

Mangalore

Organ of the Catholic Association of South Kanara

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October 2024

Rs. 50

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11 October 2024**

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(Regn. No. MNG/130/2024-2026)

CATHOLIC ASSOCIATION OF SOUTH KANARA

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INSIDE....

PAGE

OCTOBER 2024

1. Editorial	4
2. Message from the New President	5
3. PROFESSOR PAUL AQUINAS - NEW EDITOR	6
4. Beyond Hegemony -UN Charter	7
5. Illogical Craze to Start Medical Colleges	15
6. Gandhian Journalism	19
7. Kanara Catholic Welfare Association, Hyderabad	20
8. M.Pais & Sons	21
9. CASK New Team 2024-2026	22
10. CASK Appeal by President	25
11. Tribute to Irene Noronha	26
12. UN Day 24 October 2024	31
13. In Loving memory of Adrian Fernandes	32
14. Cinema, Church & Catholics	34
15. World Suicide Prevention Day	36
16. The Hidden Wonders of Mushrooms	38
17. Alls well that ends well	42
12. Points to Ponder, October 2024	44
14. News & Notes	47
15. Obituaries	49

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EDITORIAL

I had put down my Editorial pen last month after being the Editor for TEN long years. But the new President of CASK - Mr Ronald Gomes has given me a bonus of another month!

The 111th Annual General Body meeting of CASK on 25th September 2024 saw an unanimous and smooth transition of leadership of CASK from Capt. Vincent Pais to Mr Ronald Gomes and his team of office Bearers and governing council members. We are pleased to introduce the new team to our readers and wish the new team a productive and successful two year term.

I am also pleased to introduce the new Editor of "Mangalore" magazine - Professor Paul Aquinas, who is the professor of Social work at Mangalore University and has a galaxy of degrees and vast academic experience behind him. I wish him all the best as the new Editor of our magazine.

The month of October starts with International Coffee Day on 1st October. I understand there is gloom in the Coffee producing countries including India with deleterious effects of climate change, erratic rains, shortage of skilled labour and other problems affecting coffee production. I hope the situation improves and we can continue to enjoy our favourite beverage.

October 2nd is Gandhi Jayanthi. I believe the values and principles propagated by Mahatma Gandhi are very relevant in this 21st century.

October 11th is International Day of the GIRL child. The condition and status of Girls and Women in many countries of the world including India is not the best to use a mild term. There is a lot of work in this direction.

October 24th is United Nations Day. We have an elaborate article by Prof Jeffrey Sachs on the Future Needs of UN and UN Reforms needed.

Most of our regular contributors are featured in this issue. I thank them all for enriching this magazine and supporting me all these years Both Derek and I have thoroughly enjoyed doing this magazine and spent many long hours working on it. It has been our pride and joy. The appreciation we have received has been overwhelming and we are grateful to all our friends and wellwishers. I would like to specially thank Joan Lobo and other members of the Editorial team for being a great support. Long live the Mangalore Magazine!

Let me conclude by wishing my successor - Professor Paul Aquinas, a glorious tenure as Editor of this prestigious magazine. Cheers !

With all good wishes.....Patsy Lobo



MESSAGE FROM THE NEW PRESIDENT OF CASK

Dear Members & Friends - Greetings and good wishes to you.

I am truly honoured to be unanimously elected as President of CASK. I am reminded of the rich legacy of our organisation built over the past 110 years. This moment is not just a personal milestone, it is a testament to the strength and unity of our organisation. I would like to express my gratitude to each one of you for entrusting me with this significant responsibility.

I am deeply honoured to follow in the footsteps of those dedicated past presidents of CASK who worked tirelessly to uphold our values and strengthen our community. As we reflect on our rich history, we are reminded of the countless lives touched by CASK. For over a century, we have stood as a beacon of hope, fostering faith, education and social welfare in the undivided South Kanara District. Our mission has remained steadfast and it is our duty to continue the legacy with renewed commitment. Let us work hand in hand to serve the broader community, extending our outreach and support to those in need.

I call upon each of you to engage actively in our initiatives, share your ideas and bring your talents to the table. Together, we can ensure that our Association remains relevant and responsive to the needs of our time, while preserving the values that bind us.

As we step into the 112th glorious year of the existence of CASK, let us look forward to the future with hope and determination. May our faith guide us in all our endeavours and may we continue to be a source of light and inspiration for generations to come.

Thank you once again for this great honour and for your trust and support. Here's to a vibrant future for CASK!

God bless.....Ronald Gomes



PROFESSOR PAUL AQUINAS - NEW EDITOR OF "MANGALORE"

Dr. Paul .Gerard Aquinas is a multi faceted personality with varied activities and achievements. He is the Professor of Social Work at Mangalore University. He has obtained his PhD for his thesis on "Personnel Practices and HRD Systems in Banks". He has taught postgraduate students of Personnel Management, HRD and OB for more that two decades. His books Organization Behaviour and Organisation Structure and Design is recommended and used by the University of North Virginia U.S.A. Several Indian universities have recommended his books.

CASK welcomes Professor Paul Aquinas as the New Editor of "Mangalore" magazine and wishes him the very best.

NEW CASK TEAM

Please See Pages 23-25

GENTLE REMINDER

To all subscribers of 'Mangalore' 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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We are grateful to all members who responded to our appeal to settle pending dues and further renewed their subscription to the Mangalore Magazine.

Beyond Hegemony - A New International Order Under the UN Charter

Jeffrey D. Sachs

We are at a new phase of human history because of the confluence of three interrelated trends. First, and most pivotal, the Western-led world system, in which countries of the North Atlantic region dominate the world militarily, economically, and financially, has ended. Second, the global ecological crisis marked by human-induced climate change, the destruction of biodiversity, and the massive pollution of the environment, will lead to fundamental changes of the world economy and governance. Third, the rapid advance of technologies across several domains—artificial intelligence, computing, biotechnology, geoengineering—will profoundly disrupt the world economy and politics.

These interconnecting developments—geopolitical, environmental, and technological—are stoking huge uncertainties, societal dislocations, political crises, and open wars. To address these pivotal developments, United Nations Secretary-General Antonio Guterres has called for a Summit of the Future (SOTF) (September 22-23rd, 2024 at the UN headquarters in New York) to reform our international institutions so that they are fit for purpose in our fast-changing world. Since global peace depends more than ever on the efficacy of the UN and international law, the SOTF should be a watershed in global governance, even if it does no more than point the way to further negotiation and deliberation in the years immediately ahead.

Our existing institutions, both national and international, are certainly not up to the task of governance in our fast-changing world. The late, great evolutionary biologist Edward O. Wilson, often described our predicament as follows: **“We have stumbled into the twenty-first century with stone-age emotions, medieval institutions, and near godlike technologies.”** By this he meant that we face our challenges

today with the basic cognitive and emotional human nature that was formed by human evolution tens of thousands of years ago, with political institutions forged centuries ago and with the lightning speed of technological advance.

Perhaps the most basic fact of deep societal change is uncertainty, and the most basic reaction to uncertainty is fear. In fact, the technological advances—if used correctly—could solve innumerable problems in economic development, social justice and environmental sustainability. Yet the mood today is anything but optimistic, especially in the West. Open wars rage between the United States and Russia in Ukraine, and between Israel and Palestine. The possibility of war between the United States and China is widely, openly, and even casually discussed though such a war could mean the end of civilization itself. At the root of these conflicts is fear, built on our stone-age emotions.

The biggest fear of all is that of many American and European political leaders that the West is losing its hegemony after centuries, and that somehow the loss of hegemony will have catastrophic consequences. Former UK Prime Minister Boris Johnson made this Western fear explicit when he stated that if the West loses the war in Ukraine, “it will be the end of Western hegemony.”

Herein lies the essence of the Ukraine war, and many other global conflicts as well. The United States and its allies want to expand NATO to Ukraine. Russia has firmly said no. Both Washington and London were ready to fight a war with Russia over NATO enlargement to protect Western hegemony while Russia was ready to fight a war in order to keep NATO away. In fact, Russia is prevailing on the battlefield over Ukraine’s army and NATO’s armaments. This is not surprising. What is perhaps surprising is how the West completely underestimated Russia’s capabilities.

In broad terms, with the changing global order, including the rise of China and the rest of East Asia, the military and technological strength of Russia, the rapid development of India, and the growing unity of

Africa, the Western-dominated world has been brought to an end, not by a tumultuous collapse of the West, but by the growing economic, technological, and therefore military, power of the rest of the world. In principle, the West has no reason to fear the rise of the rest, as the United States and Europe still maintain an overwhelming deterrence, including nuclear deterrence, against any military threat from the outside. The West is bemoaning its loss of relative status—the ability to dictate to others—not any real military insecurity.

