

Newsletter of the Salesian Sisters, Shillong Province

# FMA-INS INFO

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**FMA Pioneers to Northeast INDIA - 8 December 1923**

( Standing from left) Sr. Antonietta Rossetti, Sr. Clotilde Appiano, Sr. Cecilia Da Roit  
( Sitting from Left) Sr. Guilia Berra, Sr. Inncenza Vallino, Sr. Maria Brocarello



# *A Thanksgiving Prayer*

*Poet: Blanche Lea Walden*

For those who bravely dared to face  
The wolf-fangs of the sea,  
To find a land where they might dwell  
In faith and liberty.

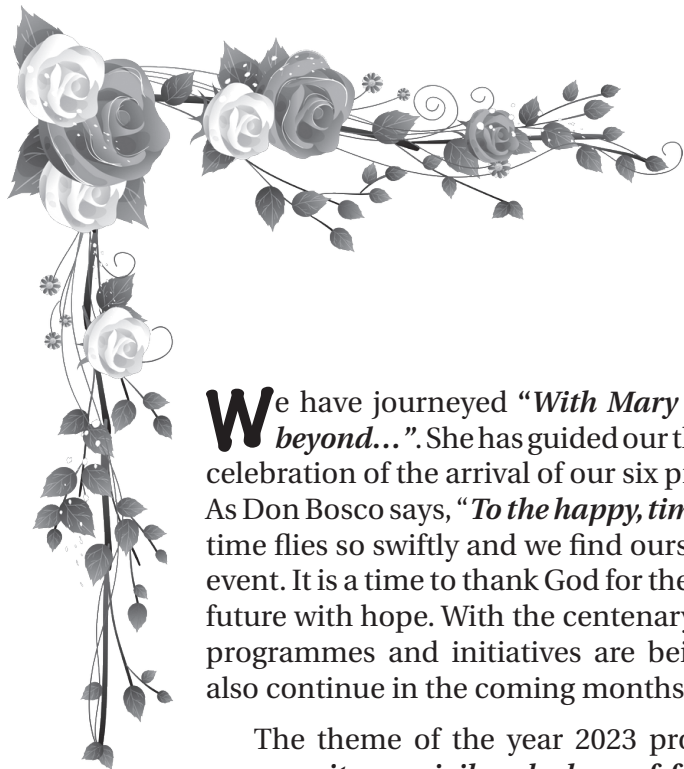
For pioneers who blazed the trails  
And broke the virgin sod  
With strength and spirit, firm, and sure,  
Today, we thank thee, God!

For ancestors with a vision  
As wide and deep and high  
And as filled with stars of promise  
As the eternal sky,

For health and homes and country  
And laughter, sweet and cheerful  
For all of these - and love and faith  
We thank thee, God, today!







## EDITORIAL

**W**e have journeyed “*With Mary through the course of the century and beyond...*”. She has guided our three-year preparations for the centenary celebration of the arrival of our six pioneers (1923-2023), to Northeast India. As Don Bosco says, “*To the happy, time flies; to the sad, it drags*”, true enough, time flies so swiftly and we find ourselves at the threshold of such a historic event. It is a time to thank God for the glorious past and to look forward to the future with hope. With the centenary milestone in mind, various animation programmes and initiatives are being organized. These programmes will also continue in the coming months.

The theme of the year 2023 proposed for the province is, “*Make our community a privileged place of formation in the synodal style*”. This is an invitation to recall, relive and renew the Salesian charism sown by our pioneers 100 years ago. Yes, gratitude with a deep sense of commitment spurs us on to bring into full blossom the seed of the Salesian charism sown in our land making a positive impact on society today.

The significant journey we have embarked on is a reminder of our rich heritage and the responsibility for us to continue shaping young minds and nurturing leaders of tomorrow. This is possible through personally-oriented formation in the community and with the young people who are entrusted to our care.

To be spiritually fruitful, we not only glorify the past but also celebrate the present and look towards the future with hope. It is now our bounden duty and responsibility to create and leave behind a legacy that is seasoned with the same passion of the *Da mihi animas caetera tolle* of Don Bosco and Mother Mazzarello for the generations to come. INSINFO wishes every FMA of Northeast India and the entire educating community members a grace-filled time of recounting God’s bountiful blessings upon us and our mission during the past 100 years.

*Sr. Teresa Kamsuan FMA*



# IN AND AROUND THE PROVINCE

## Young Sisters' Recollection Day

**O**n 13 December 2022, the Young Sisters of Shillong Province gathered at FMA Outreach for the Quarterly Recollection Day. The day commenced with the morning worship guided by the sisters from Auxilium Nongthymmai and Sr. Elizabeth George, Provincial led the sisters to meditation and reflection through her talk and presentation of slides, and videos. The recollection was initiated with the prayer for a Happy Death. Fr. Saji Stephen SDB, Rector, Don Bosco Technical School (DBTS) was the resource person, and there was the exposition of the Blessed Sacrament followed by the first session. Fr. Saji spoke about laying aside one's desire to glorify God in all one does. He interpreted and presented the topic in a very simple way yet powerful manner. He cited the example of Joseph

of the Old Testament and commented on the story saying that when God wanted to do something great he called the young and vibrant and prepared him/her. In the second talk, he stressed the importance of remaining close to God by reading the Bible and listening to Him. He also prepared the sisters for the Sacrament of Reconciliation followed by the confession while the silent adoration continued. In the evening, there was the animated adoration coupled with Praise and Worship led by two Jesus' Youth. After dinner, the sisters thanked Fr. Saji, Sr. Elizabeth George, Sr. Happyline Shadap, the Animator of FMA Outreach, and the two youth who had come for the animation and wished everyone Happy Christmas and New Year in advance. Sr. Elizabeth George then gave the good night message.

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## First Phase Inter-Province Second-Novitiate

**D**ecember 16, 2022 dawned with ample graces as the first phase of the second novitiate of the Provinces of the Immaculate Heart of Mary, Shillong (INS), and the Mater Ecclesia Guwahati (ING) began. The day had a stellar commencement as the inaugural programme took off with a prayer service led by Sr. Ribhalin Khyriem, the coordinator. Sr. Elizabeth George, the Provincial, and Sr. Happyline Shadap, the Animator of FMA Outreach were present for the programme.

The following days were full-time classes on different topics by the different resource persons. Besides classes, the sisters were also refreshed and scheduled

with many activities in the community. Days passed, and its Christmas time, an atmosphere of excitement and the festal mood was on the move, and the preparation of the cribs and Christmas decorations were superb. The Christmas vigil was solemnized by Fr. P. V. Joseph





SDB. After the Holy Mass, a moment of togetherness continued with Christmas greetings followed by an Agape refreshment.

On 25 December, the sisters had the joy of participating in the Christmas Mass at Sts. Peter and Paul Parish, Pynthorumkrah. Fr. Laurence Nongkse, Parish Priest gave a thought-provoking reflection saying that God's solidarity with our simple, sinful, suffering, oppressed and dejected humanity is complete with His incarnation. St. Paul confirms it: "The grace of God has appeared, bringing salvation for all people". He further put a question before us, "Do I have a place for Christ in my heart?"

The 26 December was a visit to Auxilium Convent, Nongthymmai. They were solemnly welcomed by Sr. Carmelina Sun, the Animator, and all the sisters, delicious lunch was served for all, after which they had an animated recreation organized by Sr. Rose Mary Lyngdoh and team. From there they proceeded to the

Cathedral of Mary Help of Christians, Shillong, and Don Bosco Technical School.

On 30<sup>th</sup> December, His Grace Most Rev. Archbishop Victor Lyngdoh, D.D. celebrated the Holy Eucharist. He gave a beautiful thought in his homily, that as religious all are called by God to live the family spirit in the community. He stressed that they should be missionaries to proclaim God's tidings in and around us.

The New Year's Eve was spent in union with the Lord, thanking Him for His immense goodness and love bestowed during the year 2022. In the afternoon, chances were given to prepare different cuisine of Khasi, Naga, and Garo. In the evening, they had the celebration of the Holy Eucharist by Fr. Paul Olphindro Lyngkot SDB, Provincial, and invited everyone to reflect and recall the wonderful journey God made with all in the year 2022. The day's programme ended with a short gesture of expressing love and gratitude to the Community of FMA Outreach. The thirty sisters were



delighted to put up on stage, simple and innovative items each spelled out on the theme of gratitude. Thereafter, they spent an hour of Adoration, thanking God for all the wonders He had worked in the lives of each one of them.

The New Year 2023 was born; thrilled with joy and excitement they all welcomed the New Year. The ceremony of the burning of an old man was done, symbolizing our old ways of life, and a meaningful acting out on how we should discard our vices depicting the human character was presented creatively by Sr. Bisilda Iawphniaw INS and Sr. Kuoliebeinu Mary ING. The next day was an interesting day when they had to shift the 2<sup>nd</sup> Novitiate sisters to Bellefonte Novitiate, filled with enthusiasm and zeal they were ready to move on, reminiscing the life and the struggle that our first Sisters toiled and worked hard. Reaching the Novitiate, they were welcomed by Sr. Elizabeth Thannimoottil, the Animator, sisters, and the novices.

On the last week of the course, they had a chance to visit Vendrame Institution at Mawpdang, also sang the song composed by Fr. Barnes Mawrie SDB and recorded it there, the song came out beautifully. Thanks to Fr. Barnes who created history in our journey of following the Lord.

On 14 January 2023, they went for a pilgrimage to Don Bosco Shrine, Sohra, and had the celebration of the Holy Eucharist presided by Fr. Stephan Kharbani SDB. They also made a trip to Wahrew River; beautiful place indeed! They too were invited for tea in two families of our sisters: Sr. Baladalini Raji and Sr. Maria Swer.

The final day was the thanksgiving and evaluation; they expressed their gratitude to God and the community of Bellefonte

right from Morning Prayer, Holy Eucharist, and adoration, and a short programme was creatively displayed. At the evaluation hour, each of them had the joy of sharing the experiences of reminiscing about the one-month spiritual voyage.

The one-month episode of the spiritual journey left a beautiful legacy with memorable insights and deep reflection to thank God for the gift of the Salesian Vocation, to appreciate and go back to the origin of the first sisters of Mornese, and to be a committed FMA enthused with zeal and passion for the mission. Another remarkable moment was the sharing of vocation stories, each vocation narrative was unique and special. Apart from classes and enriching prayer moments, they had an opportune time in taking part in the different religious celebrations; visited the different places and families of our sisters, and other activities. It was not only just our leisure time yet an amazing and educative presence to witness the life and faith of the people. This, therefore, spurred us to be true living monuments to Mary Help of Christians, to be committed and radical in following the Lord in fidelity to the charism of Don Bosco our founder, and Maria Mazzarello our co-foundress.

Heartfelt gratitude to Sr. Elizabeth George, our Provincial, Sr. Ribhalin Khyriem our co-ordinator, Sr. Happyline Shadap and Sr. Elizabeth Thannimoottil, and their communities. We salute our sisters who were the resource persons, well prepared with deep reflections and thought-provoking messages to the two priests: Fr. K. D Joy and Fr. Barnes Mawrie SDB. Sincere thanks to all those who have helped and supported us in the success of the first phase of the second novitiate.

*Second Novitiate Sisters of ING & INS*

## Annual Nurses' Meet

The FMA nurses of Shillong Province on 16 January 2023 organized the 13<sup>th</sup> AGBM at Mary Our Help Training Centre, Bellefonte - Shillong. The main agenda for the meeting was to see about the implementation of the Action Plan 2022 and to frame the Action Plan 2023. Prevalent issues and challenges related to health care faced by nurses from various quarters were discussed. To be effective in this ministry, the assembly proposed the need to prepare at least two science students for B. Pharm or D. Pharm to

support the nurses in dispensing medicine with drug license. Another important suggestion that came up in the discussion was to train at least two nurse sisters for specialization on alternative therapy for better implementation of health services for the poor and the less privileged. At the end of the meeting, Sr. Rihun Mawthoh thanked Sr. Elizabeth Thannimoottil, the Coordinator, and all the sisters for their wholehearted participation towards the success of the meeting. 14 nurses were present for the programme.

*Sr. Dorathy Kharduit*



## ECHOES FROM THE HOUSES

### BELLEFONTE

#### Outing

The staff and the students of Class X, St. Anne's Secondary School, Mawtawar, went for an outing to Wahrilang Viewpoint, a tourist spot situated in South West Khasi Hills District on 5 December 2022. They went by the school bus of Bellefonte Community College accompanied by Sr. Iris Suchiang, the school-Incharge, and Sr. Olda Mary Shangpliang. On reaching the spot, they shared their packed lunch, explored the places, played games, and admired the beautiful sceneries

surrounding the viewpoint. The place is endowed with beautiful landscapes and crystal-clear rivers as backdrops. Towards evening, they left the place and halted at a particular location near the river for tea and snacks. It was a fun-filled day in which everyone enjoyed in the company of each other, in the lap of nature. They returned in the evening overwhelmed with gratitude to God and the Sisters.

*Sr. Olda Mary Shangpliang*

*“Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”*

*—John Wooden*



## Pre-Christmas Celebration and Certification Day

The Pre-Christmas celebration was held at Bellefonte Community College (BCC) on 12 December 2022. The Eucharistic Celebration was presided by Fr. James Thyrnang, Provincial Economer, Shillong Province. It was a moment in which, as a family, they celebrated the joyous festival of the birth of Jesus. The celebration was solemnized with the introduction before the Mass by Sr. Oldamary Shangpliang, the reading of the Word of God by Ms. Biona Syndor, the music, and choir by the gents' staff, and Sr. Joplanglin Nongkseh. After the Mass, Fr. James gave the certificates to the students who had

to the Institution. During the speech, he congratulated the management for the contribution made to the welfare of society. He also promised to continue to support the activities of the Institute in the future. Sr. Helen thanked him for this act of kindness.

At the end of the programme was the exchange of gifts among the sisters and staff. Sr. Elizabeth Thannimoottil, the Secretary of BCC gave a Christmas message conveying the blessings of Christmas to the staff and their families; she also presented the Christmas gifts as a gesture of sharing the joy and the family meal followed.

*Sr. Beltiful Kharsnar*

## Village Touring

After two years of lockdown, Pynthorumkhrah Parish resumed touring ministry. The community of Bellefonte was entrusted with the sub-district of Diengpasoh. The villages allotted were: Mynriang, Nonghali, Jaroit, Mawkhanu, Lumsohprium, Diengpasoh, Mawiong, and Sohlaper. Sr. Iris Suchiang and Sr. Beltiful Kharsnar from the community together with six sisters from Auxilium Nongthymmai set out by our School Bus on 16 December 2022. Many MSMHC Sisters from Mawroh joined as they too were allotted other villages in Mawpdang, Sub-District. Fr. Lawrence Nongkseh, Parish Priest went along and was their guide to the different villages. The people eagerly waited for their visits and warmly welcomed them. They spent their days in the villages and returned only on the evening of Christmas Day. It was a heart-touching experience to witness the deep faith in God, although some of them needed follow up on the basic catechism,

completed the dressmaking courses, both the Basic and the Advanced. Sr. Helen Puweiñ then thanked Fr. James and as a token of love and gratitude, a Christmas gift was presented to him. Present for the celebration were the dressmaking trainees, the staff of BCC, and St. Anne's Secondary School. After the tea break, there was a facilitation programme, and Mr. Rocky Hek, an M.L.A. Candidate from Pynthorumkhrah Constituency was the Chief Guest. He donated a sewing machine to the best trainee and 150 plastic chairs

to rectify marriage and other Sacraments. Every Christian household was visited, listened to their stories, and problems, and prayed along. Throughout the Christmas Novena days, the sisters took turns in

their allotted villages to give the talk to all the faithful gathered for the occasion. They also had some time set aside for the catechism class and animated games for the children and young people.

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## A day with 'Come and See' girls

**T**he 'Come and See' girls, 157 of them, hailing from the different Dioceses and parishes of the two states of Meghalaya and Mizoram had their one-day programme being animated in the community of Bellefonte on 18 December 2022.

They were welcomed by the sisters and the novices, they spent almost the entire day in the community and had their sessions taken by different resource persons including Sr. Plenish Marak, assistant of the Novices, and Sr. Marilyn Bahun Wahlang, vicar of Bellefonte community and a nurse. Before the sessions, Sr. Elizabeth George, Provincial

addressed them. Sr. Carmelina Sun and her team animated them during the last few days at the scheduled venue of Sacred Heart Convent, Mawlai, accompanied them. They had lunch together with the sisters and the novices and continued with their sessions in the afternoon. Before tea, the novices entertained them with a few items. They appreciated the kind gestures and hospitality received from the sisters and the novices. Shortly before their departure, one of the girls thanked the community on behalf of all. After greeting each other, they returned to Mawlai.

*Sr. Olda Mary Shangpliang*



## Christmas with Elderly People

**O**n 19 December 2022, the old people who regularly received support from the community throughout the year were invited to join the Christmas celebration. Sr. Elizabeth Thannimoottil, the Animator, met them and gave them the message on Christmas and the good news of the hope and joy of the second coming of

Christ. With the help of Sr. Mary Concepta Wahlang, she gave them foodstuffs such as rice, potatoes, dal, and soya beans, and a shawl for each of them. With smiles on their faces, they thanked the sisters for the gifts received. Before they dispersed, they prayed the Rosary together for the various intentions of the community. 21 old people participated in the programme.

*Sr. Beltiful Kharsnar*

## Christmas sharing

**S**r. Beltiful Kharsnar and Sr. Janicia Nongrum, along with former BCC student Nathaniel Sana and two members of the neighbourhood children's council, shared the joy of Christmas with the boys at Juvenile Home in Mawkasiang, New Shillong (Special Home Boys) on 28 December 2022. The sisters visited the inmates with permission from the Meghalaya Ministry of Social Affairs.

They sang Christmas carols and spent a short time of prayer with them. Then the boys cut the Christmas cake, shared tea,

sweets, and presented them with warm jackets. On the same day, they also visited five poor families and presented each of them with half a dozen cups. All costs were covered by funds from the Lucky Dip held on Oratory Day on 17 December 2022 at Mary Our Help Training Centre, Bleefonte, Lumshyiap. Lucky Dip items were donated from materials exchanged by friends, BCC staff, and sisters of the community. A small, simple gesture brought a smile to their faces.

*Sr. Beltiful Kharsnar*



## SECOND YEAR NOVICES' MISSION EXPERIENCE 2 JANUARY - 5 FEBRUARY 2023

### Rangblang

**A**s you go proclaim the good news and do not be afraid, you are of more value than many sparrows." It was an experience of God's presence throughout the valuable and memorable time spent in Rangblang community and its mission. With much joy and preparation, Sr. Mercy Papang and Sr. Ridasuk Pyngrope set forth for our Apostolate for one and a

half months. Indeed, they feel blessed to be part of the loving community and to experience the different activities, which they have arranged. God's Word says, "The harvest is abundant but the labourers are few." Having experienced in the mission field, we would like to elevate that these words are true. Well, their experiences enthused them to forge



ahead without fear and hesitation, for they know that many people are really in need of radical life witnesses. They extend their gratefulness to Sr. Elizabeth George, Provincial, Sr. Rona Kharkongor, Mother Mistress, Superiors, and all the sisters for their prayerful support and concern towards us especially during our Apostolic Experience.

