



# AGNOBEAT

## E-MONTHLY MAGAZINE

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Editors: Sr. Sannidhi, Ms Raksha

## PRINCIPAL'S MESSAGE

Warm greetings from St Agnes PU College  
Welcome to another exciting edition of our monthly E-magazine! Happy reading of our excellence and accomplishment!

As we turn the digital pages, I am thrilled to present a diverse array of articles, features, and creative expressions that capture the essence of our dynamic college community.



Sr Norine Dsouza A.C.

This month's issue is a tapestry of thoughts, ideas, and achievements contributed by our talented students and dedicated faculty. It reflects the pulse of our academic pursuits, extracurricular activities, and the vibrant spirit that defines our institution.

I encourage you to immerse yourselves in the engaging content within these virtual pages. Whether it's insightful articles, captivating field trips, memorable outreach program, or stunning performance by students, there is something for everyone.

As we navigate through the month, may this E-magazine serve as a source of inspiration, fostering a sense of connection and pride in our shared journey.

Wish you a prosperous and Blessed New year 2024



# ***Effective counselling - A session for Teachers***

The session conducted by the 'Beyond Gurukul Group' on the subject of "Feedback, Leadership and Counseling" on 7th December at Ajanta Complex, Bejai, was a comprehensive and interactive event organized for educators by our institution. The purpose was to delve into effective feedback mechanisms, leadership strategies, and counseling approaches within an educational context.

The session commenced with an activity which boosted us and made us feel that we are 'Awesome'. It continued with an insightful presentation outlining the significance of feedback in educational leadership, emphasizing its role in fostering growth and development of the students. Practical frameworks and models were discussed, providing attendees with tangible strategies to offer constructive feedback that nurtures student growth and motivation. Techniques and best practices in counseling like assessing nonverbal cues, the art of asking questions and building trust were shared, focusing on how teachers can provide emotional support and guidance to students facing academic or personal challenges.

The session incorporated group discussions, case studies, and self-assessment activities. Lecturers actively engaged in these exercises, enabling them to apply the concepts discussed in real-life scenarios, fostering a deeper understanding. The session enhanced understanding of the importance of feedback in shaping students' learning experiences. We also acquired practical strategies for providing constructive feedback that motivates and encourages students. From this session we explored effective counseling techniques to better support students' holistic development. The session concluded with positive feedback from the lecturers who found the event enriching and practical. All expressed their enthusiasm in implementing the learned strategies in their respective educational settings. The Gurukul Group was commended for their insightful presentation and interactive approach, leaving attendees with a sense of empowerment and motivation to apply these concepts in their teaching practices.

In conclusion, the session organized by the management served as an enriching platform for educators to acquire invaluable insights and practical tools to enhance their roles as leaders and mentors in the educational sphere.



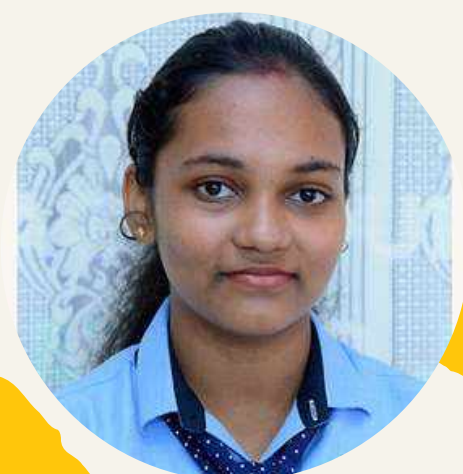
Mrs. Chaitanya  
Department of Physics



# OUTREACH PROGRAMME

'In order to purify your thoughts orphanage and old age homes must be visited more frequently than a temple' says Jaspinder singh.

We visited 'Mussanje' An Old Age home under the guidance of our mentors on 13th December. Visit to an Old Age Home can leave an indelible mark on one's soul revealing the deep reservoir of wisdom, love and memories that reside there. As we entered the old age home we were struck by the quiet and tranquil atmosphere. We sang songs and even danced for them it was heartwarming to see their joy. After this we spent time talking to them. Their eyes although shadowed by age sparkled with stories waiting to be told. While some recounted tales of joy, others shared life's poignant lessons. It was an indelible lesson. In an old age home time may be slow but the spirit within each resident continues to dance to the rhythm of cherished memories. It was not just a visit; it was a bridge between generations, a reminder that age is just a number and heart remains forever young. It is an experience that intertwines with our understanding of age and societal responsibilities. This visit redefined my understanding of age making me value the fleeting moments of life even more. It also thought me the importance of love and care for elders.



