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Life is the Centre, not Religion

by Dr M. D. Thomas

The title being considered here has two parts, the first focuses on life and the second, on religion. The former affirms 'life' as the centre and the latter negates 'religion' as centre of life. Both life and religion cannot be at the centre. They are not on the same level, too. The centre has been reserved for 'life', from time immemorial. I believe, it has to necessarily continue to be so for all times, as well.

The Creative power, which we call God, is 'life' in its essence and basic form. He, she or it is the life-giver or the source of life, for everyone and everything. The act of creation by God has been the 'sharing of life' with the creation, in all its various forms, vegetation, animals and human beings, all alike.

In special, we humans have received life from the life-giving power of God. We are invited to live it 'to the full', 'with the whole heart, the whole mind and the whole spirit'. We are called upon to explore the magnitudes and altitudes of life, in all possible dimensions and degrees. Of course, life has to be surrendered to the owner and author of life when it can no more be sustained on earth.

Life could be understood in two dimensions. The 'life within' or the 'being' that causes the 'breath' and the 'heart beats' is the first aspect. The 'totality of life' or the details of life lived from birth to death is the second aspect of life. They cannot be separated from each other, too. They go hand in hand. In either case, life is the generous gift of the Creator, along with all its various possibilities.

Life cannot be compared with anything in the world, because there is nothing like it. If it were to be compared with religion, it could be said that life is 'divine-made' and religion is 'human-made'. Again, life is 'primary', whereas religion is 'secondary', more important and less important respectively. Yet again, life is 'real' and 'sensible', but religion is 'lifeless and abstract' and it receives life from the faith of the believers.

Religion, to be specific, is similar to 'good cholesterol' and 'bad cholesterol' in the body. There are good and bad elements in religion. Good elements have to be imbibed and promoted. Bad elements require being eliminated, too. In other words, religion is like a double-edged sword. It cuts on either side, for both good and bad purposes. Besides, religion may benefit some people and not benefit some. Accordingly, it could either be a 'blessing' or a 'liability' to the society. This double-sided character of religion cannot be ignored.

There is no denying the fact that religion has incredibly advantaged the humans. Religion has brought lots of 'meaning' to the human civilization, in diverse ways and world over. It has given people lots of 'values' to live by. It has also helped a battalion of people to 'hope, even against hope' and live on. It has motivated millions and millions of people to leave all that the world offers them and 'live for the larger good' of life, in view of adding quality to the lives of others, the nation and the larger society.

On the other hand, it is also equally true that the most brutal 'wars' of the world have been instigated, supported or at least passively tolerated by religion, unfortunately so. 'Religious academics and theological interpretations' of the different religions have 'divided' believers of the same God into various factions, almost beyond compromise. Religious perceptions have cracked human relationships. To say the last, religion has created a lot of foolproof boundaries among the humans, landing them even in a state of bitter animosity and homicide.

It is certainly understandable that religion cannot be perfect. There is no 'hundred percent' in this world. Everything is limited, incomplete and short-lived, including life. In point of fact, religious traditions have emerged from great seers and prophets of the world. But, like streams that had their water pure at the source and as they flew on, they accumulated filth of

(Contd.. on p. 3)

Captain is run out!

A non striker, fairly new to the crease with a sole purpose of running out his captain, does just that leaving the Captain Amarinder stranded in the middle of the wicket. Navjot Singh Sidhu, came from the BJP and was desperate to make a mark. He joined the Congress a little over four years and if one goes by the record, he has hardly contributed anything. Actually he had resigned his ministerial position as he was not given important portfolios. His growing rift with the Captain found backing from Rahul Gandhi who did not appreciate the Captain's independent mind. Backing from the Gandhi siblings made Sidhu bolder and arrogant. Brushing aside all party discipline he began criticizing CM Amarinder Singh in public and humiliating him while the Gandhis watched with glee perhaps. Anybody else would have been thrown out of the party. Sometimes it appeared that Sidhu was working for the opposition outfits.

Even assuming that the Captain was not leading his team well, there are always ways and means to get things sorted out. In any case the elections are a few months away. A compromise could have been reached by making it clear that the issue of leadership post elections is open. Sidhu could have been privately assured that he could be the next CM provided he had the support of the MLAs after the elections. If fact not long ago Harish Rawal had declared that elections will be fought under the leadership of the Captain only to change later that it will be under both the CM and Pradesh chief. Suddenly the leadership issue comes up and in lightening speed the Captain was asked to pack up and leave the dressing room lock stock and barrel. A CLP meet is called post haste to name his successor.

Having a dalit as Chief Minister was never in the Congress scheme of things. Other name had cropped up but as he was not a Sikh, Charanjit Channi, was chosen as a compromise. To now say that 'we wanted a dalit to lead the state' is an afterthought to score a political point. That the new CM is a Sidhu aide puts the latter in a driver's seat – as a super CM. No wonder he told the media "Sab changi si" – all was well when actually it was not. The Captain is extremely unhappy and registered his displeasure by boycotting the swearing-in ceremony to send a loud and clear

IEWS on NEWS

message to the Punjabi people. The Gandhi siblings had no role to play in the election success last time but arrogated to themselves the right to dislodge the sitting CM had single handedly had won the elections. The new CM and Sidhu fly to Delhi in private jet prompting the Captain to taunt "Gareebani da sarkar" – common man's government?

The man in charge of Punjab Congress Harish Rawal is incompetent. Every time he says something he gets a fresh brief from the High Command and he is at pains to wriggle out. Faster he is changed the better it is. As it is his attention is divided between Punjab and his home state where is eyeing the chief minister's post. By first saying that the elections will be fought under the PCC chief [Sidhu], Harish Rawal opened the Pandora's box. Immediately there was a chorus saying that the new CM is just a show piece as a stop gap arrangement. Opposition claimed that 'dalit' card was opportunistic. The High Command had to again intervene to say that the elections will be fought jointly by the CM and PPC chief. Congress is confused. No wonder the Captain called the Gandhi siblings 'inexperienced'. A combative captain has declared that he will move heaven and hell to keep Sidhu away from the CM chair by putting up a strong candidate against him. Being wronged, the sympathy factor will be in his favour. Will the Captain contest as a rebel Congress candidate against Sidhu? He should. That could decide who the real boss is in Punjab – Dooth ka dooth, paani ka pani. No wonder attempts are being made to placate the Captain. By all indications, it is doubtful if he will relent. If he does, he would be a bigger loser. All the same, a bigger and decisive battle is ahead. Gandhis beware!

Another captaincy issues

Virat Kohli suddenly realizes that he is overwhelmed and announces that he will give up the captaincy of the T20 team. Actually, his leadership role as well his performance had been a matter of concern to the BCCI. This was based on the feedback from players after their sterling performance in Australia under Ajinkya Rahane whose cool demeanor had a positive impact on the team. One needn't be aggressive on and off the



by Marshall Sequeira

field all the time. This unnerves players. Then Kohli also appeared to pass on the blame for Test world cup final loss on the players in which he did not crown himself with glory. I had said this in my article immediately thereafter that the encounter was not taken with the seriousness it deserved and suggestion was also made that Kohli should be divested of captaincy of the shorter formats.

Perhaps Virat was given an opportunity to himself announce his departure from the T-20 leadership to make it appear as if it was his own call. People would have immediately asked how come IPL captaincy is not having its toll on him. To preempt any such question, he quickly announced that he will be relinquishing the captaincy of RCB as well as soon as the current tournament concludes. This could possibly lead to another announcement on the ODI captaincy which will only leave him with Test captaincy. If all these decisions have something to do with his leadership, it would be sad. Some people lauded his aggressive approach which made him raise the level and that could be his downfall as well.

Ravi Shastri also came under flak for his indiscretion in launching his book in the midst of the series and the subsequent developments which led to the cancellation of the final test. It appears he did not seek the permission from the BCCI for the event which was held in a five star hotel – outside the team bubble. He was not only unapologetic about his indiscretion but also justified it. The BCCI is not amused and may be contemplating some action. Just wondering if naming Dhoni as a "mentor" of the team for the forthcoming T-20 World Cup has some message for the head coach. Could Dhoni, who has excellent equation with players, take over the role of head coach eventually? Is the present assignment just a dry run? Well! Much will depend on the performance of the team in the desert.

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various types. The short vision and private interests of the followers have added to the 'worldly' character of the religions, well, 'political and economic overtones', regrettably so.

Given the above predicament of the religion, thinking in terms of considering religion the centre of life would mean a 'topsy-turvy of affairs' as regards human lives. It is like 'cutting the limbs of the body to suit the ready-made coat', instead of shaping the coat to suit the body. It violates the logic of life, with which it is designed. Such an attempt would mean disorienting life, which is a 'disgrace' to the author and owner of life.

