



MAR WALAH

Vol.03 Issue-06 October 2024 "MY LORD, MY GOD"

Santhome Church Bulletin, Hulimavu, Bangalore - 560 076



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*With Santhome
we are one*

2024



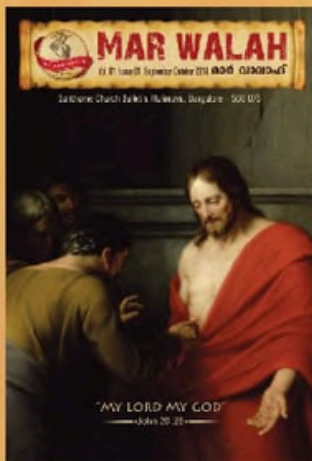
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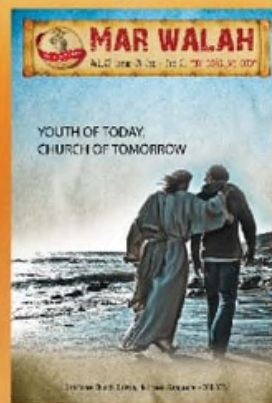
2019



2018

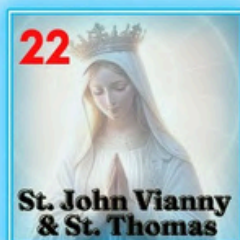
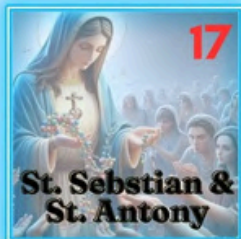


2020



KONTHA NAMASKARAM

OCTOBER 2024



Santhome, Hulimavu

Vicar's Message



ബന്ധങ്ങൾ വളർത്തുന്ന മാർ വാലാ

ജീവിതം അർത്ഥപൂർണ്ണമാകുന്നത് ബന്ധങ്ങളിലൂടെയാണ്. ഓർമ്മപ്പെപ്പുകളിലെ നിക്ഷേപമാകുന്ന നല്ല ബന്ധങ്ങൾ വളർത്തുകയെന്ന ലക്ഷ്യത്തോടെയാണ് സാന്തോമിന്റെ ഹൃദയത്തിൽ മാർ വാല ജനിച്ചത്. ഒരു കുളിർതെന്നൽപോലെ, കഴിഞ്ഞ അഞ്ചു വർഷങ്ങളായി മാർ വാലാ നമ്മുടെ ഹൃദയങ്ങളെ തഴുകിയുണർത്തുന്നു. വിവിധ ദേശങ്ങളിൽനിന്നുവന്ന നമ്മൾ സാന്തോമിന്റെ അൾത്താരക്കു മുന്നിൽനിന്ന് ഒന്നിച്ചുകൂടി ആരാധിക്കുന്നപോലെ, ഈ ഇടവകാംഗങ്ങളുടെ വിവിധ നാദങ്ങളെ ഒന്നിച്ചു ചേർത്ത് ഒരു രാഗമാക്കി മാറ്റാൻ മാർ വാലക്ക് കഴിഞ്ഞിട്ടുണ്ട്.

അറിവും അനുഭവങ്ങളും നിറഞ്ഞ നിങ്ങളുടെ ലേഖനങ്ങളും പ്രചോദനാത്മകമായ ചിന്തകളും, നിങ്ങളുടെ മനസ്സിന്റെ ഏകാന്തധ്യാനത്തിൽ വിരിയിച്ചെടുത്ത സാഹിത്യ സൂനങ്ങളും, ഇടവകജീവിതത്തിന്റെ നേർക്കാഴ്ചകളുമെല്ലാം മാർ വാലായിലൂടെ നമ്മളെ ചേർത്തുപിടിച്ച ഘടകങ്ങളാണ്.

വായനക്കാർക്ക് ഉണർവുപകർന്ന കഴിഞ്ഞ ലക്കങ്ങളിലെ ഓരോ താളുകളിലും നിങ്ങളുടെ ത്യാഗവും സമർപ്പണവുമുണ്ടായിരുന്നു. അഭിനന്ദിക്കുകയാണ്, നിങ്ങളെ ഓരോരുത്തരെയും... അകത്താളുകളെ ആകർഷകമാക്കിയവരെയും, അണിയറയിൽ അഹോരാത്രം അദ്ധ്യാനിച്ചവരെയും, ഒപ്പം വായനയിലൂടെ വളർത്തിയവരെയും!

സാന്തോമിന്റെ തീർത്ഥയാത്രയിൽ ബന്ധങ്ങളെ വളർത്തിയും ആഴപ്പെടുത്തിയും മാർ വാലാ ആവേശവോജ്ജ്വലമായ തന്റെ പ്രയാണം തുടരട്ടെ. നാഗരികതയുടെ അപരിചിതത്തിൽ ഒറ്റപ്പെട്ടുപോകാതെ, കൂട്ടായ്മയുടെ സൗഹൃദവലയത്തോട് ചേർത്തു നിർത്താൻ മാർ വാലാക്ക് സാധിക്കട്ടെ. ഇനിയുള്ള ഓരോ ലക്കങ്ങളിലും നിങ്ങളുടെ ഓരോരുത്തരുടേയും സംഭാവനകൾ മാർ വാലയെ കൂടുതൽ ആകർഷകമാക്കട്ടെ.

സ്നേഹപൂർവ്വം വികാരിയച്ചൻ,
Fr. Thomas Kaattuthuruthiyil



ജപമാല വഴിയെ.....

ജപമാല ചൊല്ലി പരിശുദ്ധ അമ്മയ്ക്ക് നമ്മെ പൂർണ്ണമായി സമർപ്പിക്കാൻ ഒരു മാസം ആഗതമായിരിക്കുന്നു. പരിശുദ്ധ അമ്മയുടെ കരം പിടിച്ച് നടക്കാൻ സഭ നമ്മെ ക്ഷണിക്കുന്ന നിമിഷങ്ങളാണ് ഈ ഒരുമാസക്കാലം. ജപമാല എന്നത് ഒരു ക്രൈസ്തവനെ സംബന്ധിച്ചിടത്തോളം ഒരു ആഡംബര വസ്തുവല്ല; മറിച്ച് അത് തിന്മക്കെതിരെയുള്ള ആയുധമാണ്. പരിശുദ്ധ അമ്മയെ സ്നേഹിക്കുന്നവർക്ക് മാത്രമേ ജപമാല ചൊല്ലുവാനും , ജപമാലയെ സ്നേഹിക്കുവാനും സാധിക്കുകയുള്ളൂ. കുരിശിൻ ചുവട്ടിൽ നിന്ന യോഹന്നാൻ ഈശോ കൊടുത്ത സ്നേഹ സമ്മാനമാണ് പരിശുദ്ധ അമ്മ. പരിശുദ്ധ അമ്മയോട് കുരിശിൽ കിടന്നുകൊണ്ട് ഈശോ പറഞ്ഞത് ഇപ്രകാരമാണ് "ഇതാ നിന്റെ മകൻ". പരിശുദ്ധ അമ്മയ്ക്ക് നമ്മൾ ഓരോരുത്തരും അമ്മയുടെ മക്കളാണ്. നമ്മുടെ ജീവിതത്തിലെ സങ്കടങ്ങളിൽ മാത്രം അഭയം തേടാൻ ഉള്ള ഒരു അത്താണിയല്ല പരിശുദ്ധ അമ്മ, മറിച്ച് നമ്മുടെ സന്തോഷത്തിലും സങ്കടങ്ങളിലും പരിശുദ്ധ അമ്മയോട് ചേർന്നിരിക്കാൻ നമുക്ക് സാധിക്കണം. അമ്മയോട് ചേർന്നിരിക്കാനും സ്വർഗത്തിലേക്ക് എത്തിച്ചേരാനും ഉള്ള കുറുക്കു വഴിയാണ് ജപമാല.

വിശുദ്ധ ജോൺ പോൾ രണ്ടാമൻ മാർപാപ്പയുടെ ജീവിതത്തിൽ തന്റെ മാതാപിതാക്കളും സഹോദരങ്ങളും നഷ്ടപ്പെട്ട അവസരത്തിൽ ബാലനായ ജോണിന് കൂട്ടായി ഉണ്ടായത് പരിശുദ്ധ ജപമാല ആയിരുന്നു. ജോൺ പരിശുദ്ധ ജപമാല കൈലേന്തിയപ്പോൾ പരിശുദ്ധ അമ്മ ജോണിന്റെ കരം പിടിച്ചു. പരിശുദ്ധ അമ്മയോടുള്ള പ്രത്യേക സ്നേഹം ആണ് ആ ബാലനെ ജീവിതം മൊത്തം വഴി നടത്തിച്ചതും...തിരുസഭയുടെ തലവൻ എന്ന സ്ഥാനത്തേക്ക് എത്തിച്ചതും.... മാർപാപ്പ ആയതിനുശേഷം പിതാവ് ലോകത്തിന് നൽകിയ സന്ദേശം ജപമാലയെ സ്നേഹിക്കുവാനും ജപമാലയെ മുറുകെ പിടിക്കുവാനുമാണ്.

