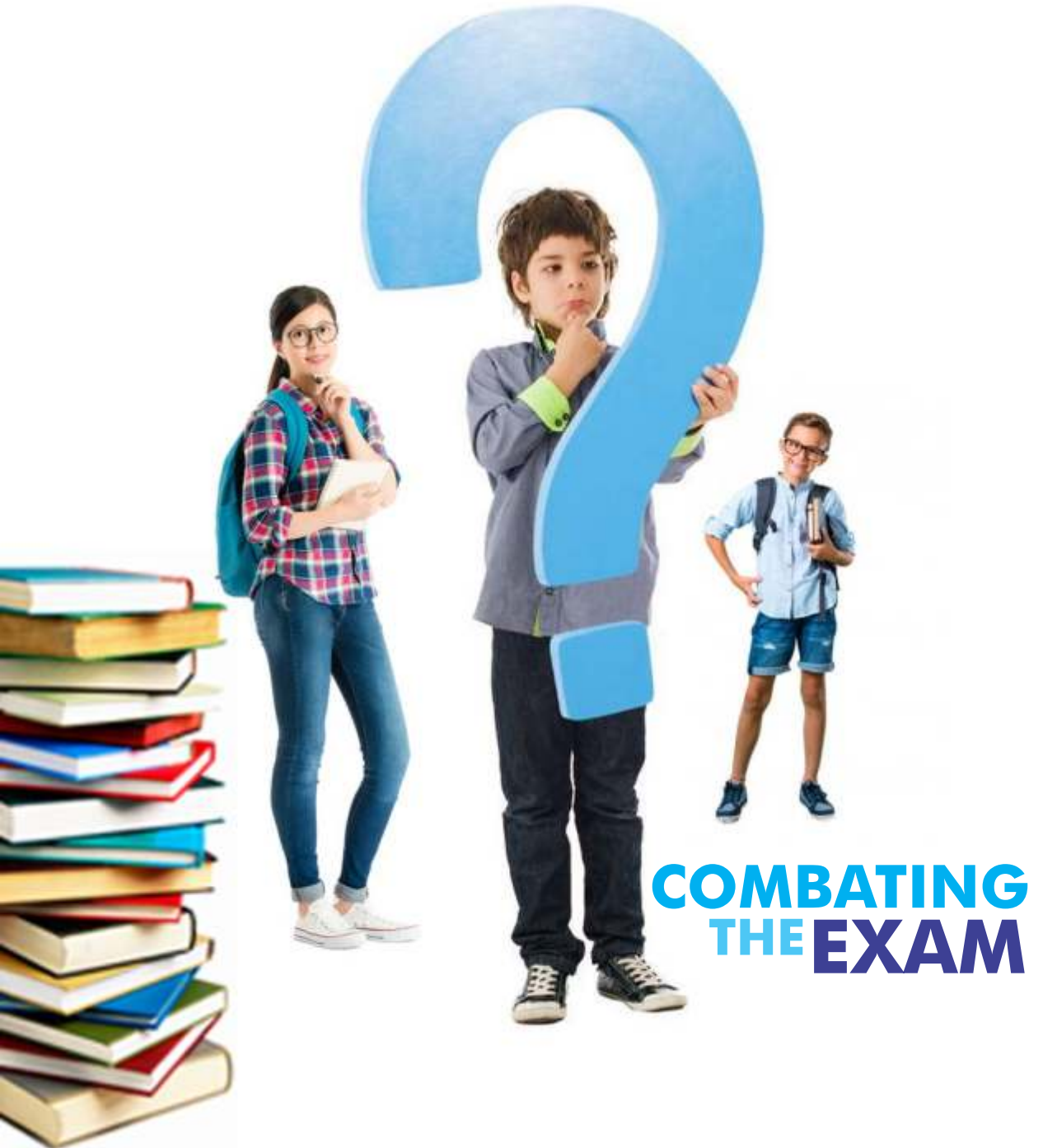


Kalyan Lantern

MAHBIL/2015/63218 MNE/353/2018-20 MR/Tech/WPP-323/NE/2018

FEBRUARY 2020

Vol. 05 | Issue 10 | MUMBAI | 36 Pages | Price: ₹ 10/-



**COMBATING
THE EXAM**

MBA @ MIIM

Moulds you to Perfection



Specializations

MARKETING | FINANCE
HR | IT | OPERATIONS &
INTERNATIONAL BUSINESS

IS YOUR MBA
NBA ACCREDITED ?

Marian Uniqueness

- ▶ Fully Residential Program
- ▶ World Class Infrastructure
- ▶ Individual Attention through Mentoring Programs
- ▶ Certification Programs like SAP, Business Analytics, Digital Marketing etc.
- ▶ Excellent Placements in Reputed Companies
- ▶ International Collaborations
- ▶ Scholarship for Meritorious Candidates
- ▶ International Industrial Visits
- ▶ Hostels Managed by Priests and Nuns
- ▶ Managed by the Catholic Diocese of Kanjirappally

Our Rank Holders

MG University MBA 2017-19

1st Rank



Anu Devasia

2nd Rank



Veena Manoharan

6th Rank



Malu Elsa

ADMISSION
GD & PI

8th & 22nd Feb
7th & 21st March

Final Year Degree
Students can also apply

Eligibility

As per M.G University norms.
A good score in KMAT / CMAT / CAT



MARIAN INTERNATIONAL INSTITUTE OF MANAGEMENT

Kuttiikkanam P.O, Peermade, Idukki Dist, Kerala-685531, India

Ph: 04869 233914, Mob: +91 7025727984, +91 9847169932, +91 9037459515 E-mail: admissions@miim.ac.in

www.miim.ac.in



YOUR WORD IS A LAMP TO MY FEET & A LIGHT TO MY PATH

FEBRUARY 2020
Vol. 05 | Issue 10

PATRON

Bishop Mar Thomas Elavanal

CHAIRMAN

Msr. Emmanuel Kadankavil

CHIEF EDITOR

Fr. Biju Mannamcheril

ASSOCIATE EDITOR

Fr. Shaiju Augustine Kattayath

EDITORIAL BOARD

- Dr. C.P. Johnson
- Mr. George Chirayath
- Mr. A.F. Thomas
- Mr. Jimmy Antony
- Mr. Antony Cyriac
- Ms. Jerin Jacob
- Mrs. Elizabeth Dimal

MARKETING MANAGERS

- Fr. Sebastian Mudakkalil
- Mr. Roy Philip

CIRCULATION MANAGER

Fr. Royas Kalaparambil

CONSULTORS

- Dr. Rosily Thomas
- Mr. Roy Kottaram
- Mr. Babu Mathew
- Mr. Joseph John

OFFICE SECRETARY

Mr. Joseph Chiramal

DESIGN & LAYOUT

Mr. Josemon Vazhayil

Diocese of Kalyan, Plot No. B/38,
 P.B. No. 8434, IIT PO., Powai,
 Mumbai, Maharashtra, India 400076.
 Tel. (+91) (022) 2578 5515, 2578 2385
 E-mail: kalyanlantern@gmail.com
 Website: www.kalyandiocese.com
 Matrimonial: www.godsownchoice.com

വീണ്ടുമൊരു പരീക്ഷക്കാലം!

വീണ്ടുമൊരു പരീക്ഷക്കാലം വരവായി. എല്ലാവരും എല്ലായിടത്തും പരീക്ഷകളെക്കുറിച്ച് സംസാരിക്കുവാൻ തുടങ്ങി. അധ്യാപകരും, മാതാപിതാക്കളും, മക്കളുമെല്ലാം ഏറ്റവും നല്ല രീതിയിൽ ഈ സമയത്തെ നേരിടുവാൻ ഒരുങ്ങുന്നു.

പത്ത് വർഷം പിന്നോട്ട് ചിന്തിക്കുകയാണെങ്കിൽ, പരീക്ഷയെഴുതുന്ന കുട്ടി മാത്രമായിരുന്നു പരീക്ഷയെക്കുറിച്ച് ആകുലപ്പെട്ടത്. എന്നാൽ ഇന്ന് ആ അവസ്ഥ മാറി. മുഴുവൻ കുടുംബവും പരീക്ഷക്കായി ഒരുങ്ങുന്നു. പരീക്ഷ എഴുതുന്ന വ്യക്തിക്ക് ഏറ്റവും അനുയോജ്യമായ അന്തരീക്ഷം വീട്ടിൽ സൃഷ്ടിച്ചു കൊടുത്ത് എല്ലാവരും അവനെ / അവളെ സഹായിക്കുന്നു.

പലവിധ കാര്യങ്ങളിൽ വ്യാപൃതരായിരുന്ന കുട്ടികൾ അവയെല്ലാം മാറ്റിവെച്ച്, പാഠപുസ്തകങ്ങളിലേയ്ക്കും പഠനത്തിലേക്കും മാത്രം ശ്രദ്ധ തിരിക്കുന്ന സമയമാണ് പരീക്ഷക്കാലം. ശാരീരികമായി അവർ പഠിക്കുവാൻ പരിശ്രമിക്കുന്നുണ്ടെങ്കിലും അവരുടെ മനസ്സ് മിക്കപ്പോഴും ചിതറിയ ചിന്തകളാൽ നിറഞ്ഞിരിക്കും. ചിതറിക്കിടക്കുന്ന മനസ്സിനെ ഒരുമിച്ചു ചേർത്ത് കോർത്തിണക്കി ഏകാഗ്രമാക്കാൻ കുഞ്ഞുങ്ങളെ സഹായിക്കുകയെന്ന ആയാസകരമായ ഉത്തരവാദിത്വമാണ് മാതാപിതാക്കൾക്കുള്ളത്. സ്നേഹവും, പ്രാർത്ഥനയും, ക്ഷമയും നിറഞ്ഞ ഒരു കുടുംബാന്തരീക്ഷം സൃഷ്ടിച്ചെടുത്തേ മതിയാകൂ.

ഓടി നടന്നിരുന്ന ഒരു വിദ്യാർത്ഥി, ഒരിടത്തിരിക്കുവാൻ നിർബന്ധിതനാക്കപ്പെടുന്ന കാലമാണ് പരീക്ഷക്കാലം. ഓരോ പരീക്ഷയും വിദ്യാർത്ഥി എന്ന തന്റെ സത്തയുടെ മാറ്റ് തെളിയിക്കപ്പെടുന്ന സമയമായി ഓരോ കുട്ടിയും കാണണം. പരീക്ഷകളും പരീക്ഷണങ്ങളുമാണ് വിജയികളെയും മഹാന്മാരെയും സൃഷ്ടിക്കുന്നത്.

ഏകാഗ്രമായ മനസ്സും, ശാന്തമായ കുടുംബാന്തരീക്ഷവും, അറിവിനായുള്ള ആകാംക്ഷയും നിറഞ്ഞ പരീക്ഷക്കാലം ഏവർക്കും ആശംസിക്കുന്നു.



SEEKING GOD'S BLESSINGS

The examinations of students, who are at different levels of study, are at hand. The performance in these examinations is very significant in the life of a student as the result one gets remains with them all through their lives. These exams and their results are also the stepping stones to the next level of study and/or building a career in life. At this juncture, from my personal experience, let me tell my student-youngsters that seeking



God's blessings is the most important thing for success as they prepare themselves for, and write their exams.

Let me recite a verse from Psalm 67 that has become a part of receiving blessings in the tradition of the Church: "May God be gracious to us and bless us, and make His face shine upon us" (Psalm 67:1). This Psalm is a short psalm with seven verses, but it is an important one, as this was the prayer that the priests in the tradition of Aaron used to pray while blessing the people of Israel. The blessing goes like this: "May the Lord bless you, and keep you; and may the Lord make His face shine upon you, and be gracious to you; may the Lord lift His face upon you, and give you peace" (Numbers 6: 24-26). The Bible

verse we took now ends with the word "peace" (shalom), which would imply peace, happiness, harmony, fullness, wholeness, wellbeing, welfare and tranquility. These come together to mean "shalom", which our students need now to perform well in their examinations. This prayer of the Bible is an inspiring one for all those who seek God's blessings.

I am convinced of one thing in my academic life: without God's blessings, one cannot be successful. Even the failures in life I have had, God used/uses them as tools to make me successful in due course of time, according to His will. God placed us on this planet to be productive and increase the talents He has bestowed on us. However, to succeed in our endeavours, we must have God's blessings. I might be good at studies, smart at

Seeking God's blessings is a great sign of faith and hope in God.

doing things well, and perform well in examinations. But there is a series of processes involved after students write their exams. The examination papers go through different levels of evaluation and tabulation before the final result is declared. The process takes place in different hands and levels. In the book of Proverbs, it is said: "Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways submit to Him, and He will direct your path" (Proverbs 3: 5-6).

