



Issue: September, October 2020

Volume: 10

Editors: SrSannidhi, Mrs Preema

Principal's Message

My dear Parents, Well-wishers, Teachers and Students,

There is a popular thought, - 'Home is the first school and school is the second home'. In fact it has come true. Coronavirus has altered our life including our school system, teachers, children and parents. Our homes have become schools and parents have become teachers E-learning has compelled the teachers to update themselves in technology students have become more responsible and eager in attending online classes, tests and competitions. It gives me great joy to meet you all through 'Agnobeat' E-magazine, a great way to communicate and be creative. I thank all who contributed to this month's issue. Enjoy reading our magazine as we move on with life.

Be assured that the management, teaching – non teaching faculty of the college by their constant efforts in imparting quality education is working towards making this period of crisis meaningful and fruitful. We will not leave any stone unturned in educating our Agnesian family. I remain ever grateful to all the parents and well-wishers for your priceless support and co-operation at this moment.

My sincere advice to the students – 'Do not lose hope'. Concentrate on the silver lining amidst the thickest and darkest clouds of present time. We at St Agnes PU College hope to see you all soon, till then stay home, stay safe. God bless you.



A THOUGHT ABOUT MY CAREER



A career guidance session for the students of St. Agnes P.U. College (IInd Year) was conducted from 4:00 PM to 5:00 PM on 14th October 2020 by Mr. Akshay Panicker from The Ankuram Education Trust.

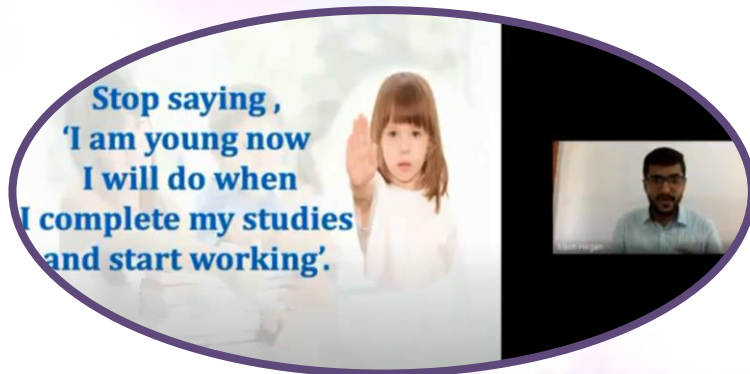
The speaker introduced to us the spectrum of career opportunities available for students of the science stream in the Indian higher secondary level of education. The areas he covered ranged from undergraduate study in medicine to humanities and post qualification opportunities such as postgraduate research and civil services. While evaluating the various fields against prevalent economic trends with the idea of explaining the demand for qualified personnel in various career domains, the speaker exhorted us to consider choosing career paths that are unconventional.



The speaker also asked the audience to keep in mind the reasons driving them to decide on a particular line of study or career interests. The session was very informative and has benefited the audience greatly in terms of providing new information regarding possible future and career choices.



Preethika Correa
II PCBH



“It’s not what you achieve, it’s what you overcome. That’s what defines your career”.

On the 6th of October 2020, the faculty of Commerce Department of our college organized a virtual career guidance program for the IInd PU Commerce students. Mr. Elson Dsouza, the resource person, guided and helped us to understand the various available career options after PU. During this interactive session, he asked us to widen and explore our chosen field by not limiting ourselves. He also expressed his views on time management by stating that to be successful in life, managing and investing in time, thinking constantly of what we want to achieve is very essential.

He further introduced us to the various fields in the Commerce stream by giving us brief information on diploma, degree and professional courses. On a personal note, his advice on following our dreams, working and preparing ourselves everyday on what we are good at was truly encouraging. This session helped us not only in exploring the present day career avenues but also in looking at our choices from a new perspective.



Helita Pearl Dsouza
II BSBA

UNIT TEST TOPPERS

2020, is nearly coming to an end with only two more months left to go. It is quite surprising how we have spent this year as students, all the while being at our own homes! Although we are well within our own comfort zones during class hours, sometimes it can get a little too comforting. Let's look at some ways in which we can make better use of this comfort and time given to us, as well as learn how this pandemic is playing its role in the life of a college student.

We are currently experiencing the luxury of taking up classes from our homes, which is something none of us could have imagined would be possible. And we ought to make good use of this opportunity given to us. Here are some study methods to help you with the new online system of learning. Firstly, the basic requirement as a student is a study space. Choose any room in the house with minimum disturbance and all the study supplies located within the room. By doing so, you can prevent yourself from getting distracted from the little things happening outside the room. Point to be noted: the room you choose must have consistent network frequency also. Secondly, keeping track of all the tasks at hand by making to-do lists also aids in reducing frustration and increases productivity. Take small breaks between study/class sessions to relax your eyes and your mind. This will prevent your eyes from getting strained due to excess exposure to digital screens. Lastly, try out mind boosting exercises like yoga and meditation. Activities such as these are highly effective in increasing the concentration and attention power of the mind. It also calms body stress levels.