Nothing is going to restore Western hegemony in the coming years—no military victory, technological advance, or economic leverage. The rise of advanced military, technological, economic, and financial capacities to Asia and beyond, is unstoppable. Yet, the end of Western hegemony does not mean a new Chinese, Indian, or Asian hegemony. There are simply too many power centers—the United States, the EU, China, Russia, India, the African Union, etc.—and too much capacity and diversity to enable any other hegemon to replace the Western-led world order. We have arrived, after centuries of Western dominance, to a world beyond hegemony.

This new world, beyond hegemony, should be the starting point for the Summit of the Future. The USA, UK, and the EU should come to the Summit not in a vain attempt to sustain their hegemony. They should come as part of a new multipolar world looking to find solutions to profound ecological, technological, economic, and other challenges. The new order should be based on multilateralism and international law under a suitably reformed UN Charter.

As President of the UN Sustainable Development Solutions Network (SDSN)—a worldwide network of more than 2,000 universities and think tanks dedicated to sustainable development generally and to the UN's Sustainable Development Goals (SDGs) specifically—I have the opportunity to discuss humanity's future with university leaders, scientists, technologists, policymakers, and politicians around the world, with the goal of envisioning a future that is prosperous, fair,

sustainable, and peaceful for all of the world. Based on these extensive discussions, the SDSN issued a Statement on the Summit of the Future, responding to the five main “Chapters” for decisionmaking at the Summit: (1) achieving sustainable development; (2) ensuring global peace; (3) governing the cutting-edge technologies; (4) educating young people for our new world; and (5) reforming the UN institutions to make them fit for the post-hegemonic balance of the 21st century.

Here is a summary of the core recommendations of the SDSN.

Achieving Sustainable Development

1.1 The SDG Agenda should remain the core of global cooperation to 2050. The SDGs were initially set for the 15 year period between 2016 and 2030, following the 15 year period of the Millennium Development Goals (MDGs). It is clear that the SDGs will not be achieved in the original time frame. We strongly urge that the SOTF recognize the pivotal role of the SDGs in aligning national, regional and global policies, and commit to the SDG framework until 2050.

1.2 The Sustainable Development agenda should be properly financed.

there remains a massive shortfall in the pace of investments needed for the poorer nations to achieve the SDGs. In order to mobilize the needed investment flows for human and infrastructure capital, the global financial architecture must be reformed and made fit for sustainable development.

1.3 Countries and regions should produce medium-term sustainable development strategies

These strategies, with a horizon to the year 2050, and in some cases beyond, should provide an integrated framework for local, national, and regional investments to achieve the SDGs.

Achieving International Peace and Security

2.1 The core principles of non-intervention should be reinforced and extended. For this reason, the UN member states should resolve to

end illegal measures of intervention by any nation in the internal affairs of another nation or group of nations and no nation should interfere in the politics of any other country.

Second, no nation or group of nations should deploy unilateral coercive measures, as recognized repeatedly by the UN General Assembly.

Third, in a world operating under the UN Charter, there is no need for nations to permanently station military forces in foreign countries other than according to UN Security Council decisions.

2.2 The UN Security Council and other UN agencies should be strengthened to keep the peace and sustain the security of UN member states. The UN Security Council should be reformed, expanded, and empowered to keep the peace under the UN Charter.

In addition to the Security Council, other key instrumentalities of global peacekeeping, human rights, and international law should be strengthened.

2.3 The nuclear powers should return to the process of nuclear disarmament.

3.2 Universal access to vital technologies.

We call upon the UN General Assembly to establish and support global and regional centers of excellence, training, and production to ensure that all parts of the world are empowered to participate in the research and development, production, and regulatory oversight of advanced technologies that actually support sustainable development (rather than hyper-militarization). Universities in all regions of the world should train and nurture the next generation of outstanding engineers and scientists needed to drive sustainable development, industry, agriculture, and the built environment. Africa in particular should be supported to build world-class universities in the coming years.

3.3 Universal access to R&D capacities and platforms.

We need open science for scientists in poorer countries and regions, including universal free access to scientific and technical publications,

to ensure the fair and inclusive access to the advanced technological knowledge and expertise that will shape global economy and global society in the twenty-first century.

Educating Youth for Sustainable Development

4.1 We call on the Summit of the Future to prioritize the access of every child on the planet to the core investments in their human capital, and to create new modalities of global long-term financing to ensure that the human right of every child to quality primary and secondary education, nutrition, and healthcare is fulfilled no later than 2030.

4.2 Universal education for sustainable development and global citizenship (Paideia).

In adopting the SDGs, the UN member states wisely recognized the need to educate the world's children in the challenges of sustainable development. They did this in adopting Target 4.7 of the SDGs:

Target 4.7 is, in effect, the call for a 21st century paideia, the ancient Greek concept of the core knowledge, virtues, and skills that should be attained by all citizens of the Polis. Today, we have a global polis—a global citizenry—that must be equipped to foster and promote the values of sustainable development and the respect of human rights throughout the world. We call on the Summit of the Future to reinforce Target 4.7 and bring it to life in education for sustainable development around the world.

4.3 Council of Youth and Future Generations

The empowerment of youth, by training, education, mentorship, and participation in public deliberations, can foster a new generation that is committed to sustainable development, peace, and global cooperation. A new UN Council of Youth and Future Generations can strengthen the UN's activities in training and empowering young people and can provide a vital global voice of youth to today's complex challenges.

Transforming Global Governance Under the UN Charter

5.1 There should be the establishment of a UN Parliamentary Assembly.

5.2 Other UN subsidiary bodies should be established.

The new chambers might include, inter alia:

- A Council of the Regions to enable representation of regional bodies such as ASEAN, the EU, African Union, Eurasian Economic Union, and others;
- A Council of Cities to enable representation of cities and other sub-national jurisdictions;
- A Council of Indigenous Peoples to represent the estimated 400 million indigenous peoples of the world;
- A Council of Culture, Religion, and Civilization' to promote a culture of peace and non-violence, global citizenship, and appreciation for cultural diversity, religion, and civilizations;
- A Council of Youth and Future Generations to represent the needs and aspirations of today's youth and of generations to come (see Section 4.3 above);
- A Council on the Anthropocene to support and enhance the work of the UN agencies in fulfilling the aims of the Multilateral Environmental Agreements (including the Paris Climate Agreement and the Kunming-Montreal Global Biodiversity Framework) and the environmental objectives of the Sustainable Development Goals.

5.3 The UN Security Council Should Be Reformed in Membership and Powers

We call on the UN Security Council and the UN General Assembly to adopt urgently needed reforms of the Security Council structure and processes. These should include: **(1) the addition of India as a permanent member, considering that India represents no less than 18% of humanity, the 3rd largest economy in the world at**

purchasing-power parity, and other attributes signifying India's global reach in economy, technology, and geopolitical affairs; (2) the adoption of procedures to override a veto by a super-majority (perhaps of three-quarters of the votes); (3) an expansion and rebalancing of total seats to ensure that all regions of the world are better represented relative to their population shares; and (4) the adoption of new tools for addressing threats to the peace, as outlined in Section 2.2.

Reflection & Reconsideration

The most fundamental principle for our new world system must be mutual respect among nations. The world faces profound and unprecedented challenges—environmental destruction, widespread political instability, the weaponization of cutting-edge technologies, and the dramatic widening of inequalities of wealth and power—that can only be addressed through peaceful cooperation among nations. Yet, despite the urgency of cooperation, we are drifting towards wider war.

The UN is very much a work in progress. It is the creation of a very different world, one that was dominated by the United States in the intermediate aftermath of World War II. At 79 years old, the UN is still an infant in the age-old challenge of good governance and international statecraft. In a world filled to the brim with ever more powerful weaponry, especially nuclear weaponry, solving the challenge of peaceful cooperation is the most vital challenge of all.

The Summit of the Future is therefore a key moment for reflection and reconsideration on how to govern our new multipolar world, at a time of unprecedented challenges facing humanity. The world's challenges will certainly not be solved at the September conference, but the Summit of the Future can nevertheless mark a vital starting point for a new global governance in which all regions of the world contribute cooperatively to the global common good.

If you wish to be creative, being out your hidden talents and occupy yourself with something new, check out LUCY's, Klein Court Apt, Opposite Rosario Church, Mangalore.

