



DEEN-A-LOGUE

NEWS LETTER / JULY-AUGUST 2019

MESSAGE FROM THE PRINCIPAL

The months of June, July and August were action packed at Deens. A host of events and competitions were held across the various campuses of Deens. This mega issue of the Deenalogue presents some exciting glimpses from these events and competitions that kept the Deenites fruitfully occupied throughout these three months. Read and enjoy...

INTERNATIONAL YOGA DAY AT DEENS

INTERNATIONAL Yoga Day is celebrated on 21st June. In our school Grades 1 to 5 wore black track pants and white t-shirts while we wore our normal school uniform. We noticed that soothing music was being played on our school speakers during the morning break and lunch break! At assembly, two girls from tenth grade and our physical education teacher, Veena ma'am put on a display of some difficult yoga postures and also made us do some simple stretches and exercises. Later Yogesh sir performed a headstand, the peacock pose and the crane pose and surprised us. We all were astonished when we saw our physics teacher performed the bridge pose! After this spectacular display of yoga, we went back to our respective classes while Grades 1 to 5 started lining up for their assembly.

- Ishita Kapoor (VII-D)

Today, 21st June, was International Yoga Day. And our school, as always, celebrated it in the best possible way.

Firstly, we the Middle Schooler (Grades 6-8) performed different 'asanas' (yogic poses) with the help of some 10th Graders. Some poses we performed were 'Vrajasana'; 'Vrikshasana'; 'Garudasana' and many more. Then some teachers namely Yogesh sir, Veena ma'am and Shraddha ma'am showed us few tough 'asanas' like 'Head Stand'; 'Peacock'; 'Crane Pose'. It was truly entertaining and informative. The half hour in the assembly was great fun as well as educational. Yoga has the ability to calm the mind and strengthen our internal organs. We should all practice yoga everyday.

- Arman Singhal of 8C

Yoga is an old Indian tradition followed in India for several years. It's a way of utilizing energy and calming the mind. There are various methods through which yoga can help the brain, including improving blood flow and encouraging better sleep.

“Regular practice of yoga could boost your mental as well as physical fitness, and reduce risk of developing dementia” scientists say. Regular yoga also helps people to sleep better and has reduced stress and anxiety all of which have been shown to have positive effects on brain power and mental health. International Yoga Day was declared on 21st of June after the Indian Prime Minister, Narendra Modi, proposed the idea. Although he suggested it months ago, it was officially accepted on 11th December, 2014 by the UN.

International Yoga Day is celebrated to raise global awareness about the benefits of this ancient Indian practice.

- Niharika of 7B

International Day of Yoga, commonly referred to as Yoga day, is celebrated annually on 21st June since its inception in 2015. Yoga is physical, mental and spiritual practice that originated in India.

To mark this important day, Deens Academy had taken the initiative to plant the benefits of yoga in one's life inside the minds of the students and teachers. The start to this memorable day took place during the morning assembly where two talented Deenites took the opportunity to demonstrate and educate all the students about the various yoga *asanas* or yoga postures. The students then tried the *asanas* for themselves.

Each *asana*, was given a brief description about its origin and importance. The more advanced and complex exercises were demonstrated by our very own Yogesh sir who is not only a respected PT teacher but also a yoga practitioner. The students watched in awe at the flexibility and the ease at which he was performing the *asanas*. This program was successful in conveying the values and importance of yoga in our daily lives.

- Hrdaya Hiran 8A



SPELL BEE COMPETITIONS IN THE MIDDLE SCHOOL

I want to share the excitement of the competition, cheering, cheering to be "heard" by you all! Our 8 boys and girls of Grade VI, beaming with confidence, readied themselves and took the floor. Judges announced the rules of the game. We all knew and expected unexpected quizzing, but were ready and excitement was in the air - in the House Teams and their house-friends cheering and encouraging their teams to win.

First round - dictation round; was a close finish. Everyone wished to do better in the second round. Cheers and clapping roared for every successful attempt. At the end of the second round where each team had to spell as many words in a minute, there were a few twists and turns. The Third round had a surprise element with teams having to select the correct spelling out of 4 choices. Most teams did well handling the unexpected.

