



AGNOBEAT

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PRINCIPAL'S MESSAGE

Warm Greetings from St Agnes PU College
Education is the manifestation of love and the most cherished possession. Education drives away ignorance and through illumination it emboldens and empowers a woman and enlarges the horizon of her mind. It energizes a society and enables one to earn his/her living with self - respect and confidence.



Sr. Norine D'Souza A.C

In order to accomplish our vision and mission, we are prepared to take as much effort as possible. SAPUC is endowed with a progressive futuristic outlook that aims at continual growth in the quality of all academic activities with a sense of commitment to meet the expectations of the students, parents and society at large. The Annual Day and Sports Day were celebrated with grandeur where students displayed exuberant performance. Many other minor events of the month also were given equal importance. The cultural programs that take place at St Agnes PU College are always a blend of talent and creativity. The informative sessions conducted in college enhance and enable one to have a wide and varied knowledge of the current affairs and understand responsibilities as citizens of the country and grow in virtues of compassion and humaneness. I wish peace, prosperity and good fortune to all those who contribute to the noble task of spreading education and its manifold qualities, aims and objectives.

ಕರ್ನಾಟಕ ರಾಜ್ಯೋತ್ಸವ

"ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ "

ಕನ್ನಡ ನಾಡು, ನುಡಿಯನ್ನು ಕೊಂಡಾಡುತ್ತಾ, ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸುವ ದಿನವೇ ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ.

ಎಲ್ಲಾದರೂ ಇರು ಎಂತಾದರು ಇರು

ಎಂದೆಂದಿಗೂ ನೀ ಕನ್ನಡವಾಗಿರು

ಕನ್ನಡವೇ ಸತ್ಯ, ಕನ್ನಡವೇ ನಿತ್ಯ ||

ಕುವೆಂಪುರವರ ಈ ಕವನ ಕನ್ನಡ ಭಾಷೆಯ ಮಹತ್ವವನ್ನು ಎತ್ತಿ ತೋರಿಸುತ್ತದೆ.

ಕನ್ನಡ ನಾಡಿನಲ್ಲಿ ಹುಟ್ಟಿದ ಪ್ರತಿಯೊಬ್ಬ ಕನ್ನಡಿಗನ ಹೃದಯದಲ್ಲಿ ಈ ಕವನ ಮಿಡಿಯುತ್ತಿದೆ. ಕನ್ನಡ ಭಾಷೆ ನಮ್ಮ ನಲ್ಮೆಯ ಭಾಷೆಯಾಗಿದೆ.

ಆಲೂರ ವೆಂಕಟರಾವ್, ಕೆಂಗಲ್ ಹನುಮಂತಯ್ಯ ಮತ್ತು

ಎಸ್.ನಿಜಲಿಂಗಪ್ಪರವರು ಕರ್ನಾಟಕ ಏಕೀಕರಣದ ರೂವಾರಿಗಳಾಗಿದ್ದರು.

1950ರಲ್ಲಿ ಭಾರತವು ಗಣರಾಜ್ಯವಾದ ಮೇಲೆ ಭಾಷೆಯ ಆಧಾರದ ಮೇಲೆ

ಭಾಷಾವಾರು ಪ್ರಾಂತ್ಯ ರಚನೆಯಾಯಿತು. ಹಾಗಾಗಿ ದಕ್ಷಿಣ ಭಾರತದ ಎಲ್ಲಾ ಕನ್ನಡ

ಭಾಷೆ ಮಾತನಾಡುವ ಪ್ರದೇಶಗಳನ್ನು ವಿಲೀನಗೊಳಿಸಿ ಮೈಸೂರು ರಾಜ್ಯವನ್ನು

ನವೆಂಬರ್ 1, 1956ರಲ್ಲಿ ರಚಿಸಲಾಯಿತು. ಆದರೆ ಉತ್ತರ ಕರ್ನಾಟಕದ ಜನರು

ಮೈಸೂರು ಹೆಸರನ್ನು ಉಳಿಸಿಕೊಳ್ಳಲು ಒಲವು ತೋರಲಿಲ್ಲ. ಹಾಗಾಗಿ ರಾಜ್ಯದ

ಹೆಸರನ್ನು "ಕರ್ನಾಟಕ "ಎಂದು ನವೆಂಬರ್ 1, 1973ರಂದು ಮರುನಾಮಕರಣ

ಮಾಡಲಾಯಿತು.

