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## അലപോയിലെ െപ്പൺകുട്ടി

യുദ്ധം തകർത്ത സിറിയയിലെ അലെപ്പോ. ഒരു ഏഴു വയസ്സുകാരി അവളുടെ അമ്മയുടെ സഹായത്തോടെ ട്വീറ്റ് ചെയ്യുന്നു. #stop Aleppo Massacre, #Holocaust Aleppo, #Massacreln Aleppo എന്നിങ്ങനെ. യുദ്ധത്തിന്റെ ദൂരന്തങ്ങളും കണ്ണീർക്കാഴ്ച്ചകളും. തുടർന്ന് ലോകം വേദനയോടെ അറിഞ്ഞത് ബനാ എന്ന പെൺകുട്ടി തുറന്ന ജനാൽപ്പഴുതിലൂടെ ആയിരുന്നു. ലോകം അവളുടെ കുഞ്ഞുവാക്കുകൾക്ക് വേണ്ടി കാതോർത്തു. അവളുടെ കണ്ണുകൾ ലോകത്തിന്റെ കണ്ണുകളായി. പത്രത്തിന്റെ താളുക്ളിൽ നിറ്യുന്ന, വെറുതെ കണ്ണോടിച്ചു കളയാവുന്ന ഒരു യുദ്ധവാർത്ത അങ്ങനെ ലോകത്തിന്റെ തേങ്ങലായി. ബനാ എന്ന പെൺകുട്ടി മന:സാക്ഷിയുളളവരുടെ വിതുമ്പലായി. മൂന്ന് ലക്ഷത്തിലധികം ആളുകൾ അവരെ ട്വീറ്ററിലൂടെ പിൻതുടർന്നു. യുദ്ധത്തിന്റെ മുറിപ്പാടുക്ളും, വിങ്ങലുകളും നമ്മെ വേദനിപ്പിച്ചു. ഇടയ്ക്ക് നിലച്ചുപോയ ട്വീറ്ററിന്റെ കിളിനാദം ലോകത്തെ ആശങ്കയിലാഴ്ത്തീ. അവളുടെ തിരിച്ചുവരവ് വീണ്ടും ഉന്മേഷവദനരാക്കി. ഇന്ന് ബനാ ടർക്കിയിൽ സ്വസ്ഥമായിരിക്കുന്നു.

രാജ്യത്തിലെ മൊബൈൽ ഫോൺ ഉപഭോഗം വളർച്ചയുടെ കൊടുമുടി താണ്ടുന്നു. ബജറ്റ് ഫോണുകളുടെ വരവും, ലോകത്തിലെ തന്നെ ഏറ്റവും കുറഞ്ഞ ഫോൺ നിരക്കുകളും, അതിനെ പ്രിയങ്കരമാക്കി. അധികം വൈകാതെ, നമുക്ക് മുന്നിൽ നിൽക്കുന്ന അമേരിക്കയേയും ചൈനയേയും അതിന്റെ ഉപഭോഗത്തിൽ നാം കവച്ചു വെക്കും. ഒരു ചെറുകോണിലിരുന്ന് ലോകത്തിന്റെ സ്പന്ദനങ്ങളറിയാം, അറിയിക്കാം. കരുതിയില്ലെങ്കിൽ വലയിൽ കുരുങ്ങാനും മതി. നാം കണക്റ്റഡ് ആയി കൊണ്ടെയിരിക്കുന്നു. പക്ഷേ എന്തിനുവേണ്ടി? ആർക്കതിന്റെ നേട്ടം?

Bana Alabed My name is Bana, I'm 7 years old. I am t to the world now live from East #Aleppo. my last moment to either live or die. - Bar li 🔁 🚳 🚺 💥 🗥 --Bana Alabed My dad is injured now. I am crying. #Aleppo Bana Alabed O & Folg Please let me be happy and stop the war - Bana #Aleono Bana Alabed Tonight we have no house, it's bombed & I in rubble, I saw deaths and I almost died. Bana #Aleppo Bana Alabed I am very afraid I will die tonight. This bombs will kill me t Bana #Aleppo 1.00 PM - 2 Oct 2016 €¥ 3,489 ♥ 2,590

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# My children are addicted to the cell phones! GADGET HYGIENE IS IMPORTANT

IT revolution is the biggest game changer in the 21st century. Cell phones and other gadgets are part of our lives. Many students have unfortunately become severely addicted to the same. Following are some problems families face and their solutions...

#### My son is 10 and grabs my cell phone immediately after he comes home. His homework remains pending and he eats late.

Be firm and keep the phone away from him. He may protest and create a tantrum. Let him and wait till he is calm. Do not fret if he shouts and screams. If he attempts to throw or break things hold his arms tight till he calms down. If he refuses to eat, do not worry. Win the battle of patience and he will eat when he is hungry. If you do not stop him at this age it will be difficult after a couple of years.

## **GADGET HYGIENE:** Play with your hands and legs and not with your fingers.

Children need to play with their hands and legs and not with their fingers. Even if their friends are not around they may go for a run, ride a bicycle or play any physical game. Playing games on the net or a cell phone while waiting outside a doctor's clinic or during breaks while studying are not advisable. Teach them to sit calmly once in a while.

**SCIENTIFIC EVIDENCE:** Adolescents with high 'unmet' mental health support are more prone to social networking site addiction:

#### My daughter locks her room and is busy on WhatsApp. She is 16. She has stopped playing and is quieter than before.

Check whether she finds studies difficult or is upset with parents or teachers. Let a family member or a teacher gently explore if she is in a relationship or enjoys playing games or watches pornography. Families that quarrel a lot have children lost in their gadgets. Check for depression with the help of a counsellor. Have a dialogue and regulate the number of hours she is inside. Before the age of 18 there may not be any locks in the rooms of children.