The final round - a theme based visual round with 4 sets of letters each forming a word, well, saw some palpitation and tensions, as it was going to be the toughest one. And, indeed, Team Caeruleus (Blue) and Team Rubrus (Red) were so close for the finish and had a tie breaker for the third place - which Rubrus clinched. It was Team Flavus' (Yellow) day and they won clearly and cleanly, followed by Team Prasinus (Green) as runner-up. Finally a big shout out to all the participants - Ashwath, Mridvika, Aravind, Neha, Saaliha, Adrusht, Arav and Ashlesha. The session was full of joy and cheers, and of course, with lot of lessons to learn.



Grade 6			
Position	Name	Section	House
4	Ashwath	6D	Caeruleus
4	Mridvita	6E	Caeruleus
3	Aravind	6B	Rubrus
3	Neha S	6C	Rubrus
2	Saaliha	6C	Prasinus
2	Adrusht S	6C	Prasinus
1	Arav	6E	Flavus
1	Ashlesha	6B	Flavus
Grade 7			
Position	Name	Section	House
1	Dhriti Mijar	7C	Prasinus
1	Nikhilesh	7E	Prasinus
3	Anshim	7C	Rubrus
3	Krishitha	7E	Rubrus
2	Shrey	7D	Flavus
2	Aarush Das	7A	Flavus
4	Nihitha	7A	Caeruleus
4	Vishnu Joshi	7C	Caeruleus
Grade 8			
Position	Name	Section	House
3	Abhir Deepak	8A	Flavus
3	Samit Hore	8B	Flavus
1	Mrigank Jain	8E	Caeruleus
1	Bhavika Smriti	8C	Caeruleus
2	Aseema Nandi	8E	Rubrus
2	Svasti Gupta	8D	Rubrus
4	Palak Jha	8D	Prasinus
4	Padmanabh Menon	8D	Prasinus

INTER HOUSE DEBATE COMPETITION



The annual inter house debate competition of the Deens Academy was held on the 6th of August 2019. A large number of students had also come to witness the event and cheer for their respective houses.

The event began with a brief phase of introduction starting with the green house and ending with the yellow house. The first round contestants were the red house and the green house. Both the team's contestants were equally determined to win. This round consisted of three sub parts wherein the first was the speech round, the second the rebuttal round and lastly questioning round by the judges. Both the parties put forward their point in regards to the topic 'ADOPTING WESTERN CULTURE IS GOOD FOR THE DEVELOPMENT OF INDIA'. It was an intense battle between the two as each one's view of the subject was justified very well. During the questioning round, where the judges were needed to ask questions, the contestants answered in a confident and prompt manner.



The second round of contestants were the blue and yellow houses who were to speak for and against the topic 'INCREASE IN COMPETITION IS GOOD FOR THE DEVELOPMENT OF TEENAGERS' respectively. Just like the previous round, each contestant put forward valid and strong points to which the other party were to counter. Post the judge questionnaire, the event was to soon come to an end. But wait! not before the results. The judges came up to the stage and proudly announced the winners of this debate competition. Green had secured the first place while yellow acquired the second position. Followed by the red house and finally blue. The contestants were given a big round of applause to as they slowly moved to their classrooms carrying with them this great achievement.

By - Hrdya Hiran 8A

INSTALLATION CEREMONY

The installation ceremony of the interact club, was held on 26th of July, 2019. It was a symbolic passage of leadership. This ceremony was an event that helped us express our gratitude, honourably transfer responsibility and acknowledge new club members. It also allowed us, as the Interact club, to share our views and goals for the upcoming year. We also celebrated all our achievements of the last year. We started the ceremony by lighting a lamp. This was followed by the annual report given by the immediate-past president. After which, the new club members were installed. The proposal of projects we hope to accomplish during the course of the year was then shared by me as the President. Next, we heard inspiring speeches by our beloved Principal, Col. Subramaniam and Mr Bellary. The meeting was then adjourned. We also presented the computer bought for the government school during the ceremony. Subsequently, we had a session on the topic "I love myself" from the Rotary Club. Here, we openly discussed how to boost our confidence and face our fears in seven simple steps. All the students thoroughly enjoyed this session. We also learnt the importance of persistence in order to achieve success. With this, we concluded the event on an inspirational note.

By - Arushi Kumar 8D





GRADE 8S TRIP TO SIDDARA BETTA

A trek to Siddara Betta was organised for the students of grade eight on behalf of the school management. Siddara betta is a small hill located about 100km from Bangalore. By the 29th of June, they were all ready and excited for this trek together with their friends. By early morning, the cars had started reaching the school campus and the parent dropped of their eager children at school. As the journey began, the bus halted at a restaurant for breakfast.