Although most of us have the privilege of possessing at least one device on which we can attend the classes, we need to keep in mind that there are still a handful of students just like us who are facing the struggle of not having just one. It is our duty as fellow students to help those in need of such services either in the form of donating money or donating second hand phones in working condition. Let's all take a resolution to make the best use of this time given to us regardless of what lays ahead during this new era of Pandemic and help others along the way in getting through this. As we are well aware, health is wealth and it is better to be safe than sorry, therefore let's all keep ourselves and others safe by following the guidelines issued by the government. So friends, Stay home, Stay safe!



Shreya A G
II PCMB 'C'

The ongoing coronavirus pandemic has affected people world-wide in every aspect. Student's education has been compromised as we're forced to engage in virtual learning, something that is new to most of us. With no other option available to us, it is necessary to adapt to this new learning environment. Here are some of my tips that might help you to focus better, In my opinion, the most important and often neglected study tip is to assign a specific spot for studying/attending classes. With classes now being online, it's a lot more difficult for us students to program our brains to focus. If you sit on your bed, a place your brain identifies as a sleeping spot, you're more likely to lose focus. Similarly, if you sit on the floor or your desk with your books around you, you are more likely to focus better. This is very obvious, but It is extremely easy to get distracted, to hop onto social media whilst your classes are going on. However, we must not give in to the temptation. We must try our hardest to focus and get the best out of these online classes. You may try using various sites/apps that block sites like Instagram so that you will use your time effectively. We must've all realized by now that simply listening to what your lecturer is saying is not going to help you much, at least for me. So, what I would recommend is writing down points in your notebook. This will ensure active learning which in my case helps a lot. Another important tip is to review everything taught on the same day. Your brain tends to remember things if you review and revise. It doesn't have to be an intense study session either. Just a quick read before and after the class helps. Ask questions/doubts whenever one crosses your mind. There's a high chance that someone else has the same doubt as you do , and remember that Confucius once said- The man who asks a question is a fool for a minute, the man who does not ask is a fool for life:" Reach out to friends and family when you feel down. Technology has advanced so much that you can video call anyone whenever you'd like! Make use of it. Try meditation or yoga to help increase your concentration levels. Don't beat yourself up for not getting the result you wanted. Instead think of how you could do better, maybe you didn't manage your time very well, maybe you hadn't practiced problems. Focus on how you can improve yourself in those areas where you are lacking. This pandemic may have affected us in a lot of ways, academically, financially, mentally even. But, we must also turn our eyes to the good things in life. Be grateful for the quality time we can spend with our family, improvements in air quality, clean beaches and less environmental noise. Lastly, 'I'd like to conclude saying, the future depends upon us, and I believe our generation is capable of great things'.



**Sakshita S
II CSBA**

Education is the key to excellence. It is my belief that education is must to acquire knowledge and to build a bright future. Past few months had been a tough time like all other people I too experienced some changes in my life after the lockdown. At the onset of the lockdown there was confusion, chaos, fear but it didn't matter to me because my exams were done and the summer vacation had also begun. But in the month of June, when the colleges were supposed to open there was uncertainty regarding the same due to the pandemic. Hence I became little anxious. After few days, were informed about the online classes. At that point of time, I felt bit relaxed but I didn't know that the problems were yet to come.

In the beginning, everything was going on well. But as the days passed by, I realized that, I was losing my focus and concentration on studies. I then decided firmly to pay attention to it and to double up my efforts so that I may be able to cover up the pending topics. To make it more effective, I used some simple tactics which I always follow to cope up with my studies. Firstly, I chose a place which was good enough to create a mood to study and perhaps exposed to the environment. Secondly, I made a note of things which were taught in the class and maintained a book for the same. I condensed them into key words, simple sentences and alphabets so that I can remember better. I used highlighters to highlight the important points. I tried to understand the topic, instead of learning it by heart. I studied every day at least for 3-4 hours.

During the lockdown, my life was not like what I expected it to be. I had got a chance to spend time with my family we played, we laughed and had a great time. I did spare some time for my studies too. I read novels, kept myself busy with daily happenings by reading news, articles and used time wisely. My parents provided me with all the necessary things which helped me to study better. When I was wasting my time they corrected me.

They helped me to focus on studies. That's when I felt the need to enhance my concentration. I didn't do anything great to achieve this but Gadgets can be of great help when used wisely, but if we misuse them they can be harmful. Hence we must remember that we ourselves build our future. All that is needed is a productive mind and will to achieve success.



