

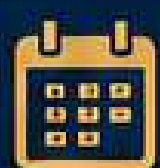


ST AGNES PU COLLEGE

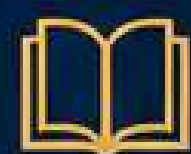
— PATHWAY TO EXCELLENCE —

Agnobeat

The Campus Pulse



Issue: June 2026



Volume: 46



Editors: Sr Sannidhi, Mrs Blessy, Ms Sahana



Email: info@stagnespucollege.org



Website: stagnespucollege.org

A Glance Through the Pages



The PU Journey Begins



A Commitment to a Greener Tomorrow



Voices Chosen, Leaders Crowned



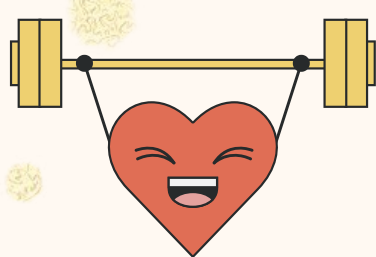
Honouring Our Roots



Building Character, Shaping Futures



Mind Matters: Nurturing Well-being



Healthy Habits, Healthy Life



A Journey of Collaboration and Service

**Silence of action calms the
soul and recalls the presence
of God.**



PRINCIPAL'S MESSAGE

It gives me immense pleasure to present the first edition of our E-Magazine, for the Academic year 2026-27. Agnobeat beautifully captures the vibrant activities and memorable events that have enriched our college campus.

A new academic year marks the beginning of fresh opportunities, renewed aspirations, and exciting possibilities. It is a time to embrace new challenges, set meaningful goals, and embark on a journey of learning, growth, and discovery.

College Founder Mother Aloysia was a visionary leader whose life was dedicated to education, service, and the empowerment of young minds. Guided by deep faith, compassion, and commitment, she laid a strong foundation for an institution that continues to nurture knowledge, values, and social responsibility. Her dedication to holistic education and the welfare of society remains an enduring source of inspiration for students, faculty, and the entire college community. We gratefully remember her noble contributions and strive to uphold the ideals she cherished.

we welcome our Freshers with enthusiasm and confidence, encouraging them to make the most of every opportunity that comes their way. Education is not only about acquiring knowledge but also about developing values, skills, creativity, and character that prepare individuals to become responsible global citizens.

This year promises to be filled with enriching experiences, innovative learning, co-curricular activities, and memorable celebrations that will contribute to the holistic development of every learner. With the dedicated support of our teachers, parents, and staff, we are committed to fostering an environment that inspires excellence, curiosity, and lifelong learning.

Agnobeat is a reflection of the enthusiasm, creativity, and dedication of our students and staff. I congratulate everyone who contributed to its success and encourage our learners to continue striving for excellence in all their endeavours.

I extend my heartfelt appreciation to the editorial team, teachers, parents, and students for their unwavering support and commitment. May we continue to learn, grow, and achieve together.

I wish every student a year filled with learning, achievement, and happiness.



THE PU JOURNEY BEGINS

'New Beginnings, New Stories,' they say. I never believed it until I experienced it myself. On 25th May, feeling excited, nervous, confused and above all, curious I entered St. Agnes PU College. Walking into a large campus full of colourful banners and surrounded by unfamiliar faces felt intimidating at first. But when seniors and teachers warmly welcomed and guided us, I knew the future would be exciting.

I couldn't help but start making new friends and suddenly the entire campus began to feel more like home. The **Orientation Programme** was the first thing that made me feel welcomed into the Agnesian family. During the programme, the powerful words from the guest speaker and the college achievers, completely ignited my ambition. However, what truly anchored my heart was learning the college motto 'God is my Strength'. It reminded me that while the academic journey requires extreme personal effort, my ultimate source of resilience lies in a higher power.

Leaving campus that day, I just felt incredibly grateful. I walked in that morning feeling anxious, but the speakers' real stories and the welcoming atmosphere made me feel right at home. Even the rules made me appreciate how much the college cares about our safety. I started this journey with a genuine heart and full of excitement, to give this place my absolute best.

They say, 'New Beginnings, New Stories.' On that day, I truly began mine - an Agnesian story of ambition, faith, and gratitude.