നമുക്കും ജപമാലയെ സ്നേഹിക്കുവാനും മുറുകെ പിടിക്കുവാനും സാധിക്കട്ടെ. ഇന്നത്തെ ലോകത്തിലുള്ള സകലതിന്മകൾക്കെതിരെ പോരാടാനുള്ള ആയുധമാണ് പരിശുദ്ധ ജപമാല. പരിശുദ്ധ അമ്മയുടെ കരം പിടിച്ച് അമ്മയുടെ നീല മേലങ്കിക്കുള്ളിൽ വിശുദ്ധിയിൽ ജീവിക്കാനുള്ള കൃപയ്ക്കായി നമുക്ക് ആത്മാർത്ഥമായി പരിശ്രമിക്കാം.

ജീവിതത്തിന്റെ തിരക്കുകളും ഭാരങ്ങളും നമ്മെ അസ്വസ്ഥപ്പെടുത്തുമ്പോൾ പരിശുദ്ധ അമ്മയുടെ മാധ്യസ്ഥം തേടി പ്രാർത്ഥിക്കുവാൻ നമുക്ക് സാധിക്കട്ടെ. ജീവിത പ്രതിസന്ധികളിൽ തളരാതെ ജപമാലയെ മുറുകെ പിടിച്ചു കൊണ്ട് അമ്മയുടെ മാധ്യസ്ഥം തേടി ജീവിതത്തെ മുന്നോട്ടു നയിക്കുവാൻ നമുക്ക് പരിശ്രമിക്കാം. വ്യക്തിപരമായി പരിശുദ്ധ അമ്മയോടുള്ള ആഴമായ ബന്ധത്തിൽ വളരാൻ നമുക്ക് ശ്രമിക്കാം. ജീവിതത്തിലെ തിരക്കുകൾക്കിടയിലും ജപമാലയാകുന്ന ആയുധം കയ്യിലെന്തി പരിശുദ്ധ അമ്മയോട് ചേർന്ന് നിന്നുകൊണ്ട് ഒരു ജപമാല എങ്കിലും ദിവസവും ചെല്ലാൻ, അങ്ങനെ പരിശുദ്ധ അമ്മയോട് ചേർന്ന് ഈശോയിലേക്ക് വളരുവാൻ ഈ ഒക്ടോബർ മാസം നമുക്ക് സാധിക്കട്ടെ. പരിശുദ്ധ അമ്മയുടെ മാധ്യസ്ഥവും സംരക്ഷണവും നമ്മുടെ ജീവിതങ്ങൾക്ക് മാർഗ്ഗനിർദ്ദേശം നൽകുമാറാകട്ടെ. പരിശുദ്ധ അമ്മയെപ്പോലെ ദൈവത്തോട് ചേർന്ന് നിന്നുകൊണ്ട് നമ്മുടെ ജീവിതവും വിശുദ്ധിയുള്ളതാക്കി മാറ്റാൻ ഈ ഒരു മാസക്കാലം വളരെ പ്രത്യേകമായി പരിശുദ്ധ അമ്മ നമ്മെ സഹായിക്കട്ടെ.

പരിശുദ്ധ അമ്മയുടെ സ്നേഹസംരക്ഷണം എല്ലാവരോടും കൂടെ ഉണ്ടായിരിക്കട്ടെ....

നമുക്ക് പ്രാർത്ഥിക്കാം... "പരിശുദ്ധ അമ്മേ, അമ്മയുടെ നീലകാപ്പകുള്ളിൽ ഞങ്ങളെ പൊതിഞ്ഞു പിടിക്കണമേ...."

ഒത്തിരി സ്നേഹത്തോടെ

FR. JISS POONOLY CSJBP.....✍️





Editorial

Our parish is more than just a place of prayer; it's a family, bound together by our shared faith and a Christian purpose.

Our parish bulletin serves as a vital thread in this tapestry, connecting us through spiritual wisdom, fostering community, and nurturing our faith.

"I wouldn't be a songwriter if it wasn't for books that I loved as a kid. I think that when you can escape into a book, it trains your imagination to dream big and believe there's more out there than what you can see." — Taylor Swift

Nothing captures the essence of reading - as a habit - more profoundly and more “contemporarily” than how the words from none other than the acclaimed singer / song writer Taylor Swift do!

As we celebrate the fifth anniversary of MarWalah, let us give thanks to God in blessing it as a channel for proclaiming His Word and pray for continued growth and impact in the years to come.

Our beloved bulletin has - in the words of one of our edit team members itself - stayed as the darling baby of all of us, eagerly at the cusp of growing, and hopefully towering soon into what our collective vision of what a good and enlightening read it can become.

In recent times, our world has faced numerous challenges, from natural disasters to social unrest. These events remind us of our interconnectedness and the importance of compassion and service to others.

A lot of us who are avid readers would testify that, if anything can heal a society, a good book can, a good message of four words even can some time.

With something of all these is what we set out to chip away at the big rock of sloth and inhibitions for each one of us and help us go back to what a lot of our senior generations would fondly remember - about reading habits , good books ... living a thousand lives through what we read .

Yes, today we live too busy lives. Occupations have grown to fill a lot of our bandwidth. Then there is so much of “visual engagement” that puts another big boulder into an already filled jar (of our lives). Whether it’s OTT platforms, on-the-go content, podcasts—you name it—every moment of our day seems filled with distractions competing for our attention.

We can embrace the Lord and be a good catholic even as we leverage the best and brighter aspects of social media, gadgets. Here we imbibed that wisdom in re-imagining Mar Walsh into a hybrid format, allowing the youth TO BE WHAT THEY ARE - just as Saint Carlo demonstrated us, didn’t he?

We plan to bring to you glimpses of what this possibility can be - through reels, blogs and much more. As followers of Christ, we are called to be beacons of hope and love in a world that often feels dark and uncertain. Let’s strive to deepen our relationships with one another, both within our parish and beyond. Reach out to those who feel isolated or in need, offer a helping hand, and share a kind word. Together, let us build a community that is truly Christ-centered, compassionate, and supportive.

Our journey of a million miles has just begun with baby steps, but it can grow into something much bigger. We invite each of you to lend your catholic and creative energies to make this the experience it has the potential to be.

May our parish bulletin play a more vital role to achieve our collective catholic vision.

“Show me a family of readers, and I will show you the people who move the world.” — Napoléon Bonaparte



Parish Diary - October: Rosary Month

Special Rosary Celebration (October 17th - 26th)

- **10 Days of Rosary:** We will be celebrating 10 consecutive days of Rosary at Santhome from Thursday, October 17th to Saturday, October 26th.

Rosary Timings:

Weekdays: 6:00 PM

Sunday: 8:30 AM (Morning Rosary)

- **October 26th Special Event:**

Honoring Bible Writers: On the final day of the Rosary, October 26th, we will be honoring 23 individuals who have contributed to the writing of the Bible.

- **Sponsoring the Rosary:**

Those wishing to sponsor a Rosary for ₹500, please contact the Church Manager, Thomas (9656922195).

- **Sponsoring Nercha Bhakshanam (Snacks):**

After each Rosary prayer, Nercha Bhakshanam will be provided. Sponsors for the snacks are invited to contact the Parish Trustees or the Church Manager.

- **Intercessory Prayers:**

The units responsible for preparing intercessory prayers for each day should ensure they are reviewed and approved by either the Vicar or Assistant Vicar before the Rosary.

Former **TRUSTEES**



Best Wishes!

