



FR

June 2018

# AGNEL

SHRAM NEWS

*Back to  
Nature*



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Fr. Agnel Ashram News

June 2018



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# Back to Nature

By some strange coincidence, World Environment Day (June 5) and World Yoga Day (June 21) are both celebrated in the same month that heralds the onset of the monsoons in India. As the parched earth springs back to life in myriad shades of green and new life is infused into our streams and rivers, we celebrate our roots in nature.

The very first line of the Bible announces the birth of the environment - Gen 1.1 In the beginning God created the heavens and the earth. So man was actually an afterthought, to whom God gifted this planet. Strange that we should treat such a precious gift with such disdain !

As we step up to World Environment Day, the buzz this year is all about the plastic menace. Plastic is a man-made vehicle for disaster. Like everything else man-made, its benefits come along with damage that is far greater ! Here's a simple statistic from the United Nations. Every single day around 200 species of animals, plants and insects go extinct ! The cause for most of this is plastic and other such man-made instruments of destruction.

Environmental abuse has become so commonplace, that to even mentioning it invites instant ridicule. The citizens of the western suburbs in Mumbai have begun a movement called "Equal Streets". Every Sunday morning half the main street Linking Road is closed to motorized traffic from 7 – 10.30 am. Over 20,000 men women and children come out on to the street to dance, sing, cycle, paint, exercise and reclaim their open space. Even such a popular mass movement is opposed by a lone woman who sits in protest against this activity. Her complaint – "Roads are meant for motor cars, not leisure activity. If you want to have fun, go elsewhere, but not in my backyard !".

This attitude is symbolic of that displayed by almost all human beings on this planet. We all sympathise with the environment and the need to save the planet but we refuse to lift a finger to help. We are all aware of the damage plastic causes but we refuse to acknowledge that charity begins at home !

If every single person reading this article voluntarily gave up using plastic bags, walked or cycled instead of using motorized transport and planted a tree, the effort would be well worth it. So why don't humans do it ? The simple reason is the question that routinely first pops up in human minds is – What's In It For Me?!! Or how do I benefit ? Most of us fail to see the link between our survival and that of the planet.

This brings us to the next celebration, World Yoga Day (June 21). The word 'Yoga' literally means union. Union of mind and body, union of spirit and self, union of God and man or union of man

**The word 'Yoga' literally means union. Union of mind and body, union of spirit and self, union of God and man or union of man with nature.**

with nature. It all depends on your orientation. Every human being can find meaning in yoga.

To most of us, yoga is a set of body contortions that deliver therapeutic benefit. These positions are actually called *Asanas*. Yes, the therapeutic benefit is tremendous. Dean Ornish the renowned American cardiologist recommends the daily practice of *Suryanamaskar* (Sun Salutation) as part of his technique to reverse heart disease. His best-seller 'Reversing Heart Disease' is a must read that could change your life !

And yoga is indeed life changing. Culled from the written works of the Indian sage Patanjali called 'Yoga Sutras' the health benefits are truly astounding. After being initially shunned as a 'pagan practice', yoga today has a huge fan following in the West. Self-proclaimed gurus have sprung up across the globe and have branded this centuries-old science to appeal to their markets.

In India, we seem to have lost the plot on both counts. The educated elite have shunned their cultural heritage to opt for western mores. While our millennials are so absorbed in the emerging digital age that they have a complete disregard for the environment. It is important for our well-being and survival that we develop a concern and love for both – the environment and yoga !!



# Mind Your Mind Everything Will Be Fine

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*-Rev. Dr. Ivon D Almeida*

Last few years, Universities, Schools and colleges are discussing on methods to reduce students' stress from various academic pressures. Reorganizing the syllabus, changing the examination system, and introducing the semester pattern etc., are some of the examples towards this direction.

The concern and efforts to reduce stress from a student's life is really to be appreciated. The question still remains; will not these students who are constantly helped to cope up with stress by reorganizing the task and targets, face stress in the future? Many face stress in workplaces, families and personal lives. The real challenge for any educational Institution is not stress reduction but teaching to cope up with stress and pressure at every stage of their life.

Hence, though we need to balance between the student's age and the stress they can endure, too soft approach in education system also might create dependent adults who are not able to manage stressful situations in life. I believe, in every stage of a student's life, we need to teach methods to accomplish the targets without getting unduly stressed.

In order to address these problems, I feel we need to help students to organize and orient their mind in a right direction. This exercise of mind control is possible by controlling thoughts and by practice a technique called meditation. Organized academic Institutions should help students to handle LIFE as they are taught to handle subjects. We need to envisage an academic programme in which we value and uphold a principle that 'Life is larger than subjects'. Often in an academic Institution, entire staff puts in concentrated efforts in teaching to handle subjects and get high percentage of marks, in the bargain LIFE is forgotten. Hence, it is observed

that students in spite of getting high percentage and are successful academically, often find it difficult to handle their lives. In the family as well as in academic institutions, subject-oriented questions get more importance than life oriented questions. It is of utmost importance that our students are taught to handle life in schools and colleges, as an implication, the students will take up the responsibility to handle subjects on their own.

One of the main methods of learning to handle life as mentioned above is through meditation. There are different types of meditations practiced and promoted by different groups. It is advised that an educational Institution should promote non-sectarian meditation which will help students of various faiths to participate and practice. Using awareness in meditation could be the best type of meditation.

Meditation has become a fast growing alternative for millions worldwide and has proven to provide practitioners with not only numerous positive personal benefits both, spiritually and physically but provides additional benefits that extend far beyond the individual as well.

