



AGNOBEAT

E-MONTHLY MAGAZINE

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Editors: Sr Sannidhi, Mrs Prathista

PRINCIPAL'S MESSAGE

Dear Parents, Staff, Students, and Well-wishers,
I am thrilled to present to you our monthly e-magazine. This platform celebrates the creativity, achievements and vibrant spirit of our faculty and students.



Sr Norine Dsouza A.C.

College is a time of exploration and opportunity. It's a place where one finds numerous avenues to develop academically, socially, and personally. From engaging in rigorous academic courses to participating in diverse extracurricular activities, the possibilities are endless. We believe in empowering each student in our care to reach her full potential and encouraging her to embrace each opportunity with enthusiasm and an open mind.

Initiating love for nature through various eco-activities, igniting the spiritual spark through motivating sessions and spiritual retreats, and reuniting alumni were the prime events for the month of July. Every minor and major programme that took place is a testament to the holistic development that occurs at St Agnes PU College.

Our team has worked hard to bring you a diverse array of content that we hope will inspire, and entertain you. We are incredibly proud of the talent and passion showcased within these pages, and we are grateful for the opportunity to share them with you.

As we look forward to the next issue, we remain committed to exploring new ideas and celebrating the creativity that makes Agnobeat unique. We invite you to stay connected with us, share your thoughts, and be a part of our journey.

Until next time, keep reading, keep creating, and keep being inspired.

VANAMAHOTSAVA

The Vanamahotsava celebration at our college was a vibrant tribute to the wonders of nature leaving a sense of responsibility within me to protect it. It has highlighted the importance of nature and its vital role in sustaining life on earth. The various activities organized during the event left me inspired and motivated to contribute to environment conservation. It made me feel a deeper connection towards nature and a stronger desire to protect it. Event like rock painting was a unique experience allowing the students to express their creativity while conveying important message about protecting our planet. I was fascinated by the presentation which showcased innovative ideas and solution for sustainable living. Chart making was dynamic and enriching experience that had a discerning effect on me as it displayed the effects of plastic pollution and ways to reduce plastic was very informative. Furthermore, the model making activity enabled individuals to creatively express their understanding of environmental issues and their role in preserving nature. The greeting prepared by me allowed me to express my individual creativity designing a personalized message for a family or a friend and spreading awareness about importance of environment conservation.

The classroom awareness session opened my eyes about environmental issue and made me think about how our actions affect the planet. I learnt about real life examples and how our daily choices can harm or help our environment. The group singing dedicated to nature deeply filled my heart with harmony and reminded me that together we can make a difference in protecting our environment. Home remedies session introduced me to eco friendly alternatives for common health issues.

Through these activities Vanamahotsava ignited a fire within me motivating me to adopt eco friendly habits and inspire others to do the same. The celebration reminded me that even small actions can collectively make an impact on preserving our environment for future generations.

Nazeefa Aishwarya
II PCBH 'E'



DAYS WITH THE DIVINE

“It is better in prayer to have a heart without words than words without heart”

Our college organised a two day retreat for the students of ST AGNES PU COLLEGE on 10 th and 11 th July.

When I first got to know about the retreat, I was not at all excited and I thought it would be boring. But to my surprise it was totally a unique experience. We were welcomed by Karen, who was the host of the two day event. She truly raised my spirit and managed to keep up the lively ambience. We had the music ministry lead by Carlton and team. The MFC (Missionary Family of Christ) conducted various meaningful sessions for us which had enlightened me a lot. With the help of these sessions I came to know the real purpose of my life, not to forget the exciting games they conducted. I came across new friends and got to know each other better. We all learnt new things in this retreat and I believe that these two days were great opportunity to get closer to God. On the second day of retreat we had confessions, adoration followed by eucharistic celebration led by Rev Fr Denzil. I felt lucky enough to be able to experience such an amazing retreat. In the end we all joined to praise the Lord.

These two days were the best days of my life where I praised the Lord and enjoyed to the fullest. All the students truly appreciated the two days retreat which truly instilled the sense of joy and enthusiasm in everyone's heart and were grateful to the management for giving all of us this beautiful opportunity to come closer to the God.

Melora Reeva Dsouza
I PCBH 'E'



The serene halls of St Agnes PU College recently buzzed with spiritual fervor during a two-day retreat organized by the Missionary Families of Christ (MFC). Here is a glimpse of the transformative experience:

On 10 th July, the conference hall overflowed with eager participants. The MFC, with their unwavering commitment, introduced themselves and shared insights into their association.

