

# Newsletter

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**Issue No. 4 | April 2022**

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Dear Reader,

We are very happy to launch this month's newsletter. Quite a few things happened, one of them was the beginning of the journey from I to WE. People come & go into our lives, however sometimes we meet that one special person who you have been waiting for. I was fortunate enough to meet Sangeta who believes in what I believe & we could connect within no time. She became the co-creator and mentor of Bhooshala's online program. With her by my side, we could introduce the program 'Design My Life - Beyond Academics', the seed of which had sprouted a month ago. Someone has well said, "Once you choose HOPE, anything is possible!". Together we wish to see the dream Bhooshala a reality.

Another important event happened was, we visited a beautiful place in the Sahyadri ranges that could be the future location of our dream Bhooshala. More on that in our upcoming issues.

This month's theme for Wednesday Wisdom was 'Feelings' - A New Language to Connect to the Child. Listening, accepting and acknowledging them & receiving feelings is a NEW language for many of us. Learning a NEW language doesn't mean that our other languages, of denying feelings, giving solutions, reprimanding, sympathizing etc, was wrong. Learning a new language of understanding only means we are increasing our choices.

People often ask this question: "So after I have accepted & acknowledged the child's feelings, what next? It's like me asking you, after you have won a million dollar lottery, "What next?". The lottery is we got connected to the child, we have a relationship going! Who bothers 'what after that'! And, "What's the hurry? If you want to fix the child or fix the situation - then yes, 'what next' is soooooo important. However, if you want to understand your child (& yourself) - then there is no hurry. If you want your child to feel understood - then there is no what's next. Many parents (including me some years ago) say, "I understand my child". Can we really understand somebody? Is that even possible - given that every moment the other person is thinking & feeling & changing. We can 'know' a great deal, but can we really understand? Maybe in all my humility, I can try & understand, - I can be understanding.

Wish you a good read ahead...

Get in touch with us if you need to or for any feedback.

With warm regards...

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# Featured articles

Published on 1st Apr 2022

Can communication become violent?

How do we feel when a teenager raises his voice against us?

How does he/she feel when we raise our voice?

Is it right that whenever we raise our voice, we end up only with the exchange of words and emotions?

Do you really express your feelings, needs and actions required to the other person when you communicate?

Let the children join us to reflect & explore further learning...



**Response is a choice we can exercise which is in harmony with our values**

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One learn through a process of self discovery, self empowerment & self creation.

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Pitch 4 - Non Violence Comm.

Published on 9th Apr 2022

I remember seeing one of my friend's son always wear 'Nike' shoes. Once I asked him the reason, and the answer was, 'It's cool...'. Is it really so cool?

While it may be intriguing to my mind, is it not a concern for all of us parents? Are we drawing self value from our wardrobes? Do we really understand self esteem deeply enough?

When we understand ourselves deeply, we can be free of such images.

Lets not cage children with nice adjectives, let them experience life purely & live with verbs.

Let the children join us to explore the self...



**I do not need to live out of images, Instead I can live out of choices.**

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Pitch 5 - Self Esteem

Published on 19th Apr 2022

The other day I overheard a mom saying, "my son can't sit in one place, keep on moving...". I too have experienced this with my daughter, listening to music while studying, or reading whilst walking. Have you also noticed such mannerism from your child?



**What Makes ME ALIVE!!**

Each one of us has at least one strong intelligence and many more others. It is not just about knowing or discovering one's strong intelligence but also about understanding how one can use their strong intelligence to develop other intelligences as well.

Let the children join us to explore their multiple intelligences and various potentials...

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Pitch 6 - Multiple Intelligence

Published on 28th Apr 2022

Almost everyday I see this man coming on a scooter & distributing food to animals & birds while I take a walk around the lake. I feel he is not bothered by who is going to say what, he is just expressing himself.



**I am not here to impress others, I am here to express myself!!**

The example might look silly to you, but wait... On Feb 6, 2018 Prince Charles wanted to give the Lifetime Achievement Award to Mr. Ratan Tata at his Buckingham palace. Mr. Tata didn't go to receive the award because one of his dogs fell ill. Prince responded by saying, "That's the man!".

The choice is yours - whether you want your child to LEAD a life of freedom & responsibility or merely FOLLOW other's expectations & requirements.

Let the children dig the gold within & find their way to express themselves...

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Pitch 7 - Self Expression



# Wednesday Wisdoms

Published on 6th Apr 2022

Once upon a time, I used to get upset very often. And, once I get upset, this upsetting business would continue for weeks together if not months. And, this would take away a lot of my energy and there was no time to do valuable things. I was a complete emotional fool a decade ago. People around me would wonder about my behavior but no one would try & understand what I am going through inside. Sounds familiar?

What we end up reacting to is the behavior rather than exploring the feelings that are leading to that behavior.

In this month's Wednesday Wisdom, we will try understanding the feelings much deeper.

Feelings are the indicators, somewhat like traffic signals - it is telling us something. This is very important to understand and if not understand, at least we must start with knowing what my feelings are.

It might be helpful to learn the vocabulary of the feelings. So, if I may ask you, how are you feeling right now? I am not asking what are you thinking right now, I am asking what are you feeling right now?

The moment you ACCEPT that Yes, I am upset, the magic happens!

Published on 13th Apr 2022

Last Wednesday Wisdom, we explored how to ACCEPT our feelings. Now that we have accepted our feelings, let's try & see how we respond to a child's feelings.

