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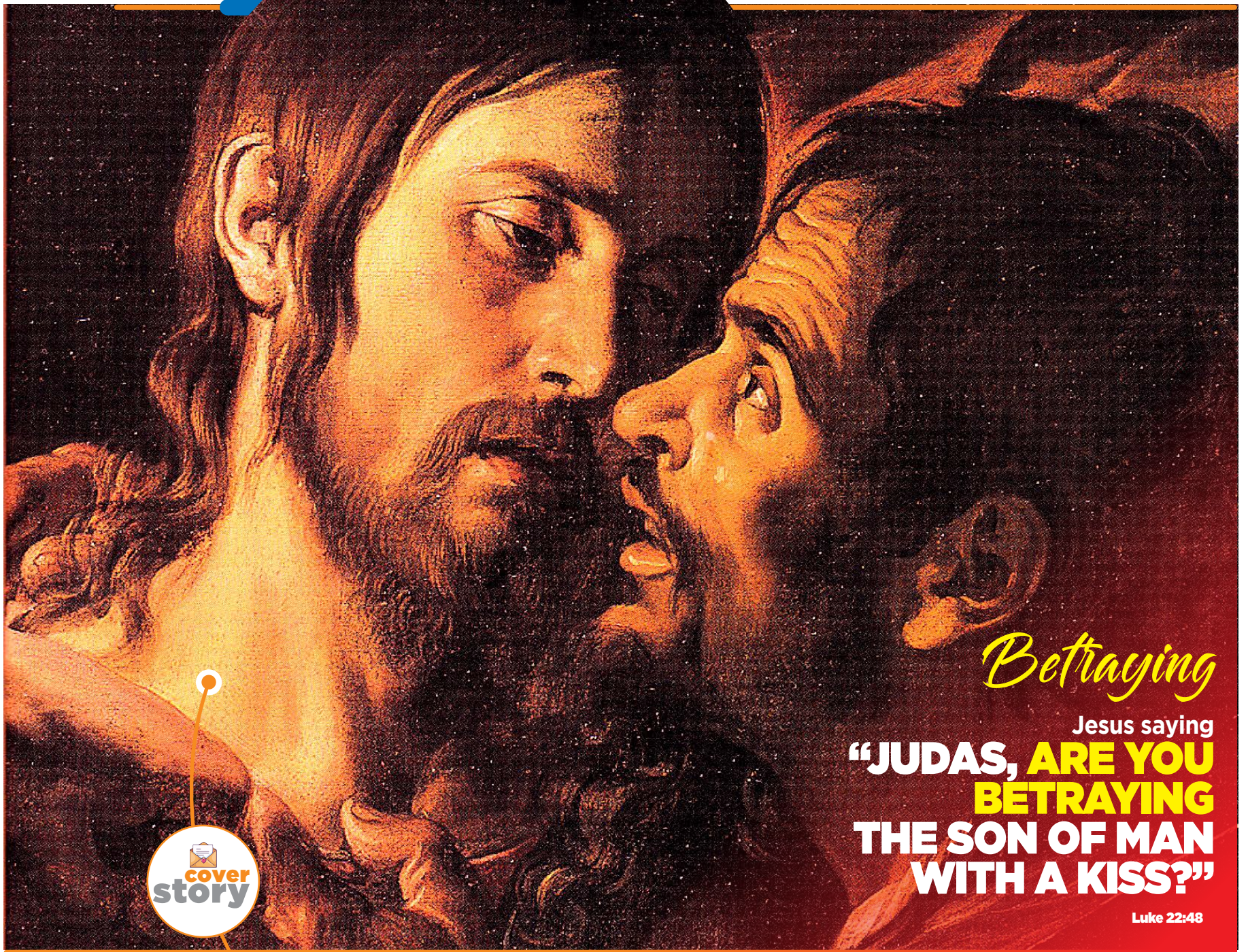


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The Post  
Art Station

If you are an artist, graphic  
designer, creator or an illustrator.  
Join in, to interact  
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*Betraying*

Jesus saying  
"JUDAS, ARE YOU  
BETRAYING  
THE SON OF MAN  
WITH A KISS?"

Luke 22:48

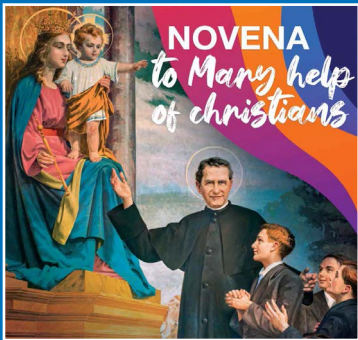
"I WISH I COULD'VE  
KISSED HIM GOODBYE"

# BE THAT MATTHIAS TO REPLACE JUDAS

**THIS IS THE MONTH OF MARY HELP OF CHRISTIANS. SEE THE PDF FOR PRAYERS FROM TOMORROW.**

Check the video and see if you can promote it.

[https://www.sdb.org/en/Rector\\_Major/Multimedia/Video\\_Message/Novena\\_to\\_Mary\\_Help\\_of\\_Christians\\_2021](https://www.sdb.org/en/Rector_Major/Multimedia/Video_Message/Novena_to_Mary_Help_of_Christians_2021)



Today May 14, is the feast of the Apostle Matthias who replaced Judas after the betrayal, death and resurrection of Jesus. Matthias is the one who qualified for the post to be the apostle and found himself in the list of two, shortlisted. As the event goes, the lot fell on him and he was added with the eleven apostles. [Acts 1: 12 -26] His holiness is obvious. He is suited for apostleship by the experience of being with Jesus from his baptism to his ascension. He must also have been suited personally, or he would not have been nominated for so great a responsibility. What do you think, will anyone name you to be in the list of apostles and disciples of Jesus, when there is a shortage of persons to work for and with Jesus? Will you find your name in the list of volunteers for a good cause when there is such a shortage of 'angels on earth', this pandemic? Read what your friends did and be inspired on [www.donboscoindia.com](http://www.donboscoindia.com)

**'Angels' Receive Gifts from Youth Volunteers**

[https://www.donboscoindia.com/english/bis/default\\_ms.php?proid=1.0&newsid=9663](https://www.donboscoindia.com/english/bis/default_ms.php?proid=1.0&newsid=9663)

On the contrary, Judas was one the apostles of Jesus. He lived and stayed with Jesus, but betrayed him for thirty silver coins. He 'turned aside to go to his own place', far away from his master and the community, deserting every one and every good thing this life offered him. It was reported, "he often helped himself from the common purse". And as a result, a bag of silver coins trapped him to death. Yes, money rocks, but kills! Why don't you spare and donate some money to help the covid victims, today? Tomorrow, they may not need your money when they are packed in a leak-proof plastic body bag and gone for good!

