

Mangalore

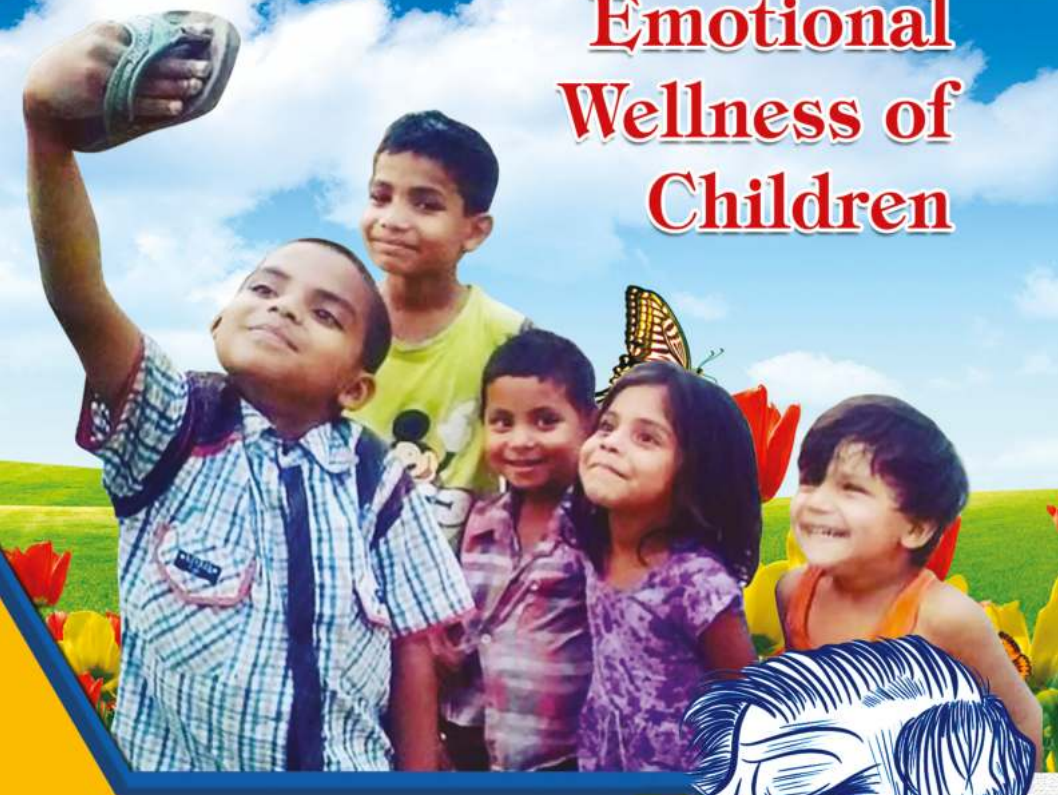
CATHOLIC ASSOCIATION OF SOUTH KANARA

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₹50

Emotional Wellness of Children



**Tolerance
& Servitude...**



HOLY TRINITY DMI CENTRE

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CATHOLIC ASSOCIATION OF SOUTH KANARA

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Mangalore Monthly - since 1927

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Editorial Commentary



The perennial question for any institution or association is: How do we continue to improve? What do we need to enhance our performance, quality, and engagement with society at large? Our goal is to ensure that **Mangalore**, with its rich publishing history of nearly a century, retains its charm while supporting the mission of making a meaningful difference in society. I believe that a person's browsing history reflects their inner persona, showcasing who we are. When we look at **CASK**, we see history as a way to connect with another soul in need.

The editorial team has embraced the concept of continuity with change. With this edition, we aim to provide content that resonates with our readers, ensuring there's something for everyone. We are excited to introduce the '**Theme of the Month**' column, featuring a blend of soul-searching faith and discussions on the emotional wellness of our children.

Among our highlights, we feature an internationally recognized book on Production and Management, authored in India and released in Japan - a country renowned for its management expertise.

The '**World of Health**' column offers practical tips for healthy living, providing valuable insights that readers can easily apply to their lives.

The '**Kiddies Corner**' aims to inspire our children to express their creativity, whether through articles, poems, drawings, or artworks, fostering a sense of community among young talents.

In our '**Achievers**' segment, we celebrate individuals who have accomplished remarkable feats, instilling pride in all of us. In November, we can only think of sweets - sweets that represent not just treats but also cherished memories and inspirations.

In today's fast-paced world, we must demonstrate adaptability and a commitment to continuous learning. To remain effective, we need to stay relevant without losing sight of our past. The editorial team is enthusiastic about our evolving role, striving to make our processes efficient, manageable, and engaging. We are optimistic about what lies ahead and believe this will guide us towards a memorable future. Let there be light.

Prof. Dr. Paul G. Aquinas, Ph.D., D.Litt.

President's Communiqué

Dear Friends,

The month of November is packed with vibrant festivals and feasts that reflect a rich tapestry of diverse cultural traditions and cultural significance, around the world. The vibrancy of these celebrations reminds us of the importance of community, culture and of course, good food. Each one brings its own flavour to the month, and they're well worth embracing!



November 2nd is **All Souls Day**. We take a moment to remember those who have touched our lives and left us. It is a time for reflection, gratitude, and connecting with our shared humanity. Let us cherish the memories of our loved ones and carry forward their legacies of positive values in our lives and actions. May their souls rest in eternal bliss, Amen.

On this occasion, we pay tribute to late **Ratan Tata**, whose visionary leadership and unwavering commitment to social welfare have left an indelible mark on our society. His remarkable legacy inspires us to strive for excellence, whether it be in Business/ Industry or Philanthropy, so that it is not just the Profits, but also People and our Planet that should matter equally in our endeavours. So, some one rightly said, "*tough to say TATA to such a RATAN*"!

November 14th, we observe **Children's Day** - a pertinent reminder of our duty to nurture the talent and the precious potential that our youth hold, to create a better future. Let us strive to create an environment that protects and empowers them to dream big, live a purposeful & meaningful life, and achieve greatness. **We at CASK are committed to support education that equips our youth with knowledge of life as well as knowledge for a living and bring it within the reach of those who face economic constraints.** CASK has a great legacy in this regard. and it will continue.

Deepavali: The 'Festival of Lights' is one of the most significant National festivals - a celebration of light overcoming darkness. The festivities can be truly magical, spreading sparkle, sweetness and hope for a better tomorrow for all.

Thanksgiving (fourth Thursday in November, USA): This holiday

is all about gratitude, but let's be real - it's also a feast that emphasizes the importance of gathering with family and friends, the massive spread of turkey, stuffing, and pumpkin pie being the add ons. Together, let us honour our past, celebrate our present, and build a brighter future for all.

I chaired the Second Governing Council (GC) Meeting on 22nd October 2024, and had the honor to welcome on board, the following GC members:

1. Mr Ullas Rasquinha
2. Mr Allen Pereira
3. Mr Charles Lobo
4. Prof. Gerard Dsouza
5. Dr Eric Lobo
6. Prof. Paul Aquinas
7. Mr Joe Coelho
8. Ms Greta Pinto
9. Mr Alwyn DSouza

10. Mr Ronald Mendonca, the Treasurer who was on LOA during the first GC Meeting.

With the participation and co-operation of all GC members, I am confident that CASK will move forward with activities that will be both meaningful and fruitful for its members and the larger community. Together, let us honour our past, celebrate our present, and build a brighter future for all.

