



follow us on

thepostsiga @2020thepost @thepostsiga

Apr 15, 2022 to May 14, 2022

Post: 2 | Mail: 5



**THE LOSS: ETERNAL TRUTH**  
Page | 5 - 7



**BUILD COURAGE TO LOSE!** Page | 8

**TAKING CARE OF YOURSELF AS YOU GRIEVE** Page | 14

Private Circulation Only



**GOODBYE, FRIEND**  
Page | 11



**HI POSTIANS,**

We Deliberately Delayed the issue to know if our **"Readers"** are really missing our Efforts. But it was a Big Wow that we had 100 plus calls "Why is the Delay". It really gave us a goosebumps and it was a stunning encouragement that We should enhance our Magazine on a wider scale. Most of the calls were from unknown people whom we were surprised that they were following.

**Grazie Mille my dear Readers, We Love You.**



**FOR YOU TO ACKNOWLEDGE**



<https://forms.gle/qAGwwLyibtEmJeCYA>

PLEASE CLICK THE ABOVE LINK AND SUBSCRIBE | **THE POST**



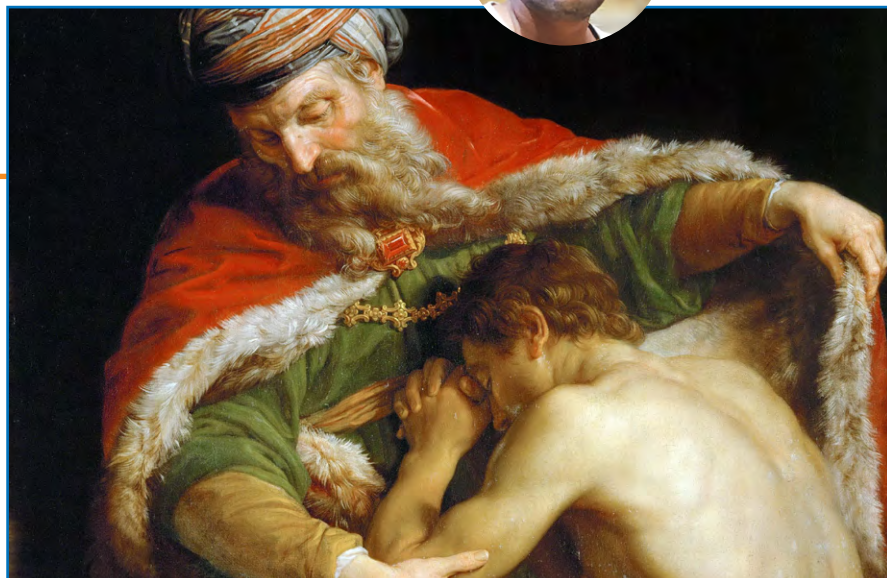
# POST



I went to my hometown last month. Sitting in a chair at home I was deep in thought about the topic of loss. How many losses have I experienced in my life from the day I can remember, till today. How many losses have I witnessed in person. How many losses have I heard of. Recently my beloved friend **Joseph Maria Alphonse Dickens**. It is never easy to find the words to express our feelings when there are no words that can fully capture the depth of what we're feeling

Nothing if not loss in our lives. Without loss a new change cannot be created and a new era cannot be created. The magic of quality is that you can only get one if you lose one. We lose our young age and getting mature. When we move from one village to another, we lose many relationships and friendships. We are losing countless lives to natural disasters.

Losses irreversible in time and man in



Thanks. Tell me if there is a mistake and I will correct it

**Franklin S**

families. Disagreements between families, friendships, husbands and wives, brothers and sisters, uncles and aunts, students in schools and colleges. We are forced to face countless losses like this in our daily lives.

Many people have said different things about the loss. Valluvar in particular mentions this in his Thirukural.

**குறள் 339:**

உறங்கு வறுபோலுஞ் சாக்காடு உறங்கி வீழ்ப்பது போலும் பிறப்பு.

**விளக்கம்:** நிலையற்ற வாழ்க்கையில், உறக்கத்திற்குப் பிறகு விழிப்பதைப் போன்றது பிறப்பு; திருப்ப விழிக்க முடியாத மீளா உறக்கம் கொள்வதே இறப்பு.

**Translation:**

Death is sinking into slumbers deep; Birth again is waking out of sleep.

**Commentary:** Death is like sleep; birth is like awaking from it.

Loss does not belong only to human life. To all living beings in this world. If the hawk hunts a small bird it is a loss to the bird species that depend on it. If the leopard hunts deer it is a loss to the deer. So the loss is inevitably bipolar.

The ancestral proverb for this is: 'Even a crow thinks its child is golden'. They will say beautifully in Tamil... "காக்கைக்கும் தன் குஞ்சு பொன் குஞ்சு" This proverb is the greatest example. Loss can't be accept to their own. All creatures are equal. So live life to the fullest and live without disturbing anyone.

## editor's desk



**S. Joseph Mohanraj**  
(editor - THE POST)

## Sir... Post...!

**LOSS: A word that no one in the world can accept. Wow. A title in this word.**

Let me start this with Thiruvalluvar's Kural. குறள் 339. உறங்கு வறுபோலுஞ் சாக்காடு உறங்கி வீழ்ப்பது போலும் பிறப்பு.

**T**here is nothing in this world without loss. Anything requires a loss. Even if you want to buy a small item, you can only lose the object of money. Even if we need a little help from someone, we can only get that help if we lose our dignity for it. If

there is one thing in our life called birth, it is that death is a catastrophe. This is the canon of the world. No one can change or correct this.

During these two and a half years we have lost countless lives worldwide due to the deadly disease of corona. The heart beats when it thinks of it. Loss is inevitable. May we have the mindset to accept it and become accustomed to living with faith in God.

The Return of the Prodigal Son (**LOST SON**) It was meet that we should make merry, and be glad: for this thy brother was dead, and is alive again; and was lost, and is found

— Luke 15:32

Live life believing that God is with us with full of faith... As a small boy waiting for the rain with umbrella..the lord will save you...



Are you looking for a **job**

**SIGA**  
**POLYTECHNIC COLLEGE**  
Kilpauk, Chennai - 600010

\*Maths , English, Mechanical \* wanted lecturer. Freshers can apply

**Vacant Position | 03**

Immediate Joining  
# Interested Candidates can come in person immediately. Freshers can apply  
# Near by Male candidates preferable.

Regards,  
Fr. P.T.Joseph  
Contact:  
Mr. Ignatious Adaikalaraj J., HOD, 888331587  
hod@sigaindia.com

**frog®**

We are excited to announce the opening of our new branch in **COIMBATORE**

art work logo product name  
test cutter guide image

**JOIN OUR TEAM**

We're looking for:

- Artworkers / Graphic production associates / Creators
- Illustrator and Photoshop working knowledge is must
- Good Communication
- Experience - 2 to 8 years
- Any UG or Diploma or PG

Please share your resume to [m.arjun@frog.in](mailto:m.arjun@frog.in)

## The Post Art Station

If you are an artist, graphic designer, creator or an illustrator, we're happy to share that The Post Art Station has been created solely for you. Join in, to interact with like - minded people, learn and share knowledge about your field of expertise.

click the link below and fill the form

<https://forms.gle/Sc7k7kSFvJBkJRDUa>





cover story

# FOR YOU TO ACKNOWLEDGE

**T**he world is a very cruel place. Let's start the article from there. We do live in a society where each of us are hunters and preys; just that it depends on whose side of the story you hear. And no, it is not my intention as I write to you, to instill hopelessness and a general sense of fear toward the place where we live as I say this. But by now, I believe each of us has seen one form or another of how sometimes what, or who we are surrounded by can be quite ruthless and shakes us from the core. People who we love and trust and would give our life to without thinking twice are unfortunately the ones whose stabs at the back cut through our hearts. Places that felt like home become foreign grounds, while a routine that we so comfortably feel at home with brings a pain so irrevocably hurting. We could quite literally label these feelings or link them up with change, transition or transformation. But isn't what it actually comes down to is loss?



