



ST AGNES PU COLLEGE
PATHWAY TO EXCELLENCE

AGNOBEAT

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PRINCIPAL'S MESSAGE

Dear Students, Staff and Esteemed Readers,

It gives me tremendous joy to pen this message for our college e-magazine - a vibrant tapestry that reflects the spirit, energy, and growth of our academic family.



Each page reflects the meaningful experiences and memorable moments that have enriched the academic year.

This year, we welcomed a new batch of boys and girls during a well-curated Freshers' Day celebration--an event that marked not just a beginning, but the promise of shared learning and lasting friendships. We have consistently aimed to create an environment that balances academic learning with holistic development. In this spirit, awareness sessions on pressing social issues and counselling initiatives were organized, empowering students to grow into socially conscious individuals.

In addition, several interesting events such as career guidance workshops, Library Week celebrations, felicitation ceremony of a distinguished alumna-all served to uplift the spirit of our youthful student community.

As you browse through this edition, I invite you to witness the dynamism, creativity, and dedication that drive our institution. Let this magazine be more than a record; let it be a celebration of potential, progress, and purpose. May we continue to learn, serve, and shine together.

AWARENESS PRECEDES CHANGE

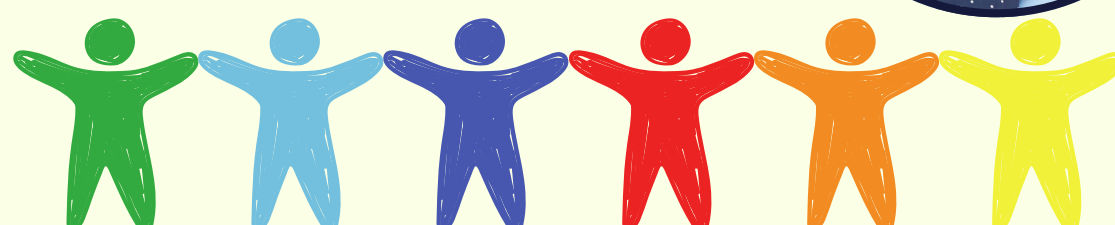
On 09-07-2025, the students of 1st PUC attended a thought-provoking session on **Drug Abuse and Cybercrime Awareness**. The resource person for the session, Mrs. Geetha Kulkarni, ACP CCRB Mangaluru City, captivated the audience with her impactful stories and relatable experiences. This wasn't a typical sit-and-listen lecture. Mrs. Kulkarni spoke straight from the heart and kept it real throughout. She explained how easy it is to get trapped in online scams, how one wrong click can spiral into a big problem, and how social media isn't always as harmless as it looks. The scary part? These things aren't just happening "somewhere out there"—they're happening around us.

She also opened our eyes to the harsh reality of drug abuse, especially among young people. What starts as 'just trying it once' often ends in addiction, isolation, and ruined futures. But instead of just warning us, she told us how to recognize the signs, help our friends, and say no with confidence.

What stood out the most was how she didn't talk to us—she talked with us. It felt like a real conversation, one that left us thinking long after we left the auditorium. Huge thanks to our college for arranging a session that genuinely mattered. We hope to have more events like this that teach us not just academics, but life lessons too.



Apoorva G Shetty
I CSBA

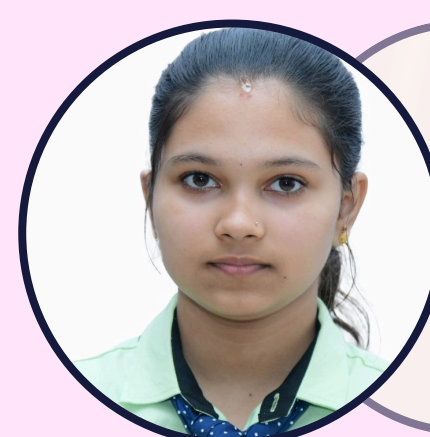


On July 10, 2025, Mrs. Lydia Lobo, administrator of the Link De-Addiction Centre, addressed the students of II PUC in a session on '**Drug Abuse and Cybercrime Awareness.**'



NAVIGATOR 2K25

I am in II PUC, and it is the time to choose my career and define my destiny. But, I had too many confusions and unclear paths related to choosing my subject course, college, entrance exams to be attended, etc. But the talk given by Mr. Naveen Paul in the **Career Guidance Program** was very helpful. It was related to all aspects of how students have to select the college, the scholarship programs and different types of entrance exams. It gave me a clear picture of how the student should select the course and reach their goals. Before attending the “Navigator 2K25” program, I was unsure of what career path to follow. The session helped me understand my strengths and opened my eyes to new opportunities. I now feel more confident and clear about my future. Now, it is my time to decide to take up Para-Medical course in Physiotherapy at Kasturba Medical College.



