



# Agne Swara

A MONTHLY NEWSLETTER



JANUARY 2020

VOLUME 2. ISSUE 1

## 100 YEARS OF EDUCATION AND SERVICE



# PRINCIPAL'S MESSAGE

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JANUARY

VOLUME 2. ISSUE 1

Greetings of the season! 2020 not just marked the beginning of a new decade, but a year of jubilation at St Agnes College.

The Centenary Year of St Agnes College was inaugurated with all grandeur on Friday, 3 January 2020. The celebration commenced with the inauguration of the Mother Mary Aloysia Centenary Block by the Apostolic Carmel Congregation Superior General Sr M. Susheela A.C and was blessed by Mangaluru Bishop most Rev Dr Peter Paul Saldanha followed by a thanksgiving Eucharistic celebration.

The formal inauguration of the Centenary year was held in the evening in presence of political representatives, spiritual leaders and distinguished guests and dignitaries including the Vice Chancellor of Mangalore University, Prof Yadapidithaya. We had the joy and privilege of having our own alumna Ms Meera Rao, Director, Ramubs Inc. USA, and Former Chief Financial Officer, Monolithic Power Systems, Inc. USA as the chief guest. The institution felicitated and acknowledged the contribution of eminent donors and benefactors with gratitude.

The first of the five mega events planned for this year was a symposium Knowledge Factory that was conducted on 10 January 2020. It was indeed a mega success. You will be able to know all about this and more in this edition. This month which began with jubilation, was bustling with activity throughout, and the Kannada Sahitya Sammelana was another meaningful symposium



**Sr Dr Jeswina AC**

PRINCIPAL

that was held on campus on the 29 January 2020, promoting the state language, art forms and literature. The college has planned 100 events—big and small to mark the 100 years of education and service to thousands of women of India and to society. The events are organized for the students, staff and other stakeholders. The college is buzzing with these events and everyday there is one programme or the other organized in the campus. In the midst of it all, the students answered their mid-semester examinations, attempting to maintain a good balance between curricular and co-curricular activities. You will be able to enjoy all of this and more in this edition of AgneSwara. Do revert with your responses.



# CENTENARY YEAR INAUGURAL

The centenary year of St Agnes College (Autonomous) was inaugurated with all grandeur on 03 January 2020.

The celebration commenced with the inauguration of the Mother Mary Aloysia Centenary Block by the Apostolic Carmel Congregation Superior General Sr M Susheela A.C and was blessed by Mangaluru bishop Rev Dr Peter Paul Saldanha.

A thanksgiving Eucharistic celebration was held. Rev Dr Peter Paul Saldanha was the main celebrant and was joined by Mangalore Diocese Bishop Emeritus Rev Dr Aloysius Paul D'Souza and Udupi Bishop Rev Dr Gerald Isaac Lobo. Karnataka Jesuit Province Provincial Superior Fr Dr Jerome Stanislaus D'Souza SJ delivered the homily. The formal inauguration of the Centenary year was held on Friday evening in presence of political representatives, spiritual leaders and distinguished guests and dignitaries including the Vice Chancellor of Mangalore University, Prof. Yadapidithaya. The institution felicitated and acknowledged the contribution of eminent donors and benefactors with gratitude and mementoes.

In her inaugural address, The Apostolic Carmel Congregation Superior General Sr M Susheela AC reminisced the effort put in by the institution founder Mother Aloysia A.C. "She was a great visionary who had a dream to empower young girls in society.

Walking in her footsteps, we aim to take forward her dreams and make a difference in the society. Today, we are celebrating a century of education and service. Mother Aloysia's life and work teaches us that to have everlasting lasting fruits one needs to strive and not act mediocre at any point in life. The key to success consists of Purpose, Passion, Plan, Perseverance," she said.

"I feel home again almost after four decades, since I graduated from this College. I come from an era, where society expected their girls to get married and concentrate on family. I consider myself as a rebel, who questioned on why a girl can't achieve her ambitions. This college gave wings to my dreams. I remember the contributions of my teachers, especially the support given by the then St Agnes Principal Sr Aloysius. This education institution has empowered each of its students to lead a life gracefully.



# CENTENARY YEAR CELEBRATION



If we educate a man, we educate a person but by educating a woman, we educate a generation," said Meera Rao, Director, St Rambus Inc USA, who is also an alumna of the College from the 1981 batch. In his presidential address, the Bishop spoke on how St Agnes is a model to all women, who strive to achieve their goals. "St Agnes was beheaded because she chose to serve the lord and refused to marry the governor's son. But she stuck to what she believed in and ended up becoming a role model to thousands of girls."

Mangalore University Vice Chancellor Professor P S Yadapadithaya said that St Agnes College is famed for its quality of education and stands out among other institutions. The alumnae of this college have reached great heights.

