



# CATHOLIC ASSOCIATION OF SOUTH KANARA

Founded in 1914

(Regn. No. MNG/130/2021-2023)

## CATHOLIC ASSOCIATION OF SOUTH KANARA

Pio Mall, 3<sup>rd</sup> Floor,  
Jail Road, Bejai,  
Mangalore - 575 004  
Ph: 2491733, 4271733

### OFFICE BEARERS

#### President

**Capt Vincent C. Pais**  
vincent.pais@gmail.com  
9343569302

#### Vice Presidents

**Patricia F. Lobo**  
**Mario Saldanha**

#### Secretary

**Dr Anand Pereira**

#### Joint Secretary

**Gulobi Fernandes**

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Ullhas Rasquina, Dr Derek Lobo  
Olivia Pereira, Suresh Mathias  
Dr Libert Anil Gomes

#### Editor

**Patricia Lobo**, 9986268404  
derpatlobo@hotmail.com

#### Editorial Team

**Joan Lobo, Dr Anand Pereira**

#### Email

caskmangalore@yahoo.com  
caskmangaluru@gmail.com

#### Website

www.caskmangalore.org

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## EDITORIAL

The International Women's Day - 8<sup>th</sup> March is an occasion to inspire commitment to the future challenges that women face in making further progress. Its main purpose is to inspire girls and women – that they can do a lot of things in their life and break every glass ceiling. Woman means an angel on earth and a beautiful creation of God– that with one hand shakes the cradle and with the other hand, nurtures the earth. Women's day will probably be a busy day not because we'll be doing momentous activities, not because we will be helping needy women or providing momentum to the Women's Movement in any way. We'll probably be very busy sending and acknowledging WhatsApp messages wishing each other Happy Women's Day.

I may sound cynical but Women's Day without the men's involvement has little or no meaning. Exclusion of one gender does no service to the movement. Both the sexes need to take an interest in the movement of women. Our cover says it all – **Break the Bias** which is the theme for Women's Day 2022. No need to be an activist out on the streets shouting slogans or burning candles. Let's just feel what we should feel and in the process extend ourselves a bit. We all have a wonder woman inside us.

**Here's to a strong women. May we know them, may we be them, may we raise them.**

As I write this, we are witnessing a war with Russia invading Ukraine causing damage to life and property of the Ukrainian people as well as those from other countries like India. It was revealing to me that there are some 20,000 Indian students pursuing studies in Ukraine, mainly medicine. It is really sad that one of them from Karnataka fell to a sniper. The future of these students is in peril. Let us hope that they will be able to go back or get accommodated in Colleges in India.

I was delighted to meet 14-year old Shinead Fernandes, a student of St Aloysius Gonzaga School, who has authored a Fictional Book '**The Incident**', the first of a series of six books she has planned to write. Shinead gave me the privilege of interviewing her. Please note the write-up about the book and my interview.

On the CASK front, we conducted a Personality Development and Career Guidance Programme for 109 students of 2<sup>nd</sup> Year PUC of Capitanio PU College; a Teacher Enrichment Programme for teachers of Capitanio PU College and Capitanio English Medium High School, followed by a Teacher Enrichment Programme for 100 students of St Aloysius Institution of Education the future teachers. These programmes have been very heartwarming.

**Until next time.....Patsy Lobo**

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**I, Mrs Patricia Lobo, hereby declare that the particulars given above are true to the best of my knowledge and belief.**

**Date : 11-03-2022**

**(Sd) Mrs Patricia Lobo,  
Publisher**



## THE PRESIDENT SPEAKS...

We are already in the Lenten Season, by the time this magazine reaches you, you would have already decided which direction you desire to go during this season. Once a friend of mine reiterated that during lent he abstains from Alcohol, Chocolates, eating meat etc. In what way it helps society, I am not sure. May be the money he saves by abstaining from these habits, he donates it towards charity. The Lenten season is just 47 days from Ash Wednesday to Easter. Why don't we abstain from these during the rest of the year as well and save a larger amount of money for charities! Besides, it will help to improve one's own health. Giving up certain habits is definitely a sacrifice and difficult to observe. So if this is not possible, why not give heed to our spiritual leader Pope Francis who says: "Do things in lent, which by observing, will help your fellow human beings. No matter how much time you spend fasting, sleep on the hard floor etc., if it does no good to others, you are doing nothing great".

Our Pope is really very down to earth in his thinking and preaching. Whatever he preaches is easy to follow with a little bit of sacrifice from our side, we should be able to follow our faith according to the church's teachings.

We at CASK have been active with our outreach activities in the month of February. We had 2 Teacher enrichment programme-one at Capitanio PU College and English Medium High school and another at St Aloysius Institute of Education. 180 teachers benefitted from these 2 programs. Thanks to the generous donations we receive from our well-wishers.

The war between Russia and Ukraine reaching its peak. The destruction and loss of human life on both sides is mounting. Our so called leaders forget to understand that there are no winners in a war. Both countries are losers. The misery and loss of life and property, the number of people displaced and now become refugees, the accompanying hardships and heartaches are endless. Let us pray for this war to come to an end soon.

Summer vacation for the children is cut short this year to make up for the loss of the academic year due to the pandemic. I pity the teachers and students, who really look forward to these breaks.

This past year though we have had good rains, shortage of water is predicted during the peak summer months. If you regularly read the scriptures, you will know that this has been predicted vividly. When the world drifts away from the creator due to lack of faith, these things are bound to happen. Many places of worship have been converted into museums and theatres in Europe. For us who have been born and brought up in a God-fearing conservative society, we realize how much the world has drifted away from the creator in pursuit of worldly pleasures.

- Capt Vincent Pais

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## WELCOME TO NEW MEMBERS OF CASK

- |                                        |             |
|----------------------------------------|-------------|
| 1. Mr. Denis Lawrence Gomes            | - Bangalore |
| 2. Mr. Avinash Harold Rodrigues Prabhu | - Bangalore |
| 3. Mr. Paul Rolphy Dcosta              | - Udupi     |
| 4. Miss Venizeia Annie Carlo           | - Mangalore |
| 5. Mrs. Shiny Jose Joseph              | - Mangalore |
| 6. The Aranhas                         | - Mumbai    |
| 7. Mr. Dhiraj Prabhu                   | - Mudigere  |
| 8. Mr. Brayon Alphonso                 | - Karkala   |
| 9. Mr. Vincent Prakash Carlo           | - Mangalore |

## GENTLE REMINDER

**To all subscribers of 'Mangalore' in India and Abroad. Please renew your subscription to 'Mangalore'. The validity of your subscription is indicated on the postal slip on the back cover.**

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Account No: 0046053000043007; IFSC: SIBL0000046-  
South Indian Bank Ltd, Hampankatta, Mangalore.***

# BREAK THE BIAS: INTERNATIONAL WOMEN'S DAY 2022

*Patsy Lobo*

The International Women's Day 2022 Campaign theme is '**Break The Bias**'. Imagine a gender equal world; a world free of bias, stereotypes, and discrimination; a world that is diverse, equitable, and inclusive.

In a recent article on this theme, Ruth Holmes says – Women's Day 2022 is an opportunity to act, improve opportunities and rebuild post-pandemic workplaces without bias for the benefit of everyone.

According to **Lean In** – an international community dedicated to helping women realise their ambitions and offering its support to **International Women's Day** with resources – around three-quarters of women around the world experience bias at work. Yet as author and consultant at Included **Stephen Frost** wrote in an article for **Think Global People**, the trouble with bias is that you often aren't aware of your own unconscious bias. Lean In, found that less than a third of employees are able to recognise bias when they see it. This makes it harder for women to be hired and promoted, and more difficult for companies to level the playing field. With **women** – especially women from minority Black or Asian backgrounds – hardest hit by the pandemic, this year's International Women's Day has never been more important to ensuring more equal boardroom representation, gender balance in public decision-making bodies and improved life chances for all women.

## **Why is recognising bias important?**

As well as being the right thing to do, acknowledging and addressing bias, conscious or otherwise, has a critical role in furthering the diversity, equity and inclusion agenda so vital to building more **sustainable, responsible and successful businesses**. Research into 1,000 companies in 12 countries by management consultants **McKinsey & Company** found gender-diverse companies outperform their national industry averages on profitability. Another study by **Catalyst**, a non-profit community working globally to help

build workplaces that work for women, found that firms with more women in management positions enjoy 35 per cent more return on equity (ROE) than firms that lack gender diversity. To make this happen in more companies, bias means taking action to learn what we don't know. This requires effort, engagement and buy-in to do something about the findings.

### **Identifying bias and building buy-in**

Speaking at the **CIPD's annual conference and exhibition** in November, Steven Atkins, Global Analytics Enablement Director at **splashHR**, a people analytics platform, said the driver for addressing discrimination, diversity gaps and changing hearts and minds "has to be 'show me what I don't know, even though I think I know about it'". "Then when I see that information, to embrace it and adapt to it. Without information backing up all the wonderful things everyone is talking about, we are not going to make that mandate for change. This is where D&I discussions can help foster positive change." For fellow CIPD panellist Katherine Gansallo, Diversity and Inclusion Director at the **London Stock Exchange Group (LSE)**, this has been the case around adopting, for example, more **flexible working patterns in the international organisation**, which employees around 25,000 people in 17 countries. "We are really trying to look at systemic change when it comes to our D&I objectives and really looking at making sure data is key in driving some of the initiatives we are working on." "We are focused on gathering as much of that as possible to really inform the decisions that we make, and make sure we are not only focusing purely on different underrepresented groups, but also making sure that where we have bias in the system, we are mitigating it and pulling it out and making some real change."

