

JAN 2022 | ISSUE NO. 34 |

# HEART & MIND

*Happy*  
**NEW  
YEAR**

**2022**

**WELCOME THE NEW YEAR BY PRACTISING EI AND CHANGING THE  
PERSPECTIVE TO CHANGE YOUR LIFE!**

## MEQ ACADEMY

LAUNCHES ITS NEWSLETTER AND MONTHLY MAGAZINE

[www.meqacademy.com](http://www.meqacademy.com)



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## Dear Readers

Nothing makes our team more joyful than composing and releasing another issue of our monthly newsletter to all our beloved dear readers. Welcome to our latest edition that has been moulded into magazine form and enjoy the content we have for you.

We're so delighted to help you improve yourself and your views about your life.

We know that emotional and mental health matters so we are trying to make this edition informative and interesting by providing a lot many tips and activities to enhance emotional intelligence and prevent mental health issues among children and adults.

Sincerely,  
Team MEQ

# EVENTS HELD

## TIME MANAGEMENT



### A Session by Preetha Raghav

MEQ Academy hosted a session on Time Management on 4th Dec. There were around 15 participants.

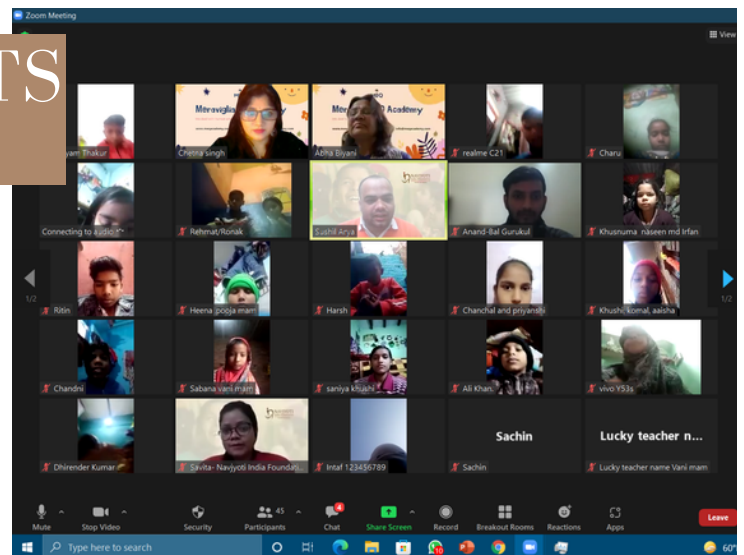
The keynote speaker Ms Preetha Raghav beautifully presented the session and provided some deep insights into time management. The session was intended not to prioritize what's on your schedule but to schedule your prioritize. Some of the takeaways from the session were-

- Achieve your goals thus bringing satisfaction and greater self-confidence
- Increase your efficiency and effectiveness at work and thus your success/promotion
- Enable the right home/work balance.

## CHILD ABUSE, RIGHTS & PROTECTION

### A Session by MEQ Academy at Navjyoti India Foundation

Meraviglia EQ Academy is glad to have a meeting under Gurukul Training for the students and volunteers of Navjyoti India Foundation on an exceptionally delicate topic named Child Abuse, Rights and Protection. Around 50 participants were present during the online session. The gathering was driven by our mentors Abha Biyani and Chetna Singh.



It was an interactive session wherein youngsters shared their perspectives on child abuse and came to be familiar with different Child rights coordinated by United Nations. Our principal point was to enlighten the kids regarding their fundamental rights and remain solid in their lives to stand firm against child abuse.

We are grateful to Mr Sushil Arya for furnishing us with a chance to connect with the youngsters and give our little contribution to the welfare of the children. MEQ Academy upholds and commends the school personnel and volunteers of Navjyoti India Foundation who are working in distant regions to instruct oppressed kids.



### Emotional Intelligence Child Abuse, Rights & Protection

Designed by-  
Lata Singh Dasila  
Director  
MEQ Academy

# PRACTICE MINDFUL EATING TO STAY HEALTHY

Tips for healthy living by MEQ Academy

Mindful eating has a deep positive effect on our bodies. Here are a few ways to practice mindful eating-

- Try to engage all the five senses while having your meals.
- Notice what is on your plate, observe the colour texture and quantity of the food being served.
- Pay attention to the taste of food and try to identify its ingredients.
- Chew slowly for at least 20 times to make digestion easy. Enjoy the flavour of the food.
- Eliminate any kind of distraction while eating.
- Choose a place where you can eat peacefully and comfortably.
- Eat nutritionally healthy foods.
- Don't overeat no matter how much hungry you were feeling, stop when you are full.
- Take a deep breath and feel relaxed, be thankful for having food on your plate every day.

