



Importance of Good Habits

Now that we are coming to the close of the academic calendar 2016-17, you are perhaps eagerly awaiting the summer vacation. This is just the reason why we should discuss the topic of good habits.

Your thoughts become your words.
Your words become your actions.
Your actions become your habits.
And your habits become your character.

The real objective of good education is to sow the seeds of good culture. Good culture becomes evident through good habits.

Acquire good habits from an early age, as a young student. A good habit will pay you rich dividends all through your life.

More importantly, it is necessary to discuss good habits before we break for summer holidays.

You may say, what are good habits from a student's perspective? So, let's start listing down and let's keep it simple.

- Wake up early. Okay, at least reasonably early. Shrug laziness. If you have slept well for 7-8 hours, get out of the bed and look forward to an active day. When you are up early, much of the day's work becomes so easy.
- Give your studies or some subject related reading at least 3-4 hours a day. Whether during school or in holidays, always stay in touch with good reading. It is

common for most students to become rusty during vacations, since they lose the habit of good reading. Even during vacation, you should ideally be spending 3-4 hours a day reading a good book (it could be a story book as well). Make sure you benefit from reading that. You could write out a list of words you learnt reading that book, so that way your vocabulary is improving too.

- 1-2 hours for daily exercise/ workout. Fitness is top

priority in today's times. You can either play your favourite sport or be at the park or gym for 1-2 hours to sweat out and stay fit.

- 1-2 hours for hobby. Most importantly, cultivate a hobby. If you already started one, persist. Else, start a new one. It could be anything - music, sport, philately or anything unusual.

A hobby keeps you occupied and takes away the negativity in thinking. Especially in later years, you will feel desolate without the accompaniment of a good hobby.

- Maintain a personal diary. Jot down the day's highlights and your thoughts without fail.

So, don't while away the precious time in your coming summer vacation. Acquire a healthy lifestyle by following a few good habits. You will feel energized once you return to school for the next academic year.

Wish You Happy Holidays!





Celebrations

- Our school observed **National Mathematics Day** on the 22nd and 23rd of December to commemorate the birthday of great Indian mathematician, Ramanujam. Young MECians showcased their talent with maths models. Maths race, Shapes in action, Ping Pong game etc. were the activities conducted by Maths Club in-charge teachers - Mrs. Anagha, Mrs. Anitha Bhat, Mrs. Veena Ravi, Mrs. Divya and Mrs. Mousumi Das. Our principal, Mrs. Chaya scrutinized the activities.
- **National Jamboree- 28th December to 4th January** - a Scout and Guide festival which was a weeklong extravaganza of adventure activities, cultural activities, fun and learning. It was an occasion where scouts and guides from all over the world gathered to meet and greet, celebrate and rejoice the true spirit of scouting and guiding. Yet another feather in the cap of MECians, as the students were a part of 17th National Jamboree, where various states and countries participated. Our students earned many badges and certificates and were under Scouts master Mrs. Sunaina's in-charge. Indeed a proud moment!
- It was a proud moment to celebrate **68th Republic Day** at our premises on 26th January 2017. The function was presided by our chief guest, Hon. Secretary of our institutions, Dr. Vidya. C, accompanied by all the heads of the institutions. The ground echoed with patriotism and students performed with full enthusiasm. The spirit of patriotism was there right from flag hoisting, to singing the national anthem and songs. The tiny tots shared the importance of the day along with students giving speech in different languages. In spite of bad weather, children performed with great zeal.
- **National Youth Day on 12th January** - This day was observed on 12th January 2017 to celebrate the birthday of a great personality Swami Vivekananda. Assembly activities were conducted. Swami Vivekananda's lectures and writings, deriving their inspiration from Indian spiritual tradition and the broad outlook of his Master Sri Ramakrishna Paramahansa, are the source of inspiration and have motivated numerous youth organizations, study circles and service projects involving the youth.
- **Da. Ra. Bendre Jayanthi** was celebrated on 31st January 2016. Da. Ra. Bendre was one of the most notable Kannada poets of the Navodaya Period. He was given the honorific Varakavi (gifted poet). Bendre was awarded the Jnanpith Award for Kannada, the highest literary honour conferred in India. Students read out their literary works and sang the compositions.
- **3rd & 4th February 2017: Thinkroom Day and Sadvidya Prabodhini** - The thinking abilities based on 4 thinking skills - Look Deep, Look Beyond, Look Around and Look Within were showcased by the students from LKG to Class V. High school displayed their talents through drama and innovative models. The thinkrooms were open for public to enjoy the activities demonstrated by the students and were appreciated by all.
- **Saraswati Pooja & Gnanadeepojwanam:** On 20th February, Pooja was organized to seek blessings from Goddess Saraswati to perform well in the examinations. A farewell for Class X students, Gnanadeepojwanam, was arranged to wish them good luck for their board examinations. Our Hon. Secretary Dr. Vidya C presided over the function and addressed the students to give their best and wished them good luck.





