



ST AGNES PU COLLEGE

PATHWAY TO EXCELLENCE

AGNOBEAT

The Campus Pulse

Issue: December 2025

Volume: 44

Inside Stories



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Editors: Sr Sannidhi, Ms Blessy, Ms Sahana



info@stagnespucollege.org



www.stagnespucollege.org

PRINCIPAL'S MESSAGE

Dear Readers,

Warm Greetings from St Agnes PU College

Education finds its true meaning when learning extends beyond

classrooms and touches life in its many

dimensions. The programs featured this

month beautifully reflect our commitment

to holistic education and value-based

formation. Outreach programs reminded

our students of their social responsibility,

nurturing compassion and empathy for the less privileged. The field trips

offered experiential learning, helping students connect theory with real-

world applications. Through intellectual sessions, young minds were

stimulated to think critically, question boldly, and grow intellectually.

The lively carnival brought joy, teamwork, and creativity to the

forefront, strengthening bond among staff and students. The month

concluded with the grace and warmth of Christmas celebrations,

instilling values of love, sharing, and gratitude, and reminding us of the

joy found in giving. I appreciate the sincere efforts of our students, the

dedication of our faculty, cooperation of PTA Ex- Committee members,

Parents and well-wishers who made the year 2025 meaningful and

memorable. May all the experiences continue to inspire all of us to grow

as responsible, confident, and compassionate individuals.

