



**FR**

March 2022

# **AGNEL**

**SHRAM NEWS**



**LENTEN SEASON**

**Prayer - Fasting - Almsgiving**

FR. AGNEL  
ASHRAM

# NEWS

March 2022

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## **The Grapes of Arrogance - Vladimir Putin**

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Vladimir Putin has shocked the world with his senseless, bloody, cruel, monstrous, tragic and meaningless invasion of Ukraine. The unprecedented crisis of humanity that the invasion has let loose, brought to the fore, the tragedy of senseless wars of Vietnam, Campuchea, Laos and in the Horn of Africa, Syria, etc. which to the western world of Europe and Americas was most of the time, only a distant happening, without much impact on their lives. Ukraine is an entirely different issue – it is right there on their doorsteps where grandpas and grandmas, the sick and the elderly and the never-ending number of children, in their hundreds of thousands are being displaced, killed and rendered homeless and devoid of home and hearth.

The world is on the edge of a nuclear holocaust, and the danger of it happening is present and real. The west is playing a pathetic game of wait and watch, providing arms and ammunition and other technical and financial assistance to Ukraine to help them fight a cruel and pernicious war, right under their nose in bated breath, knowing not what will happen next, yet watching helpless, the Russian armed machine pound, destroy, burn and reduce to rubble what is the most beautiful Ukraine.

Why have the most powerful and the richest countries of the world been reduced to mere spectators watching people die, children rendered orphans and homeless right under their watch.

Never has the world faced a situation when it felt so helpless and unable to act when it has all the power and force at their command to retaliate. The balance of terror unleashed by the nuclear weapons, that is rightly called the 'balance of terror' and which also maintained the world peace during the cold war, has come home to haunt all those who believed that peace can artificially be kept with the fear of mutual destruction.

Arrogance has always been the greatest man-made cause of destruction and pain. Right from Cain who killed his brother Abel, because he could not stand that his brother was more pleasing to God, to Hitler, Pol Pot, Idi Amin, it has led a trail of bloodshed and pain all through their history.

Arrogance blinds its possessor to external realities, and pain and loss of other people because he thinks that it is less important than the personal goals that he holds as dear. Arrogance grows as a result of one's inability to listen to one's inner voice and the sound advice of others, solely based on the presumed fact that he is powerful enough to ward off all that could in one's way.

Arrogance dehumanizes, insulates the person from others and others' needs, and the only fruit of that is the destruction of others and wrath.

*-Fr. Jose Alarico Carvalho*

“It is for Freedom that Christ has set us free.  
Stand firm, then, and do not let yourselves be burdened again  
by a yoke of slavery.”

-Gal. 5:1

# Time To Rejuvenate

## (Reflections on Lenten season)

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-Sunil D'Cruz

**L**ent is a period of penitential preparation for Easter. It begins on Ash Wednesday and is a season of reflection. By observing Lent, Christians replicate Jesus Christ's sacrifice and withdrawal into the wilderness for 40 days, before he began his public ministry.

The Three Pillars of Lent are Prayer, Fasting and Almsgiving. Lent is a time of repentance. These 40 days are set aside to praise and worship the Lord; to read the Bible and pray more often. Christians who observe Lent experience deeper intimacy with the Lord.

### **Catholic understanding of the season of Lent**

Lent is a time we set aside each year to remember the love of God that is poured out through Christ Jesus on the cross in His death; and His defeat of death, sin and Satan in Christ's death and resurrection that brings us Eternal Life.

Each year, the Church gives us six weeks to take a long, loving look at our lives to see if our values and priorities are in line with God's desires for us. Since most of us have wandered from God's path, Lent becomes that second chance, to return to God with our whole heart.

### **Suffering, death and resurrection of Jesus Christ**

The suffering, death and resurrection of Jesus are the big storyline of the Bible. The intense journey began with his entry into Jerusalem to loud hosannas, on Palm Sunday, in preparation for the Jewish feast of Passover. After celebrating the Passover with his disciples on Holy Thursday evening (also known as the Last Supper), it led to his betrayal, torture and death on Good Friday. It culminates in his burial, restoration to new life and his appearance first to Mary Magdalene and then his closest disciples, on Easter Sunday.

Through this, we can experience in Jesus Christ

the promise that our own sufferings and death is not the end. Jesus sacrificed Himself on Good Friday to bear the punishment for all our wrongdoings and offer us forgiveness. He was raised from the dead on Easter Sunday to give us an opportunity to have a relationship with God for eternity.

### **What is expected of us**

The three main things people focus on during Lent are prayer, fasting and alms giving, or charity. Prayer during Lent focuses on our need for God's forgiveness. It is also about repenting and turning away from our sins, thereby receiving God's mercy and love.

Fasting, or giving up something that is a regular part of life, like spending time on social media, can be a reminder of Jesus' sacrifice. That time can also be replaced with more time connecting with God.

Giving money or helping others is a way to respond to God's grace, generosity and love. For example, some people spend time volunteering or donate money they would normally use to go out for a dinner or a movie.

Spending time during Lent praying, fasting and alms giving can make Jesus' sacrifice on Good Friday and His resurrection on Easter even more meaningful.

### **Our response to the season of Lent**

Lent is a time of grace and spiritual growth. It is the best time to support one another in whatever you choose to do. As you journey through this annual second chance, remember that each step brings you closer to the welcoming arms of our loving God.

During this season of Lent, allow God to lead us into a time of reflection and surrender. You stand to gain a lot. Let us make Lent special by taking time to reflect on our relationship with God.



# Season of Lent and Culture of Love and Care

-Fr. Antony Jerald

The season of Lent reminds us that God never tires of forgiving us; but we are the ones who tire of seeking His mercy. It proclaims that God ever loves us and invites us to approach him through the season of Lent. Man of inspiration and admiration of many, Pope Francis, yet again proved his nature in and through his gesture of personally going to the Russian embassy on Friday, 25th February, 2022, to express his concern about the war in Ukraine. He also called for dialogue to end the conflict and urged the faithful to set Ash Wednesday, as a day of fasting and prayer, for peace in Ukraine.

