

The Holy Father's Prayer Intention for March 2019

Evangelization: The Christian Communities, especially those who are persecuted, feel that they are close to Christ and have their rights respected.



ARCHBISHOP'S MESSAGE



Repentance and Forgiveness

Jesus spent **forty days** in the desert, **fasting** and **praying** (Mt. 4:2, Mk. 1:12; Lk. 4:2) and prepared himself for his ministry. He began his public ministry, preaching the gospel of God and saying, “The time is fulfilled and the Kingdom of God is at hand; **repent** and **believe in the gospel**” (Mk. 1:15). Jesus himself is the gospel of God.

Jesus, both by words and deeds, teaches that we should **forgive** in order to be forgiven (Lk. 6:37). “**Forgive** us our debts, as we also **have forgiven** our debtors” (Mt. 6:12).

The holy season of lent is a grace filled time to repent and to return to the Lord. During this time we are constantly reminded to return to the Lord, with **praying, fasting, weeping** and by **tearing our hearts** (cf. Joel 2:12). Repentance means a **change of the mind** (metanoia) and of **the heart**, a new attitude of the mind and a new disposition of the heart.

Repentance means a **new way of seeing**, a **new way of being** and a **new way of acting**.

“The Lord is merciful and gracious slow to anger and abounding in steadfast love” (Ps. 103:8). God does not want the sinners to die; He wants the sinners **to repent** and to live (cf. Ez. 18:23). Jesus teaches that there is a great joy in heaven when a sinner repents (cf. Lk. 15:7).

Prayer helps us to repent and to return to the Lord. In the **light of prayer** we see ourselves as sinners and with the **power of prayer** we take courage to return to the Lord in humility and contrition. During the time of the Lent, let us take more time for personal prayer, family prayer and community prayer.

Our sincere repentance in the heart should be externally expressed through **fasting, weeping** and **alms giving**. We should keep in mind that **work of justice** and **mercy** are the fast that is really pleasing to the Lord (cf. Is. 58:6-7). The sacrifice acceptable to God is a broken spirit; God will not despise a broken and contrite heart (cf. Ps. 50:17).

Lent is a special time to experience God’s love, mercy and forgiveness. Through frequent and fruitful reception of the **sacrament of reconciliation**, let us experience God’s loving mercy and forgiveness. As God forgives us, so also let us forgive our brothers and sisters. Forgiveness is a deliberate decision leading to decreased motivation for retaliation and increased motivation for doing good to the offender. Forgiveness is a process that involves a change of attitude and emotions towards an offender. Forgiveness is replacing negative feelings with positive emotions. **Joy and peace** are the fruits of forgiveness.

Those who forgive and those who are forgiven, enjoy joy in the heart, peace in the mind and health in the body. Let us be kind to one another, tenderhearted, **forgiving one another**, as God in Christ forgives us (cf. Eph. 4:32).

- + Let us sincerely repent for our sins
- + Let us return to the Lord with our full heart, weeping, praying, fasting
- + Let us express our concern for the poor by sharing our wealth with them
- + Let us forgive one another as God, in Christ, forgives us.

O Mary, Refugee of sinners, pray for us.

N.B: The Lenten Message of the Holy Father is given in this News Letter.

1. Sixth Anniversary

13-03-2019 marks the Sixth anniversary of the election of His Holiness Pope Francis. He is the Vicar of Christ on earth, the 265th Successor of St. Peter, the Head of the Episcopal College and the Supreme Shepherd of the Universal Church. On this day let us all pray in a special way for our Holy Father.

2. Ordinations

This year the Ordination to the Presbyterate and the Diaconate will take place on **Thursday 2nd May 2019**. Let us pray for the Ordinandi that they may duly prepare themselves to receive the grace of Ordination.

3. Transfer and Appointments

All the Rev. Fathers who are completing 7 years of their ministries / services and those Rev. Fathers, who would like to have a change, are kindly requested to write to me, indicating five to seven options. Their options will be respected as far as possible, but there is no guarantee.

4. Lenten Preaching

Parish Priests are earnestly requested, with the help of the Pastoral Centre and that of the neighbouring Parish Priests, to arrange for Lenten Preaching and for confessional facilities for the faithful. Let us be deeply aware that during the sacred season of Lent, God's loving mercy touches the hearts of the faithful in a special way.

5. Women's Day

On Thursday 8th March 2019 we are observing the International Day of Women. On this day, let us pray that all women in the world may enjoy human dignity, equality and equal opportunities in life, and that the women become messengers of peace at home and in the society.

6. Summer Ministry – 2019

The formation of our future priests takes place not only in the seminary but also in the concrete situations of our Archdiocese. The Regency and Summer Ministry are integral part of the formation of the priests. Hence, Parish Priests are requested to guide our seminarians during the time of regency and summer ministry. Let us always keep in mind that the prayerful presence, exemplary life and dedicated ministry of our priests influence and instruct our seminarians very much and encourage them on their way to the altar of Christ. Parish Priests are kindly

requested to see to it that the seminarians get about **3 to 4 weeks holidays** during the summer. The seminarians must spend these 3 to 4 weeks of holidays in their homes with their parents.

ARCHBISHOP'S ENGAGEMENTS FOR MARCH - 2019

04	MON	11.00 a.m.	Blessing of New School Building, Ulagainallur, Chinnasalem.
06	WED	06.00 a.m.	Ash Wednesday Mass, Cathedral.
12	TUE	05.30 p.m.	Feast Mass, Uppalam.
16	SAT	07.00 a.m.	Feast Mass, St. Patrick's HSS, Pondicherry.
19	TUE	07.00 a.m.	Feast Mass, St. Joseph's HSS, Cuddalore-1
		05.30 p.m.	Feast Mass, Petit Seminaire HSS, Pondicherry.
23	SAT	10.30 a.m.	Seminar for Assistant Priests, Archbishop's House.
27	WED	11.00 a.m.	Governing Body Meeting, Pope John Paul II B.Ed College, Reddiyarpalayam.
31	SUN	11.00 a.m.	Mass, Liturgy Commission, TNBCLC, Tindivanam.