Seeking God's blessings is a great sign of faith and hope in God. We learn from the Bible that God's thoughts are with us in every major area of our life. God knows the human condition. He knows what we lack in life. He knows what we are in need of. He knows that we need His help in making progress at important junctures of our lives. Let us take "refuge under His wings" and He will keep us "under the shadow of His wings" (Psalm 91: 4) so that we succeed. I wish all the best for all those who appear for different examinations, and pray for your great success.

Let us remember that we "can do all this through Him who gives us strength" (Philippians 4: 13). Baarek maar ('Bless us, Oh Lord' in Syriac language).



Rev. Dr. CD Sebastian MST
Professor, IIT Bombay



10 ACADEMIC COMMANDMENTS for Students and Parents

What has been your experience with students during the exam season?

Generally students get in to the serious mode of studying just 14-15 days prior to the exams. Instead of revising the chapters which are already learnt, they try to do new topics just a few days before the exam. This creates a lot of confusion and stress among them. Many of them come up with doubts from topics which were done in the beginning of the term. This clearly

shows that regular studies have not taken place. They are awake till late night and some even have sleepless nights before the exam. Some of them do selective study and then tend to go blank during exams. Many of them go through bouts of anxiety and depression. All the stress bottled up within them is vented out in one form or the other.

What tips you would like to give to parents and students to combat exams better?

FOR PARENTS:

1. Should keep a track of your child's studies on a regular basis.
2. Prepare a study timetable and see to that it is implemented.
3. Provide the child with a well-balanced diet to combat stress.
4. Motivate the child on a regular basis.
5. Always be in touch with the teachers. Ask for ways and methods on how to improve the performance of the child.
6. Children should be kept away from social media as it is a major source of distraction.
7. Encourage them to do better every day.
8. Do not compare your child's performance with anyone else.
9. Reward the child by gifting him/her good books to read. This will inculcate good reading habits and improve vocabulary.
10. Provide a good study environment at home.

FOR STUDENTS:

1. Regular studies is a must. Prepare a study timetable. Do not keep anything for the last minute.
2. Have a well-balanced diet.
3. Develop a good rapport with your teachers. Request them for more guidance and academic help.
4. Do not study for long hours. Keep taking breaks in between as this will improve concentration and help in retention. Breaks should include any outdoor activity as this will refresh the mind.
5. Every test has to be taken seriously. Even small tests will help in covering the vast portion.
6. Mistakes that happen during tests should be rectified and not repeated.
7. Sleep well before the exams. No late nights.
8. Aim for a good percentage & work towards it.
9. Continuous revision of topics will help in retention.
10. Be focused and avoid all distractions especially mobile phones.



Sr. Ann Baby

Principal, St Mary's High School, Andheri

പരീക്ഷാകാലവും കുടുംബാന്തരീക്ഷവും

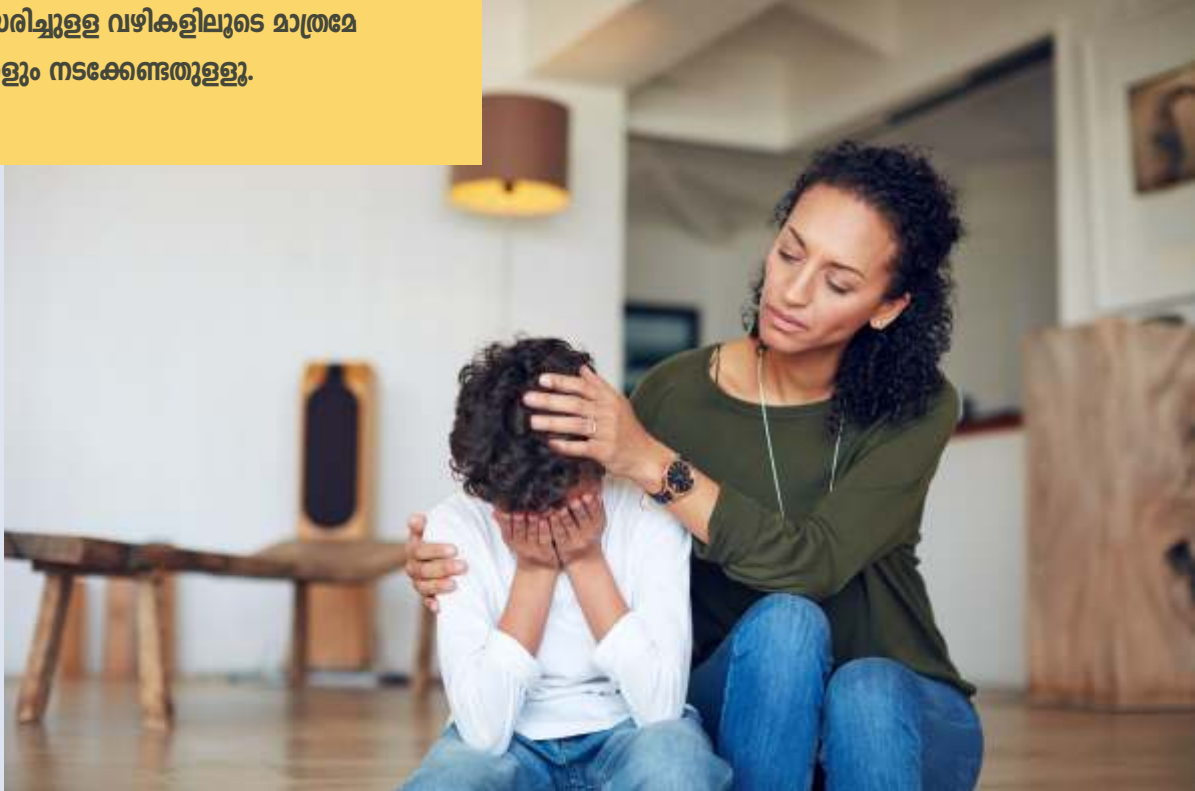
നന്നായി പഠിച്ച്, സമൂഹത്തിന്റെ അളവുകോലുകളനുസരിച്ച്, നല്ല ഉദ്യോഗങ്ങളിലെത്തിച്ചേർന്ന സഹോദരിമാരിൽ മുത്തയാളുടെ മകൻ. മൂന്നു തലമുറയായി ഉന്നത ഉദ്യോഗങ്ങളുണ്ടായിരുന്നതിന്റെ ഗർവ്വ് ഉള്ളിലെവിടെയോ ഒളിപ്പിച്ചുവെച്ച അമ്മ മോശമല്ലാത്ത രീതിയിൽ പഠിച്ചു വന്ന മകന്റെ പന്ത്രണ്ടാം ക്ലാസ്സിലെ പ്രകടനങ്ങൾ അമ്മയിലുണ്ടാക്കിയത് അരിശവും നിരാശയും. പന്ത്രണ്ടാം ക്ലാസ്സിൽ കയറിയതോടെ മകൻ സ്കൂളിലെ ഫുട്ബോൾ ടീമിന്റെ ഗോളിയായി. ക്ലാസ്സ് സമയം കഴിഞ്ഞ് പരിശീലനങ്ങൾ പല



ദിവസങ്ങളിലും പല സ്കൂളുകളിൽ പോയിട്ടുള്ള മത്സരങ്ങൾ അതിനായുള്ള ഒരുക്കങ്ങൾ, ഫോൺ വിളികൾ തുടങ്ങി. അമ്മയുടെ ഹൃദയമിടിപ്പു കൂട്ടുന്ന അഭയാസങ്ങൾ. പഠിക്കേണ്ട എന്ന ചോദ്യത്തിന് 'ഞാൻ പഠിച്ചോളാം' എന്ന (ധിക്കാരം നിറഞ്ഞ) ഉത്തരം. ടീച്ചർമാരെയും കായികാധ്യാപകനെയും മയത്തിൽ പറഞ്ഞു മനസ്സിലാക്കി മകനെ ഈ കുടുക്കിൽ നിന്ന് വിടുവിച്ച് കൊണ്ടുവരാൻ ഒരുപാട് തലയണമന്ത്രങ്ങൾ ഉരുവിട്ട് അപ്പനെ സ്കൂളിലേക്ക് യാത്രയാക്കി പ്രതീക്ഷയോടെ കാത്തിരുന്ന അമ്മ. മികച്ച സ്കൂളിന്റെ ഫുട്ബോൾ ടീമിലെ ഗോളിയാകാൻ പറ്റിയ ഏക വിദ്യാർത്ഥി തന്റെ

മകനാണെന്ന തിരിച്ചറിവിൽ അഭിമാനപുളകിതനായി തിരിച്ചു വന്ന ഭർത്താവിനെ കണ്ട് തളർന്നിരുന്നു പോയി ആ അമ്മ. ഇടയ്ക്കൊന്നു കളിച്ചെന്നു കരുതി പഠിപ്പാനും പോകില്ല എന്നായി അപ്പനും മാഷും. സ്കൂളിനെയും, കായികാധ്യാപകനെയും, ഭർത്താവിനെയും, മകന്റെ സുഹൃത്തുക്കളെയും എല്ലാം മനസ്സിൽ ശത്രുപക്ഷത്ത് നിറുത്തി പഠനത്തിന്റെ പ്രാധാന്യത്തെക്കുറിച്ച് പിറുപിറുത്ത് നടന്ന മാസങ്ങൾ. സ്റ്റഡി ലീവിന് പിടിക്കാം എന്ന് മനസ്സിൽ കരുതിയിരിക്കുമ്പോൾ ഒരു ദിനം തലയേക്കാക്കെ വല്ലാത്ത തരിപ്പ്. ഈ തരിപ്പ് കൈയിലേക്കും കാലിലേക്കും സാധിക്കുന്നു എന്നു തോന്നിയപ്പോൾ ആശുപത്രിയിലേക്ക് പോയി. ഡോക്ടർമാർ വിധിയെഴുതി 'മിനി സ്പ്രൈക്ക്'. തക്കസമയത്ത് ആശുപത്രിയിലെത്തിച്ച തമ്പുരാന്റെ കൃപയാൽ വലിയ പരുക്കുകളില്ലാതെ രക്ഷപ്പെട്ടു. ഈ കഥയിലെ അമ്മ ഞാനും ഇതിലെ മകൻ ഇന്ന് വിദേശത്ത് ജോലിയുള്ള

മക്കളെ മനസ്സിലാക്കാൻ സാധിക്കാതെ വരുമ്പോഴാണ് ആത്മസംഘർഷവും കുടുംബസംഘർഷവും ഉടലെടുക്കുന്നത്. മാതാപിതാക്കളുടെ കഴിവുകൾക്കനുസരിച്ചുള്ള വഴികളിലൂടെ മാത്രമേ മക്കളും നടക്കേണ്ടതുളളൂ.



എൻജിനീയറിംഗിൽ ബിരുദാനന്തര ബിരുദധാരിയായ എന്റെ മകനും ഇനിയും ഉന്നത ബിരുദങ്ങൾ നേടണമെന്നാഗ്രഹിക്കുന്ന അവനും അവന്റെ ജീവിതപങ്കാളിയായി കടന്നുവരാൻ തയ്യാറെടുക്കുന്ന ഗവേഷണ വിദ്യാർത്ഥിനിയായ മകൾക്കും വേണ്ടി പ്രാർത്ഥിക്കുമ്പോഴൊക്കെ ഞാൻ ചിന്തിക്കാറുണ്ട്. ഞാൻ എന്തുകൊണ്ടാണ് അന്ന് അത്രയ്ക്ക് ഭയചകിതയായതെന്ന്. കൗമാരക്കാരായ ആൺകുട്ടികളുടെ സ്വഭാവവിശേഷങ്ങൾ എന്തെന്നറിയാത്ത എനിയ്ക്ക് നഷ്ടപ്പെടാമായിരുന്നത് എന്റെ ജീവനും ജീവിതവുമായിരുന്നു.

