



The ceremony included speeches by the Secretary, Dr Vidya C, and Director Operations, Dr S K Tripathi, emphasizing the importance of education and future aspirations. Annual Report of the school was delivered by Principal, Mrs Anuradha K. The event involved recognizing outstanding students for their academic achievements and other contributions to the school.

The ceremony included cultural performances, such as songs dance, and chanting of shlokas to add to the festive atmosphere.

The event concluded with a vote of thanks, expressing gratitude to everyone involved.

## Achievers' Felicitation 7 March

On March 7, 2025, MEC Public School held a prize distribution ceremony, celebrating students' achievements in extracurricular activities, with the Principal, Student care coordinator, Cultural Secretary and staff. Prize distribution was conducted in a multi-purpose hall.

The Principal distributed prizes and certificates for extracurricular activities.

The students present not only delivered a wonderful performance but also received honor for their curricular and non curricular activities.



## 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!

## National Mathematics Day 22 December

22nd December 2024 was designated as National Mathematics Day by Government of India in 2012. This day is celebrated every year to mark the birth anniversary of legendary Indian mathematician, Srinivasa Ramanujan. The celebrations aim at spreading awareness about the importance of mathematics and the contributions made by this genius in the field of mathematics. All over India, this day is celebrated by undertaking various activities like poster presentation, workshops, mathematics quiz etc.

Our school celebrated National Mathematics Day with activities like quizzes, puzzles, and discussions on the importance of mathematics, thus fostering a positive attitude towards the subject.



## Swami Vivekananda's Birthday 12 January

Swami Vivekananda was born as Narendranath Dutta on 12<sup>th</sup> January 1863. He was a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the western world and was credited with raising interfaith awareness. He was the chief disciple of 19<sup>th</sup> Century saint Ramakrishna, founder of Ramakrishna Math and Ramakrishna Mission.

Birth Anniversary of Swami Vivekananda is celebrated all over the country giving a message to the youth about his way of life and ideals that will make India a better country in future. The students were enlightened about the relevance of his principles in the present world.

Activities were organised in the school to inspire students with his teachings on self confidence, service and importance of education and to instil values of courage, strength and the pursuit of excellence.



## National Pollution Control Day 2 December

National Pollution Control Day, observed annually on 2<sup>nd</sup> December, commemorates the Bhopal gas tragedy and aims to raise awareness about pollution's harmful effects and promote pollution prevention and control measures. Various activities like speech, posters and skit, relating to pollution were conducted. Information was also provided relating to its purpose and objectives.

**Purpose:** National Pollution Control Day serves as a reminder of the devastating impact of pollution on human health and the environment, emphasizing the need for proactive measures, to prevent industrial disasters and promote sustainable practices.



### Objectives:

- To honour the victims of the Bhopal gas tragedy.
- To raise awareness about the dangers of pollution in air, water, and land.
- To promote measures for controlling industrial disasters and reducing pollution.
- To highlight the importance of environmental protection and public health.

## World Human Rights Day

10 December

World Human Rights Day, observed annually on 10<sup>th</sup> December, commemorates the adoption of the Universal Declaration of Human Rights (UDHR) by the United Nations General Assembly in 1948, serving as a reminder of the importance of equality, justice, and dignity for all. Speeches were delivered on this day by students of Grade 8.



