



## What Will You Do this Summer?

Summer holidays are the most awaited time of the year for most school students. You never get this long a period of time all through the year. Many love the free time, when you can stay away from rigorous studies, school and the pressure of home work.

But think a little differently: summer holidays present wonderful opportunities to explore and have wholesome fun. What kind of fun? Well, there are so many options that it is hard to choose.

For starters, when the Sun is beating you and your friends down, how about some cool ideas that help you cool down. Learn a few simple recipes with fruit juices. You will find the recipe options on the Internet. As you experiment with the summer drinks, who knows? You may end up with an innovative recipe yourself!

A summer camp is not a bad idea. You can learn a skill or two. These could be handy in later years. It could be Vedic Maths or craft with paper or it could be the basics of a new language. Fun is in learning something new and discovering a few things that interest you. Yes ... discovering yourself is a big activity that you can set out on. It is surprising but true that most of us are not aware of what our strengths are and where our interests lie. As you grow up, it is important to understand what you like and what excites you. How will you know this unless you are actually doing things? This self-discovery can lead you to areas that you are passionate

about. When you are passionate about something, you find true joy in doing that. Nothing else matters except excellence in that particular activity. If you like working with computers and mobile phones, you can pursue activities related IT and wireless devices. If you like writing about places you see and love travel, you can do that with greater interest and sense of purpose. You can seriously consider making that your career as well.

The key is to keep the mind occupied with some interesting activity. While the summer's heat can be debilitating, one should avoid excessive rest and sleeping. The real danger for a young person is being lazy. As the old adage goes, "An idle mind is a devil's workshop." And please avoid getting addicted to the mobile. While the device is a boon for many, it has become a bane for students worldwide. With several free apps and games, it has become a challenge for parents and teachers alike to keep the students away from the evils of mobile phones. We believe the students should be the judges themselves.

Have a few goals for this summer vacation, which are not hard to achieve. By working on these and realizing them, you will get confidence and actually get the best fun in the entire vacation. In the process, you will become more responsible and develop strong character.

Wishing you the best of everything, fun included. Happy holidays!



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## Principal's Message

**Dear Parents,**

"Real education will be to bring out what is hidden in you. What God has put in you as a treasure, to discover it, to reveal it and make you luminous."

As the school year ends, our minds and hearts are filled to the brim. It's been a great year! Together we've learned much and shared experiences that will long remain with us in the years to come. The motto and wholehearted passion of our institution to make our school a wonderful place of learning for our children primarily but for all, makes MEC truly a special place.

At the outset, I extend my heartfelt congratulations to all the students and parents for stepping ahead in their academic journey. This definitely is a phase filled with a lot of mixed emotions for both students and their very concerned parents. I am sure that our students are well prepared and geared up to sail through with ease with the unlimited support from their loving parents and guiding teachers.

We, being one of the oldest schools in north Bangalore, having established a good reputation and very fine traditions, spirited and energetic, full of bright and innovative ideas, willing to embrace challenges and are courageous in undertaking reforms in pursuit of excellence have introduced a lot of initiatives and successfully implemented in the school, as we believe that very often you even move ahead of the others and take the lead in trying new and innovative ideas. We have been making unrelenting efforts in equipping the students to meet the changing needs of the society, exploring the professional potential of the teachers and cultivating a happy and motivating environment in school. In terms of curriculum design, we have given flexibility and freedom to the teachers to try out new initiatives and to develop the multiple intelligences of students retaining the fundamental principles of respect, freedom and consistency for the child as our primary focus. Self-esteem is connected to the confidence and motivation that children need to achieve their academic goals. Our aim is to preserve these traits in our children as they continue to move through all cycles of development. We have and will continue to provide a safe and supportive environment as well as teaching and learning programs that meet the needs of all our students. The outcome of the effectiveness of the curriculum designed was shown in our centum results of Grade 10 of AISSE 2017-18 and the expected centum in AISSE 2018-19.

Participation in the Science, Maths, English, and Informatics Olympiads itself is the biggest competition where a student competes to outshine others. It infuses a healthy competitive spirit through reward-based assessment. The participation of our students in the Olympiads was appreciable and they did excel in those exams.

***As a feather in the crown, our school was awarded the Best School for Nutrition Practices from Address Health.***

We have had multiple activities and competitions like Kalaakalarava - the cultural fest, Kreedarava - the sports day and Kalaachintana - the science exhibition and ThinkRoom day, which aim to enhance students' creative skills, analytical power and higher order thinking skills. And, of course, physical fitness.

We had excursions planned from PP1 to Grade 10. The enthusiasm of kids and amazing cooperation from parents need to be remembered and appreciated.

To equip the students with the skills of decision making, problem solving, critical thinking and creativity, we have changed our methods of teaching and learning with the perspectives and mind-set. Rather than simply asking students to memorize and recite facts, we have provided opportunities for students to learn independently; to retrieve information from different sources; to analyze it critically and to use it effectively through project learning and other multi-disciplinary learning activities.

