



Expressions...

The Alumnae Newsletter



Vol 32, July 2025

St Ann's College of Education (Autonomous), Mangaluru

EXECUTIVE COMMITTEE

Office Bearers

President

Dr Sr Dorothy DSouza A.C.

Vice President

Dr Flosy C.R. DSouza

Local Superior

Sr M. Smitha A.C.

Secretary

Dr Laveena Reshma D'Sa

Treasurer

Mrs Lavina Dsilva

Joint Secretary

Dr Vijayalaxmi Naik

Elected Members

Dr Farita Viegas

Dr Sharmila L Mascarenhas

Dr Linus DSouza

Mrs Anita DCruz

Ms Carolyn Lobo

Mrs Vilma DSouza

Co-opted Members

Dr Deepthi R Nayak

Mrs Anitha Peamila D'Souza

Mrs Sunitha R D'Souza

The President Speaks...

Dear Esteemed Alumnae,
Greetings from your alma mater!

It is with deep appreciation and pride that I extend heartfelt thanks to each one of you for your enduring support and meaningful contributions toward the growth and excellence of our college. Your commitment, be it through mentorship, funding, or collaboration, continues to shape our institution's legacy in profound ways.

The year 2024 was a remarkable testament to the power of alumnae engagement. Several of you returned as resource persons, guiding students through workshops, providing guidance during practice-in-teaching, and engaging in community service initiatives that bridged academic learning with real-world experiences. Your presence and participation have been a beacon of inspiration for our students-teachers and faculty alike.

I welcome and encourage you to stay connected with your alma mater in the following practical ways:

- ♦ Visit our College Website: Visit the alumni platform on our official website to receive updates, contribute ideas, and network with the institution.
- ♦ Mentorship Circles: Offer guidance to current students through our alumni mentoring programme, either in person or virtually.
- ♦ Campus Visits: Plan a visit, batch reunion, our doors are always open, and we cherish moments of reconnection.
- ♦ Contribute to Campus Events: Share your expertise at seminars, workshops, and cultural festivals.
- ♦ Stay in Touch: Follow us on social media and visit our college website for the latest happenings.
- ♦ Empower Through Sponsorship: Extend your legacy by supporting the educational journey of our student-teachers. Your sponsorship, whether full or partial, can help deserving candidates pursue professional training with confidence and dignity.

The college itself continues to thrive with vibrant academic and co-curricular activities. This past year, we hosted a gamut of activities and a series of socially impactful outreach events. Our students have excelled in various competitions, bringing accolades that reflect the enduring spirit you helped foster.

Dear alumnae, your bond with this institution is a thread woven into the fabric of its identity. I value your role not only as ambassadors but as active partners in our ongoing journey of transformation and excellence. Let us continue to collaborate, celebrate, and co-create a future that honours our past and empowers our present.

Warm regards,
Dr Sr Dorothy DSouza AC



REPORT OF THE ACTIVITIES OF THE ALUMNAE ASSOCIATION

JULY 2024 TO JUNE 2025

The Alumnae Association of St Ann's College of Education (Autonomous), Mangaluru, has consistently played a pivotal role in nurturing a deep sense of belonging and professional commitment among former students. This year, the association organized and participated in a wide range of enriching activities, continuing its task of academic support, institutional collaboration, and value-based engagement. The present membership of our alumnae is 3714.

The following activities were organized

- The Alumnae Annual Day was celebrated with great enthusiasm and joy on 10 August 2024, which included the Mother Josephine Memorial Lecture, followed by annual General Body Meeting, games and fellowship meal for the Alumnae. Around 50 Alumnae were present. The gathering witnessed the reunion of past students, celebrating their shared experiences, and the bond they continue to cherish with the institution.
- The Mother Josephine Memorial Lecture 2024 was held on 10 August 2024. The guest speaker for the occasion was Ms Vasanthi Hariprakash, an award-winning journalist, speaker, and Founder-CEO of Pickle Jar Media. She delivered an inspiring lecture on the topic, 'Work-life Harmony: How to build your inner voice to empower you', which deeply impressed all participants, encouraging self-reflection and personal growth.



