

The Dawn

# RIVERA

September - December 2023/ Vol. 48

**BRIDGING HUMAN WISDOM AND  
ARTIFICIAL INTELLIGENCE**





## Selfless Golden Years of Service ...



## Congratulations!!! Dearest Sr Severina



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## From the Editor's Desk

### **HUMAN WISDOM AND ARTIFICIAL INTELLIGENCE**



In a world driven by technological advancements and artificial intelligence (AI), we often turn to ancient wisdom and spiritual guidance to find our bearings. The Bible verse from James 1:5, “If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you”, reminds us of the value of seeking divine wisdom, which grants us a unique perspective and standards.

This “human wisdom” has long encouraged us to think beyond conventional boundaries, something AI struggles to do since it is a product of human creation. The fusion of human intelligence with AI is crucial for harnessing advanced technology. Human intelligence draws from past experiences, adapts to various situations, and possesses qualities like creativity, intuition, and emotions that AI lacks.

It's worth noting that AI, at its core, relies on human insight. Human intelligence shapes how machines perform tasks, a testament to the innovative power of the human mind. People are the architects, operators, and interpreters of tools that convert data into knowledge and wisdom. Those who bridge the gap between raw data and profound wisdom will play a vital role in various fields, from executive leadership to data analysis.

Wisdom encompasses a profound comprehension of life's fundamental truths and the judicious application of that knowledge. It encompasses elements like critical thinking, empathy, moral reasoning, and consideration of long-term consequences. AI excels in data processing and data-driven decisions but falls short in intuitive and ethical aspects. The concept of artificial wisdom aims to narrow this gap by infusing AI systems with human-like attributes, enabling them to make informed, ethical, and balanced choices. Achieving this requires AI systems to accumulate knowledge from diverse domains, including science, philosophy, psychology, and ethics.

Nonetheless, AI's increasing ability to mimic human communication poses challenges in distinguishing machine-generated language from genuine human thought. Responsible integration of artificial intelligence and algorithms is essential for a more fulfilling human life.

Wisdom plays a pivotal role in successful aging, influencing mental and physical health, life satisfaction, and quality of life. It also aids decision-making in various contexts, from finance and health to morality. Effective leadership benefits from wisdom, as it guides leaders through complex challenges and promotes the well-being of their followers.

Machines, in isolation, cannot ascend the wisdom hierarchy because they lack the ability to intuit meaning. Without meaning, data remains just data. True wisdom can only be achieved when humans and intelligent machines work together, translating data insights into value creation and decision-making.

In conclusion, human wisdom will always be indispensable, especially when it comes to understanding and guiding the actions of AI.



## Superior General's Desk

## Message

*Rev. Sr. Berna Rodrigues sfn, Superior General*

I am filled with gratitude for the blessings that continue to enrich our lives and mission. This issue of 'Savera' magazine, we embrace the theme of "Bridging Human Wisdom and Artificial Intelligence," a topic that holds profound significance in our ever-evolving world.

On the 24<sup>th</sup> November 1893, we observe three significant events that have left an indelible mark on our journey as Holy Family Sisters. A Triple Celebration that resonates deeply with our Congregation's values and history.

First and foremost, we celebrate the 130<sup>th</sup> birth anniversary of our beloved founder, Fr. Faustino de Souza, a visionary and beacon of light for our Congregation. Fr. Faustino's life, born on November 24<sup>th</sup>, 1893, in Anjuna, Goa, was a testament to unwavering faith and dedication to the service of the poor. His legacy continues to inspire us to follow in his footsteps, embodying his charism of "Service to the Poor" as we reach out to those in need.

Secondly, we commemorate Boarders Day, a day that holds special significance for our Congregation. Fr. Faustino had a profound love and predilection for boarders. The love and care he extended to those entrusted to our care continue to serve as a guiding light. On this day, we honour the spirit of love and nurturing that has defined our work with the young souls placed in our care.

Lastly, we celebrate World Communication Day, an occasion that pays tribute to Fr. Faustino's forward-looking vision. He recognized the power of Mass Media as a means of spreading the message of love and hope. As we observe World Communication Day on our Founder's Day, we acknowledge the significance of effective communication in connecting hearts, bridging gaps, and promoting our mission.

As we reflect on these three celebrations, we are reminded of the enduring values that have shaped the identity of the Holy Family Sisters. Our commitment to serving the poor, our love for boarders, and our dedication to effective communication are pillars that uphold the legacy of Fr. Faustino.

In the midst of a world that continues to advance technologically, we are called to bridge the gap between human wisdom and artificial intelligence. Let us remember that our true wisdom lies in our hearts, in our compassion, in our ability to love unconditionally. As we embrace the opportunities and challenges presented by the digital age, may we always cherish the human connection and empathy that make our mission so special.

Family **XANNO ANI ZANNVAYECHO**  
**PADR FAUSTINO**

*Sr. Rita sfm*



Padr. Faustinochea jivitachem dennem amkam Nazarethchea Povitr Kuttumbache Sonsthechea vinchun kaddloleank, ani Igorz Matek, ek Vhodd Darzonne. 24 November 1893, Göychea, Anjuna ganvant to zolmank ailo.

Padr Faustino, udarponnan, ap-domavnnen, bhogsonnem, lhanvikai, magnnem, khaltikayen Devacher patieun jiyelo. Devan dil'lea zannvaie ani xanneponna toxench gunnam vorvim utrantlean, korneantlean, ogeponnantlean, amchean dusreank ek sfurthi zaunk zata mhonn dekh zalo. Padr. Faustinon, aplem xanneponn ani zannvaie vorvim adhunik tontrvidnyan vo AI korunk xokonam tio vostu Devache kurpen korun dakhoilio. Xanno dixevont Padri to. Samanya lokank akhar divpi ek mhavidhan to zalo. Uprant, teach xanneponnan ani zannvayen, Povitr Kuttumbachi Sonstha suru keli.

Ek kharkhandar udyogi koso komi asloli zodd bhorun kaddunk, bailam khatir, Padr Faustinon, Dulerant hatkaragirichem kam (handicraft), 'cashed-nut peeling' ani 'packing' anik her ghor udeog dhondo (home industries) suru keleo. Aiz dondeachea mollar jem ek xeddo adim Padr Faustinan suru kel'lem tem aiz sorkari ani 'private' yozonna mhonn mandun haddlam vo chalu asat.

Aplea xikpacho faido kaddunk ani noveo torika apnnaunk to aple vidyan vaprun Somporkh ani Tantr vidhyanacho mahiti gheun, aple gynan 'update' kelem. Ani tacho faido kaddunk Motte promannan prochar korunk 'printing technology'-cho faido ghetlo. Dulerant also tednam 1928 vorsa, Konkani bhaxen, 'Chodde Gorjcheo Budhi' ani uprant, 1932, vorsa tannim, anik ek pustika teach nanvan punn 'for girls' mhonn pustika xapli.

Samanyam lokank sfurthi ani utejonn diun, kam' nasloleank tanche hat paiyamcho upeog korun, tancho dispotto giras zoddunk yennavoll vo utponn kortoleo Yozonna poixe komaunk ani samballunk suru keleo. Ek riti-rivaz koso poixe samballunk tannem 'piggy banks' suru kelim.

Mhoinea pattim, ami pollelam bharantlem vidvan chondrimant rocket dhaddun yesosvi zale. Hea adhunik tantrik vidyechea kallar halinch ami aikotanv AI (Atifial intelligene) addehi huxearkai. Monxan apli huxearkai vaprun machine vo robots vorvim zaitinch kamam sompi keleam dekhik chatbots, auto correct, google maps, Smartphones adi... choddxim kamam 'button'-acher zatat, koxtt korpachi goroz nam.

Aiz tontr vidnyan zaite fuddem ghelam. Punj ji mon'xachi zannvai ani xanneponn korunk xokta tem matr Tontr vidnyanam lagim korunk zaunchem nam. Je porim padr faustinon teag korun aplea moga ani dixie vorvim monxachem, samanya lokanchi udorgot keli.

Deva koddsun ieta tem xanneponn ani zannvai monxak magnneacho Devachea mogacho, dusreancho usko aslolo, khalto-dulob korta. Devachi zannvai ani monxachi addechi huxarkai, hanchi porinam vollkhunk xikum-ya. Devan rochlolea munxak odhik man, mog ani vell diunk, monxan kelolea vostu favo titloch upai gheunk vaurum-ya.



