



FR

May-June 2022

AGNEL

SHRAM NEWS

*Rejuvenation of
Mind, Body and Soul*



FR. AGNEL
ASHRAM

NEWS

May-June 2022

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Stop the Tyranny...and...

For all of us simple folks, God-fearing men and women, Rome, the Holy City has always been a place of awe and veneration because we have always considered it a sacred place. And it should well have been so. But considering that we are all humans, a lot was far from it, even contrary to it, and if one has to remain faithful to our calling as the People of God, change was due for a long time.

The resignation of Pope Benedict XVI and the endless rumour mongering that followed and the dizzy situation, the announcement cast the entire Church in, has refused to go away, even 9 years post that event. The deep and unambiguous anxiety of the cardinals who had met to elect the new Pope in 2013 was that it was time to reform the Curia, the top heavy, inscrutable, manipulative administrative office in Rome.

Like any other administrative office, the Curia is a maze where only the known and the connected can navigate confidently, and that is a rare, powerful and feared breed. Good intentioned folks, men, women, religious and even Bishops would travel to the Holy City hoping that the men and women appointed by God to carry out his work would give them instant and genuine justice. But it was never so. My own personal experience has much to say. In my many endless rounds of the Curian bureaucracy, I once came upon an aged Bishop from India, who had been sitting for hours with his Rosary in hand, outside the office of the Secretary of the Congregation of the Propagation of Faith. Having known him well as a hard working Shepherd in a far way place in the North East, where my own uncle too has worked, I felt compassion on him and in a burst of indignation told the Monsignor (who had been passing up and down the same way ignoring him), that the poor Bishop had been waiting for hours, to see him. The Bishop gratefully acknowledged my intervention. The next day, it was my turn to call on the Monsignor who was in crisp black soutane with his red shining buttons, and a countenance that matched

his Maximum resolve to stonewall anyone who came here unconnected and unwelcome. And as expected he gave it to me, black and blue, perhaps as expected according to his norms. I suppose it was tit for tat.

What I have stated above is only a small glimpse of the ignominy that one often had to suffer to get a hearing to one's problems. I spent days in the Domus Internationalis Paulo VI in the Via della Scrofa, trudging each day along the Corridori to meet the officials of the Vatican or the Piazza di Spagna, to tell our story of pain and injustice, in vain unheard and unaddressed. Two kind Monsignori in the 'Domus' who were also working in the Curia, and with whom we had shared our documents, called us one day and told us clearly: 'Fathers, you are good people, and your case is clearly an injustice done to you. But do not waste your time and money here. You will not get justice. Rome follows the 'Lex Romana', which means 'the Emperor is always right, and so is his legate. You can see how a precept given by the Superiors, hurriedly approved by the Bishop and confirmed by the Congregation was asked to be hastily removed by the Signatura. If you want justice to be done to you, you have to appeal to the Signatura, or find other means - either influence or what can create influence.....' That however does not mean that all is not bad as it appears to be. The appeal to the Signatura Apostolica (the Supreme Tribunal of the Church) and their quick action told another story of truth and justice that the Holy City really was. Our meeting with revered men such as Cardinal Francis Arinze from Nigeria, late Cardinal Agnelo Rossi, from Brazil, Cardinal Josef Tomko, from Slovakia, the latter two, who even as Prefects of the Sacred Congregation where our appeal was lying, and who were fully convinced of our case, yet were stymied by the power of the bureaucracy. Such was the power of the Curia officials to manipulate, twist and throw you out of gear. On one occasion, when we met Card. Josef Tomko, the Prefect of the Congregation who patiently heard us and was irritated by what

had happened, called us the next day, promising that he would do the necessary, only to be met by stern Monsignor (the one mentioned above), who literally stopped us at the door to the office, and told us that the Prefect did not want to meet with us. The goings-on in Rome have recently been highlighted by the summons issued by the the Holy See's highest appeals court, the Rota Sacra Romana (the Sacred Roman Rota), to Mons. Luigi Marinelli, one of the authors of the recent books 'Gone with the wind in the Vatican' (Via col Vento in Vaticano) which exposes the dark side of Rome.

But thankfully it is all over now. *Finito tutto!* Pope Francis true to his name and purpose, as a humble servant of the Lord, and open to the Spirit, and ready to dare where others had not, had appointed a group of 8 Cardinals, including Cardinal Oswald Gracias, to assist him undertake the reform of the Curia.

"Preach the Gospel"

In his addresses to the the revered Cardinals and Bishops of the Roman Curia, gathered for the pre-Christmas messages on more than one occasion Curia's on more than one occasion, our good Pope did not mince words. He looked anguished and grievously hurt when he spoke to them how inflicted they appeared to be with the "ailments" he listed - an exaggerated sense of self-importance, lust for power and control, lack of empathy for others, opposition to the movements of the Holy Spirit, careerism, and the "very serious evil" of leading a double life, which he labelled "existential schizophrenia". In the eyes of the Pope, there were too many serious issues that needed to be addressed and addressed quickly and resolutely.

The feeling of indispensability, Francis said, "often stems from a pathology of power, the 'complex of the elect.'" "That disease", the Pope said, "is the narcissism that looks passionately on its own image and does not see the image of God stamped on the face of others, especially the weakest and most in need." "The antidote to this epidemic is the grace to feel as sinners and say with all the heart: We are useless servants. We have done how much we had to do," he

said. Identifying a disease of those who "possess a heart of stone," Francis said some "lose the inner serenity, vivacity and boldness and hide under papers becoming 'practical machines' and not 'men of God.'" "It's dangerous to lose the human sensitivity necessary to make us weep with those who weep and rejoice with those who rejoice," he said. "It is the disease of those who lose 'the feelings of Jesus' because their hearts, with the passage of time, harden and become unable to unconditionally love the Father and the neighbour." Moving next to warn against a "spiritual Alzheimer's," Francis said some forget the "story of salvation" and lose their personal history with the Lord, the "first love." "It is a progressive decline of the spiritual faculties that in a longer or shorter period of time ... making them unable to carry out any independent activity, living a state of absolute dependence on his on his often imaginary views," said the Pope.

So on the 19th of March 2022, when the Pope promulgated his new Constitution "Praedicate Evangelium" (Preach the Gospel), he was addressing the core situation that for 9 years had been completely constraining him from acting according to the call of the Spirit. The Constitution which was promulgated only in Italian, and which even had some typos, was clearly made public so that it becomes a new set of norms, after due amendments, with effect from the 5th of June 2022, the feast of the Holy Spirit.

Preach the Gospel makes a definite and radical departure from what it was until then believed, that the 'Pope, Bishops and priests are not the only evangelisers of the world, and that the lay men and women should have roles of responsibility'. With this the Pope makes it clear that clericalism and careerism have been given the boot. But more important, the Holy Father makes some very profound theological statements.

1. The Pope no longer refers to the Curia as an administrative set up, but a work of Evangelisation.
2. The Sacrament of Order does not provide any special entitlement for honour or position

in the Church because it is essentially a ministry of service.

