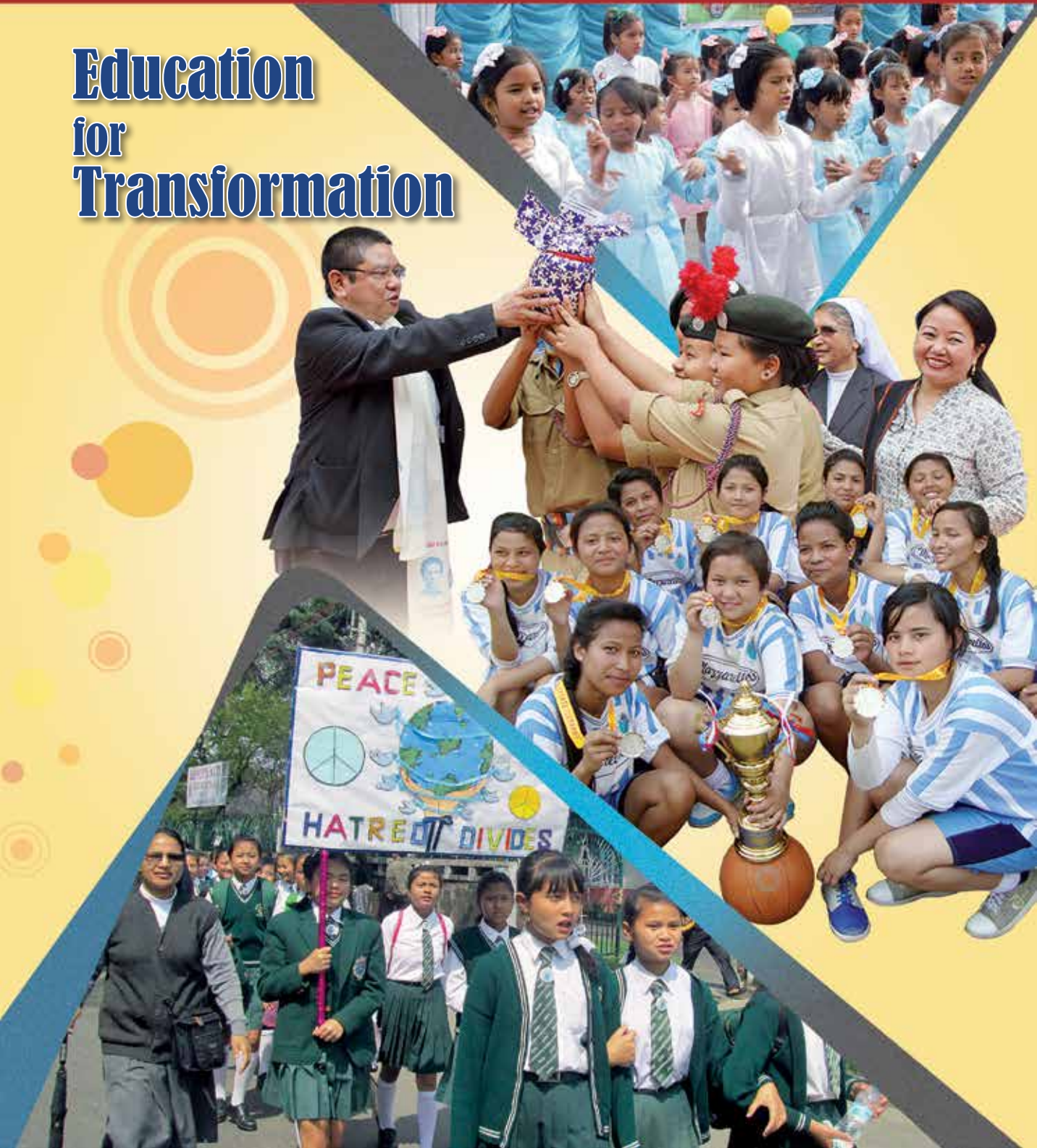


FMA-INS info

Vol. XX No. 2 Newsletter - June 2016 Provincial Office - Shillong 793 014 - Meghalaya

Education for Transformation



Congratulations

• MBOSE



Darisuk Shabong
7th Position HSSLC (Commerce)
Sacred Heart Girls'
Higher Secondary School



Lis Syrti
7th Position SSLC
St. Mary Mazzarello Girls'
Higher Secondary School, Jowai



Kerrycia Lawriniang
15th Position SSLC
Sacred Heart Girls' Higher
Secondary School, Shillong

• All India Senior School Certificate



Utsha Sinha of Science Stream
scored 97.8% is a Tripura State
level Topper as well as Topper
at the Regional Level



Devanshi Behwal of
Humanities stream
secured over all 95.8%

• Central Board of Secondary Education

Auxilium Girls' School Agartala

All 96 passed in First Division

21 students secured CGPA - 10

15 students secured CGPA - 09 - 9.9

22 students Secured CGPA - 08 - 8.9

26 Students secured CGPA - 07 - 7.9

12 students secured CGPA - 06 - 6.9



• NEHU



Sr. Bergita Lyngkhoi
10th Position
BA (Hons) History
June 2016 - B



Mrs. Amabilis Susngi
3rd Position in BA
Teacher at Sacred Heart Girls'
Higher Secondary School

Editorial



EDUCATION FOR TRANSFORMATION

These past few weeks we have seen parents and young people who have passed their various examinations going from one Institution to the other looking for admissions. This evokes a question in me, “Why do parents want to send their children to our schools?” or “What is it that distinguishes our schools from the others?”

We could go back to history and recall the beginning of the Institute where Mother Mazzarello and the first Sisters lived the mandate, “I entrust them to you” and since then this same call is passed on to us the present generation. If young people flock to our Institutions then how much more we need to make our Institutions “A home”. We are reminded by GC 23 to *strike a balance between searching for a common good and attention to the good of the individual*. This personal attention would lead to transformation of an individual. Let us not forget that “Family Spirit” should be our hallmark in the educational process. Only when one feels welcomed and accepted that one grows into the best he or she can be. It requires a Listening attitude towards the young even to their unspoken words and unshed tears. Many of them feel a strong need for a home and for belonging. They are looking for meaning, for responsibility, for leadership and above all for ideals to pursue. Our educational process is fruitful only when knowledge brings about self-confidence and determination. For this reason the aim of education should be the transformation of the individual human being and he or she should take the central place in the whole process of education.

For Don Bosco, the mission to educate was the fundamental reason for his existence. His biography reveals him as a true educator even from early childhood. There were early beginnings that indicated clearly the extraordinary gifts, both of nature and of grace, which later developed into the worldwide activity now so well known to all. Don Bosco put all he had into the work of education; the physical gifts of his body, the power of his genius, his personal holiness. Also our saintly Mother Mazzarello dedicated herself wholeheartedly



in educating the others; right at her tender age as a member of the Sodality she engaged herself in teaching the young girls and women about God. Therefore it is an invitation for us Daughters of Mary Help of Christians to imbibe this true spirit of education from our Founders and give of our best in the practice of the Preventive System, which is a sure guide to educational fecundity. In this way we can prepare young people for an active involvement in the society thereby bringing transformation not only to the individual but also to the society at large.

Sr. Euginia Laloo

QUALITIES OF A GOOD TEACHER

"The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it." - Michelangelo

For anyone interested in becoming a teacher, it is important for them to enquire what qualities make a good teacher. A good teacher is characterized by numerous qualities which make it possible for them to do their job well. Without a doubt, every teacher comes with his/her own unique blend of such qualities, so as to educate, empower, ignite and rekindle the children and young people entrusted to their care. Every teacher is different, but every good teacher must possess the following qualities.



1. **An effective teacher loves the students.** For most people, this is a quality that is very much overlooked yet it is one of the very important qualities of a good teacher. Most teachers love teaching and even love the subjects they teach, but very few remember to even mention how much they love their students. It is extremely important to cherish great love and care about the students to bring out the best in them.
2. **An effective teacher loves to teach.** The single most important quality that every teacher should possess is a love and passion for teaching young people. Unfortunately, there are teachers with all academic degrees and carry on acquiring more, but do not have that passion to teach, who do not love what they do. Teachers who do not enjoy their job cannot possibly be effective. Those who love their teaching profession will teach with drive and passion, creativity and enthusiasm. Besides, kids are smarter than what we give them credit for. They will spot a fake sooner than anyone and thus destroys any credibility that the teacher may have.
3. **An effective teacher demonstrates a caring attitude.** Even teachers who love their job can struggle in this area, not because they don't care, but because they get caught up so much in the day to day routine of teaching that they can forget that

their students have lives outside of school. Getting to know a student on a personal level takes a lot of time and dedication. There is also a line that no teacher wants to cross where their relationship becomes too personal. Committed and caring teachers know how to balance this without crossing that line, and once a student believes the teacher truly cares for them, then there is no limit to what that student can achieve.

4. **An effective teacher can relate to his or her students.** The best teachers work hard to figure out how to relate to each of their students. Common interests can be hard to find, but exceptional teachers will find a way to connect with their students. For instance,

you may have a student who is a Lego fanatic. You can relate to that student if you do something as simple as ordering a Lego catalog and then going through it and discussing it with that student. Even if you have no actual interest in Lego's, the student will think you do and thus, naturally create a connection.

5. **An effective teacher is willing to think outside the box.** There is no one set pattern to teach. If we use a set of pattern it would be boring for both teachers and students. What makes teaching so exciting is that kids learn differently, and we have to find and utilize different strategies and differentiated learning to reach every student. What works for one student, will not work for every student. Teachers have to be willing to be creative and adaptive in their lessons. If you try to teach every concept, in the same manner, there will be students who miss out on key factors because they aren't wired to learn that way.
6. **An effective teacher is an excellent communicator.** To be the best possible teacher, you must be an effective communicator. However, in this area, you are not just limited

to being a skilled communicator to your students although that is a must. You must also be a strong communicator with parents of your students as well as your colleagues in the school. If you have a difficulty communicating with any of these three groups, then you limit your overall effectiveness as a teacher.

7. **An effective teacher is proactive rather than reactive.** This can be one of most difficult aspects for a teacher to conquer. Intense planning and organization can ultimately make your job less difficult. Teachers who plan ahead, looking for aspects that they might have issues with, and proactively looking for solutions to solve those problems will have less stress on them, than those teachers who wait until a problem arises and then tries to address it. No matter how well you plan, there will be surprises. However, being proactive can cut down on these surprises tremendously, thus making you more effective overall.

