



# LIGHTHOUSE



BY BCGIANS, FOR BCGIANS

It is rightly said, there is no path to happiness...happiness is the path. When you opt for happiness, positivism and zeal come your way.

Also, it is crucial to identify the little things in everyday life that give us contentment. We need to try indulging in activities that keep negativity at bay.

This month as we celebrate the International Day of Happiness and World Poetry Day, we have compiled articles and poems that celebrate life and happiness. Read on and reflect how happiness is there all around us, waiting for us to realize it.

“Remember that choosing to be permanently happy is the only path to permanent happiness.”

By the Editorial team

## TINY LITTLE THINGS

Here, in a world full of chaos  
with struggles coming across  
here are some things  
that make me happy  
A little beyond.

Where the soft little breeze  
That blow above the ground,  
which makes one's heart please  
Is where my happiness is found.

Where the sun that lays mild  
brings my mother a warm little smile,  
I need nothing more  
to give me the peace of my mind.

When a tiny little thing  
That becomes a tiny little deed  
brings a smile to one's face  
Is what makes me happy !

Cause in this world full of chaos  
With problems that come across  
Here were some things that make  
me happy a little beyond !

Submitted by Misba Badgujar  
Class 7, BCSW

## FALLING BLOSSOM

Spring came along,  
To wipe the frost,  
The fog gave up,  
To the light aloft.

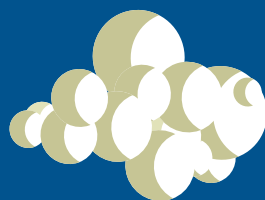
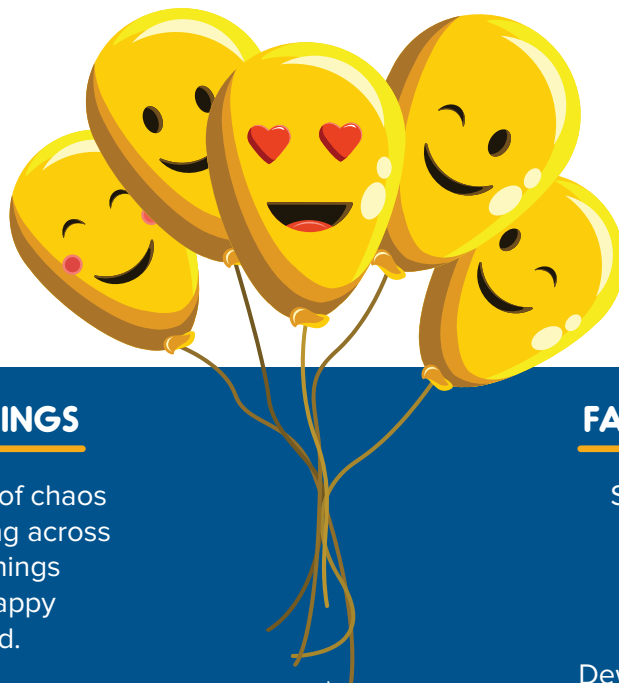
Dew drops mesmerized,  
Birds uttered a sonnet,  
Cherry buds raptured,  
Beckoned in pink hues.

The wonder of it all,  
It all seemed perfect,  
A life's worth lived,  
In that fleeting moment.

A sliver of life,  
These eyes bear witness,  
A sight to behold,  
This very existence...completed

The magic of nature,  
Subdue the mundanity,  
Brings delight to my little heart  
These things make me happy...

Submitted by Aryan Gatade  
Class 8, BCISE



## THE LITTLE HAPPINESS IN EVERY MOMENT!

The only thing that matters is happiness in life. Friendship, Care, Sharing and togetherness awaken happy moments in you. However, the biggest source of happiness for me are my parents. On the other hand, people think that if there is money, there is happiness in life.

To have enthusiasm ,joyfulness and calmness of mind, We should all forget about the past, about the negative aspects of a situation. Think how to channelize your mind towards positivity. Let's learn to see the good in all things.

To make yourself happy- play ,learn ,help and work hard.  
IF A THING DOESN'T HAPPEN THE WAY YOU WANT THEN  
DON'T WORRY, USE THE EXPERIENCE TO LEARN FROM IT.  
BE HAPPY. THINK HAPPY.

