



KERALA CATHOLIC ASSOCIATION MUMBAI BULLETIN

VOL. 63

ISSUE 1

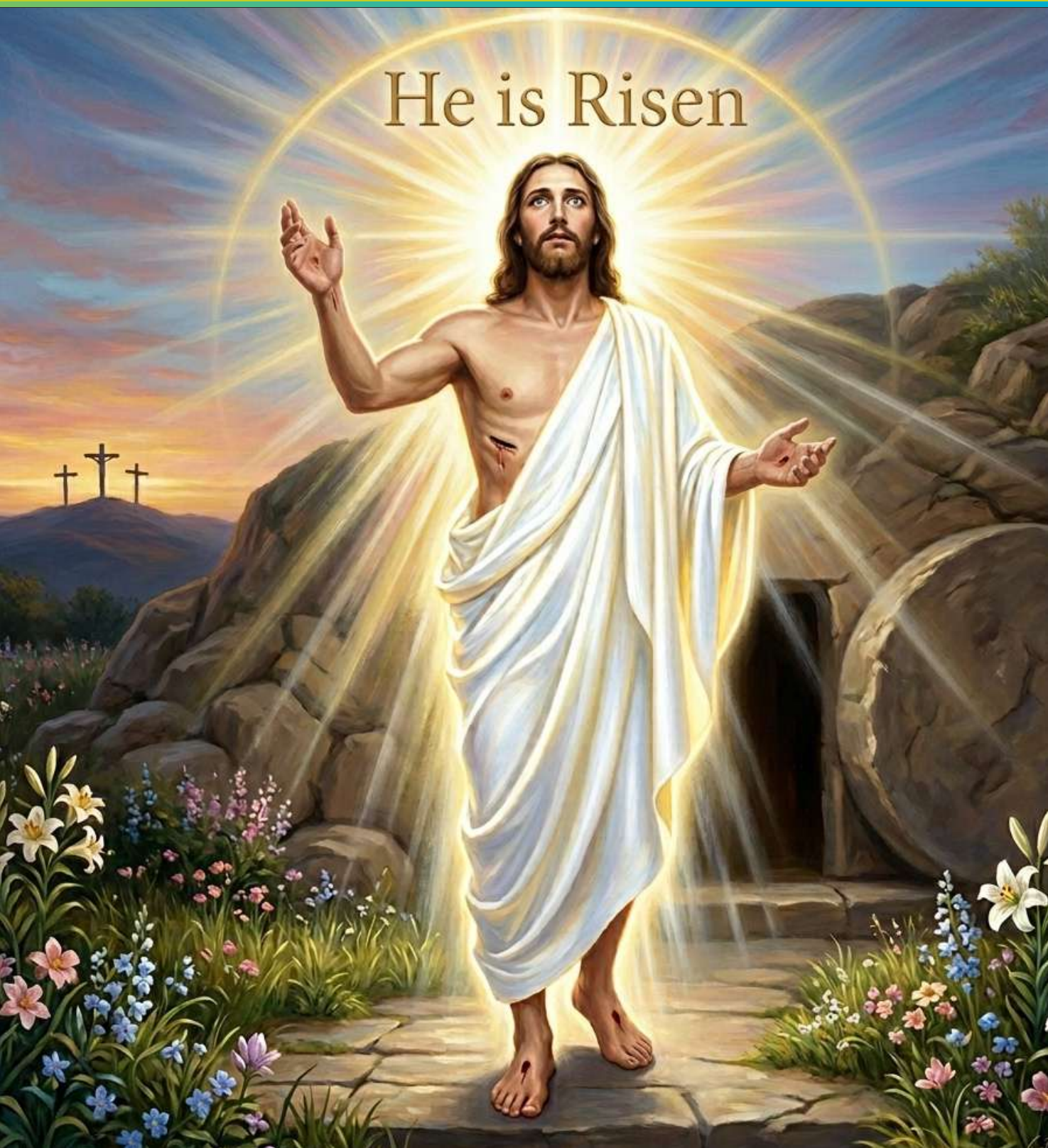
MUMBAI

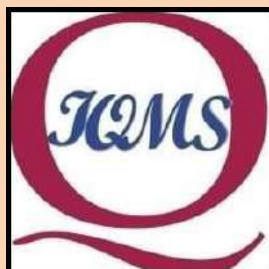
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THE KERALA CATHOLIC ASSOCIATION, MUMBAI (Regd.)

(Regd. No. : Public Trust Act. F 2560 (Mumbai) Societies Act. Mumbai 174/71)

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From The Desk of Managing Editor

It gives me immense joy, as the Managing Editor (2025–2027), to present this edition of The Kerala Catholic Association, Mumbai Bulletin. A bulletin is more than a compilation of reports and photographs; it is a living document of our collective journey, reflecting the spirit, unity and vibrancy of our community.

The KCA Bulletin serves as a vital conduit to impart information about the activities and initiatives of our various Units and the Centre. It chronicles our programs, achievements, celebrations, outreach efforts and milestones, ensuring that every meaningful effort is acknowledged and shared. Through these pages, we remain connected & informed not only about events, but about the growth and progressive steps undertaken across our Association.

This bulletin also aims to recognize talents, highlight accomplishments, share opportunities and pay homage to our beloved departed members. In doing so, it strengthens our sense of belonging and reinforces the values that bind us together as one community.

Communication builds communion. When we share our stories, we inspire one another. When we document our efforts, we preserve our legacy.

I sincerely thank all Units and contributors for their continued cooperation and support in enriching this bulletin. May it continue to serve as a bridge of unity, information and inspiration for the entire KCA family.

Thanking you,

Yours sincerely,

James Kannampuzha

Managing Editor (2025–2027)

The Kerala Catholic Association, Mumbai



From the Desk of President

പ്രിയപ്പെട്ടവരെ,

സ്നേഹസമ്പന്നരായ കെ.സി.എ. സുഹൃത്തുക്കളേ, നിങ്ങൾ ഒന്നടങ്കം പുതിയ ഭരണ സമിതിയെ സ്വീകരിക്കുകയും, മികച്ച ഭൂരിപക്ഷത്തോടെ വിജയിപ്പിക്കുകയും ചെയ്ത് നന്ദിയോടെ സ്മരിക്കുന്നു

നിങ്ങൾ നൽകിയ അകമഴിഞ്ഞ പിന്തുണയും, കരുതലുമാണ് പൊതുജീവിതത്തിലും സംഘടനാപ്രവർത്തനത്തിലും എന്റെ എക്കാലത്തെയും മൂലധനം. തുടർന്നും നമ്മുടെ ജനാധിപത്യ മതേതര മൂല്യങ്ങൾ ഉയർത്തിപ്പിടിച്ച് സംഘടനയുടെയും സമൂഹത്തിന്റെയും ആവശ്യത്തിനൊത്ത്, വികസനക്ഷേമ പ്രവർത്തനങ്ങളുമായി മുന്നോട്ട് പോകുവാനാണ് നമ്മുടെ ഇന്നത്തെ ഭരണസമിതി പരിശ്രമിക്കുന്നത്.

വ്യക്തി താല്പര്യങ്ങൾക്കും സങ്കുചിതചിന്താഗതികൾക്കും അതീതമായി വികസന രംഗത്ത് ഒരുമയുടെ സംസ്കാരം വളർത്തിയെടുക്കുവാൻ മാത്രമായിരിക്കണം നമ്മുടെ ഇനിയുള്ള പരിശ്രമങ്ങൾ. എല്ലാവിധ പരിമിതികളെയും അതിജീവിച്ച് നമ്മുടെ സംഘടനക്ക് അർഹമായ അവകാശങ്ങളും വിഹിതങ്ങളും ഉറപ്പാക്കുന്നതിനും ലഭ്യമായ പദ്ധതികൾ നടപ്പിലാക്കാൻ മാറിമാറി വന്ന ഭരണകർത്താക്കൾ പരമാവധി ശ്രദ്ധിച്ചിട്ടുണ്ട്. നമ്മുടെ സംഘടനയുടെ നല്ലനിലയിലുള്ള എല്ലാ പ്രവർത്തനങ്ങൾക്കും ഇക്കാലമത്രയും നിങ്ങൾ നൽകിയ പിന്തുണ ഞങ്ങൾക്ക് ഏവർക്കും വലിയ പ്രചോദനമാണ്.

ഇനിയും നമുക്കേറെ മുന്നേറാനുണ്ട്, തുടങ്ങിവെച്ച പ്രവർത്തനങ്ങൾ പൂർത്തിയാക്കാനും, പുതിയ പദ്ധതികൾ ഏറ്റെടുക്കുവാനും നമുക്കൊന്നായി പരിശ്രമിക്കാം. സംഘടനയുടെയും സമൂഹത്തിന്റെയും വികസനത്തിനും പുരോഗതിക്കുമായി നിങ്ങളുടെ ചിന്തകൾക്കൊപ്പം എന്നും ഒരു എളിയ പ്രവർത്തകനായി നിങ്ങളിൽ ഒരുവനായി ഞാനുണ്ടാകുമെന്ന് ഉറപ്പ് നൽകുന്നു.

ഏറ്റവും സ്നേഹത്തോടെ,

ജോയ് വർഗ്ഗീസ് പാറേക്കാട്ടിൽ

(പ്രസിഡന്റ് - കെ.സി.എ., മുംബൈ)



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എഡിറ്റോറിയൽ



യുദ്ധങ്ങളിലൂടെ സംഹാരം..!, ഉയിർപ്പിലൂടെ പ്രത്യാശ...

സഹോദരങ്ങളേ,

മറ്റൊരു ഈസ്റ്റർ കൂടി വന്നെത്തിയിരിക്കുന്നു. കല്ലറയ്ക്കുമേൽ വിജയം വരിച്ച യേശു ക്രിസ്തുവിന്റെ ഉയിർപ്പ് നമ്മെ പഠിപ്പിക്കുന്നത് ഇരുട്ടിന് വെളിച്ചത്തെയും മരണത്തിനു ജീവനെയും തോൽപ്പിക്കാനാവില്ല എന്നതാണ്. എന്നാൽ, ഇത്തവണ നാം ഈസ്റ്റർ ആഘോഷിക്കുമ്പോൾ ലോകത്തിന്റെ പലഭാഗങ്ങളും യുദ്ധത്തിന്റെ കരിനിഴലിലാണ്, എന്നത് നമ്മുടെ ഹൃദയങ്ങളിൽ വേദന ഉളവാക്കുന്നു.

യുദ്ധവും സമാധാനവും

ഇന്ന് ലോകത്തിന്റെ വിവിധ ഭാഗങ്ങളിൽനിന്ന് പീഡനങ്ങൾ അനുഭവിക്കുന്ന മാതാപിതാക്കളുടെയും കുഞ്ഞുങ്ങളുടെയും ദീനരോദനങ്ങൾ ഉയരുന്നു. യുദ്ധങ്ങളാൽ കഠോരമായ സംഹാരങ്ങൾ നടക്കുന്ന യുക്രൈനിലും, ഇസ്രായേലിലും, ഗാസയിലും മറ്റു സംഘർഷ മേഖലകളിലും സമാധാനമെന്നത് വെറും സ്വപ്നത്തിൽ മാത്രമായിരിക്കുന്നു. നൈജീരിയയിലും മറ്റു ചില ആഫ്രിക്കൻ രാജ്യങ്ങളിലും ക്രൈസ്തവ കൂട്ടക്കൊലകൾ കാലങ്ങളായി തുടർന്നുകൊണ്ടേയിരിക്കുന്നു. “ഞാൻ നിങ്ങൾക്ക് സമാധാനം തന്നിട്ടു പോകുന്നു. എന്റെ സമാധാനം നിങ്ങൾക്ക് ഞാൻ നൽകുന്നു; ലോകം നൽകുന്നതു പോലെയല്ല ഞാൻ നൽകുന്നത്. നിങ്ങളുടെ ഹൃദയം അസ്വസ്ഥമാകേണ്ട. നിങ്ങൾ ഭയപ്പെടുകയും വേണ്ടോ” (യോഹന്നാൻ 14:27) എന്നരുളിച്ചെയ്ത യേശുക്രിസ്തുവിന്റെ അനുയായികളായ നമുക്ക് മനുഷ്യരാൽ ചെയ്തു കൂട്ടുന്ന പാപങ്ങൾ നിമിത്തം അവ നിഷേധിക്കപ്പെടുന്നു.

നമ്മുടെ ഉത്തരവാദിത്വവും പ്രാർത്ഥനയും

മുംബൈയിലെ കേരള കാത്തലിക് അസോസിയേഷൻ (KCA) എക്കാലവും സ്നേഹത്തിന്റെയും, കാരुണ്യത്തിന്റെയും, സേവനത്തിന്റെയും പാതയിലാണ് നിലകൊള്ളുന്നത്. യുദ്ധം വിതയ്ക്കുന്ന പകക്കും നാശനഷ്ടങ്ങൾക്കും മുകളിലായി കർത്താവായ യേശുക്രിസ്തു പഠിപ്പിച്ച സ്നേഹത്തിന്റെ സംസ്കാരം നമ്മുടെ രാജ്യത്തും ലോകം മുഴുവനിലും വ്യാപരിക്കുവാനും നിലനിൽക്കാനും നമുക്ക് പ്രാർത്ഥിക്കാം. ലോക സമാധാനത്തിനായി നമ്മുടെ പ്രാർത്ഥനകൾ ദൈവസന്നിധിയിൽ സമർപ്പിക്കാം.

കാരുണ്യം

ആഡംബരങ്ങൾ ഒഴിവാക്കി കഷ്ടത അനുഭവിക്കുന്നവരുടെയും വേദനിക്കുന്നവരുടെയും കണ്ണീരൊപ്പാൻ നമുക്ക് ഒരുമയോടെ ശ്രമിക്കാം.

ഐക്യം

മുംബൈയിലെ തിരക്കേറിയ പ്രവാസ ജീവിതത്തിനിടയിലും പരസ്പരം താങ്ങും, തണലും, തുണയുമാകാനും, സ്നേഹം പങ്കുവെക്കാനും നമുക്ക് ഒരുമയോടെ പരിശ്രമിക്കാം.

പ്രത്യാശയുടെ സന്ദേശം

നമ്മുടെ കർത്താവിന്റെ കരിശുമരണം ഒരവസാനമായിരുന്നില്ല, മറിച്ച് അതൊരു എഴുതപ്പെട്ട വലിയ തുടക്കമായിരുന്നു. അതുപോലെ ഇന്ന് ലോകത്തിൽ നടമാടുന്ന അശാന്തികൾക്ക് അറുതിവരുമെന്നും സമാധാനത്തിന്റെ പൊൻപൂലരി ഉദിക്കുമെന്നും നമുക്ക് പ്രത്യാശിക്കാം. ലോകം സമാധാനത്തിനായി കേഴുന്നു. മുറിവേറ്റു കൊണ്ടിരിക്കുന്ന ലോകത്തിനും ലോകജനതക്കും ആശ്വാസവും സമാധാനവുമുണ്ടാകാൻ ഈ ഈസ്റ്റർ കാലം അനുഗ്രഹപ്രദമാകട്ടെ.

എല്ലാ കേരള കാത്തലിക് അസോസിയേഷൻ (KCA) കുടുംബാംഗങ്ങൾക്കും സന്തോഷവും, സമാധാനവും പരസ്പരസ്നേഹവും നിറഞ്ഞ ഈസ്റ്റർ മംഗളങ്ങൾ നേരുന്നു...

ഏറ്റവും സ്നേഹത്തോടെ,

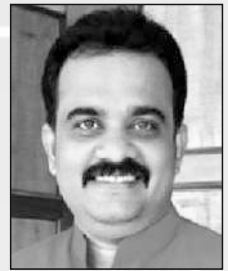
ജോണി വർഗ്ഗീസ്

(ജനറൽ സെക്രട്ടറി - കെ.സി.എ., മുംബൈ)

Reclaiming Our Legacy

A Call to Revitalize and Strengthen

The Kerala Catholic Association, Mumbai



The Kerala Catholic Association (KCA), established more than six decades ago in Mumbai, has long stood as a proud symbol of unity, faith, culture, and community spirit among Kerala Catholics in this great city. For over 60 years, KCA has represented not merely an organization, but a living legacy — a platform that brought together members of the three Rites, united families in a distant metropolis, supported the early initiatives of the formation of Diocese of Kalyan, preserved cherished traditions, and provided a collective voice to our community. It became a guardian of our cherished traditions, a promoter of cultural identity, and a collective voice that represented the aspirations and concerns of Kerala Catholics in Mumbai.

In those formative decades, the Central Committee and the various Units worked in close coordination, facing numerous challenges with determination and unity. Through collective effort and shared vision, they resolved issues, strengthened community bonds, and initiated several welfare and cultural programs that benefitted countless families. Among Malayali Christians in Mumbai, KCA emerged as a respected and trusted brand — a name synonymous with credibility, solidarity, and pride. Being a member of KCA was not merely a formality; it was a matter of identity and honor. The Association became a beacon of unity, reflecting the strength that comes from shared faith and common heritage.

Today, as we look back at this remarkable journey, we acknowledge with gratitude the visionaries, leaders, and members whose dedication laid this strong foundation. Their spirit continues to inspire future generations to uphold the values of unity, service, and faith that define KCA. If we honestly evaluate the present situation, it must be acknowledged — with deep concern and sincere responsibility — that many units today are not functioning in the true spirit and purpose for which KCA was originally founded. In several areas, unit-level activities have become minimal or, in some instances, completely inactive. Engagement often surfaces only during central election periods, rather than through consistent community-oriented initiatives. When units remain dormant except during elections, the very foundation of community-building weakens, and the essence of unity, service, and shared responsibility gradually diminishes.

Equally concerning is the limited involvement of youth and women at the unit and central level — a matter that directly impacts the future growth, vibrancy, and continuity of the association. This is a moment for honest introspection. Each unit must thoughtfully review its functioning: Are regular meetings being conducted? Are meaningful programs organized? Are initiatives undertaken for the upliftment and welfare of the community in the areas where we reside? Only through sincere self-evaluation and renewed commitment can we restore the dynamism and relevance that KCA was originally envisioned to embody.