## INFLUENCE OF ARTIFICIAL INTELLIGENCE ON CHILDREN'S BRAIN AND UPRISING

*Mrs. Dolours Rodrigues*



Have you heard of Alexa or Siri? Have you wondered how iPhone's face recognition works? All these technologies have a common use which is the use of artificial intelligence or AI.

Artificial Intelligence (AI) is a term coined by John McCarthy an American computer scientist. He is one of the founders of artificial intelligence, along with Alan Turing, Marvin Minsky, Allen Newell, and Herbert A. AI is the ability for a computer to perform tasks that normally require human intelligence, such as learning and decision-making, has the potential to spur innovations and transform industry and government.

AI can have both positive and negative influences on a child's brain and upbringing.

### **Positive influence**

*Educational tools:* AI-powered educational apps and platforms can enhance learning experiences, adapt to a child's pace and provide personalized learning.

*Skill development:* AI-driven games and tools can help children develop problem solving, critical thinking and creativity.

*Accessibility:* AI can make education and information more accessible to children with disabilities, facilitating inclusive learning.

### **Negative influence**

*Screen time:* Excessive screen time, including AI-powered devices, can lead to issues like reduced physical activity and sleep issues.

*Privacy and security concerns :* AI collects data, which can raise privacy and security concerns when it comes to children's online interactions and information and can also expose children to inappropriate content.

*Cognitive and social development:* The present generation are digital natives born into digital technology and grow up with lots of information and entertainment can hamper cognitive development including attention span and problem-solving skills.

*Social interactions:* Reduced face-to-face social interactions which are crucial to a child's emotional and social development.

*Ethical consideration:* Ethical consideration perpetuates biases from AI models present in their training data. It is important to teach critical thinking and ethical awareness to counter potential biases.

*Creativity and imagination:* Overreliance on AI can interfere with children's creativity and imagination if they become passive consumers rather than active creators.

Nature

## MOTHER NATURE AND ARTIFICIAL INTELLIGENCE

*Ms. Winnie Joanes*



**“AI is a tool. The choice about how it gets deployed is ours.” –  
Oren Etzioni**

The world is witnessing a fusion of the digital, physical, and biological realms as a result of the ubiquitous nature of technology. Innovations in technology are growing more efficient and becoming more broadly accessible than before as the advances made in artificial intelligence (AI) gain momentum. The importance of AI in shaping the future is heavily emphasised by technical teams around the globe. It has the capacity for planning, learning, reasoning, and problem-solving. These elements of artificial intelligence can be productively utilized to tackle some of the environmental problems. But all of this comes with a heavy price to pay! AI has a constructive as well as a destructive impact on our environment. Let us examine.



Nature is a wealth of ideas and intricate systems that support the continuation of life on the planet. It is dynamic and ever evolving, hence, it is a fantastic inspiration for AI algorithms. The existence of Mother Nature and everything it involves is deeply engrained in the AI systems and will always remain a crucial component. In fact, it can be more of a mutual relationship between the two. Technology can significantly contribute to our ability to care for Mother Earth. We can now grasp complicated environmental concerns more efficiently and find workable solutions to some of the environmental challenges. We can even find patterns and create prediction models using machine learning and AI to foresee environmental problems.

But here is palpable irony! It's better known as the Green Dilemma. We have seen that AI has a great deal of transformative power. However, as its groundbreaking and revolutionary capacity continues to spur innovation, it cannot fulfill its potential without harming the environment. What is hidden



behind the scenes of AI's brilliance is an energy-intensive mechanism with a staggering carbon footprint. Firstly, the enormous amount of energy needed to develop and run AI algorithms is one of the biggest issues. It may be necessary to use a lot of processing power when training an AI model, which uses a great deal of energy. The usage of fossil fuels to produce this energy frequently increases greenhouse gas emissions. Secondly, a significant environmental concern is posed by the e-waste generated by AI technology. Hazardous substances found in e-waste, including lead, mercury, and cadmium have the potential to pollute the soil and water resources, endangering both human health and the ecosystem. As AI is increasingly used in agriculture, there is a risk that pesticides and fertilisers may be used excessively which also contaminate the soil and water, thereby destroying the biodiversity. The flora and fauna of an area are at a risk from AI applications like delivery drones and driverless cars.

Moreover, the murky world of artificial intelligence research and application promotes a lack of accountability and transparency with regard to its environmental impact. Some businesses prioritise their financial health and competitive edge over any potential environmental harm that AI technologies can cause. Because AI systems are so complicated, users have a hard time fully understanding their environmental impact. The secretive processes and concealed data used to train AI algorithms make it difficult to accurately assess their carbon footprint or possible environmental impact.

What can we do about this? We need to utilise a diverse approach to minimise the environmental impact of AI. First and foremost, by investing in the research and development of energy-efficient hardware and AI algorithms, energy consumption may be significantly reduced. AI systems can reduce their energy usage while maintaining equivalent efficiency by improving their hardware and algorithms. It's also crucial to promote moral AI design principles, such as refraining from unnecessary data collections. More open processes and policies that guarantee the development and use of AI in accordance with environmental concerns are required to address this. Working towards greater accountability will enable a responsible approach to AI that prioritises sustainability. By utilising the power of AI to benefit mother earth, we can all work together to create a more sustainable future for our planet where AI and environmental preservation go hand in hand through proactive measures and moral practises.

The environmental consequences of artificial intelligence's explosive growth are a serious worry that must be addressed immediately. Although AI has unquestionable potential, we must face its negative effects head-on. Promoting informative discussions and encouraging the adoption of responsible practices can bring to light the hidden environmental challenge around AI. Be aware! Awareness is the greatest agent for change and with awareness come responsibility and choice.

Youth

## THE IMPLICATIONS OF AI ON YOUTH

*Ms Anjali William*



The human mind is very innovative. The human intelligence attempted and in a certain way succeeded in creating artificial intelligence. Today, the world foresees a great future through AI. Many people including the younger generation is crazy after AI. This technology has invaded our day-to-day activities. No doubt AI has created a revolution in information technology. The so-called big fives; Google, Apple, Amazon, Face book and Microsoft have brought digital transformation using AI Technology. The Catholic Church also made a sincere attempt to use the technology in faith formation work like You Cat.

AI has a negative impact on young people because it alters how they interact with one another and form connections. They might grow accustomed to treating people the same way they do machines, toys, and tools. They leave data in their wake and leave digital traces that could be harmful to their continued existence. Youth will be enticed to upload photos of themselves with other people's likes, shares, subscribers, views, etc. They will change as a result of this.

With AI-powered applications, AI benefits young people more in the educational system, but sadly this artificializes education for them. According to Google, "the act or process of imparting or acquiring general knowledge, developing the powers of reasoning and judgment, and generally preparing oneself or others intellectually for mature life" is what education means.

Artificial spoon-feeding teaches children to be lazy and destroys their capacity for logic and judgment, failing to prepare them for a mature life. Due to the overuse of AI and their propensity to be easy targets for hackers, youth safety and welfare are endangered.

The young of today, known as generation Z, may end up becoming the most lazy generation in history. We stifle our normal brain activity the more we rely on modern technology. Today's youth can compose an essay without exercising their brains. A 1000 word research paper can be generated by a technology like Chat GPT in under a minute. Youth's social and interpersonal abilities will suffer, and life will become artificial.

Faceless communication and a lack of face-to-face interaction hamper moral, social, and emotional development and have an impact on interpersonal relationships and career advancement. Because they use AI technologies and seek out pre-made solutions, young people's ability to



think critically is diminished. According to an adage, "the power of thought will keep you safe," therefore God made mankind as logical beings.

AI also poses threats to humanity, if used irrationally. It is said AI could likely take away 85 million jobs globally by 2025 leading to unemployment. Socially it causes dangers to privacy, increases racism etc. AI lacks privacy, transparency, biased, and hinders societal advancement, leading to unfair outcomes. There is a greater risk of cybercrimes, increase in hacking and scams. AI is too complex, lacks emotional intelligence, prevents out of box thinking and hinders human creativity and intuition.

### **The younger generation craze about AI**

No doubt, AI makes the lives of children, youth cool. It influences their day-to-day life and makes their life easy. AI technology is made easy through various applications that children, youth use on mobiles to supplement their studies. The grading software, machine learning, personalized learning, voice assistants, intelligent tutoring, virtual learning environments, gamification, kahoot, opencv, classcraft, Google Cloud speech, Open edX insights etc, facilitate effective learning. AI applications like ELSA, Ask AI chat with Chabot, image editing, hopper, ChatGPT, Lensa, Google Assistant etc make youth crazy.