Wishing you a bright and prosperous New Year 2026

With warm Regards



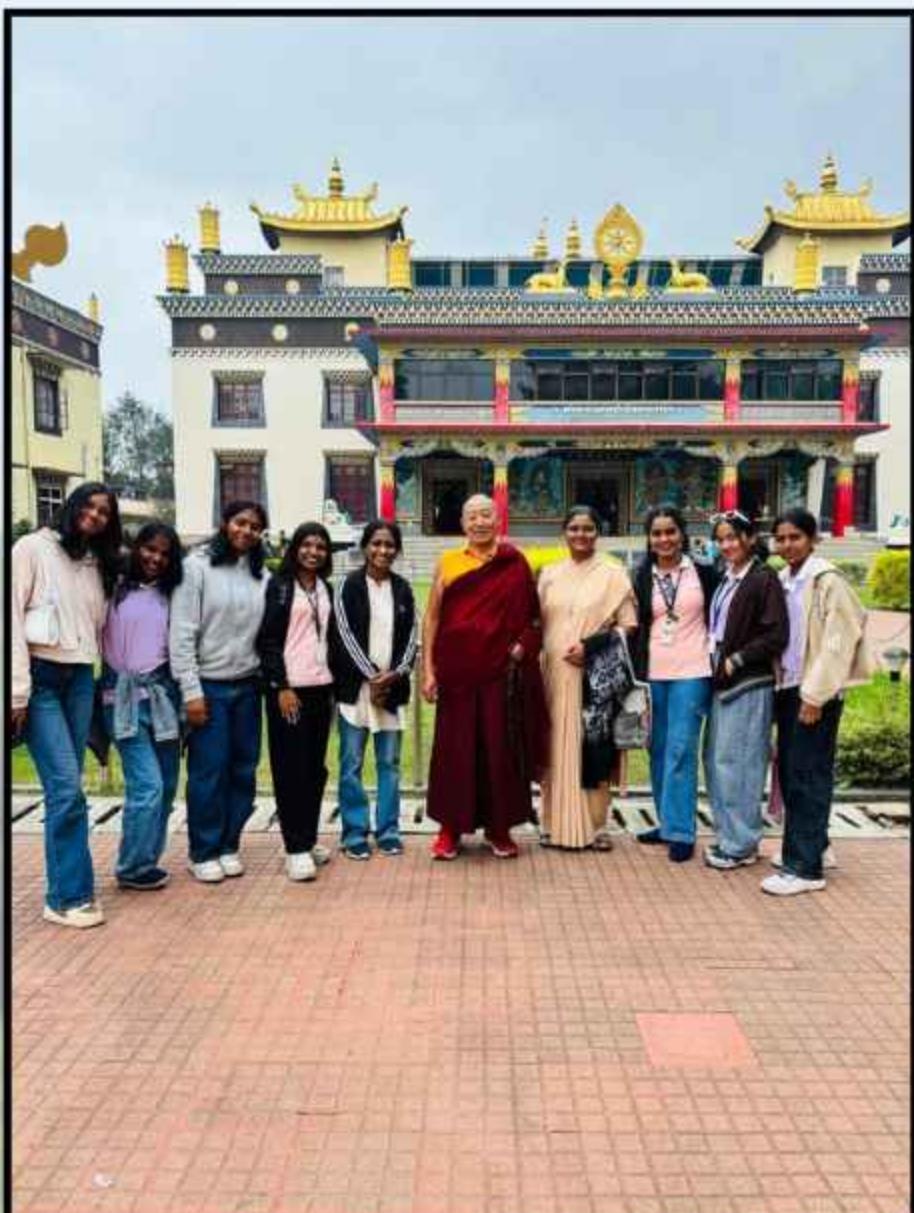
MADIKERI TRIP: A JOURNEY TO REMEMBER

Our college trip to Madikeri was a perfect blend of fun, learning, adventure along with breath-taking nature. Since this is our last year in St Agnes PU College, every moment felt even more special and meaningful. The trip allowed us to celebrate our bond, create memories and appreciate the institution that has shaped us over the past two years. Early in the morning, before reaching Coorg, we were provided with refreshments, which made the long journey comfortable. After reaching Coorg, we were served a warm and tasty variety breakfast, giving us the perfect start for an exciting day filled with energy. Our first destination was the stunning Golden Temple (Namdroling Monastery). Here, we learned about Tibetan culture, the value of peace, discipline and the beauty of meditation. The golden Buddha statues, the peaceful chants of the monks and the colourful Tibetan architecture made the place feel divine and calming. It taught us the importance of inner peace and respecting cultural diversity. We remembered our text book lessons about Buddha. Next, we visited the Harangi Reservoir, a calm and scenic place surrounded by greenery. At this spot, we understood how reservoirs help in irrigation, water storage and environmental balance. The gentle breeze, the wide stretch of water and our fun group photos made this visit refreshing for everyone.

Our final destination was the Nisargadham Reserve, where nature and adventure came together. The hanging bridge, bamboo groves and the flowing Cauvery river helped us feel close to nature. We also learned the significance of conserving forests, respecting wildlife and protecting natural ecosystems. This stop added thrill, joy and knowledge to our trip. After exploring Nisargadham, we were served a delicious lunch, which gave us the perfect break after a long day of travel and activities. Later in the evening, we also tasted snacks. And the sweetest part of the trip we enjoyed ice cream in the bus while returning, making the ride even happier.

A heartfelt thanks to our lecturers, who guided us, looked after us and ensured our safety throughout the trip. Their patience, care and constant support made us feel secure and comfortable at every step. A special appreciation to our respected Principal, whose constant support made this wonderful trip possible.

The trust and encouragement given to us reflect the college's commitment to holistic learning. As our final year in this college comes closer to an end, this trip felt like a beautiful farewell gift filled with learning, laughter, friends, teachers and unforgettable experiences. Trips may end, but the memories we created together will stay with us forever. Madikeri will always hold a special place in our hearts.



Prithvi R S
II HEPP

MISTY COORG

Our college organized an exciting and educational field trip to Uma Coffee Curing for the students of II Commerce. It was a wonderful learning experience that helped us understand both industry and culture outside the classroom. At Uma Coffee Curing, we learned about the process of coffee curing, right from raw coffee beans to the final stages before packaging. The visit was very informative and helped us understand how coffee, one of the most important products of our region, is processed using modern techniques. Apart from the industrial visit, we also explored some beautiful tourist places. We visited the Golden Temple, which impressed us with its calm and peaceful atmosphere. Later, we went to Raja Seat, where we enjoyed the scenic view and fresh air. Our visit to the Harangi Dam was another highlight, as we got to see the massive structure and learn about its importance. The trip became even more enjoyable because of our lecturers — Mrs Hariet, Mrs Sheetal, Mrs Jayashree, Mrs Teena, Mr Mathew, and Sr Judith. They guided us throughout the trip and also joined in our fun, making the journey lively and memorable. Overall, the field trip was a perfect mix of learning and enjoyment. It helped us gain practical knowledge, strengthen friendships, and create beautiful memories that we will cherish forever.