*Srs. Mercy Papang and Ridasuk Pyngrope*

## **Garobadha**

**S**r. Kyntiewhun Khardewsaw, Sr. Fatima A. Sangma, and Sr. Sumarlang I. Lapasam felt the loving hands of God and the constant guidance of our Blessed Mother during their one-and-a-half months, of Apostolate in Garobadha. At the outset, they began their ministry by visiting families, and the mission continued in a different field; like in the workroom, assistance, village touring, parish works, teaching catechism, etc. They are immensely grateful to the community of Garobadha for accepting them into their community and especially for the well-planned, enriching, and meaningful programme. Above all for taking good care of them. The joy of being messengers of the “Good News” will be inscribed in their hearts. They expressed their gratitude to God for the excellent opportunity they had. It was indeed a memorable experience.

*Srs. Kyntiewhun Khardewsaw, Fatima A. Sangma and Sumarlang I. Lapasam*

*“Develop success from failures.  
Discouragement and failure  
are two of the surest stepping  
stones to success.”*

*—Dale Carnegie*

## **Mawroh**

**S**r. Jessica Phawa and Sr. Maria Goretti Lalhrualtuang went to Auxilium Mawroh for their apostolic experience. The one-and-a-half month in the community was an enriching one, they lived the life and mission of the institute, through the different activities of the community such as assistance in the boarding, family visits, school work, and the children’s camp, which was a new initiative carried out for the first time by the sisters. The experience has enthused in them the spirit of hard work and sacrifice, especially for the mission in the future. They are indebted to the sisters for all their enthusiasm and initiative in making their experiences a fulfilling and successful one. Seeing the dedicated service of the Sisters in serving the Lord in the people entrusted to their care, they are encouraged and inspired to go ahead in their vocational journey, by striving always to give their very best in all that they do.

*Srs. Jessica Phawa and Maria Goretti  
Lalhrualtuangi*

## **Mawkyndeng**

**T**he three Novices Srs. Fatima Kharumnuid, Innocensia Marwein, and Aihunlin Kharkongor went for one and a half months to St. Francis Mawkyndeng for their Apostolic experience. Sr. Jemma Phyllei, the Animator arranged different activities such as visiting families, children’s retreat in different villages, youth convention and catechism for the first communicants, school work, assisting the boarders, and much more. In all these, they were accompanied by the touring sisters Sr. Tista Bareh and Sr. Lina Wanniang and the entire community. They are grateful to Sr. Elizabeth George,

Provincial, and Sr. Rona Kharkongor, their Mother Mistress, and the community of Mawkyndeng for the opportunity given to experience the life and mission of the Institute.

*Srs. Fatima Kharumnuid, Innocensia Marwein, and Aihunlin Kharkongor*

## **Nongstoin**

**S**r. Ibacika Taropi and Sr. Almashisha Pyngrope thanked God for the blessings and graces he showered upon them and for having sent them to St. Peter's Convent for the mission experience. The moments they cherished the most were village touring, family visits, teaching catechism, Parish ministry, being with the boarders, and helping them in their studies. It was an enriching experience for them to witness the simple life of the people. The experience strengthened their vocation and inspired them to move forward in their journey of following Christ with courage and hope. They learned to be firm, and hardworking, no matter what the difficulties are. The mission they experienced has helped them to prepare themselves well for a better future.

*Srs. Ibacika Taropi and Almashisha Pyngrope*

## **Chapahati**

**S**r. Sophia Marak and Sr. Wanda Mary Thongni are grateful to Sr. Elizabeth George, Provincial, and Sr. Rona Kharkongor, Mother Mistress for sending them to Chapahati for the mission experience from 2 January to 15 February 2023. Sr. Bisilda Thyрниang, the Animator coordinated the programme for the entire month of their stay. They had different experiences such as; family visits, catechism for the First Holy

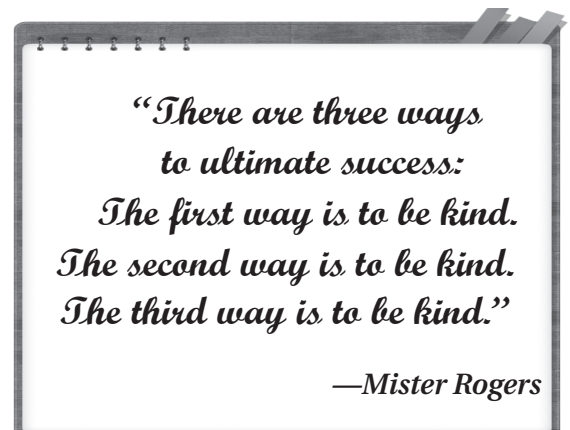
Communicants, Confirmation, and the rectification of marriage. They benefited a lot from the exemplary life of the sisters which inspired them to go ahead in their vocational journey.

*Srs. Sophia Marak and Wanda Mary Thongni*

## **Lamyrsiang**

**S**r. Ribandalin Pariong and Sr. Ajanta Dhar, are greatly indebted to God for the wonderful time spent at Lamyrsiang community. The sisters gave them many opportunities to experience various activities like teaching and preparing the children for the First Holy Communion, the three days of experience in Sakhain village, family visits, etc. They cherished the family spirit lived with joy and optimism. The most beautiful moments were the time spent with the community sisters, boarders, students, and teachers. The various experiences strengthened their vocation and increased their love for young people. They are grateful to Sr. Elizabeth George, Mother Provincial, Mother Mistress, and sisters for sending them for mission experience and thanks to Auxilium Lamyrsiang Community for the beautiful and memorable experience.

*Srs. Ribandalin Pariong and Ajanta Dhar*



## New Academic Year cum Pledge-taking Ceremony

**T**he Bellefonte Community College (BCC) started the new academic year 2023 on 8 February 2023. However, on 24 February 2023, they had an official inauguration of the academic year with the pledge-taking ceremony for the captains of the school, of the houses, and the Eco-Club. On this day, the campus had a colourful look with flags and decorative umbrellas. The ceremony started with a short prayer



service and the lighting of the candles by the representatives of sisters, staff, and students, followed by the pledge-taking ceremony of the captains. The School Captain, Mary Ananaya Marbaniang, with Mother Mary as the patron, Davistar Lyngkhai, the captain of the Eco Club, St. Francis of Assisi as the patron, and *Amma Salumarada Tihimakka*, the mother of trees as their inspirer, Silverbell Pyngrope, the captain of the Blue House with Blessed Laura Vicuña as the patron and Malala Yousafzai as their inspirer, Manisha Sunar the captain of the Green House, St. John Bosco as the patron and Greta Thunberg as their inspirer, John Daneth Nongspung, the captain of Red House, St.

Maria Domenica Mazzarello as the patron and Carlo Acutis as their inspirer, Persara Lyndem, the captain of Yellow House, St. Dominic Savio as the patron and Mr. Kailash Satyarthi as their inspirer, the class captains, Guardian Angel as the patron and M.S. Dhoni as their inspirer. This was followed by the display of aerobics, with the song “Beautiful Life.” The Chief Guest, Sr. Elizabeth Thannimoottil, the Animator of Mary Our Help Training Center, and the Secretary of BCC gave a message applauding the students and the captains for the beautiful performances. She also encouraged them to strive to live by the pledge they have taken and to work for the betterment of their friends and school.

After the programme, they had the Eucharistic celebration for all the students to seek God's blessing as they began the academic year and kept a day of prayer for the students who will be writing the matric examination. Before the mass, the student and teacher representatives walked in procession to the altar with the uniform, book, and candle, a symbolic gesture of entrustment to God, the year





2023. Fr. Gervasius Nongkseh, the Vice-Principal of St. Anthony College, Shillong presided over the Holy Mass. In his homily, he exhorted the students to thank God for blessing them with the chance to continue

their studies and never to give up. He also gave special blessings to the outgoing students; especially wishing them success in the upcoming exam.

*Sr. Olda Mary Shangpliang*

## Teachers' Seminar

**S**t. Joseph's Higher Secondary School, Pynthorumkhrah - Shillong organized a one-day seminar for teachers on 13 February 2023 on the theme, "Learning outcome, blended learning, and ICT." Dr. Naraginti Amareswaran Reddy, an Asst. Professor in the Education Department of North Eastern Hill University (NEHU) Shillong, Meghalaya was the resource person. The programme began with a short prayer and words of welcome by Sr. Madona Lytep, the Principal. The three sessions dealt with the different

styles of learning - visual, aural, verbal, physical, logical, social, and solitary. Besides, Brain - Based learning, three types of stress, the role of Dopamine in the Educational Environment, Assessing the learning styles of the students, and the application of appreciation technique in teaching were the other points of discussion. It was indeed an eye-opening session, informative and educative too. It has motivated the teachers to prepare and update themselves to educate young minds to face the challenges of life.

*Sr. Madona Lytep*



*"It's not about better time management.  
It's about better life management"*

*— Alexandra of The Productivity Zone*

## Skills Development Programme

The Bellefonte Community College (BCC) in collaboration with Meghalaya State Skill Development Society (MSSDS) celebrated the inauguration of the Skills Development Programme on 16 February 2023. Sr. Helen Puwein, Principal of BCC welcomed all the dignitaries, colleagues, students, and all those present. She mentioned the significance of the Skills Programme, which aimed to give Meghalaya's youth work opportunities. After which, a memento and a bouquet were presented to the Chief Guest Miss Audrey Mary Khonglam, Skill Development Officer East Khasi Hills District, Meghalaya, and the Guest of Honour Sr. Elizabeth George, Provincial.

Sir Eric Myllem Pdah, the Computer Application Trainer, led the prayer service, followed by the lighting of the lamp by Miss Audrey, Sr. Elizabeth, Miss Evangeline Suting, the trainer, and the

student, Mr. Ronaldo Marbaniang. The students performed a song then the message from the chief guest and the guest of honour, who encouraged the students to participate actively in the training and wished them all the best. After the inspiring and motivational speeches, Miss Damonshisha Lyngdoh, the Project Manager of BCC announced the distribution of certificates to honour the achievements of the students who had completed their vocational training in tailoring and computer application. Sr. Elizabeth George and Shri Henry Lamin, Director of Academic Council NEHU, presented the certificates and mark sheets to them. The sessions concluded and the beginning of the skills programme was marked with a beautiful traditional seasonal dance performed by the students of BCC. The event was concluded with a vote of thanks by Sr. Janicia Nongrum, Community Mobilizer of the Skills Development Programme.

*Sr. Beltiful Kharsna*



## Mind Piqued Teachers' Training Programme

**B**ellefonte Community College (BCC) organized a one-day teachers' training programme for the teachers of St. Anne's Secondary School Mawtawar, Lurshai Morning School, and BCC teachers on 18 February 2023 in BCC Conference Hall.

The programme started with the prayer service led by Sr. Helen Puwein, the Principal. The two-resource persons for the day were Miss Eva Thabah, an international Trainer hailing from Mawlai, and Mr. Hazelman, an educationist from Australia. They began the first session by introducing themselves and the aims of the Training. The second session was on the role of different perspectives towards learning via mentoring slides for the children on the screen which was monitored by Mr. Hazelman through live meetings on Zoom as Miss Eva helped

the participants to interact and elaborate ideas and Concepts. Further, in the third session, the teachers were requested to have a role-play in and among themselves to learn each gesture and communication by being a teacher and student. The last session was on learning the skills of the teachers. Mr. Hazelman and Miss Eva groomed everyone, in terms of etiquette and ways to communicate with the children by setting the tone of every act enacted by the teachers. 32 teachers participated in the training programme. The various activities helped the participants to learn tactics and means to mentor and teach the children with utmost care and joy. The interesting day came to a close with the Holy Eucharist celebrated by Fr. Acardius Puwein, Principal of Don Bosco Technical School, Shillong.

*Miss Kaniwanroi Diengdoh (Teacher)*



*"Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work.*

*And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it."*

*— Steve Jobs*



## Solemn Entry into the Centenary Year

**F**illed with joy on 8 December 2022, the Sisters of Bishramganj celebrated the opening ceremony of the Centenary year in the community. This day was launched symbolically by flying six sky lamps representing the six Pioneers: Sr. Innocenza Vallino (Leader), Sr. Giulia Berra, Sr. Maria Bricarello, Sr. Clotilde Appiano, Sr. Cecilia Da Roit and Sr. Antonietta Rosetti, a sign of their indomitable spirit in spreading God's light and love in our land. The song 'May we be a shining light was intoned'. The Sisters,



hostel boys, and girls, Fr. Blassius Kujur SDB, Fr. K.A Thomas SDB, some Salesian Cooperators, and youth representatives gathered in front of the house for the opening ceremony. A brief introduction was given by Sr. Rihun Sten, the Animator, who presented briefly the significance of the twin celebrations namely; the Solemnity of the Immaculate Conception and the arrival of our six pioneers in the year 1923 to North East India. They pitched their first tent at St. Mary's Guwahati.

Notwithstanding the barriers of language, tradition, climate, food, etc., they carried forward the Spirit of our Founders with undaunted spirit and unfailing hope.

Then followed the procession to the chapel led by the flex of the image of the pioneers and the colorful flags and they sang 'Thank you, Mother Mary.'. The symbolic gifts were placed at the feet of Mother Mary. At the outset of the Holy Eucharistic celebration, Sr. Risuk Dkhar read a meaningful introduction. Bro. Pynshaibha Latam and Hostel Boys were the choirs. In his homily, Father stressed the purity of Mother Mary and the daring sacrifices of the pioneers. Delicious dinner was served to all, and later, night prayer was led by Fr. Blassius Kujur, Rector, and the memorable day was brought to a close.

## Celebrating Together

**E**xcitement and joy animated the Oratorians as the long waited moment arrived. On the afternoon of 10 December 2023, our vehicle went and fetched them from Koliram village for the first ever Pre-Christmas celebration organized on our campus. The sisters gave them a warm welcome making them gradually feel at home. Under the leadership of Sr. Martilin Nongkynrih, the sisters organized lively games wherein everyone participated actively. The sisters presented them Christmas carols, dance, gifts and concluded with a meal. The 18 oratorians came like strangers and went back home as friends.

Christmas is all about giving and sharing. The Students, sisters, and teachers of Auxilium Pathaliaghat endorsed this Gospel truth by giving the little we have. On 16 December 2022, we had a pre-Christmas celebration on our school Campus. The little Kindergarten came to school with colorful Santa Clause attire stealing everyone's attention. The

moments were patronized with dance, songs, and gifts. Thanks to the little Kids' generous contribution that made the giving possible. It was a moment they learned in action about caring, loving, and concern for the elderly thus creating long-lasting memories of goodness.

The giving continued. On December 22, the community set aside and shared our times and celebrated together with the poor people. Fourteen families turned up. It was celebrated with cake cutting followed by the presentation of gifts - 10 kgs of rice each and 6 families who were most in need were given a blanket each. They went away with grateful feelings engraved in their hearts.

*Sr. Stability Nongrud*



## Annual Sports Day

On 15 December 2022, the entire campus was adorned with colourful flags for the 2<sup>nd</sup> Annual Sports Day celebration. The little Kindergarten energetically and joyfully came to school with tracksuits ready to explore the day. At the outset of the day was the Morning Assembly animated by Sr. Rihun Sten and sisters, followed by the different sports events beginning from Nursery, KGI, and KG kids accordingly. The

events were the 50 metre race, frog jump, and biscuit race organized separately for both boys and girls. There was much joy, cheers, and excitement. They thanked the sisters and teachers for conducting the events. In the end, Certificates were given to all the winners.

*Sr. Fabiana Dkhar*



## Inauguration of Social Development Office

**T**he Blessing and inaugural ceremony of the renovated Social Development office were held on 20 January 2023 at FMA-Outreach. Commenced with the words of welcome to all the distinguished guests by Sr. Garnet Sutnga.



Sr. Helen Puwein, Director of FMA-OUWC briefed about the significance of the office and its aims, followed by a prayer of blessings by Fr. Paul Olphindro Lyngkot SDB, Provincial then the cutting of the ribbon by Jaba Chakraborty, and Sr. Elizabeth George FMA, Provincial and Fr. Paul blessed the office. Then everyone moved to the hall and the children's parliament of the Bellefonte unit sang the song "Ka Mei Mariang". Sr. Elizabeth George gave a brief address in which she conveyed her appreciation to everyone who had attended the event. Smt. Pamela Pyngrope delivered a speech outlining the Social Mobilization and Institutional Development Day-NULM. Jaba Chakraborty gave a brief

introduction about SIDBI and explained how it has been collaborating with the FMA-Social Development in the past. The day concluded with the words from Sr. Helen Puwein who expressed her gratitude to each guest and participant for honouring the event with their warm presence and significant participation specifically praising Jaba Chakraborty for the assistance. She expressed her heartfelt gratitude to Fr. Paul and Sr. Elizabeth George for her assistance. She thanked everyone for gracing the occasion with their solemn presence.

Those present on the occasion were Sr. Elizabeth George, Fr. Paul Lyngkot, Jaba Chakraborty, Manager of Small Scale Development Bank (SIDBI), Pamela Pyngrope, State Manager at Social Mobilization and Institute Development DAY-NULM, Siewspah Kurbah, City Manager at Shillong Municipal, Sr. Gemima Pohrmen, Provincial Economer, other invitees, sisters, and novices. This event marked a fresh approach to social services that are given to them.







## Leadership Skills Training

**A** two - day Leadership Training was conducted at FMA-OUWC on 22-23 February 2023. The programme began with a prayer led by Sr. Garnet Sutnga and the lighting of a lamp to mark the auspicious beginning. The prayer instilled a sense of positive energy among the participants, setting the tone for the rest of the day. The welcome address was presented by Sr. Helen Puwein, Director of FMA-OUWC, and Miss Eva Thabah, who give a piece of information about the training and then Miss Cynthia Kharwanniang delivered a vote of appreciation and thanked everyone who had supported and made time for the special event.

At the beginning of the Training Session the resource person, Miss Eva Thabah, Founder of 'Mind Piqued' gave a brief description of herself and her coaching. She highlighted and focused on Effective Leadership, the 4 components of leadership, the inward, outwards, and

upwards (IOU) Approach to Human Excellence, the Big 5 Personality Test, and on the concept of Self-Saboteur. Throughout the entire role-playing session, she emphasized the value of self-awareness, emotional regulation, and maintaining relationships with others. She went into detail on how crucial it is to have good communication and listening skills to establish a trusting relationship with another individual. To make the training session interactive, the trainer led a discussion in which she asked the participants about the key takeaways that had the most impact on them. She also solicited the opinions and perspectives of participants on various topics. The training session was in a way that would not only transfer knowledge and skills to the trainees but also make the session engaging and interactive. Sr. Deihok Mukhim gave a vote of gratitude at the end of the training.

