

The Search

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YCS/YSM National Newsletter

Book 41

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**COME OUT
OF
YOUR
COMFORT
ZONE**



Inside this issue

Articles on facing fear, Reports and
testimonies of students

President's Message



EVERYONE has one or the other fear in life, at times this fear brings the best out of us and many times we fail to overcome it and make a choice to remain in our own nut shell. There is nothing wrong in being in situation where we are comfortable. But we have got this beautiful gift of life to try new things, adventures and gain experiences, so that when we grow old, we have numerous memories to cherish.

If I have to talk about my fears, I was always scared to do something new because the fear of being judged, getting rejected etc. never left my back. Several times, I resisted myself from doing something because other people's opinions dominated than my desire to accomplish. But once I joined YCS/YSM and implemented the methodology, I realized how important it is to believe in myself and not bother about the comments or negativity around. Only then I started coming out of my nut shell. Today I can proudly say that I'm a completely new person when it comes to trying new things. I'm indeed grateful for this life lesson and a life time opportunity where I can not only live for myself but can also serve and motivate the young population of the country to come forward and follow the desires of their heart.

At these present times I'm sure we all are comfortable sitting at our homes listening to the online classes and being ourselves without communicating or having a conversation. This will surely have negative impact once the situation eases because society is not made of one person alone but different people with numerous insights. When we live with them, spend time communicating and learning things from one another, only then our life has a meaning. Presently there are very little opportunities to meet other people and communicate but whenever we get it, we shouldn't refuse. Let's try and acquire new skills and develop them with constant focus, determination and goal.

It's not an easy task to get out of our comfort zone and start something new. That's where our methodology plays an important role; where awareness about 'why I need to overcome the fear' (i.e., getting out of comfort zone) is taught and experienced. Reflecting on what happened is important and only then we can take proper action. This will help in a way to overcome our fears or comfort zones. So being in YCS/YSM will surely help you to come out of your comforts and be the new version of yourself.

In the present competitive world, we all need to be active and think out of the box or else it's hard to achieve success. So, if you don't try to go out of your comfort zone, then your learning won't be dynamic but will remain stagnant. I would like to conclude with a quote "Don't leave your comfort zone, Expand it".

Let YCS/YSM light shine
-Deril D'Sa, National Convenor



COMFORT ZONES TAME YOUR FEARS

Greetings to all the young leaders out there!!!

Comfort zones!! A place where we feel comfortable and at ease. We can also define comfort zones as our little bubble in which we stay. We all want to stay in this little bubble of ours where nothing is tough and nothing is problematic for us. But we all know the harsh truth is that; we cant live in this comfort zone all our life, we need to break it, take risk to grow in life.

Let me share a famous quote by Roy T. Bennett *"You never change your life until you step out of your comfort zone; change begins at the end of your comfort zone."* If we decide to change our life we definitely have to step out of our comfort zones, and to do that we must face our fears. Talking about fear, I would like to share some of my fears. The thing which I am most scared about is speaking before a group of people, even if it is a group of 10 people I'll still get scared. I was never ready to give a talk on the spot. And because of this I never participated in any of the debate competitions in my life! Funny isn't it!

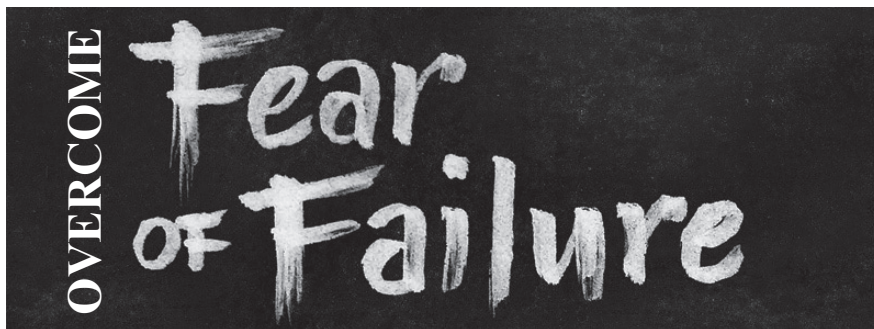
But as I began my journey as an YCS/YSMer, I changed myself and started to mingle with new people from other places. And as I became a part of the national team, I accepted a challenge and had my first impromptu talk in my diocese. I was so scared and so nervous, but didn't show any of those things. Then slowly this movement made me overcome all my fears. I still am afraid to face a large group of people for speech or anything. But now I am able to accept my fears and stand there with a bright smile of confidence.

Today, students like us have a lot of fears. The major gear is the fear of failure or losing. We are not taught how to face our failures. We are taught to succeed and win all the time. But in life we do fail many times and that failure teaches us to succeed in life. Lets learn to face and accept our failures courageously and cherish our success.

With this current situation in which we are living we can't afford to live in our little bubble anymore. We as the young people of our generation are expected to think out of the box. In this issue, you will get to know how young people get out of their comfort zones or how they face their fears. At last I would like to share a quote by Shannon L. Alder *"Life always begins with one step outside of your comfort zone."*

Let YCS/YSM light shine

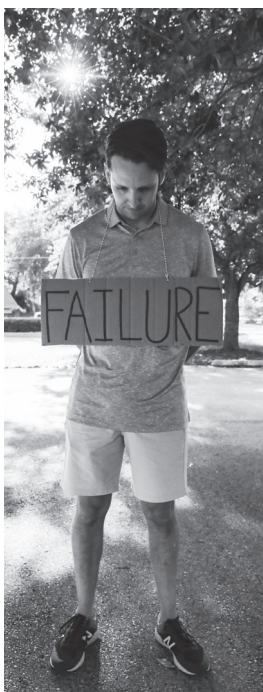
- **Ashita Jimmy**, Editor - The Search



Dear YCS/YSMers

All of us have some fears in life. No matter how big we are, we all have them. I have seen young and old having fears of nearly everything such as lizards, cockroaches, heights, darkness, death of loved ones, being alone, deep water and all reptiles, even when some of these creatures are harmless.

