



# AGNOBEAT

## E-Monthly Magazine

Issue: June 2022 Volume:19 Editors: Mrs Pramila Dsouza, Mrs Preema Pereira, Ms Sneha

### Principal's Message

Dear Readers,

“Experience is the teacher of all things and every experience makes you grow”.

The above thought reveals aptly the era we are in now. The varied experiences we have had for the past years certainly has taught us lessons to remember forever in the years to come.



**Sr Norine Dsouza A.C.**  
**Principal**

The academic year 2022-23 has begun with full gusto. It is heartwarming to see the students entering the college campus with happy and smiling faces, which is the sign of positive outlook at oneself and the happenings around us. The Agno-Beat for the month of June is a special one. It gives the glimpse of systematic and standard events that take place at SAPUC. As you scroll down the pages you will realize that SAPUC gives solid foundation and attention to the genuine growth of faculty and student body.

The people of fine character live by their values. They are honest and are committed to truthfulness in thought, word and deed. True character thus encompasses the capacity for self-discipline. Maturity is reflected in all aspects of character – the decisions we make, the friends we choose, the responsibilities we accept. Be always ready to give preference to others. What you are is God's gift to you. What you become is your gift to God. Have something to live for, bring out the best in you. 'With Warm wishes and God's blessings'

# II PUC ORIENTATION



“A day without prayer is a day without blessing and a life without prayer is a life without power,” says Edwin Harvey.

Our orientation started with a beautiful prayer service which bounded us all together as one with God and it was blissful. The auditorium was filled with Agnesian power as we were very happy to be back in the campus. A video presentation gave glimpses of the newly renovated auditorium. During the felicitation of the centum scorers, I realized that success is not a one-day story, it is the result of continuous efforts, hard-work and determination.

Sr Dr Lydia congratulated all the students for their academic performance in the examination. And I hope I would be one among them one day and it inspired me to work hard.

Dr Malini Hebbar, the resource person of the day enlightened us with a thought provoking session. She emphasized that life is a gift of God which is to be lived fruitfully amid the challenges. The programme was presided by our dearest principal, Sr Norine.

The orientation as a whole was very valuable in informing and giving an insight into expectations of my course. It also led me to feel much calmer approaching my first day and allowed me to be a lot more familiar with where I had to be. I really enjoyed it.



**Rinisha Pinto**  
**II PCMB -C**



# I PUC ORIENTATION



The orientation program which was conducted by St Agnes PU College on the 20th of June, 2022 was indeed a jump starter to begin our journey ahead. The Chief Guest for the day was Dr Caroline Dsouza, a consultant Psychiatrist, who has been practicing her expertise at various clinics. Through an illustrated talk, she threw light upon the struggles which a number of adolescent's face – anxiety, stress, relationships, private space, independence, self-consciousness and failure. Besides, we were made aware of the importance of a parent-child relationship in our daily living. She laid emphasis on how we students can enhance our efficiency with our day to day stress. The most authentic and inspiring event that took place was the felicitation programme for the students who topped the I PUC annual examinations. The hardwork, determination, commitment and dedication could be perceived on their faces. Ivin Sequeira, the top scorer in the I PUC board examination and the parent of one of the centum scorers by their words of wisdom and gratitude encouraged each one of us to put in our best and believe in ourselves. At the closure of the programme, two of the teachers from the Commerce and the Computer Science departments displayed before us a demo of the College App. They provided us with the various guidelines, disciplines and the procedures required to be followed while using the app.

