



Agnobeat E-Monthly Magazine



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Editors: Sr Sannidhi, Mrs Preema Pereira & Mr Kiran R

PRINCIPAL'S MESSAGE



Dear readers,

Change is the basic law of nature .but the changes wrought by the passage of time affects individuals and institutions. Needless to say the pandemic has transformed the centuries old chalk – talk teaching model to one driven by technology. Mode of conducting examinations and declaring results has taken new form. Overall development of the child is restricted to four walls of the house .yet our students are always positive in their outlook. Their yearning to gain knowledge is tremendous. Excellent is their performance in every field be it

in dance, sing-song, writing skill, Art and so on. At SAPUC fitness class keeps them active and attentive in their wholesome growth. Students are trained to come up with great ideas to uplift the needy and the marginalized .our talented past and present students draw inspiration from their Mentors, Parents and Alma mater and Patron St Agnes in order to become true seekers of Kingdom values that enable them to be proficient in their pursuit of achieving set goals

Our staff and students are ever creative and innovative and original in exhibiting their talents. It is always easy to imitate others but difficult to be self-reliant. Never follow others footsteps ,free yourself after all you are independent .As we celebrate 74th Independence Day let us have it in mind no nation is perfect and it can only be made perfect by you and me . Happy Independence Day Proud to be citizen!

SCIENCE TOPPERS

“Develop an attitude of gratitude and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.”

At the outset, I would like to thank the Almighty for showering His abundant blessings on me for always being there for me and above all for guiding me with His wisdom in everything I had ventured so far in life. It has truly been a blessing to have studied at St. Agnes PU College and this brief but unforgettable journey has taught me numerous life lessons. I owe a huge debt of gratitude to my parents and family for their unwavering support and for all that they have done for me. I am grateful to my Principal - Sr. Norine, Vice-Principal - Sr. Janet and all my amazing lecturers for not only having taught us with passion but also for being so approachable and supportive whenever the need arose. Especially during the pandemic they took all the pain and did not hesitate to go the extra mile to make the online sessions exceptional. The infrastructure of the college and the facilities available in the campus are amongst the best. I could write volumes on my Alma Mater but I would like to summarise by stating that these two years at St. Agnes have enriched my life in many ways. I will forever be grateful for having got the opportunity to be a part of this prestigious institution.

I would like to conclude with the words of Collin Powell, "There are no secrets to success, it is the result of preparation, hard work and learning."



ALENE CLARESTA D'SOUZA
PCMB



LEANN MARIEL COELHO
PCMB

Time flies but memories last forever. It is hard to believe that my wonderful journey at St. Agnes PU College has come to an end. It seems like just yesterday when I joined St. Agnes PU College. It was an amazing journey filled with beautiful moments. The college, management and all the lecturers have played a very important role in my success. I thank God for always being there with me at every step of my life. My parents and my sister were of immense help. The Principal, Vice Principal with their motivating words have always inspired me to work with dedication. My lecturers were truly the best who always clarified all our doubts. They helped me progress in my studies while they gave me great advice. A healthy

environment both at home and school, time management and a positive mind set helped me to achieve this feat. I avoided last moment preparation as it invites stress because the syllabus is too large to cover. I had proper goals and deadlines for my studies. I tried to understand concepts rather than memorising answers. These study methods have helped me a lot. St. Agnes PU College gives equal importance to studies as well as extracurricular activities. A wide range of co-curricular activities are conducted through the various clubs and associations. These complement academics and help assimilate various skills and enhance overall personality. St. Agnes College is a place full of opportunities. Through the process of Pre University education provided by St. Agnes PU College I have progressed towards wholesome and integral development. I learnt to interact with people, learnt from my mistakes and all of that has helped in my overall development. Studying in St. Agnes PU College was a life changing experience. I will always be grateful for everything that this college has given me. I am proud to call myself an Agnesian and I will never forget "God is my strength now and for aye".

