

Ghatikotsava 28 March

Graduation Day for PP2 students

Kindergarten graduation is indeed a significant milestone in a child's life. It marks the transition from early childhood to the beginning of the journey in formal education. It is a time to celebrate their achievements and to look forward to the exciting opportunities that lie ahead.

As we congratulate the PP2 students on their graduation day, we acknowledge the hard work, dedication, and growth they have shown throughout their early years of schooling. This graduation ceremony is not just a formality; it is recognition of their accomplishments and a symbol of the potential they hold for the future.

Along with these young graduates moving forward into the next phase of their academic journey, the other children from Nursery to Grade 1 celebrated the annual cultural extravaganza and captivated the audience with their talent, enthusiasm, and creativity, bringing to life the essence of the theme through their captivating performances.



Taking Care in Summer

This year, the summer has been harsher than the previous years. Future years are likely to be hotter and sultrier. While the temperature at around 40C is always threatening, the sweat from the high humidity saps you leaving little energy for the day's

- **Stay Hydrated:** The scorching heat can lead to dehydration. Drink plenty of water throughout the day to keep your body hydrated. Coconut water and buttermilk are also excellent options to replenish electrolytes.

- **Wear Cool Clothes:** Opt for lightweight, breathable fabrics like cotton to keep yourself cool. Loose-fitting clothes allow better air circulation and prevent excessive sweating.

- **Apply Sunscreen:** Protect your skin from harmful UV rays by applying sunscreen with an SPF of at least 30.

- **Eat Fresh Fruits and Vegetables:** Seasonal fruits and veggies are rich in vitamins, minerals, and antioxidants. Watermelon, cucumber, mangoes, and berries are great choices for summer.

- **Seek Shade:** When outdoors, find shade to avoid direct exposure to the sun. Heatstroke and sunburn can be dangerous, so take breaks in shaded areas.

- **Stay Active:** Engage in physical activities, but choose cooler times of the day, such as early morning or late evening. Avoid intense workouts during peak heat hours.

- **Protect Your Eyes:** Wear sunglasses with UV protection to shield your eyes from the Sun's glare. Proper eye care is crucial during summer.

- **Avoid Chilled Water:** Cold water may shock your system and disrupt digestion. Opt for room temperature or slightly cool water instead.

- **Keep Bugs Away:** Use insect repellent to prevent mosquito bites. Mosquitoes are more active during warm weather.

- **Plan Fun and Safe Trips:** Explore outdoor activities like attending concerts, festivals, or beach trips. But ensure you stay safe and follow any local guidelines.

All said and done, don't just escape the summer. Enjoy it as well! Remember, this is the best time to relish mangoes and ice cream, isn't it?



activities. Actually, students in Bangalore schools had perhaps not experienced such intense heat earlier. So, summer vacations meant only enjoyment, rather than respite from the heat. But this year, we too have not been spared either.

So, how do you take special care of yourself and your loved ones this summer? Here are some things you can do:

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From the Principal's Desk

Critical Thinking

The importance of critical thinking in education enhancing the student's critical thinking skills is particularly essential in a liberal education model, which believes in teaching students how to think and not what to think.

Here are some of the reasons why students need critical thinking skills in today's age:

1. Enhancing creativity & curiosity
2. Promoting self assertion and self reflection
3. Boosting career prospects
4. Nurturing problem solvers and innovators
5. Posturing allied life skills

Critical thinking occurs when students are analyzing, evaluating, interpreting and synthesizing and applying creative thought to form an argument, solve a problem, and reach a conclusion.

The aim of critical thinking is to promote independent thinking, personal anatomy, and reason judgement in thought and action. This involves two related dimensions:

1. The ability to reason well
2. The disposition to do so

Critical thinking involves logical aspect as well as creativity. It may involve inductive and deductive reasoning, analysis and problem solving as well as creative, innovative and complex approaches to the resolution of issues and challenges.

One of the significant aims of education is to produce learners who are well informed, that is to say, learners should understand ideas that are important, useful, beautiful and powerful. Another is to create learners who have the appetite to think analytically and critically, to use what they know to enhance their own life and also to contribute to their society, culture and civilization. Everyone should have the effective skill of critical thinking, and they must not accept anything for granted. This is the ability of the child to think about anything and everything. Critical thinking should be encouraged. Traditional concepts of learning are losing their charm. Text-based passive learning is giving way to active thinking and learning process. The vital goal of education is to promote critical thinking in students, not making them reflect like a parrot. It is really important to insist on the ability of critical thinking in children in education.

During early years, the foundation stage is providing better guidance to children at a very tender age, based on the individual ability of children. Spoon feeding system in education has changed for better.

National Youth Day 12 January

National Youth Day is celebrated every year on 12th January, which also marks the birth anniversary of Swami Vivekananda, an Indian philosopher. To celebrate this occasion, students were dressed as Swami Vivekananda. Students delivered the speeches to create the awareness in young minds.



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Republic Day 26 January

The 75th Republic Day was celebrated with the theme of 'Vikasit Bharat' and 'Bharat: Loktantra ki Matruka' symbolizing India's aspirations and its role as a nurturer of democracy. This day is marking the adoption of the constitution on this day in 1950. The day also invokes feelings of patriotism for the nation and the willingness to serve the country and lead it to prosperity. It also creates a sense of unity and duty among citizens.

The national flag was hoisted by Dr. Vidya C., Secretary of MEC Institutions, followed by march past by students from Grades 3 to 10. Cultural and physical activities were exhibited during the celebration.



Tyagaraja Aradhana 31 January

Tyagaraja aradhana is an annual aradhana of Telugu saint, and composer Tyagaraja. Aradhana is a Samskrutam term meaning act of glorifying God or a person. Our students celebrated on 31st January by singing songs and speaking about the importance of the day.



Aradhana of Purandara Dasa

The Aradhana or Punyadina of Purandara Dasa is held on Pushya Bahula Amavasya (a new moon day generally in February – March) of the Indian lunar calendar. Students exhibited various cultural activities and also spoke about the importance of the day.



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Graduation Day

The Grade 10 Graduation Day ceremony marks a significant milestone in the academic journey of the graduating class. The event served as a poignant moment to celebrate the achievements, growth, and accomplishments of the students of Grade 10, as they transition to the next phase of their lives.

The atmosphere was filled with excitement and anticipation as proud parents, family members, and the staff of MEC gathered to witness this momentous occasion.



The graduating students and parents shared their experiences and memorable moments and expressed the learning milestones throughout their journey in MEC.

Outstanding students were recognized and honoured for their academic excellence, leadership qualities, and contributions to the school community. Awards were



presented for various categories, including academic achievement, and extracurricular involvement. Each recipient was applauded for his/her exceptional efforts and positive impact on the school.

As the ceremony drew to a close, the Secretary, Dr. Vidya C. and Director Operations - Dr. S. K. Tripathi, delivered closing remarks, expressing gratitude to all those who contributed to the success of the graduation day event. Students were encouraged to cherish the memories, friendships, and experiences gained during their time at MEC and to approach the future with confidence and optimism.

The Grade 10 Graduation Day ceremony was a joyous and memorable occasion, filled with pride, celebration, and reflection. As the graduating class bid farewell to their alma mater and embarked on new adventures, they carried with them the values, lessons, and memories that will shape their future endeavours.

Scouts & Guides Founder's Day

Worldwide, nearly all the Scout and Guide Associations celebrate Founder's Day on the birth anniversary of Lieutenant-General Robert Baden-Powell.

Across the grades, all the Cubs & Bulbuls and Scouts & Guides students actively participated in the 'Jaata'. Cleanliness in and around the campus was also observed.

