

DEC 2020, Vol 21

# HEART AND MIND

MEQ Academy's Monthly Newsletter



## NOVEMBER 20TH IS CELEBRATED AS UNIVERSAL CHILDREN'S DAY

MEQ ACADEMY IN ASSOCIATION WITH SIX SECONDS

Every year in the month of November World Children's day is celebrated by Six Seconds in partnership with UNICEF for the Emotional Well-being of the children in more than 200 countries and approximately 1000 of volunteers around the globe celebrate Pop-Up Festival with the children of all age groups in Schools, Societies, NGO, Activity centers etc.

We are the part of the celebration. Read out more in the next page.....

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# WE ARE HOSTING POP-UP FESTIVAL

VIRTUAL SESSIONS

MEQ Academy has been hosting the POP-Up Festival for the last three years continuously in a row. It's always been an honor to celebrate World Children's Day in such a beautiful manner. Children from all over the world are precious and we are delighted to work for their Emotional Well-being.

We are really excited that this year it's been organized virtually for the children across the world due to the challenging time that we all are facing. However, we are missing the good old days of last year when we conducted the show with the children at their Schools. Some of the glimpses from last year's POP-UP show are here-



**POP-UP Festival**  
**2019**

**"STUDENTS MUST LEARN  
THE IMPORTANCE OF COMMUNICATING AND EXPRESSING  
THEIR EMOTIONS, TO LEAD A HAPPY AND SUCCESSFUL LIFE."**

in partnership with

unicef | WORLD CHILDREN'S DAY | sixseconds  
THE EMOTIONAL INTELLIGENCE NETWORK

# SESSION ON PREVENTION OF CHILD SEXUAL ABUSE MATERIAL

AT NAVJYOTI INDIA FOUNDATION DELHI

On Nov 11, MEQ Academy conducted virtual session for the Young students of Navjyoti India Foundation on a very sensitive topic- Child Sexual Abuse, There were around 45+ students attending the session. The topic itself was very touchy and difficult to explain to the young minds who might be actually facing it in their real life.

Our Master Coach 'Lata Singh' and Expert Coach 'Abha Biyani' explained each and every aspect of the topic with the help of a POP UP Activity - Circle of Belonging by Six Seconds. Children understood that the help is always available. We just need to identify the people who care for us. It was a very fruitful and satisfying session, some children came up and shared their experience and look forward to more help and forum like these where they can say and understand everything sometimes without saying a word.



**"IT SHOULDN'T HURT TO BE A CHILD!  
STAND TOGETHER TO STOP CHILD ABUSE."**

## SESSION ON PREVENTION OF NEGLECT

AT NAVJYOTI INDIA FOUNDATION DELHI



In continuation with the earlier session with Navjyoti India Foundation, another virtual session was hosted on 12th Nov on Prevention of Neglect for 60+ children of Navjyoti India Foundation - Delhi.

Our Master Coach Ms Lata Singh and her Co-host Ms Chetna Singh interacted with the children and explained them how they can deal with neglect with the help of very interesting activities.

Children enjoyed Circle of Compassion and Alebrijes and Me activities from the POP UP Festival. They understood well about their rights and learnt to deal with their own emotions while facing severe situations at their homes and society.



