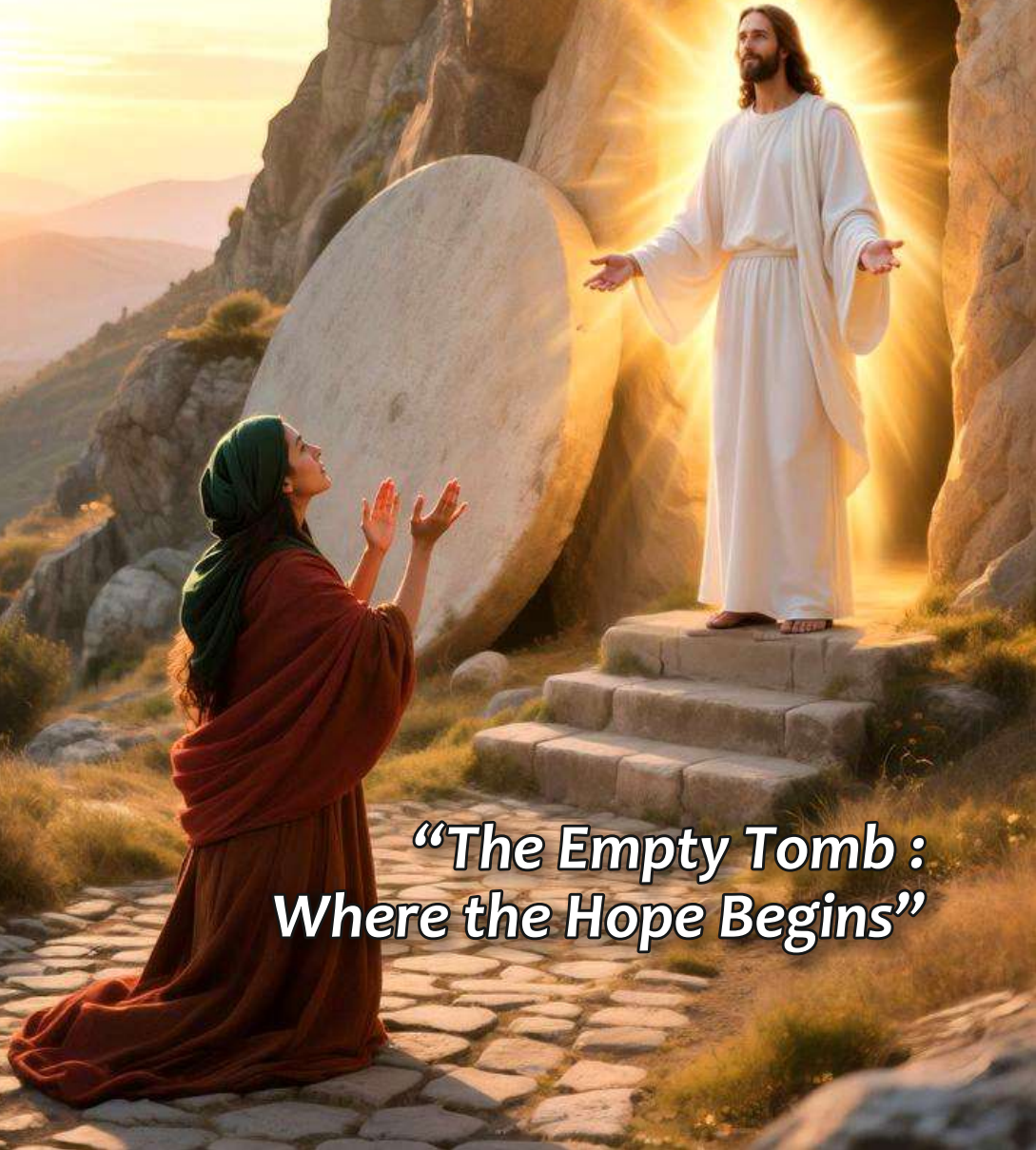


Issue : XXXXXII

April 2026



AGRAGAMI INFO



**“The Empty Tomb :
Where the Hope Begins”**

Seminar for vocation promoters and formaters



Visit of Manos officials to Bendala



AGRAGAMI INFO

Vol.XXXXXXII - April 2026

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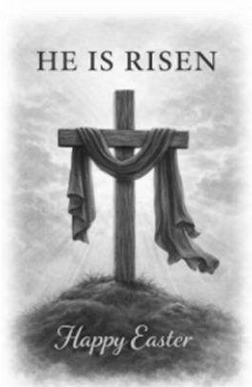
**Sisters of St. John the Baptist and Mary the Queen,
Indian Province**

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Voice of the Mother General

“But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep.”

- (1 Corinthians 15:20)

Dear Sisters in Christ,

Grace and peace to you in the joy of the Resurrection!



As we celebrate Easter - the heart of our Christian faith - I extend my warmest greetings to each one of you, our beloved sisters serving faithfully in **Germany, Portugal, India, Mozambique, and Tanzania**, and in every place where our congregation continues its mission. Though we live and minister in different cultures and continents, the light of the **Risen Lord** unites us as one family in faith, hope, and love.

Easter reminds us that **life is stronger than death, hope is stronger than despair, and love is stronger than every form of darkness**. The empty tomb proclaims that God's promise is always greater than our fears and that new life is possible even in the most difficult moments.

Our world today continues to face many challenges—war, uncertainty, suffering, conflicts, and the struggles of the poor and vulnerable whom we serve. In the midst of these realities, Easter calls us to be **witnesses of hope**. The Risen Christ walks with us in our ministries, in our

communities, and in the quiet sacrifices that often go unnoticed. Every act of compassion, every moment of service, and every prayer offered in faith becomes a sign of resurrection in our world.

I thank each of you for your generous commitment to our **charism and mission**. Whether you are serving in schools, parishes, social ministries, healthcare, pastoral work, or community life, your dedication brings the love of Christ to many people. Often the seeds we sow may seem small and hidden, yet Easter assures us that God brings forth new life even from what appears fragile and unseen.

May this Easter renew our hearts and strengthen our vocation. May the joy of the Resurrection deepen our communion as sisters and inspire us to continue our mission with **courage, humility, and trust in God's providence**. Though we are a small congregation spread across different countries and cultures, we are a beautiful sign that the **Gospel transcends every border and unites us in Christ**.

I encourage each community to celebrate this season with gratitude—for the gift of our vocation, for the support we receive from one another, and for the countless blessings God continues to pour upon our congregation. May our communities be places where the **joy of the Risen Lord is truly lived and shared**.

Let us also remember in our prayers the sisters who are **elderly, sick, or facing difficulties**, as well as those who have gone before us to the Lord. In the light of the

Resurrection, we remain united with them in faith and hope.

May the **Risen Christ** fill our hearts with peace, renew our strength for mission, and bless each of our communities with unity and joy. Let us continue to walk together, trusting that the Lord who has begun this good work in us will bring it to fulfilment.

Wishing each one of you a **blessed and joyful Easter**.

With prayerful greetings,

Sr Arpita Mathew
(Superior General)

Happy Easter!

Wishing you a joyful day filled with love, laughter, and the sweet blessings of spring. May this season of renewal bring fresh hope, happiness, and peace to your heart and home.

Have an egg-cellent Easter!



Provincial's Inspiration

Grace and peace to you in the joy of the Risen Lord!

Gathered in Grace

To be gathered in grace is to be Easter people-peacemakers in our families, communities, and nations. It means forgiving where hatred reigns, building bridges where walls divide, and sowing seeds of hope where despair threatens.



This Easter, as we look upon a world torn by conflict and unrest, the Gospel calls us to rediscover the power of being gathered in grace. The angel's words at the tomb still resound: "Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for He has been raised" (Matthew 28:5–6). In these words, hope breaks into a world of fear, and life triumphs over death. This Easter, we celebrate not only the Resurrection of Christ but also the gift of being gathered in grace.

The women at the tomb were the first to experience this grace. They came in sorrow, yet they left in joy, carrying the message of life restored: "Do not be afraid; go and tell my brothers to go to Galilee; there they will see me" (Matthew 28:10). Their gathering became the seed of hope for a broken world, and today, we continue their mission by living as people of grace. Grace unites in times of division. Easter reminds us that Christ gathers us beyond borders and conflicts. Grace heals where war

wounds bodies and spirits, grace restores dignity and offers reconciliation. Grace empowers in the face of despair, grace gives courage to stand for justice, mercy, and peace.

As Easter people, we are called to be peacemakers. In our families, communities, and nations, let us be gathered in grace, living as witnesses that love is stronger than war, and hope brighter than fear.

May the Risen Christ gather us all in His grace, heal our wounded world, and restore peace where conflict rages. May His Resurrection inspire us to overcome negativity with love, division with unity, and war with reconciliation.



Sr Tessy Sebastian

(Provincial Superior)



Editorial

“Christ is Risen! - He is risen indeed!”

How beautiful and consoling is this message of Easter.

*When hopes shatter,
When dreams are in vain,
When all doors seem closed,
When darkness is all around,*

Risen Christ stands amidst all these crises reminding us that there is still hope. Of course, the hope that Lord gives is not a futile promise. But a strong comfort to all who turn to Him. Today, in a world surrounded by confusions and questions, where we are driven by hopelessness and ‘dep’ , we don’t find anyone who can provide us with enduring hope. All that world promises end up in nothingness because only the Lord can give us enduring comfort and joy.



Let us remember the Psalmist who sings in 34:5 ‘ Look to Him and be radiant’. This verse reminds that our Lord is ever present as before- today and tomorrow. It is only that we need to pay our attention to Him to be the Easter people – to be the people of Hope. A person of hope will always have a radiant face and that is possible only by a look and a loving attention to our Lord. As we are in the Easter season let us derive our joy and hope from who remains unchanged forever.

Eli , a young man volunteered to digitize the old harbour logbooks. Between the weather notes, he found doodles and tiny messages from past keepers: “Storm passed. Still here.” “Fog so thick - I couldn’t see the rail – kept the light on anyway”. He started posting one line a day on the town’s bulletin board. People began leaving their own lines underneath – “Exam failed. Still here.” “New baby. Still here”. The board became a quiet record that the bad weather in all its forms, eventually passes

So is all who place their hope in the Lord. We will surely be surrounded by all sorts of bad weather. But their hope remains firm and strong as a rock. Even if it is the empty tomb that we see, we need t to know that new life and new hope began from the empty tomb.

As I take up this new capacity as the editor, I would like to note down my sincere gratitude to Sr Sally, whose tireless efforts and constant accompaniment gave a new and modern touch to Info. Thank you dear sr. I also thank Sr Jyotsna who too worked very faithfully for all the matters of info. Thank you dear sister. As you step down from your great roles, I still hope that you will accompany the Info with love and concern. I also thank Sr Tessy, our Provincial who has assigned me this new role with hope and belief.

Wishing you all hope filled greetings of this Easter Season

- Sr. Tresa
Editor

From The Editorial Board

Dear Sisters,

We extend our heartfelt thanks to all who contribute to and enrich each volume of *Info*. It is truly heartening to see our junior sisters and formees sharing thoughtful write-ups, and we deeply appreciate the communities that regularly send in their news. We are equally grateful to our well-wishers whose valuable suggestions and constructive critiques have supported *Info*'s steady growth. Your continued feedback will help us become more proficient and prompt in making each issue even richer. We warmly invite you to send your thoughts, inspirations, poems, vocation stories, and life events - even in local languages - to the editor at the address provided, or by email to infowardha@gmail.com, no later than **15th July 2026**.

Kindly send the Bible Quiz answers to **Sr. Tresa Eugene**. Please note that all entries - including news, articles, and Bible Quiz answers - must reach us by **15th July 2026** to help us publish *Info* on time.

We count on your cooperation and look forward to your continued contributions.

Congratulations to Bible Quiz Winners

1	Sr. Suma	96	1 st
2	Sr. Bertila	94	2 nd
3	Sr. Manjusha	94	2 nd

4	Mompi	94	2 nd
5	Sr Angel	92	3 rd
6	Sr Sudha	92	3 rd
7	Sr Ranjita	88	-
8	Beronika	86	-
9	Sankumari	86	-
10	Cicilia	86	-
11	Anisha	86	-
12	Sneha	86	-
13	Nisha	84	-
14	Sonia	84	-
15	Priya	84	-
16	Amapurna	82	-
17	Dominika	80	-
18	Priyanka	78	-
19	Alishaba	76	-
20	Poonam K	76	-
21	Sr Padmini	74	-
22	Annarose	72	-
23	Sr Alisabeth	72	-
24	Manisha	70	-
25	Berena	70	-
26	Alibena	68	-
27	Jina	64	-
28	Ritu	62	-
29	Jayanti	60	-

A Glance At Our Centres

❖ **Aragami Provincial House**

Loving greetings for Aragami Provincial House

- We had a meaningful celebration of the birthday of our saviour with around 300 children and a few adults from the Mhasala village.
- The second phase of retreat was conducted from 27th Dec to 2nd Jan under the guidance of Rev. Fr. Martin OCD.
- Rev. Sr. Prasanna visited us on 8th Jan. She spent a few joyful days with us. We enjoyed her company.
- Sr. Ranjitha, the General councillor shared her joy, laughter with us for a few days as she was on holidays.
- On 4th of March, Rt. Rev. Bishop Malcolm, the bishop of Amravati visited us.

❖ **St. John's Convent Hinganghat**

- During Advent, the community decided that each member would adopt one family from the parish. The members will pray for the family, visit them personally, and offer a small gift as a token of love, spreading the true spirit of Christmas.
- Sr. Ranjitha our Assistant Mother General visited our Community.
- Sr. Meera and Sr. Deepa attended a Leadership Course in Secunderabad organised by CHAI.

- Sr.Bertila along with other sisters attended an eight days training session organised by CHAI in Secunderabad, specializing in Community Health.
- Postulant Manisha, joined our community for a period of community experience.
- We are happy to inform that our Hostel students Arpita panna Class IV secured first Prize in the junior category and Rina Kerketta Class VIII secured second prize in Seniors Category in the Diocesan level speech competition conducted for catechism students.

❖ **Sevasadan Community**

- We had the community picnic to Nagpur on 8th Nov. Everybody enjoyed the day.
- Christ the king feast was celebrated along with the Jeevan Vikas community. All the sisters renewed the vows. We had the spiritual preparation for the feast with tridum.
- Advent season and Christmas season was an experience of joy and serenity in the community.
- Sevasadan community joyfully joined with the parish Christmas Carol.
- We had Christmas day celebration with seventy children. Novices conducted Christmas programme for the children. We distributed snacks, cakes and gifts for them.
- On 27th December we had a Christmas celebration with sanjeevani inmates and sisters. it was a

memorable day for our community to spend our time with destitutes

- Sr. Sancy attended her annual retreat from 27th Dece.to 2nd Feb. 2026.
- On 1st January novices conducted the adoration in the parish along with Sr. Esther.
- On 14th January, community celebrated the diamond jubilee of Sr. Shanta and 25th jubilee of Sr. Bindu. Rev. Fr. Francis CMI was the main celebrant for the Eucharistic celebration.
- We decided to spend the season of lent more in spiritual preparation, prayer, silence, fasting, way of the cross and daily meditation on the encyclical on DILEXI TE and on our CONSTITUTION.
- Sr. Shanta attended the jubilee retreat from 28th Jan to 5th February 2026 and on 6th Feb she celebrated her diamond Jubilee in John Haw Vihar alongwith her batchmates.
- On 3rd march we put the foundation stone for the new building.Fr. Robinson blessed the extension building.
- In the absence of Sr. Bindu, Sr. Pavana accompanied the novices. We extend her our heart felt thanks for being with the novices for three weeks.

❖ **Aragami Convent School, Mhasala**

- Sports meet for the Pre-Primary Students was organised on 5th December 2025. The students

participated in various events with great enthusiasm. The winners were awarded with medals

- A Christmas gathering was organised for the school van drivers on 19th December 2025 and for the staff members on 20th December 2025.
- The school celebrated Christmas on 22nd December 2025 creating a joyful atmosphere in the campus.
- Annual Sports Meet was held on 22nd December 2025. The students participated in different sports event and showed their team spirit, love and passion towards sports. The winners of each event were awarded with medals and certificates.
- The school organised an educational tour to Chikhaldara from 26th Dec 2025 to 28th Dec 2025 for classes 8th, 9th and 10th.
- The school appreciated the outstanding performance of Mast. Kaivalya Sagarkar of class 10th who won gold medal at the State and National level Karate Competition.
- Model Exam of Class 10th and Annual Exam for classes 8th and 9th took place from 5th Jan 2026 to 24th Jan 2026
- A state level drawing competition (Chitra Bharan) was held in the school in the month of January 2026 for the students of classes 1st to 7th.
- 77th Republic Day was celebrated with great pride and patriotism. The overall champion trophy was awarded to the house winners.

