



NATIONAL
PU COLLEGE
ITPL

THE BULLETIN

JULY 2024



CAMPUS HIGHLIGHTS

Morning Assembly

It was a delight to start the day with the morning assembly for the PU2 students. We began with a prayer song, followed by expressions of gratitude and intentions for the day. Announcements for the day and week were then made. Initially, the students were reluctant to stand for the morning prayer as they were not used to it. However, over time, students volunteered to play the guitar during the prayer, and many actively came forward to share their gratitude.

We also started a special assembly every week, where students from different classes perform based on a selected theme. The first assembly was on 'Environment Day', presented by the 2F class, where students showcased the power of collaboration and the potential within each student to make a positive impact. We also had a great talk with one of our educator, to culminate the event.



Day of Wonder

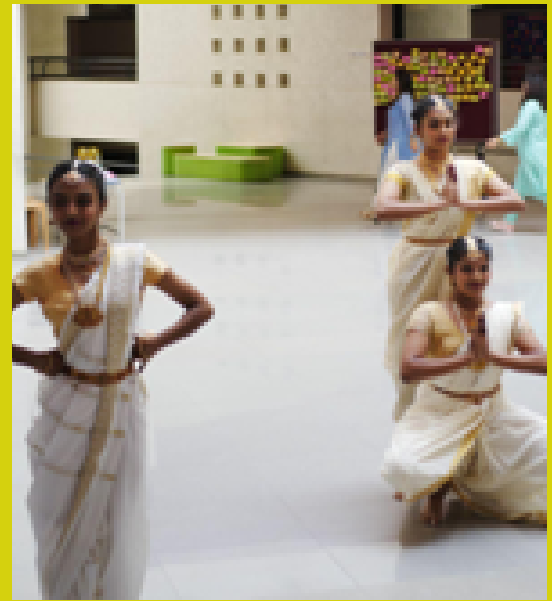
Students arrive with a mix of emotions on the first day, especially the PU1 students who come from different schools and backgrounds. At CMR PU ITPL, we ensure their first day is welcoming. To help students build positive connections with their peers and teachers, we planned the day with icebreakers. Students cherished events that celebrated creativity, innovation, and collaboration. Teachers engaged students in gratitude activities, a SMART goal activity, and established a social contract for their respective classes. These activities provided students with opportunities to discover their strengths, attitudes, and mindsets.





PU 1 ORIENTATION

We held the first CMRNPU ITPL orientation for PU1 students on June 15, 2024. The event was graced by Dr.K.C.Ramamurthy. The program commenced with an invocation dance, followed by a detailed report by Ms. Rajini Ashok, Principal CMRNPU ITPL. Our honorable chief guest, Dr.K.C.Ramamurthy, then addressed the gathering, emphasising the importance of time management for a successful journey in learning and career development. The stream toppers were felicitated by our chief guest. The program also provided valuable insights into the academic structure, assessment methods, co-curricular activities, career guidance plans, and student well-being initiatives. It was a meaningful and inspiring start for the new students.





LEARNING BEYOND THE CLASSROOM

Work Exposure Program

This April, the Work Exposure Program launched CMR NPUC students into the real world. Partnering with 25 local businesses, we offered 130 internships and job shadowing opportunities. Students gained a taste of diverse careers, honing essential skills like workplace dynamics, teamwork, and communication. A total of 97 students completed the program, reporting a major confidence boost and a clearer vision for their future. The program provided students with a firsthand look at various fields such as engineering, medicine, law, commerce, and arts



Student Council Activities

At CMR NPUC, democracy rocked the house as the student body elected a phenomenal new student council team. By nominating themselves – passionate students from both first and second PU volunteered, eager to champion our school community. The competition was fierce! These candidates battled it out through rigorous interviews, showcasing their vision, leadership, and unwavering dedication to CMR NPUC's core values. But the wait is over! Get ready to meet your new student council superheroes – a team poised to represent their peers, collaborate with faculty, and make this year at CMR NPUC the most epic one yet. Stay tuned for their official introduction.