In this issue of *The Search* we have chosen the theme 'Comfort zones-How to face our fears'. I have mentioned a few common fears above. These fears could be overcome. There are therapies and counseling available to tame these fears. The famous TV shows like 'man vs wild', 'khatron ke khiladi' help us understand how these fears can be overcome. I would like to focus on another major fear that the young people have today. Most of the times it is not seen, there are no screams, shouts or loud cries...but a slow suffering. This fear is the fear of failure.



Fear of failure makes students not appreciate their small accomplishments. They are not satisfied with small achievements in life. When I set a high standard and want to become perfect, I live in fear of not accomplishing it.

Dear students, we need to check these fears which are real. If not taken care, these fears can cause major issues in your life, like worry, panic, and anxiety if you let them. It'll cause you to worry, avoid taking risks, and lead you to do absolutely nothing at times. It destroys your self-confidence and self-worth. It can even lead you to stop believing in yourself and prevent you from enjoying your life.

How to overcome your fear of failing?

In order to overcome this you need to recognize and admit to your fear, which is difficult. It's embarrassing and we don't want to get made fun of, but here's the thing...everyone has fears. Our pride and egos get in the way, which makes it difficult or nearly impossible to be self-aware. We need to step back, push our pride and ego to the side and admit that I was afraid. Once I admit to myself that I was afraid of failing, I then could start working on overcoming it.

Read books about overcoming obstacles, challenges, and fears. This will help build your confidence back up, encourage yourself to take risks, and try new things. You need to realise that you need others to help and confide at times. You need their feedback, ideas, and suggestions about many things that you do. Sometimes the best thing you can do is admit you are struggling and ask for help. It's okay to lean on someone else from time to time.



When you are afraid of failing you could lean on God. You need to trust in Him and His plan, be obedient. Simply praying for guidance and strength can do magic. Start doing small things outside your comfort zone. If you are not comfortable going out with friends, playing games with them, singing when others are around, get out of your comfort zone and start doing these things. Life is meaningful when shared with others or else it will become monotonous. These activities can help boost your self-confidence.

Remember to read about great people like, Walt Disney, Henry Ford, Alexander Graham Bell, Albert Einstein, Thomas Edison. They teach us that failing is not that big of a deal. It's all about perspective. When you feel fear it's actually a good thing because it means you are growing and stretching. It means you are improving. Things might not go how you planned, but at least you can say you tried. Even if you fail, you will have learned something along the way. I finally understand that the real loss is not going for it. The real failure would be to look back on life and say, "What would have happened if I had tried?"

My friend had a fear of disappointing his parents expectations. He was always worried about failures which could make his parents feel sad!. Fear of low marks or may be failure before exams is another major fear our young students are facing. Can we overcome these fears. I think there are many ways to overcome these fears. One of the person who has shared the technique of overcoming failure is an Olympic athlete Guy Drut.

This is true story of a French Olympic player Guy Drut. In summer of 1976, he was the only hope of France for win in Olympic track-and-field medal. Naturally, he was afraid. He had the burden of carrying nation's pride on his shoulders. One of his friends Jean Claude Killy advised him how to overcome the fear of failure.

Killy's advice was very simple. Killy advised Drut to repeat a few words in his mind over and over again. Killy told Drut that he was the only one who can use his body and mind for peak performance. He should keep on saying to himself:

"I have done everything to get ready for this race and if I win, everything will be great. But even if I don't win, my friends will still be my friends, my enemies will still be my enemies and the world will still be the same"

Drut says that he took Killy's advice to his heart. He repeated this sentence in all his practice exercises, during breaks and in between the semi-finals and finals. He kept saying the sentences to himself over and over and it blocked out everything else. Drut says: I kept on repeating it to such an extent that I was still repeating it when I went up to receive the gold medal!

Dear YCS/YSMers, everyone teaches us to be successful in life. It is good to achieve success. At the same time we also need to learn to accept our failures. Life is full of ups and downs. Soemtimes we succeed, we fail at times. Lets not get disaapointed next time when we fail, rather follow Killy's advice and make our failures stepping stone for success.

- Fr. Chetan Machado
National Chaplain



'MOVE OUT OF YOUR COMFORT ZONE'

Everything you've ever wanted is one step outside your Comfort zone.

Moving out of our comfort zone isn't easy. Once we start trying to move out of our comfort zone it means we are entering into a new territory. In this new territory we get to meet new people with different mentality. Some teach us lessons for life; which may be good or bad. When we move out of the comfort zone we fail, people will judge us for our performance. We get frightened and stop doing things which we want to do because we think again we may fail. When we are trying something new in our life, the failure rate will be more than the success rate. When we achieve something big in life, the people who judged us will start praising for our efforts at the work.