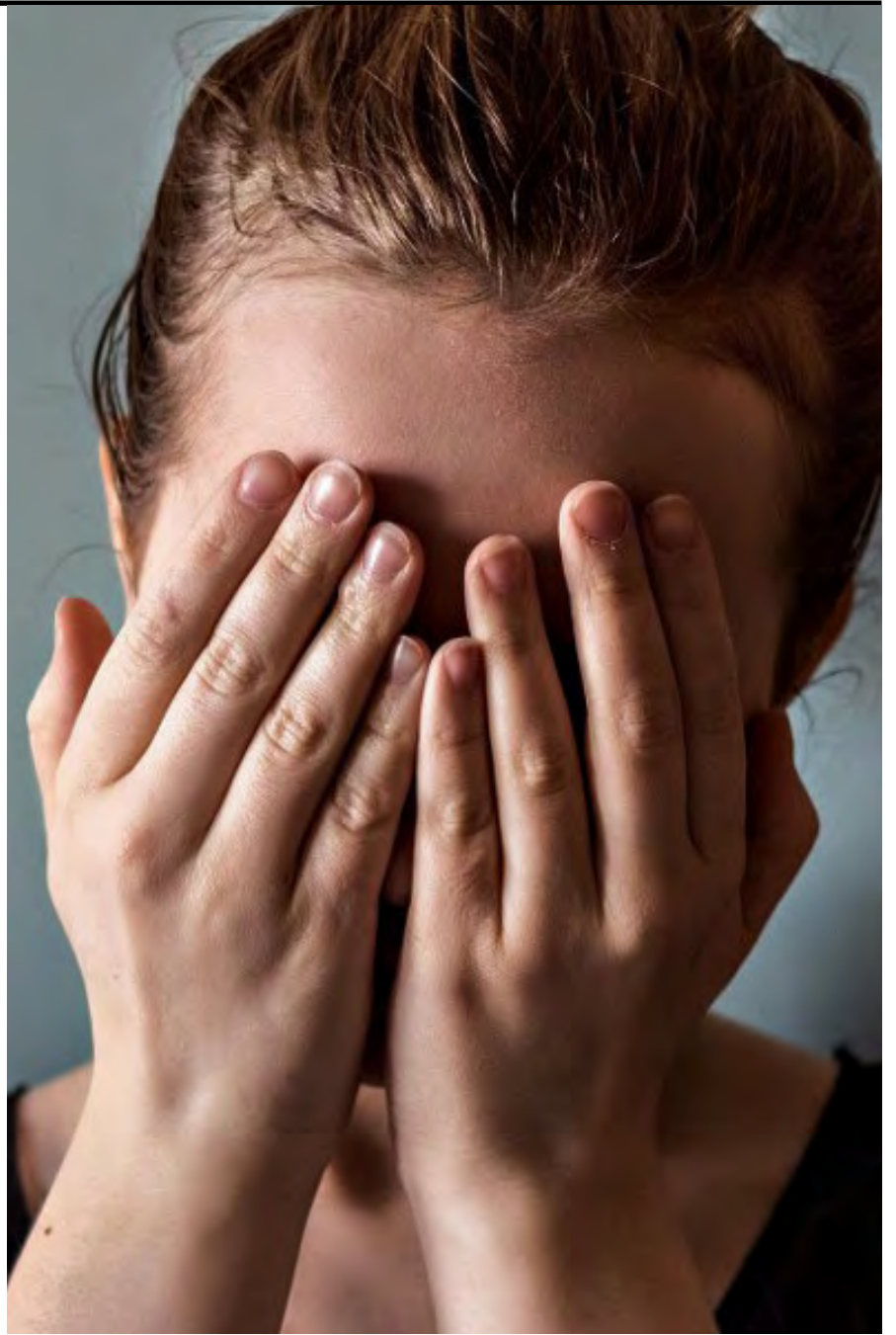
For good or for worse, loss alters a human in the most mind - blowing way. The death of a twin, is the loss of one half of a whole - and one that is so severe it questions the reality of everything that the other has ever known. The unexpected end of a bond so close with a loved one is again a loss that could bring so much for the better and yet first rips your heart open and stitches it back together. On the other side of the spectrum, having to move into one's dream college in another country is the loss of what was once familiar - the sense of homeland and all that it brings with it. Having a baby can be the most exciting part of someone's life, but doesn't it also mean that it is the loss of impulsiveness that once made the mother drive to get ice cream in the middle of the night or leave the chores to the husband and go for a girls' night with her friends?

Loss has and will always be a part of our lives. But the mistake we do is associate loss with something bad. Whereas even the most



**LOSS HAS AND WILL ALWAYS BE A PART OF OUR LIVES. BUT THE MISTAKE WE DO IS ASSOCIATE LOSS WITH SOMETHING BAD. WHEREAS EVEN THE MOST AMAZING EVENT IN OUR LIVES THAT WE SO LOOK FORWARD TO CALLS FOR THE LOSS OF SOMETHING ELSE. BUT THAT IS THE THING WITH US ISN'T IT...**





suffering that ought to be questioned in the first place. Though he gave quite the examples that questioned my perception of positivity here is a real life one that might question yours - The Russia Vs. Ukraine war. News goes around that Russia seems to - if not assuredly - slightly show an interest in discussing neutrality with Ukraine. How far this is true or is sure to happen, we don't know. But hey! Isn't that great that after the war wielded, they are finally agreeing to talk peace? It is of course right to acknowledge something positive stemming out of this whole world conflict. Well, remember how we were talking about failing to see the loss - sometimes ones that we didn't even know existed but are to be dealt with in the first place?

New incidents are now coming forward wherein it is alleged that women of Ukraine have

amazing event in our lives that we so look forward to calls for the loss of something else. But that is the thing with us isn't it... We are conditioned to see the good in the bad, while we fail to realise that each needs the other and come hand - in - hand at all times. False optimism has driven us to the point that even in the most drastic situations we oversee what we've lost and look into what we have. Though in some instances it helps with coping with the pain, there's always a fair share of acknowledgement that the loss deserves, doesn't it? Let me put that into perspective. Disclaimer: Please bear with me as I quote from recent movies and books that I've watched or read because I can't stop myself from quoting art in all it's forms as I write. But here we go... I recently watched a Tamil film called 'Hey Sinamika!' and yes it did get mixed reviews from a variety of audience.