An association thrives not merely on its constitution or its electoral processes, but on meaningful grassroots engagement — regular meetings, youth participation, women's leadership, charitable outreach, cultural initiatives, faith-based programs, and above all, service to the needy within our community. In the absence of such sustained activities, members feel disconnected, and younger generations may struggle to see the relevance and purpose of belonging to KCA.

In comparison, several other community associations in Mumbai have made significant progress by establishing strong welfare programs, educational assistance funds, medical support networks, senior citizen care initiatives, career guidance platforms for youth, and emergency relief mechanisms. These associations have become dependable pillars of support, particularly during times of crisis. Their success is rooted in active unit level functioning and a clear, service-oriented vision.

KCA, with its rich history and widespread presence in Mumbai and its suburbs, holds immense potential to achieve the same — and even more. The true strength of KCA lies not only in its central leadership but in the vitality and effectiveness of its units. If units are revitalized with clear objectives, structured annual plans, accountability mechanisms, and inclusive participation, KCA can once again emerge as a dynamic and impactful force in Mumbai.

It may be time to:

- Re-evaluate inactive units and introduce measurable activity benchmarks.
- Encourage transparent, service-driven leadership at all levels.
- Launch welfare initiatives that directly benefit needy families within our community.
- Strengthen youth and women's wings to ensure generational continuity.
- Conduct regular social, spiritual, educational, and charitable programs at the unit level.
- Promote unity over factionalism and service over election-centric engagement.

This message is not one of criticism, but of hope. KCA's legacy deserves renewal. Its founders envisioned an organization rooted in faith, solidarity, and service — not one limited to electoral cycles. Today, the community looks to KCA not only for representation, but for leadership, compassion, and meaningful action.

Let us collectively reflect, reorganize, and revive the true mission of KCA. With sincere commitment, unity of purpose, and active grassroots involvement, the Kerala Catholic Association can once again stand tall as a guiding light and a helping hand to every member of our community in Mumbai.

With respect and hope for a stronger future.

P.O. JOSE

(Treasurer - KCA Mumbai)

“Begin with God, End with God.”

Begin your day with the Rosary and end your day with the Rosary. In our busy day-to-day lives, we often forget or skip spending time with God. Each morning, we wake up is itself a precious gift from God, and we are called to thank Him for it.

As we begin this Lenten season, let us make a promise to God to start each day with the Rosary. It takes only 15-20 minutes, which we can easily manage by setting our alarm just 20 minutes earlier than usual. In doing so, we offer our gratitude to God for the gift of a new and wonderful day. In return, God will bless us with His almighty grace to carry out our daily activities smoothly.

In the same spirit, let us also promise to end each day with the Rosary before we close our eyes, thanking God for His blessings and protection throughout the day.

Wishing you all a blessed Lenten season.

Thank you, Jesus.

God bless us all.

Jaimon Joseph
Vasai Unit

KCA AMBERNATH UNIT



The Ambernath Unit of The Kerala Catholic Association, (Mumbai) joyfully celebrated its 65th Christmas & New Year Celebration on Sunday, 8th February 2026 at the Fatima High School Quadrangle, Ambernath (West). The evening was marked by a vibrant atmosphere of joy, fellowship and community bonding as members and families gathered in large numbers to celebrate the festive spirit.

The programme was graciously presided over by the Chief Guest, Rev. Fr. Jacob Porathur, Parish Priest of Little Flower Church, Nerul, whose presence and inspiring words added grace and spiritual significance to the occasion. The celebration featured a variety of cultural performances including music, dance and entertainment programmes, showcasing the talents of members and children of the unit.

The event beautifully reflected the spirit of togetherness, unity and new beginnings, bringing the community closer while strengthening the values and traditions upheld by the Association.

The Managing Committee of the Ambernath Unit expressed sincere gratitude to all the guests from KCA Centre, all the members, participants and well-wishers whose wholehearted support and participation made the celebration a memorable and successful event.

KCA AIROLI UNIT



KCA Airoli Unit visited Badlapur St. Clare's Anathashram.

Unit provided daily necessary items and food for the inmates. All members actively participated and involved in dancing, singing with the inmates.

KCA BORIVALI UNIT



The Kerala Catholic Association, Borivali, as part of our charitable activities, financial assistance was provided for the medical treatment of Mrs. Mamta Rohit Singh. This support was extended to help meet the expenses for essential medical care. Through this small gesture of compassion, we hope to bring relief and encouragement to the beneficiary and their family during a difficult time. We thank all those who support and contribute to such charitable initiatives, enabling us to extend help to those in need.

KCA GOREGAON UNIT



The KCA Goregaon Unit, as a part of the Holy season of Lent, conducted the annual charity visit at Shanti Nivas Ashram, run by St. Jude Church, Malad East, for persons with disabilities. On this occasion, KCA Mumbai Executive Member Mr. Stanley Johnson and Mr. C.J. John addressed the gathering. Gifts were distributed to the inmates of the Ashram, and a cheque of Rs. 25,500 was handed over by Unit President Mr. Joy Jacob and Central Council Member Mr. E. G. Johnny as part of the charitable initiative.

KCA TILAK NAGAR UNIT



Republic Day Outreach by KCA Tilak Nagar Unit: On the occasion of Republic Day, members of The KCA Tilak Nagar Unit visited Balanand Children's Orphanage, Chembur as part of its social outreach initiative. The team distributed milk tetra packs, food items and grains to the children and the institution. The members also participated in the Flag Hoisting Ceremony, celebrating the spirit of patriotism with the children.

The visit was a meaningful gesture of sharing and compassion, bringing joy and support to the young residents of the orphanage while commemorating the significance of the day.

Community Spirit

Our community continues to grow stronger with each passing day. Every contribution, big or small, adds value to our shared journey. We take pride in the unity and support that define us. Together, we create an environment of trust and belonging. Let us continue to inspire and uplift one another.

KCA KALINA UNIT



The KCA Kalina proudly carried out its first charity initiative under the new executive team on 26th December 2025.

Our members visited Gharkul School for differently abled children in Santacruz (East), where we spent meaningful time with around 50 differently-abled children. The team donated aprons and served food, sharing moments of joy, care, and connection.

This initiative marks the beginning of many more efforts to give back to the community and make a positive impact.

KCA KALYAN EAST UNIT

Leadership for the Future - The unit successfully conducted Elections for New Office Bearers. The newly elected team will lead The KCA Kalyan East Unit for the 2025–2027 term, carrying forward the mission of the association with renewed energy.

Empowering the Next Generation - To foster academic excellence, The KCA Kalyan East Unit presented retroactive Cash Merit Awards covering the past six years. These awards recognized the children of KCA Kalyan East Unit members who achieved first and second positions in their SSC and HSC examinations, celebrating their hard work and dedication.

Celebrating Unity through Music - In a vibrant display of solidarity, the Gloria 2025 Christmas Carol Singing Competition was conducted by St. Bartholomew Church, Kalyan East. Demonstrating its commitment to community harmony, The KCA Kalyan East Unit proudly sponsored the 1st prize of Rs.10,000.

Commitment to Compassion - Guided by a spirit of service, the unit organized a Charity Drive to support the marginalized and those suffering within society. Thanks to the generosity of our members, a significant amount was collected to aid caregivers and provide relief to the isolated and hurting.

KCA VASAI UNIT



Free Food Distribution: The KCA Vasai Unit continued its humanitarian initiative of distributing free food to the underprivileged. The members and volunteers actively participated in serving meals and extending support to those in need for 30 consecutive second Saturday of every month.

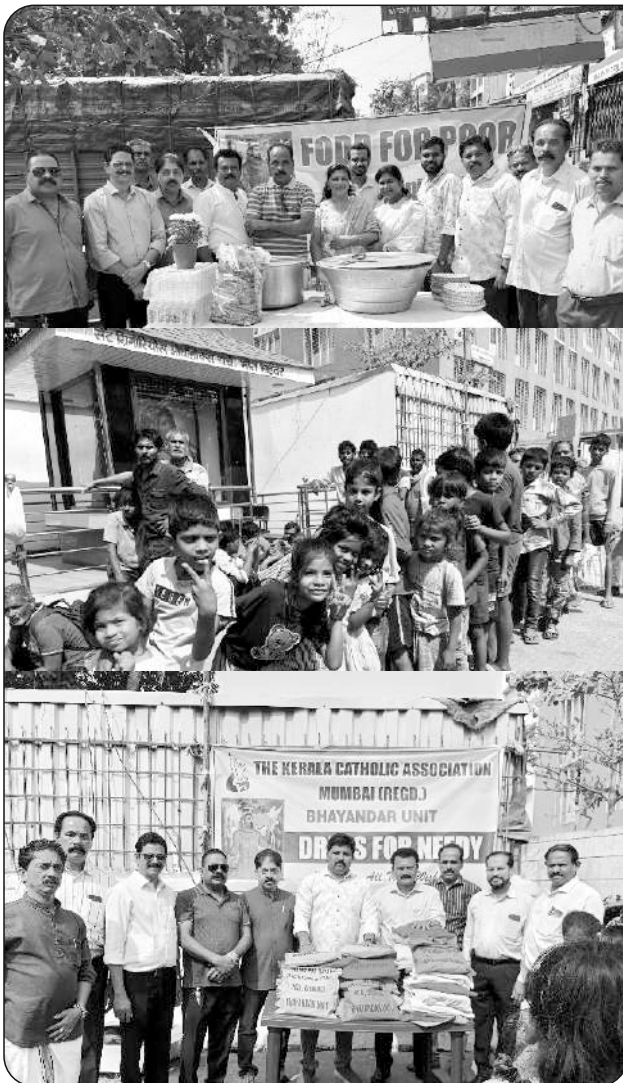
Christmas & New Year Celebration: The Kerala Catholic Association, Vasai Unit celebrated a Christmas and New Year Get Together in January 2026 with great enthusiasm and fellowship. The Bishop of Vasai, Mar Thomas Dsouza, was the Chief Guest for the event. Dignitaries from the Centre also graced the occasion. The celebration included: Cultural and entertainment programs, Fellowship among members and families, Felicitation of achievers in the fields of Sports, Education and Arts. The program strengthened unity and community bonding among members.

Financial Support: The Kerala Catholic Association, Vasai Unit extended financial assistance to the family of Late Mr. Biju Joseph. Members visited the residence of the bereaved family and handed over a cheque of Rs.10,000 to his wife in the presence of family members, expressing solidarity and support during their difficult time.

Lenten Project Food Distribution: As part of the Lenten Humanitarian Project, The Kerala Catholic Association, Vasai Unit visited Sant Sevalal Thakur Trust, Evershine City and distributed food to approximately 500 inmates. Many members of the Association participated in this noble initiative, and the effort was widely appreciated by the trust members and the local community.

യൂണിറ്റ് വാർത്തകൾ

KCA BHAYANDER UNIT



- Food for Poor organized by KCA Bhayander Unit
- Dress for Needy organized by KCA Bhayander Unit

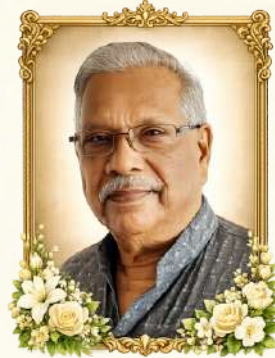
Service & Purpose

Serving others brings meaning and fulfillment to our lives. It teaches us compassion, humility, and kindness. Every act of service creates a positive ripple effect. Our purpose becomes clearer when we give selflessly. Let us remain committed to making a difference.



In Loving Memory of M.O. Joseph (80)

23.01.1946 - 26.03.2026



**Former General Secretary of KCA (then KCU)
for 2 terms, 1972-1974 and 1974-1976.**

**He is elder brother of present Executive Committee
Member Mr. Mathew John.**

**In keeping with his faith and in accordance with
his wishes, his body has been donated to
Amrita Hospital, Kochi.**

SALUTATIONS FROM KCA, MUMBAI

A tribute from a retired Brigadier, a neighbour to the vibrant and exemplary Joseukutty

I remember him from those youthful days, walking in with quiet confidence in his NCC uniform from SB College, Changanacherry. There was always something unmistakably vibrant about him. He carried warmth in his smile and kindness in his actions, always ready to help, never hesitant to stand by others.

He was a man of remarkable intellect, deeply well-read, with an ability to speak thoughtfully on almost any subject. Conversations with him were never ordinary; they left a lasting impression.

Life, with its own challenges, created distance in recent years, and I deeply regret not being able to reconnect as I wished. Yet, he was never absent from my thoughts. In quiet moments and in prayer, his presence remained - a testament to the impact he had on my life.

Today, as I bid farewell, I do so with a heart full of gratitude and sorrow. Adieu, my dear brother. You will always be remembered as one of the rare souls who truly made a difference in my life. Your memory will live on, not just in words, but in the values and thoughts you have left behind.

Brigadier OA James (Retd.)

Impact of NEP on Education System



Dr. Ancy Jose
Educationist
KCA Borivali Unit

The New Education Policy (NEP) 2020 marks a transformative shift in the Indian education landscape, redefining how education is structured, delivered, and assessed across the country. Introduced by the Government of India, NEP 2020 replaces the 34-year old National Policy on Education (1986) and aims to make India's education system more holistic, flexible, multidisciplinary, and aligned with global standards. The policy envisions an education system that not only imparts academic knowledge but also nurtures critical thinking, creativity, innovation, and ethical values. Its impact on the education system is extensive, influencing school education, higher education, teacher training, assessment reforms, vocational learning, and research culture.

One of the most fundamental changes introduced by NEP is the restructuring of the traditional 10+2 system into a 5+3+3+4 curricular and pedagogical structure. This new model aligns education with the cognitive and developmental stages of children, integrating early childhood care and education into the formal schooling framework. By emphasizing foundational literacy and numeracy at an early stage, the policy addresses one of the most pressing issues in India's education system—learning gaps in primary education. This structural reform ensures that young learners receive age-appropriate education, thereby strengthening the overall foundation of the schooling system and improving long-term academic outcomes.

Another major impact of NEP on the education system is the shift from rote memorization to competency-based and experiential learning. For decades, Indian education

has been criticized for encouraging memorization rather than conceptual understanding. NEP seeks to reduce curriculum content to focus on core concepts, critical thinking, and real-world application. This change is expected to transform classroom teaching methods, encouraging interactive learning, discussions, projects, and practical exposure. As a result, schools and institutions are required to redesign their curriculum, adopt innovative pedagogies, and train teachers to facilitate student-centered learning environments.

The policy also brings a revolutionary change by removing rigid distinctions between academic streams such as Science, Commerce, and Arts. This multidisciplinary approach allows students to choose subjects based on their interests rather than being confined to traditional categories. The impact of this reform on the education system is significant, as it promotes flexibility and breaks down hierarchical perceptions of disciplines. Educational institutions must now adapt by offering a wider range of subject combinations, fostering collaboration across departments, and supporting diverse career pathways. This shift aligns Indian education more closely with global models that emphasize interdisciplinary learning.

Language policy is another critical area where NEP influences the education system. The recommendation to use the mother tongue or regional language as the medium of instruction until at least Grade 5 aims to improve comprehension and cognitive development among young learners. This change has far-reaching implications for curriculum development, teacher recruitment, and textbook preparation. While it strengthens cultural roots and promotes inclusivity, it also requires significant efforts from state governments to ensure the availability of trained teachers and learning materials in regional languages. The success of this reform largely depends on coordinated implementation across states.

Assessment reforms under NEP represent a paradigm shift in evaluating student performance. The traditional examination system, often associated with high stress and rote learning, is being restructured to focus on competency-based assessment. Board examinations are to be made more flexible and less content-heavy, with opportunities for improvement. The establishment of PARAKH as a national assessment center aims to standardize evaluation processes and promote holistic development. These reforms

compel educational institutions to redesign testing methods, integrate formative assessments, and prioritize understanding over memorization, thereby reshaping the culture of examinations in India.

In higher education, NEP introduces sweeping reforms that significantly impact universities and colleges. The introduction of a four-year under graduate program with multiple entry and exit options provides flexibility to students and addresses issues related to dropout rates. The Academic Bank of Credits (ABC) allows students to accumulate and transfer credits across institutions, encouraging mobility and lifelong learning. This change requires higher education institutions to redesign academic structures, adopt credit-based systems, and integrate digital record keeping mechanisms. Furthermore, the policy aims to increase the Gross Enrollment Ratio in higher education, pushing institutions to expand capacity and improve quality.

The creation of a single higher education regulator, the Higher Education Commission of India (HECI), aims to streamline governance and reduce regulatory fragmentation. By separating regulation, accreditation, funding, and academic standard-setting into distinct verticals, NEP seeks to enhance transparency and accountability. This structural reform is expected to improve institutional autonomy while ensuring quality standards. Universities are encouraged to evolve into multidisciplinary institutions, moving away from narrow specialization and fostering comprehensive education models that integrate research, teaching, and community engagement.

Research and innovation receive significant emphasis under NEP through the proposed establishment of the National Research Foundation (NRF). This initiative aims to cultivate a strong research culture across universities, including state institutions that traditionally lacked research funding. By promoting interdisciplinary research and providing financial support, the policy seeks to elevate India's global academic standing. This shift requires universities to invest in research infrastructure, faculty development, and collaboration with industry and international institutions.

Vocational education and skill development are also integrated into mainstream education, reducing the divide between academic and vocational streams. By introducing vocational exposure at the school level and encouraging internships, the policy aims to make education more employment-oriented. Educational

institutions must collaborate with industries and local communities to provide practical training opportunities. This alignment between education and industry needs can strengthen the country's workforce and reduce unemployment among graduates.

Technology integration is another transformative aspect of NEP. The policy emphasizes digital infrastructure, online learning platforms, and virtual labs to enhance accessibility and quality. The increased adoption of technology in classrooms and higher education institutions modernizes the education system and prepares it for future disruptions. However, this transformation requires addressing challenges such as digital literacy, internet access, and infrastructure disparities, particularly in rural and underserved regions.

