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**Editors: Sr Sannidhi, Mrs Preema Pereira** 

# Principal's Message

Dear Readers,

Schools, in association with parents play a larger role in raising resilient children. Children with better emotional intelligence adapt to change quickly and are better prepared to make use of the opportunities, navigate challenges and bounce back when faced with difficulties.

Essential life skills such as effective communication, conflicts resolution, problem-solving and critical thinking are the traits required to unlock the potential and be successful. Real success will be in having the courage and confidence to bounce back and meet life's adversities head-on.



Dear parents since you spent more time with your children than earlier, it is good to help them develop mental strength, train in self-motivation, and support in all their virtual learning.

Masks prevent us from recognizing and greeting friends hence many of us have developed a negative view of life. Is there any way to combat this? Certainly there is and it lies in the practice of praise. We have all experienced the happiness that genuine praise brings, yet we hardly make use of it. We are quick to complain but slow to compliment. Genuine praise brings increased benefits.

The pandemic has made the giving of praise more important than ever before. We cannot indulge in hand-shakes, hugs and smiles, but words of praise are an anytime possibility. In these difficult times, the practice of praise is easy, effective and energizing! So it is befitting that we the creatures of God can't but ought to thank the creator for the year 2020 for all the blessings it brought with all its limitations and move ahead to usher in 2021. Hoping to have showers of blessing on our family, friends and people around.

I congratulate and appreciate all the winners and participants of various competitions/events held during this month and the year.

WISH YOU A PROSPEROUS NEW YEAR 2021



## ಕನ್ನಡ ರಾಜ್ಯೋತ್ಸವ

ಕನ್ನಡ ಎನೆ ಕುಣಿದಾಡುವುದೆನ್ನೆದೆ ಕನ್ನಡ ಎನೆ ಕಿವಿ ನಿಮಿರುವುದು,

ಕಾಮನ ಬಿಲ್ಲನುಕಾಣುವ ಕವಿಯೊಳು ತೆಕ್ಕನೆ ಮನ ಮೈ ಮರೆಯುವುದು.

ಕನ್ನಡ ಮಾತು ಕಿವಿಗೆ ಇಂಪು ಮುತ್ತು ಪೋಣಿಸಿದಂತೆ ಕಾಣುವಕನ್ನಡ ಅಕ್ಷರಗಳು. ನೋಡಲುಕಣ್ಣಿಗೆ ಬಲು ತಂಪು. ಕನ್ನಡ ಭಾಷೆಗಿರುವ ಆ ಘನತೆಗಾಂಭೀರ್ಯ ಬೇರೆಯಾವ ಭಾಷೆಯಲ್ಲೂ ಕಾಣಲು ಸಾಧ್ಯವಿಲ್ಲ. ಹಾಗೆಯೇಕನ್ನಡ ನಾಡು, ಕನ್ನಡಜನ, ಇಲ್ಲಿಯ ಸಂಸ್ಕೃತಿ ವರ್ಣಿಸಲಸದಳ. ಭಾರತ ಮಾತೆಯ ಹಿರಿಯ ಮಗಳಾದ ಕನ್ನಡ ನಾಡಿನಲ್ಲಿ ಜನಿಸಿದ ನಾವೇ ಧನ್ಯರು.

