



Agnobeat E-Monthly Magazine



Issue: January to March 2021

Volume: 12

Editors: Sr Sannidhi, Mrs Preema Pereira, Mr Kiran

PRINCIPAL'S MESSAGE



It is said there's time for everything, a time to weep, a time to laugh, a time to sow, a time to reap, a time to shut, a time to open same way finally a time arose for educational institutions to be opened on Jan 1st 2021 which were shut for nearly 8 months. The campus and classrooms which were noiseless without students, revived along with following Covid-19 SOP guidelines there was joy, laughter and creativity was seen and felt in our college.

As we step into new academic year + board exams soon, I wish to reiterate the importance of few things that we have to keep in mind. Parents should remember that children should not be forced, but should be guided to achieve whatever goals they may have in their minds in an easy and pleasing manner, so that we may be able to discover the particular touch of genius in each one of them. The purpose of education is to teach our children to think and develop a capacity to reason out facts. Students should keep in mind the importance of planning and prioritising their time and the effective use of it which is essential to achieve success. Students should always think and review-discover the cause and effect of every event in which they are involved. Do not surrender or become a slave to youthful fancies and indulgences. Be steady in all that you do. Learn to enjoy hard work particularly your studies think wisely, think systematically. Always be, a soldier to defend and preserve our traditions and motto 'God is our strength'. With experience and dedicated teachers and excellent infrastructure, our college helps students to realize their goals in life. I encourage all the students to take advantages of the opportunities provided by the college and involve themselves in all the extracurricular activities that are offered. The future belongs to you, your need therefore is to prepare yourself for an active participation in the world. My advice for all the students is to compare yourself with your yesterday and improve for the future.

May you grow as responsible women.

I wish success and good luck to all.



COLLEGE REOPENS

This January 2021, the start of the offline classes seemed more overwhelming than ever before. One could observe the mixed feelings of excitement, joy, and confusion among the students, parents and teachers. After almost seven months of online classes students were enthusiastic to return to the college. Many months of distance learning, which was challenging for the students and teachers turned out to willingness to go back to a normal learning process. While the administration had taken all precautionary measures including thermal screening and provision of sanitizers to comply with COVID-19 related protocols, the students too displayed their responsibility in ensuring social distancing in the campus and wearing masks. The college was sanitized and spruced up ahead of the reopening of classes. The lecturers took great care to ensure that the social distancing was maintained and protocols followed. It was a great feeling meeting our lecturers and friends after a very long time. But the classroom was not like before it was divided into batches and we were made to sit far away from one another for safety measures. Though we returned to classes it was a different feeling as all, including our lecturers were wearing masks. We could talk to each other but from a distance. Offline classes improved our concepts and made our learning experience better which we lacked all these months. It feels great to be back to the normal mode of classes. Practical learning is only possible in offline classes. In classrooms there is no fear of technical issues, the class goes on smoothly. We can clear our doubts then and there and more efficiently. In offline classes we don't miss any concept due to network issues that we face sometimes in online classes. There is less distraction in offline classes as we don't use any electronic gadgets and we have a proper studying environment. One of the most important things is with the starting of offline classes our daily screen time has reduced.

We don't spend hours sitting in front of our devices which is very tiring and exhausting. Also sitting at one place in online classes has made us lethargic while in offline classes we are more active. Online classes don't offer the same immediate and regular access to our lecturers and classmates as in normal classes. Covid-19 has changed the way we live and study, prompting us to rethink the schools and colleges that are designed.



Lavanya Bangera
II PCMB 'B'



What I am going to tell you all is about what has happened in the past 9-10 months- the lockdown, coming to college, life in hostel and many more.

Let me start from the beginning- The Lockdown - it has definitely been a different for all of us. We went through struggles of our own kind; from being stuck at places to learning to live the new normal. It was a tiresome and boring period of life. Wasn't there a time before all this commotion, when we had to go to school we just wished for all of it to just stop? No going to school, no attending classes, no assignments, no deadlines. How sweet it felt back then right! And then our wish came true! We encountered the corona virus. We were happy initially watching movies, playing games, lying on the couch all day, munching snacks and skipping baths. But the fun in all of this, didn't last long. To disrupt all of our happiness came the news of "Online Classes". Initially, it was umm.... Okay. There were only one or two classes that came in the way of relaxation. But one by one, the numbers and duration of the classes started increasing and they ended up starting at 7.30 and continued till 3 in the evening with the eyes of our ever-vigilant mothers on us. My only prayers during those days were- "Dear God, please let there be heavy rains in our teachers area and let her cancel classes due to poor network connection." The message saying that classes have been cancelled were our only source of joy during those days. There were some days of multi-tasking also; doing all sorts of things while listening to class like eating, drinking and other household chores. Then came a time when I had to bow my head to the smartness of our teachers when they had started calling out names, asking us to answer questions, used to send the attendance link at random times during class and closed it within minutes. All their threatening words and classes conducted at their convenience, made us wish something else this time, let the college reopen. And it did! We wanted to make new friends, sit at our benches half-asleep, trying to make sense of what the teacher was saying. Yes all of this was happening even online but it was all restricted to a rectangular screen. Offline classes were starting, I was excited but now I had to force another dilemma; I had to stay in hostel for the first time ever. I had mixed feeling when I came here. I get to be away from my overprotective parents, it'll be like a sleepover that lasted really long. I felt it'll be great. But still I will miss my parents, my brother, my bed, my home. What will the new place be like? What if I don't make friends? All such questions crowded my mind then finally I reached hostel while painful goodbyes were bid.