### **Overcoming stigma**

"For us, the pandemic is an interesting time because thinking just about the LSE (which acquired and merged with financial market information provider, **Refinitiv**, in 2021), it's quite old in its way of thinking," explained Katherine Gansallo, highlighting how individuals and teams can challenge, spearhead change and drive the inclusion agenda at work for mutual benefit. Prior to the pandemic, research

showed that flexible working carried with it a stigma, especially for women. A 2019 survey of 1,600 civil servants by the **Global Institute for Women’s Leadership at King’s College London** found a quarter felt their line manager viewed their flexible working as a negative. Over a third also said they felt they needed to put in extra hours to show their commitment. “There were some managers who were very keen to say there is no way we could do remote working without being present in the office,” continued Katherine Gansallo. “The reality of that is that this pandemic has been a great opportunity to really shake things up and showed us that we absolutely can. ”It has allowed us to really challenge people around ‘why did we say we couldn’t work that way’? It’s a great opportunity to encourage people who need different modes of support.”

### **Rebuilding the world of work without bias**

International Women’s Day is therefore a chance to amplify and reinforce the work that is already happening in purpose-driven organisations to identify and respond to workplace bias. The global movement has published a range of **resources and guides** so employers of all sizes from around the world can get involved and raise awareness in support of gender equity. You can also access Relocate Global’s wealth of information from our **impactful International Women’s Day events** over the years – the largest and highest profile celebrations in our sector. Today we have the girl Power. Young girls who are believers, doers’ achievers. Girls ready to become women and go out into the world over. The young woman is a goddess in herself showing leadership skills at very early ages. A 21 year old just told me ‘Aunty I am not ready to accept the male chauvinist dominating behaviour of men. I will not marry a man who asks my parents for a dowry. I am who I am worth a million dollars and more. **I WILL OVERCOME EVERY THING THAT WAS MEANT TO DESTROY ME!** With this thought let us move forward and break the Bias, encourage our young women and men to respect each other and fight for what is right.

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## WOMEN.....WHY DO MEN FEAR THEM?

*Veronica Shearer*

Unbelievable strength and resilience has been shown by women of substance down the ages. From women in the Bible to women in the top echelons in politics to women living in dire poverty in Afghanistan where their human rights have been violated, they battle on. Men may have repressed and suppressed women down the ages but like phoenix, they rise from the ashes. Mary Magdalene is called the Apostle to the apostles because she was the first one to see and speak to the resurrected Jesus. Yet we don't hear about her again.

Women do God's work by giving birth, which only they can do. How much more proof do we need that Women, like men, have been made in the image of God?

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We recently met a 88 year old lady living alone on the outskirts of Mangalore – she is highly educated - indeed a woman of unbelievable strength and resilience. Her house is full of books and magazines and when we met her she was reading a book by Shashi Tharoor! In the course of conversations she said something beautiful “**I have no enemies**”. An inspiring message, especially as we embark upon the Lenten season.

## PREPARING TO PARTICIPATE IN CHRIST'S PASSION THIS LENT

*Dr. Christine Wood*

As we enter into Lent this year, we should make a renewed effort to contemplate the mysteries of Jesus' passion. With this objective in mind, I recommend that we examine the mass readings for Ash Wednesday and the Sundays of Lent and consider how they relate to Christ's suffering and death. After all, Lent is meant to be our preparation to participate in Christ's passion, which we commemorate in Holy Week. **Let the spiritual battle begin!**

The Reading on Ash Wednesday is from the Sermon on the Mount, in which Jesus exhorts his disciples to a renewed practice of almsgiving, prayer, and fasting. These are three spiritual practices from

the Judeo-Christian tradition which are weapons for spiritual battle against the three temptations of the world, the flesh, and the devil, or as St. John says, the “lust of the flesh, the lust of the eyes, and the pride of life”. It is imperative that we foster these practices as we prepare to enter into the mystery of Christ’s passion.

**First Sunday of Lent: *If you are the Son of God ...*** The Gospel proclamation for the First Sunday of Lent is about Jesus’ temptation in the desert immediately after his baptism. Notice how two of these temptations begin: “If you are the Son of God...” Satan questions Jesus’ divine Sonship and whether Jesus’ filial trust in his heavenly Father is sufficient to endure this wilderness trial. This event anticipates a more intense testing of Jesus’ filial trust during his Gethsemane and Calvary agony.

At Gethsemane, in the face of his approaching arrest, mock trials, torture, and death, Jesus endures an agony that is spiritual, and deeply psychological and physical. Aware of his imminent suffering, Jesus kneels to pray: “Father, thine, will be done” and faced with the reality of this impending agony, he manifests his complete filial trust in his heavenly Father.

Jesus’ suffering was so intense that scholars say he suffered the very rare condition called ‘hematidrosis’ for “his sweat was like drops of blood falling to the ground”. This condition is sometimes considered to be part of the “flight or fight” response, and is often caused by extreme distress.

Instead of fleeing from the approaching suffering, Jesus surrendered to the Father’s will, and embraced the Cross. After praying he arose and met the betrayer, Judas, with his band of soldiers who came to arrest him. Such resolve in the face of looming suffering could only come because Jesus had immense trust in his heavenly Father. Jesus lived on every word that comes from the mouth of God. This is a call to us to enter into the Scriptures, to hear the Word of God anew, and to trust in God’s fatherly care amidst our own sufferings.

**Second Sunday of Lent: *This is my beloved Son ...*** On the Second Sunday of Lent, the Church proclaims a somewhat surprising Gospel in Jesus’ glorious transfiguration on the mountain. Perhaps as our

spiritual mother, the Church desires to strengthen us for the spiritual battle ahead in Christ's passion by giving us a glimpse of Jesus' future resurrection glory. In this narrative, God the Father declares from heaven, "This is my beloved Son, with whom I am well pleased; listen to him." We will hear this echoed again at the crucifixion when, at Jesus' death, the centurion declares, "Truly this was the Son of God!"

What is curious about St. Luke's transfiguration narrative is that Jesus appears with Moses and Elijah speaking about his imminent "departure, which he was to accomplish at Jerusalem". The original Greek word translated as "departure" is "*exodon*", from which we get "exodus". So Jesus was speaking about his imminent exodus that would begin at Jerusalem. Jesus was about to usher in a new and greater Exodus than that of Moses.

The strange narrative of Jesus cursing the fig tree speaks volumes about the mystery of the Cross in its relation to Adam's sin. Presumably the fruit that Adam ate was a fig since he covered himself with a fig leaf after he sinned. The fig tree, then, is the symbol of destructive force of evil that Adam's sin unleashed upon creation. When Jesus curses the fig tree, saying may it never bear fruit again, he is foretelling the imminent coming of his death on the Cross.

The great Christian paradox is that Jesus destroyed the power of death, for all who believe in him, by entering into death itself, and on the third day rising from the dead.

**Third Sunday of Lent: *Behold your son* ...**The encounter of Jesus with the Samaritan women at the well is the Gospel proclamation for the Third Sunday of Lent. In this narrative we discover the divine bridegroom wooing his fallen bride back into nuptial communion. It is a story of reconciliation, forgiveness, and life-giving love. It is the anticipation of Jesus' passion, in which his *eros* for his bride is fully revealed on the Cross.

From the Cross, Jesus says to his mother, "Woman behold your son!", and to the beloved disciple, "Behold, your mother!". The Blessed Virgin Mary is the icon of the Church, the new Eve, the faithful disciple, standing at the foot of the Cross, bringing life to the world.

St. John Chrysostom also saw a nuptial image of Christ and his

Church, stating: "As God then took a rib from Adam's side to fashion a woman, so Christ has given us blood and water from his side to fashion the Church."

As Christians we are to die to ourselves so that the life of Christ may flow through us. This is the reciprocity of a nuptial relationship: the spouses pour themselves out in love for their beloved. Mary, our mother, is our greatest help in drawing closer to Christ for she sees her own son in us through faith.

**Fourth Sunday of Lent: *Truly this man is the Son of God!*** The Fourth Sunday of Lent makes us reflect upon our own spiritual blindness. In the healing of the man born blind, Jesus reveals to us our own spiritual state: we are blind to the reality of our own sinful condition; we are in need of a savior. If we are to recognize who Jesus is, we must be healed of our blindness.

Jesus is the light of the world; whoever follows him will have the light of life. The world is living in darkness due to Adam's sin: we stumble and fall into sin and despair when we live apart from God. This spiritual darkness is evident in the hardness of heart of the chief priests, scribes, Pharisees, the Sanhedrin, and Herod, who seek to destroy Jesus in their mock trials and interrogations.

