



OCTOBER 2020 | VOL. 19

# HEART AND MIND

The Monthly Newsletter of MEQ Academy



**"And all at once, summer collapsed into fall..."**

OSCAR WILDE

## **Autumn season has an impact on our emotions...**

SEASONAL CHANGES AFFECTS MOOD!

YAY! You heard it right, there is a huge impact of seasonal change on our emotions. As the dawn of 'FALL' people start feeling change in moods which is apparently called 'SAD' Seasonal affective disorder. Research says that a drop in 'Serotonin' the happiness hormone may cause this state of mind, the length of a day also determines your happiness. So, next time if you find yourself a less happy or little sad then it might be a seasonal change, it's nothing to do with your spouse, your kids or your parents ;) Yet a major shift can be brought to your mood by practicing Emotional intelligence and being Self aware of your emotions, eating healthy and right, doing regular exercise, mindfulness and talking to your close ones can really help.

On the contrary, not everyone feels the same shifts, some might experience a rise in energy level. In India Autumn is a time when major festivals fall, hence this time of the year is celebrated and jubilated with rejoice, everyone feels happy, delighted and occupied. Besides it's an end of harsh summer also for Indians which adds on to the joy.

### **A look inside this issue:**

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MEQ ACADEMY PRESENTS

WEEKLY CLASSES

## SOCIAL EMOTIONAL LEARNING

STARTING FROM

3rd October 2020

VIRTUAL - 5:00 PM TO 6:30 PM

Age group - 7-13 years

+91-9354525069

REGISTRATION  
OPEN!!!

**Social and  
emotional learning  
can improve  
positive attitudes  
towards self and  
others and increase  
students' academic  
performance by 11  
percentile points.**

## Learning EQ through Stories & Activities

### SEL WEEKEND PROGRAM

MEQ Academy is providing interesting sessions every Saturday on Social Emotional Learning for small kids.

Our Coaches are taking extra efforts to make the sessions exciting for the kids.

The workshops are being designed by our trained coaches in such a manner that the kids find them interesting and enriching. They are including various Moral stories and Activities to help the children in raising their EQ.

SEL should be a part of the curriculum. It must be incorporated as a teaching methodology by the Education System.

MEQ Academy is selflessly trying to provide SEL education to the children accross the country.

**Registration Link**



## e-WELLNESS

EQ Empowered

TOPIC : THE MASK - SELF CONCEPT

BIG  
FM

असल बोलत है  
तुम दोस्तो



FEATURING  
LATA SINGH

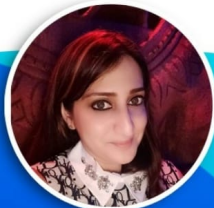
FOUNDER-DIRECTOR OF MERAVIGLIA EQ ACADEMY

CERTIFIED LIFE COACH – SYMBIOSIS COACHING,  
AFFILIATED BY INTERNATIONAL COACH FEDERATION (ICF)

NEURO-LINGUISTIC PROGRAMMING (NLP)  
PRACTITIONER – ANLP GOA

EMOTIONAL INTELLIGENCE TRAINER, (EQ PROFILER & EQ  
ASSESSOR) BASED ON SEI PSYCHOMETRIC ASSESSMENTS  
TOOLS AND DEBRIEFING

OVER 18+ YEARS OF INDUSTRY EXPERIENCE WITH RE-  
OWNED IT ORGANIZATIONS.



IN CONVERSATION WITH  
RIDHI MENON

SR. BUSINESS PARTNER  
& LEAD – TALENT ACQUISITION

Our Vision: Unlock Everyday Optimism

Our Value: People First



## A Virtual Training Session with 92.7 Big FM

### E-WELLNES SESSION

Our Founder/Director Ms Lata Singh was invited to conduct an online session with the team of BigFM on the topic The Mask: Self Concept on 29th Sept 2020.

The session was quite interactive to engage the audience. It allowed the participants to share their opinions as well as to dispel their doubts.

It is a great initiative by 92.7 Big FM to arrange the wellness program which is essentially required at the present scenario.