I had never stayed away from my parents for more than 3 days at a stretch and I was so used to doing things according to my mood that when suddenly I was asked to follow a strict time table, I simply couldn't cope with it. The irritating wake up bell at 6 in the morning, no familiar face, everything scared me. But all of this lasted only a day or two. All my homesickness just vanished with the smiles of my friends and the homely atmosphere of hostel. I don't regret that I ever came here and I am looking forward to exciting days.



Nevada Robin
I PCMB 'A'

LA GLORIA

“Success is the result of perfection, hard work, learning from failure, loyalty and persistence.” Expectation is a form of magical thinking that attracts events into our lives, and to keep that fire burning, internal motivation is needed, so St Agnes PU College strongly believes in creating that internal motivation among its students.

To be gifted or talented is not acquired it is earned through hard work, excellent effort and risk taking through learning. To pat on the back of the students, St Agnes PU College organised the ceremony “La Gloria”, Jan 22, 2021 celebrating the excellence of the students. The programme began by invoking God’s presence and blessings through a prayer song by the students. The chief guest motivated us through his words based on the topic ‘Believe In Yourself’ and asked the students to choose their friends wisely. It was then time to felicitate and honour the high achievers, the awards given to them were to encourage the achievers and to set a living example for the next generation of leaders. The students and the staff who had participated in the quiz and poster making competition on the occasion of the Sesquicentennial jubilee of the Apostolic Carmel Congregation were rewarded too with a prize. The programme concluded with the vote of thanks rendered by the staff.



Alice Lobo
I CSBA



Manvitha Rao
I PCMC

St Agnes PU College had organised an event ‘La Gloria’ to felicitate the toppers of SSLC and I PU students of our college. Mr Ronald Gomes was invited to this programme as a chief guest, who addressed the gathering about the leadership quality that one should inculcate in their life and the courage that is required to face any situation in life. I being a fresher of this year and one of the toppers of the SSLC exam felt immensely privileged to be a part of this programme. St Agnes PU College has given equal importance to academics as well as extracurricular activities. This event was aimed at encouraging the toppers of SSLC and PU board to boost their energy to achieve even more. Special mention was made of Annapoorna and Apoorva, who have achieved great feat in their academics including the other activities in spite their disability. This programme not only motivated the achievers but also inspired the viewers to use their potential and achieve more.

FRESCO

A fun filled activity day, 'FRESCO', was organized by the lecturers on the 4th of March for the 2nd PU students to help us break off from our daily schedule by creating a stress free environment.

This half day session truly took us back in time when COVID didn't exist. Fresco provided us with a platform to showcase our talents and regain our confidence to perform on stage. Various games and activities were conducted in which all of us took part enthusiastically. An art exhibition 'Artistic Flair', was put up, displaying the skills of our talented fellow mates. We really enjoyed every aspect of this event.

We thank all the faculty members for conducting this program and helping us add an extra page to our book of memories at St Agnes PU College.



Shainy Manisha Pinto
II BSBA



St Agnes PU College had organized FRESCO for the students of I PUC. Each class was given contrasting themes. The topic given of our class was 'PRESENT ROCK'. They never made us play anything better, but we all showed up dresses to the nines! I was exhilarated and intrigued to spend the day with my enlivened friends and teachers. Many fun filled activities and enthralling hosts awaited us. As we entered the conference hall, we were welcomed with a soothing, blithe song. The ebullient program began with a vigorous welcome dance performed by our alluring teachers, followed by an idiomatic welcome speech conveyed by Mrs Hariet. In the beginning we were briefed about the series of competitions and the class which attains the highest point towards the close of the event would be awarded the trophy. And that elevated our lively spirit. We boned up to give a tough competition.

Teachers conducted spot games, where we had to guess the names of staff members, within a span of time by looking at their picture. The winners were awarded with some luscious and delectable chocolates. Unfortunately, I was too late to give the answer right away. Then came the most awaited game of the day.....BINGO, it was! We usually play bingo on a sheet of paper, but our talented teachers gave it a new twist. We played the game using chairs and I participated in the game. We played our hearts out in the hopes of winning the prize. My team was just one point away from winning the game, and that was nerve wrecking cause we were lagging behind compared to other class. During breaks, we jammed to some electrifying music and I danced my heart out. We were asked to visit the art exhibition, which showcased the display of some captivating, saturating and heart stirring art work of the enormously talented students of our prestigious college. Teachers also organized a talent show, which gave an opportunity for all of us to embrace our talents. Our class (HEPP -1) presented a dance performance which was surpassed by the lively and vigorous dance performed by other call. My visually impaired classmate sang a comforting and soothing song. Lastly we all were asked to lift our chairs and check if a star sticker was etched under it. The lucky three students of SEBA batch were addressed as, the stars of the day and they won the trophy by attaining the highest points. We didn't waste our energy trying to change opinions about not winning the trophy cause the ultimate victory in derived from the inner satisfaction. We exhaustively enjoyed 'FRESCO' and that's what mattered the most!

I convey my sincere and heartfelt gratitude to my sedulous team of teachers for making our day cherishing and memorable forever. Thank you for leaving no stone unturned and for making sure that every student got an opportunity to perform /take part in the events. I enjoyed it rigorously and all credit goes to the indefatigable staff members.

Well, to sum it all up, It was an amazing day, full of amusement and frolic.