## **GADGET HYGIENE:** No laptops behind locked doors.

Laptops or Internet access for children needs to be in the open preferably in the drawing room. Children need to know that laptops are

#### **WARNING SIGNS**

#### Internet addition is a disorder most commonly seen in kids aged 6-19. Here's what to look out for

- Your child is more comfortable with online friends than real ones
- Gets irritated, anxious if his/her online time is interrupted
- Shows diminished interest in activities he or she once enjoyed
- Is secretive about his or her internet usage
- Withdraws from activities with family and friends

#### WHAT YOU CAN DO

- Monitor internet activity
- Break internet addition by keeping the computer in a family room
- Spend more time with the child
- If child has limited social interactions, consider a social skills class or seek activities that connect the child with peers
- Encourage outdoor activities

neither sedatives nor pillows to help them sleep. Staying late up at night regularly with gadgets destroys the sleep cycle and subsequently health.

**SCIENTIFIC EVIDENCE:** Social media sites may have greater psychological impact on kids with low self esteem or who are otherwise troubled.

## My 17 year old son is awake all night on the internet and sleeps in the day. He bunks school many times a week. He is shy.

Again do not see him as a bad child. Let him be seen by a psychologist /psychiatrist. Denying him the internet connection suddenly may help a few. Conversations with him may help to understand the fears and anxieties he may have. Addressing them may help. Shy students who have few friends may find a neutral safe place to chat on the net.

## **GADGET HYGIENE:** Allocate bedroom for all cell phones.

Health of the cell phone is very important. So let it sleep after a particular time at night on a designated table that is its bedroom. All phones should lie there at night and should not be a companion next to the pillow or under a bed sheet. Parents should adhere to this rule so that children follow the same.

#### **MAKE GADGET HYGIENE A HABIT**

**RESTRICT HOURS OF GADGET USAGE:** Doctors said cutting down on hours of gadget usage is very important and it helps prevent gadget addition

**DO NOT SLEEP WITH YOUR PHONE:** Sleeping next to your phone disrupts the sleep cycle

**DO NOT USE THE PHONE WHILE EATING:** Using mobile phones at the dinner table can affect both your mental and physical well-being

**DO NOT CARRY PHONES TO THE BATHROOM**: Refrain from accessing your phone in the bathroom.

**SCIENTIFIC EVIDENCE:** Smart phones are often used as an escape mechanism to get rid of an awkward social situation. Low levels of life satisfaction and poor psychological well being influences problematic use of social

networking sites.

#### I saw nude pictures of boys in my daughter's cell phone. She said that her friends are emotionally blackmailing her.

Be compassionate towards her and you and your spouse should see a psychologist / psychiatrist immediately. Let your shock and anger be healed to enable her recovery. She may have erred and also sent her own pictures to them impulsively. She may also have a lot of fear, anxiety, guilt and sadness. Let these feelings be tackled by the professional. Disturbing thoughts and feelings of the family including the girl will slowly settle down and behaviours will improve.

## **GADGET HYGIENE:** Give a cell phone, do not gift it.

Whenever a cell phone is given to a child do not provide it as an incentive or a gift for a birthday or for doing well in exams or for any achievement. Give it just like one provides a shoe or a raincoat for daily use. Never create an aura around it or do not view it as an item such as a football or a cricket bat.

**SCIENTIFIC EVIDENCE:** Amongst adolescents, boys are at higher risk of engaging in sexting under the influence of sexually



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explicit videos and pornography. Adolescents who visit sexually explicit websites are more likely to permissive sexual attitudes, multiple sexual partners and more aggressive sexual partners.

#### Both my kids are obsessed with selfies. One of them also wants to be a gamer and has quit studies. He believes that he will get sponsors and wants to be an international gamer.

The American Psychiatric Association attributes selfie obsession to the neglect people face from families. It is a mechanism to gain attention from society. Many of those obsessed also believe that their external features are their identity. Posting them all over is also a mechanism to connect and feel better. Increased selfie obsession is seen following a break-up and can be a sign of deeper disturbances. Going behind the behaviour and resolving the conflicts help. Helping adopt alternative healthy behaviours along with counselling will help. Increased communication inside the family is useful. For the kid who wants to be a gamer, he may be suffering from serious internet addiction. He may need to be separated from the gadgets and serious psychotherapy.

## GADGET HYGIENE: Food needs no companion.

While having lunch or dinner inside the house or outside, parents need to put their gadgets away. Hell will not break loose if they do not hold it in their bosom. It is difficult to discipline children if parents do not follow simple rules.

**SCIENTIFIC EVIDENCE:** Adolescents suffering from Problematic Internet use showed poor sleeping habits, reduced risk taking capacity and high risk for other addictions. Addictive smart phone use is linked with loneliness, poor sleep and less engagement at work. Prolonged use of social media and cyber bullying can lead to poor psychological functioning, low self esteem, anxiety, depression and suicidal ideas. Studies suggest

that violent content and interactive online media encourage antisocial attitude and aggressive tendency in youth.



## Does using the Internet interfere with your life in any way, shape, or form?

This question is very relevant with regard to clarifying your addiction potential. We all do things we like or find exciting because of the way it makes us feel; it is assumed that most individuals who use the Internet find it verv pleasurable. On an intellectual basis, it satisfies many needs, including curiosity, knowledge, convenience, access to data that is not ordinarily available, and connecting with people on a personal or sexual basis. However, when you find yourself using the Internet as a means to gratify what might otherwise not feel fulfilling to you, then your pleasure from online life may be superseding your satisfaction with 'real-time' living. When this occurs, there may be a potential problem, for although computers and the Internet are not by themselves dangerous, the preference for cyber-life over real-time life should be viewed with some trepidation. The essence of an addiction then is a repetitive pattern of Internet behaviour which, in spite of certain negative consequences, is still continued.



Dr. Harish Shetty Psychiatrist, Hiranandani Hospital, Powai

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As we are moving more and more digital, cyber security is one thing that we all should be well aware of. To understand and clarify some of the most relevant issues that we may come across, Kalyan Lantern Editorial Member **Dr. CP Johnson** approached **Advocate Prashant Mali**, a famous Cyber Security & Cyber Law Expert in our country. Excerpts of the interview:

## Q1. What should be done when a defamatory fake profile is posted on social media using a girl's real name, photo and contact information?