Besides, human beings can never be for religion or Sabbath. Instead, religion or Sabbath is for human beings. For example, food is for human beings. Human beings are not for food. In a similar fashion, clothes are for human beings and human beings are not for clothes. Still further, the earth is for the humans and humans are not for the earth. So, life cannot be used as a means for religion. In its place, 'religion is a means' for making human lives more meaningful and qualitative. Religion is not an end in itself, but life, to the full, is

the ultimate end of this world, including that of religion.

'Making religion the centre of life' is the source of all havoc in the world, like discrimination, division, social distance, hatred, lynching, war and even massacre. Religion-centred understanding of life has divided the nations and messed up the human society. The 'off the track notion' of religion has caused exaggeration, unhealthy competition and rivalry among communities and nationalities as well as neighbours, co-workers, and even among friends.



Fr. Dr. M. D. Thomas

In addition, most of the natural processes of life have hardly anything to do with religion. The air one breathes, the water one drinks, the house one lives in, the cycle of day and night one is encircled in and the car one travels in have no religion. Life, love, smile, help, work, friendship, happiness, sorrow, sleep, success, prosperity, poverty, and the like, have no religion, as well. They are among the multifarious ingredients of life and are above religion and apply equally to all human beings, observably so.

Therefore, religion has to be kept in its right place in the society, in view of making it truly relevant and meaningful, along with avoiding confusion

and calamities. 'Dethroning life' for 'enthroning religion' is sure to make a thorough 'tragedy' out of life. If this happens, it will not only be an abnormality, but will be a major insult to the 'dignity of life' that was endowed by the Creator as he shared it with the humans and with the rest of the creation. It will be a 'crime against life, humanity and divinity', all at the same time, as well.

That would amount to state that 'life is the centre', not only of the entire creation, but also of religion. Religion can never be the centre of life. Religion is intended to be at the service of life, of the human society and of the entire creation. Religion has to be a 'pro-life' force and agency in its entire intent, content and effect. Religion has to be enhancing the quality of life, especially of the humans, by enlarging the magnitudes and altitudes of life. That is the simple logic of what religion in the world is for.

The author is Director of Institute of Harmony and Peace Studies, New Delhi, and has been committed to cross-cultural perspectives, interfaith relations, social ethics, constitutional values, communal harmony, national integration and social wellbeing, for the past over 40 years. He contributes to the above mission through lectures, books, articles, video messages, conferences, social interactions, views at TV channels, and the like. He could be contacted at 'mdthomas53@gmail.com'.

Challenging Times for the Young

The pandemic has a long term consequences on children and adolescents. It impacts their social and emotional development. Kids feel isolated, lonely and miss their peer group. Unlike a disaster such as a flood or tsunami which impacts the child's life for a certain amount of time, the pandemic restrictions seem to go on and on – a situation difficult to accept. This leads to stress and a helpless feeling. Kids react differently, partly depending on their age.

Young children : Psychologists have observed that toddlers cling more to their parents. If there is an unfortunate death in the family on account of Covid, their immature minds think that they are the cause or they may be disturbed and sad.



by Monica Fernandes

astic about their future careers, they now become listless and lose focus on their goals.

- We should explain to them that it is a situation we have to accept. It is not an act of God, nor is it a punishment for our wrongdoing.
- The situation will pass away, though no one can predict when.
- Could the adolescent work out a solution to problems being faced by the family?
- Teenagers tend to challenge and question every decision of their elders and every attempt at enforcing discipline. Avoid being judgmental and getting into an argument with them. Instead discuss the situation with them as one adult to another to arrive at

a solution.

- These kids need a secure family environment so that they feel that they are loved. Parents and/or grandparents have to find the time to play with them. They are entitled to attention and reassurance.
- Information should be provided to them in an age appropriate manner about Covid.
- Avoid putting on news channels which give information about the pandemic when they are around.
- Involve them in routine with set time for rest, play, prayers, rituals, physical activities and board games.
- Focus on good behavior, on what to do and what not to do.

Teens and pre-teens : This age group feels isolated and lonely. There is an inward fear which they hide by acting out. When faced with the death of a family member or someone close to them, they clam up and feign indifference. But they are hurting inside as they feel that what has occurred is just not fair. They bottle up their sadness and anger. Whereas they were earlier enthusi-

- Give them responsibilities and involve them in chores such as cooking, cleaning and even how to better manage money.
- Get them involved in art, music, dance and exercise.
- Is there any way they could be involved in helping others? For instance, the youth were at the forefront in the distribution of free rations. By reaching out, they will realize that there are many who are worse off than them and they will have the satisfaction of having made a difference.
- As youngsters are away from their place of study and friends circle, they sometimes take refuge in the social media. This could make them vulnerable to abuse and bullying. Explain to them these dangers.
- They should be encouraged to stay positive by listing out the good things that have happened to them.
- Remind them of their goals in life and reassure them that, with the help of the elders in the family, they can weather this storm and emerge victorious.
- Ensure that they spend some time in

exercising, whether it is on line yoga or dance classes. A fit mind resides in a healthy body.

Mentally challenged kids :The pandemic has posed a serious challenge in dealing with such kids. They have a low tolerance for the non-routine, feel cooped up and insecure. They miss their friends. In such a situation, some regress and some become hyperactive.

Sybil and Liane daGama, who run a workshop for mentally challenged young adults in Goa, are unable to do so during these troubled times. Their solution is to get the parents or siblings of these kids involved. Thrice a week they conduct a zoom class for the kids and their caregivers. Each time it is a different activity – simple additions, handicraft, playing on-line games, interacting and chatting with the youngsters. While this may not be an ideal solution, it gives the young adults something to look forward to and a platform to interact on line with their friends.

We should endeavour to make the family a happy and united one. I conclude with the words of Marcel Pagnol. "The reason people find it so hard to be happy is that they always see the past better than it was, the present worse than it is, and the future less resolved than it will be."

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Additional freebies from Kejriwal

Mr Arvind Kejriwal has announced a few more pre-poll sops to the people of Goa if elected to power, in addition to the earlier promises of free power up to 300 units and 24x7 power supply. This is bound to bring cheer to the lakhs of unemployed youth in Goa as well as the large number of families affected by the closure of mining activity in the state. As of today, the percentage of unemployment in Goa is at an all time high and the highest among other states in the country. The present BJP govt in Goa has failed miserably to address the two issues of unemployment and mining closure, which was further compounded by the pandemic that added to the misery of the people. It is in this context that Mr Kejriwal's pre-poll assurances of providing employment to the youth of every household, a monthly dole of Rs 3000/ each, till a job is secured, and Rs 5000/ for people affected by mining closure, becomes significant, promising and encouraging. For too long have the people of Goa been fooled by false promises of the govt. What they now seek is a change of govt, good governance, and better living conditions. And probably another 102% assurance for the same.

— A. F. Nazareth,
Alto Porvorim, Goa

Survey on 'Online Masses'

The seminarians of St Pius College Goregoan, Mumbai have conducted a survey on the experience of people attending online masses. The

survey is commendable. Such surveys must be encouraged as they are a valuable source of feedback to the church. They can reveal the strengths and weaknesses in our institutions and help us make course corrections if required and also show us the way forward.

I believe online masses have helped people become more spiritual. For one thing, more people are attending masses today. Even if one person in the family is in the habit of attending daily mass, he/she will surely attend online masses. Other family members too, will gradually join in. Hopefully, it will become a habit.

The last question, in the survey, regarding the continuance of online masses after the pandemic, is very significant. I believe that the virus will be around for a long time as a pandemic, or epidemic or as a flu, (mild or severe). The old and infirm would not like to be exposed to the virus, hence online masses must continue as a choice for them. Others too may attend online masses but without the facility of Spiritual Communion.

Finally, I sincerely request the seminarians to conduct more such surveys. (I would be happy to suggest topics).

—Prof Robert Castellino,
Malad

Protocols Must Be Enforced

There are innumerable hawkers selling readymade clothes put together in the neighbouring slums. These hawkers neither wear masks nor observe social distancing. These are of the tribe of the elected representatives under whose patronage they

flourished. Today they have brazenly occupied the outer walls of the Bata showroom and the entire footpath up till Ice Factory Lane while other road users are put to peril using the main carriageway.

All this goes on with the BMC H-West Ward office and the Police Station nearby. But then the "hafta" which came with partition solves all problems, and there are customers ever ready to patronise.

Likewise for the Sugarcane Juice vendors who bring relief to customers; same also with the PaniPuri vendors with customers jostling for space eager to be served first. In both cases regardless of any hygiene or social distancing, at all times, while the BMC Health Department looks the other way at lucrative gains?

Then what about the eating houses where the tables are close to each other and customers abound each wanting to be served without delay. The owners/managers of these establishments try to follow protocols but "the customer is always right!"

—Irwin Almeida,
Mumbai.

Thanksgiving



Thanks to Sacred Heart of Jesus & St. Jude for the favours granted

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

Say this prayer nine times a day for nine days.

