

# AGNOBEAT

## E-Monthly Magazine

Issue: August 2022    Volume: 21    Editors: Mrs Pramila DSouza, Mrs Preema Pereira, Mrs Sharline DSouza

### PRINCIPAL'S MESSAGE



Dear Readers

This year on August 15th, Indians all over the country witnessed 75 years of Independent India!

‘Azaadi Ka Amrith Mahotsav’ was an occasion to have an attitude of gratitude to God and to the freedom fighters for their relentless search and the struggles they faced to free India.

Culture is the flower of the human being, the fruit of our minds, the product of our traditions, the expression of our yearnings. Culture is also a powerhouse - an employer of millions, an engine of economic progress. Societies today are multi-ethnic, multi-religious and multi-cultural. This abundance of cultural diversity is a catalyst that inspires creativity and innovation and thereby enriches society.

India is a land that symbolises unity in diversity. Indian culture is the repository of a multiplicity of castes, religions, customs, regions and languages. Despite all the differences, there exists a remarkable sense of unity among us. May the line of the Patriotic song ‘Hum Sub Bharathiya Hai’ ring in our hearts and enable every Indian to have unwavering faith in the words and vision of Rabindranath Tagore, ‘Into that heaven of freedom, my father, let my country awake.’

Jai Hind





The College Cabinet and Student Council along with the faculty had organised an extraordinary event for the freshers i.e. first PUC students on 6th Aug 2022 in the College Auditorium. The student council body gave us a grand welcome. All of us loved the melodious music which was played. There were various competitions organised and participating in those competitions made us discover our innate talents. The teachers were very supportive and so were the student council body.



"Dancing with your feet is one thing and dancing with your heart is another". We all enjoyed dancing with each other. We got to recognize greater things about our classmates. This day will certainly remain as one of my favourite and the most enjoyable day in St Agnes PU College.



**SHARON CAROL REGO**  
**I CEBA**





15th August

# INDEPENDENCE DAY

75  
Azadi Ka  
Amrit Mahotsav

After a lot of struggle our country gained freedom. I feel extremely proud to say that India celebrated its 75th Independence Day this year. This year I saw the national flag of India hoisted on every house, school, college, shops and buildings.

We the students of St Agnes PU College celebrated the 75th Independence Day wholeheartedly. My heart was filled with pride when the national flag was hoisted. A rangoli depicting 75th Independence Day was beautifully decorated near the flag pole. The Independence Day programme was conducted in the auditorium. The dancers and singers portrayed unity in diversity by showcasing the significance of each State and Union Territory of India and the unity among the States and Union Territories.

