

# HEART AND MIND

A MONTHLY NEWSLETTER OF MEQ ACADEMY

COVID-19



## EQ THEME MAY 2020- BUILDING RESILIENCE

### MEQ ACADEMY

Are we stuck at home or are we safe at home? This is a complex situation among the citizens of all the countries who are facing lockdown due to corona outbreak. It is just a matter of discernment that how we look at the changes happening around the globe. This is the biggest change of the century that we are being encountered with, its a time to be resilient and accept whatever is coming on our way, yes! the time is uncompromisingly difficult and daunting despite that we have no choice left other than being resilient and adapt ourselves in the circumstances!

MEQ Academy has designed a meaningful, interesting and highly interactive workshop on '**Building Resilience**' keeping in view of the time and situation, it has been taken care that the workshop should reach to maximum people, hence the academy is conducting online sessions for kids as well as teachers with the aim that maximum people may take the advantage through it. In this hard time everyone needs motivation and inner strength to withstand and conquer over the situation.

### Other interesting articles in this issue-

- Seven days Positivity Challenge- Navjyoti India Foundation
- Social Emotional Learning program via Whats app
- Practicing Emotional Intelligence- Building Resilience
- EQ Cafe on Uncertainty
- Upcoming Workshops and Training
- MEQ Certification Programs

# SOCIAL EMOTIONAL LEARNING PROGRAM

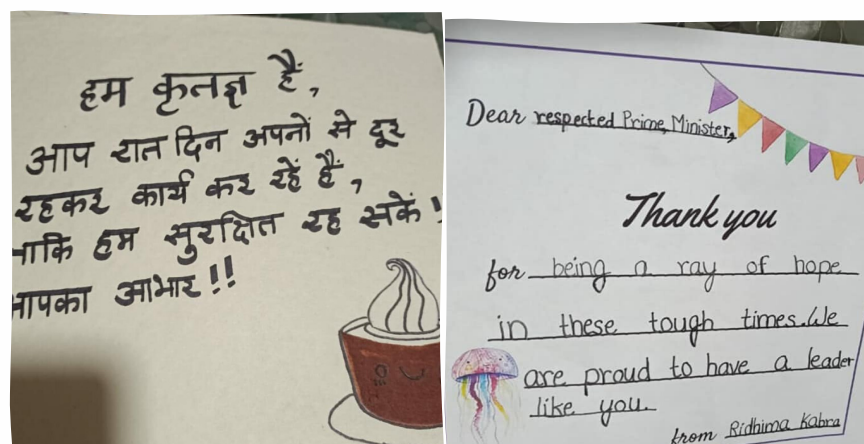
## MEQ-EQC- An online program

MEQ Academy is delivering the workshops online in order to teach social emotional learning skills to children. The program was delivered over whatsapp in different cities.

The program was well received by children and parents, the children shared their feelings through their work and they really are trying hard to keep themselves motivated and busy during these tough times. When everyone is so uncertain and stressed during the lock-down period our innocent kids are really an inspiration for all of us who are fighting with this deadly virus with enough courage in their own way.

We were quite glad to see their creativity and the gratitude they had paid to our Honorable Prime-Minister and the front liners working day-night for our safety and security from Corona virus. These kind of sessions provide the children a deep insight to handle and manage their emotions, which further help them to deal with all the negativity and stress in their life.

In present ongoing pandemic it is essential for everyone to be busy in some productive work, hence our moral duty as coaches is to provide ample sources to the children in order to help them in being productive, happy and emotionally balanced. Thus we come up with different sessions/workshops on various platforms to support children.



