



AGNOBEAT



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Editors: Mrs Pramila Dsouza, Ms Raksha

Principal's Message



Sr Norine Dsouza A.C.
Principal

Greetings from St Agnes PU College
Respected Faculty members, Parents and dear Students,
Welcome back to another exciting year at our beloved
College! A warm welcome to the new band of First PUC
Students. Together we are embarking on a journey
of learning, growth, and endless possibilities.

I want you to know that you are the heart and soul of our college community. Your presence, enthusiasm, and dedication light up the hallways, classrooms, and every corner of this campus. As we begin a new chapter, let us take a moment to reflect on the accomplishments and experiences that have brought us here. The stellar performance in the Class 12 Board exams has invigorated all of us with renewed energy. We have overcome challenges, celebrated triumphs, and learned invaluable lessons. Our past successes serve as a reminder of the resilience and determination that resides within each of us. With each passing year, we have witnessed the transformative power of education. It is through knowledge that we can shape our future and it is within these walls that dreams are nurtured, talents are honed, and ambitions take flight.

Mother Aloysia, the founder of the college has said 'Education is incomplete without the formation of character'. 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.

Let us embrace every opportunity to push the boundaries of our potential and to make a positive impact on the world around us. This year we will continue to cultivate a love for learning, encouraging curiosity and fostering creativity. Wishing you all a wonderful and fulfilling year ahead!

II PUC ORIENTATION

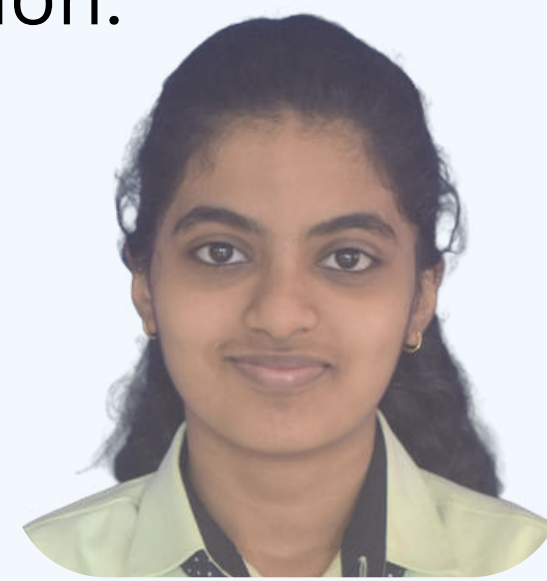


'The Day the Juniors turned Seniors!'

The start of something new, brings the hope of something great. Our fresh start as second pu students began on 1st June 2023. Orientation commenced with a prayer dance invoking God's blessings.

Dr. Deepa Kotari - Associate Professor of Department of Humanities and Social Sciences in YIASCM (Yenepoya Deemed to be University) the resource person of the day motivated us to work on our systems to reach our goals in life and encouraged us to bring a change in our daily routine to achieve the aim that we have set for ourselves. Her words and thoughts had a great impact on us and helped us start our new beginning with a positive mindset. All the distinction holders and the centum scorers were felicitated, I realized that hardwork and perseverance will definitely lead to success. Our Principal, Sr. Norine Dsouza appreciated our efforts and wished us well for the new academic year. She also motivated us to excel in academics through hard work and determination.

It was a good feeling to get back to class after the vacation. I'm sure that each one of us will have this day imprinted in our hearts and remember it as - 'The Day the Juniors turned Seniors!'



Sakshi
II PCMC





I PUC ORIENTATION

The freshers of St. Agnes PU College were welcomed with support, familial warmth and direction by the lovely seniors on the bright sunny morning of 8 June 2023. Freshers like me were exposed to an entirely different environment of teaching and learning and were greeted with new faces and reassuring smiles.

The orientation programme commenced with a prayer service followed by a meaningful and colourful presentation of the various activities as well as different courses and sports provided in St. Agnes PU College. The presentation conveyed useful information which was followed by the encouraging talks by the toppers of the college.

The orientation concluded with a motivating speech presented to us by our principal, Sr. Norine. In short, the entire orientation was a warm and welcoming start for a college fresher like me to transition from high school to a college campus life at St. Agnes PU College. One of my favourite parts would have to be the introduction and making of new friendships and bonds with my fellow classmates. All in all, the orientation programme made me comfortable and I surely felt this to be a valuable experience.