There have been more than 600 scientific studies conducted at 200 independent Universities and Institutions in 35 countries which have been published in over 100 leading scientific journals concerning the immense benefits of Meditation. It has become very evident and clearly documented that meditation provides substantial benefits in every area of life: physiological, psychological, sociological, intellectual and ecological.

In fact, recent research at Harvard and other Ivy League Universities has established that meditation, actually increases the pre-frontal cortex of your brain, the part of the brain

responsible for positive emotions. In addition to that, people who meditate show dramatic increase in “whole-brain thinking” and learning providing far greater comprehension ability and dramatically increased retention of various types of data received.

There are several benefits of meditation such as emotional intelligence, creativity, productivity, happiness, empathy and compassion. Also, it has a great impact on health. Research has linked meditation to reduced negative inflammatory activity, increased positive antiviral response, improved function of specific strains of immune cells, and higher anti-body production.

Meditation also helps to deal with emotions. Generally, when we sense negative or uncomfortable feelings, we try to escape them by indulging in distractions. These might be listening to music, watching TV, eating out, browsing shopping, or simply venting our anger on somebody. For most people, there are only two ways of dealing with negative emotions: either SUPPRESS them within, or EXPRESS them by shouting aloud and abusing other people. Shouting at others serves the ego, but it does not remove the emotional stress. We still suffer the turmoil of our inner emotions.

But there is a third way of handling such emotions. With the practice of meditation, we learn to WITNESS emotions as they arise in our body. This way, we neither keep emotions within ourselves nor vent them out on others. We just observe them, as if they are not part of us and take the required action calmly. They have simply arisen in the body-mind mechanism that we use. This approach is a significant paradigm shift.

Meditation teaches the art of being in the present. With the practice of meditation, we learn the art of being in the present. The present has immense power because the mind has no role to play in it. The mind plays a role only while being in the past or future. It gets worried about the past or anxious about the future. As soon as we are in the present, the mind surrenders and only silence prevails. This does not mean that you do not learn from the past or not prepare for the future. If we wish to learn a valuable lesson

from the past, we can quickly visit our past – just as the comic character Superman speeds around the earth in a flash. Without getting stuck in the past, we can immediately then return to the present. If we need to plan, or contemplate on something for the future, we can quickly visit the future just as the comic character Spiderman does. Spiderman throws his web to the exact place where he wants to go. We, also, can decide exactly where we want to go in the future and as soon as the purpose is served, we can immediately return to the present.

In meditation, we are able to question our thoughts. We ask: “What’s going on inside me? Which thoughts keep arising within me? Which stories am I inventing now?” We can witness the negative thoughts we may be carrying against others, such as “This person rejects my importance... He does not respect me... He is being unfair.” At this point, we guide our mind to stop and ponder on these thoughts. We firmly tell the mind, “You are unaware of the complete picture and are focused on just a narrow picture. Come out of this imaginary world and stop inventing tales.” With this, the mind gradually becomes quieter. Our tangled thoughts begin to untangle. We restore the perspective of our innate untroubled nature, and we become happy.

In order to achieve anything in life we need concentration. Level of achievement in academics, sports or any other success is directly connected with the level of concentration power we have acquired. What is concentration? It is nothing but controlling the conscious mind. We are aware that there are various levels of mind. Outer most level or layer of mind we call conscious mind, which works like a monitor and keyboard of a PC. It mediates but does not store any information. Unconscious mind is at the deeper level which does the learning and storing like CPU. When we meditate, we learn the art of controlling the conscious mind so that we can directly impress on the unconscious mind the matter we want to learn. Meditation is the best technique to increase concentration power. It will help a student to meet the academic targets and much more to face life in its entity with courage and confidence.

*Contd. on pg 12*

# Yoga As a Healthy way of Life

-B K Brijmohan - Chief Spokesman of Brahma Kumaris

The most popular concepts about yoga are – asanas, physical stretches, breathing exercises and techniques to relax and focus the mind. There are many kinds of yoga – Hatha Yoga, Tantra Yoga, Kriya Yoga, Raja Yoga (of Patanjali), Kundalini Yoga, Sankhya Yoga, Tattwa Yoga and many others.

Today yoga is practised mostly to attain physical fitness, stamina and weight-loss. But yoga as a holistic practice was seen as a tool to facilitate inner peace, Self-realisation and mental purification. Yoga isn't just exercise, it's a state of mind. All over the world, those who consider yoga to be a set of bodily and breathing exercises aiming at body-mind well-being are more than the number of people who consider yoga to be a spiritual journey.

The word 'yoga' is derived from the Sanskrit term 'yuj' means to connect. Yoga is a communion of the human soul with the Supreme Soul. Such a spiritual union empowers a human to overcome lust, anger and ego and live a virtuous life with spiritual awareness and compassion.

In the present age of Kali Yuga, most people are leading a bhogi life. A bhogi chases happiness in possessions, roles, status and all outer achievements that gratify his sense of 'i' and mine. He engages himself endlessly in competing for space, position and material resources. His actions gradually entangle him in a web of greed, ego and attachment. A bhogi ultimately becomes a rogi – physically, mentally, morally and spiritually unhealthy.

