

# LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

Caring for our mind is as important as caring for our body and the first step is to understand that mental health and wellbeing are important for everyone.

Mental health can impact our thoughts, actions, and interactions. It gives us the power to take up challenges, build relationships, and make good decisions. Positive mental health is crucial in today's world.

Despite this, there is a stigma around mental illness. People do not like to open up and share their feelings or concerns, as they worry about being isolated, labeled, or discriminated against. A lack of understanding of mental health concerns can perpetuate stigma. This can be a major barrier to accessing mental health services.

Some of the ways to handle this are –

- Seek to learn about mental health challenges. Judgments almost always stem from a lack of understanding rather than information based on facts. Learn more about how to support people. Helping educate others on this sensitive topic too can make a big difference.
- Avoid shaming or teasing people who are going through personal challenges. Support your classmates when they face difficulties. Speak out against bullying.
- Look after yourself and encourage others to take care of their mental well being. Seek help yourself if you need to. Learn how to accept your condition and recognize what you need to do to treat it. Consider expressing your feelings to your loved ones or your school counselor who can help you resolve issues of your mind.



**By the Editorial Team**

## A DAY IN MY LIFE WITHOUT GADGETS

A day without gadgets is simple and sweet.  
No screens to distract, no buttons to beat.  
Just the world around, nature's serene grace,  
I found myself in a different space.

No beeping alarms, no endless streams,  
No virtual worlds, no digital dreams.  
I woke up to birdsong, the sun's gentle rays,  
A peaceful beginning to a simpler day.

I talked to a friend, face-to-face  
No text messages in this quiet place.  
We laughed and we shared, genuine and real,  
A connection that gadgets could never steal.

As the day went on, I felt so alive,  
No screens to imprison, no need to strive.  
A day without gadgets, a precious retreat,  
A reminder that life can be wonderfully neat.

So, let's cherish these moments, simple and true,  
A day without gadgets, a chance to renew.  
In this digital age, it's a rare delight,  
To unplug, unwind, and embrace the light.

**Submitted by Kashif Shah  
Std. 6, DSRVM**



## A QUOTE THAT INSPIRED ME - NOTHING IS IMPOSSIBLE

When we are stuck in a situation where we can't think of anything, all of us always think that it is impossible to navigate the circumstances. But in reality, it is not. If we put in effort, we can surely find a way to come out of that situation.

In today's world, many people have proved that nothing is impossible. By willpower and a strong desire, we can think of solutions and create opportunities to achieve our goals. We can triumph if we persist without giving up even in the face of obstacles. It is important for us to maintain our enthusiasm for what we do. Even if discouraged, we should concentrate on the task at hand with belief in ourselves.

Writing down the problem and possible solutions, considering pros and cons, seeking advice or counselling, giving ourselves another chance to try new solutions, remaining calm and looking after ourselves can help us to stay patient and persistent till a way forward is found.

**Submitted by Siya Shah**  
**Std. 9, BCSW**



## THE POWER OF KINDNESS – EMBRACING DIFFERENCES AND BEING KIND TO ALL

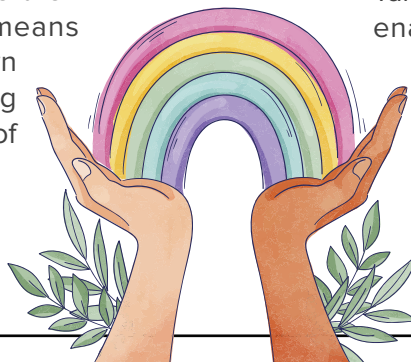
In a world often marked by division, conflict, and intolerance, the simple yet profound act of kindness has the potential to bridge divides, foster understanding, and create a more harmonious society. The power of kindness lies in its ability to transcend differences, embrace diversity, and remind us of our shared humanity.

Our world is a tapestry woven from the threads of diversity. Differences in race, ethnicity, religion, gender, and countless other factors are what make humanity so beautifully complex.