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

List of Seminarians for Summer Ministry

Name	Seminary	Ministry Place
<u>3rd Year Theology</u>		
Bro. P. Chinnappan	St. Peter's	Thirukoilur
Bro. S. Johnson	St. Peter's	Murungampakkam
Bro. A. Jayabalan	GSS	Vadalar
<u>2nd Year Theology</u>		
Bro. M. Bart Augustine	St. Peter's	Sozhampattu
Bro. V. Johnson	St. Peter's	Viriyur
Bro. A. Aron	GSS	Mel-sithamur
Bro. M. Prem Kumar	GSS	Chinnasalem
<u>1st Year Theology</u>		
Bro. P.M.S. Jeeva	St. Peter's	Kommedu
<u>3rd Year Philosophy</u>		
Bro. C. Auxiliam Selvakumar	St. Peter's	Kakkanur
Bro. A. Geo Francis Xavier	St. Peter's	Seepakkam
<u>2nd Year Philosophy</u>		
Bro. N. Alpha Venis	St. Peter's	Melapazhangur
Bro. V. John Britto	St. Peter's	Madampattu
Bro. A. Thomas Berna	St. Peter's	Ariyankuppam
Bro. J. Gilbertraj	GSS	Eraiur
<u>1st Year Philosophy</u>		
Bro. S. Vincent	GSS	Nedungampattu

Please note:

i. Deacons will be relieved from their Diaconate Ministry by **22nd April 2019** and they will stay in their respective parishes helping the parish priests.

ii. Regents will be relieved from their ministry by **30th April 2019** and they will stay in their respective parishes helping the parish priests.

iii. Hence, Deacons and Regents are strictly warned not to go to any other place for ministry.

iv. College seminarians and Minor Seminarians are to stay at home helping their parish priests and parents.



**2019 LENTEN MESSAGE
OF HIS HOLINESS POPE FRANCIS**

*“For the creation waits with
eager longing for the revealing
..... Rom 8:19)*

Dear Brothers and Sisters

Each year, through Mother Church, God “gives us this joyful season when we prepare to celebrate the paschal mystery with mind and heart renewed... as we recall the great events that gave us new life in Christ” (*Preface of Lent I*). We can thus journey from Easter to Easter towards the fulfilment of the salvation we have already received as a result of Christ’s paschal mystery – “for in hope we were saved” (*Rom 8:24*). This mystery of salvation, already at work in us during our earthly lives, is a dynamic process that also embraces history and all of creation. As Saint Paul says, “the creation waits with eager longing for the revealing of the children of God” (*Rom 8:19*). In this perspective, I would like to offer a few reflections to accompany our journey of conversion this coming Lent.

1. The redemption of creation

The celebration of the Paschal Triduum of Christ’s passion, death and resurrection, the culmination of the liturgical year, calls us yearly to

undertake a journey of preparation, in the knowledge that our being conformed to Christ (cf. *Rom 8:29*) is a priceless gift of God’s mercy.

When we live as children of God, redeemed, led by the Holy Spirit (cf. *Rom 8:14*) and capable of acknowledging and obeying God’s law, beginning with the law written on our hearts and in nature, *we also benefit creation* by cooperating in its redemption. That is why Saint Paul says that creation eagerly longs for the revelation of the children of God; in other words, that all those who enjoy the grace of Jesus’ paschal mystery may experience its fulfilment in the redemption of the human body itself. When the love of Christ transfigures the lives of the saints in spirit, body and soul, they give praise to God. Through prayer, contemplation and art, they also include other creatures in that praise, as we see admirably expressed in the “Canticle of the Creatures” by Saint Francis of Assisi (cf. *Laudato Si’*, 87). Yet in this world, the harmony generated by redemption is constantly threatened by the negative power of sin and death.

2. The destructive power of sin

Indeed, when we fail to live as children of God, we often behave in a destructive way towards our neighbours and other creatures – and ourselves as well – since we begin to think more or less consciously that we can use them as we will. Intemperance then takes the upper hand: we start to live a life that exceeds those limits imposed by our human condition and nature itself. We yield to those untrammelled desires that the Book of Wisdom sees as typical of the ungodly, those who act without thought for God or hope for the future (cf. 2:1-11). Unless we tend constantly towards Easter, towards the horizon of the Resurrection, the mentality expressed in the slogans “*I want it all and I want it now!*” and “*Too much is never enough*”, gains the upper hand.

The root of all evil, as we know, is sin, which from its first appearance has disrupted our communion with God, with others and with creation itself, to which we are linked in a particular way by our body. This rupture of communion with God likewise undermines our

harmonious relationship with the environment in which we are called to live, so that the garden has become a wilderness (cf. *Gen 3:17-18*). Sin leads man to consider himself the god of creation, to see himself as its absolute master and to use it, not for the purpose willed by the Creator but for his own interests, to the detriment of other creatures.

Once God's law, the law of love, is forsaken, then the law of the strong over the weak takes over. The sin that lurks in the human heart (cf. *Mk 7:20-23*) takes the shape of greed and unbridled pursuit of comfort, lack of concern for the good of others and even of oneself. It leads to the exploitation of creation, both persons and the environment, due to that insatiable covetousness which sees every desire as a right and sooner or later destroys all those in its grip.

3. The healing power of repentance and forgiveness

Creation urgently needs the revelation of the children of God, who have been made "a new creation". For "if anyone is in Christ, he is a new creation; the old has passed away; behold, the new has come" (*2 Cor 5:17*). Indeed, by virtue of their being revealed, *creation itself can celebrate a Pasch*, opening itself to a new heaven and a new earth (cf. *Rev 21:1*). The path to Easter demands that we renew our faces and hearts as Christians through repentance, conversion and forgiveness, so as to live fully the abundant grace of the paschal mystery.

This "eager longing", this expectation of all creation, will be fulfilled in the revelation of the children of God, that is, when Christians and all people enter decisively into the "travail" that conversion entails. All creation is called, with us, to go forth "from its bondage to decay and obtain the glorious liberty of the children of God" (*Rom 8:21*). Lent is a sacramental sign of this conversion. It invites Christians to embody the paschal mystery more deeply and concretely in their personal, family and social lives, above all by fasting, prayer and almsgiving.

Fasting, that is, learning to change our attitude towards others and all of creation, turning away from the temptation to "devour" everything to

satisfy our voracity and being ready to suffer for love, which can fill the emptiness of our hearts. *Prayer*, which teaches us to abandon idolatry and the self-sufficiency of our ego, and to acknowledge our need of the Lord and his mercy. *Almsgiving*, whereby we escape from the insanity of hoarding everything for ourselves in the illusory belief that we can secure a future that does not belong to us. And thus to rediscover the joy of God's plan for creation and for each of us, which is to love him, our brothers and sisters, and the entire world, and to find in this love our true happiness.