But one of the many things that stood out to me is when the protagonist talks about how toxic positivity is a thing which pushes us to see the one good outcome of a



been locked up in basements, tortured and raped creating a level of trauma that no amount of compensation or care can take care of. And this includes not just women, but children as young as 11 years of age. 9 women are found to be pregnant from the horrific incidents that brings a physical hurt to those reading about them. And yet, a loss that the world talks about now and

forgets with time - just as always. I'm not here to delineate strength from those who suffer loss, but enunciate on how we need to understand loss to appreciate strength. Often times, we quite easily ask someone to focus on doing what they love to distract themselves from what they are hurting from. Even you, right now as you're reading this you probably might be distracting yourself from acknowledging a loss. To each their own, but identifying a good in the bad neglects the effort, the love, the heartbreak and the pain that one put into whatever it is that turned out negatively. So, the next time you find yourself or another in a state of loss, acknowledge to overcome. There's no greater power than knowing how much you can endure..

**Annette Haveela Joseph**  
UNICEF Youth Advocate







# THE LOSS: ETERNAL TRUTH



**N**o one can understand the pain of loss, unless one experiences it. In nature, the loss of a state is a beginning of a new state. The loss of a seed is the beginning of a new plant. The loss of a flower is the beginning of a new fruit. Similarly, can we hold the loss of a human being is the beginning of a new life? We have certain apprehensions in holding such a view because, we have seen the seed becoming a tree or a plant, flower becoming a fruit but not human

beings. Though different religions speak of an afterlife, no one is certain about it. In reality, the loss of a beloved is remembered yearly only through the tomb. Hence, no explanation could render consolation to those bereaved hearts.

When I think about the loss, I am always reminded of the poem of **Thomas Gray: "Elegy Written in a Country Churchyard,"** where standing by the graveyard the poet reflects human life. It is very simple but intense in meaning. The poet contemplates the end of human life throughout this poem. He remarks on the inevitability of death that every individual has to face. Besides mourning the loss of someone, the elegy reminds the reader that all

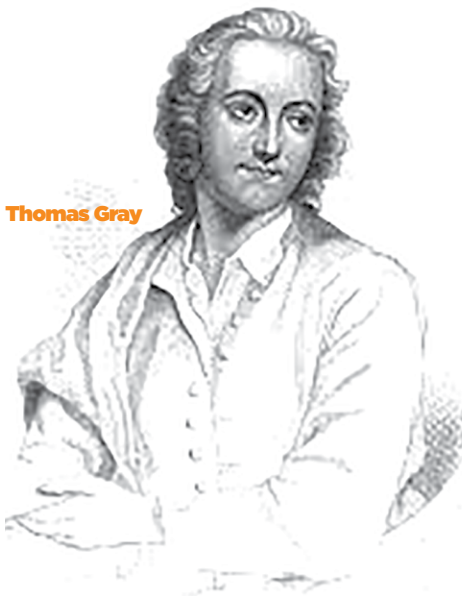
people will die one day. Death is an inescapable and natural thing in everyone's life. When one dies today, tomorrow, a stranger will see the person's tombstone.

There are a few important concepts that Gray presents to the readers. First of all, he says that nothing would disturb them and once died the world simply forgets them, whoever it may be. This is indeed a fact of experience. A few days of bereavement and after, a day of remembrance is the nature of the event. Nothing more and nothing less. He also adds that let not the rich look in disdain the simple: "Let not Ambition mock their useful toil; Their homely joys, and destiny obscure; Nor Grandeur hear with a disdainful smile; The short and simple annals of the poor." The poet asks not to look down upon their simple life and hard work. Ambitious people think of village life as simple. But the villagers had their joy and sorrow much like others. The poet beautifully brings out the life of ordinary village people.

"The paths of glory lead but to the grave" – it is a beautiful expression of human reality. The poet reminds us not to be too proud of our glory, which is nothing but momentary. Momentary happiness never leads a man to fullness. Besides, he also alludes that in the graveyard the poor are not inferior to the rich in death. Invariably, every human life ends in death. The beauty, the wealth, the glory all lead

where standing by the graveyard the poet reflects human life. It is very simple but intense in meaning. The poet contemplates the end of human life throughout this poem. He remarks on the inevitability of death that every individual has to face. Besides mourning the loss of someone, the elegy reminds the reader that all people will die one day. Death is an inescapable and natural thing in everyone's life

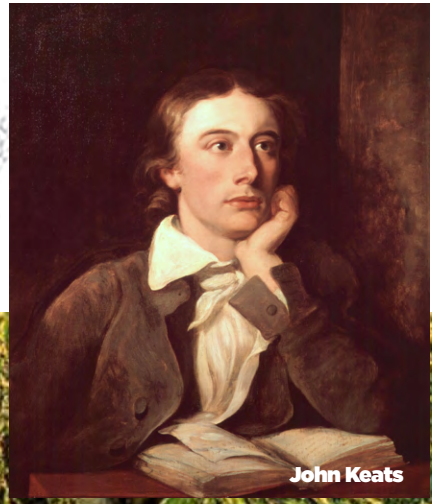




Thomas Gray

contemplate the death and resurrection of Jesus marking the death as a pathway to eternity. Though there is a kind of mournfulness during the liturgical services, we never mourn but try to accept the reality of death and at the same time we are led to the reality of accepting resurrection.

W.H. Auden, writes about the death of W.B. Yeats as this: "The day of his death was a dark cold day" – expressing the hard reality of death.



John Keats



with Gray there are people in the remote parts of the world who contributed their might to the development of this universe and that which is unnoticed.

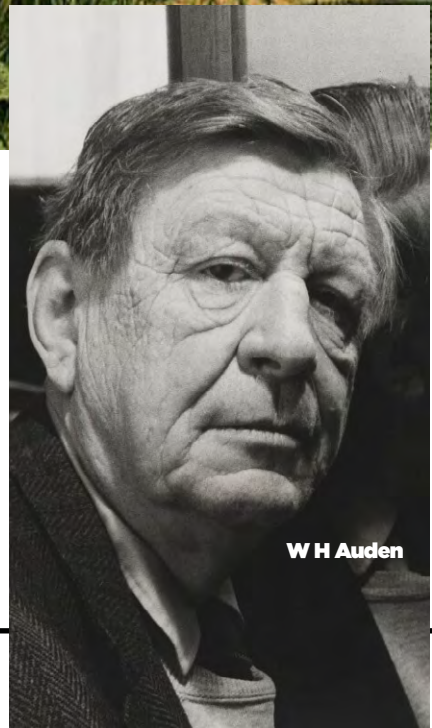
The loss of a person is indeed a great bereavement. No one can explain the pain of inner melancholy. However, we must accept the hard reality of death, which is inevitable. One day, sooner or later, everyone encounters this reality. What does this mean to us? It makes us reflect that whether do I do something useful to humanity and to the universe. No one can understand or find out the day of departure unless one decides to do. Yet, we live in a passing world. The is the passage. But, where we are heading towards is unknown.