ನಾನು ಕಲಿಯುವ ಸಂತ ಆಗ್ನೇಸ್ ಕಾಲೇಜಿನಲ್ಲಿ 68ನೇ ವರ್ಷದ ಕನ್ನಡ

ರಾಜ್ಯೋತ್ಸವವನ್ನು ಸಂಭ್ರಮದಿಂದ ಆಚರಿಸಲಾಯಿತು. ಸಭಾ ಕಾರ್ಯಕ್ರಮವು

ಪ್ರಾರ್ಥನೆಯೊಂದಿಗೆ ಆರಂಭವಾಯಿತು. ಡಾ. ಪ್ರಭಾಕರ ನೀರುಮಾರ್ಗರವರು

ಮುಖ್ಯ ಅತಿಥಿಯಾಗಿ ಆಗಮಿಸಿ ಕನ್ನಡ ನಾಡು ಮತ್ತು ನುಡಿಯ ಕುರಿತು

ಮಾತನಾಡುತ್ತಾ, ಕನ್ನಡ ನಾಡಿನ ಅಭಿವೃದ್ಧಿಗಾಗಿ ಶ್ರಮಿಸಿದ ಸಾಧಕರನ್ನು

ನೆನಪಿಸಿಕೊಂಡರು. ವಿದ್ಯಾರ್ಥಿಗಳು ಕನ್ನಡ ಭಾಷೆ ಮತ್ತು ನಾಡಿಗೆ ತಮ್ಮದೇ ಆದ

ಕೊಡುಗೆಗಳನ್ನು ನೀಡಬೇಕು ಎಂದು ಸಂದೇಶವನ್ನು ನೀಡಿದರು. ನಂತರ

ವೇದಿಕೆಯಲ್ಲಿ ವಿದ್ಯಾರ್ಥಿಗಳಿಂದ ಕನ್ನಡ ನೃತ್ಯರೂಪಕ ಪ್ರದರ್ಶನಗೊಂಡಿತು.

ಹಲವಾರು ಜನಪದ ನೃತ್ಯಗಳು ಅನಾವರಣಗೊಂಡವು. ನಾಡಗೀತೆಯೊಂದಿಗೆ

ಕಾರ್ಯಕ್ರಮವು ಮುಕ್ತಾಯಗೊಂಡಿತು.

ಕನ್ನಡವೇ ನಮ್ಮೆಲ್ಲರ ಉಸಿರಾಗಲಿ !



VIBHA BHATNAKAR
I PCMB 'A'



A TALK ON CHILD MARRIAGE

A child's dreams should be of playgrounds and laughter, not veiled by the shadows of early marriage.

On November 9th, 2023, we had the delight of listening to Smt. Gowri KS, Juvenile Justice Member, Directorate of Child Protection, Government of Karnataka who brought awareness about the ill effects of child marriage and the unknown facts about it.

Even though India is progressing rapidly, child marriage is one of the causes that interrupts India's growth and unfortunately, our state, Karnataka is also contributing to this. Mrs. Gowri informed us that according to 2014, UNICEF records one out of three child marriage cases are from India.

She highlighted some of the prominent reasons for child marriage. Parents of child brides often agree to such drastic steps due to either their backward thoughts, financial issues or just to free themselves from the so called 'burden' of a girl child. Such parents are unaware of the physical and mental trauma that affect the children. Mrs. Gowri also briefed us about the problems faced by the child brides such as physical abuse, harassment, mental stress, depression, educational hiatus, adolescent pregnancy etc. On the other hand, child grooms also face many problems since they are unaware and unable to handle the responsibilities forced upon them.