വിദ്യാർത്ഥികളുടെയും കൗമാരക്കാരുടെയും മാതാപിതാക്കളോട് എനിക്കൊന്നേ പറയാനുള്ളൂ. ‘ടേക്ക് ഇറ്റ് ഈസി’ (take it easy). ചെറുപ്പകാലത്ത് ഞാനും എന്റെ ഭർത്താവും തമ്മിലുണ്ടായ പ്രധാന അഭിപ്രായവ്യത്യാസങ്ങളൊക്കെ മക്കളുടെ പഠിപ്പിനെ ചൊല്ലിയായിരുന്നു. പാഴായിപ്പോയ കൂടെ നല്ല ദിനങ്ങൾ എന്നു മാത്രമേ ഇപ്പോൾ തോന്നുന്നുള്ളൂ. ഒരിക്കലും തിരിച്ചു ലഭിക്കാത്തതാണല്ലോ സമയം. കുറച്ച് കരുതൽ ദമ്പതിമാർക്ക് ഇക്കാര്യത്തിൽ വേണം എന്ത് തോന്നുന്നു.

നാടോടിയായിരുന്ന മനുഷ്യൻ ഒരു സ്ഥലത്തു തന്നെ താമസിച്ചു കൃഷി ചെയ്യുന്ന കർഷകനായി മാറിയപ്പോഴും ഇതേരീതിയിലുള്ള അസ്വസ്ഥതകൾ ഉണ്ടായിക്കാണണം. പ്രകൃതിയോടിണങ്ങിക്കഴിഞ്ഞ കർഷകമക്കളെ ശീതികരിച്ച ചുമരുകൾക്കുള്ളിലേക്ക് തളച്ചിടാനുള്ള വെമ്പലുകളുമായി സ്വപ്നങ്ങൾ നെയതുകൂട്ടുന്ന മാതാപിതാക്കൾ. കുതിരിയോടാനുള്ള അവരുടെ ശ്രമങ്ങൾ സാഭാവികവും പ്രകൃതിസഹജവുമാണെന്ന് മനസ്സിലാക്കാനുള്ള വിവേകം എനിക്കും നിങ്ങൾക്കുമുദിക്കുന്നത് വൈകിയാണ്. കുഞ്ഞ് അമ്മേ എന്ന ശബ്ദമുണ്ടാക്കി എന്നു തോന്നിയാൽ തുടങ്ങും. A B C D ചൊല്ലി പഠിപ്പിക്കാൻ പ്രീ സ്കൂൾ, നഴ്സറി എന്നീ ഓമനപ്പേരുകളിൽ അറിയപ്പെടുന്നതെല്ലാം സത്യത്തിൽ ദുർഗുണപരിഹാര പാഠശാലകൾ അല്ലേ? ഒന്നാം ക്ലാസ്സുമുതൽ തുടങ്ങുന്ന ട്യൂഷനുകൾ മക്കളെ നന്നാക്കാൻ വേണ്ടിയാണോ മാതാപിതാക്കൾക്ക് ക്ഷമയോടെ അവരെ കൈകാര്യം ചെയ്യാനുള്ള കഴിവില്ലായ്മ കൊണ്ടാണോ മക്കൾക്കു വേണ്ടി കൂടുതൽ സമ്പാദിക്കാനെന്ന വ്യാജേന ഉദ്യോഗത്തിലെ പടവുകൾ ഓടിക്കയറുമ്പോൾ സത്യത്തിൽ പരിപോഷിക്കപ്പെടുന്നത് സ്വന്തം ‘ഈഗോ’ മാത്രമാണ്. എത്ര സമയം നാം മക്കളുടെ ഒപ്പം കുറവ് ചിലവഴിക്കുന്നുവോ അത്രയും മകൾച്ച

അവരും നമ്മളുമായി കൂടുകയാണ്. ഇത് ഞാൻ എന്റെ സ്വന്തം അനുഭവത്തിൽ നിന്ന് പറയുന്നതാണ്. കുറെയേറെ വർഷങ്ങൾ മാതാപിതാക്കളും മക്കളും ഈ പരസ്പര ഏറ്റുമുട്ടലുകളില്ലാത്ത അവസ്ഥയിൽ പൂർണ്ണ സന്തുഷ്ടരാകും. അസന്തുഷ്ടി ഉണ്ടാകുന്നത് നാം സ്വപ്നം കണ്ട ഉയരങ്ങളിലേയ്ക്ക് അവർ എത്തുന്നില്ലേ അല്ലെങ്കിൽ അതിനായി അവർ ശ്രമിക്കുന്നില്ലേ എന്ന് സംശയം തോന്നി തുടങ്ങുന്നിടത്തു നിന്നാണ്.



ഓരോ കുഞ്ഞിന്റെയും ഇഷ്ടാനിഷ്ടങ്ങളും വൈഭവവും വ്യത്യസ്തമാണ്. ഇത് തിരിച്ചറിഞ്ഞ്, ഓരോ കുഞ്ഞിനെയും പ്രത്യേക കരുതലോടെ സംരക്ഷിക്കുന്ന വെല്ലുവിളിയ്ക്കാണ് ഫ്രാൻസിസ് പാപ്പ ‘സഹഗമനം’ എന്നു പറയുന്നത്. മക്കളെ മനസ്സിലാക്കാൻ സാധിക്കാതെ വരുമ്പോഴാണ് ആന്റസംഘർഷവും കുടുംബസംഘർഷവും ഉടലെടുക്കുന്നത്. മാതാപിതാക്കളുടെ കഴിവുകൾക്കനുസരിച്ചുള്ള വഴികളിലൂടെ മാത്രമേ മക്കളും നടക്കേണ്ടതുളളൂ. എ01750ത്ത കൊമ്പിൽ ചാടിപ്പിടിക്കാൻ ശ്രമിച്ചാൽ ചിലപ്പോഴെങ്കിലും വീണ് പരുക്കുപറ്റാം. പരിമിതികൾ മനുഷ്യസഹജമാണ്. അത് തിരിച്ചറിഞ്ഞുള്ളതാകണം കുടുംബജീവിതം ഒരാൾക്കും ഒരു കുടുംബത്തിനും മറ്റൊന്നുപോലെ ആകാൻ സാധിക്കുകയില്ല. അതിനാലാകണം വിശുദ്ധ ജോൺ പോൾ രണ്ടാമൻ പാപ്പ ‘കുടുംബമേ നീ എന്താകുന്നോ അതാകുക’ എന്ന് പറഞ്ഞത്. ഞാനും എന്റെ മക്കളും മറ്റൊരാളെയും



നമുക്ക് നമ്മുടെ മക്കളെ
ചേർത്തു പിടിച്ച് നടക്കാം,
വീഴ്ചകളിൽ നമ്മോടുതന്നെയും
അവരോടും കരുണയുള്ള
വരാകാം, നാളെയെക്കുറിച്ച്
പ്രത്യാശയോടെ കാത്തിരിക്കാം,
നല്ലതിനായി പരിശ്രമിക്കാം.

മറ്റൊരു കുടുംബത്തെയും അനുകരിക്കാൻ ശ്രമിക്കേണ്ടതില്ല. എന്റെ കുടുംബത്തിന്റെയും മക്കളുടെയും തനതായ മേന്മകളെ സംരക്ഷിച്ചുകൊണ്ട് കുടുതൽ മെച്ചപ്പെടാനാകണം ശ്രമം. ഈ ശ്രമത്തിന്റെ ലക്ഷ്യവും മാർഗ്ഗവും സുനിശ്ചിതവും സുതാര്യവുമാകണം. ലക്ഷ്യം നന്നായാൽ മതി മാർഗ്ഗമേതായാലും കുഴപ്പമില്ല എന്ന തത്വം കത്തോലിക്കന് യോജിച്ചതല്ല. ലക്ഷ്യങ്ങളിലെത്തിച്ചേരാൻ മാതാപിതാക്കളും മക്കളും ഒന്നിച്ച് പരിശ്രമിക്കുകയാണ് വേണ്ടത്. പരസഹായം സ്വീകരിക്കുന്നതിൽ തെറ്റില്ല. പക്ഷേ ഈ സഹായികൾ ഒരിക്കലും നിങ്ങളുടെയും മക്കളുടെയും ഇടയിലെ വിടവുകൾ കൂട്ടാൻ ഇടവരുത്തരുത്. പാപ്പ കുടുംബങ്ങൾക്കായി നൽകുന്ന പ്രബോധനങ്ങളിൽ ഏറ്റവും അധികം ഉപയോഗിക്കുന്ന വാക്ക് 'സഹഗമനം' എന്നതാണ്. ഈ വാക്കിന്റെ അർത്ഥതലങ്ങൾ ഓർത്തെടുക്കുന്നത് നല്ലതാണ്. ഈ സഹഗമനം പന്ത്രണ്ടാം ക്ലാസ്സിലെ പഠനാവധിയ്ക്ക് ഒപ്പമുള്ള ഉറക്കമിളയ്ക്കൽ മാത്രമല്ല.

വിദ്യാർത്ഥികളുടെ പരീക്ഷകൾ ഗൗരവമുള്ളതാണ്. അവർക്ക് ലഭിക്കുന്ന മാർക്കുകൾ അതീവ പ്രാധാന്യമുള്ളതാണ്. ഇന്നത്തെ ആഗോളവ്യവസ്ഥയിൽ ഒരു വ്യക്തിയുടെ കഴിവുകൾ അളക്കപ്പെടുന്നത് ഒരു പരിധിവരെ ഈ മാർക്കുകളെ അടിസ്ഥാനപ്പെടുത്തിയാണ്. പത്താം തരത്തിൽ തോറ്റു കഴിഞ്ഞ് പഠിച്ച് ഐ. എ. എസ്സ് (I.A.S.) നേടിയിട്ടുള്ള വ്യക്തികൾ ഉണ്ട്. എന്നാൽ ഇത് സാധാരണമല്ല. ഈ മാർക്കുകൾ, അതതുസമയത്ത് ചെയ്യേണ്ട കാര്യങ്ങൾ കൃത്യമായി ഒരു വ്യക്തി ചെയ്തിട്ടുണ്ടോ എന്ന് അളക്കുന്ന മാനദണ്ഡമാണ്. പാഠ്യേതര വിഷയങ്ങളിൽ ലഭിച്ചിട്ടുള്ള നേട്ടങ്ങൾ അധിക യോഗ്യതയും. ലോകത്തിന്റെ നിയമം ഇതാണെന്നിരിക്കേ അതനുസരിച്ച് ജീവിക്കുകയാണ് എളുപ്പം. എന്നാൽ നമ്മുടെ നിയന്ത്രണത്തിലല്ലാത്ത കാരണങ്ങളാലോ അബദ്ധങ്ങൾ മൂലമോ ഇത്തരത്തിലാകാതെ പോയാലും നിരാശപ്പെടേണ്ട കാര്യമില്ല. കാരണം നമ്മുടെ ക്രിസ്തു കുരിശിൽ മരിച്ചവൻ മാത്രമല്ല മൂന്നാം ദിവസം ഉത്ഥാനം ചെയ്തവനും സ്വർഗ്ഗാരോഹണം ചെയ്തവനുമാണ്. ക്രിസ്ത്യാനിയുടെ അടിസ്ഥാന സ്വഭാവം സ്പെനഹം, കരുണ, പ്രത്യാശ എന്നീ ഗുണങ്ങൾ നിറഞ്ഞതാണ്.

നമുക്ക് നമ്മുടെ മക്കളെ ചേർത്തു പിടിച്ച് നടക്കാം, വീഴ്ചകളിൽ നമ്മോടുതന്നെയും അവരോടും കരുണയുള്ളവരാകാം, നാളെയെക്കുറിച്ച് പ്രത്യാശയോടെ കാത്തിരിക്കാം, നല്ലതിനായി പരിശ്രമിക്കാം. ജീവിതത്തിൽ ആത്മീയവും, മാനസികവും, ശാരീരികവുമായ സഹായം ആവശ്യമായി വരും. അതിനാണ് പ്രാർത്ഥന, വി. കുർബ്ബാന, കൂദാശകൾ, ആത്മീയാചാര്യന്മാർ, ഉപദേശകർ എന്ന് മനസ്സിലാക്കുക. പരിശുദ്ധാത്മാവ് പ്രവർത്തിക്കുന്ന ഈ മാർഗ്ഗങ്ങൾ സ്വീകരിക്കുവാൻ മടിയുണ്ടാകരുത്.

