

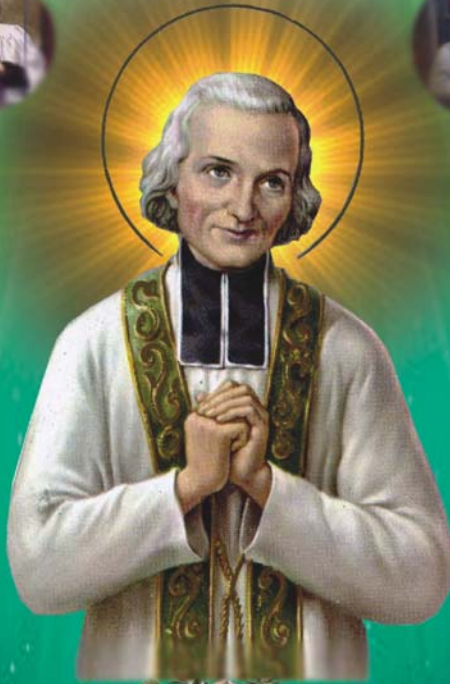


ARCHDIOCESE OF PONDICHERRY & CUDDALORE

# NEWSLETTER

AUGUST 2017

VOL. 34 NO. 8



ST. JOHN MARIA VIANNEY  
PRAY FOR US

(For private circulation only)

Newsletter

Archdiocese of Pondicherry and Cuddalore

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Newsletter

Archdiocese of Pondicherry and Cuddalore

### 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 13<sup>th</sup> 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).

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 25<sup>th</sup> July 2017 as the 14<sup>th</sup> 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 19<sup>th</sup> 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<sup>th</sup> of August as Black Day and demand that Dalit Christians be constitutionally granted Schedule Caste status.

## **4. New Secretaries**

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.

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 effect 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<sup>th</sup> Monday to 29<sup>th</sup> 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.

### **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<sup>rd</sup> 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 4<sup>th</sup> 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

		10.30 a.m	Ordination, SDC, Cud-1
23	WED	05.30 p.m.	Sacerdotal Golden Jubilee Mass of Bishop. P. Yvan Ambroise, Cathedral
		07.00 p.m	Felicitations 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	"	Well wisher, Pondy	5000
3	"	Msgr.A.Arulanandam	2000
4	10.07.17	Amalorpavam Hr.Sec.School, Pondicherry	25000
5	17.07.17	T.R.Pattinam parish	5000
6	"	M.Marie Leon Arhovi, T.R.Pattinam	1000
7	"	Vimali Eliza, Dubbrayapet	500
8	"	Cuddalore N.T.Parish	10000
9	"	St.Antony's Church, Sorakalpet	10000
10	"	Immaculate College for Women, Cuddalore	10000
11	"	St.Anne's Girls Hr.Sec.School, Cuddalore	10000
12	"	St.Mary's Home, Cuddalore	5000
13	"	Sacred Heart Model School Convent, Cuddalore	2000
14	21.07.17	Johnson Praveenkumar, Cuddalore	2000

15	"	P.Latha Devi, Cuddalore	1000
16	"	Daniel Rajkumar, Cuddalore	1000
17	"	Arputhmary, Cuddalore	1000
18	"	Annai Studio, Cuddalore	800
19	"	P.Johnson, Cuddalore	500
20	"	Ursalamary, Cuddalore	500
21	"	Eugene Irudayamary, Cuddalore	500
22	"	V.Benita, Cuddalore	500
23	"	J.Renie Sebastina, Cuddalore	500
24	"	St.Fathima Convent, Cuddalore	500
25	"	J.Susai Jery, Cuddalore	500
26	"	D.Carolin, Cuddalore	500
27	"	T.Maria, Cuddalore	500
28	"	S.Rachel, Cuddalore	500
29	"	A.Anandarayer, Cuddalore	300
30	"	A.Chinnappan, Cuddalore	200
31	"	X.Dominic, Cuddalore	100
32	"	Blessing Cards, Cuddalore	100
33	"	Well wishers, Cuddalore	9750
34	"	Petit Seminaire Hr.Sec.School, Pondicherry	100000
35	"	K.Subbarayalu, Tindivanam	50000
36	"	PMSSS, Pondicherry	20000
37	"	St.Paul's Mat.Hr.Sec.School, Neyveli	20000
38	"	Sri Velaayutham Constructions, Pondy	10000
39	"	Immacualte Heart of Mary's Provincialate, Cuddalore	10000
40	"	Don Guanella Boys Home, Samupillai Nagar	10000
41	"	Immacualte Conception Cathedral, Pondicherry	5000
42	"	Kurusukuppam Parish	5000
43	"	Immaculate Generalate, Pondicherry	5000
44	"	Sengadu Convent	3000
45	"	Sacred Heart Convent, Kanangadu	3000
46	"	Kanangadu Parish	3000
47	"	Cluny Provincialate, Pondicherry	10000
48	"	Well wisher, Pondy	5000