*Sr. Garnet Sutnga*

## Youth Convention

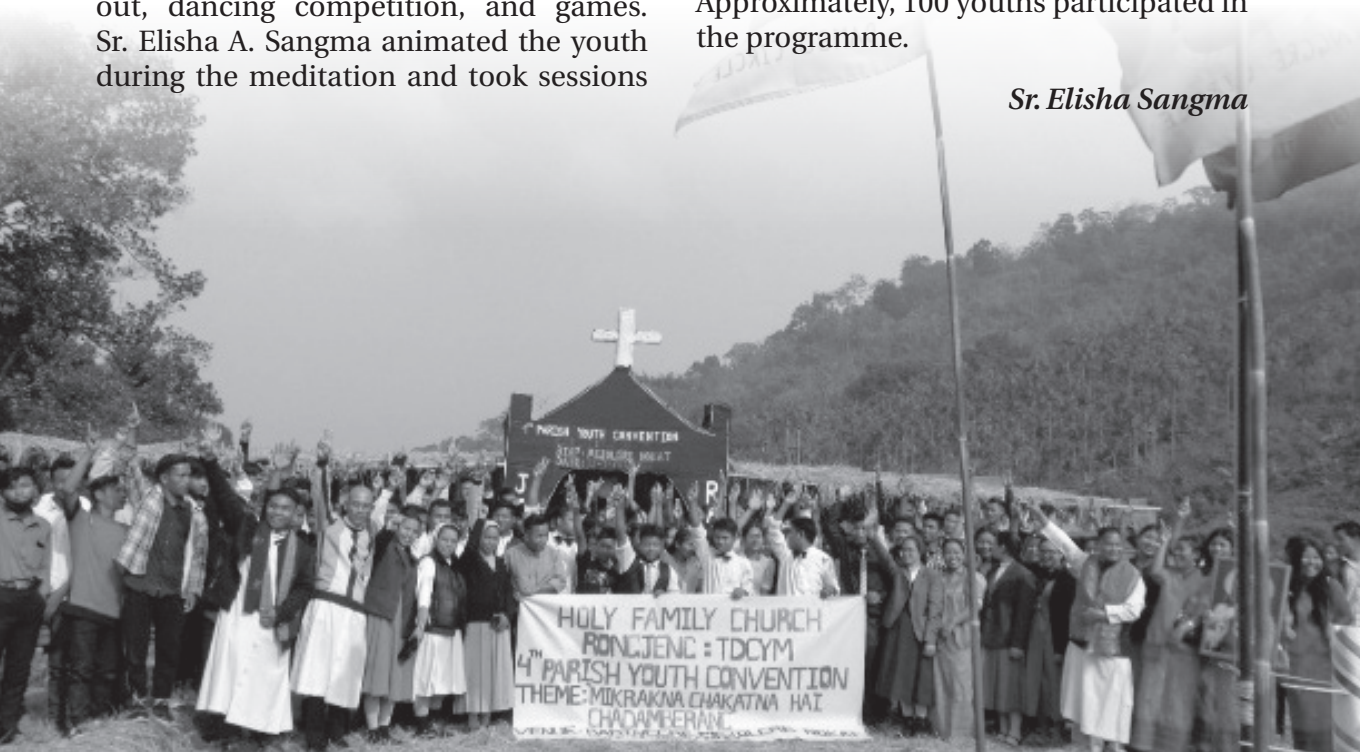
From the 13-15 January 2023, the Sisters took part in the Youth Convention of the Parish, with the theme 'Wake up, Rise up Youth' (Mirakna, Chakatna, Hi Chadamberang) held at Rongjeng Parish in a village called Rongchek A.kong. The three Circles include Baringgre, Mejolgre and Nokat. The resource person who animated the youth were Sr. Elisha A. Sangma FMA and Sr. Fatima A. Sangma, a second-year Novice.

The youths participated in all activities with enthusiasm. They were provided with different platforms to explore their talents and ideas likely; there were group work and discussions on certain topics, Bible hunting, Gospel acting out, Gospel sing-out, dancing competition, and games. Sr. Elisha A. Sangma animated the youth during the meditation and took sessions

on 'Early Marriage', through PowerPoint presentations. She advised the youth to treasure their youthful moments and helped the youth to understand the negative impact of child marriage. She also encouraged the youth to study well so that later they will be well-equipped and will be able to guide and lead society in a better way. Lastly, she also exhorted them to listen to the voice of God calling them to follow Him closely and to put God first in their life.

The Convention ended with the Holy Eucharist Celebration by Fr. Mathias M Marak SDB and the faithful from the neighbouring villages joined to praise and thank the Lord together with the Youth. Approximately, 100 youths participated in the programme.

*Sr. Elisha Sangma*





## Annual Sobha

**A**six-day Sobha celebration from 7 – 12 February 2023 was celebrated in St. Dominic Savio Parish Garobadha, which is one of the biggest Sobha of the Year. The first two days Sr. Tengme D. Sangma and Sr. Fatima A. Sangma (2<sup>nd</sup> Year Novice) along with some youth were in charge to teach Catechism to the children and youth for the ‘First Holy Communion and the Sacrament of Confirmation’. They helped them to understand the importance of the Holy Communion and Confirmation in the life of every Christian. The Sobha was officially inaugurated on 9 February with the hoisting of the flag, lighting of the lamp, blessing of the Pandal, and most importantly the Holy Eucharist. The theme for this year’s Sobha is “Synodality” and various session was all in connection with the theme.

On the 11, they had a Night Marian procession and many people of all categories including children participated as a sign of their love and devotion to

Mary, they carried a lighted candle and walked for a distance. On the 12 the climax of the celebration, by Bishop Andrew R. Marak DD. He ministered the Sacraments for both the groups where preparation was done in two places i.e. Parish circle and Ghatgre Circle. Around 200 and more children joined in the training from different villages, he also administered the Sacrament of Confirmation to around 300 faithful. The day ended with the Eucharistic procession and Adoration. The faithful of Garobadha Parish went back home happy carrying the joy of Jesus with them and spreading His peace and love along the way. And it was all successful because God Himself was present and He did all. The faithful from different villages of the Parish took part in all the sessions, which lasted for three days. They participated devotedly and some even camped in the Sobha place.

*Sr. Fatima A. Sangma (2<sup>nd</sup> Year Novice)*



## Teachers' Induction Programme

The St. Mary Mazzarello Girls' Higher Secondary School, Jowai, organized an induction programme for the teachers on 14 February 2023, conducted by Fr. George Shining Lyngkhoi SDB, Principal of St. Anthony's College, Byndihati. Sr. Theresa Phawa, Principal gave an opening speech to start the programme and Mrs. Hilda Pasi extended a warm greeting to the seminar attendees as well as the resource person.

The workshop started with a discussion of the Erikson-promoted theme of "Psycho-Social Development" (1902-1994). His theory discussed the several stages of human development, including infancy, early childhood, pre-school age, age of school, adolescence, young adulthood, middle age, and later life. 'Don Bosco way of education' or 'Preventive System' was the topic of the second session. For every institution, classroom, or event, a home, church, school, and playground were described in the in-depth lecture on the oratory model. After the session the teachers were instructed to jot down any queries, they had about how to apply the aforementioned Oratory model to their regular lectures. Reason, religion, and loving kindness were the three pillars of the preventive system, and their concepts were thoroughly presented. Fr. George also provided a comparative summary of the three educational approaches—repressive, preventive, and



expressive in connection to educational philosophy, the attitudes and abilities of educators, and the roles that teachers and students play in the learning process. He also discussed the need for listening, alertness, and cheerfulness when communicating.

A brief film clip about Don Bosco, a prayer, and the song "We Thank You, O Lord for Don Bosco" marked the conclusion of the programme's. Sir Wansalan Satein proposed a vote of gratitude to the resource person and the participants.





## Pre -Christmas Get-together

**O**n 17 December 2022, the Sisters of St. Mary Mazzarello Convent, Jowai organized a Pre-Christmas celebration for the oratorians of Mihmyntdu village. The day started with games, different competitions, and activities conducted by Sr. Rishailin Rongrin, Sr. Methelda Wanniang, and Mr. Royal Shadap. The children responded well through their active participation in all the activities with joy and happiness. They even managed to perform the stage programme creatively such as dance, songs, and short drama, and wish the Sisters and each other advance Christmas. During the program Sr. Sylvestra Khonglah, the Animator gave

a message on Jesus' life, she said that Jesus is God yet was born in a stable. The humblest and obedient person and she invited the children to possess these two powerful virtues.

The day concluded with the contribution of the price for the different competitions done during the year and also on that day, followed by a fraternal meal prepared by the sisters. They were grateful to the sisters for the gifts (Rosaries, pens, and pencils). The arranged bus came to fetch the children and accompanied them to the village by Sr. Rishailin Rongrin along with Mr. Royal Shadap.

## KHAPMARA

### Integrated Farming System Training Programme

**T**he Auxilium Skills Training Centre, Khapmara organized a four-day training on the *Integrated Farming System with Special Focus on Natural Farming* from 28 November to 1 December 2022. The resource person was Mr. Kamailang Suchiang, the project manager of the Institute and it was a programme granted by the State Institute of Rural Development (SIRD).

People from different villages under Bhoi Rymbong C&RD Block attended the training. They got to learn both the theory and practical part which was a moment of new learning in dealing with natural resources, where waste materials can be of good use to make manure, medicine, and insecticides in the farming system. The presence of Miss Lizelda Dkhar, the faculty





head of the livelihood promotion training programme of the State Institute of Rural Development Government of Meghalaya has encouraged the participants as she was one of them from the beginning of the programme till the last day. She also took some sessions regarding natural farming itself. The climax on the last day of the programme was the distribution of the certificates to all the participants by Sr.

Linda Horne, the Assistant Director of the Institute, and a special note of gratitude to the Institute of Rural Development Government of Meghalaya Miss Lizelda Dkhar in particular has offered to organize the training in the Center. We thank the resource person Shri Kamailang Suchiang for sparing his valuable time to be the coordinator of the programme.

*Sr. Jubil Mary Dkhar*



## Study Tour cum Exposure Trip

**T**he Auxilium Skills Training Centre, Khapmara organized the first study tour cum exposure trip on 17 December 2022 Sohra. As they reached there, they paid a visit to Don Bosco Shrine, making him known to the trainees about the greatness of our Father and Founder, St. John Bosco, then proceeded to the other 3 places. Present for this tour were 40 trainees, 3 staff, and 2 sisters, they spent the day in thanksgiving to God for all the goodness He had done above all we are grateful to Mr. Alexander Laloo Hek for sponsoring the bus for this trip.

*Sr. Manosha L. Nonglait*





## Advance Christmas Celebration

**O**n 21 December 2022, the Auxilium Skills Training Centre, Khapmara organized an advance Christmas for the trainees and Staff, the programme started with a prayer by Sr. Monica Kharkongor Training Department Head, followed by a welcome speech from Sr. Linda Horne.

The trainees performed their items creatively with a message on Christmas, which inspired the sisters and the invitees as well. They also had a fashion show where they showcase their talents by wearing dresses stitched by themselves within 340 hours of their training, both the groups, the Self Employment tailoring and fashion designer trainees. There was also a talk from the guest Miss Stephenia Nongbri (SDO) who appreciated the trainees



for their hard work, dedication, and eagerness to learn which will be useful for their future life and she gave a Christmas message. At the end of the programme Christmas, gifts were distributed to all the trainees and the invitees.

A note of gratitude was given to all by Sr. Jubil Mary Dkhar, the Director of Auxilium Skills Training Centre, Khapmara, for their availability to be part of the programme. She also thanked the trainees for their 340 hours spent in Auxilium Skills Training Centre Khapmara Umroi Ri-Bhoi District.

*Sr. Manosha L. Nonglait*

## Oratory Day

**T**he Year 2023 has brought blessings to the Auxilium Training Centre, Khapmara as they began the year with the oratorians by organizing an Oratory Day on 1 January 2023. The day's programme was a remarkable one where the children have the chance to meet and enjoy each other's company. The games were well organized by Sr. Jubil Dkhar, the Animator,

Sr. Monica Kharkongor, some youth of the village, and the trainees. 85 children turned up for the programme and at the end, snacks were served for all of them; we thank in particular Uncle Paul who sponsored the Christmas and New Year's delicious food items. May the Lord reward his generosity and shower his blessings upon him and the oratorians.

*Sr. Monica Kharkongor*

*“Nature has given us all the pieces required to achieve exceptional wellness and health, but has left it to us to put these pieces together.”*

*-Diane McLaren*

## Distribution of Certificates

**O**n 24 January 2023, the Auxilium Skills Training Centre, Khapmara conducted a felicitation programme for the trainees who completed their training. Certificates were given out to them as a sign of appreciation.



The day's organizer was Mr. Kamailang Suchiang, the Project Manager of Auxilium Skills Training Centre, Khapmara Bhoirymbong. At the very outset Sr. Jubil Mary Dkhar, the Director of the Training Centre Khapmara, Bhoirymbong Ri-Bhoi District Meghalaya voice out her welcome speech to everyone.

Smt. M Tariang O.A of the Meghalaya Skills Development Society (MSSDS) Shillong, Sir. Abhishek Saini IAS- Assistant Commissioner Ri-Bhoi District, Sr. Helen Puwein, the Director of Social Development Shillong Province (FMA), Sr. Gemima Pohrmen, the Provincial Economer, Rangbah Shnong, invitees and Parents of the trainees graced the occasion.

Madam M. Tariang in her talk explained the Skills Development provided by the Skills Programmes and run by the MSSDS, especially about other trades and Centres in the State funded by MSSDS SKILLS MEGHALAYA Scheme. She also encouraged and Congratulated all 69 candidates who successfully passed the Training Conducted by the Confederation of Indian Industry New Delhi. Sir Abhishek addressed the youth on the importance of the Skills Training programme and other training provided by the State. He also encouraged the youth on Self Employment for income generation for livelihood sustainability. Furthermore, Sr. Helen Puwein gave a short message and was very happy to meet the trainees and gave them a word of encouragement, she advised them to learn how to take the opportunity given by the government and to be prompt and alert to grasp the chances to equip themselves in many trades. Learning to stand on your own feet is more important than waiting for others to help them with various things. She congratulates them for their hard work and patience and above all, she told them to put into practice what they have received and gain from this centre all the help given to improve their Skills.

The Rangbah Shnong was very appreciative of the centre for taking care of all the various activities conducted in the centre like Self-employment, Tailoring and Fashion Design etc., the Auxilium Skills Training Centre is doing good in the locality and society for the youth. One of the representatives on behalf of the Parents of all the trainees, Mr. Paulus Thubru expressed his gratefulness for getting a chance of sending his daughter to this skills programme. He thanked the sisters and staff of Auxilium Skills Training Centre who are ready to take up



various activities for youth in our state and localities. He said that Auxilium Skills Training Centre, (ASTC) is an institute that encourages young people to become better persons for a bright future.

Miss Ibakmen Khongsit one of our trainees expressed words of gratitude to the (Meghalaya State Skills Development Society) MSSDS for their hard work, availability, and generosity to reach out to the needs of the poor and dropout young people. The Director of ASTC, Khapmara was happy to have the Certification and start-up toll Distribution programme on Self Employed Tailoring & Fashion Designer at Auxilium Skills Training Centre Khapmara through Meghalaya State Skills Development Society (MSSDS) Shillong. We hope for the bright future of all the trainees who will be trained in this centre.

At the end of the programme the topper of the course Miss Bantei Lynti Lyngdoh the Trainee of Fashion Design was interviewed about her journey of completing the course, she expressed her difficulties when she arrived at ASTC because she had no idea about the programme. Later she met all the staff of the Centre who encouraged her about the future, she understood that the Skills programme was the journey of her livelihood and she remained in the centre, she was a hardworking and punctual trainee, she gave importance to all the programmes, have interest on the trade of fashion Design, to be able to stand on her feet in the future .

*Mr. Kamailang Suchiang*

*“Nothing in the world  
can take the place of Persistence. Talent will not;  
nothing is more common than unsuccessful men with talent.  
Genius will not; unrewarded genius is almost a proverb.  
Education will not; the world is full of educated derelicts.  
The slogan ‘Press On’ has solved and always will solve the  
problems of the human race.”*

*—Calvin Coolidge*



## Handing Over Start-up Tool

**W**ith joy, the sisters and staff of Auxilium Skills Training Centre Khapmara were able to hand over the Machine to the trainees so that they may be able to make use in the future. The 1<sup>st</sup> phase of Distribution of the Sewing Machine to the Trainees in Nongpoh Ri-Bhoi District Meghalaya was on 27 January



2023 at Auxilium Umpohliew Jingstad, Mawntnum and the number of trainees who received the Machine was 13 of them on this day. 2<sup>nd</sup> Phase of Distribution of the Sewing Machine for the Trainees was at Auxilium Skills Training Centre Khapmara on 30 and 31 January 2023. The Sewing Machines were supplied to 69 trainees of our centre. We wish them the very best in their future.

*Sr. Manosha L. Nonglait*

## Cleaning Drive

**O**n 18 March 2023, the CRI Sub-Unit of Ri Bhoi conducted a cleaning drive at Bhoirymbong Market, an initiative to preserve and celebrate ecology by keeping our environment clean and green. Various Religious Institutions took an active part in the programme which began at 11:00 am with a short introduction from Sr. Jubil Mary Dkhar FMA, one of the executive members of the CRI Ribhoi Sub-Unit. She explained the importance of keeping our surrounding and the villages

clean. In her words of welcome, she also thanked all the representatives present for their generosity and availability to be part of the event. This was followed by a short prayer on ecology led by Fr. Ricky Mukhim Capuchin, and a speech from the Secretary of Bhoirymbong Lumdaitkhla, Church leader of Khapmara. A short and meaningful Street play was displayed by the candidates of MSMHC on how to live a hygienic way of life without destroying the beauty of Mother Earth. After this, the



participants were divided into different groups and began the cleaning drive that lasted for three hours. It was a witnessing presence amidst the big crowd in the market place to see the fathers, sisters, candidates, and boarders rolled up their sleeves and engrossed themselves in

cleaning. In the end, we gathered again in the same spot for some snacks and a group photo. We thank the CRI for this creative venture to go out of themselves and think about the good and well-being of others.

*Sr. Manosha L. Nonglait*



## **Tailoring Programme**

**F**rom 29 March 2023 to 5 April 2023, our Centre had a one-week training programme on Tailoring for the Farmer from the village of Lelad, Tonseng, and Tangnub which fall under the Government of Meghalaya Office of the Divisional Soil and Water Conservation officer cum Project Manager Watershed Cell cum Data Centre East Jaintia Hills Division Khliehriat. 31 women participated both young and old, and were accommodated in our house. During the one week of training, they put in lots of effort into learning especially the basic things for their future use. Sr. Monica Kharkongor and Sr. Roslina Phangchopi assisted them throughout the training days.

On 1 April 2023, the Project Manager of Watershed Cell and a few staff together

with two sisters, the project manager of Auxilium Skills Training Centre Khapmara and the 31 participants went to Umden for the exposure trip to visit the Eri Silk Village (Umden Nongtluh). There we had an hour of explanation and demonstration from the resource person on how to run the business and to make use of Silk products in different ways and methods, then proceeded to Marngar lake for lunch and returned to the hostel enriched.

On the last day of the Training programme, certificates were distributed to the 31 trainees in the presence of the Director, Sr. Jubil Mary Dkhar, the Project Manager, Mr. Kamailang Suchiang, the trainer, Sr. Monica Kharkongor from Auxilium Skills Training Centre and the Project manager of the Watershed Cell





Mr. Benjamin Khyndiat, Chief Guest, Mr. Albert Lyngdoh (MBDA) Meghalaya Basin Development Authority and the Guest of Honour, Mr. Jona Kharil (Green Foundation). We thank God for this one week of programme where we have given

our best to reach out to the poor who are in need of our help. We also thank the Soil Department for giving us the opportunity to host this programme.

*Sr. Manosha L.Nonglait*

## World Gratitude Day

It was a historic event in our community to celebrate the World Gratitude Day with the pre-aspirants. We had a beautiful and meaningful vigil service animated by Sr. Justina Lyngdoh and Sr. Deihok Mukhim on the theme of the World Gratitude Day *"We are generators of a culture of peace."* They led us to the atmosphere of prayer with the procession carrying a lighted candle symbolizing the light of Christ, the institute flag which symbolizes our unity in diversity, with petals of roses placed around the lighted candle which symbolize our oneness in the Lord

together with our Mother General and the wonders He has done in our Institute through her instrumentality.

We had a solemn morning prayer to thank God for the gift of Mother Chiara, our Superior General to the institute together with the pre-aspirants and the trainees. The programme was concluded with the Holy Eucharist which is the centre and core of the day's celebration by Fr. P. A. Thomas SDB. This was followed by the short evening programme.

