



## Have a SMART Goal



As you go from one class to the next, your teachers will tell you that you should take more responsibility for your performance in the class and in your exams. Taking responsibility means you need to be more organized in all aspects. That includes managing your subjects and your time.

Planning your work starts with a goal. Every journey has a destination. Similarly, every subject or a chapter in a book will have a goal. You too should have goals - goals for every subject, and also bigger goals for your pursuits in education.

Let us now bring the focus on setting goals. Your first question will be what is a goal or how to set a goal. The simple answer is "The goal should be SMART!" Let us elaborate what it means. SMART is an acronym (meaning short form) of the following qualities:

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound

A goal should be specific. You should be able to say I want to be perfect in this particular chapter.

The goal should be measurable. They say what cannot be measured cannot be managed. Someone should be able to say this student has 90% competence in this subject.

The goal should be attainable. There is no point having goals that are hard to achieve. Neither should the goal be very easy to achieve nor very tough to reach.

The goal should be realistic in terms of scope and reachability.

Every goal should have a time-frame. One has to cover so much syllabus within a definite time-frame.

Goal setting becomes easier with practice. Once you start setting goals and achieving them, you will inspire yourself towards higher goals. That is when you start challenging yourself to achieve goals that are out of the ordinary. And once this activity becomes a habit, you have put yourself into a self-propelled path of high potential achievement.

That is the purpose of true education, to transform you as an empowered student, for life.

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## Principal's Message

**"It is easier to build strong children than to repair broken men."**

A few months ago a couple visited me for admission of a child aged around 8 years in our school. They handed me the report card of the child from the previous school which stated that the child was with 'B' grade and needs improvement in studies. Our entrance test paper, however, revealed a bright child with good observation skills, little anxiety, hesitation and confusion, A very normal mental state of any child at the age of 8 who writes any test in a new environment. On further discussion, I was dismayed when I realised the parents were on the opposite sides about the child and his challenges. The mother strongly felt that the child has some difficulty; the father felt that he was simply playful. It was heart breaking to observe how two 'individuals' with complete disharmony between each other, and a strong drive to 'win over another' were totally shattering the innate potential of the child by probably not giving him much attention and love.

This incident triggered my thoughts and made me think really deep about a few aspects of parenting which help us build an emotionally strong child by being better parents. I wondered about "How to be a better parent? How to uncover the innate talents of children effortlessly and make them feel the unconditional love which would make them stronger individuals - physically as well as emotionally?"

**"There is no such thing as a perfect parent. So just be the real one."**

Parenting is a beautiful spiritual journey. The journey commences on the day two individuals decide to begin the journey. Through the years the divine role of a parent will transform you into a better human being and that is a spiritual progress in itself. Today's parents are extremely sensitive to the various materialistic and physical needs of the little ones and mostly ignore their emotional and spiritual needs. Studies have proven that love promotes health, physical as well as emotional. Unconditional love is probably the only mantra that parents need to believe in. Though there are various ways of expressing unconditional love, a hug a day is still the best way to convey the warmth of love.

**"Hug your children every day to tell them that you love them."**

Hugs help in growth: Hugs play an important role in the emotional and spiritual growth of the child. Studies show that hugging can instantly boost the level of oxytocin. When oxytocin is increased, several growth hormones are increased as well. They increase the immune system which lowers the plasma levels of thyroid hormones causing wounds to heal faster.

Hugs can stop 'temper tantrums': Children throwing tantrums are like a runaway car. They are extremely aroused while the calming mechanism is disengaged. The best calming mechanism to an aroused child is a 'bear hug'. Embracing your child sends him / her a silent non-verbal strong message that he is loved, and accepted unconditionally. Love should not be 'earned' by a child It should be given unconditionally so that the child knows he/she is loved and valued just the way he/she is.

Hugging your child from the time she is born lays a strong emotional foundation for the child. At birth, the nervous system of a child is not mature enough to regulate big emotions by itself. This makes them extra sensitive sometimes and they have hard time stopping crying for simple reasons. Crying is a primal response to distress right from birth. It is the only communication that infants know and use to communicate their needs. As they grow, they cleverly learn how to use tears to express themselves. Some children however cry a lot more than others do. Crying at times is good, it helps the child release a lot of built up stress and frustration. During their melt down moments, your child needs to know you are there for him. Reach out and hug him. This sets a positive tone to the discipline process. Once the child feels little more relaxed and settled, the child can be told on what went wrong and how he/she can regulate his/her anger and behave sensitively the next time.