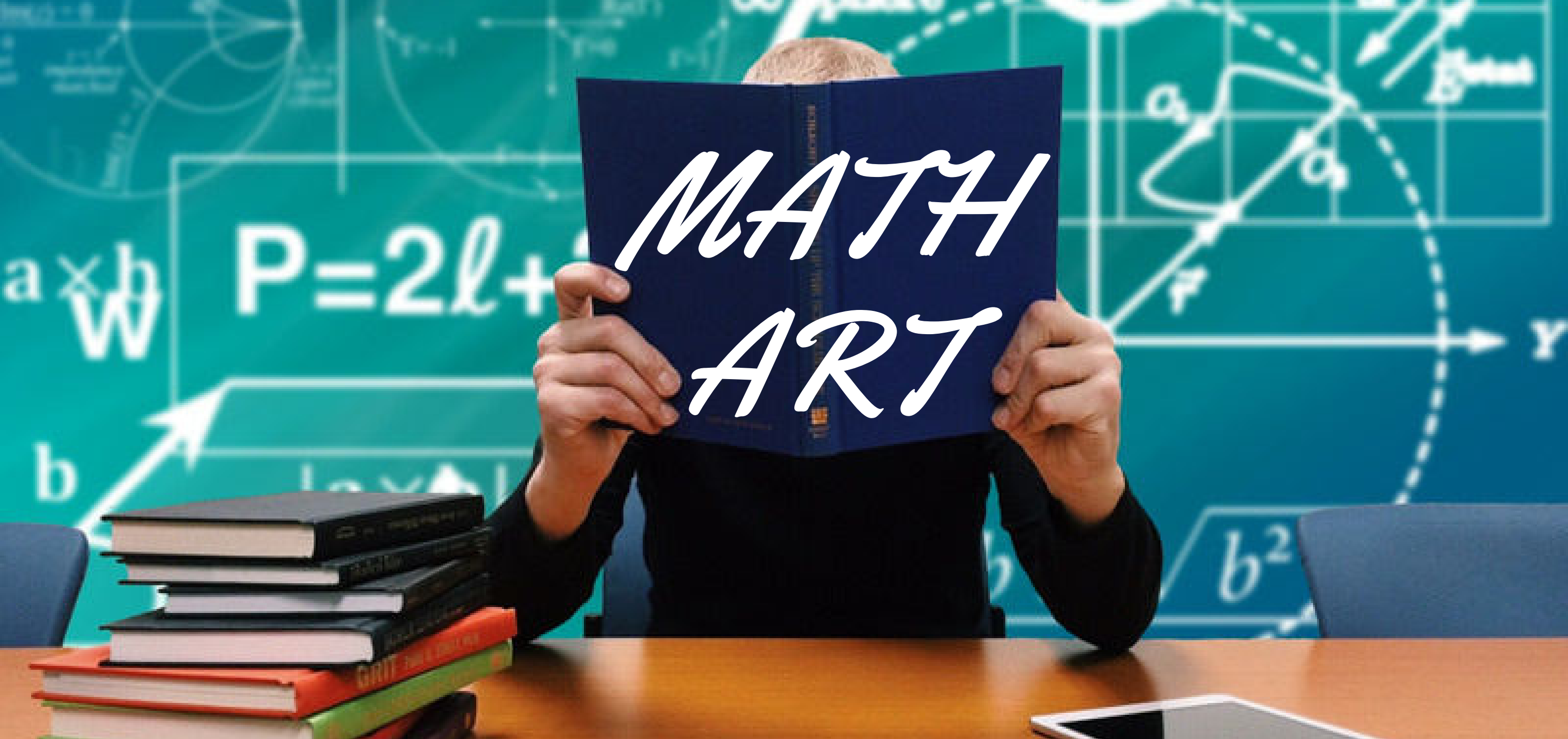




The models who represented the States and Union Territories gave information about each State and territory. At the end of the performance all the students who participated in the programme did the last formation along with the NCC cadets.



**SAMPOORNA V PRABHU**  
**I HEPP**



The Department of Mathematics had organized "Math Art Competition" on 3rd August 2022 for the I and II PU students. I was one among the competitors who actively participated in this competition. The work had to be original and we were free to choose any style of art. I chose geometric art for my artwork. I had very little knowledge about the golden ratio, reuleaux triangle and curves with constant width. So I browsed the internet to find out more about them and incorporated them in my sketch as well.

During the competition, all the participants were zestful and showcased their talents admirably in their paintings. I felt that it would be quite difficult to decide the winners as each artwork was unique.



**ADITI G AMIN**  
**II PCMB 'B'**

# NETFLIDS

On 4th & 5th August 2022, a colourful and memorable intercollegiate fest, Netflids was organised by Indian Design School, Attavar. Netflids is an eagerly awaited intercollegiate fest for students. The event was diligently organised. There was a soul to it, a soul that was vibrant, contagious and exuberant. This was a two-day long event and was held in the college premises. In this mega event, many colleges in and around Mangalore took part. On the first day, around 25 students from our college, under the guidance of Dr. Shobha of the Hindi department and Ms Apoorva from the Chemistry department reached the venue by 9 a.m. There were many fun filled competitions on the first day like face painting, photography, cooking without fire, mime, advertisement, soap carving, eating competition, build a bridge and scavenger hunt. On the second day, we were guided by Mrs Anitha of the Hindi department and Ms Apoorva from the Chemistry department.



**ANANYA MADHU**  
**II PCMB 'A'**

Make up, collage competition, sketching competition, musical chair with a twist, cooking with fire, mock press, mehendi art, dress designing and fashion show were the competitions assigned on the second day. We participated in all the competitions with competitive spirit and won many prizes and brought laurels to our college. This fest provided a bigger platform for us to showcase, learn and exchange our cultural and intellectual capabilities. We really enjoyed a lot and dispersed with a sincere hope that such mega events should be organised every year, giving the students a chance to display their talents.





# KARATE TOURNAMENT

My journey with karate began in the year 2013. One day when I was taking a walk around my apartment, I saw some of my friends wearing a white dress with a white belt tied around their waist learning something. I didn't even know what it was called back then. I remember going home and asking my mother if I could join them and that's how one of the best things in my life started.

