



LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

This is the month when we are busy preparing for the upcoming final exams for the academic year 2023-24. In this issue, our peers share their thoughts, tips, and tricks for managing exams.

Exams have long been viewed as a necessary evil means of assessing academic knowledge. However, they play a crucial role in assessing the capability, understanding, and knowledge of students. Grades have been synonymous with success but exams at their core are designed to evaluate comprehension, critical thinking, problem-solving, etc.

Exams are not only about achieving the highest grade but about giving your best effort and focusing on improvements that you've made all year. Examining your progress and overcoming challenges provides a more fulfilling measure of achievement. We should always remember that no matter how small, a victory is worth celebrating. By appreciating ourselves and celebrating small victories we foster a more positive mindset that motivates us to grow. Embracing this perspective makes exams valuable for observing personal growth. Each challenge provides an opportunity to learn more and more. It's time to redefine our understanding of exams by embracing a positive attitude. Viewing exams as stepping stones will contribute to a more enriching journey to realizing our true potential.

March is the month designated for observing World Poetry Day and Zero Discrimination Day. We also commemorate these significant international days. We wish all our schoolmates Best of Luck for their exams.

By the Editorial team

SYMPHONY OF EQUALITY

World Poetry Day and Zero Discrimination Day

In a world diverse, colors unite,
Discrimination's grip, we must fight.
Let kindness bloom, like flowers in May,
Embrace each soul, and let judgment sway.

No skin defines the worth within,
We're all woven from humanity's kin.
Together we stand, in harmony strong,
End discrimination, where we belong.

Celebrate differences; let love be the guide,
Break the chains of prejudice, side by side.
A tapestry is woven with threads unique,
In unity, our strength will peak.

So let the chorus of equality rise,
Echoing freedom under open skies.
In hearts and minds, let the change begin,
A world transformed, where love wins.

Submitted by Varnica Bharyawala
Grade 8, VBSIS



WHAT COMES TO MIND WHEN I HEAR THE WORD 'EXAM'

World Poetry Day

Here comes the portion, adding extra tension
Less preparation, and more distractions.
Starting with Math and its calculations,
And Biology with its classifications.
Then comes Chemistry with its reactions,
Physics and its accelerations,
English with its comprehension...
No time for relaxation,
As I work towards my qualification.
All the best for the Examination!!!!

Submitted by Sarah Naik
Grade 6, DSRISM



MY WAY OF MANAGING STRESS DURING EXAMS

March and April are hectic months for me. I am under immense pressure during this time. I prioritize my studies by staying inside a room and preventing any external distractions that affect my studies.

Exams can be stressful due to internal and external pressure. A little amount of stress helps me to study seriously, but too much stress can be harmful to both my physical and mental health. I realized that staying calm and motivating myself is important.

Following are a few tips that help me -

- **Being calm and relaxed** - While studying, I first relax by meditating. I try to get an adequate amount of sleep. I sit in a comfortable place while studying so I do not face any kind of disturbance.
- **Being positive and confident** - While studying sometimes negative thoughts arise in my mind. To counter it I think of how hard I am working with determination. This helps me reduce stress levels.
- **Staying focused** - During the paper, when I am not able to deal with a few of the questions, I focus on the ones that I know first, and then solve the remaining questions by jotting down all the points that I am aware of related to the question.
- **Managing time** - Before exams, I prepare a schedule for all types of questions coming in the paper and divide the time, so I can utilize time properly and complete the paper.
- **Eating adequately** - Before going for an exam, I eat fruits and dry fruits which provide sustainable energy to deal with exam tension. To be hydrated while writing my exam, I keep a water bottle beside me on my bench.

Submitted by Daiwik Jadyar
Std. 8, BCSE



MANAGING STRESS DURING EXAMS AND MAINTAINING WELLNESS DURING EXAMS

World Poetry Day

In the hush of exam stress, let calm be your guide,
A dance of resilience, in your heart, abide.
Breathe in the tranquillity, exhale the strain,
Wellness whispers solace, soothing every pain.

Amid textbooks and deadlines, find a mindful retreat,
Nature's embrace, a sanctuary sweet.
Pause the race against time, let serenity unfold,
In the canvas of silence, let your story be told.