'A hug is like an immunization shot. It protects our children in building a strong emotional immunity when handling challenges, experiences and situations, which might not be going their way. 'The simple act of hugging your young one' is actually an investment which has returns that are long term and live long. Hugs increase trust, reduce fear and improve relationships. Hugging promotes 'secure attachment and improves parent-child bonding'.

- Hazel Siromoni

**'Hugs create smarter kids'**

Go give your children a big gentle hug now and give them a gift of hug benefits.

Happy parenting.



### Famous Personality

**Sarvepalli Radhakrishnan** (5 September 1888 – 17 April 1975) was an Indian philosopher and statesman who was the first Vice President of India (1952–1962) and the second President of India from 1962 to 1967.

One of India's most distinguished 20<sup>th</sup> Century scholars of comparative religion and philosophy, his academic appointments included professor of Philosophy at the University of Mysore (1918-1921), the King George V Chair of Mental and Moral Science at the University of Calcutta (1921–1932) and Spalding Professor of Eastern Religion and Ethics at University of Oxford (1936–1952).

His philosophy was grounded in Advaita Vedanta, reinterpreting this tradition for a contemporary understanding. He defended Hinduism against "uninformed Western criticism", contributing to the formation of contemporary Hindu identity. He has been influential in shaping the understanding of Hinduism, both in India and the West, and earned a reputation as a bridge-builder between India and the West.

His birthday is fondly celebrated as the Teachers' Day, as a respect to one of India's greatest teachers.

यद्यदाचरति श्रेष्ठः तत्तदेवेतरो जनः ।

# Happenings @ MEC

## May 26-28, 2018 - Teachers' Enrichment Programme

Teachers' enrichment programme was held for 3 days during May 26-28, 2018 for teaching faculty of MEC Public School. Mr. Sandeep and Mrs. Padmashree were the resource persons.

The programme was very informative and effective. They motivated and encouraged teachers by giving examples of great personalities, which was very much essential while dealing with the difficulties and challenges of life. During this session, they conducted activities which were effective and interesting. They also explained how to uphold ethics and values of one's profession and how a teacher can succeed as the best teacher. Further, they explained about the pivotal role of yoga and healthy food in maintaining good mental health and physical health.

## June 5, 2018 - World Environment Day

World Environment Day was celebrated on 5<sup>th</sup> June to create awareness about importance of protection of environment. The theme "Beat Plastic Pollution" was presented through collage, skit, song and a speech.

## June 15, 2018 - Inauguration of Clubs



The inauguration of the clubs at MEC Public School (CBSE), marked another important day of the year 2018-19. The day bloomed with the invocation and by lighting the candle by the

dignitaries, Dr. Vidya C, Hon. Secretary, Ms. Deepa, Principal, and Ms. Jayaprabha, Vice Principal of MEC Public School (CBSE).

Totally there are 7 clubs. They are:

**Arts Club:** The intention of arts club is to develop children's creative skills. It provides the right platform to showcase their talents in various fields like dancing, acting, singing, drawing, etc., organizing various competitions, annual functions, internal celebrations and cultural programmes in the school.

**Humanity Club:** Humanity Club helps children to make sense of their lives and their world. It connects diverse ideas and themes across academic disciplines. Students learn to better reason and analyze, and to improve their ability to communicate their knowledge, creativity and ideas.

**Math Club:** The intention of Math Club is to promote students' level of Math skills and knowledge. This will be achieved by using games, activities and mock competitions.

**Science Club:** The objective of Science Club is to develop the interest of students in the sciences and make use of their skills and talents related to science.

**Sadbhavana Club:** The Sadbhavana Club pays attention to students' well-being and all-round development. It provides ample opportunity for the students to expand their skills and further support them to step into new and unexplored areas i.e., self-augmentation.

**Literary Club:** The aim of the Literary club is to develop self-efficacy and confidence among students. It also helps to enhance the general knowledge. It works towards supporting students in the disciplines of writing and speaking by conducting events that are both instructional and enjoyable.

**Techno Club:** The goal of Techno Club is to promote education and interest in computer science fields. Further, it connects students and gives them an opportunity to share their interests among themselves.

The teachers and students of the respective clubs described the objectives of the same.

Dr. Vidya C, Hon. Secretary, addressed the gathering by an effective and meaningful speech about the importance and role of the each club. Her speech motivated everyone to give the best towards work and also to work together for the development of this esteemed institution. The programme was concluded with National Anthem.