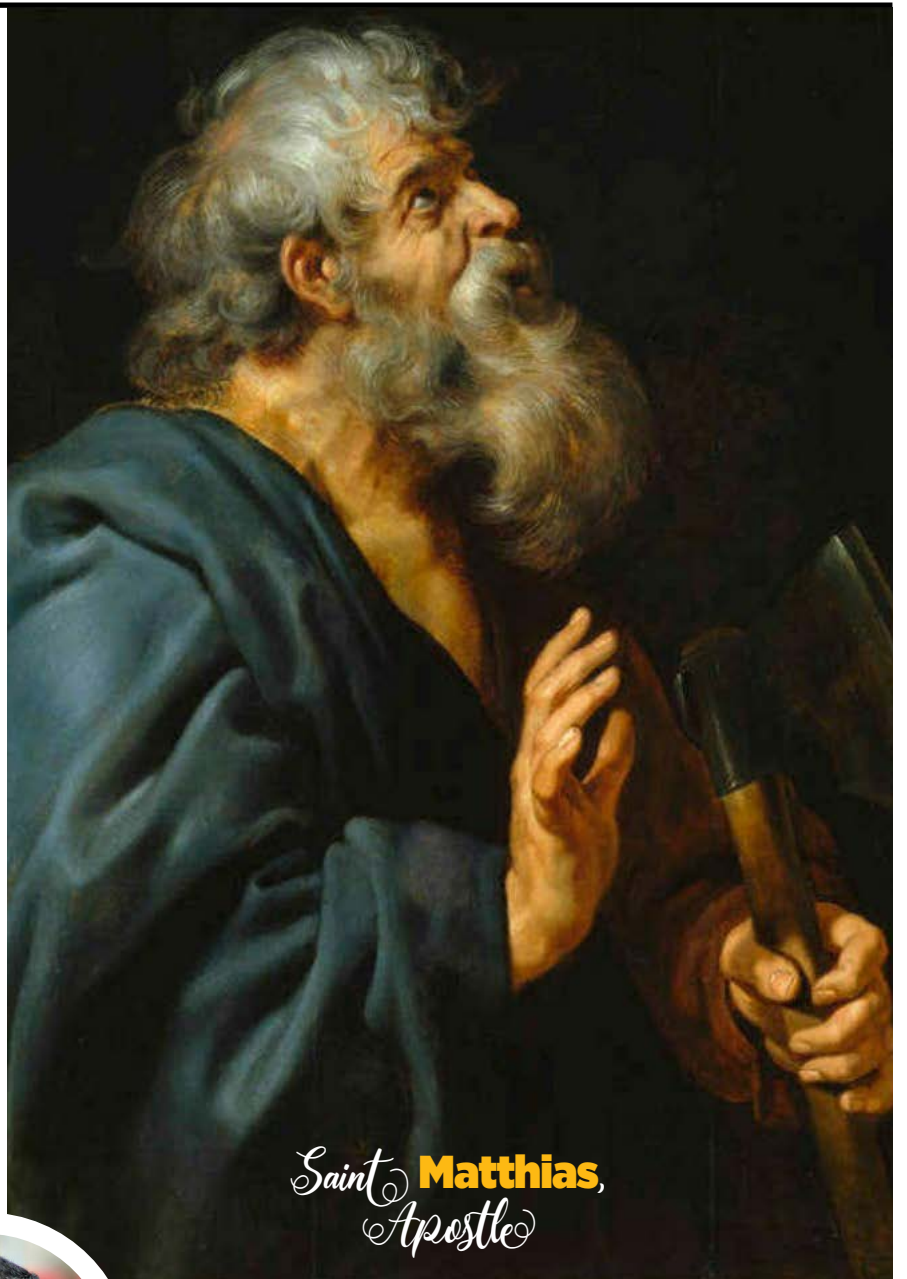
Let's click for social action. Let's build communities.  
<https://www.bosconet.in>  
<https://www.facebook.com/BoscoNetIndia/posts/2907910539258115>  
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**May God bless you and keep you safe.**

**Fr. PT Joseph sdb**  
A friend of SIGA

*Saint Matthias, Apostle*



<https://images.app.goo.gl/KGxAW3n8xGXJ62ZR8>



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## editor's desk

**S. Joseph Mohanraj**  
(1990 - 1993 Batch)

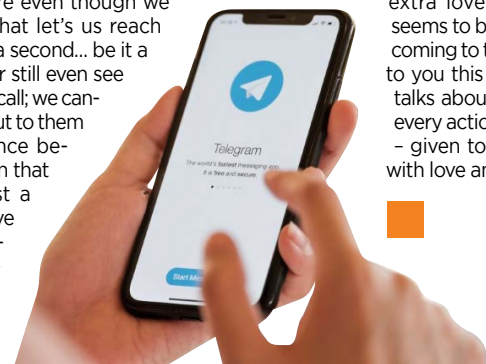


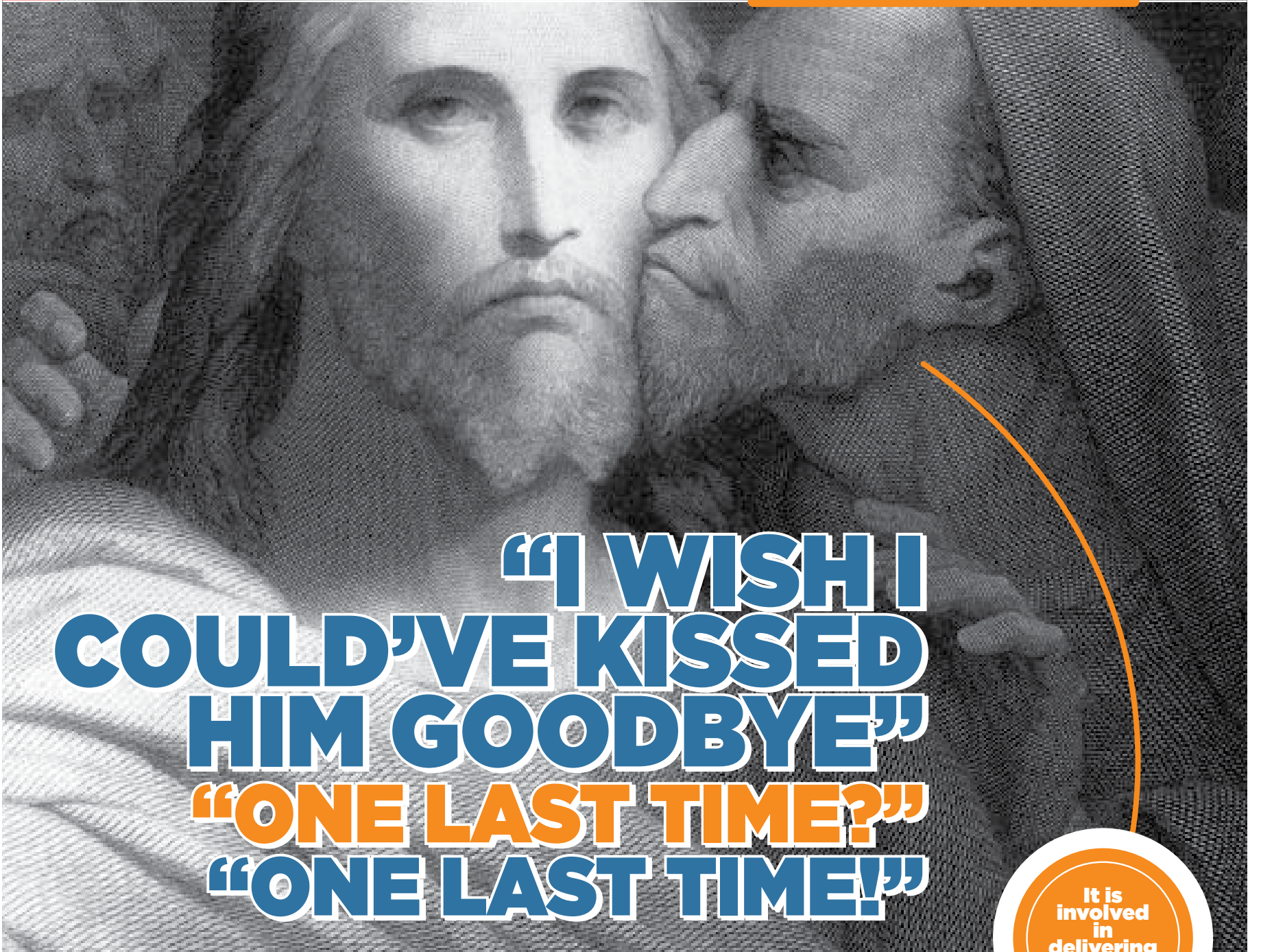
### Sir... Post...!

