



AGNOBEAT

E-MONTHLY MAGAZINE

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PRINCIPAL'S MESSAGE

Dear Faculty, Students, Parents and well-wishers, It is with great pleasure that I welcome you to this month's edition of our college E-magazine. It's a reflection of the vibrant life and dynamic spirit within our institution. Each page is filled with the creativity, hard work, and dedication of our students and staff, offering a glimpse into the talents that thrive in our college.



Sr Norine Dsouza A.C.

The month of September 2024 was special to all of us as we celebrated 'Season of Creation' with the theme 'Hope and Act with Creation'.

Creation teaches us that hope is present in waiting, in the expectation of a better future. Creation and all of us are called to worship the Creator, working together for a dynamic future based on hope and action. Our students have demonstrated their love for creation in different ways which brought in a lot of awareness. Students also demonstrated resilience, innovation, and compassion. Through extracurricular activities, sports, arts, and community engagement, they have shown that education is not just about acquiring knowledge, but about building character and making a difference.

I want to extend my deepest gratitude to our lecturers for their unwavering commitment and to the parents for their continued support. Together, we are nurturing the leaders, thinkers, and stars of tomorrow. As you explore this magazine, I encourage you to celebrate the diversity of thoughts, experiences, and successes that define our college.

Thank you, and enjoy this wonderful collection of stories, achievements, and creativity!

SEASON OF CREATION

The Season of Creation holds a deep significance for me, serving as a poignant reminder of our sacred duty to protect the earth. From September 1 to October 4, I joined a global movement reflecting on our relationship with the environment. This special time encouraged me to appreciate creation's beauty, acknowledge my ecological footprint, and make conscious choices toward sustainability. Through prayer, education, and community engagement, I'm inspired to live more mindfully, honouring the intricate web of life that connects us all. As I celebrate this season, I reaffirm my commitment to care for God's creation, ensuring a brighter future for generations to come.



Aurelia Noronha
II PCMB

Plastics have become an integral part of our lives, offering convenience and versatility. From household items to electronics, we use plastics everywhere. Every year, over 8 million tons of plastic waste ends up in the oceans affecting our marine life and ecosystems. Keeping this in mind, we conducted a prayer on 3 September. The inspiring story of David Katz, a Californian surfer, who made a significant impact by taking a small step in reducing plastic use was really thought provoking. A thoughtful song was sung to emphasize the importance of reducing plastic use. To make the prayer session interactive, a short quiz was conducted to raise awareness on plastic pollution and students participated wholeheartedly. It is rightly said that the solution to plastic pollution is not in recycling but in reducing and rethinking our use of plastic.



Dwani. S. Suvarna
II PCME - 'E'

‘I don’t feed the birds because they need me, I feed the birds because I need them’- Kathi Hutton

We, embodied the essence of bird feeders through a beautiful prayer service. It was actually a fitting time for us to reflect on the importance of birds and our role in caring for all of God’s creation. We also had a short skit in which we came to know why it is so important to have bird feeders.

A bird feeder gives you the opportunity to observe the wonders of nature, taking a little break from the hustle and bustle of daily life. With a steady supply of food in your feeders, you can have birds in your backyard. Homes with bird feeders attract more birds over time than those without feeders.

With the increasing threats from urbanization, deforestation, and climate change, birds face greater challenges in finding food and habitats. This is where our responsibility comes in by installing bird feeders because even birds deserve to be loved and fed.

So let us come together to protect and nurture the earth and its creatures, where we are called to renew our relationship with environment and all life within it.

Melora Verina Monteiro
I PCBH



‘Biodiversity starts in the distant past and it points towards the future’.

Morning prayer was conducted along with a short skit based on protecting the nature. Songs on biodiversity were sung by us with the beautiful sound of animals and birds played at the background. A slogan on biodiversity was given to each class to be written on the notice board. Students actively participated and made each one of us realize that we need to take a step as an individual to conserve our nature.

Diya Rao
PCMB A



‘The Earth does not belong to us; we belong to the Earth’ – Chief Seattle

The theme for the day ‘Creation of Hope: A Call to Act on Creation’ encouraged all of us to become more aware of our energy consumption and take responsibility for preserving the environment. We began the day with a meaningful prayer, emphasizing the importance of conserving the planet's resources. We also took an oath to switch off lights, fans, and electronic devices when not in use. This simple yet significant act reminded us that even the smallest efforts can lead to a meaningful change.

