



FR

March 2021

AGNEL

SHRAM NEWS

*Empowering Women
Empowering Humanity*



8th March

International
Women's Day

FR. AGNEL
ASHRAM

NEWS

March 2021

Contents

Editorial	3
Lent: a period of Metanoia	4
Women's Day Celebra- tions around the World and What it means to Little Girls in Rural India	5
Holi... The Festival of Colours	6
Indian women who are redefining leadership	7
Report on "Virtual Alumni Meet 2021"	9
Agnel Happenings	9
Let's indulge this lent	13
Out of their Bounty	18
Fr. Agnel's Blessing	19

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HAPPY EASTER

CHRIST HAS TRULY RISEN! ALLELUIA.

Dear Friends and Benefactors,

We, the Agnel Ashram Community together with the poor children of our Balbhavan, wish you all a Happy Easter.

The resurrection of Jesus from the dead gives us hope for a new life, a life free from all the worries and miseries of this world, and be in a blissful state.

As you know, we have with us poor children sheltered in our various homes. On this graceful occasion, we humbly request you to kindly help us with your generous donation to ensure them a bright and secured future.

May the Risen Lord Jesus Christ bless you and your beloved family.

With a grateful heart

Yours sincerely,

Fr. Peter D'Souza

(Superior)



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Woman Power at home and Work

-Christine D'Sylva

There is no occasion for women to consider themselves subordinate or inferior to men.

-Mahatma Gandhi

The month of March heralds the conclusion of the cold season and we have a long hot summer ahead.

March is especially important in our calendar because we celebrate International Women's Day on March 8th.

It is a day that celebrates the social, economic and political achievement of women. Gender issue is not a woman's issue, it is a human issue that affects us all.

Nancy Reagan the wife of Ronald Reagan, America's ex- President once commented, "A woman is like a teabag, only when you put her in hot water, you can find out how strong she really is."



Today women are striving relentlessly for equality. However, many steps they take, there at times still seems to be a long, tedious hundred more steps to reach the pinnacle of true equality.

Let me put forth my beliefs. I really think that God made man and woman to complement each other. They are like the yin and yang of a complete whole. A woman has to play a very essential role after marriage as a loving wife who is a support to her husband and a mother to her kids.

This is not a role to be taken lightly. It is a very serious role that truly embodies the strength and feminine qualities of a woman that if done well, no man can accomplish with such dexterity and ease.

That is the real beauty of womanhood. To embrace her feminine charms to help keep her family together in peace and harmony, realizing with her innate wisdom that she has the power and fortitude to keep her home running smoothly and her husband and kids in a happy haven. Like a mother bird who builds a beautiful nest and safeguards it.

Therefore, whether a woman chooses to work outside her home or to be a homemaker should be

entirely her choice. Both types of women whether working or homemakers should be lauded and respected. Both are playing their roles according to their choice and circumstances. If both do their jobs well, it is definitely a reflection of just how wonderful a woman truly is. She can shine both in the workplace and if she chooses as a homemaker too. Society has to give both these women her due, not making any kind of discriminations. This then is true equality, acceptance of the dual roles a woman can play both as a working woman and a homemaker.

What was Jesus' attitude to women?

In the Bible we find Jesus demonstrated the highest regard for women. In a society which was very traditional and

conservative, women were regarded as second class citizens, yet Jesus regarded them as important and always saw their intrinsic worth.

His approach to women may be termed revolutionary and advanced for his era. His interactions with women were with Mary and Martha the sisters of Lazarus, the Samaritan woman at the well of Sychar, Mary Magdalene the prostitute who transforms her life on meeting Jesus, the widow, the little girl whom he brought back from the dead, the woman with a bleeding disorder, the woman caught in adultery and several others whom he healed of physical illness. He displayed great kindness, empathy and regard for each one of them.

We can conclude that Jesus treated women as human beings whose value was equal to men.

We learn that a woman is the heroine of her own life and it is in her power to not choose to be a victim even if circumstances are difficult.

What other lesson about regard and treatment of women can we learn today but this valuable one from the example that Jesus Christ himself with his wisdom has set for us?

Lent: a period of Metanoia

- Tancia Pires

☞ “Ehhh.... just rice and dal??” “Ewwwww.... why cunji mom??” “OMG !! All the 14 stations to be recited?” “soooooo... boring, no meat, pizzas and burgers..”

Waking up to these exclamations and questions, you're sure to know it's the lent season. A period of 40 days of penitential preparation to celebrate Easter, the resurrection of our Lord Jesus Christ.

In Christianity, with deep faith we believe that, before Jesus was taken for trial, he spent 40 days and 40 nights in intense prayer and fasting and hence this period of 40 days is spent in prayer, fasting and alms-giving even today to commemorate the struggle of our Lord. But! Not having meat for a few days, or giving alms on a few occasions during lent, will it take us to heaven? Or.. is it merely done to please God? Or just because others are doing it, we follow the norm just so that we fit-in in this society?

Doing all these things without really knowing the real reason behind it.... is it going to be fruitful? NO!!

So it's important to know what Lent is and what it really asks of us!

What is Lent, according to me?

Lent is a time for experiencing God's grace, growing in His grace and radiating this grace of God to our lives. The ministry of St. John The Baptist on the banks of river Jordan gives us this spirit of lent. And this Spirit is action-oriented. A Greek term, 'metanoia', comes to mind as we talk about lent, which means 'transformative change of heart'. When our Lord started his public ministry upon being baptised in the river Jordan and after the manifestation of God's word, "You are my beloved son with whom I am well pleased". The first public utterances of Jesus, are "turn away from the sin and believe in the good news".

Turning away from your sins

Sins are of two types: sins of commission and sins of omission.

Sins of commission are those that we commit against our brethren, sins of omission are all that we should have done as humans, as citizens towards our country and as creations and children of God. A lot is dealt on the sins of commission. But what is most often neglected are the sins of omission. This lent let us ponder over some of the sins of omission we fall prey to.

Sins of omission are the ones that are committed because of neglecting to do what is right. They are good works left undone, here are a few examples.