ನವೆಂಬರ್ 1 ಕನ್ನಡಿಗರ ಪಾಲಿಗೆ ಅತ್ಯಂತ ಮಹತ್ವಮಯವಾದ ದಿನ. ದಕ್ಷಿಣ ಭಾರತದ ಎಲ್ಲಾ ಕನ್ನಡ ಮಾತನಾಡುವ ಪ್ರದೇಶಗಳನ್ನು ವಿಲೀನಗೊಳಿಸಿ ಒಂದು ರಾಜ್ಯವನ್ನು ಘೋಷಣೆ ಮಾಡಿದ ದಿನ, ಕನ್ನಡಿಗರ ಪಾಲಿಗೆ ಕನ್ನಡರಾಜ್ಯೋತ್ಸವ ಅಥವಾ ನಾಡಹಬ್ಬ. ಪ್ರತಿ ವರ್ಷವೂ ನಮ್ಮಕಾಲೇಜಿನಲ್ಲಿ ಕನ್ನಡರಾಜ್ಯೋತ್ಸವವನ್ನು ಅದ್ದೂರಿಯಾಗಿ ಆಚರಿಸುವ ಹಾಗೆಯೇ ಈ ವರ್ಷವೂ ನಮ್ಮ ಕಾಲೇಜಿನ ಶಿಕ್ಷಕರು, ವಿದ್ಯಾರ್ಥಿನಿಯರೆಲ್ಲರೂ ಸೇರಿ ನಾಡಹಬ್ಬವನ್ನು ಆನ್ ಲೈನ್ ಮೂಲಕ ವಿಭಿನ್ನವಾಗಿ ಆಚರಿಸಿದೆವು. ಈ ಕಾರ್ಯಕ್ರಮವನ್ನು ನಿರೂಪಿಸಿವ ಅವಕಾಶ ನನಗೆ ದೊರೆಯಿತು. ನಾಡಹಬ್ಬದ ಮಹತ್ವವನ್ನು ನೆರೆದವರಿಗೆಲ್ಲಾ ತಿಳಿಸುವ ಮೂಲಕ ಕನ್ನಡರಾಜ್ಯೋತ್ಸವ ಕಾರ್ಯಕ್ರಮವನ್ನು ಪ್ರಾರಂಭಿಸಿದೆವು. ಕುಮಾರಿ ಸೃಷ್ಟಿ ಅವರು ಎಲ್ಲಾ ವಿದ್ಯಾರ್ಥಿನಿಯರಿಗೂ ನಮ್ಮರಾಜ್ಯದ ಹಿರಿಮೆ, ಹಿನ್ನಲೆಯ ಬಗ್ಗೆ ನೆನಪಿಸಿದರು. ನಮ್ಮ ಕಾಲೇಜಿನ ವಿದ್ಯಾರ್ಥಿನಿ ಸುಕೃತಾಗೌಡ ಅವರು ಕನ್ನಡ ನಾಡಿನ ಸೊಬಗನ್ನು ಹಾಡಿ ಹೊಗಳಿದರು. ನಮ್ಮ ನಾಡಿನ ಅನೇಕ ಕಲೆ, ಸಂಸ್ಕೃತಿ, ಸಾಹಿತ್ಯ, ಪರಂಪರೆಗಳ ಕುರಿತಾದ ಪಿಪಿಟಿ ಪ್ರದರ್ಶನವನ್ನುಕು. ಶಾಯರಿ ಮತ್ತುತಂಡ ಎಲ್ಲರೆದುರು ಪ್ರದರ್ಶಿಸಿದರು.



ಕನ್ನಡ ನಾಡಿನ ಹೆಮ್ಮೆಯ ಕವಿ ಬೇಂದ್ರೆಯವರಕುರಿತಾದ ನೃತ್ಯ ಪ್ರದರ್ಶನವನ್ನು ಕು. ತೃಷಾ ಶೆಟ್ಟಿ ನೀಡಿದರು. ಈ ಕಾರ್ಯಕ್ರಮವು, ತಮ್ಮತಮ್ಮ ಮನೆಗಳಲ್ಲೇ ಕುಳಿತು ವೀಕ್ಷಿಸಿದ ಪ್ರತಿಯೊಬ್ಬರ ಮನಸ್ಸಿನಲ್ಲೂ ಕನ್ನಡದಕುರಿತಾದ, ನಮ್ಮರಾಜ್ಯದಕುರಿತಾದಗೌರವ, ಪ್ರೀತಿಯನ್ನು ಧೃಡಪಡಿಸಿತು. ಎಂದೆಂದಿಗೂ ನಾವು ಹುಟ್ಟಿ ಬೆಳೆದ ಈ ನಾಡಿಗೆ ನಾವು ಋಣಿಯಾಗಿರಬೇಕು ಎಂಬುದನ್ನು ತೋರಿಸಿಕೊಟ್ಟಿತು.

ಸಿರಿಗನ್ನಡಂ ಗೆಳ್ಗೆ ಸಿರಿಗನ್ನಡಂ ಬಾಳ್ಗೆ. ಜೈಕರ್ನಾಟಕ.



ಶ್ರಮಾ ಭಂಡಾರಿ II PCMS



# SINGING COMPETITION

It was my first online competition I took part in. Hence, I was really excited about it. Before the contest, I had a fortnight to prepare and practice. After choosing my favourite song for the competition, I practised singing every day diligently. I also rehearsed with my family members. I requested their advice, comments and suggestions to improve my presentation, and they were of great assistance to me. With their help, I was able to improve tremendously. Two weeks later the lecture in-charge added me to the group 'Agno Bhavalahari'

I submitted my video, before the last date of the submission, and waited eagerly for the results. When they announced the results of **Kannada Bhavageethe** solo competition, I heard my name being announced as the second winner, I was on cloud nine! My friends and family members were extremely proud of me. They were joyful at my success too. I'm glad I was able to participate in the contest. I did learn to face online competition bravely and confidently. I'm deeply indebted to my team for their encouragement and support I hope to participate in more singing contests in the future to further improve myself.





Sanjana II PCMB-A

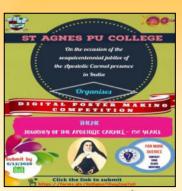
# **DIGITAL POSTER MAKING COMPETITION**

The month of November is considered as a remarkable month for all the Agnesians. I know that many questions might arise in your minds as to what is the speciality of this month. It is the month to celebrate, the Founder of Apostolic Carmel (AC) Congregation and their presence in the Indian soil since 150 years.

