



Agnobeat

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PRINCIPAL'S MESSAGE

We at St Agnes PU College channelize the potential of the student to the optimum, so that she becomes a successful professional, a good citizen and above all an asset to the society.

Our students had ample of opportunities to take part in various activities and special events like students' day, intercollegiate competitions and sports events in which they have clinched many prizes. Their creativity and innovative ideas are amazing.



Striving hard for excellence, should be the prime objective of every staff and student. When it comes to Academics our students are equally good and capable of excelling in exams. As you scroll down the pages of the magazine this fact will be more evident to all the readers. A desire and a decision can change nothing to something. My appeal to each and every student is to have a desire and then decide to explore and excel.

AAKASHA ARIVU

The programme Aakasha Arivu began at 9 a.m with the inauguration by lighting the lamp by the Chief Guest Dr K.V Rao, Director of Pilikula Science Centre. Dr Appaji Gowda, Principal and other dignitaries present on the dias. The chief guest Dr K.V Rao stressed upon the importance of science during his inaugural speech. He said that science is a systematic study of truth and is very essential for studies. Dr Appaji Gowda explained how to study by giving the example of growing of plant. He said that there is much scope in science provided one has to put his/her maximum efforts. The first session was started by Dr Jayanth H, Former Professor of Chemistry Department, St Agnes College who briefed the audience on stars in the sky. He explained the various constellations, pole star, solar eclipse, lunar eclipse and comets through a power point presentation. It was a nice experience to learn about various stars and planets in the sky. The second session was conducted by Mr. Jagannath, Curator, Pilikula science centre, he spoke on the topic Planetarium activities.



He explained various types of Planetarium and also about the Vikram Lander which was launched to moon recently. Afternoon session was conducted by Mr Rohit Rao, Proprietor of Crystal Electronics and Appliances. He explained various types of Astronomical Instruments, such as telescope, binoculars, the phenomenon of reflection and refraction. He also spoke about the Newtonian telescope and gave a gist on the internal parts of the telescope. The last session was conducted by Mr Naveenchandra, Assistant Manager, Adaani Wilmar Ltd. He showed the various pictures of planets which he took using the digital telescope. It was a good experience to know more about stars and planets, we really enjoyed. Many of our doubts were cleared and this programme created more interest on Astronomy. Hence, I thank the Principal for giving us such opportunity.

Sanchia Vianca Crasta

I PCMB 'C' Batch



FEAT ON BEAT

It all began when I first gave my name for the dance competition. I was extremely happy and nervous at the same time as it was an individual competition to be a part of. It all began with the first day of my practice. I remember how it took me hours to select a song and groove to the hook steps of the song. After a week of practice I was finally ready to take part in the competition. The feeling of happiness when I first wore the costume was worth defining. My placement in the dance was that of the fifth position. I still remember the day when I first set my foot on stage to perform. As soon as the song began, I started grooving to the beats of the song for 3 minutes. I must say, it was a surreal experience in taking part in the dance competition. I would definitely look forward for some more.



Rebeca
I HEPP



ARTS CAREER GUIDANCE

The Humanities department of our College organized a career guidance programme for all the arts students on 18 September 2019. Dr. Norbert Lobo, Head of the Department of Economics, St. Aloysius College, Mangalore was the resource person. It was an enlightening experience for me as I never gave much thought about choosing a career. This session gave me an immense idea about the plethora of opportunities in the field of Arts. It aided all of us to develop a deep understanding about a variety of careers present in each sector and thus opened up a bundle of options from which we could choose based on our interests and skills.



It also emphasized on taking our next step, which is, choosing our educational courses by seeing our future prospects instead of following the crowd and to invest time in developing the required skills. The session made me realise that education without skills is futile and that each one of us has to focus on honing our skills along with grades and certificates. Finally the session reminded me to follow my passion and encouraged me to take a deep thought in selecting my profession in the coming future.



Agnes Shibu

II HEPP

PHYSICS QUIZ



The quest for knowledge, like everything else of value, is not to be obtained easily. It must be studied for, thought for and more than that must be worked for. Quiz competitions are always interesting and create excitement among the students and in turn make them more informative. To engage and enlighten the students, the department of Physics had organised a quiz competition (Physics) on 12 September, 2019. Many students from different science streams participated in the quiz. Each team consisted of two members we had a wonderful time as the quiz enriched our knowledge on the subject (Physics). The questions asked were quite interesting and tricky and tickled our brains. It was a paper-pen based quiz. All the students were seen participating actively. It was an amazing experience as I knew the answer for some questions and my partner knew the answer for some other questions. Our team work and a similar interest for Physics helped us merge as winners! Learning gives creativity, creativity leads to thinking, thinking provides knowledge, and knowledge makes us great. The quiz competition was very informative and imparted a great deal of knowledge and also boosted the students' interest in science.

