



PRINCIPAL'S MESSAGE

A NEW TURN

St Agnes Pre-University College is one of the prestigious institutions in D.K catering to the needs of students from varying backgrounds. The college had its humble beginnings in the year 1920. On 22 June 2019 the management, staff and students enthusiastically celebrated 100th foundation day of our college. Education lays the foundation for the future of the students and ensures a stable successful and satisfied life. New academic year 2019 at SAPUC commenced with zest and vigour on May 20th. The student cabinet of the year was extracted from the crowd of students just as the elements from the earth's crust, to anchor the events of the entire year.

✚ *The College takes immense pleasure in expressing gratitude to the former Principal, Sr M Shamita A. C. – a dedicated and visionary leader who will always be remembered for her contribution as a lecturer in Chemistry for 13 years and as a Principal for 8 years. A long standing faculty of the college for 21 years, she has walked an extra mile to bring up the standard of the college to what it is today. As she is chosen to be the Provincial Superior to head the Karnataka Province, we wish her God's assistance in all her endeavours and remember her inspirations and look for her guidance.*

✚ *The college in its Centenary year is headed by a young, energetic and dynamic Principal, Sr Norine DSouza A. C., a Chemistry lecturer of the institution is now heading the college to newer heights and glory. Trained by the former Principal, she is all set to carry on the responsibilities along with the dedicated teaching and non-teaching faculty with zeal and enthusiasm.*

The management, staff and students wish them well in their mission, promising their support and co-operation.





Yet another new academic year has begun. After a period of two and a half months, the college finally reopened for the second years on May twentieth, while it was the first of June for the first years. There is an old saying, “Well begun is half done” and there is hope that this year would be fruitful and adventurous. For me, it is a year of dedication since it is the time to make our own decisions for our careers.

I can finally hear the excited high-pitched voices of girls in the corridors each morning and their occasional laughs as I walk past them. Hearing them makes me feel at home. It is a different feeling to be in an all-girls college where everyone is given an equal opportunity to showcase their talents by taking part in various activities. Four things don't come back: the spoken word, the sped arrow, the past life and the neglected opportunity. Everyone has a dream to shine and secure a good position both academically and in society as women with power and rights. This year is another chance for those who didn't try their best in the previous year.

I have a dream too: it is to be a doctor who can serve the society and who can change the system someday. “You can set a better example to others with your life, not your lips.” I firmly believe that working hard and enjoying while you're at it, go hand-in-hand. I have realised that without enjoying the most crucial year of your life, you cannot enjoy the rest of your life. Of course, studies still have the upper hand in everything you do. It must be the first priority till we complete our education and we must enjoy each moment as a student.

As I write this, the sun is finally setting on the longest day of the year. Our lives too, are like the sun which must shine brightly. When our day is almost over, whether short or long, we must be satisfied that we have shone as bright as we could and have given our light to this world and have been an inspiration for others to do the same.





As St Agnes PU College is celebrating its Centenary year, I feel blessed and fortunate to express my exuberance. This institution has been empowering women since 100 years in order to mould them to be triumphant in all walks of life. I feel proud to say that the college has been successful in accomplishing its desired aim.

The students here are trained and equipped with a large number of opportunities to exhibit their talents and skills. Each individual is given equal attention and importance.

The college has been marvellously led by the student cabinet. I am fortunate enough to hold the position of the student President. The voting procedure was democratically held through ballot papers. All the candidates had a healthy competition with a positive spirit. This definitely helped the students to realise the importance of each vote.

A leadership training programme was organised for all the elected representatives by Prof. Suresh who trained us to be effective leaders.

Being the Student President it's my responsibility to uphold the academic standards, aim at excellence and encourage all the students to be approachable and responsible in attitude and behaviour. The cabinet as a team is all set to serve the college with dedication and to uphold the values and ethics of the college bearing in mind the college vision and mission.



Why Photography?



What do you mean by photography? It is the art or practice of taking and processing photographs. You might know this, but when we talk about its role in today's society, photography has a positive impact in all spheres of the society. Besides being a tool it has become an extraordinary tool for advertising, news reporting, Science, politics, entertainment and many more.

"Skill in photography is acquired by practice and not by purchase" there's a belief that being successful as a photographer these days runs the possible scope from difficult to almost impossible, but examples like Wyn Wiley who became a successful photographer at the age of 21, the world came to know him. He says "see for me, true success is putting a smile on someone's face".