3. It replaces the Congregation of Doctrine and Faith, most feared of them all, with the Dicastery (henceforth) of Propagation of Faith as the Primary Office.

There is something radically appealing in the reform document that was long due, and the principles it establishes, also make it clear that the doctrine of entitlement that often is based on the wrong and theologically unsound principle of 'personal governance' even more untenable. The greatest tyranny that has victimised thousands of religious men and women, and a far greater number of faithful is the false sense of entitlement arising of the usurped theological privilege that allows individuals to decide solo, strike solo other human beings as frail as each of them is, with punishment and strictures

that Jesus would never dare do. The sense of entitlement arising out of this false doctrine has been falsely used by many in the ecclesiastical offices and in the religious authority to do away with collegial decision making, ignoring other types of 'collegium' including Religious Councils and acting as it they were plenipotentiaries by divine right.

The fundamental and radical theological and spiritual principle that the Holy Father, under the inspiration of the Holy Spirit states is that the Church is Synodal, is made up of members of the Body of Christ where each member shares in the 'fullness of Christ' flowing not from the sacrament of order but from the Baptismal immersion in the Death and Resurrection of Jesus.

-Fr. Jose Alarico Carvalho



There is no Joy Greater than the Joy of GIVING

Bernadette, Canada

Please accept my humble contribution of \$100 (Canadian), towards the Ashram.

John Tharayil, Thrissur

We would like to make our family's humble donation, towards the various activities undertaken by Fr. Agnel Ashram, for the spread of our Lord's kingdom. We have transferred Rs. 5000 which will help in your endeavour to make known JESUS CHRIST's name and His Love to this world.

Mukesh Ashar, Thane

I have remitted Rs. 501 as donation/gift to the poor children under your care. Please accept the same as token money.

Philomena D'Costa, Mahim

Please accept my humble contribution of Rs. 6000 towards meals for the boys at Balbhavan. They are well cared for by Fr. Agnel Ashram.

John Jose Kanjiraparambil, Kerala

I am happy to transfer Rs. 10,500 as Full Sponsorship for a year, for the education of a Balbhavan inmate. The Ashram is doing yeoman service to the community.

Cherunny Chemmanoor, Bengaluru

I have sent Rs. 5000 to your Ashram, as donation for children of the Ashram. I will continue to contribute, in the future as well.

Rejuvenation of Mind, Body and Soul

-Christine D'Sylva

When our mind, body and soul are in harmony with each other, we tend to live life to the fullest. We no longer view life as a painful burden we must undergo but as a beautiful journey that is God's most precious gift to us.

Every moment we live and breathe is a special gift. This moment will never come again. When we view life with new eyes, we are able to savour every moment of our lives, taking not a moment for granted. Wondering how to embark on a rejuvenation programme? It is not as difficult as you might imagine.

Here are a few steps that will certainly help you along the way.

Be courageous: Nothing is as important as courage in embarking on a rejuvenation programme. You must make every effort to realise that some change is important. We are human and we fear change, especially changing habits that are lifelong.

Do not overburden yourself: It's good to set goals for yourself. Losing weight, buying a new home, getting married. We all set goals but we must never overburden ourselves. We must learn to put the burden first in the hands of our Lord Jesus and then make every effort to get results, trusting in his infinite wisdom and will for our lives.

Seek first the kingdom of Heaven: We must seek God and his kingdom, making every effort to better our hearts and minds to please him. When he sees this, he is more receptive to answering our prayers and guiding us along our lives.

Have dreams but do not become a dreamer: St. Anthony of Padua said wisely, "Let your actions speak louder than words." So to achieve a dream, a person has to have well-defined plans and goals that are possible and not too unrealistic. Talking big is never enough. We have to have clear defined goals to achieve our dreams.

Stop being a perfectionist: We want things to be perfect but we are human and mistakes occur. There is no need to beat ourselves

mentally because of our follies. Instead we must strive to learn from our mistakes. Mistakes are great teachers, when we are humble enough to acknowledge them, we are humble and wise enough to try to improve.

Chill and relax: Do you have leisure time? A walk in the park? A jog around the block? A swim in the swimming pool? Taking up hobbies like reading, watching movies, crafts and art? Baking and making sweets? If not then you are missing one of life's greatest pleasures - Recreation.

Genesis 3:19 says "By the sweat of your brow you will eat your food until you return to the ground since from it you were taken, for you are dust and to dust you shall return."

So yes, God desires we work hard but he also desires we have fun and recreation. A lot of our interests and talents might not be only used to earn money but we can develop them to honour God's gifts to us and to better ourselves. Our self-esteem rises when we can do things and develop our talents to a good capacity.

So never underestimate recreation. Only when we do so, we can experience a renewal in our mind and bodies. Ideas and thoughts will flow more easily.

Pray: The last but not least is prayer. Pray every day, never let a day fly without a prayer. To pray is a communion with God that lifts us up, mentally, emotionally and spiritually. Prayer is man's greatest communication with God. It's a direct telephone to God, free of charge and needs just our minds and hearts to talk to him. We recharge our batteries of our souls when we pray.

Put God first, seek his kingdom valiantly and your mind, body and spirit will be rejuvenated and will work in beautiful melodious harmony! Let us conclude with the words of this beautiful uplifting hymn - What a friend we have in Jesus.

Have we trials and temptations?

Is there trouble anywhere?

We should never be discouraged.

Take it to the Lord in prayer.

Mother Mary, Mothers and the Month of May

-Leon Bent

This reflection is meant to be a Toast, to Our Lady of Fatima, on 13th May, and to Mother's Day, celebrated on 8th May, each year. The month of May has been set apart as the Month of the Rosary, together with the month of October.

Mary, also called **St. Mary** or the Virgin Mary, flourished at the beginning of the Christian era. The mother of Jesus, is venerated in the Christian church since the apostolic age and a favourite subject in Western art, music and literature. Mary is known from biblical references, which are, however, too sparse to construct a coherent biography. The development of the doctrine of Mary can be traced through titles that have been ascribed to her in the history of the Christian communions - guarantee of the Incarnation, virgin mother, second Eve, mother of God, ever virgin, immaculate, and assumed into heaven, and various of titles in the Litany of the Rosary. She has a number of feast days in various Christian traditions, several of which are holy days of obligation for Roman Catholics.

The New Testament account of her humility and obedience to the Annunciation, made her an exemplar for all ages of Christians. Out of the details supplied in the New Testament by the Gospels about the maid of Galilee, Christian piety and theology have constructed a picture of Mary that fulfils the prediction ascribed to her in the Magnificat (Luke 1:48): "Surely, from now on all generations will call me blessed."

Mary is considered by millions to be the holiest and greatest saint, because of her extraordinary virtues as seen at the Annunciation by the archangel Gabriel. She is said to have miraculously appeared to believers many times, over centuries.

Mother Mary

The Blessed Virgin Mary is our mother because of Jesus. She accepted God's invitation to be the Mother of the Messiah. She gave birth to Jesus and raised Him with St. Joseph.