AI influences calculations, algorithms and human-level executions. It will change the way the younger generation communicates and builds relationships. It will support the young minds to think differently, focus more on future, creative areas of life and facilitate youth productivity.

The young minds are fascinated by voice assistants like Siri and Alexa, personalization apps, automations, health fitness apps etc. AI helps students in formal education like mathematics, coding, interactive writing, preparing lessons, assignments, projects, presentation tools etc, that make student life easy.

At the same AI helps the educationalists to impart quality education. A techno-savvy teacher/professor can avail the AI technologies like, plagiarism detection, exam integrity, chat bots, learning management systems, online discussion boards, academic research etc.

AI can drive digital transformation that affects the society in various spheres. It influences on economy, healthcare, job market, social media platforms, communication and media, relationships etc. The technology of GPT3, Alpha Go (Google deep mind), Walson, Sophia (Hanson Robotic), Tesla autopilot can create a digital revolution. All of us use Google expertise powered by AI that can deliver accurate results for our search online.

Finally, the AI revolution has resulted in the production of unchallengeable human wisdom. AI is also capable of surpassing human intelligence and wreaking havoc on the human species as a whole. But since God made humans in a unique way, no machine can ever fully replace people.

## Academic

# HUMAN TEACHER AND ROBOTIC TEACHER: BRIDGING THE GAP

*Mr. Tadeu Dias*



On 23 August 2023, India created history by becoming the first nation to successfully navigate soft landing of its spacecraft Chandrayaan – 3 on the South pole of the moon's surface and the fourth nation to achieve the feat of touching the lunar surface.

Using Artificial Intelligence (AI), the team of scientist at ISRO was able to land the Chandrayaan – 3 on the moon and was able to forecast the topography, identify any potential hazards, and control as well as manage the descent of the Vikram lander.

Artificial Intelligence is creating waves, taking the world and India by storm. A man – made, wired and coded open AI programme called ChatGPT is taking over the very core of human competence -Intelligence and creativity.

### **Artificial Intelligence**

Artificial Intelligence is a technology that allows machines to perform tasks that would typically require human intelligence.

AI has enormous potential to drastically improve our education system. It has the ability to transform many aspects of teaching and learning processes. AI tools such as Automated Grading, Speech Recognition, Chatbot, Siri, Alexa and so on, can help students and teachers to enhance the efficiency of education delivery.

AI powered Humanoid Robot teacher can emerge as a gamechanger in the field of education.

As the technology continues to advance, Robot teachers offers a unique blend of artificial intelligence and robotics that can create an impact in the classroom and transform the way students learn and educators teach.

### **Personalized learning:**

Robot teacher can analyse the knowledge gap and preferences of individual students and creates patterns favourable to the needs of those individuals which otherwise practically impossible for a human teacher to cater to everyone's individual needs in a big classroom. Early identification of learning difficulties can prevent students from falling behind and give them necessary help to succeed.

### **Assessment and Grading**

A robot teacher can perform assessments and grading in huge numbers within seconds. This helps in removing the biases in the evaluation and human error. AI powered tools and solutions are designed to be fair and equitable for all students.

### **Administrative tasks**

Robotic teachers can assist teachers and school administrators in managing administrative task more efficiently. This will teachers to devout more time to teaching and mentoring the students.

It holds the key to revolutionize the way we learn and teach, ushering in an era of unparalleled accessibility and effectiveness for education across the nation.

However, human teachers have certain advantages that robot teachers can never claim to have.

With Robot teachers, children will never establish the human connection; the emotions, feelings and discuss the efforts that they have made to arrive to a certain problem.

Teaching is one of the most noble and impactful professions, shaping the minds and future of young individuals. A good teacher can inspire hope, ignite the imaginations, and still a love of learning. When teacher exhibits an extensive understanding of the subject matter with passion and enthusiasm, it encourages students to develop an interest in the topic, enhancing their learning experience.

### **Human teacher teaches values**

School is a temple of learning. As teacher is entrusted with shaping the young minds, he or she consciously or unconsciously, imbibes values and morals in the children. Praise and appreciation that are showered on the children motivates them to be better citizens, this is the reason that exceptional human beings have left the footprints in the history of mankind.

### **Human teacher helps students socialize**

School is a great place to socialize, and the teacher is a great catalyst for social interactions to happen. A machine could never do that because it would never be able to understand the subtle shades of interpersonal relationships. It is only a human teacher who can assign a smarter student to mentor a shy new comer, organize group activities in the classroom or crack jokes to bring to liveliness in the class.

### **Human teacher has Midas touch**

Students come from different backgrounds, family problems, poverty and with multiple problems. And every child has a story to tell. A teachers visit to their home, kindness, a kind word or a small gift of appreciation of a particular teacher may touch their lives. A simple gesture can create extraordinary people.

It is crystal clear that robot teacher delivers the content of the lesson, even asks questions to students to test their understanding and answers students' questions, but the human dimension is provided by, obviously, the human teacher. Robot teacher will never able to replace human teacher.

The Indus International School in Hyderabad introduced a teaching robot, as a part of collaborative learning model. Arjun Ray, founder and CEO says “Humanoid robots will assist the teacher in teaching, while the teacher can build competencies for innovation. The well – groomed young talent coming out of an efficient education system like this can give necessary fillip for our economy.”

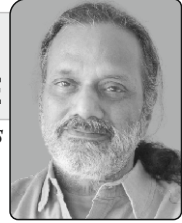
This would be an ideal scenario. Let machines handle the mechanical aspects of teaching, namely knowledge transfer. Let human teachers handle what only humans can do, which is to act as a guide, a mentor, or a counselor. If human teaching and AI clubbed together (work in collaboration) has the potential to revolutionize education. Our ultimate goal is to create a learning ecosystem where both humans and AI work together to empower individuals with knowledge and skills, fostering a brighter and more inclusive future.



Global

## AI IN COMMUNICATION: THE FUTURE IS HERE

*Prof. Cedric Serpes*



Artificial Intelligence (AI) has been rapidly advancing and is poised to revolutionize various industries, and one of the areas where its impact is most significant is communication. From chatbots and virtual assistants to natural language processing (NLP) algorithms, AI is transforming the way we interact with each other and with technology. In this article, we will explore the future of AI in communication, discussing key trends, challenges, and potential benefits.

### AI-Powered Chatbots and Virtual Assistants

A chatbot is a computer program that simulates human conversation with an end user. One of the most visible applications of AI in communication is the rise of chatbots and virtual assistants. These AI-driven entities are designed to engage in conversations with users, providing information, answering questions, and even performing tasks. In the future, we can expect these AI chatbots to become more sophisticated and human-like. Learning human speech traits to mimic human responses.

Natural language processing (NLP) algorithms will play a crucial role in enhancing the capabilities of chatbots and virtual assistants. These algorithms enable machines to understand and generate human language, making interactions more seamless. As NLP continues to evolve, chatbots will better comprehend context, tone, and intent, leading to more effective and empathetic conversations.

### Multilingual and Cross-Cultural Communication

AI-powered language translation is another promising development in communication. These systems can translate spoken or written words from one language to another with remarkable accuracy. In the future, we can anticipate AI translation tools becoming even more proficient, enabling real-time, multilingual conversations.

This advancement will have profound implications for cross-cultural communication and business. Companies will be able to engage with global audiences effortlessly, breaking down language barriers. Connecting with people from diverse linguistic backgrounds, fostering greater understanding and collaboration is already getting easier.

### Personalized Content and Recommendations

AI's ability to analyse vast amounts of data will lead to highly personalized content and recommendations. In the realm of communication, this means tailored news feeds, advertisements, and entertainment. AI algorithms will assess individual preferences, behaviours, and interests to curate content that resonates with each user.

While this personalization offers convenience, it also raises concerns about filter bubbles and the reinforcement of existing beliefs. Striking a balance between personalization and exposure to diverse perspectives will be a challenge in the future of AI-driven communication.

### Enhanced Customer Support

Customer support is evolving with the integration of AI. Chatbots are already providing immediate assistance to customers, resolving routine issues and inquiries. In

the future, AI-powered support will become more sophisticated, offering human-like empathy and understanding.

One notable development is the use of emotional AI, which can detect and respond to customers' emotions during interactions. This technology will enable companies to provide more empathetic, customer service, enhancing customer satisfaction and loyalty.

### **AI-Generated Content**

The creation of content will also undergo significant changes due to AI. Automated content generation tools can already produce articles, reports, and even creative works like music and art. In communication, this means that news articles, marketing materials, and other written content could be generated by AI algorithms.