Haleema Shiza
I HEPP

LEADERSHIP TRAINING



On 23rd January 2021 leadership training was conducted in St Agnes PU College in the conference hall. It was the first time where all the cabinet members and class representatives of both 1st and 2nd PUC had a programme together.

The training was given by Dr Raghavendra Holla. He was the Manager at Mangalore SEZ Ltd. He currently started his new venture, Swastika National School.

During the session, he told us about his life journey and how he became a successful person by having a vision about his life and how he achieved it.

It was a very interactive session where all of us were divided into groups. He asked us questions about leadership qualities and things related to it. We were rewarded with points for our groups for each correct answer.

He taught us how to handle and face the struggles we will come across during our leadership. He also taught us on how to deal with different types of people. We learned how to cope up with stress and anxiety issues, how to stay calm and confident even when we are in trouble.

This Interactive session ended with an exercise where each group was made to build a tower with the equipment which were provided to us. With this, we learnt a lot about coordination and how to work together on achieving a common goal. Even though we all belonged to different classes we had that unity which made it possible for us to do the work we were assigned. We also had Mass dance in the end which made the whole event a fun-filled experience for each one of us.



**P V ADITHI
II HEPP**



CABINET INAUGURAL

"If a window of opportunity appears, don't pull down the shade". I was reminded of this quote by Tom Peters when I first learned about the student council elections. I realized that this was a once in a lifetime opportunity and did not want to regret having missed it. Taking the advice of my family and friends, I contested for the post of the student president. To me winning was not the goal, upholding the values I abide in and not letting others down was more important. Being the first election I was contesting in, I put all my efforts in running my campaign. My contenders also threw a tough battle but with the help of my well wishers I was able to win the election. The day of the cabinet inaugural was very special to me. My fellow cabinet members and I, smartly dressed in suits and wearing our broadest smiles, were all ready to take our oaths and commit to duty. Dr. Sr Lydia Fernandes, the chief guest of the day, gave us invaluable morals and paved the way for our journey as leaders. Sr Norine Dsouza, our principal administered the oath of office for the student cabinet, class representatives and their assistants. The respect and expectations received on that day fueled us with zeal to put forth our best and make a difference. "Leadership is unlocking people's potential to become better". Taking this quote by Bill Bradley as inspiration, I promised myself that as the President of the college, I would always empower others; lead others by example and be of value to my college.



Henrika Crasta
II BEBA

Being a part of the cabinet helped me to grow both as a person and leader. Every day taught me something new and helped me become more responsible and understand the sole values of hard work, encouragement and far sightedness. With this experience, I intend to become a better individual; capable of giving back to my alma mater. I conclude with a quote by Roy T. Bennett, "Great things happen to those who don't stop believing, trying, learning and being grateful".



Education is the most powerful weapon which can be used to change the world. Education is the foundation for a better future. Education brings confidence, confidence brings hope and hope brings peace. The past few months were very difficult for all of us due to the pandemic. As students we all had to face many challenges. It was a time of chaos, panic and confusion regarding our college. In spite of the terrible situation, the college faculty did not compromise on our education and started online classes for us. There was a sigh of relief. But the problems were yet to come. Like every other year, where we would have been having fun with our friends and experiencing college life, we ended up with our eyes hooked on to our gadgets, attending online classes. The main problem which I faced during online classes was network issues. But somehow I managed through the recordings. Finally the wait was over.



Swathi N Pai
I PCMB B

The offline classes began in the month of January. I was extremely delighted as I could meet my teachers and friends. The lecturers of the college are extremely encouraging and supportive. They cleared all the doubts which I had during online classes. It was due to my hard work and the motivation of my parents and teachers that I was able to top the first term exams. I would like to share some of my tips to score good marks. Firstly, choose a silent room equipped with all the necessary things for studies. Secondly, while studying always understand and memorise the concepts. Memorising without understanding is of no use. Lastly, use highlighters to underline all the important points and remember all the key words. Following these tips and studying hard for 4 to 5 hours per day will surely help in getting good marks.

I am very thankful to all the teachers who were and will always be there to guide me in any situation. I am proud to be a part of this prestigious institution. I would like to conclude that with dedication, perseverance and hard work, I will strive hard to pursue my goals and reach greater heights.



RELISHA SANIA RENJAL
II BSBA



The purpose of education is to open the windows of the mind and to learn how to reveal your own unique beauty. The whole purpose of education is to transfer and transform knowledge for the future generations so that they can transcend their lives and humanity as a whole. You need to love what you do and that is when you can go get greater things at ease.

Throughout the past one year, I constantly strove to create a proactive ambience for learning. My aim was to be one among the toppers of the college and I was filled with joy when I came to know that I had topped the commerce stream in the term exams. My family and the college have been always supportive in whatever I did and have strengthened my journey of achieving excellence. I could see that my parents were proud after I told them that I had topped the term exams. That was one of the happiest days in my life and a memory to be cherished. My family stood by me everytime. They encouraged me to work hard. My lecturers guided me to improve my scores. They taught me to be perfect in what I did. Even though there were difficult times, they always motivated me. Everyone in my life helped me achieve this goal.

ORIENTATION

An orientation program was held for 2nd year students of St Agnes PU College on 10th of March at Mother Mary Aloysia Centenary Block.

The program commenced with a prayer song after which the students of Degree College welcomed the gathering with a dance.

