

FMA-INS info

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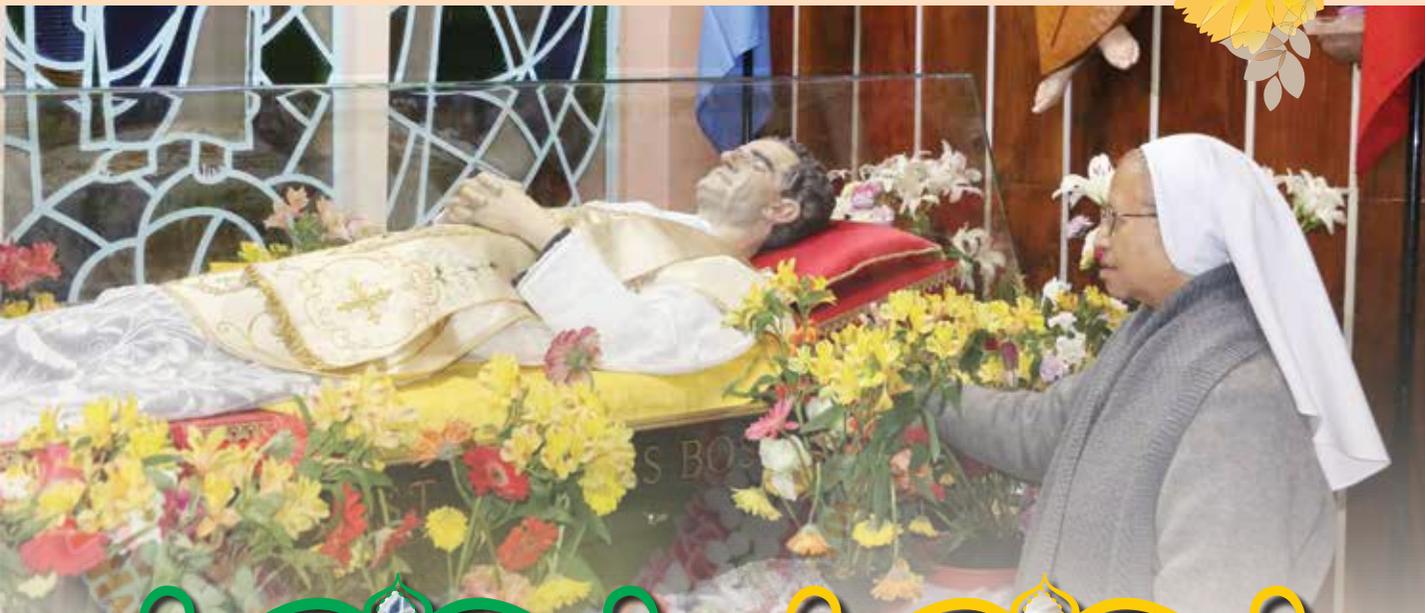


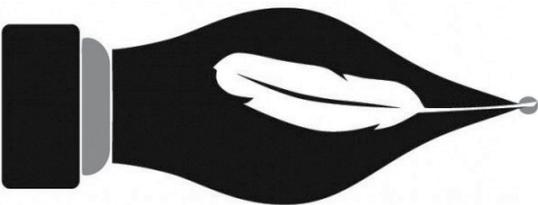
Jesus is alive! He lives in you!
He lives in me! May we be his face of mercy!

HAPPY EASTER

Welcome 

to Our Land our Beloved Father and Founder





EDITORIAL

Don Bosco with us, forever!

We rejoice and thank God for the kind consideration of St. John Bosco to the beautiful people of our beautiful land and particularly to us, his sons and daughters and the whole Salesian family to stay with us permanently at the Shrine of St. John Bosco, Sohra. This favour granted to us, perhaps has something to tell and remind us of the dream and vision he had for the young, which needs to be continuously unfolded by us. Don Bosco loved the youth immensely especially the poor and abandoned ones; he gave his whole life for their sake. He brought incredible change in the life of the many young people through his educative methods; he saw their potentialities, capabilities and the tremendous power and energy they were armed with to change and transform the world.

Don Bosco empowered them spiritually and intellectually, he knows that they can become agents of change in the Church and in the world and so he did not mind to take risks, to take the un-trodden path and walked the extra miles to meet them and got involved in their lives and helped them find right solution to their genuine quest and transformed many of them into great personalities in the social affairs and in the service of the Church. Indeed Don Bosco believed in the young people for change and this **power of love and belief wrought miracles**.

Our father Don Bosco gently asks us to get really serious with the project he had for the young, we are his hands and in our hands he now depends, he wants us to first of all be the change that we wish to see in the young people, to progress in our spiritual life, to be true to the spirit and charism of our Institute which is the loving legacy of our founder and co-foundress. We can bear fruit of joy, love and holiness if we are true to the dream of our founders. With them as our intercessors who unceasingly assist us in our mission we march ahead fearlessly, venturing



into the world of the young people, especially those who are at the margin of the society helping them to discover their talents and potentialities and guide them to reach the greatest height of success and be agents of change in the world.

May we continue to dream dreams with Don Bosco and never let go of his dream, keeping ourselves ever awake because the best of dreams happen when we are fully awake to journey together with the young people confidently with hope and joy.

We are in the festive season of Easter, the greatest feast in the whole Universal Church, FMAinsinfo wishes everyone a very Happy Feast of Easter. May the Risen Christ who made everything new transform us from deep within!

Sr. Joplin Suchiang

Art and joy of teaching



Teaching is not everybody's cup of tea, but it happens to be many people's bread and butter. That is where the problem lies. There are many who become teachers not by choice, but by chance. Some teachers are simply not cut out for the job, in terms of aptitude and temperament - square pegs in round holes! So the question remains, what makes a good teacher?

A very respected teacher once said, " I need my students." Does the teacher 'need' the student? It is absolutely true that without a student there is no teacher; without a teacher there is no student. In that sense, we need each other to play these roles and enrich each other in the process of learning.

Most of us remember with fond gratitude a few of our great teachers. We remember some of them for inspiring and motivating us. We admire some of them for their profound knowledge, some others for their rare teaching skills and strategies. We owe a lot to some of these teachers. What are these gifted teachers like?

Teaching basically is relating with others. It is all about touching the inner chords of the students; it is about a telepathic contact with one's students; it is about building an instant emotional bond with others. It is about anticipating the student's needs and response. More precisely, it is about understanding the student's mind. It is also about creating interest in the subject we teach, and motivating students to perform better.

The three elements of a Classroom are *the teacher himself or herself, his/her subject, his/her students*. A teacher must like the three elements all the time, to be successful. He/she should like himself/herself, besides the subject and the students. As for students, a teacher must like all of them alike, all of the time. A tall order? Yes, it sounds impractical, but successful teachers will testify that it is possible.

It is interesting to know that a teacher is constantly evaluated by the students on four aspects; *by how we look (our outward appearance), by what we do, by what we say and by how we say it*. In other words, a teacher's whole person is under the scanner, especially of the students.

There is an unspoken psychological contract in every classroom. If the teacher's understanding of the contract is not in line with those held by the students, the result will be a series of disappointments, frustrations, anger and disillusion – on both sides. To be a successful teacher, one needs to know clearly what goes into this psychological contract. The teacher also helps the students recognize and respect the terms of the contract. The imaginary boundaries are drawn clearly.

Good teaching calls for good organization and good time-management, and much more. A better-organized teacher will be a more effective teacher. Let us examine some of the hallmarks of good teaching.

The verbal and non-verbal aspects of teaching together evolve a great teacher. Try to recall those great teachers you have had. There is an inexplicable personal charm about every one of them, isn't it? It is difficult to define, but every student recognizes it. It is a combination of a variety of

personal qualities that creates this aura or charm. There is a balanced mix of friendliness and firmness in those teachers. Their firmness is respected, and the students hold them in high esteem and in reverential awe.

Good memory power, sense of humour, facility with words, agility with facts and figures, in-depth knowledge of the subject and a rapport with every single student in the class, are qualities that make a teacher the object of adoration among students. Every student gets his/her attention, and no one is ignored.

The vocal chord is believed to be the most precious part of a teacher's anatomy. A teacher's voice must be pleasant, and must be used with appropriate modulation.

A teacher's voice must be clear, and loud enough for the whole class. Gestures must support the words used, and lend them more meaning. A teacher's body language is sometimes more eloquent than his/her words themselves. The quintessence of a good teacher is effective communication.

Poise, personality, preparation and presentation are the four vital ingredients of a successful teacher. By poise is meant the calm and relaxed appearance and attitude, the mental agility and equilibrium, and soundness of judgment. It is the personal charm of the teacher that is referred to, when we

speak of personality. Such a teacher establishes an instant rapport with the students, and makes them feel comfortable in the class. A teacher is nothing if he/she has no enthusiasm and a passion for teaching. This enthusiasm will ensure better preparation for the class and more effective presentation. So the four Ps – poise, personality, preparation and presentation – all four in the right proportion make an effective teacher.

A Chinese saying goes like this: *"I hear and I forget, I see and I remember, I do and I understand."* Our favourite teacher is one who could concretize the abstract: He/she used to demonstrate, illustrate, simplify, give examples, and apply the concepts. That made learning easy and interesting.

A relaxed teacher only can be an effective teacher. Ideally, a teacher should carry a cheerful face always. But some of them may complain that they have enough things to carry already and can't carry anything more. The point is that stress and tension negate easy learning. Love and care for children and sincerity in one's work make teaching a pleasure. In that case a smile will come on the teacher's face effortlessly. However we cannot smile all the way. Discreet admonition and timely positive reinforcements are needed to encourage responsible behaviour among students. Reasonable firmness helps create the right classroom climate.

Henry Adams said, *"A teacher affects eternity. He/she can never say where his influence stops"*. A teacher's joy is not in his/her bank balance, but in the unconditional love and goodwill that come from the students.

Dear Teachers, called to this noble mission and vocation, live with passion your call. Be passionate in what you do. Enjoy your teaching and do the best you can for your students. Love and respect your students, before you ask them to love and respect you. It is a great privilege and honour to be a teacher. Remember, your random acts of love and kindness can make a whole lot of difference for most of your students. Every conscientious teacher knows this, for sure.

Sr. Celine D' Cunha



Provincial Community Day: Call to be missionaries of Hope and Joy

The annual Provincial community day was celebrated with glitz and grandeur on 12 December 2015 at Auxilium Convent Nongthymmai - Shillong. All the Animators, Sisters from the nearby communities, Novices, Postulants and Aspirants and representatives of young people were present on the occasion.

As the daylight lingered on into the fragrance of twilight, the entire day was offered to the Lord through the morning worship animated by the community of FMA Outreach, Shillong. This was followed by the exhibition, which showcased the pooling of goods and common wealth of unity in diversity under the efficient leadership of Sr. Marcellina Sangma the Provincial Bursar. The climax of the day was the celebration of the Holy Eucharist. The liturgical animation guided by

the community of Mary Our Help Training Centre Bellefonte helped everyone present to deepen on the call to become missionaries of hope and joy like the disciples of Emmaus. The vibrancy with which the story was conceptualized transported the audience to the Emmausian experience. Fr. Paul Olphindro Lyngkot SDB, Vice Provincial of Silchar was the main celebrant.

The Provincial community day was made more colourful with a cultural programme soon after the Holy Eucharist. The items included music, song, dance, and skit, which were performed with grace and excellence through which the message of love and unity was communicated. It was also a moment of thanksgiving to God for the unique gift of Sr. Isabella Suja, Provincial.

