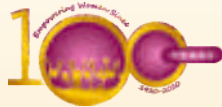




AGNOBEAT

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PRINCIPAL'S MESSAGE



Sr Norine DSouza A.C.
Principal

Dear friends,

Education is a shared commitment between dedicated teachers, motivated students and enthusiastic parents with high expectations. Today the role of an educational institution is not only to pursue the academic excellence but also to motivate and empower the students to be lifelong learners, critical thinkers and productive members of an ever-changing global society. At SAPUC efforts are made to convert every individual into a self-reliant and independent citizen, by providing an amalgam of scholastic and co-scholastic activities. The need is felt to uplift the weak, win over the strong and challenge the gifted child. Value based education is stressed upon as it is essential at this time where children have lost the real sense and meaning of values. SAPUC believes in providing quality education for the holistic development of every student. Each child aspires to be happy, lively and creative in her own way, by displaying her innate talents with zest and enthusiasm. The glow and smile on every child entering the portals of St Agnes PU College reveals the encouragement and love she receives from the management, teachers and in one another's company. Even amidst pandemic the students put in tremendous efforts to excel in academics and show forth the desire to become better citizens. I am sure the positive attitude, hard work, sustained efforts and innovative ideas exhibited by our youngsters will surely stir the mind and elevate the heart of every reader and embrace the future with courage.

Every day is a new day; every dawn has a new sun rise. May each day of the year 2022 be filled with ray of hope. God bless us all.



YOGA

SURYA NAMASKAR

"The sun is a daily reminder that we too can rise again from the darkness, that we too can shine our own light"

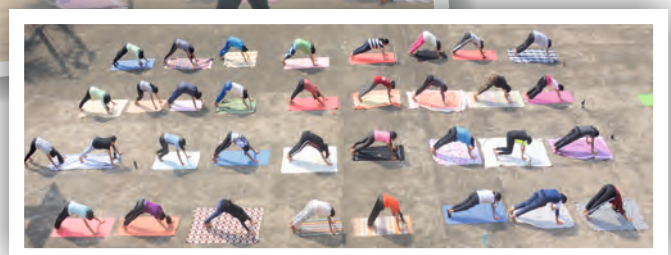
– S. Ajna

Surya Namaskar also known as sun salutation is a practice in yoga as exercise incorporating a flow sequence of twelve gracefully linked asanas. The sun is the provider of all life in many ways and represents God's grace and power. In everything we eat, drink and breathe, there is an element of the sun. Surya Namaskar is more than just the physical postures to the sun salutations. It is a monotonous prayer. It is an opportunity to bow down to all that brings life.

On the occasion of 'Azadi Ka Amrit Mahotsav', the Federation of India decided to run a project of 750 million surya namaskar in our country. Prior to this St Agnes PU College also conducted surya namaskar for students and became a part of this healthy celebration. Almost 60 students participated in this session. It was a bright sunny morning and I had been eagerly waiting for this session as I was familiar with the importance of surya namaskar due to our yoga classes in primary and high school. Though, some of us didn't know to perform these asanas, our lecturers guided and trained us to give our best. We performed 13 rounds of surya namaskar keeping a track of our breath at each step along with the mantras chanted by our instructor. It helped me to increase my power of concentration. Though it seemed tedious, it actually activated and boosted me throughout my day. All the students including me were very much enlightened after the session as we felt a sense of oneness among us. I was fully exhausted as I was not used to do it. But leaving that all aside I enjoyed performing these asanas that calmed my body. I personally felt surya namaskar should be a part of our life. It should be practiced daily or at least once a week to keep our body and mind healthy. This exercise ensures a better functioning of digestive system, helps in losing weight and improves blood circulation. It strengthens our back as well as our muscles and brings down the blood sugar level in our body. I would like to thank our college for conducting this enriching session.