After the oath, a beautiful hymn was sung by the students aligning perfectly with the day’s theme. The melody and lyrics touched our hearts, reminding us of the sacredness of nature and our duty to protect it.

To reinforce the importance of our commitment, a skit was performed, depicting how careless energy usage can harm the environment. The skit highlighted how small actions, such as leaving devices on when they are not needed, can have large scale consequences. It motivated us to stay mindful of our daily habits. Students participated in a day-long challenge, ensuring that no lights or fans were left on unnecessarily. This hands-on activity made us even more aware of how much energy we can save with just a bit of effort. We learned that energy conservation is not just about saving electricity, but about fostering a deep respect for our environment and committing to sustainable living.

‘We do not inherit the earth from our ancestors; we borrow it from our children’ – Native American Proverb



**Sharon Patrao
II PCMB 'A'**

In this Season of Creation, we should learn to embrace water as it is the life- blood of all creation, a source of hope and renewal. We must act to protect and preserve this sacred gift, ensuring it sustains life for generations to come.

Water is the essence of life, yet it's often overlooked in our daily routines. It not only quenches our thirst but sustains all living things—nourishing plants, keeping us clean, and even balancing nature's rhythms. Though we may enjoy it in the form of coffee, tea, or soda, water is the original energy source, powering life for billions of years. With 60% of our bodies made up of water, it's a reminder that we depend on it for more than just survival. Yet, clean water remains a luxury for many around the world. It's a precious resource we must cherish, protect, and share with gratitude.



Anvi Shettar
24CF112

We emphasized on 'restoring creation' on 13 September to reflect on our responsibility towards caring for the environment. The skit made us realize that even small actions like disposing of trash in a proper manner and reducing waste can significantly contribute to healing the earth.

An engaging 'Tree of Restoration' activity, where each of us imagined placing a leaf on a symbolic tree, was a promise to do one small action that can help restore the environment.

The day served as a reminder that our individual efforts, no matter how small, can collectively make a lasting impact on our planet. Through thoughtful actions, we can help restore the beauty of God's creation.



Kathijathul Shifana
II PCMB 'B'

‘Every step counts, take one for Earth.’

As part of the global ‘Season of Creation’ initiative, we staged a thought-provoking street play to highlight the urgent need for environmental protection and sustainability.

On 14 September , our powerful performance at St Agnes High School, emphasized our collective responsibility towards the planet. Through captivating acts, songs, and dialogues, we conveyed crucial reminders to protect our planet and preserve its beauty for future generations. Moreover, we encouraged the audience to adopt simple yet impactful habits. Always turn off taps after use to conserve water and contribute to a sustainable future. Additionally, minimize noise pollution by keeping volumes low, and conserve electricity by switching off lights, appliances, and fans when not in use. Furthermore, ditch plastic bags and opt for reusable cloth or paper bags instead. By incorporating these easy practices into our daily lives, we can significantly reduce our carbon footprint and contribute to a cleaner, healthier environment for future generations.

Small actions can make a significant difference in protecting our planet. Consequently, our initiative united us in our quest for a greener tomorrow. We vowed to live sustainably, for ourselves and future generations.



**Ananya R.N.
II BEBA**

On 18 September, we gathered together for a heartfelt prayer, focusing on the issue that threatens the very foundation of our ecosystem- the devastating impact of cutting down trees for widening of the roads on birds, reptiles, animals, insects, and our mother nature. We prayed for the innocent creatures who lost their habitat, sources of food and sometimes even their lives, when the trees were ruthlessly cut down, mountains were tunnelled. We imagined the birds that sang sweet melodies from the branches, now forced to flee in search of the new habitat. Deforestation, we acknowledged harms not just the animals but the environment on the whole. We recognized the urgent need for sustainable solutions.

Our prayer were not just words, they were a call to action. We urged everyone present to take a small significant step towards restoring our planet. We can make a difference, by planting more trees, promoting eco-friendly infrastructure, and teaching our friends the importance of environmental conservation.

Let's join hands in preserving the beauty of nature and ensure safe future for all the living creatures for ourselves and future generations.



Hathmika. M
II PCME

Nature plays a vital role in the composting process through the action of microorganism and other decomposers.

