



LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

As we come to the end of 2023, we reminisce about the journey over the last year.

The world changed for us students, during the pandemic with online schooling and social distancing. However, in the last academic year, we were back to school. Things were getting back to normal, there were few regulations to follow, but we took everything in our stride and marched on to a new beginning. After 2 long years, we appeared for the dreaded Final exams in March/April 2023. Summer vacations were fun and frolic after a long time, and it felt like they passed in the blink of an eye.

Then came June 2023. "School as usual" sounded like music to our ears and the excitement could be felt all around. The list was endless – class activities, inter-house and inter-school competitions, Crescendo, Momentum, field trips, overnight camps, tours... we were looking forward to all of it without having to worry about any health restrictions. It seemed like finally we were back to the routine, a routine we all looked forward to. The feeling of gratitude was immense.

The BCG Lighthouse Team continued its efforts to spread positivity and hope through the Newsletter. Some of the topics covered in 2023 were: healthy living, dreams, freedom, the importance of teachers, what makes a good student, and many more. We were overjoyed with the contributions we received for the Newsletter content. We thank our peers for their active participation which is a testament to our collaborative spirit. We hope to see this in the future too.

In conclusion, active participation in the further newsletters is not just about submitting content; it is about being an integral part of the ongoing narrative of our school. Your involvement adds depth, diversity, and creativity to our collective story. So, let's embrace this opportunity and continue to shape the vibrant tapestry of our school community together in 2024.

By the Editorial team



3 THINGS THAT HAPPENED IN 2023 THAT I AM GRATEFUL FOR

I am so happy and grateful that my marks in subjects like English have improved this year. Last year, I didn't do well in English, but I worked hard and did better in the exams this time. It feels great to see my effort paying off!

Moreover, I'm thankful that my behaviour has improved, particularly my interaction with adults and older people. I worked hard, and now I try to be kind and respectful to everyone.

Another thing that makes me happy is that my friends treat me and everyone else with respect, and that makes school a much happier place for me. I'm grateful to have such good friends.

Submitted by Aaradhay Gharat
Grade 6, VBSIS



BREATHSCAPE: A GUIDE TO NAVIGATING THE AQI CHALLENGE

As we embrace winter, it's crucial to address the invisible threat that accompanies the season – air pollution. The Air Quality Index (AQI) is a measure of the pollutants in the air, that affect our health and well-being. In our quest for a healthier environment, it's essential to understand AQI and take steps to safeguard ourselves. Simple habits like using public transportation, reducing energy consumption, and wearing masks during poor air quality days can make a significant impact. Indoor plants and air purifiers also contribute to creating a cleaner indoor atmosphere. Additionally, when the AQI is high, limiting outdoor activities, especially strenuous exercise can help.

Let's empower ourselves with knowledge and commit to small changes, ensuring we all can "breathe easy" in the face of air quality challenges.

Stay informed, stay healthy!

Submitted by Aarya Baragade
Std. 10 DSRB



LIFE LESSONS I LEARNT IN 2023

In 2023, life unfolded its lessons like a well-crafted novel, with each chapter revealing invaluable insights. Embracing unexpected plot twists allowed me to discover the beauty hidden within life's unpredictable nature.

This year, I realized that resilience goes beyond mere words; scoring lower in Marathi units wasn't the end, but a reminder to work even harder. Securing the top position in Marathi in semesters, I learned that consistent hard work can transform setbacks into triumphs.

Living in the digital age, 2023 emphasized the need for mindful use of technology. Balancing the opportunities for learning and connection, I cultivated digital mindfulness, utilizing technology for growth and learning, not as a distraction.

This year taught me important lessons. When things got tough, being strong helped me. Figuring out how to handle stress, solve problems, and make decisions developed crucial skills, adding valuable pages to my life story.

Amidst the demands of academics and extracurriculars, effective time management became critical. Learning to prioritize tasks enhanced my productivity and reduced stress, and I realized that time is a valuable resource.

These wonderful lessons have equipped me with a holistic understanding of life in the 21st century. As I carry these lessons forward, I feel grateful for the insights that I gained in the transformative year of 2023.

