



NATIONAL
P.U. COLLEGE
HRBR LAYOUT

THE BULLETIN

2024



CAMPUS HIGHLIGHTS

Celebrating 25 Years

Celebrating 25 years of growth and excellence with a step towards a greener future! Today as part of CMR NPUC's Silver Jubilee function, we took a moment to give back to nature with a meaningful plantation drive. Together, we're making a difference by planting seeds of hope for a sustainable tomorrow. Every tree we plant today is a promise to protect our planet and nurture life for generations to come. It's inspiring to see students, faculty, and alumni come together, uniting for a common cause. With every sapling planted, we're taking a step closer to a cleaner, healthier environment. Let's continue to grow stronger as an institution and as a community, driven by our love for nature. Here's to 25 years of CMR and many more years of making positive impacts. Together, let's make green not just a color, but a lifestyle!





Constitution Day

On Constitution Day, we at CMR HRBR celebrated the spirit of democracy by reading the Preamble of the Indian Constitution. This occasion reminds us of the foundational values of justice, liberty, equality, and fraternity that bind us as a nation. Let's honor these principles and work towards a united and stronger India.

Session on Micro Planning



CMR HRBR CAMPUS a session on Micro plan learning objectives felicitated by Ms Poojashree. The session was informative about the application of Bloom's taxonomy verbs in building the learning outcomes. Using Bloom's Taxonomy verbs provides a range of benefits in creating effective learning objectives and fostering higher-order thinking. This structured approach helps learners build skills step-by-step, advancing from basic knowledge to more complex applications and analysis.



Name Unveiling Ceremony: As a part of the College's Silver Jubilee Celebrations

The college proudly inaugurated its Silver Jubilee celebrations with the unveiling of Lakshya, the new multipurpose hall. This milestone event marked the first of three signature occasions to honor 25 years of educational excellence, growth, and community spirit.

The ceremony began with a reverent invocation and a warm welcome address by Principal Major Neetasha Hebbar K (Retd). Reflecting on the institution's 25-year journey, she emphasized its vision for the future. The highlight of the event was the inspiring presence of Dr. Sabitha Ramamurthy, President and Chancellor of the college, who delivered a heartfelt speech on the college's humble beginnings and extraordinary achievements. She encouraged students to pursue their goals with dedication and perseverance.

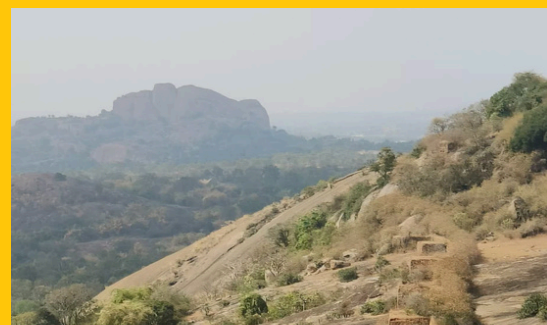
The unveiling of Lakshya was a moment of pride and celebration. Dr. Sabitha revealed the name, symbolizing ambition, focus, and the pursuit of excellence, as the hall resonated with applause. The event concluded with a vote of thanks by Vice-Principal Mr. Paranjyothi Swamy, expressing gratitude to all contributors. Lakshya will host a range of academic, cultural, and community activities, embodying its purpose. The Silver Jubilee celebrations will continue with more events, honoring the past and embracing a bright future.



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

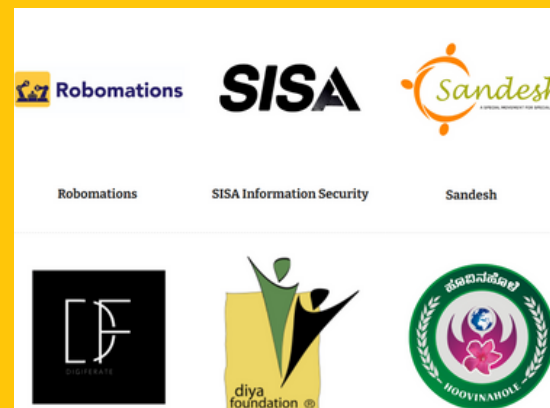
This month's theme centered on gender sensitization, with a particular focus on addressing stereotypes and biases among senior students. The sessions aimed to foster acceptance and inclusivity by encouraging open discussions about gender roles and expectations. Students engaged in activities that challenged 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](#).



