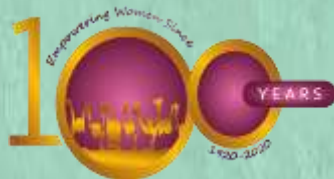




# Agnobeat

## E-Monthly Magazine



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Editors: Sr Sannidhi, Mrs Preema Pereira, Ms Sneha

## Principal's Message

I am immensely pleased to go through the 'Agnobeat' that encompasses varied activities for a holistic expansion of the pupil. The events held during the month, I am sure have enhanced the students to figure out their innate qualities and talents, be it in reaching out to the less fortunate or believing in their self-worth and capabilities.

The charm and the noise of youthful students that was silenced due to Covid-19 is once again felt and heard. Lot of eagerness is shown by the students to be in the campus. Teaching – learning has taken its former place with a difference. Opportunities are grabbed by everyone to bloom and grow in every aspect of student life. Amidst the hustle and bustle of life there seems a ray of hope that keeps us going come what may.

May the super power that is hidden within each of us be unveiled and help us believe in ourselves. God Bless us all.

Sr Norine D Souza A C

# HAIR DONATION DRIVE



Hair is a subject that is very important and favourite to women. We often see our hair as an object of beauty. Every woman craves for long, shiny, straight and smooth hair. Personally, I have a very good bond with my hair. I think hair adds up to my natural gifts. Hair care is important not only for my appearance, but also as a overall hygiene. Healthy hair makes one look best and ensures that hair and scalp is kept healthy. Hair care plays a vital role not only in my life but also in everyone's life around me. I take good care of my hair everyday.

Ever since I heard about donating hair to cancer patients, I was waiting for an opportunity to do so and I was glad I got one. Even though I was attached to my hair, I was determined to donate it because it would give me more satisfaction, as I could imagine the smile on that person's face. I believe that making someone happy is the greatest satisfaction. St Agnes PU College, Abhaya, Women's Forum organised hair donation drive for cancer patients in collaboration with Fly High Charitable Trust & Priwinkle Ladies Beauty Parlour. In addition to this, we had Dr Sangeetha, who enlightened us about breast cancer and their symptoms and preventions. Mrs Mercy on behalf of Fly High Charitable Trust, told about the importance of wig for cancer patients. On hearing this 23 students donated their hair.

I Anu Rakshitha, I PU PCME batch student of St Agnes PU College also donated the hair. I was eagerly waiting for this opportunity but didn't find a suitable occasion for this noble cause, when I got to know that my college was organising this drive, I did donate my 12 inches hair, and was glad and also satisfied that I have shared my resource to bring joy on the depressed face. I even motivated my mom to do so. Even though she objected me donating hair, she was now ready to do the same.

The Principal Sr Norine Dsouza and Vice Principal Sr Janet Sequeira encouraged more students to participate in this drive.



**Anu Rakshitha**  
**I PCME**



# PRAYER DAY

Prayer is man's steady effort to know God. It is the act of surrendering oneself to God. It helps a person to grow out of his own limitations, helplessness and a sense of insecurity.

Prayer is something very personal to me. It is a communication with God. Just as our relationships with friends and family deepens as we spend time together, interacting with God deepens our relationship with Him. There have been many occasions when I have realized, however hard we work at achieving our goal, we need God's blessings to fulfil them. He is the only one who knows all our problems and sorrows and he will surely help us at all times. When I have asked something through my prayers, it is my strong belief that I will receive it through the benevolence of the Almighty. In this regard Prayer day was conducted for the non-Catholic students of St Agnes PU College on 11 Oct, 2021 in the college auditorium. It was different from what I had expected. There was lot of interaction and activities. Fr Sunil taught us action songs, which was the fun-filled part of the session and every single student participated with lots of enthusiasm. We also had an amazing session with Fr Joe who spoke about the advantages and disadvantages of Social Media. He also showed us a documentary film 'THE SOCIAL DILEMMA' at the end of the session, through which we came to know about how social media can influence an individual.

We were made aware of our role in nation-building and to establish ourselves as exemplary leaders of society and were encouraged to make right decisions in life. The session was a very fruitful one. I would like to thank the college for giving me an opportunity to understand the importance and meaning of prayer.



