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### PRINCIPAL'S MESSAGE



“If it’s to be, it’s up to me,” is a wonderful mantra to live one’s life for it requires one to take responsibility for how one’s life is going to shape up. Too many people are leaving the quality of their future to chance, rather than choice. One’s choice in life at every moment and in every situation ultimately leads one to his/her goal and it can be an extremely gratifying feeling.

#### Sr Norine Dsouza A.C.

The faculty and students of St Agnes PU College strive to base their all-round development purely on personal choice. We train, instruct and nurture the youth of our college to face the future with courage and hope. The activities of the month enable them to focus on the essential elements of student life. The young girls are quite happy to be a part of St Agnes PU College and are enthusiastic and excel in everything that they do. It is heartwarming to see them growing in terms of the teaching-learning process. They are also taught to celebrate their unique self and concentrate on ‘Best Practices’ needed for their holistic development.

I congratulate and wish all the very best to our dear faculty and students. May we together tread the path of excellence in the days to come.



# MEDITATION AND ITS BENEFITS



“The best cure for the body is a quiet mind” quotes Napoleon Bonaparte. Meditation is one of the greatest arts of life. For more than five thousand years, people across the world have practiced meditation. As I was seated in the classroom nervous for a new start, it was announced that henceforth every morning we would be having five minutes of meditation and I was all curious to know what exactly we would be doing. At first, meditation sounded simple. But it takes discipline to remain still in body and mind. We have to block out the world around us and quieten our thoughts. Controlling our attention as we meditate can help us feel more relaxed and at peace. And this peacefulness often lasts far beyond the meditation itself.

Meditation has helped us to become more aware and more purposeful about our actions. It teaches us how to respond, rather than react to situations in our life. By allowing ourselves to listen and feel deeply, meditation has revealed the little miracles that occur throughout the day. It has allowed us to relax in the present moment. Spending at least five minutes meditating at the beginning of the day has helped me to study more efficiently, remember the concepts taught, feel at ease and most importantly it helps my mind to be calm from all sorts of distractions.

As Sri Ravi Shankar quotes “Meditation is the journey from sound to silence, from movement to stillness, from a limited identity to an unlimited space”. Thus let us all use meditation as a means of discovering inner peace and happiness.



**Jenisha Cutinha**  
**II PCMB C**



# SEXUAL EXPLOITATION AND IMPORTANCE OF COUNSELLING



St Agnes PU College held a very successful session on a very important topic – ‘Sexual Exploitation and Counselling’. Dr Rameela Shekhar, a very well-known mental health professional and trainer was the resource person.

She grasped the attention of the audience from the very beginning. She narrated a few incidents of sexual exploitation that takes place day in and day out. It was devastating to hear such horrific incidents. It is sad to know that girls and women of all ages have to experience or witness such events that happen in public or in some cases even in their own homes. Dr Rameela Shekhar also said that people who were exploited had terrible trauma. Thankfully, some have healed from their trauma with the help of counselling. She highlighted that we should have confidence in ourselves, confide in someone whom we trust and most importantly we should always learn to say ‘NO’. She further explained that sexual harassment is not just physical but verbal and visual too. This information was new to me since mainly we are taught that sexual exploitation is only limited to physical exploitation.

Sexual exploitation is a traumatic experience that can scar one for the rest of their life. Giving helpful advices and creating awareness on this topic among the young minds had a great impact on us and helped the students to be aware and alert. I am so glad that I got to attend this informative session.



