



# LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

August is a month of immense significance, brimming with days that not only commemorate historical events but also offer valuable lessons.

International Humanitarian Day is observed on August 19 to advocate for the survival and dignity of people affected by crises, and aid workers' safety.

Independence Day on August 15 honors our freedom fighters and celebrates India's hard-fought freedom from British rule in 1947.

The Sadbhavna Diwas on August 20 aims to foster National Integration and Communal Harmony among people regardless of their religious, linguistic, or regional backgrounds.

The National Sports Day on August 29 honors hockey legend Major Dhyan Chand, promoting sports in Indian society.

As students, we have much to learn from these days, which serve as reminders of the qualities that contribute to the greatness of our nation. To do so, we need to cultivate behaviors that will help us be a good citizen including demonstrating respect for all, being responsible for our behavior, and contributing to society. In school, we can practice these by following rules, being kind to our classmates, saying no to teasing and bullying, and participating in group activities without excluding our peers.

From freedom and community bonds to sportsmanship and compassion for all, let us embrace these lessons and strive to embody the spirit of India at its best.

**By the Editorial Team**

## UNDERSTANDING PATRIOTISM: MY PERSPECTIVE

Is only a soldier a true patriot and not a common man? Does just cheering for India in a cricket match or any sport give proof of one's patriotism? Or is one social media post on Independence Day enough? Well, these are just small fragments of the true meaning of patriotism.

Patriotism, in itself, is a small word with vast meanings attached to it. To be patriotic is to love, support, and be proud of one's nation and its history, culture, and heritage. We all have love and pride, but are we supporting our country by doing our duties? Being a patriot, isn't it our responsibility to look after the well-being of our nation?

Questions need to be asked to create awareness, what can I do for my country? What is my contribution? How can I inspire myself and others to put my Nation First, so that together we can fulfill our duties towards the nation? We have to start with small steps first with our family, friends, and society, and accept all people without discrimination.

True patriotism involves working on self-first, so my perspective is that rather than playing the blame game, with gratitude, I should empathetically undertake my path of duty, my Kartavya Path towards building a much stronger, peaceful, and prosperous nation.

**Submitted by Idhant Rajesh  
Std. 8, DSRVB**



## WHAT PATRIOTISM MEANS...

Patriotism is a feeling of devotion and loyalty to one's own country, along with recognizing the values, culture, and shared history that bind people together.

As mentioned by our parents and teachers, patriotism in India originates in the difficult struggle for independence from British colonial rule. Today, patriotism manifests in various forms, including celebrating Independence Day with flag-hoisting ceremonies, parades, and cultural events. Social media has provided a platform for citizens to express their love for India, and campaigns like Make in India promote economic patriotism.

It's vital to contribute to the collective well-being of our nation, ensuring a brighter future for generations to come. In the end, patriotism is about recognizing the beauty in our shared journey and working together to build a stronger, more united society.

Submitted by **Samaira Vaz**  
Grade 6, BCISE



## THE CHANGE I WANT TO SEE IN SOCIETY

Changing the judgments and beliefs of a society is a complex but achievable goal. The change I envision is a society where mental health is as prioritized as physical health.

To address aspects such as social justice, sustainability, human rights, and digital literacy, I will advocate for comprehensive mental health education in schools and workplaces. By raising awareness and providing resources with help from many others, we can normalize conversations about mental well-being and ensure access to support. I plan to volunteer by using social media to share information and personal stories. Creating a supportive community will empower individuals to seek help without fear of judgment, fostering a healthier, more compassionate society.

Submitted by **Laiba Shaikh**  
Grade 10, BCISW

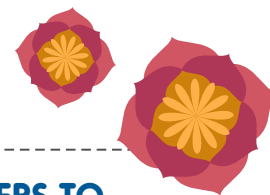


## THE CHANGE I WANT TO SEE IN SOCIETY AND MY PLAN TO MAKE IT HAPPEN

The change I envision for society is the promotion of environmental sustainability. As we face climate change, pollution, and resource depletion, individuals and communities must adopt eco-friendly practices. My plan to make this happen involves starting an awareness campaign in schools and local communities, focusing on the importance of recycling, reducing waste, and conserving energy.