*Sr. Mejitha Ch. Marak*





## Centenary Celebration

**T**he 15 January 2023 marked the most significant day for the Salesian Fathers of Jaintia Hills Region, as they celebrate the conclusion of the centenary year of the arrival of the Salesian Missionaries to North East India, held at Mawkyndeng Parish. It was also a memorable day for the faithful, especially for the 100 children who received Jesus for the first time in their life.

The Holy Mass was solemnized with the auspicious presence of the Provincial of Shillong Province, Fr. Lyngkot Paul Olphindro SDB as the main celebrant along with many concelebrants. In his homily, he highlighted the life and mission of the early missionaries who brought the

Christian faith to this region, which we now are enjoying the fruits of their hard work and dedication.

In the afternoon we had an animated adoration by Fr. Dkhar Ferdinand, the Administrator of Jowai Diocese, and concluded the celebration with a short evening programme performed by the youth of different Institutions of the Salesian Fathers and Sisters of Jaintia Hills Region. This was followed by the distribution of Mementos to all the priests, religious and lay church leaders of the parish. The day came to a successful conclusion due to the hard work of many people.

*Sr. Aihunlin kharkongor (2<sup>nd</sup> Year Novice)*

## Children's Retreat

**A** two-day retreat for the children of Mulieh village was organized on 18 – 19 January 2023. Sr. Lina Mary Wanniang, Sr. Tistabha Bareh, and the three Novices Sr. Aihunlin Kharkongor, Sr. Fatima Kharumnuid, and Sr. Innocencia Marwein were the organizers. The resource persons were Sr. Lina and Sr. Tista and they dealt with various topics relevant to the children. They spoke on the

sacraments, especially on the sacrament of reconciliation, and prepared them for confession. The Novices animated the prayer moments meaningfully. The children were very enthusiastic and took an active part in all prayer moments, different sessions, and activities. Around 150 children participated in the Retreat.

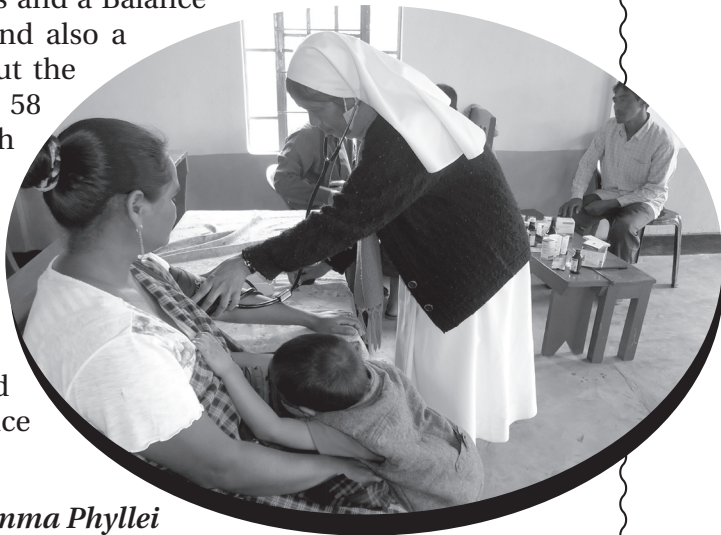
*Sr. Fatima Kharumnuid (2<sup>nd</sup> Year Novice))*

*“Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven’t found it yet, keep looking. Don’t settle. As with all matters of the heart, you’ll know when you find it.”*

*Steve Jobs*

## Health Awareness Programme

The Care and Support Centre of St. Francis Convent, Mawkyndeng conducted a Health Camp Service in the village of Umsalait on 1 February 2023. The camp started with the talk of Dr. L.C. Tham on Good Habits and a Balance Diet. Sr. Phyllei Jemma, the Animator and also a Nurse of St. Francis Convent spoke about the importance of cleanliness. There were 58 beneficiaries of all mixed groups, which included adults, children, and old people. Dr. Tham, Sr. Jemma together with Sr. Lina Wanniang, Nida Phyllei, and Selina Suchiang our helpers dedicated themselves to helping the people. As the medical checkup was free of cost, the people were very grateful to Dr. Tham and the Sisters and they considered this service as God's great blessing to them.



*Sr. Jemma Phyllei*

## Children's Retreat

Another Retreat for the Children was organized at Mawkyndeng on 2-3 February 2023. There were around 70 children who participated in the Retreat. The organizers were Sr. Lina Wanniang Mary together with Sr. Innocencia Marwein (Novice) and Miss Tiewly Sutnga.

The introductory talk was given by Fr. Henry Warbah the Parish Priest of Mawkyndeng Parish; he stressed more on the importance of the Sacrament of Reconciliation. The main topics were the two Sacraments; Holy Eucharist and Reconciliation and emphasised the importance of confession.

The Sisters along with Miss Tiewly animated a prayerful and meaningful adoration that helped the children to experience the presence of God more deeply in their life. The retreat was

concluded successfully and the children went back contented with much fervour to begin anew.

*Sr. Innocencia Marwein (2<sup>nd</sup> Year Novice)*



## New Scholastic Year 2023

The 8 February 2023 marked the red-letter day for the staff and students of St. Francis Secondary School Mawkyndeng as they began their New Scholastic Year 2023. To reminisce this special event, they started the year by invoking God's blessings through the Holy Eucharistic celebration on 12 February 2023 presided by Fr. Donborlang Kurbah SDB, the Assistant Parish Priest of Mawkyndeng.

At the very outset of the celebration, a sapling was brought to the altar as symbolic gesture by Miss Tyngkan Heisuk representing the teachers. During the homily, Fr. Donbor highlighted the importance of obedience and hard work. The students prayed and took active part in the Eucharistic celebration.



*Miss Dawanheipyrkhat Phawa*

## Seminar for Students

The Mega Health Day was celebrated in a very unique and creative way whereby the St. Francis School, Mawkyndeng, organized an awareness programme for the students of classes VIII – X conducted by the Adolescent Councilor of Laskein Block with the help of the ASHA members on 16 February 2023.

The day's resource person for the sessions was Miss Mary Gold Papi ah.

In her sessions, she talked about the different problems that the youth of today's world experience, like health and family problems, teenage pregnancy, and addiction to bad habits which many times lead them to depression. To help them with these situations she gave them some tips and strongly recommended them saying: "Do not be afraid to say 'No' to

bad things and take advice from the elderly people and feel free to share your problem with them". She

also spoke on Substance Abuse and the Protection of Children





from Sexual Offences (POCSO Act) and made them aware of their rights. The students were very attentive to her explanations and the programme was

certainly helpful for the students and brought more awareness to them.

Chastima Laban and Ibakmenlang Pakma (CIX)

## MAWLAI

### Inauguration of the New Scholastic Year 2023

The inauguration of the New Scholastic Year 2023 was held on 10 February 2023. The day's programme began with a Prayer Service by Sr. Evalynejoy Kympat, Vice Principal, Sr. Nelia Shullai, and the students of Class X. The Chief Guest was Fr. Denis Lafela SDB, Director of DBCIC (Don Bosco Centre of Indigenous Culture) Mawlai. In his message, Fr. Denis stressed the formation of character, through hard work, getting out of one's comfort zone,

and being committed; and that there is no substitute for success unless hard work and effort are practiced daily. He also said that the young people of today are limited in ideas but depend heavily on digital ideas. Therefore, students should learn many things through observation and hands-on experience. At the end, Sr. Lydia Pala, Principal proposed the vote of thanks.

*Sr. Bertina Kurbah*

### New Academic Year 2023

The New Academic Year was marked with the solemn Eucharist presided by Fr. Devasia Vazhayil SDB on 17 February 2023. An introduction to the Holy Mass was read by Miss Emilda Fhankon along with the presentation of symbolic gifts of a candle, a book, and a ball. Fr. Devasia based his homily on the basic law of God namely; love of God, self, and neighbour. He also exhorted the students on the need to take care of their health by eating food items that nourish and promote integral well-being. After the Holy Communion,

Fr. Devasia gave a special blessing to all the teachers by calling them forward during which the students stretched out their hands over them and the same was done for the students as well. He made them repeat the prayers asking God to accompany them throughout the year. Sir Lambert Warlarpih gave the vote of thanks and Sr. Bertina Kurbah presented the small gift as a token of gratitude and appreciation to Fr. Devasia for the meaningful animation.

*Sr. Bertina Kurbah*



## Pledge-Taking Ceremony

**O**n 17 February 2023, Sacred Heart Girls' Higher Secondary School, Mawlai had its pledge-taking ceremony with Sr. Teresa Kamsuan, the Animator as the Chief Guest. An oath-taking ceremony of the School Captain Nelyborn Teron, Vice-Captain Stacy Nongkse, the Captains and Vice Captains of the four Houses, and the Class Captains took the pledge and promised to live up to the motto of the School and their Houses. After the pledge, the Captain of the School led the different contingents in the March Past with the motto of the School – 'Virtue and Knowledge' under the patronage of the Sacred Heart of Jesus. Sr. Teresa took the salute and gave a message in which she stressed the value of hard work and that as leaders, one should be courageous enough to accept success or failure.

In addition, each student should be positive towards themselves and have a strong determination to achieve his/her set goal. The pledge-taking ceremony ended with the School Anthem 'Rise Up, Sacred Heart Girls'.



*Sr. Teresa Kamsuan*

## Annual School Sports 2023

**T**he three-day Annual School Sports of Sacred Heart Girls' Hr. Sec School, Mawlai was organized from 22-24 February 2023 with the theme, "Be Real, Be Human, Be Saint", to develop students in all aspects besides the intellect. The school sports were held in the Basketball Court of the School and at Savio Juniorate Playground. Shri Skim Khongkiam, *Rangbah Shnong* (Village Headman), Mawlai Phudmuri was the Chief Guest for the opening ceremony. He was accompanied by Shri Sohshang, Assistant Headman. The judges for the March Past were from Battalion (Bn) National Cadet Corps (NCC). The chief guest and the judges were warmly received by Sr. Teresa Kamsuan, the Animator, and

the Principal, Sr. Lydia Pala, and presented a token of gifts with flowerpots. Sr. Lydia voiced out words of welcome after which there was the hoisting of the flag by Shri Khongkiam, who then declared the school sports open, with the tossing of the ball. The sports began immediately with the march past competition of all the houses led by the School Captain, Vice-Captain, and Commander bearing the school flag and motto. Thereafter, all members of the house took the pledge. The opening ceremony ended with a vote of thanks delivered by the Vice-Principal, Sr. Evalynejoy Kympat.

In the afternoon, various games continued, organized for the Sub-Junior

Category. The heats of various track events were then held at Juniorate field for the Junior Category and Intermediate Category, which consists of classes IV-VI and VII-VIII respectively. Javelin-throw and shotput were also organized for the senior category from Classes IX-XII. The second day was held at Savio Juniorate field. Various track events were held in three categories as Junior, Intermediate, and Senior Categories. The track events held for the second day were the 100, 200, and 400-metre races for all categories. Cockfight and potato races were also organized for the boys' and girls' Junior Categories. The shotput and javelin throw events were also held for the Senior Category.

The events of the final day were held at Juniorate Field. The day began with the semi-finals of various track events. The 800-metre race was also organized as an Open Category. Then followed by the finals of various track events and the relay race for the Intermediate as well as senior categories. Smt. Santa Sutnga, a Retired Deputy Commissioner of Taxes was the Chief Guest. She encouraged and exhorted the students to excel in everything they do. Fr. Mukt Turkey SDB, the Rector of Savio Juniorate too was present at the closing ceremony. It was a grand event with the display of the wonderful skills of students as they performed the drill. After the beautiful display of the drill, it was then followed by the synchronized



marking of the different houses which were led by the school leaders. The closing ceremony ended with the lowering of the flag and the declaration made by the Chief Guest. Sr. Lydia proposed the vote of thanks. The day ended with the prize distribution as a mark of recognition for the achievements made by various athletes. The first prize for the winners of the March Past Competition was bagged by the Red House, the Yellow House won the award for best discipline and finally, the Blue House emerged as the overall champion of the Annual School Sports. The Annual School Sports was a display of commitment, dedication, and team spirit. Each individual was able to showcase their exemplary performances in the various sports events. The Annual School Sports was indeed a successful one.

*Mervelline Mawlong (Teacher)*





## Staff Retreat

**T**he School Sisters and the staff of Sacred Heart Girls' Higher Secondary School, Mawlai had a one-day Retreat on 8 March 2023, at Siloam. Fr. Devasia Vazhayil SDB was the preacher. The theme was "Inward Journey" which made them reflect on who God is for them. Relationship with God, sinful nature, a call to holiness, a call to be good and responsible educators in the schools, at home, and in society.

Fr. Devasia, reminded everyone that being is more important than doing. The topic is relevant and practical; and even the examples were very apt. He recommended not to live in negativity but to appreciate the positive part of life. To be grateful for

everything and always forgiving. He gave us the beautiful thought that God does not throw people away; instead, He makes something beautiful out of each one's life. He also stressed the perseverance in prayer to be always in connection to Him, to reflect on the Gospel according to Matt 27:19, and remember that if educators commit sin or mistake it will not affect them alone but will affect the students and the society as well.

During Mass, Father reminded us of the three pillars of the season of Lent and he also added two more i.e. Forgiveness and keeping Sunday Holy. At the end of the Retreat, Sir Andrew Lyngkhoi, one of our teachers gave a vote of thanks to Fr. Devasia for the beautiful animation, and

the care and concern, for the good ambiance of the place, which helped them to make the retreat well. He also thanked the sisters for their accompaniment and the opportunities given to everyone. Everyone was happy and satisfied with the spiritual food they received and returns to their respective places with joy and enthusiasm.

*Sr. Evalynejoy Kympat*

*"Nothing in the world can take the place of Persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost a proverb. Education will not; the world is full of educated derelicts. The slogan 'Press On' has solved and always will solve the problems of the human race."*

*Calvin Coolidge*

## Students' Retreat

**T**he Students of Sacred Heart Girls' Higher Secondary School Mawlai had a one-day Retreat in St. Dominic Savio, Mawlai Parish animated by the Jesus' Youth on 18 March 2023 on the theme "Forgiveness and Reconciliation." The programme began at 9:00 am with the hymn to the Holy Spirit followed by the talk from Jesus' Youth. We had the Adoration service and the confession. The programme concluded with the Holy Eucharist presided by Fr. Telephorus Nonglang SDB, Parish Priest. In his homily, Father reminded us about the importance of Prayer and the Sacrament of Reconciliation.

Sr. Evelynejoy Kympat, the Vice Principal proposed the vote of thanks at the end of the day. Tea was served for all the students who participated in the retreat in the School Verandah. The students were grateful to the Sisters for organizing a meaningful day in keeping with the theme of the Lenten season. They benefitted a lot from the prayer moment which enabled them to encounter the Lord personally in a profound manner. All of them were happy and satisfied with the spiritual food and returned to their respective places with joy and renewed enthusiasm.

*Sr. Bertina Kurbah*

## Congratulations

**S**acred Heart Girls' Higher Secondary School, Mawlai is Sproud of Dominica Phidahun Kharbani for securing two Gold Medals and one Bronze Medal in the Kanninjuku Training Camp-cum-National Shoto Cup Karate Championship 2022, which was held in Nargol Valsad, Gujarat, from 26 to 29 December. The 74 karatekas of the All Meghalaya Karate-Do Association were led by Donboklang Lyngdoh and Sunil Rathee as coaches and Arjun Sewa as manager.



## MAWROH

### Days with the people

**T**he Sisters of Auxilium Lumjingshai Mawroh set out for family visits from 19-31 December 2022. They left home with much fervour, proceeded to their destination, and departed in different directions with three members in with each group. They managed to visit 40 families and had a beautiful sharing along with the family members. The Sisters and Novices deemed it a privilege to encounter various authentic Christian families despite their hardships and struggles. They helped spiritually through prayers and support. The sisters were inspired to witness the hospitality and the simple lifestyle of the people; and their profound faith in God.

*Srs. Rifilda Kharsahnoh and Maria Goretti (2nd Year Novices)*

## Children's Camp

The first-ever Children's Camp was organized by the Sisters of Auxilium Lumjingshai Convent, Mawroh. It was from 9-13 January 2023, under the leadership of Sr. Albrida Pyngrope, the Animator, and with the collaboration of the community Sisters and the two 2nd Year Novices: Sr. Jessica Phawa and Sr. Maria Goretti. The Camp started with a short prayer followed by the registration. During the five days' event, different animations and activities were organized for them, including singing and dancing competitions. Besides, the Sisters motivated in the children to appreciate the beauty of creation by making them draw and paint anything they see around them that captured their attention. Another interesting day for them was the gathering for the aerobic dance. The children also had another opportunity to make themselves physically fit by taking part in practicing a few basic karate steps taught by Ms. Bari and Mr. Iohbor from Shillong. This initiative was brought out for guarding oneself, especially for girls in self-defense. Toward the end of the day, a good number of the teachers performed the skills they had learned for the Community Sisters. After all the wonderful experiences they had during the past four days, the climax of the camp was the celebration of the Holy Eucharist administered by Fr George Jarain. The



grand finale of the Children's Camp ended with a picnic in a nearby place. Four sisters accompanied them and on reaching the spot, they had games, and all those who won in the different competitions were asked to perform the same. Prizes were distributed to all the winners of the different competitions. Before the children departed, the sisters gave them a packet of biscuits each and a few candies. Around 60 children participated in the camp. Parents and children were very happy with the initiative of the sisters and could see the joy and happiness in each child. The first-ever Children's Camp was successful with the collaboration of each sister.

*Srs. Dahun Mary Pyngrope and Jessica Phawa (2<sup>nd</sup> Year Novices)*

*"When you change your thoughts, remember to also change your world."*

*Norman Vincent Peale*



## International Human Rights Day

**T**he International Human Rights Day was celebrated on 12 December 2022 by the Meghalaya Human Rights Commission in collaboration with the Ri Bhoi District Administration and Sr. Bashisha Massar from Auxilium Mawtnum along with 10 class 12 students participated in it. It was a day of great learning and awareness with

noted and eloquent speakers like Smt Umeshwari Dkhar, Shri Nitin Khera and the Chief Guest Honourable Justice Aftab Hussain Saikia (Retd.). The theme of the various sessions was well chosen and the day was also made special with the song and traditional dance of the Self-Help Group from Umling Block.



## NANDAN NAGAR

### Meghalaya Students and Employees Meet

**W**ith the theme “Let’s live together in Unity, Peace and Love”, the students and employees under the banner of “Meghalaya Students and Employees Association Tripura” held an annual meeting at Auxilium Girls’ School

Auditorium on 11 December 2022. It was a twin celebration of welcoming the freshers from the different Colleges and Universities of Tripura and Pre- Christmas celebration. The programme commenced with a note of welcome by Sr. Aquila



Makri, the host of the day, followed by a prayer moment led by Fr. Christopher Warlarpih SDB, Parish Priest of Don Bosco Parish Nandan Nagar. Daiairi Kharjana and Karlos Marbaniang, entertained the fresher and took the lead in organizing the process of choosing the persons fit for the title of Mr. and Miss Fresher. There were several employees as well as students, Priests, and Religious from different communities who attended the programme.

Mr. Haokip Jempu, the General Manager of MBB Airport Agartala, and Rev. Pastor Jyotirmoy Debbarma Capital Baptist Church Agartala joined for the second part of the celebration and they were warmly welcomed by Sr. Merciful

Nongsiej, while Miss Phiba Lyndem felicitated the guests with a Khasi Basket containing fruits in it. The day was laden with a variety of Christmas carols with thought-provoking messages from Shri Jempu and Pastor Jyotirmoy. The announcer creatively announced the names of the winners Philawanhun Kynter as Miss Fresher and Umang Kumar Singh as Mr. Fresher 2022. Miss Phiba Lyndem proposed a vote of thanks, Mr. Kenes Kharjahirin, the President of the association briefly gave the announcement as well as information about the association. The concluding prayer was led by Pastor T. Suchen, followed by a photo session and a fraternal meal.