Diya Dechamma
II CEBA

HERITAGE JOURNEY

We started our journey at 5:15 sharp in the morning. Then we stopped at Mudigere for breakfast and the breakfast was really good. First we went to Halebidu temple. The architecture there was really mesmerizing. Next up we went to Chennakeshava temple. It was truly a gift to the eyes. Students indulged in spiritual activities. Then we headed to have lunch. After having lunch we started our journey again then we went to K.P. Purnacuandra Tejasvi Pratisthana(R) where we saw different types of insects and flowers and learnt a lot about the role of insects and plants in nature. I would like to thank The Principal and the vice principal for giving us this opportunity of having a field trip. We will forever cherish the golden memories we made and be thankful to everyone who made this trip a success. Finally I would like to thank our mentors for being there with us through it all.



Alfiya Fathima
II PCMB 'C'

GOLDEN SERENITY

On 5 th and 6 th December 2025, we the students of the Science batch, accompanied by our class mentors, set out on a fieldtrip to Madikeri filled with excitement, learning, and endless fun. We began our trip early in the morning from college. As we travelled, we sang songs, danced making our journey cheerful and enjoyable. On the way, we stopped at a beautiful waterfall. The sound of flowing water and the cool breeze instantly refreshed us. We then headed for breakfast, where we enjoyed a delicious and satisfying meal. Our first major destination was the Golden Temple, also known as Namdroling Monastery. The moment we entered, we were mesmerized by its grandeur and peaceful atmosphere. The disciplined lifestyle of monks, and the spiritual ambience made it a deeply enriching experience for us. We then headed towards the Harangi Reservoir and dam. Visiting this place helped us know , the dams crucial role in irrigation and water management for nearby regions. There was a beautiful park, where we spent some relaxing moments taking photographs and admiring the place. Our next destination was Kaveri Nisargadham. The place was filled with tall bamboo groves, shady trees, and a refreshing natural atmosphere. The gentle flow of the river Kaveri added to the charm of the park, creating a calm and soothing environment. We enjoyed exploring the park, taking photos, and shopping for souvenirs. We had our lunch at a nearby restaurant which was both delicious and relaxing. Sitting together strengthened our bond as classmates. After visiting Nisargadham, we moved towards our next location Raja's Seat ,which is a famous viewpoint in Madikeri, known for its beautiful gardens and breathtaking view. We spent some peaceful moments there, admiring the scenery and clicking photographs. As we headed back to college, the excitement didn't fade. Music once again filled the bus, though we were tired, our hearts were full of happiness and unforgettable memories. Madikeri was not just a trip—it was an experience we'll always remember.



Navyashree
II PCMC 'D'

INTELLECTUAL ENRICHMENT

St. Agnes PU College had the privilege of hosting a team from the Parent Teacher Association (PTA) for an insightful and motivating session aimed at guiding students on academics and personal well-being. The session was organized to help students understand the importance of effective study habits, time management, and ways to cope with stress and exam fear.

The resource person addressed students with great enthusiasm and concern, emphasizing the need for disciplined study routines and smart planning. They shared practical tips on how to manage time efficiently by setting realistic goals, prioritizing tasks, and maintaining a balanced daily schedule. Students were encouraged to avoid procrastination and make the best use of their time both inside and outside the classroom.

The speakers reassured students that stress is a common experience and can be managed with the right mindset. They introduced simple techniques such as deep breathing, regular breaks, positive thinking, and maintaining a healthy lifestyle. The importance of self-confidence and consistency in preparation was strongly highlighted. The interactive session allowed students to ask questions and share their concerns openly. The session concluded on an encouraging note, leaving students feeling confident and inspired. The management, teachers, and students of St. Agnes PU College expressed their gratitude to the PTA team for their valuable guidance and support.