Dr.Nancy D'costa, HOD of Secretarial Practice provided complete information about the subjects and courses offered by St Agnes Degree College and various careers that can be pursued in the field of Arts. Ms Anna, an alumna of St Agnes Degree College added on saying that the institution has provided her with an opportunity to explore her life, follow her dreams and has helped her prove to the society that women are capable of everything.

Mrs. Marina Pinto, HOD of Physics highlighted various streams in physical, natural and computer sciences. She stated that today's world expects an individual to have a multifold of skills.

Ms. Kripa Rasquinha, a 2nd year B.Sc. student further told that St Agnes Degree College provides the students with a lot of options and opportunities under a choice based career system which helps them grow as a person and become strong women.

Mrs. Nimitha, HOD of Commerce gave a brief description of the curriculum of various professional courses and the co-curricular activities offered under the commerce stream. More details about these professional courses were given by CA Dafney D'souza , Mr. Pushpendra Kumar, Mr. Arjun Kimmy and Mrs. Sabina, HOD of BBA, who specified that these courses are not 'difficult' but 'different'.

During the session, Ms Duha and Ms Ayesha, Students of Degree College conducted a few spot games to lighten the mood.

The session was concluded with vote of thanks given by Ms. Preethi, the Student Body President who welcomed all the 2nd year PU students with an open heart to join St Agnes Degree College. She added on saying that St Agnes is not just an educational institution but a place where dreams turn into reality.



Calida Naomi Lobo

II BSBA

ESPERANZA - 2021

I believe that everyone has some unforgettable experience in life. For me, it was Esperanza 2021 which was conducted by the cabinet members of our college. This was the first time I joined singing contest in my college. I chose the theme "CLIMATE CHANGE". I practiced it till the last moment and was nervous to enter the stage. But the encouragement and reassurance that the audience provided me rekindled a spark of self-confidence in me. I decided to take a bull by the horns and give a try. Surprisingly, I sang melodiously. After all the contestants had sung their songs, they announced the winners list. When my name was announced for third-prize winner, I was on cloud nine. My class teacher was extremely proud of me. I am glad that I participated in the contest. I learnt a lot from this experience. I learnt how to face audience. It also made me feel excited and surprised. I think everyone should try to showcase your talent. That would be a valuable experience.



Zainaba shaima
I HEPP



The first college event is looked forward to by most of us because it provides us with lots of entertainment and also great learning. This year, we being the new batch of St Agnes PU College, the college cabinet welcomed us with an interclass event known as 'Esperanza' which was a week of interesting competitions with lots of fun and new experiences. The competitions consisted of T-shirt designing, nail art, face painting, creative writing, quiz etc in which number of students participated and won the competitions.

My experience of Esperanza was incredible because I made many new friends, participated in the quiz competition and also won the second place. In the quiz competition, we had a team of three students and we were asked some general knowledge questions, personality identification and some riddles. Though we three were very tensed and nervous about the questions, we tried our best to answer them and enjoyed the overall competition. Our entire class was excited about the different competitions taking place during the week. They were all working really hard, especially for the variety entertainment programme that was to be held on the last day of Esperanza.

The last day was full of variety entertainment, some danced, while some sang melodious songs and some even did dramas and skits. At the closing ceremony in the winners of various competitions were congratulated and awarded. Thus, the entire week was made very special for all of us which we may never forget.



Druthisha Sanath Shetty
I BEBA



The year 2020-2021 has been a total new experience. The Covid -19 virus outbreak has brought many setbacks in the lives of students. One major drawback of online classes during the pandemic was that we students couldn't have the same level of interaction that we had during offline classes. Even when the offline classes started, we had no clue who our classmates were. This setback was overcome by the Esperanza 2020-2021. The Esperanza was a very fun-filled and interesting week filled with excitement. The different activities and competitions that were held during the week helped us to showcase our diverse talents and represent our class in the inter-class competitions.

At the end of the Esperanza, we had all made great friends. It has helped us to understand each other as a class. I myself took part in few competitions, since I love writing, I took part in the creative writing competition. I was surprised, when I secured the third place in creative writing, I am really happy that I was given an opportunity to improve upon my talent. This initiative of Esperanza was very good and helpful. I would like to thank all the people who worked hard, to make it a possibility specially the cabinet members.



Krupa Esther Salins
I SEBA 'B'



WOMEN'S DAY

“Where Women are honoured, there the Gods are pleased; but where Women are dishonoured no sacred rite yields reward “. Women are the primary caretakers of children and elders. Women take a lead in helping the family adjust to new realities and challenges, and also good at multitasking, they can handle household work and also excel in their workplace too. There is no such work which men can do and women cannot. At the present situation, men and women are equal. In spite of this, there are cases where although women are worshipped as Goddess, yet are burnt for dowry, girl child is being killed in the womb and women are being exploited in various other ways. The place where women are respected and empowered will definitely make progress in all the aspects.

Women's day is celebrated on March 8th every year to salute the womanhood and honour women for their achievements in various fields and also shows a sense of gratitude and respect to each and every women. In St Agnes PU College , Women's day was celebrated in a very beautiful and thoughtful way. On the occasion of International Women's day the women staff members of the college were welcomed by the male staff members with a placard bearing their special characteristics. Since it was my first Women's day celebration in St Agnes PU College, I was really excited to know what would be the upcoming events. It was followed by a ramp walk in the open air stage. There was a session on “Mental health and well-being” which I felt was a very useful.

