



learning and growth. They once again enthralled the audience with a collective Bhagavad Gita chanting, followed by a touching segment where the children shared their dreams for the future — aspiring to become doctors, engineers, teachers, pilots and more. This moment reflected the spark of ambition and imagination blooming in each child.

The celebration concluded on an inspiring note with words of wisdom and appreciation from the dignitaries, who commended the efforts of the teachers, parents, and students. Their encouraging messages instilled pride and motivation in everyone present.

Ghatikotsava 2025 was a day of joy, achievement, and hope — a beautiful farewell to the foundation years and a stepping stone toward a bright and promising future.



Abhirami, X Std

## What to Eat in Summer

With each passing year, it seems like summers are getting harder to get through. Some people have the feeling only they are feeling down and not the others. Rest assured, tropical summer saps the energy of all beings. Just that some bear the heat and the humidity more than the rest.

On the positive side, summer is the season of bright sunshine, fun vacations, and outdoor adventures!

Eating the right food is very important to overcome the brunt of summer. What you eat should help you to stay hydrated, cool, and energized.

We at MEC believe that diet plays an important part in the growth process of every child. Improper diet can contribute to impediments in the body growth and disturb the learning process.

Let's now see how choosing fresh and nutritious foods can help you beat the heat and feel your best.

### 1. Stay Hydrated with Refreshing Drinks

Water is your best friend in summer! Make sure to drink plenty of water throughout the day to keep your body cool. You can also enjoy natural fruit juices, coconut water, and homemade lemonade. Avoid sugary sodas and packaged drinks, as they can make you feel more thirsty instead of refreshed.

### 2. Eat Water-Rich Fruits

Fruits with high water content help you stay hydrated. Try to include:

- Watermelon – Packed with water and vitamins, it's a perfect summer snack.
- Cucumber – Keeps your body cool and fresh.
- Mangoes – A delicious seasonal fruit full of

nutrients (but enjoy in moderation!).

- Oranges – Provide vitamin C and keep you energetic.

### 3. Light and Cooling Meals

Eating heavy, oily food can make you feel tired in hot weather. Instead, opt for light and fresh meals, such as:

- Yogurt and buttermilk – Keep your digestive system happy.

- Salads – Mix vegetables like tomatoes, lettuce, and carrots for a refreshing meal.

- Rice and dal – A simple, nutritious meal that is easy to digest.

### 4. Healthy Snacks

Instead of chips and fried foods, go for healthy snacks:

- Nuts and seeds – Almonds, walnuts, and flaxseeds provide energy.

- Corn and sprouts – Nutritious and great for summer.

- Homemade fruit popsicles – A fun, healthy treat!



## Foods to Avoid

### Try to limit:

- Spicy and oily foods – Can cause discomfort in hot weather.
- Ice creams and cold drinks – Enjoy them occasionally, but not too much!
- Processed foods – They can make you feel sluggish instead of energetic.

By choosing fresh, water-rich, and light foods, you can stay active and happy all summer long! Eating the right foods will keep you cool, hydrated, and full of energy to enjoy all your summer activities.

What's your favourite summer snack? Let us discuss this when you get back to school. Happy holidays!

### Principal's Desk

Sports Day Closing Ceremony

Overnight Scouts & Guides Camp

Aradhane

Balvatika

### Splendid

Saraswathi Pooja for Grade 10 Students

Christmas Celebration

### Achievement at Manipal University

Farmers' Day

Tyagaraja Aradhane Celebration

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### Republic Day

Vigama'

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Purandaradasara

Field Trip To ISRO

Ghatikotsava



## Principal's Desk

MEC Public School is a symbol of progressive and quality education. In our school, children will gain an all-round education and achieve their potential not just in the academic field but also in the field of sports and creative arts.

Our school is scaling new heights with excellence and sought professionals to train our children in a range of co-curricular activities like football, kho-kho, throwball, handball and other indoor games.

Most importantly, at the school, we have a team of dedicated teachers and staff committed to the welfare of the children. For us, teaching is a passion and a calling. The importance of instilling good values in our students is our prime objective. So we try to hone the talents of our children in a manner that they reach up to their optimal potential.

In the process, they acquire skills necessary to build a well-rounded personality.

We encourage questioning as we want them to be agile in their thinking. We stoke their spirit of discovery and inquiry. As Einstein remarked – 'Education is not so much the feeding of facts into the mind as the awakening of curiosity in the soul.' We want our students to be lifelong learners.

Our aim, importantly, is to make education a fun-filled, enjoyable, learning and growing experience on the solid foundation of values. We believe it is important to create an environment where students look eagerly forward to come to school. We want them to have fond memories of their time spent with us, long after they have left the portals of the school.

