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

FEBRUARY 2020
Vol. 05 | Issue 10

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MAHBIL/2015/63218 | MNE/353/2018-20
The examinations of students, who are at different levels of study, are at hand. The performance in these examinations is very significant in the life of a student as the result one gets remains with them all through their lives. These exams and their results are also the stepping stones to the next level of study and/or building a career in life. At this juncture, from my personal experience, let me tell my student-youngsters that seeking God’s blessings is the most important thing for success as they prepare themselves for, and write their exams.

Let me recite a verse from Psalm 67 that has become a part of receiving blessings in the tradition of the Church: “May God be gracious to us and bless us, and make His face shine upon us” (Psalm 67:1). This Psalm is a short psalm with seven verses, but it is an important one, as this was the prayer that the priests in the tradition of Aaron used to pray while blessing the people of Israel. The blessing goes like this: “May the Lord bless you, and keep you; and may the Lord make His face shine upon you, and be gracious to you; may the Lord lift His face upon you, and give you peace” (Numbers 6:24-26). The Bible verse we took now ends with the word “peace” (shalom), which would imply peace, happiness, harmony, fullness, wholeness, wellbeing, welfare and tranquility. These come together to mean “shalom”, which our students need now to perform well in their examinations. This prayer of the Bible is an inspiring one for all those who seek God’s blessings.

I am convinced of one thing in my academic life: without God’s blessings, one cannot be successful. Even the failures in life I have had, God used/uses them as tools to make me successful in due course of time, according to His will. God placed us on this planet to be productive and increase the talents He has bestowed on us. However, to succeed in our endeavours, we must have God’s blessings. I might be good at studies, smart at doing things well, and perform well in examinations. But there is a series of processes involved after students write their exams. The examination papers go through different levels of evaluation and tabulation before the final result is declared. The process takes place in different hands and levels. In the book of Proverbs, it is said: “Trust in the Lord with all your heart, and lean not on your own understanding; in all your ways submit to Him, and He will direct your path” (Proverbs 3:5-6). Seeking God’s blessings is a great sign of faith and hope in God. We learn from the Bible that God’s thoughts are with us in every major area of our life. God knows the human condition. He knows what we lack in life. He knows what we are in need of. He knows that we need His help in making progress at important junctures of our lives. Let us take “refuge under His wings” and He will keep us “under the shadow of His wings” (Psalm 91:4) so that we succeed. I wish all the best for all those who appear for different examinations, and pray for your great success. Let us remember that we “can do all this through Him who gives us strength” (Philippians 4:13).
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Let us remember that we “can do all this through Him who gives us strength” (Philippians 4: 13). Baarek maar (‘Bless us, Oh Lord' in Syriac language).
10 ACADEMIC COMMANDMENTS for Students and Parents

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

Generally students get into the serious mode of studying just 14-15 days prior to the exams. Instead of revising the chapters which are already learnt, they try to do new topics just a few days before the exam. This creates a lot of confusion and stress among them. Many of them come up with doubts from topics which were done in the beginning of the term. This clearly shows that regular studies have not taken place. They are awake till late night and some even have sleepless nights before the exam. Some of them do selective study and then tend to go blank during exams. Many of them go through bouts of anxiety and depression. All the stress bottled up within them is vented out in one form or the other.

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

**FOR PARENTS:**

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

**FOR STUDENTS:**

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

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Sr. Ann Baby
Principal, St Mary’s High School, Andheri
ക്ലാസേക്ക്‌പ്രഫെയൻ എംഗ്ലീഷ്‌യിലൂടെ