**B Saakshi Kottary  
II PCBH**



“A day without prayer is a day without blessing, and a life without prayer is a life without power” - Edwin Harvey.

Prayer allows us to align ourselves with God’s intentions. The catholic students of St. Agnes PU College had their yearly retreat on 11 October 2021 in the Conference Hall. The gathering was greeted by Sr. Norine D’Souza, the college Principal. This session was led by Fr Dixon Lawrence D’Souza, SVD religious-missionary-priest, member of the SVD India-East Province and Assistant Director of the Divya Dham Retreat Centre in Jharsuguda, Odisha.

The retreat began with a hymn ‘Blest Are You Lord’. He emphasised how, in today’s world, technology has surpassed relationships. Technology has, at times, been humanity’s worst enemy. Although, the internet was designed to make interpersonal relationships more connected, it has ironically, made man more isolated than ever. With the invention of the smartphone, face-to-face relations have only become less and less prevalent. Walking into a room full of people, it’s not surprising to see most on their mobile devices completely ignoring the things happening around them.

We were very excited for the second session and Fr Dixon Lawrence D’Souza started with the topic ‘Love’. He was not talking about the love of a couple but, the love of a family. He made us understand the importance of family, One of the most immediate reasons family love is so important is that family members work to support one another. ... Family members that love you will be more than willing to be there for you in your time of need. These family members will also be there to support you during the good times as well as worse days. He got the students to think about the value of family and gave insights about love and expectations. He dealt with the topic ‘Inter Caste Marriages’ and made us understand its causes and effect. The humour added flavour throughout the session. The Eucharistic celebration marked the end of the retreat.

It is rightly said that each retreat is a time away from the ordinary, still on campus yet away from the daily academic requirements, or off campus in a more intent examination. Retreat days allow students to deepen their personal relationship with God and to reflect on how they can apply the Gospel message of Jesus to their daily lives. This day had truly been a fruitful one.



**Larrel Andrea Rodrigues**  
**II BEBA**





“You may not control all the events that happen to you, but you can decide not to be reduced by them.” – Maya Angelou.

International Girl Child Day is celebrated every year on October 11<sup>th</sup> which was declared by the United Nations. The observation supports more opportunities for girls and increases awareness of gender inequality faced by girls worldwide. The theme for this year’s Girl child day is – ‘Digital generation. Our generation.’ Our college celebrated Girl Child Day on the 25<sup>th</sup> of October. Dr. Poornima, RMO, DNB Trainer at General Hospital, Jayanagar graced this occasion. She spoke on the importance of education. Education is a light that enlightens our life as well as the ones around us. With education, girls can rise to great heights and achieve their dreams. They can fight for each other and against injustice. She also emphasized on the effects of social media in our lives. Social media is both a blessing and a curse. On one hand it helps in the development of girls, it brings them out in the world, it helps them to express themselves freely, but on the other hand, with the new era of social media platforms, women worldwide have become vulnerable to technological crimes like morphing, fake profiling and cyber bullying. Cyber violence against women raises serious concerns regarding their freedom of speech and expression. Dr. Poornima pressed on the need to use social media with adequate precautions. As we move forward in life, we will be faced with many hurdles, but we must surpass them and empower others around us. I would like to thank each and every member of our faculty and the ‘Abhaya’ committee for making this event a possibility. It has helped us grow in knowledge. I would like to conclude with a quote – Girls with dreams become women with vision.



**Krupa Esther Salins**  
**II SEBA 'B'**





**Khadeejath Taiba**  
**II HEPP**

**THE DEPARTMENT OF HUMANITIES**  
**INAUGURATES**  
**ARTISTIQUE**  
**A Certificate Course with Arts Curriculum**

- COMPUTER COURSE
- HAIR STYLES
- DRESSING ETTIQUETE & SAREE DRAPING
- PEDICURE & MANICURE
- FACIAL & CLEAN UP
- BASIC MAKEUP SKILLS
- BLEACH & DE TAN
- WAXING & THREADING
- OIL MASSAGE & SPA
- HAIR SMOOTHENING



To be artistic is to embody art in all it's forms, to be a channel of expression for the complexities of human emotion, to be creative. And the Students of the arts stream have all these qualities in abundance. The introduction of the 'Artistique' course by St. Agnes PU College has given us the opportunity to hone these qualities. 'Artistique' is an extensive course in skin-care, hairdressing, makeup, dressing etiquette, saree draping, etc by a professional, Mrs. Preethi D'Souza, who owns and runs her own beauty parlour in Mangalore, 'Priwinkle Beauty Salon'. These once-a-week classes are not only giving us student's valuable knowledge that can be useful in the future, they are also providing us with an opportunity to learn subjects beyond our textbooks.