I aim to organize workshops and activities that engage people in hands-on sustainability projects, such as community clean-ups and tree planting. Collaborating with local organizations can amplify our efforts and foster a sense of responsibility toward our environment. By inspiring others to take small yet impactful steps, we can create a collective movement toward a greener, healthier future for our society.

Submitted by **Siddharth Nadkarni**  
Std. 8, DSRVB

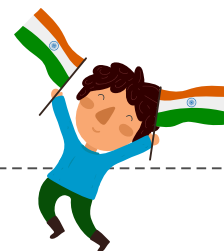


## BREAKING DOWN BARRIERS TO ENHANCE NATIONAL HARMONY

National harmony means living together peacefully and respecting one another. To make this happen, we need to overcome barriers that cause division. These barriers can be cultural differences, economic inequality, and discrimination. We can make things better by cultivating respect for different cultures, having open conversations to understand each other, and making sure everyone has equal opportunities. Activities that help us interact with people from diverse backgrounds like volunteering for a cause, participating in festivals and competitions where we get to know new people, etc., can also help build respect and understanding.

By focusing on inclusivity and fairness, we can create a more united and harmonious society where everyone feels valued and accepted.

Submitted by **Hammad Shelia**  
Grade 10, BCISW



## BREAKING DOWN BARRIERS TO ENHANCE NATIONAL HARMONY

Breaking down barriers to enhance national harmony means bringing down obstacles that prevent diverse communities and individuals from uniting in a country.

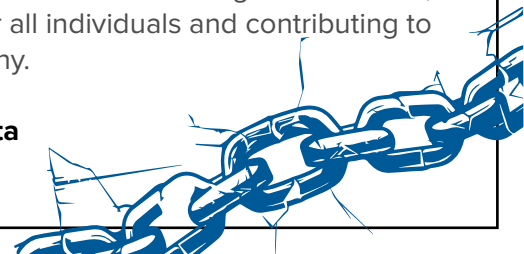
This enhances unity and belongingness within a country. This also aims to foster mutual understanding between people who are different in culture, region, language, and religion. Last but not least, this creates respect for other people or communities that are different from them.

A country that achieves this goal will be a country that is

filled with peace and harmony. The constitution of our country has enforced laws to ensure communal harmony in the country, and the government is taking all necessary measures to ensure the same.

We as citizens too, should be mindful of our rights and duties, demonstrating respect for all individuals and contributing to promoting national harmony.

Submitted by **Anika Gupta**  
Grade 6, BCISE



## **SANIA MIRZA: A SYMBOL OF STRENGTH AND SUCCESS**

Sania Mirza stands as a trailblazer in tennis, transforming the landscape for women in Indian sports. Her path has been marked by perseverance, overcoming societal challenges, and severe injuries, yet she consistently returned stronger as the first Indian woman to clinch a Grand Slam title and reach the world No. 1 ranking, that too 6 times. She has broken barriers and inspired many young girls to chase their dreams, no matter the odds.

Beyond her athletic achievements, she embodies resilience, showing that with determination and hard work, any obstacle can be conquered. Her efforts to promote gender equality in sports and her charitable contributions only enhance her stature as someone I profoundly admire. Her story is a powerful reminder of what can be achieved through unwavering passion and determination.

**Submitted by Varnica Bharyawala**  
**Grade 9, VBSIS**



## **MY HOMELAND**

India, my homeland, holds a special place in my heart. It is the largest democracy, divided into 29 states and 7 Union Territories.

India's grandeur was widely acknowledged by the name of 'Sone ki Chidiya' which was given because of its existing wealth and richness of culture. It's renowned because of its traditions including family, food, and festivals.