Benefits of Mindful eating-

- Mindful eating is a practice that allows one to be in the present sensing feelings, thoughts as well as the amount of hunger.
- Mindful eating helps in reducing stress.
- It also helps to cut down on food cravings and choose the right food at right time.
- Believe it or not! Mindful eating can maintain or reduce your weight.
- Mindful eating may also help you change unhealthy eating habits.



”

**Mindful Eating-**  
**Notice**  
**Observe**  
**Feel**  
**Taste**  
**Enjoy**

# ARE YOU EMOTIONALLY INTELLIGENT?

Here's how you can know...

To check whether you are emotionally intelligent or not take a quick quiz

- Your emotional literacy is higher than others- Yes/No
- You do not judge others for their choices- Yes/No
- You are aware of your strengths & weaknesses- Yes/No
- You are resilient and embrace change- Yes/No
- You empathize with others- Yes/No
- You learn from your mistakes and try not to repeat them- Yes/No
- You value people and relationships with them- Yes/No
- You do not get offended easily- Yes/No
- You don't hold grudges and forgive people for your peace- Yes/No
- You appreciate and complement others- Yes/No
- You disassociate yourself when you feel too much negativity at a place- Yes/No
- You do not blame others for failure rather try to find out what went wrong- Yes/No
- You expect nothing in return- Yes/No
- You do positive self-talks- Yes/No
- You know how and when to say No- Yes/No



Know your status-

Assuming that your 10/15 answers are in Yes then you positively have a higher EQ however if you are below 10 then you need to practice EI.



# SHORT STORIES THAT CAN RAISE YOUR EQ

Be Emotionally Mature

Here are some kindness stories shared by our mentors that are worth reading and sharing. These stories will give a boost to your emotional maturity. Have a good read!

1. Kindness is a word that has different meanings for each of us. On this 31st, yes just today I went for my evening walk. The park was empty except for just a handful of regulars, it is a wintry evening and new year eve too. All of a sudden there appeared 5 poor children age 8/10 playing with balloons and having a fun time! One of them noticed me walking alone and said 'didi come and join us.. ' I was surprised but started playing, believe me, it was fun they were boisterously shouting. No care in the world. They informed three of them did not have fathers and their mothers worked as maids. I suggested that I buy chocolates ...

...for them but they wanted ice cream!! I agreed, we crossed the road and they held my hand to make me feel safe! After buying cones one said ' thank you but I am sad' I asked 'why' and he said ' you had to pay for it !' They came back to the park with me and said I could join them in their play once again. I am confused, was I kind to them or did I not have another experience of innocent kindness from them.

2. A couple of days back we were going to our hometown. However, because of a political election rally and PM visiting our town roads were closed and our vehicle stalled out in a tight path and it was difficult to push ahead and turn around the vehicle because there were bikes and cars parked on both sides of the path. We were simply battling with it and a man came there who assisted our vehicle with moving back in that thin path and somehow with the help of that person and a couple of other residents we could escape that region. We truly felt grateful and thought kindness still exist and no act of kindness no matter how small is ever wasted!

3. Life is uncertain, while we have control over many things, still, we can't control many things that happen to us. Generally, females are multitasking every time. In the awe of being a good mother, wife, daughter, daughter in law we forget ourselves and when the work isn't completed on time we meltdown. That is the time when your family supports and says simple kind words like you are managing things nicely, shows gratitude, offers to help all your negative energies transfer to positive ones. You feel good

Kindness is so contagious that everyone starts doing it.



# ADAPTABILITY

WHY ADAPTABILITY IS AN ESSENTIAL SKILL TO TEACH ESPECIALLY IN THE PANDEMIC TO THE CHILDREN?

1.

Adaptability helps  
in uncertainty

2.

It enhances  
resilience power

3.

One can become  
flexible and  
adjustable.

4.

Keep calm and  
confident in tough  
situations.

5.

Adaptability teaches  
survival, creativity,  
decision making and  
positive thinking

6.

Adaptability makes an  
individual consistently  
prepared to learn



# FIVE WAYS TO BUILD EMPATHY IN THE CLASSROOM

Tips by Ms Lata Singh Director MEQ Academy

Empathy is a skill to understand the emotions of others and to respond appropriately.

Empathy and social awareness are important skills to be taught in every classroom and school. They are easy to teach through activities, experiences, and lessons that allow students to practice and adopt these skills.

Here are five tips to build Empathy in any classroom-

**1. Bring in the Stories** – Read short stories in the classroom and open them for discussion. Let kids understand and feel the characters and situations in the story. Let them share their view of what was right and what was wrong. What did they learn and what if they were one of the characters in the story? How did they feel and why? Make sure the kids are not judged for sharing their perspectives.

