

Sompadokancho Sondex

Moddlolim Kuttumbam

Disan dis somaz viskollit zait asa. Jitlem xikop chodd titlim kuttumbik mulyam unnim zalolim distat. Adim maim-pai zoddttalo ani aplea bhurgeank vaddounk-xikounk koxinch fattim ravonaslim. Punn bhurgim aplo sonvsar korunk lagtokoch teach maim-paik lekhtat kai? Oxem kiteak ghoddtta? Tachem kuttumb ghoddlam ani tancho khorch chodd zata mhonn? Maim-paik pospachi vo tancho khorch ubharpachi bhurgeank zobabdari lagonam? Zalear maimn-pain koxe dis kaddpache? Zanntteponnar tankam zodd khuinchi? Vaur korpachi tankam kuvet khuinchi? Zanntteanchea ghorant gelear he vixim kalliz foddpi kannio aikonk mellttat. Kaim zonnanchem dukhkh tor sonsunk zainam, aikon dolleamni dukam bhortat. Konnem tori FB-cher ek post ghalo, 'Cheddeamni aplea maim-paik samball'llim zalear tankam zanntteanchea ghorant kednanch vochonk poddchem naslem.' Cheddo kazar zaunche adim maim-paik polleta, kazar zatoch kitem zata? Tea cheddeachie ghorkarnin il'lo somoz dakhoilo ani ghorkarachim avoi-bapui aplinch mhonn chintlem zalear zaitem boreponn eka kuttumbant yeum-ieta. Vastovikponnim oxem ghoddonam. Kazar zatoch rokhdich veglli chul vo flettant ravonk vochpache vichear kiteak nirmann zatat? Povitr Pustokant 'ek cheddo logn zatoch avoi-bapaik sanddttalo ani bailek ekvott'ttalo' mhunnlam mhonn nhoi tor, avoi-bapaik lagun aplea jivitant addkholli yetat distat mhonn tim ghorantlea zanntteank pois kortat, hem sankem chukichem zaun asa. Logn zatolea cheddea-cheddvamni aplea avoi-bapaiche koxtt monant dovrn tankam moropasun aplea sangata dovrunk vaurchem, tancho khorch sonscho ani moddttim kuttumbam samballchim. Devachem vholdlem besav tumchea kuttumbacher denvtolem.

-Vincy Quadros & Pri. Myron Jeson Barreto

Oparinchem Bhanddar

- **Magnnem, jivitant Devachem asnnem.**
Prayer signifies God's presence in our life.
- **Pasiens kadd, godd khinn jivitant hadd.**
Have patience, welcome sweet moments in life.
- **Bhavarth soddinaka, Dev tuka soddcho nam.**
Do not leave faith, God will not leave you.
- **Tel udkant buddot punn sot kednanch buddchem nam.**
At a time, even oil may get dissolved in water but truth does not.
- **Xant mon kuddi khatir ek xrextth pekhovnni.**
A peaceful mind is the best cure for body.
- **Khuxal dis, zai zalear kur sakrifis.**
Make sacrifices if you seek merrier days.
- **Melo gelo nanch zalo.**
Once dead, gone out of existence.

- Tarkeshwar Naik



chitr-kotha



Bhurgeam Kann

Rag

John-ak takea bapain ek lhan mazor haddun dilem. Johnak tem khub avoddlem ani tannem taka Luna mhonn nanv dovrlem. To mazaracho khub mog korunk laglo. Ek dis, John Mazara-xim khellttanam, Lunan takea posondida teddy bear-ak aplea dantam modem dovrn tache-xim haddlem. Oxem kortanam tache dant tea teddy bear-ak lagun tem matxem pinzlem. Hem polleun Johnak rag ailo. Tannem chintinastanam Lunaak ek boddi gheun khub marlem. Luna babddem ghabron, gharantlem bhair poll'llem.

Dusrea disa John-achie avoin tem teddy bear xinvlem ani tem novem koxem disonk laglem.

Johnacho rag nivlolo punn, atam taka Lunachi kaklut disli. Taka chinton ailem, tannem ek vholdli chuk keli mhonn. To Lunachie sodik laglo punn, tem kuinsoruch mell'llem nam.

Kaim dis gele, mhoine sorle punn Luna ailem nam. John khub niraxi zalo. Taka somzon ailem, aple eke chukik lagun aplem mogachem mazor Luna sasnnak soddun gelem mhonn.

Dekh: Ragan kelolea kortubak lagun poscheatp korcho poddta.

