

prepared nutrition chart showcasing different food groups and their benefits. Group C and D students explained the benefits of few vegetables and fruits in the assembly.

Group A and B students displayed vegetables and fruits and shared information about nutritious values in the assembly. The week-long celebration successfully encouraged students to adopt healthier lifestyle choices.



**Teachers' Day 5 September**

Students of our school celebrated Teachers' Day. Director Operations, Dr. S. K. Tripathi presided over the function and wished all the teachers with great joy and respect to honour the invaluable contribution of teachers. They presented heartfelt speeches, cultural performances, and handmade cards to express their gratitude. Speech on the life and ideals of Dr. Sarvepalli Radhakrishnan was given. The programme created a warm and celebratory atmosphere, appreciating the dedication and guidance of all teachers.



**National Engineers' Day 15 September**

Our school observed National Engineers' Day on 15<sup>th</sup> September 2025 to commemorate the birth anniversary of Bharat Ratna Sir M. Visvesvaraya, one of India's greatest engineers and visionaries. Mrs. Soundarya, the Physics teacher delivered a talk on the significance of the day. She explained the importance of creativity, critical thinking and technology in everyday life. She also encouraged students to develop curiosity to explore the world of engineering.

**World Ozone Day 19 September**

World Ozone Day was observed in the assembly to create awareness about the importance of ozone layer and the need to protect it.

Mrs. Sunayana, the Biology teacher highlighted the causes and effects of ozone depletion. She also highlighted simple everyday measures that can help protect the environment.



**World Students' Day 15 October**

World Students' Day was observed in honour of Dr. A. P. J. Abdul Kalam, who is remembered for his contribution in the field of education, innovation and youth empowerment.

Students of 8<sup>th</sup> Grade prepared a collage on Dr. A. P. J. Abdul Kalam's quotes and displayed it in the assembly. Each student of the class read the quote. Prachet Katti spoke on "Kalam's message to students".



**Cultural Fest 2025-26**

The Annual Cultural Fest 2025-26 was hosted on 23<sup>rd</sup> & 24<sup>th</sup> October 2025, which was a vibrant celebration of art, culture and creativity. The event provided a platform for students to showcase their talents through a wide range of exciting competitions. "No Bag Day" was promoted to reduce academic stress among the students. Students engaged in variety of fun-filled, activity-based sessions designed to enhance creativity, teamwork and practical learning.



The fest was organized by conducting various competitions for "A" & "B" Groups - Memory test, Solo Song, Solo Dance and Fancy Dress, "C" Group - Instrumental Music, Rangoli and Wealth Out of Waste and "D" Group - Cooking Without Fire, Vegetable Carving, Mehndi Design and Bulletin Board.



The Annual Cultural Fest truly reflected the spirit of unity, joy and cultural excellence.

**UNO Day 24 October**

Our school observed UNO Day to highlight the role of the United Nations in promoting global peace, cooperation and sustainable development. Mayura of Grade 9 spoke about the importance of the United Nations and its contribution towards world peace and development. He also highlighted the history, purpose and key functions of the United Nations.



**MMUN Session 30 October**

Our school successfully conducted the MMUN (MEC Model United Nations) Session presided by Director Operations, Dr. S. K. Tripathi. This session provided students of ICSE and CBSE with an excellent platform to engage in global issues, diplomacy, and leadership. The event aimed to develop critical thinking, communication skills, and an understanding of international relations.



Students represented various countries and participated structured debates, discussions and drafting of resolutions on topics of global importance. The committees simulated real UN procedures, allowing participants to experience formal deliberation, negotiation and consensus building.

The students of MMUN Session were given certificates of participation and special awards. This session empowered the students with experience.

**Ekta Divas 30 October**

Our school observed Ekta Divas, marking the birth anniversary of Sardar Vallabhbhai Patel, "Iron Man of India". Amit Giri and Yashas Gowda of 7<sup>th</sup> Grade spoke on the importance of unity, national integrity, and the remarkable contribution of Sardar Patel in unifying India.



New Town, Yelahanka, Bangalore 560 064  
Tel: 63667 32999  
Email: mecps.sfs@gmail.com  
www.icse-mec.in



**SRSTI - the Pride of MEC!**

As the entire school soaked in the excitement of SRSTI, because the students, teachers, parents and visitors realize how big an opportunity this momentous occasion brings.

As the School Annual Day, SRSTI is one of the most anticipated events in the academic calendar at MEC, carrying immense significance and excitement for students, teachers, and parents alike. It is not merely a celebration but a reflection of the school's spirit, achievements, and collective identity.