Rishal Dsouza
II PCMC





Self Defence

Sakshi Nayak Y
II BSBA

“Self-defense is not only our right; it is our duty” is a quote said by Ronald Reagan. Self-defense is the method by which one can protect oneself from the threats. Self-defense is a tool for all ages and gender. For children mainly, it ensures discipline and helps them gain confidence. It also improves our focus and concentration. Whenever we confront a dangerous situation, fear takes over our body due to which we will not be able to move. But with the skills of self-defense and the confidence we gain from it helps us to face the situation. Similarly, focus and concentration help us to detect the moves of our opponents and also help us to think calmly without panicking. These advantages don't only help during difficult situations but also help us to be a better person in life. The self-defense programme conducted in our St Agnes PU College was a very instructive and educational course for the students. It gave us the confidence to face the threats which might oppose our life. Similarly, it also made us disciplined. Discipline is a very important attribute that is required at every phase of our life. We focused on improving our core strength by which our concentration and balance have improved. The training not only gave us physical strength but also provided mental strength. The results of our training could be seen in the demonstration held. Everyone was surprised by the skills and techniques learned. But no one could be more proud than our parents who came to attend the demonstration. We felt ecstatic by the response from the audience. Personally, I felt very confident after learning various techniques. I felt like I could take care of and protect myself. I benefitted a lot from the course. We were not only taught about methods but also lessons about safety. The exercises made me physically and mentally happy. I believe that the lessons taught during the classes will be very helpful in my life.

Self-defense is a lifestyle. Always prepared. Always protected. We must be ready to face all the threats and difficulties that may harm our life. It is our responsibility to keep ourselves safe.



Christmas



"Keep your face always toward the sunshine, and shadows will fall behind you."

This is an apt quotation, after a long isolation, and depressing time because of the pandemic Covid and Lockdown. Indeed each of our emotions were disrupted. We were less happy and aroused, and more fearful, anxious and angry.

Of course, Covid and Lockdown restricted our movements, but it couldn't curb our enthusiasm and creativity when we returned to regular classes in college. We were all happy to see new College, new atmosphere, new classmates and new Teachers. Along with our studies many events were celebrated. Christmas Celebrations too was one of them and the event which I enjoyed the most. I would like to share this wonderful experience.

"Christmas will always be as long as we stand Heart to Heart and Hand in Hand"

Christmas to me is a celebration which includes spending time with my family, friends and loved ones. This year on 23rd December our college had organised the Christmas celebration. I was waiting to watch it eagerly. I had helped some of my friends in make-up and in dressing them up for their respective characters. Many times I had to run up and down to help them get necessary things they needed. But I enjoyed every bit of it.

The entire auditorium was beautifully decorated with posters pictures and drawings. It was jam packed and was so noisy, noise of enthusiasm. All the students and faculty members were very excited and I felt they too must be waiting to begin the celebration, as I did.

All of a sudden there was pindrop silence....

The Chief Guest of the day Dr. Theresa Leonilda Mendonca, entered the Auditorium. She was an impressive personality. Later when Viya Sequiera introduced the guest I came to know that she's the Vice Principal at Laxmi Memorial College of Nursing.

Valentina Fernandes was the host. And she was so excellent and fluent. The program started with a prayer dance to invoke God's blessings. To explain the meaning of Christmas a small dance drama was enacted. As the whole gathering was in Christmas mood, enjoyed every bit of it. Next item had 'me' in it. We were supposed to sing Christmas carols in various languages. I usually enjoy singing. Hence I was waiting for our item.

I along with some of my classmates sang with all excitement. I felt everyone liked it. I enjoyed the most. To bring up the Christmas cheer a there was a dance, Dance Drama and carols singing. The whole Auditorium was involved in the celebration. The Chief Guest, addressed the gathering and explained the significance of Christmas. She ended it with a beautiful quote "we can brighten the world and spread Joy by empathizing with others and lending a helping hand."

Roshni Nair expressed her gratitude to everyone gathered there and thanked everyone for their wonderful contribution for the program. Everyone looked so happy and cheerful. I just felt the true spirit of Christmas lies in our hearts.

I was asked to train some of my classmates to sing Christmas Carols in various languages, on 20th of Dec. Though I could sing well, I was bit nervous.. as I didn't know Christmas Carols in other languages except in English and Malayalam. Moreover I wasn't sure of the lyrics of the Carols I knew. First of all, to learn.... and then to teach my friends.... was truly, a Herculean task for me. Above all, there was no much time left. Just 4 days before us.

But I decided to work on it and prepare well as Christmas is my favourite festival and I wanted to make it interesting, different and successful.