- Menosha D'Costa



Svobhimani Haves

GÖYANT KANKRACHEA DUYENSANT BHIRANKULL VADD

Halinsora kankrachem duyens mon'xant rig gheit asa. Thoddeank ilaz melltta zalear thoddeank mornnak fuddo korcho poddta. He vixim **DR. ALVARINHO J. LUIS** aple vichear manddta.

Göyant vorsak sumar 1500 kankrachio kexi sampoddtat jio vorsachea vorsa 5-6 % vaddttat. Ho ankddo ek lakh Göychie loksonkhye mozgotim 100 kankrachio kexi itlo chodd asa zo Bharotant ek lakh loksonkhye mozgotim 90-95 kexi itlo asa.

2024 vorsa Göychea Voizuki Mhavidyaloi ani Hospitalant (GMC) kankrachie piddek lagun 404 lok devadhin zale. Gel'lea vorsant Vidhan Sobhechea Odhivexonant GMC-int kankr duyensacho ankddo vaddot asa oxem Bholaikie Montrian spoxtt kelam. 2020 vorsa 236 zalear 2021 vorsa 256 ani 2022 vorsa 342 lok kankrachie piddek bolli poddle. 2023 vorsa 302 mornnam zalim punn 2024 vorsa ankddo 404-ancher pavlo.

Gel'lea panch vorsamni (2020 vorsa thaun) genito-urinary-chio kexi zoxem mutpari, purvosth (prostate),



poskotto (bladder), vroxon (testicular), yoni (vaginal), gorbhaxoyacho (cervical), pott ani zollianchea kankrachio kexi vaddot asat. Te bhair pulmao, kat, tokli ani gomttiechea kankrachio-i kexi bi vaddttea margar asat.

2020 tem 2024 mozgotim breast kankrachio kexi choddant-chodd sampoddiat. Hea panch vorsam mozgotim 5816 kankr duyens zalolea modem sumar 1483 (25.50 %) breast kankrachio kexi nond

zaliat. Punn hea kalla bhitor rogtachea kankrachio kexi 7.8% komi zaleat mhonn kollon ailam.

Tornnio bailo kankr-piddechio bolli

GMC-chea dotoramni nond kelam te pormannem 20-40 pirayechia bailank breast kankr zata zo 10-20 vorsam polim 50-70 pirayechia bailam modem sampoddtalo. Te bhair Colon kankr bi 30-40 pirayechia bailank zata ani rogtachim duyensam jim 60

vorsanchie pirayechia bailank adim zatalim tim atam 30-40 pirayechia bailank zata.

2020 vorsa 949 kankr duyenti modem 95 lokak genito-urinary-cho kankr sampodda. Gel'lea vorsa GMC-int 1409 kankrachio kexi mell'lliat tantunt genito-urinary-chea kankrachia keximni 15.5 % vadd zalia. Toxen, 2020 vorsa pulmao-ashelea kankrachio kexi 43 (4.5%) ani 2024 vorsa tancho ankddo 91 (6.5%) vaddlo.

Karnnam

Dusrea rajyante vauraddi je Göyant aplem pott bhortat tankam pan/ghuttka khavpachi sonvoi asa dekhun tankam ho rog zata. Dusrie votten, zaitea Göykaranchie utar jinne-pod'dotik lagun kankr zavpachi xokyotai vaddtta. Dhanvtea jivitant tann vaddot asa dekhun kuddint rogpotikar xokti komi zatoch duyent poddonk xokta dekhun duyensam-add zhuzonk kuddichi rogpotikar

xokti voddounk zai. Khell, yoga, dhean (meditation), ani hansapachea klubant bhori korun lokan tann unno korunk vauronk zai oxem dotor sol'lo dita. Kuddichem vozon vaddttoch duyensam zavpachi xokyotai vaddtta dekhun dispotti 30-40 min'ttam jogging, penvonk, khellonk vell korunk zai. Somtol jevnna (balance diet) bhair follam ani bhaji-palo khaunk chodd goroz oxem dotor sol'lo dita.

Duyentink ekotrit kankr zotnaye khala (integrated cancer care) ghorcheamni/ixttamni man'sik ani bhavnik tenko divop hem vokhdam itlench mhotvachem oxem dotor sangta. Bhavnik tenko mell'llear duyentink apunn duyensa-virodh zhuzonk ani zoitvont zaunk xokta mhonn ghotai melltta.