When I joined YCS/YSM, I started coming out of my comfort zone. I started attending cell meetings which made me comfortable while sharing my thoughts with others. When we have group activities, we get to meet more people and when we start interacting with them we completely feel like we are out of the bubble. When we stay with them, spend time together we get to learn new things from everyone living around us. During these days all of us are busy with our online classes and we won't be able to meet our friends due to covid. Whenever we get time, at least leave a text message or call them. It's not easy to come out of our comfort zone and start something new in life. Today if I want to try new things I won't be afraid to try something new

because I am completely out of my bubble. Life is a one time gift, grab all the opportunities that come on your way and experience it. So being in YCS/YSM or any other youth movement you will be able to come out of your comfort zone and experience the change in you. If you don't try to come out of your comfort zone, you will be the 'same you' and your ideas will never be creative; you can't do anything in your life. In this present generation you need to come out of your bubble and be an inspiration to youth so that others will learn from you and follow you. I would like to conclude with a quote ***'A comfort zone is a beautiful place, but nothing grows there.'***

Long live YCS/YSM
- Joseph Pranay Reddy
[Nexco, Telugu Region]



TOKYO 2020



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5 inspiring stories of Indian athletes in Tokyo Olympics 2021

Archer Pravin Jadhav started with Bamboo Sticks. The 2019 World Championships Men's Team Recurve silver Medallist started as an 800m sprinter when he was young. However, Jadhav suffered from gross malnourishment and switched to archery. He had even fainted on several occasions during his training days in the National Youth Championships. Jadhav was born in a family of daily wage labourers and lived with his joint family in a shack near a drain in Maharashtra's Satara district. His school teacher helped him out with his training and kit expenses. He initially had started with bamboo scrapes to use them as bow and arrows.

Neha Goyal escaped a violent home for Hockey. She escaped a toxic home to become an attacker who can swiftly move past defences for the Indian Women's Hockey team. Goyal lived in a shanty near a drain as well in Sonapat, Haryana. While her mother worked as a daily wage labourer in a Cycle factory, her father did not have a job and would often return home, drunk and cause violence in the small hut. Goyal's mother sent her to play Hockey thinking that the Hockey field is safer than their home.

Priyanka Goswami jumped into racewalking to get bags. She started out with gymnastics in school in Meerut. However, what interested her was that the sprinters used to get bags and medals as awards in school, and she wanted those bags. Goswami subsequently switched to long races. She represent India in the Tokyo Olympics in the 20km race walk. Goswami also comes from a financially humble background. Her father, who is a bus conductor is suspended from his job due to the pandemic while her younger brother works in a private company.

Bhavani Devi's mother had to pawn jewellery for fencing. She was the fifth child of her parents and lived in Chennai. She was always into sports and wanted to pursue a career in the same but was never sure what sport to pursue. Fencing came accidentally, as her school had no openings for other sports. She started practising with Bamboo sticks as the Fencing swords were expensive. Her parents went out of their financial capability to support her with all the training equipment needed. Her mother was even forced to pawn her jewellery to keep funding her fencing career. She is the first-ever Indian fencer to have qualified for the Olympic games with her Tokyo Olympics 2020 qualification.

Manish Kaushik rose from a farmer to an Army Boxer Manish Kaushik picked up boxing to get away from the mundane rural life in Haryana. He used to help his family in farming and growing wheat and paddy. The success of Vijender Singh, Jitender Singh and Dinesh Kumar made the sport a hot property in Haryana and he quickly switched into it. However, his Boxing career was marred by the Indian Boxing Federation derecognised by the World Body, leaving the Indian Boxers in limbo. Kaushik continued to train despite uncertainty and rose to a silver medal finish in the 2018 Commonwealth games. He also won a Bronze in the 2019 World Championships.

These olympians who represented India in Tokyo recently, come from a very humble beginning/background. They worked hard to get there and made India proud. The Search congratulates these sportspersons. Their stories should inspire all the YCS/YSMers. Come out of your comfort zone and excell....Sky is the Limit!



COVID-19 has affected everyone's life. Although, different people have had varying experiences but I guess no one has experienced such a global pandemic before. Lockdown due to covid has made people adapt themselves to a different lifestyle. Earlier people used to attend their 9-5 jobs but now people have been working from home. We the students, who enjoyed going to school, spending time with our friends, are now attending classes through various online platforms. This crisis has not only locked people up in their respective homes but has also denied many from having regular meals. Many people lost jobs and were not able to meet their family expenses. Many people lost their family members and were not able to see them for the last time too.

Covid has been a depressing phase in almost everyone's life. My experience during the lockdown was not very extraordinary but this phase has taught me some new things. Firstly, being connected with the phone for almost the entire day. Seeing the phone's

screen and attending classes was not an easy task for me

for the first few days but with time, I have adapted myself to this. Often this caused itching in the eyes and even back pain. But this is the only way that has kept us in contact with our studies. The year 2020-21 was a very crucial one for me because I was going to appear for the board exams for class 10th. I really studied very

hard to get good results, but when I got the news regarding the cancellation of boards, I was genuinely very disheartened. But this initiative by the government was necessary for the safety of students appearing for the boards. After the cancellation of boards I got time to discover myself. I began writing journals. I also started baking cakes. During the evening, I used to play badminton with my mother. I also adapted the habit of reading novels. Since then, I have completed reading eight novels. Although the cancellation of boats had depressed me but slowly I was healing as I began spending a lot of time with my family. During this period I have got to know a lot more about my family members. Earlier we never got the opportunity to sit together and have conversations as everyone was busy with their own work. But this lockdown gave us the opportunity to reunite.

Although this lockdown has been a difficult phase for almost everyone, corona virus has taken lives of many but this



pandemic has taught a very important life lesson to me and it is that the future is very unpredictable and living in the present is what one should prefer. Living in the present happily, enjoying each day and trying to make others happy is what one should try to do. During this time, one should be at their own home and be safe with their respective families. Only in case of extreme emergency, one should step out of their homes. Wearing masks, using

sanitizers, maintaining social distancing and taking vaccines during their turns are the good habits that one should adapt in order to unitedly defeat corona virus and get back to our normal lives. Lastly, we should keep in mind that this difficult time shall also pass.