However, the use of AI-generated content raises ethical questions about authorship, credibility, and authenticity. Striking a balance between efficiency and human creativity will be an ongoing challenge in the future.

### **Privacy and Security Concerns**

As AI-driven communication becomes more prevalent, privacy and security concerns will intensify. The collection and analysis of vast amounts of personal data to power AI systems raise questions about data privacy and the potential for misuse. Ensuring robust data protection measures and ethical AI practices will be essential.

Furthermore, AI can generate convincing fake audio, video, and text, making it challenging to discern truth from falsehood. Combatting these issues will require a combination of technological solutions and media literacy education.

### **Ethical Considerations**

AI in communication also brings about ethical considerations related to consent, bias, and transparency. Users should have clear knowledge of when they are interacting with AI systems rather than humans. Addressing algorithmic bias to ensure fairness and equity in communication is crucial. Transparent and responsible AI development practices are essential to build trust with users.

### **Integration with IoT and Smart Devices**

The Internet of Things (IoT) and smart devices will increasingly integrate with AI-powered communication. Voice assistants like Amazon's Alexa and Google Assistant are already prevalent, but the future holds more seamless and intuitive interactions with our smart environments. Imagine homes that can anticipate your needs and communicate with you in a natural, conversational manner.

### **Collaboration and Human-AI Partnerships**

The future of AI in communication isn't solely about replacing human interactions. Instead, it's about enhancing them. Human-AI partnerships will become more common, with AI systems aiding professionals in tasks like data analysis, content creation, and decision-making. This collaboration will improve efficiency and productivity across various industries.

In conclusion, the future of AI in communication is a landscape filled with opportunities and challenges. AI-powered chatbots and virtual assistants will become more human-like, language translation will break down language barriers, and content will be highly personalized. However, ethical considerations, privacy concerns, and the need for transparency and fairness will remain at the forefront of discussions surrounding AI in communication. Striking the right balance between AI and human interaction will be essential in realizing the full potential of this transformative technology. As we move forward, responsible AI development and ethical practices will be critical in shaping a future where AI and human communication coexist harmoniously.

## Cover Feature

# BRIDGING HUMAN WISDOM AND ARTIFICIAL INTELLIGENCE



*Sr. Francilla sfm*

Wisdom is the possession of knowledge, experience, and good judgement. Yet knowledge itself is only information: wisdom is the use of knowledge to pursue the good life. Artificial intelligence (AI) has the potential to revolutionize many aspects of our lives, from the way we work to the way we interact with the world around us. The unparalleled speed with which the field of AI is advancing and showing its impact on different domains of life is marked by growing concerns.



## ➤ Human Wisdom

Human Wisdom is the accumulated knowledge and experience of humanity. It is what allows us to make sound judgments, solve problems, and navigate complex situations. AI, on the other hand, is a powerful tool that can process information and make decisions at a much faster rate than humans. However, AI does not have the same level of human wisdom. It cannot understand the nuances of human relationships or the complexities of human emotions.

## ➤ AI – Product of Human Wisdom

AI-enthusiasts suggest that AI will be developed to augment human efficiency (Bouschery, Blazevic & Piller, 2023); however, intellectuals and the common man are worried about the possibility of AI taking over humans (Neri & Cozman, 2020). As it is said, 'good for us, to God for us,' the potentially catastrophic risk comes with having an AI system that learns from data alone. In order for AI to be truly beneficial to humanity, it is important that we find ways to combine human wisdom with AI. This can be done by developing AI systems that are able to learn from human experience and incorporate human values into their decision-making processes. It is also important that we educate ourselves about AI so that we can use it in a responsible and ethical way.

## ➤ Bridging gap between Human Wisdom and AI

The future of AI is bright, but it is important that we take steps to ensure that AI is used for good. By bridging the gap between human wisdom and AI, we can create a future where AI is a force for positive change in the world.

One way to bridge the gap between human wisdom and AI is to develop AI systems that are able to learn from human experience. This can be done by training AI systems on large datasets of human data, such as text, images, and videos. By learning from human experience, AI systems can develop a better understanding of human behaviour and the world around them.

Another way to bridge the gap between human wisdom and AI is to incorporate human values into AI systems. This can be done by developing AI systems that are able to understand and respect human values, such as privacy, fairness, and safety. By incorporating human values into AI systems, we can ensure that AI is used in a responsible and ethical way.

### ➤ Potential Hazards

However, there are other potential hazards that need to be considered.

- One potential hazard of generative AI is the risk of producing biased or offensive content. For example, if the training data contains gender or racial biases, the generated content could also be biased or discriminatory.
- Another potential hazard of generative AI is the possibility of creating fake or misleading data, which could have serious consequences in areas such as finance or medicine. For example, if a generative AI model produces fake medical data, it could lead to incorrect diagnoses and potentially harm patients.

It is also important that we educate ourselves about AI so that we can use it in a responsible and ethical way. We need to understand the potential benefits and risks of AI, and we need to develop the skills to use AI in a way that benefits humanity.

AI is a tool and it incorporates, with what it is designed for or what it is feed with. As humans we need to draw a line or set a limit of our dependence on AI. Over relying on AI is definitely going to be a big problem. As humans we too need to use our capacity our intelligence our gifts and talents that God has blessed us with. Over utilization of AI can lower our self-confidence, our ability to solve problems, discovery and development of our gifts and talents. We need to discipline ourselves to use AI in our day-to-day life.

The future of AI is bright, but it is important that we take steps to ensure that AI is used for good. By bridging the gap between human wisdom and AI, we can create a future where AI is a force for positive change in the world. Therefore, wisdom plays a pivotal role use to discern and use things for the betterment of humanity rather than allowing AI to be our masters that leads to chaos.



## WANTED: HUMAN WISDOM AND ARTIFICIAL INTELLIGENCE FOR ELECTIONS 2024!

*Fr. Cedric Prakash SJ*



It is election time once again in India! Five States: Rajasthan, Madhya Pradesh, Chhattisgarh, Telangana and Mizoram will go to polls between November 7 and 30, with the results scheduled to be declared on 3 December. These elections are expected to be a curtain-raiser for the forthcoming General Elections which have to be held sometime April-May 2024! The outcome is expected to be indicative of what may happen in 2024! Given the fact that the Central regime is in 'panic' mode, in all probability their human 'wisdom' prompts them to read the writing on the wall! The people of India are fed up with their divide- and -rule policies which cater to a small section of society, and are determined to show them the door! The May 2023 elections to the Karnataka Assembly and the results which followed, which were overwhelmingly a 'people's mandate,' have come as a shot in the arm for the citizens of the entire country

The situation all over the country at this juncture of our history is just too grim! The future of our country is at stake! This warrants for a more concerted preparation and involvement at every possible level. As Christians, we have an added responsibility to '*let our light shine*' and prove that as authentic disciples of Jesus we can truly be his witnesses of justice, liberty, equality, fraternity, peace and love, where the pluralism, unity and integrity of our nation is promoted and the dignity and rights of every citizen are protected!

In the run up to the General Elections all of us are called to exercise our human wisdom for the good of all and to also use artificial intelligence effectively, to ensure the triumph of the people of India. Some areas which could help for a meaningful preparation include:

### ➤ **Electoral Rolls:**

Is your name on the electoral rolls? Also, the names of your community members, congregational/church members, colleagues, collaborators and the other adults you work with? If not, ensure that this is done **immediately** through the Election Commission website ([www.eci.gov.in](http://www.eci.gov.in)). Get a couple of youth to sit with their laptops outside your Churches after the Sunday services to help people (particular Senior Citizens) to have their names enrolled. If you run an educational or other institution, make sure that everyone ABOVE the age of 18 years is enrolled

➤ **Vote:**

Exercise your franchise: your sacred duty and your Right! Motivate others to do so. Cast your vote wisely: for the candidate that is ready to protect the Constitution and the secular, democratic and pluralistic fabric of our country; who is not communal and corrupt. Challenge those (including Catholics) who were elected on the ticket of one party and joined the ruling party out of fear and greed; never vote for them. Report immediately any form of malpractice/ manipulation/ irregularity.