Submitted by Krisha Upadhyay
Std. 9, DSRVM



THREE THINGS THAT HAPPENED IN 2023 THAT I AM GRATEFUL FOR

Gratitude is something we all need to practice. Life has its own set of ups and downs, good and bad times. It is easy to complain about things that aren't right, but it's difficult to be grateful for the things that we are blessed to have. Counting our blessings will help us realize how lucky we are.

I am grateful for winning first prize for a group song from my Church. The second thing that I am grateful for is that I got selected for the YPL football tournament. The third thing is that I got a book, 'The Autobiography of AB de Villers', as a gift from my uncle. This book taught me many things in my life like, 'Joy is the simplest form of gratitude.'

Submitted by Alan Sujith
Std. 6, VBSV



NEW YEAR, NEW MINDSET

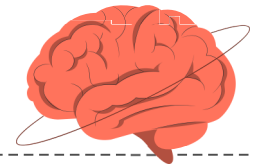
As we know, resolutions are a great way to set our goals for the upcoming year. They help us to improve ourselves. And if our resolutions can improve our society, and our environment, then it's even better. That's why I have considered my resolutions for the upcoming year.

Here is my resolution towards myself. I will practice/allot some time every day for my studies. I will also incorporate a small break in between so that I can focus more. I will try to learn a new skill such as a musical instrument or a sport. I will also work on stress management. Each day I will try and help someone to achieve their goal. This will make me feel happy and would help the other person too.

Now these are my resolutions that will help society. I will not engage in teasing anyone based on their appearance, as God has made everyone, and we are no one to criticize his creation. This will help me make a change in my society.

Lastly, I have a resolution towards the environment. I will make maximum use of bicycles or the public transport system to reduce pollution. I will save paper and water to reduce the wastage of natural resources. These are some of the resolutions that I am going to follow which will benefit me, my environment, and my society. I hope you find it helpful and inspiring.

Submitted by Rudra J. Vishwakarma
Std. 8, BCSE



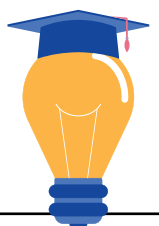
HOW I OVERCAME A PERSONAL CHALLENGE THIS YEAR THAT HELPED ME TO SUCCEED

"To succeed in life, you must be determined and dedicated to your dreams."

It was Saturday, 25th November, a day before my karate competition. As usual, I attended my karate practice. My leg got injured during the practice session with my friend. My friend was trying to block my kick and accidentally extended his elbow forward. That's how my leg got injured. I was very worried about my ability to participate in the competition which was going to be held the next day. I had been waiting for this competition for weeks and did not want to miss it. I immediately went to our family doctor. He prescribed medicines and ointment for me to apply and advised me to rest and take medicines on time.

I mentally geared up to participate in the competition. I was determined and won a silver medal due to my courage. All my pain vanished after holding the medal in my hand. Ultimately, I would like to share that to accomplish something, you have to cross the hurdles. It will help you if you do so with confidence, and do not give up. If you give up, then all your efforts are in vain.

Submitted by Darshan Akhil Tripathi
Std. 9, DSRVM



POLLUTION AQI AND HOW TO TAKE CARE OF YOURSELF

Pollution is an issue that significantly affects our health and environment. The Air Quality Index (AQI) is a widely used tool that measures the level of pollution in the air we breathe. To safeguard our well-being, it is essential to be aware of pollution and take appropriate measures.

Taking care of oneself amidst high pollution levels is crucial. First, stay informed about AQI in your area. Use reliable sources to check the daily pollution levels and plan your activities accordingly. When the AQI is poor, limit outdoor activities, particularly during peak pollution hours. Maintain good ventilation indoors to reduce exposure. Wearing masks can also provide some protection. You can reduce your carbon footprint by using public transportation or opting for eco-friendly modes of commute.

Also, minimize energy consumption by utilizing energy-efficient appliances and turning off electrical devices when not in use. Adopting both personal safety measures and contributing to pollution reduction are crucial steps in mitigating this environmental concern. Together, we can create a cleaner, healthier future by actively participating in efforts to curb pollution.

