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BLESSING OF BIBLICAL TAMIL CULTURAL CENTRE, UPPALAM.





BLESSING

opening



OF THE NEW CLASS ROOMS,

PETIT HSS(PRIMARY SECTION)

newsiettei

2017

The Holy Father's Prayer Intention for August 2017

Mission: Artists: That artists of our time, through their ingenuity, may help everyone discover the beauty of creation.



ARCHBISHOP'S MESSAGE



Liberty to the Captives

Reverend and dear Fathers, Brothers and Sisters, prayerful greetings to you in the Holy Name of our Lord Jesus Christ.

1. Liberty to the Captives: (Lk. 4:18)

"The spirit of the Lord is upon me, because he had anointed me to preach good news to the poor. He has sent me **to proclaim release to the captives**" Lk. 4:18; cf. Is 61:1 Jesus came into the world so that all human beings may have life and life in abundance (Jn. 10:10).

Luke, the Evangelist, enumerates the constitutive elements of the mission of Jesus Lk. 4:18-19. He places "proclaiming release to the captives" as one of the most important elements of the mission of Jesus. "Jesus went about all the cities and villages, preaching the gospel of the kingdom and healing every disease and infirmity" Mt. 9:36. He forgave the sins of people. Jesus, by his preaching and teaching, by his healing diseases and forgiving sins, fulfills the messianic expectations.

The parable of the shepherd and the lost sheep, the parable of the woman and the lost coin (Lk. 15:3-10) give us the beautiful message that the shepherd values his lost sheep and the woman values her lost coin and that they take every effort to go after the lost, search until they are found. Jesus has come into the world to seek out the lost and to find them; Jesus has come into the world to restore dignity to the humanity.

The church continues Christ's mission of proclaiming release to the captives, through her various ministries and services. In our services to the captives, the offenders, the criminals we need to have the attitude and disposition of Jesus, the compassionate approach of Jesus. Jesus came into the world not to condemn the world but to save the world (Jn. 3:17). Jesus is the face of the merciful father. Jesus does not condemn the woman caught in adultery; he forgives her and admonishes her not to sin again (Jn. 8:11).

On 13th August 2017 we celebrate the **Prison Ministry Sunday.** There are more than 4 lakhs of prisoners in the 1401 prisons of India. All of them may not be guilty of crimes punishable according to the Indian penal code. The prisoners are not numbers to be counted; they are not questions to be answered; they are not problems to be solved; they are not cases to be studied. They are **human persons** to be valued, to be loved, to be respected, to be accepted and to be helped.

We look at the prisoners with the eyes of Christ; we love the prisoners with the heart of Christ. We express our concern for and solidarity with the prisoners. We try to visit them frequently and give them hope; we pray with them and for them. We do services to them and arrange special programmes for them with due permission. By our presence, prayers and services to the prisoners, we bring to them the healing presence of the Christ. Christ has identified himself with the prisoners. "I was in prison and you came to me" (Mt. 25:36).

Newsletter

Archdiocese of Pondicherry and Cuddalore

Newsletter

4. New Secretaries

2017

August

Rev. Fr. F. Henry Ezhil Maran is appointed as the New Secretary of the Bible Commission with effect from 01-08-2017 in the place of Rev. Fr. A. Benjamin. We thank Rev. Fr. A. Benjamin for his devoted services as the secretary of the Bible Commission for 10 years.

228

Rev. Fr. A. Arputharaj is appointed as the Secretary of Youth Commission with effect from 01-08-2017 in the place of Rev. Fr. S. Albert. We thank Rev. Fr. S. Albert for his devoted service for the past 6 years.

5. New Appointments

- ➤ Rev. Fr. R. Martin Antony is appointed as the New Parish Priest of Sengadu with effort from 16-07-2017
- Rev. Fr. E. S. Paul Sekar is appointed as the New Parish Priest of Kurumbagaram with effect from 23-07-2017.
- ➤ Rev. Fr. A. James is appointed as the Assistant Parish Priest of Nellitope with effect from 16-07-2017.

We wish them success in their new offices.

6. Annual Retreat

The Annual Retreat for the priests of the **Second Batch** (*List given at the end of this News Letter*) will take place from **25**th **Monday to 29**th **Friday, September 2017** at the Archbishop's House, Pondicherry. If you, for some valid reason, are not able to participate in this retreat you should get my written permission for your absence and inform Rev. Fr. Procurator. Making annual retreat is a serious obligation of the clergy (Can. 276/4). Hence, you are to make your own arrangements for your annual retreat, if you do not join the diocesan retreat.

The family members of the prisoners should be also supported emotionally and financially. Special attention needs to be paid for the formation and education of the children. Prevention is better than cure. By proper instructions to the youth and by imparting right value systems to them, crimes could be notably reduced in the society.

St. Maximilian Kolbe is the patron of the Prison Ministry, India. He himself was a prisoner. Imitating example of Christ, he offered his life for the sake of his fellow prisoner. May his life inspire us to love the prisoners and to serve them in all possible ways.

Mary, Refuge of sinners, pray for us.

2. New President of India

We are very happy that Mr. Ramnath Kovind had been elected and sworn in on 25th July 2017 as the 14th President of India. We offer our hearty felicitations to him pray for him and wish him success in his new office.

3. Black Day

The constitution (Schedule Caste) order 1950 was signed on 19th August 1950 by the President of India which says that "No person who professes a religion other than Hinduism shall be deemed to be a member of the Schedule Caste" which was later amended to include Sikhs (1956) and Buddhists (1990) in the Scheduled Caste net.

This order discriminates the Dalit Christians. Hence, we observe 10^{th} of August as Black Day and demand that Dalit Christians be constitutionally granted Schedule Caste status.

229) Engagements

7. Sacerdotal Golden Jubilee of Bishop P. Yvon Ambroise

We celebrate the Sacerdotal Golden Jubilee of Most Rev. Dr. P. Yvon Ambroise, Bishop of Tuticorin **on Wednesday, 23**rd **August 2017** along with his companions Rev. Fr. E. Thomas, Rev. Fr. P. Antonysamy and Rev. Fr. P. Jegaraj with the Holy Mass at 05.30 p.m. in the Immaculate Conception Cathedral, Pondicherry, followed by Felicitations Function at 07.00 p.m. in the Cathedral campus.

8. Feast Whishes

_On 4th of August We celebrate the feast of St. John Maria Vianney, Patron of Priests. On this occasion I offer my heartfelt feast wishes and prayers to all priests of our diocese. Let us try to imitate the simple and humble life of St. John Maria Vianney.

