



FR
AGNEL
shram News

DECEMBER 2011

JESUS

The LIGHT

has come into the world!



FR. AGNEL
ASHRAM

NEWS

December 2011

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*Artwork:
by Leon Bent*

*Jesus our Saviour is Light
to the world.
Let's rejoice!*

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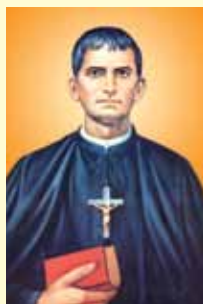
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21st January 2012
VEN.FR. AGNEL JAYANTI
at Fr.Agnel Ashram,
Bandra (W)
Mumbai – 400050.

PROGRAMME

SPECIAL NOVENA SERVICE

From 12th to 20th January 2012

Every Day

Morning :7.00 a.m. & 7.30 a.m.: Holy Mass and Novena Prayer in English followed by blessing with the Relic.

Evening : 5.30 p.m.: Novena Service in Konkani, Marathi & Gujarati followed by blessing with the Relic.

6.00 p.m. : Holy Mass and Novena Prayer in English followed by blessing with the Relic.

N.B.

On Sunday 15th January all Masses and Novena Services will be held as on Normal Sundays.

**21st January (Saturday) : 143rd Birth Anniversary
of Ven.Fr.Agnel**

Morning: Masses followed by Prayers for favours and blessings with the Relic at 6.30, 7.30, 8.00 in English and 10.30 in Tamil.

Evening: Solemn Concelebrated Mass will be held at 6.00 p.m.in the Ashram Compound followed by prayers for favours.

**HIS GRACE ARCHBISHOP FELIX MACHADO
(FROM THE DIOCESE OF VASAI) WILL BE THE MAIN
CELEBRANT.**

N.B.

The Mass will be preceded by a welcome to the Chief Guest.

Thousands of devotees will participate in this Annual Novena and celebration. Over one lakh of favours, some of them truly miraculous such as cure of cancer, T.B., Paralysis etc. have been received through the powerful intercession of Ven.Fr.Agnel.

Favours obtained and petitions to be placed at the Shrine of Ven. Fr.Agnel may be sent to the following address :

Rev.Fr.Superior.
Fr.Agnel Ashram
Bandstand, Bandra (West),
Mumbai – 400 050. India.
Ph: 022-6711 4000

Bus No. 211 special bus service to ply from Bandra Railway station to Fr. Agnel Gate

Jesus-The Epitome of Joy And Sorrow

The great event in history has just happened. The Messiah is born. For ages the Jews had waited and when it finally happened, the announcement came to humble shepherds. Let's go to Bethlehem and gaze at new born Babe. The Nativity of Jesus while being a moment of stupendous joy also carries with it a deep sorrow. The birth of Jesus resounds with music of angels **"Glory to God in the highest and peace on earth to..."** The King of Kings is born but not in a palace, nor is his birth honored by princes. He is born in a stable around the animals. There is sorrow in the heart of His Mother as they are rejected at the inn. And she knows it well that many will abhor and shun Her Son further. Yet, she rejoices to see that the humble and the lowly of this earth will come rejoicing to the wellspring of salvation.



There is both joy and sorrow in this world and both cups together can be full of overflowing. No matter what sorrow we suffer, a cup of joy can still be always full. A person who has just lost a loved one or in an tragic accident has to get his leg amputated has every reason to be drowned in sorrow. Yet, he will not stop believing in Jesus and his faith, love and joy will help him decidedly to cope with this sorrow. Indeed, joy and sorrow are intertwined and both complement each other.

Jesus said "Live within my love. When you obey me, you are living in my love, just as I obey my Father and live in His love. I have told you this so that you will be filled with my joy. Yes, your cup of joy will overflow" When things go well, we are elated. When pains and hardships come, we sink into depression. But true joy transcends the waves of circumstances. Leo Buscaglia affirms "The person who risks nothing, does nothing, has nothing, is nothing and becomes nothing. He may avoid sorrow, but he simply cannot learn,

feel, change, grow or love. Chained by his certitude, he is a slave; he has forfeited his freedom. Only the person who dares to risk can be truly free"

Joy comes from a consistent relationship with Jesus. The key to joy is living in close contact with Him. He alone is the source of joy. In Him joy and sorrow are entwined. Khalil Gibran expresses it so beautifully. **"Your joy is your sorrow unmasked. And the selfsame well from which your laughter rises oftentimes filled with your tears. And how else can it be? The deeper the sorrow carves into your being, the more joy you can contain..."**

When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful look again into your heart, and you shall see that in truth

you are weeping for that which has been your delight.

Some of you say "Joy is greater than sorrow", and others say "Nay, sorrow is greater" But I say unto you, "they are inseparable. Together they come and when one sits, alone with you at your board, remember that the other is asleep upon your bed"

No matter what sorrows we suffer, our cup of joy can still be full. If we are rooted in Christ, the joy will be everlasting, whilst the sorrow will be only passing. Truly, our cup of Joy in Jesus will one day break our cup of sorrows in this world. As the joy of Jesus overcame His sorrows and sufferings, so it will overcome ours. We endure trials and we have power to overcome it. We can ever feel confident, because Jesus has promised us." You will weep and lament, but your grief will be turned into joy"

(John XVI: XX)

Fr. Ubaldo Fernandes sfx.

Fr. Agnelo's life was inspired by Jesus

*Homily delivered Rt. Rev. Dr. Lumen Monteiro, CSC, Bishop of Agartala
on the occasion of 84th Death Anniversary of Ven. Fr. Agnelo, Bandra*



Today's feast of Christ the king reminds us that his kingdom and his kingship are of a different kind. His kingdom becomes a reality and is with us when we care about others and show our love in action for the poor, the weak and the needy. We are like our King when we bend down to serve others!