Our college had organized a digital poster making competition on the occasion of 150 years of the establishment of our institution. Our class mentors informed us about the competition, called up a meeting explaining the rules and regulations of the competition. All the interested students voluntarily came up and decided to actively take part in the competition. We created a Whatsapp group to discuss regarding the same. Each one of us gave our creative ideas for the poster. Later, each of us prepared a soft copy and sent it in the group. We then selected the best picture and information from all the draft copies and prepared a creative digital poster. Finally, we sent our poster to the class mentor.



Rithuparna K S I PCMB -A



All the participants took immense trouble to create the digital poster as editing was something new for us. We learnt a lot of new things like editing, graphics and we even got to know more about our Founder Venerable Mother Veronica.



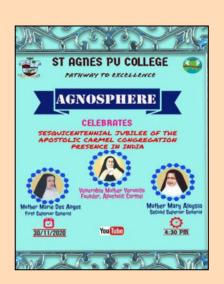


On 30 November 2020, 'Agnosphere'- the Alumni Association of St Agnes PU College had organised a virtual celebration of the Sesquicentennial Jubilee of the Apostolic Congregation presence in India.

As an alumnus of Agnes PU College, I was honoured to be a part of this online celebration. My experience with St Agnes College as a student of 2017 batch is a memory that I recollect with a lot of fondness and any opportunity to be a part of something the College organises is always a pleasure. The entire celebration was a beautiful collaboration among various alumni of the College. The programme began with a visual prayer song dedicated to Mother Veronica, the Founder of the Apostolic Congregation.

Sr Norine D'Souza AC, The Principal welcomed the viewers. Dr Sr Lydia AC, Joint Secretary of St Agnes Institutions in her address urged the alumnae to take a bold step of empowering a needy child to grow intellectually, academically, economically and spiritually- as a mark of celebration of sesquicentennial year. Sameeksha, Yoshitha, Rachana (2015 Batch) and Shravya (2016 Batch), alumni of the College, performed a powerful dance drama about the education and growth of the girl child. Mr Radhakrishna Rai, father of Ananya (2017 Batch) expressed his heartfelt gratitude to the institution and appreciated their noble mission and vision to educate and empower the girl child. It was a delight to listen Mrs. Lovina Aranha, Lecturer, Department of Commerce speaking about her experiences at St Agnes Institutions as a student as well as a teacher.

Sr Janet Sequeira, The Vice-Principal and Mrs Pramila D'Souza gave a power point presentation about the life of Mother Veronica, her contributions to the world and the service of the Apostolic Carmel Congregation. A student from II HEPP, Sharol Melissa Lobo shared her experience as a student of St Agnes Institutions. She pretty much summed up everyone's thoughts about the College – a wonderful learning place filled with amazing opportunities. Sherlita and her friends from the 2019 Batch sang a melodious song to celebrate 100 years of St Agnes Institutions.



This just goes to show that even though all of us are walking our separate paths, we still found a way for all the Alumni to come together and create something special – a celebration such as this. Compeering this program was a fun, engaging and lovely experience. I was extremely happy that I could be a part of a programme this Marvellous Institution organised.



Caldrida D'Souza 2017 BATCH



### STUDENTS' WEEK

2020 has been one of the toughest years in the recent history. Even during these hard times, we have found ways to adjust ourselves to this new normal. St Agnes PU College has helped us cope with the situation in many ways. Other than attending online classes, we had 'Fun Time' at 4 pm as part of Students' Week which was held from 7 December to 12 December. They were interactive and joyful sessions. Students were hesitant initially but became more communicative in two days' time. Students were divided into groups and activities like Dumb Charades, Never have I ever..., Guess the Gibberish, Antakshari, Quizzes, Memory Games and many other such games were conducted. We also discussed and gave our opinion on the current situation. This gave us a chance to bond not only with our classmates but also with our class teacher online. We are grateful to our class teachers for organizing such enjoyable sessions. I hope the situation gets better and we all meet each other soon offline in the college.



RANEEM I PCBH











A week long schedule of fun filled enthusiastic sessions were conducted by our lecturers. An Innovative Students week programme was organized. The Programme included 6 sessions each per day, with fun filled co-curricular activities and games where students were equally divided into four competitive teams. During this time of the pandemic, conducting such a programme was a necessity to stress free the students. Debates, Quizzes and Mock Press! what more does a student need to chill. Students felt a sense of competitive spirit and fierce competition with the games and activities. The first day had Pick and Speak with, interesting topics. Quizzee Bee Buzz an ulitimate quiz challenge with four powerful teams was the highlight of day 2. The third day had the good old Anthakshari with tones of melodies followed by a game of Tongue Twisters. The fourth day had a Mock Press with astonishing celebrity performances from Queen Elizabeth II to DeepikaPadukone.