**SANIKA G.S**  
**I PCMB 'A'**



**Opportunities to help and be helped are things to be cherished**

**We the students of 1st HEPP along with our class mentors had an opportunity to visit St.Agnes Special School**

**The students were enthusiastically elated with our visit and were happy to host us as we performed a dance and sang christmas carols. We provided them with juice and cake as refreshments. We cherished the experience we had with them. It was a pleasant experience as we had an interactive session with the students which made us adapt and understand the learning tactics of the mentally disabled children. We were really happy to have this lifetime experience.**

**We thank the principal of St.Agnes Special School Sr. Maria Shruthi and all the teachers and support staff for guiding us through this programme. It was truly enlightening. It was indeed a fruitful experience and a memory to cherish forever.**



**Fathima Rawha  
I HEPP**



# FIELD TRIP

## COMMERCE

15th December 2023 dawned warm and sultry for the II Commerce students. It was the planned field trip and the excitement among the students as they met and greeted each other was palpable.

The trip to Belthangady Taluk included visit to industrial units and other places of interest. Our first stop was at a wealth out of waste unit managed by the Gram Panchayat at Ujire. Waste materials such as plastic, glass bottles, cloth etc were recycled and processed. We then visited “Agrileaf”, a green initiative business located in Belthangady taluk, which produces various agricultural bio-products made from areca and palm leaves. Their products include disposable plates, bowls, trays of different shapes and sizes. We were shown the entire process of how these items were manufactured.

After lunch we proceeded to Gomateshwara Vihar where we saw a beautifully sculpted statue which stood 39 feet tall. Our next destination was the “Automobile Museum” in Dharmasthala, where different models of vintage cars and other vehicles were displayed. The next visit was an “Elephant Shed”. Our last place of visit was “Manjusha Museum” where antique furniture, electronic items such as radios and tape recorders and beautiful idols were preserved.

This industrial trip was very informative with a rich learning experience for all of us. We thoroughly enjoyed this trip which was fun-filled and carried back with us wonderful memories.



Unnati A  
II SEBA 'B'



# SCIENCE

Embarking on an educational adventure, the recent field trip transported eager minds from the confines of the classroom to the vibrant tapestry of the real-world learning. As the bus rumbled with anticipation, the destination promised not just a change in scenery, but a profound shift in understanding. Join me on a journey as we unravel the enriching experiences and discovery that unfolded on this transformative expedition.

The tour began happily on 19th Day of December 2023. A bus was waiting for us to take us around the places in Moodubidre and Karkala of Dakshin Kannada.

The trip was organized by our college with the motto to allow education to sink within, bond with the classmates and create memories that will stay with us for lifetime. We about 47 students of PCMC 'D' accompanied by 2 teachers started our journey at 7.45 am. Our first visit was to Shobhavana - a garden with priceless medicinal plants dedicated in the memory of Late Shobha Alva. The Herbal plantation is spread across 100 acres of land having 58 separate vanas or sub sections , and has about 2,500 varieties of medicinal plants sourced from various countries. The expansive piece of land is meticulously divided into various thematic 'Vanas', including Pakshivana( bird garden), Butterfly garden, Rashi vana, each uniquely dedicated aspects like avian life, butterflies, zodiac signs, and constellations.

We learnt that Shobhavana is a Certified Organic plantation and is the first of its kind - medicinal garden in entire South India. In the vicinity of Anandamaya Arogyadhama there is a garden which is inhabited by about 70 species of birds and butterflies.





From Shobhavana we went to Alva's Pharmacy, where we received a comprehensive tour of the manufacturing and testing processes of ayurvedic medicines which are manufactured in house. We witnessed unique and traditional storage of medicines in wooden barrels. The in-charge of the pharmacy Dr. Sowmya conducted an informative session on various activities involved in the production of ayurvedic medicines such as the rationale behind sealing clay pots with multani mitti and also delved into the scientific intricacies of the procedures followed

From Alva's Pharmacy, our journey continued to historical- The Thousand Pillars temple, situated in Moodubidre. The temple is renowned for its intricate Jain architecture. Built in the 15th century, it features beautifully carved pillars, each unique in design. The temple is dedicated to Lord Adinatha, the first Jain Tirthankara. Its name, "Thousand Pillars", is symbolic. It actually has 60 pillars, but the intricate carvings give an illusion of a thousand. The architecture reflects Hoysala and Vijayanagara influences, making it a cultural and historical gem.