Action songs set the rhythm, and informative sessions covered topics like family life, love, and relationships. Attendees actively engaged, seeking answers and clarity. The next day dawned with renewed energy. The action songs returned, infusing the morning air with enthusiasm. But this day was about introspection. Participants prepared for confession, listing their mistakes and sins. In the presence of the blessed sacrament, hearts lightened, and faces radiated with new hope. The Holy Eucharist, a dynamic culmination, united everyone in faith. In these two days, St Agnes PU College became a heaven for spiritual reconnection, a chance to embrace the Holy Trinity once more.



Rishel Maria Miranda
II PCMB 'B'



HOLISTIC EDUCATION

Prayer can be a personal and meaningful experience regardless of one's faith or beliefs. It is a way to connect with the divine, find inner peace and seek guidance and strength in life's journey.

St Agnes PU College conducted a two day Holistic education programme on 10 th and 11 th July 2024 for the non-Catholic students in the college auditorium. The programme began with a prayer. A session on POCSO was conducted by Mrs Shobha Jacintha in which she could create an awareness among all the students about their rights and how to seek legal help in case of emergencies and mishaps. The thought provoking session by Sr Janet, the vice-principal touched the hearts of students as they realised that it is not the external features that makes one great but it is determination, dedication and discipline in life which helps us attain our potential, Mrs Chaithanya gave valuable insights on how good exercise, meditation and value-based learning are an integral part of our existence and it plays a fundamental role in shaping lives of women. A session on Handling Depression and Leadership was conducted at noon by Mr Mathew, Mr Ashwin and Mrs Lovina for the students to face the challenges that they come across in daily life and emerge as leaders.

Students actively participated in the action songs, creative activities and the interactive discussions held. This programme proved to be a valuable and enriching experience for the students. The focus on self-reflection and positive approach contributed to the holistic development of the students, nurturing their wellbeing and fostering a positive college environment.

Ayana -
I PCBH 'E' batch.



Prayer Day held on 10 July 2024 was an enriching experience that fostered self-awareness and also strengthened our bond with ourselves and with God.

We began the day with an informative session on POCSO act. We proceeded further with self-reflecting sessions and celebrated womanhood by analyzing the five S's that is Self-love, Self-confidence, sisterhood, Self-reliance & self-care through the sessions on leadership we gained valuable insight into personal growth and development.

The highlight of the day was the interactive discussions and reflection sessions that encouraged deep self-awareness and shared experiences. The serene environment facilitated meaningful conversations. The other fun filled activities, games and action song made the day a memorable, energetic and joyful one taking it to the next level.

Overall the program was highly beneficial offering renewed motivation for personal development. The programme was well organized and impactful leaving us with new skill, stronger connection and renewed sense of purpose.



**Poorvi Prakash
II SEBA ' B'**



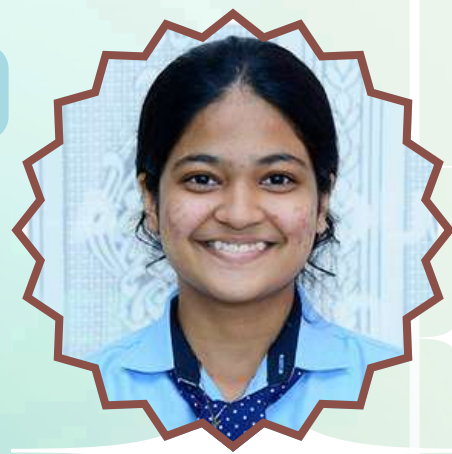
EUPHORIA

“Happiness is the result of creating and cherishing beautiful memories”

On a bright, yet rainy afternoon of 18th of July the second year students eagerly rushed through the doors of the hall, in their most fashionable and dapper outfits in excitement for the event “Euphoria 2k23-24”.

The programme started off with a soul touching prayer dance followed by an enticing performance by the student cabinet as a warm welcome. The class wise variety performance commenced soon after, filled to the brim with the most popular rhythms and humorous references that set the mood. Our cheerful MC's Ms Livia and Ms Sandra truly led the event with their witty lines and skill. Throughout the entire programme I was filled with nothing but fulfillment and joy. The dramatic replica of popular serials and movies I watched as a kid, showcased in an intricate manner on stage gave me a sense of nostalgia that was more than needed. The colours and dance moves made me groove and took me back to the days when I was carefree. The energy that filled the atmosphere helped create one of vivid memories that would last forever.