I surfed the internet for choice of languages, choice of Carols as well as lyrics. Went through some videos and audios for tunes and rhythm. Approached my Church Choir Master to help me out in this and he willingly did.

We then started practising. We had fights, arguments, discussions, regarding the music selection, the vocal techniques (breath support, intonation, articulation) costume/dresses/outfit to be worn, use of stage and on many other aspects related to this event.

We laughed at each other's mistakes, while singing. We had to wait after class, to practice, and some of us grumbled although some of us without grumbling stayed back and tried to practise well in the time available.

Ultimately, the day assigned 23rd Dec came. We were excited and at the same time were nervous too, as there was no sufficient time for practice the Carols. We decided to give our best, AND WE DID. We were applauded and appreciated for our efforts. We could hear loud cheers. We were all so happy at the end. This was amazing and unforgettable experience.

And on the same day, while returning home after the celebrations, I happened to see a handicap beggar begging. Felt sorry for him. I just gave whatever snacks and kuswar distributed to us and shared some of my pocket money to one of my neighbours, who had no money to celebrate Christmas. Felt so good.

I felt I added more meaning, in my capacity, to the Festival Christmas and its celebrations



Diya Thampi
I PCMB



NEW YEAR



2022

Here comes the new year, and with it new hopes and aspirations. The New Year symbolises a fresh start and constantly teaches us to keep moving forward. Every new year carries with it an air of jubilation and enthusiasm. New year is a time where everybody thinks of treasuring the cheerful spirit of the moment.

Glancing at some instances of the past, we get introduced to the fact that new year originated in ancient Babylon 4000 years ago, in the year 2000 BC. The Babylonians celebrated the New Year with an 11 day celebration called Akitu which included a different rite on each of the days. The festival commemorated the fabled victory of the sky deity Maeduk over sea goddess Tiamat.

New year's celebrations in many countries begin on December 31(called the New Year's Eve) and lasts until the early hours of January 1. The onset of a new year is believed to be an excellent time to make positive changes. A person makes a pledge to modify an undesired habit or behaviour, or set a personal goal. We tend to look forward to reflecting on the passing time, embracing possibilities and attempting to improve our life as a result of them.

Habitually, New year is celebrated with utmost amusement and delight. People celebrate it with dance and music, share sweets, have meets and enjoy tours with family and friends. However this year turned it to be something unexpected as it seemed to restrict our "Gala" time. There were no gatherings permitted due to Covid 19 pandemic. Many New Year celebrations were cancelled and scaled back due to the highly transmissible omicron variant. Night clubs across the country were closed. Restrictions were imposed to curb people's idea of going to restaurants, hotels, beaches and bars amid this surge.

This New Year would have definitely commenced with the prayers of many people for their beloved ones and to this world as the previous year brought deep sorrows and unexpected number of deaths. Longing for this world to retain its normal state, I believe that this new year would be a new season back with its aura of contentment, happiness and togetherness. Let's all abide by the Covid guidelines, protect our own selves and take immense responsibility to make this world a better place to live in.

Bhoomika Vaishali Narayan
I PCMB



A NEW YEAR

A NEW VISION

Everyone been busy welcoming the New Year with open arms. It has been a hectic few years after all. With pandemic it started at the end of the year 2019, but was officially declared a global pandemic by WHO (World Health Organization) in 2020. The public is all aware of it the spread of Covid -19. It was initially brushed aside as another epidemic like the influenza virus but extensive spread gave rise to the severity of the situation.

People have been looking forward to the end of this ill-forted year and have been hoping to turn a new page in the calendar. But the circumstances do not seem to be allowing this especially with the arrival of various variants such as Delta, Omicron, Fluron, IHU etc. The introduction of numerous waves makes it seem like a normal year is but a fleeting dream. Some individuals have been enlightened, while others are still stuck in a psychological box. They do not realize that the spread of the nosel-corous virus has educated us on our level of hygiene and sanitization. People never bothered to think about basic things such as washing hands etc. Although Covid-19 has shown many pros and cons. i.e. presenting social gatherings, resulting in sickness and in severe cases death, unemployment so on and so forth; it has also proved to be beneficial to society while opening our eyes to the wonders of technology, realizing our faults that if humans had never set foot In the habitat of animals it would not have reached this height. The escalation of Covid -19 has helped us notice many things that should be changed in our surroundings; from hygiene to environment issues. The acceptance of this enlightenment may give rise to change or change that may be favorable to future generations. With this new year of 2022, people are expectant of normalcy to prevail and that there will be alternatives that would help prevent such a state from recurring ever again.