COMMERCE TOPPERS

"SUCCESS is not an accident. It is hard work, perseverance, learning, studying, sacrificing and most of all love for what you are doing or learning". This saying has become true in my life by taking the decision of joining St. Agnes PU College. St. Agnes has a long and victorious history, with peaceful environment along with equipped infrastructure and highly educated lecturers. The past few months were difficult for all of us due to the pandemic. As students we all had to face many challenges along with panics and confusions regarding our college life and exam. But I was able to overcome all these situations because our college had well



SHERLIN CORREA
BSBA

adapted to the changing environment. The experienced faculty was always friendly, cooperative and energetic as a role model to all of us. They developed a positive learning environment which helped me to stay away from stress and anxiety. The college motto "GOD IS OUR STRENGTH" has made us believe nothing is possible to achieve in life when we have light and strength from God. I am extremely grateful to my parents who let me study in this prestigious institution. They always supported and guided me in my decisions.

All these made it possible for me to top the college in commerce stream. Two years of PU life moved like lightning but the memories and values of life learnt will be carried forward. I will always be grateful to my Alma Mater St. Agnes PU College for bringing the best out of me. It's my privilege to be a part of the Agnesian family. I wish all the best to the institution for the future endeavours.



LAVANYA K
CSBA

We all have dreams. But in order to make dreams come true, it takes lot of determination, dedication, self-discipline and effort. I always dreamt of being a Topper and my aim was to be one among the toppers. I always used to miss it by one or two marks. I used to think, I was not lucky enough. It was my parents, my backbone-who made me realize that luck plays a minor role in success, whereas hard work is the only weapon which plays a major role in success.

It was the last year in the college, we had expected to enjoy having fun with friends and experiencing college life, but we ended up learning all the stuff

through online classes. I faced some problems regarding mobile network but somehow managed it. In the month of January, when offline classes started, I was extremely delighted to meet my teachers and friends. The lecturers of my college were extremely encouraging and supportive. They helped me to clear all my doubts. Along with studies, I and my friends enjoyed a lot of other things as well. We had different experience and learnt many new things. I could see that my parents were extremely proud when I told them that I had topped the commerce stream. That day was the happiest day in my life and it was a memory to be cherished. My parents always stood by me and have supported me.

I am thankful to all those who were with me and helped me in every situation. I am proud to be a part of this prestigious institution. Always remember one thing, 'A DREAM DOESN'T BECOME REALITY THROUGH MAGIC; IT TAKES SWEAT, DETERMINATION AND HARD WORK.

ARTS TOPPERS

“Consistency is what transforms average into excellence”

My journey in St Agnes PU College has been a great enhancement to my personal growth. I feel very proud to say that I got an opportunity to pursue my PU education in such a wonderful institution. When I entered the college as a student for the first time I was unsure of my future. But it didn't take me long to be a part of Agnesian family because of the constant support and guidance from the Principal and the faculty. I've learned a lot in these two years. My life was enriched with values. Being known for women empowerment, St Agnes PU College has motivated, guided and instilled confidence and courage in many young girls. Specifically, I was encouraged to recognise my potential and to believe in the fact that I am much more than what I think I am. I was provided with umpteen opportunities to exhibit my talents and abilities. Thus I can say that this college not only helps the students to excel in their studies but ensures their overall development.



SHAROL MELISSA
HEPP

Since the very beginning, I had a very strong desire to be one of the toppers of my class. Due to the pandemic, when the college started with the online classes it was a quite different experience, since all of us were so accustomed to offline classes. There was a bit of nervousness along with the excitement to learn new concepts with a new mode of learning. The lecturers have always strived to make the teaching more interactive, simple and easier. We could count on them whenever we had doubts. They've always taught us to learn from our mistakes. Constant revision of hard topics in the class helped me a lot to keep up with my grades. The group studies have also proved beneficial to me. Whenever I went wrong my lecturers corrected me and motivated me. Thus I owe my success to them because they've supported me throughout my studies. With the best infrastructure facilities St Agnes PU College is the best place to acquire knowledge and also to progress in all the areas of life. I feel a bit sad when I realize that I am no longer a part of this prestigious institution. I've had an incredible experience in these two years and I will always carry these beautiful memories with me all through my life. Lastly, I wish best of luck to all the students.