Erica Donahue writes thus: "My father was more than a father. Sometimes we forget our parents are people, too. They were once children themselves who may or may not have had loving, supportive and attentive parents. My father lost his father at 16, and I think it may have changed him forever. I'll never really know, but it doesn't matter. His passing brought me a sense of closure and acceptance of what had been. And it had never been about me. He did the best he could with the story he lived and with the lessons he'd learned. He was not perfect, but I believe he had the intention of being a good dad. He just didn't know how. And that was something I could empathize with and



to the unavoidable end. The villager's grave does not have the grandness in ceremonies and tombstones. But, none of that can bring a person back to life. So, there is no use of them. One should remember that no one knew that one of the dead villagers may have achieved greatness in life. "Some pious drops the closing eye requires," explaining that the living should show their respect for the dead with their sorrow. The poet invites us to see the reality in life.

One of the important aspects that the poem insists is that we must accept the reality of loss. It is a hard reality which no one dares to accept. However, this does not take us away from the reality. During the holy week, the Christians



W H Auden

Emily Dickenson writes, "Because I could not stop for Death - He kindly stopped for me." When John Keats died, P.B. Shelley wrote thus: "No more let Life divide what Death can join together." These quotes testify the pain of loss and the reflection of death. Whatever it may be, no one wants to experience death but no one will be left of this experience.

As Gray reflects, respect and honour descend on a person at his death. The beauty of a tomb never raises a person. Rather, honouring and recognising the persons while they live is very essential and necessary. When a person passes away from this world, he leaves a message to everyone. Some are recognised and some are not recognised. We need to agree

let go of."

Angela Miller, in her article, "7 Things I've learned since the Loss of My Child" writes the following: "1. Love never dies; 2. Bereaved





unanswered because, we are incapable of doing anything against this reality. We have to remember our beloved ones and at the same time let the bereavement does not ruin our own lives.

At the funeral of princess Diana, Elton John sang the famous "Candle in the Wind" modified for her: "And it seems to me you lived your life like a candle in the wind; never fading with the sunset when the rain set in. And your footsteps will always fall here, among England's greenest hills; your candle has burned out long before your legend ever will." When Jesus died on the cross, the centurion whispered **"truly this man is the son of God."** **When the body of Abraham Lincoln was kept for the people to pay homage, an African lady with her child came and said 'my child look! If you and I are able to stand here because he did.'** Here the loss becomes tragic as well as heroic but at the same time meaningful.

Let me conclude this exposition with my own writing on the death of my brother:

The cry of the mother echoes the sky  
 The house is filled with darkened lights  
 People rush into the house panting  
 The son on the lap of the mother  
 Without any life in him.  
 The Sun has gone into the deep sea  
 The Moon too failed to rise up  
 The villagers left the house  
 No one is left except the child  
 And the mother on the floor lying.  
 Time has arrived to rest the son  
 The cry brought the villagers  
 Whispers of melancholy is heard  
 The son entered into the earth  
 The mother fell on the ground  
 Other children stood around  
 Everyone is gone now and  
 The house is empty. . .



**Fr. A. Jokens**  
 Rome, Italy

parents share an unspeakable bond; 3. I will grieve for a life time – grief lasts forever because love lasts forever; 4. Empty chair/room/space never becomes less empty." She goes on writing that the ripple effect of the loss lasts forever and the bleeding never stops.

When we think of grief, it is absolutely personal. It differs from person to person. The loss of a same person affects everyone differently in the family. Hence, we must understand everyone individually. However, no explanation is possible to explain the grief over the loss of a person because human beings are precious.

The reality of mortality is visible in the loss. Shall we mourn for the loss of the beloved one? Yes, of course. We naturally mourn either through tears or through lugubrious. Nevertheless, shall we continue to mourn and forget our own lives? Does continuous mourning give any positive impact? By mourning continuously, are we able to change the reality of mortality? Does mourning bring you the comfort desired by you? These remain







## BUILD COURAGE TO LOSE!

**W**e live in a competitive world. The survival of the fittest, the fastest and all the 'tests' of superlative degree is becoming a norm of today's society of rat race. Right from the kindergarten, children are programmed to compete, to defeat, to win, etc. This tendency is so overwhelming that without having people to compete, the skills, talents and gifts are not developed and expressed. But the undeniable truth is that life is not all winning. We need to build courage to lose in different dimensions of our life. I share below the synthesis of an article that I read few weeks ago. This explains why it is more important to lose than to win.

There is a little statistic on athletics that says



that every athlete ever, has lost. There are no exceptions. Everyone has failed in an important situation, cracked under the pressure of a big game, or has been disappointed in their performance at one point or another. But what we sometimes forget is that we are only human. We are not perfect, and no one is.

The most valuable thing anyone can learn in life is how to deal with the emotions of losing. Losing stinks. It causes us to find out we aren't as good as we thought or hoped to be. Losing can make you feel out of control, or at the very least more vulnerable than we care to admit. Losing is hard, but by practicing losing respectfully, we become better people.

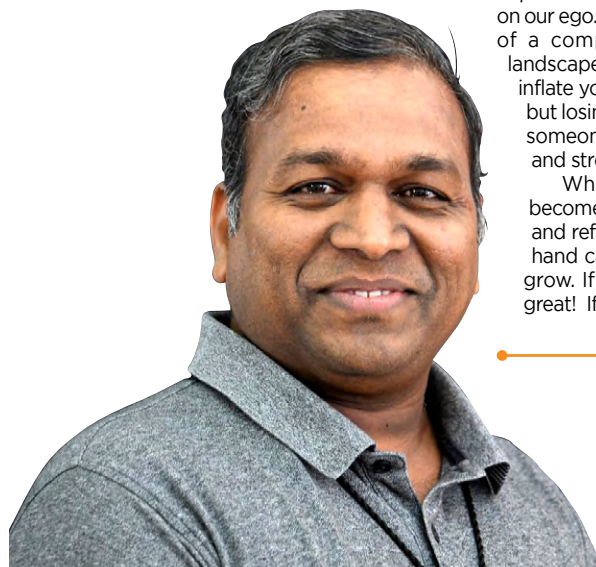


Recovering after taking the loss and getting back at it builds character that will ensure that ultimately, you'll win at life. We really haven't lost completely unless we give up after losing and stop trying.

When we win, especially when we win easily, how much do we really learn? I'll give you a hint: not as much as you think. When you win and aren't challenged, your ego grows, but your skills stay stagnant. Even worse is the potential to pick up bad habits because your inferior opponent was unable to capitalize on your mistakes.

Another valuable reason why losing is more important than winning is the check it can play on our ego. Being the big fish in the small pond of a company, or whatever competitive landscape you play in, can lead you to over inflate your self-image. Confidence is great, but losing helps remind us that somewhere, someone else is potentially bigger, better and stronger.

When we win all the time, we can become complacent, resting on our laurels and refusing to grow. Losing on the other hand can drive us to always improve and grow. If you win against increasing odds, great! If you lose, learn from it and grow!



**Fr Patrick Anthonyraj sdb**  
Youth Ministry Department,  
Rome





## இழப்பு

இழப்பு என்பது மனிதகுலத்துக்கு மட்டுமல்ல, உயிரினங்கள் அனைத்திற்கும் என்பதே பொருந்தும்.

இழப்பை அனுபவிக்காமல் எந்த ஒரு மனிதனும் இருக்கமுடியாது. இழப்பை அனுபவித்து, எதிர் நீச்சலிட்டு வாழ்வதுதான் வாழ்க்கை.