Way back, when modern communication did not exist and any and every news had to be shared only through tele-

gram... receiving which, one used to run to their loved ones whether it was good or bad news, there existed a certain kind of strength and closeness in these bonds that even distance and lack of fast communication couldn't stop. Today we live in times where even though we have a technology that let's us reach whom we want to in a second... be it a text or a call, or better still even see them through a video call; we cannot physically reach out to them and cover the distance between. But worse than that is how, we have lost a sense of bond and love in the relations surrounding us. Covid - 19, has made a lot of us realize how easily

we took for granted the love that is now being sought after. The love that we once were too busy to appreciate and give back to the ones in our lives... but now, even though we want to spend a few extra days with a little extra love, distance and death seems to be winning. As we are all coming to this realization, I present to you this issue of The Post that talks about how from now on let every action of pure love - the kiss - given to anyone shall be filled with love and not betrayal.





**“I WISH I  
COULD’VE KISSED  
HIM GOODBYE”  
“ONE LAST TIME?”  
“ONE LAST TIME!”**

**It is  
involved  
in  
delivering  
mail  
(the post)**

**A**

kiss. An action that can be linked to a lot of emotions in this world. It can start with the first gentle kiss that a new born baby receives out of love from its mother. A kiss that is filled with the purest of joy and motherly affection toward her child. As the child grows older and older, experiences of different kinds of this action of love are felt and lived. A kiss of happiness from grandparents, a kiss of friendship from a close buddy, a kiss of love from their partner, a kiss of bond from their child and a final kiss of farewell in their deathbed. Each of these kisses hold different intentions, meanings and emotions... but the fact that each are a physical embodiment of the truth in these emotions cannot be changed. These are some of the kisses that we see a person receive and give in their lifetime, but kisses go back a long time back into history.

And it can get really surprising when we find out about how destructive a kiss can turn into, depending on who is involved and what intentions are behind them.

Kisses once started out to be given on the hands of kings and queens by their subjects as a sign of respect, then came down into common grounds wherein welcoming a guest was done with

a peck on their cheeks. It then became more casual between female friends and relatives as a sign of patronage to their friendship, and now we find it a very common practice to kiss a loved one on the lips even when outside. But be aware, you might not want to be caught without a mask on, these days! Through time, the kiss has evolved to include anyone, anywhere and any emotion. In religion, there have been many occurrences of how a kiss symbolizes faith. Catholics kiss the crucifix to revere Jesus Christ's sacrifice; fathers kiss the altar before communion is given out to the congregation as blood and body of Christ; followers of Christianity kiss the Bible, statues of saints and rosary beads. While Hindus may sometimes kneel to kiss the floor of a temple, Muslims kiss the Black Stone during Hajj and Jews show reverence to their faith by kissing the western side wall of the Jerusalem temple.

Though these are only very commonly known instances in religion where the kiss is involved, there exists millions of other customs that believe in kissing and the spiritual awakening behind it to attain a connection with a higher superpower. To give a kiss has become interwoven in parts of certain rituals so much that, faith lies in bringing together the mouth (sometimes referred to in certain cultures as a portal for a soul to enter) and a spiritual icon. In



**A KISS. AN ACTION THAT CAN BE LINKED TO A LOT OF EMOTIONS IN THIS WORLD. IT CAN START WITH THE FIRST GENTLE KISS THAT A NEW BORN BABY RECEIVES OUT OF LOVE FROM ITS MOTHER. A KISS THAT IS FILLED WITH THE PUREST OF JOY AND MOTHERLY AFFECTION TOWARD HER CHILD**



The virus very painfully made this the reality, where being close to one another is dangerous, let alone kissing another which could probably even kill. Showing love to another has been resorted to giving air hugs and air kisses, or sharing affection over calls and video meets

they can be in the arms of their lover, sharing kisses. Thinking about all of this now, haven't we taken love for granted?

Right before when all of Covid did not exist, when we took what we love we had for granted, we failed to express and give back to those whose eyes light up whenever they see us. Be it old parents, whose children are off at work in another city. Or children who wait longingly for the father to come back home and play with them. Or a friend that wanted to catch up for a movie or a lover whose call went unattended... because "Hey! Where are they going to go?" But now as we want more time, to live and love... can we not forget and make a promise to ourselves that after all this is hopefully over, we would love stronger, show it more and make sure everyone around us is loved? After all, who doesn't want to be kissed a kiss of pure intentions... one that is not bound by anger, hate or ego in a world where we don't know what could happen the next second.



some cultures, kissing is a practice that is generally expected out of a person. That is when a bride and groom kiss after marriage in Western Christian churches, but the same is not entertained in Asian cultures. Non-sexual kisses as a form of celebration, welcome and just pure affection toward another has also become common, even in a country like India where most tend to shy away from expressing their love through a kiss. But then again, there is no bound to love one another, is there?

Personally, my most favorite type of kiss is the kiss of respect. The type where a sailor, goes on a long sea voyage... so long that the sailor misses the feel of land beneath their feet and the security it has to offer compared to the rough ocean waves and the uncertainty behind the deep waters. But as the English Settlers once did, a sailor returning after a tedious time in the waters, falls to their feet as soon as they embark on the shore and kiss the land as a form of

respect and longing. Can't imagine how the sailor must have felt like, can we now? But what is life without a bit of drama? Every coin has... No wait, that proverb has been used billions of times already! Gotta update it. Every mask has two sides, one that touches your face and the other that has all the virus on it. So, make sure you wash it or better still throw it away and use a new one. There we go, an updated one, with a side of advice for these difficult times. But you get the point, don't you dear reader?

So yes, a kiss too has the good side and of course, a bad side. Thinking about it we may wonder what could so possibly be bad about a kiss. True enough, kisses always feel good to be given and received. Alright, jokes aside. But there is the quotient of the emotion intended behind each kiss isn't there. To think about how not all betrayals come with pain and anger; one came with a kiss and it pretty much changed history - The kiss of betrayal from Judas to Jesus. Or the kiss between dental assistant Greta Zimmer and an unknown sailor in the middle of Times Square as a celebration of the end of World War II, where they were complete strangers, and she had not wanted to be kissed at all. But somehow, this kiss became iconic and controversial at the same time. Now, I have been talking a lot about kisses and kissing and all that... each of you probably wondering what I'm trying to get to. Well, here it is. An action so simple and yet pours love in a physical form, revered by many and sought after by many has now become forbidden to do.

The virus very painfully made this the reality, where being close to one another is dangerous, let alone kissing another which could probably even kill. Showing love to another has been resorted to giving air hugs and air kisses, or sharing affection over calls and video meets. It surely is a difficult time to show love to one another - a friend through a hug, a grandchild through playing with them, a lover through a kiss or a parent by laying down on their lap. Many long to meet their loved ones, stuck in the frontline unassured of return, while many already lost whom they had without a final kiss of goodbye. While some wait to step out of their quarantined rooms into the other parts of their homes to hug their loved ones, some wait in hope that time soon becomes of their favor so

**PERSONALLY, MY MOST FAVORITE TYPE OF KISS IS THE KISS OF RESPECT. THE TYPE WHERE A SAILOR, GOES ON A LONG SEA VOYAGE...**



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D/o. **Joseph Mohanraj**  
(SDC 1990-1993 Batch)



**JENIV PRAVEEN KUMAR**  
 (SIGA 2004-2007 Batch)



# TRANSFORMATIONS: TOUGH BUT TRUE

*I took up Printing technology at SIGA - A place where I met people of various cultures and attitudes and a place where I grew the most. Exhibited and showcased all my talents along the way including studies. The campus and its leaders generously gave me opportunities in all the important occasions of the college to showcase my talent and skill sets. It is a campus which equipped me with what I am professionally and spiritually today.*



**G**od brought me into this world with flair of talents and it has been used to the utmost of my ability, eventually it drew a lot of attention from onlookers with loads of compliments. However, none of these applauds rose to my head but was received with unpretentiousness, because I was brought up in simple surroundings and always had clarity of thought which was taught to me, that all I have is just a 'gift of grace'.