## June 21, 2018 International Yoga Day

International Yoga Day was celebrated in our school on 21<sup>st</sup> June. The event had Sri J Thirvikrama as the guest speaker and children had an amazing experience when they were guided about simple meditation techniques by the guest speaker.



## July 12, 2018:

## Founders' Day - Investiture Ceremony

Founders' Day is celebrated to remember our beloved founders, Smt. Vishalakshamma and Sri. N Chandrashekar, who dedicated their lives to build this esteemed institution.

They inspire each of us to realise our goals and to achieve them. Founders' Day was organised at Vishalakshamma a Kreedangana on 12<sup>th</sup> July 2018.



न वंशवृक्षेषु फलन्ति द्राक्षाः ।





It was a pleasure to watch the march past from the high school students along with the band t r o u p e . Investiture ceremony was also held on the same day. MEC

Public School (CBSE) was privileged to have Smt. Jayalakshmi Patil, theatre artist, writer and a social worker as Chief Guest. Dr. Vidya C, Hon. Secretary of our institution, and Dr. H. S. Ganesh Bhatta, Director (Academics), MEC Public School (CBSE), attended the ceremony.

Shaan Devaiah of Class X and Ranjana Rajesh of Class IX were bestowed as the Student Council Captains. The house captains, the sports captains and all the other members of the student council were given sash and badges by the dignitaries. Mrs. Deepa, Principal, administered the oath to the student council.

Smt. Jayalakshmi Patil, Dr. Vidya C. and Dr. H. S. Ganesh Bhatta congratulated the elected student council and gave inspiring speeches on the importance of the day. The ceremony was concluded with the national anthem.

## July 27, 2018 - Guru Poornima Day

अज्ञान तिमिरान्धस्य ज्ञानाञ्जन शलाकया ।  
इक्षुर्गुण्मीलितं येन तस्मै श्री गुरवे नमः ॥



Guru means the one who removes our ignorance. Guru Poornima is a day celebrated to realise the importance of guru in the life of every individual. To enlighten our students about guru and traditions of India, we celebrated Guru Poornima Day as ethnic day in our school. Vidwaan Balakrishna Bhat, the guest speaker of the day and a great scholar in Sanskrit, blessed us all by his valuable words of guidance and enlightenment.

## गुरुपೂರ್णिमा

ಆಷಾಢ ಶುದ್ಧ ಪೂರ್ಣಿಮೆಯ ದಿನವಾದ ಶುಕ್ರವಾರದಂದು ವಿದ್ಯಾಲಯದವತಿಯಿಂದ ಗುರುಪೂರ್ಣಿಮಾ ಹಾಗೂ ಗುರುವಂದನಾ ಕಾರ್ಯಕ್ರಮವನ್ನು ನೆರವೇರಿಸಲಾಯಿತು.

ಆಚಾರ್ಯರಾದ ಶ್ರೀ ಬಾಲಕೃಷ್ಣ ಭಟ್ಟರು ಮುಖ್ಯ ಅಭ್ಯಾಗತರಾಗಿ ಆಗಮಿಸಿ ಗುರುಪೂರ್ಣಿಮೆಯ ಮಹತ್ವ ಹಾಗೂ ಗುರುವಿನ ಮಹತ್ವವನ್ನು ಸವಿವರವಾಗಿ ವರ್ಣಿಸಿದರು. ಶಾಲಾಮಕ್ಕಳಿಂದ ಕಿರುನಾಟಕ ಪ್ರದರ್ಶಿಸಲ್ಪಟ್ಟಿತು. ಕಾರ್ಯದರ್ಶಿಗಳಾದ ಡಾ. ವಿದ್ಯಾ. ಸಿ ಅವರು ಮುಖ್ಯ ಅತಿಥಿಗಳಾಗಿ ಆಗಮಿಸಿದ್ದರು ಮತ್ತು ಮುಖ್ಯಾತಿಥಿಗಳನ್ನು ಕರೆತಂದ ಸುಬ್ರಹ್ಮಣ್ಯ ಆಚಾರ್ಯರವರು, ಪ್ರಾಂಶುಪಾಲರಾದ ಶ್ರೀಮತಿ ದೀಪಾರವರು ಹಾಗೂ ಶಿಕ್ಷಕವೃಂದದವರು ಕಾರ್ಯಕ್ರಮದಲ್ಲಿ ಉಪಸ್ಥಿತರಿದ್ದರು.

