



Agne Swara

A MONTHLY NEWSLETTER



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Staff orientation
paves way for a
new academic
year

Stretching out on
yoga day

National Statistics
Day celebration

Insights on CBCS
and MOOCs in
Higher Education
System

Elections e-way

St Agnes becomes the first college in city
to conduct elections online

Art by
Mrs. Jayashree



PRINCIPAL SPEAKS



SR. DR. JESWINA A.C



St. Agnes College is soon going to complete a century of educational services and is in the mode of jubilation, backed by sound academics and value based living. The College is a golden jubilee memorial of the Apostolic Carmel, and was conceived by the great visionary Mother Mary Aloysia A.C. as a gift of education to this region of South Kanara. The tiny seed planted in 1921, now stands tall and has borne fruit all over the world with its students who remain rooted in the priceless gift of education they

received here and share an unflinching bond of love with their Alma Mater.

Over the years, the College has grown in leaps and bounds, with the collective efforts of all stakeholders. In this centennial year, we wish to share the activities of the college, staff and students included, with the world at large. The newsletter 'AgneSwara' launched on Wednesday, 8 August, 2019, by illustrious Mangalorean and a renowned Lion in the USA, Dr. Austin Prabhu, is a window for all stakeholders who are far and near, to witness the success of St. Agnes College and also to develop a platform for better participative interaction. "Deus fortitudo mea" which translates as God is My Strength, is the motto of the College, and it is in serving the youth that we have actualized the dream of building a better world.

By drawing strength from the divine, all stakeholders in this institution have dedicated themselves in empowering the youth. I thank and appreciate Mrs. Sandhya D'Souza, HOD, Mrs. Deekshitha Prashanth, the convenor of AgneSwara and the students of the department of Journalism and Mass Communication for taking up the initiative to prepare and publish the e-newsletter. Please do take a look into our activities which will be featured here on a monthly basis and do revert with your responses which we shall value.



FOREWARD



While we live in a digital world, where everything is available at the click of a button, why not share news and information in an innovative style?

St. Agnes College has always believed in the principle of keeping up to the changing times. With the launch of monthly e-magazine 'AgneSwara', the College aims to impart key highlights that happen on the campus in a creative manner.

AgneSwara aims to be a window of St Agnes College, giving a peek into the vibrant college life. The e-magazine will promote what this institution offers, highlight the achievements of faculty and students. At St. Agnes, we not just aim to educate, but inform and entertain as well.

DEPARTMENT OF JOURNALISM AND MASS COMMUNICATION

Department of Journalism and Mass Communication of St Agnes College was established in the year 2017. Even though it is a young department, it has succeeded in making a mark, with a curriculum which not just focuses on academic excellence but includes an industry integrated approach.

In just three years, the department has hosted a national level movie fest, seminars, workshops and reached out to the community by organising a hair donation drive, for the benefit of cancer patients.

The students of the department are already exposed to the nitty-gritty's of the media industry and are prepared for the competition they have to face, once out of the college portals. Many students have started bettering their career profiles. Some already have their articles published in mainstream media platforms and have also won prizes in inter-collegiate media fests.



MS. SANDHYA
D'SOUZA



MS. DEEKSHITHA
PRASHANTH

FACULTY DEVELOPMENT PROGRAMME

St Agnes College believes that quality in education can be attained only when their faculties are competent, updated and well informed. Prior to the commencement of the academic year, a two day induction programme for newly appointed faculty members was conducted on 30-31 May.

Different sessions were taken by the following resource persons:

'A.C. Education Pursuit & Excellence' by Sr Pearl Ann A.C.

'Teacher, Ethics, Accountability and Interpersonal Relationships' by Prof. Elsie Tharien;

'Class Pedagogy Preparation' by Dr. Prajna Kumari

Faculty development programmes were held from 1 to 8 June.

'Quality, Sustenance and Enhancement in Higher Education' by Capt. John Prasad Menezes



'Communication Skills' by Dr. Geralyn Pinto

'Purpose of work and Love of God' by Fr. Alvito Fernandes

'The Importance of Research in a Teacher's Life' by Dr. Parinitha

'Insights into MOOCs & SWAYAM Portal' by Dr. Mallikarjunappa,

'Responsibilities and Duties for the faculty members' by Sr Dr Jeswina A.C.