## SPLENDID

### Achievement at Manipal University

We are thrilled to announce that our children showcased outstanding athletic skills at the Manipal University Sports Meet held on December 15th, 2024. They secured 1st prize in both throw ball and kho-kho, demonstrating remarkable teamwork, determination, and sportsmanship. Their dedication and hard work have made us immensely proud. Congratulations to the young champions for this remarkable achievement!

### Learning the Wisdom of Shankaracharya

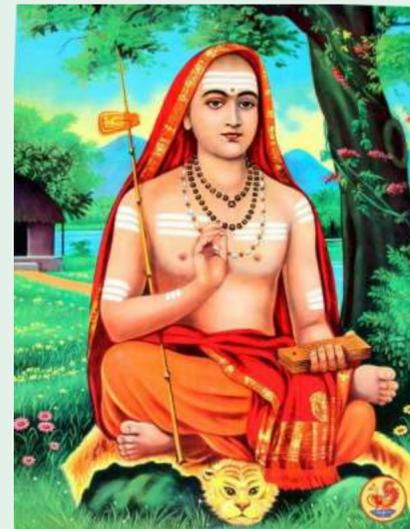
Our students had the opportunity to immerse themselves in the inspiring story and teachings of Adi Shankaracharya



during a week-long class. Shankaracharya, known for his profound teachings on Advaita Vedanta, emphasized the unity of the soul (Atman) with the supreme consciousness (Brahman). His life was dedicated to spreading the message of non-duality (Advaita), guiding people toward spiritual awakening and self-realization.

The week-long sessions explored his early life, his renunciation of worldly life, and his philosophical contributions through discussions and interactive learning. The teachings focused on understanding the illusion of the material world (Maya) and the path to true knowledge and inner peace.

To conclude the program, an assessment was conducted for both the junior and senior categories. The students displayed remarkable understanding and enthusiasm,



reflecting their grasp of Shankaracharya's teachings and the significance of Advaita philosophy. Their insightful responses and thoughtful engagement highlighted the success of the program in deepening their spiritual awareness.



### Sports Day Closing Ceremony 26 December

The closing ceremony of the Sports Day at MEC School was a grand finale to the exciting events that unfolded over the preceding few days. The ceremony commenced with a solemn prayer, followed by a warm welcome speech that set the tone for a memorable afternoon. The Principals then took the stage to present the annual sports report, highlighting the impressive achievements of our students in various sports disciplines.

The report was followed by a captivating yoga and dance performance by the children, who showcased their talent and energy with great enthusiasm. The prize distribution ceremony was next, where the winners of various sports events were recognized and rewarded for their outstanding performances.



The highlight of the ceremony was the inspiring speeches delivered by Dr. S.K. Tripathi and Secretary, Dr. Vidya C. Their words of encouragement and motivation left a lasting impact on the students, urging them to strive for excellence in all aspects of life.

The ceremony concluded with the flag retreat, a symbol of respect and gratitude, followed by a vote of thanks that expressed our appreciation to all those who made the Sports Day a resounding success.



## Farmers' Day 11 January

On January 11th 2025, MEC Public School celebrated Farmers' Day with great enthusiasm and fervour. The children came dressed in traditional attire, adding a splash of colour and vibrancy to the occasion.

The school premises were transformed into a vibrant village fair, with numerous stalls showcasing various aspects of rural life. The stalls included traditional food stalls, a live demonstration of pongal making, a hut, rangoli, and a village setup complete with a cow, hen, and kite-flying. The children enthusiastically participated in setting up and managing these stalls.

The highlight of the event was the presence of Sri Santhosh Kumar Bhandi and Sri Ningangouda Patil, local farmers. They shared valuable insights into the importance of agriculture and the role farmers play in our lives.

The children showcased their talents through a variety of performances, including dances, skits, and singing. The event was a huge success, and everyone left with a deeper appreciation for the hard work and dedication of our farmers.



## Republic Day 26 January

January 26, 2025, was a day of great enthusiasm and patriotism at our school as we celebrated India's 76th Republic Day. The event began with the reception of dignitaries, followed by a solemn prayer that set the tone

or the rest of the day. Our principals read out the annual sports report, highlighting the achievements of our students.

The cultural performances were a highlight of the event, with the students of EPHS mesmerizing the audience with their dance performance. The CBSE students were equally impressive, entralling the audience with their colorful umbrella dance.

We were honoured to have Major Krithika from the Indian Army as our chief guest. As an alumnus of MEC Public School, she shared her inspiring journey and spoke about the rigorous training and discipline of the Indian Army. Her words motivated our students to strive for excellence and serve the nation.