According to the gospels of Matthew and Luke in the New Testament, Mary was a first-

century Jewish woman of Nazareth, the wife of Joseph, and the mother of Jesus. Both, the New Testament and the Quran describe Mary as a virgin.

Deeply rooted in Catholic symbolism, the blue of her cloak has been interpreted to represent the Virgin's purity, symbolise the skies, and label her as an empress, for blue was associated with Byzantine (Eastern Orthodox Church) royalty.

She is present at a wedding where Jesus turns water into wine; she makes an attempt to see her son while he is teaching; and she is 'fully present' at his crucifixion. Indeed, Mary is mentioned more often in the Quran than in the New Testament.

Matthew used the Greek version of the Old Testament. In the Greek Old Testament, the original Hebrew word "almah" had been translated as "parthenos", then into the Latin Bible as "virgo," and into English as "virgin".

In Western theology, it was generally recognised from the time of Saint Ambrose that, Mary never committed a sin. But was her 'sinlessness' in this life because she was born without "original sin"?

The four Marian dogmas solemnly defined by the Church's Magisterium, therefore, are 'non-negotiable!' Divine Motherhood, Mary's Perpetual Virginity, Mary's Immaculate Conception, and Mary's Bodily Assumption into Heaven. A doctrine meets two specific criteria: it must be divinely revealed, and it must be officially proposed by the Catholic Church.

Mary has millions of devotees from all religious persuasions. Her devotees made do with apparitions – at Lourdes, Guadalupe, Fatima, Medjugorje, and several other countries, in different continents. Like the other saints, her pilgrimage sites are places where she can be invoked to ask God to grant the prayers of her devotees.

But she was more than just a 'saint'. In popular devotion she was a sky goddess always dressed in blue. She was the goddess of the moon and the star of the sea (stella maris). She was known as the Queen of Heaven and Queen of the Angels.

Mary, the “Mediatrice of all graces,” is a title that the Catholic Church gives to the Blessed Virgin Mary - as the Mother of God, it includes the understanding that she mediates Divine Grace.

Catholic tradition holds that Mary is set apart and revered, because of her participation in the story of divine redemption; not only is she a unique member of the Church, but she also serves a unique role by encouraging the faithful to more closely imitate the way of Christ.

How did Mary play an irreplaceable role in Salvation history? Eve was deceived into eating the forbidden fruit, and also handed a part of it to Adam (Gen 2:16-17; Also: Gen 3:1-6, NRSV). Mary took her Son, Jesus, from her womb and placed him on the Cross. This gesture brought the human race out of the darkness of sin and into the realm of redemption.

In becoming the human mother of God, Mary performed her concretising function: she enabled God to become accessible to our senses, as she allowed God to become tangible. Second, as the human collaborator of the Holy Spirit in the Incarnation, Mary helps us to get a sense of God’s action and presence in our world.

Further, when Jesus saw his mother and the disciple whom he loved, standing beside her, he said to his mother, “Woman, here is your son.” Then he said to the disciple, “Here is your mother.” And from that hour the disciple took her into his own home. (NRSV John 19:26-27). This is why Mary is humanity’s real and true Mother, in every sense of the word.

The understanding of Mary as humanity’s spiritual Mother is a critical revelation suggested to the Holy Father by the world’s Cardinals and Bishops. Not only does this petition suggest the deepening of interreligious dialogue, but indicates Mary is the common uniting factor in the desire for world peace and harmony. Catholic, Christian, Orthodox, Islamic and even Jewish believers are able to identify with the notion of “universal Motherhood,” as the foundation towards ecumenical dialogue among the great religions of the world. Regardless of creed, nationality or race, the notion of motherhood is the common and unique mark that unites brothers and sisters not only in faith, but in biological reality.

Mother’s Day

For many families around the world and throughout history, it has traditionally been the mother who has the often thankless job of keeping the family and household running. Starting with lending their bodies to house babies before they are even born, mothers have a tendency to give up a lot for their families, and are rarely given the accolades they deserve.

So, Mother’s Day is the perfect opportunity each year to remind Mum, how much she is loved, appreciated and noticed.

In 1914, the day was made official when US President Woodrow Wilson signed a measure declaring Mother’s Day, to be celebrated on the second Sunday in the month of May. The day has gained popularity throughout North America, as well as other parts of the world, although it is not always celebrated in the month of May.

What Makes a Mother Unique?

She is loving, caring, courageous, compassionate, strong, good-hearted, hardworking, and understanding. She always tries to make people happy and after all she has been through, she always tries to keep a smile on her face. I love my mom passionately and would be lost without her.

“There is something unique and powerful about motherhood that you will not understand unless you are a mother. ...” The bond between mother and her baby is inexplicable! Though it takes only a few hours to disconnect a baby from a woman’s womb, it takes death to disconnect the mother from her child! The maternal bond between a mother and her child begins to develop during pregnancy and lasts a lifetime.

To every mother, her child is a matchless gift. A baby is God’s gift to every parent.

I cannot but end this Reflection with the famous words: Mary is “tainted nature’s solidarity boast!” What a powerful, yet, succinct summation of the Immaculate Virgin Mary – taken from “The Virgin,” a poem from Part II of Wordsworth’s 1822 Ecclesiastical Sonnets – a fitting tribute to our Blessed Mother.

EUPHORIA 2022 at Fr. Conceicao Rodrigues College of Engineering, Bandra, truly euphoric

***An event which seems ever so divine,
Where the centre of the universe shall
finally align,
Euphoria is a feeling not a fest,
Here we put emotions to the test!***

After two long years, overcoming all the challenges posed by the Covid-19 pandemic, Fr. Conceicao Rodrigues College of Engineering successfully hosted its Cultural Flagship event, EUPHORIA, from 6th to 8th of April, 2022. A cultural festival always binds the students of a college into eternal



Inauguration Function

bonds. Euphoria for everyone here means a lot for innumerable reasons. It gives the students an opportunity to learn, to grow, to work together as a team, to love, to live and to finally give. To give their 110% in each event and make sure they take the cultural trophy home!

How often have we dreamed dreams of being the heroes and reformers of another era, another world nestled in the arms of time! Wasn't time too cruel to move past the greatest of miracles and civilisations? To move past the day of Rome's fall and sink Pompeii under ashes? Have you ever wondered what it'd be like to ask Shakespeare if he had a cup of sugar to spare? Or spread the rumour that Galileo's experiment tilted the Tower of Pisa. For every heart that has been waiting for the golden ticket of time to appear in a wonka bar, to embark on a bold adventure. Welcome to TARDIS, the theme for Euphoria 2022!

TARDIS stands for Time and Relative Dimension in Space. Tardis is a portal for everyone who believes that they were born in the wrong era. A chance to travel through time and experience things like never before.

The vibe for Euphoria is set in no better way than jazzing up according to the Cultural Days:

* 4th April, 2022 - Retro Day

* 5th April, 2022 - Floral Day

* 6th April, 2022 - Traditional Day

* 7th April, 2022 - Character Day

This year, Euphoria bid farewell to the domain structure and brought forth different ERAS, The Past, Present and Future era. The first Era being Spearheart. Going back to the 1800s, the era was filled with love and war. The first event under this domain was Sangitam. The second domain was Razzmatazz, marking the emergence of dance and music, along with a whole arena of revolution in the 1900s.

