



LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

Nurturing well-being in ourselves and others

This month, we commemorate World Mental Health Day and the International Day of Older Persons. As we reflect on these important occasions, we recognize that a holistic approach to well-being is essential—one that encompasses social connections, self-care, and community support. It's crucial for us as students to be mindful of mental health needs across all age groups, particularly for the elderly.

In this issue, we emphasize that mental health often reflects how we respond to everyday challenges. Our peers have shared their experiences with bullying, academic stress, and coping with failures. They have provided their reflections on the SEL sessions and the invaluable role our grandparents play in cultivating our minds, helping them flourish like magnificent orchards.

We hope this issue inspires you to take proactive steps to nurture your well-being and that of others. Practicing kindness and understanding towards ourselves and others is vital. By prioritizing self-care routines and fostering a supportive environment, we can make a meaningful difference.

Together, let us become advocates for mental health awareness and bring about a positive change.

By the Editorial Team



THE GIFT OF 'NO'

Rejection and failure are often viewed as setbacks, but they can serve as powerful teachers. In various fields, these experiences offer valuable lessons that can lead to personal and professional growth. Instead of viewing rejection as a dead end, it's essential to see it as an opportunity for reflection and improvement.

When faced with failure, one can examine what went wrong and identify areas for enhancement. This process encourages resilience and adaptability—skills that are crucial in life's endeavors. Constructive criticism from rejections can provide insights that help refine one's approach, whether in writing, art, or any other pursuit.

Moreover, experiencing failure fosters a growth mindset, allowing one to embrace challenges rather than shy away from them. This mindset encourages experimentation, creativity, and innovation, ultimately leading to greater success. Many accomplished people, who are often our role models, credit their achievements to the lessons learned from past failures, emphasizing that these experiences shaped their journeys.

In essence, learning from rejection and failure cultivates a stronger, more determined character. By viewing setbacks as stepping stones, we can transform disappointment into motivation, paving the way for future successes and personal development! Embracing the "gift of no" can lead to unexpected opportunities and growth.

Submitted by Dhriti Karia
Grade 10, DSRISM



TALKING MYSELF OUT OF FAILURE

One of the most valuable lessons I have learned in life came from losing a speech contest. It was my first-ever competition. I was confident as I had practiced my speech many times. But when the results were announced, I felt defeated. Though I had practiced my speech, it lacked voice modulation and expressions. Instead of feeling sad about it, I looked upon my mistakes and learned from my competitors too. I started preparing myself for the upcoming competition. I made sure that the mistakes I made in this competition would not be repeated. I started working on my voice modulation and facial expressions. I watched speeches of accomplished orators and practiced in front of the mirror. This hard work paid off when I participated in the next speech competition and I won!

That moment taught me that failure is not the end, but a stepping stone to growth and improvement. It reminded me that learning from my mistakes can lead to success, and rejection can often provide valuable lessons for future opportunities.

Submitted by Darshan Tripathi
Std. 10, DSRVM



THE POWER OF PRESENCE: HOW BYSTANDERS CAN BREAK THE CYCLE OF BULLYING

Bystanders play a crucial role in bullying situations. While they are not the bullies or the victims, their presence and actions can significantly influence the outcome. Often, bystanders are silent observers, choosing to remain passive out of fear or uncertainty. This inaction can unintentionally embolden the bully, as silence may be perceived as approval.

On the other hand, active bystanders who intervene or report the incident can make a significant difference. By standing up to bullies, offering support to the victim, or notifying authorities, they help disrupt the cycle of bullying. If, as bystanders, we feel empowered to take positive action, it can foster a safer environment and help prevent bullying from escalating. Even if we feel unsure about intervening directly, reporting the incident to a trusted adult such as a teacher/school administrator, or a parent, can make a significant difference. Thereby we can promote kindness and respect.