Mangalore North Constituency MLA U T Khader also spoke on the occasion. In her welcome address, St Agnes College Principal Sr Dr Jeswina Ac pointed out that St Agnes College is a legacy of the sisters of the Apostolic Carmel that was

instituted to commemorate the golden years of the Apostolic Carmel Congregation, founded by Mother Veronica in India in 1870. "The Centenary Year and all the celebrations remind us of the second superior general of the Apostolic Carmel Mother Mary Aloysia, the founder of St Agnes College and a pioneering visionary in the mission of education," she said.

The donors who contributed generously for the Mother Aloysia Centenary Block were honoured. Ivory Grand Real Estate Managing Director Michael D'Souza, Faizal and Shabana Foundation directors Shabana and Faizal represented by Dr Joseph Sebastian, Dockendale Shipping Co Ltd former Chairman Leslie J Fernandes, Hyssna International Managing Director Ronald Pinto, The World Banks Consultant-African Development Bank former senior advisor Brian Pinto who was represented by his sister Dr Gerlyn Pinto and other contributors were felicitated on the occasion.





MLC Ivan D'Souza and Mangaluru South Constituency former MLA J R Lobo released the centenary year calendar of events. The institution has planned a hundred events for the year and plans a grand finale of the year in January 2020. The first event that is coming up is Knowledge Factory and is scheduled to be held on Friday the 10th of January 2020.

The formal programme was followed by a cultural evening with spectacular performances that represented the cultures of India and also presented how women were empowered through education and the role of St Agnes College in this regard."





# CENTENARY BLOCK INAUGURAL- GLIMPSES





# CENTENARY CELEBRATION-GLIMPSES





## INDUSTRIAL VISIT TO DAKSHINA KANNADA CO-OPERATIVE MILK PRODUCERS UNIT LTD. FACTORY

The Department of Commerce organised an industrial visit to Dakshina Kannada Co-Operative Milk Producers Unit Ltd., Kulshekar for the students of II B.Com on 19 December 2019 and 6 January 2020.

The main objective of this industrial visit was to educate the students on process involved in production. Students were accompanied by the faculty members of Commerce Department. The staff at the factory explained about the different products manufactured by them and also its production process, packaging unit

and procedure they follow to test the milk which is bought to the factory from societies and also through BMC. Students were taken to different workstations like boiler room, the processor, refrigerator room and the packing section. The management was very helpful in explaining the manufacturing processes as well as in guiding the students.

Industrial visit was well appreciated by the students and they found it knowledgeable and gained practical exposure regarding the functioning of an industry.



## NATIONAL YOUTH DAY

The Department of Political Science, Economics and NCC of St Agnes College(Autonomous), Mangaluru celebrated National Youth Day 2020 in the college campus. National Youth Day (Yuva Diwas or Swami Vivekananda Birthday) is celebrated with the great joy and enthusiasm in India every year on 12 January. It is celebrated to commemorate the birthday of Swami Vivekananda, maker of the modern India. Mahesh Nagesh Nayak Rtd Commander of Navy and Rahul Shindhe,(IAS) Thahasildar of Puttur were the chief Guests of the programme. M Jeswina A.C. Principal of St Agnes College was the president for the programme. Cdr Mahesh Nagesh Nayak said "it is the aim of great importance

of distributing the ideas and ideals of the Swami Vivekananda among the youths of India. It is the great way to wake up the eternal energy of the youths as well as their big efforts to make the country developed". Rahul Shindhe ,IAS addressed by quoting Swami Vivekananda's words "Arise,Awake and stop not until the Goal is achieved". He also motivated the students to take part in all the activities of the country and to have positive attitude in life. Sr Dr M Jeswina A.C Principal in her presidential address enlightened students regarding the responsibility of the youth for the better tomorrow. Staff, Students of various Stream, NCC Cadets were the vibrant audience for the programme.



# BLAZE – 2020

The Departments of Mathematics and Computer Science of St. Agnes College (Autonomous) Mangaluru organised a university level intercollegiate fest “BLAZE” on 06 January 2020 as a part of the Centenary Year Celebration of the college.

The fest began with the inaugural programme. Mr Raghuram T.C, Vice President of BASF Workers Union was the Chief Guest. Mrs Zita Saldanha, wife Late Dr J. S. V. Saldanha, Professor of Mathematics, NITK was the guest of honour. Sr.Dr.Jeswina A.C., Principal and Sr. Carmel Rita, Administrator were the dignitaries on the dais. Mrs Vidya Saraswathi, the staff coordinator of the fest welcomed and introduced the chief guest. The chief guest addressed the participants and encouraged them to participate with full enthusiasm. The championship trophy was unveiled in the inauguration event. The guest of honour addressed the students and recollected memories of her student

days and conveyed her best wishes to the student participants. Ms Malani Lisha Dsouza, the Vice-President of Science and Student Coordinator proposed the vote of thanks.