I am deeply touched by the loving care of Pope Francis for humanity and peace of the world. Indeed, his attitude of love and care for everyone which he consciously promotes, is a challenge for all us, in this season of Lent. It is also clear from his saying that love is a gift that gives meaning to our lives. It enables us to view those in need as members of our own family, as friends, brothers or sisters. A small amount of love, if given, never ends but becomes a source of life and happiness. So, the season of Lent places before us a challenge that is to practice a culture of love and care.

## Season of Lent

Lent is a season to observe and commemorate the passion, death and resurrection of Jesus Christ, the Son of God. It is a time of repentance and reunion. Also, the intent of the Lenten observance is to recognise our need for drawing closer to God and prepare our hearts for the celebration of Easter (Ezra 8:23; Col 2:13). Hence, greater intimacy with God and people is the reward of the season of Lent which each of us could aim at. The means by which we could achieve this reward is tangible in the form of culture of love and care.

## Lent: Culture of Love and Care

The season of Lent ever brings to our mind and heart, the passion, death and resurrection of Jesus Christ, our redeemer and also reminds us, more specifically, the culture of love and care that Jesus practised (Jn 3:16). Perhaps, to put it plainly, the Lenten season is enshrined by the love and care Jesus had for his people. We always have the picture of the cross, denial and suffering of Jesus, whenever we remember the word Lent but we are

aware that it is the result of his love and care for the poor, needy, marginalised and oppressed.

It also depicts his love for the Samaritans, care for the woman caught in adultery, grace for the woman who touched him in the crowd, those ten lepers who approached him, his love for the sick, tax collectors and sinners. So, the season of Lent is all about the culture of love and care. The Cross is the symbol of God's solidarity with humanity and neglecting the suffering of Christ is to deny his true humanity.

However, Christ did not suffer because suffering is beneficial, justified or even justifying but because he fully participates in and has compassion for the inevitable suffering of human existence. All the more, it is not to encourage meek and submissive self-sacrifice or to glorify suffering and justify abuse or violence. It is about perceiving Christ's crucifixion as God's identification with the suffering, abused or oppressed (1Jn 4:10). So, the season of Lent reveals the culture of Jesus's love and care for humanity and challenges his followers even today.

## Self to Self-emptying Love

The season of Lent demands from us our identification with the suffering, abused and oppressed (Gal 6:2; Phil 2:4; 1Jn 3:16-18). It is easy to fall prey to an unbalanced and arrogant individualism, the 'I' at the centre of everything which gives excessive importance to our life and pleasure but the world needs people who are passionate about caring for others. Pope Francis warned against the temptation to ignore the sufferings of others. There is a temptation to take care only of one's own interests and live hedonistically. This season, demands from every follower of Christ to move from self to self-emptying love which he himself practised. We are so busy each day that we forget to remember this love and to feel the same compassion for others. Hence, we are called to the awareness of self-emptying love which is the true identity of every Christian.

## Individualism to Universal Brother/Sisterhood

Pope Francis, in his encyclical *Fratelli Tutti*, spoke about our inter-connectedness and responsibility towards one another, as one human family sharing

*Contd. on pg 16*

# Hail Cross! Our Only Hope!

-Leon Bent

The Lutheran theologian Martin Luther, a martyr and prophet, who strongly believed that a theology that posits the Cross is the only source of knowledge concerning who God is and how God saves.

The Cross, the principal symbol of the Christian religion, helps us recall the Crucifixion of Jesus Christ and the redeeming benefits of his Passion and Death. The Cross is thus a sign both, of Christ himself and of the faith of Christians.

Paul's witness urges us to advance in theological knowledge while never moving our gaze from the Cross, as the original mystery of faith. "Christ did not send me to baptise but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power" (1 Cor.1:17).

**The Cross, the principal symbol of the Christian religion, helps us recall the Crucifixion of Jesus Christ and the redeeming benefits of his Passion and Death. The Cross is thus a sign both, of Christ himself and of the faith of Christians.**

## Man-Centred or God-Centred?

In verse 1 Corinthians 1:23, Paul declares, "we preach Christ crucified - Christ the power of God and the wisdom of God". The Cross of Christ, the word of the Cross, preaching Christ crucified is the power of God. The nature of the gospel message is news. Paul was called to evangelise, to proclaim the gospel. He was not called as a rhetorician or an orator or a salesman; he was called as a news boy. He was given a message; his responsibility was to declare it faithfully. Don't distort it; don't spin it; don't edit it. Announce it with clarity; proclaim, herald the news. The response to the news is not your problem. The crucifixion is important for Christians who believe that God sacrificed Jesus, his only son, to atone for the sins of humanity.

Jurgen Moltmann, is famous for his Theology of Hope, based on "the Cross of the risen Christ." "At the centrepiece of the Christian faith stands an unsuccessful, tormented Christ,

dying in forsakenness," he reiterated, makes Jesus downgrade worldly power and glory, in and through the human Cross of Christ. What is manifested in the Cross is God's suffering of a passionate love for his lost creatures, a suffering prepared for Golgotha. God's *shekinah*, his Presence, makes him a companion-in-suffering.

The concentration camp and horror of the crimes in *Auschwitz* and the colossal *Holocaust* (ancient Greek and means 'burnt offering') of Jews, where Hitler brutally massacred six million Jews. The German "resistance" theologian, Dietrich Bonhoeffer, wrote from his prison cell: "Only the suffering God can help."

Today, the entire world is rattled and agonised over Russia's ferocious assault on a helpless Ukraine.

What does all this tell you and me is that, "The blood of these martyrs is the seed of the

resurrection of a new world. Like Archbishop Saint Oscar Romero, they are the hope of the people: unforgettable, inextinguishable, irresistible! Beneath the Cross, mindless Tyrants, and ruthless dictators collapse! The so-called high and mighty Hitler cowardly committed suicide; he met his "waterloo" at his own bloody hands! Terror outfits are slowly losing their stronghold.