Inclusivity and equity are central to NEP's vision. The policy proposes special measures for socially and economically disadvantaged groups to ensure equal access to education. By promoting gender inclusion funds, scholarships, and open schooling systems, NEP aims to reduce dropout rates and bridge educational gaps. This inclusive approach compels institutions to adopt policies that support diversity, accessibility, and community outreach, thereby making the education system more equitable.

In conclusion, the impact of the New Education Policy 2020 on the Indian education system is comprehensive and transformative. It restructures school education, reforms higher education governance, promotes multidisciplinary learning, integrates technology, strengthens research, and prioritizes inclusivity. While the policy presents immense opportunities to modernize and globalize Indian education, its success depends on effective implementation, adequate funding, teacher training, and coordinated efforts between central and state governments. If implemented successfully, NEP 2020 has the potential to reshape the Indian education system into a dynamic, flexible, and globally competitive framework that nurtures not only knowledgeable individuals but also responsible and innovative citizens prepared for the challenges of the future.



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Francis John
Ex-Officio



Jacob John
Internal Auditor



Joel Francis
Internal Auditor



Ashna Brito
KCA Borivali Unit

Mary, of mine.

*When the road ahead is tedious and long,
When your spirit is weak, but it should be strong,
When the path you trudge is winding and tough,
When you must go on, but you 've had enough,

Your heart is tired, and your will is broken,
Your lips want to scream, but not a word is spoken,
Your mind is shackled and in its own way,
And your body is withering away, slowly day by day.

Your heart threatens to drown in sin,
The venom tries to seep beneath your skin,
The troubles you have, swallow you whole,
They take over your body, heart, mind, and soul.

Don't lose heart, only look above,
For there is a Woman, as she looks down at you with love.
You look upon her beautiful face,
She is an epitome of Godly Grace.

She comes to you and says, "follow me",
And takes you to the most beautiful place as can be.
She sits down with you and takes your hand in hers,
She kisses your forehead and wipes away your tears.

You lay your head upon her lap,
Suddenly your heart is free, you stop feeling trapped.
She says, "My child, your time is near,
"Don't you worry my love, it's almost here."

She sings you a lullaby, as her fingers brush your hair,
The weight on your shoulders, gone, you feel lighter than air,
And as you drift off into sleep,
You know this peace, is always yours to keep.*

Carry on.

*"Carry on" they said, "only a few miles to go through."
"Carry on now, there's no stopping you",
But what do you do when your leaden feet don't go?
And you just can't take another step anymore.

Nobody questions and no one cares,
About the nail in your heart nor the sword in your side.
"All you must do, is take a step" they say,
"Bend down on your fours and crawl, if you may".

"Don't you dare stop or you will let the world down",
"For at the finish line, awaits your crown."
Whether it be of thorns or gold, you need not care,
What only matters is that, it should sit in your hair.

So, carry on, with your bloodied feet and scabbed knees,
For at the end, you will find, everlasting peace.
Maybe.*

Encouragement & Positivity

Every new day brings fresh opportunities to grow and improve. A positive mindset can transform challenges into possibilities. Encouragement from one another makes the journey easier. Let us spread kindness and optimism wherever we go. Together, we can create a brighter tomorrow.



Joby Poly
Dombivli Unit

ജീവിതം മുന്നോട്ടുനീങ്ങി പുതിയ ജോലി, വിവാഹം, മുംബൈയിലേക്കുള്ള യാത്ര.

വർഷങ്ങൾ കഴിഞ്ഞപ്പോൾ ജീവിതം തിരക്കായി. ട്രെയിൻ യാത്ര, ഓഫീസ്, കുടുംബം, എന്നീ വേലിക്കെട്ടിനുള്ളിൽ ഒതുങ്ങിപ്പോയ ഞാൻ കലാലയകാലത്തെ പലമുഖങ്ങളും അറിഞ്ഞോ അറിയാതെയോ മറന്നുപോയി.

പക്ഷേ, ഇന്നിരാവിൽ, ആ പഴയ ആൽബത്തിൽ നിന്നും സേവ്യർസാറിന്റെ കയ്യെഴുത്തുള്ള ചെറിയ കുറിപ്പു കിട്ടി. To Ancy,

“May your eyes always have life”

എന്റെ കണ്ണുകൾ നിറഞ്ഞുപോയി. അന്ന് സാർ പറഞ്ഞ “Life in your eyes.” എന്ന വാക്കുകൾ ഇന്നും ഞാൻ മനസ്സിൽ വഹിക്കുന്നു. കോളേജിന്റെ വസന്തകാലം കഴിഞ്ഞുപോയെങ്കിലും, എന്നിൽ അതിപ്പോഴും പൂക്കുന്നു. താഴെ പൂത്തു നിൽക്കുന്ന ഏഴിലം പാലപ്പൂവിന്റെ മാസ് മര ഗന്ധം കാറ്റിലലിഞ്ഞു മുറിയിലേക്കൊഴുകി വന്നു. ഞാൻ ജനൽകമ്പി കളുടെ ഇടയിലൂടെ പുറത്തേക്കു നോക്കി. പാലമരത്തിന്റെ ഇലകൾക്കിടയിലൂടെ അരിച്ചെത്തുന്ന തെരുവുവിളക്കുകളുടെ വെളിച്ചം മഴത്തുള്ളികളോടു ചേർന്നപ്പോൾ അതിനു നേരിയ പച്ചനിറം. ആ വെളിച്ചത്തിൽ ഇരിഞ്ഞാലക്കുടയുടെ ദൃശ്യങ്ങൾ വീണ്ടും രൂപപ്പെടുന്നു.

പച്ചബസ്, പിൻസീറ്റ്, കലാലയകവാടം, സുനിതയുടെ ചിരി, മൗനപ്രണയങ്ങൾ, സേവ്യർ സാറിന്റെ ശബ്ദം..... എല്ലാം മായാത്ത ഓർമ്മകളായി മടങ്ങിയെത്തുന്നു. കാറ്റിൽ പറക്കുന്ന അനുസരണയില്ലാത്ത മുടിയിഴകളെ മാടിയൊതുക്കി ഞാൻ ജനൽ പാളികൾ ചേർത്തടച്ചു.

സുനിത എന്റെ ഏറ്റവും അടുത്ത കൂട്ടുകാരി. അവൾക്കു എല്ലായ്പ്പോഴും കവിതയുടെ ഭ്രാന്തായിരുന്നു. നോട്ട്ബുക്കിന്റെ പുറംചട്ടയിൽ പച്ചനിറത്തിലുള്ള കവർ; അകത്ത് സ്വപ്നങ്ങൾ “ജീവിതം ഒക്കെ അവസാന പരീക്ഷയെപ്പോലെ ഗൗരവമായി എടുക്കേണ്ടതില്ല, ചിലപ്പോഴെങ്കിലും അതു നാടകം പോലെ ആസ്വദിക്കണം,” എന്ന് അവൾ പറയാറുണ്ടായിരുന്നു. കലാമത്സരവേളയിൽ ഞങ്ങൾ അവതരിപ്പിച്ച ലഘുനാടകത്തിൽ ഞാൻ നായികയായി. ആ ദിവസം സേവ്യർസാർ കാണികളുടെ മുൻനിരയിലുണ്ടായിരുന്നു. നാടകത്തിന്റെ അവസാനം സാറിന്റെ കൈയ്യടി കേൾക്കുമ്പോൾ, എന്റെ കണ്ണുകൾ നിറഞ്ഞുപോയി. മത്സരങ്ങൾ കഴിഞ്ഞപ്പോൾ അദ്ദേഹം പറഞ്ഞു. Good performance, Miss Ancy, you have life in your eyes.” ആ വാക്കുകൾ ഇന്നും എന്റെ മനസ്സിൽ അലയടിക്കുന്നു.

കോളേജ് ജീവിതം ചെറുതായിരുന്നു. എങ്കിലും ക്യാമ്പസ് രാഷ്ട്രീയം, ക്യാൻറ്റീനിലെ ചുടേറിയ ചർച്ചകൾ, ബസ്സ് യാത്രകൾ, ഗ്രൂപ്പ് സ്റ്റഡികൾ, വൈകുന്നേരത്തെ ലൈബ്രറിയിലെ നിശ്ശബ്ദത ഇതൊക്കെ ആ കാലഘട്ടത്തിന് ദൈർഘ്യം പകർന്നു. ചില പ്രണയങ്ങൾ മൗനത്തിൽ തുടർന്നു, ചിലത് മാഞ്ഞുപോയി, ചിലത് നേരെ മനസ്സിന്റെ ഏറ്റവും ആഴത്തിലുള്ള കോണിൽ പതിച്ചു.

ഫെയർവെൽ ദിനം, സേവ്യർസാർ വേദിയിൽ പറഞ്ഞു: One day, when you look back, you will realise college was not just a time, it was a feeling.” അതുകേട്ട് ഞങ്ങൾ ചിരിച്ചെങ്കിലും ഉള്ളിൽ എവിടെയോ ഒരു തേങ്ങൽ.

എത്ര അകലെ ആയിരുന്നാലും, ചില “സ്ഥലങ്ങൾ” നമ്മിൽ തന്നെ വസിക്കുന്നു. എന്റെ “കലാലയവും” അതു പോലെ യൊരു സ്ഥലം.

പൂന്തൂകങ്ങളിലെ അമ്യായങ്ങൾ മറന്നുപോയി, പക്ഷേ ഹൃദയം പഠിപ്പിച്ച പാഠങ്ങളും അനുഭവങ്ങളും ഒരിക്കലും മായില്ല.

ജീവിതത്തിലെ അതുല്യമായ സ്വർണ്ണതാളുകൾ. പകരം വയ്ക്കാനാകാത്തതും, ഒരിക്കലും തിരികെ ലഭിക്കാത്തതുമായ മധുര സ്മൃതികളുടെ മനോഹരകാലം..... കലാലയ കാലം.





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Pearly Sebastian Ainickal
Assisi Nagar Unit

ദൈവത്തോടും മനുഷ്യകുലത്തോടും മറ്റ് ജീവജാലങ്ങളോടുമുള്ള അദമ്യമായ സ്നേഹത്താൽ പ്രേരിതമായി വളരെ സാഹസികമായ ജീവിതം നയിച്ച വിശുദ്ധനാണ് അസീസിയിലെ വി. ഫ്രാൻസിസ്.

അദ്ദേഹത്തിന്റെ ജീവിതത്തിൽ നിന്ന് പ്രചോദനം ഉൾക്കൊണ്ട് വിശുദ്ധമായ ഒരു ജീവിതം നയിക്കാൻ നമുക്ക് സാധിക്കുന്നുണ്ടോ?

ദൈവം സ്നേഹമാണ് എന്നും, ആ സ്നേഹം അർഹമായ വിധം സ്നേഹിക്കപ്പെടുന്നില്ല എന്നും തിരിച്ചറിഞ്ഞ അസീസിയിലെ വി. ഫ്രാൻസിസ് സഹസ്യഷ്ടികളോടുള്ള കരുണാഷ്ഠിമയായ സ്നേഹം ഒന്ന് മാത്രമാണ് മനുഷ്യ ജീവിതത്തെ സൃഷ്ടാവും പിതാവുംമായ ദൈവത്തിലേക്ക് നയിക്കുന്ന ഏക ശക്തി എന്ന് അനുഭവിച്ചറിഞ്ഞ പുണ്യപുരുഷനായിരുന്നു. ഈ വർഷം അദ്ദേഹത്തിന്റെ 800-ാം ചരമവാർഷികം ആചരിക്കുന്നു.

രക്തദാഹിയായ ഒരു ചെന്നായയെ, തന്റെ കരസ്ഥമാക്കി മാറ്റിയ ഫ്രാൻസിസ് സകല ജീവജാലങ്ങളെയും സഹോദരർ ആയി അംഗീകരിക്കുകയും ആദരിക്കുകയും ചെയ്തു.

ക്രൈസ്തവ ഇസ്ലാം സംഘട്ടനത്തിൽ നിരായുധനായി സുൽത്താന്റെ അമനയിൽ സ്നേഹ സന്ദേശവുമായി കടന്നു

ചെന്ന് സൂഹൃത്ത് ബന്ധം സ്ഥാപിച്ച ഫ്രാൻസിസ്, യേശുവിന്റെ കുരിശ് സംഘട്ടനത്തിലേക്ക് അല്പ അനുരഞ്ജനത്തിലേക്കാണ് നമ്മേ നയിക്കേണ്ടത് എന്ന് ഇന്നും നമ്മെ ഓർമ്മപ്പെടുത്തുന്നു.

ദരിദ്രരുടെ യഥാർത്ഥ സ്ഥിതി രൂപിച്ചറിഞ്ഞ ഫ്രാൻസിസ് ഒരു ഭിക്ഷു ആയി മാറിയതിൽ പിന്നെ അങ്ങോട്ടുള്ള യാത്ര വളരെ എളുപ്പമായി.

ഒരു കുഷ്ഠരോഗിയെ ചുംബിച്ചപ്പോൾ ജീവനുള്ള യേശുവിന്റെ സാക്ഷാൽ സമാധാന ചുംബനം ഏറ്റു വാങ്ങിയതോടെ പിന്നീട് അങ്ങോട്ട് തിരിഞ്ഞു നോക്കേണ്ടി വന്നിട്ടില്ല. ക്രിസ്തീയ പരിപൂർണ്ണതയിൽ എത്തികഴിഞ്ഞ നമ്മുടെ നായകന്റെ പാതയിലൂടെ നീങ്ങുന്ന നാം ഓരോരുത്തരും ദൈവസ്നേഹത്തിൽ ഉത്തരോത്തരം മുന്നേറുന്നുവല്ലോ. ഈ കാലഘട്ടത്തിന്റെ യുദ്ധങ്ങളും വഴക്കുകളും മൂലം മറ്റൊരു ക്രിസ്തുവായി വി. ഫ്രാൻസിസിന്റെ ചൈതന്യവും, പ്രചോദനവും, മാധ്യസ്ഥവും ലഭിക്കട്ടെ. എന്റെ ദൈവമേ എന്റെ സർവസ്വവുമേ എന്ന് ഏറ്റു പറഞ്ഞ ഫ്രാൻസിസിനെപ്പോലെ ദൈവത്തെ പ്രസാദിപ്പിക്കാം, സന്മനസിന്റെ ഉടമകളാകാം.



സങ്കീർത്തനം 63

ദൈവമേ എന്റെ ദൈവമേ

നീ മാത്രമാണെന്നും എന്റെ ദൈവം

ആത്മാവിലെ ദാഹമാണെന്നും നീ ദൈവമേ

നിന്നെ ഞാൻ തേടിടുന്നു നിൻ ദർശനം

കാണാത്ത നാളുകൾ മരുവിലായ് ഞാൻ

തളർന്നിടുന്നു.

നിൻ മന്ദിര വാതിൽക്കൽ വന്നു ഞാൻ

ദർശിച്ചിടും നിൻ മഹിമയും ബലവും

അധരങ്ങളെന്നും ഏറ്റേറ്റ് ചൊല്ലിടും നിൻ ദയ

ജീവനിലും ശ്രേഷ്ഠമെന്ന് ജീവിതകാലം

മുഴുവനും എന്നിൽ നിൻ നാമസ്തുതികൾ

ഉയർന്നിടും.

രാത്രികളിൽ നിൻ ആനന്ദഗീതങ്ങൾ ഉല്ലാസമായി എന്നിൽ നിറഞ്ഞിടുന്നു നിൻ ചിറകിൽ തണൽ എനിക്കുദയം നിൻ ധ്യാനം മാത്രം എന്റെ ഊർജ്ജം നിൻ വലംകയ്യാൽ താങ്ങിടും എന്റെ ദേഹിയും നിന്നിലായ് അലിഞ്ഞിടുന്നു.

Xavier Joseph
Vasai Unit

George Abraham

Past President (KCA-Bombay) and KCA (Kalina Unit)
Ex Municipal Councillor
General Secretary - Aviation Industry Employees Guild



ECHOES OF A DESI CHILDHOOD

When my three children were in middle school, I would often boast to them that, when I was their age, I had a much better life. I realize that every older generation says such things, whether valid or not. In my case, I was only comparing the desi sports and games I played to my kids spending their evening indoors, messaging friends or watching videos on their mobile phones.

I grew up, and still reside, in Kalina, a suburb of Mumbai. Today, following six decades of booming housing construction, there are few open spaces in the suburbs for kids to play. In Kalina though there are still large playing fields: in the two gated residential building complexes for Air India employees; in the Sundar Nagar housing complex; at St. Mary's school and on the main campus of Mumbai University.

So yes, in Kalina I see kids play cricket and football (soccer) as I did over fifty years ago. But I don't see them play the desi sports and games I played with equipment that cost little or no money and required little space.

For me, a new year began in the first week of June, with the start of school. It coincides with the onset of the monsoon season, which lasts till late August. We get lots of rain, sometimes for days. Most evenings during the monsoon, I played football on the large field at the centre of the old Air India complex, where we lived. One of my big achievements in high school was to get selected to the St. Mary's football team. However, my six sisters pressured my mother to not let me join the team since they did not want their only brother to get badly injured chasing a soccer ball. Some evenings, when the field was covered in water, mom said I could not play football. I would have to take a shower and wash my clothes elsewhere to be allowed back in the apartment, she would say. I was disappointed since football was also an excuse to splash around in wet, muddy fields. But I got out of the house, even if it rained, to spin tops. These brightly

coloured wooden toys are conical or oval in shape, tapering to a point with a metal tip. The key is to find well balanced tops with good grooves on the side and a smooth tip, so they can spin for a longer time. You start by coiling a string around the grooves. Then, holding the loose end of the string between your fingers, you hurl the spinning top onto a flat surface, usually in a building lobby. I once tried to practice in our apartment. But mom seized my top since its tip made holes in the polished floor. It was clearly evident that Arvind, Dilip and Raju had superior skills. They were popular and had an audience of envious kids watching their tops spinning for a much longer time than most of us could. They also spread their fingers flat on the ground, enabling the top to spin onto their palms. Arvind could simultaneously unwind and pull back the string, so that the top would boomerang in the air, land on his outstretched palm and continue spinning. Arvind was a natural athlete, also good in cricket, football and other sports. But he was not a team player and would often angrily walk out of a game, upset with a play or a player or a referee's call. Arvind, who retired as a mid-level bank executive, died of a heart attack a few years ago.