Warm regards,

Ronald I Gomes
President

**Nominated Member of CASK
by the Patron**



Mr. Ullhas Rasquinha

DISCLAIMER

Content in 'Mangalore' Magazine reflects the views of the authors, not necessarily those of the Editorial team. All material is for informational purposes; readers should verify facts and consult professionals before making decisions.

-Editor

United in Faith: Reflecting on the Saints and Souls in the Catholic Tradition

All Saints' Day, celebrated on November first, is a solemn feast in the Catholic Church honouring all saints, known and unknown, who have attained eternal life in heaven. It is a day to celebrate their holy lives and their intercession for us. All Souls' Day on November second is dedicated to



Fr Joswin Praveen DSouza

praying for the souls in Purgatory, those who have died but have not yet reached heaven. The Church encourages prayers, almsgiving, and Masses to aid their purification and journey toward eternal life. Both days highlight the Catholic understanding of the Communion of Saints, connecting the faithful on earth, the souls in Purgatory, and the saints in heaven. These three churches are connected to each other viz; the glorified church in heaven, the suffering church in purgatory and the pilgrim church on earth. Let us reflect on these two spiritual celebrations in the Catholic Church.

Saints are not Parallel Universe

Who are saints? Generally, we have an assumption that saints are the people who are endowed with extraordinary qualities. Hence, they are able to perform miracles and wonders. But the fact is that they are also ordinary people like us. They are also men and women with flesh and blood. But they are ordinary people who exercised extra-ordinary efforts to attain holiness and tried to live a life that is pleasing to God. As Pope Francis puts it; "Saints, do not come from a 'parallel universe,' but are believers who belong to God's faithful people and are firmly grounded in a daily existence made up of family ties, study and work, social, economic and political life. In all these settings, the saints strive constantly, without fear or hesitation, to carry out God's will."

Therefore, saints are ordinary people like us. But while their feet were grounded on earth, their sight was always on heaven. An Anglican pastor says, "The true call of a Christian is not to do extraordinary things, but to do ordinary things in an extraordinary way."

The people who lived a life of holiness and shared that holiness with others are saints. They tried to live holy lives in their thought,

word and action. They gave primary place to God and to do his will. While beatifying young Blessed Carlos Acutis, pope Francis said, “Blessed Carlo Acutis is a model of holiness for young people and that true happiness comes from putting God first and serving others. Acutis knew how to use new communication technologies to spread the Gospel and communicate values and beauty.” As someone who was always striving to grow closer to the Lord, Carlos said, “The only thing we have to ask God for, in prayer, is the desire to be holy.” A young man who wore jeans and T’s and worked on the computers, yet could become a blessed, his life teaches us that saintliness lies in pleasing God in very ordinary things.

Why need saints?

Saints are the heroes of our faith. Every field has its own legends and heroes. Be it sports, arts, academics, cinema, there are great men and women to emulate. Likewise, in our faith life we need heroes to imitate. Their faith witness inspires us to lead a life of holiness. Secondly, saints are our model teachers. They inspire us to decorate our life with virtues. As St Francis Assisi said: “Preach the Gospel at all times. Use words if necessary.” The lives of saints inspire us to wear a garland of divine qualities. Thirdly, since they are in heaven, they have the privilege to see God face to face. Hence, they intercede for us in our needs. As we tell a priest or a man of God, to pray for us in our needs, similarly we also request to saints who are in heaven to intercede for us to heavenly Father. Finally, the lives of saints encourage and motivate us to be filled with faith and hope in our life’s journey which is full of struggles and challenges. When we look at their sufferings and the way they surrendered themselves to God amidst sufferings and challenges, it is a source of great courage and motivation to journey forward in our life.



Why we celebrate All Souls Day

All Souls’ Day is a day dedicated to the remembrance of all the faithful departed, particularly those who have not yet attained the Beatific Vision due to the need for purification from venial sins or the atonement of past transgressions. The Church teaches that the living

can assist these souls through prayers, almsgiving, and especially the celebration of the Mass. The biblical foundation for the commemoration of the dead and the practice of praying for them can be found in several passages of Scripture. One significant reference is found in the Second Book of Maccabees, where Judas Maccabeus makes atonement for the dead, indicating a belief in the efficacy of prayers for those who have died. The text states, “Therefore he made atonement for the dead, that they might be delivered from their sin” (2 Maccabees 12:46). The theological foundation for All Souls’ Day is rooted in the doctrine of Purgatory, where souls undergo purification before entering Heaven. The faithful on earth can help these souls by offering prayers and sacrifices, particularly through the Mass, which is seen as a powerful means of intercession.

The observance of this day has historical roots, with practices of commemorating the deceased dating back to early Christianity. The formal establishment of All Souls’ Day is attributed to St. Odilo of Cluny in the 11th century, and it gradually spread throughout the Church. The celebration of the Mass for the dead is not limited to All Souls’ Day but is encouraged on various occasions, including the seventh, thirtieth days after death, as well as anniversaries.

Overall, All Souls’ Day serves as a reminder of the communion of saints and the ongoing relationship between the living and the deceased, emphasizing the importance of prayer and remembrance in the Christian faith.

Conclusion

All Saints’ Day and All Souls’ Day both remind us of our profound connection with the Church across time and space - those in Heaven, in Purgatory, and on Earth. The saints inspire us to live holy lives, rooted in faith, and to strive for holiness in our everyday actions, as they did. All Souls’ Day calls us to remember and pray for the departed, aiding them through our prayers, almsgiving and the holy Eucharist. These celebrations emphasize the unity of the Communion of Saints, showing us that we are all on a journey toward eternal life. Through their example and intercession, we are encouraged to persevere in faith, hope, and love.

(Author is a Professor at St Joseph’s Seminary, Mangaluru)

Emotional wellness of Our Children

The birth anniversary of Pandit Jawaharlal Nehru, India's inaugural Prime Minister is observed as 'Children's Day' in our country. Nehru, a fervent supporter of children and their potential in shaping the nation's future very aptly declared his birthday as 'Bal Divas'. This day serves as an occasion to promote children's rights and overall well being.



Dr. Judy Pinto

The overall well being of children include Physical, Mental, Emotional, Social and Spiritual areas. When I think of children, I am recalled the words of great poet who spoke to a women who held her babe against her bosom "your children are not, your children, they are the sons and daughters of Life's longing for itself. They come through you but not from you. And though they are sons, daughters of Life's longing for itself. And though they are with you yet they belong not to you" (The Prophet). This explains the role of a parent in upbringing of their children and it also brings our mind along with Physical, Social, Spiritual wellness mental and wellness is very important.



As a counselor recently I met young children of grades 5, 8, 9, 10, 11 etc. Parents feel helpless and they seek help. These children sometimes are not able to manage their anger, others seeing mobile too much, a few sleep very late, all these are signs of lack of emotional wellness, right?

What is emotional wellness? It is the ability to successfully handle life's stresses and adapt to change, challenges and difficult times. Children who are emotionally well, have fewer negative emotions and are able to bounce back from difficulties faster. Learning healthy ways to cope and how to draw from resources in your community can help build resilience. Children must learn this now. It is good to develop the ability to experience and express a wide range of emotions such as humour, joy, fear, anger, frustration, appreciation, sadness etc. The kids develop emotional wellness (from birth to age eight) to experience, regulate and express emotion, form close, secure, interpersonal

relationships and explore the environment and learn all in the culture context of family and community and we rightly feel that the parents play a pivotal role in this process.

What do the children benefit by being emotionally well? Well-being doesn't mean that one never experiences feeling or situations that one finds difficult, but it does mean that one feels equipped to cope with tough times.