- The school paid heartfelt homage to deputy chief minister Mr. Ajit Pawar showing deep respect to the departed soul on 29th January 2026.
- On 31st January 2026 and 1st Feb 2026, the school organised a grand cultural fest. The students from Nursery to 8th participated in it with great excitement showcasing their talents with full confidence.
- On the same day we also celebrated the graduation ceremony for class KG-II
- A Farewell programme was conducted on 2nd Feb 2026 to bid a warm and heartfelt good bye to the students of class 10th with the theme. "FLY HIGH ROOTED DEEP".
- New Academic Session for classes 9th and 10th commenced from 3rd Feb' 2026.
- Annual examination result of classes 8th and 9th was declared on 13th Feb' 2026.
- 22nd Maharashtra State Balnatya Competition was held on 22nd Feb' 2026. Our school students participated in it. The Tittle of the play ' Mendu cha short circuit' Directed by Mr. Shyam Gujar & Mr. Sanket Warghane. Ms. Aaroahi Ghakare and Mast. Mihir Ambolkar received the appreciation award. While Mrs. Sheetal Dhepe received the 3rd Prize for excellent light design another 3rd prize was also received by Mr. Sanket Warghane for captivating music.
- The Traffic Police control of Wardha conducted a drawing competition on the theme "ROAD SAFETY

LIVE SAFETY” for students and teachers. Our three students and two teachers received the consolation prize. The Art teacher of our school Mrs. Rekha Daware won the 1st position and cash award of Rs. 4000/-

- AISSE Board Exam – 2026 commenced from 17th Feb’ 2026 to 7th March 2026. 202 students appeared for the exam.
- 396th Shivaji Jayanti was celebrated in the school. On this day Chatrapati Shivaji Maharaj was remembered with great respect.
- Declaration of Annual Result for Class KG-II was on 23rd March 2026 and for Classes 1st to 7th on 20th March 2026
- New Academic Session begins from 23rd March 2026 for classes 2nd to 8th and 30th March for Class 1st.

❖ **Sandhya Home**

- As a united community, we extend our deepest regards and gratitude and keep you all in our prayers.
- Our parish community joyfully celebrated the feast of the immaculate conception of the Blessed Virgin Mary with great devotion and unity. The celebration was preceded by a nine-day novena, during which the faithful gathered each day to seek the intercession of Mother Mary. On this special day we celebrated the feast day of Sr.Divya. It was a day filled with gratitude, prayer, and community

fellowship as we and Vinay Vikas community came together to honor her special day.

- The celebration of Christmas is one of the most joyful and meaningful events in our community. It marks the birth of Jesus Christ and is celebrated with great faith, love and unity. Our community and the church surroundings were beautifully decorated with stars, lights, Christmas trees and a crib, symbolizing the birth of Jesus in Bethlehem. We had shared our Christmas joy with our neighbors in kind and gifts.
- On the New Year's Eve, we the Sandhya home sisters conducted thanks giving prayer service in our parish for all the faithful to seek God's guidance, express gratitude and to prepare for the coming year.
- On 18th January Sr.Tessy, our Provincial superior came for the official canonical visit. This visit helped us to ensure the community's vitality, faithfulness to its mission and adherence to its founding principles.
- One of our inmates Sunder Aunty passed away on 29th November.
- Sr. Vinaya and Sr.Divya had their home holidays in the month of January.
- On 25th February we celebrated Sr.Sarala's feast on the honor of the Lady of Lourde. Fr.Mathew Joseph offered mass for her and there after a grand celebration was held along with Vinay Vikas sisters.

- Sr.Vinaya's beloved brother John Vidayathil passed away on 13th March in the UK due to illness.
- St.Clare's Girls' high school had their Annual P.T display and Prize distribution on 5th December 2025 on the topic women empowerment and felicitated the SSC topper and other students for their academic achievements.

❖ **St. John's Convent, Thoothoor**

- The community continues to support the pastoral activities of the parish.
- A gathering of couples of our parish who completed 25 & 50 years of married life was held in our campus.
- Sr.Flowery is at St.John's Kazhakkuttam from 14th January for better medical care and is regaining her health gradually.
- Feast of Sr.Pooja was celebrated with due importance. Srs.Pooja and Victoria attended the gathering of the consecrated persons at Trivandrum.
- A canonical visitation from the Provincial Superior was conducted in February.
- A house was constructed for a needy houseless family with the financial support of our province. With our initiative, construction of one house and renovation of another house are underway.
- Sr. Vidya completed one month Internship as part of MSW II (IGNOU), under Trivandrum Social Service Society (TSSS) of the Archdiocese. The activities

included house hold surveys, community visits and interview of community stakeholders. Sr.Pooja and Mrs.Canija Peter of TSS supported the 30 days internship.

❖ **Vinayalaya School**

- **Annual Sports Day**

The Annual Sports Day of our school was conducted with great enthusiasm on 19th for the Primary Section and on 20th for Classes 3rd to 10th, beginning at 10:00 am. The Chief Guest for the occasion was Most Rev. Elias Gonsalve Archbishop of Nagpur. The Guests of Honour were Rev. Sr. Tessy Sebastian, Provincial superior of the Society of Sisters of St. John the Baptist, and Mr. Musthak Pathan (Child welfare officer and Minority commission OS) and Rev.Fr. Philip Topno the parish priest of St. Martin Depores Church. The programme began with a warm welcome to the guests by the school band group. The event continued with an impressive March past by students of the three houses. This was followed by a creative drill display presented by the blue, green and red houses. Various sports events and games were conducted in between, and the winners were awarded medals and certificates.

- **Republic Day**

On 26th January, Republic Day was celebrated in our school with great enthusiasm. The programme began at 9:00 am. The chief guest of program, Mrs.

Evan Gomes, hoisted the national flag. Our respected Principal delivered an inspiring speech highlighting the importance of Republic Day.

- Scout and Guide Program

The scout and Guide program was conducted on the 6th and 7th for the students of

classes 6, 7, and 8. Guides from outside were invited to train the students. Mrs. Komal Meshram and Mrs. Deepa Bhaisare guided the students throughout the program. The students were taught how to pitch a tent and learned the basics of first aid. They were also trained in many useful skills related to scouting, such as teamwork, discipline, and leadership. The program was very informative and helped the students gain practical knowledge and confidence.

- Picnic to Lighthouse

On 28th January, the students of Classes 6 to 10 were taken for a picnic to Lighthouse Waterpark, Nagpur. On 29th January, the students of classes 1 to 5 also visited the same place for their picnic. At the waterpark, the students enjoyed various water rides and had great fun playing in the pool. There was also bird park where they saw different kinds of birds. In addition, they participated in adventure activities, which made the trip even more exciting. It was a memorable and joyful experience for everyone.

- Staff Picnic

The teachers went for a picnic to Goenka Farm on 14 February 2026. All the teachers gathered together and enjoyed the day happily. The place was beautiful and everyone spent time relaxing and enjoying the surroundings. It was a joyful and refreshing day for all the teachers. The picnic created many happy memories.

- Seminar for Parents

On 21 February, a seminar was conducted for the parents of Class 9 on the topic of “Parenting” by Rev. Sr. Nitya SJB. Many parents attended the seminar and gained helpful guidance on supporting and understanding their children better. The session was very informative and beneficial for the parents.

❖ **St. John’s School Vettukad**

- On 2nd December, our Kindergarten and Grade 1, 2, and 3 students went on an outing to Highlight Mall in Kuttanellur along with their teachers. The children had a wonderful time and enjoyed the trip to the fullest.
- We celebrated Christmas on 17th December. The celebration was held along with the Holy Mass, and soon after that we cut the cake. It was a joyful occasion for all the students, who happily exchanged gifts and shared moments of fun together.
- December 20th was the most awaited day for St. John’s Academy, as it was the Annual Day celebration. The students lit up the stage with

excellence and enthusiasm. Teachers and students cooperated well and made the event a grand success.

- On December 23rd, our students celebrated Christmas along with the prisoners at Viyyur Jail, Thrissur. The celebration brought happiness and a sense of peace to the prisoners. It also made a deep impact in the hearts of the students, helping them develop social responsibility, compassion, and love for others.
- On 8th January, the Sahodaya School Complex conducted a Kids Fest at Amal Public School, Chammanur. Our Kindergarten, Grade 1, and Grade 3 students participated in the programme and came out with flying colours.
- Our Annual Sports Day was conducted on the 28th and 29th with great enthusiasm and true sportsman spirit. To make the event even more joyful, parents were also invited and actively participated in various sports activities. The occasion turned out to be a memorable milestone for everyone.
- Our 10 students from Grade 10 appeared for the C.B.S.E. Board Examination, held from 17th February to 7th March.
- On 19th February, our staff along with the Sisters enjoyed a one-day outing to the beautiful backwaters of Alappuzha. It was a refreshing and rejuvenating time, offering an opportunity to relax and enjoy the company of fellow teachers in a different way.

- The management organized the ‘Upgrade Teenage’ one-day camp on 10th March along with the farewell for our Grade 10 students. The programme was specially arranged to motivate and guide them as they step into a new phase of their lives. The day was very significant and memorable for the students, as it inspired them, encouraged positive thinking, and helped them gain valuable lessons for their future.
- The Graduation Ceremony for our U.K.G. students was conducted with great joy and enthusiasm on 27th March. It marked an important milestone in their early learning journey.
- Our Grade 9 and Grade 10 classes commenced from 23rd February onwards. All the other grade students appeared for their Second Term Examination from 16th March to 30th March.

❖ **St. John’s High School, Hinganghat**

- As a part of continuous professional development, Teachers’ Training programme on “Content to Concept Development”, “Competency – Based Teaching and session on “Evaluation and Holistic Progress Report Card” by Dr.Samuel Roy, was organised in the school. The school also hosted a CBSE training programme on “Happy Classroom led by Mr.Pratik, the principal of Podar International School, Yavatmal and Ms.Shruti .
- The Members of the forerunner club, with the in-charge teachers, visited a cancer patient,

Mr.Navanath and extended financial assistance of 20,000/-. During awareness week, students along with, the teachers visited the Hinganghat Police station, to gain insight into police duties and public safety.

- Christmas celebration was held in the school and was marked by a graceful dance drama portraying the life and message of Christmas, performed by the tiny students of Standard I along with Eco Club students.
- Annual Sports Meet was held in the school with a variety of innovative Sports event.
- One- day staff outing to Dream Asia Water Park, Nagpur was organised, providing an opportunity for recreation, relaxation and team building.
- St.John's Olympia 2K26 was held in the school premises with great grandeur and patriotic fervour. The event was graced by the august presence of Dr.Nayana Tulaskar, PTA vice president of the school and the newly elected president of Municipal Council, Hinganghat, Sr.Tessy Sebastian, the President of Society of sisters of St.John, Wardha, Sr.Ranjita, our assistant Mother General, Guest of honour Mr.Nilesh Thombre, the Vice president of Municipal Council, Hinganghat and other esteemed members of the Hinganghat Council. The programme commenced with the lighting of the lamp, and prayer dance, followed by a parade and vibrant drill performances by the students, filling the atmosphere with joy and

patriotism. On this special occasion, “The Stars of the year” from each section were felicitated with trophies and medals thereafter, the Overall Championship Trophies were awarded to the Yellow and Green Houses. The programme also marked the recognition of 25 years of dedicated service of Mr.Mohan Niraskar (clerical staff) and Mrs.Sangeeta Banafer(Teaching staff), who were honoured with a shawl, memento and Cash prize.

- A proud highlight of the event was the felicitation of Sir Prashant on the publication of first book “Eshogaatha” published by SCERT. The book was ceremonially released by the esteemed dignitaries, and Sir was warmly appreciated by the school for his remarkable contribution to the literary field. The event w concluded on a joyful note, filling every heart with pride and patriotic fervour.
- Republic day was celebrated in the School with great enthusiasm and a true spirit of patriotism.
- A planetarium show was organised in the school to enhance students understanding of Astronomy and space Science.
- Farewell programme for class X was held with the theme “Nurtured to Flourish”.The chief guest, Mr. Ibrahim Bux motivated the students through his speech to move ahead in life with confidence and determination.
- The second phase of the “Vriksha Maza Savangadi”, jointly organised by Paryavaran Samvardhan Sanstha and Snehal Nursery, was held in the

school, during which mango saplings were distributed to 40 students to promote environmental awareness.

- The school held its Annual Prize Distribution Day, honouring students for their outstanding achievements in sports, literary and other Co-Curricular activities throughout the academic year.

❖ **St.john's School Thoothoor**

- The celebration of Christmas this year was made more meaningful through an act of charity. Instead of buying gifts for one another, the students generously contributed the money they had collected for gifts. With this amount, groceries were purchased and distributed to 25 families in need. Through this small act of kindness, students learned the value of charity and compassion.
- A cycle rally conducted at vallavillai. Our sport teacher Miss. Anusha, and our students Ma. Chris Alvino, Ma. Chris Angelo and Noah participated and received medals and certificates.
- Chief minister's sports festival was conducted at Kanyakumari district. Our sport teacher Miss. Anusha participated in the carom board competition and received third prize and cash award.
- An Art and Science exhibition was organized in our school. The chief guest Rev.Fr. Nepolian inaugurated the exhibition and appreciated the efforts of students. Many parents visited and witnessed the event with great interest. Our students

prepared and presented a variety of creative and innovative items, showcasing their talents and knowledge.

- The celebration of Republic Day was held with great patriotism in our school. Sr. Nutan hoisted the National flag. Students performed various cultural dances such as Lezim dance, Balloon dance, Ring dance and Ribbon dance.
- The UKG Graduation Day was celebrated with great joy and enthusiasm. The Chief Guest Rev. Fr. Selvaraj graced the occasion and encouraged the students. The graduating students were presented with mementos as a mark of their achievements. The children also performed colorful cultural program making the celebration lively and memorable for the parents and teachers.
- A farewell function was organized for the 10th std students. The program was arranged to express love and gratitude to the outgoing students. The students and teachers shared their memories and good wishes for their future.
- Miss.Sabrina from std 9 was selected for an essay writing competition organized by the WICE group of Communicative English. She presented her Power Point Presentation at Trichy. She performed well in the competition and was awarded cash prize \$1000.
- An- Anti Drug Awareness program was organized in our school by Rev.Fr. Selvaraj CMF to educate students about the dangers of drug abuse. Students

were encouraged to live a healthy and disciplined life.

- WICE group conducted various competitions like Placard making, Poster making, Slogan writing, Tongue twister, Spell B competition, Browsing dictionary, TED talk, Extempore speech, Emoji story telling, Idioms come alive, Story puzzle, Poetic protest, Tricolor talks, Words in motion and Cine talk.

❖ **Christuvan, Gomini**

- Village wise Christmas carol was conducted this time. We had a very meaningful and memorable Christmas program in the school on 22nd December.
- Our long cherished dream of having a new Paris Church was made true on 15th February. Rt.Rev. Bishop Ephrem Narikulam, the bishop of Chanda blessed the new Church.
- This dream was fulfilled through the hard work and sacrifices of numerous persons. A special mention is needed about Fr.Linesh, Fr.Vibinto, Fr. Louis sisters, boarding children and the parishioners. Many others also helped out with their generous financial support. We extend a heartfelt gratitude to our provincial and her team, to all our sisters for their valuable prayers and presence. A special thanks to Koperli community for the help and support.
- Along with the blessing of our new Church, we also celebrated the silver jubilee of our dear Sr. Margaret.

We expressed our gratitude for her commitment and dedication rendered in our centre.

- On the same day, 8 of our Parish children received the holy communion.
- We bid farewell to Fr. Linesh and Fr. Jobi on 22nd February. We appreciated their selfless service, hard work and effort in realising the dream of a new Church in Gomini.
- A medical camp was organised on 22nd February by Sally and her well supportive medical team. Fr. Shimon from Allapally Parish supported by providing medicine.

❖ **Nirmala Niketan, Bhendala**

- We witnessed significant events and milestones during the first quarter of 2026, marked by important visits and a grand community celebration.
- On 12th January 2026, Sr. Tessa, the Provincial Superior, conducted her canonical visit to Nirmala Niketan Mission, Bhendala. Her visit provided encouragement and spiritual guidance to the community and project team.
- On 28th January 2026, an official team from Manos Unidas, a funding agency from Spain, visited the Nirmala Niketan Sanjeevani Society. The team toured the project area, conducted inspections, and held direct interactions with the beneficiaries. They monitored and evaluated the progress, achievements, and impact of the project supported by their organization. The visit proved to be a

valuable learning experience for the entire project team. Their sincere appreciation and timely guidance greatly motivated Sr. Amali, the Project Coordinator, enabling her to carry out her responsibilities effectively and efficiently, leading to successful outcomes in various aspects of the project.

- Continuing its commitment to community development and empowerment, the Society organized a grand celebration of International Women's Day on 7th March 2026 at the Ajangaon NTPC Community Hall. Sr. Tessy graced the occasion as the Chief Guest, while Fr. Sameer Nagrare attended as the Guest of Honour. The Manager of NTPC Mouda was present as the Special Guest.
- The event saw enthusiastic participation from local leaders, teachers, ASHA workers, Anganwadi sevikas, Community Resource Persons (CRPs) of Self-Help Groups (SHGs), and beneficiaries from 15 villages within the project area. Approximately 300 participants attended this mega event.
- The celebration featured a variety of cultural programmes, including dance dramas focused on women's empowerment, eradication of social stigma, and the elimination of blind beliefs. Renowned speakers from various welfare departments also addressed the gathering, highlighting the importance of women's rights, health, and social awareness. The event was a great

success, fostering unity, awareness, and empowerment among the participants and reinforcing the organization's mission toward holistic community development.