Wellness, a compass, navigate with care,
Fuel your spirit, and let self-compassion flare.
Each challenge, a chapter, in your journey's song,
Your inner strength, a melody strong.

In the storm of exams, be the calm breeze,
Balancing success with a mindful ease.
You're more than grades, a resilient bloom,
Exams may test, but wellness is your room.

Submitted by Tunica Rajak
Grade 8, VBSIS

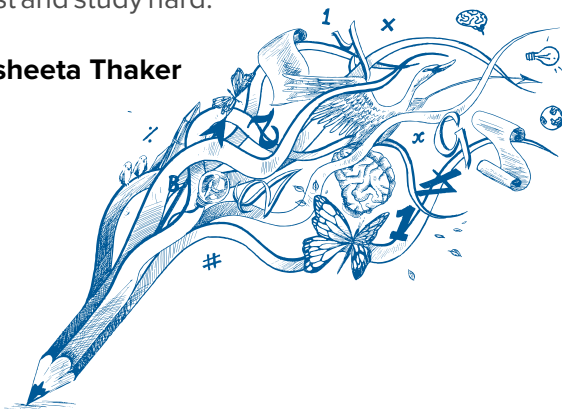
WHAT IF THERE WERE NO EXAMS?

If there were no exams, the world would become like heaven for students. We would no longer be stressed to study so hard. We could enjoy our time in school peacefully. Maximum students would probably go on holidays and trips throughout the year, enjoying themselves in water parks, amusement parks, zoos, etc. We could have all the fun if exams did not exist.

But it would also have some negative impact on our lives. Just imagine what would happen if the farmer sowed the seeds, but did not take care of it. Exams help us understand what we are good at, and where we need to improve ourselves. We, students, are the architects of the future. If we do not study then, how will the world move ahead?

We know that some students are very anxious about exams, but they need to try their best to overcome it. A bright future is envisioned when everyone studies well. That's why we chant the slogan "Padhega India, toh Badhega India". So, we all need to try our best and study hard.

Submitted by Misheeta Thaker
Std. 7, DSRVB



WHAT COMES TO MIND WHEN I HEAR THE WORD 'EXAM'

The word 'exam' echoes through my mind, and a wave of emotions washes over me. For some, it may bring a sense of determination and motivation to ace the test. For others, it may evoke feelings of anxiety and stress. To overcome this, it is crucial to change our perception of exams. Instead of viewing them as obstacles, let us see them as opportunities to showcase our talents and abilities. With proper preparation and a positive mindset, exams can become a platform for growth and development.

Thus, it is our attitude towards it that will determine our

success. Let us face exams with confidence and a growth mindset, and we can overcome any challenges that come our way. After all, exams are not just about grades; they are a reflection of our determination and perseverance.

Submitted by Tahrim Khan
Std. 6, DSRVM

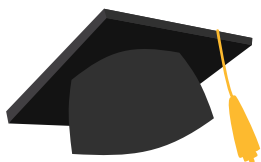


WHAT IF THERE WERE NO EXAMS?

The absence of exams could indeed have significant implications for students. Let's understand some potential consequences. The positive impact would be that without exams, students may experience less stress and anxiety. This would lead to a healthier learning environment. Students may be more inclined to engage in meaningful learning experiences, exploring subjects in depth rather than solely focusing on exam preparation. This would foster a deeper understanding of concepts and promote critical thinking.

The negative impact could be that, as we know, exams serve as a crucial assessment tool for evaluating students' understanding. Without exams, it could be challenging for educators to accurately gauge students' progress and provide timely feedback. Exams often provide a clear status of progress and achievement, and without them, students might struggle to understand their areas for improvement.

Submitted by Zuha Mulla
Std. 9, BCSW



WHAT IF THERE WERE NO EXAMS?

As students, we all dream of a world without exams. The thought of not having to cram for hours, stress over grades, and fear failure sounds like a utopia. But have you ever stopped to consider the impact of a world without exams? Without exams, how would we accurately measure our understanding and progress? How would we push ourselves to learn and improve? The truth is, that exams serve as a vital tool in our educational journey. However, with the rise of mental health concerns among students, the pressure of exams has become a major concern. It's time to rethink the purpose of exams and how we approach them. Let's shift our focus to nurturing a love for learning and personal growth. Because, in the end, isn't that what truly matters?