**Khatheeja Fida**  
**II SEBA ‘B’**





# CRAFT SEMINAR

CRAFT was the acronym given for 'Creating a Resourceful, Accomplishing, Fascinating Teaching and Learning experience', a one-day seminar held at Ocean Pearl on 30 June 2022. It was hosted by Swastika National College for teachers of pre university colleges with the intention of bringing forth the Perennial Concept – one of continuous growth among educators. The resource person was Ms. Sandhya Verma, a well-known facilitator and corporate trainer with many years of experience in conducting such sessions to her credit. The session began with a few ice breaking activities which helped the teachers mingle with each other and create a receptive atmosphere. Short five-minute activities were suggested to be conducted to bring in a proactive environment into the classroom. Techniques of Teaching-Learning like mnemonics, journal writing, visualization, brain mapping were discussed at length. The role played by a teacher in imparting knowledge and shaping the character of students was brought to the forefront through a group activity. "What does a student look for in a teacher?" was a question which elicited numerous insightful answers as to the role an educator plays in the life of impressionable youngsters. A dialogue was held on what the industry is looking for in the present students to be employable and how to make it possible to equip them with those skills. Adaption and acceptance of change is what needs to be taught today for which the introduction of the New Education Policy (NEP) at all levels has become the need of the hour. The skill set the New Education Policy is looking to develop i.e. the 4Cs – Creative, Critical, Communication and Collaboration was shed light upon.

The seminar was enriching with not a minute's boredom to divert our attention elsewhere. It was a learning experience giving us numerous interesting techniques to use in a classroom set up to make teaching and learning an inspiring exercise. The importance of keeping ourselves updated in order to bring something new to the teaching table was the thought that we carried with us as we went back after a well spent and fruitful day.



**Mrs Lovina Aranha**  
**Dept of Commerce**





# ALUMNI MEET

It was indeed a very happy moment for all Agnesians to come and reconnect at the Alumni Meet on 9 July 2022. The meet began by invoking God's blessings on each one of us. During the formal stage program, three alumni achievers were felicitated for their achievements in the field of sports. The Guest of honour, Shanthala KA spoke about how she spent her days as a student in college as well as in the hostel. She is a proud alumna of St. Agnes PUC who spent 5 years in the wonderful campus. She stressed on how the values she learnt at St. Agnes helped her later on in life. We also watched a video which summed up the photographic memories she had. She said that learning at this wonderful college was a mixture of fun and discipline. She imbibed the values of the Alma mater in her life.

We enjoyed a few dances and songs by the present students and the alumni. The games conducted were very interesting. The program concluded with a mass dance and thus we had a memorable time in the college. Coming back to college was a surreal experience. It was a feeling of nostalgia and it was very pleasant. I personally went to my old classroom and all the memories flashed like light in front of me. Sitting and watching a program put up in the auditorium was another nostalgic experience and I enjoyed every bit of it. I'm glad we were provided with this amazing opportunity.



**Mansi Pinto**



# UNEXPECTED RAIN HOLIDAY



It all began on a stormy Wednesday night. I was very excited to go to college on Thursday, as we had the cabinet inaugural the next day and I was elected the class representative of my class ! I got ready for college and packed my essentials for the ceremony, but as I looked outside my balcony door, the weather seemed eerie. The sky seemed very dull and dark to me. I did not let this affect my excitement though. As my sister and I climbed an auto, the weather seemed too heavy and torrential to be considered light shower rain. Now this definitely did a little or something to dampen my mood. By the time I reached the college campus, my new, absolutely brand new shoes were drenched wet! I was very upset but at least I had the ceremony to look forward to right? I was proven wrong in the next fifteen minutes. Apparently, the DC of Dakshina Kannada had declared a holiday for all schools and college institutions because of the heavy downpour. Being disappointed would be an understatement, I won't lie I was about to tear up. But on the brighter side, the ceremony did go well and all of us received our new badges. I would be addressed as the class rep of 1st HEPP starting the next day!. But oh well I was once again wrong as Friday was also declared a holiday for colleges and schools as the storm wouldn't seem to stop. I will be honest, waking up at 6 to the holiday news had me almost crying tears of happiness. This meant I could sleep a little more! But the thing is, after I woke up from my peaceful slumber, I realized I had nothing to do .. sure I did have household chores like cleaning and washing breakfast dishes, but now what?. As expected, the next few days were spent in boredom. I couldn't go out as the rain still hadn't slackened off. At the beginning, I enjoyed these unexpected holidays, but as days passed by they started to get frustrating. Exams were around the corner, and the syllabus still wasn't finished yet. Things would definitely get hectic once college started, but if that meant no more staying at home, then I totally wouldn't mind.



**Ayesha Zyma**  
I HEPP







# CAREER GUIDANCE (SCIENCE)



It's riskier not to take risks.

