



AGNOBEAT

E – Monthly Magazine

JULY



Issue: July 2019

Volume: 02

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TOGETHERNESS

All the Agnesians of II PU were eagerly awaiting the 4th of July. It was a day meant for each of the classes to showcase their talents and potential in the best way possible. All the hustle-bustle came to an end when all the students were asked to proceed to the auditorium. Finally, the moment had arrived where we could watch the brilliant performances put up by not only our classmates but also the other classes. This time, I had opted to stay out of the programme and hence I had the most wonderful chance of being the audience, enjoying all the shows without missing any! I pulled my socks up and geared myself to witness a spectacular show ahead.

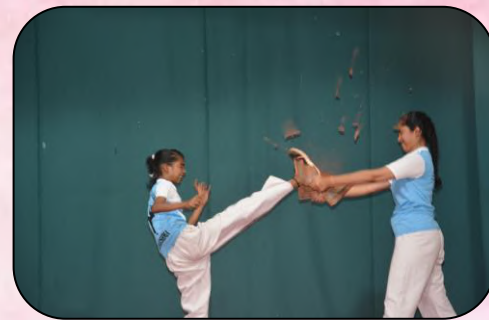
Sr Norine, our principal, gave a short yet meaningful and impactful message to the students. She stressed that students must always aim high and aspire to achieve the greatest goal little by little, taking one step at a time. This left us with a strong will and desire to accomplish great heights of glory and bring laurels to our institution.

The various performances put up by different classes was a testimony to the plethora of talents the Agnesians possessed. It may be music, singing, dancing, acting, mimicry, comedy, or any other form of art, they excelled at it! As Michael Jordon once remarked, 'Talent wins games, but teamwork and intelligence win championships', the beautiful show put up was the result of the great teamwork of the students and the strong desire to make each class stand out distinctly amidst the rest. The entire show thoroughly entertained me and left me dancing and singing to the tunes of various songs in my mind. The stupendous performance packed with zeal and energy left the audience spellbound and wanting for more such performances for the rest of the evening! Truly, the class socials will be one of those memories I will undoubtedly carry with me when I leave the portals of my beloved institution and I know the others too will do the same.

Vidhula Lokesh Kodira
II HEPP



KARATE



In the Modern Era where women are facing constant attacks and harassment, it is essential for them to learn the art of self-defence to protect them. In order to learn self-defence, systematic training is required and girls need to enrol themselves in institutions that impart the same. “Men are physically stronger, it is impossible to defeat them”. This is the general thought but self-defence is about being aware of the surroundings, recognizing dangerous situation so that you can avoid them and understand that you are physically as capable as a man to fight back. “It can never happen to me because I never step out of the house after dark” you may think.

Remember it can happen to anybody, anywhere and anytime. The solution is to be prepared with self-defence. The senior instructor of the institute of Karate and Allied Arts, Mr Ranjith Manjunatha along with Mrs Reena Ranjith having more than 20 years of experience in the field of Karate organised a session on self-defence in our college. Mr Ranjith holds the 4th Don Black belt and has participated in several state and national level tournaments and won awards for the same. He currently works as a Merchant Navy while Mrs Reena Ranjith is also an active member of the institute and holds the 2nd Dan Black belt. Rithusha Harish who belongs to our Agnes family, has also taken part in the National Level Karate and Allied Arts. She demonstrated various instances of attacks and the techniques to defend ourselves in the dangerous situations. They also showed various moves of Karate like the punches, chops and others to give us useful measures of defence.

**Fathima Samreen
II HEPP**



CPT ACHIEVERS



CALISHA



CHIATHRA KUMARI



MANSI PINTO



REESHMA



SWATHI

In the last one decade, a career in Chartered Accountancy has become very attractive with many aspiring to make a mark in the challenging field of auditing. With this goal in mind, a small number of focussed and hardworking commerce students got tutored to answer the Common Proficiency Test which is the entry level exam for aspiring CAs. They were rigorously trained by K V Academy in collaboration with St Agnes PU College for two years which culminated in their answering the exam in June 2019. The students who emerged successful are Reeshma D'Souza, Mansi Pinto, ChaithraKumari, Calisha DSouza & Swathi.

St Agnes PU College is proud of its achievers and wishes them success in all future exams.