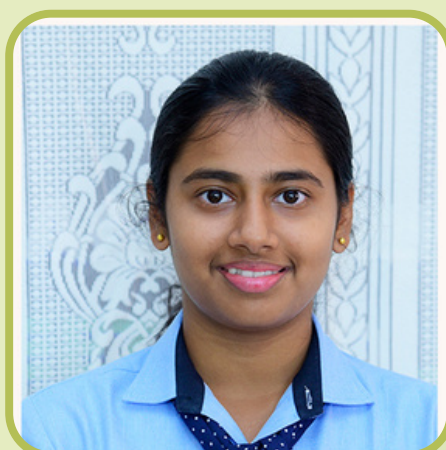
Soil biodiversity is the key component of sustainable agriculture. Composting contributes to this by fostering a diverse range of organisms, including bacteria, fungi, insects, and earthworms. These organisms help decompose organic matter, cycle nutrients, and improve soil structure. Everything that exists in nature will die one day and return to nature itself. Ecological composting seeks to utilise the wildlife-facilitated cycles of decomposition which occur in nature. Not only does this convert garden waste into rich, nutritious soil, but it also generates habitat for animals and fungi to encourage them into the garden.

Composting reduces the amount of waste that ends up in landfills and trash incinerators. Compost improves soil health by adding nutrients and organic matter. It can also reduce the need for fertilizers and pesticides, which can be harmful for human health and require fossil fuels to produce and ship. Composting can help remove carbon from the atmosphere, which can help address climate change. It helps create green jobs through the organics recovery cycle.



Mariyamma Neeha
I PCBH

Plants are nature's gift as they are beneficial for us in many ways. They play a significant role in our lives. Plants are foundational to life on earth, serving multiple critical roles in our ecosystem. Nature has been in existence long before humans and ever since it has taken care of mankind and nourished it forever. My experience of nature walk was amazing. In every walk with nature, one receives far more than he seeks. My nature walk was a reminder that peace is just a step away. By immersing ourselves in nature, we can quieten our minds and reconnect with the world around us.



Raina Tauro
II SEBA 'A'

TEACHER'S DAY

Teacher's day was celebrated on 5 September to mark the birth anniversary of Dr Sarvepalli Radhakrishnan, a great teacher.

It was a day which relieved us from our day to day teaching and the classes. It was a fun time for all the teachers.

We were asked to come in royal attire and it was really a great show. Each one of us looked stunning in our attire and jewellery.

The programme was organized both by our loving student cabinets, and the members of Parent Teachers' Association. The students and cabinet members entertained us with various fun filled games , activity, dance and also captured our minds through a ppt presentation.

The PTA members also put up a programme where they enacted a skit which reminded us of our school days. Melodious songs were dedicated to us to make us feel special. Various competitions were also conducted and the winners were awarded with gifts. It was a day which filled us with lots of happiness and joy and we will definitely cherish these moments.



ANITHA G SHENOY
Lecturer in Hindi



AGNATHON- 2k24

‘Youth is the canvas on which the masterpiece of tomorrow is painted.’

This quote perfectly encapsulates the spirit of Agnathon -2K24, an interschool and inter-collegiate fest organized by St Agnes PU College on 10 September. The event was brimming with enthusiasm, inspiring young minds from Mangalore and beyond to participate and perform without fear.

The theme for Agnathon 2K24, LUCELENCE – The Stars of Tomorrow, truly came alive as the platform allowed a stunning display of raw and untamed talent. Students from various schools and colleges participated with immense zeal.

One event, in particular, that stood out for me was the ‘Glowing Rhythms’ dance competition. It wasn’t just a performance; it was a celebration of our country’s unity in diversity. Watching the performers gracefully express the richness of India’s varied cultures and traditions reminded me of how fortunate we are to live in such a harmonious blend of customs, faiths, and nature. The dancers radiated creativity, confidence, and pride, capturing our attention in the most inspiring way.

Agnathon gave me more than just memories; it allowed me to interact with peers from different cultural backgrounds, leaving me with a deeper sense of appreciation for the world around me. It was an experience I will cherish for years to come, and I can proudly say that Agnathon truly brought out the stars of tomorrow.



