



THE BULLETIN

2024



CAMPUS HIGHLIGHTS

Job Shadowing

Our students have gained a deeper understanding of **job shadowing** through recent experiences, which provided them with invaluable hands-on insights. This immersive approach allowed them to observe professionals in various fields, enhancing their comprehension of daily work routines and the skills required. By participating in job shadowing, students explored diverse career options, helping them make informed decisions about their future paths. This exposure not only broadened their horizons but also inspired them to pursue careers aligned with their interests and strengths. Overall, job shadowing has been a transformative experience, equipping our students with practical knowledge and a clearer vision for their professional journeys.



Inter School Competitions

At CMRPU ITPL, we focus on the holistic development of our students, nurturing their academic, cultural, and athletic abilities. Our students recently participated in cultural and sports events at Deens School, showcasing their talents and bringing accolades to our school. 6 students represented our school in the Deens sport meet-Volkfiesta and Aahana of Ist PU won 2nd prize in the 200m race and 3rd prize in the 100m running race 28 students participated in DPS Cultural Fest- Impressions on 3rd Aug and won 2nd place in Courtroom conclave



Their achievements reflect their hard work and dedication and highlight the comprehensive education and support they receive at school. We are proud of their accomplishments and remain committed to providing opportunities that foster growth in every aspect of their lives.





Hands-On Physics: Learning Through Action and Experimentation

We had the privilege of hosting Dr Raveesha, HOD of the Physics Department, CMRIT College, who inspired our students with engaging physics experiments. The students were captivated by the demonstrations and were motivated to design their own experiments in the CMRIT physics lab, with the goal of developing their innovative projects.

Class Assembly: Senior Citizen



The students of Grade 1D presented an assembly on the topic of Senior Citizens. They discussed senior citizens' challenges in old age and highlighted the government support and assistance available to help them.



Inter House Quiz competition

We hosted an exhilarating inter-house quiz competition, culminating in a thrilling final round where our shortlisted students participated with infectious enthusiasm. The contestants were remarkably well-prepared, resulting in a fiercely competitive and nail-biting contest that went down to the wire, with only a narrow margin separating the winner from the runner-up. The winners were the Bhoomi House students, followed closely by Agni House as the runners-up.





LEARNING BEYOND THE CLASSROOM

Field Trip Rollouts

Our Field trips for the upcoming month are sure to be both fun and fascinating! We've lined up some incredible experiences that will take our students from the world of science to the heart of the army. Students will explore mind-bending exhibits at the Science Gallery that will help them to rethink everything that they know about science. A visit to the Paper Money Museum, will give them an insight into some of the oldest and rarest currencies from around the world—think of it as a trip back in time through the lens of money! It's a unique way to understand history, economy, and the art behind currency design.

Ever wondered what it's like to be in the army? Here's a chance for our students to get a glimpse of the discipline, training, and teamwork that go into protecting our nation where?.

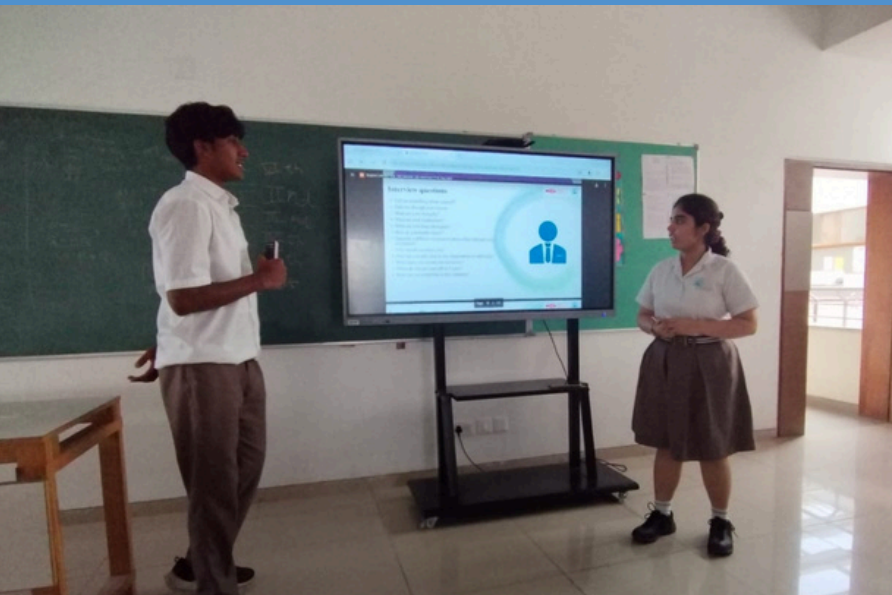
Students will get a firsthand experience of how news is created, from the newsroom to the studio where?. It's a great opportunity for anyone considering a career in this fast-paced field. September's going to be one for the books!