Submitted by Arnav Shukla
Grade 8, BCISW



TEASING THAT DOES NOT DIVIDE

Teasing and jokes are a natural part of our daily life, especially among friends, where they can foster connections and lighten the atmosphere. However, the distinction between light-hearted teasing and harmful taunting is subtle. What might seem like harmless fun to one person can cause emotional distress to another. **It's essential to recognize that everyone has different limits, and what one person laughs off, another might find deeply hurtful.**

When teasing leads to discomfort, shame, or exclusion, it has gone too far. Jokes should never target someone's appearance, beliefs, or other deeply personal matters. Even if the individual doesn't express their discomfort, they may

be hurting on the inside. If we sense someone has become quiet or withdrawn after a joke, it's important to stop, reflect, and offer an apology. Empathy and consideration are crucial in creating an environment where everyone feels valued and respected.

In the end, laughter should unite rather than divide. By keeping our teasing light and kind, and stopping when it becomes too much, we ensure that humour is a source of joy for everyone. Let's aim to use humour to lift others, rather than to bring them down.

Submitted by Chehak Jain
Std. 9, BCSE



UNDERSTANDING BULLYING: ITS IMPACT AND STRATEGIES FOR EMPOWERMENT

Bullying is a form of aggressive behaviour where one individual or a group intentionally harms or exploits someone who is perceived as vulnerable.

Impact of Bullying:

A person who has been bullied may face issues such as difficulty trusting others, avoidance of school or work, and feelings of loneliness and isolation. These challenges can, in turn, contribute to mental health problems.

Strategies to handle bullying:

It's important not to let fear of the person who is bullying control your actions. Stay calm and look confident.

- The best approach is to ignore the bullies. If they start

targeting you, simply walk away quietly from the situation.

- Assertive communication helps. Calmly but firmly tell the bully to stop.
- Stay in a group and avoid being alone in areas where bullies might be present.
- If the bully starts threatening you and your family, immediately report it to your trusted adults like the teacher/a Counselor in the CARE Centre/a parent.

Submitted by Arnav Salvi
Grade 8, BCISW



EMBRACING KINDNESS: MY FAVOURITE SELC CLASS

I want to share my experience in the SELC class at my school. Through various activities, I learned the importance of respecting others and building strong relationships. These skills help us become better people and create positive actions in our lives.

One memorable lesson was from a video about kindness. It taught me how crucial it is to support those in need. I realized that relationships should be balanced—it's about give and take. If someone forgets to help, I've learned not to feel sad but to always express gratitude for any support received. Overall, SELC has shown me how understanding emotions and practicing kindness can change our perspectives and enhance our lives.

Submitted by Rishi Savla
Std. 6, DSRVB



DO YOU MANAGE STRESS OR DOES YOUR STRESS MANAGE YOU?

Educational stress is a common challenge for students. Exams and tests, submission deadlines, and heavy workload are just some factors that lead to educational stress. However, managing stress effectively can benefit us not just in terms of our mental health, but also our physical well-being. There are many approaches to it, here's how I tackle this:

Prioritizing and Planning

- Create a Schedule: I start by making a list of the tasks and deadlines.
- Use Time Management Tools: Apps like Google Calendar, Todoist, or Trello help me keep track of tasks and deadlines.

Staying Organized

- Keeping My Study Space Clean: A cluttered workspace makes me feel overwhelmed. I keep my study environment tidy and organized.

Taking Regular Breaks

- Stepping Away from My Desk: Using breaks to do something I enjoy—walking outside, stretching, or listening to music. I avoid scrolling through social media, as it can add to my stress.

By implementing these easy strategies, you too can enjoy your school life rather than considering it a burden. Remember, you can always talk to someone else and seek help from Counselors as well.

Submitted by Kabeer Pewekar
Grade 9, BCISE



MY GRATITUDE TOWARDS MY GRANDPARENTS

International Day of Older Persons is commemorated on the 1st of October.

