



AGNOBEAT

E-MONTHLY MAGAZINE

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Editors: Sr Sannidhi, Mrs Prathista

PRINCIPAL'S MESSAGE

Dear Parents, Students and Faculty

“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. The academic year 2024-25 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 St Agnes PU College. As you scroll down the pages you will realize that St Agnes PU College 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'

Thank you to everyone who contributed to the making of this E-Magazine. Your efforts have truly made it a reflection of the vibrant and dynamic spirit of our college. I look forward to witnessing the continued growth and success of our students in the academic year 2024- 25.



Sr Norine Dsouza A.C.

II PU ORIENTATION

"Your education is a dress rehearsal for a life that is yours to lead." - Nora Ephron.

This statement was proven true and felt concrete when I witnessed how the seniors of my college, the previous 2nd years performed really well in their board examinations and were felicitated by the college for the same. The experience of the second-year orientation was incredibly inspiring and wonderful as I was given a chance to witness the exceptional performance by my seniors and it also was an event which helped bring us back from our holiday frame of mind to the present reality lying before us that very soon, we will be the ones to give our boards and that we need to keep up the standards of our college. The felicitation also inspired us to achieve the same in the ongoing academic year and take all our exams and revision seriously. The motivational speeches delivered by the toppers of each stream also persuaded us to aim in performing good and studying well for the upcoming board examinations. Overall it was a successful event and the true intent of the event in imbibing the zeal and perseverance within us was triumphant.



Niriksha Ria Noronha
II HEPP



I PU ORIENTATION

College is a Dreamland for every student's educational career. It is a beautiful period of life of learning, enjoying, freedom and friendship.

On 1st June, as I stepped into the college, I felt I entered a new world. The college has a beautiful infrastructure, wonderful classroom and a lovely ground. A teacher came and said to me to go to the auditorium. After reaching the auditorium, I saw the seniors seated according to their classes. Some of them with their friends in a jolly mood and some waiting for the program to start. I was excited as well as nervous, and the program was in a start. Seeing my seniors felicitated by the principal I also got inspired by them and felt I should pass on the same inspiration to my juniors by being an inspiration and role model for them. After the program we were sent to our respective classrooms where I met my class mentor who was friendly and welcoming, she gave her presence and attention to each one of us present in the class. I am proud to study in St AGNES PU COLLEGE



Zubiya Fatima
1st CEBA/SEBA "A"



NCC CAMP

A Journey of Discipline and Discovery

The Annual Training Camp (ATC) for NCC Airwing Cadets was held at Alva's PU College, Vidyagiri. From 2 June to 11 June 2024. It was an experience I will never forget. From the crack of dawn till the evening, our days were packed with activities that tested our physical and mental limits.

Every morning, we began with physical training (PT), followed by drill sessions that taught us discipline and precision. We were then divided into different groups for aero modelling classes, where we learnt the art of building and flying model aircraft.

The morning session included Common, special subject and SOP classes, where we delved into topics like Principles of Flight. In common subject classes, we learnt about the history and significance of the NCC, health and hygiene, leadership etc. Additionally, we had the privilege of attending guest lectures on cutting-edge topics like cyber security, fire and safety, and first aid, which equipped us with valuable knowledge and skills.

But that's not all! We also participated in a tree plantation drive, where we contributed to the beautification of our surroundings and learned about environmental conservation. For the adventurous ones, there was firing and skeet shooting sessions for some of the selected cadets and we were also taught about weapon safety.

In the evenings, we had cultural competitions, where we showcased our talents through music, dance, and drama. These events brought us together and taught us the value of teamwork and camaraderie.

The ATC camp was a transformative experience that taught me valuable lessons about discipline, hard work, and the importance of following my dreams. I returned home with newfound confidence, skills, and friendships that will last a lifetime.

Cadet Poorvi Jogi
2nd PCMC-'D'



‘Environment Day’ celebration

“Let's nurture the nature so that we can have a better future”

Environment is everything that is around us, which includes both living and non-living things such as soil, air, water, animals and plants, which adapt themselves to their surroundings. They are the nature's free gift that helps in nourishing life on earth. Environment plays an important role in the existence of the life on earth. It is our basic life support system as it provides the air we breathe, food we eat and water we drink.

World Environment day was celebrated in our college and Mr Antony (IFS) was invited as the chief guest. The programme began with a melodious prayer song. A beautiful dance was performed by our seniors. The dance was about the elements wheel containing; air, water, fire and earth, giving the meaningful message that, without these, the world cannot function in the perfect way. All these elements function together to form the beautiful earth which we need to protect and nurture.