NISHKALA SHETTY
HEPP

Perfection is not easily achieved but it is in the due course of accomplishing perfection that we achieve 'Excellence'. As rightly said by Mr Pat Riley, excellence is the gradual result of always striving to do better. As a student, I feel academic excellence plays a vital role in one's overall performance. There are a few crucial points one must keep in mind while striving towards academic excellence. One shall always believe in oneself and make sure that no obstacle can stop him/her. In a journey like this, hindrances are inevitable and one must not give up easily but have faith in himself and take up the challenge than brood over it. Selecting an ideal

mentor or a guide will help us have a clear vision and boost our morale at the same time. To view my fellow mates as a source of encouragement is something that I have learnt. Since my childhood-every interaction with my classmates has only made me realise that they are a major source of knowledge. A positive attitude towards the subject is extremely necessary as this influences our attitude towards the subject. Finally, the key towards excellence, according to me, is to enjoy the process. Nothing will come easy in life-especially excellence. So, when you are going through this beautiful journey, a few obstacles, a few hindrances, tiny breaks-all of these are almost inevitable.

It is these obstacles that shape us and further prepare us for future adventures. And in my case to top the college in my stream was the proof of it. A perfect blend of all these features will definitely lead you to excellence and make you realise your true potential. However, none of this would be possible without the unconditional love my family and the support of the faculty here at St. Agnes PU College. I will forever be grateful to this prestigious institution, my alma mater, for providing me with such a nourishing platform. Excellence in education requires the input and dedication of the parent, teacher and the student. When all three go hand in hand, the balance is maintained and the desired result is achieved.

UNIQUE EXPERIENCE OF ASSIGNMENTS 2021

A S S I G N M E N T

We all have love - hate relationship with examinations, but never had we imagined that our 1st PUC final exams would be cancelled. When India was hit by the second wave of COVID 19 virus, lock down was announced. Even though we were under lock down, our lives didn't stop. As a safety measure our exams were cancelled. So the State government came up with the idea of assignments. We were all told to complete the given assignments at home and submit them to the college. Though they weren't as effective as real exams, these assignments were the safest way of evaluating us. This way we could remain safe and our education would not be hindered. Therefore, I believe that this was the best alternative that could have been provided. I would like to thank our teachers for helping and guiding us through every situation.



KRUPA SALINS
II SEBA



KHADEEJA SABIYA
II HEPP

"The simpler the assignment, the more difficult the solution." Due to the extensive lockdown, we had no final exams for grade 11 and were required to answer two model papers per subject in order to obtain the marks required. The date of submission was July 3rd and I had plenty of time, but I'm a person who works at the last minute, which I did for this assignment as well. Three days before the deadline I began writing thinking it would be easy to complete quickly. However, I could not have been more wrong and it took me 4 hours to complete both papers of one subject. I began at 9 AM and by night I was done with the papers of 4 subjects. My hands ached severely and I wanted to give up, but I reminded myself that giving up was never a good option. The hardest part of it all, I think, was looking for the answers in my textbooks. The next day, despite writing from the evening all the way till 3 AM, I was unable to finish it all. With the deadline looming closer, I took the last day as a challenge and finished off the rest of the papers. It surprised me how long it took for me to do the assignment compared to the fact that we get done with exams in just 3 hours. Finally my parents turned in all the papers by July 3rd and I felt relief.

BEST OUTGOING STUDENTS

Pre University plays a crucial role in every student's life and choosing the right college is furthermore important. It seems like just yesterday I stepped into the world of St. Agnes Pre University College and as I look back I find it hard to believe that I have already completed two years here. I remember being confused regarding the choice of college for my PU as I wanted to pursue arts which many colleges did not offer. I can now say that I made the right choice and I am glad that I chose St. Agnes P U College. The excellent staff and management and warm and welcoming environment made me feel at home. My teachers always supported me at every step and i am grateful to them. Its all due to their constant support and guidance that I have reached these heights and I believe that I will continue to grow. The college has helped me to become confident, innovative and open minded. Apart from their excellent academic guidance and studies, various extracurricular activities and some sports such as table tennis and wrestling and won prizes. The college cabinet took the initiative to start a donation drive -collecting used books and uniforms for to aid the needy students. Thus I can say that St Agnes pu college has not only helped me academically but contributed to my all round growth. I will cherish all the sweet memories of this college and I believe that my footsteps in St Agnes PU College will always have a special place in my heart. And even though my journey ends here, it will only lead me to a new beginning and a bright future. With gratitude and fond memories in my heart I bid goodbye to St Agnes PU College, the staff and management and all my friends and thank each one for helping me to grow as a person.