➤ **Promote Constitutionality:**

Our core non-negotiables are justice, liberty, equality and fraternity, the rights and freedoms of all citizens of the country. Promote them! Encourage ALL to internalise and actualise the Constitution particularly



the values enshrined in the Preamble. The Constitution is the ONLY Sacred Book of the Indian citizen! Take a stand AGAINST any form of majoritarianism, monoculture, demonization or exclusiveness. Encourage study of the Constitutions. Preach about the Constitutional values which are also Gospel Values

➤ **Collaborate:**

This is key: working together! We must network with/ join secular/non-partisan groups, movements, rallies etc. There are several excellent initiatives/ campaigns which have begun all over the country. Working together with civil society (groups and individuals) and taking

visible and vocal stands on behalf of victims of injustice, is necessary! Engage with the ruling party and demand that their election promises are realised! Have nothing to do with fascist, fundamentalist, fanatical political parties and/or individuals!

➤ **Communicate:**

Communication is paramount! We need to speak, write, use social media effectively and meaningfully. One needs to utilise their expertise in social media, of our youth for the good of the country? We could conduct training programmes in media education; encourage people to write to magazines/ papers/ portals. Be in touch with media personnel to communicate our values/stand. Share with others authentic (NOT fake) messages, quotes, news. Stand up for truth, justice, non-violence, peace and love! Pope Francis' message for the 58<sup>th</sup> World Communications Day 2024 is on the theme, 'Artificial intelligence and wisdom of the heart: for a fully human communication.' A press note on the theme says, *"it is important to guide artificial intelligence and algorithms, so that there is in each individual a responsible awareness of the use and development of these different forms of communication that go hand in hand with social media and the Internet. It is necessary for communication to be oriented towards a fuller life of the human person"*.

➤ **Do NOT Fear:**

Once we show that we are afraid – we have lost half the battle. As Christians, Jesus calls us to be his disciples, his authentic witnesses in today's India! He gives us all a very clear commandment: **FEAR NO ONE!** Once we fear those who will take away our material privileges, we send a strong message that we are NOT on the side of Jesus!

➤ **Stay In touch:**

It is important that we stay in touch and also with the people at the grass-roots: the poor and the marginalised, the excluded and the exploited, the small farmers and the migrant workers, the other minorities and other vulnerable sections of society! Stay in touch with one another: meet physically at least twice a month in your cities/ towns to take stock of what is happening around you and to plan ahead! This is important! Organise virtual sessions too!

➤ **Pray:**

Pray at all times and without ceasing! The Lord **ALWAYS** hears our prayers but he also reminds us that, *"not all who say 'Lord, Lord' shall enter the Kingdom of heaven...!"*

Our responsibility is clear: the need and importance to use our human wisdom in tandem with artificial intelligence, to ensure the future of a democratic, pluralistic India!

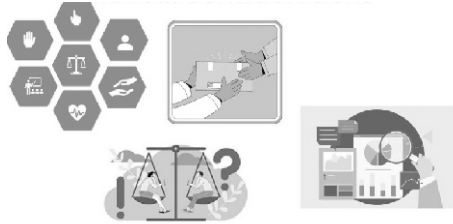
**MORAL WISDOM VERSUS SUPER  
NON-HUMAN INTELLIGENCE:  
AN ETHICAL-THEOLOGICAL GUARDRAIL**



*Fr. Savio Vaz sac*

The Jewish-Christian anthropology identifies the human distinctiveness through the “Imago-Dei-doctrine”, created in the image of God, which we read in the first chapter in the Book of Genesis: “God created man in his own image, in the image of God He created him; male and female He created them” (1:27). The biblical account does end with the creation of human beings, but speaks also about the creation mandate, about man’s role in the universe through his free will.

Recent advancement and also the fascination for “Artificial Intelligence” (AI) opens up the possibility for further search, that one day machines could do anything that a human being can do. The innovations in the field of AI are mind-blowing and are accelerating at a blazing fast pace.



Developments in AI have allowed humans to expand their capacities and tackle complex problems. Many concerns world-wide are investing billions of dollars on AI products and services. These hopes raise again serious questions regarding the future of human person. Such burgeoning of AI technologies have led to increased discussions in recent years about its potential and how such advanced technologies should be governed, controlled and managed. The ethical challenges posed by AI are one of the biggest topics of the twenty-first century. Ethical considerations weigh the great promises with its potential for peril. AI holds great promises for improving and delivery of many aspects of life, from health care to public safety. An important plea is that ethics and human rights find their proper place at the heart, design and use of AI.

There is no standard definition of what constitutes AI. In 1956, an American computer scientist John McCarthy coined the term AI. It is the ability of machines to perform tasks that are basically performed by human intelligence and human agent, such as learning, reading or problem solving. Today computer systems perform other tasks. They are much stronger and effective than our feeble powers. Ethically we are confronted with the



increasing use of such AI in our day-to-day life. There is growing fear that the machines take control over our complicated world and technology decides over the fate of humankind.

We are concerned about the human autonomy which is very essential to human action. If machines are clever and more accurate, then they could decide about the course of action. The increase of AI could hinder, manipulate or coerce human autonomy. Manipulation of human autonomy is done today through AI the fake videos or news.

UNESCO has elaborated first ever comprehensive international framework to shape the development and use of AI. 193 Member states have adopted the ethics of AI on 23<sup>rd</sup> November 2021. It recommends four core values that AI work for the good of common humanity, individuals, society and the environment. Along these four values, it has presented ten core principles. 1. Do not harm, 2. Safety and security, 3. Right to privacy and data protection, 4. Multi-Stakeholder and adaptive governance and collaboration, 5. Responsibility and accountability, 6. Transparency and explainability, 7. Human oversight and Determination, 8. Sustainability, 9. Awareness and literacy, 10. Fairness and non-discrimination. Values and principles are to help in establishing a basis for ethical AI framework. Then AI requires an ethical guardrail.

We live today in the world of vast information. More information is processed, more facts discovered and transmitted in milliseconds in the world. All the human promises that inventions and technologies would solve the acute problems remain unfulfilled. Alienation from others, wars, destruction of the ecosystem, crimes, injustice continue to haunt humankind. The Bible speaks from wisdom and distinguishes it from the wisdom of God and human wisdom. The wisdom of God is from heaven, it is pure, peaceable, gentle, willing to yield, full of mercy and good fruits, without partiality and hypocrisy (James 3:17).

People are drawn more to the short-lived wisdom of the world, then the wisdom of the Lord. It belongs to our human nature, the ability to differentiate and the power to choose. We can set our hope in human wisdom or we set our trust in the wisdom of God. The wisdom of wise, God will at the end destroy: "I will destroy the wisdom of the wise" (1Cor 1:19). Human and moral wisdom warn us against losing our control over the created things. The quantum leaps in the advancement of AI overshadows human responsibility. It is already smarter and more proficient than its maker. Can it be that human begin to worship the non-human entities? *Deus ex machina*?

What kind of wisdom can save the depraved human race? Can the god like super human intelligence or God the Almighty? We require wisdom that will enable us to greater well-being, happiness and lead us to worship of the true and eternal God.

## Faith

# THE IMPACT OF ARTIFICIAL INTELLIGENCE ON RELIGIOUS FAITH



*By Lavoisier Fernandes*

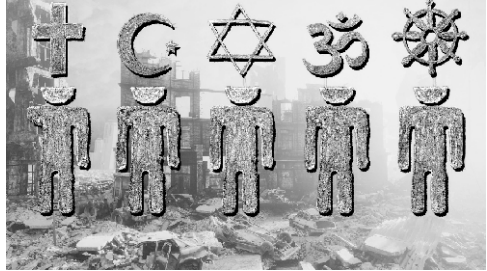
In the ever-evolving landscape of technology, artificial intelligence (AI) stands as one of the most profound and transformative developments of our time. As AI systems continue to advance and permeate various aspects of our lives, they are inevitably finding their place within religious faith. This article delves into the intriguing and complex relationship between artificial intelligence and religious faith, with a focus on how AI is influencing the beliefs and practices of three major faiths: Hinduism, Christianity, and Islam.

### AI and Religion: An Unlikely Pairing

The convergence of AI and religion may seem improbable at first glance, as technology and spirituality have traditionally been viewed as separate spheres. However, as AI technologies become more sophisticated and ubiquitous, they raise fundamental questions about the nature of human existence, consciousness, and the divine. Here, we explore how this synergy is unfolding in three distinct religious contexts:

#### AI and Hinduism: Seeking Wisdom in Silicon

One of the world's oldest religions, Hinduism has a rich tradition of seeking wisdom and knowledge. AI aligns with this tradition by offering tools for exploring complex philosophical and spiritual questions. In Hinduism, there is a concept of "atman," the inner self or soul, and AI is sparking debates about whether machines can possess a form of consciousness akin to the atman. Some argue that AI can help humans better understand the nature of consciousness and the interconnectedness of all beings. Moreover, AI-driven virtual assistants and chatbots are being used to disseminate Hindu teachings and answer spiritual questions, making religious guidance more accessible to the global Hindu community. While some may view this as a positive development, others worry that it could dilute the personal and human aspects of religious guidance and community.