A Vigil Prayer Service preceded the feast on 11 December. The community of Sacred Heart Convent Mawlai, animated the prayer moment and focused on the theme: Missionaries of Hope and Joy. A symbolic gesture of greeting one another with a smile was very meaningful to bring in the rhythm of community spirit. Another act was the sharing of water from the jar by Sr. Isabella Suja, Provincial to all the animators of the community, which symbolizes the readiness to be guided and accompanied in our Salesian life and mission gave a befitting tone of acceptance and celebration of our life together.

Sr. Mildaris Marwein

Memories of the First Phase of 2nd Novitiate

Different lanes led the 7 sisters of Guwahati and 4 sisters of Shillong Provinces to Mazzarello Home Dimapur for the first phase of the 2nd Novitiate. Sr. Josephine Sania, the coordinator of the programme and Sr. Protima Kerketta the visible guardian angel of the community gave us a warm welcome on 27 December 2015. It was a moment of

real adventure with the Lord who fascinated us with his tangible presence and guidance during our one month long preparation for our final commitment to the Lord. We would like to summarize our experience in the following lines:



SECOND NOVITIATE

S: Sing and shout to the Lord for He has worked wonders upon us. The one-month experience with the Lord was but a moment when we burst forth into songs of praise to God with Mary our Mother as we recall the journey we began as Daughters of Mary Help of Christians. We were always tuned in to listen to His note of music through the Holy Eucharist, Adoration, personal prayer and community prayer.

E: Enlightenment: Indeed those were days of enlightenment. Having lived our religious life during these past years it was but a split second when we were enlighten by the Spirit of God through the instrumentality of Sr. Mabel Gothorp, Sr. Alphonsa Kurisinkal, Sr. Teresa Puthenpurackal and of course our coordinator Sr. Sania Josephine. Hats off to you dear sisters for the precious pearls that you generously shared with us.

C: Commitment: Don Bosco exhorted us to take one's vocation as a personal commitment. To prepare ourselves fervently for the total FIAT like

Mary, we the second novitiate sisters were made to go to the depth of our Rule of Life, to re-read the outline of the Institute.

O: Optimism: As FMA preparing ourselves for our final vows we ought to qualify ourselves in being an optimistic person. A bunch of roses to the expert down to earth person in Fr. Linus Neli, the Rector of Oriens Theological College Shillong for depicting to us the reality and the true matters of religious life. Being with the young people today we were reminded of seeing the silver lining in every cloud.

N: Nature: "Care for the earth our common Home". The call of our Holy Father Pope Francis invited us to rethink and open our new gaze to our Mother Earth. The Encyclical 'Laudato Si' was reflected in depth and we were enriched with the insight given by our Holy Father. As religious we have our portion to play in the preservation of environment. Personal resolutions were taken to live the Exhortation.

D: Discernment: A process of strengthening our vocation and

a moment of seeking God's will. Thanks to the creative classes of Fr. C. T. Varghese Sdb in making us aware of the importance of being open to the guidance of the spirit and pointing to us the significant role of discernment as we move ahead in our vocational journey.

N: Nourishment: Nourished with the love of God and infused with the spirituality of Mary in the Salesian charism and the life of the Institute we were re-energized, revitalized, refreshed and able to re-read the journey of our life with Mary the Mother and Mistress of our vocation and finally to sing our own Magnificat to God our Father.

O: Option: Choice made for a purpose. Our life is a gift from the Almighty and we have made an option to love and serve him in the young people entrusted to our care. Conscious of this essence in the heart of our charism we made an option to surrender our very life for this single purpose. The second novitiate sisters have no other option than to strive for holiness together with the young.

V: Vision: We are the daughters of Don Bosco a great visionary and a dreamer. As daughters of this great founder we were imbibed with the same zeal to dream big and to make our vision a broader one as to be able to live with authenticity the vision of our Founder in this new millennium. In all the classes the resource persons stressed that we need to broaden our horizons and prepare ourselves well in order to face this modern generation and be the sign of God's amazing love.

I: Immersion: Satiation takes place in complete immersion. We the 11 sisters were immersed in the ocean of Salesian charism and satiated with its intensity, so that the spirit will never run short when we land again on the holy ground of young people.

T: Trust: Trust in the Lord, you will see the wonderful things accomplished in life. The 30 days of reflection and prayers were days of restoration and renewal of our complete trust in God that we need to acquire as consecrated person to fulfill the mission entrusted to us with fervour, zeal and dedication. Trusting in

the constant and unconditional love of God we go out to witness this filial trust as his chosen one.

I: Ignited: Our hearts, minds and strength have been completely ignited with the light of Christ and our very Founders, which helped us see our communities and mission vividly as a place where we encounter the divine in a tangible way. We doubt no longer to commit ourselves for a cause to become instruments in igniting the life of those entrusted to us.

A: Adventure: The First phase of the 2nd Novitiate was but an adventure with the Holy Spirit. These were moments when we encountered the Lord personally in a deeper way as we made an inner journey to discover the mystery and beauty of our religious vocation as a Daughter of Mary Help of Christians. Thanks to the minute timetable chalked out by our coordinator Sr. Josephine Sania which enabled us to give sufficient space to the working of the Holy Spirit in our life.

T: Thank you: It is the word that we wish to utter to the community of Mazzarello Home Dimapur, a home where we experienced the family spirit and a conducive atmosphere for our growth. Thanks to the motherly presence of Sr. Teresa Kunnapaly the animator and all the sisters of the community for being so caring to foresee to our every need. Thanks to Sr. Maria

Scaria and the sisters of Auxilium Dimapur for the timely support and assistance of their sisterly concern and love. We also place on record the valid contribution of Fr. Tom Kartik Sdb the rector of Salesian College Dimapur and all the Priests who had been so generous to avail themselves for our spiritual need.

E: Enthusiasm: We can fittingly acclaim that those days of our second novitiate are memories that we will cherish in our life as we were enthused with the Love of God. The days richly spent in the accompaniment of one

another motivated us to live as dynamic FMAs who are fired with the of Love.

Kudos to all those persons who took so much interest and made ample sacrifices for our renewal especially to all our community members.

Before we conclude to summarize the experience of our First Phase of our 2nd novitiate we would like to place on record our dear Sr. Elizabeth George, Sr. Isabella Suja and each and every sister of the Provinces for the opportunity, accompaniment and prayerful support which made the first phase of our 2nd Novitiate a fruitful one.

2nd Novitiate ING & INS 2016

Orientation Programme for Provincial Team Members held

On 9 January 2016, the Provincial Team Members gathered at Mary Our Help Training Centre, Bellefonte – Shillong for a half-day programme as an orientation for the year's activities. Sr. Agatha Shadap the General Coordinator initiated the same with a short prayer based on the theme song for the Year of Mercy.

After a brief welcome speech by Sr. Agatha, Sr. Marvella Shangliang the Vice Provincial gave a short message in which she thanked the team members for their contribution in the province and she also exhorted them to continue giving their best. Sr. Shadap Agatha took the first session on the topics:



Working in a team through a PowerPoint presentation and on 'Why Team Work?' Sr. Agatha's presentation clearly stated the various steps and factors that bring about successful teamwork. At 02:00 pm a Biblical Perspective on Team Work was a session taken by Rev. Fr. Jose Varickasseril, SDB from Mawlai Parish. The handout that he distributed to all is a very important material for point of reference in which he had printed the fruit of his research on the given topic. He highlighted the truth that teamwork has Trinitarian dimension in its nature and functions. This is evident in the New Testament, especially in the Acts of the Apostles and Pauline writings. The same is based on the Old Testament literature too.

After this session, the members got into their own team for a short meeting in which they were asked to clarify and clear doubts and also to review their future plans.

The team members were enriched in a unique way through the meeting and were sufficiently boosted to implement the year's annual plan. It was a short meeting, yet very rich and inspiring inputs were given to them.

Workshop on Rethinking of School Management

A one-day workshop was conducted for the Principals/ Headmistresses and School Sisters on 10 January 2016 in Bellefonte on the topic: "Rethinking of School Management for Wholesome Education." The resource person was Dr. Br. Albert L. Dkhar, SDB, Principal of St. Anthony's College, Shillong.

The course began with a short prayer moment animated by Sr. Joplin Suchiang who also played the role of a moderator for the first session. The message of Sr. Marvella Shangpliang, the Vice provincial followed the prayer moment. After having been introduced by Sr. Theresa Phawa, the resource person took over the platform and began with an introductory talk based on the reading from the Holy Bible, Ex. 4: 2-3.

The input session that followed was the inspiring and motivating sharing by Br. Albert on the theme with specific explanation at length on the meaning of 'wholesome education.' The term entails various factors. One such is focus on our stakeholders: who

are the students, teachers and guardians. It also speaks about the quality management of schools. The second session, which resumed after the coffee break, was on 'Aspects of management' with clear explanation on seven important areas that determine the success of a school. The basis of this is vision and mission, which act as goal and guide of the school.

After the lunch break we were broken into groups for a three-long hours work. The 29 pages questionnaire was a self-study report of our schools in the province. Each group of our schools was asked to prepare a blueprint for achieving all-round excellence based on two topics: Organizational Chart and a PowerPoint Presentation on our schools. The group workshop was followed by the general assembly at 04:30pm for reporting of the same. The resource person clarified the doubts and queries of the assembly and his intervention was an encouragement through his brotherly suggestions and guidance. All that was done was to prepare our sisters for a change that is imminent in the field of education in the State of Meghalaya.

The closing ceremony was another significant moment of the day. After the exchanges of thanksgiving, a certificate of participation was given to each sister. Br. Albert prepared the certificate and each participant received it from the hands of Sr. Isabella Suja, the Provincial. In her concluding message, Sr. Isabella urged everyone to be committed with love, quality and dedication.

"Originality will always catch the attention of a good critic whether you're striving for success or living proof of success. Be yourself! Stay Original!"

- Leiby Acosta

Follow up of Child Protection Policy

On 11 January 2016, a workshop on FMA Child Protection Policy was conducted for the Principals/Headmistresses and School Sisters in Bellefonte. The resource person was Sr. Gemima Pohrmen, Social Development Coordinator of the Province. The day's programme commenced with a short prayer through PowerPoint presentation.

The first session of the day was the presentation of the FMA YAR Policy in which a background of the document and detailed explanation of the same was given by the resource person. After the short coffee break, the group assembled again in the hall for the presentation of the Child Protection Policy, a new document brought out at the PCI level. Sr. Gemima gave clear explanations on the code of conduct, prohibitive behavior and agreement

form for the teachers. Her rich experience and keen interest in the work given to her had inspired the participants. Her intervention was motivating and thought provoking. The sisters appreciated and thanked Sr. Gemima for sparing her time to share her knowledge and experience with them. The meeting concluded at 12:30 pm with a prayer song, 'You raise me up.' Through the song, the assembly summed up its sentiments of gratitude to God for all his blessings.

Sr. Theresa Phawa

Revisiting Salesian Assistance through a Seminar



Orienting the Boarding Assistants of the various communities of the Province, the Sisters in charge for Boarding houses namely Sr. Catherine Sutnga and Sr. Maria Cresencia Swer organized a one-day seminar on 18 January 2016 at Bellefonte, Shillong. The programme once again reiterated the importance and preciousness of such a powerful means in the Preventive System.