- World Red Cross Day was celebrated in our college, with alumna Dr Sumana Bolar, Head of the Department of Sociology, Government First Grade College for Women, Balmatta, Mangaluru, as the chief guest. Her insights into humanitarian work and social service highlighted the enduring relevance of Red Cross principles and inspired students to serve society with compassion.
- A vibrant workshop on integrating classical dance (art) into education was organized to explore art as a pedagogical tool. Esteemed alumna Dr Arathi H Shetty, Director of Sri Devi Nrithya Kendra, Bunts Hostel, Mangaluru, graced the occasion as the resource person and facilitated the session. The workshop emphasized the transformative power of classical dance in fostering discipline, expression and holistic development among learners.
- Dr Farita Viegas, a distinguished alumna, served as a resource person for Certificate Course on Neuro - Linguistic Programming (NLP) for M.Ed. students, offering powerful techniques for self-awareness, communication, and personal growth. She also contributed to an ICSSR Sponsored International Conference as a resource person held on 24 February 2025.
- To enhance digital teaching competencies, a workshop on e-content development was conducted, Dr Flosy C. R. D'Souza, Professor at St Ann's College of Education, as the resource person. The session equipped participants with practical knowledge and tools necessary for creating engaging and interactive online learning resources.
- Throughout the year, alumnae played a significant role in enriching the academic network of the college. Their involvement included assisting in lesson planning and demonstration lessons, supporting practice teaching and internship supervision, serving as examiners for practical examinations, judges for competitions and resource persons for various B.Ed. and M.Ed. programmes. This dynamic engagement significantly contributed to the professional grooming of student-teachers.
- Alumnae continue to serve as active members of various institutional bodies such as Board of Studies (BOS), Academic Council, and Internal Quality Assurance Cell (IQAC). Their participation ensures the continuity of excellence and relevance in academic planning and policy-making.

The Alumnae Association of St Ann's College of Education remains an enduring pillar of strength and collaboration. Through meaningful programmes, professional contributions, and heartfelt reunions, our alumnae have exemplified the values instilled during their formative years at the college. We look forward to another year of impactful initiatives for the growth and development of our institution.

ACADEMIC RESULTS – TOPPERS

B.Ed. 2022-24



Bindu



Nishmitha Sunitha D'Souza



Neha Michael

M.Ed. 2022-24



Aisha Nishana

ACTIVITIES OF THE INSTITUTION

JULY 2024 TO JUNE 2024

Formal inauguration of the B.Ed. programme

The formal inauguration of the B.Ed. programme for the year 2024-26 was held on 16 May 2025. Prof. Louis Manoj Ambrose, Associate Professor, Dr P Dayananda Pai - Sathisha Pai, Government First Grade College, Carstreet, Mangaluru was the chief guest. In his inaugural address, he emphasized the noble role of teachers in shaping the future of the nation and urged the teacher trainees to uphold values of integrity and life long learning.



Student Council - Investiture Ceremony

The election of the Student Council for the year 2025 was held. Following were the elected representatives

Students President: Fathima Nisha

Student Vice President: Pramitha

Sports Secretary: Stenilla Petricia D'Souza & Clemente Joicila Zurica

Cultural Secretary: Ashintha Monteiro M

Student Council Secretary: Nafisa Tharannum Waheed

The Investiture Ceremony of the B.Ed. programme of the Year 2025 was held on 12 April 2025. Joselyn T Lobo, Rtd Associate Professor and Dean at School of Social Work, Roshni Nilaya, Mangaluru was the Chief Guest. During oath-taking ceremony, newly elected Student Council solemnly pledged to uphold the values and vision of the institution with sincerity, dedication, and commitment.



