

MESSAGE FROM THE PRINCIPAL

It's Christmas time once more and the Deens campus is abuzz with celebrations; Secret Santa, Christmas Carols, Gifts and Goodies. December has been an eventful month and as we break for the holidays and continue with the celebrations, here are a few highlights of this month. 'Merry Christmas' and a 'Happy New Year' to all the readers!

MAGNIFICAT 2017

On 8th December 2017, our school choir 'the Notes' attended the annual music event held by the Christ College, Belandur. 'The Notes' has members ranging from grade 3 to grade 11.



Magnificat took place in the college auditorium in which various choirs performed. The Notes performed three songs, 'God Rest Ye Merry', 'O Little Town Of Bethlehem' and 'Ding Dong Merrily on High'.

It was a great experience and all of us thoroughly enjoyed ourselves and it was also a new experience for quite a few students. We were also treated to some amazing carols sung by various choirs across Bangalore and learnt a lot from them too!

-Anindita Saha VII B

A TRIP TO THE ULSOOR GURUDWARA

It is true that the best way to learn is to live through it practically. An appropriate example of this is of our very own school, Deens Academy. The students of grade 7 on 9th December were taken to the ulsoor gurudwara. We students had learnt a lot about langars and gurbani through our teachers and textbooks but on this trip, we got to experience it firsthand. Let us take you back to the morning of 9th December in Deens.

It is a typical Saturday school for students. Or shall we say, for all students except grade 7. In these students, hearts were not filled with the usual Saturday school blues but with an excitement towards the upcoming day. The trip till the gurudwara took only



about an hour or two but felt like a million years to all. On reaching the gurudwara, there was a bustle of students covering their heads with handkerchiefs or dupattas. After washing our feet and hands we entered barefoot. We made donations and paid our respect to the Guru Granth Sahib. We also received an informative speech on the Sikh religion and mouth watering prasad. We also heard melodious gurbani and learnt that we are not supposed to clap at the end of it (The hard way!). Then, we all headed towards the langar where we were ready for a fulfilling meal. But not so fast, first we helped out in chopping and peeling vegetables. We proceeded to have our langar. It had dal and rice which proved to us that even the simplest foods are delish. Though none of us really wanted to come back to school, we had to. We enjoyed the ride back. And that, my friends, was the end of our knowledgeable and fun field trip.

-Ayesha Khan, Niyati sood, Kimya, Ananya Bhadauria and Advait Verma 7A

LANGAR AT THE ULSOOR GURUDWARA

On the 9th of December, the 7th graders were taken to the Ulsoor Gurudwara in connection with our new history chapter 'Popular beliefs and Religious Debates'. The word 'Gurudwara' is made up of two words, 'Guru' meaning God and 'dwara' meaning door. This together means 'The Gateway to the abode of God.'



On arriving at the gurudwara, we all covered our heads with a cloth garment and removed shoes and washed our feet in the holy water. We then proceeded to enter the prayer hall to pay respects to the holy book of the Sikh religion, the 'Guru Granth Sahib.'

We were then enlightened on the various aspects and beliefs of Sikhism. It was a thrilling and informative experience. After that we were treated to a beautiful redering of a 'kirtan' adapted from the Guru Granth Sahib. We then moved on into the langar hall. Langar is a community kitchen, first introduced by Guru Nanak Dev Ji to promote equality in the society. All the students lent hands in chopping vegetables for the preparation of the meal. This meal is free to all who visit the Gurudwara. We were then seated in rows on long mats, where we were then served a simple yet delicious meal of daal-chaawal. This food was served by a group of volunteers. We all enjoyed the meal and then donated some money to the Gurudwara. The trip to the Gurudwara left a lasting impression on all of us students and made us realize how religion and belief affects our daily lives.

-Anindita, Adhvaith, Aneesh, Tanay 7B



FOOD SUSTAINIA

Our school organised an event 'Food Sustainia' for a social cause from the 4th to 6th December. The students of Grade 7 extended their services for this great cause. The event was started by students of grade 7 'A' and 7 'D' on 4th of December, followed by grade 7 'B' on 5th December, and finally grade 7 'C' and 7 'E' on 6th of December. The concept was to prepare home-made food items without using any preserved food ingredients, and put up food stalls for sale during lunch hours. We, the students of grade 7A had loads of fun while preparing delicious food items like – muffins, jaljeera, pies and lots more. And more thrilling was selling them and collecting funds. Overall we developed a sense of social responsibility and collected a handsome amount for donation. It was a very enriching experience.

