



NATIONAL
PU COLLEGE
BTM LAYOUT



**THE BULLETIN
2025**

CAMPUS HIGHLIGHTS

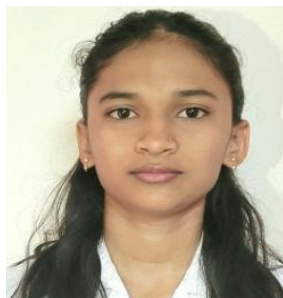
HEARTY CONGRATS TO ALL OUR ACHIEVERS!

Results of First PUC

Students of I PUC performed well in their Board Examination with a whopping 100% result.

The Principal and staff would like to congratulate each one of them.

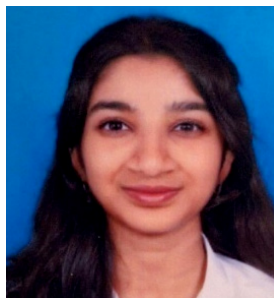
I PU Science Toppers



AMULYA K S - 92%
554/600



NESANTH K S - 91%
547/600



SAMEEKSHA GOWDA - 82%
492/600

I PU Commerce Toppers



RUTHVIK GOWDA - 88%
525/600



REHAN AHMED - 87%
523/600



NISANTH S - 83%
500 /600

II PUC College Toppers

CMR Management, Principal and staff congratulate the stepping-out batch for their success in II PUC Board Examination

Wishing you all the very best!



PRERANA MOOLCHANDANI
PCMB
578/600 - 96.33%



SATVIK TULSYAN
PCMC
571/600 - 95.16%



RISHAB GOTAWAT
PCMC
570/600 - 95%

CENTUM SCORERS

Proud of students who have scored 100%

MATHEMATICS

1. RISHABH GOTAWAT
2. SATVIK TULSYAN

COMPUTER SCIENCE

1. ANISHA J RAJU
2. SATVIK TULSYAN

This collaborative approach not only highlighted individual successes but also encouraged others to adopt innovative practices that could enhance student engagement and learning outcomes.

Prerana Moolchandani, the topper of the Science stream, secured an outstanding 96.33%. Reflecting on her journey, she said, *'This achievement is the result of consistent effort and the unwavering support of my teachers. I am truly grateful for their guidance and hope to build upon this success.'*

CULTURE AT CAMPUS

Taking back memories of CMR



The experiences and memories cultivated at CMR NPUC BTM Layout are essential to the institution's culture. Various cultural events and academic collaborations contribute to a vibrant campus environment, fostering a sense of community among students and staff alike. These moments not only enhance the educational experience but also create lasting connections that extend beyond the classroom.

Spreading their wings!
Flying High to explore!
Outgoing Batch - 2024-25

PROFESSIONAL DEVELOPMENT

The Professional Development team met the School Leadership teams, including Coordinators and Heads of Schools, for a one-day training program on 11th April 2025. We are happy to announce the commencement of our first cohort of the **Post-Graduate Diploma in Early Childhood Education**. This one-year program, conducted in association with CMR University, will equip educators and those aspiring to become one with specialised skills in nurturing young learners, focusing on child development, inclusive education, and play-based learning.

Your Turn to Try!

In pairs, design a 20 minutes activity for Children aged 3-5 years old which caters to any 2 domains.

Cognitive

- What kind of thinking does this activity encourage?
- Will children solve a problem, make a prediction, or explore cause-effect?

Language

- Are children talking, listening, singing, naming, or storytelling?
- How can you encourage rich vocabulary or self-expression?

Physical

- What fine or gross motor skills are involved?
- Are children moving, manipulating, or exploring physically?


Social

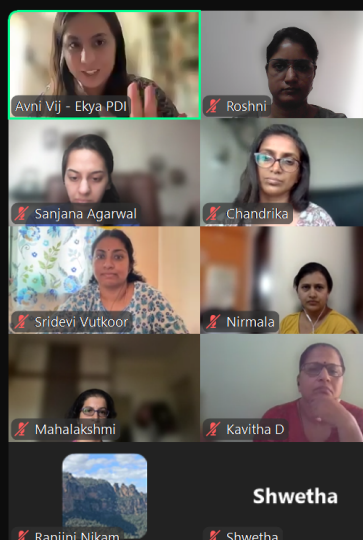
- Do children work together, take turns, or share resources?
- How are peer interactions supported in this activity?

Emotional

- Does the activity help children express feelings or build confidence?
- Are there moments of choice, success, or comfort?

15 mins





Shwetha



STUDENT EDGE

As I look back on my journey in CMR, I am filled with a deep sense of gratitude and reflection. Having recently completed my 12th grade, I find it both humbling and surreal to realise that this important chapter of my life has come to a close.

