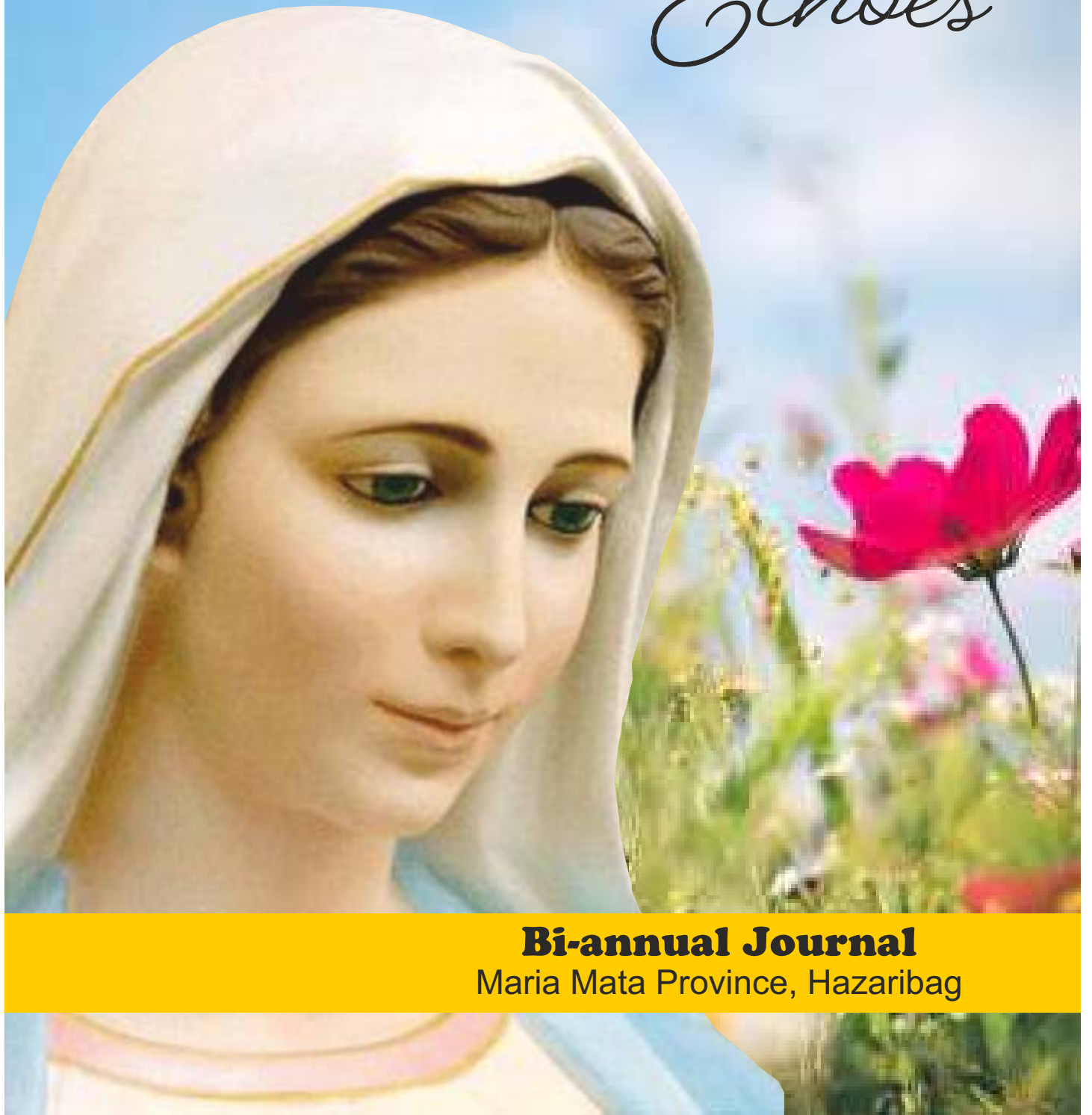


Marian *Echoes*



Bi-annual Journal
Maria Mata Province, Hazaribag

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EDITORIAL

(Sr. Pushpa)



With great joy and gratitude to God, we present the first issue of the biannual journal 'Marian Echoes'—a humble yet significant milestone in the journey of Maria Mata Province. The Journal seeks to echo the voice of Mary, our Mother, who continues to inspire us to say “yes” to God’s call and to bring the message of love, peace, and hope to the world.

The name Marian Echoes beautifully reflects our desire to resonate with the virtues of Mary—her humility, courage, faith, and unwavering trust in God’s plan. Just as Mary carried Christ to the world, we too are called to be bearers of the Good News in our own times, despite the challenges we face.

Through the pages of Marian Echoes, we hope to share reflections, experiences, and creative expressions that uplift the soul and renew the spirit. It aims to strengthen the bonds within our province, celebrate our shared mission, and inspire every reader to live the Gospel more deeply in their daily lives.

As we launch this first edition, I would like to highlight the call of our congregation that is to observe 2026 as “The Year of the Marginalized” Let us seek out the marginalized in our communities, neighbourhood and apostolates .May this humble beginning grow into a channel of inspiration and communion, spreading light wherever it reaches. Let us entrust Marian Echoes to the loving care of our Blessed Mother, asking her to guide this initiative and bless all who read and contribute to it. May her voice continue to echo through us—drawing hearts closer to her Son, Jesus Christ.

Sr. Pushpa

Editor

MESSAGE FROM PROVINCIAL SUPERIOR



“My soul proclaims the greatness of the Lord; my spirit rejoices in God my Saviour.” — (Luke 1:46–47)

Dear Sisters,

With profound gratitude to God and heartfelt joy, I congratulate our Province on the publication of the first issue of our bi-annual journal, Marian Echoes. This is a significant and grace-filled milestone in the life of Maria Mata Province, marking the beginning of a new journey of reflection, creativity, and expression.

Rooted in the name of our Province, the journal reminds us of Mary, our Mother, whose attentive listening, deep pondering, and courageous response allowed God’s Word to resound through her life. Just as Mary received the Word and gave it flesh, this journal becomes a space where our prayer, experience, insight, and creativity take form and find voice.

I am particularly happy that this journal brings together the original creations of our sisters, their

Each contribution carries a personal reflections, thoughts, research, stories, and creative expressions. Each contribution carries a personal imprint and, at the same time, becomes a message to the world. Writing not only sharpens our ability to think and articulate, but also deepens self-awareness and strengthens our mission as women sent to awareness and strengthens our mission as women sent to proclaim meaning and hope.