Ruth Aroza
I BEBA/BSBA

CABINET ELECTION



The recent college cabinet election was amazing! I loved every moment of it. It was super cool and exciting. Everyone was really into it. From the campaigning to the voting to the announcement of the results it was so much fun.

Walking past the lobby, I was completely blown away by the eye-catching and unique posters. Each candidate had put in a lot of effort into their posters and speeches and it showed. During the campaigning, candidates had come to each class and addressed us confidently. Their unique pitch was presented in such a powerful way, that it could be seen they had put a lot of effort and thought into it.

The best part of the election was 'CAMPAIGNING'. It was so thrilling and so much fun. The election had brought the whole college together. Everyone had come to support their friends. Running around the college and screaming to the top of our lungs, we were completely out of breath. It was a great experience.

15 June 2023, the day that marked the election of the Cabinets for the year 2023-24. The college was buzzing with excitement! Everyone was talking about the election. It was a big moment for everyone when it came to voting. In the morning, the voting had taken place and by evening the results were out. When the results were announced, the whole college erupted in cheers! It was a beautiful moment to witness students supporting their friends who won and giving a shoulder to cry for those who lost. It was a great reminder that winning wasn't everything and that being a good friend was just as important.

I am happy for the newly elected cabinets. They worked hard and I am sure they will do a fantastic job in the future. Overall, the cabinet election was a great success. I am grateful for having been a part of it.



Ayesha Amani
II BEBA

LEADERSHIP TRAINING



"Never give up" is the clichéd expression you hear the most. We have all heard this term so frequently that it has conditioned our minds to discount its true meaning. And that's the problem.

St. Agnes PU College conducted a leadership development workshop for our aspiring leaders. Fr. Felix Victor, our special guest, provided us with insights into what great leadership actually entails. The hallmark of a leader is to never give up, even if all odds are against us. There is a remark that Father mentioned that was based on a movie (I believe it was the Extraction). "You drown not by falling into the river, but by staying submerged in it."

Now this is a huge reality check. Most of us have given up on many ordeals simply because it was too 'hard' or we thought that we didn't have the potential or capacity to go through. I did too before The Zero Analysis. There are generally two sections to this activity: Aims & Achievements. First, write down your estimated ability to write as many zeroes in 30 seconds in the Aims area before actually writing it down in the Achievements part. By the third round, the majority of us had accomplished more than what we thought we were capable of. This fun activity left us thinking of how much potential we carry and how important it is to acknowledge talent and potential in our fellow mates.



The one common factor among all humans is that none of us want to be judged. By judged, I certainly don't mean constructive criticism. We all want to be accepted, to be heard without being misunderstood. After all, Man is a social animal according to Aristotle. When you think of an ideal leader, you don't just think about someone in charge but rather someone who knows how to take charge. And the only right way is understanding your subordinates.

As leaders, we need to understand first, then be understood to create a win-win atmosphere among peers which will not just ignite their competitive instinct but also build a collaboration. Father Felix also discussed Stephen Covey's philosophy on Trust and Inspire. We believe that trust is lost the moment it is betrayed but Mr Stephen thinks that it can be revived only via efficacy and consistency. Breaking of habits is a vicious cycle but anything you practice, you'll be good at it because the more you do something the more you become it. As leaders, on a better note, as humans, the way you think and behave is an integral part of your character. Powerful mind sets can help overcome problems we'd usually cry about. Nobody's born with healthy habits, they are either taught or practiced. Practice makes perfect after all.

This session was a wake up call to the majority of us. The impact words have and how necessary it is to choose the right expressions, and as typical it sounds, the strength it takes to continue is beyond imagination. So, never give up and keep going.



Zuha Mariyam
II HEPP



CABINET INAUGURAL



From experiencing disappointment after losing the head girl elections and the class representative elections in school, to ultimately achieving the remarkable feat of being elected as the student president of St. Agnes PU College, my journey has been a rollercoaster ride.

When the principal first announced the nominations, I immediately began envisioning my victory. I held onto this belief from the very beginning, and surprisingly enough, my manifestation turned into reality. The moment was almost surreal, as it took a while for the realization to sink in that I won the elections and earned the prestigious title of President. But there I was, living my dream and embracing the responsibilities that came with it.

