



# *Agnobeat* *E - Monthly Magazine*



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## *Principal's Message*

I am always wonderstruck to know and witness the tremendous energy our students have which they use in discovering their creativity and express themselves in multiple ways.

I am excited and look forward to working with the youth, staff and parents. The month of November had been a colourful one to all of us. An event like sports day helped our students to be enthusiastic, confident, creative, caring, curious and collaborative learners.

As the year is coming to an end, may our students cherish all the sweet memories. May they dare to be excellent in every walk of life.



## *Inaugural of Cooking Corner of the College*



On 5 November the department of Biology and Home Science inaugurated our very own Home Science laboratory. Home Science is a subject of creativity involving 'art and science' that landed in the text book of Agnesians this academic year. This was the vision of our former Principal Sr Shamita A.C, and Dr Sr Maria Roopa A.C inaugurated the laboratory. The inauguration took place in a traditional manner. The lecturers boiled the milk to signify our Indian tradition which symbolizes peace and prosperity. The students of I PCBH organized a programme full of enthusiasm and excitement. The programme was a success and enlightened everyone about Home Science subject.

Home Science involves five disciplines. The first discipline is the resource management. Resources are defined as those natural and human attributes that satisfy our wants. It is the source or supply from which we benefit. The second discipline is food and nutrition. Food is the basic need for all living beings. Just as we cannot live without air and water, we cannot live without food either. It gives us energy to carry our day to day activities. The third discipline is textile and clothing. The word 'text tiles' comes from the Latin word 'Text tiles' – meaning woven. Text tile is defined as any product made from fibres. The fourth discipline is Human Development. It is the study of deferent domains of development throughout life span. The last & the fifth discipline is the extension education and communication. Extension is considered as the third dimension of education. This concept was first articulated in the year 1960. And thus this discipline is unique and has its own identity in one's life.



Rishita Picardo  
II PCMB C

## *Dakshina Kannada inter-collegiate programme at SDM College, Ujire*

A selected number of students of our college along with our teachers set off to SDM College, Ujire on the 7 November, to take part in the various competitions organised by them. It took us through a lovely scenic journey of around two hours to get to the venue. We were served breakfast at the quaint little cafeteria there, after which we had to register ourselves individually for our respective competitions- mono acting, folk songs, elocution, painting, and much more.

All the events began immediately after the inaugural ceremony, but a few of us managed to catch a glimpse of some of them after we were done with ours. We were astounded by the sheer number of students. From various colleges of Dakshina Kannada district, who had come to participate. It was a very hectic yet fun filled day, and the volunteers brightened it a bit more with their hospitality. After lunch, we watched the proceedings of the quiz finals: it was a very engrossing series of rounds; the quizmaster asked some challenging questions which were fun to solve, and the competition among the teams was very tight.

The programme came to a close after the quiz results with the valedictory ceremony. The day couldn't have ended any better, for four stars from among, our participants – Prakriti, Samah, Niveditha and Trisha – emerged as victors in some events. On the whole, it was a wonderful experience, another opportunity to test the waters and widen our horizons.



Natasha D'Souza  
II PCMS



## Wrestling



Wrestling a game beyond our dreams, is much more than what we think of it to be. Our college gave me a one time opportunity to be a part of this wrestling team. There were girls from our college for various weight categories which is divided into free style wrestling and belt wrestling. We put in a lot of effort and we gave in our everything to the matches. We were rewarded for the efforts put in. The event was organised by St Aloysius P U College, Mangaluru. Winning or losing in matches like this doesn't matter but it did give us a lot of knowledge. When I marched out of the match, I wished it continued for some more time.

Nitya K G  
II CEBA



## Hand Ball



This year we, the hand ball team represented our college for the district match which was held at Swaraj Maidan, Moodbidri on the 5 September and bagged the runner's up trophy. Five of us were selected to represent Dakshina Kannada for the state matches which was held in Chikkaballapur on the 13 and 14 November. We had to attend a 5 day camp at Alva's College, Moodbidri where we met all our teammates and practised together. The college provided us with a comfortable accommodation and we had an amazing time getting to know one another. We left to Chikkaballapur by train. We reached the finals and bagged the Runner's up title at the state level.