A brilliant Dialogue delivery contest for day five was a success. The last day we had inspirational and comedy video clips such as Mr Bean being played for the students to bring out laughter and joy followed by a segment in which real life experiences were shared. It was indeed a week filled with enthusiasm and mirth. Each student enjoyed the sessions throughout and voluntarily took part in the fun filled games and co curricular activities. It was a heart filling experience to be a part of an exciting event online. It was a whole new experience and we have enjoyed it, and all gratitude goes to our wonderful class mentors.





Fathimath Hisana
II PCBH

# Sesquicentennial Jubilee

19-11-2020 Yes! The day had finally dawned, the most awaited day wherein the preparation in various forms took place to commemorate the sesquicentennial jubilee celebration of the Apostolic Carmel in India. I feel glad to profess that I am a part of this huge congregation since my schooling years began! With the thanksgiving Eucharistic celebration, the blessed day commenced. The cultural extravaganza began with the opening chorus and I am happy that I was part of it. The gathering included many dignitaries, sisters of the congregation and the students. The dignitaries recalled, the great beginning of the institution by Venerable Mother Veronica in setting up the congregation that has stood strong for 150 years, and to announce that they are in the forefront of the education especially of girls.

There was a musical dance, drama, portraying yester years of the congregation. The melodious choir kept the audience spell bound. It was a marvellous programme with well-balanced theme with the exhibition of talents by various performers be it singing or acting or dancin, paving a step for new milestone of the Apostolic Carmel vision.

May Venerable Mother Veronica intercede for us, her children that we may grow in righteousness, spread the powerful mission of Christ and continue her good work to praise and worship our Lord! May we witness the glory of the Apostolic Carmel for many more years to come through our lives.



Vea Jovita Mascarenhas I PCMC



A Talent Show is an event in which participants perform the arts of singing, dancing, acting, martial arts, playing an instrument or other activities to showcase skills. St Agnes PU College had organized a Talent Show for the freshers. The objective of the activity was to discover the hidden talents. My classmates exhibited their talents through various displays. They sang Hindi songs, traditional folk songs, some danced and played instrument. Everyone has some unique talents and capabilities. We differ from each other in that we have different interest and inclinations. One might be good at music but not in drawing, while another

might be great at dancing but not at writing.

Karate is my unique talent, I've been trained in karate for over 11 years now and I am a Black Belt II nd Dan. I would like to share how Karate has helped me to develop myself as a person and provided me with the tools for self-defence. Karate has developed my character and my personality. I was very shy and I didn't think that I'd go for training for so long and I've enjoyed it . My main goal in Karate was to achieve black belt and I am very proud that I have succeeded.

I am very glad that it helped me to shape the person that I am today. I can't imagine my life without it. It was one of the best platform where I could exhibit my talents. Thank you so much for giving this opportunity.





Bhuvi G.S I CSBA



# COMMERCE CAREER GUIDANCE



"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle." — Steve Jobs

The Department of Commerce, St Agnes PU College organized a virtual career guidance programme for II PU commerce students. The programme was conducted by the Commerce faculty of St Agnes Autonomous College on Friday November 27,2020.

Preethi P S, the College President briefed us about the various courses offered at the Degree College through a video presentation and introduced the Commerce faculty.

Mr. Daya Murthy, the first resource person of the session spoke about the B.Com course with ACCA. He told the students about the exams in ACCA, the job opportunities available and the multiple qualifications one can obtain by opting this course. The session was followed by the second speaker, CA Dafney who spoke about the CA course and its exams. She explained how one could be a graduate as well as a professional. Archana Rao, the third speaker took us through the crisis, innovation and opportunities in the stream of commerce.

The next speaker of the session Mr. Rodney Vaz spoke about B.Com with BPS, an industry integrated business process services program in collaboration with Tata Consultancy Service. He told us about the objectives, course structure, course highlights and its benefits.

The last speaker Mrs. Nimitha K, HOD of Commerce Department, St Agnes College spoke about the regular B.Com course at St Agnes Autonomous College. She briefed us about the teaching aids, skills of lecturers and how they strive excellence through diverse subjects.

At the end of the session, a quiz was conducted. In all, this session gave us a lot of insight which will surely help us in making a right choice as a commerce student I felt that the session was beneficial to make my career.



Relisha Sania Renjal IIBSBA

# SYNERGY (INTER-COLLEGIATE FEST)



NIDHI I CSBA

Competitions in schools and colleges develop self-discipline and motivate students to achieve more. It plays an important role in life too.

I was very excited about the competitions that would be held at college as I was new to this college. Due to the pandemic everything was virtual. Hence we had many online competitions and fests. 'SYNERGY' was the very first fest of my college life.