I was told that proposing to the girl of your dreams is pretty much similar to what college is ... But what you didn't tell her was... You proposed to a bunch of other girls just in case she didn't marry you. If this was the common practice, I always had uncommon views. Hence the only college I ever wanted to study was St. Agnes PU College and I was never disappointed.



Long gone but not forgotten are those carefree student days of shared photocopies, last minute cramming, dressy ethnic days and healthy stream rivalry during student body elections. Stepping into the building after almost 10 years on this 6th July for the alumni meet got me nostalgic. I couldn't resist but notice the clear paradigm shift and magnitude difference between the college during my days and today. It is a remarkable growth in the Infrastructure, academic autonomy and faculty that should make all Agnesians very proud. But what never has changed is the free-spirit of celebrating womanhood what this institution is always known for.



When I was recognized and felicitated at the meet, I felt a sense of belongingness. The trust that is reposed on me, boosted my confidence to do better. It was here that I learned to stand up and speak, and dream. Therefore I am eternally grateful to this mighty Institution. In all my highs and lows, the lessons that I learnt here have kept me going. For, I can fly higher than an eagle, because its you, my dearest Alma mater, the wind beneath my wings.

Meghana Ballal
2007-09 Batch



MAGIC SHOW



The next event organised was a value-based magic show. It was performed by Fr. Ivan Madtha and his sibling, Sr Dorris. Magic was innovatively used as a means to impart moral values and life lessons to the students. It was an amazing and a novel experience for the students. Father Ivan enlightened the students on various values such as love and compassion for others, to follow the right path always and not get into bad practices, perseverance, determination to achieve and most importantly faith in God through several entertaining tricks.



FESTAL MASS



The feast of Our Lady of Mount Carmel, is celebrated annually in our college on the 16th of July. On this day we recall Mary's motherly patronage, guidance and her loving care and protection. This day is also celebrated as Foundation Day of the Apostolic Carmel congregation, founded by Venerable Mother Veronica. On account of this feast, Holy mass was celebrated in our college auditorium attended by all the catholic students and teaching staff. The liturgy was conducted by the college students and Fr. Ryan Pinto was the celebrant. He delivered an appealing sermon. He preached about the virtues of Mother Mary, the miracles that have occurred over the years, which shows the power of God and helps us to believe in him. He contemplated the significance of the feast, the origin and its existence. We also reflected on the life of Prophet Elijah and several other prophets and also spoke about the devotional elements of Catholicism – Rosary and Scapular which had been given to us by Mother Mary. The students also enacted Simon Stock's encounter with Mother Mary receiving the scapular. This marked a very significant part of the feast. A melodious choir by our students added to the jubilation of the mass that was concluded by distributing the holy scapular and by wishing everyone a happy feast.

Calista Mathias
II PCMB 'B'



Non teaching



Developing a 'Can-do attitude', a positive personality and a strong interpersonal skills are the key to success. With this in mind thought provoking input session for all the non-teaching staff of St Agnes PU College was held on 8th July, 2019 in college the Audio Visual room. Fr Rahul Dexter DSouza, the assistant parish priest, Pakshikere high lighted the importance of work, and ethics to ensure positive ambience at the work place. Enriching session filled with activity was well appreciated by all the participants. Sr Janet Sequeira, the Vice Principal welcomed the gathering and Mrs Janet Fernandes proposed the vote of thanks.

TEACHING



On the occasion of the sesquicentennial of the Apostolic Carmel and the Centenary of St Agnes PU College, an enriching input session was arranged for all the staff of St Agnes PU College on July 10, 2019. Sr Pearl Anne A C from the Spiritually Centre, Mary Hill, enlightened the staff on the hallowed life of Mother Veronica, the founder of the Apostolic Carmel and also on the qualities to be imbibed by the Apostolic Carmel teachers.

Who is an Apostolic Carmel Teacher? ...

T.....Trustworthy: Truth is the strong foundation on which the superstructure of life has to be built. The teacher should exemplify this. Also, the teacher by affection towards the student must be able to gain their trust. They must also have the talent to teach and reform the students.

E..... Eager: A kind word, a small gesture, even a look or a gentle pat on the back, will make the student feel reassured that 'my teacher is with me'. So be eager to do anything that is good for the student.

A.....Approachable: The teacher must be accessible to his student, i.e., they must come down to the level of the student. They should be able to adapt to the situation, capacity and receptivity of the student. By their sincerity, integrity and ability, they should command the admiration of the students.