The monsoon season is also a time of windy weather. So, on many evenings the sky was dotted with colourful patangs, or kites. The paper kites, mostly square or diamond in shape, were of different sizes. Teenage boys, and some young men, flew kites from building terraces or from the ground. They controlled the kite with the manja, the string, which was wound on a phirky, or wooden spool held by a younger kid. Kishore, Sunil and Munna navigated their kites to glide, spin, pull back sharply or float away quickly, while trying to cut the string of a rival's kite. When they succeeded, there would be a loud cheer from the kids supporting them. It was rare for their kites to be cut by a rival. While skill was important, so was the quality of the string. Strings were coated with glass powder to give an edge in the kite fights. Kishore

would buy string, reinforced with secret ingredients, from stores in Byculla and Bhendi Bazaar. He would not disclose the name of the stores to prevent his rivals from buying the same string. There was intense, often years long rivalry between some of the major kite flyers. Some of the fights in the air, spilled into physical fights on the ground. Like other children, who were not good or too small to fly kites, I chased the kites that were cut, as they floated to the ground. Some kids used long sticks, with a branch attached to the top, to grab the string before they reach the ground. Also, a few bullies sought to capture all the kites. Even if you caught a kite you gave it to the bullies if they wanted it. One of them would tear the kite if you did not give it to him.

Up until I was in high school, I also played hopping games hopscotch and Langdi, and Lagori, or seven tiles, and marbles. While you could play hopscotch and marbles by yourself, Lagori was a contest between two teams, at times with twenty players of girls and boys on each side. (These games are described below.)

I was best at Gilli Danda. We got two round sticks, usually by chopping down branches from a tamarind tree. Gilli, the smaller stick, is about three inches long and half an inch in diameter. Using a knife, we scraped its two ends into a sharp point. Danda, the longer stick, is about a foot long and an inch in diameter. There is no limit on the number of players and you can also have contesting teams. But the game requires space and, as I found out, safety precautions. A Gilli is placed on the ground. A player taps its edge with the Danda to flip it in the air. While the Gilli is in the air, the player strikes it hard with the Danda. The one who hits the Gilli the longest distance wins. I could tap the Gilli multiple times, while it is in the air, before hitting it hard. So, my total distance was the length the Gilli traveled multiplied by the number of taps. I could tap up to eight times and hence did well in the game. Once, when I was eleven years old, I was day dreaming when a Gilli, hit by Minu, landed on my upper lip. I wiped off the blood and Minu said the bleeding had stopped. I went home pretending nothing happened. Seeing blood on my face, mom rushed and told dad. He was reading the newspaper, having just come home from work. Dad got a taxi and took me to the emergency room at Sion Hospital. After he put three stitches to seal the wound, the doctor said I was lucky the Gilli missed my eyes. A few days later I was back playing the game I liked most. For weeks, Minu feared that my parents would tell his parents. But my parents kept quiet about the accident. Minu

retired from Indian Airlines as a customer service officer and lives nearby in Vakola.

We played most of the desi sports throughout the year, especially during the three weeks in October, when school was closed for the Diwali – festival of lights holidays and in May, after the end of the school year. The desi games were played in other parts of India too, but often under different local names. Most of us did not keep score during the games, but knew our relative standing. We used the scores mainly to tease each other. However there were some kids who always wanted to win, tried to cheat and argued when they lost. I avoided playing with them. While not widely played, at least in Mumbai, some of the desi games are still around today. But they cost money or have morphed to require no skill. For instance, while our cost to play hopscotch was zero, mats for the game sell as “outdoor puzzle mats” for Rs.799 (\$10.50.) Then you can buy battery-operated spinning tops, with colorful lights, starting at Rs. 165 (\$2.20).

Instead, I will say that the desi games I played in the 1960's were good exercise, kept me busy and rarely bored, instilled the necessity of practice, made me respect those with character and skills and helped me develop life-long friendships, irrespective of whether a person is Hindu, Muslim, Christian, Sikh or Parsi, high or low caste, Maharashtrian or Tamilian, girl or boy - all things that I continue to value today.

Desi Games:

In Langdi, you draw a circle with a chalk, usually on a dead-end road where there was little vehicular traffic. Its size depends on the number of players. One of the players is the hunter. She hops on one leg and chases the other kids. If she touches you, or if you step outside the circle, it's your turn to be the hunter. The girls, including my sisters, were much faster than the boys as both hunter and hunted. When there was no one around to join me, I played hopscotch. If there were others, there was no limit on the number of players. Using a chalk, we drew and numbered eight square blocks, each about 2 feet x 2 feet. Players take turns and throw a small, flat stone aiming for the blocks furthest away, with the higher numbers. If the stone lands outside the squares or on a line then we are out of the game. When it lands within a block, we hop on one leg on every block, pick up stone and return to the start. If you return safely, after picking a stone from the 6th square, you got six points.

Playing Goti or Marbles also does not require much space. We played several types of games with round

marbles of different sizes and made of different substances. In one, a player tosses a small glass marble a few feet away. The other players toss their marbles, trying to reach the first marble. They then take turns, starting with one whose marble is furthest, to hit the first marble. To do this, they launch their marble with the index or middle finger, while the thumb is on the ground. The one who knocks the first marble then gets to lead the next round of play.

Another marble game was Koyba. A 2 feet square outline is drawn on the ground, against a wall. A small hole is dug at the center. The plastic marbles were about half an inch in diameter. Since my dad worked in the hangars of Air India, I also got discarded steel balls, used in aircraft parts, which I used to play Koyba. From a distance of about six feet, a player throws two marbles into the square, trying to get one or both to drop into the hole. Using a third marble, he tries to knock the marbles out of the square. If he knocks a marble, which fell into the hole, he gets extra points. After each round, the losers give the winner glass marbles to settle the points. Rasool was very good at Koyba, hitting a ball out of the square 9 out of

10 times. By the time he was 14, he was nearly six feet tall. He was recruited by a local gangster who organized matches where people bet money on the outcome of each round. Before Rasool finished high school, his family emigrated to Pakistan. I later heard stories that he became a major gangster.

Lagori, or seven tiles, was a contest between two teams, at times with twenty players on each team. When one of the teams had a good player, the other team captain would often be allowed to take an extra person. Seven flat stones are piled on top of each other, within a circle drawn with chalk. A member of the attacking team starts the game by aiming a ball to knock down the stones. When the stones are knocked down, the defending team members try to stack them up again. They have to do this while avoiding being hit by the ball, thrown at them by the attacking team. If the ball touches a defending team member, she or he is out of the game. The contest continues till all the members of one of the teams are out of the game.

When it got dark, and our siblings and parents shouted that we should get home, the team with the highest total score was the winner.



KCA CO-OP CREDIT SOCIETY LTD

(REG. NO. BOM/WHE/RMR/CR 9060 OF 99) DT. 03/03/1999

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KCA Co-operative Credit Society Ltd., Promoted by KCA Mumbai in 1999, proudly celebrated its Silver Jubilee in March 2025 at KCA Bhavan, Chembur. The Society's jurisdiction covers Greater Mumbai, Navi Mumbai, Thane and Palghar.

Facilities for Shareholders: Share value: Rs. 100 per share.

Loan facilities available: Personal Loan, Vehicle Loan, Housing Loan, Education Loan. Society has consistently declared dividends every year since its inception. Last year the Society declared 10% dividend after transferring 25% to the Reserve Fund. Shareholders can also deposit funds with the Society at an attractive interest rate of 8% for 2 years. The Society's accounts are audited annually by Government Auditors and the Society has been awarded "B Class". Elections for the Board of Directors (8 Directors) are conducted by the Co-operative Department in every 5 years. The Board also include 2 Expert Directors nominated from KCA Mumbai.

Important Notice to Shareholders: Members who have not submitted their latest phone numbers, address and bank details are requested to forward the same immediately, So pending dividends for the last 3 years can be sent to their banks.

The Society is also planning to start extension counters at various locations in association with KCA units for the convenience of members.



THE KERALA CATHOLIC ASSOCIATION, MUMBAI (Regd.)

KCA BULLETIN – ADVERTISEMENT BOOKING FORM

1. Advertiser Details

Name of the Company / Individual: _____

Contact Person: _____

Address: _____

Email ID: _____ Mobile Number: _____

2. Advertisement Details

Colour Pages (Please tick ?)

- | | | | |
|---|-----------|---|-----------|
| ☐ Inside Front Cover | ₹8,000/- | ☐ Centre Spread | ₹10,000/- |
| ☐ Inside Back Cover | ₹8,000/- | ☐ Double Page Spread | ₹8,000/- |
| ☐ Back Cover | ₹10,000/- | ☐ Inside Full Page | ₹3,500/- |

Black & White Pages (Please tick ?)

- | | | | |
|---------------------------------------|----------|--|--------|
| ☐ Full Page | ₹2,000/- | ☐ Box Ads | ₹400/- |
| ☐ Half Page | ₹1,000/- | (per column 1" x 1") | |
| ☐ Quarter Page | ₹500/- | ☐ Text Ads (per 50 words) | ₹200/- |

3. Discount Eligibility

Applicable for multiple issue commitment (Up to 15%, conditions apply)

4. Advertisement Material Submission Format: High-resolution PDF / JPEG

- | | |
|--|--|
| ☐ Material Attached | ☐ Material will be sent via Email |
|--|--|

5. Payment Details

Total Amount Payable: ₹ _____ Mode of Payment: ☐ Cash ☐ Cheque

Bank Transfer Transaction Details (if applicable): _____

6. Declaration

I/We hereby confirm the booking of advertisement space in the KCA Mumbai Bulletin and agree to abide by the terms and conditions specified by The Kerala Catholic Association, Mumbai (Regd.)

Signature of Advertiser: _____ Date: _____

KCA BULLETIN

For Office Use Only

Booking Received By: _____ Payment Status: _____ Advertisement Position Confirmed: _____

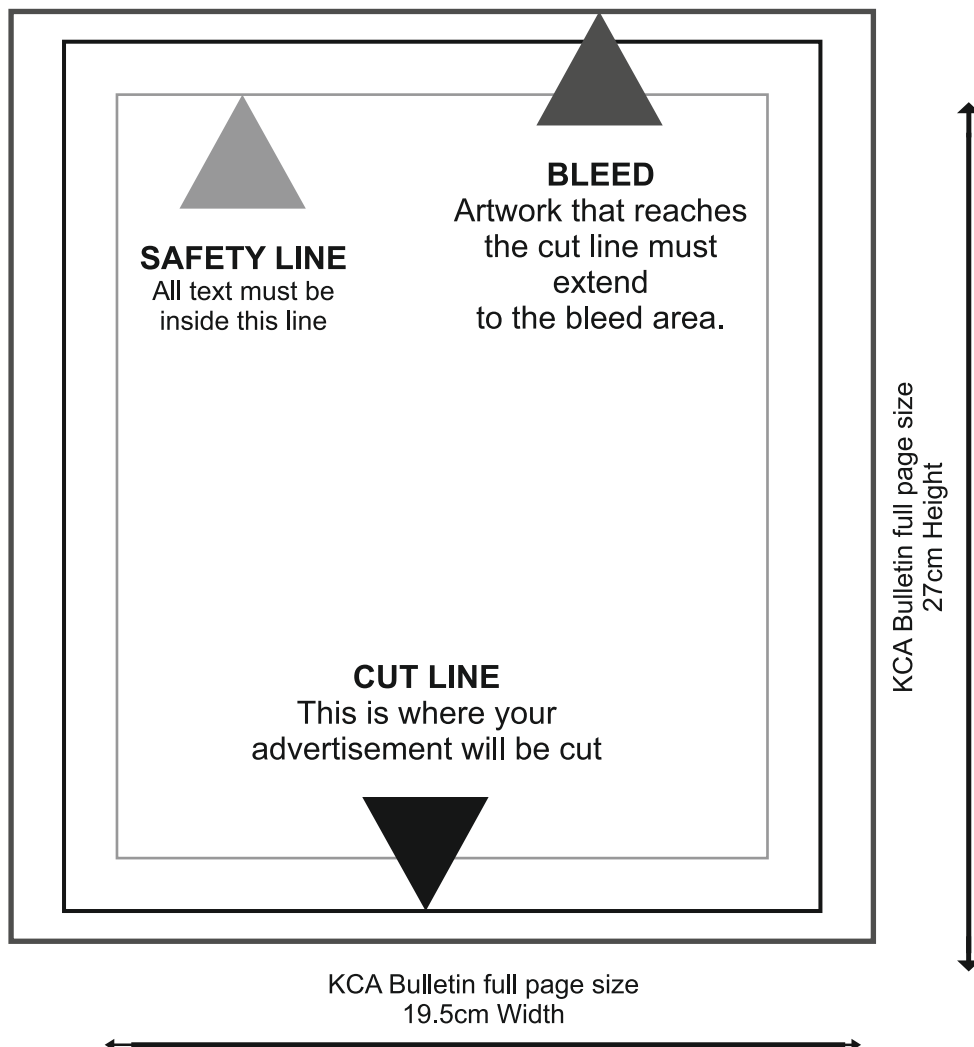
KCA Bulletin Advertisements Technical Specifications & Details

- Artwork Submission :** High-resolution PDF (300 DPI)
- Bleed Allowance :** 7mm on left & right, 4mm on top & bottom
- Live Area Protection :** Keep important content 10mm away from cut marks on width and 8mm on height
- Gutter Safety :** Minimum 2mm from centerfold on each page (4mm total)
- Full Page Dimensions :** Approx. 19.5 cm (W) x 27 cm (H) (*Non-bleed*)

Full Page Ads will cover an entire page of the magazine. There are two types of Full Page Ads, i.e., Bleed Ad and Non-Bleed Ads.

In Bleed Ads, the brands creative artwork will extend up to the edge or border of the page with no margins.

In Non-Bleed Ads, brand artwork will be covered with a border leaving a margin on all four sides and these ads will not extend to the edge of the page.





THE KERALA CATHOLIC ASSOCIATION, MUMBAI (Regd.)

(Regn. Nos. Public Trust Act, F-2560 (Bombay) Societies Act, Bom. 174/71)



Registration Form

1. Personal Details

Name of the Candidate: _____

Gender: _____ Age: _____ Height: _____

Marital Status: Never Married ☐ Widowed ☐ Divorced ☐ Annulled Religion ☐

Denomination: _____ Native Place (Kerala / Others): _____

2. Educational Qualification

Highest Qualification: _____ Field of Study: _____

3. Professional Details

Occupation / Designation: _____ Company / Organization: _____

Place of Work (City / Country): _____

4. Family Details

Father's Name & Occupation: _____ Mother's Name & Occupation: _____

Number of Brothers: _____ Number of Sisters: _____

5. Contact Details

Address: _____ Mobile Number: _____ Email: _____

6. Partner Preference

Preferred Age Range: _____ Preferred Education / Profession: _____ Preferred Location: _____

Other Expectations (if any): _____

7. Additional Information (Optional)

Hobbies / Interests: _____ Languages Known: _____

8. Declaration

I hereby declare that the above information provided is true to the best of my knowledge. I consent to publish these details in the KCA Bulletin Matrimonial Column.

Signature of Applicant / Parent: _____ Name: _____ Date: _____

The Kerala Catholic Association, through its **MATE MATTERS** section aims at providing authentic data of eligible members preparing for the holy sacrament of Matrimony.

The purpose of this Matrimonial Registration Form is to collect essential details of eligible brides and grooms from the community for publication in the Matrimonial Column of the KCA Bulletin. The initiative aims to facilitate suitable matrimonial alliances within the community by providing a reliable platform for families to connect. The information provided through this form will help present profiles in a structured and uniform manner while ensuring authenticity and clarity for prospective matches.

* For publishing in the 'KCA Bulletin', please fill the above form and send it to Mr. Lijo Joseph, Chairman, Marriage Bureau, The Kerala Catholic Association, Mumbai (Regd.), KCA Bhavan, KCA St. Francis of Assisi International School, P. L. Lokhande Marg, Chembur, Mumbai - 400 043. OR Email to: info@kcamumbai.com



Hallelujah

"You have nothing to worry about. The LORD is taking care of you on this journey" Judges 18-6"

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Vatican - Italy
France - Spain
Portugal

14 Oct 14 Days

₹ 2,60,000

WEST EUROPE

Vatican - Italy - France
Spain - Portugal
Switzerland

14 Oct 16 Days

₹ 2,80,000

EAST & WEST EUROPE

Poland - Czechia - France
Spain - Portugal - Austria
Slovakia - Hungary
Croatia - Herzegovina

1 Oct 22 Days

₹ 3,20,000

EAST & WEST EUROPE

Vatican - Italy - France
Spain - Portugal - Poland
Austria - Slovakia - Czechia
Croatia - Hungary - Herzegovina

25 Sep 27 Days

₹ 3,70,000

VATICAN & ITALY: Rome - Sgyn - Assisi - Padua - Lanciano

St. Peter's Basilica - Vatican Museum - Sistine Chapel
Basilica of the Holy Cross in Jerusalem • St. Anthony of Padua
Eucharistic Miracle of LANCIANO • Basilica of the Santa Maria Maggiore
St. Paul outside the walls • St. Francis, St. Clare & St. Carlo Acutis in Assisi
Archbasilica of St. John Lateran • St. Padre Pio in San Giovanni • Holy stairs

SWITZERLAND: Engelberg - Lucerne

(Optional visit) Mt. Titlis by Cable Car - Ice Flyer



POLAND: Krakow Divine Mercy Shrine (St. Faustina)

Jasna Gora Sanctuary - Our Lady of Czestochowa
Family House & Museum of St. John Paul II & Wieliczka (Salt Mine)

FRANCE: Lourdes - Nevers - Paris (Eiffel Tower)

Marian Candle Light & Blessed Sacrament Procession (Twice)
St. Catherine Laboure, Miraculous Medal • St. Vincent de Paul
St. Bernadette Soubirous Tomb in Nevers • Notre-Dame Cathedral

SPAIN: Santiago de Compostela - Apostle St. James

Birthplace: St. Ignatius of Loyola, in Azpeitia

PORTUGAL: Fatima - Children's Ancestral House, Candle Light Procession

HERZEGOVINA: Medjugorje Blue Cross - Apparition Hill & Cross Mountain

CZECHIA: Prague

Infant Jesus Shrine
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HUNGARY: Budapest

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9 Oct
5 Nov
7 Nov
9 Days
₹ 1,20,000

Ho Chi Minh City - Hanoi
Phnom Penh - Siem Reap
Halong Bay Cruise
Hoi An, Da Nang

2 May
30 Aug
27 Oct
3 Nov
9 Nov
11 Days
₹ 1,40,000

Phu Quoc - Ho Chi Minh City
Hanoi - Halong Bay Cruise
Da Nang - Hoi An

4 May
1 Sep
9 Oct
5 Nov
7 Nov
12 Days
₹ 1,50,000

Phu Quoc - Ho Chi Minh City
Hanoi - Halong Bay Cruise
Phnom Penh - Siem Reap
Da Nang - Hoi An

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30 Aug
27 Oct
3 Nov
9 Nov
14 Days
₹ 1,70,000

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7 Days

3 Aug

₹ 60,000/-

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* T & Apply

"We place our destiny in the hands of the LORD, not in human hands, because his mercy is as great as his majesty" Sirach 1-3



THE KERALA CATHOLIC ASSOCIATION, MUMBAI (Regd.)

