



# LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

The first GURUS of our life are our parents. It does not require a genius mind to understand the significance of parents in one's life. Parents are the caregivers – they genuinely spend each day of their lives thinking about the best way to care for their children. They are always around whenever their children need them.

Parents always play multiple roles. Being called nurturers, providers, teachers, supporters, protectors, guides, and so on, they blissfully carry out their duties. They may have to set rules, they may have to be very firm at times. This is only to bequeath children with the two most important things – the roots and the wings.

**Roots** represent the foundation of values, traditions, and a sense of belonging that parents instill in their children. **Wings** symbolize the freedom and encouragement to explore, learn, and become independent. This is so that children grow up to become good citizens.

As Nicholas Sparks once said, "What it's like to be a parent: It's one of the hardest things you'll ever do but in exchange, it teaches you the meaning of unconditional love." So, make it a point to thank your parents/guardians for every sacrifice, every lesson, and the love they give you.

**Ms. Ramya Vettath and the BCG Editorial Team**

*Note – the Olympics 2024 to be held in France begins on 26th July. Do read the 'Did you Know' segment and solve the Riddles, to learn some interesting facts.*

## THE SHINE OF OUR WORLD

Their love and care are precious gifts from above.  
Helping us grow, with their tender, loving touch.

With gentle hands, they lead us on our way,  
Through life's journey, come what may.  
Their wisdom guides us, step by step,  
And with their love, our hearts are kept.



So, here's to parents, our heroes true,

A tribute to them for what they do.  
We celebrate them, on this special day,  
And thank them for being there, every step of the way.

Parents are the guiding light of our lives,  
Shining bright through every stormy night.

**Submitted by Arpita Ravariya  
Grade 7, BCISE**



## HOW PARENTS TAKE CARE AND MAKE A FAMILY- ROLES AND RESPONSIBILITIES

Parents play a crucial role in the upbringing and well-being of their children. Through their actions and decisions, parents create a nurturing environment that fosters growth and development.

One of the ways, in which parents take care of their family, is by providing for their basic needs. This involves working hard to earn a living and ensuring the family has access to resources.

Another important task is to instill values, morals, and ethics that will guide the family, including setting boundaries and enforcing rules that help promote discipline and self-control in children. This involves establishing routines for good behavior.

Overall, parenting is challenging yet a rewarding responsibility. It is through the care and guidance of parents that a strong family unit is formed, and future generations are shaped into productive members of society.

On this Parents' Day, I thank parents for all that they do for us.

**Submitted by Advika Kulkarni  
Grade 9, DSRISM**



## A HAPPY MEMORY OF TIME SPENT WITH MY PARENTS

The happiest memory with my parents was on the Goa trip. It was truly a refreshing experience

We used to relax near the beach in the evening, enjoying the beautiful sunset. Watching the waves rise and fall gave us peace of mind, and our time on the beach provided quality, family time. Although we visited the famous Dudhsagar waterfall, went on a dolphin-watching tour, and tried parasailing, the time spent on the beach was something I cherish the most. We also met a group of locals who showed us around the town and introduced us to Goan cuisine.

“Roots in the Sand, Memories in the Waves.” The Goa trip with my family was an unforgettable blend of sun, sand, and smiles. From lazy beach days to vibrant nightlife, we left Goa with cherished memories that will forever warm our hearts.

**Submitted by Himank Shetty**  
Std. 8, DSRVM



## IMPORTANT LESSONS LEARNED FROM PARENTS

I have learned many invaluable lessons that have shaped me—lessons imparted not only through textbooks but also by the steady hands and loving hearts of my parents.

From the moment we enter this world, our parents become our first teachers. They not only teach us how to speak, walk, and eat, but also instill in us values that mould our character and guide our decisions throughout life.

One of the most profound lessons our parents teach us is the value of hard work and perseverance. Whether through their sacrifices or the tales they recount, they show us that success is not merely gained but hard-earned through dedication and resilience. They inspire us to strive for excellence in all our endeavors, knowing that true achievement comes from relentless effort and unwavering determination.

Moreover, our parents impart the wisdom of responsibility and accountability. They teach us to take ownership of our actions, to learn from our mistakes, and to always strive to do better. They demonstrate the importance of integrity and honesty, reminding us that character is built not in moments of ease but in times of challenge and temptation.