To me, this course has been extremely exciting and interesting as I see and learn things that I have never done before. It has taught me that, even the things that seem simple at a glance, a facial for instance, actually has a very specific method and theory behind it. It has also reinforced in all our minds the importance of self grooming and looking after one's bodily health and appearance. So far Mrs, D'Souza has taught us how to do threading, face cleanups, and how to identify and care for our skin. And this is only the beginning. I absolutely cannot wait to see what else she has in store for us and am eager to learn more.







"No one is born with intelligence, but everyone is born with a talent."

St Agnes PU College organised AGNATHON 2021 a National Level Fest for students from high school and PU colleges, to discover their hidden talents. Due to the ongoing Covid-19 pandemic and as a bid to follow the social distancing measures, various competitions of Agnathon were conducted online. 12 schools & 10 PU colleges participated actively in this contest. The contest comprised of Danfactio (Dance Contest), Thunder Struck (Western Solo Singing), Technova (Science Model), Pensmith (Pencil Sketch), Carvastic (Vegetable fruit carving), Poster Attack (Poster Making) and Star of Agnathon. These competitions were conducted online from 13th to 18th of October 2021. The prize distribution ceremony was conducted offline on 27th of October in the college auditorium. A well-known actress and playback singer Esther Noronha was the honourable chief guest. In her address, she enlightened the students to focus on their talents and not to lose hope in any situation. She emphasized on the importance of choosing a right career. She shared her mantra of success - Do what you love to do She encouraged the students to be optimistic and urged them to face the various challenges they come across boldly.



The winners of various events were honoured by Ester Noronha and Sr Dr Lydia Fernandes, the Joint Secretary of St Agnes Institutions. At the high school level, St Aloysius High School bagged the overall championship while Mount, Carmel central school, won the runners up trophy. Under PU category, Expert Residential PU College Valachil bagged the winner's trophy while St Aloysius PU College got the runners up. The participants also shared their experiences and were overwhelmed with the variety of competitions that were conducted. They enjoyed being a part of Agnathon even though it was online. My overall experience of organising Agnathon was exhilarating. I thought that conducting this online wouldn't be fun but it was completely the opposite. The planning began a month ago. The theme of Agnathon 2k21 was rainbow with the tag line, 'A blend of talents'. Each of the seven competitions were represented by one of 7 colours of rainbow. It all began with a promo video competition that was conducted for the students of St Agnes PU College. The best promo video was done by Alice Lobo of II CSBA which was circulated to all schools and colleges. The registrations for Agnathon were done online through Google Forms. Colourful posters were handed over to nearby schools and colleges with a provision of QR code for accessing the brochure. Things went on smoothly without any hurdles as the work was distributed among the lecturers and each member of the cabinet was given different charges.





Carvastic was a unique event. It was very much appreciated as it is rare to find such an event in an online fest. The entries sent for Pensmith were extra ordinary. The participants proved their artistique mettle. Poster attack was another live event conducted through Google meet. The participants, beautifully depicted the COVID lock down scenario in their posters. The judges of Thunderstruck were mesmerized by the soulful singing of the participants. The entries of Danfactio were liked worldwide as they were uploaded in Agnes PUC Facebook account, as maximum likes was one of the judgement criteria. The models presented in technova were indeed of great calibre. The Star of Agnathon the fun competition - the cream of the fest, the final competition was truly an amazing blend of talents. E-certificates were provided to all the participants. Teachers had formed a stage committee who were given in charge of the backdrop for Agnathon. Their efforts be it from staying back after classes or going to college during their Dasara vacation for preparing the backdrop was absolutely amazing. I was a part of Star of Agnathon committee. This particular competition was conducted live through Google meet. The competitions went by smoothly and I learned a lot of things while organising this competition. I came across various participants across the region, each of them being excellently talented, I did imbibe a lot from them. I also learned to gain better understanding of how to deal with conflicting opinions and ideas, how to collaborate with widely differing personalities, and to evaluate risks. The only hindrance that I faced was technical issues before the competition began live. It was a whole new experience and I will cherish every single moment of it. The efforts the staff members took was exceptional and their dedication came out in rainbow colours.