**Newly elected Trustees
for our Parish**

Congratulations

NORTH ZONE



Varghese Kurian

EAST ZONE



Tom Zacharia

WEST ZONE

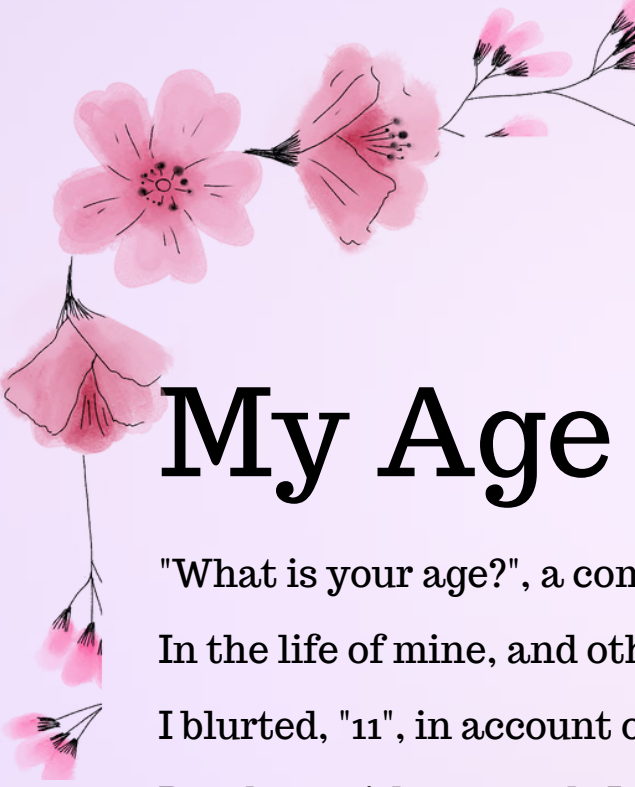


Mathew George

SOUTH ZONE



Jeswin Varghese



My Age

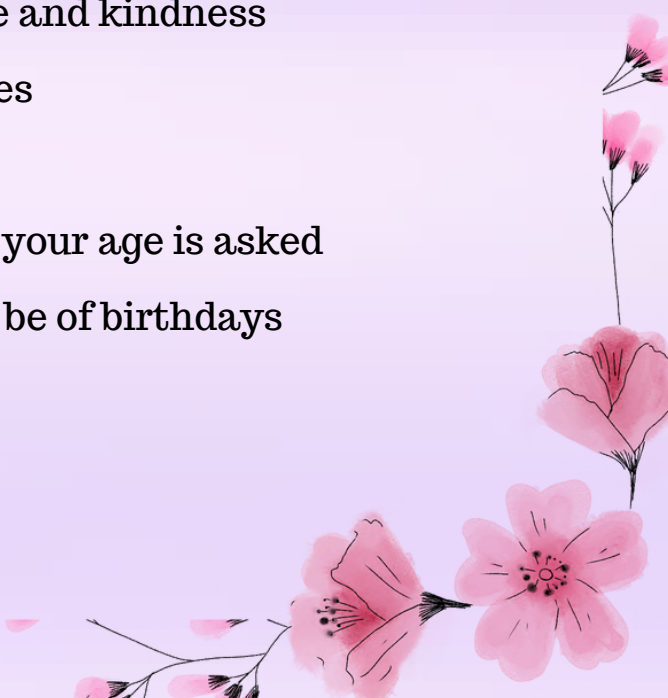


Sana

"What is your age?", a commonly asked phrase,
In the life of mine, and other individuals..
I blurted, "11", in account of my birthdays
But, how witless stands I,
Unknowing of which
The term "age" comes in a diverse amount of sectors
Arced together to form a circle of infinite length

Could be of my behavior and common sense,
Could be of my capability of learning and knowledgeable growth,
Could be of my maturity, respect and manners,
Could be of my cleanliness and organization,
Could be of my friendliness and social skills
Could be of my helpfulness, giving nature and kindness
And, it could be of many, many more types

When you come across the way in which your age is asked
You are to know that "age" could not just be of birthdays



The Promise of Eternal Salvation

God promised a saviour to Adam and Eve,
For those whose harboured evil and dread,
A saviour who would do good and leave,
Spreading hope and happiness for all mankind.

A saviour who would lead us to eternal life,
Saving us from the raging fires of hell.
A saviour that distances us from fights and strife,
So that we resist temptations of evil.

He gave His only son to us, whom He loved
To be a saviour, the eternal one
A saviour that delivered God's miracles, the beloved
Oh, Jesus the saviour of the world!

As John said, a son who was most loved
Who sacrificed himself to torture and crucifixion
Jeered at, drawn, and dragged through mud and blood,
Only to bless us all with eternal salvation.

By the might and power of God Almighty,
Jesus rose up from the dead,
His disciples gave abundant testimony to his spirit
Oh, how great the love of God!!



Ryan Job - 6th Grade

M M MM M

'Twas a cold Bethlehem night,
Stars littered the navy skies,
The 'Lamb of the Lord', the Redeemer,
Was born in a humble manger.

He who turns water to wine,
The one who walks on water,
The perfect Lamb of the Heaven so high,
He saves our sons and daughters!

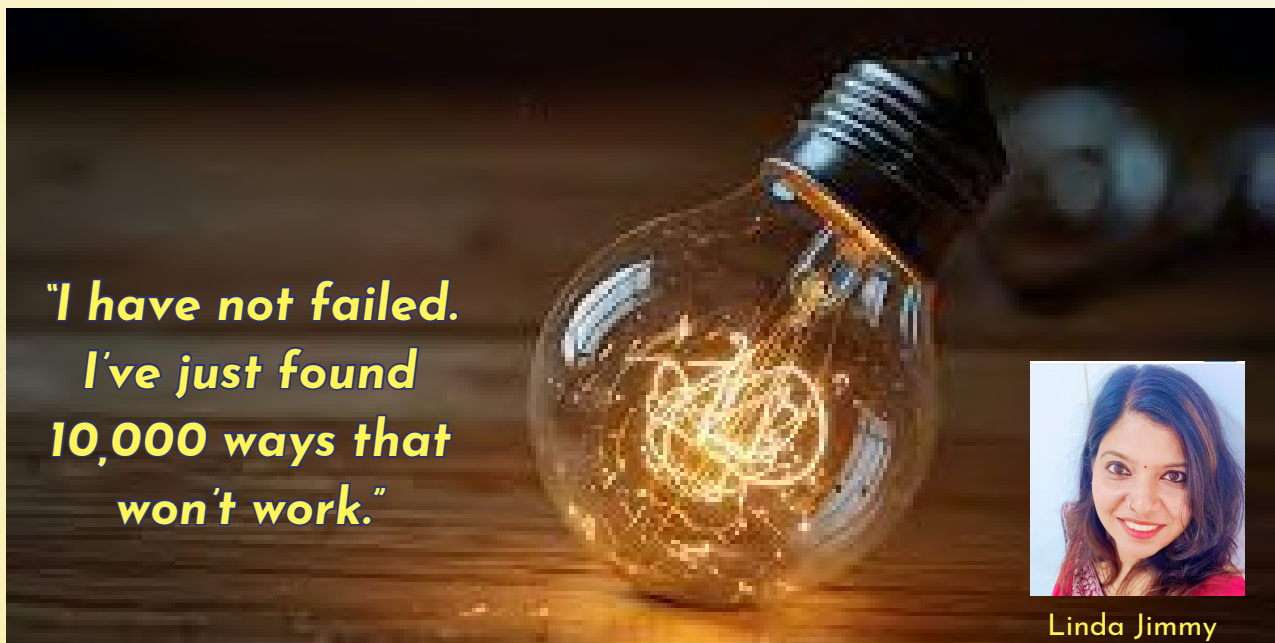
Born into a world against him,
A lamb raised for slaughter,
Sacrificed for a world so cruel,
For the sake of sinful men.

He is crucified for our salvation,
He rose again, for all nations.
All who believes in the Lord
Will find salvation divine!

So let us walk in footsteps true,
With care and love for others, love unbend,
Glory be to the Lord, all good,
For in God we find love, love that never ends!



Jomiya Jimmy



Sarah had always dreamt of owning her own coffee shop. After years of working for others, she saved enough money to launch her first venture, she finally opened “Brew Haven” in a cozy neighborhood. She was passionate about coffee, and she had crafted the perfect menu, filled with unique blends and homemade pastries. Excited for the grand opening, Sarah believed the shop would quickly become a local favorite.

However, the first few months were tough. Despite her enthusiasm, customers trickled in slowly, and sales were far below her expectations. Sarah tried everything—she handed out brochures, displayed at the shop, posted on social media, and offered discounts, but nothing seemed to work. She even tweaked her menu several times, hoping that would bring in more business. Still, the shop struggled.

As days passed, Sarah’s confidence began to fade. Every new idea she tried seemed to end in failure, and the coffee shop she had dreamt of was barely surviving. Feeling disheartened, she turned to her faith for comfort. Sarah was a devout Catholic and had always admired St. Francis Xavier, the patron saint of missionaries and perseverance.

One evening, after a particularly slow day, Sarah sat quietly in her empty café and prayed, “St. Francis Xavier, please guide me through this challenge. Help me find the strength to keep going and the wisdom to know what changes I need to make.”

Later that week, Sarah’s friend John stopped by for a cup of coffee and noticed Sarah’s frustration. Seeing his friend’s distress, John asked what was wrong. Sarah explained her struggles and how she felt like she was failing despite her best efforts.

John smiled and said, “Sarah, remember that Thomas Edison famously went through over 10,000 failed experiments before he invented the electric light bulb. When asked about his failures, he said, “I haven’t failed. I’ve just found 10,000 ways that won’t work.” Edison faced many setbacks but used each failure as a step toward success. He didn’t fail—he simply figured out what didn’t work. Similarly, you’re learning what doesn’t work so you can eventually discover what does.”



Encouraged by her friend’s words and the prayer she had offered, Sarah decided to look at her challenges differently. She began analyzing what she had learned from each failure. She realized her location attracted more early risers than afternoon crowds, hence she adjusted her opening hours earlier and introduced a breakfast menu. She also started collaborating with local artists, hosting live music nights, and created a loyalty program for regular customers.

Slowly but surely, things began to change. Mornings became busier as locals came in for coffee and breakfast, and the live music nights brought in new customers who hadn’t heard of the shop before.

Brew Haven transformed into a beloved neighborhood spot, bustling with regulars and new visitors alike. Social media took over her success stories and her crafted coffee became viral. Reflecting on her journey, Sarah realized that every “failure” had taught her something valuable.

Her prayer for guidance and the support, she could see setbacks as lessons in the positive way, and she learned that perseverance and adaptability were key to her success.