Leadership Bootcamp

The much-awaited Student Leadership Bootcamp is just Around the corner! Our student council members are given an opportunity to gear up and dive into a world of leadership like never before. Happening in the month of September, this bootcamp isn't just about workshops and sessions; it's about transforming ideas into action. Student council members will be exploring what it means to lead with integrity, think creatively, and make a real impact on our school community. Plus, we've got some inspiring guest speakers lined up who'll be sharing their own leadership journeys. But it's not all work and no play. Expect interactive activities, team challenges, and even a few surprises along the way. Let's make this bootcamp an experience to remember!





College and Career Guidance Initiatives

In August, the College and Career Guidance (CCG) department organized several initiatives to support students' academic and career goals.

Monthly Student Sessions: This month, the focus for PU students was on 'Popular Examinations and Top-Ranked Institutions'. The session provided essential insights into competitive exams and prestigious institutions, helping students plan their next steps strategically toward higher education and career success.

General Check-Ins: Regular check-ins were conducted across all campuses to ensure students are on track with their academic and career planning. These sessions allowed students to discuss their goals, seek guidance, and address any concerns related to their college and career preparations.

Webinar on MBBS and Allied Health Science Programs: On August 24th, a webinar was held for parents and students across all campuses, focusing on studying MBBS and Allied Health Science programs at Manipal University College Malaysia. The session offered a detailed overview of the programs, along with opportunities for research, internships, and clinical experiences.



Wellbeing Initiatives

Wellbeing sessions across all campuses were conducted for the PU students. This session was designed to address the management of emotional distress, focusing on equipping students with strategies to support both themselves and their peers. The session addressed several critical and sensitive topics, including self-harm, extreme sadness, and panic attack issues that are of considerable concern among teenagers. By providing targeted information and practical coping strategies, the session aimed to enhance students' ability to handle these challenges effectively. This initiative underscores our commitment to addressing the complex emotional needs of students and fostering a supportive environment for managing mental health concerns.

Additionally, the HOSs from the PU colleges participated in a Professional Development (PD) day led by the Wellbeing team and PDI. This PD day was dedicated to sensitizing school management to the mental health concerns of students. The focus was on increasing awareness regarding due process and appropriate responses to mental health issues. The training aimed to enhance the management's capability to handle mental health concerns with greater sensitivity and effectiveness, ensuring a supportive and informed approach to student wellbeing.



PROFESSIONAL DEVELOPMENT

August was filled with an array of Professional Development sessions across teams. It started off with a Professional Development Day for our Senior School educators of Ekya and CMR NPS. During the 4-hour training educators participated in the session around maximising student engagement by using questioning and discussion tools and study skills for senior graders.



We worked with our school leadership on how to make data informed decisions and met our Head of Schools and Student Counsellors to reinforce the criticality of student wellbeing at our campuses.



STUDENT EDGE

Empower Yourself: Self-Help Strategies

Introduction Navigating adolescence and young adulthood can be challenging, but embracing self-help strategies can make a big difference. Whether you're dealing with stress, building self-confidence, or finding your path, these self-help tips are tailored to help you thrive in today's fast-paced world.

