



Agnobeat

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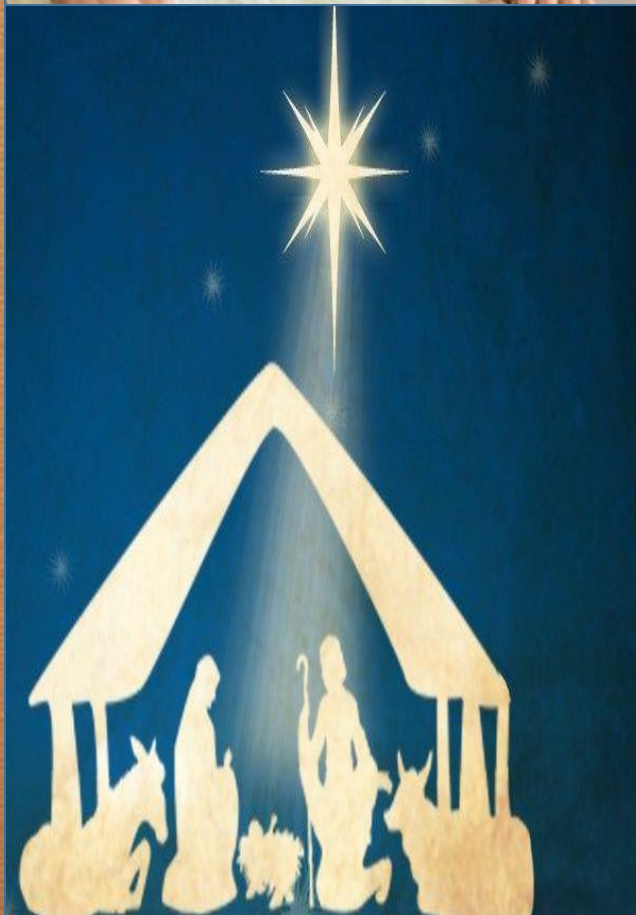
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Principal's Message

St Agnes P U College primarily intends to nurture the shelved potential in students providing an ideal platform for them to channelize their creative outbursts and lend expression to their thoughts & views on various aspects in a serene manner.

The year 2019-2020 had been a packed year with lot of activities and events. College day and Christmas celebrations were amazing and entertaining one. Christmas is doing a little something extra for someone less fortunate. Our students were part of outreach programme where in they realized the aches and pains of the elderly, orphans etc. and resolved to be more generous and outgoing in their perception. May God of the years bless all the Agnesians with zest, vigour and empathy as we march towards the centenary year of service and education.



STRESS MANAGEMENT



Lavanya Bangera
I PCMB C

We had a talk given by Dr Caroline D Souza, Neuro-Psychiatrist where she spoke about the most commonly faced problem by the adolescents' stress. She told us about different types of stress – healthy and unhealthy. Healthy stress encourages us to move forward with a good motivation attitude while unhealthy stress leads to depression. She taught us to cope up with different types of stress and help those who are facing stress. At the end of the talk I was confident that I can handle the huge word called 'stress'. It was very helpful.



Alreya Patrao
II PCMC 'D'

To overcome stress and anxiety in our day to day lives, a seminar on 'Stress Management' was organised on December 12, 2019. Dr Caroline D'Souza spoke about the importance of mental health and the various types of stress commonly found in students. She also discussed about the psychology of stress and various effects of stress such as emotional sensitivity. She explained various methods to reduce stress like meditating, taking professional help, visiting a psychiatrist etc. She spoke about the influence of mobile phones and internet and how it has adversely affected the mental health of youngsters. As she explained to the students about stress management, she said that the students should always share their problems with others instead of keeping it in their minds.

The session was very helpful and informative as it emphasized the importance of mental health and gave an insight on how to overcome stress and anxiety.



HUMAN RIGHTS

Every man has a basic right to existence and his opportunities to grow sums up the concept of 'Human Rights'. When this very right of a man is under attack, when his integrity is put to question, we find the man rebel. We find an entire country rebel. With the CAA and NRC shaking the foundations of the world's largest democracy and its constitution, we have witnessed several protests, various debates and a nation-wide opposition to two controversial acts that might snatch away the right of a citizen from his homeland. It takes away his choice to live in his country, it takes away his right to dissent. As the whole nation questions the government on such a discriminatory bill, there is one thing that left the government astonished and shook. It is the will of people, their strength to uphold the core values of the constitution and to protect each one's 'Human Right'. Its importance is realised by everyone. Human rights to every woman is a chance to stand up against her abuser. To voice out her pain, be it through a family member or a # me-too movement itself. Human rights to every child is an opportunity to receive the education he/she deserves ensuring their nutrition too. Human rights to every refugee is another way of establishing their dignity and taking back what once, was theirs. This human rights day, let us assure each other that at least at the time of need, we turn out to be humans.

