



NATIONAL
PU COLLEGE
BTM LAYOUT



**THE BULLETIN
2025**

CAMPUS HIGHLIGHTS



Graduation Day

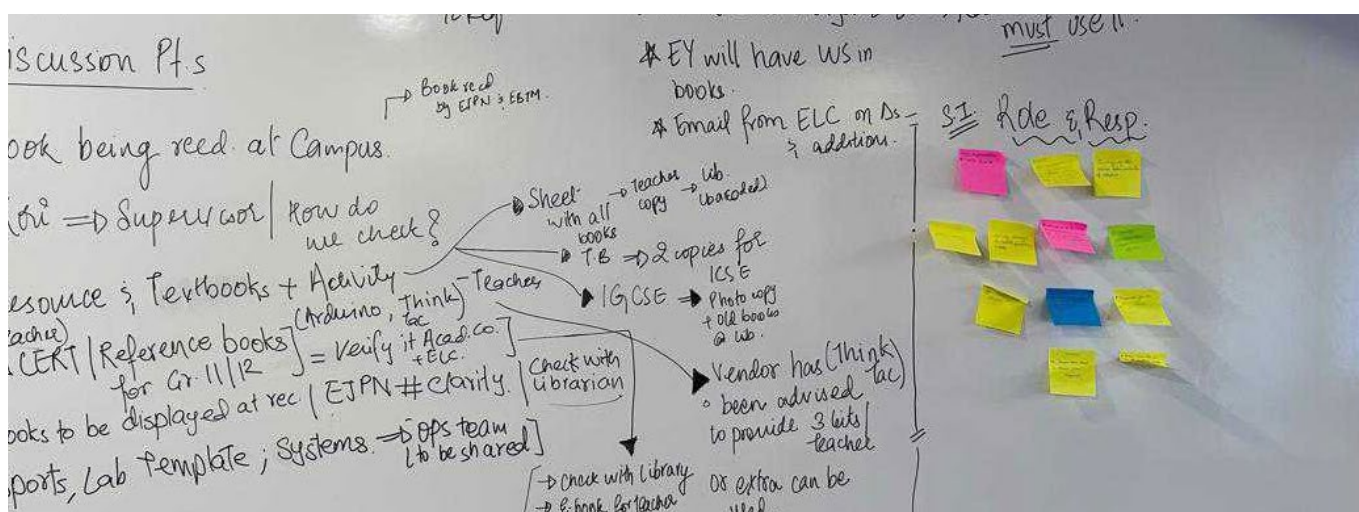
8th of February 2025 turned out to be an exciting day for the II PUC Graduates who were all set to spread their wings as young men and women. Parents were eager to see their children walk the floor, head high and confident, and delighted seeing them receive certificates from **Dr Tristha Ramamurthy, Vice President of CMR Group of Institutions, and Director and Founder of Ekya Schools.**



Every student's aspirations and commendations were read by their teachers as each student came forward to receive their certificates from Dr Tristha Ramamurthy, Vice President of CMR Group of Institutions, and Director and Founder of Ekya Schools.

PROFESSIONAL DEVELOPMENT

- The Professional Development team met new teachers who have joined our ecosystem and facilitated a Pre-Service training program.
- We also had a one-day training program for the Assistant Managers across campuses.
- We then had a Culture session on Building Aware, Compassionate and Engaged Teams for our central office team members.
- We offered two workshops on **Cultivating Curiosity: Inquiry-Based Learning for Young Minds** and **SEL in the Early Years: Nurturing Empathy and Emotional Intelligence**.



STUDENT EDGE

My Experience as the College Head Boy

Being elected as the head boy of my college was one of the most defining moments of my academic journey. It was an honor to be entrusted with such a responsibility, and the experience was both rewarding and challenging. Throughout my tenure as the elected Head boy of the CMR NPUC BTM campus, I had the opportunity to grow as a leader, develop essential skills such as decision-making, adaptability, problem-solving, and Sense of Unity, and contribute meaningfully to my institution.

From the very first day, I understood that this role was more than just a title; I still remember when the elections were conducted with professionalism and the intense moments between the opposing parties. Becoming a Head Boy was about setting an example, representing the student body, and being a bridge between students and the administration. One of my primary responsibilities was to lead the student council and coordinate various college events. Organising the Talent show where all the students were allowed to showcase their talents, Freshers day where our juniors were welcomed by performances by their seniors, Sports day which was a great battle between the houses and was a test for the house captains to showcase their Unity as a house, and finally we have the ethnic day which was a tremendous day for everyone to show our diverse cultures and heritage of our ancestral roots.