I have undergone training in karate for over eight years and now I am a brown belt in karate. When I joined college, I was happy to be a part of the karate team. We have participated in many competitions and have won many medals. The District Level Karate competition was held in our college this year. We were all excited to take part in the event. Teams from different colleges participated in this competition. Three students from our team won the first place in the individual category and have been selected for the State Level. Two of my teammates won the second place and one teammate won the third place in the individual category. I am proud to say that our team won the winner's trophy.



**LIKSHITHA M.S**  
**II PCMC**





# INDEPENDENCE DAY FOR THE PRISON INMATES

## 15<sup>th</sup> AUGUST



“Ask not what the country can do for you, ask what u can do for your country.”

Independence is both freedom and responsibility .It is freedom to choose what we want to do and concurrent responsibility to act in the larger interest of the society and the nation. Keeping this in mind, we the students of St Agnes PU College took the initiative to celebrate this freedom with the incarcerated or those who are curtailed of their freedom. We planned to visit the Central Jail of Mangalore which is situated in Bejai. We formed a group of 30 to visit and organize an event on account of the 75th Independence Day to lift up the spirits of the inmates. Soon after we reached, few policemen approached us to go through the security checks. As we walked through the passage I got a glimpse of their living conditions. The jail was surrounded with high walls and huge gates. There were multiple cement beds all lined up in each room. As we walked into the hall the prisoners were seated. The cultural event started with a prayer song and we also performed a dance and patriotic song. The event was performed for the inmates in presence of the rotary club members. The life behind those high walls was always a mystery to me. I entered the prison with mixed emotions, I was anxious to see the people living there and also a sense of fear was gripping me as I was completing the security checks. As I was performing, I felt that they were not very different from us who are free, however some of the faces which were unshaven and not neat enough for the normal society scared me off. It was quite memorable and an eye opener for us into life behind bars. We hope to have given them a ray of hope by uplifting their spirits on the occasion of Independence Day.



**IVIN MELITA SEQUEIRA**  
**II BSBA**



# ELDERS' DAY

On 29th August 2022, Grandparents' Day was celebrated in our college. A week before, when I heard about the grandparents' day celebration, I requested my grandmother to attend the programme. She was very excited to come and attend it. She came all the way from Mysuru to our college. All the grandparents were made to sit in the front row along with the Principal, Vice Principal and the Chief Guest Mr J R Lobo. My grandma loved the beautiful handmade flowers and the gifts which were distributed by the II PUC students. The grandparents were made to play exciting games. The best part was that all the grand daughters were cheering their grandparents and so did I. Surprisingly my grandma won the first prize. The students entertained them with songs, dance, drama and an apt poem was also recited. The chief guest addressed the gathering and distributed the prizes to the winners. My grandma loved the programme so much that she shared her experiences with her sisters and all her friends.



**RHEMA SHEREEN**  
I SEBA 'A'

# BASKET BALL TOURNAMENT



'None of us is as smart as all of us'

-Ken Blanchard

The day of our competition defined teamwork. Because of the adrenaline coursing through the air and the excitement in everyone's nerves, it was hard for us to stay calm. But the mere knowledge of knowing that we had each other's backs if anything went wrong was enough for us to do our best. There were so many different spectacular players, emphasis on 'spectacular' because we were in awe while watching them play. They moved through the court with such swiftness and scored points over and over until they themselves and the opposing team were exhausted but no one gave up or decided to quit. Every player gave in their all.

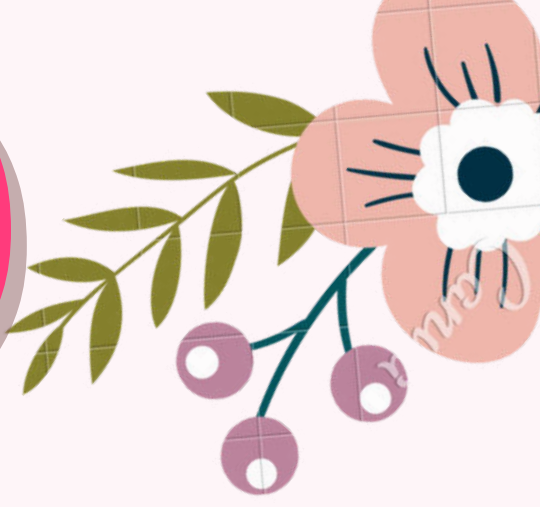
While playing against the St Aloysius PUC girls' team, in their court, our team worked through the nerves and even though we might not have secured the first position, we have learnt a lot.