Total of 7 different events including Icebreakers, IT manager, Meraki, Webtrenz, Insight, Techplot and Hidden object were conducted. A total of 15 colleges participated in different competitions. The fest provided a platform for the students to showcase their talents. The fest ended with a valedictory programme where Prof. Asha Rao, Associate Dean of Mathematical Sciences, Royal Melbourne Institute of Technology (RMIT) University, Australia and a 2019-2020 Australian Superstar of Science Technology Engineering and Mathematics (STEM) was the chief guest. MGM College Udupi won the overall championship and Alvas college Moodabidri won the Runners-Up trophy.







## SEMINAR COMPETITION

On the occasion of Centenary Celebration, an "Intercollegiate Chemistry Seminar Competition" was conducted by the Department of Chemistry, on 7 January 2020 at St. Agnes College, Mangalore.

The Chief Guest, Sr Dr Jeswina A.C, Principal St Agnes College enlightened the students about the concepts of Chemistry and its significance in our lives. Prof Ronald Mascarenhas Former HOD of Chemistry, St. Agnes College, Ms Divya V Shetty Assistant Professor, Dept of Chemistry,

St. Aloysius College, Mangalore and Dr Sharath Kumar Asst Professor, Govinda Das College, Surathkal were the judges for the event. 12 participants from various colleges took part in the competition. Ashvitha Shetty of second year BSc introduced the dignitaries, Aishwarya of third year BSc proposed the vote of thanks and Reeshal of third year BSc compered the program. Dr Saraswathi B.S HOD, Dept of Chemistry was the co-ordinator of this intercollegiate seminar competition.





# KNOWLEDGE FACTORY- 2020

St Agnes College (Autonomous) held Knowledge Factory 2020, a day long programme of knowledge, insights and trivia at the newly inaugurated College auditorium on Friday.

The session began with Indian Pistol Shooter Heena Sidhu, speak about the challenges she faced in her journey to become 'World No 1'. "The journey is more beautiful than the destination," she exclaimed explaining how shooting is a sport that works against the physics of one's body. "We as human beings are designed to move around, but shooting requires one to standstill. To achieve stability one needs to put a lot of hard work," she said.

When questioned about her decision to pull out of the 9th Asian Airgun Championship held in Iran, which asked the sportswomen to wear Hijab, Sidhu pointed out that she is not against any religion. However, imposing someone to do something goes against the ethic of sports.

"Sports is one field that is still pure today, as its only hard work that gives the outcome. Sports does not see one's background, religion, socio-economic status or political inclinations. It only gauges a person based on his/her performance," she said.

She further added that there is a disparity on how people focus on a child's education and a child's sport. "Parents today make all ends meet to ensure their child is educated. However, look for support outside, when it comes to encourage a child in a sport. There is a need to give importance to sport, similar to education for the country to thrive," she said.

She also suggested that the government issues guidelines to schools to adopt three to five sports and ensure that students train in them.







In an interactive session with journalist Manasi Pareesh Kumar on 'Decoding the maverick intellectual - Girish Karnad', theatre personality and actor Prakash Belawadi called Karnad a 'true liberal.' He highlighted that Karnad was a thinker of ancient Indian philosophy. Though Sangh Pariwar thought he has a conflict with 'Hindusim', Karnad's actual conflict was with Brahmanism.

Speaking about the Citizenship Amendment Act (CAA), Belawadi pointed out that he is against the Act for other reasons. "The neighbouring countries won't take back the refugees," he said.

He said that the then Prime Minister Indira Gandhi had acknowledged that Bangladeshi refugees cannot be absorbed as India is a poor country. Even North-East part of India was up in flames in 1978, demanding eviction of refugees. While protests in North-East India are understandable, what is the demand of the protestors who are holding anti-CAA rallies across India? he questioned.

He also said that any book that is written with conviction will never be forgotten. Karnad's play 'Tughlak' continues to be a classic. However, there are possibilities it would have been banned if published today.

In the session, 'Green Chic or Mean Trick' actor, supermodel and entrepreneur Dipannita Sharma and Doodlage co-founder Kriti Tula spoke on importance of sustainable fashion.

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In the session, 'Green Chic or Mean Trick' actor, supermodel and entrepreneur Dipannita Sharma and Doodlage co-founder Kriti Tula spoke on importance of sustainable fashion.



Stressing that fashion has become a polluting industry, Tula stressed on buying quality products that can be used over a longer period of time. She also said that renting and subscription models for clothes are great options for those who are keen on being seen with varied wardrobes.