**Ans:** A victim must file a police complaint for cyber stalking, cyber defamation with the cyber crime cell or nearest police station. Section 66D of the IT Act, 2000 deals with cheating by personation using computer devices, which brings within its ambit fake social media profiles.

#### Victim can also do the following:

- 1. If it is happening on facebook the below procedure has to be followed to report an abusive page:
- · Go to the facebook page you want to report
- Click the gear icon below the page's cover photo
- · Select Report Page

Adv. Prashant Mal

• Choose the reason you are reporting the page and click Continue.

- Fake Timelines created to imitate real people (impostor accounts) are not allowed on facebook. If someone has created an account pretending to be you:
  - Go to the Timeline
  - Click the gear icon and then select Report
  - Click 'Report this account'
  - Click 'This person is pretending to be me or someone I know' and then complete the onscreen directions
  - Click 'Submit to Facebook for Review'

## Q2. What should be done when someone gets threatening and harassing/defamatory emails?

Ans: First, do not respond to those emails in anyway. If you know the person, or feel fairly certain who is sending threatening emails, or even if it is anonymous, contact the police and file a police complaint, especially if the email contains sexual,

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racial references or details of physical violence. Do not delete the threatening email. Do print it out on your computer; place the e-mail in a folder where you can find it later. Police need to examine it on your computer. Any email threatening you or your family's well being is an illegal act. Don't forget to attach Certificate under Section 65(B) of The Indian Evidence Act with this email.

- Q3. What are the usual methods criminals use for identity theft?
- Ans: 1. Phishing: Phishing occurs when scam impersonator attempts to obtain your personal information by pretending that they are from your bank or credit card company. Sometimes they can even pretend to be one of your utility providers as well. Phishing can occur with fake phone calls, unsolicited spam emails, or even fake billing documents mailed to your house. Some of the most creative criminals have created fake websites (called spoofs) that encourage unsuspecting victims to enter their personal information.
  - 2. **Hacking:** Hacking occurs when criminals successfully guess or decode your passwords, security questions or PINs. Many hackers use social networking sites like myspace and facebook to obtain information about you that can be used to answer security questions. Simple or obvious passwords can also be cracked by using many of the information already publicly available on these sites.
  - 3. **Stealing:** Stealing used to be the main way that thieves obtained your personal information prior to the existence of the internet. It still happens frequently and can have devastating results. Criminals can steal your purse, wallet, and even your mail and use it to steal your identity.
  - 4. Redirecting Your Mail: Simply by filing a change of address form with the ISP, a thief can redirect your mail to another location. Here, the criminal can read your mail and gather plenty of information

that they can use to cause you harm. This low-tech form of ID theft is actually fairly common.

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- 5. Card Skimming: This method involves the use of a specially made machine that 'skims' the magnetic surface on your credit and debit cards. The skimmer stores your credit card number (and sometimes your PIN) which is later used to make illegal purchases. Some low tech skimming devices employ a camera to record your PIN as well. Skimming devices can be attached to gas pumps, ATMs, and even the card readers at your local grocery store. If you are not paying attention, you could unknowingly insert your card into a modified device. In addition to this, thieves have even been caught with publicly placed fake ATMs!
- Q4. What action should I take if I happened to find that some confidential data I have is copied by my colleague without my permission?
- **Ans:** You should certainly make a formal police complaint under Section 43(b) r/w 66 of the IT Act, 2000 with section 379, 405 & 420 of IPC. If the data has financial value you can file a suit for compensation and damages in the form a complaint with the Adjudication Officer who is empowered under Section 45 of the IT Act, 2000.
- Q5. How cooperative are international IT companies like Google, facebook and WhatsApp while investigating cyber crimes?
- **Ans:** Yes, they are cooperative, the reason behind this is the above-said social networking sites are Intermediaries, and are bound to comply with the IT (Intermediaries Guidelines) Rules, 2011. Intermediaries are supposed to remove defamatory content from their websites within 36 hours of obtaining actual knowledge.
- Q6. One girl comes to know that all her emails are being automatically forwarded to a fraud ID created by her boyfriend. What to do in such a situation?

Ans: Reset the password,

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change the filter settings of gmail or outlook, whichever is used.

- Q7. During his notice period, one of my employees emails all my clients' data to his personal ID. What take?
- Ans: Your employee has committed and breach of privacy. You need formal police c o m p l a i n t under Section 43 (b) r/w 66 of the IT Act, 2000 with sections 379, 405 & 420 of IPC.
- Q8. What is phishing and what are the most common ways of phishing by criminals?
- Ans: Phishing is the criminally fraudulent process of

attempting to acquire sensitive information such as usernames, passwords and credit card details by masquerading as a trustworthy entity in an electronic communication. This is the most effective and potent weapon of cyber fraudsters.

Phishing is most commonly done through email, spam, instant messaging, Trojan hosts, link manipulation, hacking, search engines, phone call, and malware.

## Q9. What advice you would like to give to common people to protect from phishing?

- Ans: Always check your emails carefully don't open unknown email.
  - Never reply to unknown email.
  - Don't disclose your bank details like PIN, CVV number, etc. via email or phone calls.
  - Always update your antivirus to protect malware through email.
  - Check your bank details regularly. Always update your KYC and mobile number with bank.
  - Never download files from unreliable sources
  - Keep password to your mobile and to your ewallet.

- Keep 1-2 thousand amount only in the digital wallets as it limits your risk.
- Don't save bank details on the mobile Wallet App.
- Q10. Suppose my bank account details are hacked by criminals. What should I immediately do in such a situation?
- **Ans:** Visit your nearest bank and immediately freeze your bank account, write a written complaint, make two copies and submit one copy to bank and do take acknowledgement from bank manager.
- Q11. These days many people receive fake emails that they have won lottery of huge amount. What is your advice to them?
- Ans: Don't rely on fake emails and never reply to them. This is one type of lottery scam called as Nigerian 419 lottery scam.