Samah Assia Abbas
II Hepp



HUMAN CHAIN

Over the past few decades, our world as a whole has faced irregular climatic conditions, increasing the temperature of the earth and making it difficult for each one of us to get past every summer with the unbearable heat and scarce water supply. With the drastic melting of ice Bergs and an increase in the sea level, it has caused a threat to the very existence of mankind. Climate change is real, and we as a generation have been robbed of our future through this crisis. To bring awareness on this very crucial issue, the students of St Agnes PU College participated in the "Formation of human chain and oath taking to prevent global warming" conducted by the PU department. The students were informed about the severe problems caused to human life and the environment due to global warming in the present day world. They were also made aware of how to conserve electricity, lessen the consumption of water and measures to implement rain water harvesting in their homes, college and other public places. The lecturer's encouraged the students to lessen the use of plastic and utilize carry bags made of jute, paper etc. The programme was then concluded by all the students taking an oath to protect, preserve and nourish our nature and to take up quick measures to prevent global warming in the society. Through this, we educated an entire mass of students in order to help them take various measures to improve our current climatic conditions.



Lynn Rebello
II HEPP



Outreach Programme

The students of II BSBA/CSBA, along with their lecturers, were given the opportunity to visit the “St Ann’s Home for the aged, Angalore.” The students were given the chance to showcase their talent in the form of song and dance to which the elders joined and applauded enthusiastically. Christmas Carols were sung by students and many elders joined them as well. The elders were extremely enthusiastic and many had interesting stories to share, during the interactive session. The elders had smiles on their faces and seemed content to get a chance to talk to the youth. They treated us like their own and even promised to keep us in their prayers. It was an enlightening experience and an eye opener for us all. It showed us that we must always take care of our elders and give them love, care and respect.



Jane D'souza
II BSBA/CSBA

On 18th December 2019, we the students of II SEBA A & B batch visited “St Antony’s Ashram, Jeppu” as a part of our outreach programme. There were about 400 inmates in various houses within the campus who engaged themselves in keeping the surrounding clean, helping in the kitchen, gardening and poultry. The inmates were very happy to see us. We entertained them by singing carols. Some inmates even had tears in their eyes when they spoke to us. It taught us a great lesson that we should love our elders and treat them with respect and care. This visit enlightened our minds and was a new experience to all of us.



Aleena Rodrigues
II SEBA A



The complete life includes old age as well as youth’. This is something I realised on December 18th when we students of II BEBA/CEBA paid a visit to “The Little Sisters of the Poor” an old age home to meet and spend time with the elderly. When we reached the building we saw some elders sitting in a room waiting eagerly for us. We would have never found a better time for our visit as Christmas was just 7 days away. It was a wonderful experience for us to share the joy and peace of Christmas with them. The students sang melodious carols, performed a dazzling dance and conducted some spot games. We were able to make out that they were happy to have us there.

It was indeed a new experience and a memorable one with mixed emotions where we realised the true value of the elderly in our life. Though there was a difference in our age we still felt connected to them but I personally feel that they are lonely and abandoned. Hence all youngsters should take care of their parents, grandparents and the senior citizens of the society because, opportunity, words and loved ones - once gone they never come back.



Daphne Cruz
II BEBA/CEBA



2019 – A Memorable Year

Curious minds, enthusiastic bodies exhausted from study we entered our new class II PUC on 11th February 2019.

New academic year, new books, new syllabus, but the same old faces ensured us that we were going to be together this year too. We then had our longest, most amazing and refreshing summer vacation but after an incredible summer vacations when someone reminded us that there is college reopening it seemed like a nightmare but still unsure and unaware what was ahead of us, with new hopes and enthusiasm we entered our new class room for the academic year 2019-2020. We required a person to take initiative for the overall development of the class and fortunately I was elected as the class rep. This responsibility added another opportunity for me to discover myself this year held some of the incredible moments. The very first event of the year was the class socials and I had the responsibility of organising the program on behalf of the class. We are famous for comedy and we put up a comedy skit which was enjoyed by all, following this fun event we had exams and truly I tell I wasn't prepared for it. The exam went on well. People usually think students belonging to science stream study a lot but in my case I took part in almost all the events including sports along with the academics. We had our student's day and our competition this year was ramp walk and this was a challenging task as our class didn't even have a single soul who knew modelling but we somehow learnt it and put up an amazing show and all our costumes were self-designed. We won the runners up trophy and I was very happy as all our efforts were awarded. I had my Dusshera holidays after which I would have my exams, so during the holidays neither could study nor enjoy. So all I did was stressed. After the stressful exams came the most awaited event of the year the annual sports meet. Practices began which filled everyone with sportsmanship and the playground was filled with energetic students taking part in various sports events. Soon after the college day practices began where the class hours were shortened and we were happy because of it. This was the last event for the year and it was a splendid one. The first event of 2020 and the last event of our academic year was the food fest which was again a competition cum fest where we looked delicious yummy meals which was unexpected and we won the first place. All this wouldn't be possible without a supporting class mentor and amazing friends who always supported me I wouldn't have survived this year without them.