1. No man can live as an island...! and true enough, we are bound to a community, social life is our primary concern because we live in a society, but how do we react to what's happening in our society? Do we interact politely with the different kinds of people we come across irrespective of their social status, job, or standard of living? Do I make efforts to build up a relationship with my neighbours? Or do we continue the age-old enmity for generations due to the heap of grudges that we've stored within? Not taking the first step towards building healthy and harmonious social life is a sin of omission!
2. We are citizens of our country, and so we definitely have certain responsibilities towards it. As a great quote by John Kennedy goes, "ask not what your country can do for you-ask what you can do for your country". What have we contributed towards our country? Only by voicing out against the happenings in the country on Social media on a small scale on petty matters, is it enough? Sitting in the comfort of our homes and blaming the government or corrupt politicians for the downfall of our nation, does it make sense? We have the right to choose the people in power, do we practice that right to vote? Or we just sit at home, saying, that one vote wouldn't make a great difference? Whose fault does it become in the end? This lent let us make a conscious effort to take a stand in

Contd. on pg 8

March 2021

Women's Day Celebrations around the World and What it means to Little Girls in Rural India

- Aurene Fernandes

“A woman is like a teabag; you never know how strong it is until it's in hot water.”

The above quote by Eleanor Roosevelt perfectly describes the nature of women's' fight for equality over the decades. From fighting for the right to vote to campaigning for equal pay which runs to this very day; the world has come quite far in terms of achieving commendable goals. Goals that have greatly improved, elevated and levelled the role of women in society. These goals have paved the way for women to achieve the most awe-inspiring advancements in numerous fields from sports, sustainability, education to human rights. This women's day let's look back on the works of some of these revolutionary women.

Defying not just gender norms, but age, the 15-year-old Greta Thunberg skipped school in August 2018 to protest outside the Swedish parliament. Her act of defiance quickly snowballed into a worldwide movement, mobilising the global climate change effort.

Making some tremendous advancements in sport is Tayla Harris, an Australian footballer, one who should not be messed with on the field. Harris is also a professional boxer, with an unbeaten professional record. Off the field, she's made headlines for standing up against online trolls after an image of her kicking a ball during a match attracted misogynistic comments. A true advocate for equality in women's sport, Harris is a star that deserves recognition this International Women's Day.

More recently, Whitney Wolfe 31, became the youngest female CEO to take a company public in the United States. With shares of her app Bumble soaring nearly 70% in its trading debut, Wolfe-Herd also became the world's youngest self-made female billionaire.

While all these success stories are revolutionary and inspire the journey towards gender equality; what do these stories mean to a little schoolgirl somewhere in rural India? Can she safely drop out of school to attend a protest? Or take the

time out from her chores to play football? Does she have access to basic electricity to learn to code and start an app?

This goes to show that change doesn't always have to be about big headlines, legal victories or starting billion-dollar companies. More often than not it's about actions that we take every day eventually creating a ripple effect that benefits change.

When it comes to affecting change in India, especially in low-income communities, it's all about doing everything one

can at a grassroots level. This ensures resources are not just shared among the privileged but evenly with girls from all walks of life. For example, a charity called PUSS, that stands for Palli Unnayan Seva Samiti unifies and inspires girls in India to learn new skills that help them gain work or start their own businesses. Whether through charity or through the goodwill of your own heart, always remember to find little ways to help young girls move forward. For they will one day be the women who instigate change for a better world tomorrow.



While all these success stories are revolutionary and inspire the journey towards gender equality; what do these stories mean to a little schoolgirl somewhere in rural India?

Holi...The Festival of Colours

-Prathima Shivaram

India is a multicultural land where various languages are spoken, many religious customs are observed and many festivals are celebrated. All festivals are celebrated with great enthusiasm and traditional gaiety. Children especially enjoy them a great deal. The family usually prepares for the festival well in advance. Clothes are bought, the house is cleaned and whitewashed. Everything begins to glitter and gleam.

Different states of India celebrate different festivals. But Holi is a festival that is celebrated across whole of India with great fanfare. Holi festival is a Spring festival celebrated with much fervor in our country also known as the festival of colours or the festival of love. The festival signifies the victory of good over evil, the arrival of Spring, end of Winter, bringing in the air, the fragrance of flowers and aura of warmth and happiness. It appears as if Mother Nature is rejoicing the vibrations of pious time, so that everyone young and old feels the urge to make merry, to forget and forgive, bringing in the harmony and love in the surroundings. It is also celebrated as a thanksgiving for a good harvest.

The festival lasts for two days starting on the full moon day, falling in the month of "Falgun" which is somewhere between the end of February and the middle of March. The first day is known as "Holika Dahan"(Chhoti Holi) and the second as "Rangawali Holi". On the day of Chhoti Holi a bonfire is lit in the evening which signifies the triumph of good over evil. The next day Holi also known as Dhuli in Sanskrit is celebrated by spraying colours on friends and family members. No celebration is complete without sweets and Holi is no exception. Delicacies like gujiya, thandai, lavang latika and khoya burfi are synonymous with Holi.

The festival of colours. For centuries, this is the one festival that has been uniting people of all classes, castes, age groups and generations. Everyone comes together and celebrates the

oneness of humanity and that is the message of Holi. Holi is one such festival that unites people of diverse backgrounds and professions. Society divides people sometime on the basis of profession, sometime on the basis of age groups. Holi is the time when we break all these barriers of gender, nationality, race and religion. From the elderly to the young you hug everybody and put colours on them. It's a unifying celebration.

There are different colours associated with our feelings and emotions. Each colour also carries a special meaning. Red symbolizes love. We associate vibrancy and happiness with yellow, vastness with blue, peace with white, sacrifice with saffron and knowledge with violet. Each person is a fountain of colours that keeps changing its hue. If your life is like Holi where each colour is seen clearly then that adds charm to your life. Harmony in diversity makes life vibrant, joyful and more colorful. Like Holi life should be colorful, not boring.

In modern times, Holi does not stand for all things beautiful. Like various other festivals, Holi too has become ruthlessly commercialized, boisterous and yet another source of environmental degradation. To depollute Holi and make it in sync with Nature, as it is supposed to be, several social and environmental groups are proposing a return to more natural ways of celebrating Holi. In earlier times, Holi colours were prepared from the flowers of trees that blossomed during Spring such as the Indian Coral tree (parijat) and the Flame of the forest (kesu) both of whom have bright red flowers. Most of these trees also had medicinal properties and Holi colours prepared from them were actually beneficial to the skin. Over the years, with the disappearance of trees in urban areas, these natural colours came to be replaced by industrial dyes manufactured through chemical processes.

