

JYOTIDARPAN

Do we eat to live or live to eat ? 🔍

19TH EDITION
2023-24

DO WE EAT TO LIVE OR LIVE TO EAT ?

This is an universal question among the people specially of India, with a huge variety of spices and flavours are spread from north to south and from east to west. Basically, we need to eat to live. Our bodies cannot manufacture all the substances we need and therefore we must consume foods to produce energy and to provide the building blocks necessary to sustain life. Food addiction, mindless eating, living to eat; they're all related. What do they all have in common? The answer is usually a desire to consume foods that are not necessarily the healthiest choices or the best quantities, or at times when our bodies don't really need fuel. As I sit here trying to get up the nerve to write my first article for this publication, my brain keeps jumping to that commercial I just saw for a new peppermint mocha ice cream and I think to myself, "Am I hungry?" No. "Am I nervous and procrastinating about this article?" Yes! We've all gone through this. Walking back and forth to the fridge thinking something new has magically popped inside since our last visit. The stress of what we're trying to accomplish distracting us so badly that we not only can't finish the task at hand, but we're trying to comfort ourselves by putting something in our mouths. But wait ! Do you also do that ? I think the answer is yes. We are all addicted to that refrigerator expecting to have something new to eat. But everyone needs to understand that while consuming food we need to eat low calorie food which is healthy for us, nutritious , so that our visit to refrigerator should not be a threat to consuming a lot of junk food. Although the controversy is concluded in the ratio of one is to one i.e., some people who really love to eat say " Food is meant to be enjoyed, savoured, cherished." But on the other hand the people who really care about the things other than food say "Food is just a necessity for living".

Trisha Prasad
XI A1



How food evolved with time

Food has undergone a fascinating evolution over time, shaped by cultural, social, and technological changes. Early humans relied on hunting and gathering, consuming raw foods. With the advent of agriculture, societies transitioned to farming, cultivating grains, fruits, and vegetables. The invention of cooking methods like fire led to the development of diverse cuisines worldwide. Trade routes facilitated the exchange of spices, introducing new flavors and ingredients. Industrialization brought mass production and preserved foods. These preserved foods have become the main reason behind modern day diseases. So, In spite of being a boy or a girl everyone must learn how to cook .Would you like to learn cooking so that you can prepare healthy cooked food rather than intake harmful preserved food?

Monomoy Halder
XI A

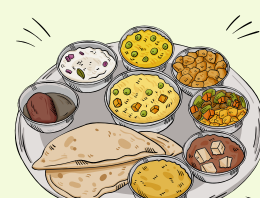


SUSTAINABLE FOODS – A RECIPE TO SAVE EARTH

'Food'- one of the most important elements supporting our survival and nutritional needs, today has to be explained on the basis of sustainability. Sustainability refers to the ability to maintain or support a process continuously over time, without harming the environment. When we look at the topic of Sustainable Food Choices, we can form an idea about what it tries to convey. In today's modern world various types of cuisine are arising, representing the cultural richness from different parts of the world. But are all these food items good? Almost all of us strive to eat in a healthy and balanced way, but do we know how our diet affects social wellbeing and the health of the planet? The answer stands out to be no. Food items like sugar, chocolate, coffee, processed meat, etc. are worst kinds of foods on our planet. According to Food Dive, the meat and dairy industries contribute heavily to greenhouse gas emissions and soil degradation. Meat and dairy foods tend to have a higher carbon footprint. Their production depletes habitat and resources, contributes to climate change, and spreads deadly illnesses. Being gifted with only one planet, the valuable- irreplaceable Mother Earth, there comes a great necessity of ours to save it.

So, there's a great need of food sustainability. Meaning eating mostly plant products like mushrooms, pulses, leafy vegetables etc. Sustainable diet can help fight against climate change, protect the forests, it can also help to improve health and contribute to food security.

Rifaah Tanwi Sekh
IX B



SARASWATI PUJA

The goddess of wisdom and learning, art, speech, music, is Saraswati devi and Saraswati puja is celebrated on the fifth day of spring, (Vasant Panchami). The devotion of Goddess Saraswati dates back to the Vedic period, when she earned respect as a river goddess connected to fertility. Thus, the significance of Saraswati Puja for children is a deeply rooted notion in Indian customs. Maa Saraswati is portrayed as radiantly beautiful, wearing a white garment, adorned with white decorations, and holding a pen and book in her hands (the book standing for knowledge). Being a pan-Indian goddess, Saraswati puja is celebrated on this day with great excitement at our school as well as all other Indian schools. Every year, our school's idol is among the best. Teachers as well as Students visit to give anjali and to have the "bhog" of maa saraswati. These are the most treasured recollections from this day. This day has inherent charm, and it gets much more special with the support of the school.

Soumee Gayen
XI A1

Tips for the ongoing Board examination

Hi there! I hope you all are not stressing that much over board exams.

If you are, here are some tips which should help you out.

1. Nutritious food: eating proper nutritional food can be challenging, especially when junk food such as burgers and pizzas exist. But try to stick to "ghar ka khaana" and maybe tell your mom to cook up some delicious homemade sandwiches and pizzas. Trust me, you and your body will enjoy it. Good food is an important aspect in making yourself fit, so that you give your board exams a 100%

2. Daily exercise: Do practice meditation, yoga and light free hand exercises for at least 10 minutes. "All work and no play, makes Jack a dull boy!"