- Mrs. Philomena D'souza, Bandra



Clarine Bartholomeusz - A Dog Lover So Lovable!

next day, the surprise of the same 'chasers' somehow soon turned into concern, given the fact that the brown dog with a white neckline and white socks so to say had a handicap: its left forepaw was shorter than the left. A kindly member of the housing society named Daphne, constantly on the lookout for him on her way to office, suddenly spotted it in the vicinity of Orlem Church [Malad, Mumbai]. She promptly informed an

magnanimity on her part, Clarine is quick to recall the sad parting with her much loved 'Bambi' [a Labrador] on medical advice at the time of her late mother's illness, resultantly vowing to never again keep a pet. Yet, when she saw the way a nameless stray was being treated, she felt terribly hurt. In fact, it broke her heart to think of how it might be faring in pouring rain in a new location, making her forget her resolve about never keeping a pet! Lovable girl, this Clarine! May her tribe increase!

And now the piece de resistance!

The most significant reason why Clarine decided to adopt the building stray as a pet was that she felt that there was something enigmatic about Nana giving his heart to her in return for the love she shows him. This she explained was best brought out by a 2009 American film - *Hachi: A Dog's Tale*, an adaptation of the 1987 Japanese film *Hachikō Monogatari*, tells the true story of an Akito dog named Hachikō that lived in Japan in the 1920s. Placed in the modern American context, scripted by Stephen P. Lindsey, directed by Lasse Hallström and Kaneto Shindo, and produced by Richard Gere and two others, the film stars Gere himself as the protagonist of the story.

Parker Wilson (Gere), a music professor who commutes to nearby Providence, Rhode Island, finds a lost puppy on the station platform in Bedridge. Freightened from a Japanese monastery to the USA, the basket's tag torn in transit, the little pup remains unclaimed and Parker takes it home for the night. The pup, which according to Parker's Japanese professor friend, Ken, is a breed that isn't easily trained, comes to be called 'Hachi' after the Japanese character indicated on his collar tag, the numeral 8! Hachi grows close to Parker, in time warming up to his wife, Cate, too! Once grown, Hachi initiates an unusual daily routine: seeing Parker off at the station every morning, returning home, and then being back at the station on time to receive Parker at 5 pm sharp!

One wintry morning, Hachi, whom Parker had tried in vain to do normal doggie things like fetching, behaves

(Contd.. on p. 7)

World Animal Day [WAD] dates as far back as 1925 when the cynologist, Heinrich Zimmermann organized the first celebration on 24 March at the Sport Palace in Berlin, Germany with over 5,000 people in attendance! The event was originally scheduled for 4 October, to align with the feast day of Saint Francis d'Assisi, patron saint of ecology, and the patron saint of animals and animal lovers—however the venue was not available for that day. Zimmermann, the publisher of a German animal lovers' magazine, "Man and Dog," The mission WAD was to raise the status of animals worldwide by improving the welfare of animals. The event was finally moved to 4 October for the first time in 1929. The most beloved saint in Christendom, Saint Francis was famously recognized for his remarkable way with nature in general. Some churches the world over are known to hold special blessing services for pets on this day in his honour. Indeed! Not for nothing did Cardinal Jorge Bergoglio choose 'Francis' as his papal name!

WAD 2021 brings to mind what American writer, Thomas Douglas Jones [1945-2016] once said, "Dogs have a way of finding the people who need them"!

It was as usual that on a cold August 2021 morning a stray dog was chased out of the building corridor into the ceaseless downpour. But when it did not return that night, not even the

ardent dog lover of the society, Clarine Bartholomeusz who literally went in search of the stray around Orlem Church. **On finding it, she not only brought it back to the building but adopted it, giving it a home, thus raising its status!**



by Ladislaus Louis D'Souza

Clarine then got the stray inoculated, and collared it with a licence to boot! No more was it a stray but a pet with an identity of its own! The new find was alternately named, 'Mojo', 'Tyke' and 'Nana' but responds most favourably to *Nana!* So 'Nana' shall it always be says the young lady!

Nana, once considered a lazy dog that could sleep it out with thieves gamely passing over him and barking only when he heard some other stray in another locality bark, is a changed dog! He sits up very stylishly to listen to conversations with a keenness that makes one feel that he always belonged and understood what was being discussed. Sensitive to his new surroundings, he loves to sleep on the bare floor, indicating his need for a mattress only when the A/c is switched on. And despite having had no house training as such, neither pee nor poo have been a hassle so far! He simply waits patiently to be let out to do his job. As for barking – ah yes! Sharp looking Nana seems conscious of the fact that he is no more a street-dog but a housedog now and is alert to movements outside the main door, making Clarine feel absolutely safe and secure when alone at home.

On being asked the reason for such

The 24/48 Rule In Organizations

I recently came across an interesting sharing by the CEO of an Insurance company called the 24/48 rule which is explained as the two compartments of any organization which every employee in the organization can be

(Contd.. from p. 6)

strangely, following him to the station with a ball, and, to Parker's delight, playing 'fetch' with him for the first time! A while later, Parker pockets the ball, Hachi barking away as he watches the train depart with Parker! Significantly, Parker is holding the ball when he suffers a fatal stroke in his classroom. Hachi waits. At 9.30 pm he returns home with Parker's son-in-law, Michael. From his shed, he watches family and friends gather at Parker's funeral but is back at the station at 5 pm, waiting.

Parker's daughter Andy brings him to her own home, but come evening and she, realizing how deeply Hachi pines for Parker, opens the gate. He licks her hand and charges for the station. Cate, visiting her husband's grave on the occasion of his 10th Death Anniversary is deeply moved on seeing now-aged Hachi in his usual position at the station. At home during Christmas, Cate tells her 10 year-old grandson Ronnie about Hachi and Parker, while the dog slowly settles in place.

Flashbacks of Parker and Hachi together towards the end of the film show a last train passenger pausing at the door, calling "Hachi!" Old faithful raises his head and swiftly rushes to spring into Parker's embrace; a bright light fills the screen, Hachi lying motionless, his long wait finally over. The camera pans up to the night sky as Ronnie, narrating the story, tells of an unforgettable lesson on loyalty learnt from his granddad Parker and Hachi: **Never forget anyone you have loved! Incidentally, it is precisely this sense of loyalty that marks Clarine Bartholomeusz out as a dog lover par excellence!**

categorized into and refers to the ambient temperature in which the two parts operate.

The 24-part refers to the Head Office, Corporate office and all those who operate from various office locations of the organization.

The 48-part refers to those in the marketplace, the sales guys, field staff, the supply chain teams, the staff and workers in the factories and plants of the organization.

While the 24-part are cosy and snug in the cool environs of the office, the 48-part are the ones who slug it out in the marketplace or on production shop floors, sweating and struggling to make, move, position and sell the product ensuring last mile connectivity to the customer. On whom does the success/failure of the business depend? On the 24 part or the 48 part of the company? This is one perpetual conundrum in every organization.

While the marketing teams devise the sales strategies and build the brand image of your product ...they form the 24-part of the organization, the sales teams on the other hand who form the 48-part are the ones who deliver the goods and ensure that the cash counters are ringing.

While the Research and Development/Production Design/Planning teams, etc. which form the 24-part, conceive and visualize the product, it is the guys on the shop floor who ensure that the final product is produced meeting the exacting quality standards that have been specified. As a Production Executive at Parke-Davis during the early part of my career, I faced a similar situation. Benadryl Expectorant which was our star product had a stiff daily production target. On several occasions the production team surpassed these targets achieving one milestone after another but except for a perfunctory pat on the back there was no other recognition.



Thomas Lobo

On the other hand, when the Marketing team achieved a significant milestone of a sales target of 100 crores for the product, there were massive celebrations capped off with a big bash at a 5-star hotel. In every organization the 24-parts are the blue-

eyed boys of the organization while the 48-parts are quite often taken for granted.

Later on when I moved into the 24-part of the business into exports and sourcing, I made it a point to always respect and appreciate the guys on the shop floor who ensured that we met our business targets.

Businesses need to realize and appreciate the value of the 48-parts. Businesses depend on them for their success and if you want a successful business you must ensure that people who operate at 24 are always keeping the 48 folks in mind. We need to remind ourselves that businesses are not built in air-conditioned offices, boardrooms etc. they are built out there in the marketplace where customers part with their hard earned cash for products & services.

Even in sports whether football or cricket, it is not the 24-ones manning the dugouts, dressing rooms, selection committees and managing boards that make the game popular. The popularity of the game depends on what happens in the middle...the 48 part... Do make sure you are paying heed to what is happening in the 48-part of your organization. Your policies must have their interests in mind. Not doing so would make all the difference between success and failure in an organization. Let us not forget that 48 always triumphs over 24 whether in sports, business or in life.

Thomas Lobo retired as Director-Pfizer Global Sourcing and is currently a Life Coach, Motivational Speaker and Leadership Trainer.