Alreya Patrao

II PCMC



Ananya A

II PCMC



STUDENTS' DAY

What is students' Day? If I had to elaborate it, I would say it is the most awaited day in a student's life. It is rightly said that 'No matter how much you hate college, you will miss it when you leave!' We 'AGNESIANS' celebrated our students' Day – 'AGNOGALA 2K19' on 27 September 2019 and the programme marked a great success and I just realized that this will never happen again. Every single student was awaiting for the most beautiful time in their lives. The programme started with a prayer, invoking the almighty lord's blessings and the platform rightly served as a way for students to exhibit their own ideas and talents. The Ramp Walk was actually the main thing all the students were waiting for, to show their beautiful costumes to the audience. The most amazing fact was that the topics were given beforehand and the students had to stick on to their topics. The Ramp walk was utterly marvellous and there were so many beautiful girls up there and they all did just a great job. Later we were waiting to know what performances the lecturers had in store for us. Everybody was so excited and we could not even find one person sitting on a chair. I am really very proud to say that St Agnes P U College has the best teaching faculty as well as non-teaching staff. They were the real stars of the day and such amazing performances enthralled us all. I am really overwhelmed and proud to say that I am studying in St Agnes P U College and I would like to thank the Principal, Vice- Principal, the teaching and non-teaching staff, the cabinet members and those who made this event a great success and gave us the opportunity to exhibit our talents.



Rhea Benicia castelino

II PCMB 'C'



TRANSGENDER

Surprisingly one day all the science batches were called to the auditorium. As soon as we reached there, we knew it was for a movie. The movie was all about, the life of a transgender, which let tears in some of our eyes. We were informed that few transgender are going to give us a Tran's phobic talk on 24th September, 2019. Abhaya, the women's forum in our college had invited Ms Kajal, a Radio Jockey at Sarang 107.8 FM accompanied by Ms Sheela Diamond. The programme was taken over by Ms Kajal who addressed the students by giving an overview about the lifestyle, tradition and circumstances faced by the Trans genders and the change in perspective of people towards them at present.



Brilcy Maria P.J

II PCMB 'A' Batch

The talk also highlighted on spreading the knowledge about transgender community to each and every individual more precisely. She further continued that students should learn about transgender during their schooling itself. The experience that she shared with us were truly the life lessons that we need to incorporate. The event was concluded by an interactive question and answering session which helped the students clarify their doubts.



POOKALAM

Kerala prepares herself for the king's visit, wearing new dresses her children happily sit on her shimmering silky rivers snake boats race, colourful Pookalams which beautify her face. -Riya Matthew.

It was the beginning of the month of Chingam, the first month of the Malayalam Calendar (Kollavarsham) and also the month of yearly harvest festival of the Kerala state i.e Onam. Rangoli is one of the most popular traditional art form in India. It is a kind of decorative motif, usually a floor art using various forms of colours and flowers. Rangoli is considered very auspicious due to which it is an inevitable part of Indian festivals. In Kerala 'POOKALAM' or the flower rangoli marks the festival of Onam.

On the occasion of Onam, Pookalam competition was held in our college conference hall .The students were supposed to do a floral rangoli in the given time . During this competition we learnt about time management. It helped us to explore our creative minds and bring out our creative skills. We had built a mutual understanding and because of that we were able to execute our design and complete it on time. We had lots of fun and by participating in this competition we came to know more about the culture of God's own country-KERALA. There were beautiful and unique Pookalams with various designs. We would suggest that this competition should be held annually so that the students can enjoy and experience the authentic essence of Kerala.

AKHILA

II PCMB 'B' Batch



ANISHA

II PCMB 'B' Batch



SPORTS ACHIEVEMENTS

BADMINTON - Taluk level Runners up



WRESTLING - District level



FOOTBALL - Taluk level Runners up



HANDBALL - District level Runners up



TABLE TENNIS - Taluk level Runners up



THROWBALL - District level Winners





Pursuance and tenacity are the positive traits of a sportsman, but when it's a team effort success achieved is more sweet and quick. Floorball a sport of 5 members in a team and consists of 3 sets. The event was organised in St Agnes PU College, Mangaluru. Both the host and the guest put forth a flamboyant spirit. The matches were played on 6 October. All the teams showed a very vibrant spirit. Our Mangaluru team played the first match against Chikkodi team. It was the first match for us and we were all very nervous, and for me personally was a test, as I was the captain of the team. After our first victory by 4-2 goals we were all well-adjusted to the atmosphere. After the first match we were two steps away from being the winners and the second match which was the semi-finals was against Udupi. We as a team secured 3-1 goals. One step away from victory, we were to play against Bengaluru North. We all knew it was not going to be a piece of cake. The match started and in the first set they scored one against us.