Fast forward to June 30, at 2:30 PM, the highly anticipated cabinet inaugural was scheduled, with the esteemed presence of Dr. Sr. Maria Roopa AC. Sr. Maria Roopa graced us with her inspiring speech, igniting the fire of motivation within me, fueling my determination to lead my college effectively. As I took the stage, I stood tall, representing the lotus—the symbol of effective leadership in our nation.

During the inaugural ceremony, I was humbled to receive the sash from Sr. Maria Roopa, followed by Sr. Norine placing it ceremoniously upon me. As I took the oath, I embodied the spirit of the lotus flower. It was an immense honor and I felt an overwhelming sense of elation as goosebumps covered my skin while reciting the oath. My primary goal is to serve my college and its student body, working harmoniously to foster an environment of growth and excellence.

With passion in my heart and a clear vision in my mind, I am ready to lead, inspire, and make a positive impact during my tenure as the student president. Together with my fellow students, faculty and staff, I will strive to create a vibrant and inclusive educational community that embodies the true spirit of St. Agnes PU College.



Prival Dsouza
President

The Cabinet elections of any college or school provides students with a strong chance to showcase their leadership skills and a chance to work for the betterment of the college. From the excitement of perfecting your resume and filing the application to hearing your fellow mates scream your name down the hallway while campaigning to the nail-biting moments when the votes are being counted to the tears and joy of having more tally marks under your name than the other candidates to finally receiving the badge honoring your victory has all been an indelible episode in my life.

The Cabinet Inaugural, a prime event, where the newly elected cabinet is being officially introduced to the college, where our positions were acknowledged was an honoring moment. Going up on stage, reading out from the scroll and taking the oath along with the other cabinet members has made me realize the significance of the post that I've been elected to. And at the end of the programme, seeing parents and friends rush to take our pictures made us feel delighted.

Participating in the elections has opened my eyes to how being good to those around you and being responsible can get you to greater heights. Getting a chance to serve my college as the Vice President and help my peers is an opportunity that I will forever be appreciative of.



Kadeeja Noha
Vice President



FIRST PUC TOPPERS

SCIENCE TOPPER

My experience in I PUC was amazing. My college has helped me grow in academics as well as co - curricular activities, which has helped me develop my interests outside the classroom. The college organised various programs for the students. These fun programs included sports day, fresher's day, ethnic day, students' day and many other such exciting programs. These programs helped me to develop my interactive skills and sporting spirit.

I'm overwhelmed with my exam results and couldn't be happier with how I performed. When it comes to exam preparation, I usually begin revising two weeks prior to the exams. In addition to my personal efforts, I must acknowledge the tremendous support and resources provided by the college.

The teachers here are not just educators but mentors who have gone above and beyond to ensure our success. Their unwavering support and willingness to clarify doubts have had a profound impact on my academic journey. My I PUC experience in college has been a great learning process for me. I have learnt a lot from my teachers and peers and have grown as an individual.



Zaynah Anjum
II PCMC

COMMERCE TOPPERS

Excellence is not being the best, it is doing the best. I, Athira, am glad to say that I have topped the Commerce stream in my 1st PU annual examination. It wasn't easy, but through lots of effort and hardwork from day one, along with the support I received from my parents and teachers, it was possible. The teachers at St. Agnes PU College have been the pillars of support to me.

Challenging myself, working hard, waking up early in the morning during my exams, I was able to achieve this. Last but not the least I am thankful to God for the choicest blessings showered on me and to have such great parents and teachers. I am proud to be a student of St. Agnes PU College.



Athira
II BEBA

COMMERCE TOPPERS

I am glad to say that I have topped the commerce stream in my 1st PU annual examination. This wouldn't have been possible without the efforts of my teachers and support of my parents. The teachers made learning easy and interesting. Day to day revision made subjects much easier and enhanced my understanding. The college conducted various extra-curricular activities that made the first year of my college a fun and exciting journey. As I enjoyed these joyous moments in college with my friends I also gave my constant attention towards studies. I gave importance to every subject.

My consistency and dedication towards studies, the efforts of my teachers and the support of my parents have helped me achieve this success today. Success isn't always about greatness. It's about consistency. Consistent hard work leads to success.