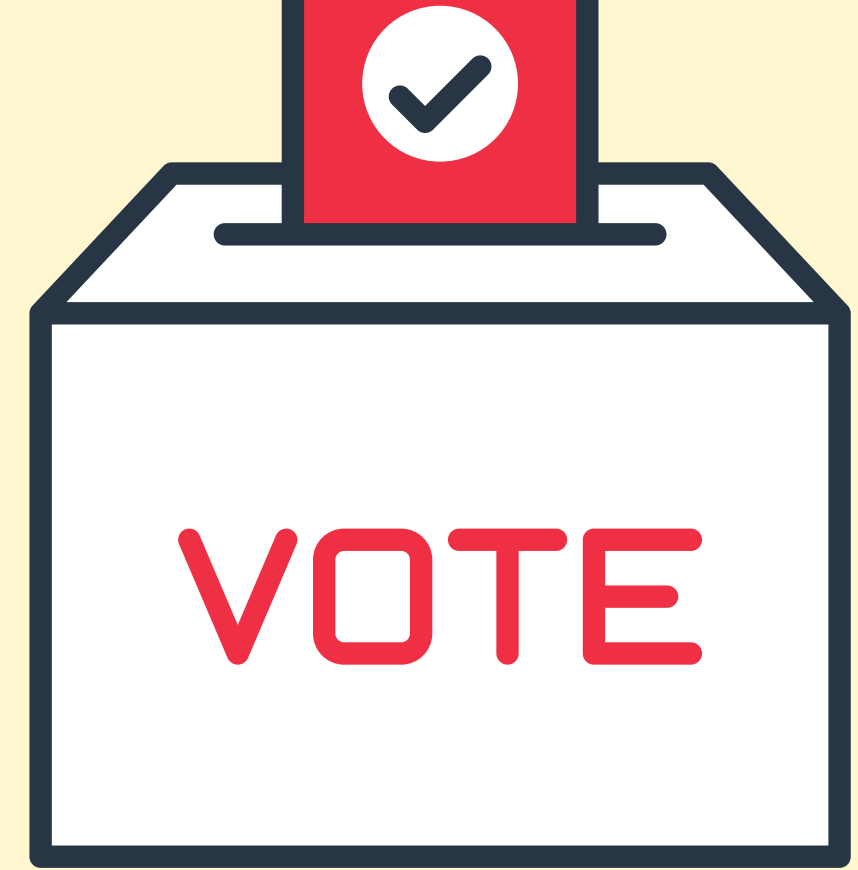


“The influence of a great principal, can never be biased”. Sr Norine Dsouza, the Principal of our college addressed the new agnesians with a warm welcome. She spoke about the norms and regulations which had to be abided sincerely by every student of the college. For an overall view a video was presented featuring the excellence the college has achieved in the bygone years. The most enthralling and contended moment of the day was the glorious melody of the prayer song which was unforgettable.



**Pia Carmen Aranha**  
**I PCBH**

# CABINET ELECTIONS



Like all of the other batch mates in my College, this election was my first experience with voting. The excitement in the campus about the elections culminated in the most anxious day of this month.

The experience wasn't as stressful as I imagined. The whole process was really enjoyable. It took a matter of seconds and it felt really good to know that I have a voice. I have enjoyed this election, especially as it was my first.

On the day of election, I was nervous and confused because I did not know what to do. On that day our class mentor gave each student a ballot paper. One of my friend had written the names of the candidates on the board. We had to write the name of the candidate and fold the ballot paper and drop it into the box. This is the first time that I have been actively involved in the process of the election. I think that this election has provided a great opportunity to do one's duty and continue to do so in this year. Elections tend to breed a lot of intelligent conversation between college students. I think it could also be the fact that as we're all of voting age and when we actually have a choice, we will discuss a lot. I was excited and hopeful, but nervous too. It was everything a first time should be, even sitting together to vote was an experience in itself, with small groups actively discussing the probable winners and strategies this year.

I felt proud to have done my bit to select the right leader and voice for us.

I am anxious to see the result of this election. Like everyone else, I hope my choices find their way. Whether the election will turn out the way I want or not, I will remember my first voting with pride.



**Neethi**  
II PCMC



# LEADERSHIP TRAINING



Every experience in life is a learning experience. Every test and trial, and every victory and triumph helps us to define who we are. Likewise, my experience in the Leadership training program by renowned journalist Mr Nandagopal which was held on 25th June has been a very rewarding experience.

In fact the program was conducted at the right time as we all are stepping into colleges for higher studies next year. This program was an eye opener for us to develop the leadership qualities in built in us and also develop and improve it further.

We learnt the following key takeaways :

- Leaders need to be aware of reality and capacity
- Importance of being effective and efficient
- Grab opportunities in the first chance
- Have lateral and critical thinking
- Importance of active listening before speaking
- Be a constant learner
- Application of logical and rational thinking in problem solving
- Develop leadership qualities like responsibility, positive attitude, accountability, command respect, fairness in all dealings and enthusiasm
- Follow the leadership traits of great leaders like Satish Dawan
- Use of the formula for Success = E3 (Energy, Enthusiasm and Enjoy)

The group activities which were conducted showed us the significance of teamwork. We will definitely inculcate these learnings in our lives to become amazing leaders.



**Beefathima Nuayma**  
II PCBH

'A leader is the one who knows the way, goes the way and shows the way'.

Leaders are rare! Everyone has their outlook on who is a perfect leader. So, as upcoming class representatives and assistant class representatives, we need to know the correct meaning of being a leader and abide by its duties.

The leadership training program conducted on June 25th by Sir. Srinivasan Nandagopal was indeed a very lively and interactive session. The session helped us to understand the qualities of a leader. We were given practical problems through which Sir Nandagopal explained to us the role, responsibility and qualities of a leader.

I took up the opportunity to be the class representative as this was a new experience. I wanted to try being accountable, take responsibility for the different duties, tend to the grievances of my classmates and represent the class in various matters.