After our lunch, we resumed our journey to St. Lawrence Church in Attur, Karkala. The church dates back to the 16th century, showcasing a mix of Indian and European architecture. Built by the Portuguese, the church is dedicated to St. Lawrence, known for charity. It plays a vital role in the local community, hosting annual feasts and attracting pilgrims seeking blessings from various religious background. The Miracle Pond is believed to be sacred, with legends of miraculous occurrences drawing visitors seeking spiritual experiences.

Next, we had a glimpse of Gomateshwara statue in Karkala Taluk which is the second tallest statue of Lord Bahubali in the world. To reach the statue we had to climb several steps. The statue stands tall as a symbol of peace, non-violence, sacrifice of worldly affairs and simple living as followed by Jainism. This statue is a monolithic marvel about 40 feet tall, dedicated to Lord Bahubali. It is one of the tallest free-standing statues in Karnataka, portraying serenity and spiritual significance.



Madhumitha  
II PCMC 'D'



# ARTS

Our field trips are an opportunity for you to enter into the world of mystical power” says Fredrick Lenz.

We the students of 2nd HEPP went on a field trip on 19th December 2023. We visited around 6 places where we had a lot of insightful elements to grasp. Our first location was Bappanadu Shree Durgaparameshwari temple located in Mulki. It was a very beautiful temple we also saw the famous Bappanadu dholu, which was huge in size. Next, we went to Stella Maris church, located at Kalmadi, Udupi. It was one of the most captivating church I have ever seen which is in the shape of a boat and the bell tower was in shape of a light house.

After that, we visited the famous Krishna Matta, and we saw the well-known ‘Kanakana kindi’ where once Kanaka Dasa’s prayers were answered by Lord Krishna himself. Next, we checked out the coin museum, where there was an extensive knowledge of coins and currency notes, dating back to the period of Mauryas, Shatavahanas, to the coins issued by the East India Company, French, Dutch etc. We also got to know about the history of banking in India since 1920. The Corporation Bank founder, Khan Bahadur Haji Abdullah. Haji Kasim Saheb Bahadur’s house was remodelled into the ‘Financial temple’ that is the coin museum.

We later visited the Manipal Museum of Anatomy and Pathology, where we saw the skeletons of various animals and also well-preserved specimens of human body from head to toe and everything in between. This museum also helps visitors to understand the different pathological conditions. And our very last spot, was the Hasta Shilpa Heritage museum which was a cultural, architectural, historical, art and heritage treasure trove.

I, personally felt this location was the spotlight of the entire field trip. In this site, there were 11 heritage structures, houses from Malnad, North and South Karnataka and many more. 8 traditional shrines from various part of Karnataka. 3 museums and 40 odd shops where there were Tribal Museum of Bastar-Chhattisgarh, Folk deities of South Canara being the main attraction. Shops, lanes and by-lanes of the bygone era.

With this our field trip came to an end. But by the end of it, our minds were filled with fun and knowledge. Communal harmony, message of faith and devotion, comprehensive knowledge of history of money, in-depth wisdom of animal and human body, pathological conditions, insight into our own culture and heritage and the list goes on.

I thank our institution for giving us this opportunity to advance and flourish our knowledge



Navashree  
II HEPP



# FRESCO

St Agnes PU college is famous for its achievements by the students in academics and co- curriculum activities. On 14 December 2023 , Fresco - the event for the Students of 10 std of St Agnes High School was held in our college auditorium and I was part of that event to entertain the Students. The special guest of this event was Sr Maria Shruthi ,Principal St Agnes special School, Mangalore .

My friends started the event through prayer. Our Principal Sr Norine D'Souza addressed the Students on choosing the career after SSLC. There were activities like ice breaker, Maths and Science activity. The demonstration and talk on different streamline was given by our lecturers from different departments. The importance of sports and other events organised in this college was shown through power Point presentation. My friends shared their experience of this College and also invited the 10th std Students to join our college. I felt really overwhelmed by watching this programme and the opportunity I got in this college for two years. The High school Students were very enthusiastic in all the activities and games. The event gave me a clear picture about my college and I thank God for being a part of this . The event Fresco depicted the overall activities of our college campus and how the Students can be moulded through these events and make them a better citizen. My personal experience was really very good. I enjoyed the programme and I even interacted with my juniors. I thank our Principal and our teachers for giving me a chance to be a part of this event



**Caroline D Cunha**  
**II SEBA A**





# LA GLORIA



On the 14th of December 2023 our college conducted a wholesome and encouraging program “La Gloria”- achievers day’, acknowledging the hard work and dedication students put forth in their academics and extracurricular activities in the Intra-Collegiate level.