DIYA MASCARENHAS
HEPP



SHARON MENEZES
PCMC

My journey at St Agnes PU College is one that I will never forget. Entering the portals of this college, I was filled with a thousand questions; one of which was whether I would meet my expectations. Two years later, I can say, I have definitely surpassed my expectations and I'm proud of the person I've become. This college has offered me more than I could ever imagine and has shaped me to be the best version of myself. The never-ending opportunities helped me make good use of my talents and also recognize so many others. Recognizing me as the Best Outgoing student from Science Stream wouldn't have been possible without the constant support and encouragement from my teachers and the management. As

simple a gesture as a smile from either my Principal, Vice Principal or teachers was enough to motivate me throughout the day. Their belief in me helped me shine in all activities I took part giving me enough courage to be the Vice President of the college. Being a part of the College Cabinet helped me become a better leader. The leadership trainings gave me invaluable morals and also the zeal I would need to make difference in any field that I stepped into. Having our Principal and Vice Principal as role models of selflessness and compassion, encouraged my fellow cabinet members to set up a donation drive in order to help the needy students of our college with their education during this Covid pandemic. It is this small act along with others that made me grow as a person and I cannot thank the college faculty enough for their whole hearted support. I am heartily grateful also to my teachers who not just taught me but were also there for me when I needed an advice. Their amazing teaching techniques helped me immensely with my studies which made me one among the toppers of the college.

Though my journey at St Agnes PU College was filled with highs and lows, each of those moments taught me invaluable lessons that will last a lifetime. It is said that 'Sometimes you will never know the value of a moment until it becomes a memory'. It is indeed the wonderful memories I made in this college that I will cherish forever.

ECO CANVAS



NERISSA CRASTA
II BSBA

“Passion is energy. Feel the power that comes from focusing on what excites you”. As for me I can’t think of anything more exciting than being able to express myself to others through painting, experimenting and being creative; that are truly the windows to my soul. One such way I could express myself was participating in ‘Eco Canvas’ Painting competition. My class mentor encouraged me to take part in it and I felt this was a perfect opportunity to showcase my talent. The theme of the painting competition was “Your vision for a green



environment” I was really excited to combine my imagination and creativity to create an artwork related to the topic. I worked on my own, towards this task. I then submitted the video of my work. After a few weeks the results were declared. And I was extremely happy to find that I had secured second place. The next day my class mentor congratulated me and I received applauses by my friends. I was filled with joy. I felt that this competition motivated me to brush up my skills and experiment with new ideas. I would like to conclude this article with a quote by Walter Annenberg, “I shall Participate, I shall contribute, and in so doing, I will be the gainer. Don’t worry about winning or losing; take it as a challenge to sharpen your skills. Your passion and consistency will be the key to your success!”

“The greatest threat to our planet is the belief that someone else will save it”-
Robert Swan

The prestigious institute of St Agnes Pre-University College conducts interesting and insightful activities which not only integrated moral and ethnic values with academics but also caters to various interests. It is rightly said that we have borrowed this earth from our future generation, so it is our bounden duty to protect and preserve it so that that our descendants too can enjoy this gift of nature.