**Calvisha Dsouza**  
**II BEBA**





A leader is someone who supports and encourages – who gives direction, sets goals and acknowledges achievements as well as identifies shortcomings. A leader is someone you can look up to and be proud to follow – whose accomplishments are inspiring and of interest to the group asked to follow them. Leadership, from what I have learned from the programme, is the ability to lead a group in a proper manner. A leader is one who must be ready to sacrifice everything to help others in need.



The simple notion that I have always had about what a leader is that - it is a person who is always ready to help others, it's a person who is well organised and has everything ready just in case someone else might need it. I've always thought that, the person who is a leader has to do extra work and at the same time be creative about his work as compared to the others.

While all these qualities are much needed to be a leader, after the leadership programme I attended, my knowledge on what leadership is and what it takes to be a leader has really increased.

Mr Elson, the resource person spoke about leadership in a different perspective that I had never thought about. His notion of a leader is -a person who has a right mind-set and his goal fixed because it is not only his path that he is paving but also the paths of all the other people he is leading. A leader according to him is a not a selfish person whose only motive is to be on the top of the ladder but in fact a leader is quite the opposite . It is one who thinks about the different ways he could help people reach their goals and support them in every possible way and fulfilling the responsibilities you had once promised them with.

My perspective of leadership has truly broadened after the programme. I realised that as a leader it is truly important to take into consideration each and every person's view point and come up with a solution which satisfies everyone, which is quite hard considering the fact that people can have widely different opinions about a particular subject. But the quality of coming up with a solution and satisfying everyone's needs in the process that really makes you a leader.



**Haneen Muzaffar**  
**I PCMB**



## Something Magical Happens When It rains!

When I was young, I would wait all year round for the rain. I loved playing out in the puddles, seeing my little paper boats sailing in the rainwater, I would follow it as far as I could, then when I reached home, I would sit by the window writing stories and poems about where I imagined my boat; to be; far away in a magical world. Curiosity about things I couldn't explore in real life and my wild imagination led to me becoming a writer. In most of my stories rain has always been my inspiration, something so beautiful always puts me in a good mood.



That was until I grew up and reality hit hard. The rain wasn't giving me inspiration and hope anymore, now I stand here on a terrace wondering how in just a few years I had gone from being a hope-filled, creative child to a low-paid, uninspired wannabe author. I hardly even had a home, I wanted to start over, but I didn't even have the motivation to do that. I just didn't want this life anymore. Even if I wanted to start over, where do I start?

I stood there alone as the rain poured, soaking me, hiding my tears. I squatted with my knees to my chest when I felt my feet couldn't hold me up anymore. It felt like the sky was crying with me and I had no control over my tears or the rain. I sat there feeling helpless till I realized I wasn't getting drenched anymore, but I still heard the rain. Opening my eyes, I saw a little girl standing next to me with her tiny umbrella covering me. I looked up at her and she grinned. Her grin and hope-filled eyes annoyed me on the outside, it destroyed me further inside. "You will catch a cold, old people catch a cold easily," she said and then chuckled. Old? What was she talking about? 'I can't handle this right now, I thought to myself. "Kid, where are your parents? You shouldn't be here alone." I told her in my sweetest voice possible. Ignoring my question she continued "Do you also like the rain? I love it! Isn't it beautiful?" The excitement in her voice while talking to me couldn't be ignored, so I answered "I guess you can call it beautiful, at your age everything is beautiful".

"Why? Do you adults have different eyes?" She said and laughed, clearly impressed by her lame joke. Her laugh and silly smile seemed so familiar, yet so different. "When I am you, I wanna become a writer, I will write about the rain," She said, dancing around the terrace getting soaked in the rain. "What do you do?" She asked, suddenly stopping her happy dance. "I think I am a writer, I'm not sure if I have a job". "What do you mean I think?" She laughed. "I'll make it simple for you: do you write?" I nodded. "Do you like writing?" I nodded again. "Then congratulations, you have the best job in the world." She clapped and then continued her dance again. "Kid, if it was that simple then I would be a billionaire." I scoffed "You are a billionaire in ideas," she said absentmindedly "Aren't you?" Billionaire in ideas? I wondered if that's something cheesy I would say as a kid.

