

Self Acceptance & Respect

DECEMBER 2023

"Why am I not good enough?"

"It would be best if I just gave up."

"I can never measure up
to that person"

These are the notions that an individual usually comes across on a daily basis. Whenever they find difficulty in completing a task or to accomplish an objective that appears unattainable, they begin to doubt their abilities and let pessimistic thoughts flood their mind.

Now, ask yourself this- Should we really let these detrimental thoughts taint our mental wellbeing? Absolutely not! We all should realize that we as humans are very different from each other. All of us have certain characteristics that are peculiar to only us so instead of trying to be somebody we are not, we should accept our limitations and use both our strengths and weaknesses to strive towards our goal.

EMBRACING DIFFERENCES

Embracing Differences is something that is vital to create a progressive and harmonious society. This can be summed in the phrase, **"Unity in Diversity"**. This phrase encapsulates the idea that despite our varied backgrounds and perspectives, we are all part of a shared humanity. We shouldn't all be the same rather we should but in acknowledging, appreciating, and celebrating the mosaic of identities that make up our world.

Schools are not just a place for academics, rather they are also dynamic hubs where students from many backgrounds come together. Pupils who are taught to respect and value diversity also develop empathy and acquire vital life skills that go far beyond the classroom.

By simply embracing the differences between you and your fellow students you are actively bridging the gaps created by religion, race, culture etc. In conclusion, Celebrating diversity helps an individual to be better equipped to navigate the complexities of the world beyond academics.



SELF ACCEPTANCE

Self-acceptance means being okay with who you really are, including the good and not-so-good parts. In a world that often pushes for perfection, it's important to understand and embrace the fact that nobody's perfect. Everyone has experiences, things they're good at, and areas where they struggle. Accepting your flaws doesn't mean you should stop trying to improve; it just means you're realistic about being perfect.

Every individual is a mosaic of experiences, talents, and challenges, contributing to the intricate tapestry of their unique identity. Accepting your flaws is not an admission of defeat but rather an acknowledgment that growth and improvement are ongoing journeys. It represents a conscious decision to be authentic and honest about your imperfections while recognizing that these aspects do not define your worth. It allows room for self-improvement by directing focus toward areas that genuinely matter, fostering a sense of resilience in the face of life's inevitable obstacles.

Equally crucial is the recognition of strengths, as this awareness forms the base for self-confidence and empowerment. Acknowledging strengths isn't a declaration of having arrived but rather a foundation for continuous personal development. It provides the inner strength needed to confront challenges, reinforcing a positive self-image that bolsters one's ability to navigate the complexities of life.

Embracing limitations is liberating; it allows individuals to seek support when necessary and approach challenges with a clear understanding of their capabilities. Understanding one's own limitations is a highlight of self-awareness and maturity. It is not an admission of weakness but rather a demonstration of wisdom in recognizing personal boundaries



INITIATIVES TAKEN BY OUR SCHOOL IN PROMOTING RESPECT AND TOLERANCE

Our school and students have contributed a lot towards understanding about self-worth and uniqueness, in various events and forms of talents

1) Talents day is one such annual event where everyone gets to showcase their inner strengths while also incorporating a diversity of talents, may it be dance, singing or even juggling!



2) Workshops and drives; these include a variety of fields to give everyone a go at their knowledge on topics, which include Arabic workshops, climate action, eco-collection drives, etc

3) Cooking competitions such as Kitchen Kombat, Art of French Cuisine (Grade 6), and sport events such as Sundeep Bhatavia, help create an environment where everyone showcases their talents and celebrates their differences in views, likes and dislikes.



4) Kindness Week, Mental Health Week are a few of the many events that highlight the very importance of self-acceptance, emphasizing why great mental health as well as physical health play huge roles in our lives.



5) Teacher-Student activities like those conducted on Children's Day and Gratis, are further important events which strengthen bonds and deepen mutual understanding among different age-groups of people, and even sculpt an improved sense of respect.



