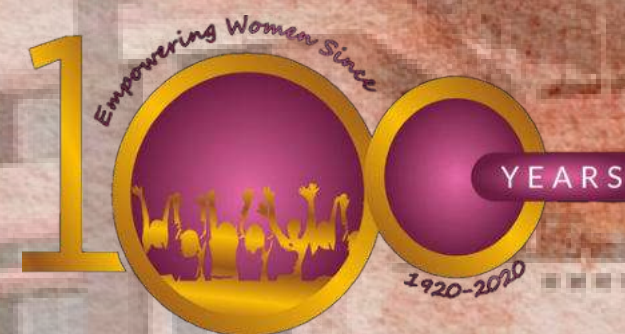




AGNOBEAT

E-MONTHLY MAGAZINE



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Editors: Sr Sannidhi, Ms Crystal

PRINCIPAL'S MESSAGE

Greetings from St Agnes PU College

Respected Faculty members, Parents and dear Students,

I am immensely pleased to go through Agno Beat the monthly E-Magazine in which linguistic as well as artistic creativity is showcased by the students and the staff. At SAPUC emphasis is laid on leading the students to achieve holistic education.

‘Wisdom is knowing what to do next, skill is knowing how to do it and virtue is doing It.’ observed David Starr Jordan. The articles of month of July include different areas of personality development and growth. As we glance through the pages, we realize how enthusiastically students got involved in programs like subject club activities, sessions that create awareness on various social issues, Eco friendly concepts, days of prayer, self-reflection and many others. I invite all the students to prove your potentiality and caliber to pave the way to height of success.

I wish and thank all the staff, students and Agno Beat Committee for their noble presentation.



Sr Norine Dsouza A.C
Principal



Bhasha Sangam

Knowledge of languages is the doorway to wisdom - Roger Bacon

When we were first invited to the Bhasha Sangam 2023, we had a notion that the programme would be very mundane and tiresome. Perhaps, little did we know about the day ahead of us when we were hospitably welcomed by the organizers of the programme at the entrance which was indeed a moment of thrill to continue the day. The programme commenced with a prayer song. The speaker of the day did a wonderful job on laying equal importance on all Indian languages Kannada, Hindi, Konkani and English. They threw light on the traditional culture, regulation and responsibilities of the great heroes of Indian history namely Kumarayya, Shivarudrappa, Kabir Das, Tulsi Das and many more. They emphasized on the importance of our historical culture, the rituals carried out by our ancestors, religions and languages. The need to value and respect our ancient culture was touched upon by them. They also educated us about the past tradition and culture of the localities of Dakshina Kannada, ancestral languages and their religious rituals. They stressed on the influence on catholic traditions mainly of Konkani and Latin. They claimed about the spiritual belief stating the 'God is one'. He takes care of us. At the closure of the programme, a questionnaire was conducted to ask and clarify any question and answer on the topics spoken. All the students participated enthusiastically in the event. Away from the routine of exams, projects, assignments, academics and bookish knowledge, this session made our day and helped us explore the undiscovered. It was a mindzapping and a thought provoking session. It created an eye-opener moment to ponder on the history, cultures and tradition of languages of our country, India. It was indeed a very enlightening session. We are humbled and privileged to be a part of this workshop to widen the gyri of my brain.



Shaheen Sha
II PCME



Vanamahotsav

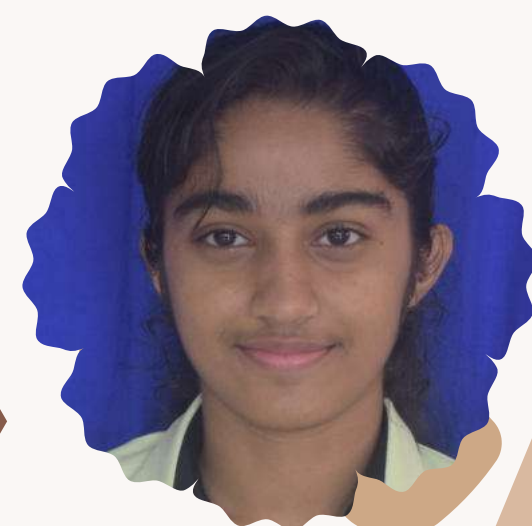
‘Vanamahotsav’ , also known as the forest festival, is an annual week- long celebration in India aimed at promoting the importance of forest and tree plantation.