Apart from being a great country of culture and beauty, India has had many recent achievements including in the economy, sports, science, and technology. India is the seventh country to have a dedicated quantum mission. Scientists from our country have won the Nobel Prize in all three areas of science.

India has enriched the world with many treasures including Yoga, Ayurveda, and the concept of Zero.

Our countrymen are known for being polite, understanding, and helpful. They are also known for their talent which has shown tremendous growth in various sectors across the globe today.

I take great pride in being an Indian and will do my best to uphold its glory.

**Submitted by Kiara Killa**  
**Std. 7, DSRVM**



## **MY FAVOURITE SPORTS PERSON**

Virat Kohli is a prominent figure in modern cricket, epitomizing the game through his actions both on and off the field. Kohli is well known for his aggressive behaviour and competitive spirit on the field, but he balances this with a strong sense of respect for his opponents and the game itself.

Kohli's abilities and qualities off the field are equally noteworthy. He is actively involved in charitable initiatives, focusing on education and health for underprivileged children. His dedication to such efforts underscores his determination to use his platform for the greater good. Additionally, his advocacy of fitness and healthy living is a role model for young athletes. Kohli's overall approach to the game, blending competitive efficiency with compassion and social responsibility, underscores his role as a true sporting ambassador. This is why he is a sports person I admire.

**Submitted by Samina Kadiwar**  
**Grade 10, BCISW**



## **SYED ABDUL RAHIM – THE GREAT FOOTBALL COACH**

A coach plays a crucial role in shaping athletes not just by improving their skills, but also by inspiring and guiding them to achieve excellence in whichever sport they are in. One such coach who requires a special mention is Syed Abdul Rahim. He is known for his tenure as a coach which led to the 'golden age' of football in India. He is also known as the architect of modern Indian football. During his era, Europeans called India the 'Brazil of Asia' for the team's fluid style of play and achievements.

Under his guidance, the Indian national team won gold medals in the Asian games of 1951-Delhi and 1963-Jakarta and played in the semi-finals of the Summer Olympics – 1956-Melbourne. His sheer hard work and determination towards this sport led to great achievements throughout his coaching career.

Rahim Sir's dedication extended beyond mere coaching; he was a motivator and a role model, fostering a culture of perseverance and discipline, because of which he is still alive in the hearts of Indian football players.

**Submitted by Ishaan Vettath**  
**Grade 9, VBSIS**



## SHAPING THE WORLD WITH A FRESH PERSPECTIVE

12 August commemorates International Youth Day (IDY). The purpose of the day is to draw attention to a given set of cultural and legal issues surrounding youth.

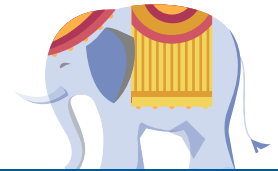
Every year there is a unique, intriguing theme that addresses mental health, education, and employment. This year's theme for International Youth Day is 'Youth Digital Pathways for Sustainable Development' which highlights the vital role that digitalization plays in achieving the Sustainable Development Goals (SDGs). It focuses on how young people are leveraging digital tools to drive sustainability.

Our country has the largest youth population in the world,

around 66 percent, who can influence, dominate, or change our country's bright future. The current youth of India can flourish in many fields and write about this diverse country's future.

Looking forward, each of us must also find ways to focus on not only technological advancement but also on preserving the beauty of this planet and the environment. At the same time, it is essential that when we grow young, we must use our time wisely and carefully for our country, and the world's development.

**Submitted by Vivaan Shetty  
Grade 7, DSRISM**



## INTERESTING READ

### KHELO INDIA

- Khelo India, which translates to 'Let's play India', was inaugurated on 31st January 2018 to revive India's sporting culture by engaging with children at the grassroots level.
- The initiative also focused on building better sporting infrastructure and academies across the country for various sports.
- The Government aims to support Khelo India medal winners with job opportunities to ensure a stress-free life.
- The 6th edition of the Khelo India Youth Games took place in January 2024 across multiple cities in Tamil Nadu.
- The initiative places special emphasis on promoting rural and indigenous sports. This not only preserves cultural heritage but also broadens the scope of sports in India beyond mainstream disciplines.
- As of 2024, the Khelo India initiative has seen the participation of over 40,000 athletes across its various programs, including the Youth Games, University Games, and Winter Games.