## Q12. What should be immediately done by the victims of credit card and online frauds?

Ans: Victim of credit card and online frauds should immediately go to bank and freeze his/her bank account and file a written complaint with bank and police station. Change all the passwords / PIN / MIN numbers of your online accounts. File an online complaint with the Banking Ombudsman who is setup by RBI. File a complaint with the

> The minimum jail term for software copyright infringement is 7 days, and the maximum jail term is 3 years.



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A victim must file a police complaint for cyber stalking, cyber defamation with the cyber crime cell or nearest police station.

Adjudication Officer of the state who is appointed under Section 46 of the IT Act, 2000 for compensation.

## Q13. What are the common types of online sexual harassment cases in India?

- Ans: Cyber bullying and trolling
  - Sexting/self-made videos or photos on social networking site
  - Hate speech
- Q14. Is watching online pornography a crime in India?
- **Ans:** n India, watching or possessing pornographic materials in private is legal. But if you are watching pornographic materials in public place then it is a crime under section 67 of the IT Act, 2000.

## Q15. Does downloading mp3 songs from websites amount to data theft?

- **Ans:** Yes. As per copyright act, it is music piracy and form of copyright infringement which is a civil wrong. This also amounts to crime of data theft under section 66 of the IT Act, 2000.
- Q16. Does copy-paste contents and images from the internet amount to data theft?

**Ans:** Not always as per copyright law. If any person uses data and images from the internet for fair dealing personal use including research, study, etc, it is not. However, if any person uses the copyrighted data and images (without the owner's permission) for financial gain, then it amounts to data theft.

## Q17. What are the punishments for piracy of software like MS Office on personal laptop?

**Ans:** Under the Indian Copyright Act, a software pirate can be tried under both civil and criminal laws. The minimum jail term for software copyright infringement is 7 days, and the maximum jail term is 3 years. Statutory fines range from a minimum of 50,000 to a maximum of 2,00,000 rupees. (Punishment as per section 63-B of Copyright Act.)

#### Q18. Is online gambling a crime in India?

**Ans:** It is difficult to say that yes or no. The primary law that makes gambling a crime is the Public Gambling Act of 1867. We have no dedicated laws for online gaming, online gambling, online fantasy sports, online poker, etc in India.

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# Let's step into the real world

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Today many of us are living in the web, every moment of our waking up hours. We begin the day by looking at the messages that have landed on different WhatsApp groups, Facebook page or the mails in our inbox. Every few minutes we are looking at the smart phone screen to see what new messages we have received .

Every day we receive tens if not hundreds of messages and forwards on our smart phone and computer. A study in the United States showed that youngsters use their phones for five hours day at 85 separate occasions. But



the irony is that these youngsters believe they picked up the phone half as much as they actually did. But whether they are aware of it or not, the mobile phones have seized control of around one-third of these young adult's waking hours. Look around and one can see many persons whose heads are lowered into their mobile screen. They are completely oblivious of what is happening around them.

It is not just the long time these mobile addicts spend with their mobile phone that is a problem. The bigger problem is that very many of these people believe the world created around the mobile phone is the real world. Many of us have built our self esteem based on the number of

Several studies have shown although internet has connected us to hundreds of 'friends' all over the world, this generation is the loneliest ever. This generation has the lowest number of real close friends.

Facebook friends we have or the number of likes we receive for a photograph that we put up on our Facebook page. Greater the number of likes, the better we feel.

Very few of us realise that the world of Facebook and WhatsApp are not the same as the real world. It is a make believe artificial world. A recent study by Perdue university found that 25% of Americans cannot name a single person they feel close to. We might have hundreds of Facebook friends. But when trouble hits you, you are really feeling down and need someone to talk to. How many of these Facebook friends you can turn to for a shoulder to cry on. Several studies



They know what you like and what you don't like. Without you being aware, they are surrounding you with views that you agree with. have shown although internet has connected us to hundreds of 'friends' all over the world, this generation is the loneliest ever. This generation has the lowest number of real close friends.

Real life is not as rosy as the photographs on Facebook show. Little do we realise these photographs are just few of the great moments one had in the whole week or month. Without realising this, many of us start to compare our whole life to these few moments in another's life - "They are all having a great time in life. Only I am having a terrible time".

The post analysis of the Trump election threw up many of the inner workings of the web world. It is now very clear that during the recent American president election, there were conscious attempts by both sides to spread false news about the opponent, using the internet. Certain sites were created only to generate false news. Very few of us have the ability to decipher whether the message that has landed on our smart phone is true or false. The moment we see a doctor's name and the name of a well known hospital in a message, we assume that the content of the message is a medical truth. Little do we realise that many of the messages we receive are false messages created by those with ulterior motives.

When was the last time you came across a point of view that you don't agree with on the sites you visited? You are most likely to be surrounded by news and articles that you mostly agree with. It is not a coincidence. The internet providers are keeping a close of everything one does on the internet. They know what you like and what you don't like. Without you being aware, they are surrounding you with views that you agree with. You are in echo chamber that sort of echo just what you want to hear. It makes you feel good. It makes you visit that site again and again. So the site manipulates its content to increase the visits to the site. These sites do not help us to get an all rounded view of an event.

Internet no doubt has lots of benefits. But the biggest problem with the world created by the internet is that it is not real. It is a make-believe,



artificial, manipulated world.

We, more so the younger generation, should step out of this artificial world. Real friends are not those who click on the like button under your photograph in Facebook. True friends are those who are beside you, holding your hands, in the saddest moments of your life. Friends are not those people to whom you share your happy pictures of your holidays. Friends are those with whom you can be at your vulnerable best, those to whom you can share the most distressing details that you will never dare share in your Facebook page. Meet your friends face-to-face. Build real relationships. Look into their eyes as you are communicating with others. Even if they don't tell you a word, feel the warmth of their smile and the assurance of the nod of their head, as you speak to them. The feeling that you get when a friend puts an arm around your shoulder is far more enriching than hundred likes in your Facebook page.

Let's step into the real world. Let's build real relationships.