We celebrated ‘Eco week’ in the college during the 1st week of July .The primary objective of ‘Eco week’ was to raise awareness about the significance of forests maintaining ecological balance and mitigating climate change and to create awareness regarding the usage of plastic. The activities conducted during this week were to encourage the students to participate in environmental conservation efforts actively and to reduce the usage of plastic.

The activities that had taken place during ‘Eco week’ were as follows

- **Eco awareness – It was an attempt by PCMB/PCBH students to create awareness regarding the recent ecology related problems among the non-biology students through various activities and props.**
- **Slogan writing – Students displayed slogans on the chart to stress on the conservation of nature.**
- **Recycled products- Keeping the three ‘R’s in mind i.e reduce, reuse and recycle, plastic items were used to prepare useful products that could be used easily at home for decorative or any other purpose.**
- **Planting the sapling- This activity included class wise displaying of saplings in the biology lab and then planting and maintaining these saplings in the home gardens of respective students.**
- **Noticeboard activity- I and II P.U PCMB/PCBH classes had beautifully decorated their noticeboards on the theme of the week.**
- **Millet Rangoli – The showstopper of the “Eco week” was the “Millet rangoli”. Since the year 2023 is the year of millets, a beautiful rangoli was made using millets to emphasize the usage of millets in our diet.**

As the saying goes “Cut the greed not the green” these events organised during ‘Eco week’ helped to raise awareness about the importance of keeping the earth green.



**Rishal Cardoza
II PCMB B**

EUREKA

Competitions play a role in motivating students to perform, excel and offer a lot more reward than just winning prize.

An interclass cultural fest, EUREKA was organized on 24 July 2023 for the students of II PUC. When I heard about EUREKA, I was excited to participate in it with my friends. We had three cultural competitions - Science enact, Alleyway theatre street play, Pitch perfect sale ad.

I participated in science drama. We decided to showcase the life of Thomas Alva Edison which we practiced for days together. Finally the day came- Oh! It was a very gloomy rainy day. My spirit sagged but my parents encouraged me saying I was sure to get success.

A grand ceremony marked the inauguration of the program. The first initialize was Science enact followed by street play and sales add. I was anxious as well as excited. All the students showcased their extraordinary talents. Finally the day came to an end.

We were treated with refreshments which particularly made my day better. Results were announced, I wanted my class to win. My class won the street play. It made me very happy.

These competitions give the younger generation a boost and raise their confidence. It will be a memorable day of my college life.



Samantha Dmello
II PCMC

Retreat

“With God nothing is impossible”

Retreat was a great experience for me at the beginning my II PU journey. On the first day Fr Praveen gave us the importance of Jesus in life with the thought “Bloom Bloom wherever you’re planted.” He inspired us how to help others in their need. He showed us the importance of parents in everyone’s life. I really got emotional through that short video screened.

I actively participated in the Holy Mass. The afternoon session, by Fr Anil started with a quote “Spirituality begins with a smile” and with an action song which I liked it a lot. He taught us how to be happy in life and he gave us the example of his own life, how we need to be faithful to God and then we had an hour adoration where I feel I prayed well.

The second day of retreat started with an action song “Jumbo Jesus loves you” and the preparation for confession where I recalled all of my sins and wrote in a sheet of paper and asked Lord Jesus to forgive all my sins.

I donated a little contribution to the students of Manipur. The Afternoon session was all about healing and forgiving. We were made to ask forgiveness from our teachers. Finally the session ended with all favourite action song “Sheireyelelo” and with a vote of thanks.