Health is not just absence of disease but is a state of wellness in which a person enjoys physical, mental, social and spiritual health. Most diseases

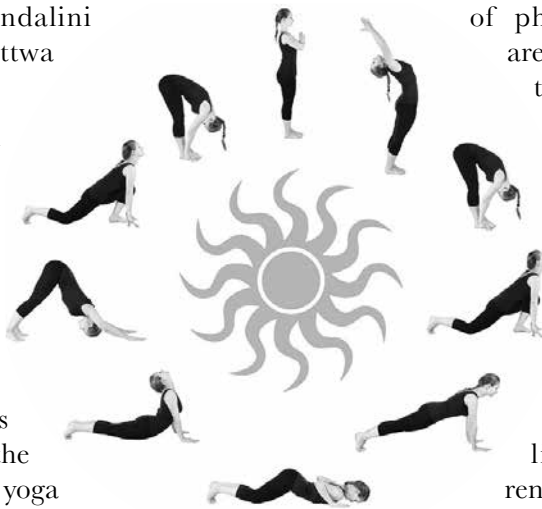
today are psychosomatic, caused by negative emotions. The negative 'sanskars' of the soul adversely influences the individual's attitude, outlook, dietary habits, relationships and behaviour. As a consequence, norms of physical and mental health are violated. When the body's tolerance limit is crossed by repeated violations, disease sets in.

Yoga is a way of life. It involves satvik diet, positive thinking, spiritual study, healthy relationships, silent meditation and selfless service. A yogic lifestyle does not mean renunciation or shedding family responsibilities. A yogi maintains his mental equilibrium even in adverse

situations. He is naturally free from addictions and unhealthy habits. A yogi celebrates the spirit of love through a very deep and authentic spiritual connection with each other.

The basis of Raja Yoga is soul-consciousness which means considering one's true Self as immortal soul having eternal relationship with the Supreme Soul and the disciplines of a yogic lifestyle, are clearly described in the Gita. The Gita describes the essence of Raja Yoga as mental communion with God: *man-mana bhava; sarva-dharman parityajya mam ekam saranam vraja.*

Raja Yoga is easy to practice. Everyone in a family including elders and children can practise this. The aim of this union with the Supreme is to become like Him in His qualities. As souls, we have similar attributes as God. As God's children, we human souls are innately good and pure; peace, truth, love, and bliss are our innate nature.



Courtesy: Speaking Tree

# ‘Strike, When The Iron Is Hot’

(A REPORT ON VASHI MISSION)

-E.F. Joseph

The title is a common phrase to give moral inspiration to take full and prompt advantage of favourable circumstances at the right time, lest we regret later. But it is seldom practised; except by the people who are gifted, rather blessed with brilliance and vision for greater achievements in life. Fr. Conceissao Rodrigues, Founder of the Fr. Agnel Ashram and a Legend in the field of Technical Education is one of those great personalities who struck the iron when it was hot; and the outcome is a large Technical & Engineering Complex at Vashi, Navi Mumbai, comprising :- Multipurpose Schools - Nursery to Secondary, Junior College, ITI, Poly Technic, Engineering College at Degree and Master's level, Ph.D programs in Engineering, MBA Academy, Sports Complex, Hostel for boys, Staff Quarters, Orphanage for boys, Swimming Pool and Aquatic Centre etc.

The Engineering College and allied Institutions are affiliated to the University of Mumbai and approved by AICTE. In addition to this, students are exposed to Research Projects at TIFR, BARC, NPCIL, and also Internship Programs in Foreign Universities and other premier Institutions and Industries. Majority of the students are well placed with reputed companies every year after completion of their study.

It was in the late seventies the Government of Maharashtra with a view to decongest Mumbai City, and also give a thrust for industrial growth and educational upliftment in rural areas around Navi Mumbai, authorized CIDCO for development works. Plots were available for various purposes. While most of the plots had bid for residential & commercial purposes, Fr. Conceissao and his brilliant team opted, rather

took a bold step to start a Technical & Engineering Institute, a totally different approach that would increase scope for employment opportunities and also improve educational amenities in the under developed area, moreover a lasting and beneficent asset to future generations.

The task of establishing a Technical & Academic Institution which is now the Pride of Navi

**Where wisdom and hard work  
converge in vision, there a new  
world is created, that is what  
fr. Agnel technical and educational  
complex is at vashi, navi mumbai.**

Mumbai, was entrusted to Fr. Orlando Rodrigues and Fr. Saturnino Almeida. Fr. Orlando was a man with a dynamic personality. He was a great visionary, Educator and a good leader. His ability to take bold decision and stern action at decisive times,

braving consequences is something amazing. Fr. Saturnino Almeida is a highly talented Priest, having a mind with passion for greater ventures in life. Within a short span of time, these two stalwarts literally made wonders in Vashi and made the Agnel Institution the Star of Navi Mumbai. There is no surprise that parents and students alike give preference to Agnells in Vashi as their First and Best choice at the time of admission. The service rendered by the Faculty & Staff to bring name and reputation to the Institution is of great value and praise-worthy.

The Agnel Technical Complex at Vashi, Navi Mumbai is having an unbeaten record of achievements in the academic field at the University and the Board level securing First Ranks and cent percent results in exams. Apart from academic matters the Institute gives great importance to Sports & Games also. Many students have excelled at National & International levels bringing kudos to the nation. The Institute has been accorded Grade “A” by the Government of Maharashtra.

Fr. Saturnino Almeida, Director of the entire Complex, plays a vital role in keeping the Institute vibrant and taking it to a higher altitude with flying colours. New ambitious projects and programs are initiated under his astute guidance and leadership. He may be compared to the Captain of a ship who can safely steer the ship ashore, even in turbulent waters.

Fr. Orlando Rodrigues, 'Architect' of Vashi Complex, left for his Heavenly abode in October 2017 leaving behind an indelible mark in the history of Navi Mumbai, giving Navi Mumbaikars a Big Gift, something that

would be cherished by all forever with love and gratitude for generations. I fondly remember his sweet words whenever we would meet each other "Kithe sangtha, Koso asaire." I always enjoyed a brotherly love and respect with him.