കതിരിനു വളം വച്ചിട്ട് കാര്യമില്ല എന്നാണ് പഴഞ്ചൊല്ല്. പഴഞ്ചൊല്ലുകൾ പാഴ്ചൊല്ലുകളല്ല. പരീക്ഷാകാലം കൂട്ടികളും മാതാപിതാക്കന്മാരും ആകൃലതകളില്ലാതെ കഴിച്ചുകൂട്ടണമെങ്കിൽ പരീക്ഷയുടെ ഒരു കാലം ഉണ്ടെന്ന് അധ്യയനവർഷാരംഭം മുതൽ ഓർക്കണം. ചില മക്കൾക്ക് ടെൻഷൻ അധികമുണ്ടെങ്കിൽ മാതാപിതാക്കൾ ഒപ്പം പ്രഷർ കൂട്ടുകയല്ല വേണ്ടത്. അവരെ ആശ്വസിപ്പിച്ച് പ്രാർത്ഥനയോടെ ഒപ്പം നിൽക്കുക. ഒരു പരാജയം കൊണ്ടവസാനിക്കുന്നതല്ല ജീവിതം എന്ന് മക്കളെ മനസ്സിലാക്കണമെങ്കിൽ നിങ്ങൾ ലോകത്തിന്റേതാകണം. ഞാൻ, എന്റെ മക്കൾ, എന്റെ കുടുംബം എന്ന സ്വാർത്ഥതയിൽ ജീവിക്കുന്നവർക്ക് ആഘാതങ്ങൾ താങ്ങുവാനുള്ള കെൽപ്പ് കുറവാകും. അതിനാൽ ഉയർച്ച താഴ്ചകൾ കണ്ടു വളരാൻ കൂട്ടായ്മകളിൽ പങ്കുകാരാക്കുക ഉദാഹരണങ്ങൾ വലിയ പാഠശാലകളാണ്.

പ്രിയരെ, എന്റെ ജീവിതാനുഭവങ്ങളാണ് ഞാനീ കുറിച്ചത്. സഭ നമുക്ക് വേണ്ടി കരുതി വെച്ചിരിക്കുന്ന നിധികളാണ് വി. കുർബ്ബാന, കുടുംബകൂട്ടായ്മകൾ, സംഘടനകൾ ഒക്കെയും മക്കളെ ഇവയിലൂടെ വളർത്തുക. നമ്മുടെ ആശങ്കകൾ ദൈവവും മനുഷ്യനുമായി പങ്കുവയ്ക്കാനുള്ള ഇടങ്ങളാണ് ഇതൊക്കെയും. ദൈവാശ്രയബോധത്തോടെ നമുക്ക് ജീവിതം പടുത്തുയർത്താം ക്രിസ്തു നമ്മുടെ രക്ഷകൻ !



Prof (Dr) Mary Regina F
Secretary, Pastoral Council,
Archdiocese of Trichur & Spokesperson,
Syro Malabar Church

MANAGING A HEALTHY LIFESTYLE DURING EXAMINATIONS

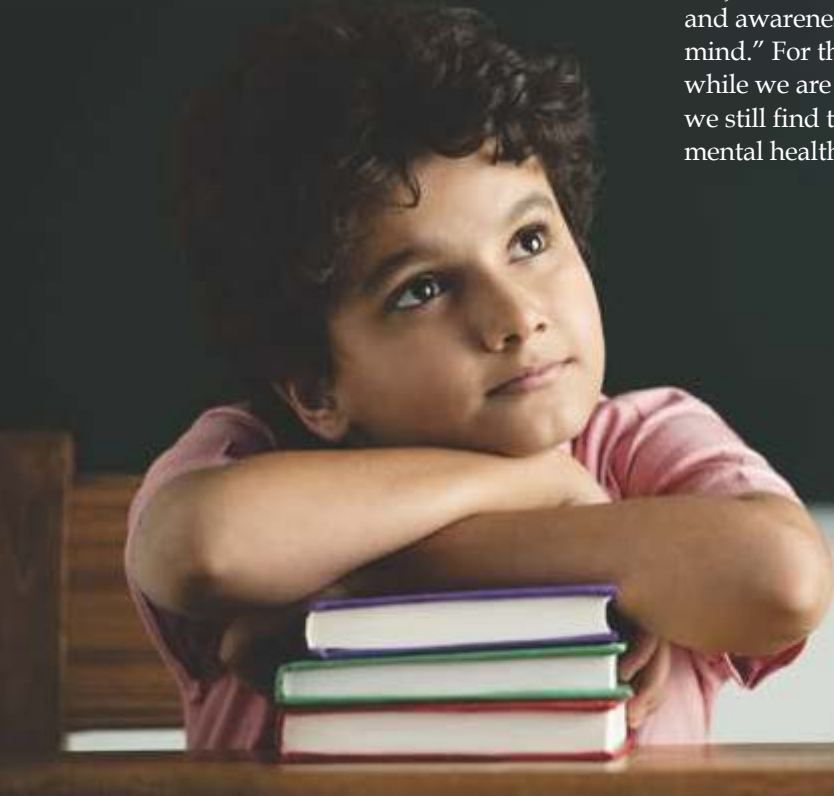
Dear Children,

A brand new year is here, and while we are done with celebrating Christmas and welcoming the New Year, it's time to begin with preparations of a different kind. Yes... it's that time of the year when we are getting close to the exam season.

As students, you do put in a lot of effort in managing your timetable and making sure that you are thoroughly prepared. This can mean studying long hours, burning the midnight oil, snacking, etc. At times, these also lead to compromising on paying attention to our physical and mental health.

'A Healthy Mind Resides Within A Healthy Body.'

As much as exams are about knowing the subject, it is also about having the alertness and awareness or simply said "our presence of mind." For this, it is imperative to ensure that while we are in pursuit of our academic goals, we still find time to work on our physical and mental health.



Physical Health

- **Getting adequate sleep:** While staying up late or waking up super early may seem like the right thing to do while prepping for exams, it is also important to make sure our minds are well rested. Usually 7 to 8 hours of sleep is recommended, but there may be individual variations.
- **Maintaining a healthy diet:** Exams are usually associated with stress, which also leads to sugar cravings. This can lead to bingeing on junk food which gives us instant gratification but then also leaves us craving for more. It is important to have a healthy diet which includes servings of fresh fruits, vegetables, whole grains, pulses and dry fruits and nuts. Instead of snacking on high calorie foods, try options such as a handful of peanuts, roasted chana, cucumber, dry fruits, etc.
- **Adequate hydration:** Something that is often overlooked is drinking enough water. In order to stay alert, we do end up drinking tea or coffee way more than usual. While it does keep us alert, it also causes dehydration. It is also recommended to have fresh fruits rather than juices, since juices are higher on sugar and lack fibre.
- **Daily dose of physical activity:** Physical activity sometimes takes a step backward during exam time. However, there is research which says that 30 minutes of physical activity daily can do wonders for managing our stress. Physical activity releases endorphins which are stress busting hormones. This could mean playing with friends, cycling or anything that gets you on your feet and gets you moving.

Mental Health

While we can be well prepared for our exams, it is still a stressful period for all those involved. Here are some pointers on working on your emotional and mental health during this challenging time.



- **Practice some form of meditation daily:** This could mean praying on your own, reading a few verses from the Holy Bible and reflecting on it or just choosing a space where you could sit for as little as five minutes for quiet reflection.
- **Embrace your feelings:** Exams can lead to a roller coaster of emotions. You can feel confident, calm, worried, overwhelmed, anxious all within a short span of time. While you reflect in your alone-time, observe these feelings as they rise. A feeling that is termed as 'negative' is as important and real as a 'positive' one. It is natural to feel the way you do, and bringing that acceptance itself makes one feel less weighed down.
- **Find a way to manage your feelings:** Different methods may help different individuals reach a similar goal. What works for one may not work for another. This could mean writing down your

thoughts in a journal, talking to a close friend or parent. For some it could also mean going for a walk, practising deep breathing or listening to your favourite music. Feel free to explore what works for you.

NOTE TO PARENTS:

While our children prepare for exams, let us try not to compare them with other kids. Each child is unique and special in their own way. While we want our children to be open to us and reach out to us in times of need, it is also important



- **Set goals and be optimistic:** We all plan to finish a certain portion within a certain span of time. But chances are we may not be able to meet our expectations. At such times, it helps to look in detail at the things we did manage to achieve. This could mean focusing you having helped a friend study, the portion you did manage to finish etc. At the end of the day, review how your day was. This will also let you have insights into something that didn't go too well, and aid you to make the necessary changes.

that as parents, we always hear them out with an open and non-judgemental mind. As much as it is important for children to be relaxed and maintain a healthy lifestyle, the same is much needed for parents as well. This is because our kids may not always listen to us, but they are always watching us. These pointers need not be something that should be done only during exams. Trying to incorporate these tips into our day-to-day lives will make it easier to follow them when we need it the most.

While exam results come with marks and rankings, please remember that we are not competing with each other. Your only competitor is "YOU". It is about being better than your own previous performance. You are your own benchmark. Don't compare yourself to others.



Dr. Mary Kuttikadan

is a developmental pediatrician based in Vikhroli and also facilitates workshops for EQ for children and caregivers



KEEP CALM AND STUDY

IT'S EXAM SEASON!

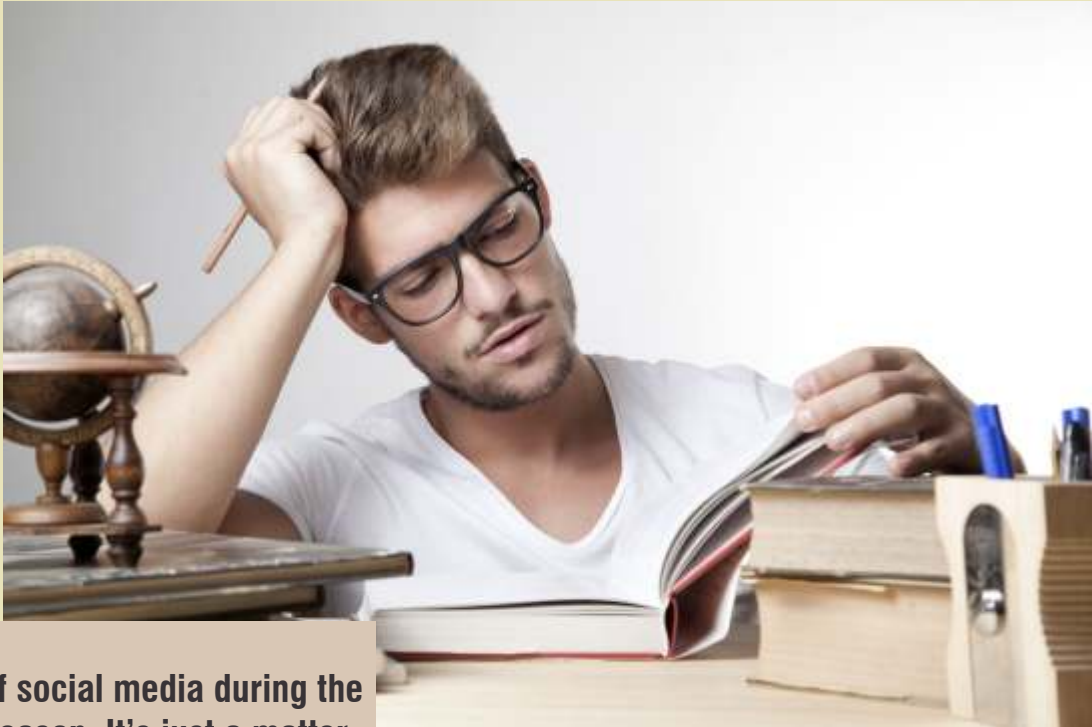
It's that time of the year, when students freak out and parents... well, parents freak out even more. If you want to know what happens during the exam season, just go near a school and you will find parents of children of all ages, milling around and talking about how they are worried about their children's studies and their apprehensions about their results. Exams are a part of our lives now, and we have to face them – there are no two ways about it. Quite often, kids end up putting off studies towards the end of the term due to many activities happening in schools and

otherwise, or just plain laziness, leading to anxiety during examinations. This ends up being stressful for parents and children. Below mentioned are a few ways to ease this stress a little bit.

- 1. Study well in advance:** I know, it's a no brainer, right? Preparing well in advance is the best way to avoid pain towards the end. Having a plan for your studies helps. Children putting in consistent efforts to study are better prepared, but they have to follow a plan. Strategizing on what

topics/subject to focus more on, helps. Additional effort can be given to those topics that are difficult for the child to grasp. Parents have to sometimes take the lead in prodding or encouraging their children towards these.