THE ILLOGICAL CRAZE TO START MEDICAL COLLEGES IN INDIA

Dr Derek Lobo

We have **1,08,915** doctors coming out of **706** medical colleges every year with **72,627 PG** seats as of date. On the other hand, there are **1.5** lakh junior doctors who are unemployed and those who are lucky to be employed are made to work on exhaustive shifts of 24 to 36 hours. Across the country, NIL or very few new posts are being created in the government sector. In many States, Doctors are hired on an ad hoc basis and paid a monthly salary of Rs 25,000-30,000/-. Given the above facts, the craze to start new medical colleges in India can best be termed crazy.

Strangely, the Indian Medical Council (IMA) has not raised concerns or objections to establishing new medical colleges in the country nor has it demanded a restriction in the number of Post-graduates in different specialties who are bound to face unemployment.

I have some opportunity to give ‘Career Guidance’ talks in Schools/colleges and I am surprised at the number of students who continue to dream of becoming Doctors in spite of what I believe, a bleak future in India. Moreover, the doctors start earning only by about Age-28-30, considering the number of years required for under-graduate and post-graduate studies and internships, with maximum cost involvement of several lakhs or crores of rupees, with parents often resorting to bank or private loans and sometimes exhausting their savings or even selling properties.

The counter argument - India is the second most populous country in the world, with a population of over 1.3 billion people. With such a large population, there is a growing need for medical professionals to provide quality healthcare services. Therefore, expanding the number of medical colleges in India could have several advantages, including: addressing the shortage of medical professionals. There is a significant shortage of medical professionals in India, particularly in rural areas. Increasing the number of medical colleges can help to address this shortage and ensure that more people have access to healthcare.

In my opinion, the above arguments are faulty on many counts.

(1) The onus of providing “Quality Health Care Services” belongs to a “TEAM” of Health professionals and not just to doctors. This was amply proved during the COVID-19 pandemic.

(2) Prof. Jeffrey Sachs the renowned Economist and Healthcare expert has pointed out that there are **Forty (40) Key Health interventions that do not require DOCTORS. What are they?**

1. There are **25** diseases for which there is an effective **VACCINE**. You do not require Doctors to administer vaccines. This is routinely done by nurses or Paramedical staff;
2. There are **7** Nutritional diseases. You do not need doctors to advice and provide nutrition and nutritional supplements to such patients;
3. There are **5** diseases for which the main strategy is “**Mass Drug Administration**” to the entire susceptible population – The diseases include Lymphatic Filariasis, Worm Infestations, Trachoma, Schistosomiasis, Onchocerciasis. You do not require Doctors to deliver Mass Drug Administration. This is routinely done by paramedical staff or trained volunteers. In addition, the treatment for **three** major diseases – MDT for Leprosy, DOTS for TB and Malaria prophylaxis are routinely delivered by nurses or paramedical staff or even trained or untrained volunteers.
4. Interventions for Mental Illness is generally done by non-doctors- psychologists, councillors etc.
5. There is one more major intervention that does not come under the purview of Doctors – **Vector Control** for prevention of Vector-borne diseases – Malaria, Filaria, Kala azar, Dengue etc.
6. The major role played by non-medical professionals like Laboratory technicians, X-ray technicians, Physiotherapists, Speech & Hearing Specialists, Rehabilitation specialists, Occupational Therapists etc is not fully realised or appreciated. Considering the above realities, I believe the importance accorded to Doctors and the medical profession in general vis-à-vis Health Care Services is highly exaggerated and unrealistic.

The other point to consider is the **QUALITY** of Medical Colleges. As per reports, Nearly 80% of Indian medical colleges do not meet even

the minimum criteria laid down by the medical education regulator-National Medical Commission. During inspection by officials of National Medical Commission (NMC) found inadequate number of staff, absenteeism of faculties, inadequate and poor infrastructure, and student grievances on issues such as inadequate or poorly maintained hostels, poor student-teacher relationship etc. It is common knowledge that during Inspections and Examinations, patients are specially brought (in fact bought) to occupy beds and provide clinical cases for students. I understand this happens even in Mangalore, which boasts of SEVEN Medical Colleges – all in the private sector.

Now in States like Madhya Pradesh and Rajasthan, they have started Hindi medium Medical Colleges which will restrict these doctors from working outside the Hindi belt or going abroad.

Therefore the craze for starting more and more Medical Colleges in India is not justified. It is estimated that the cost of establishing a Medical College in Semi-urban India is **Rs. 300 CRORES**. While allocations for starting a Medical College are generously made by the Central and State Governments, adequate allocations are not made for infra-structure, equipments and enabling service conditions and facilities for doctors. This has been amply proved recently at the RG Kar Medical College in Kolkata where a junior medical doctor was raped and murdered within the hospital.

The ‘Economic Survey’ of India brings out the reality of ‘stagnant expenditure’ on Health in India. *The expenditure on health as part of the GDP for the year 2022-23 stood at merely 1.9%.* Much of this meager expenditure goes towards high-end Super-Specialty institutions rather than district or sub-district hospitals or Primary Health Care Centres.

Assuming 80% availability of registered allopathic doctors and 5.65 lakh AYUSH doctors, the doctor-population ratio in the country is 1:834 – well above the WHO recommended doctor : population ratio of 1 : 1000. Also, there are 36.14 lakh nursing personnel in the country as on December, 2022.

Measures taken by the government to augment medical education facilities and to improve medical standards include Centrally Sponsored Scheme (CSS) for establishment of new medical colleges by upgrading

district/referral hospitals under which 157 new medical colleges have been approved and 109 are already functional. Under the CSS, medical colleges have been upgraded to increase the number of MBBS (UG) and PG seats. Under the Central Sector Scheme for setting up of new AIIMS, 22 AIIMS have been approved and undergraduate courses have started in 19 of these. Also, DNB qualification has been recognised for appointment as teaching faculty to take care of the shortage of faculty and there has been an enhancement of the age limit for appointment, extension, or re-employment against posts of lecturers, teachers/dean/principal/ director in medical colleges up to 70 years.

However, nobody is monitoring the quality, skills and knowledge of the doctors coming out of these institutions and consequently their ability to provide acceptable and affordable health care. Its time to stop establishing new medical colleges and focus on improving health infra-structure, quality of medical education and enabling facilities and atmosphere for the health staff to function efficiently and provide quality health care services.

WELCOME TO NEW LIFE MEMBERS OF CASK

MANGALORE

Mr. Ashley Melwyn Fernandes
Mr. Arun Raj Rodrigues
Mr. Desmond Joseph Dsouza
Mrs. Caroline Mariza Dsouza
Mr. Anil Simon Dcunha
Mr. Jason Rego
Mrs. Bettina Loyalla Dsouza
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Mrs. Fatima Sabitha Dsouza

BELTHANGADY

Mr. Jossy Dsouza

GANDHIAN JOURNALISM: A CALL TO ACTION FOR TRUTH AND NON VIOLENCE

On Gandhi Jayanthi, retired Justice Nagmohan Das of the Karnataka High Court emphasized the crucial role of journalists in promoting constitutional awareness, citing Gandhi's publications as a shining example.

Addressing the 29th National Convention of Christian Journalists, Justice Das stressed that legal illiteracy among educated Indians is a significant issue, leading to most crimes committed by this demographic. Justice Das highlighted alarming statistics: five crore pending cases across Indian courts, with the Supreme Court disposing of 70,000 cases annually. He also expressed concern over the distortion of facts and spreading of falsehoods by those in power and the general public.

"Everyone has the right to know true news," he asserted. Gandhi's values of justice and truth were at the forefront of Justice Das's message. He urged the audience to embody Gandhian principles in their daily lives, emphasizing non violence as the only path to world peace.

A panel discussion followed, featuring experts Dr. Purushothama Bilimale, Dr. H.S. Anupama, and Fr. Cedric Prakash.

Moderated by Fr. Joshan Rodrigues, the session explored "Gandhian Journalism: Upholding Truth, Justice, and Non Violence."

A message from Tushar Gandhi, Mahatma Gandhi's great grandson, was also read out by Fr Suresh Mathew.

As Justice Das reminded the audience, Gandhi believed non violence is not a sign of weakness but a strength, and it's the responsibility of journalists to spread this message.

PLEASE NOTE THE CASK UPDATED WEBSITE

www.caskmangalore.org

KANARA CATHOLIC WELFARE ASSOCIATION, HYDERABAD

MONTHI FEST AND AGM 2024

From the 1970s, the Mangaloreans in the twin cities of Hyderabad and Secunderabad met informally for potluck meals, picnics and fun get-togethers. In 1998, under the guidance of late Fr Henry D'Souza, some enterprising Mangaloreans formed an association of all Kanara catholics in the twin cities. The association had different names over a period but was finally registered as Kanara Catholic Welfare Association (KCWA). The aim was to keep our culture and language alive among members and their families. The welfare activities were to reach out to the needy among the members and help in their medical, financial and educational needs.