As educators, we all share the same mission for coming academic year 2019-20 too - nurturing our young people and bringing out the best in them. We need to cater for all students, so that students with different aptitudes, abilities and interests will be able to exploit their potentials to the full. We should also equip our youth with the necessary knowledge and skills so that they can meet the demands of a fast-changing world and become lifelong learners. Thus, we have multiple creative, interesting and innovative themes and ideas being designed for making the coming academic year a better learning journey for all the students.

"Pursuit of excellence by scaling new heights." We find this theme very meaningful and encouraging. We must never be complacent. Instead, we should always strive to do better and expand our capacity in pursuit of excellence.

'Life is like a large piece of marble and you are the sculptor'. The mind, will and skill of a sculptor decide the shape of this marble. Likewise, our mind, will and skill will help shape our life. We should not allow circumstances to restrict our dreams! Learning does not end anywhere. We must all strive to improve and excel, no matter which pathway we are going to take.

2018-19 certainly was a very successful year, and the price of success is hard work! The hard work of all who make up our beautiful school community.

As we approach end of another busy year, I would like to take this opportunity to thank you, the parents, for the support you have given to your child and the school. Thank you for your invaluable help with many tasks around the school. Thank you for your support in making our events more enjoyable and successful!

Teaching and parenting is of course, a privileged, sacred trust and the closer we work together, the more fruitful the opportunities for each and every child to excel.

Most importantly our students have enjoyed another fabulous year. They have excelled in many fields it is impossible to list them all. These achievements have been their academics, sport and life skills.

I hope that learning will continue throughout the holiday and that you will encourage your child to study. Holiday homework has been sent for all students to complete for the start of next academic year.

I would like to wish you all the very best for summer vacation and look forward to welcoming you all back, refreshed, for what will be an exciting, new academic year.

In closing, I take this opportunity to congratulate all students of MEC! I wish you all a very happy, safe and enjoyable summer. Please be sure to take time as a family to talk, play and pray together. Do not forget to cast your vote in the coming elections.

***Happy Holidays.***

यद्यदाचरति श्रेष्ठः तत्तदेवेतरो जनः ।



## Celebrations @ MEC

### Saraswati Puja

'Farewell!' - a word of hopes and overwhelming emotions. Hopes for a bright future and emotions for the time spent with someone. 15<sup>th</sup> February was the date when the institution wished the matriculation students for their shining future. The day started with 'Saraswati Puja'. Temple was decorated beautifully with flowers and earthen 'diyas', which were lit by our principal, Ms Deepa, staff members and all the students of Classes 9 and 10. After the priest chanted 'mantras', a devotional song by the principal followed. After

the puja, the students started making arrangements for the party. The guest of honour was Ms. Vidya C, Secretary, MEC Institutions, accompanied by the Principal and Vice principal. Students were awarded for their previous achievements. Then there was a PowerPoint presentation showing the moments that they had spent in the school. Class 9 students also gifted token of their love and respect to students of Class 10. After the 'Cake Cutting' ceremony, everyone had snacks and went off with everlasting memories in their minds.



### Kalaachintana

Kalaachintana: To think about art which is not confined only to a person or a place. The memorable day was Saturday and the date was 9<sup>th</sup> February. Our institution organised an exhibition with the name stated above. Ms. Sharada Lakshmi, Principal of St. Dominic's Public School, was the guest of honour accompanied by Ms. Vidya C, Secretary MEC Institutions and principal, Ms. Deepa Acharya. Kalachintana (ThinkRoom Day) was celebrated for students of Nursery to Class 5. It was the day when students could think beyond their thoughts. They did their best with the guidance of their

concerned teachers. From Class 6 to 9, the clubs - Literary Club, Sadbhavana Club, Science Club, Humanities Club, Mathematics Club, Fine Arts Club left no stone unturned to make this event a great success. 'Drone' was also made by one of our young scientists of the science club. There were beautiful pictures in Fine Arts Club, Literary Club took us from Indian culture to the Japanese methods of relaxation. Everyone appreciated the efforts put by the club. These young talents are enough to make someone speechless.



न वंशवृक्षेषु फलन्ति द्राक्षाः ।

## Republic Day

The institution celebrated Republic Day at Hoysala Ground in Yelahanka New Town. Everyone was in full spirits. Several other schools also participated to celebrate the event. Flag hoisting was followed by March Past by NCC cadets. After this

the spirit of patriotism was seen in each performance by different schools. MEC'ians also held the flag high. Refreshments were also served at the end.



## National Voters Day

Students as well as staff of MEC Public School celebrated 25<sup>th</sup> January to encourage more young voters to take part in the political process. They took an oath that they will cast their

valuable votes to elect able, efficient leaders for the progress of the society.



