



BHARAT KI JEEWAN

A news letter from the Region of India

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DAMIEN SOCIAL DEVELOPMENT INSTITUTE COMMUNITY AND STAFF



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KORAPUT A PIECE OF HEAVEN (DSDI STAFF PICNIC)



Koraput, a land blessed with incredible nature and innocence had always been a dream destination for all . It sports an endless vista filled with greenery, wildflowers, waterfalls and dense forests, everything that a nature lover would drool over.

The air is so clean that it almost tastes sweet and the views are completely free of any kinds of distractions. Most of Koraput is clear, pure, and exactly as nature had created it without any human adornment.



SUDESHNA

Despite being smack in the middle of Summer, the HEAVENLY CITY Koraput welcomed us with a beautiful sunny day. The sky was deep blue and completely clear of haze, a sight I had not imagined to see in this trip. Though later on during the day we faced lashing heat, at this point it all seemed ok . After a hot cup of tea, and a hot day in the evening, we started our journey to explore the stunning district of Koraput.



Monalisha

Koraput in a Nutshell

Located in the southern tip of the state of Odisha, Koraput district is dominated by the Eastern Ghats, which turns the whole place into a beautiful amalgamation of hills, valleys and waterfalls. The hills here are rich in minerals like Bauxite, and is home to multiple indigenous tribes, whose lifestyle has remained largely unchanged over the course of centuries.

The valleys between these hills are used for cultivation, as agriculture is the main income source for most of the local population. Besides agriculture, an aluminium refinery owned by NALCO, and a factory of HAL provide for a good chunk of employment within the district.

Over the past few years, lots of development has happened centered around the tourism sector, thankfully however, these developments have remained concentrated in some semi urban pockets, while most of the countryside remains untouched. This has managed to keep most of Koraput, raw and beautifully natural.



PANCHA

As we made our way into the gate we could hear the roar of the waterfall, which sounded massive. A series of concrete steps line from the entrance to a flat observation area, with concrete railings shaped into the form of bamboo, flanking from both sides.



SAHNAZ



SUBHADRA



LAXMIPRIYA



SURESH



SHEELA



MENAKA



SANDHYARANI



BABITA



SANJAY



MONALISHA



BABITA



KASTURI

People say that the journey is often more beautiful than the actual destination. There are some amazing spots in Koraput, but it's the unadulterated natural surroundings, that mesmerizes most visitors. The long grey roads, dense forest, unbeatable greenery and colorful wild flowers are the images that will forever remain etched in our memory.

While we were ending our trip with some regret as we couldn't cover all the beautiful places Koraput has on offer, it also meant there remains a reason for us to return back to this amazing place, and experience raw nature at its best all over again.

Fr. Arockia's visit to the families of the Second year candidates

As a formator, I had the privilege of embarking on a journey to visit the families and Parish Priests of seven-second-year candidates in their native places. The home visits were organized to convey our care and support for their children and to strengthen the bond between the formators, families, and the candidates.

During these visits, I had the opportunity to gain a deeper understanding of the candidates' lives beyond the seminary walls. It was an incredibly enriching experience as I made sure to be culturally responsive and learn about their family dynamics, cultural background, languages, traditions, and community contexts. This understanding helped me provide more authentic support and foster a positive learning environment in the seminary.



The family visits were a delightful experience, and I couldn't have asked for more welcoming and hospitable hosts than the families and Parish Priests. I appreciated the warmth and affection shared by them, which was not just a gesture of hospitality but also a sign of trust and respect for our institution and its values.

The visit also allowed me to build a bridge between the families and the congregation. It helped me establish positive contact and communication with the families and strengthened their trust in our institution. It was an opportunity to show them that we are not just their children's mentors but also their allies in their journey of spiritual and personal growth.

I made sure to spend ample time with each family and Parish Priest and engaged in meaningful conversations with them. During these conversations, they shared their experiences, concerns, and aspirations for their children. I listened carefully and empathized with their feelings, which helped me deepen my understanding of their needs and concerns.



Furthermore, the visits allowed me to witness the cultural richness and diversity of the communities in which our candidates reside. I learned about their customs, cuisines, and traditions, which not only enriched my knowledge but also helped me appreciate the candidates' backgrounds and identities better.