Meanwhile, Dipannita said that as a celebrity there are notions that one should not repeat clothes. However, I am not hesitant to say, I borrow clothes from designers and return to them after use. These are somethings that a celebrity may not openly say, but it's important for the young generation to know. Swati Pandey, co-founder and CEO of Arboreal spoke on her entrepreneurial journey in production of an innovative, high-yielding variety of Stevia sweetener. The Better India co-founder Anuradha Kedia and Live Nation director Sunil Buch in interactive session, 'The 21st Century Toolkit' spoke on how content has become important in today's world.

While Kedia stressed the reason for starting Better India which celebrates change makers and spreads positivity was in response to the gap created by media sensationalism, Buch stated that today popular stars don't matter but the content they present matters. This is the main reason people prefer online streaming services as they get a control the content they can choose to watch. Singer and composer Nandini Sirkar, spoke on the 'Art of the Jingle' and how music in advertising industry has succeeded in

making an impact. Stand-up comedian Papa CJ spread cheer with his gig and also spoke on importance of laughter yoga. Thyrocare Technologies founder and chairman Dr Aroklaswamy Velumani advised students to focus, learn, grow and enjoy. He shared his life story on how he managed to set-up an empire by starting from absolute zero. He said he does not shy away from his humble background, where he was hungry due to poverty, slept at VT station when he first came to Mumbai.

"I have been a thrill-seeker all my life and to grow one needs to take risk," he advised.

Knowledge Factory ended with a history quiz hosted EduAce Services Founder and CEO Gaurava Yadav. Anil Shetty and Vikas M won the first prize, while Annappa Kamath and Sanjay won the second prize. Sr Roopa and Bansi were the winners of lucky draw.

"The sessions were truly enriching. The speakers shared their thoughts and ideas enabling a culture of learning," said College Principal Sr Jeswina A.C

The 'Knowledge Factory' is held as part of St Agnes College's centenary year celebrations. It is first of the five mega centenary programmes that St Agnes College has envisaged. The Promise Foundation and Niiti Consulting, two organisations headquartered in the national capital under the mentorship of veteran journalist Madhavan Narayan collaborated with the college to bring this event to Mangaluru for the first time.



# HANDICRAFT EXHIBITION



Commerce streams Handicraft Value added course and Commerce forum exhibited their creative work at the exhibition. The students of the degree college, St Agnes CBSE School, St Agnes Primary School (Kannada medium) and St Agnes High School (State Board) were the beneficiaries of the exhibition.

Ms. Jerusha Maben, Student President compeered the Programme. Ms. Ashel and group conducted the prayer. Ms. Rakshika Mariam, Student Vice President welcomed the gathering. Ms. Melissa Cutinho proposed the vote of thanks

The Department of Commerce organized a Handicraft Exhibition on 13 January as a part of the hundred programmes of the Centenary celebrations. The exhibition was inaugurated by Sr. M. Carmel Rita AC, Administrator, St Agnes College (Autonomous), Mangaluru. Mrs. Nimitha, the HOD of Commerce, Mrs. Sheryl Preethika the Dean for Commerce, and Mrs. Sangeetha Saldanha and Ms Anusha Noronha, the staff co-ordinators were also present during the inaugural. The Chief Guest Sr. M. Carmel Rita A C spoke to the gathering and conveyed a meaningful message to the students. The students from



# INTERNATIONAL CONFERENCE

The Post Graduate Department of Commerce, St. Agnes College (Autonomous) organized the III International Conference on 20 January 2020 in Conference Room, Sophia Block on the theme Innovation and Digitalisation - Strategies towards Global Collaborations. The Conference was inaugurated by Dr. Sudhir Ranjan Sen Gupta, Advisor, Manipal International University, Malaysia. The Chief Guest for the inaugural function was Dr. P. S. Yedapadithaya, Hon'ble Vice Chancellor, Mangalore University and Sr. Dr. Jeswina A.C., Principal, St. Agnes College (Autonomous) was the President of the program and Sr. Dr. Maria Roopa A.C., the administrator was the Guest of Honour.

In his Key Note Address, Prof. Sen Gupta discussed the innovation through digitalization in all aspects of corporate strategies and also in education. Chief Guest Dr. P. S. Yedapadithaya, Hon'ble Vice Chancellor, Mangalore University exhorted the students to constantly adapt to change and use the opportunities

they have to learn and progress without giving in to complacency and arrogance. In the Presidential address, Sr. Dr. Jeswina A.C. spoke on the relevance of the Conference theme in today's world. Dr. Catherine Nirmala was the Convenor of the Conference and the Inaugural programme was compeered by Ms. Dolan Banerjee.



