also acknowledged Latifa's moving testimony of painfully losing a son to terrorism; yet channeling her pain



towards fostering love and fraternity!
Latifa founded the Imad Association

for Youth and Peace!

"I thank you Latifa for being a true mother, even now for so many boys and girls today. Sisters and brothers, I express my gratitude to all those who had contributed to the promotion of fraternity in spite of the challenges. We are all born of the same Father! You are in a special way, my brother, my friend, my companion; for undertaking risks in this fraternity struggle!"
"Today there is no time for indifference. We cannot wash our hands off the present situation with distance, disregard and contempt. Human Fraternity is the frontier on which we all have to build bridges this century."
"Fraternity means an outstretched hand. Fraternity means respect. Fraternity means listening with an open heart. Fraternity means firmness of one's convictions, even if they could be negotiated."

—Dr. Hazel Colaso,
Memphis, TN. USA.

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