



PRINCIPAL'S MESSAGE

Education is the manifestation of love and the most cherished possession for it enables us to forge ahead in life with confidence. The year 2022 was filled with blessings and each student enjoyed fun filled moments that enabled their latent creativity and provided multitudinous opportunities. It is heart-warming to know that the extra-curricular activities that were conducted were unique and were enjoyed by every student. The tremendous energy and creativity of youth at SAPUC is praiseworthy.



The New Year 2023 was welcomed on a positive note. In order to accomplish our core values, vision and mission we are prepared to maximise our efforts. We believe that education is an effective medium for overall transformation in every sphere of life. Every child that enters the portals of St Agnes PU College experiences the vibes of peace, divine strength and grace to transform herself into an empowered woman.

Wishing everyone a blessed and prosperous New Year 2023.

Comfiesta 2022

On 2 December 2022, me and my friends Diya Shankar, Ananya Madhu, Asiya Hani and Rhea Madan made our way to Canara College, Mangalore to participate in the Comfiesta inter college event. We arrived at the gates around 8:30 a.m. prepared and ready to take this competition head on.



There were 3 competitions - Mock press, Debate and Stress interview. Diya and I participated in Mock Press, Rhea and Ananya in Debate and Hani was the sole competitor for the Stress Interview. As soon as we arrived, the student organizers welcomed us and showed us the way to the seminar hall for the inauguration programme.

St Ag

The programme concluded around 11:00 and we were given our designated rooms for our respective competitions. Colleges from all over the city had participated and the competition was fierce, yet we did our best. By the time we wrapped up with the competitions, around 12:45 p.m. we were provided lunch. The winners of all the competitions were going to be announced at 2:30 p.m. Those were the longest hours of my life! We were asked to assemble in the seminar hall around 2:20 p.m. while we waited for the judges to arrive and begin. The entire formal programme went like a blur as the only thing on our minds was the results. To our excitement we won the first place in debate and second in mock press and the overall championship. It was an unforgettable and memorable experience. The sheer joy and rush of adrenaline we felt at the end was indescribable.

The hospitality of the hosts and the facilities provided to us was something we really appreciated. It was truly an honour and privilege to participate on behalf of our college.



HANAA MARIAM
I HEPP

Outreach Programme

"If you have been blessed, be a blessing to others" - Bill Campbell.



We the students of 1st CEBA/SEBA 'A' BATCH and SEBA 'B' Batch visited the De Mercede orphanage in Panir ,Deralakatte. Our journey to the orphanage was very fun filled and exciting. When we reached the orphanage, we were given a warm welcome in the form of screams of excitement and smiling faces. We split ourselves and went to speak individually to all the kids. We presented an amazing program for the kids.



The program consisted of a Bollywood dance and carol singing. The children appreciated the performers by applauding. The kids joined us in singing the Christmas carols and they also actively participated in the various games conducted for them. We and the children enjoyed doing the Penguin dance together and playing other exciting games. We distributed the stationery items, juice boxes and snacks to the kids. The children in the orphanage were very well mannered and disciplined. The children taught us the importance of unity and compassion.

Our visit to the orphanage was a fulfilling experience for us as we came home not only with memories but also valuable lessons.



Diya Shankar
22CH128

Cooking without fire - **Master Chef Competition**

When you cook without fire, it means you are planning to eat something healthy without oil and spices. The College conducted cooking without fire competition on December 1, 2022. Initially when I heard about the competition, I was a bit hesitant to take part in it but, as I discussed it with my friends, the idea took wings. From then on it was amusing since we all had different ideas, but gradually we came to a mutual understanding, deciding a perfect menu.



The competition was conducted with a view to create awareness about nutritional value, advantages of healthy eating and to encourage students to avoid junk food. Through this competition, we learnt the spirit of teamwork and culinary skills. The interaction with the peer group instilled us with a positive attitude. The aim of the competition was also to provide a platform for students to showcase their talent and explore new areas of interests.



The students prepared healthy dishes like corn chaat, sandwich, malai panna cotta, peanut chaat, green gram chaat, etc. They presented the dishes in an artistic and aesthetic way, which was most appealing and the display was a visual treat tickling the taste buds. We participated with full gusto and were happy that we bagged the third place.

We learnt a lot from this experience which will surely help us in the future. All in all, it was a wonderful experience.



*Izza Kathija
1 PCBH*

La Gloria ***Achievers' Day***

“Achievement does not require extraordinary ability. Achievement comes from ordinary abilities applied with extraordinary persistence” - Ralph Marston

It was my great pleasure and honour to be a part of the Achievers' Day programme, 'La Gloria' which was held on 15 December 2022. 'La Gloria' is a programme held in our college annually to honour the meritorious students, winners of various competitions held throughout the year and to felicitate the extraordinary talents of the students. It made me very proud to be surrounded by such wonderful achievers of our institution.