Neola Snehal Frank
I PCME



"Your education is a dress rehearsal for a life that is yours to lead." - Nora Ephron. The **Second PUC Orientation** Day was a wonderful and inspiring experience that left a lasting positive impact on me. The program was beautifully organized and provided valuable guidance to all students as we embarked on an important academic year full of challenges and opportunities.

One of the most memorable moments of the day was the Felicitation Ceremony honouring students who achieved outstanding results in the II PU Board Examination 2026. They were presented with certificates and warmly recognized for their hard work and dedication. Watching the toppers being celebrated on stage filled me with genuine admiration and deep motivation. It made me realize that success comes through determination, discipline, and consistent effort. Their achievements inspired me to set higher goals and work harder to reach them.

Another important highlight of the event was the counselling session conducted by Dr Rameela Shekhar who is an experienced Mental Health Professional. The session focused on managing stress, maintaining a healthy diet, and staying mentally strong during studies. Dr Rameela shared practical tips on time management, positive thinking, and balancing academics with personal well-being. Her words helped me understand that taking care of our health is just as important as studying hard.

Throughout the program, I felt motivated, confident, and excited about my future. The orientation not only provided useful information but also inspired me to face the challenges of Second PUC with a positive attitude. It was a truly meaningful and memorable day that encouraged me to strive for excellence and believe in my own abilities. I left with a heart full of inspiration and a strong desire to make my college proud.



Umme Rumana
II PCMB 'B'



TOPPERS TALK

“Success is not the result of occasional effort, but of consistent discipline and the strength to continue even when no one is watching.” These words truly describe my journey, shaping me not only academically but also through various co-curricular opportunities. Success is never achieved alone. My parents’ blind belief in me constantly motivated me to remain disciplined, and the trust we placed in this institution truly shaped my journey. I am sincerely grateful for the incredible support I received from our respected Principal, Vice Principal, support staff, friends, and everyone who stood by me throughout this journey. Especially our lecturers worked tirelessly, preparing wholeheartedly for every class to ensure we understood each concept clearly. I was fortunate to receive many opportunities, to be part of various college events and to lead several singing teams. Because of these responsibilities and practices, I did miss a few classes at times. Whenever I approached my lecturers for help, they never hesitated to explain the missed concepts again. Their commitment towards preparing us for the board examinations was truly unconditional. They carefully analysed question papers, guided us with valuable tips, and taught us how to present answers effectively. To be honest, I was not someone who followed a perfect day-to-day routine. I studied at my own pace, but there came a time when I felt exhausted and lost. During that phase, I went to my sister seeking motivation, and her words completely changed my perspective: “Motivation can be given by others, but discipline is something you must build within yourself if you want to achieve anything in life.” It is okay to fall, feel tired, or lose track sometimes. What truly matters is having the courage to rise again. Seeking help is not a weakness; sometimes, a simple routine, consistency, and the support of the right people can slowly help us rebuild ourselves. Lastly, and importantly, I strongly believe that when our intentions are pure, our efforts are honest, and our hearts are genuine, God rewards us at the right time in ways we never expect.



Sharal Correa
Distinction Holder (Science)
II PU Board Examination
2025-26

Honestly, the two years of PU changed a lot for me. The regular tests kept me on track, and the assignments taught me discipline and time management.

I express my sincere gratitude to my lecturers. Your patience, clarity in teaching and constant guidance were instrumental in my performance. You taught us to understand the subject, not just pass the examination.

My preparation was straightforward. For my juniors, here's what helped me most: I maintained separate notes for formulas and formats. The one habit that made a real difference was noting my mistakes right next to each solution. This simple habit stopped me from repeating them in exams. Remember, the only person you need to compete with is yourself. Focus on becoming better than you were yesterday. Trust your process, and I wish you all the best for your upcoming board examination.

And to end with that I would like to thank my parents, teachers and everyone who supported me throughout this journey.



Poorvi Suvarna
Distinction Holder (Commerce)
II PU Board Examination 2025-26



When we first walked through the college doors, we brought with us a mosaic of dreams-some vivid, some tentative, all deserving of a chance. To our teachers, mentors, and staff: your impact lives in the way we think, the way we listen, and the way we act. You taught us to challenge ideas without diminishing people, and to see learning as a shared journey. You gave us not just knowledge, but the compass to navigate complexity. To our families and loved ones: your faith in us was the bridge we often walked across when fear felt bigger than our ambition .