49	24.07.17	Kakkanur Parish	10000
50	"	People of Kakkanur Parish	5000
51	"	St.Little Flower High School, Kakkanur	5000
52	"	R.C.Primary Teachers, Kakkanur	4000
53	"	People of Ariyalur Thirukkai, Kakkanur	2500
54	"	R.C.Primary School, Ariyalur Thirukkai	1000
55	"	People of Seetheri, Kakkanur	1000
56	"	People of chellankuppam	2000
57	"	St.Vincent D Paul Society, Ariyalur Thirukkai	500
58	"	People of Thuravithangal, Kakkanur	500
59	"	Legion of Mary, Kakkanur	120
60	"	Well wisher, Kakkanur	750
61	"	A.Anandan, Kakkanur	500
62	"	St. Ann's Hr.Sec.School, Tindivanam	50000
63	27.07.17	St. Ann's Hr.Sec.School, Tindivanam	50000
64	28.07.17	A.Jeremias, Tindivanam	500
65	"	S.Arokiyaraj, Tindivanam	500
66	"	A.Solomon, Tindivanam	500
67	"	L.Arul, Tindivanam	500
68	"	A.JohnPeter, Tindivanam	300
69	"	S.Markraj, Tindivanam	300
70	"	A.Martin, Tindivanam	200
71	"	S.Baskaran, Tindivanam	200
72	"	T.Sivakumar, Tindivanam	200
73	"	M.Stanisus Arulappan, Tindivanam	200
74	"	C.Charles, Tindivanam	100
75	"	Well wishers, Tindivanam	600

**Total as on 31.07.2017** 462720

**Received up to 30.06.2017** 25999280

**Grand Total** 26462000

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

**PARISH WISE LIST OF FINANCIAL HELP  
TO THE POOR STUDENTS FROM 01.04.2017 TO 30.06.2017**

No.	Name of the Parish	Archbishop's Edu. Fund	Other Sources	Total
1	ADANUR	6000.00		6000.00
2	ALAGAPPASAMUTHIRAM	8100.00		8100.00
3	ANAIYERI	3200.00		3200.00
4	ANILADI	13000.00	5000.00	18000.00
5	ARASAKUZHY	8000.00		8000.00
6	ARCADU	11000.00		11000.00
7	ARULAMBADI	15000.00		15000.00
8	ARIYANKUPPAM	1500.00		1500.00
9	AYANDUR	2000.00		2000.00
10	CATHEDRAL	26100.00	7500.00	33600.00
11	CHINNASALEM	5000.00		5000.00
12	CUDDALORE	19000.00		19000.00
13	ERAIYUR	104120.00		104120.00
14	FATIMAPALAYAM	2000.00	10500.00	12500.00
15	GINGEE	7000.00		7000.00
16	GEDDILAM MARONODAI	1000.00		1000.00
17	IRUNDAI	2000.00		2000.00
18	IRUPPUKURICHY	60640.00	15000.00	75640.00
19	KAKKANUR	14000.00		14000.00
20	KANAKKANKUPPAM	8000.00		8000.00
21	KANANGADU	22000.00		22000.00
22	KEEZHPUTHUPATTU	58600.00	17000.00	75600.00
23	KODUNGAL	15000.00		15000.00
24	KOVILANUR	3000.00		3000.00
25	KRISHNANKUPPAM	40120.00	10000.00	50120.00
26	KUNANKURICHY	4800.00		4800.00
27	KURUSUKUPPAM	4000.00		4000.00
28	MAIYANUR	32000.00		32000.00
29	MADAMPATTU	36520.00		36520.00
30	MEL PAZHANGUR	28400.00		28400.00
31	MEL SITHAMUR	10500.00	15000.00	25500.00
32	MEL VAZHI	2000.00		2000.00
33	MICHAELPURAM	8800.00		8800.00
34	MUGAIYUR	33000.00		33000.00
35	MUNNUR	10000.00		10000.00
36	MUTHIALPET	10000.00		10000.00
37	NANGATHUR	9400.00		9400.00