**RHEA MADAN**  
**II SEBA 'A'**



# ATC(NCC)



The annual training camp (ATC) was organized at St Joseph Engineering College for 8 days. The journey began on 3rd August 2022. I was very excited and curious about how the camp would unfold. We took off from college and embarked towards the campsite. We went to our allotted room and took some rest and later our daily routine for the camp was fixed. All the stationed cadets were asked to assemble on the basketball ground. As we stood in file's of three's, to my astonishment I got to know that there were 400 cadets lined up. Our daily routine started early morning with PT, theory classes and some interesting sessions in the afternoon. To add fun and excitement we had cultural programs in the evening, where I saw many CDT, LFC, CDT CPL, CUO, and many others...whose performance was fabulous. We had range firing and campfire which was the best part of the camp. We had competitions like singing, dancing, skit, range firing, throw ball match and the list would go on and on. I actively participated in these activities and won the third place in range firing. Every moment I spent was filled with happiness and I am proud of myself. We also had election for the best cadet. I gave my best in the written examination. Time flew very fast and I felt each day was like each second. The camp was filled with excitement and enjoyment. I have never experienced such a beautiful moment with my friends. More than friends we were an NCC family.



**DHANVI.SM**  
**II PCMC D**



# STAR OF THE MONTH

- First and foremost, I would like to express my gratitude for choosing me as one of the stars of the month. I felt greatly privileged to be adorned with the star badge for a month. It was a great motivation for me to be on my best behavior and live up to it. The idea of having 'stars' of the month classwise is wonderful as it inspires everyone to do their best and be the next stars. It also helps to inculcate good personal and social qualities, discipline and punctuality while also actively engaging in the activities of the college. What I have learned is that the purpose of being a star is not to compare your brightness to any other star, but to shine as bright as possible while also celebrating the light of others. The purpose is to try and become better versions of yourself while also inspiring others to do so.



**SAMRUDDHI D**  
**II PCMC INTEGRATED**

# AZADI KA AMRIT MAHOTSAV(ELOCUTION)

**My Experience of taking part in the District Level Intercollegiate Elocution  
Competition held at SDM Residential PU College**



**Vandan Joan Rasquinha**  
**II PCMB A**

I was thrilled to represent my college along with my friend and classmate Ananya at the district level elocution competition held at SDM PU College in Ujjire on August 10 this year. This event was organised in connection with the 75th anniversary of our Independence.

Students from 30 PU Colleges from all over Dakshina Kannada competed in this event. Almost everybody delivered a good oration. I had underestimated the competition as this was my first inter-collegiate competition. Even students from lesser-known colleges were so good in their delivery and diction. Probably, I scored well on the matter. The topic was 'The Post-Independence period and the Youth'. While most preferred to speak about what the youth in India should be doing, I spoke about the wonderful things that the youth in India are doing at the moment. Despite the tough competition, I secured the First prize. I took this opportunity to learn from my fellow competitors.

What impressed me most was the discipline at the SDM Residential PU College, which hosted this competition. This is a boys only PU College, where all the students reside on the campus, following a strict discipline right from waking up at 5 am, followed by yoga and morning prayers and a whole day in the classroom ending with compulsory sports and games in the evening and winding up with a study hour that ends at 10.30 pm.

I was struck by the helpful nature of the students in the college as well as the friendly attitude of the teaching staff.