- Dr. Alvarinho J. Luis



Supik Sondex

Padrinchio Bodlio Ani Bhavna



Abri-Mai mhoino laglo Amhonnttoch padrinchio bodlio khuim zatati sulus lagta. Padr kur asat te chear vorsamni dusrie igorjent vetat zalear padr vigar astat te panch vo sat vorsamni dusrie igorjent vetat. Pirai zatokoch legit thodde padri igorzamni vauronk sodtat, tankam 'on the staff' mhonn pattoit zalear thodde padrinchea ghoramni visov ghetat. Je bodli zatat te thodde khuxal zaun dusrie igorjent vetat zalear thodde dukhi zaun vetat. Haka zaitim karnnam asat. Mukhel karonn zaun asa, itlo kall eke igorjent sarle uprant novea loka modem vechem poddta.

"Tum veta tem polleun amkam dukh zata, tori ami

tuka sogllem borem aunddetat ani tum chodd Devachea mogacho zauncho mhonn Devak prarthon kortat." Oxea mogall utramni firgozkar aplea bodli zalolea yadnikak adeus kortat. Kiteak thoddea vorsam modem tanche modem ek kherid natem zolmololem

asta. Kaim zonnanchem tem natem jivitbhor urta zalear kaim zonnanchem natem to veta teach disa sompta. Oxem kiteak ghoddtta tem bodli zaun vetolo padri bes-borem zanna asta. Hanga ami visronk zainam eka yadnikache teag ani tannim kitlo-i yotn korun pasun

ganvchea mon'xachi zoddunk zainasloli ixtagot.

"Gelo to boro gelo. Dusro yeta to boro ailear puro." Oxei udgar kaddpi firgozkar asat. Punn hem sarkem nhoi. Padri mhollear Devacho munniari. To ghodye khasgi jivitant vankddo asot, tachi vagnuk ghodye sarki nasot punn altaracher taka sodanch man asta. Altaracher to kednanch vankddo asonam. Ek pautt yadnik, to sodanch yadnik oxem amkam katholk xikvonn sangta. He khatir firgozkaramni aplem mon sthir dovrunk zai. Zoxe ami ghorant chuktat toxo tevui chuktat mhonn tankam maf korop hench firgozkaranchem vholdponn.

Mhojia jivitant hanvem oxe zaite padri onnbhovle, Fr. Pedro, Fr. Joaquim, Fr. Dylan, Fr. Hesten,

Fr. Rony, Fr. Cipriano, adi. Hea padrimni mhojia kallzant ek veglloch mog nirmann korun dovorla zo mele xivai kabar zauncho nam. Tannim aplea firgozkaram koddem sodanch borem natem dovrlem. Te khuinchie igorjent asum, khuincheai vellar ulovpachem atesav asa. Oso vevhar dovrpori padrink amcho solam'. Firgozkaram koddem vaittponn korun vo tankam don monamni pollenastanam padrimni povitr sobhechi seva keli zalear padri sodanch firgozkaranchea kallzant ghor korun ravta. Tachi bodli khuinsorui zaum, firgozkaranchi ixtagot yadnikachi bhavna dakhoita.

- Vincy Quadros



Kovita

Zoitacho Rosto

Disacho porzollit suria udata Ratchim nokhetram chockchokta Xurvir sodanch zoitvont mhunntta Punn zaite pauttim to jikhon harta

Kednam-i vot kednam-i paus Hem deva nisorga dennem Doria udkan tan bhagonam Karonn doria udio kharem

Jinnent kainch korun xoklo nam Khinntta hanv noxib naslo Durbollank fottoile kaklut nastanam Monis to don rupam aslo

Koxtt korun gham' ghollaita Taka koxttancho foll gavta Devachem bhavartan jem cholta Tankam zoitacho rosto ucto zata.

- Mariano Lucas Diniz



Paus Vadoll Modd

Paus, vadoll, modd ailem Khell, cholop, bond zalem Zhaddam humttun poddim vatter Toxen gaddier ani mon'xacher

Rostear gaddio vetat vhanvon Kochro, mati yeta lotton Suknnim pois-pois gelim uddon Zaitea zonavorank ailem moronn Khoreaninch bhiyepachi goroz asa Khuim zhaddam poddot nem' nam Bizli kednam-i oxich yeta-veta Ghorant udok bhitor sorta.