The third era for Euphoria was TechTrek. The early 2000s was the age of digital civilisation where we saw the evolution from simple phones to the current speed motion sensed digital artwork. The fourth domain one was Sage. The late 2000s era marks the age of healing in health and spirituality. The first event under this domain was CRCE's Fittest, which consisted of three rounds (Sprint across a predetermined path inside college, arm-wrestling and a strength round consisting of exercises like pistol squats, burpees, push-ups and backflips). Last but not the least, the fifth era, Dream Leap marking the future. The first event under this domain was Lights, Camera, Action, where two contrasting characters from any Hindi/English TV show/ Movie were given to the participants along with a scenario. The participant had to act exactly like the character in the given scenario.



Rev. Fr. Valerian D'Souza addressing the faculty members and students.



Best All-rounder: Ms. Mareena Fernandes (BE IT).

A whole Separate Domain called the FE Era consisting of five events was put up for First Year Students. The first event was under the Literary Arts domain called Visual Poetry. The aim was to create visual poetry on a given topic.

The last and final section was the Flagship events for Euphoria 2022. After the two exhausting years in isolation, this was the chance to bring out the fire and set the stage ablaze, free their heart and mind and moonwalk their way towards the cultural trophy. The first flagship event being, IMPULSE, i.e. the Inter Class Dance Competition which took place at Ravindra Natya Mandir, Prabhadevi. The second one was Glamgala, i.e. the renowned Inter Class Fashion Show at the School Auditorium. Mr. and Ms. CRCE, an event exclusively for the BEs testing their overall personality, was the third flagship event.

Euphoria was officially inaugurated on the 6th of April, in the presence of dignitaries. The Cultural Secretary, Ms. Nicole Dias, welcomed them with a sapling as a token of respect and appreciation.

This was followed by all the secretaries (Sports, Technical, Editorial and Cultural) reading out the reports for the year 2021-2022. Editorial Secretary Ms. Alisha Rao, then released the episode 1 of Fragma 2022. The Inauguration came to an end with the Principal, Dr. Srija Unnikrishnan, declaring Euphoria 2022 open.

The 6th and the 7th of April consisted of a number of events under the different Eras/ domains within the college premises. The 3rd and final day of Euphoria i.e. the 8th of April was held at Ravindra Natya Mandir, Prabhadevi. Along with the awe-inspiring Class Dances, the finals of Mr. and Ms. CRCE, this day also marked the Annual Day of 2022. The event was honoured by the presence of the dignitaries,



Best All-rounder: Mr. Amit Dubey (BE Production).

Rev. Fr. Valerian D'Souza, Rev. Fr. Eleuterio Fernandes, Rev. Fr. Trevor Pereira, the Principal - Dr. Srija Unnikrishnan, the Dean Students Affairs - Dr. Deepak Bhoir, the Chief Guest - Mr. Nilesh Kulkarni (Director and Founder of the International Institute of Sports Management) and the Guest of Honour - Mr. Sameer Ranade (Vice President, Capegemini).

Honouring the tradition of Annual Day, the Guest of Honour, Mr. Sameer Ranade felicitated the BE all-rounder amongst the boys - Mr. Amit Dubey (BE Production) and the Chief Guest felicitated the BE all-rounder amongst the girls - Ms. Mareena Fernandes (BE IT) for the year 2021-22, for having excelled in every domain, including both academics and extracurricular activities through their incredible performance.

This was followed by Rev. Fr. Valerian D'Souza and the Principal, Dr. Srija Unnikrishnan honouring the teachers and faculty:

- * Mrs. Merly Thomas
- * Mr. Mahesh Sharma
- * Mrs. Neelam D'Silva

for their relentless contributions and everlasting dedication in building the Fr. CRCE community for the last 25 years.

The IIC Council also felicitated and appraised the efforts put in by the council organising maximum events in line with the theme 'Entrepreneurship, Start-up, Innovation'. Rev. Fr. Eleuterio Fernandes felicitated the winning councils for the same.

The Students' Council 2020-2021 were then felicitated by the Principal with a memento as a token of appreciation for their overwhelming contribution to the college. This was followed by the felicitation and speech of the outgoing President, Mr. Ninad Shetty, who took a trip down memory lane, recollecting all the exhilarating



Felicitation of staff members, Prof. Merly Thomas and Ms. Neelam D'Silva, for their contribution, during the last 25 years.



adventures encountered by his council and how they each overcame it individually and as a team and came out victorious. He ended his speech with a heavy heart and tear-filled eyes, as he bid the council goodbye.

Finally coming to the most awaited part of the day - Results and Distribution of the prestigious trophies:

- * FE Trophy - FE E
- * Boys Sports Trophy - BE Information Technology
- * Girls Sports Trophy - BE Electronics
- * Technical Trophy - TE Electronics and Computer Science
- * Best Dance Trophy - BE Computers
- * Best Fashion Show Trophy - BE Electronics
- * Mr. and Miss CRCE: Clafacio Lobo (BE IT) and Anu Thomas (BE IT)

- * Cultural Trophy - BE Information Technology
- * Best Class Trophy - BE Information Technology

The distribution of the trophies left the atmosphere filled with a galore of cheer. The Vote of Thanks by the Cultural Secretary, Ms. Nicole Dias, marked the end of Euphoria 2022, thereby giving the event a perfect ending.



Chief Guest, Mr. Nilesh Kulkarni, addressing the distinguished audience on Annual Day.

VERNA, GOA

P.C.C.E. Alumnus Talk on 'Opportunities in Higher Education'

Padre Conceicao College of Engineering, Verna was proud to welcome **Mr. Granville Manvel Goes**, alumnus of ETC department. Granville is presently working as FPGA and ASIC Application Development Engineer at **Ericsson, Sweden**.

Granville was invited as a resource person for the session '**Opportunities in Higher Education**' on 5th April, 2022. He addressed the final year students of ETC and highlighted key measures to secure admission in premier universities in Europe.

Granville was selected for the 'Goa Scholar Scheme' of the Government of Goa and received funding of \$20000 to pursue his Master's degree in KTH Royal Institute of Technology, Sweden.

The event was co-ordinated by PCCE RDCC, together with the Alumni Connect division of ETC department and Ericsson, Sweden. Granville will also be conducting a webinar on 5G communication in the near future.



Mr. Granville Manvel (seated in the centre) of Ericsson, Sweden with faculty members and final year students of ETC.

Augmented Metaverse Workshop at P.C.C.E.

The Department of Information Technology of **Padre Conceicao College of Engineering, Verna**, organised an exciting, futuristic, not-to-be-missed hands-on workshop on ‘**Augmented Metaverse**’ on 16th April, 2022.

Augmented Reality (AR) is the virtual version of the real physical world, delivered via technology. In the Metaverse, users can create an enhanced virtual world that replicates all aspects of the physical world using Virtual Reality (#VR), Augmented Reality (#AR), AI, Social Media and Digital Currency. The internet is something that people “browse.” But, to a degree, people can “live” in the metaverse.