മാതാവ് മാം, സെക്കണ്ടറി ക്ലാസിന്റെ ക്ലാസ്‌വൈഡ്‌ ആന്റ്‌ലെറ്റ്‌റ്റേർസ്‌. അതു ദൂരനിര്ദ്ദേശം നിറഞ്ഞിരിക്കുന്ന പരിപാലനത്തിനായ് നല്ല മൂല്യം ഉയരുന്ന അംഗങ്ങളുടെ മകളെ പ്രേക്ഷയുക്ത കൃപാനിരിക്കുന്നു. ഏത്‌ താഴ്വാനിരിക്കുന്ന സാധന ദൂരനിരിക്കുന്നു കൃപാനിരിക്കുന്ന വിഷയങ്ങളും. അവരുടെ പ്രധാന മാതാവ്‌ എംഗ്ലീഷ്യിലൂടെ നിര്‌‌വിധാനമുള്ള അംഗങ്ങളുടെ പ്രാധാന്യമുള്ള പദവികളും. പാഠീകരണം ഏറ്റെടുത്തിരിക്കുന്ന ക്യാമ്പസിലെ മൂല്യം ഉയരുന്ന അംഗങ്ങളുടെ പ്രാധാന്യമുള്ള പദവികളും. മകളുടെ മൂല്യം ഉയരുന്ന അംഗങ്ങളുടെ പ്രാധാന്യമുള്ള പദവികളും. 

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What has been your experience with students during the exam season? What tips you would like to give to parents and students to combat exams better?
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_xlabel the English content here

_xlabel the Malayalam content here
'തളിക്കാന്‍ ' (take it easy). 

ബാധകാര്യതലത്തിന്‍ അതോടെ മെച്ചപ്പെട്ടു ചെയ്യാൻ പ്രയാസമുണ്ട് കാരണം ലഭ്യമായ സാധനങ്ങളും സ്വഭാവം എന്നിവ ഉപയോഗിച്ച് തളിക്കാന്‍ പ്രയാസിച്ചിരിക്കുന്ന സ്വന്തം പ്രയാസം പിന്തുണയ്ക്കുന്നത്. 

'കൂട്ടായ്മ പ്രയാസം' എന്ന് വിളിക്കാം. 

ബാധകാര്യതലത്തിലെ അവസ്ഥാക്കാലത്ത് മെച്ചപ്പെട്ടു ചെയ്യാന്‍ പ്രയാസമുണ്ട് സമയത്ത് സാധനങ്ങളും സ്വഭാവം എന്നിവ ഉപയോഗിച്ച് തളിക്കാന്‍ പ്രയാസിച്ചിരിക്കുന്നത് സ്വന്തം പ്രയാസം പിന്തുണയ്ക്കുന്നത്. 

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ക്ഷേത്ര താഴ്‌പ്പൊരുകൾ എത്തിക്കാൻ പിന്നീട് തമ്മിലുള്ള പ്രാണമോചന അനുഭവം വേണ്ട ആണ്‌. ഇവിടെയുള്ള ജനപ്രിയ വഹനങ്ങളുടെ സന്ദർഭത്തിലും വലിയോരും പെൺതാളുകളും കൊളംകളും പോലുള്ള മനോഹരമായ നായകാണ്ഡമെത്തുന്നു. പരിപാലന പ്രവർത്തനങ്ങൾ, സന്തോഷവിദ്യാ മേഖലയിലെക്കൂടാതെ, പ്രോഫഷണൽ പ്രചാരം ചെയ്തു.
Prof (Dr) Mary Regina F
Secretary, Pastoral Council,
Archdiocese of Trichur & Spokesperson,
Syro Malabar Church

कल्याण लांटन | फरवरी २०२०
MANAGING A HEALTHY LIFESTYLE DURING EXAMINATIONS

Dear Children,

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

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

'A Healthy Mind Resides Within A Healthy Body.'

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

• Getting adequate sleep: While staying up late or waking up super early may seem like the right thing to do while prepping for exams, it is also important to make sure our minds are well rested. Usually 7 to 8 hours of sleep is recommended, but there may be individual variations.

• Maintaining a healthy diet: Exams are usually associated with stress, which also leads to sugar cravings. This can lead to binging on junk food which gives us instant gratification but then also leaves us craving for more. It is important to have a healthy diet which includes servings of fresh fruits, vegetables, whole grains, pulses and dry fruits and nuts. Instead of snacking on high calorie foods, try options such as a handful of peanuts, roasted chana, cucumber, dry fruits, etc.