What about the abject persecution of Christians in our own country, India? Nevertheless, the Cross will overcome, as it always has, down the centuries. If the Lord didn't suffer, he would be incapable of love! Karl Barth says, "God chooses the malefactor's cross for his throne." "It is not a religious act that makes one a Christian, but participation in the sufferings of God in secular life."

In Schiller's '*Ode to Joy*,' we find: "Be patient, O millions! / Be patient for a better world! / There above the starry sky / A great God will give a reward."

If anyone wants to become a Christian, don't send him into churches, but into the slums and horrifying places. There he will find Christ! The Cross is the sign of the unity and peace of love for God – according to the Gospel of John 3:16: "God so loved the world that, he gave his only Son...that by dying...he may redeem it." Love leaves one open to wounding and disappointment. Jesus was "greatly distressed and troubled" (Mk.14; 33 par.), his "soul was sorrowful even to death" (Mt.26: 38; Mt. 14:34). "Father, if you are willing, remove this cup from me; yet, not my will but yours be done" (Lk.22:42). "My God, my God, why have you forsaken me" (Mk. 15:34). Jesus was born to face his passion. His mission was fulfilled once he is abandoned on the Cross. "Fellowship with the weak and miserable is invariably associated with profound, poignant pain, but it changes the world because it is the *"Cross of the risen Christ!"*"

**Jesus is folly to the wise,  
a scandal to the devout and  
a disturber of the peace in the  
eyes of the mighty. This is why  
he was crucified and became  
the brother of the despised,  
abandoned and oppressed.**

In Christ, God and our neighbour are the unity that no one can cast asunder. Jesus is folly to the wise, a scandal to the devout and a disturber of the peace in the eyes of the mighty. This is why he was crucified and became the brother of the despised, abandoned and oppressed.

### **The Cost of Discipleship**

When Christ calls a person, he bids him come and die...this will take our breath away! A Christian has no option but to act in faith, to suffer and – if it has to be – to die! Severe perplexities throw human beings into the arms of God...then, he wakes up with Christ in Gethsemane. This should be in the forefront of our consciousness during Lent. The privileges one earns when one takes up the Cross for others, is the affirmation of his faith by martyrdom. Bonhoeffer calls this "costly grace!" When he joined his countrymen in revolting against the Nazis, he and his comrades were, tortured, hanged and murdered.

Bonhoeffer was firmly and rightly convinced that it is not only a Christian right, but a duty towards

God to oppose tyranny. Jesus asks nothing of us without giving us the strength to perform it. This is the gracious mercy of Christ. Where will the call to serve Jesus take us? Only Jesus knows the journey's end. But we know it will be a road to boundless mercy. Discipleship means joy. May God give us "costly grace" to say "No" to sin and "Yes" to the sinner!

### **Costly and Cheap Grace**

Cheap grace is a deadly enemy of our Church. Year after year, on the eve of the Lenten Season, we are asked to fast, indulge in almsgiving, pray routinely and live an austere life, participate in the Stations of the Cross, attend the Eucharist, make Retreats, refrain from alcohol, turn to vegetarianism, avoid movies, and such other common and threadbare 'worldly' sacrifices. We must fight for "costly grace!"

### **Jesus was Born to Face his Passion**

Jesus was born to face his passion. His mission is fulfilled once he is abandoned on the Cross. There is no theology of the Incarnation which doesn't turn into a theology of the Cross. Jesus was not destined to remain a handsome person, at the end of his mission. He was an outcast, accursed, mocked and crucified. *Ecce homo! Behold the man!* This is a confession of faith which recognises God's humanity in the dehumanised Christ on the Cross!

This is a crucial, yet, not too well-known truth! Jesus enters the hiddenness of his Godhead (Trinity), beneath his human nature, is *kenosis* or total self-emptying. Interestingly, the *kenosis* of the Son to the point of death on a Cross is the revelation of the Three-in One-Persons. The Triune God!

And this final flourish! The crucified One is transcendent as Father, immanent as Son, and opens up to history as the Spirit. AMEN.

# Fasting at Lent - The Need for Self-Control

-Christine D'Sylva

*Fasting is a grace that significantly increases our receptivity to The Lord's Voice and His Word*

We are all aware that Lent is a period of around six weeks before Easter. It is a time when Christians are supposed to be thoughtful, quiet and prepare themselves for Easter. It is a period to observe and commemorate the passion, death and the resurrection of Jesus Christ.

The traditional purpose of Lent is the preparation of the believer through prayer, penitence, almsgiving and self-denial.

Conventionally, it is forty days long and represents the time when Jesus spent forty days in the wilderness where he was tempted three times by Satan just before he formally began his public ministry.

In the wilderness he ate nothing. Now we must remember since he came to the world in human form, he too like us needed food for sustenance. Thus when it came to the end of those days, he was naturally very hungry.

Satan knew this and said to him, "If you are the son of God, command this stone to become bread." Jesus answered him, "It is written that man shall not live by bread alone." Thus he did not fall into temptation despite his hunger.

We are obliged during Lent as Christians to fast in order to show respect and reverence and to also mimic the fasting and penance of Jesus in the wilderness.

According to the current practice, Christians from the age of 14 and up must abstain from consuming meat. On Ash Wednesday and Good Friday, everyone from age 18 must fast unless exempt due to medical reasons.

Let us examine the reasons for fasting during Lent. Food is a biological need of man to survive. Our bodies need food. Today there is such a vast variety of cuisines that food has become highly important in our society. We have numerous fast food outlets, hotels, restaurants, catering to every possible taste and we also enjoy sampling cuisines from varied cultures.