(to be continued)

Sr. Celine D' Cunha

Regional Youth Meet at AUXILIUM TURA

The Youth Pastoral Team of the Province conducted a Regional Youth Meet at Auxilium Convent Tura, on 19-20 March 2016. The two-day program commenced at 10:00 a.m. on March 19, with the arrival and registration of the youth, which was followed by an inaugural function. 140 youth took part in the Meet. The Chief Guest of the day was Sr. Marcellina Sangma, the Provincial Bursar who also took up the first session after the opening ceremony.

Sr. Anita Dhar gave the second session on "Media and Youth". Sr. Manoda dealt on Group Dynamics and Sr. Monica Sangma on 'The significance of living the youthful phase with educated outlook'. The youth appreciated the sessions. The following day was the Passion Sunday. A brief moment with the Lord was animated by Sr. Beronica Sangma, after which there was a panel discussion on the theme 'Blessed are the merciful, for they shall obtain mercy (Mt.5:7) moderated by (Dr.) Sr. Lucy Marak, the animator of Bosco Margret Hostel. There were six panelists and each was given five minutes time to talk. All of them spoke on **the mercy of God and being merciful in different ways**. It was an enriching moment. At the end of the discussion, Sr. Lucy summed up everything so beautifully and concluded the session. After their breakfast, a session by Rev. Fr. Jogesh Sangma SDB followed. He spoke on: 'Being merciful like the Father: A youth's perspective'. It was a very interesting and thought-provoking talk. At 10:00



a.m., the Youth Mass solemnized by Rev. Fr. Busolin SDB and Fr. Jogesh SDB began with a procession from the entrance of the house where the palms were blessed. After Mass, there was a group photo session with the fathers, sisters and the youth, making the memory of the day last forever. We thanked the Good Lord for the success of the program and for the many hidden sacrifices offered by our sisters and Salesian Co-operators of Garobadha. The youth returned to their respective places after lunch "...and they talked to each other about everything that had happened" (Lk. 24:14). There was joy in their hearts and broad smiles on their faces. We thanked Sr. Manoda Sangma, the Co-ordinator for making this day a reality. The presence of the animators of our communities in Garo Hills was a great impetus to the sisters and the youth.

The World Youth Day this year will take place in Krakow from the 26th to the 31st of July 2016, with the theme "Blessed are the merciful, for they shall obtain mercy" (Mt 5:7).

Sr. Anita Dhar



AMRAT Coordinators Annual Meet held in Shillong

Asian Movement Of Religious Women Against Human Trafficking (AMRAT) organized a two-day programme for Regional Coordinators at FMA-Outreach on 21 to 22 April 2016. 26 sisters from different parts of India took part in the meeting and Sr. Gemima Pohrmen and Sr. Joplin Suchiang of our province participated in the same. The Chief guest on this important occasion was Sr. Isabella Suja, Provincial of Shillong Province.

In her keynote address, Sr. Isabella expressed her joy and happiness to welcome the participants to Meghalaya and particularly to FMA Outreach. She also expressed her appreciation of the commendable service of the Movement, hearkening to the call of the Master to free the captives and wished that the Movement grow from strength to strength and wished the program a huge success.

The resource person on the first day was Miss Dolphy, an activist; she spoke on the topic, "Building bridges with the government relations and the challenges". Her session was very interactive and lively. A loving tribute was also paid to late Sr. Bernadette Sangma who played a vital role in the formation of AMRAT. In the evening the AMRAT members visited the graveyard of Sr.



Bernadette at Laitumkhrah and prayed the Holy Rosary. On the second day of the Meet, Holy Mass was offered for the departed soul recounting her love, generosity, humility and commitment towards the Movement. The program of the day continued wherein Sr. Sally a practice lawyer took the session on "Legal Awareness". Her talk was very informative specifically giving insights on how to deal with legal matters. Time was also given to the members in sharing their experiences on the struggles involved in rescuing many young girls and women. The sharing was heartbreaking which brought almost everyone to tears.

The two-day program came to an end with a valedictory function coordinated by the North East Region; summarizing the whole event, thanking all those who got involved and made it a great success.

Sr. Joplin Suchiang

First death anniversary of the 'Champion for Women's cause' Sr. Bernadette Sangma FMA

The first death anniversary of a special person with infectious personality Sr. Bernadette Sangma FMA was remembered with lot of emotions not only by her family and Province but also by all her friends round the globe on 27 April 2016. Tributes were paid to this 'champion for women's cause' while reminiscing her noble deeds done especially for women and children. The Holy Mass was offered at 3.00 pm in the beautiful FMA Cemetery Chapel at

Laitumkhrach, Shillong with Fr. Januarius Sangma SDB, her younger brother as the main celebrant and two other priests as concelebrants. Fr. Francis Cheeramben, during the homily spoke in honour of her spirit and of her memory, of her smile and her passion for life recalling also the prophetic role she played in the Church and the Society giving deeper awareness about the phenomenon of human trafficking, the work which she felt was not an option for the religious but a necessity if we hope to make any kind of strategic commitment. After Mass, Fr. Uttam Malsom SDB blessed her beautifully festooned tomb. The presence of her 97-year-old father, Mr. George Marak who sat close to the tomb throughout the Rosary prayed around her tomb after Mass was not a sad spectacle but a sight to behold of the steadfast faith of the one who believed in the resurrection of the dead. Her tear-filled brothers and sisters surrounded him with care, attention and love giving him all comfort and consolation needed.

The congregation once again gathered at 6.30 pm in Auxilium, Nongthymmai, Provincial House to pray for her. The lay faithful, the Garo community of Shillong led the prayer for this noble soul, the one from their tribe who devoted her life helping the weakest and the most vulnerable from becoming human merchandise. A beautiful audio-visual presentation, the script for which was taken from the written tributes of the Sisters and her friends prepared by Sr. Wismary Kharbihkhiew brought once again fresh memories of this quiet dynamo who lived for others. Sr. Isabella Suja, the Provincial recollected her past association with Sr. Bernadette and reminisce the person she was, full of humility and nobility who with great wisdom did her 'Banking with God', depositing her life totally with Christ in full knowledge and trust.



Everyone was convinced that 'Humanity was her hallmark' and that it is **LOVE** that keeps her alive even after she's gone.

Notably, ahead of the first death anniversary, the Asian Movement of Women Religious Against Human Trafficking [AMRAT], during their Regional meeting held in Shillong paid glowing tributes to their mentor and guide for the role she played in the life and growth of AMRAT at the same time, invoking her help to reach out effectively to the needy and vulnerable women and girls. AMRAT is an organization whose formation was spearheaded by (Late) Sr. Bernadette Sangma inspired by the call given by the International Union of Major Superiors [UISG].

Sr. Wismary Kharbihkhiew

YCS/YSM National Council held at Noida

The XVII YCS/YSM National Council was held at YMCA Greater Noida, Northern Region, in the Archdiocese of Delhi from May 16-22, 2016 on the theme “Called to Believe, Begin and Become”. Among the 130 participants Sr. Silinda Wanniang, a teacher and two students from St. Joseph Secondary School, Pynthorumkhrah were the representatives from the Archdiocese of Shillong.

The event consists of three parts: Exposure Trip, Formation Sessions by different resource persons and the last two days were for the National Council. Rev. Fr. Savio D’Souza RYD of Goa guided the participants for an exposure visit to the slum area of Delhi based on the theme called to Believe. The sessions dealt with were: Called to Begin/ media & me – Media reality and our role in understanding and handling the media effectively. The resource person was Fr. Savari Muthu from Archdiocese of Delhi. Called to



Believe/Believe in faith – God, believing in self, how has the movement transformed my life – See, Judge, Act – Reality of the society by Rev. Fr. Varghese Alengadan. Called to Become – Understanding and Restoring Human Dignity and Human Rights and our role as students in propagating and living Human Dignity and Human Rights by Rev. Fr. Aquinas SDB.

The last two days were wonderful days of Council. It was very beautiful to see that the young students by themselves run the show of the Council under the able guidance of the National President who is also the Convener of the Council, Mr. Jimmy Pdang, of Jowai Diocese from North East Region.

Thanks to Br. Rangajiva from Sacred Heart College Coordinator of YCS for choosing St. Joseph’s Secondary School Pynthorumkhrah, to represent Shillong Archdiocese to the Council. My sincere gratitude goes to Sr. Isabella Suja, Provincial and Sr. Carmelina Sun, Animator for giving me the opportunity to attend this Council. I am also grateful to Fr. Ioannis Warpakma SDB for allowing Miss Sabina Jyrwa, the two students Pretty Mary Sohkhet and Anomica Nongspung and myself for this unique opportunity.

Sr. Silinda Wanniang



Blessing and Inauguration of 'AUXILIUM HOME'

The 4th of June, 2016 is one of the historic days in the chronicles of the FMA Shillong Province dedicated to the Immaculate Heart of Mary. On this day when the feast of the Province is celebrated, the Auxilium Home- a hostel for girls was blessed by Rev. Fr. George Maliekal SDB, Provincial of Silchar province and inaugurated by Rev. Sr. Suja Isabella, Provincial. The gathering of sisters, novices, past pupils, Salesian Co-operators, young people, friends, workers and well wishers for the event was a moment of solemn thanksgiving to God for the immeasurable blessings we receive every day, in particular for the realization of this long cherished dream. The hostel is dedicated to all young people who will be welcomed into the hallowed precincts and provide safe shelter to a great number of young people in their educational sojourn.

The province expresses its gratitude to all those who in various ways played indelible role towards the plan and construction of this magnificent edifice. We remain ever grateful to our beloved late Sr. Bernadette Sangma who even at her sick bed did the ground work for its realization and completion with the hope that it will become a home away from home for many young girls and women who



remained dear to her heart throughout her life. We gratefully acknowledge the significant role played by Sr. Vilma Tallone, our Economer General and the Administrative Sector of the Institute and hats off to Sr. Marcellina Sangma for the herculean task undertaken by her, seeing to every minute detail towards the successful completion and realization of this educational institution today. We place in record the generous contribution of our benefactors and friends who supported the project at various stages. Singing out the miracles of God's providential love in our life and the life and mission of our province is a thankful prayer to be sung perennially.

Sr. Wismary Kharbihkhiew

Regional Youth Meet of Jaiñtia Hills

The Provincial Youth Pastoral team on the 4th and 5th of June, 2016 organized the Regional Youth Meet for Jaiñtia Hills at the Immaculate Conception Parish, Mawkyndeng. There were 220 participants from Saphai, Lamyrsiang, Jowai, Sutnga and Mawkyndeng.