The Splendour of Public School Competitions

School level & Inter School level

- ISKCON drawing contest: Inter school competition winners Parnika Class IV - Golden Award, Arshiya Rahima of Class VII & Harika P of Class IX A received Silver Award.
- Student of Class 9, Anagha secured 2nd rank in the district level Mahabharatha examination. Chief guest appreciated the spirit of the young minds.
- On the 17th of February 2017, Students of Class IX attended a program organized by Fortis Hospitals in collaboration with The Hindu newspaper - Peer moderator programme. Topics like study and exam skills, aggression management, risk behavior management, media literacy and gender sensitization were covered.
- 2 Scouts of Class 8 were selected for Karnataka rounds.
- Aakash International School conducted Talent Hunt and students of Class 8 participated and certificates were given away based on their performance.
- 19th February 2017: Aeromodeling contest was organized at Hobby Fest by Hobby Master where students of Class 8 won the 1st and 2nd prizes respectively. The winners: Sunil D won a cycle and Nitin Kumar won an electronic kit.
- The Hindu in collaboration with Cello organized a handwriting competition at school level and three from the junior category have been selected as winners for city round on 4th March 2017. The winners are Siri Chandrashekar VI std, and Sinchana MH & Sanya Devaiah from Class V.



Creative Corner

LAB - TAB

Once in my chemistry lab,
I tried making a magical tab,
Through which I could turn a dog into a whale,
Or may be an elephant to a snail
I thought by making a tab like this
I could easily impress my miss
Something nasty went into my mind,
I mixed all acids I could find.
I poured water to copper sulphate,
And a pinch of salt to potassium phosphate,
Suddenly its colour changed pink,
And the solution started to stink.
When I was teased by my friends
And instead of becoming my teachers best
I got a big zero in my test.

Chawla R Reddy, Class 8 'B'

My Mom!

Mom! You are the one who is everything,
To me, the life without you is nothing,
I salute you wholeheartedly,
For teaching me many things so actively.

Your selfless love taught me many things,
That gives me potential to fly with colourful wings.
The glow in your face is unmatched,
This showed me 'Nothing is Impossible'.

You taught me to of my positives,
And subtract my negatives.
You insisted to multiply my good virtues,
And fairly divide the time and efficiently use.

In this filmy life, you are only friend,
Without you there is no 'climax' or 'the end'.
Your cute smile and eyes with powerful light,
Prepare me for every fierce fight.

By Dhanyata P J, Class IX 'A'





Our Earth

The Blue sea
is good to see.
On the green land
It is good to stand
A clear sky
Is best to fly
A delicious meal
To relish is ideal
Our marvellous Earth
Is always filled,
With laughter and love
Of people who live.

M Arshiya Rahima, Class VII

Sports & Games

Games and sports are not only important for success in every walk of our life. Games and sports include all outdoor and indoor games and also athletics. In ancient Greece, they formed the principal part of education. In the advanced countries of the present day also they are a regular feature of the school and college curriculum. Games and sports may be of various kinds. Apart from spending time on different activities at school or college, students can practise events like discus throw and javelin throw and thus pass their afternoon in useful activities. They may play various games like football, cricket, volleyball, basketball, badminton etc. School and college games are annual affairs. It is an important part of a student's life. The importance of games can never be minimized. All the games foster team spirit among the participants and make them disciplined.

Sucharitha B, Class V

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ಅಮ್ಮ ಅಮ್ಮ ಅಮ್ಮ

ನನ್ನ ತೋಳಿಗೆ ರೆಕ್ಕೆ ಹಚ್ಚು,
ಸೊಂಟಕ್ಕೆ ಬೆಳ್ಳಿ ಪಟ್ಟಿ ಪಟ್ಟಿ ಕಟ್ಟಿ
ರೆಕ್ಕೆ ಪುಕ್ಕ ಚುಚ್ಚೋ.