Where wisdom and hard work converge in vision, there a miracle takes place; and a new world is created. That is Fr. Agnel Technical Education Complex at Vashi, Navi Mumbai. One more Golden Feather in the cap of Agnel Fathers, after the Goa Mission; a prestigious Academic Centre of Excellence in the State of Maharashtra.



## There is no Joy Greater than the Joy of **GIVING**

### **William & Dorothy D'Costa, Abu Dhabi**

Please find attached a cheque of Rs.8000/- towards the sponsorship of our ward Vinayak Parkar. Please keep our family in your prayers. We will keep all the children in our prayers.

### **Mathew K.I. Kerala**

I am sending a cheque of Rs.9000/- as my Easter Gift for the orphans. Please pray for me and my family. Thanking you.

### **Mrs. H. Hyrapiet, Kolkata**

I am enclosing a cheque of Rs.5000/- towards your charitable activities for the year 2018.

Please remember me in your prayers. Also pray for my mother Mrs. Culloden, who is now 92 years and has been a benefactor for many years. Thank you.

### **Zacharias J. Mannala, Sharjah**

Please find enclosed a cheque of Rs.50,000/- as our donation for the orphans under your care. Kindly pray for our intentions. Thanking you.

### **Naresh & Devbala Maisuria, U.S.A.**

I am sending a P.O. for \$101/- as my donation for the orphan boys in your Balbhavan. Please remember us in your prayers. Thanking you.



# Technical Complex at Fr. Agnel Vashi

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**F**r. Agnel Multipurpose School was established in the year 1982 in Vashi, Navi Mumbai, with the objective of providing comprehensive education to students upto Higher Secondary Certificate Examination. The school is affiliated to the Maharashtra State Board of Education.

Our vision is to mould children into Nation-builders, who will make a living, a life and a difference in our world. We envision that Fr. Agnel Multipurpose School & Jr. College will always remain a learning, nurturing Organisation, wherein, the home, school and community will be knit together in a trusting partnership, to ensure personal and academic excellence in all children.

We accept every member of the school family, as a unique and integral part of a divine design. To provide a learning environment, which empowers students and Staff to maximize their personal, creative and academic potential in order to become lifelong learners and responsible citizens of India and the world.

Agnel Polytechnic, Vashi was established in 1983, as a part of the Agnel Technical Educational Complex. The Institute is recognized by AICTE, and affiliated to MSBTE. The courses offered at our Institute are Diploma in

- 1) Mechanical Engg. (120 Intake)
- 2) Civil Engg. (120 Intake)
- 3) Automobile Engg. (60 Intake)
- 4) Electronics & Tele. Comm. Engg. (60 Intake)

Along with excellence in academic performance, our students are encouraged to participate in sports, cultural and technical activities. The external monitoring committee has awarded “Excellent Grade” to our polytechnic for all the departments. Known for its dedicated faculty, good discipline and values, our polytechnic enjoys the reputation of being one of the best

in Maharashtra. We also have a tie-up with Hyundai Motors for training and placement of our students.

Fr. C. Rodrigues Institute of Technology, was established in the year 1994-95. Since then it has added many feathers to its cap.

The institute has been accorded, Grade “A” by the Government of Maharashtra and is recognized by and affiliated to the University of Mumbai. In addition, the Institute has received an extension of approval by the All India Council for Technical Education (AICTE), New Delhi, vide their F. No. Western/1-3508354456/2018/EOA dated 4th April 2018.

The Institute offers Under Graduate, Post Graduate & Research Programs in Engineering:

- Bachelor Degree (Under Graduate ) in the following Programs with an intake capacity of 60 each:
  1. Computer Engineering
  2. Mechanical Engineering
  3. Electronics & Telecommunication Engineering
  4. Electrical Engineering
  5. Information Technology Engineering
- Master’s Degree (Post Graduate)) in the following Programs with an intake capacity of 18 each
  1. Mechanical Engineering with specialization in Machine Design
  2. Electrical Engineering with specialization in Power Electronics& Drives
  3. Electronics & Telecommunication Engineering.
- Ph.D. Programs with an intake capacity of 10 scholar’s each
  1. Mechanical Engineering
  2. Electrical Engineering

# Fr. Agnel Vashi -



*Fr. Agnel Complex, Vashi*



*Sports Facility at Fr. Agnel, Vashi*



*Sports Facility at Fr. Agnel, Vashi*



*Fr. Agnel Law College*



# - A Matter of Pride



*Fr. Agnel Balbhavan*



*Shri Vinod Tawde, Minister of Higher & Technical Education along with Rev. Fr. Dr. Ivan D Almeida*



*Shri Vinod Tawde with Fr. S Almeida & Fr. Valerian D'Souza*



*Shri Vinod Tawde with Balbhavan Children*



# Agnel Happenings

## 3. Electronics & Telecommunication Engineering

- All the UG programs have received accreditation by the National Board of Accreditation in 2006 & 2012 for two years respectively.
- Internship Programs for students in foreign Universities as well as premier Institutions and Industries in India
- Students are exposed to research projects at TIFR, BARC, NPCIL and other reputed industries along-with internal project at the Institute.
- Faculties are also encouraged to do externally funded projects by industries and Government agencies.
- The students are encouraged to organize technical fest, industrial visits, Technical paper presentation and participation in various sports activities at the University, State & National level. In terms of students passing percentage and rankings, our Institute is one of the top five institutes among Mumbai University.
- Majority of the students are placed in reputed Industries & Organizations every year.
- All the faculties are Excellent, hardworking and dedicated.
- The Institute organizes Students and faculty

development programs on regular basis on its own and in collaboration with other Institutes / Industries.