'Whatever I do, I shall try to do it efficiently' was the mantra given by Sir which would help us in our journey as leaders.

Some qualities of a leader given by Sir were:

Leaders think out of the box

Follow instructions

Stop studying, start learning

Every problem has seemingly multiple solutions but the answer is one

To conclude, Sir taught us an action rhyme. Overall the entire session was informative and I am sure everyone present there learnt and enjoyed it to the fullest. We shall utilize all the values given by Sir in our journey to become leaders.



**Thanvi J R**  
**I PCMS**

# CABINET INAUGURAL



“Fear and self-doubt have always been the greatest enemy of human potential”, says Brian Tracy. Joining St Agnes PUC, becoming the college president, and being part of the cabinet has been my aim for as long as I can remember, but the self-doubt of whether it was something I could do has always been there. The repeated question of “Am I good enough?” kept running in my head. Then one day during the leadership training program, I met the previous college president, she told me that if you’re capable and responsible enough anyone can become the president of St. Agnes. Her words gave me a push towards my goal. But, this year when the time had come for us to send our application yet again my confidence started to waver. I am thankful to the people around me who told me that I should at least try. I realized that this was a rare opportunity and if I let it pass by, I would regret it. The most exciting part of the elections was the campaign. Meeting the other contenders and seeing their capability amazed me to another level. I learned so much from them and it helped to put my all into the campaign. The time I spent with all the contestants will always remain one of my best memories in St. Agnes. The campaign consisted of a speech and posters. The speech part was so nerve-wracking! At first, I thought I would pass out because of the nerves but it wasn’t as bad as expected and I was able to deliver whatever I wanted to say. Then came the election day. My friends and I waited with bated breath as my votes fluctuated on the day of the election, but in the end, my hard work paid off. I hugged my friends, calm on the outside but full of joy within. I realized that winning meant more than just being confident or responsible during the leadership program. Being elected as the college president meant thinking out of the box, doing things efficiently and when faced with problems, keeping in mind that 'every problem has seemingly multiple solutions but there is only one actual solution'.

The cabinet inaugural day is by far the most unforgettable day in St. Agnes. It began with heavy rain and ended with all the cabinet and student council members having a good time. This is indeed a huge responsibility for me but being around the people I love makes the most difficult task easy. I’m grateful to all the people who supported me unconditionally. Without the support from my loved ones, I would have never been able to achieve this goal of mine.



**Zamyia**  
**College President**



“As we look ahead into the next century, leaders will be those who empower others,” says Bill Gates. Am I worthy of the post I’m about to apply for? Will I be able to make it through one year of balancing multiple responsibilities? Can I possibly be a good role model to the people around me? Many questions like these kept passing through my mind. But one owes it to themselves to try. So with a sense of uncertainty and a fear of humiliation, mixed with lots of excitement and anticipation, I handed in my application for the post of the Vice President.

On the day the final nominees were announced, my classmates were the most supportive bunch of people one could come across. They wished me the best of luck and gave me the boost of confidence I badly needed. And if I didn’t have enough people rooting for me, my friends and family went above and beyond to help me.

To make a poster and write a 1-minute speech, I received help from my friend, my cousin, my parents, my friends’ parents and even my grandmother. If I didn’t already feel immensely loved, I did now.

The whole campaigning procedure was out of my comfort zone. It was very new and a little scary to me. But like every other time, my most wonderful classmates and friends did everything in their capacity for me. From screaming campaign slogans to personally asking their friends to vote for me, they did it all. The classes were very welcoming when we would go to deliver our campaign speech and the teachers too uplifted us.

The words “All the Best” were probably heard a couple of hundred times on counting day. When the teachers started opening the chits of names, my fellow competitor and I held each other’s hands as anticipation filled the room. Our friends sat in the classroom allotted to us and gave us huge smiles every time our name would come up. And finally, when the results were announced, a sense of victory filled me; the people who helped me throughout would not be disappointed. The win was followed by several “Congratulations” and lots of hugs. The Cabinet Inaugural is where all of the feelings came pouring out at once. Extreme gratitude to the good Lord, for the assurance, that no matter what happened, I had someone constantly by my side, looking over me. I felt thankful to my family who made me the person I am and who constantly reminded me that results didn’t matter, the effort did.

The leadership training program had shown me that I had much to learn from the people around me and that I wasn’t the smartest in the room. These feelings escalated as I stood there on the dais, looking at all the cheery Agnesians in front of me. As the ceremony went on, the oath-taking took place and we were given our badges. That is when realization struck us that starting there, throughout the term for which we serve our college, it is no longer about us, it’s about the college, it’s about the students.



