



LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

What do you think helps a person lead a healthy life? A nutritious diet, positive thinking, hobbies like reading and regular exercise?

Let's explore more with this month's topic related to 'World Health Day' and 'World Book Day' and acknowledge the fact that a healthy mind resides in a healthy body and vice versa. Let's also look at some activities that can lead us to achieve both.

Remember - "A healthy body and a healthy mind lead to a happy life".

By the Editorial team



READING BOOKS IN THE DIGITAL ERA

Reading books in the digital era has a great impact on people. It is difficult to read books when people are surrounded by gadgets.

In this era, technology has become more advanced. As a result, we undoubtedly read fewer books these days. With the approach of the internet, people have an endless amount of content which has made it easier to find entertainment. Moreover, this has created a situation where people are more likely to spend time on their devices instead of reading books, which causes a negative impact.

Books are the best source of information, whether it is the digital form of modern books or the old form of paper books. Therefore, books provide a wealth of knowledge and information that can be used to learn new concepts, simply entertain, etc. The fact that books can be accessed from anywhere at any time makes them even more valuable.

**Submitted by Zadok Sampon Foning Lepcha
Class 7, BCISW**

BOOKS... OUR LIFELONG FRIENDS

"Reading is to the mind what exercise is to the body." This is very rightly said by Joseph Addison. Reading books is indeed very important for an all-around growth of an individual, therefore, good reading habits need to be cultivated among people of all ages.

A healthy body requires exercise and so does a healthy mind. Books serve as an adequate form of exercise for the mind. Nothing can beat the recreational power of books. Books accompany us as long as life endures: right from the fairy tales that our parents read us as babies, to the fictional and non-fictional books which absorb our attention as adults.

Books are a veritable treasure - you can never be lonely in the company of a good book. Reading is an amazing habit: the deeper you delve into it, the more you are drawn to it. It is a perfect means to relax and de-stress after a hard day. Books not only entertain us and provide valuable knowledge, but they also sharpen our intellect, encourage imagination and enhance vocabulary. Reading is to the mind what exercise is to the body. It makes the brain think, enriches the imagination and at the same time provides pleasure and helps people to relax. Neither TV nor the Internet can replace good books. That's why those who want to be smart and intelligent should spend at least 30 minutes reading daily.

**Submitted by Kiara Chittilappilly
Class 8, DSRVM**



IF A LIBRARY COULD SPEAK TODAY - WHAT WOULD IT SAY?

Hey there! Have you ever lost yourself in stacks, pulling out book after book, discovering new worlds that kickstart your imagination? It's exhilarating!

I'm not just a building with shelves and books. I'm a treasure trove of knowledge and wonder. Need a quiet place to study? Swing by! Want to meet like-minded people? Join a book club. Looking for an imaginative release? Explore my endless archives.

Sure, there are digital resources out there, but nothing beats the experience of holding a book, flipping through the delicate pages, and feeling the weight of wisdom in your

palms. But now I've noticed that fewer people are visiting me. It's been a little lonely here without the sound of pages flipping and people orating about their favourite books. Despite this, I still offer the same awe-inspiring experience to those who visit me.

So, I ask you - why not take a break, visit me, and see what spellbinding writings you can find? I'm always here awaiting you.

Submitted by Jaden Vaz
Class 8, BCISE



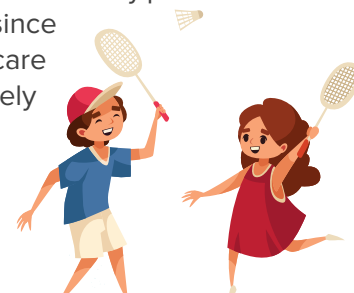
HOW DO WE SPEND OUR VACATIONS FOR OUR HEALTH?