Sharol Melisa Lobo
II HEPP

10 TOPPERS OF EACH STREAM

II PCMB 'A'

RANK	REG. NO.	NAME	TOTAL(600)
1	191106	CHANDANA S D	580
2	191147	DHRUTHI	564
3	191140	SUNITHA	542
4	191136	SNEHA D SILVA	538
5	191116	KEERTHANA M	536
6	191124	RITHU S S	532
7	191104	ASHA THERESA ANTONY	528
7	191144	VARSHA M	528
8	191131	SHARANYA	524
8	191145	VARSHA M S	524
9	191103	ANKITHA BRUNETTE D SOUZA	522
9	191107	DEVIKA SHETTY	522
10	191109	FATHIMA THUL MATHALFA	520

II PCMB 'B'

RANK	REG. NO.	NAME	TOTAL(600)
1	192104	ALENE CLARESTA DSOUZA	584
2	192152	JAQUILINE LORAIN CARDOSA	576
3	192122	CALVINA ANCILLA PINTO	574
4	192159	LAVANYA BANGERA	572
4	192160	LEANN MARIEL COELHO	572
5	192141	FATHIMATH JAMSHEEDA	568
5	192145	GREESHMA G	568
6	192115	AYSHA	564
6	192126	CRYSTAL DSOUZA	564
6	192151	ISHA RUKIYA Z	564
7	192161	LEEN ANIFA	556
8	192102	AFREEN RIHANA TABASSUM	554
8	192110	ASHMIKA D	554
9	192149	HAMNA HAFSA	550
10	192162	MARIAM RIFHA	548

II PCMB 'C'

RANK	REG. NO.	NAME	TOTAL(600)
1	193146	TREEZA LINET CRASTA	576
2	193144	SWEDEL VENISHA D SOUZA	564
3	193169	SHREYA A G	563
4	193122	REEMA DSOUZA	550
5	193147	VIVINA RONIA TAURO	544
6	193114	NISHITHA	542
6	193170	UMME KULSUM CHILMI	542
7	193157	LAVITA LOBO	539
8	193141	SONA ANN MARY K	538
9	193165	RIYA RODRIGUES	537
10	193119	RAMZEENA	536

II PCMC/PCME

RANK	REG. NO.	NAME	TOTAL(600)
1	194128	PRANAMYA RAJASHEKHAR	569
2	194145	TANYA S SHETTY	568
3	194109	BENEDICTA LEONNA PINTO	560
4	194130	SHARON TYANA MENEZES	558
5	194112	DIYA	552
6	194110	BHOOMIKA S BHAT	550
7	194108	AYUSHI MAHATO	548
7	194117	PREETHI K PUTHRAN	548
8	194131	VANESSA QUADRAS	537
9	194115	MOKSHA VINAY KODIHITLU	534
10	194129	PRATHVI G KARKERA	528

II PCBH/PCMS

RANK	REG. NO.	NAME	TOTAL(600)
1	195258	TENISHA PINTO	572
2	195107	MOKSHA N	566
3	195135	NIDHA FATHMA	558
4	195131	KARKERA KHUSHI CHANDRASHEKAR	554
4	195142	SHRADDHA BALLUR	554
5	195251	SHRAMA BHANDARY	548
6	195260	VYSHNAVI K	542
7	195121	DEEPTHI SHETTY	540
8	195106	MENAKA PRABHU M	536
9	195259	VARSHA K	534
9	195141	SHIFA NAFISA	534
10	195112	VIOLA CORREA	526

II BEBA/BSBA

RANK	REG. NO.	NAME	TOTAL(600)
1	196118	HENRIKA SIMONA CRASTA	580
1	196260	ZAINABA HANIYAH	580
2	196250	RELISHA SANIA RENJAL	576
3	196264	SHERLIN CORREA	572
4	196133	SRISTI K SHETTY	560
5	196248	LEONA IREL REGO	554
6	196110	ANDRIYA NOYLIN DSOUZA	552
7	196246	HUMERA GODIL	544
7	196255	SHAINY MANISHA PINTO	544
8	196129	SANIKA B C	542
9	196113	ASHLIN CAROL PINTO	540
9	196261	HELITA PEARL DSOUZA	540
10	196242	CALIDA NAOMI LOBO	534

II CEBA/CSBA

RANK	REG. NO.	NAME	TOTAL(600)
1	197255	SAKSHITA S	576
2	197123	SANJANA V RAO	572
3	197246	LAVANYA K	570
3	197254	SAKSHI SHARAD BANGERA	570
4	197265	VISHMITHA	566
5	197243	KEERTHANA	562
6	197235	ANANYA MACHENDRA	560
7	197253	PRIYANKA RAI	556
8	197105	POORVIKA RAI K	554
9	197230	NEESHMA	550
10	197264	VAMSHIKA K BHANDARI	544

II SEBA 'A'

RANK	NAME	TOTAL(600)
1	DEANE EDLYN AMMANNA	532
2	MEGHANA	524
3	AVVA AMNA	514
3	DISHA	514
4	ARETHA RAINA D MELLO	504
5	PRAVALIKA K S	496
6	APEKSHA K	492
6	CHAITRA S RAI	492
7	ALISHA MICHEEL SEQUEIRA	484
8	NYDILE C B	480
9	ANCITA NICHOLA VEIGAS	468
10	AMEENA SAJIDA	466

II SEBA 'B'