KCA BULLETIN – OBITUARY PAGE SUBMISSION FORM

We request you to kindly provide the following details for publishing in the Obituary Page of the KCA Bulletin.

1. Passport Size Photograph of the Deceased
(Kindly attach a clear, recent photograph)
2. Full Name of the Deceased: _____
3. Date of Death: ____ / ____ / ____
4. KCA Unit Name: _____
5. Positions held at Unit / Central (if any): _____

Declaration:

I hereby confirm that the above details are true and correct to the best of my knowledge.

Submitted By: Name _____ Contact Number _____

Signature _____ Date _____

Submission Instructions:

Kindly submit the completed form along with the photograph to the KCA Office OR send email to bulletin@kcamumbai.com within the stipulated deadline for inclusion in the Bulletin.

The zones we cross...

~ Sangita Kalarickal

Nothing remains of the home except the kitchen. Not even a wall separates that room from the elements outside. The cold inside lies bare for all to see. Yet somehow, still intact, bottles of vitamins squat on the microwave oven. A bowl of fruit waits for a kid to run by and grab an apple.

That wait is forever. That kid will never skip by. That lone kitchen beckons the world as no tears do.

Red Eyed

I track the Wolf Moon

a barn owl wails

For a short while, snow wraps the world in silence, until the bombs arrive.

Again.

First published in the Wales Haiku Journal, Winter 2025

*The Election of
The Kerala Catholic Association Mumbai (Regd.)
for the term 2025–2027 was held on Sunday,
28 December 2025. Presenting the newly elected
Office Bearers and Executive Committee Members
who will lead the Association during this term.
We extend our heartfelt congratulations
and wish them a blessed and successful tenure.*



Appreciation Letter to Assisi Nagar KCA
Unit for their sponsorship of Rupees
Five Lakh towards our Class Room
Sponsorship initiative. ▶





THE KERALA CATHOLIC ASSOCIATION, MUMBAI (Regd.)

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Joint Secretary



P. R. Jose
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Sajesh Abraham
Ex-Officio



THE KERALA CATHOLIC ASSOCIATION, MUMBAI (Regd.)

EXECUTIVE COMMITTEE MEMBERS 2025 - 2027



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Shibu John
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Lalson George Chiramel
Committee Member



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Stanley Johnson
Committee Member



Mathew John
Co-opted Member



Babu George
Co-opted Member



Lijo Joseph
Co-opted Member



Joseph Paul
Internal Auditor



Shibu Joseph
Internal Auditor

WOMEN'S DAY 2026

The KCA Women's Day Celebration commenced with a graceful prayer dance by Diana, followed by a Bible reading by Rosily Dale. The St. Francis Peace Prayer was then led by Pearly Sebastian and the gathering was warmly welcomed by Daisy Ignatius. As a symbol of God, the light of the world, all the distinguished guests lit the ceremonial lamp. Mrs. Joyce Joy delivered a meaningful message on how women should be today and officially inaugurated Women's Day 2026.

In the morning session, Dr. Nambiraj Konar explained the importance of stress management, hormones, nutrition, physical activity and sleep in maintaining overall health.

In the mid-morning session, Dr. Viju Murthy focused on breast cancer awareness, emphasizing the importance of early detection, regular screening and advancements in treatment, which have significantly improved recovery outcomes.

In the afternoon session post lunch, Dr. Sr. Roshni N. Neerackal spoke about women's gynaecological health across different stages of life. She covered hormonal changes, reproductive awareness, menopause management and health issues specific to women.

As the medical camp began at 10:00 AM, many women completed their tests before the seminar started and the camp continued throughout the day.

After lunch, Rehana and Diana conducted fun activities and exercises for the women, energizing everyone. The sessions were concluded by Dr. Sr. Roshni N. Neerackal's session and doubt clearing.

These sessions were highly informative and inspiring, encouraging women to make informed decisions about their health. Everyone enjoyed tea and snacks and left with fond memories of a wonderful Women's Day celebration.

Impact of Women's Day 2026

- More than 100 cancer screening coupons were distributed among the participants.
- Eye Check-up: More than 13 participants purchased spectacles after the eye check up.
- After the bone density check, participants started taking calcium supplements.
- Many participants became aware of their health conditions and are planning to seek further treatment.





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A FAITH-FILLED JOURNEY

The Inspiring Story of Sanju Samson



James Kannampuzha
Vasai Unit



In life, God often places dreams in our hearts long before we understand His plan. The journey of Sanju Samson is a beautiful reminder that when talent is combined with faith, prayer and perseverance, extraordinary things can happen.

For many young people today, Sanju Samson is not only a talented cricketer but also a person who openly acknowledges the grace of God in his life. His story is one that resonates deeply with faith, humility, and gratitude.

A Dream guided by God:

Sanju Samson was born in Thiruvananthapuram, where his passion for cricket began at a young age. Like many children, he had a dream, to play for India. But dreams alone are not enough. It was through discipline, support from his family and trust in God's plan that he continued moving forward. Often in life, we are called to trust God even when the path ahead is uncertain. Sanju's journey reflects this truth.

The Power of Practice and Dedication

Behind every success lies unseen sacrifice. Sanju spent countless hours practicing, improving his game and preparing himself for bigger opportunities. Early mornings, rigorous training sessions and continuous

learning became part of his life. This reminds us of the Biblical principle: *"Whatever you do, work at it with all your heart."* (Colossians 3:23). Sanju's dedication shows that when we commit our talents to God and work sincerely, He blesses our efforts.

Trials, Challenges and Perseverance:

Like many athletes, Sanju Samson faced challenges in his career. There were moments when he was overlooked, times when critics doubted his abilities and phases when opportunities seemed limited. However, he did not lose hope. Instead, he remained patient and continued to work hard. Faith often grows stronger in moments of waiting and testing. Many young people today face disappointments in studies, careers or personal goals. Sanju's story reminds us that setbacks are not the end of the journey, they are part of God's process in shaping us.

Success with Humility:

When success finally comes, it is easy to forget the journey. But what stands out in Sanju Samson's life is his humility. Despite recognition and fame, he remains grounded and thankful. The images of him praying on the cricket field, lifting his eyes to heaven after achieving milestones, speak louder than words. They

reflect a heart that acknowledges God as the source of strength and blessings.

A Testimony of Faith

For many believers, Sanju Samson's life is a testimony that faith and profession can go hand in hand. In a world where success often brings pride, his example shows that faith keeps a person rooted and grateful. His gestures of prayer on the field remind us that God is present in every aspect of our lives. Success is a blessing to be thankful, for Faith gives strength in both victory and defeat. This simple yet powerful testimony inspires countless young people to remain faithful to God while pursuing their dreams.

The journey of Sanju Samson carries an important message for our youth:

Dream with faith, Work hard with dedication, Be patient during challenges, Trust God's timing, Remain humble in success.

When we place our talents in God's hands, He leads us in ways beyond our imagination.

The life of Sanju Samson is more than a sporting success story; it is a faith journey. From a young boy with a dream to representing the nation, his path reflects perseverance, discipline and trust in God's grace.

For our KCA community, his story encourages us to nurture our dreams while staying rooted in faith. It reminds us that with prayer, dedication and God's guidance, every challenge can become a stepping stone toward a greater purpose.

May his journey inspire many among us to believe, persevere and walk faithfully in the path God has prepared for us.



KCA DIARY

08.10.2025 *Emergency Executive Meeting*

31.10.2025 *Executive Committee Meeting*

19.11.2025 *Executive Committee Meeting*

22.12.2025 *Executive Committee Meeting*

28.12.2025 *General Body 2025-2027*

01.1.2026 *Joint meeting of the outgoing
Executive Committee and the
newly formed Executive
Committee*

08.01.2026 *Executive Committee Meeting*

01.02.2026 *Central Council Meeting*

01.02.2026 *Christmas & New Year
Celebration 2026*

21.02.2026 *Executive Committee Meeting*

15.03.2026 *Women's Day Celebration*

21.03.2026 *Executive Committee Meeting*

വചനം പ്രായോഗിക ജീവിതത്തിൽ



Alice Dyson
Assisi Nagar Unit

“നിങ്ങൾ എന്നിൽ വസിക്കുകയും എന്റെ വാക്കുകൾ നിങ്ങളിൽ നിലനിൽക്കുകയും ചെയ്യുന്നു എങ്കിൽ ഇഷ്ടമുള്ളത് ചോദിച്ചു കൊള്ളുക അത് നിങ്ങൾക്ക് ലഭിക്കും”. (യോഹ.15:7)

ഈ വചനങ്ങൾ എന്റെ ജീവിതത്തെ വളരെ അധികം ആകർഷിച്ചിട്ടുള്ളതാണ്. പഠിക്കുന്ന കാലം മുതൽ വിവാഹം കഴിഞ്ഞു വർഷങ്ങൾ പലതും കടന്നുപോയപ്പോഴും ജീവിതത്തിലെ സങ്കീർണ്ണമായ പ്രശ്നങ്ങൾ നേരിടാൻ എനിക്ക് ശക്തി ലഭിച്ചത് ഈ വചനങ്ങൾ ആണെന്നു ഞാൻ വിശ്വസിക്കുന്നു. ജീവനുള്ള വചനങ്ങൾ വീണ്ടും വീണ്ടും വായിക്കുമ്പോൾ മനസ്സിന്റെ ഭാരം കുറയുന്നതായി അനുഭവപ്പെട്ടിട്ടുണ്ട്.

ബൈബിളിൽ നിറഞ്ഞു നിൽക്കുന്ന ഓരോ വചനങ്ങൾ കൊണ്ട് മനസ്സ് നിറച്ചാൽ ജീവിതം സന്തോഷപ്രദമാകും. ഏത് സാഹചര്യത്തിലും സമചിത്തതയോടെ ദൈവകരങ്ങൾ മുറുകെ പിടിച്ചു ധീരതയോടെ മുന്നേറാൻ കഴിയും.

വിശുദ്ധാത്മാക്കൾ എല്ലാം തിരുവചനത്തിൽ അധിഷ്ഠിതമായ ജീവിതം കെട്ടിപ്പടുത്തവർ ആണ്. മിഷനറിമാരുടെ മദ്ധ്യസ്ഥയായ വി.കൊച്ചുത്രേസ്യക്ക്, നമുക്ക് സ്വർഗ്ഗത്തിലേക്കുള്ള കുറുകുവഴി കാട്ടിത്തരുവാനുള്ള പ്രചോദനം ലഭിച്ചതും വി.ഗ്രന്ഥത്തിൽ നിന്നാണ്.

തിരുവചനം അക്ഷരപ്രതി ജീവിച്ച മറ്റൊരു വിശുദ്ധനാണ് നമ്മുടെ വി. ഫ്രാൻസിസ് അസീസി. ഇതാ കർത്താവിന്റെ ദാസി എന്ന് പറഞ്ഞുകൊണ്ട് വചനം മാംസമാകാൻ പിതാവായ ദൈവത്തിന് സമ്മതം കൊടുത്ത നിമിഷം മുതൽ പരീക്ഷണങ്ങളിൽ കൂടി കടന്നുപോയ പരി.അമ്മയെ പോലെ, വി.ആത്മാക്കളെ പോലെ വചനത്തിൽ അധിഷ്ഠിതമായ ജീവിതശൈലി സ്വന്തമാക്കിയാൽ നാം മരിക്കുകയില്ല. അനുദിനം നമ്മേ പ്രേരിപ്പിക്കുന്ന ജീവിക്കുന്ന വചനം ജീവിക്കുക. വചന വായനക്കായി എല്ലാ ദിവസവും അരമണിക്കൂർ എങ്കിലും വിനിയോഗിക്കണം. വായന തുടങ്ങുന്നതിനു മുമ്പ്, ഈശോ എന്താണ് എന്നെ പഠിപ്പിക്കുവാൻ ഉദ്ദേശിക്കുന്നത് എന്ന് ഗ്രഹിക്കുവാൻ, പരിശുദ്ധാത്മാവിന്റെയും പരി.അമ്മയുടെയും സഹായം ചോദിക്കണം. ഇതിലൂടെ ഈശോ തന്നെയാണ് എന്നോട് സംസാരിച്ചത് എന്ന് വിശ്വസിക്കണം. ഈശോയുടെ ആശയങ്ങൾ ഗ്രഹിക്കുവാൻ, അതിനൊത്ത ജീവിതം കെട്ടിപ്പടുക്കുവാൻ, മാറ്റങ്ങൾ വരുത്തുവാൻ, തീരുമാനിച്ച ശേഷം പ്രതിജ്ഞ ചെയ്തു യേശുവിനെ ഭരമേൽപ്പിക്കണം.

അങ്ങനെ നമുക്ക് ഓരോരുത്തർക്കും വചനം ആകാനും, വചനം ഏകാനും പ്രാപ്താകാം, ജീവിക്കുന്ന വചനപന്തങ്ങൾ ആകാം. “നിങ്ങൾ ലോകമെങ്ങും പോയി സകല സൃഷ്ടികളോടും സുവിശേഷം പ്രസംഗിക്കുവിൻ”. (മാർക്ക് 16:15) എന്ന ക്രിസ്തുവിന്റെ വചനത്തിൽ വിശ്വസിച്ചു, തളർന്നവന് ബലം പകരാനും, രോഗിക്ക് സൗഖ്യം കൊടുക്കാനും, ലോകത്തിന്റെ പ്രകാശം ആകാനും നമ്മൾ ഓരോരുത്തരെയും ശക്തരാക്കട്ടെ

Proud Moment for Our Community



Dr. Jerin Jacob
(Daughter of Mr. Jacob Varghese, KCA Kandivali Unit)

The Kerala Catholic Association, Mumbai (Regd.) extends its heartfelt congratulations to **Dr. Jerin Jacob Thazuthedethu** on the remarkable achievement of earning a Doctor of Philosophy (Ph.D.) in Women's Studies from Tata Institute of Social Sciences, Mumbai.

The doctoral research titled “**Representing the Subaltern: A Study of Contemporary Biblical Retellings in India**” is a significant academic contribution that reflects deep scholarship, critical insight and a commitment to amplifying marginalized voices. This accomplishment is not only a personal milestone but also a moment of immense pride for our entire community.

Your dedication, perseverance and intellectual excellence serve as an inspiration to our youth and all members of society. You have truly brought honor to our community and set a benchmark for academic and social leadership.

On behalf of all members of The Kerala Catholic Association, Mumbai (Regd.), we celebrate this proud moment and wish you continued success in all your future endeavors.

Congratulations once again, Dr. Jerin!!

With best wishes,

Joy Varghese Pareckattil

President,

The Kerala Catholic Association, Mumbai (Regd.)



അനിത ജെസ്സിയുടെ മുഖത്തേയ്ക്ക് നോക്കി. ജെസ്സി ചിരിയ്ക്കാൻ ശ്രമിച്ചു. നിറഞ്ഞ ചായക്കപ്പ് പാടകെട്ടി തണുത്തുറഞ്ഞിരുന്നു. വാഷ്ബേസിനിലേയ്ക്ക് ചായ ഒഴുകികളഞ്ഞ്, അനിത കപ്പ് കഴുകി വച്ചു. നിറഞ്ഞ നിശബ്ദതയെ ഭേദിച്ചുകൊണ്ട് ജെസ്സിയുടെ ഫോണിൽ ഡോക്ടർ ഗീതയുടെ മുഖം തെളിഞ്ഞു. കൂടുതലും സംസാരിച്ചത് ഡോക്ടറായിരുന്നു. ചില മുളലുകളിൽ മാത്രം ജെസ്സി മറുപടിയൊതുക്കി. ഫോൺ താഴെവെച്ച് ജെസ്സി അനിതയോട് പറഞ്ഞു, “ഗീതാന്റീയാ വിളിച്ചേ, അലക്സ്സുമായി ആന്റീ വീണ്ടും സംസാരിച്ചു. അലക്സ്സ് വല്ലാതെ ദേഷ്യപ്പെട്ടെന്നു പറഞ്ഞു, വൈകുന്നേരം ക്ലിനിക്കിലേയ്ക്ക് അലക്സ്സിനേയും കൂട്ടി വരാൻ പറഞ്ഞു.” അനിത എല്ലാം മുളിക്കേട്ടു.