The inaugural function began at 11:00 a.m. in the Parish hall. The Chief Guest for the day was Shri Demandson Lyngdoh, an Officer in the Agriculture Department, in-charge of Laskein Block, Jaiñtia Hills. Fr. Kenny Pakma SDB, Sisters and teachers were present for the same. In his keynote address, the Chief Guest spoke about the correct use of media, to be always connected with God and with each other, to put God first in whatever we do and to

live our youthful life with joy and gratitude. The resource persons for the two-day programme were Sr. Euginia Laloo, Fr. Kenny Pakma SDB, Fr. Sylvester Synrem SDB and Ms. Tiewly Sutnga and the topics covered were: Impacts of media, Career Opportunities, Human Rights, and the reflection on the theme: Merciful Father - A Youth's perspective. The first day ended with a common benediction of the Blessed Sacrament animated by Fr. Alexius Dkhar SDB, which was followed by the presentation of the different groups on "My Expression of Mercy."

On Sunday, which was the actual day of the World Environment Day, at 6:30 in the morning, the youth together with the Sisters and teachers who accompanied them planted a few trees in the sisters' garden to mark the day. Through this occasion we tried to infuse in the minds of young people that we need to care for the earth as recommended by the Holy Father, especially during this Jubilee Year of Mercy. Fr. Sylvester celebrated the Youth Mass at 10:45 a.m. in the Parish Church. The day was graced with the presence of Sr. Isabella Suja FMA,



Provincial who also attended the Holy Mass with the youth. In the afternoon, there was Benediction of the Blessed Sacrament in the Church conducted by Fr. Sylvester. During this time, the youth were addressed by His Grace, Archbishop Thomas Menampampil SDB, DD, Apostolic Administrator of Jowai Diocese. He spoke to them about the mercy of God and that mercy can be practiced among ourselves too. When the adoration to the Blessed Sacrament was over, Sr. Isabella too addressed the participants quoting the powerful example of mercy shown by St. Pope John Paul II to the person who attempted to kill him. Thanks be to God for the successful days and thanks to the good people who had made it possible through their generosity and sacrifices. Special thanks go to the Parish Community, St. Francis Convent and the Salesian Cooperators for the success of the programme.

Sr. Anita Dhar



☆ BELLEFONTE

A Month with Mother Mazzarello

A month long study about the life and spirituality of St. Mary Mazzarello our Co-foundress was undertaken by the Novices of Bellefonte Shillong from 13 February - 19 March 2016. In this one-month course, the Novices were involved in the different group works, activities and spiritual animations. The special highlights of the study were the Exhibition and a Pilgrimage.

The study was divided into four stages, each characterized by a precise area of the maturation in Mother Mazzarello's Christian and consecrated life. The first stage 1837-1850, refers to the first thirteen years from her birth in Mornese. The second stage 1850 - 1860, is characterized by a marked

internalization of faith, a fruit of her first Holy Communion. The third stage 1860 -1872, we see her as a woman more open to God's plan in her life and finally the fourth and last stage: 12 years from the attack of typhoid to the foundation of the Institute. 1872 -1881 is characterized by the years of maturity, death and glorification.

One of the most excited moments was the preparation and the inauguration of the simple and meaningful two-day exhibition from 10-11 March. The Exhibition showcased the mini Mornese and Nizza Monferrato with the various symbols that are dear to the foundation of our Institute like the Mornese well, the Valponasca window, the Parish Church, the Collegio and the like. Crowning the whole month study was a devout pilgrimage taken on 18 March 2016 to the Church of St. Mary Mazzarello at Mawlyngad village, one of the Sunday oratories run by the Sisters of Auxilium Nongthymmai.

In humility we would say that our research and study about our Mother has broadened our knowledge and are exhorted to relive and to revive her virtues and her spirit.

Sr. Risalin Kharkongor
(2nd year Novice)



Pilgrimage to The Holy Door of Mercy

On 30 April 2016, the community of Bellefonte went for a Pilgrimage to the Holy Door of Mercy at the Cathedral of Mary Help of Christians, Laitumkhrach being the Holy Year of Mercy. The members of our community prepared themselves spiritually for this important event. The previous day 4 priests came for the Sacrament of Reconciliation and all the 97 inmates approached this Sacrament.

The pilgrimage began with a short prayer service animated by Sr. Rosa Pyngrope at the entrance of the house where she reminded everyone of the purpose of the pilgrimage. With much fervour and devotion the group proceeded to Laitumkhrach. At the entrance to the Grotto Chapel a pilgrim's prayer was fervently prayed and



the group took a procession towards the Holy Door. Before entering the Holy Door there was an exchange of peace in symbolic gestures where everyone was made to experience the mercy and compassion of God. The pilgrims then joyfully entered the Holy Door of the Cathedral. A half an hour Adoration to the Blessed Sacrament was animated by Fr. Julius Kurbah, the Assistant Parish Priest of Laitumkhrach,

which was followed by the Holy Eucharist, presided over by Rev. Fr. Augustine Koottala sdb. During the homily the pilgrims were reminded to be mediators of the mercy of God the Father and the Son in the Spirit to all our brothers and sisters.

We returned home with gratitude to God and the community for this opportunity and recommit ourselves to continue living the Holy Year with renewed faith and fervour.

Sr. Yowanka Lyngdoh
(2nd year novice)



Feast of Mother Mazzarello, our Foundress

The feast of Mother Mazzarello on 13 May 2016 saw a gathering of the parents of the Novices and Sisters belonging to the Parishes of Mawpat and Pynthorumkhrah at Bellefonte Shillong for the celebration of the Holy Eucharist thanking God for the gift of our saintly Co-foundress. The Eucharistic celebration began at 10.30 am which was presided over by Rev. Fr. George Maliekal SDB, Provincial of Silchar and concelebrated by five priests.

During the entrance procession the Institute's Flag, grapes and wheat were carried to the altar by Sr. Carmelina Sun our animator and one of the novices; the flag represented the fidelity of the whole Institute to the Charism handed over by our Founders, the grapes and wheat signify the readiness of Mother Mazzarello to be bread broken for the Church, society and our Institute after the example of Christ Jesus. In his homily, Fr. George spoke about the life of Mary Mazzarello quoting the words of Pope Francis, "Be glad, rejoice and be joyful". He highlighted that Mother Mazzarello lived this message to the full. He also quoted many letters of Mother, which speak about her recommendation to be happy and joyful. He invited all present to be a face of joy, of mercy and compassion toward others. After the Holy Eucharist,

all gathered at the corridor for a splendid presentation of the Magnificat of Mary Mazzarello, which inspired everyone.

The feast was prepared by a novena with proposed themes that guided the spiritual animation of the community. On the vigil day, a Mornese Camp animated by Laura Vicuna group during which different groups presented symbols pertaining to the different stages of life of Mother Mazzarello.

Sr. Lepchi Sangma (1st Year Novice)

Visit of Dr. Barry Bannister

Dr. Barry Bannister, Ph.D., the Director of International Development and Peace Institute of Green River Community College (GRCC), USA visited Bellefonte Community College (BCC) from 10 - 15 April 2016.

The highlights of the visit include meeting Sr. Isabella Suja, Provincial, a visit to the tomb of Late Sr. Bernadette Sangma at the Cemetery of the FMA in Laitumkhrah whom he knew very well and had been closely associated with her in the foundation of BCC right from its inception. a session on Peace Building for the Novices and Pre-Aspirants from Auxilium Nongthymmai at Bellefonte. He showed them a documentary on peace building and interacted with them for about one and half hours and left a message to them as how to be a peace lover



and builder. True to his present title, Dr. Barry is a man of peace, a builder of peace in the society so visibly seen in his very person and is expressed and manifested in his words and deeds. In fact wherever he went, to whomever he met and spoke, his automatic topic was that of peace. On 12 April, Dr. Barry was solemnly and gratefully welcomed and felicitated by the Sisters, teachers and students of BCC with a short but beautiful programme. It was an awe-inspiring moment for him to see the young children realizing the dream of BCC with their presence in the institution, which is also equally his dream. He saw a gradual progress and development in BCC which he did not see much in his previous visits way back in 2011 and less still in 2007. On the last day of the visit he met and interacted with the BCC Governing Board members and repeatedly expressed that his heart is for BCC and would do whatever he could for the benefit of BCC.

Sr. Celina Maslai

50th World Communication Day cum Media Fest 2016

Bellefonte joined the whole universal Church in celebrating the 50th World Communication Day on Sunday, the 8th of May 2016. The day began with a meaningful morning prayer and continued during the Holy Eucharist in a solemn manner.

Being Sunday, not only the inmates of our community were present but many other parishioners also had come for the Holy Eucharist. Besides, our Sisters who go for Parish ministry on Sundays also introduced the feast in all the three Masses at Sts. Peter and Paul Parish, Pynthorumkhrah. In the evening the community concluded the communication

day with an hour of animated adoration to the Blessed Sacrament on day's theme 'Communication - God's gift to humanity'.

On this occasion, Sr. Celina Maslai and the Novices in-charge of the oratory of Nongmensong organized a Media Fest on the proposed theme 'My Expression of Mercy' through a drawing competition based on the Corporal and Spiritual Works of Mercy. About 140 oratorians participated in the fest and few youths too joined in it. The twin event sent across in the minds of these young souls the message of the 'Year of Mercy as well as that of the importance of the conscious use of the means of communication. The oratorians were so enthusiastic, excited and certainly it was a concrete learning for them as they had been prepared even a fortnight's time before the fest.

Sr. Celina Maslai & Rishailin
Rongrin, 2nd Year Novice

Women's Day celebration at Bellefonte

An awareness programme on cancer marked the celebration of Women's day on 8th March 2016 at Bellefonte Community College (BCC), where many





★ GAROBADHA

A New Member to the Church

The community of St. Mary Mazzarello Garobadha rejoiced at the initiation of Listha G. Sangma into faith through the Sacrament of Baptism on 8 May 2016. This event took place on the joyful occasion of the conclusion of a three-day youth programme in the Parish.

Being in the boarding, Listha was minutely prepared for the great day by the Sisters. She expressed great joy of being baptized into the Church and receiving Jesus at Holy Communion. In such an occasion the community of Garobadha could testify the great thirst of the young for the Divine and their role of bringing souls to the Church.

Sr Wanrilang Kharkongor

women from different villages namely, Mawdiangdiang, Mawtawar, Umkdait, Nongmynsong, Langkyrding and Pynthorumkhrah came to take part in the celebration. The Chief Guest of the day was Dr. Judita Syiemlieh from Civil Hospital Shillong, specialist in Radiation Oncology.

At the outset, the students of BCC felicitated the women folk with dances and festal songs. Miss Nongrum Audrey one of the teachers gave a short speech on the history and significance of Women's Day. She encouraged the women by saying that as women they have a vital role to play in the society. We can be an instrument of peace and make the world a better place thus bringing transformation to our societies and families.

In her speech Dr. Judita invited the women present to be good mothers to have time for their children, to encourage and to deal with them in a friendly way, not to command but invite them to do things together.