2. **Get into a disciplined timetable/rhythm:** A detailed and disciplined timetable method that includes time for revision needs to be made. This ensures that no part of the study portion is left undone, and everything is covered, including revision of all subjects and topics.
3. **Get plenty of sleep:** Many a time, kids are so stressed about exams that they do all-nighters, and end up being groggy and less focused during the actual exams. Some are so tired that they nod off during the exam or even collapse. Sleep deprivation during this season could lead to illnesses as well. The timetable should follow strict sleep timings too.
4. **No social media:** Shut off social media during this time. It's just a matter of a few weeks, and being off social media will ensure that you are able to focus on what's important – studies.
5. **Nourishment:** Have well balanced meals and stay off junk food. Drink lots of water and stay hydrated. A well-nourished body supports the mind during this stressful time. Also, home-cooked food will ensure that you do not fall sick due to bad food.
6. **Get moving:** Exercise. It increases overall blood flow, including to the brain, increasing oxygen supply, which is known to aid better learning.
7. **Create a revision plan:** Revision is a way to go through all aspects of topics. At the last moment, it may not be possible to read every lesson. A revision plan ensures that major studies are done early leaving enough time for a quick go-through at the last moment.
8. **Break down the content into bits:** Long hours of study on one topic can often lead to exhaustion and boredom. It will be wise to break the content down into manageable chunks, and take small breaks in between studies. It is a good plan to follow the 50 minutes of study and 10 minutes of break routine. You could of course, tailor it your requirements, as long as breaks are not too long.
9. **Prayer/meditate:** A good prayer/meditation session helps you focus, get much-needed energy, recharge and seek the blessings of the almighty in your study endeavors.
10. **Study groups can be effective:** Group study techniques are known to increase a child's learning provided the group is small and serious about the study. A group can help each other through questions, discovering points of interest and talking about it along the way, encouraging each other. Care should be taken that the discussion doesn't move to a non-study topic.
11. **Make short notes:** Making compressed notes about the topics can be very effective to go through on the previous day of the exam. Instead of going through the entire lesson content, short or abbreviated notes can help you go through them much faster.
12. **Solve past papers:** Solve as many past question papers as possible. Continuously practising writing will ensure two things – one's writing speed increases, and the exercise builds a certain tactical sense or muscle memory into the process, making it easier for the child during the exam.
13. **Organize/declutter:** A cluttered study area can have a negative influence on the child. It can lead to a feeling that the study or preparation is also not organized and is



Shut off social media during the exam season. It's just a matter of a few weeks, and being off social media will ensure the kids are able to focus on what's important – studies.

messy. It can bog the child down with a negative aura and thus impact their performance.

- 14. Quick revision before sleeping:** An effective learning strategy is to do a quick revision of what you have studied during the day before going to sleep. It reinforces the information learnt during the day leading to much better recollection later.
- 15. No multitasking:** Keeping it simple is an excellent mantra to have. Study one topic at a time, do not multi-task. Don't go from one subject to another randomly. As discussed

earlier, have a plan.

- 16. Make plans for after the exam:** This is the best tip of all. Make a plan to have a good time after the exam – could be going on a trip, movies with friends etc. It acts as an incentive to give your best for the exams, and also ensures that you know there will be enjoyable times later for the hard work you are putting in now.

The above list is not exhaustive, and choosing a strategy for a less stressful exam time will depend a lot on the situation specific to each student. Nevertheless, the points mentioned above could potentially help you go through it in a more healthy manner.



Joyce Isaac

Nerul Parish,
Career Coach and
Study Abroad Consultant



Br Ditto Thomas Thottathil

Papal Seminary, Pune

The perspective with which students approach examinations has changed much these days. The seriousness with which the past generation approached examinations is now an old story. From my two years' experience with students, I have observed that students do not consider exams as a serious matter as it used to be once.

May be this is due to a shift in the understanding of society about education. The focus has changed from marks to skills. We hear people saying that the score you get is not the end of the world and counsellors motivate students saying that marks do not matter but skills and talents matter. This is a shift from what the perception of education used to be 10 or 20 years ago.

Most of the students are very tensed about exams and they are so sensitive that they are not able to handle the situation as they get afraid of facing failures. To combat exams better, students should build up their mental health so that they will be able to handle any situation with required maturity. Moreover spiritual growth and healthy relations with parents and peers will help them.



Shobi Varghese

MC Road Parish, Catechism Headteacher

It has become a common norm to be tensed as exams are approaching, especially Board exams. A little tension is really good as it helps one to work harder, but too much is never good as it leads to many problems, physically and mentally. Some children get fever or go blank when they are writing the exam. The best part is we can avoid all this stress if we plan our studies systematically. Even if a child hasn't studied the whole year, he/she can still do good if some wise measures are taken during the study holidays.

- Each subject must be given due importance. You can never get an overall good percentage if the score of one subject goes down.
- Remember to sleep maximum for 8 hours. Sleep is very important to retain whatever has been studied. In the remaining 16 hours, you can study 10 -12 hours daily.
- Allot time to at least 2-3 subjects daily. Don't study only one subject. It makes you wary and concentration power will decrease.
- The spare time of 5-6 hours should not be wasted on mobile or television, but it should be spent on recollecting whatever is studied till then. This can be done while walking, cycling, bathing or helping one's parents at home. This way of recollecting will help the child never to forget anything that has been studied.
- Solve previous years' exam papers. This will help to scale down tension during exams.

These few key points will help to face exams without any tension.



Alan Johnson

Bhandup Parish, 2nd Year MBBS Student, GMC, Mumbai

My experience in preparing for NEET was a journey that I got to learn a lot from.

I had taken admission in KV IIT Powai and Aakash coaching class. I had college 5-6 days a week after which I had coaching, sparing me very little time to study my own. Therefore, I had to make sure to optimize my time to get the best out of what I studied. I found time to pursue activities (mainly sports) that I had a passion for, which according to me is crucial. Although study is the main priority, it is very important to spend time with friends and family who will give reassurance that even if you fail, you have them by your side, which keeps you from spiralling out and losing hope. I also practised meditation 4 to 5 times a week which helped me to relieve some stress and be more attentive. I practised questions almost 50% of time and practised solving numerous test papers to familiarise myself with the process.

Tips for Students:

- Familiarise yourself with the test pattern and timing by giving mock tests so that when it is exam day, you will be in control of the test.
- Be active in classes – take notes and ask questions, it helps build a good rapport with the teachers.
- Eat healthy and exercise (sports) – keeps you active and increases your concentration (avoid over-indulgence).
- Follow a proper sleep schedule getting at least 7 hours of sleep daily – important for retaining information and optimizing waking hours.
- Don't expect absolute perfection from yourself – try hard and try the best to achieve the goals you have set for yourself.

Tips for Parents:

- Create an ambience that is most conducive for studies.
- Provide healthy and nutritious food.
- Give enough freedom to children so that they can make mistakes and learn from them.



Rhea Alex

Mankhurd Parish, 2nd Year MBBS Student, LTMMC, Sion

My journey to medical college was not so smooth, but it was the most memorable path I've ever walked. I've laughed, cried, panicked, but with God's blessings and my parents' help, I could reach where I am today.

Advice to Students:

- Make a timetable and follow it diligently.
- Keep solving practice test papers (even if unprepared) within the time frame.
- Take a look at all the questions after the mock test, solve the wrongly answered ones and the ones in which you are not sure of the concept or method.
- Keep asking all your doubts to your teachers.
- Never procrastinate.

Advice to Parents:

- Don't let your anxiousness be seen to your children.
- Trust them with their plans.
- Never compare them with any other students.



Siddhant Soymon

Kharghar Parish, 1st Year BTech Student, IIT Patna

Your experience of preparing for your most critical exams:

I had nurtured a dream to secure admission in IIT since I was in IXth Std. I joined an IIT-JEE coaching class for a non-Integrated course after Xth Std. In the beginning, I was attending the coaching classes regularly and managing well alongside my Std XI CBSE curriculum, but as time passed, it was getting difficult to handle both simultaneously. So, I focused on my CBSE board exams and fared well with 94% marks; however, I didn't score well in JEE. Though my ranks in Kerala entrance and MH-CET were very good, I didn't join any engineering college. I rather decided to pursue my dream. I took a year's break and joined Brilliant Study Centre in Kerala. I worked really hard that one year. Attending the lectures and doubt solving sessions, and appearing for regular tests and online model exams were of immense help. And, finally it happened! I obtained a good score in JEE and secured admission in IIT Patna.

A few tips you would like to give to students to combat exams better:

- The best way to deal with exam stress is to prepare well, be confident, and be positive about the results.
- Make a time table, follow the time table, and take breaks during the study time.
- With regard to entrance exams, do not follow too many books or study materials but get the concepts very clear, solve many test papers, and learn from the mistakes in the mock tests.
- Find time to relax: listen to music or play any sports.

Parents can be a great support for their child by positive reinforcement, helping the child to relieve stress, boosting the child's confidence, and not comparing their child with others.



Sharon Babu

Mulund Parish, 3rd Year BCom Student

Your experience of preparing for your most critical exams:

As a child, I had developed a habit of regular studies and following a fixed schedule. Still, when exam season nears, high degree of stress leads to disruption in my exam preparation.

For others, it might be just an exam, but for me it was an opportunity to make my future much better. Prayer and meditation helped keep my mind relaxed. I appeared for mock tests which helped me analyze and see where I stood and boost my confidence and overcome my mistakes. Talking to my parents helped reduce the fear of failure. I took breaks at regular intervals and used to read my favourite novels to redirect my thoughts. I understood that a mild degree of anxiety and stress may be stimulating and motivating and can help bring out the best in me. Focusing on my strengths and positive thinking helped me face the exam season and tackle the pressure that comes with exams.

A few tips you would like to give to parents and students to combat exams better:

Exams should not be a do or die situation but a win-win situation as it helps to find out the real skills, talents and knowledge of the students. I would suggest parents and students to celebrate exams like festivals. Prepare delicacies which would lift up the child's mood as it was in my case. Students must be made aware about the importance of exams and how it is going to affect their future. Parents must spend time with their children and talk to them. Understand that every child is unique; so don't compare. It's not the marks but the knowledge the child gains that matters.



Hima Thomas

Tikujiniwadi Parish, 2nd Year BSc (Physics) Student

1. Your experience of preparing for your most critical exams:

When it comes to exams, I am little nervous to be frank because I think it is inevitable. It is obvious that people are expecting good results from us and so we are driven to think that exams are a burden. However, I knew somehow that I must be strong and confident about myself and my preparations. Initially it was hard because, to have such a mindset a lot of struggle is needed. These exams might be crucial but there are even bigger exams coming my way, for my future self. Being optimistic about stressful situations always leads to success. So, I had to change my perspective towards exams that, they are just a mere grading of my knowledge, and study to have knowledge and not to have straight A's in your marksheet.

2. A few tips you would like to give to parents to combat exams better:

It is certain that parents will have a lot of tension regarding their child's exams, because it is what is going to determine which stream their child is going to choose for their future endeavours. But, I would like to say that being tensed is not going to help increase your child's performance. What they need the most during exam times is your support as their guardians, so even if they feel exhausted or demotivated you can console them in a way that they themselves feel the urge to ace their exams better. So as the saying goes 'Take it one day at a time, never rush' everything will be fine. If we are slow at pace. After all what matters is quality not quantity. So believe in your child's ability and move ahead.



Neethu Antony

Airoli Parish, Catechism Teacher

To Students

- Do your best in studying and leave the rest to God.
- Study for every exam. Don't pile up things. Getting stressed without putting in your efforts doesn't make any sense.
- Although these marks you get are important but it is not everything. It just gives you an edge over others to get your desired course if you score well. Your life is not totally dependent on these marks.

To Parents

- Encourage students to learn and set goals for each day. Make it a habit so that you make them ready for their career, and their future.
- Set realistic, achievable targets.
- Reward them even for their short-term achievements if done well.

To Students and Parents

- God has a plan for each and every one of us. He will lead us in the right path. Trust in His Providence. So before choosing the path, pray to God to let us choose the correct one according to His plan for us.