38	NARASINGANUR	3000.00		3000.00
39	NEDUNGAMPATTU	5000.00		5000.00
40	NELLIKUPPAM	14770.00		14770.00
41	NELLITHOPE	51800.00		51800.00
42	NEYVELI	2000.00		2000.00
43	N D DES ANGES	3000.00		3000.00
44	ODIYATHUR	6000.00		6000.00
45	OTHERS	193860.00		193860.00
46	PANICKANKUPPAM	3000.00		3000.00
47	PERIYANOLLAMBAI	6370.00		6370.00
48	PERIYAKURICHY	2700.00	20000.00	22700.00
49	PERIAPET	9200.00		9200.00
50	REDDIARPALAYAM	31000.00	5000.00	36000.00
51	SACRED HEART BASILICA	16500.00	5000.00	21500.00
52	SATHIAMANGALAM	15000.00		15000.00
53	SATHIPATTU	27000.00	10000.00	37000.00
54	SC STUDENTS SCHOLARSHIP	23000.00		23000.00
55	SEEDEVI	13220.00		13220.00
56	SENGADU	17300.00		17300.00
57	SEEPAKKAM	9000.00		9000.00
58	TAGORE NAGAR	13000.00		13000.00
59	THATTANCHAVADY	9400.00		9400.00
60	THELY	10500.00		10500.00
61	THERKUNAM	18000.00	10000.00	28000.00
62	THIRUKOILUR	70500.00	30000.00	100500.00
63	THIRUNJICOLLAI	24020.00		24020.00
64	THIRUNJIPOONDY	5000.00		5000.00
65	TINDIVANAM	6700.00		6700.00
66	ULUTHUR	3000.00		3000.00
67	UPPALAM	23200.00		23200.00
68	VADALUR	32700.00		32700.00
69	VEERAREDDIKUPPAM	40370.00	13000.00	53370.00
70	VELANTHANGAL	17500.00		17500.00
71	VELLAKULAM	61600.00		61600.00
72	VIKRAVANDI	8000.00		8000.00
73	VILLIANUR	17500.00	10000.00	27500.00
74	VILLUPURAM	3000.00	10000.00	13000.00
75	VINOBA NAGAR	3000.00		3000.00
76	VIRIYUR	8800.00		8800.00
77	VRIDHACHALAM	4000.00		4000.00
<b>Total</b>		<b>1472310.00</b>	<b>208000.00</b>	<b>1680310.00</b>

**LIST OF THE POOR STUDENTS WHO RECEIVED  
RS. 3000 AND ABOVE FROM 01.04.17 TO 30.06.17**

**Anilady**

Jaya Suriya - B.E	5000
Diayana - B.E	3000
Franklin D' Silva - B.E.	3000
Jaya roseline - B.E.	5000

**Adanur**

Suguna.V - B.Sc Nursing	6000
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**Arulambadi**

Lourdu Amalarani - B.Ed.,	15000
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**Alagappasamuthiram**

Menaga - B.Ed.,	3000
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**Arcadu**

Vimalda Selva Kumari - B.Ed.,	3000
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**Arasakuzhy**

Eveline Portia Rani - XII	5000
Annai Theresa - VII	3000

**Cathedral**

Helen saral - B.Tech	10000
Samy theophile monica - M.Tech	5000
Stanislaus	3000
Valeri Vinnarasi - M.Sc.	11500

**Chinnasalem**

Arockia mary - B.Ed.,	5000
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**Cuddalore**

Aksha Praveena - V	10000
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**Fathimapalayam**

Selvi D/o Francis - B.Ed.,	10500
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**Eraiur**

Arockia mary. J - B.Com	7600
Celine sindya - B.Ed.,	5500
Elizabeth Rani - B.Sc.	3500
Isabella rani - B.Ed.,	9000

Josphine Arockia Mary - XI	3000
Julie Prema - B.Ed.,	8220
Margaret Priyadarshini - B.Sc.	11000
Mary Bernadin - B.Ed.,	5000
Nambikkai Mary - B.Sc.,	5000
Nirmala - GNM	3000
Rexy Priyadarshini - B.Sc.	4000
Ruby Juliana Mary - B.Sc.	7800
Snega Latha - B.Ed.,	3000
Vinoliya - B.Sc.	11000
Yesu vinda mary - B.Ed.,	5500

**Gingee**

Nikitha - B.Sc.B.Ed.,	5000
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**Iruppurichy**