Every encouragement, every sacrifice, every quiet reminder to keep going carried us to the end. We learned to chase questions rather than chase answers, to respect the process as much as the result, and see excellence as consistent integrity, curiosity, and courage. Well, if I come down to the memories I cherish, we share loads of them. Right from all the activities that both the classes have been a part of ever since we were in school, all the festivals that have been celebrated in school. If I have to tell the juniors, Celebrate, Don't Fear: This advises that we must view exams as festivals that bring out their best, not as threats.

Your study routine is quite a personal thing, Behind just about every successful student is a great routine.

- Success in your studies starts with a clear plan of what you need to do, and how you're going to fit it all in.
- Work smart, not just hard.
- Remember more, in less time, on your own terms, with far less stress.
- Maintain a list of topics/subtopics with a tracking system to identify areas needing more work.
- But remember, Don't make your study plan too detailed. You're looking for a birds-eye view of the road ahead, not a minute-by-minute, blow-by-blow finicky plan that no-one could possibly stick to!
- The best learning happens when you're trying to recall information. This is the best way to study effectively.
- The moment where you're pulling a piece of information out of your memory is the magic moment in which your memory for the information gets strengthened.
- Don't do it all on one day, but spread it out, with intervals in between.
- It's normal for other thoughts to drift into your head when you sit down to work: worrying about other subjects, ideas or plans, things you need to do.

- Power of mindset

If you're totally convinced you'll fail, you'll struggle to succeed.

But if you believe you'll succeed, you'll stand a much better chance.

- Forget all the reasons it won't work and believe the one reason that it will."

Be the best version of yourself – like Ariana Huffington said

"I do not try to dance better than anyone else. I only try to dance better than myself."

Always remember where you're going, but never forget where you came from.

To my fellow batchmates : thank you for the companionship of challenges met and victories earned.

The measure of our education will not be the titles we hold, but the problems we solve and the people we uplift.

To our supporters: thank you for believing that we could rise to this day. And to this institution: thank you for teaching us that the highest form of learning is service.

For us , Today is a finish line only because it is also a starting gate.

Juniors, As our chapter comes to a close, we leave the stage empty, waiting eagerly for you to write your own masterpieces

Put in the quiet work now, and let your future results do all the talking."



Amritha S
Distinction Holder (Arts)
II PU Board
Examination 2025-26



A COMMITMENT TO GREENER TOMORROW



BEACH CLEANING DRIVE



VOICES CHOSEN, LEADERS CROWNED

Leading the Way: My Journey to Becoming **Class Representative**.

The journey to leadership usually starts with a single step, but for me, it started with a classroom full of my peers and a heart full of anticipation.

When I first decided to contest for the position of Class Representative, I knew I wanted to be a voice for my classmates. Election day was a whirlwind of nerves and excitement. I remember talking to everyone, sharing my vision, and simply asking for their trust and votes. When the final counts came in and I found out I had secured the highest votes in the class, it was an incredibly humbling and proud moment. But winning the election was just the beginning.

The real highlight of my journey so far took place on June 23, a double celebration for our college as it marked both our Foundation Day and the official Student Cabinet Inaugural under the theme **LEGACY - Mother Aloysia Lit the Lamp, We Keep it Burning**. The day kicked off beautifully with a peaceful prayer that set a perfect tone for what was ahead. The atmosphere was charged with dignity, especially with esteemed guests like Sr. Dr. Vinora, A.C. and the reverend nuns of the convent in attendance.

One of the most nerve-wracking yet exhilarating moments was when all the first and second-year class representatives were called up to introduce themselves. Standing there, speaking to the assembly, it finally sank in: I was officially representing my class. Seeing the cabinet members of 2026-27 and all of our parents there to support us made the moment even more special. The ceremony peaked with the official oath-taking. As we pledged our dedication and service to the college and our fellow students, I felt a deep sense of responsibility.

The program ended smoothly, leaving us all motivated for the year ahead. Becoming a Class Representative has already been an amazing experience, and I am incredibly grateful to my classmates for giving me the opportunity to lead, grow, and serve our college community.



