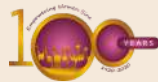




# AGNOBEAT

## E- MONTHLY MAGAZINE



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### PRICIPAL'S MESSAGE

Mother Aloysia a farsighted visionary a great missionary and a brilliant luminary is etched forever in the hearts of Mangalorean community and through them into the whole world. As a visionary she laid a firm foundation for womens' education. Mother Aloysia was a teacher and an educationist par excellence. She said " Education would be incomplete and defective if it lacked the essential quality- The formation of character ". The underlying principle of Mother Aloysia's monumental work and activities was to guarantee to young women a complete religious, social and cultural formation.



**MOTHER ALOYSIA AC**  
**FOUNDER**



**SR NORINE DSOUZA A.C.**  
**PRINCIPAL**

Having been inspired by the humble and magnificent personality of Mother Aloysia the staff of SAPUC strive to imbibe her zeal and enthusiasm in imparting value-based education to our budding youth. Their love and commitment to the noble profession of teaching is commendable. The vision and mission of Mother Aloysia is loved even today by the sisters of The Apostolic Carmel and shared with the staff, students, parents and society at large through education and other Apostolic works.

The motto of St Agnes 'God is our Strength' continues to flow in the life of every person who enters the portals of St Agnes. May the patron saint bless our teachers and all those who are associated with the college with choicest blessings.



# STANDING IN A CLASSROOM..



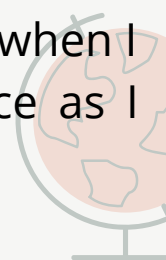
The Golden days of my life were those when I was a student, especially a college student. I vividly remember myself as an all-rounder. It was a Herculean task to carry a bulky backpack handful of pens, moreover, head full of dreams to be a Biologist and see myself as a competitive person. As every individual, at times I was indolent and procrastinated my work. However, I realized that to be audacious and assertive I must work hard. I am proud today of myself and extend my appreciation to St Agnes institution for moulding me.

As a student, I enjoyed the classroom learning. Though intelligent, I was the most notorious girl in the class. My secondary school entirely focused on academics. A real taste of student life was in the cultural extravaganza where I could flourish immensely and develop my best, eliminating all the stage fear and reluctance. I always believed in the idea of working smart over working hard. As I took up science, it was challenging to study because the topics were complex. I remember the days of exams, burning the midnight oil to excel and achieve high grades.



**MRS PREEMA CORREA**  
**DEPT OF BIOLOGY**

Whatever I am today is the outcome of my committed student life, the support of my parents, and the guidance of my teachers. A good balance of enjoyment and studies is a key to grow as an all-rounder. There were hurdles to achieve dreams, however, I endeavored to catch those. Yes, my student life was amazing and today when I stand in a classroom it brings a smile on my face as I recall my past.



# THE TEACHER I ADORE THE MOST

I would like to begin this article with a question.....Does a good student bring the best in a Teacher OR Does a good teacher bring the best in a student ? CONFUSED!!!  
Think over it...

WHEN THE STUDENT IS READY THE TEACHER APPEARS – CHINEESE PROVERB

A hard-working student whenever he woke up to study would see his professor reading / writing notes in his opposite room. This went on for months and the student out of curiosity went up to the professor and asked, “Why are you reading / writing so much when you are already a reputed professor?” The professor replied, “I want my students to learn from a flowing river rather than a stagnant pool”. This learned professor who teaches at college becomes a student to become a better teacher for his students. The professor constantly LEARNS and UPGRADES himself. When it comes to learning do, we need a teacher? Most of the inventions in the world were triggered by observing nature. Scientists are studying movement of ants to resolve issues related to traffic jams. The way tiny insects drill holes in their mounds to cool down in the hot African savannah has inspired architects to develop buildings that are more efficient. A spider’s web is one of the strongest designs in nature. The webbing pattern has been copied by automotive industries so that windshields crack but do not shatter. The examples are innumerable but the point to be noted, ‘Does LEARNING have boundaries?’ If there is an eager student in us even an insect can teach us many things

A famous teacher wrote to his students

Don’t follow me as I can’t lead you

Don’t lead me as I can’t follow you

You are you; I am I

I can’t fly for you,

You can’t fly for me

One must do it oneself.