“The way to develop the best that is in a person is by appreciation and encouragement” says Charles Schwab. “La Gloria” A very heartening way of appreciating students was held at the auditorium amongst the presence of our chief guest of the program Sr Maria Shruthi, Principal of St Agnes Special School , the Principal and students of St Agnes High School along with the stars of the event the students of our college with exceptional grades and the winners, participants of the various competitions held in the college in the academic year 2023.

The Event started invoking God’s grace upon us and by welcoming our dear and esteemed guests following which the price distribution ceremony. Ist PU students of science, commerce and arts streams were awarded for the academic capabilities for scoring exceptional marks in 3, 2 and 1 subjects and then the winners of the competitions were awarded as well. Ensuing this the second years were also awarded for their hard work in scholastics and extramural actions. A token of appreciation was also awarded for the students who showed their dedication towards the college through their active participation in particular activities like music and being part of the student council and editorial board. After the awarding ceremony, the chief guest of the occasion spent her valuable time addressing us on how we should be grateful for all that we have, for the intellect God has given to achieve these milestones in our life and being able to live a normal life unlike that of the specially-abled children.

This program was later concluded by a vote of thanks and then signed off by all harmonizing to our college anthem bringing ‘la Gloria’- to a significant end.



Simone Fernandes  
II PCMB ‘C’



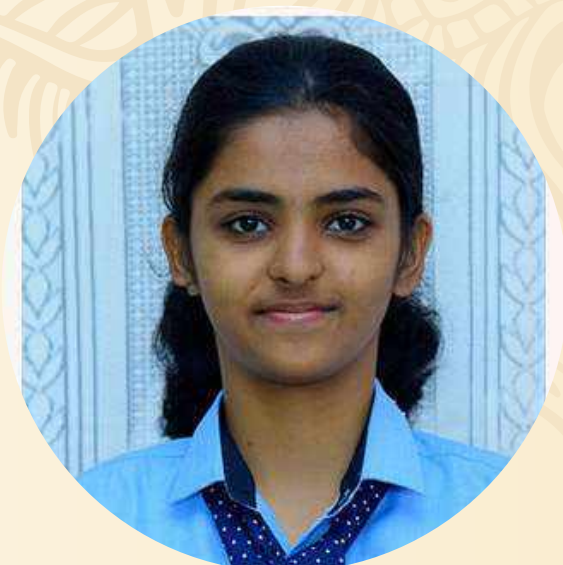
# MELANGE

## *Colours of Tradition, Threads of Culture*

16th December 2023 was a day called with great enthusiasm, excitement and enjoyment at St. Agnes PU College as the Agnesians celebrated the most versatile event of the year 'Melange', the Ethnic Day. There was a joyful environment as we embraced the beauty of diversities.

The students proudly showcased their rich cultural roots through traditional attires. As the event began with classical music, it left a blissful impact on the gathering. It was indeed an amazing start to the celebration. The students presented their talents by giving breathtaking and vibing solo performances that ranged from soulful instrumentals to captivating dances. Our beloved principal Sr. Norine Dsouza A.C shared her insight on the event and also focussed on the importance of celebrating diverse culture. Continuing with the celebration, we witnessed quick energetic dance performances in the dance battle. The classes were paired and a dance battle was held between them. The students burst out with energy on the stage as they had to match their dance steps to the song played at the spot. It was surely like cherry on top. Later on the auditorium was transformed into dazzling display of Bollywood glamour as the Agnesians dressed as the all time iconic characters of Bollywood and walked with style on the ramp. The response of the onlookers on this Bollywood themed ramp walk was phenomenal. Spot games were also organised and there was an active participation of students which showcased the complete involvement. The event took a beautiful turn towards the end as the auditorium vibrated with the beats and rhythm of India. The students presented a variety of dance forms representing the rich cultures of different states of our country. It induced a visual feast of cultural expressions.

Ethnic day highlighted the strength that arises when diverse cultures come together. Melange was indeed a joyous extravaganza that left an indelible mark, celebrating the beauty that emerges when individuals come together to embrace their cultural heritage. It has also left an everlasting impression of unity with cultural pride on everyone fortunate enough to be a part of the vibrant celebration.