Dear brothers and sisters, the "lenten" period of forty days spent by the Son of God in the *desert* of creation had the goal of making it once more that *garden* of communion with God that it was before original sin (cf. *Mk 1:12-13; Is 51:3*). May our Lent this year be a journey along that same path, bringing the hope of Christ also to creation, so that it may be "set free from its bondage to decay and obtain the glorious liberty of the children of God" (*Rom 8:21*). Let us not allow this season of grace to pass in vain! Let us ask God to help us set out on a path of true conversion. Let us leave behind our selfishness and self-absorption, and turn to Jesus' Pasch. Let us stand beside our brothers and sisters in need, sharing our spiritual and material goods with them. In this way, by concretely welcoming Christ's victory over sin and death into our lives, we will also radiate its transforming power to all of creation.

From the Vatican.

ARCHBISHOP'S EDUCATION FUND

S.No.	Date	Particulars	Amount
1	01.02.19	Petit Seminaire Hr.Sec.School, Pondicherry	50000
2	"	Lourdes Province, Cuddalore-2	50001
3	"	Sanjose Estate, Yercaud	20000
4	14.02.19	Mel-sithamur parish	7000
5	"	Govt. staff, Mel-sithamur	2000
6	"	A.Julius Nelson, Mel-sithamur	2000

7	"	K.Mary Clara, Mel-sithamur	1000
8	"	cluny Sisters, Mel-sithamur	1000
9	"	Immaculate Generalate, Pondicherry	10000
10	"	Fr.Bernard Dore	5000
11	19.02.19	Thirupapuliur Parish	15000
12	"	St.Joseph's HSS, Thirupapuliur	10000
13	"	St.Joseph's Mat.HSS, Thirupapuliur	10501
14	"	Immaculate Provincialate, Thirupapuliur	10000
15	"	Sheela Jospeh, Lucknow	1001
16	"	Legion of Mary, Thirupapuliur	1000
17	"	St.Francis Assisi Anbiyam, Thirupapuliur	500
18	"	Annai Theresa Anbiyam, Thirupapuliur	200
19	"	Trinity Anbiyam, Thirupapuliur	200
20	"	St.Joseph Anbiyam, Thirupapuliur	150
21	"	Holy Family Anbiyam, Thirupapuliur	150
22	26.02.19	Mereyam Sheeba, Kallakurichy	500
23	"	Kallakurichy Parish	10000
24	"	St.Louis Convent, Ulagankathan	5000
25	"	Maria Selvam, Kallakurichy	2000
26	"	Holy communion and Confirmation children, Kallakurichy	2000
27	"	Teachers, RC Middle School, Kallakurichy	2000
28	"	Mereyam Sheeba, Kallakurichy	2000
29	"	Florencia Savariraj, Kallakurichy	1000
30	"	S.Agnel, Kallakurichy	500
31	"	St.Louis Convent, Karanur	500
32	"	St.Louis Convent, Kallakurichy	500
33	"	Pereethiyesu, Kallakurichy	100
34	"	Well wishers, Kallakurichy	700

Total as on 28.02.2019 223503
Received up to 31.01.2019 33800923
Grand Total 34024426

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

NECROLOGY

Please pray for the repose of the souls of Rev. Frs.:

05-03-1966	Noel F, MEP
06-03-1979	Paul Puthenangady
09-03-2015	Sampath Kumar. P.A.
13-03-1989	Thomas C. E.
16-03-2000	Showry. E
21-03-1861	Mgr. BONNAND Clement
21-03-1954	Maylin E., MEP
23-03-2004	Anthayya. S. S.
23-03-2012	Alexis Joseph. E
25-03-1909	Mgr.GANDYJoseph Adolphe
27-03-1953	Daniel F, MEP
31-03-1981	Mirande A., MEP

FROM THE DESK OF FR. PROCURATOR**Mass Intentions received in February - 2019**

Date	Name of the Parish	No. of Masses
06.02.2019	Konankuppam Parish	10288 mass intentions
11.02.2019	Notre Dame Parish	289 mass intentions
26.02.2019	Nellithope Parish	125 mass intentions
26.02.2019	Uppalam Parish	72 mass intentions

Binated / Trinated Mass Intentions received

Date	Name of the Priest	No. of Masses
16.02.2019	Fr.S.Maria Joseph	937 mass intentions

Rev. Fr. J.M. Gregory Louis Joseph
Procurator

FROM THE DESK OF VICARS

In God's creation everything and everybody is unique, original, the identity of God, the temple of the Holy Spirit. How many of the children of God, created in His own image and recreated by Jesus Christ are aware of their dignity is the only task for all of us, especially the Christians, the Clergy and the Religious where are we and how are we as on today? How and where do we lead our people of God towards the discovery of their identity, witness and service is the permanent question, invitation and challenge for all of us. The blind cannot guide the blind and we are to be enlightened, illuminated and awakened to be useful, meaningful and fruitful.

We are at the close of the financial year (April 2018 – March 2019). Therefore we are invited to submit our financial account to the people who are generous and to the diocese to be audited and recorded according to the Canon and Civil law. Let us continue to be faithful, transparent and accountable, so that the credibility is kept up among us within the local church.

We are entering into the holy season of Lent. Let us halt and look at ourselves and the people around us. Discipline leads to discipleship thus asceticism takes us to mysticism and mysticism leads prophetism. May this season lead us to the cross to crucify our egoism and rise to the joy of Easter daily.

As diocesan priests let us not try to do anything based on our initiative alone; we are the humble leaders of the local church. Let us take our people into confidence, share with them, discern and allow the spirit to decide and guide us in building up the people of God. May we be the role-models both for the society and the church.

Msgr. A. Arulanandam
Vicar General

Msgr. A. Louis
Episcopal Vicar

VOICE FROM METROPOLITAN MATRIMONIAL TRIBUNAL - 101

ONLINE SAFETY TIPS: EVERY PARENT SHOULD KNOW

The following tips are taken from Symantec Corporation website: <https://us.norton.com/internetsecurity-kids-safety-parents-best-practices-to-social-media-security.html>

Communicate with the Children:

Talk with your children and students about the Social Media safety tips. It will be good that you also take the following steps:

1. Know the social media your children want to use. Read reviews of these sites.
2. Have an account on the sites your children use.
3. Teach your children the good and bad aspects of this site, e.g., giving too much personal information.
4. Check the age requirement of each social media.
5. Check the privacy settings of each.
6. Learn the special words children tend to use on social media. The meanings can be quite different from what you may think!