So now the question is can photography be your career if you have passion for it?

There is no shortcut to a successful photography career. It also takes hard work creative imagination, perseverance and of course, talent there are careers by choosing to specialize in a certain kind of photography from wedding photography to commercial photography, to photojournalism and so the possibilities are almost endless.

Personally, I like photography specifically as a nature photographer because it brings me just a closer to what I love. For me it is just a way of capturing and freezing a moment into a square shaped photograph and reveal its beauty, when I was in high school I got this interest. I started with a simple phone learning to focus and now I'm continuing it with a DSLR camera, and am looking forward to capture many more moments. It is one of my favourite hobbies. I am not a professional or skilled photographer but I get happiness by doing it. If you have interest you can also be one such. Careers are many but do what you like then you will surely be happy in life.

Clarín Riya Mathias
II PCMC





As I entered the auditorium on Saturday, the 22 of June, brimming with students and enthusiasm, I could feel the exuberance of the crowd and the gravity of the day. It was a significant day for our institution, St Agnes Pre-University College as it celebrated 99 years of its foundation and embarked on its journey to the centenary year.

The prestigious institution has for 99 years served the society in an empowering way by providing education to women and making them capable of achieving great heights and make a name in the society.

St Agnes Pre-University College, Mangaluru was started by Mother Aloysia in 1920. The Apostolic Carmel Congregation was founded by Mother Veronica of the Passion (1823-1906) in Bayonne, France, in 1868 and was established at St Ann's campus in Mangaluru in 1870.

The Chief Guest Mrs. Mehta addressed us warmly and shared a nostalgic moment recollecting how her college days at St Agnes had shaped her personality to accomplish such huge goals in life. Her address was filled with optimism for the future which motivated us students to make the best use of all the facilities provided by the college to develop our potentials. She gave some best principles to follow in life so that we can achieve the desired goals.

A tableau was enacted which depicted the history of the foundation of the institution as well as highlighted the progress of the college through the years. The scenes right from the time Mother Aloysia, the second Superior General of the Apostolic Carmel, a teacher, and an educationist, had the noble vision of establishing the esteemed St Agnes Pre-University College to the stages of its foundation were shown beautifully by my classmates. Mother Aloysia had dedicated the institution for the upliftment and enlightenment of girls. They also portrayed the achievements of the college in various dimensions of excellence. It is symbolic of how far the institution has come since its foundation and has earned numerous accolades to its credit.

The institution was the first girls' college to be founded in South India and the second of its kind in the country. St Agnes Pre-University College, as it steps into its hundredth year towards excellence, is still going strong with a massive student strength, scholarly teaching staff and dedicated support staff backed by a dynamic and strong management and is leaving no stone unturned in making a stride in every field as it empowers women to prove their mettle to the world and become responsible citizens of the country. I deem it my true honour and privilege to be a part of the institution and contribute to its monumental journey in my own little ways.

Vidhula Kodira Lokesh
II HEPP





June 22 2019, an unforgettable day which changed my whole perspective of life. I had an opportunity to visit ‘Balagraha – A house for poor children’. We left the college around 1.45 pm. When we reached the place we were asked to unload all the goodies and 100 gifts which we had brought from our college. As we were unloading, I saw a little girl coming towards us. She was holding an umbrella so that we would not get drenched in the rain. Her small gesture of welcome pleased me so much. All the children gave us a warm welcome and we felt happy to be with them. We introduced ourselves, our college and then conducted some games. Their enthusiasm, energy and happiness was worth watching. Through games we were able to get connected to them. They happily came towards us and asked for our names. When I was busy clicking pictures, one of the girls came to me pulled my shirt and asked me to take a photo. When she saw herself in the camera she was on cloud nine. When I asked the reason for she being so happy she said it was the first time. When it was time to return they sang a beautiful thanksgiving song which was totally unexpected. Their gesture touched our hearts so much that some of our eyes were wet.

Though the girls were 5-8 years younger to me there was lots that I learnt from them. To begin with Even though they were orphans they never complained to us about their lives instead, they were telling us how happy they are to live in this orphanage. They seemed very pleased with the chocolate and hairclips that we gave them. They were contented with whatever they got. On the other hand we having both our parents fail to respect them, acknowledge their importance in our life. We never get contented or satisfied with the things we have. Even though we get the best of things we try to find fault in them.