The first set came to an end and the score was 1-0. The bars were raised high, pressure to its maximum extent. The second set started and we were to keep ourselves calm and score goal. Every minute that passed, every breath that we took was a struggle for victory. The third set started, we either had to score again or defend them from scoring. It was a tough fight but we scored 3-1. Joy and happiness took over all of us as the match came to an end. Watching them smiling, cheering, jumping for what we achieved was totally worth it along with the happy tears.

Rischika
II BSBA



N-IGMA



A plethora of talent, a platform to express skills is what I found at 'N-IGMA - 2019'. From various competitions held for students, I participated in the Best Manager. It was held in three rounds. Round one was a quiz based on current affairs, round two was a discussion on gender equality and the sinking economy of our country and lastly, round three was a stress interview. With enthusiastic participants from various colleges, I felt privileged to pass all three rounds to be finally declared as 'The Best Manager'. More fascinating was the fact that even after having a background in humanities, the wide spectrum of commerce was understood and competed upon. It was a competition filled with tremendous thrill and utmost delight



SAMAH ASSIA

II HEPP



SANGAM 2K19



Sangam 2K19 was held on 30 August 2019 in the C V Nayaka Hall, Mangaluru by MAPS College. Sangam 2K19 gave us a platform to exhibit our talents. The chief guest motivated us by telling us the importance of co-curricular as well as cultural activities in students' lives. Sangam 2K19 had organised various competitions to showcase and appreciate the talent of young students. Students from various colleges had participated in this competition. We participated in a dance competition and won the 3rd place. Some participated in the flower arranging competition, photograph, and pencil sketching etc. Kindness is an art which does not need any scoring of marks and was selflessly shown by the MAPS College volunteers. They were very generous and helping. The staff and volunteers of the MAPS College had contributed greatly to make the Sangam 2K19 a successful event.



Devika
I PCMB 'A'



RENDEZVOUZ



It was September 4th 2019, when I entered Sarosh Institute of Hotel Administration to participate in the photography competition, one of the events in the intercollegiate competitions. As I stepped into the campus with my team members and our animator I saw the college campus was completely green and bright, we made our way to the college and got our registration done. The staff and students were really kind and helpful as they introduced the college to us. Later we moved to the auditorium and took our seats for the inauguration. We were amazed to see Mr Arvind Bolar a Tulu film actor as our chief guest. Then we moved to our designated places. I was given the topic 'Events of the day' for my competition. I visited many places where events were taking place, but when I visited, the kitchen to click some pictures on the related topic, I saw mouth-watering dishes. Then came the most awaited time, 'The Lunch'. It was deliciously prepared by students and the staff of the institute. After that we continued with the competitions and we submitted our work, and waited for the results. Finally the results were out. Yipee! We were the Runners Up and each one of us was awarded. We returned to our college with happy faces and cheerful memories with the trophy in our hands. It was indeed a great opportunity and experience to be a part of it.