**Anwika Miranda**  
College VicePresident

# FIRST PUC TOPPERS



## SCIENCE TOPPER

It is said that "You have to fight through some hard days to enjoy the best days of your life." I believe this is true because there is light at the end of every tunnel. Hard work always pays off. There is no magic formula to achieve success. It is a result of sheer determination, consistency and hardwork. Great focus and passion add on to it. I trust that doing your very best and putting all of your efforts never lets you down. Being patient is also necessary as success is achieved eventually, not instantly. Believing in yourself is essential as doubts kill more dreams than failure ever does. As for me, inculcating the habit of day-to-day study, constant practice and frequent revision have proven to be very helpful to prepare for the exam. Managing the time between boards and coaching was a bit of a hassle at first but eventually, I was able to strike a balance.

Clearing my doubts after each chapter helped me understand the concepts very well. All this wouldn't have been possible without the support of my parents, the Principal, the Vice Principal, the lecturers of the college and the integrated batch. The previous year was wonderful. Looking forward to a better one, I wish to make the best of this year and create wonderful memories!



**Samruddhi.D**

**Integrated Batch**

## COMMERCE TOPPER

"Success is not an accident. Hard work, perseverance, dedication and love for what you're doing reap immense rewards". A reputed institution with its band of determined and dedicated teachers is always at the core of a student's success. The unstinting support and guidance of the faculty at St. Agnes PU College has been truly invaluable in my journey of success. I would like to share my part of the story of how I secured the first rank in Commerce stream.

First of all, I have always given priority to academics and tried my level best to understand each and every concept clearly. I used to revise the topics taught in class and completed the assignments given. I also wrote down the key points and highlighted them, which made it easier to study later on. As the timetable of exams was released, I prepared a timetable of my own so that I could manage my time and be well prepared for the exam. Some subjects like mathematics, accountancy etc require more attention, so I always practiced it which also helped me in securing centum in those subjects. I used to also wake up early in the morning or stay awake late at night to revise the topics done before. Along with studies, extra-curricular activities are also important in one's life. So I actively participated in the programmes, events and competitions organized by the college.

The day I came to know that my result was out, I was very happy and relieved that my hard work paid off. Failures come to everyone and studying is something that most of us do not like but always remember your goal in mind and work hard to achieve success!



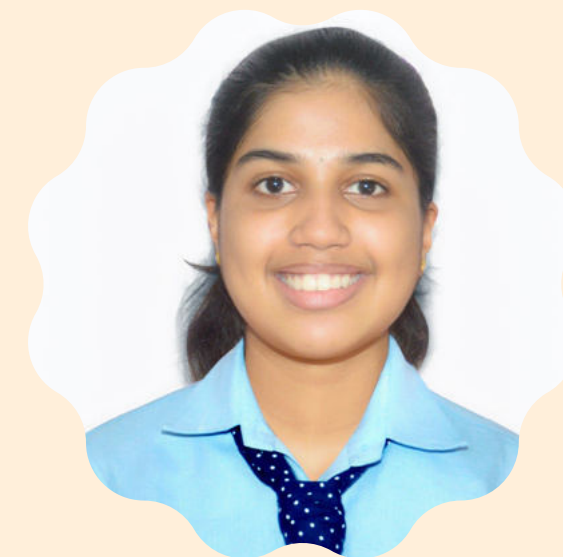
**Ivin Sequeira**  
**II BSBA**



Being persistent may lead you to the DOOR, but consistency is the KEY which unlocks it. A good environment, good teachers, good guidance, self-confidence and hard work is an added advantage that helps us to excel in life.

St. Agnes PU College has always given its best for education in every possible way. The college, management and all the lecturers have played a very important role in my success. I am proud to be a part of this great institution as its proud student. The college has a peaceful environment with well-equipped infrastructure and highly educated lecturers. They are very approachable and I could clear my doubts freely. My parents have always stood by me and are my constant support, who guide me in every step I take.

I had always wished to be a topper and it was never difficult for me. The key to this is constant revision of topics, be it easy or difficult, making short-term goals and achieving them, following a suitable study routine, being attentive in class, and of course self-study is a must. This does not mean I concentrated only on my academics, I also took part in the various fun-filled activities conducted by the college. I am also an avid reader, a bharatanatyam dancer, a music lover and I love playing badminton and practicing yoga. But the thing I did differently was that I made studies my FIRST priority, thus topping the commerce stream.