Gowri Bhat
II PCMC 'D'

WHITE DOVES

On 5th December 2025, students of I PCMB 'B' and I PCMC 'D' visited White Doves, Mangalore as part of an outreach and community service initiative. The group started from the college at 9:15 am and reached the centre by 9:45 am. Upon arrival, we were warmly welcomed by a staff who explained the functioning, purpose, and services offered by the organization. The visit began with a tour of the male and female wards, giving us an overview of the living arrangements and the care provided. After the tour, a short program was conducted for the residents. The students sang songs, conducted games and awarded prizes to the winners, creating a joyful and lively atmosphere. This was followed by a dance performance by the students, after which everyone joined in for a group dance with the residents, adding to the fun and excitement. Following the activities, we spent time interacting with the residents. The residents were cheerful and enthusiastic, happily sharing their experiences, routines, and joyful moments. The interaction was heartwarming, allowing us to appreciate the warmth, friendliness, and optimistic outlook of the residents. Towards the end of the visit, we also met a few of the pets at the facility, which added a pleasant and relaxing end to the programme. The group expressed their gratitude to the staff before leaving White Doves at 12:40 PM. They reached back at the college by 1:15 PM. Overall, the visit to White Doves was a meaningful and uplifting experience, filled with joy, interaction, and learning, fostering empathy and a sense of community among us.



Tania Ranger
I PCMC 'D'



RIYA FOUNDATION

Today, I had an experience that truly changed the way I look at life. I visited a home for persons with disabilities and what I saw there stayed with me long after I left. Walking in, I expected to feel sad for them. Instead, I found myself learning from them. They lived with challenges I can't even imagine, yet there was a sense of warmth, acceptance, and simplicity in the way they interacted with each other. It made me realize how many privileges we take for granted every single day- our mobility, our independence, our opportunities, even the ability to complain about the smallest things. We spend so much of our lives wanting more. More success, more validation, more things. But they reminded me that sometimes happiness isn't about having everything. It's about being present, being kind, and finding joy in moments we usually overlook. One question kept echoing in my mind-If life had given them the same opportunities we have, would they be different from the world outside? A world we often call harsh and cruel? And the truth is, we can never know. But what I do know is, the world outside isn't cruel because of people like them. It becomes cruel when we forget empathy, when we forget how to treat each other with dignity, and when we forget that every human being deserves respect. The people I met today weren't less privileged. In many ways, they were richer. In sincerity, in connection, and in the ability to appreciate the little things. They taught me that strength doesn't always look loud. Sometimes it looks like smiling through battles no one else can see. My visit didn't just open my eyes, it opened my heart. It reminded me to be grateful, to be kinder, and to never take my blessings for granted. Most of all, it showed me that every life has value, every story matters, and every person deserves to be treated with compassion.



Asmi Wali
I BEBA/BSBA

CHESHIRE HOME

On December 8th, students from I PCBH -E, accompanied by our lecturers Ms Pramila and Ms Likitha visited Cheshire Home for aged and disabled persons. We were warmly welcomed by the residents, and our program, hosted by Alisha and Aadhira rendered vote of thanks. Jerlyn's beautiful singing set the tone for a joyful afternoon, followed by group songs and dances that had the residents clapping and smiling. The residents shared their life stories and experiences, teaching us valuable lessons. In return, they sang a song for us, filling our hearts with joy. We spent quality time with them, sharing laughter and conversations. Before leaving, we took photos, exchanged warm goodbyes, and departed at 3:30 PM. This visit was a reminder that our elders are a source of wisdom, love, and strength. We learned the importance of respecting, loving, and supporting them in their time of need. The experience left us feeling grateful and inspired to make a positive impact in their lives.

VERONICA VIHAR

On December 5th, 2025, 40 members of First Science students visited Veronica Vihar, a home for mentally and physically challenged adults a visit, a part of St Agnes PU College Outreach Program.

Students were welcomed by the Sisters and 24 residents, creating a warm presence. The evening was carefully planned by our class mentors. It began with carols' singing to celebrate Christmas Day. This was followed by sharing snacks and juice. Then, we had two groups dancing to create a warm atmosphere. The residents also joined the dance and performed on the stage, strengthening the bond between us. We ended that day by donating them some money which was collected by the class. The event proved to be a heart- warming and enriching experience for both the students and the residents. The students left with the feeling gratitude for the opportunity to serve and share in the joy of the residents, leaving with smiles on their faces and joy in their hearts.