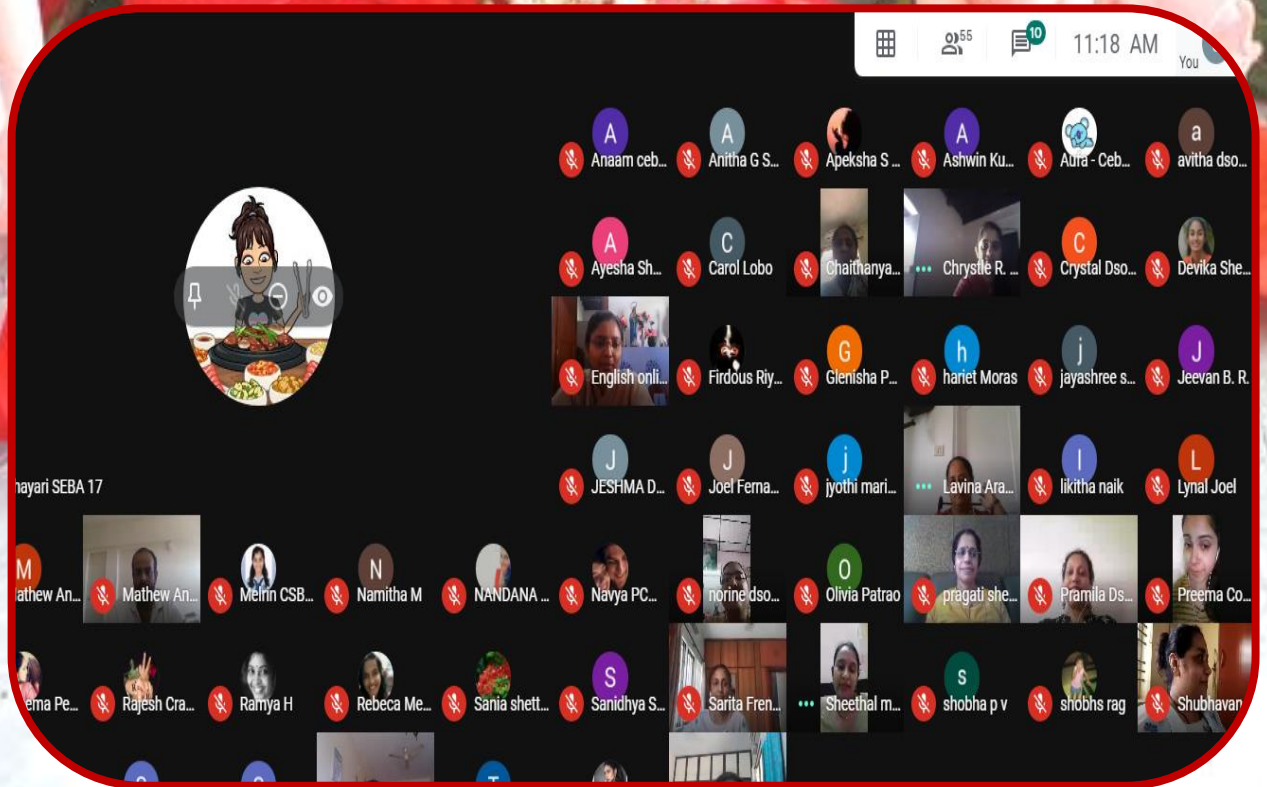
RANK	REG. NO.	NAME	TOTAL(600)
1	199108	HAZRA SHAADA HAJMADY	552
1	199127	SAMEEKSHA S	552
2	199129	SANA FATHIMA	530
3	199130	SANIFA BEGUM	528
4	199126	ROUCHELLE PEREIRA	526
5	199116	NATASHA SHARON DCOSTA	522
6	199137	VEEKSHITHA M SHETTY	518
7	199132	SHAREEFA AFNAAN	516
8	199101	FATHIMA MALEEHA	512
9	199117	NISHEL SALONEE DSOUZA	492
10	199107	HAVVA ZIMRA	488

II HEPP

RANK	REG. NO.	NAME	TOTAL(600)
1	190029	SHAROL MELISA LOBO	572
2	190006	NISHKALA SHETTY	564
3	190014	DIYA EAGAN MASCARENHAS	556
4	190038	SHRAVYA	537
5	190011	ANAHITA SHETTY	534
6	190034	FIZA ZANJABEEL	507
7	190023	P V ADITI	498
8	190035	GAYATHRI SAJITH	471
9	190003	DEEPA MADARA	468
10	190031	SIHAAM SHABAN	462

CONGRATULATIONS!!!

TEACHERS' DAY



Teaching profession contributes more to our society than any other. A great teacher will have the supreme power to awaken joy and excitement in his students. For example the exponential growth of interest I have on my subject is mainly due to my professors and because of their inspiration I took learning and teaching as my profession.

Teacher's day is the celebration of a teacher's commitment, dedication and hard work towards making his every class as the best one possible. This year we celebrated teacher's day in the most unique way. It was a virtual one and we had an amazing time. Thanks to the rigorous planning and creativity of our students who took extra effort in organizing many great activities in spite of their online classes.

The weekly celebrations started with an activity which required nothing but paper and pen but then came the surprise in the form of outfit game, where we were supposed to dress up like 90s characters. My colleagues blew out mind with their costumes. From tongue twister to guessing games it was a roller coaster ride full of fun and surprises. We were reminded of our school days. And I thank the students for organizing and making teachers day celebration a grand success.