Vacations are to enjoy, practise hobbies, learn new things and to know ourselves better. But what about our health? We have always noticed that our parents keep telling us to take care and are always updated about our health. We often delay it by saying that we don't have time. Vacations are golden opportunities to track our health. To maintain physical fitness, we can wake up early in the morning and practise some outdoor games which will enhance our body and help us to build up flexibility. One should try not to stay in bed and yawn till it's twelve !! Apart from physical health, mental health is equally important for our entire body to

remain healthy. For improvement in one's mental health, concentration plays an important role. We can play memory games and brain teasers with our friends and family. This will keep our brain active and will boost its memory power.

Lastly, I would like to say that since health is wealth, one should take care of their body and use vacations wisely for its development.

Submitted by Panya Patel
Class 8, DSRB



DELICIOUS HEALTHY CAKE

Ingredients:

1 Packet - Marie Biscuit
5 tbsp - Sugar
½ cup - Milk
1tbsp - Butter
¼ cup - Dry fruits
Sprinkles, chocolate chips -(Optional)



Method:

1. Crush the Marie biscuits in a mixer. Then , transfer it in a bowl.
2. Add milk, sugar, and butter.

3. Whisk all the ingredients properly.
4. Pour the whisked mixture into a baking tray.
5. Garnish it with dry fruits or chocolate chips.
6. Place the tray in the freezer for 25 minutes.
7. Later, transfer the tray to the refrigerator section for 15 minutes.
8. Scrumptious cake is ready to be relished.

Tip: Adding some chocolate syrup will make it more delicious.

Submitted by Jiya Limbani
Class 8 , BCSE

FLICK A SECOND!!!

Reading is everyone's favourite leisure time activity, or is it not? In a world glued to their phones... books seem somewhere lost. These yellowish-white pieces of paper, with an earthy fragrance have the power to lift a mind, body and soul but these crafted pages with veracious concoction are somewhere replaced by digital pads.

I'm personally a diehard fan of books. My day begins with a book and ends with a book and trust me, books aren't tedious or nerdy. In fact, it will make you shine among a crowd of people - it will make you confident enough to face

the reality. In addition, it will be your best friend and maybe a solution to your problem. Hardbacks never hurt... they only heal. In this generation, it is definitely vital to stay concatenated with our roots! So, keep your devices away for at least five minutes and dive deep in the ocean of a story. Happy reading!!!

Submitted by Twinkle Sharma
Class 9, BCISW



READING... A KEY TO SUCCESS

Reading isn't something that one just does on the bus to school, or one would do for an assignment. Reading develops the art of looking at that world with a new lens of perspective and empathising with it. Reading means much more than just visual exercises. Forming a habit of reading unlocks an array of skills for the human mind, like a creative imagination, stronger concentration and abundance of knowledge. And that is why reading is to the mind; what exercise is to the body. We are regular in terms of physical fitness, and we must also give regular exercise to the brain. Reading is like a pleasing buffet, filled with numerous genres, that lead to a stronger and sharper mind. Now that you already are reading this, and are almost to the end, that is some impressive progress!

Submitted by Dhriti Karia
Class 8, DSRISM

FUN ON HOLIDAYS!

All of us have been on vacation a lot of times. We usually take time to plan our holidays for our physical rejuvenation. Do we take care of our mental revival too?

During vacation, when we are at home, indulging ourselves in self-care is the need of the hour. Honestly, I never really thought about it but it is an essential part of living. We get so busy and caught up in our everyday lives that we forget about the most important part - OURSELVES. You might be wondering what self-care is? Self-care means taking the time to do things that help you live well and improve both your physical and mental health. Here are some ways to practice it

- Get regular exercise.
- Eat healthy, regular meals and stay hydrated.
- Make sleep a priority.
- Try a relaxing activity.
- Practice gratitude.
- Stay connected.

After a few days, you will definitely find a change in yourself. This year in our vacation let us all go ahead and elevate ourselves.