Though this inaugural issue is meant for private circulation, it carries a wider vision. As Marian Echoes grows in depth and quality, we look forward to sharing it with a broader audience, especially with a broader audience, especially students and young people, who



are searching for authentic voices, inspiring perspectives, and values students and young people, who are searching for authentic voices, inspiring perspectives, and values rooted in truth and compassion. Your words can become seeds, quietly planted, yet capable of bearing rooted in truth and compassion. Your words can become seeds, quietly planted, yet capable of bearing lasting fruit.

I deeply appreciate and acknowledge all those who dreamed of this initiative, particularly Sr. Pushpa, deeply appreciate and acknowledge all those who dreamed of this initiative, particularly Sr. Pushpa, the chief editor and our editorial team who worked patiently to bring it to birth, and contributed the chief editor and our editorial team who worked patiently to bring it to birth, and contributed generously despite many commitments. Your efforts reflect a Province that is alive, reflective, and open to new ways of nurturing gifts and talents.

Dear Sisters, may *Marian Echoese* encourage each one of us to listen more deeply, think more creatively, and write more courageously. May the Holy Spirit guide our minds and hearts, and may Mary, the Woman of the Word, accompany this journey, so that our reflections may always echo God's presence in the world.

With love and prayers,
Yours lovingly in Christ,
Provincial Superior

Walking with the Marginalized – A Call Renewed



Sr. Suma FCC

The year of the Marginalized, takes our hearts back to the very path that has shaped our vocation as FCC Sisters of Hazaribag, Maria Mata Province. Long before it was named or declared, this journey had already begun in our daily lives—in our classrooms, villages, hostels, missions, and quiet acts of presence among the poor and forgotten.

Inspired by the spirit echoed by Pope Leo, this year reminds us that the margins are not the edges of the Church or society; they are the sacred places where God chooses to dwell. The marginalized are not merely recipients of our service—they are our teachers. Through their struggles, resilience, and hope, they reveal to us the face of Christ wounded yet alive.

To walk with the marginalized is not always dramatic. Often, it is slow, unseen, and demanding. It means listening when answers are unclear, standing firm when justice is costly, and remaining faithful when change feels painfully small. It means choosing compassion over comfort, presence over productivity, and love over recognition.

As FCC Sisters, our charism calls us not only to serve but to move with the marginalized—to share their fears, their questions, their dignity, and their dreams. In doing so, we are constantly evangelized by their courage and reminded that God's Kingdom grows quietly, like a seed in the soil of daily fidelity.

This year invites us to renew our gaze:

to see with mercy,

to walk with humility,

and to act with courage.

May we never grow tired of bending low, for it is there that we meet Christ. May our lives continue to speak hope where despair lingers, and light where voices have been silenced. And may the Maria Mata Province remain a living witness that love, when rooted in justice and compassion, can transform both the margins and the center alike.

THE JOY OF LOVE (FAMILY IN THE LIGHT OF THE WORD)



Sr. Leena

The joy of the family is the joy of the Church, and the source of this joy is Jesus Christ, who is the Head of the Church. The Holy Bible is full of examples of families, births, love stories, and family crises. The various family situations are shaped by the exercise of each member's freedom.

Psalm 128 speaks about the happy home of faithful persons. The first factor of the family is the father and the mother, who form the center of family life. They are the embodiment of God's love and have come together according to the eternal plan of God (Mt 19:5; Gen 2:24). The Triune God is a communion of love, and the family is its living reflection. Thus, the family is deeply related to the very being of God (Eph 5:21–23).

The second factor of the family is the children, who are like the shoots of an olive tree. They sit beside their parents, full of energy and vitality. The presence of children is a sign of continuity and the extension of the family from generation to generation.

Parents and children together form a domestic church when they gather in a room for prayer, with statues decorated with flowers and lighted candles. They sing hymns and psalms, recite the rosary, read the Bible, and say prayers together. The Church presents the family as the place where children are brought up in prayer (Ex 12:26–27; Duet 6:20). Parents become the first teachers of their children in faith.

Parents have a serious responsibility to educate their children in faith. The Book of Proverbs gives many instructions to children from their parents (Prov 3:11–12; 6:20–22; 13:1; 22:15; 23:13–14; 29:17).

Children, in turn, are called to accept and practice the commandments of God (Ex 20:12).

Suffering and sacrifice are also part of family life. The presence of pain, suffering, evil, and violence that break family unity is a bitter truth found in the Bible—for example, in the story of Adam and Eve (Gen 2:23). Jesus visited many homes and met countless people who were suffering from sickness and various problems. He healed them all by His presence, His touch, and His words. Thus, Jesus is the only solution and medicine for all the problems and sufferings in today's world.

Work is another integral and essential part of human life and dignity (Gen 2:15). The Bible presents man as a laborer who works on the earth, faces the challenges of nature, and produces food by the sweat of his brow. He is also called to cultivate his own gifts and talents. Hard work brings development to society and ensures the sustenance, stability, and fruitfulness of the family (Prov 31:10–31).

The Family is called to going in daily Prayer to read the word of God and to share in Eucharistic communication, and thus to grow in love and become ever more fully a temple in love and become ever more fully a temple in which the spirit dwells. Every family should look to the icon of the Holy Family of Nazareth. like many, they are asked to face their family's challenges with courage and serenity, in good times and bad, and to keep in their heart the great things which God has done (Luke 2:19,51). The treasury of Mary's heart also contains the experience of every family, which she cherishes. For this reason, she can help the families in their various needs. Like the magic, over families are invited to contemplate the child and his mother, to bow down and worship him. Matthew 2:11.

THE JOY OF THE FAMILY





“Don’t ask me, ask my horse” (Sr. Pushpa)

This is the story of a horse and its rider. The horse was galloping at full speed. A bystander, amazed at the wild sight, cried to the rider: “Where are you going?” The rider’s answer was..... “Don’t ask me, ask my horse.”

Most people lead their lives like the horse rider without exercising any self-control in their lives. Self-control is a virtue which should be cultivated in one’s life meticulously. Through self-control comes temperance. In our modern age of haste and unrest, it is considered rather old –fashion to advocate temperance in its true meaning of self – control.

PRAYERFUL HEALTH CHECKLIST FOR FCC SISTERS



Caring for the Temple of the Holy Spirit (1 Cor 6:19)

1. Prayer and Rest Together

- Balance prayer life with 6- 7 hours of good sleep.
- A rested body glorifies God more deeply in prayer.