വിവാഹം കഴിഞ്ഞ് എട്ട് വർഷമായിട്ടും കുട്ടികൾ ആകാതിരുന്ന കൂട്ടുകാരി ജെസ്സിയ്ക്ക് തന്റെ അച്ഛന്റെ സഹോദരി ഡോക്ടർ ഗീതയെ പരിചയപ്പെടുത്തിക്കൊടുത്തത് അനിതയായിരുന്നു. കഴിഞ്ഞയാഴ്ച അലക്സ്സുമായി സംസാരിയ്ക്കാൻ ഡോക്ടർ ശ്രമിച്ചിരുന്നു. പറയുന്നത് കേൾക്കാനോ, സംസാരിയ്ക്കാനോ കൂട്ടാക്കാതെ അയാൾ പൊട്ടിത്തെറിച്ചു. തന്റെ കഴിവുകേട് ജെസ്സി എല്ലാവരെയും അറിയിയ്ക്കുന്നുവെന്നാണ് അയാളുടെ തോന്നൽ. ഭേദ്യമൊഴികെ അറിയാവുന്ന എല്ലാ പീഡനമുറകളും അയാൾ ജെസ്സിയ്ക്കൽ പ്രയോഗിക്കാറുണ്ട്. ഒരമ്മയാകാൻ സാധിക്കാത്തതിനേക്കാൾ കൂടുതൽ മാനസികസമ്മർദ്ദവും, പിരിമുറുക്കവും ജെസ്സിയിലുണ്ടാക്കുന്നത് അലക്സ്സിന്റെ ഈ പെരുമാറ്റമായിരുന്നു. ഡോക്ടർ ഗീതയെ കാണാൻ ഒറ്റയ്ക്ക് പോകാൻ ജെസ്സി തീരുമാനിച്ചു. താൻ ആശുപത്രിയിലേയ്ക്ക് പോവുകയാണെന്നും അവിടെവെച്ച് കാണാമെന്നും അവൾ അലക്സ്സിനൊരു വാട്സ്ആപ്പ് മെസ്സേജ് അയച്ചു.

അപ്പോയിന്റ്മെന്റ് സമയമായിട്ടും അലക്സ്സ് എത്താത്തതിനാൽ അവൾ അലക്സ്സിനെ ഫോണിൽ വിളിച്ചു. പാർക്കിങ്ങിൽ എത്തിയെന്നും, ഉടനെ അങ്ങോട്ടെത്താമെന്നും അയാൾ ദേഷ്യത്തിൽ പറഞ്ഞു. തന്റെ ഊഴമായപ്പോൾ ജെസ്സി ഡോക്ടറുടെ മുറിയിലേയ്ക്ക് കയറി. മാതൃസഹജമായ വാത്സല്യത്തോടെ ഡോക്ടർ ഗീത സംസാരിക്കാനാരംഭിച്ചു. അനുവാദത്തിനു കാത്തുനിൽക്കാതെ അലക്സ്സ്, ഡോക്ടർ ഗീതയുടെ മുറിയിലേയ്ക്ക് കയറിച്ചെന്നു. തടയാൻ ശ്രമിച്ചയാളെ, തുറന്ന വാതിൽ അടയ്ക്കാൻ കൂട്ടാക്കാതെ ഉയർന്ന സ്വരത്തിൽ അയാൾ എന്തൊക്കെയോ ചീത്ത വിളിച്ചു. ഈ പെരുമാറ്റം അരോചകമായി തോന്നിയെങ്കിലും ഒരു നേർത്ത ചിരിയോടെ ഡോക്ടർ ഗീത അയാളോട് ഇരിയ്ക്കാൻ പറഞ്ഞു. കണ്ണീർ തുടയ്ക്കാൻ ശ്രമിയ്ക്കുന്ന ജെസ്സിയെ പുച്ഛത്തോടെ നോക്കി അയാൾ പറഞ്ഞു. “പൂക്കണ്ണീർ വീഴ്ത്താൻ ഇനി ഇവിടെക്കൂടിയേ ബാക്കിയുള്ളൂ, നശിച്ച ജന്മം.” “അലക്സ്സ്, ബി കയ്റ്റ്” ഡോക്ടർ ഗീത സൗമ്യമായി, എന്നാൽ ഉറച്ച ശബ്ദത്തിൽ പറഞ്ഞു. “ഓരോ പുതിയ ആവശ്യവുമായി വന്നോളും, കുറേ നാളായി ഇങ്ങനെയൊരാൾഗ്രഹവും കൊണ്ട് നടക്കുന്നു. ഇല്ലെങ്കിൽ ഇല്ലെന്നേയുള്ളൂ, കിട്ടണമെന്ന് വാശി പിടിക്കണോ?” അലക്സ്സ് പിറുപിറുക്കാൻ തുടങ്ങി. “ജെസ്സിയുടെ ആവശ്യം തീർത്തും ന്യായമാണ്. നമുക്കത് ചെയ്യാനാകും.” ഡോക്ടർ പറഞ്ഞു. “എന്ത് ന്യായം? എന്റെ മുഖത്ത് ചെളി വാരിയെറിഞ്ഞു കൊണ്ടുള്ള ഇവളുടെ ഒരു പരിപാടിയും നടക്കില്ല.” അലക്സ്സ് പറഞ്ഞു. ഡോക്ടർ ഗീത ശാന്തമായി വീണ്ടും പറഞ്ഞു; “അലക്സ്സ്, ഇപ്പോൾ IVF പോലുള്ള വഴികൾ സർവസാധാരണമാണ്.

സ്വാഭാവിക മാർഗ്ഗങ്ങൾ നടക്കാതെ വരുമ്പോൾ ഇത്തരം രീതികൾ സ്വീകരിയ്ക്കുന്നതിൽ തെറ്റില്ല. പിന്നെ, ഇത് ലോകത്തെ മുഴുവൻ വിളിച്ചറിയിച്ചിട്ടൊന്നുമല്ല ചെയ്യുന്നത്. ഇങ്ങനെ വൈകാരികമായി പ്രതികരിക്കാതെ ജെസ്സിയുടെ ഭാഗത്തു നിന്നാണ് ചിന്തിച്ചു നോക്കിയേ.” ഡോക്ടർ ഗീതയുടെ സൗമ്യവും എന്നാൽ പ്രൗഢഗംഭീരവുമായ ഈ വാക്കുകൾ അയാളുടെ ഉള്ളിൽ കൊണ്ടു. അയാൾ ചിന്താനിമഗ്നനായി ഡോക്ടറുടെ മുഖത്തേയ്ക്ക് തന്നെ നോക്കിയിരുന്നു. “അലക്സ് ഒരു കാര്യം ചെയ്ത്. നാളെ അവധിയാണല്ലോ, രാവിലെ ഒരു പതിനൊന്ന് മണിയ്ക്ക് എന്റെ വീട്ടിലോട്ട് വരു. അഡ്രസ്സ് ഞാൻ വാട്സ്ആപ്പിൽ അയയ്ക്കാം.” ഡോക്ടർ ഗീത പറഞ്ഞു. ഈ വാക്കുകൾ ജെസ്സിയിൽ ആശ്വാസമുളവാക്കി.

നഗരവീഥിയിലൂടെ അലക്സിന്റെ കാർ നീങ്ങി. ഡോക്ടർ ഗീതയുടെ വാക്കുകൾ അയാളിൽ ഒരു രൂപാന്തരീകരണത്തിന്റെ വിത്ത് പാകിയിരുന്നു. പതിവിലും പതുക്കെയാണയാൾ കാർ ഓടിച്ചത്. അലക്സ് എന്തേയിങ്ങനെയെന്ന് ജെസ്സി അത്ഭുതപ്പെട്ടു. വീട്ടിലെത്തിയതും അയാൾ ഒന്നും പറയാതെ മുറിയിൽ കയറി വാതിലടച്ചു കട്ടിലിലേക്കമർന്നു. നിദ്രയുടെ പടവുകൾക്കൊപ്പം ഒരു കൊച്ചുകുഞ്ഞിനെ അയാൾ കണ്ടു. ചുരുട്ടിപ്പിടിച്ച് കൈകൾ തന്റെ നേർക്ക് നീട്ടുന്ന ആ കുഞ്ഞാ ഒരു വലിയ ഗർഭത്തത്തിലേയ്ക്ക് വീഴുന്നു. കുഞ്ഞിന്റെ കരച്ചിലിനോടൊപ്പം മറ്റൊരു കരച്ചിൽ കൂടെ അയാൾ കേട്ടു. തന്റെ പുറകിൽ ചുണ്ട് കടിച്ച് പിടിച്ച് കരച്ചിലൊഴിവാക്കാൻ ശ്രമിയ്ക്കുന്ന ജെസ്സിയെ അയാൾ കണ്ടു. എവിടേയ്ക്കെങ്കിലും ഓടിപ്പോകാൻ അയാളാഗ്രഹിച്ചു. പക്ഷേ, ആ പുഴിമണ്ണിൽ അയാളുടെ കാലുകൾ അമർന്നപ്പോയി. എത്ര ശ്രമിച്ചിട്ടും അയാൾക്ക് തന്റെ കാലുകളെ സ്വതന്ത്രമാക്കാൻ സാധിച്ചില്ല. വാവിട്ടുകരയുന്ന കുഞ്ഞ്, വിതുമ്പിക്കരയുന്ന തന്റെ ഭാര്യ ജെസ്സി. അവളാ കുഞ്ഞിനെ എടുക്കാനാവതും പരിശ്രമിയ്ക്കുന്നുവെങ്കിലും സാധിയ്ക്കുന്നില്ല. അവളുടെ കണ്ണുനീർത്തുള്ളികൾ വീണ് പുഴിമണ്ണ് നനയുന്നത് അയാൾ തിരിച്ചറിഞ്ഞു. അയാളാ കുട്ടിയെ കൈകളിലെടുത്തു. പെട്ടെന്ന് ജെസ്സി ആ കുട്ടിയെ തന്റെ കൈകളിലേയ്ക്ക് ഏറ്റുവാങ്ങി മാറോട് ചേർത്തു. ഒരുനിമിഷം അയാൾക്ക് അലറിവിളിക്കാൻ തോന്നി. പക്ഷേ, ശബ്ദം അധരത്തിൽ തന്നെ കുടുങ്ങിക്കിടന്നു. ജെസ്സിയുടെ കൈകളിലെത്തിയതും കുഞ്ഞ് കരച്ചിൽ നിർത്തി. ചിരപരിചിതമായ രീതിയിൽ ജെസ്സി ആ കുഞ്ഞിനെ ഇടംകൈകൊണ്ട് പിടിച്ച് അലക്സിന്റെ കവിളിൽ ഒരുമ്മ കൊടുത്തു.

സ്വപ്നത്തിന്റെ അതിര ഭേദിച്ച് അയാൾ കണ്ണുകൾ തുറന്നു. അല്പനേരം ഒന്നും മനസ്സിലാകാതെ അയാൾ തരിച്ചിരുന്നു. മൊബൈൽ നോട്ടീഫിക്കേഷനിൽ അഡ്രസ്സ് അറിയിച്ചുകൊണ്ടുള്ള ഡോക്ടർ ഗീതയുടെ മെസ്സേജ് അയാൾ കണ്ടു. യാഥാർത്ഥ്യത്തിലേയ്ക്ക് വന്നെങ്കിലും ആ കുഞ്ഞിന്റെ കരച്ചിലപ്പോഴും അയാളുടെ കാതുകളിൽ മുഴങ്ങുന്നുണ്ടായിരുന്നു. നാളെ ജെസ്സിയേയും കൂട്ടി വരാമെന്ന് അയാൾ ഡോക്ടർക്ക് മറുപടിയയച്ചു.

അയാൾ തന്റെ ഇടത് കവിളിൽ കൈയോടിച്ചു. ജെസ്സിയുടെ ചുംബനത്തിന്റെ ചൂട് അയാൾക്കപ്പോഴും അനുഭവപ്പെടുന്നുണ്ടായിരുന്നു.





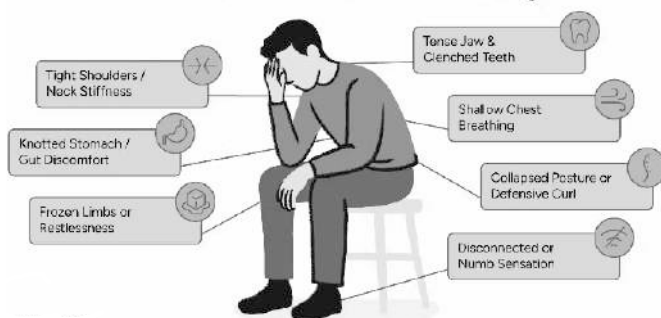
The Transformative Power of Somatic Hypnotherapy

Meera, a 38-year-old corporate professional, walked into my therapy room. Her career was thriving, her life looked successful from the outside, and she was known among friends as someone strong and capable. Yet inside, something felt constantly unsettled.

"I understand my problems," she said thoughtfully. "I have read about anxiety, childhood patterns, and emotional healing. I know where my fears come from. But even when I tell myself everything is fine, my body still reacts - my chest tightens, my heart races, and sleep disappears."

This is a common experience for many people today. Insight alone often does not dissolve deeply embedded emotional responses. A person may understand their struggles intellectually, yet the body continues to respond as if the past is still happening. This is where **Somatic Hypnotherapy** offers a powerful and integrative pathway for healing.

How Trauma Lives in the Body



Somatic Hypnotherapy is an advanced therapeutic approach that combines the depth of clinical hypnotherapy with body-based awareness. It recognizes a



Dr. Rajiv Naidu

Anxiety & Trauma Therapist

Somatic Hypnotherapist

Founder- SomaCurah - School of Applied Somatic Hypnotherapy

fundamental truth: human experiences are not stored only as thoughts in the mind; they are also stored in the nervous system, the muscles, breathing patterns, and subtle sensations in the body. Emotions are physiological experiences as much as psychological ones. Fear may appear as a tight chest, shame may cause the shoulders to collapse, anger may tighten the jaw, and grief may weigh heavily on the heart. The body carries these emotional imprints long after the conscious mind tries to move forward.

Trauma researcher Bessel van der Kolk beautifully expressed this phenomenon when he wrote: "The body keeps the score. If the memory of trauma is encoded in the viscera, in heartbreaking and gut wrenching sensations, in autoimmune disorders and skeletal pain, then talking about it will not be enough."

Somatic hypnotherapy works precisely at this intersection of mind and body. In a relaxed hypnotic state, the conscious analytical mind becomes quieter, allowing deeper access to subconscious emotional patterns and bodily responses. When combined with gentle somatic awareness - observing sensations, breath, and nervous system responses - the therapy allows individuals to release unresolved emotional energy and reorganize their internal experience. To understand how this works, it is helpful to look at the structure of the human mind. Most psychological models describe the mind in layers.

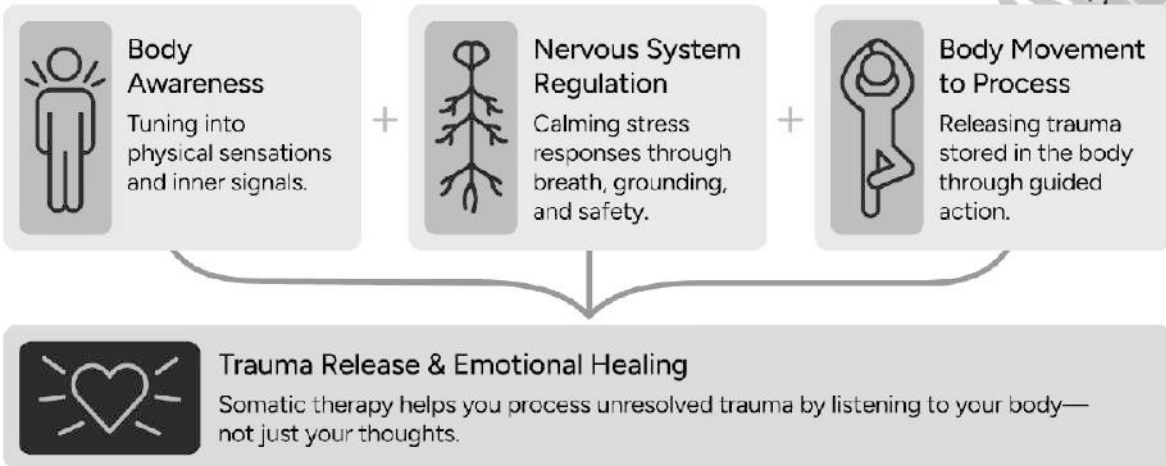
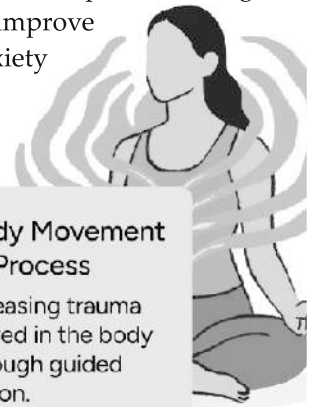
The conscious mind represents logical thinking, reasoning, and decision-making. It is the part that plans, analyzes, and attempts to control behaviour. However, it represents only a small portion of mental functioning. Beneath it lies **the subconscious mind**, which stores emotional memories, beliefs, habits, and automatic responses developed over years of experience. Many of these patterns were formed during early childhood when the brain was highly impressionable. This subconscious layer quietly influences how people

perceive themselves, how they react to stress, and how they form relationships.

Swiss psychiatrist Carl Jung famously observed: “Until you make the unconscious conscious, it will direct your life and you will call it fate.”

Somatic Hypnotherapy adds another essential dimension to this understanding - the **somatic body**, or the nervous system. Experiences are not stored only as memories; they are also stored as physiological responses. The nervous system learns patterns of

The impact of this approach can be significant across different stages of life. Children, for example, are naturally receptive to hypnotic and imaginative processes. Their developing minds absorb experiences quickly, which means early emotional imprints can strongly influence self-esteem and behaviour. Somatic hypnotherapy techniques can help children regulate emotions, overcome fears, improve confidence, and release anxiety in a gentle and supportive manner.



survival, safety, tension, and relaxation based on past experiences. When the nervous system becomes conditioned to remain in a state of alertness or stress, a person may feel anxious even when there is no immediate threat.

Canadian physician and trauma specialist Gabor Maté explains this beautifully: “Trauma is not what happens to you. Trauma is what happens inside you as a result of what happens to you.”