PROFESSIONAL DEVELOPMENT

The 'Professional Development Institute' team is tasked with supporting our educators through the year. This year, as always, we conducted a Beginning of Year - Academic Orientation.



All our pre-university educators underwent rigorous training covering curriculum, instruction, culture, and more, to be prepared for delivering excellent learning in their classrooms.

Our educators are also working to set their personal and professional goals with their school leadership.

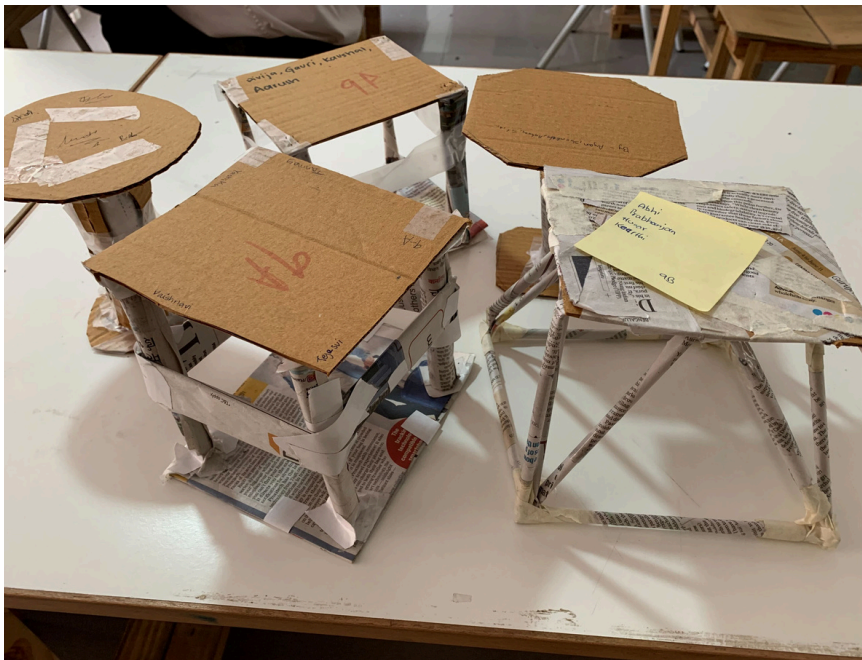
We are excited about the new academic year and the opportunities it brings. Together, we look forward to achieving new milestones and fostering a thriving learning environment for all our students.



LEARNING & INSIGHTS

Mood Boards, Stick-y towers & paper tables

Students learn to pay attention to their surroundings which becomes a source of inspiration for them. Deep observations help them capture the play of light and shadow visually. They learn to present the objects as they see them. Students explore different materials to build models. They understand and apply the various concepts and principles that guide the making of the models.



Learning Area - Visual Arts & Makery

The visual art and makery curriculum is designed to nurture students' creativity, imagination, and artistic expression while encouraging hands-on experimentation and innovation.

Through a combination of visual arts and making activities, students explore various mediums, techniques, and materials to develop their artistic skills and engage in the process of creating.

The curriculum emphasises the importance of visual literacy, allowing students to understand, interpret, and communicate through visual means.

They learn to analyse and appreciate different art forms, styles, and cultural contexts, broadening their understanding of the visual world around them.



STUDENT EDGE

The Long-Term Health Impacts of Frequent Eating Out Among Youth

Eating out has become very common, especially among young people. However, eating at restaurants and fast food places often comes with long-term health problems. Here, we explore the negative health impacts of eating out frequently and discuss healthier alternatives.

Increased Risk of Obesity and Weight Gain

Fast food and restaurant meals are often high in calories, fats, and sugars, which can lead to significant weight gain. Youth who regularly eat out are at a higher risk of developing obesity, which can cause long-term health problems like heart disease.