ARCHBISHOP'S ENGAGEMENTS FOR AUGUST - 2017

6	SUN	07.00 a.m.	Feast Mass, Rainbow Nagar
8	TUE	08.00 a.m.	Feast Mass, Kalpet
10	THU	11.30 a.m.	Feast Mass, Santa Clara
			Convent, K. Manaveli
11	FRI	07.00 a.m.	Confirmations, Maiyanur
13	SUN	07.30 a.m.	Confirmations, N.D. des Anges,
15	TUE	08.00 a.m.	Feast Mass, Nellithope
20	SUN	08.00 a.m.	Confirmation, Marakanam
21	MON	12.30 p.m.	Visit to M.E. Sisters, Attupatti
22	TUE	10.00 a.m.	Blessing of the Library extension
			St Joseph's College cud-1

€ Aug	gust 201	17 >	(230) Edu. Fund
		10.30 a.m	Ordination, SDC, Cud-1
23	WED	05.30 p.m.	Sacerdotal Golden Jubliee Mass
			of Bishop. P. Yvan Ambroise,
			Cathedral
		07.00 p.m	Felicitation Function
26	SAT	10.30 a.m.	Senate Meeting
27	SUN	08.30 a.m.	Feast Mass, Bahour
29	TUE	10.30 a.m.	SAMSSS, General Body Meeting
30	WED	10.30 a.m.	PMSSS,General Body Meeting
31	THU	06.00 a.m.	Ordination,Manicollai, Periapattu.

[sd]+Most Rev. Dr. A. Anandarayar Archbishop of Pondicherry and Cuddalore

ARCHBISHOP'S EDUCATION FUND

S.No.	Date	Particulars	Amount
1	07.07.17 Sri	Velaayutham Constructions, Pondy	10000
2	u	Well wisher, Pondy	5000
3	"	Msgr.A.Arulanandam	2000
4	10.07.17 Ama	lorpavam Hr.Sec.School, Pondicherry	25000
5	17.07.17	T.R.Pattinam parish	5000
6	u	M.Marie Leon Arhovl, T.R.Pattinam	1000
7	u	Vimali Eliza, Dubbrayapet	500
8	u	Cuddalore N.T.Parish	10000
9	u	St.Antony's Church, Sorakalpet	10000
10	" Immaculate	e College for Women, Cuddalore	10000
11	" St.A	Anne's Girls Hr.Sec.School, Cuddalor	e 10000
12	u	St.Mary's Home, Cuddalore	5000
13	" Sacared He	eart Model School Convent, Cuddalore	e 2000
14	21.07.17	Johnson Praveenkumar, Cuddalore	2000

August	201	7 Edu. F	Fund	August	201	7) Edu. Fı	und
15	u	P.Latha Devi, Cuddalore	1000	49	24.07.	.17 Kakkanur Parish	1000
16	u	Daniel Rajkumar, Cuddalore	1000	50	u	People of Kakkanur Parish	500
17	u .	Arputhmary, Cuddalore	1000	51	"	St.Little Flower High School, Kakkanu	r 500
18	u .	Annai Studio, Cuddalore	800	52	"	R.C.Primary Teachers, Kakkanur	400
19	u .	P.Johnson, Cuddalore	500	53	"	People of Ariyalur Thirukkai, Kakkanui	r 250
20	u .	Ursalamary, Cuddalore	500	54	"	R.C.Primary School, Ariyalur Thirukka	ai 100
21	"	Eugene Irudayamary, Cuddalore	500	55	"	People of Seetheri, Kakkanur	10
22	u .	V.Benita, Cuddalore	500	56	"	People of chellankuppam	20
23	u .	J.Renie Sebastina, Cuddalore	500	57	"	St. Vincent D Paul Society, Ariyalur Thirukkai	50
24	u .	St.Fathima Convent, Cuddalore	500	58	"	People of Thuravithangal, Kakkanur	50
25	"	J.Susai Jery, Cuddalore	500	59	u	Legion of Mary, Kakkanur	1
26	u .	D.Carolin, Cuddalore	500	60	"	Well wisher, Kakkanur	75
27	"	T.Maria, Cuddalore	500	61	"	A.Anandan, Kakkanur	5
28	"	S.Rachel, Cuddalore	500	62	u	St. Ann's Hr.Sec.School, Tindivanam	500
29	u	A.Anandarayer, Cuddalore	300	63	27.07	.17 St.Ann's Hr.Sec.School, Tindivanam	500
30	u .	A.Chinnappan, Cuddalore	200	64	28.07.	.17 A.Jeremias, Tindivanam	5
31	"	X.Dominic, Cuddalore	100	65	"	S.Arokiyaraj, Tindivanam	5
32	u	Blessing Cards, Cuddalore	100	66	"	A.Solomon, Tindivanam	5
33	"	Well wishers, Cuddalore	9750	67	"	L.Arul, Tindivanam	50
34	u	Petit Seminaire Hr.Sec.School, Pondicherry	100000	68	u	A.JohnPeter, Tindivanam	3
35	u .	K.Subbarayalu, Tindivanam	50000	69	"	S.Markraj, Tindivanam	3
36	"	PMSSS, Pondicherry	20000	70	"	A.Martin, Tindivanam	2
37	"	St.Paul's Mat.Hr.Sec.School, Neyveli	20000	71	"	S.Baskaran, Tindivanam	2
38	"	Sri Velaayutham Constructions, Pondy	10000	72	"	T.Sivakumar, Tindivanam	2
39	Imma	cualte Heart of Mary's Provincialate,		73	u	M.Stanisus Arulappan, Tindivanam	20
		Cuddalore	10000	74	"	C.Charles, Tindivanam	10
40	" [Don Guanella Boys Home, Samupillai Nagar	10000	75	u	Well wishers, Tindivanam	6
41	" Imn	nacualte Conception Cathedral, Pondicherry	5000				
42	u .	Kurusukuppam Parish	5000			Total as on 31.07.2017	4627
43	"	Immaculate Generalate, Pondicherry	5000			Received up to 30.06.2017 25	9992
44	u .	Sengadu Convent	3000			Grand Total 26	4620
45	u .	Sacred Heart Convent, Kanangadu	3000				
46	"	Kanangadu Parish	3000			[sd]+Most Rev. Dr. A. Ananda	rava
47	"	Cluny Provincialate, Pondicherry	10000			Archbishop of Pondicherry and Cude	-
48	u	Well wisher, Pondy	5000			. , , , , , , , , , , , , , , , , , , ,	