TEACHER BLOG

Discipline

Discipline is like a secret superpower that helps us succeed in life . It means having self control and following rules diligently. When we are disciplined we stick to our goals and work hard to achieve our goals. It's like having a plan and staying on track, even when things get tough.

Discipline is responsible for development of strong individuals Discipline is the way to set certain limits for the children so that they learn what is right and what is wrong. This helps to develop the character of the students and they not only become strong, they also become self-reliant. Discipline also helps to develop the analytical skill of a child.

When we want to help our students alert and safe , discipline is a key component. Discipline helps students to stay focus on their studies. Thus discipline is important in making students excel in academics. The large number of students in the classrooms where teachers have to spend more time dealing with discipline issues than in teaching is a matter of concern.

Inculcate self - discipline in student life

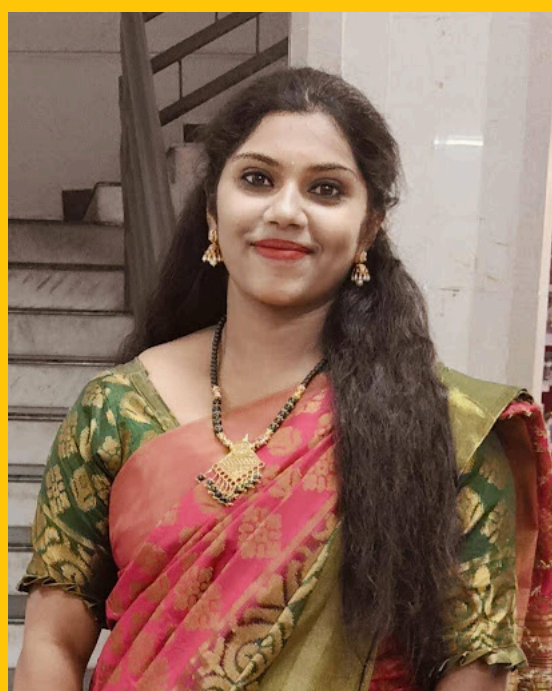
- Develop inner strength and character
- Helps to withstand temptations
- Helps to improve chances of success
- Build better relationships

Effective discipline helps in student life

- Positive academic performance students when they realise that they are accountable for their actions both in and out of the classroom, get better scores on academics.
- Stay more focused on their goals and keep work as a top priority. This type of focus goes well into life, helping students to maintain high stands in every area of their lives.
- A safe environment for students with an established discipline code is in place that students and teachers both understand and accept, everyone can learn in a safe and supportive environment.
- Better time management self discipline gives a power and inner strength to help addictions , procrastination and laziness.

Recommendation for Students to be discipline in life

- Always talk softly, not loudly or in a harsh tone.
- Never utter rough language.
- Always respect gender differences.
- Maintain your looks by keeping well groomed hair,uniform,shoes and light bag.
- Incorporate physical activities in your daily routine.
- Never be late for your institution.
- Always take care not to waste water, and misuse toilet facilities in institutions.
- Eat healthy and homemade food most of the time.



Ms. Geetha Shetty R

Teaching staff, CMR PU HRBR

TEACHER BLOG

महिला सुरक्षा

यत्र नार्यस्तु पूज्यन्ते रमन्ते तत्र देवताः।
यत्रैतास्तु न पूज्यन्ते सर्वास्तत्राफला क्रियाः॥

मतलब
जहां स्त्रियों का आदर होता है, वहां देवता रमण करते हैं।
जहां उनका का आदर नहीं होती, वहां सब काम निष्फल होते हैं।

भारत में प्राचीन काल से ही यह परंपरा रही है की यहाँ महिलाओं को समाज में विशिष्ट आदर एवं सम्मान दिया जाता है। भारतीय संस्कृति में महिलाओं को देवी लक्ष्मी का दर्जा दिया गया है। आज महिलाएं हर कार्यक्षेत्र में पुरुषों के साथ कंधे से कंधा मिलाकर काम कर रही है चाहे वो राजनीति, बैंक, विद्यालय, खेल, पुलिस, रक्षा क्षेत्र, खुद का कारोबार हो या आसमान में उड़ने की अभिलाषा हो। भारतीय समाज में महिला को देवी के सामान पूजा जाता है।