"Each idea you have now is worth money and money and more money. Mom told me this! "She said, giving me a cheeky smile." Okay that's enough big people talk," She said, pulling me with her. "Do you wanna play 'Catching, catching'? "

"Catching, catching? " "Yes yes, I run, you catch!" she said as she started running. Ok, I'm done here, why am I here playing games with a kid? "Kid, where are your parents?" I asked sternly.

"First play! " She yelled above the noise of the rain falling. Suddenly there was a BANG!, one of the loudest thunder sounds I had ever heard, this shocked the kid and she slipped. She looked at me with tears forming in her eyes, but then gave me a bright smile and said "Oops! You have a Band-Aid, right? "I rushed towards her to help her up, she had blood gushing from her knees. If her parents found her like this, I'm done for. "Okay, that's enough rain. Let's go inside! " I said pulling her up. She wrapped her arms around me and screamed "No! Stay! "Kid, please if your parents find you like this they will not be pleased" I pleaded "At least let's stand somewhere where we don't get drenched, look at the rainwater making your blood drip down your legs! "



She hesitantly nodded and I carried her inside. "Here," She said, pointing to a step next to a window. Sitting down on the step, I took out tissues and a band-aid I always carried with me "Even I have a band-aid! " she said excitedly. "Use mine use mine," she said, taking out a little pink band-aid from a small purse. It was my purse! I had the same purse when I was her age! The kid! She was ME! Seeing the look on my face, she smiled "Now you remember me?" What was happening? Looking at her now, she looked just like me... The "me" with the chubby cheeks, innocent and hope-filled eyes.

But... "It can't be!" She squealed " You are! We are writers!! I wanna be you so much!" "You are not me" I yelled, this wasn't one of my stories. This was real life. "I am! " She yelled back louder "Ask me anything about us!" "I'm not here to sit and listen to a kid's lie. Just tell me where your parents are, I'll leave you there". "Why? Are you not ready to accept what you have done to me?" She whispered, "What have you turned my life into?" I knew she was me...but how do I even face her? I destroyed her life, I destroyed OUR life. "Aera, we can still fix it, right?" She asked hopefully. "I don't know," I said, still trying to process what was happening. "What do you mean by that? Of course, you can! You are me! You still have me in your heart right?" She had so much hope in her voice. I couldn't deny it. When did I lose myself? "I'm still here, Aera!" she said as if reading my mind. That wouldn't be surprising after all she was me. "I'm always with you. Don't you remember the promise you made to me? "Promise? "You promised yourself to be the best writer ever! "I did? "she nodded. "Aera, look out! there is confetti falling from the sky, there are so many puddles! Imagine the number of boats you can float in those puddles!"

Confetti falling from the sky!... That's what I called the rain! It wasn't the sky crying, it was the sky showering confetti! "Thank--" She was gone. Then something inside me told me "She is still here! Find her!" She was in my heart... she will be Forever.

**Nimra Patel**  
**I CEBA**



## SELF DEFENCE

Self Defence is quite Natural and it is our right too. Self Defence is the act of defending oneself, one's property or someone else from physical harm. Self Defence has an important role in the life of women. It is a skill which every woman should acquire to make their own and others' lives safer on a daily basis or whenever the situation requires.

St Agnes PU College organised Self Defence training every week for the students free of cost. 25 Students actively participated in it and gained a lot of knowledge and techniques about Self-Defence. The form of Self-Defence taught to us by our mentor/guide/guru Arun Kumar was karate. The first and foremost technique taught to us was meditation. Every class started with a prayer which was done kneeling with back straight, eyes closed, and head down for 3 minutes. It ended with a ground bow. This enhanced our meditation skill. After prayer, students were made to do warm up exercises to prevent hurts during learning techniques. Various punches such as face punch, middle punch and down punch were taught. Though they are sum of the basics, each punch required power and concentration. Techniques like open hand forward and sideward, elbow hit, short punches etc were taught. Other than punches and hits, block such as down block, upper block, inner and outer forum blocks were taught too.