- Emotional well being makes the children resilient, they are able to accept 'no' for their requests from their parents.
- Emotional well being helps them to be active physically.
- Emotionally strong children have coping up mechanisms.
- They can achieve academic excellence.
- They build very healthy relationships.
- They exhibit more focus and concentration.

Emotionally balanced children have creativity and problem solving skills.

We parents and teachers can help children to develop the following areas in our children to promote emotional wellness:

- Help them to recognize their emotions.
- Help them to develop assertiveness and confrontational skills (like saying 'no' without feeling guilty).
- Help them to build loving, responsive relationships.
- Teach them 'how to be kind to themselves' (feel good about who you are).
- Help them to stay in tune with their emotions - this can foster mental health.



Here are a few signs that children may be experiencing difficulties with emotional well-being:

- Continuously feeling sad and helpless.
- Feeling irritable or angry.
- Not mixing with friends anymore.

- Losing interest in activities that they used to enjoy.
- Change in eating and sleeping patterns.
- Difficulty in concentrating.
- Lack of energy-fatigue.

A few types of Emotional well being include:

1. Freedom to make your own decisions
2. Self-acceptance: Happy about self.
3. Ability to manage everyday situations - especially during exams.
4. Healthy relationships with family, friends and others.
5. A sense of purpose or meaning in life.

A note to the parents:

Children mirror what they see around them. So how you respond to your emotions in front of your child can directly influence how they develop their own individual emotional habits. Secondly, how you respond to your child's emotions, also greatly impacts how they learn to self-manage their emotional responses.

So as parents, let us

- Show warmth and affection consistently.
- Respect and care for every child.
- Give effective praise.
- Model appropriate behavior
- Coach on the spot.



As a life coach I would appreciate if all of us including the children practice mindfulness and regularly expressing gratitude would be highly beneficial for our overall wellbeing including emotional well being.

Happy children's day.

*(Author is a former Lecturer in Hindi and Vice Principal,
St Aloysius College, Mangaluru)*

Diabetes and well being

“A correct diagnosis is the three-fourths the remedy” - M.K Gandhi

The World of Medicine

Medical conditions are primarily uncertain for the lay man. Knowing an understanding is crucial for awareness. **Mangalore** has brought out a column where medical experts give us an understanding that empower our readers and reduce the inherent vulnerability that the common man faces. In the November issue we are presenting an article on Diabities by **Dr. Edward L Nazareth**.

Diabetes mellitus is a chronic, defective metabolic status of human body characterised by elevated levels of blood glucose (or blood sugar). The most common is type 2 diabetes, usually in adults, which occurs when the body becomes resistant to insulin or doesn't make enough insulin. Over the time, this leads to serious irreversible damage to the heart, blood vessels, eyes, kidneys and nerves. In the recent years the prevalence of type 2 diabetes has risen dramatically in countries of all income levels. Type 1 diabetes, once known as juvenile diabetes or insulin-dependent diabetes, is a condition in which the pancreas produces little or no insulin by itself.



Dr. Edward Nazareth

In India most of the diabetes patients are of type 2 diabetes, and India is now considered a home to the world's second highest number of diabetic patients. One out of every six diabetic adults worldwide reside in India, and one in every third household has diabetic patient. The study published in The Lancet Diabetes and Endocrinology last year has discovered an astonishing 101 million people in India are struggling with diabetes, which is 11.4% of our population, while 136 million have prediabetes. The highest prevalence of diabetes is in Goa, Puducherry, and Kerala. It is estimated that 57% of diabetic patients in India are undiagnosed and do not take treatment.

Diabetes and well being

The **‘World Diabetic Day’** is observed on November 14 every year and this year's motto is **‘Diabetes and well being’**. Diabetes is a

collection of multiple metabolic diseases, in which high levels of blood glucose, over an extended period of time leads to the problems. Most persons with diabetes remain undiagnosed early in the disease process and after diagnosis they fail to control blood sugar (glucose) levels. In most cases, blood glucose levels in persons with diabetes increase with age, leading to heart disease, stroke, chronic kidney failure, foot ulcers, and damage to the eyes.

Here are a few tips to control diabetes and prevent the complications:



Never aim a cure: As of now, diabetes mellitus cannot be cured by any system of medicines or by surgeries, it can only be controlled. People with controlled diabetes can live normal life. There are many claims in social media about cure of diabetes by

traditional methods and medicines, which are hoax and far from reality.

There are three important aspects in controlling diabetes - diet, daily exercises and drugs (medication).

Choose a physician: In modern medicine there are very effective methods of management of diabetes mellitus. The metabolic imbalance can be controlled by varieties of medicines which are individualized depending on several factors. The person with diabetes has to choose a physician trained in modern medicine for advice which has to be strictly followed. It has to be understood that other systems of medicines have not yet evolved methods to control diabetes as much as modern medicine has and most of them have no treatments in complicated states of diabetes.

Disciplined diet: Most of the people with diabetes believe that drinking sugarless tea is the only required diet restriction for diabetes. It is not sufficient (rather not needed) if only sugar is avoided in coffee or tea. The diabetic patient has to reduce all that can convert into glucose in the body and increase blood sugar. As the food habits of people differ, it is ideal to consult a dietician to know the diet restrictions. In almost all the main hospitals in Mangalore there are trained dieticians

who can advise suitable diet for individuals depending on their body weight, activities and diabetes status. The most important is to follow these advises like a disciplined soldier.

Daily exercises: Exercise, together with diet restriction, forms the cornerstone of diabetes therapy. Both aerobic and resistance training exercises are recommended. Regular exercise prevents and minimizes weight gain, reduces the blood pressure, improves the glucose control, and also has beneficial effect on other risk factors like raised cholesterol levels.



Aerobic exercises like walking, swimming, cycling are advised, of all these walking is considered as the best exercise for all. Any person can go for walking, any time of the day and it can be done daily.

Medication as advised: Only in the very early stages the diabetic status can be controlled by diet and exercises; however almost all the people with diabetes mellitus need one or more medicines to control diabetes.

These are to be prescribed by a trained physician of modern medicine and are to be used as advised-some of these may be before food, some after food. Even the timing of medication-whether in the morning or in the evening are to be strictly followed.

Regular monitoring: Diabetes can affect many parts of the body, including the heart, eyes, kidneys, and nerves. Regular blood sugar monitoring, check on the status of the health of other organs like kidneys, eyes and heart are to be carried out as per the advice of treating physician.

People with diabetes can live normal lives by managing the blood sugar (glucose) levels through a combination of lifestyle changes, medication, and regular checkups.

(Author is a Professor of Orthopedic Surgery at Srinivas Medical College, Mangalore)

Tolerance and Servitude: The Hallmark of a Civilized Society

Our country is once again devastated by the rape and murder of a young doctor in Kolkata. The gruesome incident on 9th August 2024 has sent shock waves across the country. Previously, on December 6th, 2012, a physiotherapy intern had gone to watch a movie with her friend, and when they left the theatre, it was past 9 pm. What happened next left the country in shock. After her death, she was named Nirbhaya (the one without fear). In 2014, two teenage girls were hung after they were raped. At that time, the Supreme Court said, “The nation can’t wait for another rape.” Way back in 1973, Aruna Shanbhag, a nurse in Mumbai, was raped and attacked by a janitor. She spent 42 years in a vegetative state. There are many such incidents that shock our conscience, only to be remembered when another gruesome event takes place.



Prof. Dr. Paul G Aquinas
Ph.D., D.Litt.