After the felicitation programme the awareness programme for all the women who have come for the celebration on cancer followed. A free checkup of cancer was given to them. Prior to the check-up, Dr. Judita made people aware about the causes of cancer with the help of a power point presentation. Dr. H.L Kharlukhi too who is working in Urban Health Centre Mawlai Nongkwar joined Dr. Judita and helped in the free checkup. It was indeed a day well spent to the joy and satisfaction of all.

Sr. Kyntiewlyne Kurbah

★ JOWAI Jottings from the Jowai Diary

NGT Inspection:

On 10 March 2016 Mr. D. Praveen and Mr. Prem Prakash, Deputy Secretaries to the Government of India, Department of Chemical and Petrochemical, Shashtri Bhawan, New Delhi along with the Deputy Commissioner of West Jaintia Hills, Mr. Arunkumar Kembhavi, IAS and three other officers from the



West Jaiñtia Hills District inspected our school for the "Swachh Vidyalaya" [Clean Schools] policy of the Central Government of India.

After having visited the area especially the toilet facilities for students, the two distinguished inspectors from NGT New Delhi wrote: "Happy to have visited the School and impressed with the cleanliness and discipline. Congratulations and keep it up". [D. Praveen]. "Very old and reputed school which is serving the nation to educate students excellently for service to various position in the Government of India. Very neat and clean school! Thanks for sweet welcome by teachers and students" [PremPrakash]

Feast of St. Joseph and 90th Anniversary of the foundation of the house

The community was blessed to have the Apostolic Administrator, Most Rev. Thomas Menampampil SDB, DD for the celebration of the Holy Eucharist on the 19 March 2016. Some of the Past Pupils represented the thousands and thousands of past students. In her words of welcome, Sr. Rosina Susngi recalled with nostalgia the three pioneers, Sr. Clotilde Appiano, Sr. Innocenza Vallino and Sr. Cecilia Da Roit who were also

the pioneers to NE India. Besides these, mentioned were made of the 19 Animators who had led the Community in these 90 years, the 132 FMA who have passed through this house, 24 of whom were missionaries and 34 of whom are already in heaven. It was also with joy that memory was made of the 36 FMA vocations from the house, one of whom is already in heaven, of the hundreds of teachers, tens of thousands of past pupils and thousands of pupils. In his homily the Archbishop reiterated our thanksgiving and spoke of Education as listening, learning and growing in knowledge of God and of our Neighbour. This has to be shown in the quality of our relationship that should be governed by a strong spiritual sense, true knowledge, respect for culture and values that would eventually lead us to care for the Environment. The Archbishop warned that knowledge should not be an expression of pride and arrogance. The past pupils, who came remained on with us for breakfast, had a very good interaction with the Archbishop on various topics especially that of interreligious dialogue.

That St. Joseph occupies a very prominent place in the community is undeniable, even today people still speak of a senior man dressed in white seen moving around our campus at night.



Rest In Peace

On 27 March, Mr. Emanuel Emlang Laloo, a friend and Salesian Co-operator, husband of Mrs. Tina Lakiang, Vice President of the Past Pupils unit of Jowai had passed to his eternal reward. He had been ailing for quite some time but his passage to eternity had been sudden and unexpected. Mr. Emlang with his wife Mrs. Tina Lakiang will be remembered always for their fidelity and attachment to the Church. Both were converted from the indigenous religion and literally cast out from their respective families after their baptism. Like the cedar of Lebanon they stood firm against all odds and were the right hand of the late veteran missionaries, Fr. Henry Fantin, Fr. Carmelo Spitalieri, Fr. Cajetan Guidotto to mention a few names. Thanks to the unflinching hard work and dedication of Mr. Emlang, the Marian Hill High School kept its flag flying high after the Salesians left it in 1976. Mr. Emlang was also one of the first to take his promise as a Salesian cooperator when the unit was started at Jowai in 2000. Mazzarello Convent will definitely miss his friendship and timely help and advice and encouragement. May his soul rest in peace!

National Deworming Day



The programme of National Deworming Day 2016 was observed for the students of the School on 4 April 2016. Ms. Heisabai Passah who had attended the Workshop on the topic on 21st March had already passed on the instructions received to Sr. Esther Marwein, the Principal and the teachers. To avoid any unpleasant consequences, the parents of the Primary classes have been informed to come to the school before 9 am and there was a positive response. After the Morning Assembly, Sr. Esther met these parents in the basketball ground, gave them the instructions for administering

the deworming tablet received from the Ladthalaboh Community Health Centre and the tablets were distributed to them for their respective children. Students of the Upper primary, Secondary and Higher Secondary classes received the tablets and the instructions from their respective teachers. We hope that this programme will go a long way to improve the health of our young people.

Badminton Tournament

The students took part in the 11th Inter School Badminton Competition 2016 organized by the West Jaintia District Badminton Association, held at the Khimusniang Indoor Hall from the 13th to 15th April 2016. The competition was held for the Under 13, Under 15 and Under 17 categories in the Single and Double group. Ms. Monica Narzary of Class VII won the first prize in the Under 13 Single and Ms. Pretty Sumer of Class VIII, with Ms. Elarita Lamar of Class VIII won the 1st Prize in the Under 13 Double Category. Ms. Steffi Sympli of Class X was the runner's up in the Under 15 Single Category and she together with Ms. Pretty Sumer bagged the runner's up in the Double Category. In the Under 17 Category, Chandasaka Kharsiangchai [SSLC] got the runner's up prize in the Single and with Steffi Sympli in the Double. We are proud of these our children who won laurels with their own efforts and determination since we do not have a badminton coach.

Golden Jubilee



The Community celebrated the Golden Jubilee of the Religious Profession of Sr. Lyngkhoi Provina on 23 April 2016. It was a celebration prepared for with much care for the past two months. The solemn celebration of the Eucharistic Sacrifice was presided over by Most Rev. Thomas Menanparampil, SDB, DD Apostolic Administrator of Jowai along with other Priests.

In his homily His Grace while congratulating Sr. Provina led the Congregation to a deep, realistic and practical reflection on the modern urgent need of generosity to God's Call and to persevere in it joyously and fruitfully. Before the conclusion of the Eucharist, he reiterated the same call to the young people present there to be courageous to offer themselves to God. A short Felicitation followed the Eucharistic celebration and ended up with a family meal.

There was a good representation of our FMA Sisters from Nongthymmai, Bellefonte, Mawlai, Mawkyrdep, Umdang, Lamyrsiang, Sutnga and Mawkyndeng besides Sr. Suja

Isabella, the Provincial. There were also the VSDB Sisters from Nongbah and the MSMHC Sisters from Mooralong. Our prominent Catholic laity, Past Pupils, Salesian Co-operators and Teachers were also present. Some of our young people of the Parish were there to supervise the food preparation along with our co-workers, teachers and Salesian Cooperators.

Platinum Jubilee

The Government Boys Higher Secondary School, Jowai celebrated the Platinum Jubilee of its foundation on 26th April. As part of the celebration 5 Boys' Schools and 5 Girls' Schools were among the invitees. Our School had been one of the five Girls' School selected to participate in the celebration. Among the items was also a competition in the March Past, 100m and 200m Race, 4x100m and 4 x 400 m Relay Race. Our School contingent won the first prize among the 10 Schools in the March Past; the first prize in the 4x100 Relay Race; the first price in the 200m race and the third prize in the 100 m Race. The girls not only enjoyed the celebration but also came home jubilant with the prizes they bagged. Kudos to our young people!



Cancer Conclave 2016

325 of our students from Class IX, X and XII attended the North Eastern Council (NEC)-Pink Cancer Conclave 2016 held at the District Library Auditorium Jowai on 28 April 2016. The NEC and Dr. Abhishek Shankar, IRCH, AIIMS, Delhi, Founder and Chief Coordinator, Pink Chain Campaign organized the Conclave, in collaboration with the office of the Deputy Commissioner, West Jaiñtia Hills.

The programme included Introduction of NEC-Pink Chain Campaign; short movie on interaction with Ms. Manisha Koirala; Lecture on "Cancer [Breast, Cervix, Lung and Head and neck Cancer] with emphasis on cervical cancer vaccine, prevention and early detection" by Dr. Abhishek Shankar, Cancer Specialist, AIIMS, Delhi. Interaction with teachers, school staff and students was another item during which our students took a very active and lively participation. Dr. Abhishek was amazed and very pleased with the confident and co-operative participation of the students. The students returned to the school very much enriched by the things they learnt during the Pink Chain Cancer Conclave 2016.

Inter-school District Sports

This year the closing day of the Inter-school District Sports on 6 May was a day of triumph for our girls considering the fact that we do not have a field for practicing yet they won the coveted trophy for the best team in the above 16 category. We are proud of our girls who won 9 gold, 5 silver and 5 bronze medals in various events.



Workshop on Improvement of memory Power

A half-day workshop for training to improve Memory Power for students was conducted in the School on 9 May for 315 of our students from Classes IX, X and XII. The resource person was Mr. T. Rashikesawan of M/S Hayagreeva, Salem, Tamilnadu. The seminar was conducted by the entire family of Mr. Rashikesawan who is totally blind from his youth on account of an accident in his working place [he was a chemist scientist]. After a heroic struggle and the devotion of his fiancée, he is



now the proud father of two children and head of a Trust named after his daughter. The workshop dealt with motivational methods and different learning methodology to empower student's memory and bring out their latent potentiality. After the workshop the SP of West Jaintia Hills, Mr. S. Muthu, IPS, who was the contact person too gave an inspiring talk to the students and encouraged them to work hard and learn how to do things methodically and systematically so that they may be successful in life.

School Feast celebrated on 13 May

The Sisters, Teachers and Students were all equally excited to show how much they know, love and honour Mother Mazzarello, this is particularly true of the Catechism and Moral Science Teachers. Everyone was set for the big manifestation of love and joy. In a programme of 12 items, the various combined groups of classes, honour Mother Mazzarello with a dance, skits cum choreography depicting, the early life of Mother Mazzarello at home, in the Pious Association of the Daughters of Mary Immaculate and the First Community of Mornese.

It was just fantastic and unbelievable – be it with the depth of the spirit they captured, the biographical background and the actual presentation. At least four lively, polyphonic songs on Mother Mazzarello plus one in the traditional cultural music composed for the occasion, caught our attention and made our hearts leapt for joy and exultation. In the concluding talk while congratulating all for the deep messages given in the name of Mother Mazzarello, Sr. Rosina asked the students to keep on loving Mother Mazzarello with their lives and to pray so that the Sisters and the



"Life is like a ocean; sometimes calm and sometimes stormy but still it has beauty."

– Mp Kumawat

"Don't let the choice that you didn't make weigh you down."