Some Popular Sites:

1. Face book: Minimum age: 13 years. Users can share pictures, videos and comments.
2. WhatsApp: Minimum age: 16. Users can send texts, audio messages, videos and photos to one or more persons.
3. Instagram: Minimum age: 13. Users can take pictures, edit and share photos or short videos.
4. Snap chat: Minimum age: 13. A photo-sharing app. Content will self-destruct after a fixed amount of time. (But remember: The viewer can take screenshots and save them)
5. Twitter: Minimum age: 13. A micro blogging site. Each message may have 140 or fewer characters.

Caution!

Users need to be cautious about the following points:

1. Know the network you are using: Do not approve friend requests from people you do not know. So, too, minors in particular must be warned not to meet in real life persons they have met only on the Net.
2. Beware of imposters: There are people posing as someone else or even as a child, to gain the user's confidence. Careful if they ask for money or intimate photos.
3. Avoid questionnaires: Do not give away personal information.
4. Do not reveal your location, especially if you are vulnerable (a minor, a woman living alone, etc.)

Ground Rules for Children:

1. Keep the computers in common, open spaces of the home or institute.
2. Allow minors to use the Internet only for a limited amount of time.
3. Know the Social Media your children want to join. Read reviews.
4. Check, and follow, the age limitations of each website. (ref: Magnet: A monthly for personal, social and spiritual integration, vol. III, issue 1, January 2019, p.25).

TEN TIPS FOR LIFE

1. If you want to be happy, learn to love;
2. If you want to be liked, be cheerful;
3. If you want to defeat Boredom, be active;
4. If you want life to be interesting, keep learning;
5. If you want to stay young, exercise your body and mind;
6. If you want to have courage, do the things you are afraid of;
7. If you want self-respect, follow your conscience, not the crowd;
8. If you want peace of heart, forgive;

9. If you want inner strength, cultivate faith;
10. If you want to enjoy life, do something worthwhile with it.

How BIG is your appetite?

Let us not be concerned all the time about filling our bellies. At times we need to experience hunger so that we know what it is to go without food. There are hundreds of people in our country going to sleep without food each night. Fasting at least once a week will help us practice self-control; it's the best way to try to control our appetites. *Self-control* is one of the gifts of the Holy Spirit. We may have heard about the *Swedish king Adolf Frederick* who reigned in the 18th century, died of excessive eating on Shrove Tuesday – commonly known as the pancake Tuesday, is a day before *Ash Wednesday*. He indulged in so much of rich food a day before Lent. He died of indigestion on Shrove Tuesday. Humorously said, the food ate him up instead of he eating the food!, (Phil 3:17-19). St. Paul tells us not to set our minds on earthly things but we need to set our minds on the spiritual. Let not gluttony harm or destroy our spiritual life. A lesson that *Mother Teresa learnt from her mother*, 'never to eat a single mouthful unless you are sharing it with others', - a lesson that Mother Teresa remembered and practiced all her life which led her to become a saint of the poor. When she received the Noble Peace Prize in 1979, it was customary to honor the award winners with a banquet, but instead of the banquet Mother requested the money be used to feed the poor. She fed more than 15,000 hungry people with that amount. A proverb for us to remember, 'Do not be among wine bibbers, or among gluttonous eaters of meat; for the drunkard and the glutton will come to poverty, and drowsiness will clothe them with rags' (Prov. 23:20-21). (ref: Charisindia – a magazine for renewal and spiritual growth, February, 2019, n.02, pp. 15-16, 20). May the coming Holy Lenten Observances bring Peace at the Families and thanking you.

Fr. S. Pascal Raj
Judicial Vicar

COMMISSIONS AND REPORTS

Commission for Evangelization: This month, Rev. Fr. Andrews, OCD, Narasinganur conducted the Third Saturday Prayer Meeting because of the last minute inability of Rev. Fr. Kulasai Felix from Hyderabad. In the month of March Rev. Fr. A. Arokia John Robert, the Parish Priest of Vellakulam of our diocese will conduct the prayer meeting on 16-03-2019, Saturday from 09.30 a.m. to 04.30 p.m. Kindly announce to the people during the masses well in advance on the previous Sunday. Hundreds of people come and participate from Pondicherry, Tindivanam, Villupuram and Cuddalore. Thank you for your co-operation.

Commission for Media and Communication: Madha T.V. has celebrated its 5th anniversary on 16th February at Katpady, Vellore in Don Bosco Boys Home auditorium. It was a very grand function for three and half hours. This year Madha T.V. gave awards to different category of people like sponsors, programme producers, co-operators etc. in the zonal levels. From our zone, from our diocese Mr. S. Kalai Maran and Selvan. A. Adaikalaraj were awarded with the Madha T.V. awards as best volunteer and sponsor from our zone. I thank and appreciate them and also I thank Rev. Fr. R. Antony Joseph Jayantha Rayan for his generous co-operation. From our diocese, a team of 9 people attended the celebration.

In this context, I also request the Parish Priests and the Priests and Sisters in our educational institutions to encourage the people and the Madha T.V. viewers to contribute by becoming the Madha T.V. subscribers by paying Rs.100/- par month.

Conference of the Diocesan Priests of India (CDPI):

The Annual National Executive Council Meeting / assembly is going to be held at Jalandar, Punjab from 26th February to 1st of March. The central theme of the assembly is "Redefining the Pastoral Ministry of the Diocesan Priests in the socially, economically, culturally and politically challenging scenario in India". All the Presidents or his representatives of the Executive Committee of all the Catholic diocese and the President, Secretary, Vice-Secretary and Treasurer of all the 14 ecclesiastical provinces of our country will attend this meeting. From of our diocese myself along with Rev. Fr. A. Devadoss, our diocesan Executive Committee President will attend this meeting. The statement of the assembly will be published in all the Diocesan Newsletter of our country. All the diocesan Priests are called to own this statement and execute them in our pastoral ministry.

Synod: I have given in detail our action plan for the Synod. Our Commission Secretaries and our diocesan high level Officials are preparing the questions to be circulated to the people of God to know their opinions. Once the questions are approved by the Synodal Steering Committee, the Convocation ceremony of the Synod will take place. Kindly go through the last month's News Letter.