In the first reading, Ezekiel gives us a beautiful picture of Himself as the Shepherd. It is a picture of a shepherd walking in the middle of his sheep, going back and forth among them, looking for the lost, carrying the weak and wounded in his arms. It is a picture of a shepherd, which in biblical times always had overtones of kingship, as with David the shepherd king. Just as the shepherd king cared for his flock, God's love for us is personal, individual, and there is nothing beyond God's love that we need. Ven. Fr. Agnelo, whose 84th Death Anniversary of entry into Eternal Life we celebrate today, was one such person. His was a God-filled, God-lived, God-loved, God-shared and a God-served life. Writing his biography Fr. Rego says, "He was made of the same stuff – the same humble clay – as we are. BUT he has pointed out the way by which dust can become splendor."

Ven. Fr. Agnelo was like his Master – a wise and faithful servant of Christ the King, whose kingship we celebrate today. Christ as our King claims dominion over all creation. He alone deserves to receive a throne within our hearts. Powerful though he is, he does not win our hearts by force of conquest. Rather he invites us to be the people of his eternal and universal kingdom. He does not play upon our instinct to be part of greatness; he fulfills it.

Matthew's Gospel passage gives us a vision of the last judgment. What the

sole criterion for judgment for worthiness for citizenship in the Kingdom of God, is our exercise of love. Jesus illustrates his criterion with simple things that everybody can do: feeding the hungry, giving thirsty people a drink, making a stranger welcome, providing covering for the ill-clothed, comforting the sick and visiting those in jail. But even these simple manifestations of love are often neglected by us. These love-criteria can be put into practice literally and have been called the 'corporal works of mercy', which the Church and her followers have practiced down the ages.

Several years ago when I was in Kolkata working there, I had taken a group to Mother Teresa. They asked how do you do these works? And she said 5 words: "You did it to me."

We should note that in Mathew's vision we have a list of human needs and appropriate responses by a caring community. None of these needs is specifically religious. The criterion does not exalt those who spend long hours in prayer, fasting and penance; they rather focus on the needs of the human heart. To these human needs there is response of the kingdom people. That response is an authentic human response and therefore a profoundly religious one. BUT let us not forget that we cannot do this if we do not have a personal relationship with God, like the wise Ven. Fr. Agnelo. His whole life was inspired by Jesus and Jesus' words found in the Gospels.

Valerian Cardinal Gracias of happy memory sums up the saintly priest's life in these words: "The life of Ven. Fr. Agnelo certainly provides inspiration to those who take note of the fact that above everything he was a spiritual man. His deep spirituality was reflected in his sermons, contacts and in the direction of Seminarians. His life therefore deserves to be widely known, so that people may be led to pray fervently."

The Birth of Jesus

A Lesson in the practice of Equanimity

-Fr F. Diniz

“Listen, I bring you news of great joy to be shared by the whole people. Today in the town of David a Saviour has been born to you; He is Christ the Lord.” (Lk. 2, 11). It was on that very night when Jesus was born that this solemn message was given by the Angel of the Lord to a group of shepherds who were keeping night vigil over their flocks nearby the town of Bethlehem.

It was also meant to be an announcement to the world that the Messiah who was being awaited for a long time had finally arrived.

One would expect that such an important event as the birth of the Saviour of the world would be surrounded with majesty and splendor, power and might, so that it would attract the attention of the world; but the contrast is a blazing reality: A tiny baby is born to a poor family from Nazareth in a lowly cowshed attached to a public shelter meant to accommodate poor travellers for their night rest. The new born baby is laid in a miserable manger meant to feed the cattle.

Is this a mere accident of history or is there some wisdom hidden in the event? The answer to this puzzle lies in the meaning of the love of God. It is a love which is meant to bond the heavenly joy with the sufferings of this world. When that happens suffering ceases to be a curse and is turned into a golden opportunity for the spiritual purification of those who grieve that will turn them into the joyful children of God. Suffering teaches us also to practice the virtue of endurance; armed with it we face bravely all the hardships of this sinful world and generate true joy and peace for ourselves and all those whom we love.



Mary the Mother of Jesus had received the message from Archangel Gabriel that her son Jesus will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob forever and his reign will have no end. (Lk. I, 32-34). How could the Mother of Jesus reconcile this grand

design of God with the abject poverty Jesus was born in? The answer to this question came to her on the occasion of the presentation of the child Jesus in the Temple on the 40th day of his birth. There the child Jesus was recognized by the

old man Simeon. He was a devout and upright man and the Holy Spirit rested in him. He proclaimed the child Jesus as the light to enlighten the nations and then said to Mary his Mother: “ You see this child; he is destined for the fall and for the rising of many in Israel; destined to be a sign that is rejected, and a sword will pierce your own soul too so that the secret thoughts of many may be laid bare (Lk. 2, 34-35). It is clear from this prophecy that the role of the Messiah that Jesus had come to play would not be a mere bed of roses but rather of roses full of thorns and Mary would have to take all the events of his life, both joyful and sorrowful with equanimity.

Mother Mary never forgot this salutary lesson but preserved it as great wisdom pondering over it in her heart; it helped her in all her life to maintain the spirit of perfect equanimity in the midst of great trials and sufferings specially at

Contd. on pg 8

Coping with Grief

-P K Ravindranath

When someone dear to us, or someone whom we admire, dies we tend to be overcome with grief. If it is a parent, a sibling, a friend or someone we have identified ourselves with, the grief is bound to be more than we can bear.

How do we cope with it. As children we are taught to be happy, cheerful, friendly, accommodative and cooperative. But never how to handle bereavement, grief and sadness. And when confronted with a situation of death and bereavement, we scarcely know how to handle the consequences. We are overcome with grief and struggle to hide our tears. Some openly give vent to weeping and crying uncontrollably.



Such expression of grief and sorrow are all the more explicit when someone we love is suddenly taken away from our midst – as in case of an accident, a murder or even a sudden death due to known medical causes.

We are never taught or told that grief is ephemeral. It never lasts longer than a week, even in the case of death of a person closest to us.

In direct contrast to grief is the emotion of love, which is everlasting. Once we realise the true nature of unquestioned love, it becomes easier for us to handle grief.

Love is eternal. What fosters love is generosity, sacrifice, selflessness, sensitivity and ethical principles.