So food is very important to people not just for sustenance but because it satisfies our tastes and

often enough satisfies our greed. Mexican, Japanese, Chinese cuisine - you name it, is available. The world is become like a global village where there is an amalgamation of varied cultures and also food is quite top of the list for such sharing of cultures. To a certain extent, this is good because such global fusion does bring cultures closer together.

Overeating today is like an epidemic. People no longer see food as sustenance but want to indulge themselves voraciously sampling culinary delights. Now there is nothing wrong with this

**Thus fasting is essential for it helps us to understand that we eat to live, not live to eat. Food is a gift from God to provide sustenance for our bodies.**

but what is detrimental is over indulgence. No longer are small meals satisfying. People over eat and also over indulge in desserts and sweets, causing weight gain and physical illness.

The old adage that we must eat to live is now replaced by – Live to eat. Thus obesity is on the rise. It is estimated that in India there are 135 million obese. It is said that India ranks third for the highest number of obese people in the world. The proportion of overweight women has increased in our country. It is stated that there are over 650 million adults worldwide who are obese. Obesity is not only about physical appearance but it is the cause of many fatal diseases that cause death. Obesity now kills more people worldwide than car crashes, terror attacks and Alzheimer's combined. Despite the emphasis on good diet and exercise by the media, people are still gaining weight and obesity is on the increase.

During Lent we are asked to examine ourselves. Look at yourself objectively in the mirror. Are you overweight? Take your weight and height and find your BMI. If you are overweight, then this Lent is the perfect opportunity to examine your attitude towards food. Gluttony is a big vice and it can become an addiction, if it is not under control.

Thus fasting is essential for it helps us to understand that we eat to live, not live to eat. Food is a gift from God to provide sustenance for our bodies. We must never over indulge regularly for this behaviour is not pleasing to God. He expects us to respect our

*Contd. on pg 16*

*March 2022*



## Convocation Ceremony: Class of 2021 at Fr. Conceicao Rodrigues College of Engineering

*"On this, your graduation day,  
All stand and give cheer,  
To honour you for all the work,  
You've done to get you here.*

*As we rise and give applause,  
Be sure you don't forget,  
That learning is not over,  
As your future plans are met.*

*May you always be a listener,  
And learn from all you meet,  
Always keep a student's spirit,  
And your life will be complete."*



Graduation is the most awaited and glorious occasion in the life of a student pursuing their dream through four rigorous but illuminating years. The grand event of the convocation ceremony of the class of 2021 was held in the Samvaad auditorium of Fr. Conceicao Rodrigues College of Engineering on 19th February, 2022.

The event was hosted by Ivan D'Silva, the Webmaster and Malaika Monteiro, the Assistant Design In-charge from the Students' Council.

The event commenced with the honourable dignitaries, the director of the college Rev. Fr. Valerian D'Souza, the principal Dr. Srija Unnikrishnan, the HOD of Computer Department Dr. Brijmohan Daga, the HOD of Electronics Department Dr. Sapna Prabhu, the HOD of Information & Technology Department Dr. Jagruti Save, the HOD of Production Department Dr. Bhushan Patil and the HOD of Science and Humanities Dr. Hemant Khanolkar and the students' representatives, marching their way into the auditorium, followed by the lighting of the lamp - a symbol of enlightenment.

Rev. Fr. Valerian D'Souza congratulated and gifted the outgoing students with invaluable advice that kindled in them the spirit to never give up on learning and always strive for the greater good.



*The Cultural Secretary, Nicole Dias,  
welcomed the dignitaries with a sapling as a token  
of respect and appreciation.*

**"A ship in harbour is safe, but that is not what ships are built for."**

Dr. Srija Unnikrishnan encouraged the students with her heart-warming speech and congratulated the students on their successful journey of learning and wished them the best for their future endeavours.

# Agnel Happenings

Followed by the inspirational speeches of Rev. Fr. Valerian D'Souza and Dr. Srija Unnikrishnan, the students were led in oath-taking by Kevin Cherruturuthy, to practise integrity and honesty, serve humanity and give their utmost.



Finally Nicole Dias delivered the vote of thanks, thereby bringing the event to a perfect ending. She expressed thanks for all the help and encouragement from the Director, Rev.

Fr. Valerian D'Souza, the principal Dr. Srija Unnikrishnan, Dr. Deepak V. Bhoir, Dean Students Affairs, the teacher in-charge Prof. Sangeeta Parshionkar, and every student for taking time out of their busy schedules and attending this momentous occasion. She expressed her gratitude towards all the teachers who are in-charge, all the volunteers, the council members and non-teaching staff for helping to put this event together.

The Convocation Ceremony drew to a close with the singing of the National Anthem.



## Fr. Conceicao Rodrigues Memorial Hackathon 'UNSCRIPT 2K22', an overwhelming success

Fr. Conceicao Rodrigues Memorial Hackathon, "UNSCRIPT 2K22" was conducted on 22nd and 23rd January, 2022. The hackathon event gave student developers the opportunity to come together, work collaboratively, tackle problems, and compete for fame and glory. The primary goal of this event was to raise awareness of technical talent and foster a competitive, yet cooperative, and congenial culture for talented individuals. Such events motivate students to think in an unorthodox manner and come up with new techniques to find solutions to existing problems. It also allowed participants to connect with industry expertise, faculty mentors, and most importantly, with each other.

Out of a whopping 90 plus registrations from different colleges across the country, the teams were reduced to top 60 teams. The results, along with the four problem statements, were announced on 21st January, 2022.

The hackathon began with the Inaugural Ceremony conducted on Google Meet, which was live streamed on YouTube. Ms. Vanessa D'Mello, Event Co-ordinator of Unscript 2k22 started this ceremony with a warm welcome to everyone. The Principal, Dr. Srija Unnikrishnan addressed the participants followed by a speech by the Chief Guest, Ms. Ipsita Bhattacharya who is the HR Project Manager at JP Morgan Chase and Co.