Jesus is the light who reveals the way back to God the Father. Jesus endured the suffering and shame of the Cross without retaliating or accusing his enemies of the crimes they committed. He is the lamb led to the slaughter who does not open his mouth in opposition. He shows us that the way to overcome our own sinfulness is by the total gift of self in love.

Is Jesus a mere prophet, or more than a prophet? Once cured, the blind man initially believed Jesus to be a prophet. But in a personal encounter with Jesus, the man made an act of faith in Jesus' true identity and worshipped him. Do we see Jesus on the Cross as a mere prophet? Or do we see beyond external appearances, and perceive the true meaning of Jesus' suffering and death? Can we stand at the foot of the Cross and say with the centurion, "Truly this man is the Son of God!"? Through the light of faith we can perceive that the true Son of God is the one who pours out his life for many, holding nothing back.

**Fifth Sunday of Lent: *I am the resurrection and the life!*** On the Fifth Sunday of Lent, the Church proclaims the story of the raising of Lazarus from the dead. This incredible story reveals the glory of Jesus, the Son of God, because it anticipates Jesus' own death and resurrection.

Jesus' beloved friend, Lazarus, has died yet Jesus waits four days before appearing at the place of mourning. Lazarus' bereaved sisters, Mary and Martha, confront Jesus in their different ways, both declaring their belief in Jesus' power to heal, yet questioning why he wasn't there to save their brother: "Lord, if you had been here, my brother would not have died." Jesus wept in seeing their suffering, and no doubt in appreciating the depth of human misery under the curse of death.

"I am the resurrection and the life", said Jesus to Martha. What hope! What joy! Yet, what strange words! Again the paradox of the Christian life is revealed in Jesus' words: "he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. Do you believe this?"

Jesus will go to his death on Calvary. His disciples abandon him, one betrays him, while another denies knowing him. Are we like any of these disciples? Through fear, greed, pride, or disbelief like them, we may also have abandoned him.

Despite the failure of his disciples, the mystery of Christ reveals that his death transforms death into the path to eternal life. Death no longer has power over us. Death's finality is no more! We need only have faith in Christ to participate in this saving event and should look beyond mere appearances, to see the inner meaning of Christ's suffering, shame, and death to discover his total outpouring of love for us.

The apostles learned the truth of Jesus' words, "he who believes in me, though he dies, yet shall he live." Most of them became martyrs for their faith and now live forever in Christ.

My hope is that this reflection on some of the aspects of Christ's passion, guided by the Lenten liturgies, will help us prepare to journey with Christ in his passion and death this Holy Week. Let's hope that

our Lenten almsgiving, prayer, and fasting will enable us to go deeper into these mysteries.

**Editor's Note** : For the past few years that I have been the Editor of Mangalore I have knowingly written or published an article on the passion of Christ. I try to spend Lent meaningfully.

**What to give up for Lent**-thought this might interest you: \* Don't buy anything that you don't NEED. \* Throw Away 40 things for 40 days. \* 40 Days of Home Organization. \* No Gossiping. \* Work out daily to take care of the body God gave you. \* Don't Eat After Dinner. \* Give Up Soda for Lent. \* Say three Nice Things to Your Spouse & Kids Daily.

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## APPRECIATION

“The greatest of these is love”...are words from the Scriptures, that we hear in the liturgy at many weddings. What then happens to love?...one may ask, as marriages fall apart so easily nowadays, and sadly enough it is among the young couples that we see this happening! Thank you Patsy for delicately spelling out numerous ways in which love can be built up, preserved and protected in your article, “All We Need is Love” in the February 2022 issue of the Mangalore. As you have said, to love anyone deeply needs constant commitment, how much more it is necessary in a marriage! This involves mutual love for the right reasons, falling in love with the same person again and again, having realistic expectations, connecting spiritually, being a soul-mate to and respecting each other. Talking openly and not being secretive, discerning one's partner's unspoken feelings and insecurities, sharing the things that hurt, all help to build that magical thing called trust, which should be held precious, because if it is shattered into smithereens it will be almost impossible to put it together again! Patsy, you have emphasised that love is when both the individuals who love each other maintain their own identity, yet make sacrifices for each other, give each other space, at times even fight and argue, but learn to cope with the rough waves which are inevitable! Your conclusion is the icing on the cake, rather, on your article! and that is, being mindful of one's partner, of little and big things, of all that is happening around! Patsy, may your article help to hold and cement marriages together!....

- Olga B. Noronha

## FEELING NOSTALGIC

*Joan Lobo*

As I stood teary eyed watching the more than 100 year old home coming down, I was lost in a world of nostalgia and immersed in memories. I actually took a walk around the house and compound that soon would change from the familiar to the unfamiliar and the last time that I was seeing the place the way I treasured it for the longest years. A flashback of the amazing people, memorable times and abundant love and laughter that filled this home came flooding back. However, the sadder memories locked deep in my heart that I tried ever so hard to forget clouded my mind. Happy and sad times et all kept me reminiscing as this sweet home would remain only a memory in my mind now on.

Nostalgia. Such a simple word for something that causes us to feel so many emotions. Nostalgia that smoothes and softens rough edges of the past memories, prompting us that if winter has come, spring won't be far behind. Nostalgia, the joy of dipping into memories giving us renewed vigor to face the present cos' it is like a grammar lesson where you find the present tense but the past perfect.

Often as I sit on my balcony watching the world go by, a nostalgic feeling envelopes me of those magical yesteryears when the skies were bluer, the air purer, people nicer, music sweeter and life like a rainbow hued fairy tale. In those mythical halcyon days when love and friendship were deep routed and enduring and life was all pristine innocence and goodness. Today's crass materialism and soul stifling lack of values were unimaginable then, is what I recollect when I daydream my way into a nostalgic time warp.

The other day I caught myself reminiscing about high school with a kind of sadness and longing that can only be described as nostalgia. I felt imbued with a sense of wanting to go back in time and re-experience my classroom, the playground, the long hallways, my amazing teachers and the love they showered on us. Memories – good or bad, fond or bitter, we all possess them and nurture them recalling the sunnier ones to color our lives. I believe it is these unique assortment of memories that help us navigate through the journey of life.

Memories can warm us up from the inside. An old movie, novels, old artifacts trigger feelings of nostalgia. Be it a Lata Mangeshkar, Bob Marley, Jim Reeves or Kishore Kumar that unlock the gates of magical musical memories or a My fair Lady, Sound of Music fills us with delight. Olden days were truly golden days. How incredible it feels to leaf through our childhood autograph book filled with scrawls from school pals and teachers. And that dreamy feeling of reliving old memories as you view old sepia tinted photographs in the family album. To feel more delight and contentment than this are the aromas of their mothers cooking that all men love to express all the time, the warmth of a fathers hug when one excelled in school, sitting on our grandparents lap and listening to make believe stories are precious memories that transport us into another time and world. As much as they were human and not super heroes but in our growing years they were the perfect idols in our eyes as they nurtured us into becoming what we are today. Some of them left us early but their affectionate memories continue to guide and uplift us. Distance and time draw old friends apart. But nostalgic memories can only bring back that old happy glow. Pleasant memories can help us tide over hard times while nostalgia is a great way of creating and nurturing human ties. Family and friends bond over happy memories sharing experiences and emotions. School and college alumni associations are strengthened by nostalgia, rekindling old ties.

It is an obsession for me to give pride of place to insignificant things but which mean the world to me. Although alone at home, with these little treasures I have collected at various stages of my life, I feel surrounded by an ocean of memories. Every nook and corner has acquired memories much like a second skin. Recently, when I was at my favourite pastime of rearranging, I found my christening dress nicely packed - a very precious memory. So little, so sweet which made me realise how far I had travelled. It is these unique assortment of memories that help us navigate through the journey of life. Another of my prized possessions which enjoys a place of honour is my silver tray in which I carried flowers in my little years. The memories of the Nativity of Mother Mary and the festivities of the nine days come pouring in everytime. The littlest things can bring back nostalgic memories that



can last a lifetime. One more of my nostalgic recollections is when we as a family used to go to the beach and never return without singing the hymn 'Hail Queen of Heaven'. And to this day a trip to the beach, brings back sweet memories of those good old days which were simple and guileless.

Though childhood is a distant memory some of our reminiscences remain crystal clear while others are foggy and abstract. What I would like to call the Carpe Diem phase is the age when our minds were the most innocent and unaffected. As kids we rarely ever thought of the future, and when we did, it was all glee. Childhood memories are like a happy weekend without a week following. A natural selection of memories occurs over time. And the fact is, that fond memories are always infected with nostalgia. Nice memories become nicer and nicer. A friend of mine has an expression that sums this up pretty well. "The older I get, the better I was".

Nostalgia is in itself bittersweet; it brings powerful memories of a happy time, but also reminds you that you will never be there again. As melancholic as that sounds, nostalgia isn't purely negative. Recollect my mother who wanted to everything exactly the way her super efficient mother did. And then there are a lot of people who perpetually "live in the past".

