



LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

FOREWORD

We humans are fortunate enough to have helpful resources around us, for which we are grateful but seldom express it. Acknowledging the good that we already have in our lives is a foundation for all abundance.

From our childhood, we have been taught to be grateful for what we have in life, but we hardly realise that we receive a great deal more than we give, and that it is only with gratitude that life becomes rich. Sometimes, we express our gratitude by appreciating others, giving gifts or simply spending time with them. We are indebted to our precious friends and to our family for their love and support. Finally, we should be content with what we have and share this gratitude with everyone by creating an environment of cheerfulness and positivity. BCG Lighthouse would like to acknowledge all our readers for providing us constant encouragement.

By the Editorial team

GRATEFULNESS – THE CHARISMATIC ATTRIBUTE

I realize there's so much to feel grateful for,
Watching the sky say goodbye to dazzling stars from the night,
And welcoming the Sun along with hues of new rays of hope.
I say, "Thank you, Lord, for bestowing upon me these delights,
And giving me another alluring day of my life."

Thankful, obliged, beholden - myriad synonyms for 'grateful'; yet the feeling remains the same, making it infinitely peculiar. In our lives, there is so much we experience. 2021 handed me so many incidents; that made me blossom with the quality of 'gratefulness.' I started loving what I had a little more. I started enjoying what I experienced a little more. I started feeling grateful for all that I possessed and it would be an absolute pleasure to elaborate on it right here! The world was tremendously affected by the pandemic; yet I feel grateful to be fit as a fiddle and as I wake up each day, I thank the Almighty for keeping my loved ones safe, too. I feel grateful to my parents for providing me with all the facilities required by me for the sound-functioning of studies amidst COVID. Moreover, I feel elated to have teachers at school who have always supported me within and beyond books. In addition to this, I have always wanted to hone my communication skills, and my school handed me the opportunity to do so - MUN. Every phase of my life this year was positively impacted by my parents and teachers, who stood by me. Now, isn't it something to feel grateful for? Of course, it is! There were times I had the strong feeling of giving up, but then I read something, which went like, 'If you give up on what you want today, your heart will remind

you a hundred times of something you left incomplete throughout.'

The next event to feel grateful for this year was getting my pieces of write-up published in two anthologies I participated in. It was indeed an enthralling and captivating experience. As I look around each day, I see time moving fast and witness various modifications that are brought about in every littlest of matter. But then I realize that being grateful for what I already have in time is a much more enriching experience rather than weeping over what's 'not with me'. To conclude, I feel grateful to have the basic facilities – food, water, shelter, clothing and a good education, because my heart sinks when I realize that there are many out there, who do not have access to these facilities, too.

Snippets Of 2021



THE GRATEFUL CHANGE

The current situation of the pandemic has brought about a change in the thought process and mentality of almost everyone on the globe. The mental health of people around the globe has fallen, consequently the despair around the globe has increased because of the supervene of chip shortage on the planet. All of us hope that the situation would embolden, and life would buoyantly get back on track soon.

Providentially, the path to overcome the anguish is close. The health care workers, motivators and our mentors have definitely helped us to reach there. The vaccine for the disease is finally up and many people have already been vaccinated. Our motivators and mentors have been an aid at improving our mental and psychological health.

I am extremely thankful to all the people, who worked hard and fast to bring me towards this point in life. With the motivation and relentless efforts of my teachers and mentors, I was successfully able to cope up with the modern methods of teaching that have been introduced by the pandemic. I heartily thank all the health care workers who worked day and night, threatened their lives and promptly responded at the call of duty to safeguard our vigor.

Submitted by Aditya Trivedi
Class 9



THINGS I AM GRATEFUL FOR



Pandemic, in addition to its grave consequences also has a brighter side to it. It gave a new meaning to many aspects of life. I learnt how to value time as pre-lockdown, we were preoccupied with work in our daily schedule. Sadly, we did not have time for one another under the single roof. Optimistically saying Covid gave us this opportunity that will be cherished for years to come.

I am so grateful that I could spend time with my family during this difficult period of time. I have also learnt how to live with Limited things instead of spending on luxuries. I now have decided not to take things for granted as the things I may have some people may just dream to be blessed with. Hence, I have started to appreciate everything that I have, be it food, clothes, good health or a family.