Holi colours contain toxic chemicals that can have severe health effects. Knowing this it is wise

Contd. on pg 14

Indian women who are redefining leadership

- Priya Sugathan

When the world came to a grinding halt in 2020, following the sudden lockdown to contain the spread of COVID-19 virus, it saw the emergence of women leaders like Angela Merkel (Vice-Chancellor of Germany), Jacinda Ardern (Prime Minister of New Zealand), Mette Frederiksen (Prime Minister of Denmark), Tsai Ing-wen (President of Taiwan), Silveria Jacobs (Prime Minister of Sint Maarten) and our very own KK Shailaja (Health Minister of Kerala) among others. They took on the challenges posed by the pandemic and minimized the



-KK Shailaja@shailajateacher

damages in their respective territories. Ironically, the lockdown also saw a spike in domestic violence around the world. Referred to as the ‘shadow pandemic’, the brunt of it was largely borne by women. These contradictions continue to dot the progress of women worldwide. In India, if the latest report by LinkedIn Opportunity Index 2021 is anything to go by, the challenges have increased even more with the ongoing pandemic. The report states that 85% of women have missed out on a raise, promotion or work offers because of their gender. While the report highlights the lacunae, more and more Indian women are taking on the challenges by redefining their space in society and taking the lead. They are, in effect, already living up to the International Women’s Day 2021’s theme, which is: #ChooseToChallenge. Let’s take a look at some of them who’ve been making headlines for their revolutionary ways...

Kamala Harris: She may not be in India, and she may be part Jamaican, but that does not stop

us (and her maternal grandfather’s hometown in Chennai) from celebrating Kamala Harris’ achievements. She created history by becoming the first Black, South Asian and female Vice President of the United States of America (USA). What’s more, she never fails to bring up her Indian heritage and the lessons she has learnt from it.



-Kamala Harris @kamalaharris

KK Shailaja: While Kerala struggles to retain its position as a state that successfully controlled the pandemic with the surge in fresh cases, it has made no dent to the popularity of its health minister KK Shailaja. Revered as Shailaja Teacher, she continues to get lauded for her leadership qualities during the pandemic and has earned sobriquets like ‘Coronavirus Slayer’ and ‘Rockstar Health Minister’ from around the world. She has also been named one of the most influential women of 2020.

Swati Mohan: NASA’s Perseverance rover not only made history as it landed on Mars, it’s Indian American scientist, who led and navigated Mission Mars 2020, also went viral as ‘the lady with the bindi’. Dr Swati Mohan was the first to announce the touchdown with the historic words: “Touchdown confirmed!” The scientist, whose love for space ignited with the Star Trek series, is also one of the many Indian women scientists, breaking barriers in space.

Priya Ramani: The acquittal of journalist Priya Ramani in the criminal defamation case filed against her by journalist and politician MJ Akbar was welcomed, hailed and celebrated by women across all strata of society. Ramani had accused

Akbar of sexual harassment during the #MeToo movement in 2018. The case is seen as a landmark judgment that empowers women in their fight against sexual harassment at a workplace.

Manya Singh: Beauty is said to be skin-deep, but not when you are Manya Singh. This daughter of a rickshaw driver grew up in tough circumstances,



Manya Singh @manysingh993

which included sleepless nights without food, not having money to pay her fees, washing dishes in the evening and working at a call centre in the

night. Determined, she went on to complete her education, fulfill her dream to uplift her family's life and was crowned VLCC Femina Miss India 2020 runner-up. This one time, a beauty queen's story struck a chord like no other.

Scripting stories in the air

The past few days have seen three Indian women pilots pushing boundaries in the air. These include one of the first woman fighter pilots from the Indian Air Force (IAF), Bhawana Kanth who also became the first woman fighter pilot to take part in the recent Republic Day parade. While Mumbai girl Aarohi Pandit made history by becoming the first woman pilot to cross the Atlantic Ocean and Pacific Ocean solo in a light-sport aircraft (LSA), Captain Zoya Agarwal, and her all-women cockpit crew achieved the impossible when they embarked on the longest direct commercial flight over the North Pole - a 17-hour flight from San Francisco to Bengaluru, via the North Pole!

Contd. from pg 4 - Lent : a Period of Metanoia

the current affairs of our country, bothering us.

3. God created man and said, "be fruitful and multiply, and replenish the earth, and subdue it..." but today we see the newspapers flashing with the news of the tremendous destruction of the environment! But what are we doing to better the situation? Are we not responsible for the increasing menace of garbage? For the Rampant felling of trees to build up concrete jungles? Due to our greed and selfish motives we are endangering the very gift of life given to us. So, this lent season let us promise to strive to be eco-friendly, concerned towards animals, their habitats and hence enhance the ecosystem we live in, thus increasing life expectancy.
4. The number of Families falling apart today is outweighing the number of new families started together! Is it not a disgrace to the human race? Earlier, before the digitization of the world, families had a very understanding, loving bond between them. They would eat, pray, play, and spend a lot of quality time together. But now days what we see is, houses not homes, Couples not bonds, and bodies

not souls. That's because we are become self-centred. We often forget to be grateful to our parents, kind towards our grandparents, patient towards our children and caring towards our siblings. During lent we say alms giving and being generous towards poor and needy is essential, but why do we forget that we have people in need, need of care, love attention etc. At our homes? This lent let us start being generous at home first, let us keep away our ignorant and selfish attitude. Let us spread love!

Being good human beings costs nothing! This Lent season let us live with the true spirit of lent that asks us to turn away from all kinds of sin and believe in the good news and work towards the execution of this good news as a gesture that we received the goodness. Jesus came to this world, to spread goodness, we as the followers of Jesus, accept that goodness that He has brought, and then only we become convinced that goodness lives in us, and hence it becomes our responsibility to spread this goodness. And spreading this goodness is the real spirit of lent. Have a fruitful lent season and a blessed and Joyful Easter!