Prithvi
II PCMB 'A'

EXORDIUM

The **Freshers' Day** celebration at St Agnes PU College was a much-anticipated event, held in the college auditorium on 18th July. It warmly welcomed the first PUC students for the academic year 2025 and celebrated the creativity and spirit of their classes.

In the week leading up to the event, the campus buzzed with various fun competitions and cultural activities. From “Clueless Crew” to “Timeless Edge” and “Fantasy Faces,” students from all streams showcased their talents and enthusiasm. Winners were announced during the main event, adding extra excitement to the celebration.

The day itself was full of color, energy, and cheer. Freshers took to the stage with vibrant performances—ranging from dynamic group dances to heartfelt singing—each representing their class. The auditorium echoed with applause as the audience enjoyed the lively show. The creativity and unity displayed highlighted the students' talents and strong sense of teamwork. A special highlight was the crowning of Mr. and Miss Fresher, met with loud cheers and celebration.

For me, Exordium wasn't just an event—it felt like the beginning of something beautiful. It brought everyone together as one family, filled our hearts with joy, and set the tone for an exciting academic year. The day left behind memories we'll cherish forever and sparked anticipation for many more such moments ahead.



Frizel Rishall Fernandes
I PCMC 'D'

SPIRITUAL PAUSE

In the midst of our hectic academic schedules, looming deadlines and digital distractions, our college offered us a rare gift, a chance to pause, breathe and introspect. The two days **Retreat** was more than just an event; it was a transformative experience that touched out our hearts, soothed our souls and awakened with God. This retreat provided a much needed respite from the chaos allowing us to reconnect with our inner selves and nurture our spiritual growth. It was a reminder that amidst the noise of life there is beauty in silence, peace in stillness and wisdom in reflection. The retreat was a soul stirring experience, marked by moments of deep reflection, joyful fellowship and sincere worship. It began by reminding us the beauty and sacredness of life, highlighting the uniqueness and value of every individual. The sessions were thought-provoking, how life is precious and how one should always live it to the fullest and others which tackled topics often shrouded in taboo. This space allowed us to explore these themes with clarity and honesty. The retreat also confronted us with the harsh realities of today's world, including violence, addiction and abortion. However, it empowered us to choose life and truth even in the face of adversity. One of the most spiritually enriching aspects was the reminder that God's grace is constantly at work in our lives, often in quiet and mysterious ways we were reassured that the holy spirit is our helper and guide. Moreover, we came to understand that God's grace extends beyond forgiveness. It's a daily source of strength, a divine presence that brings identity healing and mission to our lives. One of the most profound moment of the retreat was the sacrament of confession. Many of us carried hidden emotional and spiritual burdens, but in this sacred moment we encountered the mercy of God in a deeply personal way. Rather than feeling shame, we experienced freedom. The act of confession was transformative, leaving us feeling lighter, cleaner and spiritually renewed. The hymns of praise and worship, were another unforgettable highlight of the retreat. These moments lifted our spirits, broke down emotional barriers and brought us into the presence of God in a way that transcended words.

The Eucharist and adoration allowed us to experience God's presence intimately. In between sessions, we also enjoyed fun games and icebreakers which added a joyful dimension to the retreat. These moments of fellowship and fun helped to create a sense of community and camaraderie among us. Overall the retreat was a rich and multifaceted experience that nourished our spirits, deepened our faith and fostered meaningful connections with one another.



Abigail Vas
II PCMC 'D'

SPIRITUAL AWAKENING

The **Retreat** conducted by the MFC members in our college was an event filled with fun, learning, and a platform that enabled us to grow closer to God. We began the day with a briefing of what we would be doing in this retreat and was promised that it would be filled with fun and energy. To begin the day on an energetic note we played a game of rock, paper and scissors which also served as an ice breaker among the students. Then we moved on and learnt two new hymns and had a time of worship. After all this we had our first session which was given by Mrs Lavisha who talked about how life was a gift from God and also how it was sacred and valuable. She discussed about the subjects that today's youth struggled with. It was an enlightening experience and we also learnt a few practical tips to live a happy life. After the first session we performed energetic and fun filled action songs along with the music and dance ministry and also had a round of games.