2. Simple, Wholesome Diet

- Eat moderately: fruits, vegetables, pulses, whole grains.
- Follow St. Francis's spirit of simplicity and moderation.



3. Water with Gratitude

- Drink 7-8 glasses daily.
- Pause to thank God for His gift of creation before drinking.



4. Exercise as prayer

- Walk or stretch daily. (Rosary can accompany the walk.)
- Care for your body joyfully, as a hymn to the Creator

5. Protection of Knees and Back

- Use cushions during long prayers.
- Gentle stretches ease body strain from ministry and devotion.





6. Regular Health Check – ups

- Keep track of sugar, BP, cholesterol, and women's health.
- Preventive care is a gift to your community and mission.

7. Emotional and community care

- Share joys and struggles openly with sisters.
- Laugh, listen, and create a peaceful convent spirit.



8. Safe Service in Mission

- Practice hygiene, hand washing, and use masks/gloves when needed.
- Take rest after long travels and mission duties.



9. Tender Care for the Elderly Sisters

- Offer patience, and loving companionship.
- Encourage the prayer of the elders as a blessing for the community.

10. Live joyfully in the Spirit of St. Francis

- Joy is the best medicine for soul and body.
- Celebrate small joys, share stories, sing and smile often.



It is God who takes care of us.

JOURNEY THROUGH STONES AND THORNS...

**“HOW BEAUTIFUL ARE THE FEET OF THOSE WHO
PREACH THE GOOD NEWS” (ROM 10/15)**



Sr. Merlin

Amidst of the cry for freedom of movement, freedom of speech and freedom of faith, if we pause and turn to the pages of the Bible, we see that God's mission is never easy. It is a testament of perseverance through adversity yet greater than human weakness. We would see our father Abraham who stepped out in faith not knowing where he was to go [Heb 11/8]; to the prophets and important personalities who bore the weight of trials and hardships, being stoned, rejected, insulted, cheated; the apostles who faced prison, persecution, hunger and even death. Yet they remained steadfast because they trusted in God's promises and strength even through the path was uncertain and destination was unclear: They could not keep silent because God's word was like fire in their hearts. They could say with joy "we cannot.....and heard" [Acts 4/20]

In this challenging time, while we encounter opposition in our mission, let us stand on the shoulders of who have endured persecution for the sake of the Gospel, and whose faith has illuminated the path throughout generations. We should remember the strength and unwavering faith of early Christian missionaries. Their stories offer a powerful testament to the enduring power of faith and the resilience of the human spirit.

They had to face intense persecution from both Jewish and roman authorities. Many early missionaries suffered martyrdom through methods such as crucifixion, imprisonment, beatings, stoning and being thrown into wild animals. Despite this they remained steadfast in the spread of the faith and prayed for boldness and not safety.

Lessons from the persecuted missionaries.

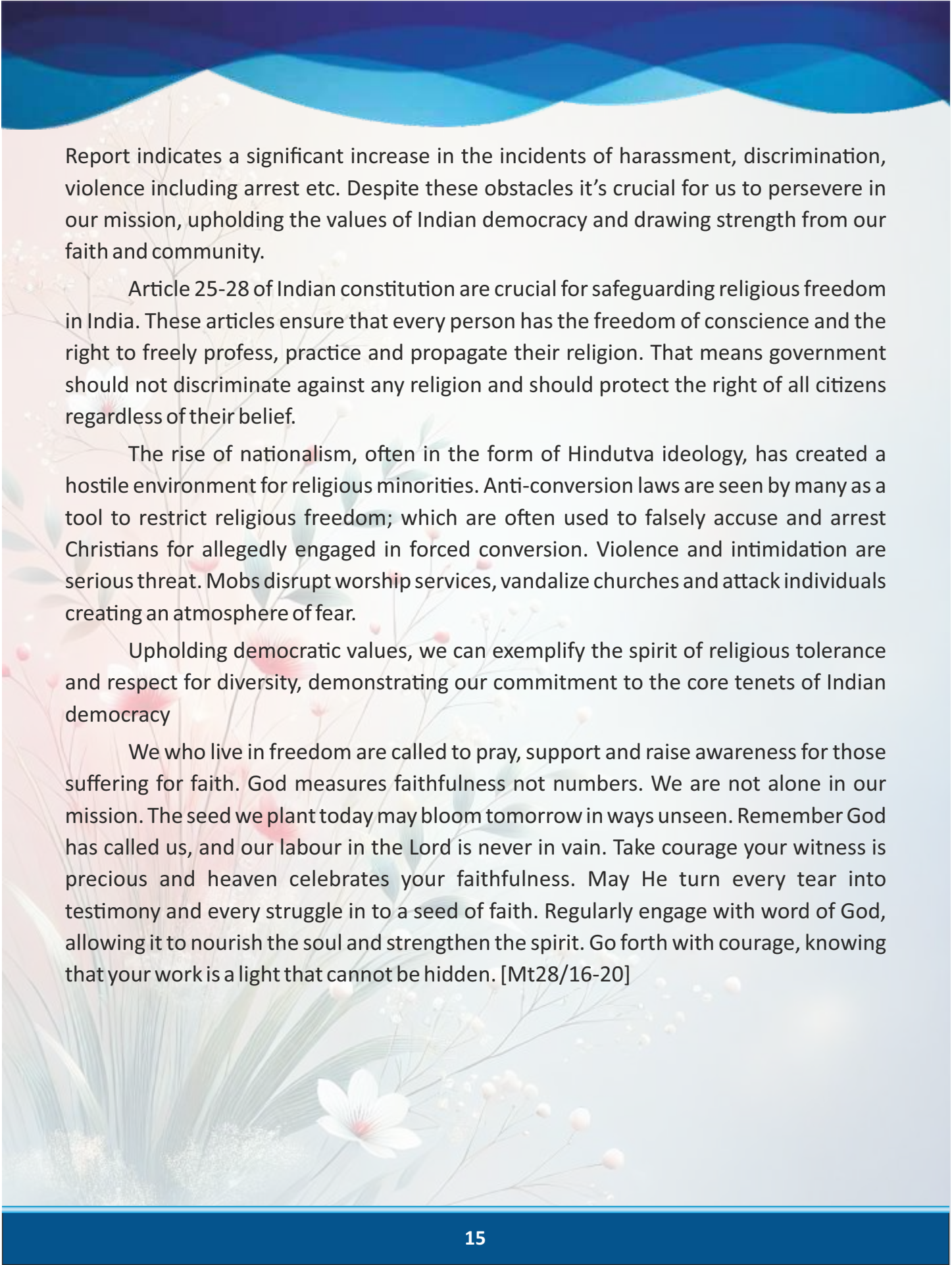
From the dawn of Christianity women have played a vital role in spreading the message of Christ, often risking their lives. Their unwavering conviction in the face of brutal persecution serves as a powerful reminder of the strength found in faith. From the beginning, missionaries have faced a wide array of challenges and criticism in their effort to spread their message across the world. Inspired by biblical teachings on justice and compassion they have historically advocated for human rights, equality, and dignity. They challenged systems of oppression and supported the marginalized communities' often becoming instrumental in documenting and preserving indigenous languages and cultures. They endured physical pain and ridicule for their belief, yet they remained steadfast in their commitment to Christ. Their stories often unsung, and untold, are a testament to the transformative power of faith and the enduring human spirit. Persecuted church throughout the history can strengthen the modern missionaries because Persecution often becomes a "seed for growth". The blood of martyrs has strengthened the church throughout the history.