But its great flying together -

The challenge, change, fun, joy

And being together...

I wish to assert that there is student and teacher in each of us. LEARNING is important and as we live our lives let us be like a flowing river of knowledge rather than a stagnant pool.

THE TEACHER I ADORE THE MOST IS THAT STUDENT WHO IS CONTINUOUSLY LEARNING EVERYDAY TO MAKE THIS PLANET A BETTER PLACE



**MR MATHEW ANTONY**  
**DEPT OF COMMERCE**

# MY FIGHT WITH CORONA

After a week filled with activities in the month of April, I began to develop severe body pain, little did I think that it would be COVID. Even before I came to terms with what was happening, all my family members were tested positive, a kind of family package. However, I was fortunate that I did not have any respiratory complaints and there were no other severe complications. I visited a nearby doctor who prescribed tablets for body pain and suggested to get a RT-PCR test done. I still remember, it was a Sunday, my husband, daughter and I went to a public primary health care center for the test. We were hoping to get our reports by Monday evening, but as the second wave was increasing our reports were getting delayed. As we continued to wait for our reports, my parents who had tested in another center got their reports and they turned out to be positive. We immediately consulted our family physician who prescribed antibiotics. The doctor also advised us to hospitalise my parents and grandmother. I stayed at home along with my husband and my daughter.

On one of my worst days, I woke up to see my husband with a black out, collapsing on the bathroom floor. Times such as these were not easy. Our recovery coincided with a peak in COVID cases across the country. The news about the virus was taxing emotionally. Each time I heard or read news of the devastating effects of COVID -19, it added to my anxiety. Bad news came our way almost every single day within our close family circles. It was because of my amazing family and friends, their emotional and practical support that made our isolation easier. This helped me to stay positive with constant reminders that 'You will be fine' It took me 21 days to finally feel better. COVID has taught us lessons, importance of family and social relationships.



The love, care and prayer support from all the loved ones helped us to stay strong, positive and fight COVID with hope.



**MRS JOANNE SHEETHAL**  
DEPT OF ENGLISH



# **NO ONE HAS EVER BECOME POOR BY GIVING**

**- ANNE FRANK**

Mother Teresa used to say, "Helping hands are better than praying lips" and she tangibly showed this way to the world. COVID-19 pandemic has led the world to a dramatic loss of human life and presents an unprecedented challenge to public health, food system and the world of work. The economic and social disruption caused by the pandemic is devastating: tens of millions of people are at risk of falling into extreme poverty, while the number of undernourished people, currently estimated at nearly 690 million, could increase up to 132 million by the end of the year, according to a report by World Health Organisation (WHO). While India or our own state Karnataka is no exception.

As an initiative of our college, a few weeks ago, we decided to visit a few families of our students and what we saw was really pathetic... some did not have two meals a day, some of the students' only breadwinner in the family had lost their jobs, and some had lost their family members due to the pandemic, some were struggling to recover from the aftermath of Corona, some were begging for help to find any job, the list is long... Though we have been trying our best to help the needy, we have not succeeded in our endeavour. There is yet a long way to go. Hence, we appeal to you to extend a helping hand in whatever way you can.

## **Why should I help others?**

This question may bother many or at least a few. Well. There may not be a definite answer to this question. But we must remember our responsibility towards our society. Just imagine for a moment if we were in their place... perhaps unthinkable... The small steps and efforts that we put in, makes a huge difference in someone's life. Perhaps the joy of giving can be understood only when one shares and cares for others.

It is said that if you have food in the refrigerator, clothes on your back, and a roof over your head and a place to sleep... .. then you are richer than 75 per cent of this world. And I am sure, we have much more than that... I would like to quote Mother Teresa again. "If you can't feed a hundred people, then feed just one."