In the January month News Letter, the last topic was left out because of the lack of space. The Last topic is as follows.

3வது மறைமாவட்டமாமன்றத்திற்கான ஆய்வுதலைப்புகள் - 2019

தலைப்புகள்	பொறுப்புகள்	பணிக்குழு செயலர்கள்	வினா தொகுப்பு
<p>VI. மறைமாவட்ட நிதிநிர்வாகம் (Finance) மற்றும் அசையும் அசையா சொத்துக்கள் (Temporal) நிர்வாகம்</p>	<p>21. நமது உயர் மறைமாவட்ட பங்குகள், பள்ளிகள், கல்லூரிகள் மற்றும் பிற நிறுவனங்களிலுள்ள ஆலயங்கள் கட்டிடங்கள், நிலங்கள் மற்றும் பண்ணைகளின் பராமரிப்பும் நிர்வாகமும்.</p> <p>22. மறைமாவட்ட குழுக்களின் நியமனங்களும், பணியிட மாற்றங்களும் மற்றும் புதிய மறைமாவட்ட உருவாக்கம்.</p>	<p>பேருட்திரு A. அருளாநந்தம், பேருட்திரு A. லூயிஸ் மற்றும் அருட்பணி J. M. கிரகோரி லூயிஸ் ஜோசப்</p>	

Fr. A. J. Philomindoss, Director

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j p U g g z p a h s h ; g a p w r p n g h d w t w w p y ; f y e ; j b f h z l
g a p w r p b g w w t h f i s e k J k i w k h t l l k ; t h a g g s j j J
g a d g L j j p f ; b f h s s n t z l k / m j w f h d
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**Archdiocesan Commission for Charismatic Renewal (ACCR)
& St. Avila Theresa Spiritual Centre (SATSC), Ousteri,
Puducherry.**

REPORT-FEBRUARY-2019

Our Arch-diocesan CCR gone to the various Parishes and Religious Institutions for field activities and arranged programs in the Centre as given below.

Field Activities:

- 03-02-2019- **First Sunday Healing Mass and Adoration** conducted at **Thattanchavady** Parish from 5.30pm to 8.00 pm.
- 07-02-2019- **Examination Blessing Meetings for the 10th, 11th, 12th Students** conducted at **Santa Clara Convent Girls HSS, Manaveli, Thirukanur, Pondicherry** from 7.00 am to 9.30 am.
- 10-02-2019- **One Day Feast Retreat** conducted and **Novena Mass Celebrated** in the newly build Lourde's Church, **Mel sithamur**, from 9.00am to 11.00 p.m.
- 23.02.2019 – **One day Teachers Retreat** conducted at **St. Joseph's HSS, Cuddalore** from 9.30 am to 4.00 pm.
- 24.02.2019- Monthly regular **Healing Mass and Adoration conducted on the Patron's Day** at **Vikravandi**, Parish from 6.00 pm to 9.00 pm.
- 26-02-2019- **Monthly Recollection Message, Mass and Adoration** given to the **Sisters of Grace and Compassion Provincialate, Ariyankuppam**, from 9.00 am to 12.00 noon.

- **27-02-2019 – Blessing Prayer Meeting** conducted at the age old **Our Lady of Lourdes’ church, Peramandur**, Sub-Station of **Tindivanam**, Parish from 6.00 to 9.00 pm.

Centre Activities:

- 03.02.2019 - 1st Sunday, **Healing Mass & Adoration** conducted at **SATSC Ousteri**, Pondicherry, from 11.00 am to 3.00 pm.
- 15-02-2019- **Prayer and Fasting day Intercession** conducted at **SATSC Ousteri**, from 4.00pm to 7.00 pm.
- 17.02.2019 – 3rd Sunday **“Born from Above” –Power Retreat and Anointing Service** conducted at **SATSC, Ousteri, Pondicherry** from 10.00 am to 4.00pm.

Sincere and prayerful thanks to the Parish Priests and the Head of the Institutions for arranging Prayer and Blessing Meetings, and Retreat and other programs in their respective places.

In the fellowship of the Holy Spirit,

Fr. K.A.Jesu Nazarene

Secretary, Charismatic Renewal &

Director, St. Avila Theresa Spiritual Centre,
Ousteri, Puducherry.

Cell .No: 9486839971.

YOUTH COMMISSION REPORT

Activities:

1. The Tamil Nadu General Body Meet of TCYM for the year 2019.

Tamil Nadu GB Meeting of TCYM was held in Vianney Pastoral Centre, Sivagangai on 9th Feb, 2019. Governing Body of TCYM conducted the GB Meet. In the beginning of the meeting God’s presence was invoked by the prayer song by Mr. Ruban, President of TCYM, Pondicherry Archdiocese, the Bible reading by Ms. Veronica and the prayer by Ms. Abi. Mr. Christu Pandi, the treasurer of TCYM welcomed the gathering with wide open arms. Then Ms. Minu, the general secretary presented the report of the last meeting and Ms. Immaculate Catherine, the vice president presented the report of the activities of TCYM in the last four months. The gathering approved the reports with one voice. After the report, Bro. John Britto, the coordinator of TCYM, Madurai Archdiocese made the participants feel at home with his creative game and everyone introduced the other person to the participants. Followed by, all the diocesan representatives presented their diocesan youth activities reports. Fr. Martin Joseph, Director of TCYM made his comments on the reports. He appreciated the enthusiasm, commitment, involvement of TCYM in every diocese. He also thanked Youth, the Coordinators and the Directors for their yeomen service to the movement. He also insisted the need of ExCo members meeting the Vicariate and the Parish units. After the supper, the election for the male representative of MIJARC and coordinators for different wings of TCYM was held. Mr. Ashwin, male representative of Kuzhithurai Diocese was elected as the male representative of MIJARC. The session was concluded with the fervent prayer by Mr. Stanley, the president of Tuticorin Diocese. On 10th Feb, 2019, at 7 a.m. the Holy

Eucharist was concelebrated by TNBC Youth Commission Chairman Bishop, Most Rev. Dr. Nazarene Soosai. He made the clarion call to youth be the Agents of Social Change. Fr. Edison, DYD of Kottar Diocese preached a thought provoking sermon on God's call to each and everyone to involve in the society. A special session was organised to motivate our members to plan for the forthcoming Parliament Election. Chairman Bishop presided over the session and he released TCYM's monthly magazine 'MAATTRAM'. Mr. Jerome Kumar, Alumni of TCYM, Sivagangai Diocese gave the inspirational speech on the need of involvement of the Catholic Youth in the active politics. Being the Secretary of a political party, he narrated his commitment to Politics. At the end of his speech the youth actively participated in the discussion by posing a lot of questions to Alumni of TCYM turned politician and got clarified. After the tea break the planning session began. Based on the discussions the following resolutions were made to be kept in the coming days.