Now it was time for our second session which was about Love, sex and relationships. This session was given by Mr Carlton who taught us that love was free, total, faithful and fruitful. He taught us that both marriage and sex were reflections of this love. After gaining knowledge on this topic we performed more action songs through which we learnt a Bible verse.

Then we had our lunch break After which all of us came back for another round of games to boost our energy. After this round of games we had our third session given by Mr Chris Crasta. He talked about the culture of death that was going on in the present day world. He talked about pornography, abortion, pre-marital sex, etc and how these practices leads us away from God and the Church. He gave us practical tips to help us get out of these habits. After the third session we had Adoration of the Blessed Sacrament which helped us feel more connected to God.

The day came to an end with us performing more action songs and a small prayer to thank God for this wonderful day that he had given us. The retreat helped us in learning how in today's world the image of love was distorted. We learnt how precious our lives were and that we are unique individuals. All in all the retreat served as a platform for us to pause from all our busy schedules and dedicate some of our time to God.



Serah Joseph
I PCBH

LIFE LESSONS

On 20th July our college celebrated a special **Prayer Day**. The event began with a peaceful prayer song followed by a lively action song that brought joy to everyone. The first session, led by Mrs. Chaithanya and Mrs. Shobha, was about the importance of teen life. They reminded us that this stage shapes our future, so we must make wise choices.

Mrs. Harriet and Mrs. Teena spoke about the colours of Life. Each colour represents something meaningful:

VIOLET ~ Dreams & Imagination.

INDIGO ~ Intuition & Reflection.

BLUE ~ Peace & Communication.

GREEN ~ Growth & Nature.

YELLOW ~ Joy & Happiness.

ORANGE ~ Creativity & Energy.

RED ~ Love & Passion.

PINK ~ Friendship & Compassion.



Then, Sr. Janet helped us understand emotions and how to manage them in a healthy way. It's okay to feel deeply, but we must express feelings wisely.

The final session was conducted by Mr. Ashwin and Mr. Mathew, who talked about attitude. They reminded us that attitude decides how we see the world and how the world sees us. They encouraged us to stay positive and strong, no matter what challenges come our way.

The day was inspiring and gave us important lessons to carry into our daily lives. We returned home with full hearts, open minds, and a better understanding of who we are and who we want to become.



Fathima Malikah
II PCBH

LIFE LESSONS - CONTINUED

At St Agnes college, **Prayer Day** is a special occasion that invites students to pause, reflect, and come together as a community. The prayer day reminds everyone that peace and kindness begin within ourselves and extend to those around us. The day began with a warm and welcoming atmosphere as students and teachers, gathered to begin the event with a moment with heartfelt prayer. The air was filled with a sense of calm and unity, setting a perfect tone for the day. To energize the celebration, students participated in a joyful action song conducted by the teachers. This simple yet powerful song helped spread positivity. To make the celebration more meaningful, a series of interactive and reflective activities were organized. These were designed not only to engage students but also to develop essential life skills.

The speaker, Mrs Chaithanya began by highlighting how being a teenager in the 21st century is both exciting and overwhelming. Teens today have more opportunities than ever before, but also face new and complex challenges. The talk ended on a positive note, reminding us that challenges are a natural part of growing up. Sr Janet facilitated an interactive session on emotions to help students understand and manage their emotions effectively, covering topics such as emotional awareness, triggers, and regulation strategies. Students gained valuable insights and practical coping mechanisms, finding the session informative and helpful. The session empowered students to navigate their emotions more effectively, promoting emotional well-being.

A motivational session by Mathew and Ashwin emphasized the importance of effort and discipline in achieving success. The key takeaway was that winners focus on making consistent efforts rather than excuses, and that small steps can lead to significant changes over time. The session highlighted the value of hard work, smart planning, and discipline, stressing that these qualities are more crucial than luck in determining outcomes.