Post the breakfast time, the students were filled to the brim and ready to trek. The rest of the journey took about 2 hours. These hours were filled with laughter, singing and dancing and what more. As the bus came to a halt, the student got off and started to warm up as guided by a professional. As the quest began, the students climbed up refusing to cease their gaze at the top of the hill. Although tired, they continued to move on taking little breaks to drink water in the middle. However one had to be cautious while doing so because of the abundant number of monkeys. The deep and gory caves were seen about with fascination not to forget the numerous millipedes that lay within. Sliding through the rocks, the students soon saw the climax of the top of the hill.

They posed and laughed for the pictures that were taken. It was indeed a fun and memorable day for the children as well as their accompanying teacher. The gushing winds and mesmerising view on the top of the hill were fascinating. As the students climbed down, they were surprised by the beauty of nature and the abundance of birds and of course, our very own ancestors. Lunch was more than just food. It was a ton of chit chat and laughter. The bus ride back home was no less. The student thoroughly enjoyed themselves and it was a one of a kind trip that definitely would've been etched in the minds of these young deenites.

By - Hrdya Hiran 8A

OUR 7TH GRADE TRIP TO THE VISVESVARAYA MUSEUM

The Visvesvaraya Industrial Technological Museum, Bangalore, India was built in fond memory of Bharat Ratna Sir M Visvesvaraya. The building is constructed near Cubbon Park. Since in the last academic session we went there, but only got to see the 2 bottom floors, our school has been kind enough to take us there yet again to see the top 2 floors. To be honest all the floors teach you a lot, for instance there was a huge screen consisting of Earth, the Moon, the Sun and the orbit.

When the button is pressed a light pops up, showing how the solar system works. In the other room a screening of the working protons and electrons, and its effects on electricity. Overall it explains science, methods and workings in a exciting and fun manner. My personal favourite would've have to be the working of a doorbell, In one of them, the doorbell was motion censored and activated. Hence if you clapped it would turn on. It also has lots of machines and artefacts. There are exhibits for engines, space, airplanes....etc. It is a fun exciting place for family & friends to visit, as it is very fascinating.

By - Tvisha



GURU FREDDY ADVENTURE CAMP

On a chilly Saturday morning, around 200 students, all very excited about the journey ahead, gathered in and boarded the bus for 'Guru Freddy's adventure and nature awareness camp'.

Being 50 kilometers away from the heart of the city, I believe it was one of the most beautiful and scenic place in and around Bangalore. The bus journey, as expected, was great fun, with people singing songs, playing games, etc. Upon reaching there, we were greeted by the scouts/guides, had a light breakfast and began our 3 hour long trek. At one point of time, we had to climb a very steep hill. It was quite tiring, but the fruit it bore was beautiful. Upon reaching the top of the hill, which was around 800 meters above sea level, the view was breathtaking. You yourselves could feel that you were breathing in clean air. We could even see the Bannerghatta National Park from there. After taking a small break, we began our descent. It was full of near life or death situations. One wrong step and you could be falling down. Fortunately, this didn't happen due to the constant vigil by the guides. Finally, after a lot of efforts, cuts and bruises, we reached the main pavilion. While waiting for the lunch to be prepared, a few of the students shook some legs and entertained us. After eating a hearty meal, we all went through some unique team building exercises and a few obstacle courses. Even the teachers tried these activities and mostly outperformed us, the students. This tiring, yet amazing trip was truly a once in a lifetime experience.

By - Vishnu Joshi (7-C)



THE NIGHTINGALE OF DEENS ACADEMY

As part of Heritage Art and Cultural Fest, inter school singing competition held at the Bal Bhavan Auditorium, Bangalore on 18th and 19th July 2019, Pranjali Sinha had been awarded second prize in the solo performance under the senior category.



YOUNG EDITORS



Arushi Kumar 8D



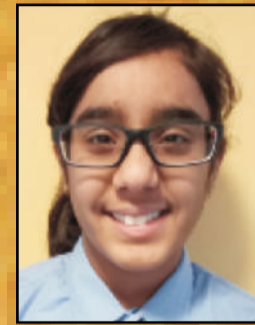
Dhriti Mijar (7C)



Naurin Shabeer (8C)



Svasti Gupta (8D)



Zeba Bharwani (8B)

'Young editors' was a competition as the part of "Wings Of Fire " which is an event organized by Whitefield Global school every year. As a part of it we had to create a newsletter on a given topic within an hour and present it.

