



Explore Your Creative Side

Every person is creative. Every one you meet has a different facet to his or her personality. There may be someone with a flair for singing. Someone else who likes to paint. Someone who loves playing with numbers. Someone who loves stars. We have a liking for some specific activities.

Of course, we are talking here of passion for a subject or theme. When we have passion, we like to explore different aspects of that. Take music for example. It cannot be everyone's cup of tea. Those who enjoy Indian classical music, Carnatic or Hindusthani, can spend limitless time exploring the finer aspects of music. Likewise, someone with a sensitive brush can express through the power of the painting. And there are also those with love for drama.

These are only examples. There can be so many areas where your creativity can blossom.

What is creativity? Creativity is the involved process of doing something different in areas that we like. We all talk of having our own space. What does this mean? It means trying to find our likes

and dislikes, strengths and weaknesses. All the time, we are only showing herd like behavior. We never stop and try to seek ourselves. Every individual is different. The true purpose of education is to identify for ourselves, what is the space that we are comfortable in and how we can be different in this specific space.

Thanks to an ever busy schedule of school, homework and miscellaneous other activities, you have perhaps not made

enough effort to explore your inner self and find what you really like. We are not talking about school subjects here.

This summer vacation is a good time to do this. Vacations are always a good time to explore your creative sides. Vacations give you the freedom of time to dabble with your hobby or with that activity that you love. If you love dancing, express yourself through dance. If you love classical music, get deep into it. Of course, you cannot expect to achieve much within a mere month or two. But you can light the spark of creativity within and get the joy of making yourself happy.

If you are wondering if you too are creative, take up a simple



activity of writing a story. The story can be anything and about anybody. You will then realize how important it is to be sensitive to look at the lives of other people around us and see their pains and pleasures through their eyes. And by doing so, it is quite possible, you do a great job of narrating the story. So, that becomes your creative expression. You can be creative in any which way you want.

This is how a student should make use of vacations. Summer vacation is always long and it gives you enough time to explore your finer, creative senses.

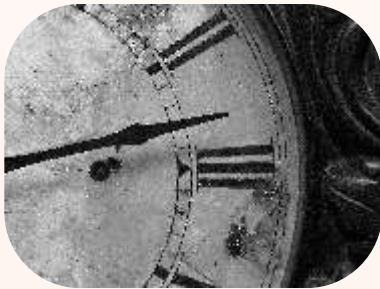
If you do not use the time well, you are likely to turn lazy, which in turn can bring down your confidence and your performance in class as well. So, have fun and find out how you can be creative this summer.

Principal's Message

Punctuality is the First Step to Success

“Success” is the most crucial word and the concept the whole creation of God strives for. Success carries its own definition based on individual perspectives. Each individual defines success in his or her own term. A predator feels catching his prey is success. A student defines success as good grades in exam. “Parents define success as success of their children”.

Success is not attained overnight. There are a few steps of success for an individual. They are termed as Super 10 's for success. When we speak of Super10's for success, the very first step towards success is



punctuality, a quality that will help children understand the value of time.

There are instances when children were pushed in to a rude shock when they were denied to take up most important exams because of

being late by a few minutes. Do we call it bad luck? Someone rightly said “time never waits”.

There are many (including us adults) out here who just do not understand the value of time and the need to be punctual.

Punctuality is a simple word, which means being on time; either it is school, office or completing a previously assigned task within a designated time, or even a celebration. It is also about learning the values of time in every element of daily life. Punctuality is also about valuing other people's time and showing them respect.

Well, it is not easy though. In the urban culture that we are all a part of, being punctual is of course a tough task due to various reasons. The toughest is to teach our children punctuality. We need to be more proactive in our efforts. There are several measures prescribed by child psychiatrists', psychologists and counsellors to put punctuality into practice among adults as well as children.

A few of such measures are listed below.

Lead by example

Children are educated by what the grown-up is and not by his talk - Carl Jung.

The very first step to teach any socially accepted quality and behaviour to a child is 'leading by example' as children generally follow the footsteps of parents. The practice of keeping up with time cannot be instilled instantly. This should be done gradually and with patience.

Parents can explain children about how they achieve success and respect in their workspace by being punctual. This sets an example and the child learns that success and respect can be earned by being punctual.