Fiyona DSouza
I BEBA

A PROMISE TO LEAD WITH PURPOSE.

A Message from the **Student Cabinet 2026–27.**

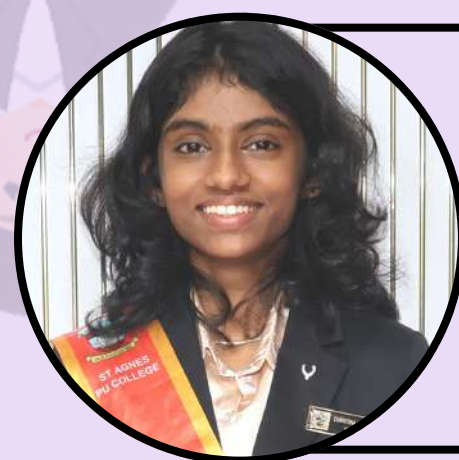
The beginning of a new academic year brings fresh opportunities, renewed aspirations, and a shared commitment to growth. As the newly elected Student Cabinet for the academic year 2026–27, we are deeply grateful for the trust and confidence placed in us by our college management, Principal, Vice Principal, teachers, and fellow students.

Leadership is not defined by the badge we wear or the title we hold. It is defined by our willingness to serve, listen, and represent every voice on campus. A cabinet is built on mutual trust—the faith of the institution and the support of the student community. Together, these foundations empower us to create meaningful change.

Our vision this year is simple yet significant: to ensure that every student feels heard, valued, and represented. We believe that leadership should extend beyond offices and stages into classrooms, hallways, and every corner of campus life. Our responsibility is not to lead from a distance but to work alongside our peers, understanding their concerns and celebrating their achievements.

As we begin this journey, we are committed to earning your trust through our actions, one day at a time. Together, let us make this academic year memorable - not only through achievements but through unity, collaboration, and a shared spirit of service.

Here's to a year filled with opportunities, growth, and unforgettable experiences.



Christina, II HEPP
College President



HONOURING OUR ROOTS

On June 23, we were gathered to celebrate 106th Foundation Day and Student Cabinet Inaugural under the theme **"LEGACY - Mother Aloysia Lit the Lamp, We Keep it Burning"** at St Agnes PU college, Mangalore. The crowded area, curious innocent faces with sparkling tiny eyes, filled the spirit of the program. Then, the guest entered, and the hall echoed with a thunderous applause. The program began with the pleasant prayer service to Mother Aloysia, the founder of the St Agnes PU college, Mangalore. Through this prayer service, we ascertained the facts regarding respected mother Aloysia. The program was followed by the spectacular Bharathanatyam performance, which made the event more enthusiastic and zealous. Then, it was the time to hear from our beloved chief guest, Sr Dr Vinora A. C. the educator, administrator, and the coordinator of post graduation studies. Her words filled our hearts and enlightened our minds. Totally, this event was one that nurtured and shaped our minds positively. With deeper gratitude, love, and respect towards my college, I walked away.



Anvitha.R
I PCMB 'A'



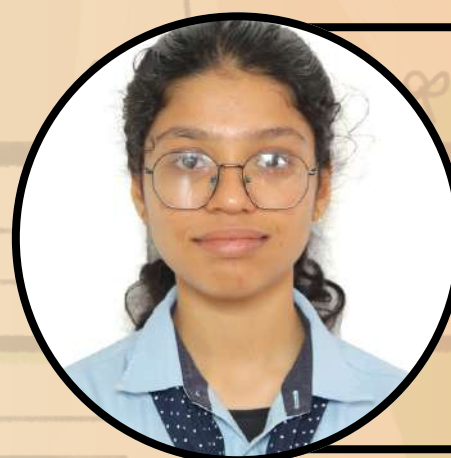
BUILDING CHARACTER, SHAPING FUTURES

The **Value Education** class is an important part of our college curriculum, focusing on moral values, social awareness, and responsible behaviour. It helps us understand the importance of values in our daily lives and encourages us to become responsible members of society.

We learnt about important topics such as "Honesty is the Best Policy," the positive and negative effects of social media, and pollution and environmental protection. These sessions help us understand the importance of honesty, responsible use of social media, and caring for the environment. We also discuss several other value-based topics during the course.