Submitted by Bhuvanesh Shetye
Grade 7, BCISW



BREATHE EASY: NAVIGATING THE AQI PROBLEM

Have you ever wondered about the abbreviation AQI? It stands for the Air Quality Index, a measure of air pollution over time used by government agencies to alert citizens about their surrounding air quality. Numerous reasons cause poor air quality, starting at the tip of the iceberg: gasoline-fuelled vehicular emissions, wildfires, dust storms, industrial emissions, and construction.

To tackle the AQI problem, use public transport, walk, or bike for short distances to reduce fuel emissions. Plant trees and implement afforestation on empty lands. Conserve energy by switching off lights and using fans instead of air conditioners. Raise awareness in local communities, schools, and offices through campaigns. Governments can restrict certain construction activities.

Exposure to this polluted air causes various respiratory illnesses. It's time to take action before we and our planet Earth vanish! The Earth is our home forever. Maintaining it as a sustainable place is our responsibility. Let's lend a helping hand to our mother nature. Always remember, "Clean the air; show you care!"



Submitted by Samara Alphonso
Grade 8, BCISE

MATH- LAND OF NUMBERS

In the land of numbers, where patterns play,
Math is a language, showing us the way.
With algebra, we solve puzzles so neat,
Numbers dancing together in a rhythmic feat.
Geometry draws shapes, circles and lines,
A colourful canvas where symmetry shines.
Calculus takes steps, one after another,
Navigating change, like a river flowing forever.
Statistics tells stories, in graphs and charts,
Making sense of data, unravelling its parts.
Math is like a poem, precise and clear,
In its world of numbers, there's nothing to fear.

So, let's explore this world, where logic is king,
In the poetry of math, let our understanding sing.

Submitted by Sayed Adl Mirab
Grade 7, BCISW

MY NEW YEAR RESOLUTION

2023!! This year has been a roller-coaster ride with new experiences, opportunities, emotions, memories, nostalgia, and much more. And here we are, at the end of 2023.

Now that 2024 is around the corner, I am all set to welcome it with full enthusiasm, and joy and with a set of New Year Resolutions. This time, my New Year resolutions are focused on myself, my society, and my environment.

Following are My New Year Resolutions -

- Exercising Daily
- Spending time, at least an hour, with family and loved ones
- Being a good listener
- Reducing screen time
- Not overlooking problems but rather confronting them
- Taking care of plants in the neighborhood and learning more about the nature around us
- Giving food and water and helping the needy

Submitted by Anushri Warange
Std. 10, DSRVB



THE IMPORTANCE OF MATH EDUCATION: UNLOCKING THE WORLD'S POTENTIAL

Mathematics is a crucial subject that forms the foundation of numerous disciplines and plays a vital role in our everyday lives. But have you ever wondered what would happen if there was no math at school? In this article, we explore the potential consequences of a world without math education and shed light on the intrinsic value math brings to our lives.

- **Decision-Making Skills:**

Math develops our ability to think critically and make informed decisions. It enables us to analyze and solve problems, consider multiple perspectives, and make logical conclusions. Without math education, society would face a significant setback, impacting areas such as finance, business, and technology.

- **Practical Applications:**

Mathematics is deeply ingrained in our daily routines, even if we might not always realize it. From calculating change at the grocery store to measuring ingredients in a recipe, math is an essential skill.

- **Career Opportunities:**

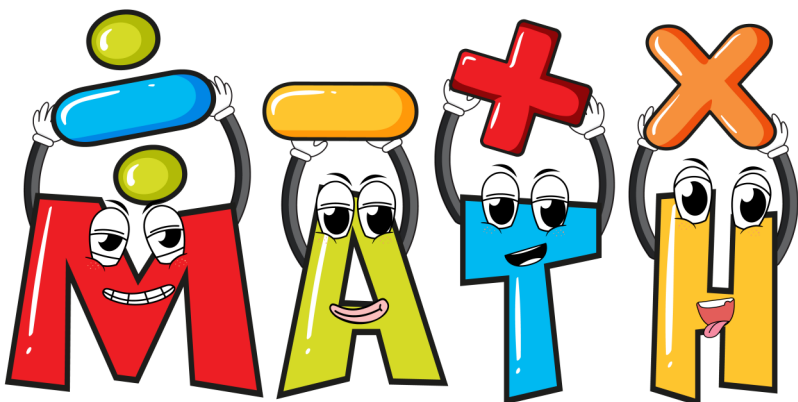
A solid foundation in math opens the doors to a wide range of lucrative and fulfilling careers. Fields such as engineering, finance, medicine, and computer science heavily rely on math skills. By eliminating math education, we would limit our career prospects and hinder our ability to contribute to the advancement of society.