**Saannvi T Kottary**  
**I PCMC 'D'**



# SELF DEFENCE

Self-defence in simple words is the use of force to protect yourself against someone who is attacking you. Self defence programs not only reach the physical movements of defence, but also the mental and emotional strength one needs to have belief in one's ability

When you learn the art of self-defence, you also develop an awareness of your body and how you can overcome previously unattainable limits. Self defence is one of the ultimate forms of keeping healthy as it involves the whole body from head to toe. The best part is that the health benefits extend to the mind and emotions. We develop a sense of responsibility and a set of values that transcend into everyday life. For Children especially, bullying is often reduced or entirely stopped. Everyone has the right to protect themselves from any kind of external harm and that is preserved in the constitution also

Learning self-defence will also enable one to protect the persons around them including their family. In the present scenario where rape cases are increasing at an alarming rate, women need to learn self-defence and they should be prepared for anything

Such an opportunity was given to us at St. Agnes PU College to equip ourselves. We also went through these rigorous training to be courageous, we did display our skills to the entire college. It boosted our self confidence.

Most people think of self-defence as a kick to the groin or fist in the eyes of an attacker. But the actual meaning of Self-Defence is doing everything possible to avoid fighting someone who threatens or attacks you. Self defence is all about using your head and not just your fist.

Self-defence education is not just for tough women, it is for all women and all ages. It does not need to be formal. Anyone can have it from anywhere, be it from friends, relatives, family. literature etc. But it is better to have the proper knowledge and Hands-on experience rather than counting on silly tips.

To protect ourselves from being harmed, injured or killed is a basic right of every human being. Thus instead of becoming vulnerable and helpless, wise people learn the tactics and defend themselves. So it becomes very important for us to learn self defence.

Some of the tactics we learn in self defence are as follows: Front hair grab, back hair grab, single hand grab Double hand grab, bag grab, stick attack and many other



Lhingnunem  
I HEPP



# CHRISTMAS VIBES

“If music be the food of love, play on” said Shakespeare. The AGNOMUSICANA 2k23 was an ebullient exhibition of talents, featuring solo, duet and group musical performances with various instruments. The auditorium burst with verve and vivacity as students presented rich melodies and harmonious tunes, creating an unforgettable experience.

We celebrated Christmas joyfully in the auditorium on 22nd December with a captivating skit portraying the birth of Jesus. The event commenced with soulful prayer and melodious carols, setting a festive ambience.

The enchanting dance performances added to the revelry, captivating the audience. Dr. Leo Francis Tauro, a distinguished consultant general and laparoscopic surgeon, graced the occasion as the chief guest, delivering an insightful message on the spirit of Christmas and its significance. Christmas, he said, is not about the gift under the tree, but the love and compassion we have for our fellow human beings. He appreciated the students who come from diverse backgrounds and enrich the campus with their unique talents and multiple perspectives, thereby creating an inclusive and positive environment as they embark on the journey of learning and self-discovery. Dr. Leo Tauro commended the teachers for their support and guidance and their role in chiseling the personalities of the students.





**Spectacular Christmas Carnival** The spirit of Christmas came alive at St. Agnes PU College with an enchanting Christmas Carnival that captivated hearts and spread joyous celebrations throughout the campus. The event held on December 22 welcomed us all to partake in an array of delightful activities tailored to embrace the holiday spirit. One of the main attractions that drew my friends was the Face Painting booth. Enthusiastic students showcased their creativity, adorning their faces with intricate designs and vibrant colors, infusing the air with a sense of artistic expression. At the Hair Dressing station, many students took the opportunity to embrace the festive season by experimenting with unique and innovative hairstyles. The atmosphere buzzed with excitement as they flaunted their new looks, adding an extra sparkle to the holiday festivities. Adding a touch of traditional charm, the Mehendi section allowed us to indulge in the intricate art of Henna designs. Delicate patterns and beautiful motifs adorned the hands of many, symbolizing the cultural richness of the season.