'Insight into IPSR Question Developing Software' by Mr. Mendus Jacob

'Mentoring Students' by Dr. Kavya

'Mission and Vision of the College' by Sr Dr Olivia A.C,
A staff general meeting headed by College Principal Sr Dr Jeswina A.C enthused the staff members to begin the academic year 2019-2020.



E-VOTING



"The idea of designing software for automating the voting process in the college was pitched by BCA lecturer and Dean Malavika Shetty. We were a team of 3 pursuing our final semester BCA project and thought of developing software for our college that would be put into practical use rather than developing one just for academic purposes," says Sandra.

St Agnes College was the first college in the city to hold its student council election, using an e-Voting system. Students of the College selected their President and other members of the cabinet by registering their votes online through software designed by Sandra Lewis, former BCA student of the College and her team while interning with Technopulse, a software company in Mangaluru.

However, Sandra said it needed more work before putting it in practical use. Post her graduation, Sandra committed herself for getting e-Voting system up and running in a user-friendly form in the college. Hence, she started working on the application from scratch and revamped the entire system to suit the college requirements. The e-Voting system has two separate applications, one for the admin and the other for the voter. The voter has to enter her register number and password to access the application. They click on the name of their desired candidate and then log out, and the vote gets registered. The system

restricts the voter from logging in again. The admin has a separate access, which allows them to close voting session and view results. Voters are restricted from voting, once the session is closed. A graphical report of the results is generated which can be printed and documented. The Student Council Election at St Agnes College took place on June 15 and 17 and it has been a successful process. Jerusha Maben has been elected as the St Agnes College student president for academic year 2019-2020. Sara Monis is the Arts vice president, Malani D'Souza Science vice-president, Rashika is elected as B.Com vice president and Krishnendu is the BBA vice-president. College vice principal Sr Venissa A.C says that the software has simplified the voting process, which was otherwise cumbersome and time-consuming.

MELANGE

What's your blood type?



The Department of Microbiology organised blood typing programme for the first year degree students of the College. The initiative that started in June will be continued throughout July. The tests are conducted in the Microbiology laboratory during the lunch break. Thirty five students pursuing first year degree tested their blood type in the first phase.

Agnesians stretch to yoga postures as College observes International Yoga Day



NCC (Army and Air wing) and NSS units of St Agnes College (Autonomous), Mangaluru celebrated International National Yoga Day on Friday, June 21. Yogarathna Gopalakrishna Delampady inaugurated the programme. In his address, Delampady stressed on the significance of Yoga to lead a healthy life. He also taught and explained some of the basic techniques of Yoga.

Sr Carmel Rita A.C, Administrator, St Agnes College presided over the programme. Sr Norine, Principal St Agnes PUC, Helen Serrao and Vidyapatali, NSS Coordinators, Lt Gayathri B K, ANO (Army Wing), Dr Hithakshi Anand, ANO (Air Wing) were present for the programme. As many as 120 students of St Agnes College and 20 students from other colleges of Mangaluru participated in the programme.

Tribute to Prof. Mahalanobis paid at National Statistics Day celebrations



National Statistics Day was celebrated on 27 June, 2019. Mrs Shubharekha, the Dean - Administration, spoke about the contributions of Prof. Prasanta Chandra Mahalanobis in the field of statistics. "The scientist is best remembered for the Mahalanobis distance, a statistical measure, and for being one of the members of the first Planning Commission of free India. He made pioneering studies in anthropometry in India," she said. The next session was about other statisticians and their contributions to statistics. This was presented by the final year students. An ice-breaker session was also conducted for the first year students.