Importance of 3P'S

Children should understand that punctuality depends on planning, preparation and persistence. Lack of the above said leads to poor punctuality. Parents should help children to plan their daily activities better. Like get them to keep their uniform and school bag ready the previous night itself. Encourage your children to wake up early to avoid last minute rush.

Consequences of being late

Teach them natural consequences of being late. Children need to understand being late has its own share of negative consequences. Explain in particular that they would miss out on wonderful opportunities by being late. Be it at home, school or even while attending a family get-together.

Reward your child

Rewards and awards work wonders with children. They are the most effective tools to help them practice punctuality. A small pat on the back or even a generous compliment encourages children to finish their tasks on time which soon becomes a habit.

Respect

Children should learn why making someone wait, irrespective of their social status is not good and considered disrespectful when you value other people's time. It is also a sign that you respect them.

Parents should cite examples of successful people who are known for their punctuality. For example, Sachin Tendulkar known as God of Cricket, was never late even for net practice when he was at the peak of his career.

Consistency

Consistency is the key when it comes to time management. Parents need to ensure children are provided with the right tools and atmosphere for maintaining time.

Give a watch/clock to your child to keep track of time taken for his activities. Teach them to note down the time they take for each activity. Using inputs help them plan a schedule for home work, studies and bed time. This practice teaches them discipline from a very young age.

The most important is,

Treat your child with respect.

The best way to get respectful treatment from your child is to treat him respectfully. You should give your child the same courtesies you would give to anyone else. Speak to them politely; respect their opinion. Pay attention to what they speak. Children treat others the way their parents treat them.

Finally, parenting is like growing up all over again. I wish all of us learn to realise the importance of bringing up children with values and attributes that enable them to be strong and confident individuals.

I wish happy parenting to all parents and happy holidays too.

Happenings @ MEC

- **November 1 - 4:** 'Kannada Rajyothsava and cultural fest and achieve it'. Academic excellence, creativity and taking pride in oneself maximizing our potential can give an edge to the present competitive world. The spirit of competition can produce better results and fetch laurels to the school. To bring in sense of competition, cultural fest along with Rajyothsava celebration was organized from 1st November to 4th November.



- **November 8 - 9:** Two days excursion was organized for Grade 6-8 students to Beluru, Halebeedu, Chikamagaluru, Mullayanagiri and Seethalayanagiri accompanied by our principal, Smt. Deepa along with teachers.



- **November 14:** Our teachers, with enthusiasm organized Children's Day and entertained children through their dance, skit and song. On this occasion, many competitions such as Fancy dress, Rangoli, and Cookery were conducted for children.

- **November 21 - 22:** To enhance the spirit of health consciousness, sports Day was organized. Individual events were conducted class wise and inter house group events were held.



- **November 29:** Geetha Jayanthi was celebrated to mark the significance of Bhagavad Gita. In morning session Bhagavad Gita's first chapter was chanted by children.
- **December 8:** Children from LKG to Grade 2 were taken to Dreamland resort. The images clicked display the fun and enjoyment of the children.



- **December 9:** Children from Grade 3 to 5 were taken to Nandigrama, Rangasthala and Muddenhalli.
- **December 11 - 12:** Math Rangoli and Math Quiz competitions were organized and the corridor of the school was filled with mathematical figures.

Maths club organized competitions and maximum children participated in it and loved the tasks given.

- **January 26:** On Republic Day, Hon. Secretary of MEC Institutions, Dr. Vidya C hoisted the national flag. It was followed by beautiful march past by the students along with the band troupe. Dr. Vidya C spoke about the day and importance of constitution. She also urged the students to inculcate the spirit of patriotism among them.
- **January 28:** Annual Day 'Srsti', a remarkable day of every academic year for which everyone in the school will be eagerly awaiting - the annual day. Our annual day's evening was blessed with the presence of Dr. T.N. Raju, director and professor of RV Management College as the chief guest. The event also had Dr. Vidya C, Secretary of MEC Institutions, Sri. Vinay. C, Joint Secretary, Sri Srinivasa Murthy, Member of Management Committee, Smt. Deepa M.S., Principal of our institution and other dignitaries.
- **February 10:** Think Room day was celebrated from Pre-Nursery to Grade 5. The Event was inaugurated by chief guest Dr. Tripati. S.K., along with Principal Smt. Deepa. M.S and Vice Principal, Smt. Jayaprabha. It was a great opportunity to the children to exhibit their class room activities.