A book of memories is what we create in the course of our lives with snapshots of our childhood, scraps of stories from our teenage days with the quiver of emotions held carefully in its precious pages. The unique assortment of memories is like a landscape of our mind, like a road map in the journey of life which takes us along as we try to acquire unfulfilled dreams and our deepest desires. They are also like stars that brighten our dreams and a diary we carry along as we move.

We are all custodians of our deepest memories, more intimate than we can imagine that seem to be the bedrock of our heart and mind. Unconsciously we are constructing a long memorable journey in our hearts with them, as everything has an interesting story behind. Sometimes I wish I could go back in time not to change anything but to experience cherished moments and memories twice.

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## A THOUGHT FOR LENT

Inspiration from the Life of Dr. Paul Farmer, aka ‘kenosis man,’ who emptied himself in love and service to others

*Jennie Weiss Block, Courtesy NCR*

*Do nothing from selfish ambition or conceit, but in humility regard others as better than yourselves. Let each of you look not to your own interests, but to the interests of others. Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave ... and humbled himself and became obedient to the point of death — even death on a cross (Philippians 2:3-8).*

In the early morning hours of February 20, 2022, a band of angels and saints, among them some familiar faces, made their way to a humble room in rural Rwanda to bring Dr Paul Farmer home to God. The room was filled with light and peace and there was much joy and rejoicing in the heavens as God’s good and faithful servant entered the kingdom of God.

As the word of Dr Farmer’s death quickly spread around the world, thousands upon thousands of people from all walks of life were shocked and heartbroken as they received the news of his untimely passing at the age of 62. Many knew Paul as friend, colleague, doctor, mentor and teacher, and, yes, as a personal hero. Still millions of others knew him through his exemplary reputation.

For his wonderful close-knit family — his mother, Ginny, his wife, Didi, his children, Catherine, Sebastien and Elisabeth, and his siblings Jim, Jeff, Katie, Peggy and Jennifer — he was just “Dad” or “PJ” or “Bro,” and his death is a searing and irreversible loss.

Reid recounts, “The synergy between Paul and Gustavo was electric. There were more than 2,000 people at that gathering and most of them lined up to talk with Paul after the panel presentation. He stayed until every person who wanted to talk with him did so.” That was Paul. I was with him on many occasions as we closed out many venues late at night after book signings or speeches where he stood

for hours, for as long as he could, and then finally sat down when his leg — injured long ago in an accident, would start to ache. He always chatted in an unhurried manner with every person who had patiently stood in line to meet him, and now I am so glad for the thousands of pictures of Paul I took with young people — whom he often referred to as “his retirement plan.” I am sure these photos are now treasured relics.

Paul loved to be around nuns and priests and he very much admired Reid for her graciousness and her academic rigor. Sometimes he would say, “Wow! Did she really edit a hundred-volume Scripture series?”

Reid was right on point when she noted, “Paul had a way of making every person he ever met feel like they were among his best friends. He gave everyone that kind of attention, a most extraordinary gift. He truly had an enormous impact on me and I’m sure everyone else who was part of his life in any way would say the same.”

The last years of Paul’s life were very happy. The pandemic gave him long stretches of months at a time at home with his family engaged in ordinary activities — making dinner and playing Scrabble with his children, watching movies, and sometimes grocery shopping and driving his daughter to her swim lessons. He even spent a few weekends away with his beautiful wife, Didi, whom he greatly admired for her work with the Women and Girls Initiative she founded in Haiti.

In between endless Zoom sessions for teaching and meetings, he was able to carve out long hours of silence, of planting in his garden, of sitting at his koi pond nurturing his contemplative leanings. In the past months, I sensed a profound growth of his religious imagination.

He was in Rwanda for the last month of his life doing what he loved best: teaching and seeing patients. The comments and emails that he sent me during the last weeks of his life were filled with pictures of his patients with requests for prayers and updates on their conditions. The last pictures he sent me showed him sitting on the bed with a beautiful little girl named Josiane who was being treated for cancer. He was so happy that he had made her smile.

He had lost a patient just a few days ago, a young man named Faustin. He had sent me a picture of him a few days earlier to ask for

prayers and told me there was a “sliver of hope.” He was so sad when he wrote and told me, “We lost Faustin at midnight.” He sent me a picture of him with Faustin’s father and a forlorn image of four men carrying Faustin’s casket. I told him that his accompaniment of Faustin and his family was a sign of God’s love and mercy.

I was supposed to have been on this trip with Paul, but we put it off because of the omicron situation. When I said I wished I was there with him and asked if he was OK, his response: “But you are here because you know. I am OK deep down and love this work so much.”

There are so many images throughout the years of Paul with his patients throughout the world — young and old people — many of whom he gave many extra years of life. His love and his compassion for all of humanity is the subtext of all these beautiful photos. Really, is it any wonder that his heart gave out?

Paul loved his work, his patients, his wife and his children, his mother and his siblings, and his many friends around the globe fiercely and unconditionally. Both publicly and privately, thousands of people are grief-stricken by trying to imagine our lives without Paul. For me, I know with great certainty that he is with God, and I actually know, too, that he is happy and in good spirits.

Jesuit Fr. Jim Keenan of Boston College was a great friend of Paul’s for many years and they shared much in common — they were both gifted intellectuals and writers with deeply moral compasses, and an especially an uncommon dedication to their students. When I asked Jim for a comment for this obituary, I was not surprised how he captured the essence of Paul’s spirit.

“From the very first time I met Paul some 20 years ago, I always thought of him as playful; it was that playfulness that made him so accessible. By that playfulness, he made you believe that you were fun to be with. He helped you, wherever you were, to laugh. That playfulness was infectious. He helped each of us to be childlike,” Keenan said.

“I am not trying to romanticize his work or his death,” he added. “To know Paul was to know a man who faced disease and death more than anyone we knew. He was fearless; if for instance, you read his

recent book on Ebola, *Fevers, Feuds and Diamonds*, you knew how incredibly courageous he was.”

“It is said that what makes us vulnerable to one another is when we recognize the child in each other,” Keenan said. “Paul saw the world as a world of children. Against the backdrop of disease, threat and death he wanted the children to flourish. And that was all of us. I imagine he is right now playing with God. And, I imagine, everyone else around the kingdom of God is watching. And they are probably thinking that he’s helping God to feel that God is fun to be with.”

Although I believe that Paul is happy and in good spirits, I also know that for me, and so many others, his passing leaves a massive void. We will miss Paul for the rest of our lives. I pray that we can all dig deep and enter this void with grace and courage by trying to emulate Paul, so we too, might someday laugh with him in the kingdom of God.

**Note – Dr Derek Lobo** – I have never met Dr Paul Farmer and never had any contacts with him. He was the Chair of the Department of Global Health & Social Medicine at Harvard University, renowned as a Public Health Specialist of extraordinary talents and compassion. There are rare times when a person you have only heard about but never met creates immense sadness – I am a victim of such sadness on hearing about the demise of Paul Farmer.

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## THANK YOU

1. Mrs. Raynah Rodrigues, Mangalore - ₹ 50,000/- CASK Charitable Projects
2. Mr. Gerald J Lobo Prabhu, Bangalore- ₹ 20,000/- CASK Charitable Projects
3. Mrs. Tilliola R.C. Peris, Mangalore - ₹ 15,000/- CASK Charitable Projects.

### Names with held on request

1. ₹ 10,000/- Education & Health Care Projects
2. ₹ 6,000/- CASK Charitable Projects

## FROM WOMB TO TOMB

*Liraya Rebello(Age-12), Rome-Italy*

I enter this world, so eager to learn,  
Only to be of huge concern.  
I was a celebrated news  
While in the womb  
Because people assumed  
I'd turn out to be, a he.

I may not be your son,  
But I'll be your daughter.

What did I do wrong,  
To die, just a newborn?  
If you let me live,  
I would have lived  
Up to the expectations you had.  
I would have been the son that made  
you glad

I may not be your son,  
But I'll be your daughter.

We have the honour to be a creator,  
Therefore be a caretaker.  
Yet thousands of little girls,  
Buried after birth,  
Forgotten and abandoned,  
Were stripped of such an honour.

I may not be your son,  
But I'll be your daughter.

Before I could see the world  
Before I could make you proud.  
I'm in the ground.  
Screaming for a second chance.  
A trembling hand, holding the knife,  
Waiting to end my unwelcome life.

I may not be your son,  
But I'll be your daughter.

We're understated, undermined,  
underestimated.  
They act like we're beneath them.  
'Something' to walk all over.  
They say our feminine body,  
Our feminine mentality,  
Is all there is to blame.

I may not be your son,  
But I'll be your daughter.

Underneath the surface,  
Lie countless infant girls,  
With no voice left to be heard  
Transferred from womb to tomb.

Before they could breathe,  
Their very first breath.

Female infanticide, female foeticide,  
A subject left for whispers.