'INSIGHTS ON CBCS AND MOOCS IN HIGHER EDUCATION SYSTEM' SEMINAR HELD AT ST AGNES COLLEGE

AMUCT in association with St Agnes College (Autonomous) organised a one day national level seminar on 'Insights on CBCS and MOOCs in Higher Education System' on June 28. Dr Yadapadithaya, Vice Chancellor, Mangalore University, inaugurated the programme. Prof A M Khan, Registrar, Mangalore University, Dr Appaji Gowda SB, Regional Joint Director of Collegiate Education, Mangaluru, Dr Sr Jeswina AC, Principal, St Agnes College, Mangaluru were the guests of honour. The seminar was inaugurated in an innovative style using digital technology. Vice Chancellor Dr Yadapadithaya, in his presidential address, lauded the efforts St Agnes College for its achievements in various spheres and said he felt honoured to be in the company of intellectuals where new

ideas can be "assimilated for further excellence. He continued saying that the biggest challenge in higher education is the change of mindset. At present we have become the slaves of conventional education system, changing from score to credit based and from credit to choice based," he said and added that there is a need to have awareness on four important forms of resistance which are lack of understanding, lack of motivation, fear and lack of trust in people who bring about changes. Prof A M Khan, Registrar, Mangalore University, said the main objective of CBCS is networking the available human resources and helping the learners to have multidisciplinary education. He concluded by saying that to change the mindset, it was necessary to have will-power and remove all the fear. Addressing the gathering, Dr Sr Jeswina AC, Principal,

St Agnes College said that education has to be student centric. "Make education applicable to life for the benefit of students and for the institution," she advised. The Principal highlighted the MOOCs and SWAYAM courses as a learning resource and their importance in bringing equity, quality and accessibility to all. The inaugural was followed by sessions on Choice Based Credit System by Prof A M Khan, Open Educational Resources for Research by Dr Gopakumar V, University Librarian, Goa University and MOOC/ Swayam by Prof P Mallikarjunappa, Dean, Faculty of Commerce, Department of Business Administration, Mangalore University.

ORIENTATION PROGRAMME FOR CLASS REPRESENTATIVES AND THEIR ASSISTANTS

An orientation programme for the class representatives and their assistants was organised on 29 June, 2019. Marina Lobo, associate professor, Department of Physics, led the orientation and spoke on the topic "leadership". "A leader is expected not only to handle responsibilities but also delegate the authority to others," said Marina Lobo. By conducting various activities, she gave students practical exposure on qualities a leader should possess.

The second session was taken up by Chethana K M, assistant professor, Department of Business Administration. She spoke on the topic "teamwork". The session started with an icebreaker session where students were asked to complete various tasks without using verbal communication. The importance of team, reasons for failure and strategies to improve the team was explained. An activity "human machine" was conducted for students. The session concluded by explaining the roles and responsibilities to be carried out by the class representatives and their assistants.



"To become great leaders, it is important that we listen to our followers"

MRS MARINA LOBO, ASSOCIATE PROFESSOR,
DEPARTMENT OF PHYSICS

ENRICHMENT PROGRAMME FOR LITERATURE STUDENTS

The student enrichment programme for the I BA English Major students was organised on 25 June, 2019. Niveditha Lobo, faculty from Car Street Government First Grade College was the resource person and she spoke on the topic 'Scope of Literature.' Lobo emphasized on what a student of literature must do to excel in the subject.

According to the best practice followed by the department, the students who scored highest marks in English Major in I and II year BA were awarded with books. As part of the department's green initiative, the resource person was gifted a plant as a token of gratitude.





AGNES TOWARDS COMMUNITY (ATC)

'Agnes Towards Community' (ATC) is an outreach effort of St Agnes College students. Under ATC, students connect with communities and neighbourhoods and undertake various activities. The final year BCA students as part of their 'Agnes towards Community' project took up a class on basic



skills for students residing in villages. 58 final year BCA students under the guidance of lecturers Sreevalli Shetty and Seementhini Fernandes from Department of Computer Applications visited Ramakrishna

Aided School, Harekala.

The students had taken laptops to the school and taught MS Word software to the students of standard 9. 84 students benefited from this session.

The students left College at 8 am and reached back at 3 pm. The students expressed the happiness they felt while doing community service.