Kicks such as thrust kick, side kick sidewise, side kick forward, back kick and slap kick were taught too. Students were put in pairs and were trained to fight in situations as well. The Self-Defence classes not only taught us techniques but also made us gain strength and confidence to face any situation. "Every Woman's Success Should Be An Inspiration To Another. We're Strongest When We Cheer Each Other."



**Vinitha Olivia Dsouza**  
**PCMB 'C'**



# EXORDIUM – FRESHER’S DAY : EVER TO EXCEL



“Champions don’t become champions when they win an event, but in hours, weeks, months and years they spend preparing for it” –Michael Jordan.

The college cabinet of St Agnes PU College had organized Fresher’s Day ‘Exordium 2k21’, with the aim of exhibiting one’s talents as well as appreciating the talents of others. The event turned out to be an absolute extravaganza of creativity, art and culture! The fresher’s were given an opportunity to get over their shaking voices and twiddling fingers and move forward with confidence, something that St Agnes PU College has been promoting for more than hundred years now.



**Simone Menezes**  
**I PCMB ‘A’**



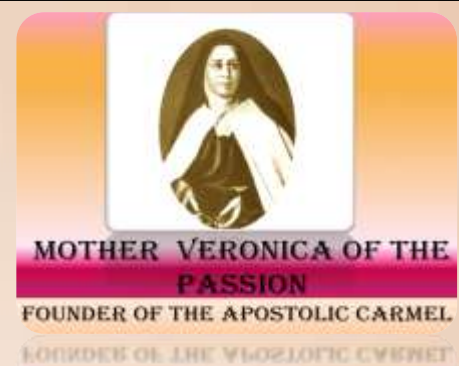
The moment our Principal, Sr Norine Dsouza declared ‘Exordium 2k21’ open, the spectacular show commenced. We were left enthralled watching the participants of ‘Spooky Fashionista’ take over the stage with their spine-chilling attire. It was in stark contrast to the radiant and glamorous looks of the participants of the ‘Bridal Makeover Competition’. This was then followed by ‘Mad Ad Competition’ which was a perfect combination of knowledge, morals and humour. For the most part, all of us were anticipating the ‘Battle of Bands’. The students absolutely rocked the stage with their melodious voices and amazing music skills. Other competitions like ‘Wealth out of waste’, ‘Fireless cooking’, ‘Pick and speak’, ‘Sketch your thoughts’ and ‘Creative writing’ were also organized that not only helped us show our talents and creativity but helped us develop team spirit, communication skills and most importantly, new friendships! What mattered more than winning for me, was the experiences and memories we made with our teachers and friends during this time. ‘Exordium 2k21: Ever to Excel’ was indeed a perfect beginning for us, freshers. Seeing the students put in hours of practice and the teachers supporting them to make this event a grand success, gave us a sense of comfort and reassurance, knowing that we will never be alone in this short journey ahead of us in St Agnes PU College!





Mother Veronica lights up my way....!

A new star has risen from the ocean  
Veronica is her name.  
To join other stars in the heaven above  
Of the great family of Carmel.



To celebrate the occasion of the 152<sup>nd</sup> year of the establishment of Apostolic Carmel, India and to remember Venerable Mother Veronica on her 115<sup>th</sup> death anniversary, St Agnes PU College, conducted a quiz on the life of Mother Veronica on Saturday 20<sup>th</sup> November, 2021.

A week long preparations were done from 15<sup>th</sup> 20<sup>th</sup> November, where every morning we heard about the life history of our foundress. This whole week was also dedicated to our dear Mother Veronica. A special thanksgiving mass was also offered on 19<sup>th</sup> November – the Establishment day. Her heroic obedience to the will of God and the winding path of suffering she trod from being Sophie Leeves to become to Sr Veronica of the Passion was particularly remembered on 16<sup>th</sup> November- her 115<sup>th</sup> death anniversary day.

The purpose of this quiz was to introduce Venerable Mother Veronica to those who do not know her. Through his chosen people God fulfils his plans and purpose towards the progress and development of humankind. God called and chose Venerable Mother Veronica from the Anglican church to the Roman Catholic Church and to Religious Wisdomlife and later to be the foundress of the Apostolic Carmel Congregation. Mother Veronica, who dedicated herself to build an educative community in and through the Apostolic Carmel, stands as an inspiration to all of us even today.