KCWA conducts four major events every year:

- Monthi fest celebration in September. The annual general meeting (AGM) of KCWA is also conducted the same day.
- Mass for the departed souls of the members of the association and departed family members.
- A picnic and fun get together in January or February.
- Mass for the welfare of children of members of the association for the new academic year celebrated in June or July.

Monthi fest was celebrated this year on September 15, 2024 at St Mary's Chapel, in the Trimulgherry military area. It started with veneration of Infant Mary, blessing of the new paddy with singing of traditional konkani hymns. Fr Harold Mathais of Pilar seminary in Goa was the main celebrant. The statue was taken in procession to the chapel, accompanied by singing devotional hymns in adoration of Infant Mary and placed in front of the altar.

Holy mass was celebrated in Konkani, and the choir sang common konkani hymns. Fr Harold gave an inspirational homily. Little children carried the offertory items in procession to the altar. The chapel was full and many members attended the mass standing on the verandah.

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Don't miss a chance to connect with our dedicated readers.

Appeal for Sponsorship for social causes of CASK

As you are well aware, we are a century old organization serving the needy without any distinction to caste, creed or religion. We invite you to partner with CASK with your valuable contributions. CASK runs its charitable and philanthropic activities through generous contribution from its members.

Your sponsorship will help:

- **Charity to the needy** ➤ **Social initiatives**
- **Scholarships to deserving students.** ➤ **Medical treatment.**
- **Environmental concerns.**

Warm Regards,

Ronald Gomes
President



*A Tribute To
Our Beloved Granny
Irene Noronha
on her 90th Birthday*



My grandmother loved what she did and did what she loved, whether it was running a mobile library for decades, getting a hip replacement so she could continue to dance or undertaking a bread and water fast for a prayer intention to be answered. She did it her way.

She loved life and her family immensely. The love you give is never lost but continues to grow in those you give it to. Her children, grand children and great grand children continue this bond of love which she laid the foundation for.



Happy 90th birthday in heaven, dearest Granny. Rest in peace.

Thank you for all you did for us. - **Arjun Pinto**



**Things we learned from our Granny **

Billy Goats Gruff gets read to you if you lie down in the afternoon

And you learn to identify classical music by playing it during that nap

You've got to be efficient with your time - say 3 rosaries each with a different petition during daily mass

Set your alarm for 4 am - so you have enough time to write letters to everyone

Promise St Anthony money whenever you can't find something and it's okay to complain if he's getting expensive

The word "bored" doesn't exist - there are books to be bound, ties to be ironed, mangoes to be chopped, plants to be watered...

You play the role of mother and nurturer from age 18 to your seven and the dozens of nieces, nephews, friends and neighbors' children that frequent Julie Bagh.

Your acts of kindness should reach far and wide
Make sure to visit sick friends and neighbors with plenty of food
There's no charity that's too great or too small for your generosity

Lenten fasts should help you lose weight
And try every diet and workout routine to see if it helps
Learning new recipes and taking cooking lessons are great
for feeding and entertaining your large family
but skip what you make -
you saw how much butter and sugar went into it

If you run into anyone visiting Mangalore -
you must invite them over for a meal
When they arrive spend time in the kitchen cooking up a storm
And if you are dozing at the end of that long fun evening
remember to keep a smile on your face

When you go to the market and buy more than you can lift
request a kind shop keeper to hold your bags
or carry them to the car while you finish your shopping
Learning to back isn't a skill you need to learn as a part of driving -
you can get out and charm a young man into doing it for you

Traveling is to see people you love not places
You begin gossip with "I believe..."
You are a voracious reader when you've read so many books
that you can't remember the premise of some

Remember to refresh your red lipstick before posing for a photo
Red is a superior color for attire and home decor
And always be on the dance floor, you don't need a partner

Nitya & Nishan Noronha

There was a lot to admire about
Granny, but none of her good
qualities impacted us more than
her tireless support of her family.
She flew around the world to
help us when I was born, when
my mom needed her, and when a
wedding needed a dancing
queen. I'll never stop laughing
when I (Stephen) think of her



solemnly looking at me, a wallflower as usual, from the dance floor at Leila's wedding and saying, "Come on, you old grump!" It was often true that in her youthful, energetic presence, I was the old grump! She would do workout videos every morning and inspire us to join her.

When we think of Granny, I know that we all had moments like these. But we also want to remember how much she accomplished in her life. Her children, grandchildren, and great-grandchildren are spread across the world, doing things she couldn't have imagined as a young girl in the 1940s. She'll be missed by more people than I think we'll even meet in our lives. And she gave us also an example of how to live a full life in the face of immense struggle and pain.

We are so proud that she was our grandmother and glad that the evidence of her greatness will live on in her large, incredible family. We are so sorry for all of our loss, but we are happy that we have such an amazing woman to remember together.

Lara Mark & Stephen Tellis

Granny was the matriarch of our family and a pillar of the Mangalore community. Some of our earliest childhood memories are of family reunions at Granny's house, Julie Bagh. We loved to put on plays with our cousins and see the joy on Granny's face when her many children and grandchildren were together



under one roof. Even after moving out of the family home, her flat continued to serve as a home away from home for us. We were always greeted by company at the door, food on the table, and Granny's hugs. Even as she got older, Granny always loved to entertain or attend a lively party where she could dance and wear her red lipstick and pearls. Our afternoons were spent perusing her extensive home library and reading for hours. She brought so much joy to our lives and instilled a love of books and music in all of us that will be carried forward for generations to come.

Mithila & Varun Noronha



Granny was a remarkable person who touched our lives in countless ways. Kartik and I would like to share just a glimpse of the extraordinary person she was.

Irene was a devout Christian whose faith permeated every aspect of her life. Her unwavering belief in God guided her actions, instilling in us all a sense of reverence and gratitude.

She was the epitome of devotion, pouring her heart and soul into her children and grandchildren. Her love knew no bounds, and she was always there for each and every one of us, offering support, encouragement, and endless affection.

But Irene wasn't just a loving grandmother; she was the life of the party, even in her golden years. Her vivacious spirit, dressed in her favourite color red, lit up any room she entered, and her laughter was infectious. She had a way of bringing joy to those around her, making every gathering a memorable celebration.

As an incredible host, Irene welcomed everyone into her home with open arms. Her generosity knew no bounds, and she made sure that no one left her table hungry or without a smile on their face.

Despite the demands of raising seven children, Irene pursued her passion for learning, earning an MA in English from the Mysore University in her fifties. Though marriage and children prevented her from getting a Bachelor's degree. Her intelligence and articulateness were evident to all who knew her, and she inspired me and many others to embrace the power of education and literature.

Irene was an avid reader and had a home library that was the envy of many. It was here that she sparked our love for books, igniting a

passion for literature that continues to enrich our lives and the lives of all those who borrowed books from her mobile library, Book Nook, the first and last of its kind in Mangalore .

She was not just a grandmother; she was a shield, protecting us from criticism with her unwavering love and support. Her words, "He's just a boy baby," were a constant reminder of her boundless affection and belief in us.

Irene had a knack for keeping up with the latest gossip, and her home was often the center of lively discussions and laughter. Her zest for life was contagious, and she made even the mundane moments feel extraordinary.

Her love for plants and gardening was evident in the beautiful blooms that adorned her home. She had a green thumb and nurtured her garden with the same care and tenderness she showed to her loved ones.

As an excellent matriarch, Irene held our family together with strength, grace, and love. Her wisdom and guidance will be sorely missed, but her legacy will live on in the countless lives she touched.

On her 90th birthday let us remember Irene Noronha with gratitude for the love, joy, and laughter she brought into our lives. May her memory be a blessing to us all, and may we strive to live our lives with the same generosity, kindness, and zest for life that she embodied.

Happy birthday in heaven dear grandmother. You will be forever cherished and deeply missed. - **Kabir & Kartik Singh**



Forever in our hearts

Frances, Christopher, Veronica, Lilian, Sylvia, Luke, Ruth

UNITED NATIONS DAY

24 OCTOBER 2024



Preamble

WE THE PEOPLES OF THE UNITED NATIONS DETERMINED to save succeeding generations from the scourge of war, which twice in our lifetime has brought untold sorrow to mankind, and to reaffirm faith in fundamental human rights, in the dignity and worth of the human person, in the equal rights of men and women and of nations large and small, and to establish conditions under which justice and respect for the obligations arising from treaties and other sources of international law can be maintained, and to promote social progress and better standards of life in larger freedom,

AND FOR THESE ENDS

- ♦ to practice tolerance and live together in peace with one another as good neighbours, and
- ♦ to unite our strength to maintain international peace and security, and
- ♦ to ensure, by the acceptance of principles and the institution of methods, that armed force shall not be used, save in the common interest, and
- ♦ to employ international machinery for the promotion of the economic and social advancement of all peoples,

HAVE RESOLVED TO COMBINE OUR EFFORTS TO ACCOMPLISH THE ABOVE AIMS.