Hea vellar gorjevantank pavat Bhukeloleank jevonn-khann diyat Ghor nasloleank asro bhasayat Pangrunk diunk visronakat

- Sandhya A. Fernandes



Onnbhov Lekh

Fottingponn ani Sonvsarachi Axa

Hem mhojemani tem tujem mthonnpi loka modem khub ontor dison yeta. Monis aplem xanneponn dakhoun dusreank sokla uddounk sodta. Monis sogllem aplem mhonn sonvsar aplea hatant jikhonk sodta. Hea sonvsarant kosloch faido nam dakhoun tujem polkeponn zor tujem mon ani kalliz fottkirponnant riglolem asot tor: Monis

lok Devan dilolem dennem vaprun, kitlech tras kaddun jikhtat punn thodde dusman martat tankam anne. Thodde dusreancho khobro korun bhogtat apnnak dhadoskai. Chint mon'xa, sonvsarant tum dusreak fottkireia utramni raddttolo punn sorginchem raj tum koxem jikhtolo? Monis hea sonvsarant ek pautt jiyeta ani zor tuka



sorg polleunk zai zalear sonvsarachi axa soddun mon'xa. Fottingponnan tum sonvsarant jiyetolo punn mortoch tum kitem ani khuim gheun vhortolo? Zaite monis mhunnttat, sonvsar mhozo tor mortoch tum konnacho?

Fottingponan tum jiyelar tuka sonvsarant konn valor diuncho nam, punn mortoch tunvem kelolea kortubancho zobab dile xivai tum sorgar vecho nam. Dusreank pixearn kaddun tujan vholdponnan mhunnom-ieta, apunn sonvsarant sogleam poros vholdlo punn tujia nimannea disa tuji jib tukach mhunnttoli, "Hav sonvsarchie axen buddlam."

-Velwyn Barreto



Veoktichitronn

Gangadhara Tilak Katnam

Reilgaddier vaur korun aplea ghora sust Rbosche suvater, apnnak yetolie bospagari yennavollintlean somazachi seva korunk tannem paul marlem. Eka disa apli gaddi gheun pausachea disamni rosteat provas kortanam, tachi gaddi rostear aslolea eka fonddkulant poddli ani tea fonddkulantlem mhellem tamdbdem udok rosteachie kuxik cholon vetolea bhurgeacher poddlem. Tea vellar tannem aple duddu moddun, dambor vikto haddlo ani tiech ghoddier to rostea velo fondd bhorun kaddlo. Hie ghoddnnie uprant, apunn hia sevechea vaurak khand martolo mhonn tannem nichev ghetlo.

Dor sokallim utthle uprant, Gangadhara apli gaddi gheun Hyderabad rostea veeleam provas suru kortalo. Bhonvonk to vophonaslo, bogor rosteacher jim fonddkulam poddleant tim dambor ghalun bhorun kaddttalo. Aple gaddient fattlean dambrachio potio gheun to bhair sortalo ani rosteat provas kortanam fonddkulam dixtti poddttat titlea-i suvatancher thambtalo ani ekto, aple gaddientlo dambor kaddun, tim fonddkulam bhorun kaddunk vaurtalo.

Ho vaur tannem chaluch dovorlo ani jednam tachie gaddientlo dambor somptalo tednam kontradora lagim dambor vikto ghetalo ani aplo vaur sompoitalo. Survatek ho tacho vaur tachie bailek avddonaslo, dekhun aplea putak sangon ho aplea ghovacho vaur bond korun tinnem paul marlem. Jednam putan aplea bapaicho vaur pollelo tednam, khoreaninch aplea bapai sarke monis aiz somazant zai mhonn vollkhon gheun, putan aplea bapaik ho vaur chaluch dovrunk sanglem ani aplo duddvancho-i adhar bhasailo. Gangadhara-cho ho nisvarthi sevecho vaur polleun zaitim zonnem taka adhar korun fuddem sorlim. Somazant ek zobabdariecho nagrik koso sogleank to ek boro nomuno zalo.

- Pri. Myron Jeson Barreto



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Chor!

Chor chor mhonn Konn poilo boballtta Toch kiteak ek Chor zaso nozo?

Dukhkh!

Zor ami sogllem Visronk xokloleant



Amchea jivitant dukhkh Mhunnlolem astench nam!

Mivnniecho Umo!

Mhodie bailechea umea poros Mivnniecho umo ruchik lagta!

Proyotn korta!

Proyotn kortam Mhunnlear orthuch nam Ekuch, tum tem korta Vo tum korinam!

- Dr. Austin D'Souza Prabhu