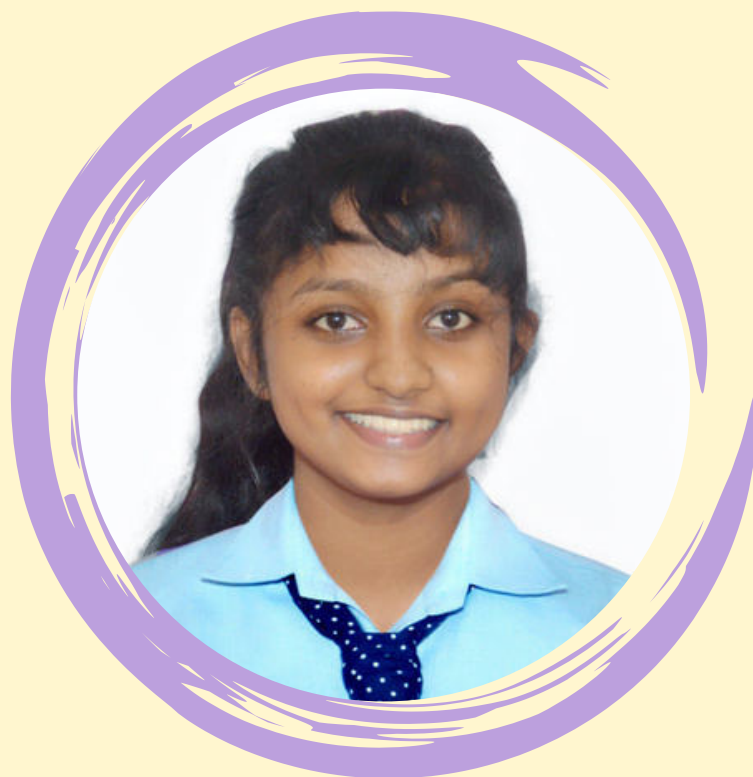


# HINDI CREATIVE WRITING



## मेरा हिन्दी रचनात्मक लेखन प्रतियोगिता का अनुभव

२९-अगस्त २०२२ को हिन्दी रचनात्मक लेखन आयोजित किया गया था। प्रथम एवं द्वितीय पी. यू. सी के हिन्दी छात्रों ने इस प्रतियोगिता में भाग लिया। प्रथम पी.यू के छात्रों के लिए 'गुलाब' और एक 'प्राकृतिक दृश्य' का विषय था। द्वितीय पी.यू के लिए 'कैची' और एक 'प्राकृतिक दृश्य' का विषय था। मुझे इस प्रतियोगिता में भाग लेने में उतनी रुची नहीं थी पर मैंने एक नया अनुभव समझकर भाग लिया। मैं इस प्रतियोगिता के लिए बहुत बेचैन थी पर मेरे दोस्तों ने मुझे प्रोत्साहित किया। जब मैंने प्रतियोगिता के विषय देखे तब मैं बहुत खुश थी क्योंकि इस विषय पर बहुत लिख सकती हूँ। पर मैं इस विषय पर अटक गई कि कौनसा विषय पर लिखूँ। मैंने दिमाग पर जोर लगाया और एक विषय में लिखना आरंभ किया। मैंने यह एक अवकाश समझकर मुझसे जितना हो सका मैंने लिखा और एक घंटा से पहले मेरा निबंध लेखन अंत किया। अगर इसे प्रतियोगिता के रूप में ना देखे तो यह हिन्दी छात्रों के साहित्य को बेहतर बनाने का एक अच्छा अवकाश था। अगर हम ऐसे प्रतियोगिता में भाग लेंगे तो हमारी साहित्य की रुची बढ़ेगी। इस प्रतियोगिता से मेरी साहित्य की प्रति रुची बढ़ने लगी है।



**LUVINA NORONHA**  
**II PCBH**

# SESSION BY DR RAMEELA SHEKAR



As a teacher it is very important that we look not just into the curricular development of a student but also take care to see that the student is developing well mentally too. Sexual exploitation of women and children are on the rise every year. It is very important for us as teachers to always be alert and have knowledge about what to do, when we find a child or a person we know being sexually exploited. Dr Rameela Shekhar, a well-known Mental Health Professional and Trainer, took up a session for the lecturers of St Agnes PU College, regarding the topic 'Sexual exploitation, consequences and the need for counselling'.

The session gave us a view into what kind of situation a victim of abuse goes through. Dr Rameela Shekhar spoke about some cases she has come across while working as a mental health professional, which gave us a complete view of the state which a sexual abuse victim would be in after the abuse. It was frightening to know that an abuser can be in the form of not just a stranger but can also be in the form of a father, a brother, uncles and aunts. The abused victim can face serious mental trauma and should always be handled with care. Laws under POCSO takes care to see that the victim doesn't face trouble and the situation is taken care of very delicately considering the privacy of the victim. The session also highlighted on the importance of counselling. It is very much necessary to erase the taboo surrounding the topic of counselling.

It was a totally enriching and enlightening session which was much needed for all of us to get a better understanding of our role as a lecturer towards our students. As the great American Historian, Henry Brook Adams rightly said 'A teacher effects eternity, they can never know where their influence stops'. We as lecturers need to take up the responsibility of being a good influence to a child in distress and bring about a good change in the child's life.