The focus may have now shifted to Kolkata, but sexual violence is perpetrated not just on individuals but entire communities that are made victims. The ethnic clashes that broke out in Manipur have filled whole communities with terror. Assault, abduction, gang rape, and women paraded naked by mobs are now regular occurrences.



In all these cases, justice remains elusive, even after national protests, international outrage, and political mudslinging. The country, and we the people, are regularly and continuously devastated. New cases of violence, conflict, and sexual crimes raise many questions:

How many women have to be sacrificed?

How many communities have to live in fear of fellow humans?

Can we hope that justice and the rule of law will prevail?

The common people, the citizens of this country, are filled with rage like never before. The rage will subside, but will our rights to live in harmony be sacrificed once again, as in the past? Can we keep the fire of self-respect above all other considerations?

About 100 years ago, in the Madras Presidency, the Self-Respect Movement was initiated with the aim of empowering individuals and communities to overthrow the social structures that oppressed them. The movement, known as the Dravidian



Movement, advocated rational thinking, promoted social justice, championed women's rights, and inspired subaltern politics.

The movement became revolutionary as it abolished caste names, gave equal property rights to women, and discussed marital equality. No doubt the movement provided remedies to lower-caste groups, depressed classes, and women. However, it also became a platform to condemn Brahmanism and espoused the horrors of the Hindu caste system. Though such movements are necessary to uproot the evils that exist in society, they carry the risk of suppressing some groups to uplift others. While they confront the cultural norms of society and fight for social justice and the empowerment of individuals and communities, the focus was often on shifting from the superiority of Brahmanism to non-Brahmin representation.

Any movement today must promote justice for all and push back against forces in society that perpetuate the status quo. We need to prioritize social reforms as a means of securing the common good for all without discrimination. Otherwise, we risk merely pouring water on a rock, where it flows off without leaving any impact.

In the modern world, the situation has become more complex. Identities are blurred; caste intersects with class, gender with sexuality, and the rights of women have become more fluid. Laws have become lopsided in their attempts to protect what is perceived as weak. It is, therefore, important to stay true to the founding principles of justice

and equality. Any movement to rectify the maladies in society must be a people's movement and engage all - men and women, young and old - in order to rebut and resist modern day exploitation. Governments must take such situations as challenges to their governance and not attempt cover-ups.

There may be criminal amnesia, and justice will remain elusive. National protests, international outrage, and political mudslinging will continue and eventually fade, only to rise again when another gruesome incident occurs.



It is, therefore, pivotal to build an inclusive society that hinges on men and women of goodwill. These unfortunate incidents must reignite the moral conscience of society and ensure that tolerance and servitude not only endure but become ingrained in the DNA of society. This will lead not only our generation but generations to come, empowering them rather than oppressing them. There must be a counterbalance to cultural homogenization, intensifying the fight not just against rapists or terrorists, but sharpening our impact while staying true to our roots as a humanistic society.

(Author is a Professor & Chairman, BOS, BOE & Doctoral Committee, Post Graduate Dept. of Social Work, Mangalore University, Konaje)

WELCOME TO NEW LIFE MEMBERS OF CASK

No.	Name	Place
1.	Mr. Alwyn Steevan Saldanha	Bangalore
2.	Mr. Bellore Lancy Noronha	Bellur
3.	Mr. Manoj Pereira	Mangalore

TATA'S Titan: A Golden Legacy

CASK tribute to the visionary entrepreneur **Ratan Tata** the architect of modern India Inc. He heralded the golden chapter in Indian Industry and made an impact on Business and society.

CASK salutes the Leadership and Legacy of Ratan Tata.

Let me start with these two quotes of RNT:

1. **“I have always been driven by a desire to make a difference.”**
2. **“Businesses must have a social conscience.”**



Dr. H. Prashant Miranda

These are not just quotes but a living & pragmatic expressions on the ground of Late Mr. Ratan Tata, whom we called RNT in our formal/personal discussions.

I have a long time personal & Employer/employee relationship with RNT, having worked in three major organisations of Tata Group, namely TCS, Voltas & Tata International in various capacities.

After the demise of RNT, lots of told and untold expressions and statements are being made in Media and social platforms. Hence, I am restricting to my own personal experience with RNT and his focus in building the Great organisations called TATA.



RNT's legacy is marked by visionary leadership, strategic expansion, and commitment to social responsibility. RNT was known for his humble and approachable leadership style. He would often visit offices unannounced, interact with employees, and take feedback. He would take tough decisions, but always with a long-term perspective. We have several example of this: Tata Group exited the pharmaceutical sector in 1998 by selling Merind, India's fourth-biggest pharma company at that time, to Wockhard. This move was part of Tata's

strategy to consolidate its domestic portfolio and focus on sectors with growth potential. Under RNT's leadership, the group shed several businesses, including edible oil, soap, cosmetics, and cement, to make way for new ventures and expansions. RNT's decision to acquire Jaguar Land Rover was bold and visionary. These divestments allowed the Tata Group to focus on its core businesses and expand globally through strategic acquisitions.

RNT was committed to philanthropy, particularly education and healthcare. He would personally review and approve CSR initiatives.



He was known for his personal touch and empathy. He would often write handwritten notes to employees and their families.

RNT recognised two important actions that are required to maintain sustainable, ethical & empowered organization. I was deeply involved in both of these activities. Hence RNT's leadership philosophy is reflected in Tata Group's success and reputation.

1. The Tata Group introduced a Performance Management System (PMS) based on Key Result Areas (KRAs) to align employee goals with organizational objectives. The benefits are numerous:

- A. Alignment:** Employee goals aligned with organizational objectives.
- B. Clarity:** Clear expectations and metrics.
- C. Accountability:** Increased accountability and ownership.
- D. Development:** Focus on employee growth and development.
- E. Improved Performance:** Enhanced overall performance and productivity.

Tata Group's KRA-based EPMS has been widely recognized and emulated.

2. The second one is Malcolm Baldrige National Quality Award program (USA) has been implemented at Tata Group as the Tata Business Excellence Model (TBEM), which is based on the Baldrige Criteria for Performance Excellence. This framework helps Tata companies align their goals with the organization's overall objectives, ensuring a unified approach to excellence.

Benefits of TBEM:

- A. Improved Competitiveness:** TBEM has helped Tata companies become more competitive, customer-oriented, and process-focused.
- B. Continuous Improvement:** The program encourages a culture of continuous improvement, rather than solely focusing on winning awards.
- C. Unified Approach:** TBEM provides a common language and framework for excellence across the Tata Group.

By implementing the Malcolm Baldrige National Quality Award program as TBEM, Tata Group has demonstrated its commitment to performance excellence and continuous improvement.

We see the 2 quotes of RNT, which I have described in the beginning of this article, have been made realistic in Tata Group. What did I learn from this?

Lessons from RNT's Leadership

- a. Stay focused on core values.
- b. Adapt to changing environments.
- c. Invest in people and innovation.
- d. Prioritize social responsibility.
- e. Lead by example.



With his passing, India & the corporate world has lost a true icon, a leader who embodied the spirit of entrepreneurship, philanthropy, and patriotism. RNT's life was a shining example of how one individual can make a profound difference in the lives of millions. May his remarkable legacy live on, motivating us to build a better world for all.