CASK PERSONALITY DEVELOPMENT PROGRAMME

Date: 15 October, 2024, 2.30-4.30 pm

AT ROSHNI NILAYA MANGALORE

Resource Person: Prof. Gerard DSouza
(Professor, St Agnes College, PG Department of MBA
& Soft Skills Trainer)

In Loving Memory of

Adrian Fernandes



August 25, 1967 - October 5, 2024

CASK records with immense sadness, the untimely passing away of ADRIAN FERNANDES, husband of Mrs NAYANA FERNANDES, Past President of CASK (2018-2020) and a committed member of the CASK Governing Council from 2012-2024.

The late Adrian was a strong supporter of CASK and has made substantial contributions to CASK programmes, over the years. May his soul be rewarded with eternal bliss.

We offer our heartfelt condolences to Nayana, Yeshaya & Isaiah, his mother Enid and siblings.

CINEMA, CHURCH & CATHOLICS

Dr Charles Lobo – courtesy Veez Konkani/English E-magazine

Recently I got an opportunity to attend the premier show of **Poyonn**- the new konkani film produced by Melwyn Peres on 15 September 2024 at Bharat Mall. The show was preceded by a long prayer for its success, led by Fr. Clifford Fernandes, Parish Priest of Cordel Church. The priest prayed for all the actors and actresses, for konkani film producers, the financiers, viewers and all the rest involved in its production. Bishop Emeritus Dr. Aloysius Paul Dsouza was also present, and he spoke about Melwyn Peris and his contribution to music and wished success to his project. He gave his blessing at the end of the prayer session.

Poyonn is a story of the challenges faced by a born singer and musician and the great sacrifice made by him for the sake of cancer patients in the palliative care while himself facing death. The idea of this article is not to review or criticize the movie. No doubt it is a good attempt. The idea of this article is to describe the big Poyonn in our attitudes towards Cinema in the last 100 years.

It was by chance I stumbled upon the minutes of the meeting of the Directors of Sodalties and other Catholic Societies dated 11 November 1927 published in the Mangalore- the organ of the Catholic Association of South Canara in April 1928. Rev. M. Coelho, SJ was in the Chair. Other members who attended the meeting were Rev. R. F. C. Mascarenhas (founder of Bethany), Rev. A. J. Dsouza, Rev. A. E. Colaco, Very Rev. A.M. L. Vas, Rev. L. Dsouza, Rev. A. Ambrozzi, Rev. H. Buzzoni, and Rev. A. M. Colaco, SJ.

The resolutions passed as per the minutes are reproduced below: 1) That the Directors of Men's and Women's Sodalties and Heads of Catholic Societies enlighten parents on the dangers of the cinema. 2) That the Directors of Boys and Girls Sodalties adopt the rule that no member of any Sodality may go to the Cinema without the permission of the parents and the consent of the Director. 3) That the programme of every dramatic entertainment to be held in a Catholic Institution or

to be presided over by a priest should be submitted for approval to the head of the Institution or to the presiding Priest. 4) That the Konkani Catholic Truth Society be requested to undertake the further publication of plays suitable for the Catholic stage. 5) That the Directors of sodalities meet once a year, the Director of the Men's Sodality being the convenor. 6) That a committee consisting of experts be appointed to consider the coordinating of the activities (such as feasts, processions and socials) of the various sodalities among themselves and those with the Parishes and report. 7) That these resolutions be submitted to his Lordship the Bishop for approval. (Sd/- M. Colaco SJ) After reading the above minutes I wondered about the presence of the Priest and the Bishop at the premier show of the Movie in Bharat Mall. Surely the Poyonn of the Catholic community in Mangalore was not an easy one hundred years ago. At every stage, the Big Boss was watching the Pilgrims Progress. Para 1 and 2 highlighted above, shows that the cinema was supposed to have evil influence on the faithful. Therefore, the instruction was given to enlighten on the dangers of the cinema.

There was no Raknno (Magazine of the Diocese) in those days to give publicity. The Truth Society was given this job of publication. Going to the cinema was not prohibited but it had to be done with the permission of the parents and the Director of the Sodality. Mind you this was the age of the black and white movie and the silent one too. The first theatre of Mangalore Hindustan Cinema had been just started in 1926 by Kochikar Vittaldas Pai which later became famous as New Chitra. Raja Harishchandra is the first movie produced in 1913 by Dada Saheb Phalke in India. It was a silent movie with Marathi and English intertitles. The watching of The Life of Christ (1906) by the French director Alice Guy-Blache inspired Phalke to replace Christ with Rama and Krishna for Indian audiences. That is how Raja Harishchandra was born.

The period from 1890 to 1920 was the era of silent movies. In 1921, Bhishma Pratigna was produced in Telugu language. Keechaka Vadham (1917) and Vigathakumaran (1928) were other films in Tamil and Malayalam languages. Alam Ara was the first Indian sound film produced in 1931. Production of the so called masala films started after the second world war. Therefore, the movies in those days were

based mainly on spiritual subjects. Despite this the Directors of the Sodalities imposed the above cited restrictions.

Mogacho Aunddo (Love's Craving) was the first konkani language film, released in 1950. It was directed and produced by Al Jerry Braganza, a native of Mapusa, Goa. The film starred Leena Fernandes, who is considered the first leading lady of Konkani cinema. He is known as the Father of konkani movies. (Source: Konknni Cholchitram by Isidore Dantas, 2010) This movie was followed by the two evergreen movies Amchem Noxib (1963) and Nirmonn (1965). The songs of these movies like Molbavoilo dov, Beknnaita Pai, Mogachem Tarum, Manddo Goencho, Dol Muja Bai, Ye Moga Tum Moja Suka, etc. are classics and are being played and sung during the weddings in Mangalore. Rita Lobo was the heroin. They are not forgotten even after 60 years. They have become a benchmark in every way for the konkani movies produced since then. Although many movies are being produced now, very few movies have succeeded to rise to their level even after so much improvement in technology and film production times have changed.

The English movie the Passion of Christ has influenced many people to change their lives. Cinema is no more seen as a danger to one's soul and for pilgrim's progress. It is promoted by the guardians of the soul in a big way. The film Osmitai received great support from all the parishes and the konkani knowing people. There is no doubt that Konkani movies have become box office hits when 'blessed' by the Parish Priests and the promotion is made through them. No doubt Poyonn will also succeed.

It has been a long journey (Poyonn) for the Cinema, Church and the Catholics of Mangalore.

Dr Charles Lobo is retired Postmaster General, Karnataka Circle and now a member of the Governing Council of CASK for the term 2024-2026.

OUR HEARTFELT THANKS

DONATIONS TO CASK CENTENARY TRUST

1. Dr Anand & Geeta Pereira – ₹. 25,000/- for Family Support Prog
2. Name withheld at request of donor – ₹. 10,000/- for Charitable projects

WORLD SUICIDE PREVENTION DAY, MANGALORE

Olga Noronha

“Died by suicide”, “took their own life”, these words send a shiver down my spine! What could have led a promising young person to take such a drastic step? Could the person not have talked out the issue to someone? Aren’t there enough Counsellors available? Or concerning other persons, “were so down and out, they were forced to take the tragic step”? Why didn’t such persons approach us, approach a counsellor, we would have helped them find alternatives. The next feeling is that of remorse ... Have we as a community, all of us, failed our fellow beings? Have we elders failed the younger generation? And so on ... thoughts keep churning around in my mind.

World Suicide Prevention Day (WSPD) is observed on 10 September every year, since 2003, to initiate a campaign, to enlighten the general public about just such issues mentioned above, to spread the idea that 80% of suicides are preventable! The Triennial theme for 2024 - 2026 was, “**Changing the Narrative on Suicide**”. Presently, as part of this campaign the International Association for Suicide Prevention (IASP), is issuing a call to action: “**Start the Conversation**”.

The message is clear, in that, it is a call that encourages individuals, communities, organisations and governments to engage in open, honest discussions about mental health and suicide. The objective of this call is to raise awareness about the importance of stigma attached to suicide, and encouraging open conversations to prevent suicides.

In association with Roshni Nilaya, School of Social Work, MSW Department, St. Aloysius College, and other concerned citizens of the Community, Suicide Lifeline organised a program at the Town Hall, Mangalore, on 10 September 2024 to disseminate the theme and its objectives. Students from colleges in the City of Mangalore were invited, accompanied by Faculty, to participate in this program. 12 Colleges heeded to our call and participated in the events.