To help us realise that it is right time we, the future of this planet, to take keen interest towards this cause, our college organised a Poster Painting competition, to express our vision of a Green Environment in colours. “Green” reminds me of the scenic beauty of a hill station with a blanket of trees in the cool foggy atmosphere. What an absolute treat to the eyes! They not only absorb carbon dioxide but produce oxygen, our source of life. With industrial development and excessive use of fuel like petrol and diesel, there has been a rapid decline of our natural world. Hence, conservation of natural resources has become the need of the hour. Fuel is indispensable and thus needs to be used judiciously. Usage of eco-friendly ways like cycling or walking should be encouraged. Electric and solar vehicles are good substitutes for automobiles that run on petrol or diesel. The use of organic waste, wind and solar energy through scientific methods is a safe alternative to overcome the difficulties and issues caused due to coal burning in thermal energy plants for electricity. As Steve Jobs said, “Sometimes when you innovate, you make mistakes. It is best to admit them quickly and get on with improving your other innovation.” The use of technology in a controlled manner can not only simplify our lives but also bring in a revolutionary change towards the betterment of this planet. If we continue to exploit our natural resources, our planet might soon reach its point of extinction. It is high time we mend our ways if we wish to see cleaner and greener days. I am grateful to St Agnes PU College for giving me the opportunity to share my perspective on this subject. “ECO CANVAS” the name itself holds deep meaning. This event has helped us showcase our artistic skills while also encouraging us to safeguard our planet. Each participant's portrayal of nature has taught me a lesson for life.



VENISHA MASCARENHAS
II PCME

GIFT OF GRANDPARENTS

On 21st of July, we had our first catechism class where we spoke about the Feast of St. Joachim and St. Anne, the parents of Mother Mary and grandparents of Jesus, which mainly falls on 26th of July and this is why this day has been dedicated by the Church as Parents' day. This year, Pope Francis declared the 4th Sunday of July as first Grandparents day in commemoration of the Feast of St. Joachim and St. Anne. Parenthood is a blessing from God. Just as a child is a gift to married couples, so are parents, because neither of them choose the other. Parents play the greatest role in building a child's life. Just as a tree is known by its fruit, parents are known by their children. Parenting a child is not only providing for the child's needs, but also raising a good human being who will bring pride to one's family and country. Parents sacrifice the best period of their life to build their children's future. They are the first teachers in a child's life, who teach their children only the best things of life. Lucky and blessed are the children who grow up under the care of their grandparents along with parents. In this fast paced world where both parents are working to make a living, it is indeed a blessing from God to children who have lived under the care of their grandparents. It is the upbringing from our grandparents that imparts most of the ethical values we have today. Parents mainly provide for the materialistic needs of their children, but grandparents provide for their moral needs. Children should always be grateful to God for the gift of parents and grandparents for it is because of their love, guidance and sacrifice that a child achieves all success in life. All of us should respect and show love & care to our parents and grandparents when we have them in our homes, and value them because we owe them the life they have given us. More over we must always pray for our parents and grandparents, even if they are in heaven above, they can surely send God's blessings upon us as they still love us.



MELISSA MONTEIRO
II SEBA 'B'



VENISHA
MASCARENHUS
II PCME

Ask me how I begin my day. Well, usually it is a very grumpy start when I have to leave my cozy warm bed reluctantly to avoid my loving yet very strict Mommy's punishment. But my dear Granny always calms me down with her comforting hugs. My Dad, my best friend helps me manage my daily schedule, constantly reminding me to study for the exam that I dream to crack. Then comes my Grandpa who makes sure that his granddaughter knows every detail of events happening around the world. Moreover, it is rightly said that "Grandparents are someone with silver in their hair and gold in their heart. A father's goodness is higher than the mountain and mothers love is

deeper than the sea". Unfortunately, little do I realise that I hardly thank them for everything they do for me. I am sure most of us don't actually acknowledge the importance they have in our lives. Without them, life is such a havoc. Centered around this idea, the prestigious institute of St Agnes Pre-University College conducted a special class on account of Parents and Grandparents Day Celebration to successfully integrate morals and ethics with academics. Saint Joachim and Saint Anne, the patron saints of parents and grandparents led a very humble life spending time in prayer and devotion. Despite all the obstacles, misfortune and disgrace, their faith never faltered. They are role models and their devotional lives motivate every parent and grandparent to teach and encourage their children to lead a good life. Parents and Grandparents are true blessings and we are the lucky ones to have them in our lives. Their experience can battle any hurdle their children face, their love can heal the deepest of the wounds and their morals hold the power to make one's life happy and successful. They are true believers of our skills and talents. They are the ones who boost our confidence, when the world puts me down. They bring in light when we enter the deepest and darkest graves. They become our strength when our muscles are weak. The belief and trust they have in us, keeps us going. They are the most expensive but the best fuel that can never be restored once lost by any amount of money and richness. They are the wonders of our life. For all that they do for us, we owe them all the respect. A kind word of gratitude blooms the most beautiful smile on their face that defeats all the tiredness of the day. Their love is truly selfless, unconditional and forgiving. Mom and Dad, Aba and Mai, I am always grateful for unconditional love and providing me with the best care I could have got. You are my superheroes!!