The programme commenced by invoking God's blessings through a prayer song followed by a breath-taking classical fusion dance performance by the students. The honorable chief guest Prof. Joselyn Lobo honoured the students who secured merit in their academics with certificates. Our esteemed Principal, Sr. Norine D'souza presented awards to the winners of various contests held during the academic year. Our lecturer, Mrs. Shailaja expressed admiration towards one of the students who battled cancer for the courage and perseverance she showed by being so optimistic and fulfilling all her academic requirements while taking care of her health simultaneously and was felicitated by the chief guest.

The student council and other volunteers were acknowledged with certificates for the hardwork and dedication they put in for the welfare of our college. Members of the faculty were presented with gifts by our Vice Principal, Sr. Janet Sequeira for their participation and victory in several competitions.



The programme concluded with a succinct motivational speech by the chief guest.

Prof. Joselyn Lobo's talk was thought-provoking and made us realise that to succeed in life, sometimes we must first admit defeat. Furthermore, to keep things more interesting he stimulated our minds with an interactive riddle session.

Overall, it was a refreshing experience for all of us.



Ridha Rukhiya

Roll no :215051

Melange 2022

Ethnic Day

“Wearing traditional clothes is a way of letting the world know who you are without having to say it”.



Melange 2022 was the most talked about and most awaited event of our PU life. The students were constantly enquiring about the dates for ethnic day and the students awaited with bated breaths as the promo video that the cabinets worked hard on making was released with the name ‘Melange’ the fusion of cultures. As the trailer along with the date for Melange 2022 was released, the students erupted into joy and cheer. The cabinet and council got straight to work as we had limited time. We tried our best to make the day as entertaining as possible.



This day was graced by the students and lecturers all dressed up in traditional attire. It was wonderful to see how the students beautified the day with their presence. The program started with a devotional prayer song followed by the welcome speech and then the students were given a brief idea about the meaning of the word 'Melange'. Following this was a ramp walk by the students who showcased their different traditional clothes on stage and portrayed varied cultures of the numerous states of India. It is rightly said 'don't wait for the perfect moment, take the moment and make it perfect'. The cabinet and council prepared a surprise dance for the students, and although the majority of us weren't dancers, we tried our best and our goal to entertain the students was accomplished. We were all cheered by the students throughout the performance which boosted our confidence and looking at the students enjoying it made us proud of ourselves. A few spot games were conducted by the cabinet members in between performances, which the students enjoyed to the fullest.

The cabinet also organized 'Special talent' to showcase all the unique talents of the students. The students cheered their friends as they performed. As this program was conducted for the very first time this year, it was a new experience for all of us. We as cabinet and council have put in all our efforts to make this event a grand success. The cabinet and council were determined to make Melange 2022 the most memorable event of our life. We ended the day with a mass dance which was a perfect ending to the fun filled and exciting day. We the cabinet feel privileged to be the pioneers of hosting Melange, as this event will be registered in the history of St Agnes PU College for the years to come. May the legacy continue.



Manasa Manohar
II SEBA 'A' BATCH

Visit by Sr Ancilla

The fraternity of St Agnes PU College, Mangaluru welcomed Sr Ancilla A.C., the General Councillor for Education of the Apostolic Carmel, to the college on 2 December 2022. Sr Ancilla spent half a day interacting with the faculty and the students.



The principal, Sr Norine Dsouza extended a loving welcome to Sr Ancilla, introduced her and articulated her joy to have her in the college.



Sr Ancilla, during her interactive session, greeted the staff and regarded the college as a place where the young girls are educated and guided with the right values. Sr Ancilla motivated the staff to express the significant factors that bring about the feeling of a family at St Agnes and the values that have developed in them being here at St Agnes. She appreciated the management and staff for maintaining the records of various events held at the college. She focused on how the heritage of the Apostolic Carmel comprises of its tradition, culture and values upholding the faith in the Divine.



The interactive session concluded with a heightened feeling of family and partnership in all present.



**Ms Crystal
Lecturer in Maths**

Visit of Sr Maria Nirmalini A.C.

There are a lot of people all over the world who have achieved greatness and people look up to them. Many such great leaders serve as an inspiration for a lot of people. One such eminent personality is Sr. Maria Nirmalini A.C., the superior general of Apostolic Carmel Congregation. She visited St Agnes institution on 14 December 2022.



I was really amazed to see such a soft spoken and down to earth person, who herself is a global leader and a passionate educationist. Her personality and thoughts serve as a motivation to all the upcoming young minds. She is an Educator who has been honoured with the Best Principal award and Best Teacher award by the State government of Delhi, Her achievements are countless.