## **Fr. C. Rodrigues Institute of Management Studies:**

Established in 2001, FCRIMS is one of the excellent educational Institutions established by the Agnel Ashram Fathers in Vashi, Navi Mumbai. Admitting 60 students every year, FCRIMS is affiliated to Mumbai University and offers Masters in Management Studies program.

At Agnel's, we believe that the best learning happens when sound conceptual inputs are accompanied by designed practical exposures providing an opportunity to students for hands-on skill development. Our training initiatives are designed in the form of various events like Abstract, FABS Market, Court Martial; you are the Judge, Budget Dissection, Industrial Visits, News Letter etc.

Our Alumni are currently holding positions of responsibility with various big brands like AC Nielsen, Baker Hughes, Siemens, HUL, Ernest & Young to name a few.

Our Faculty are mandatorily required to go through periodic Training & Faculty Development programs to upgrade their skills on a continual basis.

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### ***Mind your Mind Everything will be fine - Contd. from pg . 5***

We have heard people saying 'mind your business or 'mind your language'. I believe that to mind one's business or language, one needs to mind the mind. When we mind our mind, we will be able to mind our language or business. Assessing our life, we realize often our stress and disappointments begin with the state of mind we are in. Stress, confidence, happiness, sadness, low

self-esteem, etc., are nothing but state of mind. When you are in a particular state of mind, we say 'I am stressed' or 'I am happy'. In order to evoke a particular state of mind, we need to learn the art of minding our mind. Meditation helps us to mind the mind and control our thoughts. Once we are able to mind our mind, everything will be fine.

*"The very heart of yoga practice is 'abhyasa'  
- steady effort in the direction you want to go. "*

*—Sally Kempton*



# Tech Hackathon – UnScript 2018

On the occasion of the 60th Anniversary of the Agnel Technical Education Complex, Fr. Conceicao Rodrigues College of Engineering, Bandra, hosted a Tech Hackathon “UNSCRIPT” for the very first time on the 24th and 25th of March, 2018.

Unscript is an inter-collegiate Hackathon which revolves around designing and developing projects based on the given problem statements. A comprehensive technology, Hackathon “UNSCRIPT” was conducted to give a wide opportunity for coders, technologists and everyone enthusiastic about Web development and Mobile development to widen their horizons and develop professionalism of students and young budding engineers.

We began with the registration process on 3rd March, 2018 by launching promotional activity both on-line and off-line. By 18th March, 2018 being the deadline for registration, we received more than 100 registrations from colleges all over Maharashtra. After a rigorous short-listing process, which consisted of 2 rounds of scrutiny – Resume-based short-listing and telephonic interview, 40 teams were selected for the Hackathon.

On 24th March, 2018, we began with the Inauguration at 10 AM. The problem statements were then released. The participants were required to choose one of the three problem statements – Student Performance System, All in One Social Media Manager, Event Managing App for Education. A cap was set on the total number of teams that can attempt each problem statement and a link was then distributed to all team leaders at the same time to register their preference for an even and unbiased distribution of the same. Coding cycle began after mentors giving their guidance session. We had mentors from Tata Consultancy Services, Google Business Group, ATOS, our College senior alumni and Professors as well as remote assistance from ATOS India professionals. At 10 PM, we began with the 1st round of evaluation based on the design process and the approach to the problem.

On 25th March, 2018, the 2nd round of evaluation was then conducted from 8.30 AM onwards, based on the technology used and the work completion. Based on the aggregate of the 2 rounds, 10 teams were then selected for the final presentation. We had 3 Judges from Tata Consultancy Services. We began with the Presentations at 11.30 AM where in each team was given 10 minutes for presentation followed by a question-and-answer session with the Judges. The judges then selected 3 winners:

**First Prize :** Night Kings (Ramrao Adik Institute of Technology)

**Runners Up :** Dcoders (Thadomal Shahani Engineering College)

**2nd Runners Up :** Creeps (K. J. Somaiya and Sardar Patel Institute of Technology) and

Code Blazers (Fr. Conceicao Rodrigues College of Engineering)

The winners were awarded with a cash prize of Rs.25,000, Rs.15,000 and Rs.10,000 respectively. Also Twitter Contest and GitHub Maximum Commit Contest were held during the entire Course of the Hackathon. Certificates and gift vouchers were then distributed to the contest winners and to the participants, followed by the Closing Ceremony.

We thank the Management for sponsoring the event and for their support throughout the entire course of the event. A special thanks to Fr. Valerian D’Souza, Our Director, Dr. Fr. Peter D’Souza, Local Superior, and Dr. Srija Unnikrishnan, our Principal for their constant guidance and support. We would also like to extend our sincere thanks to our Staff members without whose help this event would not have been possible. Last but not the least, thank you to all the members of the organizing team of Codelabs CRCE and Mozilla Campus Club CRCE and to all the volunteers who helped in making this event a success.

# **Pune District Principal's Workshop**

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A Principal's Workshop was organised by Fr. Agnel's Vidyankur School in co-ordination with the Education Department, Zilla Parishad Pune on 21st of April 2018. A total of 60 Principals and representatives of School Management from around forty schools attended this Workshop. Mr Krishnakant Choudhari, Deputy Education Officer Secondary Section Zilla Parishad and Rev Dr Ivon D' Almeida, Assistant Managing Director, Fr. Agnel's Technical Education Complex Vashi, were the Speakers on this occasion.