1. For the forthcoming Parliament Election, with networking with the Religious Zonal Trainings were conducted to motivate all the Catholic Youth of Tamil Nadu. DYDs in collaboration the religious must conduct political awareness trainings in Diocese and Vicariate level. In turn, the Catholic Youth should give awareness to all the Catholics through various means. They have to participate in the BCC meetings and explain the danger faced by Indian Constitution and the remedy to safeguard it. o In Tamil Nadu level, a special Way of the Cross, a special notice explaining the ill effect of present government policies would be prepared and circulated to Youth. Youth have to conduct the Way of the Cross in their Parishes, substations and BCCs during the Lenten season.

2. The Media Team would prepare clippings about the sufferings of minorities and the poor by the government policies and its hidden agenda of Hindutva and spread through social media to reach all Catholic Youth.

3. In every diocese a Cultural team could be organised to give to the parishioners.

4. The DYDs, Governing members, ExCo members must take efforts to meet personally to all the General Body members to make them participate in all the forthcoming GB Meetings.

5. The Editorial team for MAATTRAM magazine was selected.

6. The GB members assured to increase the number of subscription of MAATTRAM magazine.

Once the resolutions were passed, the GB members congratulated the Chairman for becoming the Chairman of CCBI Youth Commission and CBCI Youth Office. After the Chairman's address, Mr. Ashwin, male representative of MIJARC proposed the vote of thanks. Then our GB Meet came to an end with the anthem of TCYM. Fr. Arul John Kennedy, DYD of the host diocese had taken much effort for the success of the meeting.

Upcoming Events:

1. Diocesan Executive Committee (DEXCO) Meeting

It will be held on 9th march, 2019 in Pastoral Centre, Uppalam, and Pondicherry at 10 AM

2. Diocesan Level Political Awareness training for Youth will be held in Our Lady of Rosary Church, Kallakurichi on 16th March 2019

Information:

The International Youth Forum:

It will be held in Rome from 19-22 June 2019. This Forum will be part of the implementation phase of the recent General Assembly of the Synod of Bishops. The Dicastery for Laity and Life has reserved the participation for young people officially delegated by the Bishops' Conference (CCBI) The National Youth Commission requests you to send two names based on the criteria given below. They need to write a paper on their reflection on the post synodal document. This should be emailed to the Commission@ccbinternationalyouthcommission@gmail.com. We request the candidates to write their own reflection not exceeding 1000 words. (send by 10 March 2019) Kindly send this information to all the Parish Youth and respond by 10th March 2019. We need to select just two youth (male and a female) and send their names to the organisers. The VISA process takes very long and we need to respect the deadline.

Criteria to select Participants:

- They should be able, once back from the Forum, to communicate and pass on to others what
- They have experienced and received. (Part time volunteering required)
- Lay status, Age between 18 and 28 years of age
- Representation of both sexes
- A broad knowledge of the youth situation in the country and commitment to youth ministry at the diocesan or national level
- A very good command of at least one of the official languages of the Forum: English, French, Italian and Spanish
- The participants have to bear only the travel expenses. The National Office will help the selected participants with Visa fee and other official work.

Fr. A. Arputharaj, Secretary

SC/ST COMMISSION REPORT JANUARY-2018

Activities:

1. Panel Discussion on 10% reservation for the Economically Weaker Sections:

A Panel Discussion on 10% reservation for the economically weaker sections was jointly organised by Catholic Bishops' Conference of India (CBCI) Office for Scheduled Castes and Backward Classes and Christian Institute for the Study on Religion and Society (CISRS) on 6th February 2019 at CISRS, New Delhi. It is noted that the 10% reservation may also pave way to the abolition of whole reservation system in India which will be detrimental to social justice through reservation. We should go for caste census to implement the reservation based on social justice. The reservation is given as the retributive justice, which is to right the wrong that was done to the Dalits and Backward classes for the past many centuries. Reservation is not for the upliftment of a community but rather to ensure the representation of the communities in the Governance. In the economic policy, our country follows the trickledown theory instead of following bottom up theory as proposed by Gandhi. The Government should concentrate on Education and healths, keeping in mind the slaying of Gandhi, that the last should be the first. The 10% reservation to the economically weaker sections is to conceal the failure of economic policies of the successive Governments. The main reason is that we lack the

Constitutional Morality. The manuvadi forces are trying to demolish the Constitution of India which is based on fraternity and justice that ensures human dignity. The Dalit Christians and Dalit Muslims though are living in socio educational backwardness and experience the stigma of untouchability are denied Scheduled Caste status thus denying justice to them. Fr. Devasagayaraj moderated the panel. The participants resolved that they should make sure that people exercise their democratic rights by going for voting and voting to the right persons.

2. The first Ever South Asian Conference on Dalits:

The South Asian Conference on the theme “Dalits Witnessing Faith at the Crossroads in South Asia and Christian Response” was organized by the CBCI Office for Dalits and Backward Classes at NBCLC on 13-14, February 2019. His Eminence Cardinal Peter Kodwo Appiah, Prefect of the Dicastery for the Promotion of Integral Human Development in Vatican was the chief guest of the Conference. The conference started with the inaugural Mass presided over by the Cardinal. Most Rev. Theodore Mascarenhas, Secretary General of CBCI, Most Rev. Sarat Chandra Nayak, Chairperson for the CBCI Office for Scheduled Castes and Backward Classes, Most Rev. Soundraraju Periyannayagam, M.D Prakasam Member bishops of the CBCI Office for SC/BC, Most Rev. Neethinathan, Former Chairperson of the office, Most Rev. Raja Rao, Bishop of Vijayawada, Most Rev. Jaya Rao, Bishop of Eluru, Most Rev. Anthony Poola, Bishop Nepal, Thailand, Bangladesh and Sri Lanka. Fr. Selva SJ, the director of Indian Social Institute

explained the challenges faced by the Dalit Christians and Fr. Maria Arul Raja, gave the theological reflections on the topic.

