



## FROM THE EDITOR'S DESK

Nobel laureates, while delivering their acceptance speech, often laud their school teachers who guided and encouraged them to do well in life. We at Deens thank our lovely teachers who also guide and inspire us to follow in the footsteps of these great minds. This issue of the Deenalogue is dedicated to all the wonderful teachers at Deens.

## YOGA DAY

**"Yoga adds life to your years and adds years to your life!"**

On June 21st International Yoga Day all Deenites came together to celebrate this occasion. Yoga is a physical, mental and spiritual practice which originated in ancient India. After a long pandemic quarantine time, we Deenites came together to get fit and refresh our mind and rejuvenate ourselves. Though we were practicing Yoga during the quarantine time at our at own isolated places through online mode in the past two years, having gathered all at one place and celebrating this Yoga day was a great experience for each one of us. All of us were together reviving and invigorating our mind heart and body on this special day. I overall enjoyed this Yoga day which reminded me to keep your body and the mind fit and healthy!

**- Mokhita Sivakumar- 6C**

## International Yoga Day Celebrations

The bright beautiful morning of 21<sup>st</sup> June started with the entire school rushing to the basketball court, wondering what the day held in store for them. The seniors all felt that studying for tests would be much better use of their time. But little did we know that sometimes taking a breather is equally important. The Deenites celebrated Yoga Day with much enthusiasm under the guidance of our dearest teacher, Rajita Ma'am. We stretched our body with these common poses- *uttanasana* (front stretching pose), *dvipadapitham* (bridge pose), tree pose, lunges and many more. We had a productive yoga session where we set our inner self to peace in the present. Our concentration on the poses diverted our thoughts from any tensions, which helped us to be in the moment. I truly felt relaxed and motivated afterwards. I realized and lived the purpose of Yoga, and this made me appreciate Yoga even more. Yoga is like a flame; when you light it up, the glow never fades away.

A special thanks to our P.E. teachers and Rajita Ma'am for always encouraging our physical fitness!

**- Sanika Agrawal - 9A**

## Yoga Day (21<sup>st</sup> June)

The word yoga is derived from the Sanskrit word 'yuj' which means 'to unite'. Yoga simply means to unite one's body and mind and to be one with nature. The history of practicing yoga dates back to hundreds of years ago, but the idea of yoga day was initiated by Narendra Modi on September 27<sup>th</sup> 2014. He presented this idea at the United Nations General Assembly. It was celebrated the following year on 21<sup>st</sup> June.

Deens Academy has been doing yoga day for a long time, and every year is just as refreshing and interesting as the others. This year we had an energetic and invigorating yoga routine, put together by our yoga teacher Rajita Ma'am. All exercises were simple, ensuring that everyone could do them. It was a series of basic sitting and standing postures which kept us stimulated throughout the day. At the end of the routine, we did a few simple breathing exercises and relaxing eye massages.

