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# sailing ships



## MORE INSIDE THIS QUARTER



Did you know?



Creative Chronicles



Breakthroughs



Your Playground



Mindful Pause



## FAVOURITE FINDS

Everyday **Ubuntu** by Mungi Ngomane is an inspiring and practical guide to living with greater compassion, kindness, and connection. Drawing on the African philosophy of Ubuntu, "I am because we are", the book offers simple daily reflections that encourage empathy, forgiveness, gratitude, and community. Its accessible wisdom makes it easy to apply in everyday life, reminding readers that personal well-being and collective flourishing are deeply interconnected. A thoughtful and uplifting read.



## FAVOURITE FINDS



**Pay It Forward** beautifully captures the spirit of Seva, selfless service offered without expecting anything in return. Through one boy's simple idea of helping three people and asking them to do the same, the film reveals how small acts of kindness can ripple through communities. It reminds us that genuine service is not about recognition but about creating hope, compassion, and human connection. A moving film that inspires us to become the change we wish to see.

## Did You know?



This study demonstrates how group-based Compassion-Focused Therapy reduces shame, self-criticism, and psychological distress while increasing feelings of social safety. The research highlights the healing power of compassionate relationships, reminding us that people recover not only through techniques but through belonging, acceptance, and connection—principles that beautifully reflect both Ubuntu ("I am because we are") and Seva.



## UBUNTU: HEALING BEGINS WITH CONNECTION

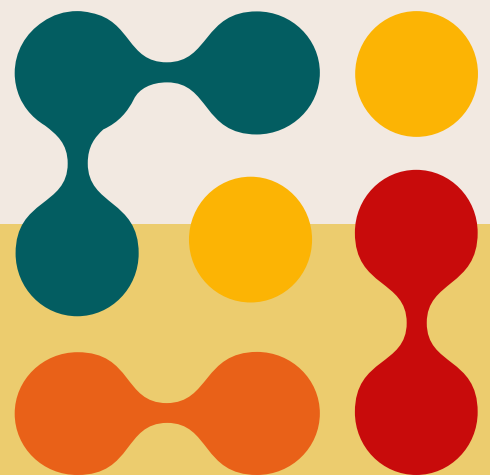
We live in a world where we are constantly connected through technology, yet many people have never felt lonelier. Social media encourages comparison, success is often measured by productivity, and many of us quietly carry emotional burdens believing we must face them alone. Over the years, as a counsellor and Arts-Based Therapy practitioner, I have met countless individuals who believe that asking for help is a sign of weakness. Yet time and again, therapy reminds me that healing rarely happens in isolation.

This is where the African philosophy of Ubuntu offers profound wisdom. Ubuntu simply means, "I am because we are." It reminds us that our identity, resilience, and wellbeing are shaped through our relationships and our sense of belonging. In therapy, many struggles, whether anxiety, grief, stress, or low self-worth—often have a common thread: the longing to feel seen, heard, accepted, and understood. Research consistently shows that meaningful human connection is one of the strongest protective factors for mental wellbeing. Feeling connected reduces loneliness, strengthens resilience, and helps us navigate life's challenges with greater confidence.

Healing also has a ripple effect. When one person begins to heal, families communicate differently, friendships become healthier, and communities become more compassionate. Positive change rarely stays with one individual, it spreads through relationships.

At Lighthouse, this belief forms the heart of our work. Through Counselling and Arts-Based Therapy, we create spaces where people feel emotionally safe enough to express themselves, reconnect with their strengths, and experience authentic relationships. Whether through art, movement, storytelling, music, or simply being deeply present with another person, healing begins when people realise they do not have to walk alone.

In a world that often celebrates independence above everything else, Ubuntu gently reminds us that our greatest strength lies in connection. Healing begins when we recognize that we belong and that none of us were ever meant to journey through life alone.





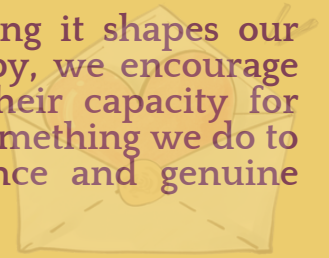
## SEVA: COMPASSION IN ACTION

If Ubuntu teaches us that we belong, Seva reminds us how we can transform that belonging into meaningful action. Rooted in Indian philosophy, Seva is often translated as selfless service, but its essence extends far beyond acts of charity. It is about choosing kindness, compassion, and presence in our everyday interactions.

In mental health, healing is often found in simple human gestures, a listening ear, an encouraging word, a shared meal, or quietly sitting beside someone without judgement. These moments may seem ordinary, yet they remind people that they are not alone. Acts of service nurture hope, purpose, gratitude, and self-worth, benefiting both the person receiving support and the one offering it.