The foreign delegates Mr. Paul Sinnappan from Malaysia, Mr. Sinnappan Samydorai from Singapore, Mr. Prakash Khadka from Nepal, Mr. William Nokrek from Bangladesh, Fr. Michael Rajendram from Sri Lanka and Ms. Jantima shared their faith experience of being Dalits and Mr. Paul Divakar from NCDHR moderated the session. They shared that even the untouchable practices are there in different and subtle forms. Ms. Ludhia Digal and Asmita Digal, the widows of the victims of the Kandhamal violence shared the struggles of being Dalits and how their husbands gave their lives for the sake of their faith. The bishops along with the delegates submitted the memorandum to Cardinal Turkson requesting him to take the issues of the Dalit Christians to the Holy Father Pope Francis. The participants planned for the way forward in which they plan to form a Forum of Dalit Christians at the Asian level. Fr. Joshtrom who is the coordinator to the Sector on ecology in the dicastery of the Promotion of Integral Human Development who accompanied Cardinal Turkson said that with the guidance of the Cardinal he would help the CBCI Office for SC/BC to link with the Vatican.



3. Dalit Christian Youth Delegates Meet:

Dalit Christian Youth Net Meeting was held on 14th February 2019 at NBCLC, Bengaluru. The meeting was moderated by Fr. Prakash Louis. He explained the role of youth in the Church as well as in the society. He asked the Dalit Christian youth to come forward to be volunteers to strengthen the National forum of Dalit Christian Youth Net. He introduced Mr. Srujan Rao, National Coordinator of Dalit Christian Youth by the CBCI Office for SC/BC. Mr. Srujan informed the youth about the DC Youth Net page on Face book and requested to join and share the page. The DC youth Net will be very active in the Social Media to empower the Dalit Christian Youth and to educate about the Scheduled Caste Status to the Dalit Christians Fr. Devasagayaraj, Secretary to the CBCI Office for SC/BC requested contact persons for the regions. A boy and a girl from each region came forward to be the contact persons in the regions. The contact persons are from Andhra Pradesh, Tamil Nadu, Karnataka and Kerala. Soon we will find out contact persons for other regions. It was suggested to have a National convention in 2020 and the youth will organize this mega event.

4. Dalit Christian Women for Change Executive Meet

Women are inborn quality as great administrators who are inherited to be the leaders at homes. Since many are home makers, their hard work is not known to the society. The National forum of Dalit Christian Women executive meeting was held on 15th February 2019 at NBCLC, Bengaluru. Dr. Isabella, the president of DCWC presided over the meeting. She said that the aim of the meeting was to strengthen the Dalit catholic women from all over India, registering the National forum as a society in the near future. It is crucial to empower the Dalit women in the regional level so that the women can speak for themselves in the Church and in the society.

Women have the power and strength to empower themselves and they have to stand united to be the voices of the voiceless women of the society. Instead of focusing on our drawbacks it's important to write down the success stories of the Dalit Christian women who challenged the odds of the caste system and have come up in life. There are so many Dalit Christian women who do marvelous work in the field of Social work, Law, Education, Medicine etc. Their stories should be documented. Sr. Robancy said. Sr. Alphonse from Tamil Nadu, Advocate Mary Alphonsia from Hyderabad, Mrs. Jayanti Patole, the state representative of Maharashtra and Sr. Robancy, the National Program Coordinator for CBCI Office for SC/BC were in the meeting.

Adv. Mary Alphonsia volunteered to help with the legal issues and it was already decided in the previous meeting Ms. Brinda Adige will be the spokesperson of DCWC. The National forum will be an independent body to look into the issues of the Dalit Catholic women.

5. Job Placement Camp:

Our Diocesan SC/ ST Commission and Udayam Placementth February 2019 in SAMSSS, Vikravandi. There were 70 members participated from different parishes.

Upcoming Events:**1. Diocesan Executive Committee Meeting:**

The Diocesan SC/ST Commission's Executive Committee meeting will be held on 3rd March 2019 in Commission Office, Vikravandi.

2. National Protest demanding SC Status to Dalit Christians and Muslims:

The National Council of Dalit Christians (NCDC) organizes a national protest on 12th March 2019 at Jantar Mantar, New Delhi demanding the SC Status to the Dalit Christians and Muslims. Leaders of political parties, MPs, Bishops and Church heads, Dalit Leaders of Dalit Christians and Muslims will address the Dharna.

3. Meeting of the Regional and Diocesan Secretaries:

The CBCI Dalit Empowerment Policy was promulgated on 13th December, 2016. Only few regions and dioceses have come out with action plans for the implementation of the policy. The Implementation of the Dalit Empowerment policy meeting will be held on 30th April 2019 at Indian Social Institute, Bengaluru. Fr. Prakash Louise SJ will guide the meeting for the implementation of the Dalit Empowerment Policy at the Regional and Diocesan levels.

Fr. A .Arputharaj,

Secretary SC/ST Commission.

Archdiocesan Board of Education

Appointment of Teachers, Non-Teaching Staff in Government aided Posts and Promotions in 2017-2018

No	Date Sponsored	Name of the Teacher	Name of the School appointed	Se. no.	Post	Subject	M/F	Com	Present Status
1.	18.7.2017	Peter ArokiaAmalraj	St. Joseph's HSS Thirupapuliur	55	B.T.	Science	M	BC	Approved
2	7.6.2017	M. Arokiaraj	St. Mary's HSS Karaikal	n.f	TGT	Maths	M	BC	Approval Pending
3	3.6.2017	J. A. Ilayaraja	St. Vinnarasi HS Irudayampattu	n.f	PET		M	BC	Approved
4	17.7.2017	Ramakrishnan	St. Antony's HSS MelNariappanur	9	SGT to B.T.	History	M	BC	Approved
5	19.7.2017	S. Lawrence(aided SGT)	St. Joseph's HSS Manjakuppam		SGT to B.T.	History	M	BC	Promotion Pending
6	18.7.2017	Ratchagar(aided SGT)	Sacred Heart HSS Iruppurichy		SGT to B.T.	History	M	BC	Promotion Approved
7	17.7.2017	Ramesh Andrews	St. Joseph's HSS Thirupapuliur	22	B.T.	English	M	SC	Approved
8	3.6.2017	G. VimalaArokiamary	St. Ann's Middle School, Tindivanam	n.f	B.T.	Tamil	F	SC	Approved

