



NATIONAL  
P.U. COLLEGE  
ITPL

# THE BULLETIN

AUGUST 2024



## CAMPUS HIGHLIGHTS

### Elections

A student election is a spirited event where students nominate and vote for peers to represent them in leadership roles within their college. Candidates campaign by presenting their platforms and ideas, often through speeches, posters, and debates. These elections not only determine student council members but also teach valuable lessons in civic engagement, responsibility, and democratic participation.

At CMR PU ITPL, we held our student election on July 1st for various positions, including Head Boy, Head Girl, Vice Head Boy, Vice Head Girl, and Captains and Vice Captains of the four houses. Additionally, there were selections for Cultural Secretary, Vice Cultural Secretary, Sports Captain, Vice Sports Captain, Editor, and Sub-Editor. Students participated with great enthusiasm, making the event lively and engaging. We are excited to share some glimpses of the election and the vibrant campaigns.



## Investiture Ceremony



The Investiture Ceremony is a significant and cherished event in schools and colleges, marking the formal induction of newly appointed student leaders. At CMR PU ITPL, we proudly held our Investiture Ceremony on the 6th of July. The ceremony was presided over by Dr. Tristha Ramamurthy, adding a distinguished touch to the occasion.

The event involved the presentation of badges and sashes to the newly appointed student council, symbolizing their new roles and responsibilities. The ceremony also featured inspiring speeches from the former Head Girl, our Head of School Ms. Rajini Ashok, and Dr. Tristha Ramamurthy, each emphasizing the importance of dedication, integrity, and leadership.

In a solemn and inspiring moment, the new members took an oath, pledging to fulfill their duties and responsibilities with unwavering commitment and integrity. This ceremony not only recognized the achievements of our student leaders but also set a high standard for their term of service.





## 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

### Embracing the Teenage Years:

#### Maximizing Potential and Enjoying the Journey:

The teenage years, spanning ages 13 to 19, are marked by significant physical, emotional, and psychological changes. This period, often seen as a bridge between childhood and adulthood, offers unique opportunities for growth, self-discovery, and enjoyment.

#### Exploring Interests and Passions:

Teenagers have the freedom to explore a wide range of interests, whether in sports, music, art, science, or technology. Joining clubs, attending workshops, and engaging in extracurricular activities can help them discover what they love and excel at, providing a sense of fulfillment and developing valuable skills.

#### Building Strong Relationships:

Forming and strengthening relationships is crucial during these years. Friendships can be meaningful and long-lasting, while strong family ties provide a solid support system. Open communication, mutual respect, and understanding are essential for maintaining healthy relationships.

#### Focusing on Education:

Education is a key focus, laying the groundwork for future opportunities. Developing good study habits, time management skills, and a positive attitude toward learning is important. Seeking help from teachers, tutors, or peers can aid in overcoming academic challenges.

#### Prioritizing Mental and Physical Health:

Amidst pressures from academics, social dynamics, and personal expectations, prioritizing mental and physical health is vital. Regular exercise, a balanced diet, and adequate sleep are fundamental. Mental health practices like mindfulness, meditation, and open communication about feelings can help, and seeking professional help when needed is crucial.

#### Embracing Responsibility and Independence:

As teenagers gain more responsibilities and independence, they learn essential life skills such as managing finances and making decisions. Part-time jobs, volunteering, and leading projects can build confidence and responsibility. It's important to balance independence with thoughtful decision-making.

### Having Fun and Making Memories:

Amid growth and responsibilities, having fun and making memories is essential. Whether through travel, trying new activities, or spending time with friends, these experiences enrich the teenage years. Documenting these moments creates cherished memories.

### Balancing Social Media and Real Life:

In the digital age, social media can connect teenagers with others and new ideas. However, maintaining a healthy balance is crucial. Limiting screen time and prioritizing real-life experiences help ensure overall well-being.

### Conclusion:

The teenage years are a dynamic phase filled with opportunities for growth and enjoyment. By exploring interests, building strong relationships, focusing on education, prioritizing health, embracing responsibility, and having fun, teenagers can create a strong foundation for the future while enjoying the journey.



**S. Yeshaswini**

1st PUC

## TEACHER BLOG

### "Honesty - The Supreme"

Honesty, considered one of the most rudimentary virtues a person should possess, forms strong relationships—whether personal, professional, or societal.

"No legacy is so rich as honesty." - William Shakespeare, Honesty fosters genuine connections and helps uphold strong relationships. When people communicate transparently and truthfully, they lay a bedrock of mutual understanding and respect.

A culture of integrity promotes collaboration, teamwork, transparency, and top-notch problem-solving, while dishonesty hinders relationships and breeds suspicion, leading to decreased productivity. Reliability engenders enduring relationships founded upon virtuous deeds.

Truth always stands between deep shadows. Dishonesty, like a venomous tree, breeds envy, wrath, and lingering grievances. Even charisma fades into anguish, spreading pessimism. Some may think they can rise by embracing darkness, but good fortunes slip away with lies, leading one into a quagmire. If engulfed in darkness, one should strive to see the light again.

While the world may whirl with uncertainty and falsehoods, honesty gleams as a beacon and illuminates the way. Embracing honesty as a guiding principle contributes to an ethical and harmonious world, where transparency and accountability underpin meaningful relationships and conscientious citizenship



**Ms Athira G V**  
English Lecturer