Covid -19 currently has no cure. There is only a vaccine which can help reduce the severity of the symptoms and is only available to certain age groups. Such conditions have also pushed the global medical research to its farthest point in enhancing their medical facilities to their utmost capabilities. This New Year might bring about a new vision for the year to come.

Samantha Vas
I CEBA





Cleanliness Drive

“Adopting healthy practices does not just benefit individuals but society as well.”

With regard to this my college organized a cleanliness drive on December 2nd at 3 pm. Ten members from each class were chosen to be a part of it, and I felt privileged to be one among them. The main objective of the programme was to spread awareness about the importance of cleanliness and hygiene. The teachers instructed us to perform various duties. The programme began by cleaning the corners of the playground and picking up the litter near the cafeteria. With great enthusiasm my friends participated in this drive and all the waste was disposed properly in the dustbin.

This way my college took a small step towards a big goal. It was a great experience and our small contribution can lead to a great change in our society as well as our environment.

Sweedal Gonsalves

II PCMB



Workshop on Self Transformation and Academic Skills

“Embrace each challenge in your life as an opportunity for self-transformation.”

— Bernie Siegel

**Seminar on Self Transformation and Academic Skills
from the post-covid 19 perspective was conducted by Sister
Doris A.C , Former Principal Patna Women's College .**

Sister Doris spoke on length about The Personal Transformation -that provide individuals with that set of knowledge and skills to navigate life and also ways and means to manifest loyalty to the Institution. Some of the modules covered in this workshop are:

1. Understanding Spirituality and Universal Laws
2. Understanding our Mind
3. Unique individuality
4. Unique society
5. Unique transcendence
6. Human personhood -nature

The Resource Person shared her personal experiences to give excellent coverage to the above content. There was time for questions and answers and clarifications which expressed the lively spirit and the participation of the faculty . On the whole the workshop provided a safe and conducive space for self exploration, self discovery and self actualization.

My Experience

Education is the most powerful weapon which can be used to change the world. Education is the foundation for a better future. Education brings confidence, confidence brings hope and hope brings peace. I was delighted when I was announced as the topper of the science stream in the mid-term exams. I felt my hard work paid off. My mantra in life is 'Work hard and dream big.' Life is full of changes and challenges. So there is no escape from stress. Some amount of stress can be helpful. For example, pre examination stress drives you to study hard and do well in exams. But too much stress can be damaging. Excess stress is a silent killer. It is hazardous for both our physical as well as mental well-being. That's why it's important to learn effective stress management. Stress acts as an accelerator, it either pushes us forward or backward but we need to choose the direction. It is said that if you can't manage stress, then you can't manage success. It is very important to manage stress during our studies. We should take breaks in between our study hours so that our mind gets relaxed and we can focus better on our studies. I always take breaks and during breaks, we can go for a walk or listen to good music. It will definitely help us to release our stress. I would like to share some of my tips to score good marks. Firstly, choose a silent room equipped with all the necessary things for studies. Secondly, while studying always understand and memorise the concepts. Memorising without understanding is of no use. Lastly, use highlighters to underline all the important points and remember all the key words. Following these tips and studying day to day will surely help in getting good marks.



I would like to conclude that by dedication, perseverance and hard work I will strive hard to reach greater heights.

SWATHI N PAI
II PCMB

“There are no secrets to success. It is the result of preparation, hard work and learning from failure.”

Since the very beginning, I had a strong desire to always do well in my studies and to the best of my abilities. From then on it has always been a part of my journey. Persistence, hard work and confidence are the keys to the sound of excellence and I have tried my best to keep all these in line along with my interest and participation in dance.

- Colin Powell

My mom had once told me “Do your best and God will do the rest.” This has been stuck in my mind ever since my childhood and it's my go-to before every single exam. So my mom has played an integral role in my achievements and most of all I am grateful to God for keeping the radiance of positivity and hope within me throughout.