Brigit Mary.A - B.Ed.,	5000
Delphine elizabeth rani - B.Ed.,	3250
Jacintha Mary - M.A.	10600
Merline Philomina - B.Ed.,	8220
Moni Joy Priya - MBA	12000
Monica Angel - B.Ed.,	9570
Queen Ruby sharlina.G - B.Ed	10000
Rufina priya - B.Sc.	12400

**Kakkanur**

Jyothi Mary - DHA	3000
Lourdu Monisha - B.Sc.	3000
Salomi - B.A.	5000

**Kanakkankuppam**

Arokia Jeoni.A - B.Ed.,	5000
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**Kanangadu**

Arockia mary - Nursing	3000
Arpudam - Nursing	3000
Delfina - B.Ed.,	3000

**Keezputhupet**

Andranita - BCA	6500
Danuja - B.Sc.Nursing	3000
Dishanthini- B.Com	6500
Dilakshini - XI	10000
Lood Thenuja - MBA	4000

Mary stella - DPCA	5000
Roman antony - B.E	5000
Sreya - V	5000
Sruthika - V	5000
Uma Gandhi - B.A.	7800
Sureka.S - B.Sc.Nursing	10500
<b><u>Kovilanur</u></b>	
Suja - B.Ed.,	3000
<b><u>Krishnankuppam</u></b>	
Anni priscilla - B.Sc.	3000
Anushka gladia mary - BCA	6100
Edel queen maria - MCA	3000
Edel queen rani - B.Sc.Nursing	10000
Jaya vinnarasi - B.Ed.,	6000
Maria Filby - B.Ed.,	8220
<b><u>Maiyanur</u></b>	
Antony mahimai raj - B.E.	5000
Arokia Mary - BBM	5000
Maria Nivetha- B.Sc, B.Ed	30000
<b><u>Mel-pazhangur</u></b>	
Arockia Jhonsy rani - B.Sc.	3000
Arockia mary - BBM	7800
Ashlee - B.Ed.,	5000
Elizabeth Preethi - BDS	5000
<b><u>Mel-sithamur</u></b>	
Divya Priyanka - B.Ed.,	15000
Sheeba - X	3000
Sheela - B.A.	3000
<b><u>Michaelpuram</u></b>	
Edvya Sherly - B.Sc.	7800
<b><u>Mugaiyur</u></b>	
Antony Liciya - B.Ed.,	3000
Arokia Saratha - B.Ed.,	3000
Cynthiya Roy - BCA	3000
Francina - B.A.	3000
Mahimai Shenbaga Nisha - B.A.	3000
Manushya Priyanthi - B.Ed.,	3000
Nimina - B.A.	4000

Selciya Roy - B.Sc.	3000
Suganya - B.A.	3000
<b><u>Muthialpet</u></b>	
Irusamma - B.Sc.Nursing	3000
Jacob - XII	4000
Joseph - VII	3000
<b><u>Madhampattu</u></b>	
Angel - D.Ted	10000
Asha rathina kumari - B.Sc.Nur	11500
Jacqueline Mary - B.Ed.,	8220
Josephine Mary - B.Ed.,	5300
<b><u>Munnur</u></b>	
Francisca Mary - B.Sc.	7000
Roseline mary - B.Com	3000
<b><u>Nangathur</u></b>	
Piriyanka - B.A.	8500
<b><u>Narasinganur</u></b>	
Ammu - B.Sc.	3000
<b><u>Nedungampattu</u></b>	
Vimal Roseline - B.Sc.	3000
<b><u>Nellikuppam</u></b>	
Jacintha Mary - B.Ed.,	8770
<b><u>Notre Dame</u></b>	
Velanganni Angel - B.E.	3000
<b><u>Nellithope</u></b>	
Arokia Hosea - VIII	3000
Arul Jeya Srija - X	5000
Ascar jenifer - B.Ed.,	3000
Askar Jenifer - B.Ed.,	5000
Auxilia jeanmarie - M.A.	10000
Ebie willferd - M.A.	5000
Raj Shahana - V	3000
Rosaline mary - B.Com	8500
Sherlane Mary - VII	3000
<b><u>Odiyathur</u></b>	
Licy Flora - M.Sc.	4000