What stands in the way of true love is selfishness, greed, envy, avarice, suspicion and every other baser instinct.

Love never dies; grief evaporates as fast as it descends on us. Love is a common human, but how many know what true love is? Love is generally highly romanticized and rarely expressed in meaningful terms. This distorted view

of a great human sentiment is what is foisted on us through romantic novels, films and the kind of “human interest” stories the media feeds us with, right from our childhood and well into adult life.

No man is loved or respected for his wealth, social status, public office or his wisdom. We admire these traits in people we know, but hardly love them merely for it. Love is shared and if reinforced by

human qualities that help nurture it, we love the person concerned all the more.

We look for love in our parents, partners, spouse, friends, children and companions, besides our siblings.

Even in such relationships there are varying degrees of attachment. We tend to be closer to one brother than another, one sister in preference to another.

Our childhood, our school days are all geared for success in life. No one tells us about failure, disappointment, bereavement. When confronted with such a calamity, we tend to look for comforting words, affection and words of endearment. We can be confronted with sudden death, due to accident, murder, suicide or other calamities. We feel benumbed and inconsolable in such cases.

It is best under such circumstances to give full vent to one's sorrow and grief. Once the initial outburst is over, the emotion will drain out of the system much faster. It must be remembered that grieving helps us cleanse ourselves emotionally and mentally. It is also to be remembered that death is inevitable.

Our lifestyles and the conditions under which we live in modern society

Contd. on pg 8

Christmas: An Interplay of Joys and Sorrows

-Fr.Victor Rebello

An old man with his bent shoulders came out of the rain, furling his rice-paper umbrella as if it were a ship's sail. With some deliberation he climbed the slate step and crept past the carved stone pot into which clear water flowed from a cut length of bamboo just above. There he paused a moment, cocking his head like the most attentive of pupils, listening to the confluence of sounds: the pitter – patter of the rain at his back, the cheery gurgle of the flowing water at his side. There was within that mingling, he thought, the precise mix of the melancholy and the joyous that made life so exquisite to live.



There is always joy and sadness in the beauty of life and when we understand that, we have realized the richness of life. There is a story told of a girl belonging to a poor family. A prince fell in love for her charm and smile and married her. But the girl could not be happy in the environment of riches and stepped out of the palace and the prince's life. It is thus very clear that the girl's life which was in a state of bliss, with only happiness could not give her real joy – it was her hut alone not so luxurious yet provided her the maximum comfort and peace of mind. This is the essence of life where one's joys and sorrows never cease to end; but it is important that one has to know how to maintain harmony.

We could be in Cloud Nine if one wins a lottery but is in the pit if he gets some depressing piece of news. There is no denying the fact that everybody wishes to have undiluted happiness in life. However, the realities on the ground bring on many occasions, troubles that turn upside down the entire life expectations. These phases of life – joys and sorrows bring every human being face to face with the facts of life. Even the

life Jesus, followed this principle of loss and gain. The Nativity story, for example, set in the winter season is a part of the magic of Christmas. The couple, Mary and Joseph, move in search of room from one place to the other for the baby to be born and Mary gave birth to her first born son in a stable – wrapped him in strips of cloth and placed him in a manger because there was no room for them in the inn. God's coming into our midst as an infant was exposed to the chill of the winter wind. The joy of the parents who were to welcome their 'first born' was accompanied by grief that their child was exposed to the dark winter chill of human indifference. A

multitude of heavenly angels appeared to the shepherds announcing the news and giving praise to God saying, "Glory to God in the highest heaven and peace on Earth to men that are God's friends." There upon the Wise men came out of the East, they were guided by the star that stopped over the place where the child was and when they saw the child they were overjoyed. There was a celebration, but then, this baby 'Emmanuel' had come to share the joys and sorrows of human kind and so it happened. The King of the Universe is offered Gold, frankincense and myrrh – symbols of his kingship, divinity and humanity; the glory of divinity on one hand and the frailty of humanness on the other. Mary and Joseph have the joy of beholding the savior of the world but at the same time now face fear, pain and insecurity. When the Magi had gone, the angel of the Lord appeared to Joseph in a dream and said, "take the child and his mother and escape to Egypt. Herod is in search of the child and is going to destroy him." So while it was still night, Joseph took

the child and his mother and withdrew into Egypt.

Life with mirth and pain reminds us of the artist's canvas. The backdrop is dark, so that the bright colors stand out against the dark background with greater brilliance than if the background were bright and sparkling. This combination of dark and bright colors does not

harm the picture but enhances it. Life is also painted against these colors of celebration, jubilation, destruction and grief.

Rudyard Kipling in his poem "IF" has very rightly advised his son – "If you can meet with triumph and disaster, treat those two imposters just the same." This is what life is!

The Birth of Jesus - A Lesson in the practice of Equanimity (*Contd. from pg 5*)

the foot of the Cross at Calvary during the last 3 hours of agony of Jesus hanging from the cross. Mother Mary took also care of the nascent Church specially of the group of Apostles who learnt this spirit from her and practiced equanimity in their lives and in their mission work. Even today the same spirit animates the disciples of Christ to carry on with their difficult work of evangelisation.

The famous poet Kahlil Gibran expresses the above harmony between joy and suffering as follows: "Even as Love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth. Like sheaves of corn he gathers you unto himself. He threshes you to

make you naked. He sifts you to free you from your husks. He grinds you to whiteness. He treads you until you are pliant; and then he assigns you to his sacred fire, that you may become sacred bread for God's sacred feast. All these things shall Love do unto you that you may know the secrets of your heart and in the knowledge become a fragment of Life's heart." (Kahlil Gibran, *The Prophet* – pg. 11).

Suffering is the result of sin it does not come from God; but God loves this sinful world and saves it from sin. The birth of Jesus, his death and resurrection are acts of God's love for mankind. By being born as a human being the Son of God took over all that is human. Hence he also took up suffering, and having endured it he has empowered it to transform human life into a paradise of delights. Let this truth make this Christmas a celebration of true joy in Christ, even if we are afflicted with a thousand tribulations.