**Submitted by Rishi Ghadi**  
**Class 6, DSRB**

## HAPPINESS CAN BE FOUND ANYWHERE

Happiness can be found absolutely anywhere,  
Because if you ever feel lonely,  
Somebody will always be out there.

Sometimes winning a cricket match,  
Or grabbing an awesome catch,  
Can give you joy  
But why wait for grand opportunities,  
Which you may seldom get,  
because happiness can be found anywhere and  
everywhere!



When you are feeling sad,  
Or things are turning out to be bad,  
Even the smallest of good things  
Might be able to lift your spirits  
'coz happiness can be found anywhere and everywhere!

Whenever you feel low,  
Meet all close friends whom you know,  
Remembering all the good times,  
Bringing a smile on all faces.  
'Coz happiness can be found anywhere and everywhere!

**Submitted by Rohan Kamath**  
**Class 7, DSRB**

## CHOOSE HAPPINESS

Happiness by definition is the state of well-being and contentment, which gives you pleasure. Happiness depends on how you appreciate and enjoy what you have in the moment, whether little or more. This is an emotion which we all long for. What is happiness for you?

Sometimes we are so engrossed that we tend to create unhappiness as a consequence of burdening oneself with finding happiness. Sadly, many of us have beliefs that one will only achieve the state of well-being on a particular path, like we have to follow a set of rules made by us because we have taught our brain to function in that manner. Moreover, we mistakenly believe that if these needs and demands are met then we can be 'happy'.

Furthermore, happiness is not about getting all you want, it is about enjoying all you have. Happiness is a choice not a result. Happiness resides within. Do you feel the instant smile spreading all over your face when you see a baby or when you do something of your interest in your free time.

In conclusion, it's the little things that bring us joy and happiness. And we need not depend on external things to make us happy.

**Submitted by Ishika Gosar**  
**Class 9, DSRVM**



## MAKING A DIFFERENCE!

One drop from the sky, no matter who starts this change,  
We all know sharing and caring is the absolute way to start  
and spread happiness.

Try to help others, that's what all of us ask,  
Let me make the first move,  
And then you make one too!  
Let's feel the start and change the world fast,  
Try to help others in every possible way ,  
Try to change this world, make it a better and happier place to  
live,  
Let me make the first move,  
And then you make one too!  
Let me make the first move,  
And then you make one too!

**Submitted by Varnica Bharyawala**  
**Class 7, VBSIS**



## A BOOK THAT GIVES ME JOY

According to me, a book should have the magic to make us forget the passage of time. For me, it is the book series of Percy Jackson that entrances me to keep reading on further. Written by Rick Riordan, it shows a world of fantasy where the Greek gods exist in the modern world of the USA.

This unique theme intrigues my sense of imagination and broadens my perspective. It unlocks a new world of possibilities for me to discover, and allows me to explore my

likes and interests. The series shows a teenage boy named Percy Jackson, who journeys through these Greek lands and meets various deities. With the main character as a middle-school kid, and the casual and humorous tone of the writer, I am able to relate to the situations taking place in the story-which makes it all the more fun to read.

**Submitted by Aditya Madgaonkar**  
**Grade 8 B, DSRISM**

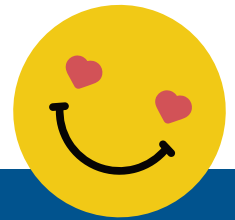


## TINY TREASURE - HUGE PLEASURE

Everyone has a different definition of happiness. A life without happiness is like living in a dark dungeon. Even if the dungeon has beautiful flowers and soft carpets, it's still not a life worth living. Happiness is not something you get; it is something you need to find. It's like a cup of coffee which you need for refreshment, to forget all your problems and have a new beginning. Reading and listening to music is always refreshing and a much needed escape from reality into the fantasy and imaginary worlds where everything is perfect. There's never a scarcity of happiness in my life, because of such close and loving friends who I can always count on. Imagine lying down on a cloth so thin that you can feel the soft calming sand beneath and the breeze brushing

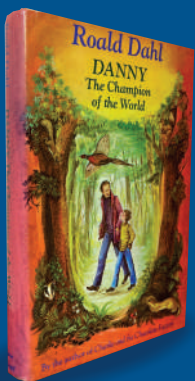
through your silky hair. Hearing the soothing ocean waves and the colourful birds chirping away. Opening your eyes and capturing the scorching sun melt to the horizon and then merging with the ocean. Talking to your best friends about all your problems freely without any fear. Binge watching favorite shows, eating popcorn with your domineering yet affable sister at 3am, everyone in the family playing cards together, munching on scrumptious snacks, congenial laughter all around is what happiness is to me.