The meeting began with a short prayer led by Sr. Maria Swer imploring God's blessing on those present and

their mission of accompanying the young people in the boarding homes. Sr. Christina Kharkongor animated the first session through which she dealt at length on Salesian Assistance and its various aspects. She exhorted the sisters present to love the young and to love what the young people loves. She went on to say, "To be a Salesian assistant one must be ready for great sacrifice even to forget oneself". In other words one has to be constantly with the young people and always thinking of their well-being.

The second session was an open session, which was very interesting and inspiring. The Sisters shared their experience, views, and problems while carrying out their mission as assistants. Together they also sought ways and means to

improve this beautiful mission with the young. During the session, the presence of Sr. Isabella Suja, Provincial added insights and encouragement to the Sisters. After spending ample time in sharing they chalked out action plans for the boarding. The discussion was concluded beautifully with fresh suggestions and insights to give the best for our young people in all our houses. We are very grateful

to our Sr. Isabella, Provincial and Sr. Christina for enlightening us. The group resolved to give their best in this important mission of the congregation.

Sr. Rose Mary Lyngdoh

The Joy of Sharing the Gospel

The 8th Faith Exposure program for the formees in Guwahati Archdiocese took place at St. Xavier's Parish Tamulpur in the Nalbari District of Assam from 18 – 23 January 2016. This venture is a brainchild of Most Rev. Thomas Menampambil SDB, the Archbishop Emeritus and Apostolic Administrator of Jowai Diocese. Around 500 enthusiastic young missionaries gathered for this experience and we count ourselves (Srs. Sinjak R Marak and Maria Wanpyntngen Sariang) privileged to be part of the program along with our Intensive Juniorate companions of Auxilium Provincial House, Christian Basti.



The theme “Be merciful just as your Father is merciful” Lk. 6:36 was the guiding principle throughout the days of the exposure. With Most Rev. John Moolachira the Archbishop of Guwahati as the able shepherd, the flock of young Missionaries were taken to a wonderful experience of being the merciful face of the Father to those whom they were sent. Each day began with an hour of Adoration followed by Morning Prayer, Holy Mass, light-breakfast, session and lunch at 10:00 am. After listening to some important tips from Most Rev. Thomas Menampambil the group would leave

for their different destinations sharing the Joy of the Gospel. The participants were divided into forty groups having twelve members each and sent to forty villages. Perhaps, the forty villages which Jesus had in mind while spending forty days and night in the desert or may be the fruit of the patient forty years of our great ancestors, the Israelite in their journey towards the Promised land. In the evening too there were sessions, sharing of the experiences and the evaluation of the day.

Well, the meeting of so many religious congregations with one goal in mind brought about wonderful fruits where each one came out with their best initiatives according to their charisms. Many miracles also took place during the apostolate because God was with us; above all, the openness of the people and their great faith in God left us wonderstruck. This unique chance has in a way strengthened our own vocation.

This rare experience will ever remain imprinted in our hearts and be a driving force in our mission to spread the Gospel far and wide.

Sr. Sinjak R Marak & Sr. Maria Wanpyntngen Sariang

NAFMA Edumedym II held in Kolkata

The three Provincial Coordinators of Education, Media and Youth Ministry from our Province namely Sr. Lydia Pala, Sr. Euginia Laloo and Sr. Manoda Sangma took part in the National FMA meeting of 3 sectors coined as NAFMA Edumedym in Auxilium Provincial House Dum Dum Kolkata on 28th and 29th January 2016. The meeting was jointly organized by the three National coordinators: Sr. Elizabeth Kaniampadickal of Youth Ministry, Sr. Stella Potteparambil of Education and Sr. Hilda Braganza of Media.

The meeting commenced with an inaugural ceremony animated by the Kolkata Province during which Sr. Teresa Adampakallel, Vice Provincial welcomed all the participants. The lighting of the lamp and a mini cultural show of song and dance by the students of Auxilium Dum Dum added meaning and grandeur to the meeting. During the meeting Sr. Elizabeth, National Youth Ministry coordinator and the other Sisters who participated in the Don Bosco's bicentenary celebrations called as SYM Don Bosco 2015 at Turin shared their experiences. While Sr. Stella Potteparambil who participated in the world congress on catholic Education on the theme, "Educating Today and



Tomorrow- A renewed Passion" held at Rome and Castelgandolfo in November 2015 from 18-21 on the occasion of the golden jubilee of the second Vatican Council Declaration Gravissimumeducationis and the twenty fifth anniversary of the Catholic Apostolic Constitution EX Corde Ecclesiae, presented a PPT on the rich experience of the entire procedures and the outcome of the meeting. The respective national coordinators shared the reports of their sectors and there was ample time for the sector wise meeting and planning for the year. Sr. Elizabeth Pothen from Bangalore Province enlightened the participants on: how to make our schools exceptional with the tri-characteristics – quality, catholic and Salesian, well establishment of Educating community, the social dimension of Education and introduction of the Thinking School academy. Sr. Elizabeth George the PCI president and provincial of Guwahati delineated methodically and clearly the Encyclical letter, "Laudato Si' of the Holy Father Pope Francis on the care of the common Home, Mother earth through very interesting video clips and power point. Adapting to the digital world, the Goodnight talk with Sr. Runita Borja Councillor for Youth Pastoral was done through skype. Her appreciative words encouraged the participants to do ever better in their respective mission of animating others. She pinpointed that engagement in education is also an act of mercy and encouraged all to be the visible face of mercy through the Salesian assistance, possessing the oratorian heart.

The participants were also enlightened by Fr. Joseph Thannickal SDB, Phd, Rector and Director Ongoing Formation Centre, Nitika Don Bosco through a session on the theme ‘Merciful interventions in Education’. He emphasized that the most apt attribute and expression of God is that of Mercy. In his lecture he explained the various components of being an effective educator, how to create mercy centered education and to set up merciful educational ambient.

As the country and world at large awaits the canonization of Blessed Mother Teresa of Kolkata the group was fortunate to have a visit to her tomb at the Mother House of the Missionaries of Charity.

They also visited Auxilium Parish Tengra and Auxilium Convent Gobra.

The meeting concluded with evaluation of the same and thanksgiving time thus the NAFMA Edumedym II came to a successful completion with the participants being armed with new ideas and knowledge to carry forth the mission entrusted to each of them.

Sr. Euginia Laloo



Local Media Coordinators Meet 2016

The Local Media Coordinators Meet of the Province was held in Auxilium Convent Nongthymmai – Shillong on 13 February 2016 on the theme “Making Media Education Effective Today”. The programme was organized by the Social Communication Sector with Sr. Euginia Laloo and Sr. Teresa Kamsuan as resource persons.

At the outset, Sr. Elizabeth Thannimoottil, Provincial Councillor and Animator of Auxilium Convent, Shillong welcomed the participants and a Prayer Moment guided by Sr. Joplin Suchiang followed this. Sr. Marvella Shangpliang, Vice Provincial in her message stressed much on the message of

Pope Francis for the 50th World Communication Day, which would be celebrated on 8 May this year. She also encouraged the sisters to be open to the signs of the time and update oneself in order to be effective in the mission.

In the first session of the day, the resource persons dealt on “How to conduct Film Appreciation Session”. It was an interactive session wherein every member took active participation and the participants have gathered ample ideas from it. The second session highlighted the Role and Responsibilities of Local Media Coordinators wherein the group was reminded about their duties and have been enriched by the sharing of experiences by the members present. The afternoon session was spent in reviewing the annual plan of the sector, planning for the celebration of World Communication

Day, discussion and sharing on reviving the Media Clubs in our schools and initiation of the same in other schools who have not started the club, common media activities for the year and sharing of the three sectors meeting held at Kolkata pertaining to the media

sector. The group was enriched with the presence of Sr. Isabella Suja, Provincial for the sessions though she was unable to attend the inaugural ceremony.

Concluding the day's programme Sr. Isabella, the Provincial called upon the Sisters to carry out their mission with diligence and dedication.

FMAinsinfo correspondent

SIGNIS India National Assembly 2016

The Indian Chapter of the Catholic Association for Communication, SIGNIS INDIA held its National Assembly at Pastoral Institute Shanthi Kiran at Bajjodi, Mangaluru from 23-26 February 2016 with the theme "Media and Family Values". Sr. Euginia Laloo, Provincial Coordinator for Social Communication, represented our Province. The assembly saw about 100 participants from all over the country including representatives of the dioceses, institutions and individual members.

Speaking during the inaugural function, Mangaluru Legislator J R Lobo said that the present day media have their own defects though they are very fast and reach all places too quickly. He also said that modern gadgets affect families and it results in erosion of values. Mangalore Diocesan Bishop Rev. Dr. Aloysius Paul D'Souza said, "Values begin in the family". He recalled the facts of the White Fathers in Africa how they struggled in their mission work until they brought good families



as witness and instruments of transformation in the society.

In his keynote address, Chairperson for Social Communication, Catholic Bishops Conference of India, Rt. Rev. Salvadore Lobo called upon the gathering to counter digital media through personal encounters.

The Study days of the Assembly consisted of four sessions: Print, Electronic Media and Family Values, Social Media and Family Values, Cinema, Serials, Ads and Family Values and the Young Minds Speak sharing by Students and Youth on Media. Apart from this there was also the sharing of the Family Synod by Fr. Arulraj Gali CSC one of the Indian representatives to the Synod and Group Discussion. Following the study days was a Business Day, which was very hectic but fruitful. This included the presentation of the national and regional reports, NISCORT reports and screening of Projects. The last day was an outing to few places of interest in Mangalore.

For me, it was indeed an enriching experience and fruitful encounter with many who have been stalwarts in the field of media.

Sr. Euginia Laloo

Seminar on Child Protection Policy for Teachers

A seminar for teachers on Child Protection Policy (CPP) was organized at Sacred Heart Girls' Higher Secondary School, Mawlai on 29th February 2016 for the teachers of Auxilium and Sacred Heart Higher Secondary Schools. The resource person was Sr. Gemima Pohrmen, Social Development Coordinator of the Province.

Sr. Gemima gave us an insight of how the CPP came up and what it is all about. She gave a detailed presentation of the need to have the CPP in our schools today. She said, "Abuse happens everywhere and school is no exception". According to

her with the introduction of CPP, we are called to be involved and the FMA CPP covers everyone associated with the FMA either directly or indirectly although the major group belongs to the category of children below 18 years. The CPP is applied firstly to the institution and its impact can be on the community as well. She gave a clear-cut explanation on all the mechanisms associated with the policy. The next step would be the signing of the teacher's agreement on the CPP, which would be conducted in the respective schools.

The seminar was an eye opener for all of us. It made us more conscious that the children should be the center or focus of our mission and we have the responsibility to protect them. The seminar ended with a vote of thanks proposed by Ms. Manjushree Rajak and the presentation of a token of gratitude to Sr. Gemima by Ms. Sheila Lyngdoh. All the teachers returned home feeling a little nervous about our role but we are grateful to Sr. Gemima for making us aware of what lies ahead of us and giving us the means to shield ourselves against any misfortune that may befall us.

Elena Kharkongor (Teacher)



ECHOES FROM THE HOUSES

BELLEFONTE

Apostolic Experience of the Novices: Jan. 04 – Feb. 11, 2016

We experienced the warm welcome, love and care of the sisters at St. Mary Mazzarello Convent, Rambrai. We have witnessed the hard work and sacrifices of our sisters in different fields of apostolate. It makes us aware of the demands

of our future mission life. We learnt to assist the children and taught them some lessons. Visiting families and villages helped us grow in God's love and come to know the sufferings of the people. Our presence gave joy to their families and they were free to share with us their problems. Community and personal prayer brought us closer to God and strengthened our faith.