**Panikankuppam**

Lilly flora - B.Com 3000

**Periya Nollambai**

Priya. J - B.Com 6370

**Periyakurichy**

Joshi Alphonsa - B.Sc.Nursing 20000

**Periapet**

Jenni Sowmiya - B.Sc. 3000

Monisha - B.SC 5000

**Reddiarpalayam**

Fathima Mary.A - B.Sc. 3000

Alexander - B.A.B.Ed., 3000

Alex.A - B.Ed., 5000

Pradeepa - B.Ed., 3000

Rosaline - B.Sc. 4000

Seraphine - B.Ed., 5000

**Sengadu**

Arockia jency - B.Sc. 15300

**Seppakkam**

Salomi - B.A. 9000

**Sacred Heart baslica**

Jovitha - XI 5000

Lourdumary - XII 3000

Jenifer.A - B.Tech 5000

Monica - IX 5000

**Sathiamangalam**

Jaculine - B.Tech 3000

Jenifer - BBA 3000

Jenitha mary - DNM 3000

Lydiya - B.Sc. 3000

**Seedevi**

Margreat - Nursing 3000

Marial - B.Ed., 8220

**Sathipattu**

Delphine Elizabethrani - B.Ed., 5000

Arockia vinnarasi.F - M.Sc. 11500

Jaculine.D - B.Ed., 10000  
Robin Anthaya - B.E 3000  
Rosaline Romiyo - B.Sc. 5000**Tagore Nagar**

Jaya arockia jenifer - B.Ed., 5000

**Thattanchavady**

Jancy Mary - B.Ed., 3000

Vinolia - B.Ed., 3000

**Thely**

Antony Preethi - B.Com 5500

Askar Praveen - B.Sc. 3000

**Therkunnam**

Amala rani - B.Sc. 3000

Ezhilarasi - DPA 7000

Monica cylus - XII 3000

John Louis.A - B.Sc.B.Ed., 10000

**Thirukoilur**

Shalini.E - B.Sc.Nurising 60000

Anjugam - GNM 9000

Ruth Priya - B.A. 3000

Kamali- XII 24000

**Thirunjicollai**

Alex Celsiya - GNM 5000

Elakkiya - B.Ed., 8220

**Thirunjipoondy**

Abirami - XII 3000

**Vadalur**

Arul mary - B.A. 6500

Dayana - B.A. 3000

Jansy rani - XII 3000

Jenci shylaja - BCA 3000

Periyanayagamary - M.Sc 15000

**Uluthur**

Sathia - GNM 3000

**Uppalam**

Jessy Diana.A - XII 3000

Sophia josephine- B.A, B.Ed 20000

**Veerareddikuppam**

Arokia Lenciya - B.Sc.	10500
Aswin - B.E.	3000
Gowsalya mary - Nursing	3000
Motcha Rakkini.E - B.Ed.,	10000
Anbu Joythi	3000
Melvin joy - IV	3000
Merline - B.Ed.,	3000
Periyanyagimary - B.Ed.,	9570
Vincy Buela - III	3000

**Velanthangal**

Antoniammal - B.Ed.,	3000
Jaya Preethi - B.Sc.Nursing	3000
Josephine mary - B.Ed.,	5000
Marial - B.Sc.Nursing	5000

**Vellakulam**

Adiruban - B.E.	5000
Anbu - BCA	5000
Selva mary - B.Ed.,	3000
Vasanthamary - B.Sc.Nursing	16000
Vijay kumar - B.Com	5000

**Vikravandi**

Jenitha Rani.L - B.E.	5000
Sebia - B.Sc.Nursing	3000

**Villianur**

Regina S - B.Sc.Nursing	11000
Saraswathi - B.Ed.,	3000
Sathish arockia raj - B.E.	3000
Christina.S - XII	10500

**Villupuram**

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**

**BLESSINGS****1. Blessing of the Biblical Tamil Cultural Centre, Uppalam**

His Grace Most Rev. Dr. A. Anandarayar, Our Archbishop, blessed and opened New Biblical Tamil Cultural Centre, Uppalam on 3<sup>rd</sup> 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 18<sup>th</sup> 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 23<sup>rd</sup> 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:**

01-08-1984	Abraham Cowman M.
03-08-1954	Vadakail T
04-08-1989	Stephen. A.
04-08-2004	Amaladoss.Y
06-08-1981	Chetelat. A.
17-08-1962	Pungier L., MEP
17-08-1974	Arul L.M.
18-08-1997	Mgr. Joseph Thumma
26-08-1970	Devannah N.R.
27-08-1970	Kuriakose P.M.