## Teachers' Corner

आर्यभट: (४७६-५५०)

आर्यभट: एक: महान गणितज्ञ: , ज्योतिर्विद: च आसीत्। क्रि.श. ४७६तमे वर्षे पाटलीपुत्रनगरे (पाटना) जात: आर्यभट:। यदा स: त्रयोविंशतिवर्षीय: तदा स: आर्यभटीयम् अलिखत्। केषाञ्चन वर्षाणाम अनन्तरं स: आर्यभटीयं सिद्धांतम् अलिखत्। एष: स्वस्य २३ तमे वयसि ज्योतिरशास्त्रस्य सिद्धांतप्रतिपादकं श्रेष्ठं ग्रन्थं रचितवान् आसीत्।

आर्यभटीयग्रन्थे महासंख्या: अपि संज्ञारूपेण कथं संग्रहेण लेखनीया: इति विषय: ,वर्ग घनमूल त्रिभुजादि गणितविषया: , कालविभाग: नक्षत्रगति दिनरात्र्यादि विषया: चापि विवृता: सन्ति । गृहाणां गणनार्थं आर्यशताष्टकं लिखितवान् । अस्मिन् ग्रन्थे गणितज्योतिषविषययो: विषया: सूपादिता: । अत: भगवन्तं स्वयम्भुवम् अमलैस्तपोभिराराधयामास ।

Raghavendra  
Sanskrit Teacher

## Awakened Citizen Programme (ACP)

Ramakrishna Mission, New Delhi, developed a unique programme titled "Awakened Citizen Programme", which is a deserved idea of education that makes and builds character among children to realize their own intrinsic potential and greatness. The content of the ACP is reviewed by the Central Board of Secondary Education (CBSE). MEC Public School (CBSE) has taken a step forward to inculcate this unique programme in the students of our school.

Ramakrishna Mission, Delhi conducted a 2-day training programme for school teachers. Facilitation materials such as CD's, Manuals, etc., were also provided. Mrs. Vasantha Kumari and Smt. Dr. Navya S. of MEC Public School were trained by Ramakrishna Mission, New Delhi.

Dr. Navya S,  
Special Educator

## ತಾಳ್ಮೆ - ಕಿರುಲೇಖನ

“ತಾಯಿ” ಎಂಬ ಪದಕ್ಕೆ ಈ ಜಗತ್ತಿನಲ್ಲಿ ಎಷ್ಟು ಮೌಲ್ಯವಿದೆಯೋ ಅಷ್ಟೇ ಮಹತ್ವ ತಾಳ್ಮೆ ಪಡೆದಿದೆ. “ತಾಳಿದವನು ಬಾಳಿಯಾನು” ಎಂಬ ಪದವನ್ನು ಹಿರಿಯರು ಇದಕ್ಕೆ ಹೇಳಿರಬೇಕು.

ತಾಳ್ಮೆ ಎಂಬುದು ಕೆಲವರಲ್ಲಿ ಬಾಲ್ಯದಲ್ಲೇ ರಕ್ತಗತವಾಗಿ ಬೆಳೆದುಬಂದಿದ್ದರೆ ಇನ್ನೂ ಕೆಲವರಲ್ಲಿ ಜೀವನದ ಅನುಭವದ ಪಾಠವೇ ತಳೆಗೆಹೊಂದಿಕೊಳ್ಳುವಂತೆ ಮಾಡುತ್ತದೆ. ತಾಳ್ಮೆ ಪದಕ್ಕೆ ವಿಶಾಲವಾದ ಮೌಲ್ಯದೊರಕಿದೆ. ಮಾನವನನ್ನು ಇಕ್ಕಟ್ಟಿನಿಂದ ಹೊರಬರಲು, ಆತನನ್ನು ಕೆಲಮೊಮ್ಮೆ ಸಿಕ್ಕಿಸಲೂ ಸಹ ಇದು ಕಾರಣವಾಗಬಹುದು.

ಕೆಲವೊಂದು ಬಾರಿ ಕೆಲವು ಸನ್ನಿವೇಶಗಳಲ್ಲಿ ವಿಪರೀತವಾದ ತಾಳ್ಮೆಯ ಸ್ವಭಾವವು ಮಾನವನಿಗೆ ಮುಳುವಾಗಬಲ್ಲದು. ಅಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ಆತ ಅಂದಿನ ಸನ್ನಿವೇಶಗಳನ್ನು ಪರಿಹರಿಸಿಕೊಂಡು ಸಂದರ್ಭಕ್ಕೆ ಹೊಂದಿಕೊಂಡು ಮುಂದುವರಿದು ನಿಭಾಯಿಸಿದರೆ ಅಂತಹ ಸನ್ನಿವೇಶಗಳು ಹುಗುರವೆನಿಸುವುದು.