Speeches given by dignitaries were very

enlightening and encouraged all the students to put their best foot forward to achieve their goal. Mentoring sessions were arranged at the start of coding which included expert mentors from corporate houses like Quantiphi, CarWale, BrowserStack, UBS and Oracle. Students programmed non-stop from 10.30 am on Saturday till 10 am on Sunday. In between, there were two rounds of evaluations. The 1st Round of Evaluation was broadcasted at 7 pm on Saturday and the 2nd Round at 7.30 am on Sunday. The top 4 teams per problem statement were selected on the basis of their performance. Presentations and judging rounds were wrapped up by 1.30 pm on Sunday, 23rd January. Every problem statement had a winner and a runner-up. They were rewarded with prize money of Rs. 10,000/- and Rs. 5,000/- each, respectively. During the Closing Ceremony, the teacher in-charge Prof. Kalpana Deorukhkar announced the winners of the Hackathon.

The event was judged by prominent personalities such as Mr. Rohan Sawant (Founder at Ionios), Mr. Sumit Tyagi (Data Scientist at Absolutdata Analytics), Gaurav Sen (Founder at Interview Ready), Dr. Dhananjay Kalband (Founder and Chairperson at Skinzy), Mr. Darshan Savliya (Co-Founder and CEO at Skinzy), Ms. Shwetambari Borade (Skinzy), Mr. Siddhartha Ghosh (TCS), Mr. Yeshwant Gaikwad (TCS), Mr. Shaun Kollannur (MS Student at University of Illinois, Chicago), Mr. Dastageer



# Agnel Happenings

Sayed (Blockchain Developer), on different topics such as Web/Mobile Development (Build a hackathon management platform for ensuring smooth communication between organising teams and participating teams), Machine Learning/AI (Build a Mathematical Model using ML and Signal Processing Concept to process skin issues into dryness and oiliness), Blockchain (Build a user verification system) and Open

Innovation (To develop a software solution of own choice)

The participants were judged based on solutions in creativity, technical depth, challenge of doing the task in a short stretch of time and efficacy in the real world. The event was successfully organised by the two technical councils, Code Labs CRCE and Mozilla Campus Club CRCE.

ASSAGAON

## A.I.T.D., Assagao attends E-Symposium on building innovation and entrepreneurial ecosystem in educational institutions

A 2-day-long E-Symposium on 'Building Innovation Ecosystem in educational institutions' was held on 11th and 12th January, 2022 by the Ministry of Education. The E-Symposium was inaugurated by Mr. Rajkumar Ranjan Singh, Minister of State for Education. Prof. Anil D. Sahasrabudhe, Chairman, All India Council for Technical Education (AICTE), mentioned that the Innovation Week was intended to inspire young innovators to solve the problems faced by society through constructive ideas and address upcoming challenges.

Dr. Abhay Jere, Chief Innovation Officer, Innovation Cell, Ministry of Education mentioned that the Innovation Week was an opportunity for all innovators to showcase their work and inspire young minds, to take their entrepreneurial journey more seriously so that India can emerge as a global Innovation and Start-ups hub.

Eminent industry leaders, emerging start-up founders, investors and policy practitioners joined as keynote speakers

and panellists. They shared their views and perspective on different aspects of innovation and start-ups. Special panel sessions consisting of panellists from early stage start-up founders, and student innovators were held to motivate school kids and young minds to pursue innovation and entrepreneurship as a career choice.

The programme was aimed at sensitising and orienting the stakeholders as part of innovation and start-up ecosystem in academic institutions.

23 staff members of Agnel Institute of Technology & Design (AITD), Goa attended the live session on YouTube.





## A.I.T.D., Assagao conducts a webinar 'Covid-19 Third Wave Challenges and Prevention'

An informative hour-long webinar session was conducted by the Women's Cell of Agnel Institute of Technology and Design, Assagao, Goa. The session was delivered by Dr. Anika Anil Prabhu Parrikar, MD in Pulmonary Medicine, MBBS, DNB in Pulmonary Medicine.

The webinar was aimed at creating awareness among the public about the growing Covid-19 pandemic. Dr. Anika enlightened the participants on the present Covid-19 statistics, structure of

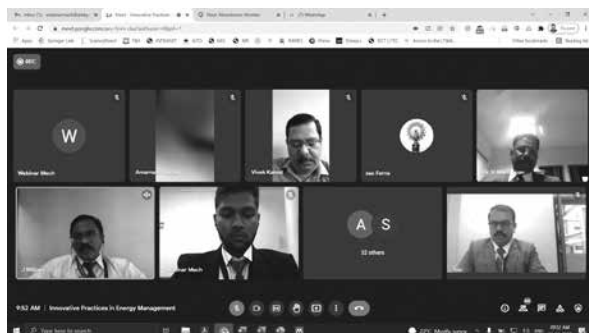
SARS CoV-2, RT PCR, Rapid Antigen Test and SARS CoV-2 variants. The session also threw light on the symptoms of Covid-19, irrespective of variant, post Covid precautions and care to be taken. Dr. Anika also created awareness with respect to Covid related myths and misconceptions. The session was coordinated by Ms. Pramila Volvoikar, Assistant Professor ECE Dept., member of Women's Cell AITD-Goa. A total of 55 participants attended the webinar.



## A.I.T.D., Assagao conducts Induction/Refresher Programme on 'Innovative Practices in Energy Management'

Agnel Institute of Technology and Design, Department of Mechanical Engineering, conducted AICTE-ISTE sponsored six days Online Induction/Refresher programme on 'Innovative Practices in Energy Management' from 13th to 19th January, 2022. The programme consisted of three sessions on each day with each session spanning an hour and 30 minutes. The programme was inaugurated by Dr. Vivek Kamat, Director, Directorate of Technical

In total, 87 participants across the country were



Education, Goa and Rev. Fr. Agnelo Gomes, Director, Agnel Technical Education Complex, blessed the occasion.

shortlisted to attend the event. The resource persons were invited from reputed institutions such as IIT, NIT and others deemed to be universities from various parts of India and abroad. The resource persons delivered sessions on diverse areas of energy management such as Solar Systems, Hybrid Energy Systems, Thermal Energy Storage, Nano Fluids, Exergy Analysis, Energy Audit, Renewable Energy Sources, Offshore Wind Energy Development, Bio Fuels and more.