## Rashtra Kavi Kuvempu

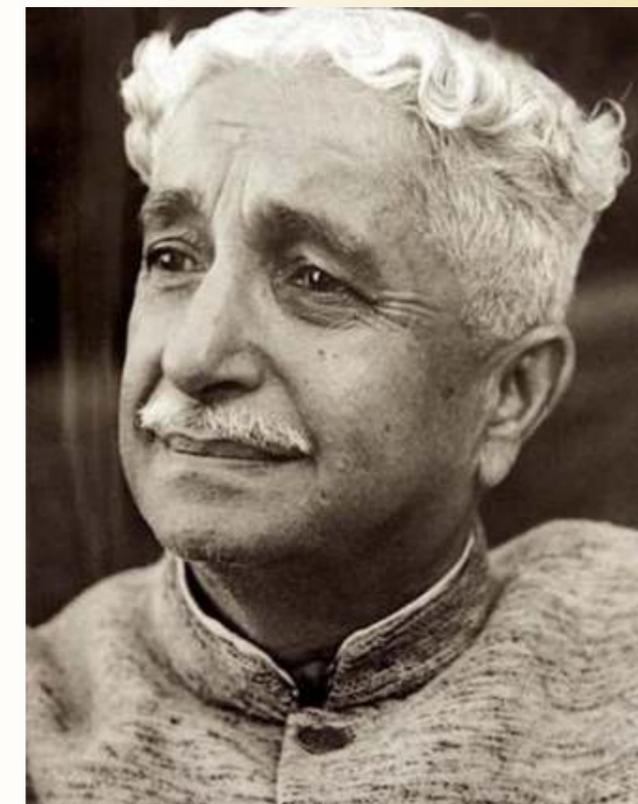
Kuppalli Venkatappa Puttappa, also known as Kuvempu, was a prominent Kannada writer and poet, revered as "Rashtrakavi" (national poet) for his significant contributions to Kannada literature. His works, spanning poetry, novels, plays, and criticism, explored themes of nature, beauty, patriotism, and love, earning him the Jnanpith Award and solidifying his legacy. Students of Grade 9 outlined a more detailed look at Kuvempu's life, work, awards and recognition.

### Early Life and Education:

- Born in Kuppalli, a village in Shivamogga district, Karnataka, on December 29, 1904.
- He was homeschooled initially and later attended the Anglo Vernacular school in Tirthahalli for middle school.
- He moved to Mysore for higher education, studying at Wesleyan High School and Maharaja College, graduating with a major in Kannada in 1929.
- He was influenced by English poets like Wordsworth and Milton, and later by the Irish poet James Cousins, who encouraged him to write in his mother tongue, Kannada.

### Literary Contributions:

- His magnum opus, "Sri Ramayana Darshanam," is an epic retelling of the Ramayana, infused with philosophical depth and lyrical beauty.
- He wrote extensively in Kannada, producing novels, short stories, poetry, plays, literary criticisms, autobiographies, and essays.
- His works often explored themes of nature, beauty, patriotism, and love, reflecting a deep connection with human emotions and societal issues.



- He was a staunch advocate of education and served as the Vice-Chancellor of Mysore University, playing a pivotal role in shaping the academic landscape.

**Awards and Recognition:**

- He received the prestigious Jnanpith Award in 1967 for his epic "Sri Ramayana Darshanam".
- He was also awarded the Sahitya Akademi Award.
- He was conferred the second-highest civilian award by the Government of India in 1988.

**Sports Day 29 December**

The Annual Sports Meet of MEC Public School was conducted on 29<sup>th</sup> December 2024 with great enthusiasm and dedication.

The students displayed an impressive march past, showcasing discipline and unity. The official declaration of the commencement of the Sports Meet was marked by the release of balloons into the sky, symbolizing the beginning of the festivities. The students exhibited outstanding skills, determination, and sportsmanship.

Trophies and medals were awarded to the winners and participants in different sports disciplines. The prize distribution ceremony was graced by the presence of all the dignitaries, adding prestige to the event.

Secretary of MEC Institutions, Dr Vidya C and Director Operations, Dr. S K Tripathi addressed the gathering with motivational thoughts and words of encouragement for the students. The insightful speeches inspired the participants to strive for excellence not only in sports but in all aspects of life.

The success of the Annual Sports Meet was a testament to the collaborative efforts of the MEC family. The Annual Sports Meet not only celebrated athletic achievements but also served as a platform to nurture holistic development and a spirit of healthy competition among the students.



**Martyrs' Day 30 January**

On January 30<sup>th</sup>, MEC Public School observed Martyr's Day (Shaheed Diwas), to observe the day of Mahatma Gandhi's assassination and honour the sacrifices of freedom fighters, with events including speeches, and moments of silence.

Rashmi and Lakshith Gowda of Grade 7 delivered a speech on Martyr's Day. Students performed plays, recited poems, and delivered speeches on the lives of martyrs. Cultural programs, including music, dance, and art competitions, were organized to spread the message of patriotism.