I had a wonderful time with the best team and friends who have now turned into family.

Shaina Rebello  
II BSBA



## Outreach programme for Science Students

My visit to St Antony's Ashram was a memorable one. It was an experience that changed many of my perceptions. The people in the old age home were very welcoming and had bright smiles on their faces. Although, it was very heart breaking to see their situation, their cheerful faces and words of wisdom enlightened us and taught us a lot about the journey of life. Meeting the people at the old age home and talking to them was definitely a wonderful, rewarding and enjoyable experience that has truly impacted our lives in a positive way. The inmates of the old age home have touched our hearts in a special way with their blessings. Spending time with them helped us strengthen our moral values and enlightened us on the true meaning of life.

I am very grateful to the management and staff for providing us with this opportunity wherein we learnt to empathize with people less fortunate than us. We also learnt to be grateful to God for all the blessings he has showered on us.

Alreya Patrao  
II PCMC D



Experience is the teacher of all things said Julius Caesar and so we did get the best experience of love, kindness and compassion as we the students of II PCMB 'C' batch visited Prashanth Nivas, Jeppu last Saturday. We met people who were homeless and helpless but strong hearted. Many lived there for more than 15 years, some from childhood, some as long as they don't even remember. Most of them have physical and mental disabilities but they display exceptional abilities in their work. They are either abandoned by their families or with no families. Yet they cherish each other's presence no less than a family. They made us realize how grateful we should be for what we have and be thankful to God for every blessing he has bestowed on us. This experience has taught us so much and is the one that will stay in our hearts forever.

Mariam Fatima  
II PCMB C



We, the students of II PCMB – A and II PCMB – B batch visited White Dove's Psychiatry Centre. We had great time with those innocent souls who were kicked up from the street and now are leading a good and comfortable life under the care of White Dove's especially Mrs Corrine Rasquinha and Team. We were blessed to witness their performance. It was nice to see them together, undifferentiated by their religion, caste and creed. The biggest lesson I learnt was to be happy with whatever I have. We should take a step forward to help the needy, so that God will blesses in abundance. I thanked our beloved Principal Sr Norine D Souza and the staff for providing us with this opportunity to enlighten our minds.



Sambrama Patil  
II PCMB A





## PREUNIQUE



Whenever we hear something like a fest we immerse ourselves into the thoughts of alluring colourful lights, unstoppable music, DJs and VJs, and even savouring foods. We tend to bend our hunches towards competitions, huge crowds, and cultural diversities which indeed gifts you a massive package of memories. And it was a similar feel in the campus of St. Aloysius Pre University College on the days of Pre-Unique. An amazing platform was at the disposal of students from various colleges of Mangalore to display their talents and thus enhance their skills. The competitions were varied. From facilitating and enhancing networking skills to helping students get better at man-management and speaking skills. This college fest provided us a great learning curve, amassing things that we would label as 'wonderful memories'. The learning that happens at a fest, be it the experience of being a team player, is no match to a classroom atmosphere. The competitions held there gave an opportunity to be an integral part of the fest through debates, dance, music anything and all. Such an experience would be ever cherished by all participants.



Mishal  
II BSBA



## Sports day

One of the awaited and exciting days in our college life was sports day. As the preparations were going on the staff and the students worked hand in hand to make this auspicious day a memorable one.