She acquainted us with various reasons of how we could potentially save the victims of child marriages. Anyone who comes across such scenarios could anonymously report to the local police station, corporation or any other government offices, political leaders etc. All the people who are engaged in this wrong doing, starting from the family and relatives of the child couple, to all the people present at the wedding can be punished. They can also be fined a hefty amount and sentenced for 2 years. If the wedding was successfully completed, it would be considered null. She concluded her talk by enlightening us that child marriage is an ongoing affair and it's our responsibility to free our country from its shackles.

Each and every person should realize that every child deserves a childhood and not an early marriage sentence.



Sakshi
II PCMC 'D'

HAIR DONATION DRIVE

In a heartwarming display of generosity, our college had organised a 'Hair Donation Drive', in collaboration with Fly High Charitable Trust and Mercy Academy that not only transformed looks but also touched hearts. The initiative driven by the desire to make a difference saw students, teachers and even outsiders come together to contribute their hair for a noble cause.

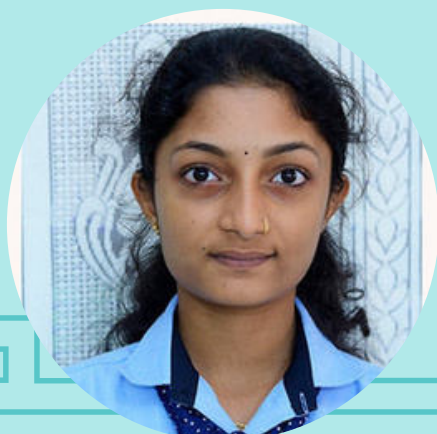
The atmosphere was full of excitement as the donors were ready to donate their hair. The drive aimed to collect hair for creating wigs for cancer patients and others who had lost their hair due to certain medical reasons and to bring a smile on their face. There was even a dance performance by the students. There were around 20 of us who willingly donated our hair. The hair stylists had come to cut the hair. As one of the donors, I was very excited to donate my hair. This donation drive was a chance to contribute to a positive transformation in someone else's life. Dr Deepti Rasquinha, the chief guest motivated us by speaking about how cancer can be a traumatic experience and how gestures like these help in building the morale of the patients. This comment filled our heart with more confidence to donate our hair



Megha P Shetty
I BEBA

LANTERN MAKING COMPETITION

In a vibrant celebration of festival of lights, St. Agnes PUC recently conducted an enthralling Diwali Lantern Making Competition. This competition was a part of Diwali celebration as an initiative to build Inter cultural bonding among students. The competition inspired the students to think and work resourcefully and promote their artistic excellence. We used various materials and techniques to make lanterns from traditional paper and fabric. Every lantern radiated innovation and cultural significance. All of us were very excited to craft unique and eye-catching lanterns. Many teams participated and each team comprised of 3 members. The event not only celebrated artistic expression but also fostered a sense of community as students collaborated and exchanged ideas during the creative process. Our team won the first place and our joy knew no bounds. It surely was an amazing experience.



Dhanya
I CEBA/SEBA

DIWALI CELEBRATION

Diwali, or Deepawali, is India's biggest and most important festival. It marks the beginning of a new year. The festival gets its name from the row (Avali) of clay lamps (Deepa) that we light outside our homes to symbolize the inner light that protects from spiritual darkness. Diwali is celebrated as a victory of good over evil. In northern India they celebrate the story of King Rama's return to Ayodhya after he defeated Ravana by lighting rows of deepas. The southern part of India celebrates it as a day that Lord Krishna defeated the demon Narakasura.

St Agnes PU college celebrated the festival of lights on 11th November. The entrance was decorated with rangoli to elevate the beauty of the festival. All the classes had prepared well and had put in a lot of effort in decorating their classrooms to celebrate Diwali among their friends. Each of the classrooms was decorated in a special and unique way by the students of the class. The students had decorated their class by lighting up diyas, making beautiful rangoli designs on the floor, hanging lanterns, putting up radiant fairy lights and garlands across the classroom and by decorating the boards with different colors. We welcomed the principal and the staff by lighting up the lamp. We then offered them delicious sweets as a symbol of our love, happiness and appreciation. Diwali certainly has brought up some good values in everyone who has celebrated the festival. Diwali symbolizes the spiritual victory of light over darkness, good over evil and the knowledge over ignorance. It signifies a time to destroy all our darkness, dark desires and thoughts, eradicating dark shadows and evils and gives us the strength to carry on with goodwill for the rest of the year. As we celebrated this religious festival amongst our classmates and friends we have learned many values from it such as unity. Irrespective of their caste or religion, the students all gathered around to help one another to decorate and to enjoy. We enjoyed each and every moment spreading love and joy to all around.