Overall, the visit was a fulfilling experience, and I am grateful to have had this opportunity as a formator. I am excited to continue building a strong relationship with the families of our second-year candidates and support them in their journey towards priesthood.

By - Fr. Arockia ss.cc.



"HEALING OF INNER CHILD"
"Healing can happen by accepting."
(Fr. Arul, Capuchin)

On the 11th of April, I embarked on a transformative journey within the realms of inner healing during a profound course focused on the nurturing and restoration of the inner child. This course delved into the depths of our subconscious; offering insights, tools, and practices to mend past wounds, cultivate self-compassion, and foster a deeper connection with our authentic selves. Through exploration, reflection, and guidance. The participants were empowered to embark on a journey of self-discovery and healing, laying the foundation for profound personal growth and emotional well-being.



HEALING YOUR INNER CHILD



A good remembrance of the 11th of April on which I embarked on a journey to Dindigul, Tamil Nadu, for a special course "Healing of the Inner Child." The adventure began with a bus ride from the Electronic City bus stop at 10:45 pm, leading me to the Dindigul bus stand, where I caught another bus bound for Rice Mill, Anugrah Center, run by Capuchin community, my destination for the next seven days.

Each day was filled with enriching activities, in Anugrah, starting with a holy mass at 7 a.m., followed by a hearty breakfast. The course structure comprised two talks in the morning, a break for lunch until 3 pm, another talk session until 4:30 pm, and then snacks. The evenings were dedicated to more talks from 6 pm to 7:30 pm, followed by dinner and free time.

In the sessions, we delved into the depths of our emotions, shedding negativity and forming deep connections through various therapies, including dance and play, conducted by the therapists (Fr. Arul, Fr. Willson, Br. Mathew, and Fr. Sagai Raj). It was a transformative experience where barriers of religion, age, and background dissolved, and we became one supportive family. Despite being initially hesitant to interact, I found camaraderie among the 110 participants, hailing from diverse backgrounds, ages, and religions although the majority were the priests, sisters/nuns, and brothers from either diocese or congregations. Assigned morning chores and group activities further fostered a sense of belonging. Apart from this, we had a campfire where we all gathered at 7 o'clock. Danced around the fire meanwhile, we had dinner too. We had a cultural programme consisting of dances, drama/skits, and songs. We also had group competitions where group no five was the winner and I belonged to that group.

In conclusion, the "healing of inner child" course in Dindigul was truly transformative through engaging activities, deep conversations, and shared experiences with fellow participants from diverse backgrounds; I not only discovered a sense of belonging but also learned invaluable lessons about embracing my inner child. The journey allowed me to confront and heal past wounds though not fully but partially, paving the way for personal growth and emotional well-being. As I returned to seminary, on the 17th, accompanied by newfound friendships and a profound understanding of myself, I felt refreshed, changed in handling emotions, and confident in myself.



- By Ferash Digal, 2nd Year
Philosophy

Pakhala Dibasa: Popular Odia Cuisine To Help 'Beat The Heat' On Summers



Pakhala Dibasa, a celebration that has transcended borders, is widely celebrated by Odias worldwide. In Odisha, the day is marked with an array of mouth-watering pakhala dishes prepared at home. The aroma of this quintessential Odia dish fills the air, and the festivities are doubled as friends and family come together to celebrate.

Recently the Damien Social Development Institute in Bhubaneswar celebrated Pakhala Diwas in a grand way. The staff members of D.S.D.I. were invited to join the feast, and it was a fascinating sight to see everyone bringing a unique curry from their homes. The preparations were a culinary delight, with rice and vegetables cooked to perfection. The atmosphere was jovial, and the day was spent in good company, sharing food and delightful conversations. It was indeed a wonderful celebration of the Odia culture, filled with joy and happiness.



**HAPPY
BIRTHDAY**

May

**06 FR. SUMIT
FR. GOLAK**

10 FR. SUBAL

21 BRO. NAHASHON

CHoudwar



Kindly share the News letter with Brothers in community.

Bharat ki Jeewan is Published only for SSCC

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