Kindness is the key to unlocking the door to embracing differences. When we approach those who are different from us with an open heart and a kind disposition, we create an environment where understanding can flourish.

Kindness is a catalyst for empathy—the ability to understand and share the feelings of others. When we are kind, we not only uplift others but also cultivate our own capacity for empathy. This empathy, in turn, allows us to connect with people on a deeper level and to appreciate their joys and struggles. Being kind to all means recognizing that everyone carries their own burdens and battles. It means acknowledging that we don't always know the full story of another person's life.

**Submitted by Tunica Rajak**  
**Grade 8, VBSIS**



## HOW TO STAND UP AGAINST BULLYING

Standing up against bullying is an important and commendable action. The first and foremost thing to do is to keep a composed mind, as this can help diffuse tense situations. If you witness bullying, calmly and assertively let the bully know that their behaviour is not acceptable. If they are not listening, inform an adult or a teacher.

If you see someone being bullied, offer your support. Sometimes, just having someone else can make a big difference. If the bullying continues or if it's too intense for you to handle, report it to an adult immediately. Do not be a mute spectator. If possible, document or record instances of bullying by writing down or taking a picture if possible. This can be helpful in case the bully denies the accusation.

We must encourage the person being bullied to talk to someone they trust about their experience. It's important for them to know that they have support. If the bullying persists, don't hesitate to inform your parents and the authorities who can take action.

Remember it takes one moment of courage to report. By reporting we can also protect many who were being bullied by the same person or group. Stay safe, stay happy!!

**Submitted by Ishaan Vettath**  
**Grade 8, VBSIS**



## LOOKING AFTER MY MENTAL HEALTH: A JOURNEY OF SELF-DISCOVERY

In today's fast-paced, technology-driven world, many people tend to neglect their mental well-being without realizing its impact. As teenagers, it might seem like a complicated challenge; however, it isn't, if only we realize the tremendous effect it has on our lifestyle.

One thing that has truly helped me is practicing mindfulness including meditation, journaling, and an effective sleep schedule. Not only does it help in reducing stress levels, but it also greatly improves my concentration and enhances self-awareness. Disconnecting from social media every once in a while, has also helped me considerably. Moreover, spending quality time with family and friends acts as an amazing stress-buster, providing an enhanced sense of comfort and security.

Taking care of my mental health has not only enabled me to recognize my strengths and weaknesses, but has also given me the ability to reflect in a way that has helped me build a deeper connection with myself than ever before.

**Submitted by Rufi Rayeen**  
**Grade 10, BCISE**

## IMPACT AND IMPORTANCE OF SELC CLASS!

Our school has introduced a Social Emotional Learning Curriculum (SELc) to provide students with the opportunity to learn about life issues and their potential solutions. This curriculum is imparted by specially trained teachers who are experts in addressing a wide range of topics, including how to solve problems, debunking superstitions, promoting fair play, emotional management, and managing friendships.

A couple of years ago, I was very dependent on my parents. However, following the introduction of S.E.L classes, I developed a greater interest in resolving my own issues and facing challenges. The topic of Self-Concept has been instrumental in helping me regain faith in myself and has provided a fresh perspective on the world around me.

I want to express my gratitude to my school for this initiative and for introducing a subject that we can apply in our daily lives.

**Submitted by Trisha Rajput  
Std. 7, DSRB**



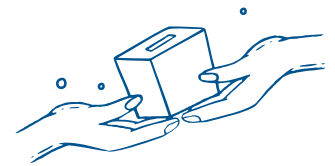
## THE MAGICAL WORLD OF KINDNESS

Kindness, in a world of hustle and bustle, is a warm hug of understanding. Often overlooked as a simple act, it has an immense impact on the hearts of humanity. Whether in grand gestures or small acts of consideration, beyond the immediate moment, kindness leaves an enduring mark on both the giver and the receiver.