One of the most challenging aspects of being head boy was balancing my academic commitments and leadership duties. There were times when managing multiple responsibilities felt overwhelming or had others doubting if I could do it or not, but eventually, I learned to prioritise tasks and delegate work efficiently. This experience helped me develop resilience and adaptability, which are valuable skills that will benefit me in the future.

A significant highlight of my tenure was helping my juniors find their field of interest and promote their opinions towards the college. Additionally, I worked closely with faculty members to address student concerns, ensuring that their voices were heard and that necessary changes were implemented for a better learning environment.

Being head boy also meant making difficult decisions and handling conflicts among students. I had to mediate disputes and encourage a sense of unity within the college. This taught me the importance of diplomacy, patience, and fair judgment, qualities that are essential in any leadership role.

Beyond the responsibilities, the role shaped my character in ways I had never imagined. I became more confident, proactive, and compassionate, and learned how big of a role being a leader is.

The experience reinforced my belief that leadership is not about authority but about service and inspiration.

As my tenure came to an end, I felt a deep sense of accomplishment. The lessons I learned as head boy will stay with me for a lifetime, shaping me into a better leader and individual. It was a journey of growth, challenges, and unforgettable memories—one that I will always cherish. Thank you to the students who believed in me, the student council who were there by my side, and the faculty for shaping me into the lead I am today

-Thank you



ARMAN SHETTY

HEADBOY CMR PU BTM 24-25

LEADERSHIP CORNER

Message to 2nd Pu and 1st Pu Students

By Counselor MS Sangeeta Saxena

Exam Time Stress: Stay Calm & Perform Better

The very mention of exams can make us anxious, no matter how prepared we are. What if I don't do well? This stress is normal, but how we handle it makes all the difference.

- **Eustress (Positive Stress):** Keeps us motivated, helps us plan better, and boosts performance.
- **Distress (Negative Stress):** Creates pressure, leads to panic, and affects mental & physical well-being.

Most of the time, both students and parents experience distress, which causes panic and reduces productivity. However, staying calm is the key. We can follow a few strategies to cope with stress effectively.

Strategies for Students to Cope with Exam Stress:

Plan Effectively: A structured study plan boosts confidence.

Avoid Overthinking: Not all negative thoughts are true. Stay positive.

Practice Deep Breathing: Inhale while thinking, "I am calm and in control," then exhale, releasing tension.

Eat Right: Foods That Enhance Focus & Reduce Stress

- **Nuts & Seeds**→Boost memory & concentration
- **Dark Chocolate**→Reduces stress & enhances mood
- **Bananas**→Provide instant energy
- **Green Leafy Vegetables**→Reduce anxiety
- **Whole Grains**→Provide steady energy & improve focus
- **Avoid:** Excess caffeine, junk food, and sugary snacks, as they cause energy crashes.

Sleep is as important as studying. A well-rested mind retains information better, learns faster, and manages stress effectively.

Exams are just one step in your journey. Believe in your preparation, stay confident, and take care of yourself. With the right mindset and habits, you can turn exam stress into a productive force that drives you toward success.

Best of luck with your exams!

Dear 1st PU students

Wishing you All the Best as you step up as Seniors!

This is the time for you to engage in activities that balance relaxation, skill development and personal growth.

- Take a break from studies and unwind with family and friends
- Engage in activities like reading, painting or music
- Travel to explore new places to refresh your mind

- Improve communication skills, work on English speaking and writing. Read books, newspapers and writing daily journals can help. Bridge the knowledge gap -If any concepts from 1st PU was unclear, use this time to strengthen them
- Explore career options by researching different fields and talk to professionals for guidance
- Those who are planning for competitive exams (Like CET, NEET, JEE), start preparing as summer is a great time to begin
- Your physical and mental well-being is also very important, exercise regularly -yoga, jogging, or joining a gym
- Maintain a balanced diet and healthy sleep routine

Remember summer vacation is the perfect time to relax, explore new interests and prepare for the future.



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Psychologist and Counselor



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