C..... Caring: A teacher must not care only for education but also for students' education. They must want their students to excel and be committed in helping them to achieve their goals. Moreover, teachers should also care about their students' happiness, well-being and life beyond the classroom.

H..... Happy: **Happy teachers create happy classrooms!** The happiness culture has a powerful positive effect on students' brains, resulting in a positive impact on student behaviour and motivation to learn, reducing discipline problems, and increasing success in the classroom.

E..... Enduring: A teacher must always guide, facilitate and inspire learning. Their value is measured qualitatively, through the challenges and obstacles their students overcome in lifetime.

R..... Reachable: Academic achievement and student behaviour are influenced by the quality of the teacher and student relationship. The more the teacher connects or communicates with his or her students, the more likely they will be able to help students learn at a high level and accomplish quickly.



A few weeks ago, Ms Jeswita Quadras, the National Convener of the YCS/YSM India, was invited to share her experience as part of the YCS and the 15th Ordinary General Assembly of the Synod of Bishops.

She gave a brief history of how she has come up to this stage of addressing us. She had been a very shy person by nature, but was inspired to open up at a YCS camp when she was in I PU. From then on, she never looked back, making leaps and bounds in her confidence as well as in her contribution towards the YCS. She was elected as the Regional YCS representative of Karnataka, and then the National President of the YCS in 2016. She was chosen as one of the representatives from India to participate in the 15th Ordinary General Assembly of the Synod of Bishops. She witnessed many young representatives voicing their thoughts with regards to the church as well as the Pope, addressing the various issues faced by the Christian youth of today. She got a chance to meet the Pope personally, whom she describes as 'very cute'. Her experience at the Assembly made her realize that, compared to many other countries, India is very lucky to have a better system of operation among her churches. Her talk was very inspiring and we feel that we are very proud to have such a wonderful person as part of our college.

Natasha S D'Souza
II PCMS



WORLD YOUTH DAY

The World Youth Day is an international event organized by the Catholic Church which focuses on faith and youth. The Pope encourages all the young people of the world to discover the characteristic values of youth. Keeping this in mind, the Mangalore diocese has dedicated this year as the Year of Youth. Inspired by this, St Agnes PU College organized a lecture by Rev Fr Joseph Martis who gave insights on the Post Synodal Apostolic Exhortation of Pope Francis, 'Christus Vivit' which literally means 'Christ is alive'. He stressed on various important points given in the book 'Christus Vivit' and gave a brief summary of its contents spread across 9 chapters. He made us aware about our importance specially the youth in the present church and how one should be careful in navigating across today's world. He also told us to be dynamic, courageous, energetic and to take risks even if we make mistakes. He took various examples of young men and women from the Bible and encouraged us to imbibe the values of Christ and to walk in the footsteps of Christ. He concluded his talk by quoting Pope Francis "Young people, don't observe life from a balcony". The talk enlightened our minds and made us perceive the teachings of the Holy Father in a completely different light.

Agnes Shibu
II HEPP





Safety of a woman has been one of the most concerned and debated issue in India for the past years. Acid attacks, rape cases, sexual assaults, human trafficking etc have been mainly targeting women as its victim. This has alarmed the government and other organisations, which voluntarily conduct awareness programmes on women safety. The 'Abhaya Forum' of our college is one among those, which inculcates awareness among young girls of Mangalore. It conducted a session on women's safety where Mr Karthik Kateel and his mother demonstrated self-defence techniques. They explained the significance and impact of each technique at various situations and emergencies. He used humour and explained to the students in a very good way. He spoke about how every girl can protect herself and be both mentally and physically healthy. His training was very beneficial and was appreciated by all.

Rishita Picardo
II PCMB 'C'



PTA



We, the parents of Ms. Shreya H.N of II PUC, PCMB Batch C, had attended the PTA meeting in time as per your invitation. We witnessed the full programme attentively. We were very much impressed by the way in which the programme was conducted professionally. The advices given by the guest speaker were very much informative, thought provoking and timely. Further, the honouring of the toppers were also impressive. The institution has always maintained its standards and continues to inspire many young people to contribute their share to the society. This institution of knowledge cares for the weak and supports the poor.
(H.N.Narayana Hebbar & Usharani)



Creative writing is any form of writing done outside the professional or academic world of writing. As the name suggests it emphasises on the creative and imaginative skills of the writer in the form of fiction, non-fiction, narrative or even poetry. The writer has the leverage to express his thoughts, feelings, opinions, emotions etc.