**DR TRESSIE MENEZES**  
**LIBRARIAN**

# TECHNOPHOBIC TO TECHNOPHILIC

Before the COVID era, teaching and learning took place without smart phones and computers. It was a beautiful life, which centered around interaction with one another. Outbreak of the COVID-19 pandemic sent ripples of fear in the teaching community. The burning question in our minds was - How to connect with our students?

It was around this time, that online teaching was promoted as a possible solution- The next big thing, by people- The educationalists. Sisters of St Agnes were very quick in providing us, teachers with all the opportunities to learn online teaching. In my first input session for the same, I was surprised to know that my smart phone could be used for online teaching!

Prior to the pandemic, my smart phone usage was limited to only google searches and maybe a few phone calls and messages. I had also kept a distance from computers. To be frank, I was bit technophobic. This Pandemic pulled me out of my shell. My love for chemistry and passion for teaching were the driving forces which propelled me to adapt to online teaching. My junior colleagues, motivated and supported me in learning and applying technology in various processes of teaching. I learnt to prepare power point presentations, prepare google forms, make PDF files, use google class room, evaluate answer papers and much more.

For several months now, our education system has revolved around E-Learning. Education survived, thanks to the support offered by technology. When I look back at my journey as a teacher during the pandemic, I feel proud to have been a part of this support system. My transition from Technophobic to Technophilic state was not smooth at all. Technical glitches, connectivity issues and also apprehension with regards to using technology during classes would hamper the flow of learning and did make teachers and students as well, uncomfortable at times. Time has taught us yet again that we must accept the situation as it is and do our best moving ahead. Let us hope that the situation normalises soon enough. With my experiences during this pandemic, I realised our attempts at humanising the machines are futile. Technology can enhance, but can never replace the art of learning by human interaction.

**MRS NAMITHA**  
**DEPT OF CHEMISTRY**



# GEARING MYSELF UP

Teaching is a very noble profession that shapes the character, calibre and future of an individual. If people remember me as a good teacher, that will be the biggest honour for me" says A P J Abdul Kalam.

Teaching profession is very fulfilling, knowing that you have touched many lives. Teachers are selfless, always ready to go an extra mile to help their students. Being a part of the teaching fraternity, I experience a feeling of self – satisfaction when I see my students achieve success in life. There have been many occasions where I have felt overwhelmed when 'unfamiliar' faces greet me in public, reminding me that I was their teacher decades ago; when they have volunteered to help me in hospitals reminding me that they were my old students; when they call me up to share their success stories and some introduce me to their family and friends as their favourite teacher.

On the other hand, teaching is also a daunting and challenging task. In the present era, with the advent of new methodologies in teaching, the role of teachers has also greatly evolved. Today it is utmost important for teachers to upgrade their skills and knowledge from time to time.

The pandemic threw life out of gear for everyone, including students and teachers. When the lockdown was first imposed, we only saw it from the perspective of an extended vacation, but the situation took a completely different turn as the pandemic worsened and teachers had to continue teaching on a virtual mode. With the transition to online mode of teaching, it became a compulsion to learn new technologies. At this time of crisis, teachers have put in great effort to ensure that learning never stops and no learner is left behind. They have worked individually and collectively to find a solution and create a new learning environment for their students and ensured that their education continues.

The college administration trained teachers on the use of digital tools for conducting virtual classes. Due to the varied socio – economic backgrounds of students, an added challenge faced by teachers was bringing students together virtually inspite of paucity of appropriate material and resources, technical problems, lack of internet facilities, constant power cuts and other such unforeseen issues. Teachers also had difficulties in guiding students who did not even know to create email id, handle meets and fill google forms and students also found it very difficult to adapt to the online learning environment and their role changed from active participants to passive receptors.