Mr. Krishnakant Choudhari explained to the participants about Fee Regulation Act, RTE

Act, Posco and Saral etc. He explained to the participants how important it is to be an effective Administrator to avert problems in school. He also answered the queries asked by the Principals.

The second Speaker, Rev Dr. Ivon D'Almeida, spoke about 'Education- Healthy Mind Creating Healthy Minds'. Fr Ivon conducted a short meditation for the participants. He explained about how we can pass on our positive vibrations to our children in school and even to the Staff members. The participants at the end of both the Sessions thanked the Management of Fr Agnel's Vidyankur School for arranging such an informative Workshop.

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## **Agnelites Excel in H.S.C - 2018**

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There was jubilation at Fr. Agnel Multipurpose School and Jr. College, Vashi as the HSC results came in. The pass percentage this year too is 100%.

SIDDHI HINDALKAR with 95.85% stood first in the Science stream. SARTH BHUVA with 94.77 % stood 2nd, and SHREYAS MANE and SHERIN SHIBU with 93.85 % stood 3rd respectively.

In the Commerce stream HARPREET SINGH PAWAR with a score of 93.23% bagged the highest percentage. He is followed by SAMIHA SHETTY with 90.45 % and ROSALYN LEWIS with 89.85%.

This year 149 students from the Science stream and 125 students from the Commerce stream

took the HSC exams and all passed with excellent scores.

7 Students with special needs who took the HSC examination this year passed with flying colours, which includes 2 Autistic students – SOHAM ROYDASTIDAR with 75.4 % and VINAMRA AROLKAR with 74.9%.

1. SOHAM ROYDASTIDAR – AUTISM - 75.4% - 9920412018 – COMMERCE STREAM
2. VINAMRA AROLKAR - AUTISM – 74.9% - 9820284171 – COMMERCE STREAM
3. ROSALYN LEWIS – 89.85% - 9969595986 – COMMERCE STREAM

International Athlete – Represented India in World School Games at Turkey in July 2016 and secured 6th position in 200 m run and 2nd position in Medlay relay.

Selected for South Asian Federation Games (Junior) in Colombo, Sri Lanka and secured 4th position in 200 m run.

4. KEVIN JUZE DIAS - 9699312121 - 76.46% in COMMERCE STREAM.

Has achieved many awards.

1st Prize in Dr. APJ Abdul Kalam State level Poster Painting.

1st prize in All India Level National Level poster painting competition (Digital India)

Best Artist Award – International Level Picasso.

Award at International Watercolour Society contest Exhibition.

5. RRUCHI BHANDARI – 8652121441 – 64.46% in Science stream.

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# Training & Development at Fr. Agnel, Goa

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If you want to plan for a year, sow seeds.

If you want to plan for ten years, plant trees.

If you want to plan for a lifetime , TRAINING & DEVELOPMENT. ... *Chinese Proverb.*

Training and Development plays a very important role in our life. Training helps in acquiring and sharpening skills and competencies to do a specific job at a standard level. Development helps in enhancing ones overall personality. Thus Training and Development has become and indispensable part of our life in today's turbulent environment.

Currently our country is experiencing a severe problem of increasing unemployment .Despite positive growth the unemployment scene has worsened to such an extent that it calls for drastic action on the part of the Government and the Industry. This ever rising unemployment can be attributed to several factors. But evidently this unemployment scenario can be attributed to the scarcity of employable skills. Thousands of youths pass out every year with their academic qualification but unfortunately fail to get a job in the industry due to lack of employable skills and qualification. There exists

a great skill mismatch which is a prime reason for this unemployment scenario.

Keeping this in mind , Agnel Vocational Training Institute was established in 2004 to impart short term market oriented Technical training in various trades, which have high demand for wage employment and self employment. It has been our endeavor to equip the youths of Goa with employable skills which in turn would serve as a source of sustained livelihood for them. The curriculum evolved for each program is competency based i.e. to perform a task at the standard expected in real work environment.

### **The main objectives of the training programs are:**

1. To develop a competent workforce who can provide quality service to the user.
2. To upgrade the skills and to develop proper attitudes.
3. To enhance self-employability of personnel and provide opportunity for income generation, thereby improving their standard of living

### **Future of skill training in Goa**

# Agnel Happenings

According to the survey report published by one Government Agency it has been estimated that

The state of Goa would face human resource deficit of 19150 for skilled manpower, 45490 for semiskilled manpower and 39890 for minimally skilled manpower for the year 2017-2022 thus amounting to total deficit of appx 104000 manpower. This signifies the huge potential of skill training for employment generation in Goa. Our Frame Work.....

Conduct need based training

Follow competency based curriculum

Impart Entrepreneurship inputs

Provide hands on training & safe skills

## **Our Training Philosophy:**

Give Man A Fish,

Feed Him For A Day.

Teach Him How To Fish

And Feed Him For A Lifetime.

## **Skill Training For Livelihoods**

The institute provides skill training in various trades for self / wage employment. The Institute is dedicated to provide better future to Goan youths by empowering them through skill development. To address the issue of unskilled manpower, the Institute provides industry based skill training to the trainees with special emphasis on market needs and aspirations.

The Institute has been imparting skill training in several trades for self /wage employment across the state funded by several State /Central Government agencies. The major Projects implemented by us are Swarn Jayanti Shahari

Rozgar Yojana, Swarn Jayanti Grameen Rozgar Yojana, National Urban Livelihoods Mission etc. A special attention is given to marginalized section of the society thus empowering them for sustainable livelihoods. We also conduct skill training for livelihoods funded by corporate under Corporate Social Responsibility (CSR) Project.