GUIDE TO ACHIEVING MINDFULNESS

Unlock peace of mind with the Health and Mind Club's guide to mindfulness. These are the three techniques that help one's goal to achieving mindfulness;

1) **The 5-4-3-2-1 Rule:** All of us, at some point or another, have experienced overwhelming anxiety.

Whether you're trying to rein in runaway thoughts at 3 am or you're struggling to cope with escalating work demands, anxiety is always characterized by one thing: it pulls you out of the present moment.

The 5-4-3-2-1 rule is a mindfulness technique to reduce anxiety. Begin by identifying and acknowledging five things you can see, four things you can touch, three things you can hear, two things you can smell, and one thing you can taste. By engaging the senses, this exercise grounds you in the present moment, redirecting your focus from anxiety to the immediate environment, promoting a sense of calm and mindfulness.



2) **Informal Mindfulness** :Informal mindfulness involves integrating mindfulness practices into daily activities, like eating or walking, without a structured session. It centers on being fully present in the moment, appreciating the details of routine tasks. For example, rather than a scheduled practice.

Listen to the sounds of the birds, insects or the leaves rustling in the trees as you walk by. If you live in the city, listen to the sounds of cars going by or the voices of people as they walk by your window. Informal mindfulness in a way is a lifestyle approach, fostering awareness, relaxation, and clarity in everyday experiences.

3) **Meditation:** Meditation is a really powerful tool for practicing mindfulness ,by training the mind to focus on the present moment. Through techniques like breath awareness or guided meditation, students can develop more awareness and concentration. Regular practice fosters a non-judgmental acceptance of thoughts and feelings, reducing stress and promoting emotional well-being. Meditation encourages a profound connection with the present, helping students navigate daily challenges with greater calm, clarity, and resilience.



Finally, embrace gratitude as a daily ritual, appreciating the beauty in each moment. Designate tech-free periods for a digital detox, reconnecting with the world around you. Explore nature, letting its soothing embrace inspire calm. As you embark on this journey, remember, mindfulness is a personal roadmap. As you explore these practices, adapt them to suit your lifestyle. Small, consistent steps pave the way for lasting change. May this guide be a compass on your path to mindfulness, well-being, and a more fulfilling life.

WHAT'S NEW WITH THE HEALTH AND MIND CLUB

Results For The 3rd Annual Research Paper Writing Competition- The Health and mind club held its 3rd annual research paper writing competition back in June. We were presented with a diverse range of viewpoints highlighting the interests and concerns of each student around the themes they had written about. The winners were announced around the beginning of the month. Coming in first place was Nandan Nair from 11-J. Next, We had a tie between Zoya John from class 11-E and Nabhiha Farhan from class 11-B for second place. Securing third position was Keerthana Thampi from class 11-B and finally, We had Rhea Jacob from 9-E as a special mention. Kudos to all the winners and participants.

Ancillary Staff Event -The health and mind club had hosted a heartwarming event for the ancillary members on December 12th. The event was resonated by classic bollywood songs sung by both students and the ancillary staff members which provided them with a nostalgic feeling. The staff members then indulged in a classical game of musical chairs and the event concluded with a group picture of all them together.



Christmas Event- Following the very next day, we held a Christmas event which kicked off with an iconic Christmas song sung by the students to raise the festive spirit. It then proceeded with the club members asking questions centered around the christmas theme, giving the students delicious cupcakes if they answered correctly. To conclude the event, the students were asked to write what they want for Christmas on a piece of paper, which was later hung on the christmas tree made by some of our club members.

Credits:

Pearl Doshi 9-F: Self Acceptance

Aarav Kuldeep 9-J: Embracing Differences

Shriya Nambiar 10-F: Graphics

Alaina Nayak 11-E: Initiatives Taken by our School in Promoting Respect and Tolerance

Aryan Ramdas 11-N: Guide to Achieving Mindfulnesses

Divya Gupta 11-B: What's New with the Health and Mind Club