The Augmented Metaverse Workshop was conducted by Siri Manasa Manjunath and Prathmesh Rane (inset pictures), both SDEs at HoloWorld. The event was co-ordinated by Dr. Terence Johnson, Head of I.T. Department.

Blind Coding Competition at P.C.C.E.

Association of Computer Engineers (ACE), the Students’ Chapter of the Computer Department of Padre Conceicao College of Engineering, Verna, organised an exciting coding contest – ‘The Blind Coding Challenge’ on 19th April, 2022.

18 students participated in the contest that challenged them to write a programme for a given set of questions, within an hour. They had to do it without the help of their IDE debugging tool. It was an hour of intense competition as the participants jostled with the questions to crack the right answer. They racked their brains, scribbled algorithms on paper and tried their best to earn the coveted prize money of ₹ 1000/-.

Mr. Advait Kadam from T.E. Computers won the #FIRST PLACE for both his programmes running flawlessly. Ms. Swizel Braganza from T.E. Computers and Mr. Livio Mascarenhas from S.E. Computers also performed exceptionally well.

The main student co-ordinators for the event were Mr. Aayush Anand and Ms. Suhana Kamat, both third year students. Mr. Vedang Rane and Ms. Rhea Sharma helped to seamlessly conduct the event. Ms. Louella Colaco and Ms. Meghana Pai Kane were the faculty co-ordinators for the event. Ms. Vipula Sail from SE Computers proposed the vote of thanks.



Students who participated in the Blind Coding Competition with faculty members.

‘Career Guidance’ Seminar at P.C.C.E.

Padre Conceicao College of Engineering (PCCE), Verna, in association with Young Innovators Network (YIN), organised a guest lecture on ‘Career Guidance’ for the final year students of

the Computer Engineering and Information Technology departments.

At the onset, **Dr. Mahesh Parappagoudar**, Principal of PCCE welcomed the guests and students. **Mr. Shekhar Bhat**, CTO of Foxberry

Technologies and Founder of Careers and Paths, was the distinguished Guest Speaker. Mr. Bhat discussed the process of career guidance and shared ideas on how to explore and plan for the future based on each individual's interests, skills and values.

The event was jointly coordinated by the Training and Placement team and Ms. Shavani Shirodkar, Executive YIN.

After the session, Ms. Razia Loyola Furtado Sardinha, TPO, presented a memento to the Guest Speaker, and Ms. Fiona Coutinho, Asst. Prof. Computer Dept. proposed the vote of thanks. The function was co-ordinated and



Mr. Shekhar Bhat, CTO of Foxberry Technologies and Founder of Careers and Paths, addressing students on Career Guidance.

compered by Ms. Nadia Fernandes, Asst. Prof. Basic Sciences and Humanities department.

VASHI

Techno-cultural fest ETAMAX-2022, a resounding success

ETAMAX which stands for Efficiency Maximum, a techno-cultural fest, was organised by Fr. C. Rodrigues Institute of Technology, from 10th to 12th of March, 2022. It was held in complete offline mode. This year the theme was Fleur which is a French word that means Flower. The cause for the same was regarding Breast Cancer. Also, this year, for the first time in the history of ETAMAX, sports activities were held. Various technical and cultural events were organised by the Student Council and the Organising Committee. The flagship events were national drone racing FPV Drone Racing held in association with IDRL.

Many cultural events like Mock CID, squid games, singing and dancing and an amazing number of technical events were held. ETAMAX being an inter college event, students from other colleges of Mumbai also participated in the fest actively.

The three-day gala included various sports events like football, cricket, badminton, etc, in which students participated with utmost enthusiasm and the spirit of sportsmanship.

The hugely successful ETAMAX-2022 enlightened the spirits of all the students, after two years of the pandemic.



Several events such as sports, music, singing and dancing were held at ETAMAX-2022.

TECHNOCRATZ-2022 at Agnel Polytechnic, Vashi

Agnel Polytechnic organised its annual State level Technical Fest 'Technocratz' on the 25th and 26th of March 2022. Over 500 students participated in this event which is a platform for the young budding Engineers to showcase their innovative spirit and technical knowledge.

An inter-collegiate State level Technical quiz and Technical Paper Presentation competition were

held for the higher semester students during the event, while an intra college General Quiz and Poster presentation were held for first year students. Techno Mimic was introduced for the first time in this event of Technocratz, which required students to rightly guess an engineering concept or thing.

Agnel Happenings

The inaugural event was presided by the Assistant Managing Director, Rev. Fr. Seby. During the valedictory event, the winners were felicitated with attractive cash prizes, medals, trophies and certificates. Principal Mrs. Sally Antony expressed her gratitude to Rev. Fr. Almeida, the

Managing Director for his constant motivation to organise such events and she also appreciated all the student council members, council in-charge Mrs. Shalvi, volunteers and all staff members for the excellent organisation of the event.

Fr. C. Rodrigues Institute of Technology, Vashi, ranks among the top 10 Private Engineering Colleges in the State of Maharashtra!

According to the Annual Educational World Pan-India Engineering Colleges Ranking, Fr. C. Rodrigues Institute of Technology, Vashi (FCRIT), has been ranked #10 among the gamut of private Engineering colleges and a proud #43, nationwide. This ranking is amongst India's 3,415 non-government Engineering colleges.

Education World has categorically stated in its report of 2022 that private Engineering colleges like FCRIT, Vashi, are now closing the gap between the so-called elite national government aided institutions and the rest-of-the-world.

FCRIT in the last decade has undergone an enormous and impactful makeover, adding it to the list of Mumbai's elite colleges in terms of infrastructure, teaching learning methodology, experiential training and spectacular placements.

FCRIT emphasises on a highly student centric system. The focus is not just on the parameters

of curriculum and pedagogy, industry interface, placement and infrastructure but also on the individual interests of each student. This is done via continuous and consistent mentoring, Guidance and Counselling, hands-on project experience based on students' interests and looking after the well-being of the student. Ethical values and inclusivity are of paramount importance to the institute.

It is a momentous period for the management, the faculty (teaching & non-teaching), and especially, the students, to be a part of this People's Engineering.

At FCRIT, with the state-of-the-art infrastructure, top-notch teaching learning methodology and deeply entrenched ethical core, the institute strives towards building holistic citizens and engineers, who simplify lives, while aspiring for excellence.

GREATER NOIDA

Inauguration of Atal Tinkering Lab at Fr. Agnel School, Greater Noida

Aiming to nurture innovation in young minds, Fr. Agnel School, Greater Noida, inaugurated the Atal Tinkering Lab (ATL) on 20th April 2022, under the umbrella of **Atal Innovation Mission, a flagship programme of the Niti Aayog, Government of India.** It was the vision of our Late Prime Minister Atal Bihari Vajpayee, who believed that the answers to problems of the nation, lies among the young minds of the country. **The idea is to promote and foster curiosity and equip students with critical thinking, problem solving, creativity and collaborative teamwork towards finding**

scientific and technological solutions to day-to-day life problems.