Ellan Mascarenhas
I PCBH 'E'



Namratha
I PCMB 'A'

BAL GRAHA

On a bright Friday afternoon, students of 1st HEPP after our lunch break took a bus to a Bala Graha in Bondel along with staff and students stepping beyond our classrooms to connect with the community turning knowledge into action through an inspiring outreach program. The outreach program, organised by our college was conducted on 5th December 2025 with the aim of spreading joy care and compassion among children. The program included interactive activities. We held small program conducted by our very own classmate Thanuvi as the MC of the program and Lohith with the Welcome Address. An Action song conducted by Samantha and group to involve the children in some fun activity and keep them engaged and to encourage the children a song sung by Aangik and Thanmay. Also a dance was performed by Tanisha and group to create a cheerful ambiance filling the room with joy, laughter and enthusiasm, concluded by a vote of thanks given by Adisha. In addition they too taught us an Action song by actively participating in the program. Our students also contributed essential items such as stationary, chocolates, biscuits, notebooks and we spent some time sharing snacks as well as friendly conversations. At the end of the day we took one last group picture, a photo packed with memories of joy. For us, the outreach program was a deeply moving experience. It helped us develop empathy, patience, and a deeper understanding of social realities beyond academic learning. We express our heartfelt gratitude to our institute for providing us this wonderful opportunity. This program served as a reminder that small acts of kindness can create a lasting impact, reinforcing the importance of compassion and service in shaping a better society.



Thanvi M Amin
I HEPP

ST ANN'S PROVIDENCE

On 6th December, 64 Commerce students, accompanied by their class mentors undertook a meaningful visit to St. Ann's Providence near Capitanio College. The group started the journey at 10:00 a.m. and, was warmly welcomed by the Sisters. Around 60 elderly residents awaited us with anticipation. Among them was the eldest, aged 104 years, whose presence was a living testimony of resilience and grace. As a gesture of affection, cake, soft drinks, and egg puffs were distributed among them. The joy on their faces was deeply moving; some of the residents were very old and physically challenged, and several students went out of their way to assist and feed them. The smiles and blessings bestowed upon us by the elders were truly the greatest gift of the day, evoking in many of us the tender feeling of being with our own grandparents. The students also donated a Preethi mixer grinder and essential toiletries to the institution. The delight and gratitude on the faces of the elderly upon receiving these thoughtful gifts were unforgettable, reflecting the profound impact of even simple acts of generosity. Once the elders were at ease, a short cultural programme was presented for their enjoyment. The programme commenced with a prayer song, followed by a graceful dance performance, a medley of songs was rendered and games were conducted bringing laughter and cheer. The programme concluded with a song of greeting. The event was compered with elegance, and the Vote of Thanks was delivered by one of the Sisters. The students spent time in heartfelt conversation with the residents, listening to their experiences and sharing moments of warmth. We departed from there with a sense of contentment and gratitude, having been given the noble opportunity to understand the reality of life for elders residing at old age home during their twilight years. The visit instilled in us compassion, respect, and appreciation for the elderly. We extend our sincere thanks to our college for granting us this wonderful opportunity.

Long live St. Agnes PU College!



Shalu Ferrao
I CEBA

DE MERCEDES ORPHANAGE

“It’s often the simplest moments that leave the deepest mark.”

The first thing I noticed when we walked into the orphanage was the smiles. Not the polite kind, but the kind that comes from pure excitement and curiosity. The children ran towards us, laughing and talking all at once, and in that moment, the place stopped feeling unfamiliar. It felt warm, alive, and welcoming. We spent time doing simple things together—singing action songs, dancing without worrying about steps, playing games, and sharing chocolates. Nothing about it felt forced. The children joined in with so much enthusiasm that it became impossible not to smile along. Somewhere between the laughter and the dancing, I forgot about everything else and was completely present in that moment. What stayed with me was their joy. They didn’t need much to be happy, yet they had so much energy and positivity to share. Being there made me realize how easily we overlook the small things in our own lives. It reminded me that happiness is not found in what we have, but in the moments we share.