- **Scientific Advancement:**

Mathematics is the language of science. From physics to chemistry, every scientific endeavour is built upon mathematical foundations. Without math education, scientific progress would undoubtedly suffer, hindering our ability to understand and solve the complex challenges facing our world.

So, to conclude I only want to say that Mathematics is more than just numbers and equations; it is a fundamental pillar of education. As we navigate an ever-changing world, it is crucial to recognize the invaluable role math plays in shaping our society.

Submitted by Chaitanya Gopani
Std. 10, DSRB



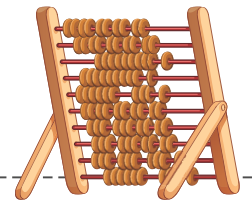
WHAT IF THERE WAS NO MATH IN SCHOOL?

This is a dream for many, including me. If there was no Math, there would be no late hours of homework. There would be no tears cried over lost marks and there would be no Pythagoras, Heron, or Euclid formulas to learn about. There would always be that brightest possibility to get a better overall grade. Though this dream sounds amazing, the math geniuses who love math would feel an empty void in their lives.

We would also have difficulties in our day-to-day lives, e.g. we wouldn't know how tall we've grown. The monuments we see today would not have been constructed if it weren't for math. We wouldn't be able to calculate the speed necessary for the ball to strike the wicket in cricket or the optimal angle at which the basketball needs to be shot to gain points. So, even though life without math may seem like a dream come true for some of us, math is a very important subject in our lives and we must understand its importance even though we may not like to solve some tricky equations.

We wouldn't be where we are today in this modernized world with marvellous progress if there was no math. So, Math Students - Appreciate Math... Math Geniuses - Continue loving Math!

Submitted by Kimberly Menezes
Std. 9, DSRVM



IF THERE WAS NO MATH IN SCHOOL

Math is the study of numbers, shapes, algebra, symmetry, angles, etc., and is one of the most crucial subjects in our study life. Math is used in real life like cooking, managing money, price, the cost of travel, measuring, and understanding loans, and time. But what if there was no subject called Math?

Can you imagine a world without Math? We cannot live without Math. If there were no numbers, there wouldn't exist any calendars or time. You won't even know if it's an important date or event. Imagine you go to a shop to buy something but since no Math exists how will you know the cost of it?

There would not be any advancements in technology. The laptops, phones, and televisions would not exist as they use algorithms that are used in Maths. Imagine living a life without devices, it would be so hard.

Mathematics has such a wide and huge application in every sphere of life. It's impossible to live a life without mathematics. Geometry is full of mystery. Algebra has a long history. Lines are parallel. Angles are similar. Maths is necessary in life, without it, it is difficult to survive.

Submitted by Amna Sofi
Grade 6, VBSIS



THE ELEGANCE OF NUMBERS: A MATHEMATICAL SYMPHONY

In the world of numbers, where math abides,
addition and subtraction is where logic guides.

Shapes and angles in geometry play,
like puzzles and patterns in a mathematical replay.

Equations in algebra, like a riddle to solve,
finding answers is a task to evolve.

Graphs and charts in statistics speak,
a language of data, where observations peak.
When events occur where you're uncertain in life,
that's where probability comes alive.

Likelihood is never ending, the only limit is the sky,
from predicting who will win a game or rolling a die.

Constant and endless, pi is a numerical value,
three point one four, an infinite value.

Boundless and irrational, a mystery untold,
In circles and knowing more digits, its story unfolds.

As we close this chapter, let the numbers shine,
in the language of math, where knowledge combines.

A significant subject, a lifelong friend,
In the symphony of learning, may our understanding
blend.

**Submitted by Amatullah Saify
Grade 8, BCISE**



ARTIST OF THE MONTH



**Submitted by Yashvi Patel
Std. 10, DSRVB**

INTERESTING RESEARCH

The effect of AI and surveillance systems on Human Rights.