Her visit to St Agnes Institution was definitely a blessing to all the staff of the campus who gladly welcomed Sr. Nirmalini A.C. with great enthusiasm .We had an amazing opportunity to listen to her. She asked all of us to first understand the young minds. She also stressed on critical thinking which would inturn make us to think out of the box. Her way of thanking everyone for being a part of the Institution was proof of her humble nature.



Her visit and thought process enchanced a feeling of joy within everyone and also inspired me to do good to the society by providing value based education. The photo session with such a great personality and the carols sung by the staff melodiously enchanced the beauty of this wonderful programme. Indeed that day turned out to be a memorable one .



Ms Ramya
Lecturer in Chemistry

Sports Day.



I being a sports student, sports day is the main occasion of my college life. I am a very athletic person and enjoy playing sports. Sports day was held on 9 December 2022 on the college grounds. The sports secretary led the ceremonial march past and the students marched in harmony signifying unity and discipline.



All the students got the opportunity to march in Front of the chief guest The National and State level sports achievers carried the ceremonial torch.

The students actively participated in relay, athletics, tug of war, throw ball, volleyball with great interest and enthusiasm.



Few games were also conducted for the lecturers of the college. Other events like cheerleading and slogan writing were also conducted.

It was a fun filled day which will forever be remembered fondly.



Arpitha
II PCMC

Christmas Carnival

Before the winter break, the college was filled with the holiday cheer. On 23 December 2022 , the college cabinet organized Christmas Carnival .



The day started with a live crib competition, where the students worked together in their class to decorate their class room and put up a live crib. Following this, various stalls of handmade items, baked goods, photocards, mehendi, ink doodles, games and a photo booth were put up. The photo booth helped to not only capture the smiles of friends but also to encapsulate the memories they share.

"The only way to do great work is to love what you do" quotes Steve Jobs. These words came true when we organized Christmas Carnival where I conducted fun filled games. While having fun, we even contributed towards charity and celebrated Christmas by sharing our joy with the less fortunate. There are no secrets to success, it is the result of preparation, hard work and learning from failure.



The College cabinet and the council indeed worked hard in making this event successful. I felt really fortunate to be a part of this team. I learnt what team work is. It indeed strengthened our bond and helped me contribute my share towards charity this Christmas. The students were given opportunities to put up stalls that showcased their talents and an exhibition was also set up for students to showcase their art like paintings, handmade jewellery, bottle art etc.

The students readily and enthusiastically contributed and the profit from these stalls was donated to charity, and the memories that we made will definitely stay forever.



Manvi Anchan

Navidad

Carol singing competition

On Saturday, 17 December 2022, six of us from St. Agnes PU College Anwika Miranda, Serena Saldanha, Abigail Crasta, Arylenn Sequeira, Simone Menezes and Vandan Rasquinha took part in the Carol singing competition organised by St. Agnes College as part of their fundraiser NAVIDAD.



The competition began with an invocation song. There were 6 teams who participated and each team performed better than the other. It was a real pleasure listening to all of them sing. The judges surely had a tough decision to make. We were ecstatic when the results were announced. We were the runners up and were awarded certificates and a cash prize of ₹3000/-. The valedictory was concluded with a fun christmas dance. We also took part in the fundraising events that the college had organised.

It was truly a wonderful opportunity for budding singers like us and we were glad that we could share the Christmas spirit through our singing.



**Vandan Rasquinha
II PCMB A**

'PADUA VERVE'

INTERCOLLEGIATE COMPETITION

On 13 December 2022, I, Ananya Ashokan and our team of 8 students had the privilege of taking part in the 'PADUA VERVE' INTERCOLLEGIATE COMPETITION conducted at Padua Institutions, Nanthoor, Mangalore. We were accompanied by our lecturer Dr PV Shobha. When we entered the campus, we felt lost and were in absolute awe at how big the place was.

After registering, we were directed towards the inaugural programme, where they gave us an insight on the college lifestyle and methods. We were then directed to the various competition venues. We took part in Reels making, Face painting, Mastermind Quiz and Minute to win it. I took part in the Reels making competition with my teammate, Ayesha Zyma. Our theme was about 'College life'. We did an expectation-reality reel about how people think what college life is and how it actually is. It was hard to do with the given time limit and limited equipment usage, but to our surprise, we won the competition taking home the first prize. Our teammates also won the Mastermind Quiz with the runners up trophy. Overall, we learnt a lot of new things and made new friends. Our journey was a memorable one, one that I would never forget. Finally I felt when we are provided with such opportunities, we learn more about ourselves and our talents.



Ananya Ashokan
1st SEBA 'B'

Christmas Programme

The Christmas programme is one of the exciting events organized by the College. To create enthusiasm amongst the students, prop making and wreath making competitions were held for the 1st and 2nd PU students respectively on 21 December 2022.



23 December 2022 was the most awaited day for the students as Christmas carnival and Christmas programme were organized by the college cabinet and council members. It was a day filled with laughter and fun. A live crib competition was organized for all classes between 9 and 10 am.