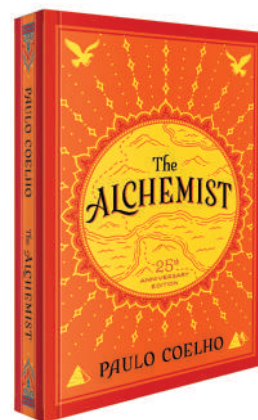
Submitted by Swara Sabnis
Class 8, DSRB



A SNEAK PEEK INTO THE WORLD OF INSPIRING BOOKS

BOOK REVIEW- THE ALCHEMIST

One book that has inspired me is "The Alchemist" by Paulo Coelho. The story follows the journey of a young shepherd named Santiago who embarks on a quest to fulfil his personal legend and discover the purpose of his life. Along the way, he encounters various challenges, meets different people, and learns important lessons about following one's dreams and trusting the journey.



What inspired me the most about this book is its message of perseverance, courage, and self-discovery. It taught me that no matter how difficult or uncertain the path may seem, we must trust our instincts and have the courage to pursue our dreams. The book also reminds me to stay open-minded, be curious, and embrace the unexpected twists and turns that life may bring. Overall, "The Alchemist" has been a powerful source of inspiration and motivation for me, and I highly recommend it to anyone looking for a meaningful and transformative read.

Submitted by Raneem Solkar
Class 8, VBSIS

BOOK REVIEW- THE BLACK BEAUTY

Inspiration is the inculcation of a spirit that motivates a person to do something in his/her life. It helps in moving forward in our life by removing all the life hurdles in a positive way. As I love to read many books, one such book is "The Black Beauty", by author Anna Sewell. This book inspired me a lot, this book teaches everyone the true meaning of courage and loyalty. It is an animal autobiography which illustrates the importance of kindness towards animals. The book portrays an animal character of a horse in such a way that it inspired me & also I learned that "Helping Is More Than Offering Bread To A Passing Stranger". Also, the true meaning of courage, bravery, and loyalty is defined in such a way that a heart broken person is bound to be inspired and learn to move on in life. I would recommend all my friends to at least read this book once in their life.



Submitted by Umaiza Fatima
Class 8, VBSV

ACTIVITY 1 : DESCRIBING A FAVORITE BOOK

Name:

Direction: Dictate, write or draw about your favorite book. Tell the title of the book and why it is your favorite.

My favorite book is

The author is

ACTIVITY 2 : CHILDREN'S BOOKS EMOJI QUIZ

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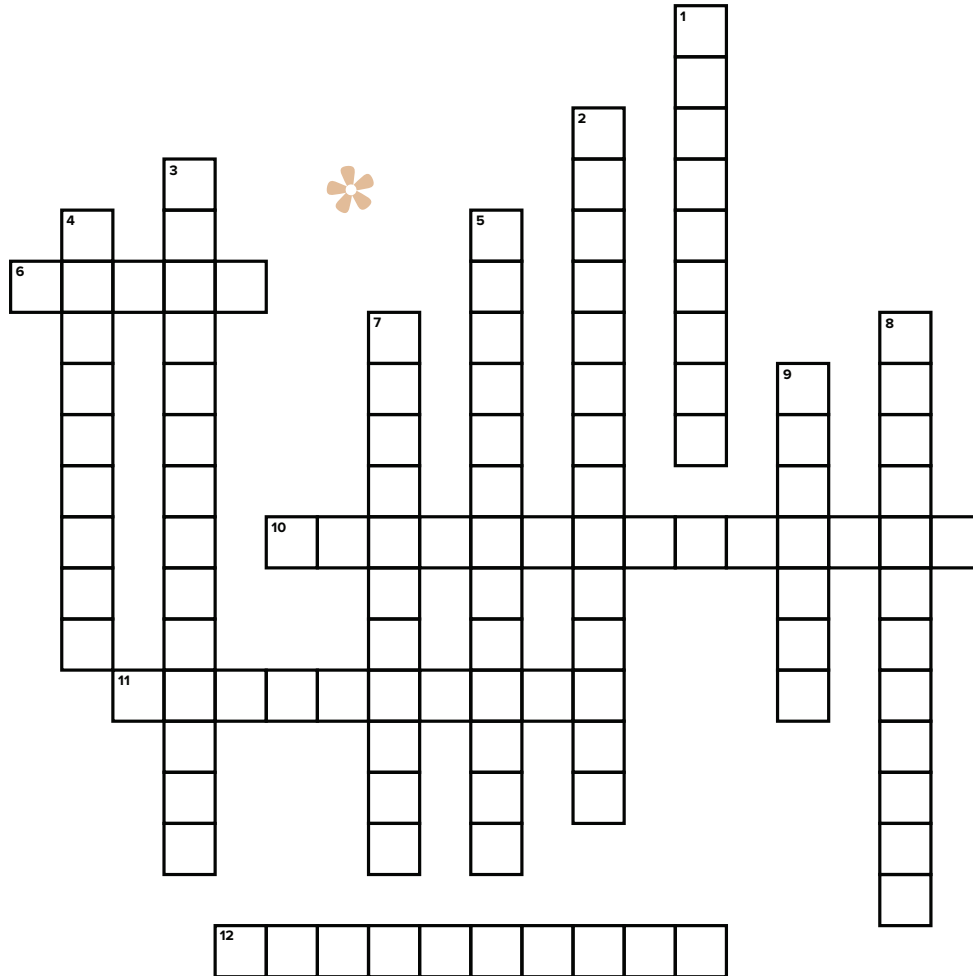
7. 🐅 ☕