Debasish Mridha says 'winning is something but participation is everything'. I registered my name for this fest for western dance solo competition. I think I took 1-2 days to make a video and edit. Finally submitted the video and was waiting for the result. Soon the results were announced and I had secured the third place. I was really happy and was filled with joy. I wasn't expecting it at all. I was really overwhelmed and shared my happiness with my family.

For the first time I heard my name announced as 'Nidhi from ST.AGNES PU COLLEGE'. I was really happy to hear about my acquaintance with the college. Representing our school or college is a different happiness. Immediately I informed my lecturer Ms. Sharline ma'am in charge of the competition and my principal too was happy hearing the results.

Even though it was virtual it was really a good experience for me to build confidence in me. I would really thank the faculty members and our college for encouraging and giving us an opportunity to showcase our talents even though it was virtual.



Venisha Mascarenhas
I PCME



The prestigious institution of ST AGNES PU COLEEGE conducted interesting activities to encourage students' interest and integrate co-curricular events with academics. GLAMBOT, the bottle painting competition was one among these fascinating and exciting activities I participated in.

Painting a glass bottle is an exacting task that demands a lot of concentration. Good amount of preparation, proper analysis of the smooth slippery texture and curved shape, usage of right quantity and quality of paint are the few pre-requisites, without which this could be an extremely challenging piece of work. These events not only help us showcase our strengths, but also develop and boost our confidence to try out new flavors of happiness. It was a pleasure to witness and appreciate the beauty of Mandala painting, glass painting, acrylic painting and many more exquisite ways of bottle painting through this competition.

Thank you for this stress buster.





# The year 2020



Mrs Sarita
Lecturer in French

Reviewing my experience as a teacher in the Year 2020

Mid-February 2020 I received a call from St.Agnes College, Bendur to teach French language to the PU students. I had been teaching French to school students for the last 9 years, and I was getting an opportunity to teach the college students for the first time. However, in March 2020, people in India were jolted out of their "smooth sailing" lives with the scare of the new Corona Virus. It had already created havoc in Europe and America. We came under "LOCKDOWN", due to which our lives changed dramatically. No more meeting our relatives and friends. Meanwhile, I got to hear some institutions had begun "ONLINE CLASSES". It was considered the safe way to teach students.

The following months went by getting anxious seeing the number of Covid Positive cases rising in our own hometown and worrying that we should not be one of the unfortunate ones to get infected. No weddings, no functions to attend, no going out to see movies, no shopping, no eating out.... Yes life was tough.

I was getting very bored with this dull routine. French classes were not yet scheduled to start. But, I was called by Sr. Norine to start "online classes" only for the second year students. This mode of teaching online was new to me and I was sceptical of how I would execute my new assignment. I had no clue at all. After a brief orientation and assistance given by my collegues on the technical aspects of online teaching, I began my new job. I was getting "tips" from other sources too, on how to make these classes effective. So, I went ahead and purchased a "white board" and a web camera too. I went through my French books and sat for hours searching for the data to convert to PDF format, as an essential part of effectiveness.. Sitting in front of the Laptop at home and speaking with the students without actually seeing them felt very strange. I'm sure the students too must have felt the same. I didn't know if they were actually listening to what I was saying. Since I was not so savvy with computers it was a real challenge for me. Most part of the day was spent on making notes.

As the days flew I managed to overcome most of the problems. The board and the camera were no longer of any use. By the months of October and November the students and myself had come to a comfortable level of understanding. They were much more responsive in class.

It's December and I can say that I have mastered the skill of online teaching very well. As I am now in the threshold of 2021, I hope we'll come out victorious in our fight against the Corona virus and once again get back to teaching in the classrooms in the college. I thank my students who are always motivating me to do my best. I am also grateful to Sr. Norine for giving me the support whenever I needed it.

#### THE YEAR 2020 FOR ME

I am Apoorva Bahubali Topagi. I completed my 10<sup>th</sup> standard this year with 617 securing I rank in the state level under visually impaired students. Soon after that I was in search of a good college which is more visually impaired friendly. I approached my teacher Mr Deeraj a resident of Mangaluru to enquire about the colleges there. He suggested that I should join St Agnes College which is one of the leading colleges in Mangaluru. He also gave me the details of hostel facilities that is good. I got interested in this college which offers C S E T coaching which I was very much I am aspiring for. Hence I thought of joining this college to fulfil my future dreams. I am from Belagavi which is very far from Mangalore, due to the pandemic it was a big task for me to come to Mangalore for my admissions but I contacted the college for any other alternative for admissions and my college was very co-operative without undermining my disability, they admitted me through online mode. This shows the goodness of the college. After my admissions I started attending classes and I felt very proud of being part of this great institution.