Our foundress Mother Veronica was born on 1<sup>st</sup> October, 1823 as Sophie Leeves to Mr Henry Daniel Leaves and Marina Haultain. Sophie means ‘wisdom’ and true to her name she grew up to be a very wise person. She had balanced outlook in life. She gave great importance to prayer and reading the Bible daily. But in the depths of her heart she felt that something was still lacking in her life. Gradually she discovered that God wanted her to dedicate her life in His service as a religious sister.

From the life of Mother Veronica, I personally learnt that God Alone Suffices. This is the truth. He is our security, in Him we live and move. He is a banker who never fails in him we find our rest. He never changes, he knows what is best, and she also tells us that, people who speak the truth and stand for it can respect themselves, be trust-worthy and fearless; as ultimately truth will triumph. The meaning of the name ‘Veronica’ is ‘true image’. All through her life she reflected the face of God in the depth of her being.

Mother Veronica lights up our way even today. Indeed it is the face of Mother Veronica who keeps smiling at her children all over the world! The journey of a hundred and fifty two years of the Apostolic Carmel began with a single step; because of the courage of a woman, who in response to God’s call dared to take that first step. Her beautiful life is a constant inspiration to all of us; to strive for what is good, noble, true and lasting.

Today as we stand on the threshold of a fresh beginning, we remember with reverence and gratitude, this great woman, Mother Veronica. We also recall with deep appreciation, the dedicated lives and service of Mother Veronica and those who followed her footsteps. Poised at this significant milestone of the history of Apostolic Carmel, we implore God’s blessings in abundance and trusting in God’s providence, we look forward to the future with confidence, joy and hope!

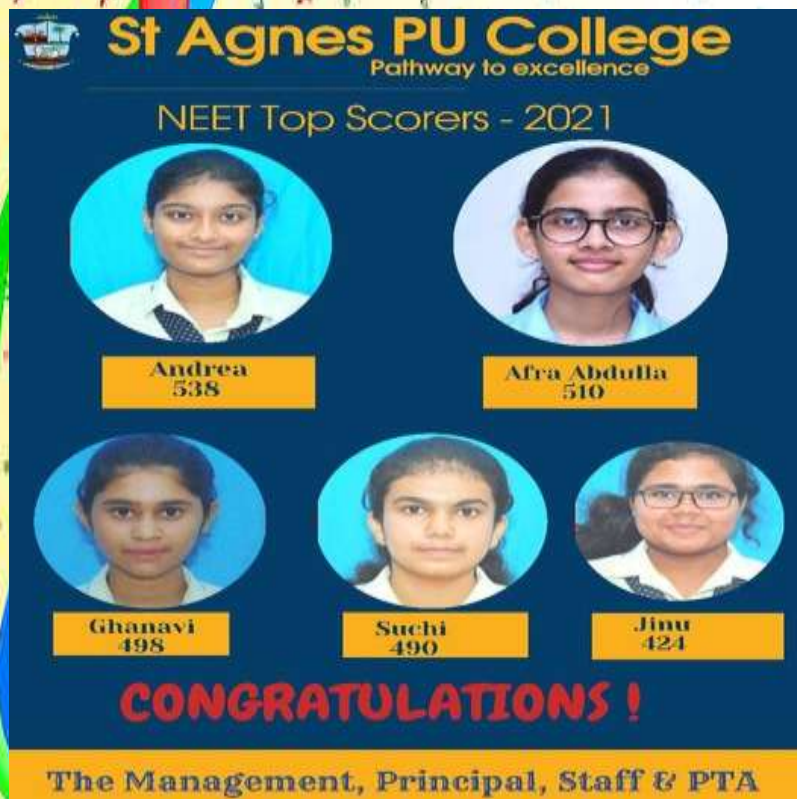


**Sweezal Mansi Monteiro**  
**I PCMB ‘A’**





**NEET TOPPERS**



**ART ATTACK**







During this pandemic of Covid – 19, our lives have changed a lot. This was my first NCC camp that I was a part of I Cdt Melissa Monteiro of 6 KAR AIR SON, NCC of Mangalore, Karnataka. I was glad to get an opportunity for attending the Annual Training Camp (ATC) held at St Joseph Engineering College, Vamanjoor from 21<sup>st</sup> October 2021 to 29 October 2021. Here, I was out of my comfort zone, felt excited, very nervous yet eager to know what was going to happen in the camp. This camp gave us the opportunity to mingle with other cadets from different flights and make new friends with whom we tried to keep in touch even after the camp. I never realized how fast these days passed by and we came to the end of the camp.