Teaching in front of the camera initially brought a lot of discomfort to the teachers. Body language and eye contact, which are important cues for the teacher, are difficult to perceive in an online class. Lack of response during the class reduced the effectiveness of teaching. Hence the teacher had to put in a lot of efforts by arranging virtual activities and interactive session to sustain the attention of the students and to make the class interesting. Taking online classes from home was difficult for a teacher due to unavoidable disturbances at home with children, guest, pets, noise at kitchen etc. The house of a teacher suddenly switched to a classroom and managing house and class at the same time was the biggest task for a teacher. Gradually, with the support of family members, teaching from home became convenient and the process continued. Other than live and recorded lectures, teachers have gathered a lot of videos and presentations to make concepts simple and engaging with the help of various digital platforms. Being a teacher, I feel that online classes cannot be a replacement for conventional classroom teaching but with the aid of technology, a blended teaching model of both online and offline can be adopted in the following days with effective planning to improve teaching learning process.



To conclude, when we can accept change in life, we learn from it and become better while experiencing it. Hence, change is no longer our enemy it becomes our teacher.

**MRS CHAITHANYA**  
**DEPT OF PHYSICS**



# ONLINE DEVELOPMENT OF PERSONALITY

Learning is a continuous process. A good learner will learn from every situation and from every person. In this new age of Technology we have lots of ways to gather information and improve our knowledge. One such method is learning from online courses. I had the privilege of attending one of these online courses "Learning Physics through Simple Experiments" organised by IIT Kanpur and it was conducted by the great professor HC Verma, who is an inspiration to all the Physics enthusiasts in our country.

Mr Verma started the course by giving a brief introduction about why experiments are required in learning Physics. Physics is a subject where we study about nature and natural phenomena and describe it through mathematics. This is the way physical science works nowadays but we have to remember the other aspect of physical science that is the experiments. A child who doesn't know about all this mathematics may find it difficult to learn the subject hence professor Verma gave a great importance to these experiments which is the best way to grab the attention of a child and also emphasized on the fact that it might increase the interest for the subject.

Simple experiments starting from optics to the electric experiments give us great insights about the concepts and the fun of learning through experiments. Professor Verma used to pose lots of questions about the experiments as well as concepts and we were supposed to answer in the chat section. People from all over India participated in it. It was a great exchange of knowledge between Physics lovers. This course improved my knowledge about the subject thereafter showed the power of experiments which can make a student like the subject.

**MR KIRAN**  
**DEPT OF PHYSICS**



## TIME FOR MY FAMILY

"NO AMOUNT OF MONEY OR SUCCESS CAN TAKE THE PLACE OF TIME SPENT WITH YOUR FAMILY".

All of us are so occupied in our lives and in chasing our dreams that we struggle to make time for our family. A family is the biggest asset that one could ask for. Hence it is important to spend time with loved ones. No matter how busy you are, your family needs you, the same way you need them.

Family time is an essential factor that helps to create strong bonds, love, connections, and relationship among the family members. Spending quality time with family does help in strengthening the bond, coping with challenges, instills a feeling of security, reduces stress, inculcates family values, fills kids with confidence, and much more.

"Spending quality time with your family is important" – we have heard this time and again. However, most people do not realize that the operative word here is 'quality', as opposed to 'time'. You can spend hours on end with your family, but how you spend this time is what matters. In simple words, quality stumps quantity, again.

Here I would like to share with you some things that I do to spend quality time with my loved ones.

1. Having at least one meal together
2. Doing exercise or workout together
3. Going for a walk in the evening
4. Reading books together
5. Planning a vacation together
6. Putting off the phone on silent mode and focusing on each other.
7. Cooking a meal together
8. Cleaning the house together
9. Helping children with their school work
10. Watching TV together



**MRS HARIET MORAS**  
**DEPT OF COMMERCE**

Spending time with your family is not a chore, it is a privilege. To have people in your life who love you immensely is a blessing. Do not take your loved ones for granted. Spend time with them and make memories.