August 2017	(233) 		Edu. Fund 🤌	August	2017	-(234)	——(F I	Edu. Fund 🧃
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TO THE POOR STUDEN	<u>NTS FROM 01.0</u>	<u>4.2017 TC</u>	<u>30.06.2017</u>	40 NELLIKU		14770.00		14770.00
No. Name of the Parish	Archbishop's	Other So	urces Total	41 NELLITH		51800.00		51800.00
	•	other bo		42 NEYVELI		2000.00		2000.00
	Edu. Fund			43 NDDES		3000.00		3000.00
1 ADANUR	6000.00		6000.00	44 ODIYATH		6000.00		6000.00
2 ALAGAPPASAMUTHIRAM	8100.00		8100.00	45 OTHERS		193860.00		193860.00
3 ANAIYERI	3200.00		3200.00	46 PANICKA	NKUPPAM	3000.00		3000.00
4 ANILADI	13000.00	5000.00	18000.00	47 PERIYAN	OLLAMBAI	6370.00		6370.00
5 ARASAKUZHY	8000.00		8000.00	48 PERIYAK	URICHY	2700.00	20000.00	22700.00
6 ARCADU	11000.00		11000.00	49 PERIAPE	T	9200.00		9200.00
7 ARULAMBADI	15000.00		15000.00	50 REDDIAR	PALAYAM	31000.00	5000.00	36000.00
8 ARIYANKUPPAM	1500.00		1500.00	51 SACRED	HEART BASILICA	16500.00	5000.00	21500.00
9 AYANDUR	2000.00		2000.00	52 SATHIAN	IANGALAM	15000.00		15000.00
10 CATHEDRAL	26100.00	7500.00	33600.00	53 SATHIPA	TTU	27000.00	10000.00	37000.00
11 CHINNASALEM	5000.00		5000.00	54 SC STUD	ENTS SCHOLARSHIP	23000.00		23000.00
12 CUDDALORE	19000.00		19000.00	55 SEEDEVI		13220.00		13220.00
13 ERAIYUR	104120.00		104120.00	56 SENGAD	U	17300.00		17300.00
14 FATIMAPALAYAM	2000.00	10500.00	12500.00	57 SEEPAKI	AM	9000.00		9000.00
15 GINGEE	7000.00		7000.00	58 TAGORE	NAGAR	13000.00		13000.00
16 GEDDILAM MARONODAI	1000.00		1000.00	59 THATTAN	ICHAVADY	9400.00		9400.00
17 IRUNDAI	2000.00		2000.00	60 THELY		10500.00		10500.00
18 IRUPPUKURICHY	60640.00	15000.00	75640.00	61 THERKU	NAM	18000.00	10000.00	28000.00
19 KAKKANUR	14000.00		14000.00	62 THIRUKO	OILUR	70500.00	30000.00	100500.00
20 KANAKKANKUPPAM	8000.00		8000.00	63 THIRUNJ	ICOLLAI	24020.00		24020.00
21 KANANGADU	22000.00		22000.00	64 THIRUNJ	IPOONDY	5000.00		5000.00
22 KEEZHPUTHUPATTU	58600.00	17000.00	75600.00	65 TINDIVAI	NAM	6700.00		6700.00
23 KODUNGAL	15000.00		15000.00	66 ULUTHU	R	3000.00		3000.00
24 KOVILANUR	3000.00		3000.00	67 UPPALAN	Λ	23200.00		23200.00
25 KRISHNANKUPPAM	40120.00	10000.00	50120.00	68 VADALUI		32700.00		32700.00
26 KUNANKURICHY	4800.00		4800.00	69 VEERAR	EDDIKUPPAM	40370.00	13000.00	53370.00
27 KURUSUKUPPAM	4000.00		4000.00	70 VELANTI		17500.00		17500.00
28 MAIYANUR	32000.00		32000.00	71 VELLAKU		61600.00		61600.00
29 MADAMPATTU	36520.00		36520.00	72 VIKRAVA		8000.00		8000.00
30 MEL PAZHANGUR	28400.00		28400.00	73 VILLIANU	JR	17500.00	10000.00	27500.00
31 MEL SITHAMUR	10500.00	15000.00	25500.00	74 VILLUPU		3000.00	10000.00	13000.00
32 MEL VAZHI	2000.00		2000.00	75 VINOBAI	NAGAR	3000.00		3000.00
33 MICHAELPURAM	8800.00		8800.00	76 VIRIYUR		8800.00		8800.00
34 MUGAIYUR	33000.00		33000.00	77 VRIDHAC	CHALAM	4000.00		4000.00
35 MUNNUR	10000.00		10000.00		-	470045.55	000000	400001000
36 MUTHIALPET	10000.00		10000.00	Total	1	472310.00	208000.00	1680310.00
37 NANGATHUR	9400.00		9400.00					
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August	2017	235)	€ Edu	ı. Fund	∌ €
	E THE DOOD ST	UDENTS WH	O DECI	EIVED	
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Anilady Jaya Suriy Diayana - I Franklin D' Jaya roseli	B.E ' Silva - B.E.			5000 3000 3000 5000	
<u>Adanur</u> Suguna.V	- B.Sc Nursing			6000	
<u>Arulamba</u> Lourdu Am	<u>di</u> ıalarani - B.Ed.,			15000	
Alagappa: Menaga -	samuthiram B.Ed.,			3000	
<u>Arcadu</u> Vimalda So	elva Kumari - B.Ed.,			3000	
Arasakuzh Eveline Po Annai Ther	rtia Rani - XII			5000 3000	1 1
Stanislaus	ıl - B.Tech phile monica - M.Tech	ı		10000 5000 3000 11500	
Chinnasa Arockia ma	<u>lem</u> ary - B.Ed.,			5000	
Cuddalore Aksha Pra				10000	
<u>Fathimap</u> Selvi D/o	<u>alayam</u> Francis - B.Ed.,			10500	
Celine sind	ary. J - B.Com dya - B.Ed., Rani - B.Sc. ni - B.Ed.,			7600 5500 3500 9000	
Newsl	etter	Archdioces	e of Pondicherry	and Cuddalor	§ (

35) Edu. Fund	August 2017	(236)——— Edu. Fund
DENTS WHO RECEIVED OM 01.04.17 TO 30.06.17	Josphine Arockia Mary - XI Julie Prema - B.Ed., Margaret Priyadarshini - B.Sc. Mary Bernadin - B.Ed., Nambikkai Mary - B.Sc.,	3000 8220 11000 5000 5000
5000 3000 3000 5000	Nirmala - GNM Rexy Priyadarshini - B.Sc. Ruby Juliana Mary - B.Sc. Snega Latha - B.Ed., Vinoliya - B.Sc. Yesu vinda mary - B.Ed.,	3000 4000 7800 3000 11000 5500
6000 15000	Gingee Nikitha - B.Sc.B.Ed.,	5000
3000	Iruppukurichy Brigit Mary.A - B.Ed., Delphine elizabeth rani - B.Ed.,	5000 3250
3000 5000	Jacintha Mary - M.A. Merline Philomina - B.Ed., Moni Joy Priya - MBA Monica Angel - B.Ed.,	10600 8220 12000 9570
3000	Queen Ruby sharlina.G - B.Ed Rufina priya - B.Sc.	10000 12400
10000 5000 3000 11500	Kakkanur Jyothi Mary - DHA Lourdu Monisha - B.Sc. Salomi - B.A.	3000 3000 5000
5000	Kanakkankuppam Arokia Jeoni.A - B.Ed.,	5000
10000	Kanangadu Arockia mary - Nursing Arpudam - Nursing Delfina - B.Ed.,	3000 3000 3000
7600 5500 3500 9000	Keezputhupet Andranita - BCA Danuja - B.Sc.Nursing Dishanthini - B.Com Dilakshini - XI Lood Thenuja - MBA	6500 3000 6500 10000 4000
Archdiocese of Pondicherry and Cuddalore	Newsletter Newsletter	Archdiocese of Pondicheny and Cuddalore