**Christmas Celebration 23 December**

On 23<sup>rd</sup> December 2024, the school organized a program to celebrate Christmas in our school campus. Students of Grades 1 to 3 wore colour dresses. Among the various programs that were organized, the person disguised as Santa Claus, who went across with a bag containing several gifts, stole the show. There was fun and cheer in the air. The principal wished everyone a very happy Christmas.



**Makar Sankranti Celebration 16 January**

Makar Sankranti, the harvest festival, is widely celebrated across India. It marks the transition of the Sun into the zodiac sign of Capricorn. To uphold cultural traditions and foster a sense of unity among students, our school celebrated Makar Sankranti with enthusiasm, featuring cultural performances, kite-flying activities,



and traditional food stalls, fostering a sense of community and cultural appreciation among students and staff.

**Preparation and Planning:** The celebration was a collaborative effort by students and faculty members. A dedicated organizing committee was formed to plan and execute the event successfully.

**Decorations:** The school was adorned with colorful rangoli designs, kites, and traditional motifs to create a festive ambiance.

**Cultural Performances:** Students delivered mesmerizing cultural performances, including classical dances, folk songs, and traditional music, which captivated the students.

## Republic Day Celebration 26 January

On 26<sup>th</sup> January, our school, celebrated Republic Day with a vibrant program, including a flag-hoisting ceremony, patriotic songs, and cultural performances, showcasing India's diversity and fostering a sense of national pride.

The Secretary of MEC Institutions Dr Vidya C, Director Operations Dr S K Tripathi, alumni as a Chief guest **Major all** the heads of the Institutions, teachers, students and parents gathered to celebrate the Republic Day.

### Activities:

- **Flag Hoisting:** The day began with a solemn flag-hoisting ceremony, where the national flag was unfurled, symbolizing the birth of India as a republic. National Anthem, reinforcing the spirit of national unity.
- **March Past:** Students from different houses participated in a march past, demonstrating discipline and patriotism.
- **Patriotic Songs:** Students and teachers sang patriotic songs, filling the school with a sense of national pride and unity.
- **Cultural Performances:** Students presented various cultural performances showcasing the rich diversity of India.
- **Speeches:** The speeches were delivered by the students emphasizing the significance of Republic Day and the importance of upholding the Constitution.

Dr Vidya C, Dr S K Tripathi, and alumni as a **Chief guest Major** highlighted the importance of being responsible citizens and contributing to the nation's progress. On the whole, the Republic Day celebration was a resounding success.

## Scouts & Guides: 2-Day Special Camp 25 & 26 January

A 2-day special camp was organised by MEC Public school as per the guidance of Bharat scouts and guides Headquarters. A troop of 32 boys and a unit of 32 girls with the Scout Master Mr Ashok, attended the camp which was conducted on 25 and 26 January 2025.

**Day - 1:** The camp commenced with the explanation of history of the movement, Scouts motto, promise, and laws, which were taught by Captain.. Next a wonderful hiking was arranged by our school management near Doddaballapur Akkamayabhatta Nature of ecosystem and biodiversity were witnessed

**Session - I:** Prayer song, flag song and national anthem, important knots were practised by the scouts and guides.

After dinner campfire was held. Scouts & Guides exhibited their talents.

### Cubs and Bulbuls

Cubs and Bulbuls are part of The Bharat Scouts and Guides, a movement focused on character building, self-discipline, and preparing children for bigger tasks in scouting and guiding. They are designed for children aged 5-10, with Cubs being for boys and Bulbuls for girls. A one-day camp in the school campus was organised and led by Mrs. Akshata S. Various activities like cooking without fire and drawing competitions were conducted for the cubs and bulbuls.

## Graduation Day for 10<sup>th</sup> Grade

MEC Public School hosted a graduation ceremony for 10<sup>th</sup> Grade students, celebrating the students' achievements and marking the end of their high school journey. The event was a celebration of the students' hard work and dedication throughout their high school years. It marked the end of their high school journey and the beginning of a new chapter in their lives.