❖ **St John's Convent Parpa**

- On 2nd February we solemnly celebrated the feast of our dear Sr. Archana. It was a time to share joy and love around us. Fr. Jins, and all our children were there as a family for Holy mass and Agape
- We were delighted to celebrate the feast of our Lady of Lourdes as our dear Sr. Lifey celebrated her patroness day. Fr. Jins celebrated a solemn mass with an inspiring message.
- On February 3rd Sr. Archana flew to Kerala. She went to unite in prayer and joy for the Diamond Jubilee of our beloved Pioneers of our congregation.
- The Lenten season was a season when the parish community feels more like a family than ever. It is particularly beautiful to see our parishioners coming daily for mass setting aside the busy schedules to seek spiritual renewal together. The presence of kids bring a unique grace to our worship and prayer.

❖ **Kisanwadi, Koperli**

- Warm greetings from Kisanwadi, Koperli
- On 25th December , we celebrated Christmas very joyfully. It was a meaningful and fruitful celebration. All our parishioners took active participation in the Holy Eucharist and the events that followed. We

shared the joy of Christ's birth and it was a memorable and prayer filled atmosphere.

- Month of December was marked by house visits. We visited each and every family in our parish. We prayed with them and for them. We organized house to house carol singing also. It was a beautiful and meaningful time of sharing the Christmas spirit with all.
- The representatives of Manos unidas, the funding agency from Spain paid a visit to our centre. They visited the villages where we were conducting the projects. In two of our villages, we had put up programs. They visited the villages, interacted with villagers, and appreciated their efforts and progress. Their visit was very fruitful and encouraging to all.
- Our borders went back to their homes for celebrating the festival of Holi. All of them returned back and are focusing on their studies. Two of the borders completed their board exams.

❖ **Vinay Vikas**

- From 27th November to 2nd December Srs. Abhilipsa and Ujwala attended the junior's gathering at Provincial House, Mhasala, Wardha.
- We celebrated the feast and birthday of our dear Sr. Ujwala on 3rd of December. The holy mass was celebrated by Patras SJ. Sisters from Sandhya Home joined for the same.
- On 10th December, Christmas was celebrated joyfully in the hostel. The candidates and hostelites

organised a Christmas cultural programmes. This joyful presentation helped to create a festive atmosphere. Sr. Kripa delivered a meaningful Christmas message on this occasion, reminding them of the true spirit of Christmas love, peace, sharing and caring for one another.

- Our candidates conducted cultural programmes on the occasion of Christmas at Sacred Heart Sisters convent and Sandhya Home for the Aged. Through their dance and melodious carols they shared the joy of Christmas with the residents and created a warm and festive atmosphere.
- On 21st December, joyful Christmas gathering was organised in the campus in Maria Assunta Hall, where all the fathers and sisters from various religious houses came together to celebrate the joy of the season. The programme included a meaningful tableau presentation depicting the message of Christmas in connection with the present day scenario. There were also lively activities such as dance performances, quizzes and carol singing. We also shared a delicious meal celebrating the bond of community and spirit of Christmas.
- Sr. Kripa made her annual retreat at Mhasala. Wardha. The retreat offered a meaningful opportunity to deepen her relationship with God and renew her commitment.

- Sr. Abhilipsa accompanied a candidate to Odisha for home holidays. During that time, she also carried out vocation recruitment for one week.
- On 17th January, we had the opportunity to witness the Episcopal Ordination of Bishop Simon at St. Patrick's Cathedral. It was a grace filled and memorable occasion for all the candidates and for sisters.
- We welcomed Rev.Sr. Tessy on 19th Jan to our community for the Canonical Visit and it was time of renewal and joy for our community. We also celebrated her birthday. We wished her all the blessings.
- Srs. Tessy and Lima visited Rt.Rev. Bishop and congratulated him in the Bishop House
- 4 of our candidates from Assam went for home holidays. We wished them good times with their family.
- On 10th Feb 3 of our candidates attended their 12th board examination.
- Arnapurna, Our candidate received the Sacrament of Confirmation on 14th of February by Rt. Rev. Bishop. Simon Almeida at the Church of Our Lady of Perpetual Help, Pune.
- On 8th of March Women's Day was joyfully celebrated in the hostel.Fr. Michael SJ was invited as the Chief Guest for the occasion. He entertained every one with some magic games and lively interaction, which created a joyful and engaging

atmosphere. He also delivered an inspiring message about the significance of Women's Day.

- Sr. Lima attended the Formators meeting at Provincial House, Mhasala.

❖ **St. John's Convent, Gohpur**

- Our community joyfully celebrated the Jubilee of our Superior, Sr. Namita, on January 19. The celebration was a moment of thanksgiving and grace for our entire community. The Holy Eucharist was solemnly celebrated with Rt. Rev. Bishop Michel Agasius as the main celebrant. Many priests and religious sisters joined us for this special occasion. The parents of our candidates were also present, which made the celebration more meaningful and joyful. We thank God for the dedicated service of Sr. Namita and pray for many more years of blessings in her mission.
- We also carried out the recruitment of children at many places in Assam, inviting those who are interested to join our congregation.
- During the Lenten season, on every Friday, we joined the faithful in New Ghagra and Old Ghagra for the Way of the Cross and gave an inspiring talk, helping them to grow in faith during this holy season.
- From March 1 to March 7, our community organized a "Come and See" program for young girls who are interested in joining our congregation. During this time, the participants had the opportunity to experience community life. They attended various

classes, prayer sessions, and games, which helped them understand more about religious life. In total, 12 girls participated in this program. It was a joyful and enriching time for both the participants and the community.

- On 21st January, the LKG, UKG, and Nursery children celebrated their Annual Day very beautifully. The program was well organized and filled with joy and enthusiasm. The little ones presented songs, dances, and cultural programs, which were appreciated by everyone present. Parents and guests equally enjoyed the performances of the children. The celebration made the day very memorable for the school community

❖ **John Haw Vihar, Chiyaram**

- Greetings from John Haw Vihar Chiyaram.
- On 18th Dec. we had a christmas celebration for the hostel girls before they left for holidays. Our Parish priest gave the christmas message. The program was a memorable one. We exchanged gifts and enjoyed a delicious meal.
- 5 of the MSJ Brothers got ordained in their respective and our sisters attended the ordinations. It was a joyful and memorable occasion as we witnessed the growth of our brother congregation. Later, MSJ Superior General visited us.
- On the 10th of January Rev. Bishop of Arunachal Pradesh visited us and had lunch with us. His presence was very gracious and lively.

- We had our annual retreat in John Haw Vihar from 31st January to 6th Feb. 20 sisters from various communities attended the retreat. Sr. Sunita Koikkara from Tanzania too joined for the retreat. It was really a spiritually renewing experience for each one of the participant.
- The 6th Of February was a great day for us as we had the privilege of celebrating the Diamond jubilee of our pioneer sisters - Srs. Shanta, Susheela, Abaya, Sevika, Preshita, Karuna and Vineeta. We had a meaningful Holy Eucharistic celebration. Rev. Fr. Raphael Vadakkan, our Parish Priest was the main celebrant and Fr. Sebastian Koikkara MSJ nephew of Sr. Susheela preached the homily. Kith and kin of jubilarians were present for the solemn function. It was a great witness by our pioneers as they completed 60 years in the faithful service of the Lord.
- Sr. Sevika was diagnosed with breast cancer and was operated on 2nd March. She is under medication and is responding well with the medicines.
- Palliative care unit is regularly visiting the sisters.
- Sr Anisha was on a medical mission taking care of our sisters from 4th to 18th March.

- **Agragami High School, Pipri**

- **Report on Farewell Ceremony**

A farewell programme for the Standard X students was arranged on 11th February in the school premises.

The guest of the program was Father Subin Principal of St. Antony.

The event was organized to bid a warm and heartfelt farewell to the outgoing students.

The programme included cultural performances, speeches, and fun activities, which made the occasion joyful and memorable. Teachers shared their blessings and motivated the students to face future challenges with confidence. The juniors expressed their love and respect through performances and kind words.

The farewell ceremony was filled with emotions, happiness, and fond memories. The event ended with best wishes for the bright future and success of the Standard X students.

- **Report on Family Day Celebration**

Family Day was celebrated on 13th February with great joy and enthusiasm in our school

The guest of the program was Mr. Manoj Thakare, social activist. He explained the importance of family through his speech.

The parents of students from Standard I to V actively participated in the event. The celebration was held from 10:00 a.m. to 11:30 a.m.

The dress code for the day was Red, White, and Black, which added colour and unity to the celebration. The programme included various cultural performances by parents, showcasing their talents and creativity. Along with the performances, fun games were arranged for families, making the event lively and enjoyable.

The programme helped strengthen the bond between parents, children, and the school. The Family Day celebration was a memorable and successful event filled with happiness and togetherness.

- February 28 and first March was the day of learning and enjoyment. As the school conducted scout and guide camp in the campus itself. Sunil sir has organised this camp very meticulously and enjoyably. Each day he had arranged different chief guest giving the message of togetherness and helpful nature. Students have lunch and benefit from this camp. Beyond different activities like tent making, best out of waste and fireless food preparation. The end of the program at the end of the camp the students have put up cultural program and expressed their gratitude towards the school and special thanks to sir Sunil.
- The board exams for class 10th was conducted from 20th Feb to 18th March 2026.
- March 24th 2026 was a day of Thanksgiving. With Gratitude and love we have given send off to Birthday sir as she has completed 30 years of a

service and Mrs. Sunita Mahajan 20 years of service in this institution and gets retired in the year 2026. The management staff and students expressed the heartfelt thanks to Barde Sir for his untiring, selfless, love, devotion and dedication through a small cultural program.

❖ **St John's School, Allipur**

The period from December 2025 to March 2026 was marked by a series of meaningful activities and celebrations that enriched the academic, cultural, and social life of our students. The school continued its commitment to holistic education by organizing programmes that nurtured creativity, social responsibility, leadership, and physical well-being.

- **Service and Compassion**

On 13 December 2025, students from each class collected ten essential items such as toothbrushes, toothpaste, soap, and other daily necessities. These items were assembled into hygiene kits and distributed to the inmates of the Leprosy Centre at Dattapur, Wardha. This initiative helped instil in students the values of compassion, empathy, and social responsibility. On the same day, a Star Making Competition was organized in the school, where students enthusiastically displayed their artistic talents and creativity.

- **Christmas Celebration**

The school celebrated Christmas on 23rd December 2025 with great joy and enthusiasm. The

programme featured house-wise dance performances, melodious carol singing, and an engaging skit competition. Sr. Latika graced the occasion as the Chief Guest. The presence of Sr. Linmy, Dr. Ancy, Akhil Paul, and Jisna Akhil from Christ University, Pune further enriched the celebration and made the event memorable for all.

- Cultural Fest

A Cultural Fest for students from Kindergarten to Class IX was conducted on 29th and 30th December 2025. The event provided students with an excellent platform to showcase their talents in music, dance, and other cultural activities, thereby encouraging creativity and confidence among them.

- Health and Wellness Initiatives

On 5 January 2026, a vaccination drive was conducted for the students of Class V, ensuring their health and safety. Later on March 4th 2026, a health awareness session on the menstrual cycle was organized for the students of Class V, creating awareness about personal health and hygiene.

- Annual Sports Meet

The Annual Sports Meet, held from 15th to 17th January 2026, witnessed enthusiastic participation from students across different classes. Various track and field events were organized, promoting physical fitness, discipline, teamwork, and sportsmanship among the students.

- Republic Day Celebration

The school celebrated Republic Day on 26th January 2026 with great patriotic fervour. Sr. Tessy Sebastian, President of the Society, graced the occasion as the Chief Guest. The presence of parents added to the enthusiasm of the students and encouraged them to participate actively in the celebration.

- **Academic Achievement**

On 1st February 2026, 82 students appeared for the Inter-School Abacus Examination, and 56 students secured 1st, 2nd, and 3rd positions, bringing pride and recognition to the school.

- **Class X Send-Off**

The Send-Off Programme for Class X was organized on 3 February 2026 with Sr. Jessy as the Chief Guest. The programme was a memorable occasion where teachers and students shared their experiences and extended their heartfelt wishes to the outgoing students for their future success. The students gifted 15 chairs for teachers, 3 cement benches and gifts to all the teaching and non-teaching staff.

- **Scout and Guide Camp**

A two-day Scout and Guide Camp was held on 21st and 22nd February 2026, with 172 students participating enthusiastically. The camp was guided by resource persons Mr. Zade (DSO), Mr. Kiran Jungale, Mr. Sunil, Mr. Sahil, and Mr. Abhijit. Students received practical training in activities such

as tent making, cooking without vessels, first aid etc. The first evening featured a lively campfire, food fest, and cultural programmes, fostering teamwork and camaraderie among the participants. The second day began with yoga, followed by an inter-religious prayer service. The camp concluded with a valedictory function and the ceremonial lowering of the Scout and Guide flag.

- **Marathi Divas Celebration**

Marathi Divas was celebrated on 27th February 2026 with great enthusiasm and respect for the language and culture. Students delivered inspiring speeches highlighting the richness of the Marathi language. A special interactive session for Class VII students was conducted by Mr. Vijay Dhuley, PSI Allipur, and Mr. Paresh Sawarkar, making the celebration more meaningful and informative.

- **Prize Distribution Ceremony**

The Prize Distribution Ceremony was held on 10th March 2026, during which students were honoured for their outstanding achievements in academics, sports, and co-curricular activities. On the same occasion, the valuable contributions of the EPTA members were also acknowledged and appreciated. Seven students received awards for colouring competition held in Wardha.

Many students received gold medals and certificates for their outstanding performance in SOF examination.

- **Medical Check-up and Awareness programme**

On 11th March 2026, a medical check-up camp was organized by PHC, Allipur, where students were screened for Sick Cell disease. This initiative reflected the school's commitment to ensuring the health and well-being of its students. HPV awareness seminar for class 8 girls was held on 17th March 2026. Doctors and Asha workers from Allipur PHC gave the session.

- **Graduation Ceremony**

Graduation of U.K.G students was held on 28th March 2026. Fr Vibinto CMI was the guest of the day. The day was blessed with the presence of parents and the Nursery and L.K.G students showcasing varieties of programmes. All the U.K.G students were awarded with medals.

Conclusion

Through these diverse activities and programmes, the school continues to uphold its mission of providing holistic education by nurturing the intellectual, physical, cultural, and moral development of its students. Such initiatives play a vital role in shaping confident, responsible, and compassionate individuals ready to contribute positively to society.

❖ Premdaan

“How good and pleasant it is when God’s people live together in unity!” (Psalm 133:1)

- In the heart of our loving home, a beautiful story unfolds each day—the story of the Premdaan

Community, a place where care, joy, and togetherness come alive. This is not just a residence for our dear senior citizens and hostelites; it is a family woven together with love, respect, and faith. Every corner of Premdaan echoes with laughter, shared memories, and moments of deep compassion. The life of our community is alive with colour, joy, and togetherness, as celebrations become the heartbeat of Premdaan:

- Christmas radiated a special glow of hope and festivity, filling every heart with cheer.
- The New Year was welcomed with great enthusiasm, marking new beginnings and renewed dreams.
- Community Day stood out as a grand expression of unity and gratitude, bringing everyone together in a spirit of love and belonging.
- The Feast of the Immaculate Conception of our Blessed Virgin Mary was celebrated with deep devotion and reverence, enriching our spiritual life.
- We also joyfully participated in the CRI program on the Day of Consecrated Life, which was a truly enriching and memorable experience for all.
- With prayerful hearts, we entered into Holy season of lent with great devotion, reflecting deeply on the love and sacrifice of Christ.
- Our lively get-togethers with the people of the surrounding area create bonds that go beyond

boundaries, adding warmth and vibrancy and making everyone feel truly at home.

- One of the most touching moments is the celebration of birthdays of our beloved uncles and aunties. Surrounded by their family members and our community, these occasions become a heartfelt reminder that they are cherished and never alone.
- We were also blessed by the gracious visit of Bishop Benny of Itanagar, whose presence brought spiritual joy and encouragement to all. His visit strengthened our faith and filled our hearts with divine peace.
- Another deeply meaningful experience was our participation in the Grotto Feast. With devotion and prayer, we gathered as one family, seeking blessings and renewing our faith in God's loving presence.
- Indeed, Premdaan is more than a place—it is a living story of love in action, where every day is a gift, every person is valued, and every moment is touched by God's grace

❖ **Sanjeevani Ashram**

- Sr Sally took class for our novices on psychology. The class was very interesting and exciting.
- We had the regular 'Rosary alongwith Mother Mary' in the December. It was a fervent devotion where all the inmates and the staff took part.
- The three day residential retreat for the month of December was led by Fr.Robin of Sagar diocese.

There was a huge turnout of participants for the same.