Our dear Principal Sr Norine DSouza, who always supports us and encourages us, Our beloved Vice Principal Sr Janet Sequeira, who guides all of us, honoured some of our senior most staff members on this occasion. Each staff member had to speak positive points of the other staff member, it was a pleasure to hear from them. All of us were gifted with a memento. A few spot games were conducted by the male staff of the college. All the games were fun filled and all of us had a wonderful time. It turned out to be one of the memorable day which each and everyone would cherish.



Ms Ramya

Department of Chemistry

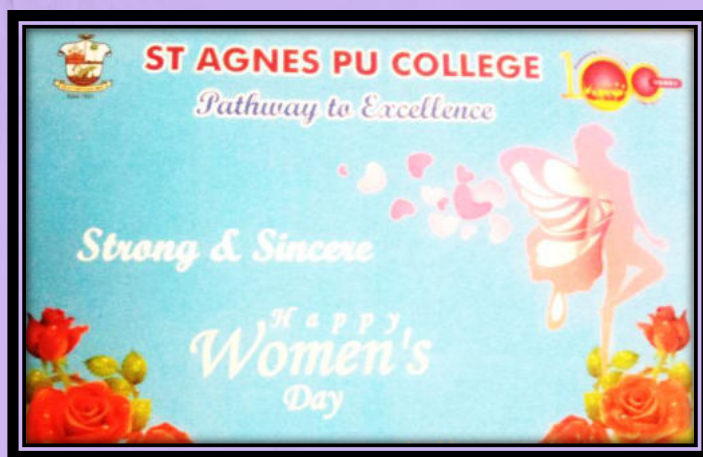


St Agnes PU College, Mangaluru celebrated the International Women's Day on 8 March 2021 with the theme "Women in Leadership: Achieving an Equal Future in a COVID-19 World ". The theme highlights on how women can be made equal partners in the decision-making process, especially with regard to policy-making.

For such a revolutionary achievement, the first step must be taken to break cultural, historical and socio-economic barriers that prevent the progress of women. International Women's Day is a day to celebrate the cultural, political, economic and social achievements of women. The Day also makes a call to action for accelerating gender parity and for bringing about equal opportunities for women.

It also serves as a reminder of the various extraordinary roles women play in all walks of life, and gives us an opportunity to celebrate the instances when even ordinary women have shown exemplary courage and determination.

'Abhaya', the women's forum of St Agnes PU College, in collaboration with the male staff of the college organised cultural activities such as Ethnic Beauty, and Positive Perspective of Fellow Mates for the female staff. This senior staff of the college was felicitated for their selfless service and dedication to the institute to enable girls to receive education and make their mark in the world.



To achieve gender equity and ensure equal opportunities for girls and women, it is essential to break the socio-economic barriers that pose as obstacles in the path of achievement. In this regard, the college has announced a welfare fund called "Mother Veronica Sahay Fund ". The Women's Day was celebrated with great joy and enthusiasm with spot games held for the staff. The female staff were also given gifts as a mark of gratitude for their service. The program was followed by fellowship meal.



Dr Tressie Menezes
Librarian

THE WRESTLING CHAMPIONSHIP

I had the privilege of being part of St Agnes PUC Wrestling team and our team had the big responsibility of representing St Agnes PU College in the district level wrestling match which was conducted at St Aloysius PU College on 16th March 2020. From the time of training till the actual match days were spent wisely. Our team was thoroughly trained and prepared for the competition by our coaches and we were given sincere guidance by Mrs Jayashree, the Physical Directress. On the day of the competition, our team reached the venue brimming with confidence and enthusiasm and we were also accompanied by Mrs Jayashree and our two coaches. Several colleges and students from all over were present. The event began with an inauguration ceremony, during which the guest speakers and judges motivated and inspired us. Due to the pandemic extra care was taken by St Aloysius College. The mats were sanitized regularly and all the necessary precautions were duly met. The competitions commenced with the boys matches, the girls matches started at noon, our team gave the opponents a tough and intense competition, we were so engrossed in the events that we didn't realise how the time flew. After several matches the competition came to an end, everyone waited eagerly for the results of the match. It felt like time had come to a standstill when we heard the results, that our team was called out to be the IInd place winners of the overall championship. In total we won 3 gold medals, 3 silver medals and 4 bronze medals. To sum up the whole event was a refreshing experience and I am so glad that I had the opportunity to be a part of this event, I am so grateful that our team had the chance to represent our college and bring honour to it.



Mahima Prakash
I BSBA

KARATE

Everyone has some unique talents and capabilities. We differ from each other in that we have different interests and inclinations. One might be good at dancing but not in drawing, while another might be good at music but not at writing. Karate is my unique talent, I've been getting training for Karate for since 11 years and I am a black belt IInd Dan. I would like to share with you how Karate has helped me to develop my personality and provided me with the tools for self-defence. Karate has definitely improved my self-confidence. It also developed my character. My main goal in Karate was to achieve black belt and I am very proud that I have succeeded. Just as belt grading, tournaments offer an opportunity to show that our training has made a real difference in our ability level over time.

I have participated in the various competitions held at different places, Hyderabad, Bangalore, Hassan, Haveri, Gadag, Udupi, Padubidri, Moodabidri etc. I have secured gold medal in both Kata and Kumite event in the National Level Karate Tournament held at Hyderabad. Even in the college level I have secured gold medal under Kumite event that was held at Shree Mahaveer Pre-University College Moodabidri and I am selected for the upcoming state level tournament. I am very glad that Karate has helped me to shape the person that I am today.