*Sr. Aquila Makri*

## Pre - Christmas Celebration

**A**uxilium Girls' School Agartala celebrated the Pre-Christmas celebration on 17 December 2022 for nursery - class IV. The students with their colorful dresses decked the whole area with red and the performance of the different items was indeed a feast to the eyes. On this day, winners of the different events in the annual school sport

of Nursery and KG were awarded medals and certificates. After a week of School Sports, the Pre-Christmas celebration was organised for the students of Class V to XII on 21 December 2022. An inter-house carol singing competition for both the senior and the junior categories were held. Prizes to the winners of both categories were announced namely: 1<sup>st</sup>-Yellow

House, 2<sup>nd</sup> -Green House, 3<sup>rd</sup> -Blue House, from the junior group. From the senior category, Green House, Yellow House and Blue House respectively. Sr. Merciful Nongsiej handed the prizes to the winners. She gave a few pieces of information and instruction before leaving home for vacation and the students left the school after the prayer.

Christmas message was delivered by different persons, they stressed the need to put Christ at the centre of the celebration. Miss Bajanti Debbarma said, “Christmas is not about eating, good dress, and decoration. All these are important but they are only an expression of inner

Joy. But the true meaning of Christmas is the celebration of the birth of God-made man.” Miss Mayqueena Marak, another speaker reminded the gathering that Christmas means giving. Sr. Merciful Nongsiej said that Christ should be the centre of Christmas. She also reminded the teachers to put their family as a priority and exhorted them to spend quality time with their dear ones during the vacation. As a sign of gratitude to the hard-working, and dedicated teachers, the community presented them with a PANORAMA 2023. The celebration was concluded with a sumptuous lunch for everyone.



*“It is only when we take chances,  
when our lives improve. The initial and the most difficult risk that  
we need to take is to become honest.*

*Walter Anderson*



## National Girls' Child Day

The Auxilium Girls' School Agartala celebrated National Girl Child Day on 24 January 2023 in the School Playground. The day was commemorated with a meaningful animation of the assembly, staged by the lady teachers. The poetry read by Ms. Supta Gupta expressed the painful situation and atmosphere a girl child is subjected to; namely rejection and abuse of every kind. Ms. Tatum Ghosh in her speech spoke of equality between men and women, boys or girls.

As part of the celebration, a poster and placard competitions were held on the theme 'Save the Girl Child'. The best three placards from every section were chosen for the winners. It was amazing to see every student turned up with placards in their hand. To mark this day and bring awareness to the people about the with value of a girl child, the students from class I to IX had a short-distanced rally, from the assembly ground walking to Don Bosco School and from there back to school.

Under the leadership of the sisters and the teachers, students shouted slogans as they marched along the road. The school has always strived to empower girls to be tomorrow's strong women and the celebration of this day served as a reminder that girls have equal rights and power in society. They were grateful to have such a golden chance of expressing their worth.



## Nutrition and Girl's Development

On 30 January 2023, a session was held for the students of Class VIII - IX in the School auditorium. The Resource Person was Ms Rimi Debbarma, a dietician. The session was conducted with the aim to bring awareness among the girls regarding the girl's development and nutrition of food, which consists of the menstrual cycle, its problem, its mechanism, and how a proper diet with proper nutrition is necessary for good health. In line with the topic, she explained menstruation (commonly known as a period), how

or why it happens, its mechanism, symptoms, and its four phases which consist of Menstruation (first phase), Follicular (second phase), Ovulation (third phase) and lacteal (fourth phase). Besides, a brief explanation about some diseases related to this like PCOD (Polycystic Ovary Syndrome) was explained to them, also about menorrhagia (which means heavy blood flow during menstruation). The girls received valuable and important information about a balanced diet and the proper nutrition they should get especially

during adolescence and foods, which are rich in nutrients- carbohydrates, fats, vitamins, minerals, and proteins. Ms. Rimi further explained how this properly balanced help even during the period days. At the end of the session, students were given a questionnaire in which they had to answer those questions regarding the topics and how much they understood.

*Sr. Aquila Makri*



## North East Football Champion

The enthusiastic team, of eight students of Auxilium Girls' School Agartala namely; Soha Debbarma, Riya Debbarma, Ayanna Debbarma, Shreya Debbarma, Esther Jamatia, Baybika Debbarma, Sanya Debbarma, and Akshara Negi led by the coach Mr. Jacob Debbarma and Ms Sandhya Hrangkhawl created history as they took part in the North East Region Extramark youth football champion- 2023 under 15, held at Delhi Public School football ground Khana Para Guwahati on 7 February 2023. In the first match, they played with St. Paul's School Agartala, and our team won by two goals. In the second match, the team met with Monfort School Champak Nagar, Tripura and the team came up victorious. It was a proud moment for the school as the team was conferred the title of **North East champion** out of five schools. With this victory, they were selected to compete with other students of the East Zone at Calcutta on 11 February. On 9 February,

they went by train and reached Calcutta on 10 February. Finally, the day for the final match, the 11 February where they had to face the opponent for the east Zone with Jharkhand team. The match was a tough one as both the team were equally strong. Luck was not with us this time and the team lost to Jharkhand by two goals. We believe that the AGS football team will come back stronger in the near future. We congratulate Mr. Jacob along with the other teachers who trained them and the students for having put in their best. The team returned with the commitment to perform better next time. Sr. Merciful Nongsiej, the Principal, Sr. Marylang Suchiang, and Sr. Aquila Makri. Mr. Zothanpuia Darlong and three students fetched them from the airport with the school bus. They were warmly welcome at the airport with a bouquet of flowers. Viva AGS Football team!

*Sr. Aquila Makri*

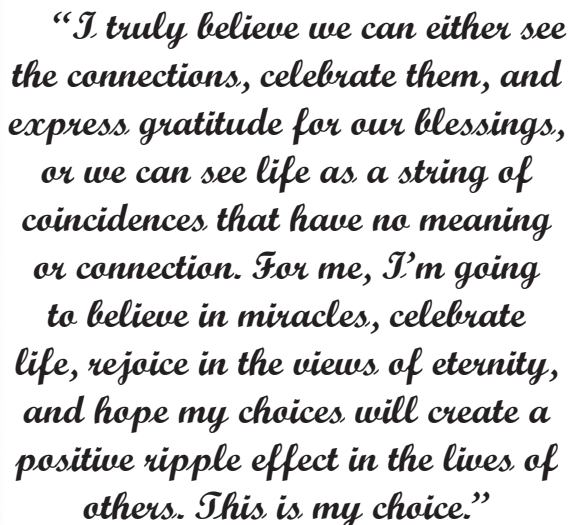
## The Joy of Giving

Every year in the midst of coldness around, the lovely and energetic family members of Auxilium Girls' School Agartala brought joy to the lives of hundreds of people through the 'Bring Smile Project'. This year, the team, which comprised of Sisters, teachers, and student representatives set forth on the first day of the mission on **31 December 2022**. The group left the school with loads of blankets as well as old but presentable clothes donated by the students and the teachers to the two remote villages under the Bishalgarh sub-division, which is about an hour's journey from Agartala. Through this project, they reached out to 140 families. It is painful to see young girls at their blooming age devoid of their rights and having to carry the burden of being a mother of the family.

Auxilians set forth for another day of sharing on **14 January 2023** to the Orang Para Kamala Sagar tea garden. The team, comprised of 12 teachers, students, and Sr. Marylang Suchiang. One could see the generosity of the teachers who went out of their way to bring their own personal vehicles to reach the place. The journey

was not so smooth; it was difficult rather it was an adventurous journey but they managed to reach safely. Sr. Marylang along with a few teachers and students travelled with a pile of clothes in the pickup all the way to the place, which was about a three-hour journey. The team reached out to 125 families with blankets and other necessities.

On **16 January 2023**, the students of class X accompanied by Sr. Marylang Suchiang and the teachers visited 'Anwesha Child Care'. The students interacted with the children and got to know their stories about how they ended up there and many more. They contributed biscuits and many other groceries needed to sustain themselves.



*"I truly believe we can either see the connections, celebrate them, and express gratitude for our blessings, or we can see life as a string of coincidences that have no meaning or connection. For me, I'm going to believe in miracles, celebrate life, rejoice in the views of eternity, and hope my choices will create a positive ripple effect in the lives of others. This is my choice."*

Mike Ericksen





## Visit to the Shelter Home

Students of class VIII ABC under the leadership of Sr. Angeline Thongni and the class teachers visited Amlantjeti Anat Ashram, Bishalgarh, a shelter home on 25 January 2023. The shelter home was a haven of solace and comfort for the old and the aged. It is looked after by a person who picked them up from the streets being abandoned by families

and society and here under his care they were given back the dignity they are all entitled to. The teachers and the students were warmly welcomed by the inmates who were more than 14 in number. They entertained them with songs and shared snacks and refreshments as well as groceries. The owner expressed his admiration and gratitude for such an act of kindness reaching them at a time when they needed it most.

## Staff Enrichment Programme

After the winter vacation, a Staff Enrichment Programme was organized for all the staff of Auxilium Girls' School Agartala on 12-13 January 2023 in the school auditorium. The two days programme commenced with a welcome speech from Sr. Merciful Nongsiej, the Principal of the school followed by a short prayer moment. Fr. George Shining Lyngkhoh SDB, Principal of Don Bosco College Myndihati was the resource person. Sr. Merciful Nongsiej introduced him to the teachers and the two teachers felicitated him with a school sash and a sapling.

The session of the day was divided into three parts; the first on 'Psycho-Social Theory of Development' by

Erik-Erikson, the second part on 'Don Bosco's Style of Education', and the third was an interactive session. In the first part of the session he elaborately dealt with it being very important to have knowledge of oneself before handling the life of the students. Knowing it was like doing self-therapy. The different stages from infancy to later life were presented beautifully each with its negative and positive impact. The session that followed was on "Don Bosco's System of Education", a very familiar topic for us. He creatively presented the differences between the repressive and preventive systems of education as well



as the three pillars of Education namely; Reason, Religion, and Loving-kindness. To help them understand more, a brief explanation of the meaning of RUAH is Repeat, Understanding, Affection, and Humour. *“Our education should cater to the different needs of a child. These include emotional needs, intellectual needs, and Spiritual needs. If one of these is not met, education is not complete. Hence every educational Institution should be A HOME, A CHURCH, A SCHOOL, AND*

*A PLAYGROUND,”* he added. During the interactive session the teachers shared their views and experiences regarding this system of education. At the end of fruitful day Sr. Marylang Suchiang, the Vice Principal thanked Fr. George for the lively session on behalf of the management and Ms. Bajanti Debbarma proposed a vote of thanks on behalf of the staff and a MANORAMA 2023 was presented as a token of gratitude.

*Sr. Aquila Makri*

## Clubs Demonstration Competition

January 28, 2023, the school Auxilium Girls' School Agartala, celebrated the Club Demonstration Day. A day where students showcase the training they have received every Saturday throughout the academic year 2022-2023. Anchored by Ms. Ankita Sengupta and Ms. Debasmita Sengupta, the competition started after the Morning Assembly. Present on this day were the sisters, teachers, and students. Sr. Aquila Makri, Ms. Asani Pfotte, and Ms. Arpita Bhattacharya were the judges. From the wonders of Science to the beauty of creation, from the world of Media to the discipline and unity of the NCC, from the hard reality of inequality to



the world of sports and the need of self - defense, from the music of the guitarists to the graceful steps of the dancers all the items were beautifully and creatively presented by the members of the 15 clubs. The programme lasted for two hours, Sr. Merciful Nongsiej, the Principal, thanked the sisters and the teachers who worked behind the scene and the students for the amazing performance, and the Winners of the competition was announced before the students left home. Sports Club and Legal Club won the first prize, second prize to NCC and Yoga Clubs, and third prize to Fine Arts, Design, and Technology Clubs.

*Sr. Aquila Makri*



## Achievement Day Celebrated

The Auxilium Girls' School Agartala celebrated a historic and a victorious day, of all the Students who have excelled in the different fields during the academic session 2022-2023 on 11 February 2023. The day opened with the symphony of the Guitar Club and the mesmerizing performance of the school choir with the song "We are the dreamer, we are the achiever" which awakens the spirit and renders happiness. Following this was the invoking of the presence of God with the prayer led by Ms. Bajanti Debbarma and Ms. Meera Debbarma our teachers and the lighting of the ceremonious lamp by the Chief Guest, the Guest of Honour, Sr. Merciful Nongsiej the Principal of the school Sr. Juliana Sangma and the parent representative. Sr. Merciful welcomed everyone and acknowledged the hard work put in by the sisters, teachers, the students, and the constant support of the parents. Sr. Aquila Makri did the felicitation ceremony where the guests were welcomed with the school sash and a sapling. The stage programme performed by the students, which included the Tripuri dance, "Empowered Girls" demonstrated by the Karate Club, and the "Dark Side of Social Media" performed by the Media Club. It was a proud moment for every Auxilian to hear their names being pronounced as achievers. The prizes were awarded to; 100% attendance, walking the extra mile, best singer, best orator,

best reader, best discipline, best class as well as bus captain, best musician, and so on. Red House was awarded as the best house of the year, Class VC best Class, and Karate Club as the best club. Sneha Shil of VC and Meheli Debbarma of class X were awarded as the best singers while Naomi Debbarma was awarded as the best guitarist of the year. While addressing the students, Shri Ravideep expressed his joy to have been part of the celebration. He admired the cleanliness, the discipline, and the performance of the students and highly appreciated the school band that had accompanied him on his arrival. "You are second to none", he said. He exhorted the students to give their best in all that they do. Ms. Ankita Sengupta proposed a vote of thanks and the programme ended with the National Anthem.

The school had the honour of having Shri Ravideep Singh Saha ADG (Additional Deputy General, CRPF Tripura as the Chief Guest of the day, and Shri Ramyophang Duidang DIG (Deputy Inspector General) CRPF Tripura as the Guest of Honour. Others present on the occasion were Shri Karma Bhutia Commandant and father of our student, Mr. Abhijit Samajpati Inspector of School and member of the School Managing Committee, Fr. Christopher Warlarpih SDB, Rector of Don Bosco Fr. P. J. Joseph SDB, Director Don Bosco Peace Centre and the parents' representatives.







## Football Camp

**T**he Auxilium Girls' School Agartala, under the leadership of Mr. Jacob Debbarma, the School Football Coach, arranged a football camp for the AGS footballer from 14-16 March 2023 at Jampuijala Football Play Centre.

The team included 16 students with Mr. Jacob Debbarma and Miss Sandhya Hrangkhawl, the team manager, left the school on 13 March by the school bus. Sr. Marylang Suchiang and Mr. Laikuk Jamatia accompanied them.

The main objective of the football training camp is to bring professionalism among the players with the mentality of Elites Footballers.

The team was trained by the Head Coach of Jampuijala Football Play Centre Subodh Debbarma along with the football coach of the School Mr. Jacob Debbarma and the elite boys' football players from Jampuijala. The girls were thrilled to have the opportunity of being trained by the prominent coaches and the boys represented the Indian team in Thailand. Mr. Subodh highly appreciated the girls for their eagerness to learn and was happy with their progress. Auxilium School is grateful to Mr. Jacob Debbarma for his constant willingness to take the AGS footballers to another step and to Miss. Sandhya Hrangkhawl assisted the girls.

*Sr. Aquila Makri*

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## NCC Camping cum Ran Ceremony

**T**he NCC (National Cadet Cop) held a two days' camp on 11-12 March 2023, under the leadership of Ms. Tama Deb for all the members of the NCC of the school on the school campus.

The purpose of the camp was to train students to acquire skills needed for the service of the NCC and to prepare them for the ranking ceremony. Along with Ms. Tama, Mr. Debashish Saha, and Ms.

Puja Ghosh, the teachers were present to assist the girls. The programme of the first day commenced with the Exercises and Running Race, Weapon Training and Map Reading, Drill and Drill Test. The camp also served as a platform for students to showcase their hidden talents and gifts: various competitions were held including solo dance, Lecturette and song. With the same enthusiasm and fervour, the second day was set apart for the ranking ceremony of the students and the award-

giving ceremony of the competitions that were held on the previous day. Present on the occasion were Lieutenant Dr. Anamika Das, Associate NCC Officer, 13 Tripura bn NCC as Chief Guest with Ms. Reshmi Kumari as Guest of honour. Others present on the auspicious occasion were Sr. Merciful Nongsiej, Principal, and Sr. Marylang Suchiang, Vice Principal. The ceremony began with the prayer and lighting of the ceremonial lamp followed by the felicitation of the invited guests by Sr. Marylang. Ms. Resmi presented a PowerPoint on the role of the NCC, which was indeed informative, and inspiring.

The Chief Guest, Dr. Anamika appreciated the school for taking the initiative of organizing such a camp and thanked the students for the active participation and interest in training themselves to be skillful in their service as NCC.

The camp was concluded with an address from Sr. Merciful who seconded the message of the Chief Guest exhorting the students to take the training seriously and inviting many more girls to join the group. The day ended with the melody of the NCC Song. There were 33 students who attended the camp.

*Sr. Aquila Makri*

## NONGTHYMMAI

### Winter Apostolate

**T**he winter apostolate of the sisters began on 16-24 December 2022. Sr. Carolyn Syih and Sr. Tngenlang Mary Pyngrope went to Laitkyrhong to animate children's retreat, which consisted of five villages i.e Laitkyrhoh, Laitlum, Laitdiengsaw, Rapleng and Rasong. Prayer Services and sessions were animated by the sisters and the Women Association of the Parish, which enabled the children to come closer to God. 200 children attended the retreat.

Sr. Camelia Wahlang and Sr. Bitina Tyngkan went to Mynriang and Nonghali villages. Sr. Wanplisha Pynrope and Sr. Kmenlang Suja went to Diengpasoh village. Sr. Evangelica Suja and Sr. Theresa Thyrianiang went to Mawiong village. Whereas the village of Sohlaper was visited by the sisters who went to Diengpasoh and Mawiong. These villages belong to Pynthorumkhrah Parish. They visited 278 families in all.

*Sr. Evangelica Suja*

*"When you give joy to other people, you get more joy in return. You should give a good thought to happiness that you can give out."*

*Eleanor Roosevelt*

## Re-opening of New Scholastic 2023

**O**n 7 February 2023, the Auxilium Girls Higher Secondary School had the opening ceremony for the new scholastic year 2023. To mark this important day, a short but meaningful programme was organized.

The day commenced with the welcome address and a general introduction by Miss Elena Kharkongor followed by the prayer moment led by Miss Rosetta Garod and Miss Aida. The theme chosen was “You are the salt of the earth...” There was the lamp lighting ceremony which symbolizes abundance, prosperity, and knowledge lit by Sr. Euginia Laloo, Sr. Joplin Suchiang, Miss Quista Kharkongor, Miss Ibalahun Kharduit (parent representative), and Cathy Pyngrope (student representative). The song ‘On this School your blessing Lord’ was sung during the prayer moment. Sr. Euginia, Vicar of Nongthymmai Community gave a message. She stressed one popular quotation from Mother Mazzarello “Let



every stitch be an act of Love for God’. Sr. Joplin shared a message on striving to be the best always. She said all of the parents and sisters have a role to play in the growth and development of the students; she gave some important information to the parents. Then introduced the class teacher of the different classes and sections to the students and parents. Miss Celine Donald spoke a few words on behalf of the teachers regarding our expectations from the parents. The programme came to an end with the School Anthem and the students proceeded to their respective classrooms along with their class teacher.