Though the missionary path is demanding (service) countless people have followed in their footsteps, facing similar challenges. They encountered numerous hard ships - cultural adjustments, spiritual opposition, isolation, and even persecution. In Some places Christians suffered church bombings, mob violence, kidnappings, forced conversions etc. Yet in the midst of these struggles, they remained focused on the ultimate purpose of their work and, shared the gospel quietly and stayed faithful to their mission.

Upholding democratic values and finding strength in adversity

Jn15/20 If they have persecuted me.....

Even today in many parts of the world the fundamental human rights and freedom are denied and for People who confess faith in Christ are subjected to severe persecution, imprisonment, torture and even death in some countries. Indian missionaries face a unique set of challenges while our constitution guarantees religious freedom and equality to all citizens; there is a growing concern about the rise of religious intolerance and violence against missionaries in the country.



Report indicates a significant increase in the incidents of harassment, discrimination, violence including arrest etc. Despite these obstacles it's crucial for us to persevere in our mission, upholding the values of Indian democracy and drawing strength from our faith and community.

Article 25-28 of Indian constitution are crucial for safeguarding religious freedom in India. These articles ensure that every person has the freedom of conscience and the right to freely profess, practice and propagate their religion. That means government should not discriminate against any religion and should protect the right of all citizens regardless of their belief.

The rise of nationalism, often in the form of Hindutva ideology, has created a hostile environment for religious minorities. Anti-conversion laws are seen by many as a tool to restrict religious freedom; which are often used to falsely accuse and arrest Christians for allegedly engaged in forced conversion. Violence and intimidation are serious threat. Mobs disrupt worship services, vandalize churches and attack individuals creating an atmosphere of fear.

Upholding democratic values, we can exemplify the spirit of religious tolerance and respect for diversity, demonstrating our commitment to the core tenets of Indian democracy

We who live in freedom are called to pray, support and raise awareness for those suffering for faith. God measures faithfulness not numbers. We are not alone in our mission. The seed we plant today may bloom tomorrow in ways unseen. Remember God has called us, and our labour in the Lord is never in vain. Take courage your witness is precious and heaven celebrates your faithfulness. May He turn every tear into testimony and every struggle in to a seed of faith. Regularly engage with word of God, allowing it to nourish the soul and strengthen the spirit. Go forth with courage, knowing that your work is a light that cannot be hidden. [Mt28/16-20]



FATHER OF WHITE REVOLUTION



By Sr. Anju

TURNING MILK INTO GOLD: THE STORY OF VARGHESE KURIEN

Verghese Kurien, celebrated as the Father of White Revolution and fondly remembered as the *Milkman of India*, was born on 26th November 1921 in Kozhikode, Kerala. His pioneering vision reshaped India's dairy industry through landmark initiatives such as the 'Billion Litre Idea' and Operation Flood. These revolutionary programs transformed India into the world's largest milk producer, making the nation self-sufficient in dairy farming. Dr. Kurien's efforts empowered millions of rural families, providing them with employment, dignity, and a better standard of living. By making milk accessible and affordable, he not only improved the nutrition of millions but also uplifted the entire nation. His legacy remains a shining example of how one man's vision can transform a country.

Early Life

"The seeds of greatness are often sown in humble beginnings." Dr. Verghese Kurien grew up in an Anglican Syrian Christian family. His father, Puthenparakkal Kurien, was a civil surgeon, and his mother — a highly educated woman and a gifted pianist — brought music and grace into his childhood. At just 22 years old, he lost his father, but his maternal grand-uncle, Cherian Mathai, became his guiding support in Trichur. Kurien once dreamed of becoming an army engineer, but fate had other plans. With his mother's encouragement, he joined the Tata Steel Technical Institute, Jamshedpur — a choice that quietly paved the way for India's White Revolution.



“He wanted to serve in the army, but destiny drafted him to serve The nation.”

Educational Milestones

He earned a B.E. in Mechanical Engineering from Madras University in 1943. And completed a Masters in Mechanical Engineering (with distinction) from the University of Michigan, USA, in 1948, specializing in Dairy Engineering. He returned to India, where destiny steered him to Anand, Gujarat, setting the stage for the White Revolution in 1970.

Dr. Verghese Kurien, the “Milkman of India,” pioneered farmer-owned dairy cooperatives, which created a nationwide milk grid ensuring fair prices for producers and steady supply for consumers. Amul and other cooperatives flourished under his leadership, boosting rural incomes and transforming India’s agricultural landscape. Kurien’s vision proved that empowering farmers could transform a nation.

His Occupation and Roles

He was a Social Entrepreneur, Dairy Development Pioneer, Founder of the National Dairy Development Board (NDDB), Chairman of Amul Cooperative and Widely known as the “Father of the White Revolution” in India. Throughout his life, he remained committed to empowering rural farmers and transforming India’s dairy industry.



His Awards and Honours

Padma Vibhushan (1999)

Padma Bhushan (1966)

Padma Shri (1965)

Dr. Verghese Kurien was more than just the “Milkman of India” — he was a visionary leader who proved that the strength of a nation lies in the hands of its farmers. He not only ensured milk for every home but also provided dignity, income, and empowerment for millions of rural families.

His life and legacy continue to inspire India and the world, reminding us that true progress begins at the grassroots.

“Failure is not about not succeeding. Rather, it is about not putting in your best effort and not contributing, however modestly, to the common good.”