CCBI Appoints Coordinators for Education, Health, Social Service and Media Apostolates



Fr. Joseph Manipadam
Coordinator, Education



Fr. Prakash Sagili
Coordinator, Health



Fr. Bipin Kumar Pani
Coordinator, Social Service



Fr. Cyril Victor Joseph
Coordinator, Media

Bangalore 23 September, 2021 (CCBI): The Conference of Catholic Bishops of India (CCBI) appointed Coordinators for Education, Health, Social Service and Media apostolates. The appointment was made during the 87th Executive Committee meeting of the CCBI held on 20 and 21 September, 2021.

Rev. Fr. Joseph Manipadam, SDB, currently the Coordinator for Education and Culture of Don Bosco Youth Animation for South Asia, is appointed the CCBI Coordinator for Education. He was the former Executive Secretary of the CBCI Office for Education and Culture. He is a member of the Salesian Province of St John Bosco, Kolkata.

Rev. Dr. Prakash Sagili, from the diocese of Cuddapah in Andhra, is appointed as the Coordinator for the CCBI Health Apostolate. He was the former associate Director of St. John's National Institute of Health Sciences,

Bangalore and the National Director of YCS/YSM.

Rev. Fr. Bipin Kumar Pani, currently the Regional Director of Social Service of Jharkhand Bishops' Council, is appointed as the Coordinator of the CCBI Social Apostolate. He belongs to the diocese of Jamshedpur and holds an MBA with specialization in Rural Management from the Xavier Institute of Management, Bhubaneswar and a Diploma in Integrated Rural Development from Searsolin, Xavier University, Philippines.

Rev. Dr. Cyril Victor Joseph, from the Archdiocese of Bangalore, has been appointed as the Coordinator for the CCBI Media Apostolate. Currently he is the Secretary for the Commission for Social Communication and Director of Paalanaa Bhavan of the Archdiocese of Bangalore. He holds a Licentiate and a Doctorate in Institutional Communication from the Pontifical University of the Holy Cross in Rome and has worked for the EWTN TV in Alabama, USA.

The newly appointed Coordinators will assist the Conference in their respective areas and network with the 132 dioceses and religious congregations of the Latin Church in India. The CCBI is the largest Bishops' Conference in Asia and the fourth largest in the world, with 190 member Bishops. This Episcopal Conference animates the Church in India through its 16 Commissions and 4 Departments.

Rev. Dr. Stephen Alathara
Deputy Secretary General, CCBI

Call to live in an inclusive society

Goa's Archbishop Filipe Neri Ferrao's call to priests and laity on World Migrant Day, to make the church and society more inclusive, assumes great importance, especially in these days of religious persecution that has forced thousands to flee their country and seek refuge in safe havens like India and other Western countries of the world. The appeal is based on the church's belief and teachings that all humans are born equal, with equal rights and dignity before God. The socio-religious structures in Jesus' time consisted of social, religious, cultural and economic barriers which Jesus Christ broke down by showing his love and compassion for the poor, sinners, downtrodden, social outcasts and untouchables of society, that brought about a drastic social transformation. Later, it was St Paul who preached the same gospel of freedom and equality to the Galatians that taught there was "no longer Jew or Greek, slave or free, male or female, but all one in Christ Jesus". (Gal 3: 28). The real challenge therefore before us today in this all embracing and inclusive vision, is to be able to live happily as one large family, in a country which is badly divided on religious and caste lines.

—A. F. Nazareth
Prudential Palms, Alto Porvorim,
Goa

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Golden Wedding Of Menino And Carmen



Nothing could deter Carmen and Menino D'Silva from celebrating their Golden Jubilee_ neither the pandemic nor the various ailments that they have been suffering from like Alzheimer's, diabetes, heart problem etc 50 years ago, on 11th September 1971, Menino and Carmen began an adventure of love together. They knew not what lay ahead but God's blessings were on them. They hoped, they believed, their journey began. Today 50 years later, this blissful love lives on, undiminished, untarnished, ever growing, ever strong. Under God's tender and loving gaze, they have build a beautiful world of their own, a world they share with their daughters Shirley and Sharon, 3 grandchildren, relatives, neighbours, friends and parishioners. Together, they have achieved many goals, met innumerable deadlines and weathered storms in their quest to witness to the Divine love present in them. For them, marriage has been a lasting partnership .They honoured their vows with determination and made a success of their union, leaving nothing to chance for happy marriages play their part in building a peaceful and happy society Menino worked for a shipping company and did his duty to the best of his ability. He has travelled widely. He took a keen interest in educating his daughters. He is known for his generosity. Carmen on the other hand, began her career as a Shorthand and Typing teacher. Hundreds of students will vouch that she taught them lovingly, the fees charged were negligible and that they were able to secure good jobs on account of her.

Later on she joined Arya Vidya Mandir and served for 2 decades. Being a good cook, she ensured that her husband, children and all who visited her were well fed Cicero once said, "A thankful heart is not only the greatest virtue but the parent of all virtues" and hence the need to thank God for 50 years of matrimonial bliss, Fr. Allwyn of St. Joseph's Church for having celebrated the Eucharist on such a joyous occasion, even if it meant permitting just 15 people.

His well prepared meaningful homily was highly appreciated. In the Prayer of the Faithful, we did make it a point to pray for Cardinal Valerian Gracias, the victims of the Twin Towers, Caetano and Veena on their death anniversary on 11th September. Thanks is also due to the Manager and Staff of Alfredo's for the delicious lunch and hospitality If God is for you, no ailment can get the better of you. God has a purpose for our pain, a reason for our struggle and a reward for our faith fullness. We should trust Him and never give up. All glory, praise and honour to the Blessed Trinity..

May GOLD turn to DIAMOND

By Ezio Afonso

Matrimonial Proposals

Proposals are invited for

Mangalorean RC Bachelor, 31 years belonging to a highly educated and very affluent family with interests in healthcare, agriculture and many other sectors, Tall, Fair, Handsome, Holding Doctorate, managing the family business in Karnataka State. (REF:MM104)

40 years Mangalorean bachelor doctor (Ph.D) Ht. 6' Wt. 75 kg Fair., Had some. no bad habits. High affluent society well connected. Belongs to highly placed business family in Mumbai (REF:MM103)

27 years Mangalorean spinster C.A., Ht. 5'5" Wt. 50 kg Fair., Beautiful. well cultured. Affluent society. Belongs to established business family in Maharashtra (REF:MM105)

28 year Mumbai based Goan Roman Catholic Bachelor, Ht. 5' 10", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., Profession : a Banker (REF:MM109)

Vasai based affluent business family R.C. East Indian Spinster, 33, years Ht. 5' 2", very beautiful and pretty. MS General Surgeon, Doctor by profession. (REF:106)

Mumbai based now in Dubai Mangalorean Roman Catholic Spinster, 33 years, Ht. 5' 7", Fair Complexion, Edn.

BMS, profession: a Senior Merchandiser (REF:107)

Mumbai based Mangalorean Roman Catholic Spinster, 29 years, Ht. 5' 4", Wt. 72 kgs, Wheatish Complexion, Edn. B.Com., C.A., Holding a managerial post. (REF:108)

Mangalorean RC Spinster, 34 years belonging to a highly educated middleclass family based in Mumbai Ht.5'.4" Wt. 78 Kg. Fair Qualified B.E., (EXTC) M.S. Consultant by profession (REF:FM109)

Mangalorean RC Spinster, 31 years Ht. 5".7" Wt. 69 Kgs, Fair. Mumbai based M.Sc., Clinical Research. Profession : Business Process Lead in MNC (REF:MM104)

Those interested in this proposal :

- Registered members of Royal Christian Family can just email us mentioning the respective ref. no. and your registered no.
- Non registered Grooms or Brides are requested to upload your profile at our website www.royalchristianfamily.com and contact us on our email: royalchristianfamily@gmail.com mentioning the respective ref. no. along with your registered ID.

Can We Cross Boundaries in Love to Find Ways to Reconciliation?

by Don Aguiar.

Pala Bishop Joseph Kallarangatt had said that Christian women are falling prey to 'love jihad' and narcotic jihad' and that non-Muslims are subjected to narcotic jihad. Narcotic jihad he claimed, was spoiling the life of non-Muslims particular the young people, by making them addicted to drugs. His remarks were slammed for lacking evidence and for his blatant Islamophobia, with many stating that it would create a communal divide and threaten the secular fabric of the state.

If you act in anger today, your intelligence will niggle at you tomorrow. But if your beliefs are scripture based, you can commit acts of extraordinary cruelty with utmost confidence. This is the crises of religion today. While human intelligence is more vibrant than ever before, those who choose to outsource their intelligence to 'God-endorsed' belief systems are the greatest threat to human wellbeing.