The teaching styles of the teachers attracted me a lot. The teachers are also very cooperative with me to support my studies. I answered the unit tests with their encouragement through the help of my laptop. They never forced me to have the tests through scribes. This shows the kindness of the teachers on students. The teachers never treated me as a visually impaired student but focussed on my ability. I have great hope of dreaming better future because of wide range of opportunities offered by this college. Though the classes are going on through online mode they are still offering wide range of opportunities to the students with activities. I am very glad and proud of joining this college.



Apoorva Topagi I HEPP

2020 has changed everything. The Coronavirus pandemic has shaped the year through research - from vaccines and treatment to campus shutdown and virtual meetings. One main event in 2020: a deadly unknown virus caused great damage across the globe killing more than 1.5 million people, infecting many more and causing economic devastation. In spite of all these the pandemic, set the course of science to an extraordinary level. It affected the lives of people around the world bringing a flood of tension and worries followed by negative thoughts and piles of boredom. Homebound but yet connected with everyone we all know that the Covid pandemic is a global crisis and everyone is struggling with health as well as financial issues. As a student, I too was stuck and couldn't go anywhere. Amidst all these problems, I'm still connected with my teachers and classmates through online classes. I also learnt a new way to give exams online, but miss talking to and playing with my friends. The present situation has forced the school and colleges to shut down and the students to stay at home. Online classes have emerged as the solution despite lockdown and the teachers get to communicate with students and share their knowledge. The outcome of the situation has been that, the virus has made us aware of the value of food, water, fruits and other essential items along with benefits of yoga and exercises. Millions in underdeveloped regions face deprivation of basic necessities as the world has come to a halt due to lockdown. Eating habits and lifestyle has changed. Maintaining a correct nutrition status is crucial, especially in a period when our immune system might need to fight back. Maintaining good hygiene, social distancing and leaving the house only when necessary is important.

Covid - 19 has brought many changes in our lives. It has taught us the importance of spending time with one's family and exploring ourselves. However, right now all we can do is pray to God that with his blessings we regain our normal daily life .



Devika Shetty
II PCMB-A

### **NEW YEAR 2021**

Well it's almost the end of this absolutely crazy year. So much has happened – people lost their jobs, their loved ones, home was our entire world, the world as a whole has gone through a lot of suffering and loss. I'm sure we've all at some point felt very dejected/low/angry, but we've also tried to find some sort of hope and things to be thankful for.



Nature and the universe have their own way of restoring balance in this world. I can only hope that the future is kinder to everyone and that the world heals as soon as possible. Now there's plenty I can say about the things to be thankful for in these hard times, but I spent a lot of time thinking about a few things that I have immense appreciation for. Things that I have really appreciated in this year, especially staying at home all the time. I want you to take a minute and try thinking about it too. Let me start it off.

- I'm so in awe of the hard work that housewives put in to keep a home running. We don't realise it till we actually have to do all the chores ourselves
- I really appreciate the artists of the world The authors, musicians, filmmakers, comedians. This year I've read plenty of books, watched so many shows/movies, listened to tons of music. I don't think I would have survived staying at home if not for all this amazing content that we can consume. Hats off to these creators for helping us get through this sad phase.

I cannot wait for 2020 to get over and finally begin with a new year 2021. The year 2021 isn't magically going to change the world, but we hope that this year brings happiness, health and peace to all of us. We miss the outside world a lot, but now we have so much more love and respect for our homes and loved ones. It's very sad to say that we kids have missed an important aspect of our life- going to school/colleges, enjoying with friends and studying. But as they say nothing can stop the children from studying and growing into a successful person, our government came up with online classes. And I'm damn sure none of us like it but that's how the situation is. New Year is the time for people to leave their sad and bad experiences behind and wish for themselves and their beloved one's happiness, good health, and fortune in the coming New Year. And so, let's keep up the positivity and pray that the world may healed as soon as possible.

#### Happy New Year 2021!



Jennica Fernandes II SEBA





# THE NEW YEAR IS LIKE A BLANK BOOK. THE PEN IS IN YOUR HANDS. IT IS YOUR CHANCE TO WRITE A BEAUTIFUL STORY FOR YOURSELF – HAPPY NEW YEAR