— Dr. Verghese Kurien

ECOLOGICAL CONCERNS AS FRANCISCANS



Sr. Grace Mathew

We say we love flowers, yet we pluck them; we say we love trees, yet we cut them down. What does our mind think and heart feel

when we say something and do something else? Perceptions and feelings keep changing according to the environment. How does the natural environment affect human thoughts, feelings and behaviours?

The fact is that, the environment is the source of life and happiness to the entire humanity. Hence, natural environment influences human thoughts, feelings and behaviours in every aspect. However, if we look at the other side of the coin, it is interesting to know about how human actions affect the environment. We raise our voice for Green peace, Go green, Plant a tree, and the cricket players promote these ideas through their jerseys' in the IPL matches. But all this are momentary and falls short when it comes to reality.



The humanity is at a critical point in history. The global warming and the consequent ecological crisis are threatening the very existence of earth. We live in a web of life, where the entire globe is inter-dependent and inter-related. Scientists across the world agree that the industrial development and the consumerist life-style based on human greed are the root cause of this crisis. The impact of environmental degradation is universal. Either we live together or we perish together. The earth cries out and the earth counts on us.



In 1990, in his message on the World Day of Peace, Holy Father said. "St. Francis of Assisi offers a Christian example of genuine and deep respect for the integrity of creation."

In this article, I try to bring into awareness, our responsibility towards the nature as a true

Franciscan. When the whole world is facing a crisis because of the ecological imbalance, What is our responsibility? Are we supposed to remain passive and become victims of the pollutants created by man's selfish greed? The answer is a firm 'No' and we should come out with clear-cut solutions.

We are crippling the earth, making it useless for anyone who comes after us. We are not doing justice to the rest of the creation; indeed, we live in a way that makes impossible for other things to live at all. The ones who should be the most conscientious and responsible members of the household have become the profligates. Like rude guests, we are wreaking havoc on everything else, destroying the only home all life will ever have.

Franciscan response to ecological crisis

The consequences of global warming are not something of the past or future. At present, as we have seen, we are at the point of witnessing a cosmic suicide. The fact is that the ecological crisis is not a "time bomb" which will explode sometime in the future. But it is an existential crisis happening here and now. We need to reflect together – What is our role? How shall we protect the ecology? In reality, we all want to protect our planet. But we are mostly too busy or too lazy to put up big changes that would save the environment.

It is time to act and act together. The humans who have created the critical situation can remedy the same. It is time to learn to walk humbly and joyfully on earth with respect. The present crisis calls for a change in our relationship with the earth and environment. It is time



to seek ways to solve the problems arising due to environmental issues. Otherwise one day we will have to pay a very high price for our negligence.

Our planet is changing. We need to help it change for the better. There are a lot of things that affect our planet in a bad way, but the good news is that everyone can to reduce them and contribute their part for a better and safe environment. Let us respond positively to the saying in Deuteronomy.

"Today I offer you a choice of life or death, blessing or curse. Choose life and then you and your descendants will live" (Deut.30: 19-20).

St. Francis' teachings are designed to attract attention to



the earth's environment and to honour the diversity of life on our planet. Francis' theology has mammoth application in the twenty-first century. He recognized that we are all interdependent and equally responsible for all life on earth. He spoke out against the destruction of the planet. Francis showed his love for God through his deep love and reverence for all of God's creation. Franciscan spirituality means changing our internal focus or consciousness. We must come to realize that some of our activities are the root cause of the present ecological crisis. As Franciscans we have a great responsibility to protect and preserve the creation. In everything and everywhere we must have an attitude of St. Francis' approach towards creation.

Steps to be taken to restore nature

The following are some of the steps to be taken to restore nature:

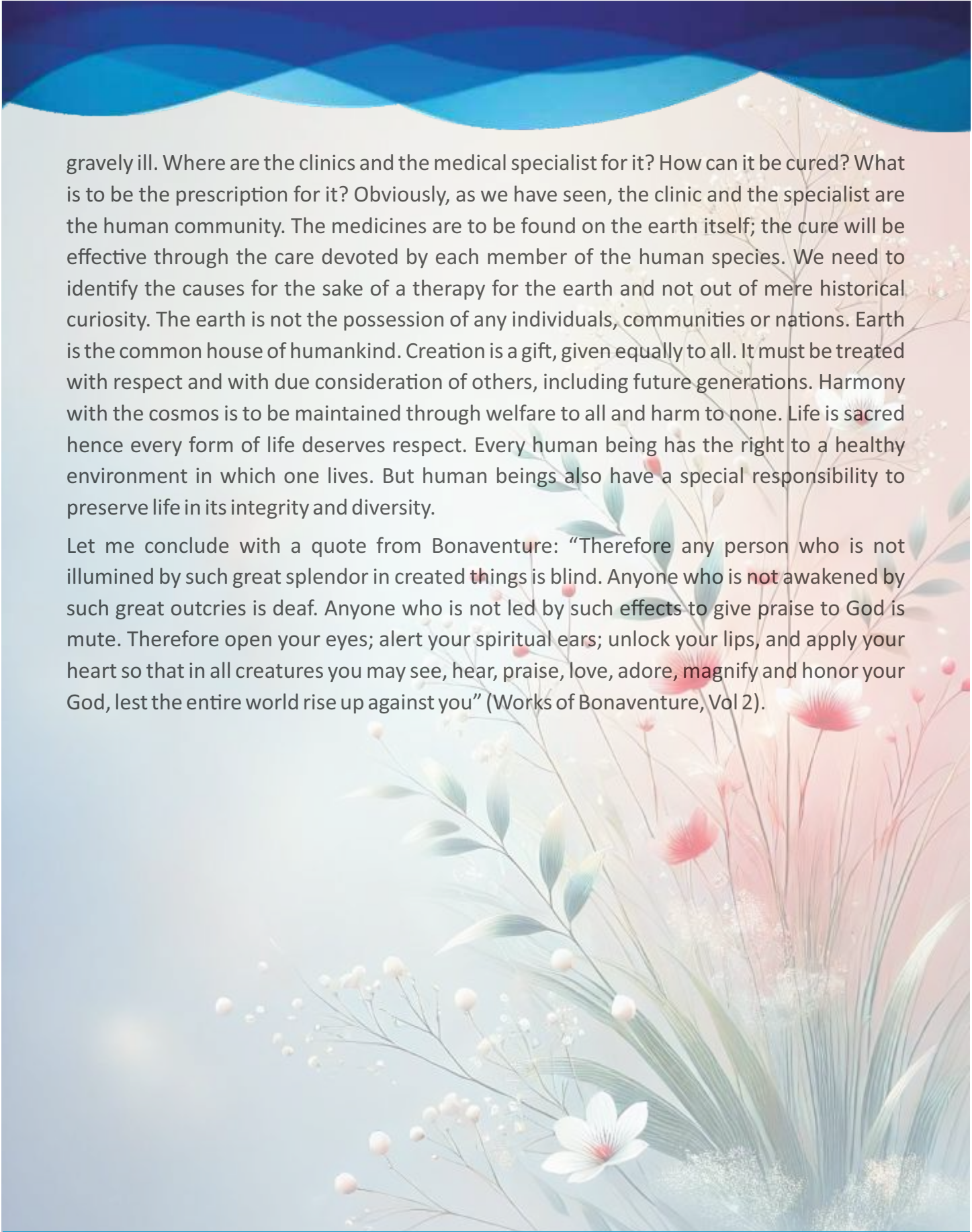
- ▶▶ Reduce the use of electricity- It is the form of energy which is used widely. When we are using the electricity liberally, think about where it comes from. The natural resources are used for making electricity. Thus we are burdening our environment. Producing electricity also causes pollution. So it is important for us to reduce the use of electricity.
- ▶▶ Turn off the devices. When you do not use a house device, turn it off. For example, if you don't watch T V, turn it off. Turn off the light and fan when we leave a room, even if you intend to return. The fridge is an important part of the kitchen. But it takes a lot of energy to cool, so help it by not leaving the fridge door open. Solar lights and solar heating system are pollution free. Therefore try to introduce solar heaters, lights and cookers etc.
- ▶▶ Blind use of pesticides and fertilizers is destroying the health of the soil and all the creatures. Reduce its use.
- ▶▶ Use eco-friendly things in our daily life.
- ▶▶ Prefer natural lemonades and drinks than other expensive drinks.
- ▶▶ Avoid the use of plastic bags, cups, wrappers etc.
- ▶▶ Re use or recycle the waste to avoid pollution caused by it.
- ▶▶ Use nature saving decorations and not to use thermocol etc.
- ▶▶ Avoid 'use and throw' materials.

