



CMR NATIONAL
P.U. COLLEGE

THE BULLETIN

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CAMPUS HIGHLIGHTS

Parent Orientation Day

Orientation for pre-university students is a pivotal event that sets the tone for their academic journey and overall well-being. It serves as a compass, guiding them through the new terrain of higher education while emphasising the importance of mental health. Parents, in particular, are increasingly appreciative of this focus on mental well-being, understanding that a balanced mind is crucial for their child's success and happiness.

CMR NPUC organised its 2nd 'Orientation Program' for parents. During orientation, in addition to introducing students to expectations and campus life essentials, there was a strong emphasis on the structured teaching and support systems available. The structured nature of the program reassured the parents that their child will receive comprehensive guidance, ensuring a smooth transition into university life.



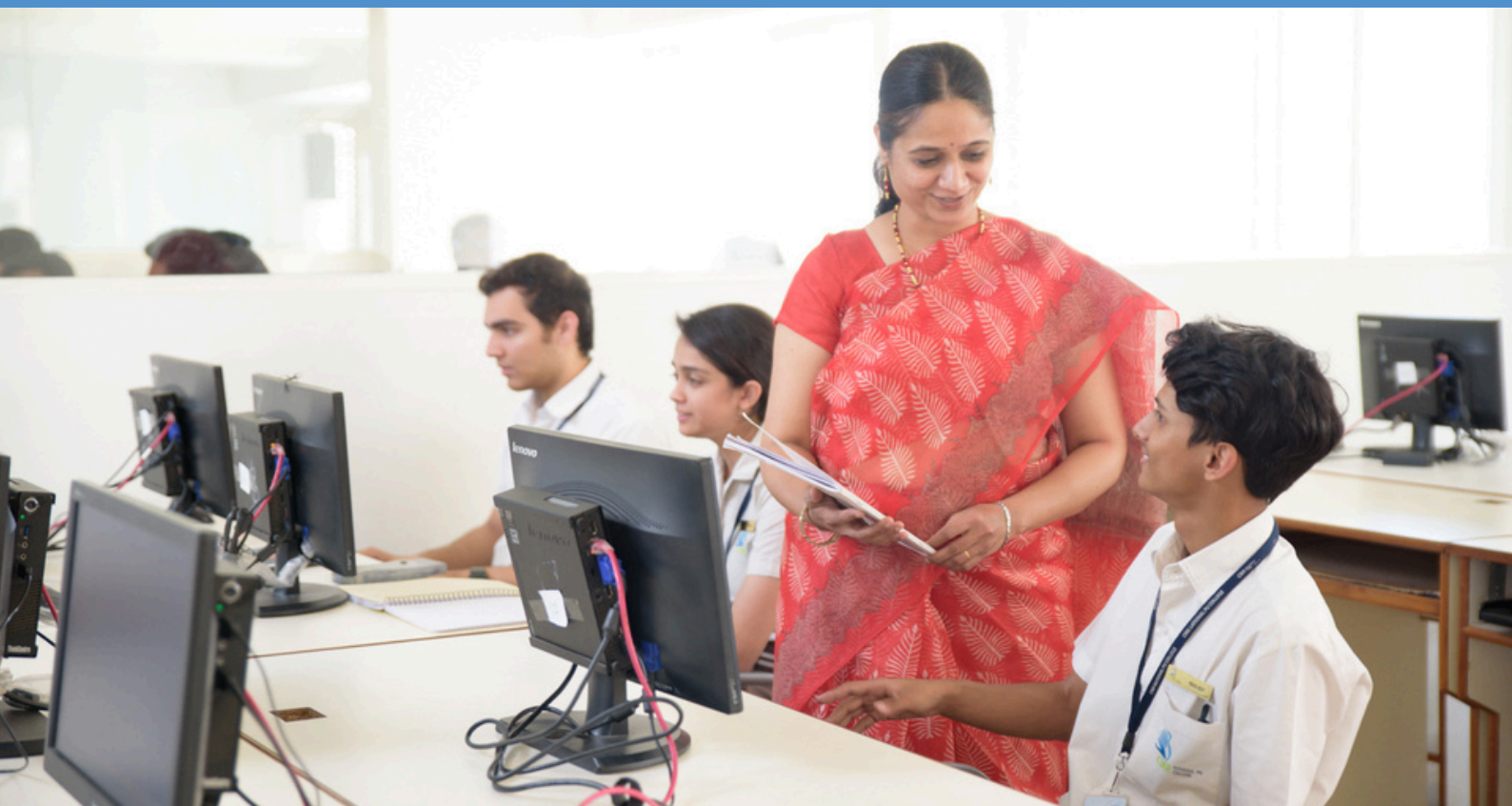
As well as, access to counseling services showcased the institution's commitment to nurturing not just academic growth, but holistic development. In essence, orientation for pre-university students marks not just the beginning of an academic journey but also a commitment to their understanding of our college structure and overall development. It's a shared endeavour where educators, students, and parents collaborate to ensure a supportive foundation for future success, enhancing the happiness and well-being of all involved.