Steffy Menezes
II SEBA 'A'



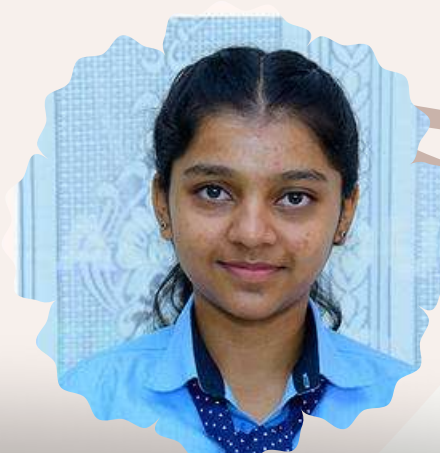
PRAYER DAY

Prayer day is a very significant day in a student's life which helps in personal growth, spiritual and mental wellbeing. I was fortunate enough to experience this wonderful opportunity provided by St Agnes PU College on 20-7-2023. Fr Walter, Fr Praveen and Mr Clifford (the Resource Persons) not only gave us a new perspective on how to deal with our everyday challenges but also taught us basic values of life. They helped us to understand the worth of God in our lives. We experience the positive energy and the presence of God daily through our parents and teachers. We were motivated to achieve greater things in future by taking smaller and clear steps today. We learnt to appreciate the little things one can do to live a regretfree life and how one should come out of the cage to experience freedom and the love of God, which is possible by having strong willpower, determination, dedication and discipline. We now know how to enhance our relationship with others too. We praised god for giving us the gift of parents and to understand their hardwork and sacrifice they make. Prayer day was fulfilled with multiple action songs, motivational videos and activities. Our minds and hearts were opened by the line "Bloom where you're planted" which means to do our best in any situation. Overall, this was a wonderful experience that I will forever cherish.



Rhema Shareen
II CE/SEBA 'A'

The day set aside for spiritual renewal ! Oh ! what a day. This was my first experience. I have never attended such event in my schooling. It was a good experience for me. First and foremost we learnt to pray with the symbols of flower and peace. Then the resource person taught us some action prayer songs which were meant as games as well as entertainment. The 3 videos presented made us aware of how we waste our time in unwanted thoughts and loose the spirit of learning. We learnt that the person with some disabilities can also dream and even can achieve great feat. Hardwork always rewards us with success. These videos taught us to trust, learn coordination and politeness. Team work gives best results. We learnt how to manage our time on a day to day basis. We felt it was a very helpful and knowledgable day for all the students. I loved the action prayer songs and the inspiring songs which were played during break. The music was really mesmerizing. I came to believe that such a day is very important to every student of our St Agnes PU College.



Nischitha V D
I PCMC

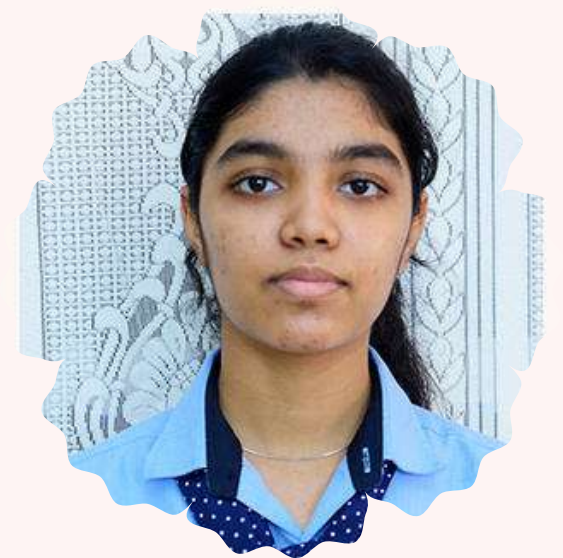
Oratio Club - "Gain Courage and Confidence"

Educating the mind before educating the heart is no education at all – Aristotle. The club activity conducted during the English class aimed to foster creativity, communication, and collaboration among the students while enhancing their language skills and understanding of literary concepts. It was organized as a fun and interactive session during the English class, lasting approximately for an hour.

We got the wonderful opportunity to improve our speaking skills in the English club activity based on Table Topics. We chose a topic of our choice to speak on for 3 minutes. We were judged based on our grammar and speaking skills. It was a fun activity that had our ears perked up the entire class. Overall, we enjoyed a lot and even learnt a lot of new things about the topics spoken. Some of them were, Femenism, My Classroom, Being assertive, Parents, Value of time.