It is a symbol of hope, love, respect, peace and equality. It is a remedy for loneliness and isolation. Scientifically proven, it increases self-esteem, empathy, and compassion, and improves mood, enhancing overall happiness. It is cost-free yet invaluable, capable of transforming societies.

Let us champion kindness in our daily lives, forging connections that transcend borders and cultures. Together, we can build a world where compassion prevails, and understanding thrives.

**Submitted by Mehwish Ara Bhati  
Grade 9, BCISW**



## THE POWER OF KINDNESS - EMBRACING DIFFERENCES AND BEING KIND TO ALL

We all have gone through something,  
Healing from it is separate thing.

We all have insecurities,  
But pointing them out is immaturity.

Being kind is extraordinarily beautiful  
While being mean is sorrowful.

Kindness is generosity,  
And can help someone recover from atrocities.

Helping people out can help you receive blessings,  
And can get them out of messes



Embrace your differences,  
It is the need of an hour.

Not each finger is the same,  
And no one is to blame.

We are different from each other,  
Share this message with one another.

Through kindness and affection,  
We can reach perfection.

**Submitted by Dhvani Shah  
Std. 10, BCSE**



## MENTAL TOOLBOX

In today's fast-paced and demanding world, it is crucial to equip ourselves with the necessary tools to nurture our mental well-being. Just like a physical toolbox, our mental toolbox is a collection of strategies, skills, and resources that help us navigate through the challenges and stresses of life. Firstly, self-awareness forms the foundation of our mental toolbox. Mindfulness and meditation can help us gain insight into ourselves, our thoughts, feelings, behaviours and reactions to various situations.

Secondly, effective communication helps us to maintain healthy relationships and manage conflicts by active listening, expressing oneself assertively yet respectfully, and seeking to understand others.

Additionally, stress management techniques like yoga, physical activity, and hobbies play a crucial role in maintaining our mental well-being.

Seeking support and help from trusted friends, family members or counsellors when needed is an invaluable tool for our mental well-being.

Let us emphasize the importance of continually enriching and expanding our mental toolbox.

**Submitted by Lalith Choudhary  
Std. 6, DSRVM**



## MY MENTAL HEALTH TOOLBOX

Mental health refers to the state of our mind, often referred to as emotional well-being. There are some terms like depression or anxiety which are associated with mental health concerns. It is important to look after our mental health. Here are some measures I take to look after myself:

1. **LISTEN TO MUSIC:** When I am angry, sad, or hurt I just listen to my favourite [evergreen] hits or I sing some songs [in my mind], and it helps. After some time, I feel better.
2. **TALK:** Whenever I feel my mood is changing and I am feeling low, I talk to someone like a parent or a friend about my favourite topics.
3. **LAUGH:** If I have a book in front of me or a mobile/desktop/TV, I select a funny part from the book or movie, then read it or watch it. It never fails to make me laugh.

These are some things that help me. I suggest you try and see if it works for you.

Submitted by Soumya Bhawe  
Grade 7, DSRISB



## OUR GUIDING LIGHT!

Not every school has a subject called Social Emotional Learning Curriculum (SEL). I am delighted that my school has it. SELC classes are both inspiring and fruitful as we learn valuable life lessons through this subject. These lessons are an opportunity to lead a better and happier life as we apply these life skills.

My journey with SEL classes has been going pretty well. In every class, the SELC teacher teaches new lessons. Sometimes I do feel silly as I reflect on past situations where I did not think the way the teacher taught me. However, I know that attending these classes will make each one of us a better person. That's a guarantee

Submitted by Somya Bohra  
Grade 6, DSRISM



## SLOGANS ON ANTI-BULLYING

- All for one, One for all,  
Nobody here makes others feel small
- Take a Stand. Lend a Hand.

Submitted by Shreyal Gangar  
Grade 7, DSRISB

## HOW TO IMPROVE YOUR MENTAL HEALTH?

Science tells us that the neural connections made, when a person is involved with creative activities regularly, are strong contributors to more stable mental health.