Coping with Grief (*Contd. from pg 6*)

also exposes us to some inevitable consequences. Accidents, mishaps, sudden calamities all tend to deprive us of someone we are dearly attached to. This again imposes more grief than we can bear at time. At such times it is best to remember that death is inevitable for human beings as for animals. Grief is a manifestation of our own vulnerability and our own insecurities. It is a process of feelings and physical condition that fades with time.

You have to remember that grief is a combination of anger, fear, apprehension and anxiety. Anger at being deprived

of the company of one who is dear to you; fear about your own vulnerability; apprehension about how the deceased would have faced that ultimate moments and anxiety about when your turn comes and how you would face it.

When you are confronted by a grieving friend, it is your duty to console him, comfort him and express your solidarity with him or her. Shared grief is the briefest of the emotion one has to bear.

The Indian way of thinking ascribes death to Fate and Destiny. It only underlines the fact that death is inevitable and has to be faced. Grief is part of that inevitable end. But unlike abiding love, grief is of transient nature.

Remembering Ven. Fr. Agnel on His Death Anniversary

“Venerable Fr. Agnel whose 84th anniversary of his entry into Eternal Life we celebrate today walked in the footsteps of Jesus, the only Shepherd King who cared for His flock. His was a God-filled, God-lived, God-loved, God-shared and a God-served life”-said Rt. Rev. Dr. Lumen Monteiro, CSC, Bishop of Agartala during his homily. Bishop Lumen was the main celebrant for the Solemn Eucharist celebrated at Fr. Agnel Ashram Compound, Bandra on the occasion of 84th Death Anniversary of Ven. Fr. Agnel D'Souza.

Thousands of devotees from all walks of life flocked to Ven. Fr. Agnel's shrine throughout the day. The theme chosen was “Fr. Agnel, a wise and Faithful Servant of CHRIST THE KING” During the Eucharist the readings of the mass were done in Gujarati, Marathi and English. The choir led by Pilar Scholastic Brothers (Pune) sung very meaningful hymns in different languages.

Before the religious service, there was a short cultural program to honor Bishop Monteiro. In his welcome address Rev.

Fr. F. Diniz, the Superior of Agnel Ashram said that Bishop Lumen had proved to be a brave missionary in the regions of North India and Fr. Agnel Ashram Community was very proud to have him as our chief guest on this special occasion.

A group of students from Fr. Agnel Multipurpose School, Ambarnath performed a classical dance to the delight of all present. Further the Brass Band of Agnel Bal Bhavan Boys entertained the audience with excellent music. The choral recital rendered by the Scholastic Brothers was also much appreciated. Fr. Victor Rebello, Director of Fr. Agnel Complex, ably coordinated and compered the program. The stage decoration done was so unique.

With great appreciation, we convey our special gratitude to our students from Ambarnath and their Vice Principal Ms. Antoinette Viegas and team, to our Scholastic Brothers from Pune, and also to our own Bal Bhavan Boys and their Bandmaster Mr. Vein. May Ven. Fr. Agnel shower his blessings upon each one of them.

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Wishing all our Dear Benefactors

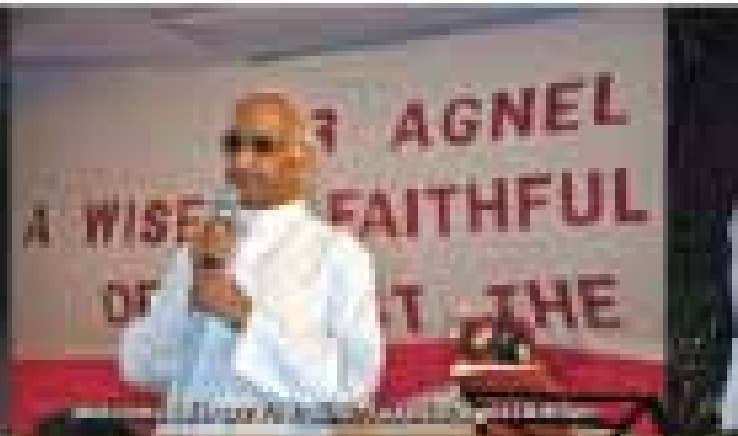
A Happy and Holy Christmas

As well as a Prosperous New Year

-Fr. Agnel Community and Balbhavan Children

FR. AGNEL, A WISE AND FAITHFUL SERVANT OF CHRIS

The 84th Death Anniversary of Ven. Fr. Agnel, Bandra.



T, THE KING!



AGNEL HAPPENINGS

Mission 10x held at PCCE, Verna Goa 'In Pursuit of Excellence in Engineering Education through Innovation'

"An education isn't how much you have committed to memory, or even how much you know. It's being able to differentiate between what you know and what you don't."- Anatole France

Various reports from national and

with the vision 'In Pursuit of Excellence in Engineering Education through Innovation'.

The Mission10X Learning Approach (MxLA) was thus construed looking at the current teaching methodology used



Snapshots of Activities during the Mission10x Workshop

international agencies suggest that there is an enormous gap between the number of employable graduates and the number required by the industries to keep pace with their ever increasing growth plans. Hence to bridge this gap, educational institutions need to work overtime to improve the quality of the graduates by employing innovative teaching methodologies. With this mission in hand, Wipro Technologies, accepted this challenge and launched a non profit organization called Mission10x

in the institutes of engineering and the capabilities of the faculty in these institutes. The implementation of this approach involves a layered set of faculty enablement programs which empower engineering faculty with innovative teaching techniques using which they can help learners:

- Imbibe higher levels of understanding of subjects
- Effectively apply the concepts learnt
- Develop key behavioral skills required for employability.