ಹಾರುತ್ತೇನೆ ಹಾರುತ್ತೇನೆ
ಹಾರುತ್ತೇನೆ ಹಾರುತ್ತೇನೆ

ತೆಂಗಿನ ಮರಕ್ಕು ಮೇಲೆ
ತೆಂಗಿನ ಮರಕ್ಕು ಮೇಲೆ

ಅಮ್ಮ ನೀನು ಜಗಲಿ ಮೇಲೆ
ನಿಂತೆ ಟಾಟಾ ಹೇಳಿ
ಅಮ್ಮ ನೀನು ಜಗಲಿ ಮೇಲೆ
ನಿಂತೆ ಟಾಟಾ ಹೇಳಿ

ಪವನಕುಮಾರ,
Class VI



ಕನ್ನಡದ ಕಂದ

ಒಮ್ಮೆ ನೀ ಮಾತಾಡು ಕನ್ನಡವ ಕಂದ
ಕನ್ನಡಿಗರೆಲ್ಲಾ ಧಾವಿಸುವ ಚಂದ
ನಾಡು ಯಾವುದಾದರೇನಂತೆ
ಆವರು ಹೇಗಿದ್ದರೇನಂತೆ
ಕನ್ನಡವ ಪೂಜಿಸು ಕವಿ ಕೋಗಿಲೆಯಾಗಿ
ಆಗ ನೋಡು ಕನ್ನಡದ ಸೊಬಗಿನ ಚಿಂದ
ಕನ್ನಡ ತಾಯಿಯ ನೆಲದಲ್ಲಿ ಬದುಕುವ ನೀನು
ಯಾವ ತಾಯಿಯ ಮಗನಾದರೇನು
ಮಕ್ಕಳೇ ಮರೆತರೆ ತಾಯಿ ಮಮತೆಯ
ದತ್ತು ಪುತ್ರರೇನು ಬಂದು ಕಾಪಾಡುವರೇ
ಕವಿಗಳಾ ತವರೂರು
ಕಲೆಗಳಾ ನೆಲೆಬೀಡು
ಕನ್ನಡಿಗನಾಗಿರು ಕನ್ನಡವ ಮರೆಯದಿರು
ಅದೇ ಕನ್ನಡಕೆ ನೀ ಕೊಟ್ಟ ದೊಡ್ಡ ಕಾಣಿಕೆ

ದರ್ಶನ್ ಪಿ ಜಿ, Class IX 'A'

Parent & Child Communication

Keys to Successful Parenting

It is the gentle and loving guidance that keeps kids on the right path offered in a positive way and resists any temptation to be punitive. Parenting is the most important job and its key consists in our ability to discipline the little persons in a way that teachers' responsibility by motivating them internally to build their self-esteem and make them feel loved.



- **Use Genuine Encounter Moments (GEMS):** In our fast and furious world, we are quite busy with many things, and our time with children may not be of high quality. They speak to us on many things and often we pretend to be listening. So give something with full focused attention to our citizens. If you do not give these GEMS to your children, they will start acting out and misbehaving. Negative attention is better than being ignored. Pay special attention to the child's emotional needs and validate them instead of denying them.
- **Use action not words:** Statistics say that we make over 2000 compliance commands, or request a day to our children!

No wonder our children become 'parent deaf'. Instead of nagging or yelling we should ourselves ask our children "what action could I take?"

- **Give children appropriate ways to feel powerful:** If you don't empower your children in an appropriate way, they will find inappropriate ways to feel their power and express it in a negative way. Some appropriate ways of making them feel powerful and valuable are, to ask their advice, give them choices, and let them help you shop. Often we do the job for them because we can do it with less hassle, but the result is they feel unimportant.
- **Use natural consequences:** If we interfere when we don't need to, we rob children of the chance to learn from consequences of their actions. By allowing consequences to do the talking, we avoid disturbing our relationship with children by our nagging or reminding them too much.
- **Withdraw from conflict:** If your child is testing you through a temper tantrum, or is angry or speaking disrespectfully to you, it is best if you leave the room or tell the child you will be in the next room, if he/she wants to "try again". Do not behave in anger or defeat.
- **Separate the deed from the doer:** Never tell a child that he/she is bad. That tears his self-esteem. Help your child recognize that it isn't that you don't like him/her but it the behavior that you are unwilling to tolerate. In order for a child to have healthy self-esteem, he/she must know that he/she is loved unconditionally, no matter what they do.
- **Be kind and firm at the same time:** If you are only kind and not firm, your child will take advantage of you. If you are too firm and hard, the child may be intimidated. So the golden rule is : Be kind and firm at the same time.
- **Be consistent, follow through:** If you have made an agreement with your child, do not break it. This is two-way traffic. Please fulfill the promises that you make. If you easily give in to children's pleadings and demands you will be a weaker parent. On the other hand , your child will learn to respect you more if you mean what you say.