– Eric Eisenberg

Teachers may daily become ever more deeply Mazzarello alike in all things. The students were treated with sweets before they left for their home with Mother Mazzarello vibrating in their minds and hearts.

At 6 pm, His Grace Most Rev. Thomas Menanparampil, sdb, DD celebrated the solemn Eucharist with Fr. Roland Kharkrang, sdb, Rector of Bosco Pnar, concelebrating with him. There was a good representation of our Past Pupils, Cooperators, teachers of the Day and Evening School as well as our coworkers who were present with their family members and the MSMHC Sisters from Mooralong. Fr. Roland who delivered the homily highlighted Mazzarello's Marian piety. He concluded the homily by entrusting the needs of the Church and the world to Mother Mazzarello, a true daughter of the Church. A very homely gathering took place after the Holy Eucharist where everyone shared in joy and Mornesian simplicity the home made supper, fruit of the work and collaboration of every one, the sisters, house girls and our Co-workers.

Media Awareness Program



On the 13th April, 2016, a Media Awareness Program was organized for the 185 students of Sacred Heart Secondary School, Lamyrtsiang. The resource person for the day was Sr. Euginia Laloo, the Media coordinator of our Province. The day

began at 9:00 a.m. with the inaugural function and the investiture of 113 members of the Media Club in the school.

Soon after, Sr. Euginia got started with the various topics on Media such as Basic Communication Skills, Impacts of media on students, Mass Media Culture, Analysis of Advertisement and Television Habits Analysis. The sessions were very interesting, interactive, informative and thought - provoking. The children were attentive and cooperative during the whole sessions. Before ending the day, the students were asked to make some resolutions for themselves in order to help them use media critically in the future. They were pleased and grateful for such useful program and wished to have more of its kind. Concluding the day's program sister summed up the day's matters and the students expressed their gratitude to her for her professional way of imparting the topics to them. Thanks to Sr. Euginia for such substantial program creating in ourselves and in the students, a critical use of the media.

Inter-school Sports Meet

The Annual Inter-school Sports Meet of East Jaiñtia Hills District was organized by the Sports Department from the 27th to the 29th of April, 2016. Thirty-four schools from all over the



district participated in the same. Our students too took part in the various disciplines of these three days. The students' competitive and sportsman spirit bagged six Gold and six Bronze medals in different events. The most satisfying prize was that, our school got the Best Discipline Team. Thanks to the hard work of the teachers and students that had brought laurels to the School. Thanks also to Sr. Jubil Mary Dkhar, the Headmistress who had taken keen interest in sending the children for this occasion. Participation is better than winning prizes because the young people gained experiences.

Spiritual Experience

On the 28 May 2016, a day of spiritual experience was organized for the children of the Sunday School including the boarding girls of Lamyrtsiang village at Sacred Heart Church, Lamyrtsiang as part of the celebration of the Year of Mercy. More than 275 Catholic as well as non-Catholic children participated. Fr. Manbha Pakem from Bishop's House, Jowai was the preacher.

He started with some very interesting questions and led

them to the main topic: "Laziness." He dwelt on the subject so well, using many examples to make the children understand the physical and spiritual laziness. In between the talks, praise and worship moments were conducted by Mr. Besterwell Symplician and Mr. Salanbor Kamar who had volunteered to help us. The afternoon time was spent in Adoration to the Blessed Sacrament and Sacrament of Reconciliation simultaneously. The children sang and prayed fervently. Crowning the spiritual



fest was the celebration of the Holy Eucharist which was animated by the Class X students. During the homily Fr. Manbha spoke on the Year of Mercy and showed them ways to be merciful towards each other as God has been merciful to them. The children expressed their gratitude to the sisters for the initiative taken to organize this program for them. We could see their joy after experiencing the Lord the whole day. We pray that this day may create in their young minds and hearts, a stronger desire for prayer. Praise be to God!

Sr. Anita Dhar

★ MAWKYNDENG

Orientation Programme on FMA Child Protection Policy



An orientation Programme on FMA Child Protection Policy (CPP) was organized for the teachers of St. Francis English Medium School, Mawkyndeng on 12 May 2016. Sr. Gemima Pohrmen, the Social Development Co-ordinator was the resource person for the program.

When speaking about CPP she enlightened the teachers on the problems and challenges faced by them in dealing with the present day youth and children. She made special mention with punishments, which should be strictly avoided, and if corrections are required they should be done in private to avoid humiliation. She stressed on the need to make the young aware that they are being trusted by the parents, therefore the parents need to acquire more of listening ears and understanding hearts for their children. She congratulated the teachers for accepting this noble vocation of moulding the lives of the youngsters who are the future of our society. The session was very enriching and inspiring and hope it will rekindle the fire of dedication in our teachers.

Sr. Jurilin Lyngkhoi

Marian Month Celebrated

The feast of Mary the Help of Christians was well celebrated in Mawkyndeng. Every evening, the different groups including the Sisters and the lay people took up rosary animation right from the first day of the month.

On 24 May 2016 the feast was solemnized with the celebration of the Holy Eucharist in the Parish Church with both communities of the Salesians and ours. Fr. Alexius Dkhar the main celebrant spoke on the virtues of Mary especially that of humility and invited all to follow her virtues. In the evening



the community gathered together for a Marian sing out in honour of our Blessed Mother. Each group prepared very well and all the sisters too took part in it. Sr. Patricia Nongkhlaw in her goodnight thought reminded everyone on the great trust Don Bosco had in Mary. She invited all to have that filial love and trust in Her. Sr. Patricia then, distributed to all the Sisters and Boarders a Rosary each.

Sr. Aitihun Lawai

★ MAWLAI

Energy Club Competitions held

The Energy Club of Sacred Heart Girls' Higher Secondary School held competitions on the theme "Conservation of Energy", on the 28 and 29 April 2016. The competitions held were drawing, Model display and Slogan shouting on the said theme.

The energy club was formed in 2015 with the help and support of the energy Conservation Department Government of Meghalaya. The objective of having this club in the school is to enrich the understanding of the students of the most importance aspect of conserving energy.

Shri P.K. Shullet Senior Electrical Inspector Energy Conservation Government of

Meghalaya was the chief guest for the programme that was held in the afternoon of April 29. During which, the Energy club presented the theme song entitled 'save energy' which was composed by one of the teachers Sir. Rollingstar Kharumnuid and the members of the Red house presented a song entitled 'Love song to the earth' which is a dedication to Pope Francis' "Laudato si" or care for our common home. The chief guest spoke on the need to conserve energy and what school students could do to contribute towards this goal. He congratulated the Principal, the teachers and students for the meaningful programme organized and for spreading the vibrations of energy conservation. The chief guest also distributed the prizes to the winners from all the categories.

Energy Club Members



Seminar cum Workshop: "Do the Earth a favour, be a power saver"

On the 31st May 2016, Sacred Heart Girls' Higher Secondary School Mawlai, hosted a seminar cum workshop organized by Energy Conservation Meghalaya Shillong. The theme of the seminar was "Conservation of Energy". Shri PK Shullet, Senior Electrical Inspector and State Designated Agency on Energy Conservation Meghalaya Shillong animated the seminar. Mrs. Amrita Choudhury and Nilanjan Bose from Kolkata were the resource persons.



Students from 12 different schools of Mawlai area assembled in the school hall to participate in the seminar cum workshop. The programme started off with a welcome song and welcome address by the host school. Then Mrs Amrita Choudary gave her PowerPoint presentation and various video clippings on the said theme and various guidelines on how to conserve energy. To make the programme more interesting Shri PK Shullet conducted an open quiz competition for all the students, wherein the students who gave the first correct answer were given a prize. After the quiz competition the students of Sacred Heart Girls' presented a theme song of the Energy Club entitled "Save Energy" composed by Mr Rollingstar Kharumnuid. The seminar cum workshop has brought more awareness on how to conserve energy and the slogan "Go Green, Go Clean, Renewable Energy is the only means" was the tag line in all their activities.

Mrs. Daplin Mary Thongni

Sacred Heart Feast cum Blessing of New Chapel & First Communion

The Feast of the house and school dedicated to the Sacred Heart of Jesus was celebrated with the Blessing of the New Chapel and the reception of the First Holy Communion of eight boarding girls. After a long wait of more than two



years, Sacred Heart Convent, Mawlai saw the completion of the artistically built chapel on 3 June 2016. Sr. Isabella Suja, Provincial inaugurated the Chapel and Rev. Fr. George Maliekal SDB, Provincial of Silchar-Shillong Province blessed it.

Singing, "Enter the house of the Lord, our God..." the First Communicants led the congregation to the Lord's house in procession. In his homily, Fr. George highlighted the beautiful art work of God realized through the work of human hands. Emphasizing on the significance of the liturgical feast, he presented the famous painting of Del Parson namely, Jesus at the Door (Jesus

Knocking at the Door) to drive home the message of the merciful and loving heart of Jesus. He also exhorted the assembly to knock at Jesus who waits for us 24x7 in the tabernacle. We were blessed with twelve priests concelebrating the Holy Eucharist, our sisters from the neighbouring communities and a few well-wishers on the occasion.

Our gratitude goes to the Divine Providence that supported us through friends and benefactors from near and far; architects, contractors and the masons who put in their hard work and skills. All enjoyed the delicious meal at the end of the solemn celebration.

Sr. Teresa Kamsuan

Awareness Campaign on World Environment Day

The Sacred Heart Girls' Higher Secondary School organized a cleaning drive of the Sacred Heart Road of Mawlai Phudmuri locality and also the School's premises on the 10th June 2016 to commemorate the occasion of the World Environment Day.

All the students participated in the cleaning Drive with pride and gusto. Anyone could see they were filled with the sense of responsibility and dedication towards the environment. Banners with environmental captions were hung alongside the road to create awareness in the minds of the people of the locality about the importance and the impact the environment has on each one of us. Passers-by greatly appreciated the initiative of the students and applauded their effort.



Prior to this the Eco Club acted out and gave the message on the same topic on 6th June 2016 during the School Assembly.

**Mrs. Leena
Lyngdoh and
the Eco Club**

★ **MAWTNUM**

The 7th Annual School Sports of Auxilium Umpohliev Jingstad Secondary School was conducted on 10th and 11th March 2016. It was a unique event of the year stating the fact that the school during these past years conducted the school sports in the different villages' playground but this year the Lord blessed us with the ground of our own.

The chief guest of the day was Shri Donkupar Sumer MDC of Umsning constituency. The inaugural function started with the march pass parade by the four



houses followed by the pledge taking ceremony by the captains of the four houses. The chief guest in his message encouraged the students to take part in sports and games as it will enhance a better and healthy living and at the same time to pay particular attention to their studies as well.