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**PLEASE NOTE THE CASK UPDATED WEBSITE**

**[www.caskmangalore.org](http://www.caskmangalore.org)**

## **MINDTREE CO-FOUNDERS DONATE RS 425 CRORE TO IISC TO HELP BUILD AN 800-BED MULTI-SPECIALTY HOSPITAL**

**The Hospital will have advanced facilities for diagnostics, treatment and research and the clinical and surgical departments in the hospital will facilitate comprehensive treatment**



*The medical Institute, to be named as Bagchi-Parthasarthy Hospital, will offer an integrated dual degree MD-PhD programme aimed at creating a new breed of physician-scientists*

Philanthropist couples Susmita and Subroto Bagchi and Radha and NS Parthasarathy collectively donated **Rs 425 crore** to the Indian Institute of Science (IISc) to set up a postgraduate medical school along with an 800-bed multi-speciality hospital on its Bengaluru campus.

This is the single largest private donation IISc has received to build the postgraduate medical school and multi-speciality hospital, officials of the Institute said.

The medical Institute, to be named as Bagchi-Parthasarthy Hospital, will offer an integrated dual degree MD-PhD programme aimed at creating a new breed of physician-scientists who will pursue careers in clinical research to develop new treatments and healthcare solutions, driven by a bench-to-bedside philosophy.

Besides, students admitted in specific MD, MS and DM, MCh programmes will also be trained in appropriate sections of the hospital

along with their classroom and laboratory training.

The hospital will also implement advanced digital technologies and solutions, such as integrated Electronic Medical Record systems and a comprehensive telemedicine suite with haptics interfaces

They will be trained simultaneously in the hospital as well as in the science and engineering laboratories at IISc.

The Hospital will be built within the existing IISc Bengaluru campus, taking full advantage of the co-location with the science and engineering faculties and labs.

The construction work of the project will begin in June 2022 and the hospital will be operational by the end of 2024. The first batch of students is likely to be admitted in 2025.

The Hospital will have advanced facilities for diagnostics, treatment and research and the clinical and surgical departments in the hospital will facilitate comprehensive treatment and healthcare delivery in several specialities including oncology, cardiology, neurology, endocrinology, gastroenterology, nephrology, urology, dermatology and plastic surgery, organ transplant, robotic surgery and ophthalmology.

“We are grateful for the opportunity to partner with IISc. The institute with its depth, competence and leadership has the capacity to deliver on scale. We are confident of the lasting, beneficial outcome of our donation,” said Susmita Bagchi.

“The contribution will help us realise our vision of seamless coupling among clinical sciences, basic sciences, and engineering technology disciplines,” said **IISc Bengaluru director Prof Govindan Rangarajan**.

Notably, Subroto Bagchi, who is currently serving as the **Odisha Skill Development Authority (OSDA)** Chairman, along with his wife Susmita, who apart from being a noted writer is also Chairperson of Odisha Mo School Abhiyan, had pledged Rs 340 crore for advanced cancer care centres, the Bagchi-Sri Shankara Cancer Hospital and Research Centre and Bagchi-Karunashraya Palliative Care Centre in Bhubaneswar, last year. (*Source: New Indian Express*)

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## **WE LINGER ON PEOPLE'S MINDS AFTER CONVERSATIONS, LONGER THAN WE THINK**

*Devrupa Rakshit, The Swaddle Team*

We may have wondered whether the person we had a great first date with the previous evening is thinking as much about us as we are about them. But, have you ever wondered that about your colleague with whom you just had a heartfelt conversation? Or, about that stranger on Reddit, with whom you discussed your thoughts on the “Novak Djokovic vs. Australia”-feud?

You may be on their minds for much longer than you think, in fact, according to new research. “They remember our stories, revisit our advice, and replay our criticisms. But do they realize that we are doing the same?” the researchers started out wondering.

An article in the *Journal of Experimental Psychology: General*, has a series of eight studies finding evidence of a “thought gap” between “conversation partners.” Basically, we underestimate just how much people we talked to think about us following the conversation. In fact, turns out, people tend to believe they think about their “conversation partner” more than the other person.

Is it just me, or does this remind you of the Bollywood trope where two people, who are beginning to fall in love with each other, take turns to look back at their love interest while walking away in opposite directions? However, they never end up glancing back at the same time and end up thinking that the other person probably doesn't reciprocate their feelings.

The present study, however, doesn't just pertain to lovers — either present or potential. It encompasses almost everyone we end up having a conversation with — from our neighbor to a shopkeeper to a person we shared an Uber with.

“Approximately 50% of our waking hours are spent engaged in communication; most commonly, conversation. This leaves the remainder of the day ‘to remember, replay, and relive what was said,’” Mane Kara-Yakoubian wrote in *PsyPost*, adding that “as such, conversations not only affect us while they occur, but long after they

have ended.”

Kara-Yakoubian describes conversations as an intimate activity between two individuals-as an explanation for why it has a greater impact on our own minds as well as those of the people we engage with.

“People have privileged access to their thoughts... Engaging in conversation may be the closest we can come to knowing the thoughts of another individual; thoughts can be shared directly through language or inferred through non-verbal information (e.g., pitch, prosody),” she writes, explaining that when conversations end, “there is a notable psychological transition, going from the intimate connection with another’s thoughts to being alone with one’s own thoughts.”

While this sounds kind of “sweet” - “wholesome” even - is it necessarily a good thing always? May be not. Remember how we often say that a stressful conversation in the morning sets the tone for the rest of the day? That could be because we know it’s difficult to just shake it off and move on. But now we know that the person we had the stressful conversation with may be feeling the same way - again, for longer than we think.

But, there’s certainly one good piece of news that did come out of this study: yes, your date is thinking about you more than you may think they are. But are they thinking about only the good things? Well, that’s anyone’s guess!

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## **THE NEW CHALLENGE : VALUE EDUCATION**

*Jacintha Correa, Thane*

My school has obtained cent percent result at the SSC Board Exam, with no less than 8 students on the merit list! A wonderful performance indeed! And one to be justifiably proud of. But on our determined and obsessive way to this incredible success, what exactly have we sacrificed?

Given the present system of education, I’d say a couple of years of a child’s childhood... a hauntingly sad thought! But there’s a nightmarish one too. What have we turned our child into? A ruthless

insensitive go-getter, all honed towards that much talked of winner (or is it killer?) instinct, ready to reach the top at all costs.

Well, if education is developing qualities of head and heart, we may have failed our child even as he/she is covered with glory.

**For, would this my student have spared a few hours of her precious preparation time to help a less intelligent friend? Would she have in her pursuit to the top, refrained from an opportunity to cheat? Would she have been able to face it bravely, if perchance her richly deserved success had not come her way?**

**In other words is my student a KIND, HONEST and COURAGEOUS young man or woman committed to goals far higher than personal success?**

**Screaming Newspaper headlines, as well as personal experiences of deceit, selfishness, corruption, and dis-honesty all around us, tell a story of their own.**

It is time we educators face up to our responsibilities, to our youngsters and our country. Passing the blame on to the parents, the media, or to the society will not help. The need of the hour is a value-based education that will give our boys and girls the incentive, the encouragement, the opportunity to develop morally, socially, spiritually as well as intellectually.

This is especially important at a time when we are passing through a phase in our social and political life which poses a special danger to the erosion of long accepted values.

The goal of secularism, socialism, democracy, and professional ethics are coming under increasing strain. Dehumanisation and alienation is taking its toll on a society already plagued by social and economic tensions. Crime, violence, and indifference to human suffering has spread to all walks of life. We have, in fact, a crisis of society on our hands – a crisis that calls for a deliberate thrust of values in our education.

Value education in schools is not merely adding a subject by that name to the school curricular. It is the development of proper attitudes, feelings and behaviour patterns through all kinds of curricular and cocurricular experiences. The goal here is education for *becoming*

rather than *mere transmission of facts and information or mechanical training of skills*.

**What exactly is involved in such an education? Value education involves all three faculties of our personalities. The child should be made *aware* of the right values, *feel* the related emotions, and *be motivated* to make these values his own in thought and deed.**

**What are the values we wish to develop in our students? Firstly, the personal value of honesty, personal integrity and pursuit of excellence. Next the community values of co-operation and peaceful coexistence, and in the larger national context the values of secularism, equality, and national integration.**

Imparting values is by no means a simple matter. There is no magic formula, technique or strategy for imparting or inculcating values. Development of values is in fact influenced by a complex network of environmental factors, home, peer group, community, media, and society at large.

Ordinarily, education as a subsystem of society, merely reflects the existing social order but in periods of crisis (and surely this is such a period), it assumes a more creative role and has to work towards setting things right.

The school therefore has an important role to play in the value education of children. The effectiveness of the school system very largely depends on the professional idealism of the teachers. It is imperative that the teacher's own behaviour be in accordance with the highest standards and ethics of his or her profession. Whatever subject they teach and whether they are aware of it or not, they function as a value educator.

Also, the school climate must be conducive to the development of high values and ideals. Whatever strategies we employ to inculcate value education-whether indirectly through a variety of cocurricular activities or through direct value education-success in any measure would depend upon whether you truly believe in the high principles you seek to inculcate, whether you practice what you preach, for ultimately it is only this honesty that children will respond to.

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## IS WAR A TIME FOR HUMOUR?

*Brian Fernandes*

Maybe not, but if you humour me, it may reduce the tension caused by the war while those at war lose their pension. I've just Putin a word, is all; I don't want you to feel insecure.