Submitted by Anuam Gahlot
Class 8

THE YEAR OF HOPE AND CHALLENGES

For me, the year 2021 was the year of hope to live a normal life once again. And the vaccination drive does make it possible to some extent. Finally, I was able to meet my friends again, and the time we spent apart, with the only means of communication being digitally helped strengthen our bonds and deepen our trusts within each other. I'm sure you felt the same butterflies in your stomach when you realized your best buddy you haven't seen in 2 years, whom you now trust more than ever, is coming over to your house. And that is one of the major things 2021 made me thankful about.

The virus, vaccine, and the lockdown made all of us a stronger version of our previous selves, not only physically, but also mentally. This year was a roller coaster of many ups, but with it a huge number of downs too. And I am grateful for this rollercoaster to be such, as it trains our minds and bodies to know how to accept and conquer the challenges that lay ahead in life. All in all, I am glad I got to experience the staggering year that is 2021.

Submitted by Sai Nidhi Pisapeti
Class 7



WHAT AM I THANKFUL ABOUT THE YEAR 2020?

When and where it began is uncertain, however since the 23rd of March 2020 we've all been immobilized and confined within the four walls of our house. The year 2020 was indeed an unforgettable one, but there are myriads of things we should be thankful about.

For me, I am grateful about the family time I experienced which was overlooked earlier. We all got to know the essence of it! Moreover, with family time I also got a chance to spend time with myself. I could concentrate on many aspects that needed attention and thereby I tried to work them out. I grew more confident and optimistic! Additionally, I got to make new unexpected and stronger-than-ever bonds which I had never imagined!



We all have faced hardships and gone through a lot; even felt helpless, but instead of focusing on the 'bad' let's be OPTIMISTIC and be THANKFUL for the 'good'.

"You'll never find a rainbow if you're looking down."

I managed to pursue my hobby of painting and created some wonderful pieces!

Submitted by Bhoomi Kuste
Class 10

AN ATTITUDE FOR GRATITUDE

Illuminating our thankfulness is an exhaustive act in the midst of challenges. Gratitude, gratefulness, and appreciation for everything tangible and intangible, spark a fire of joy in my soul.

HALT

I am so grateful for those moments of the pandemic where I could halt and appreciate the beauty nature revealed as the leaves changed.

LEARNING

What helped lift our spirits? Learning, hard technology to sustain softer aspects of life such as friendship and camaraderie. As the world reeled with fear of protocols, frustration, and tears, the stress was palpable, but I am thankful to the school for the adjusted curriculum and incredible accommodations that ensured learning was attainable.

Even with all the turmoil in the world, I'm thankful to be alive during a renaissance of science fiction and the cuddles of my parents.

Submitted by Zennerah Shaikh
Class 9



QUIZ

Know yourself better!!

1. My abilities that I'm grateful for.....
2. My experiences that I'm grateful for.....
3. Event that made me smile recently.....
4. I consider myself fortunate because.....
5. I appreciate (an event).....
6. Hobbies for which I am appreciated.....
7. Things in nature that inspire me.....
8. Do I know my latent potentials.....



COMICS



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ACTIVITY

GRATITUDE TIC-TAC-TOE

family member you are grateful for	memory you are grateful for	place you are grateful for
skill you are grateful for	name something that makes you happy	name something that makes you laugh
something you are grateful for in nature	friend you are grateful for	Today, I am grateful for

GAME

Bingo!

Each day, we'll pick one random act of kindness to do with family and friends. Once we've completed our chosen task, we'll color in the box for that act of kindness. Each time we get bingo, we'll celebrate with a simple fun family activity. Our ultimate goal is to get "blackout" before our family members.

RANDOM ACTS OF KINDNESS

				
Draw pictures and send to Grandma & Grandpa.	Leave bookmarks at the library in your favorite books.	Host a play date for friends.	Make a card or gift for your teacher.	Pass out stickers to kids waiting in line.
Leave bubbles at the park with a note for whoever finds it.	Give high fives and say thank you to the bus driver.	Donate food to a food bank.	Let someone go ahead of you in line.	Make a homemade gift for someone.
Donate old clothes & toys.	Feed the birds at the park.		Make a thank you sign for sanitation workers.	Hold the door open for someone.
Pay for the drive-through order behind you.	Write a thank you note to the mail carrier.	Write chalk messages on the sidewalk to neighbors.	Leave inspiring notes/quotes on cars in a parking lot.	Send a postcard to family that lives far away.
Leave a quarter in a candy machine.	Smile and say hello to everyone you see.	Pick up at least 3 pieces of trash everywhere you go for a day.	Make playdough to give to a friend.	Take treats to a neighbor.