**RAKSHA K S**  
**DEPT OF BIOLOGY**

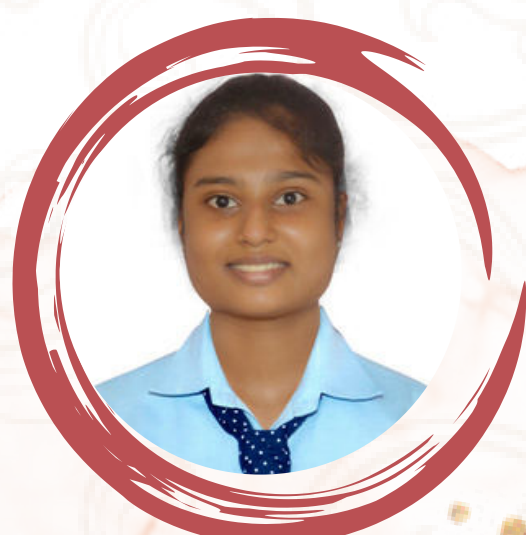


# OUTREACH PROGRAMME



## OUT REACH PROGRAM – PRASHANTH NIVAS

“Love and kindness are never wasted. They always make a difference. They bless the one who receives them, and they bless you, the giver.” – Barbara De Angelis. We the students of PCMC/E/S along with our lecturers reached Prashanth Niwas. As soon as we reached, the sisters briefed us about the daily routine of the inmates and the things to keep in mind while we interact with the inmates. We were then led to a hall, where the actual surprise was awaiting us. The inmates welcomed us warmly. The room was decorated with balloons. The inmates voluntarily came forward to present some of their talents. We showed our support by clapping in tune and also sang along with them. They sang songs in their regional languages and some of the famous songs of the mid-90s. My fellow classmates entertained them with a dance performance followed by a few action songs. Most of the inmates came forward for a dance session, the rest of my fellow mates came forward to interact with the inmates. I personally spoke to some of the inmates and got to know a little about them and their daily routine. We even met some of them who were physically disabled but something about them surprised me, they had a bright smile on their face. In spite of their disabilities, they spoke about how happy they were without complaining about their situation or the problems they faced. The joy and happiness when they were singing with us was one of the best moments of the visit. I felt quite happy talking to them. One of the inmates came forward to express the vote of thanks, which was very sweet. She gave her blessings to all of us and motivated us to live our life happily. One of my classmates expressed her feeling about our visit, followed by one of the inmates, who promised to keep our family and us in her prayers always. One of the inmates who rarely spoke came forward to express her heart-felt feelings towards us, which surprised the in charge. It was time for us to say goodbye but we surely made good memories with them. They waved at us and some of them gave us high fives and handshakes. The time we spent there although short, taught us to be happy with what we have. The sister advised us to stay healthy and safe and cherish our life. Difficult times come and go bringing joy in our lives. It was a really wonderful and fruitful experience.



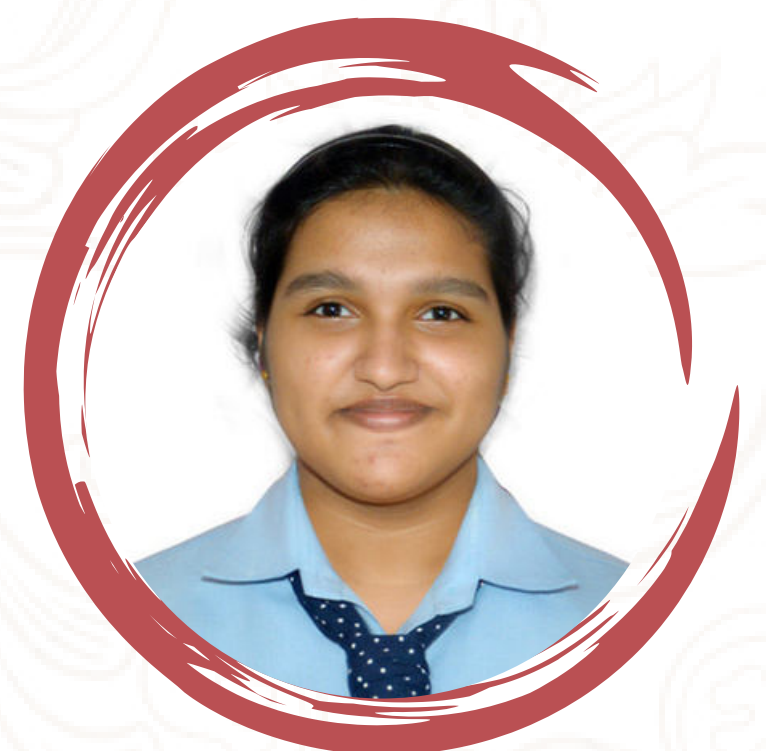
**CAROL SWEEDLE PINTO**  
**II PCME 'D'**

The students of SEBA-B batch had an opportunity to visit the home for the elderly, PRASHANT NIWAS on 25th August 2022. Our objective was to reach out to the needy people around us.