The students were made aware that 50% of the profits made by them at the carnival would be donated to charity.

I enjoyed the carnival. I created a lot of memories by clicking pictures at the photo booth. I really liked the various items that were on display, like handmade jewellery, bookmarks, photos, keychains and much more.

The Christmas programme started with the prayer service. My friends and I presented a skit with a message that the true spirit of Christmas lies in one's heart. My friends also performed two zestful dances and a melodious song.

The winners of prop making, wreath making and live crib competitions were announced and prizes were distributed. My friends also won some of these competitions. The teachers sang Christmas carols tunefully.



The program ended with the college anthem.

I thoroughly enjoyed the day to the fullest.



Vinishia Srijal Assumpta DSouza
1st CSBA

FRESCO

Tell me and I forget, teach me and I remember, involve me and I learn

- Benjamin Franklin

Education is not only learning from the books alone. It is rather learning beyond books. Every activity makes a child learn something more for life. We the staff of St Agnes PU College were elated to organise FRESCO 2023 a day for the St Agnes high school students to explore, experience and enjoy.



As it was the very first time conducting such a session for the high school students, the staff were enthusiastic in bringing out the best. The preparations began well in advance. The inauguration was done in a spectacular manner by unwrapping the Pandora box which doubled the excitement of the participants. The students actively participated in the input sessions which included career guidance from the faculty of science, commerce and arts. Mrs Shailaja, Department of Kannada through her eloquent speech was able to bring out the hidden leadership quality in the students. The puzzle filled activities conducted by the language department were the apt keys in unlocking the think tank box of the bubbling and energetic adolescents. The department of mathematics and statistics, through their calculus activity made the students to play with numbers. The students thoroughly enjoyed all the activities.

Riona, Samhitha, Paloma and Sweedal shared their experience of student life in the campus. Energizing games fueled the positivity and the extent of interaction amongst themselves. The students were mesmerized by the Chem magic presented by the chemistry department. The experiments conducted developed curiosity in the students which made them voluntarily participate in performing out the magic. The students of both I and II PU performed a dance drama which gave a glimpse of the activities conducted in the college. The audience were enthralled by it. A short film on how sports is promoted at St Agnes PU College was screened. FRESCO - A day allocated to mingle and make merry and gain in a rich experience of learning ended and the students were carried by the beautiful memories that will make an everlasting impression.



The students welcomed the change from their daily routine. The positive response from the participants has boosted the confidence of the staff in organizing such events in the future.



Venitia Rasquinha
Lecturer in Chemistry

Pilgrimage Mass

At St. Ann's

Pilgrimage Mass for the II PUC catholic students was organized at St Ann's chapel. Sr. Sannidhi gave us a brief introduction about the chapel and its importance. After reaching there we visited the room where St Mary of Jesus crucified lived for two years. The room and the chapel where she pronounced her first vows are converted into an oratory. We were amazed seeing the words she uttered while in ecstasy.



The mass was celebrated by Fr Felix Victor S.J, he gave a sermon regarding the problem we face in our life and how we should overcome it to lead a prosperous life – he told us about the role of parents and teachers who support and give us guidance and that we must acknowledge their efforts. The mass was he emphasized that we should always be positive in life.



Rhea Pereira
II HEPP

Farewell Programme

There are no good byes for us. Wherever you are you will always be in our hearts.

That's how our farewell for 2023 started. Our day started with a warm welcome and a prayer song seeking God's blessings and thanking him for all the favours that we have received.

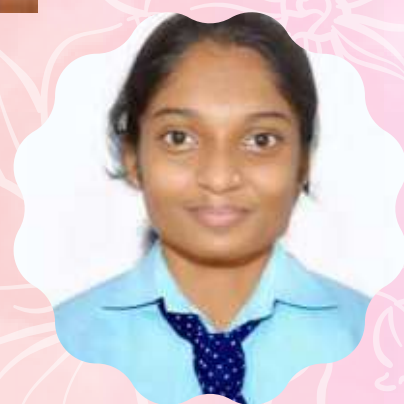


The dance performances by our juniors and experiences shared by our fellow mates from different courses were the main highlights. A presentation of our beautiful moments in this prestigious institution made us very emotional.

Our Principal, Sr. Norine Dsouza gave us a motivational speech where she mentioned about our college motto 'God is our strength' to be always remembered as 'God is my strength' and we should never forget that. Last but not the least the most awaited moment of the day was the mass dance where we danced to our hearts content and created the best memories we could ever have.



Though we were sad that we would be saying bye to our friends and lecturers, we are sure that our batch has been the best and everyone will always remember us lovingly. I'm sure that all my friends will agree that East or West, St Agnes PU College is the best.



Roshni R Nair

215054

II PCBH 'E'