Pooja Kottari
II BEBA

ARTS TOPPER

I walked into the classroom, not knowing what to expect, not knowing a single soul with absolutely no idea how my day or year for that matter was going to turn out. Little did I know that it would be one of the best things that ever happened to me. My name is Alisha Thimmaiah of II HEPP and this was my first day in St Agnes PU College. My first year in Agnes had been an absolute rollercoaster and it gives me great honour and joy to say that with a lot of hard work and motivation I have topped the Arts stream for the year 2023.

The Humanities stream has always fascinated me and I've always loved studying the arts subjects which is one of the main reasons that was helped me to excel in my academics. Like all other subjects, Arts is not easy in the least and required me to put in a lot of time and hardwork. The study hours especially before exams used to be long and tiring but it was definitely worth it in the end. Daily revisions of the topics done in class was certainly a plus point as it helped to build confidence and also mentally prepared me so that I could avoid unnecessary stress just before the exam. Taking down notes in class and keeping up to date with the chapters is certainly a merit and it also helps with organisation.

My teachers have been very supportive and encouraging throughout and were always willing to lend a helping hand whenever in need. I would like to remind everyone to choose wisely, be good at what you do, make the best use out of all opportunities and dedicate yourself wholeheartedly to what you love.



Alisha Thimmaiah
II HEPP



SECOND PUC TOPPERS



SCIENCE TOPPER

‘Success isn’t always about greatness. It’s about consistency. Consistent hard work leads to success. Greatness will come’ said Dwayne Johnson. I was extremely elated when I realized that I had topped the Science Stream. I felt my hard work paid off.

I am grateful to my parents, the Principal, all the lecturers and the Vividya faculty who have helped me achieve success in the II PU Annual Exam. At times, it was challenging to balance the preparation for boards and competitive exams. But, the support of the faculty helped me to manage and balance both of them well.

Consistent efforts and constant revision made the studying process easier. Referring to the previous year question papers helped to get an idea about the frequently asked questions and prepare answers beforehand. Thanks to all who believed in me and helped me achieve success. I will forever cherish the memories made in here.



Samruddhi D
PCMC- Integrated

COMMERCE TOPPER

"Nothing ever comes to one, that is worth having, except as a result of hardwork". Nothing comes easy in life. If you want to achieve your goals and dreams, you must put in the effort and work hard towards them. When you work hard towards something, you appreciate it more because you know how much effort you put in to achieve it.

My experience at St. Agnes PU College has been an incredible journey filled with ups and downs, challenges and countless memories that I will cherish for a lifetime. When I first started college, I was excited and also nervous.

But as I got involved in various activities and made new friends, I began to find my place on campus. One of the most important things I learnt was how to manage my time effectively between classes, homework and extracurricular activities.

This college also taught me the importance of teamwork through events and class competitions. Throughout my academic journey, It's been wonderful to have teachers who are not just mentors but also friends. Overall, my college experience has been an unforgettable adventure that I will always treasure.

Becoming the topper of your college is not an easy feat. It requires a lot of hard work, dedication, and focus. I would like to share some of the tips that helped me become the topper of the college. Firstly, I started by creating a study schedule and made sure to stick to this schedule but I also took breaks in between. This helped me stay on track and ensured that I covered all the topics in my syllabus. Secondly, I made sure to attend all my classes and to highlight important points. This helped me to understand the concepts better and I also made a point to clarify my doubts with my lecturers. Thirdly, this is one of the most important thing, When you memorize something, you're just repeating it without really understanding it.

However, when you learn something, you're taking the time to understand it, and that knowledge stays with you for a longer time. That's why it's important to focus on learning rather than just memorizing.

Fourthly, going through previous years question papers and blueprint helped me get a better idea of the type of questions that would be asked in the exams. Lastly, I stayed positive and believed in myself. When the results were out I found out that along with being the topper of our college, I had secured the 5th rank in the state. I was extremely happy and I knew that my hard work had paid off.

I thank the Almighty God for his blessings and I'm grateful to my parents and the management and faculty for their immense support.



Renisha DSouza



My two years in St. Agnes PU College are incredibly special to me. It just feels like yesterday when I stepped inside the building for my first day of class. St. Agnes PU College has helped me develop mentally and has strengthened me emotionally.

I managed to do exceedingly well in my 12th Boards. I thank my family, friends and teachers who supported me and encouraged me to do my best.