Till date more than 16000 youths have been trained in various trades making them employable and better equipped for the future. Around 8000 youths have been placed in the industry for wage employment with a record of appx 1000 micro entrepreneurs. The skill training programmes are being conducted both at the Verna complex and at the extension centres all over Goa.

## **In campus programmes**

- Refrigeration & Air conditioning mechanic
- Computer Hardware & Networking
- Domestic Electrician
- Nursing Assistantship
- Mobile Phone Repairs
- Fashion Design & Garment Technology
- Beauty Therapy & Cosmetology
- Computer Applications
- Graphic Designing

## **What makes our courses unique?**

- Competency Based Curriculum
- Soft skills
- Inputs on Entrepreneurship
- Internship
- Placement support

*Keep close to Nature's heart... and break clear away, once in awhile, and climb a mountain or spend a week in the woods. Wash your spirit clean. John Muir*





# Fr. AGNEL'S BLESSINGS

## ACQUITTED OF KIDNAPPING CHARGE

**Borivali:** My son who is 23 years old was charge-sheeted allegedly for a kidnapping case. Under fear and tension he left home and there was no trace of him for about 2 months. Although strenuous efforts were made by the police and relatives he was not traceable. At this critical time we tearfully prayed to Ven.Fr. Agnel for his return and to prove his innocence. Ven.Fr.Agnel heard our fervent plea as my son returned home safely. The police cleared him of any kidnapping charge as the real culprit was arrested. Today we have come to the Ashram to pay homage with our thanks offering of ₹.1100.

-Sandeep Pandey

## MULTIPLE FAVOURS

**Bandra:** By the grace of Ven. Fr.Agnel I received many favours. My daughter got a suitable partner; My husband's angioplasty operation was successful; My mother-in-law who was ailing for quite some time is now feeling much better in health. For all these favours I thank Ven.Fr.Agnel and send my offering of ₹. 500 to the Ashram.

-Milton and Cecilia D'Silva

## OPERATION AVERTED

**Porvorim-Goa:** While working on board the ship, suddenly I was getting severe chest pains. After a month and half I arrived in Goa and met the doctor. On taking an X-Ray the doctor said that I would be required to undergo surgery. On hearing this my mother and I went to Pilar and prayed fervently to Ven. Fr. Agnel for healing. After this I went to the doctor, who advised me to take another X-Ray and sonography. On reading the reports the doctor said that no operation was needed. I am grateful to Ven. Fr. Agnel for healing me and pray for his early

beatification.

-Benjamin Pinto

## FRUITS OF DEVOTION TO VEN. FR. AGNEL

**Mira Road :** Ever since my son joined Degree Engineering Course in Computer Science I was praying to Ven.Fr. Agnel to have his hands of blessings over him. I am now very happy to inform you that by the blessing of Ven.Fr.Agnel he has passed B.E. (Computer) with high marks, and moreover, he has been blessed with a lucrative job in a reputed foreign Bank. My sincere thanks to Ven. Fr.Agnel with an offering of ₹.1000 to the Ashram.

## GOT ADMISSION

**Panvel :** I was trying to get admission for my son in Occupational Therapy in a reputed College in the City. As there was stiff competition, there was no hope of getting admission at all. Advised by a friend I came to the Ashram and put a petition at the tomb of Ven.Fr.Agnel. I am now happy to inform you that by the intercession of Ven.Fr.Agnel my son has got admission in the same College. With a grateful heart an offering of ₹.101 to the Ashram.

-Ajita

## CURED OF ALL ILLNESS

**Panjim-Goa :** I was suffering from diabetes and also had chest pain and some bleeding. Doctors at the hospital attending to me found lumps and cyst in my breast and suspected cancer. With great faith I came to Pilar and placed the medical documents at the tomb of Ven.Fr.Agnel and fervently prayed for a negative result. My prayer was answered and I am now feeling much better. My sincere thanks to Ven. Fr.Agnel and I pray for his early beatification.