*Teachers who put relationships first dont have students for one year. They have students who view them teachers for life.*

# PRACTICING EMOTIONAL INTELLIGENCE-BUILDING RESILIENCE

Department of Human Development and Childhood Studies, Institute of Home Economics, University of Delhi

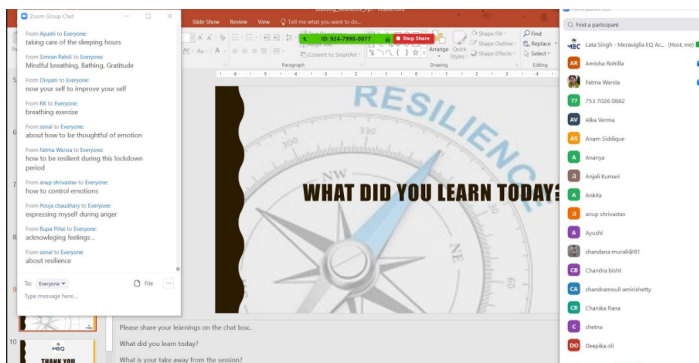
MEQ Academy hosted an online Zoom session for the students of the Department of Human Development and Childhood Studies, Institute of Home Economics, University of Delhi, on a very important topic entitled 'Building Resilience'.

Our Director and EQ expert Ms Lata Singh delivered the session beautifully with her words of wisdom.

The purpose of the session was to make students realize that human minds can be trained to be resilient in every situation. The session was thoroughly interactive and the students participated actively by writing their views in the chat box. They understood the concept very well that by managing and regulating our emotions we can easily fit ourselves in any kind of change, like the change which is currently ongoing around the globe. In this Corona times one need to be resilient enough to get a win over this situation and this was the take away of the students from our session.

The young learners were happy to attend the session and got a sense of relief after attending it.

MEQ Academy is keen to deliver such sessions just to help people in this difficult time. We are ready to help!



*Few Tips to Build Resilience during Lockdown-*

- *Check up on your emotions and try to balance them.*
- *Be optimistic.*
- *Plan your day.*
- *Being Mindful helps manage Uncertainty.*
- *Make connections.*
- *Be compassionate to yourself and others.*
- *Eat well, Sleep well and do exercise*

# EQ CAFE- UNCERTAINTY

**Lata Singh - Network Leader - Six Seconds**

*How to deal with Uncertainty during Corona times:*

*Choose the things which are under your control like-*

- *Staying at home.*
- *Washing hands frequently.*
- *Unplugging to News and too much information.*
- *Learning new skills.*
- *Reviving an old or forgotten hobby.*
- *Having Gratitude for what you have.*

*Ignore the things not under your control:*

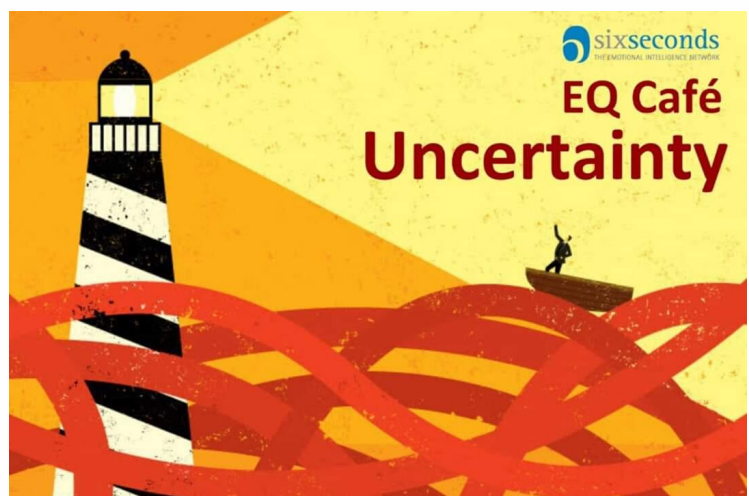
- *When the pandemic will end.*
- *Other people's actions.*
- *People breaking lockdown rules.*
- *Accurate statistics of corona patient around the globe.*
- *Overthinking and believing that world has come to an end.*
- *Presence of Uncertainty.*

MEQ Academy organize an EQ cafe, every quarter in association with the world wide famous organization named ' Six Seconds' for it's EQ community. In the difficult time of Pandemic it was very wise to choose a topic which would definitely provide the attendees an extensive knowledge of Emotional intelligence.