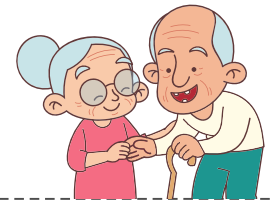
Grandparents are truly the heart of a family. They're not just elders but storytellers, mentors, and the biggest cheerleaders. From their wise words to warm hugs, they offer a kind of love that feels timeless and unconditional. What I admire most is how they transform the simplest moments into cherished memories.

I feel incredibly fortunate to have mine by my side. Whether it's sharing stories from their youth, teaching me valuable life lessons, or even patiently helping me with my schoolwork, my grandparents have a unique way of making me feel valued and important. Their endless patience, gentle guidance, and unwavering support inspire me every day.

I am deeply grateful for the laughter, warmth, and wisdom they bring into my life. They remind me that family is a source of strength and that love is best shown through small, thoughtful gestures. In a world that's always rushing, my grandparents taught me to pause, reflect, and appreciate the beauty of each moment. I am forever grateful, and I hope to make you as proud as you make me feel loved.

To all the wonderful grandparents, thank you for being the roots that keep us grounded and the light that guides us forward.

Submitted by Amna Sofi
Grade 7, VBSIS

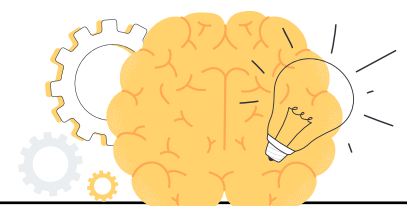


FINDING STRENGTH AND EMPATHY THROUGH SELC: A PERSONAL JOURNEY

Through the Social Emotional Learning Curriculum (SEL), I've learned to see the world in a new light, beginning with myself. SELC introduced me to tools like mindful breathing and positive affirmations, helping me stay calm and focused during stressful situations. These practices taught me how to manage my emotions and build inner resilience.

But what made SELC stand out was its focus on empathy. I learned that nurturing well-being isn't just about self-care—it's about supporting others too. By practicing active listening and understanding the emotions of those around me, I discovered the power of small, thoughtful actions. SELC has empowered me to create a more caring and supportive environment, both for myself and for the people I care about.

Submitted by Aarohi Vetkar
Std. 6, DSRVB



WHAT I HAVE LEARNED IN MY SELC CLASS

In our fast-paced lives, we often encounter situations that provoke a wide range of emotional responses. What I have learned in my SELC class is learning to navigate these feelings, which is essential for our overall well-being.

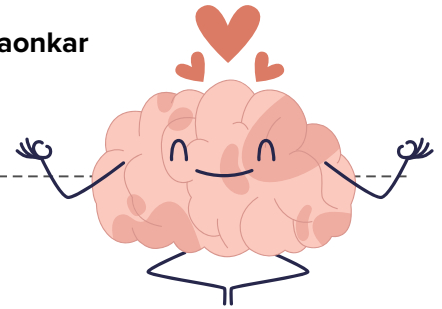
I have learned that self-awareness is crucial for understanding and managing my emotions, and keeping a journal helps me identify patterns. Expressing emotions constructively through conversation or creative outlets alleviates stress, while seeking support from friends or professionals reminds me that I'm not alone in my struggles. Finally, practicing self-compassion enables me to be kinder to myself during overwhelming times, promoting resilience

in the face of emotional challenges.

By adopting these strategies, I can better manage my emotions and enhance my mental health.

I believe that fostering an environment where we discuss and support emotional well-being is crucial for our community. And our SELC classes provide us with this platform for fostering support.

**Submitted by Shreeram Gaonkar
Std. 6, DSRVB**



OUR GUIDING HEARTS

A Poem to Express Gratitude to Grandparents!

O' keepers of the ancient flames,
Who lit our hearts with pure warmth and love,
Your legacy, with us it stays,
Like mirrored lakes through endless days.

Through every season, bright or grey,
Your light endures a constant flame.
In your wise words and gentle hands,
You've shaped a home where love still stands.

Your words, like gold, so pure and bright,
Still warm our hearts as years take flight.
At your service, we are always there –
"For what is old, shall gold sustain."