## HUMAN VALUE EDUCATION PROJECT EXHIBITION

The II Degree Human Value Education Project exhibition was conducted on 17 January 2020 at the open air stage of St. Agnes College (Autonomous), campus. The students had worked on projects such as, Highlights of India's Cultural Heritage, Science and Religion, Empowerment of Women and Leadership: Making decision in life. There were total of 16 projects.





# DECENNIUM CELEBRATIONS

“CHEMISTRY IS THE MOTHER OF SCIENCE”



The Post Graduate Department of Chemistry St Agnes College (Autonomous) had organized the inauguration of the Decennium on 24 January 2020. Dr Vishalakshi B., Professor, Mangalore University, Konaje was the Chief Guest of the programme.

The Chief Guest enlightened the audience with the opportunities available in the field of chemistry and congratulated the Department for the great achievements that it has achieved in the past ten years.

The programme started by a prayer song followed by a welcome dance by the students of M.Sc. Chemistry. As it is the 150th year of the Periodic Table students depicted it through milestones. A documentary portraying the achievements and successes was presented. Dr Sapna Kumari, Staff Convener welcomed and introduced the guests to the gathering. The programme was inaugurated by lighting the lamp by the dignitaries along with the trophy revealing ceremony.

Magazine “AlCHEMY -2020” was released during the occasion.

The briefing of the Decennium was done by Head of the Post Graduate Department of Chemistry, Dr Geetha M Pinto. The President of the function Sr Dr Jeswina A.C. addressed the gathering and motivated the gatherings with her thoughts. The achievers from the alumni were awarded, one of the alumni Ms Christeena Louis shared her experience of the various opportunities she encountered which has helped her to grow. The inaugural programme ended with a vote of thanks by Ms Apoorva. Ms Preethi was the compeer for the event.

# CAREER ADVANCEMENT AFTER ARTS

The Department of Secretarial Practice, St. Agnes College (Autonomous) organised a guest talk on 'Career Advancement after Arts Graduation' on 25 January 2020 for the Final year BA students.

Mrs. Sushma V, Assistant Prof., Department of Business Administration, Sahyadri College of Engineering and Management was the resource person. She spoke on the various avenues available for the arts stream after graduation. She said in order to take up employment how students need to equip themselves with various life skills, and how to set up SMART goals. She touched upon the various alternatives available in start ups and how to grab opportunities.

Personally being in the field of customer care service in the past for 10 years, she enlightened the students how to proceed as fresher's in that particular area, how to train themselves in various fields etc. She made it clear to the students not to restrict themselves only to MA and B. Ed, but plenty of opportunities are available in the field of HR, and with MBA.

The various requirements for getting a good job, preparing an attractive CV, how to introduce themselves to the interviewer, questions asked very often during interviews etc., were some of the areas she spoke on



It was an interactive session and many of the students clarified their doubts with regard to employment opportunities, facing interviews, requirements for better jobs, how to prepare an attractive CV etc., With her own life example she inspired the students to focus on doing something new so as to be a useful citizen and a contributing member of the society.

Students got impressed from the way how she managed her life inspite of too many hurdles. Ms. Anjali compeered the program, Ms. Priyanka and group led in prayer, Ms. Shazeen welcomed the gathering, Ms. Maria Antony proposed the vote of thanks. The session ended with the feedback given by three of the students. Altogether 63 of the students benefited from this guest talk.





# ORIGAMI WORKSHOP

St Agnes College (Autonomous), Mangaluru organized a half-day workshop on Origami on 27 January 2020. The workshop focused on the importance of origami concept which would help in the development of eye-hand coordination, sequencing skills, maths reasoning, memory, patience and attention skills. Origami allows developing fine motor skills and mental concentration. All of this combined stimulates the brain especially when both hands are being used at the same time. Thus it is also often used in therapeutic settings.

Ms. Rishel D'Souza was the resource person for the workshop, an alumni of St Agnes College. She is an active member as musician cum singer and works as a freelance musician and official musician cum singer of the Elysian choir and Melodia. She has served as a music artist for the Akaram team which conducts shows at various parts of Karnataka.

She is a multi-talented person, her interest also lies in making crafts especially 3D origami. She has won prizes in various music and craft competitions. The workshop started by invoking the presence of almighty lead by a group of students, Andrea and the team. Mrs. Prima D'Souza, staff convenor introduced and welcome the resource person and the participants.

Sr Dr. M. Jeswina A.C, Principal of St Agnes College, gave presidential remarks. She encouraged and motivated the participants to actively participate in this workshop and develop their artistic skills.