4. Curious George
5. The Very Hungry Caterpillar
6. Winnie - The Pooh
7. The Tiger Who Came To Tea

- Answers:**
1. Charlie And The Chocolate Factory
2. James And The Giant Peach
3. The Cat In The Hat



ACTIVITY 3 : LIBRARY BOOKS AND AUTHORS



Across

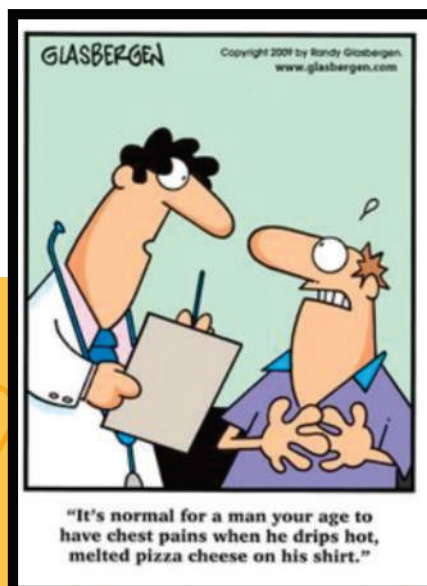
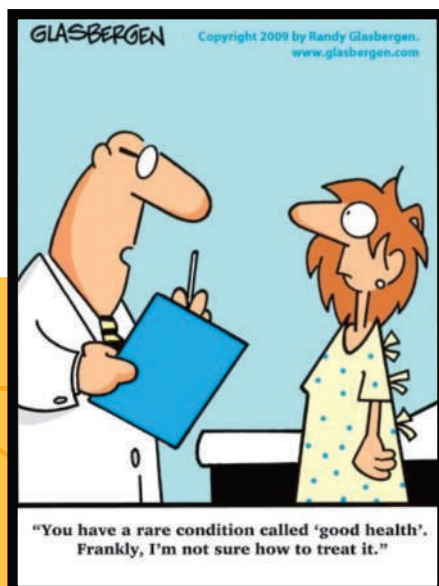
- 6. This is the name given to a fiction book
- 10. This is the name of a famous book by Roald Dahl
- 11. – Wilson wrote about Tracy Beaker
- 12. Which creepy series of books did R. L. Stine write?

- 4. Michelle Magorian wrote '___Mr Tom'.
- 5. Who wrote 'Mr Stink' and 'Gangsta Granny'?
- 7. This is the surname of the man who wrote 'Romeo and Juliet',
- 8. 'The ___' was the first of the 'Series of Unfortunate Events' series.
- 9. What is the first name of the main character in 'Holes'?