Chief Guest Mr Antony Mariyappa gave us a beautiful message, saying that the first step we have to take to save our environment is planting more trees. Proper drainage system and dams are needed to be built so that blockage and floods can be avoided.

The whole programme was organised methodically. I felt refreshed after enjoying the well-performed dance. The choreography and the expressions of the dancers was amazing. We also got an opportunity to gain more knowledge about the environment day and the present situation of Mangaluru.

Through this programme, we were all reminded that we are the managers of the earth, entrusted with the task of protecting and safeguarding its ecosystem and natural resources for future generations.



Viola Risha
Fernandes
I BSBA



JAGO HINDUSTANI

Jago Hindustani', organised by MRPL, was one of the most extravagant programs held in St Agnes PU college on 19/06/24. The students were welcomed with a box filled with snacks and sweets. The program officially started with a melodious orchestra performance followed by a prayer. It was then lead by a cheerful welcome dance that brightened the atmosphere. We were enlightened by the series of dances and songs from different states. Few dressed up as freedom fighters and actors from movies. We as students, cheered them on, danced and sang along.

We were amazed by their performance of singing, dancing and even a few stunts. This performance encouraged young minds like us towards patriotism and engulfed us with the proud feeling towards our country, grateful for the people who took a stand towards protecting our country.



Shreshta S.
2nd PCMC 'D'



YOGA DAY

International yoga day is annually celebrated on June 21st, holds significant global importance for promotion of physical and mental wellbeing. In 2014, Indian Prime minister Narendra Modi proposed the idea of international yoga day during his address to the UN General Assembly.

St Agnes PU College organised a yoga session for the students on June 21st. 5 students from each class were included in this session. The session started with prayer and warm up exercises followed by different yogasanas like Tadasana, vrikshasana, pada hasthasana, Ardha chakrasana, trikonasana, bhadrasana, Ardhaushtasana, shashankasana, bhujangasana, shalabhasana, setubandhasana, pavanamuktasana, and ended by performing with relaxing shavasana. These asanas improves flexibility by stretching muscles and increasing range of motion in joints. It improves posture by strengthening core muscles and teaching alignment awareness. Yogasanas are often practiced with a focus on breath awareness, concentration, promoting mindfulness. It encourages relaxation and reduces stress level. We also practiced pranayama which controls both physical and mental wellbeing. Pranayama techniques enhance lung capacity, strengthen respiratory muscles, and improve oxygen intake, leading to better overall respiratory health. I thank our college for conducting this healthy yoga session on the occasion of 10th international yoga day. I also thank our mentors of this session. Although it was a single day session of yoga, it indeed provided us a peace of mind.



Sanjana vinod
2nd Beba



Foundation Day Celebration

"To educate a girl is to empower a community."

- Mother M Aloysia

St. Agnes PU College marked its 104th foundation day with great enthusiasm and pride on 22 June, 2024. This milestone is significant in our college's history. The celebration paid tribute to our Founder, Mother Aloysia, and reaffirmed our ongoing commitment to educating and empowering young women.

Our hearts were filled with joy and excitement as we gathered to celebrate the foundation day of our college and honour the legacy of Mother Aloysia. I was inspired by the successful journey of our esteemed Chief Guest, Dr. Mahima Khandige, a proud alumna, from being the Science topper at St. Agnes PU College to successfully achieving her life goals. It also served as a testament to the college's role in shaping successful futures.

One of the most touching moments was the tribute to Mother Aloysia. As flowers were offered to her portrait, it reminded us of the foundation of faith, education, and empowerment that she had laid for us.

The most awaited moment of the day was the inauguration of Service learning. The launch of this programme represented the college's commitment to fostering not only academic excellence but also social responsibility within us. I felt that this provided us with a way to find happiness by doing noble deeds to society and our own community.

The celebration was a blend of reflection and inspiration. A beautiful documentary was presented, showcasing the rich history and remarkable achievements of our college. I was also influenced by the extraordinary accomplishments of our college alumnae. A dance drama performed by my friends motivated us as it gave us a glimpse of Mother Aloysia's vision, mission and commitment of educating the girl child.

Reflecting on this day, I feel immense pride in being part of an institution that has dedicated 104 years to the education and empowerment of young women. It was a memorable day that celebrated our past, honoured our present, and looked forward to a bright future.