We must never shy away from expressing our deepest gratitude to our parents for the invaluable lessons they continue to teach us. May we always remember their guidance and strive to make them proud in everything we do.

**Submitted by Aporva Mane**  
Std.10, VBSV



## LETTER OF GRATITUDE TO ALL PARENTS

Dear Parents,

I want to express my deep admiration for all you do. Your endless dedication, unconditional love, and hard work make you the true heroes of our lives. From early mornings to late nights, you manage countless responsibilities, ensuring we children have the support and care we need to thrive. Your patience, wisdom, and understanding create a nurturing environment where we feel safe, loved, and valued. The sacrifices you make are deeply appreciated and never taken for granted. Thank you for being unwavering pillars of strength and love. You are truly admirable.

With deepest respect and gratitude,

**Submitted by Shawaiz Bukhari**  
Grade 6, BCISW



## IMPORTANCE OF SPENDING TIME WITH OUR PARENTS AND FAMILY MEMBERS

In our busy schedule with school, homework, classes, etc. we find it difficult to spend time with our family. However, family time plays an important role in helping us lead a happy and healthy life. Taking time to interact with our parents and family members helps us build strong bonds with our loved ones.

We can spend time eating together during meals, playing indoor/outdoor games, and going out together which can help build lasting and lovely memories. These opportunities allow us to learn about their experiences, and avoid repeating mistakes they made, in our lives. We can learn important values such as empathy and responsibility.

Time spent with our parents and family helps strengthen bonds, encourages us to move forward, helps build confidence, and strengthens the family unit.

**Submitted by Arya Dhanawade**  
Grade 7, BCISE



## A NOTE TO ALL OUR WONDERFUL PARENTS

On this Parents Day, I want to thank all parents for being with us children in every walk of life and always believing in us. You are the reason behind every success in our lives and the smiles on our faces. You are the ones who inspire and motivate us day by day. When your blessings are with us, no force can stop us from moving ahead. You are our lifeline!

Happy Parents' Day!

**Submitted by Saisha Salian**  
Grade 6, BCISW



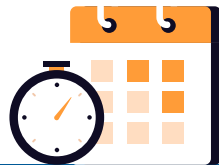
## A TYPICAL DAY IN THE LIFE OF MY PARENTS

A typical day for my parents begins with the alarm clock's jarring ring, prompting them to rise early and prepare for their demanding routines. While my mother cooks breakfast for us, my father gets ready for the office. He navigates the crowded railways, and my working mother also commutes away from home.

By evening, they return exhausted from their demanding journeys. Despite this, my mother always finds time to ask about my day, showing her enduring care amidst her challenges. Weekends offer the only chance to relax together, reunited over dinner, where we express heartfelt gratitude for their hard work and sacrifices.

Their daily dedication exemplifies unwavering commitment and inspires profound appreciation for their efforts in managing our home and nurturing our family bonds. I take this opportunity to wish parents all over a Happy Parents' Day!

**Submitted by Atharva Tirodkar**  
**Std. 9 DSRVB**



## AN IMPORTANT LESSON I LEARNED FROM MY PARENTS

One important lesson I learned from my parents is the value of resilience and perseverance. Growing up, I faced various challenges and setbacks, but my parents instilled in me the determination to never give up. They taught me that failures are growth opportunities and that every obstacle can be overcome with hard work and persistence. Their guidance and support helped me develop a strong work ethic and a positive attitude, enabling me to overcome obstacles and achieve my goals. This lesson has stayed and will stay with me throughout my life, inspiring me to push through difficulties and strive for excellence. I am forever grateful for their wisdom and unwavering support. They taught me that resilience and perseverance are skills that can be developed with practice, patience, and persistence. Don't give up on your dreams, keep pushing forward, and you'll be unstoppable.

Happy Parents' Day to all the wonderful Parents!

**Submitted by Vidhi Rai**  
**Std. 10, VBSV**



## POEM FOR PARENTS

Our parents are our heroes,  
They teach us how to defeat our foes.  
Always there when times are tough  
They provide support and give us hugs.

Parents fill our days with rainbow light,  
Fairytales and sweet dream nights,  
They teach us what is right and wrong,  
Which stays in our minds lifelong.