- Siddh Singhal 7A



We all were excited about the big day coming up, our food fest! We started its preparation a week before. This activity was part of our 'Life skills' class and the money was going as donation towards charity. Our theme was 'A tour around the world'. We had food from Mexico, Italy, Germany and India. We started making the invitation cards and the posters. Later we went to each and every teacher to tell them about our food fest. On the day of the Food Fest, everyone was excited. We started arranging the tables. Meanwhile some other students were preparing the food like wraps, burgers and muffins. Then we started our fest. Students came from every class. Teachers visited every stall. All of us were working hard and earned a lot, about 13 thousand. Even though we were tired, we had a smile on our face as we had done good work and this donation would help a lot. Everyone complimented our food. At the end we were satisfied as well as happy.

-Navya 7B

MEMORABLE MOMENTS IN THE CHESHIRE HOME

On the 14th of December 2017, a few students of 7th grade were treated to a unique experience of visiting a Cheshire Home founded by Group Captain Leonard Cheshire. This event was organized by our Hindi teacher, Ms. Vijayata Joshi. The Cheshire Home is a home for the old and elderly people. Vijayata Ma'am had assigned each of us to bring various items that would make them feel happy. When we arrived at our destination, we gave them newspapers that we brought from our homes. These papers were used by them to make paper bags that they used to sell and earn money. We then asked them a few questions about their life, youth and their daily routine. After the interview, we had cut the apples that we brought from our homes specially for them and served it. Then, we were given a brief introduction on the history of the Cheshire Home by Sister Anne, the head of the branch. To end the memorable day, the choir sang a melodious Christmas Carol. It was surprising to see that even when parents do so much for their children, they still leave their parents to live on their own. This was a very saddening experience. We should take care of our parents and give respect to all elders.

-Tanay, Adhvaith, Aneesh, Navya 7B

VEGETABLE GARDEN BY GRADE - 9

Have you seen the 9th grade vegetable garden? You must be thinking that it's a very simple thing for the 9th graders to do but that's not true. Growing vegetables is a lot of work. You need to water them on time, make sure they get proper sunlight and good nutrients too. You just can't simply grow a vegetable garden without proper knowledge of manures and fertilizers (you need fertile soil for it). We have been taught that for making the soil rich in nutrients we add fertilizers and manures; Using excess fertilizers can be toxic for the plants as fertilizers are chemical substances. With the use of fertilizers, comes the increasing environmental concern over potential contamination of soils, surface water and ground water. So, we usually prefer manures. Manures are pretty easy to make (though it can be stinky) as you can just take the wet waste like banana peels, the skin of tomatoes etc.. from your kitchen and store it in a bin for a month or two and keep churning it and it will soon be decomposed to manure with the help of micro organisms.



Our dear Ritu Ma'am had also got such an idea of making manure for the 9th grade vegetable garden. So, we the 7th graders have made the manure in school with the help of a trust bin composter, and the manure is ready to go in the soil. So, currently only 7B and 7C have made the manure and soon other sections would make it too. The volunteers for this are Avadhoot,

Vedarth, Anirudh and Tanay from 7B and Abhijeet, Ameya, Deshna, Mahi, Astha and Samridhi from 7C. Other students had also volunteered in providing the wet waste. This activity is in sync with the school theme of this year: Sthairyam Sustainability.

By Afifa Rahim 7B

MORAL VALUE SESSION

On the 18th of December our Hindi teacher Vijayata ma'am organized a moral value session conducted by The Human Value Foundation, India. Two volunteers of the organization, Ms. Bhuma and Ms. Rajni guided us through this session. They were very interactive and were very eager to listen to our opinions. The main aim of this session was to appreciate and care for the elderly. The session was started off with us expressing our views on the elderly and how they conduct themselves during their daily lives. Points were exchanged on how the elderly are very caring, loving, kind and compassionate. We all spoke about how we have a lot to learn from the elderly and never to underestimate them in their knowledge of the world and how they have adapted themselves to the modern ways and technology. We were then split into six groups and each group was asked to jot down their favourite qualities of their grandparents, how they, as a group, will help the elderly, and a real life incident where we have witnessed our grandparents' true nature. Each group then presented their respective thoughts. It was a very captivating and enlightening experience which greatly expanded our thoughts about the elderly.

We were then instructed to be seated again and then were taught about the concept of a 'maypole.' A maypole is a painted pole, decorated with flowers, round which people traditionally dance on May Day holding long ribbons attached to the top. Some calming music was played and we were told to close our eyes and imagine ourselves seated in front of a maypole, holding a coloured ribbon of our choice in our palms. We were then told to imagine a large golden ball which emitted a calm and soothing golden light. This light symbolized love, compassion and kindness. We then had to let go of all negative thoughts and emotions in ourselves and let the golden light envelope us with all these positive emotions. When we opened our eyes we all felt a great sense of empathy and joy. To wrap it all up, this session was an extremely enlightening, mind-blowing and full of positivity and we were all grateful to receive this opportunity of attending this session.

-Aneesh, Anindita, Shweta 7B