

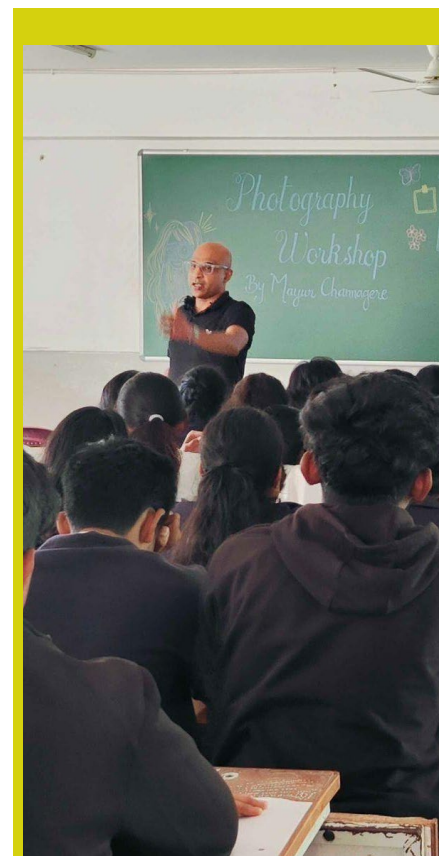


NATIONAL
PU COLLEGE
HRBR LAYOUT



THE BULLETIN 2025

CAMPUS HIGHLIGHTS

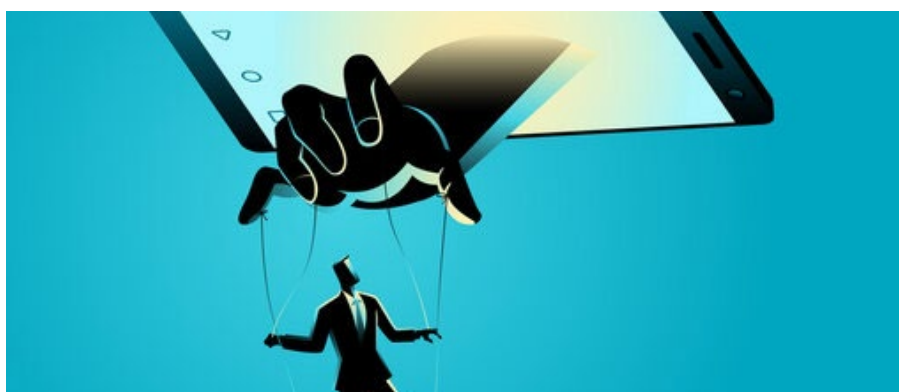


An Awareness Session on **Social Media Addiction** was conducted at Lakshya, Multipurpose Hall, CMR PU HRBR, by **Ms. Soumya Sardana, M. Phil in Clinical Psychology (NIMHANS)**. The session aimed to raise awareness about the growing dependency on the internet and social media, its psychological impact, and strategies to manage digital consumption. Key discussion points included understanding social media addiction, its emotional consequences, and its effect on academic performance and productivity. Ms. Soumya emphasised the importance of mindful social media use, encouraging students to develop healthy digital habits, prioritise mental well-being, and seek help when needed. The session concluded with a self-assessment activity, allowing students to reflect on their social media usage patterns. Both students and faculty found the session insightful and relevant, reinforcing the need for balanced online habits in today's digital age.

Photography Workshop

We had the privilege of hosting **Mayur Channagere**, a celebrated visual storyteller, an award-winning photographer and the creative mind behind **AGNA Productions**, for an inspiring Photography Workshop. The topic, "**Photography as a Medium of Self-Expression**," was both relevant and thought-provoking, and he presented it brilliantly. With over two decades of experience, he shared valuable insights on photography and post-processing, making the session highly engaging and educational.

Students had an enriching learning experience, gaining creative techniques and industry perspectives.



CULTURE AT CAMPUS



Saraswati Pooja and Temple Visit – Blessings for Our II PU Students

At PU HRBR, we organised a serene Saraswati Pooja, dedicating it to our II PU students as they prepare for their upcoming exams. Hall tickets were placed before Goddess Saraswati, seeking her divine blessings for wisdom, focus, and success. The ceremony was a heartfelt reminder of the importance of faith and positivity during this crucial time. Following the pooja, we visited the Sai Baba temple, offering prayers for the well-being and academic success of our students. The spiritual atmosphere encouraged a sense of calm and confidence, reminding everyone of the support and strength that comes from both hard work and faith. As our students gear up for this important milestone, let's continue to motivate and uplift them, ensuring they face their exams with courage and determination. Together, we stand by them, wishing each one the very best in their academic journey.