August 2017 237	Edu. Fund	August 2017	238)———	Edu. Fund
Mary stella - DPCA Roman antony - B.E	5000 5000	Selciya Roy - B.Sc. Suganya - B.A.		3000 3000
Sreya - V Sruthika - V Uma Gandhi - B.A.	5000 5000 7800	Muthialpet Irusamma - B.Sc.Nursing Jacob - XII		3000 4000
Sureka.S - B.Sc.Nursing Kovilanur	10500	Joseph - VII		3000
Suja - B.Ed.,	3000	Madhampattu Angel - D.Ted		10000
Krishnankuppam Anni priscilla - B.Sc.	3000	Asha rathina kumari - B.Sc.Nur Jacquline Mary - B.Ed.,	11500	8220
Anushka gladia mary - BCA	6100	Josephine Mary - B.Ed.,		5300
Edel queen maria - MCA Edel queen rani - B.Sc.Nursing Jaya vinnarasi - B.Ed.,	3000 10000 6000	Munnur Francisca Mary - B.Sc.	7000	
Maria Filby - B.Ed.,	8220	Roseline mary - B.Com	3000	
<u>Maiyanur</u> Antony mahimai raj - B.E.	5000	Nangathur Piriyanka - B.A.		8500
Arokia Mary - BBM Maria Nivetha- B.Sc, B.Ed 30000	5000	Narasinganur Ammu - B.Sc.		3000
Mel-pazhangur Arockia Jhonsy rani - B.Sc.	3000	Nedungampattu Vimal Roseline - B.Sc.		3000
Arockia mary - BBM	7800	<u>Nellikuppam</u>		
Ashlee - B.Ed., Elizabeth Preethi - BDS	5000 5000	Jacintha Mary - B.Ed.,		8770
<u>Mel-sithamur</u>		Notre Dame Velanganni Angel - B.E.		3000
Divya Priyanka - B.Ed., Sheeba - X	15000 3000	<u>Nellithope</u>		
Sheela - A.	3000	Arokia Hosea - VIII Arul Jeya Srija - X		3000 5000
Michaelpuram		Ascar jenifer - B.Ed.,		3000
Edvya Sherly - B.Sc.	7800	Askar Jenifer - B.Ed.,		5000
<u>Mugaiyur</u>		Auxilia jeanmarie - M.A. Ebie willferd - M.A.		10000 5000
Antony Liciya - B.Ed.,	3000	Raj Shahana - V		3000
Arokia Saratha - B.Ed.,	3000	Rosaline mary - B.Com		8500
Cynthiya Roy - BCA	3000	Sherlane Mary - VII		3000
Francina - B.A.	3000 3000	<u>Odiyathur</u>		
Mahimai Shenbaga Nisha - B.A. Manushya Priyanthi - B.Ed.,	3000	Licy Flora - M.Sc.		4000
Nimina - B.A.	4000	2707 11014 141.30.		7000
m	ocese of Pondicherry and Cuddalore	Newsletter)	Archdiocese of Pon	dicherry and Cuddalore

August 2017 3 23	Edu. Fund	August 2017	240 Edu. Fund
Panikankuppam Lilly flora - B.Com	3000	Jaculine.D - B.Ed., Robin Anthaya - B.E	10000
Periya Nollambai		Rosaline Romiyo - B.Sc.	5000
Priya. J - B.Com	6370	<u>Tagore Nagar</u> Jaya arockia jenifer - B.Ed.,	5000
Periyakurichy Joshi Alphonsa - B.Sc.Nursing	20000	<u>Thattanchavady</u>	
Periapet		Jancy Mary - B.Ed., Vinolia - B.Ed.,	3000 3000
Jenni Sowmiya - B.Sc.	3000	, ·	3000
Monisha - B.SC	5000	Thely	
		Antony Preethi - B.Com	5500
Reddiarpalayam	2000	Askar Praveen - B.Sc.	3000
Fathima Mary.A - B.Sc.	3000 3000	<u>Therkunnam</u>	
Alexander - B.A.B.Ed., Alex.A - B.Ed.,	5000	Amala rani - B.Sc.	3000
Pradeepa - B.Ed.,	3000	Ezhilarasi - DPA	7000
Rosaline - B.Sc.	4000	Monica cylus - XII	3000
Seraphine - B.Ed.,	5000	John Louis.A - B.Sc.B.Ed.,	10000
	3000	<u>Thirukoilur</u>	
<u>Sengadu</u>	45000	Shalini.E - B.Sc.Nurising	60000
Arockia jency - B.Sc.	15300	Anjugam - GNM	9000
<u>Seppakkam</u>		Ruth Priya - B.A.	3000
Salomi - B.A.	9000	Kamali- XII	24000
Sacred Heart baslica		Thirunjicollai	
Jovitha - XI	5000	Alex Celsiya - GNM	5000
Lourdumary - XII	3000	Elakkiya - B.Ed.,	8220
Jenifer.A - B.Tech	5000		
Monica - IX	5000	Thirunjipoondy Abirami - XII	2000
Sathiamangalam			3000
Jaculine - B.Tech	3000	<u>Vadalur</u>	
Jenifer - BBA	3000	Arul mary - B.A.	6500
Jenitha mary - DNM	3000	Dayana - B.A.	3000
Lydiya - B.Sc.	3000	Jansy rani - XII	3000
		Jenci shylaja - BCA	3000
Seedevi Margraph Nursing	2000	Periyanayagamary - M.Sc	15000
Margreat - Nursing	3000	<u>Uluthur</u>	
Marial - B.Ed.,	8220	Sathia - GNM	3000
Sathipattu		<u>Uppalam</u>	
Delphine Elizabethrani - B.Ed.,	5000	Jessy Diana.A - XII	3000
Arockia vinnarasi.F - M.Sc.	11500	Sophia josephine- B.A, B.Ed	20000
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Gowsalya mary - Nursing	3000	
Motcha Rakkini.E - B.Ed.,	10000	
Anbu Joythi	3000	
Melvin joy - IV	3000	
Merline - B.Ed.,	3000	
Periyanayagimary - B.Ed.,	9570	
Vincy Buela - III	3000	
<u>Velanthangal</u>		
Antoniammal - B.Ed.,	3000	
Jaya Preethi - B.Sc.Nursing	3000	
Josephine mary - B.Ed.,	5000 5000	
Marial - B.Sc.Nursing	5000	
<u>Vellakulam</u>		
Adiruban - B.E.	5000	
Anbu - BCA	5000	
Selva mary - B.Ed., Vasantha mary - B.Sc.Nursing	3000 16000	
Vijay kumar - B.Com	5000	
	3333	
<u>Vikravandi</u>		
Jenitha Rani.L - B.E.	5000	
Sebia - B.Sc.Nursing	3000	
<u>Villianur</u>		
Regina S - B.Sc.Nursing	11000	
Saraswathi - B.Ed.,	3000	
Sathish arockia raj - B.E. Christina.S - XII	3000	
Christina.5 - XII	10500	
<u>Villupuram</u>		
Roseline princy - XI	3000	
Angel Theresa mary.A - B.Ed.,	10000	
Fr. A. Kulandai yesu Raja	Rev. Fr. J.M. Gregory Louis Joseph	
Secretary to the Archbishop	Procurator	
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Blessings

BLESSINGS

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1. Blessing of the Biblical Tamil Cultual Centre, Uppalam

His Grace Most Rev. Dr. A. Anandarayar, Our Archbishop, blessed and opened New Bibilical Tamil Cultutal Centre, Uppalam on 3rd July 2017. We greatly appreciate the good work of Rev, Fr. A. J. Philomindoss, Director, St. Xavier's Pastoral Centre, Uppalam. We thank the donors for their generous contribution.