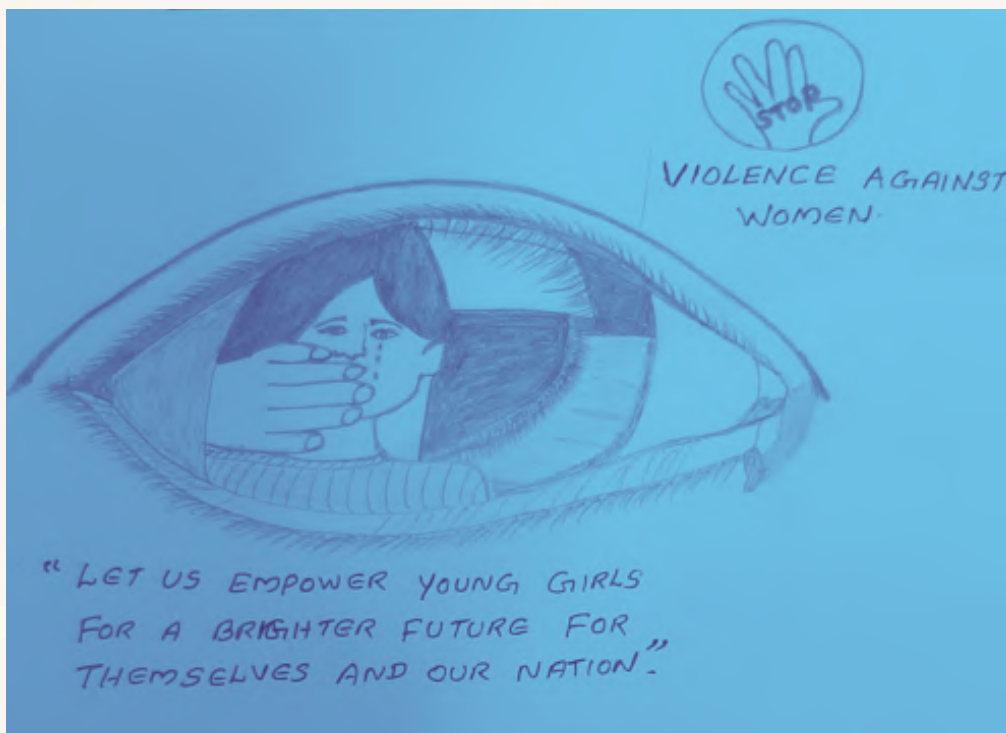
Attending interviews at various companies, striving to succeed in our desired careers, retaking exams, struggling to impress managers or colleagues, facing difficulties with presentations, missing monthly EMIs, and facing difficulties in managing daily expenses can often make us feel like failures. However, Sarah's story demonstrates that setbacks are not failures but lessons in disguise. As Thomas Edison wisely said, .” With faith, persistence, and a willingness to learn, even the toughest obstacles can lead to eventual success.





Alphonsa Ann 6 B

Save our girls, Stop violence against women



A child is a blessing from God. The Bible tells us, "Children are a blessing and a gift from the Lord" (Psalm 127:3-4).

In today's world, our girls face many challenges that threaten their safety, well-being, and future. They are often subjected to various forms of violence, including domestic violence, which involves both physical and emotional abuse, sexual abuse, harmful cultural practices, and online violence. It is the responsibility of everyone in society to put an end to this violence. Let's build a good society where we love and protect valuing them for who they are, regardless of their gender.

Angels Meet



Joanna Jhonson Pulimoottil
5th std

Angels Meet – 04 Aug2024.

The Angels Meet for the year 2024 was held at St Thomas Forane Church, Jalahalli, Bangalore. We left Santhome Church at 7:30 AM with my friends and had a great time together. We saw our Bishop and many priests, who spoke about how happy Jesus is when we receive the Holy Communion. The day was filled with action songs and was truly special for me.

Young Saints of the Catholic Church

St. Dominic Savio (2 April 1842 – 9 March 1857)

Dominic Savio was a Italian student of John Bosco who became a Catholic saint. He was studying to be a priest when he became ill and died at the age of 14, possibly from pleurisy. Known for his deep piety and devotion to the Catholic faith, he was canonized as a saint by Pope Pius XII in 1954..

St. Imelda Lambertini (1322 – 12 May 1333)

St. Imelda was a lovely girl from a wealthy family whose parents taught her to love God deeply. She loved to spend many hours in prayer and eventually joined the local Dominican Convent. She died at the age of eleven. She is called the Protectress of the First Holy Communicants.

St. Tarcisus

St.Tarcisus was a twelve-year-old acolyte during one of the fierce Roman persecutions of the third century. He preferred death at the hands of a mob rather than deliver to them the Blessed Sacrament which he was carrying. He is one of the patron saints of the altar boys. He is the boy martyr of the Eucharist.

St. Antonietta Meo (15 December 1930 – 3 July 1937)

St.Antonietta was nicknamed Nennolina, was an Italian saint and the youngest person to be canonized as a confessor. She passed away at the age of six and wrote extraordinary letters to Jesus.

Mar Walsh Parish Bulletin

We are excited to celebrate the 5th anniversary of our Parish Bulletin and invite contributions in the following



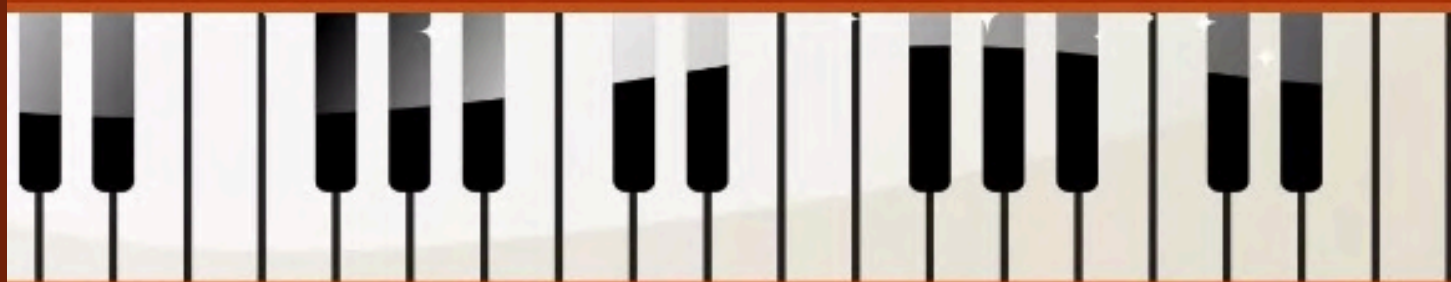
- ◀ Literary Pieces
- ◀ Artwork
- ◀ Sports
- ◀ Culinary Tips
- ◀ Technology
- ◀ Career Guidance
- ◀ Health Tips
- ◀ Parish Related Activity Reports
- ◀ Anniversary or Birthday

 Santhome.bulletin@gmail.com  74110 02720, 96208 84555

You can send photos and matters to the same email or whatsapp for publishing in the Parish Bulletin.



Drawing - Elizabeth 8B



Guitar & Piano Lessons

Class start from 7th
September 2024

Every Saturdays

05:00 pm

Santhome Church
Hulimavu

Registration link



Class Conducted by
Baby K S - 99001 14052

Contact:
Thomas (Church Manager)
96569 22195



The Devil's Deal

Shanitha Immanuel

The Devil's Deal Once, the King of Hell gathered his ministry and issued a challenge: "Who among you will go to Earth and sway the hearts of humans, bringing them to our kingdom?" Three brave demons stepped forward, ready to take on the task. They descended to the human world, each with their own cunning strategy. The first satan, named Demon, went straight to the people, and preached a cold, simple message: "The Ten Commandments? A myth. Heaven? A lie. God? Doesn't exist. You owe nothing to the Heavens." But despite his bold claims, only a handful were convinced. These few became atheists, abandoning faith, but the majority remained strong in their spiritual beliefs. Demon returned, disheartened by his limited success.

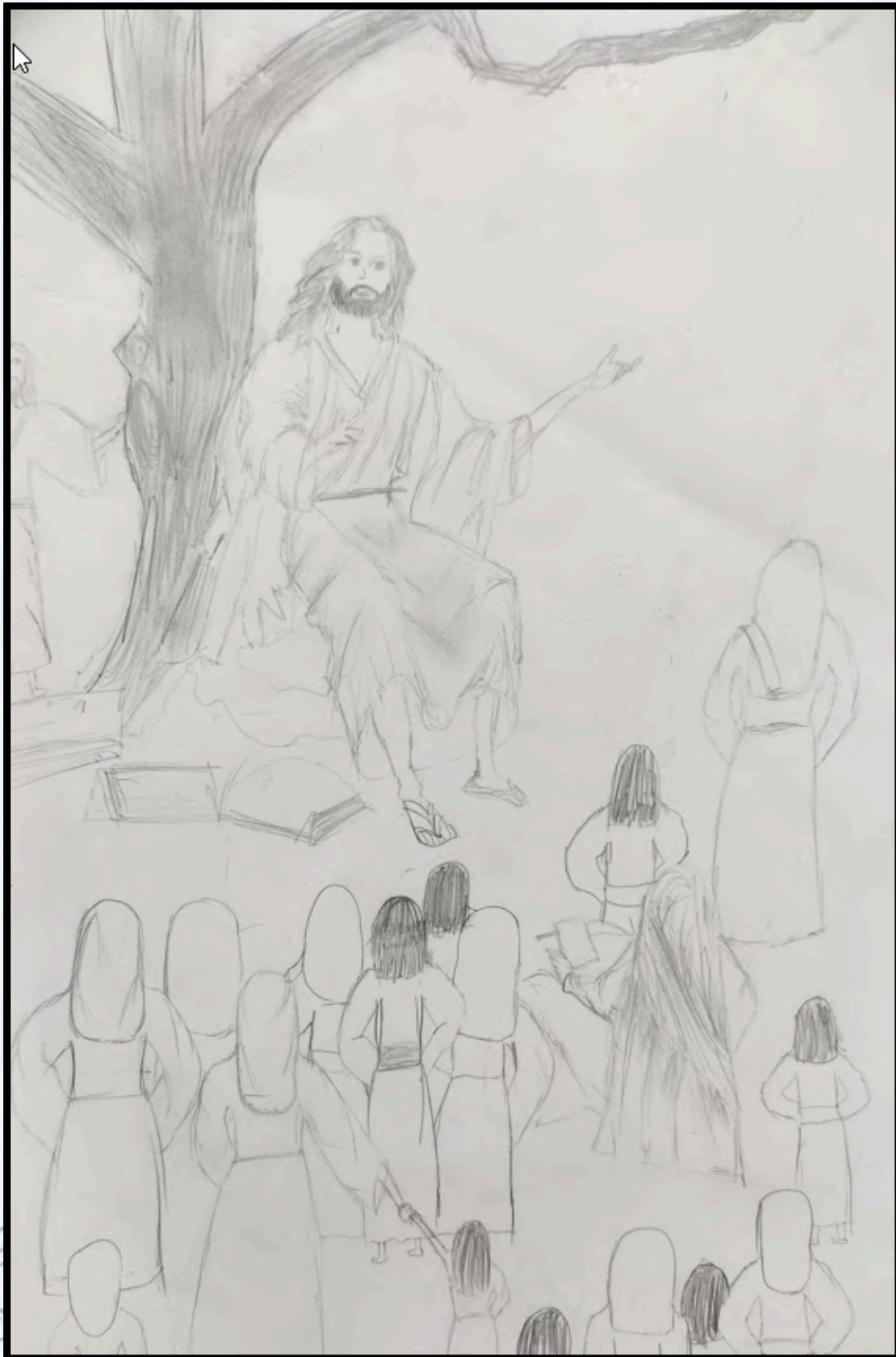
Next came Beelzebub, who approached the humans with a twisted tale. "God," he whispered, "is the true villain. He cast humanity out of paradise, making them slaves to his will. You've been tricked. Follow me, and I'll give you pleasures and wealth beyond your dreams." While some listened, their hearts drawn to the promise of earthly desires, most still clung to their beliefs. Beelzebub won over a few, but like Demon, his victory was modest. Finally, Lucifer stepped forth. But instead of grand proclamations or dark conspiracies, he waited for moments of hesitation.