SONAL CRASTA
II BEBA

I always did my best and let God do the rest. It was so unexpected that I topped the commerce stream and my happiness knew no bounds. I was elated and so were my parents. The best feeling was to see them be so proud of me. I thank my lecturers who have been very supportive, helpful and kind always. Their encouragement and guidance motivated me to do better every day.

With immense gratitude I thank Almighty God for guiding me and being there with me at every step of my life. It was my dream to pursue my P.U education at St Agnes PU college and I feel blessed and proud to be a part of the Agnesian family.

When my journey of education at St Agnes started with online classes, it was stressful because it made me procrastinate my work till the last minute. But later with the continuation of offline classes, physical presence in the class made me concentrate more on my studies and with extremely encouraging and supportive lecturers of my college it was possible to score good marks.

One of the most important aspects is to have a positive attitude towards the subject . A student must fix a goal and strive hard to achieve it. Staying focused on our goal is very important. Self-help is the key here. No one else is going to stop you from doing what you want , but you're the one who will face the consequences if you fail to meet your targets. A student must remember that she is at the college for a reason, and if that reason is lost nothing else will fit well in the equation. Effective time management is the game-changer. Everyone has same 24 hours a day , the key is to allocate appropriate time to your activities based on their importance which can also decrease the stress in long run.

"जो मैंने हासिल किया है वह सागर की एक छोटी सी बूँद है , ज्ञान का सागर बहुत बड़ा है जिसे मुझे पार करना है"

- with this inspirational thought and blessings of my Lord Saviour , St.Agnes, Our Patroness, our beloved Principal, Vice-Principal , teaching and non-teaching staff , I hope to perform better than this in my final exams .



VINISHA LENITA SEQUEIRA
II HEPP

Vaccination

Drive

In the view of Covid-19 pandemic the management of St Agnes PU College had organised a vaccination drive for the students of age 15 and above. In order to resume offline classes in colleges and higher educational institutions, the Karnataka government aims to administer the Covid vaccination to all college – going students and teachers to keep them protected from corona virus. As corona virus caused a lot of confusion and fear amongst people, it is natural that people were not aware of how the vaccine works. To begin with, a vaccine will work by mimicking an infectious agent. The agent can be viruses, bacteria or any other micro-organisms. They carry the potential of causing disease. When it mimics, our immune system learns how to respond against it rapidly and efficiently fight against it before it gets the chance to harm us or make us ill. COVID-19 vaccination is now offering a way to transition out of this phase of the pandemic. Without them, many scientists believe that natural immunity would not have been sufficient to restore society to its normal status quo and that it would have resulted in extreme fatality. One of the most important characteristics of herd immunity is that it not only protects individuals who are not vaccinated for whatever reason. On January 7th, 2022 St Agnes PU College had conducted Covid -19 vaccination for the college students in the college conference hall. The first dose administered was COVAXIN free of cost. The drive started at 10 am, in the presence of the principal Sr Norine Dsouza, and the medical staff and volunteers. We thank them for their efforts in immunizing the students against COVID - 19.



Alice Lobo
II CSBA



I PUC SCIENCE TOPPER

My academic journey at I PUC begun on a positive note, having secured good marks in both the exams conducted this year. Although I never had the goal of becoming a topper, I feel the interest I've always had in science and the academic atmosphere in the college has boosted my performance. I don't believe in burning the mid-night oil and losing sleep, just to perform well, I instead believe in paying attention in class and revising what I have learnt on a daily basis. I allocate my available time among my various subjects. Focussing on those which need extra attention. I also devote a certain amount of time for my interests. Although I'm not very active on social media, I make time for Netflix occasionally. So a balanced approach has helped me perform well and I'm sure others can benefit from this too.



Vandan Joan Rasquinha
I PCMB

I PUC ARTS TOPPER



Samhita Prabhu
I HEPP

Organise the syllabus on a sheet of paper and stick it on your study space just to have a general idea of the portion, always concentrate in class; more than half the revision happens in the class. Explain the concept to others helps to recollect the points. Check your performance in your previous exam and see where you went wrong, try not to repeat the mistake. Write all your points in a paper so that you can have a quick revision. Feeling guilty for the time lost is important, it forces you to study with the time you've got, last minute study is never advisable, prioritize the syllabus and focus on frequently asked questions by going through previous year papers or ask your friends. Let your family know that

you have exams so that you can have a peaceful and silent environment while studying, long study hours might not be easy for everyone, so keep small tasks or concepts to study and take a break of 5-10 mins. The sense of achievement after every cycle helps you to study more.