SRSTI has been the centerpiece of creative expression for the MEC Group of Institutions. SRSTI holds great importance because it provides a platform for students to showcase their talents beyond academics. While classrooms nurture intellectual growth, the stage nurtures creativity, confidence, and expression. Dance performances, plays, musical recitals, and speeches allow children to discover and polish skills that often remain hidden in routine studies. For many students, this is their first opportunity to perform before a large audience, helping them overcome stage fright and build self-assurance. Such experiences contribute to holistic development, which is the true aim of education.

SRSTI also serves as a moment of pride for parents. Watching their children perform fills them with joy and strengthens their bond with the school. It reassures them that education is not confined to textbooks but extends to personality building and cultural enrichment.

Teachers, too, find SRSTI rewarding, as it reflects their efforts in shaping students' abilities and character. It is indeed touching to witness how teachers take ownership of the different cultural programs. Students' performance is an extended expression of the teachers' vision and commitment.

SRSTI includes prize distribution, recognizing academic excellence, sports achievements, and other accomplishments. This recognition motivates students to strive harder and instills a healthy spirit of competition.

Excitement builds weeks before the SRSTI is conceived on the drawing board. Rehearsals, costume fittings, and stage preparations create an atmosphere of enthusiasm across the campus. Students eagerly participate in practices, balancing them with studies, and often discover the joy of teamwork. The school transforms

into a hub of creativity, with decorations, lighting, and music adding to the festive mood. On the day itself, the campus comes alive with vibrant energy. The sight of students in colourful attire, the sound of applause, and the thrill of performing make it unforgettable.

SRSTI also strengthens the sense of community. It brings together students, teachers, parents, and alumni, fostering unity and belonging. The chief guest's speech inspires students to dream big and pursue excellence. As a school completely committed to upholding the timeless Indian values, the cultural programs highlight the diversity of traditions, values, and themes, reminding everyone of the richness of heritage and the importance of harmony.

In essence, SRSTI is more than an event—it is a celebration of growth, talent, and togetherness. It teaches students the value of discipline, cooperation, and dedication while giving them memories to cherish for a lifetime. The excitement surrounding it reflects the joy of learning and the pride of achievement. For the school community, it is a festival of education, creativity, and unity, making it one of the most significant and exhilarating occasions of the year.



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## From the Principal's Desk

### Nutrition Helps in Studies

Good nutrition fuels the brain, boosting concentration, memory and energy for better academic performance by providing essential nutrients that support cognitive function, stabilize mood and prevent energy crashes. This leads to improved focus, information retention and fewer classroom disruptions. A balanced diet with complex carbs, proteins, healthy fats, vitamins and minerals keeps students alert and help manage stress, making learning more effective.

How better nutrition boosts academic success:

- Enhanced cognitive function and focus.
- Sustained energy levels
- Better memory and learning
- Improved mood and stress management
- Fewer disruptions
- Better health and class attendance

### Student's Desk

My mother is my whole world and everything. I couldn't be here if she wasn't there. She gives mentally and physically support to me. She has become quite busy after my sister's birth. She can't even make time for herself, she'll always be busy in one or the other work. I try to help her and make sure she gets her space; I try all my best to make her feel happy. Don't know how much she recognizes it. She is actually a bit too busy and made herself involve in all the things, I am happy for that. Even if she sits with me for studies but not for a long time as my sister won't leave me much to spend time with her but no problem, I have already spent my most of the childhood memories with her even till now. The things which I admire the most about her are endless. She treats me so friendly like I feel in reality that she is my best friend. Even if I'm my dad's little princess, I am even my mom's little warrior too. She helps me and teaches me how to overcome from the situation when I'm stuck in it. I was never sad that I did not have any close friends as my mom has treated me like her own friend. She brought light in my life and she will always be having a lovely place in my heart and life forever, ever, ever and ever.

- Siri Patel, Grade 7

### Friendship Day

On 4<sup>th</sup> August, nursery children celebrated Friendship Day with the theme 'Together We Shine'. A special assembly was held where teachers explained the importance and beauty of friendship in life. The little ones happily tied friendship bands to each other, sharing smiles and joy as they celebrated the spirit of togetherness.

On 14<sup>th</sup> August, nursery children celebrated Tricolour Day with great enthusiasm. Dressed beautifully in their allotted tricolours, the little ones proudly brought tricolour objects from home. Teachers explained about our national symbols like the flag, fruit, animal, bird, tree, and flower. The day ended with a special takeaway, making the celebration both joyful and meaningful.



### Quit India Movement

8 August

Our school commemorated one of the most significant movements in the Indian freedom struggle "Quit India Movement". K. T. Aryan of Grade 8 presented a brief speech and other students displayed posters highlighting the nation's struggle for freedom which inspired Indians to fight for the freedom. It helped students understand the courage, unity and sacrifices of our freedom fighters and inspired everyone to uphold the values of patriotism and national responsibility.