Nischelle Rihaana Pinto
II PCMB 'C'



EXORDIUM

EXORDIUM 2K24, held at St Agnes PU College on 19 th July was a spectacular celebration of creativity and talent. The event set a dynamic launch with a week full of talent hunt held from July 1 st to 9th, featuring nine diverse competitions showcasing full range of peer's abilities. From the innovative "Convince and Conquer" pitching contest, to the glamorous "Miss Fresher 2024" contest, every event was meticulously organized and brilliantly executed. Events like "Minute to Win It" and "Brushed Beauties" added a fun, competitive edge, while "Mysteries and Maps" and "Frames of Fantasy" showcased our peers' adventurous and creative sides.

Experiencing EXORDIUM firsthand was a revelation. The variety performances by the fresher's batch wise significantly impacted each one of us fostering a stronger sense of community and college spirit. Personally, I felt a renewed appreciation for the diverse talents of my peers and a deeper connection with them. It was inspiring to see how each student brought their unique strengths to the table, transforming my view of our collective potential. This experience not only broadened my perspective but also motivated me to actively engage and contribute more to our college community.

For me, EXORDIUM 2K24 was more than just an event but an enthusiastic start to our academic journey. It also created lasting memories and set a high standard for the rest of the year, showcasing the creativity and zest that defines St Agnes PU College.



Shamita Sunil Rao
I HEPP



"HIDDEN WHISPERS"

“Whoever is happy will make others happy.” — Anne Frank, the Diary of a Young Girl

HAPPINESS: WHO DECIDES IT, ME OR THE SOCIETY??

My mother used to tell MATHEW before you go to sleep pray to your guardian angel. God has appointed an angel to help us at our time of difficulties. Without me asking for help an angel used to come to my aid. I always wanted to see an angel with wings; my childhood was filled with these thoughts.


When I grew up I understood that the wings of the angel was the heart of people and the real angel in life are our friends.

I was always a quiet and introvert boy, often feeling that I didn't quite fit in with the rest of the society. I spent my days lost in my own thoughts, wondering about the true purpose of life and whether I am truly happy.

I was bombarded with expectations from those around me - my parents, teachers and friends, all seemed to have their own ideas of what success and happiness looked like. But deep down, I knew that true happiness could only come from within, not from meeting the expectations of others.

One day, I decided to take a leap into faith and step out of my comfort zone. I started spending more time with the people whom I love, the people who needed help. I wasn't sure what to expect, but as I spent time with the people in need, I realized that true happiness came giving back and by being a source of light in someone else's life.





As I volunteered more and more to care for the needy I began to feel a sense of fulfillment that I had never experienced before.

I realized that the things society deems as achievements - wealth, status, fame - are just superficial measures of success. True achievement, I discovered, was in making a positive impact on the world and spreading love and kindness to those who needed it most.

This newfound purpose gave me a sense of direction and meaning in life. I no longer felt lost or uncertain about my place in the world. Instead, I found solace in being a shade for everyone, providing comfort and support to those in need.

As I reflect on my journey, I came to a profound realization - that true happiness and fulfillment could only be found by being true to oneself and living a life of purpose and compassion. I now know that the key to happiness is not in meeting society's expectations, but in following one's heart and making a positive impact on the world.

And so, I continue on my path of spreading love and kindness, fostering that true happiness within me, not from the approval of others. I have found my purpose in life, and I am determined to live it to the fullest, no matter what society thinks.

“In the end, only three things matter: how much you loved, how gently you lived, and how gracefully you let go of things not meant for you.”

**Mr. Mathew Antony
Lecturer in Commerce**



ALUMNI MEET

Hum Milenge, Hum Milgaye Aur हम मिलते रहेंगे
Alumni meet 2024 “HUM MILENGE” the day to reveal with Bollywood beats and Reunion Treats was held on 27th of August 2024 in the College Auditorium which was decorated to reflect the Bollywood theme, where all the Alumna gathered in well-dressed Bollywood character, and met all their friends and Beloved Teachers and recalled the memories they had their college life. The present students planned a very good show for all of us that surely made all of us feel nostalgic. The dance performance of our dear friends overwhelmed us with joy to share our happiness, exiting fun games, dancing, singing, etc definitely sparked a sense of nostalgia in the ex-students. Theme based “Photo booth” captured our memories. It was one of the most beautiful memories created by everyone. Alumni meet was organized beautifully in a meticulous manner. The “Agnosphere” Committee made our evening beautiful and memorable one!. I appreciate all the effort of our management dear teachers, and all my fellow mates who made the evening a joyful one. The lively mass dance, which we all waited for, we enjoyed to the fullest. “HUM MILENGE” was a beautiful event where all Alumni celebrated ,captured and interacted with their Lovely teachers and friends
ONCE AN AGNESIAN ALWAYS AN AGNESIAN

Trisha Shetty
Alumni(22-24)

