



ST AGNES PU COLLEGE
PATHWAY TO EXCELLENCE

AGNOBEAT

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PRINCIPAL'S MESSAGE

Dear Students, Staff and Esteemed Readers,

It gives me immense joy to pen down this message for our college E-magazine, a mirror that reflects the vibrant life, achievements, and aspirations of our institution.

We have stepped into a brand-new academic year I extend a warm and heartfelt welcome to each one of you. A new year brings with it fresh hopes, new beginnings, and renewed determination a chance to write another chapter in the story of our college.



At St Agnes PU College, we believe that education is a journey of the mind and the heart. It is not just about learning facts, but about forming values, discovering purpose, and building a life of meaning. Each student who walks through our gates carries within her the potential to shine, to serve, and to lead, by doing so, each one becomes a “Pilgrim of Hope”, walking with purpose and faith, even amidst challenges. We need to learn ways to embrace the future with courage, humility, and an open heart, knowing that each small step we take today lays the foundation for a brighter tomorrow.

May this year be one of growth, grace, and gratitude. Let us strive to do ordinary things with extraordinary love and keep alive the spirit of excellence that defines our institution. May we work together to create a space where every student feels inspired to dream and empowered to achieve.

To the new members of our college family, I welcome you with joy. To those continuing the journey let us move forward with deeper purpose.

Wishing you all a blessed and successful academic year ahead.
God bless us all.

Warm regards
Principal
St Agnes PU College

I PU ORIENTATION

“God is our strength” is the quote we freshers’ read as we entered St. Agnes PU College and made way to the auditorium, where the orientation was held on the auspicious day of 2nd June 2025. As we the freshers entered the auditorium, we were welcomed with warm smiles from the cheerful seniors and lecturers.

The orientation started with a prayer that laid the foundation. After prayer, our beloved Principal, Sr. Norine, delivered a welcome speech. This was followed by encouraging words and stories of past year toppers, highlighting the hard work and perseverance of them.

It was reassuring and exciting to look around the auditorium and see new faces with pleasant smiles. All in all, the event made it easier to adapt to this new phase of life. The best part came when we got to meet our classmates with whom we would be sharing our journey and experience at St. Agnes PU College.



Eva Venessa Vas
I Integrated



II PU ORIENTATION



The Cheif Guest, Dr Supriya Hegde Aroor, Professor and HOD of Psychiatry at Father Muller's Medical College, Mangaluru



Commending the meritorious students of the II PUC 2024-25 batch on their outstanding academic achievements.



Niriksha Ria Noronha, our distinguished arts stream topper, exemplifies academic excellence and serves as a profound inspiration to her juniors.



All the II PUC students along with staff members were present for the programme.

SPREADING GREEN VIBES

This **Environment Day**, 5th June 2025, was truly something special. A group of us students from St. Agnes PU College got together and decided to do more than just talk about saving the Earth — we actually did something about it. We split into small groups and walked around the neighbourhood, carrying different types of plants — flowering ones, medicinal ones, and even tiny saplings. We gave a plant each to a house we stopped by. The idea was simple: spread greenery, spark a smile, and maybe even plant a little awareness. Some people were surprised, some curious, but most were happy to receive something green and alive. We told them why this matters — how growing even one plant can help clean the air, reduce heat, and make our surroundings more beautiful. It felt good to see how just a small gesture could create such a big impact. It wasn't a grand event with banners and stages — it was quiet, meaningful.



Aashna Jewel DSouza
II SEBA A



TALK THERAPY

"Counselling is not a sign of weakness, but a courageous step towards understanding, healing and growth."

On 14-06-2025 the students of 1st PUC attended a session on the **"Importance of counselling"**. The resource person for the day, Dr Meena Lobo, student counsellor at St Agnes PU College, is an eminent and knowledgeable speaker on the subject of counselling. She has conducted several workshops on life skills, stress management, self-esteem and so on to help people overcome challenges faced in their day to day life. She adds a special touch to her words helping the audience better connect, relate and find a sense of comfort in being understood. Her talk on the importance of counselling featured a short but meaningful session on subjects such as a smooth transition from high school to college and the challenges of it. She gave us tips on how to manage our screen time alongside our studies while addressing the main problem that comes with the usage of social media "cyber bullying". She advised us how to deal with such problems. She also spoke significantly on the awareness of the POCSO act, and our rights as students. She had a heart to heart connect with us and we learnt some very valuable and significant aspects of mental health care that we will be sure to apply in our day to day lives. We thank our college for providing and arranging this informative and educative session for us.