As I left, I knew this was more than just a visit. The laughter, the warmth, and the moments we shared stayed with me quietly. It was one of those experiences that doesn’t fade easily, reminding me that kindness, togetherness, and a few honest smiles can leave a lasting impact.



Shanan
I PCMB 'C'

ST ANTONY'S ASHRAM

A visit to St Anthony Ashram Jeppu on 6th of December 2025, by the students of CSBA and SEBA 'B' it was a calm beautiful place filled with greenery it was a huge campus which included old age homes, hostels, PG's for students, orphanages etc. Our purpose was to visit the old age homes and meet the elderly, We wanted to make them feel happy and special. We started our visit at 11:00 am we were divided into 3 groups. The elderly welcomed us with smiles on their face behind those smiles were tragic stories which they shared with us. They sang songs for us laughed with us, cried with us.

We were taken to the farm which belonged to the ashram. We got to see cowsheds, piggery, poultry farms, goats and dogs. We were very happy to see the animals we played with them and had a lot of fun. At last we visited the psychiatric home where we met the elderly who sang for us. They were very excited and happy to see us and so were we. We left the ashram at 12:30 pm. We visited the ashram empty but while we left we carried with us lot of stories emotions and beautiful memories which will be unforgettable. We looked back at the ashram one last time and realized the pain and sorrow the elderly felt but amidst all the sadness and chaos they were still happy. They had learnt the art of happiness they learnt the art of living.



Mahima Blessy
I CSBA



FROM THEORY TO REALITY

The students of First Year PCME have brought great pride to the institution by developing an innovative project titled “HydroGuard”, which has won First Place at various prestigious intercollegiate competitions. The project was successfully presented and highly appreciated at competitions held by Jnanasethu St. Joseph Engineering College, P.A. College of Engineering, Canara Degree College, and St. Agnes PG Studies. Competing against students from engineering and degree colleges, the First Year PCME students showcased exceptional creativity, technical skill, and practical application of concepts.

HydroGuard is a smart water management system integrated with an application that allows users to control water flow and pump operations from anywhere in the world. The system provides real-time monitoring of voltage values, ensures protection against voltage spikes, and displays accurate water usage values, thereby promoting efficient and safe water management. One of the highlights of the project is the mobile application, which enables remote access and control, making the system highly useful for households, agriculture, and industrial purposes. In addition, the students have also designed dedicated website for the commercial sale of the product, demonstrating entrepreneurial skills along with technical innovation. The judges of all the competitions highly appreciated the uniqueness and practicality of the idea, describing it as innovative, socially relevant, and market-ready. The project stood out for its real-world application, cost-effectiveness, and integration of hardware, software, and web technology.



Mr Ashwin
Dept. Electronics

AGNO THRIFT

“We rise by lifting others”

St Agnes PU College successfully organized a series of charity events, with the aim of helping the needy and spreading social responsibility among students. One of the main initiatives was the Agno Thrift Fundraiser, thrift collection drive, where students and staff donated gently/fresh clothes that were in good condition. The response was overwhelming, and we received a large number of clothes. These clothes were later sold at affordable prices and the amount collected was very encouraging.

Different grocery items were collected from all students which were donated to rehabilitation centre, orphanage and old-age home. I realized that when small efforts are combined it creates a great impact.

In addition to this, various food, games and fun stalls were set up by students on Christmas Carnival. The events witnessed active participation from students and staff members. The efforts and active participation of cabinet , class and assistant class representatives made this event a great success and also memorable one. More than just fundraising, the programme helped instill values of kindness, sharing, and community service among everyone involved. Overall, the charity events were well-organized and meaningful, and they truly reflected the spirit of generosity and teamwork in our college.



Sweedol Sequeira
II SEBA 'B'

CHRISTMAS FIESTA

The Christmas celebration held at St Agnes PU College on December 23 was a truly heart-warming experience for me. From the moment the programme began, there was a sense of joy and calm that made the celebration feel special and meaningful. The melodious carol singing instantly lifted the festive spirit. The angelic voices filled the auditorium and reminded me of the peace and happiness that Christmas brings.