In lieu of improving their teaching skills and techniques, Padre Conceicao College of Engineering, Verna hosted the Mission10x programme at its campus consequently training and empowering 26 faculty of the college. The programme was a perfect blend of theory and practicals as the faculty displayed their newly found skills by giving presentations on technical topics through innovative techniques like role plays, group discussions, quizzes, puzzles and the like. These not only made technical topics interesting to the audience but also improved the learnability and recollecting power of its participants. The event was focused on gaining high impact teaching skills of the Dale Carnegie, Cambridge International Certificate for Teachers and Trainers. Three faculty from the college, Mr. Niyan Marchon- Associate Professor, Electronics and Telecommunication Department, Ms. Kavita Asnani -Assistant Professor,

Information Technology Department and Ms. Vandana Naik - Assistant Professor, Computer Engineering Department were awarded distinction by the **University of Cambridge (U.K)** at the International examinations in August 2009. Mr. Niyan Marchon also participated in the Mission10x Master Trainer Programme conducted at Wipro Technologies, Bangalore in November 2009.

Mission10x also piloted and launched **AARAMBH**, a programme for new and first time faculty teaching engineering students. PCCE was one of the 25 colleges in the country to be chosen to participate in the pilot project. Ten faculty from the college attended the event and were subsequently trained and tested through online examinations and practical activities to imbibe the innovative teaching methodologies. Mr. Niyan Marchon was the coach appointed to train the faculty.

Annual Sports Day – A Day To Remember!

With the belief that sports is essential for a balanced body and mind, Fr. Agnel School, Gautam Nagar held its Annual Sports Day on 22 October, 2011 in Jawaharlal Nehru Stadium. The Chief Guest was Mr. Marcel Ekka, Directorate of Education.

Various sports events were organized and students participated enthusiastically in all of them. This year cheering was also kept as criterion for getting points and all houses put on view their best efforts.

The four houses- Vivekananda, St. Thomas, Kabir and Gurunanak, representing the true spirit of brotherhood, patriotism, secularism and above all national integration, were seen marching with agility and grace. The march past was followed by the torch ceremony inspired by the Olympic Games, symbolizing goodwill and harmony which must prevail at a sports meet. This year, Ashbel Kurian, best athlete (zonals) had the honour of carrying the lighted torch. Niharika Agnihotri, the school's best basketball

player, took the oath on behalf of all the students and our chief guest, Mr Marcel Ekka declared the sports meet open.

The celebration continued with a grand display of various yogasanas by the boys of classes VI- VIII. The students demonstrated the manipulation of body and breathing, to help develop concentration and a sense of calm. This was followed by a vivid and colourful performance by the children of class IV which transformed the sports venue into a beautiful valley of flowers.

The prizes were given to the students for their excellent performance in various events of sports for general proficiency. Various competitive races and an inter house tug of war, concluded the sports meet. Ashbel Kurian was declared as 'The best athlete (boys)' while Somya Rustagi, was honoured 'The best athlete (girls)'. The house trophy went to Gurunanak House.

The function came to a close with a Vote of Thanks by the school Vice Principal, Mrs. Sreeja Kharola.

Agnel's Annual Day With A Difference

-Fr.Cidloy Furtado

Fr. Agnel School, New Delhi, celebrated its Annual Day with a difference, where students where students were involved in a hands-on project that explored how Delhi is has wrought irrevocable damage to the environment in the name of urbanization. The project rang out a warning note to all citizens – Make It or Mar It. This project-based Annual Day highlighted the callousness of Delhi's citizens to environmental degradation with the thematic slogan 'Eyes Wide Shut' or 'Dilli Meri Jaan, Badhi Pareshan'

The grim realities of life jolted the students to a realization of the underbelly of Delhi when they set foot on the Ghazipur dump yard. The plight of the scavengers who sift through discarded sanitary and medical waste to



keep body and soul together urged the students to analyse the burning issue of garbage disposal. They separated bio-degradable waste from non bio-degradable ones, interviewed some of the hapless scavengers and made a survey of the routes through which the waste generated in the city is disposed of. The students compiled the insight gained through the data collected in the form of documentaries, dances, skits and self composed songs to drive home the burning issue of segregation of waste and its disposal. When the waste generated takes 500-600 years to get decomposed the enormity of the problem compels citizens to rethink about the harm they are causing to the environment.

Twelfth November was a special day in the annals of Father Agnel School,

Gautam Nagar, when the vision of Father Carvalho found fruition in the collective effort of teachers and students. The medley of songs, dances and plays interspersed with video presentations reminded the citizens of Delhi that they have caused more harm to the city through their selfish and thoughtless actions than development of its



infrastructure. The trees being hemmed in with cemented pavements, manholes without covers converted to death holes, garbage spilled over the roads, public facilities which are hardly of any help to the public – the entire project focused on these issues, issues that Delhites have paid scant attention to. Mr. Navtej Johar, a prominent Yoga exponent, dancer and co-founder of the Abhyas Trust, supervised the entire project. His team of Social Activists helped to make the presentation both spectacular as well as pertinent.

The Chief Guest, Mrs. Kiran Walia, Honourable Minister for health and Family Welfare, Women and Child Development, appreciated the Principal, Father Carvalho's effort in imbuing young minds with concern for the environment, by encouraging the children to put up installations with disposables such as water bottles, thermocol and e-waste such as CDs and cassettes and in devising games to arouse awareness about environmental issues. While an entire wall was covered with thermocol packaging and plastic waste painstakingly strung together by

Contd. on pg 18



FR. AGNEL'S BLESSINGS

COPIOUS WATER

Trichur: We face a acute water problems since many years. Although we have a well in our compound we were not getting enough water to meet our needs. In this predicament we besought the intercession of Ven. Fr. Agnel and further dug up the existing well. We are extremely happy to inform you that now we have copious water in the well even in extreme summer. As a token of sincere thanks an offering of ₹ 5000 for the Ashram.

-Catherine Jose

CURED OF LEG PAIN

Vasai : I was suffering from leg pain. I was not able to walk. Treatments were not helping. I prayed to Ven.Fr.Agnel for his help. Through his blessing the pain subsided and now I am able to walk and do my daily duties. In thanksgiving an offering of ₹ 500.

