



OCTOBER 2024 EDITION

MINDFUL MOMENTS

MEA QUARTERLY NEWSLETTER



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Stay in the loop : Renew your membership today !!



Donate and Make a Difference!!



President's Message

FROM THE DESK OF PRESIDENT

Dear Members of MEA,

As I reflect on the incredible success of our recent fundraising event Onachamayam 2024, I am overwhelmed with gratitude for each of you. The generous contributions from our members and sponsors have made it possible for us to raise substantial funds towards our scholarship mission.

This achievement goes beyond mere numbers; it represents hope, opportunity, and a brighter future for those young minds who aspire to excel in their fields. Every dollar raised is an investment in talent and innovation, empowering students to break barriers and achieve their dreams.

I want to acknowledge the teamwork and spirit of camaraderie that defined our event. From planning to execution, each member played a vital role, demonstrating the strength of our association. It is this collective effort that amplifies our impact and reinforces our mission.

Looking ahead, let us maintain this momentum. We have the chance to expand our outreach, support more students, and inspire the next generation of engineers. I encourage all of you to remain engaged, share ideas, and help us explore new opportunities for fundraising and collaboration.

Thank you for your unwavering dedication and passion for our cause. Together, we can continue to change lives and shape the future.

Warm Regards,
LAKSHMI HARIDAS,
MEA PRESIDENT 2024

FINANCIAL SUMMARY

MONEY MATTERS

25 YEARS & WE ARE GROWING

FINANCIAL HIGHLIGHTS—SECOND QUARTER

This year, our board envisioned merging our traditional Onam celebrations with a scholarship fundraising initiative and meticulously planned every aspect, from establishing clear fundraising goals to effectively coordinating with sponsors and donors to ensure a strong turnout. We are pleased to report that we surpassed our expectations and goals, resulting in a resounding success in every way. Please find the financial summary details of the Onam fundraiser event listed below.

- Onam Donations -\$7,910.06
 - Onam Sponsorships-\$8,675
 - Onam Tickets -\$10,191.6
 - Onam Expenses -\$9,581.88
- Total Fund Raised -\$17,194.78**



SPONSOR SPOTLIGHT

THANK YOU SPONSORS!

KARAVALLI
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REAL ESTATE | HEALTH CARE | HOSPITALITY



ÜBERRITO FRESH MEX

RHOMES



YOUR SUPPORT MADE THIS EVENT POSSIBLE

KNOW YOUR 2024 MEA MENTORS

Our Mentors are quintessential part of our organization ,they build a strong relationship with our mentees, identify their potential and weakness and help steer them towards success . Our mission cannot be realized without their time ,effort and passion.

- Arun Arangil

- Kiran Day

- Aravind Subramani

- Deepthi Viswanathan Nair

- Sudheer Sangunni

- Ramadas Kandath

- Basil Thekumpurath

- Ranjith Nair

- Mathew Abraham

- Biji Ramadas

- Soorya Ellickal

- Naveen Kochoth

- Vijay Kayath

- Sibi Kuruvila

- Ranjith Kondath

- Smitha Vikram

- Akhilesh Rajendran

- Radha Nair

- Suresh Karayil

- Smitha Thomas

- Anil Vattalai

- Jayaprakash Puthenveetil

- Joyce John

- Param Moothath

- Manoj Anirudhan

- Jaleel Valappil

- Najeeb Kuzhiyil

- Sreeja Thathamangalathu

- Avinash James M

- Abhilash K Narayanan

- Indu Chandrasekharan

- Jazmyn Beharie

- Rijil Janardhan

- Jansi Mary Jose

- Binu K John

- Jolly James

- Lekshmi Thampi

- Remasankar S

- Shija Abraham

- Sreeraj Nair

- Zaqie Reza

- George Thomas Varkey

- Vidya Menon

MEN DON'T CRY: SHIFTING THE NARRATIVE

WRITTEN BY CAROLINE JAMES

Beyond Stereotypes: Through lens of understanding to prevent violence..