The group that was made in our school comprised of five people- Swasti, Arushi, Zeba, Dhriti and I. We were made familiar with the format of a newsletter and we also had a look at some examples to get an idea of what we had to put together.

On July 2nd, all of us left for WGS in the morning, well prepared and of course excited. On reaching there we were given badges which read "Wings of Fire 2019 participants" along with our group number. From here, we were taken to the auditorium where there were multiple tables with basic stationary supplies and a chart paper for the participants' use.

All five of us were prepared to write a newsletter based on an event. But when we were told that the topic was 'I am the change', we were pretty surprised. Although the topic wasn't something that we ever expected we immediately began to think of what we could put together. The first thing we all agreed on was to avoid using Gandhiji's famous quote "Be the change you want to see in the world" in order to keep our newsletter unique.

After some contemplation, we had come up with a title, a layout, many articles and some illustrations. We soon realized that we did not have much time left so we pulled up our socks and started putting our ideas on paper. The judges then decided to give 15 minute extra as nobody had made much progress. After some thought on the presentation we decided to present it like a talk show with an interviewer and some guests who would talk about the newsletter they made. Once the judges announced that the time was up, we all sat down to catch our breath and discuss further about the presentation.

We were team 8 so we had plenty of presentations to watch before our turn came however none of us really paid any attention because we were pretty tensed. When our team was called we proudly walked up on stage and presented 'The Deens Herald'. It went extremely well and we received a huge round of applause. We walked off stage very happy and content. After all the presentations were done we anxiously waited for the result. We were all confident that we would get the first prize.

But unfortunately the judges decided to give it to WGS team. Although we were slightly disappointed we walked on stage with great joy to receive our trophy and certificates. On getting off the stage we were congratulated by many and clicked multiple pictures. It was a truly memorable day. It was a great opportunity to showcase our creativity and improve our speaking skills. Every team benefitted immensely by the experience as participation is more important than winning.

By - Naurin Shabeer 8C

SUPPORT STAFF DAY AT DEENS

William Arthur Ward once said, "Feeling gratitude, and not expressing it, is like wrapping a present and not giving it. The support staff of our school, our aunts and bhais play a very important but not recognised role in the daily functioning of our school and so to celebrate them, on the 5th of July, the 9th grade put together an assembly especially for them. The event started off with a mind-boggling dance routine that everyone thoroughly enjoyed. This was followed by a small skit which constituted of two students; one playing the role of a prank caller and the other playing the unfortunate receiver of the call. Dance, check. Comedy, check. And so, then came the musical part of this event. A bunch of students sang the all-time-classic hit 'Aashiyana' from the movie Burfi and the song 'Believe' by Shawn Mendes. This was followed by yet another skit which highlighted the importance of our aunts. The skit had scenes where students found themselves in rather unfortunate situations on account of the aunts not being there! The last performance – related aspect of the show was a dance number which was so filled with energy, that everyone wanted to join in and dance along. The next aspect of the show involved some fun and games. All the bhais proceeded to the ground to play a round of football while the aunts played a hilarious round of musical chairs! By this assembly, we all really hope that our gratitude is now felt because a day in school without these amazing and sincere people, would result in utter chaos and madness!

By – Anindita Saha

The Support Staff Day was organized on the 5th of July as a joint effort by the students of grade 9. It was a fun filled affair put together as a day for the support staff members to remember forever. These members help in the smooth functioning of our lives every day in both big and small ways alike. So, this was the day we wanted to thank them for their undying work for us. Peppy dances, melodious songs and hilarious skits were performed. The crowd was also engaged and awarded for answering mind boggling Kannada riddles. All in all, this program was a fun experience for both the staff members as well as us students.