Kiran R

Department of Physics

“The beam of the world, the spark of fire in the dark and the ambition which gives us the strength and the intent to survive is our teacher”. Just like every year, on the 5 September we celebrate Teachers day in India and on the 5 October across the globe a day preserved to honour the role models who work every day to assist their students to strive excellence and for the pinnacle of success. This day is marked to commemorate the birth anniversary of **Dr.Sarvepalli Radhakrishnan** since 1962. As a teacher, Vice President and the Second President, made an immense contribution to the country. He advocated Educational thoughts and rightly assumed, **“where scientific knowledge ends, the realm of mystery begins.”**

Talking about the teachers, it jogs my memory and takes me back to the good old days, where I have many cherished memories down the lane of my teachers, whom I have been acknowledging since childhood. They were always prepared with full zeal and enthusiasm when it comes to teaching. And today, I render my service as a Hindi Teacher to the prestigious Institution ‘St Agnes Pre University College. With COVID-19 pandemic changing our ways of celebration, we had a virtual celebration to mark the special occasion of Teachers’ Day. Thanks to the invention of video calls through Google that helped us associate so well during the lockdown. In connection with Teacher’s Day celebration to be held on 5th September a week long competitions were conducted for all the teaching and supporting staff members of the institution by the second year P U students. The competitions included Bingo, Retro dressing, Antakshari etc.

The alluring program began with a welcome speech which was warmly conveyed by one our Teachers, followed by an ebullient and cheerful song sung by a choir from class 12. The soothing blithe song was really powerful and heart touching. The students of the college also presented before us a lively and vigorous dance performance. Towards the end of the program, the Alumnae of St Agnes paid an enraptured tribute to all the teachers. The Honorable respected Principal of the Institution winded up the celebration with an idiomatic, thanksgiving speech. It was truly a day to remember and treasure forever. I convey my sincere gratitude to all the students and the non-faculty members for carrying out the program smoothly and efficiently.

Amidst the raging global pandemic across the country, our contemplative students took an initiative to organize a program with the crafty assistance of the PTA members. It truly depicts their sense of esteem, regard and consideration for their adoring teachers. I enjoyed the program without regretting the absence of being at the college. They say that experience is the best Teacher, but for us getting an opportunity to nurture the tender minds and moulding their future is the best experience.



ANITHA G SHENOY
Department of Hindi

"A teacher takes a hand, opens a mind and touches a heart"

Since the start of ongoing corona outbreak, the teachers are putting in all the efforts to reach each and every student, making learning easy for us and satisfying us in all way regarding academics, extracurricular activities to organising monthly sessions for the wellbeing of the student during this pandemic. Teaching has been harder than ever before as they have taken an entirely new way of teaching.

As an appreciative gesture, we the students of St Agnes PU College held a surprise online celebration for teachers to express our gratitude in a fantastic way, to charm them with the virtual fun games and to make it a memorable event. We started the preparation with the hope of thanking teachers virtually which was otherwise meeting or physically being present on the campus conducting various events and cheering them while playing. Continuing with the tradition, I was ready to join the preparation team and celebrate teachers' day virtually in a unique way. It was a different experience for me as this was the first time I organized games online.

As a group we started preparing from the beginning of august, and exhibited it well during the celebration week. Working with the group, popping out with new ideas every day and sharing it with each other to make it a successful virtual celebration was our goal. I conducted some brain buzzers and presented few colourful posters. Our Vice Principal, Sr. Janet guided us and motivated us to prepare well and we held our first week game on 31 August beginning with Bingo, which was played online by the teachers and it was fun and entertaining. The spirit and enthusiasm teachers had throughout the hour was unbelievable, it gave me more energy to conduct the game with my group members. All the teachers were curious about our daily surprises with lovely posters presented at night as an alarm for the next day. Outfit Competition, guessing games, tongue twister, gibberish were the following games throughout the week. The last day of celebration, 5 September was the day we released the beautiful pre-recordeddance, singing and gratitude videos. All our teachers and staff members joined the celebration online. We sent posters to all the teachers. We all thanked teachers for spending their valuable time with us and teachers in return shared their emotions and blessings to each one of us. It was a great experience working to conduct a virtual celebration. I enjoyed, learnt to responsible and worked together with all the members in the group with joy.



Crystal D'Souza

II PCMB 'B' Batch

GIRL CHILD DAY



St Agnes PU College, celebrated the Girl Child Day on October 11, 2020, which was held by 'Abhaya' the College Women's Forum. The chief guest of the programme was SrDulcineCrasta UFS, Director, ShanthiSandesha Resource and Development Centre on Child Rights.

The programme began with a prayer song. Dr TressieMenezes, the co-ordinator of 'Abhaya' welcomed all and introduced the chief guest. SrDulcineCrastawhile speaking on the occasion stressed on the importance of this day and the need for empowering a girl by ensuring her equal opportunities of growth and development. She also emphasized the need for launching collective efforts against diminishing child sex ratio besides bringing about a change in the society towards girls.

She motivated each one to work on any one aspect of womens' rights and contribute to the development

Ms PreemaCorrea read the annual report of 'Abhaya' the women's forum of St Agnes PU College undertook the noble task of disbursing scholarships to the needy meritorious students as a gesture to encourage them to study further and accomplish their goals.