Poor Nutritional Quality

Restaurant and fast-food meals usually lack essential nutrients. They are often low in fruits, vegetables, grains, and proteins, leading to deficiencies in important vitamins and minerals. This poor nutritional quality can affect growth, development, academic performance, and overall well-being in young people.

Increased Risk of Chronic Diseases

A diet high in processed foods, unhealthy fats, and sugars increases the risk of developing chronic diseases. Youth who frequently eat out are more likely to suffer from conditions like diabetes, hypertension, and cardiovascular diseases later in life. These conditions can reduce life expectancy and quality of life.

Negative Impact on Mental Health

Diet plays a significant role in mental health. A diet high in junk food can lead to increased rates of depression and anxiety among young people. Nutrient deficiencies and high intake of sugar and unhealthy fats can negatively affect brain function, mood regulation, and stress levels, leading to poor mental health outcomes.

Habit Formation and Lifestyle Choices

Eating habits formed during youth often persist into adulthood. Regularly eating out can establish unhealthy eating patterns, making it harder to adopt a balanced diet later in life. These habits contribute to ongoing health issues and make it challenging to maintain a healthy weight and lifestyle.

Economic Disadvantages

Frequent eating out can also strain finances. Money spent on restaurant meals and fast food could be better invested in nutritious home-cooked meals. Financial stress can further lead to health issues, creating a cycle of poor dietary habits and economic hardship.

Conclusion

The long-term health impacts of frequent eating out among youth are concerning. From increased obesity rates and poor nutrition to chronic diseases and mental health issues, the consequences are serious. Encouraging healthier eating habits and reducing reliance on restaurants and fast food is essential for the well-being of young people. Promoting home-cooked meals and balanced diets can help ensure a healthier future for the next generation.



Aashvi Tiwari PU 2

LEADERSHIP BLOG

Enhancing Emotional Intelligence through Social-Emotional Learning

It is often observed that graduates from prestigious institutions like IITs sometimes resign from their jobs because they struggle to face real-life challenges. This raises an important question: Is there a gap in our education system? Are we failing to produce a generation that is strong – socially, mentally, and academically?

From an early age, children must be taught to respect and value people. This foundational value should begin at home and extend into their schooling and beyond. When children learn to value others, they will listen to their peers and embrace diverse perspectives.

Furthermore, it is paramount that students understand where they stand and how to set goals for their lives. One significant mistake that can occur is choosing a higher education path based solely on parental interests. By the age of 17, students should be empowered and well-guided to choose their career paths. If they are uncertain, our institutions must provide the necessary guidance to help them find the right direction.

Students should be academically strong and, at the same time, socially and mentally stable. How do we achieve this holistic development in our students?

Social-Emotional Learning (SEL) is one effective way to address this challenge. SEL has gained prominence as a critical component of modern education, and it holds the promise of nurturing well-rounded individuals who can thrive in all aspects of life.

Emotional intelligence, at the heart of SEL, involves several key components:

1. **Self-awareness:** Understanding one's own emotions and their impact on thoughts and behaviors.
2. **Self-Management:** Regulating emotions, thoughts, and behaviors in various situations.
3. **Social Awareness:** Demonstrating empathy and understanding towards others, including those from diverse backgrounds.

4. **Relationship Skills:** Building and maintaining healthy, rewarding relationships.

5. **Responsible Decision-Making:** Making ethical, constructive choices regarding personal and social behavior

Group activities, role plays, student-led discussions, peer assessments, and reflective journals are strategies to incorporate SEL in the classroom. It also helps to break the monotony in the classroom and enhances a collaborative and positive learning environment, thereby reducing incidences of bullying and promoting inclusivity.

Furthermore, SEL prepares students for life beyond school. The skills developed such as empathy, effective communication, and ethical decision-making are highly valued in the workplace and are critical for successful personal relationships. At the heart of holistic education, SEL stands as a beacon of hope for a brighter, more empathetic future.



Ms. Parvathy Rajan
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