Nevertheless, I was no different from the millions, I failed miserably, failed the mission God had, I lost clarity on my journey, was short sighted, mea culpa. Life moved along, I took a routine course with education, job, family commitments, showcasing my talents on the way. I continued being thankful because He made me shine in whatever I took up but there was a deep void inside me, I was not being who I should be, the internal struggle was hard, every attempt to change career, go on a different path was futile.

As years passed on, I felt I gave up. But whenever I reflected on what I was blessed with, there was a voice within me that was constant, soft, and it pushed me forward saying that I could still do it but there was still a lack of clarity. With a blurred vision, I started to stand under the shadow of other people, with my confidence plummeting to the ground. Along all this came hatred, anger, pain and I lost the important aspect of being thankful. I started the blame game, blaming people, family and everyone around me for the collapse.

I faced high tides of life in 2020. The

world was facing one strange pandemic and there I was standing, filled with negativity in the form of anger and pain. Addictive habits started to build which I was never used to, quitting was a struggle. I wanted a restart button because I knew I was going to mess up my life.

God always keeps a guardian by you at all times. I had one who was continuing to stand by me all through my tough times. I was sure God was dejected with me. But he did not give up on me. He once again spoke through his guardian to change my path. I looked at myself in the mirror which I hated to look at my countenance. Whenever you are hit hard in life, whenever you are down and dumped with negativity, choose a way to convert that whole lot of power and energy into something positive. I chose GYM.

I was never a body-builder nor blessed with the champion genetics. But I knew I had a tough mind - A mind that can take control over my body. I decided in my mind that no matter how many obstacles I face I will not give up. I started my training amidst pandemic restrictions. It was a newer world everyone was entering into. New principles. New norms. It was no different for me personally. I took the tough routes, the aggressive plans because of the way my body was designed.

I was able to face every hurdle with the help of a trainer and started feeling I was in safe

hands. Forgot the situation around and believed that God will protect me from everything. There was no set goal but a diet, routine work-out, consistency and patience. The focus was one day at a time, I was in pain, but this pain was different, the pain what your body undergoes during training washes all the pain your heart and mind carries.

I started feeling thankful. I started feeling fresh. I started feeling that I have everything in life even when there was nothing. Rising up from an impact with a sense of tranquility in me, with my confidence back, I am heading towards a precise destination. Our body is a temple. It belongs to God. I have taken the oath to protect and preserve it as long as I live and give it back to Him in great shape and strength when I leave this world. The truth is, this is not my final destination. The destination and the goal is different. The reason why God brought me into this world is different.

I am now equipped with positivity to run, to run and reach the final destination to proclaim his glory. COVID is saddening. Threatening and heartbreaking. But it is a time to realize, reflect and change yourself. Realize your mistakes, reflect on your past and change yourself into a good human being. I tried and He protected me from the rest. When you start being honest, disciplined, and patient, God definitely watches over you. He brings good people, people who can boost and understand what you are going through. When I got a call from Mohanraj sir on a Saturday morning, I felt I finally got the meaning for all the hardships I've been through so far. Thank you sir for this opportunity and thank you once again for recognizing me and help me express from my heart.





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**CURIOUS  
THINKER  
AND  
AVID  
WRITER  
OF  
UNTOLD  
STORIES**



## RESTORING THE LOST SOULS BACK HOME



**I feared we might never be REUNITED BEFORE I DIE. And now at this age, my anguish is finally over**  
— Ramaiah



### THE PROJECT OF IRCS RENDERS HELP TO THE REFUGEES TO FIND THEIR LOVED ONES.

**W**ar had always been a major part of our history. Many civilians are either mercilessly killed or they go missing. Some of them get separated from their families. The conflict that happened in Sri Lanka between 1980 - 2009 had brought disastrous changes in the lives of their people. More than 1.34 lakh Sri Lankan Tamils refugees entered India. One among them, Periyasami Ramaiah, 75, reunited with his family. When this refugee lost hope on finding his missing family from the Srilankan Civil War, he could finally hear the voices of his wife Ranjani and his children through the volunteers of Indian Red Cross Society (IRCS). In the early 20's, Ranjani was migrated to a refugee's camp in India and was longing since then to find her lost family. When she heard about the Family News Services (FNS) of the IRCS, she contacted them for help. The FNS traced Ramaiah in Sri Lanka.

"I feared we might never be reunited before I die. And now at this age, my anguish is finally over," said Ramaiah. When the communal riots broke out in the central province of Srilanka, Nadarajah Subbaiah lost his sister Rukmani Subbaiah. "We thought that if she was alive and in Sri Lanka, she would come back," said Nadarajah to the volunteer. With no proper



address or links provided, the FNS were able to connect him to Rukmani.

Nadarajah said, "It has been a long wait and I had no hope, but I thank God for the Red Cross and for finding my sister." The FNS was started in 2009 under the support of International Committee of Red Cross Society (ICRC). Under this Project, IRCS Tamil Nadu has effectively involved in re-uniting the separated Sri Lankan families.

A refugee staying at the camp in Gummidipoondi has recorded, "We have become foreigners to the people of our country and we are foreigners to the people of India too" in his statement. But the ignored plight is finally taken into notice through this project.



There are many success stories of this project, by bringing their dreams of meeting their families. Hundreds of refugees staying in 107 camps across Tamil Nadu are enquired and are provided with guidance. Recently, an old lady named Rajammal Santhanam found her son Vadivel B, after two decades.

**Lost families during the time of civil unrest, disasters and others situations of humanitarian needs can be traced back through this project, Sujatha Devakumar, 40-year-old mother of two children was provided assistance by IRCS TNB. Living in Mylapore with her children Samarselvan, 10 and Priyanka, 16, she decided to go back to her home in Colombo where her husband Devakumar resides.**

Being a refugee herself, she came to the shores of Tamil Nadu for her children's education. With all the amenities provided here, she wished to return back home. When she reached out to the officer of tracing with the help of Ambika B, 38, they were sponsored with the tickets.

"It was really hard for Sujatha to financially support her children, without her husband," she said. Ambika also said that the IRCS assisted them and worked at the earliest.

Although this project is not spoken widespread, it not only restores the links of families but also their beliefs. Deenan Dhakshanamoorthy, 26, who is the tracing officer of IRCS TNB said that tracing missing people is a much-needed humanitarian service. He also said, "As I visit the refugee camps, I learn to understand the challenges we face but also the plight of the people."

With a vision of bringing happiness back to the families, IRCS continues their service to humanity. They also work on medical assistance to people that are in need. Their hand in providing relief at times of disasters/emergencies and promoting health & care of vulnerable people and communities are remarkable.





**INDIA'S PROBLEM IS NOW THE WORLD'S PROBLEM**

It will be a while before it's fully understood why India has been so swiftly and so disastrously engulfed by the coronavirus. But there is one thing for sure: India's problem is now the world's problem.

India shut down too abruptly when the virus arrived, and then was too quick to reopen. In March 2020, the country was locked down at four hours' notice though it did not yet have many cases. Millions of people, many of them migrant workers, were left stranded without food



and shelter. Facing economic disaster, the government reopened the country before the pandemic really took hold.

What is happening in India now is quite similar to what the United States experienced in its coronavirus surges. The Indian states where deaths started to mount again in March and April simply closed their eyes and hoped it would go away. After all, India's first virus wave receded, for reasons that remain unclear.

To make matters worse, states in India have very limited resources of their own — a lockdown costs money, especially if you want to avoid inflicting enormous pain on the poor — and the central government has not offered to pay the

bill. (In America last year, the Trump administration was much more generous in comparison.)