2. Blessing of the New Class Rooms, Petit Seminaire HSS, Pondicherry(Primary section)

The newly built classrooms at Petit Seminaire Hr. Sec. School, Pondicherry was blessed and opened by His Grace Most Rev. Dr. A. Anandarayar, Our Archbishop on 18th July 2017. We appreciate very much the strenuous efforts of Rev. Fr. R. Pascal Raj, Principal.

3. Blessing of the New Class Rooms, Kakkanur

The newly built classrooms at Little Flower High school, Kakkanur was blessed and opened by His Grace Most Rev. Dr. A. Anandarayar, Our Archbishop on 23rd of July. We appreciate very much the strenuous efforts of Rev. Fr. S. Anand Raj, H.M & Correspondent.

NECROLOGY

Please pray for the repose of the souls of:

04-08-2004 Amaladoss 06-08-1981 Chetelat. A	
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Newsletter

	(343)		2007	
August 2017	243)	Seminarians	August 2017 244	Seminarians
29-08-1970	Montfort.		17. C. Auxiliam Selvakumar Arcadu	St. Peter's
30-08-2011		gasam M.A.	18. A. Geo Francis Xavier Seedevi – Sa	veriarpuram St. Peter's
31-08-2005	Xavier P.P		I year Philosophy	
			19. N. Alpha Venis Neyveli To	ownship St. Peter's
LIST OF SEMINAR	IANS IN THE YEAR	2017-2018	20. V. John Britto Arumpattu ,N	-
		_	21. A. Thomas Berna Nellii	tope St. Peter's
<u>Major Seminarians</u>			22. J. Gilbertraj Azhagapuram, Sozh	ampattu Good Shepherd
Sl. No. Name	Parish	Seminary	Propaedeutic Course	
IV Year Theology			23. S. Vincent Sathiaman	galam Good Shepherd
01. R. Alex	Fathimapalayam	St. Peter's	College Seminarians and Latinists	in St. Agnes' Seminary
02. D. Arokia Sagayaraj	Viriyur	St. Peter's	III Year College	
03. S. Jayaseelan	Kommedu	Good Shepherd	24. I. Paul Rouso	Iruppukurichy
04. L. Jeeva Edward Edisor	n Alagappasamuthiram	Good Shepherd		nappananeng
III Year Theology			II Year College	
05. S. Alex Oli Kumar	Veerareddikuppam	Good Shepherd	25. Bro. R. Albert raj	Iruppukurichy
06. A. Arul Pushparaj	Sengadu	Good Shepherd	26. Bro. A. Anthony Prabakaran 27. Bro. A. Donald Robin	Alagappasamuthiram
07. A. Mariya Susai	Eraiyur	Good Shepherd	28. Bro. B. Vivek Chandru Menan	Sathipattu Adhanur
II Year Theology				Adrianur
08. P. Chinnappan	Cathedral, Pondy	St. Peter's	I year College	
09. S. Johnson	Kovilanur	St. Peter's	29. B. Antonyraj	Viriyur
10. A. Jayabalan	Irundai	Good Shepherd	30. D. Joyson	Mugaiyur
_		•	31. R. Lourdu Sagayaraj	Thely
I year Theology	N.T. 414.4	0. D	32. D. Tony Clinton	Elemangalam, Mel-Sithamur
11. M. Bart Augustine	Nellithope	St. Peter's	<u>Latinists</u>	
12. V. Johnson Mariya Jose	-	St. Peter's	33. Bro. J. Alwin	Palayanur, Viriyur
13. A. Aron 14. M. Prem Kumar Man	Kommedu	Good Shepherd	34. Bro. L. Antoine Joseph	Viriyur
	ampoondi, i nirukoilur	Good Shepherd	35. Bro. F. Arun Prakash	Kunankurichy
Regency			36. Bro. V. Jerome Selvaraj	Velanthangal
15. P. M. S. Jeeva K	Keezhvayalamur, Anilady	St. Peter's	37. Bro. P. Vijayakumar	Alagappasamutiram
III Year Philosophy	Nil			Rev. Fr. P. Rozario
II year Philosophy				Rector, St. Agnes' Seminary
16. Deva Pushparaj	Reddiarpalayam	Good Shepherd		
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From the Desk of Vicars

Yatra Towards Total Freedom

Freedom constitutes our humanity. Come January and August, the nation prepares itself for the celebration of Republic Day and Independence Day culturally and ritually with which we remain in the world of myth without looking at the people's struggle and challenges. As Indian Christians we have the privilege and pride, duty and dharma to educate our people especially under our care to lead them towards a republic, socialistic and democratic attitude according to our sacred constitution which does not get its due, due to undemocratic attitude and action, decision and deviation.

"Having everything, owning nothing; everything belongs to God". No attachment whatsoever with anybody or anything now and always. One day or other all of us will meet death and nobody takes anything with themselves. In spite of this fact still we cling on to so many things and persons due to selfishness. Reason and faith will surely help us to journey towards total freedom. May this be our daily prayer, Lord, lead me from slavery towards freedom.

As sentinels be Watchful

The Lord invites all His children to be watchful always. Human nature left to its own self will never be **OK**, all of us need consultation, dialogue, guidance, rules and regulations at all levels. God has blessed us with so many things and persons, property and buildings movable and immovable items, not only to use and throw but preserve and promote, maintain and repair so that we do not spend too much due to negligence and indifference. Let us maintain well the vehicles, residence, places of worship, land, trees, wells, household items etc. etc. Let us mark the items with initials of what belongs to the individual persons, what belongs to the parish or institution so that things are clear and definite during transfer, death etc.

Let the vicars forane during the monthly meetings study the present situation and maintain the record and report to the officials so that instead of individuals struggling, we could help one another and build up our persons and structures. Let us pray for one another's good health and fruitful service in our day to day prayer and celebration of the Eucharist.

Very Rev. Msgr. A. Arulanandam

2017

Very. Rev Msgr. A. Louis

Vicar General

August

Episcopal Vicar

Surplus Mass Intentions received for the month of July - 2017

No. of Masses Date Name of the Parish 30.06.2017 125 mass intentions Vinoba Nagar parish

Binated / Trinated Mass Intentions received

Name of the Priest No. of Masses Date

30.06.2017 Fr.A.J.Lawrence 7 mass intentions

Rev. Fr. J.M. Gregory Louis Joseph

Procurator

Voice from Metropolitan Matrimonial Tribunal – 82

CHRISTIAN PARENTING

It is a natural desire of every young person to get married and to have a family. Parenting is an intrinsic part of a Catholic marriage. I hope married couples would recall that great day in their life, when they stood before the altar of God to administer the sacrament of matrimony to each other in the presence of the minister and two witnesses and a bevy of friends and relatives and duly blessed by God. Still more, I hope they remember the Minster asking them to hold their right hands and to state their intentions by asking them three questions. The third of the three questions is "Will you accept children from God". The mandatory response had to be "We will". If the couple answered in the negative, the minister is obliged to cancel the marriage. So parenting is an incumbent responsibility that every catholic married couple accepts along with their marriage.

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Is parenting a source of joy or a burden? I am sure there could never be a single answer to this question. Parents of differing age groups will have different answers. Parenting is a responsibility of every married couple from the time of conception of a child till it reaches adulthood. After creation of Adam and Eve, God passed on the responsibility of transmitting life to human beings through their physical union. So we can be sure that God empowers every parent to accomplish a joyful parenthood. I would like to expound one aspect of parenting, with emphasis on the modern day situation and scenario.