The vibrant MC for the program was Dr Malini Hebbar. The Program commenced with a Prayer song inspiring hope to overcome the impossible, sung by UG and PG students of School of Social Work,

Roshni Nilaya. Following this, Ms. Kushi Valke, a student of the same College shared her sentiments on what it means to lose someone to suicide.

A pledge in keeping with the theme of a program should encourage the participants to continue their efforts in future as well. In the light of this, Ms Patsy Lobo, administered the Pledge to all those present, who stood to attention and stretched out their right hands, pronouncing the solemn words:



I pledge to talk to someone if I need help, and reach out to my family and friends for support, if I have thoughts of self-harm.

I pledge to be aware of the suicide warning signs and ask directly about suicide, if I am concerned about someone's safety.

I pledge to listen without judgement and support those around me that are struggling with suicidal thoughts.

And finally, I pledge to raise awareness on Suicide in my community and to keep myself and others safe, to the best of my abilities.

May these noble sentiments continue to motivate everyone.

One of the very effective methods of disseminating a message is by enacting a Mime. At the programme, the MSW Students of St Aloysius Deemed University, enacted how a variety of issues can lead to suicide: failure in an exam, break-up in a love-relationship, peer group pressure, sexual harassment and rape, pressure from parents, schools/colleges and so on.

The message came across very powerfully and we hope will be an inspiration to all during a moment of crisis.

Other highlights of the programme were : 1) Drawing the Lucky Raffle

2) Slogan Competition-Winners of the **Slogans Competition: First Prize** -“ **Speak up, reach out - together we can turn pain into hope.**” by Yuvraj of I Yr BCA, Canara College, Mangalore. **Second Prize**- “**Your Life is precious, choose hope over despair. You are not alone**”, by Heyam Hameed of AJ Institute of Hospital Administration, Mangalore. **Third Prize**- “**Your story isn’t over: reach out today.**” by Ruben Saldanha, CSE, St Joseph’s Engineering College, Vamanjoor.

3) **Jingles Competition: First Prize**- Bhumika and Team: School of Social Work, Roshni Nilaya. **Second Prize**- Anees K, CSE, NMAM Institute of Technology. **Third Prize**-Shahina and Team: Govt. First Grade College, Balmatta.

The Suicide Prevention Helpline operates as follows- An operator is available 24 X 7 at the Helpline phone, number: **0824 – 298344** who is the first responder who then informs the trained volunteer on duty who responds to the caller immediately. Compassionate, non-judgmental volunteers are available on 3 shifts who treat each caller with respect and maintain confidentiality.

Ms. Radhika, who has been serving as first responder for the past 7 years was felicitated at the program.

Before the Vote of Thanks by Ms. Judith DSilva, all those who were connected to the Suicide Lifeline were invited to the stage with lighted candles swaying to the tune of “**Carry your candle**” .

THE HIDDEN WONDERS OF MUSHROOMS

Dr Anand Pereira

The Bio-diverse Western Ghats forests, a UNESCO World Heritage Site, is renowned for its rich biodiversity, particularly in fungi. This region is a treasure trove of mushroom biodiversity, with numerous species documented and new ones continually being discovered. The Western Ghats is home to at least 51 species of edible wild mushrooms across 23 genera.

World-wide Mushroom Diversity: There are approximately 140,000 to 1.5 million species of mushrooms in the world, with only a small percentage of them currently known. The exact number of mushroom species is still uncertain, but estimates range from 14,000 to 22,000 known species. Additionally, there are around 3,500 edible mushroom species, with more yet to be identified. About 700 species have known medicinal properties, less than 1% are recognized as poisonous, and only a select few are commercially grown on farms.

Ecosystem Roles: Mushrooms play an essential role in our ecosystems. They colonize dead or living organic substrata as saprotrophs, parasites, or mutualistic symbionts. They form symbiotic relationships with different biotic partners, sharing nutrients and water, which helps regulate the nutrient flow in the ecosystem.

Mushrooms And Health: The magic of mushrooms extends beyond their ecological role. They've been a source of sustenance and health for centuries. Since time immemorial mushrooms have been consumed not only as a source of food but also for medicinal purposes. Pharaohs ate mushrooms as a delicacy, Greeks believed them to be a source of divine strength and the Chinese treasured them for building endurance in their athletes. Described as nature's umbrella's, mushrooms are a treasure trove of many vital nutrients, minerals and bioactive compounds which clearly build immunity and provide a host of health benefits. Mushrooms are also probiotic (Helps the body strengthen itself & fight off illness). The concept of Modern Medicine is based on prevention is better than cure. To this end, the proteins in edible mushrooms act as powerful immune boosters and disease fighters. Mushroom intake helps the body strengthen its defence system and fight off illness by maintaining a high level of antibodies and at times act as antibiotics. Senior citizens, especially men are likely to suffer from a drop in their blood selenium. Including mushrooms in their diet will take care of the deficiency. Selenium in mushrooms is very

effective in inhibiting cancerous cells too. The vitamin B complex, is essential for the proper functioning of the digestive and nervous systems. A small serving of white mushrooms is enough to meet the body's daily requirement. In addition mushrooms are known to regulate the blood pressure and maintain the right balance of water in fat and muscle tissues. Moreover, the high lean protein content in mushrooms helps burn cholesterol when they are digested. Even though, the role of mushrooms in food and medicine was known for thousands of years, it's only lately that mushrooms are gaining popularity as a health food. Most edible mushrooms are low in calories and carbohydrates; provide essential amino acids, important vitamins and minerals including vitamin B, iron, potassium, selenium and zinc, and thereby, mushrooms bring a lot to the table.

Mushrooms and Immune systems: The medicinal benefits of mushrooms are significant, with 700 species documented for their pharmacological properties. These mushrooms are utilized in traditional medicine and modern pharmacology for various health benefits, including immune support and anti-inflammatory effects. Most of the research the health benefits of mushrooms has focused on 4 types of medicinal mushrooms-Maitake, Shiitake, Crimini and Reishi. The Maitake and Shiitake types of mushrooms are commercially cultivated in North India, but are expensive.

For the common man, the good news is that the commonly available and affordable button mushroom (*Agaricus bisporus*) is known to fight off different types of cancer, lower cholesterol, fight off inflammatory diseases, and prevent chronic diseases due to the presence of powerful antioxidants like ergothioneine. Other naturally occurring biological compounds contribute towards antitumor property. The compounds present in mushrooms (polysaccharides and glycoprotein's) activate a variety of host specific immune responses.

Maitake is known to prevent diabetes, enhance immunity, support cardiovascular health and inhibit few types of cancer. Shiitake

mushroom plays an active role in treating liver ailments, preventing heart disease and combating AIDS. Reishi mushroom is helpful in lowering the risk of Asthma. Crimini mushrooms play an important role in the prevention of fatigue and are specially known to inhibit breast cancer.

In the last two decades there has been a rise on the use of mushrooms as nutraceuticals and many edible species have been thoroughly investigated and authenticated for medicinal use. The rapid advancement in science and technology has helped scientists isolate the biologically active ingredients present in mushrooms that are responsible for their healing properties. Today modern medicine has clearly recognized the role of medicinal mushrooms in lowering the risk of cancer, promoting the immune function, ward off pathogenic strains of microorganisms, boost heart health, combat allergies, help balance blood sugar levels, detoxify the toxins produced in the body, enhance the oxygen flow to the blood vessels and help the brain retain a state of alertness.

Conclusion : The Western Ghats not only serves as a critical habitat for diverse mushroom species but also plays an essential role in supporting local cultures and ecosystems. Continued research and conservation efforts will be vital to preserve this unique fungal diversity for future generations. Secondly, the risk involved in collecting and eating poisonous mushrooms is life-threatening. Hence it is imperative that a proper scientific understanding of mushroom ecology is a must. People with expertise in mycology should attempt to collect mushrooms from the wild since some varieties are toxic. Lastly, Given the ecological significance and the potential threats from habitat loss and climate change, there is an urgent need for conservation efforts focused on these fungi. The conservation of mushroom germplasm as a part of the conservation of the world's biological diversity will also aid in finding better drugs to cure future diseases.