- We went for the ward wise carol singing in the month Of December. It was really a time shared love in preparation for Christmas.
- Sr Tresa took class for the novices on the topic 'Prayer and discernment'.
- Sr Sally made a presentation on Mental Health at Dharmaram College, Bangalore. She had a wonderful time interacting with numerous persons and gaining a lot from them.
- The residential retreat for the month of January was led by Sr Esther.
- The one day retreat for the month was led by Sr Nitya. There were many participants from Nagpur.
- Huge number of participants turned up for the three day retreat led by Fr Arokiaswamy from Amaravati. It was really a refreshing and spiritually rejuvenating experience for all.
- Postulants Jayanti and Jina joined us for one month community experience.
- We had a grand celebration of health ministry in our campus. All the sisters in medical field was happy to be a part of it.
- Womens' day was also celebrated in a grand way at our centre with games and competitions for the inmates and staff. It was followed by a sumptuous lunch.

- Sr Sally went to Australia for an onsite exposure program as part of her course from the university of Melbourne.
- Fr Vincent Akkara of Sagar diocese led the three day residential retreat for the month of March. It was a spiritually refreshing experience for all several participants including our sisters were part of it.
- We had a combined grand celebration of Sr. Esther's silver jubilee, Sr.Sally's feast and community feast on 24th of March. It was day filled with joy and laughter. The holy Eucharist was offered by Fr.George CMF. All our nearby communities were invited for the same.

A Note of Gratitude

- Sr Sally

Dear Sisters,

As I step aside from my role as Chief Editor of Agragami Info, my heart is filled with deep gratitude and joy for the journey we have shared over these years.

Serving Info has been a truly enriching experience for me. I have cherished every aspect of this responsibility - editing, searching for meaningful content, encouraging sisters to write, and witnessing the steady growth of each volume. More than anything, I have been deeply touched by the wealth of creativity, insight, and commitment present among our sisters. The prompt and generous contributions - especially from our junior sisters and formees - have been a constant source of inspiration and encouragement.

I would like to express my heartfelt thanks to my co-editors - Sr. Therese, Sr. Deepa, Sr. Roja, Sr. Jyotsna, and Sr. Tresa - for their collaboration, dedication, and support throughout this journey. My sincere appreciation also goes to Yogesh, whose tireless efforts helped bring each volume together in a beautiful and presentable form.

I am deeply grateful to our dear (past and present) Superior Generals, Sr. Theresia Kelsch and Sr. Arpita and to our (past and present) Provincials, Sr. Latika, Sr. Arpita, Sr. Vidya, and Sr. Tessy, for their constant encouragement, guidance, and blessings. The

appreciation, feedback, and meaningful messages you have shared over the years have enriched Info and strengthened its vision.

I also thank all those who have offered corrections, suggestions, and constructive feedback. Each of these has helped Info grow and evolve into what it is today.

Personally, this journey has been one of growth and enrichment. My love for reading and writing found deeper expression through this role. Engaging with the content, discovering new ideas, and learning alongside each volume has been a blessing that I will always cherish.

As I now hand over this responsibility, I do so with great joy and confidence, knowing that Sr. Tresa Eugene will carry forward this mission with dedication and creativity. Info is in safe and capable hands, supported by sisters who will continue to nurture and strengthen it in the years to come.

It is now time for Info to be shaped by younger and creative minds who will help it grow from strength to strength, volume after volume.

As we journey together, may we continue to read, write, reflect, and support one another, enriching our Province through shared experiences and insights.

May the Risen Lord bless each one of us as we continue this pilgrim journey together.

With gratitude and love,

Sr. Sally

- Sr Shanti

In the natural world, the lion and the eagle stand as powerful symbols of strength and greatness. While one rules the land and the other soars through the skies, both embody qualities that can inspire a powerful mindset for life.

The lion, often called the king of the jungle, represents courage, confidence, and leadership. A lion does not wait for opportunities to come—it steps forward and claims its ground. It walks with a quiet authority, not because it is the largest animal, but because of its fearless attitude. The lion teaches us that true strength lies not in appearance, but in mindset. Even in the face of challenges, the lion does not retreat easily. It stands firm, faces its fears, and acts with determination. This mindset encourages us to take responsibility, to lead when needed, and to face life with boldness rather than hesitation.

At the same time, the lion also reminds us of the importance of focus and persistence. When it hunts, it does so with patience, strategy, and unwavering attention. It does not chase every distraction but chooses its target wisely. In life, this teaches us to stay committed to our goals, to avoid unnecessary distractions, and to persevere until we achieve what we seek.

On the other hand, the eagle symbolizes vision, renewal, and spiritual elevation. Unlike other birds, the eagle flies

at great heights, rising above storms rather than being defeated by them. When storms come, it uses the strong winds to lift itself higher. This reflects a powerful mindset—the ability to turn difficulties into opportunities for growth. The eagle does not escape challenges; it transforms them into strength.

The eagle is also known for its sharp vision. From high above, it can clearly see its focus, even from a great distance. This teaches us the importance of clarity in life. A person with an eagle mindset does not get lost in confusion or negativity but keeps a clear vision of their purpose and direction.

Another striking aspect of the eagle is its process of renewal. At a certain stage in its life, it goes through a painful transformation - letting go of old feathers and habits to grow new strength. This is a profound lesson for human life. Growth often requires letting go of what is comfortable but limiting. It calls for courage to change, to renew, and to become better.

When we bring together the mindset of both the lion and the eagle, we find a balanced way of living. The lion teaches us to be bold, confident, and grounded in action. The eagle teaches us to rise above, to see clearly, and to grow through change. One gives us the strength to face the world; the other gives us the vision to rise beyond it.

In a world full of challenges and distractions, adopting the mindset of the lion and the eagle can lead to a life of purpose and fulfilment. It calls us to be courageous in action, wise in vision, and strong in spirit. Like the lion,

we are invited to lead with confidence and like the eagle,
we are called to soar with vision. Together, they remind
us that true greatness is not just about power, but about
the strength to rise and the courage to lead.

Have the courage of a Lion, and the vision of an Eagle.

The Resurrection

- Sr Aishwarya

*At dawn the stone was rolled away,
The night of sorrow broke today.
The grave lay bare, the linens still,
And death stood silent, bent to His will.*

*Where tears had fallen, hope arose,
Like morning light on weary souls.
The cross once crowned with pain and loss
Now shines with love that bore the cost.*

*“He’s not here” the angels said,
“He lives, though once among the dead.”
The earth stood hushed, the heavens rang,
As life outshone the grave’s cold clang.*

*O risen Lord, Your victory clear,
Turns every doubt to holy fear.
From broken hearts to lives made new,
The resurrection makes us true*

The Catholic Church and Social Media

- Sr. Dominica Topno
1st Year Novice

Introduction

Media is omnipresent and shapes today's culture. In the ecclesial viewpoint, social media is defined as "an integrated human space where life, relationships, and mission unfold. "[Towards Full Presence-A Pastoral Reflection on Engagement with Social Media]. The Catholic Church recognizes the opportunities and dangers of social media. As the world changes the church cannot remain stagnant. The church is called to actively engage with the digital culture rather than ignoring it.

The Church, from the very beginning has its mission of communicating the message of the gospel. In the church documents, social media is outlined as a modern extension of the Church's mission to communicate the **Gospel**. It is often called as a digital continent. This expression was popularized by Pope Benedict XVI where the Church must be present to engage with people where they live and interact today.

Here I would like to mention few documents of the church on Social Media

The Second Vatican Council (1962–1965) produced a foundational decree on mass communication that serves as the theological teaching on digital and social media.

Inter Mirifica

1. **Media as God's gift:** Media of social communication are gifts of the creator.
2. We have capacity to use them for good purposes.
3. **Two sided nature of media:** it can be used for good: entertainment, instruction, spreading the kingdom of God.
4. **Church's stance:** if properly used, media greatly serve humanity.
5. **Personal responsibility:** the young people should practice moderation and self-control. They should depend on their wisdom for what they see , hear, and read.
6. **Relevance of today :** In the name of "freedom" falls and harmful content
7. Spreads quickly online.
8. Inter Mirifica's calls for moderation, truthfulness and regulation remains urgent today.

Communio Et Progressio

Communio et Progressio, was officially declared on May 23, 1971. The Instruction Was Demanded By the Vatican II Decree on Social Communication. It provides pastoral guidelines for social communications.

It emphasizes that social communications....

- promote unity
- contribute to human progress through education and training

- It reminds the church to actively engage the media environment rather than withdraw from it.
- Media and communication should promote equality, human dignity and social justice.
- It stresses the right of the Church to use the modern means of communication.
- It emphasises the need to secure their proper use in perspective of morality.
- It refers to all ways and means of communication in human society.

Towards the full presence

This document is a recent pastoral reflection from the Dicastery for Communication, released in 2023.

Key points

- This document addresses how we as individuals and as an ecclesial community, are to live in the digital world as loving neighbours.
- It also gives a guidelines on the Church's practical engagement with social media.
- The Parable of the Good Samaritan, is the metaphor used in this document by which Jesus makes us answer the question, "Who is my neighbour? In the context of integrated communication, consisting of the convergence of communication processes, social media plays a decisive role as a forum in which our values, beliefs, language, and assumptions about daily life are shaped.

- Listening is a fundamental skill that allows us to enter into relationships with others. We can gain practical information, maintain social connections, explore resources, and deepen and expand our knowledge.
- It creates inclusive spaces that give voice to those in our communities who are marginalized by social or economic injustice.
- This document calls Christians to an authentic, compassionate, and community building presence on social media.

Conclusion

Proclamation of the Word of God is central for communication. Media and communication builds up the church. It provides access to religious and spiritual resources. Vatican II on social media stressed the role of media in faith. Pope Francis too stressed the same as he said “ Keep digital doors of the church open”



The Power of Pain

- Sr Ranjita Lakda

*We are sailing in the same boat,
Some have more, some have less
But all are blessed with pain.
Pain, what a power it is!
The pain of losing loved ones
Teaches you to love more
The pain of rejections and failures
Teaches you to try more
The pain of being hurt
Teaches you to be compassionate
The pain of poor health
Teaches you to strive for good health.
The pain from others being rude to you,
Teaches you to be always kind
The pain of being cheated
Teaches you to be prudent all the time.
The pain of disappointments
Teaches you to find joy
The pain of separation
Gives hope that you meet again.
The pain of being left alone
Teaches to connect with the inner core.
The pain itself whispers, don't lose hope
Learn to survive, learn to endure.
Pain is the Divine's message
To experience ways of life,
A power that sprouts within
To make one bloom,
Like a flower with fragrance of joy.*

A Promise Made in the Rain

- Sr Archangel

One rainy evening, on a busy road in India...He was sitting in his car, waiting at a traffic signal. The rain was heavy... the roads were crowded... everything felt normal. But then... his eyes fell on something that was not normal. A family of four on a scooter. The father was carefully driving through the slippery road...The mother sat behind, holding a small child tightly...Another child stood in front, trying to balance. No protection...No safety...Just trust... and struggle. The rain kept falling...And that family kept moving forward... slowly... hoping to reach home safely.

That moment didn't just pass...It touched his heart deeply. He didn't just see them...He felt their fear. That night, he couldn't forget what he saw. While the world slept...A thought stayed in his heart: "Why can't every family have a safe car?" Not something expensive...Just something simple, safe, and affordable.

People laughed at his idea. They said it was impossible. But he didn't stop. He kept working... quietly...Through failures, pressure, and doubts...Holding on to one thing—his concern for people. And one day, that concern became real. The Tata Nano was created—A car made not just with technology...But with care. But even though the Nano did not become a big success in the market...his intention never failed. Because what he tried to do...came from a heart that truly cared.

Sometimes, a small moment we see in life...can stay in our hearts forever. And maybe...it can become the reason to do something good for others.

“Success is not always in results...sometimes, it is in the intention behind what we do.”

A Journey of Grace and Learning

Visit to Melbourne as Mary Glowrey Scholars

- Sr Sally

Our visit to Melbourne as Mary Glowrey Scholars was a deeply enriching and grace-filled experience—one that will remain etched in my heart for years to come. This journey was not merely academic or professional; it was, in many ways, a pilgrimage inspired by the life and legacy of Dr. Mary Glowrey.

Dr. Mary Glowrey, the first Catholic woman doctor from Australia, pursued her medical studies in Melbourne and served at St Vincent's Hospital before dedicating her life entirely to the service of the poor in India, especially women and children. Walking through the very places associated with her life made the experience deeply meaningful, almost like retracing the footsteps of a mission that continues to inspire generations.

I feel profoundly grateful to Catholic Health Association of India, the sponsors, and all those who generously supported and organized this programme. A special word of thanks to Prof. Nathan and his family, and Dr. Nicole and her family, whose warmth, hospitality, and thoughtful care made our stay comfortable and truly memorable. Their kindness made us feel at home even while being far away from our own land.

The academic sessions formed the heart of the programme and were extremely enriching. Rob Moodie and Luciano facilitated engaging discussions on leadership and service. Their sessions were not limited to theoretical inputs but opened spaces for reflection, dialogue, and sharing of lived experiences. They invited us to think deeply, question meaningfully, and connect learning with real-life ministry situations. This made the entire experience intellectually stimulating and personally transformative.

Another great blessing of this visit was the opportunity to interact with fellow scholars from Christian Medical College and Emmanuel Hospital Association. These encounters created avenues for meaningful networking and future collaboration. Meeting people who share a similar commitment to healthcare and service was deeply encouraging and broadened our vision of collaborative ministry.

A particularly memorable moment for me was meeting Belinda, our subject expert during the one-year online programme from University of Melbourne. Attending her session in person was a highlight—exceptionally well

prepared and delivered with clarity and passion, leaving a lasting impression on all of us. The online course we completed last year had itself been a transformative journey. It was very different from our usual system of learning. Instead of rote memorization, we were encouraged to think critically, reflect deeply, express our views freely, and engage in meaningful discussions through the learning platform. Writing assignments, exploring additional resources, and using our imagination and reasoning made the learning process vibrant and alive. Scoring full marks in most assignments and receiving certification from the University of Melbourne were indeed fulfilling achievements.

Equally enriching was our visit to the Psychiatry Department at St Vincent's Hospital, where we also had the opportunity to meet mental health professionals from Australian Catholic University. Interacting with professionals like Mrs. Sini, originally from India, made the experience even more relatable. Observing their facilities, systems, and approach to care gave us valuable insights and ideas that could be meaningfully adapted in our own healthcare contexts. These interactions also opened doors for future collaboration and learning.

The evenings were filled with warm gatherings and shared meals, offering opportunities to meet remarkable people and build meaningful relationships. Initially, the practice of introducing oneself in detail at every gathering felt a bit cumbersome, but gradually it became a joyful and engaging experience. Among all the evening

programmes, the Holy Mass and the event in honour of the Venerable Mary Glowrey stand out vividly in my memory. Through talks, conversations, and a documentary on her life, we were drawn deeper into her spirit and mission. The felicitation of all of us as Mary Glowrey Scholars made us feel included and valued.

What touched me deeply was the admiration and affection with which people in Melbourne spoke about Mary Glowrey. Almost everyone we met seemed inspired by her life and expressed genuine enthusiasm for the cause of recognizing her holiness. This strengthened my own desire to pray more through her intercession and to spread awareness of her life and mission in India. People were also genuinely surprised and appreciative when they learned about the large network of sister doctors in India. My own work in mental health and the Treasure Care initiative was also received with interest and appreciation.

The time spent at Maclean House with fellow sister doctors was filled with warmth, laughter, and simplicity. Cooking together, sharing meals, and enjoying each other's company created beautiful memories that added joy to the entire journey.

Beyond the formal programme, the city of Melbourne itself left a deep impression on me. Walking through its streets, observing the lush greenery, beautifully maintained gardens, orderly traffic, and striking architecture revealed a culture of care and attention to detail. Even the serene cemeteries reflected a sense of dignity and respect. These simple yet profound

observations invited reflection on how environments can influence wellbeing.

Our outings added colour and variety to the journey. Visits to the Melbourne Aquarium, the breathtaking drive along the Great Ocean Road, and even witnessing the lively atmosphere of a casino people winning and losing in a fraction of second which I had seen only in movies—all offered unique cultural experiences and immense wealth to enrich my imaginations. Each of these moments helped us understand life in Australia from different perspectives.

One of the most delightful experiences was our visit to Nathan's farm. Walking through the countryside, trekking across hills, and enjoying the serenity of nature was deeply refreshing. Meeting Nathan's parents added warmth to the visit. A particularly joyful moment was when we found ourselves jumping on a trampoline with the children—laughing freely and reliving the carefree joy of childhood.

We also enjoyed brief visits to Victoria Market and the Coles shopping centre, where our main mission quickly turned into searching for chocolates—especially those varieties far more delicious than what we usually find in India. These small adventures added a light-hearted and joyful dimension to our stay.

Our journey also included a memorable transit through Changi Airport, widely regarded as one of the most beautiful airports in the world. Its aesthetic beauty and vibrant atmosphere made it an experience in itself,

adding colour and delight to our travels. What made this entire journey especially meaningful were the moments of togetherness—beginning each day with prayer and Holy Mass, sharing meals, visiting places together, and walking this journey as a community. These moments nourished not only our minds but also our spirits.