## സകലത്തിന്റേയും നാഥനായ ദൈവത്തിന്

'സകലത്തിന്റേയും നാഥനായ ദൈവത്തിന് കുർബ്ബാനയർപ്പിക്കപ്പെടു ന്നു' എന്നാണ്

പുരോഹിതൻ ചൊല്ലുന്നത്. മനുഷ്യനുവേണ്ടി മനോഹരമായ ഈ പ്രപഞ്ചത്തെ, ആകാശത്തേയും ഭൂമിയേയും സൃഷ്ടിക്കയും അഗ്രാഹ്യമായ വിധത്തിൽ അതിനെ പരിപാലിക്കയും ചെയ്യുന്ന മഹോന്നതനും സർവ്വശക്തനുമായ ദൈവത്തിനാണ് ബലിയർപ്പിക്കപ്പെടുന്നത് എന്ന് ഇത് അനുസ്മരിപ്പിക്കുന്നു.

#### കുർബ്ബാന അർപ്പിക്കപ്പെടുന്നു.

സാധാരണ അനാഫൊറാകളിൽ ഈ പ്രാർത്ഥന 'കർത്താവിന് കൃതജ്ഞത അർപ്പിക്കാം' എന്നാണ്. എന്നാൽ നമ്മുടെ ഈ അനാഫൊറായിൽ 'കുർബ്ബാന അർപ്പിക്കപ്പെടുന്നു' എന്നാണ്. കർത്താവിന് സ്തുതിയും കൃതജ്ഞതയും അർപ്പിക്കപ്പെടുന്നതാണ് പുതിയ നിയമത്തിലെ ബലിയുടെ അർത്ഥമെന്ന്, ആദിമനൂറ്റാണ്ടു മുതൽ സഭ മനസ്സിലാക്കിയതിന്റെ അടയാളമാണ് ഈ പ്രാർത്ഥന. "കൃതജ്ഞതയായിരിക്കട്ടെ നീ ദൈവത്തിനർപ്പിക്കുന്ന ബലി" എന്ന സങ്കീർത്തനവചനവും നമുക്കിവിടെ ഓർക്കാം. (50:14). അനാഫൊറാ മുഴുവനുംതന്നെ, രക്ഷാകരകർമ്മത്തെ ഓർത്ത് ദൈവത്തിന് സമർപ്പിക്കുന്ന കൃതജ്ഞതയാണ്.

#### സ്തുതിയുടെ ബലി

കർത്താവിലൂടെ ലഭിച്ച രക്ഷയെ അനുസ്മരിക്കുന്ന സഭയ്ക്ക് ദൈവത്തിനു കൊടുക്കുവാനുളളത് സ്തുതിയുടേയും കൃതജ്ഞതയുടേയും അർപ്പണമാണ്. കുർബ്ബാനയാണ് സഭ അർപ്പിക്കുന്ന ഏറ്റം വലിയ കൃതജ്ഞതയും അർപ്പണവും. ഈ അർത്ഥത്തിലാണ് സഭാപിതാവായ ഒറിജൻ പറയുന്നത്: "ദൈവത്തോടുളള നമ്മുടെ നന്ദിയുടേയും കൃതജ്ഞതയുടേയും പ്രതീകമാണ് ദൈവസന്നിധിയിലർപ്പിക്കുന്ന കുർബ്ബാനയാകുന്ന അപ്പം" എന്ന്. മലാക്കി പ്രവാചകൻ പറയുന്ന 'എല്ലായിടത്തും അർപ്പിക്കപ്പെടുന്ന പരിശുദ്ധമായ ബലി' (1:11) ഈ സ്തുതിയുടേയും കൃതജ്ഞതയുടേയും ബലിതന്നെ എന്ന് മനസ്സിലാക്കാം. ഹെബ്രായ ലേഖനത്തിലും "ദൈവത്തിന് സ്തുതിയുടെ ബലി, അവന്റെ നാമത്തെ ഏറ്റു പറയുന്ന അധരങ്ങളുടെ ഫലങ്ങൾ അർപ്പിക്കാം" (13:15) എന്നു പറയുന്നുണ്ട്. അനാഫൊറ നമ്മൾ ദൈവത്തിനർപ്പിക്കുന്ന സ്തുതിയുടെ ബലിയാണ്. ഈ അർത്ഥത്തിലാണ് നമ്മൾ അനാഫൊറായെ കുർബ്ബാന എന്ന് വിശേഷിപ്പിക്കുന്നത്. നമുക്കു ദൈവത്തിനു കൊടുക്കാവുന്ന ഏറ്റം വലിയ സമർപ്പണം ദൈവത്തിൽ നിന്ന് നമ്മൾ സ്വീകരിച്ച നന്മകൾക്കുളള കൃതജ്ഞതയാണ്. അതുകൊണ്ട് നമ്മുടെ അനാഫൊറായിൽ നമ്മൾ പ്രാർത്ഥിക്കുന്നു: "അങ്ങ് ഞങ്ങൾക്കു നല്കിയ എല്ലാ സഹായങ്ങൾക്കും അനുഗ്രഹങ്ങൾക്കുമായി ഞങ്ങളങ്ങേയ്ക്ക് സ്തുതിയും ബഹുമാനവും കൃതജ്ഞതയും ആരാധനയും സമർപ്പിക്കുന്നു". വി. കുർബ്ബാനയെ ആദ്ധ്യാത്മിക ബലി, സജ്ജീവവും ജീവദായകവുമായ ബലി എന്നൊക്കെ വിശേഷിപ്പിക്കുമ്പോൾ അത് സ്തുതിയുടെ ബലിയാണ് എന്നു കൂടി അനുസ്മരിപ്പിക്കുന്നു.