(Article is Adapted from Pallikuttam Magazine's Article - January Issue.)

Teachers' Corner

ಬಾಲ್ಯದಿನದ ಆ ಕ್ಷಣ

ನಮ್ಮ ಬಾಲ್ಯದ ದಿನಗಳನ್ನು ಕಳೆದುದು ಅಮೂಲ್ಯ ಕ್ಷಣಗಳು, ಮಧುರ ನೆನಪುಗಳು, ನಮ್ಮನ್ನು ಸದಾ ಕಾಡುತ್ತಿರುತ್ತದೆ. ಕೆಲವೊಮ್ಮೆ ಆ ಕ್ಷಣಗಳು ಕಹಿಯ ನೆನಪುಗಳನ್ನು ಮೂಡಿಸಿದರೆ, ಸಿಹಿಯ ನೆನಪುಗಳನ್ನು ಮೂಡಿಸದೆ ಇರಲಾರದು. ಇಂತಹ ನೆನಪಿನ ಅಂಗಳದಿಂದ ನನ್ನ ಬಾಲ್ಯದಿಂದ ಆರಿಸಿ ಬಂದ ಆ ಕ್ಷಣ. ನನ್ನ ತಾಲಾ ದಿನದಲ್ಲಿ, ಕರ್ನಾಟಕ ಕಂಡ ಹೆಮ್ಮೆಯ ಕವಿ.ಜಿ.ಪಿ. ರಾಜರತ್ನಂ ಅವರು ಕೆಲವೊಮ್ಮೆ ಬಂದು ತಮ್ಮ ಅಮೂಲ್ಯ ಕ್ಷಣಗಳನ್ನು ನಮ್ಮ ಜೊತೆಗೆ ಕಳೆದ ಹೊತ್ತು ನಾನು ಇಂದಿಗೂ ಮರೆಯಲಾರೆ. ಅಂದು ಅವರಾಡಿದ ಮಾತುಗಳು WATCH ಎನ್ನುವ ಸೂಕ್ಷ್ಮ ವಿಷಯವನ್ನು ಬಿಡಿಸಿ ಹೇಳಿದ ಪಂ.ಇಂತಹ ಹತ್ತು ಹಲವು ನೆನಪುಗಳನ್ನು ನಿಮ್ಮನ್ನು ಕಾಡದೆ ಇರಲಾರವು.