As the saying goes "YOU REAP WHAT YOU SOW", a new year is like a blank page, like an open field where everyone can sow your dreams and reap the rewards as the year comes to an end after twelve months. The year 2020 is coming to end and this has been an year where the entire planet has been shaken by the pandemic Covid - 19. This also has been the year where innovation led solutions has been found to solve the challenges posed by the pandemic. When many people around the planet were shaken by the pandemic there were many who rose to the occasion, understood the challenges and with grit, determination and unwavering perseverance rose above the challenges thereby adding value to the community and nation which they represented. Look at the scientists who have come up with the vaccine against covid -19, look at the teachers and students who used online tools to show that LEARNING NEVER STOPS. If you look around there are innumerous examples and stories of people / institutions who made solutions out of problems, opportunity out of challenges and came out victorious even during the year 2020. There are stories of failure and disappointments too. If you study / talk to people who are successful, one common trait which we can find among them is that they were clear about the GOAL which they wanted to achieve. I would urge each one of you to write down the goals you want to achieve during the next year. When the mission is clear the vision will follow. Once you are clear about your goal, have a clear plan to achieve the same. If you are failing to plan, rest assured, plan for failure. New Year time provides oneself a chance to reflect of the year that has gone by, learn from the mistakes made, learn from what we have achieved, learn from the world around and then prepare for the year ahead. With optimism, and an urge to excel and serve the world let us hope, pray and work with determination and unwavering perseverance towards our goal and make sure the year 2021 is an year to remember for each one of us. I would like to leave you with a picture below which is beyond explanation, a picture which has inspired millions around the world. Start the year with an attitude of I CAN and after twelve months as 2021 ends we must be proud of ourselves and should proudly say I DID.

Wishing you a great year ahead.





Mathew Antony Lecturer in Commerce





2020 had been a year full of vulnerability, sadness, and emptiness. The same goes with me. Earlier this year, I was, eagerly and nervously waiting for the annual exams which were supposed to happen next week. Working hard and going through each and every topic repeatedly even though fearing the lockdown. But the day of imprisonment finally came just few days before the exams. Like any person irrespective of any classification, I too had to be quarantined. In a world filled with confusion about what will happen and what is going on. I was helpless and left terrible. But being with my family gave me strength and helped me find hope, reassuring me that there are people by my side who would never let me slide into anxiousness and feel depressed. The exams which were about to happen 5 days later turned out to happen almost 5 months later. Days passed but there was no guarantee of the future. No going out, no meeting my loved ones. All plans in vain and I had lost control of my life. But these times let me know a lot of things which I never expected I would experience in this lifetime. The joy of spending time with my family, trying new dishes, making craft items, playing with the pets. All these were the small moments which had disappeared a long time ago. After the situation improved, meeting my relatives and looking at those streets filled with people brought a sigh of relief. Now it's time to step into 2021 singing Carol's along the way and praying for a pandemic less year ahead. I spent my 2020 being away from the joy of stepping into the next stage of my life called college. Learning everything but without knowing the person teaching me, not sitting where I was supposed to sit, and not knowing the people with whom I was supposed to hang out. I sat in this room of mine holding this small device, which once was a thing of leisure, but now the whole world revolves around it. I hope that the upcoming year would let me do all those things I could not do in 2020. I hope that my want of being in the classroom surrounded by my friends and looking at the content on the black board instead of the present white screen comes true. I wish to become a more positive person, someone who wants to work hard in her academic performance and be good to myself.

I want to explore something new leaving this technical nest of mine. Not only me, but I hope everyone around me can find their own reason for being happy in 2021 and can fulfil all their wishes. Let the bucket list be ticked and the imaginations become reality. Let us all find hope, faith, happiness and a new perception of the world together. Let us all enter this new year with positive energy filled with us. Wishing a very youthful and happy new year to all of us.



Tanvi R Bhandary 1 BSBA

#### PRE-UNIQUE

Having participated in many competitions since nursery, I have realized that each competition has some element or the other in it which makes it unique from others. Yes, every competition is different from the other. Either in the way it is conducted, judged or the number of participants etc. This is a very healthy aspect for a student to be assessed, not only within the college, but is also with the students of other colleges. These competitions give the younger generation a boost and raise their confidence while progressively developing a positive attitude towards competitions. I participated in an ingenious state-level talent fest organised by St. Aloysius pre university college, Mangalore-PREUNIQUE 2020. Due to the pandemic, the competitions were held online. There were many competitions such as instrumental music, DIY fashion, mono act, stand-up comedy, western singing, eastern singing, and debate, creative makeup which helped us to boost ourselves and explore our hidden talent amidst the pandemic. I had participated in the instrumental music and DIY fashion competitions.



Privy Dsouza

I had a great time, in exploring what I could do for these assigned competitions. I made up an original composition on the drums for the instrumental competition. I had prepared myself well in making a video for the day fashion competition, it was indeed fun going through my entire wardrobe and dressing up according to the situations given to us. I definitely learned something out of the ordinary in this competition and this kept me busy and strengthened my inner confidence.

#### **RDC SELECTIONS - BANGALORE**

RDC selections was something new and a different experience for me. This was my first ever camp which made me learn more about NCC, where I was a part of Mangalore Group - Air Wing CDT. We made so many new friends. We were trained to be responsible, disciplined and punctual. I had enlisted myself for the best cadet and for drill. As the number of air wing cadets was less only 'One SW' and 'One SD' could be chosen. Due to this pandemic the amount of CDTs chosen was only 26 members out of 118 CDTs. While enlisting my name for the best cadet I really knew nothing, but just gave a try. We had to command ourselves and give an interview as well as participate in group discussions. My interview and group discussion came out really well. I had less knowledge about commanding and drill as I was doing it for the first time and so my performance was bad, but I tried my best. Later on I learnt about the selection criteria of age group and height because of which I was rejected since I was only 17 years. Yet even after selections were done, we were trained in learning new things every day such as rifle drill, field signals, map reading, opening and closing rifle etc.