Joint Spiritual Responsibility

2017

Firstly, as a man and a woman have jointly contributed to conception of a child, it automatically follows that both father and mother have equal responsibility in nurturing the child. There could be different roles for each in accomplishing this task and they may vary even depending on circumstances. In a Christian family the father is the priest, provider and protector, of the Head of the family. He is primarily responsible for bringing God to his family and taking his family to God. The mother on the other hand is the Heart of the family. She sets the emotional tone of the family, establishing the spiritual atmosphere, which enables the father to fulfill his task of being the priest of the family.

Today we notice in majority of Christian families, these clear-cut and equally important roles have either been forgotten or abdicated. This is because the fathers have been concentrating on their roles of provider and protector and leaving the priestly duty of spiritual upkeep of the family to mothers, religious sisters and catechism teachers. Practically this means that it is the mothers who teach children prayers at home and also lead the family prayers (if any). This is supplemented in the Catechism class. While the children are still small, the mother is able to give spiritual formation by ensuring they participate in family prayers and church services. However, once the children reach teenage, the mother faces difficulty in fulfilling this task. Many fathers do

participate in family prayers but in a very passive way. Hence they are unable to command 'spiritual discipline' through regular prayers and attendance at Church services.

St. John Paul II lamented in one of his documents that the Catholic families have deteriorated spiritually and socially because men (fathers) have failed to carry out the God-given responsibility of being the spiritual head of the family.

In parenting the most basic and crucial responsibility is laying a strong spiritual foundation for the family, with the father taking the lead role and the mother ably and effectively supporting. If the father and mother jointly ensure that the children from their earliest age are introduced to 'personal prayer', scripture reading and daily family prayer, they will be absolutely capable of handling all other aspects of parenting.

Soon after marriage and well before the first child arrives, couples should discuss this joint spiritual responsibility and make out their plans for fulfilling the same. This is more important than the financial and material planning that many couples do in preparation for the arrival of their first child. Just as parents meticulously prepare the "baby's room" with colorful scenery or pictures, bay furniture etc. they should also decorate the baby room with spiritual articles and pictures of Baby Jesus, Mother Mary and angels. It would also be a good thing to play hymns and religious songs during the period of pregnancy as medical science has proved that the fetus, from the very second month, is able absorb external noises and radio waves. (I have taken up one aspect of Parenting in this article.) (Ref: By Hector Poppen, Country Head, Couples for Christ, India/ Global Manila/ Singapore, PDNL, Vol.70, July, 2017, no.522/2017, pp.9-11).

Points to Ponder:

"You have not lived today until you have done something for someone who can never repay you." – John Bunyan.

- "Strong people don't put others down... They lift them up." Michael P. Watson.
- Salesian Thought: "When you encounter difficulties and contradictions, do not try to break them, but bend them with gentleness and time." St. Francis de Sales.
- "Focus on your mission and you will come to see the struggles of life not as a burden but as an integral part of the process." -John R. Wood
- Respect the old when you are young. Help the weak when you are strong. Admit your
 fault when you are wrong; Because one day you will be old, weak and wrong.
- Life is Beautiful! One day, one hour and one minute, Will not come again in your entire life. So avoid fights, Angriness and speak lovely to every person. Abdul Kalam

Thanking you.

Rev.Fr. S. Pascal Raj Judicial Vicar

COMMISIONS AND REPORTS St. Xavier's Pastoral Centre

Biblical Tamil Cultural Research Centre

In our pastoral centre, we have constructed this Biblical Tamil Cultural Research Centre. On the 3rd July by 10.30 a.m. Our Archbishop along with the Vicar General, Procurator, Rev. Fr. A. Maria Selvam and some of the Vicariate Fathers came, blessed and inaugurated the centre. During the function, Fr. Maria Selvam gave an introduction explaining the utility of the centre. The bible commission of our Archdiocese can facilitate with necessary books in the field of scripture and Tamil Culture so that the interested people can make research to find out how Tamil Culture and Biblical Culture have enriched and complemented each other. This

is a new venture. We thank Fr Maria Selvam who is the pioneer and the master mind of this concept and the centre. We thank our beloved Archbishop and the diocesan administration, Velayudam Constructions and the Propagande Fide for their support, cooperation for its construction.

Krithuvar Vazhvurimai Iyakkam (KVI)

After a long time, on the 6th July, we conducted the Diocesan consultative council meeting which was presided over by our Vicar General. The members, all the Vicars Forane, Secretaries of the Commissions who have direct social contact with the people, CRI executive body, executive body of the Diocesan Pastoral Council attended the meeting. I animated the meeting. The consultative council proposed to conduct a one day animation programmes to all the priests of our diocese and then the V.Fs to conduct a special meeting in their vicariates and then all the Parish Priests will start recruiting the voluntary members in their respective parishes following the rules found in the constitution of Krithuvar Vazhvurimai lyakkam. We wait for our Archbishop's approval and convenience. Following this, on the 25th July we had the Pondicherry Vicariate meeting and I gave an introduction regarding the Krithuvar Vazhvurimai lyakkam.

Tamil Nadu Pondicherry Pastoral Council Meeting (TPPC)

On 9th July 2017 at Vailankanny, we had the TPPC meeting and eight members committee went and participated in the meeting. And the council proposed to animate and encourage our youth and families to face the changing political, cultural, scientific situations with the values of the Kingdom of God. I am giving the resolutions passed in the meeting

2017-2018ஆம் ஆண்டுக்கான மறைமாவட்ட அருள் போவைக்கான செயல் கிட்டங்கள் மாநிவரும் இன்னைய சமய, பொருளாதார, கலாச்சார, அரசியல் கூழலில் விழிப்புணர்வு பெறுவோம், பிறரையும் விழிப்புணர்வு கொள்ளச் செய்வோம் ஆயர் பேரவையின் ஒப்புதலுடன் நிறைவேற்றப்பட்ட கீர்மானங்கள்:

- 1. மறைமாவட்ட அளவில் இளைஞர்களுக்கு அரசியல் விழிப்புணர்வு, கருத்தரங்குகள் நடத்தி, இளைஞர்களை ஒருங்கிணைக்கவும், சிறந்த தலைவர்களை உருவாக்கவும், மறைமாவட்ட அளவிலும்- பங்கு அளவிலும் இளைஞர்களை முன்னிறுத்தி, சமூகப்பணிகளிலும் திருச்சபை வாழ்விலும் அவர்கள் ஆர்வமுடன் ஈடுபாடு கொள்ளச் செய்ய வழிவகைகளைக் கண்டுபிடித்து செயல்படுத்த வேண்டும்.
- 2. மாநிவரும் இன்றைய சமய, பொருளாதார, கலாச்சார, அரசியல் சுமலில் நமக்குள் உள்ள வேறுபாடுகளைக் களைந்து சாதியம் கடந்த சமத்துவம் நிரைந்ந திருச்சபையை உருவாக்க முன் வரவும், அகில இந்திய ஆயர் பேரவை பிரகடனப் படுத்திய னுயடவை நுஅழந்நசஅந்வெ முட்டைல் – யை மறைமாவட்ட அளவில் கொண்டு சென்று நடைமுறைப்படுத்த ஆவணச் செய்ய வேண்டும்.
- 3. மறைமாவட்ட அளவில் உரிமை பாதுகாப்பு குழு, சிந்தனைக்குழு, சட்ட ஆலோசனை குழு, சட்ட விழிப்புணர்வு குழு அமைத்திடல் வேண்டும்.