There is no secret to success. All one has to do is study sincerely. Hard work beats talent when the talent fails to work hard. I had emphasised on sleep and rest. I am a person who is always anxious and is extremely exam-ophobic. I always made sure I had a good night's sleep before any exam, so that I could face it with a rested mind and body.

Actively participating in the study sessions held in class helped me to study a major part of the portion in college itself.

I would like to tell that we must all learn to accept our flaws. Comparison is the thief of joy. It doesn't matter if your friend has scored more than you or even topped the class. It only matters that you have done better than last time, even if it is by a single mark.

There are times where you can't help yourself and feel like crying. It is okay to cry and ask for help.

Asking for help is an act of helping yourself. There are people who scare you into thinking that the Board Exams are some evil monster, but trust me it is not. It is not as scary as you think.

Lastly enjoy yourself at St. Agnes PU College and I wish you all the best for the Academic Year



Samhita Prabhu
HEPP

INPUT SESSION BY DR RAMEELA SHEKHAR

We, the faculty members were indeed rejuvenated as we began this academic year with an input session on “Understanding our youth”, by the proud alumna of our institution, Dr Rameela Shekhar, Counsellor, Manashanthi Clinic, Mangalore.

As an experienced counsellor cum facilitator, for more than two decades, she stressed on the point that the present youth are materialistic and are addicted to technology because of which they are isolated from the society. Due to this tech-savvy nature, their psycho-social behaviour is affected. This has led to lack of interest in studies, substance abuse etc. She emphasized that in order to promote the psychological wellbeing of teenagers, a supportive and stimulating environment is needed to make them happy, confident and ambitious.

During the interactive session, she directed us to discuss the following factors that affect our students the most.

- Physical factors: Mainly Health issues
- Family environment like marital discord among parents, poverty, nuclear family etc.
- Academic problems, peer pressure, past experiences such as physical/ sexual abuse.

She reminded us that our main aim as teachers is to acquire skills to recognise and manage emotions, develop care and concern for others and to establish positive relationship with students.

She ended the session by quoting that teachers have a major role in making or breaking an individual. “Listening and patience” are the two key characters that teachers must have in order to handle challenging situations effectively.



Mrs Suvasini P
Department of Biology

INPUT SESSION BY DR JOSELYN LOBO & MRS SHANTHI LOBO

A teacher is a compass that activates the magnets of curiosity, knowledge and wisdom in the pupils. – Ever Garrison



Teaching is a profession where we the teachers - learn, unlearn and relearn. A new academic year brings in new challenges, aspirations and dreams in the minds of teachers. We, the staff of St Agnes PU College are given opportunities to regularly update ourselves and embrace our profession enthusiastically through various staff enrichment programmes. We were fortunate to have a fruitful session on – ‘Effective Teaching methodologies’ by an eminent educationist par trainer Dr Joselyn Lobo- Retired Professor, School of Social Work ,Roshni Nilaya, Mangalore.

Dr Lobo through his impactful session made us realise that the role of an effective teacher goes beyond imparting knowledge; it also involves engaging students and fostering an environment conducive to learning. He shed light on the significance of engaging the class creatively and introduced various techniques. These hands-on techniques not only make learning enjoyable but also enhance students' motivation, collaboration, and problem-solving skills.



He reminisced his teaching days and gave us practical ideas how to engage the class resourcefully. By conducting various activities, he demonstrated the importance of warm up games, creativity exercises, energisers and strength bombardment exercises in the classroom.

He emphasized that creative engagement serves as a catalyst for knowledge retention, critical thinking, and overall student development. By fostering an atmosphere of active participation and enjoyment, teachers can effectively capture their students' attention and facilitate a deeper understanding of the subject matter.

He also gave an idea about various modes of education. Stressing on the importance of creating conditions for learning he explained the new trends a teacher needs to focus on while interacting with the generation –Z. He urged the teachers to use VAK learning style model. i.e Visual – see it, Auditory – Hear it and Kinesthetic – do it. The ABC's of writing – Accurate, Brief, Clarity and Simplicity were demonstrated by creating an instance.

The latter session on 'Listening Skills and Counselling' was taken up by his spouse, Mrs Shanthi Lobo. She demonstrated the importance of SOLER formula in active listening – Sit squarely , Open position , Lean forward , Eye contact and Relax. Through relevant case studies she shared effective strategies how to deal with certain situations we come across during our teaching career.