Alisha Luviza Sequeira
I PCBH



BREATHE DEEPLY

We celebrated **International Yoga Day** with a spirit of mindfulness, unity, and well-being. The program was thoughtfully organized by our Physical Educator and other faculty. The session began with a warm and inspiring welcome speech by Sanidhya, who spoke about the importance of living in harmony with nature and aligning our body and mind. She introduced this year's global theme — “Yoga for One Earth, One Health” — emphasizing the idea of yoga not just as a form of exercise, but as a lifestyle rooted in balance and peace.

Participants then took part in a peaceful yoga session, practicing various asanas and breathing techniques that promoted calmness and awareness. Each movement reminded everyone to be present in the moment and to feel more connected — not only with themselves, but also with the Earth.

The session concluded with a thoughtful thank-you message, encouraging everyone to carry the peace and awareness of the session into their daily lives. The celebration ended with a group photo, capturing the collective energy and unity of the day.



Sonaly Shiny Ferrao
II BEBA



FUTURE LEADERS

As I reflect on my journey of becoming a student president, I am overwhelmed with joy. From campaigning to convincing to anxiously waiting for the results. Then came the much-anticipated moment where I got to know that I became the Student President. I was beaming with joy. It wasn't just my victory, it was a victory for everyone who trusted me. The most awaited program- **CABINET INAUGURAL**, was held on 25th June, 2025. Sr Dr Maria Roopa graced the occasion with her presence as chief guest.

The program commenced with a prayer, invoking divine blessings. It was followed by lighting a lamp, welcome dance and welcome address. The insights and words of wisdom shared by our chief guest truly inspired us. I was looking forward to the introduction of the newly elected Student Cabinet. My heart was racing until my turn came and I was incredibly excited as I walked towards the stage. I felt honoured to have worn the sash from Sr. Dr. Maria Roopa and badge from our Principal Sr. Norine DSouza.

As I spoke connecting myself to Indian Peacock I felt the surge of leadership and responsibility. Our respected Principal then administered the oath to the newly elected Student Cabinet and Council of members. It wasn't just a repetition, it was a commitment to uphold the values of this institution and of oneself.

I pledge to listen, learn and lead with compassion, accountability and transparency. My commitment is to serve with unity, humility and dedication.



Mansi Rajpurohith
Student President
II HEPP

FUTURE LEADERS

"Leadership is the capacity to translate vision into reality"-Warren Bennis. 24th June 2025 was a day I'll remember for a long time – the **Cabinet Inauguration** at St Agnes PU College. As a class representative standing alongside my fellow student leaders, I felt a wave of pride and purpose wash over me. It wasn't just about wearing a sash or taking the oath. It was about stepping into a role that demands integrity, empathy and responsibility.

The theme of the year "wings and blooms" couldn't be more fitting. It speaks about the growth and flight of reaching our full potential while remaining grounded in our values. The ceremony began beautifully with a soulful prayer song and a grace full welcome dance.

One of the most powerful moments was the lighting of the lamp. As the flames flickered to life, it felt symbolic of leadership path we're now embarking on, illuminating yet fragile, needing care and commitment.

Dr Sr Maria Roopa, our chief guest, delivered a speech that deeply resonated with me. She spoke about power, service, and what it means to lead with compassion and courage. Encouraged us to bloom fully, but also to lift others as we grow. I treasured these words in my heart, they'll be my compass this year. Ceremony of taking the oath led by our principle, Sr Norine D'souza, was humbling. I could feel the weight of responsibility, but also the trust placed in us. I ended the day with a renewed sense of commitment. I know this journey won't always be easy –there will be challenges, disagreements and tough decision. But with the support of my peers and guidance of our mentors, I am ready to rise to the occasion.



Poorvi G
Class Representative
II PCMB 'A'

FOUNDATION DAY



105th Foundation Day

Foundation Day contributions



FAREWELL TO DR PV SOBHA



LEADERSHIP TRAINING