Having lot of new company of people for these 9 days I enjoyed every moment along with chores like washing clothes or serving food etc. We were also given certain time for relaxation as well as PT/games. Food provided to us was delicious and everyone ate to the full. We were provided with kitting as well as Pre RDC certificate. RDC gave me lot of hopes for my future. It was an amazing experience for me. I wish every CDT should have an experience about what RDC is. The camp taught me never to lose hope even though we were rejected. I believe I have gained lot of courage and inner strength to face life.

Myola Gazala DSouza
II PCMC



### **Quiz on Venerable Mother Veronica**

#### 'The only ambition of a Carmelite should be to surpass the others in humility'- Mother Veronica

Mother Mary Veronica of the Passion, Founder of the Apostolic Carmel was gifted with humility which is one of the most important virtues that is a hallmark of great individuals. Mother Mary Veronica was also gifted with numerous talents which were thoroughly nurtured and enhanced by good education and a vast experience. She was courageous and filled with the spirit of God to work for her mission. Mother Veronica underwent many hurdles in her life but surpassed them all with her humility and perseverance. Her life gives us hope that nothing is impossible if we persevere till the end with abiding faith in the Almighty and our constant zeal to move on. Her life gives us invaluable insights on how to live even during these difficult times and also a hope for a better tomorrow. The values of Mother Veronica teach us to develop inner balance which comes through sheer hard work and faith. In today's world, the adverse effects of modern technology and media influence, the fast changing culture have diverted our minds to things which are transitory. The world has become more 'I' centred but today we need to reach out to the needs of others as Mother Veronica did.



Mrs Joanne Sheethal
Dept of English

Her amazing life is a constant inspiration to all of us, to strive for what is good, noble, true and lasting. The innumerable values which Mother Veronica cherished, upheld and lived for help us in making right choices in our own lives. As Mother Veronica rightly said 'Be of good courage, the darkness of the night will pass and then joy comes in the morning.'



Mrs Pramila DSouza
Dept of English

On the occasion of the Sesquicentennial Jubilee of the Apostolic Carmel Presence in India, a quiz was organized on the life of Venerable Mother Veronica. I was interested to answer the quiz. With the fortnight preparation on the material provided while reading about Mother Veronica I came to know about her life and her sufferings. It helped me to inculcate some of her values in my life. Her devotion towards God inspires me the most. On the day of the quiz, I was little nervous but once I started answering I became confident. I was happy to answer the quiz. I was surprised to know that I won the first place in the quiz. It was a wonderful experience. I'm very happy that I got this opportunity to know more about Mother Veronica.







Relisha Renjal

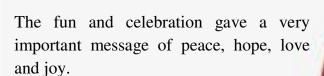




# THE CHRISTMAS PROGRAMME

Christmas is a festival which inspires the spirit of sharing and caring. It is indeed the most wonderful time of the year. As we all know Christmas 2020 is different from the years past. To keep all of us safe the Christmas programme was telecasted live on 24th December 2020 at 1:30 p.m. We could watch it from our homes and enjoy the wonderful Christmas programme. The stage was decorated with a beautiful Christmas tree, a crib, stars, bells and many other Christmas decorations.

The programme began with a prayer song. The presenter of the programme Ms Wencita Dias welcomed all of us. Then the students danced to the beat of many Christmas songs. It was wonderful. The Santa Claus made a grand entry and it made all of us very excited. Fr. Ryan Pinto OCD gave us a beautiful Christmas message. He started by singing the Christmas carol 'Gloria'. He told us how Christmas means celebrating the birth of Jesus, the creator as creature to redeem, save and take care of us. "For God so loved the world that he gave his only son to mankind" (John 3:16). He told us to be the people of God and be compassionate, faithful and not to be judgemental. A dance drama was performed by the students. The dance drama unveiled the events surrounding the birth of Jesus Christ through the artistic expression of dance and stirring gospel music. The students sang melodious Christmas Carols. A pleasant and happy atmosphere was created with the singing of Christmas Carols. The Christmas and New Year season this year amid the coronavirus pandemic is full of uncertainty and chaos. Many people are feeling isolated and worried as there are travel restrictions during the holiday season. We too weren't able to celebrate Christmas in person with our lecturers and friends. Such celebrations bring happiness and togetherness among us and also inculcate the spirit of sharing





and giving in us.

Leann Mariel Coelho
II PCMB B