VANAMAHOTSAVA WEEK

This statement is indeed true and is absolutely applicable to our present situation. I would like to share my experience of Vana Mahotsav week that I spent planting variety of plants along with my family. This event which was organized by our college, helped in bringing greenery around us as it consisted of planting various kinds of plants and trees for a week. On behalf of this occasion, students and staff members were encouraged to plant a sapling each day and at the end of the week, come up with the creative photo of the elegant garden, which they have created amidst their busy schedule. I have planted a medicinal plant, a vegetable and several other plants in my garden with the help of my family members. It helped me to learn



PRATHEEKSHA
II PCME



something new about plants and in turn spend some quality time with my family too. In today's stressful world, being with plants helped me to relieve my stress and made me feel calm. I am really thankful to my college for organizing this event as it made me happy and brought positivity in me. So, I request everyone to plant more and more trees as they are the most valuable asset and without them our lives will be on threat.

ONLINE FITNESS CLASS



BHUVIG S
II CSBA

The 2020 pandemic has changed the course of education from traditional practices to online methods. According to the need of the hour the schools and colleges have adopted the online teaching and learning for the students. Generally online classes are scheduled about 3 hours per day. Due to this, a student's concentration level drops, further adding to slackness, irritation and boredom.

Physical activity or exercise can improve our health, increase concentration and focus our attention. So, our college started online physical fitness classes for the students where students need to turn on their camera and respond accordingly. Physical fitness

class includes yoga and other exercises that allows the mind and body to be in union with each other. It integrates meditation, breathing exercises and stretches to allow stress reduction, relaxation and rejuvenation. In my opinion physical fitness classes have been beneficial to our mental health. It promotes increased body alertness, stress relief, decreased muscle tension, inflammation, strain, sharpness and focus. The good thing about the exercise is that it requires neither complicated equipment nor a massive space. It can be done at the comfort of our home. Students tend to respond faster and more accurately to questions directly after being physically active. My classmates are enjoying this physical fitness class.

It combats stress, which has become a way of life for online college students, for these reasons, physical fitness class is deemed to be helpful which does not simply consume time instead keeps our body and mind healthy. Consequently to excel in our academics.



ESSENCE 2021



Sakshi Nayak Y

II BSBA

Though the post-covid world may have a reduction in cases or even be null, that will not mean that there should be no measures or safety taken by schools or colleges. There should still be the usage of masks as there could be a sudden rise of covid19 again. The same situation had occurred in some places in 2020. As there were few cases people went out care freely due to which there was a rise in the cases. So it is better if people who have a fever or cold or any other symptoms of covid 19 home quarantine themselves till they recover. I even advise people to wear masks when they come out. The staff and children should bring their covid test results for the first day to assure they are fine and healthy. There should be daily temperature checking and sanitizers should be provided by schools and colleges. Though these measures may take time to adjust and it may be difficult to sit in the class for the whole day with a mask, it must be done for the safety of everyone. Apart from attending the schools and colleges, the new form of learning which is attending online classes is also an idea that can be used for some weeks after covid19

ends. Some may even plan to take online classes for further studies as they can stay at home and study. Students join their classes from sites such as Google meet and zoom and similarly notes and assignments are being given and submitted by WhatsApp and Google classroom. These methods are positive in some ways and negative in some ways. Online classes help the student to learn more than what is being taught in lessons. Students are learning to think out of the box and not only what is there in their textbooks and notes. But the negative part is it causes a lot of problems for kids and primary school students as they need to stay and mingle with their friends, enjoy actual school life and it may even be mentally harmful as children cannot sit idle and they also need to play by being physically in touch with their friends. COVID 19 has bought various changes in the types of teachings and has made learning go digitally powerful.