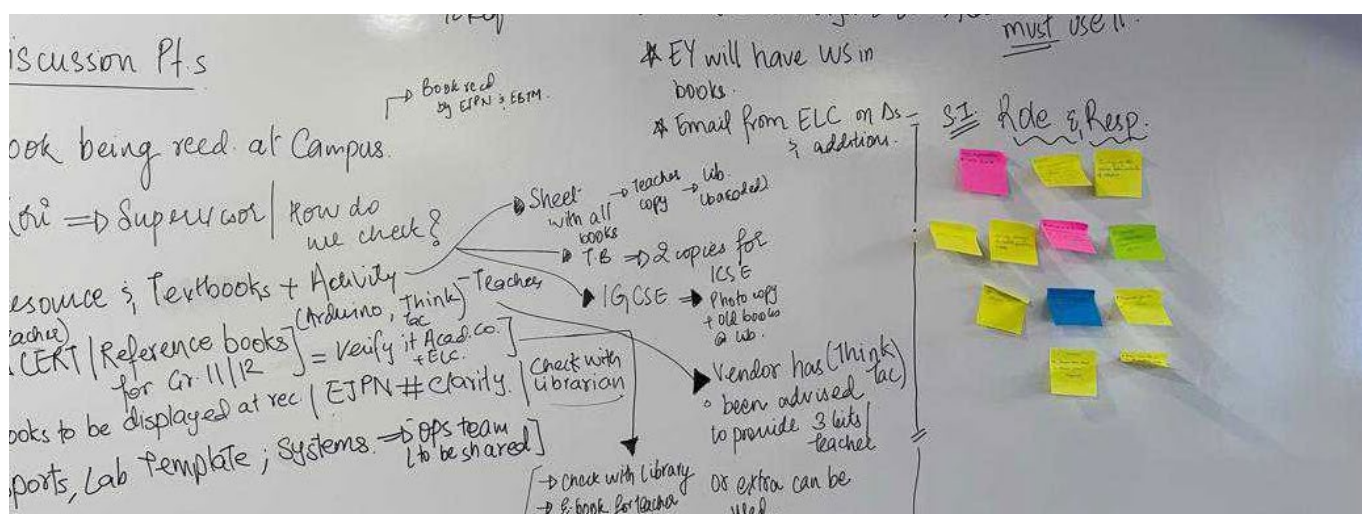


2nd PU Graduation – An Evening of Inspiration

A proud milestone for our graduates, celebrated alongside their parents, marked a memorable evening at CMR PU College. The event was graced by **Chairman K. C. Ramamurthy, Secretary Mr. Jagannath Reddy, and Dr. Sabitha Ramamurthy**. The highlight of the evening was an inspiring address by the Chief Guest, **Mr. Timothy Franklin – Social Entrepreneur, Capital Markets Lawyer, Founder of SoLJ and NSoJ, and Partner at Fox & Mandal**. Sabitha Ma'am delivered a heartfelt Presidential Address, motivating the graduates. Adding a personal touch, two students and two parents shared their experiences, expressing their gratitude and appreciation for the college's unwavering support. The celebrations concluded with a delightful dinner, fostering a sense of joy and pride. It was truly an evening to remember, as we wished our graduates success and happiness in their future endeavors.

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

In the fast-paced rhythm of college life, it's easy to get caught up in deadlines, assignments, and endless to-do lists. But have we ever paused, even for a moment, to truly acknowledge the good around us? The journey of gratitude is more than just offering a polite "thank you"—it's about nurturing a mindset that allows us to see and appreciate the beauty in the simplest of things.

For many of us, this journey often begins with subtle realisations. It might be the moment we recognise the value of our education—when a difficult project pushes us to grow or when a mentor's guidance helps us find clarity. Or perhaps it's during those tough days when a friend's comforting words remind us that we are never alone. These moments, though small, become stepping stones in building a practice of gratitude that extends beyond words.

What makes gratitude truly powerful is that it doesn't require grand gestures. It lives in the ordinary—a professor patiently re-explaining a tricky concept, the cafeteria staff ensuring we have warm meals, or the security guard who greets us with a smile every morning. Acknowledging these seemingly routine moments adds depth to our relationships and brightens not just our day but the days of those around us.

Science backs this up too. Studies have shown that practicing gratitude consistently can boost mental health, reduce stress, and even improve physical well-being. Something as simple as keeping a gratitude journal or mentally noting three things we're thankful for each day can sharpen our focus on the positives in life, keeping us grounded amidst the hustle.