The program includes group discussions, activities, and quizzes, which made learning interactive and enjoyable. These activities help us improve our communication skills, share ideas, and learn from one another.

Overall, the Value Education classes are a meaningful learning experience that promote basic values such as honesty, respect, responsibility, empathy, and environmental awareness. It helps us grow personally and encourages us to become responsible citizens.



Shifa
II PCMB 'B'



Catechism class has been an important part of my life and faith journey. As a student of class 12, I have realized that these classes are not just about learning religious lessons but also about understanding how to live a meaningful and value-based life.

Every catechism class gives me an opportunity to learn more about God, teachings of Jesus Christ and the importance of faith in our daily lives. Through bible stories, prayers and discussions, I have learned valuable lessons about love, forgiveness, kindness and service to others. These teachings help me make better decisions and face challenges with confidence and hope.

It is a place where I can share my thoughts, ask questions, and grow spiritually with my friends. The guidance and encouragement of our catechism teachers have helped me understand my faith more deeply and inspired me to become a better person.

One of the most meaningful aspects of catechism is that it teaches us values that go beyond the classroom. Whether it is helping someone in need, showing respect to others, or staying strong during difficult times, the lessons we learn continue to guide us every day in life.

It has strengthened my relationship with god, shaped my character and given me values that I will carry with me throughout my life. It's a beautiful journey of faith, friendship and personal growth, and I hope to continue living by these teachings wherever my life takes me.



Rishal Crasta
II PCMB 'B'

The **mentoring hour** has been a valuable part of my college journey. It provides a comfortable environment where we can openly interact with our mentor, discuss our academic progress, and share any personal or academic problems without hesitation. I personally feel that these sessions make us feel heard, valued and supported. They remind us that we are not alone and that our mentor is always there to guide and encourage us.

I especially appreciate our mentor, who is extremely understanding, kind and supportive .she listens to every student patiently and always tries her best to help us in every possible way. Her encouragement and guidance makes us feel comfortable enough to express ourselves freely. Because of her caring nature, the mentoring sessions have become meaningful and beneficial for all of us. Besides their teaching schedule, clerical work, they are available to us in one need with a moral/emotional support.

Overall, I believe the Mentoring Hour is a wonderful initiative that strengthens the bond between students and mentors while creating a positive and encouraging learning environment.



Almaaz Kauser
II PCMB 'B'



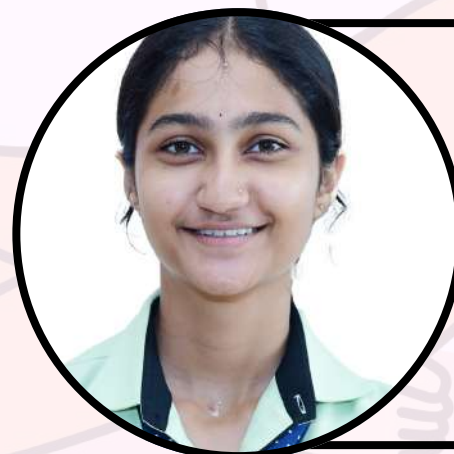
MIND MATTERS: NURTURING WELL-BEING

Healthy Minds, Brighter Futures.

Mental health is just as important as physical health, yet it is often overlooked in our busy lives. Recognising the need to create awareness and encourage open conversations, our college organised an enlightening session on mental health and counselling by Dr Meena Lobo. The session focused on helping students understand the true meaning of mental health and its impact on academic performance, relationships, and overall well-being. She also shared practical strategies for stress management and highlighted the importance of maintaining emotional balance in today's fast-paced world.

A key highlight of the programme was the discussion on counselling and seeking help without fear or hesitation. Emphasising that asking for support is a sign of strength, she encouraged students to overcome the stigma associated with mental health concerns. She also encouraged students to reflect on their personal growth by identifying and remembering their five strengths and five weaknesses. This activity helped students develop greater self-awareness and understand the importance of continuous self-improvement.

The session also underscored the importance of building supportive communities based on empathy, kindness, and effective communication. She also spoke about self-care, resilience, and personal growth as essential tools for coping with challenges. The interactive programme left students inspired and equipped with valuable insights to prioritise their mental well-being and support those around them.