Spiritual Orientation – Nurturing the Soul

On 6 August 2024, a Spiritual Orientation Programme was held to offer moral and spiritual guidance to students. Fr Dominic Vaz OCD, Parish Priest of Infant Mary Church, Bajjodi, conducted session for catechism students, and Mr Joseph Rodrigues SDB conducted sessions for moral science students. The orientation provided valuable insights into living meaningful, purpose-driven lives rooted in ethical and spiritual principles.

Honouring Our Patrons

The college joyfully celebrated the Feast of Our Lady of Mount Carmel and St Ann, the patron of the institution on 03 August 2024. The celebration included a festive prayer service, reflections on the lives of the saints, and cultural programme by students. The event served as a spiritual reminder of the values of service, humility, and faith.

ACADEMIC AND PROFESSIONAL GROWTH OF STUDENTS

Building Confidence and Safety Awareness

To empower students with practical safety skills, a Workshop on Self-Defence was organized on 24 July 2024. The session was conducted by Mr Karthik S. Kateel, CEO and Founder of Swaraksha for Women Trust, and Mrs Shobhalatha, also from the Trust. The interactive workshop equipped students with essential self-defence techniques and safety strategies, fostering a sense of preparedness and confidence among the participants.

A self-defence workshop was held on 24 April 2025, empowering students with basic techniques to build confidence and personal safety. The session was conducted by Mr Kartik S Kateel, a master in Taekwondo and Judo, and Mrs Shobhalatha, who served as the resource persons. Through live demonstrations and interactive drills, students learned practical moves and strategies to protect themselves in real-life situations.



Exploring the Science of Yoga – Body, Mind, and Spirit

On 13 April 2025 organized a one-day workshop on 'Science of Yoga: The Union of Body, Mind and Spirit'. The session was led by Rev. Dr Ivon D'Almeida SFX, Director of Shanthidhyana Meditation Centre, Agassaim, Goa. Participants engaged in breathing exercises, guided meditation, and discussions on the integration of yoga into daily life and classrooms.



E-Content Development

An insightful session on E-Content Development was held on 25 April 2025 to enhance the digital competencies of student-teachers. The resource person for the session was Dr Flosy C. R. D'Souza, Professor, St Ann's College of Education, an expert in educational technology and innovative pedagogies.

A workshop on Communicative English

A one day workshop on Communicative English was organized on 21 April 2025. The resource person was Dr Sr M Jeswina A C former Principal, St Agnes College (Autonomous) Mangaluru.



Creative Pedagogies through Art and Drama

A workshop on 'Integration of Art and Drama in Education' was held on 03 June 2025, led by Dr Kumara Swamy, Associate Professor, Government College of Teacher Education. The session highlighted how artistic and dramatic expression can be used to enhance learning outcomes and classroom engagement.



Theatre and Art – Expression with Purpose

A One-day workshop on Theatre and Art was conducted on 10 June 2025. The resource persons were Mr Christopher D'Souza, Director of Ranga Adhyayan Kendra, and Ms Sweedal D'Souza, Counsellor and Theatre Practitioner. The sessions offered insights into the therapeutic and educational value of theatre.



Kinaesthetic Movements to develop Theatrical Skills

A workshop on 'Kinaesthetic Movements to Develop Theatrical Skills' was held on 03 June 2025, facilitated by Mr Sheena Nadoli,, Lecturer, Government College, Belthangadi. This hands-on session emphasized the use of body movement and space in stage presence and performance skills, equipping teacher trainees with techniques to bring creativity and energy into teaching.



CELEBRATION OF DAYS OF SIGNIFICANCE

Raising Awareness on Drug Abuse

On 01 July 2024, the college observed the International Day against Drug Abuse and Illicit Trafficking with the theme "*The Evidence is clear: Invest in Prevention*". Through the meaningful programme, students stressed the need for preventive action against drug abuse followed by a pledge-taking ceremony where staff and students committed to leading drug-free lives and create awareness in society.



Pledging for a Drug-Free Future

On 12 August 2024, the college conducted an awareness programme as part of the Nasha Mukta Bharat Abhiyan, reinforcing its commitment to fight against drug abuse. The significance of the campaign was shared by students, highlighting the physical, psychological, and social consequences of drug addiction. This was followed by a collective oath-taking ceremony, where students and staff pledged to lead a drug-free life and promote awareness among peers.