The world cannot return to the way it was before. The difference in inequalities between people which is already present in society has grown more drastic due to which the oppressed ones in the society are suffering more than ever. The less privileged children are having more difficulties in their studies. As education is one of the basic rights of everyone. Various scholarships are present from which students can get help with their education and reach their goals. The teachers are also suffering through this phase. Many teachers are not getting their salaries and some are also losing their jobs. Many people in the world are going through a traumatic phase due to no income, deaths by which some go into depression. These problems can be solved altogether with patience, hard work, and interest. The government can make rules such as limited syllabus and less pressure on schools from

COVID 19, a disease which is also known as Coronavirus is a pandemic we are going through, for the past 1 year. The whole world has been affected due to this virus in all categories, be it economy, social life, education, etc. The world has learned to do its work online. From buying daily groceries through various apps and similarly learning through online classes. As people are adjusting and maintaining distance from each other and trying to reduce the spread of COVID 19 by lockdowns, curfews, and quarantines, the question which comes is what will happen when the cases of COVID 19 becomes null or reduce.

Heights Students' Magazine, Bhopal Presents | **Essence 2021**

FOR CLASS 9-12 STUDENTS | REGISTRATION DUE DATE: 6TH JUNE 2021

Essence 2021: Essay Writing Competition
On the topic: "Future of Education in a Post-Covid World"
Winners will be as follows:

 **First Prize: ₹ 5000**
Second Prize: ₹ 3000
Third Prize: ₹ 2000


Rules and Guidelines

1. This competition is intended only for the school students presently studying in classes 9-12.
2. Evaluation will be based on language, facts & data, creativity and presentation.
3. Essays should be submitted in MS Word format. Permitted word count is 800-1200 to make the essay acceptable for evaluation. The font should be Times New Roman and the font size: 12 with a line spacing of 1.5" and margins of 1" on all the four sides.
4. Desiring participants should register in the following form on or before 6th June 2021: <https://forms.gle/zBG9XYQINvoryAWoNA>
5. A registration number will be sent to the registered students by 9th June 2021 and it should be used as the name of the MS Word file that you are submitting. Please don't mention your name or details in the content or in the filename.
6. Essays must be sent via email to heightssense@gmail.com on or before 21st June 2021.
7. Medium of the competition will be English.
8. The papers will undergo a plagiarism check and the maximum allowed plagiarism level is only 30%. The essay will not be considered for evaluation if the plagiarism is beyond this.

 **NAVCHETANA**

"NEVER DISCOURAGE ANYONE...WHO CONTINUALLY MAKES PROGRESS, NO MATTER HOW SLOW."
— PLATO

 For any clarification contact us at: heightssense@gmail.com

their side. The schools and colleges can learn innovative ways to bring children's interest on studies and can do some activities online. The students should be given free time with their class so that they can at least be together virtually. The students also should give in their efforts equally by learning during study time and should take part in a variety of competitions which will be conducted. This can develop the student's brains and even enjoy themselves. These measures can be taken till the government allows the schools and colleges to reopen. After reopening, the institutions should see that at least some of this should come back to normal. Counselling should be done not only for the students but even the staff members. There might be some students who might consider dropping out due to various reasons such as family problems and even money problems. The head of the departments should see to that the students and their families are convinced and encourage the students to not drop out and the family to not lose hope and send their children to school. The schools should be aware of the children wellbeing related to hygiene and nutrition. The schools should implement various health awareness talks and provide mid-day meals to children. There should also be some sports events with certain rules or at least a few exercises to keep the body healthy and active. The teachers should play a very active role in caring for the students and supporting them if the students are facing a tough time. The teachers should be abler to create a friendly and comfortable environment to help the students.

Many people are hoping to get through this critical phase and are hoping that the world might become a happy and peaceful place to live in again. I hope everyone stays at home and wears a mask every time they come out. Though these days are not very peaceful. The most important thing is to have a positive mind-set and experience things that they could not due to their busy schedule.