ALL'S WELL THAT ENDS WELL

Joan Lobo

Deep in thought , with so much and more flooding my mind ,I had to pinch myself to get back to reality. At the AGM of CASK surrounded by GC members who have been like extended family , it was a moment of nostalgia recollecting and reminiscing the many beautiful memories made over the years being in the governing council and the editorial team. At the propitious moment when I was contemplating something more fulfilling than a 9 to 5 job I was blessed with the opportunity to connect with CASK .I am so grateful for all the enriching experiences be it reaching out to the last, least and lost,, bringing a smile to the forlorn , making a difference to the lonely , giving hope to the hopeless, assuring a bright future to poor students , going the extra mile during the pandemic, honouring the departed and lot more. From my perspective it was my pay back time to society and with the opportunities CASK threw at me it was living a long cherished dream of mine. Leaving no stone unturned it was a delight working together with a team that worked selflessly towards the vision and mission of CASK. The hearts we touched, the overwhelming gratitude we experienced , the heartfelt smiles we encountered and working with the most amazing people who were committed , giving their time freely with their unstinted efforts to make the world a happier place was heartwarming carrying rich dividends in terms of learning and living. Leaving behind a treasure trove of memories which while they lasted was unending joy. At this juncture all I can proudly say is ALL'S WELL THAT ENDS WELL. Yes, as we hand over the baton, to the new team, we have the fondest memories to cherish of a rewarding journey gone by.

The secret of change is to focus all of your energy, not on fighting the old, but on building the new.” – Dan Millman .Every ending that we have experienced in our life is because something better was coming. If our life had never been with closures and changes nothing we experienced in life would have ever happened. I am where I am and we are where we are now because something in the past changed it.

That which ended my past allowed me to have new opportunities and face challenges in life, . Every start has an end. Every first has a last. Every now has a then. Every future has a past. These simple yet profound statements encapsulate the essence of life's constant journey. Whether it is the beginning of an exciting adventure, the first spark of a new relationship, or the present moment we find ourselves in, we must always remember that everything we experience will eventually draw to a close. Just as surely as the sun rises and sets, every story has its final chapter, every endeavor reaches its conclusion, and every life reaches its inevitable end. When something ends, something new begins. We need to realise that when one door closes, others open , When a chapter ends, another begins, and the possibility is in our own hands to write a new and interesting story. Not to focus on the old chapter, that has already been written and cannot be changed our prerogative can only be to write a new one. This new chapter, this blank paper is our new opportunity, and we can create anything we desire. After all we are the creators of our own destiny.

The notion that every start has an end reminds us of the transitory nature of life. We are constantly embarking on new beginnings, whether it be pursuing a new job, forming new friendships, or starting a new chapter in our lives. It is in these beginnings that we find hope and excitement, invigorated by the possibilities they offer. However, as time passes, we often come to realize that nothing is permanent in this world. Our existence is a series of nows, transient moments strung together in an ever-unfolding tapestry. Yet, embedded within this continuum is the realization that every now will someday become a then. The nows of our lives are filled with countless possibilities, decisions, and actions. Build for the future, and forget about the past cos' your kindness will always return to you in any way, shape or form. Similarly, every first has a last serves as a reminder that the initial thrill of any experience will inevitably subside. The exhilaration of a first date , the giddy excitement of a first dance, or the nervous jitters of a first day at school all have their charm and magic. However, as time goes by, these memorable events transition into bittersweet memories and to create lasting memories that will continue to warm our hearts long after the experience has passed.

In conclusion if every start has an end, every first has a last, every now has a then, and every future has a past then these interdependencies remind us of the fleeting nature of life, the impermanence of our experiences, and the interconnectedness of all things. While it may be bittersweet to acknowledge these truths, they serve as a poignant reminder to make the most of each moment, to cherish the sweetness of beginnings, to value the richness of our experiences, and to honor our own unique stories. Every story has an end as a rule but in real life every ending has a new beginning and at the end of the day irrespective ALL'S WELL THAT ENDS WELL.

Points to Ponder, October 2024

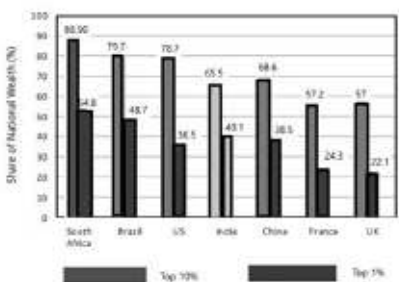
Norbert Shenoy

What Ails World's Fastest Growing Large Economy?

Indian economy, it appears, is firing on all cylinders. The bond and equity markets are rocking with both domestic and global funds chasing Indian assets. IPOs keep hitting the primary market at a scorching pace and the accelerating credit off-take pushing banks to flirt with a credit deposit ratio of 80%. The buoyancy in tax collections, both direct and indirect, has helped the government reduce fiscal deficit over successive budgets. No less a person than the RBI Governor speaks of improved fundamentals with fiscal consolidation, healthy bank balance sheets, a declining inflation trajectory and comfortable level of foreign exchange reserves, helping the country to navigate through supply side disruptions due to geopolitical disturbances and geoeconomic fragmentation. The IMF, IBRD (World Bank), ADB, OECD, as well as major rating agencies agree that India will remain the fastest growing large economy registering a GDP growth of about 7% even in 2024-25.

It could be perilous to be a Cassandra in milieu of pervasive euphoria! Nevertheless, it is precisely in such a situation that one has to look for chinks in the armour, lest complacency make the system heedless of the lurking risks. In size, India is the fifth largest economy with a GDP in 2023 estimated at \$ 3.55 trillion. But our per capita income is only \$ 2484. This certainly is an improvement when compared to

corresponding income of \$1440 a decade ago. But it is still abysmally low when compared to the per capita income of \$12514 of China. Others like Australia, Japan and South Korea boast of a per capita income of anywhere between \$33000 to 65000. Even countries like Egypt, Sri Lanka and Vietnam rank above us. So, is it only population, or is there any other reason that India finds itself at the 137th spot in a list of 192 countries listed according to their income? A comparison with China would suggest that population alone does not explain this poor performance.



Part of the explanation has to be found in the low productivity of the agriculture sector. As the Economist puts it, “India has come a long way since “ship-to-mouth” days of the 1950s and 1960s, when the country depended on food aid from abroad. It has long since become a net exporter of stuff people eat. Yet big

inefficiencies persist. Although India has a third more land under cultivation than China, it harvests only a third as much produce by value, according to analysis by Olam, Singapore based agri-business, agriculture employs almost 50% of all Indian workers—some 260m people—but contributes only 15% of output and 12% of exports (see chart above). By contrast, business services such as call centres and IT companies employ less than 1% of workers but produce 7% of GDP and almost a quarter of exports”. So the major challenge in raising the per capita income in India lies in tackling the vicious cycle of low productivity and pervasive invisible unemployment and underemployment in the agriculture sector.

Another disturbing feature of the Indian economy is the increasing inequality in the wealth and income distribution. The research group, World Inequality Lab says that the wealth concentrated in the richest 1% of India’s population is at its highest in six decades and this percentage share of wealth exceeds that of many countries including US, UK and France. (see chart below).

The study which was authored among others by the redoubtable Thomas Piketty, found that by the end of 2023, India's richest citizens owned 40.1% of the country's wealth, the highest since 1961 and their share of the total income was 22.6%, the most since 1922.

The Lab says that factors, including lack of quality education has trapped a substantial swathe of people in low paid jobs and depressed the growth of the bottom 50% and middle 40% of the Indians. Data from Forbes billionaire rankings show the number of Indians with net wealth exceeding \$ 1 billion rose from 1 in 1991 to 162 in 2022. The 10000 wealthiest individuals own an average of Rs 22.6 billion in wealth, which is 16763 times the country's average. The top 1% own over 40% of the country's wealth. Since India, which won its independence in 1947 opened its markets to foreign investments in 1992, the number of billionaires has surged. The authors of the study observe that the "Billionaire Raj" headed by India's modern bourgeoisie is now more unequal than the British Raj headed by colonial forces.

The final question that cries out for an answer is: Are Indians happy? The UN sponsored World Happiness Report ranks India near the bottom at 126 out of 143 countries surveyed. It appears that countries with relatively smaller population rank among the top "happiest" countries. While the US and Germany are ranked 23rd and 24th, Costa Rica and Kuwait entered the top 20 group, ranked at 12 and 13. Finland continues to be the world's happiest country.

The happiness ranking is based on individuals' self assessed evaluations of life satisfaction as well as per capita income, social support, healthy life expectancy, freedom, generosity and prevailing corruption levels.

Jennifer De Paola, a happiness researcher at the University of Helsinki Finland, says that Finns' connection to nature and healthy work life balance are contributors to their life satisfaction. May be it is time that we Indians have to take time off to introspect whether blind pursuit of progress as represented by "improving macros" is the route to happiness or a life style that is in harmony with nature and neighbour?

NEWS & NOTES

MARGARET ALVA - Recipient of MANIK LIFETIME ACHIEVEMENT AWARD



The Kanara Catholic Association of Bangalore conferred the **Manik Lifetime Achievement Award** on Mrs Margaret Alva, Former Governor, Union Minister and an eminent leader of the Mangalorean Catholic community.