War is described as a struggle between opposing forces for dominance and pre-eminence. Check out your WhatsApp group for examples. Every force in this universe requires an opposing force to react to and there lies the essence of our existence. Even among a homogeneous population, do you not find fractions, factions, and friction? You will, if you are fastidious enough.

We are always at war - with someone, some idea, some thing, some country, some planet and all of us together with the environment because it stops us from expressing ourselves as they say in cricket commentary... It's like Hotel California, you can check out any time you like, but you can never leave!

And those who are at war - and that's all of us - want to win it all the time. For the winner takes it all; he is revered and reserves the right to strike at will even without a will that bestows upon him that right! War keeps the economy of the world moving, its peoples motivated, and tells tales of heroism and sacrifice that would not have come to light, if not for war. Does it not? It also tells tales of death and destruction that are quickly forgotten at least by the victor. War has a side effect too. it causes selective amnesia and PTSD, depending upon which side of the war you are - the winning or the losing side!

Then there are those who will bet on it too! And there are the odds makers, who are never at odds with what they are doing!

War provides meaning, purpose, and an attitude of take and give - not give and take! War does it all, and yet we are at war with idea of war itself! It's not clear why. Ah! that's because it's the essence of the universe. See previous paragraphs! Being at war with war itself is a sad conflict to be in if you are not Putin to it! And right now, you are, even if you Zelensky want to stay out of it! So, what do you do? You fight! to win! or lose! and then start all over again!

It's like WWE - War Without End. What did you think? it was a wrestling match? Yea, maybe it is. Kind of. You've got to hit the ropes before you bounce back! And bounce back you will, not immediately, but over time, certainly. Somebody will pick you up, nurse you back to health and wealth and then put a stick in your hand, that you hope will stick, this time around. And so, it goes.

Even a tennis match or any sport is a type of war - is it not? There is a winner, and there is a loser. Somebody wins and somebody loses, only to try to win again in the future! And the guy who wins struggles to maintain that winning streak. It's a never ending struggle. Its possibly the essence of our life. It's exactly why we are here on earth. to fight for our rights, to fight for what's right (according to us), and to fight to take what we want - not need; and at the end of it all, fight to keep it all! Isn't even an election a war that follows the same principles? It too has casualties - mainly you and me!

But war, any war is not easy, let me tell you. You have to mobilize, sustain, justify, and evangelise for your cause! and keep doing it in one endless loop. One slip of your stylish flipflops and you will find yourself heading down a slippery path, with no hand railings to steady yourself.

In Management and leadership classes they teach you about conflict resolution. I'm not sure I understand why, because elsewhere in the syllabus of such courses, they tell you that conflict is the source of all reform and provide you with the example of a diamond, the one you or your spouse wears with pride, and loses in war or in a robbery - a kind of war itself. Simply put, diamond formation occurs when carbon deposits deep within the earth (approximately 90 to 125 miles below the surface) are subject to high temperature and pressure. Some stones take shape in a matter of days or months, while others take millions of years to materialize. So what is the truth - is war good or bad?

When you are at war, others will try and talk you out of it. But you will not hear of it (your hearing will be obtuse) - while you are winning. When you are losing, your hearing becomes acute. And through these two extremes, everyone will be trying to connect the two through a hypotenuse! Rarely succeeding, and then their successors will do the same!

Ukrain't escape a war, once you are Putin to it. That's the truth about the Ukraine-Russia conflict. They both find themselves between the black and the Dead seas!. The conflict stems from insecurity about security, though it might also be because of a hangover, from Vodka of the Soviet era. What is interesting about this conflict is that one player was a former Soviet Era, Intelligence (and intelligent) agent with little or no humour, the other, is a political satirist filled with a sense of humour. He shot to fame with his "Servant of the People," a satirical TV show about a down-on-his-luck high-school teacher, played by Zelensky, who is thrust into the Ukrainian presidency after his rant about corruption goes viral. You can look for a parallel if you have the time.

The series made Zelensky a star and eventually served as the springboard for his real-life presidential campaign. In April 2019, within a month of the show's finale, the comedian-turned politician was elected Ukraine's president and now finds himself truly a Servant of the People, not just as a figure of speech, but a figure who, maybe will have to serve them with all he has including his life and keep his sense of humour. That's the price of war, any war. Speaking of prices, you get the best prices for the tools of War at Warmart!

By next Tuesday, when I have to go to war with my mind again, the current war would have reached a decisive stage. The rouble has already become a bauble, the Banks are having the runs without a laxative! Money vs Missiles - Who will win that war? Someone has to, no? Please humour me - promise me you will think about all of this seriously, with a sense of humour!

**Disclaimer:**

***This Article is written in a lighter vein. It hopes to bring a smile to your face, and you must not ascribe motives to its contents. There is no connection to events and characters in real life and if perchance you find a connect with any such real-life event or character, rest assured its purely coincidental.***

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# **VIOLENCE AGAINST WIVES IS RAMPANT. JUST REMOVING MARITAL RAPE EXCEPTION WON'T FIX THAT**

*Audrey Dmello, Director – Majlis, Mumbai*

The 2005-06 National Family Health Survey (NFHS) found that of the 80,000 women interviewed, 93% stated that they had been sexually abused by their current or former husbands. Ten years later, 2015-16 NFHS showed no improvement, as the data estimated that 99.1% of sexual assault cases go unreported and that the average Indian woman is 17 times more likely to face sexual violence from her husband than from others.

Currently, the bench of Justices Rajiv Shakhder and C. Hari Shankar of the Delhi high court is hearing arguments on a batch of petitions challenging Exception 2 to Section 375 of the Indian Penal Code (IPC) in the case *RIT Foundation & Ors. vs Union of India*. The arguments have been focused on the need for Exception 2 to S. 375 to be deleted, as it disregards the bodily integrity of a married woman. The court, on the other hand, is apprehensive that by deleting Exception 2, it may be creating a new offence, and that may amount to overstepping its role as creating a new offence is the mandate of the parliament.

Exception 2 to S. 375 IPC states that sexual intercourse by a man with his own wife, the wife not being under 18 years of age, is not rape. Due to this exception, a common misconception is that marital rape is not a crime in India and that a husband can have forced sexual intercourse with his wife with impunity and that he will not have to face criminal prosecution. It is pertinent to note that cruelty to wives is a criminal offence in India even at present.

In 1983, a new section was added to the Indian Penal Code (IPC) to protect women from all types of domestic violence. S. 498A, IPC states that the husband or relative of husband of a woman subjecting her to cruelty... shall be punished with imprisonment for a term which may extend to three years and shall also be liable to a fine. The section further goes on to explain, “for the purpose of this section, ‘cruelty’ means any wilful conduct which is of such a nature as is likely to



drive the woman to commit suicide or to cause grave injury or danger to life, limb or health (whether mental or physical) of the woman”. Both mental and physical cruelty have very broad definitions in law, thus physical cruelty includes forcing the wife to have non-consensual sex.

However, this penal provision with stringent punishment was not helping curb domestic violence experienced by most women. Since there were no protective measures to safeguard the rights of women like psycho-social support, referrals to services such as medical or legal aid, shelter, skills training, job referrals, etc., there was a need to find alternate solutions. In 2005, the Protection of Women from Domestic Violence Act (PWDVA) (a predominantly civil law with criminal consequences) was enacted. PWDVA unpacks the definition of mental or physical cruelty as – physical, economic, emotional and *sexual* violence.

As part of an organisation based in Mumbai that provides legal representation and social support to victims of rape and domestic violence, I have had the opportunity to interact very closely with victims of violence and observe their expectations and engagement with the law. I have also studied the response of the justice delivery system towards women.

A large number of women in our country are subjected to brutal domestic violence. Forcible violent sex is one form of violence but along with that or irrespective of it, a woman has to endure other physical violence – fractured skull, broken limbs, scalds to her body. This is coupled with mental, verbal and economic violence that she and her children have to face. What we see is a continuum of violence.

A 2011 study by the International Center for Research on Women (ICRW) stated that 65% of Indian men surveyed said they believe there are times when women deserve to be beaten. The 2005-06 NFHS has stated that more than 54% of men said that it was okay for a man to beat his wife if she disrespected her in-laws, neglected her home or children, or even over something as trivial as putting less (or more) salt in the food. The study revealed that 31% of married women were physically abused and 10% were subjected to “severe domestic violence” such as burning or attack with a weapon. Another 12%

reported severe violence which included at least one of the following injuries: bruises, wounds, sprains, dislocation, broken bones or broken teeth, and severe burns, while 14% experienced emotional abuse.

In spite of the wide prevalence of domestic violence in the country, very few women approach the court for relief and redressal. In a society where marriage is perceived to be the “be all and end all” of a woman’s life, a woman who wishes to break the shackles of an oppressive marriage and press criminal charges against her abuser is viewed as deviant. The few women who dared to approach the court are labelled as ‘gold diggers’ and are often said to be misusing the law to harass their husbands and their in-laws. When we study S. 498A cases, we see that reported cases do not lead to convictions. A study conducted by the Centre for Social Research, Delhi revealed that out of 100 cases registered under S. 498A, only in two cases did the accused get convicted. The only cases which ended in conviction were those where the woman had died. There were no convictions in any of the cases registered only under Section 498A.