ASHEL D'MELLO
II PCMB 'B'

AN INWARD JOURNEY OF NEW HORIZON

“God shares the secrets of success with us when we spend time with God”.

Most days of my life, I long for a day that I could spend alone in calm surroundings just to set myself free from my busy schedule. It so happened that I along with Mrs Joanne Sheethal & Ms Liekitha got to attend a two – day session on “ An Inward Journey of New Horizons” for

the Apostolic Carmel teachers organized by the management at St Ann’s convent. It was indeed a rejuvenating experience. Yes , prayer can have a profound effect and help people heal physically , emotionally and psychologically.

The session had a four – fold objective:

- Making God the first priority in life.
- Seeking God in life .
- Developing positive relationships.
- Committing yourself totally to the mission of the management.

All of us were actively involved in the group activities which helped us reflect deeply about what we are here for and what are our special and deep desires in life. Being a teacher, I realized that the most important desires that we should inculcate in ourselves are; prayer , faith, love, good health, happiness, commitment and service.

I was very fascinated about the concept of silence in one’s life and how it can activate one’s inner life. Nature is God’s love letter : because He is sending his messages through nature. Our management.

The Apostolic Carmel is connected with nature, The word ‘Carmel’ means garden. Nature is the latest teacher. For example: a flower blooms beautifully which ever place it is in, so as teachers we learn to bloom wherever we are rooted. The session also focussed on the need to love ourselves and how to promote love for students.

The session came to an end with me invisioning a bright future for myself and those whose lives I touch with my new awareness and insights.



Mrs. Lavina Lobo
Dept of Physics

COLLEGE DAY

The atmosphere at St Agnes PU College had seen a shift as all of us were busy preparing for college day. The students and lecturers were totally involved in putting their entire energy and efforts for this day. The dancers, singers and the actors were trained after regular college hours. Rehearsals were held on the outdoor stage. College day was held on 23rd November 2023 in our college grounds. The programme started with the guard of honour by our college NCC Cadets, the class representatives of both 1st and 2nd years along with the college cabinet and the band. The opening chorus rendered by our college students was truly amazing. A short tribute was given to the Palestinians mentioning the pain and sorrows of the people in a meaningful tableau 'Red for love'. The soulful singing by the celestial fairies mesmerized the audience. Kannada dance drama on Venerable Mother Veronica's inspiring journey, dance performances depicting the qualities of courage and valour enthralled the audience. The crowd cheered the girls as they were performing on the stage with full energy and excitement. All that can be said about the event is that it was a day that was filled with memories for the years to come up. It brought a smile to everyone's face and made a wonderful night. It was a memorable and joyful evening I had ever seen.



SHAIMA MARIYAM KANDAK
II HEPP

SPORTS DAY

“Sports teaches you how to play by the rules. It shows you how to win and how to lose. It teaches you how to play as part of a team and how to rely upon yourself”, says Diane Kenny.

On the bright sunny morning of 29th November 2023, the students and faculty of St. Agnes PU college assembled together to participate and witness the Annual Sport Meet.

Sports Day is a vibrant celebration of athleticism, teamwork and unbridled enthusiasm. Beyond the competitive edge, Sports Day fosters a sense of camaraderie where participants forge bonds that extend beyond the track. It's a celebration of human potential, unity and the sheer joy of pushing one's limits.

It was a day filled with fervor and excitement experienced amidst thrills, shrills and cheers which was accompanied by the resounding Beats of the College Band, adding a majestic touch to the grandeur of the occasion.

The Chief Guest for the day was Mrs. Lilly Pais, District President, Karnataka Physical Education Teachers' Association, DK.