Bhuvi G S
I CSBA



SWIMMING COMPETITION

In the District Level swimming competition organised by Ambika Padavi Poorva Vidyalaya, Puttur in collaboration with the Department of Pre-University Education, Mangaluru. Ms Muthu Bharathi from St Agnes PU College has won Silver medal in 400 m free style, Silver medal in 200m individual medley relay and Gold medal in 200 m back stroke and has been selected for the State Level. The Management, The Principal, The Vice principal and the staff of St Agnes PU College congratulates her and wishes her good luck for the forthcoming tournament.



RIISING STARS

Rising Stars – The Pride of St Agnes PU College

Alumnae achievements reflect our vision, mission and the values that form the bedrock of our institution. Students come to St Agnes PU College at an impressionable age and keeping track of their endeavours when they leave the portals of this institution and highlighting them is a matter of pride for us. “Kites rise highest against the wind, not with it,” remarked Winston Churchill. Dr Samreen Jaffar, Dr Sahana P, and Dr Shifali Prabhaker are proud alumnae who have studied in St Agnes Institutions right from LKG to the Pre-University level. Their stories are truly inspirational and worthy of emulation and we are proud to celebrate their extraordinary professional achievements.

All three friends have an impressive academic record and got ranks initially in CET and subsequently in NEET and secured seats in their first attempt itself. Dr Samreen Jaffar was awarded the MAHE Freeship for MBBS in KMC, Mangalore where she was the recipient of a gold medal in Forensic medicine and Microbiology. Dr Samreen was awarded an Externship in University Medical Centre, Groningen, Netherlands in Oncology which is quite a noteworthy accomplishment. Thereafter, she joined A.J. Institute of Medical Sciences and Research Centre for General Surgery where she distinguished herself when she was awarded ‘Best Postgraduate Student in General Surgery’ in 2019 by the Association of Surgeons of India, DK Chapter. At the PG level she proved her mettle once again when she secured the stellar first rank in the RGUHS State University Examinations in General Surgery. Currently, she is pursuing her MCh in Plastic and Reconstructive Surgery at the prestigious TATA Memorial Hospital, Mumbai. Dr Samreen is also a voracious reader, an active participant in dramatics, and an eloquent speaker who has been the emcee for a host of regional and state conferences.

Dr Sahana P secured the 111th rank in CET and chose to do her MBBS in Fr Muller Medical College. She graduated from medical school with a gold medal and was also awarded ‘Best Outgoing Student’. She then qualified for post-graduation in Paediatrics in A.J. Institute of Medical Sciences where once again she was adjudged ‘Best Outgoing Student’ from the Department of Paediatrics. She secured a phenomenal third rank in the RGUHS State University Examinations at the PG Level in Paediatrics. She has always been an exemplar of hard work, dedication and commitment with her remarkable scholastic record. Dr Sahana is a humble and down-to-earth personality who is also a passionate and accomplished dancer. The award that she cherishes the most is the ‘Best Outgoing Student’ from the science stream that she won as a student at St Agnes PU College. Dr Sahana is currently specializing in DM Neurology from JSS Hospital, Mysore. Dr Shifali Prabhaker who is currently pursuing her Senior Residency in General Medicine from K.S Hegde Medical Academy has always been a top-notch and brilliant student. She secured the first rank in MBBS in K.S. Hegde Medical Academy, where her zeal and, extraordinary commitment saw her garner ten gold medals, including that of ‘Best Outgoing Student’. She then joined A. J. Institute of Medical Sciences for Post-graduation in General Medicine. She has the splendid distinction of being ranked third in the RGUHS State University Examinations at the PG Level in General Medicine. Dr Shifali is a multifaceted personality for she is an exceptional and gifted dancer too.



The college proudly commends Dr Samreen Jaffar, Dr Sahana P and Dr Shifali Prabhaker. We are proud to have nurtured such brilliant and extraordinary students. We are delighted with their success and happy to have played a small role in the journey they have traversed to reach the pinnacle of success. The management and staff of St Agnes Institutions wish them all the best.



Mrs Arshiya
Department of English

QUIZ ON MOTHER VERONICA



ಚಲಿಯಾಂಕ್ ಶಿಕ್ಷಣ್ ದೀವ್ನ್, ಸಮಾಜನ್ ತಾಂಕಾ ಮಾನಾನ್ ಆನಿ ಗವ್ರವಾನ್ ಲೆಖುಂಕ್, ತಶೆಂಚ್ ತಾಂಚಿ ಘನತಾ ಸಾಂಬಾಳ್ಚ್ಯಾ ವರ್ತ್ಯಾ ಜವಾಬ್ದಾರಿಂತ್ ಅಪೋಸ್ತಲಿಕ್ ಕಾರ್ಮೆಲ್ ಧರ್ಮ್- ಭಯ್ಣಾಂಚೊ ಸಂಸ್ಥೊ ಭೋವ್ ಮಹತ್ವಾಚೊ ಪಾತ್ರ್ ಘೆತಾ.