The ATL has been established in collaboration with Stemrobo Technologies Pvt. Ltd. to assist in encouraging young students to understand STEM (Science, Technology, Engineering, and Math) concepts practically and creatively, using the specific tools and equipment. The approach is aimed at eliminating the limitations caused by monotonous classroom learning and using only textbooks as a reference without any exposure to a practical approach. This lab will encourage students to combine the creativity and logic by offering them state-of-the-art do-

it-yourself kits, equipment related to Robotics, Electronics, Science, 3D printers, sensors and other sophisticated machines and instruments. The exposure should fuel the passion for learning new skills and set their long-term career goals, in the arenas of Artificial Intelligence, Robotics, Internet of Things, Coding, Aerospace, etc.

The inauguration was graced by the Chief Guest, Rev. Fr Sebastin - Director KNEUS, Rev. Fr Vito - Parish Priest of St Joseph's Church, Fr. Rojimon Thomas - Principal of Jesus and Mary School, Rev. Fr. Bento Rodrigues and other dignitaries.

ASSAGAON, GOA

Corporate Institute Relationship Cell, A.I.T.D., organises 'Opportunities in Animation Industry for Engineers'

The Corporate Institute Relationship Cell of Agnel Institute of Technology and Design, Assagao, under the aegis of the Employment Exchange, Govt. of Goa and in collaboration with Institute Innovation Council, organised an expert talk on 'Opportunities in Animation Industry for Engineers' on 23rd March, 2022, in the multi-purpose hall. The talk was delivered by Mr. Balkrishna Kamat, CEO, Animation Studio, Panaji for BE Mechanical students.

With the advancement in the physical and mental state of children, tinkering extends its boundaries to virtuous cycle of thinking and making useful objects by prototyping from low-fidelity materials like cardboard and use of the advance prototyping tools. We hope the flexibility in work and exposure to experiential learning in the lab will empower our students to develop 21st century skills like creativity, innovation, critical thinking, design thinking, social and cross-cultural collaboration, ethical leadership and give wings and life to their ideas.

The talk began with Mr. Kamat explaining about his journey and story of Mining career. He then moved on to talk about Animation Industry and started with Walt Disney. The session ended with Mr. Kamat being presented with a memento as a token of appreciation by the Head of Mechanical Engineering department, Prof. Amol Patil. The session was co-ordinated by Prof. Shrinivas Joshi and Prof. Saish Rivonkar from AITD and Mr. Dattaraj Naik from the Employment Exchange.

Students Council ACCESS, A.I.T.D., organises a one-day workshop on Machine Learning

Students Council ACCESS (Association for Confluence of Computer Engineering Students & Senators) of the Computer Engineering Department, Agnel Institute of Technology and Design conducted a one-day workshop titled 'Machine Learning' on 9th April, 2022 to give insights into data science and practical approach to machine learning using Python programming.

The resource person for the webinar was Mr. Alwyn Abranches. Mr. Alwyn has pursued MSC in Data Science from Pune. The key highlights of the workshop were basics of Python programming, introduction to machine learning, practical aspect of various methods like linear regression, clustering, classification, and support vector machines. Mr. Alwyn also gave a demo of docker used for production based deployment of machine learning applications.

Institute Innovation Council, A.I.T.D., Assagao, conducts a session on IPR and IP Management for Startups

Institute Innovation Council at Agnel Institute of Technology and Design successfully conducted a session for students on the topic 'IPR & IP Management for Startups.'

The Guest speaker for the session was Dr. Ranjana Ferrao, Asst. Professor, V.M. Salgaocar College of Law, Goa. The session was attended by more than 100 participants. Dr. Ranjana shared her enormous knowledge about IPR with the students.

Mind, Body and Soul Care

-Ibonio D'Souza

We all want to be healthier versions of ourselves and improve our well-being. Most of the time, we tend to concentrate only on the body, focusing on our physical health. While this is important, it's not the only component of well-being we should be improving.

For lasting health, we need to realise the importance of the body, mind and soul and how they work together to build our overall well-being. A healthy mind keeps you focused and engaged. A healthy soul keeps you fulfilled and content.

The link between mind, body and soul is a scientific fact. Research reveals we have three separate neural pathway networks, leading to the head, the gut and the heart. These have been dubbed the three brains, all capable of controlling how we feel and how we react.

It's vital to nurture each 'brain' to ensure optimal well-being. We need to look after our mental health to maintain focus and clarity of the mind. It's important to develop positive relationships and genuine connection to nourish our spiritual and emotional health.

It's a delicate balance. If our physical health is sound but our mental or spiritual well-being is not, our physical health will eventually be impacted by the effects of reduced motivation, low morale, decreased satisfaction and lack of purpose. Likewise, poor physical health affects our personal satisfaction, contentment and mental state. This is why it's vital to understand the importance of mind, body and soul and identify ways to improve and maintain health and well-being in each area.

CARE OF YOUR BODY: Here are some suggestions for looking after your physical health and nurturing the gut 'brain': 1) Moderation is the key. Start by reducing the intake of unhealthy food, soft drinks, caffeine and alcohol. Learn to read nutrition labels and find healthier options for snacks. 2) Commit to regular exercise. Find ways to include physical activity in your day such as walking up stairs, instead of taking the lift, or doing some light household work. 3) Be proactive. Keep on top of your health by scheduling regular medical and

dental check-ups to monitor your health and well-being. 4) Concentrate on the basics. Focus on your sleep, nutrition, hydration and exercise. Set realistic goals, celebrate the small wins and keep going!

CARE OF YOUR MIND: Stress is everywhere and with life becoming more demanding, it's vital we pay attention to our mental state. Focusing on nourishing the mind and our mental health can improve our focus, relationships, outlook and more: 1) Don't ignore the signs of stress and overwhelm. If you are not coping with the pressures of life, talk to someone and seek professional help, if required. 2) Take time out. schedule time each day, just for you. Listen to music, read an article, go for a walk, meditate or enjoy a coffee, away from the stress of life. 3) Prioritise sleep. Sleep recharges our mind, helps us stay focused and think clearly. Set a time for bed and stick to it to ensure you get the rest your mind needs. 4) Be open to self-improvement. Attend a workshop, try online learning, find a mentor or seek specific advice to improve your skills and increase your confidence.

CARE OF YOUR SOUL: Spiritual health is more than religion or new age beliefs. It involves identifying our purpose and direction, recognising what brings us joy, and understanding how to find contentment in our lives: 1) Be open to meeting new people. Connecting with others, opens our minds to new ideas and introduces us to alternate ways of living, re-energising the soul. 2) Change your environment. Take a walk outside, visit your community social centre or do some social service work. Changing up your routine can help increase satisfaction and motivation. 3) Indulge in your passions. Make time in your life for music, art, hiking, cycling, running - whatever feeds your soul and makes you happy. 4) Be kind to yourself. Give yourself permission to take time out and not to be productive every second of the day.