Rather than only giving information or impel the reader to make an action beneficial to the writer, creative writing is written to entertain or educate someone, to spread awareness about something or someone, or to express one's thoughts. Creative writing uses senses and emotions in order to create a strong visual in the reader's mind.

One cannot make a cake without knowing its ingredients. Similarly certain elements that make up creative writing should be kept in mind such as **UNIQUE PLOT, CHARACTER DEVELOPMENT, AN UNDERLYING THEME, VISUAL DESCRIPTION, IMAGINATIVE LANGUAGE** and **EMOTIONAL APPEAL**.

So whether you're a novelist, a poet, a short-story writer, an essayist, a biographer or an aspiring beginner all you need to do is pick the pen and begin writing.

Aysha Rida
II BEBA



VERBATTLE

Since the beginning of time the human races have witnessed several battles. From the battle for survival to the battles fought by emperors and conquerors for a throne, from the two world wars for supremacy and the battle of the political representative of our country, we've all grown in good and bad ways. But, a battle through words, to understand the logic and rational thinking, to be spontaneous and rapid with fluency of thought is a unique battle, a wonderful talent. This stage is As 'Verbattle'. It is a State level debate competition held each year for students from 2005 onwards to encourage the art of debate and literature along with a fascinating way of thinking, conducted by Mr Deepak Thimmayya, the founder. This competition consists of several debate statements with concepts ranging from politics to science to maths and current issues where students convey their opinions in the form of a debate as responsible citizens of the country this year, Samah Assia and Ayesha Abdul Razak of II HEPP from St Agnes PU College participated and are reached the semi-finals, having witnessed one of the best flat forms of debate with intellectuals who have added immensely towards our debating experience.



Samah Assia Abbas

Ayesha Abdul Razak

II HEPP





St Agnes PU College organized an educational visit to St. Agnes Special School and Vocational Training centre as an initiative of Astha club. It was a new and eye opening experience for all of us as it enabled us to see life through the eyes of differently abled individuals. The special school is organized into different classes where the differently abled students are divided on the basis of their chronological age, mental age, degree of retardation and disorders, intellectual capacity etc. In the primary classes the students are taught basic life skills and once they excel in this they are shifted to the successive classes where they are taught alphabet, numbers, words etc. The children here suffer from autism, Down's syndrome, ADHD, LD etc. Each student has her /his own syllabus specifically designed for them based on their needs, interests and capacity. The teachers adjust themselves to the needs of the students. This requires a lot of patience, love and care. The special school trains them until they attain the age of 18.

They learn skills based on their interest to participate in various income generating means of employment. They learn carpentry, book making and home science which includes flower making, paper bags etc which are eco-friendly and also give them a sense of achievement and satisfaction. The main aim of these institutions is to train and educate the differently abled individuals to integrate them into the society and contribute to the world. These individuals are no different from us it is just that they view the world in a different way. Love, care and guidance enable them to reach their highest potential and help them to live a normal life. All of us complain about small insignificant problems and live in our own little bubble world but it is important to know that the world is much more than that little bubble. Hence all of us should strive to extend our hand of support to these special who always see their life in a bright.

Agnes Shibu
II HEPP



CLEANLINESS DRIVE



Cleanliness is the most important quality that each person must possess which is necessary to be healthy and happy throughout one's life. The importance of cleanliness in our lives cannot be denied. As human beings it is our responsibility to promote safe and clean environment. It helps us to create a positive public image and also helps us stay healthy. Cleanliness safeguards us from diseases of body and mind. Our college organized a cleanliness drive with a main purpose to create awareness among the students regarding cleanliness and its benefits. The science students along with the teachers. The programme started by cleaning the college grounds. Some of us picked wrappers, candy sticks and some plastics lying scattered here and there. Our teachers gave us some Neem oil to be sprinkled near stagnant water so that mosquitoes do not breed. After collecting all the wastes we threw them into the dustbins. It was a unique yet enriching experience for all of us. We were privileged to be a part of this great drive. We learnt a lot and promised ourselves to keep our home, locality and city clean.