• Adequate hydration: Something that is often overlooked is drinking enough water. In order to stay alert, we do end up drinking tea or coffee way more than usual. While it does keep us alert, it also causes dehydration. It is also recommended to have fresh fruits rather than juices, since juices are higher on sugar and lack fibre.

• Daily dose of physical activity: Physical activity sometimes takes a step backward during exam time. However, there is research which says that 30 minutes of physical activity daily can do wonders for managing our stress. Physical activity releases endorphins which are stress busting hormones. This could mean playing with friends, cycling or anything that gets you on your feet and gets you moving.

Mental Health

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

• Practice some form of meditation daily: This could mean praying on your own, reading a few verses from the Holy Bible and reflecting on it or just choosing a space where you could sit for as little as five minutes for quiet reflection.

• Embrace your feelings: Exams can lead to a roller coaster of emotions. You can feel confident, calm, worried, overwhelmed, anxious all within a short span of time. While you reflect in your alone-time, observe these feelings as they rise. A feeling that is termed as 'negative' is as important and real as a 'positive' one. It is natural to feel the way you do, and bringing that acceptance itself makes one feel less weighed down.

• Find a way to manage your feelings: Different methods may help different individuals reach a similar goal. What works for one may not work for another. This could mean writing down your
It's that time of the year, when students freak out and parents... well, parents freak out even more. If you want to know what happens during the exam season, just go near a school and you will find parents of children of all ages, milling around and talking about how they are worried about their children's studies and their apprehensions about their results. Exams are a part of our lives now, and we have to face them – there are no two ways about it. Quite often, kids end up putting off studies towards the end of the term due to many activities happening in schools and otherwise, or just plain laziness, leading to anxiety during examinations. This ends up being stressful for parents and children. Below mentioned are a few ways to ease this stress a little bit.

1. **Study well in advance:** I know, it's a no-brainer, right? Preparing well in advance is the best way to avoid pain towards the end. Having a plan for your studies helps. Children putting in consistent efforts to study are better prepared, but they have to follow a plan. Strategizing on what thoughts in a journal, talking to a close friend or parent. For some it could also mean going for a walk, practising deep breathing or listening to your favourite music. Feel free to explore what works for you.

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

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

**NOTE TO PARENTS:**
While our children prepare for exams, let us try not to compare them with other kids. Each child is unique and special in their own way. While we want our children to be open to us and reach out to us in times of need, it is also important that as parents, we always hear them out with an open and non-judgemental mind. As much as it is important for children to be relaxed and maintain a healthy lifestyle, the same is much needed for parents as well. This is because our kids may not always listen to us, but they are always watching us. These pointers need not be something that should be done only during exams. Trying to incorporate these tips into our day-to-day lives will make it easier to follow them when we need it the most.

**Dr. Mary Kuttikadan**
is a developmental pediatrician based in Vikhroli and also facilitates workshops for EQ for children and caregivers
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topics/subject to focus more on, helps. Additional effort can be given to those topics that are difficult for the child to grasp. Parents have to sometimes take the lead in prodding or encouraging their children towards these.

2. **Get into a disciplined timetable/rhythm:** A detailed and disciplined timetable method that includes time for revision needs to be made. This ensures that no part of the study portion is left undone, and everything is covered, including revision of all subjects and topics.

3. **Get plenty of sleep:** Many a time, kids are so stressed about exams that they do all-nighters, and end up being groggy and less focused during the actual exams. Some are so tired that they nod off during the exam or even collapse. Sleep deprivation during this season could lead to illnesses as well. The timetable should follow strict sleep timings too.

4. **No social media:** Shut off social media during this time. It's just a matter of a few weeks, and being off social media will ensure that you are able to focus on what's important – studies.

5. **Nourishment:** Have well balanced meals and stay off junk food. Drink lots of water and stay hydrated. A well-nourished body supports the mind during this stressful time. Also, home-cooked food will ensure that you do not fall sick due to bad food.