Just as I was grappling to get over the distressed news about the sexual assault and death of a trainee doctor in Kolkata, India, not too far apart, I came across another news on a similar topic, the Hema Committee report revealing stories of sexual exploitation and inhuman working conditions exposing the dark underbelly of Bollywood which otherwise is known for its culturally rooted and realistic cinema.

India reports a statistics of 1 rape case reported every 16mins, and of course such heinous crimes on exploitation are not unheard of but it made me contemplate on the larger underlying issues at hand and an urgent action for a transformative change.

How do we approach this from a lens of understanding underlying topics like gender sensitivity, emotional expression, the roles which society can play and how these factors can contribute to the perpetuation and prevention of violence.

Gender Sensitivity- In many societies, traditional gender roles are ingrained from an early age, shaping expectations and behaviors. E.g. Boys and men should not cry as this is a sign of not being brave or machoistic enough. Society has defined standards on the kind of colors they should be inclined to or the kind of play they should engage in. Men don't show emotions, should be manly and dominant whereas a girl or women should be nurturing or submissive.

These stereotypes really impact how our minds are conditioned, and we foster environments where respect and equality are undermined, paving the way for attitudes and behaviors that perpetuate violence.

A gender-sensitive approach promotes equality by challenging these stereotypes and encouraging individuals to view each other as equals.

Although it is claimed that Men are from Mars and Women from Venus, by embedding such principles in the society, we learn to understand each other's perspectives and thrive in an environment of mutual trust, love and respect.

Emotional Expression- Society's expectation that men should suppress their emotions contributes to a culture of emotional repression which can have severe repercussions.

When boys and men are discouraged from being vulnerable or sensitive and allowed to box up their emotions, it leads to a lack of empathy and mental health challenges. This emotional suppression can result in objectification of the opposite gender and aggressive and harmful behavior towards them.

To create a healthier society, we need to teach boys from a young age that expressing their emotions is making them truly human and not a sign of weakness.

MEN DON'T CRY: SHIFTING THE NARRATIVE

WRITTEN BY CAROLINE JAMES

Role of Education- Education plays a pivotal role in shaping attitudes and behavior. This includes education in schools as well as home.

This would be the primary environment where kids at a young age can learn about gender roles, interpersonal relationships, age-appropriate sex education, biological norms like menstrual cycles and the need to be sensitive to the needs of the opposite gender, empathy and emotional intelligence.

Educators should foster an environment of understanding and respect where students feel safe and such topics are encouraged and not treated with caution or taboo.

At home, parents play a fundamental role in modeling respectful behavior. They should challenge traditional gender norms and teach children about respect, empathy and consent. They should keep the communication lines open to help the kids navigate through their feelings, treat home as a safe space to openly discuss any such topics and create a healthy environment.

By addressing these issues through education, family dynamics, and community efforts, we can strive to create a society with more equal dynamics between genders and a culture of understanding for future generations.

The personal dimensions of our lives are more intricately weaved to reshaping a better society, a better world more than we can ever imagine. The ball is now in your court and remember, each of you have the power to change the narrative!

Around The World

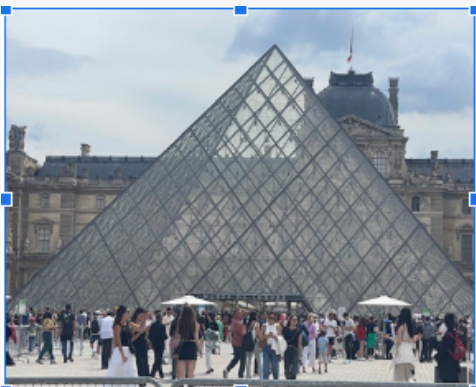
MONALISA'S SMILE: A DREAM FULFILLED

Written By Ashwathy B Pillai

The "Monalisa"—Leonardo da Vinci's world-renowned masterpiece—has captivated millions of visitors over the centuries, drawing people from every corner of the globe. Displayed proudly at the Louvre Museum in Paris, France, she has long been a symbol of artistic wonder. Seeing her in person had always been one of my greatest wishes, and when the opportunity for a solo trip to Paris arose, I didn't hesitate for a moment.