- **February 22:** On the occasion of Saraswathi Pooja, students of Grades 6 - 10 lit the diya in the temple followed by distribution of prasadam.
- **February 23:** Students of Grade 9 & 10 were trained about the topic "let play the game of exams" by International NLP trainer Dr C.J. Jeychender.

- **February 24:** Our school had organized a farewell party for the students of Class 10 and students were asked to light the diyas to spread knowledge of light. Our Secretary Dr. Vidya .C enlightened with her motivational speech.
- **March 26:** 'Ghatikotsava' PP2 children were graduated for completing their 3 years of Kindergarten followed by sharing their future ambition. PP1 children entertained their seniors by performing dances.

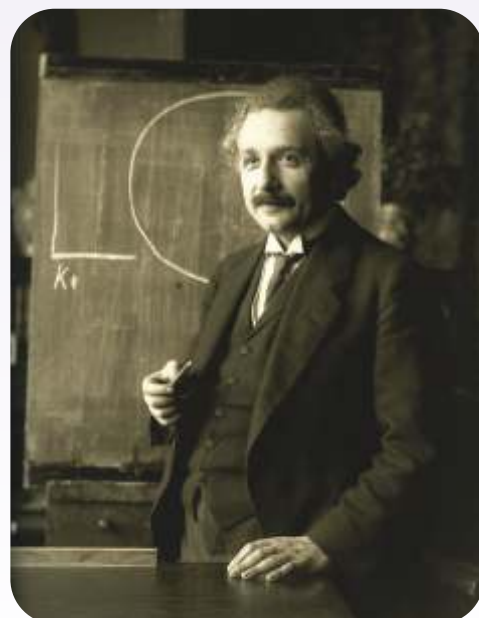
Teachers Orientation Programmes

- **November 4:** Oxford University Press had organized work shop about various skills to be improved to make teaching grammar an effective tool of learning English. This was attended by Mrs Steffy, Mrs Bhuvana, Mrs Sabeena and Mrs Ramya.
- **November 10:** Oxford University Press organized workshop on storytelling and launch of Mulberry English Course Book. This was attended by Mrs Priyadarshini and Mrs Reji.
- **January 16:** Students of Grade 9 & 10 were oriented about the importance of education by Mrs Anuradha Jayachandra, Zone director, JCI Zone XIV trained for junior children.

Famous Personalities

Albert Einstein

Albert Einstein (14 March 1879 – 18 April 1955) was a German-born theoretical physicist who developed the theory of relativity, one of the two pillars of modern physics (alongside quantum mechanics). His work is also known for its influence on the philosophy of science. He is best known by the general public for his mass–energy equivalence formula $E = mc^2$ (which has been dubbed "the world's most famous equation"). He received the 1921 Nobel Prize in Physics "for his services to theoretical physics, and especially for his discovery of the law of the photoelectric effect", a pivotal step in the evolution of quantum theory.



Farewell

When one journey ends, another begins.

On 24th of February, our school organized a farewell party for the students of Class 10. It was a memorable gift by us and our teachers. The inauguration of farewell was done by Dr. Vidya C, Secretary of MEC Institutions, and Mrs. Deepa M.S., Principal of MEC Public School (CBSE). The program began by lighting the lamp followed by the school prayer. The students of Class 10 were asked to light Diyas to spread the Knowledge of Light. Our Secretary Dr. Vidya C enlightened us by her motivational speech. The day before the program, there were few games conducted for the students of Class 10. The

winners of the games were awarded in this event. This was followed by a few students of Class 10 sharing their experience till date. To cherish the memories of those beautiful and joyful days, there was PPT presentation. The program continued with magical and comical dance performances. At last but not the least, the students of Class 9 presented a group song "Chalte-Chalte". The program ended with cutting the cake and sharing the yummy snack. Overall it was the most memorable event that anyone could enjoy.

- Harshith Sai, Ankush Hegde, Grade 9



Annual Day Report

Annual Day, a remarkable day of every academic year of which everyone in school will be eagerly waiting for. In our school, our annual day was celebrated on 28th January 2018. It was beautifully named as 'Srsti - the Annual Utsav'.