He found humans standing on the edge of sin, torn between right and wrong. In those moments, he whispered softly, "Yes, God is real, and yes, sin brings punishment. But not today. You won't die today. You have plenty of time. Sin now, enjoy life, and repent later." His words were a soothing balm to the conflicted souls, and many fell under his spell. They sinned, convincing themselves that repentance could wait for tomorrow. But tomorrow never came. When the three returned to the Satanic Leader, he asked for their results. Demon admitted, "I won over only 10% of mankind." Beelzebub reported, "I claimed 20%." But then Lucifer stepped forward, with a smile, and said, "Master, I have secured 60-70% of humanity for our kingdom." Stunned by his success, the Leader asked, "How did you do it?" Lucifer replied, "I simply told them the truth—that God is real, death is real, but their death is not today.

I gave them permission to sin today and worry about tomorrow later." Overjoyed, the King of Hell rewarded Lucifer, and from that day on, all satans followed Lucifer's approach, using the promise of "tomorrow" to claim the souls of mankind. Life is unpredictable, and the assumption that we always have more time can lead to missed opportunities for spiritual growth, forgiveness, or kindness. When we put off doing what is right, whether it's helping someone, making amends, or choosing a path of integrity, we risk losing the chance forever. Moreover, postponing moral choices can lead to regret. We might look back one day and realize that the "tomorrow" we counted on never came, and the chance to do good has passed. Even small, everyday decisions—like choosing honesty over deceit, kindness over apathy, or self-discipline over indulgence—shape our character and future. Let God and Goodness lead us every moment!



Drawing - Elvina Saji 6 A



The Sacredness of Holy Qurbana



Chindu N Thomas

The Village Priest and the Respectful Farmer

In a quiet village, there was a priest who always spoke about the importance of the Holy Qurbana. One day, a farmer came to see him. He was a very hard-working man who always made sure to arrive at church early and participate respectfully in the Holy Qurbana.

The priest noticed this and asked him, “You always show such respect during the Holy Qurbana. Why is it so important to you?”

He replied, “Father, the Holy Qurbana is when we receive Jesus in the bread and wine. I know it is a special moment to connect with Him. But I also see that people around me, like my neighbours and friends, sometimes need respect and kindness. If I show them more honour than I show Jesus, then I am not living as He taught us. It’s important to show respect to both.”

The priest was moved by the farmer’s words. This story teaches us that while the Holy Qurbana is sacred, we should not forget to show respect and kindness to everyone around us. If we are careful to honour Jesus in the Eucharist, we should also be mindful of how we treat others.

The School Principal and the Student's Realisation

In a bustling city, there was a school where the principal was known for being very kind and fair. One day, the principal visited a classroom to see how the students were doing. The students greeted him with great respect, standing up and speaking politely.

One student, Maria, observed this and said to her teacher, "I notice that we show so much respect to the principal. But sometimes, I wonder if we show the same respect to Jesus when we receive Him in the Holy Qurbana."

The teacher smiled and said, "Maria, that's a very good question. Showing respect to our leaders and those around us is important. But remember, the Holy Qurbana is a special moment where we are united with Jesus. If we show respect to our leaders but forget to honour Jesus in the Eucharist, then we are missing something important."

This story helps us understand that while it's essential to honour people in positions of authority, it's equally important to remember the reverence we should show towards Jesus in the Holy Qurbana. True respect is not just about how we act towards others, but also about how we honour the sacred moments in our lives.

The Family Dinner and the Sacred Meal

In a lively family home, every Sunday, the family gathered for a special dinner. They always made sure to show great respect and enjoy their time together. One Sunday, after the meal, the father talked about the Holy Qurbana at church.

He said, “We show such care and respect during our family dinners. But when it comes to the Holy Qurbana, it’s even more important to remember that Jesus is present. Sometimes, we might show more respect during our meals at home than we do in church.”

The children listened carefully and began to understand that showing respect during the Holy Qurbana is just as important as showing respect at home. They started to approach their church services with the same care they showed during family dinners.

This story teaches us that the respect we show at home should be extended to our spiritual practices. Just as we honour our family meals, we should give highest respect to the Holy Qurbana and the presence of Jesus.

Conclusion

These stories remind us that while we show great respect to people in our lives, it’s important to remember the reverence we should have for Jesus present in the Holy Qurbana. By honouring both Jesus in the sacrament and the people around us, we live out the true spirit of respect and love that our faith teaches us.

Next-Gen Power: The Faces of Future Leadership



SANTHOME CHURCH, HULIMAVU

CONGRATULATIONS!

To the newly elected members
of Santhome Youth



ALAN C MATHEW
Joint Secretary



JOSE DOMINIC
Sports coordinator



MATHEW THOMAS
Media Head



CHRISSELLE ANNA IVEN
Cultural Head



BETSY THOMAS
Liturgy Head

SANTHOME YOUTH, SMYM



SANTHOME CHURCH

ഭാഗ്യവാസം
എടാ മോനെ, ഹാപ്പിയല്ലേ!!





Click & Watch





Eating Challenge Winners



Payasam Contest Winners





Dr. Deepa Ivin

AA-HA! WHO's Global Accelerated Action for the Health of Adolescents

India has the largest teenage population in the world. In India, one in five people is an adolescent (ages 10-19), and one in three is a young person (ages 10-24). By focusing on the roughly 253 million teenagers, or about 21% of the population, India can take full advantage of its "demographic dividend" and gain a competitive edge. If these teenagers are healthy, educated, and have the right skills and knowledge, India will benefit socially, politically, and economically. However, teenagers face several health risks, including poor nutrition (such as undernourishment, anemia, and overweight/obesity), mental health problems, substance abuse, road accidents, violence, and sexual and reproductive health issues. Suicide is also a leading cause of death among Indian adolescents.

What makes adolescence impulsive?

Adolescence is one of the most rapid and formative phases of human development. The distinctive physical, cognitive, social, emotional, and sexual developments that occur during this period require special attention. In early adolescence, the brain experiences a significant surge in neurophysiological development.



Changes occur more rapidly in the limbic system (responsible for pleasure-seeking, reward processing, emotional response, and sleep regulation) and somewhat more slowly in the prefrontal cortex (responsible for decision-making, organization, impulse control, and future planning).

This developmental mismatch between intense emotional and behavioral reactions and the less mature cognitive ability to exercise executive control may explain some of the adolescent tendency for exploration, experimentation, and risk-taking, resulting in greater vulnerability, especially under high-pressure situations. However, this phase also presents a 'window of opportunity' that allows adolescents to respond in novel and adaptive ways and enhances their ability to adjust to changing social contexts.

How can we help them?

The World Health Organization (WHO) recommends a positive youth intervention strategy that focuses on the 5 C's: character, caring, confidence, connection, and competence:

- **Character:** Developing a sense of responsibility and a strong value system.
- **Caring:** Nurturing sensitivity and compassion.

Confidence: Building self-worth and improving the capacity to succeed.

- **Connection:** Fostering a supportive environment for positive relationships.
- **Competence:** Providing necessary skills and empowering them to act effectively.

Source credits:

WHO (2023) Global Accelerated Action for the Health of Adolescents.
<https://www.who.int/publications/i/item/9789240081765>

THE ACTIVITIES OF SSVP

The society of St. Vincent de Paul (SSVP) Hulimavu, driven by compassion and commitment, extends a helping hand to those struggling with poverty, illness, and despair. Our activities include, but not limited to.