Later we visited Veronica Vihar where Sr Valeriana told us about the intellectually disabled people. We interacted and played with them.

I thought to myself if they can live happily with only few things they have, why not me? Why not us? Though they are less fortunate than us, their happiness and smiles were much more than people with huge fortune.

Anisha Mishel Sequeira
II PCMB ‘B’





When Sr Norine announced about the retreat, we were really happy because we would not have anything to study in these two days..... But I was completely wrong. We learnt the art of loving our God (Jesus).

On the first day all of us were clueless about who the preacher was and when it was revealed to us, frankly speaking I was on cloud nine because it was Fr Franklin DSouza, the one who has touched the people through the grace of God. Mrs Corrine Rasquinha my all-time favourite, gave one of the most inspiring, living testimony I have ever heard. Her energy, action songs, singing kept us active.

We began our first session with energetic and thanksgiving action songs. Later, Fr Franklin gave a spiritual talk based on the Word of God. The best sentence I loved during the preaching was, 'As fire burns, spreads, (purifies) brings change, so the Word of God burns, spreads and brings change in one's life'.

Day 2 began with some wonderful action songs and then Fr Franklin prepared us for the sacrament of reconciliation. I think most of us had a good confession. We had a very touching experience during the sacramental adoration. We had a special mass and then we concluded the retreat with the favourite action song "JUMBO-Jesus loves you".

So here I present before you some of the words told by the preacher (Fr Franklin) as well as Corrine Rasquinha.

- "You get the revealed knowledge only in the Holy Bible."
- "God is God of surprises."
- "The word of God always inspires and never expires."
- "Bible – is the factory of faith."
- "Stop complaining, start proclaiming."
- "To get success you should have access to God."
- "Our suffering is an offering to God."
- "Sinners are the winners and the fore runners of the Kingdom of God."

Anisha Michel Sequeira
II PCMB 'B'



ENRICHMENT DAY



I take this opportunity to give my feedback on the session that was conducted on Wednesday. It is said ,
“Deep conversations with the right profile are priceless”

And the same happened to us. The first part of the session was taken over by Sir Karthik Upparna. He told us about great people who were successful in life. It was really helpful because it motivated us to reach our goals. My fellow mates and I found it very inspirational and interesting. The second half of the session was taken over by Sir Vishal Naik, he told us about different life skills. We found it very informative. This session surely helped us to become better and successful persons in the future. We got to know about many small things which we never knew. This would surely help us to improve ourselves. Me and my fellow mates are very thankful for inspiring sessions conducted for us. It was really a wonderful time for all of us.

Khushi C Karkera
I PCBH



CREATING LEADERS THROUGH NCC

NCC, National Cadet Corps, began in the academic year 2017-18 in St Agnes PU College. All around India, over 5 lakh students from schools, Pre University colleges join NCC and lead the way of discipline and love for the nation. NCC with the motto ‘Unity and Discipline’ has aroused many such soldiers for the country. Back in the year of 1948, when NCC began, it brought an aim. The aim was to enlighten the youngsters to join and support the Indian forces. NCC divided into three Wings Army, Air and Navy sets its own way of drill and weapon training. The Army Wing was the first independent wing inaugurated in St Agnes PU College. In the 2nd year of the opening of NCC, the independent Air Wing was inaugurated. A total of 22 and 32 Cadets of Army and Air wing are present in this academic year. The ATC camp was conducted by 18 KAR BN of the army wing. 7 army wing cadets attended this camp. This camp brought about enthusiasm and free spirit in them. They were trained for drill, and weapon training. 3 cadets were selected for RDC. The cleanliness drive was conducted on 18th June, 2019 on the occasion of Swachh Bharat mission by the NCC cadets.

Rishita Picardo
II PCMB ‘C’



Yoga: a secret to retain beauty of body and mind!



International day of yoga or commonly referred to as Yoga Day is celebrated on 21st June since its inception in 2015. The word Yoga is derived from a Sanskrit word 'Yuj' which means 'to join' or 'to unite'. Yoga is a science and an art. The practice of yoga integrates the body with the mind and mind with soul. There by helping us to understand our own nature to live harmoniously with our fellow ones. Yoga can be practiced irrespective of race, religion, caste, creed, sex and age. The idea of International day of yoga was proposed by the current Prime Minister of India Mr. Narendra Modi during his speech at UN General Assembly on 27th September 2014. He stated that **"Yoga is an invaluable gift of India's tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness within you, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being"**.