Though much more could be shared, I carry back from Melbourne a heart full of gratitude. This journey has been spiritually inspiring, intellectually enriching, and personally joyful. It has renewed in me a deeper commitment to service and mission, encouraging me to continue the legacy of healing, compassion, and care that Dr. Mary Glowrey so beautifully embodied



The Risen Dawn

- Sr Alisabeth

*In the silence of the shadowed grave
where sorrow wept and hearts were cave
A stone lay sealed the night held tight
Till heaven broke with living light.*

*The earth stood still the angels cried
Why seek the living with the dead
He is not here, he has arisen! "
Death undone no more it's prison.*

*The wounds still shone with love so deep,
The scars that caused the world to weep
No signs of hope of mercy bright
A victory crowned in endless light.*

*O risen Christ our hearts you claim
You call us each by tender name
From fear to faith from dark to day
You roll our every stone away...*

*Now hope is born where despair had grown
No soul abandoned none alone
For love has conquered life made new
The empty tomb speaks truth so true.*

The Psychology of Sin In Me

- Sr Bindu SJB

As I reflect on sins, I must go beyond the history of my sins. It is the mystery and the psychology of my sinfulness that I must deal with. More than merely making a list of my sins, I must come to know the root cause of my sinful behaviour, which is my core sinfulness. An insight into the psychology of the pattern of my behaviour may give me some understanding about my core sinfulness; but God only can reveal it to me in its entirety. When I experience strongly my core-grace that I am precious and God loves me, then I will be able to recognize my core sinfulness by which I deny my preciousness.

The following list of seven **Cardinal Sins** may be helpful in gaining more insight into our pattern of behaviour.

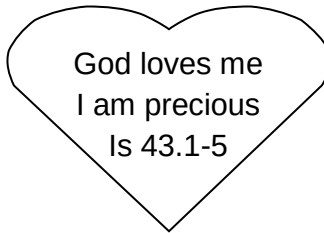
1. **Pride:** an unhealthy understanding of one's gifts: I, mine, I am better than others, not accepting everything as a gift of God, but as our own, lack of humility and the spirit of obedience, arrogance
2. **Envy:** Not accepting that each person is unique, comparing, judging, not appreciating and accepting the qualities of others, longing for praise, acceptance.
3. **Anger:** at the slightest provocation, used destructively against other, revengeful anger, blocks communication, lack of forgiveness
4. **Sloth:** Laziness, neglect one's duty, a life without goal, purpose, no serious commitment, goal or

purpose; mediocre, looking for comfort, easy-going... no self-discipline

5. **Avarice:** Greed, hunger for possession, material goods, no self-control, Self-discipline, detachment, charity etc., not seeking security in God, no sense of poverty
6. **Gluttony:** excessive eating, drinking, spending more time in bodily Pleasure and satisfaction. No self-control and moderation in eating; no charity at table, no concern for the poor.
7. **Lust:** Excessive desire for sexual pleasure, lack of respect for oneself and others. No proper care for the body, sexual gratification through self-abuse and physical intimacy with others, pornography etc. unhealthy relationships, lack of affective maturity and psycho-sexual integration, unhealthy celibate life.

Just because we deny I own core-grace and believe that I am not good, I am not wanted, I am not loved, I am not significant; I try to affirm myself by my unhealthy behaviours. All my sins are rooted in my core-sinfulness which is to deny continuously that I am good. Be rooted in your core-grace. Develop a positive self-image. Believe in your self-worth.

My Core-Grace and Core-Sinfulness



My core sinfulness

My false identity

- I am not precious
- I am not good
- I am not beautiful
- I am not wanted
- I am not as good as others
- Low self-image
- I am not perfect

My core – grace

My true identity

- I am precious
- I am good
- I am loved
- I am loveable
- I am wanted
- I am important
- I am significant
- I have a dignity and self-worth

- Find out your Core-Grace. Formulate it as clearly as possible.
- Enlist your unwanted behaviour patterns. From there go to your Core-Sinfulness: It will be just the opposite of your core-grace. Your core-sinfulness will enable you to understand the psychology of your behaviour patterns.
- Repeat to yourself your core-grace, in prayer, in the silence of your heart.

Role of Women In Salvation History

- Priyanka Tigga

1st Year Novice

Introduction

Women are the strength of family and foundation of nations. A strong woman stands up for herself but a stronger woman stands for others. Women are the agents of change. True empowerment lies not just in personal achievement, but in creating path ways for others to succeed.

Women played an important role in salvation history reversing the disobedience of Eve through faithful, courageous cooperation with God's plan. Women were essential agents of redemption, nurturing, mediating, and witnessing to Christ.

Huldah

We read about Huldah in 2 kings 22: 8-20 . According to the story Josiah the young king of Judah has just being told that the scroll of the law has been discovered after having been forgotten for many years. Josiah's secretary reads the scroll to him. Josiah being a Godly king, is deeply concerned with what he hears. He commissions a delegation of five of his most important men with the charge. "Go and ask the lord on my behalf, and on behalf of the people and of all Judah concerning the content of this scroll that has been found"

The delegation goes directly to Huldah. This indicates that she was well known and was respected by the king and his men. Josiah's men speak to her on behalf of the king and the nation and Huldah replies and speaks on behalf of the lord. Huldah was called to shape the spiritual destiny of ancient Israel.

I would like to mention few prophetic qualities of Huldah

- **A Prophetess of Truth and Power:** Huldah was a divine messenger, spoke uncomfortable truths to authority and confronted sin to call people to repentance.
- **Respected Prophetess:** One of the few named female prophets in the Old Testament.
- **The Chosen one:** Despite prophets like Jeremiah and Zephaniah being active, Huldah was chosen by the high priest and king Josiah indicating that her high position was recognized.
- **A prophet who delivered the message of hope:** Huldah delivering the message both judgment (for the nation) and hope (for the repentant individual).
- **Courage to Speak:** She inspires followers to speak truth in difficult situations.

Conclusion

There were many female prophets in the history of Israel. At least one female prophet is mentioned in each period of Israel's history.

Key lessons from Biblical Women

- Mary, Mother of Jesus : **Obedience and Faith**
- **Ruth** : loyalty, resilience and faith
- **Esther**: courage and trust in God
- **Sarah** : God can make impossible things possible
- **Hannah**: power of prayer and persistence in seeking God.
- **Huldah** : awareness of God's presence and trusted in God for guidance.

Who Am I?

- Sr Sunima

Philosopher Gabriel Marcel a Christian Existentialist, philosophizes on the descriptive point of view "Who am I?" He gives us two reflections: In the first reflection, he says that a human person is not an object or a thing but a living mystery, because we have relationships with one another, we experience different kinds of feelings and we can hope for the future.

In the second reflection, he sees a person as a mystery. Focusing on being, not having. This involves participation, love, hope and faithfulness. And it helps us to understand our true self. He concludes that our human existence is a mystery which has to be understood through our lived experience.

Uncruel Night

- Sr Abhilipsa

One of the newspaper article elaborated on unseen humane nature exhibited by a pack of dogs to an abandoned new born.

At dusk in Nabadwip, Bengal someone left a new born boy beside a public toilet and disappeared. The night was damp, the lane empty—except for the street dogs people usually shooed away from that corner.

They didn't bark. They didn't scatter. The dogs formed a loose ring around the infant, bodies curled against the cold, heads up, ears tuned to every footstep. A few stood guard; one pressed close enough to share warmth. When a drunk stumbled too near, a low growl pushed him back. When rain spat, they shifted to block the wind.

Hours passed. The baby whimpered, then quieted against fur and steady breathing. At first light, a resident heard the thin cry and came out—and found a circle of mongrels keeping watch over a child who had been abandoned by his own kind.

The same dogs we chase away did what we didn't: they stayed. They noticed. They protected. And somewhere in that uncruel night, they reminded a town what it means to be human.

The Magic of Reading

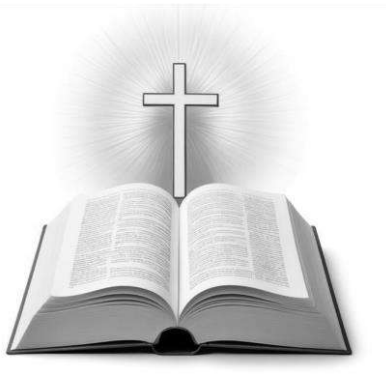
- Sr Riya

*A book is a door to a magical land,
A treasure of wisdom held in our hand.
With every page that we slowly turn,
There are countless wonders for us to learn.*

*Reading gives wings to dreams untold,
More precious than silver, brighter than gold.
It sharpens the mind and lights the way,
Guiding our thoughts every single day.*

*Through stories we travel far and wide,
Across great oceans and mountains high.
In silent pages new worlds appear,
Filling our hearts with hope and cheer.*

*So cherish the habit of reading each day,
Let books be your friends along life's way.
For those who read will always see
A wiser, brighter world to be.*



Can We Change God's Mind Through Prayer?

- Sr Shruti



Prayer often feels like a dialogue where we plead, ask, or even wrestle with God. A farmer in drought prays for rain, yet when the storm threatens his crops, he prays for it to pass. The storm does not come, and his fields flourish. Did his prayer alter God's plan? No—the mystery is deeper. God's providence already embraced both the farmer's prayer and the storm's path. What changed was not God's eternal wisdom, but the farmer's heart, learning to trust that God's will is always for the good.

Scripture reminds us in *Jeremiah 18:8*: “If that nation I warned turns from its evil, I will relent and not bring on it the disaster I had planned.” This does not mean God is fickle or swayed as humans are. Rather, it shows that His eternal plan already accounts for human freedom, repentance, and prayer. God's “relenting” is not a change of mind, but the unfolding of His mercy when hearts turn toward Him.

Think of prayer as a child speaking to a parent. The child's request reveals trust and dependence, but the parent responds with wisdom, sometimes granting, sometimes withholding, and always acting for the child's good. In the same way, prayer does not manipulate God—it reveals our hearts and draws us closer to His.

Prayer transforms us. It teaches us to:

- **Align with God's will** rather than our own desires.
- **Trust His sovereignty**, knowing He sees beyond what we can.
- **Gain His perspective**, learning patience and humility.
- **Find peace in His plan**, even when it differs from ours.

A helpful image is a GPS. We set our destination, but the GPS knows the terrain, traffic, and obstacles. We may ask for shortcuts, but the GPS guides us on the safest path. Our asking does not change the destination—it helps us understand the journey. Likewise, prayer does not change God's eternal plan; it changes us, teaching us to walk faithfully along His chosen route.

Ultimately, prayer is not about bending God's will to ours, but about being bent ourselves—shaped, humbled, and strengthened to live in communion with Him. In prayer, we discover that the greatest gift is not the answer we expect, but the transformation of our hearts to trust the One who knows all.

The Child Sees Light In Jesus

- Berena

There was a child, who was five years old. She would always go to the seacoast and talk with the Lord. One day, she met an old man who asked her “My dear what are you doing here ?” and she replied, “ nothing uncle”. He further inquired, “Why are you sitting here ?” She responded that she came to meet God. To this the old man replied, “oh! Child , please go to the church and you will find God. Then he went away. Then one day, some students came for picnic. They saw the child. They mocked at her, asking, “why are you here? Are you alone?” Child replied “ No, I am not alone. My father is with me.” Then they laughed at her. The child was very sad and she complained to Jesus. Then Jesus replied, “ My child, why are you sad?” They mocked me and they will mock you because you belong to me”

If we have Jesus with us, then our character will be always be an act of surrender at the hand of the Lord. Our mind will be always open for knowing the will of God.

Word Salad

- Prickly porcupines poke pointy pineapples
- Giggly geckos gulp gooey gummies
- Speedy spiders spin sparkly silky strings
- Big brown bear blew blue bubbles

The Value and Importance of Being A Good Person

- Sr. Sunita Gandhare

In today's fast-moving and competitive world, success is often measured by wealth, status, and achievements. However, beyond all these external accomplishments, the true foundation of a meaningful life lies in being a good person. Goodness is not about perfection; it is about having a compassionate heart, honest intentions, and actions that reflect care and respect for others.

Being a good person begins with character. Qualities such as honesty, kindness, patience, humility, and empathy shape the way we interact with the world. A person with good character does not harm others intentionally and strives to act with fairness and integrity. Such a person earns respect naturally, not by force but by virtue of their behavior.

One of the greatest values of being good is the inner peace it brings. When our actions are guided by truth and kindness, we experience a clear conscience. There is comfort in knowing that we have treated others with dignity and love. This inner satisfaction is far more lasting than temporary success or recognition.

Goodness also strengthens relationships. Families, friendships, workplaces, and communities thrive when people are considerate and understanding. A simple act of kindness, a listening ear, or a word of encouragement can build trust and deepen bonds. Trust is the

foundation of every healthy relationship, and it grows when people consistently act with sincerity and goodwill. Moreover, being a good person has a powerful influence on society. Acts of compassion create a ripple effect. When someone chooses forgiveness over revenge or generosity over selfishness, it inspires others to do the same. In this way, goodness multiplies and contributes to a more peaceful and supportive environment.

It is important to recognize that being good is not always easy. There are moments of misunderstanding, hurt, and injustice. Choosing to remain kind during such times requires strength and maturity. True goodness is revealed not in comfort but in difficulty — when we choose patience instead of anger and understanding instead of judgment. Furthermore, goodness gives life deeper meaning. Achievements may fade, but the impact we make on others' lives remains. People may forget what we said or did, but they rarely forget how we made them feel. A good person leaves behind a legacy of love, compassion, and integrity.

In conclusion, the value and importance of being a good person cannot be overstated. It shapes our character, enriches our relationships, and contributes to a better society. While the world may celebrate power and success, it is goodness that truly transforms lives. By choosing to be kind, honest, and compassionate each day, we not only improve ourselves but also make the world a brighter and more hopeful place.

Prophetic Mission of Prophets

- Sankumari Toppo

1st Year Novice

Who is a prophet ?

Prophets spoke for the people of their own time. They challenged people of their time especially their political rulers. Prophets reminded the Israelites to be faithful to God's commandments and/or to repent and turn back to God. They were conveying messages from God, who had called or commissioned them. Thus, the biblical prophets transmitted messages on behalf of God. Faith and repentance were the main message of any prophets in the Old Testament.

A prophet challenges people to be:

- Sincere
- Truthful
- Committed to God

Prophets spoke against

- Wrong politics
- Wrong religion
- Injustice in society

Prophets arose to protest

- When people cheated others
- When the poor were oppressed
- When justice was ignored
- When covenant with god was broken

Prophets are signs and instruments of God

- Their life itself pointed to God's will
- By their actions and words they showed people which path leads to life
- God worked through them to correct, warn and guide the people

How did the prophets speak and act

- To speak loudly
- To speak with conviction
- To speak with moral authority

Prophets and God's will

- Concerned with God's will
- God's will was already revealed through the Torah, the Sinai Covenant, and God's election of Israel as His chosen people
- Prophets at their society through God's eyes

The aim of prophecy

- Conversion: turning away from injustice, turning back to God and reforming one's life and society.

Jesus as the fulfilment of Prophecy

The New Testament presents Jesus as the perfect prophet. He fulfills all prophetic characterizes

- He knows human hearts
- He performs signs
- He restores life
- He speaks with authority

Dear Rain

- Ritu Barwa



*O dear rain
O dear rain
You are little drops of rain
What should I call you
Sweet , bright, strong and pure
Little drops*

*When you spatter upon me
My heart overflows with joy and smiles
Your cold and smooth touch
Gives me shivers
Your sound is so gentle
You bring a spark of peace
In every living being
All are joyous and
Overwhelmed at your arrival*



Life isn't about
waiting for the
storm to pass...
Dance it's learning to
in the Rain

Message of His Holiness Pope Leo XIV

For the World Day of Prayer for Vocation 2026

Theme: The Beauty of the Call and the Journey Within

“Guided and protected by the Risen Jesus,” the message for the World Day of Prayer for Vocations invites us to reflect on the interior dimension of vocation—a gift of God that unfolds deep within the human heart. Vocation is not merely a role or task, but the discovery of God’s loving plan, a path that leads to true beauty, meaning, and fulfillment. It is along this path that the Good Shepherd leads us, gently guiding each person toward a life of purpose and joy.

The Way of Beauty

At the heart of the message is the image of Jesus as the Good Shepherd, the one who is “perfect, authentic and exemplary,” and who gives his life for his sheep. His gaze reveals that life becomes truly beautiful when lived in communion with him. This beauty, however, cannot be perceived merely through external senses; it requires contemplation, silence, and interiority.

The message emphasizes that “only the one who pauses, listens, prays and welcomes the Shepherd’s gaze” can discover this deeper beauty. In following Christ, a person is gradually transformed—“his beauty transforms us.” Vocation, therefore, is not simply about

doing good, but about becoming radiant with the beauty of a life rooted in God.