The award received by the Author in 2004-05

(Author is Managing Director of Sushant Resource Consulting)

Small Actions Big Impact: Changing the World One Step at a Time

“Not all of us can do great things. But we can do small things with great love.” - **St. Mother Theresa**

Ave Maria Palliative Care

Ave Maria Palliative Care, a Unit of Centre for Development, Studies and Education ® is a 15-bed hospice unit located on the outskirts of Mangalore in Vamanjoor. Started with the motto “when cure is impossible, the possibilities for care are endless”, Ave Maria has been rendering holistic comfort care to patients with incurable, life-limiting illnesses since 2008. In the last 16 years, 1094 patients suffering from advanced cancer, renal failure, liver diseases and other chronic conditions have had a dignified and peaceful end to their earthly journey at the hospice facility. A compassionate team of doctor, nurses, Health Assistants, Social Workers, Counselors, Family and Volunteers strive relentlessly to address the physical, emotional, social and spiritual needs of patients 24x7.

Thanks to the benevolent contributions of donors and well-wishers, the services are offered free of cost to patients of all walks of life, irrespective of religious affiliations or socio-economic status.

In addition to rendering palliative care at the facility, through its ‘Palliative Care on Wheels programme’, Ave Maria offers in-home care to end-stage patients in the comforts of their own homes within a 15 kilometers radius from the hospice unit. Additionally, families are empowered with training to care for patients in their own homes.

Young women from rural and low-income groups between the ages 18-35 with a minimum qualification of 9th standard are provided 12 months’ free training in patient care. During the tenure of their training, the trainees are provided free board, accommodation, uniforms and a stipend of Rs. 3,000 per month. Once trained, the Health Assistants are either absorbed at the hospice unit or are deployed as caregivers to families who need assistance.

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Heritage of Vatican City

Vatican City, the world's smallest independent state, spans just 44 hectares (110 acres) and sits within Rome, Italy. Despite its size, it holds immense historical, cultural, and religious significance, acting as the spiritual centre for the Catholic Church and the residence of the Pope. Established as an



Marjorie Aranha Texeira

independent state in 1929 through the Lateran Treaty signed by the Holy See and the Kingdom of Italy, Vatican City was formed to ensure the Pope's absolute independence in his global religious role. This treaty not only recognised Vatican City as a sovereign entity but also provided the Holy See with security in its unique diplomatic and ecclesiastical mission.

A marvel of art and architecture, Vatican City is home to some of the most famous masterpieces of the Renaissance. The Sistine Chapel, renowned for Michelangelo's magnificent ceiling frescoes and his depiction of *The Last Judgment*, remains one of the world's most visited sites. Michelangelo also designed the dome of St. Peter's Basilica, the largest church in the world and a central place of worship for Catholics. The interior of St. Peter's Basilica houses stunning works by artists



like Bernini, whose dramatic baldachin adorns the high altar. These treasures embody the city's artistic and cultural wealth, reflecting the power and patronage of the Catholic Church through the centuries.

Vatican City also serves as the administrative and religious hub for the Catholic Church. The Pope, the Bishop of Rome, serves as the supreme leader of Catholics worldwide, overseeing matters of faith, doctrine, and ecclesiastical governance. The Roman Curia, located within the Vatican, assists the Pope in administrative duties, including managing relationships with 1.3 billion Catholics across various dioceses worldwide. Vatican Radio, Vatican Television, all work from here to communicate the Pope's teachings globally.

Beyond its spiritual and administrative functions, Vatican City operates as a museum that attracts millions annually. Visitors flock to the Vatican Museums, which display a vast array of artworks, including the Raphael Rooms and the Borgia Apartments, showcasing centuries of artistic achievements. The Vatican Gardens offer a serene escape and provide insight into the historical and botanical richness that characterises the area.

Vatican City's unique combination of religious, political, and cultural significance makes it an enduring symbol of the Catholic Church's heritage, a guardian of priceless artworks, and an influential player in global diplomacy. This compact yet monumental city-state captures the essence of faith, history, and art, impacting millions worldwide.

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The Special Marriage Act 1954

A Brief Legal Analysis

What is Special Marriage Act (SMA), 1954?

The Special Marriage Act, 1954 is an Act of the Parliament of India which is enacted to provide a special form of marriage for the people of India and all Indian nationals in foreign countries, in certain cases, for the registration of such and certain other marriages and for divorce, irrespective of the religion or faith followed by either party. The marriages solemnized under the Special Marriage Act are not governed by personal laws.



Adv Anil A. DSouza

Objective of the Act

The main objective of the Act is to address inter-religious marriages and to establish marriage as a secular institution lacking all religious formalities which required registration alone.

Conditions for marriage under the Act

Following conditions are elaborated under the SMA for the marriage:

- Both the parties that are involved should not have any other subsisting valid marriage. That is, for both the parties the resulting marriage should be monogamous.
- The groom must be a minimum of 21 years old; the bride must be a minimum of 18 years old.
- The parties should be competent in reference to their mental capacity to the extent that they're able to give valid consent for the marriage.
- The parties shouldn't fall within the degree of prohibited relationship.

Procedure for marriage under the Act

The SMA elaborates the following procedure to get the marriage registered:

- One of the parties to the marriage has to give notice of the intended marriage to the marriage officer of the district where at least one of the parties to the marriage has resided for at least 30 days

immediately prior to the date on which such notice is given.

- In the marriage notice book, such notice is then entered and published by a marriage officer at some conspicuous place in his office.
- The notice of marriage published by the marriage officer includes details of the parties such as names, date of birth, age, occupation, parents' names and details, address, pin code, identity information, phone number, etc.
- On various grounds under SMA, anybody can raise objections to the marriage. Within 30 days, if no objection is raised, then the marriage can be solemnized. If objections are raised, then the marriage officer has to inquire into the objections after which he will decide whether or not to solemnize the marriage.

The Court Marriage is a consortium of two souls where oath ceremony is performed according to Special Marriage Act, 1954 before the Registrar of Marriage in the presence of three witnesses thereafter a court marriage certificate is issued directly by the Registrar of Marriage appointed by the Government of India. In a common way, we can say that the marriage is solemnized between man and woman before the court of law.

(Author is an Advocate in High Court of Karnataka, Bangalore)

Dr Rita Noronha Receives the Suvarna Mahotsava Award from the Government of Karnataka

Dr Rita Noronha has been honored by the Government of Karnataka with the Suvarna Mahotsava Award for her unwavering dedication to marginalized and voiceless communities. Known as an epitome of compassionate service, Dr Noronha has profoundly impacted the lives of her students and all who work with her. This accolade celebrates her lifelong commitment to social justice and her support for those in need.



CASK extends heartfelt congratulations to Dr Rita Noronha for her outstanding dedication to social causes.

CASK Launches ‘CASK IgniteU’ A Bold New Initiative to Empower Young Minds and Educators

October 15, 2024, marks a historic moment for CASK, an organization with a proud legacy of 111 years, as it launches its first-ever program under the new brand, ‘CASK IgniteU’.

Our visionary President, Ronald Gomes, unveiled this transformative initiative. Vice President, Marjorie Aranha Teixeira, Spearheaded the enthusiastic ‘CASK IgniteU’.

The Program is designed to uplift young students and empower the teaching community. With a strong focus on building student potential, enhancing teaching capabilities, and preparing the next generation for future success, this initiative will leave a lasting impact.

‘CASK IgniteU’ taps into the wealth of expertise within our own CASK members, bringing together leaders in education, training, and mentoring. They are generously offering their knowledge to shape young minds in areas such as career development, personality growth, public speaking, group discussions, and interview preparation.

Additionally, the program will support teaching professionals, equipping them with the tools they need to inspire curiosity and innovation in their classrooms.