Devika shetty
I PCMB 'A'





Career decisions play a pivotal role in shaping the future ,growth and development of students. In today's environment of multiple options, knowing about choices available helps students in their decision making process. A career counselling session had been organised for students of class XII. The resource person for the session was Dr. Norbert Lobo, Head of the department of economics at St. Aloysius college(autonomous) and an eminent career counsellor.

The workshop was very informative and gave an insight into how important it was for students of science stream to have a back up plan along with aiming for an admission in top and reputed colleges. The session provided us information about the various branches of engineering and medicine along with courses such as law, national defence, civil service which are open for all the students. The resource person emphasised on the various opportunities that are now being availed by science students other than medical and engineering. He also discussed about the various competitive exams that a science student can answer. The resource person also guided the students to identify their interests and aims for a brighter future rather than following the general trend or being a victim of peer pressure or parental pressure. The session aimed at making the students aware of the multiple career options available and the importance of having an out of the box thinking.

Alrea Patrao
II PCMC



KARGIL DAY



26 July 1999, was celebrated as Kargil Vijay Divas dedicated to the soldiers who gave their lives for the country, during the Kargil War against Pakistan. A total number 500 soldiers shed their lives during the war. The Indian forces doing their best won the war and protected our country against the evil clutches of the Pakistani army. This day is significant in the history of India as it upholds the sacrifice of the brave soldiers, who died for the nation. On this day all the martyred soldiers are felicitated and given a tribute and in the nation. This occasion urges each one of us to contribute our share to build Integrated India.

Jai Hind

Rishita Picardo
II PCMB C





Every year our college organises various types of events, among them the most exciting and important one is the 'Introduction Day Programme' and yes, this event is the first and the most exciting event for all the First years. It is mostly organised at the beginning of every year.

A huge cluster of performance is carried out by all the first year college students participating in this event. All sorts of dance, drama, singing and the talents of the students are exhibited here. All the students eagerly await for this event. This event is not only a place for the students to exhibit their talents but a chance for collaboration. Our college management and lecturers put in a lot of effort in organising this event.

Introduction Day is a stage for all the students to introduce themselves to the college. These events make the college days a happy time in the young students' life. To be honest each and every student enjoyed this day and helped them to improve their self-confidence. And yes! One amazing thing of this event is that when all the students are just ready to walk out from the auditorium the principal makes the event more memorable by giving us the opportunity to all our fellow college mates to come together and enjoy with our friends while amazing music is played out for the mass dance.

Fiza
I PCMB 'B' Batch



MEHENDI AND HAIR STYLE



The virtue of Beauty - Beauty, hairstyle, clothing and accessories is a way a woman expresses herself. Beauty is a characteristic of a person or an idea that provides an experience of pleasure. A woman's beauty alone can be sufficient reason for men to chase her. Henna is a widely known decorative material used to beautify hands and feet. The fragrance and colour of Henna remains on the skin for many days. Even hairstyle is an important part of your appearance as it enhances your beauty. It also gives you confidence and compliments your features. A beautician has various things to think about when she works on a person – the uniqueness, the neatness, the fine detailing of the mehendi and hairstyle.

Hence, beauty plays a vital role in a girl's life and every girl would want to be an epitome of beauty, both internally and externally. To this end an opportunity was given to us through mehendi and hairstyle competition. I could see all the girls equipped with materials to become the winner with enthusiasm and excitement we began our expedition and finally the surprise was waiting for me and my friend when our names were announced as the 1st place winners. We were overjoyed and felt that our hard work bore the fruit.

Melania Machado
II PCMB 'B' Batch



ORATIO

'Man is a social animal' says Aristotle. He cannot live alone. He has to enter into relationships with his fellow men for living a healthy life. But how would you build a relationship without sharing and expressing your thoughts?

I believe in expression, the elaborate elucidation of proclaiming what you feel and what you need. But, what if among a group of people, you fail to convey your thoughts just for the reason that you lost your mind confronting the audience before you!? Hence being a good conversationalist must always be one of the elements of our bucket list. And hence in aid to this, our college laid a base, to boost and foster the public speaking skills of students through a platform named 'Oratio Club'.

