



THE BULLETIN

2024



CAMPUS HIGHLIGHTS

Field Trip to Rezwan Razack's Museum

6th September 2024, was an exciting day for the students at PUBTM, as a field trip was organised to Rezwan Razack's Museum, India's largest paper money museum with rare and significant exhibits representing various eras of India's monetary history. It provided a comprehensive and engaging learning experience, enhancing finance skills through interactive exhibits and activities related to currency conversion and exchange rates, along with learning about technological advancements in currency production and security features to prevent counterfeiting.



Leadership Bootcamp for Student Council Members

The Student Council meeting was held at Ekya Nava, a cohort of students elected as Student Council members from all campuses. The Student Council from CMRPU BTM took pride in attending this boot camp which aims to enhance leadership skills and provide valuable insights into effective leadership practices.



The students who participated were Aamina Fathima, Arman Shetty, Divith Shetty, Russhvith, and Geethika. B, Parthiv Reddy, Sai Sharan, Rishab Gotawat and Akshar Sunil



CULTURE AT CAMPUS

Service Learning Program

Students at BTM selected an orphanage to serve children in the age group of 6 to 14 years. They contributed groceries on their first visit.



The students then stepped up to raise funds. They set up stalls where students and teachers bought tasty food items. The amount collected was utilised to purchase dresses for children. This initiative helped students identify as part of the community and develop civic engagement skills.





LEARNING BEYOND THE CLASSROOM

Leadership Bootcamp Cohort 2024

This month, our student council members traded their usual classrooms for an epic Student Leadership Bootcamp at Ekya Nava on the 13th of September. From creating vision and mission statements for their campuses to brainstorming catchy jingles that capture the campus spirit, our future leaders did it all! It wasn't just about sitting through lectures – oh no! They were in for an action-packed experience filled with group challenges, real-life leadership tips, and a whole lot of team bonding. One of the coolest parts? The alumni panel, where past students shared their inspiring leadership journeys. Plus, the keynote speaker brought a mix of serious wisdom and fun insights on ethical leadership. We also had one speaker even sharing stories from her time in the army! By the end of the bootcamp, these students were more than ready to take charge, armed with new ideas, leadership skills, and a whole lot of confidence. We can't wait to see what they accomplish next!



Field Trips

Our CMR NPU students recently embarked on a whirlwind of exciting and educational field trips, making real-world connections with everything they've been learning in class. Our students from PU BTM embarked on a fascinating journey into history at the Rezwan Razack Museum, where they discovered the rich heritage of currency. From rare and ancient notes to more modern ones, they learned how money tells the story of a nation's evolution. Who knew paper could hold so much history? Curiosity ruled the day as our students from CMR NPU HRBR explored cutting-edge exhibitions that combined science, art, and technology. From interactive installations to mind-blowing scientific concepts, they got a fresh perspective on how science shapes the world around us. It wasn't just about seeing cool stuff; it was about thinking deeply and asking the big "what if" questions. Stepping into the shoes of soldiers, our students from CMR PU HRBR & PU Byrathi got a behind-the-scenes look at military life. From learning about the latest in defense technology to getting a glimpse of the rigorous training process, it was an experience filled with pride, respect, and a lot of excitement. The students even had the chance to try out some army drills – and let's just say, salutes have never looked sharper!



Wellbeing Initiatives

As PU students prepare for exams following the Dussehra break, our wellbeing department is committed to providing essential support. We recently held wellbeing sessions focused on practical exam tips and strategies for managing exam stress. These sessions offered students valuable advice on how to effectively prepare for their upcoming exams. We covered topics such as time management, effective study techniques, and maintaining a positive mindset. By equipping students with these tools, we aim to help them approach their exams with confidence.

In addition to the wellbeing sessions, the general check-ins continued, with a particular focus on gauging how students were feeling about their exams. These conversations provided a safe space for students to express their concerns and emotions, helping us better understand their individual needs during this critical time.

To further support our students, an awareness session, led by the Assistant Commissioner of Police, on crucial topics relevant to students like underage vehicle use, bullying, eve teasing, smoking, and substance abuse was conducted on our campuses. By raising awareness around these issues, we hope to foster a safer and more supportive campus environment.