Promoting a Safe Campus

An Anti-Ragging Awareness Programme was held on 19 August 2024 to educate students about the importance of maintaining a safe and inclusive environment on campus. The significance of the day was presented by the students, followed by a thought-provoking skit performance that depicted the psychological impact of ragging and the importance of mutual respect.



Spreading Harmony

On 20 August 2024, the college observed Rashtriya Sadbhavana Diwas to commemorate the birth anniversary of former Prime Minister Rajiv Gandhi. A Sadbhavana pledge was taken by the entire college community, committing to work towards peace, understanding, and unity among all citizens.

A Tribute of Gratitude

Teachers' Day was celebrated with joy and gratitude on 27 August 2024. The programme, organized by the students, included songs, skits, and speeches expressing appreciation for the dedication and guidance of the teaching faculty.



Honouring Dr B. R. Ambedkar

Ambedkar Jayanthi was celebrated on 15 April 2025 with great reverence and enthusiasm, marking the 134th birth anniversary of Dr B R Ambedkar, the principal architect of the Indian Constitution and a champion of social justice. The event began with a meaningful assembly highlighting his life, contributions, and vision for an equitable society.

Commemorating the Spirit of Democracy

Constitution Day was observed on 26 November to commemorate the adoption of the Indian Constitution. The event began with the reading of the Preamble, reaffirming the values of justice, liberty, equality, and fraternity. Students highlighted the significance of constitutional rights and duties, fostering a sense of civic responsibility and national pride.



Remembering the Father of the Nation

Gandhi Jayanthi, the birth anniversary of Mahatma Gandhi, Father of the Nation, was observed with reverence and a deep sense of responsibility on October 2. The significance of Gandhi's values such as truth, non-violence, and simplicity were reflected through a short programme. Following this, students and faculty actively participated in a Campus Cleaning Drive, echoing Gandhiji's vision of cleanliness and selfless service.



Strength in Diversity

The dual celebration of Kannada Rajyotsava and National Unity Day was celebrated on 30 October 2024 with great pride and enthusiasm. The program highlighted the rich heritage of Karnataka through traditional music and dance. A special tribute was paid to Sardar Vallabhbhai Patel on the occasion of National Unity Day.



Advocating Dignity & Justice for all

On 10 December 2024, Human Rights Day was marked with activities emphasizing the importance of dignity, freedom, and equality for all. The event aimed to create awareness about the universal values enshrined in the Universal Declaration of Human Rights.



A Call to Democratic Duty

On 25 January 2025, the college solemnly observed National Voters' Day with a reflective prayer service invoking collective responsibility. The programme culminated with a pledge-taking ceremony, where students and staff reaffirmed their dedication to uphold democratic values and exercise their voting rights conscientiously.

Honouring the Constitution

The 76th Republic Day was celebrated on 26 January 2025. The ceremony commenced with the hoisting of the national flag, followed by a spirited rendition of the national anthem. The chief guest for the day was Mr Jeffrey Rodrigues, Associate Professor, Department of Mathematics, Government First Grade College, Carstreet, Mangaluru.



Promoting Humanity and Service

On 8 May 2025, Red Cross Day was observed, reaffirming the principles of compassion, humanitarian service, and voluntary action. The event encouraged future educators to instill values of empathy and community service among their students. Dr Sumana Bolar, Head of the Department of Sociology, Government First Grade College for Women, Balmatta, Mangaluru, as the chief guest.



A Stand for Peace

National Anti-Terrorism Day was observed on 30 May 2025, to spread awareness about the threat of terrorism and the importance of peace, tolerance, and unity. The students pledged to stand against violence and promote harmony in society.

World Environment Day

World Environment Day was observed on 5 June 2025 embracing the worldwide theme of 'Ending Plastic Pollution'. The observance served to emphasize the pressing global imperative to curtail plastic waste and adopt environmentally sound practices.