Elain Gia Fernandes
II PCMB “C”



EUREKA

I was fortunate to attend the much-anticipated annual event, 'Eureka' Science Fest, where students from the science stream showcased their talents in an exciting blend of competition and creativity. This fest stood out for its innovative approach, bringing science to life in engaging and interactive ways.

Among the standout events was Math Rhythm, where we skilfully incorporated mathematical concepts into choreographed dance routines. This unique fusion of math and movement offered a fresh perspective on the subject, proving that numbers and rhythm can go hand in hand.

Science Vortex, a seminar-style competition, provided a platform to present thought-provoking scientific ideas. The participants engaged in discussions and presentations, demonstrating their research and understanding of various scientific phenomena.

In Life Enact, students took to the stage with science-themed skits, creatively weaving in scientific concepts through storytelling and drama. The event highlighted the power of performance to communicate complex ideas in a fun and accessible way.

Other competitions like the Treasure Hunt challenged participants' knowledge and teamwork, while Bio Rangoli saw students crafting intricate rangoli designs based on biological themes, adding an artistic flair to the fest.

The grand finale was the Periodic Catwalk, where students dazzled the audience with fashion outfits inspired by elements from the periodic table, combining creativity with chemistry.

'Eureka' Science Fest was a vibrant celebration of learning, innovation, and collaboration, leaving students inspired and energized.

This was truly an experience my classmates and I are going to remember as we also emerged as champions.



Nia Menezes
II PCMC



Hindi Day Celebration

Hindi is the pride of our Nation. Hindi has a unique tradition of unity.

We celebrated Hindi Day on 14 September, a day that honoured the rich and vibrant variety and culture of India .

The day was highlighted by a humorous skit which sowed a seed of realisation that Hindi language is our pride. Despite its many regional dialects and variations, Hindi is a language that has brought people together across India's vast geographical expanse. A very energetic dance performance by my friends was truly mesmerising. Several competitions were conducted for the students like chart making, creative writing competition, skit writing etc. Hindi Quiz was also conducted on the occasion. Prizes were distributed to the winners of the competitions.

I had the golden opportunity to introduce the Chief Guest Shri Rohit Redha, who is presently posted as the Hindi officer in the Geological Survey of India, Mangalore region. Rohit Redha Sir's presence made our programme more special and we all got inspired by his vibrant and dynamic speech stating the importance and relevance of Hindi in the present scenario. We celebrated the day to appreciate the beauty and diversity of India's cultural heritage and to honour the language.

The programme was a resounding success, attracting and inspiring large audience of language enthusiasts and students from all streams.



Roopashree
I HEPP



Onam

Onam celebration was a spectacular blend of tradition and joy. The campus was beautifully adorned with an intricate Pookalam and vibrant decorations. This was the first time in the history of St Agnes PU College that everyone joined together to celebrate Onam in a spectacular manner. The entry of MAHABALI created a spark among the audience. I took part in Thiruvathira Kali where we danced to the traditional beats clad in Onam attire which was then followed by our senior's melodious songs. Later on everyone took part in fun games such as Malayalam tongue twisters and bursting of the balloon which was then followed by an energetic dance performance by my friends. The celebration ended with everyone joining to the beats of the baila.

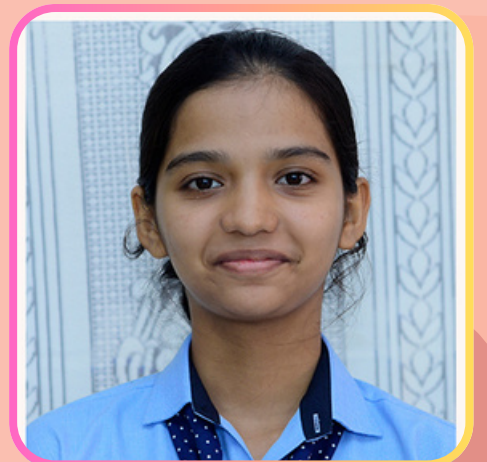


Anshel Ann
I PCMB 'A'