- Aparna Thakuria

Diocesan Secretary, YCS/YSM Guwahati



Fear - Comfort Zone

‘Bubble world’ is what we call our ‘comfort zone’. Comfort zone is just a simple term with great rewards. Either you relish or reject, it comes with deep meaning in our life.

There is an old saying; ‘that will also pass away’ so if you are expecting a bright future, watch your life, accept what is good and reject what is not good and that is our comfort zone.

Comfort zone is what you decide now and your future. Sometimes I think people talk a lot about moving towards a great future with less efforts, but to their surprise everything turns to be mere words that is to say ‘talk’s only lived as talk’.

‘comfort zone is a unreal world with pomp and show
promotion without study, spend without earning’

At present all of us think of a sophisticated life, if a child is provided with everything at their parents cost, to him/her looks everything colorful so comfort of childhood, teenage can turn to be a failure when he/she accidentally contacts difficulties and mistrust in life, and that will lead into breakup in families.

Comfort zone does not bring success in life. The present generation is provided 99.99% of comfort, with a wrong perception of facility, but those same kids cannot make any adjustments when the life is ‘not okay’. If you are the one in that zone, I hope you will quit from there and move towards a future created by God for you and your family.

-Ashley Mathias, Madhya Pradesh





A rival of PROGRESS

WARM GREETINGS to everyone out there taking time to read this piece of article. Hope you all are keeping safe and staying in the comfort of your homes. We are completely exhausted waiting for the pandemic to end when there happens to be a least sign of it. Yet, we have not given up. We continue to pray, hope and should be grateful that even in this hard time, lord our savior has been with us throughout this horrific journey amidst the pandemic. All of us definitely deserve a self-appreciation for the warriors that we all have been. A warrior fighting for physical strength and even mental health.

At some point or the other in our life's voyage, we have surely gone through the fear phase and it never leaves our back, instead keeps haunting us wherever we are uncertain or are taking a step outside our comfort zones. We try to grab opportunities that come our way, and ironically the

fear too grabs every possibility that it can have to be a hurdle and stop our move. When I hear the word 'fear', often there are two things that flash in my mind and I would like to share that. Let me try to throw some light on both.



Lizan Meryl Pereira
Miyar, Udupi diocese

Firstly, a positive fear. A small amount of fear is definitely good. It makes us wise and cautious. I could christen this fear as 'A fear of Respect'. We get scared to talk to certain people, who are well established, knowledgeable and have a certain dignity. Thoughts like - "*will I make a fool out of myself*", "*what if I am wrong*", and other "*IF*" questions torment us. But it's rightly said, better an "*Oops*" than a "*What IF*". Yes, these questions make us more prepared for what lies ahead of us but at some point, we need to come out of the fear and be ready to take the next step. We respect God, we respect our elders, we respect our priests, nuns etc. and that's the reason we have fear; but this shouldn't stop us from expressing ourselves. So, to summarize, in my point of view, this fear is a good fear.

Coming to the **second type, a negative fear which is a rival of progress.** Coming out of



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our comfort zones is never easy because this fear dominates more than our willpower. Over thinking is one major blunder which

Experience is a best teacher because it gives exams first and lessons next, to add, the worst experience gives us the best lessons.

we the youth and the teenagers do. Unnecessary thoughts cross through our minds and genuinely no one can help us but our own selves. We probably should try motivating ourselves and get inspired by great personalities, starting from our own parents, siblings, friends, teachers, and of course great leaders. The present generation is said to have got a lot of "TENSION", while in older times people were not even aware what it meant. Spending some time with nature and pets, expressing ourselves wholly should work for this. Life isn't all easy, we all know that. Not everything works our way. There is injustice, unfair practises, wrong doings, punishments even if it's not our fault but with spirituality and belief all things are possible and Fr Stan Swamy is the best example. The sacrifices, the determination and efforts he had to educate the tribals to get their

rights by being one of them is definitely an inspiration.

Unquestionably, times are uncertain, things could happen anytime, anywhere, anyhow but when we are in this world, we got to live to the fullest, helping us and others. I watched this movie "*Sher shah*", the other day that portrayed Captain Vikram Batra, who was martyred in the Kargil War 1999. Such movies teach us to respect others when they are with us. No matter how many lemons life throws at us, we have to make lemonade out of it. Every experience is different and teaches us a new lesson. Experience is a best teacher because it gives exams first and lessons next, to add, the worst experience gives us the best lessons. Only when we face fear, a hardship, we know that we too have a potential and capacity to overcome. When God gives challenges, difficulties he has also made sure to give an equal and perhaps more amount of strength to face it. If we are on the right path, live with honesty and not with expectations, our rewards are truly cherishable.

To conclude and to be genuine, I was never a writer. I was always scared of what people will think of my grammar and sentences. I fought that fear and realized practice can make one close to perfect. I'm still not a writer but I don't hesitate to put my thoughts into words. When you have right people in your life and when it meets your hard work, true wonders can happen without a doubt. I'm sincerely grateful to "**The SEARCH**", for bringing out this hidden talent of mine and for choosing this wonderful theme.

Never wait for tomorrow if your heart is in it already!