# POP-UP FESTIVAL CELEBRATED

K.R.MANGALAM WORLD SCHOOL,VAISHALI, GHAZIABAD

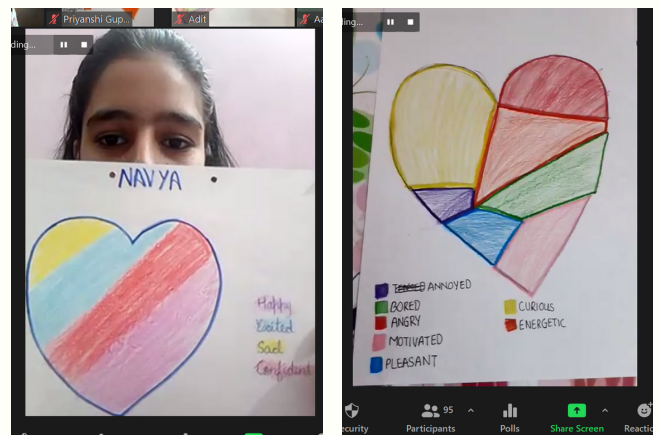
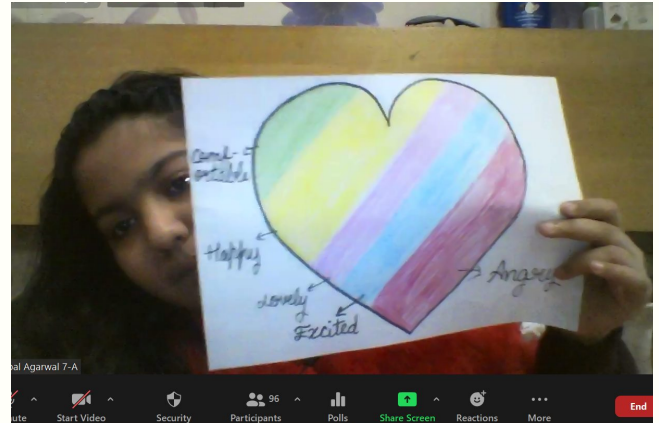
On the occasion of Universal Children's Day, which falls on 20th Nov, MEQ Academy celebrated POP-UP Festival with grade 5,6, and 7 of K R Mangalam School (Vaishali). There were 100 students and few more could not join due to the limit of virtual session.

This year the focus is on Climate Action Change (SDG #13) and to help children understand their role we did Color my Heart and Consumption Action Steps activity with them. It was a highly interactive session.

We were astonished to hear their views on accomplishing the SDGs. Children are far more concerned for the climate change than we really think, they came up with some easy doable ideas, It's our moral duty as an adult to help our future generation to execute those ideas. The session was well conducted by the team of MEQ Academy.

For the glimpses of the session please visit our FB page-

[VISIT](#)



COLOUR YOUR HEART ACTIVITY DONE BY CHILDREN

# TALK SHOW ON PARENTING TEENS WAS LIVE ON FACEBOOK

BY MEQ ACADEMY

On 7th Nov,20 MEQ Academy hosted a live talk show with our own 'Parents Life Coaches' on some of the issues that Teens are going through. The experts gave some tips as well as explained each and every point in a much simplify version, that would be in fact very helpful for the parents.

For watching the recorded videos visit our You tube Channel.

[VISIT](#)



## ONE MORE SESSION WITH THE CHILDREN!

AT ASTER PUBLIC SCHOOL, MAYUR VIHAR, NEW DELHI

Happy to share that we hosted POP-Up Festival one more time with the 6th, 7th & 8th graders of Aster Public School, Mayur Vihar, New Delhi

The session was thoroughly interactive. The kids enjoyed doing the activities based on SDGs and they picked up few SDG goals of their own choice to work upon. Through 'Dear Future Me' activity they wrote a letter to their own self of ten years later, mentioning how do they want to be in their future and what action steps they will take to improve the SDG they have chosen.

We were equally excited and overwhelmed to see that the children were so insightful, they shared their opinions and we could see that this generation cannot bear injustice as 80% of them had made their own Alebrijes through which they want to eradicate Injustice, barabrity and brutality from the world. Kudos to the wonderful thoughts of these little kids. Our wonderful Team is working effortlessly for Emotional Well-being and the rights of the Children.



[ALEBRIJES MADE BY CHILDREN](#)

## SEL WEEKEND CLASSES

MEQ ACADEMY RUNS ONLINE CLASSES

We at MEQ Academy are keen to create an emotionally intelligent society in coming years, and no step is small when you are determined to reach to your goal, henceforth we are providing virtual online classes for the children of 7-12 years of age as we believe that this is the perfect age when a child starts understanding his/her emotions and he/she needs to be understood by the caregivers. Unfortunately, most of the children are left unattended and misunderstood by the adults when they show tantrums or some unacceptable behavior, We at MEQ Academy want to expand our horizon and need to reach to each and every child to make him/her feel comfortable and understood, to make the children capable of handling their emotions, to tell them that it's absolutely fine to feel whatever they are feeling, it's just an emotion and it has to be acknowledged.

The classes are virtual and are accessible from any part of the country as well as from Overseas. Please Register your children to make them Emotionally Intelligent-

Registration link- <https://forms.gle/q51Lah6o3nrm3xQ28>

# LET'S SHOW SOME GRATITUDE!

## HAPPY THANKS-GIVING! BLOG BY CHETNA SINGH

Gratitude is one of the easiest way to transform your misery into abundance...