Report on “Virtual Alumni Meet 2021”

The Alumni Association of Fr. Conceicao Rodrigues College of Engineering organized the Annual ‘Alumni Meet’ on Saturday, 13th February 2021. Due to the prevailing COVID-19 restrictions, this year the Alumni meet was conducted online in a new virtual avatar on the Zoom platform. The audience consisted of not only the Alumni but also faculty members, past and present. This year, we had the highest attendance for Alumni Meet, from across the globe.

The event was divided into three sub-sections, namely, the Induction Ceremony, the Silver Jubilee Celebration and the Alumni Awards. The Alumni Association tried to maintain a balance between the formal section and entertainment, amalgamating the event into an evening worthy remembering!

Objective:

The Alumni Association through the ‘Alumni Meet’ aimed to host Alumni from all over the world and rekindle the connection between alumni and the institute they fondly remember as ‘home’. This year was special as we felicitated the ‘Batch of 1995’ which completed 25 years of graduation in 2021, hosting the first silver jubilee of the Computers Engineering stream. It was also an event at which we awarded distinguished alumni in different categories for their remarkable success in their respective fields.

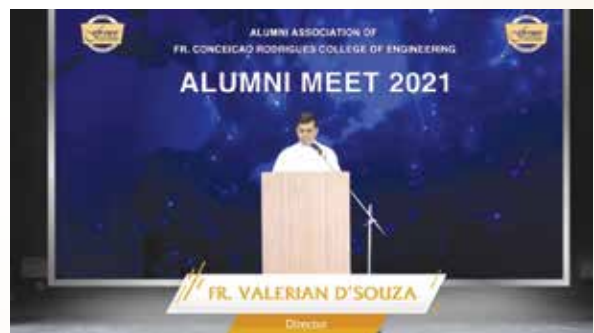
Event Synopsis:

The Alumni Meet was hosted by two members of the Alumni Association, Mr. Wayne Pereira, Alumnus BE Production 2017 and Ms.

Mareena Fernandes, Current Student, Third Year Information Technology. The Induction Ceremony commenced with the Welcome Address by Local Superior, Rev. Fr. Peter D’Souza, Director, Rev. Fr. Valerian D’Souza, and Principal Dr. Srijia Unnikrishnan. The Chairperson of the Alumni Association of Fr. CRCE, Dr. Sapna Prabhu in her address, expressed her gratitude for the overwhelming response from the Alumni. She presented a brief report of the Alumni Association, which reported that several Alumni have been contributing to their Alma Mater by instituting awards, prizes, scholarships, joint projects, course sponsorships and donations to the Corpus and appealed to other Alumni for their valuable contribution too.

Every year the Alumni Association felicitates the batch completing 25 years of graduation. This year three branches, Production Engineering, Electronics Engineering and Computer Engineering of the 1995 batch were felicitated.

The Jubilee Celebration began with the address by Dr. Sessa Iyer, former principal, Fr. CRCE. Each branch was presented with a video message from one former and one current professor of the respective branch. A nostalgia video was played for each of the three branches and they were felicitated.



Agnel Happenings

This year the distinguished Alumni Awards were broken into multiple categories namely CRCE Young Achiever, CRCE Corporate Leader, CRCE Entrepreneurial Leader, CRCE Top Entertainer and CRCE Social Impact Leader. Overall, the event was a great success with several alumni from all over the world attending it. The audience as well as the Alumni Association of Fr. CRCE team is immensely satisfied with the success of this Alumni Meet.



Conclusion:

For future events, the Alumni Association hopes to reach out to more Alumni willing to associate with it and build up an engaging and active community as it looks forward to bringing more such entertaining Alumni Meets. This meet which brought so many alumni together marks the beginning of a long road of alumni-institute collaborations.



Chef Miguel Arcanjo – Excellence In Goan Cuisine Award 2021, Fr. Agnel Institute Of Food Crafts And Culinary Sciences, Verna Goa

Chef Miguel Arcanjo student of the year Award was awarded to Ms. Velima Hilario from Agnel Institute of Food Crafts and Culinary Sciences., Verna Goa. The first Runner up Mr. Vaz Alphon Simon from Guardian Angel Institute Of Hotel Management & Catering Technology, Curchorem and 2nd Runner Up Mr. Merrytone Fernandes from Agnel Vocational Training Institute, Verna and the best presentation Award was awarded to Ms. Melita Cardinho from Gesto, Margao.

The judges for this competition were Senior Executive Chef , Holiday Inn, Manjit Singh, Chef Sunit Sharma Hotel & F&B Service Consultant

and Vice President Goan Culinary Club, Ms. Suzie Martins Owner of Mum’s Kitchen, Campal, and Ms. Sunita Rodrigues, Entrepreneur and Food Youtuber.

The Miguel Arcanjo Award 2020 (Rolling Trophy) awarded for excellence in Goan Cuisine was handed over by the Vice President Joe & Odette Mascarenhas co-founders of the Goan Culinary Club.

8 Hospitality and Catering Institutes participated in the competition namely, Guardian Angel Institute Of Hotel Management & Catering Technology, Curchorem, International Institute Of Hotel



1st Runner Award



2nd Runner Award

Management (IIHM), Nuvem, V.M. Salgaocar Institute Of International Hospitality Education, Manora, Raia, Gesto Margao, Gesto Porvorim, St Anthony Academy of Hotel Management, Agnel Vocational Training Institute, Verna And Agnel Institute Of Food Crafts And Culinary Sciences, Verna

CHEF MIGUEL ARCANJO was the First Indian (Goan) Executive Chef in 1939 at the Taj Mahal Hotel – Mumbai. He rose to be icon for that

“Cuisine “ he stood for and was considered to be the Culinary Brand Ambassador of the Taj during the 60’s. He has a restaurant named after him at the Taj Exotica where the menu has been curated to showcase preparations of the Legendary Master of Cuisine. Joe & Odette Mascarenhas family and Agnel Institute of Food Crafts and Culinary Sciences, Verna Goa organised this competition for the Excellence In Goan Cuisine Award for the students from the Hospitality Institutes in Goa.



Display of Goan Food Variety



Judges



Participants with the Goan Food Display.