Faculty Development Programme

On 28 March 2025, a session on 'From Passion to Practice: The Art of Work Commitment' was conducted for non-teaching staff. Sr Julie Ann A C, Provincial Counsellor, St Ann's Convent, Mangaluru was the resource person.

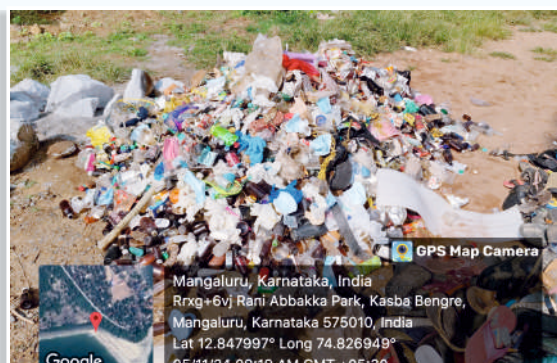
On 12 June 2025 one day FDP on Outcome Based Education was organized for faculty members in collaboration with St Agnes College (Autonomous) Mangaluru. Prof. Demian Antony DMello, Dean, Academics, Canara Engineering College Mangaluru, was the resource person.



GREEN INITIATIVES

Beach Clean-Up Drive

As part of our commitment to environmental conservation, a Beach Clean-Up Drive was organized at Bengre Beach in collaboration with Vana Trust and CODP on 5 November 2024. The second phase of Beach Cleaning Drive was organized on 28 April 2025 at Bengre, Mangaluru in association with United Way Mumbai and Plastic Fischer. Students and faculty actively participated in collecting and segregating waste, raising awareness about marine pollution and the importance of preserving coastal ecosystems.



Season of Creation – Caring for Our Common Home

On 30 September 2024, the college marked the Season of Creation with a special programme aimed at environmental awareness and action. Students demonstrated sustainable practices and eco-friendly alternatives to reduce waste and conserve resources. The event also saw the inauguration of a footwear collection drive by members of the Eco Club, encouraging reuse and responsible disposal. The initiative was a step forward in promoting ecological consciousness within and beyond the campus.

Visit to Kanthavara Forest Base Camp

An enriching educational visit to the Kanthavara Forest Base Camp on 7 November 2024 was organized to give students a hands-on experience of nature and wildlife conservation. The visit included nature walks, interaction with forest officers, and session about biodiversity and ecological balance. The visit was both educational and inspiring, nurturing a deeper appreciation for nature and ecological preservation.

Community Awareness Activity: Plastic Waste Management

As a part of commitment to environmental education and civic responsibility, two impactful community awareness programme using Interactive Intimate Theatre (IIT) as a tool for engaging the public on the issue of plastic waste management were conducted at Rangamandira Community Auditorium, Thota Bengre and Government Higher Primary School, Kasaba Bengre. The initiative aimed to foster environmental consciousness by combining creative performance with local culture, language and real-life relevance.



CELEBRATIONS

Deepavali

The festival of lights, Deepavali, was celebrated with joy and vitality on 30 October 2024. The celebrations included lighting of diyas, and a cultural programme where students shared the message of light triumphing over darkness.



Christmas

The spirit of joy and togetherness filled the campus during the Christmas Programme celebrated with the students of St Ann's Higher Primary School, Mangaluru on 23 December 2024. The celebration featured a beautiful dance, carol singing, and a message highlighting the values of peace, love, and hope. To make the event more fun filled, games were conducted by our B.Ed. students.



Talent Synergy 2024

The college buzzed with creativity and excitement during the two-day 'Talent Synergy' competition held on 22 and 23 October 2024. The event was inaugurated by the esteemed Chief Guest, Dr M. Padmavathi, Retired Professor, St Ann's College of Education (Autonomous), Mangaluru. The event provided a platform for students to showcase their artistic and performing talents across a variety of categories, including Stabda, Eastern and Western Singing, Flower Making, Folk Dance, and Bridal Makeup.