I PUC COMMERCE TOPPER

“Consistency is more important than perfection” my journey of being a topper was not an easy one though.

We all have dreams, but in order to make our dreams possible, it takes a lot of determination, dedication, self-discipline and effort.

Being a TOPPER is not an impossible task, the thing is, people have fixed their mind-set that 'being a topper is not in my hands', well I will tell you how to be a Topper. When we sit to study, we first make sure that the atmosphere is calm and appropriate. Preparing a time table and managing time is one of the best ways to study efficiently. Also starting early with exam preparations will help us in revising thoroughly, so I suggest you not to leave anything while studying and also avoid studying at the last moment. When the time table is sent to us, make sure to see how many days we have for each subject so that we can divide the days and time proportionately. Make sure that phone is on a silent mode which will not distract while studying. It's actually hard to study for long hours so ensure that you study at regular intervals with breaks. We all have a habit of eating less during exams. I suggest you not to do that. During exams we will need a lot of energy for our body to cope up with the exam stress. Therefore it is very important to take care of ourselves by drinking plenty of water, eating meals on time, eating healthy food, fruits, nuts etc.

If necessary take a short nap during study hours just to relax mind and body. After continuously putting our brain at work, our brain will be tired and therefore POWER NAPS is the best choice and also bear in mind that a 'Power Nap' should not exceed 45 mins. Studies early in the morning from 5 am to 7 am is the best time because our brain will be fresh and very alert during, so it is better to study the difficult and important topics. Hence I would suggest not to do long night study because it tends to disturb our sleep cycle and might affect our body physically and mentally.

Also I make it a point to revise the topics taught in class and complete the homework given on that day, I also highlight main points and revise constantly. It's not that I continuously study after I reach home. I also read novels, play badminton and practice bharatanatyam and also listen to music.

The very important thing I would like to conclude is that 'Failure is not the opposite of success, but it is a PART of success. Even I have faced failures, but now I'm the topper because of my failures as they are the stepping stones of success. Also make sure that, you love what you do, it can be studies too, if you love the subject then scoring is not a problem. But always have a goal in mind and work hard In silence, to let success make the noise!!



Sanjana Ravish

I BEBA

KARATE *Championship*



I, Dhrithi M would like to share my wonderful experience of 5th International Karate Championship held on 8th & 9th Jan 2022, at Vishakapatnam, A.P. This championship was a challenge to myself and was also answerable to all my haters. This opportunity was given by my coach and chief instructor. My journey began from Mangalore International Airport to Vizag International Airport with connecting flights. As I reached Vizag, I entered a quality resto and had a meal and then I went for an outing. I was amazed seeing the beauty of the place. The next day, on 8th Jan 2022 I met different people from different cultures and with different languages. I was exposed to something which was not usual, which in turn made my day great. At last the day which I was dreaming of arrived. I was pretty scared when I saw my competitors but then I was confident about myself. This is the reason which made me win my dreams with a gold medal in Kumite and bronze in Kata. This wouldn't be possible without the blessings and wishes of my dear ones. Due to the cancellation of afternoon flight, I had to take morning flight and return to Mangalore. Without any opportunity for shopping I thank everyone for being a part of my journey.



Dhrithi M
II SEBA

Karate is a life changing experience.

Karate is one of the most well-known martial arts. It is a weaponless means of self defense. It consists of dynamic offensive and defensive techniques using all parts of the body to their maximum advantage. I've been getting training in Karate for over 11 years now and I'm a Black Belt IInd Dan. I would like to share my experience regarding the International Karate tournament that was held in Vishakapatnam, Andhra Pradesh.

It was the 5th International Karate tournament where nearly 1000 participants from 14 countries Sri Lanka, Nepal, Japan, Iran, UAE, China, Singapore, Saudi Arabia, Bhutan, Malaysia, Bangladesh, Maldives, South Africa and England participated

Since it was a new place getting ready for the competition was tedious and I was nervous too. As I stepped onto the match, I looked around in an attempt to gain confidence from the support of my family and friends and thankfully they were all there for me. Walking to the centre of the mat, facing my opponent and I followed my tradition, to bow at the referees and each other. It was then time for the match, a Kata event. The loud cheers of my supporters encouraged me. The match was over and I was the acclaimed as a winner. That was my first victory in the International Karate Competition where I won 2nd place in the Karate Competition under the age groups 17/18 years.