ಅಪೋಸ್ತಲಿಕ್ ಕಾರ್ಮೆಲ್ ಮೆಳಾಚ್ಯಾ ಸ್ಥಾಪನಾಚ್ಯಾ ಶತಮಾನೋತ್ತರ್ ಭಾಂಗ್ರಾಳ್ಯಾ ವರ್ಸಾಂಚ್ಯಾ ಸಂಧರ್ಬಾರ್ ಸಾಂ. ಆಗ್ನೆಸ್ ಪಿ.ಯು ಕಾಲೇಜಿಂತ್ ವಿಧ್ಯಾರ್ಥಿ, ಶಿಕ್ಷಕಾಂ ತಶೆಂಚ್ ಶಿಕ್ಷಕೇತರ್ ಸಿಬ್ಬಂದಿಂಕ್ ಮಾನಾಪಾತ್ರ್ ಮದರ್ ವೆರೊನಿಕಾ (ಘಡ್ಣಾರ್ ಅಪೋಸ್ತಲಿಕ್ ಕಾರ್ಮೆಲ್ ಮೇಳ್) ವಿಶ್ಯಾಂತ್ ರಸಪ್ರಶ್ನೆ ಸ್ಪರ್ಧೆ ಮಾಂಡುನ್ ಹಾಡ್ಲೆಂ.

ಹಾಂವ್ ಫ್ರಾನ್ಸಿಸ್ ಫೆರಾವೊ, ಶಿಕ್ಷಕೇತರ್ ಸಿಬ್ಬಂದಿಚ್ಯಾ ಮೆಳಾಂತ್ 6 ಪಂಗಡಾಂತ್ ಪಯ್ಲೆಂ ಸ್ಥಾನ್ ಆಪ್ಣಾಯಿಲ್ಲೊ ಮ್ಹಜೊ ಅನ್ನೋಗ್ ತುಮ್ಚೆ ಸಂಗಿಂ ಸಂತೊಸಾನ್ ವಾಂಟೊನ್ ಘೆತಾಂ. ಮ್ಹಾಕಾ ಮಾನಾಪಾತ್ರ್ ಮದರ್ ವೆರೊನಿಕಾ ವಿಶಿಂ ನಿಜಾಯ್ತಿ ಸಾಂಗ್ಚೆ ತರ್ ತಿಚ್ಯಾ ನಾಂವಾ ಶಿವಾಯ್ ಕಿತೆಂಚ್ ಕಳಿತ್ ನಾತ್ಲೆಂ. 150 ವರ್ಸಾಂಚ್ಯಾ ಸಂಭ್ರಮಾಂತ್ಲ್ಯಾ ಹ್ಯಾ ಕ್ವಿಜಾಕ್ 'ನಾಂವ್ ತಿಚೆಂ ವೆರೊನಿಕಾ' ಮ್ಹಳ್ಳ್ಯಾ ಪುಸ್ತಕಾ ಥಾವ್ನ್ ಹಾಂವೆ ಬರಿ ತಯಾರಾಯ್ ಕೆಲಿ. ಹ್ಯಾ ಬುಕಾಚಿಂ ಹರೈಕ್ ಪಾನ್ ಸಾರ್ಕೆಂ ವಾಚುನ್ ಮದರ್ ವೆರೊನಿಕಾ ವಿಶಿಂ ಬರಿಂ ಜಾಣ್ವಾಯ್ ಹಾಂವೆ ಜೊಡ್ಲ್ಯಾ. 96 ಪಿಂತುರಾನಿಂ ಮದರ್ ವೆರೊನಿಕಾಚಿ ಜಿಣ್ಯೆ ಕಾಣಿ ಮಟ್ವಾನ್ ವಿವರಿಸುಂಚೊ ಹ್ಯಾ ಬುಕಾಚಿ ಹರೈಕ್ ವಿಷಯ್ ಹಾಂವ್ ಸಾರ್ಕೊ ಜಾಣಾಂ, ಸರಿಸುಮಾರ್ ಧಾ ಪಾವ್ಟಿ ವಾಚುನ್ ಆನಿ ಬರವ್ನ್ ಹಾಂವೆಂ ಮ್ಹಾಕಾಚ್ ತಯಾರ್ ಕೆಲ್ಲೆಂ. ಕೇವಲ್ ತಿಚ್ಯಾ ನಾಂವಾಚಿ ಜಾಣ್ವಾಯ್ ಆಸ್ಲೆಲ್ಯಾ ಮ್ಹಾಕಾ, ಆಜ್ ತಿಚೆ ವಿಶಿಂ ಥೊಡಿಂ ಪುಣೀ ಚಡಿತ್ ಜಾಣ್ವಾಯ್ ಆಸಾ ಮ್ಹಳ್ಳಿ ತೃಪ್ತಿ.