Empowering Families through Food Kit Support:

One of the most impactful initiatives is the food kit program. Recognizing the fundamental need for food security, we distribute essential food kits to families facing financial hardship. These kits are packaged with rice, lentils, oil, and other staples.

Beyond Food, Nurturing Hope with House Visits:

We understand that support goes beyond material needs. Conducting regular house visits, we offer a listening ear, emotional encouragement, and a sense of community. These visits bring solace and hope to individuals grappling with difficult circumstances.

Adopting Families, Transforming Lives:

For some families, even basic necessities remain elusive. Our adoption program in and around Hulimavu, bridges this gap by offering a monthly financial support. This consistent assistance empowers families to meet their basic needs, fostering a sense of security.

Building Homes, Building Dreams:

We actively participate in house building activities, in and around Hulimavu. Witnessing their dreams of a decent home materialize brings immense satisfaction and empowers families to build a brighter future.



**Make a difference in
the lives of others,
Donate today**



**Society of St. Vincent de
Paul (SSVP) Hulimavu**

**Amount spent for charity
(FY 2023-24)**

Education Support	525081
Support for Adopted families	234000
House Repair/ Construction Support	125000
Training center for the underprivileged women	86511
Medical Support	524846
Food Support	19878
Dress	5500
Others/Casual support	184831
Total (Rupees)	1705647 (17.05 lakhs)

Investing in the Future, education Support: Education is considered the key to breaking the cycle of poverty. We recognize this and extend crucial support to underprivileged students by covering their tuition fees. This allows students to pursue their education, opening doors to better opportunities and a brighter future.

Healing Hands, Supporting the Sick: When illness strikes, financial constraints can worsen the suffering. SSVP steps in by providing essential medicines to the sick, paying hospital bills and alleviating their physical and emotional pain. This support demonstrates the society's commitment to holistic well-being.

We are more than just charity, a community of care, where members and beneficiaries forge connections, foster trust, and mutually support one another. The unwavering dedication and selfless service of the SSVP Hulimavu members, create a ripple effect of positive change. Each distributed food kit, every conducted house visit, and all support extended to children in their education serve as testament to our commitment to uplifting lives.

“Charity is the cement which binds communities to God and persons to one another”. - Vincent De Paul

Note: Donations eligible for deduction under section 80(G) of Income Tax Act. contact us for details .



Account Name: Society of St. Vincent De Santhome Conference Hulimavu

Account No: 0526053000006999

IFSC Code: SIBL0000526

qr.vincent99@sib

MATHRUVEDHI



On October 2nd, Mandya Mathruvedhi, celebrated its annual day at St. Thomas Forane Church, Dharmaram. The event featured Holy mass, rosary, a host cultural events and awards ceremony. It was a truly memorable occasion for us as Santhome Mathruvedhi was honoured with the prestigious best unit award for the second consecutive year.

This recognition is a testament to our hard work and commitment throughout the year. Our mentors, Fr. Thomas, Fr. Jissmon and Sr. Ancita have played a pivotal role in guiding us through our activities. We're also proud to announce that we secured third place in the rosary making contest.

Culinary Corner

Creamy Chicken / Beef Pasta



Lija Ajay

ഒരാളുടെ ഹൃദയത്തിൽ സ്ഥാനം പിടിക്കാനുള്ള എളുപ്പ വഴി അയാളുടെ ഉദരത്തിലൂടെയാണെന്നാണ് പറയുന്നത്. മറ്റൊന്നും കൊണ്ടല്ല വയറു നിറയ്ക്കാൻ, മനസ്സു നിറക്കാൻ കഴിഞ്ഞാൽ ഇതെല്ലാം എളുപ്പമല്ലേ!! പാചകവും ഒരു വലിയ കലയാണ്. രുചിഭേദങ്ങളുടെ കലാ രൂപം...ഇവിടുന്നങ്ങോട്ട് ആ കലയെ കുറിച്ച് എനിക്കറിയാവുന്ന കുഞ്ഞു കുഞ്ഞു കാര്യങ്ങൾ ഞാൻ നിങ്ങളുമായി പങ്കുവെക്കുന്നു.

കുട്ടികളെ ശ്രദ്ധിച്ചിട്ടുണ്ടോ! അവരുടെ ഭക്ഷണ രീതി ശ്രദ്ധിച്ചിട്ടുണ്ടോ! അവരെപ്പോഴും ഫാസ്റ്റ് ഫുഡ് ഇഷ്ടപ്പെടുന്നൊരാൾ അല്ലെ..തട്ടിക്കൂട്ട് ഭക്ഷണങ്ങൾ. അങ്ങനെയെങ്കിൽ നമുക്ക് അവർക്ക് വേണ്ടി ചിലവ് കുറഞ്ഞ, അത്യാവശ്യം ഹെൽത്തിയായിട്ടുള്ള ഒരു പാസ്ത പരിചയപ്പെടാം.

Ingredients:

Pasta - 250 gm
Water - 1/2 liter
Oil - 2 tablespoon
Butter - 50 gm
Maida - 3 Tablespoon
Milk - 500 gm
Chilly Flakes - 1 Teaspoon
Crushed garlic - 1 Tablespoon
Rosemary - 1 Teaspoon
Oregano - 1 Teaspoon
Cheese - 40/50 gm
Chicken/ Beef - as required
Salt - as required



അരലിറ്റർ വെള്ളം തിളപ്പിക്കാൻ വെക്കാം, അതിലേക്കു രണ്ടു ടേബിളിൽ സ്പൂൺ ഓയിൽ, ഉപ്പ്, എന്നിവ ചേർത്തു നല്ലപോലെ തിളപ്പിക്കുക, തിളയ്ക്കുന്ന വെള്ളത്തിലേക്കു പാസ്ത ഇട്ട് പാകത്തിന് വേവിച്ചെടുക്കുക. കൂടുതൽ വെന്തു പോകരുത്. ശേഷം പാസ്ത ഒരു അരിപ്പ പാത്രത്തിലേക്ക് മറ്റാം. കുറച്ച് വെള്ളമൊഴിച്ചു ഒന്ന് മിക്സ് ചെയ്തു മാറ്റിവെക്കാം.



ഇനി ക്രീമി ആയ വൈറ്റ് സോസ് റെഡിയാക്കണം... അതിനാദ്യം ഒരു പാൻ അടുപ്പത്തു വെച്ച്, ചൂടാകുമ്പോൾ അതിലേക്കു കുറച്ച് ബട്ടർ ഇട്ടു കൊടുക്കാം, ബട്ടർ ചൂടായി വരുമ്പോൾ, മൂന്നു ടേബിളിൽ സ്പൂൺ മൈദ /ഗോതമ്പു പൊടി ചേർത്തു കട്ടകെട്ടാതെ നല്ലപോലെ ഇളക്കി സ്മൂത്ത് ആക്കിയതിനു ശേഷം ഒരു കപ്പ് പാൽ (ഏകദേശം അരലിറ്റർ) അതിലേക്കു ചേർക്കാം, കൂടെ ഉപ്പ്, ക്രഷ് ചെയ്ത ഉണക്ക മുളക്, വെളുത്തുള്ളി ചതച്ചത്, റോസ് മേരി, ഒറിഗാനോ എല്ലാം നമ്മുടെ രുചിക്കും, എരിവിനും അനുസരിച്ചു ചേർത്തു ചീസ് കൂടി ചേർത്തു ഇളക്കണം. ഇനി വേണ്ടത് ഫ്രിഡ്ജിൽ ഇരിക്കുന്ന ചിക്കൻ കറിയിലെ ചിക്കൻ, അല്ലെങ്കിൽ ബീഫ് ഏതെങ്കിലും ഉണ്ടെങ്കിൽ അതു കുറച്ചെടുത്തു ചെറുതായി കട്ട് ചെയ്തു നമ്മുടെ മിക്സ്സിൽ ചേർക്കാം... തുടർന്ന് വേവിച്ചു വെച്ചിരിക്കുന്ന പാസ്ത ചേർത്തു മിക്സ്സ് ചെയ്തു ചൂടോടെ കഴിക്കാം.

സംഭവം വളരെ എളുപ്പമാണ്.. പാസ്ത വേവിച്ചു ഫ്രിഡ്ജിൽ വെച്ചാൽ വീണ്ടും ഉപയോഗിക്കാം... ഇതു പോലെ വ്യത്യസ്തമായ വിഭവങ്ങളും, കുഞ്ഞു, കുഞ്ഞു ടിപ്പ്സുകളുമായി നമുക്കു വീണ്ടും കാണാം!!



Binno M Joseph

A PLACE CALLED SELF ESTEEM !

Whimpering eyes darting like those of a hunted animal ... HE had stood there .

The ICC panel members around the big Mahogany table looked like the king's army conspiring to shield the minister !

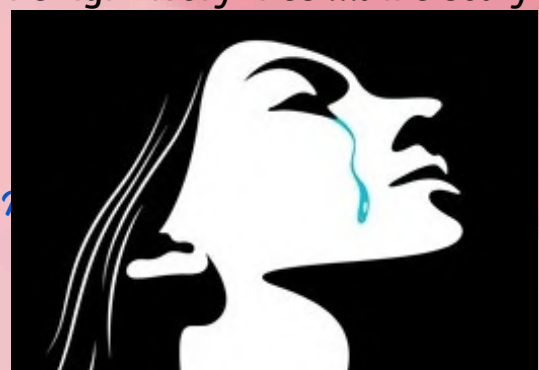
..the predator , the hotshot sales director had wailed like a nursery kid
Payal, the intern had sat on one of those barstool type chairs, indignant ...
defiant. Her poignant eyes searched from one indifferent face to the next
...knocking at each of those cold doors of corruption, conspiracy and
neglect

“You who think I am the fallen one...seducing a middle aged (creep)...
must be really sick!”