All stakeholders who have been given the mandate to protect women including the judiciary, the police force, the protection officers, Women’s Commissions and even women themselves prefer to opt for “counselling”, where women are advised to adjust, reconcile and “save” their marriages even at the cost of danger to their life, simply because nothing else exists for them beyond the marriage. In cases of extreme domestic violence, the police register a simple non-cognisable (NC) complaint and send the woman back. At best, they would call the husband and chastise him or even lock him up for a night or two for causing a disturbance. When he is released, the intensity of the violence escalates and, in some cases, the woman may be thrown out of her matrimonial home, with or without her children.

What then do we expect from the deletion of Exception 2 to Section 375 IPC? Do we believe that women who have been raped by their husbands along with the continuum of other types of violence, will walk out of their marriage and press criminal charges against their husbands, that too in an offence that warrants severe punishment, including the death penalty?

More importantly, the patriarchal presumption that one has to address, especially as feminists, is the perception that vaginal violation is a graver form of violence than any other brutality. The demand for deletion of the exception seems to subscribe to the mindset that even within marriage, rape forms a category separate from other physical, emotional, verbal and economic abuse. If the violence that a woman faces is a continuum of a life of degradation and despair, can the act of non-consensual penetrative sex be rendered more heinous and therefore placed on a pedestal?

One option before the Delhi high court can be to unpack the definition of ‘physical and mental cruelty’ in S. 498A, to include the same definition as used in PWDVA and then go on to provide all the protective measures to women. These includes assigning a support person to the survivor, ensuring a time-bound trial, trained and sensitive police machinery, reliable and effective legal aid and a proactive judiciary.

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## SEEKING SOULS

*Nicole Padival, Mumbai*

Sounds of the earth attempt to mend the turmoil I feel within.

Illogical curses rain down on the other side of the ocean.

Innocents dying for no reason,

A multitude packing their lives with nowhere to go.

Stories lost in rubble.

The fortunate huddle under the earth

Or watch from their screens.

Guilt has many faces

The despots know none.

Fear is a powerful tonic

Humanity consistently hanging in balance.

Yet hope lives on in our hearts

And prayers float up to the clouds.

For at the end of it all,

We are spirits;

We are souls.

Souls that covet peace.

## 14-YEAR OLD SHINEAD FERNANDES – AUTHOR OF THE BOOK “THE INCIDENT”



Shinead Fernandes is a fourteen year old girl studying at St Aloysius Gonzaga School. Her writing journey began a little more than two years ago, in 2019, when she decided to write a book of her own, and it took her a year and a half to complete it. ‘The Incident’ was officially released on 15<sup>th</sup> February 2022 at St Aloysius Gonzaga School by Rev Fr Melwin Pinto SJ, Rector, St Aloysius Institutions.

‘The Incident’, by Shinead, is the first edition of a six book-long series, Celestium, and is going to be followed by five more books. It follows the journey of Aiden and Allen Layne as they partake in the ‘Trial of Yaxford’, a set of exams that could get them admitted into Yaxford, Academy of the Arcane.

**I had the honour of interviewing this young and remarkable Author:**

**Patsy Lobo (PL)** – Congratulations Shinead. Mangalore is indeed proud of your achievement in writing and publishing a Book titled ‘The Incident’. What is the origin of your writing skills?

**Shinead Fernandes (SF)** – I started reading at the age of 8. The first book I read was “Black Beauty”. I thought the book was very inspirational as it makes readers know about the lives and often ill-treatment of horses.

**PL** – How did ‘Black Beauty’ have an impact on you?

**SF** – Being the first book I read and enjoyed, I loved this novel. The story was captivating and I admit that it was ‘Black Beauty’ that began

my reading journey and led to write a book of my own.

**PL** – Tell me your journey after Black Beauty...

**SF** – After Black Beauty, there have been many more books I read, which includes Harry Potter, Percy Jackson, Hunger Games, School for Good, Evil Series etc and many more. Each book/series I read piqued my interest in them more and more. I tried writing many times before but gave up, perhaps due to lack of self-motivation. Finally, with the help of my parents and support from others, I was able to successfully write ‘The Incident’.

**PL** – Who is your Icon?

**SF** – It is Anna Sewell, Author of Black Beauty!

**PL** – What are plans for the future? Your Hopes....Your Dreams?

**SF** – All in all, I want to be successful regardless of what I choose to do or what I’m going to become. I wish to write more books that will follow ‘The Incident’. Besides, another of my ambitions is to become an astronomer.

**PL** – What about your friends?

**SF** – My friends are those who read and love books as I do. I tell them to never stop reading. And to aspiring authors I say – “keep writing always and progressively improve”.

**PL** – What are your hobbies and favourite subject?

**SF** – My hobbies are reading, my favourite sport – basketball and my favourite subject – Science. I may add, my favourite teacher is Jevita Mamm who teaches me Maths

**PL** – At the end of the interview, I was convinced that Shinead has a bright future as an Author and also as an Astronaut, which is her dream. She is full of confidence and determination, with a great flair for the English language. All credit to you Shinead! We are proud of you.

Shinead is the daughter of Samith and Sharal Fernandes of ‘White House’ Kadri, Mangalore and grand-daughter of Mrs Muriel Fernandes.

**CASK congratulates Shinead on her writing skills and the release of her First Book ‘The Incident’ and wishes her a bright future as an Author.**

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## LIFE'S UNCERTAINTIES

*Phyllis Maria D'Costa*

I woke up early to meditate and pray;  
I heard a voice that seemed to say:  
Just make it to the jail soon one day  
So, I decided to do it right away.

I tried to contact people in position,  
But promises remained, I was uncertain,  
Till a gentleman suddenly greeted me,  
Introduced himself as a staff of the jail fraternity.

He helped me connect with the authorities  
Sought permission to celebrate life's niceties;  
A delightful meal for the inmates, was the deal  
Success was ours! Oh what a great feel!

Life indefinitely keeps us guessing,  
What the days keep bringing ;  
Being positive is very replenishing  
Reaping a harvest beyond imagining!

Energy sustains us through the day;  
Sunshine equips us, strong to stay;  
Things will unfold before us anyway,  
Wisdom garnered shows us the way.

Uncertainties are good for us all  
They challenge us to climb and tall;  
Blessings untold before us unfold,  
Surprising us like nuggets of gold.

Just be positive, attract only the good;  
Watch miracles happening, as they would;  
While you, in awe and wonder stand,  
They deservedly will be at hand.

Uncertainties are God's wondrous ways  
Of keeping us happy all our days;  
If we were sure of everything  
What joy would life ever bring?

Let's thank life for not foreseeing  
Our future, which then could be daunting;  
For only then will lives be rewarding  
With astonishment gently us surprising.

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### DR MANMOHAN SINGH SCHOLARSHIPS 2022

Three outstanding Indian students will begin study for their doctoral degrees at St John's College, Cambridge University in September 2022, as winners of the first Dr Manmohan Singh Scholarships established by the University in 2021.

The scholarship programme, has been set up in honour of the former Indian Prime Minister who is a graduate and Honorary Fellow of the College having gained a First in Economics in 1957. It will enable academically outstanding Indian students to study for the PhD and MPhil degrees in subjects like Science and Technology, Economics and Social Sciences. The scholarships are fully funded and include academic fees, international airfare, a monthly stipend to cover living expenses and a UK Visa.

The Master, Professor Chris Dobson, said: "We value the College's strong association with India. This scholarship programme is our way to honour Dr Manmohan Singh for his pioneering role in the economic transformation of his country; one of the greatest achievements of any of our alumni. We are confident that the scholarship programme will bring lasting benefits to future generations of Indian students."

#### **The Winners of the Scholarship in 2022 are:**

**Niladri Banerjee**, 24, is reaching the end of his master's programme at IIT Kanpur. After his PhD he would like to remain in academia. "I always dreamt of being able to go to Cambridge, probably because Isaac Newton studied there. The desire was very persistent, so much so, that it can safely be called a childhood dream," says Niladri, who grew up in Kolkata.

**Manasa Patnam**, 23, who was a teaching/research fellow at the Lahore University of Management Science (LUMS), is studying to be an economist and wishes to focus her work on health and development. "I have been to the UK while studying for my MSc degree at the University of Oxford. I made many friends of diverse nationalities there," says Manasa who went to school in Delhi

**Nitu Duggal**, 31, who is pursuing an MPhil in Educational Research

at the University of Cambridge, has spent 10 years working with underprivileged children in a Delhi Administration school. “It is a very rich experience working in an international community. Cambridge with its natural beauty and historical importance is a wonderful place to study,” says Nitu.

The Dr Manmohan Singh Scholarships are sponsored by Rolls Royce India, the BP Foundation and the Tata Group, and are managed by the British Council.