Our Founder Director Ms Lata Singh was the mentor and the participants were from different part of our country as well as from the US and UK. We are proud that our EQ community is growing world wide.

The session was extra ordinarily amazing and thoroughly interactive, wherein the participants were given a chance to put forward their opinions through the chat box, they were happy to share their feelings during this corona times. Not only this but they got an opportunity to have a profound understanding to keep themselves calm and composed even in uncertainty. The discussion held in the chat room was quite informative and thoughtful. All the participants told their feelings like- anxiety, fear, stress, frustration, faith, hope, happiness, gratitude, empathy etc.

The session was definitely rejuvenating for the participants which perhaps proved to be a moral booster at the time of gloominess and uncertainty.



# SEVEN DAYS POSITIVITY CHALLENGE- PRACTICING EMOTIONAL INTELLIGENCE

In Collaboration with Navjyoti India Foundation, Bawana, New Delhi

It was a wonderful week with the children of Navjyoti India Foundation, Bawana, New Delhi. MEQ Academy designed a unique program specially for children which was conducted over Whats App.

In this program, we tried to pick up one topic of Emotional intelligence each day like Gratitude, Self- Awareness, Connecting with outer World, Mindfulness, Empathy, Motivation etc, and the students were assigned different activities based on the topic. The students were extremely talented and showed their creativity through their work, they were quite mature at this age too, to understand the current ongoing situation of pandemic. They made beautiful gratitude cards, wrote beautiful letters to their own self. They learnt to engage themselves during lockdown in their favourite hobbies as well as helping their parents in house chores.

The idea behind the activities assigned to them was to make children learn- to manage their emotions, to empower them with new skills, to introspect their own feelings, to discover their hidden talents and above all to adapt themselves in the current situation without having the feelings of anxiety, boredom, fear etc and learning to have positivity in every situation.

The program was designed by Ms Lata Singh (Founder-Director), and executed by Ms Abha Biyani, Ms Chetna Singh and Ms Komal Aggarwal our Kids and Parents Life coaches.

*Train your mind to see good in everything. Positivity is a choice, the happiness of your life depends on the quality of your thoughts.*



# UPCOMING WORKSHOPS AND TRAINING PROGRAMS

## POSITIVE PARENTING- ONLINE EQ WORKSHOP FOR PARENTS

Parenting has been the biggest responsibility ever, as it is about upbringing and nurturing of the future generation. Whatever a child becomes in his life is nearly 80% of what he has been taught in his childhood. MEQ Academy has prepared a wonderful session with a gist of all parenting tips and ideas, which will help not only parents of teenagers but also the young parents of infants and toddlers.

The workshop has been designed will be executed by Ms Abha Biyani. Ms Chetna Singh and Ms Komal Aggarwal on **16th May**.

[Register](#)

## TEACHERS TRAINING - SOCIAL EMOTIONAL LEARNING ONLINE CLASSES FOR TEACHERS

MEQ Academy believes that teachers have the power to make a child's future . Implementing Social Emotional learning as a regular part of the curriculum will help the teacher to make a strong bond with their students which will further help them in creating a harmonious environment while teaching, SEL will provide the teachers basic tools to enhance the quality of education and training the students in dealing with their emotions, henceforth increasing their EQ that will give them a successful professional as well as personal life.

This is an individual program, any teacher can enroll in it to upgrade and learn new skills.

Our Teachers Training program is going to start from 26th of May 2020, this program is designed by our expert team which is highly recommended to all the teachers around the country.

[Register](#)

If a child can't  
learn the way  
we teach,  
maybe we  
should teach  
the way they  
learn.

-Ignacio  
Estrada

# MEQ CERTIFICATION PROGRAM

**BECOME A COACH**

**Kids Life Coach Program**

**Parents Life Coach Program**

[Know More](#)

**CERTIFICATIONS**

**Emotional Intelligence Certification**

**Life Skill Facilitator Certification Course**

[Know More](#)



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Emotions are important data seeking our attention!