*Sr. Dalanglin Mary Rynjah, Sr. Elinda Rongrin and
Sr. Sindira Sangma*

*If we don't change we don't grow if we
don't grow we are not really living*

“Called to Taste His Mission”

We had a joyous stay with our Sisters at St. Mary Mazarello Convent Garobadha. We tasted the joy and felt fortunate to be in the Salesian family after witnessing the hard work and dedicated life that our sisters had put in. We were given the chance of interacting with the young people especially during the Sobha in many villages, preparing more than 200 children for the First Holy Communion and a strong

We had the opportunity of attending different types of works and activities. Visiting the families and meeting the people imbibed in us the missionary spirit to be more zealous, enthusiastic and committed in giving ourselves totally to God. We also had the joy of helping Sr. Marilyn Bahun Wahlang in the dispensary and attended the free health check up on Malaria organized by her. We were delighted on seeing the people who came from the different villages and we

We were involved in the many activities of the community at St. Peter's Convent, Pyndengrei - Nongstoiñ. It was wonderful to be with the children there especially the poor and orphans. We had the joy of animating the Children's Retreat at 2 places and we did have an enjoyable time with them. We have learned and experienced many things through the

The Spirit of Mornese reigning in the community of Auxilium Lamyrsiang gave us a beautiful and meaningful experience. We had the opportunity of teaching Catechism to the First Communicants and took part in the different prayer services of the village Church. We also had the joy of helping and taking part in the Platinum Jubilee celebration of the coming of Catholic faith in the village. Through these

We thank our dear Sr. Isabella Suja, the Provincial and Sr. Rosa Pyngrope, our Mother Mistress for having given us this great opportunity to experience

missionary experience in the villages for a long time. This experience had made us to be more fervent and zealous in our religious life.

*Sr. Yowanka Lyngdoh,
Sr. Amalia Sangma and
Sr. Gloria Thengmei*

too gave our helping hand in the programme. The simple, hard work, dedicated and exemplary life of our Sisters at Auxilium Umdang inspired us to give our best in the future.

*Sr. Gita Molsom and
Sr. Risalin Kharkongor*

instrumentality of our Sisters and we are now more aware of the demands of our mission.

*Sr. Ibaniewkor Warjri,
Sr. Manosha Lyngdoh and
Sr. Roselina Phangchopi*

experiences and the exemplary life of the sisters we have been enthused in our vocational journey.

*Sr. Beronica Lamare
Sr. Vanisha Sympli and
Sr. Rishailin Rongrin*

mission life in the different communities of the Province.

“If you are depressed, you are living in the past. If you are anxious, you are living in the future. If you are at peace, you are living in the present.” - Abhishek Shukla

NSS Rural Camp of BCC Students at Saphai

Bellefonte Community College (BCC) organized a four-day rural camp for a group of National Service Scheme (NSS) students of Bellefonte Unit as part of NSS activities from the 27–30 January 2016 at Saphai Village in the West Jaiñtia Hills district of Meghalaya. Sr. Helen Puweñ, the Principal headed the team along with Audrey Nongrum, a teacher.



They were put up in the Eri- Spinning Centre of the Self Help Group and prepared their own food. The main objective of the NSS unit rural camp was to survey and collect information about the different lifestyle of the people in that village. Throughout the four days they have done a lot of work in this village which included village survey, home visits, observation of surroundings and a number of awareness programmes on different important issues like Environment, Health Hazards, and Hygiene. They also entertained the villagers in the evening of the last day of the camp. These NSS students witnessed for themselves the various

problems of the rural people as an individual, as a family and as a village as a whole. The people lack many things like, proper water supply, electricity, road or marketing facilities of the products they produce in their village due to lack of transportations, proper health centre, lack of proper educational set up, etc. Through the camp the villagers were made aware of many issues pertaining to the growth and development of the village and they were very happy and grateful to Sr. Helen and all students in this regard. The students came out with a good report based on the finding of their surveys carried out which clearly indicated that Saphai still requires proper attention from the government as it lacks the overall development especially on social and economic grounds. “Thanks to NSS NEHU (North Eastern Hill University) and to BCC for giving us this wonderful opportunity to experience a village life as well as group living!” acknowledged the NSS students.

A Day to Remember...

4th of March, 2016 was recorded as a red letter day in the history of Bellefonte Community College as the triple events coincided on the same day: Inauguration of Toilets sponsored by NSS Cell NEHU, Pledge Taking of Leaders and Inauguration of the Academic Year 2016.

Rev. Fr. James Thyрниang, SDB, the Administrator of Salesian Province of Silchar inaugurated the



Academic Year 2016 with the Celebration of the Holy Eucharist for the Catholic Students whereas Sr. Celina Maslai and two teachers animated a meaningful Prayer service for the non-Catholic students simultaneously. This was immediately followed by the inauguration function coordinated by the NSS Students. Professor Dr. L. Kma, the Programme Coordinator of NSS Cell NEHU (North Eastern Hill University), Shillong was the Chief Guest for the function. He and the Sisters of Bellefonte were all welcomed by BCC staff and students. At its outset, different representatives lighted the ceremonial lamp symbolizing the invocation of the Divine presence of God. The students then presented few items during which the Chief

Guest also spoke and appreciated the noble service rendered by BCC to these young people and to the society at large. He inaugurated the NSS - Bellefonte Unit Toilet, which



was completed within a few months from the time it was funded by National Service Scheme (NSS) Cell NEHU (North Eastern Hill University), Shillong in October 2015 through a Swachh Bharat Project. During the same function, Pledge taking ceremony by the School and House captains took place after a display of the March pass by the students of different houses. Speaking on the occasion, Sr. Carmelina Sun, the BCC Secretary encouraged the students to work with diligence in order to reap a rich harvest. The function concluded with a National Anthem followed by the universal prayer 'Our Father'.

Sr. Celina Maslai

JOWAI

Orientation Programme on Child Protection Policy

On 9 February 2016, the teachers of the St. Mary Mazzarello Girls' Higher Secondary School had a day of Orientation Programme for the New Scholastic Year on the Child Protection Policy of FMA India. There were 44 teachers present for the programme. Sr. Pohrmen Gemima, Animator of FMA Outreach, Lumshyiap and the Social Development Coordinator of the Province was the resource person for the day.

With precise explanation and power point presentation Sr. Gemima gave a masterly explanation of the document and made the teachers understand its importance. In fact, all of them felt so proud to be in an Institution such as ours where our Superiors at the International Headquarter are so forward, broadminded and updated.



We have come to Thee to take thy touch...

The solemn Annual Eucharistic celebration to mark the opening of the New Scholastic Year was held on Friday 19 February 2016. The students have already been prepared for this day and were motivated to do something to make an offering to the Lord on this day. Each class teacher had made a collection of candles to be offered to the Lord during the Offertory. The students cooperated wholeheartedly and it was beautiful to see them lined up and taking their places to prepare themselves for this important event.

The Holy Eucharist was held in the basketball ground and all the students from Classes II to XI including the outgoing Class X and XII were present. The former Parish Priest, Fr. Simeon Sungoh, now Parish Priest of Ummulong offered the Holy Sacrifice. He skillfully motivated the students at the beginning of the Mass on the importance of thanking the Lord and asking for his blessing on all the scholastic



activities of the year. Mr. Paulinus Kharmudai was at the keyboard/accordion with our boarding girls forming the sustaining choir. Though a good number of our students and teachers are non-Catholics, it was beautiful to note that they took part in the whole celebration with much devotion. In his homily Fr. Sungoh laid stress on the need for students to give a positive response to the grace of being educated in this school, by their whole hearted and willing cooperation to apply themselves with seriousness and dedication to their scholastic duties and to the advice and exhortation of the Sisters and teachers. At the end of the Celebration Sr. Susngi Rosina gave a final exhortation to the students and especially to the outgoing Class X and XII to remember and live by the values they have been taught. Sr. Esther Marwein, School Principal gave the vote of thanks and the students dispersed for the lunch break.

Seeds from Valponasca

When Sr. Susngi Rosina returned from Italy after the XXIII General Chapter in November 2014, she brought five [5] bean seeds taken from a basket kept in one of the rooms at Valponasca. In February 2015, the five seeds were entrusted to three persons to be planted and



cared for. Heavy rains destroyed two of the plants while the three produced satisfactory harvest. The seeds were planted and replanted in the period from May to October 2015. On 19th January 2016 the well dried seeds were weighed and the weight was 3Kg 150 gm, we happily call them “*Valponasca beans*” and it is our intention to send at least 20 seeds to all our houses that have a kitchen garden. We pray

that not only the Beans but the values which Valponasca stands for be cultivated, grown and bear much fruits of sanctity in our Community and in the Province

Jottings from Jowai Diary

LAMYRSIANG



IX Annual Youth Congress of Holy Trinity Parish

The Annual Youth Congress of Holy Trinity Sutnga Parish was held from the 18– 20 December 2015 at Sakhain Moolimen village. “Blessed are the merciful for they shall obtain mercy” (Mt. 5:7) was the theme that guided the gathering. There were 230 delegates from all the villages of the Parish. Sr. Anita Dhar, the Lady youth animator of the Parish was present with the Youth and also took sessions for them. Fr. Crescent Roy Laloo, the Diocesan as well as Parish Youth Director celebrated the Holy Eucharist on the first day of the Congress.

The highlights of the Meet were the explanation and deepening of the theme by Sr. Anita, sessions

on Youth and the Society and Employment issues were taken Mr. Amos Dkhar, the General Secretary of ICYM, Jowai Diocese. During the Meet, Bible Quiz and Skit competitions were conducted for the youth. The youth of Tluh village bagged the prize for Quiz and the youth of Khahnar village won the Skit Competition. The climax of the gathering was the celebration of the Holy Eucharist presided over by the Parish Priest Fr. Lambert Dkhar. The afternoon of the last day began with the Benediction Service and concluded with a general conference. During the general conference, the youth expressed their gratitude to the priests from the Parish, Sr. Anita and all the men and women of Sakhain Moolimen for their prayers, support and encouragement.

VII Annual Youth Fest

The Catholic Youth of Tluh village gathered for the VII Annual Youth Fest from 22 – 24 January, 2016 at Don Bosco Church, Tluh. The theme for the gathering was “*Uto uba leh kam isynei, to un leh da ka jingkmien.*” (Works of mercy must be done joyfully) Sr. Anita Dhar, the Lady youth animator

of the Parish was the resource person for the occasion.

The Fest began with an inaugural function at 3.30 in the evening followed by the Holy Eucharist celebrated by Fr. Lambert Dkhar, the Parish Priest



of Sutnga. After supper, Sr. Anita screened the movie 'The Little Rascals' for the purpose of the next day's sessions. On the following day the resource person dealt with topics: Unity is strength, Procrastination is a thief of time, Environment and Cyber Crime. At the end of the sessions, the young people gathered together to list out some action plan in order to live the Year of Mercy. As a resolution of the sessions, they had a cleaning drive in the village. At 5:00 p.m., Fr. Manbha Pakem celebrated the Holy Mass for them. In the evening, after dinner, there was a spontaneous acting out of advertisements on how they can live the extraordinary year of mercy.

Fr. Manbha and Sr. Regina RNDM were accorded the judges for the event. To the surprise of everyone the competitions came out exceptionally well and prizes were distributed to the winners. On the final day, the solemn Holy Eucharist was presided over by Fr. Manbha for all the faithful of the village and the youth. In the afternoon, he animated the Benediction during which he beautifully explained the theme. After the youth conference everyone returned to their respective homes with much joy and fervour. We pray that they may put into practice what they had learnt during these days. May Don Bosco, their Patron saint bless them.

