



NATIONAL  
P.U. COLLEGE  
HRBR LAYOUT

# THE BULLETIN

AUGUST 2024



## CAMPUS HIGHLIGHTS

### CCG (Career Counseling Guidance)

CCG sessions are held on a weekly basis for all classes to give students a glimpse of their career interests that they have, interact with the career counselors, get to understand the plethora of options available to them after they graduate and also teach them morals and values that gives them direction for the path they have chosen for their future.

The campus not only guides students for the two years they have spent here, but also prepares them for what's beyond. The campus has a qualified and experienced counselor who guides us in all our endeavours.



## FRESHERS DAY

Freshers Day is a remarkable experience that celebrates and welcomes newcomers, enhances the feeling of community and motivates juniors. The purpose of this day is to meet and welcome juniors for their new academic year.



It fosters interaction and gives an affectionate welcome to the students. The event is accompanied by many exciting events such as singing performances, ramp walk and dance that showcase their talents in traditional, fusion and modern dances. This event instills confidence in students and helps them enhance their creativity.





## CULTURE AT CAMPUS

### BASKETBALL PRACTICE:

Basketball practices held in the campus fosters personal growth, interaction and helps students form durable bonds and friendships.

It helps students develop their communication skills and social skills. It gives them an understanding of the different abilities of other people. These practices help students to be active and increase self-esteem and self-confidence. It is a great alternative for students as it helps in reducing stress, improving mood and has other health benefits.



### CLASSROOM ACTIVITIES:

There are various ways where students engage with each other in learning tasks, and engage actively in other activities such as classroom presentations, "Pick and speak", weekly quizzes etc. that helps students to interact with the community and the teachers also encourage innovative ideas and build a stronger foundation among the students.





## LEARNING BEYOND THE CLASSROOM

### Student Clubs

Ever wondered what makes our student clubs so awesome? It's not just about meetings and activities—it's about the friendships, creativity, and excitement that come with every club! This past month has been a whirlwind of excitement and discovery as students dove into the club activities! From the budding scientists in our science club crafting innovative solutions to real-world problems, to the aspiring artists in the Choir Club recreating masterpieces, each day was a new adventure. And who could forget the Environmental Club's impactful initiatives, as they worked on projects to make our college a greener place? Every activity was a chance for students to explore their passions and learn new skills.



## Investiture Ceremony

Our Investiture Ceremony at CMR NPUC was a truly remarkable event filled with pride, inspiration, and celebration. As we honored our new student leaders, we witnessed a powerful display of commitment and enthusiasm. The ceremony kicked off with an inspiring opening speech, emphasizing the importance of leadership and teamwork. The auditorium was buzzing with excitement as our incoming leaders took their places and prepared for their big moment. From the proud smiles of our new leaders to the enthusiastic applause from the audience, these images capture the essence of the day.





## College and Career Guidance Initiatives

In July, the College and Career Guidance (CCG) department organized several key programs and activities designed to support our students' academic and career aspirations. Here's a summary of the month's initiatives:

**Monthly Student Sessions:** The focus for our students in the month of July was on Job Shadowing. Students were introduced to the concept of job shadowing, where they gained insights into various professions by observing professionals in their workplace. These sessions were aimed at providing students with a real-world understanding of different career paths, helping them make informed decisions about their futures.

**General Check-Ins Across All Campuses:** Regular check-ins were conducted across all campuses to ensure that students are on track with their academic and career planning. These check-ins provided an opportunity for students to discuss their goals, seek guidance, and address any concerns they might have regarding their college and career preparations.

**Webinar - Study in Australia:** A highly informative webinar on studying in Australia was held, offering students and parents valuable insights into the academic opportunities available in Australian universities. The session covered various aspects such as admission processes, courses offered, scholarships, and the overall student experience in Australia.

These initiatives are part of our ongoing commitment to providing comprehensive support and guidance to our students, helping them navigate their academic journeys and prepare for successful careers. The CCG department will continue to offer a range of activities and resources to ensure our students are well-equipped to achieve their aspirations.



## Wellbeing Initiatives

Student Check-ins for PU students are progressing positively, serving as a valuable opportunity to raise awareness and break the stigma surrounding mental health, while providing a supportive platform for open discussions. Additionally, a wellbeing session on "Health and Routine", was conducted across campuses, emphasizing holistic health by addressing physical, emotional, and social well-being. These initiatives are fostering a more inclusive and informed environment, encouraging students to engage in conversations about their mental health and overall wellness.