With Thanksgiving being celebrated this month, it's a time to remind ourselves of the blessings we have. There is so much in our lives to be thankful for even when we are facing a Global Pandemic for more than nine months. Finding Gratitude in the middle of the Pandemic may sound hard but it's not impossible. Gratitude can be a very powerful tool for the whole humanity at the time of hardship. Some of the easiest ways to show gratitude and be thankful can be as follows-

- Look out for something that makes you happy- We always have few things that keep us happy, indulge in those. Keep building on that for which you are thankful e.g- be grateful that you are still alive, feel blessed if you are still earning, be thankful for any relationship you have, be grateful if you have food to eat and house to live in.
- Reach out to the people whom you care for- How would you feel if you unexpectedly receive a 'Thankyou' note from someone? Probably, joyful and amused, right? You too can make someone feel joyful and uplift someone's spirit by simply showing gratitude. Turn your thoughts into actions and Write a thank you email. Send a friend a text to let them know you appreciate the work they are doing. Start a gratitude journal and write down 2 things each day that you are thankful for. For emotional and spiritual well being, give thanks through prayer or meditation.
- Be Kind to others- Did you know that expressing gratitude can improve a person's well being as well as their relationships with others? Expressing gratitude is a small act of kindness that can make a big impact on a person's overall mood and perspective. Rather than being judgemental at the time of Pandemic, we can be more kind to others especially towards the frontline warriors of Corona, and those who have been suffering from this deadly virus.
- Talk about Gratitude with other people- Gratitude is something on which I personally can talk non stop, it helps me to get relief from all my stress and also I count all my blessings and feel that God has been kind. Talking with other people in general is helpful but talking to them about gratitude ensures that the conversation is healthy and positive. It also helps in realizing about all the good things in your life. Moreover gratitude helps in increasing the blessings if you count them regularly, be it relationship, money, love, health, career or any other field.

Practicing gratitude on a regular basis, during Uncertainty or hardships, is worth trying. Once it becomes a habit it will be easier to adapt it forever, then you may reap its benefits without much effort. Besides, the world is harsh enough. We don't need to make it worse on ourselves.

THANK-YOU

# DEALING WITH DIFFICULT PEOPLE



## AT WORKPLACE

### EMOTIONAL INTELLIGENCE

There are some typically difficult people in every Workplace!! You all may have encountered with these types-

- The Aggressive
- Know-it-all
- The Complainer
- The Passive
- The 'NO' people
- The Agreeable
- The Indecisive

The actions and personality traits of difficult people make it harder to work with them. They come in many types. You can never change them but you can always learn to deal with them with the help of Emotional Intelligence.

- First of all watch out your own thoughts, are you being over sensitive or over reactive in every situation? Make sure the other person is really difficult or just because you do not like that so called difficult colleague, hence you are being judgemental.
- Explore whatever you are experiencing with that person, and acknowledge the feelings, talk to someone whom you trust.
- Talk to that person in private about the difficulties you are facing to get along with him/her.
- Last but not the least if nothing works try to maintain a distance with that person and talk only when their are some work related issues. Be professional and don't talk ill on the back of that person.
- Remember the more you will think about that person the more difficulty you will face in dealing with the situation.



## UPCOMING EVENTS

### • EMOTIONAL INTELLIGENCE COURSE- NOW IN HINDI- STARTING FROM 19TH DEC,2020

After the huge success and demand of our 'Emotional Intelligence' course we are pleased to announce that we are launching this course now in Hindi for those clients who wish to do this course but due to language problem they were unable to do it.

EI is something which should be in reach of everyone, and language shouldn't be a bar, hence we at MEQ Academy brought it exclusively for a larger population of India.

For more details call at: +91-9315277905 | +91-9354525069

Fill the form below and Register yourself for the course-

**FORM**

### • TEACHER'S TRAINING PROGRAM ON SEL- STARTING FROM 21ST DEC,2020

The SEL Teacher's Training Program is a six months program designed for teachers. After completion the participants will receive

- Digital certificate from MEQ Academy – Mindful Educator (Level 1 of SEL)·
- Coaching, Training and mentoring from MEQ Academy's Master coach·
- Digital SEL Activity Book for classroom\Class Plans·
- Regular follow up by MEQ SEL Educator
- Webinars by Experts from around the globe.

Register yourself-

**REGISTER**

## CERTIFICATION PROGRAMS BY MEQ ACADEMY

- Kids Life Coach Certification Program-
- Parents Life Coach Certification Program.
- Emotional Intelligence Certification Program.
- Life Skill Facilitator Certification Program
- Kids Yoga Coach Certification Program.

### Contact Us

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