From the petite frame that was more than a roar ! Margaret the single lady
member in the ICC – she was the HR Director -pulled her saree about ...and
resumed cringing , and without any effort , vanished into the total picture
of confusion like a frog that jumped into a muddy pool That was an hour
ago ...

Bar stool chair was empty now.... No mouths to uphold justice , they just
opened to gobble up butter cookies , washed down by copious amounts of
hot tea . Bent headsstares wallowed on the light ivory tileslike scaly
lizards with translucent entrails.....

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Every one who had to ..had spoken...

Time for those who haven't sinned to pick the stones... Frederick laboured into the room with heavy steps . He had to skip his chemo session , in order to be by his protégé' for the critical testimony

“Welcome to the proceedings Freddy ...how is your health ? “

Yadav the MD was fake again this time , like every single time.

aS S S S S S S S S S S S S S



Frederick wasn't welcome ...and he knew it . All that the panel of the spineless hoped was his skipping the testimony owing to health reasons . They knew if he came , he wouldn't prevaricate

“ Good news and congrats – full expenses of your treatment will be taken care by the company...I just got the approval”

Yadav's words crawled on the marbled floor like repulsive tiny serpents erupting from broken embryos..with enlarged heads

“ It is HE....who fought and got the exception approval for the chairman's additional medical assistance fund on your behalf ”

Freddy wretched ...bile rose to his mouth

“Sir”..

He fumbled while getting up

As he cleared his throat , Yadav and the panjandrums looked on
condescendingly expecting fervour of gratitude

" Sir , rest assured I do not wish to burden any one other than my very own
ailing shoulders with the enormity of mercy"

His voice grew hoarser, as emotions became intense .

Exhaustion from a “simple” condition !

He had acute myeloid leukemia type II ...a form of blood cancer , that had
only three survivors reported thus far

One eternity it seemed ,before he spoke again

" I request to be pardoned in mixing contexts and probably bringing this
here"

I have declined the chairman's exception medical insurance corpus
formally in a memo , this morning"

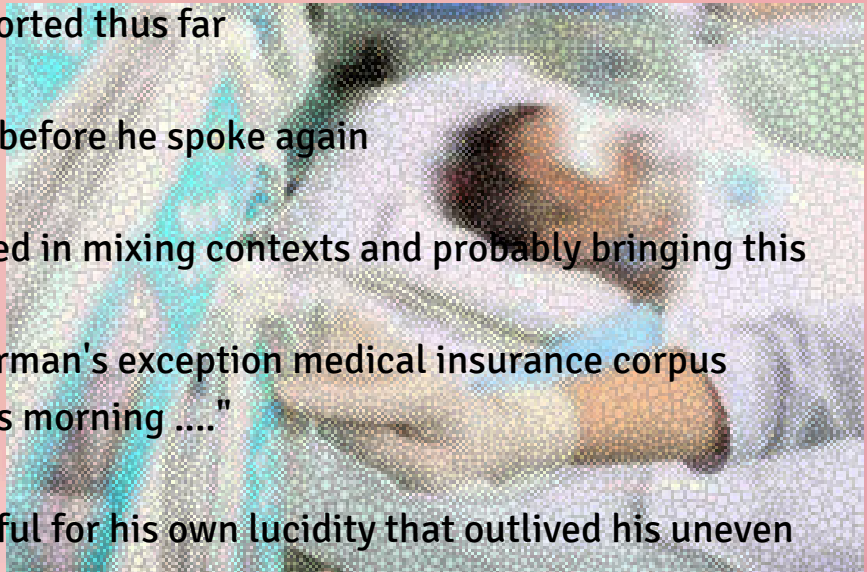
Freddy went on ...grateful for his own lucidity that outlived his uneven
breathing...

" anything else would have been unbecoming in that it could impact my
obligations in the capacity of the key witness to recounted facts....."

Last ounce of cogency left him ...and tentacles of delirium possessed him
When was the last time he had met the frail little intern from a premiere
business school ?

At the house with broken name platepink windows ... her parents' place

“I looked up to HIM as my role model at work ...and hence I am denied the
right to say NO ??” ...her eyes had quizzed him ...challenging ..in Jaipur



“ Does my rank render me ‘available ’?? ...“

as his own debilitated hands shivered.....her slender fingers had reinforced his grip on the coffee cup ... maternally

“Does that mandate subjugation of free will , forfeiting my right to my esteem ??.....”

as she lowered the shoulder of her garment an inch.....

Pink windows closed back in his mind Frederick ’s feeble mind darted back to present time like a wounded bird....

The tabernacle of corporate ethics ...and purveyors of tenets that held the kingdom togetherthey fitted into a picture of chaos ...like a kindergarten room without a teacher

...Frederick ’s fury held his weak throat aloft

“ As according to my (best) judgement , there are a lot of things HE deserves”...his voice boomed over the din



“ MERCY IS NOT ONE OF THEM ! ” ...

lots of frowns ...he went on

“ I stand here , confirming and corroborating my detailed testimony documented already ...and beseech upon this panel for an exemplary action , based on facts established well beyond ...”

He did not hear what he himself spoke after that

His mind flitted to that flower printed kurtaat the angry nail marks

As the enormity of it all had overwhelmed him , he melted like a candle...‘ his own ailing frame had collapsed that day inside the house with pink doors.

A LITTLE PLACE CALLED SELF ESTEEM TO A YOUNG GIRL , THAT THEY COLLECTIVELY FAILED TO PROVIDE !

Freddy spoke quicklyfor one last time again

‘ ... “ I must excuse myself now ...as I need to meet the broker ...” ...

No one in the paneled room spoke anything coherently yet ...

“ To sign my house sale deed ...to settle my medical bills and check myself out before the hospital where am admitted , charges me for today....”

Margarette the decorated lady bit her lower lip the rest of the king’s army didn’t know where to look

The last pawn who stood ...

....while the king , the rook , the queen lay under heaps of their own blood and excrement

.....started walking

Payal was stepping in as he went out

They both crossed and walked away from each other’s lives

The spring door swinging open and shut creaked the only syllable spoken....

Time fell and ricocheted on the floor like pearls from a broken necklace !

" You know about HIS home ...ailing wife ...childless couple ...a wrecked family ..."



“ This is a present to you from the company ...YOU ARE BEING SENT TO ” ...

Payal could - provided she wanted to - do an MR stint in Florida ...
 And that's when Yadav looked at her facetea spilled in a sudden start ,
 stained a red cover that the Priscilla , the EA had just kept

“ Sir ...I want no presentjust hand me over my past as it was ..” ...she ...
 gnashed her teeth to suppress a sob

“ ... it painsto have to beg just to let me be ..! “

“....am not going anywhere “.. as ironically it may have looked , she
 stood up

The diminutive defiance stared at the king on the throne with the
 menacing intent ..armed with nothing but a soul with nail marks beneath
 the shoulders..... She pulled over the shawl much ahead before stepping
 into the Delhi winter chill outside. The panelled room had been luxuriously
 kept warm .

It was cold outside....and Payal for reasons she didn't know, felt the rush ...
 the hurry....She abandoned all the change at the florist and the rickshaw
 walla. The hospital did not have much queue yet



Freddy's room was empty....Payal ran to the ICU....
 she wanted to be in timewhy ?
 What was it that would not wait ...?

Frederick's son Denny turned to face her .The smudged and crumpled
 white linen ... that carried what had been his only parent had a drop of red
 like a period mark to a journey ...

I II I

....he held her hand tightly

..... there was nothing else to cling to...



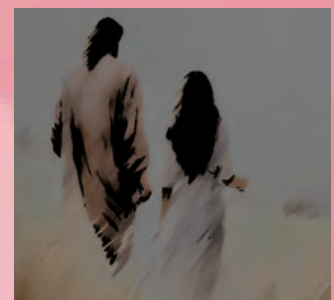
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In today's rapidly evolving world, choosing the right career path is crucial. Management, as a career, offers vast opportunities across various industries, making it a rewarding choice for those who aspire to lead, innovate, and make a difference. As an MBA graduate with around 18 years of experience in the field, I'd like to share insights on why management could be the right path for your future and how to navigate it successfully.

What Is Management? Management is about overseeing and directing the operations of a business or organization. It involves planning, organizing, leading, and controlling resources, including people, finances, and technology. A career in management requires strong leadership skills, strategic thinking, and the ability to make decisions that affect the entire organization.

Why Choose a Career in Management?

- Diverse Opportunities
- High Earning Potential
- Leadership and Influence
- Dynamic and challenging work environment
- Global opportunities,
- Versatility and flexibility in job roles.