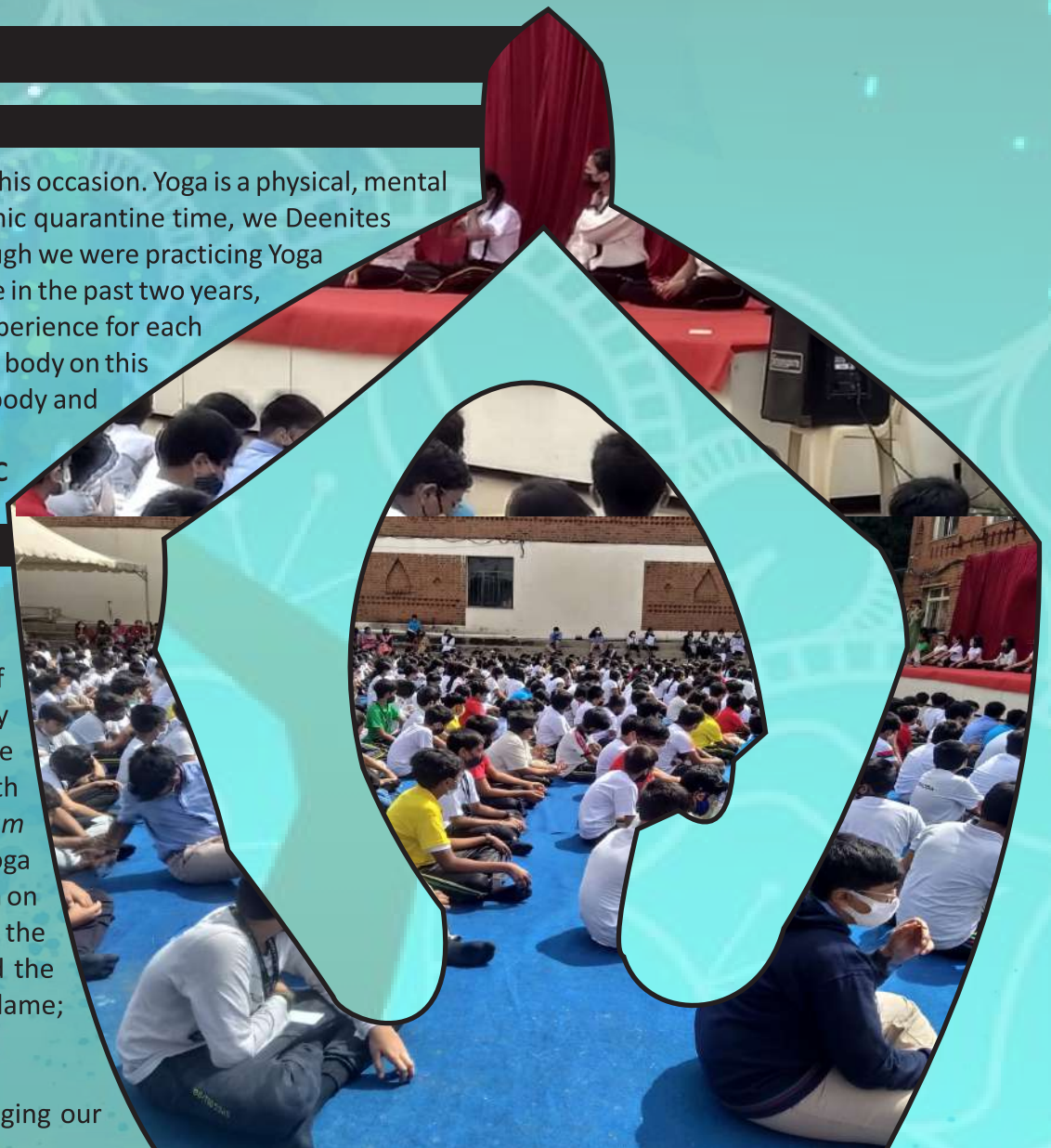
Yoga day at Deens has always been a relief from all the studying at school and gives us students a break and keeps us relaxed. Therefore, Yoga Day is an important practice and I hope it is continued at Deens in perpetuity.

**- Aahana Mukherjee - 8E**

## Yoga Day at Deens

What is yoga day? Why do we celebrate yoga day? These questions always ran through my mind. On 21<sup>st</sup> of June every year we dedicate a day to the divine art of yoga. We started of the celebrations with a small talk on yoga. Our Yoga teacher Rajita ma'am ran us through some basic asanas like Dandasana, Vrikshasana and then explained some neck and eye exercises. It was fun to have a group yoga session after 2 years with the entire middle school, and I think everyone truly felt refreshed that day. At the end of the day, I learnt that yoga is not only for physical and mental health, but it also boosts our alertness and enthusiasm, reduces negative feelings and is a stress reliever. Yoga day is a great initiative taken to improve and spread the message of yoga and I would like to thank Rajita ma'am for making the day even more special.

**-Pragati Rajan 8D**





## Debate Competition – Grade 7 & 8 2022-23

The debate competition was a thrilling and exciting experience for all the contestants. We all learnt so much throughout the competition. All the selected students from all 4-house arrived at the lunch bay at 8:15 a.m. We all received the topics and got 45 minutes to prepare for our speeches. Rubrus house went against Prasinus house and Caeruleus house went against Flavus house. The proposition speakers were from Rubrus and Caeruleus house and the opposition speakers were from Flavus and Prasinus house.

Flavus and Caeruleus house debated on the topic “Should we have third languages in school” and Rubrus and Prasinus house debated on the topic “Should freedom of speech be curtailed in a democracy”. At the end of the day Caeruleus house came second and Prasinus house came first. The contestants of Caeruleus house were Gargi of grade 7 and Sahithi of grade 8, and the contestants of Prasinus house were Aksh of grade 7 and Sanvi of grade 8. The Rubrus house cultural secretary and the school cultural minister along with the guidance of Niranjana ma'am managed the program and ensured everything went smoothly. The program gave us some great exposure to public speaking, and we all had a lot to take back.