MEQ Academy pays gratitude to the whole team of 92.7 Big FM and special thanks to Ms.Ridhi Menon, Sr Business Partner & Lead-Talent Acquisition. for organizing the whole event.





# Webinar on Social Emotional Learning in Schools: The Time has Come!

SPONSORED BY WICCI- ELEMENTARY EDUCATION COUNCIL OF INDIA

The Webinar was in partnership with Super Parents Empowered Parents Forum. A multinational panel discussion on the urgency of institutionalizing social emotional learning in schools was held on 26th Sept 2020.

Ms Neerja Singh our Advisory Board member was the moderator of the panel discussion. Ms Lata Singh, Ms Sujatha Kulshreshtha, Ms Solafa Batterjee, Mr Saugat Singh Saud and Dr Nancy Banerjee were the panellist.

The purpose behind the panel was to bring into the notice of Education Councils of India about the New NEP( National Education Policy) which aims for the whole and holistic development of the children through creativity and emotional Intelligence, apart from this, the whole world is facing Pandemic, hence it becomes essential to teach our young generation about Uncertainty, Resilience, Optimism etc. and this is possible only through SEL. The agenda of the forum was to initialize Social Emotional Learning programs in schools as soon as possible.

Our Founder/Director Ms Lata Singh described beautifully that how SEL can be incorporated in schools without much ado, and in next 5-10 years we can have SEL based education nationwide which will further result into an emotionally intelligent society.



# Riddle time!

- **I'm the source of all emotion, but I'm caged in a white prison.**

ANS- HEART



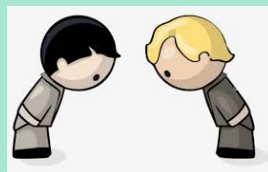
- **At night they come without being fetched. By day they are lost without being stolen.**

ANS- DOUBT AND FEAR



- **You can only have it once you have given it.**

ANS- RESPECT





# Parenting Tips: Raise Grateful Kids

## EFFECTIVE PARENTING TIPS BY MEQ ACADEMY

These days its quite often to see Ungrateful kids around, and it's no good for future generation to be thankless. As a parent inculcate the 'Attitude of Gratitude' in your child at a very young age. Children who have gratitude are more optimistic and positive towards life when they enter adulthood. Some of the tips to instill the habit of Gratitude in your child are-

- Children learn by imitating so be the role model and try saying 'Thanks' and 'please' to your spouse and parents as many times as you can.
- Teach the meaning of 'Gratitude' to your child simply by saying thanks to the helpers around and to the nature for being so kind towards everyone.
- Appreciate your child's efforts of helping you in daily chores and say thanks.
- Show gratitude for the relationship you have with your child and tell him/her that how lucky you feel to have him/her in your life.
- Inculcate a habit of counting your blessings on the daily basis, it will not only change his perception, but it will also make him a very gentle human being as he grows up.
- Interact with the children and ask them what are the things that make them feel grateful for. Tell them the importance of caring for others.
- Tell them stories that promote gratitude or read books based on gratitude.
- Instill a habit of giving Thankyou notes often, you can also encourage them in creating beautiful Thank-You cards to show gratitude for the people around.
- Gratitude comes with continuous practice, it does not come in a day, so be patient and make it a regular habit.
- Encourage your children to donate their old toys, books and clothes to someone who is needy. This will definitely help the children in understanding that how fortunate they are, it will make them generous also.





# Congratulations!



**JASMINE KAUR SAHNI**  
**KIDS LIFE COACH**



FOR SUCCESSFULLY COMPLETING THE KIDS LIFE COACH  
CERTIFICATION PROGRAM

[WWW.MEQACADEMY.COM](http://WWW.MEQACADEMY.COM)

**Welcome! Jasmine  
Kaur to our Kids Life  
Coach Community.**

**We wish you a  
brighter future and  
successful coaching  
career!**

## Certification Programs by MEQ Academy

### ONLINE PROGRAMS

- [Kids Life Coach Certification Program.](#)
- [Parents Life Coach Certification Program.](#)
- [Emotional Intelligence Certification Program.](#)
- [Life Skill Facilitator Certification Program.](#)
- [Kids Yoga Coach Certification Program.](#)

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