#### അത് ന്യായവും യുക്തവുമാകുന്നു.

സൃഷ്ടാവായ ദൈവത്തിന് സ്തുതിയും കൃതജ്ഞതയും സമപ്പിക്കുക എന്നതാണല്ലൊ മനുഷ്യന്റെ പരമമായ കർത്തവ്യം. പ്രപഞ്ചത്തിന്റേയും അതിലെ സകല സൃഷ്ടികളുടേയും പേരിൽ സൃഷ്ടിയുടെ മകുടമായ മനുഷ്യൻ ഈ ധർമ്മമാണ് ഇവിടെ അനുഷ്ഠിക്കുന്നത്. വെളിപാടു പുസ്തകത്തിൽ കാണുന്നതുപോലെ "ദൈവവും കർത്താവുമായ അവിടുന്ന് മഹത്വവും ബഹുമാനവും ശക്തിയും സ്വീകരിക്കുവാൻ അർഹനാണ്" (4:11) എന്ന് സ്വർഗ്ഗീയവൃന്ദം ഉദ്ഘോഷിക്കുന്നു. "സ്േതാത്രമാലപിക്കുന്നത് നീതിമാന്മാക്കു യുക്തമാണ്" എന്ന് സങ്കീർത്തകനും അനുസ്മരിപ്പിക്കുന്നു. (33:1). "ന്യായവും യുക്തവുമാകുന്നു" എന്ന് പ്രത്യുത്തരിക്കുന്ന സമൂഹം പുരോഹിതന്റെ പ്രാർത്ഥനയ്ക്ക് സമ്മതമരുളുകയും സമർപ്പണത്തിൽ പങ്കുചേരുകയും ചെയ്യുന്നു.

#### യാചനാപ്രാർത്ഥന

ഈ സമയത്ത് പുരോഹിതൻ താഴ്ന്ന സ്വരത്തിൽ യാചനാപ്രാർത്ഥന ചൊല്ലുന്നു. ബലിയർപ്പണത്തിനുളള അടുത്ത ഒരുക്കത്തിന്റെ പ്രാർത്ഥനയാണിത്. നമ്മുടെ മനസ്സിൽ നിന്ന് എല്ലാ HOLY QURBANA 52

അശുദ്ധചിന്തകളേയും അകറ്റണമെന്നും സ്നേഹവും കൃപയും കൊണ്ടു നിറയ്ക്കണമെന്നും വൈദികൻ പ്രാർത്ഥിക്കുന്നു. കർത്താവിന്റെ ബലിയിൽ പങ്കുചേരാൻ അസൂയയിൽ നിന്നും അശുദ്ധിയിൽ നിന്നും ദുഷ്ടതയിൽ നിന്നും വൈരാഗ്യത്തിൽ നിന്നും വഞ്ചനയിൽ നിന്നും സ്വതന്ത്രമായ ഒരു ജീവിതം നയിക്കണം. കർത്താവിന്റെ

## **GOD THE LORD OF ALL**

The celebrant prays that "the Qurbana is offered to God, the Lord of all". It is a reminder to the community that the Qurbana is offered to God who is omnipotent and the creator of this entire universe, heaven and earth and who controls and guides them in mysterious ways.

#### Qurbana is Offered

Usually in other anaphoras instead of 'Qurbana is offered' there is the prayer 'let us offer thanks giving to God'. This prayer of 'Qurbana' instead of 'thanksgiving' is a clear sign of the understanding of the early church that the offering up of praise and thanksgiving for redemption is central to the N.T. Sacrifice offered to God. Here let us also remember the words of Psalmist 'let giving of thanks be your sacrifice to God' (Ps. 50:P14). The whole anaphora is primarily prayers of thanksgiving offered to God for the redemption in Christ.

#### Sacrifice of Praise

As the Church remembers the salvific actions of God, she offers up to God prayers of praise and thanksgiving. Qurbana is the supreme sacrifice of praise and thanksgiving to God. It is in this sense that the father of the church Origen says "The symbol of our gratitude towards God is the bread called Eucharist". The words of prophet Malachi "everywhere a sacrifice of incense is offered to my name, and a pure offering" (1:11) can be understood as sacrifice of praise and thanksgiving. Same idea can be seen in the letter to Hebrews "Let us offer praise to God as our sacrifice which is the offering presented by lips that confess Him as Lord" (13:15). So the anaphora can be qualified as our offering of praise. The greatest offering that we can present before God is our thanksgiving for all the

കരുണയിലാശ്രയിച്ചുകൊണ്ടും തമ്മിൽത്തമ്മിലും മറ്റെല്ലാവരോടും സ്നേഹത്തിലും ഐക്യത്തിലും ജീവിച്ചുകൊണ്ടും (1 തെസ. 5:15) വിശുദ്ധവും സജ്ജീവവുമായ ഈ തിരുകർമ്മം പ്രത്യാശപൂർവ്വം അനുഷ്ഠിക്കുവാൻ നമ്മൾ നമ്മെത്തന്നെ യോഗ്യരാക്കേണ്ടതാവശ്യമാണെന്ന് ഈ പ്രാർത്ഥന നമ്മെ അനുസ്മരിപ്പിക്കുന്നു.

favours received from God. Hence we have this prayer in the anaphora "we offer you glory, honour, thanksgiving and adoration for all your favours and graces you have granted us". As sacrifice of thanksgiving Qurbana is qualified as spiritual and living sacrifice.

#### It is right and just

To offer praise and worship to God the creator is the primary duty of man. Through worship, man who is the crown of creation, is fulfilling this duty also in the name all creatures and in the name this universe. As we read in book of Revelation the heavenly choir also proclaim "our Lord and God is worthy to receive glory, honour..." (4:11). Psalmist too reminds that "praise is fitting for the just" (33:1). By responding 'it is right and just' the community is giving consent to the prayers of the priest and thereby participate in it.

#### **Prayer of Supplication**

Before beginning the gehanta prayer the celebrant prays in a low voice. This is a prayer of immediate preparation for the Qurbana. He prays to free our minds from every impurity and to instill in our hearts love an unity among ourselves and with other people. It is a reminder that one who desires to participate in the sacrifice of Christ should lead a life that is free from impurity, evil doing, jealousy, deceit and hatred and depending of the mercy of God, one should lead a life of love and unity with one another (1 Thess. 5:14-15). This prayer reminds us that we should prepare ourselves spiritually to celebrate this holy, life giving and sacred mysteries in a worthy manner.