Somatic Hypnotherapy allows individuals to safely access these internal responses and release the emotional charge stored in the body. In a session, the process is often gentle and experiential. Instead of forcing positive thinking or analyzing problems repeatedly, the therapist invites the client into a relaxed state of awareness. The client may be guided to observe sensations in the body, explore emotional memories with safety, and allow the nervous system to complete responses that were previously suppressed. Often, as awareness deepens, the body begins to soften — breathing slows, muscles release tension, and emotions move naturally through the system.

Teenagers often experience intense emotional fluctuations as their identities begin to form. Academic pressure, social expectations, and personal insecurities can create stress and self-doubt. Somatic hypnotherapy helps teenagers reconnect with emotional balance, improve focus, reduce exam anxiety, and develop a healthier relationship with their inner world.

Adults frequently seek therapeutic support for repeating patterns in life - relationship conflicts, procrastination, burnout, anxiety, and unresolved emotional wounds. In many cases, these patterns are not simply psychological habits but nervous system responses learned over time. Somatic hypnotherapy allows adults to release these patterns by working directly with the subconscious and the body simultaneously, helping them create new emotional and behavioural pathways.

Even for older individuals, somatic hypnotherapy can offer profound benefits. It may support relaxation, reduce chronic stress, assist with pain management, improve sleep, and bring a deeper sense of peace and acceptance during later stages of life.

From a scientific perspective, this approach aligns with

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modern research on neuroplasticity - the brain's ability to change and form new neural pathways. When individuals enter a relaxed hypnotic state and feel safe within their bodies, the nervous system shifts from survival mode toward regulation. In this state, the brain becomes more flexible, allowing new patterns of thinking, feeling, and responding to emerge.

Ultimately, the essence of somatic hypnotherapy lies in restoring harmony between mind and body. Instead of trying to control emotions or suppress sensations, individuals learn to listen to the body's wisdom and allow healing to unfold naturally.

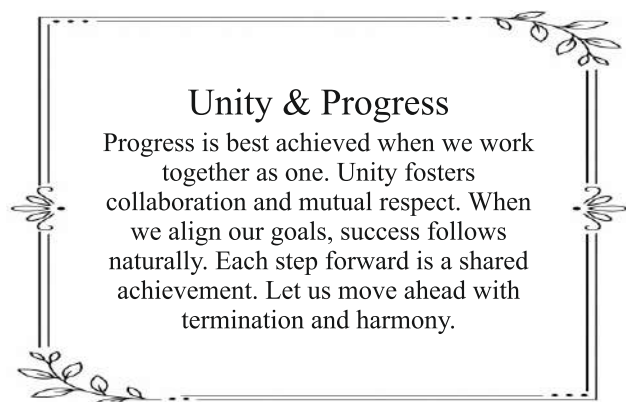
As psychologist William James once reflected: "The greatest discovery of my generation is that a human being can alter his life by altering his attitudes of mind."

Somatic Hypnotherapy expands this idea by adding another layer - by **listening to the body as well as the mind**.

Before finishing this article, it may be valuable to pause and reflect on a few questions:

- When you feel stressed, where do you experience it in your body?
- Do you allow your emotions to move through you, or do you try to suppress them?
- What patterns in your life seem to repeat themselves?
- What might change if your body felt deeply safe and relaxed?

These reflections often mark the first step toward deeper self-awareness and transformation.



കാത്തിരിപ്പ്



Mini Thomas
Vasai Unit

കൺ തുറന്നീ ലോകമാദ്യം നീ കണ്ടപ്പോൾ
നിന്നെയെടുത്തു പരിചരിച്ചോൾ
ജാതിയിലേതെന്നു നോക്കിയില്ലെന്നു നീ
നിർമ്മലമത്രമേൽ നിന്റെ ചിത്തം.
പിച്ചവെച്ചോമനേ നീ വളർന്നീടവേ,
കല്ലിലും മുളളിലും തട്ടിടാതെ
നിൻ വിരൽത്തുമ്പു പിടിച്ച പോറ്റമ്മതൻ,
ജാതിയും നീയന്നനിഞ്ഞില്ലല്ലോ!
കൈവിരൽത്തുമ്പുകൊണ്ടാദ്യാക്ഷരങ്ങളെ
എണ്ണിപ്പെറുക്കിയെടുത്ത നാളിൽ
അക്ഷരപ്പുക്കൾക്കൊണ്ടൽഭൂതം കാട്ടിയ
വിദ്യാർത്ഥിയായി നീ ജീവിച്ച നാൾ;
എങ്ങുമേ നിൻ ഗുരുനാഥന്റെ ജാതിയും
അറിയാതെ പോലും നീ ചോദിച്ചില്ല!
ആതുര സേവനം ചെയ്യുന്ന നിസ്വാർത്ഥ
സോദരിതൻ ജാതി ചോദിച്ചില്ല.
കണ്ണടയുന്നേരമിററു നീർ നൽകിയ
കൈകൾ തൻ ജാതിയും ചോദിച്ചില്ല!
നിഷ്കൂര കൃത്യങ്ങളിന്നുമീ ഭൂമിയിൽ
കാട്ടുന്നതോ ജാതിക്കോമരങ്ങൾ!
ഒരു ജാതി, ഒരു മതം, ഒരു ദൈവമെന്നുള്ള
സത്യത്തെ മണ്ണിട്ടു മൂടിടുന്നോർ
സ്നേഹമെന്നുള്ള മഹനീയമാം മർത്ത്യ
ബന്ധങ്ങളും മറന്നീടുന്നല്ലോ!
മാനുഷരെല്ലാരുമൊന്നുപോലുള്ളൊരു
സ്വപ്നമീ മണ്ണിൽ തളിർത്തുകാണാൻ,
ഈ സ്നേഹഗാഥയും പാടി നടന്നു ഞാൻ
ഇനിയത്രെ കാലങ്ങൾ കാത്തിടേണം!



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Central Level Cultural & Literary Competition 2025

Prize Winners

Sl No	Item	Category	Position	Name	Unit
1	Pookkalam Drawing	A	1	Evana Maria Suo	Mira Road
			2	Simmy Faustiana Sijo	Mira Road
			3	Christina Johny	Assisi Nagar
		B	1	Nelson Joy	Dombivili
			2	Nixon Joy	Dombivili
			3	Denina John	Mira Road
		C	1	Thomas K James	Mankhurd
			2	Saji John	Mira Road
			3	Shiny John	Miraroad
2	Story Writing		1	Joby Pauly	Dombivili
			2	Nikhila Vincent	Assisi Nagar
			3	Vincy Saji	Asalpa
3	Essay Writing		1	Daisy Ignatius	Marouli
			2	Thobias Anickal Sebastian	Assisi Nagar
			3	Saji David	Asalpa
4	Family Group Singing		1	Xavier Joseph & Family	Nerul
			2	Babu K L & Family	Nerul
			3	Jithin Abraham & Family	Ambarnath

Nellan Joy
Chairman, Cultural Committee

M.M. Jose | Sajitha Joseph | Antony Joseph
Cultural Committee Members

KCA Mumbai (Regd.)

President Joy Varghese Pareckattil	General Secretary Abhilash Joseph	Treasurer Sajesh Abraham
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Pookkalam Drawing _Category B
1st Prize _ Nelson Joy (KCA Dombivili Unit)



Pookkalam Drawing _Category A
1st Prize _ Evana Maria Sijo (KCA Mira Road Unit)



Pookkalam Drawing _Category C
1st Prize _ Tomson K. James (KCA Mankhurd Unit)

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PRASHANT PRAJAPATI
CLASS :10-B (SB)

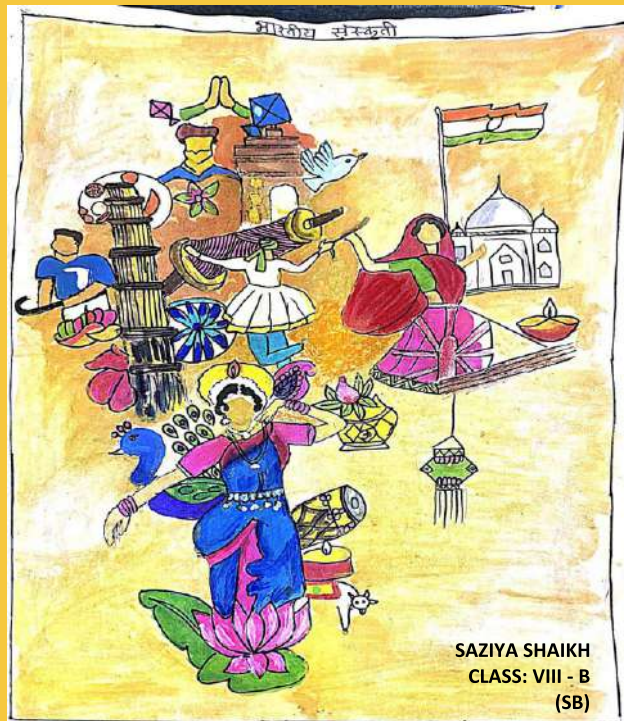
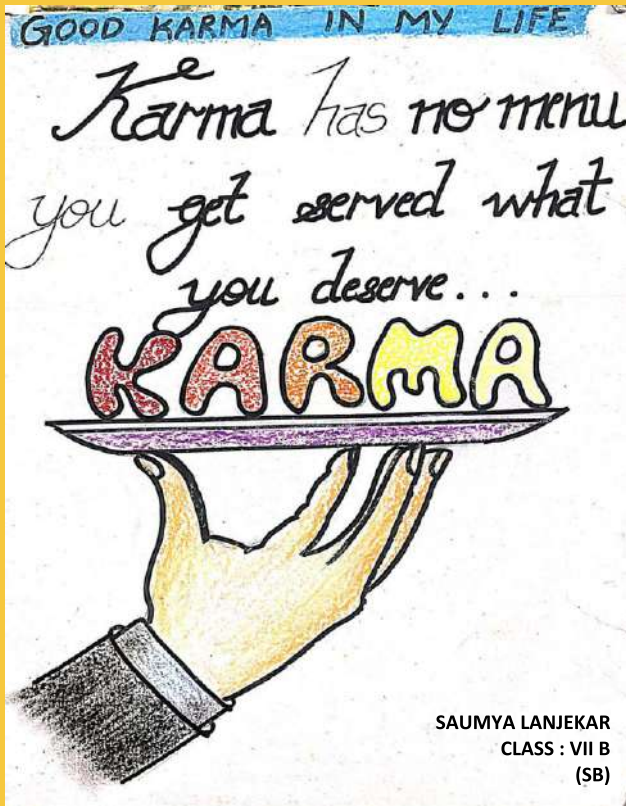


ARNAV BERDE
V-B (CP)



SATYASHEEL CLASS 4C (SB)

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Science

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- Science provides a framework for exploring the world around us, answering fundamental questions, and solving practical problems.
- The impact of science is woven into the very fabric of our modern existence
- The smartphone in your pocket is a product of decades of research in physics and materials science.
- Science is more than just a subject in school, it is a fundamental human endeavour
- Science is endless, collaborative quest for knowledge that will light the way forward.
- The challenges of the future, from climate change to disease is solved with the help of science.

SCIENCE IS LIFE

AHIL JAFRI
STD IV- A (SB)

POEM

Good Karma in My life
Good Karma Smile
When Kindness flows, and love is shared.
Good Karma's smile is beyond compare, It brings a Peace that's hard to
find A warmth that touches heart and mind
May good deeds be my guiding light
May Kindness fill my day and night
May love and peace forever shine
And good karma's blessings be mine.
Thank You

Aqsha Ibrahim Salmani
STD – VII/B (SB)

Colors of nature

Red like a Lady Bug
Orange as a Beetle
Yellow like the sun
Green as a Field
Blue like the Sky
Indigo as a Flower
Violet like the End of rainbow
O Mother Nature Please Take a Bow

Name : Arshi. M. Arif
Class : 2 B (CP)



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The Crack in the Sky



Ashna Brito
KCA Mankhurd Unit

Every other morning, I woke up to my annoying alarm. But this morning, there was no sound. I woke up because light fell directly on my face. It wasn't normal sunlight. It was too bright, too still. I sat up slowly and looked out of the window. That's when I saw it. There was a crack in the sky. A real one. A literal crack—thin yet endless—stretching across the heavens as if the sky itself were breaking open. I stood there for a while, trying to convince myself that I was still dreaming. I walked downstairs, my mind stuck on that crack. On the way, I noticed the photo frames on the wall. Something felt off. I stopped and looked carefully. I wasn't in any of them. In every frame, there were only my parents. Some frames were empty. Others showed moments I remembered clearly, yet I was nowhere in them. It was as if I had never existed. As if I had been erased. Just gone. By the time I reached the living room, my head felt heavy. My parents were watching the news. It was strange too. Owls flying in daylight. Dogs howling nonstop. People disappearing for days and coming back saying they were gone for just a few minutes. Clocks across the city stopped working at the same time. The days were getting shorter, darker and gloomy. Still, no one mentioned the crack. I gasped softly. How could they not see it? My parents turned around. I expected them to say good morning. Instead, they stared at me like I didn't belong there. My mother screamed. My father picked up the phone, saying he would call the police. That was when everything made sense. I ran out of the house. Outside, the streets felt wrong. Animals behaved

unnaturally. People whispered about disappearing for days, only to return claiming it had been just minutes. Shadows were missing. Some said they had aged overnight. Mirrors didn't reflect anymore, and owls flew even in daylight.

Yet no one spoke about the crack.

Until I heard a woman sitting on the pavement. She kept repeating one thing. "How is the whole city bright," she said, "except the school on the hill?" That's when I realized it. Only I could see the crack.

At the top of the hill stood the school, silent and dark, untouched by the strange light covering the city. It felt forgotten, like a place no one questioned anymore. I made my way up the hill, toward the abandoned school. The absence of light made the place feel untouched by time—forgotten, avoided, feared. Inside, through shattered windows, I saw something impossible.

A book floating midair.

Beside it, a pen suspended mid air as if caught mid-sentence. The book's cover read:

The Chosen One.

I climbed inside through the broken windows towards the book

The book spoke of a day when the sky would crack and worlds unaware of each other would collide, destroying all living beings. The first signs would be subtle—time distortion and strange behavior.

Everything was finally making sense.

But there was hope.

The crack could be sealed—by the chosen one.

The name written in the book revealed the chosen one. If the book glowed when touched, that person would have to give themselves willingly, never to return.

My hands trembled as I saw my name.

I knew what it meant.

I touched it anyway.

The book glowed.

In an instant, every pain I had been through resurfaced—the memories I prayed never to relive, the nights I barely survived. They played over and over, reliving every fear of my life that I had experienced.

I let it happen.

I disappeared so the crack could close.

I was pulled into the book, sacrificing myself and reliving my worst memories, knowing that

The world might have forgotten me, but the universe hadn't.

NEW LIFE MEMBERS (From 1st October, 2025 - 31st March, 2026)

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JISON JOSE
LIJO JOSEPH

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SUMA EMERSON
EMERSON ANTONY
BRIGHT V.CHIRAYATH
CHRISTO VINCE
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JANEES SAJEEVTHEKKAN
KEVIN SCARIA
MARIA PRIYA FRANCIS
SOPHY LAZAR ARATTUKULAM
REXON PHILIP
ATHUL SONY
ANSAMMA PAUL
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CINNY JOSEPH ELENJIKAL
VARKEY VATTOLIKAL
PREETI VARKEY VATTOLIKAL
HARITHA VARKEY VATTOLIKAL
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VIKHROLI UNIT

JOSEPH JOHN THERUVAPUZHA



Alliance invited for a fair RC Girl, Born Aug. 2001, 5'1", B.A., B.Ed. working as Teacher at Tilak Public School, Navi Mumbai. Born in Kerala / brought up in Navi Mumbai, parents hailing from Kollam, Kerala.
Contact: 98201 05280

KCA/MM-001/2025-27

Alliance invited for a SMRC Boy, Born Aug. 1994, 5'9", MBA (Fin), working as Executive - Finance at International Logistics Company in Mumbai. Born in Kerala / Staying in Bhandup (W), parents hailing from Trichur, Kerala.
Contact: 9322216628

KCA/MM-002/2025-27

Alliance invited for a SMRC Boy, Born Aug. 1993, 5'6", Diploma (Hotel Management), working as Duty Manager at J. P. Morgan in Mumbai. Born in Kerala / Staying in Andheri (E), parents hailing from Kerala.
Contact: 9892677102

KCA/MM-003/2025-27

Alliance invited for a Wheatish SMRC Boy, Born Aug. 1997, 5'7", MBA (Aviation Management), working as Sr. Executive – Compliance & Documentation in Akasa Airlines, Mumbai. Born in Mumbai / Staying in Chembur, parents hailing from Trichur, Kerala.
Contact: 9820275999

KCA/MM-004/2025-27

Alliance invited for a SMRC Boy, Born Aug. 1997, 5'7", BBA/LLB, working as Human Resources Business Partner in Sterling & Wilson Renewable Energy Ltd. in Mumbai. Born in Mumbai / Staying in Panvel, parents hailing from Trichur, Kerala.
Contact: 9869056916

KCA/MM-005/2025-27

Alliance invited for a Medium Fair SMRC Boy, Born Aug. 1996, 5'6", B. Arch, working as Architect with Colliers International, Mumbai. Born in Mumbai / Staying in Borivali, parents hailing from Perinthalmanna, Calicut.
Contact: 9930380955

KCA/MM-006/2025-27

Alliance invited for a RC Latin Girl, Born Aug. 1992, 5'7", BE (Elec & TC) + MMS (Fin), working as AVP with Barclays, Mumbai. Born in Mumbai / Staying in Powai, parents hailing from Edathua, Kerala.
Contact: 9892145836

KCA/MM-007/2025-27

Alliance invited for a RC Girl (Divorced), Born Aug. 1997, 5'7", M.Sc. (Comp. Sc), working as Software Developer with Mar Apps Marine Solutions, Kakkanad, Kerala. Born in Kerala, parents hailing from Irinjalakuda, Kerala.
Contact: 9820248335

KCA/MM-008/2025-27

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പ്രിയ ക്രിസ്തുവിൽ പ്രിയപ്പെട്ട മാതാപിതാക്കൾക്ക്,

നിങ്ങളും നിങ്ങളുടെ കുടുംബവും കർത്താവിന്റെ കൃപയും സമാധാനവും സമൃദ്ധിയായി അനുഭവിക്കട്ടെ. ഓരോ കുഞ്ഞും ദൈവം നമുക്കു ഏൽപ്പിച്ചിരിക്കുന്ന അമൂല്യമായ ഒരു ദാനമാണ്. “മക്കൾ യഹോവയുടെ അവകാശം; ഗർഭഫലം അവന്റെ പ്രതിഫലവും ആകുന്നു.” എന്ന സങ്കീർത്തന വചനമെന്നപോലെ, ഓരോ ജനനവും ദൈവത്തിന്റെ വിശ്വാസത്തിന്റെ അടയാളമാണ്. വർഷങ്ങളുടെ ഇടവേളക്കുശേഷം ഒരു കുഞ്ഞിനെ ദൈവം ഒരു കുടുംബത്തിന് തന്ന് അനുഗ്രഹിക്കുമ്പോൾ, അത് ഒരു പ്രത്യേക അനുഭവവും പുതിയ ഉത്തരവാദിത്വവും കൂടിയാണ്.