Whether you are a leader or an employee, realising the importance of mind, body and soul care, can give you an edge in your organisation while also improving your own health and well-being.



FR. AGNEL'S BLESSINGS

HEALED OF TUMOUR

AHMEDABAD – GUJARAT: Early in the year 2020, I felt there was a small gland above my left breast. After conducting various tests and examinations, I was told that there was a tumour and the treatment started immediately. It included chemotherapy, surgery and radiation. I successfully completed all the treatments suggested to me. I had surrendered everything to God and accepted His plan. I praise and thank Almighty God for this great favour of healing of the tumour. I give millions of thanks to Jesus for the blessings received and I will proclaim his name wherever I go. I also thank Ven. Fr. Agnel for his kind intercession. A thanksgiving offering has been given to the Ashram.

-Leena Fernandes

BLESSED WITH A NEW HOME

VASAI: My prayers have been answered. Through the intercession of Ven. Fr. Agnel, I have got a new home. An offering has been placed in the Ashram.

-R. Lemos

FAVOURS RECEIVED

BANDRA - MUMBAI: We thank God for the favours received, through the kind intercession of Ven. Fr. Agnel. As a token of our gratitude, we give our offering to Fr. Agnel Ashram.

-A Well-wisher

SECURED A PROMOTION AT WORK

GOA: I have got a job promotion through the kind intercession of Ven. Fr. Agnel. In thanksgiving, I am making an offering to the Ashram.

-A. Fernandes

HEALED FROM BRAIN HAEMORRHAGE

AUSTRALIA: I am thankful to Ven. Fr. Agnel for his intercession in healing my wife from brain haemorrhage. An offering has been sent to the Ashram.

-J. Simoes

SECURED A GOOD JOB ABROAD

BANDRA - MUMBAI: Through the kind intercession of Ven. Fr. Agnel, I have secured a good job. In thanksgiving, I am offering Rs. 500 to the Ashram.

-V.A. Bhongale

GIFT OF A CHILD

KOPARKHARNE – NAVI MUMBAI: Through the intercession of Ven. Fr. Agnel, Almighty God and Lord Jesus have blessed us with a gift of a child. A thanksgiving offering has been placed in the Ashram.

-M. Noronha



“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”

—James 1:17

Out of Their Bounty

| | | | | | | | | |
|------------------|----------------|-------|-------------------|-------------|------|---------------|-------------|------|
| P. Srivastava | Mumbai | 51000 | V. Pais | Karnataka | 3000 | A. Sheth | Kenya | 1000 |
| J. D'Souza | Mumbai | 50000 | B. Jain | Mumbai | 2800 | A. Stephen | Tamil Nadu | 1000 |
| K. Joseph | Mumbai | 20000 | M. Partridge | Australia | 2728 | A. Suresh | Mumbai | 1000 |
| M. Cabral | Australia | 16000 | JainMary T. | Kerala | 2500 | A. Thevar | Mumbai | 1000 |
| K. Modi | Canada | 14852 | L. D'Souza | Oman | 2500 | B. Daver | Mumbai | 1000 |
| D. Gonsalves | Vasai | 11000 | P. Pai | Mumbai | 2500 | B. Dutt | West Bengal | 1000 |
| A. Daruwalla | Mumbai | 10500 | Techno Products | Chennai | 2500 | C. Almeida | Mumbai | 1000 |
| R. Pinto | Mumbai | 10500 | S. Patel | Mumbai | 2002 | C. Kajar | Palghar | 1000 |
| S. Correia | Vasai | 10500 | A. Antony | Mumbai | 2000 | D. Remgis | Mumbai | 1000 |
| V. Pijwala | Gujarat | 10500 | A. Dias | Vasai | 2000 | D. Sequeira | Thane | 1000 |
| K. Kapadia | Pune | 10000 | A. Elavia | Mumbai | 2000 | E. Dhonde | Virar | 1000 |
| L. Capadia | Chennai | 10000 | A. Fernandes | Mumbai | 2000 | F. Brahmane | Mumbai | 1000 |
| M. D'Souza | Mumbai | 10000 | A. I. Nadar | Thane | 2000 | F. Jose | Kerala | 1000 |
| R. Thakkar | Mumbai | 10000 | B. George | Navi Mumbai | 2000 | G. Arputharaj | Tamil Nadu | 1000 |
| S. Gujar | Kalyan | 10000 | C. Engles | Punjab | 2000 | G. Rajesh | Ahmednagar | 1000 |
| S. Panjikaran | Kerala | 10000 | Cranetech Eqpts. | Mumbai | 2000 | I. Namdar | Mumbai | 1000 |
| B. Parmar | Mumbai | 8000 | Deepak Macwan | Gujarat | 2000 | Irudayaraj M. | Tamil Nadu | 1000 |
| A. Lobo | Mumbai | 6000 | E. Ittoop | Kerala | 2000 | J. Doshi | Mumbai | 1000 |
| A. Olpadwala | Mumbai | 6000 | J. Alves | Mumbai | 2000 | J. D'Souza | Vasai | 1000 |
| J. D'Costa | Thane | 6000 | J. Castelino | Mumbai | 2000 | J. Gaitonde | Mumbai | 1000 |
| Fernandes/Philo | Mumbai | 6000 | J. De Almeida | Mumbai | 2000 | J. Gonsalves | Gujarat | 1000 |
| Z. Bharucha | Vasai | 6000 | J. D'Souza | Karnataka | 2000 | J. Helen | Kerala | 1000 |
| L. D'Souza | Australia | 5466 | J. Pinto | Karnataka | 2000 | J. Louis | Kerala | 1000 |
| A. Lopes | Vasai | 5000 | L. Dabre | Palghar | 2000 | J. Pereira | Palghar | 1000 |
| B. Kaundar | Mumbai | 5000 | L. D'Souza | Kalyan | 2000 | Jagadish CC | Ratnagiri | 1000 |
| B. Tusciano | Vasai | 5000 | L. Thomas | Kerala | 2000 | K. Khandagale | Pune | 1000 |
| Biju K. V. | Kerala | 5000 | M. Balani | Mumbai | 2000 | K. Surti | Mumbai | 1000 |
| C. Fobler | Canada | 5000 | M. D'Cunha | Karnataka | 2000 | L. Joseph | Kerala | 1000 |
| C. Noeline | Andhra Pradesh | 5000 | M. Fernandes | Mumbai | 2000 | Lucy C. J. | Kerala | 1000 |
| D. Xavier | Pune | 5000 | M. Fernandes | Bangalore | 2000 | M. Antony | Kerala | 1000 |
| G. Fernando | Mumbai | 5000 | Mini Chandra | Kerala | 2000 | M. Cardozo | Mumbai | 1000 |
| G. Varghese | Kerala | 5000 | P. Dabreo | Mumbai | 2000 | M. D'Silva | Mumbai | 1000 |
| H. Hyrapiet | Kolkata | 5000 | R. Jadhav | Mumbai | 2000 | M. D'Souza | Mumbai | 1000 |
| J. Panariya | U.S.A. | 5000 | S. Albuquerque | Mumbai | 2000 | M. D'Souza | Pune | 1000 |
| J. Quadras | Thane | 5000 | S. Mathai | Kerala | 2000 | M. Shirodari | Thane | 1000 |
| J. Rodrigues | Karnataka | 5000 | S. Sharma | Mumbai | 2000 | N. Meera | Kerala | 1000 |
| Jeeja A. J. | Kerala | 5000 | Suresh Sudarshan | Mumbai | 2000 | P. Camilo | Goa | 1000 |
| Joseph V. J. | Kerala | 5000 | V. Pattapu | Thane | 2000 | P. Mohite | Mumbai | 1000 |
| K. Minwalla | Mumbai | 5000 | V. Pereira | Mumbai | 2000 | P. Vincent | Kerala | 1000 |
| Main Frame S/W | Mumbai | 5000 | B. Dubey | Mumbai | 1555 | Reuben/Regan | Pune | 1000 |
| P. Pinto | Karnataka | 5000 | A. Joseph | Mumbai | 1500 | T. Mody | Mumbai | 1000 |
| R. Parikh | Mumbai | 5000 | B/A/H Dubash | Mumbai | 1500 | U. Ragade | Maharashtra | 1000 |
| R. Dabre | Vasai | 5000 | Daksha | Gujarat | 1500 | V. Joseph | Kerala | 1000 |
| S. Pai | Singapore | 5000 | G. Nautiyal | Thane | 1500 | K. Thomas | Kerala | 750 |
| Subramaniam R. | Mumbai | 5000 | D'Souza/Gonsalves | Mumbai | 1500 | T. Michael | Kerala | 600 |
| U. Udeshi | Mumbai | 4000 | R. Joseph | Kerala | 1500 | V. Williams | West Bengal | 600 |
| W. Pingulkar | Sindhudurg | 3551 | Gala/Gaikwad | Dombivili | 1300 | L. Joseph | Kerala | 505 |
| S. Kothari | Mumbai | 3500 | D. Kapadia | Mumbai | 1111 | C. Gala | Mumbai | 501 |
| G. Xavier | Kerala | 3000 | S. Gandhi | Gujarat | 1100 | H. Gada | Mumbai | 501 |
| H. Mascarenhas | Mumbai | 3000 | J. Nagda | Thane | 1055 | H. Prasad | Navi Mumbai | 501 |
| J. Dubash | Mumbai | 3000 | M. Mistry | Nasik | 1001 | K. Bhatt | Gujarat | 501 |
| M. JayaSekar | Mumbai | 3000 | N. Salve | Ahmednagar | 1001 | P. Gosar | Thane | 501 |
| N. Joshi | Kerala | 3000 | S. Suresh | Mumbai | 1001 | P. Mehta | Mumbai | 501 |
| P. Balachandran | Chattisgarh | 3000 | A. Andavan | Mumbai | 1000 | S. Desai | Mumbai | 501 |
| P. Joseph | Kerala | 3000 | A. Antao | Palghar | 1000 | S. Patel | Mumbai | 501 |
| R. RadhaKrishnan | Chennai | 3000 | A. Desai | Canada | 1000 | A. Abraham | Kerala | 500 |
| S. Babulal | Mumbai | 3000 | A. Kuttikadan | Thane | 1000 | A. Attara | Mumbai | 500 |
| S. Inigo | Tamil Nadu | 3000 | A. Nadar | Mumbai | 1000 | A. Gaday | Thane | 500 |
| V. D'Silva | Goa | 3000 | A. Santhappan | Tamil Nadu | 1000 | A. John | Kerala | 500 |