Annapoorna M K
I SEBA 'A'



HEALTHY HABITS, HEALTHY LIFE

On 25th June 2026, the II PU students attended a **Health and Hygiene Awareness Session** in the college auditorium at 2:30 p.m.

The session was conducted by Dr. Ritesh D'Cunha, Associate Professor, Department of Anaesthesiology, Father Muller Medical College. It was highly informative and helped us understand the importance of maintaining good health, personal grooming, and hygiene.

Dr. Ritesh D'Cunha spoke about the importance of personal grooming and hygiene for both boys and girls. He explained the importance of taking proper care of our hair, brushing our teeth twice a day, bathing regularly, wearing clean clothes, and maintaining overall cleanliness to stay healthy and confident.

He also spoke about the harmful effects of using heavy makeup and advised us to keep our skin healthy by following a proper skincare routine instead of depending on makeup. Since we are in Class 12 and often experience stress because of our studies, he explained how stress can lead to pimples and acne. He encouraged us to eat nutritious food, drink plenty of water, manage stress positively, and maintain a proper sleep cycle, as adequate sleep is essential for both physical and mental well-being.

The session was very useful and provided us with many practical tips that we can follow in our daily lives. It reminded us that good health and hygiene are essential for leading a disciplined and confident life.



Frizel Fernandes
II PCMC D



A JOURNEY OF COLLABORATION AND SERVICE

Serving as a **Parent-Teacher Association (PTA)** Executive Member for the past two years has been a truly rewarding and fulfilling experience. It has been a privilege to contribute to the growth of our institution while working closely with the Management, Principal, faculty, parents, and students in fostering a vibrant, supportive, and inclusive educational community.

During my tenure, I actively participated in PTA meetings and supported a wide range of academic, cultural, social, and extracurricular initiatives. These experiences reinforced my belief that a strong partnership between parents and educators is the foundation of a positive learning environment and the holistic development of every student.

One of the most cherished aspects of this journey has been witnessing my daughter's growth in the very institution where I once studied. As a proud alumna, it has been deeply gratifying to watch her blossom in confidence, discipline, communication, and character in an environment that continues to uphold its rich legacy of excellence, strong values, and quality education.

This role has also been a valuable learning experience, strengthening my leadership, communication, and organizational skills. Working alongside dedicated teachers, fellow PTA Executive Members, and parents has taught me the importance of teamwork, mutual respect, and shared responsibility in achieving meaningful outcomes for our students and the institution.

As I conclude my tenure, I extend my heartfelt gratitude to the Management, Principal, faculty, fellow PTA Executive Members, parents, and students for their trust, encouragement, and unwavering support. It has been an honour to serve this institution as both a parent and a proud alumna. I will always cherish these memorable years with gratitude and pride, and I remain committed to supporting the college's mission of nurturing future generations through collaboration, compassion, and excellence. This journey will forever hold a special place in my heart, and I will always be grateful for the opportunity to give back to the institution that has shaped both my life and my daughter's.



Dr Sharlet Simple Dsouza
Associate Professor
NUINS, Mangalore
PTA executive member

YOGA DAY

St Agnes P U College hosted a morning yoga session for students to mark the 12th International Yoga Day. The theme for 2026, “Yoga For Healthy Ageing”, highlighted how yoga supports wellness at every stage of life .

As B.K.S Iyengar said, “Yoga doesn’t change the way we see things, it transforms the person who sees”. The session began with warm-up exercise to prepare the body and mind. We then moved into Yogasanas that improved flexibility and posture, followed by pranayama. The breathing practises felt especially calming and helped me feel more centered and relaxed.

The event was graced by chief guest Sri Eknath Baliga who shared insights on how yoga helps balance student student life.

As a participant, I felt an instant change after the session. The asanas and breathing exercises cleared my mind, eased the usual morning dullness, and left me feeling light, active and positive. The short meditation at the end gave me a sense of calm that stayed with me through the day.

Practising together with fellow students created great energy on campus. It was a reminder that even a few minutes of yoga can boost focus and freshness before classes begin.

I’m glad I took part, and we hope we have more such sessions. It was a perfect way to start the day.



Nishmitha Shetty
II PCMC ‘D’



STARS OF THE MONTH