- 
- »» Instead of polythene, use jute bags or cloth bags for shopping.
 - »» Repair leaky water taps, and not to waste water at all. The world is facing water shortage.
 - »» Effective way of recovering the rain water can be used for various purposes.
 - »» Develop herbal and vegetable gardens. Try to cultivate more 'Franciscan forests' for natural growth in our campuses.
 - »» Save trees by recycling our used paper.
 - »» Packaging is a big problem for the environment. So avoid buying products that have a lot of paper and plastic around them.
 - »» Make Bio-gas plant wherever possible.
 - »» Make Vermin compost using the waste.
 - »» Segregate waste materials. Collect Biodegradable and non-degradable wastes separately and dispose it properly.
 - »» Write in the media, on issues related to ecology.
 - »» Join hands with groups who fight for ecological protection.
 - »» Encourage nature walks and nature meditations.
 - »» Organize awareness programs on the bad effects of global warming.

As Franciscans we should follow his way. Franciscan vocation is a call to love the creator and His creation. For generations, the awe-inspiring, joy-filled words of St. Francis have touched the hearts of people and moved them to contemplation, reverence, prayer and action. The simple truth which is articulated in Francis' song of universal praise has affected believers and non-believers alike.

Francis' unconditional love of Christ is manifested in his love for the entire created world. In our world today there is a great need for this wisdom as we face the environmental issues that challenge our global society. Undoubtedly Francis of Assisi remains as the greatest inspiring model for a harmonious relationship with the entire creation.

The ecological crisis demands explanations that are accurate, radical, and persuasive, just as an illness requires that the causes be identified, for it is only by attacking the causes not the symptoms that the patient can be cured. The same is true of the earth, which now lies



gravely ill. Where are the clinics and the medical specialist for it? How can it be cured? What is to be the prescription for it? Obviously, as we have seen, the clinic and the specialist are the human community. The medicines are to be found on the earth itself; the cure will be effective through the care devoted by each member of the human species. We need to identify the causes for the sake of a therapy for the earth and not out of mere historical curiosity. The earth is not the possession of any individuals, communities or nations. Earth is the common house of humankind. Creation is a gift, given equally to all. It must be treated with respect and with due consideration of others, including future generations. Harmony with the cosmos is to be maintained through welfare to all and harm to none. Life is sacred hence every form of life deserves respect. Every human being has the right to a healthy environment in which one lives. But human beings also have a special responsibility to preserve life in its integrity and diversity.

Let me conclude with a quote from Bonaventure: "Therefore any person who is not illumined by such great splendor in created things is blind. Anyone who is not awakened by such great outcries is deaf. Anyone who is not led by such effects to give praise to God is mute. Therefore open your eyes; alert your spiritual ears; unlock your lips, and apply your heart so that in all creatures you may see, hear, praise, love, adore, magnify and honor your God, lest the entire world rise up against you" (Works of Bonaventure, Vol 2).

PIONEERS WHO SHAPED KNOWLEDGE



Ms. Seema

Father of Physics: Isaac Newton - Known for his laws of motion and universal gravitation.

Father of Modern Chemistry: Antoine Lavoisier - Credited with establishing the law of conservation of mass and modern chemical nomenclature.

Father of Biology: Aristotle - His work laid the groundwork for biological classification and study.

Father of Medicine: Hippocrates - Often referred to as the "Father of Medicine" for his contributions to medical ethics and practice.

Father of Evolution: Charles Darwin - Known for his theory of natural selection and the book "On the Origin of Species."

Father of Modern Economics: Adam Smith - His work "The Wealth of Nations" is foundational in classical economics.

Father of Psychology: Wilhelm Wundt - Established psychology as a separate scientific discipline.

Father of Sociology: Auguste Comte - Coined the term sociology and is known for his contributions to social theory.

Father of Computer Science: Alan Turing - Known for his work on algorithms and computation theory.

Father of the Internet: Vint Cerf - Recognized for his role in developing TCP/IP protocols.

Father of Genetics: Gregor Mendel - His experiments with pea plants established the principles of heredity.

Father of Modern Physics: Albert Einstein - Known for the theory of relativity and contributions to quantum mechanics.