This trauma from the remarks of the Pala Bishop might have been another opportunity to enhance hate and fear, had the Cardinal Mar Baselios Cleemis head of the Syro-Malankara Catholic Church, in an attempt to end the row sparked by the Pala Bishop 'narcotic jihad' remarks, got religious leaders in Kerala to come together for discussions to uphold the secular unity of the state and check divisive forces as Christianity is committed to a vibrant revolutionary love, to being warriors of peace that strive to break through hate. It was an opportunity for the participants to experience this unique type of engagement.

While they found themselves caught about crossing cultures and being a part of ending the row of Pala Bishop's remarks for a culture and religion he

did not know properly, they felt awkward in this unnecessary and uncalled for remark of the Pala Bishop of creating a communal divide and threatening the secular fabric of the state.

The Sree Narayana Dharma Paripalana Yogam, a socio-cultural body of Ezhavas criticised the Bishop saying cassock is not a licence to say anything and create a rift in society as the maximum conversions are carried out by Christian missionaries. Even if 'love jihad' takes place only a few women are converted but missionaries convert whole families and at times an area exploiting backwardness of people. The Bishop statement was inappropriate and uncalled for.

If we are really concerned about the future of our nation, our fundamental goal should be to ensure that religion is a purely personal pursuit. People everywhere should be free to believe and practice whatever they want, but it should not be a national agenda.

To nip this hate and fear over 'narcotic jihad' remarks in the bud, Cardinal Mar Baselios Cleemis quickly called for a meeting among the top Religious leaders to seek restraint, peace in Kerala, as he wants to make the Christian power of love a dominant story to help heal the communal divide and secular fabric.

A section of religious leaders participated in the meeting in a spirit-led moment of generosity — and then they started to second guess. What would they say? Why were they going? What did they have to add? Another section kept away from it. The majority section of the Catholic Syro-Malabar church did not participate. Pala diocese is part of this sect, similarly Jamat-e-Islami and Samastha did not attend.

During the meeting, they realized that they were walking across a boundary of cultural difference.

They realized that they were doing the thing that they talk about — reaching out to understand the other. In theory it is easy, but in practice there is dealing with the self-conscious fear of being insensitive, not knowing, feeling awkward. But they realized that if they really are going to move beyond their own experience and culture they need to be willing to deal with feeling awkward and uncomfortable.

It was in this "encounter," which Pope Francis frequently talks about, that is the need for the commitment to revolutionary love. The meeting had come to a place of understanding of Pala Bishop's remarks on 'narcotic jihad'. The participants made clear that reconciliation was not forgetting. Rather it comes from a place of encounter where both participants acknowledge and lament the wrong done.

The religious leaders present walked this path to reconciliation because of their faith. They said that if they were at odds with another, they were at odds with themselves. Reconciliation required them to acknowledge the horror done, and to accept Cardinal's regret on behalf of the Pala Bishop and even perhaps repentance.

As they went their ways, the religious leaders who came together agreed to uphold the secular unity of the state and the Christian community's revolutionary love. They were so struck by the fact that the Christians treat Jesus' call to love one another in such a pale way. What would happen if they took Jesus' command as seriously as the other community brothers and sisters take their call?

After the meeting, Cardinal Mar Baselios Cleemis said the meeting was

(Contd.. on p. 11)

In Support Of God's Creation Of The World

"All Scripture is inspired by God..." 2 Tim. 3:16

The First among the great prophets,

(Contd.. from p. 10)

not called either to support or criticise anyone, rather remind and request that all religious leaders are duty-bound to maintain peace and harmony in the state. In the wake of Pala Bishop's 'narcotic jihad' jibe recently. We have to maintain utmost peace. Our words and deeds should not provoke anyone, he said, adding such meetings will continue in future, which will help iron out differences if any. To a question, the Cardinal said narcotic is narcotic and no prefix or suffix is needed on this.

Reflecting on the experience, one would realize the gift that they received in return for being accommodative and understanding. They got a glimpse into a vibrant faith that has real consequences. In this time of hyper-partisanship and division, can we cross boundaries in love to find ways to reconciliation? Reconciliation does not mean forgetting. It means being willing to work together for a different future.

In this willingness Christianity has comes to inspire us to cross boundaries, invest in beauty, reject hate and work to heal divides. In this way we might be able to shift our nation to a better place where we can see beyond difference to the profound truth of our oneness. Perhaps the fruit of risking being uncomfortable is that we can take a step toward healing.

Peace is no longer a luxury in this world. It is our only hope of survival. There is only one way forward for humanity. To move from Religion to Responsibility. This is no longer a utopian dream. It is an urgent necessity. Let us make it happen.

including both major and minor messengers in the Old Testament, was Moses, who by the Divine Will of God was appointed to write the first five books in the collection of forty-six books of the Old Covenant.

The five books are: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The sacred writings are the embryo of the Holy Bible. It is interesting to discover that for over fifteen hundred years all Christians were Catholics. They accepted the forty-six books of the Old Testament and included after Christ's Ascension, the twenty-seven books in the New Testament.



BY MELVYN BROWN

The Greek word 'Biblia' means 'the books'. The Bible was not written at one time, nor was it written by a single person. It bears attention to know that one thousand years went by between the book of Genesis and Revelation.

For the truth of God's creation of the world, at this point, we should focus our attention on His chosen instrument to record God's Creation, the Prophet Moses. The books of the Old Covenant were compiled and written between the twelfth and the second century before Christ. The spiritual history in the Old Covenant divided the forty-six books into three categories: the Pentateuch, the Prophets and the written word.

Moses was a righteous man. The birth of Moses was not an accidental event, his coming was a revelation ordained by God from the foundation of the world. Moses was the First spiritual writer, the First law-giver who brought the Ten Commandments from God to the people of God. He was the First Savior of the Israelites, chosen by the Lord to bring the Light of Knowledge into the world.

The five books of Moses are known as

the Pentateuch also called the book of law or Torah. Genesis, the first book tells us of God's creation of everything in the universe and beyond.

The Holy Bible is the Word of God in the words of man.

Consider this: the significance of truth in a statement, when confirmed, makes a 'Thomas – doubter' of the person who did not believe. Like those who do not believe that God created the world. When God sent His Son Jesus to redeem man and show us the truth of salvation; Christ came across critics who felt he would destroy the Old Testament law.

Jesus calmly confronted them and said, "Do not think I have come to destroy the law and the prophets. I have not come to destroy them, but to fulfill them." (Mat.5:17).

By saying this, Jesus did not refute the books of Moses, or the Book of Genesis which told of how God had created the world. Jesus, who is God in the Trinity had supported, without stating it, that Creation was a spiritual truth.

The Bible is the most widely read book, translated, published, printed, sold and studied around the world, not forgetting that it is quoted and distributed in almost every corner of the earth.

After the Reformation non-Catholic Christians, both Protestant and Evangelical, printed Bibles constituting sixty-six books, having removed: Tobit, Judith, Maccabees 1 and 2, Wisdom, Sirach and Baruch.

Teach your children that God alone created the world and everything in it, and that the Holy Bible is the Word of God, the Creator, and that the Word of the Creator is God. Learn, teach and be a witness to Jesus.

Smart Teacher

Four high school boys come late to class

Teacher : Why are you late?

Student1: We all thought to do car pooling today and came in the same car. Unfortunately one of the tyres burst. That's why we were late.

(All students nod head)

Teacher: Okay, come write a test that you had missed. (Teacher makes the sit apart and hands them a sheet of paper)

Question: Which of the four tyres got flat?

Innocently sarcastic A teacher tries to make the primary school kids realise about the greatness of teachers.

Teacher: Do you know how a teacher knows so well about each of the students?

Pintu: Yes ma'am. You know when we have to use the rest room.

Two blondes fell down a hole. One said, "It's dark in here isn't it?" The other replied, "I don't know; I can't see."

Two beggars in London

Ali and Habib are beggars.

They beg in different areas of London ...

Habib begs just as long as Ali does, but only collects £2 to £3 every day.

Ali brings home a suitcase FULL of £10 notes, drives a Mercedes, lives in a mortgage-free house and has a lot of money to spend.

Habib asks Ali

'I work just as long and hard as you do but how is it that you bring home a suitcase full of £10 notes every day?'

Ali says, 'Look at your sign, what does it say?'

Habib's sign reads

'I have no work, a wife and 6 kids to support!'



Ali says No wonder you only get £2-£3

Habib says 'So what does your sign say?'

Ali shows Habib his sign. It reads:

'I only need another £10 to move back to Pakistan!'

A man meets a beggar

One day a man is coming back from work and he sees a beggar.

The beggar appears to have only one arm.

The man gives him a £10 note.

The beggar thanks him.

The next day he sees the beggar again.

The beggar looks at him and smiles.

The man gives him £5.

The beggar thanks him.

The third day he comes back from work but he does not see the beggar.

He felt peckish and decides to go to a posh restaurant. He sees the beggar eating an expensive meal with two hands.

"I thought you had only one arm?

And I thought you were poor?" He asks

"Of course not, I am fit and wealthy, and I have a job. But today I am getting a day off" replied the beggar

The health service in this country is iles away from home.