SCHOOL CORNER

Dear Students,

Last year was extremely challenging for all of us. We at school appreciate the resilience you students have shown in these difficult times. From a traditional classroom to a virtual classroom, thriving in your online classroom to craving in-person interactions with your teachers and classmates, you have made the best of this unusual situation. All of us in school have been eagerly waiting to see you back in school. Worrying about the risk of infection and sitting at home will not help nor is it the right approach. There is a new normal now. We in school ensure your safety by taking utmost care and following Standard Operating Procedures. You too need to cooperate and follow all the guidelines laid down by the school. Wearing masks, sanitizing hands, maintaining social distance are the most important. Carrying your own water bottles and stationery material enhances safety measures.

As you prepare for the next stage of the new normal, the following tips will help you to smoothly settle in.

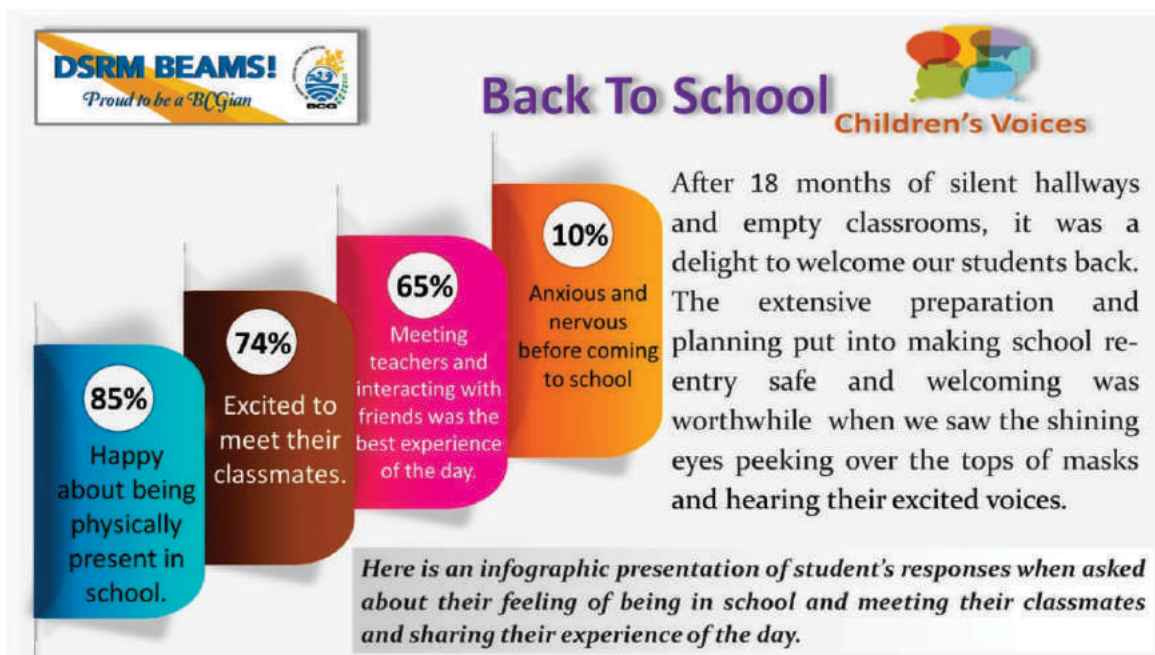
- **Follow a routine:** Routines give us predictability and structure. Even during pre-pandemic times, routines were an integral part of our lives. Having established back to school routines, from waking up habits, to eating breakfast, to study zones and regular bedtime rituals are crucial to settling into this new life. Adhering to a routine will help you feel your best. Include playtime/fun time and breaks to relax too in your daily routine.
- **Practice good hygiene:** Building strong hygiene habits have always been important. While we all have strict measures in place to ensure safety and sanitization, you can do your part by practicing wearing masks, washing your hands and avoiding touching your face. 'Stay home when sick' has to be followed to keep your fellow mates and teachers safe.
- **Share your concerns and questions with counselors or teachers:** Our counselors at the CARE Center are here to provide support and care you need. If you are overwhelmed or have any concerns as you return to school, we are around. Whether it is your studies or anxiety about readjusting to the new routine you can openly and honestly share it with the counselors or teachers.
- **Flexibility is the key:** Stay flexible. Protocols that we follow now may change later. With a flexible attitude we can build resilience that will help pave the way for a smooth year.

You now need to catch up with your learning and ensure a positive return to school. For help or support do write to us at carecentre@dsrvmalad.org

Ms. Vishwa Muley

Head- BCG Centre for CARE- DSRVM

SURVEY RESULTS



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 studentcouncil@dsrvmalad.org