Bhuvi G S
II CSBA

That day I learnt a valuable lesson despite all odds anything is possible. I thought it was impossible looking at the opponents of different countries and I consider that was a moment, a milestone in my life. It taught me very important life lessons that I should carry with me for the rest of my life. Finally I enjoyed my Karate Journey and I am glad that it helped me to shape the person that I am today.

Sports Day



There is a great significance to sports and games in life, it teaches important lessons for the future that will probably end up being few if the most essential keys for overcoming obstacles. Sports teaches you team work, enhances your leadership qualities, teaches discipline and it also helps with development of strong mental and physical health.

To cherish that crucial aspect of life the students and the faculty members of St Agnes PU College put their hands together on 13th January to celebrate sports day. The college grounds were crowded, bustling with energy giving a panoramic view of the field.

The students were anxious and excited and were waiting for the games to start. Sensing the Adrenalin coursing through the atmosphere one might have thought it was the Hunger games. The sportsmanship, joy, positivity and energy that had spread all over our college made the day even more stunning than it already was. The day began with greeting the guest of honour continued by a formal, neat and ceremonial march past by our troops.

After the beautiful practiced formal events were performed elegantly, we began our cultural sports meet of 2021-2022. Sadly due to the pandemic, not a lot of track events were held, but that did not stop our students from bringing life and energy to the grounds. Events from bringing such as Relay, Tug of War, Housie-Housie and Treasure Hunt, enthused us. The students performed vigorously in each these events giving the audience a bundle of an entertainment. Every student put in equal amount of efforts in making the day successful. Everything was planned systematically from the food items for sale to the music bursting through the crowd. There was joy and energy everywhere.

At the end, to bid good-bye to such a wonderful day a valedictory ceremony was held. After announcing the winners of the events, we bid farewell to the day that created memories for us. From the lighting of the ceremonial torch to the valedictory ceremony the whole day was a joyful one.



Rhea Madan
I SEBA

Republic Day



Republic Day is a national festival and is celebrated on 26th Jan every year. This day is declared as national holiday, but mind you it is not holiday it is a national festival. People celebrate it with a lot of zeal and happiness. The President of India raises the National Flag at Rajpath -New Delhi. The event also honours the martyrs. It is followed by a 21-gun salute and national anthem. Awards are presented to brave soldiers in form of Paramvir Chakra, Ahok Chakra and Vir Chakra also to every children and adult citizen who have displayed courage for the country.

This is followed by India's display of its military power. March-past by the armed forces, police and the National Cadet Corps also take place with the President of India receiving the salute from diff regiments. The parade comes to an end when the Indian Air Force, fighter jets fly past Janpath. Millions of people wish to see the parade therefore Line webcast is made accessible for the citizens. All important government buildings are beautifully adorned. The Beating Retreat ceremony is conducted in the evening of Jan 29, the 3rd day after republic day. The drummers also give a solo performance (Drummers call). The bands march back playing Saare Jahan se achcha at exactly 6 pm.

When I recall all the celebrations of this auspicious day just before Covid hit us, I recall all those memories of school when the dancers which included me performed on this day. It would start with practices of days before this big day. First in the morning we used to watch the Principal if our school hoist the flag, followed by saluting it and our national anthem being sung. Our graceful dances followed then and other acts performed as we made sure that the solid, strict principal sir would get emotional too. A few days before Republic Day programme we would have essay writing competition and the winners of these would read the essays aloud to the school. As kids we used to get bored and tired of these speechless and essays but as we grew we understood and learnt from them.

When we came to college we were affected by the social pandemic and a lot of tire events and programmes that are usually celebrated were cancelled. My joy and pride had no bounds when I realized that republic day would be celebrated in the college even though these harsh times. I was taken aback by the energetic march of the NCC Cadets which was followed by the hoisting of the national flag by our chief guest. We then had the flag salute and some of our seniors lead us in tune with the national anthem. We ended the programme with laddoo's, it indeed was patriotic.



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