- Pragati. Rajan 8D



## Grade 6 Special Assembly Pictures



## English Recitation Winners

"Poetry is simply the most beautiful, impressive, and widely effective mode of saying things."

An Inter-house Poetry Recitation Competition was held at school on July 5th, 22. The competition inspired the young poets to come forward and recite the poems with great zeal and passion. The students enthusiastically participated in the competition as they got an opportunity to exhibit their talent and confidence. They enjoyed the perfection of expression, thoughts, emotions, rhythm, and music of words. The winners of the grade 5 (Whitefield Campus) Poetry Recitation Competition are:

INIYA VIVEK	1ST PLACE	FLAVUS - YELLOW	5A
SHIVANSH VARSHNEY	2ND PLACE	PRASINUS - GREEN	5C
AKHIL VIJAY	2ND PLACE	RUBRUS - RED	5E
SHREYAN SAHA	3RD PLACE	RUBRUS - RED	5D
NALIN SHRIMAL	3RD PLACE	RUBRUS - RED	5C

- Rishika Kapoor





## Nobel Prizes, Bharat Ratna, Padma Awards and Military Awardss

### Subhas Chandra Bose

Subhas Chandra Bose (also called Netaji) is **known for his role in India's independence movement**. A participant of the noncooperation movement and a leader of the Indian National Congress, he was part of the freedom fighter militant wing and known for his advocacy of socialist policies. One of his most famous declarations was '**Tum mujhe khoon do mai tumhe azadi doonga**' (Give me blood, I shall give you freedom). He was a true legend in every essence and one of the most dedicated fighters who ever fought for India.