CABINET ORIENTATION FOR THE YEAR 2019-2020

A two day orientation was held for the newly elected cabinet members of the academic year 2019-20. The first day orientation was led by College vice principal Sr Dr Venissa A.C. She began the session by invoking God's blessings upon the members. She then briefed the students about the importance of leadership and motivated them to take up new challenges. She explained to the cabinet members the objectives and most importantly, stressed on the importance of a leader who has a clear vision and mission in her mind. Dr Devi Prabha

Alva, professor, Department of Commerce, took up various sessions on the first day. She highlighted the importance and roles a leader should take up. She spoke on becoming role models and inspiring fellow mates. The session on the second day was taken up by College Principal Sr Dr Jeswina A.C. She spoke on values which define a true Agnesian. The second session was initiated by Sr Venora A.C who explained the essential traits a leader should possess.

She said traits like self confidence, self esteem and good communication skills define the mission of a leader. The cabinet members were formed into groups and were asked to prepare a blueprint on various activities they have in mind for the academic year 2019-20. The discussion was held in the presence of Sr Dr Venissa A.C, who guided the members and gave them ideas on how to carry out their plans. The session was concluded with the vote of thanks which was proposed by Anna, President, Department of Post Graduate Studies.

NATIONAL WORKSHOP

National Workshop on Documentation and Preparedness For Accreditation



HIGHLIGHTS

Dr Sr Jeswina A.C, principal, in her presidential address, highlighted the achievements of the College and also mentioned that the College would be completing its centenary in 2020-2021.

Dr. Sr. Annamma Philip stressed on the importance of understanding various criteria of NAAC.

A three day national level workshop on topic 'Documentation and Preparedness for Accreditation' was organised by St Agnes College in association with Xavier Board of Higher Education in India from June 20 to 22. The workshop was formally inaugurated by secretary general of Xavier Board Dr Sr Annamma Philip. In her address, she stressed on the importance of understanding the various NAAC criteria. Thirty eight participants, consisting of principals of various institutions and IQAC coordinators participated in the workshop.

Resource persons Dr Ordetta Mendoza, a former faculty from Stella Maris College, Chennai and Dr Joe Jesudurai, a former faculty from Loyola College Chennai, discussed the seven criteria mentioned in the NAAC manual in detail. This was an eye opener for the participants from affiliated and autonomous colleges.

The resource persons touched upon the necessity for documentation and steps to go about with the same. They also enlightened the participants on uploading of information on the NAAC website. Dr Nancy D'Costa, associate professor, department of secretarial practice, welcomed the gathering and introduced the resource persons. Dr Ita D'Souza, the IQAC coordinator of St Agnes College from the Department of Chemistry rendered the vote of thanks.



ORIENTATION PROGRAMMES



ORIENTATION PROGRAMME- BBA

FRESHER'S DAY CELEBRATION BA

ORIENTATION PROGRAMME – BCA

Orientation programme was held for I year BBA. The programme began with a prayer song. BBA student vice president Krishnendu spoke about the department. Alisha Rodrigues, alumni, spoke about her experiences in the college and how she has benefited from BBA degree. HOD Sabina D'Souza, motivated the students to be ambitious and to set their goals towards success. Gladys delivered the vote of thanks. After the programme, the students were taken around the campus to show the various facilities and infrastructure of the College. Alma and Rachael compered the programme.

Arts Department organised a fresher's day for all the I B.A. students. The programme began with a prayer led by the final year students. Maria Antony welcomed the gathering. Sarah Monis, introduced the faculty members. Students were briefed on the choice based syllabus and their respective subjects by the Arts faculty.

Shanthi Nazareth, dean of Arts, addressed the gathering and highlighted the importance of emotional and social quotient and how it helps at times, to balance the adversity quotient. Final B.A. students conducted activities for juniors and were also given a tour of the campus. Kavitha proposed the vote of thanks.

Orientation programme for the I BCA students commenced with a prayer song. Asrina welcomed the gathering and Malavika Shetty, HOD, addressed the students. Students were briefed about the courses, curriculum, co-curricular and other facilities available in the College.

Ice breaker sessions, games and other informal programmes were conducted by final BCA students. The students were given a tour of the college campus to familiarise them with the facilities offered by the college.