கொரோனா தொற்று நோயால் எத்தனை உயிர்களை இழந்துள்ளோம். பெற்றோரை இழந்த குழந்தைகள், பிள்ளைகளை இழந்த பெற்றோர், கணவனை இழந்த மனைவிமார்கள், மனைவியை இழந்த கணவன்மார்கள் என்று இழப்பை சொல்லிகொண்டேயே போகலாம். உயிர்களை மட்டும் இழக்கவில்லை, தங்களுடைய வாழ்வாதாரத்தையே இழந்து, அரைவயிற்று, கால்வயிற்று உணவோடும், பட்டினியாய் இருப்போர் எத்தனையோ பேர். படுக்கையில் இருப்போர், கேட்பாரற்று கிடப்போர், தண்ணீர் கொடுக்கக்கூட ஆட்களை இழந்து தவிப்போர் உள்ளனர்.

ஒன்றாக வாழ்ந்தவர்களை தோசையைப் பறட்டப் போடுவதைப்போல பறட்டிபோட்டுக் கொண்டிருக்கிறது இழப்புகள். பணத்தை இழப்பது, சொத்துக்களை இழப்பதும் ஒருவகை இழப்புதான். தாய் தன் சிசுவை கருவில் இழப்பதும் வார்த்தையால் விவரிக்க முடியாத இழப்புதான். அவளை வளர்த்த பிள்ளையை இழப்பது என்பது தாங்கமுடியாத இழப்பில் ஒன்றாகும்.

கோழி தன் குஞ்சுகளை கூட்டிச் செல்லும் போது பருந்து வந்து தூரத்தி் குஞ்சுகளைப் பிடித்துவிட்டால், தாய் கோழிக்கு அந்த நேரம் தாங்கமுடியாத இழப்புதான். குருவிகள் முட்டையிட்டு அடைகாத்து குஞ்சு பொரிக்கும் நாளுக்கு முந்தைய நாள் ஒண்ணை வந்து முட்டைகளை சாப்பிட்டுவிடுகிறது. அதன்பிறகு தாய்க்குருவிபும், தந்தைக்குருவிபும் தவியாய் தவித்து ஒலமிட்டு கூப்பிடுவதும் இழப்புதான்.

தொழுவத்திலுள்ள மாடுகளில் ஒன்றை விற்கும்போதும், பின்பு வண்டிகளில் ஏற்றிச் செல்லும்போது எவ்வளவுதூரம் ஓட முடியுமோ அவ்வளவு தூரம் ஓடிச் சென்று தன் இழப்பைக் காட்டுகின்றது மற்றொரு காளை.

இழப்பை எதிர்கொண்டு மனிதநேயத்தோடு வாழ்வோம், வாழ்ந்து காட்டுவோம்.

நன்றி.



என்றும் ஜெசீந்தா பீர்ன்ஸ்



Elisabeth Kübler

## THE STAGES OF GRIEF

In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the “five stages of grief.” These stages of grief were based on her studies of the feelings of patients facing terminal illness, but many people have generalized them to other types of negative life changes and losses, such as the death of a loved one or a break-up.

### The five stages of grief

**Denial:** “This can’t be happening to me.”

**Anger:** “Why is this happening? Who is to blame?”

**Bargaining:** “Make this not happen, and in return I will \_\_\_\_\_.”

**Depression:** “I’m too sad to do anything.”

**Acceptance:** “I’m at peace with what happened.”

If you are experiencing any of these emotions following a loss, it may help to know that your reaction is natural and that you’ll heal in time. However, not everyone who grieves goes through all of these stages—and that’s okay. Contrary to popular belief, you do not have to go through each stage in order to heal. In fact, some people resolve their grief without going through any of these stages. And if you do go through these stages of grief, you probably won’t experience them in a neat, sequential order, so don’t worry about what you “should” be feeling or which stage you’re supposed to be in.

Kübler-Ross herself never intended for these stages to be a rigid framework that applies to everyone who mourns. In her last book before her death in 2004, she said of the five stages of grief: “They were never meant to help tuck messy emotions into neat packages. They are responses to loss that many people have, but there is not a typical response to loss, as there is no typical loss. Our grieving is as individual as our lives.”



Denial



Bargaining



Depression



Acceptance



Anger





## Grief and Loss

Whatever type of loss you've suffered, there's no right or wrong way to grieve. But by understanding the stages and types of grief, you can find healthier ways to cope.

### What is grief?

Grief is a natural response to loss. It's the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions, from shock or anger to disbelief, guilt, and profound sadness. The pain of grief can also disrupt your physical health, making it difficult to sleep, eat, or even think straight. These are normal reactions to loss—and the more significant the loss, the more intense your grief will be.

Loss of someone or something you love is one of life's biggest challenges. You may associate grieving with the death of a loved one—which is often the cause of the most intense type of grief—but any loss can cause grief, including:

- Divorce or relationship breakup
- Loss of health
- Losing a job
- Loss of financial stability
- A miscarriage
- Retirement
- Death of a pet
- Loss of a cherished dream
- A loved one's serious illness
- Loss of a friendship
- Loss of safety after a trauma
- Selling the family home

Even subtle losses in life can trigger a sense of grief. For example, you might grieve after moving away from home, graduating from college, or changing jobs.

Whatever your loss, it's personal to you, so don't feel ashamed about how you feel, or believe that it's somehow only appropriate to

grieve for certain things. If the person, animal, relationship, or situation was significant to you, it's normal to grieve the loss you're experiencing. Whatever the cause of your grief, though, there are healthy ways to cope with the pain that, in time, can ease your sadness and help you come to terms with your loss, find new meaning, and eventually move on with your life.

### The grieving process

Grieving is a highly individual experience; there's no right or wrong way to grieve. How you grieve depends on many factors, including your personality and coping style, your life experience, your faith, and how significant the loss was to you.

Inevitably, the grieving process takes time. Healing happens gradually; it can't be forced or hurried—and there is no "normal" timetable for grieving. Some people start to feel better in weeks or months. For others, the grieving process is measured in years. Whatever your grief experience, it's important to be patient with yourself and allow the process to naturally unfold.

### Franklin S



# LOSS



**ANDREW JONES A**  
5th std,  
Union Christian Public School

Son of  
**J Albert Francis**



**Anne Roiphe**

**If you dare to face the loss, you will care for life in tern life will give you gifts that are everlasting....**

**W**hen we hear the word "Loss" we'll think of business but, loss is also in lives, for example Russia blasted a bomb at Ukraine and many lost lives. It is also perspective to time, if we lose time, we can't get it again. Same like that loss is suitable for relationship, effort, material and love and affection. Loss is a saddest thing but, God has given a second chance to change the loss into profit. Reading and meditating the bible makes the magic. And God gives us a free special gift called talent and blessing. As **Anne Roiphe said "Life is two parts one is loss another one is the re-making of life"**

If you dare to face the loss, you will care for life in tern life will give you gifts that are everlasting.



## GOODBYE, FRIEND

MAY YOUR SOUL  
ATTAIN  
ETERNAL  
REST

### REST IN PEACE.

Prayers & Heartfelt Condolences to their Family.