മാർ തോമസ് ഇലവനാൽ
കല്യാൺ രൂപതയുടെ മെത്രാൻ

കടങ്ങളുടെ പൊറുതിക്കും പാപങ്ങളുടെ മോചനത്തിനും

പാപമോചനത്തിനായി

റൂഹാക്ഷണപ്രാർത്ഥനയിൽ കാർമ്മികൻ ചൊല്ലുന്നത്. 'ഇതു ഞങ്ങൾക്ക് കടങ്ങളുടെ പൊറുതിക്കും പാപങ്ങളുടെ മോചനത്തിനും' കാരണമാകട്ടെ എന്നാണ്. വി. യോഹന്നാൻ സ്റ്റീഫ പറയുന്നത്. "അവിടുത്തെ പുത്രനായ ഈശോമിശിഹായുടെ രക്തം എല്ലാ പാപങ്ങളിൽ നിന്ന് നമ്മെ ശുദ്ധീകരിക്കുന്നു" എന്നാണ് (1 യോഹ. 1:7). വി. കുർബ്ബാനയുടെ സ്ഥാപനവേളയിൽ ഈശോ പറയുന്ന വാക്കുകൾ 'പാപമോചനത്തിനായി വിഭജിക്കപ്പെടുന്ന എന്റെ ശരീരം എന്നും പാപമോചനത്തിനായി ചിന്തപ്പെടുന്ന എന്റെ രക്തം' എന്നുമാണല്ലോ (മത്താ. 26:28). നമ്മുടെ പാപങ്ങളുടെ മോചനത്തിനുവേണ്ടി ഈശോ രക്തം ചിന്തി കുരിശിൽ മരിച്ചു. നമുക്കുവേണ്ടി മുറിയപ്പെട്ട അവിടുത്തെ ശരീരവും ചിന്തപ്പെട്ട രക്തവും വി. കുർബ്ബാനയിൽ നമ്മൾ സ്വീകരിക്കുന്നു. കർത്താവിന്റെ രക്ഷാകരണത്തിന്റെ യോഗ്യതയാൽ അവിടുത്തെ പെസഹാ രഹസ്യത്തിന്റെ അനുസ്മരണമായ വി. കുർബ്ബാനയിലൂടെ നമ്മൾ പാപമോചനത്തിനർഹരായിത്തീരുന്നു.

പ. ആത്മാവും പാപമോചനവും

കർത്താവിന്റെ പീഡാനുഭവത്തിന്റേയും മരണത്തിന്റേയും യോഗ്യതയാൽ വി. കുർബ്ബാനയിലൂടെ ദൈവം നമ്മുടെ പാപങ്ങൾ മോചിക്കുന്നു എന്ന് വി. തോമസ് അകീനാസ് പഠിപ്പിക്കുന്നുണ്ട് (Sum. Theo, 111, 76, 3). നമ്മുടെ കുർബ്ബാനയിൽ പല പ്രാവശ്യം 'ഇത് ഞങ്ങൾക്ക് കടങ്ങളുടെ പൊറുതിക്കും പാപങ്ങളുടെ മോചനത്തിനും കാരണമാകട്ടെ' എന്ന് പ്രാർത്ഥിക്കുന്നുണ്ട്. ഇവിടെ, പ. ആത്മാവ് വി. കുർബ്ബാനയിൽ വന്നു വസിക്കുന്നതിന്റെ ഫലമായിട്ട് പാപമോചനം ലഭിക്കുവാൻ വേണ്ടി പ്രാർത്ഥിക്കുന്നു. പ. ആത്മാവാണ് വി. കുർബ്ബാനയിൽ പ്രവർത്തിച്ച് നമുക്ക് പാപമോചനം നേടിത്തരുന്നത്. പാപമോചനം പ. ആത്മാവിനോട് ബന്ധപ്പെട്ടാണ് നമ്മൾ കാണുന്നത്. ഉത്ഥാനത്തിനു

ശേഷം ഈശോ ശിഷ്യന്മാർക്കു (പത്ര്യക്ഷപ്പെട്ടു നോൾ അവരുടെമേൽ നിശ്ചയിച്ചു കൊണ്ടു പറഞ്ഞു. : "നിങ്ങൾ പ. ആത്മാവിനെ സ്വീകരിക്കുവിൻ, നിങ്ങൾ ആരുടെ പാപങ്ങൾ ക്ഷമിക്കുന്നുവോ അവ അവരോട് ക്ഷമിക്കപ്പെട്ടിരിക്കും" (യോഹ. 20:22-23). ഇവിടെ വി. കുർബ്ബാനയിലും പ. ആത്മാവിന്റെ വരവിനായി പ്രാർത്ഥിച്ചശേഷം വി. കുർബ്ബാനയിലൂടെയുള്ള പാപമോചനത്തിനായി പ്രാർത്ഥിക്കുന്നു എന്നത് വളരെ അർത്ഥവത്താണ്. കൂടാതെ തുടർന്ന്, 'കർത്താവേ അങ്ങേ ദാസരുടെ പാപങ്ങളും അപരാധങ്ങളും ക്ഷമിക്കണമേ' എന്ന് പ്രാർത്ഥിക്കുന്ന അനുരഞ്ജന ഭാഗവും വരുന്നുണ്ട്.

വി. കുർബ്ബാനയും പാപമോചനവും

ഏശയ്യായുടെ പുസ്തകത്തിൽ നമ്മൾ വായിക്കുന്നു : സെറാഫുകളിലൊന്ന് ബലിപീഠത്തിൽ നിന്ന് എടുത്ത തീക്കനലുമായി വന്ന് ഏശയ്യായുടെ അധരങ്ങളെ സ്പർശിച്ചു കൊണ്ടു പറഞ്ഞു. "നിന്റെ പാപം ക്ഷമിക്കപ്പെട്ടിരിക്കുന്നു" (ഏശ. 6:6-7). വി. എഫ്രേമും നർസായിയും തിയഡോറും, സ്വർഗ്ഗത്തിൽ ബലിപീഠത്തിൽ നിന്നെടുത്ത തീക്കട്ടയെ വി. കുർബ്ബാനയുടെ പ്രതീകമായാണ് വിശേഷിപ്പിക്കുന്നത്. പുരോഹിതൻ വി. കുർബ്ബാനയാകുന്ന തീക്കട്ടകൊണ്ട് മനുഷ്യപാപങ്ങൾ മായിച്ചു കളയുന്നു എന്ന് വിശ്വീകരിക്കുന്നു. ഓശാനഗീതത്തിന്റെ സമയത്ത് പുരോഹിതൻ താഴ്ന്ന സ്വരത്തിൽ ചൊല്ലുന്ന രണ്ടാമത്തെ പ്രാർത്ഥനയിൽ 'അശുദ്ധരായ ഞങ്ങളെ ശുദ്ധീകരിക്കയും ഞങ്ങളുടെ അധരങ്ങളെ പവിത്രീകരിക്കുകയും ചെയ്യണമേ' എന്ന പ്രാർത്ഥന ഈ പശ്ചാത്തലത്തിലാണ് മനസ്സിലാക്കേണ്ടത്. ഏശയ്യായുടെ പാപബോധത്തോടെയുള്ള പ്രാർത്ഥനയ്ക്കുത്തരമായിട്ട് അദ്ദേഹത്തിന്റെ പാപങ്ങൾ മോചിച്ച് വിശുദ്ധീകരിച്ചതുപോലെ സമൂഹത്തിന്റെ പ്രാർത്ഥനയ്ക്കുത്തരമായി വി. കുർബ്ബാനയിലൂടെ നമ്മുടെ പാപങ്ങൾ പൊറുത്ത് വിശുദ്ധീകരിക്കുന്നു.

അധരങ്ങളെ പവിത്രീകരിക്കണം

ശുശ്രൂഷി ചൊല്ലുന്ന അനുരഞ്ജനപ്രാർത്ഥനയ്ക്കുശേഷം കാർമ്മികൻ ചൊല്ലുന്ന പ്രാർത്ഥനയിൽ "അങ്ങയെ സ്തുതിക്കുവാൻ ഞങ്ങളുടെ

അധരങ്ങളെ പവിത്രീകരിക്കുകയും ചെയ്യണമേ” എന്ന പ്രാർത്ഥന ഏശയ്യായുടെ ദർശനത്തോട് ഏറെ ബന്ധപ്പെട്ട പ്രാർത്ഥനയാണ്. കൂടാതെ, വി. കുർബ്ബാന സ്വീകരണത്തിനു മുമ്പ് പുരോഹിതൻ വി. കുർബ്ബാന കൈകളിലെടുത്തു കൊണ്ട് താഴ്ന്ന സ്വരത്തിൽ : ‘കർത്താവേ നിന്റെ ശരീരം

കടങ്ങളുടെ പൊറുതിക്കും പാപങ്ങളുടെ മോചനത്തിനും കാരണമാകട്ടെ’ എന്ന് ചൊല്ലുന്നു. നമ്മുടെ കുർബ്ബാനയിൽ പല പ്രാവശ്യം ഇങ്ങനെ പ്രാർത്ഥിക്കുന്നുണ്ട്. പ. ആത്മാവിന്റെ പ്രവർത്തനത്താൽ വി. കുർബ്ബാനയിലൂടെ നമുക്ക് പാപമോചനം ലഭിക്കുന്നു.

Remission of Debts and Forgiveness of Sins

For the Forgiveness of Sins

In the Epiclesis we pray “May this Qurbana grant us remission of our debts and forgiveness of our sins: St. John reminds us “The blood of Jesus, His Son, purifies us from all sin” (1 Jn. 1:7). At the time of institution of the Eucharist Jesus said “this is my blood which is poured out for many for the forgiveness of sins” (Mt. 26:28). For the forgiveness of our sins Jesus shed His Blood and died on the cross. We receive in the Eucharist Jesus body broken and blood shed for us. Because of the merits of the redemptive death of Christ through the Eucharist which in the commemoration of the Paschal Mystery we are made worthy to receive the remission of our sins.

The Holy Spirit and the remission of sins

St. Thomas Aquinas teaches us that because of the merits of the passion and death of Christ, through Eucharist, God gives us forgiveness of our sins (Sum. Theol. III, 76, 3). In our Qurbana this prayer, “may it be for the remission of our debts and forgiveness of our sins” is repeated several times. Here in the Epiclesis ‘we pray for the remission of our sins’ as an effect of the coming and the indwelling of the Holy Spirit.

It is the Holy Spirit who gives us fruits of communion including the remission of sins. We see the remission of sins as related to the holy Spirit. When Jesus appeared to the apostles after resurrection “He breathed on them and said: Receive the Holy Spirit. For those whose sins you forgive they are forgiven” (Jn. 20:22-23). Here in our Qurbana too it is significant that it is after the prayer for the coming of the Holy Spirit that we pray for the forgiveness of sins. this prayer followed also by the rite of reconciliation where the community will pray “Lord forgive the sins and offence of your servants”.

The Eucharist and the Remission of sins

In the book of Isaiah we read “one of the Seraphs, holding in his hand a live coal which he had taken from the altar ... and said: see now your sins is taken away” (6:6-7). St. Ephrem, Narsai and Theodore consider this burning coal taken from the altar as the figure of the Eucharist. They say that here the priest blots away the sins of the people through the Eucharist.

In the second Kusappa prayer of the priest recited at the time of the signing of the hymn ‘holy, holy, holy’ we see this prayer: “clean us who are unclean and sanctify our lips”. This is to be understood in relation to the experience of Isaiah. As a response to the prayer of Isaiah expressing his awareness of sinfulness, his sins were blotted out through the burning coal. So too the sins of the worshipping community is forgiven through the Eucharist.

Sanctify our Lips

In the prayer of the priest after the rite of reconciliation and before the prayer Our Father we see this prayer “forgive the sins and offences of your servants and sanctify our lips to praise you”. This also has reference to the experience of Isaiah whose lips were sanctified by the burning coal. This experience should in turn be the experience of each one in the community. So too the priest before the communion takes the sacred host in his hands and prays “O Lord, let your body bring me not condemnation but rather remission of debts and forgiveness of sins”. In our Qurbana there are several prayers imploring remission of our debts and forgiveness of sins through the Eucharist. It is through the working of the Holy Spirit that we receive forgiveness of sins in the Eucharist.

Pope sets special day to honor, study, share the Bible



Pope Francis has set a special day to the celebration, study and dissemination of the word of God."

The newly established "Sunday of the Word of God" is an invitation to Catholics across the world to deepen their appreciation, love and faithful witness to God and his word, Pope Francis said.

By papal decree, the third Sunday in Ordinary Time is to be observed as a special day devoted to the Bible study.

A day dedicated to the Bible will help the church "experience anew how the risen Lord opens up for us the treasury of his word and enables us to proclaim its unfathomable riches before the world," the pope said in the document establishing the special Sunday observance.

Pope appoints first woman to senior Vatican role

Pope Francis has appointed Dr Francesca Di Giovanni as under-secretary for the Section for Relations with States. She will be responsible for the multilateral sector.