Winner - Ms. Velima Hilario

MOG Asun Premium Whisky Cocktail Competition 2021 at Fr. Agnel Institute of Food Crafts & Culinary Sciences, Verna Goa

Premium Whiskey brand of Goan origin Mog Asun had a Cocktail competition for budding Mixologist from the various hospitality and catering institutes of Goa at Agnel Institute Of Food Crafts And Culinary Sciences, Verna Goa.

Total of 9 Hotel Management Colleges participated and the winner for the competition

was Mr. Leroy Mendonca (Whisky Soji) of Guardian Angel Institute Of Hotel Management And Catering Technology, Curchorem. 2nd place was won by Mr. Mervin Dias (Pear Spiced Mog) of st. Anthony Academy Of Food And Service Management, Curtorim. 3rd place was won by Mr. Presley Mascarenhas (Mogachem Kormol) from The European Bar Tending School,

Verna. 4th place was won by Ms Cleny Dias (Oooo Succorin) from V.M.Salgaocar Institute Of International Hospitality Education (Raia), Judges Choice award for best cocktails was won by Mr. Ravin Sirodkar (Whisky Colada) of Gesto, Porvorim and Mr. Pankaj Gaude (Tamarind Picando) of Agnel Vocational Training Institute, Verna Goa.

Judges for the cocktail competition:

Marlon Fernandes (Beverage Manager- Hotel Torshavn - Faroe Islands), Vince Fernandes (Wine Supervisor On Peninsula & Oriental Cruises, Henry Fernandes (Proprietor Of Cocktails & Dreams), Chief Guest Mr. Balbir Furtado (Restaurant Manager - P& O Cruise).

New age Woman!

~ Tancia Pires

She was meek, on her HE had a hold
Yet she loved him, as she had a heart of gold
To be within limits and boundaries she's always told
And remain under his control till she grows old.

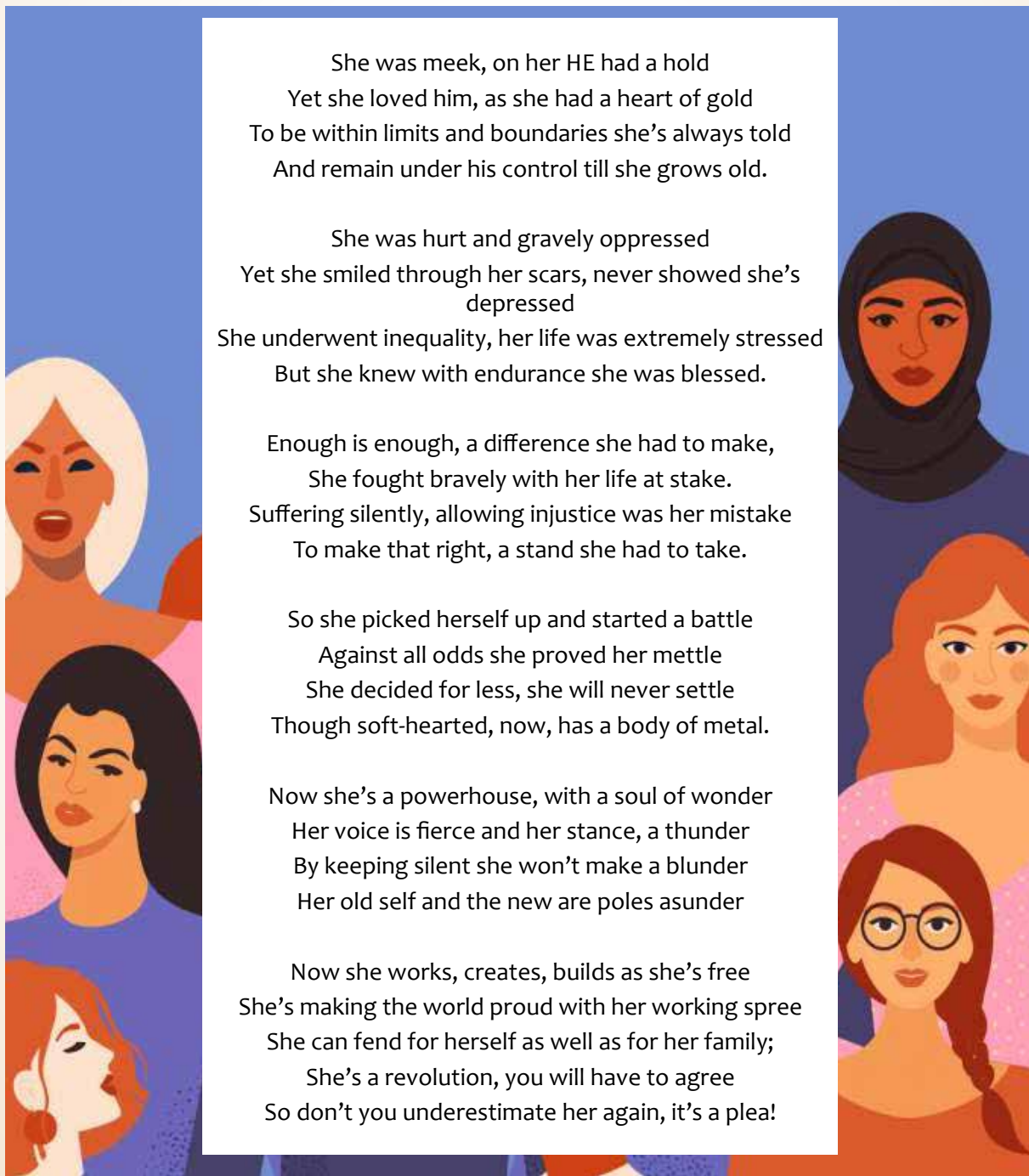
She was hurt and gravely oppressed
Yet she smiled through her scars, never showed she's
depressed
She underwent inequality, her life was extremely stressed
But she knew with endurance she was blessed.

Enough is enough, a difference she had to make,
She fought bravely with her life at stake.
Suffering silently, allowing injustice was her mistake
To make that right, a stand she had to take.

So she picked herself up and started a battle
Against all odds she proved her mettle
She decided for less, she will never settle
Though soft-hearted, now, has a body of metal.

