



# LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

Freedom may be defined differently by different individuals. Freedom can be called a state of mind where you feel you have the right to do what you think. The emphasis is on experiencing the feeling from within. However, freedom also entails responsibility.

Responsibility is a fundamental aspect of personal and social development. As we cherish our freedom, it is our duty to respect others' freedom. We must be considerate of people's well-being around us. We strongly believe that "Liberty is maintained by responsible freedom." When freedom goes hand-in-hand with responsibility, it lets us live life on our terms and give us wings of courage.

As we celebrate Independence Day this month, let us aim to free ourselves of:

- **Procrastination** – so that we can utilize our time productively
- **Peer pressure and comparisons** – so that we can live by our principles and fundamentals, and be ourselves
- **Self-doubt** – so that we know we are worthy, we can contribute and add value

Happy Independence Day!

By the Editorial team



## MY DEFINITION OF FREEDOM!

Freedom, to me, represents the capacity to just be, think, and act without any undue restraint or interference. It is an essential element of my individuality and identity, enabling me to follow my personal ambitions and express my thoughts and ideas openly.

Freedom means having the power to make decisions that influence my life directly. It means choosing my career path, pursuing my passions, deciding where to live, and who to form relationships with. It's about having the autonomy to create a life that mirrors my unique values, dreams, and desires.

Freedom signifies equality to me. It means that irrespective of gender, race, faith, or socioeconomic status, each individual should have equal opportunities to grow, learn, and contribute to society.

Although we celebrate freedom as a personal virtue, it is, in reality, a shared responsibility. My freedom, or anybody's freedom should not infringe upon another's freedom, and vice versa.

Submitted by Revati Redkar  
Class 8, DSRVM

## ONE PERSONAL CHALLENGE I WANT TO FREE MYSELF OF...

As a student and teenager, I believe that overthinking is something we all go through. Though, some experience it at a greater intensity than others. This is a topic that in my opinion is not talked about enough. But it is crucial to know that if you're going through this, it's totally normal.

Overthinking makes one sink into a pool of self-doubt and second-guessing. To be honest, the one piece of advice that helped me most through this struggle is that no one really pays attention. Everyone is so focused on their own insecurities; they don't even notice yours!

The best way to overcome this struggle is to practice mindfulness and nurture self-awareness. It's okay if you can only spare a few minutes every day. But it is important to be regular. You can also talk to someone you trust. Know that your opinions matter and that you don't need to compromise with anyone. Remember, Rome was not built in a day, and it is going to take time for you to overcome your struggle.

Submitted by Tarini Doshi  
Class 10, VBSIS

## WHAT DOES FREEDOM MEAN TO ME?

According to me, Freedom is the feeling of being independent. Freedom is that state of mind in which we are not bound by chains of limitations or domination. To be free is to be able to live our lives our own way without being controlled by others. True Freedom is like a bird soaring high in the sky without restrictions, in full glory.

Freedom to me also means the ability to live my life on my terms and be able to express myself the way I think is appropriate. Freedom gives us the power to surpass our own limits and reach new heights. A person can be said to have attained freedom when the person experiences self-liberation and the openness to share his/her thoughts without the fear of being judged by others.

"When I discover who I am, I'll be free." As rightly said by Ralph Ellison this quote says that true freedom is when one discovers themselves and knows their purpose in life.

I would like to conclude by saying that Freedom is both independence and responsibility. It gives us the power to choose what we want to do. Moreover, it is also a responsibility entrusted to us by the freedom fighters who sacrificed their lives for the greater good. Therefore, it is our duty to utilize our freedom for the larger interest of society and the nation and walk on the path which the freedom fighters have paved for us, by working for the progress of our country and removing the obstacles that are stagnating its development.

**Submitted by Aarcia Pereira**  
**Class 10, VBSV**

## FREEDOM COMES WITH RESPONSIBILITY!

Freedom to me is the ability to make decisions, act and speak without holding back. Freedom is to choose my own life, pursue my interest, and follow my dreams. And of course, it is not restricted only to career options. Freedom is also to follow my own likes, provided they are not harmful to me as well as the society.

As teenagers, we are always tempted towards getting a life full of freedom – a life where we have no restrictions, no limits. But freedom and responsibility go hand in hand. While enjoying freedom we must ensure that we fulfill the responsibilities associated with it. Like the quote, 'Freedom is choosing your responsibility. It's not having no responsibilities; it is choosing the ones you want.'

Freedom is restricted if it has deleterious consequences. We must be careful while enjoying it.

**Submitted by Sara Satose**  
**Class 9, DSRB**

## WHAT DOES FREEDOM MEAN TO ME?

Freedom. It is a word often associated with being unrestricted, doing as we please such as the freedom to play games, freedom from studies (which most students prefer), and freedom from problems in daily life. In my opinion, freedom means the power or right to act, speak or think as one wants to.

In the past, many were denied this precious liberty. They were not allowed to speak and express themselves. But as time went by, we earned this freedom.

Freedom means that we have the power and right to act well, think well, and speak well - thinking good for ourselves, thinking good for our family, and thinking good for our planet Earth. And if we get the opportunity to do something good, we should use it.

This is a freedom that everyone in this world has, including you and me! And we should use it well.

**Submitted by Vihaan Panchal**  
**Class 7, BCISE**

## FREEDOM: IS IT A BOON?

"The more freedom we want to enjoy, the greater the responsibility we need to bear", is a famous quote by Oscar Arias. In simple words this means we all want to be independent and free to do what we want; however, we cannot deny the fact that Responsibility is the reflection of freedom.

If we take a simple case when children leave their parent's house, they think that they have gained freedom until they have to face the reality of paying taxes, and bills, and fulfilling their duties. This is why we shouldn't take the life of comfort we lead with our parents for granted. We haven't faced real problems; that's why the life we are living today is real freedom where we don't have to worry about our future.