But how do we take this practice further? As students, let's challenge ourselves to make gratitude an active part of our daily routine. Let's voice our appreciation more often—whether it's thanking a classmate for their support, acknowledging a teacher's dedication, or simply appreciating the beauty of our campus. These small acts create ripples, fostering a culture of positivity and connection.

Moreover, sharing our gratitude inspires others. When we openly express appreciation, it encourages those around us to reflect on their own blessings. This ripple effect gradually transforms the atmosphere, creating a supportive, empathetic community where kindness flows effortlessly. Imagine a college where gratitude becomes second nature—a place where we uplift each other, where simple gestures speak volumes, and where everyone feels seen and valued.

Ultimately, the journey of gratitude is one of personal and collective growth. It's about evolving from sporadic expressions of thanks to adopting an attitude of appreciation that shapes how we view the world. Let's walk this path together, transforming gratitude from a fleeting feeling into a way of life—one that not only enriches our

own hearts but strengthens the bonds of our college community.

So, as we go about our day, let's ask ourselves: *What am I grateful for today?*



"Gratitude is not only the greatest of virtues, but the parent of all others."

— Cicero



VIVILYA BENJAMIN

Head Girl

LEADERSHIP CORNER

Understanding Test Anxiety: A Guide to Managing Stress and Succeeding in Your Studies

As exam season approaches, it's normal to feel a bit nervous. However, for some, this nervousness can turn into test anxiety—an intense feeling of stress that affects focus and performance. But don't worry! You're not alone, and there are ways to manage it. This blog explores test anxiety, its causes, and strategies like time management, overcoming procrastination, and balancing academics and personal life to keep stress at bay.

What Is Test Anxiety?

Test anxiety is the fear or stress you experience before or during a test, which can make it hard to concentrate. Some may feel panic, while others might have a knot in their stomach. It's a common experience, but what matters is how you handle it.

Causes of Test Anxiety

Several factors can trigger test anxiety. Fear of failure is a major cause—worrying about disappointing parents, teachers, or yourself. Lack of preparation or feeling overwhelmed by the material can also add to the stress. Past experiences of struggling in exams and the pressure of multiple tests or assignments at once can heighten anxiety.

Managing Test Anxiety

The first step is acknowledging your anxiety—it's okay to feel this way. Relaxation techniques like deep breathing, meditation, or short study breaks can ease stress. Breaking study sessions into smaller, manageable chunks helps prevent last-minute cramming and builds confidence for test day.

Overcoming Procrastination

Procrastination often increases test anxiety by forcing you to cram at the last minute. To avoid this, create a study schedule and tackle small tasks daily. Starting early reduces pressure and makes preparation more effective.

Time Management

Good time management is key. Design a study schedule, allocating specific time slots for each subject or topic. Don't forget to schedule breaks—overstudying without rest can lead to burnout. Setting realistic goals for each session keeps you organised and reduces last-minute panic.

Prioritisation Techniques

When studying multiple subjects, prioritisation is essential. Focus on the areas where you struggle the most. If you feel confident about one subject, spend more time on the challenging ones. Tackling tough topics first boosts confidence and minimizes anxiety as exams approach.

Balancing Study and Self-Care

Maintaining a balance between studying and self-care is crucial. With schoolwork, extracurriculars, and social life, it's easy to neglect yourself. But rest, exercise, and relaxation are just as important as studying. Short breaks help refresh your mind and lower stress levels.

Takeaway

Test anxiety doesn't have to hold you back. Understanding its causes and using strategies like time management, prioritisation, and relaxation techniques can help you face exams with confidence. Start studying early, avoid procrastination, and take care of yourself. With the right mindset and preparation, you can turn test anxiety into a manageable challenge and perform at your best. Stay calm, stay focused—you've got this!



Building **Innovative Leaders.** Empowering **Lifelong Learners.**

Beyond Classroom Initiatives



Work Exposure Program



Service Learning Program



Student Well-Being



Outbound Learning



College and Career Guidance



Enrichment Program



Career Camp



Wrap Around Program

Additional Academic Programs

Legal Studies 


For students appearing for Law Entrance Exams such as CLAT/AILET/LSAT/SLAT/CULEE

Integrated Program in Management 

For students appearing for Management Program Entrance Exams such as IPMAT

Design 

For students appearing for Design Entrance Exams such as NATA, NIFT, NID, UCEED etc.

Accountancy 

For students appearing for CA Foundation exams

Streams Offered

Commerce

Science