-Philomena Pereira

ADMISSION SECURED

Vile Parle: I was praying to Ven.Fr.Agnel for my daughter to do well in her SSC exam. Through his intercession my daughter got very good percentage and got admission in a very good college of her choice. Also through his intercession I and my husband got increment in our job. In thanksgiving an offering of ₹ 500 to Ven.Fr.Agnel.

-M.Gonsalves

IMPORTANT PAPERS FOUND

Bandra: While travelling my bag was lost. I was very much worried, as there were important papers with some money. I prayed to Ven.Fr.Agnel for his help. Through his intercession I found my bag with papers and amount. In thanksgiving an offering of ₹1000

-Pooja Desai

JOB SECURED

Bandra: I was praying to Ven.Fr.Agnel. Through his intercession I was blessed with a good job after struggle of 8 months. My thanks to Ven.Fr.Agnel for interceding for me. My thanks offering of ₹1000 Ven.Fr.Agnel.

-Delcy Menezes

GIFT OF A CHILD

Malad: I was praying to Ven.Fr.Agnel for his help. I am happy to inform you that through his blessing we are blessed with a child after 8 years of our marriage. In thanksgiving an offering of ₹ 501

-Rashmi R.Tawde

CURE OF STOMACH INFECTION

Parel: I had stomach infection. I was in the hospital for 15 days. During those days I prayed to Ven.Fr.Agnel for speedy recovery of my stomach infection. Through his blessing I was cured and discharged from hospital. Now I am doing my routine work. In thanksgiving an offering of ₹100.

-Shirin Irani

SECURED PERMANENT JOB

Vasai: My son is working in USA but was not permanent. I started praying to Ven.Fr.Agnel for his help. To my great surprise after my prayers within 2 days I got a phone call from my son saying that he got a permanent job. Ven.Fr.Agnel has always been helping my family. I am very grateful to Ven. Fr.Agnel with an offering of ₹ 100.

- Jacinta Rebello

GOOD JOB SECURED

Vasai : I was attending Ven.Fr.Agnel's novena prayer at the Ashram at Bandra. I am happy to say that through his intercession, I secured a good job. In thanksgiving an offering of ₹ 200.

-Joyce Pereira

Out of Their Bounty

P. M. Srivastava	Mumbai	50000	J. Mathew	Kerala	1001	R. Fernandes	Mumbai	500
S. Bothello	Mumbai	24000	T. Shah	Mumbai	1001	J.M. Pinto	Mumbai	500
R.P. Antala	Rajkot	21000	N. Macwan	Nadiad	1001	K.J. Joseph	Kerala	500
H. Patel	Mumbai	15000	P. Dhruv	Mumbai	1001	V. Pijwalla	Anand	500
R. Fernandes	London	15000	J.M. Kapadia	Mumbai	1000	M.K. Xavier	Kerala	500
R.K. Pandit	Mumbai	12000	S.C. Gandhi	Valsad	1000	M. Paul	Kerala	500
T. Aranha	Mumbai	10000	S. Joseph	Kerala	1000	K.V. Paul	Chennai	500
A. Rodricks	Vasai	10000	K. Hari	Chennai	1000	P.M. Baby	Bangalore	500
S. Rane	Nalasopara	10000	L. D'Cruz	Kerala	1000	S. Cherian	Kerala	500
A. Augustine	Kerala	8300	E.T. Brunton	Canada	1000	S. Thomas	Kerala	500
M.J. Tibrewala	Nashik	6000	Mr. George	New Delhi	1000	E. Sunny	Kerala	500
P. Fernandes	Mumbai	6000	V. Roy	Chennai	1000	B. Doloi	Nagaland	500
L. Johny	New Delhi	5905	C.V. Antony	Kerala	1000	M. Vincent	Kerala	500
U. Malhotra	Mumbai	5001	M.George	Kerala	1000	Margaret E. V.	T.N.	500
H.M. Manek	Mumbai	5001	T. John	Kerala	1000	T.P. Munshi	Chennai	500
J.P. Pinto	Dombivli	5000	Suman P.	Kerala	1000	M. Gopinath	Kerala	500
M. Noronha	Mumbai	5000	T. Fernando	Bangalore	1000	J. Dharmarao	Mumbai	500
I.D. Shah	Ahmedabad	5000	S. John	Kerala	1000	A. Sengupta	Kolkata	500
B. George	Qatar	5000	D. Manoharan	Chennai	1000	R. Joy	Kerala	500
A. Menezes	Kuwait	5000	A. Mathew	Bhusawal	1000	M. Xavier	Kerala	500
D. S. Desai	Mumbai	5000	A.C. Sebastian	Kerala	1000	G. D'Silva	Kerala	500
Hugh & Colleen	Mussoorie	5000	A.J. George	Kerala	1000	H. Mueller	Orissa	500
L. D'Souza	Mangalore	5000	S. Inigo	T.N.	1000	E. Abraham	Kerala	500
K.B. Toorkey	Mumbai	5000	Dr.C. Engles	Amritsar	1000	R. Paul	Kerala	500
J.N. Correa	Mumbai	5000	A. Jadhav	Kerala	1000	R. Chacko	Chennai	500
T. Philipose	Kerala	5000	H. Gonsalves	Kerala	1000	Shibu P.J.	Kerala	500
M.M. Rodrigues	Mumbai	5000	K. Mammen	Kerala	1000	K.A. Martha	Kerala	500
S. Henson	Margao	5000	P. Henriques	Pondicherry	1000	A. Sebastian	T.N.	500
P.C. Vaidya	U.S.A.	4500	S. Raj	T.N.	1000	H. Varkey	Chennai	500
P.J. Manamma	England	3490	E. Fernandes	Karnataka	1000	V.M. Fernandes	Kerala	500
N. Julian	Malaysia	3000	N.t. Rossamma	Kerala	1000	G. Gracias	Mumbai	500
R. Noronha	Udupi	3000	E. David	Bangalore	1000	P. Premus	T.N.	500
X.A. Shahiwalla	Mumbai	3000	R. Pardiwalla	Mumbai	1000	P. D'Lima	Goa	500
N. Fernandes	Dubai	3000	C.K. Shu	Mumbai	1000	L.N.Kamble	Ahmednagar	500
R.J. D'Mello	Vasai	2500	T.D. Naik	Goa	1000	S. Antoniammal	T.N.	500
O. John	Kerala	2500	D. Popat	Mumbai	1000	B. Raj	Kerala	500
Pallickaparampil	Kerala	2500	S. Koyande	Mira Road	1000	B.F. Domeny	Vasai	500
Subramaniam R.	Mumbai	2500	A. J. Shah	Mumbai	1000	R. Gomes	Mumbai	500
M. Gothing	U.K.	2094	A. Tito	Kerala	950	M. Lasraado	Mangalore	500
A. Fernandez	U.K.	2094	B. Stanly	Kerala	900	M. D'Mello	Mangalore	500
H. Dhulla	Mumbai	2001	A.R. Elavia	Mumbai	701	H. Castelino	Bangalore	500
Melita, Brendon	Mumbai	2000	P. Napoleon	England	698	J. James	A.P.	500
G. D'Souza	Mumbai	2000	C.B.R.I. Nazareth	Mangalore	600	S. Fernando	Chennai	500
C. Almeida	Mumbai	2000	T. Philip	Karnataka	600	A. Fonseca	Mumbai	500
A. D'Souza	Mumbai	1800	S. Joseph	Kerala	600	M. Patel	Mumbai	500
J.D. Raphael	U.K.	1745	G.J. Bander	Vasai	600	J. Nayak	Mumbai	500
J. Lobo	Mumbai	1700	G. Laxmidas	Mumbai	555	P. Malde	Mumbai	500
K.V. Asher	Mumbai	1501	ADF Foods	Mumbai	501	P. D'Souza	Mumbai	500
J.A. James	Mumbai	1500	B.N. Desai	Nashik	501	P. Fernandes	Mumbai	500
M. Shingala	Mumbai	1500	A. Honavar	Mumbai	501	P. Bhatia	Mumbai	500
Prof. K. Joseph	Kerala	1200	S. Metawala	Mumbai	501	T. Machado	Mumbai	500
M. Parmar	Ahmedabad	1200	J. A. Vyas	Mumbai	501	J. D'Mello	Virar	500
P. Kasave	Mumbai	1101	A. Varghese	Kerala	500	A.A. Miranda	Mumbai	500
R.T. Hingorani	Mumbai	1100	K.P. Chaudhry	Kerala	500	G. Fernandes	Mumbai	500
P. D. Desai	Mumbai	1100	J. Jaipaul	Chennai	500	M. Worlikar	Mumbai	500
R. Vaish	Mumbai	1100	G. Veeramani	Chennai	500	G. Fernandes	Mumbai	500
D. Golwala	Mumbai	1001				M. Worlikar	Mumbai	500