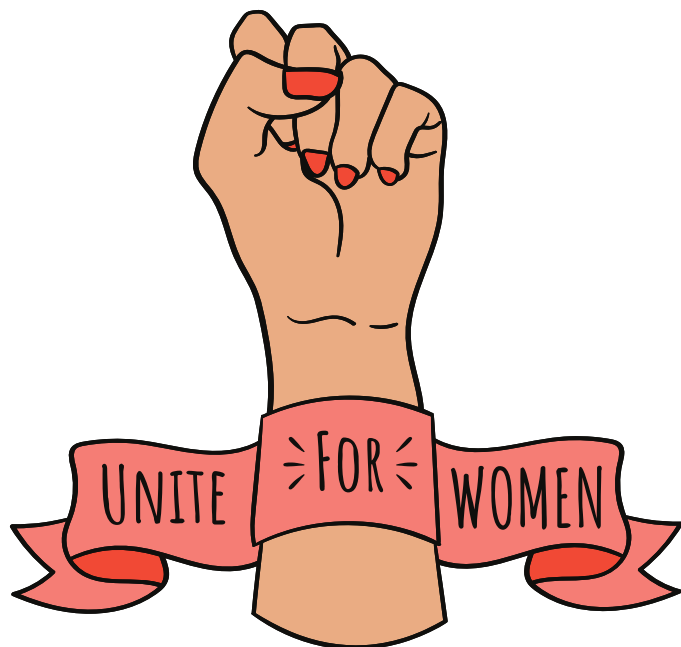
पर महिलाओं के प्रति नकारात्मक पहलू को भी नज़रअंदाज नहीं किया जा सकता। नाबालिग लड़कियों से छेड़छाड़ की जा रही है। राह चलते फब्तियां कसी जा रही है। सड़के, सार्वजनिक स्थल, रेल, बस आदि असामाजिक तत्वों के अड्डे बन गए हैं। हाल ही कोलकाता में एक महिला डाक्टर के साथ जो हुआ वह सुन के रुह कांप जाता है। पूरा देश शर्मसार है ऐसी घटना से। अब हालात ऐसे हो गए हैं कि स्कूल तथा कॉलेज जाने वाली छात्रायें भय के साये में जी रही है। जब भी वे घर से बाहर निकलती है तो सिर से लेकर पैर तक ढकने वाले कपडे पहनने को मजबूर है।

महिला सुरक्षा के लिए सरकार को नियम और कानून को सख्त बनाना चाहिए। महिलाओं के लिए विशेष सुरक्षा का प्रावधान होना चाहिए। हमें अश्लील और अनैतिक जानकारियों पर प्रतिबंध लगाना चाहिए।

हमें एक सुरक्षित समाज बनाने के लिए महिलाओं की सुरक्षा के लिए कड़ी मेहनत करनी चाहिए और इसका प्रत्येक व्यक्ति को उनकी जिम्मेदारी माननी चाहिए। महिला सुरक्षा एक महत्वपूर्ण मुद्दा है जो समाज के लिए चिंता का विषय है। महिलाओं को अक्सर घरेलू हिंसा, यौन उत्पीड़न, और अन्य प्रकार की हिंसा का सामना करना पड़ता है। महिला सुरक्षा के लिए कुछ महत्वपूर्ण बिंदु हैं:

1. समाज में जागरूकता बढ़ाना
2. महिलाओं को आत्मरक्षा के लिए प्रशिक्षित करना
3. घरेलू हिंसा और यौन उत्पीड़न के मामलों में कड़ी कार्रवाई करना
4. महिलाओं को आर्थिक रूप से सशक्त बनाना
5. महिलाओं के अधिकारों की रक्षा करना
6. पुलिस और कानून प्रवर्तन एजेंसियों को महिला सुरक्षा के लिए प्रशिक्षित करना
7. महिला सुरक्षा के लिए सामुदायिक समर्थन बनाना

इन बिंदुओं पर ध्यान देकर हम महिला सुरक्षा को बढ़ावा दे सकते हैं और समाज को अधिक सुरक्षित बना सकते हैं।



Mrs Madhu Singh

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