Fresh Talent Day

An ice breaker event organised by the 2nd PUC students for the 1st PUC students. The event kicked off with a thrilling treasure hunt, followed by quizzes, a talent show, music and culminated in an exciting tug-of-war. The inner child in every student was delighted to receive chocolates as prizes.





CULTURE AT CAMPUS

Over the past month, CMR NPU has engaged students in a number of activities, some of which are 'Social Contract', 'Morning Assembly', etc.

Social Contract:

Moving into a new college is the beginning of another chapter in a student's life, leaving behind familiar faces and their comfort zones. In order for the students to adapt with the new environment, we conduct 'Social Contract' to encourage students to fraternise with each other. It also helps to set expectations and necessities not only from their classmates, but also from their teachers. It teaches our students the idea of, 'treating others the way you want to be treated', with dignity, honour and respect. It also teaches us to mutually agree on people's beliefs and opinions without overstepping boundaries.



Morning Assembly :

The students of CMR start their day with a very positive mindset, looking forward to what a new day brings. The college choir enlightens the students with a 'Sanskrit hymn' that teaches students about gratefulness and contentment.

We also give the students a glimpse of the daily national and international affairs. We conclude the assembly with an optimistic thought, often quoted from great notable minds.



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.



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 of different objects 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

My CMR PUC Journey: A Fusion of Learning and Personal Growth

In this blog post, I am excited to share my experiences and highlight the distinctive features of CMR PUC. CMR PUC is renowned for its unwavering commitment to academic excellence, holistic development, and a nurturing environment. The college offers a diverse array of courses and extracurricular activities, catering to various interests and career aspirations.

The well-equipped infrastructure, dedicated faculty, and abundant resources create an optimal environment for student success. My personal journey at CMR PUC, Byrathi, has been truly amazing. Transitioning from NIOS to CMR PUC after four years of homeschooling was a significant milestone. Opting for CMR PUC has proven to be a wise decision.

The faculty members here exhibit exceptional understanding and engagement, setting them apart from my previous educational experiences. The campus ambience is not only aesthetically pleasing but also remarkably comfortable.

The teachers foster an enjoyable and effective learning environment, and the friendships I've forged have enriched my overall college experience. As I reflect on my time at CMR PUC, Byrathi, I am immensely grateful for the opportunities coming my way.

Looking ahead, I eagerly anticipate the remainder of my journey at CMR PUC, fueled by enthusiasm and a deep passion for lifelong learning.



Personal Growth and Life Goals

- Life
- Family
- Money
- Self-Care
- Community
- Passions
- Career
- Home Life



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LEADERSHIP BLOG

Addressing Procrastination: A guide to conquering procrastination

Procrastination, a term familiar to many, is often linked to a credit card: "it's a lot of fun until you get the bill", as Christopher Parker observed.

It involves delaying tasks until they become urgent or overwhelming. Common in all areas of life, students frequently defer tasks with the thought, "I'll do it tomorrow," only to discover that tomorrow remains elusive. Procrastination's root lies in the temporary comfort of task avoidance, which can lead to a challenging cycle driven by emotional factors.

Overcoming Procrastination: To conquer procrastination:

- Forgive past delays to prevent guilt from fueling further procrastination.
- Clearly define your objectives to ensure focus and direction.
- Treat each day as a fresh start, not influenced by previous delays.
- Write down plans and tasks to streamline organization and time management.
- Segment work into smaller parts to simplify complex tasks.
- Prioritise tasks effectively.
- Minimize distractions to maintain focus on objectives.
- Motivate yourself through affirmations, rewards, or envisioning success.

Benefits of Overcoming Procrastination:

- Boosted productivity
- Enhanced personal well-being
- Successful goal attainment

The stress of procrastination is universally disliked. Recognising it as an emotional hurdle and consistently applying countermeasures can help reclaim control over time and productivity. Implement these strategies until they become habitual. View the challenge of overcoming procrastination as a chance for self-improvement. With persistent effort and resolve, you can replace procrastination with productivity and effectively realise your ambitions.



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