6. **Get moving:** Exercise. It increases overall blood flow, including to the brain, increasing oxygen supply, which is known to aid better learning.

7. **Create a revision plan:** Revision is a way to go through all aspects of topics. At the last moment, it may not be possible to read every lesson. A revision plan ensures that major studies are done early leaving enough time for a quick go-through at the last moment.

8. **Break down the content into bits:** Long hours of study on one topic can often lead to exhaustion and boredom. It will be wise to break the content down into manageable chunks, and take small breaks in between studies. It is a good plan to follow the 50 minutes of study and 10 minutes of break routine. You could of course, tailor it your requirements, as long as breaks are not too long.

9. **Prayer/meditate:** A good prayer/meditation session helps you focus, get much-needed energy, recharge and seek the blessings of the almighty in your study endeavors.

10. **Study groups can be effective:** Group study techniques are known to increase a child's learning provided the group is small and serious about the study. A group can help each other through questions, discovering points of interest and talking about it along the way, encouraging each other. Care should be taken that the discussion doesn't move to a non-study topic.

11. **Make short notes:** Making compressed notes about the topics can be very effective to go through on the previous day of the exam. Instead of going through the entire lesson content, short or abbreviated notes can help you go through them much faster.

12. **Solve past papers:** Solve as many past question papers as possible. Continuously practising writing will ensure two things – one's writing speed increases, and the exercise builds a certain tactical sense or muscle memory into the process, making it easier for the child during the exam.

13. **Organize/declutter:** A cluttered study area can have a negative influence on the child. It can lead to a feeling that the study or preparation is also not organized and is
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messy. It can bog the child down with a negative aura and thus impact their performance.

14. **Quick revision before sleeping:** An effective learning strategy is to do a quick revision of what you have studied during the day before going to sleep. It reinforces the information learnt during the day leading to much better recollection later.

15. **No multitasking:** Keeping it simple is an excellent mantra to have. Study one topic at a time, do not multi-task. Don't go from one subject to another randomly. As discussed earlier, have a plan.

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

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

Joyce Isaac  
Nerul Parish,  
Career Coach and Study Abroad Consultant
The perspective with which students approach examinations has changed much these days. The seriousness with which the past generation approached examinations is now an old story. From my two years’ experience with students, I have observed that students do not consider exams as a serious matter as it used to be once.

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

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

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

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

These few key points will help to face exams without any tension.
My experience in preparing for NEET was a journey that I got to learn a lot from.

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

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

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

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

Advice to Parents:
• Don't let your anxiousness be seen to your children.
• Trust them with their plans.
• Never compare them with any other students.
Parents can be a great support for their child by positive reinforcement, helping the child to relieve stress, boosting the child’s confidence, and not comparing their child with others.

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

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

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

Exams should not be a do or die situation but a win-win situation as it helps to find out the real skills, talents and knowledge of the students. I would suggest parents and students to celebrate exams like festivals. Prepare delicacies which would lift up the child’s mood as it was in my case. Students must be made aware about the importance of exams and how it is going to affect their future. Parents must spend time with their children and talk to them. Understand that every child is unique; so don’t compare. It’s not the marks but the knowledge the child gains that matters.
Hima Thomas
Tikujiniwadi Parish, 2nd Year BSc (Physics) Student

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

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

Neethu Antony
Airoli Parish, Catechism Teacher

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

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

To Students and Parents
• God has a plan for each and every one of us. He will lead us in the right path. Trust in His Providence. So before choosing the path, pray to God to let us choose the correct one according to His plan for us.
The Eucharist and the Remission of Sins

The Eucharist is a liturgical celebration that commemorates the Last Supper, during which Jesus instituted the sacrament of the Eucharist. In this context, the priest says, "Take and eat this is my body... take and drink this is my blood," symbolizing the sacrifice of Jesus on the cross. The Eucharist is celebrated during Holy Mass, where believers receive the holy sacrament of Jesus' body and blood, thus sharing in his sacrifice and receiving his benefits.