## Inaugural Mass for the Academic Session 2023

**T**he Auxilium Girls’ Higher Secondary School Nongthymmai had the joy to start the year with the Lord through the Holy Eucharistic celebration on 13 February 2023. Fr. T. A. Jose celebrated the inaugural mass at Divine Savior Parish Nongthymmai. An introduction was read by Miss Phira Nongrang while the School flag was carried by the School Captain, and a bouquet, a ball, a uniform, a book, and a pencil were carried by the student’s

representatives to the Altar and offered to God as a sign of entrusting all the school activities to God. Fr. Jose placed a special prayer before the start of the Holy Mass for the outgoing students of Classes 10 and 12. He motivated everyone present to always trust God and to work hard. He also beautifully stressed that God knows our hearts so when we go to Him we should be clean.

The choir led by Miss Mary Pyngrope and Sr. Bergita Lyngkhoi added to the solemnity of the Holy Mass. Everyone from Class 4 to Class 10 and even the



outgoing students of Classes 10 and 12 participated in the Holy Mass. Everyone was united and bonded by God. The Holy Mass ended with a vote of thanks by Miss Epifania Shangpliang.

## **Investiture Ceremony and Inauguration of Annual Sports**

**O**n the afternoon of 13 February 2023, Auxilium Girls' Higher Secondary School had the investiture ceremony and inauguration of Annual Sports 2023. Sr. Elizabeth George, Provincial graced the occasion as the Chief Guest. The NCC cadets and some teacher representatives accompanied the Guests to the podium.

The hosts of the programme were Miss Amanda Jyrwa and Miss Steffi Tariang. After the welcome address and introduction the investiture ceremony took a solemn opening with the prayer moment led by Miss Candida Kharpdah and Miss Josephine Wahlang. The music club members presented a truly melodious song 'The Climb', and the programme continued with the handing over of the badges to the Captains by Sr. Elizabeth George, Sr. Carmelina Sun, Animetor and Sr. Joplin Suchiang, Principal. The most important part of

the programme was the pledge taking ceremony by the Captains, taken by Miss Amanda. The Captains for the year 2023 were Sandakani Chyrmang as the School Captain, Wakanidale Suchiang as the School Vice - Captain, Cathy Pyngrope as the captain of the Yellow House, and Beryl Kharmalki as the Vice - Captain, Jasmine Kharmon, Captain of the Green House and Lasubon Thoo as the Vice - Captain, of the Blue House, Sushmita Shankhar as the captain and Nimreila Tonsing as the Vice - Captain, Captain of the Red House Umika Shabong and Pheobe Warjri the Vice - Captain. This was followed by the March pass, the marching contingents of the four houses led by the School Captain and Vice - Captain. The Chief Guest, Sr. Elizabeth George took the salute. Sr. Joplin, gave the message Firstly, she congratulated all the newly elected Captains. She assured the Captains of the sisters and teachers' cooperation. She implored them to live up to the promise that they had pledged on this day: to remain responsible, loyal, honest, dedicated, and truthful. She ended her message by saying "You have to be responsible to work on the talent given by God". Then, Sr. Elizabeth George released a book "Dream Big, Dream True" translated into Khasi by Sr. Selinda Wanniang written by Sr. Teresa Joseph of Mumbai Province. One copy each was given to Sr. Carmelina, Sr. Joplin, Miss Mary Pyngrope, and School Captain Sandakani.



The investiture ceremony ended and the inauguration of the Annual Sports 2023 started. The function began with the reading of the House motto, Red House: «**Never Give Up**» read by Umika Shabong, Yellow House: “**Soar High**” read by Jacinta Tungdim, Blue House: “**Hook Line and Sinker**” read by Sushmita Shankha and Green House: “**Unite to Shine**” read by Namesha Nongkynrih. Sr. Elizabeth George hoisted the School Flag and ignited the torch where she then handed it to Sushmita and then passed the torch to Jacinta Tungdim and Jacinta passed it on to Namesha Nongkynrih and then to Umika Shabong and finally to Eliciana Lyngdoh and Shildahun Kharumnuid. Eliciana and Shildahun did the honour of lighting the flame which was placed in the middle of the playground as a mark of the opening of the Annual Sports 2023. Sr Elizabeth George then officially declared the opening of the Annual Sports.

Miss Morziana Dkhar took the Sports Pledge where everyone pledged to abide by the rules of the games and to keep up the spirit of sportsmanship. Sr. Elizabeth George gave a message and congratulated the newly elected Captains and commented on the good discipline displayed by the students. She beautifully said, “When there is a good leader, a country, state or any organization will always move in the right direction”. She further added that leaders are “Those who possess qualities such as being good, responsible, efficient and disciplined and one who commands respect”. She motivated students to inculcate in them the spirit of sportsmanship. Her message ended by wishing the leaders and all the students the very best for the year and the competition ahead. A solemn programme concluded by singing in unison the School Anthem.

## Annual Sports 2023

**F**rom 15 - 17 February 2023, the Auxilium Girls’ Higher Secondary School Nongthymmai organized the Annual School Sports 2023. The venue of the sports event was Nongthymmai Parish Ground.

Different games for different age group was organized for the students such as the 60, 100, 200, and 800 metre race, Javelin Throw, Short Put, and Long Jump. After all the events scheduled for the day, everyone headed back to school for lunch. On the second day of the school sports, different games were played. The children of Classes 1-3 were on the school campus for different events, such as the sack race, marble & spoon race, tunnel ball, caterpillar race, musical chair, and sweet biting competition.

The athletes performed very well and won multiple prizes. On the third day the final round for the 400m race, was Shot Put, High Jump, and 4x200m race were held.

## Closing Ceremony

**T**he grand finale of the annual sports was held on 17 February 2023. Fr. Richard Majaw, Vicar General and Secretary for Education, Shillong Archdiocese, graced the occasion as the Chief Guest. The other dignitaries present were Sr. Carmelina Sun, the Animator of Auxilium Nongthymmai and the Secretary of the school, Sr. Eugenia Kyntiewlin Susngi, Provincial Secretary FMA Shillong Province and Sr. Theodosia Mawniuh, House Economer. Sr. Joplin Suchiang, Principal, the NCC cadets, and some teacher representatives escorted them to the podium.

The host of the programme was Miss Elena Kharkongor and Miss Epifania Shangpliang, a solemn opening prayer was led by Sr. Bergita Lyngkhai followed by the welcome speech from Sr. Joplin Suchiang, then the facilitation of the Chief Guest by Sr. Carmelina Sun and Sr. Kyntiewlyne Kurbah. Sr. Joplin also welcomed the Company Holder Major, Sunil Kumar and Havildar Surendra, the NCC officials to the programme for their presence as judges for the Inter House March Past competition. She also expressed a general welcome and gratitude to all the sisters, teachers, and students. The Music club toned a melodious song entitled "You will never walk alone". The Chief Guest took the salute of the March Past of the four houses. The Chief Guest and other dignitaries present for the occasion gave medals and certificates to the winners of the different events according to their categories. The students of Classes 1-3 enthralled the audience with their aerobic moves and performed a mass drill. Sr. Carmelina also gave a very encouraging message taking the example of a U.S Olympiad of the Gymnastic team. "Doing your Best is more important than being the best". Addressing the audience, the Chief Guest Fr. Richard Majaw, expressed his immense gratitude to Sr. Carmelina, Sr. Joplin, to all sisters and teachers for the opportunity to be part of the programme. He told the students that they should count themselves privileged and honoured for getting the chance to study in this institution under



the guidance of the FMA sisters. In his message, he stressed the three Formula PAV (Pray, Aim, Values) which one should always remember in one's life's journey. He concluded by saying, this formula will help you grow and commit yourselves to doing your best no matter what comes in life. He also wished success to all the sisters for the centenary year 2023. Prizes and certificates were handed over to the winners of different categories. Best Athletes, Best House, Best Marching Contingent, Overall to the Champion House. Then, a note of gratitude from Sr. Rose Lyngdoh, Coordinator of the Sports Committee and thanked everyone for the success of the sports and for creating happy memories.

Lastly, the school flag was lowered to mark the closing of the sports 2023. The Chief Guest, Fr. Richard did the honour of lowering the school flag and declaring the school sports closed. The guides folded the school flag with respect, handed the flag





to the school captain, and the captain in turn handed it over to Sr. Joplin Suchiang, Principal. It all ended successfully with the release of colourful balloons in the sky signifying the successful closing of

the school sports 2023. After which all students were asked to rise and the day's programme was concluded with the solemn singing of the School Anthem.

## **Apostolate - Madanryting**

**O**n 19 February 2023, at Madanryting a locality belonging to Nongthymmai Parish, 71 children received the Sacrament of Holy Eucharist for the first time with the help of Sr. Risa Lyngdoh Marshillong and Sr. Kmenlang Suja prepared the children for the Sacrament of Reconciliation.

Fr. T. A. Jose, Assistant Parish Priest of Nongthymmai Parish solemnized the Mass for this great day. The children participated actively and fervently in the Holy Eucharist and the readings of the day were animated by the communicants themselves. The children expressed their joy and happiness after having experienced and received Jesus for the first time.

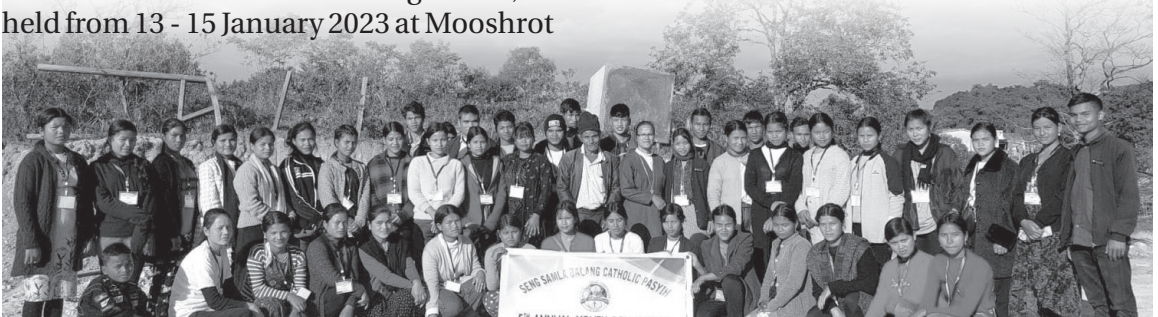
## **SAPHAI**

### **Youth Animation Programme**

**O**n 10 December 2022, Sr. Anita Dhar animated the Catholic Youth of Pasyih village, Phramer (Mooksiang) Parish, West Jaintia Hills District on the occasion of the Centenary celebration of their village church. Before the sessions, Sr. Anita conducted games for them based on unity and teamwork. The topic of the session was "The labour is great but the labourers are few" Lk. 10:2. The young people were happy and grateful for the availability of our community.

On another occasion, Sr. Anita Dhar was the resource person at the Seventh Youth Convention in Sahnsiang Parish, in held from 13 - 15 January 2023 at Mooshrot

village. The delegates were 265 of them from different villages of the Parish. Of those who joined the Youth Association 103 of them; the days of animation are games, singing, and dancing along with the various topics on the Sacraments requested by the youth themselves. Their theme is "Christ is alive and He wants you to be alive." Sr. Anita took the opportunity to explain to them the book "Christus Vivit". The young people were unpretentious and took part wholeheartedly. During the group discussion felicitated by Sr. Anita on the example of young Daniel from the Bible, the youth brought out very deep and profound responses on how they could also be good examples to their peers just



like Daniel. Our community is glad to be part of the life of our youth not only those within the village but also those in other Parishes. More than 300 young people participated in the annual celebration.

*Sr. Lucy Sangriang*

*“Success is not final; failure is not fatal: It is the courage to continue that counts.”*

*Winston S. Churchill*

## Youth Retreat

**A** two-day retreat was organized for the Catholic youth of Saphai village on 16-17 December 2022 at Sacred Heart Church, Saphai. Sr. Anita Dhar, the local youth animator along with the youth advisors—Mrs. Maria Syngkon and Sir Banroi Synnah, and Sir Justin Shadap. Fr. Kenny Pakma SDB from RRTC, Ri-Bhoi was the preacher. On the first day, they had the registration of all the participants.

The day started with the Holy Eucharist celebrated by the preacher Fr. Kenny Pakma, animated by the young people of Saphai D and E localities. After the Mass, Sr. Anita animated some games with the help of the leaders, from which they drew very deep and practical lessons to be lived in their day-to-day life. In the afternoon, three Salesians – Fr. Kenny Pakma, Fr. Carmel Myrthong, and Fr. Donbor Kurbah came for the Sacrament of Reconciliation. The youth were prepared for confession, through the Penitential Service by Fr. Kenny. The talks were all based on faith and youth. During the confession and talks, Sir Justin and the youth leaders led the praise and worship moments. On day one, there were 65 participants. The second day of the retreat began with the Morning Prayer led by the youth of Saphai A. After a short break, they continued with the different sessions given by Fr. Kenny. The sessions were interesting and

the youth listened to with apt attention. In the afternoon, there was one more session followed by the concluding Mass animated by the youth of Saphai B. All the sisters of the community too participated in the Holy Eucharist. After Mass, the boys and girls thanked Fr. Kenny, Sir Synnah Banroi, the Church leader, and Sr. Marvella Shangpliang, our animator for the support and due permission granted to them. A group photo was taken to remind them of the beautiful and meaningful days they experienced. There were 96 participants.

*Sr. Anita Dhar*

## Inaugural cum Thanksgiving Mass

**A**xilium Secondary School Saphai marked the New Scholastic Year 2023 with the inaugural function cum thanksgiving Mass on 24 February 2023 by Fr. Henry Warbah SDB, the Rector and Parish Priest of Mawkyndeng. The day was dedicated, as a Thanksgiving day for the fourteen SSLC students who will be appearing for the Board examination in the coming month. The Holy Mass commenced with the solemn entrance procession into the church led by the school, house, and Class captains and vice-Captains followed by the sisters, teachers, matric students, and the celebrant. The leaders carried their respective flags and placards as they approached the altar.

In his homily, Fr. Henry talked about the spiritual fasting that we should practice as Catholics during the Lenten Season. He said that we should fast from our laziness, grumbling, and the like. Before the concluding prayer, the SSLC students were specially blessed, and prayed upon by Fr. Henry and the whole assembly, asking for God's abundant blessings upon them. Sr. Marvella Shangpliang, the animator and Headmistress thanked everyone.

Everyone then proceeded to the school for a short-stage programme put up by the students for their outgoing friends. Fr. Henry and Sr. Marvella, in their messages to the children, encouraged them to do well and work harder than usual to obtain good results. When the event was over, all were invited for lunch after which the students went home. We thank the good Lord for this grace-filled and successful day.

*Sr. Anita Dhar*

## Extension of the Oratory

In preparation for the Centenary Celebration of the Arrival of our Six Pioneers to North East India, Auxilium Saphai community strives to be a more outgoing and life-generating community. Usually, they had only one oratory centre in the past years but this year they aim to reach out to many children. Therefore, another three oratory centres were opened at Saphai A, started on 6 November 2022 in-charge by Sr. Lucy Sangriang, Saphai B, commenced on 4 December 2022 in charge by Sr. Anita Dhar while C & D combined into one began on 18 December 2022 in charge by Sr. Rakhelna Thongni and Sr. Felinicia Syiemlieh. A good number of children were present in all the three centres. The main aim of the oratory was to catechize children and to cater to those who are not going to school through a literacy programme. They entrust themselves to Don Bosco and Mother Mazzarello for the effectiveness of the mission.



*“Stay away from those people who try to disparage your ambitions. Small minds will always do that, but great minds will give you a feeling that you can become great too.”*

*Mark Twain*



## **Celebrating the Feast of Don Bosco**

**T**ogether with the Salesian Family, the Auxilium Saphai thanked the Lord for the gift of Don Bosco. 31 January 2023 marked the solemnity of Don Bosco and it was celebrated in a simple Mornesian style. The day began with an animated Morning Worship, which gave a festive glimpse of the event. The climax of the day was the celebration of the Holy Eucharist, presided by Fr. Henry Warbah SDB, Parish Priest. In his homily, he spoke about the

Good Shepherd and how Don Bosco was a Good Shepherd in his lifetime. He also stressed that the best way to live as children of Don Bosco is to keep alive his spirit by doing as much good as we can. After the celebration, the day ended with a note of thanksgiving to God, to spend the day in the company of our saintly Father and Founder, who exhorted us to have a smiling face and a gaze that is calm, optimistic, far-sighted filled our human lives with joy and hope. The presence of six co-operators and some lay people doubled the joy of the community.

*Sr. Felinicia Syiemlieh*

## **TURA**

### **Solemnity of St. Don Bosco**

**O**n 31 January 2023, the Feast of Don Bosco was celebrated in an atmosphere of thanksgiving as it marked the closing celebration of the centenary year of the arrival of the Salesian Missionaries to North East India.

The words of Don Bosco “It’s enough that you are young to make me love you very much” boosted the enthusiasm to the utmost proportion in the celebration of his feast as the hubs of the occasion were the young people. The celebration was held at Don Bosco Junior College. The theme that run all through the celebration was gratitude to the missionaries. The Holy Mass was solemnized by Rt. Rev. Andrew Marak, Bishop of Tura Diocese was the main celebrant and was concelebrated by many priests working in Tura Diocese.

In his homily, he shared, his

experienced with the Salesian missionaries in Garo Hills. He narrated the difficulties, the willpower, and their desire to carry the light of Christ to the flock in Garo Hills. He narrated about the incidents where the missionaries not merely preached God’s Word but also took care of the general well-being of the people by giving them medicines and doing all types of trivial jobs to get the confidence of people and through them preached the Word of God. The melodious voices of the girls and sisters from Auxilium Convent, Tura added grandeur to the solemn occasion. The participation of the different religious communities and diocesan Priests from the neighboring parishes of Tura added joy to the celebration. There was the lowering of the centenary flag by the Bishop. Then followed by a grand supper served for everyone present on the college campus.

*Sr. Rosa Mystica Myllem Umlong*

## Annual School Sports cum New Academic Year 2023

**T**he Auxilium School, Tura on 14 February 2023 officially inaugurated the Academic year and the opening of Annual Sports 2023. Rt. Rev. C. J. Jose, Auxiliary Bishop of Tura Diocese graced the occasion as the Chief Guest.

The inauguration commenced with a welcome speech by Sr. Marcellina Sangma, the animator. A welcome song was presented by the school choir after which the students felicitated the Chief Guest with a Garo traditional sash called 'chinbera' and a bouquet. The Chief Guest hoisted the school flag and the School anthem was sung led by the School choir. Dance was presented by the junior students and Miccano Marak, the torchbearer lit the fire to inaugurate the annual School sports, followed by the March past. The girls were in four houses Red, Blue, Green, and Yellow, and the boys were in 2 groups: Senior and Junior. Miss Sarwelina Sangma and Mr. Moses Momin, the hosts of the day minutely did the commentaries making everyone participate with enthusiasm in the annual event. Another joyous occasion was the celebration of the birthday of Sr. Sonitha

Marak, the Headmistress of the school. The Chief Guest in his speech expressed his joy to be in Auxilium and exhorted the students to participate with sporting spirit and give their best in all the events. He said that events such as sports help one to be strong not only physically but also in all aspects. He then declared the Annual sports open.