The winners of various competitions were awarded prizes, recognizing their hard work and achievements. The programme concluded with inspiring speeches by Director of Operations, Dr. S.K. Tripathi, and Secretary, Dr. Vidya C.

The flag retreat ceremony marked the end of the event, followed by the national anthem, which filled the hearts of everyone present with pride and patriotism. It was a fitting end to a day that celebrated the spirit of India and the achievements of our students.



## Kalachinthana Day

8 February

On February 8th 2025, MEC Public School celebrated Kalachinthana Day, an exhibition of innovative projects and models created by our students. This event showcased the culmination of their hard work and learning throughout the year, from Bala Vatika to 9th Grade.

The exhibition featured an impressive array of models, science experiments, math projects, and displays from various subjects, including English, Social Science and more. Our students enthusiastically presented their creations, demonstrating their creativity, critical thinking and problem-solving skills.

We were honoured to have Mrs. Shobha Murthy, retired Principal of MEC Public School, as our esteemed guest. In her inspiring speech, she emphasized the importance of respecting teachers and the school environment, likening the school to a temple where knowledge and values are imparted.



The event was a resounding success, providing a platform for our students to showcase their talents and reinforce the values of hard work, innovation, and respect for the educational institution.

## Overnight Scouts & Guides Camp

January 25 & 26

An exciting overnight camp for Scouts and Guides was organized in the school campus, offering students a wonderful opportunity to develop essential life skills and bond with their peers. The camp began with an energetic inauguration, followed by a series of hands-on activities designed to enhance teamwork, leadership and survival skills. The students engaged in knot tying, tent pitching, first aid training, and fire and fireless cooking, fostering a sense of confidence and self-reliance.

On the second day, the

Scouts and Guides embarked on an adventurous visit to the Tree Park, where they experienced adventure games. The highlight of the day was the thrilling trek to Akkayamma Betta. The challenging terrain tested their endurance and teamwork, while the breathtaking views from the top left everyone with a sense of accomplishment and admiration for nature's beauty.

The camp concluded with a heartfelt closing ceremony, where students shared their experiences and expressed gratitude to the organizers and instructors. The overnight camp not only strengthened their scouting skills but also instilled a deeper respect for nature and the spirit of adventure.





### Tyagaraja Aradhane Celebration 20 January

Tyagaraja Aradhane was celebrated on January 20, 2025 at Vishalakshamma Kreedangana. The program began by seeking the blessings of Saint Tyagaraja.

Students from Grades 8, 9, and 10 rendered some of Saint Tyagaraja's famous compositions, showcasing their talent and dedication. Highlight of the event was the group rendition of one of his renowned Ghanaraga Pancharatna Krithis, which captivated the audience for over an hour.

The event was enjoyed by everyone leaving the audience with a sense of joy and reverence for the great composer.



### Purandaradasara Aradhane 29 January

Purandaradasara Aradhane was celebrated on 29 January 2025 at Vishalakshamma Kreedangana. Students from Grades 3 to 7 participated in the program.



The singers dressed up in traditional attire, adding to the cultural spirit of the event. The event began with a brief introduction of Purandara Dasa. The singing session started with Pillari Geethegalu, composed by Shri Purandara Dasaru, followed by various Devaranamas composed by him.

It was a wonderful event, and students participated enthusiastically. At the end, the Principal appreciated all the students for their excellent performance, and the program concluded successfully.



### Saraswathi Pooja for Grade 10 Students 7 February

A serene and spiritually uplifting Saraswathi Pooja was organized on February 7th for the Grade 10 students appearing for their board exams. The pooja began with the chanting of sacred hymns and the offering of flowers to Goddess Saraswathi, the embodiment of wisdom and knowledge. Students, along with teachers, participated with devotion, seeking the blessings of the Goddess for success and clarity in their upcoming exams.

The atmosphere was filled with positivity and calm as students were encouraged to focus on their preparation with confidence and a peaceful mind. The school principal addressed the students, motivating them to give their best while maintaining a balanced approach. The ceremony concluded with the distribution of prasada and well wishes from the teachers, leaving the students feeling inspired and confident to face their exams.

### Vigama' – Farewell Party for Grade 10 Students

The school bid a heartfelt farewell to the Grade 10 students with 'Vigama', a memorable event filled with emotion, gratitude, and celebration. The event began on a spiritual note with the chanting of Bhagavad Gita shlokas, invoking blessings for the students as they step into a new phase of life. A soulful song dedicated to the graduating batch added an emotional touch, setting the tone for the evening.



Grade 9 students showcased their talent with a lively dance performance that energized the audience, followed by a captivating mime act highlighting the disadvantages of mobile phone usage that beautifully

conveyed a strong social message and was appreciated for its thoughtful theme and impactful presentation.