ನಾನು ಕಂಡ ಭಾರತ

“ಜನನೀ ಜನ್ಮ ಭೂಮೀಶ್ಚ ಸ್ವರ್ಗಾದಪೀಗರೀಯಸಿ” ಅಂದರೆ ಹೆತ್ತ ತಾಯಿ ಹಾಗೂ ಹೊತ್ತ ಭೂಮಿ ಸ್ವರ್ಗಕ್ಕಿಂತಲೂ ಮಿಗಿಲಾದುದು ಎಂದರ್ಥ. ಪ್ರಪಂಚದ ನಕಾಶೆಯಲ್ಲಿ ಅರ್ಥಪೂರ್ಣ ಆಕಾರ ಪಡೆದ ನನ್ನ ಜನ್ಮಭೂಮಿಯ ಬಗ್ಗೆ ಬರೆಯಲು ಲೇಖನಿ ಸಮರ್ಥವೇ?

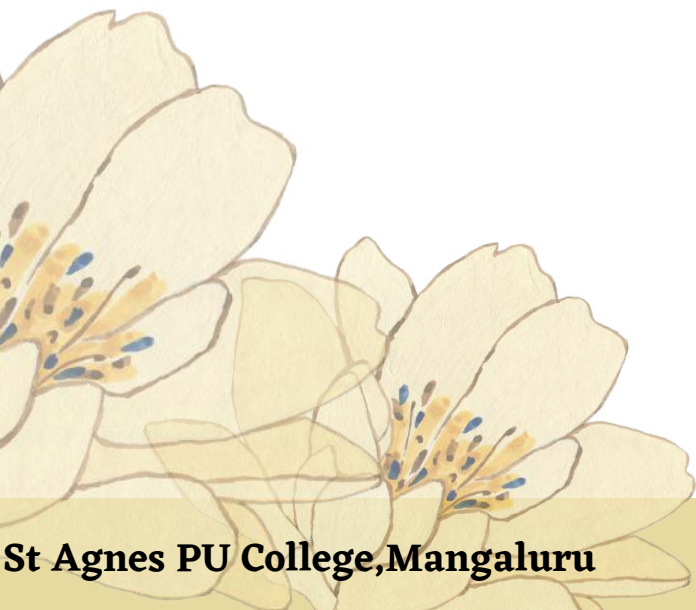
ಶತಮಾನಗಳ ಇತಿಹಾಸದಿ ಭವ್ಯತೆ ಮೆರೆದ ಬಾರತದ ಐತಿಹಾಸಿಕ ಪರಂಪರೆಗೆ ಸಾರಿಯಾದರೂ ಯಾವುದು? ಗತ್ತ ದತ್ತ ಹೆಜ್ಜೆಯಿರಿಸಲು ಮೊಗೆದಷ್ಟು ಸಿಗುವ ಮೌಲ್ಯಗಳ ರಾಶಿ, ವರ್ತಮಾನದತ್ತ ದೃಷ್ಟಿ ನೆಟ್ಟಾಗ ದೊರೆತ ವೈಚಾರಿಕ ವಿಚಾರ ಧಾರೆಗಳ ಮಹಾಪೂರ, ಭವಿಷ್ಯಕ್ಕಿದುವೇ ಶ್ರೀರಕ್ಷೆಯಾಗಿರಲು, ದೇಶಭಾಷೆಗಳಾಚೆಗಿನ ಭವಿತವ್ಯದ ಶ್ರೀಕಾರ ಮೂರ್ತಿ ನನ್ನ ದೇಶವಲ್ಲವೇ? ಅದಕ್ಕಾಗಿಯೇ ಹಿರಿಯರು ವೈವಿಧ್ಯತೆಯಲ್ಲಿ ಏಕತೆಯ ಮಂತ್ರವನ್ನು ಸಾರಿದರು. ಜಾತಿ-ನೀತಿ ಗಳನ್ನು ಮೀರಿದ ಇಲ್ಲಿಗೆ “ಕಸವರವೆಂಬುದು ನೆರೆ ಸೈರಿಸಲಾಪೋಡೆ ಪರವಿಚಾರಮರಿ, ಪರಧರ್ಮಮಂ” ಎಂಬ ಕವಿರಾಜಮಾರ್ಗಕಾರನ ಮಾತು ಸಲ್ಲುತ್ತದೆ. ಅಂದರೆ ಒಂದು ದೇಶದ ನಿಜವಾದ ಸಂಪತ್ತೆಂದರೆ ಪರರ ಧರ್ಮದ ಕುರಿತಾಗಿನ ಸಹಿಷ್ಣು ಗುಣ.