Creative activities such as painting, writing, music, and many more can play an important role in improving our mental health. These activities offer a form of expression that can be therapeutic and provide an outlet for our emotions.

Creative activities require concentration and focus, which can help to quiet the mind and promote mindfulness. When we perform a certain task that we love to do and do it wholeheartedly, we feel good. A breeze of satisfaction flies through our minds. We feel relaxed immediately.

Here are a few activities that can help you improve your mental health:

- **Stay active** - whenever your mind feels off, turn your body on. Do a workout that refreshes you and your mind.
- **Talk to someone** - Whenever we feel a bit down, opening up or venting to someone helps us to calm down.
- **Listening to calming music or drawing** is the key to calming your mind and giving it a mini vacation to relax.

It is also important to recognize if you need help. By starting the conversation about mental health, we can help break down the barriers that prevent people from getting the help they need.

Source – Google Wikipedia and talkspace.com



## MOANA: MY INSPIRATION TO OVERCOME A PERSONAL STRUGGLE

Moana's journey inspired me to take steps towards conquering my personal struggles and overcoming challenges. Moana, a Polynesian girl, embarks on a daring voyage to save her island. Her unwavering determination and simple yet profound lessons remind me that I possess the strength to overcome my challenges. Just as Moana navigated uncharted waters, I also found the courage to break free from the grip of anxiety.

In my life, doubt and uncertainty arose. Moana's

determination, connection to her culture, and self-discovery resonated with me. Motivated by Moana, I faced challenges with purpose. The film symbolizes self-discovery and staying true to one's roots.

Moana will forever remain a cherished source of inspiration in my journey toward self-discovery and healing.

Submitted by Hiya Udeshi  
Grade 7, DSRISB



## CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



**Sneha Vaskar, Ph.D. (Business Management)**  
SSC Batch of 2007

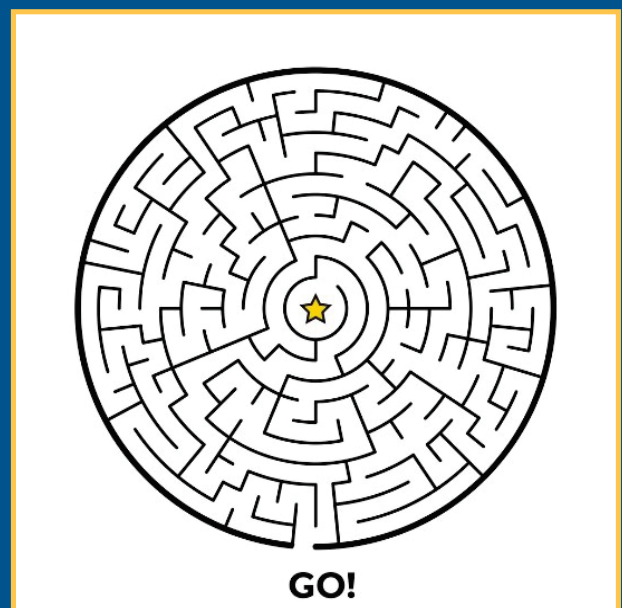
Assistant Professor at Narsee Monjee College of Commerce & Economics, and  
Freelance Grooming Consultant & Soft-Skills Trainer

### PUZZLE CORNER

A classic 9x9 Sudoku Puzzle

			2	6		7		1
6	8			7				9
1	9				4	5		
8	2		1					4
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

A Fun Maze Puzzle. GET THE STAR!



## RIDDLE TIME!!

- Riddle:** What has to be broken before you can use it?
- Riddle:** I'm tall when I'm young, and I'm short when I'm old. What am I?
- Riddle:** What month of the year has 28 days?
- Riddle:** The more you take, the more you leave behind. What are they?
- Riddle:** What has 13 hearts but no other organs?