Not surprisingly, state governments opted to drag their feet until it was impossible to avoid taking action. In the meantime, the disease made its way throughout the country, and new mutations appeared. With the national government unwilling to take ownership of the problem, no one was really tracking how the new variants behaved. Too little, too late is the story of the current outbreak.

The government is now beginning to stir, but it still appears reluctant to embrace a national strategy. Yet it is evident that India needs a new, centrally coordinated lockdown now, perhaps targeted at the areas where there is already a large enough quantum of infections (infections are still concentrated in less than quarter of the country's districts), and progressively moving to cover wherever needed.

One reason the response is still slow is the fear of what would happen to the economy and especially to the poor with the return of lockdowns. The central government could speed it up by promising life-sustaining cash transfers to anyone with any kind of government-issued identity in places that are locked down. This should be paired with restrictions on movement between districts. The time to do this is now.

The same goes with vaccination. The central government's position is that vaccination is open to all (if you can find a shot), but either individuals or states will need to pay for it. The result will be that those who can afford it will get vaccinated and some states will cover the rest, but people elsewhere will be on their own. Making free vaccination available to everyone, and dedicating enough administrative muscle and human resources to make it happen will reassure the country in its panic and may protect the world.

Other governments, too, were slow to react to India's unfolding disaster. The Biden



administration announced it would send vaccines and emergency help to India only in late April, more than a week after the daily case load exceeded 300,000. The problem is now so huge that what can be done from the outside is relatively minor. Of course that should not stop the United States and Europe from sending vaccines, oxygen and money to India or from lifting bans on exports of ingredients for making vaccines. A life saved is a life saved.

But the world needs to look



beyond India and avoid yet another mistake of timing. We cannot afford to repeat the experience of the first wave, when we didn't realize just how quickly a virus can travel. Neither should nations be lulled into a sense of false security by the progress of vaccination campaigns in the United States and Europe.

The B.1.617 variant first found in India is now spreading well beyond the country. In India, some vaccinated people seem to be getting infected. It would be foolish to assume that "better" vaccines available in the West will necessarily save us. Leaders and scientists need to figure out what should be done to combat variants, which may include booster shots, new vaccines, masks and slowing down reopenings.

Most critically, however, we should anticipate the possibility that the virus will spread through Africa, where a vaccination campaign that had barely started is now endangered by the situation in India, which stopped exporting vaccines many countries were relying on.

This would bring disaster in countries where oxygen supplies and hospital beds are extremely limited. The United States and Europe need to get ready to act quickly when necessary. This means shipping and making vaccines as fast as possible, and perhaps even more urgently, this means investing in global surveillance and testing, and being prepared to ship oxygen and equipment and to provide financial support for people in lockdown.

Getting ready now might give us a fighting chance to avoid a repeat of India's nightmare.

By Abhijit Banerjee and Esther Duflo (Drs. Banerjee and Duflo won the Nobel in economic science in 2019 for their approach to alleviating global poverty.)

News courtesy: **The New York Times**

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# 10 THINGS TO KNOW BEFORE BUYING A WEBCAM ONLINE ON AMAZON, FLIPKART AND OTHER WEBSITES



**H**aving a good quality webcam is now necessary for attending video calls, meetings and online classes. No matter how much money you spend on buying a laptop, the inbuilt webcams are mostly underpowered. If you are planning to buy a new webcam to improve the quality of video call then there are certain things you need to keep in mind. Here are 10 things to know before buying a webcam online on Amazon, Flipkart and other websites.

mostly 720p HD, investing money on a 4K webcam may not make sense as the maximum supported resolution is Full HD 1080p on most video chatting platforms.

The aperture of most webcam models are between F2.0 and F2.8. The lower the F-number the better it is, especially in low-lighting conditions. Also, avoid webcam models that do not mention the aperture in their spec sheet.

#### PAY ATTENTION TO THE FRAME RATE OF THE WEBCAM

Frame rate of the webcam is an important thing to consider. Always opt for a model that offers 60 fps over 30 fps to get clearer and more natural video quality.

#### DECIDE WHETHER YOU NEED AN ULTRA-WIDE WEBCAM OR NOT

An ultra-wide webcam will be able to cover your entire room while a webcam with less field of view will mostly focus on you. If you need to accommodate multiple people on a video call then opt for an ultra-wide webcam, less a standard field of view of around 78-degrees is fine.

#### OPT FOR WEBCAMS WITH GOOD QUALITY INBUILT MICS

Webcam with mics make lives easy as you don't have to always wear a headphone and mic combo. So, webcams with inbuilt mics are good to have. Else, you will need to use a separate mic.

#### PREFER WEBCAMS WITH NIGHT LIGHTS

There are webcams that come with some extra LED lights that help to brighten your face under low lighting conditions. Always prefer webcams that come with night lights.

#### THE WEBCAM SHOULD BE ABLE TO TILT FREELY AND CAN BE PLACED ON ALL SURFACES

Opt for webcams that come with a clamp or some other fixing mechanism so that can be placed on any surface. Also, the head of the webcam should be able to rotate and tilt easily.

#### OPT FOR A WIRELESS WEBCAM WITH MIC IF YOU CAN AFFORD IT

A wireless webcam with a mic makes life easy. You will be able to put it anywhere in the room without having to carry around your laptop.

#### BEFORE GETTING A NEW WEBCAM, ENSURE YOU HAVE A FAST SYMMETRIC INTERNET CONNECTION

It is important to get a reliable and fast internet connection to improve the quality of video chats. Also, make sure your service provider is offering symmetric internet speeds. This means the upload and download speeds are similar. In most cases, upload speeds are way slower than download speeds making your video appear low in quality with a consistent lag to other members of the video chat.

#### GOOGLE MEET, ZOOM AND OTHER PLATFORMS SUPPORT A MAXIMUM RESOLUTION OF 1080P

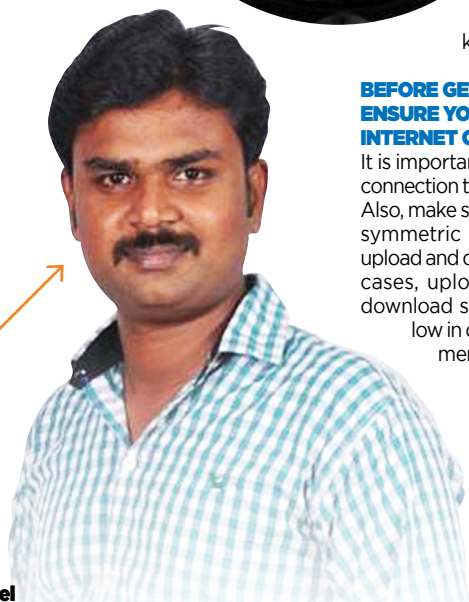
Most online video platforms like Google Meet, Zoom and others support a maximum resolution of Full HD 1080p. While the webcam of your laptop is



#### OPT FOR AUTO-FOCUS WEBCAMS. AFFORDABLE WEBCAMS ONLY OFFER FIXED-FOCUS LENS

Always consider buying a webcam that offers an auto-focus lens. Most affordable webcams are fixed-focus which can be a problem if you want to show something up close to the camera like a handwritten note. Fixed focus webcams are designed to focus work well within a certain distance. If you come too close or get too far, the video gets blurry. And if you need a webcam to focus on a whiteboard or notebook opt for an auto-focus webcam.

#### CONSIDER THE APERTURE OF THE WEBCAM



— Shakthivel





**SOCIAL DISTANCE**

JOE & FRANK

'Be together', 'work together', It has been months since I heard words like this.

Yes. I'm realizing that just now as you're saying it.

Nowadays more and more people are hearing words like 'stay away' and 'be alone'.