I request all the Parish Priests to consider these proposals and execute them according to your possibilities.

New Commission Secretaries

Our Archbishop has appointed Rev. Fr. F. Henry Ezhil Maran as the new Secretary of the Bible Commission in the place of Rev.

Fr. A. Benjamin who has served as the Secretary for 10 years from 2007 and Rev. Fr. A. Arputharaj as the new Secretary for the Youth Commission in the place of Rev. Fr. S. Albert, who has served in this commission for 6 years from 2011 onwards. We welcome

the New Secretaries and thank the outgoing Secretaries, Rev. Fr. A. Benjamin and Rev. Fr. S. Albert who have really organized very good programmes, animations and formation for our people and the youth in their own respective fields. May God give them good health and fruitful ministry.

Monthly Prayer Meeting

2017

August

Last month Rev. Fr. A. Arputharaj, Director, Cana Retreat Centre, Dharmapuri has conducted a very nice one day prayer meeting. Around 300 people participated and benefited. This month Rev. Fr. I. Francis Xavier, Director, Tamil Nadu Bishop's Council's Emmaus Retreat centre, Sithanangur will conduct the prayer meeting on 19th August, Saturday from 09.30 A.M. to 04.30 p.m. Please encourage the people to come and benefit from it spiritually. And we thank the voluntary prayer preparatory group of the centre for all their generous contribution.

SIGNIS (World Catholic Association for Communication)

The Tamil Nadu Pondicherry Regional meeting of SIGNIS is going to be held on 9th and 10th of July 2017 at Salem PastoralCentre and Yercaud. I will be participating in the meeting and we are participating in the short film festival with the three short films produced by Mr. Immanuel, a teacher in Petir Seminaire Hr. Sec. School, Pondicherry.

Senate Meeting

The second meeting of the senate of this year will be held on 26.08.17, saturday in the Archbishop's House from 10. a.m to 2 p.m. I have already sent a SMS to all the vicars forane regarding this last month. And some of the vicariates have already sent their suggestions. And those vicariates who has not sent their suggestions kindly conduct the meeting and collect the suggestions and sent to me as early as possible.

Rev.Fr. A. J. Philomindoss

Director

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SC/ST COMMISSION REPORT – August 2017

Activities

1. Diocesan General Body meeting:

It was held in St.Xavier's Pastoral Centre, Uppalam on 16th July 2017. There were 30 members participated in the meeting. The following issues were discussed in the meeting.

- Preparations in view of 10th August 2017 (Black day)
- Ways of Disseminating & implementing the Dalit Policy in vicariate and Parish level.
- Creating Diocesan SC/ST Scholarship fund for poor students

2. Commission's Parish visit for the month of July:

01.07.17	- Konankuppam
03.07.17	- Melnariapanur

09.07.17 - Irudayapuram (Mugaiyur)

12.07.17 - R.C. Middle School, Alagappasamuthiram

19.07.17 - Thiruvampattu (Kommedu)

20.07.17 - Bahour

28.07.17 -Korukumedu (Ariyankuppam)

30.07.17 - Dubrayapet (Sacred Heart, Pondy)

Informations

1. A Letter from the CBCI office for SC/BC – Appeal to Observe August 10th as Black Day (67 years of denial of Religious Freedom to Dalits in India)

The Constitution (Scheduled Caste) order 1950 was signed on 10th August 1950 by the then President of India which says that "No person who professes a religion other than Hinduism shall be deemed to be a member of the Scheduled Caste" which was later amended to include Sikhs (1956) and Buddhists (1990) in the Scheduled caste net.

Civil Writ petition 180/2004 in the Honourable Supreme Court of India praying the deletion of paragraph 3 of the Constitution (Scheduled Caste) order 1950 is still pending for the past 13 years in which the CBCI and NCCI have also impleaded. The case had been referred to

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a higher bench and still it has not been constituted. Thus Constitutional rights for Dalit Christians and Dalit Muslims are denied based on religion for the past 67 years.

To express our dissatisfaction about this 'Constitution Scheduled Caste order 1950 para 3 which is 'unconstitutional and it is a black letter written outside the Constitution introduced through the back door by an executive order (NCRLM Report). I request you to observe August 10th as the Black Day in your respective regions, dioceses and institutions. Meetings, rallies, demonstrations, hunger stick, submitting memoranda, candle vigils and other forms of demonstrations can be also organized in your area to show support and solidarity to the suffering Christians of Scheduled Caste Origin. Please make use of the media especially the social media to disseminate the news to the civil society. You are also encouraged to wear black badges on 10th August 2017 and display the posters on your notice boards. We would appreciate if you send couple of photos and a brief report of observance to the CBCI office for SC/BC by email-cbciscst@gmail.com

- Most Rev. Neethinahan,

Chairperson, CBCI Office for SC/BC

1. Diocesan level 'Black Day' Public Meeting:

This year we have planned to have Black day Public meeting in Pondicherry near Head Post office on 10th August (Thursday) at 10am to 1pm. Our Archbishop also will be addressing the gathering. Hereby I kindly request you to participate and encourage your parishners to participate in this event and express your concern and solidarity with the Dalit Christians who are discrimated on the basis of religion.

2. Some suggestions to observe the Black day in your Parish:

- Ensure proper awareness to the Parishners regarding Black Day by reading out CBCI SC/ST Commission circular about Black Day.
- Pray for this Intention during mass and conduct special prayer service for this Nobel intention.

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- Organise Vicariate level or Parish level Public Meetings, Rallies, demonstrations, hunger stick, submitting memoranda, candle vigils, samathuva marathon race, etc.
- Wear Black badges
- Display posters on the notice board and distribute notices to the people.
- Show your protest through the social media (Facebook, WatsApp, Twitter, etc.)

Fr. A. Arputharaj

Secretary, SC/ST Commission

Doctor's Message

Lose Fat Fast with These Tips!

It seems like everyone is always searching for new and effective ways to lose weight as quickly as possible. If you're anything like me, you'll find that some methods seem to work wonders, while others tend to do more harm than good. Over the years, I've found that the best approach to weight loss is to tackle your goals from multiple directions. A healthy diet and good exercise habits are important, but you may also need to change your lifestyle a bit in order to help keep the pounds off once you've managed to shed them.

The Fundamentals of Fat Loss

1. Sleep Quality

Your body requires around 7-8 hours of sleep a night in order to make you, and your metabolism, function appropriately. Having a poor or irregular sleep cycle may lead to your body retaining more fat as a resource than it actually needs.

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Dr's Page

2. Smoking

Even though smoking may cause a temporary curb in your appetite, it also causes long-term inflammation, which could cause an increase in the amount of fat deposition in your body.