Oratio helped to create a relaxed environment where the students were able to share their ideas and participate more fully in the class. It also helped to foster a positive atmosphere and build a bond between the students and the teachers. The activity began with a brief icebreaker to create a comfortable and engaging environment. Five students were encouraged to introduce themselves and share their interests related to literature, writing or any other relevant topics. An effective speaker knows that the success or failure of his speeches is not for him to decide but for the minds and hearts of his listeners'– Dale Carnegie.

Another activity pick and speak was centered around allowing the students to explore their imagination and express themselves freely in English. Seven participants were given the opportunity to pick a random topic from a container. Topics were carefully chosen to cater to various interests and difficulty levels, ensuring a well-rounded experience. Once a topic was selected, the students had few moments to gather their thoughts before delivering a short impromptu speech on the chosen subject. This exercise aimed to enhance spontaneous speaking abilities. To encourage succinct and focused communication, each participant was given a time limit of 2-3 minutes per speech. Following each speech, other club members provided constructive feedback and praise. This feedback was crucial for the speakers' improvement and boosted their confidence.



**Haniya
I PCBH**

Agnitio Club - "Something Different"

In the month of June and July 2023, we the students of commerce stream participated in the activities conducted by the Agnitio Club.

Agnitio is a club where students build up confidence and focus on personality development. It also provides them with sound financial planning techniques.

Two activities were conducted during the month. One of them was pictorial drawing and the other was puzzles based on Accountancy. In pictorial drawing the class was divided into six groups. Each member of the group had to pick a lot and had to draw it on the black board and the other members in the group had to guess the drawing. Every student participated actively. Each group was given 10 minutes and the group which guessed maximum won the activity.

In the second activity a puzzle was given to the group. Students had to join the puzzle and identify the picture in it. All the students in the group took active part in it. This activity helped to build up team spirit and co-operation.

It was a very good experience to learn through activity. Learning with fun must be a part of every educational institution. We thank St Agnes P U College for conducting such an informative and educative activity.



**Ms. Athira
II BEBA**



***Hanate*-ಹಣತೆ** ಬೆಳಗುತ್ತಿರಲಿ ನಿತ್ಯ ನಿರಂತರ

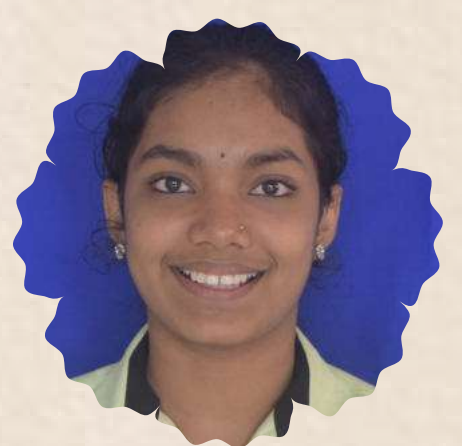
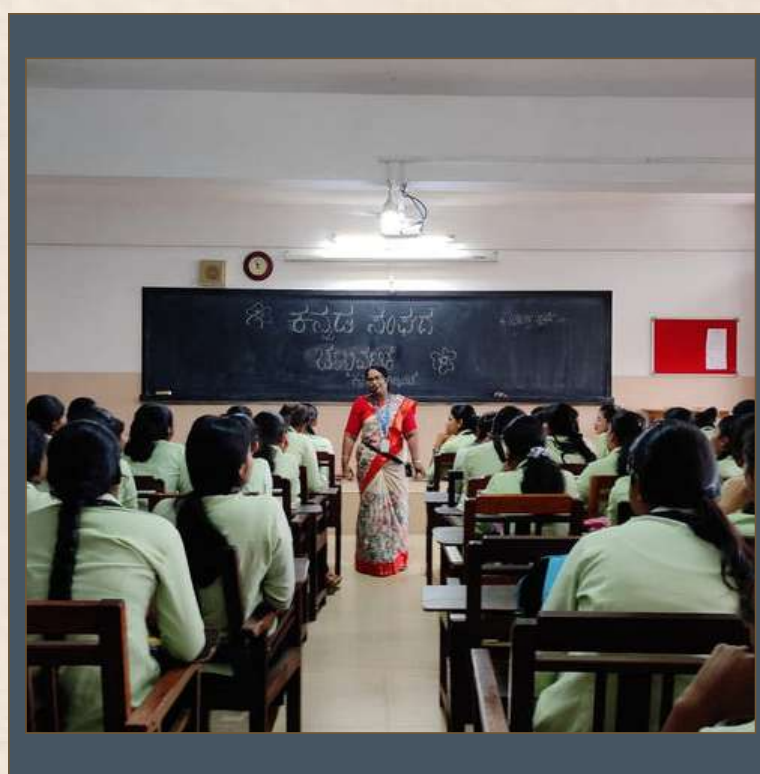
The debate on artificial intelligence (AI) held during the kannada club activity period in our college was a highly anticipated event, providing students with an opportunity to discuss and analyze the implications of this rapidly advancing technology. The debate enabled participants to delve into the various advantages and disadvantages of AI in order to form informed opinions.