On October 15, 2024, the Catholic Association of South Kanara (CASK) launched its inaugural program, ‘Reinventing Yourself: Through Paradigm Shifts in Thinking’, as part of the ‘IgniteU’ project, in collaboration with the Center for Professional Excellence and the Department of English at the School of Social Work, Roshni Nilaya, Mangaluru.

The event was inaugurated by Ronald Gomes, President of CASK, along with Vice President and CASK Program Director Marjorie Teixeira and Assistant Prof. Vineetha Pereira, Director of the Center



for Professional Excellence and Head of the Department of English.

Notable attendees included Dr. Sandra Lobo, Dean of Humanities, and Assistant Prof. Rancy DSouza from the School of Social Work. Prof. Gerard DSouza from St. Agnes College MBA department who is an expert in Soft Skills delivered an engaging presentation, highlighting the importance of ethical self-transformation through



personal anecdotes. He introduced practical coping mechanisms such as the 9-10 principle, the 10 finger principle, and the Window Technique. Additionally, he discussed internal ‘Viruses’ - negative traits that hinder personal growth - and shared strategies to overcome them. Insights on interview techniques and the development of soft skills to enhance employability were also provided.

The session, enriched by creative activities and discussions, inspired attendees to embrace personal and professional reinvention. Mahed Sadiaf, a III BA student compered the event.

Anatomy of Market Bubbles

The stock market is a place where people with experience meet people with money. And after a while, the people with experience have the money and the people with money have the experience!



Norbert Shenoy

We seem to be stumbling from one frenzy to another; from cryptos to NFTs (Non-Fungible Tokens) to SPACs (Special Purpose Acquisition Companies) to IPOs. Quite recently, Christopher Torres sold his creation, the NFT of a Nyan cat meme showing a flying cat with pop tart at its torso, leaving a rainbow in its trail for \$600000! When an economy is gripped by trading frenzy and markets keep roaring with furious financial innovation further prompting the markets to ignore all adverse developments, “investors” begin to perceive value in NFTs or abstract art, vintage wine or even a bulb of Tulip! But markets eventually in their own uncanny way jolt market players with a reality check whenever the trading excesses breach for long, the carrying capacity of the underlying real economy. Since the early 17th century, there have been many such excesses and market bubbles have rattled mighty economies. The important ones are:

1. Tulip Mania 1634-37
2. The Great Crash 1929
3. Japanese Asset Bubble 1989-90
4. The Dotcom Mania 1999-2000
5. The Subprime Crisis 2007-08

All of these bubbles offer some useful insights which should, hopefully, help us avoid the mistakes of the past. But arguably the first and the last of the above bubbles, provide some telling details of how easily humans, driven by greed can be deluded to take leave of reason.

Tulip Mania: Businessmen in Netherlands, in the 16th and 17th century had come to enjoy fruits of risky but rewarding maritime trading. Soon the Dutch adopted a model strikingly similar to today’s equity markets. Shares in joint-stock companies, were bought and sold at the Bourse, named for the courtyard of the Amsterdam Beurs, one of the first stock exchanges in history. Banking, in the meantime, had

multiplied money in circulation by putting the same to work at multiple points. This gave birth to large proto-corporations which grew from aggregation of many small risks; large rewards, if and when they happened which then were shared broadly across the burgher (middle class). At the low end of the risk spectrum, Dutch investors of the early 1600s could put their money in publicly regulated banks and insurance companies, or they could invest in trade through the Baltic Sea, effectively a Dutch monopoly. Such investment instruments of the day were Treasury Notes and corporate bonds. The two “Indias” – Dutch East and Dutch West trading companies, offered promise of much higher return. But that had to be set against the higher risk inherent in the distant and perilous travel and the great time lag between investment and payout. “Day-trading” in voyages that could take years to complete was neither prudent nor viable in that age. But the Dutch were not to be outdone by this challenge, given their propensity to trade and a tolerance for risk of an expanding, thriving business class. In early 17th century, the Dutch Bourse started offering, what were in effect, stock options and futures. Although edicts were issued as early as 1610, proscribing the practice of ‘windhandel’ meaning “trading in the wind”, or dealing in shares not in possession of the seller, they were largely ignored.

Cultivation of tulips flourished in Netherlands since 1562, when shipload of tulip bulbs arrived in Antwerp (then a part of Netherlands) from Constantinople. As the burgeoning middle class became interested in attaining wealth and growing it rapidly, they turned to the high risk model of the Bourse, both in Amsterdam and its regional locations throughout the country. And they were looking for avenues which, at least, to begin with, offered more affordable “investment” avenues than the banks, insurance companies or the Baltic trade and the two “Indias”. It was then that the get-rich-quick greedcoupled with one of nature’s beautiful creations, ushered in a frenzy that in hindsight seems so utterly illogical. But it happened and humbled a mighty economy of the times!

Tulips came to be treated not as flowers but as assets; that is, their extrinsic value became divorced from their intrinsic value and worth. As more and more people were happy and eager to trade in them demand for all manner of Tulips, particularly the mosaics (bulbs attacked by

the mosaic virus!) vastly outstripped supplies increasing their price manifold. By the 1620s the best banks in Amsterdam were boasting of tulip vaults. Bulbs could be used to secure loans and rarer the bulb, greater the surety offered. There were even rumblings of going off the gold standard and on to a tulip one. Tulip analysts and consultants made good income in parsing stem quality and pigmentation. There were manipulators who would invest heavily in bulbs from an area, then have cattle stampede those field to create shortage. There is the story of a farmer, bankrupted when a cow ate its way through his tulip patch, who tried to recoup his fortune by creating a market in ‘tulip-milk’ futures.

Futures trading assumes a rational market, but by the summer of 1636, any last vestige of rationality had fled the Dutch tulip market. Instead of betting on the eventual price of tulips, investors had come to bet on the Greater Fool Theory – that is, that there would always be someone further down the road willing to pay even more than you had paid for a product, the price of which had become completely disconnected from any intrinsic worth. Sometime in the first week of February 1637, four years after the Tulip Mania began in earnest, the Greatest Fool was finally found as the tulip traders cut the losses and ran in droves. An analyst of the time estimates that once coveted varieties like White Croonen, Switsers and Admiral Liefkens had crashed by over 99% from peaks of over 2900 guilders to less than a guilder!

For Netherlands, the collapse was devastating. A people who had risen to the crest of prosperity by sharing the opportunity to amass wealth and by aggregating and spreading risk had lost their bearings in the face of a simple flower. Ordinary men and women who had gone to bed on the night of February 5, thinking they were rich woke up penniless, forced into workhouses to pay off their debts, and those ordinary people collectively formed a substantial part of the adult population.

Well, Tulip mania – Tulpenwoede – was not the last of the bubbles. Human greed and fear have ensured that they devastated the markets with unflinching regularity despite the lessons of history. Coming editions of Points to Ponder will revisit some more of them, if only to remind us of the one lasting principle: caveat emptor.

Child Trafficking: A Moral Imperative

Child trafficking takes place when children are taken away from the safety of their home or foster home to be exploited and forced to work for sex or as objects of entertainment or even forced married. The world over, we find children who are victims of trafficking especially in developing countries like India.



Prof. Dr. Theresa
Loonilda Mendonca

Why are Children Trafficked?

Child trafficking is a very lucrative criminal activity that makes use of corruption to survive. The children are suffering untold physical, emotional and sexual exploitation. Globally 426 million children living in conflict zones are exploited to human rights violations, which include child trafficking and gender based violence.