Stay safe and healthy. ♦



FEAR what determines your COMFORT ZONES



FEAR! Who does not feel fear, get scared? Fear is among the many emotions that human beings are capable of feeling and is a part of us as much as breathing and sleeping. Of course, fear is not pleasant like sleeping, but life is not fun if everything is smooth sailing. Although fear is not bad in itself, living trapped inside the cage of fear is extremely dangerous. Fear makes us alert of possible dangers and helps us deal with it and protect ourselves, and it is completely fine as long as it does not obstruct our development. Fear is a natural instinct; we cannot prevent it, but what we can do is challenge it. We, as human beings have the tendency to want to lead our lives in comfort and in an unproblematic way, and therefore prefer to remain in our own comfort zones. But how do we determine our comfort zones? The boundaries we believe to be our safe heaven may not be our limit. Facing our fears and having control over them might give us our new comfort zones.

Most of the times, fear keeps us from doing what we want and love, doing what we are supposed to be. The fear of failing, fear of making a mistake, fear of people judging is so overwhelming that it can overpower our passion and desires. Physically and biologically fear has both positive and negative effects; however if we can have the handle of how fear affects our mindset and the actions that follow, we will be unstoppable. First step in defeating fear is to accept that we are scared. Amidst all our busy schedules, we rarely get time to dedicate to ourselves. But a little understanding of our own self, or strengths and weaknesses will help us to change and improve as necessary.



Because of the Covid situation these past two years, we have seen and experienced events we had never even imagined; it tested our potential and capabilities. We had to adapt to a completely new lifestyle, stuck between the four walls of our rooms and an electronic gadget, our close ones, relatives, falling sick and even losing their lives. And even though we were terrified, even though it was hard on us, somewhere somehow, we all have grown, thrived, and have come out stronger than ever.

-Manyata Goswami,
-DEXCO Archdiocese of Guwahati.

THE MARTYR



July 5th 2021, the time was around 2:30 PM in the noon when the two-judge bench of Bombay High Court was interrupted by an advocate who informed the court that the man whose bail plea was about to be heard had died. India's oldest political prisoner was no more! Within no time the twitter was divided over incident, condolence messages started pouring in; prime time shows and discussion in most of the living rooms in India were filled with the same news – death of an 84-year-old Jesuit priest.

Let's not go into politics, nor be the jury to judge the legality and loopholes. Let's just look at this old man with parkinson's disease, a man who is unable to hold a cup of water steadily, why does he matter at all? As described by a fellow cellmate, Fr Stan Swamy; a simple soft-spoken man was the beacon of hope for tens and thousands oppressed tribal men and women. He was the voice for the silenced souls in the tribal villages of Jharkhand. His service in the tribal land and his dedication towards seeking justice for the sidelined and suppressed population was so accentuate that the Bombay High Court remarked the tribal rights activist as a "wonderful person" and the court has "great respect" for his work while posthumously hearing the appeals filed by late Jesuit priest Stan Swamy. He dedicated his life to serve people and what was his motivation? "Stan's simplicity and inspiration to be lost at service was also greatly influenced by the life of Jesus. Jesus, for Stan, was the Galilean who proclaimed the reign of God as not something of the future, but something in the present, in the community of the most oppressed and despised and by the simplest acts of unconditional love", the cellmate who stayed with father in prison recalls the motivation behind Fr Stan Swamy. His inspiration was Jesus Christ!

"Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven" – Mathew 5:10.



In a time where people shy away themselves from the Christian ethos, Father Stan Swamy was truly a wonder who utilized his youthfulness, devoted his time and energy, with unconditional love and without expectations spent his whole life for the oppressed people in whom he found Christ. He is truly a martyr who even in his martyrdom upheld his struggle for the sake of tribal rights. His life was committed for righteousness' sake and in Christ he found his shelter. Today, when times are tough and when we are forced look away from the injustice that is happening let Father Stan Swamy be a role model for us to be a good Christian by standing with the most oppressed and despised through the simplest acts of unconditional love. Just like Father Stan, let us find Christ in the pain of others, just like him let us earn Christ in the service of others.

- **Akash N Shaji**, St. Aloysius College



Greetings to my fellow YCS/YSMers

I came to know YCS/YSM through my friend in the year 2020 where I attended my first regional council and

I also got the opportunity to be a member of the Regional Executive Committee (REXCO) where I was elected as the Secretary. Initially I did face the challenges of communicating and speaking in English as I am not so fluent and had a little difficulty in understanding English. But as I continued to have meetings and interactions, I felt more comfortable and I was able to learn and interact with other members which helped me to improve my communication skills and also increased my confidence level. The different seminars conducted have motivated me to become more creative. I remember composing the song "Silence" where I realized I could be myself. YCS/YSM is really a platform for us students to grow and learn and be ourselves. I am filled with joy and gratitude to be a part of this movement.

Long live YCS/YSM
Augustine Phawa



Greetings to all!

I am Arpit Katara, National executive committee member of YCS\YSM India. I want to share my YCS journey from the beginning with all of you, how I have grown so far through this movement and what social image I got from YCS\YSM India.

I was studying In Class 10, when there was YCS Orientation program in my diocese. Prior to that, I attended many seminars and

YCS programs but had no knowledge about the movement.

In the orientation program, I was elected as Secretary of DEXCO team.

Soon after that there was a training program in Bhopal for DEXCO team and election of YCS Regional team of Madhya Pradesh.

In that training program, I got more knowledge about YCS YSM India movement. And on the last day with no hope I don't know how I got elected as the Boy representative, that's NEXCO with 1 vote. I had no idea about this post but later when I attended National Council in Goa, I got vast knowledge of YCS and my interest was maximized in YCS.

Now it's been almost 4 years in YCS I've learnt many things and have become more of a responsible person, while developing personally with a good attitude and most importantly received social acclaim as the national executive committee member of YCS/YSM India.