The debate began with the opening statements of each team, highlighting their stance on the topic. The proponents of AI argued that artificial intelligence has the potential to revolutionize various sectors, ranging from healthcare and finance to transportation and manufacturing. They emphasized the benefits of increased efficiency, accuracy, and cost-effectiveness that AI solutions offer.

On the other side, opponents expressed concerns over the ethical implications of AI, including the potential for job displacement, loss of human decision-making power, privacy breaches, and even the development of super intelligent machines that may pose existential risks to humanity. Their argument revolved around the idea that AI should be approached with caution and subjected to strict regulations. The opponents countered by presenting the risks associated with AI. They discussed various incidents where AI systems exhibited biases or made incorrect decisions, emphasizing the importance of human intervention and oversight. They remained steadfast in their belief that AI should never replace human judgment entirely.

In the closing statements, both teams effectively summarized their key arguments. The proponents stressed the need to embrace AI while developing proper regulations and ethical frameworks to mitigate potential drawbacks. They highlighted the importance of encouraging ongoing research and education to prepare society for an AI-driven future. Meanwhile, the opponents reinforced the necessity for caution, emphasizing that AI should complement human skills rather than replace them. They called for strong safeguards to protect against potential misuse, privacy invasion, and the erosion of human values.

The AI debate held by HANATE the kannada club in our college provided valuable insights into the multidimensional nature of artificial intelligence. As students we gained a deeper understanding of AI's potential benefits and risks, developing critical thinking skills necessary to navigate the nuances of this complex technology. Ultimately, the debate highlighted the need for a balanced approach, where society harnesses the benefits of AI while safeguarding against its potential pitfalls.



**Shriraksha
II PCMB 'A'**

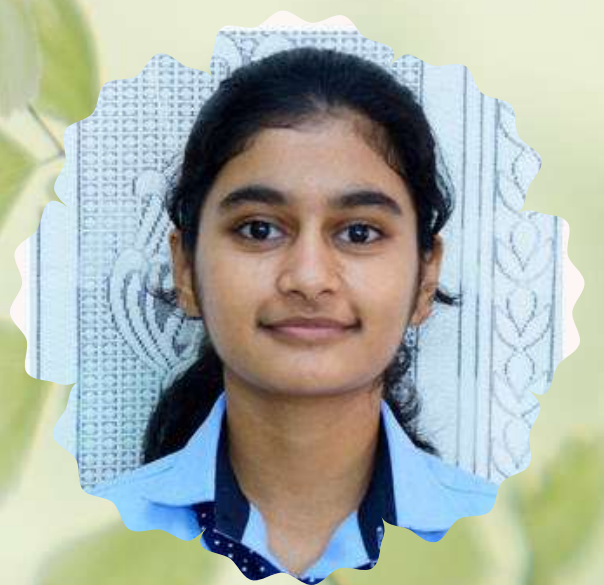


ABHINAVAN - अभिनवन

"ह द है हमारी म हमा, ग रमा, आ शमा !"

This activity was conducted for the students of I HEPP and I CEBA batch Dictation Writing – Shruthlekh.