Now she's a powerhouse, with a soul of wonder
Her voice is fierce and her stance, a thunder
By keeping silent she won't make a blunder
Her old self and the new are poles asunder

Now she works, creates, builds as she's free
She's making the world proud with her working spree
She can fend for herself as well as for her family;
She's a revolution, you will have to agree
So don't you underestimate her again, it's a plea!



Let's indulge this lent

- Infancio Pires

Every year a few days before the lent season commences we begin finishing the meats stored in our refrigerator, we also try to satisfy our non-veg cravings before Ash Wednesday. Carnival may seem only like a social and cultural festival but it has always been celebrated before lent so that people indulge in excessive consumption of alcohol and meat. All this is done because during the season of lent we often forgo these items. When the word lent is mentioned the first question that pops up is; What am I going to forgo or abstain from during this season of lent? This year let's do something opposite, rather than only speaking about abstaining let us speak about indulging. We have learnt through scripture and tradition that Prayer, Alms giving and fasting are the most important elements of the season of lent, let's stay faithful to all this and also do things differently.

It is said in Mathew 6:6 – “Whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you”. This lent let us make sure that we set aside time for personal prayer, let us not only pray in secret for ourselves, but make sure that we pray for people whom we do not like. Let us pray for those suffering injustice at the hands of those in authority. Let our prayers be global. Apart from praying for our family and loved ones let us also pray for those on the streets, homeless and abandoned. Let us pray for those who are selflessly striving to obtain justice for those whose rights are violated. Let us pray for people who during the COVID19 pandemic risked their lives and also for those who are tirelessly working to protect nature. Let our prayers be selfless.

The bible is the best guide if understood correctly. Mt 6:2 – “Whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others”. There have been many people who have posted on Facebook and on other social media the good that they did during

the pandemic crisis. They may have their own reasons. Some may want to spread awareness, that there are people suffering and struggling, some may want to inspire other to join them in the charitable venture and many more other personal reasons. Let us not judge these people rather let us help others with one clear intention: For the Greater Glory of God. More than the externals God looks at our heart and mind, the world may not know why we do the things we do but God surely knows. It's not too late to help the poor, let us take a resolution that at least once a week we would feed the hungry or clothe them. Let us not reduce our expenditure and save money just for the sake of doing it but rather utilize it to help someone in need. Let us remember the widows offering in the Bible, if not in big ways let us help at least in small ways, let us not say I myself am poor others need to help me. Let's change our attitude and be generous.

Mt 6:16 “Whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting.” I have seen quite a few people or rather I too have done it in the past. I with a sad face asked others what are their resolutions during lent or if they are fasting, I did this not because I was interested to know, rather I wanted to tell what I am doing. I basically wanted to boast that I was fasting. I don't think this kind of fasting did me any good. We fast in imitation of the 40 day fast of Jesus in the desert. Let our intention be clear, some of us fast as a weight loss challenge. As we fast let us think about people who are perpetually fasting due to the circumstances. We are blessed and have what we require for survival as we fast let us take a resolution of feeding some during this lent. Let us indulge into serving the poor and the needy.

Social Media is an excellent way of keeping in touch and knowing about what happens around us as well as globally. This lent let us pledge that we will indulge in Social Media with noble motives. Let us use social media to spread the

Good news let us also create campaigns to foster social causes. Even when we message someone let us not just say Hi! Bye! Gm! Gn! etc. Let us communicate at a deeper level. Let us have meaningful conversations. Let us try to connect to our friends with whom we have lost touch. Let us also use internet to know more about our religion. Let us spend some time every day to update the knowledge of our faith. We have moved from one class to another from simple addition and subtraction we have moved to trigonometry but when it comes to our faith we are still at Kindergarten level, counting numbers on our fingers. Let us indulge into reading and proclaiming the message of Christ. The teachings of Jesus are not our private treasure, His teaching are universal so let us talk about it even to our friends of other religions. A small message or a meaningful status can make a big difference in the lives of those in contact with us.

Relationships have been an issue since the inceptions of human being into earth. If we refer to the bible we know that Kane killed his brother, there are so many other issues that we get to read. If we pick up a newspaper we see how children fight with their parents, spouses are divorcing each other for silly reasons and many. We see neighbours fighting with each other for trivial. Pope Francis in his encyclical letter 'Fratelli Tutti' exhorts us to help those in need like the Good Samaritan. Every person in

need is our neighbour. We need to cultivate in ourselves a loving and a compassionate heart. Let us resolve that we will help anyone in need irrespective of their caste, creed, sex, religion, race or social status. Let us indulge into being a Good Samaritan.

Good Health is a gift given to us by God. Let us pledge that we will treat our bodies as the temple of the Holy Spirit, let us not use our bodies for immoral things. Let us indulge into doing good, so that the wonderful body given to us is used to praise the creator. Let us this lent also pay attention to our emotional health. Now a days people suffer from emotional (mental) problems more than the physical. There are so many going into depression let us befriend them and if we are suffering due to any issue let us confide in who can help us. Let us not shy away from sharing our difficulties, there is no human being who has no worries, it all depends on how we handle it. Let us indulge into health practices.

This lent, our fasting, alms giving and prayer will make sense only if we are able to transform our lives. During the season of lent we are often reminded that (Ecclesiastes 3: 20) "All are from the dust, and all turn to dust again." This is true of our physical self, but we must not forget that the destination of our soul is heaven. So let us indulge into good practices this lent not only so that we may go to heaven but so that we can create heaven on earth.

Contd. from pg 8 - Holi the Festivals of Colours

to make your own Holi colours. Holi festival lovers will be thrilled to know that it is possible to make simple, natural colours in one's own kitchen. Yellow colour from turmeric, deep pink from beetroot, red from pomegranate juice and orange from henna leaves. Traditionally spring flowers, berries, spices and other plants can be used for making "gulal and wet colours from flowers like hibiscus etc. No doubt that Holi is one of the most popular festivals of India but with caution and practical knowledge one can derive and enjoy the true spirit of the festival of colours.

Holi is just a few days away and as usual can

expect the traditional promises to be made of renewed friendship, forgiveness from sins committed in the recent past and a fun filled day of frolic, marked by splashing of colored powder, water and balloons and chanting "Holi Hai". The festival of Holi ushers in a carnivalesque mood among people of all age groups every year. But this year the novel Coronavirus scare is threatening to play spoil sport in the revelries and fanfare as people across the country have decided to play it safe. Nevertheless, festivals bring happiness and joy. So let us keep the spirit intact this year and adopt different ways of celebrating it while taking all the essential precautions.