**Submitted by Advika Kulkarni**  
**Class 8, DSRVM**

## MY DELIGHTFUL IDEAL DAY

The freedom to choose my ideal day...

Finally, after a long time, today will be my ideal day. I have many things to do in one day, such as finishing a big jar of chocolates. I will get ready quickly without wasting a second, run, take my cycle, and go on an excursion with my friend. Then, I will do craftwork or journaling with my sister. Later, I will go to the beach and play in the sand with my brother, gathering shells to bring back home. Before I sleep, I will make an admirable painting of the entire relaxing and ideal day with all the details added to it.

**Submitted by Anam Mulla**  
**Class 6, BCISW**

## MY ENCHANTING ESCAPE

If I had the freedom to choose my ideal day, what would I do?

If I could conjure my Quintessential day, it would be a magical journey straight out of Hogwarts. I will wake up to the warm glow of Lumos and have a sumptuous breakfast at the Great Hall with my fellow wizard friends. Next, I would engage in enchanting academic sessions of Potions - Charms, casting spells and unveiling the secret of ancient magic books.

I would explore the Forbidden Forest's mysterious wonders

and creatures; play the exhilarating Quidditch Match. As the stars appear in the sky, sitting beside a fireplace, I would read tales of wizarding adventures.

At the end of my gratifying and bewitching day, I would fall asleep thinking that my Harry Potter-inspired dream day would be etched in the Wizarding Lore forever.

**Submitted by Ravyakta Singh  
Class 6, BCISW**



### DID YOU KNOW...

01

The first struggle for independence occurred in 1857, famously called the Sepoy Mutiny or the Indian Rebellion of 1857.

The Indian flag was designed by Pingali Venkayya, an Indian freedom fighter.

02

03

The top band of saffron colour represents the strength and courage of the country, the middle band of white colour with Dharma Chakra indicates peace and truth while the last band of green colour shows fertility, growth and auspiciousness of the land.

The Karnataka Khadi Gramodyoga Samyukta Sangha (KKGSS), located in Dharwad, Karnataka, has the authority to manufacture and supply the Indian flag.

04

05

At the time of independence, India did not have an official national anthem. The song '**Bharoto Bhagyo Bidhata**' composed in 1911 by Rabindranath Tagore was renamed '**Jan Gan Man**' and adopted by the Constituent Assembly of India as the National Anthem on January 24, 1950.

## FREEDOM FROM PROCRASTINATION

"Think again" your mind speaks  
A million times similar thoughts  
It sneaks in asking "Should I?"  
It seeps in asking "Why?"  
Think again, Try again.

Once again, repeating questions  
"Should I or should I not?"  
What is happening?  
You do not understand.  
Procrastinating for days that follow  
Is this worth it or is it not?  
In this web, you are caught

I want to be free  
I'll start listening to me  
I'll be the one to lead  
I'm going to be free.

**Submitted by Taneesha Sukhwai  
Class 9, DSRISB**



## GUESS THE GIBBERISH

Here are a series of seemingly nonsensical phrases or words. Your task is to decipher the word/phrase and guess the correct word or phrase that each gibberish represents.

1. MEREORE SEFLIE
2. ABPILL CHOOSE
3. MEWSEEC TEA SHORE
4. HAZE SEARAY
5. GROUP MISS ITCH
6. HUHVERB BOARDUH
7. EYES SCREAMS HAND WHICH
8. OUT TOURS PORTS

1. Mirror Selfie
2. Apple Juice
3. Music Teacher
4. Hey Siri!
5. Group Message
6. Hoverboard
7. Ice-cream Sandwich
8. Outdoor Sports



## WORD SCRAMBLE

Here are a series of words related to Independence Day with their letters jumbled up. Your task is to unscramble the letters and guess the correct word they form.

1. mfodeer
2. cneeeendpind
3. glfa
4. tishgr
5. tyilibsinopser
6. iybrlre
7. iccraisf
8. brteeaelc

1. Freedom
2. Independence
3. Flag
4. Rights
5. Responsibility
6. Liberty
7. Sacrifice
8. Celebrate



## CELEBRATING THE ILLUSTRIOUS BCG ALUMNI

Dream Big – Set Goals – Take Action



**Dr. Mansi Yadav, MBBS**  
IGCSE Batch of 2016

Currently working in HBT Medical College &  
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## ARTIST OF THE MONTH



Submitted by Devashree Shetkar  
Class 6, BCSW

## SCHOOL CORNER

### **The Myth of Freedom**

The Human Rights Charter identifies key human freedoms that must be accorded to all human beings. These freedoms are the basic right of every living human and include the freedom to be treated as equal, to be accorded the same liberties and rights as every other human being.

In our present world, we are conscious only of personal freedoms, not collective freedom. We demand our freedom at the cost of others' freedom. For accumulating wealth, power, position, status and to benefit only those around us. We build a system of fealty, of obligations, networks that feed each other. And without knowing we have confined ourselves, built invisible cages that restrict how we view our rights and the rights of others. This is the myth of freedom.

Freedom is not something that can be given and it is not something that can be claimed. True freedom is a state of mind. Things that bind us, that limit our thinking, that we are attached to – we need to be free from that. Freedom is to be free from conditioning, from social constructs, from subscriptions to narrow concepts of society and country, from instructions of culture and tradition. If the true essence of human beings is to be free, then we need to let all borders and differences disappear. Practice compassion, make choices that help others, accommodate others shortages, and act in the interest of a whole species. Only the truly humane can be truly free!

**Vikram Patel**  
Chairman, Bombay Cambridge Gurukul

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)