The teacher dictated a few words at random from the reader. She instructed us to write the words in a sheet of paper one below the other, pausing after each word so that we could complete the given word. Around 15-20 words were dictated and after everyone had finished writing the words she called out a few register numbers from each batch to come to the board and write the and write the given words on it. Although most of the students were hesitant to come forward, this activity encouraged them to overcome their fear. After each student had written the given words, she asked the class to identify the mistakes in them. Most of the students have benefitted from this experience in overcoming our stage fear, broaden our knowledge of vocabulary and most of all it tested our listening skills. This activity has made us realize how much and how well we know the language.

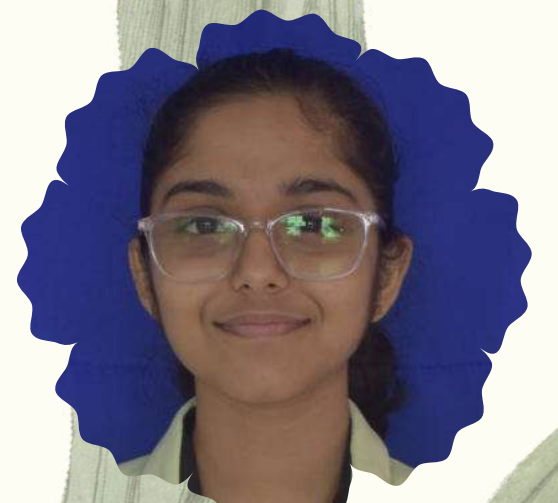


**Nidhi V P
I HEPP**

AGNO HUMANTIA CLUB - "Envision, Create & Inspire"

In today's world, looking good and taking care of ourselves has become important. Grooming oneself plays a big role in making us feel confident and happy. Knowing how to groom oneself is a great skill. Now wouldn't it be amazing if there was a place for students who wish to learn such skills? The Agno Humantia Club offers just that. Over the past years we have been taught various skills that have enriched and helped us not just in terms of beauty but also in terms of confidence and courage. In the Artistique course we learned threading, waxing, facial, skin care, various hairstyles, makeup application and how to drape saris on our fellow classmates. The classes were innovative and informative.

Under the guidance of an experienced beautician, students can hone these skills. The club doesn't only focus on beauty, we had classes on self-confidence, ramp walking and how to face interviews. In a relaxed and fun atmosphere, students are encouraged to participate in group activities, promoting collaboration and mutual support. Our teacher was always open to any questions we had and would often conduct entertaining activities in class. In conclusion, the Agno Humantia Club is where beauty meets empowerment. It shows us that beauty is more than just appearances, it's about feeling good about ourselves and helping others feel the same. Through collaborative learning, support and creativity, the club embodies the true essence of beauty and confidence inside and out. Participating in this club has been a rewarding experience for students, providing them with opportunities to showcase their talents and make lasting memories. The knowledge and skills acquired in this artistique course will remain with them throughout their lives.



**Fathima Erum
II HEPP**

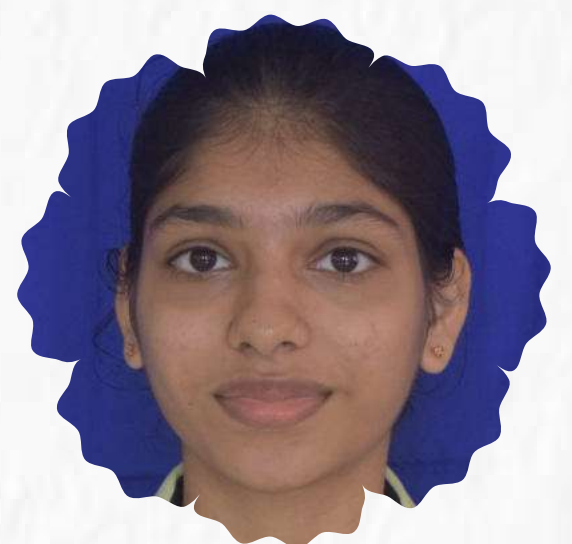
Career Expo

(Commerce/Arts Students)

Career Guidance is the guidance undertaken by professionals to help students acquire knowledge, information, skills and experience necessary to identify career options, and narrow them down to make one career decision. This career decision then results in the social, financial and emotional well being of the individual.