The College also celebrated this day by conducting a Yoga session for the students to motivate them to maintain good health through these asanas. Being a participant of this event gave me lot of encouragement and desire to practice simple tips that could be beneficial for my good health.

Know the secret of yoga to remain young and youthful!!

Apeksha S Moily
I PCMB 'C'





Abhaya, the college women's forum, was inaugurated in 2018 to highlight the role and position of women in the society. Abhaya, as the name suggests, signifies fearlessness. It is symbolic of the inborn strength and courage that women possess.

The forum was started with an aim to promote the interests of women in the society. It aims to enlighten the young girls of today to realise their rights and liberty they are entitled to and harness their potential to achieve greater heights in all walks of life as well as for the betterment of the society. To encourage education among all women, the forum offers scholarships to girls from unprivileged and underprivileged families showing excellence in academics.

Since its founding, Abhaya has held many talks and programmes by renowned experts in various fields to educate the students on several topics. This year, the first talk was delivered by the college counsellor, Dr Meena Lobo on various issues that adolescents face and the techniques to combat the problems to lead a happy and peaceful life. She elaborated on various other topics such as the significance of self-awareness, self-esteem, and realisation of the fact that every individual is unique in his or her own way. She raised awareness regarding mental health and the taboos surrounding it. Dr Lobo encouraged the students to approach the counsellors whenever required and openly talk about the problems they face.



ABHAYA – SAVE GIRL CHILD



The second programme conducted by Abhaya was the celebration of the Girl Child Day. The chief guest of the programme was Dr Hilda Fernandes, Professor of Pathology and Lab Director, Fr Muller Medical College, Mangaluru. Dr Fernandes spoke to the gathering enlightening them on women empowerment by citing examples from her own life. She emphasised on the need to treat girl children equally and to educate them so that they can prove themselves strong in the world. She also raised the concern and awareness on women's negligence towards their health and the potential risk of breast cancer. She encouraged the students to work hard and study well and make use of the facilities and opportunities provided to them by the institute. The students of the college put up a dance-drama on the theme 'To Be a Girl is not a Shame' which portrayed how girls can achieve in life.

Vidhula Kodira Lokesh
II HEPP



Career Guidance



A career counselling session was conducted for the students of II PU of the Commerce stream to chase away the doubts they had regarding further education. The resource person Dr Catherine Nirmala divided the session into two significant parts for the students to comprehend well on the topic. The session was mainly about the diverse careers by which the students could be acquainted with the various options they had. An in depth description was given to make the students conscious of their life changing career decisions. The II session was to a greater extent about the strengths and weaknesses of the students that could help them determine their ideal career. Furthermore, the important thing to be kept in mind while choosing a career path was extensively discussed. The session ended with an interactive question and answer session of the students with the resource person.

Aysha Rida
II BEBA



SRISHTI – CONNECTED TO NATURE

Can you ever imagine your erasers growing into a mountain? A sharpener growing into a bee? A scale in your pouch emerging as a beautiful stream? That will be a clear evidence of the growth of modern science. “Plant from pencil ! Really! Is that possible? If you question me like this..... I would tell with a loud voice YES!!! This has come true.

Farmcil is a pencil that grows into a plant. It contains a seed of vegetables in the pencil capsule. Such as tomato, brinjal, ladies finger, chilly, cluster beans and so on contributing to the preservation of the ecology and mankind. This venture has helped the farmers to grow vegetables and flowers easily. Farmcils are feasible and cheap too. It is an organic pencil. Farmcils of tomato has spread its roots firmly in Latin America. China is in the leading in usage of Brinjal farmcils followed by India.

This creative invention has brought light in the lives of many farmers. For countries like India where the main occupation of people is agriculture, this kind of innovation can result in overall development.



Jinu John
II PCMB 'A'

ECO FRIENDLY THOUGHT



Plastic, the wonder material and the most harmful trash dumped by the humans, has affected the life and health of human beings during the last decades. Unfortunately, the easily made and cheap plastics pollute the environment as they are non-biodegradable. With an instinct to save the environment and to create an awareness among the people, “Abhinav” the Hindi club of St Agnes PU College conducted a ‘No Plastic’ drive on 27 June during the Value Education hour.