ಸ್ವಾಮಿ ವಿವೇಕಾನಂದರಂತಹ ಸಂಸ್ಕೃತಿಯ ಹರಿಕಾರರಿಂದ ಪಾವನಗೊಂಡ ಈ ಮಣ್ಣು ಪ್ರಪಂಚವೆಲ್ಲಾ ಹಿಂತಿರುಗಿ ನೋಡುವಂತಹ ಪುಣ್ಯ ವೃತ್ತಿಕೆಯಲ್ಲವೇ..

ಹುಮಾಲಯವದು ಮಹಾತ್ಮರ ಸನ್ನಿಧಿಯಾಗಿರಲು, ಕಾಶ್ಮೀರ ಕಣಿವೆಯು ಸೊಬಗಿನ ತಾಣವಾಗಿರಲು, ಕನ್ಯಾಕುಮಾರಿಯ ಅಪೂರ್ವ ವೈಭವ ಕಣ್ಣಿಗೆ ಕಟ್ಟಿರಲು, ಭಾರತ ಮಾತೆಯ ತನುಜಾತೆಯಾಗಿ ಪುಟ್ಟಭಾರತವೇ ಮೈತಾಳಿ ನಿಂತ ಕನ್ನಡ ನಾಡಿನ ಭವ್ಯತೆ ಹೀಗೆ ಆರಂಕುಶವಿಟ್ಟೊಡಂ ನೆನೆಯುವುದೆನ್ನ ಮನಂ ಭಾರತ ದೇಶಮಂ.



**MRS SHAILAJA**  
**DEPT OF KANNADA**



# TEACHERS' DAY CELEBRATION 2021



**DR P V SHOBHA**  
**DEPT OF HINDI**

Teaching is the noblest of all professions. A student's calibre, character and future is shaped by good teachers. I am glad to say that since the day I stepped into school till I completed my research, I had awesome teachers and guides teaching and inspiring me. As a result, I too became passionate towards this profession and I started working as a lecturer in this prestigious institution, viz., St Agnes College at present St Agnes PU College. Students have stepped into and have gone out of the threshold of this college, they all come back with their nostalgic memories which makes a teacher's life worthwhile.

As a mark of respect to the teachers, Teachers' Day is celebrated by the students, management and the PTA members every year. Never have I missed the celebrations. Last year due to the pandemic, the programme was conducted virtually hence we all missed the fun and frolic of the celebration.

So, this year when the student cabinet invited the staff members with a beautiful card designed by one of them, we all were excited. It all begins with how to look our best on that day. As usual, just like any other teacher, I also geared myself up by dressing up gradually for the day's festivities. A short programme was organised by the student cabinet, class representatives and the assistant class representatives. They entertained the teaching and non-teaching faculty as a token of their gratitude. The programme comprised of a prayer song, dance, music, games and PPT presentations. They even surprised the teachers by conducting few surprise events thus manifesting their love and respect for their respected 'gurus'. Sr Norine, Principal of the college appreciated the students for the immense effort put in by them.