Platinum Jubilee Celebration

31 January 2016 marked the celebration of the Platinum Jubilee of the coming of the Catholic faith in Lamyrsiang village. The day was graced by the presence of Rt. Rev. Victor Lyngdoh DD, the Bishop of Nongstoin Diocese as the main celebrant; many other priests and Dn. Lessmon Nongtdu, SDS concelebrated in the solemn Holy Eucharistic sacrifice. This day also coincided with the Annual Eucharistic Procession of the Parish, which added more grandeur and festivity to the Jubilee celebrations.

Prior to the thanksgiving Mass, the Bishop released balloons made in the figure of a Holy Rosary, sign of celebration and thanksgiving to Mother Mary for her maternal protection. This great day has been prepared a year ago with nine consecutive months of novena Masses on every First Friday, meetings, prayer services in every family and other spiritual sacrifices. The Sisters took great interest and dedication in every planning and implementation of the Jubilee



programme. The Sisters visited every family of the village as one of the activities in preparation of the Jubilee year and helped in all the spiritual need of the Catholic community. A week before the solemn thanksgiving, there were special Masses presided over by different priests highlighting the different sacraments. A day each was kept for the sick, the

Church leaders, Confessions especially for the four hundred first communicants, administration of the Sacrament of Confirmation by Fr. Hilarius Lamare, Vicar General of the Jowai Diocese to more than three hundred youth and adults from all over the Parish. The spiritual preparation helped the people revitalize their faith and brought about the spirit of family in the

Church community. We thanked the good Lord for the fruitfulness and success of the same.

Lamyrsiang is a medium size village, which falls under the Holy Trinity Sutnga Parish, East Jaiñtia Hills District, Meghalaya. The missionaries sowed the seed of the Catholic Faith in the year 1941. The Church community recounted God's blessings and thanked the missionaries who toiled much to bring it up to its present status. Present on the occasion was the Member of Parliament Shri Vincent Pala of Shillong Constituency who hails from this very village.

In preparation for Silver Jubilee Celebration

On the 20th and 21st February 2016, the community of Auxilium Convent, Lamyrsiang was happy to extend help to the faithful of Narwan village belonging to Ladrymbai Parish through the animation of a two-day seminar for the men, women, youth and children of the place in preparation for their Silver Jubilee Celebration on March 6, 2016. Sr. Anita Dhar along with a group of five young people from the Diocese of Jowai animated the whole programme.

The themes dealt with were 'Blessed are the merciful for they shall obtain mercy', 'The Sacraments', 'Youth and Society' and 'Why are the youth spiritually weak?'. Though the Catholic population in the village is very small in comparison to those who belong to the traditional religion yet their fervour is indomitable. The faithful locked their houses left everything behind and came for the seminar. The



people were simple, open and attentive. Sr. Anita distributed to everyone three pictures of Our Lady and they were happy and appreciative about it.

It is interesting to know that the village of Narwan, which falls under Ladrymbai Parish, East Jaiñtia Hills District, is a big village whose residents are mostly pagans. In 1991, Mrs. Prisca Pala from Sakhaiñ village came as a teacher to the village and rented a house in one of the pagan's family who later became the first convert and this gave birth to the Catholic Faith in this place, now they have grown to twenty-two families but still need to be catechized and helped. There are more families waiting to be baptized into the Catholic Church. We pray for the growth of faith in this area that the Kingdom of God may continue to spread far and wide. They expressed their joy and gratitude to the animators and requested more of this type of seminars to be given them in the near future.

Sr. Anita Dhar

Youth Leadership Programme at Umsning

On 15 and 16 December 2015, Sr. Bernadeth Sangriang animated the Youth of Umsning Parish on the theme "Leadership". She was warmly welcomed by the President of the Youth and introduced her to the gathering. Thirty youth were present for the programme.

The first day was spent on sharing of reflections and inputs on the said theme by Sr. Bernadeth. On the following day she divided them into four groups, and gave them



questions for discussion. The groups shared their group work to the entire assembly to the enrichment of all present. Then they formulated action plans for the whole year focussing on developing oneself and the good of others in the Church and in the Society. They concluded the Seminar with the Holy Eucharist celebrated by Fr. Laurence Kharluni. During his homily he too spoke on the theme and referred to the readings of the day.

Sr. Bertina Kurbah

Inauguration of the New Scholastic Year 2016

After two months of winter vacation, the School re-opened on the 10 February 2016. The students came back to school with renewed spirit to begin the new academic session. One could see the school's playground filled with the chatter and clamour of excited students as they recount experiences and events of their vacation to their friends.

Students assembled together in the playground for the morning assembly which started off with a short prayer service animated by Sr. Brilis Thyрниang, Sr. Bertina Kurbah and a group of students to thank the Lord for the winter vacation well-spent and invoking His blessings for a new and fruitful year ahead. Sr. Marcellina Sangma, the Provincial Economer of the province, accompanied by Sr. Maristella Ryngkhlem, the animator was present as the Chief Guest for the inaugural function of the new scholastic year.

To wrap up the morning assembly, Sr. Marcellina was invited to deliver a speech with a message. She began her speech by wishing everyone a year of learning. Her message was 'Be positive' and always remember to say 'I will do', 'I can do', and 'I must do'! She encouraged the students to have high aims and to forge ahead fearlessly, for their goal. It is this attitude that would enable one to move forward and to be able to contribute to the society, the country and the world. It is not the success that matters but the contribution that we make that matters. Her message was very clear and inspiring. Sr. Lydia Pala, the Principal thanked her for the beautiful message



and explained the programme of the school. After which the students proceeded to their own respective classrooms.

On 12th February, the Holy Mass was celebrated for the whole school at St Dominic Savio Parish Church Mawlai. Fr. Alistair Marwein SDB, Assistant Parish Priest was the celebrant. The Holy Mass was celebrated in order to invoke God's blessings upon the sisters, teachers and students as they begin the new scholastic year especially for the out-going students of Classes X and XII who were to appear the Board Examination. In his sermon, Fr. Alistair stressed on the importance of knowledge both mental and spiritual knowledge. He encouraged the students to work earnestly in their studies, which would be beneficial to their well-being. He asked the students to learn discipline and self-control so that they will not fall into temptations. The message for the teachers was that they must be conscientious in the job entrusted to them. Teachers need to be true to their work as they deal with living files. This is a heavy responsibility and therefore a teacher must be fully dedicated to their service.



After Mass, Sir Norbert Kharkongor proposed the vote of thanks to Fr. Alistair Marwein on behalf of the School for availing his time to celebrate to Holy Mass for us.

*Leena Rose Lyngdoh
Mawphlang (Teacher)*

The biggest adventure you can ever take is to live the path of your dreams.

Ophrah Winphey

Pledge-taking ceremony

The pledge-taking ceremony was held on 17 February 2016 in the basketball court. The Captain and the Vice-captain of the School took the oath to be faithful to their school and the duties entrusted to them. The captains and the vice captains of the Blue, Green, Red and Yellow houses also took the pledge to be faithful and to live up to the motto of their houses and to follow the examples of their patron Saints. The captain of the school pledged to live up to the motto of the school 'Virtue and Knowledge under the patronage of the Sacred Heart of Jesus. The monitresses of different classes also took the pledge to be loyal and dutiful and the monitresses of Class X A led the class monitresses in the pledge.

After the pledge – taking session, the March Past followed. The captain of the school led the different contingents in the March Past. Sr. Maristella Rynghlem, the Superior took the salute. Each house had two contingents, one for seniors and one



for juniors. There were eight contingents altogether.

After the March Past, the School Anthem 'Rise up Sacred Heart Girls' was sung in unison. The Anthem was sung as a reminder of the loyalty of the students towards their 'Alma Mater, Sacred Heart Girls'.



The Annual School Sports and Games

The Annual School Sports and Games were held on the 24-26 February 2016 in the school premises. Fr. Jerish Abraham SDB, Assistant Director of DBCIC (Don Bosco Centre for Indigenous Culture) was the Chief Guest on the opening day. He inaugurated the event and gave the message on the importance of sports and games.

Speaking on the occasion, Fr. Jerish invited the students to be thankful for this unique opportunity to take part in the different items of the sports and games. He reminded the students to have the sports women spirit. He also encouraged them to make use of all the talents and gifts that is hidden in them.

The different events held were basketball, football, penalty shootout, cricket, table tennis, cock fight, tug of war, volleyball, badminton, spoon and marble race, musical chair, three legged race, sack race, frog jump, and obstacle race.

The Chief Guest on the concluding day was the MDC of Mawlai Constituency, Shri. P.T Sawkmie. In his message, he gave the advice to the students to

understand the struggles that their parents had to face in order to send them to school. He reminded the students to work hard in order to achieve a bright future and to be obedient, show love and respect towards their parents and elders.

In the concluding function, the different houses presented their skills through different items in the form of aerobic dance, drill display, song and traditional dance. The song presented on the day touched everyone as it reminded everyone to play one's part in saving our mother earth from destruction. The Blue house was adjudged the best team in this event as it captured most of the prizes.

The sports events was an opportunity for the students to display their talents as it was felt that sports and games were also essential for the all round development of a student.

*Mr. Richmond Kharlukhi
(Teacher)*

NANDAN NAGAR

Annual Sports 2015

There is a saying, "Champions aren't made in the gyms..." Focusing on this Auxilium Girls' School celebrated its 13th Annual Sports Meet on 10-17 December, 2015 with a week-long various events for different sections of our school. The students of Pre-primary section (Nursery – Class II) of our school had their sports events from December 10 –

14, 2015 and almost all of them participated in one or more events and all the winners were awarded prizes and certificates on 15 December, 2015.

The solemn inaugural programme of the Annual sports of Class III – XII was held on December 16, 2015. For the inaugural programme we were blessed to have the presence

of Shri Dilip Chakraborty, Secretary, Tripura Sports Council as our Chief Guest and Ms Deepa Karmakar, Golden Girl of Tripura as our Guest of honour. The programme started with a welcome song by the Guitar Club and then the words of welcome and felicitation by Sr. Celine D’Cunha, Principal who expressed immense joy and satisfaction at the presence of our special Guests of the day. All our Guests were felicitated with a bouquet of Flowers, a school sash and a school magazine, Auxilians 2015. In her message, principal reiterated that Sports has forever been a birthplace for heroes. These heroes are idolized and emulated. Their devotion, tenacity and passion is awe inspiring and she exhorted us all to strive for greatness in our own way.

After the words of welcome, we had the torch lighting ceremony, which was lit by Ms Deepa Karmakar, and was handed over to Ms Stayi Chakma, the school captain and all the captains had the opportunity of taking it round the entire campus. The hoisting of the sports flag by the chief Guest was then followed. After which we had the splendid March Past by 12 contingents which was indeed colourful and eye-captivating with perfect discipline and order.



The Chief Guest, Shri Dilip Chakraborty was highly impressed by the splendid discipline and excellent performance of the students. In his message, he said that he had never seen such discipline anywhere in his life. He praised the school for giving such chances for the students to excel in every field. He wishes that our students should also excel in state as well as national level. In her short message Ms

Deepa, who comes to our school for the second time was highly impressed and expressed her joy and a sense of pride for having been invited to our school and exhorted the students to do well in every field and to become smart in sports as well.