## VANDE MATARAM!

“Vande Mataram,” we proudly say,  
Honouring our land in every way.

India, a land of bright smiles,  
Where joy and warmth stretch for miles.  
From snowy peaks to sandy shores,  
Every day brings new wonders to explore.

We play cricket with loud cheers.  
Football games bring us to happy tears.  
In other sports too, we've shined bright,  
In games, our spirits take flight.

Festivals burst with colours so bright,



Diwali, Holi, Navratri, all a delight.  
Classical dances and folk songs we hold dear,  
Our rich culture shines year after year.

We speak many tongues, wear many styles,  
Our food brings flavours and smiles.  
Yet in our hearts, unity remains,  
Together we stand, sharing joys and pains.

“Vande Mataram,” we proudly say,  
Honouring our land in every way.

**Submitted by Sanvi Gaikwad  
Std. 8, DSRVB**

## GUESS THE FREEDOM FIGHTERS BY THEIR FAMOUS SLOGANS

1

**Do or Die.**

2

**Inquilab  
Zindabad.**

3

**Unity is strength,  
and without it,  
we are nothing.**

4

**Swaraj is my  
birthright, and  
I shall have it.**

5

**Sarfarooshi ki tamanna  
ab hamare dil mein hai,  
Dekhna hai zor kitna  
baazu-e-qaatil mein hai.**

6

**Dushman ki goliyon ka  
hum samna karenge,  
Azad hi rahein hain,  
Azad hi rahenge**

**Answer Key:**  
1. Mahatma Gandhi  
2. Bhagat Singh  
3. Sardar Vallabhbhai Patel  
4. Bal Gangadhar Tilak  
5. Ramprasad Bismil  
6. Chandra Shekhar Azad

## UNSCRAMBLE THE WORDS

(Hint - the words are linked to Sadbhavna Diwas)

- |                |              |                |
|----------------|--------------|----------------|
| 1. tniyu       | 4. nctoleare | 7. mospiacnos  |
| 2. secntieprse | 5. pcae      | 8. tqiyalu     |
| 3. oamnhyr     | 6. rdviyetis | 9. trbhoerhdoo |

**Answers:**  
1. unity  
2. persistence  
3. harmony  
4. tolerance  
5. peace  
6. diversity  
7. compassion  
8. quality  
9. brotherhood

## IDENTIFY THE SPORT BY ITS EMOJI

(a)



(b)



(c)



(d)



(e)



(f)



**Answers:**  
a) Mountain biking  
b) Golf  
c) Martial Arts  
d) Skiing  
e) Surfing  
f) Canoeing

## JUST FOR LAUGHS

Q: What kind of tea do football players drink?

A: Penaltea.

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Q: How do football players deal with their problems?

A: They tackle them head-on.

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Q: Why is tennis a really loud sport?

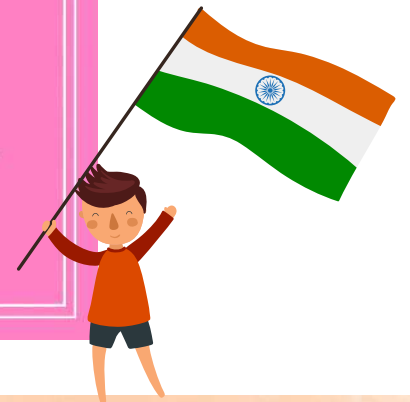
A: It's because the players raise quite a racket.