Mr Ashwin proposed the vote of thanks. To conclude, one of the student Ms Thrisha Shetty gave a unique performance depicting the importance of Girl Child.



Ms Carol Lobo
Department of Mathematics

ONLINE COMPETITIONS

Every accomplishment starts with the decision to try. The video challenge competition 'Agno Opus' was something new and different to me. It was organised observing the 100 years of existence of St. Agnes PU College. As it was a group competition I decided to get along with my friends to participate in it. We named our team as SCARL. We weren't confident in our video creation or production skills but as Vince Lombardi says, "Winning is not everything but making the effort to win is". So, we decided to do it with passion. We composed our own song based on the theme and started searching for pictures. Due to the pandemic we were unable to practice offline. Hence, we had our practices online. We then recorded the song and created the video. We were pleased to know that we had secured the first place. We were delighted as we had won our first ever virtual competition. We learnt many things in this competition and this indeed helped us broaden our horizon.

"He who sings prays twice" says St Augustine. The competition organised by St Agnes PU College 'Agno Chorus' gave me and my family an opportunity to sing unto the Lord. When I came to know about this competition I knew it was a great opportunity to exhibit my talent along with my family. I decided to participate in the competition by forming a team with my mom and sister and started to search an appropriate hymn to sing for the competition. We cherished the time we spent practicing. We used to enjoy singing and the bond between us became strong. Finally, the day arrived when we had to record our video and we were very nervous. We had to take few trails and at the end we got a good shot. After submitting the video, a few weeks later, we got the results. Surprisingly, we secured the third place. I was overwhelmed with joy. My mom and my sister were extremely happy to have won in the competition.

'Agno Rhapsody' the solo western singing competition was one of the competitions that caught my attention. I was filled with enthusiasm and registered myself immediately for the competition. But, I was very confused on which song to sing. I shortlisted a few. At the end, I found an exquisite song which I liked. I submitted my video and was eagerly waiting for the results. Soon the results were declared announcing that I had secured the second place, I was filled with joy. These competitions have helped me discover my untapped potential and I had lot of fun all along the way.

I therefore conclude with a quote by A.A Milne, "You are braver than you believe, stronger than you seem and smarter than you think". Believe in yourself and nothing can stop you to achieve your goal.



Shainy Manisha Pinto

II BSBA

ST AGNES PU COLLEGE 100
Presents
Agno Rhapsody
Sing Your Passion
Solo Western Singing Competition

*ANY EDITING, EFFECTS AND USE OF HEAD PHONES IS STRICTLY PROHIBITED
*MUSICAL INSTRUMENTS AND RAGGAGE ARE NOT ALLOWED
*RECORD YOUR VIDEO USING MOBILE OR CAMERA
*DO NOT REFER TO LYRICS WHILE SINGING
*DECISION OF THE JURY IS FINAL

Judgement criteria
Song selection | Voice quality | Clarity | Rhythm

Register by: Sept 14
Submit by: Sept 21

For more details contact:
Mrs Jeshma: 9164562577 || Mr Joel: 9945115560
Entry restricted to St Agnes PU College students only

TIME LIMIT: 2 MIN

ST AGNES PU COLLEGE 100
Presents
AGNO BHAVALAHARI
Solo Kannada Bhavagetha Competition

*Only Shruti Box is allowed
*Record your video using mobile or camera

Judgement Criteria
Shruti | Thala | Laya
Expression | Voice Clarity | Lyrics

Register By: September 25
Submit By: September 29

For more details contact:
Mrs Thadaga: 9916228906 Mrs Jyothi: 8722895034
Entry restricted to St Agnes PU College students only

Time Limit
2 MIN

ST AGNES PU COLLEGE 100
CONDUCTS
MYSTICA
ONLINE COLLEGE COMPETITION

Theme: Mother Mary - My Inspiration
HAND MADE COLLAGE
TAKE A VIDEO WHILE MAKING THE COLLAGE
ADD YOUR NAME AND CLASS AT THE END OF THE VIDEO
RESTRICTED TO ST AGNES PU COLLEGE STUDENTS ONLY
JUDGES DECISION IS FINAL
TEAM UP WITH YOUR FAMILY

Individual participation
Time limit: 2 mins

Judgement criteria: creativity, presentation, originality

REGISTER BY: 14 SEP 2020
SUBMIT ON: 21 SEPT 2020

ST AGNES PU COLLEGE

On the occasion of Gandhi Jayanthi
Organises

SHRAMADHAN
clean and green environment

SEND A VIDEO BY 2/10/2020
TIME LIMIT : 1 MINUTE

FOR MORE DETAILS CONTACT

Mr. Jeevan B R
+919743201916

Dr P V Shobha
+919845590728

Mrs Anitha G Shenoy
+919448443881

The video should include your contribution towards keeping
the environment clean and creating awareness in your
neighborhood