What touched me the most was the dance drama presented through powerful expressions and graceful movements, the performance made me reflect on how Christmas has slowly become commercialised and limited to fun and partying. It beautifully conveyed the need to return to simpler celebrations centred on faith, family, compassion, and service. The message of hope and renewal stayed with me long after the performance ended.

The chief guest, Ms. Mariette D'Silva, shared a short yet inspiring message that encouraged us to practise kindness, discipline, and gratitude, especially towards our parents. Overall, this celebration was not just an event but a gentle reminder of what Christmas truly means. I walked away feeling inspired, grateful, and determined to celebrate Christmas with a deeper sense of purpose and love.



Shainil D Sapalya
I CSBA

DECEMBER'S JOYFUL STAGE

December is always special, but this Christmas month turned out to be one of the most unforgettable times of my life. I had the opportunity to participate in four different competitions — the Christmas Khel and Group Carol Singing competitions organised by Santa Mother Theresa Vichara Vedike in association with Catholic Sabha, Mangaluru Zone, the Christmas Vortex competition held as part of the 11-Year Christmas Celebration under the leadership of Shri Ivan D'Souza, MLC, and the Christmas Clash competition organised by St Agnes College (Autonomous). Every single event was filled with excitement, learning, and happiness.

The variety competitions were truly unique. They were not limited to just one art form but were a beautiful blend of drama, dance and singing, all coming together as a meaningful Christmas play. Each practice session felt like a celebration in itself. We laughed, made mistakes, corrected one another, and slowly watched our performance come alive on stage. Standing behind the curtains, waiting for our turn, my heart was racing — not out of fear, but out of pure excitement.

Throughout this journey, our lecturers played a vital role in shaping our performance. With constant guidance, encouragement, and patience, our lecturers motivated us to give our best and never lose confidence. Even when we felt tired or doubtful, the support and belief shown by our lecturer pushed us to move forward with determination. We are also deeply grateful to our respected Principal for providing us with this wonderful opportunity and for always encouraging us to explore our talents beyond the classroom.

The two carol competitions were equally memorable. We didn't just sing songs — we created an experience. We worked on different harmonies, carefully blending voices, adding musical layers, and bringing rhythm and melody together. Coordinating the music with our singing was challenging at first, but with continuous practice, everything slowly fell into place.

All the hard work paid off in the best way possible — we won first place in all four competitions. The joy of hearing our names announced, holding the prizes, and celebrating together as a team was beyond words. These victories were not just trophies for us, but symbols of our dedication, unity, and love for what we did.

What made these competitions truly special were the lessons I learned — teamwork, discipline, patience, confidence, and believing in ourselves. I realised that success is not only about winning but about enjoying the journey, supporting one another, and giving our very best.

This Christmas month gave me more than memories — it gave me growth. The excitement was real, the experience was worthy, and the joy will stay in my heart forever. December was not just a month on the calendar — it became a stage where I discovered a better version of myself.



Sharal Correa
II PCMC 'D'

ARTISTIQUE

As Agnesians, we are taught not only to excel in studies but also to present ourselves well. Hence, this institution has introduced “Artistique- a certificate course in self grooming” as part of our syllabus alongside our academics. These past 2 years have helped understand the importance of personal grooming alongside our academics. Mrs Preethi Dsouza, or as we call her- “Artisque ma’am” was an instrumental figure in guiding us throughout the course. Through her constant support, patience, and practical guidance, she helped us understand the significance of grooming, confidence, and positive self-presentation. Her sessions were informative and engaging, enabling us to apply these learnings in our daily academic and personal live. Over the span of 1st and 2nd PUC, I learnt different types of hairstyles, like how to straighten and curl our hair, step by step makeup techniques, skincare methods, and how to drape a saree. Throughout the course, we didn’t feel as if we were in a classroom. We were given notes and also would take part in practicals where ma’am would ask us to demonstrate and explain what we have learnt. The classes were interactive, practical, and enjoyable, which made learning more effective and engaging, which motivated us to participate more and more in every class. On Thursday, 18th December 2025, a certificate distribution event was held, where the outgoing Arts students of the batch 2024-2026 received their course completion certificate. The dignitaries were- Principal, Sr Norine Dsouza AC; Vice Principal, Sr Janet Sequeira AC; Mrs Jyothi Pinto and Olivia Patrao from the department of Humanities, and Mrs Preethi herself. The event was very smooth and flawless. It made us reminisce about the fun and good times we had during the course, and it served as a fitting conclusion to a meaningful and enriching learning experience. The ceremony marked the successful completion of the course and left us with a sense of gratitude, accomplishment, and fond memories of the journey we shared as a class.