- **Mindfulness for Teens:** Mindfulness helps you stay present and manage stress. Simple exercises like deep breathing, guided meditation, and mindful journaling can make a significant difference. Apps like Headspace or Calm offer accessible guided sessions specifically designed for teens.
- **Building Confidence:** Boosting self-esteem starts with positive affirmations and setting small, achievable goals. Affirmations are simple yet powerful phrases you repeat daily to cultivate a positive self-image. Additionally, maintaining a self-care routine and celebrating even the smallest accomplishments can help build confidence over time.
- **Managing Anxiety:** Understanding what anxiety is and how it affects you is the first step in managing it. Techniques such as breathing exercises, grounding practices, and creating a calming routine can alleviate anxiety. If anxiety becomes overwhelming, it's important to know when to seek professional support.
- **Time Management Hacks:** Balancing school and personal life requires effective time management. Using planners, digital calendars, and to-do lists can help keep you organized. Prioritize tasks to manage time efficiently, and remember to take regular breaks to avoid burnout.
- **Positive Body Image:** Embrace self-love by accepting your unique self and rejecting unrealistic beauty standards. Media literacy is crucial—recognize the impact of social media on body image and focus on health and well-being rather than appearance.
- **Developing Healthy Relationships:** Healthy relationships are built on respect, boundaries, and effective communication. Learn to set and respect personal boundaries, communicate openly, and be aware of red flags that indicate unhealthy dynamics.
- **Finding Your Passion:** Explore your interests to discover your passions. Setting achievable goals, both short-term and long-term, helps guide your journey. Engaging in new activities, volunteering, and hobbies can also lead to new interests and passions.

- **Digital Detox:** Excessive screen time can negatively impact mental health. Reduce screen time by incorporating offline activities and creating tech-free zones in your daily life. Taking breaks from screens can refresh your mind and improve overall well-being.
- **Overcoming Procrastination:** Understanding the root causes of procrastination can help you overcome it. Techniques like the Pomodoro Technique, time blocking, and prioritizing tasks can increase productivity. Adopting a growth mindset allows you to view challenges as opportunities for growth.
- **Self-Care Rituals:** Self-care is essential for maintaining mental and physical health. Create a routine that includes daily and weekly self-care activities tailored to your needs and preferences. Personalizing your routine makes it more effective and sustainable.

Conclusion: Embracing these self-help strategies can empower you to handle challenges more effectively and lead a more fulfilling life. By incorporating these tips into your routine, you'll build resilience, confidence, and a stronger sense of self. Remember, even small steps can lead to significant changes.



Manvi Vivek Nair

TEACHER BLOG

Tips on Study Routine and Time Management

Be the Good Luck Charm - The Lucky Mascot

Creating the right environment is crucial for effective studying. A blue-coloured ambience provides a relaxing atmosphere, supports the brain's thought processes, reduces stress, and aids concentration.

Keep your phone out of sight to avoid distractions. Only have the materials you need for your current subject on the table; avoid piling up unnecessary books. Your mind and body need to work in harmony. Consuming junk food and oily snacks can hinder your ability to focus and study effectively. Reduce your intake of sweets. Only when your mind is under control can you truly master your studies.

If unnecessary thoughts deviate you from your target, practice saying 'No' to your mind. If your thoughts wander, think of your parents' image or something that grounds you. Keep reframing this image when distractions arise.

Deep breathing exercises help improve concentration, reduce confusion, and keep you alert. However, avoid strenuous exercises as they can lead to fatigue, making it harder to concentrate.

Combat fatigue and lethargy by standing in one place and simulating running, drinking water, or eating raw veggies like cucumber, carrot, or beetroot. A glass of lime juice with moderate sugar can also help. Never study on a full stomach –avoid overstuffing yourself. Dedicate 15 minutes each morning to stretching and breathing exercises. Morning showers are also beneficial. Expand your memory by reviewing what you've studied before the teacher leaves the class. Start memorizing as the teacher begins the lesson.

Proper posture is essential. Keep your spine erect while studying to ensure proper oxygen flow to the brain, which keeps you alert and aids concentration.

Effective time management is crucial for productive study sessions. It helps you complete tasks within the appropriate time limit. Prepare and prioritize a to-do list to ensure urgent tasks are completed on time.

Update your notes daily after reaching home and prepare for the next day according to your timetable.

Allocate at least 55 minutes to an hour for each subject. If you're not finished, either switch subjects or take a 10-minute break before continuing.

Alternate between light and difficult subjects during your study sessions. Stick to a consistent daily schedule.

Your brain stores study material systematically, so provide clear and concise inputs. Avoid labeling any subject as "tough," as this can create mental blocks.

Set reasonable time limits for each task and use reminders to stay on track. Block out distractions by reframing emotional and materialistic obsessions in this highly competitive world.

Consistency in your work is the key to success.

Remember the Roman saying, **"Only in a healthy body rests a healthy mind."**



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