Leeshal Fernandes
II BEBA

'Service Learning' by Arts Stream

“Different is not less” – This saying reminds us that students with special needs have unique strengths and abilities and should be valued and celebrated for who they are.

Service learning, rightly said as service through learning or learning through service. The word is pretty self-explanatory; it is a teaching and learning method that connects classroom learning with community service. We get to interact and experience teaching along with learning from it.

We, the students of 2nd HEPP along with our class mentor have undertaken service learning had an opportunity at St. Agnes Special School for this year to teach them. Being psychology students, it was really an interesting and equally challenging task for us to understand and get along with them. Both the teaching and support staff of special school were really welcoming, guiding us throughout the entire time we spent with the special children.

We put up a small entertaining program, including dance and singing. There was a narration of story both in Kannada as well as English, followed by the MC's. We conducted short games such as passing the ball and musical chair assisted by us and their teachers. It was really heart-warming to see all the children smile despite of the difficulties they may be facing. They teach us a lot, from being strong to being happy and satisfied with what we have. They inspire us to always have a positive attitude towards life.

All the children participated actively and shared the same amount of enthusiasm as us.

The program concluded with a vote of thanks appreciating how well the children co-operated with us and expressing gratitude to all the staff members of the special school who work tirelessly taking care of all the children with love, care, sympathy, empathy and providing them with the right training and education that they need to lead a better life.



Nidhi V P
II HEPP



Cabinet Inaugural

St Agnes PU College recently celebrated a momentous investiture ceremony, setting the stage for an exciting academic year. The event, graced by Dr. Sr. Maria Roopa, was themed "Gemstones," symbolizing the multifaceted talents and potential of the student body.

The event followed the student elections held a few days prior, where enthusiastic students conducted campaigns for voting. This added to the excitement and engagement within the college community.

Held in the college auditorium, the venue was beautifully decorated with each of the class representatives and assistant class representatives representing different gemstones.

The event began with a prayer song by Jaladhi and group and a beautiful semi classical welcome dance by the students. The chief guest of the day, Dr. Sr. Maria Roopa addressed the students emphasizing the college's commitment to fostering an environment where students can shine academically and personally. "At St Agnes, we believe in nurturing every facet of our student's development, much like how a gemstone is meticulously polished to reveal its true brilliance," she said. The newly elected leaders pledged to work tirelessly for the betterment of the student community, focusing on academic excellence, extracurricular activities, and campus welfare. The student cabinet for the year 2024-25, were pinned by the Vice Principal.

The inauguration concluded with a vote of thanks by Saanvi S Ullal, followed by the college anthem marking the beginning of a promising new academic journey.

Rochelle Madtha
II PCBH 'E'



COUNSELLING SESSION

Counselling is remedial as well as preventive and developmental. It operates at an emotional level counselling and helps people understand themselves and is an inward analysis.

Alternative solutions are also proposed to help understand the problem at hand. According to Carl Ransom Rogers an eminent American psychologist :-

"Counselling is a process through which therapists help and assist their clients to access their mind to various internal resources that allow them to heal".

My mom too is a counsellor by passion she likes to talk to people and help them feel better and understand what next. She tells me counselling can help individuals gain sense of relief, improve systems of many mental health conditions it allows helps in reducing anxiety and depression too. But one need to understand the fact, Counselling to a certain extent can be focused on one specific issue and sometimes considered a short time treatment.

The Abhaya session of Counselling that was held in the college last month, too had stressed on various concerns and issues we face, like Anxiety, trauma, depression, peer pressure and so on.

As students we need to understand the importance of counselling, in our day to day activities. Our young minds need guidance to polish our personality.

Our session also included and discussed about opening up with our parents, which indeed is a sensitive topic. Most of us don't come forward or support this thought at all. On the other side of the coin the fact remains the same that there is no one in this world who knows us better than them, therefore discussing and sharing our worries with them is crucial.

As Dr. Meena Lobo mentioned in her talk some of us might have had sexual abuses or similar incidents. And we might have tried to hide it but are still living in that pain.

Our friends might have taken us for granted and dragged to drugs for stress. Stop there! That's okay. We still can come out of it and it's not too late.

Do not fear at all. In all this, we can help each other or seek help and deal with it. Through different follow up sessions with our counsellor, we will be able to develop certain problem solving skills. And would certainly find relief. Therefore through counselling we should be able to develop certain problem solving skills.

On the whole, Counselling no doubt gives us the opportunity to lead a happier life and feel good about ourselves, and in turn our academic performance enhances our decision making skills.



Sarah Ann
I HEPP