The programme ended with a valedictory function with Col. B. Venkat, Director, Faculty Development Cell, AICTE as Chief Guest and

Prof. Vijay D Vaidya, Executive Secretary as Guest of Honour.

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## **A.I.T.D., Assagao conducted Six Days AICTE-ISTE sponsored Online Induction/Refresher Programme on ‘Electronic Circuits Simulation & PCB Design’**

The Department of Electronics and Communications Engineering, Agnel Institute of Technology and Design, Assagao, conducted Six Days AICTE-ISTE sponsored Online Induction/Refresher Programme on Electronic Circuits Simulation and PCB Design from 14th January to 20th January, 2022 in online mode. This programme was designed to give participants basic academic knowledge, hands-on skills in the schematic capture and design levels, simulation of electronic circuits, PCB design methods and its documentation.

On 14th January, 2022, the programme commenced with an inaugural function. The Chief Guest for the function was Dr. Abdul Rahim Sadiq Batcha, Associate Professor from MAHSA University, Malaysia. He delivered the keynote address on the importance of electronic circuits simulation and learning simulation tools. Dr. Pratapsinh Desai, ISTE president was the Guest of Honour. Dr. Desai, in his highly inspiring and motivational speech, pointed out the significance of conducting FDPs, the spirit of teaching, and emphasised on the importance of the role of teachers and the use of ICT for online teaching. This was followed by the presidential address given by Rev. Fr. Agnelo Gomes,

Director, Agnel Technical Education Complex, Goa. Dr. V. Mariappan, Advisor, AITD and Dr. J. William, Coordinator and Principal, AITD were present for the inaugural function and addressed the online gathering.

The Valediction session began with the keynote address by Dr. Jayalaxmi Devate, Professor and Head, ETC Department, PCCE Verna, Goa. The Chief Guest for the Valediction function was Dr. Vivek Kamat, Director, Directorate of Technical Education, Goa.

As a whole, all the sessions were very well appreciated by the participants. A heart-warming interaction was also seen during the question-answer session.

The programme was organised by the ECE Department of AITD. The Co-ordinator of the programme was Dr. J. William, Principal, AITD, while the Co-ordinators were Mr. Laxmikant Bordekar, Registrar, Asst. Professor, Department of ECE and Mrs. Vrushali Prabhudessai, Asst. Professor, Department of ECE. The Executive Members were Mr. Mrunal Sawant, Asst. Professor, Ms. Pramila Volvoikar, Asst. Professor, Ms. Vijaya Hadfadkar, Asst. Professor, Ms. Gauri Gaunekar, Asst. Professor, Department of ECE.

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**There are three elements that are almost always part of Lent: prayer, giving something up and giving something back.**

-Elizabeth Hyndman

# Relevance of Lent to Our Lives

-Ibonio D'Souza

**T**he Lenten season has already begun for Christian communities around the world. It started on Ash Wednesday, a day in which we go to church to receive ashes on the forehead to signify “we are dust and to dust we return.”

The practice of receiving ashes dates back to the fifth century and became a universal Christian practice by the 11th century. As an important religious observance in the Christian world, Lent is the season to observe and commemorate the passion, death and resurrection of Jesus Christ, the son of God, our Saviour and Redeemer.

It is an opportune time to reflect on what it means to be a follower of Christ. Likewise, it is an opportunity to repent for our misdeeds and misgivings and to increase the intensity of our prayer, fasting, almsgiving, practice of our faith and welcoming others as our brothers and sisters in our faith community.

Moreover, Lent is the time to grow in and strengthen our faith, which binds us together and makes all things possible because of our love and devotion to Jesus.

What does it mean to be a Christian? As sinners, we have the ability and capability to be holy only if we allow Christ into our lives. If we follow his teachings, we become responsible, law-abiding citizens and peace-loving people. We become selfless, mindful of others, who benefit from our good deeds, kindness, charity and generosity. We become more aware of and concerned about others, especially the underrepresented, undeserved, marginalised, disabled, elderly, helpless and hopeless in our midst.

Practicing our faith, we are able to see Christ in them. We try our best to love and care for them,

the way we want to be loved and cared for. And let us not underestimate the power of prayer in our lives. Prayer is the greatest thing we have got to save us from a lot of troubles.

As our personal conversation with our God, who knows what is inside us, prayer is a powerful tool to create a miracle, to make things right or better in our lives. In the end, prayer leads us to a life of holiness towards God.

We believe in the power of prayer, because we have witnessed its fruits. There have been instances where we saw the results of our praying for others - like when they get better after a surgery or disease or a tragedy - that no rocket science or scientist can explain.

**We believe in the power of prayer, because we have witnessed its fruits. There have been instances where we saw the results of our praying for others.**

Call it a miracle if you will but I believe that when we pray for others who need our prayers, things and people change for the better. We become interconnected and we get closer to God.

Followers of Christ also practice almsgiving and fasting. We give of ourselves and our time, talents and treasures. We love to share what we have, because we believe that giving is caring.

We give up something or deprive ourselves of something so that others can have it. That's a sacrifice for others, for God. We just let others have it, instead of ourselves. That's giving; that's fasting, caring and loving. That's an act of love for others and for God because we see Christ in them.

We believe in giving, because it is in giving that we receive more blessings and graces from our Almighty God. To share is to give, and to give is to love, and to let others experience our faith. Doing these things can help us grow in faith, especially this Lenten season.