Uttarakhand – The Abode of The Gods

-Fr. Adrian Fernandes sfx

(The article attempts to capture the imprint of the personal and collective experiences during the School-Educational trip to Uttarakhand by 104 explorers from Fr. Agnel Multipurpose School, Vashi.)

Youngsters love to explore new horizons. Exploring new places with classmates brings along a dose of adventure, learning and collaborative growth. Fr. Agnel Multipurpose School, Vashi, Navi-Mumbai, invests great effort and energy each year, in ensuring that educative field-trips within our amazing country are an essential part of the academic curriculum. This academic year the locale selected (during the Diwali vacation) was the stunningly beautiful state in the Himalayan North of India – Uttarakhand.

Well, bags on board, the journey began from the school campus in the school buses through our dear city 'Mumbai merijaan'. And yes, with signals and traffic jams, it already made us feel exhausted no sooner we began. Then the overnight rail route from Mumbai to Delhi was fun traveling together in the spacious train. The name of the train; 'August Sampark Kranti' was setting the mood for some adventurous and educative mind blogging. (It is named after the Quit India Movement.

From Delhi to Dehradun we had to travel in buses and very soon we felt the winter chill. Travelling 250 kms would be draining; but the joy of being together in buses other than classrooms made us bleat out Bollywood numbers from Shah Rukh's Ra-One to Raj Kapoor's Meranaam joker.

Dehradun, the capital city of Uttarakhand was our first halt. And our 'Hotel Drona' itself, gave us a peep into the history of the place. Dronacharya, the legendary royal guru to the Kauravas and Pandavas in the epic Mahabharata is believed to have been born and resided here. Dehradun at the foothills of the Himalayas is nestled between the Ganges on the east and Yamuna on the west.

The city is renowned for its natural resources, publishing services and

prestigious educational institutions such as the Forest Research Institute, Indian Military Academy and several reputed boarding schools. Our guides were at their best in talking about much talked about 'Doon School'. Having personalities like the late Rajiv Gandhi, Amitabh Bacchanan and other luminaries among the alumni of the institution, we had our gaze fixed on the vast boundary walls that simply seemed inaccessible and unending. Many of us hoped for an entry in the campus for a peep or two. We do not know when we would make it to Oxford in UK, but we were glad we visited this city, which is commonly called 'the Oxford of India'.

The next day we visited the holiest twin cities Rishikesh and Haridwar. We often heard our elders express their desire for meditation, penance and the cleansing dip in the holy Ganges here. Visiting these places we wondered if our bad classroom and school karma would also need such a routine cleansing at our young age. Perhaps it would serve as a fitting rehearsal for the future.

Haridwar is among the 7 holiest places for Hindus. Along with Ujjain, Nashik and Allahabad this city hosts the Kumbh Mela that gathers millions of pilgrims who seek moksha via a cleansing in the holy Ganga there. We had to wait with an advance booking by staying-put-sitting for the evening aarti at Har-ki-Pauri (the holiest spot at Haridwar). The ceremony with numerous offerings set afloat was a spectacle worth the wait.

Hill station Mussourie was scheduled for the next day. Spining round and round, high and low through the never ending Gharwalghats we saw some unabated eyelids savoring the beauty of the hills. There were other acrophobiacs who shut their eyes with a 'see no heights – see no fear' mantra. And yes there were internal gastric explosions – I mean bouts of

vomiting; different persons at different times. Our hotel located at an altitude at 6,150 feet above gave us such spectacular panoramic views of the Himalayan and Doon valleys that made us truly convinced that Mussourie rightly deserves the title 'The Queen of the Hills'.