Recognizing that teachers play a vital role in student wellbeing, we also conducted awareness sessions on stress management for educators, along with information on the POCSO Act. These sessions aimed to equip teachers with the knowledge and skills needed to support not only their students but also themselves effectively.

As we approach the exam period, our commitment to supporting both students and teachers remains strong. By providing practical tips, fostering open communication, and raising awareness on critical issues, we strive to create a supportive environment for everyone.



College and Career Guidance Initiatives

Job Shadowing: Students were excited about the job shadowing experience. They found the hands-on experience of understanding organizational work culture fruitful. They gained insight on the importance of networking and communication. The host professionals greatly appreciated the enthusiasm and eagerness demonstrated by the young learners.

Webinars: The webinars on “**Think outside the box: Unleash your potential in the design industry**” and “**Mind matters: Understand the fascinating world of psychology and its career paths**” were a resounding success. Held on September 28th for parents and students across all campuses, these informative sessions provided valuable insights into the exciting fields of design and psychology. Attendees were captivated by the engaging presentations and the opportunities to explore potential career paths in these dynamic industries.

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.

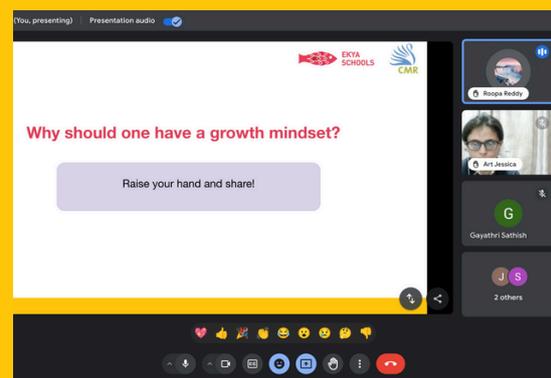
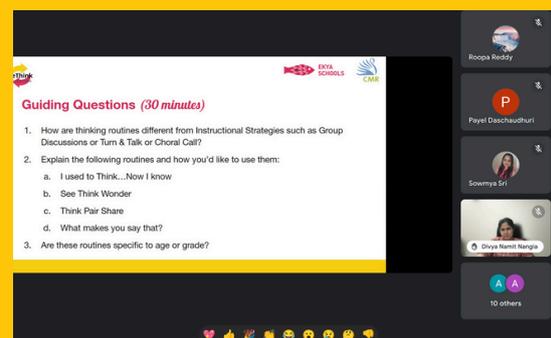


PROFESSIONAL DEVELOPMENT

We began September with a training session for our coordinators on Stakeholder and Parent Engagement, followed by a Design Thinking workshop for central team members. Our Head of Schools also gathered to discuss strategies for working with multiple stakeholders. As part of our ongoing commitment to providing learning opportunities for educators, school leaders, and systems, the [Ekya Professional Development Institute](#) continues to run workshops and certification programs tailored to the needs of both aspiring and in-service educators.



This month, we successfully wrapped up the fourth cohort of our three-month ReThink Educator Certification Program and conducted various online workshops, including sessions on AI for Teaching, Game-based Learning, and Cultivating a Growth Mindset in the Classroom.



STUDENT EDGE

Wayanad disaster: When nature rewrote the map

The devastating landslides in Wayanad, Kerala, on July 30, 2024, have left me shaken. The loss of over 420 lives, countless homes destroyed, and families displaced is a stark reminder of our vulnerability to nature's fury. This beautiful "Green Paradise" faced a series of landslides in Punjirimattom, Mundakkai, Chooralmala, and Vellarimala villages, triggered by heavy rainfall that caused hillsides to collapse. Human actions exacerbated this tragedy, making it a preventable disaster.

Causes of the Landslides

Deforestation, poor infrastructure planning, and inadequate disaster preparedness created a ticking time bomb. According to the latest census, the population of Wayanad district increased 11-fold over the past century, with tourism booming in recent decades. Tourist arrivals grew by 72% from 2003 to 2023, contributing significantly to the tragedy. A study by Cochin University of Science and Technology concluded that major deforestation in Wayanad resulted from tea plantations, worsening the landslide risk.