100 members participated in the workshop. The beneficiaries of the workshop were Alumni, campus students of high school & degree and few students from other schools. Participants were divided into groups to make 3D origami. The participants expressed in the feedback, this workshop was a fruitful learning experience and they would like to participate in the future in such workshops. Ms Riva Dsouza, First-year B.Com student compeered the workshop and proposed the vote of thanks.

# RADIO JOCKEY WORKSHOP

Department of Journalism and Mass Communication, St Agnes College (Autonomous) Mangaluru organised a one day workshop on Radio Jockey on 28 January 2020. Mr. Errol Gonsalves, Radio Jockey and Music Scheduler at 92.7 BIG FM, Mangaluru was the resource person of the day.

Sr Dr Venissa A.C, Vice Principal of the College presided over the program. In her presidential address she said, "There may be many job aspirants in the industry but what the employers seek is skill sets and qualities along with the degree. St Agnes College has been preparing the students with such skills for the competitive industry".

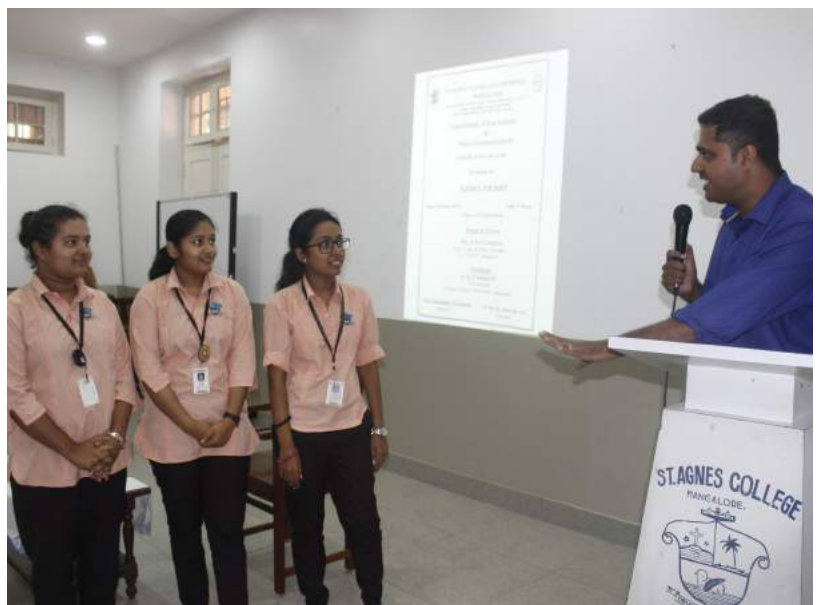
Mr Errol spoke on different qualities to be an RJ like reading habits, ornamentation of words, being creative, putting right word at right place, commitment, being spontaneous, observing skills, good in local and state language, knowledge about software and computer. Speaking about the scope of RJ and trends in the radio industry he enlightened students about the benefits of being an RJ like anchor, resource person, radio elements. The workshop included the job opportunities in the Radio industry and

radio station personnel like station head, sound engineers, production director, program director and Radio Jockey. He played different radio elements like stationality, show bumper, take it easy, celeb wishes, nemonic, advertisement, promo, liner, station endorsement and celeb bytes. He gave an insight on earning details of RJ in metro and non metro stations and stated that RJ is a full time paid job. He also spoke about the importance of voice modulation and voice of audience. "Your college marks doesn't matter to be an RJ. What matters is the passion to be an RJ" Said Errol.

The session started with an ice breaking games and activities. He also interacted and clarified the doubts of students on radio and also gave opportunities for them to perform as RJ and showed them demo of how to speak like an RJ. Ms. Muskaan, Ms. Ankitha and Ms. Jennifer students from I, II and III years respectively were awarded with gift vouchers for actively participating in the session. Ms. Soniya of III BA compeered the program. Journalism Students from I, II and III BA, Ms Deekshitha Prashanth, Faculty Member and others were present for the program.

**"I AM STILL A LEARNER AT RADIO INDUSTRY. AS A RJ WITH NINE YEARS OF EXPERIENCE I STILL HAVE MANY THINGS TO LEARN."**

**MR ERROL GONSALVES**







## NATIONAL ELECTORS DAY

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On the occasion of National Electors Day, The Department of Political Science had organised a Guest talk on Electoral Reforms in India- The role of TN Sheshan on 25 January 2020.

The resource person was Dr Padmanabha Bhat retired Professor,

Political Science. He highlighted the achievement and contributions of late T N Sheshan to the nation. "Elections are also the festival of the nation where all the people celebrates", he said. Mr Chandramohana Marathe HOD, Political Science concluded the programme.