Educational Pathways to a Career in Management:

- **Early Foundation:** Students can start building a foundation for a management career as early as high school by focusing on subjects like English, Mathematics, Economics etc. Broad-based reading especially current affairs and business will supplement this.
- **Undergraduate Degrees:** After 12th grade, pursuing a bachelor's degree in business administration (BBA), commerce, or engineering can be a good starting point. These programs offer essential knowledge in business principles, finance, and operations.
- **The MBA Advantage:** An MBA (Master of Business Administration) is a highly regarded qualification that provides in-depth knowledge and skills in management

Categories of B-Schools in India

B-Schools in India are broadly categorized based on their reputation, academic rigor, infrastructure, faculty, industry connections, and placement records. The top tier consists of the Indian Institutes of Management (IIMs), known for their world-class education and competitive admissions.

There are 21 IIMs in India which offer various MBA, PGP, PGDM, Executive MBA and Fellowship programs. Old IIMs—such as IIM Ahmedabad, IIM Bangalore, IIM Calcutta, IIM Lucknow, IIM Kozhikode, and IIM Indore. New IIMs: The New IIMs, established post-2008 as part of the government’s expansion plan, include IIM Trichy, IIM Udaipur, IIM Rohtak, IIM Kashipur, and others.

Beyond the IIMs, there are several prestigious private and public institutions that offer excellent MBA programs. These B-Schools are often classified as Tier-1, Tier-2, and Tier-3, with Tier-1 schools being the most sought-after for their high academic standards and impressive placement statistics.

Top 10 B-Schools in India (Other than IIMs)

SP Jain Institute of Management and Research (SPJIMR), Mumbai	Jamnalal Bajaj Institute of Management Studies (JBIMS), Mumbai
Management Development Institute (MDI), Gurgaon	Indian Institute of Foreign Trade (IIFT), New Delhi
Faculty of Management Studies (FMS), University of Delhi	Tata Institute of Social Sciences (TISS), Mumbai
Narsee Monjee Institute of Management Studies (NMIMS), Mumbai	Symbiosis Institute of Business Management (SIBM), Pune
XLRI - Xavier School of Management, Jamshedpur	Indian School of Business (ISB), Hyderabad

Gaining admission to a top 25 ranked B-School in India can be significantly important for several reasons like Quality of Education, Industry Connections, Networking and placement opportunities.

Overview of MBA Curriculum

An MBA (Master of Business Administration) program is structured to offer a thorough understanding of business management and leadership. The curriculum generally consists of core courses and electives, enabling students to develop a solid foundation in essential business areas while also allowing them to specialize in their chosen fields of interest.

Core Courses:

Accounting and Finance: • Financial Accounting: Understanding financial statements, balance sheets, income statements, and cash flow analysis.	Marketing: ◦ Marketing Management: Fundamentals of marketing strategy, market segmentation, targeting, and positioning.
• Managerial Accounting: Internal financial processes, budgeting, and performance evaluation. • Corporate Finance: Investment decisions, capital structure, valuation, and financial risk management.	• Consumer Behavior: Understanding how consumers make purchasing decisions. • Digital Marketing: Strategies for online marketing, social media, and e-commerce.
Operations Management: ◦ Supply Chain Management: Managing the flow of goods and services from production to delivery. ◦ Process Optimization: Improving efficiency in production and service delivery. ◦ Quality Management: Ensuring product and service quality through various methodologies	Human Resource Management (HRM): ◦ Talent Acquisition: Recruitment, selection, and onboarding processes. ◦ Performance Management: Employee evaluations, rewards, and development. ◦ Organizational Behavior: Understanding and managing workplace dynamics and culture.

3. Strategic Management: ◦ Business Strategy: Formulating long-term goals and plans to achieve competitive advantage. ◦ Corporate Governance: Ensuring ethical practices and accountability in management. ◦ Global Strategy: Managing businesses in an international context, dealing with cross-border operations	4. Economics: ◦ Microeconomics: Understanding market dynamics, pricing strategies, and consumer behavior. ◦ Macroeconomics: Studying national economic policies, inflation, unemployment, and global trade.
5. Entrepreneurship: ◦ Innovation and New Ventures: Starting and managing new businesses, developing business models, and funding strategies. ◦ Business Plan Development: Creating comprehensive business plans that cover market research, financial projections, and operational strategies.	6. Information Technology Management: ◦ IT Strategy: Aligning IT infrastructure with business goals. ◦ Data Analytics: Using data to inform business decisions and strategy.

Electives and Specializations:

MBA programs offer a range of electives that allow students to specialize in areas such as:

Finance: Advanced topics in investment banking, asset management, financial markets.

Marketing: Brand management, consumer insights, and international marketing.

Operations: Lean management, logistics, and advanced supply chain strategies.

HRM: Leadership development, organizational change, and industrial relations.

Entrepreneurship: Venture capital, innovation management, and start-up incubation.

International Business: Global economics, cross-cultural management, international trade.

Understanding the Common Admission Test (CAT)

The Common Admission Test (CAT) is one of the most competitive entrance exams in India, primarily for admission to MBA/ PGDBM programs at the Indian Institutes of Management (IIMs) and other top business schools (B-Schools). Around 2.88 lakh students appeared for CAT 2023.

Structure of the CAT Exam

The CAT exam typically consists of three sections:

1. Verbal Ability and Reading Comprehension (VARC):

- Verbal Ability: This section tests your understanding of grammar, sentence correction, para jumbles, and verbal logic.
- Reading Comprehension: You will need to read passages and answer questions based on the content, tone, and purpose of the passages.

2. Data Interpretation and Logical Reasoning (DILR):

- Data Interpretation: This involves interpreting data presented in various forms such as tables, graphs, and charts.
- Logical Reasoning: This section tests your ability to solve problems logically, with questions on puzzles, seating arrangements, syllogisms, and more.

3. Quantitative Ability (QA):

- This section focuses on mathematics and tests your skills in arithmetic, algebra, geometry, number systems, and more.

Understanding the GMAT

The GMAT is a standardized test required for admission to many MBA programs and business schools worldwide. It's the preferred test for top MBA programs, including those in the U.S., Europe, and Asia. It is designed to assess a candidate's analytical, writing, quantitative, verbal, and reading skills in standard written English.

Benefits of a good GMAT Score includes increased admission chances to top B Schools in the world, potential of getting scholarships and financial aid and global career opportunities.

Group Discussions & Interviews

Group Discussions and Interviews as part of the admissions process to B-schools:

Group Discussion (GD)

Group Discussions are a common part of the B-school admission process, designed to assess a candidate's ability to work in a team, communicate effectively, and think critically. In a GD, candidates are typically given a topic—ranging from current affairs and abstract ideas to case studies—and are expected to discuss it within a set time frame. The panel evaluates participants on various criteria, including clarity of thought, leadership skills, listening, teamwork, and the ability to present arguments logically and persuasively. Excelling in a GD requires not only a deep understanding of the topic but also the ability to listen to others, articulate your views confidently, and contribute meaningfully to the discussion.

Personal Interview (PI)

The Personal Interview is a crucial component of the B-school admissions process, offering a more personalized assessment of a candidate's suitability for the program. During the interview, candidates are evaluated on their academic background, work experience, career goals, and overall fit with the institution's values and culture.

Interviewers may also assess a candidate's problem-solving abilities, ethical considerations, and leadership potential through behavioral questions. To succeed in the PI, candidates should be well-prepared to discuss their resume in detail, articulate their motivations for pursuing an MBA, and demonstrate self-awareness, confidence, and a clear vision for their future career.

The Role of Parents in Career Planning

Support and Guidance: Encourage your child to discover their interests and strengths and provide guidance without imposing your preferences.

Resources and Networking: Help your child by providing access to resources such as career counseling, educational workshops, and networking opportunities with professionals in the field.

Continuous Learning: Encourage your child to stay updated with industry trends and pursue continuous education through certifications, online courses, and professional development programs.

Integrating Faith and Values in Management

- **Ethical Leadership:** In management, ethical decision-making is key. Integrating faith and values can guide individuals in making responsible and compassionate decisions that benefit society as a whole.
- **Service-Oriented Careers:** Management isn't just about profit; it's also about making a positive impact. Encourage your child to consider careers in social enterprises, non-profits, or corporate social responsibility (CSR) roles where they can use their skills to serve others.

A career in management offers vast opportunities for growth, leadership, and making a difference. By providing the right guidance and resources, parents can help their children navigate this path successfully. Whether your child is in school, college, or considering higher education, it's never too early or too late to start planning for a future in management. Together, we can help the next generation of leaders build a fulfilling and impactful career.

Alpho Cup 4.0

Runners-up



The Santhome Youth boys' and girls' football teams participated in the Alpho Cup 4.0 on 1st September, 2024. The girls' team participated for the first time and reached the semi-finals of the cup. The boys' were crowned runners-up. Congratulations to both the teams!

(Picture - bottom left to right: Mathew, Shan top left to right: Dominic, George, Austin, Joshua, Christy, Ashwin, Jose, Azin)

Yo Sports 3.0 Throwball *Champions*



The Santhome Youth Team showed incredible spirit at YO Sports 3.0, competing in both Throwball and Tug of War. Though the boys' team didn't make it to the knockouts, their performance was commendable. The spotlight, however, belonged to the girls' Throwball team, who emerged as champions with their outstanding teamwork and determination, making Santhome proud.

(Picture: Bottom Left to Right- Neha Anna Jones, Sania Joseph, Faby Biju; Top Left to Right - Anu Avarachan, Chriselle Anna Iven, Anne ,Sana Shijo, Aimee Thomas (c))

thanks!



**SANTHOME CHURCH
HULIMAVU, BANGALORE**