**Sanjana Ravish**  
**II BEBA**

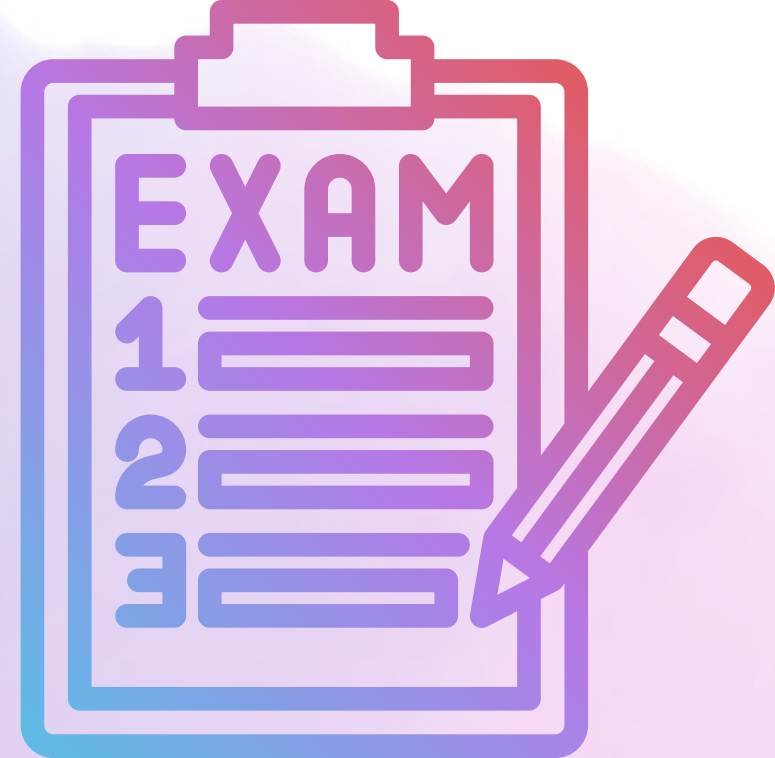
When the results came out, I was totally astonished. It was beyond my expectations. I always set my bars low because I prefer to be surprised than disappointed. That's my simple rule. Most of the time people try to climb those unreachable expectations and when they can't they feel disappointed. I'd like to be honest, I do not have anything novel or radical to tell you about how to study. These are methods that our teachers have told us time and again. Firstly, be regular to class. Trust me, this helps more than you think it does. Even passively remembering a concept or a method taught in class can fetch you a few extra marks and also help you build momentum during exams.

Our college library has quite a few question papers from previous years. Solving these gives you a good understanding of which topics are important. Remember, practice makes permanent, not necessarily perfect which is why one should not start practicing until you get it right and then practice until you cannot get it wrong. There were times when I felt demotivated to the point that I just wanted to throw my books and run away. But my parents were there for me, listened to my concerns and we tried to solve them together. I feel blessed to have parents like them. The first year went by in a blink of an eye, I made a lot of mistakes. This year, I promised myself that I will change for the better. I would also like to share with you something that I have learnt and put into practice – Be confident in what you have learnt rather than dreading about what you have not or how much there is to learn. No matter how hard the situation is, always say this to yourself “this too shall pass”.



**Samhita Prabhu**  
**II HEPP**

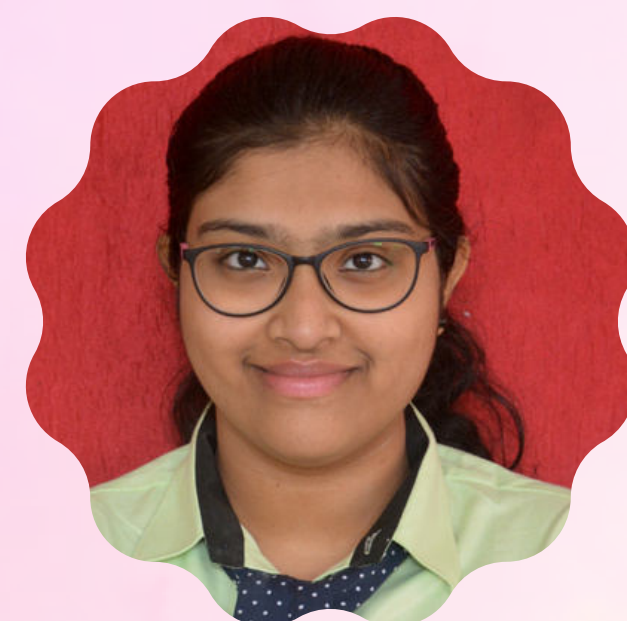
# SECOND PUC TOPPERS



## SCIENCE TOPPER

Education breeds confidence, confidence breeds hope and hope breeds peace. Education is the foundation for a better future. I was on cloud nine when I was announced as the topper of the science stream in the II PUC board examination. I felt my hard work paid off. St Agnes PU College played a phenomenal role in shaping my future. The faculty here is very supportive and encouraging. St Agnes is an educational institution that does not abide only by the bookish approach, the college also emphasizes on innovation and deeper learning. I am privileged that I was a part of this prestigious institution that has helped me evolve as a person in so many levels. 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, understand and then memorize the concepts. Memorizing without understanding is of no use. Lastly, use highlighters to underline the important points and remember the key words. Following these tips and studying day to day will surely help in scoring good marks. I am confident that with dedication, perseverance and hard work I will strive to achieve greater heights.