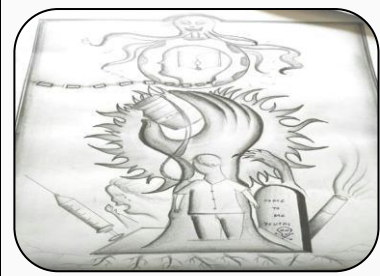
I was all excited to enrol my name. The first session of Oratio Club, took place, which was much more exciting than I assumed it to be. The session was conducted by Ms Benzita Ferrao and Ms Rithika Adiga. They explained various aspects about toastmasters club and briefed us about public speaking skills. They gave tips to the audience on making favourable impression through right body language and tone. The first session of our Oratio Club turned out to be very interesting with all of us being appreciated for our good participation, making me very keen to look forward for its next session.

This club alone can create wonders in developing our attitude and our personality as it stresses to improve our mental presence amongst the audience to gather and organise our thoughts quickly while maintaining a good body language with a fraction of second. It is a great platform for all of us to enhance our public speaking skills and acquire knowledge about being a better conversationalist, thereby increase the self confidence in us!



Misha Lenita Dsouza
II BSBA





We would like to share our experience of the events held in Kanachur institution. We were welcomed by the staff and student volunteers, who helped us with registration and answered our queries. We were provided with good breakfast by the college followed by the Inaugural Program. The competitions were held in an organised and fair manner. We enjoyed participating in all the competitions and had a wonderful time as audience for other programs too. The zeal from the audience while performing really encouraged us. The valedictory program ended with prize distribution and mass dance. We had participated in singing, master chef, pencil art, dance and fashion show. We were thrilled and overwhelmed when we received prizes for each of these competitions and won the overall championship trophy. It doubled our joy. In conclusion being a part of this event was a really amazing opportunity for each one of us and a memorable outlet.

Calista Mathias
II PCMB 'B'



KANNADA ESSAY



ನಿರಂತರ ಸುದ್ದಿಗಾಗಿ ನೋಡುತ್ತಾ ಇರಿ _____ ಅವಳು ಕೂಸಿನ ಕರೆಗೆ ಮಿಡಿಯುವ ತಾಯಿಯ ಹೃದಯದ ಕರ್ತವ್ಯ. ಕಾಮ ವ್ಯಾಮೋಹದ ಈ ಲೋಕದಲ್ಲಿ ಮಗಳನ್ನು ಸಂರಕ್ಷಿಸುವ ತಂದೆಯ ಕೈಗಳ ಕರ್ತವ್ಯ. ಶಿಕ್ಷಕನಿಗೆ ವಿದ್ಯಾರ್ಥಿಯ ಮೇಲೆ, ಮಾನವನಿಗೆ ಪ್ರಕೃತಿಯ ಮೇಲೆ, ಹೀಗೆಯೇ ಒಂದು ದೊಡ್ಡ ಕರ್ತವ್ಯವನ್ನು ಮಾದ್ಯಮವು ತನ್ನ ಮೇಲೆ ವಹಿಸಿಕೊಂಡಿದೆ. ಈ ಕರ್ತವ್ಯವನ್ನು ಮಾದ್ಯಮಗಳು ಸರಿಯಾಗಿ ನಿರ್ವಹಿಸುತ್ತಿದೆಯೇ? ಇಲ್ಲದೆ ತಪ್ಪು ದಾರಿಯನ್ನು ತೋರಿಸುತ್ತಿದೆಯೇ? ಈ ಪ್ರಶ್ನೆಗಳಿಗೆ ಉತ್ತರವನ್ನು ಹುಡುಕಿಕೊಂಡು ಹೋದರೆ, ಒಂದು ಕಡೆ ಜ್ಞಾನವನ್ನು ಮಿತಿಗಿಲ್ಲದೆ ಸಂಪಾದಿಸುತ್ತಿರುವ ಆಧುನಿಕ ಮಾನವ, ಇನ್ನೊಂದು ಕಡೆ ಅವನಲ್ಲಿ ಭಾವ ಶೂನ್ಯತೆಗಳು ಹುಟ್ಟಿಕೊಳ್ಳುತ್ತಿರುವುದು ಕಾರಣವಲ್ಲವೇ? ಯುವಜನತೆಯನ್ನು ಮುಟ್ಟಿಯೊಳಗಾಡಿಸುತ್ತಿರುವ ಟಿಕೆಟಾಕ್, ಟ್ರಿಪ್ಪರ್, ಫೇಸ್‌ಬುಕ್, ಇತ್ಯಾದಿ ಟ್ಯಾಪ್‌ಗಳು ಅವರನ್ನು ಕುರುಡಾಗಿಸುತ್ತಿದೆ. ಪೂರ್ವ ದಿಕ್ಕಿನಲ್ಲಿ ಉದಯಿಸುವ ಸೂರ್ಯ ಇನ್ನೆಲ್ಲೋ ಉದಯಿಸಿತ್ತೆಂದರು ಸಂಬುವ ಪೀಳಿಗೆ ಇಂದಿನದ್ದು. ಬಿಳಿಯ ಹೊದಿಕೆಯನ್ನು ಧರಿಸಿ ಮಲಗಿದರು ಚೆರಂಡಿ ಸುವಾಸನೆಯನ್ನು ಬೀರುವುದಿಲ್ಲ, ಕಪ್ಪು ಕಾಗೆ ಬಿಳಿಯಾಗುವುದಿಲ್ಲ ಅದನ್ನು ತಿಳಿದು ಬದುಕೋಣ. ಮಾನವನಿಗೆ ಮಾನವನತರುತ್ತಿರುವ ಈ ದುರಂತ ನಿವಾರಿಸುವ ನಂದರ್ಬಾ ಬಂದಿದೆ. ಮಾದ್ಯಮಗಳು ಅವರ ಜವಾಬ್ದಾರಿ ಸಮಾಜದ ಬೆಳವಣಿಗೆಯೇ ಆಗಿದೆ ಎಂದು ತಿಳಿದು ವರ್ತಿಸಬೇಕು. ಹಾಗಾಗುವುದಾದರೆ ನಿರಂತರ ಸುದ್ದಿಗಾಗಿ ನೋಡಲು ಮಾನವನು ಸದಾ ತಯಾರಿಸುತ್ತಾನೆ.