The ceremonial march past of the NCC cadets who marched with utter perfection followed by the I and II PUC students was a delight to watch. Our hearts were filled with pride as the torch was lit and was carried by the National and State Level Sports achievers. The cheering teams were filled with zeal and enthusiasm and cheered in the track and field events for the day. We truly had a great time cheering our friends. Games were conducted for our dear teachers wherein they too whole heartedly participated in both indoor and outdoor events. The spectacular day came to a close with the harmonious rendition of the National Anthem.



Rinkle Sweedel Dsouza
II PCMB 'C'



ಕನ ಡ ಪ ಬಂಧ

ಹೆಣ್ಣು ಒಂದು ಪದ ಕಲ್ಪನೆಗೂ ಸಿಗದಂತ ಒಂದು ಅದ್ಭುತವಾದ ಶಕ್ತಿ. ಇಡೀ ಜಗತ್ತನ್ನೇ ಸೃಷ್ಟಿ ಮಾಡಿರುವ ಆ ದೇವರುಗಳೇ ತಾಯಿಯ ಮಮತೆಗೆ ಸೋತು ಮಕ್ಕಳಾಗಿ ಹೆಣ್ಣಿನ ಮಡಿಲಲ್ಲಿ ನಲಿದರು. ಒಂದು ಜೀವವನ್ನು ಸೃಷ್ಟಿಸುವ ಶಕ್ತಿ ಇರುವುದು ಒಂದು ಹೆಣ್ಣಿಗೆ ಮಾತ್ರ. ಹೆಣ್ಣು ತಾಯಿಯಾಗಿ, ಅಕ್ಕನಾಗಿ, ತಂಗಿಯಾಗಿ, ಮಡದಿಯಾಗಿ ಅಜ್ಜಿಯಾಗಿ ತನ್ನ ಎಲ್ಲಾ ಪಾತ್ರವನ್ನು ಅಚ್ಚುಕಟ್ಟಾಗಿ ಎತ್ತಿ ಹಿಡಿಯುತ್ತಾಳೆ. ತಾಯಿ ತನ್ನ ಮಗುವಿಗೆ ತಾಯಿಯು ಆಗುತ್ತಾಳೆ, ಗುರುವೂ ಆಗುತ್ತಾಳೆ, ಹೆಣ್ಣೊಂದು ಕಲಿತರೆ ಶಾಲೆಯೊಂದು ತೆರೆದಂತೆ. ಭಾರತದ ಮರಾಠದ ಪ್ರಕಾರ ಎಲ್ಲಿ ಹೆಣ್ಣನ್ನು ಮೂಜಿಸುತ್ತಾರೆ ಅಲ್ಲಿ ಮೂಕೋಟಿ ದೇವತೆಗಳು ನೆಲೆಸಿರುತ್ತಾರೆ. ಅದಕ್ಕೆ ನಮ್ಮ ದೇಶದಲ್ಲಿ ನ್ಯಾಯವನ್ನು ನ್ಯಾಯದೇವತೆ ಎಂದು ಕರೆಯುತ್ತಾರೆ ಹೊರತು ನ್ಯಾಯದೇವ ಅಲ್ಲ. ಅದಕ್ಕೆ ಹೆಣ್ಣು ಶಕ್ತಿ, ಹೆಣ್ಣು ಅಡಿ, ಹೆಣ್ಣು ಅಂತ್ಯ. ಅವಳಿಗೆ ಸೃಷ್ಟಿಸುವುದು ಗೊತ್ತು ಸಾಕೆ ಮಾಡುವುದು ಗೊತ್ತು. ಭಾರತದ ಪ್ರಕಾರ ಒಂದು ಹೆಣ್ಣು ಯಾವಾಗ ಬಾಲಕಿಯಾಗುತ್ತಾಳೋ ಅವಳು ತನ್ನ ತಂದೆಯ ಮೇಲೆ ಅವಲಂಬಿತಳಾಗಿರುತ್ತಾಳೆ. ಮದುವೆಯಾದ ನಂತರ ಗಂಡನ ಮೇಲೆ ಅವಲಂಬಿತಳಾಗಿರುತ್ತಾಳೆ. ಮುಪ್ಪಿನ ಸಮಯದಲ್ಲಿ ತನ್ನ ಮಕ್ಕಳ ಮೇಲೆ ಅವಲಂಬಿತಳಾಗಿರುತ್ತಾಳೆ ಇದನ್ನು ಹೇಳಿದವರು ಈ ಜಗತ್ತಿನಲ್ಲಿ ಭ್ರಮೆಯ ಹುಚ್ಚನ್ನು ಹಿಡಿದು ಬದುಕುತ್ತಿದ್ದಾರೆ ಅನ್ನುವುದು ನನ್ನ ಅಭಿಪ್ರಾಯ. ನ್ಯಾಯದ ಸಂಕೇತವಾಗಿ ಸೀರೆಯನ್ನು ತೊಟ್ಟು, ಧರ್ಮದ ಬಡವನ್ನು ಹಿಡಿದು, ಅಧರ್ಮವನ್ನು ಮೆಟ್ಟಿ ನಿಲ್ಲಲು ಕುದುರೆಯನ್ನು ಏರಿ ನಾನು ಎಲ್ಲವನ್ನು ರಕ್ಷಿಸಬಲ್ಲೆ ಎಂದು ತನ್ನ ಮಗುವನ್ನು ತನ್ನ ಬೆನ್ನಹಿಂದೆ ಕಟ್ಟಿಕೊಂಡು ಕಣ್ಣಲ್ಲಿ ನ್ಯಾಯ, ಧರ್ಮ, ನಿಷ್ಠೆ, ದೇಶಭಕ್ತಿಯ ಕಿಡಿಯನ್ನು ಕಣ್ಣಲ್ಲಿ ಹೊತ್ತಿ ಈ ದೇಶಕ್ಕೆ ಹೋರಾಡಿ ಪ್ರಾಣ ತ್ಯಾಗವನ್ನು ಮಾಡಿದ ಎಷ್ಟೋ ವೀರವನಿತೆಯರ ಉಸಿರಾಟ ಈ ಗಾಳಿಯಲ್ಲಿ ಬೆರೆತಿದೆ.