#### AI and Christianity: Ethical Dilemmas and the Soul

In Christianity, questions surrounding AI primarily revolve around ethics

and the soul. Many Christians grapple with ethical dilemmas posed by AI, such as the development of autonomous weapons and the potential for biased algorithms. Additionally, the question of whether AI can possess a soul or consciousness akin to humans challenges fundamental Christian beliefs about the uniqueness of human beings and their relationship with God. Some Christian scholars and theologians are actively engaging with AI, aiming to develop ethical frameworks that align with Christian values. They argue that AI can be a tool for improving human lives, as long as it is guided by moral principles rooted in Christian teachings. However, debates continue within the Christian community about the boundaries between the divine and the artificial.

### **AI and Islam: Embracing Technology While Preserving Faith**

In Islam, the relationship between AI and faith is multifaceted. On one hand, many Muslims see AI as a means to preserve and propagate Islamic knowledge and culture. AI-powered translation and language processing tools are helping bridge linguistic and cultural gaps, making Islamic texts and teachings more accessible to a global audience.

On the other hand, there are concerns about the potential for AI to challenge traditional Islamic practices and beliefs. Some worry that AI could replace human religious leaders and scholars or lead to interpretations of Islamic law that deviate from traditional teachings. Balancing technological progress with the preservation of faith and tradition remains an ongoing challenge for the Muslim community.

### **The Broader Implications**

Beyond the specific impacts on Hinduism, Christianity, and Islam, the intersection of AI and religious faith raises broader questions about the role of technology in shaping our understanding of spirituality and the divine. As AI becomes increasingly integrated into our lives, individuals of all faiths are confronted with the need to adapt their beliefs and practices in response to these technological advancements.

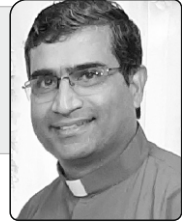
### **End Note**

The impact of artificial intelligence on religious faith is a dynamic and evolving phenomenon. While AI presents opportunities for enhancing spiritual experiences, disseminating teachings, and promoting ethical considerations, it also challenges long-held beliefs and traditions. As Hinduism, Christianity, Islam, and other faiths grapple with the implications of AI, they are faced with the task of striking a delicate balance between embracing technological progress and preserving the essence of their spiritual traditions. In this era of rapid technological advancement, the relationship between AI and religious faith remains a fascinating and ongoing exploration of the human spirit and its encounter with the digital age.

## WOMEN

## MOTHER MARY: HUMAN INTELLIGENCE MEETS AI (ANGELIC INTELLIGENCE)

*Fr. Edison Fernandes sdb*



Human intelligence, while a remarkable gift, often finds itself limited by the scope of available knowledge. This limitation stems from the vast difference between the divine and human realms, making it challenging for individuals to fully comprehend the vastness of existence, including the intricacies of life and God's will. Furthermore, human understanding is often filtered through personal beliefs, biases, emotions, and cultural backgrounds. These subjective factors can cloud our judgment and hinder a clear, objective understanding of complex matters, including the will of God. One poignant example of this limitation is found in the biblical narrative of the Annunciation, where the young Mary grappled with the divine message delivered by the angel Gabriel. In this pivotal moment, Mary's initial perplexity and questions serve as a powerful illustration of the human struggle to understand God's purpose. Yet, it is through the concept of angelic intelligence, which bridges the gap between heaven and earth, that Mary ultimately finds the strength and faith to say, "Let it be with me according to your word."

The Annunciation, a moment of divine revelation, unfolded as the angel Gabriel appeared before Mary with extraordinary tidings. In this sacred encounter, Mary's human intelligence grappled with the celestial message, causing her to be "much perplexed by his words" and prompting her to ponder the nature of the angel's greeting. Her response, "How can this be, since I am a virgin?" reflects not only her bewilderment but also the inherent limitations of human understanding when faced with divine revelation.

(AI) Angelic intelligence represents a form of celestial knowledge, transcending human comprehension. Angels, as divine messengers, possess a profound understanding of God's will and purpose. Their role is to bridge the gap between the divine and the earthly, delivering messages and guidance to humanity. Angelic intelligence enables them to grasp the intricacies of God's plan and communicate it in a way that humans can comprehend, though not always without initial confusion.

As Mary grappled with her initial perplexity and doubt, the angelic intelligence of Gabriel played a pivotal role in guiding her towards acceptance. Gabriel's reassurance and explanation of God's plan gradually illuminated Mary's understanding. It was through the gentle guidance of the angel and the reassurance of divine wisdom that Mary found the courage and faith to utter the profound words, "Let it be with me according to your word." In this moment, human limitations in comprehending God's will gave way to trust in the



wisdom of angelic intelligence.

Angelic intelligence holds a unique significance in the lives of Catholics, often outweighing the impact of human and artificial intelligence. While human and artificial intelligence has its merits, here is why angelic intelligence can be considered more vital:

1. **Spiritual Guidance:** Angelic intelligence offers spiritual guidance and support, helping Catholics navigate moral dilemmas, make virtuous choices, and deepen their faith.
2. **Divine Connection:** Angels serve as messengers of God, facilitating a direct connection between individuals and the divine, fostering a sense of closeness to God.
3. **Protection and Comfort:** Angels provide comfort and protection during life's challenges and trials, offering solace in times of distress.
4. **Discernment:** Angelic guidance aids in discerning God's will and purpose in one's life, helping Catholics make decisions in harmony with their faith.
5. **Emotional and Spiritual Well-being:** Angelic intelligence contributes to emotional and spiritual well-being, fostering inner peace, hope, and a sense of purpose.
6. **Mary's Inspiration:** Mother Mary's encounter with angelic intelligence at the Annunciation serves as a powerful inspiration. Her unwavering faith and humble acceptance of the angel Gabriel's message demonstrate the transformative impact of such encounters.

Mary's "yes" to God's plan, despite the unknown and the challenges it posed, teaches us to trust in angelic guidance and, ultimately, in God's wisdom. Her example reminds us that when we open our hearts to angelic intelligence and divine messages, we can find strength, purpose, and a deeper connection to our faith. In this way, (AI) angelic intelligence enriches our lives as Catholics in a way that human or artificial intelligence cannot replicate.

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*Cont. from page 05*

*Job market changes:* As the AI wave is likely to come in the next 5 to 10 years. It is not certain what the job market will look like, training children with adaptable skills to face the ever-evolving challenges AI is going to pose in the future.

Parents have to play a very important role in reducing the negative effects of AI on their children. Active involvement of the parent in setting limits on their digital activity and providing guidance.

AI can have both a positive and negative impact on the child's brain and upbringing. It is essential to strike a balance between technology use and offline experiences while actively supporting and guiding children's interaction with AI.

The wave is coming, be ready for it.

## MISSION

### MISSION AT UCHGAON BELGAUM



*Sr. Belinda sfm*

“The harvest is wide but the labours are few: so, ask the master of the harvest to send out labours' for his harvest.” Mt. 9: 37

Uchagoan in Belgaum District is a place where full of greenery surrounds and fertilized land with the cool and pleasant weather.

In the year 1998, Sisters of Holy Family of Nazareth started a community in the Diocese of Belgaum at the invitation of Bishop Bernard to the then superior general late Rev. Sr. Maria Pia. Bishop introduced the mission area of Adkur, Godoli, Nangard and Uchagoan. After going through the above places and observing them sisters chose to open a community at Uchagoan and started on 24<sup>th</sup> June 1998.

Srs. Rosanne as the animator, Anita Fernandes and Diana were the pioneering members of the community. The sisters zealously carried out their mission facing all the challenges staying in a rented house for four years. After four years the dream was fulfilled and sisters build a new convent. Bishop Bernard Moraes inaugurated the new convent on 4<sup>th</sup> May 2002.

Slowly this mission of Uchagoan Belgaum began to develop by the grace of God. Sisters continue rendering their service to the people of Uchagoan. In this village there are around 65 Catholic families in the midst of Hindus and Muslims. People are very simple, they mostly work in the fields cultivating paddy and vegetables. Some of our Catholic families sit in the market as vendors for their daily earnings.