This exercise will give them learning that perspective differs and everyone needs to be respected, no matter what!

**2. Empathy Journal** – Ask students to create their empathy journal and start writing the act of empathy they came across throughout the week. It can be the act of kindness they have done or someone else had done over the week. By the end of the week, ask them to share their best moments from the Journal with the whole class.

**3. Create Gratitude Card** – Ask students to create gratitude cards for their fellow students, teachers, parents or anyone who had helped them in some way or the other. Gratitude is a very powerful tool that can change the overall persona of a person.

**4. Sit in a Circle** – Let your students sit in a circle and let them share what is going right and what is not going that well in their life. Make sure they feel protected and safe during this activity. Ask other students how they can help their classmates to deal with that situation.

**5. Be a role model** – As an educator, you are being followed by your students – believe it or not! Your life experience and stories can motivate them to be humble and nice human beings. It will also increase bonding between you and your student so feel free to share your struggles and your win with your students.

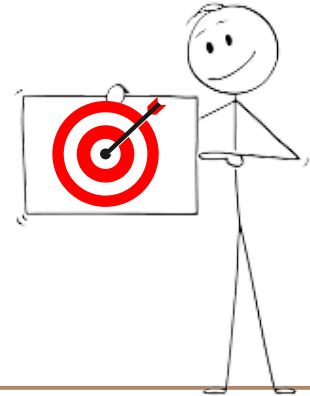
The benefits of developing empathy in the classroom develops a safe and positive classroom culture, strengthen community, and prepare students to be role models in society.



# SELF-AWARENESS ACTIVITY

Self-awareness is the key to  
introspect why couldn't you  
achieve your goals...

Think of a goal that wasn't achieved by you.



What are the reasons for not accomplishing the goals?



Few mistakes that taught you not to repeat them-



Ideas to improve yourself-



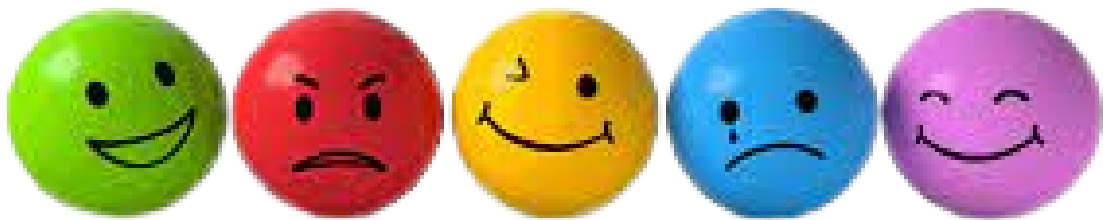
How long you will give yourself to achieve the goal this time?



# FIND THE EMOTION

Find and circle the emotion words. You may find the words from the right and from left and up and down

A D F O S A D P N  
N H A P P Y B E F  
G C L O V E O A T  
E F E A R F R C I  
R A S T R E E S E  
M A D B I G D J K  
A C O U R A G E K



courage, fear stress, happy bored, love  
mad, anger, sad



# COURSES & CERTIFICATIONS

## KIDS LIFE COACH

### Become A Certified Kids Life Coach

What does a Kids Life Coach do?

A Kids Life Coach inspires, motivates and guide children to achieve their potential and goals personally and academically. A Kids Life Coach nurture children to work on their life skills so they can live a life full of happiness, satisfaction and gratitude.

This year bring positive change in the life of children around you.

Become a certified Kids Life Coach!

Connect with us to get details!

[DETAILS](#)

### BECOME A CERTIFIED KIDS LIFE COACH

DURATION - 3 MONTHS

TAKE ONLINE CLASSES FROM THE  
COMFORT OF YOUR HOME

For individuals, teachers,  
counselors, coaches, and  
parents.



Meraviglia EQ Academy

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Help children in  
achieving goals,  
happiness, success and  
well-being through one  
to one session and group  
workshop.

IQ is 20% of success  
while EQ is 80%

## EI CERTIFICATION FOR CHILDREN

A complete program for Emotional wellness of  
children

Do you know children are feeling more  
isolated, lonely, anxious, and sad due to the  
pandemic?

We must help them to accept and share their  
emotions openly.

In our EI for Children Certification Program, we  
have included evidence-based tools and  
techniques that children can use every day to  
manage difficult emotions like anger, anxiety,  
stress, and fear. During the online sessions with  
our coach, they get several opportunities to  
learn how to share and manage emotions.  
Register now!

[REGISTER](#)



Emotional  
Intelligence  
Certification  
for children

(For ages 8-12 years)

MEQ Academy  
presents...



For more details

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children



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