Courageous Woman

On a gloomy day or a happy one,
Find her smiling, with kindness in union!
It isn't easy, but she knows it's worth it,
To keep going on, in life's pursuit.

A silent warrior and spotless soul,
An inspiration, to young and old!
Countless sorrows but still a hope,
The courage she has always is up the slope!

Learnt from her,
To keep head high,
But not to keep strife.
To carry out your part in this life.
-Joanita DSouza (Santamaria)

The Empowered Creation

Woman the pride of the Universe
A divine favour to man kind
Mother, Sisters, Wife or Daughters
Best in all the role she fosters
Never to quit is her attitude
Tireless efforts she lays to reach great altitude
Her love goes beyond the bounds
Not hers but others happiness she counts
Her heart wounded or damaged she doesn't
care
Rather a pretty & a wide smile she wears
Pain doesn't matter within her heart
To bring a new life from hers, a blessed art
Oh Woman, what a wonder you are!
Gods most beautiful Creation you are.

- Sherol Quadros



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

Mary Tom, Bangalore

I am enclosing a cheque for Rs.10,000 towards your sponsorship scheme for the orphan boys in your Balbhuvan. Kindly pray for us. Thank you.

Aloo M. Olpadwala, Mumbai

Enclosed is a Demand Draft for Rs.6,000. Please utilize this amount for the orphan boys. Please request the children to pray for me and my family. Thank you.

Margaret V. D'mello, Vasai

Enclosed is a cheque for Rs.2,000. Kindly use this amount for the maintenance and education of the orphans under your care. Please remember

us in your prayers.

Linda D'Cruz, Kerala

I am sending herewith a cheque for Rs.1,000 for buying gifts for the orphan children sponsored by us. By the grace of God I was blessed with a better job and I would like to share that joy with these children. Do continue to pray for our family.

Bhavana Kotak, Rajkot

I enclose a cheque of Rs.500 as my contribution towards the charitable works that you do, especially taking care of orphan and destitute children. Please pray for me and my family.

FORM IV (SEE RULE 8)

Statement of ownership and other particulars about the Newspaper "Agnel Ashram News".

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I, Rev. Fr. Peter D'Souza, hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dated: 1st March 2021.

Fr. Peter D'Souza



FR. AGNEL'S BLESSINGS

SAFE & NORMAL DELIVERY

Canada: My pregnancy was very complicated as there was a tumor in the womb. I was very much tensed. In distress, I entrusted myself to the protection of Ven. Fr. Agnel and fervently prayed to him for my safe confinement and normal delivery. I am now very happy to inform that through the blessing of Ven. Fr. Agnel, I had a safe and normal delivery of a healthy baby boy. Today I have come to the Ashram with my little son with an offering of Rs. 500.

-Sharon D'Souza

PERMANENT VISA SECURED

Virar: My son is working in Australia but he did not have permanent visa. I came to the Ashram on Sundays and joined Novena service and prayed to Ven. Fr. Agnel for my son. I am very happy to say that through his intercession he secured a permanent visa. I am very grateful to Ven. Fr. Agnel in thanksgiving an offering of Rs. 200.

-Josephine Pereira

SECURED GOOD JOB ABROAD

Doha Qatar: I am a firm devotee of Ven. Fr. Agnel since my school days and through his blessings I had a successful career. Today I have secured a good job in Qatar and I am doing well. As a token of my sincere thanks I am sending my offering of Rs..7500 to Ven. Fr. Agnel.

-Visha George

OPERATION AVERTED

Antop Hill: I was going to my native place.

-Rita Gonsalves

We were travelling by tempo which suddenly overturned. I hurt my head. I was taking treatment. Doctor advised an operation. I prayed to Ven. Fr. Agnel to avoid operation. I am very happy to say that through his blessing the operation was averted. In thanksgiving an offering of Rs.500.

-Vishnu B.Satve

DEGREE COMPLETED & LUCRATIVE JOB SECURED

Andheri: My son passed 12th std. with very low percentage of marks. However, he appeared for CET exam. During his exam I was fervently praying to Ven. Fr.Agnel and through his blessing he scored very high percentage and got admission to engineering course in a reputed college in the city. But he would fall sick very often and during the 8th semester my son was admitted to hospital 6 times and lost one year. During those days I kept praying to Ven. Fr.Agnel for my son. I am now very happy to inform you that my faith in Ven. Fr.Agnel was strengthened as my son passed Degree in Computer Engineering in September with high marks and also got, very lucrative job near our house in a reputed firm. My profound gratitude and homage to Ven. Fr.Agnel with an offering of Rs. 8000.

-Gracy Mendonca

ACUTE PAIN CURED

Goa: Last one month, I was suffering from acute pain in the lower abdomen and in the pelvic area to an alarming proportion. It was a desperate situation in many ways. I could not take time off to visit a doctor due to work pressure, as my financial position was bad those days. Doctor started treatment. I prayed to Ven. Fr. Agnel with deep faith. To my great surprise within 10 days the pain disappeared. I am grateful to Ven. Fr. Agnel with an offering of Rs. 150.