8 മുതൽ 10 വർഷമോ അതിലധികമോ പ്രായവ്യത്യാസമുള്ള സഹോദരങ്ങൾ ഒരു കുടുംബത്തിൽ ഉണ്ടാകുമ്പോൾ അത് ഒരു തെറ്റോ അപാകതയോ അല്ല. അത് മാതൃപിതൃത്വത്തിന്റെ വ്യത്യസ്ത ഘട്ടമാണ്. എന്നാൽ അതിന് ജ്ഞാനവും ആസൂത്രണവും, മാനസിക സന്നദ്ധതയും, പ്രാർത്ഥനാപൂർവ്വമായ സമീപനവും ആവശ്യമാണ്.

ഇത്തരം സാഹചര്യങ്ങളിൽ മാതാവിന്റെ ആരോഗ്യ സംരക്ഷണം പ്രത്യേക ശ്രദ്ധ ആവശ്യപ്പെടുന്നു. വർഷങ്ങൾക്കു ശേഷമുള്ള ഗർഭധാരണം ശാരീരികമായും മാനസികമായും കൂടുതൽ കരുതൽ ആവശ്യപ്പെടാം. ആരോഗ്യപരിശോധനകൾ, സമതുലിതമായ ആഹാരം, മതിയായ വിശ്രമം, മാനസികസമാധാനം എന്നിവ ഉറപ്പാക്കുന്നത് കുടുംബത്തിന്റെ സമാധാനത്തിനും സ്ഥിരതയ്ക്കും നിർണ്ണായകമാണ്. ഈ ഘട്ടത്തിൽ ഭർത്താവിന്റെയും കുടുംബാംഗങ്ങളുടെയും സ്നേഹപൂർവ്വമായ പിന്തുണ മാതാവിന് വലിയ ആശ്വാസമായിരിക്കും.

അതുപോലെ തന്നെ, വർഷങ്ങളോളം ഏകമകനായോ ഏകമകളായോ വളർന്ന മുതിർന്ന കുട്ടിയുടെ മാനസികലോകം കരുതലോടെ സമീപിക്കേണ്ടതാണ്. പുതിയ കുഞ്ഞിന്റെ വരവ് സന്തോഷത്തോടൊപ്പം ആശങ്കയോ അസുയയോ സൃഷ്ടിക്കാം. അതിനാൽ തുറന്ന സംവാദവും ഉറപ്പുനൽകലും അത്യാവശ്യമാണ്. “നമ്മുടെ സ്നേഹം കുറയുന്നില്ല; അത് ഇരട്ടിയാകുന്നു” എന്ന ബോധ്യം കുട്ടിയുടെ ഹൃദയത്തിൽ നട്ടുവളർത്തണം. സ്നേഹത്തെ ഉത്തരവാദിത്തത്താൽ മാറ്റി സ്ഥാപിക്കരുത്. മുതിർന്ന സഹോദരൻ ആദ്യം സഹോദരനാണ്, മാതാപിതാവിന്റെ പക്കരാകാൻ അല്ല.

വലിയ പ്രായവ്യത്യാസമുള്ളതിനാൽ മുതിർന്ന കുട്ടിയോട് അധിക ഉത്തരവാദിത്വം പ്രതീക്ഷിക്കുന്നത് സ്വാഭാവികമെന്നു തോന്നാം. എന്നാൽ അമിതമായ ചുമതല മാനസിക സമ്മർദ്ദം സൃഷ്ടിക്കാം. സഹായം സ്വമേധയാ നൽകാൻ അവസരം നൽകുക; എന്നാൽ അത് നിർബന്ധമാക്കരുത്. അവരുടെ പഠനവും സൗഹൃദങ്ങളും വ്യക്തിഗത വളർച്ചയും സംരക്ഷിക്കപ്പെടണം. ബാല്യവും യൗവ്വനവും പൂർണ്ണമായി അനുഭവിക്കാൻ അവരെ അനുവദിക്കുക.

പ്രായവ്യത്യാസം കൂടുതൽ ആയാൽ താത്പര്യങ്ങളിലും ജീവിത ഘട്ടങ്ങളിലും വ്യത്യാസം ഉണ്ടാകാം. അതിനാൽ, മനപ്പൂർവ്വമായ ബന്ധനിർമ്മാണം ആവശ്യമാണ്. കുടുംബ പ്രവർത്തനങ്ങൾ, സംവാദനിമിഷങ്ങൾ, പരസ്പര ബഹുമാനം എന്നിവ സഹോദരബന്ധം ശക്തിപ്പെടുത്തും. താരതമ്യം ഒഴിവാക്കുക; ആഘോഷം പ്രോത്സാഹിപ്പിക്കുക. ഓരോ കുട്ടിയും ദൈവത്തിന്റെ പ്രത്യേക സൃഷ്ടിയാണ്.

ഒരു നവജാത ശിശുവിനേയും കൗമാരത്തിലേക്കുള്ള കുട്ടിയേയും ഒരുമിച്ചു വളർത്തുന്നത് ശാരീരികമായും മാനസികമായും മാതാപിതാക്കൾക്ക് വെല്ലുവിളിയായിരിക്കാം. വ്യക്തമായ ദിനക്രമവും ചുമതല വിനിയമവും കുടുംബ സഹായവും വിശ്രമത്തിനുള്ള സമയവും അത്യാവശ്യമാണ്. ക്ഷീണം സഹിഷ്ണുതയേയും ആത്മീയ സമാധാനത്തെയും ബാധിക്കുമെന്നത് മറക്കരുത്.

സാമ്പത്തിക ആസൂത്രണവും ദീർഘകാല ദർശനവും ഇവിടെ പ്രധാനമാണ്. വിദ്യാഭ്യാസവും ഭാവിയിലായി ബന്ധപ്പെട്ട പദ്ധതികൾ മുൻകൂട്ടി ക്രമീകരിക്കുമ്പോൾ കുടുംബ ഐക്യം ശക്തിപ്പെടുന്നു. വ്യക്തതയും ഉത്തരവാദിത്തവും കുടുംബത്തിന്റെ ആത്മവിശ്വാസം വർദ്ധിപ്പിക്കും.

വീട്ടിലെ ആത്മീയ ഐക്യം എല്ലാറ്റിനും അടിസ്ഥാനമാണ്. വ്യത്യസ്ത പ്രായത്തിലുള്ള കുട്ടികൾക്ക് പ്രായാനുസൃതമായ ആത്മീയ മാർഗ്ഗനിർദ്ദേശം നൽകുക. കുടുംബപ്രാർത്ഥനയും ബൈബിൾ ചർച്ചകളും ക്രിസ്തുക്രൈസ്തവ ജീവിതശൈലിയും സഹോദരബന്ധങ്ങളെ സ്നേഹത്തിൽ ചേർത്തു നിർത്തും.

മാതാപിതാക്കൾക്കു ചിലപ്പോൾ ആശങ്കകൾ തോന്നാം- വീണ്ടും ആരംഭിക്കേണ്ടി വരുന്നതിന്റെ ഭയം, പ്രായവും ഊർജ്ജവും സംബന്ധിച്ച ചിന്തകൾ, സമൂഹത്തിന്റെ അഭിപ്രായങ്ങൾ. എന്നാൽ ഓർക്കുക: ദൈവത്തിന്റെ സമയം ഉദ്ദേശ ബോധമുള്ളതാണ്. നിങ്ങളുടെ കുടുംബകഥ മറ്റൊരാളുടേതുമായി താരതമ്യം ചെയ്യേണ്ടതില്ല.

വലിയ പ്രായവ്യത്യാസം പലപ്പോഴും പ്രതീക്ഷിക്കാത്ത അനുഗ്രഹങ്ങൾ നൽകുന്നു- കൂടുതൽ പക്വതയുള്ള മാതൃപിതൃത്വം, കൂടുതൽ സഹിഷ്ണുത, ജീവിത ദാനത്തോടുള്ള ആഴമുള്ള നന്ദി, ശക്തമായ സഹോദര മാർഗ്ഗനിർദ്ദേശ അവസരങ്ങൾ. പ്രാർത്ഥനയും സംവാദവും സ്നേഹവും ഉള്ളിൽ സമാധാനം വസിക്കും.

പ്രിയ മാതാപിതാക്കളേ, ഈ സാഹചര്യത്തെ ഒരു ബുദ്ധിമുട്ടായി കാണരുത്. അത് ദൈവഹസ്തം എഴുതിയ ഒരു പുതിയ അദ്ധ്യായമായി കാണുക. ജ്ഞാനത്തോടെയും ആരോഗ്യ ശ്രദ്ധയോടെയും മാനസിക കരുതലോടെയും ആത്മീയമാർഗ്ഗ നിർദ്ദേശത്തോടെയും നിങ്ങളുടെ വീട് മനോഹരമായി വളരും.

കർത്താവ് നിങ്ങളെ അനുഗ്രഹിക്കട്ടെ-
ശരീരത്തിന് ശക്തി,
തീരുമാനങ്ങൾക്ക് ജ്ഞാനം,
മാതൃപിതൃത്വത്തിന് സഹിഷ്ണുത,
സഹോദരങ്ങൾക്കിടയിൽ ഐക്യം,
ഓരോ ഘട്ടത്തിലും സന്തോഷം.

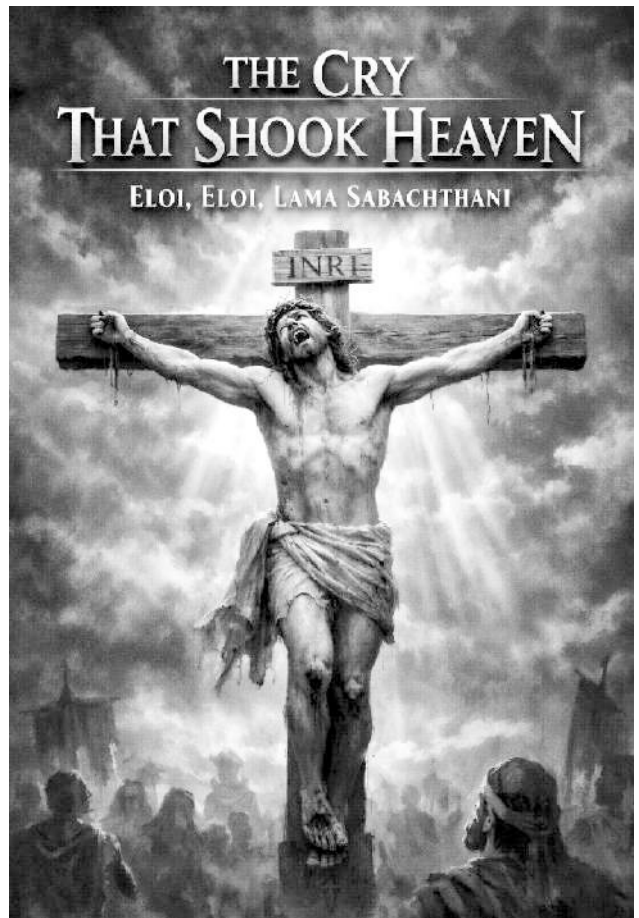
നിങ്ങളുടെ കുടുംബത്തെ നിർവ്വചിക്കുന്നത് വർഷങ്ങളുടെ അകലം അല്ല; നിങ്ങളുടെ വീട്ടിൽ നിറഞ്ഞിരിക്കുന്ന സ്നേഹവും വിശ്വാസവുമാണ്.

ദൈവത്തിന്റെ അനുഗ്രഹങ്ങൾ നിങ്ങളും നിങ്ങളുടെ കുടുംബവും അനുഭവിക്കട്ടെ.



Reflection & Gratitude

Gratitude reminds us of the many blessings we often overlook. It helps us appreciate the people and moments that shape our lives. In times of challenge, gratitude becomes our strength. Let us take a moment to reflect and be thankful. A grateful heart always finds joy.



Anish Thomas
Kopar Khairane Unit

The sky above Jerusalem had begun to change. It was noon, yet the light had faded into an uneasy shadow. The wind moved slowly across Golgotha, carrying dust and whispers through the crowd gathered around the three crosses. Some had come out of curiosity, some out of hatred, and some because they could not bear to stay away. Among them stood Miriam, a widow who had once heard the Galilean teacher speak by the lake. She had walked miles just to hear Him again, drawn by the strange authority in His voice and the compassion in His eyes. He had spoken of the Kingdom of God as if it were already near, as if heaven had stepped quietly onto earth. Now she watched Him hanging on a cross.

The soldiers had done their work with practiced indifference. Iron nails had pierced His hands and feet. A crown of thorns rested mockingly upon His head. Blood traced silent paths down the wood as the crowd mocked the man they once followed. Some laughed loudly.

"He saved others," one man shouted, "but he cannot save himself." Another voice rose in sarcasm. "If you are the Son of God, come down from the cross!" The soldiers smirked while the religious leaders folded their robes and nodded with grim satisfaction. But not everyone mocked.

A Roman centurion stood nearby, arms crossed, watching the man in the middle. He had overseen many executions. He had seen men scream curses, plead for mercy, and spit hatred at their enemies. This man was different. Hours earlier, He had whispered a prayer for the very soldiers who crucified Him.

"Father, forgive them, for they do not know what they are doing." Those words had unsettled the centurion. Now the darkness deepened as clouds gathered like a curtain drawn across the sun. The murmuring crowd grew uneasy.

Mary, His mother, stood near the cross, supported by the disciple John. Her face carried the silent weight of a thousand memories — the night in Bethlehem, the songs of angels, and the strange prophecies spoken over her child. She had once held Him in her arms. Now she could only watch Him suffer. The hours stretched painfully. The man on the cross struggled for every breath. His chest rose and fell in agonizing rhythm. Then suddenly He lifted His head. His voice, cracked with pain yet filled with something deeper than despair, broke the heavy silence. "Eloi, Eloi, lama sabachthani?"

The words echoed across the hill. Some in the crowd looked confused. "He is calling Elijah," someone said. But a few older men knew the ancient words. They came from the Psalms of David. "My God, my God, why have you forsaken me?"

Miriam felt a chill run through her. She had heard that Psalm in the synagogue as a child. It spoke of suffering, of hands and feet pierced, of garments divided by casting lots. Yet it ended with hope — a promise that God would rescue the afflicted and that future generations would hear of His salvation.

The wind grew stronger and the darkness deepened. At that moment something unseen was unfolding beyond human understanding. The weight of human sin — betrayal, violence, greed, injustice, and pride — the accumulated darkness of generations — rested upon the shoulders of the man on that cross.

He had healed the sick, fed the hungry, and raised the dead. Now He carried the brokenness of the world.

The cry that escaped His lips was not only His own. It was the cry of humanity. It was the cry of the abandoned child, the refugee wandering through deserts, and the lonely soul asking where God has gone. Even heaven seemed silent.

But the story was not ending.

The centurion watched closely. The darkness had become almost unnatural now, and the earth itself seemed to hold its breath. The man on the cross drew another painful breath.

Then, with a final strength that surprised everyone, He spoke again.

"It is finished."

Moments later His head fell forward.

The ground trembled.

Far away in the temple, the great curtain that separated the Holy of Holies tore from top to bottom. The barrier between God and humanity had been opened.

The centurion stared at the lifeless body on the cross. A strange certainty filled his heart.

He whispered words that history would remember. "Surely this man was the Son of God."

The crowd slowly dispersed, unaware that the cry they had heard that afternoon would echo through centuries.

"Eloi, Eloi, lama sabachthani?"

What sounded like abandonment was the doorway to redemption. And though darkness covered Golgotha





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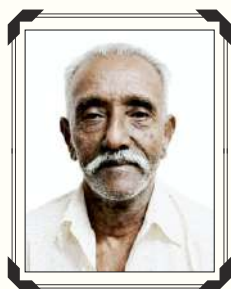
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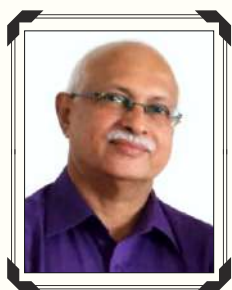
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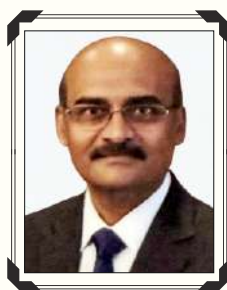
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Hallelujah

"You have nothing to worry about. The LORD is taking care of you on this journey" Judges 18-6"

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"We place our destiny in the hands of the LORD, not in human hands, because his mercy is as great as his majesty" Sirach 1-3



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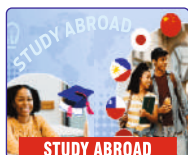
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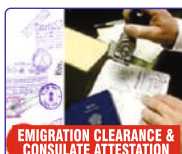


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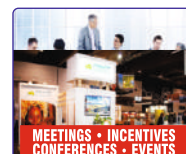
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