# EKTHA 2020 NCC FEST

NCC Fest –EKTHA 2020 was organized by NCC comprising Army and Airwing of St Agnes College (Autonomous) Mangaluru on 28 January 2020. Col A K Sharma, Group Commander, NCC Mangaluru was the Chief Guest of the programme. He motivated and inspired the cadets through his inaugural address. He advised the cadets about how important it is to be disciplined in every walk of life. Col Manoj V U Commanding Officer, 18 Kar Bn NCC Mangaluru and Group Captain AG Srinivasan, Commanding Officer, 6 Kar Air NCC Mangaluru, were the Guests of Honour for the programme.

College Principal Sr Dr Jeswina A C. presided over the programme. “Opportunities do not come to everyone and when it comes, we need to make use of it. Ektha is a platform to showcase your talents” she said. Lt Gayathri B K, ANO Armywing and Dr Hithakshi Anand, ANO

Airwing, Coordinators were also present. Cadet Anugraha Compeered the inaugural programme. The events of the day long programme included Painting, Poster making, Patriotic Singing, Group Dance, Tug of war and Best cadet. Elocution on ‘NCC: My Vision 2030’ was

specially organized for Associate NCC Officers. During the fest Line Area and Aero Models were exhibited to the cadets in the campus. SD/SW Cadets from eighteen colleges and JD/JW Cadets from four schools actively participated in the fest. Fest filled with a lot of joy and challenges to the cadets. The fest revealed many aspects of patriotism before the audience.

Lt Col Gracian Sequiera, Administrative Officer, 18 Kar Bn NCC Mangaluru was the Chief guest for the Valedictory Programme. In his speech appreciated the cadets of other institutions for their enthusiastic participation and Involvement. He appreciated the cadets and Organizers for conducting the Fest for NCC cadets. PI Staff of 18 Kar Bn NCC Mangaluru also witnessed the programme. Alva's College Moodabidri, won the overall championship in SD/SW category, Canara High School, Urwa won the overall championship in the JD/JW category. Ektha 2020 has epitomized the ultimate array of literary and cultural activities. The programme ended with NCC Song and National Anthem.





# FIRE AND SAFETY AWARENESS PROGRAMME



St. Agnes College (Autonomous) ECA and ATC organized a program on Health, Fire and Safety Awareness on 17 January 2020 in the Open Air Stage for the third year degree students. Principal Sr Dr M Jeswina AC addressed the gathering on the importance of safety and how we should be aware of them.

Mr. Kenneth Prasad and team of First Neuro Hospital gave a talk on the various safety measures we need to take at homes, flats,

educational institutions and hospitals. They also gave a demo on first aid and the various types of fire extinguishers and how to use them. Some of the students had hands on training on handling the various fire extinguishers, they were very enthusiastic and many students volunteered to get hands on experience which was a very rare situation. It was a very informative session and the students benefitted a lot from the awareness created by the staff of the First Neuro

Hospital. Vice Principal Sr Dr M. Venissa A.C. and the staff coordinator, Chair Person of IDBOS Mrs. Vinatha K were present on the occasion. The same program is organized on 1 February 2020 for the first and second year UG and PG student. The Staff of First Neuro Hospital will be taking the session and Sr Dr Vinora A.C, PG Coordinator will be the incharge for the same. Mrs. Vinatha K. thanked the Staff of First Neuro Hospital and handed over a memento as a token of love and memory.



# DEPARTMENT OF PG PSYCHOLOGY



## STREET PLAY COMPETITION

In order to spread awareness about Mental health The Department of Psychology along with its Student Council Certus Nova organised a Street Play competition with the theme being “ The Sun will Always rise Again”.

The competition was Open for Postgraduate Students of Various departments. Department of English Bagged the First Place and department of Chemistry Bagged the Second Place.

## FIVE DAY RESIDENTIAL TRAINING PROGRAMME ON PSYCHOTHERAPIES



Psychology respectively, from 25 to 29 November, 2019 at Matha Krupa, Kaikamba. The workshop was facilitated by Fr Staney CS Sr. The main focus of the five day workshop was to develop an insight into the practical dimensions of the various therapeutic skills in Counselling and Psychotherapy. The students were able to consolidate their learning and gain practical exposure to the subject, through demonstration of cases. The major therapeutic techniques incorporated were Empty Chair Technique, Visual Kinaesthetic Dissociation and Systematic Desensitization. The Students were endowed with an opportunity to use the therapeutic techniques on an application level. The five days were emotionally and physically challenging as well as productive and fruitful.

The workshop came to an end on the 29 November with a formal valedictory function and a feedback session.