MELISSA ANDRIA
D'SOUZA
II PCMB

Covid-19 has shined a harsh light on the vulnerabilities and challenge humanity. During this pandemic, the education of more than 1.5 billion students have been hindered due to school closures. It is evident that we cannot return to the world as it was before. COVID-19 has the potential to radically reshape our world, but we must not passively sit back. Here are some few points based on

how the future of education will be after the post covid world. The coronavirus pandemic has seriously toppled the education system. Along with the shift from classrooms to computer screens almost all aspects of learning are being tested. Format of instruction, attendance, evaluation, the role of technology, and human interaction are all being re-imagined and there is a growing possibility that some of these changes will last. Even after the schools reopen in the post covid-19 world, learning through computers and other electronic devices will remain prevalent.

Out of 785 registered from 9 states

Winners Of Essence 2021

NATIONAL LEVEL ESSAY COMPETITION



Sakshi Nayak Y
II BSBA
2nd Prize



Melissa A DSouza
II PCMB
4th Place

Congratulations !!!



***St Agnes PU College
Mangaluru***

ST AGNES PU COLLEGE 100 YEARS
 Pathway to Excellence

SCIENCE TOPPER

COMMERCE TOPPER

ARTS TOPPER

Congratulations

ALENE CLARESTA DSOUZA
PCMB
600/600

LEANN MARIEL COELHO
PCMB
600/600

LAVANYA K
CSBA
597/600

SHERLIN CORREA
BSBA
597/600

NISHKALA SHETTY
HEPP
599/600

SHAROL MELISA LOBO
HEPP
599/600

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SCIENCE TOPPERS

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PCMB
600/600

Leann Coelho
PCMB
600/600

Afrah Abdulla
PCMB
597/600

Sharon Menezes
PCMB
597/600

Fatima Anees
PCMB
595/600

Lavanya Bangera
PCMB
592/600

Ummie Kulsum
PCMB
591/600

Ayesha Niyazuddeen
PCMB
589/600

Smrithi Hebbar
PCMB
590/600

Aysha
PCMB
589/600

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COMMERCE TOPPERS

Sherlin Correa
BSBA
597/600

Lavanya K
CSBA
597/600

Helita DSouza
BSBA
596/600

Zainaba Haniyah
BSBA
595/600

Henrika Crasta
BEBA
593/600

Priyanka Rai
CSBA
592/600

Namitha M
BSBA
590/600

Relisha Renjal
BSBA
594/600

Ananya Pai
BEBA
589/600

Ashlin Pinto
BEBA
589/600

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ARTS TOPPERS

Nishkala Shetty
HEPP
599/600

Sharol Melisa Lobo
HEPP
599/600

P V Aditi
HEPP
579/600

Fiza Zanjabeel
HEPP
578/600

Diya Eagan Mascarenhas
HEPP
562/600

Shaina P Poojary
HEPP
541/600

Deepa Madara
HEPP
522/600

Shravya
HEPP
518/600

BEST OUTGOING STUDENTS 2020-2021



Ms Sharon Menezes
Science



Ms Calida Lobo
Commerce



Ms Diya Mascarenhas
Arts



Ms Henrika Crasta
PTA

Congratulations



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SCIENCE CENTUM SCORERS

 Alene DSouza Eng,Hin PCMB	 Leanã Coelho Eng,Hin PCMB	 Afrah Abdulla PCMB
 Sharon Menezes French Phy,Math,Comp Sc	 Dhruthi PCMB	 Lavanya Bangera PCMB
 Umme Kulsum French,Math,Bio	 Smrithi Hebbar Phy,Chem,Comp Sc	 Ayesha Niyazuddeen PCMB

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SCIENCE CENTUM SCORERS

 Aysha P,M	 N Ifrah P,M,B	 Diya Cs
 Shraddha Ballur Eng,Home Sc	 Shrama Bhandary Stats	 Isha Rukiya Z Eng,Hin,Math
 Aishwarya P,M	 Aysha Hussain P,M	 Sona Ann Mary K Eng,P

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