Entry restricted to St Agnes PU College students only

ST AGNES PU COLLEGE
CONDUCTS

ROSARIUM
ROSARY MAKING COMPETITION

• USE ANY MATERIAL OF YOUR CHOICE
• TAKE A VIDEO WHILE MAKING THE ROSARY
• MENTION THE MATERIAL USED
• ATTACH THE IMAGE OF THE ROSARY
• TEAM UP WITH YOUR FAMILY
• JUDGEMENT CRITERIA
CREATIVITY, PRESENTATION, ORIGINALITY

REGISTER BY
19/10/2020

SUBMIT BY
26/10/2020

CLICK ON THE LINK TO REGISTER
[HTTPS://FORMS.GLE/WQSGUMVWNZKZ5ICW5](https://forms.gle/WQSGUMVWNZKZ5ICW5)

2 minutes

MRS JESHMA DSOUZA
9164562577

ENTRY RESTRICTED TO ST AGNES PU COLLEGE STUDENTS ONLY

ST AGNES PU COLLEGE
Conducts

COSTUME PAGEANT
Go Wild Go Fancy

Fancy Dress Competition

Jugement criteria

- Solo performance
- One minute video
- Face covering masks are not allowed
- Sound tracks can be used
- Static posture is not allowed
- Can have speech of few sentences (English,Hindi,Kannada)

Costume
Make up
Expressions and gesture
Novelty

Register By Oct 17
Submit By Oct 23

Click the link to register <https://forms.gle/9sFo6d7LKss3Ea7>

For more details contact
Ms Sharline 9611223164
Mrs Jeshma 9164562577

Entry restricted to St Agnes PU College Students only

Singing has always been an integral part of my life. It gives me peace and happiness and also gives me a platform to showcase my talent. This year has been challenging due to the ongoing global COVID-19 pandemic. The disease has brought in hardships in everybody's daily life. I as a student see that the educational institutions are shut, and this has had a huge impact on the lives of the students. A full academic calendar has been wiped out with all the activities, though we are now obliged to study online. Not being in college has led to a lot of discomfort both mentally and physically. The feeling of togetherness that students enjoy, the social and sports activities that bring out our creativity and potential, all lay dormant, therefore teachers and parents had to find new ways to engage us.

Our college did understand the plight of their students during this pandemic and worked towards their aim of not only improving the scholastic area of their students but also helping the students to bring out their innate talents. During the pandemic the college conducted multiple online competitions which required either individual student participation or the involvement of the family. Two such competitions in which I took part were - Agno Chorus and Agno Rhapsody. Agno Chorus was an online Christian devotional singing competition, which involved the participation of the student and her family members through a video. I was fortunate to participate and win both the competitions- team and individual.

This was a different and a unique experience for me as we usually team up with our friends and classmates but this time I had to team up with my family. Though unusual I thoroughly enjoyed this experience. On the other hand, Agno Rhapsody was an online solo western singing competition wherein I had to search for a song that suited my voice and my type of singing. It was a welcome break from the online classes and the monotonous life. I would like to thank the college whole heartedly for this wonderful initiative. It helped me to boost my passion for singing and made a difference during these times. Participating in an online competition as a whole was a new experience and helped me to come out of my comfort zone to learn about technology which I otherwise would not have done.

Hope the future days will be better and we have a solution to the current crisis and we as students can come out of this hibernation to an active, social, normal life which we are longing for. Till then stay safe and be healthy.



Calvina Ancilla Pinto

II PCMB-B

INTERNATIONAL WEBINAR - Laudato Si

Nature is an important and integral part of mankind. It is one of the greatest blessings for human life; however nowadays humans fail to recognise it as one. We are destroying nature at an unprecedented rate, threatening the survival of a million species and our own future too. In 2015, Pope Francis published his second encyclical called "Laudato Si" with the subtitle - on care for our common home. "Laudato Si" meaning "Praise be to you" was a worldwide wake up call to help humanity understand the destruction that man is rendering to the environment and his fellow men. St. Agnes PU College felt the need to engage the youth in Laudato Si Revolution and thus arranged a webinar on the same which was led by Fr. Sandesh Manuel OFM, from Austria. Fr. Sandesh spoke on a variety of topics and decoded the meaning of Laudato Si Revolution.

He started the session with a prayer song and proceeded to give fundamental explanations about encyclicals, throwaway culture, climate change and water scarcity. He corresponded the suffering and death of Jesus Christ with the torture, abuse and misuse of mother earth. He used Greta Thunberg as a model to inspire us to take a stand for our mother. He prompted the need to create a new culture, a new civilization that gives full respect to the infinite love and goodness of our mother earth. He urged us to be aware of the happenings of the world and to be conscious of our actions. He also encouraged us to make small changes in our daily lives to reduce the burden on our earth. Fr. Sandesh used different modes like songs, raps and animations to enlighten us on the subject. The visuals and the beats hooked our young minds and we were able to easily pick up the message. This webinar was truly intriguing and thought provoking. I thank the principal for arranging this enriching session. I hope we can all work hand in hand to make earth a better place to live in through Laudato Si Revolution.