A five day residential training workshop was conducted by St. Agnes Centre for Postgraduate Studies and Research for the students of departments of Psychology and Clinical



# ಜಿಲ್ಲಾ ಮಟ್ಟದ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಸಮ್ಮೇಳನ

ದಕ್ಷಿಣ ಕನ್ನಡ ಜಿಲ್ಲಾ ಕನ್ನಡ ಸಾಹಿತ್ಯ ಪರಿಷತ್ತಿನ ಆಶ್ರಯದಲ್ಲಿ ಸಂತ ಆಗ್ನೇಸ್ ಕಾಲೇಜಿನ ಸಹಯೋಗದೊಂದಿಗೆ ಮಂಗಳೂರು ತಾಲೂಕು ಕನ್ನಡ ಸಾಹಿತ್ಯ ಸಮ್ಮೇಳನ ಜನವರಿ ೨೯ ರಂದು ಸಂತ ಆಗ್ನೇಸ್ ಕಾಲೇಜು ಸಭಾಭವನದಲ್ಲಿ ಜರುಗಿತು. ಡಾ|| ಇಂದಿರಾ ಹೆಗ್ಗಡೆ, ಸಾಹಿತಿ, ಸಂಶೋಧಕಿ ಮತ್ತು ಸಂಘಟಕಿ ಸಮ್ಮೇಳನದ ಅಧ್ಯಕ್ಷತೆಯಾಗಿದ್ದು, ಡಾ|| ಅಭಯ ಹೆಗ್ಗಡೆ, ಅಧ್ಯಕ್ಷರು, ಕ.ಸಾ.ಪ. ಮಂಗಳೂರು ತಾಲೂಕು ಘಟಕ ಕಾರ್ಯಕ್ರಮವನ್ನು ಉದ್ಘಾಟಿಸಿದರು. ಕಾಲೇಜಿನ ಪ್ರಾಂಶುಪಾಲರಾದ ಸಿಸ್ಟರ್ ಡಾ|| ಜೆಸ್ಸೀನ ಎ. ಸಿ ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿದ್ದರು.

“ಸಾಹಿತ್ಯ ಅಭಿರುಚಿ:ಸಾಧ್ಯತೆಗಳು ಮತ್ತು ಸವಾಲುಗಳು” ಎಂಬ ಗೋಷ್ಠಿಯಲ್ಲಿ ಸಾಹಿತಿಗಳ ನೆಲೆಯಿಂದ ಸುಶೀಲಾ ಆರ್. ರಾವ್, ಪ್ರಕಾಶಕರ ನೆಲೆಯಿಂದ ಕಲ್ಲೂರು ನಾಗೇಶ್, ಓದುಗರ ನೆಲೆಯಿಂದ

ವೀಣಾ ಶೆಟ್ಟಿ ಪ್ರಬಂಧ ಮಂಡಿಸಿದರು. ಯಶಸ್ವಿನಿ ಕದ್ರಿ ಅಧ್ಯಕ್ಷತೆಯಲ್ಲಿ ನಡೆದ ಕವಿಗೋಷ್ಠಿಯಲ್ಲಿ ವಿವಿಧ ಕಾಲೇಜುಗಳ ವಿದ್ಯಾರ್ಥಿಗಳು ಸ್ವರಚಿತ ಕವನ ವಾಚಿಸಿದರು. ಸಮ್ಮೇಳನಾಧ್ಯಕ್ಷೆ ಡಾ||ಇಂದಿರಾ ಹೆಗ್ಗಡೆಯವರ ಕೃತಿಗಳ ಪರಿಚಯವನ್ನು ಡಾ||ಜ್ಯೋತಿ ಚೆಳ್ಳಾರು ನಡೆಸಿಕೊಟ್ಟರು. ಕೆ.ಫಾ|ಅಲ್ವಿನ್ ಸೆರಾವೊ ಸಮಾರೋಪ ಭಾಷಣ ಮಾಡಿದರು. ವಿವಿಧ ಕ್ಷೇತ್ರಗಳಲ್ಲಿ ಸಾಧನೆ ಮಾಡಿದ ೮ ಸಾಧಕರನ್ನು ಸನ್ಮಾನಿಸಲಾಯಿತು.

ಶ್ರೀವಾಣಿ ಕಾರುಂಜೆ ಮತ್ತು ಅನನ್ಯಾ ಬಳಂನೇಮೊಗರು ಭಾವಗೀತೆ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಿಕೊಟ್ಟರು. ಸಂತ ಆಗ್ನೇಸ್ ಸಂಸ್ಥೆಯ ವಿದ್ಯಾರ್ಥಿಗಳು ಸಾಂಸ್ಕೃತಿಕ ಕಾರ್ಯಕ್ರಮ ನಡೆಸಿಕೊಟ್ಟರು. ಪಾದುವ ರಂಗ ಅಧ್ಯಯನ ವಿದ್ಯಾರ್ಥಿಗಳು ಯಕ್ಷಗಾನ ಪ್ರದರ್ಶಿಸಿದರು.