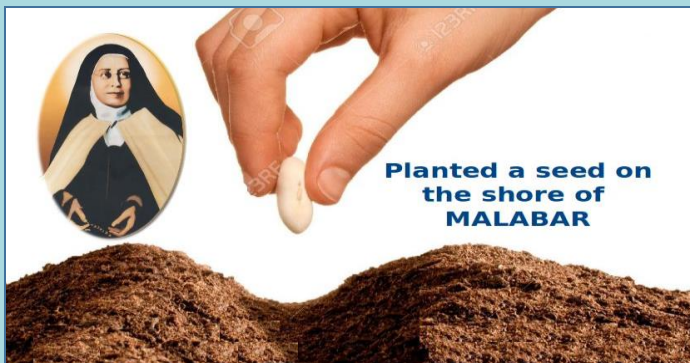
The sports students worked as a team and under our Physical Director's guidance prepared for the event. As we took our places to begin our march finely dressed in suits, the royal sports team marched with all their might as Rishika Thimmaiah our sports secretary led us on. After our march the teams were introduced to our esteemed chief guest and thus our college flag rose high above marking the beginning of the day. The events were conducted shortly after the inaugural. Athletes proved their sportsmanship as the cheering teams motivated them to give their best. At last few of them were victorious and the others created memories. Thus another memorable day came to an end.



Shriya Ramachandran  
II BSBA



## Mother Veronica – My Inspiration



The tiny seed of the Apostolic Carmel was sown by Mother Veronica in Bayonne, France on July 16th 1868 has made an impact like a mighty tree through which its branches have spread not only in India but also in other countries. Mother Veronica's virtues have helped students cultivate the spirit of curiosity which in turn helps and motivates the young minds towards doing things on their own with a scientific temper. This enables the growing minds to see and learn, to act towards the needs of others, less fortunate than themselves.

By doing so the student's vision gets broadened and can surely make a difference in today's world. By this we keep moving forward, opening new doors and doing new things so that curiosity leads us down to new paths. The Apostolic Carmel congregation spirituality has enabled me to focus more on silence and meditation. Thus Mother Veronica has enabled us to pursue in doing good, therefore through our patroness Mary the Mother of Carmel we have been led to aim not only at creating successful students but also as human being in achieving our motto higher and nobler.

The beginning of 150 year of the inception of the congregation is a landmark in history. We began this celebration with the thanksgiving mass at Bendore church along with the degree college students.

I feel privileged to be a part of this great institution, to glorify God for Mother Veronica the founder of the Apostolic Carmel.

Rebecca  
I HEPP



### Sahyadri Science Talent Hunt 2K19

The Sahyadri Science Talent Hunt 2K19 is a science competition held by the Sahyadri College of Engineering and Management (SCEM) for high school and PU Colleges in South Zonal Region of Karnataka. Our project team represented our college. The team consisted of 4 members. Our project was based on aquaponics which deals with growing plant without using soil or sand and rearing of fishes. 24 project were selected out of 400 projects being showcased. Top 12 were considered as winners and other 12 won consolation prize. It was a moment of pride for us when we were declared as winners. As we secured the third prize.

The 12 winners later on competed with the engineering students. There was a pitch deck event where 14 groups were short listed among 24 groups and we were one among them. Overall it was an unforgettable event for us. The extensive, spacious, campus of the college, with greenery was mesmerising. The teaching staff of SCEM supported us in every step of the way. It was a great learning experience for us that we can never forget. We are ever grateful to our principal and lecturers for guiding and helping us and for being a constant support.

Apeksha  
I PCMC C



*Congratulations to the Centum Scorers of I PUC (Mid term Exam)*



*Congratulations to the Centum Scorers of II PUC (Mid term Exam)*



*Science*



*Commerce*



*Arts*

*Wencita Dias; Miss Teen World Super Model – Global*  
*The Management and staff of St Agnes P U College*  
*congratulates Ms Wencita Dias of I PUC PCMB – C*  
*batch on winning the coveted crown of 'Miss Teen*  
*World Super Model – Global' and 'Fashion Icon 2019'*  
*at the beauty pageant held at Bangkok, Thailand on*  
*16th November 2019. It was a proud moment for all!*  
*We wish her good luck and success in fulfilling her*  
*dreams.*