The annual Sports had a range of traditional races and events. Medals and certificates were awarded to the winners, which encouraged their efforts. The past pupils also came to show their support and encouragement giving a feeling of community and togetherness. At the end of the 3 days' sports, the Red House emerged as an all-round winner and adjudged the best in March Past while the Blue House topped for discipline. In the three days of sports, one could feel the exceptional cooperation of both teachers and students who participated in all events with bursting responsibility. Sr. Marcellina Sangma, animator of the community gave the medals and certificates and lowered the school flag declaring the Annual Sports 2023 closed with an exhortation to excel in everything.

*Sr. Rosa Mystica Myllem Umlong*

*Count the age, not the wrinkles you have.  
Count the blessings and wonderful experiences  
you've had, not the mistakes you've made.  
Forget the past; look forward to the future,  
for the best things are yet to come.*

*Unknown*

## Seminar at Riangmaw and Langmar

**A** seminar was conducted on the 3 and 4 December 2022 in the two villages Riangmaw and Langmar for the first communicants and catechism for the couples whose children will be receiving Baptism.

Sr. Meristella Kharthangmaw together with Fr. Ditendar Lyngkhoh, Br. Baselius Thyrniang and the two Catechists Mr. Elias Dkhar and Mr. Jeronimus Shyrkon were the resource persons. Fr. Ditendar Lyngkhoh took the first session on the 'Sign of the Cross and 'Prayer; followed by the

session from Catechist Mr. Jeronimus on the seven Sacraments. In the afternoon, they had to prepare the children for the sacrament of confession by taking practice one by one. This was followed by the session from Mr. Elias on the '10 Commandments'. Sr. Meristella took the last session on the topic 'Good Manners' and about 'Mother Mary'. The day ended with the Holy Eucharistic celebration in the evening. The next day with a renewed and refreshed heart they started the day with the Holy Mass celebrated by Fr. Ditendar wherein 12 babies received the Sacrament of Baptism and 33 boys and girls received Jesus for the first time.

## 14<sup>th</sup> AGBM of NCHA Annual Meet

**O**n 6 December 2022 Sr. Dorathy Kharduit and Sr. Mary Concepta Pasi took part in the 14<sup>th</sup> Annual General Body Meeting of NCHA (Nongstoiñ Community Health Association) held at Bishop's House Nongstoiñ. Sr. Mary Concepta led the inaugural prayer and lamp-lighting ceremony. Fr. Nonglang Anselm Apostolic Administrator of Nongstoiñ Diocese, Fr. Isaac Rayappan newly appointed

Director of NECHA, Fr. Eugene Thyrniang, Administrator of Bishop's House, Sr. Esther Philomena SSAM, President and Sr. Lucia VSDB, Treasurer lighted the lamp. Sr. Cecilia Toppo then read the welcome address and presented the fathers with a muffler each. The presentation of the previous year's report was presented by Sr. Esther SSAM and the Financial report by Sr. Lucia VSDB. Fr. Anselm then delivered a





short message and he narrated how NCHA came into existence and appreciated the services rendered by the Sister Nurses in the Diocese. The Sisters were privileged to have Dr. Tylli Syiem as the resource

person for the day. He spoke about the 'Continuum of Healthcare Care'. On this day, we also had the election of the new office bearers and Sr. Dorathy Kharduit was elected as the Vice President.

## Children's Retreat

**T**he first ever Children's Retreat was organized in Divine Mercy Parish, Umdang by Sr. Meristella Kharthangmaw and Fr. Ditendar Lyngkhoi on the 14 and 15 December 2022. There were different input sessions imparted to the children and the topics dealt with were the 7 Sacraments, Prayer, Good Manners, Liturgy, 10 Commandments, and the Word of God. Through the different and lively prayer service animations and Holy Eucharist, the children were very happy and contented after participating in this retreat with 98 boys and girls participated in the retreat.



## Family Cell Programme

**A** family Cell programme was organized on 18 and 19 December 2022 at Nongrongdu village. For this programme Sr. Dorathy Iohdahun Kharduit gave a session to the people on the topic 'Early Marriage and alcohol abuse and its Effect on Health'. There were 78 participants. The Sunday programme concluded with the Holy Mass celebrated by Fr. George Jaraiñ from the family commission.

*If at times you are tempted  
to be unhappy and sour,  
remember that somewhere on  
this very planet people are  
struggling and praying to God  
to bless them with something  
you already possess.*

*Benjamin Valadez*

## Youth Seminar

**T**he Youth of Riangkhai Village organized a two-day Seminar on the 28 and 29 December 2022. The resource persons were Sr. Meristella Kharthangmaw, Fr. Ditendar Lyngkhai, Br. Baselius Thyrniang, Br. Bankit Marwein and Br. Joplang Lyngdoh. Each resource person was given a topic to speak on in different sessions. Sr. Meristella presented a session on Vocation, Fr. Ditendar on the topic seven Sacraments, Br. Baselius on the History of the Church, Br. Bankit on

Faith and Br. Joplang on the Word of God. The youth participated actively in all the sessions; they were very much encouraged and were taken up with the well-prepared sessions of the resource person. The games and other activities were also conducted. The programme ended successfully with the Holy Eucharistic celebration, presided by Fr. Ditendar. It was an enriching and valuable programme. There were 45 youth participants.

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## World Day of the Sick

**O**n the occasion of the World Day of the Sick, from 11-12 February 2023, Sr. Dorathy Iohdahun Kharduit organized an Awareness Programme cum Free Checkup and Free Sugar Testing at Riagna village, which is 23 kms from Auxilium Convent, Umdang. She was able to organize this programme smoothly with the help of Sr. Meristella Kharthangmaw a touring sister. The total number of beneficiaries were 84 of them. Besides the checkup, there was also the Seminar for couples of the village organized by the family cell cum family commission and Sr. Dorathy gave a talk on 'Natural Fertility Planning' to the couples.



# M

## EDIA ATTERS



### **Why Social Media Can Be Good**

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**S**ocial networking has changed the way we communicate, do business, get our daily news fix and so much more. But is it all it's cracked up to be?

That depends on who you talk to and how you're using it. A site like Facebook could serve as an opportunistic launching pad for a new business owner, or it could be an inescapable source of negative peer pressure for a young teen. There are pros and cons to everything in life—and that includes our social networking habits.

#### **The Pros of Social Networking**

**T**here are a lot of upsides to social networking. Ask yourself how you can take advantage of the following whenever you decide to check out your favorite social networks.

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**O**ne of the most obvious pros of using social networks is the ability to instantly reach people from anywhere. Use Facebook to stay in touch with your old high school friends who've relocated all over the country, use Google Meet to connect with relatives who live halfway around the world, or meet brand new people on Twitter from cities or regions you've never even heard of before.

#### **Easy and Instant Communication**

**N**ow that we're connected wherever we go, we don't have to rely on our landlines, answering machines, or snail mail to contact somebody. We can simply open up our laptops or pick up our smartphones and immediately start communicating with anyone on platforms like Twitter or one of the many social messaging apps available.

#### **Real-Time News and Information Discovery**

**G**one are the days of waiting around for the six o'clock news to come on TV or for the delivery boy to bring the



newspaper in the morning. If you want to know what's going on in the world, all you need to do is jump on social media. A bonus is that you can customize your news and information discovery experiences by choosing to follow exactly what you want.

### Great Opportunities for Business Owners

Business owners and other types of professional organizations can connect with current customers, sell their products and expand their reach using social media. There are lots of entrepreneurs and businesses out there that thrive almost entirely on social networks and wouldn't even be able to operate without them.

## General Fun and Enjoyment

**Y**ou have to admit that social networking is just plain fun sometimes. A lot of people turn to it when they catch a break at work or just want to relax at home. Since people are naturally social creatures, it's often quite satisfying to see comments and likes to show up on our posts, and it's convenient to be able to see exactly what our friends are up to without having to ask them directly.

## The Cons of Social Networking

**I**t's no secret that there's also a dark side to social networking. You may want to ask yourself how you can minimize the following cons of social networking as much and as often as possible.

If social media is your primary source of news and other information, you could end up in a filter bubble, which is when you've isolated yourself from new information and engaged with people who have different perspectives. If you've managed to stay in a bubble of harmful misinformation, it can damage relationships and even be dangerous.

## Information Overload and Overwhelm

**W**ith so many people now on social media tweeting links and posting selfies and sharing YouTube videos, it sure can get pretty noisy. Becoming overwhelmed by too many Facebook friends to keep up with or too many Instagram photos to browse through isn't all that uncommon. Over time, we tend to rack up a lot of friends and followers, and that can lead to lots of bloated news feeds with too much content we're not all that interested in.

## Privacy Issues

**S**o much is shared online these days that issues over privacy are becoming an increasingly big concern. Whether it's a question of social sites owning your content after it's posted, becoming a target after sharing your location online, or even getting in trouble at work after tweeting something inappropriate — sharing too much with the public can open up all sorts of problems that sometimes can't ever be undone.

## Social Peer Pressure and Cyber Bullying

**F**or people struggling to fit in with their peers — especially teens and young adults — the pressure to do certain things or act a certain way can be even worse on social media than it is at school or any other offline setting. In some extreme cases, the overwhelming pressure to fit in with everyone posting on social media or becoming the target of a cyberbullying attack can lead to serious stress, anxiety, and even depression.

## Increased Feelings of Social Isolation

Since people are now connected all the time and you can pull up a friend's social profile with a click of your mouse or a tap of your smartphone, it's a lot easier to use online interaction as a substitute for face-to-face interaction. Some people argue that social media promotes antisocial human behavior.

## Distraction and Procrastination

How often do you see someone look at their phone? People get distracted by all the social apps and news and messages they receive, leading to all sorts of problems like distracted driving or the lack of gaining someone's full attention

during a conversation. Browsing social media can also feed procrastination habits and become something people turn to to avoid certain tasks or responsibilities.

## Sedentary Lifestyle Habits and Sleep Disruption

Lastly, since social networking is all done on some sort of computer or mobile device, it can sometimes promote too much sitting down in one spot for too long. Likewise, staring into the artificial light from a computer or phone screen at night can negatively affect your ability to get a proper night's sleep.

<https://www.lifewire.com/advantages-and-disadvantages-of-social-networking-3486020>

### MOTHER EARTH A GIFT TO US TO CHERISH AND LOVE

Mother Earth, a gift so rare,  
A place of beauty, beyond compare.  
A world of wonder, where life abounds,  
A paradise of sights and sounds.

From the mountains high, to the oceans wide,  
From the forests green, to the deserts dry.  
The Earth is home, to creatures great and small,  
A wonderland, for one and all.

God created, this Earth so fair,  
A place of wonder, beyond compare.  
A world of beauty, that we must protect,  
For it is ours, to love and respect.

The Earth provides, a home for all,  
A place of shelter, where we stand tall.  
A world of plenty, where we can thrive,  
A gift from heaven, to keep us alive.

So let us cherish, this world so rare,  
And show our love, with utmost care.  
For the Earth is great, and God's own hand,  
Created her, to keep us safe and grand.

*Christen Kuikoua*

# M Y USING



## Life! A Driving Vehicle

**T**he beauty of the earth and the colors in the cosmos make life bright and attractive. The divers get enthralled to jump into the big ocean of greed. Shortly after the dive, life remains incomplete. A sense of vague persists and the divers start searching for the missing part of the riddle. What one misses is the zeal to do anything or rather the courage to step forward. But once the gear is on, the vehicle would never stop as the guiding star would never fail anyone's faith in Him.

Human beings are conditioned by the situation, love, empathy, and need. When the need becomes too personal, it reciprocates as chaos in life. Often this chaos does not reveal its nature or type but leaves a sense of dissatisfaction and disturbance. Even a vehicle that runs to and fro for a long time and never checks on itself, fails to provide the same quality of service. The driver needs to check on the motor parts as well as the looking glasses as they all move on the same road. Simple negligence on his part would cost him severe loss. When he becomes too focused in the front and forgets to look behind, he ends up in boredom; instead, he must enjoy the life around him and remain focused on his driving. That is a skill of survival. Being focused is praiseworthy but it doesn't mean that we will not cherish nature or the people that come on

our way. He must retrospect on his speed and driving skills and be open to learning new techniques of survival. Human life is not less than a running vehicle that needs fuel like passion; an engine like zeal and of course an enthusiastic driver of life to carry on the journey. In the journey, the driver must remember to look back, again and again, to not miss any important part as well as to learn something productive on the way to the destination. When human beings become aware of their shortcomings and strength and accept those, they would never fail to succeed and accidents would never happen on the road of life. The 'Self-retrospection' is a good practice that allows one to ponder upon his or her one's deeds and let the rest of the journey be joyful. So all are passengers and drivers in the journey of a moving vehicle, called LIFE.

In modern life, when we are too busy in our life and work, we forget to spend some time on ourselves and ponder upon our likings and shortcomings. This leads to problems in life. The problem is nothing strange, it is brought out by us, and we must know in which way it will go away. The divergent life might often mislead us but if we are focused towards NORTH POLE, we would never lose our path and end up fulfilling our purpose of life set by our Master. Life is a journey to learn and enjoy, LIVE IT...

*Anamika Das*



# ECO SPIRITUALITY



I would like to start with this quote, “An evil person is considered dead, for he sees the sun shining and does not bless the Creator of light.”

Eco spirituality, before getting into it deeply, let's try to grasp the basic concept of the terms. Ecology or Eco means our surroundings the environment and spirituality is where we connect with God. Eco spirituality together has been defined as a manifestation of a spiritual connection between humans and the environment. Now the question arises, why eco-spirituality? Why is it so important for today's world to consider this matter? As we can see, the world is facing incredibly serious natural resource and environmental challenges like water depletion, air, and water pollution, and also global warming, which is known to be the main source of the natural calamities leading to climate changes, landslides in hilly areas, droughts, and floods. Let's take an example of today's climate, if we look a few years back, it would have been colder and chillier compared to today but now we can see a clear difference in the change of climate.

The earth is rapidly changing. Every year the earth's temperature is increasing, and places with minus temperatures are getting warmer, which is a very dangerous sign as it will change the whole structure of the earth. If we think deeply, it is we

humans who are the main culprit behind all of this. All this destruction is a tragic consequence of human activity. Activities like deforestation, and depletion of resources, are all done in the name of development and for an easy life. So, it is we who are destroying our common home and it is also we who are playing the victim to all of it as well.

Spirituality is an important dimension contributing to how we value our environment and why we value our environment. Eco spirituality is seen very much in the way we relate ourselves with God's created world. This spirituality is essentially the awareness that nature is God's creation. I belong to one of the tribes of Tripura and I can say that a strong underlying principle of most of the people especially among the tribal is the concept of the Sacredness of nature. Nature is seen as God's Creation and a mother who nourishes human beings. The existence of sacred mountains, hills, rivers, and sacred groves or sacred plants vindicates these facts. For the tribal people nature is a holy sanctuary where God resides and continues to interact with man. They treat nature with respect and develop certain feelings of awe toward her. For this reason, certain forests are marked as inviolable. The visitors to these forests should not cause any damage whatsoever. He can only admire its beauty. Anyone who visits these forests should observe decency. The use of

foul language is considered taboo in these places. These acts truly show themselves to be stewards and not masters. But alas! Where is such reverence and awe gone? One of the major issues is that humans no longer see their creator as God. We can see that in the present generation, the lack of spirituality has increased, there is no sense of respect and atheism can be seen everywhere, which has become like a trend where everybody is a taker but not a giver. When people cannot respect their creator then there is no way we can expect people to respect and care for their environment. People think it is their right to explore and exploit natural resources and extend them without thinking about their consequences. Let's take some examples from the Holy Bible.

Psalm 24: 1 says "The earth is the lord's and everything in it, the world and all who live in it."

So the earth does not belong to us it belongs to God. It's a gift from God to us that we share amongst ourselves.

Also in Genesis 1, God instructed humans to "rule" over the fish in the sea and the bird in the sky, over the livestock and all the animals, and over all the creatures that move along the ground. Some people use this passage to justify their actions; they take out the wrong meaning of the word 'rule'. They think they have authority over the entire universe. Again in Genesis 2 verse 15, Adam and Eve, our first parents were placed in the garden of Eden and were instructed to work and TAKE CARE of it. This means that we ought to take care of our common home. It is our utmost duty and responsibility to take good care, manage and protect everything that God owns. We are not masters but stewards and we are to look after our owner's

property. The Holy Father in his Laudato si stated that concern for the natural world is no longer optional but an integral part of the Church's teaching on social justice. Laudato si mi signore, which means "praise be to you my lord" Saint Francis has given the title of a sister to our common home with whom we share our life. So as sole members of caretakers and as Christians what can or should we do to help in the reviving of mother earth and how can we accept her? What we are most in need of doing is to hear within us the sound of the Earth crying. We need to pay attention to her.

Cyril of Alexandria once said, "The divinity is not in a place but neither is god absent from any place, for God fills all things; God is all-pervading and is inside as all as well as outside all".

As Christians, we are called to care for our creation not only as responsible citizens but also as a follower of Christ. So let us be protectors of creation, protectors of God's plan inscribed in nature, and protectors of one another and the environment. Love the animals, love the plants, and love everything. If you love everything you will perceive the Divine mystery in things.

*Noami Debbarma Class XI (Auxilium Girls' School Agartala)*

*When God blesses you,  
do not be arrogant,  
always stay humble.  
Do not look down on those  
who are beneath you.*

*-Mercy Pheona*

## AYM Tripura Region

**O**n 10 January 2023, the enthusiastic group of AYM (Auxilium Youth Movement) Tripura Region along with Sr. Angeline Thongni set out to Darkwthang Village under Bishramganj Parish bringing smiles and joy to the needy and less privileged. The journey started with a prayer led by Sr. Merciful Nongsiej the co-coordinator of the AYM Tripura Region at Auxilium compound. On reaching the village, they were greeted and welcomed by a few women of the village. The programme started with a few words from Mr. Bapan Debbarma representative of AYM followed by a short prayer led by the women representative of the village. Clothes were distributed to 50 families in the village on this day. The group was elated to see the smiles and joy on people's faces around when clothes were distributed.

## AYM Jaintia Region Animation Programme

**O**n 12 February 2023, Mr. Royal Shadap Regional President of AYM Jaintia Region, also Province Treasurer, and Mr. Salanborki Kamar AYM Jaintia Regional Finance Secretary, also Province Vice President animated the AYM members of Dholai region at Auxilium School, Dholai.

There were 14 committed Youths assembled for a half-day programme. The afternoon was spent with input sessions on the aim and spirituality of the Auxilium Youth Movement and the Care for Our Common Home. After the sessions, a message from Sr. Wismary Kharbihkhiew the National and Province Youth coordinator followed by a moment of sharing and discussion on how they could forge ahead with enthusiasm in their commitment to deepen their faith and help other youth in their villages. Some practical suggestions were put forward before the group and motivated them to work hard as a team and reach out to poorer people in need of their help. At the end of the programme, Ms. Artina Lamare, the president of the AYM Dholai region expressed her heartfelt gratitude on behalf of the group. She said, "We are enriched and felt encouraged and now we go back to our home with joy." She extended her gratitude also to Sr. Monoda Sangma and the community who are always there to guide and help them. It was a joy to have met the young people of Dholai region and felt an urge deep inside to continue to help and support them whenever possible specially to support them in living their Christian faith in their context which is more challenging. They returned with joy and satisfaction for this opportunity and they look forward to another occasion to work together for the betterment of the church and society.

*Mr. Royal Shadap (Province Treasurer)*





## Initiatives of the **AYM Jaintia Region**

**T**he two AYM youth of Jaintia Region, Ms. Eusebia Dkhar and Mr. Salanborki Kamar from Tluh village sponsored a child each for the education in their capacity. They are great examples among our young people. They may not be rich but their compassion toward the poor is commendable. May the Lord continue to bless them for their financial stability so that they may be able to support many more who are in need.