The delectable aromas wafting from the Bake Sale captured the attention of all with an irresistible array of homemade goodies. From scrumptious cookies to savory delights, the assortment of treats catered to every palate, spreading warmth and joy through delicious flavors. However, the highlight of the event was undoubtedly the Santa House. Students and teachers alike flocked to meet the jolly old man himself, Santa Claus. With his merry laughter and cheerful demeanor, Santa brought smiles and laughter, creating magical moments and treasured memories for all. The Christmas Carnival was more than just a series of events; it was a celebration that united the St. Agnes community in laughter, joy, and togetherness. It fostered an atmosphere of camaraderie and happiness embodying the true essence of the holiday season. As the day drew to a close, the echoes of laughter and the festive cheer lingered, leaving an indelible mark in our hearts



**Nahela Fathima**  
**I CEBA/SEBA**



# **2023- HARMONIOUS ACADEMICS WITH MELODY – SYMPHONY OF GROWTH & LEARNING**

My journey throughout the year 2023 as a Student of II BEBA here at St Agnes PU College has been akin to a symphony, harmoniously blending the notes of academic excellence and musical passion. The year 2023 has been a transformative journey filled with diverse experiences, from reconnecting with Friends to taking on Leadership roles; each event has contributed to my growth and development.

The year commenced with reuniting with Friends anew after the Holidays, which was a heartwarming experience. These moments of camaraderie provided a strong foundation for the rest of the year.

The year 2023 smoothly sailed through all the events: The Cabinet elections – who were chosen to represent the student choices and voiced our opinions. The Cultural and National Celebrations like Eureka, Independence Day, Karnataka Rajyotsava - celebrating the rich cultural diversity showcased the unity within our student community. These festivities not only fostered a sense of belonging but also deepened my appreciation for our rich heritage.

College Day was a highlight bringing together students and faculty for a day of recognition and celebration. Being part of this event allowed me to witness the collective achievements of our academic community.

For me participating in Sports Day not only promoted physical well-being but also emphasized teamwork and sportsmanship. The enthusiasm throughout the games by cheering our Teammates, savoring the delicacies at the College Stalls and concluding the day with the Winners and overall Champions created lasting memories in my life.

Teachers day and Students Day were the events where the either performed for each other on their Special Days and believe it or not our Lecturers are the best at dancing, singing, acting and what not, of course apart from being the best academicians!

Ethnic Day – Celebration of diversity through traditional attire, reminded me of the beauty in our differences. Fresco and La Gloria were also significant days reminding us of life in this college and the achievements of the students throughout.

The key orchestration of my experiences have been my encouraging Lecturers who not only nurtured my musical talents but also motivated me to actively participate in various college activities.

And here we are at the end of December 2023, the air filled with Christmas vibes. I think what set this academic year apart was the seamless integration of studies and extra-curricular activities. Despite the demanding schedule of rehearsals and performances, I found immense support from my Lecturers, who not only applauded my musical endeavors but also ensured that my academic journey remained on a high note. The achievements of all the Students stand as a testament to my College's commitment to fostering well-rounded individuals who excel not only in academics but also in their chosen passions. As I look back, I am grateful for the experiences that have enriched my journey and know for sure that the upcoming academic year would be even more exciting for the next batch.

Here's wishing you all a MERRY CHRISTMAS AND A HAPPY NEW YEAR 2024...



**Jeeya Ann D'souza**  
**II BEBA**



# 2023 For Me

Just yesterday I had texted my friend wishing her a good year ahead as we exchanged wishes for New year 2023 and now already we have reached the last few days of 2023. The year went by real quick but I definitely caught on many things during this year. This year added a plethora of beautiful memories in my bag of journey and taught me wonderful lessons for life. As I walked through various seasons hand in hand with my family and friends I learnt the importance of support from loved ones in having a bright future. Every time I felt, I was stranded in middle of a foggy road which lead to nowhere, every time I felt, giving up on whatever I had started with, they were there for me to show me that it was just a nightmare and there was a lot more to do in life than to worry about a mere nightmare. The diverse events and programmes held in our college introduced me to various challenges and helped me gain greater confidence. Different topics taught to me opened my mind to imagination and enriched me with knowledge. Apart from education there were also many other things that I learnt within the walls of St. Agnes PU college. I learnt that in order to rise, I had to fall; that in order to taste the sweetness of success I had to go through bitter failures. This year I realised the importance of letting go things that weren't meant for me and to focus more on what is necessary that is my future and my education rather than unnecessary things. As days went by I felt more at peace while being in the college and now that we are at the end of our days in the college as students, I need to say with a heavy heart that I am going to miss my time spent in the college. Soon we will be writing our board exams and as days go by all of us are going to walk different paths. Lecturers and friends whom I met every day and shared my experiences with will all become distant; but will definitely remain in my heart I am and always will be grateful to everything this year has given me.



Stelina  
II PCMB 'C'