That evening was blessed with the presence Dr. T N Raju, Director and Professor of RV Management College as the Chief Guest. The event also had Dr. Vidya C, Secretary of MEC Institutions, Sri Vinay C, Joint Secretary, Sri Srinivasa Murthy, member of Management Committee, Mrs Deepa Subramanya , Principal of our Institution and other dignitaries.

The formal function began with lighting the lamp and a prayer to the Almighty to guide through. The gathering was welcomed by our Principal. The Chief Guest was introduced by Mrs. Bhuvana, followed by the annual report read by our Principal. Later, the toppers of previous academic year were honoured, many prizes were distributed along with the house champion trophy which was bagged by Kaveri House. Then Dr T N Raju was requested to address the gathering and the listeners were mesmerised by his speech. Dr Vidya C, the Secretary also addressed the gathering and the function was formally concluded with vote of thanks from Mrs. Jayaprabha, the Vice Principal of our school.

At last, it was the time to entertain the gathering by various programmes which would unfold the talents of the MECians.

The cultural programme began with a divine performance by Grade 7 students for Mahisha Mardini Stotram, followed by a cute performance of Pre Nursery children. The dance was based on the theme, "Friendship".

ಕರಕಾಲಿ ವಾದನೆ was a creative performance presented by the children of PP-1. With the urge of showing our gratitude towards various culture forms of India, we chose to perform Yakshagana, a folk art of Karnataka for the topic ಕಂಸವಧೆ from Mahabharatha. The UKG boys danced for Shiva ThandavaStuti, and the girls

were trying hard to make naughty Krishna sleep. First and second standard children danced for a medley with the theme 'friendship'. Third standard children presented a show which carried a message of saving animals. Our fourth standard students enacted a skit about the friendship of Krishna and Sudhama.

The Fifth standards came out with a dance highlighting the concept of Clean India.

The Sixth standard boys came out with an energetic performance about Lord Hanuman, whereas the girls chose to present the dance about the importance of saving the girl child.

We could not ignore the crown of India, Kashmir and so presented Kashmir dance for the song Bumbro from students of Grade 8.

Avatharas of Lord Vishnu were creatively depicted through dance by the boys of Class 9. Girls chose to dance for a medley of Kathak songs.

The girls and boys of Class 10 had put up a very effective show about the burning water problem leading to suicides of farmers.

The girls of Class 10 performed a Rajasthani dance for the song Ghoomar and the final event of the day was a medley of patriotic songs by the boys of Class 10.

No event happens overnight. The preparations roll on for weeks. The whole school worked as a team till the big day and the most magnificent part was a team of around 100 volunteers who worked hard on the Annual Day along with the teachers. I deem it a great honour to have the opportunity to thank the Management, Principal and Teachers for their guidance. It was indeed a great journey all through.

- Sudhanva Subramanya
Acharya, Grade 9





Graduation Day



The Academic Year 2017-18 for Kindergarten had the most memorable end on the mesmerizing evening of 26th of March 2018. 'Ghatikotsav' - the graduation day

hearts by their dance performance and PP2 children left everyone spellbound by sharing their ambitions and their experiences at school. The kind gesture of a few



began with the lighting of the lamp by the galaxy of intellectuals which had Dr. C.J. Jayachandar, a Psychotherapist

and a Counsellor, a certified Master Trainer in NLP, a trainer in Matrix Thinking and Memory magic, time tested and structured memory program, a brain gym practitioner



certified from Institute of Kinesiology USA, as the chief guest. Mrs. Anuradha, a certified soft skills trainer was the guest of honour. Other dignitaries included



Shri Shanmugappa, President of MEC Institutions, Dr. Vidya. C, Hon. Secretary of MEC Institutions, Shri Vinay. C, Joint Secretary of MEC

Institutions and Dr. Ganesha Bhatta, Director - Academics of MEC Institutions. The welcome speech was given by the little and cute Anika Ashraya Kulakarni. The introduction of chief guest was done by Mrs. Deepa. M. S., Principal of our school. PP1 children stole the

parents on successful parenting. All the other dignitaries showered blessings on the new graduates. The delight of the evening had the best conclusion with Vote of Thanks by Little Keertana of PP1. It was undoubtedly one of the best events MEC



has witnessed in the Academic Year 2017-18. With the bright hope of bringing out more such wonderful celebrations, the evening ended.



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