ದೇವಾನ್ ಮಾನಾಪಾತ್ರ್ ಮದರ್ ವೆರೊನಿಕಾಕ್ ಲಾಂಬ್ ಆನಿ ಅಶೀರ್, ಕಶ್ಟಾಂಚ್ಯಾ ವಾಟಾಂನಿ ಚಲವ್ನ್, ಬಾರಾತಾಂತ್ ಕಾರ್ಮೆಲ್ ಮೆಳಾಚ್ಯಾ ಸ್ಥಾಪನಾಕ್ ಉಲೊ ದಿಲೊ. ಅಪೊವ್ಣ್ಯಾ ಭಿತರ್ ಆಪೊವ್ಣೆ ಮ್ಹಳ್ಳ್ಯಾಕ್ ಸಾಕ್ಸ್ ಮದರಾಚಿ ಜಿಣಿ, ಆಂಗ್ಲಿಕನ್ ಕುಟ್ಮಾಂತ್ ಜಲ್ಮ್, ತರೀ, ಎವ್ಕರಿಸ್ತಾಂತ್ಲ್ಯಾ ಸೊಮ್ಯಾಚ್ಯಾ ಆಕರ್ಶಣಾನ್ ಆಂಗ್ಲಿಕನ್ ಸಮರ್ಥಿಚೊ ಕ್ರಿಸ್ತಾಂವ್ ಜಾಂವ್ಚೆ ಧಯ್, ಆನಿ ಖರಾರ್ ಜಾಲ್ಲ್ಯಾ ನೆವೆಲ್ ಆಫಿಸರಾಚೊ ತ್ಯಾಗ್, ದಿಸವ್ಣ್ಯಾಚ್ಯಾ ಸಾಂ. ಜುಜೆ ಜಾವ್ನ್ ರೆಲಿಜಿಯೊಸ್ ಸಾಧಿ ಜಿಣಿ ಸರ್ವಾಂಕ್ ಆದರ್ಶಾಚಿ. ವೆರೊನಿಕಾಕ್ ಭಾರತಾಂತ್ ಮಿಸಾಂವ್ ಮುಂದರ್ದುಂಕ್ ಆದೇಶ್ ಆಯಿಲ್ಲಾ ವೆಳಾ 'ಇಂಡಿಯಾ - ಮಲಬಾರ್' ಮ್ಹಣ್ ಸಂತೊಸಾನ್ ಉದ್ಗಾರ್ಲಿ. ಉಪ್ರಾಂತ್ ಬಾರಾತಾಚ್ಯಾ ಕಣ್ಣೂರ್ ಲಾಗ್ಸಾರ್ ದೊಣಿಂ ಥಾವ್ನ್ ದೆಂವುನ್, ದರ್ಜಿಚೊ ಉಮೊ ತಿಣೆಂ ಘೆತ್ಲೊ. ತಿಕಾ ಭಾರತ್ ದೆಶಾಚೊ ಕಿತ್ಲೊ ಮೋಗ್ ಆನಿ ಅಭಿಮಾನ್ ಮ್ಹಳ್ಳೆಂ ಆಮ್ಕಾಂ ಕಳಿತ್ ಜಾತಾ. ತಿಚ್ಯಾ ವಾವ್ರಾನ್ ಸ್ಥಾಪನ್ ಜಾಲ್ಲೊ ಹೊ ಮೇಳ್ ಆತಾಂ ಭಾರತ್, ಶ್ರೀಲಂಕಾ, ಕುವೈಟ್, ಪಾಕಿಸ್ತಾನ್, ಆಫ್ರಿಕಾ ತಶೆಂಚ್ ರೊಮಾಂತ್ ಶಿಕ್ಷಣ್ ಆನಿ ಹೆರ್ ಸಮಾಜ್ ಸೆವೆಚ್ಯಾ ವಾವ್ರಾ ದ್ವಾರಿಂ ತಿಚ್ಯಾ ಧುವಾಂ ಥಾವ್ನ್ ಮುಂದರುನ್ ವೆತೆ ಆಸಾ.

'ದೇವ್‌ಚ್ಚ್ ಆಮ್ಚೆ ಸರ್ವಸ್ವ್' ಮ್ಹಳ್ಳ್ಯಾ ಧೈಯಾ ದ್ವಾರಿಂ ಸಂಸಾರಾಚ್ಯಾ ಕೊನ್ಯಾ- ಕೊನ್ಯಾಂನಿ ಸೆವಾ ದಿಂವ್ಚ್ಯಾ ಸರ್ವ್ ಅಪೋಸ್ತಲಿಕ್ ಕಾರ್ಮೆಲ್ ಮೆಳಾಚ್ಯಾ ಭಯ್ಣಾಂಕ್ ದೇವ್ ತಾಚ್ಯಾ ಧಾರಾಳ್ ಆಶೀರ್ವಾದಾನಿಂ ಭರೊಂ ತಶೆಂಚ್ ಮಾನಾದಿಕ್ ಮದರ್ ವೆರೊನಿಕಾಕ್ ವೆಗಿಂಚ್ ಆಲ್ತಾರಿಚೊ ಮಾನ್ ಫಾವೊ ಜಾಂವ್ಚಿ ಮ್ಹಳ್ಳೆಂ ಮ್ಹಜೆ ಮಾಗ್ಣೆಂ. ನಿಮಾಣೆಂ ಹೆಂ quiz ಆಯೋಜಿತ್ ಕೆಲ್ಲ್ಯಾ ಆಮ್ಚ್ಯಾ ಪಿ.ಯು ಕಾಲೇಜಿಚ್ಯಾ ಪ್ರಾಂಶುಪಾಲ್ ಭಯ್ಣ್ ನೋರೀನಾಕ್ ಹಾಂವ್ ಆಭಾರಿ ಜಾವ್ನಾಸಾ. ಸಾಂಗಾತಾಚ್ ಕ್ರಿಯಾತ್ಮಕ್ ಶೈಲಿನ್ ಹೆಂ quiz ಮಾಂಡುನ್ ಹಾಡ್ಲೆಲ್ಲ್ಯಾ, ಆಮ್ಚಿ ಟೀಚಾರಾಂ ಕ್ಯಾರಲ್ ಲೋಬೋ ಆನಿ ಶರ್ಲಿನಾಕ್ ಹಾಂವ್ ದೇವ್ ಬರೆಂ ಕರುಂ.

ಲಾಂಬ್ ಜಿಯೊ ಅಪೋಸ್ತಲಿಕ್ ಕಾರ್ಮೆಲ್ ಮೇಳ್!



Mr Francis Serrao
Office Staff