Father of Modern Yoga: Tirumalai Krishnamacharya - Influential in the development of postural yoga.

Father of History: Herodotus

Father of Geography: Eratosthenes of Cyrene, laid the foundation of scientific Geography.

Father of Monasticism: Antony the Great, the first Christian monk to live a life of solitude in the desert of Egypt

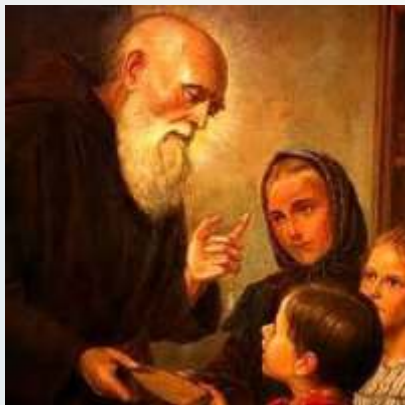
Father of Philosophy: Socrates, regarded as the father of western philosophy.

ST CONRAD OF PARZHAM (FEAST DAY– APRIL 22)



Sr. Jasmine

Saint Conrad of Parzham was born on 22 December 1818 in Parzham, Bavaria, then part of the



Kingdom of Bavaria, now in Germany. He was baptized Johann Evangelist Birndorfer, the son of devout parents, Bartholomew Birndorfer and Gertrude Niedermayer. He grew up on the family farm and was one of the twelve children, five of whom died in infancy. From an early age, Johann showed deep faith and devotion, especially toward the Blessed Virgin Mary. He prayed the rosary daily and often made long pilgrimages on foot to Marian shrines, spending the day in prayer and fasting.

He attended elementary school in nearby Weng, and despite the distance and harsh weather, he frequently visited the church. After losing his mother at the age of fourteen and his father two years later, Johann continued to live a simple, prayerful life. A parish mission he attended in 1838 deeply moved him and awakened in him a desire for religious life. After distributing his inheritance, he entered the Capuchin Order as a lay brother in 1841, at the age of 31, he received the religious name Brother Conrad, in honor of Saint Conrad of Piacenza. Following his profession in 1842, Brother Conrad was assigned to the Capuchin convent at Altötting, a famous Marian pilgrimage center. There he served as porter, a demanding role that required constant interaction with pilgrims, the poor, and visitors. For over forty years, Brother Conrad faithfully carried out this humble service with patience, kindness, and generosity. Though initially some friars doubted him, his holiness and perseverance won their respect.

Brother Conrad was known for his love of silence, prayer, and the Eucharist. He often spent his spare moments in adoration and sacrificed sleep to pray during the night. He showed special care for the poor and for children, promoting charitable works to assist neglected youth. Many believed he possessed spiritual gifts such as reading hearts and prophecy.

Saint Conrad died peacefully on 21 April 1894 at Altötting. He was beatified in 1930 and canonized in 1934 by Pope Pius XI. Today, he is honoured as the patron saint of the Mid-America Province of Capuchin Friars and the Diocese of Passau, remembered for his humble service and deep love for God and neighbour.

THE BEAUTY OF INDIAN CULTURE



Sr. Jyoti Minj

Indian culture is a rich and ancient blend of various religions, languages, traditions and social customs. It originated long ago, even before the Indus valley civilization. This culture holds great importance in spiritual, moral, intellectual, scientific, yogic, ayurvedic and artistic fields. It is based on spirituality which values diversity and unity. Even today, Indian culture is known throughout the world for its uniqueness and distinct identity. Although it is facing many challenges, it continues to adapt to modern times while preserving its original principles where many other cultures have disappeared with time, Indian culture has kept its traditions alive for thousands of years and still shines brightly today. Founder of Indian culture - Maharishi Valmiki

Features of Indian culture

Unity in diversity- India is a land of diversity - different religions, cast, languages and traditions but still, there is a sense of unity among all, which makes this culture unique and remarkable.

Religiosity and spirituality- Religiosity and spirituality hold great importance in Indian culture. People follow spiritual values in their daily lives.

Respect for literature and Scriptures: Ancient Indian texts and scriptures are deeply respected. They hold Great value for social harmony and wisdom. Blend of tradition and modernity -



Indian culture beautifully balances old traditions with modern thoughts. It adopts new ideas while still respecting ancient customs.

Importance of family - The joint family system, cooperation and respect within families form an essential identity of Indian culture.

Hospitality - Welcoming guest warmly and treating them kindly is one of the most significant characteristics of Indian culture.

Original of Indian culture- Indian culture is one of the most ancient cultures in the world. The Indian civilisation emerged around 4500 years ago on the banks of the Indus River. According to



the “Aryan invasion theory” given by foreign scholars, it is said to be a part of the “Aryan family of cultures”, which spread to different parts of the world. The main principle of Indian culture is **Vasudhaiva kutumbakam** (the whole world is one family) which is based on the ideas of unity in diversity. It teaches that entire world is one family. This is the basis of Indian thought, showing the broad and tolerant nature of Indian culture.

Challenges of Indian culture: Indian culture have faced challenges like poverty, unemployment, corruption, communalism, casteism, regionalism, and terrorism. These social problems have existed for a long time. Along with these issues related to identity politics have also created difficulties like regionalism and separatism.

1. Social inequalities - poverty and unemployment, corruption casteism and regional discrimination are the main challenges today.
2. Communalism – Conflicts arise between communities based on religious and regional identity, leading to tension and violence.
3. Poverty and unemployment – These are major challenges faced by India, which have a negative effect on the social and cultural system of the country.
4. Regionalism and linguistic identity – When people show extreme loyalty or pride toward a particular region or language, it leads to regional and linguistic separatism, which becomes a cause of conflict.
5. Politics of Identity – On the basis of religious, regional, or linguistic identity, political rivalry and Vote- Bank politics develop feelings of divisions in society.
6. Terrorism and extremism – In various parts of the country, problems like terrorism and extremism exist, which are dangerous to National unity and security.

SMILING TRIBE

Sr. Sangeeta



Once I was ashamed to be known as tribal
Not knowing the truth behind
Tried to hide my identity
Compared with others every now and then.

But now pride hovers over
To be known as a tribal.
Rain or storm keeps on smiling
Hard work is written in everyone's fate



Unity, love, simplicity, brotherhood
That all they know well
Satisfied with minimum wealth
Simple, ordinary are their attire

Wish is mine that we need to keep
Our identity, culture, language
And find ways and means
To progress it day by day.