**Submitted by Naysha Dagha**  
**Class 7, BCISE**



## BOOK REVIEW: DANNY- THE CHAMPION OF THE WORLD

Books are friends who never leave your side. They have the power to help you travel through the world without moving from your place. I love reading books and have a huge collection of books. One of my favourite books is 'Danny – The Champion of the World'. It has been written by one of the great authors of the 19th century – Roald Dahl.



This book is full of mysteries. It's about a little boy named Danny who lives with his dad in an old gypsy caravan behind a filling station. Danny's dad is a wonderful mechanic, a brilliant storyteller and a genius at kites. Danny thinks that his dad is the most marvelous and exciting father any boy would ever have – but Danny's dad has a very big secret. This secret leads them both into the strangest adventure of their lives, and a daring plot that makes Danny the champion of the world. I have enjoyed reading this book because it is filled with lots of humour, fun, joy, happiness, suspense and excitement.

**Submitted by Krishna Upadhyay**  
**Class 8, DSRVM**



## MOVIE REVIEW: AVATAR 2- WAY OF WATER

When someone used to ask me about my favourite movie, my choices would always change and I would never have one answer. But Avatar 2 - Way of Water, one of the best-selling movies caught my attention last month and it has become my all time favourite. I watched this movie in January with my family. It's about how the Sully family, despite all odds win the war against those who try to harm them, and as a family look out for each other at every step of the way. This movie is a perfect example of the proverb, 'United We Stand, Divided We Fall'. Together, we all can overcome any obstacle life throws at us, and be successful in anything we try to achieve.

The graphics and video-sound quality is simply brilliant. Though a 3-hour movie, it is a fascinating roller coaster journey that one must not miss to experience. This amazing, comical, intriguing and touching movie will keep you entertained and keep you on your feet till the very end.

**Submitted by Kimberly Menezes**  
**Class 8, DSRVM**



## HAPPINESS-THE WORLD

Happiness is a feeling when the atmosphere around us lighten up and we start feeling great, automatically a smile stretches on our face when we are happy. There are some things that make us happy like, when our parents buy us toys or chocolates, or the things which we like, but things that make me happy are mainly non-materialistic things like-

### 1. Reading

Reading really makes me happy, especially when I am sad. When I read a book, it creates a different world around me, which is only mine, there is no one to interfere with me. I feel it all happening in front of me, that is why I get cross when somebody shakes me out from my world.

### 2. Playing with dogs

Well, playing with dogs is totally a stress buster. As we all know dogs are highly hyper-active and have an incredible energy level, that they can play for 6+ hours per day. The best thing about them is their sweet, slumbering face and bright eyes which make them unique. So playing with them makes me very happy.

### 3. Writing

Sometimes even writing helps if I am sad, it feels as if I am pouring out my sadness like we pour water from the jug. Writing helps me to lift my spirits and be very happy again, like I am now, after sharing the things which make me happy.

Submitted by Soumya Bhave  
Class 6, DSRB



## EVER WONDERED- HOW CAN YOU CHANGE THE WORLD?

The question gives rise to the things you can do to bring positivity and happiness in others lives. Setting yourself up to do something that will benefit the world is what we are waiting for. To spread optimism throughout the world is what we are setting to achieve. Kindness and gratitude is one major difference that can make someone's day. Just by showing a smile or saying 'Thank you' can make the person feel appreciated for what they have done. Appreciating people for their good deeds does not cost a penny! Helping people when in need is one of the easiest yet best thing to do on a daily basis. Small or big- a help is a help. By helping someone and not expecting anything in return, you are letting them know that they have someone to rely on. Serving others can be the most touching, heart-warming experience that you can ever have. When we reframe our perspectives to see the world, we gain more understanding and compassion towards others' feelings. Serving others by using our gifts and talents is how we add value to the world.