ನಮ್ಮ ಮರಾಠನ ಇತಿಹಾಸದಲ್ಲಿ ಎಷ್ಟು ಅಗ್ನಿಪರೀಕ್ಷೆಗಳನ್ನು ಗೆದ್ದು ಬಂದತಹ ಹೆಣ್ಣು ನಮ್ಮಲ್ಲಿದ್ದಾರೆ. ಅದರ ಈಗ ಹೆಣ್ಣಿನ ಮೇಲೆ ದೌರ್ಜನ್ಯವಾಗುತ್ತಿದೆ. ಹೆಣ್ಣನ್ನು ಪ್ರಕೃತಿಯಾಗಿ, ಧರ್ಮಿಯಾಗಿ ಮೂಜಿಸುವ ಸಾವು ಅವಳ ಮೇಲೆ ದೌರ್ಜನ್ಯವನ್ನು ನಡೆಸುತ್ತಿದ್ದೇವೆ. ನನಗೆ ಭಾರತದ ಮರಾಠನ ಇತಿಹಾಸದ ರಾಕ್ಷಸರ ಮೇಲೆ ತುಂಬ ಗೌರವ ಏಕೆಂದರೆ ಅವರ ಇತಿಹಾಸದಲ್ಲಿ ಒಂದು ಹೆಣ್ಣಿನ ಮೇಲೆ ಮಾಡಿದ ಅತ್ಯಾಚಾರದ ಕಥೆಯನ್ನು ನಾನು ಕೇಳಿಯೂ ಇಲ್ಲ, ಓದಿಯೂ ಇಲ್ಲ! ಅದರ ಈಗ ಒಂದು ಹೆಣ್ಣನ್ನು ನಡು ರಸ್ತೆಯಲ್ಲಿ ಬೆತ್ತಲೆಯಾಗಿ ನೋಡುವ ಪರಿಸ್ಥಿತಿ ನಮ್ಮ ದೇಶಕ್ಕೆ ಬಂದಿದೆ ಎಂದು ಹೇಳುವುದಕ್ಕೆ ನನಗೆ ನೋವಾಗುತ್ತಿದೆ. ಪ್ರತಿದಿನ ಹೆಣ್ಣಿನ ಮೇಲೆ ನಡೆಯುವ ಅತ್ಯಾಚಾರವನ್ನು ಕೇಳಿ ನನ್ನ ರಕ್ತ ಕುದಿಯುತ್ತಿದೆ. ಜಾತಿ, ಧರ್ಮ ಎನ್ನುವ ಅಂಧಕಾರದಲ್ಲಿ ಹೆಣ್ಣಿನ ಮೇಲೆ ಶೋಷಣೆ ನಡೆಯುತ್ತಿದೆ. ಹೆಣ್ಣಿನ ಪರವಾಗಿ ನಾನು ನಿಲ್ಲುತ್ತೇನೆ ಅನ್ನುವವರಲ್ಲಿ ಹೆಣ್ಣಿನ ಮೇಲೆ ದೌರ್ಜನ್ಯವಾದಾಗ ಅವಳು ಯಾವ ಜಾತಿ, ಯಾವ ಧರ್ಮ ಎಂದು ನೋಡಿ ನ್ಯಾಯಕ್ಕಾಗಿ ರಂಗಕ್ಕೆ ಇಳಿಯುವ ಎಷ್ಟೋ ಹೆಣ್ಣುಮಕ್ಕಳು ನಮ್ಮಲ್ಲಿ ಇದ್ದರೆ ಇದೇ ರೀತಿ ನಮ್ಮಲ್ಲಿ ನಡೆದರೆ ಎಷ್ಟೋ ಹೆಣ್ಣೀರ ಶಾಪ ಈ ಮಣ್ಣಲ್ಲಿ ಬಿದ್ದು ದೇಶದ ಸರ್ವಸಾಕಕ್ಕೆ ನಾಂದಿಯಾಗುತ್ತದೆ ಎಂದು ನನಗೆ ಅನಿಸುತ್ತದೆ.