So, while the idea of a world without exams may sound alluring, it's up to us to redefine the role of exams and create a more balanced and fulfilling educational system.

Submitted Vaishnavi Bhat
Std. 6, DSRVM



MANAGING STRESS AND MAINTAINING WELLNESS DURING EXAMS

Exams can often feel overwhelming, but they don't have to be! With the right mindset, strategies, and a bit of self-care, you can approach exams with confidence and maintain your overall wellness.

A major aspect of managing stress during exams is to stay organized and create a study plan. Start by breaking down the exam material into small, manageable sections. This approach not only reduces the stress of cramming but also ensures that you cover all the necessary content.

Effectively managing your time is key to reducing stress during exams. Create a timetable that allows for study breaks, leisure activities, and relaxation.

Take short breaks during study sessions to engage in activities such as deep breathing, meditation, or listening to calming music. Being present and practicing mindfulness can significantly reduce stress.

Exams can be challenging, but by adopting these strategies and prioritizing your wellness, you can navigate this period successfully. By being proactive, you will not only conquer your exams but also maintain a positive overall well-being. Good luck with all your upcoming exams!

Submitted by Krisha Dubriya
Grade 8, BCISE



INK FLOWS, TIME GOES

World Poetry Day

In halls of stress and scribbled ink,
Where minds race, and hearts sync.
Exams, the trials of knowledge tests,
A challenge faced, a daunting quest.

Anxiety whispers through the air,
And ticks of time feel like a silent dare.
Yet within the struggle, lessons unfold,
A journey of growth, stories untold.

Books and pens, allies in the fight,
Battling shadows, seeking the light.
Scores may fade, but wisdom remains,
In the echoes of efforts, learning gains.

A challenging odyssey to success,
A climb to heights, no less.
Each exam seems so far,
But who knows,
Another level is drawing nearer.

Submitted by Hiya Udeshi
Grade 7, DSRISB

INTERESTING READ

Poetries are indeed one of the best epitomes of expression. Arranged in words, colored with images, and struck with the right rhymes, the power of poetry has no match. It's a perfect blend of creativity and individuality. UNESCO declared World Poetry Day on March 21, 1999, to commemorate the unique ability of poetry to capture the imaginative spirit of the human mind. It also aimed to give an increasing opportunity for endangered languages to be heard. Poetry is a linguistic art form that people from any culture can write and enjoy as well.

Every year, Zero Discrimination Day is observed on the 1st of March to celebrate the right of every individual to live a

healthy and productive life with dignity. It spreads awareness about the fundamental right of equality and dignity for everyone, regardless of their caste or identity. This year's theme is "to protect everyone's health, protect everyone's rights", which acts as a potential reminder to know that non-discrimination is an integral part of our society.

This month, let's celebrate both days with honor and respect.

Source –
UNESCO Intangible Cultural Heritage
UNAIDS
Britannica



MASTERING EXAM STRESS: TOP TIPS TO SUCCESS

Exams can be stressful but when dealt with using good techniques and strategies, you can navigate through smoothly. First and foremost, prioritize self-health and mental wellness. Take good care of yourself, eat nutritious meals, engage in physical activities, and ensure to get a minimum of 6 to 8 hours of sleep to keep your mind sharp and focused throughout. Moreover, you can set realistic goals, revise by explaining concepts to peers, use mind mapping, and attempt to practice tests daily. At stressful times, it's also essential to meditate to achieve peace and improve the efficiency of studies. Additionally, visualize

success and practice positive affirmations to boost confidence and, should the need arise, don't hesitate to seek support from friends, family, or counselors. By adopting these tactics and integrating more examples into your study routine, you'll empower yourself to confront exams with confidence, minimizing stress along the way. Remember that it's okay to take some time to breathe!

Submitted by Mehwish Ara Bhati
Grade 9, BCISW

Practice these easy steps every day at your school to improve your results!



WE ARE ALL SET FOR EXAMS...YAY!

ON A LIGHTER NOTE...