The Parent Teacher Association also organised a fantabulous programme on this occasion for the teachers. They entertained the teachers with music, skits, dances and few other activities. They lauded the teacher's efforts in inspiring and motivating the students during these hard times. The Principal expressed her gratitude to them on behalf of all the faculty members. The day's celebration concluded with a delectable luncheon. It was a day worth reminiscing forever



# LAURELS TO ST AGNES



# Hooray!



PRIVY DSOUZA, D/o Late Urban Dsouza and Preethi Dsouza participated in the International Glamour Project Miss Teen India, 2021 held on 3rd September where she represented Mangalore, Karnataka at the National level in Mumbai. Among the 23 contestants, she made it to the top 10 and got nominated for 4 titles. She is bestowed with the title of the International Glamour Project Miss Teen India 2021 - GLAMOROUS PEOPLES' CHOICE. Privy is studying in II PUC at St Agnes Pre University College, Mangaluru and serving the college as The College President. Privy has used her platform to increase cancer awareness and has garnered the support of many donors to raise funds for this cause. Privy will be performing in the New York Fashion Week in US in the coming days.

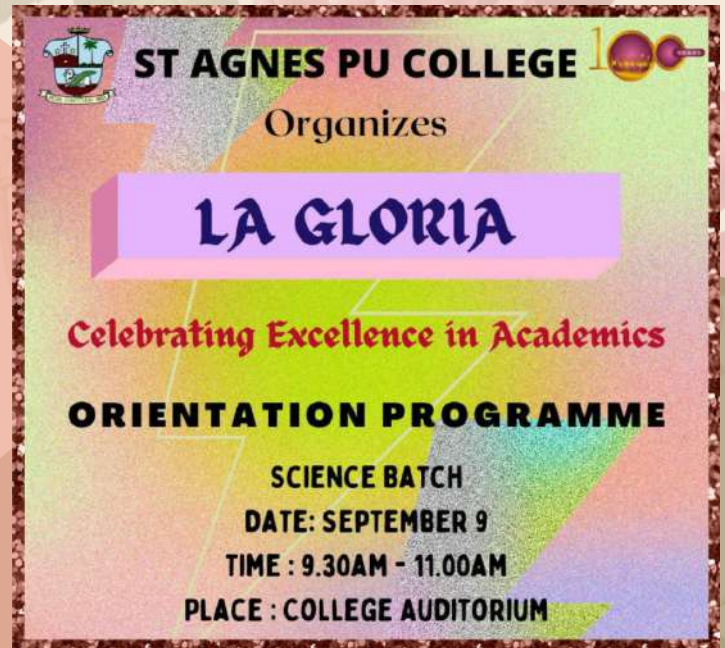
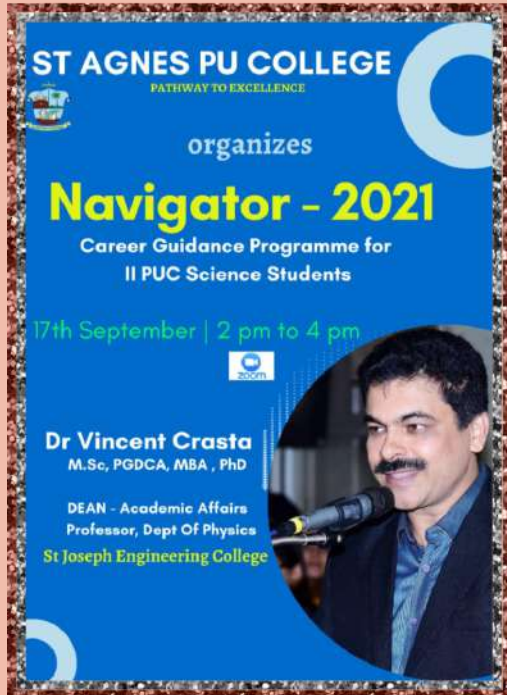
Besides being excellent in academics she is also a Basketball, Volleyball and Throwball player and loves to play guitar, keyboard and drums.

THE MANAGEMENT, PRINCIPAL, STAFF AND PTA OF ST AGNES PU COLLEGE CONGRATULATE PRIVY AND WISH HER SUCCESS IN ALL HER FUTURE ENDEAVOURS !





# ENRICHMENT AT ST AGNES



# FAREWELL