Thus, to help students to choose the right path, our college had organized career guidance program of the students of II PUC commerce on 22 July 2023. We had amidst us a vibrant personality Mr Rodney Vas, Department of Commerce, St Agnes College as our resource person. He gave us a brief on different options available, the jobs one can do, fees for the courses and the time required for the completion of the courses. He also gave information about distant learning and online learning and the names of colleges that offer these options.

Mr Vas gave us insight on the courses such as B.Com , BBA, MBA/PGDM, CMA, ACCA, CPA etc. He also stated about the various skills required to survive in the corporate world like communication, adaptability, emotional intelligence, leadership, innovation and so on. He discussed on how one's resume should be and told us about his book 'Handbook on Career Guidance'. We all learnt a lot in the program and were very happy that our college organized such an interesting program.



Velessca Pinto
II BEBA

Career guidance is a type of Counseling undertaken by the professionals to identify and explore the most suitable careers and occupations to start their career in the right direction. Every year St Agnes PU College organizes career counselling guidance program. Career counselling program was conducted for 2nd PUC arts stream by our College in the assigned classroom at 9 AM in presence of renowned Personalities (Mrs Sandhya Nayak - assistant professor in English , Mrs Shanthi Nazrath) to enhance the learning process. The false notion on arts having 'no scope' is still present everywhere. To end this false comments career guidance was held. It created a stir and enthusiasm among all the students as they inspired all the young minds with a detailed discussion on the ample opportunities and career options in Arts'. A striking brief speech on the importance of arts occupational opportunities. They explained using the presentation, the various types of fields in arts in the form of colorful graphs, pictures, flow charts to make it easier for the students to interpret and analyse all the options and choose the most suitable career. All the students who attended the seminar enjoyed it. The program came to an end at 12:30 pm with the feedback and an outstanding speech of the art's secretary thanking the guidance team for guiding us.



**Kalasha Shetty
II HEPP**



Alumni Meet - Colour Splash

"We all take different parts in life, but no matter where we go, we take a little of each other everywhere." As Tim McGraw has rightly quoted, no matter where we go the friends we made in our college days always tend to have a special place in our hearts.

Being back to St Agnes even though it was just for a few hours made my heart be filled with joy and excitement so as to see all my long lost friends as well as my classmates once again.

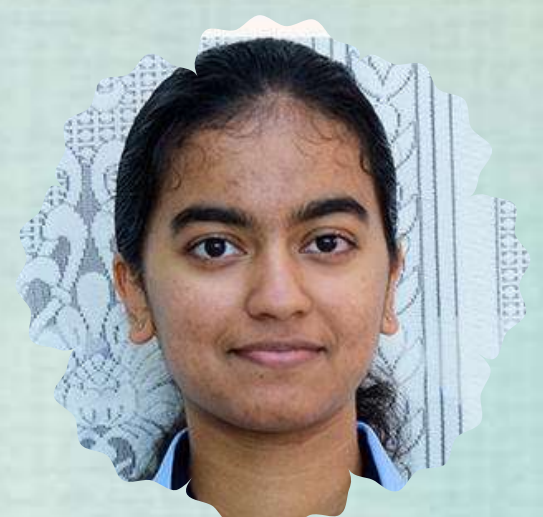
As we entered the campus again, all the past memories made here hit us back filling us with a sense of pride and nostalgia. As the theme of the reunion suggests 'Colour Splash' all the alumni were present there with a bright smile on their faces and adorning with colourful attires. The program began with a prayer song followed by a welcome dance, the emcee cheerfully entertained us with many interesting games where many of them participated wholeheartedly. Principal Sr Norine Dsouza graced the event with her valuable words. Few of the alumni's relived those moments of performing on the stage with some enthusiastic performances. Refreshments were served and photo booths were arranged to click some amazing photos to add on to our memories. A nostalgic flash from the past was pictured as we recalled all those moments again. The event was concluded with a mass dance marking it to be a memorable one.