**SWATHI N PAI**  
**PCMB-B**

## COMMERCE TOPPER

My journey in St Agnes PU College... began with online classes which was indeed new to us. But our lecturers made it interesting and interactive. They even conducted activities to keep us engaged. When our 1st PUC was going to end, offline classes started which gave us a fresh beginning. We indeed had some competitions and programs but we didn't have final exam, instead assignments were given to us as per Government order. Unfortunately even 2nd PUC started with online classes.

I thought that we might have to spend our 2nd PUC also online but luckily very soon offline classes began. This year as usual there were a lot of programs, competitions, activities but sports day was really very memorable. It made me remember my school days. Being a Commerce topper, was really unexpected for me. It was a proud moment for me and my parents. I would like to thank our lecturers and college for always being with me and supporting me. Our lecturers not only taught us what was there in the text books but they also taught us about life. Their instructions helped me during exams and their advice helped me in my life.

I can never forget the values I learnt from St. Agnes PU College. Even though I had spent nearly 1 and a half year in this college, I have created a lot of memories which will be cherished throughout my life. I would like to continue my further studies in this esteemed institution and I'm very proud to be an Agnesian.



**S Navyashree**  
**CSBA**



## ARTS TOPPER

Just like any other student, appearing in the board exams was no less than going to fight a battle. During the last few weeks, I utilised my time strategically to polish my preparations. I focused on what I already knew and revised the topics that I had learnt before. There were times when I felt anxious, but I kept reminding myself that I had delivered my one hundred percent into the preparations. Within a blink of an eye my boards got over and all my papers went well. I was eagerly waiting for the results. Then on 17th June, on an unexpected day, there was this news about the announcement of 2nd PU results on the next day itself.



**Vinisha Lenita**  
**Sequeira**  
**HEPP**

I was excited and nervous at the same time. Finally it was 18th June. The wait was over. Board results flashed on my phone screen. I was a bit disappointed, as I did not get to see my expected results. But later, remembering the fact that, 'exam results solely don't necessarily determine success' made me feel satisfied with whatever marks I secured. In the meanwhile, I got to know that I was the arts topper of my college. I was on cloud nine. Although I had given my best in every exam, I found it hard to digest the fact that I had even topped my college, as I never expected that. I always had this dream of being one of the first three toppers of the arts stream, but was overwhelmed to know that I had topped the stream. It was literally a 'dream come true'. Definitely, it would not have been possible without the support and guidance from my parents, our college Principal, Vice-Principal and all my teachers.

# JOSH 2022

## SCIENCE ART EXHIBITION

A science exhibition is held to provide a platform for students to display their knowledge and creativity. It is said, "Action speaks louder than words", so without practicals or experiments it is difficult for students to learn and remember important things related to science.

The 2nd year Science students had visited the science exhibition organized by St. Joseph Engineering College on 17th June 2022. We reached the venue at 11 am. We were very excited, as it was a golden opportunity for us to see the magic of science. The exhibits were arranged in such a way that visitors could reach and see each of them without any difficulty. There was a good arrangement of refreshments and other amenities. Students from different colleges around Mangalore took part in this science exhibition.

The volunteers and the students from St. Joseph College guided and explained the model and also explained how they work, the mechanism and much more. The kind of model they made showed the level of their skills and intellectual aptitude. Many new models of devices, machines, and gadgets were made with the usage of cells and wires. We got to know various new terms of science.

I would like to conclude this article by saying, in the class, students grab education from the book, but here, the exhibition sets a practical example for students to build a habit of learning through practicals.



**Priyanka**  
II PCBH

# INPUT SESSION BY DR RAGHAVENDRA HOLLA

On 29th April 2022, the faculty members of our college attended a session on 'How to be successful in life.' Dr Raghvendra Holla, Chairman and COO, Swastika Consultancy Services was the facilitator of the session.

Dr Holla mentioned that success is the progressive realization of a worthy goal and to be successful in life, it is important to have self-confidence, turn threats into opportunities, do multitasking, have networking skills (good relationship with people), entrepreneurship and persistence. And to achieve this, we need to come out from our comfort zone to help others. He asked us to have a clear vision of the life we desire and work on believing that it's possible to achieve it. He also stressed upon the need to build trust by keeping in touch, being responsible and showing our care and concern.

He emphasized that teachers must have a 'win-win' attitude and generate connections, good will and mutual benefits, I felt that it should be practiced by each and every teacher to help them build self-worth. He further asked us to be positive, constructive, energetic, enthusiastic, humble but credible. He urged the need to lose ego and summed up with a phrase - 'Don't be more than you are!'. The faculty members avidly participated in the activities conducted during the session.