The Manik Lifetime Achievement Award felicitates individuals of our Mangalorean community who are successfully accomplished in the field of education, healthcare, music and fine arts, literature, social service, entrepreneurship, public service, philanthropy and sustainability, and who have had a significant impact on a large number of individual organisations.

CASK offers congratulatory to Mrs Margaret Alva on this well deserved recognition and award.

ROY CASTELINO ELECTED PRESIDENT – CATHOLIC THINK_TANK OF KARNATAKA REGIONAL CATHOLIC BISHOP’S COUNCIL



We are pleased to know that Mr Roy Castelino, was elected as the new President of Catholic think tank of Karnataka Regional Catholic Bishop’s Council during its General Body Meeting held recently. The meeting was held at the Karnataka Regional Catholic Pastoral Centre, Bangalore in the presence of Archbishop Peter Machado of Bangalore and 15 Bishop’s of Karnataka. Roy Castelino is the PRO of Mangalore Diocese and is actively involved in many Catholic Organizations.

CASK congratulates Roy Castelino on the prestigious appointment and wishes him the best.

Dr EDWARD NAZARETH COMPLETED FIFTY YEARS AS A WRITER



Dr Edward Nazareth is a prolific writer in Konkani and English for the last **FIFTY (50) years**. He has continued writing in Konkani relentlessly during these 50 years. As he grew in age his literature also grew with him. He is one of the regular writers in Konkani. He is probably the only doctor of modern medicine (both in Goa and Karnataka) who has produced vast and quality literature in Konkani-articles on health-related issues, short stories and novels.

There are few doctors whose articles on health are occasionally published in Konkani, but no one has contributed as much as Dr Edward Nazareth.

Dr Nazareth's first article was the translation of a Kannada article on aloevera. That was the foundation of thousands of articles on health-related issues he wrote. His first article on modern medicine, was on tetanus which was published in Raknno, the Mangalore diocesan weekly in 1979, when Dr. Edward Nazareth was in his 3rd year of MBBS at Mysore Medical College., In between the first translated article in 1974 and his own article in 1979, several short stories for children written by him were published in Raknno. During his MBBS, several articles on common health issues, and mainly on false and traditional beliefs of diseases were published regularly in Raknno.

His first literary short story was published in Sevak monthly in 1975. Over the years he has written hundreds of short stories.

CASK congratulates Dr Edward Nazareth on his achievement as a popular writer for 50 years and wishes him a continued rewarding literary journey.

Mrs Elfreeda D'Silva Nominated Member Karnataka Public Service Commission



We are pleased to know that Mrs Elfreeda Lobo nee D'Silva, BA, LLB as been nominated as a Member-Karnataka Public Service Commission.

Mrs Elfreeda Lobo is the wife of Mr Clifford Lobo, Asst. Conservator of Forests, Mangalore Division.

CASK congratulats Elfreeda on this distinguished appointment and wishes her a successful tenure.

OBITUARIES - SEPTEMBER 2024

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

- ❖ Celine Pais (82), Mysore, wife of the late W B R Pais, mother of Errol/Eunice, Lavina/Dianney, Elvira/Donald, on September 1, 2024.
- ❖ Victor D'Souza (53), Kulshekar, husband of Sunitha D'Souza, father of Sierra D'Souza, brother of Cyril/Margaret, Benedict/Rita, Jerald/Namitha, Jacintha/Wilfred and Shanthi/Edward, on September 2, 2024.
- ❖ Sylvester D'Silva (97), Bangalore, husband of the late Agnes DSilva father of Reuben/Ann, the late Elwin, Kiran, Elaine/the late Mark Furtado, Arlene/Derrick Hubbard, Rohan/Usha, on August 30, 2024.
- ❖ Sr Mary Rosalie BS nee Alice Sequeira (86), of the Bethany Congregation, belonging to Northern Province, on September 5, 2024.
- ❖ Brian Joseph Rodrigues (66), husband of Mariet Rodrigues, father of Jason & Janice, brother of Anil and Cassian, on September 6, 2024.
- ❖ Severine Rodrigues (81), Milagres wife of Antony Francis Rodrigues, on September 7, 2024.
- ❖ Mabel Sequeira (86), Derebail, sister of the late Leena/Maurice Moras, the late Helen, the late Victor, the late Egidiu /Melcy Sequeira, Celine/the late Kevin Fernandes, Sr Lidwin and Zita Sequeira, on September 7, 2024.
- ❖ Rosy D'Souza (78), Derebail, wife of the late Edward D'Souza, mother of Ivan and Rayan, on September 7, 2024
- ❖ Placidius Francis D'Souza (74), Ashok Nagar, husband of Juliet D'Souza, father of Clarence & Lipha, on September 8, 2024.
- ❖ Ronald Charles Mascarenhas (73), Kulshekar husband of the late Philomena Mascarenhas, father of Lancy, Elmy/Wilma, Vincent/Kevin, on September 08, 2024.
- ❖ Alden Pais (41), Bejai, husband of Aurelia Pais nee Menezes, on September 8, 2024.
- ❖ Celine Noronha (84), Valencia, wife of John Noronha, mother of Mabel/Leslie, Malcolm/Rita, Marie/Charles, Sr Maria Mayola AC, Merlyn/Lancy, Minora/Darel and Manoj/Neetha, on September 9, 2024.

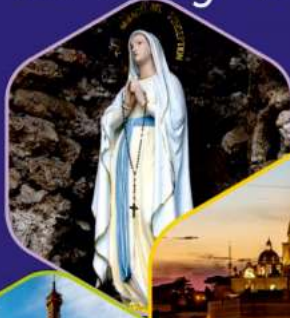
- ❖ Mary Vas (79), Valencia, wife of Joseph Sylvester Vas, mother of the late Susan/the late Alban Fernandes, Samson Daphne and Suman Vas/ Reshma, on September 9, 2024.
- ❖ Fr Andrew Anil Sequeira, Capuchin (80), Bangalore the former General Councilor of the Capuchin Order and the former Provincial of Karnataka province, on September 11, 2024.
- ❖ Dr Deepak Fernandes(64) Chennai husband of Helena, father of Mallika, Jonua/Vaishnavi & Mathew; brother of Ajit, Monica, Kiran & Praveen on September 12, 2024.
- ❖ Theresa Pereira (86), Bejai, wife of the late Jossie Pereira, mother of Laila/ the late Eric Sequeira, Austin, Sheela/Lancy Gonsalves, Ramola/ the late Jostus Pinto, Alwyn/Veena Vas & Pamela/Gerard Rego, on September 12, 2024.
- ❖ Ronald D'Mello (62), Bejai, husband of Jacintha D'Mello, brother of the late Matilda and Juliet D'Mello, Vincent/Cecelia, Frankline/ Cynthiya, the late Renny/Remi, Hilda/Joseph, Nancy/Stephen, Loy/ Shobha and Laveena/Lancy, on September 13, 2024.
- ❖ Ancel Crasta (88), Bendore, wife of the the late Louis Crasta (Zenith Footwear Co., Mangalore), mother of Lorna, (St. Agnes High School), Leslie/Diana, Meera/Sunil and Arun/ Kaveri, on September 13, 2024.
- ❖ Therese Dsouza (90) (Retired Teacher, Kelarai Church School) on 14 September 2024.
- ❖ Gladys Noronha (68), Chikamagaluru, wife of the late Paul Frank, mother of Sophia Nishmitha Frank/Bernard Ruban D'Souza, on September 16, 2024.
- ❖ Ivan D'Souza (57), Derebail, son of Celine D'Souza, husband of Mabel D'Souza, father of Ivy Melisha, Meurel and Mevan Stephen, on September 17, 2024.
- ❖ Aureen Rodrigues (86), Bangalore, wife of the late Michael J Rodrigues, mother of Allan/Romula, Pamela/Dayanand, Ivor/ Kalpana, Peter and Mikey/Sunita, on September 18, 2024.
- ❖ Wilfred D'Souza (70), Bejai, father of Karen/ Nelson, brother of Rudolf/ Marina, uncle of Dan, on September 19, 2024.
- ❖ Thomas Joseph D'Souza (87), Canada, husband of Joyce D'Souza, father of late Marisa & late Francis D'Souza and Lorraine & Eddie Fernandez, on September 18, 2024.
- ❖ Leslie Prabhu (85), Chennai/Canada, husband of Dr Jean Prabhu, father of George & Vijay on September 29, 2024

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"The best way to find yourself is to lose yourself in the service of others."

"Our greatest ability as humans is not to change the world, but to change ourselves."

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