3. Drinking Alcohol

Most alcoholic drinks contain quite an amount of calories, and can very easily make you put on weight. Alcohol also occupies your liver, thus preventing your digestive system from properly allocating energy.

4. Getting a Massage

Being too stressed can cause inflammation throughout your body, which can contribute to weight gain. A nice relaxing massage can be just what your body needs to get your fat loss goals back on track.

5. Daily Routine

Establishing a regular eating and sleeping schedule will allow your metabolism to work at a highly efficient pace. As a result, your chances of weight loss will drastically improve.

6. Technology

In our modern age, the prevalence of technology has kept us more sedentary and stagnant than ever before. Limiting your use of technology will give you more mental clarity and bonus time for some physical exercise.

How to Burn Fat Easily

1. Swimming

High-impact exercises like jogging or running can be painful for someone who's obese. However, swimming is an excellent alternative, since the resistance offered by the water will keep your heart rate up, without stressing your joints.

2. Cycling

Whenever the distance is realistic enough, you should try cycling instead of driving or taking public transport. This is both a fun and simple way of losing weight, while reducing harm to the environment.

3. Take the Stairs

Using the stairs instead of the elevator is a straightforward and passive way to lose weight without really thinking about it. Simply walking an additional ten to fifteen flights a day could leave quite an impact.

4. Commit to a Gym

Nobody likes to waste their money, so paying for a gym membership could be just the push you need to keep up your exercise habits.

5. Weight Training



Many people only stick to cardio when trying to lose weight, yet experts say that training with weights is just as important. By putting on some muscle mass, your body will have to spend calories to maintain it, instead of converting all those extra calories to fat.

6. Yoga

While helping to lower your stress levels and strengthen your core muscles, yoga has also been found to boost your metabolism and aid in fat loss.

How to Lose Fat Quickly

1. Water

Drinking more water will detoxify your body and also fill you up more. Drinking a glass of water before dinner can prevent overeating, and a glass of water is also an ideal substitute for a snack.

2. Eating Space

Designating just one space for eating (that isn't the kitchen), will make you less likely to snack at the wrong time. It will also be easier to keep track of your eating habits, and will help reduce your peripheral calorie intake.

4. Breakfast

Limiting your breakfast to no more than 400 calories will give you a much better chance of sticking to your daily calorie goals. Make sure that you consume some energy-dense foods tolh help you avoid snacking later on in the day. Ideal breakfast choices include salmon, avocado, eggs, and peanut butter.

5. Say 'Goodbye' to Fast Food

Fast foods and processed foods have an absurdly high concentration of calories and saturated fats, which can shatter your diet. Enjoy watching the pounds melt off as you run far away from these guilty pleasures.

6. Balance Your Nutrient Intake

Make sure that your diet consists of an even balance of carbs, protein, and fat. This will avoid any nutrient deficiencies, without harming your fat loss goals.

NB: Dr J. Irudayaraj, Medical Consultant will be available for Health checkup at the Petit Health care between 4 pm to 6 pm during the Retreat days.

DR. IRUDAYARAJ

MEDICAL CONSULTANT

Newsletter

Archdiocese of Pondicherry and Cuddalore

August 2017 260 59. Fr. A. Josephraj 60. Fr. J. Ambrose 61. Fr. C. Sagava Selvarai 62. Fr. A. Sebastian 63. Fr. A. Arockia Sagayaselvam 64. Fr. P. Susai Rai 65. Fr. M. Arokiadoss 66. Fr. J. Arockia Raj 67. Fr. L. David John 68 Fr. J. Lawrence 69. Fr. D. Savarimuthu 70. Fr. V. Messiah 71. Fr. S. Anandaraj 72. Fr. A. Magimai 73. Fr. B. Sandou Cvril 74. Fr. L. Josephraj 75. Fr. J. Dharmarai 76. Fr. A. Arokiarai 77. Fr. F. Henry Ezhil Maran 78. Fr. Y. Paulraj 79. Fr. A. Aruputharaj 80. Fr. A. Edward Francis 81. Fr. A. Jega Jeevan 82. Fr. L. A. Arokiadoss

Name List

83. Fr. R. Arockia Ratchagar

84. Fr. A. Lourdusamv

85.Fr. A. Stephen Sagayadoss

86. Fr. A. Andrews Majella

87.Fr. A.CharlesA.Kulandairaj

88. Fr. A. Rayappan

89. Fr. S. Charles Edison.

90. Fr. R. Martin Antony

91. Fr. T. Pravin Kumar

92. Fr. A. Arokia John Robert

93. Fr. M. Maria Vianney

94. Fr. G. John Paul Rai

95. Fr. A. Satheesh Kumar

96. Fr. V. S. Dominic Savio

97. Fr. J. Lenin Andrews

98. Fr. S. Selvanathan

99. Fr. Z. John Cyril

100. Fr. A. Maria Susai

101. Fr. A. Vincent Amal Raj

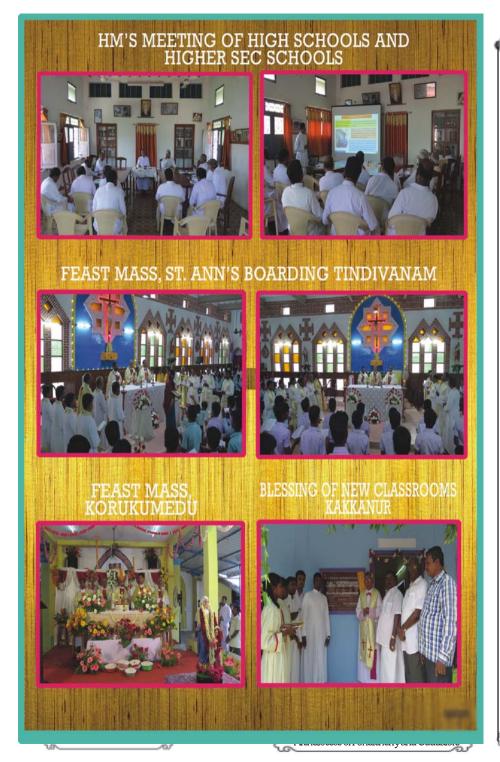
102. Fr. L. Arokia Doss

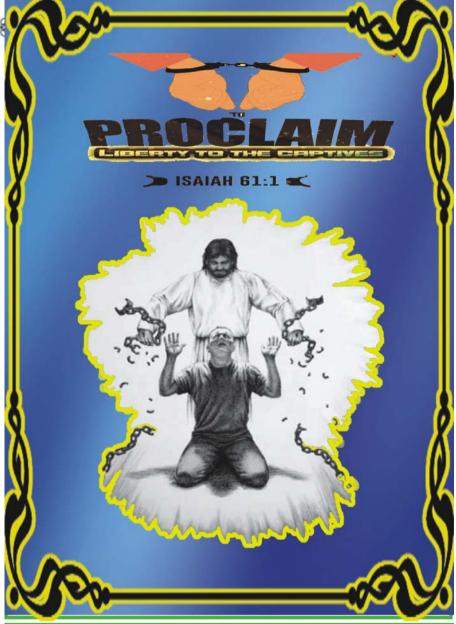
103. Fr. S. Martin D' Cruz

104. Fr. C. William Johnson

105. Fr. A. Amala Madhavan

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