**Dr P V Shobha**  
Dept of Hindi



# INPUT SESSION BY SR DR DORIS DSOUZA

A year well begun! We were indeed rejuvenated as we began our academic year with an input session on 'Effective Classroom Organization and Management' by the energetic and dynamic Sr Dr Doris DSouza AC, former Principal of Patna Women's College. The half - day session began by making us reflect in groups on whether we were competent to handle post - Covid students and what were the struggles and challenges faced by teachers in the present day. Interesting and varied views and fears were voiced since the groups were of three categories – more than ten years' experience, between three and ten years' experience and another one of less than three years' experience. A challenge that was foreseen in all groups was dealing with students who were restless and addicted to mobiles as a consequence of two years of online classes. For effective classroom management, Sr Doris stressed on teachers being orderly, focused and organized in their work and attentive to tasks assigned. Even experienced teachers were unaware of some mistakes committed during classroom teaching. She told us never to forget that knowledge is power, so one must not become stagnant. A teacher must always strive to increase the dosage of knowledge. Development of both hard and soft skills is necessary for being effective. She emphasized on how important it is to know our students, our classroom, our lesson and our teaching methods. Sr Doris ended her fruitful session by making us recollect the principles and 4D's of time management. The session was enjoyable and there was never a boring moment.



**Pragati Alva**  
Dept of Physics

# INPUT SESSION BY DR STAN LOBO

## MEDITATION - A KEY TO BLISS

Meditation is the means by which we experience love, peace, power and happiness within us. Beginning the day with morning meditation boosts soul power. It keeps us enthusiastic, efficient and peaceful throughout the day.

On 9th June, just before the beginning of this academic year, the staff of St Agnes PU College had a wonderful opportunity to attend an input session conducted by Dr Stan Lobo from Bangalore, who is a professional trainer for personality development. The topic of the session was 'Discovering Inner Intelligence for Effective Living'.

During the two hours of the interactive session, Dr Lobo directed us towards self-awareness. He guided us to breathe and meditate very effectively. We felt light when we practiced 'Body Scanning' taught by him. As a result of relaxation, we could experience our real self.





During the session, Dr Stan Lobo clarified some important points such as:

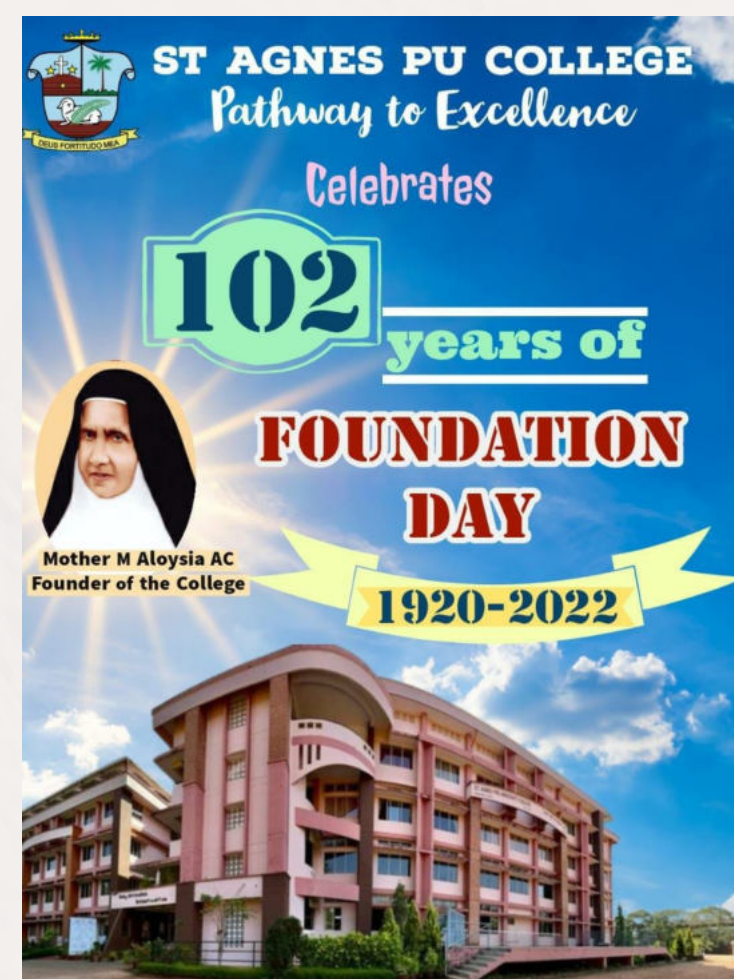
- \* Meditation (Dhyana) improves our ability to concentrate. This will help us in putting hundred percent effort in our work, which will lead to success.
- \* Skills, knowledge and behaviour of the student can be compared to ten percent of the iceberg which is visible. Attitude, values and thinking styles can be compared to ninety percent of the iceberg which is submerged in the sea. Education must focus on guiding students to think right. Daily meditation assists them to cultivate right thinking, which enhances the skills, knowledge and behaviour of the students in the right direction.
- \* Dr Lobo concluded the session with a beautiful message that we should always see good in every situation. This will elevate our internal energy and we get the power to radiate positivity around us. Then our blessings become a reality.