-Joanita Vaz

## Out of Their Bounty

P. Srivastava	Mumbai	50000	A.T. Daruwalla	Mumbai	1000	G.J. Parackal	Kerala	400
J. D. Divecha	Mira Road	18000	Ouseph I.C.	Kerala	1000	Albert Fernandes	Mumbai	400
Jijna Dharajia	U.K.	18000	J.M. Pomani	Mumbai	1000	M.M. Pereira	Pune	400
Parag R. Ved	Mumbai	14000	N.M. Paulose	Keralal	1000	D. Joseph	Kerala	400
A.G. Marangoly	Australia	12977	B. Macron	Mumbai	1000	K.T. Mary	Kerala	400
Pooja C. Mistry	Mumbai	11001	V.S. Bilolikar	Mumbai	1000	Lucy Joseph	Kerala	310
T.V. Antony	Mumbai	10000	Fiona Jose	Kerala	1000	Reena Baby	Kerala	301
J.J. Lobo	Mumbai	10000	P.T. Thomas	Kerala	1000	Rani Louis	Kerala	300
F. Barrow	Mumbai	10000	R. Chawan	Vasai	1000	I.S. Raj	Bangalore	300
Itoop Menacherry	Kerala	10000	Anil Macwan	Nadiad	1000	S. Stephen	T.N.	300
Yogesh Jalasia	U.S.A.	10000	Mary Varghese	Ahmedabad	1000	Flora	Pondicherry	300
Saurabh K.t.	Bangalore	9000	Bulbul Dutt	Kolkata	1000	S. Mistry	Pune	300
M.J. D'Souza	Dubai	7000	M.S. Lucien	Chennai	1000	S. Merlyn	T.N.	300
J. Raphael	Virar	6000	R. Rajan	Mmbai	1000	C. D'Souza	Chennai	300
Dr. Bharati Vyas	Mumbai	5000	A. Arora	Anand	1,000	V.J. Francis	Kerala	300
G. Ratod	Mumbai	5000	H. Patel	Mumbai	1000	P.I. Kuruvilla	Kerala	300
P.t. Joseph	Kerala	5000	Rima Patel	Ahmedabad	1000	T. Joseph	Kerala	300
V.V. Bakshi	Mumbai	5000	P.V. Jose	Nerul	1000	Nirmala Joseph	Kerala	300
B. D'Silva	Vasai	5000	S. Dabre	Vasai	1000	V. Fernandes	Gujarat	300
S. Saldanha	Mangalore	5000	Rita Fernandes	Mumbai	1000	V.M. D'Souza	Gujarat	300
P. t. Lopes	Vasai	5000	Annie Lobo	Mumbai	1000	J. Mistry	Mumbai	251
Lily I. Menezes	Vasai	5000	K.K. Vig	Mumbai	1000	Joby Joseph	Kerala	250
Mary Mukaden	Mumbai	5000	S.d. Kumble	Mumbai	1000	A. Joe	Kerala	250
R.R. Bamaniya	Nunbaui	5000	V. Gabriel	Kalyan	1000	D. Mathew	Kerala	250
Fernando Co	Mumbau	4000	F. Rebello	Mumbai	1000	Molly Jacob	Kerala	250
L. Gracious	Goa	4000	A. s. Bhadlakar	Pune	1000	Anto Paul	Kerala	250
M.M. Patel	Gujarat	3213	A. Almeida	Mumbai	1000	V. Augustine	Kerala	250
M.V. D'Mello	Vasai	3000	M. F. D'Souza	Mumbai	610	T.V. Scharia	Kerala	250
H.z. Bharucha	Vasai	3000	Colin A. Cardozo	Mumbai	600	M.R. Patel	Mumbai	202
Joseph V.J.	Kerala	2500	V.s. Kamat	Mumbai	501	M.P. Parmar	Gujarat	201
J. Mathew	Kerala	2500	Manju Bhatia	Mumbai	500	S. Esakkimutu	Mumbai	200
A. Karunaker	Canada	2500	E.Kochuthressia	Kerala	500	N.P. Dastoor	Mumbai	200
M.S. Menezes	Vasai	2500	Francis D'Souza	Mumbai	500	F.M. Kobla	Mumbai	200
M.A. Dongarkar	Vasai	2500	M. Vaish	Gujarat	500	R.t. Rajan	T.N.	200
V.N. Heldt	Secunderabad	2000	Linda D'Cruz	Kerala	500	A. Thomas	Kerala	200
J. saldanha	Thane	2000	K.Amma N.	Kerala	500	Angel Joseph	Kerala	200
Julia Roaach	T.N.	2000	G. Veeramani	Chennai	500	C.P. Joseph	Kerala	200
B.s. Colaco	Vasai	2000	P. Malde	Mubai	500	V.s. Save	Pune	200
S.V.S. Rama Rao	Mumbai	2000	A.T. Nader	Mumbai	500	X. Francis	T.N.	200
S.C. Lobo	Mumbai	2000	R. D'Almeida	Karnataka	500	C. Robert	Kerala	200
V. Pereira	Mumbai	2000	M. Fernandes	Mumbai	500	R. Victor	t.N.	200
Dennis Fernandes	Mumbai	2000	Hilda Fernandes	Mumbai	500	Jerome Lobo	Karnatic	200
R. D'Souza	Mumbai	2000	V.J. Salunke	Panel	500	L. Pereira	Mangalore	200
R. Gandhi	Canada	2000	Sandeep Salunke	Panvel	500	C.K. Fernandes	Ahmedabad	200
Anand Gandhi	Canada	2000	F. Desai	Mumbai	500	M. Sussai Nath	T.N.	200
K. Gandhi	Canada	2000	Joyce Noronha	Mumbai	500	J. John	Kerala	200
Susan Charles	Mumbai	2000	M. Mody	Mumbai	500	T. Thomson	Kerala	200
R. Charles	Mumbai	2000	R.K. Mabakul	Mumbai	500	Bertha D'Souza	Kerala	200
M.N. Patel	U.K.	1670	J. Raman	Mumbai	500	V. Pereira	Pune	200
A. Jayasimhan	Mumbai	1500	Nelson D'Mello	Mumbai	500	A. Catherine	T.N.	200
M.V. Fernandes	Bangalore	1500	M.M. Mistry	Nashik	500	Alphonsa P.K.	Kerala	200
J.M. Mandal	Mumbai	1500	Paul & Patricia	Chennai	500	Theresa Wilma	Kerala	200
D. Fernandes	Mumbai	1200	A. Vandrewala	Mubai	500	P.Almeida	Valsad	200
R.B. ambekar	Mumbai	1100	Maria Soans	Thane	500	C. . Gloria	T.N.	150
A.M. Josephraj	Mumbai	1001	S.S. Narvekar	Virar	500	V. D'Souza	ahmedabad	150
C.J. Salunmke	Panvel	1001	J. Shah	Mumbai	500	V. Fernandes	Ahmedabad	150

# Various Training & Development at Fr. Agnel, Goa



Beauty Therapy & Cosmetology



Computer Hardware & Networking



Refrigeration & Air Conditioning Mechanic



Trade Self wage employment



Hospitality Skills



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# Tech Hackathon – UnScript 2018 at Fr. Agnels Bandra

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