Times when we were close has now changed.

This situation should not continue dude.

True, unthinkable events are happening now.

But no matter what happens, we have to travel in the flow of time.

Have you noticed how much this curfew has got us thinking?

If people do not voluntarily defend themselves then there is no other way.

We can get rid of this deadly disease only if we realize that we are to protect ourselves.

We can escape from this disease and this loneliness if we act with mental strength and self-confidence.

On the other hand, loneliness makes us think and cultivate more. This will be a great lesson for us in the years to come.

Yes, but let this break not continue more and more.

We ran after money, position, and pride all these days... But what is the use now?

We should focus more on reducing desires and earning love.

Yes, that is the best way.

Only now do people understand the power of humanity.

Of course! Today's world environment has taught us many lessons.

The way of life must change and we must learn to live in harmony with nature.

True, let us love one another and learn to live with compassion.

We must begin to love our neighbor as we love ourselves.

And should never want this distance.

We stay alone now. And let's get back together again with more love!

This JOE & FRANK Comic strip will continue every month with a new storyline! Watch this space for more...



**பயம்படாதே மகனே நான் அடுத்த பெட்டியில் இருக்கிறேன்**

எழுக்கிறது. பயம் அகன்று நம்பிக்கையின் புதிய கதிர் புன்னகைக்கிறது.

பயத்தில் குனிந்த தன் தலையை உயர்த்தி, அதே அந்நியர்களுக்கு மத்தியில் மிகவும் வசதியாக நிமிர்ந்து அமர்கிறான். இதே சூழல் தான் இப்போது நமக்கும் இருக்கிறது.

மகிழ்ச்சியாக வாழ்ந்த அதே ஊரில் அச்சத்தோடு இருக்கிறோம். நோயை விட, அது குறித்த அச்சம் தான் பலரைக் கொல்கிறது.

**எல்லோரும் இறைவனை நம்புகிறோம்.**

நிச்சயமாக அவன் நம்மை நிராதரவாக விட மாட்டான்(ர்), என்ற உறுதி எல்லோருக்கும் இருக்கிறது.

இந்த உலகத்திற்கு நம்மை அனுப்பியபோது, நம் இதயத்தில் இறைவன் ஒரு காகிதத்தை வைத்திருக்கிறான்.

அதில் உன்னோடு நான் இருக்கிறேன், உன்னோடு பயணம் செய்கிறேன், என்று எழுதி இருக்கிறது. கடவுள் நம்பிக்கை இல்லாதவருக்கு இதயத்தின் ஆழத்தில் எழுகிற நம்பிக்கை துணை இருக்கிறது. அழைக்கிற குரலுக்கு வருவேன் என்று கீதையில் கண்ணன் சொல்கிறார். வருத்தப் பட்டு பாரம் சமட்பவர்களுக்கு இளைப்பாறுதல் தருவதாக இயேசு கூறுகிறார். கேட்கும் கைகளை வெறும் கையாக விடாமடேன் என்று அல்லாஹ் நம்பிக்கை தருகிறார்.

கடவுளின் பெயரால் கலவரம் செய்து பழகிவிட்ட நமக்கு, இருளுக்குப் பிறகு வெளிச்சமும், இன்னலுக்குப் பிறகு மகிழ்ச்சியும் தருவதாக இறைவன் சொன்ன சத்திய வாத்தைகள் மறந்து விட்டன.

எனவே, பீதியும், மனச்சோர்வும் அடையாமல் இருப்போம். பயமும் அச்சமும் நமது உடல் மற்றும் மன ஆரோக்கியத்தை பாதிக்கும்.

உலகம் பிழைக்கப் போராடும் இந்த நிச்சயமற்ற காலத்திலும் நம்பிக்கையோடு இருப்போம்.

இரவுக்குப் பிறகு பகல் வரும் என்பது எப்படி நிச்சயமோ, அதைப்போல் இந்த இன்னலுக்குப் பிறகும் மகிழ்ச்சி வரும். நன்றி.

**W. Edward Joseph**  
1987-1990 Batch

**பயம்படாதே மகனே, நான் அடுத்த பெட்டியில் இருக்கிறேன்** என்று எழுதி இருந்தது.

கற்பனை செய்யமுடியாத நம்பிக்கையின் அலை முகத்தில்

**DID YOU KNOW?**

Be **INFORMED**  
Be **PREPARED**  
Be **SMART**  
Be **SAFE**

Be **READY** to fight **#COVID19**

For the latest health advice, go to:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)

United Nations World Health Organization

Be **SUPPORTIVE**  
Be **CAREFUL**  
Be **ALERT**  
Be **KIND**

Be **READY** to fight **#COVID19**

Be **READY** for #coronavirus

WHO is giving advice on how to protect ourselves & others:

Be **SAFE** from coronavirus infection  
Be **SMART** & inform yourself about it  
Be **KIND** & support one another

Learn more about #COVID19 & share with your loved ones: [www.who.int/COVID-19](http://www.who.int/COVID-19)

# COVID-19 PREVENTION

**WASH YOUR HANDS**  
Wash them often with soap for at least 20 seconds

**COUGHING ETIQUETTE**  
Cover your mouth when you cough or sneeze with tissue or the inside of your elbow

**WEAR MASK**  
Make sure your mask fits well with the nose clip

**AVOID HUMAN CONTACT**  
Keep your distance 1 meter away from crowd

**THE POST**  
The People of Siga Testify



# JEWISH HAUNT, ROMAN EXECUTION

Closer the person, greater the law. The universal laws governing only to the father land not the forbidden land. Every inter-connection is regulated by common and special laws. Right from the bottom to the top. The family system to aero- space regulation are governed by the codified laws.

Humans are bound to respect their own man made laws rather than the heaven made laws. They are punished when they are not in the line of practise of this disciplinary code or disobeyed to follow the common human order.

Men who made themselves close to women in the matrimonial tie-up can go far by breaking the bond by a divorce decree. Both unification and dislocation are provided by the man made laws. The heavenly laws insist that man should not divide when god united.

This earth is meant for a harmonious life, when human elements raise against the social, economical, religious and political harmony they are separated and quarantined in an extreme extent they are eliminated. The penal laws regulate the physical and mental harmony of the citizens. Out of the Ten Commandments, commandment 5 to 10 is Indian penal code. Recently Supreme Court of India in Joseph Shine case has struck down the 9th commandment of the Holy bible as it is against the Constitution of India.

Each and every citizen is obliged to undergo strictly the economic laws. In all part of the world direct and indirect taxes are stringent. No one can use a commodity or service without paying the tax at the time of purchase. When Jesus was wrongly taxed by the tax officials in Capernaum, he obliged to pay the tax even though he raised a question of the alien and the citizens regard the tax imposition. Jesus give a single line taxation law for all over the world "Give to Caesar what is Caesar's, and to God what is God's." Jesus never wants to contradict with the tax collectors when they ask to obey the tax laws. He want everything in harmony even the rulers are unjust. He request everyone to be just and even faced unjust accepted the unjust even the Justice are not just.

In each part and parcel of this dusty material prevails various political belief and they are constituted

by Kingdoms codification. Any violation of the national idea or ideology or idiotism, they were tried for the highest crime of the nation which amounts to treason. The head of the nation even orders the life as cost for the breach of constitution. People are always asked to be closer to the political structure in order to maintain the national supremacy. When citizen's keep distance they not only loose the royal protection but also treated as third rate citizens.

The religious minorities in Afghanistan, India and Australia are even facing strict laws even for their religious practise in their own community. Nowadays democratic dictatorship are emerged and they are cruel than Hitlerian laws. In India several pastors were booked for propagating their religion when it is provided as a constitutional right. The land of Kangaroo denies Muslim's to practise their religion as per their personal law. The governmental head made a public threat to the Muslim community for seeking their basic right as per the Christians of the deserted land. Jehovah Witness a major Christian sect was banned in Russia and thousand of the believers were sentenced for a term of six year with hefty fine for practising Christianity. The New world bible is banned in Russia.