Dr Stan Lobo's prescription for improving physical, mental and emotional health of an individual is meditation. It really works without any side effects. Hence the management of our college has implemented morning meditation. We are confident that morning meditation will help each one of us in discovering our inner intelligence to live our lives effectively.



**Mrs Namitha**  
**Dept of Chemistry**

# FOUNDATION DAY



“Never live in contented ignorance, nor rest satisfied with the knowledge gained yesterday,” said Mother Aloysia, the founder of St Agnes College.

A college that started with nine students, with the righteous aim of educating girls, has completed 102 successful years with over a thousand girls receiving education every year. As with any successful celebration at St Agnes, the Foundation Day program on 22nd June began with a prayer, giving thanks to God. The chief guests who joined us in our celebration and happiness were Advocate Elizabeth Neeliyara and Sr Dr Lydia AC.

It is said that the best way to multiply happiness is to share it, which is why the generous donors of our college contributed umbrellas and uniforms for our Kannada Medium Primary school students. Giving is not about only making a donation, it is about making a difference. The bright smiles on the faces of the children were a clear indication that a positive change was made in their lives.

The chief guest, Advocate Elizabeth Neeliyara educated us with lessons we should learn from Mother Aloysia. She spoke about virtues that we must try our best to implement in our lives. A few of the several life lessons we can learn from Mother Aloysia are the virtue of kindness and the importance of hard work to reach our goals. The lessons we learn from Mother Aloysia are essential and still relevant in the present times. Her life lessons have helped shape the future of thousands of girls thus far!

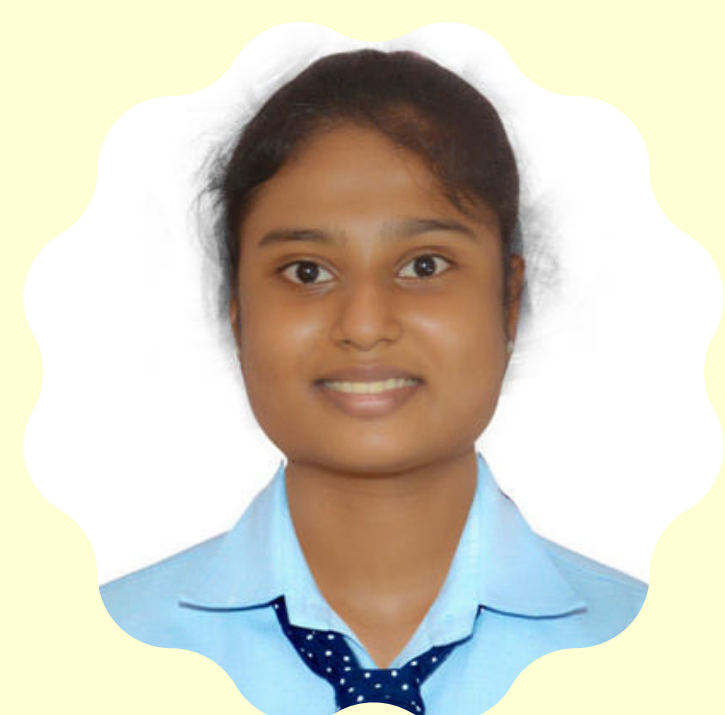


**Nimra Patel**  
**II CEBA.**

# INTERNATIONAL YOGA DAY



- “The study of an asana is not about mastering a posture, it is about using that posture to understand and transform yourself”-B.K.S IYENGER. June 21, 2022 is celebrated as 'International Yoga Day' worldwide, upholding the theme YOGA FOR HUMANITY. We, as NCC cadets participated in the yoga day program held at three different locations. The Army wing cadets participated in the yoga day program at Padubidri beach and Town Hall. The air wing cadets participated in the program held in our college along with our seniors. The program at Padubidri beach was a really refreshing and peaceful experience. We had the chance to do various asanas with the help and guidance of a very proficient instructor. The cool breeze and the sound of the waves had a soothing effect which enhanced the effect of performing the asanas. Due to the light drizzling we could only perform yoga asanas standing, but the experience of doing yoga with other cadets from different units, in such a calm and refreshing place made my day.



**Carol Pinto**  
**II PCME**