Some colourful items like a dance drill as well as an Umbrella dance added joy to the day’s function. 100 and 200 meters Sprint for both Junior and Senior groups followed. Then the most awaited moment of the Prize distribution took place. With words of thanks and appreciation from Ms Romita Roy from class IX the inaugural programme of the day was concluded.

The remaining two days saw the students and staff members participating in various athletic programmes in different fields. The Tug of war between different Houses, as well as lady teachers, gents teachers and transport staff, volley ball match between the gents teachers and transport staff, basket ball match between the sisters and lady teachers, relay race, spoon and the marble race, sack race, lolly pop race, Kabbadi and various other events were filled with fun and excitement and brought immense joy and happiness to the entire Auxilium Family. On the 17th at the last hour the sports flag was lowered down and Sr. Celine D’ Cunha declared the Annual Sports closed.

Miss Tatum Ghosh (Teacher)

Pre-Christmas Celebration

Our little children of the Pre-primary section - Nursery to Class II had their Pre-Christmas celebrations on the 15th of December while the students of Class III – XII had it on the 18th of December. The little ones dressed in their brightly coloured dresses and some dressed like Santa were indeed a sight to behold. They presented some lovely items, depicting the spirit of Christmas. All the students were given some cakes and chocolates and enjoyed the day.

The entire campus was festooned with colourful streamers and balloons, a brightly decorated Crib and Christmas tree giving the atmosphere of Christmas. Depicting the true essence of love, joy and peace, children enacted the Christmas spirit. On 18, the programme began with a meaningful Assembly conducted by the Guitar



Club and our class X students who had visited the Orphanage the previous day, shared their experiences – a heart breaking experience which indeed put us into the true spirit of Christmas – loving, sharing, giving, making everyone to feel happy and bringing smiles and sunshine to all.

Christmas Carol singing competition then followed. Both Juniors and seniors presented four carols each. There were special items one by the Yellow House of Junior Section and another one from the Green House of senior Section, highlighting the project taken up by the school – “Bringing smiles at Christmas”. The hostel students enacted the Christmas story. The little son of Lyton Marak, our driver – ‘Alwyn Christopher’ indeed acted like a Baby Jesus who remained smiling all the while, happy to be in the company of Auxilians.

The day was also marked with a Prize distribution of the Sports event.

Bringing Smiles at Christmas

“Bringing Smiles at Christmas” has been a special project undertaken by the school in 2015, which was a great motivating force to all our students, teachers, parents and guardians, to reach out to many people who are poor and suffering, old and orphans, flood affected people spreading the message that Christmas is a time to love, care and share,

especially with the less privileged section of our society.

Here are a few initiatives undertaken by the school.

- The School collected ₹70,000/- (Seventy Thousand only) for the flood affected people of Chennai. We have sent the money to Auxilium Sisters in Chennai who are very much involved in relief services. Every stakeholder of Auxilium Family was involved in this noble venture.



- On 10 December 2015, the Class XII students together with some sisters and teachers visited Abalamban, a home for the aged and spent a day with about 50 old people, bringing smiles to them. They distributed a lot of foodstuff and grocery items to them. Above all the students interacted with them, entertained them with songs, dances and fun and saw the sparkle of hope and joy in their lonely faces. These old people saw with tears in their eyes in these young girls the faces of their own grandchildren.



- The boarders, of their own accord decided to forego their picnic and bring joy to the poor people in the villages. So on 12 December 2015, some sisters and teachers accompanied them to Athukiri and Tokmakri villages. They spent some quality time with those poor people, interacted with them, distributed second hand clothes, food items etc. and experienced immense joy in their company and brought them smiles, joy and hope. The hostel students told that this has been one of their greatest day of their life and they will never forget this enriching experience.



- On 17 December 2015 the class X students had the privilege to interact with a group of 55 children aged between 2 to 17 residing in 'Naba Prantik Children's Home' an orphanage. The students presented each



of the inmates a special gift beautifully wrapped and specially prepared for them. Besides that they also distributed second hand clothes and stationery items. The school also donated 150 kilograms of rice, other food stuff and detergent. The students along with the Sisters and teachers spent quite a bit of time with these children and entertained them, talked to them, questioned them and made their day very special. The students resolved to reach to people who are in need and were grateful to the school for the unique experience.

- On 20 December 2015 some Sisters, teachers and students visited a village school in Twimairang. It is one of the poorest villages. The school is in a dilapidated condition and there is nothing that makes it to look like a school. Knowing its condition, through previous visits Auxilium Nandan Nagar decided to adopt that school. Desks and benches, two green boards, chalk and dusters, two water filters, were donated and the children were given exercise books and stationery articles. They also distributed some clothes to children and their families and were extremely happy to be in their

company as well as for the unique opportunity of bringing them smiles and happiness. The next activity would be training of the teachers so that they become competent and committed.

- On 23 December, some sisters and teachers went to a nearby village called “Marakpara” and distributed clothes to many poor families. Together with our sisters of Auxilium Pathaliaghat, we have been able to reach out to a very poor village of Darkatang and there too we distributed clothes, thus making them smile in this cold season.



What gives us great joy is seeing our Students and Teachers capture the essence of humanity and the spirit of Christmas. While reaching out to others they enriched their lives. The students were busy collecting second hand clothes, stationery, toys, funds etc. for those in need. We have received full support from parents and guardians who also encourage and support these initiatives of the school, and together, we are growing in compassion and love by bringing joy and hope, smiles and sunshine to others.

Sr. Celine D’Cunha

Looking at Teaching and Learning with “fresh eyes”

An enriching and productive seminar was organized in Auxilium Girls’ School, Agartala from 11-13 January 2016. The theme of the seminar was “Looking at Teaching and Learning with Fresh Eyes.” The day started with a warm welcome from Sr. Celine D’ Cunha, Principal to all present. The Seminar was animated by different resource persons of each day.

The first moments of the day saw everyone gathered in the assembly ground wherein Sr. Celine D’ Cunha along with Sr. Rihun Sten and Sr. Mercy Nongsiej organized some Ice breakers, such as Bombing the cities, Life-saving boats and as well as other games which not only rejuvenated us but also gave us some very interesting and soul-touching learning experiences.

The resource person of the first day was Sr. Celine D’Cunha. With the help of PowerPoint presentations and various video clippings and interaction, she made us understand the purpose of educating the students in the 21st century. She elaborated to us the importance of 21st century skills, such as Critical

Thinking, Problem Solving, Media Literacy, Creativity, Information Literacy, Capacity for teamwork and collaboration and multitasking. The last session of the day was a game-based session conducted by Sr. Rihun Sten, Vice Principal together with Sr. Mercy Nongsiej, wherein our capacity for teamwork was tested. The lessons which we learnt from the game and how that could be implemented in classroom setting to make our teaching more effective was discussed in groups as well as in the general assembly. Sr. Rihun ended the session by telling us “Don’t work hard, work intelligently”.

On the second day Shri VSTiway, AGM –East, and his team from ‘Extramarks Education Private Ltd’ enriched the group on the

presentation of the components, contents, creativity and easy ways of making the students understand from their digital content: extramarks.com. Teachers of different departments took mock classes to demonstrate how each of these subjects could be taught creatively to the students. The Principal and audience gave an elaborate feedback after each presentation. Another interesting activity was the worksheet entitled “Riding through Riddles” which made everyone to think out of the box and the coveted prize went to the Gents Teachers’ Team

The final day of the seminar was spent fruitfully in planning for the year’s activities followed with the meeting of the different departments. Ms Kavita Khatri and Kaushik Saha dedicated the second half of the day for the extra training and coaching in Computer Classes and Mexus Digital Classes. The entire seminar proved to be highly beneficial and enriching for all the teachers, equipping all to look at learning and teaching process with ‘Fresh Eyes.’”

The School has kept up to its resolution of adopting the village school of Twimairang and training its teachers by extending the invitation to them. Mr. Robinson Rangkhawl, the head teacher and two other teachers participated in the seminar and they expressed their gratitude to Sr. Celine and the school for the creative and life-giving venture on behalf of their village

Sr. Mercy Nongsiej

Celebration of the Jubilee Year of Mercy

Auxilium Family under the leadership of Sr. Celine D’ Cunha, Animator set aside 27 February 2016 as a day of grace and blessings. The community spent precious moment with the Lord in prayer, reflection and reconciliation through a Pilgrimage towards, Don Bosco Parish Church Nandan Nagar, which is designated by the Bishop of Agartala, Rt. Rev Lumen Monteiro CSC, as a shrine for this Jubilee year of Mercy. Teachers, support-staff, co-helpers and the hostellers of Bethlehem Hostel too joined us together for this pilgrimage.

The service began from our house at 4: 30 pm with a short introduction given

by Sr. Celine in English explaining to them about the reason for our pilgrimage. It was followed by the talk from a Salesian Co-operator Mr. Tarun Kanti Debbarma who gave the same explanation in the local tongue. We



began our pilgrimage with a Prayer moment invoking the Mercy of God, during which a meaningful gesture of cleaning ourselves with water and the sign of the cross in our forehead to remind ourselves that we are redeemed by the mercy of God. In hymns of praise to God for his abiding presence the pilgrims proceeded to the Church.

Before entering the Holy Door the pilgrims pause for a moment of prayer at the entrance of the Church asking God to sanctify them, and Fr. Sunny Joseph sdb, Parish Priest was there to welcome and to

implore God's blessings on all those present. With lighted candles, a sign of being in the Light of God all entered the Holy Place followed by Adoration and penitential service. There were three Priests who administered the Sacrament of Reconciliation for all those who approached the Mercy of God.

The celebration concluded with Holy Eucharist, which is the highest form of our thanksgiving to God. We thank the Lord for this day of grace where we have felt and experienced God's Love and mercy. We are also grateful to Sr. Celine D'Cunha for this initiative to bring everyone who is involved in our mission to experience this same grace on this pilgrimage day.

Sr. Marylang Suchiang

NONGTHYMMAI

A Pilgrimage with a difference (Year of Mercy - Don Bosco Back to us)

The 3rd of March 2016 was a memorable day for all of us at Auxilium Girls' Higher Secondary School when we made a pilgrimage to the Cathedral of Mary Help of Christians in Laitumkhrah being the extraordinary Jubilee of Mercy. On the 2nd March 2016, when our Principal, Sr. Albrida Pyngrope announced and explained to us the purpose of the Pilgrimage in this year of mercy and the visit to Don Bosco's Relic, we were all very excited and longed for the dawn of the moment.



We set out on foot accompanied by our Sisters and teachers. Though the day was gloomy and cool all of us were in high spirits. Before entering the door of mercy



Sr. Theresa Phawa the Vice-Principal gave us a brief description of the event and then we reverently walked through the Door of Mercy. Walking through the door of mercy made us feel the Lord's presence and it gave us such happiness. Rev. Fr. Philip Barjo SDB - Rector of Don Bosco Technical School Shillong celebrated the Holy Eucharist for us. He gave a beautiful homily on how forgiveness is the only way to a successful and a happy life, by citing the example of the famous Italian Painter Leonardi Da Vinci. He also stressed that we should be humble and forgive others the same way we expect forgiveness from others. After the Holy Eucharist the group proceeded towards Don Bosco Technical School to pay homage to the Relic of Don Bosco. We all lined up and went in group-by-group to pray to Don Bosco and asked for His blessings. We prayed wholeheartedly and asked our desires from him. Many students wrote letters to him where they asked for his blessings upon them and to intercede for them and their dear ones. We even saw a good number of people who came there to pray. "Today I had one of the best and most

peaceful experience“ described a class X student and a class IX student claimed “The visit to Don Bosco’s Relic gave me the chance of talking to him about my problems and after which I felt so at ease, I consider myself so lucky to have been able to participate in the beautiful events - the Pilgrimage and the visit to the Relic of Don Bosco” We, then made the return walk to the temple of learning, living the joy of the

unique bond with the Creator. We are grateful to the School authority, for the arrangement made for this great day.