As the name itself suggests, it was a Prashant Niwas- a peaceful abode. We were asked to assemble in a hall where the inmates also gathered. Some of them looked active. Some were ill. We knew that those elderly people were away from their loved ones. We tried to make them happy with a short cultural program that was prepared by us. We were eager to interact with them and also wanted to know the reason for their stay there.

When we interacted with them, we came to know that some of them were well educated, some are staying there because the children are not able to take care of them as they are working, some need medical assistance due to illness and many of them are neglected by their children. I was deeply moved to see an elderly lady crying. It was surprising to hear that a granny aged 94 years washes her clothes every day. Some of them wanted someone to listen to them and they were not leaving us. They wanted to tell us so many things. May be they were missing their children and grand children.

This outreach programme was one of the memorable experiences which taught us the values of love, care and concern for the others. I feel blessed which made me realize the value of parents and grandparents in our life.



**CRYSTAL MARTIS**  
**II SEBA 'B'**

## St. Antony Ashram , Jeppu , Mangalore.

We the students of I and II HEPP went to St. Antony Ashram, Jeppu, Mangalore on 26th August 2022. The priest in charge welcomed us and gave us a summary of the routine followed by the inmates and explained how they help the ones who are in need.

We went around and interacted with the inmates. As we were interacting with them I personally realised that they always had a smile on their face . We came to know about most of the inmates' life and experience. We also saw that the inmates who were able to take care of themselves were helping the ones who couldn't. We observed that they work in unison. We saw them taking care of cows, rabbits ,birds and other domestic animals .

As I was interacting with a man, he asked us to come and visit him again. He told us that they were all friends who helped each other out. Listening to his feelings and expression I really understood how much they care about their fellow mates and I observed how they have kept their premises clean. This experience has taught us that we need to have love for one another. We had a good learning experience while interacting with them.



**JOANN LOBO**  
**I HEPP**

# HAIR DONATION DRIVE



“The measure of a life, after all, is not its duration, but it’s donation” – Corrie Ten Boom.

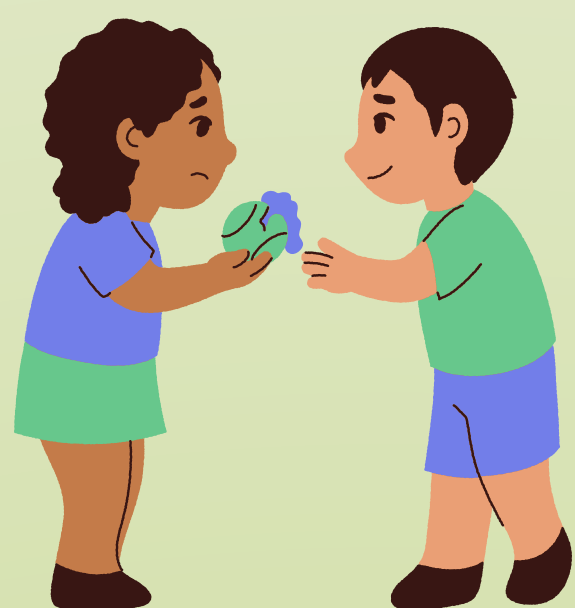
In my childhood, I have seen my grandmother suffer from cancer. It was always hard to see her go through it. I have heard from my family and others that the treatment of cancer which under goes chemotherapy is one of the major reasons behind hair loss. Chemotherapy uses high levels of radiation to destroy cancer cells and prevent them from multiplying. Exposure to toxic chemo therapeutics may damage the hair follicles resulting in hair loss. Having the experience of my family and friends braiding, complimenting and playing with my hair. I want the same fortune for others who are not having that privilege. Knowing that, to me, my hair doesn't just give me confidence but also makes me feel pretty and beautiful; the hair donation drive held at St Agnes PU College gave me a wonderful opportunity to fulfill my childhood dream not once but twice. Donating 25 inches in 2021 and around 10 inches this time made me feel really happy and proud that I could finally aid other cancer patients. The other donors along with me felt really glad as well. Even though donating my hair is the least I could do I know that it would mean a lot to someone.