All the students took an active part in all the events of the sports and it was nice to see their enthusiasm and interest to strive to be the best. On the 11th the School Sports concluded with the prizes distribution ceremony and Rev Fr. Glorious Syiemlieh,

Parish Priest of Assumption Parish, Nongpoh was the chief guest of the day. Prizes were given for the best discipline and best march pass team. Thanks to the hard work of all the Sisters and teachers the sports days were successful.

Sr. Mary Lamare



★ NANDAN NAGAR

We honour you St. Mary Mazzarello

The Staff and Students of Auxilium Girls' School, Tripura honored Mother Mazzarello's heroic life with a short but meaningful programme on 13 May 2016. Variety of items like Painting, Drawing, felicitations and thanksgiving made the day a memorable one.

Thanking God for the gift of St. Mary Mazzarello, the Guitar Club of the School performed 'By the Power of His Love'. The Literary Club presented her brief life sketch highlighting her work for poor and needy girls. The School Head Girl paid homage to the saint of simplicity, which was followed by the students of Class III. The festivity did not end here, but continued with the Drawing and Painting Competitions for students of Classes III- XII whereas the other students who did not take part watched the life of St. Mary Mazzarello in their own classes. After the competition came the best part of the day for the students where they witnessed

the friendly Basketball and Volleyball matches which was played between the two teams of Junior and Senior section of students.

The climax of the celebration was the Holy Eucharistic celebration in the evening. Rt. Rev. Lumen Monteiro CSC, Bishop of Agartala was the main celebrant and 9 priests concelebrated. We were happy that Our Salesian Co-operators teachers, friends and all the religious from the nearby community joined us for the celebration. In his homily Bishop invited everyone to follow the footstep of Mother Mazzarello a great model of sanctity who lived a very simple way of achieving holiness by doing everything for the Love of God. The community also took the opportunity and greeted Bishop Lumen who would celebrate his 20 years of Episcopal ordination on the 28th May. After Mass we greeted one another a happy feast and thanked everyone who joined us to honor the sanctity of our Co-foundress St. Mary Mazzarello.

Sr. Margaret Kharmuti



Karate Summer Camp 2016

The three-day summer camp for the Karate Club from 19- 21 May 2016 was one of the Camps, which empowers the members with self-defense. Though the days were quite gloomy due to the monsoon showers, it did not undermine the enthusiasm of the Karate girls as 24 students of the club came and took part in it. It was a great learning experience indeed from various aspects.



During the three days of the camp the members have learnt the various karate forms or katas. They were divided in four groups in which the competitions were held. Each group member gave her best and the leaders had taken an extra responsibility to keep the spirit of the team high. These competitions among ourselves were but the initial steps that we took as a club to build self-confidence.

After the competition was over we practiced some basic kicks and punches followed by some technical fighting methods. We strengthened our fists and felt a greater sense of empowerment

of being strong unlike any common girl. The camp ended with a note of joy and contentment. We thanked our Principal Sr. Celine for her constant support and our Karate teacher Sir Ryan Debbarma.

Rashmita Chakraborty (Class X C)

NCC First Summer Camp

19th and 20th May were the red-letter days for the NCC of Auxilium Girls' School Agartala as we had the first camp. The camp commenced with the warm up drill animated by the NCC teachers of our school in which we were introduced to the two trainers Mr. Abhijit Ghosh and Mr. Agra deep Bhattacharya.

The training started with the basic steps so as to gain perfection in the tougher ones. The selected candidates for the stick march were formed into two troops. On the first day, Kabaddi competitions were held in which the combined team of Class VIII and IX emerged as winners against the team of Class X.

The last day was a very interesting day where everyone in spite of the rain was very excited to learn more and more. A common training was given which was followed by the drill competitions both individual and group as well. The concluding ceremony of the Camp saw the members of the NCC in full spirit of joy, excitement and satisfaction. The chief guest of the day was Shri Bhanu Pada Chakraborty Superintendent of Police, South Tripura. After the felicitations of the guests with a bouquet of flowers, School sash and a copy of the school magazine, the prizes were awarded to the best cadet, best in discipline, best in uniform, and other competitions that were conducted during the camp. The Chief Guest expressed his joy and appreciated the school for the well disciplined





students, cleanliness and maintenance and he also urged everyone especially the NCC students as well as teachers to continue the good spirit and learn more and more to be better persons. Sr. Celine D'Cunha our principal too appreciated and congratulated everyone who had made the camp successful. She also inspired us with her encouraging message. The programme concluded with the vote of thanks proposed by the NCC captain Miss Jora Debbarma where she expressed her gratitude to everyone for having made the camp a successful one.

Khumtoya Jamatia (Class X B)

★ **NONGTHYMMAI**

A Visit to the Mother Teresa's Home

The Interact Club of Auxilium-Shillong marked the Jubilee Year of Mercy by visiting the community of the Missionary Sisters of Charity, Nongrimbah Laitumkhrah, on the 9 April 2016.

The Students with the guidance of the teachers got themselves ready with the gifts, clothes, food items and games items too for the orphans and the needy at the Sisters' house. There was a lot of interaction with the children. Our students presented songs and dances, sharing happy moments with the inmates. It was such a joyful moment and we were satisfied that we paid heed to the invitation of God to be merciful to others. We practiced mercy by sharing our joy with them and we in turn experienced great joy in doing so. We are grateful to our teachers for

their guidance and to the Sisters for their support. It was such a wonderful experience and it will surely lead us forward to help others in life.

**Josephine Tungdim and
Diana Kharbithai
Interact Club**

Year of Mercy Celebrated

As part of the celebration of the Year of Mercy, on the 21 April 2016 Auxilium Girls' Higher Secondary School once again was overwhelmed by God's mercy and blessing as the school observed a day of spiritual feasting.

On this day we had the celebration of the Sacrament of Reconciliation for the Catholic students and teachers whereby eight Priests have come to minister the Sacrament. The Catechism teachers of the respective classes have prepared the students much ahead for this encounter. In the afternoon a solemn celebration of the Holy Eucharist was presided over by Most Rev. Dominic Jala SDB DD, Archbishop of Shillong





and assisted by his Secretary Fr. Raphael Maiong SDB at the Divine Saviour's Parish Church Nongthymmai.

Apart from the spiritual fest the students were given the opportunity to showcase their talents through Singing and Wall Painting Competitions on 22 April 2016. The singing competition was based on the theme "Year of Mercy" in two categories that is both solo and group singing. The wall painting instead was based on two themes "Year of Mercy" and "Mother Earth". All the paintings gave a very strong message and they came out very beautifully, must say proud of our students. On this occasion Sr. Elizabeth Thannimoottil, Animator gave a fitting message to the students highlighting the power of mercy.

We hope that these endeavours help our students to understand the mercy of God and they in turn be channels of mercy to others.

Mr. Nathaniel Lyngdoh (Teacher)

Mazzarello Club - Outing with A Difference

On 23 April 2016 an orientation programme was organized for the members of the Mazzarello Club at the Transformational Leadership Resource Center, Siloam - Barapani. The trip has a two fold purpose that of understanding the year of Mercy and relaxation.

The teachers in-charge of the Club took sessions for the students; Mr. Nathaniel Lyngdoh dealt with "The Year of Mercy", Miss Aida Philariti Syiem on "How to excel in Academic Performance" and Miss Elena Kharkongor gave a session on "Leadership". The students breathed the fresh air of the beautiful

surrounding and enjoyed every bit of the scenic beauty of Siloam. In between the sessions there were lively action songs and group activities conducted for them.

On this day the different groups sat together and chalked out a plan for celebrating the year of mercy and what steps they could take for good academic performance. Lastly the rules of the group were made known to all the members. The Mazzarello club returned home more enriched, happy and enthused.

**Ms. Aida Philariti Syiem
(Teacher)**

A Spiritual Bouquet for Mother General

On 26 April when the whole FMA World celebrated the World Gratitude Day, the community of Auxilium too is not lacking in its expression of love and gratitude to Mother Yvonne Reungoat, our beloved Mother General.

A chain of prayer was animated for the students in the



morning. Each class was taken to the Chapel by their teachers to pray for Mother General. In the afternoon there was a festive expression of love and gratitude towards our beloved Mother through singing (group & solo) and poetry recitation. The Red House Members presented a beautiful and creative explanation on Love, Faith, Hope and Peace, the virtues connected to the theme. Concluding the day was the Family Night performed by the Sisters and Pre-Aspirants.



Sr. Suja Isabella, Provincial in her goodnight message exhorted the Sisters to be always thankful for what they receive and to be faithful to their FMA religious life and to the young candidates to forge ahead fearlessly following the example of so many missionaries who have lived an exemplary life in the Institute.

Sr. Theresa Phawa

★ SAIDEN

Course on Media and Communication

On 27-29 April 2016 the candidates of Auxilium Training Centre Saiden had a three-day course on Media and Communication animated by Sr. Euginia Laloo. These classes were held in order to widen our knowledge about Media and also to accomplish what was allotted in the syllabus of the congregation.

The programme began with a short introductory speech by Sr. Phyllis Bamon, Animator and she stressed more that our Intelligent Quotient may be different but what is important is to make the good use of it. During the first day of our class Sr. Euginia explained to us about Communication, Journalism and Film Appreciation. On the second

day she explained about Social Media, Women's Image in the Media and Public speaking more elaborately. On the last day everyone took part in the Event Reporting Competition.



The class was not restricted to only lectures but different activities were given to us for example report writing, public speaking, forming human machine, advertisement on religious vocation and the like. Together with us there were also Sr. Entilia Nongkynrih and Sr. Iahunlang Kyrnian who accompanied and helped us. We have enriched ourselves from these three days course and have taken upon ourselves some commitments for our growth.

Evangelica Suja (Aspirant)

Works of Mercy Enacted

On 12 and 13 April 2016 the Aspirants of Auxilium Training Centre Saiden animated and displayed to the whole community their study on the Corporal and Spiritual Works of Mercy. Sr. Celine Michael proposed this idea, which was the result of their Liturgy Class during this Jubilee Year of Mercy.

Through acting out of the same, they reminded the community to live the Year of Mercy fruitfully. Everyone appreciated the effort made and enjoyed the show. The active participation by all the Aspirants brought home the message to everyone who was part of the event. At goodnight time Sr. Phyllis Bamon, animator stressed that the works of mercy is pivotal to Christian living. Thanks to Sr. Celine Michael who was the motivating force behind the show. It was indeed a good learning experience for all.

Aspirants



"It is not the time which needs to be managed; it is ourselves." – Author Unknown

"You are what you say and think daily, if only you keep at it. Great men always have a starting point, from their heart via their lips to their lives."