Shamita Sunil Rao
II HEPP

TIED TO WIN

My journey at this campus began 14 yrs ago and stepping into this campus for the very first time was a mixed feeling of excitement, nervousness as I began a new chapter of my life. I remember my initial struggles finding my classroom in my primary and high school life. There was the fear of academics, making friends and being away from the family during day for the first time. This campus has taught me to be mature, manage my own life and be independent in my actions. I got to know who I really am and helped me understand my capabilities. One of the most profound aspects of my experience was sports. Sports has not only provided me a break from study but also boosted my confidence and offered opportunities to develop leadership and teamwork skills. I began my karate journey in the 4th grade as a white belt, later I secured black belt and now a national level karate champion. I am also a state level belt wrestling player. Apart from karate and wrestling I am a throwball and volleyball player too and have played as a team member in the matches at high school section. My sports achievements are:

- 1st place - 8th GKA open national level karate championship in the kumite category held at Mysore
- 3rd place - 8th GKA open national level karate champion in the kumite category held at Mysore
- 2nd place - State level karate tournament held at Chikmangalore
- 1st place - District level karate tournament held at alvas college Moodbidri
- 1st place - State level belt wrestling tournament held at udupi
- 1st place - District level belt wrestling tournament held at govindadasa college Surathkal
- 1st place - District level belt wrestling tournament held at yenepoya college
- 3rd place - State level belt wrestling tournament held at Bangalore
- 2nd place - inter dojo karate competition organised by Dragon fist karate and self defence held at kuthar
- 1st place - Karanataka and Kerala open karate championship in the kata and kumite category

- 3rd place - Karnataka and Kerala open karate championship in the team kata category
- 2nd place - Dakshina Kannada selection karate championship in the kumite category held at town hall Mangalore

Karate and wrestling for me is more than just punches, kicks, attacks and defence - it's about friendship, focus, fun, courage and learning life lessons. I hope to continue this journey and represent my college in further tournaments.



Mithali
II CEBA



BELTED FOR GLORY

I am thrilled to share my passion for sports, especially wrestling. This college has given me opportunities to explore my potential and push my limits. Wrestling, for me, is more than just a sport - it's about discipline, strength, and resilience. It's a platform where I can challenge myself, learn from failures, and grow as an individual. I started my wrestling journey in 5th grade, and it's been a thrilling ride ever since. With each match, I've learned to stay focused, adapt to new situations, and work as a team. My achievements in wrestling have not only boosted my confidence but also taught me valuable life lessons.

Achievements:

1st place in Belt Wrestling Tournament, Govindas College, Surathkal and selected for the state level; 3rd place in State Level Belt Wrestling Tournament, Udupi; 2nd place in District Level Wrestling, Chitrapura (2023); 2nd place in District Level Wrestling, Adyar Padav (2023); 2nd place in District Level Wrestling, Nehru Maidan (2024); 3rd place in Dashara Utsava Wrestling, Uchila (2024); 3rd place in Wrestling, Chitrapura (2024); 3rd place in School Level Wrestling, Konaje (2024); 1st place in District Level Wrestling, Agnes (2022) and represented in Bagalkote; 3rd place in vamanjoor Wrestling, vamanjoor.

I am eager to continue this journey and achieve greater heights in wrestling. I am grateful for the support of my coaches and family, and I am excited to see what the future holds. I'll keep pushing myself to be the best version. Wrestling has taught me to stay strong and focused. I am proud of my achievements and look forward to many more. The journey has been amazing so far. I'll keep striving for excellence in wrestling. I am excited for the next challenge. I'll make sure to give my best in every match. I hope to inspire others with my passion for wrestling.



Sanjana
I SEBA