Sisters are involved in different activities such as pastoral, family apostolate, social, youth and education.

**Pastoral work:** Besides the Kadawal Parish, the parish has five sub-centres in the remote outskirt's villages at Hussur, Kalkundri, Kini, Trivarwadi and Malatwadi. Every Sunday one sister accompany the Parish Fathers to go for masses in the village and to visit the people. Though the villages are far but the people are very loving and welcoming, they eagerly wait for the Sunday mass. In Some families only aged parents are living. They feel very happy when we visit them. They share their problems and worries.

**School Apostolate:** The Sisters through the pre-primary education help children to grow also in social and moral values. Each month's different co-curriculum activities help the children to grow in intellectual and other spheres especially stage fear.

This mission of Uchagoan Belgaum, is an opportunity to work with the people of God, to experience Him more closely.

## HEALTH

# HEALTH BENEFITS OF TULSI



*Sr. Raisa sfn*

TULSI, also known as basil, is a fairly common plant in every household. Tulsi plant is revered for its divine properties and valued for its medicinal properties. With immense benefits right from clear skin to dissolving kidney stones, Tulsi is a tonic for the entire body.

Here are top 10 benefits of Tulsi:

**1. Heals respiratory conditions:** Tulsi helps to strengthen the immune system, helps expel phlegm from the chest, relieves cough, cold and other respiratory problems.

**2. Beats cancer:** With strong anti-oxidant and anti-carcinogenic properties, Tulsi has been found to help stop the progression of breast cancer and oral cancer. This is because its compounds restrict the flow of blood to the tumour by attacking the blood vessels supplying it. Have the extract of Tulsi every day to keep these conditions at bay.

**3. Cures fever:** Tulsi has very potent germicidal, fungicidal, anti-bacterial and antibiotic properties that are great for resolving fevers. In case of a fever, boil a few leaves of Tulsi with powdered cardamom in half litre of water and let it reduce to half its total volume. Mix it with sugar and milk. Sip every two to three hours.

**4. Helps to quit smoking:** Tulsi is known to have very strong anti-stress compounds and is great to help one quit smoking. Another plus point is that the antioxidant property of the leaves will help fight all the damage that arises out of years of smoking.

**5. Keeps your skin and hair healthy and glowing:** The holy basil has powerful purifying properties. When eaten raw, it purifies the blood giving the skin a beautiful glow, and prevents the appearance of acne and blemishes. Eating Tulsi leaves, drinking the juice, or adding its paste to a face pack can help cure skin and hair conditions.

**6. Cures a headache:** Tulsi helps to relieve headaches caused due to sinusitis, allergies, cold or even migraines. If you are suffering from a headache, make a bowl of water that has been boiled with crushed Tulsi leaves. Cool the water till it is at room temperature or bearably hot. Place a small towel in it, wring out the excess water and place this on your forehead to treat headache.

**7. Beats diabetes:** Leaves of holy basil are packed with antioxidants and essential oils that produce eugenol, methyl eugenol and caryophyllene.

Collectively these substances help the pancreatic beta cells (cells that store and release insulin) function properly.

**8. Protects the heart:** Tulsi has a powerful antioxidant component called eugenol. This compound helps protect the heart by keeping one's blood pressure under control and lowering his/her cholesterol levels. Chewing a few leaves of Tulsi on an empty stomach everyday can both prevent and protect any heart ailments.

**9. Beats stress:** Tulsi helps to maintain the normal levels of the stress hormone-cortisol in the body. It helps sooth the nerves, regulates the blood circulation and beats free radicals that are produced during an episode of stress.

**10. Dissolves kidney stones:** The holy basil being a great diuretic and detoxifier is great for the kidneys. Tulsi helps reduce uric acid levels in the blood, helps cleanse the kidneys and its painkiller effect helps dull down the pain of kidney stones. To relieve kidney stones, one must have the juice of Tulsi leaves with honey, every day for six months to help wash out the stone from the kidney.

So, the next time you feel ill, try having a few leaves of Tulsi.

## VADD DIS SONVSTHECHO

*Sr. Aida Rodrigues sfn*

Zhaddam-peddham dongram- xetamnim  
bhorlolem

xitoll varean, zori -nhodimnim surgain'lem  
xetam - bhattam, hirvea chadran nhesoil'lem  
Sobit sundor mannkulem Goy amchem

Goycheach kirkoll ganvant Sancoale thaun  
Char madri ani ghoddnnarachea adaran  
Poilench pavl marlem sonvstechea ekvottan  
Fulot ani vaddot gelem amam bhorvanxean

88 vadd dis Sonvsthecho somorombtanv  
Vhoddie khuxen ani umedin bhortanv  
Amchie Sonvsthecho zolm dis monoitanv  
Ani boreponn ximpddait vetanv.

Khuxalkayechea umalleanim bhorun  
kallzam amchim dadoskayen murgott'tun  
Aichea disacho somorombh monoun  
Gaion kortanv Devache upkar attoun.

## POVITR KUTTUMBACHI SONSTHA

*Sr. Molly Fernandes sfn*

Yeuzonn ti Kallam-yugamchi, Bapachi  
Nettounk Arkdioseze Göychea madrimni  
24 Novembrachi 1893 disa, futli komri  
4 Abril 1919 disa, zali jinn bhorvanxeachi  
Anjuna-chea Padr Faustino D'Souza-chi

Vorixtt dongor jongol-zhaddam  
Sonvsari tim mon'xanchi chintnam  
Duler-ant Povitr Atmeachi sopnam  
Udelim bhorvanxeachi kirnam

Magnnem, donnvonn, pirachit,  
1932 vorsa dilim lisensachim kagddam  
1933 vorsa dhaddlim Mongllurak cheddvam  
Bethani motthant akarnie lisanvam  
Himvachie Igorjent sakar zalim sopnam

Jiv murgottlo otmo dhadoxi zalo  
Toyar zalo pongodd madrincho  
16Junache 1935 kelio angvonno  
Zolmoli Sankvalle  
Povitr Kuttumbachi Sonstha

## COMMUNICATION

## SPEAKING FROM THE HEART NOT FROM ALGORITHMS



*Fr. Anand Mascarenhas*

As students of Journalism, we were exposed to various media activities. One of them was watching the interviews of political and social leaders. In one such shows, the invitee was asked a simple question to begin with, “Were you present for the parliament session yesterday?” and the answer was, “Usually I am present.” I asked my friend why he couldn't just say, “Yes” if he did attend. Or say “No” if he hadn't? Why such equivocal answer like “usually I am present” was given? The advice I got was that it was prudent to answer like that during public interviews or else one wouldn't know where one will be caught and trolled for his words.

I wondered, where are we heading to in our attempt to escape from being caught or made responsible for our words? Is genuine and straightforward communication transmitted with a clean mind and heart not enough to satisfy anyone? Why we should be so careful about the choice of our words? Why should we be afraid of the consequences? Does good communication mean being not true to oneself? Does it mean only choosing good vocabularies, being very artificial and contrived? Is speaking from the heart a dead concept? What does speaking from the heart mean?

In his message on the occasion of the 57th world communication day, Pope Francis said, “It is the heart that spurred us to go, to see and to listen, and it is the heart that moves us towards an open and welcoming way of communication. We should not be afraid of proclaiming the truth, even if it is at times uncomfortable, but must do so with charity and with good heart. Jesus warns us that every tree is known by its fruit (cf. Lk 6:44): “The good man out of the good treasure of his heart produces good, and the evil man out of his evil treasure produces evil; for out of the abundance of the heart his mouth speaks” (v. 45). This is why, in order to communicate truth with charity, it is necessary to purify one's heart.”

We increasingly live in a world where information is exchanged fast. We connect more easily. Yet even with all the means of communication we have today, communicating is not getting easier. Avoiding difficult conversations takes you to even more difficult conversations. Even when you are not communicating, you are communicating. It is a fact that sincerity enhances communication. Common words and straightforward language are the hallmarks of sincerity. When you are sincere, you can be



straightforward. When you are straightforward you communicate effectively. However, to know 'how you communicate' is as important as 'what you communicate.' Because, people will notice how you communicate (your body language, words used, the tone of your voice etc) rather than what you communicate. Therefore, 'how you say what you say' is very important if your sincere and straightforward communication has to be received in the right spirit by the listener. Otherwise, we will end up saying, "No one likes me and no one likes to listen to me because I am sincere and straightforward..."

Below are five important keys to communication that may help us in our interpersonal relationship.