Human rights are central to what it means to be human. The human rights to privacy and data protection, equality, and non-discrimination are key to the governance of AI, as are human rights protection of autonomy and economic, social, and cultural rights in ensuring that AI will benefit everyone.

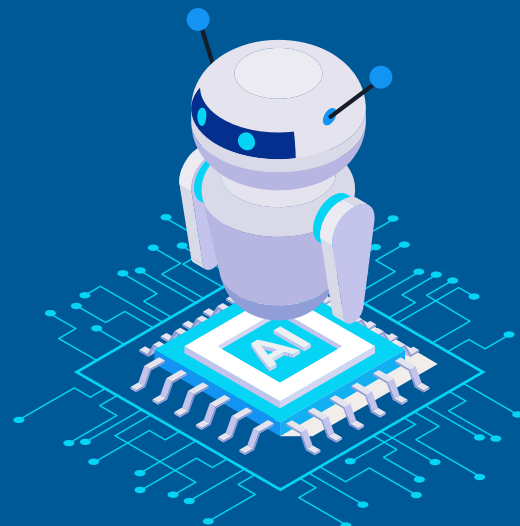
AI can become a powerful weapon for a circular economy and more sustainable living. What has been proposed is that the current capabilities of AI could help solve cases across all 17 of the UN SDGs, eventually benefiting hundreds of millions of people in both advanced and developing countries. Examples: - AI helps blind people navigate their environment. It helps detect the early stages of diabetes and other health problems through image scanning.

Visible cameras are a deterrent. Areas with cameras tend to have less crime. Intruders are less likely to attempt to get into buildings. Assaults and other crimes may be prevented if the assailant knows they will be apprehended if seen on camera. AI can enable the delivery of the UN's Sustainable Development Goals (SDGs) by the 2030 deadline, boost the implementation of economic, social, and cultural rights worldwide, and support improvements in many areas of life.

However, inferences and predictions about individuals made by AI may profoundly affect not only those individuals' privacy but also their autonomy and may raise issues regarding freedom of thought and opinion, freedom of expression, the right to a fair trial, and other related rights. The use of faulty data may result in bias or discrimination.

The Pegasus spyware was created by an Israel-based surveillance tech company. It is designed to augment data analytics capabilities by law enforcement and intelligence agencies, improve search and rescue efforts, and implement effective countermeasures against incursions by drones. However, it can turn most smartphones into "24-hour surveillance devices", allowing the "intruder" access not only to everything on our mobiles but also weaponizing them to spy on our lives.

Source: - Google Wikipedia and Valuer.ai.com



CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



Komal Panchal, Fashion Designer
Batch of 2008

Founder and CEO of Kanvas
(Kanvas - a shoe design company
that blends traditional art styles with
modern fashion)



SCHOOL CORNER

JOY OF GIVING

The Joy of giving is a state of mind and it teaches us to be grateful for things we have. It helps in sensing happiness while helping people around you. It's an act that aids in personal growth and the cultivation of empathy in an individual. It starts right from the early years, from kindergarten where engaging students in acts of generosity and giving can profoundly impact their lives and contribute to them becoming more compassionate and interconnected individuals as they grow.

In school, the concept of sharing toys, supplies, collaborative games, activities, and break times are opportunities for children to practice this joy by sharing and giving them a chance to see their friends accomplish a task. The Social Emotional Learning Curriculum (SEL) is a good opportunity where students can engage in activities that create a narrative that helps to relate to situations or characters and adapt. These serve as gentle guides, helping young minds understand the warmth and realization associated with acts of kindness. Celebration of special days and festivals magnifies the act of giving beginning from family bonding to helping friends in school to engaging in helping the less privileged in the society.

As adults, we play a pivotal role in modeling and reinforcing this idea. Through our actions and words, we demonstrate the joy that comes from helping and being considerate of others.

In essence, school days are a pivotal time for cultivating the value of the joy of giving which provides a delightful platform for fostering compassion and lays the foundation for a positive and empathetic viewpoint on life.

Ms. Minal Mistry
Head – Kindergarten Section
DSRISB & DSRVB

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