**LEONA COLACO**  
**II PCMB 'C'**



# MORNING PRAYER



## FORGIVENESS

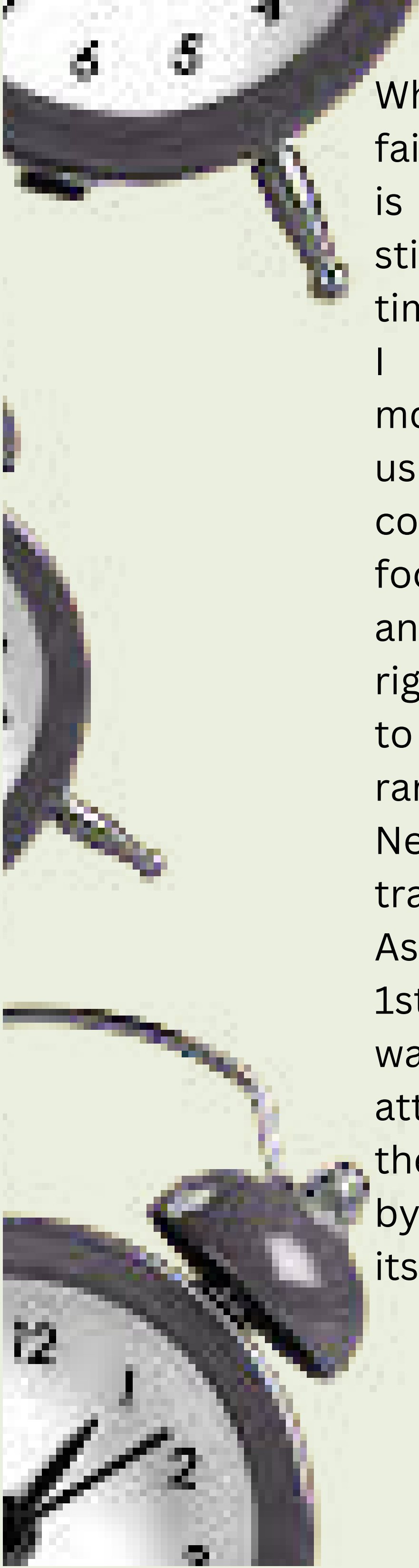


The ability to forgive is one of the man's greatest achievements. Based on forgiveness, an activity was conducted where a forgiveness box was kept and the students could write a letter mentioning the name of the person whom they wanted to apologize and at the end of the week all the letters would be burnt. This way one could apologize to the person whom they had hurt, if they did not have the courage to go and talk to the person about it. Mistakes happen by all. No person is perfect so it is one's duty to realize their mistake and to apologize and on the other hand it is the other person's duty to accept the others' apology. So this was a unique activity which could help fix broken relationships. By forgiving you're not only making your relationship better but also freeing yourself from the burden you've been carrying all this while after realizing your mistake. I believe forgiveness is the best form of love in any relationship .It takes a strong person to say they're sorry and an even stronger person to forgive. It is very easy to say that you love a person but it is very difficult to say sorry to a person as it affects our ego. But this activity helped us to awaken our conscience by keeping the ego aside and mending the relationship instead of neglecting the relationship.



**JANE  
I SEBA 'B'**

# PUNCTUALITY



When the storm rages, I find myself asking. Why does our faith fail and our prayers seem to go unanswered? “Prayer is not a technique to escape from conflict but rather a stimulus to growth in the very face of conflict.” The best time of the day to experience the power of this testimony, I believe, would be mornings. Routines set during mornings help us set the tone for the day, better allowing us to control our schedules rather than our schedule controlling us. As we start each day fresh, we can better focus on what is in front of us, where to prioritize our time, and, ultimately, increase our productivity. E.M bounds rightly quotes, “Prayer should not be regarded as a duty to be performed, rather a privilege to be enjoyed. It is a rare delight that is always revealing some new beauty”. Nevertheless, prayers offered during mornings are tranquilizing to the soul as music to the mind.

As punctuality week was held in our college, the class of 1st BEBA/BSBA was awarded for their punctuality. This was quantified by revaluating the class with the highest attendance and the least late-comers. This brings out in the open that the students have a trait of professionalism by highlighting their willingness to be on time, which in itself is a positive morale.



**ALEA PINTO**  
**I BSBA**