Parents taught us not to take anything from strangers,  
Because that can be a big danger,  
Parents are our guide,

They always focus on our positive side.  
Thank you, parents, for being there,  
And showing us that you truly care,  
You are the reason we are so strong,  
With you in charge, nothing could go wrong.

In the end, I want to thank my parents deeply,  
For being there for me,  
And, without a doubt,  
Being the best parent one could be.

**Submitted by Hitansh Sarvaiya**  
**Std. 9 DSRVB**

## DID YOU KNOW?

- The first Olympic Games took place in 776 BC.
- In 393 AD, the Olympic Games were cancelled and did not resume for over 1,500 years!
- The Olympic symbol is designed to include everyone. The overlaps represent international cooperation, and the coming together of athletes from all over the world.
- The first Summer Olympic Games had just 14 participating countries. (Now nearly 200 countries participate)
- Motorboat sailing, hot air ballooning, and tug of war all used to be Olympic sports!
- The first Winter Olympic Games were held in 1924, in a different city to the Summer Olympics.
- Until 1912, first-place Olympic medals were made of solid gold!
- From 1921-1948, artists participated in the Olympics too. In these games, painters, sculptors, architects, writers, and musicians all took part!
- The modern Olympic Games aren't just about sporting glory – they're about making friends, too!
- The Olympic torch is a reminder of the games' Greek origins.





## RIDDLES

### Olympic Anagrams

Rearrange the letters to find the names of Olympic sports:

- a) HACLCEIST    b) GIMTSTSYNAC    c) SMIWNGIM    d) LAINGSI

Answers: a) Athletics    b) Gymnastics    c) Swimming    d) Sailing

### What's the right Answer?

#### 1. The Olympic rings symbolize:

- A) The continents of the world
- B) The unity of athletes from five continents
- C) The five sports contested in the ancient Olympics
- D) The five founding members of the International Olympic Committee

#### 2. The Olympic motto "Citius, Altius, Fortius" means:

- A) Faster, Higher, Stronger
- B) Unity through Sport
- C) Excellence in Motion
- D) Fair Play and Integrity

#### 3. Who is the most decorated Olympian of all time, with 28 Olympic medals?

- A) Michael Phelps
- B) Usain Bolt
- C) Larisa Latynina
- D) Carl Lewis

#### 4. Which athlete lit the Olympic cauldron at the 1996 Summer Olympics in Atlanta?

- A) Cathy Freeman
- B) Michael Johnson
- C) Carl Lewis
- D) Muhammad Ali

#### 5. What is the name of the Olympic mascot for the Tokyo 2020 (2021) Summer Olympics?

- A) Vinicius
- B) Soohorang
- C) Miraitowa
- D) Sam the Eagle

Answers:  
1. B) The unity of athletes from five continents  
2. A) Faster, Higher, Stronger  
3. A) Michael Phelps  
4. D) Muhammad Ali  
5. C) Miraitowa

## ARTIST OF THE MONTH



Submitted by Shagun Prajapati  
Std. 6, VBSV

## CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



**Sameer Mehta**  
Batch of 2011

Currently working in the Logistics Industry as Senior Manager - International Sales

### SCHOOL CORNER

#### Building a healthy relationship with parents

Dear Students,

Building healthy relationships with the parents is essential for creating a supportive educational environment. It involves open communication, respect, understanding, and effort from both sides. Here are some tips for students to create healthy relationships with their parents:

- Share your thoughts, feelings, and experiences with your parents. Be honest and open, but also listen to their perspectives.
- Spend quality time together and engage in activities that you both enjoy.
- Respect their opinion. This mutual respect will help build a stronger bond. Try to understand their point of view and the reasons behind their actions and decisions. This can help reduce conflicts and misunderstandings.
- Express gratitude by showing appreciation for what your parents do for you.
- Take responsibility for your actions.
- When disagreements arise, handle them calmly.
- Involve parents in your life to make them feel valued and closer to you.

Students, you need to have patience since Rome was not built in one day. Building a healthy relationship takes time and effort, but it can lead to a more supportive and loving family environment.

**Ms. Archana Bhayani**  
Teacher – Secondary Section  
VBSIS – VBSV



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)