**Submitted by Mohammed Danish Shaikh
Std. 7, VBSV**



INTERESTING READ

Together for Peace: Commemorating United Nations Day

United Nations Day, celebrated on October 24, marks the anniversary of the UN's founding in 1945. This day highlights the organization's mission to foster international cooperation, promote peace, and uphold human rights. It serves as a reminder of the collective efforts to tackle global challenges like poverty, climate change, and conflict.

Each year, events worldwide celebrate the UN's achievements, encouraging dialogue and understanding among nations. They also highlight the UN's pivotal role in addressing pressing issues, from climate change to human rights.

United Nations Day invites everyone to envision a future where cooperation and understanding prevail. It's a call to action for individuals to contribute to a world that values peace, equality, and sustainability.



MENTAL HEALTH WORD SCRAMBLE

1 FLES EMTSEE

2 CESPERT

3 UEMCIAOMCTN

4 TAPHYEM

5 STGELINNI

Answers: 1. Self Esteem 2. Respect 3. Communicate 4. Empathy 5. Listening

QUICK! COUNT THE NUMBER OF TIMES THAT THE LETTER F APPEARS IN THE FOLLOWING SENTENCE:

“Finished files are the result of years of scientific study combined with the experience of years.”

How many did you find?

Solution: Most people say three. Why? We often don't correctly process the word “OF” for two reasons. First, the letter F usually makes the “f” sound, like in “fox”. However, in the word “of”, it makes a “v” sound. Second, you have probably read the word “of” so many times in your life that you process it as one unit, overlooking the second letter/ sound.

Answer is 6. Finished (1), files (1), of (1), of (1), of (1), scientific (1), of (1)

LANGUAGE PUZZLE

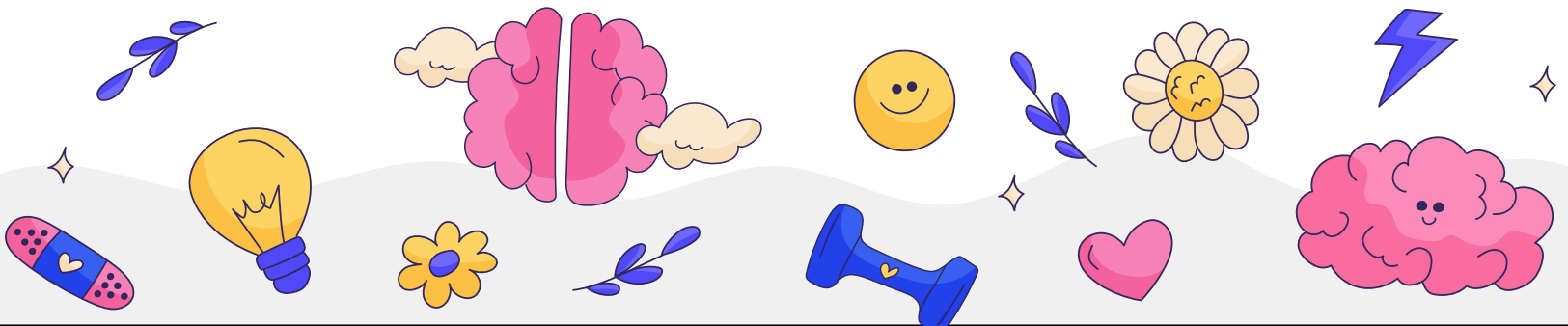
You will see pairs of words, and your goal is to find a third word that is connected or associated with both of these two words.

For example, the first pair is PIANO and LOCK. The answer is KEY.
The word key is connected with both the word piano and the word lock:
there are KEYS on a piano and you use a KEY to lock doors.