Female Genital Mutilation (FGM) is a destructive operation, during which the female genitals are partly or entirely removed or injured with the aim of inhibiting a woman's sexual feelings. Most often the mutilation is performed before puberty, often on girls between the age of four and eight, but recently it is increasingly performed on babies who are only a couple of days, weeks or months old. FGM is practised today in 30 countries very seriously most of them are African countries. If women's not follow this cruel human law they were penalised in an inhumane manner. Nigeria is top among them and in Egypt 80% of the teen agers is undergoing this clitoris mutation as their religious commandment.

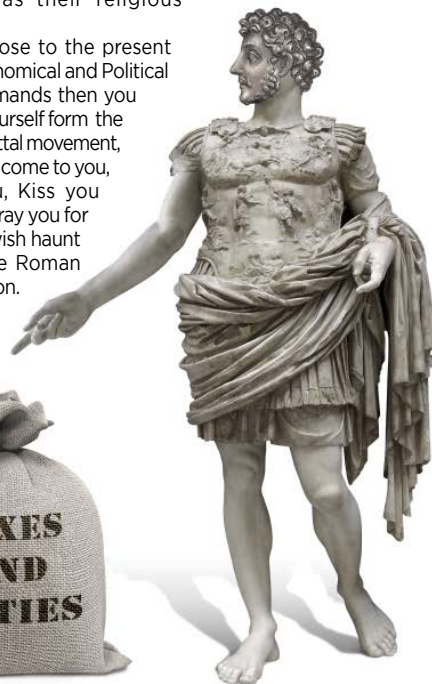
If you are not close to the present social, Religious, Economical and Political power and its demands then you cannot hide yourself form the non-committal movement, Judas will come to you, hug you, Kiss you and betray you for the Jewish haunt and the Roman execution.



**Satish Kumar**  
Advocate,  
Madras High  
Court



**Each and every citizen is obliged to undergo strictly the economic laws. In all part of the world direct and indirect taxes are stringent. No one can use a commodity or service without paying the tax at the time of purchase. When Jesus was wrongly taxed by the tax officials in Capernaum, he obliged to pay the tax even though he raised a question of the alien and the citizens regard the tax imposition**





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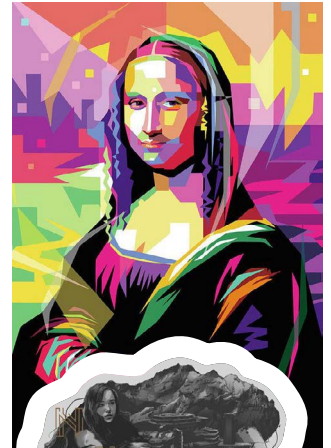
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## POSTMASTER'S INBOX

Hats off to you, for the consistency in effort and in delivering "The Post" every month 15th Morning. A big congratulations and applause to the team.  
Keep Going!

Whether the achievement is big or SMALL, Appreciation is big or SMALL, Obstacles or big or SMALL, Whether the project is big or SMALL, Keep ROCKING.

Whoever arises in the Warfront, even it is Goliath, YOU CAN, because WE ARE ALL THE inheritance of DAVID.

The little we do, like a David, will bear big fruits, because, Little things make BIG things happen!

— V. John Fredrick

Super Sir  
— Sasi

Great work  
— 9677093486

Wonderful  
— 9092506714

Good Job  
— 9941597968

Fantastic Job  
— 8883070316

Hi Bro, Surprise to my picture, Super machi take care, Regards to your team members.

— Babu

Superuuuu daa... Very Very Nice.

— Moses

AS ALWAYS AN EYE CATCHING POST. GREAT WORK MOHAN & FRANKLIN

— Martin

Super  
— Devaraj

Claps to your work  
— 7358158668

Arumai.  
— Kaja

Lovely Mohan & Frank.

Virus is invisible smaller, it dicrates the World Leaders. It's a Rule Code today. Smallest is never called Least.

— Santhakuar

அருமை நன்பரே  
— Krishnamoorthi

Super Post Mohan  
— Johnson



Fantastic and great job  
— 9487212072

ஒவ்வொரு இதழும் மெருகேற்றக்கொண்டே செல்கிறது நன்பரே... பத்திய யூடியூப் சேனல் தொடங்கும் உங்களுக்கு என் வாழ்த்துகள்  
— Jayanthan

Good morning.

Thank You very much for sending me the current issue of "The POST".

I am always inspired to read the issue of "The POST" for the quality of content along with the design, layout and the vibrant colors which also complements each issue of the magazine.

Keep doing this great job and my heartfelt congratulations to the entire team of "The POST".  
— Joseph Ananthraj, 1995 -1998 batch, EPP - Dubai

Annette Haveela's story! She has awesome capacities And a passion for justice! I wish her well. I know that she will make a difference in this society, and in our faith! Proud of her parents! I didn't know that she is associated with UNICEF. Very proud for her Mohan. I'm sure you are too as her Dad.  
— Chandran Paul Martin

Sir, This is Monthly editorial? Good Sir.  
— 7299488143

Up coming Heros  
— Kotti

This issue you have covered very well and very good creative work by the team of post

Keep it moving...  
— Leo

Thank you all for you wishes, valuable feedback & suggestions



## CHRISTIAN ART GALLERY

...FROM... growframes

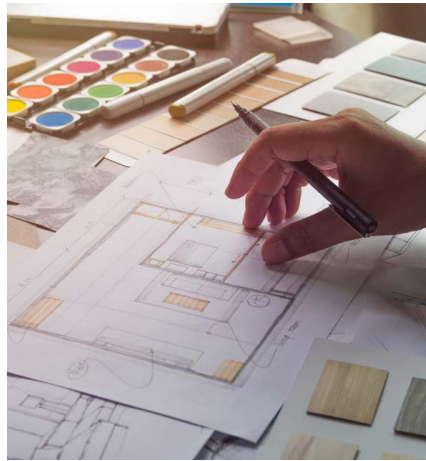
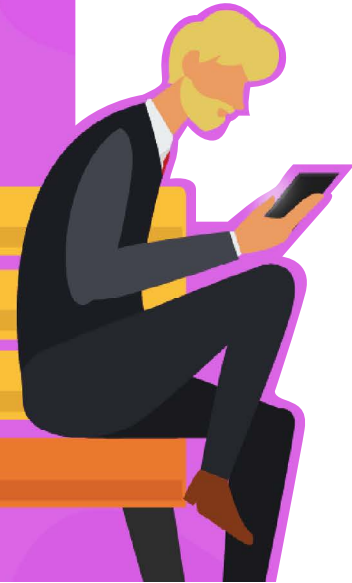
கிறிஸ்தியன் ஆர்ட் கேலரி | கிரிசுடியன் ஆர்ட் ரெலரி | கிழியன் ஆர்ட் ரூலர் | கிரிஸ்தியன் ஆர்ட் ரூலர்

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**READ SOMETHING INFORMATIVE? SHARE IT WITH US...!**

# THE PRINT VS DIGITAL DEBATE



**A**ddressing the use of print and digital in corporate content at the Corporate Content Conference, Claire Oldfield from Wardour discusses the consultancy's research into format and content effectiveness

It makes sense in 2020 that print has been laid to rest. After all, everyone is about communicating over video by Zoom and Teams; brands want to build content portals instead of paper magazines to talk about what they do; consumers are surfing websites, checking Instagram and following Tweets. So print is dead. Right?