Competitions

Rangoli competition was organized on 21 June 2025 as a part of cultural initiatives to promote artistic creativity and celebrate the beauty of traditional Indian art forms.

A Mehandi Design Competition was held on 10 May 2025, showcasing the creativity and artistic talents of the students. Participants displayed intricate designs reflecting cultural richness and aesthetic finesse.

Educational Tour

A Four day Educational tour was organized to Chennai for the third semester students from 24 to 27 June 2025. The places visited were St Thomas Mount, St Thomas Basilica, Marina Beach, Mahabalipuram, Dakshina Chitra Heritage and Muttukadu boating.

Annual Sports Day – A Celebration of Energy and Enthusiasm

The Annual Sports Day was held on 18 February 2025, celebrating the spirit of fitness, teamwork, and determination. The event was presided over by Sr M Maria Smitha A.C., President of the function, Joint Secretary and Superior of St Ann's Convent, Mangaluru. The chief guest, Dr Suresh Kumar T, Retired Physical Director of St Ann's College of Education, graced the occasion with his presence. The day featured a colourful march-past, track and field events, and group games, showcasing the sporting talent and vibrant energy of the students. Winners were awarded medals and certificates amidst cheers and applause.



ICSSR Sponsored International Conference

An ICSSR Sponsored International Conference on 'Diversified Transformation in Education – Practices and Challenges' was held on Monday, 24 February 2025. The conference served as a vibrant platform for academicians, researchers, and educators from across the globe to deliberate on evolving educational practices and the challenges in implementing them.



Annual Day

The college Annual Day was celebrated on 27 February 2025 with enthusiasm and pride. The event was graced by Dr Edmond Fernandes, Founder and CEO of CHD Group, as the Chief Guest. The celebration featured vibrant cultural performances and prize distribution, reflecting the students' talents and the institution's achievements throughout the academic year.



Graduation Day

Graduation Day 2025 was celebrated on 01 July 2025. Dr Molly Sanjay Chaudhuri, Director of MSNM Institute of Management, Bondel, Mangaluru, was the Chief Guest. Toppers of the B.Ed. and M.Ed. programmes were felicitated with Gold Medals, cash prizes, and scholarships for students.





Sumitha Bangera (B.Ed - 2022) - Ranjith 03-04-2025

Suchitha S Rai (M.Ed - 2022) - Prajwal 18-05-2025

Pratheeksha Kille (B.Ed - 2022) - Shruthin 19-05-2025

We mourn the sad demise of...



Sr Tullia Pais (78)
02 April 2025
(B.Ed. Batch 1984-1985)



Carmelita Sequeira (72)
17 April 2025
(B.Ed. Batch 1971-1972)

Gratitude to Our Alumni Executive Members

We sincerely thank the Alumni Executive Members for their outstanding service and invaluable contributions over the past years. Your leadership, dedication, and continued involvement have greatly enriched our alumni network and helped build a lasting legacy. Your efforts have truly made a difference and we are deeply appreciative of your commitment to our institution.

Office Bearers

President Dr Sr Dorothy DSouza A.C.
Vice President Sr Zeena Pereira A.C.
Local Superior Sr M. Smitha A.C.
Secretary Dr Sharmila L Mascarenhas
Treasurer Mrs Lavina DSilva
Joint Secretary Mrs Anita DCruz

Elected Members

Dr Farita Veigas
 Mrs Maria Flavia Dias
 Dr Laveena Reshma D'Sa
 Dr Rose Kiran Pinto
 Mrs Dimple Quadros
 Mrs Anita Cordeiro
 Ms Caroline Lobo

Co-opted Members

Mrs Lucy DSouza
 Dr Vijayalakshmi
 Dr Flosy C. R. DSouza

From,

ALUMNAE ASSOCIATION

St Ann's College of Education (Autonomous)
 Mangaluru - 575 001

Phone: 0824-2427360, 2444047, Mob: 8277349089

Email: stannscollegeofeducation1943@gmail.com
 stannscollegeedn@gmail.com

Website: www.stannscollegeofeducation.org