01 LOCK — PIANO 02 SHIP — CARD 03 TREE — CAR

04 SCHOOL — EYE 05 RIVER — MONEY 06 BED — PAPER

Answers: 1. Key 2. Deck 3. Trunk 4. Pupil 5. Bank 6. Sheet



CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

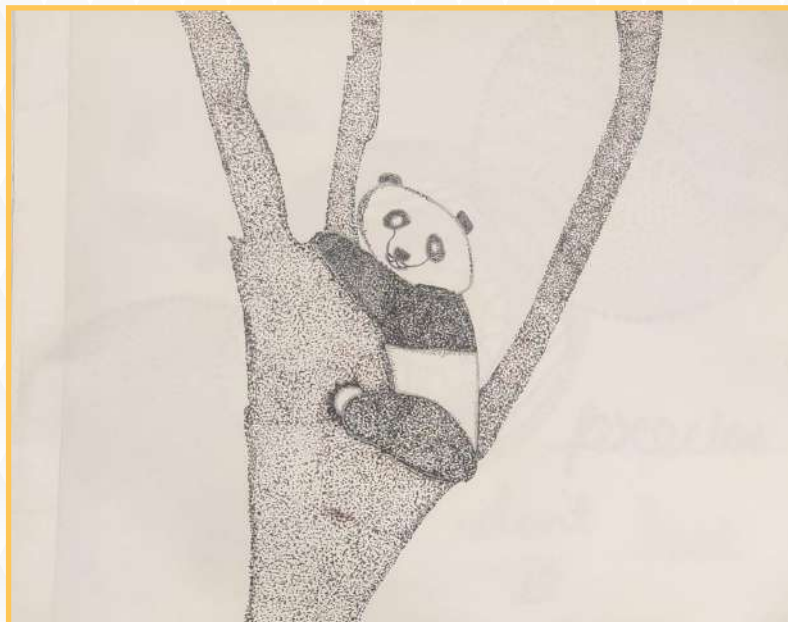
Dream Big – Set Goals – Take Action



Dr. Jainam Nilesh Shah (MBBS)
Batch of 2013

Independent Practice at Dr. Jainam N. Shah's Family Health Clinic

ARTIST OF THE MONTH



Submitted by Unnati Vyas
Grade 7, BCISE

MENTAL HEALTH STARTS WITH YOU

Mental Health is a state of well-being where you feel positive and function well. Good mental health does not mean the absence of mental health challenges or problems. It is the ability to cope with the challenges that life throws at you.

It is important to know that mental health issues do not need to be serious for you to reach out for support. Whatever you are going through, your feelings and experiences are valid and you deserve support. Recognizing its significance is the first step towards prioritizing it.

Some of the red flags, where a person definitely can seek help, are -

- Difficulty in sleeping
- Changes in appetite such as eating too much or too little
- Trouble in expressing emotions
- Feeling worried, low, irritated, angry, sad more than usual
- Unhealthy coping mechanisms such as hurting oneself or others
- Loss of interest in daily tasks and activities
- Excessive worry or anxiety
- Sudden drop or decline in academic performance
- Unhealthy relationship

If all of these, impact one's day-to-day life and overall functioning one must consider seeking help.

Why is seeking help important?

The earlier the help is sought; the better one can manage the challenges and difficulties. Putting off seeking help may intensify the situation, and bouncing back could take longer. Seeking help is a sign of strength, not weakness.

Some things that can help -

- Talk to a trusted adult like a teacher, a parent, or a family member whom you feel safe with
- Seek professional help from therapists or counselors
- Spend time with friends, engage in an activity you like doing, or cultivate a new hobby

Remember - mental health problems don't define who you are. They are something you experience. You walk in the rain and feel the rain but most importantly YOU ARE NOT THE RAIN.

Make Mental Health a Priority; Not an Option.

You can reach out the Counseling Team in school by visiting the CARE Centre on the 2nd floor, or by writing an email to - care@bcseast.org

Ms. Dubaree Deka
Counselor – CARE Centre
BCISE - BCSE



Did you like our newsletter? Do send your feedback and share your stories of positivity in real life.
Be a part of the movement to build a positive and a harmonious society
Write to us at lighthouse.bcg@gmail.com