The Eucharist is not just a symbolic act; it is a profound spiritual experience that leads to the forgiveness of sins. St. Thomas Aquinas teaches that the Mass, as a sacrifice, absolves the sins of the worshiping community, and the priest's prayers for the forgiveness of sins are part of this sacramental action. The priest, in offering the Eucharist, also receives the Holy Spirit, which sanctifies and empowers the community.

During the Eucharistic prayer, "may it be for the remission of our sins" (Mt. 26:28) is repeated several times. This prayer is a reminder of the institution of the Eucharist by Jesus, who commanded his apostles to continue to remember his sacrifice. By repeating this prayer, the community acknowledges its sinfulness and dependence on God's mercy.

The Eucharist is the culmination of the liturgical celebration, where believers are united with Jesus through the consecrated host and wine. The Eucharist is not just a symbol of Jesus' sacrifice; it is a new beginning, a new creation, where sins are forgiven, and grace is bestowed upon those who partake.

In the Qurbana, there are several prayers imploring forgiveness of sins. The priest prays for the forgiveness of sins after the Eucharistic prayer. "Receive the Holy Spirit. For those whose sins you remember, forgive them. For those whose sins you do not remember, forgive them too. This prayer of Our Father is so replicated as the rite of reconciliation, where the priest asks for the forgiveness of sins."

The Eucharist is not only a means of receiving Jesus' sacrifice but also a source of spiritual renewal and forgiveness. The prayers and actions associated with the Eucharist are a profound expression of the church's faith in the power of Christ's sacrifice to forgive sins and grant eternal life. The Eucharist is a living reminder of the love and mercy of God, who is eager to forgive and reconcile with his people.
Remission of Debts and Forgiveness of Sins

For the Forgiveness of Sins

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

The Holy Spirit and the remission of sins

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

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

The Eucharist and the Remission of sins

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

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

Sanctify our Lips

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

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

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

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

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

Pope appoints first woman to senior Vatican role

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

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

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

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

Christians persecuted in Nigeria amid deafening silence

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

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

One of the most active volcanoes of the Philippines, Taal Volcano, in the middle of a lake about 70 km south of the capital, Manila, has been spewing smoke and ash since the second week of January. The government has ordered about half million people to evacuate from within a 14-km radius of the volcano. Catholic churches in the Philippines have joined their fellow citizens in providing much-needed disaster relief to people hit by the eruption of the Taal Volcano.

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

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

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

Pope to WEF: human person the centre of integral development

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

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

The January 21 to 24 meeting on the theme, “Stakeholders for a Cohesive and Sustainable World”, marked the WEF’s 50th anniversary.
We must carefully distinguish between the different meanings of the words theory of evolution (TOE) in order to give a clear and correct answer to this question.

As a scientific hypothesis:

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

As a philosophical conception:

TOE as a philosophical conception considers the entire history of the cosmos as an harmonious development, brought about by natural laws. Here too there is no conflict with the faith, for God could have produced the universe by a single creative act of His will (eg. Big Bang) and then left its natural development to be dictated by laws implanted in it by him.

The very first words of book of Genesis: “In the beginning God created heaven and earth” highlight the fact that God is the prime mover, or “first cause” of everything.

Atheistic evolution:

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

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

Darwinism:

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

For Team Lantern,
Mr. A.F. Thomas,
Borivli Parish

Can Catholics believe in Evolution?

Question:

Kalyan Lantern  |  February 2020

ESSAY WRITING CONTEST

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

Language  Theme
English  : Right Usage of Media : The Catholic Perspective
Malayalam  : മെഡിയയുടെ ഉപയോഗം സെമ്മൂലിയാമ്പോൾ സന്ദർഭം

The essays (In Pdf / word / Jpg format) should not exceed more than 250 words and should be emailed to kalyanmediacell@gmail.com on or before 15th March, 2020. Any member of the Eparchy of Kalyan is eligible to participate in this Competition.