Mr. ಡಿ ಚಂದ್ರಶೇಖರ್, ಸಹ ಶಿಕ್ಷಕ

ಓಂದೆ ತಾಂಬಯಿನ್ನು ಮರೆಯಬೇಡಿ

- ಭೂಮಿಗಿಂತ ದೊಡ್ಡವರು ತಾಯಿ, ಬಾನಿಗಿಂತ ದೊಡ್ಡವರು ತಂದೆ.
- ಹೆತ್ತು, ಹೊತ್ತು ಬೆಳೆಸಿದ ತಂದೆ, ತಾಯಿಯರ ಮುಂದೆ ಬೇರೆಲ್ಲವೂ ಅಲ್ಲ
- ಪುಣ್ಯ ಸಂಪಾದನೆಗೆ ಪೂಜೆ ಮಾಡುವುದೂ ಅಲ್ಲ, ನದಿಯಲ್ಲಿ ಸ್ನಾನ ಮಾಡುವುದು ಅಲ್ಲ, ತಂದೆ ತಾಯಿಯರ ಕಣ್ಣಲ್ಲಿ ನೀರು ತರಿಸದಿರುವುದೇ ಪುಣ್ಯ
- ತಮ್ಮ ಪಾಲಿನ ತುತ್ತನ್ನು ನಿಮಗೆ ತಿನ್ನಿಸಿ ದೊಡ್ಡವರನ್ನಾಗಿ ಮಾಡಿದ್ದಾರೆ. ಈ ಅಮೃತ ನೀಡಿದವರ ಮುಂದೆ ವಿಷ ಕಕ್ಕಬೇಡಿ.
- ನಿಮ್ಮ ಬದುಕಿನ ದಾರಿಯಲ್ಲಿ ಅವರು ಪ್ರೀತಿಯಿಂದ ಹೂವುಗಳನ್ನು ಹಾಸಿದ್ದಾರೆ. ಈ ರೀತಿ ಪ್ರೀತಿಸಿದವರ ದಾರಿಯಲ್ಲಿ ನೀವು ಎಂದಿಗೂ ಮುಳುಗಬೇಡಿ.
- ತೇವಾಂಶದ ಸ್ಥಳದಲ್ಲಿ ತಾವು ಮಲಗಿ, ಒಣಗಿರುವ ಜಾಗದಲ್ಲಿ ನಿಮ್ಮನ್ನು ಮಲಗಿಸಿದ್ದಾರೆ. ಇಂತಹ ಅಮೂಲ್ಯರಾದವರ ಕಣ್ಣುಗಳನ್ನು ಅಪ್ಪಿತಪ್ಪಿಯೂ ತೇವ ಮಾಡಬೇಡಿ.
- ನಿಮ್ಮನ್ನು ಬಹಳವಾಗಿ ಪ್ರೀತಿಸಿದ್ದಾರೆ. ನಿಮ್ಮ ಸಕಲ ಅವಶ್ಯಕತೆಗಳನ್ನು ಪೂರೈಸಿದ್ದಾರೆ. ಈ ರೀತಿ ಪ್ರೀತಿಸಿದವರನ್ನು ಸದಾ ಕಾಲ ಪ್ರೀತಿಸಲು ಮರೆಯಬೇಡಿ.
- ಈವರೆಗೂ ಸಾಧಿಸಿರುವುದು ಸಾವಿವೆಕಾಳಿನಷ್ಟು, ಸಾಧನೇ ಮಾಡಬೇಕಾಗಿರುವುದು ಬೂದಕುಂಬಳದಷ್ಟು, ಇರುವ ಸಮಯ ಸಾವಿವೆಕಾಳಿನಷ್ಟು ಕಳೆದು ಹೋದ ಸಮಯ ಬೂದಕುಂಬಳದಷ್ಟು.
- ಉಪಕಾರ ಅಪರಿತಮಿತವಾದುದು. ಇದನ್ನು ಯಾವತ್ತೂ ಮರೆಯಬೇಡಿ.



ವಿದ್ಯಾ ಬಿ ಎ, Clerk

Books

Books are a treasure,
Their worth we cannot measure.
They are so knowledgeable,
On which we are dependable.
A poet has rightly said, 'Books are forever friends,
Their bond with us never ends'.
Very true indeed...
As they help us come out from our sorrow,
They are in our library to borrow.
A book contains all that you want...
Information, poems, stories that haunt.
Some are printed, some are written with ink,
Children like colourful books - blue, red, green and pink.
But now that craze to read books has faded away,
I wish a miracle happens to bring back those days.
An apple a day keeps the doctor away,
But a book refreshes your mind for a month, a week and a day.

Mrs. Noorunnisa, Librarian

Does Your Child Keep A Journal/Diary?

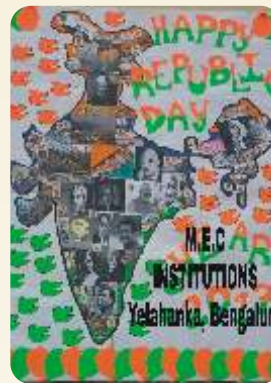
There are many advantages to this habit. The fast pace at which we lead our lives offers us no time to ruminate on our actions and their consequences. But by keeping a diary, your child is forced to sit down and confront his/her actions. In addition, solutions to problems also often become apparent when the problems are in black and white. A journal also encourages you to write about your goals and aspirations, and helps to keep you focused. Although your child may be too young to have career aspirations as yet, the future is nearer than you think. Keeping a journal is a life-long habit which is often started in childhood. So, ten years down the line, your child will be able to see things a lot more clearly after writing them down.

Various survey results show that people who write down their goals are much more likely to achieve them than those who don't. So one of the best things you would be teaching your child would be to write down his goals at every stage of life. There are many people who simply stumble through life without plan. A few of these people strike it lucky, most of them don't. Others have a vague idea of what they want to do, and strive towards it in a general fashion. They are moderately successful. But those who write down their goals step-by-step are the ones who are most likely to shine. Encouraging your child to write a journal is a step in the right direction.

Collection by
Mrs. Priyadarshini, Asst. Teacher



Art In Action



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Inspired to Educate

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