Henrika Crasta

II BEBA



Environment is a common word but it plays a very essential role in our lives. The environment gives us countless benefits that we can't repay our entire life. Currently, the situation of environment is very poor that even our ancestors could have never imagined. We humans have endlessly spoiled our environment by using its resources recklessly. We believe that we are providing a better and healthy life to our forthcoming generations but what we do not realise is that we are taking away their future with us. Laudato Si' is an initiative taken by Pope Francis which has the subtitle "on care for our common home". The Laudato Si' is a global campaign whose objective is to encourage and promote ecological development, which includes development in environmental, economic and social ecology. It's a very crucial topic and our college had taken the initiative to make the students realise the importance of our Mother Earth by conducting an international webinar on Laudato Si on 8th October, 2020. This webinar helped in inculcating values of environmental care and protection in the students. This webinar was taken up by Pater Sandesh Manuel who told us how we are destroying our mother earth and how we need to relate to nature by taking the utmost care of it. He was effective in providing his message in the forms of dances, songs, poetry and raps. He told us about Greta Thunberg in a rap song, an environmental activist who promotes the view that humanity is facing an existential crisis arising from climate change. The thoughts by the organiser was out of the box and captivated our thoughts every moment.

This webinar was inspiring as it made me realise how I am connected to environment and how important it is to conserve our environment before it's too late. I am glad that I got an opportunity to be a part of such an inspirational webinar. I'm eternally grateful to my college for conducting this webinar. As rightly said by Wendell Berry "The Earth is what we all have in common."



Lavanya Bangera

II PCMB B

NATIONAL WORKSHOP ON COUNSELLING



St Agnes PU College organized a workshop for the faculty on “Nurturing Growth and Well Being among Youth, Counselling Paradigms and Skills.”

Fr Viju P. Devassy CMI, Director and Dean, Christ University, Delhi, Dr Surekha Chukkali, HOD, School of Humanities and Social Science, and Ms Tanuja Bhardwaj, Dept.of Psychology from the same campus were the resource persons of the day.

In the work shop, the resource person addressed the problems of our youth and how we could deal with their problems and help them overcome them by being patient and secrative. The webinar helped us to know the problems of the adolesant and also motivated us to equip ourselves with the skills of handling the worst case scenarios and help them grow stronger and equal in the society. The best part of the webinar was we were able to share our ideas through activities and were collectively discussed during the session.

We realised how we could attend to their problems by gaining their trust, by not being too judgemental, being active listeners, being open to them so that they are comfortable to share their opinions and problems with ease. By doing so we can help them frame a better future and also help them not to choose a wrong path.



Ashwin Kumar

Department of Physics

St Agnes PU College, Mangalore, Karnataka organized a national level workshop on October 16, 2020 for the faculty on the topic “Nurturing Growth and Well Being among Youth: Counselling Paradigms and Skills.”

Dr (Fr) Viju P. Devassy CMI, Director and Dean, Christ(Deemed- to –be- University), Delhi, NCR Campus, Dr Surekha Chukkali, HOD, School of Humanities and Social Science, and Ms Tanuja Bhardwaj, Dept.of Psychology, Christ, Delhi NCR Campus were the esteemed resource persons of the day. Sr. Sannidhi from the Dept.of English, St Agnes PU College introduced the resource persons and welcomed them. She also extended a word of welcome and appreciation to Mr. Ashok, for lending his invaluable technical support for the virtual session. The Principal Sr Norine Dsouza and the Vice Principal Sr Janet Sequeira were also a part of the session.

The workshop attempted to reach a certain consensus on the most commonly prevalent concerns confronting the youth today and how these are brought to the forefront in their day-to-day life. The discussion revolved around how best to address these concerns and help students overcome them. Adolescence and all the challenges it involves was discussed in depth by Dr (Fr) Viju Devassy who sought to keep the faculty abreast of the latest developments in the field. The primary rationale of the webinar was to explore the need to enhance empathy, listening and counseling skills in teachers. The session illumined the need to find solutions to the roadblocks that teachers face while dealing with students battling anxiety disorders, depression, emotional conflict, interpersonal relationship problems, peer pressure etc. These psychological problems, if neglected can adversely impact the lives of the students and their studies.

The project aimed at equipping teachers to handle these issues with understanding and patience while remaining relevant in today’s challenging environment. Dr Surekha Chukkali spoke about the need to espouse a non-judgmental attitude and an open stance which would aid the students to confide openly, and thereby facilitate and help us allay these issues in the youth. The session gave the educators valuable ideas on effective communication. It also brought insights on how best to handle the youngsters, how to boost their low self-esteem and decreased sense of self-worth. The webinar stressed the role of teachers as facilitators and emphasized how rewarding and fulfilling it can be. Ms Tanuja Bhardwaj further elucidated on the core counseling skills that were aimed at encouraging and motivating educators to identify the obstacles that prevent the formation of rapport and emphasized the necessity of adopting an encouraging body language along with being an active listener and how all these optimistic steps can resolve issues and reinforce affirmative behavior.



Mrs.Arshiya Patel

Department of English

Mrs. Lovina Aranha, Dept. of Commerce thanked the resource persons for an insightful webinar that is patently the need of the hour and will hopefully augment the quality of the teacher- student relationship and make it a harmonious one. She also appreciated her colleagues for their active participation and was all praise for the management for having arranged the session.