മാർ തോമസ് ഇലവനാൽ കല്വാൺ രൂപതയുടെ മെത്രാൻ

# INTERNET SECURITY AWARENESS FOR CHILDREN

FEBRUARY 2017 KIDS CORNER

Hey Kids

#### 1. Do you access Internet?

What a question to ask, right? Internet is considered as the greatest platform and technology of the century and has become an integral part of our daily lives. It is a learning and communication tool, and offers us a wide range of opportunities. It is an invaluable source of knowledge that encourages creativity and imagination.

#### 2. Do you follow Internet ethics?

Internet ethics implies your behaviour while using the Internet. You should be aware that you should always be honest, and respect the rights and property of others on the Internet.

## 3. Do you share about Internet access with your family?

Sharing about Internet activity with family members is the first step to being safe on the Internet. Our

parents always love us and look about our safety so that they would be with us in all difficult times. So let us share what we do and face on the Internet.

## 4. Do you use family computer to access the Internet?

If yes, we need to follow guidelines and rules of family for accessing the Internet, as our family members may use it for different purposes like banking, shopping, etc. Sharing such sensitive information with online friends may cause for huge losses in financial terms. Most online games or videos may require credit card payments to play or access. Sometimes family members may have left this information on common computer. Without their permission, do not use the same.

#### 5. Do you like to see online videos?

Watching videos on the Internet is always fun. But the same time there are risks like malicious links that could take you to inappropriate or illegal contents. If you encounter any such activity, intimate your senior family member immediately.

## 6. Do you follow any celebrity on the Internet?

Some children follow and chat online about their favourite celebrities in all kinds of fields. There are many celebrity sites, and the ones operated by the celebrities themselves or entertainment news publishers are fine. We need to be extra careful about fan sites that turn up in search results but aren't actually run by the celebrities or the people who cover them. It's not always easy to make out, but they're usually lower down in the search results.

## 7. Do you believe everything is right on the Internet?

It is common for students to think that everything on the Internet is true. But it is collection of many people's views, as they can write and post without any guidance and control. The Internet contains a wealth of valuable information. But due to its wide distribution and easy accessibility, it often becomes a medium for disseminating falsehoods and inaccuracies. We should realize that there can be biased views and information to market some products and certain agenda. We need to be careful and confirm the information by exploring various sources of the Internet.

#### 8. Do you like to play online games?

Definitely yes, right? We always love to play online games. Some websites ask for credit card details to play even though they claim to be free. Automated charges are burden to family. We should also understand that there are risks if we share credit card information of family members. The personal details passed on to the website may be accessed by others, resulting in identification theft.

#### 9. Do you love to be social on digital media?

We always would like to be in touch with friends. The Internet provides great opportunity for all of us to extend our friend circles. At the same time, we should know that there are social reasons why kids are hacked. Cyber bullying is common as hackers try to post embarrassing messages by using shared password or links to malicious sites. So, set your limits of being social on the Internet.

## 10. Do you share personal information on the Internet?

For hackers or attackers, children's identification is much valuable. Criminals try to get as much information about children as possible like name, address, class, school name, etc. to target them. The collected information may be useful for guessing passwords of children and their parents, as in general passwords of family members are related with family names. Further they may use the same information for making online friendship with you to get to know about your family to use them for malicious purposes like applying credit cards on your family member names.

Therefore it is advised not to share any information related to sensitive and financial aspects on social networks, and maintain privacy with known and unknown persons. We should never share passwords, even with our close buddies. Always remember to close/logout accounts when we are finished using computers shared with other people, especially those used in public, such as school or cyber cafes.

> Kids Corner compiled by **Dr. CP Johnson** (Courtesy: C-DAC, Ministry of Electronics & IT, Govt of India.)

After reading the above information, send your answers to the 10 questions (YES/NO), along with your name, catechism section and parish to **lanternkidsroom@gmail.com** before 20th February, 2017. Names of the lucky winners will be published in the next issue of the Lantern.

#### •Winners of the St Sebastian - St George Quiz (January 2017) •

Adhira Albert (Bhandup)
Alwin James (Kalewadi)
Celestine Davis (Vasai West)
Eric Mathew (Mulund)
Jabin George (Wagle Estate)

#### 28 Pastoral Care workers killed in 2016 (Agenzia Fides)



In the year 2016, 28 Catholic pastoral care workers were killed worldwide. According to information gathered by Agenzia Fides, 14 priests, 9 religious women, one seminarian and 4 lay people died violently. In America 12 pastoral care workers were killed (9 priests and 3 religious sisters); in Africa 8 pastoral care workers were killed (3 priests, 2 nuns, one seminarian, 2 lay people); in Asia 7 pastoral care workers were killed (1 priest, 4 nuns, 2 lay people); in Europe one priest was killed.

#### Pope baptises 28 babies in the Sistine Chapel (Zenit)

On the Feast of the Baptism of the Lord, Pope Francis baptized 28 babies (15 boys and 13 girls) during the Holy Qurbana in the Sistine Chapel. During his homily, he reminded the parents of the importance of passing on the faith to their children and the great responsibility it entails. He also acknowledged the cries which resonated in the chapel, and recognizing that some of the babies could be hungry, reminded mothers to feel free to nurse their children as they normally would do.



#### Vatican now has diplomatic ties with 182 countries (CWNews)

In December 2016, Mauritania established diplomatic relations with the Holy See, bringing to 182 the number of countries that have formal diplomatic ties with the Vatican. The Holy See also has formal ties with the European Union and the Order of Malta. There are 88 embassies in Rome with diplomatic representatives serving at the Holy See, while other countries have part-time representation.



#### Pope appoints new Apostolic Nuncio to India and Nepal

(Vatican Radio)

Pope Francis appointed a new Apostolic Nuncio to India and Nepal. Italian Archbishop Giambattista Diquattro, the A postolic Nuncio to Bolivia, will



now be the Holy See's Ambassador to India and Nepal. The 62-year-old prelate takes over from Archbishop Salvatore Pennacchio, whom Pope Francis transferred to Poland as Apostolic Nuncio last year.