Violence and degradation are used to subjugate the victims and instil a sense of hopelessness, helplessness and fear. In most of the cases severe violence is used that include holding children in dark cages, chaining and eating children, painful stress positions and sexual torture. This severe abuse and torture have profound psychological, developmental and health impacts on victims.



The ILO has akin trafficking to “forms of slavery or practice similar to slavery”. The problem must be eradicated at the earliest. ILO has estimated that 2 million people are under the age of 18 years.

The tragedy of Child trafficking: Child trafficking is a crime against humanity. It is a death blow and a tragic end of childhood. Children account for 27% of all human trafficking and out of every three children, two girls are the victims. The data suggests the girl child is disproportionately targeted and have to deal with lifelong effects of gender inequality and violence.

Need to make children aware of trafficking: Global organisations like UNICEF and ILO no doubt have made great strides in making our children safe. This alone is not enough. Children must be involved

in their safety and in the safety of their peers. Children must be given information about safety, have string adult supervision and help all of us to be committed to help and prevent the trafficking of children and be vigilant under the circumstances. Hence it is necessary to make children know the tragedy of trafficking and identify those children who are trafficked.



The moral Imperative of society: Every child that comes into this world has an inherent right to dignity, safety and ought to be provided an opportunity to live its life with justice and fair play. It places on society a profound moral responsibility to see that its children are not stripped of their childhood, subjected to unimaginable abuse and exploitation. It is the collective responsibility of the society and the nation at large. Child trafficking is not just a legal issue. It is the unfailing collective commitment of every member of society from governments, communities and individuals to eradicate the system that perpetuates such exploitation of innocent children.

This makes it imperative on society to pledge collective commitment to protect our children and to eradicate the system that perpetuates such exploitation of innocent children. As a community we must prioritize the protection of children and work tirelessly to eliminate trafficking and its well-entrenched networks and ensure that every child grows up in a world that is conducive to their upbringing and development.

Conclusion: Child trafficking is an aggressive form of violence against children, besides being a global health problem. Recognition of child victims and timely health care and safeguarding response is the need of the hour. There is a critical need for further education, advocacy, victim recognition and effective intervention and recovery path. It is the right of every child that it grows up in a world where its rights are ensured, their voices heard and their future protected. The bright future of a child is the glowing future of the country.

(Author is a Professor at AJ group of Institutions, Mangalore)

I Wonder...

I often wonder as I sit and gaze,
Through the window, in a dreamy haze,
Watching raindrops from the sky descend,
Where do they come from, where do they end?

I wonder where the rain's begun,
And how this world became as one,
Who made the stars, so bright and far,
Who set each planet, each moon, each star?

My mind is full of endless queries,
And with my thoughts, I'm feeling weary,
I asked my mother, 'What is all this for?'
She hugged me gently, said, 'There's more'



'My dear child', she said with grace,
'There's a reason for each time and place.
The One Supreme, who reigns above,
Created all with endless love'.

'He made the earth, both large and small,
He gave a purpose to us all,
Each creature, bird, and every tree,
Has its own role in harmony'.

'Why don't we understand this now?
That we are one, yet don't know how,
Each one of us, both great and small,
Is God's creation, after all?'



'So let us live with love and peace,
In harmony, let hatred cease,
For every soul, we should care,
With kindness, joy, and love to share.

Abigail Fernandes
I PUC
St. Aloysius PU College
Mangalore



Authentic Mangalorean Recipes

Pork Indaad



1½ KG Boneless Pork

Cut into thick slices

Wash and apply ½ tablespoon of turmeric powder

Masala to grind

20 – 25 red long chilies

6 – 7 skins of red short chilies

1 – heaped teaspoon jeera (cumin)

8 – 10 pepper corns

1 – level teaspoon mustard seeds

12 – 15 flakes garlic

1½ inch ginger

3 – 4 Onions, 2 green chillies.

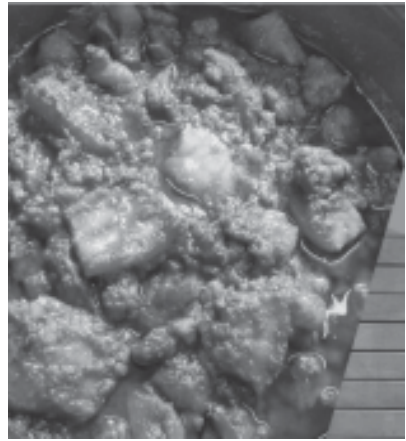
1 heaped tablespoons khuskhus

20 – 25 mint leaves

3 – 4 cinnamon and cloves

1 tablespoon plums

½ lime size tamarind



Method:

Heat 2 - 3 tablespoons of ghee and light fry the pork slices and remove. In the same ghee add one large sliced onion and fry till golden brown. Add the ground Masala and fry well till ghee appears.

Add 2-3 tablespoons of sugar and keep frying. Now add the fried pork and stir fry along with the masala for a few minutes. Add the masala water and another cup of hot water. Stir well, cover and cook on slow fire. If too thick add a little water. Stir in between, add salt and sugar if needed. When almost cooked add a little vinegar as per your taste.

P.N.: Cooking time depends on the quality of the pork. Serve with fried potatoes.

The New Ten Commandments to follow in life at all the time

1. Prayer is not a ‘spare wheel’ that you pull out when in trouble, But it is a ‘steering wheel’ that directs the right path throughout.
2. Why is a car’s windshield so large and the rear view mirror so small? Because our past is not as important as our future. So, look ahead and move on.
3. Friendship is like a book. It takes few seconds to burn, but it takes years to write.
4. All things in life are temporary. If it’s going well, enjoy it, that won’t last long. If it’s going badly, don’t worry, that won’t last long either.
5. Old friends are gold! New friends are diamond! If you get a diamond, don’t forget the gold! Because to hold a diamond, you always need a base of gold!
6. Often when we lose hope and think this is the end, God smiles from above and says, “Relax, sweetheart, it’s just a bend, not the end!”
7. When God solves your problems, you have faith in His abilities; When God doesn’t solve your problems, He has faith in your abilities.
8. A blind person asked St. Anthony, “Can there be anything worse than losing eye sight?” He replied, “Yes, losing your vision!”
9. When you pray for others, God listens to you and blesses them; And when you are safe and happy, remember that someone has prayed for you.
10. Worrying does not take away tomorrow’s troubles, it takes away today’s peace.



Courtesy: Internet

News & Announcements

Following have won **Karnataka Konkani Sahitya Academy Honourary Awards** for the year 2023 in their respective category.



Marcel M. DSouza, Mangaluru for Konkani Literature. He has made significant contributions to Konkani through stories, poetry, and comedy, and served as the president of the Konkani Writers Forum Karnataka, Mangaluru.

Harry Fernandes, Mumbai for Konkani Art. He has contributed to cinema by writing stories and directing films in Konkani, Bhojpuri, Hindi, Punjabi, and Marathi. His Konkani film 'Sophiya' won the Karnataka State Award in the regional section.



Ashok Damu, Kasarakod for Konkani Folklore. For the past 25 years, he has worked to preserve Kharvi folklore songs during Holi and has contributed to Konkani folk dramas and culture. In 2009, he founded the Mathrachaya organization to organize educational folk programs.

Following have won **Karnataka Konkani Sahitya Academy Book Awards** for the year 2023 in their respective category.

Konkani Poetry - Atvo Sur by Poet **Mary Salomi DSouza**, Bantwal. She began contributing cartoons to Balamangala at the age of 11 and later moved on to Divo and Raknno. Her poems are published on Kavita.com and Poynnari.com portals.