Now and always I am ready to give my service to the movement. I highly encourage all the youth to attend and participate in such programs at various levels, and you never know what amazing opportunity might be waiting for you.

Thank you
Arpit Katara



Greetings of Joy!!

My name is Abhishek Bhattacharjee from Archdiocese of Guwahati, North East Region, currently serving as Program Coordinator at YCS/YSM Archdiocese of Guwahati, YSM Student Regional Coordinator at YCS/YSM North East Region and recently joined as a full time volunteer for YCS\YSM India at the national youth office. This June, I completed 10 amazing years in this beautiful movement. It has been a wonderful and a life changing experience working with the Diocesan, Regional and the National Team of YCS/YSM India.

Before joining the movement, I was not very broad minded. I always underestimated other faiths. Facing the crowd was one of my biggest fears due to shyness, nervousness, stage fear etc. I was not at all a people's person and also was an introvert kid who was struggling to love himself or take stand for the wrong events going on in life. Joining YCS/YSM was one of the most important turning point in my life or I would rather say, it was a blessing from God Almighty. Being a part of this movement, has not only changed my thought pattern but also transformed my whole being. The Movement

has instilled in me self-acceptance, patience, self-confidence and courage. The enrichment and the life giving experience that I have received from the methodology- SEE, JUDGE, ACT has changed and helped me transform into a better person.

I'm not at all holding this to myself but I'm spreading the life giving experience to others. I'm not going to stop here but continue to spread this light to all young people who are in need of the light.

I'm really grateful to each and everyone from the YCS/YSM family who journeyed with me and helped me transform. Thank you for accepting me for who I am.

Last but not the least, I would conclude by saying that *"great things happen to those who don't stop believing, trying, learning and being grateful. The more you feed your mind with positive thoughts, the more you can attract things into your life."*

So stay positive corona negative!

- Abhishek Bhattacharjee



A plump kid took to athletics to lose weight and ended up being India's first track-and-field Olympic gold-medallist. Sounds like a fairytale?

That's Neeraj Chopra's life actually, all of 23 and a superstar, or dare one say a messiah, that Indian athletics had been waiting for over a century. In Tokyo, with his javelin in hand, Chopra was nothing short of a rockstar.

But many years before this moment of greatness, Chopra was under tremendous pressure from his joint family of 17 to lose weight. He was 13 at that point and had become a mischievous boy, often fiddling the bee hives on village trees and trying to pull buffaloes by their tails. His father Satish Kumar wanted something to be done to discipline the boy. So, after a lot of cajoling, the child finally agreed to do some running to shed the flab. His uncle took him to Shivaji Stadium in Panipat — around 15km from his village. Chopra wasn't interested in running and almost instantly fell in love with javelin throw when he saw a few seniors practising at the stadium. He decided to try his luck and as the cliched saying goes, rest is history, which would now probably make its way into school textbooks.



GOD ANSWERS PRAYER



THERE is no idea of doubt that nothing can strike you before God. Until June 2021, I believed that “God will not ask the impossible thing”, but after the major Covid 19 crisis in my family I don’t think that is true.

My Grandfather, Periyanaagam is 93 years old, senior citizen, and is the eldest and most loved person in my family. We regard him as our lucky charm and want his blessings in everything. We decided to conduct my sister’s marriage during the lockdown, because of his poor health condition; nevertheless, we were skeptical about his health. Yes, it was during the peak of the second wave, when most of my friends and relatives were affected by COVID 19 virus, we wanted his blessing. Therefore with too many difficulties, we conducted the marriage. It was a grand marriage with his blessings.

Unfortunately, after two days my grandfather stopped eating, praying and watching TV. He developed all the symptoms of Covid 19; eventually everybody in my family had the symptoms. After a couple of days all my family members, with the exception of my grandmother, tested positive and confirmed that my grandfather also had corona.

We did not take him to the hospital, so he didn’t have Covid pills. But his condition was the worst in my family and there were also days where he couldn’t wake up from his bed. But as a YCS student, I woke up early and started praying to God, because I knew there was no greater physician than Jesus. I stopped all my studies, my enjoyment and began to pray. As a result of this, he recovered from Covid-19 and now is doing well.

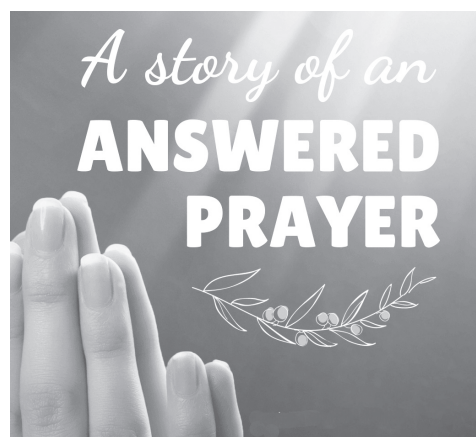
Another important thing is, we lived in a small house, which comprises of five people, so I was praying to God to protect my grandmother, because she was weak and does not have

any immunity to fight with the virus. However, my grandmother did not listen to me, she did not wear mask, did not wash her hands, and sat in my place used my things, but with my prayer, she too escaped from corona with God’s grace.

Nowadays even young healthy people, are dying due to Covid, but my grandfather who had that hope did not go to the physician, rather got help from God. As I mentioned before, God will do even the impossible things.

- A.S. Anusha

NEXCO, Tamil Nadu Region.