ORIENTATION PROGRAMME FOR II & III B.COM

The department of Commerce organised an orientation programme for II and III B.Com students. The guest speaker was CS Apeksha, compliance officer and a practicing Company Secretary at CS Chethan Nayak & Associates, Mangaluru. The programme started with the prayer led by the students. Ms. Apeksha, an alumna of St Agnes, shared her experience as a student of St Agnes College. Anitha, HOD of Commerce, informed the students about the college rules and regulations. The candidates contesting for elections introduced themselves to the students.





STUDENT INDUCTION PROGRAMME

Student induction programme was organised for the I year B.Sc and BCA students. The session commenced by invoking God's blessings. The first session was conducted by Dr Hithakshi, HOD, Department of Psychology on the topic 'Emotional Balance.' She motivated the students to take up opportunities that come knocking on their doors. She also spoke on positive and negative thoughts and how to overcome negative thoughts. Exercises on deep breathing, tension releasing and laughter were conducted and students were asked to follow them for a positive life.

She also motivated the students to live in the present, to concentrate on what they do and to enjoy the moment. She also suggested the students to be emotionally strong and not to take any abrupt decisions in life. She advised them to pray to God and to have faith in God.

The second session was conducted by Dr Premanand, HOD, PG Department of Psychology on the topic "Mindfulness". He advised students to live the present moment rather than regretting the past or imagining the future. He insisted that students should take time to connect with oneself. A session which dealt with topics sound skill, body posture, breathing, bodily sensations, feelings and emotions, watching our own thoughts, having no thoughts and being our own self was conducted. Dr Premanand concluded the session with advice, "be yourself".

The afternoon session was conducted by Dr Devi Prabha Alva, associate professor, Department of Commerce and Dr Ita D'souza, associate professor, Department of Chemistry on "Group Dynamics and Team Spirit".

Students were divided into groups and activities were conducted. The session concluded with the College anthem.

ANNUAL RETREAT 2019

A two day annual retreat was held at Divine Mercy Church in Fathima Retreat House. Around 600 students participated in the retreat. A team from Grace Ministries all the way from Vasai, Mumbai had come to preach the good news.

The retreat started with the praise and worship, followed by the Eucharistic celebration with Fr Rony Pais as the main celebrant. Thereafter, Ms Anastasya took a session on 'inner peace and happiness' and 'who is God to us'. The next session was taken up by Sr Paulina on the topic, 'Mother Mary: the most powerful lady of all times'. Mr Raymond shared his testimony. The first day of the retreat ended with the adoration of the Blessed Sacrament.

The second day of the retreat started with the praise and worship session. Thereafter, Sr Paulina took up an interactive session on purpose of creation. In the next session, Mr Raymond helped the students to reflect on their life and prepare themselves for a good confession after which confessions were held. In the afternoon session, there was praise and worship. The retreat concluded with an Eucharistic celebration with Fr Wilfred Rodrigues as the main celebrant.

“ *Mother Mary:
the most
powerful lady
of all times.* ”

Prayer Day 2019

PRAYER DAY III DEGREE



St Agnes College organised 'Prayer Day' for IIIrd year degree students, for a fresh and fruitful start of the academic year 2019-20. The Prayer Day was led by Fr Rohan, Fr Prem, Fr Sandeep. The session started with fun-filled action songs and games. The talk by Fr Sandeep helped students in overcoming peer pressure. He spoke on the importance of self respect and developing the wisdom of right decision making.

In the second session, Fr Prem, awakened the crowd with a critical statement, 'A woman without her man is nothing'. This aroused a sense of rage among the students. That was indeed a good try to make them realize their hidden potential and self worth. He ended the session by re-framing his previous statement. The sessions were truly motivating and gave a boost of positivity, which was required for a new start.

PRAYER DAY II DEGREE



Prayer day for held for IInd year degree students in the College auditorium. The prayer day was conducted by four priests. The first session of the day helped students understanding on who they are. The session was about the Creator (God) and his creation. Students learnt that they must respect the creator and his creatures. The resource persons made students realize that no one is superior or inferior but all are different and equal in their own ways.

In between the sessions, students were made to perform action songs. The second session started with the topic 'Peer Pressure' in which Fr Sandeep spoke about peer group pressure. The session on 'Humanity' was an emotional and meaningful session. The session made the students realize how the new generation is going away from humanity and how important humanity is. The session managed to create an impact on students.