Paris, often called the "City of Love," is one of the most beautiful and bustling cities in the world. With immense excitement, I set off from my hotel near Charles De Gaulle Airport to fulfill my lifelong dream. My visit was just ahead of the upcoming Paris Olympics, and the city was already abuzz with preparations. After a train ride of about an hour and fifteen minutes, I arrived at the Pont des Arts Quai de Conti station. As I stepped out, I was greeted by the charm of quaint little shops and throngs of tourists, all contributing to the vibrant atmosphere. The streets were filled with Parisian souvenirs and Olympic memorabilia, adding to the city's lively energy.

Following the directions on my phone, I continued walking until, at last, the magnificent Louvre Museum came into view. Opposite the museum, the famous Seine River flowed, its banks lined with more souvenir shops. Some sold replicas of the Monalisa—some faithful reproductions, others more imaginative takes on the iconic painting. I stopped for breakfast at one of the charming cafés nearby, savoring the sights and sounds as I strolled along. Eventually, I found myself at a café aptly named "Café Parisian," where I indulged in a Café au Lait and freshly baked croissants. With my pre-booked timed entry ticket in hand, I had a little time to explore the nearby shops before heading to the museum.



When the time finally came to enter the Louvre, I joined the line at the famous glass pyramid, which serves as the museum's main entrance. My excitement grew as I made my way through the throngs of visitors and security checks.



Inside, I grabbed a map and asked a staff member for directions to the Monalisa. He pointed me to an escalator, and soon I spotted a large banner announcing her exhibit. Of course, I couldn't resist snapping a picture!

Around The World

MONALISA'S SMILE: A DREAM FULFILLED CONTD...

As I navigated through the stunning galleries, passing countless masterpieces, I eventually reached the room where the Monalisa resides. To my surprise, the first thing I saw was not the painting itself, but a sea of people—all jostling to capture the perfect photo.



At first, I struggled to get a clear view, but I finally managed to edge closer from the left side, only to discover that the painting was protected by a barrier, keeping viewers at a distance. My initial reaction was, "Is this it? The world-famous Monalisa?" But still, I had ticked off a major item on my bucket list. After taking a few photos and reading about the techniques Da Vinci employed in creating her, I felt a sense of quiet satisfaction.

With my primary goal achieved, I found myself less interested in the other exhibits and made my way toward the exit. As I neared the museum's iconic inverted pyramid, I couldn't help but think of *The Da Vinci Code*, recalling scenes of Tom Hanks as Robert Langdon and Audrey Tautou as Sophie Neveu uncovering the secrets of the Holy Grail!



Around The World

MONALISA'S SMILE: A DREAM FULFILLED CONTD...

From there, I came across a row of shops showcasing a delightful array of French patisseries, each display more tempting than the last. My attention was immediately captured by the delicious French pastries on display, and soon I found myself sampling a selection of colorful macarons from a nearby shop—each flavor more delicious than the last.



As my Parisian adventure drew to a close, I reflected on my journey to see the Monalisa. Though brief, it was a moment I had long dreamed of, and I knew that her enigmatic smile would continue to captivate and intrigue visitors for generations to come. With an early flight ahead, I headed back to my hotel, grateful for the experience and the memories that would stay with me forever.

KREATIVE CORNER

Meet The Artist

**Twilight Symphony-Sreyas Prasad
6th Grader**



Creations by MEA Scholars

Anusree Satyan

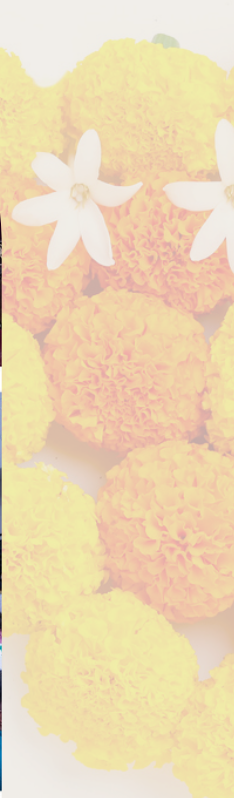
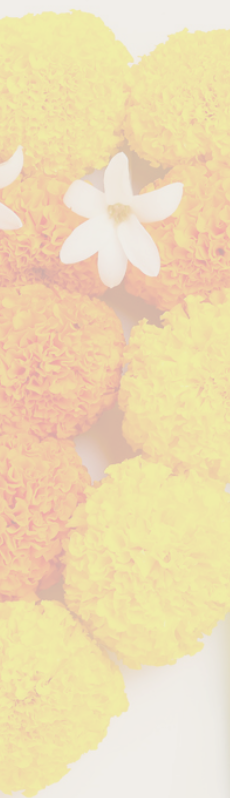