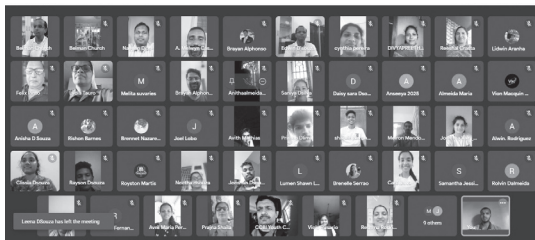


REPORTS

KARNATAKA

Udupi Diocese YCS virtual election 2021-22

The Election for the Diocesan Executive Committee of Young Catholic Students (YCS) Movement, Udupi Diocese for the year 2021-22 was held on 4th July 2021 through the online platform. The Animators along with the presidents of all the units were present.



Rev Fr Chetan Machado, National chaplain of YCS/YSM, Rev Fr Edwin D'Souza the Diocesan chaplain and Mr Derick Mascarenhas the youth commission programme coordinator were present.

Mr Melwyn Castelino, the diocesan animator welcomed everyone followed by the keynote address by Rev Fr Chetan Machado.

Mr Deril D'Sa read the nominations filed for various posts. Since there was not more than one contender for any post, the office bearers were unanimously elected.

The office-bearers of the Diocesan Executive Council of YCS Udupi Diocese for the Year 2021-22 are as follows:

Melron Mendonca, President- Attur

Vice Presi. - Alwin Rodriguez, Byndoor
 Secretary - Viola Rosario, Ajekar
 Media Sec. - Joshitha Vaz, Belman
 Treasurer - Rishon Barnes
 Auditor - Avith Mathias, Kuntalnagar
Deanery presidents
 Kundapura - Avril maria pirera, Padukone
 Kallianpur - Lloyd Cornelio, Mr. Rosary
 Udupi - Rohan Danny, udupi
 Shirva - Carol Alva, Pilar
 Karkala - Lisha Dsouza, Parapady

After the announcement of portfolios the Diocesan Chaplain Rev Fr Edwin D'Souza administered the oath-taking ceremony. He congratulated the new council and wished them all success in executing the responsibilities of their office creatively amidst the pandemic situation.

The new council secretary Ms Viola Rosario thanked everyone for their participation in the online election meeting.

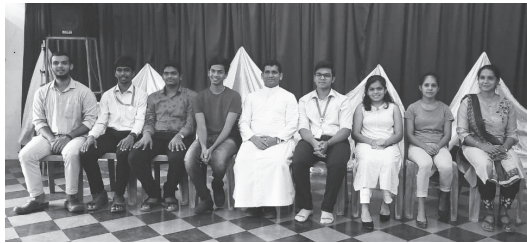
-Viola R Rusario

Secretary, YCS Udupi

1ST YCS DEANEY MEETING 2021-22

The first YCS Udupi deanery meeting was held on 8th August in Mother of sorrows Church, Udupi at 4:00pm. National YCS/YSM president Deril D'sa moderated the meeting. Fr.Edwin addressed and asked every unit member to give a brief report on the activities and events that took place in their respected parishes. Later Ms Sandra D'sliva from Perampalli was selected as the

YCS deanery animator, Royston Martis as joint-secretary, Sweeny Lewis as media-



secretary and Prilson Martis as treasurer. Rohan Machado from Udipi Parish and Anseeya from Perampalli Parish were the elected President and Vice President for the year 2021-22. Fr.Charles Menezes gave a brief talk on YCS and wished the new deanery office bearers a fruitful year ahead. Fr Ashwin the deanery YCS chaplain suggested the animators to conduct orientation program at their parishes for the new members along with their parents. He also added that the next YCS deanery meeting will be conducted on 19th September in katapady.

Later the new deanery office bearers celebrated National Youth Sunday along with other members present by cutting the cake. Fr Charles and Deril D'sa taught a few action songs and advised to conduct similar ones during cell meetings. The meeting ended with YCS/YSM clap and anthem.

- Deril D'Sa

NORTH EAST

North East Region - Regional Programs

First World Day of Grandparents and Elderly -25 July, 2021

The First World Day of Grandparents and Elderly was a beautiful opportunity to appreciate and acknowledge the elders for being the blessings to the families, society and the Church. YCS/YSM North East India celebrated the day in a meaningful way. On

this occasion, with love and gratitude the students offered special prayers and extended their greetings and wishes through phone calls, messages, posters and special song. These gestures of appreciation brought joy to the elders and created the bond among the family members.



Celebration of National Youth Sunday - 8 August 2021

On the accession of the National Youth Sunday, 8 August 2021, YCS/YSM North East announced the result of Poetry Recitation Competition online. The winners are:

- 1 Mevacarylyne Wahlang from New Nongstoin west Khasi Hills, Meghalaya
- 2 Daphinia Warbah Nongkrem, from Shillong, Meghalaya.
- 3 Febryyola Regalia Passah, Shillong, Meghalaya and Elizabeth Lyngdoh Nongbri from Shillong, Meghalaya



The winners and participants of the poetry Recitation Competition were applauded for their active participation and wished them the bright future.



Independence Day Celebration- 15 Aug.

YCS/YSM North East India celebrated the Independence Day in a grand and meaningful way virtually. On this memorable and great day of Indians, YCS/YSMers of North East conducted various programs such as Patriotic song, dance, fancy dress and messages by



students and special guests to mark the day. The guest speakers, Rev. Fr. Anil D'sa, IYCS Asian chaplain and youth secretary of Archdiocese of Bangalore, Rev. Sr. Maria Ali Thapa MSMHC, former YCS/YSM Regional co-coordinator of North East region, Bro. Vargese SG, Provincial of Montfort brothers of North East province and Mrs. Sheela Lamare, YCS/YSM Animator of Don Bosco School, Sonaighuli, Guwahati enlightened the participants to build the peaceful society as YCS/YSMers with their inspiring messages. Program started with Inter-religious prayer led by Sr. Aluti Rabha, YCS/YSM Regional coordinator, creating the ambience of presence of God, peace and serenity. Many schools from 13 dioceses participated in the program. Miss Alva Khyriem, YCS/YSM North East president was the compered the programme.