This camp was organised for cadets who were preparing for ‘B’ and ‘C’ Certificate exam. The day would start with PT exercises followed by breakfast and then the drill. We also had theory classes taken by our ANO’s as well as guest lectures who gave us knowledge about the unknown facts. After lunch our classes continued with tea breaks in between. During these 10 days we learned and tried the things we never did before namely weapon training, learning to put up a tent and many more, sometimes we had mess duty which I enjoyed, where the cadets were assigned to serve food to the other cadets. We also had guard duty during the day. This guard duty was to keep watch on the ammunition that were used. Here we did have to sacrifice our sleep by waking up in the middle of the night which was horrible and tiring. The nights before sleeping was the fun part as we had cultural programme where the cadets showed their hidden talents unknown to the rest. Cadets from different flights sang songs and danced in groups, duet as well as solo. A few cadets even played instruments which displayed their talents. Stand-up comedy was also a part of the programme after a tiring and tight schedule of the day this was the only thing that made everyone’s tiring day exciting again. The PI staff also joined us in dancing and sang songs for us. They also shared their life stories with us that were filled with adventures. We were taught how to use hams, where we have to convey a message including our names with code words.

The last thing I would say is that, this camp gave me practical and theoretical knowledge along with values of responsibility, discipline, adjusting to different and challenging environment and many more. I will never forget these values, the friends I made and the memories created with the rest. It is definitely not easy, but also not an impossible task. Those few days were full of adventure and fun which made great impact on me. Lots of phones, two-three charges, but one socket, NCC camp memories are the best and unforgettable.

Jai Hind



**Melissa Monteiro**  
**Cadet - AIR WING**  
**II SEBA**



Choose health, because it's your only true Wealth

Health is your only true wealth, not pieces of gold and silver says Mahathma Gandhi.

Keeping in mind the importance of health, 'ABHAYA' the women's forum of St Agnes PU College organised a health session led by Miss Shan, certified fitness trainer. Ms Shan demonstrated a 5 minutes Zumba workout where all the students with all energy and enthusiasm took part. Ms Shan gave us information on how to have a healthy lifestyle and how to follow a balanced diet in our day to day life. She also gave us information on different types of workout and exercises.



To me this session was very informative and fun filled. As a youngster of this generation, health and fitness is one of my topmost priorities. Being fit is something I look after, on a daily basis. I go for walks where my main goal is to finish 10,000 steps per day. I work out or practice yoga in my free time. Zumba is one of the exhilarating activities where people do not need extraordinary skills to get on their feet. I was never a dancer as a kid but being introduced to Zumba in my high school days made me realise one does not need to be a professional dancer to do zumba.

When I was younger we had zumba classes every Saturday for an hour. My friends and I were active participants and we enjoyed zumba classes to the core throughout my high school years. It feels like a breath of fresh air, to be able to relive those days again in college after such a long break due to the pandemic. I sincerely appreciate our college for their efforts to help us lead a healthy and happy life.

Do not let illness make you realise the value of health.

Be active, be healthy



**Athiya Banu**  
**II HEPP**







Agno –Humantia is a club for the students of Humanities. It is a platform to showcase their talents and abilities on various events and occasions conducted by the members. Agno – Humantia organised a career guidance programme for I and II PUC Arts students on Tuesday 16<sup>th</sup> November, 2021 in the college auditorium. Mrs Olivia Economics lecturer spoke on the various career options which we as Arts students can go in for, she provided or brought forth before us plenty of career choices based on our skills, personality etc. this career guidance programme helped us to broaden our perspectives and develop right strategies. Our resource person also helped in clarifying our career goals.



NEP – 2020 was also discussed with the students which brought into light the various changes in our education system. We learnt that the skills are given more importance and that there will be restructuring in our education system, as per the New National Education Policy 2020.



**Fathimath Shebin**  
**II HEPP**