Rosary: A Treasure to be Rediscovered

-Fr. Antony Jerald

Pope St. Paul VI in his Apostolic Exhortation *Marialis Cultus* expressed that devotion to Blessed Virgin Mary subordinated to worship of the Divine Saviour but it has great pastoral effectiveness and constitutes a force for renewing Christian living. He also highlighted that devotion to the Blessed Mother of the Lord becomes for the faithful an opportunity for growing in divine grace and this is the ultimate aim of all pastoral activity (MC 57).

Taking inspiration from the call of Pope St. John Paul II in his Apostolic Letter *Rosarium Virginis Mariae* (43) to rediscover the treasure Rosary, I share here below the biblical foundations, the spiritual riches and the pastoral value of this traditional prayer.

Christocentric Prayer

The most important reason for strongly encouraging the practice of the Rosary by the Holy Catholic Church is that it represents a most effective means of fostering among the faithful commitment to the contemplation of the Christian mystery. It is vivid from the expression of St. John Paul II, “if liturgy, as the activity of Christ and the Church, is a saving action par excellence, the Rosary too, as a meditation with Mary on Christ, is a salutary contemplation. By immersing us in the mysteries of the Redeemer’s life, it ensures that what he has done and what the liturgy makes present is profoundly assimilated and shapes our existence.” It is highly impossible to think of the Rosary apart from Christ because it is a compendium of the Gospel and one of the traditional paths of Christian prayer directed to the contemplation of Christ’s face. It is highly essential to substantiate our understanding about the Rosary in and through the mysteries which enshrine the life and redemption from Jesus Christ.

A Contemplative Prayer

Without contemplation, the Rosary is a body without a soul and its recitation runs the risk of becoming a mechanical repetition of formulas, in violation of the admonition of Christ

(Mt 6: 7). By its nature the recitation of Rosary calls for a quiet rhythm and a lingering pace, helping the individual to meditate on the mysteries of the Lord’s life as seen through the eyes of her who was closest to the Lord. In this way the unfathomable riches of these mysteries are disclosed.

School of Mary

The Rosary is the school of Mary because among creatures, no one knows Christ better than Mary and no one can introduce us to a profound knowledge of his mystery, better than his Mother. So, contemplating the scenes of the Rosary in union with Mary is a means of learning from her to read Christ, to discover his secrets and to understand his message (RVM 14). The Rosary mystically transports us to Mary’s side and enables her to train us and to mould us.

A Path of Evangelisation

When we promote the Rosary, we promote Christ. It is a path of evangelisation which is to be rediscovered today because as Rosary praying families are rare today, deep sense of faith in Christ is missing. When we pray the Rosary, Mary takes us to Jesus and tells us, ‘do whatever he tells you.’ So, it is high time to rediscover the Rosary as a true treasure. Catholics ever show their fidelity to the pious practice of the Rosary. It is true from a rare practice which is available among Catholics that even the dead are buried holding the Rosary in their hands. It also reminds me the concluding words of the document ‘*Rosarium Virginis Mariae*’, where

Pope St. John Paul II stated that the blessed Rosary of Mary is a sweet chain linking us to God.

Finally, rediscovering

the treasure of the Holy Rosary helps the individual and the family.

A family that prays together the mysteries of the Holy Rosary ever stays together in faith and life. So, rediscover the time of your family prayer.



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Fr. Agnel School, Greater Noida, now has new Atal Tinkering Lab



Chief Guest Rev. Fr. Sebastin - Director KNEUS inaugurating the Atal Tinkering Lab, in the presence of dignitaries.

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