The Lord himself goes before you and will be with you; he will never leave you nor forsake you.  
- Deuteronomy 31:8



**R Manivannan** | SIGA  
2010 batch



**Victor** | SIGA  
2012 - 2015 batch



**JOSEPH MARIA ALPHONSE DICKENS**



கள்ளம் கபடமற்ற உள்ளம்  
யாகுபாடு இன்றி யழகும் நல்ல குணம்  
பிறரை மகிழ்வித்து மகிழும் சிறந்த எண்ணம்  
நட்பிற்கு இவனே இலக்கணம்  
பிரிந்தது உன் உடல் தான் நண்பா உன் அன்பும் நினைவுகளும்  
விலகிச் செல்லாது எங்கவிடம் இருந்து என்றும்  
பே. வினோத் சேவியர்

“Old friends pass away, new friends appear. It is just like the days. An old day passes, a new day arrives. The important thing is to make it meaningful: a meaningful friend - or a meaningful day” **REST IN PEACE DICKENS.**  
**J Albert Francis**

Friendships are one of the most important things in life. Jobs, cities, and circumstances change, but best friends are constant. With such supportive friendships in our lives, it can be easy to take them for granted. **“A day without a friend is like a pot without a single drop of honey left inside.”** Indeed, these words only apply to you. Gone too early brother.  
**MAY YOUR SOUL REST IN PEACE DEAR DICKENS..**  
**S Franklin**





did you know?

announced that his wife was unable to defend herself — against words. Of all I've seen of Pinkett Smith over the years, she is a very capable, tough and intelligent woman who can alone take a dull joke at the Oscar. This paternal and paternal attitude infantilizes women and reduces them to helpless ladies who need a Big and Strong Man to defend their honor, at least they faint from vaping. If he was really doing it for his wife, and not for his own need to prove himself, he might have thought of the negative attention this brought on them, much harder than the benign joke. That would have been truly defending and respecting her.

This "women need men to defend them" is the same justification currently proclaimed by conservatives passing laws to restrict abortion and the LGBTQ+ community. Worse than the slap was Smith's cryful and selfish acceptance speech in which he rants about all the women from the movie "King Richard" that he is protected. Who

protects doesn't boast in front of 15 million people.

They just do it and shut up. Don't do it as a movie promo claiming you look like the character you just won an award for portraying. But of course the speech was about justifying his violence. Apparently so many people need Smith's protection that occasionally gets too much and someone needs to take a task. What is Smith's legacy of violence? He brought back the ideal toxic brother to embrace Kobra Kai's teachings of "power does right" and "the conversation is for losers. 'Lest we forget that this male philosophy of John Wayne was expressed in two movies in which Wayne beat adult women to teach them a lesson. Young boys - especially black boys - watching their movie idol not only hit another man for a joke, but then justify her as a superhero protector, they are now much more likely to follow the your baby steps. Perhaps the saddest confirmation of this is Smith's son, Jaden's tweet: 'And That's How We Do It.' The black community also leads to Smith's direct success.

One of the key talking points for those who support systemic racism in America is to characterize blacks as more prone to violence and less able to control their emotions. Smith only comforted the enemy by providing them the perfect optics they've been dreaming of. Many will be urged to continue their campaign to marginalize African Americans and others through the campaign of voter suppression. As far as the damage to show business, Smith's violence is an implied threat to all comedians who now have to worry that a bold or insulting joke can be dealt with with violence.

Glad Don Rickles, Bill Burr, or Ricky Gervais weren't there. As comedian Kathy Griffin tweeted: 'Now we all have to worry about who wants to be the next Will Smith in comedy clubs and theaters. 'The only brilliant note is that Chris Rock, clearly stunned, managed to handle the moment with grace and maturity.

If only Smith's acceptance speech had shown similar grace and maturity — and it included, instead of self-enlargement apologies, a sincere apology to the Rock. "

# OSCAR DISGRACE

**W**hen Will Smith broke the Oscar stage to attack Chris Rock for making a joke about his wife's short hair, he did much more damage than just Rock's face." With a single petulant coup, he defended violence, belittled women, insulted the entertainment industry, and perpetuated stereotypes about the black community. It's a lot to unpack.

Let's start with the facts: Rock referred to Smith's wife, Jada Pinkett Smith, as Demi Moore looked in 'G.I. Jane' in which Moore had shaved his head. Jada Pinkett Smith suffers from alopecia which causes hair loss. Ok I can see where the Smiths may not have found this funny joke.

But Hollywood awards are traditionally a place where much worse things have been said about celebrities as a means of minimizing the fact that it's basically a gathering of billionaires giving each other awards for boost nar the business so they can and earn more more money. The Smiths could have reacted with a polite laugh along with a joke or glaring with the Rock's anger.

Instead, Smith felt the need to stand up in front of his industry peers and millions of people around the world, beat another man, then return to his place to scream, 'Keep my wife's name out of your damn bo that. Twice. Some romanticized Smith's actions as those of a loving husband defending his wife. Comedian Tiffany Haddish, who starred the movie 'Girls Trip' with Pinkett Smith, lauded Smith's actions: '[For me, it was the most beautiful thing I've ever seen because it made me believe there are still men out there who love and care outside of their mules heroes, of their women.'

Actually, it was the other way around. Smith's slap was also a slap on women. If the Rock had physically attacked Pinkett Smith, Smith's intervention would have been welcome. Or if he had stayed in his place and screamed his post-layering threat, that would have been unnecessary but understandable. But when hitting Rock, he



**Camillus Santhakumar Nicoth**  
 proprietor  
 ASIA INTERNATIONAL  
[www.theasiainternational.com](http://www.theasiainternational.com)

**They just do it and shut up. Don't do it as a movie promo claiming you look like the character you just won an award for portraying. But of course the speech was about justifying his violence**





# ஒரு குட்டிக்கதை

இரண்டு ரயில் தண்டவாளம் அருகருகே இருக்கு.. ஒன்றில் எப்பவுமே ரயில் வராது...

மற்றொன்றில் ரயில் அடிக்கடி வரும்... ரயில் வராத தண்டவாளத்தில் ஒரு குழந்தை விளையாடிக் கொண்டிருக்கிறது. ரயில் வரும் தண்டவாளத்தில் பத்து குழந்தைகள் விளையாடிக் கொண்டிருக்கிறது. அத்தருணத்தில் ரயில் வருகிறது...

தாரத்தில் இதனை நீங்கள் பார்க்கிறீர்கள்..... உங்களுக்கு அருகே ட்ராக் மாற்றும் கருவி இருக்கிறது... நீங்கள் யாரை காப்பாற்றுவீர்கள்...?

இப்படி ஒரு கேள்வியை நேற்று ஒரு விழாவில் ஒருவர் கேட்டார்... ப்ராக்க்டிகலாக பதில் சொல்லணும்..

நாம் யாரும் சூப்பர் மேன் இல்லையென்றும் சொன்னார்..... உண்மையாக நாம் என்ன செய்வோம்...? ஒரு குழந்தை விளையாடும் இடத்திற்கு தானே ட்ராக்கை மாற்றிவிடுவோம்.. ஏனெனில் 10 குழந்தைகள் காப்பாற்றப் படுமே என்றார்... உண்மை தான் என்றோம்.

இன்றைய சமூகமும் இப்படித்தான் உள்ளது. ரயில் வரும் என்று தெரிந்து தவறு செய்யும் குழந்தைகள் காப்பாற்றப்படுகிறது..