The past academic year was, without a doubt, one of the most challenging yet memorable ones. The focus on board examinations and future goals created an atmosphere of intense dedication, not just among students but also among teachers and staff who supported us throughout the journey.

Besides academics, the past year also offered moments of profound growth, both intellectually and emotionally. Throughout this time, we all made a few of the greatest friendships and bonds that will remain with us for the rest of our lives. Completing the tasks with all my peers, be it academics or extracurricular, was one of the greatest rewarding aspects of the year.

One of the most meaningful parts of this year was being a part of the **Student Council**. From organising various events and assemblies to contributing to the school community, it helped me grow as an individual and appreciate the behind-the-scenes efforts that go into maintaining the decorum and discipline of the school. Being entrusted with such a leadership role was both an honour and a learning experience that I will carry with me into the future.

One of the most significant realisations I've had over the years is the importance of balance between academic goals and personal well-being. The sessions taken by our School counselor helped all of us in creating this balance. Lastly, my heartfelt thanks to my Principal and all my teachers for their unwavering support and dedication towards us.

The efforts and support that were put into our academics and helping us overcome our difficulties, not only at the time of exams but also in the moments of self-doubt, helped us reach where we are today.

As I close this chapter of my school life, I do so with my heart filled with gratitude towards my teachers, peers, friends, and everyone who made this time of my life full of memories and lessons that I will carry for the rest of my life. I am grateful for every challenge that taught me resilience, every friendship that brought joy, and every opportunity that allowed me to grow.

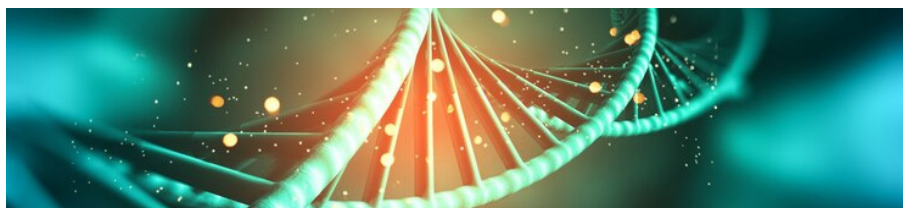
As I step into the next chapter of my life, I do so with confidence, gratitude, and the hope of continuing to learn and grow in the years to come.



KRINA VAGADIA

CMR PU BTM
Student Council

LEADERSHIP CORNER



Is the Weather in our DNA?

Have you ever thought about why some people feel more comfortable in cold climates, while others thrive in warm, tropical environments? It turns out, our tolerance for different climates might not be purely personal—it could be ancestral.

Our Genes Remember the Climate

There is a deep ancestral connection to climate and environment encoded in our DNA. Over generations, our genes have subtly adapted to the environments our ancestors lived in. This includes long-term exposure to weather patterns, influencing everything from our body shape to our ability to handle temperature extremes.

These adaptations are passed down through our genes and can influence:

Body composition (like body fat distribution and limb length)

Heat and cold resistance

Skin pigmentation

So while we might not carry memories of ancient climates, our genes do—in the form of adaptations that helped our ancestors thrive.

How Ancestral Memory Shapes Our Health

DNA determines many aspects of who we are: our gender, appearance, and even our risk for certain diseases. But it also plays a role in determining which foods are best suited for our health and which weather conditions we are naturally adapted to handle.

This explains why traditional diets—built around local and seasonal foods—often align better with our genetic needs than modern, globalised diets.

Eating for Your DNA

While we can't change our genes, we can influence how they express themselves. This is known as epigenetics. Lifestyle choices like diet, stress levels, and sleep can all impact which genes are “turned on” or “off.”

Opting for local and seasonal produce can better align with our genetic makeup and support digestion, immunity, and overall well-being.

Making simple changes to diet and lifestyle can also help reduce the risk of chronic diseases and improve energy levels.

Food, Memory & The Brain

Recent studies show that specific neurons in the hippocampus—the brain's memory center—are involved in food-related memory. These neurons help us remember pleasurable food experiences, especially involving sugar and fat, and influence our eating behavior.

This suggests that our food habits aren't just about willpower—they're biologically driven and shaped by memory, culture, and yes, perhaps even our DNA.

Healthy Body, Sound Mind

Our DNA holds echoes of generations past. Just as our genes remember the environments and diets of our ancestors, they also shape how we respond to the modern world.

Understanding the link between our genetic code and the world around us empowers us to make better choices—not just for ourselves, but for future generations.

Your DNA is your legacy. Treat it well.



**MRS PARIMALA
JAYAPRAKASH**

Vice Principal
CMR PU College, BTM



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