– Bassey Ndon

"Always remember to forget the things that made you sad, but never forget to remember the things that made you glad" – Elbert Hubbard

An Extraordinary Visitor in our midst

The community of Auxilium Tura had the great joy of welcoming Fr. Guillermo Basanes SDB, General Councillor for the Mission on 22 April 2016 as he was on his extraordinary visit to the Salesian Province of Guwahati.

His fatherly presence and cheerful ways of dealing with our young people had made all of us feel so close to him. During the Holy Mass he said that the Easter candle is always placed in the prominent place, so that we remind ourselves that we are called to keep the promises that we have made on the day of our Baptism. He invited all of us to be an Easter candle and let others see Christ in us. After the Holy Mass our girls welcomed him with a lively Garo traditional dance followed by a short interaction with him. Fr. Albert Thyrnang SDB, Rector and Principal of Don Bosco Tura accompanied him. Thanks to the fathers of Don Bosco Boys Home Tura for their thoughtfulness in bringing Fr. Basanes to our community.

FMA World Gratitude Day celebrated with Joy

United with the whole FMA World on 26th April the community celebrated the feast of Mother General in a fitting manner with due preparations the whole month long.

Right from the 25th of March the community took the initiative of animating the Holy Rosary



every Sunday for the whole community for the intentions of Mother General and for the Institute. Together with the Rosary a short programme was staged every Sunday by our hostellers and boarders, which depicted the different scenes on Our Blessed Mother and her role in the life of our Institute.

Celebrating the day meaningfully, the Sisters and young people were reminded to thank God for the gift of Mother General and to offer prayers for her. This was done right at the beginning of the Holy Eucharist when an introduction was being read and a wreath with an inscription "A harmonious interweaving to say thank you" was carried to the altar by Sr. Elizabeth Vazhakalayil, Animator. Everyone prayed fervently and united our notes of thanksgiving with the rest of the world.

50th World Communication Day Celebration

Dealing on the theme "Communication and mercy: a fruitful encounter" we celebrated the 50th World Communication Day on 8 May 2016 with a beautiful prayer moment and a short stage programme on the advantages and disadvantages of media. This was well prepared and presented by the 3rd year B.A students under the leadership of Sr. Aquila Makri.

Our young girls displayed through their play the effects of media especially, the Internet on young people. Taking to heart the message of our Holy Father Pope Francis "The internet can help us to be better citizens" they concluded their prayer moment by asking God to help them to make use of these technologies to spread the message of love and spread the Gospel of Christ through communication. On the previous day, during the goodnight talk Sr. Elizabeth Vazhakalayil, Animator read to us the message of the Holy Father for the occasion and invited the community to celebrate the 50th World Communication Day. More importantly, she urged all present to be communicators of love, peace and joy to one another.



Marian Competition for the Auxilians



The feast day of the School was celebrated on 24 May 2016 through Marian Competition for the students of Class III till Class X. The Sisters and Teachers took great interest in the preparation of the feast. All the competitions were based on Mary.

Inter-house singing competition was organised in the morning followed

by the solo singing. The students were well prepared and took active part in the competition to the surprise of the judges even. We have spotted out many good singers through this competition. In the afternoon the students were engaged in the drawing competition on the face of Mary Help of Christians and the poem writing for the students of class VII till Class X. We could clearly see the love they have for Mother Mary, which was, expressed in their poems. In the evening we had an animated Rosary by the Class VII boarders under the leadership of Sr. Marinella Hinge. The day concluded around our dear Mother wherein we expressed our love and devotion by singing Marian Hymns.

**Sr. Aquila Makri and
Sr. Sabina Mawrie**

Orientation programme for teachers on "Child Protection Policy"

An orientation programme on FMA Child Protection Policy was conducted for the teachers of Auxilium Secondary School, Tura on 20 May 2016. Sr. Gemima Pohrmen, Social Development Coordinator was the resource person.



After the programme I questioned the other teachers how they felt about the Orientation programme on Child Protection Policy, the answers I got from them was that, they were very much satisfied with the one-day programme. All of us teachers and Sisters came to know many things about the rights of the children through this programme. Though majority of us have known that children have their own rights, but to have someone who spent time with us and to explain to us about this policy is something great. What we reflected after knowing in detail the Child Protection Policy was that, we are dealing with human being not with articles. Through this programme, the resource person made us feel great because we are the one who shapes the mind and the lives of the children. The resource person invited all of us to give our best to the students. We are grateful to Sr. Elizabeth Vazhakalayil and Sr. Celibon Maslai head of the Institution for making this day a reality.

Mr. Sebastian Ch. Marak (Teacher)

★ UMDANG

Women's day celebrated

To celebrate the International Women's Day, the Sisters of Auxilium Umdang extended the invitation to the different villages of the Parish. Around 80 women responded to the invitation. 8th March 2016 was a great day indeed for the women of the Parish who have come to come together to celebrate their womanhood.

Sr. Maristella Jyrwa welcomed each and everyone to the celebration. The boarders performed a short and lively program on the theme 'women empowerment and the success of women in the different fields'. Sr. Marilyn Wahlang the resource person addressed them and brought forth the important role played by the women in all walks of life. She also brought out the valiant women in the Bible and in our world like Bl. Mother Teresa of Kolkata Karen Bedi, Kalpana Chopra, connecting with our day today situation. She also spoke on the right and equality of women in the world and in the society in which they live.



The day ended with the Holy Mass celebrated by Fr. Gaspar Wahlang the Parish Priest. In his homily he highlighted the plight of women; their deprivation and inhuman treatment meted out in their lives. He then encouraged the women to be builders of families and societies and to hold high their dignity and sacredness of life and further more he said

that it is important to work hard to become self sufficient to maintain self respect and self dignity in the society. At the thanksgiving prayer Sr. Iris Suchiang made a beautiful prayer thanking the Lord for the gift of womanhood, the beauty, motherly qualities and one who can always give a smile to the world.

Sr. Risuk Dkhar

MEDIA *matters*

7 Issues We Need To Talk About In Our Youth Groups!

By Aaron Crumbey

Here are a few topics I believe we, as youth workers need to speak on in our ministries. I do believe that the increase in the statistics of these areas is largely due to social media. So as you read through think about how is social media affecting these areas and how can you affectively address them in your ministry. Notice that I don't give solutions, because I believe every youth group is different and you know your students better. I wrote this to hopefully open our eyes a bit to what could potentially be going on in our youth groups.

1. **Bullying:** (Source: stageoflife.com) – Bullying is still prevalent as it has always been, but with social media it has increased. Now students can be bullied 24 hours around the clock. 91% admit to being a victim of bullying.
2. **Texting and Social Media:** (Source: stageoflife.com) – 57% of teens credit their mobile device with improving their life. They also see it as key to their social life. The average teen spent 31 hours a week online which is like 5 hours a day

via a poll done in 2009. I can imagine that number has grown with the infusion of smart phones.

3. **Sex:** (Source: disease control center) – 47.4% of the students surveyed had sexual intercourse and out of the 47.4% that had sex 39.8% of those students did not use protection. 15.3% admitted to having sex with 4 or more people during their lifetime.
4. **Drugs and Alcohol:** (Source: SADD) – Statistically 72% of all students will have consumed alcohol by the end of high school. 37% have done so before the eighth grade. 6.7% of teens between the ages of 12-17 have smoked marijuana.
5. **Body Image:** (source: stageoflife.com) – More than 90% percent of all girls between the ages 15-17 want to change their appearance. Body weight is ranking the highest. 13% admit to having an eating disorder. 7 out of 10 girls believe they don't measure up or they're not good enough concerning their looks, performance in school and



relationships. 12% of teen boys are using unproven supplements and/or steroids to improve their body image. 44% of teens use skipping meals as a way to lose or control their weight.

6. **Depression:** Students are dealing with depression. From the severe to the not so severe, at any rate they are dealing with it. The NAMI (National Alliance of Mental Illness) states that 1 in 5 teens have experienced depression.
7. **The Future:** (Source: stageoflife.com) - 66% of teens are afraid of the future or life after graduation.

Now, I'm not a huge statistics type of person, but I do believe it paints somewhat of a picture for you and I to internalize into our own ministries. When I look at the numbers, I think, "how would these numbers fair in my ministry?"

Now, I know that there are more than 7 issues, and I also can tell you that these things are happening in my ministry. And if you were to take an honest look into your ministry you would probably say the same.

I hope there isn't anyone out there thinking that none of this is going on in their ministry.

Praying for students and telling them not to do something is not enough.

So the question is, what are some ways, with a Biblical perspective, that we can educate and open up dialogue about these topics with students and parents?

Joy is the gigantic secret of the Christian.
- G.K. Chesterton

The best way to cheer yourself up is to cheer someone else up. - Mark Twain

Joy is not the absence of trouble but the presence of Christ. - William Vander Haven

Let us get inspired with the beautiful thoughts of great person on change:
By changing nothing, nothing change
- Tony Robbins

Those who do most, dream most
- Stephen Leacock

FORMATION OF FORMATORS of Salesian Co-operators

A national Programme on formation of Formators and Gender Equity Education was organized on 29 April – 1 May 2016 at the Don Bosco, Okhla where Salesian Co-operators from eight provinces (Hyderabad, Kolkata, Chennai, Trichy, Shillong, Guwahati, Bangalore and Delhi) participated for the three-day training program.

The first day was devoted to concepts of formation of a good Salesian Co-operator. The facilitators were Fr. Noel Maddhichetty, National Delegate of Salesian Family, and assisted by Mr. Anthuvan the World Councillor, Sr. Theresa Phawa National Delegate of the FMA and Mr. T.K Devasia, Formation in charge, elaborated on the Guidelines of formation of Salesian Cooperators. The Human, Christian and Salesian dimensions of the life of a Salesian co-operator were explained in terms of four Pillars, i.e., To Know, To Know to be, To Know to do and To Know to be in communion.

On the following two days the Salesian Cooperators engaged themselves on Gender Equity Education Training. Competent trainers Rahmath and Chandrakanta Bharati from Centre for Social Equity and Inclusion (CSEI), Delhi and Ajat Shatru, Karuna Dayal, and Noor Alam from Multiple Action Research Group (MARG) conducted the training program. The trainers, young in age and at heart, took great pains to explain to the Salesian Cooperators from across the country the concepts of Gender Equity, Gender Violence, and support systems available to promote Gender Equity.



The sessions were full of lively inputs supplemented by short films, power point presentations, action oriented discussions to bring about clear comprehension of concepts on Gender Equity and the need of Women Empowerment in our country through education of the young and the adults in various contexts.

The existing laws for protecting Women's Rights were explained indicating the practical steps to be taken in case of injustice. The whole programme was greatly enriched by the sharing of real life experiences by both participants and trainers. The various activities conducted by the trainers to bring out the current understanding of the participants, the myths and stereotypes also helped in bonding and better understanding of each other.