3. Sleep: This is for the coffee-chugging night owls who study during the night, sleep schedule is quite important. If not kept back in place, you might end up falling asleep on your answer script. Sleep well, and wake up early to have a fresh mind to study.

4. Hydrate: Hydrating is as important as having a nutritious meal. Keep yourself hydrated, especially on days where the sun is sucking up all energy, just like that Glucon-D advertisement

5. Screen time: Of course, you have notes supplied by your class's trusty topper friend. But remember, you need your eyes to write the exam. Do not overuse the phone and make sure you give your eyes the rest it needs!

6. Chill: Don't panic. Relax, do not stress about the exams too much. It will lead to headaches and migraines. So, remember to relax. Try to recall calmly whatever you have studied.

Whatever happens, do not be disappointed. Just remember that "whatever happens, happens for a reason!"

ALL THE BEST!

Board examinations! They're upon us once again, and the students will be tested on their knowledge of the whole curriculum. As an outgoing student myself, I understand the pressure of boards all too well, not to mention the class 10 students who will be giving their first public exam of their lives; a feat we had to come across to reach the last threshold of our school life. Giving the board examinations is a scary feat in itself but the class 12 students will be leaving the shelter of their schools, a place they virtually grew up and go into the wider world, for more opportunities and knowledge. As the students are gearing up for the upcoming exams, I wish each and every one good luck for their exams.

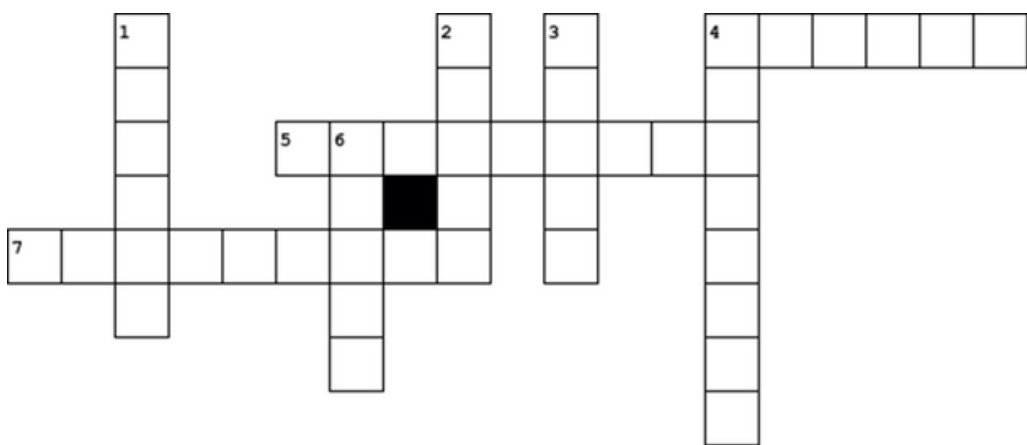
Nayanika Debnath
XII A



Agniv Bhattacharya
Ex student



Crossword



Across

4. A lentil delight, fried to perfection, A crispy appetizer, a Bengali's affection.
5. A spicy snack mixture made from various fried ingredients like peanuts, chickpea, and spices, popularly enjoyed in Bengal.
7. Famous Bengali sweet made from chhena (cottage cheese) and sugar syrup.

Down

1. Creamy delight, served in a bowl, Made from rice and milk, warming your soul.
2. Commonly used as a spice in Bengali cooking to add heat.
3. A deep-fried flatbread made from wheat flour, often served with curries or sweets.
4. Rice dish prepared with aromatic spices and meat.
6. A popular fish in Bengali cuisine, especially during the monsoon.

Quiz

1. Which country is famous for its sushi and sashimi dishes?
2. What is the traditional bread of India called?
3. Kimchi is a traditional side dish from which country?
4. Which country is known for its delicious pastries like baklava and börek?
5. What is the main ingredient in the Mexican dish guacamole?
6. Paella, a famous dish, originated from which European country?
7. Pho, a traditional noodle soup, is a staple dish of which country?
8. Which country is famous for its spicy cuisine, including dishes like biriyani?
9. What is the main ingredient in the traditional Greek dish moussaka?
10. Which country is renowned for its flavorful coffee beans and coffee culture?

Avoid aerated drinks
TRY lemonade /Lassi
Healthy and tasty



FACTS

There is a maths theorem named after Pizza

The bobas in boba tea is made of tapioca

The name 'Momo' comes from the Tibetan word 'mog mog'

Biryani comes from the word BIRIAN which means "fried before cooking"

French fries are originated in Belgium not in France

Ripe cranberries can bounce like a ball

Soumee Gayen
XI AI

Answers for the previous edition

Crossword:

1. Condor
2. Parsi
3. Janus
4. Argus
5. Quetzal
6. Roc
7. Garuda
8. Nagaland
9. Salimali
10. Bhagw

Quiz:

1. Netaji Subhash Chandra Bose
2. V. D. Savarkar
3. Mahatma Gandhi
4. Bankim Chandra Chattopadhyay
5. Patanjali

Student correspondents of Sapphire House:

1. Nayanika Debnath XIAA
2. Soumee Gayen XIA1
3. Monomay Halder XIA
4. Pushkar Das XIB

Editing:

1. Nayanika Debnath XIAA
2. Pushkar Das XIB

Designed by Pushkar Das XIB



Published by
JYOTIRMOY PUBLIC SCHOOL
CBSE Affiliated Senior Secondary School

+91 85840 84111

Tematha, Kalikapur, Sonarpur

Jyotirmoy School Jyotirmoy Public School

jpsedu.in