The teachers also hosted a unique and vibrant activity titled “Emotions Through Colours,” involving 20 participants in each group . The session aimed to help students understand emotions and express them creatively using colours. Following the sharing session, a fun and engaging Q & A round was conducted. The questions were based on emotions and their colour associations. For every correct answer, the student earned a point. The excitement grew with each round, and in the end, the student with the highest score was awarded a thoughtful gift to celebrate their emotional intelligence and participation. To wrap up the event, everyone joined in a cheerful action song that brought smiles to all faces.



Haifa Kaup Haneef
I PCBH

SHINING ALUMNA

It was a proud moment for all of us when our alumna, **Rithuparna K S** from the 2020–2022 batch, returned to campus recently and was felicitated for her remarkable achievement in securing a prestigious job at **Rolls - Royce** with an impressive annual package of ₹72.3 lakh. Her journey, filled with determination and self-belief, left every student in the hall inspired and deeply moved. She shared her journey with us, and honestly it was very inspiring. She spoke about how she once dreamt of becoming a doctor, but didn't get through NEET. At first she was heartbroken and wished to take a drop year but her parents insisted her to take up engineering. From someone who wasn't interested in engineering to someone who went on to crack various challenges given by Rolls Royce and finally getting selected for Rolls Royce. That too, after being told that she wasn't "fit" for the company in the first place. Rithuparna has truly set an example, not just by getting a big job, but by showing us how to stay strong and humble and to shine in our own way. As an agnesian I feel incredibly proud to call her one of our own. Rithuparna's journey is proof that with courage and consistency, even the impossible becomes possible.



Poorvi Shetty P G
II PCMC 'D'

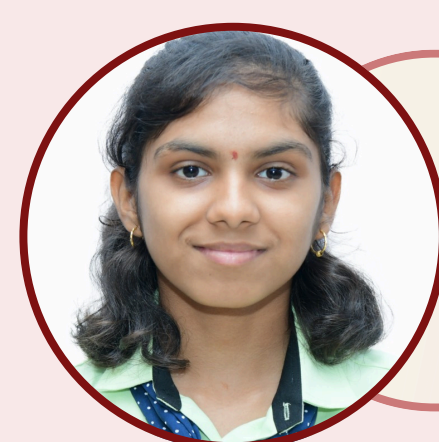
EUPHORIA

The campus of ST AGNES PU COLLEGE was filled with joy, enthusiasm, and vibrant energy as a special program **Euphoria** was organized to second year students on 28th July 2025.

The event, held at the college auditorium, aimed to celebrate the vibrant talent of second year PU students. The program was beautifully decorated and well organized by cabinets members. The function began with welcome dance where each letter of the word Euphoria was explained creatively. Each class shined their theme with energetic performances.

The performances were truly mesmerizing, holding the audience spellbound from start to finish. Principal's speech encouraged all of us to prioritize academics along with the extra curricular activities.

The program ended with college anthem.



Choudi Deepa
II PCMB 'C'

ROOTED IN THE SOIL

"In every grain of rice, lies the sweat of the farmer and the blessings of the Earth."

Paddy fields have always been close to my heart, as I am the daughter of an agriculturalist. It was not my first experience, but planting paddy seedlings after four long years felt truly special. The moment we reached the field, the lush green surroundings and the cool breeze filled us with energy. We removed our footwear and stepped into the muddy water, feeling the soft soil beneath our feet. As we bent down and carefully placed each seedling into the soft soil, we realized how deeply we are connected to this land and its rhythm of life.

To make the moment even more beautiful, it suddenly started raining while we were planting. The gentle raindrops falling on us created a magical atmosphere. We continued working in the rain, laughing and enjoying every second of it. That unexpected shower made the experience even more memorable. It was a great experience planting paddy seedlings with our friends. We laughed, clicked pictures, and enjoyed the simplicity of rural life, making memories that will never fade. This trip was not just about fun – it taught us how much effort farmers put into growing every single grain of rice. It reminded me to value food and never waste it. I also realized how important it is to stay connected to nature and appreciate the beauty of simple living.

Everyone should experience life in the fields at least once to understand the value of what we eat. Though it wasn't my first time, planting paddy seedlings after four years reminded me of the true beauty of agriculture and the patience it teaches. It was a great experience that made me respect my father and all farmer's even more. I felt happy to reconnect with the soil and the traditions that shape our lives.

"Let us not forget — we owe every meal to the humble hands that toil in the mud."



Mishel Sweedal
II PCMB 'C'