#### Changanassery gets an auxiliary bishop (New Indian Express)



The Synod of Bishops of the Syro-Malabar Church elected Fr. Thomas (Tomy) Tharavil as Auxiliary bishop of the Arch Eparchy of Changanassery. Born on February 2, 1972 the bishop-elect is a holder of Doctorate in Psychology from the Gregorian University, Rome and is a wellknown retreat preacher and psychologist. Besides his mother - tongue Malayalam, the bishop-elect is proficient in English, German, Italian and Spanish.

#### Syro-Malabar Church introduces special prayer for Fr. Tom during Holy Qurbana (UCANindia)

All the 57 bishops of the Syro-Malabar Church, who gathered for their Synod, organised a special prayer programme, at St. Mary's Cathedral and Basilica in Kochi. Addressing the bishops and hundreds of Catholics gathered, Cardinal George Alencherry, Major Archbishop of the Syro-Malabar Church, said that they have introduced a prayer for the release of the priest to be prayed during daily Holy Qurbana.

#### Russian city bans abortion for the feast of the Holy Innocents (Lifesite News)

The Russian region of Yaroslavl had banned abortions for one day after local religious leaders called for the biblical account of the massacre of the Holy Innocents to be commemorated. The Russian Orthodox Church in the city of Yaroslavl declared that day as a "day of silence without abortions", and said it had the support of the region's health department.

Congratulations



**Rev. Fr. Raphael** Ainickal Ordained on 26th December 2016.



**Rev. Fr. Royas (Joseph)** Kalaparambil Ordained on 29th December 2016.



Rev. Fr. Francis Xavier (Shijo) Koothoor Ordained on 31st December 2016.





#### **Depiction of Bible Scene**

**Group Action Song** 



Infant Jesus Church Koparkhairne





St. Bartholomew Church Kalyan (E)

























#### **EUPHONY 2016 – Juniors**







#### Kaleidoscope

#### **Poster Making**



**Little Flower Forane Church** Nerul



St. Kurlakose Elias Chavara Church Dighi



Mother of Victory Church Tikujiniwadi



Mother of Victory Church Tikujiniwadi



Dombivli





St. Thomas Syro Malabar Church Mira Road



Nerul













St. George Forane Church Panyel

Holy Trinity Church Thane

## 1- െ ചരമ വാർഷികം

I am the resurrection and the life. He who believes in me will live, even though he dies, and whoever lives and believes in me will never die' (John. 11:25-26)

ലോനപ്പൻ കോമ്പാറ ജനനം: 25.07.1926 മരണം: 21.02.1916

#### 5th Death Anniversary "Death ends a life, not a relationship"

We can't have old days back When we were all together. But secret tears and loving thoughts Will be with us forever We Miss you Daddy

Fondly Remembered by:

Wife: Alice Daughter: C'na Son-in-law: Dr. Mathew (Stani) Grand-sons: Clint & Ben

Mampilly Kochappu Francis (17th Sept., 1938 – 18th Feb., 2012)

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## Enthuzia - 2017

FEBRUARY 2017

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Given on 17 January, 2017w.e.f. 9 February, 2017

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Rev. Fr. Lijo Mullonkal	Project-in-charge: Nagothane + PP:	Rev. Fr. Paul Kunduparambil	Also APP: Mar Thoma Personal Parish
	Pen, Nagothane&Alibaug +	Rev. Fr. FrintoOllukkaran	Pro-PP: Bhosari + APP: Kalewadi
	ChaplainCMC Convent, Pen,	Rev. Fr. SintoPulikkottil	Pro-PP: Bandra West + APP: Kalina
	Relieved: Director of Jesus Youth		+ Asst. Director of KEY
Rev. Fr. Xavier Kanatt	Rector of St. Thomas Minor	Rev. Fr. Kiran Eluvathingal	Asst. Director: ARC + Family
	Seminary + Chaplain of MSMI		Apostolate + KCCRS
	Convent, Kamothe	Rev. Fr. SintoEnanickal	Secretary to Bishop, BH Procurator
Rev. Fr. Shibu Pulickal	Protopresbyter of Navi Mumbai		+ Circulation Manager of Kalyan
	Forane + PP: Nerul + Chaplain:		Lantern, Notary of Eparchial Tribunal
	Apostolic Oblates Convent, Nerul;	Rev. Fr. Franklin Cheruvathur	Pro-PP: Nasik Road + Devlali; APP:
	Relieved Chapain of MSMI Convent,		Nasik City
	Kamothe	Rev. Fr. Reji John Kallely	PP: Worli
Rev. Fr. Biju Kollamkunnel	Protopresbyter of Thane Forane +	OFM Cap	
	PP: Tikujiniwadi + Chaplain of CMC	Rev. Fr. RapahelAinickal	APP: Nerul
	Convent, Tikujiniwadi; Relieved:	Rev. Fr. Royas Joseph	APP: Panvel
Day Fr Danny	Kalyan Mathrusangam	Kalaparambil	
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Rev. Fr. Paul Olickal	Relieved: Director of Bible Apostolate PP: Mulund, Relieved Protopresbyter		Life Cell
NEV. FI. FAUI UIICKAI	of Thane Forane	Rev. Rev. Fr. Jacob Thomas	Also Director of Jesus Youth
Rev. Fr. Joju Arackal	PP: Powai + Chaplain to DML	(Siju) Kizhakkepallivathukka	
Hev. H. Joju Alackal	Convent, Powai	Rev. Fr. Francis Kottarathil	Also Director of Ecumenism
Rev. Fr.ShijoParayil	PP: Bhandup + Chaplain: SABS	Rev. Fr. Bipin Chovattukunnel	Also Director of Christeen + Holy
nev. m.omjor arayn	Convent, Bhandup		Childhood
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	of Bible Apostolate	Rev. Fr. Jerry (Alex)	Relieved Director of Christeen
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,	Virar	Rev. Fr. JintoEdattukunnel	Relieved Director of Holy Childhood
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5	Convent, Dapodi	Rev. Fr. Robin Abraham	Relieved from the Eparchy
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