Drawing from the experience of saints like Augustine, the message reminds us that God is found “more inward than my most inward part.” The journey to discover one’s vocation is thus an inward journey—an encounter with God in the depths of one’s own heart. This encounter brings light even in moments of darkness and confusion.

Mutual Awareness: Knowing and Being Known

A vocation begins with the awareness that we are deeply known and loved by God. “The Lord of life knows us and enlightens our hearts with his loving gaze.” Yet this awareness must be mutual—we are invited to know God in return through prayer, listening to the Word, the Sacraments, and acts of charity.

The message highlights the importance of interior silence, echoing the call: “Do not go outside yourself. Return within yourself. Truth dwells in the inner person.” In a noisy and distracted world, creating space for silence becomes essential in order to hear God’s voice.

This is not about intellectual understanding, but about a personal encounter that transforms life. Vocation is described as an intimate dialogue with God, who calls each person uniquely and invites a generous response. It is a call to a “full and fruitful life,” where one’s talents, limitations, and even weaknesses are offered in union with Christ.

Trust: Surrendering to God's Plan

True knowledge of God leads to trust—a deep confidence that allows one to embrace and persevere in one's vocation. Life, the message reminds us, becomes “a continual act of trusting in the Lord,” even when his plans seem uncertain or challenging.

The example of Saint Joseph is presented as a model of this trust. Faced with uncertainty and unexpected circumstances, he entrusted himself completely to God's will. “In every situation, Joseph declared his own ‘fiat’,” becoming a witness to faithful surrender.

In a world often marked by fear, doubt, and insecurity, the message calls for a steadfast trust in God's promises. Even in darkness, God remains present, guiding and sustaining us. Trust enables vocation to grow and mature, shaping a life that reflects fidelity, hope, and courage.

Maturation: A Lifelong Journey

A vocation is not a fixed reality, but a dynamic process of growth and maturation. It unfolds gradually, sustained by a living relationship with God. Like the vine and the branches, our lives must remain deeply connected to Christ in order to bear fruit.

Growth in vocation requires openness to the action of the Holy Spirit, the ability to reinterpret life's experiences in the light of God's call, and the willingness to undergo “pruning” through trials and challenges. These moments,

though difficult, are often the very places where God's love is most deeply experienced.

The message also highlights the importance of spiritual accompaniment and community. Authentic relationships and wise guidance help discern and nurture the call, allowing it to flourish in its fullness. Vocation is never lived in isolation; it is supported and enriched by the presence of others.

Ultimately, vocation is a gift that must be nourished daily through prayer, reflection, and faithful commitment. Nothing in life is by chance—everything can become a response to God's loving plan.

Conclusion: A Call to Listen and Respond

The message concludes with a heartfelt invitation: to cultivate a personal relationship with God through daily prayer, attentive listening, and trustful surrender. "Pause, listen and entrust yourselves." In doing so, the gift of vocation will grow, bringing joy not only to the individual but also to the Church and the world.

Mary, the model of attentive listening and faithful response, is presented as a guide on this journey. With her accompaniment, each person is encouraged to embrace their vocation with courage and hope.

A Prayer for A Wounded World :

From War to Homecoming

- Sr Sally

O Lord of all peoples and all lands,
we come before you not as strangers divided by borders,
but as one wounded family,
carrying the dust of broken homes upon our feet.

You who watched over the world even as Your Son,
Jesus Christ, stretched His arms upon the cross
teach us again the language of peace
that is spoken not by power,
but by sacrifice.

For the earth trembles under the weight of war,
and the cries of children rise like unanswered psalms.
Homes have become memories,
and streets have forgotten the sound of laughter.
Those who once belonged now wander,
carrying their lives in fragile bundles of hope and fear.

O God, where hatred has drawn lines,
let your mercy erase them.
Where anger has hardened hearts,
let your compassion break them open like bread.

Remember the homeless, Lord
not as numbers, but as names written upon your heart.
Be their shelter when roofs have fallen,
their warmth when nights grow merciless,
their dignity when the world turns away.

Remember the displaced
those uprooted like trees torn from their soil.
Plant them again in places of welcome,

*where no one is called foreign,
and every stranger is received as kin.*

*And for those who wield power,
place within them a holy unrest
that they may not sleep in comfort
while the world burns in their hands.
Awaken in them the courage
to choose peace when war seems easier,
to build when destruction seems swift.*

*O Christ,
You who made of your suffering a bridge,
draw us across the chasms we have created.
Let your cross stand not as a symbol of sorrow alone,
but as a living call
to love beyond injury,
to forgive beyond reason,
to rebuild beyond despair.*

*Make of us instruments of Your quiet healing
that where there is ruin, we may sow restoration;
where there is exile, we may offer belonging;
where there is fear, we may become presence.*

*And when our prayers feel small
before the vastness of this broken world,
remind us
that love, once planted,
grows unseen,
until even the hardest ground yields to its grace.*

Amen.

Empowered to Care :

A Journey of Learning, Compassion and Community Health Service

- Sr Sandhya

We express our heartfelt gratitude to Sr. Tessy, our Provincial, and Sr. Sally, Councillor for Health Ministry, for giving us the opportunity to attend the Community Health Training Program organized by the Catholic Health Association of India (CHAI). This training has enriched our knowledge and deepened our commitment to serve the community with compassion and dedication. We extend our heartfelt gratitude to the Management Chair Fr Mathew CSsR, Sr Helen SAB and their team Mr. Vishal, Mrs Shanti and Mrs Priyanka for their inspiring leadership, guidance, and constant support. Their vision and dedication have strengthened our mission and encouraged us to grow together. We thank them for their valuable time, wisdom, and commitment to our community's development and well-being. In a nutshell, I would like share with you the basic and important lessons we picked up during this training session.

1. Palliative Care

Palliative care focuses on improving the quality of life of patients with serious illnesses by managing pain and providing emotional, social, and spiritual support. It is not limited to end-of-life care. Example: Supporting a cancer

patient with pain relief, counseling, and family care to ensure comfort and dignity.

2. Physiotherapy

Physiotherapy helps restore movement and function when someone is affected by injury, illness, or disability. It includes exercises, manual therapy, and rehabilitation techniques. Example: Assisting a stroke patient in regaining strength and balance through regular guided exercises, helping them walk and perform daily activities independently.

3. Occupational Therapy

Occupational therapy enables individuals to perform daily tasks independently despite physical or mental challenges. It focuses on skill development and adaptive techniques. Example: Teaching a child with disabilities to eat, write, or dress using special tools, improving confidence, independence, and overall participation in daily life activities.

4. Community Health

Community health emphasizes disease prevention, health promotion, and improving well-being at the community level. It involves awareness programs, early detection, and outreach services. Example: Conducting vaccination drives, sanitation awareness, and nutrition education in villages to prevent illness and promote healthier lifestyles among people.

5. Tele health Services

Tele health uses digital technology to provide healthcare services remotely, improving access for people in distant or underserved areas. It includes consultations, monitoring, and follow-ups. Example: A doctor advising a rural patient through video calls and monitoring their condition using mobile health applications without requiring hospital visits.

6. Quality of Life

Quality of life refers to a person's overall well-being, including physical health, emotional stability, social relationships, and independence. It goes beyond treating illness. Example: Providing pain relief, emotional counselling, and family support to ensure patients live comfortably, happily, and with dignity despite their health conditions.

7. Digital Security

Digital security involves protecting sensitive information, especially patient data, from unauthorized access or misuse. It ensures confidentiality and trust in healthcare systems. Example: Using strong passwords, secure software, and avoiding suspicious links to safeguard patient records and maintain privacy in tele health and hospital settings.

Our stay was comfortable, peaceful, and enriching, fostering bonding and reflection. We had a one day outing to Ramoji film city and a half day outing to Hussain Sagar. The outing was refreshing and joyful,

offering relaxation, new experiences, and memorable moments of togetherness and gratitude.

Dashrath Manjhi : The Mountain Man

Love Carved in Stone

Every Valentine's Day, stories of romance often arrive wrapped in roses and promises. But in a quiet corner of rural Bihar, love is remembered in dust, sweat and stone - the enduring legacy of a man who turned grief into a path of hope. Known across India as the "Mountain Man," Dashrath Manjhi did not write poetry or serenade his beloved. Instead, he carved a road through a mountain - alone - for love.

Manjhi was a poor labourer who lived in Gehlaur - a remote village cut off from essential services by a massive rocky hill. In the early 1960s, his wife, Falguni Devi, suffered a fatal injury after slipping on the treacherous terrain while bringing him food. The nearest medical help was miles away, accessible only by a long, winding route around the mountain. Her death shattered him - but it also ignited a purpose.

Where others saw an immovable barrier, Manjhi saw the obstacle that had stolen his love. With nothing more than a hammer and chisel, he began cutting a path through the mountain in 1960. Villagers mocked him. They called him lunatic. Some pitied him. But he persisted....For 22 years.

With a steel resolve by 1982, Manjhi had carved a passage 110 metres long, 9 metres wide and 7.5 metres deep, reducing the distance between Gehlaur and nearby towns from 55 kilometres to just 15. What governments had not built, one grieving husband achieved through sheer devotion.

His act was not simply labour — it was love transformed into public good. The road did not serve him alone; it connected an entire community to hospitals, schools and markets.

That is why, decades later, Manjhi's story resonates far beyond Bihar. His love did not remain private. It became infrastructure.

In an age where love is often measured in gifts or grand gestures, Manjhi's story offers a striking counterpoint. His devotion was not momentary but sustained. Not symbolic but transformative. Not spoken but carved into the earth itself. Love, in Manjhi's world, meant responsibility. It meant endurance. It meant refusing to accept suffering as inevitable. His journey reminds us that love is not proven in comfort but in sacrifice.

Manjhi passed away in 2007, honoured with a state funeral by the government of Bihar. His life later inspired books, documentaries and the acclaimed film *Manjhi: The Mountain Man*, ensuring that his story continues to inspire new generations.

Today, travellers who walk the path he carved encounter more than a road. They encounter a testimony: that one person's love can reshape geography - and history. The

story of Dashrath Manjhi quietly asks a profound question: What does love build?

For the Mountain Man, love built access, dignity and hope. It transformed personal loss into collective progress. And in doing so, it gave the world one of its most powerful definitions of devotion — not in words, but in stone.

Way To Inner Peace - Fulton J. Sheen

Egotism the Enemy of Inner Peace

- Sr Bertila

Sheen very beautifully puts it - True inner peace comes from humility, which is the ability to see yourself as you really are without being too proud. The author explains that egotism - the habit of bragging, using others for your own gain, or feeling superior - actually makes people miserable and lonely. Instead of looking for scandals to make ourselves feel better, we should use the virtues of great people as a mirror to improve our own lives. The text reminds us that our talents, wealth, and knowledge are gifts from God, not things we created ourselves; therefore, those who have "more" have a bigger responsibility to help others rather than just showing off. By staying humble, we find a "golden mean" where we are kind to others' faults and acknowledge our own dependence on a higher power.

Inter Congregation Juniorate (ICJ) Experience

“Life is a journey that teaches us new things every day”

- Sr Mariagoretti

Spending nine months in Bhopal during ICJ course was the journey of learning, a period of personal transformation, growth and self-discovery. The course deepened my understanding of faith and Christian values and helped me to apply them in daily life. In the beginning I felt both excited and nervous because everything was new for me. The place where unfamiliar sisters from different congregations were all around seemed to be a bit scary. There were moments I questioned myself whether I could adjust or not. But slowly I could do so with everyone and ended up making good friends there.

During nine months we had several classes on various topics like -scripture, liturgy, sacrament, moral theology, church history, feminist theology, religious life..... etc. The professors played a significant role in shaping this journey. Their passion, wisdom, dedication, and openness made every class engaging and meaningful. Classes were led by well experienced professors, and topics were made more interesting with discussions, questions and activities. Each week there was integration, to think and reflect about the class and sharing. And also there were group studies and discussions after which we had to make the

presentation. On Sundays, individual sharing on their personal vocation stories, enriched the entire group to reflect on the wealth of their personal God experience.

Various cultures were celebrated. National celebrations were opportunities for each one to exhibit and showcase their talents. Outings and visits to different places added another layer to my experience. Outing was the moment of great joy for each one. Adding to it was visits to historical places and it turned out to be wonderful unforgettable experiences. Those places gave a glimpse into the past and we let our imagination take wings about how people lived in those time.

Games and daily recreations were times that strengthened the bonds of team-spirit and collaboration in mutual give and take. The course provided me with a profound understanding of scripture, which gradually strengthened faith and deepened my love for /Christ.

Each session encouraged not only to learn but also to reflect and pray. The atmosphere of prayer and meditation created a space to encounter God more intimately. Overall, my time in Bhopal changed me in many ways. It shaped my personality, strengthened my confidence, and gave me memories that I will cherish forever. It helped me understand myself better and prepared me for the future with a stronger and more mature mind set. I am very grateful dear sister Tessy and all the sisters for providing me an opportunity to be a part of this course in Bhopal.

The Winning Innings

- Sr Archangel

We all know how India has won the cricket match T20 Worldcup.

The scoreboard shows the victory, the runs, and the wickets. But behind those numbers there is something much deeper - courage, patience, and the never giving up spirit.

When the players walked onto the field, they were not just playing a game. They were carrying the hopes of millions. Every run they scored and every wicket they took was a result of hard work.

And that was what made this victory truly inspiring...

Our life too is very similar to a cricket match.

Sometimes the situation looks difficult.

Sometimes the pressure is too high.

Sometimes we feel like the match is slipping away.

But just like the players, if we stay calm, support our team, and keep fighting until the last ball, victory becomes possible.

The T20 match reminds us of a beautiful truth:

Great victories are not born in easy moments. They are born in moments of pressure, faith, and determination.

So whatever challenge we face today, let us remember the spirit of this victory -

to stand strong, believe in ourselves, and keep playing the game of life with courage.

Because sometimes, the most beautiful victories come after the hardest overs.

The Saviour

- Jina Samad

In a small village, there was a very good family who lived very happily. One day, the mother of the family felt giddy and she fell unconscious. She was taken to the village doctor. But she fell very sick. She continued in the same state and so she was immediately taken to the hospital. After the initial check up, the doctors told that the blood level is very poor. He also added that unless someone provides blood, she can't be saved. The father of the house was also not a healthy person. But in order to save his wife, he donated his own blood and saved the life of his wife.

This is what Jesus too did for us. He died on the cross. He sacrificed his life to save us. He endured great suffering so that we may lead a life of joy and grace.

Not Everyone Is Meant For The Whole Story

- Sr Tresa

What do we do when someone just dumps you and walks out of your life? Life is shattered.... We feel so lonely... we ponder over what made that person do so... we would gather up our every nerve to make a show that we are still ok and unaffected and so on...

Life is sometimes so mysterious ... we meet people; some stay, some leave. Whereas there are some who stand through our thick and thin and then just vanish into thin air. We will be left wondering what went wrong...

I too experienced such a terrible 'left alone' feeling during the long term course of my life. During my PG studies, I became a hostelite for the first time. Unknown place, unknown people along with fear and tension of separation from home. There were days when I used to cry over after making phone calls to home. It was at a time when androids were not common.

Just like anyone, slowly I too got settled. I too made some friends. One of them was Jane. She too came from a middle class family of farmers. So we struck a common bond and easily we became friends. From sharing the same dorm to the daily rituals of walking from campus to hostel and back ... we were always together.

It was a few days later that new hostelite too came in to our dorm. She was an NRI from a quite well to do background. Though she remained very calm and quiet

at the start, she formed a loving, friendly connection with almost everyone. I too was happy to be with her. I shared all this with Jane my close friend.

Since we all shared a common dorm, we had a lot of fun together. From common meals to outings together, we had a beautiful time. Slowly, I noticed some changes in Jane. She started to bypass me and carved out more time for her. It didn't strike me at first. But slowly it dawned on me that they were getting along well and I felt all like an outsider. I was just shattered. I couldn't really make out why I was avoided.

The bitter part was that I had no one else to share my feelings or emotions to. We can't just pour out ourselves across the board. That loss of a good friend was a real blow for me. It took me quite a long time to come out of it. I used to weep deep within whenever I saw them together. But no one sensed what I underwent.

The flip side was that, when I was left alone, I got more time to spend in the library. I started reading books instead of just roaming around. My interest in reading heightened that I took up even the most boring novels as part of our presentations. It gave me a wider world view and deeper understanding of the course I did.

Of course, the moment I underwent the loss almost shattered me beyond words. But then, that gap was filled by books which enriched me and gave me a new understanding and love towards everything. Today when I look back, I realise that not everyone is meant for the whole story.

Believing in God

- Poonam Kujur

There was town where people were so cheerful and happy. They lived in harmony with nature. The entire town was surrounded by river. There were flowers blooming everywhere. The bright sun and the cool moon shed their peaceful light upon that little town.

But one fine morning, a heavy storm struck the town. It destroyed everything that was serene. People lost everything. They felt so sad because all their livelihood was lost. They felt angry and agitated towards God who allowed all these.

But one particular boy, Jay, just seven years old was so happy. He was so cheerful as before. So the wonderstruck townsmen asked Jay why he was so happy even when everything around was only chaos. Jay was silent for a moment and calmly replied "God was with me and He is with me even now. So why should I be sad or broken? I believe that he take away every trouble of mine and take care of me".