29-08-1970  
30-08-2011  
31-08-2005

Montfort. V.L.  
Gnanapragasam M.A.  
Xavier PP

### **LIST OF SEMINARIANS IN THE YEAR 2017-2018**

#### **Major Seminarians**

Sl. No.	Name	Parish	Seminary
<b><u>IV Year Theology</u></b>			
01.	R. Alex	Fathimapalayam	St. Peter's
02.	D. Arokia Sagayaraj	Viriyur	St. Peter's
03.	S. Jayaseelan	Kommedu	Good Shepherd
04.	L. Jeeva Edward Edison	Alagappasamuthiram	Good Shepherd
<b><u>III Year Theology</u></b>			
05.	S. Alex Oli Kumar	Veerareddikuppam	Good Shepherd
06.	A. Arul Pushparaj	Sengadu	Good Shepherd
07.	A. Mariya Susai	Eraiyur	Good Shepherd
<b><u>II Year Theology</u></b>			
08.	P. Chinnappan	Cathedral, Pondy	St. Peter's
09.	S. Johnson	Kovilanur	St. Peter's
10.	A. Jayabalan	Irundai	Good Shepherd
<b><u>I year Theology</u></b>			
11.	M. Bart Augustine	Nellithope	St. Peter's
12.	V. Johnson Mariya Joseph	Velanthangal	St. Peter's
13.	A. Aron	Kommedu	Good Shepherd
14.	M. Prem Kumar	Manampoondi, Thirukoilur	Good Shepherd
<b><u>Regency</u></b>			
15.	P. M. S. Jeeva	Keezhvayalamur, Anilady	St. Peter's
<b><u>III Year Philosophy</u></b>			
		Nil	
<b><u>II year Philosophy</u></b>			
16.	Deva Pushparaj	Reddiarpalayam	Good Shepherd

17. C. Auxilium Selvakumar Arcadu St. Peter's  
18. A. Geo Francis Xavier Seedeve – Saveriarapuram St. Peter's

#### **I year Philosophy**

19. N. Alpha Venis Neyveli Township St. Peter's  
20. V. John Britto Arumpattu, Madampattu St. Peter's  
21. A. Thomas Berna Nellitope St. Peter's  
22. J. Gilbertraj Azhagapuram, Sozhampattu Good Shepherd

#### **Propaedeutic Course**

23. S. Vincent Sathiamangalam Good Shepherd

#### **College Seminarians and Latinists in St. Agnes' Seminary**

##### **III Year College**

24. I. Paul Rouso Iruppukurichy

##### **II Year College**

25. Bro. R. Albert raj Iruppukurichy  
26. Bro. A. Anthony Prabakaran Alagappasamuthiram  
27. Bro. A. Donald Robin Sathipattu  
28. Bro. B. Vivek Chandru Menan Adhanur

##### **I year College**

29. B. Antonyraj Viriyur  
30. D. Joyson Mugaiyur  
31. R. Lourdu Sagayaraj Thely  
32. D. Tony Clinton Elemangalam, Mel-Sithamur

##### **Latinists**

33. Bro. J. Alwin Palayanur, Viriyur  
34. Bro. L. Antoine Joseph Viriyur  
35. Bro. F. Arun Prakash Kunankurichy  
36. Bro. V. Jerome Selvaraj Velanthangal  
37. Bro. P. Vijayakumar Alagappasamutiram

**Rev. Fr. P. Rozario**

Rector, St. Agnes' Seminary

### 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**

Vicar General

**Very. Rev Msgr. A. Louis**

Episcopal Vicar

#### Surplus Mass Intentions received for the month of July - 2017

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

#### Binated / Trinated Mass Intentions received

Date	Name of the Priest	No. of Masses
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 Minister 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.

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**

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 to 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, Angriiness and speak lovely to every person. Abdul Kalam

Thanking you.

**Rev.Fr. S. Pascal Raj**  
Judicial Vicar

### **COMMISSIONS 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 3<sup>rd</sup> 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 Vazhvirimai Iyakkam (KVI)**

After a long time, on the 6<sup>th</sup> 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 Vazhvirimai Iyakkam. We wait for our Archbishop’s approval and convenience. Following this, on the 25<sup>th</sup> July we had the Pondicherry Vicariate meeting and I gave an introduction regarding the Krithuvar Vazhvirimai Iyakkam.