Two factory workers are talking. The woman says, "I can make the boss give me the day off." The man replies, "And how would you do that?" The woman says, "Just wait and see." She then hangs upside down from the ceiling. The boss comes in and says, "What are you doing?" The woman replies, "I'm a light bulb." The boss then says, "You've been working so

much that you've gone crazy. I think you need to take the day off." The man starts to follow her and the boss says, "Where are you going?" The man says, "I'm going home, too. I can't work in the dark."

A thief stuck a pistol in a man's ribs and said, "Give me your money." The gentleman, shocked by the sudden attack, said, "You cannot do this, I'm a congressman!" The thief replied, "In that case, give me MY money!"

Reaching the end of a job interview, the Human Resources Officer asks a young engineer fresh out of the Massachusetts Institute of Technology, "And what starting salary are you looking for?" The engineer replies, "In the region of \$125,000 a year, depending on the benefits package." The interviewer inquires, "Well, what would you say to a package of five weeks vacation, 14 paid holidays, full medical and dental, company matching retirement fund to 50% of salary, and a company car leased every two years, say, a red Corvette?" The engineer sits up straight and says, "Wow! Are you kidding?" The interviewer replies, "Yeah, but you started it."

Does anyone remember the Swatch, a watch made in Switzerland? Thank god Croatia didn't come up with the idea first. Just imagine if someone were to ask you what time is it? "Oh pardon me while I look at my crotch."

What does an air conditioner have in common with a computer? They both lose efficiency as soon as you open windows.

Q: Why shouldn't Facebook have paid \$1 billion dollars for Instagram?

A: They could've downloaded it for free!

Q: What did the computer do at lunchtime?

A: Had a byte!

My grandfather once told me my generation relied too much on technology, I screamed to him that his dos and unplugged his life support

**Dr Sr Jessy Maria BS,
Bethany Sister, Jharkhand,
Laureate of the
2021 PRIZE FOR WOMEN'S
CREATIVITY IN
RURAL LIFE**



Dr. Sr. Jessy Maria BS, belonging to the Congregation of the Sisters of the Little Flower of Bethany, Mangalore, is among the 10 laureates selected for 2021 Prize for Women's Creativity in Rural Life by Women's World Summit Foundation (WWSF) of Geneva, Switzerland.

During the past 15 years Dr Sr Jessy Maria has made a significant contribution for protection of environment through afforestation, with 'HO' tribe at Maluka at West Singhbhum district of Jharkhand, for the cause of literacy of the slum children at Faridabad, Haryana advocating watershed management in Badibahal, Sambalpur district, antihuman trafficking at Damruhat at Jharkhand, in resonance with the charism of the Founder of Bethany, Servant of God, RFC Mascarenhas, empowering marginalised women and promoting the local resources.

Sr. Jessy Maria hails from Shirva, in the Diocese of Mangalore, Karnataka, a trained Medical Psychiatric Social Worker. She has obtained MSW in School of Social Work from Roshni Nilaya, Mangalore, M Phil in Psychology from Christ University, Bangalore and doctorate in Social Work from Mangalore University in the year 2017. She is presently the Asst. Provincial Superior and Coordinator Socio-Medical Apostolate of Eastern Province with its headquarters in Ranchi, Jharkhand.

*Sr Rose Celine BS, Superior General,
Bethany Generalate, Mangalore*

Whipped Cream Cake



Cake flour and whipped cream make this cake extremely light and tender. Fill it with your favourite frosting or serve it with fresh fruit.

Ingredients:

- 2 cups cake flour
- 3 tsp baking powder
- 1 tsp salt
- 2 cups heavy cream
- 2 cups white sugar
- 3 eggs
- 1 tsp vanilla extract

Method:

1. Preheat the oven to 375 degrees F (190 degrees C). Grease and flour two 8 inches pans. Sift together the cake flour, baking powder and salt. Set aside.
2. Using an electric mixer, whip the cream with the sugar until stiff peaks form. Beat in the eggs, then stir in the vanilla. Fold in the flour mixture, mixing just until incorporated.
3. Pour the batter into prepared pans. Bake in the preheated oven for 25 minutes, or until a toothpick inserted into the centre of the cake comes out clean. Allow to cool.
4. Cover it with cream. Refrigerate.



by Jubel D'Cruz

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JESUS, THE SADGURU!

The girl was from Andheri (Details changed). I was her family friend. She got married to a Panjabi man. It was a mixed marriage performed outside the Church. I attended her wedding banquet. After 6-7 years I met her again. I asked her, "How are you?" "All fine", came the answer. "How about your religious life? Anything Christian remain with you?" And she said, "Not much. I am one with the family. Except when I come to my mother's place, I do attend Father Agnel's novena at Irla. My old habit!" We both laughed.

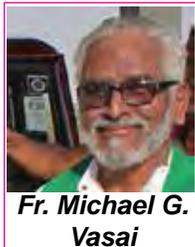
I began to reflect. Fr. Agnel's novena, is all that left behind? She was given so much religious formation from her childhood. Four Sacraments were given with proper training. Was that all wiped out completely? How could it happen? If the impressions (Sanskars) were deep down touching the heart, would not have been brushed aside so easily! Is there something wrong with our religious formation? Is our faith level too shallow? Is Jesus at the centre of our life?

Who Do People Say I Am?

Then Jesus and His disciples went on to the villages around Caesarea Philippi. On the way, He questioned His disciples: "Who do people say I am?" They replied, "Some say John the Baptist; others say Elijah; and still others, one of the prophets." (Mark 8.27-35) If Jesus had to ask me, "What do your people think of me?" I would say, "Many of them recognise you as the Velankanni Matha; still many call you as the Perpetual Succour of Mahim and still others know you as Saint Anthony as a discoverer of lost things and persons, and yes, still some more as Dongar mauli of Dudhani and Father Agnel of Irla!"

Jesus was disappointed with those answers; Elija, John the Baptist etc.

The answer of Peter was: "You are Christ!" Mathew tells us that Jesus was so pleased that he made Peter the foundation stone of his Church and gave him the keys of the kingdom! So Jesus is expecting us to recognise him as Christ; the centre of each one's life. In fact the Christianity is Christ-centred. Jesus is at the centre of our life. Jesus answered, "I am the way and the truth and the life. No one comes to the Father except through Me." (Jn 14.6). He is the way by which we are to walk; he alone shows us the truth; he is the one whose life flows in us. He has well said, "I am the vine, you



Fr. Michael G. Vasai

are the branches." He goes on to say, "Truly, truly, I tell you, whoever believes in Me will also do the work that I am doing. He will do even greater things than these, because I am going to the Father. And I will do whatever you ask in My name, so that the Father

may be glorified in the Son (Jn 14.12-14). All the seven sacraments are meant to unite us to Jesus closer and closer from birth to death. We experience the process in the Eucharist. He calls close to him at the altar lovingly, he forgives our trespasses, he speaks to us tenderly in the Word of God and then he comes to us as our food and becomes one with our body, mind and soul! He is disappointed when some distractions come in his relationship. In the Old Testament Yahweh said, "You will have no other gods before me!" Jesus tells us "Anyone who loves his father or mother more than Me is not worthy of Me; anyone who loves his son or daughter more than Me is not worthy of Me (Mt 10.37). Not even saints and Mary can take the central place in our life. They are distractions.

The other day a lady said to me on the phone, "Father, I read your book 'Hi konn aali?' But I am suffering from acute arthritis. I am fed up with the medicine. Therefore I make novena to all the Ladies and saints. What shall I

do?" I told her, "I can understand your situation; but think of it, you are distracted by so many novena and you are wasting so much time and energy on them. Instead concentrate on Jesus alone, recite his name ceaselessly, on your breath, thus make him the centre of your life. I am sure he will not let you down. He will heal you, at least he will give you the strength to bear with it" This is what Jesus is expecting of us when he asks us "What do you think I am for you?" If all our religious formation were to aim at presenting Jesus as the Christ, the son of the living God; as the way, the truth and the life, Jesus would live in us! St. Paul says, "It Is No longer I Who Live, But Christ Who Lives in Me, (Gal 2:20)

Jesus The Sadguru.

Jesus is not just my guru but my Sadguru. I have entrusted my life to him. He leads me in crossing the Bhavsagar, the ocean of this world successfully and reaching the Pailtir (the other shore), the perfect happiness of my life. He has taken me by my hand and makes me walk along the path of his paschal mystery, death and resurrection. Does he come in the way of mixed marriage?

I was expecting the Andheri girl to say, "Jesus is my close friend. I have a picture of him in my purse. I told my husband and his family you may stop me from going to church. That does not stop me from loving my Jesus. It is a matter of heart not rituals. In fact he is the one who prompts me to love you all and serve you with a smile. I remember St. Paul's words: Can anything ever separate us from Christ's love? Does it mean he no longer loves us if we have trouble or calamity, or are persecuted, or hungry, or destitute, or in danger, or threatened with death? (As the Scriptures say, "For your sake we are killed every day; we are being slaughtered like sheep.") No, despite

(Contd.. on p. 15)

(Contd.. from p. 14)

all these things, overwhelming victory is ours through Christ, who loved us. And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, nor our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God's love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord. (Rom 8.35-39)

That is the spiritual formation we need to have, not just 'religious' rituals'.

