



NATIONAL
P.U. COLLEGE
BTM LAYOUT

THE BULLETIN

2024



CAMPUS HIGHLIGHTS

Service Learning Plan

The programme was centered around an orphanage Vidyaranya Orphanage Trust. The 1st visit to the Orphanage was on 31st August. 18 students visited the orphanage and distributed groceries.

Food stall was the next initiative which was on 5th September 2024. Student wholeheartedly participated in raising funds for the orphanage by setting up food stalls. The amount collected was used to give dresses, stationery, school bags and snacks to the children.



Mid-term Examinations



The Midterm examination for PU commenced on 21st October. Students attended according to their timetable.



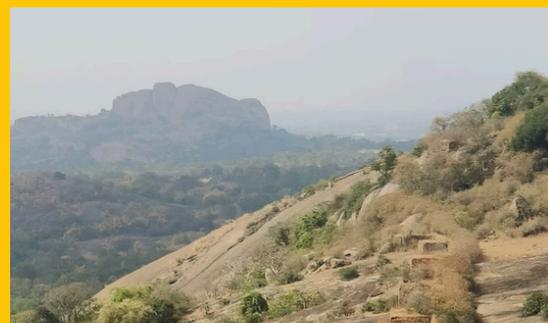
As per the instructions from the PU Board, the students also took a pledge for 'Swachh Bharat'.



LEARNING BEYOND THE CLASSROOM

Outbounds : Winter Trek Chapter

Our CMR NPU students will gear up for an unforgettable day as they will head to Siddarabetta for a thrilling trekking adventure! Located about 60 km from Bengaluru, the scenic route to Kanakapura will start early in the morning. After a hearty breakfast at the resort, they'll set off on the easy, 3-4 km trek to Siddarabetta's peak, taking in breathtaking views along the way. Halfway up, students will take a break to enjoy the scenery before reaching the 4022 ft summit, where we'll explore, relax, and capture the incredible views.



After descending, students will return to the resort for lunch, followed by an afternoon packed with exciting indoor and outdoor games. From the Burma Loop and Bamboo Tree Surfing to archery and rock climbing, there's something for every adventurer! As the sun sets, we'll unwind with tea and snacks, soaking in the beauty of the day before heading back to Bengaluru. It's going to be a day full of exploration, fun, and memories!



Wellbeing Initiatives

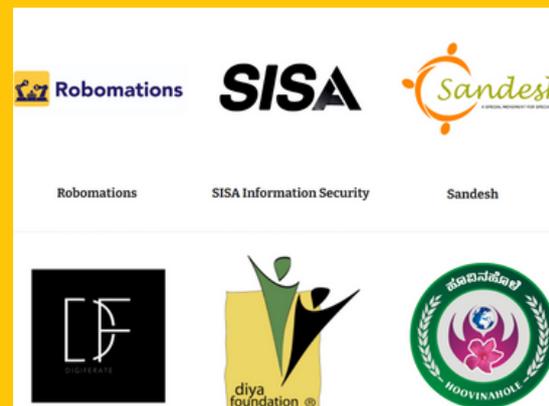
This month's theme centered on gender sensitization, with a particular focus on addressing stereotypes and biases among senior students. The sessions aimed to foster acceptance and inclusivity by encouraging open discussions about gender roles and expectations. Students engaged in activities that challenged traditional stereotypes, promoting empathy and understanding towards diverse perspectives.

Similarly, a dedicated session was conducted for teachers, emphasizing the importance of modeling inclusive practices in the classroom. This professional development opportunity equipped educators with strategies to create a supportive environment, where all students feel valued and respected, thereby reinforcing the month's overarching goal of promoting gender equity within the school community.



Work Exposure Program

We're excited to kick off this year's Work Exposure Program, designed to give our senior students a head start in building their professional skills! The journey begins with a resume-building session, where students will learn the art of crafting a standout resume that highlights their strengths and achievements. This session will set the foundation for a meaningful internship experience, equipping students to make a lasting impression in any opportunity that comes their way. Get ready to dive in, develop essential skills, and prepare for an unforgettable summer of growth and learning!





Advantages of NVC in Coaching


 Promotes Empathy and Trust

 Encourages Honest, Open Communication

 Focuses on Observations Over Interpretations

 Supports Positive Behavioral Change

 Facilitates Self-Reflection and Ownership

 Adaptable to Various Situations


3 mins

PROFESSIONAL DEVELOPMENT

November was buzzing with activity across our campuses. We started off the month with our annual flagship event FIND Festival 2024. Ekya PDI conducted a training session for all our academic and CCA coordinators on 'Cognitive Coaching'. Our Pre-University educators had a Professional Development Day where they attended training sessions on 'Building Positive Classroom Culture' and 'Correcting with Compassion'. As part of our external programs, we continue our ongoing commitment to providing learning opportunities for educators, school leaders, and systems.