10 SIMPLE AND PRACTICAL TIPS TO SHARPEN OUR BRAIN:

Read regularly – Reading books, newspapers, or spiritual texts improves focus, memory, and thinking skills.



Engage in prayer and meditation – Quiet reflection calms the mind, increases clarity, and strengthens concentration.

Learn something new – Acquiring a new skill, language, or hobby keeps the brain active and flexible.

Exercise daily – Physical activity improves blood flow to the brain and boosts memory and alertness.

Eat a balanced diet – Nutritious food, especially fruits, vegetables, nuts, and fish, nourishes brain health.

Get enough sleep – Proper rest helps the brain process information and improves learning and recall.

Practice problem solving – Puzzles, crosswords, Sudoku, and brain games sharpen logical thinking.

Limit screen time – Reducing excessive mobile and TV use improves attention and mental sharpness.



Stay socially connected –

Healthy conversations and sharing ideas stimulate the brain and emotional well being.

Maintain a positive attitude – Gratitude, hope, and optimism reduce stress and keep the mind fresh.

LIGHTEN THE MOOD

A foreigner tourist asked. 'How do Indians manage in small auto rickshaw?'

The driver smiled and said, "Simple, madam. In India seat capacity is written by company, but Heart capacity is written by people. If someone needs help, we always adjust."

Someone asked an Indian, "How many festivals do you have in a year"

He replied, "Officially a few dozen.....but in India, if neighbours celebrate anything, we also join them. Our real festivals are 'togetherness'.

A boy said. "Google knows everything."

His friend replied, "No, yaar, Indian moms know more."

Boy- How?

Friend, "Google needs internet. Indian moms just need to look at your face and they know.-If you 've eaten, slept, or lied!"

A traveller asked a tribal man, "How do you know when it's going to rain?"

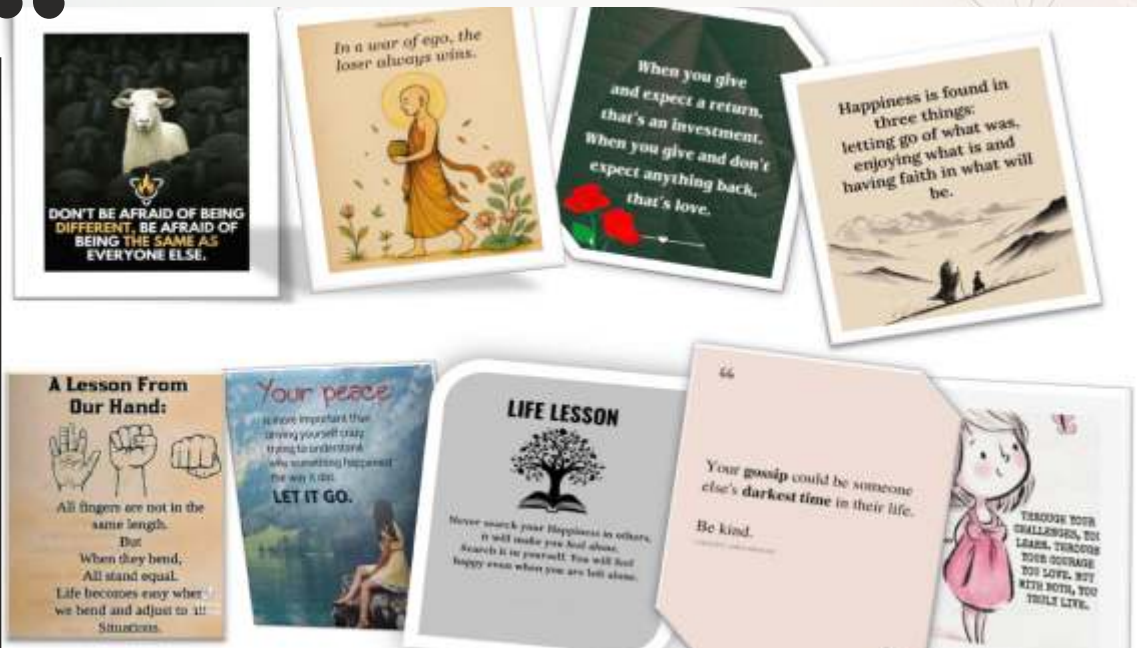
The tribal man replied, "When the clouds get bigger and the sky gets darker."

The traveller said, "That's not very scientific."

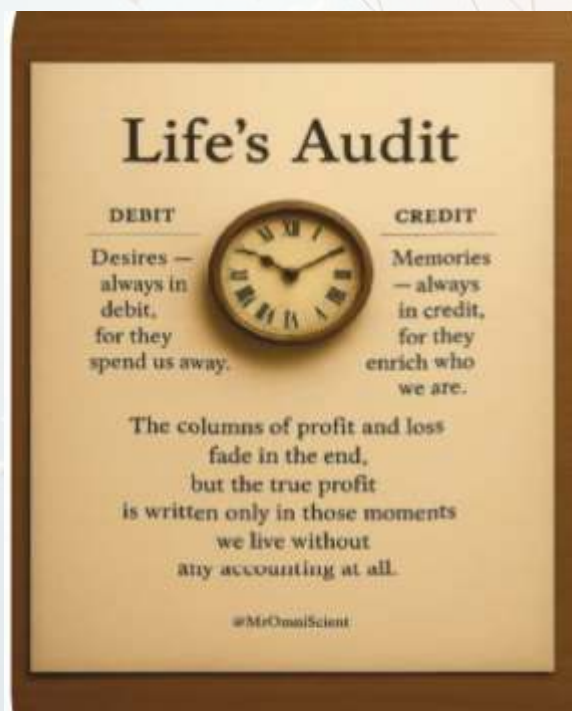
The tribal man shrugs and said, "It's tried and tested method".

KEEP OURSELVES MOTIVATED

“



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PUZZLES

“

Number Puzzle

What comes next in the series?

2, 4, 8, 16, _

”

“

Riddle Puzzle

I have keys but no locks.

I have space but no room.

You can enter, but you can't go outside.

What am I?

”

“

Word Puzzle

Rearrange the letters to make a meaningful word:

L E P P A

”

“

Logic Puzzle

Which is heavier:

1 kilogram of cotton or

1 kilogram of iron?

”

“

Math Puzzle

I am a three-digit number.

The sum of my digits is 15.

The tens digit is 3 more than the ones digit.

The hundreds digit is 2 less than the tens digit.

What number am I?

”



May our Lady Accompany Us