Jinu John
II PCMB 'A'





Saving water is a very important need at this point of time for mankind. The droughts, less water facilities are raging India and we are facing these problems. Therefore one needs to conserve water for tomorrow. Rain water harvesting is one such method. It is the collection and storage of rainwater into natural resources, or tanks. This method is very beneficial as it helps to conserve the water which is considered as not usable. Rooftop harvesting is another method which is very beneficial. Many activists, NGO's urge the citizens of India to adopt this method and develop their thinking about water conservation.

Rishita Picardo
II PCMB 'C'



WENCITA DIAS - MISS TEEN KARNATAKA 2019



"A Dream doesn't become reality through magic, it takes sweat, determination and hard work". I am WENCITA DIAS, studying in 1st PUC, PCMB 'C' batch. I had a dream to be an actor and a model. I used to love competing in beauty pageant competition from childhood itself. In the year 2013 I had participated in a "MISSY MANGALORE" beauty pageant competition and that was my first step towards my dream, I won the title of "MISSY MANGALORE" and through that platform, I gained confidence and believed in myself that I could do more. With that spirit and passion I recently participated in a "MISS TEEN KARNATAKA" beauty pageant competition 2019. More than 100 participants were selected in the audition done earlier all over KARNATAKA. I was slightly tensed whether I would be selected, and I could feel butterflies in my stomach.

After few days I got a call saying that I was selected for finale, I was flying in the air. I was so excited but almost immediately, I knew that this competition was very different than the ones I'd done before and it was not at all going to be easy. They called all the girls who were selected before two days for the grand finale. There were many rounds such as talent round etc. I was very excited and we had to undergo a lot of training. Finally the day arrived for which I had been working hard. There were 3 sequences. First was the introduction round. I was nervous but it went on well. Second round was good, but the 3rd round was the question round and not only me all my fellow mates were nervous. Finally my turn came, they asked me "WHAT MAKES YOU DIFFERENT FROM OTHER CONTESTANTS". I answered that question elegantly and confidently. At last the crowning moment came. The most awaited moment. I won the subtitle as "MISS MANGALORE". I was tremendously happy. Before announcing who the winner was, they showed the "MISS TEEN KARNATAKA CROWN" and I fell in love with that crown. But when they announced that I was the winner I was extremely confused, there was a mixture of feelings and emotions in me that I can't even explain properly.