*Sr. Anita Dhar*

## Neighbourhood Children's Parliament Animation

**T**hree days of animation program were organized for the Neighbourhood Children's Parliament at Mary Our Help Training Center from 13 -15 December 2022. The children hail from Lumshyiap, Langkyrding, and Shanmari. Every day the children assembled before time and spend time playing football, basketball, and other games. The resources person were our own Sisters from the Shillong communities. On the first day, Sr. Mildaris Marweñ, from Sacred Heart Girls Convent, Mawlai animated on the topic "Leadership". On the second day, Sr. Lydiani Sutnga and Sr. Sngewhun Nongtdu from Auxilium Convent, Nongthymmai, animated on the topic "Teamwork", and on the third day, Sr. Beltiful Kharsnar and Sr. Janicia Nongrum animated on the topic "Focus". On all these days, there was active participation with lots of motivational games. On 16 December there was a pledge-taking of 40 members of NCP, held at FMA-OUWC, Lumshyiap Shillong. Present for the programme were Mr. Jubanlang Kharbihkhiew the Director of the Online Tent Service Centre (entrepreneur), Sr. Maria Goretti Nongrum, and the two other staff from FMA-OUWC Day Care Centre, Khliehriat. The day ended with the Pre-Christmas celebration.

*Sr. Janicia Nongrum*



# Children's Parliament Oath-Taking Ceremony Saiden

**T**he community of Auxilium Training Centre, Saiden Nongpoh has to create awareness of the rights and duties of children and mobilize children from the nearby villages to join the association of children parliament. After a few months of hard work and dedication in this ministry, along with the postulants, the Sisters had the joy of organizing the Oath taking Ceremony of the Neighbourhood Children's Parliament (NCP) on 15 December 2022 at Mawdiangum village in the premises of Lurshai Upper Primary School. There were more than 300 children, who participated in the programme.

The ceremony began with words of welcome from Sr. Luigina Duia the animator of Auxilium Saiden followed by the anthem of the NCP. The Chief Guest Ms. Lalchan Dami K. Marak officiated the oath-taking of the Prime Ministers of the five units of NCP: two units from Umjarasi, and one unit each from Mawdiangum, Pahamsyiem, and Iewmawlong villages. Ms. Aprelia Ruth Rani administered the oath-taking of the ministers of the Home Ministry, Education, Media, Culture, Finance, Sports, Health, Child Rights and Cleanliness departments, the Deputy Prime Minister, and the Speaker. Sr. Helen Puwein and Shri Manlang Mawphniang, the Village Secretary of Mawdiangum, the host village administered the oath to the rest of the members. There was a felicitation programme by



the different centres and by the Aspirants and postulants. The guests of the day, in their speech, encouraged the children to perform their duties to the best of their abilities and appreciated the Sisters for such a noble initiative, empowering children to become responsible citizens of the nation. At the conclusion of the programme, Shemboklang Mawlieh, the Prime Minister of Mawdiangum NCP Unit proposed the vote of thanks and as a token of gratitude a fine handmade bamboo craft, prepared by the Aspirants and Postulants was given to all the guests of the day.

Present for the day's occasion was Ms. Lalchan Dami K. Marak, the Junior Rural Development Officer of Umling C & Ribhoi District, who represented the



BDO of Umling Block as Chief Guest, Ms. Aprelia Ruth Rani the representative from the District Child Protection Unit (DCPU) office, as Guest of Honour, Ms. Deity Kordor, the Center Coordinator Childline Nongpoh, as special Invitee, the Headmen, Sr. Helen Puwein the Social Development Coordinator of the province, Sr. Luigina Duia, the Animator of Saiden community, Sr. Deihok Mukhim, the Co-coordinator of Children's parliament, the Sisters and many representatives of men, women, and children from the four villages of Umjarasi, Mawdiangum, Pahamsyiem, and Iewmawlong.

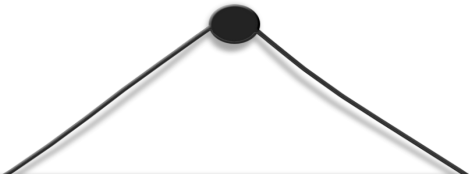
## **Opening of the Children's Parliament Sankarigre Garobadha**

**T**he Sisters of Mazzarello Convent, Garobadha took the initiative to conduct an opening ceremony of the Children's Parliament on 22 January 2023 under the leadership of Sr. Amalia M. Sangma. The program commenced with a short prayer led by the Parish Procharok, they invoke the Holy Spirit by singing a hymn followed by lighting the lamp. The guest of honor was Fr. Alex Mathew SDB, the Parish Priest of St. Dominic Savio Fr. Peter SDB, Sr. Elisha Sangma, Mission Parish, Garobadha. The Headman from that locality, one of the Baptist leaders, Catholic leaders, other members, and some of the Children's parents were present for the programme.

Forty-five children joined and became the first members of the Parliament. The Program was well presented by the children. It was short and yet elevating. It was the first time that Children's Parliament came into existence and the ceremonial opening program was held

in Sangkarigre village, under Garobadha Parish. The main theme for programme was from the Gospel of Mt.19:14 "Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these." The Parish priest also appreciated the program and the Program which is meant for Children's gatherings as one as Parliament. During the speech, Sr. Elisha Sangma encouraged the children "To become good leaders, and that as members of the Children's Parliament, they should overcome their shyness or embarrassment but be ready to learn more, in order to bring up the development in the villages and society through meetings, sharing of ideas and views, and try to build a better society through their own little way". Finally, Mr. Remsing Sangma one of the village officers delivered a vote of thanks to all who were present there. The programme ended with the refreshment and everyone returned home.

*Sr. Amalia M. Sangma*



*"Thankfulness is the beginning  
of gratitude. Gratitude is  
the completion of thankfulness.  
Thankfulness may consist  
merely of words.  
Gratitude is shown in acts."*

*-Henri Frederic Amiel*



## Children's Parliament celebrating Republic Day

**O**n 26 January 2023, the Neighbourhood Children's Parliament of Bellefonte Unit celebrated Republic Day by organizing a friendly basketball match for both girls and boys, and they took part enthusiastically. Followed by the stage programme, in which all the students displayed their talents in songs and dance. In the message of Mr. Mewanpynshngaiñ Kharhunai, the President he encouraged every member of the NCP to be proud citizens of the country and uphold the spirit of democracy.



## Republic Day Celebration Children's Parliament Saphai

**T**he 26 January 2023 was a memorable day for the Children's Parliament of Saphai as they celebrated Republic Day at Saphai Community Hall. The event started with a short prayer animated by Sr. Lucy Sangriang followed by the welcome speech by Mr. Basanio Dkhar, the speaker of Saphai 'B' Children's Parliament, who welcomed everyone present. Sr. Marvella Shangpliang delivered an interactive message on the day's celebration. She concluded by saying, "As long as we get the privilege let us help each other". There were items performed by five groups of the Children's Parliament such as songs and dances. One exciting moment for children was the distribution of gifts for all the members who secured first, second, and third ranks during the final exam of 2022. The second speaker was Sir Onimon. He thanked the sisters and the children who arranged for the meaningful celebration,

he also quoted the saying of Vivekananda "Education is to bring out what is good in the child." Through this celebration, the children can bring out their talents and demonstrate them through songs, dances, speeches, etc... Which is the best way to identify a child's capabilities. The Chief Guest of the day in his message appreciated the children and that they are the future of the village and the society. He admired the Children's Parliament because there is no distinction among any denominations but all are under one umbrella and the intention is to do good and the good work should grow day by day. The speaker of "Saphai Children's Parliament", Ms. Ionilas Lamare thanked everyone for their participation, especially the guests who made the day meaningful and special.

After the program, there was a football match between the members of the Children's Parliament, the localities of A, B, and E versus C and D both boys and girls, and in both matches, the localities C and D were the winners. The last match



was between the CP members and the little group of Mr. Nidaioh Dhar. Children's Parliament won the match. Thanks to the generosity of the headman, Sir Valentin Gino Synnah, Sir Wompherki Kanai the secretary of the village, and Mr. Nidaioh Dhar who provided the gifts for the winners of the football match. This day has been a success because of the collaboration of everyone. The Headman, Sir Valentin Gino Synnah, Sir Onimon Kanai, the Assistant Headman Sr. Marvella Shangpliang the

animator of Auxilium Convent Saphai and the other sisters, the chairman and the secretaries of different localities, the other guests that include the heads of different denominations, heads of schools and parents of the children themselves present in the day's programme.

*Hamengishaniah Suchiang, Madona Dkhar, John Vianny Dkhar, Sameker Lamare (Ministers for Communication)*

## Trekking: Children's Parliament

The Neighbourhood Children's Parliament of Bellefonte Unit went trekking to Lum Sohpetbneng (Navel of the Earth) Ribhoi, Meghalaya on 27 January 2023, accompanied by Sr. Beltiful Kharsnar and Sr. Nongrum Janicia. It was one of the most enchanting sights, where 27 of them reached Bellefonte early morning with their hiking boots, bags with a package of food and water needed for the trip. They left Bellefonte with a minibus, on reaching the spot at the foot of the peak the group headed on foot to the peak of the mountain, which is 1434 meters high. Walking through the dense green forest gave an experience of freshness, calmness, and relaxation, as the children were free from the hectic road and suffocating walls. All with lots

of enthusiasm, they climbed, walked, ran, jumped, explored the jungle, and admired the varieties of trees, plants, and flowers that covered the peak. It took around two and a half hours for the whole group to reach the top of the mountain. On its top lies a worshipping place of the Khasi (traditional religion), as the peak is significant to the Khasi as it names itself Lum Sohpetbneng (is a very sacred Folktale of Meghalaya and religious folklore for the Khasi believers. Legend has it, that on this spot a golden ladder connected Heaven and Earth, God and Man.). The group spent a luxurious time in the bosom of nature, had lunch, and had fun. By noon, the group set back to the foot of the peak and headed home happy and contented.

# Neighbourhood Children's Parliament Annual Meet

The first-ever Annual Meet of Children's Parliament was organized on 1 February 2023 at Bellefonte, Lumshyap. The event began with a welcome speech from Sr. Helen Puweñ, Director, Bellefonte Community College (BCC) to Sr. Elizabeth George, Provincial, the Chief Guest, invitees, and all the participants. Miss Cynthia Kharwanniang, FMA Outreach staff was the host of the day's programme.

The programme was followed by speeches and items from the Children's Parliament of different regions. In her speech, Sr. Elizabeth George highlighted the role and functions of the Neighbourhood Children's Parliament by giving a few examples of those who have achieved to help the Society and State. Shri. Shngain Chyne, a child protection officer from the district office, gave a speech on Child Rights and how children can seek help from their elders or someone they feel secure. He added that children should be aware of their surroundings and their rights. The Deputy Director of FMA-OUWC, Sr. Garnet Sutnga spoke about Child Rights and explained to them in a way they were able to understand. Children's Parliament of Bellefonte Unit presented the dance, NCP of Saphai sang the song "We shall overcome one day" and Saiden, a choreography, depicting child labour especially the ill-treatment of a girl child which has caught the attention of everyone. Sr. Helen extended the note of thanks to all the invitees, the coordinators, the sisters, the Children, the participants, the staff, and to everyone present at the event.

Other persons present for the programme were Sr. Gemima Pohrmen, Provincial Economer, Sr. Happyline Mary Shadap and Sr. Elizabeth Thannimoottil, Animators of FMA Outreach and Bellefonte respectively, Mr. Kharsyntiew, the Executive Member of Langkyrding village, the members of the Neighbourhood Children's Parliament, and the coordinators from Saphai, Saiden, Mawlai, Khliehriat, and Bellefonte. There were 430 of them who attended the programme.

*Miss Cynthia Kharwanniang (FMA-OUWC Staff)*

## NATURE - GOD'S GIFT

God has created this universe for us  
A beautiful gift of universe that we behold now  
He is the creator of all things that grow in this world  
He has given us life with nature that provide us with water and food.  
He spread sunshine in the blue sky and planted trees and  
green grass across the land

Either God did not make our universe ugly or dirt  
nor our human life to be bland  
He has given us much more than we expected  
Today his gift was a seed and tomorrow that would produce a great harvest  
He made our life peaceful through his gospel teaching

When troubles and sorrows come our way  
then he opens his heart to protect us in every way  
He is there for us to flood our soul with happiness  
and give us more strength to our heart to pray hard  
God will make our life complete with love and harmony  
but we have to do is receive them with faith on him.





# MOTIVATIONAL STORIES



## Seeking Happiness

There were 200 people attending a seminar on mental and physical health.

At one point, the speaker told the group they were going to do an activity. He gave each attendee one balloon and told them to write their name on it. Then, the balloons were collected and moved into a very small room.

The participants were then asked to go into the other room and were given 2 minutes to find their balloon.

*It was chaos...* People were searching frantically for their balloon, pushing each other and running into one another while they grabbed a balloon, looked at it, and inevitably tossed it to the side.

*At the end of the 2 minutes, no one had found the balloon that had their name on it.*

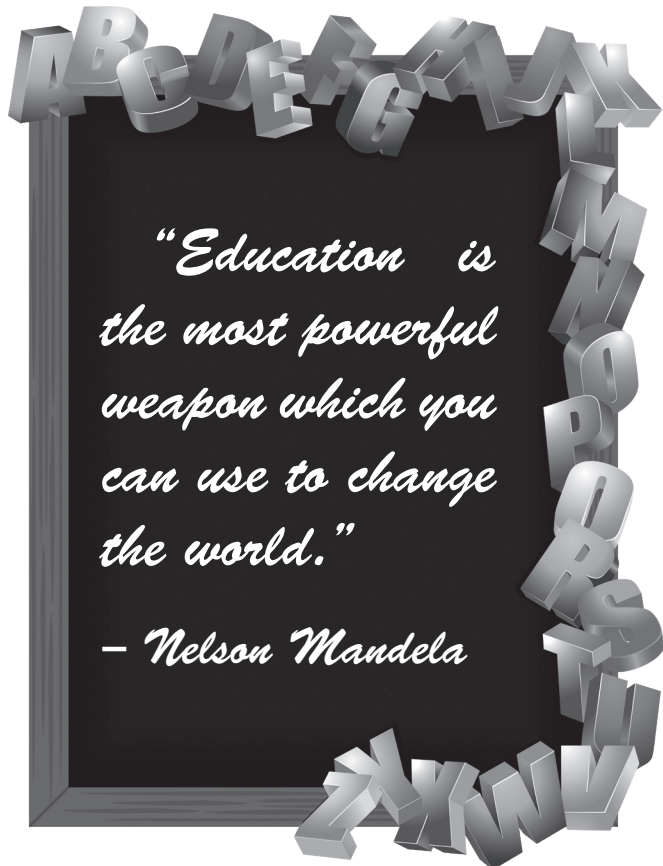
Then, the speaker asked the participants to go back in the room and pick up one balloon at random, look at the name, and return it to its owner. Within minutes, everyone had been reunited with their original balloon.

The speaker then told the group, "This is what it's like when people are frantically searching for their own happiness in life. People push others aside to get the things that they want that they believe will bring

them happiness. *"However, our happiness actually lies in helping other people and working together as a community."*

*The Moral:* You will get your happiness if you help other people find theirs. *The Dalai Lama* says, "If you want to be happy, practice compassion."

Helping others makes us happy because it gives us a sense of purpose.



# WAIT...WHAT?

A carpenter who was nearing retirement told his boss that he was ready to end his career and spend his time with his wife and family. He would miss his work, but he felt it was time to spend his time with the people who were important to him.

His boss was saddened by this news, as this carpenter had been a good, reliable employee for many years. He asked the carpenter if he could do him a favor and build just one more house.

The carpenter reluctantly conceded, even though his passion for building had faded.

While he was building this last house, his normal work *ethic faded and his efforts were mediocre, at best. He used inexpensive and inferior materials and cut corners wherever he could. It was a poor way to finish such a dedicated career that he once had.*

When the carpenter was finished, his boss came to look at the house. He gave the key to the carpenter and said, “This house is my gift to you for all of the hard work you have done for me over the years.”

The carpenter was astonished.

What a generous gift this was to receive from his boss, but if he had known he was building a house for himself, he would have made his usual efforts to create a high-quality home.

**The Moral:** The same idea applies to how you build your life.

*Every day that you wake up offers an opportunity for you to put your best foot forward, yet we often do mediocre work, saving the more important things for “another” day.*

Then one day, we find ourselves shocked that our lives aren’t what we had hoped they would be. The “house” we built to live in has a lot of flaws due to a lack of effort.

However, you can’t go back and rebuild it in a day or two.

As people say, “Life is a *do-it-yourself* project.”

Your attitude and choices help build the life you will live tomorrow. So...build carefully.



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# THE FMA INSTITUTE IN THE WORLD

The FMA Institute is a great educational, communication, and evangelizing Network with realities that are at the local, province, interprovincial, and world levels, in synodality with Salesian, civil, and Ecclesial Entities and Organizations that render visible the Salesian charismatic mission. 11,535 FMA, 69 Provinces and 5 Pre-provinces, 9 Interprovincial Conferences, 97 Nations in the 5 Continents.

## IN EUROPE

The first House in Italy is that of the foundation the Institute opened in Mornese (Alessandria) on 5 August 1872. The Institute crossed the frontiers of Italy in 1877, opening a Community in Nice (France)

## IN AMERICA

On 14 November 1877, from the Port of Genoa, the first missionary expedition of young FMA departs for Montevideo (Uruguay). On 1 January 1879, the second group of missionaries reached Buenos Aires (Argentina). On 3 February 1881, the third group founded new Communities in Argentina and Uruguay.

## IN AFRICA

On 8 December 1893, the first Daughters of Mary Help of Christians arrived in Algeria in Mers-el-Kebir. They founded the first Oratory welcoming girls and young people, promoting cutting and sewing activities, and dedicating themselves to Catechesis and Pastoral activities in the Parish (cf. The journey of the Institute in the course of a century, vol. 2°)

## IN ASIA

In 1891, the FMA arrived in Asia in Bethlehem (Middle East) and in 1922, the FMA arrived in India. They opened their first House in Tanjore on 24 November 1922 with the Orphanage, Workshop, Oratory, Dispensary, and later, the School, and visits to the villages. In March 1923, the FMA landed in China where they opened their first House in Shiu Chow. (On 8 December 1923, St. Mary's Convent, Guwahati was opened). In 1929 they arrive in Japan. In 1931 they start their first House in Siam (now Thailand).

## IN OCEANIA

In the Marian year 1954 the FMA opened their first House in Brooklyn Park (Australia).

# FMA NORTHEAST CENTENARY THEME SONG

## Gratitude And Fidelity

1. Hundred years in North India with Mother Mary as Guide  
Youth for honest citizenship of earth and heaven our goal  
Salesian Charism took roots spreading far and wide  
Winning for heaven countless souls

**Chorus : Come on let's give thanks, celebrate and sing  
For all the one hundred years of blessings  
As faithful daughters we'll endlessly strive  
With confidence in God our source of life**

2. Oh! valiant pioneers you've come and gone  
Today it's our mandate to carry on  
Gratitude to you dear missionaries  
Who generously came from across the seas.
3. Blest are your feet ardent missionaries  
Wherever you were, you've sown peace  
Sisters Cecilia Da Roit, Berra, Bricarello  
Antionietta, Appiano and Vallino.

**BRIDGE      We are called to be witnesses of God's Love  
Spreading his merciful love from above  
Da mihi animas cetera tolle  
Give me souls! and take away the rest.**

**Chorus : Come on let's give thanks, celebrate and sing  
For all the one hundred years of blessings  
As faithful daughters we'll endlessly strive  
With confidence to God our source of life.**