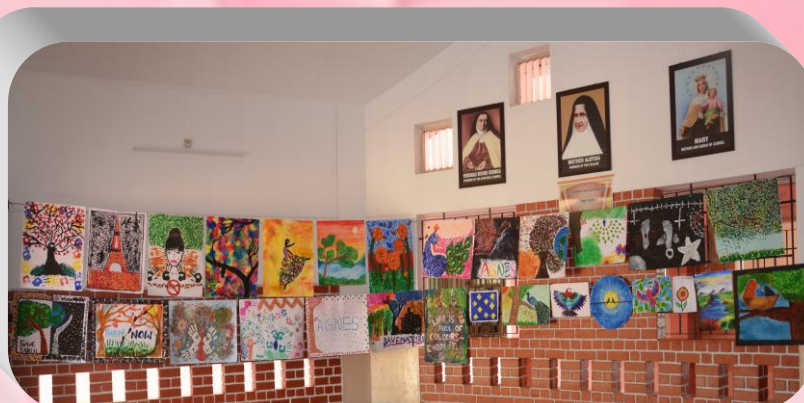
To set an example for others, with the help of ‘Goobay’, a non-profitable organisation, an initiative against the excessive use of plastic in our daily life, was taken by the students of St Agnes PU College who prepared paper bags, in a very innovative and attractive way. These bags were handed over to ‘Goobay’ on the following day. St Agnes College was the first to contribute to this initiative taken by ‘Goobay’. These bags prepared by the students would be distributed among the vendors in and around Mangalore for further use.



LEAVE A PRINT

St Agnes PU College conducted ‘Leave a Print’ competition on 28 June 2019. The participants were told to use only their hands, fingers, toes and feet to make beautiful patterns and drawings. The main motto of the college cabinet to conduct this competition was to give a chance to the creativity in the students.

The competition was judged on the basis of originality, presentation and neatness. The students put in a lot of efforts and II PCMB ‘A’ batch students emerged as the winners. From nails to footprints, the students were very creative and amazed the judges and the lecturers with their art. The competition was a great success and was appreciated by all.



We are surrounded by elements. They are part of the air we breathe, the food we eat, the clothes we wear and the sidewalks we walk on. If it was not the discovery of the elements and their properties, the world would be a very different place.

2019 has been declared by UNESCO as the International Year of the Periodic Table [IYPT], marking the 150th anniversary of the Mendeleev periodic table, which is an iconic image. The United Nations announced 2019 as International year of periodic table to highlight its first publication in 1869, designed by the Russian scientist Dmitri Ivanovich Mendeleev. The IYPT adopted by the UNESCO General Conference aims to recognise the importance of the periodic table of chemical elements as one of the most important and influential achievements in modern science. Mendeleev's table has been in the spotlight for decades, but a few other scientists had tried before him to organise all the known elements.

International year of periodic table is an opportunity for us to develop new resources and raise awareness, to inspire people of all ages, experience and backgrounds. Naming 2019 as the International year of the periodic table may bring the public's attention to the importance of chemistry in our lives and encourage scientists' interest in discovering even more elements.

Brinda M U
II PCMB 'A'



ROLE OF YOUTH IN PROTECTING THE ENVIRONMENT

"I don't want to protect the environment.
I want to create a world where the
Environment doesn't need protection"

Today, we live in a world which is destroyed by pollution, where natural disasters are becoming more common every day, where habitat loss and climate change are happening at an ever increasing rate and where seas and oceans are brimming with fragments of plastic and toxic wastes. We are taking our planet for granted. We've already started seeing its life threatening consequences. How intelligent of a species are we, when we destroy our only home?

Environmental damage is everybody's concern. It is the responsibility of every citizen to protect the planet we live on, but more importantly, the youth can play a significant role in this context. Other than the fact that we make up a large proportion of the population, we are young, bustling with energy, well-educated and are capable of making more coherent decisions to combat environmental damage. We also have more responsibility towards environmental protection as we are the ones who will live longer into the future.

So how exactly should we protect the environment when we all claim to be busy and have no time for 'trivial matters' like environment protection?

Join eco clubs or associations in your college/ at work or even in your neighbourhood. If possible, take part in community cleaning events. Social media is one of the most favourite platforms for youth. Use social media to spread awareness about environmental damage. Your message might reach many other people and inspire them to participate in the same. Finally, let's 'Reduce, Reuse, Recycle' be your mantra. Do your bit to save the environment - to keep the oceans blue - the planet green - and the animals safe.

Shrama Bhandary
I PCMS