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

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

Kalyan Mathrusangam

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

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

KMS team came back with the shield and a token of appreciation from Diocese of Palai and with lots of fond memories.
Question:
Can Catholics believe in Evolution?

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

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

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

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

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

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

Redacted from The Catholic Encyclopedia (New Advent)
Activity: Nehemiah

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

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

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

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

Word List

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<th>Oil</th>
<th>Sing</th>
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<th>Prayer</th>
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</table>
Fill in the blanks, choosing words from the word list and then fit the words from the list into the Stack-a-word puzzle on the next page. Read the chapters 1 and 2 from the Book of Nehemiah for reference.

Lucky Winners of previous issue’s Activity: Word Search

1. Daniel Bijudas Porathur, St. Mary’s church, Malad East
2. Immanuel Anthony, St. Thomas Cathedral, Kalyan West.
3. Jeslyn Josy, St. George Church, Nalasopara
4. Riya Sibil, Amala Matha Church, Mulund
5. Elton Noble, Little flower Forane Church, Nerul
50th Wedding Anniversary

08th Feb. 2020

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

Sons: Joemon, Joji & Jiju
Daughter-in-law: Sunita, Shiny & Silja
Grand Children: Abhishek, Rohan, Keren, Elishma, Mirielle, Jerome & Ivan

Mr. K.J. Joseph & Mrs. Mariamma Joseph
St. Francis of Assisi Nagar

50th Wedding Anniversary

2nd February 2020

Mary & Francis Parekkadan

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

With love and prayers
Son: Biju & Joju
Daughter: Siji (Late)
Daughter-in-law: Laly & Sherin
Son-in-law: James
Grand Daughter: Christine

Immaculate Conception Church, Dombivli
MANGALA CARGO CORPN.

HOUSEHOLD PACKERS & MOVERS

Contact:

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Thane
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Branch Office:
Kannur, Calicut, Trichur, Ernakulam,
Kottayam, Kollam and Trivandrum

Shop No. 1,
Trishul Terraces,
Plot No. 36, 37,
Sector 20, Koparkhairane,
Navi Mumbai - 400 709
Tel.: 022 - 2754 6884
3rd Death Anniversary
24/02/2020

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

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

Bhandup / Powai

Deepa Joshi Puthoore

10th Death Anniversary
12th Feb. 2020

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

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

St. Paul’s Church, Kurla (East)

Miss. Kunjavu Beryl Sebastian (TCS)
GodsOwnChoice
Kalyan Lantern | February 2020

1st  Qurban - Ulhas Nagar
2nd  Communion & Confirmation - Goregaon (W) Parish day - Mahakali
3rd  Minor Seminary Class - Panvel
4th  Monthly Recollection - ARC
5th  Junior Priests Meeting - Panvel
6th  Communion & Confirmation - Kalewadi
7th  CHAW Meeting - Andheri
     MPC Class - ARC
8th  Communion & Confirmation - Dombivli
     Qurbana - Wagle Estate
9th  Communion & Confirmation - Kalamboli
10th Minor Seminary Class - Panvel
11th-12th Priests Meeting - ARC
13th-20th CBCI Meeting - Bangalore
21st Curia Meeting
22nd Qurbana - Pen
23rd Communion & Confirmation - Mankhurd
24th Minor Seminary Class - Panvel
26th Curia Meeting

Congratulations
TO NEWLY ORDAINED PRIEST OF DIOCESE OF KALYAN
REV. FR. MAXIN POZHOLIPARAMBIL
15th Death Anniversary Of Our Beloved

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

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

KUTTIKADAN OUSEPH
GEORGE
Born: 28-01-1950  Died: 11-02-2005
St. Bartholomew Church,
Kalyan East

Happy 50th Anniversary
10th Feb, 2020

MOM & DAD
for all that you’ve been to us,
for all that you have done for us,
for all that you are.....
We love you

Anthony, Jessy, George, Sheena,
Kevin, Nathan, Elisha

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

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