### Regional Level Handball Competition

CISE Regional Handball Championship was held at Daffodils School and our school team proudly won the CISE Regional Handball Championship and showcasing exceptional teamwork, skill and determination. One of the player from our team Supral Prasanna of 9<sup>th</sup> Grade was selected for District Level as a goal keeper at Vibgyor Harpur.



### World Sanskrit Day

9 August

On 9<sup>th</sup> August 2025 "World Sanskrit Day" - SAMSKRUTOSAVA was observed highlighting the rich cultural and linguistic heritage of Sanskrit, one of the oldest languages of the world. Varshika of 8<sup>th</sup> Grade displayed the chart. Varsha of 9<sup>th</sup> Grade spoke on the importance of the day and Samrudhi S of 6<sup>th</sup> Grade sang a Sanskrit song.

Students showcased their talents category-wise:

- |                            |                                |
|----------------------------|--------------------------------|
| Group - A: Shloka chanting | Group - B: Shubhashita         |
| Group - C: Song            | Group - D: Quiz on Mahabharata |

### English Literary Club Activity 11 & 12 August

The English Literary Club conducted various competitions to enhance students' creativity, communication skills and love for literature. These activities helped students build confidence and improve their language skills.

Students actively participated in activities category wise.

- |                            |                      |
|----------------------------|----------------------|
| Group - A: Poem Recitation | Group - B: Spell Bee |
| Group - C: Elocution       | Group - D: Debate    |

The enthusiastic response from the students made the event lively and enriching.

### Competition Conducted by ISKCON

12 August

Representatives from ISKCON had conducted various competitions from Pre-nursery to 10<sup>th</sup> Grade. More 110 students enthusiastically participated and 21 students were selected for second round to participate in Inter-School competition.



We are proud to announce that our students brought laurels to the school by winning top honours at the Inter-School Competition.

Our participants displayed exceptional skills, confidence and dedication.

The winners are:

- |   |  |
|---|--|
| - Pavani G, 4 <sup>th</sup> Grade       | - Chinmayi S, 5 <sup>th</sup> Grade,   |
| - Vrushank G M, 6 <sup>th</sup> Grade   | - Vihaan Naveen, 6 <sup>th</sup> Grade |
| - Yadunandan K S, 9 <sup>th</sup> Grade |  |

### Tricolour Day

14 August

On 14<sup>th</sup> August, nursery children celebrated Tricolour Day with great enthusiasm. Dressed beautifully in their allotted tricolours, the little ones proudly brought tricolour objects from home. Teachers explained about our national symbols like the flag, fruit, animal, bird, tree, and flower. The day ended with a special takeaway, making the celebration both joyful and meaningful.

### 79<sup>th</sup> Independence Day Celebration

MEC Institutions celebrated the 79<sup>th</sup> Independence Day with great patriotic spirit and enthusiasm. The programme began with the hoisting of the National Flag by Dr. Vidya C., Secretary of MEC Institutions, followed by the National Anthem, filling the campus with pride and unity.

Students presented a vibrant cultural programme that include patriotic songs, group dances, speeches and special tribute the freedom fighters by the nursery students. Dr Vidya C addressed the gathering, reminding students of the importance of freedom, and responsibility in today's world.

### Krishna Janmashtami

19 August

Nursery children celebrated Krishna Janmashtami with the joyful theme 'Dahi Handi'. The celebration began with Krishna Pooja, followed by the little ones reciting Bhagavad Gita shlokas. Dressed as Radha and Krishna, the children gave a delightful dance performance and enthusiastically took part in the Dahi Handi pot-breaking activity. A special footprint activity added to the festive spirit, and the day ended with children happily carrying their takeaway.

### Making of Ganesh Idols & Ganesh Festival Celebration

23 August

As a part of the celebration, students participated in a special Ganesh idol making activity, where they created eco-friendly idols using clay. The activity encouraged creativity while spreading awareness about protecting the environment.

The celebration continued with devotion and enthusiasm. A traditional aarti was performed, and students prayed for wisdom, prosperity and good fortune. Prasadam was distributed to all the students.

### National Nutrition Week 1-6 September

Our school observed National Nutrition Week with the slogan "Nourish and Flourish" echoed throughout the week, reinforcing the message of healthy living. Vinusha of Grade 9 gave a brief introduction on National Nutrition week about the importance of balanced diet in proper growth, development of immunity and overall well-being. Various activities were conducted by the students during assembly highlighting a balanced diet. Sai Prakash of Grade 9 displayed a beautifully