ரயில் வராத இடத்தில் யாருக்கும் தொந்தரவு தராமல் தவறே செய்யாத குழந்தை தண்டனை

பெறுகிறது....

இன்றைய குழலில் நம் வாழ்க்கையும், நம் நாடும் இப்படிதான் இருக்கிறது என்று அழகாக சொல்லி முடித்தார்...

இன்றை நிலை....  
“ நல்லதையே தனியாக செய்வன் தண்டிக்கப் படுகிறான்... தவறையே கூட்டமாக செய்பவர்கள் தப்பித்துக் கொள்கிறார்கள்

நன்றி  
தொகுப்பு

**M. Rathika**

Teacher, Mela Ariyapuram



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





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



Angel Franklin

# TAKING CARE OF YOURSELF AS YOU GRIEVE

**W**hen you're grieving, it's more important than ever to take care of yourself. The stress of a major loss can quickly deplete your energy and emotional reserves. Looking after your physical and emotional needs will help you get through this difficult time.

**FACE YOUR FEELINGS**  
You can try to suppress your grief, but you can't avoid it forever. In order to heal, you have to acknowledge the pain. Trying to avoid feelings of sadness and loss only prolongs the grieving process. Unresolved grief can also lead to complications such as depression, anxiety, substance abuse, and health problems.

**EXPRESS YOUR FEELINGS**  
in a tangible or creative way. Even if you're not able to talk about your loss with others, it can help to write down your thoughts and feelings in a journal, for example. Or you could release your emotions by making a scrapbook or volunteering for a cause related to your loss.



**DON'T LET ANYONE TELL YOU HOW TO FEEL**  
and don't tell yourself how to feel either. Your grief is your own, and no one else can tell you when it's time to "move on" or "get over it." Let yourself feel whatever you feel without embarrassment or judgment. It's okay to be angry, to yell at the heavens, to cry or not to cry. It's also okay to laugh, to find moments of joy, and to let go when you're ready.

**LOOK AFTER YOUR PHYSICAL HEALTH**  
The mind and body are connected. When you feel healthy physically, you'll be better able to cope emotionally. Combat stress and fatigue by getting enough sleep, eating right, and exercising. Don't use alcohol or drugs to numb the pain of grief or lift your mood artificially.



**TRY TO MAINTAIN YOUR HOBBIES AND INTERESTS**  
There's comfort in routine and getting back to the activities that bring you joy and connect you closer to others can help you come to terms with your loss and aid the grieving process.



## SYMPTOMS OF GRIEF

**W**hile loss affects people in different ways, many of us experience the following symptoms when we're grieving. Just remember that almost anything that you experience in the early stages of grief is normal—including feeling like you're going crazy, feeling like you're in a bad dream, or questioning your religious or spiritual beliefs.

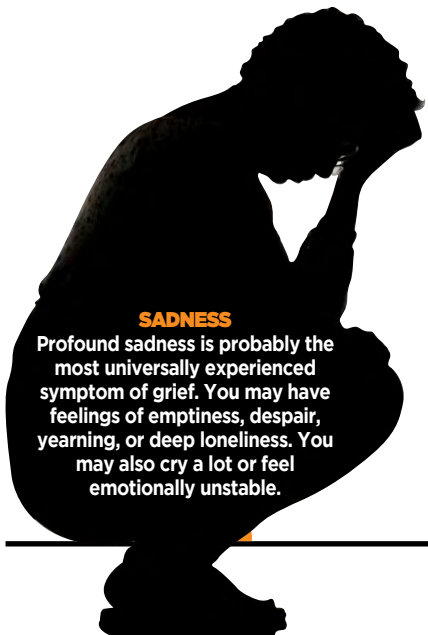
### EMOTIONAL SYMPTOMS OF GRIEF

**Shock and disbelief.** Right after a loss, it can be hard to accept what happened. You may feel numb, have trouble believing that the loss really happened, or even deny the truth. If a pet or someone you love has died, for example, you may keep expecting them to show up, even though you know they're gone.

**FEAR.** A significant loss can trigger a host of worries and fears. If you've lost your partner, your job, or your home, for example, you may feel anxious, helpless, or insecure about the future. You may even have panic attacks. The death of a loved one can trigger fears about your own mortality, of facing life without that person, or the responsibilities you now face alone.

**GUILT.** You may regret or feel guilty about things you did or didn't say or do. You may also feel guilty about certain feelings (feeling relieved when a person died after a long, difficult illness, for example). You may even feel guilty for not doing more to prevent your loss, even if it was completely out of your hands.

**ANGER.** Even if the loss was nobody's fault, you may feel angry and resentful. If you lost a loved one, you may be angry with yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.