#### **Tamil Nadu Pondicherry Pastoral Council Meeting (TPPC)**

On 9<sup>th</sup> 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 பேரவைக்கான செயல் திட்டங்கள் மாறிவரும் இன்றைய சமய, பொருளாதார, கலாச்சார, அரசியல் சூழலில் விழிப்புணர்வு பெறுவோம், பிறரையும் விழிப்புணர்வு கொள்ளச் செய்வோம் ஆயர் பேரவையின் ஒப்புதலுடன் நிறைவேற்றப்பட்ட தீர்மானங்கள்:**

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. மாறிவரும் இன்றைய சமய, பொருளாதார, கலாச்சார, அரசியல் சூழலில் நமக்குள் உள்ள வேறுபாடுகளைக் களைந்து சாதியம் கடந்த சமத்துவம் நிறைந்த திருச்சபையை உருவாக்க முன் வரவும், அகில இந்திய ஆயர் பேரவை பிரகடனப் படுத்திய நுயலவை நுஅிழறநசஅநவெிழடடைல - 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**

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 19<sup>th</sup> 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 9<sup>th</sup> and 10<sup>th</sup> of July 2017 at Salem Pastoral Centre 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

**SC/ST COMMISSION REPORT – August 2017****Activities****1. Diocesan General Body meeting:**

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

- Preparations in view of 10<sup>th</sup> 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 10<sup>th</sup> as Black Day (67 years of denial of Religious Freedom to Dalits in India)**

The Constitution (Scheduled Caste) order 1950 was signed on 10<sup>th</sup> 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

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 10<sup>th</sup> 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 10<sup>th</sup> 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](mailto: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 10<sup>th</sup> 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 discriminated 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.



- 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.

#### **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 to 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

**Retreat - Second Batch**

- |                                |                                |
|--------------------------------|--------------------------------|
| 01. Fr. S. Peter               | 30. Fr. C. Benjamin            |
| 02. Fr. A. Adaikalasamy        | 31. Fr. N. Jonas               |
| 03. Fr. John Duraisamy         | 32. Fr. P. Paulraj Kumar       |
| 04. Fr. Antony Thumma          | 33. Fr. P. Arokianathan        |
| 05. Fr. R. Ratchagar           | 34. Fr. Antony Lourduraj       |
| 06. Fr. M. Lourdusamy          | 35. Fr. V. Agnel               |
| 07. Fr. S. Appolin             | 36. Fr. M. Arokiasamy          |
| 08. Fr. P. Jegaraj             | 37. Fr. A. Pushparaj           |
| 09. Fr. A. Benjamin            | 38. Fr. P. Arulnathan          |
| 10. Msgr. A. Louis             | 39. Fr. D. Peter Henry Joshua  |
| 11. Fr. A. Ratchagar           | 40. Fr. S. Pitchaimuthu        |
| 12. Fr. M. Dominic Rosario     | 41. Fr. V. Albert Thambi Durai |
| 13. Fr. P. Aruldass            | 42. Fr. K. A. Jesu Nazarene    |
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| 15. Fr. A. J. C. Lawrence      | 44. Fr. A. Devadoss            |
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| 17. Fr. C. Gerard Pushparaj    | 46. Fr. R. Joseph Paul         |
| 18. Fr. Alphonse Sandanam      | 47. Fr. A. S. P. Auguste       |
| 19. Fr. A. John                | 48. Fr. L. Peter Paulraj       |
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| 21. Fr. A. Arokiadoss          | 50. Fr. T. Nasian Gregory      |
| 22. Fr. V. Aruldoss            | 51. Fr. R. Arokiadoss          |
| 23. Fr. L. Jacob               | 52. Fr. P. Joseph Titus        |
| 24. Fr. I. Ratchagar           | 53. Fr. Amalor Pushparaj       |
| 25. Fr. P. Rosario             | 54. Fr. S. P. Jegaraj          |
| 26. Fr. C. Joseph Arumaiselvam | 55. Fr. L. Jarard              |
| 27. Fr. A. J. Philomindoss     | 56. Fr. V. G. Charles          |
| 28. Fr. N. Belavendiran        | 57. Fr. C. Sagaya Raja         |
| 29. Fr. M. A. Ratchagar        | 58. Fr. P. A. Aruldoss         |