Well not quite. It's true that some print projects were mothballed or turned digital (especially those that rely on office distribution) at the start of lockdown. But a lot of membership organisations, such as the Royal Society of Arts, for which we have been the publishing partner for their RSA Journal for more than a decade, have carried on printing throughout. And there is every indication that when offices start to reopen the printing presses will start to roll again.

The print v digital debate is not new. For the past couple of decades we have read gloomy predictions about the demise of print. Newspapers across the globe are closing. Magazines have been moving to digital only for several years - think Conde Nast's Glamour in 2017, Bauer's Cosmopolitan in 2018, and Q Magazine, for 34 years at the heart of rock journalism, earlier this summer.

And this shift is an area we at Wardour are really interested in. We have seen and been part of the move to digital and yet clients continue to want print. For many of them, as for us, it's a heart versus head battle. Digital is cheaper and immediate and can reach a huge audience; print is expensive and is perceived as unkind to the planet.

## SO WE DECIDED TO RESEARCH IT

We have just got back the fieldwork from the third year of this research and it is too early to share anything meaningful. But the past two surveys in 2018 and 2019, across a robust nationally representative sample of more than 2,000 UK adults, have given us clear (pre-Covid) trends.

There is a lot that is obvious; there is an unmistakable move towards digital in every aspect of media consumption from news sites and online magazines to brand and independent blogs and social media posts. We even included e-books in the research to test whether people are still reading books. Again, momentum is towards digital. In 2019 some 79% of consumers accessed online content daily, up 4% on 2018.

But...and it is a big but, there is a continued preference for printed content despite this shift to digital. At this point, I have to declare an interest: as a newspaper journalist by training, part of me will always love print. I have an emotional attachment to print that cannot be replicated online. I love how it feels, how it smells and the memories it can evoke.

And it seems that emotional attachment is

shared. In 2019 some 49% of those surveyed preferred paper content (down from 52% in 2018), and only 28% said they preferred looking at content on a screen (up from 23%). Dig a little deeper and there is a more clear trend towards print that has a b s o l u t e l y everything to do with an emotional attachment.

Some 64% of those polled said they liked the act of holding a printed book (up from 62% in 2018) and some 58% said they liked the smell of print (up 4% on the previous year).

Without wanting to baffle with statistics, there are two more that are interesting. Some 61% of those polled said they find it easier to read long or complicated text on paper (the same as in 2018). And 56% said they find it easier to concentrate on paper or printed content (up 2% on 2018).

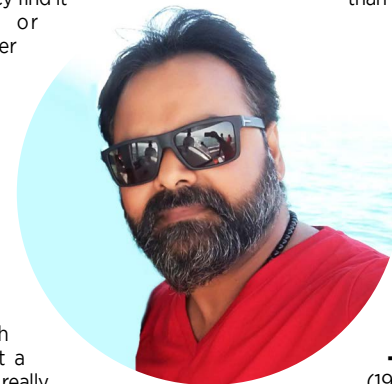
There is a lot more detail in our research. Surprising themes emerge - such as the younger audience (digital natives) preference for print because of the health implications of staring at a screen for too long. And a really



important preference for printed material came across the board when it came to trusting facts.

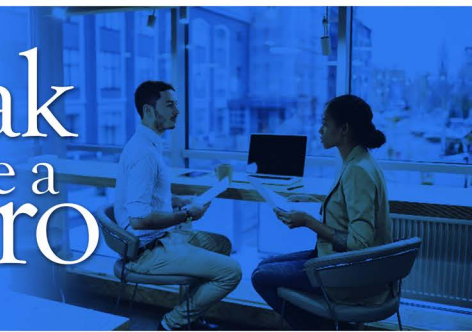
Some 27% trust printed content more than digital (up from 25% in 2018).

Of course polls can tell you pretty much anything. But we have no axe to grind either way. We are simply interested in what people want to consume. In 2020 it will be interesting to see whether Covid has accelerated a trend to digital. Or whether it has driven people back into the arms of print.



— Anand Jagannathan (1990 - 1993 Batch)

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**CONTINUED FROM THE PREVIOUS ISSUE, Sustainable Packaging and Eco Friendly Packaging Material Bioplastics**



# SUSTAINABLE PACKAGING AND ECO FRIENDLY PACKAGING MATERIAL BIOPLASTICS



### Starch Based Bioplastics

Today, thermoplastic starch, accounting for about 50- 60 % (some sources state about 80 %) of the global bioplastics market, is the most significant and widely used bioplastic.

Thermoplastic starch generally represents just one component of which starch-based bioplastics are formed. The second part of the blends consists of water repellent and biologically degradable polymers like polyester, polyesteramides, polyester-urethanes or polyvinyl alcohols. Throughout the melting process, the water-soluble, disperse starch phase and the water-insoluble, plastic is bond together to form a waterproof starch plastic.

Applications of thermoplastic starch are bags, yogurt tubs, cups, plant pots, cutlery, diaper foil, coated paper, and cardboard. Most of the starch derives from crops such as potatoes or corn.

### PLA - PolyLactic Acid

PLA (polylactic acid or polylactide) is by far the most promising bioplastic. Its characteristics resemble conventional fossil fuel based plastics such as polyethylene (PE), polypropylene (PP) and polyethylene terephthalate (PET). PLA is mostly produced by the fermentation of starch from crops, commonly corn, wheat or sugarcane into lactic acid followed by subsequent polymerization. PLA is a very versatile bioplastic. By varying composition and quality it can be designed to biodegrade quickly or last for years.



**Applications of PLA** applications including computer and mobile phone casings, biodegradable medical implants, foil, molds, tins, cups, bottles and packaging devices. PLA looks and behaves like polyethylene and polypropylene and is now widely used for food containers.

### PHB - Poly-3-HydroxyButyrate

The bio-polyester: poly-3-hydroxybutyrate is generally produced by bacteria processing glucose or starch. Its characteristics are similar to those of the fossil crude oil derived plastic polypropylene. It produces a transparent film at a melting point of 175° C and is biodegradable without residue.

The application of PHB blends varies from the fabrication of glues to hard rubber.

### PA 11 - PolyAmide

A biopolymer derived from natural oil is polyamide 11 (PA 11).

It is used in high-performance applications such as automotive fuel lines, pneumatic airbrake tubing, electrical anti-termite cable sheathing, oil, and gas flexible pipes and control fluid umbilicals, sports shoes, electronic device components, and catheters.

### PE - Bio PolyEthylene

Polyethylene (PE) is generally known as a fossil-based polymer. However, it can simply be converted from bioethanol (by dehydration) which is produced in large scale by fermentation of agricultural feedstocks such as sugarcane or corn. Bio-polyethylene is chemically and physically

identical to traditional polyethylene - it does not biodegrade but can be recycled.

### Conclusion:

Bioplastics are generally considered as an eco-friendly alternative to petrochemical plastics because of their production from renewable resources and their biodegradability.

Bioplastics have the potential to alleviate some of the long-term pollution problems caused by conventionally made plastics. Bioplastics seem environmentally friendly. However, bioplastics are currently more expensive than standard plastics, and they might not be as eco-friendly as they seem.

### Oceanic life and BioPlastic

Biodegradable plastics in the marine environment will behave quite differently than in a terrestrial setting (soil, landfill, composter) as the conditions required for rapid biodegradation are unlikely to occur. Plastics lying on the shoreline will be exposed to UV and oxidation and fragmentation will occur, a process that will be more rapid in regions subject to higher temperatures or where physical abrasion takes place.

### Land Fill and BioPlastic

Bioplastic will degrade and biodegrade in the same way as a leaf, and leaving nothing behind, no toxic residues or fragments of plastic.

It is therefore far less able to accumulate on land or sea. Less plastic on land, means less plastic finding its way into the world's oceans, and any plastic which does get into the sea will not float around for decades. On the balance of the available evidence, biodegradable plastics will not play a significant role in reducing marine litter.



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