Lakshmi H
II HEPP

OUTREACH

We students of 1st PCMC [D] batch had got the chance to visit Little Sisters of the Poor at Maroli, Mangalore on 30th October. As we entered the old age home we were struck by the quiet and peaceful atmosphere. There was a sense of serenity in the air. However there was also a hint of melancholy as if the residents were resigned to their fate of living in an old age home. We spent some time interacting with the residents, we sang and danced for them and they too sang for us which was the most heartwarming thing ever. Spending time with them made me realise the importance of valuing our elderly and the impact that a small gesture of kindness can have on their lives. It was clear that many of them enjoyed having visitors and appreciated the opportunity to share their stories. In conclusion our visit to an old age home allowed us to connect with elderly people, learn from their experiences and reflect the importance of spending time with and caring for the elderly. It highlighted the need for us to treat the elderly with respect and compassion and to provide them with care and support they need to live their lives with dignity and grace.



Aurel Datta Rao
PCMC [D]
23SD028

COMPETITIONS AND EVENTS



**Winners of 'Pre-Unique 2023',
Intercollegiate Fest held at
St. Aloysius PU College, Mangalore**



**Winners of 'CELESTIA', a National Level
Intercollegiate competition held at
St Agnes College**



**'State Level Wrestling Tournament'
Khadeeja Noha won the 1st place
and is selected for the Nationals
Ananya and Anusha bagged the
3rd place**



**'Dasara Cup Table Tennis Tournament' held
by DYES
Nahla Fathima won the 2nd place in
Table Tennis Doubles
Third place in the team event**



**In the District level Karate Tournament held at S.D.P.T PU College, Kateel,
Shrika Salian clinched the Gold Medal in Kumite category**



Winners of ‘Navrang’, Intercollegiate Fest held at Milagres College, Mangalore

Winners of group dance event held at ‘Footprint’, an intercollegiate Fest held at Canara PU College, Mangalore



**‘RACONTEUR’
English Creative Writing Competition**