WE CAME PREPARED

BY ZACHSYM

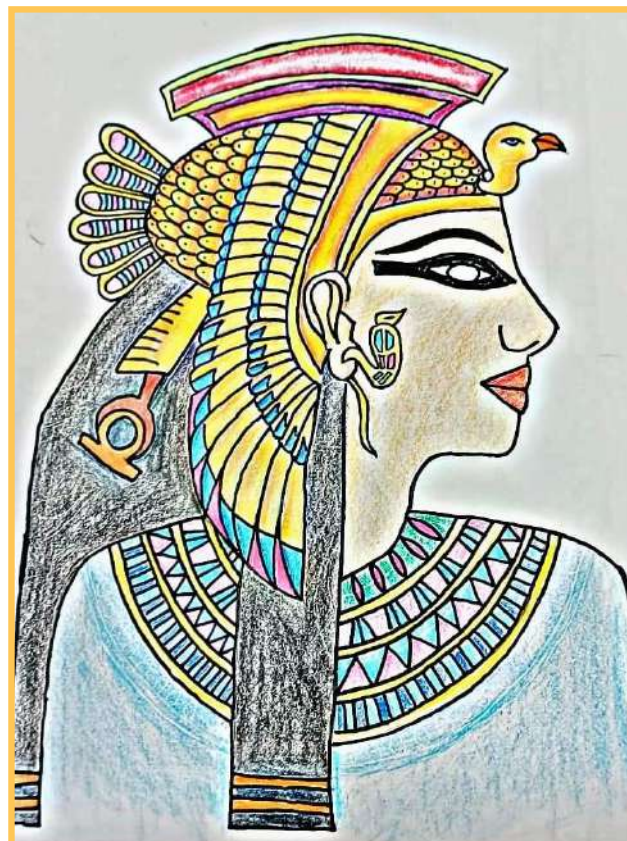


TAMING THE TEST ANXIETY

- Create a study routine. Do your homework regularly.
- Study in a quiet space.
- Keep track of the exam timetable.
- Have the test supplies ready.
- Get a good night's sleep.
- Eat a good breakfast.
- Don't rush. Plan your time well to reach the school.

- Organize your desk space to avoid clutter.
- Read the questions carefully.
- Read all choices and options offered carefully.
- Write answers neatly.
- Take a deep breath if you find yourself getting anxious.
- Check if you have answered all the questions at the end.
- Have a positive attitude and relax.

ARTIST OF THE MONTH



Submitted by Arsh Shaikh
Std. 8, BCSW

CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



Rishabh Bhattacharya
Batch 2006-2007

Project Superintendent
McCarthy Building Companies Inc., Houston

SCHOOL CORNER

Our student council interviewed Samara Syed, School Captain (2023-24), on how she managed studies and additional activities. Here is what she shared:

- **What motivated you to nominate yourself for the position of school captain?**

I love to take challenges and enjoy them fruitfully. In addition, I always believe the best preparation is systematically organizing and segregating plans. It is also one of the most valuable traits that I could contribute to this position. Hence, I nominated myself.

- **What strategies did you use to stay organized and manage your schedule effectively?**

I planned my daily tasks as I mentioned above. Also, I tried to make my weekends more productive academically, to balance my weekdays filled with council tasks, activities, and events, thereby ensuring I don't neglect my studies. In case I missed some lectures or important points I took help from my kind teachers who always supported me to stay on track.

- **What experiences as a school captain impacted your personal growth and development throughout your time in school?**

I grew more confident by speaking in front of many people without fear, for instance, while reading my Annual Day Report and during other events. I also became more approachable due to enhancing my skills for interaction and empathy. Also, performing collaborative tasks and staying prepared for last-minute plans are some things that will make me a better person.

- **What feedback did you receive from the student body and how did you use it to improve your leadership?**

Communication was managed well. However, to listen to the views of 1000 students and act accordingly was not feasible. I strived to ask students if they had any problems and made sure the council team addressed the issues. We worked in segments to have maximum impact and reach a larger number of students.

- **What message would you like to give to all the other students?**

Every student must strive to become the best version of themselves as individuals. All of us are unique and special. We must identify our potential and do our best to fulfill our vision. Being a good human is the key to every lock, so keep working hard and create a positive impact from your actions. A good human being is the best mentor through example.

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