I am sure that by integrating these innovative teaching methodologies, we educators can empower our students to become active participants in their own learning journey, fostering a love for knowledge that extends beyond the classroom walls.



Mrs Venitia Rasquinha
Department of Chemistry

Session on ‘Super Memory and Better Concentration tips.’

On the bright, sunny morning of 16th June, the young minds of our college were not only enlightened but also delightfully enthralled by the session organised by the college which was presented by Guinness World Record holder, Mr. MD Ahmed on ‘Super Memory and Better Concentration tips.’

The session was filled with excellent tips as well as past experiences of a few students who had excelled in both their academics and personal lives with the help of the seminars that Mr. MD Ahmed had organized earlier on. He briefed us on the three secrets of accelerated learning-processing and understanding strategic storing and real-time recall.

The students actively participated in the session and happily cheered for the selfie that was taken at the end of the session.

In a nutshell, it has been an immense fruitful experience to both students and staff for being able to attain guidance from Mr. MD Ahmed.



Md Ahmed



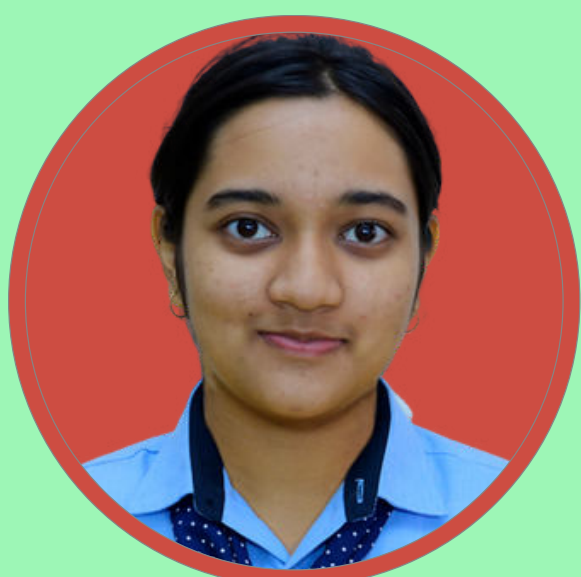
Nischelle Pinto
I PCMB

COUNSELLING

A great counselling session was organized by Abhaya Women’s Forum for the I PU students of our college. The session conducted by Mrs Prescilla D’Silva was amazing and it opened our eyes to many opportunities we hadn’t considered before.

The session also changed our mind-set with regards to counselling. Everybody thinks that counselling is only for the ones who need to be strong mentally or the ones who need emotional support but it is actually something much more than that, counselling not only helps us emotionally but it also helps us to know ourselves better, to know what path and career to choose and much more than that.

The interactive discussion we had at the session gave us comfort and courage to move on with life, no matter what the circumstances. The constructive criticism really made a big difference in our life.



Aurel Datta Roy
I PCMC



FOUNDATION DAY



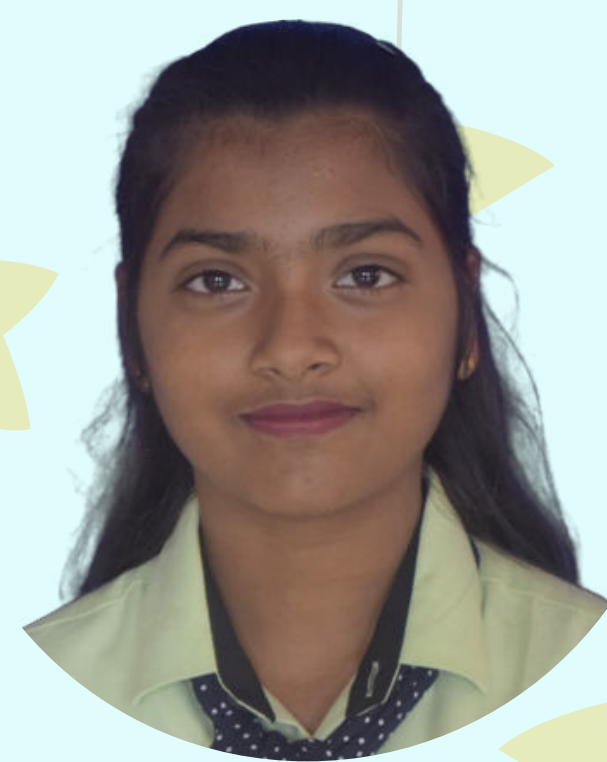
“Humility is the solid foundation of all virtues”

Mother Aloysia’s greatest contribution to women’s education rests in the founding of St. Agnes College in 1921 which now has completed 103 years of education.