### ***Season of Lent and Culture of Love and Care - Contd. from pg 5***

a common home. He highlighted that only together we would heal this wounded world, only by transformation, converting into a culture of care, of responsibility, of harmony, of listening, would emerge from crisis. He said that love impels us towards universal communion. No one can mature or find fulfillment by withdrawing from others (FT 95). He stated that solidarity means thinking and acting in terms of community (FT 116). So, the season of Lent demands us to move from individualism to universal brother/sisterhood. In today's world, the sense of belonging to a single human family is fading and the dream of working together for justice and peace seems an outdated utopia; hence, it is the right time to put our lives into an examination of conscience, to set things right that we move from individualism to community or walking together as followers of Christ.

#### **Plan of Action**

After discussing in detail, the culture of love and care which Jesus practised, I am passionate to put forward a few points for plan of action which would enable our preparation for the celebration of Easter to be truly fruitful.

- Recollect your pressing sins and surrender them to the Lord: make use of the sacrament

of reconciliation (Personal Sanctification and Renewal)

- Have special time of prayer and silence to be with God (Self-discovery)
- Be sensitive to others and treat them with respect and dignity (Social Responsibility)
- Extend your service for the good of others, as much as possible
- Express your love and care for your parents; specifically, elders
- Stand away from all that divides humanity and work for communion
- Be positive in your approach to life and people
- Get involved in works of mercy and peace

The season of Lent which is the season of grace is indeed beneficial and useful to bring us back on track as true followers of Christ and witnessing Christians. Hopefully, the words of St. Padre Pio will be apt to conclude this short sketch on the season of Lent. Speaking of the power that we derive from the season, he said, "The life of a Christian is nothing but a perpetual struggle against self; there is no flowering of the soul to the beauty of its perfection except at the price of pain."

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### ***Fasting at Lent - The Need for Self-Control - Contd. from pg 6***

bodies for our bodies are the temple of the Holy Spirit. If we believe this, then we will respect our bodies and realise obesity is very detrimental to our health. It can shorten our life span.

Fasting and natural diet should be the first treatment when someone discovers he has a medical problem.

Obesity is a reflection of the sin in our lives which is gluttony and lack of exercise. Both are essential for our health and well-being.

Therefore this Lent, take particular care to examine your attitude towards food, your appearance in terms of weight and to understand the need to make fasting a regular part of your life. This

means abstaining from over indulging. It does not mean starving oneself but it does mean having self-control. Self-control is what Jesus expects from us. He showed remarkable self-control in the wilderness for forty days. This self-control must be practiced by us not just during Lent but through our entire lifetime. Whatever your age, it is never too late to make a conscious change.

Thus to conclude, let us fast not by starvation but by limiting our food excesses and following the wise adage of eating only to live and not indulging in the sinful practice of gluttony.

Let us pray this Lent for the self-control that the Holy Spirit can lend to us when we turn to him in faith.

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**"God never tires of forgiving us;  
we are the ones who tire of seeking his mercy."**

**-Pope Francis**





# FR. AGNEL'S BLESSINGS

## MIRACULOUSLY CURED FROM INJURIES

**MULUND - MUMBAI:** I had a fall and was in a lot of pain. I prayed to Ven. Fr. Agnel to heal me from the injuries and made a vow, to sponsor the orphan boys of Balbhavan. I got miraculously cured. In thanksgiving, I am making an offering of Rs. 1,50,000. Earlier, Ven. Fr. Agnel had helped me recover from other sicknesses.

*-L.H. Jakharia*

## HEALED FROM DIABETES

**KANDHAMAL - ODISHA:** Through the intercession of Ven. Fr. Agnel, I have been healed from diabetes. In thanksgiving, an offering of Rs. 500 to the Ashram.

*-W. Parichha*

## RECOVERED FROM BRAIN FEVER

**BHARUCH - GUJARAT:** My son was complaining of headache which was minor. He had fever at night and it went high for the next two days. Being a Saturday evening and Sunday, a holiday, there was no proper medication given to my son. His fever affected his brain and he became unconscious. On being admitted to hospital, my sister prayed to Ven. Fr. Agnel. He started recovering and became alright. He is fine now. I am thankful to God Abba Father, Jesus and Ven. Fr. Agnel, for showering their blessings on my son.

*-H.J. Rodriguez*

## SECURED A BETTER JOB

**VASAI (W):** I was looking out for a better job. After praying to Rev. Fr. Agnel, I was blessed with another better job opportunity. Our thanks offering of Rs. 500 to the Ashram.

*-Audrey Gracias*

## *Season of Lent*

Let's enter into this season of Lent,  
A season for prayer and time to repent.  
A season not only meant for Sacrifice,  
But for pardon and great mercy.  
Let's not just fast for our needs,  
Abstain forever from our bad deeds.  
For the one who Sacrificed his Life for us,  
Meant only to love and forgive us from our sins.  
Let's create a humble heart that forgives,  
That expects none but truly believes.