*Fr. Michael G., *Ex-Director Catechetics, NBCLC & Marathi Khristi Sahitya Parishad. Guide, Jeevan Jyoti Sangh, Vasai

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RCF MATRIMONIALS

7244. MUMBAI : Goan Roman Catholic Spinster, (Born in August 1992), Ht. 5' 4", Wt. 54 kgs, Wheatish Complexion, Edn. M.Com., Chartered Accountant, working in one of the Top Five reputed companies in Mumbai. Contact email : fionadesouza18@gmail.com

7243. NEW ZEALAND : East Indian Roman Catholic Spinster, (Born in December 1996), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Edn. B.Sc., Nursing, Profession : Staff Nurse. Ready to settle in New Zealand. Contact email : sales@nomaplastechind.in

7234. MANGALORE : Mangalorean Roman Catholic Spinster, (Born in November 1993), Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. MBBS, MD (ongoing), Doctor by profession. Contact email : samaddy2013@gmail.com

7230. MUMBAI : Silm, Smart, Beautiful Roman Catholic Spinster, (Born in August 1995), Ht. 5' 7", Wt. 50 kgs, Fair Complexion, Edn. B.Com., working in Pharmaceutical Company. Contact email : alex1947@rediffmail.com

7214. MUMBAI : Goan Roman Catholic Spinster, (Born in October 1986), Ht. 5' 4", Wt. 52 kgs, Fair Complexion, Edn. CA CFA Ms Finance M.Com., working as a Senior Manager. Contact email : frfernandes020@gmail.com

7210. AURANGABAD : Mangalorean Roman Catholic Spinster, (Born in January 1994), Ht. 5' 5", Wt. 50 kgs, Fair Complexion, good looking, beautiful, Coming from business family, Edn. Chartered Accountant, C.A. by Profession. Contact email : putturaurangabad@gmail.com

7199. BANGALORE : Mangalorean Roman Catholic Spinster, (Born in January 1990), Ht. 5' 2", Wt. 53 kgs, Fair Complexion, Edn. Master's in Mass Communications (NTU, Singapore) working as a Senior Manager of Corporate Commu-

nications in SINGAPORE. Contact email : mafern.2121@gmail.com

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

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

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

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

7065. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in December 1989), Ht. 5' 7", Wt. 69 kgs, Fair Complexion, Edn. M.Sc., & Dip. in Clinical Research, working as Business Process Lead in TCS. Contact email : mendonca_luke@yahoo.co.in

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Royal Christian Family MATRIMONIALS - GROOMS

7151. MUMBAI : Goan Roman Catholic Bachelor, (Born in May 1990) Ht. 5' 8", Wt. 65 kgs, Wheatish Complexion, Edn. Masters in Marketing, Working as a Asst. Marketing Executive. Contact email : emanuelfindz90@gmail.com

7226. CANADA : Canadian Citizen Mangalorean Roman Catholic Bachelor, (Born in August 1990), Ht. 5' 4", Wt. 59 kgs, Fair Complexion, Edn. M.Sc., in Environmental Science and in Energy Management postgraduate degrees from the University of Toronto. Working for a reputed company as Energy Management Analyst in Totonto. Contact email : francisper@gmail.com

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

7150. POONA : East Indian RC Divorcee, (Born in November 1960) Ht. 5' 10", Wt. 69 kgs, Wheatish Complexion, Edn. Graduate Engineer from CWIT University of Pune, working as an Engineer. Contact email : joeskf@gmail.com

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

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 : shaun.neo00.outlook.com

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

am.pereira@rediffmail.com

7083. MUMBAI : East Indian Roman Catholic Bachelor, (Born in November 1985), Ht. 6', Wt. 68 kgs, Wheatish Complexion, Edn. M.Com., PGDLM, PGDSM, working as PPM & Data Engineer in Shipping Company. Contact email :

ryan.intermilan@yahoo.co.in

7242. MUMBAI : East Indian Roman Catholic Bachelor, (Born in December 1992), Ht. 5' 8", Wt. 60 kgs, Fair Complexion, Edn. MCA / MCS, working as a Software Developer. Contact email :

mayapereira_2000@yahoo.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

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

7079. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in December 1962), Ht. 5' 5", Wt. 67 kgs, Fair Complexion, Edn. B.Com., Inter MBA, working as a Manager. Contact email : archielewis.al@gmail.com

7225. MUMBAI : Goan Roman Catholic Bachelor, (Born in July 1994), Ht. 5' 7", Wt. 70 kgs, Fair Complexion, Edn. INFT, Profession : Database Developer. Contact email :

allan.jones.137@gmail.com

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

7241. POONA : Goan Roman Catholic Bachelor, (Born in June 1988), Ht. 5' 7", Wt. 65 kgs, Wheatish Complexion, Edn. B.Com., Post Graduation Banking and Finance, working for Bank. Contact email :

matri0688@yahoo.com

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

7233. MUMBAI : East Indian Roman Catholic Bachelor, (Born in March 1983), Ht. 6' 1", Wt. 83 kgs, Fair Complexion, Edn. HSC, IHM, IT., working as a Instrument Tech., working offshore (Rigs). Contact email : bragandcruz@rediffmail.com

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

7212. MUMBAI : East Indian Roman Catholic Bachelor, (Born in February 1991), Ht. 5' 8", Wt. 70 kgs, Wheatish Complexion, Edn. Bachelor of Arts, B.H.M.S., Luzern, Switzerland, working as a Restaurant Supervisor. Contact email : noellyn_p@hotmail.com

7084. MUMBAI : Mangalorean Roman Catholic Bachelor, (Born in May 1956), Ht. 5' 7", Wt. 70 kgs, Wheatish Complexion, Edn. 9th std., working as a Machine Operator. Contact email : fern.gilbert54@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 : phillipctoher@gmail.com

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Royal Christian Family MATRIMONIALS - BRIDES

7255. CANADA : Mangalorean Roman Catholic Spinster, (Born in April 1988), Ht. 5' 8", Wt.70 kgs, Wheatish Complexion, Edn. CA., work in Finance with a Bank. Contact email : jovita.ad@gmail.com

7176. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in February 1996), Ht. 5' 3", Wt. 48 kgs, Fair Complexion, Edn. M.A. B.Ed., Teacher by profession. Contact email : ektaseq@gmail.com

7256. WEST BENGAL : Roman Catholic Spinster, (Born in August 1992), Ht. 5' 2", Wt.45 kgs, Very Fair Complexion, Edn. M.A., B.Ed., Teaching in High School. Contact email: vict.raphael@gmail.com

6504. KUWAIT : Mangalorean Roman Catholic Spinster (Born in June 1980), Ht. 5' 5", Wt. 58 kgs, Fair Complexion, Edn. B.Com., Computer, Finance, Banking Marketing Course & Airlines Course completed, employed as a Travel Co-ordinator in Kuwait. Contact Email : lucy777p@gmail.com Tel: 00965-60402765 / 9867308911

7235. MUMBAI : Goan Roman Catholic Spinster, (Born in September 1991), Ht. 5' 3", Wt. 100 kgs, Wheatish Complexion, Edn. M.Sc., Asst. Professor by profession. Contact email : jane 21fds@gmail.com

6741. MANGALORE : Mangalorean RC spinster, 26 years, 5' 3", Doctor, Qualification : MD. Very fair and beautiful. Belongs to an affluent business family. Email : sona68500@gmail.com

6642 MUMBAI : Goan Roman Catholic Divorcee, (Born in September 1979), Ht. 5' 3", Wt. 65 kgs, Fair Complexion, Edn. B.Com., working as a Customer Service professional. Contact email : sav_mon@yahoo.com Tel.No. 8291001606

6528. DUBAI : Mangalorean RC Spinster, (Born in April 1985) Ht. 5' 7", Beautiful and Fair Complexion, Edn. Masters in Health, Care (MHA), Employed as a Manager in MNC Dubai, is looking for a suitable alliance between the ages of 32 to 36 with a height 5' 10" and above. Kindly respond directly to the party by email : aara8185@gmail.com with your photograph.