ತಾಳ್ಮೆ ಮಾನವನ ಸಹಸಂಬಂಧಗಳನ್ನು ಪರಿಣಾಮಕಾರಿಯಾಗಿ ಕೂಡಿಸುವಲ್ಲಿ ಸಹಕರಿಸುವುದು. ಆನೇಕ ಮಹಾತ್ಮರು ಅವರ ಜೀವನದ ಹೋರಾಟದಲ್ಲಿ ಬಂದ ಸಂಕಟಗಳನ್ನು ನಿಭಾಯಿಸುವಾಗ ಈಗುವನ್ನೇ ರೂಢಿಸಿಕೊಂಡು ಜಗತ್ತಿಗೆ ಮಾದರಿಯಾಗಿದ್ದಾರೆ. ಕೆಲವೊಂದು ಬಾರಿ ಒತ್ತಡಗಳು ಸಹಜ. ಅಂತಹ ಸಂದರ್ಭಗಳಲ್ಲಿ ಸಹನೆಯ ಸ್ವಭಾವವೇ ಸಂಕಷ್ಟಗಳ ಪರಿಹಾರಕ್ಕೂ ರಾಮಬಾಣದಂತಿದೆ.

‘ತಾಳ್ಮೆ ಎಂಬುದು ತಪಸ್ಸಿನಂತೆ’.

ಡಿ. ಚಂದ್ರಶೇಖರ

## Kids Corner

### My Hero - Dad

My Dad  
Never makes me sad  
From heart gild  
Never wild  
Left me flee  
To feel free  
Never flayed  
Always played  
Never mad or cad  
Always a honest man  
Taught me spell  
Very well  
Kept me as a gold  
Taught to be bold  
We are your world  
That's the reason you scold  
Never left me fade  
Strong you made  
Made me grow  
Grow and glow  
Is my pride  
Has his chest wide  
Shows the way to triumph  
And rescues me from disasters  
You are my king

You gave me wings  
Love you more & more  
To the heart's core

Trupthi B M, IX

## UKG

### Skip Counting Activity

In skip counting kids learn holding the exact numbers and announcing it with full confidence.

### Activity on 'sh' sound words

In 'sh' sound words, kids learn the phonics and sound of 'sh' sound and can identify most of the 'sh' words and sound the same.

### My Family

Identification of my family is very joyous for children as they can easily make out which family type they belong to and start loving the concept of nuclear and joint family.

## LKG

### Numeral Identification

Learning numbers is always fun and learning it with flash cards excites them more in the process. Showing them 1 to 5 and putting up one finger on numeral one and so on makes them very clear with numerals and identification.

### Body Parts

Sticking of body parts is a fun for kids as they easily know the places of each body part and enjoy doing the activity with a deep discussion with their peer group.

### Story - English: Neha who says 'No'-

Activity on story by a dramatic performance by teacher and students. So now story becomes more of fun along with learning.

## Independence Day Celebration

We celebrated the 72<sup>nd</sup> Independence Day on 15<sup>th</sup> August 2018 with high enthusiasm to pay homage to our legendary freedom fighters, who sacrificed their lives for our motherland. The national flag was hoisted by the Chief Guest, Dr. H. S. Ganesha Bhatta, Director (Academics), MEC Public School, Dr. Vidya C., Secretary, MEC Public School and Principal of our school. After flag hoisting ceremony, Chief Guest addressed gathering with impressive and powerful speech. Students sang national songs and some performed dance. Independence Day motivated us to love our country and be forever willing to sacrifice our lives for its honour and integrity.

## Upcoming Events

विद्याधनं सर्वधनप्रधानम् ।



Rachana I S, VI B



K Chandrasekar, IX A

- Techno Club Activity
- Teachers' Day Celebrations by Students
- Hindi Saptah, Hindi Divas and Hindi Club Activity
- Cultural Fest



परोपकारार्थमिदं शरीरम्।



## TINY TOTS IN ACTION



Tricolour Activity



Motor Skills



Making of Paper Balls



Paper Collage



Sorting Numbers



Sorting Alphabets



Shape Activity



Fun With Colouring  
गतः कालो न पुनरायाति ।



Celebration of Independence Day



## MECians in Action



#12, 9<sup>th</sup> 'A' Cross, New Town, Yelahanka,  
Bangalore - 560 064 Tel: 88804 41441  
Email: principal@cbse-mec.in, info@cbse-mec.in  
Website: www.cbse-mec.in, www.mec-edu.in

शीलं सर्वत्र वै धनम् ।