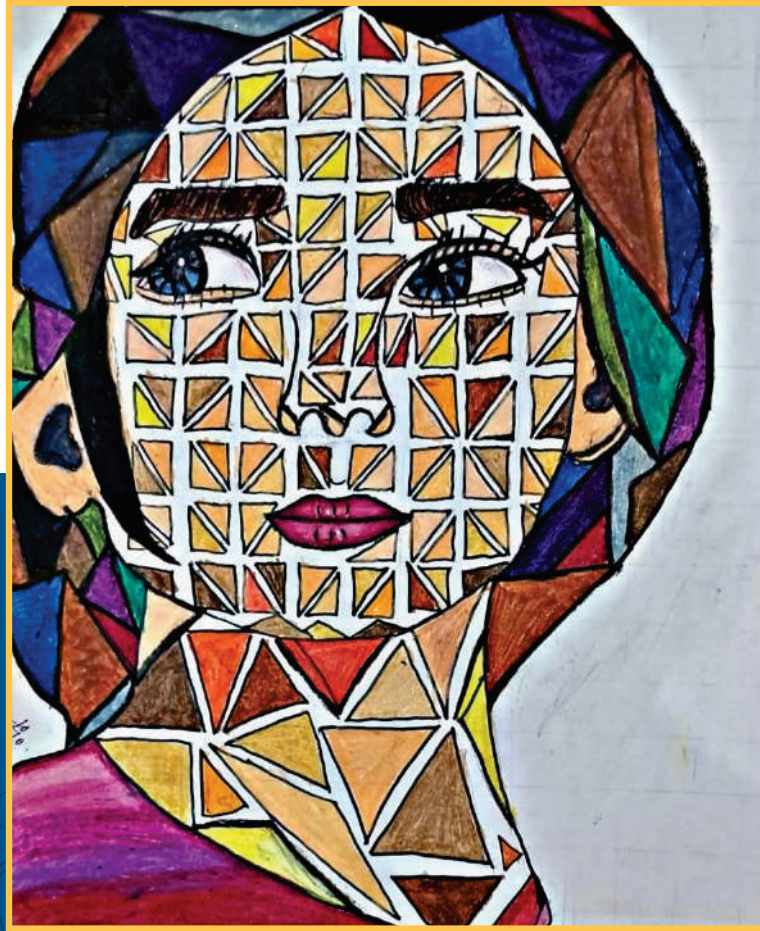
Down

- 1. Who wrote the 'Harry Potter' series of books?
- 2. This man wrote 'A Christmas Carol'.
- 3. Suzanne Collins wrote this trilogy of books which is now also a series of films.

ACTIVITY 4 : COMIC STRIPS



ARTIST OF THE MONTH



Submitted by **Mrunal Mankar**
Class 8, BCISW

SCHOOL CORNER

I will be successful in life, not immediately but definitely because the secret of getting ahead is getting started ... Same inspiration is provided to me by the book that I am going to talk about today. As they say learning never stops, the same way, who, when and how will inspire you is also not fixed. Reading gives me immense pleasure and helps me in reducing stress as it takes me to a new world all together.

Our life is full of many ups and downs. There was a time when anxiety had surrounded me from all sides and it was difficult for me to come out of it. I couldn't choose between right and wrong. No idea where to start. Whether to commence with a new venture or to just quit. And then Lol!!! A small, tiny looking book with a great message came to my rescue. The book just caught my eyes and I couldn't resist myself from reading it and the message it gave inspired me so much that I keep reading it even today if I feel low or anxious. The book might seem small but the message it gives is way motivational. IF I NEVER FOREVER ENDEAVOUR - A fledgling teeters at the edge of his nest in a gorgeously illustrated tale sure to resonate with anyone facing a rite of passage, change, or challenge.

If like that bird we also just sit and keep getting scared of the consequences without trying we might miss those fruits that our new adventure might lead us to. So I request everyone to give wings to your dreams, innovate new creations and set yourselves free to fly in the beautiful sky of opportunities. There is no harm in trying something new. Remember if you never try, you will never know what that Pandora's box had in store for you... So keep your spirit high and give it a try.

Ms Sweety Kaur Sethi
Secondary Teacher, BCISW & BCSW

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.
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