Clarin Riya Mathias
II PCMC 'D' Batch





ವಿದ್ಯಾರ್ಥಿಗಳ ಪರಿಪೂರ್ಣ ಬೆಳವಣಿಗೆಯಲ್ಲಿ ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮಗಳ ಪಾತ್ರ ಮಹತ್ವದ್ದಾಗಿದೆ. ಮಕ್ಕಳ ಪ್ರತಿಭೆಗಳಿಗೆ ಒಂದು ಹೊಸತಾದ ಆಯಾಮವನ್ನು ನೀಡುವುದೇ ವೇದಿಕೆ. ಮಕ್ಕಳ ಪ್ರತಿಭೆಗಳನ್ನು ಗುರುತಿಸಿ, ಅದನ್ನು ಪ್ರೋತ್ಸಾಹಿಸಲು ಶಾರದ ವಿದ್ಯಾಲಯ ಪದವಿ ಪೂರ್ವ ಕಾಲೇಜು ದಿನಾಂಕ 13-09-2019, ಶುಕ್ರವಾರದಂದು ತಮ್ಮ ಕಾಲೇಜಿನಲ್ಲಿ ಹಲವು ಕಾರ್ಯಕ್ರಮಗಳನ್ನು ಆಯೋಜಿಸಿದ್ದರು. ಚಿತ್ರಕಲೆ, ಭರತನಾಟ್ಯ, ಭಜನೆ (ಗುಂಪು), ರಂಗೋಲಿ, ದೇಶಭಕ್ತಿಗೀತೆ, ಏಕವ್ಯಕ್ತಿ ಯಕ್ಷಗಾನ, ಕರ್ನಾಟಕ ಶಾಸ್ತ್ರೀಯ ಸಂಗೀತ ಮತ್ತು ರಸಪ್ರಶ್ನೆ ಸ್ಪರ್ಧೆಗಳು ನಡೆದಿದ್ದವು. ಬೆಳಿಗ್ಗೆ 9 ಗಂಟೆಗೆ ಪ್ರಾರಂಭವಾದ ಸ್ಪರ್ಧಾಕೂಟವು ಸಂಜೆ 5 ಗಂಟೆಯವರೆಗೆ ನಡೆದಿದ್ದು, ಮಧ್ಯಾಹ್ನದ ಭೋಜನ ವ್ಯವಸ್ಥೆಯನ್ನು ಮಾಡಿದ್ದರು. ನಮ್ಮ ಕಾಲೇಜಿನಿಂದ 14 ವಿದ್ಯಾರ್ಥಿಗಳು ಭಾಗವಹಿಸಿದ್ದರು. ಚಿತ್ರಕಲಾ ಸ್ಪರ್ಧೆಯಲ್ಲಿ ಕುಮಾರಿ ಪೂಜಶ್ರೀ ತೃತೀಯ ಸ್ಥಾನವನ್ನು ಮತ್ತು ಏಕವ್ಯಕ್ತಿ ಯಕ್ಷಗಾನದಲ್ಲಿ ಕುಮಾರಿ ಪ್ರಕೃತಿ ರಾವ್ ತೃತೀಯ ಸ್ಥಾನವನ್ನು ಪಡೆದಿದ್ದಾರೆ. ಸ್ಪರ್ಧಾಕೂಟದಲ್ಲಿ ಭಾಗವಹಿಸಿದ ನಮಗೆ ಉತ್ತಮವಾದ ಅನುಭವದೊಂದಿಗೆ, ತುಂಬಾ ಸಂತೋಷವಾಯಿತು.



NIYATHA

II BSBA



TRAFFIC CONTROL

The aim of the event was to emphasize the importance of traffic rules and regulations to create awareness among the youth.

St Agnes PU College had organized a volunteering traffic control programme from 12 September to 25th September at the institution premises in the mornings and evenings. Before the programme started we had a training session, where the ACP Manjunath Shetty of Mangaluru took immense pleasure to tell us about the traffic rules and regulations as well as our duties as a volunteers. The students and the teacher along with the Mangaluru traffic police organised this.

By taking part in this event we got to experience something that we would never get to. We saw the other side of the perspective by keeping ourselves in the position of a police officer. We all were delighted that we were the chosen volunteers for this event.

Nidhi S Stevens
II PCMB 'C'



STRATEGIES FOR EXAM PREPARATION

Exam season is around the corner and so begins the cycle of exam fear. It is important that we plan well and face our demons with the right strategy so that we pass with flying colours. Organizing ourselves and following certain tips can take us a long way in our exam preparation. However, one must keep in mind that learning is not an overnight process. It is built on the foundations of determination, motivation and effort. Nothing is impossible if one is determined, as the saying goes, "If there is a will, there is a way".

One obligatory value that every student must inculcate in their lives is time management. Setting up time tables, goals or objectives for your study time, planning accordingly, leaving enough time for revision can make our job a lot easier. We must give ourselves enough time to study so that we don't panic the day before the exam cramming information burning midnight oil. We must keep ourselves healthy during exam days and not compromise our sleep. We must take regular breaks so that we don't lose interest in the subject. One must be careful to stay away from social media, however tempting it might look. We must follow a strategy that works for us effectively. Some of us read aloud and learn, while some others write down, take notes and learn. There are many of us who study early in the morning and there are others who stay late and study. Studying with friends makes it a major difference in our exam preparations. We are able to discuss concepts, clear each other's doubts and widen our knowledge. Asking each other questions can be fun and informative at the same time. One must remember that 50% of our preparation is already done if we pay attention in the class with full concentration setting aside all other distractions. Studying regularly can enhance your performance in the exam. Of course, exams are not a piece of cake, but with the right strategies, we can all ace our exams. However the tips mentioned above are not just strategies for a Mid-Term exam, these are guidelines that have to be followed throughout our life as a student. I would like to conclude with Mahatma Gandhi's quote, "Live as if you were to die tomorrow. Learn as if you were to live forever".

All the best happy learning!

AFRAH ABDULLA
I PCMB 'B' Batch