## Light Channel Meditation

The Channel of Light meditation can be used not only for personal healing and manifestation, but also can bring light across the earth, other planets and throughout the universe.

The day was celebrated on 2<sup>nd</sup> February. Students of MEC spread the light energy through meditation, under the guidance of volunteers of 'Manasa Foundation'.





## Ratha Saphthami

Ratha Saphthami was celebrated on 12<sup>th</sup> February devoted to Sun god. It is believed that on this day Sun god enlighten the whole world. The students of MEC Public school offered prayers to Sun god through Surya Namaskara, which helps in all round development of a person (physical, psychological, pranic, mental, social and spiritual levels)



## External Competitions

Our school children brought us laurels outside the campus also.

- 10<sup>th</sup> Interschool Championship was held at Vidya Shilp School on 13<sup>th</sup> February, 2019. Neerav of Class 1 participated in the competition and out of 6 rounds, he won 4 and bagged 13<sup>th</sup> position. He also got 4<sup>th</sup> position in chess tournament.



state level competitions. She was awarded Netaji Subash Chandra Bose National Award from Priyadarshini Foundation, New Delhi.

- On the occasion of Purandarotsava - GuruRaja Samithi, Yelahanka New Town conducted devotional singing competition. Saanvi Rao of Class 3 bagged 3<sup>rd</sup> position.
- Pranav Badigar of Class 7 and Pritam Badigar of Class 5 bagged 1<sup>st</sup> prize in Little League Baseball National Championship 2019.



- Ananya Raghuraman Kowshik, Class 8, is the recipient of many State Awards, viz., Atal Behari Vajpeyi Kanmani, Karunada Kanmani, Nalmadi Krishnaraja Wodeyar, Nadina Adhbbhutha Kalavidaru, Lokamanya Shri Bala Gangadhar Tilak Rashtriya Prashasthi, Natya Mayuri, Omarkar Prashasthi, Mahatma Gandhi Puraskar, Beleyuva Siri, Vishwamanava Prathibha Puraskara and Karunada Kishora Prathibhe. She has given more than 250 Bharathanatyam Stage Performances and won many prizes at district and

- Sunada Acharya of Class 7 won gold and silver medals in Taekwondo.



## Famous Personalities

### Charles Spencer Chaplin



Charles Spencer Chaplin (16 April 1889 – 25 December 1977) was an English comic actor, filmmaker, and composer who rose to fame in the era of silent films. He became a worldwide icon through his screen persona, "The Tramp", and is considered one of the most important figures in the history of the film industry. His career spanned more than 75 years, from childhood in the Victorian era until a year before his death in 1977, and encompassed both adulation and controversy.

## Graduation Day

28<sup>th</sup> March was celebrated as Graduation Day for UKG students moving from pre-primary to primary. Ms. Alzira Rayan from Mystic Montessori was the guest of honour, along with our Hon. Secretary Ms. Vidya C, Principal Ms. Deepa Acharya and Vice-Principal Ms. Jaya Prabha. As always, the function began with lighting the lamp, followed by prayer by tiny tots of UKG. Dance performances by LKG students were mesmerizing. Prizes were distributed from UKG to Class 10 students for their achievements in the session. Then graduation ceremony was held for UKG students, who seemed to be very ambitious. Class 1 students

also described their experiences with their learnings in the session. Ms. Deepa read the annual report followed by motivating speech of the honorable chief guest. Graduated students took an oath to serve the nation. The slokas of Bhagavad Geeta were recited and then UKG students and their parents shared their experiences relating to school. Teachers showered their blessings and sang a song to wish them luck for future. As an icing on the cake our Hon. Secretary spoke and added a few suggestions to the parents about child rearing and nutrition practices. Function ended with vote of thanks.





## External Exams at MEC

The Science Olympiad Foundation (SOF) is an educational foundation that promotes Science, Mathematics, General Knowledge, introductory Computer Education and English language skills among school children in India. Here is the list of the students who won medals in different subjects.

### Gold Medal Winners

#### Science

Madhav R (Class 4), Sunaada S Acharya (Class 7),  
G R Chetan Reddy (Class 10)

#### English

Saanvi Rao (Class 3), Amulya N K (Class 6),  
Siddhant K Tripathy (Class 7), Surekha S (Class 8)

#### General Knowledge

Saanvi Rao (Class 3), Kurnika Hessa (Class 8)

#### Maths

Anushka Patil (Class 7), Saanvi Rao (Class 3),  
Jagath Purashashidhar (Class 4), Hemashree (Class 5),  
Aditya R Bulbule (Class 6), Nikhil S Bhat (Class 8)

### Silver Medal Winners

#### Maths

Chinmaya N (Class 7), Vivek A (Class 4), Nandan M C (Class 6)

### Bronze Medal Winners

#### Maths

Pranav Kulkarni (Class 7), M C Dhanush Rao (Class 6)



## MECians in Action



गतः कालो न पुनरायाति ।

## MECians in Action