1. **Choose your words prudently:** Whether writing or speaking, communicating involves taking a bit of time to think about what you're going to say. Will the listener understand what you're saying? Or will it be misinterpreted? Take responsibility for how you will be understood and do the best you can to communicate in a way that improves the odds for clear understanding.
2. **Lend a careful ear to what others say:** Pay attention to the person with whom you're conversing. If you find yourself formulating a response or an answer rather than listening to the person who's speaking, then you're likely to miss the real opportunities of the conversation.
3. **Watch your tone, inflection and body language:** When you speak, make sure that the tone of your voice is not "saying" something different from the "words" that are coming from your mouth. For instance, if you're paying a compliment, but you're frowning or not meeting eyes with your audience, your message may be taken differently from your intent.
4. **Write less, say more:** Most of us communicate these days using email, WhatsApp and the like. While these methods are a valid means, particularly because they serve as a keeper of records, they sometimes lose some of their effectiveness because you can't see the body language or hear the tone of voice. Inferences can be made that you don't intend.
5. **Know when to stop:** Especially with electronic communication, less is better. But the same is also true for verbal communication. The more succinct and to the point your communication is the more effective it's likely to be.

To conclude, speaking from the heart is when we speak the truth in an authentic way without clichés or empty promises. Purely sharing what's in your heart and touching another heart. Speaking from the heart means exposing yourself. You may feel vulnerable and open. But it's when you share what's deep within and make a connection in a genuinely authentic way of speaking that you have an impact on others.

## Vocation stories

### MANIFESTATION OF GOD'S PLAN

*Sr Sharmila sfn*



When I pondered on my life's journey, I had a flashback of my childhood days, and the life in the boarding with my elder sister Sofia at Sulcorna. Those days were remarkable, as I was circled by young nuns and my colleagues. We started our day with the Eucharist, school followed by tuition, games, rosary etc. Nuns used to take care of us and would guide us each and every moment. I was inspired through their life style and dreamed, to be like them.

I am very grateful to God. He has blessed me to experience Him more closely. There are three incidences that took place in my life which manifested God's love and has plans for me.

1. At the age of 6 or 7, when I was going to my aunt's place, I got lost on the road. There, I met an unknown person, who reached me to my aunt's place.
2. As I was not that smart or intelligent, I felt backward to continue my studies but my sister stood as a backbone to me, who encouraged and supported me to continue my studies.
3. At one point of my life I felt to "QUIT MY LIFE" but God never left me alone, through my family He supported and guided my every thought and action.

One day as I was traveling, fortunately, I met one nun in the bus. Something echoed within me to ask her what are the steps to become a Nun. I was fully nervous and as I did not know that sister before but she spoke with me gently and in brief gave me some details. I was so happy. I felt that as if, I FOUND A PEARL IN THE FIELD.



On 10th June 2010, I entered the 'SfN world'. There I allowed myself to be moulded, as a beautiful person. During my formation stages, through my mistresses, companions, different sessions and talks, I was able to know my strengths and weaknesses. My roots went deep inside, to know my loving God more and more.

On 28th Dec 2020, I committed myself to Jesus through my Perpetual Profession of Religious Vows. There is no doubt that in my life many trials and tribulations arise, as I come across new places, meet new faces in the community and come in contact with different people, but God works miracles in my life and like a soldier guide and protects me with His shield and armour at every step of my life.

"Give thanks to the Lord for his unfailing love and his wonderful deeds for mankind, for He satisfies the thirsty and fills the hungry with good things."  
- Psalms 107:8-9

# GOD'S CALL



***Sr. Precilla D Souza***

God's call is not a call of certainty, it's a process. God does not call a person in one particular time frame; His call is ongoing process of formation. This is my experience of God's call.

I am Sr. Precilla D'Souza. I made my first profession of religious vows on 3rd may 2023. I hail from a very pious and prayerful family. We are 2 siblings. I am the elder and my brother is the younger to me. My parents brought me up with love and Gospel values. My grandmother always encouraged me to say the daily family Rosary. I was loved by my parents and I was very much close to them. All my childhood I had spent in the boarding from 4th std to 10th std. During my stay in the boarding, I had lot of opportunities to see the life of religious sisters, but I had no desire of becoming one of them.

As I grew up and reached 9th std, one day when sister was taking our catechism class, she asked us what you would want to become in the future. I answered I would like to become a nurse. Sister said, you can become a sister and do nursing. Another sister said that "I have vocation". She also said that sisters were concerned about me and that I had the qualities of a nun. I was just thinking over it again and again.

I always used to like to keep my hands and head near the Tabernacle and pray. And whatever I used to pray I would receive. So, by the inspiration of God, I decided to be a nun that too after spending time in prayer and making a choice. But my father did not agree with my decision. But somehow God made him understand, to understand His will for me. First when I left my family and was going to another place it was difficult to adjust there but it was God who kept me firm. During my formation years I was little shaken up but it was my mistress and companion who understood me and gave me good guidance to go forward this was my call from God. The journey does not end here, I have just started to know the one whom I follow more and more.

I would like to say that God's call is a tough one, but the fun fact is that God gives you His grace to face the challenges of life.

Friends don't worry about your life. God's call is not your initiative, it is God who takes first step. So be bold and take steps to answer the call and don't worry, if you are the only one, God takes care of everyone. Well friends just come and see what Jesus offers you, you will be at peace and happy all through your life.

## HOFCOM REPORTS

### Death

Sr Mary Goretti sfm, from Cavelossim, Salcete-Goa, and a member of Holy Family Sisters(SFN), Congregation, returned to the lord peacefully at a ripe age on 29<sup>th</sup> June 2023, at Eleanora Linse Bhavan, Sancoale. She gave her services to the Church as an SFN member through pastoral work, family apostolate, boarding mistress, etc, with much love and dedication.

### NEP

Perpetual Succour Convent High School, organised an Orientation Day on the New Education Policy (NEP) for their teachers and extended its invitation to the Holy Family Educational Society Schools at Perpetual Succour Convent High School, Navelim. Ms. Sabina Roy, imparted her expertise as the resource person and influenced the teaching faculty.

### Apostolic Letter

On 4th October 2023, the Feast of St Francis of Assisi, Pope Francis published his Apostolic Exhortation 'Laudate Deum', "Praise God" - the title of this letter. The Holy Father writes: "With the passage of time, I have realized that our responses have not been adequate, while the world in which we live is collapsing and may be nearing the breaking point. In addition to this possibility, it is indubitable that the impact of climate change will increasingly prejudice the lives and families of many persons" and ends saying: For when human beings claim to take God's place, they become their own worst enemies."

### National Accolades

15th October 2023 become a historical day for G. F. A and the State of Goa, as the Junior girls football team brought laurels to the State of Goa at the second Tier Junior National Championship held at Jaipur Rajasthan defeating Andhra Pradesh. Ms. Prissy Periera a midfielder and Amanda Dias as left winger members of the Goa squad, played very important roles in the first eleven belonging to Perpetual Succour Convent H/S Navelim and the head coach Jonathan Aaron Faleiro, the Physical Education teacher of the Institution.

Student Ms. Siya Dias witnessed the Chandrayaan 3 Live Scientific Experiment, at ISRO control centre Bengaluru on 25 August 2023 having excelled at the YUVIKA Programme organized by ISRO at Vikram Sarabhai Space Centre, Trivandrum, Kerala.

### Appointments

Sr. Loretta sfm, is appointed as Secretary for youth, children and vocation Commission for the Mission of Daman by Rev. Fr. Anselmo D Souza, the Mission Superior of Mission of Daman.

Sr. Myra Mendes sfm, is appointed on the Liturgy Committee of St. Francis Xavier Exposition to be held from 21<sup>st</sup> November 2024 to 5<sup>th</sup> January 2025.

Srs. Margaret sfm and Monica sfm, are elected on the Governing Council of Archdiocesan Board for North and Central zone.

Sr. Jeya sfm, is appointed on the Prevention of Social Harassment Act (POSH) Committee by Zuari Indian Oil Tanking, Sancoale.

Sr. Jeryssa sfm, is appointed on the Internal Complaints Committee by Pradeep Phosphates Limited, Zuarinagar, Sancoale.

Sr Flory sfm, is appointed on the Family and Laity Commission in the Diocese of Ajmer.





**Remembering the SFN Deceased members**



**HOFCOM TEAM**



**HOFCOM**

wishes it's reader's  
a Blessed Christmas  
and a Prosperous  
New Year 2024



**Creative Creation of St Michael's Convent High School, Anjuna**



To know more about us drop a line to:

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