The entire town was astounded at his reply. They felt ashamed of themselves that they didn't have faith even as that of a little child. Taking inspiration from Jay, they rebuild their belief in God. Not a few years after, the town was restored back to the beauty that it lost once. The entire town thanked God for His love.

A Gentle Whisper of Nature

- Sr Abhilipsa

One quiet morning, I was sitting alone in my room. The room was silent, and everything around me felt still. My mind was filled with many thoughts, and a feeling of loneliness slowly crept into my heart. As I sat near the window, suddenly a small ray of sunlight passed through the curtain and gently fell on my eyes. The warm light brightened a small corner of the room and touched my face softly.

As I looked outside, my eyes fell on a tree standing near my window. One of its branches stretched gently toward the window, almost as if it was trying to greet the room inside. On that branch sat a tiny bird. It looked around curiously and began to chirp sweetly. The little bird hopped lightly along the branch, turning its head from side to side, as if exploring the world around it.

Its cheerful chirping broke the silence of the morning. The bird seemed so free and joyful, moving easily on the branch, enjoying the warmth of the sunlight. Watching this simple moment made me pause and think.

Life, in its deepest sense, is often very simple. The sunlight quietly entered my room and filled the stillness with warmth. The bird, sitting peacefully on the tree branch, carried no worries about yesterday or tomorrow. It simply lived in the present moment, singing its small song to the day.

Slowly, my heart began to feel calm. The tree outside, the gentle sunlight, and the soft chirping of the bird reminded me that even when we feel alone, the world around us is still alive and full of beauty. Nature continues its rhythm quietly, inviting us to notice its peace.

In that simple moment, I realized something important: nature speaks to us in silence. Through the sunlight, the tree branch, and the tiny bird's song, it gently reminds us to slow down, breathe, and appreciate the beauty around us.

Nature has a beautiful way of comforting the human heart.

Mother Mary the Queen of the Most Holy Rosary

- Sr Philomena

एक बार समुद्र यात्रा पर निकला जहाज़ भीषण तूफ़ान में फँस गया। यात्री घबराकर चीखने लगे, नाविक डर से भाग-दौड़ करने लगे। उनमें से एक साधारण महिला थी, जिसके हाथ में जपमाला थी। वह शांति से बैठी थी और मन ही मन “जय हो मरियम” प्रार्थना कर रही थी।

किसी ने उससे पूछा –

“इतना बड़ा तूफ़ान है, जहाज़ डूब सकता है, और तुम इतनी शांत क्यों हो?”

महिला ने मुस्कराकर उत्तर दिया –

“मेरी माँ मेरे साथ है। जब मैं माला प्रार्थना करती हूँ, तो मुझे विश्वास है कि मरियम मुझे सुरक्षित यीशु तक पहुँचा देंगी।”

कुछ समय बाद तूफ़ान थम गया और जहाज़ किनारे तक पहुँच गया। सभी यात्रियों ने माना कि उस महिला की प्रार्थना और विश्वास ने सबको बचा लिया।

यह कहानी हमें याद दिलाती है कि जीवन के तूफ़ानों में माला हमारी सुरक्षा की डोरी है। जब हम मरियम से प्रार्थना करते हैं, तो वे हमें यीशु तक ले जाती हैं और हमें शांति और सहारा देती हैं।

माला विनती का हमारे जीवन में क्या महत्व है इस पर एक नजर डाले।

1. माला – विश्वास की डोरी

माला केवल प्रार्थना का दोहराव नहीं है, यह हमारे विश्वास की डोरी है। हर मनका हमें यीशु के जीवन पर चिंतन कराता है और मरियम हमें उनके करीब ले जाती हैं।

मरियम ने स्वर्गदूत को उत्तर दिया –

“देख, मैं प्रभु की दासी हूँ; जैसा तूने कहा है वैसा ही मेरे साथ हो।” (लूक 1:38)

इस विश्वास की “हाँ” ने उद्धार की योजना को संभव बनाया। जब हम माला प्रार्थना करते हैं, तो हम भी मरियम की तरह हर परिस्थिति में ईश्वर को “हाँ” कहना सीखते हैं।

2. माला – परिवार की एकता का साधन

आज के समय में परिवार बिखर रहे हैं, साथ बैठकर प्रार्थना करने की आदत कम होती जा रही है। माला हमें परिवार को एक साथ लाने का साधन देती है।

“जहाँ दो या तीन मेरे नाम पर इकट्ठे होते हैं, वहाँ मैं उनके बीच में रहता हूँ।” (मत्ती 18:20)

जब पूरा परिवार मिलकर माला प्रार्थना करता है, तो उसमें शांति आती है। पति-पत्नी का संबंध गहरा होता है, बच्चों में विश्वास बढ़ता है और घर एक छोटा-सा “घरेलू चर्च” बन जाता है।

3. माला – दुःख में सांत्वना

जीवन में हर कोई कठिनाई, बीमारी, या चिंता का सामना करता है। ऐसे समय में कई लोग टूट जाते हैं। पर माला हमें आंतरिक शक्ति और शांति देती है।

यीशु कहते हैं –

“हे सब बोझ से दबे और थके हुए लोगो, मेरे पास आओ, मैं तुम्हें विश्राम दूँगा।” (मत्ती 11:28)

जब हम माला प्रार्थना करते हैं, तो हमें लगता है कि मरियम हमारे साथ हैं और हमें यीशु की ओर ले जाती हैं। कई लोग गवाही देते हैं कि माला ने उन्हें निराशा में आशा और दुःख में धैर्य दिया।

4. माला – पाप के विरुद्ध हथियार

माला केवल सांत्वना नहीं देती, यह एक आध्यात्मिक हथियार भी है। संत पादरी पियो कहा करते थे: “माला मेरा हथियार है।”

पवित्र शास्त्र कहता है –

“ईश्वर के कवच को पहन लो, ताकि तुम शैतान की चालों का सामना कर सको।” (इफिसियों 6:11)

आज की दुनिया में पाप, प्रलोभन और बुरी आदतें बहुत हैं। माला प्रार्थना हमें आत्मिक शक्ति देती है ताकि हम बुराई से लड़ सकें और विश्वासयोग्य बने रहें।

5. माला – मरियम की मध्यस्थता का अनुभव

मरियम हमेशा अपने बच्चों को यीशु तक ले जाती हैं। काना के विवाह में जब दाखरस समाप्त हुआ, तो मरियम ने मध्यस्थता की और यीशु ने पहला चमत्कार किया।

“जो कुछ वह तुमसे कहे वही करो।” (योहन 2:5)

जब हम माला प्रार्थना करते हैं, तो हम अनुभव करते हैं कि मरियम हमारे लिए मध्यस्थता कर रही हैं। वे हमारी प्रार्थनाएँ यीशु तक पहुँचाती हैं और हमारे जीवन में चमत्कार करती हैं।

6. माला – स्वर्ग की ओर ले जाने वाली डोरी

हर “जय हो मरियम” हमें उस महिमा की ओर ले जाता है जो ईश्वर अपने विश्वासयोग्य बच्चों को देगे।

“मृत्यु तक विश्वासयोग्य बने रह, और मैं तुझे जीवन का मुकुट दूँगा।”
(प्रकाशितवाक्य 2:10)

माला हमें याद दिलाती है कि यह जीवन अस्थायी है और हमारी अंतिम मंज़िल स्वर्ग है। मरियम, जो अब स्वर्ग की रानी हैं, हमें उसी ओर ले जाती हैं।

भाइयों और बहनों,

माता मरियम सचमुच पवित्र माला की रानी हैं।

माला हमें विश्वास में मज़बूत करती है, हमारे परिवारों को जोड़ती है, दुःख में सांत्वना देती है, पाप से बचाती है, मध्यस्थता का अनुभव कराती है और अंत में हमें स्वर्ग की ओर ले जाती है।

आइए हम प्रार्थना करें

“हे पवित्र माला की रानी माता मरियम, हमारे हाथ थामो और हमें अपने पुत्र यीशु तक ले चलो। हमारे परिवारों को शांति दो, हमारे दिलों को विश्वास और प्रेम से भरो, और हमें अनन्त जीवन का मुकुट प्राप्त करने योग्य बनाओ। आमेन।”

Saint Companions

Saint Anselm: Faith Seeking Understanding



Born in 1033, Saint Anselm stands among the great lights of the Church—both as a profound thinker and a gentle shepherd of souls. Though later honored as the “Father of Scholasticism,” his journey toward holiness was neither immediate nor effortless. Like many, his life unfolded through struggle, delay, and eventual surrender to grace.

As a young man, Anselm showed little interest in religion. At the age of 15, he desired to enter monastic life, but his father’s strong opposition closed that path.

What followed were years marked by spiritual indifference and worldly distraction. Yet, beneath this wandering, a quiet longing endured. Twelve years later, drawn again by God's persistent call, Anselm finally embraced the life he once sought and entered the Abbey of Bec in Normandy.

From that moment, his life blossomed with remarkable depth and purpose. Within three years, he was chosen prior, and fifteen years later, he became abbot. His leadership transformed the Abbey of Bec into a vibrant center of learning, attracting minds eager to explore the mysteries of faith and reason. Anselm was not only a teacher but a guide—patient, gentle, and deeply attentive to those entrusted to him.

It was during these years that he began to write, at the request of his community. Inspired by the intellectual and spiritual legacy of Saint Augustine of Hippo, Anselm sought to understand faith through reason. His famous approach, often summarized as “faith seeking understanding,” became a hallmark of his work. Among his writings, *Cur Deus Homo* (“Why God Became Man”) remains his most celebrated, offering a profound reflection on the mystery of Christ's incarnation and redemption.

Despite his preference for monastic quiet, Anselm was called into a more turbulent role. In 1093, at the age of 60, he was appointed Archbishop of Canterbury—much against his own will. This new mission placed him in the midst of political tension and conflict. King William Rufus, who initially resisted Anselm's appointment, proved

difficult and uncooperative, especially regarding efforts to reform the Church.

Anselm's gentle nature did not mean weakness. Though he loved peace, he possessed a steadfast commitment to truth. When principles were threatened, he stood firm, even at great personal cost. Unable to reconcile his conscience with the king's demands, he chose exile over compromise, remaining away from England until the king's death in 1100.

Upon his return, under the rule of Henry I, Anselm again faced conflict—this time over the king's insistence on controlling the appointment of bishops. Once more, Anselm refused to yield, choosing fidelity over favor. His resistance led to another period of exile in Rome, lasting three years. Yet through all these trials, he remained unwavering in his dedication to the freedom and integrity of the Church.

Beyond theological brilliance and ecclesiastical courage, Anselm's heart was deeply attuned to the suffering of others. His compassion extended especially to the poor and marginalized. In a time when injustice often went unchallenged, he boldly opposed the slave trade. His efforts led to a landmark decision at the national council of Westminster, which prohibited the sale of human beings—a powerful testament to his commitment to human dignity.

Anselm's life reveals a harmony between intellect and holiness, courage and gentleness. He was a man who

could think deeply and love deeply, who could engage in rigorous debate yet remain rooted in humility and prayer.

He died on April 21, 1109, leaving behind not only theological writings but a legacy of integrity, faith, and moral courage.

Reflection

The life of Saint Anselm reminds us that discipleship is not always peaceful or easy. Like Jesus Christ, he carried the cross in the form of opposition and exile. Though naturally gentle and peace-loving, he did not shy away from conflict when truth was at stake.

In a world that often seeks comfort over conviction, Anselm calls us to a deeper fidelity—to seek understanding without losing faith, to stand firm without losing love, and to trust that even in struggle, God is at work shaping a life of lasting grace.

A Reflection from Daily Encounters

- Sr Sally

There are moments in our daily ministry that stay with us - not because of the illness we treat, but because of the depth of human pain we witness.

Some time ago, a sister approached me seeking help. As she gently unfolded her story, it became clear that her suffering did not arise not just from within, but from a wound inflicted by someone very close to her in community life.

She spoke of a senior sister in her previous community - someone she had trusted deeply, someone who had confided in her and shared many personal struggles. Yet, this same sister found it very difficult to receive correction or feedback. She was often short-tempered, and when angered, would raise her voice, use harsh words, and create an atmosphere that became difficult for the entire community to bear.

One day, during such an outburst, the younger sister - moved by concern more than anything else - gently said, "Sister, this way of reacting creates a negative atmosphere. It would be good if you could try to control it."

What was offered as a sincere and caring observation was received as an offence.

The reaction was immediate and intense. The senior sister, unable to accept correction from someone younger, turned her anger toward her. But it did not stop there. What followed was far more painful. She began to speak ill of the younger sister, spreading false rumours across the community and beyond - even questioning her character and reputation in the parish and among her own family.

The sister who came to me was deeply shattered. What hurt her most was not just the anger, but the betrayal the distortion of trust into something so destructive. Even today, she struggles to forgive. The pain lingers, especially as the one who hurt her continues to remain in positions where she can still influence and harm.

What is perhaps most saddening is that, despite some attempts, no timely or effective intervention could fully address the situation - for either the one who hurt or the one who was hurt.

This encounter remains with me as a quiet but powerful reminder:

uncontrolled anger does not remain contained within us - it spills over and wounds others, sometimes deeply and irreversibly. It can shatter trust, damage dignity, and leave scars that are not easily healed.

As we journey through this sacred time, we are gently invited to pause and reflect: Where do we stand in our own emotional lives? How do we respond when we are

hurt, corrected, or misunderstood? Are there emotions within us that we struggle to contain?

Perhaps this is a moment to ask for the grace of **self-awareness, self-control, and inner freedom** - the wisdom to choose words that build rather than break, and actions that heal rather than harm.

May we become more mindful of the power we carry within us - the power to wound, but also the grace to heal.

Laugh A While

1. Phone Addiction

Friend 1: "I think I'm addicted to my phone."

Friend 2: "Don't worry, we have a group for that."

Friend 1: "Where?"

Friend 2: "WhatsApp."

2. Brain vs Me

Brain: "Let's be productive."

Me: "Let's lie down first."

Brain: "Fair enough."

3. Time Management

I have plenty of time...

I just don't use it at the right time.

4. Social Skills

I love meeting people...

especially when the meeting gets cancelled.

Through Unseen Paths and Untold Stories of the Northeast

- Sr Rupa SJB

We, the Sisters of St. John the Baptist and Mary the Queen, began our mission in Gohpur under Tezpur Diocese in Assam in 2013. From this very region, the Lord has blessed our congregation with vocations, and today we have nearly eleven sisters who have generously offered their lives in service to God and His people.

Last year in June we were invited to extend our mission to Arunachal Pradesh, serving at the Bishop's House in the Diocese of Itanagar. We have been entrusted with responsibilities as Secretary to the Bishop and as house administrator. With gratitude, we recognize that our service has been warmly appreciated both by the Diocese and by the faithful we encounter daily. These months have revealed God's faithful providence working through us.

Life and mission in Arunachal Pradesh carry both beauty and burden in equal measure. The landscape is breathtaking, majestic mountains, dense forests, deep valleys, and winding roads that carve their way through the hills. Yet, this beauty is fragile and unpredictable. The mountains and Ghats we travel once often do not exist at all when the next time we pass that way. Landslides frequently reshape the terrain, washing away roads and altering paths, leaving behind uncertainty and

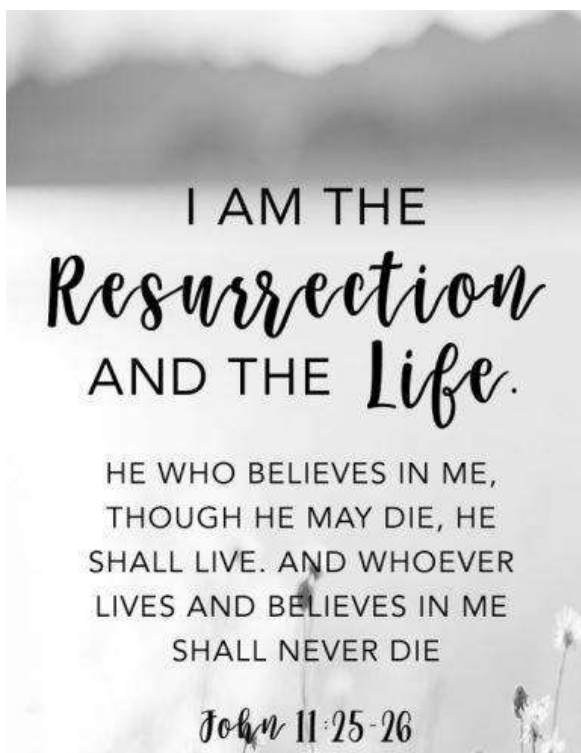
vulnerability. Journeys become acts of faith, where every step depends on conditions beyond our control.

My journey across Arunachal Pradesh has been deeply touching. I have encountered people of remarkable simplicity, generosity, and goodwill. Their respect and love for priests and religious are true and humbling. In a region where many religious sisters wear the habit, we coming in our simple sarees, were received with warmth and affection. They welcomed us with open hearts, appreciating our hospitality and gentle, approachable presence.