The college foundation day was celebrated on 22nd June 2023. It began with a prayer song, offering thanks to God. Flowers were also offered to Mother Aloysia's portrait as a sign of respect and remembrance as she was a self-made woman and encouraged young girls to get educated. The students also performed a captivating dance drama which gave a glimpse of Mother Aloysia's vision on educating the girl child. The chief guest, Mrs Pavithra Jyothigudde stressed on the importance of education in one's life and to work hard to succeed.

“Put yourself to attempt the highest, the best. Your initiative will spur others to follow suit” said Mother Aloysia. To make this event memorable, school bags were distributed to the students of St. Agnes Kannada Medium Primary School, the students were very happy and the hall was filled with joy. We were happy as our little contribution brought a smile on their face and would help them in their school life.

Foundation Day is a time to celebrate our growth, values and commitment to take our institution to greater heights.



Izeeta Dsouza
II SEBA

Session on Cyber Crime and Security

As technology advances, people tend to rely on the internet to store sensitive information such as banking or credit card information. A lot of illegal activities are carried out to steal the information. Hence cyber crime is becoming more of a threat to people across the world.

To make us aware about this huge problem, our college had organized a session for the students of 2nd PU. Mr Abdul Rameez, security analyst and mentor at Cyber Sapiens United LLP along with Mr. Abhishek and Mr. Hussain gave us a lot of information and knowledge through their presentation and explanation. It was quite enlightening to learn some tricks to avoid cybercrime and to know about some dangerous cybercrimes happening in our day to day life, like phishing and vishing attacks. Phishing attack means stealing your credentials and download malware. Vishing is a type of cyber-attack that uses voice and telephony technology to trick targeted individuals into revealing sensitive data to unauthorized entities. Banking and OTP frauds are also a social media hacking.

To give a demonstration, a girl was called out from the audience and was told to fill her social media account details randomly into his laptop. He then showed us how accounts could be hacked.

He gave us a few tips to be followed:



1. Never trust anyone or anything online
2. Enable two factor authentication
3. Never share OTP
4. Password management

He told us that we should keep a strong password and change it after a specific period of time, he also said that we should never share our password to anyone even if they are our friends, family etc. It was a very educative session which would help us take necessary precautions to avoid cyber crimes.



Nisarga Salian
II CSBA





International Yoga Day

International Yoga Day serves as a platform to raise awareness about the all-inclusive approach to well-being that yoga offers. It spotlights the importance of finding balance in our fast-paced, modern lives and encourages physical, mental and spiritual harmony.

Yoga fosters conscientiousness, stress reduction and overall health and vivacity. The theme selected for this year's International Day of Yoga 2023 is "Yoga for Vasudhaiva Kutumbakam" which represents our shared desire for "One Earth, One Family, One Future." We, the I PU students, under the able guidance of Mrs Jayashree, the Physical Director and Mrs Chaithanya, Lecturer, Dept of Physics performed many yoga asanas that helped us calm down by reducing fatigue, improving concentration and thus putting the whole body at ease. The significance of Yoga for the emotional and physical well-being was highlighted and the steps involved in doing each asana was beautifully demonstrated by our mentors.



While doing the Sun Salutations it created focus for my day and I found inner peace. It was followed by standing postures that began with standing upright on our feet such as Vrikshasana or the tree pose that helps to strengthen the muscles, Trikonasana – the Triangle pose – The asana that helps to strengthen the muscles in the hip and chest, Padahasthasana as it invigorates the nervous system.

Yoga Asanas in sitting and sleeping position like Vajrasan, Ushtrasan, Cobra pose or Bhujangasana, Shalabhasana also called locust pose and Savasana meaning ‘Corpe pose, - resting pose that was performed at the conclusion of Yoga class generated complete relaxation. Any physical activity can make one feel great; but the difference with yoga is that bothering thoughts, worries or hurt are suspended for some time, allowing one to eventually look at issues from a distance, gaining a different perspective and insight. It really made my day.



Sharon Patrao
I PCMB