Sr. Bernadeth Kropi proposed vote of thanks and the Independence Day celebration was concluded with the National Anthem.

Alva Khyriem

Regional President, YCS/YSM North East



YCS/YSM Archdiocese of Guwahati

DEXCO cell meeting was conducted on 4th of August from 6pm onwards via Google meet. Program Coordinator Mr. Abhishek Bhattacharjee welcomed everyone and explained the agenda of the meeting. The cell meeting started with a short prayer by Sr. Esabella Sangma Diocesan Chaplin followed by sharing of the experience and learnings during these tough times of Covid. The sharing experience of the pandemic was certainly a favor in personate as it has given attributes to various activities and learnings. After the sharing Mr. Abhishek shared his experience of being a part of YCS/YSM from last 10 years. After this Sr. Esabella shared some of the important information and future programs were discussed. The meeting ended with the hymn 'Oh give thanks to the lord'.

Arpita Kar

President, Archdiocese of Guwahati.



DEXCO MEETING

On 27th of August 2021 YCS/YSM Archdiocese of Guwahati Conducted a virtual meeting via zoom on the upcoming event i.e. Inter-religious prayer service. The team decided to organize the Prayer Service on 5th September from 6 pm onwards via zoom platform and the moderator of the event would be Ms. Aparna Thakuria (YCS/YSM Diocesan Secretary). The meeting ended with a short prayer.

Ayush Thapa

DEXCO, Archdiocese of Guwahati



MADHYA PRADESH

Madhya Pradesh - Regional meeting

Regional meeting of Madhya Pradesh was held on 14-08-2021 Saturday at St. Francis Cathedral church, Indore. Meeting began with a mass celebrated by Rev. Fr. Bosco and Fr Alex (regional youth director of Madhya



Pradesh). In the meeting Fr. Alex (RYD of MP), Ashley Mathias (Regional President), Policarp Minz (Treasurer), Arpit Katara (Nexco member), Ashita Jimmy (National editor), Felix Xalxo (literature secretary), Rohan Fransis (Spoke's person), Adrain paul

(ICYM Regional President) and Ms. Rolly (ICYM diocesan President) were present. Adrain paul and Ms. Rolly were the observer of the meeting. During the meeting few things were discussed which were:-

- Make a more strong diocesan team with good number of members.
- Regional team will add more members into their team for their better performance. The new members will be elected from the diocesan team of each diocese.
- Orientation program will be held within October in each diocese after forming of diocesan teams.
- Zonal youth coordinators were elected among the regional team.
- Online meetings will be held among the regional team to help them bond well.
- Organizing events such as MP Regional NSLTP for all the diocese of Madhya Pradesh.

The meeting was ended with a small prayer. After which the leaders sang YCS/YSM anthem and ended the meeting with YCS/YSM energetic clap.

The meeting was ended at 1:45 pm. Fr. Sumit (Diocesan youth director of Indore) prepared lunch and snacks for all the members and leaders. Fr. Sumit arranged all the necessities for the meeting.

- **Ashita Jimmy**, NEXCO. Madhya Pradesh



Presenting to you the final **Logo of the IYCS 75th Anniversary Celebration** scheduled to kick-off on 13th November 2021. More details about the celebration will be communicated in the next issue of the Search.

YCS/YSM units may incorporate the IYCS 75th Anniversary Logo in your events and activity posters and fliers.

WORKING WITH TEENAGERS

Impact on Teenagers during Pandemic and Action plan for the Post-Covid Era

Pandemic Period

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Positive impact:

1. Realisation of the important fact that LIFE is a precious gift, which is not to be taken for granted.
2. Understanding, nurturing and cherishing family relationships and values.
3. Technological literacy and continuous quest to acquire/improve skills.

Digital world is the next future. Pandemic has opened ways to explore different online platforms to train/equip themselves and be ready for a remunerative career.

Negative Impact:

1. Adverse effects on mental health are intense.
Due to lack of exposure and reduced interest, the present generation of teenagers have started developing extreme feelings. Depression and Suicidal tendencies have become a cause of grave concern because the youth display signs of 'irritation/frustration'
2. Loneliness and self isolation.
3. Schedules of studies and exams are severely messed up.
While they are unable to figure out on 'What Next?', they have become victims of the trauma. With a lot of uncertainties about education & employment 'anything will work or nothing matters' attitude has taken power.
4. Demotivation and confused state of mind.
5. Pandemic has produced many Introverts.
6. Parental pressure and societal troll.
7. Negligence and Laziness have topped the priority list.
8. Stress Management and Situation handling skills have dropped down to almost zero.
9. Distractions and Shift of focus.
Mobile addictions, Binge-watching of movies and web series that portray negative content have made teenagers lose faith and the value system is altered. Peer pressure is a major factor. Negative impact on the brain due to multiple burdens which results in fall of efficiency.

■ ACTION PLAN

Action Plan for Post-Pandemic Era.

- Every individual is unique. Background is diverse. It's important that every voice is heard and the opinion is counted.

courtesy: *The YCS/YSM Resource Team, Diocese of Udupi, Karnataka Region*





YCS/YSM INDIA ACTIVITIES



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