The mountain communities live with the bare minimum, yet with remarkable dignity and contentment. Their daily meals are simple, often just half-boiled vegetables, with very little variety. A truly satisfying or “sumptuous” meal is something they experience only during special occasions, especially Church celebrations, which become moments not just of spiritual joy but also of shared abundance.

As we complete nearly ten months in this Diocese, we see clearly how the Lord has been guiding every step. One significant grace has been the identification and initiation of the process to purchase a piece of land in the Itanagar Capital Complex, near the High Court area. Though the process takes time as we proceed through payments in installments, we trust in the Lord who has begun this work: *“He who began a good work in you will bring it to completion”* (Philippians 1:6).

In all of this, one truth remains clear: it is not we who planned or achieved these things. It is God who leads, God who sustains, and God who brings fruit, even in the most remote and challenging terrains: *“Apart from me you can do nothing”* (John 15:5). With grateful hearts, we continue this journey, walking not with complete clarity of the path ahead, but with deep trust in the One who called. Even amidst changing landscapes, hidden struggles, and material poverty, His grace is sufficient, and His presence is our constant guide.



Faithfulness To God

- Albena

Once upon a time there lived a husband and wife who were very faithful to God. They used to go the Church every day. But they had no children. Though they prayed earnestly, their wish was never granted. One day it so happened that when they went to the hotel, the wife started questioning the husband. She asked, “we had been praying so long... still then... why isn’t God giving us a gift of child? Her husband told her, “see my dear, God would check on us as how faithful we are to him. We should never doubt his love for us. He will surely grant our wish” hearing this, his wife became so quiet. From then on, she never questioned about prayer yet continued to pray. After many years, God granted them a child as a reward for their faithfulness.





Good to know ...

Health Tips for a Graceful Life

1. The Science of a Pause

- When we remain constantly active, the body stays in a “stress mode” (fight-or-flight).
- Taking even a one-minute pause with slow breathing activates the parasympathetic nervous system, which helps calm the heart rate and mind.
- A short pause during the day is not a luxury - it is a necessary reset.

2. Listen to Your Body Signals

- Frequent headaches, body aches, irritability, or disturbed sleep can be early signs of stress.
- The body often speaks before the mind becomes aware.
- Paying attention early can help prevent burnout and emotional exhaustion.

3. Hydration and Energy

- The brain is nearly 75% water.
- Even mild dehydration can affect concentration, mood, and energy.
- Make it a simple habit to drink water regularly, even before you feel thirsty.

4. Movement Improves Mood

- Physical activity releases endorphins, natural chemicals that improve mood and reduce stress.
- A simple 15–20 minute walk each day can bring better clarity, energy, and emotional balance.

5. Rest and the Brain

- Rest is essential for memory, emotional stability, and decision-making.
- Continuous work without rest increases stress hormones like cortisol.
- Short breaks during the day help the brain recover and function better.

6. The Healing Power of Sharing

- Research shows that talking about worries reduces emotional distress.
- When we share with someone we trust, the brain feels supported and less burdened.
- You are not meant to carry everything alone.

7. Sleep and Emotional Health

- Sleep is not just physical rest - it plays a key role in regulating emotions.
- Poor sleep can increase irritability, anxiety, and low mood.
- Aim for 7–8 hours of regular sleep for better mental balance.

8. Managing Overthinking

- The mind naturally tries to solve problems, but repeated thoughts can increase stress.
- Simple grounding activities - like prayer, reading, or mindful breathing - help interrupt this cycle.
- Peace grows when we gently redirect our attention.

9. Gratitude and the Brain

- Practicing gratitude activates positive pathways in the brain and reduces stress.
- Recalling even small blessings each day can gradually improve mood and resilience.

10. Healthy Boundaries Prevent Burnout

- Constantly giving without rest can lead to emotional exhaustion.
- Setting small, respectful limits helps conserve energy and sustain long-term service.

11. The Role of Silence

- Silence allows the mind to rest and process experiences.
- Even a few minutes of quiet each day can reduce mental overload and improve clarity.

12. Stress and the Body

- Chronic stress can affect sleep, digestion, immunity, and overall health.

- Recognizing stress early and responding with rest, support, and prayer protects long-term wellbeing.

13. Sleep Hygiene Matters

- Healthy sleep habits improve both physical and mental health.
- Maintain a fixed sleep schedule, reduce screen time before bed, and create a calm bedtime routine.
Small habits can significantly improve sleep quality.

14. Breathing for Stress Relief

- Slow, deep breathing signals the brain to relax. Try breathing in for 4 seconds and out for 6 seconds. This simple practice can reduce anxiety within minutes.

15. Nutrition and Mood

- Irregular meals or poor nutrition can affect mood, energy, and concentration.
- Balanced meals taken at regular times help stabilize both body and mind.

16. Self-Compassion and Mental Health

- Being overly critical of oneself increases stress and emotional strain.
- Speaking to yourself with kindness supports psychological wellbeing.
- Care for yourself gently - you are human first.

Aragami Bible Quiz

(Book of Lamentations, Baruch)

1. Name the father of Belshazzar?
2. What has the lord abolished in Zion?
3. Who shouted 'Away, Unclean'?
4. What is scattered at the head of every Street?
5. When the book of Baruch was written, what happened to Jerusalem?
6. Who has opened their mouth against Zion?
7. From where does the good and bad come?
8. Who read the words of the book of Baruch to Jeconiah?
9. With whom did Israel make a pact to get enough bread?
10. When did Baruch take the vessels of the house of the Lord rd to return to Judah?
11. Why are the eyes of the people aflow with rivers of tears?
12. For whom did the people ask to pray so that their days on earth may be like days of heaven?
13. What did the kings of the Earth not believe?
14. On what occasions were the people of Jerusalem asked to read aloud the scroll?
15. Who is lying in wait for Zion in the wilderness?
16. How should one's heart be poured out before the presence of the Lord?

17. By not following the voice of god what did the Israelites follow?
18. What has fallen from Zion's head?
19. What clung to the Israelites to this day?
20. Who groans?
21. What did Israelites become to all the kingdoms around them?
22. Who is a bear lying in wait for Zion?
23. Who were called by the lord's name?
24. Who will not ascribe glory to the Lord?
25. Whom did the Lord trod as in a wine press?
26. Who perished in great misery and famine and sword and pestilence?
27. Who visage has become blacker than soot?
28. Who will declare God's glory?
29. To whom did God promise to give a heart that obeys and ears that hear?
30. Who has become a vassel?
31. What was thrown out to the heat of the day and frost of the night?
32. Who have left the city gate?
33. What does a soul in anguish do?
34. Who kindled a fire in Zion?
35. Who forsake the fountain of wisdom?
36. What did the descendants of Hagar not learn?
37. Who said to the Lord 'Here we are'?
38. Why has Jerusalem become a mockery?
39. Where were the giants born?

40. What will happen to those who for sake wisdom?
41. What has the Lord multiplied in Judah?
42. To whom did God give wisdom?
43. For what should one wait quietly
44. Who faints like the wounded?
45. What will be the new name given to Israel?
46. Whose lot is bitter?
47. Whose eyes are full of dust?
48. Who says 'we have devoured her'?
49. Who is like crows between heaven and earth?
50. Who shed the blood of the righteous

**I don't care who
laughs at me,
I will boldly say,
I would rather
stand with God and
be rejected by the
world than stand
with the world and
be rejected by God.**

Amen.





★HAPPY★ BIRTHDAY!



1 st May	-	Sr. Suma
1 st May	-	Sr. Vishala
3 rd May	-	Sr. Anita
5 th May	-	Sr. Surabhi
10 th May	-	Sr. Shalini
14 th May	-	Sr. Pratiksha
19 th May	-	Sr. Sancy
22 nd May	-	Sr. Secunda
28 th May	-	Sr. Vidya
31 st May	-	Sr. Sayujya
1 st June	-	Sr. Namita
2 nd June	-	Sr. Mandakini
5 th June	-	Sr. Sunita K
8 th June	-	Sr. Pooja
11 th June	-	Sr. Manjusha
15 th June	-	Sr. Latika



★HAPPY★ BIRTHDAY!



15 th June	-	Sr. Sheetal
17 th June	-	Sr. Amruta
17 th June	-	Sr. Varsha
18 th June	-	Sr. Deepa J
19 th June	-	Sr. Nirmala
22 nd June	-	Sr. Abhilipsa
23 rd June	-	Sr. Kusum
28 th June	-	Sr. Lalita P
29 th June	-	Sr. Lissy
2 nd July	-	Sr. Prasanna
2 nd July	-	Sr Maria Goreti
4 th July	-	Sr. Lalita B
6 th July	-	Sr. Nutan K
7 th July	-	Sr. Deepa K
7 th July	-	Sr. Krupa
9 th July	-	Sr. Smita

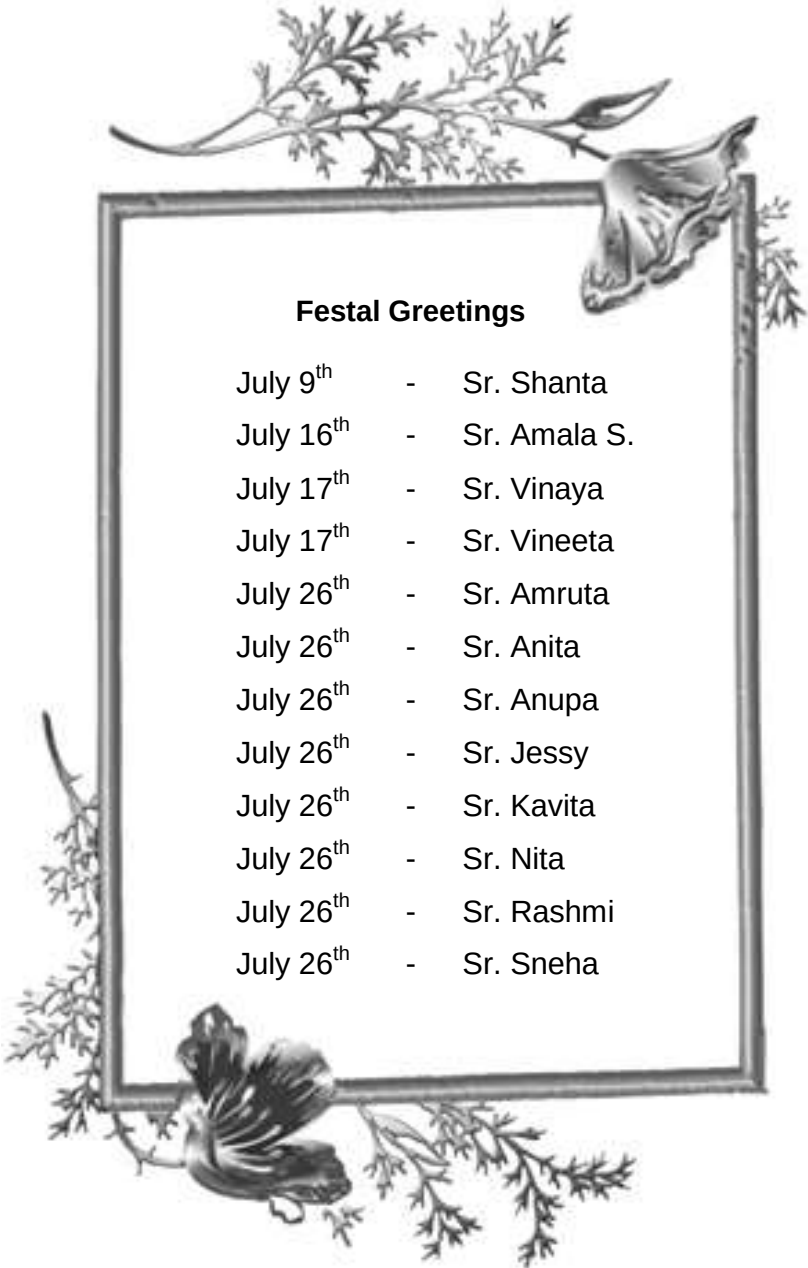


★HAPPY★ BIRTHDAY!



11 th July	-	Sr. Jessy
11 th July	-	Sr. Prasada
17 th July	-	Sr. Lifey
20 th July	-	Sr. Shruti
21 st July	-	Sr. Priya
23 rd July	-	Sr. Ajita
25 th July	-	Sr. Anisha
5 th Aug	-	Sr. Jaya P.
7 th Aug	-	Sr. Sudha
10 th Aug	-	Sr. Sevika
12 th Aug	-	Sr. Seema
13 th Aug	-	Sr. Soumi
15 th Aug	-	Sr. Vandana
15 th Aug	-	Sr. Amali
23 rd Aug	-	Sr. Sally
31 st Aug	-	Sr. Sajita





Festal Greetings

July 9 th	-	Sr. Shanta
July 16 th	-	Sr. Amala S.
July 17 th	-	Sr. Vinaya
July 17 th	-	Sr. Vineeta
July 26 th	-	Sr. Amruta
July 26 th	-	Sr. Anita
July 26 th	-	Sr. Anupa
July 26 th	-	Sr. Jessy
July 26 th	-	Sr. Kavita
July 26 th	-	Sr. Nita
July 26 th	-	Sr. Rashmi
July 26 th	-	Sr. Sneha



Festal Greetings

- | | | |
|-----------------------|---|---------------|
| July 26 th | - | Sr. Smita |
| July 26 th | - | Sr. Shubha |
| July 26 th | - | Sr. Shilpa |
| July 26 th | - | Sr. Valsa |
| July 28 th | - | Sr. Amala R. |
| July 28 th | - | Sr. Lavanya |
| July 28 th | - | Sr. Nutan |
| July 28 th | - | Sr. Philomina |
| July 28 th | - | Sr. Soumi |
| July 28 th | - | Sr. Banita |
| July 28 th | - | Sr. Linmy |
| July 28 th | - | Sr. Joshana |



Festal Greetings

July 28 th	-	Sr. Secunda
July 28 th	-	Sr. Daina
Aug 6 th	-	Sr. Clementina
Aug 11 th	-	Sr. Aishwarya
Aug 15 th	-	Sr. Vandana
Aug 15 th	-	Sr. Alka
Aug 22 nd	-	Sr. Esther
Aug 22 nd	-	Sr. Karuna
Aug 22 nd	-	Sr. Rani P
Aug 22 nd	-	Sr. Roja
Aug 22 nd	-	Sr. Victoria
Aug 22 nd	-	Sr. Vishala



Festal Greetings

- Aug 22nd - Sr. Sunita G
- Aug 23rd - Sr. Ashirta
- Aug 23rd - Sr. Bindu
- Aug 23rd - Sr. Deepa K.
- Aug 23rd - Sr. Lima
- Aug 23rd - Sr. Roselyn
- Aug 23rd - Sr. Roshita
- Aug 23rd - Sr. Sajita
- Aug 23rd - Sr. Sayujya
- Aug 23rd - Sr. Shruti
- Aug 27th - Sr. Savita
- Aug 29th - Sr. Riya

Give a suitable caption to the given picture



*The winner will be awarded with an exciting prize
The caption should reach the editorial board
by 15th July 2026*

The Winner of the December 2025 Volume is

Sr Shantammal - 1st Prize

"Beauty begins with believing in oneself."

Sr Hemalata - Runner up

"New hairstyle in the modern age"

Note: Double entries won't be accepted. In case of a double entry, the first caption will count. Feel free to get creative—short, funny, and apt captions are encouraged.

Dear Departed

1. 27th Dec 2025 - Brother in law of Sr Valsa
2. 28th Dec 2025 - Sister in law of Sr Latika
3. 19th Jan 2026 - Father of Sr Pavana
4. 13th Mar 2026 - Brother of Sr Vinaya

PRAYER FOR DEPARTED SOUL

Heavenly Father, I lift up the soul of one who has departed from this world and entered eternity. You know every detail of their life, the joys, the struggles, the moments unseen. I ask You now to receive them with mercy. Wash away their burdens, forgive their sins, and grant them everlasting peace. Let their soul rest in Your presence, free from pain, embraced by love, and filled with light. Comfort those of us who mourn, and help us trust that they are safe in You. May their soul rest in peace, and may their memory remain a blessing. Amen.

Seminar for Sister educators



Health Ministry Day Celebration at Sanjeevani Ashram



An Empty Tomb - The Sign of Hope

In silent dawn where shadows lay,
A stone once sealed is rolled away,
The guarded grave now stands undone,
Beneath the rise of morning sun.

No echo lingers in that space,
No trace of death, no lifeless face,
The linens rest, the darkness flees,
Hope whispers softly through the breeze.

Where sorrow wept in deep despair,
A light now dances in the air,
The empty tomb speaks loud and clear -
"Do not be lost, for life is here."

No chains can bind, no grave can hold,
The love that writes a story bold,
From death to life, from night to day,
The stone of fear is rolled away.

O hearts that wander, worn and weak,
It is not silence that you seek,
For in the void, a voice is born -
A promise bright, a hopeful morn.

The empty tomb is not the end,
But where new beginnings gently bend,
A sacred sign for all to see -
That hope lives on, eternally.