6033 ABU-DHABI : Goan Roman Catholic Spinster, (Born in May 1979), Ht. 5' 2", Wt. 58 kgs, Wheatish Complexion, Edn. M.A. Eng., Literature, working as a Copy Editor. Contact email : barretto.lorraine@gmail.com OR 9730454857

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

7245. BANGALORE : Gujarati Roman Catholic Spinster, (Born in April 1985), Only Child, Ht. 5', Wt. 43 kgs, Wheatish Complexion, Edn. 10 + 2, Architect in German Company. Well settled. Seeks a match willing to settle in Bangalore. Contact email : pmcandy1957@gmail.com

7178. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1988), Ht. 5' 6", Wt. 65 kgs, good looking, Fair Complexion, Edn. Bachelor's in Mass Media, working as a Content Writer. Contact email :jcdc0906@gmail.com

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

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

7177. PUNE : Goan RC Spinster, (Born in September 1991), Ht. 5' 4", Wt. 60 kgs, Fair Complexion, Edn. Masters in Computer Applications. working for a Software MNC in Pune as a Tech Lead. Contact email : melitta88@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

7171 MUMBAI : Roman Catholic Spinster, (Born in April 1994), Ht. 5' 3", Wt. 50 kgs, Fair Complexion, Edn. M.Com., working as an Analyst. Contact email : patriciaswamy94@gmail.com

7201. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in November 1992), Ht. 5' 8", Wt. 55 kgs, Fair Complexion, Edn. B.E. in Electronics & Com. working as a Business Analyst. Contact email : ggd_oman@yahoo.com

7167 MUMBAI : Goan RC Spinster, (Born in October 1987), Ht. 5' 4", Fair Com-

plexion, Edn. BMS. M.Com., and MBA, working as a Business Analyst. Contact email :

soulmateforlife2019@gmail.com

7186. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in July 1991), Ht. 5', Wt. 40 kgs, Fair Complexion, Edn. B.Sc., working for an MNC. Contact email : dyna911@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 : rosypetters74@gmail.com

7198. MUMBAI : Mangalorean Roman Catholic Spinster, (Born in January 1994), Ht. 5' 4", Wt. 52 kgs, Fair Complexion, smart and good looking, Edn. MBA, PGDM, working as a Financial Analyst, Amazon. Contact email : nicmacjac@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 : dafrin1991@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 : roopaferns@yahoo.co.in

7148 MUMBAI : Smart, goodlooking, RC Spinster, (Born in November 1993), Ht. 5'2", Wt. 40 kgs, Fair Complexion, Edn. H.S.C., having own business. Contact email :

teresa.joseph.1993@gmail.com

7161 MUMBAI : RC 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

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Christian Chamber of Commerce and Industry conducts its 23rd AGM

Mumbai, The Christian Chamber of Commerce and Industry conducted its 23rd AGM on 25th September 2021. The proceedings of the same were broadcast through Zoom for the benefit of its members.

The Present Chairman Mr. John D'Silva spoke eloquently about the historical journey of the CCCI and its present growth and stature was possible due to the noble ideals set up by the Founder Directors and taken forward by the past Chairmen.

The Board of Directors unanimously elected John Mathew as the new Chairman of the CCCI. Albert D'Souza, Pius Vas and Agnelo Rajesh Athaide were elected as the Vice Chairmen of the CCCI.

John Mathew is an illustrious, multifaceted personality and an educationist. He is the Vice President of the St Mary Malankara High School. The Trustee of the Malankara Catholic Church, Mumbai; The Pastoral Council Member of the Mumbai Archdiocese; Past President of the Lion's Club of Marol; the Treasurer/Vice Chairman of ODAKKUZHALL a Malayalee Organization. John Mathew is also one of the Promoters of the Christian Chamber of Commerce and Industry. He is a Marine Refrigeration Engineer. He holds a Government Commercial Diploma with Advanced Accountancy and an M.Com degree from the Annamalai University.

Other members of the board for 2021-24 are: Founder - Vincent Mathias, Past Chairman - Anthony Sequeira, Past Chairman - Henry Lobo, Directors - Lawrence Coelho, Jonson Therattil, Ralph Pereira, Gregory D'Souza, Co-opted Director - Lawrence D'Souza.



Out going Chairman John D'Silva welcoming with a flower bouquet to the newly elected CCCI Chairman John Mathew.



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- FI171925 Age 30
- FI151954 Age 27
- FI151980 Age 28
- FI152024 Age 29
- FI162033 Age 32
- FI152087 Age 29
- FI222137 Age 40
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- FI142282 Age 29
- FI152487 Age 32
- FI172517 Age 30
- FI152642 Age 38
- FI162729 Age 28

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FN213087: New Zeland : Dec. 1996 born Catholic Nurse, Ht. 5'.7", Wt. 60 kg., Fair Edn.: B.Sc., Nursing, Profession: Staff Nurse .

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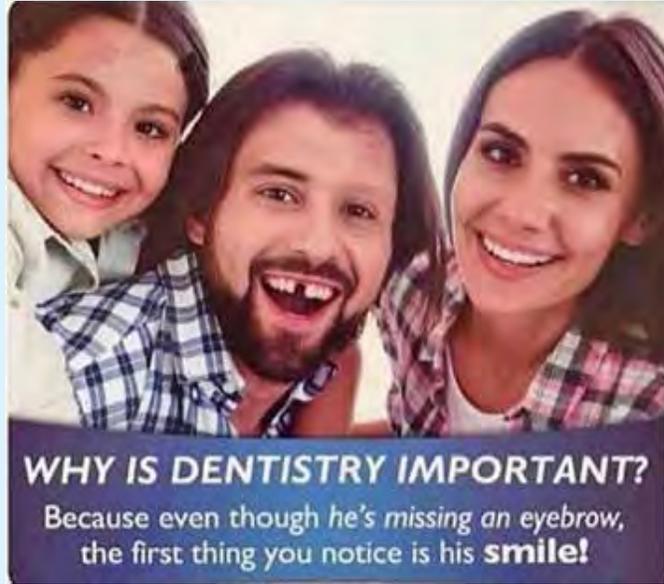
Smiles & Health need Effective Dental Care

The significance of oral health for lasting good health is generally overlooked and under appreciated. Proper teeth and gum care does not require excessive time or expense as commonly feared. Practising simple oral hygiene habits is a good investment, not just for our teeth but also for our overall health. The teeth in our oral cavity have a significant role to play at all times of life. It assists us to chew and enjoy our food. It aids in digestion and provides clarity to our speech. It also enhances our facial appearance. So take care of your teeth, and your teeth will help you take care of yourself!

Oral health is much more than just healthy teeth. It includes other anatomical structures such as gums, bone, ligaments, muscles, glands and nerves. Each of these structures have a pivotal role to maintain our oral and systemic health. A healthy smile is without doubt a beautiful smile! I quote St. Mother Teresa of Calcutta who once said, "Let us always greet each other with a smile, for a smile is the beginning of love". A warm smile can create wonders and accomplish miracles. A smile has the ability to transform our visual appearance, create a positive mind set, boost our confidence, as well as influence our social lives, careers and relationships. Despite a smile being the most powerful and profound expression, we often fail to flash those pearly whites, and I wonder why!??

As a dentist, I look forward to enhancing comprehensive oral health care and encourage everyone to practice simple routine habits that will improve and maintain your oral and general health. I hope this will give you the confidence to share the most inexpensive yet greatest gift, "YOUR SMILE" for good health, good life.

Here are some simple, yet effective



tips that can be used to promote good oral health:

- * Brush your teeth twice a day. When you brush, don't rush. Take about two minutes at least.
- * Use a soft bristle brush and the right brushing technique as advised by your dentist.
- * Do not use toothpicks or other objects that could injure your gums, instead use floss or interdental cleaning aids.
- * Our tongue harbours a large number of bacteria, don't forget to clean it.
- * Limit sugary food and starches. Eat fiber-rich fruits, vegetables and a balanced diet.
- * Drink plenty of water instead of sugary drinks or aerated drinks. Avoid smoking, chewing tobacco or alcohol consumption.
- * If you have diabetes, work towards maintenance of your health. This will decrease risk for other complications, including gum disease.
- * Consider visiting a dentist at least once a year. Early detection of oral problems and treatment is best.
- * Do not neglect your child's oral health, since primary teeth or baby teeth are just as important as their permanent teeth.
- * Primary teeth are placeholders for

the future permanent teeth. Hence it's best to introduce good dental care during infancy itself.

Good habits formed at an early age can make all the difference. Almost everything we do on a daily basis is habitual. This means that a big part of our lives is almost entirely on autopilot! Let us all gear up to inculcate better oral habits and be mindful that dentistry is not expensive but neglect is!!

ful that dentistry is not expensive but neglect is!!

Author : Dr Ashwini Colaco, specialist in conservative dentistry and endodontics - aesthetic dentistry and Root canal specialist - from the prestigious Manipal College of Dental Sciences, Manipal University, with BDS & MDS degrees. Presently, an academican at AJ Institute of Dental Sciences Mangalore. A passionate clinician whose main focus is to provide comprehensive affordable dental care in a relaxed, comfortable environment at the multi speciality 'Colaco Dental Clinic', at Bendorwell - Essel Wilcon building, above Radha Medicals. She is well known for dedicatedly giving patients her first priority, striving to provide exclusive professional dental care in the city.



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