Success is no accident. It is hard work, perseverance, learning, studying, sacrifice and most of all, love of what you are doing or learning to do. In order to help the II PU Science students decide their dream career, St Agnes PU College organized a session on 'Career Guidance' graced by Mr Pundarikaksha Kodancha.

The students who scored centum and distinctions in the II PUC Examination in the Science stream were felicitated during the programme .

The session was unique as never would I have expected that Mr Pundarikaksha Kodancha would ask the volunteer students to make a loop from the given rope, to tie a calf. And never did I ever imagine someone bringing a coconut to the stage and demonstrating the application of Physics in real life.

During the interactive session, he asked us to question our conscience as to how hard do we work to pursue our goals. We realized that we are our own competition. Every day when we set our own goals and challenge ourselves we climb a step higher leading to success.

He also opened many other career options to students and enlightened us that one can not only prefer white collar jobs. There are pink or blue or golden collar jobs as well where we could flourish in our career.

There was also a power point presentation on Employability Determinants. He emphasized on reading books as the people who read are the people who lead. He told us that if we read half an hour a day, we read 40 books a year and 40 great books is one great education. The main focus of the session was on saving mother earth via the career we choose and also thinking innovative.

I would love to conclude by saying you have to make your choices alone, but remember Sachin Tendulkar's quote ,  
"When people throw stones at you, you convert them into milestones."



**Sweenal Monteiro**  
**II PCMB 'A'**



# CAREER GUIDANCE

## (COMMERCE+ARTS)



“ With your entire focus on your goal, you will reach levels of achievement that you never thought possible.” -Catherine Pulsifer

It's the dream of several students to have their name etched for eternity on the portals of the college for excelling in academics. Our college has the distinction of producing students who have outclassed several of their peers by delivering outstanding results in their final exams. The Department of Commerce, St. Agnes PU College organised the Felicitation Programme for those who excelled in the II PUC examination in the Commerce and Arts stream. We, the current II PUC Commerce and Arts students were immensely thrilled to host the achievers and the Centum Scorers of the previous year.

We were delighted to have Mr. Prashanth Alison, Head, Department of Commerce, Maps College as the Chief Guest for the Felicitation Programme, who by his words of wisdom made us visualise our place amongst the achievers next year.

The stage was set for “CAREER - EXPO 2022” on Saturday, 30 July 2022 when the department hosted a career guidance seminar to help the Commerce students to refocus and realise the innumerable career choices in front of them. Once again, Mr. Prashanth Alison, with his enormous expertise in this field put forth various options available on a platter in the field of Commerce.

Mr. Prashanth Alison during the course of his talk elaborated about the various career options available for Commerce students and gave insights on how to choose the right career. He stressed on the fact that ‘Career should be by Choice and not by Chance’. The talk was peppered with several anecdotes and was a real eye opener. He also replied to the several queries of the students.

“CAREER - EXPO 2022” was an insightful event. We are better prepared to take on the future and decide our course of action with the inputs gleaned during the event.



**Anjolie Fernandes**  
**II BEBA**



# RETREAT

The annual retreat was held at St Agnes PU College on 21st and 22nd July. The session started at 9 am and ended at 4 pm. The Dominican priests of Ashoknagar conducted the retreat. The first day of the retreat began with an action song. The first talk was given by Fr Sunil Jose about the love of God. He made us understand how everlasting is God's Love. Fr Sunil Lobo enlightened us about the meaning of the Eucharistic Celebration. Fr Dilip Veigas gave us knowledge about the Holy Bible. The Eucharistic mass was held on both the days. During Adoration, I was able to interact with Jesus and thank God for blessing me abundantly. On the second day, confessions were held to repent for our sins and to be more closer to God. We got to know more about The Father, The Son and The Holy Spirit. I enjoyed the retreat and specially the action songs.



**Lisha Sequeira**  
**II HEPP**



# PRAAYER DAY



**Alisha Thimmaiah**  
**I HEPP**

A day full of energy, a day full of fun. It's always a pleasure to learn something new and exciting . Prayer day was a fun-filled day for all of us as Fr Steven Lobo and Mr Marshon Fernandes, two amazing personalities kept all of us in check by really pumping up the energy with some catchy action songs, followed by a short motivational talk about how to make our minds stronger, how to strengthen our belief system, how to utilize our talent and make our personalities stronger. I personally feel that this was a very positive step in helping us to clear our minds learn something new and interesting but at the same time enjoy ourselves with this intriguing and fun concept.