By - Ayesha Khan 9B

BLUE RALLY

8th of July would be a day to remember, a day to be cherished. On this very day 600 Deenites, all joined hands together, their faces streaked with blue paint, chanting slogans, holding posters and raising their voices for the water crisis in Bangalore. We all know that most of the borewells of Whitefield have dried up and it is up to us, the young citizens to spread awareness for saving water. The warning bells have started to ring. Bangalore is heading towards day zero. It is a 'now or never' kind of situation standing in front of us. It is time to take action, and we Deenites have realized that. Thus, when we were told about this initiative, we all promised our participation to the fullest. The Student Council initiated this memorable rally-the "Blue rally". Our two-hours rally took place from Arya hub to the Gold's Gym. When our teachers announced that it was time to begin the rally, all of us proudly stood up, formed lines and enthusiastically started our rally. Everyone was either holding posters or clapping and chanting. Our respected principal and teachers were also present to motivate us. Even in the peak traffic time and the scorching heat, all you could hear were our loud urging voices to save water. People on the streets also joined and supported us. It was amazing how a group of a little more than 600 students could create such a huge impact. The media was covering us which helped us get more attention towards our core objective of the rally. Even Benjamin Franklin said once-When the well is dry, will we know the worth of water. So, I urge you to do the right thing. To do simple things to help save water. And I know that together we can make a huge difference.

By - Navya Singh, 9C



MUN

Model United Nations, also known as Model UN or MUN, is an educational simulation and/or academic activity in which students can learn about diplomacy, international relations, and the United Nations. MUN involves and teaches participants speaking, debating, and writing skills, in addition to critical thinking, teamwork, and leadership abilities. Usually an extracurricular activity, some schools also offer Model UN as a class. It is meant to engage students and allow them to develop deeper understanding into current world issues. MUN has different branches, some of which deal with national issues, whereas some deal with international issues. MUN is an essential activity to engage students and tell them how the UN or different committees work.

A few given inputs on MUN by a few delegates-

Zeba Bharwani- In CA., the constituent assembly... The delegates are allotted personalities... In other committees... They are given countries to defend.

Each committee is given an agenda, that is the topic they will discuss on for the given time. Our agenda was amending the Indian constitution.

Here we all discussed and debated on our beliefs.

Being given a personality, we had to research on ideologies and beliefs of them...

Consider an Example. As being given Priyanka Gandhi Vadra... I researched on her works in congress and her ideologies.

Then, we read the constitution of India. (comprising of 395 articles and 12 schedules). Understanding them and taking note of the important ones. We used sites like DD, The Hindu, and BBC as sources.

On the first day, we began with roll call, followed by the GSL. That is general speaker's list. Here, we introduce ourselves with our beliefs. Then we move on to moderated caucus. This is when we begin the discussions on various topics and articles of constitution.

We then ended the first day.

By - Siya Sharma (8D)

MUN is a platform for you to not only make yourself aware of current affairs but also to showcase your knowledge. Other than actually simulating The United Nations it serves as an opportunity to foster personal skills such as, public speaking, confidence etc. It is a great experience with fierce debates. Creativity comes into action as the youth of today, with their fresh perspectives, try to provide resolutions to the world's most pressing problems. It gives you a gist of what life as a delegate is. MUN helps you to think on your feet and not shy away from presenting your views and opinions. Overall, it was an enriching activity.

We thank the delegates for their insightful opinions and wonderful feedback.

By - Arushi Kumar (8D)

TO RALLY AND SHOUT FROM TOMORROW'S WATER!

On Monday, 8th July, in the wee agitated hours of the morning, around 350 students dressed sharply in blue, and streaked with two strokes of teal on one cheek, walked out in high voices. Water is an essential commodity and raising awareness regarding the growing concern of its scarcity, is even more. With cameras, press and TV channels here and there, the students raised hopes and their volume with slogans and posters in all three languages.

"Hechchu neeru, hechchu santhosha"

"Paani toh sona hai, usse kabhi na khona hai"

"There's no water anywhere, try to save it if you care"

The reverberating notes echoed through the areas between Hope farm and Gold's Gym and it even reached the voices of local politicians and men of power. Joined by mentors from Reap Benefit and support from Whitefield Rising, the Blue Rally marched along in quaint fashion, occasionally stopping in major nooks and corners along Whitefield Main Road. At 10:30, it stopped in front of the Ganesha Temple, and here, it found its most engaging audience. With traffic halting to take a glance at what all this commotion is, the rally, which sought to gain attention about this issue, so did at this juncture. With articles being printed in newspapers and channels recording it live, we believe we've laid the stepping stone to what could be a great game changing initiative. As long as their water bottles are full, and taps flowing, concern given will be less, but with small baby steps like this, one day our voices will echo further.