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**FATHER ABRAHAM V. MANI, VICE-CHANCELLOR-CHRIST UNIVERSITY, BENGALURU, HAS BEEN CONFERRED WITH THE HONORARY RANK OF COLONEL COMMANDANT IN THE NATIONAL CADET CORPS (NCC)**



A Catholic Priest - Fr Abraham V.Mani, Vice-chancellor of Christ University Bangalore, has made history by becoming the first priest to be elevated as Honorary Colonel Coomandant in the National Cadet Corps (NCC) by the Ministry of Defence-Government of India.

Lt. Gen. Gurbirpal Singh, AVSM, VSM, the director-general of NCC, performed the official pipping ceremony on February 25, 2022 at the Parachute Regiment Training Centre-Bengaluru.

The NCC wing at Christ University is one of the ‘most feted’ of the Karnataka-Goa NCC Directorate for its achievements in the field. This privilege has been accorded to only 3 vice-chancellors from Karnataka and 11 in India in 2022. This recognition is based on the contributions of the University to NCC with its cadets joining armed and paramilitary forces in significant numbers. In addition, the infrastructure and facilities provided for NCC training at the Campuses is given credit. Christ University was the first to introduce NCC as a credit course in the country and has promoted NCC as a priority program, resulting in students joining the armed and paramilitary forces



in significant numbers. The University has upheld the aims of the NCC to develop character, commandship, discipline, leadership, secularism, adventure and the ideals of selfless service among the youth. Christ University had introduced compulsory village exposure and service in rural areas to motivate students as socially sensitive citizens.

Established in 1969 as Christ College, the university undertook path-breaking initiatives in Indian higher education by introducing innovative and modern curricula, imparting holistic education.

The University Grants Commission of India conferred autonomy to the college in 2004 and identified it as an institution with potential for Excellence in 2006. On its rolls are over 27,000 students.

**CASK congratulates Father Abraham on the distinction conferred on him and wishes him further success.**

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## **CATHOLIC SABHA ORGANIZES CANDLE LIGHT PROTESTS AGAINST KARNATAKA ANTI-CONVERSION BILL**



The Highways and prominent roads in Mangalore city and towns in DK district were full of candle light glow on the evening of 2<sup>nd</sup> March 2022 with Catholics from all

parishes joining a procession to peacefully protest against the proposed Anti-Conversion Bill of the Karnataka Government.

The protest began at 6 PM simultaneously in all the parishes including Rosario, Milagres, Bejai, Bendoor, Bondel, Urwa. Thousands of Christians participated expressing concern over the country being divided on communal lines. The clergy, the religious and the laity led by Bishop Peter Paul Saldanha took part in the protest in large numbers.

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## **JOSEPH PEREIRA, THE FIRST MANGALOREAN SOLO CYCLIST TO CONQUER THE DECCAN CLIFFHANGER ULTRA CYCLING RACE IN 33HRS 45MIN!**



In the Ultra Cycling calendar, Deccan Cliffhanger always challenges the best cyclist from across the borders of India. The 643 km race starting from the hill city of Pune, is an adventurous and challenging ride, as the route passes through some humangous climbs of Khandala Ghat, 21km of vertical ascent to the top of Panchagani, followed by Pasarni Ghat and the rolling terrain from Satara to Belgaum, where the scorching heat and headwinds make it almost impossible to pedal. Taking the inroads from Belgaum to Goa, the route passes through the dense forest, ascends to Chorla Ghat and then slowly descends to the sea level at Ponda culminating at the beach near Bogmalo, South Goa.

Five days before the event, Coach Gratian travelled all the way from Chennai to Mangalore to join the team of Ashok, Shiva, Nithin & Brijesh and left for Pune. The registration formalities were completed day before the race day. On the race day, 20th November 2021, Joseph, was one of the first riders to get flagged off and the race began at 5.30 am. This year, the 50+ age category saw 12 racers including a female racer, which by itself is a new event record.

Pedalling his way, Joseph crossed one milestone at a time, with all his composure and fearless techniques. While many were racing, Joseph was following Coach's advice that the racing would start only at the 350+km mark!! With the excellent support from crew and apt guidance from the coach, Joseph grew in confidence and started leaving behind those racers who had crossed him earlier. Joseph and his team completed this adventurous race in **33hrs 45 min**, touching the finish line in Goa to a huge applause from the organisers, participants, their entire crew and the team WERC. By completing the Deccan Cliffhanger race, Joseph became the first Mangalorean to complete the SOLO Race, and qualified for the Race Across America (RAAM), a feat unmatched for his age.

**CASK congratulates Joseph Pereira on his achievement and wishes him further success.**

## **OBITUARIES - FEBRUARY/MARCH 2022**

**CASK offers its sincere condolences to the families of the following members of our community, who passed away recently:**

1. Donald Basil Lewis (85), Bejai, ex Glaxo, Mumbai, husband of Irene Lewis (nee Fernandes), father of Shareen/Rudolf Rodrigues, Praveen/Belinda Lewis, Darene/Nelisha Lewis, brother of Stany Lewis, Christine Lobo & Philomena D'Souza, on February 9, 2022.
2. Ruben Prakash D'Souza (47), Kulshekar, brother of Roshan, late Rajesh, Rakesh, Rathan, Rudolph, on February 12, 2022.
3. Albert Pereira (85), Kulshekar, Husband of Alice Pereira, Father of Allen Pereira, on February 12, 2022.
4. Metilda D'Silva (87), Kulshekar, wife of late F M D'Silva, mother of Hubert/Placita, on February 12, 2022.
5. Robert Naveen D'Souza (55), Kulshekar, husband of Shantha D'Souza, father of Roshan and Ranson Joel, on February 14, 2022.
6. Gretta Lobo (87), Kulshekar, wife of late Paul Lobo, mother of Diana/ Rudolf D'Souza, Julia/Francis Machado and Alwyn/Joyce Lobo, on February 17, 2022.
7. Maria Lovely Lathika Mascarenhas (nee Thomas) (48), Bendore, wife of Sylvian Mascarenhas, mother of Lihaan and Sanvika Mascarenhas, on February 18, 2022.
8. Harold Felix Lucas Miranda (82), Valencia, husband of Sophia Miranda nee Pereira, father of Praveen/Noelle, Preethi/Irineu & Priyanka/Deepak, brother of Abundis/Leena, George/Grace, Hilda & Veeda/Louie Martis, on February 19, 2022.
9. Dr Santosh Pinto (74), Bejai/Germany, husband of late Beulah Pinto (née Nazareth), son of late John Paul Pinto & late Teresa Elizabeth Pinto, brother of Arun, Vijay, Prakash, Jawahar and Ranjan, son-in-law of late Jerome Nazareth and late Terry Nazareth, Mumbai, on February 19, 2022.
10. Esme Louise Pais (87), Bejai/Bangalore, wife of late Col. Noel Pais, mother of Helen/Jai Menon, Myrna/Christopher Rego, Cheryl/ Paul Saldanha, Regina Pais, Dr Leisl/Alwyn Mathias, Dr Lawrence/ Debra Pais & Julian/Dr Shireen Pais, on February 23, 2022.

11. Anish Christy D'Silva (37), Bendur, husband of Jenese Pais, brother of Anil/Wilma, Anita/Newton, on February 23, 2022.
12. Sr Maristella Saldanha (77), Sisters of Charity, Mangalore Province, daughter of late John Baptist Saldanha and late Monthi Maria Silva, sister of Sr Attilia Saldanha, (Sisters of Charity, Secundarabad Province) and Alice Fernandes, Brother of Dolphi Saldanha, on February 24, 2022.
13. Sr Anita Pereira UFS (82), Subodhini Convent, Panir, Mangalore belonging to St Xavier Parish, Bejai, on February 26, 2022.
14. Celine Cecilia D'Souza (89), Milagres, wife of late Charles D'Souza, mother of Mable, Matilda, Gladys, Jossy, Molly, Judy and Arun, on February 26, 2022.
15. Geroge Silva (101), Sampige/Bendur, Father of Nancy Denhoed, Harriet Vidyasagar, Eldred Silva and Ronald Silva, on March 03, 2022.
16. Richard Dennis Furtado (57), Valencia, husband of Anitha D'Souza, father of Dickson & Anusha, on March 03, 2022.
17. Lawrence Noronha (84), Valencia, husband of Stella Noronha, father of Sunitha/Richard, Shalitha/Valerian, Savitha/Godwin and Praveen/ Reema, on March 04, 2022.
18. Peter Fernandes (65), Bendore, husband of Philomena Fernandes, father of Sonal Fernandes, on March 05, 2022.
19. Louisa D'Sa (89), Valencia, wife of Vallie D'Sa, mother of Maria/Karol, Mariette/Archie, Marilyn/Naresh, Barbara/Vivian, Rosemarie/David, Joseph/Vimala, John/Marita, on March 05, 2022.
20. Vanitha Rodrigues (48), Valencia, wife of Steevan Rodrigues (vice-president, Catholic Sabha, Mangalore), Mother of Niyali Rodrigues and Racheal Rodrigues, on March 06, 2022.

## **CORRIGENDUM**

In the Obituary references in the February 2022 issue of "Mangalore" it is inadvertently mentioned that Late Stanislaus Menezes, Mumbai, was the husband of Late Agnes Menezes. He was the husband of Late Irene Menezes. We regret the error.