# EARTH OVER SHOOT DAY QUIZ

**“Opportunity is missed by most people because it is dressed in overalls and looks like work” -Edison**

I started with this quote because I used to relate to this quote a lot as I always thought that the opportunities I got were too much work, so I dismissed most of them. But then, as I got older I realised that the reason for me not being able to grow was nothing but laziness and not a very long time ago I didn't let it get to me as I took the opportunity of answering an EOD quiz organized by DECA regarding the topic “Environment”.

I did know there was a cash prize for winners but I did not participate for the money, instead I got an opportunity and seized it. I wasn't sure about the answers but I tried my level best and wrote as much as I could. As I am personally interested in knowing more about the environment, this quiz was a very interesting one for me and kept me on my toes while answering it. When the announcement was made that I had won, I was content but also astonished as I hadn't expected it, but it happened because I made use of the opportunity given to me and for that, I am thankful to DECA who are the reason I got to be part of such a wonderful experience.



**Rhea Madan**  
**II SEBA 'A'**



# INAUGURATION OF CLUBS



Academic development of a student can be achieved by the classroom teaching-learning procedures. But the overall development such as mental, physical, psychological, spiritual and vocational development, can be achieved by co-curricular activities. Here, the relevance of Club Activities becomes prominent. Hence, we have introduced a variety of clubs in the college. Every student of the college is a member of one club.

The following are the clubs and their objectives

## **Srishti Club**

**"Nurture Nature For Future"**

- To develop skills of observation, experimentation, survey, recording, reasoning for conservation of environment.
- To promote ethos of conservation of nature and biodiversity
- To motivate students about learning the traditional techniques of crop plantations.



## **Tekclique Club**

**"For a Better Tomorrow"**

- To create awareness about new inventions.
- To develop technical skills.
- To enhance creativity in students.



## **Agno - Angels Club**

**"Live to Serve, Serve to Live"**

- To serve the society in its possible way and perform the responsibility to the society.
- Train students to be self - reliant, hardworking, resourceful and industrious for achieving perfection in all tasks that they undertake.
- To work for the welfare of the community.





## Oratio Club

### "Gain Courage and Confidence"

- Enhance confidence.
- Improve fluency in English
- Provide a mutually supportive and positive learning environment
- Improve Body language while speaking
- Enhance public speaking skills.



## Spectrum Club

### "Explore. Learn. Enjoy."

- To develop general interest in Science.
- To encourage individual and group activities.
- To stimulate active participation and initiative among students in learning process.



## Agno Humantia Club

### "Envision, Create & Inspire"

- To ensure the overall development of students by enhancing their skills on "Self-Grooming & Makeup"
- Coordinate various activities to enhance students's personality.



## Blazing Stars Club

### " Dance to the Beat of your Dreams "

- To strengthen the students' creative skills in live performances through dance forms.
- To enhance the dance talent among the students.
- To be encouraged to express and share personal creativity.
- Creative dance facilitates motor skill -development such as body awareness, control balance, flexibility and stamina.



## Eagle Eyed Club

### "Fly above the Horizon"

- To develop self confidence, spirit of team work and build concentration. To prepare students for all walks of life and to toughen then up mentally to face challenges.
- To develop and grow the quality of sportsmanship. To develop mental and physical fitness.



## Agnitio Club

### "Something Different"

- To build confidence and overall personality development of students. To provide them with sound financial planning knowledge.
- To get practical knowledge about field of business. To create leaders.
- To prepare students to manage finances as they embark on their career.