**Manasa Manohar
2021-23**

Exordium – The Fresher’s Day

This year's Exordium was AMAZING! Everybody took part in it and cooperated beautifully, so it was impossible not to get swayed by everybody's rhythm, groove, activeness and excitement! The Ms Fresher candidates were very attractive. And I think cordon Ram say may be visiting us anytime soon 'cuz the foods made by out chefs were literally chef's kisses. Actomania was the best for people who want to laugh or enjoy, my buddies loved it too! The singing was lovely and calm, but energetic at the same time, which caused people to feel a large variety of emotions. The dance by the I PUs were great, some were so good that it gave goosebumps! While the others were cute, energetic and fun! The Conspiracy and Fragnestein theories had me thinking, "Are they really students or scientists in disguise? All the programmes and activities enthused us, I'd say the dances by the II – PU's was the best 'cuz it brought out my inner Indian!!! Hats off to the cabinet members and the council without whose hard work Exordium wouldn't have been possible. I also thank our Principal, Vice Principal, lovely Lecturers and the main stars: the AWESOME STUDENTS!!!



Jonita N R
I Integrated

SPECTRUM

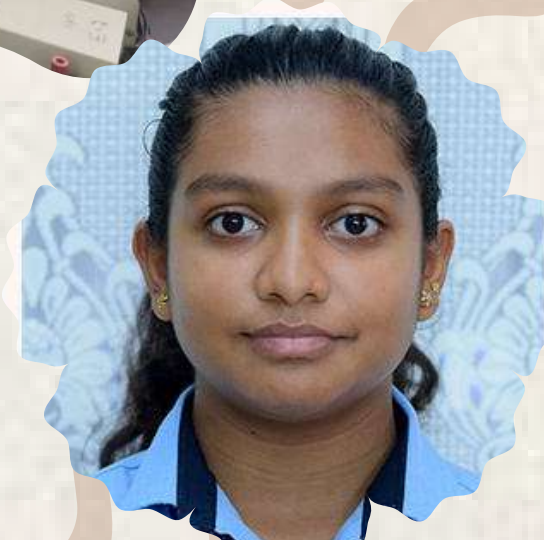
Explore, Learn, Enjoy

Physics helps us to understand how the world around us works from can openers, lightbulbs and cell phones to automobiles, from earthquakes, tsunamis and hurricanes to quarks. Physics helps us to organise the universe. It deals with fundamentals and helps us to see the connections between seemingly disparate phenomena.

The month of June was dedicated for physics, a new opportunity to know, learn and teach new things to one another. Our hearts and minds were full of excitement and enthusiasm. We were all given a chance to prove our knowledge. Which we did prove namely how the mechanism has changed from the past decades to now, and how they work, presentation of laws of physics with collage and cartoons and representation of various things in the form of still models.

Such amazing activities provided by the St Agnes PU college enabled us to learn new things and know the reasoning behind every step we take. This activity has made our team spirit stronger and has given us the confidence to do great things with our imagination and rise on higher levels. As the great philosopher Jean Jacques Rousseau once said,

“The World of Reality Has Its Limits But The World of Imagination Is Boundless”. The opportunity to imagine new things in different ways, and understand how the world is inter connected. I’m very thankful to the lecturers for planning such an amazing platform to execute our ideas. I really appreciate the constant efforts put in by all my peers. Thank you.



Aleen DSouza
I PCMB B

NAVIGATOR

“The future belongs to those who believe in the beauty of their dreams” The choices we make today will be our future tomorrow and for that we require guidance, inspiration and passion. II PUC is a crucial stage in our life and keeping this in mind our college organized a career guidance program - Navigator. Our humble guest and counsellor for the session was Mr. Ankit S Kumar who is Career Counsellor in Nitte and this session was held on the 28th of July 2023. This session was held for the students of II PUC science and Mr. Ankit guided us through this session in a very beautiful and inspiring way. He introduced us to a lot of intriguing career options that we could select from after completing 12th grade. He not only guided us to choose a career that is suitable for us but also motivated us to follow a career that fits well with our passion and our skills. He also educated us on how having multiple skills can open the door to many more career options. As a student from the science stream career planning is not easy task but Mr Ankit Kumar helped me to properly recognize my skills and passion and made it easier for me to choose a career path. This session helped me and my fellow students to have a proper clarity of what is ahead of us and enabled us to make a mindful and careful decision about choosing better and more stable professional choices. This was a very enlightening and helpful session and we are grateful to Mr. Ankith for helping us straighten our paths.



-Nicole Roche
II PCBH