No	Date Sponsored	Name of the Teacher	Name of the School appointed	Se. no.	Post	Subject	M/F	Com	Present Status
9	18.7.2017	M.A. Pitchaimuthu	St. Joseph's HSS Manjakuppam	7	SGT to B.T.	History	M	SC	Approval Pending
10	18.7.2017	A. Maria Arulraj(aided B.T.)	St. Joseph's HSS Thirupapuliyur		B.T.	Botany	M	SC	Promotion Approved
11	17.7.2017	A. John Peter(aided B.T.)	St. Ann's HSS Tindivanam		B.T. to P.G.	English	M	SC	Promotion Approved
12	17.6.2017	A. Lawrence (aided B.T.)	St. Ann's Middle School, Tindivanam		HM		M	SC	Promotion Approved
13	7.7.2017	Henry Johnson	St. Xavier's HSS Mugayur		OA		M	SC	Approved
14	13.9.2017	S. John Christuraj	St. Ann's HSS Tindivanam		OA		M	SC	Approval Pending
15	13.9.2017	A. Felix	St. Ann's HSS Tindivanam		Watch man		M	SC	Approval Pending
16	13.9.2017	G. Rajalakshimi	St. Ann's HSS Tindivanam		Sweeper	F	SC		Approval Pending

Total Appointments: as B.T. Assistants: BC 1 + SC 2 = 3

as B.T. Assistants in SGT conversion to B.T.: BC 1 + SC 1 = 2

as TGT: BC 1; as PET: BC 1; as OA: SC 2; as Watchman: SC 1; as Sweeper: SC 1

Total Promotions: from SGT to B.T. Assistants: BC 2 from B.T. to P.G. Assistants: SC 2; as HM: SC 1

Archdiocesan Board of Education

Appointment of Teachers, Non-Teaching Staff in Government aided Posts and Promotions in 2017-2018

No	Date Sponsored	Name of the Teacher	Name of the School appointed	Se. no.	Post	Subject	M/F	Com	Present Status
1	1.2.2019	L. Lawrence	St. Joseph's HSS Manjakuppam	7	P.G.	Commerce	M	BC	Approval Pending
2	30.5.2018	T. Amaladass	Sacred Heart HSS Irupukurichy	59	SGT to B.T.	History	M	BC	Approval Pending
3	26.6.2018	D. Antony Doss(aided SGT)	St. Joseph's HSS Manjakuppam		SGT to B.T.	Tamil	M	BC	Promotion Pending
4	31.5.2018	P. Joseph Sagayaraj (aided SGT)	St. Joseph's HSS Manjakuppam		SGT to B.T.	Science Pending	M	BC	Promotion
5	19.7.2018	Stephen Arokiaselvam	St. Joseph's HSS Manjakuppam	14	SGT to B.T.	English	M	BC	Approval Pending
6	31.5.2018	A. Sebastian(aided SGT)	St. Joseph's HSS Thirupapuliyur		SGT to B.T.	Science	M	BC	Promotion Pending
7	31.5.2018	A. Alexander(aided B.T.)	St. Joseph's HSS Thirupapuliyur		B.T. to P.G.	Chemistry	M	BC	Promotion Pending
8	31.5.2018	X. Maria Joseph Irudayaraj (aided OA)	St. Joseph's HSS Manjakuppam		OA to Jr.A	M	BC		Promotion Pending
9	30.5.2018	Angel Mary	St. Mary's HS Nangathur	3	B.T.	History	F	SC	Approval Pending

No	Date Sponsored	Name of the Teacher	Name of the School appointed	Se. no.	Post	Subject	M/F	Com	Present Status
10	30.5.2018	Sagayarani	St. Michael's HSS Gingee	14	B.T.	History	F	SC	Approval Pending
11	27.6.2018	Thomas Mary	Sacred Heart HS Thuringipooandy	19	B.T.	Science	F	SC	Approval Pending
12	25.6.2018	Jayaprakash	St. Ann's HSS Tindivanam	58	P.G.	Zoology	M	SC	Approval Pending
13	27.6.2018	George	St. Joseph's HSS Manjakuppam	31	SGT to B.T.	Tamil	M	SC	Approval Pending
14	31.5.2018	A. Charles Collins	St. Joseph's HSS Thirupapuliur	36	SGT to B.T.	Science	M	SC	Approval Pending
15	31.5.2018	A. Jeremias (aided B.T.)	St. Ann's HSS Tindivanam		B.T. to P.G.	Tamil	M	SC	Promotion Pending
16	31.5.2018	S. Jayaraj(aided OA)	St. Joseph's HSS Manjakuppam		O.A. to Jr.A		M	SC	Promotion Pending
17	20.9.2018	S. Paul Arokiadoss(aided RC)	St. Joseph's HSS Manjakuppam		RC to Lab.		M	SC	Promotion Pending

Total Appointments: as B.T. Assistants: SC 3
as B.T. Assistants in SGT conversion to B.T.: BC 2 + SC 2 = 4
as P.G. Assistants: BC 1 + SC 1 = 2

Total Promotions: from SGT to B.T. Assistants: BC 3
from B.T. to P.G. Assistants: BC 1 + SC 1 = 2
from OA to Junior Assistants: BC 1 + SC 1 = 2
from RC to Lab Assistant: SC 1

Fr. R. Josephraj
Secretary, Archdiocesan
Board of Education

DOCTOR'S MESSAGE – HEALTH TIPS

1. **Acidity** not only caused by diet errors, but more dominated because of stress.
2. **Hypertension** not only caused by too much consumption of salty foods, but mainly because of errors in managing emotions.
3. **Cholesterol** is not only caused by fatty foods, but the excessive laziness or sedentary lifestyle is more responsible.
4. **Asthma** not only because of the disruption of oxygen supply to lungs, but often sad feelings make lungs unstable.
5. **Diabetes** not only because of too much consumption of glucose, but selfish & stubborn attitude disrupts the function of the pancreas.

True cause of any disease are:

Spiritual 50%

Psychic 25%

Social 15%

Physical 10%

If we want to be healthy...

... fix your mind

Do regular Exercises,

....Move around,

....Do meditation

...which will strengthen ur soul & mind

....Don't search a reason for not getting time for this

...if u dont find time then it proves that you are lazy....isn't it?

.... It is after all ur choice whether to invite all above diseases or to strengthen by adopting Exercises & Meditation practices.....

Wishing you a Healthy active lifestyle

Dr J Irudayaraj
Medical Consultant