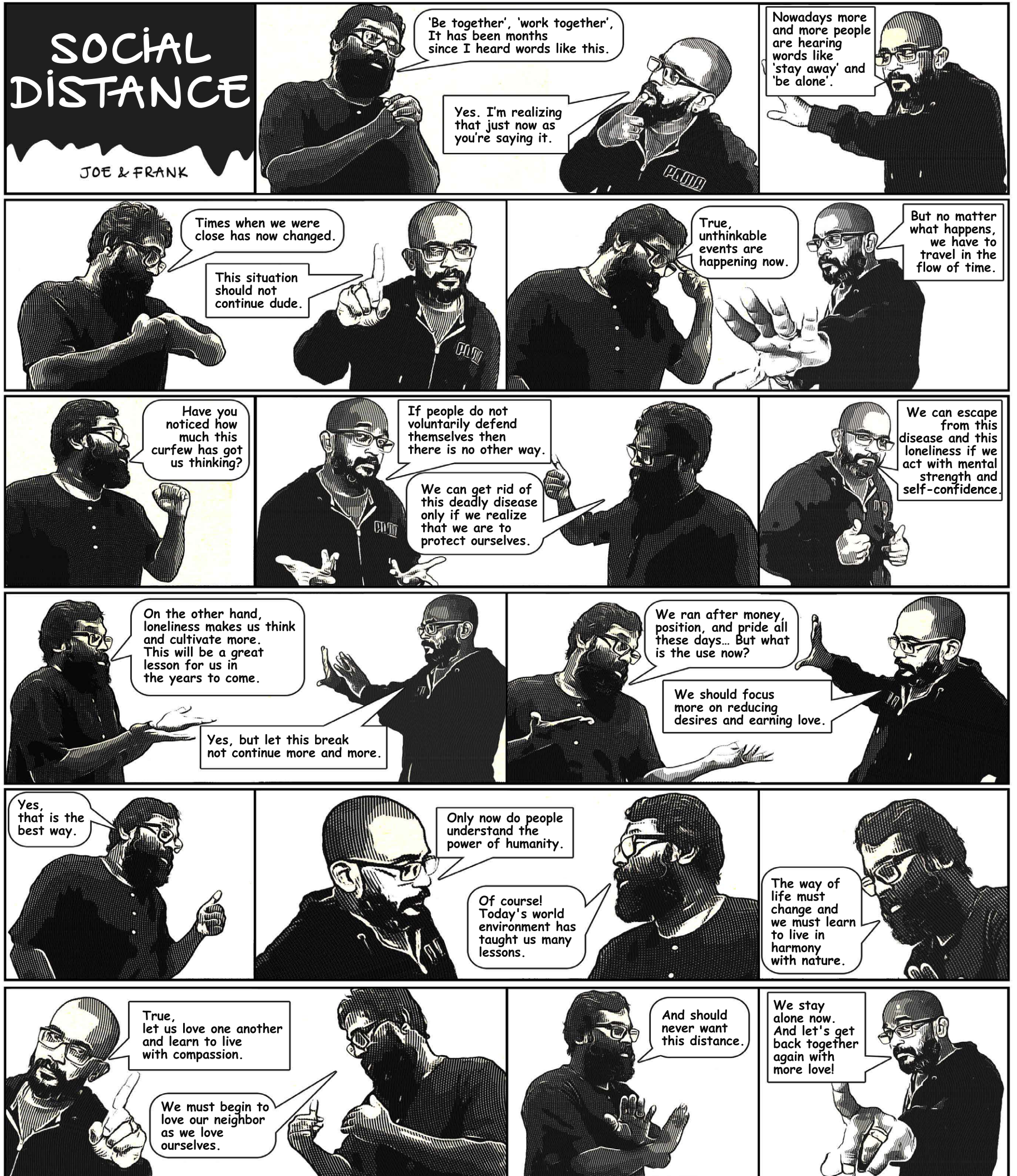


### SADNESS

Profound sadness is probably the most universally experienced symptom of grief. You may have feelings of emptiness, despair, yearning, or deep loneliness. You may also cry a lot or feel emotionally unstable.





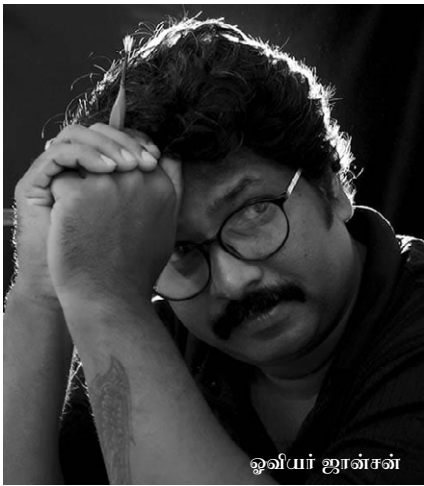


This JOE & FRANK Comic strip will continue every month with a new storyline! Watch this space for more...





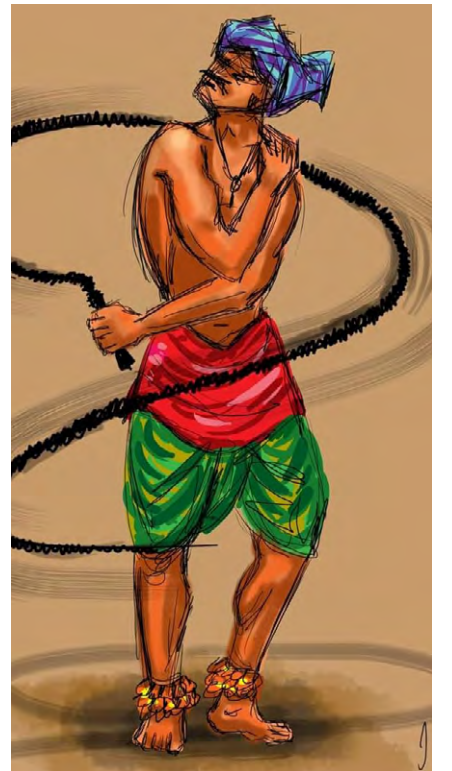
## எங்கள் வீட்டு வாரவேற்பறை



ஓவியர் ஜான்சன்

ஜான்சன் அடிப்படையில் நம் பாரம்பரிய கலைகளை வழிபடும் கலைஞன். காலம் மறக்கடித்த நம் பாரம்பரியக் கலைகளையும்... கலைஞர்களையும் தன் படைப்பின் பேசுபொருளாக்கி பொக்கிஷங்களைப் புதுப்பிக்கிறார்... செயல்பாட்டுக் குறைவுக்கும், சோம்பேறித்தனத்துக்கும் காலத்தின் மீது பழி போட்டு தப்பிக்காமல் புது விஷயங்களைத் தேடிக்கற்கிறார்.. கற்பிக்கவும் செய்கிறார்.. கணினி ஓவியம் ஜான்சனின் சமீபத்திய முயற்சி.... வளர்ச்சிக்கு வாழ்த்துக்கள்....

நன்றி



தொகுப்பு

Franklin S



# அறிக்கை

## THE REPORT



உங்களைச் சுற்றிய பொய்யான நிகழ்வுகளை  
எங்களுடன் பகிர்ந்து கொள்ளுங்கள்.  
உங்கள் எண்ணங்களும், சிந்தனைகளும் இங்கே அறிக்கையாகும்.

உங்களுடன் இணைந்து நாங்கள் தயாரிக்கிறோம் இந்த  
“அறிக்கை | **THE REPORT**”

நாங்கள் தொலைவில் இல்லை. உங்கள் வீரல் தொடும் தூரத்தில் மட்டுமே

[arikkai.thereport@gmail.com](mailto:arikkai.thereport@gmail.com) +91 94868 85101



**CHRISTIAN ART GALLERY** ...FROM... growframes

கிறிஸ்தியன் | கிரிசியன் | கிஃயூஸ் | கிஸ்துர்  
ஆர்ட் கேலரி | ஆர்ட் கேலரி | ஆர்ட் கேலரி | ஆர்ட் கேலரி

116 Raj Plaza | 1st Floor | Bricklin Road  
Purasaiwalkam | Chennai - 600 007  
info@growframes.in | [growframes.in](http://growframes.in)

[ 8939698977 ]  
[ 9176323596 ]





**CHRISTIAN ART GALLERY**



**growframes publications**

design & print media  
**8939698977**  
**9176323596**  
**9486885101**

## call for classifieds

To advertise business, education, art and employment related advertisements in The Post, mail to [thepost.siga@gmail.com](mailto:thepost.siga@gmail.com)

To publish Employee Wanted and Job Wanted advertisements in The Post, contact [thepost.siga@gmail.com](mailto:thepost.siga@gmail.com)

Share your joy and sorrow with us. Contact [thepost.siga@gmail.com](mailto:thepost.siga@gmail.com) to get wishes and obituaries shared in The Post.

Share your knowledge with others, through The Post! Write to us at [thepost.siga@gmail.com](mailto:thepost.siga@gmail.com) about any new informative knowledge that you may know or have read about, and get it published in The Post.



**Are you Looking for a job?**

Share your Bio - data and experiences with The Post at [thepost.siga@gmail.com](mailto:thepost.siga@gmail.com). The bio - data will be reviewed by professionals and based on the qualifications, you will be linked to companies seeking employees. If you require more training to improve your career growth, you will be linked to training groups at the end of which lies new employment opportunities for you.



**JOB BOOSTER**  
 dignified jobs for youth

வறுமையின் சங்கிலியை உடைக்க நிலையான வேலைவாய்ப்பை உருவாக்குதல்



**JOIN US**

[www.jobboosterindia.com](http://www.jobboosterindia.com)

CHENNAI | BANGALORE | HYDERABAD