DEMOCRACY DAY

In September, Karnataka witnessed one of the largest and most memorable events of the year—an extraordinary human chain organized to commemorate International Democracy Day. The event was a massive show of unity, with students from every corner of the state, representing a diverse range of schools and colleges, joining hands to promote and celebrate democracy. Students participated enthusiastically in this remarkable event. Spanning from the northern to the southern regions of Karnataka, the human chain was a beautiful representation of the state's unity, diversity, and commitment to democratic values. The students began their journey from the college grounds, taking their designated positions along the route to contribute to this state-wide endeavor. At every 100-meter mark along the chain, groups of students stood proudly, holding vibrant banners that expressed their support for democracy. The air was filled with excitement, joy, and a sense of pride as thousands of students united for a common cause. It was not just an event, but a powerful statement of the role that young people play in shaping and preserving democratic values. To ensure everyone was well-cared for, the organizers provided water and snacks to participants throughout the event. This thoughtful provision added to the comfort and energy of those involved, allowing us to maintain our enthusiasm and strength. As drones hovered above, capturing the beauty of this massive human chain, the students screamed with pride, shouting "Jai Hind" and "Jai Karnataka." The energy was contagious, and the sight of thousands of hands linked together across the state created an unforgettable scene of solidarity. The photographs and videos captured by media and professional photographers truly encapsulated the essence of the event, showing the unity and spirit of those who participated. For the students of Karnataka, especially for us, this event was a rare opportunity to engage in something bigger than themselves. It was an experience that will remain etched in our memories as a celebration of democracy, a call for unity, and a chance to stand together with peers from across the state. As democracy is the backbone of our society, such initiatives remind us of the importance of standing united in its defense and promotion.



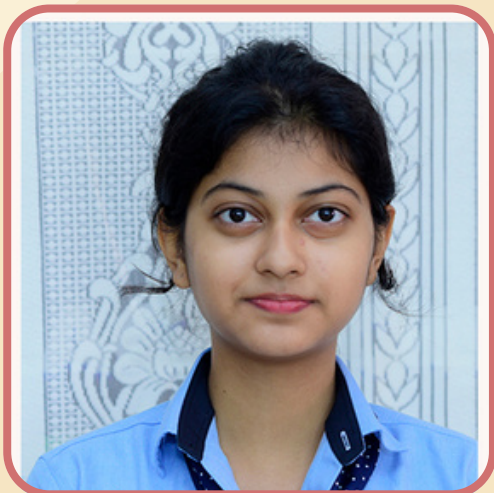
Manvitha
II BEBA

A SESSION ON MENTAL HEALTH

A session regarding student's mental health was conducted on 18 September 2024. The speaker Dr Rameela Shekar, Director and practising child, adolescent and youth mental health professional at Manashanti Counselling has conducted programs for students regarding child mental health, healthy personality, stress management etc. She has also been an alumni of St Agnes Institution.

The thing that caught my interest the most was the name she gave the session. 'STRONG MIND FOR BETTER FUTURE'. It was an interactive session where students were allowed to place their opinions on the topics told. The session was kept short and simple making it more convenient to understand. Students were allowed to ask any questions related to the topic.

Through this session we were able to take another step forward on improving our mental health and seeking our betterment. She gave pointers on stress handling and self-development which was very beneficial.



**RUTH ABIGAIL K
II CSBA**



DISTRICT LEVEL YOUTH PARLIAMENT

‘Parliament is the temple of democracy’. Youth parliament sessions are conducted to empower the next generation of leaders, promote democratic values and build a more informed and engaged citizenry.

On 20 September, the Department of Parliamentary Affairs and the Department of School Education, Dakshina Kannada District, Government of Karnataka, in collaboration with St Agnes PU College, Mangaluru organized the District Level Youth Parliament Competition. The purpose of the event was to aid students to gain an insight into how parliament functions. It also endeavours to provide a platform to youngsters to be abreast of current affairs and problems plaguing the country, form opinions, discuss and debate. The event saw the participation of dignitaries and students from various colleges and walks of life, making it a significant occasion.

After the inauguration, we were provided training by Mr Chandranatha, President of the Dakshina Kannada Political Science Lecturers' Association, on the parliamentary procedures. Each one of us was given a minute to speak a few words on a particular topic, based on which portfolios were allotted to us.

In the parliament session, each participant was equally competitive and displayed their skills in leadership, critical thinking and decision making, impressing the audience with their pertinent discussions on current national and social issues.

The competition was a tremendous success exemplifying the potential of young minds to engage in meaningful discourse and sculpting them into visionary leaders. This made us realise that the future of our nation is in good hands. I was thrilled to be a part of this competition.



Anagha M
Bhamatheesha Upadhyaya
II HEPP