This month, we have opened applications for our [ReThink Educator Certification Program](#). It is a three-month virtual program for aspiring and in-service educators. We also conducted two free workshops - [Reimagining Tomorrow's Classroom](#) and [Neuroscience of Learning](#).



STUDENT EDGE

The Real Happiness

We make our life philosophy that we will become 100% disciplined or if I am not 100% disciplined then I will become 100% lazy. Running behind cheap pleasures helps me to increase my dopamine, but both methods are wrong. Suppose you become greedy and work only for fake and hollow happiness. That means you are running away from reality and taking drugs so you don't have to suffer. Now let's assume that you have given up all addictions, given up all the drugs, and become 100% disciplined towards your work, you bear all the sorrow and pain that you get, but at the same time, if life gives you a chance to laugh, provide some opportunities with which if you accept you will feel good, but you say that these all are distractions, I will not do all these things and focus on my work then you will start building pressure inside you, and after some time you will think that what am I doing, I just born to suffer the pain. I don't have any right to be happy and feel good and you will start running behind cheap pleasures again and start running after happiness and become an addict again.

The right way to live:

The right way to live is that if you are walking on the right path then whatever will come in the path sorrow or joy, you will accept both equally, the understanding thing is that "yes", what are things spoiling me, you have to leave it yourself we have to do whatever we get as its result, whether it is happiness or sadness, both have to be taken with equal understanding. There Should be some tasks in your day which is very important and you cannot compromise at all because if you are not doing the work That you need to do in your entire day that makes you better then you will get addicted and ruin your life. Be completely serious with your work if you are doing the right thing every day then nothing in your life will become your addiction. It will remain within its limit. Addiction was created when you were running away from your sorrow and doing that thing but now you are facing your fear and sadness, so what is the need to run away from Happiness?

Whatever you were using to run away from sorrow will automatically be limited or diminished or will take their right place. The thing that you used to do just because you were not doing anything that thing will end completely and the thing you do to entertain yourself like movies, web series or gaming will automatically be Limited, and those things which are good or bad are available to you only because you are alive like traveling, dancing, singing, riding, etc. All these will take their place according to the situation. You don't need to be afraid of everything by considering it as an addiction there is no need to leave it. If you have to leave something then leave that thing which you understand at the moment "yes" that this is wrong and it will spoil your life, if you look at everything with fear that if you try this new thing something will go wrong then the first thing, you will start building a lot of pressure inside you and your life will become very boring because now you will hold only those one or two things

which you have considered as right, you are destroying the chance of Exploration. For something to come into your life, first, you will have to try something "NEW", but because of fear, you are blocking the path of exploration. "If you leave the addiction and don't try new skills which are going to develop you then after a few days you will get back to those addictions which are going to ruin you"



Adarsh from
I PUC Commerce, CMR PU BTM

TEACHER BLOG

MATH IN NATURE

Mathematics is all around us. As we discover more and more about our environment and our surroundings, we see that nature can be described mathematically. The beauty of flowers, the majesty of trees, and even the rocks upon which we walk can exhibit nature's sense of symmetry.

- **Concentric circles in nature:** Concentric means the circles all share the same center but have different radii. This means the circles are all different sizes one inside another. The common example is in the ripples of a pond when something hits the surface of the water, also we can see concentric circles in the layer of an onion and the rings of trees that form as it grows and ages.
- **Hexagons in nature:** Another nature's geometric wonder is the hexagon. A regular hexagon has 6 sides of equal length, and this shape is seen again in the world around us. The most common example is the beehive. Did you ever know that snowflakes are also in the shape of a hexagon?

We also see hexagons in the bubbles that make up a raft bubble. Although we usually think of bubbles as round when many bubbles get pushed together on the surface of water, they take the shape of hexagons.

- **Math in outer space:** Moving away from planet earth, we can also see many of these same mathematical features in outer space. For instance, the shape of our galaxy is a fibonacci spiral. The planets orbit the sun on paths that are concentric. We also see concentric circles in the rings of saturn.

But we also see a unique symmetry in outer space that is unique and that is the symmetry between earth, moon and the sun that makes solar eclipse possible. Every two years, the moon passes between the sun and the earth in such a way that it appears to completely cover the sun. But how is this possible when the moon is so much smaller than the sun?

Because of math.

You see, the moon is approximately 400 times smaller than the sun, but it is also approximately 400 times further away. This symmetry allows for a total solar eclipse that doesn't seem to happen on any other planet.

Not only these, we can also see math in the arrangement of seeds on a sunflower, of butterfly wings, the spirals of the galaxy, stalks of broccoli, the scales on a pinecone etc.



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