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|---------------------------------|-----------------------------------|
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| 60. Fr. J. Ambrose              | 84. Fr. A. Lourdusamy             |
| 61. Fr. C. Sagaya Selvaraj      | 85. Fr. A. Stephen Sagayadoss     |
| 62. Fr. A. Sebastian            | 86. Fr. A. Andrews Majella        |
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| 64. Fr. P. Susai Raj            | 88. Fr. A. Rayappan               |
| 65. Fr. M. Arokiadoss           | 89. Fr. S. Charles Edison         |
| 66. Fr. J. Arockia Raj          | 90. Fr. R. Martin Antony          |
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| 77. Fr. F. Henry Ezhil Maran    | 101. Fr. A. Vincent Amal Raj      |
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| 80. Fr. A. Edward Francis       | 104. Fr. C. William Johnson       |
| 81. Fr. A. Jega Jeevan          | 105. Fr. A. Amala Madhavan        |
| 82. Fr. L. A. Arokiadoss        |                                   |

HM'S MEETING OF HIGH SCHOOLS AND HIGHER SEC SCHOOLS



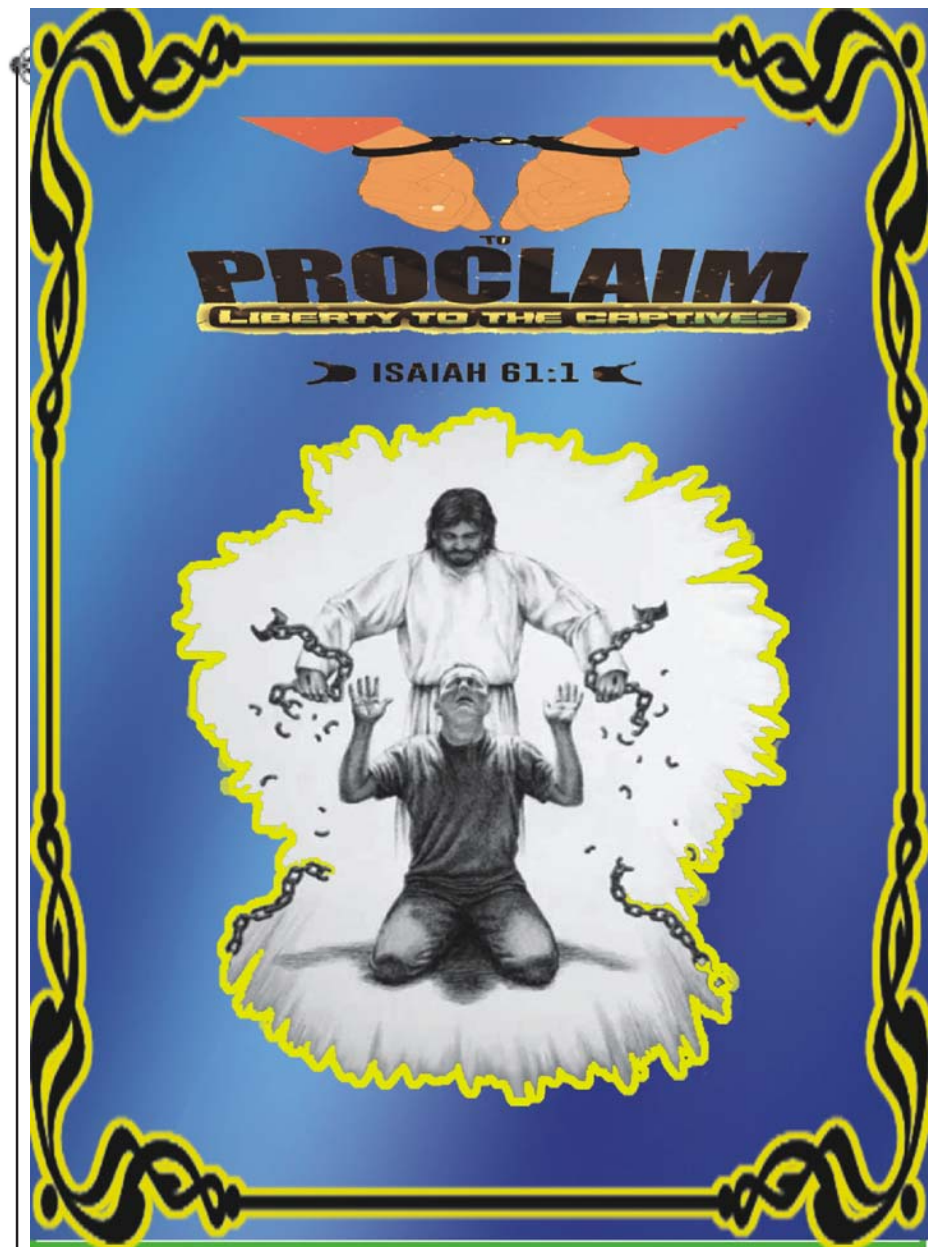
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