Born in Palermo in 1953, Dr Di Giovanni is currently an official of the Secretariat of State, where she has worked for 27 years.

With the appointment of Dr Di Giovanni, the Section for Relations with States has two under-secretaries: Di Giovanni will work alongside Msgr Miroslaw Wachowski, who will continue to work primarily in the area of bilateral diplomacy.

This appointment marks the first time a woman has had a managerial position in the Secretariat of State.



Christians persecuted in Nigeria amid deafening silence



"Every day," says Father Joseph Bature Fidelis, of the Diocese of Maiduguri, "Our brothers and sisters are slaughtered in the streets." In a dramatic appeal to the papal charity, "Aid to the Church in Need", Father Fidelis says the situation in northern Nigeria continues to deteriorate for religious and for the faithful who are under attack by fundamentalist Islamic militants.

His latest appeal follows the abduction of four young seminarians in the city of Kaduna, in north western Nigeria. It is the latest in a long line of attacks and murders of Christian believers there. An estimated 1000 Nigerian Christians were murdered in 2019 alone for their faith. Some 6000 of them have been killed since 2015.

Philippine Church appeals for solidarity for volcano evacuees

One of the most active volcanoes of the Philippines, Taal Volcano, in the middle of a lake about 70 km south of the capital, Manila, has been spewing smoke and ash since the second week of January. The government has ordered about half million people to evacuate from within a 14-km radius of the volcano.

Catholic churches in the Philippines have joined their fellow citizens in providing much-needed disaster relief to people hit by the eruption of the Taal Volcano.

The Catholic Bishops' Conference of the Philippines (CBCP) called on dioceses to acts of charity and solidarity in the midst of "this difficult situation".



Catholic population of S. Korea grows by 50% in 20 years

The Catholic Church in South Korea has steadily grown over the past two decades according to a study by the Catholic Pastoral Institute of Korea (CPIK) of the Catholic Bishops' Conference of Korea (CBCCK). The number of Catholics has increased by 48.6 per cent, from 3.9 million in 1999 to 5.8 million in 2018 and today they make up 11.1% of South Korea's some 51 million population. The Catholic Pastoral Institute of Korea is urging the Church in the country to reflect on its missionary thrust and reconsider the direction of "domestic evangelization". The number of priests increased 52.2 per cent from 2,972 to 4,456 over the same period.



Pope to WEF: human person the centre of integral development



As the annual meeting of the World Economic Forum got under way in Davos, Switzerland, Pope Francis urged the world's public and private sector leaders of their responsibility for the integral development of all by placing the human person at the very centre of public policy.

The message of Pope Francis was read at the annual meeting of the World Economic Forum by Cardinal Peter Turkson, Prefect of the Vatican Dicastery for Promoting Integral Human Development.

The January 21 to 24 meeting on the theme, "Stakeholders for a Cohesive and Sustainable World", marked the WEF's 50th anniversary.

ESSAY WRITING CONTEST

The Diocese of Kalyan is celebrating “Year of Communication and Social Media” (YCSM) from June, 2020 to June 2021. In line with this theme, the organising committee invites you to participate in an Essay Writing Contest on the following topic. Entries can be sent in English and/or Malayalam.

Social Media” (YCSM) from June, 2020 to June 2021. In line with this theme, the organising committee invites you to participate in an Essay Writing Contest on the following topic. Entries can be sent in English and/or Malayalam.

Language Theme

English : Right Usage of Media : The Catholic Perspective

Malayalam : മനുഷ്യബന്ധങ്ങളിൽ മാധ്യമങ്ങളുടെ പങ്ക്

The essays (In Pdf / word / Jpg format) should not exceed more than 250 words and should be emailed to kalyanmediacell@gmail.com on or before **15th March, 2020**.

Any member of the Eparchy of Kalyan is eligible to participate in this Competition.

Essays shall be judged on the basis of substance, content, originality and adherence to the theme. The panel judgement shall be final.

Prizes worth Rs.10,000/- along with consolation prizes shall be awarded to the winners on Inaugural day of Year of Communication and Social Media” (21st June 2020) by His Excellency Mar Thomas Elavanal. So wear your thinking caps, and hurry up!

Kalyan Mathrusangam

Kalyan Mathrusangam has been selected as the Best Diocese amongst 26 Dioceses of Syro Malabar in and outside Kerala and bagged the second position in the best unit contest held by the Syro Malabar Mathruvedi, International. This position was announced during the Annual General Body meeting held at Alphonsian Pastoral Centre, Palai on 23rd and 24th Jan 2020

KMS executives along with the Director Fr Benny received the Shield from His Excellency Mar Jacob Murickan, the Auxiliary Bishop of Palai Diocese. Over 120 members from 21 Diocese had attended the function and witnessed the ceremony.

KMS team came back with the shield and a token of appreciation from Diocese of Palai and with lots of fond memories





Question:

Can Catholics believe in Evolution?



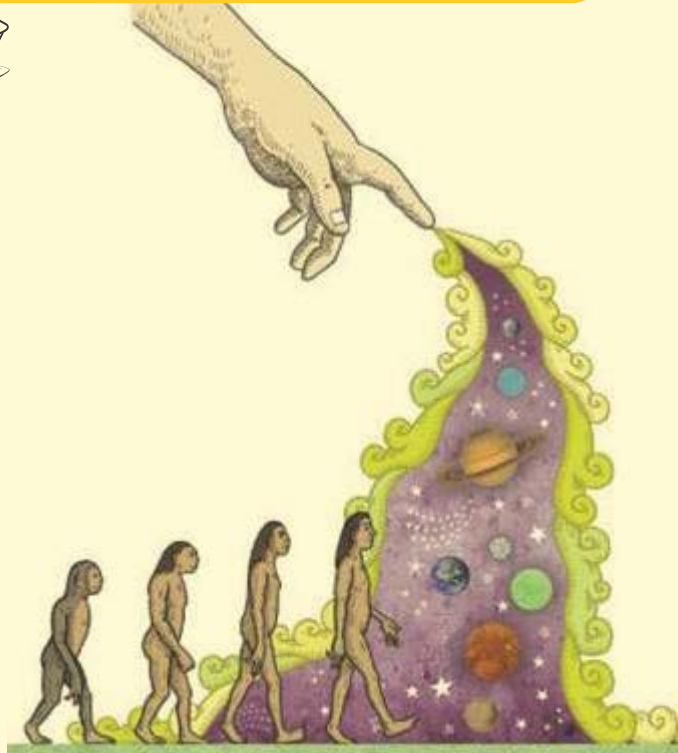
Answer:

We must carefully distinguish between the different meanings of the words theory of evolution (TOE) in order to give a clear and correct answer to this question.

As a scientific hypothesis: TOE, as a scientific hypothesis, does not consider the present species of plants and of animals as forms directly created by God, but as the 'descendants' of species existing in former geological periods. Hence it can also be called "the theory of descent". This has no conflict with the Christian conception of the universe; for Scripture does not tell us in what form the present species of plants and of animals were originally created by God.

As a philosophical conception: TOE as a philosophical conception considers the entire history of the cosmos as an harmonious development, brought about by natural laws. Here too there is no conflict with the faith, for God could have produced the universe by a single creative act of His will (eg. Big Bang) and then left its natural development to be dictated by laws implanted in it by him. The very first words of book of Genesis: "In the beginning God created heaven and earth" highlight the fact that God is the prime mover, or "first cause" of everything.

Atheistic evolution: TOE as described above, acknowledges a law giver, but there is another school of thought which denies the existence of a Creator and bases itself on random chance. Yet, we see the entire universe to be operating under some distinct laws. Doesn't that itself point to a law giver? Thus the "chance based theory" falls even before it can stand. Moreover, it cannot explain how life first originated because the spontaneous/independent generation of a living being from non-living matter is nowhere observable in nature.



The atheistic TOE also rejects the existence of spiritual soul. The Church on the other hand teaches that the body might come from pre-existing matter but the soul is immediately infused by God at the moment of conception. Soul doesn't 'evolve'.

Darwinism: Finally, we come to Darwinism, a TOE according to which the breeding of new species comes about by the process of 'natural selection' or 'survival of the fittest' in the struggle for existence. It tends towards atheism, since it denies God any role whatsoever in the way that genetic mutations happen.

Redacted from The Catholic Encyclopedia (New Advent)

Activity: Nehemiah

Fill in the blanks, choosing words from the word list and then fit the words from the list into the **Stack-a-word puzzle** on the next page. Read the chapters 1 and 2 from the Book of Nehemiah for reference.



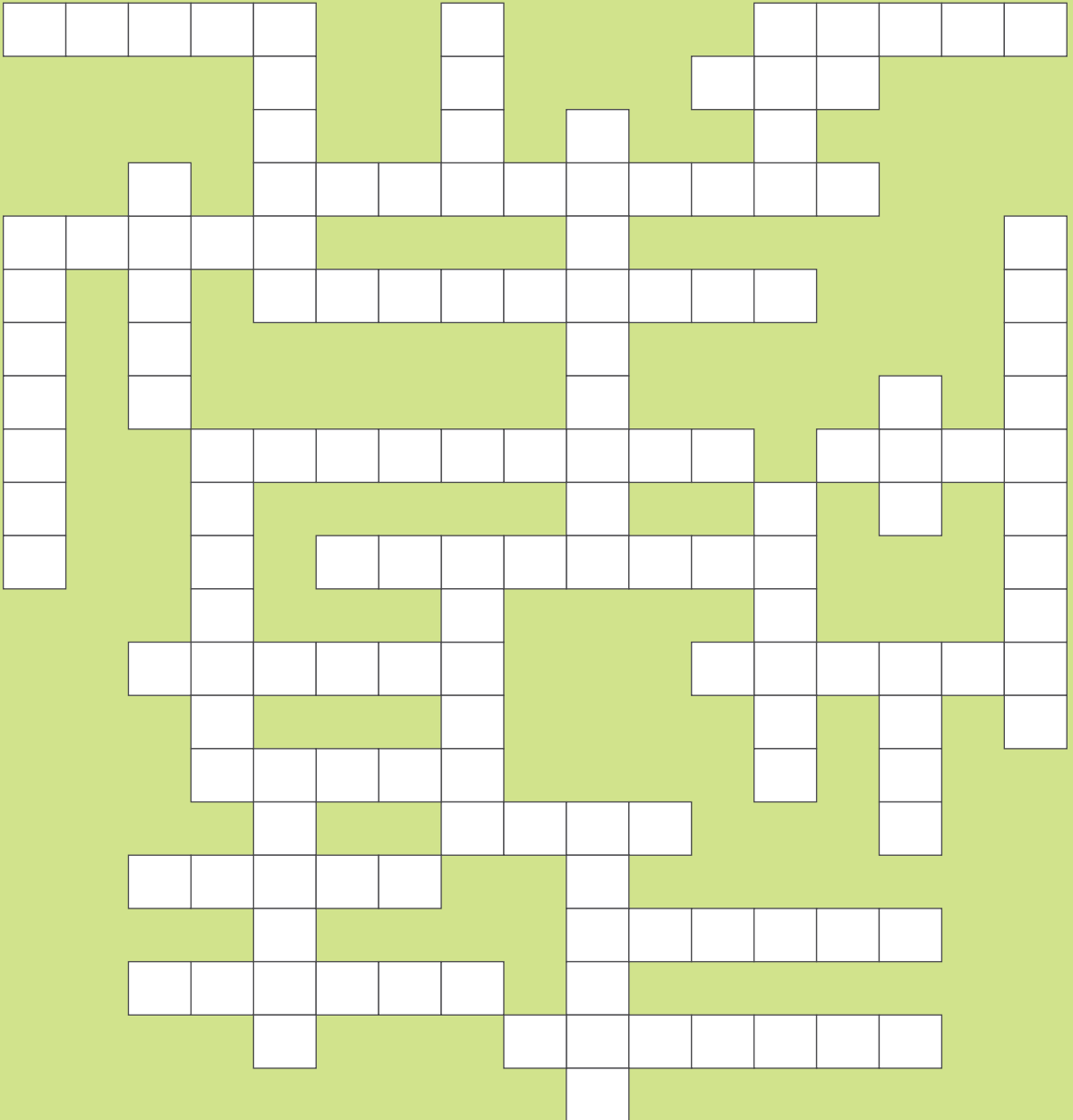
Nehemiah lived in the palace at Susa. He was a cupbearer for King _____ and wanted to go back to _____ to rebuild the city's broken _____. The city _____ were ruined, too. They had been burnt. The king gave _____ permission to return to his country.