The highlight of the evening was the prize distribution ceremony, where winners of the Grade 10 were honoured for their outstanding achievements. Secretary, Dr. Vidya C, Director Operations Dr. S K Tripathi and Director Academics, Dr. H S Ganesha Bhatta congratulated the students and offered words of encouragement, motivating them to face future challenges with confidence and determination.

'Vigama' concluded with heartfelt speeches, group photos, and emotional goodbyes as students reflected on their cherished memories and the bonds they had built over the years. It was a perfect blend of celebration and inspiration, marking the beginning of a new journey for the outgoing batch.





## Field Trip to ISRO 14 March

### —A Journey into Space Exploration

On March 14, 2025, the Grade 9 students embarked on an exciting and educational field trip to the Indian Space Research Organization (ISRO), accompanied by the Principal, Head Mistress, and Student Care Coordinator. The visit provided students with a unique opportunity to witness India's remarkable achievements in space research and technology.

The students were introduced to India's space missions, satellite technology, and rocket launch programs through engaging presentations and exhibits. They learned about the Chandrayaan and Mangalyaan missions, India's advancements in satellite communication, and the future goals of space exploration. The visit also included an interactive session with scientists and engineers, who shared valuable insights into space technology, innovation, and career opportunities in the field of space research.

The highlight of the trip was exploring satellite models, launch vehicle replicas, and mission control simulations,

which left the students inspired and curious about space science. The visit to ISRO not only enhanced their knowledge but also sparked an interest in STEM (Science, Technology, Engineering, and Mathematics) fields.

Overall, the field trip was a memorable and enriching experience, leaving students with a deeper appreciation for India's contributions to space exploration. The students returned with a renewed enthusiasm for learning and a greater sense of pride in the nation's



scientific achievements.



## Balvatika

### Christmas Celebration at Balvatika

The Christmas celebration at Balvatika was filled with joy and excitement as children dressed in vibrant shades of red, embracing the festive spirit. The theme colour for the day was red, and teachers creatively introduced the children to various real objects in different shades of red, enhancing their understanding of the color.

To make the celebration more engaging, a variety of fun and creative activities were conducted. Children enthusiastically participated in colouring a watermelon, creating an ear bud print on a strawberry, and making a paper collage on an apple outline. A special takeaway in the form of a watermelon craft added to their excitement and served as a cherished memory of the day.

The highlight of the celebration was the appearance of a teacher dressed as Santa Claus, bringing smiles and

laughter to the children. The beautifully decorated Christmas tree added to the festive atmosphere, making the event even more magical. The children actively took part in all the activities, making the Christmas celebration a joyful and memorable experience for everyone.





## Sankranthi Celebration at School

The Sankranthi celebration at school was a vibrant and culturally enriching event that highlighted the significance of the festival, marking the transition of the Sun into Capricorn and the beginning of the harvest season. The celebration aimed to familiarize children with the cultural traditions associated with Sankranthi while encouraging creativity and active participation.

Students engaged in a variety of art activities that captured the festive spirit. They enthusiastically created kites using different shapes, participated in kite cut-and-paste activities, and decorated pots with colorful designs. Sugarcane decoration added a traditional touch, symbolizing prosperity and sweetness.

The celebration provided a wonderful opportunity for children to understand the cultural importance of Sankranthi while showcasing their artistic talents. The event fostered a sense of joy and togetherness, making it a memorable experience for everyone.



## Ghatikotsava 27 March

The vibrant and heartwarming Ghatikotsava – Graduation Day celebration of the tiny tots was held on 27th March 2025, marking a joyful milestone in the lives of the young learners of Balvatika 1, 2, and 3. The event was graced by esteemed dignitaries – Chief Guest Mr. Viswanath Gopal, Co-founder and Member of Chrysalis School Partnerships, Secretary Dr. Vidya C and the Director Academics, Dr. H S Ganesh Bhatta, whose presence made the day even more special.

The programme began with the lighting of the ceremonial lamp, signifying the triumph of knowledge and enlightenment, followed by a soulful prayer that set

a serene and auspicious tone for the celebration. The children then captivated the audience with a colourful dance performance based on the theme 'VIBGYOR', representing the vibrant hues of early learning and childhood, showcased not only their talent but also their grounding in values and culture.

The ceremony continued with the distribution of prizes and certificates, where awards were given to the Best Students for their outstanding performance and best uniform. Students were specially recognized for their neatness, discipline and consistency.

A significant highlight of the event was the Graduation Ceremony, where the tiny tots confidently took the graduation pledge, reaffirming their commitment to