Konkani Short Story - Poyli Bhet by **Fr Royson Fernandes**, Hirgan. He has served as editor of the Ujwaad fortnightly for four years and is the director of public relations for the Udupi diocese. His films Passport and Christakirana are widely popular.



Konkani **Translation** - Eklo Eksuro by **Stephen Mascarenhas (Hemacharya)**, Mangaluru. The book Eklo Eksuro is published by Daiji Prakashan. He is a founding member of the Daiji Dubai Konkani Writers Association. He heads the Ian Cares Foundation, which rehabilitates drug addicts. Hemacharya was in the editorial Board of **Mangalore Magazine**.

Prof. Edmond J.B. Frank: A doyen of Economics and Management

Prof. Edmond J.B. Frank has once again made a significant contribution to the field with his latest work, **Production and Operations Management**. This book, published by St. Aloysius Prakashana, was jointly released by the Chancellor of Sophia University in Tokyo, Japan, and the President of the Confederation of the World Union of Jesuit Alumni Associations (WUJA) during the Governing Council meeting of WUJA at Sophia University on October 11, 2024.



Designed as a comprehensive text book for the Production and Operations Management syllabus for BBA, MBA, and PGDBM courses, this publication represents a proud moment for St. Aloysius (Deemed to be University) in Mangalore. The Vice Chancellor, Rev. Dr. Praveen Martis SJ, showcased the book as a testament to the university's commitment to academic excellence.

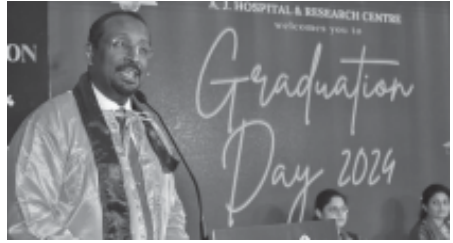


Notably, Prof. Frank is the first individual from Mangalore to publish a book in the field of Business Management at a foreign university.

Edmund was the Former Secretary of CASK & Editor of 'Mangalore'.

Substance Abuse Awareness - Knowledge, Prevention, and Positive Intervention

Substance Abuse Awareness Programme is meant to educate and raise awareness about the risks and consequences of substance abuse, provide Knowledge and help in prevention and initiating positive intervention. The proposed outcome is in promoting healthy lifestyles for youth, adults and communities vulnerable to substance abuse. The highlights of this initiatives is to build coping mechanism, peer support and healthy habits



Dr. Rohan S. Monis, Vice President of CASK and Chief Administrative Officer, Kanachur Hospital, Deralakatte, recently conducted a talk on ‘**Substance Abuse Awareness**’ for the residents of St. Aloysius PG Ladies Hostel. His talk emphasized:

- Recognizing the importance of pursuing the greater good over immediate gratification.
- Raising awareness, advocating, and addressing issues within communities for the betterment of humanity.
- Understanding that dopamine release during certain activities can foster a desire to repeat these behaviors, highlighting the risk of addiction.

Encouraging healthy alternatives such as engaging in creative activities, sports, open communication, and relationship building, along with the need for early detection and rehabilitation.

The event was attended by Fr. Marcel SJ, Director of Hostels; Sr. Bibiana UFS, Chief Warden; and Sr. Trineta UFS, Assistant Warden.



Dr Rohan Monis has been appointed as a Member of the Internal Committee of POSH ACT 2013 & SAFE Policy implemented by CODP, Mangaluru. CASK Congratulates Dr Rohan Monis.

The Viz-Kid: Jahaan Arora

Jahaan Arora, a young visionary from Bangalore, has been awarded the Canon Young Champion of the Year 2024. Driven to inspire other kids to give back to society, Jahaan co-founded 'Socialcred\$' - a unique kiddie time bank that promotes age-appropriate social contributions. Since its inception, over 10,800 children have participated in 100 civic projects, collectively dedicating more than 130,000 hours of service. His dedication was recognized at the award ceremony on October 3, 2024, held at BMA Grounds, Tavistock Square, London.

Nomination Highlights

Securing Funding for Child Care:

Jahaan initiated a partnership with the Azim Premji Foundation, securing 3.72 crores (approx. USD 442,000) for Sneha Trust, supporting care for 80 children affected by HIV and cerebral palsy for the next three years.



Trash Mafia Kids: Co-founded by Jahaan, this initiative has upcycled 20 tonnes of dry waste, including 50,000 clothing items, 5,000 books, and 1,000 notebooks, reducing waste and promoting sustainability.

Zero Hunger - 1 Million Meals: Jahaan's "1 Million Meals" project, active in 20 schools, engages 8,250 students in grain donations, providing daily meals for 1,000 orphans in Bangalore. This effort has delivered 825,000 meals over three years.

Research and Recognition: Jahaan documented his three-year journey in a research paper on time banking, published as a case study in the 'World Time Banking Report' marking 25 years of UK Time Banking. Martin Simon, founder of UK Time Banking, commended Jahaan's contributions, noting his accomplishments surpass those of many adult activists.

Jahaan's family has a strong legacy in community service, with his great-grandfather Mr. Felix Menezes and grand-uncle Capt. John Prasad Menezes both having served as past presidents of CASK.

Congratulations to the Achievers



Ashley DSouza, General Sectary, ICYM Karnataka Region was awarded the National Award for young achievers.



Prof. Dr. Caren DSouza, Professor of surgery, KSHEMA, Mangalore conferred with Fellowship of the American College of surgeons FACS.



Vincent Prakash Carlo has won 2 Gold medals in the 83 kg Master 2 category at National Benchpress Championship held in Goa from October 14-18, 2024, setting two new National records with lifts of 200 kg in equipped and 147.5 kg in Classic Benchpress. He was also honored with the title of National Best Lifter 2024.



Vincent's daughter **Venizeia Carlo** Secured a Silver medal in the 76 kg senior category, lifting 110 kg in the Equipped Benchpress Championship.

CASK Congratulations the above achievers.

International chess master **Viana Antonio D'Cunha** overcame some tough resistance to win two titles at the 3rd DKCA All India Open FIDE - Rated rapid chess tourment in Mangaluru.



CASK congratulates its member **Austin Roach**, CMD of Roach Lifescapes and Radisson Blu for receiving the Leed Platinum Certificate for the Environmental Initiatives undertaken at his Group of Hotels in Bangalore.



CASK congratulates its member **William DSouza**, Proprietor - Globe Travels, on being the recipient of the Dakshina Kannada Rajyothsava Award.

Reaching out to Prisoners



A medical camp in the District Prison in Mangaluru was held on 28.10.2024. 410 prison inmates and staff registered for the medical tests. Student volunteers from the School of Business and Management PGDBM and NCC Air Wing of St Aloysius (Deemed to be) University assisted in the conducting this medical camp for the captives whom the world outside knows not much about. Prof Edmund Frank, CASK member & former Editor, Mangalore initiated this camp.

Kannada Rajyotsava Award to Fr Prashanth Madtha

Veteran Kannada and Konkani scholar and educationist Fr Prashanth Madtha *S.J.* was conferred with Kannada Rajyotsava Award by Government of Karnataka for his contribution to literature. He is well known for his ‘Pada-Nidhi’, a thesaurus in Kannada, ‘Konkani Thesar’ in Konkani. His satirical writings are very popular among readers. He has published many books in Konkani & Kannada. He was a regular columnist in Raknno Konkani weekly and Udayavani Kannada daily. He has served as Kannada professor and Principal of St Aloysius College, Mangalore. CASK congratulates Fr Pashanth Madtha.



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