Answer:  
1. An egg  
2. Candle  
3. All months have 28 days  
4. Foot steps  
5. A deck of cards



## DO YOU KNOW?

- Wilhelm Wundt is known as the Father of Modern Psychology.
- The American Psychiatric Association (APA) is the biggest psychiatric organization in the world.
- Most people with LD have average or above-average intelligence.
- Psychiatrists and psychologists are different. Psychiatrists are medical doctors who can prescribe medication. Psychologists study psychology and focus on providing psychotherapy.
- Sports psychologists help athletes meet their goals.



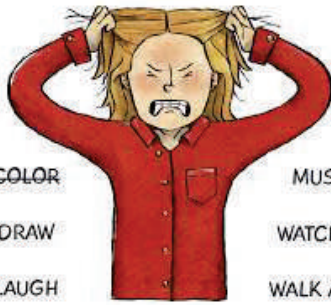
## ARTIST OF THE MONTH



Submitted by Ayesha Shaikh  
Std. 6, BCSW

## ACTIVITY: ANGER COPING WORD SEARCH

Use this Word Search to find healthy ways of coping when you become angry! Words can be horizontal, vertical, diagonal, and backwards. Which coping skills work best for you?



COLOR

MUSIC

DRAW

WATCH TV

LAUGH

WALK AWAY

COUNT TO TEN

DEEP BREATHING

GO FOR A WALK

TALK TO A FRIEND

I-FEEL MESSAGE

READ A BOOK



©2018 Myemarks LLC. All Rights Reserved.  
All other trademarks, trade names, and logos are the property of their respective owners.

Click in Google Sites

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

## SCHOOL CORNER

### An Interview with the Head of the CARE Centre Ms. Suma Menon to commemorate World Mental Health Day.

#### 1. Do you think it is important to address mental health issues? If yes, what are the reasons?

Yes, it is important. Mental health affects how we think, feel, and act. It is important at every stage of life, from childhood and adolescence through adulthood. When mental health issues go unaddressed, they can lead to emotional distress, reduced quality of life, and even physical health problems.

#### 2. How does the CARE Department in our school support students who come up with such issues?

School Counsellors provide a range of services and interventions to help students manage their mental health and well-being. The CARE department offers a safe and non-judgmental space for students to express their feelings, fears, and concerns. They listen actively, validate emotions, and provide emotional support. Counsellors conduct one-on-one counselling sessions with students to explore their mental health concerns in depth. The CARE team also collaborates with teachers, parents, and other school staff to provide a comprehensive support system for the student.

#### 3. What would you consider to be the leading causes of mental health issues today?

Mental health issues are complex, and their causes are often multi-factorial, involving a combination of genetic, biological, psychological, environmental, and social factors.

While it's challenging to pinpoint a single leading cause, there are several significant factors contributing to mental health issues which are - Psychological factors such as trauma, childhood adversity, abuse, or neglect can significantly impact mental health. Stressful life events and unresolved emotional issues can also be triggers. High levels of stress due to factors like work pressure, financial problems, family conflicts, or societal pressures can lead to mental health challenges. Social isolation and loneliness, especially exacerbated by the digital age, can contribute to depression, anxiety, and other mental health issues.

#### 4. What can students do to improve mental health?

- Practicing self-care is of utmost importance.
- Set achievable/realistic goals both academically and personally. Break larger goals into smaller, manageable steps to reduce feeling overwhelmed.
- Maintain and nurture social connections.
- Limit screen time. Consider taking digital detox breaks. Excessive screen time can contribute to feelings of anxiety and depression.
- Make time for activities they enjoy and that brings a sense of accomplishment or joy.
- Last but not the least, seek help. Don't hesitate to seek support from friends, family, or a mental health professional. Talking to someone you trust about your feelings can be incredibly helpful.

**CARE HELPLINE - [care@bciswest.org](mailto:care@bciswest.org)**

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](mailto:lighthouse.bcg@gmail.com)