Nidhi N Stevens
II PCMB C



Self Defence

In the current world, knowing how to defend oneself is very important, rather than running away from a given situation. Facing it with courage is what we have learnt here at St Agnes self-defence which was a five months initiative, from August to December 2019. During this course of five months, we learnt different tricks and techniques considering every situation possible. The instructors not only trained us to be physically strong but also prepared us mentally to face all odds. At self-defence we learnt that meditation was the key to a peaceful mind and a calm body. We always started the class with meditation and then a few rounds of warm-up in order to make our body flexible for various forms of kicks and punches. In the beginning most of the tasks and exercises given to us looked near to impossible to perform. However with daily practice and strong determination all of us were able to master most of the techniques including the high kicks and punches. Meanwhile we were also trained for the tile breaking session.

The classes were not a hindrance to our studies as we had classes twice a week that is on Tuesday morning and during the value education hour on Thursday. Our instructors Mr Ranjit and Mrs Reena taught us really well with good care and also gave us time to understand and learn the techniques well. The classes were full of fun and hence we enjoyed it a lot.

Calvina
I PCMB 'B'



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Melania Macahdo
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Melania Macahdo
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Christmas Programme

Christmas is an annual festival commemorating the birth of Jesus Christ, observed primarily on December 25 as a religious and cultural celebration among billions of people around the world. A feast central to the Christian liturgical year, it is preceded by the season of Advent and initiates the season of Christmastide. Here at St Agnes PU College the Christmas day program was conducted on the 23rd of December. It was a beautiful performance put up by the staff and students. The program began with a prayer dance which was followed by a short skit.

The skit was based on the life story of St Nicholas of Myra, also known as our dear and most loved Santa Claus. Succeeding the skit we had a short speech by our chief guest, Prof. Maria D'costa. After the speech to carry forward a part of the early tradition the carols were sung by a group of talented singers, and then we had a group of dancers to mesmerize the audience. Towards the end of the program we had a Santa who surprised the audience not only by his presence but also by chocolates. On an overall note the program was well organized and brought a smile on everybody's face reminding each one of us to do the same to our fellow beings. That's Christmas.



Calvina Pinto
1st PCMB 'B'



2020- *An incredible journey*

Every New Year comes with an opportunity to make a fresh start, set goals, go on a mission and give your best, to accomplish it. Isn't it so? Yes, we, all have stepped into 2020 with different plans and resolutions like travelling to different place, exploring new things etc. One of my resolutions is to concentrate on my studies and score good marks in the coming board exams. All of us have to work hard to achieve our goals and don't let anything stop us from reaching our goal. This year is also a lucky one for Agnesians. Our batch is blessed in a special way because we have witnessed the centenary inaugural of Agnes College and will participate in different activities and will witness the closing ceremony of Centenary year too.

Decades ago many great leaders predicted what would happen in the year 2020. Late former President Dr. APJ Abdul Kalam wrote a book 'India 2020'. 'A vision for the new millennium' in 1998. He believed that by the year 2020 India will turn into a developed nation. He expected progress in agriculture and food processing, education and healthcare, information and communication technology. He also believed that India will be one among the five world's top form of economic powers. Unfortunately our country is divided on various issues and development is a down word growth.

My friends for sure we are disturbed with many problems but we together can make 2020 a year more progressive than before by contributing our share. This 2020 a leap year is before us with lot of opportunity for more development and progress.

To everyone reading this let me say, "Today is the first blank page of the new book. Leave an indelible mark of growth." Have a beautiful journey in 2020.



Riya
I PCBH



Congratulations

Trisha Shetty won the First place with her splendid performance at the prestigious State level Mono Acting Competition organised by the PU Board. The keenly contested competition was held at Christ College, Bangalore.

Sr Norine D'Souza, the Principal and the staff congratulates Trisha for securing laurels for the college and making us proud.