## PROFESSIONAL DEVELOPMENT

We had a series of Professional Development sessions throughout the month with various teams. We began the month with a training session for school coordinators. All our Pre-University educators attended the Learning Area Touchpoint sessions. Apart from this, our educators who have enrolled in special programs attended a virtual session on Mindfulness and Wellness.

The Ekya culture that we advocate does not stop with teachers and students. The PDI team is committed to fostering a learning culture among all our stakeholders. In line with this idea, we had a session on Social Contract for our Head Office employees.



# STUDENT EDGE

## SOCIAL WELL-BEING

Social well-being is a crucial component of overall health that involves the quality and depth of an individual's relationships and social interactions. It reflects how people connect with others, their sense of belonging, and their role within their community. Here's a detailed look at the elements that constitute social

### Well-Being:

**1. Social Support:** This is a cornerstone of social well-being. It involves having a network of friends, family, and colleagues who offer emotional, practical, and sometimes financial support. Social support provides a buffer against stress and can enhance one's ability to cope with challenges. It fosters a sense of security and belonging, which is essential for mental and emotional health.

**2. Social Integration:** Feeling integrated within various social circles and communities is crucial for social well-being. This means being actively involved and accepted in family, work, and community life. When individuals feel connected and engaged, they are less likely to experience feelings of isolation or loneliness. Social integration helps in building strong social networks that contribute to a sense of identity and belonging.

**3. Social Contribution:** Contributing to the well-being of others and participating in community activities can enhance one's sense of purpose and fulfillment. Social contribution can take many forms, such as volunteering, participating in local events, or being involved in civic activities. This not only benefits the community but also helps individuals feel valued and connected.

**4. Social Coherence:** This aspect relates to the understanding and predictability of one's social environment. When individuals perceive their social environment as coherent and stable, it contributes to a sense of safety and well-being. Social coherence involves having clear social norms and expectations, which helps in reducing anxiety and increasing comfort within one's social surroundings.

**5. Social Engagement:** Active participation in social activities and maintaining meaningful relationships are fundamental to social well-being. Engaging in social activities provides opportunities for personal growth, enjoyment, and the development of social skills. Meaningful relationships offer emotional support, companionship, and a

sense of connection, which are vital for overall happiness. Social well-being is interconnected with other dimensions of health, including physical and mental health. It influences and is influenced by factors such as social policies, community resources, and individual social skills. Building and maintaining social well-being involves fostering supportive relationships, engaging in community life, and participating in social activities. Prioritizing social well-being can lead to improved quality of life, increased resilience, and greater overall satisfaction.



**NATASHAA REGIL**  
2nd PUC, HRBR Layout

## TEACHER BLOG

### Self -Care

Loving oneself is about maintaining a healthy relationship with oneself. By doing so we feel positive, confident and have better self esteem. By paying attention to your own self - care you will feel more connected to yourself and the world around you.

Engaging in a self-care routine is clinically proven to reduce or eliminate anxiety and depression, reduce stress, increase happiness and more. It can help students adapt to change, build strong relationships and recover from setbacks.

Prioritizing your mental and physical health can help you to stay productive and focussed in your studies. Each method of self-care fits into one of the seven pillars : mental, emotional, physical, environmental, spiritual, recreational and social. A well balanced self-care routine involves each of these, so avoid restricting yourself to just one or two pillars.

An important part of self-care is managing stress and taking a break when it's necessary. Whether it's a 5 minute break or taking a personal day, make sure to spend some time relaxing your brain and body. This way when you come back, you are rejuvenated and ready to teach.

Self-care includes regular exercise, proper nutrition and adequate sleep. Physical self-care also involves taking care of the body, such as practicing good hygiene, getting regular checkups and engaging in activities that promote relaxation, such as massage or yoga.

"Caring for myself is not self-indulgence, it is self-preservation and that is an act of political warfare." This powerful quote by Audre Lorde emphasizes that self-care is not just a luxury, but a radical act of survival and resistance. In a world that often devalues marginalized voices and bodies, prioritizing one's own well-being becomes a form of defiance against societal expectations. It means recognizing your worth and making a conscious effort to nurture your physical, emotional, and mental health. Self-care challenges the systems that oppress and exhaust individuals, especially those from marginalized communities. By taking care of ourselves, we assert our right to exist and thrive. Thus, self-care is not merely about indulgence; it is a necessary and courageous act of self-preservation.



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