*Josephine Tungdim and
Grikse Sangma (Students)*

RANGLANG

Let the little children come to me

The annual Children’s Retreat 2016 in preparation for the feast of St. John Bosco was held from the 29-31 January 2016 in Rangblang and in Mawpat sub-district simultaneously. Sr. Mildred Wahlang and the Salesian Cooperators animated the children in Rangblang, whereas in Mawpat Sr. Nildalin Kharkongor, Sr. Makriana Marwein and the teachers animated the children. In both the centres there were around 500 children who participated in the retreat.

The children had sufficient time to know more about God and our Catholic faith and of Don Bosco as well. The animators have tried their level best in imparting the lessons creatively. On the second day of the retreat, games were also animated for them in which they participated with all their hearts. The Spiritual retreat concluded on the feast of St. John Bosco wherein 110 of them received the first Holy Communion in a solemn Holy Mass celebrated by



Fr. Stephen Kharbani SDB, the Parish Priest and Fr. Gabriel Jalong SDB, the assistant Parish Priest in the presence of many faithful from near and far. We thank the parents for collaborating with us in sending their children to come closer to Jesus.

Sr. Nildalin Kharkongor

UMDANG

Awareness Program cum Free check up and care for Malaria

As a sign to spread God’s mercy, Sr. Merilyn Wahlang, the nurse of our health centre conducted an awareness program cum free check-up and care on Malaria on the 23 January 2016 for the village of Nongthawkhong with the helping hand of Sr. Maristella Jyrwa, and the Novices Sr. Gita Molsom and Sr. Risalin Kharkongor. The whole community was involved in the preparation for the programme.



At the beginning of the program, the Sisters were a little discouraged because only few families showed up at the appointed time. Anyway, Sr. Marilyn did not give up but sent word through some patients from Umdang who had come to take medicine to inform whomever they meet to attend the free check-up in the sisters' house. Within a short span of time many people arrived and so too the people of Nongthawkhong village though delayed due to lack of transportation managed to reach the Sisters' house. At 11 in the morning, Sr. Iris Suchiang the animator welcomed the people and introduced to them the year of Mercy and invited the people to come closer to God this year. This was followed by the health talk on Malaria from Sr. Marilyn who enlightened the participants on Malaria: the signs and symptoms, prevention and management of the disease. During the program, the people responded very well with their interactive participation. Out of 98 patients only 3 people were detected with Malaria, the rest were suffering from high fever, cold, cough, vomiting, and diarrhea, gastritis, ear and eyes infection, anaemia and skin diseases. Majority

who have come were poor people and children. Sr. Marilyn screened all the patients and free medication was distributed to all. The participants were not only from Nongthawkhong village but from the other three villages of Nongrengka, Umdang and Lanshongthiang. The patients were in the dispensary up to 6.00 pm. The people were very happy and thanked God for this grace that they did not expect. The whole community thanked God for His presence during the health camp. Sr. Marilyn too thanked the community for their wholehearted collaboration.

Sr. Marilyn Wahlang

MAWTNUM

Thank you STATE BANK OF INDIA

The State Bank of India handed over the second school bus to Auxilium Umpohliw Jingstad, Mawtnum on the 23 January 2016 at All Saints Hall Shillong. Sr. Mary Lamare, Sr. Happylin Shadap, Sr. Jenita Nongbri and 20 children witnessed the ceremonial function where the Chief General Manager Smt. Arundhati Bhattacharya handed over the symbolic key of the bus to Sr. Mary Lamare the headmistress in the presence of many dignitaries of the State Bank.

Addressing the gathering, the Chief General Manager thanked Auxilium for enabling State Bank to reach out in helping those who are in need through them and she appreciated the noble and dedicated service rendered by the Institute to the poor and needy, particularly the dropouts. Sr. Mary Lamare in her turn thanked State Bank for their kind



and noble gesture of donating the 2nd school Bus which would go a long way in providing transportation services to the children who come from the far away villages thus ensuring their safety in coming to school daily. Auxilium Umpohliw Jingstad remains greatly indebted to State Bank of India.

Sr. Mary Lamare



MEDIA MATTERS

An Examination of Conscience on Social Communications and Media

Fr. George Plathottam SDB

The following examination of conscience is to help examine one's personal attitudes and behaviour with regard to the ownership, use and other practices related to social communication media, technological equipments and media gadgets. While the Church presents media as 'Gift of God', she also calls for wise, prudent and mature use of media. The following examination is meant for individuals but may also be used with appropriate modifications to assess the media habits of seminarians, priests and religious and communities to examine and assess social communication practices and habits in relation to its vocation and mission.

1. Have I made an idol out of the computer, cell phone, iPad, iPod, or any other gadget and placed them above God?
2. Am I too much attached to and possessive of my communication gadgets?
3. Have the instruments of communication reduced my love for God and neighbour?
4. Do I devote sufficient time to prayer, reading of the Sacred Scripture, serving others, whereas I devote a lot of time to media?
5. Do I have control of the way I use time when I am on the internet and various social media platforms, or am I driven by the instincts and desires of the moment?
6. Do I use inappropriate or profane language when texting, e-mailing or while using computer or other gadgets? Have I indulged in cyber crime such as sending hate mail, hacking or spreading viruses?
7. Am I polite and gentle while I speak on the phone, during my conversations and chats, and even when I respond to unknown calls or am I irritated and ill-mannered in my media use?
8. Am I using the gadgets in ways that can help me deepen my spiritual life, or has the new technology made me more nervous, irritable, anxious and listless?
9. Do I use the new technology to strengthen my faith and Christian values?
10. Do I use the new media technology and gadgets to help bring people closer to God?
11. Have I truly acknowledged that the technological inventions are 'Gifts of God', and do I thank God for them or do I take them for granted?
12. Do I possess a negative and pessimistic attitude to media, and think that all media are evil?

13. Do I feel jealous of those who have better equipment, gadgets or facilities than I have?
14. Have I in any way misused the instruments of communication to do harm to others?
15. Have I viewed pornographic materials, stored or saved in my computer any objectionable or pornographic materials such as photographs, pictures, programs or any other things that can harm me? Have I circulated them to others?
16. Have I used technology to entice others in sexual or sensual ways?
17. Have I, used media to circulate false information, untruth and calumny about others?
18. Have I stolen copyright materials or deprived someone of the benefits of his or her work?
19. Have I taken credit for the work done by others in media?
20. Have the new equipment reduced my time with my family members and community?
21. Do I abide by the guidelines and rules given by my parents or authorities for use of TV, music, computer and cell phone?
22. Have I neglected someone I was with in order to text or answer a call even when it was not urgent? Have I used media gadgets as an excuse to get away from people, from prayers, programs and meetings?
23. Do I use my cell phone or other gadgets at inappropriate times, like at school, work or Church?
24. Do I use the media in selfish ways, to feed my ego and pride or to promote myself in unethical ways?
25. Am I genuine in my conversations, texts, chats, or do I assume false identity on the media and pretend to be someone else?
26. Have I paid less attention to my duties, persons in my family/community by spending too much time on movies, gaming, music?
27. Have I used technology – calls, texts, tweets, posts, blogs or chats to destroy the good name of others, to gossip about or threaten someone?
28. Do I spend excessive amount of money to acquire the latest gadgets even when I cannot afford or do not really need them?
29. Do I practice a sense of detachment to the things that I possess as tools of my work, service or ministry or have I developed a consumerist mentality as a result of my exposure to media?
30. Do I make use of the instruments of communication to do the good I can for others?
31. Do I try to appropriate common or community goods for my private use?
32. Do I engage in media activities- which can enhance my education, ministry or personal and spiritual growth and well being?
33. Do I have a balanced attitude towards entertainment? Are my media habits healthy and wholesome?
34. Am I socially and spiritually integrated and at peace or am I possessive or obsessed with the gadgets?
35. Do I feel distracted and lack concentration because of the urge to check my mobile phone too often for updates?
36. Am I over dependent on the gadgets- especially my mobile phone?

37. Do I feel restless and morose due to my excessive media habits?
38. Am I developing an addiction to internet, video games or any other media?
39. Who are the heroes I admire most- are they film and sports stars and celebrities promoted by the media, or people with values, virtues and character?
40. Are my behavior, dress, manners and conversation unduly influenced by the values promoted by the media?
41. Is the main content of my communication in social media narcissistic, selfish, and promoted by vanity and desire for self promotion?
42. Do I despair because of any inadequate skills in media?
43. Is my self-identity too much dependent on the number of friends I have on facebook or other social networks or the content they post?
44. Is there any duality or personality conflict between my real self and my virtual identity on social media?
45. Do I examine my conscience frequently with regard to my media practices and habits?
46. Do I repent and confess my sins and failures with regard to inappropriate media habits?
47. Do I seek advice and guidance from spiritual masters and confessors to develop and nourish healthy media habits?
48. Have I tried to preserve moments of quietness and silence in the midst of a noise?
49. Have I ungrudgingly switched off the television set and other gadgets for prayer, retreat and for nourishing my spiritual life?
50. What is my attitude to death? Am I ready to leave behind with serenity and peace my gadgets when God calls me at the moment of my death?

Each of us is called to do something in the name of love, to make sure that humanity comes to understand itself and is able to choose love over fear.

- Robert Holden

Niwanchwa's Flight into heaven

Sr. Rosina Susngi

It was the 8th of February 2013, when Niwanchwa P. Shylla, daughter of Mrs. Cesira Shylla [a past pupil] and Mr. Homphri Pyrtuh of Sohmynting village destined for Class V came into our boarding at the age of 12. The first of six children, 5 girls and a boy, Niwanchwa looked very shy, timid and delicate with an ever-ready smile and very thoughtful eyes. Within a week or so, her readiness to adjust to boarding life, her promptness for any type of work and her spirit of obedience caught the attention of all. She was a girl of few words very friendly type and talking with her, one was immediately impressed by the guilelessness of her being and attentiveness to others. Within a few months of her entrance into the boarding we were



informed that she suffers from sinusitis and would need warm water for her bath. Niwanchwa never took advantage of this exemption, there were times when she failed to turn up for hot water and on being asked why, she would answer with a smile – *“It does not matter, I am quite OK even with cold water”*. 2014 saw her becoming weaker, the terrible truth was that what all thought was a swelling of the thyroid glands; it was in reality more serious and needed radiation treatment. Niwanchwa never lost her calmness and serenity; she was not alarmed nor showed any sign of regret. The smile never vanished from her lips; she went about her daily chores quietly, serenely and punctually even when it was obvious that she was suffering. She showed an unusual capacity for mature suffering and offering even at the early the age of 13. She was offered the possibility of resting for a year from her studies but she wanted to go forward; this she did passing honourably notwithstanding her health conditions. The year 2015 found Niwanchwa declining in physical strength but her will was growing stronger. Tests confirmed what everyone refused to accept, except the patient herself. In September 2015, she left the boarding for the village to have better rest; her only sorrow was that she was not in the Convent. In a touching letter to her father, she begged him and the mother to