Pencil Sketch-Lindta Ann



JOYOUS JOURNEYS

Onam Vibes.....



MEA EVENT HIGHLIGHTS: A RECAP



ONACHAMAYAM-AN MEA FUNDRAISER



AUGUST 25, 2024
ST THOMAS ORTHODOX
CATHEDRAL



An unforgettable Onam filled with joy, celebration and grandeur.



More than 400 attendees graced the event. The festivities kicked off to the vibrant beat of chenda melam, accompanied by the majestic entrance of Maaveli.



Our esteemed founding members of MEA received heartfelt recognition through the presentation of beautifully crafted plaques.



Overall, MEA Onachamayam was a unique event that combined our core value of education and the celebration of onam creating a beautiful harmony.



MEA members engaged in a captivating performance of thiruvathira with around 40 participants during Onachamayam.



An exquisite Onam feast was served by our MEA Saadhya team.

MEA EVENT HIGHLIGHTS: A RECAP

ONACHAMAYAM-AN MEA FUNDRAISER



Miniature stars stepped into the spotlight, adorned in costumes inspired by their beloved movie characters.



Onam songs were beautifully rendered by MEA kids.



The stage pulsed with the rhythm of Onam as several dances were presented .



Onam Mankaas selected from the crowd through anonymous judging stepped into the spotlight and owned the stage



Our runway showcased the perfect fusion of classic Onam styles with a modern twist.

MEA EVENT HIGHLIGHTS: A RECAP

MEA CONNECT WEBINARS

**July
20th**

NAVIGATING THE FUTURE-ESG

Strategies & Sustainability

Explore the transformative power of Environmental, Social, and Governance (ESG) practices in driving long-term value, resilience in businesses, growth of a country and existence of mankind.



Speaker: Remasankar S

- Remasankar is the VP & Advisor-Global Client Engagement at IBS Software
- The webinar was highly interactive, with nearly 40 participants.

Triumphs UNVEILED

NIDHIKA PILLAI



DEVIKA KARAYIL



Nidhika Pillai graduated as Summa Cum Laude from Clements High School and is currently attending Texas A & M University to major in Public Health on the Pre-Medicine Track. She won several awards Academic Excellence Scholarship- University of Texas at Dallas University of Houston Academic Excellence Scholarship AP Scholar 2023 and 2024

Devika Karayil graduated as Summa Cum Laude from Dulles High School and is currently attending Texas A & M University to major in Nutrition. She won Math and Science Academy volunteer award.



MEA 2024

Upcoming Events

9:00AM-4:00PM

5
OCT

FUSION FEST-ARTS,GAMES & INNOVATION
IRENE STERN COMMUNITY CENTRE

26
OCT

ANNUAL CAMPING
CAMP ALLEN

9
NOV

CULTURAL EXTRAVAGANZA-EUPHORIA
HOUSTON KANANYA CATHOLIC SOCIETY

7
DEC

ANNUAL BADMINTON TOURNAMENT
ARISE SPORTS COMPLEX

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RETIREMENT PLANNING LIFE & GROUP HEALTH INSURANCE
SALES TAX AUDIT & REFUND OIL & GAS SEVERANCE TAX**

Our Credentials

John Babu CPA Certified Public Accountant Certified Management Accountant IRS Enrolled Agent FINRA Series 7, 63 & 65 Registrations	Sony Joseph CPA Certified Public Accountant Chartered Accountant (India) Certified Management Accountant IRS Enrolled Agent	Anish Joseph CPA Certified Public Accountant Chartered Management Accountant (UK) MACC - Taxation Master of Business Administration
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Our Affiliations

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