Let's take an example, let's say the child is talking rudely & loudly. You get irritated by this behavior, right? And you show your response by either saying something or with some gesture. Therefore, you are kind of taking care of your feelings, right? but how are you taking care of the child's feelings?

The child is behaving in a certain way. And, you are also behaving in a certain way. You have expressed your feelings by responding that I am irritated, I am hurt. However, where is the expression of your child's emotions? How do you take care of the child's feelings?

It might be good to ponder over it for sometime... Till you understand the depth of the question.

For if you have understood the question well, you are very close to the solution as well.

Then it is only a matter of time...

## Wednesday Wisdom

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How are you feeling right now?

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Have you understood your child's feelings?

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# Wednesday Wisdoms

Published on 20th Apr 2022

Hope I was able to stir up some thoughts on how you can take care of your child's feelings in case there is an argument in my last Wednesday Wisdom.

Let me share a story of the famous Mulla Nasiruddin. One day he was looking for something outside his house at night. His neighbor passed by...

Neighbor: What are you looking for Mullah?

Mullah: I am looking for the coin which got lost.

Neighbor: Let me also search it for you.

After sometime,

Neighbor: By the way, where did you lose your coin?

Mullah: Inside the house!

Neighbor: Why are you looking for it outside then?

Mullah: Because the light is outside. Inside it is dark. I can't find it inside, that's why I am looking for it outside.

There is no logical solution to what the child is doing at that moment. However, this can be an opportunity for you to connect with & understand your child.

What happens when someone acknowledges your feelings?

And, similarly what does it do to your child when you acknowledge his/ her feelings?

## Wednesday Wisdom

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Emotional problem & logical solution

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Published on 27th Apr 2022

Can Happiness be limiting?

At one point in time, my daughter would watch TV for 8 hours, & could turn around & say, "Why do you want me to stop watching TV, I am happy! Ain't happiness is what you want? Or do you want me to go out & start riding Hero Honda, scare you & myself too " So happiness can also be limiting.

However, emotions can't be limiting even if it is the emotion of "Fear"!

Let me ask you a question, What is the opposite of fear?

Did you just say "courage"?

I disagree. Courage is not the absence of fear, rather it is doing something despite having fear.

The opposite of Fear is Understanding.

Let's say, I am scared of riding vehicles. One option is I live with this fear. Another option is I go for understanding. As I spend more time gaining knowledge & familiarity about vehicles, I get to start understanding what aspects of the VEHICLE RIDE makes me scared or what part of ME is scared of it. So fear is not a problem, rather an invitation to learn about the world outside & a window to connect with & understand the self.

Therefore, can we say there are no negative or positive emotions? And, can we also see when we accept & acknowledge a child's feelings, we are primarily bringing awareness alive?

Let us Help children take responsibility for their Emotions.

## Wednesday Wisdom

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# Activities



My SEED BOX  
is Growing  
by leaps & bounds,  
this time with  
Corn & Summer  
Delight 'Mangoes'



Neem tree is  
already touching  
the ceiling





# Programs & Workshops

**DESIGN MY LIFE  
BEYOND ACADEMICS**

Being - Imagination & Inspiration  
Interest - Unseen levels  
Passion - Communicate with purity  
Emotion - Healing  
Personality - Brilliance  
Potential - Creativity  
Core - Wisdom & energy

**WE WELCOME CHILDREN TO JOIN OUR  
PROGRAM TO EXPLORE FURTHER...**

EXPLORE & DESIGN YOUR THOUGHTS, EMOTIONS, IDEAS AND THEN DESIGN  
YOUR CAREER WHICH IS MEANINGFUL AND DEEPLY SATISFYING FOR YOU.  
**CHOOSE YOUR PURPOSE!!**

**Program Details**

- Know the Self in Esteem
- Understand your Uniqueness, Multiple Intelligence & your Potential
- Your Interest & Self Motivation
- Non Violence Communication
- Success, Failure & Personality
- Learn the art of Reflection
- Passion - What makes you Alive
- Discover your Core Values
- Create your Self

**AGE - 13-19 YEARS  
1 INTRO + 9 SESSIONS ONLINE  
TIME - 9-11 AM  
MONDAYS & THURSDAYS**

The Worth of the Program is ₹ 14,000. However, we work on Gift Culture (AKSD)\*. \*AKSD - Apni Khushi Se Dein

For more information, call us on - **7304926740 / 9004133388**

TEAM - LIPIKA MITRA - FOUNDER - BHOOSHALA, PURPOSE & PARENT COACH | SANGETA IYER - CO - PROGRAM CREATOR AND MENTOR

## Design My Life - Beyond Academics

Introducing a unique self exploration program "Design My Life - Beyond Academics" for children **Age 13-19 years**.

The program comprises of **9 sessions**, each session of **2 hours**, weekly twice on Mondays & Thursdays, preferably between 9 & 11 am + 1 Ice breaker session. Parents can join the Ice breaker & the concluding session.

The program will be conducted twice a year - Summer (May-June) & Winter (Oct-Nov).

Check out the Complete  
Brochure of the program at  
Bhooshala



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# Thank You

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## Team

Lipika Mitra  
Founder – Bhooshala  
Purpose & Parent Coach



Sangeta Iyer  
Co-Program Creator  
& Mentor



Care for Self, People & Planet  
through yog, sahyog & udyog

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