Out of Their Bounty

A.H. Shetty	Khargar	30000	A. Antony	Kerala	1500	A. Joseph	Kerala	600
S. Hattangdi	Mumbai	25000	A. Fernandes	London	1377	V. Joseph	Chennai	501
R. R. Krishnan	T.N.	25000	J.L. Pathiyil	U.S.A.	1246	Jose T.K.	Kerala	501
C. Ullattikulan	Canada	22363	G. Franswala	A.P.	1200	J.C. Patel	Mumbai	501
Jos K.V.	Kerala	15000	F.F. Gomes	Mumbai	1200	ADF FoodsLtd.	Mumbai	501
D.P. Moli	U.S.A.	11000	D.K. Solanki	Vadodara	1200	V. Cruz	Kerala	500
S. Gujar	Kalyan	10000	S. Victoria	Chennai	1150	V. Chacko	Kerala	500
S. Castelino	Dubai	10000	P. Kurian	U.S.A.	1021	T.J. Annakutty	Kerala	500
K. A. Varkey	Kerala	10000	M. Gandhi	Virar	1001	Sebastian A.C.	Kerala	500
J. Nathan	Chennai	10000	W.E. D'Mello	Vasai	1000	S.N. Patel	Surat	500
A. Augustine	Kerala	9300	Thomas T.	Kerala	1000	S.B. Gondal	Ahmedabad	500
K.A. Dolly	Mumbai	8000	T.E. Lazar	Saudi Arabia	1000	S. Malippara	Kerala	500
A.J. Varghese	Kerala	7500	T. Mathew	Kerala	1000	S. Joseph	Kerala	500
J. Fernandes	New Delhi	7200	T. Kurian	Kerala	1000	S. Joseph	Kerala	500
M.J. Tibrewala	Nashik	6000	S.V.S. Rama Rao	Mumbai	1000	S. Inigo	T.N.	500
K.R. D'Souza	Mumbai	6000	S.M. Vasava	Gujarat	1000	S. G. Parisutham	T.N.	500
V. I. D'Souza	Mumbai	5000	S. John	Kerala	1000	S. Fernando	Chennai	500
T. Philip	Kerala	5000	S. Jacobs	Kerala	1000	S. Fernando	Chennai	500
T. George	Abu Dhabi	5000	R.K. Nazareth	Bangalore	1000	R.W. Fernandes	Vasai	500
S. Devassy	Rajasthan	5000	R. Pinto	Mumbai	1000	R.M. Parmar	Baroda	500
J.M. Abic	Kerala	5000	R. Geaverghese	Kerala	1000	R.K. Patel	Gujarat	500
F. D'Souza	Abu Dhabi	5000	P. Kumar	T.N.	1000	R.D. Tony	T.N.	500
C.J. Antony	Kolkata	5000	O.C. Georgekutty	Kerala	1000	R. Mitra	Mumbai	500
B.S. Mehta	Oman	5000	N.V. Joshi	Kerala	1000	P.V. George	Kerala	500
B.M. Selvaraj	Vasai	5000	N.J. Jatna	Mumbai	1000	P.S. Abraham	Kerala	500
A. S. Pereira	Vasai	5000	N. Kurian	Kerala	1000	P.J. Selvaraj	T.N.	500
A. Dutt	Kolkata	5000	Mary Q.M.	Kerala	1000	P.B. George	Kerala	500
Raj C. Pachickara	Mumbai	3200	M.L. Paul	Kerala	1000	M.M. Antony	T.N.	500
H. Z. Bharucha	Secunderabad	3110	M.J. Paul	Mumbai	1000	M. Gopinath	Kerala	500
V. Mathew	Kerala	3050	M.A. Anto	Kerala	1000	M.A. Mathew	Kerala	500
V.M. Daniel	Surat	3000	M. Pushpam V.	Kerala	1000	M. Samuel	Delhi	500
P. Gomes	Kolkata	3000	M. Biji	Daman	1000	M. Menezes	Karnataka	500
L.M. Shah	Mumbai	3000	L. Fernandes	Ahmedabad	1000	M Kumble	Mumbai	500
J.L. D'Souza	Pune	3000	K.P. Sagar	Nadiad	1000	L.N. Kamble	Ahmednagar	500
D.J. Rebello	Mangalore	3000	K.M. Jhaveri	valsad	1000	L. Daniel	Chennai	500
O. Fernandes	Mumbai	2500	K.J. Jose	Kerala	1000	K.M. Jomy	U.P.	500
D. Young	Canada	2148	K. Hari	Chennai	1000	K.B. Shinde	Kolhapur	500
C. Glenys	U.S.A.	2143	K. Francis	Kerala	1000	J.M. Rajan	Kerala	500
D. Mathew	U.S.A.	2131	J.R. George	Mumbai	1000	J. Surtee	Kolkata	500
Varghese & Fly.	Bangalore	2000	J. Mangaly	Kerala	1000	J. Jaipaul	Chennai	500
Subramaniam R.	Mumbai	2000	J. Joseph	Kerala	1000	G.E. George	Kerala	500
S. Le Prince	Pondicherry	2000	J. Augustine	U.S.A.	1000	G. Veeramani	Chennai	500
R. Minbatiwala	Mumbai	2000	F.P. Salve	Pune	1000	G. Varkey	Kerala	500
P.A. Rodrigues	Karnataka	2000	Dr.C.Engles	Amritsar	1000	E. Thomas	Kerala	500
J.L. D'Souza	Udupi	2000	B. Mccarron	Mumbai	1000	Dr.P. Suprabha	Bangalore	500
J. Kutty	Dubai	2000	B. Johnson	Kolkata	1000	D. Silveira	Mumbai	500
E. D'Souza	Mumbai	2000	A. Thomas	Delhi	1000	D. D'Cruz	Kerala	500
C.M. D'Silva	Mumbai	2000	A. Alangaram	T.N.	1000	B.N. Desai	Nasik	500
Baby & Molly	Qatar	2000	Ambika S. Metal	Mumbai	900	B. Doloi	Nagaland	500
A.M. Olpadwala	Mumbai	2000	B. Shah	Kerala	750	Antony A.M.	Kerala	500
A. Pinheiro	Sharjah	2000	P. Felix	T.N.	600	A. Selvaraj	Mumbai	500
X.A. Shahiwalla	Mumbai	2000	N. Beniston	T.N.	600	A. Rebeiro	Chennai	500
E.J. Sealy	Canada	1698	M.R. Coutinho	Mumbai	600	A. John	Kerala	500
S. Mathew	Kerala	1500	K. Velangani	Karnataka	600	A. George	Kerala	500
K. Machado	Qatar	1500	E.T. D'Souza	Dombivli	600	A. Figredo	Kerala	500
I.C. Ouseph	Kerala	1500	B. Augustine	Kerala	600	A. C. D'Souza	Mangalore	500

Chef Miguel Arcanjo – Excellence In Goan Cuisine Award 2021, Fr. Agnel Institute Of Food Crafts And Culinary Sciences, Verna Goa



Winner



Winners With The Judges



Mog Asun Brand



Judges



3rd Place Winner



Cocktails



Judges Choice Winner

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