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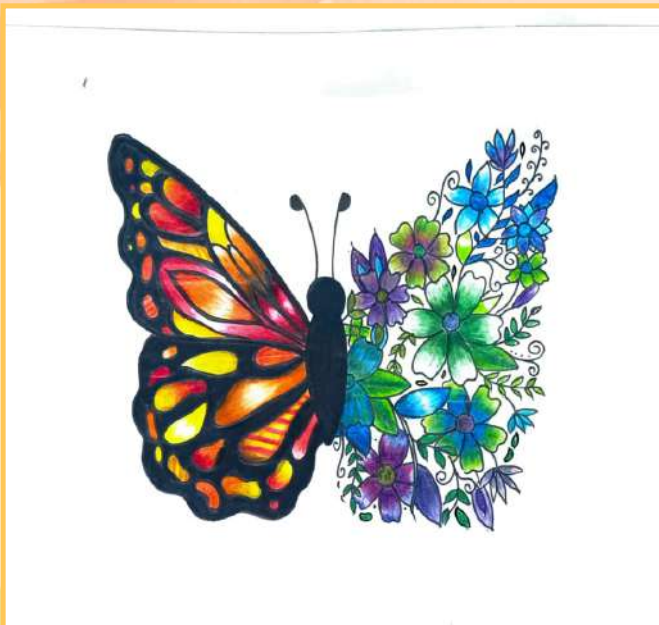
Q: Why did the fish refuse to play basketball?

A: He was afraid of the net.

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## ARTIST OF THE MONTH



Submitted by Anushri Prabhu  
Std. 8, DSRVM



Submitted by Kavya Manve  
Std. 8, DSRVM



## CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



**Charisma Xavier**  
Batch of 2013

Senior Associate, Digital Transformation & Employee Experience  
at Cactus Communications

### SCHOOL CORNER

#### Interviewing Pushpa Bhatt: A Nutritionist and Marathon Runner

We, the student council members, were inspired to meet Ms. Pushpa Bhat and interview her online. There's a lot we can learn from what she shared.

**Q. What inspired you to run a marathon?**

My first marathon was a dream run of 7 km in the first edition of the Mumbai Marathon in January 2003. Some of my friends were running and I thought why not? I loved the vibe, the energy and the challenge of it.

**Q. What was your first marathon experience like?**

I realised marathon running is a serious business and not everyone can do it. I realised that I needed to train better and work hard.

**Q. What is your most memorable race? What's the biggest setback you have faced throughout your journey?**

Khardung La 72 km at Leh is my most memorable race. You are totally at the mercy of Nature. I ran it for the first time in 2019 and finished 4 minutes late. In 2022, I ran again and finished 4 minutes early. I set the world record of being the oldest woman to have run it. I trained hard for six months. I learnt that failure is the biggest teacher.

**Q. What are your opinions, on age is it just a number?**

I have proved it to a certain extent - at 68, I still run marathons. I ran the London Marathon, this April. I started going to the gym at 46 years of age, running at 47, became

an entrepreneur at 50, ran a full marathon at 58, learnt cycling at 60, ran the world's toughest altitude Ultra at 63, learnt nutrition at 64, started writing English poetry at 64, created world record at 65 by running Khardung La, started free adult fitness coaching for senior citizens in my housing colony at 67... I exercise on an average of 15 to 17 hours per week and am still going strong.

**Q. What qualities do you think students need to inculcate?**

I feel that students need to inculcate-  
Persistence  
Perseverance  
Consistency  
Delayed gratification  
Focus like the eye of a tiger

**Q. What diet would you suggest to students involved in sports or otherwise?**

I would suggest students have homemade nutritious food. Restrict eating out to the minimum, include protein, fibre and good fat in every meal and consume less sugar, salt and maida.

**Q. What message would you like to give to the students?**

I would like to tell students that the harder you work on your goals today, the easier it will get later. Remember we are a work in progress. Also, we are unique and so are others. Be kind to everyone.

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](mailto:lighthouse.bcg@gmail.com)