The Action Plans with timelines, drawn out by each province, marked the climax of the programme. The participants, with sentiments of gratitude appreciated the program organizers Fr. Noel Maddhichetty, the Delegate for Salesian Family, South Asia and Mr. Devasia the National Formation Coordinator of Salesian Cooperators and

others for making possible the training program, which was first of its kind in the region of South Asia. The participants drew up plan of action as per their respective provinces and pledged to take forward the follow up program in the provincial and local levels, both on formation of Salesian Cooperators and the gender equity education.

Sr. Theresa Phawa

Salesian Family Launches training for Gender Equity Education in the North East

The Salesian Cooperators in collaboration with Salesian Family members organized a training of trainers programme on 'Gender Equity Education' from 14 to 15 May, 2016 at Don Bosco Technical School, Shillong. A team of resource persons headed by Rev. Fr. Noel Maddhichetty SDB, the national delegate for Salesian Family and Sr. Theresa Phawa the FMA National delegate Salesian

Family, conducted the training program. There were 48 participants representing the Salesian Co-operators, MSMHC, VSDB, FMA and SDB.

The first day began with a short prayer moment led by Sr. Theresa Phawa FMA. This was followed by a welcome speech of Fr. Philip Barjo SDB, the provincial delegate of the Salesian Family of Silchar Province. The introductory talk by Fr. Noel set a tone for the training program by highlighting the objectives and scope of the training program for the Salesian Family. He said that though laws on gender have not prevented increasing number of gender violations in our country. Education is the most powerful tool to change the mindset of the present and future generations of our nation. Salesian Family continuing the mission of Don Bosco with the young people and the powerful emphasis given by Pope Francis on the importance of family, in the new document "The joy of love", is launching the sixth Gender Education training program for the Salesian Family in Shillong.



In the first session Sr. Theresa Phawa presented the 'Concept and definition of Gender and Sex.' Karuna Dayal from Marg dealt on the topics of Gender roles, stereotypes and gender discrimination in the society. Mrs. Iarisa Phawa an advocate from Shillong enlightened the participants on rights and laws, which address the gender violations. She focused the session on the rights and laws of women and other gender related issues. The session created much awareness on human and women's rights. Sonia Gotrop, Provincial Coordinator of Salesian Cooperators of Tezpur raised the concerns of gender violence. The day ended with the solemn celebration of the Holy Eucharist by Rev. Fr. George Malielkal SDB the provincial of Silchar province.

The second day being a Sunday, the celebration of the Holy Eucharist set a right note to begin the day on which the solemnity of Pentecost was presided over by Fr. Noel Maddhichetty. As the participants were mostly Salesian Cooperators, the two morning sessions were devoted to presentation of a new document, 'Formation Guidelines for Salesian Co-operators' by Fr. Noel and Sr. T. Phawa. The session on "Myths and facts on Gender" was elicited in lucid manner by Sara Koundinya from Delhi. The rest of the day the participants spent time in their specific groups to plan and implement Gender Equity Education program in their own lives, in their families and the work places. Each Group presented their action plan for the next six months indicating how they intend to impart this education to the young people in their own homes and work places. Sr. Theresa and Mr. Marius Kharkongor the Coordinator of Salesian Cooperators for the Northern region were the local organizers of the training Program. The two organizers were proposed and nominated as the contact persons for follow up this training program in region.

Why You Should Pursue Your Dreams No Matter What

I don't know if most of you have heard, but Christina Grimmie has died at the age of 22. It is tragic and my condolences go out to her family. Nobody saw this coming and why would they? She was young and had a whole life left to live, but she didn't get to live it. That's the way life is, it can all be taken away from you in an instant and you'll never see it coming. Now, most people will think about death, then continue to get sad and depressed about it but no matter how much we try to avoid it, death is an inevitability. We don't like to think about it, but it's true. Now, death can be source of sorrow, or it can be a source of motivation. Even though Christina Grimmie's death was tragic and terrible, it is the perfect example why you should not give up and do that thing you love to do. Why? Because we can die at anytime and spending a single second not doing what you love and actually living, is a waste of that precious time that you do have. You will never get that time back again. She was only 22 but look at all the things she accomplished! She accomplished in life what most people only dream about. She started her music career when she was 15! As a musician who is 18 years old, this really makes me question what I'm doing with my life. Which is good! All of us should start asking ourselves these questions.

So if you need motivation, here it is. The reason you should pursue your dreams no matter where you are, what you have, or what you want. It doesn't matter how old you are. It doesn't matter. The only thing that matters is if you're happy and if you're not happy, what else is there?

One day you will die, we all will. That day could be 50 years from now or it could be tomorrow, but that uncertainty is the perfect reason to live for today, because it could be the last chance you get.

Diamond Jubilee Competitions held

To celebrate the 60 Diamond Years of the FMA Past Pupils, Shillong Province, a Dancing and Singing competition was organized on 21 May 2016 at Auxilium Nongthymmai where the past pupils of Jowai, Mawlai and Nongthymmai participated. It was a beautiful day as we saw young past pupils from all three units singing and dancing with great joy, enthusiasm and performing to their fullest abilities.

The special guest of the day was Sr. Elizabeth Thannimoottil animator of Auxilium Convent. The program started with the welcoming of the guests by the Federation President Mrs. Kathleen Pyngrope followed by a short prayer service by Ms. Elena Kharkongor. Immediately after that the singing competition started. The judges of the competition were Mrs. Kathleen Pynrope and Mrs. Genevieve

Khongjee. Our guest Sr. Elizabeth then gave a beautiful message based on the logo of the past pupils "Hands in the world, roots in the heart". After the message we had the dancing competition and the judges were Kiran Thakur, Viconia Syiemiong and Caryne Kharpuri. When the competition in all categories was over, the results were declared.

The prizes and certificates will be handed over to the winners on 24 September 2016 during the Grand Finale of the Jubilee Celebration at Mawlai. It was a day where we could say that Don Bosco and Mother Mazzarello would have been proud of us on seeing the young people together and more importantly helping them express their abilities to the fullest.

**Elena Kharkongor &
Candida Kharpdah**



★ INSPIRATIONAL STORIES

KUDOS! YOU MADE IT!

HEARTY CONGRATULATIONS to the four student-teachers Mrs. Amabilis Susngi, Mrs. Regina Lyngdoh, Mrs. Rossy Mary Warjri and Mrs. Kalpana Audrey Ganatra of Sacred Heart Girls' Hr. Sec. School, Mawlai who successfully completed their B.A (Bachelor of Arts) braving all odds. Amabilis Susngi secured 3rd Rank in the Merit List of B.A. Pass Course and the other three secured 2nd Division each in the examination conducted by NEHU (North Eastern Hill University), 2016. They were students of Savio Evening College, Mawlai, Shillong.



Like many other students of the college, Mrs. Amabilis is a mother of eight children (out of whom one is an FMA) with a grandson, and a few more years for retirement from service. Her success story will serve to inspire all students to never give up because of failure or hardship.

ELEPHANT

The class teacher asks students to name an animal that begins with an "E". One boy says, "Elephant." Then the teacher asks for an animal that begins with a "T". The same boy says, "Two elephants." The teacher sends the boy out of the class for bad behavior. After that she asks for an animal beginning with "M". The boy shouts from the other side of the wall: "Maybe an elephant!"

THE CHILD AND HIS MOTHER:

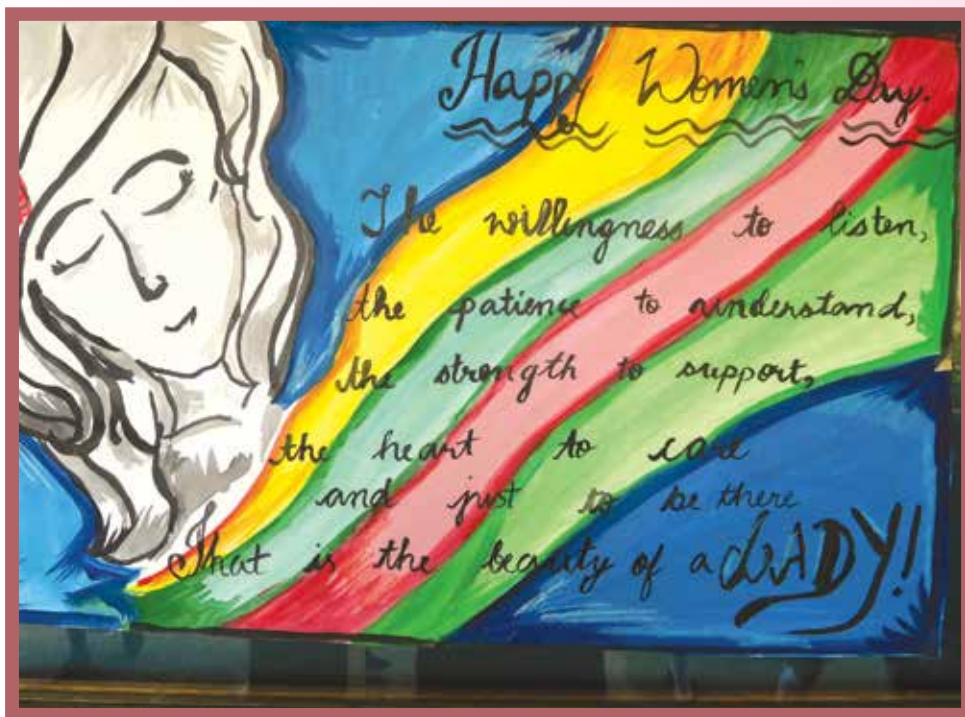
A curious child asked his mother: "Mommy, why are some of your hairs turning grey?" The mother tried to use this occasion to teach her child: "It is because of you, dear. Every bad action of yours will turn one of my hairs grey!" The child replied innocently: "Now I know why grandmother has only grey hairs on her head."

The Push That Changed A Life

When Rachelle Friedman's bachelorette party ended, she and her friends decided to go for a swim. Playfully, one of her friends pushed Rachelle in, not thinking about how shallow the water was at that end of the pool. Friedman's head struck the pool's bottom and she broke her neck, instantly paralyzing her from the collarbone down.

Since that fateful push, Friedman's life has changed drastically, but she was able to go ahead with her wedding plans and marry her fiancé a year later. And she forgave the friend who pushed her in. "I love her and have no grudge," The Daily Beast quoted from a Q&A session Rachelle had on Reddit. "I'm not saying it's right, but I've horseplayed by a pool and pushed people. I've pushed her. What happened was an accident."

International Women's Day
8 March 2016





Blessing and Inauguration of
AUXILIUM HOME
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