The Tehri Lake and the Dam is a spectacular sight so massive. Such a huge water body, yet so serene, peaceful and a perfect delight to the senses. I was glad I went past one of the highest dams of the world. The confluence of rivers Alaknanda and Pindari at Karnaprayag and the Devprayag where the rivers Alaknanda (from Badrinath) and Bhagirathi (from Gangotri) come together were all hypnotizing.

Kasauni was the literal icing on the cake. Snow capped mountains through every turn and twist in the bus brought a pleasant chill. Gandhi on his visit way back in 1929 so rightly called this place, 'The Switzerland of India'. My hotel room with the huge open glass facing the highest peaks of the nation was like as if sleeping in the laps of the Himalayas. Facing the mighty and snowy Himalayas, I did not want to leave the warmth of my room. I also realized I witnessed Nanda Devi (25,663 feet), India's second highest peak after Kanchenjunga (28,169 feet in Sikkim). Hope I would make to the peak

one day. If not during the day, at least at night in my dreams during summers.

Nainital with a pear-shaped lake in the valley surrounded by mountains brought a delight as we landed swirling into the centre of bustling lake-valley of shopping, tourism and boating. Nainital was our last stop before setting on miles back home. So to make memories seep down; shopping for showpieces and candles, coupled with the pulsating DJ arrangements before dinner made the day well charted out.

All through, I often remembered the Raymonds suitings advertisement's slogan/phrase - 'Feels like heaven'. And so, a few scenic-sentimental notes before I end.

The journey in the buses were really dizzy but nothing could compare - the Ganges flowing past outside our windows each time we gazed through; the snow clad peaks of the mighty Himalayas, the animals, fruits and flowers in abundance, the serenity and peace in the expanse of nature - every glance being so divine, so heavenly!

Yes! There's much our motherland offers! At the end of the trip, perhaps many of us shared a parallel with the mood of the great poet William Henry Davies, 'A poor life this if, full of care, we have no time to stand and stare'.

Well, India's Incredible.

Agnel's Annual Day With A Difference

(Contd. from 14)

teachers and students, the main pathway was strewn with rows of plastic water bottles. This was a startling revelation to the guests, of how these waste products have encroached on our lives. The posters lining the walkway screamed aloud the terrible conditions in which the rag pickers try to scour out a living. However the installation which was the cynosure of all eyes was a huge hawk made of thermocol looming over the stage - a symbolic representation of the fate of Delhi turning into a scavenger's paradise.

The students' ability to visualize,

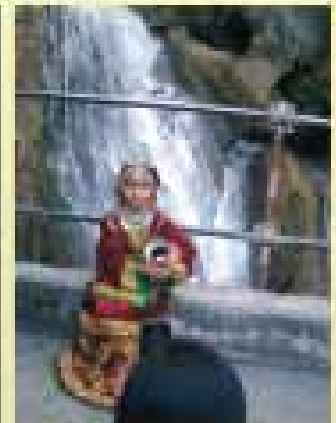
document and organize the show on such a massive scale was boosted by the unfailing zeal of the school Principal, Father J A Carvalho and the Art Teacher, Mr. Manish Kansara. The little crusaders did not rest simply with enunciating the hurdles and lapses, they went a step ahead to suggest solutions for the problems with Report Cards. All instances of negligence and omissions, such as open man holes, illegal speed breakers, broken pavements would be reported in the Report Cards and the concerned authorities could then be questioned on the basis of the evidence collected. Hence the remedy to the city's woes begins with the initiative of the individual - "the power of one."

UTTARAKHAND - THE ABODE OF THE GODS

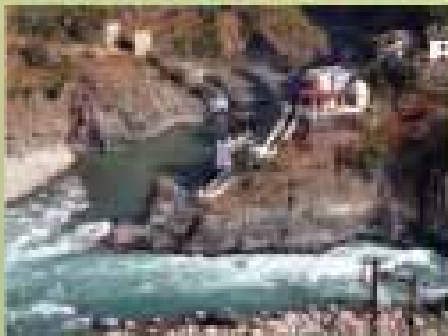
Fr. Agnel Multipurpose School, Nashi, (Dehradun) Trip



HARIDWAR - One of the 7 holiest places for Hindus



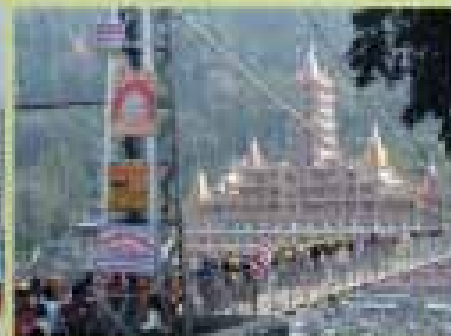
KANOTEE FALLS - a young girl dressed in the cultural attire of the land.



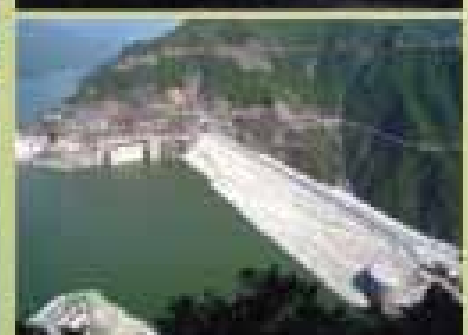
BLICKERPRIVAGA one of the Panchprayag (five confluences) of Ganga and River, the point of confluence of rivers Alaknanda and Mandakini.



The Children pass through the Lakshmi falls.
(An Iron-rope suspension bridge)



RISHIKESH - Located in the foothills of the Himalayas in northern India, it is known as The Gateway to the Himalayas.



The **TEHRI DAM** is a multi-purpose rock and earth-fill embankment dam on the Yamunotri River.

Annual Sports Day

A Day to Remember!