Rescue Operations

First Week:

Search operations began later on July 30 due to heavy rains and further landslide risks. The Indian Army established a command centre in Kozhikode to coordinate disaster relief. Over 4,000 people were rescued, and 10,000 relocated to 93 disaster relief camps. The Madras Engineer Group constructed a temporary 190-foot-long bridge connecting Chooralmala with Mundakkai. Advanced radar equipment and dog squads were deployed to locate buried victims, with 341 autopsies performed.

Second Week:

On August 4, rescue efforts intensified, with increased numbers of rescuers and the involvement of Odisha Police's K9 unit. Search teams were dispatched to inaccessible areas along the Cheliyar River, collecting DNA samples from unidentified bodies for family matching. Over 158 bodies were buried after interfaith prayers.

Third Week:

A last-ditch search effort began on August 11 after a Prime Ministerial visit. Hundreds of volunteers assisted fire and rescue personnel. The Indian Meteorological Department issued severe weather alerts, warning of possible floods.

Fourth Week:

Forensic scientists used next-generation DNA sequencing technology to match decomposed samples. The Wayanad district administration imposed a visitor entry ban. The Kerala government requested central assistance of ₹900 crore.

Aftermath

The landslides caused widespread destruction, damaging over 1,555 houses and displacing many, with the majority of victims being tea and cardamom estate workers. My heart goes out to the families who lost loved ones, homes, and livelihoods. The trauma they endured is unimaginable.

Conclusion

The Wayanad disaster serves as a tragic reminder of nature's unpredictability and human fallibility. We must learn from this tragedy and prioritize sustainability, preparedness, and responsible development to mitigate future disasters. We owe it to the victims to ensure such tragedies are never repeated.



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II PUC, BTM Layout

TEACHER BLOG

Emotional Alchemy: Crafting Your Inner Landscape

Emotions and Their Playground

We all experience a range of emotions throughout our lives, often facing highs and lows alone. Sadly, many of us were never taught how to manage our emotions effectively. There's no manual for emotional control, and society often sells a version of happiness that can lead to dissatisfaction. We chase fleeting moments of pleasure that boost our dopamine levels, mistaking them for true happiness.

However, understanding how to control our emotions is essential for grasping the difference between real happiness and its myths. Emotions are simply amplified thoughts, encompassing both positive and negative experiences. Negative emotions can feel consuming, pulling us into a cycle of unproductive thoughts, but we must learn to navigate these feelings to find genuine contentment.

Filtering emotions and understanding the depth:

Filtering emotions is important. When we are in a positive state of mind we should preserve more energy, better ideas, and enhance creativity. Negative emotions can lack our confidence, and motivation to do work. Often, a vicious circle builds up between both which feeds on each other. Each time we lock on a thought we hold on to a particular emotion and we suffer. Isn't it?

This impacts our sleep and our mind becomes restless. So, research tells us you can change what you feel merely by changing your body posture or facial expression. For instance, you can put a smile on your face to feel happiness and you can create depression by changing that posture. You know subconscious can not clearly distinguish what is 'real' and 'fake' ones. It tells us the secret by which you can trick your mind by activating desired experiences through visualization. It's nothing but conditioning our minds. To achieve this, we can practice meditation. Observe your emotions with detachment which means realizing that each thought crossing your mind is not the emotion itself, it is your interpretation. Label your emotion, letting it go. Ask yourself a few questions such as "Would I allow this feeling to be here or would I let this feeling go?"

Strategies to apply:

Try to boost your self-esteem, and confidence, and avoid common mistakes. Surround yourself with a positive environment, learn to accept compliments, reframe the stress, sort out the worries, change the interpretation of the way people perceive you, stop being overly attached to your self-image, confront the situation, reevaluate the interpretation, forgive and forget.

You matter: Don't you?

Remember when your mind tells you, "Don't do that", it's not an order. You and your mind are not your emotions, no matter what crosses your mind, you can always choose whether to accept or reject it. Try to stop procrastination, and know your strengths. Emotions never define who you are, they don't. You are what remains after these temporary feelings fade away. You are beyond all. They come and go but you stay. You matter. Always.



Dr. Sourav Das
Chemistry Teacher