be allowed to return to her beloved abode with the Sisters. In spite of a very delicate and painful health situation she appeared for the final examination of 2015, it was a pain to see her struggle against the disease but her will power and determination saw her through with good marks and a promotion to Class VIII. She had a strong hope to return to the Convent and resume her education but God’s plan for her was otherwise. The end of December 2015 and January 2016 saw her consumed self being taken to the Rosa Mystica Shrine in Upper Shillong, to Nazareth Hospital and to the Dr. B. C. Borooah Cancer Institute at Guwahati, and then back to NEIGRIHMS. On 19th February, Sr. Rosina and the two teachers visited her at NEIGRIHMS and on arriving there, they were shocked to note her condition. What was more surprising and edifying was that as soon as the girl opened her eyes and saw Sr. Rosina, she smiled and to the query of how she was feeling, she answered very feebly with another query – *“Sr. Superior, how are your feet now?”* Not understanding her Sr. Rosina said *“Are your feet giving you trouble?”* The girl replied, *“No, I want to know if your feet are all right now”*. Niwanchwa then weakly continued – *“Are the Sisters and boarders keeping good health?”* What detachment from self! It was a very striking example for those around. She was too weak to speak but kindly inquired about the families of the two teachers. When Sr. Rosina asked her again how she felt, she smiled and said: *“I’m all right”*. Her mother and grandmother who were attending on her were in tears and so were the others. Her eyes were filled with tears when the Card sent by the Community and the letter sent by the boarders were read out. She was brought back to the village on 20th February and in the morning of Saturday 27th February the Community received the very sad news of the flight of our dear Niwanchwa P. Shylla to Heaven at 11 pm, Friday night. We were expecting a miracle but the Good Lord found her ready for His Call. Throughout her stay here with us from 8th February 2013, Niwanchwa had been a wonderful example to all Sisters and girls alike. She was a very loving and peaceful friend, quiet, serene, obedient, hardworking and ever ready for whatever direction given by the Sisters. In short, she was exactly what

Laura Vicuña would have been in her situation. Everyone in the Community watched with silent understanding and admiration at her courageous acceptance of the disease that brought her young and promising life to an end. After her demise the mother and other relatives confirmed what we already knew – her courageous acceptance of pain – when it was unbearable the only cry that came out from her mouth was the name of “**JESUS!**”. She used to open her mouth to take the medicines without a fuss up to the last moment. The loss is very keenly felt by all – “**She was too heavenly for this earth**”.

We mourn her passing and we pray to her that our girls may emulate her example and that from heaven she showers down blessings and comfort upon her parents, family members and all who knew her. Dear Niwanchwa we look up to you and entrust ourselves to your loving care and intercession!

SALESIAN COOPERATORS

New Office Bearers for the ASC Shillong Province

The Association of Salesian Cooperators (ASC) Shillong Province conducted its Election of the new Office bearers on 12 December 2015 at Bellefonte, Shillong. All the Local Councillors and Local Delegates were present for the occasion.

The day began with the invocation of the Holy Spirit, a reflection from the Word of God and the Article 22 of the Project of Apostolic Life. Soon after this Mr. Antony Laloo, Provincial Coordinator presented a six-year report of the Association and Mrs. Bernadeth Mawkhlieng, Provincial Administrator, presented the financial report.

During the Election, Sr. Christina Kharkongor, FMA Provincial Delegate took up as the Returning Officer with two helpers namely Sr. Melina Kharbani and Sr. Happylin Shadap, Local Delegates from Mawkyndeng and Mawtnum respectively. Following the election procedures to its minutest details the members with the help of the secret ballot casted their votes for the different office bearers. Prior to this Sr. Christina reminded the assembly about the role and responsibilities of the office bearers as envisaged by the founder Don Bosco. Mrs. Benita Marbaniang was elected as the Provincial Coordinator, Miss Batkynti Kharumnuid as the Provincial Secretary and Miss



Margrita Marbaniang as Provincial Administrator. Each of them accepted the office entrusted to them. The group also elected Mrs. Margareth Phisibon Khyriem and Mr. Dominic Klein as Provincial Councillors. With thunderous applause and cheers of joy the new office bearers were felicitated with a bouquet of flowers.



The assembly thanked the Old office bearers and the former SDB Delegate Fr. Festus Emmanuel Shadap. Another significant moment of the day was the release of the Khasi translation of the Project of Apostolic Life entitled “*Ka Saiñdur Jingim Apostol*” by Fr. Festus. Another felicitation was accorded to the Office Bearers of the Northern Zonal Conference (NZC) from the Province who were elected to the Office during the Salesian Family Meet at Kolkata in September 2015 namely Mr. Marius Kharkongor as NZC - Coordinator, Mrs. Mildred Iawphniaw as NZC - Secretary and Mrs. Naomi Roy Lyngdoh as NZC - Administrator. The NZC consists of New Delhi, Kolkata, Guwahati, Dimapur and Shillong Provinces.

The climax of the day was the celebration of the Holy Eucharist presided over by Fr. Paul Olphindro Lyngkot Vice Provincial, Silchar Province in thanksgiving for the blessings received and on the newly elected members as they take up their office.

Before Mass the entrustment of Office was done in a symbolic gesture of offering a bunch of wheat from the outgoing Provincial Coordinator Mr. Antony to Mrs. Benita the newly elected Provincial Coordinator. After the Holy Communion the newly released PAL in Khasi was offered to the altar and all the members renewed their promises. The significant day concluded with a fellowship meal and Pre-Christmas greetings. A small token of the Baby Jesus was presented to everyone present by Sr. Isabella Suja, Provincial.

Mr. Antony Laloo

SZC cum National Advisory Council Meeting

The Southern Zone Conference (SZC) cum National Advisory Council Meeting was held on the 24 & 25 January, 2016 at Don Bosco Provincial House – Matunga, Mumbai. 51 participants representing various provinces of South Asian Region attended the conference. Shillong Province was represented by Sr. Theresa Phawa, FMA National Delegate, Mr. Marius Kharkongor, Northern Zone Coordinator and Miss Batkynti Kharumnuid, Provincial Secretary, Shillong Province.

The main task of the Conference was to draw up a Road Map for the next 3 Years. The conference was enriched by beautiful PowerPoint presentations on: “One family one mission” by Fr. Noel Maddichetty, SDB National Delegate, “Year of Mercy” by Fr. Wilfred, “Strenna 2016” by Fr. Emmanuel, “Initial and On-going formation” by Mr. T. K. Devasia, Formation in-charge, South Asia Region, “Inspiring Experiences of Don Bosco Charism and the Salesianity” by Mr. D.S. Antuvan, World Councillor. Group discussion was held and finally the conference came up with a Mission Statement and Implementation.

During the conference, an election for the post of the Secretary and Administrator for the National

Advisory Council was held. In this regard, Mr. Gabriel Amalanathan, Southern Zone Coordinator was elected as the Secretary and Mr. Marius Kharkongor, Northern Zone Coordinator as Administrator. The term of office is for a period of three years that is 2016-2018.

The conference discussed the need to have a strong “Initial and On-going Formation” for both the aspirants and the promised Co-operators. Hence, it was resolved to hold a three-day Seminar for the Formators to be held at New Delhi on the 29th, 30th April and 1st May 2016. At least 3 co-operators from each Province to participate for the seminar. Then, they would go back and organize formation programmes in their respective provinces.

Mr. Marius Kharkongor

Seminar of the Salesian Cooperators

On 6 February 2016, the Salesian Cooperators of Rangblang unit had a one day Seminar at St. Mary's Convent Rangblang on the theme "Know and understand your call as Salesian cooperators". The resource persons for the day was Mr. Genes Thyrniang the local coordinator of Nongstoiñ Unit and Mrs. Isilda Nongrum one of the members of the Salesian Cooperators from Nongstoiñ.

The day began with the Holy Eucharist at 9:00 am celebrated by Fr. Nicholas Sun SDB, assistant Parish Priest of Rangblang. Based on the theme both the speakers on this day spoke and enlighten the participants on different



points with regard to the apostolic life and mission of a Salesian cooperator. There were 29 members and three Aspiring members who participated in the seminar. The day's programme concluded with tea in the convent. After which they departed to their respective places. The Salesian Cooperators expressed their gratitude to Sr. Maria Goretti Nongrum, the Local Delegate of the Salesian Cooperators who has arranged the entire programme.

Sr. Nildalin Kharkongor

PAST PUPILS

Mass for (Late) Sr. Josephine Gaod

The Diamond Jubilee Year of the FMA Past Pupils could not have had a better start than offering Mass for the departed soul of Sr. Josephine Gaod, founder of FMA Past Pupils' Association, Shillong Province. The Mass was held at one in the afternoon in the Catholic Cemetery Laitumkhrah on 4 February 2016, on the occasion her 7th death anniversary. Fr. Gervasis Kozhupathadam SDB from Sacred Heart Theological College, Mawlai was the main celebrant.





Federation President Kathleen Pyngrope gave the introduction to the Mass and the general welcome. The President gave a brief history of our association started by (Late) Sr. Josephine Goad. The Mass was very solemn and heart-warming. Fr. Gervasis Kozhupathadam implored the blessings of God on the past pupils and prayed for the intercession of St. Josephine Goad so that the jubilee year celebration of the FMA Past Pupils will be fruitful

and successful. The vote of thanks was proposed by Amabilis Susngi and in between her talk she called upon Sr. Catherine Susngi to say a few words on the book of Sr. Josephine titled '*I soar like an eagle*' that was released by the past pupils of Mawlai. Sr Cathrine went down memory lane relating to us how Sr Josephine would tell her about her beautiful life journey and Sr Catherine would record everything . That was how the book came into being. As a token of gratitude Magdalyne Warlarpih on behalf of the past pupils presented a gift to Fr. Gervasis Kozhupathadam. After the vote of thanks, everyone was requested to assemble before Sr. Josephine's tomb. Everyone walked in procession led by Sr Delegate Sr Albrida Pyngrope and the president Kathleen Pyngrope. A wreath was placed on her tomb after which a prayer was led by Sr. Albrida Pyngrope and finally ended with a prayer and blessing from Fr. Gervasis Kozhupathadam. The book '*I soar like an eagle*' was distributed to all those present. Today's function of the past pupils has left a memorable imprint on everyone present. Everyone returned home with a peaceful and serene feeling because we believe that our prayers have been answered - Sr. Josephine is smiling down at us and she is going to intercede for all of us. The Mass was attended by religious and past pupils. Mother Provincial - Sr. Isabella Suja, Vice Provincial - Sr. Marvella Shangpliang, Sr. Catherine Susngi and animators of the communities were among those present today.

Inspirational Stories

A Software engineer

In the middle of 2009, he was the software engineer that no one wanted to hire. Despite a dozen years of experience at Yahoo and Apple Computer, he got turned down by two of the internet's most upcoming companies at the time. First *Twitter*, and then *Facebook*.

When he could not find any other company that would hire him, he teamed up with another *Yahoo* alum, Jan Koum, and built the application that has not only dominated cloud-based messaging, but is also used all over the world. Yes, this person is none other than Brian Acton, who developed *Whatsapp*. Facebook acquired *Whatsapp* in 2014 for about \$19 billion USD in cash and stock, making Acton's net worth around \$3.8 billion.

CONGRATULATIONS

St. Mary Mazzarello Girls'
Higher Secondary School
contingent bagged the first prize
in the 67th Republic Day Parade in Jowai.



Feast of Gratitude

As a wreath, united in diversity, let us
intertwine with joy and hope the offer of life
and mission

26 April 2016, Sam Phran - Thailand

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Together we say
"Thank You"
Provincial Community Day
12 December 2015