_____, who lived near Jerusalem didn't want those walls to be rebuilt. He joined with other _____ and _____ and tried to stop the work. In front of the army of _____, he made fun of the workers who toiled hard. One of the men said, "If a _____ - go up, he shall break down their stone wall." But Nehemiah and his men just went on working on the walls and _____. They worked with one hand while they held a _____ or a _____ in the other. Some men held _____. One man stood guard, next to Nehemiah. He had a _____ and was to _____ and blow it if there was danger. All of the men were obeying Nehemiah's command to _____ -and build. They knew God was with them.

Finally the wall was finished. Nehemiah counted all the people who lived in Jerusalem. There were 42,360, not counting the servants. He counted the animals too. There were 736 _____ besides mules and camels. Nehemiah offered a _____ of thanksgiving. Then, the scribe, brought out the Book of the Law and read the _____ -to the people. They wanted to celebrate the feast of _____. The people went out to the hills to get olive and _____, _____ and palm branches. They promised to serve God and to bring offerings of _____, _____, _____ and fruit. The Levites were to bring the _____ for the offerings to the _____ --- or _____. The priests were to get some of the offerings, but a part was also for those who would _____ in the Temple.

Word List

Oil	Sing	Walls	Prayer	Horses	Nehemiah
Fox	Wine	Tower	Shield	Myrtle	Jerusalem
Corn	Arise	Gates	Nobles	Vessels	Sanballat
Ezra	Watch	Spears	Rulers	Trumpet	Artaxerxes
Pine	Sword	Booths	Temple	Samaria	Ordinances



Send the answers to the three activities to lanternkidsroom@gmail.com
Please mention your name and parish name in the body of the email.

Kids' corner, compiled by
Elizabeth Dimal

Lucky Winners of previous issue's Activity: Word Search

1. **Daniel Bijudas Porathur**, St. Mary's church, Malad East
2. **Immanuel Anthony**, St. Thomas Cathedral, Kalyan West.
3. **Jeslyn Josy**, St. George Church, Nalasopara
4. **Riya Sibil**, Amala Matha Church, Mulund
5. **Elton Noble**, Little flower Forane Church, Nerul

50th Wedding Anniversary

08th Feb. 2020

"Mom and Dad, we say a golden thank you to both of you as we celebrate your golden wedding anniversary. May God grant you good health to enjoy the fruits of your labor!
Happy golden anniversary!"

Sons: Joemon, Joji & Jiju

Daughter-in-law:

Sunita, Shiny & Silja

Grand Children:

Abhishek, Rohan, Keren,
Elishma, Mirielle, Jerome & Ivan

Mr. K.J. Joseph & Mrs. Mariamma Joseph

St. Francis of Assisi Nagar

50th Wedding Anniversary

2nd February 2020

Mary & Francis Parekkadan

50 years of marriage

It shows the love and commitment. May every memory that you share of dreams you have seen come true, help make the special golden day a happy one for you. Happy **Golden Anniversary** to our loving parents

With love and prayers

Son: Biju & Joju

Daughter: Siji (Late)

Daughter-in-law: Laly & Sherin

Son-in-law: James

Grand Daughter: Christine

Immaculate Conception Church,
Dombivli



MANGALA CARGO CORPN.

HOUSEHOLD PACKERS & MOVERS

മംഗള കാർഗോ കോർപ്പറേഷൻ

നിങ്ങളുടെ വീട്ടുസാധനങ്ങളും കച്ചവട സാമഗ്രികളും പായ്ക്ക് ചെയ്ത് പുർണ്ണ ഉത്തരവാദിത്വത്തോടും ഇൻഷുറൻസോടും കൂടി ഇന്ത്യയിൽ എവിടെയും എത്തിക്കുന്നതിനും തിരികെ കൊണ്ടുവരുന്നതിനും ഞങ്ങളെ സമീപിക്കുക.

Own Vehicle



Contact:

C. L. DAVID VALAPPILA
9323196882 / 9821222065

Dombivli
8879229738

Thane
9167534571

Branch Office:

Kannur, Calicut, Trichur, Ernakulam,
Kottayam, Kollam and Trivandrum

Shop No. 1,
Trishul Terraces,
Plot No. 36, 37,
Sector 20, Koparkhairane,
Navi Mumbai - 400 709
Tel.: 022 - 2754 6884



SALES, SERVICES & AMC
PROJECTORS
www.ProjectionWorld.in

Solutions For Commercial

Venus Joy : 9022162449



Conference Room Audio Video Setup



Training Rooms



Banquet halls Audio Video setup



Digital Signage For Outdoor Advertising



Rock Garden Speaker



Outdoor Audio

Vile Parle :
85-6, Kamdar Shopping Center,
Backside Basement,
Opp. Rly. Station,
Vile Parle (E), Mumbai: 400057.

Mulund :
2, Shanti Building,
St. Plus CHS,
Nahur Road, Mulund (W),
Mumbai: 400080.

Kalyan :
Shop no.5, Shree Ram,
Samarth Sankul CHS,
Opp. St.Thomas High School,
Vijay Nagar, Kalyan (E), 421306.

Sales & Service : 9022 1624 49

Demo Appointment : 6262 9898 82

Customer Care : 7798 8224 49



3rd Death Anniversary
24/02/2020

*A light from our house is gone,
a place is vacant in our home,
A voice we loved is stilled,
which never can be filled.*

Fondly remembered by
Husband: Joshi Puthoore
Children: Maria, Savio,
Pappa, Mummy, Siblings
& other Family Members

Deepa Joshi Puthoore

Bhandup / Powai



10th Death Anniversary
12th Feb. 2020

*Separation is a wound
that no one can heal
Remembrance is a gift
that no one can steal
No longer in our lives to share
But in our hearts
You are always there.*

*Fondly remembered
& Deeply missed by:*
Mum, Dad & Sisters

St. Paul's Church, Kurla (East)

Miss. Kunjavu Beryl Sebastian (TCS)



Fair / 27 / 162 / 50 / right hand amputated above elbow in an accident / M.Com Passed in 1st class / Presently Working in CMA CGM Shared Service Centre (I) Pvt. Ltd. Mumbai. / Parents from Kottayam / 9892418854 / 7738539664 / kjosejoseph1957@gmail.com / GOC201851835



Fair / 23 / 160 / 57 / B.Tech. Electronics and Communication Engineering / Presently working with MNC / Parents from TCR / 9943108714 / 9489576749 / wilsonfrancisp@yahoo.com / GOC201957368

Wheatish (Syro Malankara), 28 / 147 / 65 / Master in Human Resources / Presently working as HR Administartor / Parents from Pathanamthitta / 9967906819 / 8689926101 / snehaskaria91@gmail.com / GOC202058074



Medium Fair 30 / 5.6 / 50 / MBA in HR / Presently working with Reliance, Mumbai / Parents from Thrissur / 9892312790 / 9769001531 / ashfa91@hotmail.com / GOC202058348



Fair, 26 / 175 / 70 / M.Com / Business Executive MNC Mumbai / Parents from Thalassery / 9869989866 / cjthomas53@gmail.com / GOC201853259



Fair, 33 / 170 / 63 / Pursuing Post B.Sc. / Presently Working as Staff Nurse with Hinduja Hospital / Parents from Kasargod / 9689649386 / 9605983376 / mathew.robin007@gmail.com / GOC201957446

Wheatish 31 / 173 / 70 / Bachelors in Economics / Presently working as Manager in UBS / Parents from Ernakulam / Thrissur / 9769661336 / agnelkariyattil@gmail.com / GOC201957325



SM Boy / Medium / 29 / 172 / 79 / Engg. Diploma in Industrial Electronics / Working with Govt. PSU / Settled in Mumbai / Parents from Thrissur / 9869235430 / 9757261549 / bcfrancisbm@gmail.com / GOC201956658



BISHOP'S D I A R Y

FEBRUARY - 2020

- 1st Qurbana - Ulhas Nagar
- 2nd Communion & Confirmation - Goregaon (W)
Parish day - Mahakali
- 3rd Minor Seminary Class - Panvel
- 4th Monthly Recollection - ARC
- 5th Junior Priests Meeting - Panvel
- 6th Communion & Confirmation - Kalewadi
- 7th CHAW Meeting - Andheri
MPC Class - ARC
- 8th Communion & Confirmation - Dombivli
Qurbana - Wagle Estate

- 9th Communion & Confirmation - Kalamboli
Communion & Confirmation - Airoli
- 10th Minor Seminary Class - Panvel
- 11th-12th Priests Meeting - ARC
- 13th-20th CBCI Meeting - Bangalore
- 21st Curia Meeting
- 22nd Qurbana - Pen
- 23rd Communion & Confirmation - Mankhurd
- 24th Minor Seminary Class - Panvel
Ash Monday
- 26th Curia Meeting

Congratulations
TO NEWLY ORDAINED PRIEST OF DIOCESE OF KALYAN
REV. FR. MAXIN POZHOLIPARAMBIL



15th Death Anniversary Of Our Beloved



**KUTTIKADAN OUSEPH
GEORGE**

Born : 28-01-1950 Died : 11-02-2005

St. Bartholomew Church,
Kalyan East

*Those we love don't go away,
They walk beside us everyday,
Unseen, Unheard, but always near,
Still loved, Still missed and very dear..*

Fondly Remembered by..

Wife : Rosily George
Daughter : Lija Ajeet
Son : Genu George
Son-in-Law : Ajeet Cherian
Daughter-in-Law : Axilia Genu
Grandchildren : Aaron,
Adriel & Allen
Friends & Relatives



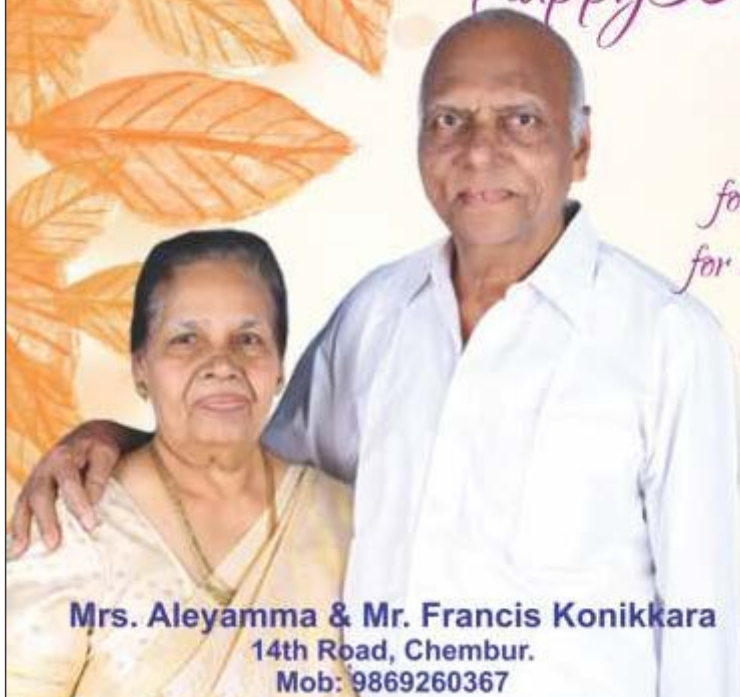
Happy 50th Anniversary

10th Feb, 2020

MOM & DAD

*for all that you've been to us,
for all that you have done for us,
for all that you are.....*

We love you



Mrs. Aleyamma & Mr. Francis Konikkara
14th Road, Chembur.
Mob: 9869260367

Anthony, Jessy George, Sheena,
Kevin Nathan, Elisha

Philip, Mary,
Steve, Sera

RUNNING FOR A CAUSE... TATA MUMBAI MARATHON 2020



Karunya Trust participated in the 17th Edition of TMM 2020 with the support of 150 Runners and 350 Donors. Master Vishal Kadali from Kuderan (Tribal Village) achieved 13th position in 10K Run at TMM. Karunya Trust won the 1st Edition of Charity Corridor Contest winning Rs.5000 as Cash prize.

www.southindianbank.com |  /thesouthindianbank



LOCK YOUR ACCOUNT BE SAFE

DIGITAL -LOCK



SIB Mirror+

Lock or unlock your account from
anywhere, at the touch of a finger.
Protect all your digital transactions.

Download from



Toll Free (India): 1800-843-1800, 1800-425-1809 (BSNL),
Email: sibcorporate@sib.co.in, CIN : L65191KL1929PLC001017