## Craftastic Club

### "Crafting your Curiosity"

- To foster an artistic environment and develop an appreciation for art and aesthetics among students.
- Produce creative works that demonstrate innovation in concepts and materials to promote the omnific skills in students



## ಹಣತೆ Club

### "ಬೆಳಗು ತಿರಲಿ ನಿತ್ಯ ನಿರಂತರ..."

- ಸೃಜನಶೀಲತೆಯತ್ತ ಪಯಣ.
- ಪ್ರತಿಭಾಪುಂಜದ ಆವಿಷ್ಕಾರಕ್ಕೆ ವೇದಿಕೆ
- ಸಾಹಿತ್ಯದ ಒಲವಿಗೊಂದು ತಾಣ



On 28 July 2022, all the clubs were inaugurated at their respective venues in a creative way. The inaugural ceremony of the Agnitio club was initiated by rolling down the banner of the club by the staff and one student representative. Craftastic club was inaugurated using creatively crafted alphabets with their meanings. Agno angels club conducted an icebreaker conveying that "Alone we can do so little, together we can do so much". Hanathe -the kannada club was inaugurated in a traditional way by lighting the lamp. Oratio, Tekclique, Eagle eyed, Agno Humantia, Spectrum and Srishti clubs used audio visuals and played a grand opener video. Blazing Stars club presented the slides on "why do we dance ", which was followed by a dance battle.

The Principal of the college, Sr Norine Dsouza A.C. went around and witnessed the inauguration ceremony of various clubs. All the students are excited to get involved in their respective club activities and we look forward to a great year ahead.



**Mrs Shubhavani**

**Dept of Computer Science**



# VAN MAHOTSAV



Realizing the importance of planting trees, Van mahotsav was started in the year 1950 with the goal of growing and saving our forests. This day is considered important to create awareness about the loss of tree felling. Our college celebrated Van mahotsav on 29 July 2022 in the college auditorium. All the biology students' of I PU and II PU were invited to celebrate the feast of forests. I am fortunate and glad that I am a biology student who witnessed the programme.

Prof. M. L. Sureshnath, chief traffic warden, Dakshina Kannada, was the chief guest. People celebrate Van mahotsav by planting trees or saplings in homes, offices, schools, colleges, etc. Awareness campaigns are held at various levels. Novel promotions like free circulation of trees are also taken up by various organizations and volunteers. For the same, the chief guest planted a sapling as a symbolic representation of Van mahotsav. A dance drama was enacted to represent the value and needs of a healthy environment.

The chief guest in his speech spoke about the significance of Van mahotsav and about the need for conserving forests for future generation. He further advised the students to plant saplings that will grow into mighty trees and provide shade and fruits to the coming generation. The planting of trees during the festival serves various purposes like providing alternative fuel, increase in production of food resources, helps create shelter-belts around fields to increase productivity, provide food for cattle, offers shade and decorative landscapes, helps conserve soil deterioration. A short video was presented by the biology students on the green campus of our college. I think I am lucky because I am studying in this institution which is full of greenery and where importance is given to plant the trees and about its uses through the eco club.



**Valentina Riyonna Fernandes**  
II PCBH



# CLEANLINESS AND HYGIENE

It's a moment of pride to watch a woman take up a platform and inspire younger girls with her words, and that's exactly what Dr. Joylene D'Almeida did on 25th July, in our college. She spoke about the topic "Cleanliness and Hygiene ". Yes, the topic might not be an inspirational one, but she did a wonderful job by being informative. Her confidence and the very fact that she made us adolescent girls feel comfortable to talk to each other, was inspirational enough. She spoke about various things like general hygiene, intimate hygiene, good touch and bad touch, body positivity and self love. From personal experience I know that this topic can be very sensitive for many girls of my age. Most of us feel insecure to talk about it as we have been told that this topic is not something we should be talking about. We have been conditioned to think that it is something we should be embarrassed about, but Dr. Joylene did exactly the opposite, and made us realise that instead of being embarrassed we must be able to embrace our femininity and be able to talk about topics like these in public without hesitation. She provided us with a lot of important and useful information about intimate hygiene and menstruation. By the end of the talk many girls in the audience were given a comfortable space to ask questions without making them feel hesitant or embarrassed. This made me realise that many girls in our country don't get the privilege to get this information and we must be grateful for such a wonderful opportunity and make use of them in the future. She ended her talk with two quotes given by the former first lady of the United States of America, Michelle Obama, that I think should be every woman's ideal motivational quote-

"Empower yourself with a good education, then get out there and use that education to build a country worthy of your boundless promise."

"When girls are educated, their countries become stronger and more prosperous."



**Rhea Madan**  
**II SEBA 'A'**