Just a simple and common example of this is donating to the poor. We as responsible citizens should always lend a helping hand to people who are not blessed with the basic necessities of life.

'Today and right now is when you can make a difference in the world just by your existence.'

Submitted by Avika Kevat  
Class 9, VBSV



## A PLAYLIST TO BEAT THE WINTER BLUES

The frosting winter can be hard to deal with, but there are plenty of things you can do to beat the winter blues - Sitting by a fire and reading a book on the couch, eating healthy and warm foods by grabbing a bowl of nutritious cereals, getting up with a hobby or skill, talking to people who care about you! What I enjoy the most is listening to the playlist that brings me a relief and I feel charged with a warmth of energy for the mundane battles of the routine.

My playlist includes –

The Climb by Miley Cyrus,  
That's the way it is by Celine Dion,  
Believer by Imagine Dragon  
Dreamers by BTS  
Heal the world by Michael Jackson  
Better when I'm dancing by Meghan Trainor

Submitted by Samaira Somani  
Class 8, BCSW



## ACTIVITY 1 : HAPPINESS FACTS

### ON HAPPINESS!

- *Happiness is contagious!*
- *Spending time with happy people can make you happy too*
- *Floral scents (especially roses) can make you happier.*
- *Happiness helps build a stronger immune system. Less cold and flu!*
- *Happy people live longer*
- *Happy people experience less stress*



## ACTIVITY 2 : LET'S LAUGH!



Why did the teacher have to wear sunglasses?  
**Her students were so bright.**



What kind of school do you go to if you're a surfer?  
**Boarding School.**



Who is everyone's best friend at school?  
**The princIPAL.**



**Peter:** Daddy, I got a hundred marks in school today!

**Father:** Why, that's wonderful! For what did you get a hundred in?

**Peter:** 30 marks for Maths, 50 marks for English and 20 marks for Science. Altogether 100 marks!

## ACTIVITY 3 : ART ATTACK!

### HOW TO MAKE A PAPER FLOWER?

YOU WILL NEED:  
SCISSORS, TISSUES, GREEN PAPER, GREEN TAPE, BENDING WIRE

**1** Fold one sheet of tissue in half and then in half again. You'll have 4 layers. Then accordion fold your tissue



**2**

Take a length of wire . Make a sharp hook with one long end and one short

**3**

Tuck your folded paper up into the top of the hook. twist the short end of the hook , securing the paper in the wire.



**4**

Center your paper in the wire. Starting on one side, open up the accordion a little bit and gently pull one layer of tissue at a time up towards the crimped wire.



Your flower is done!  
Use your creativity to design it further...you can attach leaves, club many flowers to make a bouquet etc.



**5**

Mail us your work at the student council emailD!



## ARTIST OF THE MONTH



Submitted by Daksh Mandaviya  
Class 7, DSRVM



Submitted by Kartik Yadav  
CLASS 7, DSRVM



## SCHOOL CORNER



**GRATITUDE** is a strong catalyst for happiness.

We often take things that we have for granted, e.g., we have a place to live, food to eat, clean water to drink, education from a good school, our family, teachers and friends. Gratitude is all about being thankful for the things we have. It is pausing to notice and appreciate these things. It is an attitude that we need to develop. When we feel and express gratitude it helps us to focus on positives. Our brain has a natural tendency to focus on the negative aspects of life. Gratitude helps us to compensate these natural tendencies.

Living with gratitude has shown to have benefits on health and satisfaction in life. Gratitude in any form makes us feel happier. It has a healing effect on us. It helps us in building and sustaining relationships, dealing with adversities and developing resilience.

By consciously practicing gratitude, we can selectively attend to positive emotions and thoughts, thus reducing anxiety and feelings of apprehension. It acts like a natural antidepressant.

So each day think of 3 things you are thankful for, make it a daily habit to visualize what is good in your life and thank someone new every week.

*"It is not happiness that makes us grateful, but gratefulness that makes us happy."*

David Steindl-Rast

**Vishwa Deshpande**  
Head CARE Centre, DSRIS MALAD



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 [studentcouncil@dsrvmalad.org](mailto:studentcouncil@dsrvmalad.org)