However, Seva is not about self-sacrifice. This is especially important for therapists, caregivers, teachers, healthcare professionals, and parents, who often dedicate themselves to supporting others. Sustainable service requires balance. We cannot continue giving if we are emotionally exhausted. Caring for ourselves is not separate from caring for others, it is what allows us to serve with authenticity and compassion.

At Lighthouse, this balance between receiving support and offering it shapes our therapeutic approach. Through Counselling and Arts-Based Therapy, we encourage people to reconnect with themselves while also strengthening their capacity for empathy, compassion, and healthy relationships. Healing is never something we do to another person, it happens with people, through shared presence and genuine connection.



The beauty of Seva is that it does not demand grand gestures. It lives in everyday moments: checking in on a friend, thanking someone who has supported you, volunteering your time, asking for help when you need it, or spending uninterrupted time with someone you love. These simple acts strengthen communities and remind us of our shared humanity.

As Lighthouse celebrates 25 years, we continue to believe that every act of compassion has the potential to create lasting change. Together, Ubuntu and Seva invite us to build communities where people feel safe enough to seek support, strong enough to offer it, and connected enough to heal together.

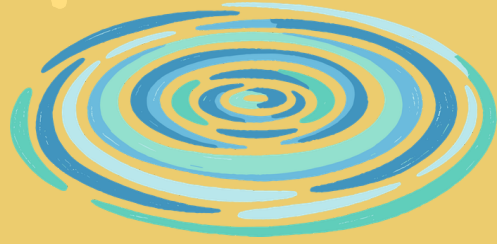
## BREAKTHROUGHS



Sometimes, the most meaningful breakthroughs are found in the smallest moments. Over the past few months, we have been supporting a 34-year-old woman living with Lennox-Gastaut Syndrome through Arts-Based Therapy. What once felt overwhelming, waiting, accepting boundaries, or staying engaged in an activity, has gradually become possible. Through creative expression, play, conversation, and consistent therapeutic support, she has begun completing activities, making choices within structure, responding positively to encouragement, and showing greater self-control. Most importantly, she is experiencing the joy of success through her strengths rather than her limitations. Her journey is a powerful reminder that healing often begins with one small step, one pause, and one moment of believing, "I can."



# your playground



## THE RIPPLE OF KINDNESS

Choose one act of kindness for yourself, one for someone you care about, and one for your community. It could be taking a mindful pause, listening without judgement, sending a heartfelt message, thanking someone, or helping a neighbour.

**At the end of the day, ask yourself:**  
How did these small acts make me feel?  
Healing doesn't always begin with grand gestures.

Often, it starts with one moment of kindness, one meaningful connection, and one small action that creates a ripple far beyond what we can see.

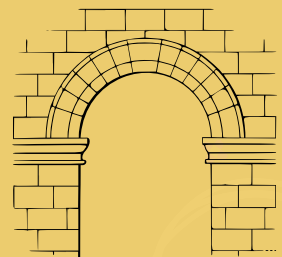
## mindful pause



Pause for one minute. Take three slow, gentle breaths. Place one hand on your heart and ask yourself:  
How am I feeling right now?  
What do I need in this moment?  
Who might need a small act of kindness from me today?

Choose one simple act of compassion, for yourself or for someone else. It could be offering a smile, listening without judgement, expressing gratitude, or taking a moment to rest.

Remember, Ubuntu reminds us that "I am because we are," and Seva reminds us that healing often begins with one mindful, compassionate action.

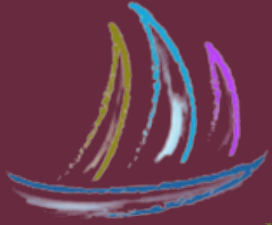


## Wall of Fame

Over the past ten months, Lighthouse Centre for Arts and Well-being has facilitated more than 150 Arts-Based Therapy sessions, delivering over 250 hours of therapeutic support to children and adolescents aged 3–18 years across four residential and shelter care organizations.

Through visual art, movement, music, drama, storytelling, games, and creative play, we created safe, nurturing spaces where young people could express emotions, build resilience, strengthen relationships, and develop essential life skills. Tailored interventions supported emotional regulation, self-awareness, impulse control, body awareness, healthy relationships, and confidence, while responding to the unique needs of each group.

Across every setting, the arts became a powerful bridge for healing, especially for children and adolescents who struggled to express themselves through words. Together, these creative journeys have fostered resilience, belonging, and hope, reaffirming our commitment to nurturing the holistic well-being of every child in our care.



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## MEET THE TEAM

- Zill Botadkar - Curator
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- Snehal Shinde - Contributor



MUMBAI - PUNE

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WE RISE  
BY LIFTING  
OTHERS