My mom was very happy. I came down from the ramp and I crowned my mom's head. And that time there were tears of happiness in my mom's eyes and I felt proud of myself. Now that I am selected for the International beauty pageant I really want to make my INDIA proud and I will tremendously work hard for this. I am and always will be grateful for the love and support given by St Agnes Institutions.

Motivation is a source which stimulates people to actions or to accomplish their goals. Motivation comes to a person through inspiration from someone or something. My source of inspiration which has given me the motivation to do something great has come through my experience at TED X SCEM which was held at Sahyadri College of Engineering and Management (SCEM), Adyar, Mangaluru. I was indeed privileged to attend this event and listen to the experiences of many great personalities who spoke that day. Here are some of the inspiring quotes of the personalities who spoke during the event.

“Embrace your failures and follow your passion not your fascination” said Mr Siddharth Rajhans, a Harvard Educated first generation entrepreneur who is currently a Principal Policy officer working on the sustainable development goals format of the United Nations. “Strength is not about how you deal with things before you’re broken but how you deal with things after you’re broken” said Ms Dhanya Ravi, born with brittle bone disease and has suffered over 300 fractures since birth. Considered as the ‘Glass Woman’, she advocates genetic and early diagnosis of rare diseases through public talks.

“A soldier is not a person who joins the army for two square meal a day or a person who gets paid to die. A soldier is a person who lives each day, smiling at the face of death” said Brigadier I N Rai who took part in the historic 1971 Indo-Pak war. He commanded the Mountain Brigade in East Sikkim. “Do what makes you happy and not what the society wants you to do”, said Ms. Karishma Arora, the All India CBSE Humanities Topper (2018-2019) who concluded her speech with a mind-blowing Kathak dance performance. She also encouraged students to dance during their free time as “Dance is the shortcut to happiness and an escape through terrible situations.” “Creativity and curiosity will take you to a great place in no time”, said Swastik Padma, a 17 year old boy who has a minor planet named after him. He has developed a paper slip that can detect oral cancer much in advance. He has achieved distinction in the International Level Science and Engineering fair, 2018 and has received the National Child Award from the President. “Emotions are temporary but the consequences that happen due to those emotions are permanent”, said Mr Ankith Kumar, a behavioural Scientist, Psycho-social Counsellor, Life skills coach and Personality Development Trainer. He also gave message that “One must create one’s own happiness rather than depending on others.” Having been enriched with such words of inspiration, I now thoroughly believe that being blessed with a life more fortunate than others, one must always consider oneself more capable than one knows. One must definitely catch hold of the opportunities that come one’s way and make a good use of them. Life can never be easy. It is only with sheer hard work and dedication that a person can achieve great heights!

Sharon Menezes
I PCMC



HIGHEST SCORER IN I UNIT TEST

Achieving anything in life requires devotion, dedication and determination – the Three D’s, along with a clear strategy I wish to share with you my success story. I keep in mind some important things while I plan my studies. Firstly, we need to realize that there is no such ideal timetable that works for all but a different timetable for each one of us. Therefore we should plan how we can give time for all the subjects in a way convenient to us. I study subjects like Physics and Chemistry on the days when I feel fresh and ready to take in stuffs. Each one of us has favourite subject or a subject which we understand easily, so these can be read on the days when you feel tired of reading other subjects, it can really help to refresh and relax down. In my case its Maths and Biology. The languages can be kept on other days to lessen our mind’s load. These can change according to your convenience. It is not required that you complete one-two lessons each day, but you can read little by little each day. I like reading little by little, like reading a bit of Physics, then maths and so on. Don’t keep a specific timetable for all the days, keep changing them. Physics and Chemistry have to be learnt by writing and practising. It is important to understand them than were memorization. A million dollar tip is to revise the things done on the previous day which helps us to keep it embedded in our memory. Last but not least, never neglect test and revisions done in the classed because that is the mirror to know how far you have understood the subject. It also helps us a lot during mid term and final exam. Besides all these, short breaks, watching some entertaining programmes, listening to music, playing a sport are equally important as they help our brain recharge and update itself. If you are self-determined then it is not at all necessary for others to constantly instruct you. Success in life depends upon a small percentage of luck and major percentage of hard work. So all these strategies work only when you give your best as there is no other substitute for hardwork.

Nidhi Shenoy
II PCMB ‘C’



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has resulted in your success.

Congratulations and

Best wishes for the future.