*- Sherol Quadros*

# Out of Their Bounty

P. Srivastava	Mumbai	300000	A. Karunaker	Canada	2500	C. Fargose	Mumbai	1000
L.H.D. Jakharia	Mumbai	150000	J. Jose	Kerala	2500	C. Fernandes	Mumbai	1000
J. Berchmans	Tamil Nadu	100000	S. Corea	Canada	2500	C. S. Pereira	Palghar	1000
N. J. D'Souza	Mumbai	50000	V.M. D'Souza	Mumbai	2500	C. Tuscan	Palghar	1000
V. Rebello	Palghar	50000	M. Kakkad	Jalgaon	2000	D. Parkar	Karnataka	1000
S. Saji	U.A.E.	40000	R. Goel	Mumbai	2000	E. Jose	Kerala	1000
T. D'Souza	Mumbai	30000	S. Patole	Pune	2000	F. Thekketh	Kerala	1000
Noeline D.	Mumbai	18000	A. F. Dias	Mumbai	2000	G. Arputharaj	Tamil Nadu	1000
A. D'Souza	Mumbai	16000	C. Engles	Punjab	2000	G. Rajesh	Ahmednagar	1000
M. Travasso	Mumbai	15000	D. Bhosle	Mumbai	2000	H. Patrick	Gujarat	1000
T. George	Navi Mumbai	15000	D. Rodrigues	Palghar	2000	Irudayaraj M.	Tamil Nadu	1000
Y. Patil	Rajasthan	10000	E. Remedios	Dubai	2000	J. D'Mello	Mumbai	1000
M. Tom	Bangalore	10000	E. Sebastian	Kerala	2000	J. Doshi	Mumbai	1000
B. J. Manohar	Mumbai	10000	H. Kenny	Mumbai	2000	J. Saldanha	Mumbai	1000
Christopher F.	Mumbai	10000	J. Chakanal	Kerala	2000	K. Jose	Kerala	1000
Dr. V. George	Kerala	10000	J. D'Souza	Karnataka	2000	L. D'Souza	Mumbai	1000
J. Yadav	Mumbai	10000	J. Fernandes	Mumbai	2000	L. P. Lazarus	Palghar	1000
M.V. D'Souza	Thane	10000	M. Fernandes	Mumbai	2000	M. Baretto	Mumbai	1000
Robert F.	Pune	10000	M. Saxena	Mumbai	2000	M. D'Souza	Pune	1000
V. Almeida	Palghar	10000	M. Sheth	Mumbai	2000	D. Alphonso	Mumbai	1000
X. Sutherson	Tamil Nadu	10000	P. Khatry	Mumbai	2000	M. Mani	Kerala	1000
Sunil S. Rane	Nalasopara	10000	P. Popat	Mumbai	2000	M. Noronha	Thane	1000
F. Bhatena	Mumbai	7600	S. Chettiar	Vasai	2000	P. Philip	Kerala	1000
K. Fernandes	Mumbai	7500	S. D'Souza	Mumbai	2000	P. Pullokan	Kerala	1000
W. Bhatena	Mumbai	7000	V. Khatry	Mumbai	2000	P. Raorane	Navi Mumbai	1000
C. Alvares	Mumbai	6000	Marshal F.	Mumbai	2000	R. Zaman	Kolkata	1000
H. Bharucha	Vasai	6000	I. D'Souza	Mumbai	2000	T. Joseph	Kerala	1000
J. S. D'Souza	Mumbai	6000	P. Ved	Mumbai	2000	R. Pachickara	Kerala	800
M. Lucien	Tamil Nadu	6000	M.F. D'Souza	Mumbai	1500	V.F'des/V.D'Souza	Ahmedabad	800
W. Fernandes	Mumbai	6000	C. Rodrigues	Mumbai	1500	H. Dubashi	Mumbai	600
S. Rebello	Mumbai	5500	S. Dabre	Mumbai	1500	M. Kurien	Karnataka	501
A. Pereira	Mumbai	5000	K. Rao	Andhra Pradesh	1200	M. Solanki	Mumbai	501
G. Popat	Mumbai	5000	S. Nagrale	Nagpur	1200	Mody	London	501
L. D'Mello	Palghar	5000	A. Devar	Mumbai	1100	A. Alphonso	Palghar	500
M. Muckaden	Mumbai	5000	N. Rathod	Mumbai	1100	A. Attara	Mumbai	500
N. Dias	Mumbai	5000	R. Umrao	Mumbai	1100	A. Bhanga	Mumbai	500
R. D'Souza	Mumbai	5000	A. Andavan	Mumbai	1000	A. D'Costa	Palghar	500
U. Rathod	Mumbai	5000	A. Auti	Navi Mumbai	1000	A. Dias	Mumbai	500
V. Pouline	Tamil Nadu	5000	A. Barsey	Kalyan (W)	1000	A. E. Thomas	Kerala	500
Z. D'Silva	Vasai	5000	Agnelo F.	Mumbai	1000	A. Fernandes	Mumbai	500
Agnelio Eng Works	Mumbai	5000	A. Jadhav	Kerala	1000	A. Fernando	Tamil Nadu	500
H. Kapadia	Mumbai	4000	A. Pastin	Navi Mumbai	1000	A. T. John	Kerala	500
R. Fernandes	Goa	4000	Agnel P.	Mumbai	1000	A. John	Gujarat	500
M. Lam	Mumbai	3500	A. Stephen	Tamil Nadu	1000	A. Jose	Kerala	500
G. Xavier	Kerala	3000	B. D'Cruz	Kerala	1000	A. Kamble	Mumbai	500
Jacob	Kerala	3000	B. Mc Carron	Mumbai	1000	A. Philip	Gujarat	500
S. Inigo	Tamil Nadu	3000	B. Shetty	Mumbai	1000	A. Solanki	Mumbai	500
V. Sherigar	Thane	3000	F. Dhairia	USA	1000	A. Thomas	Kerala	500
L. Fernandes	Daman	2500	C. Gir	Mumbai	1000	C. Jonah	Kolkata	500

## Swimming Champion - Reva Parab

***N****ine-year-old Reva Parab, a Std. IV student of Fr. Agnel School, Vashi, swims from Elephanta Island to Gateway of India, in a record time of 2 hours and 44 minutes.*

Starting from the jetty at Elephanta Island at 5.30 am, braving the choppy sea and darkness, Reva Parab, made her way across the Arabian Sea to reach the landing at Gateway of India at 8.14 am. She was received by Mrs. Rupa Sudhakar, Vice Principal, Fr. Agnel School, Vashi and family members at the Gateway promenade.

The crossing was observed and ratified by the Swimming Association of Maharashtra.

Reva was felicitated for her achievement at the Gateway by the Hon. Mayor of Mumbai, Smt. Kishori Pednekar and Hon. Chairman BEST, Shri Ashish Chemburkar.

Reva is training under coaches Amit Awale



and Sandip Yadav at the Fr. Agnel swimming pool in Vashi. Her time of 2 hours and 44 minutes is the fastest crossing by anyone under 10 years of age.





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