- Anahira Gupta - 3C

### Bharat Ratna Lata Mangeshkar

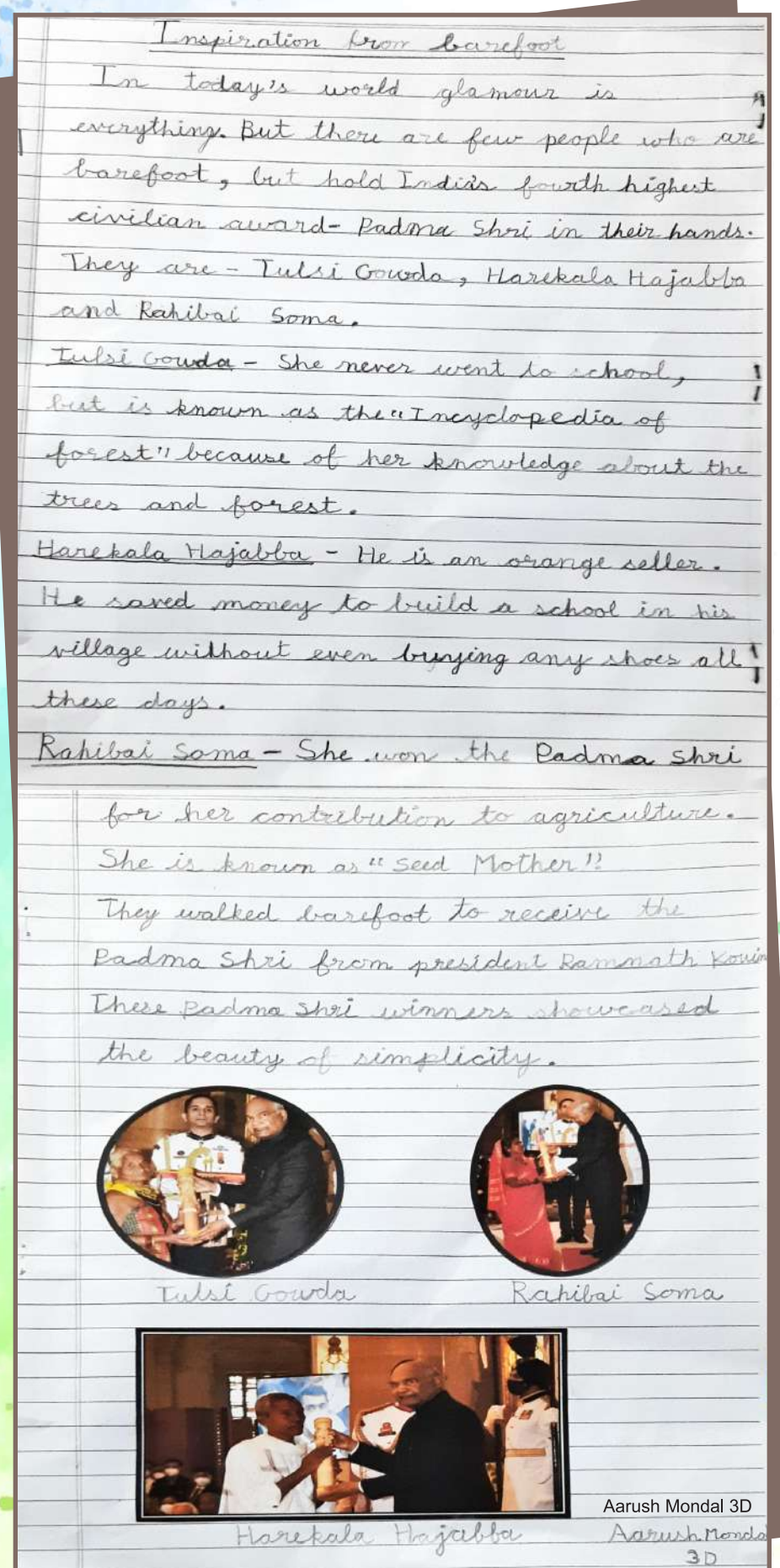
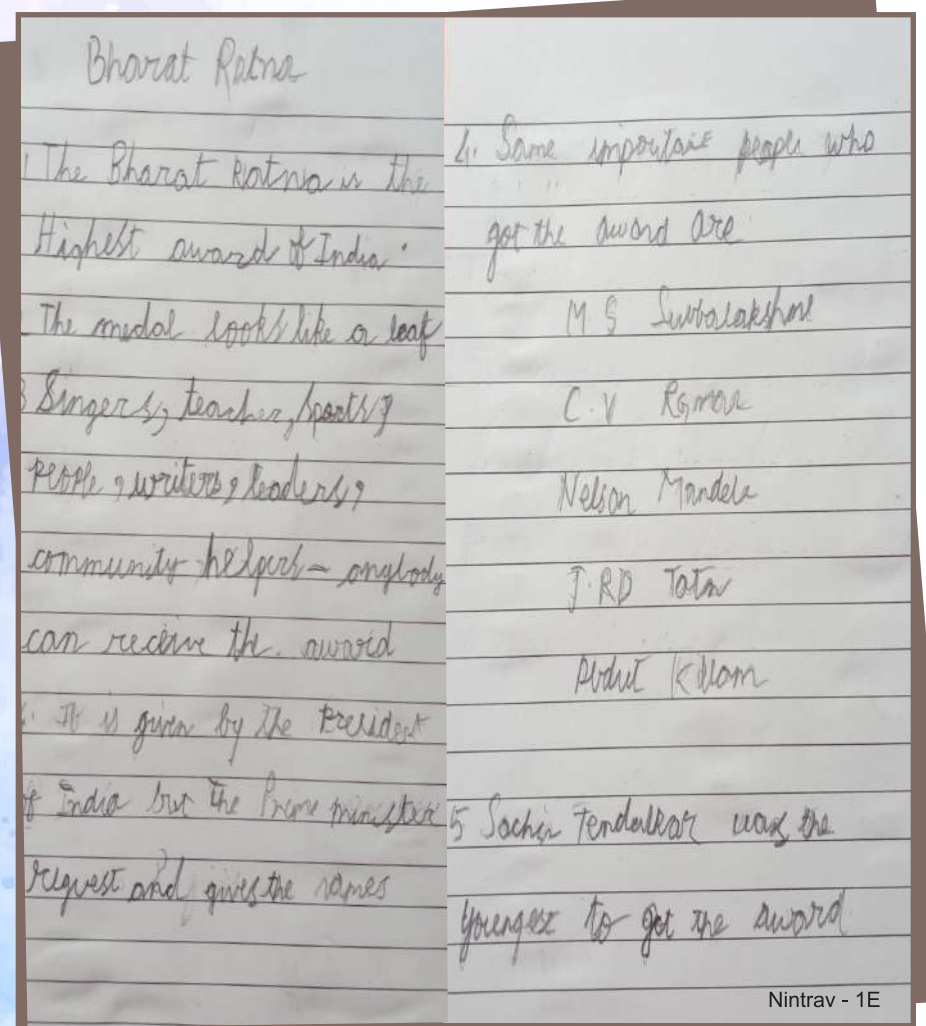
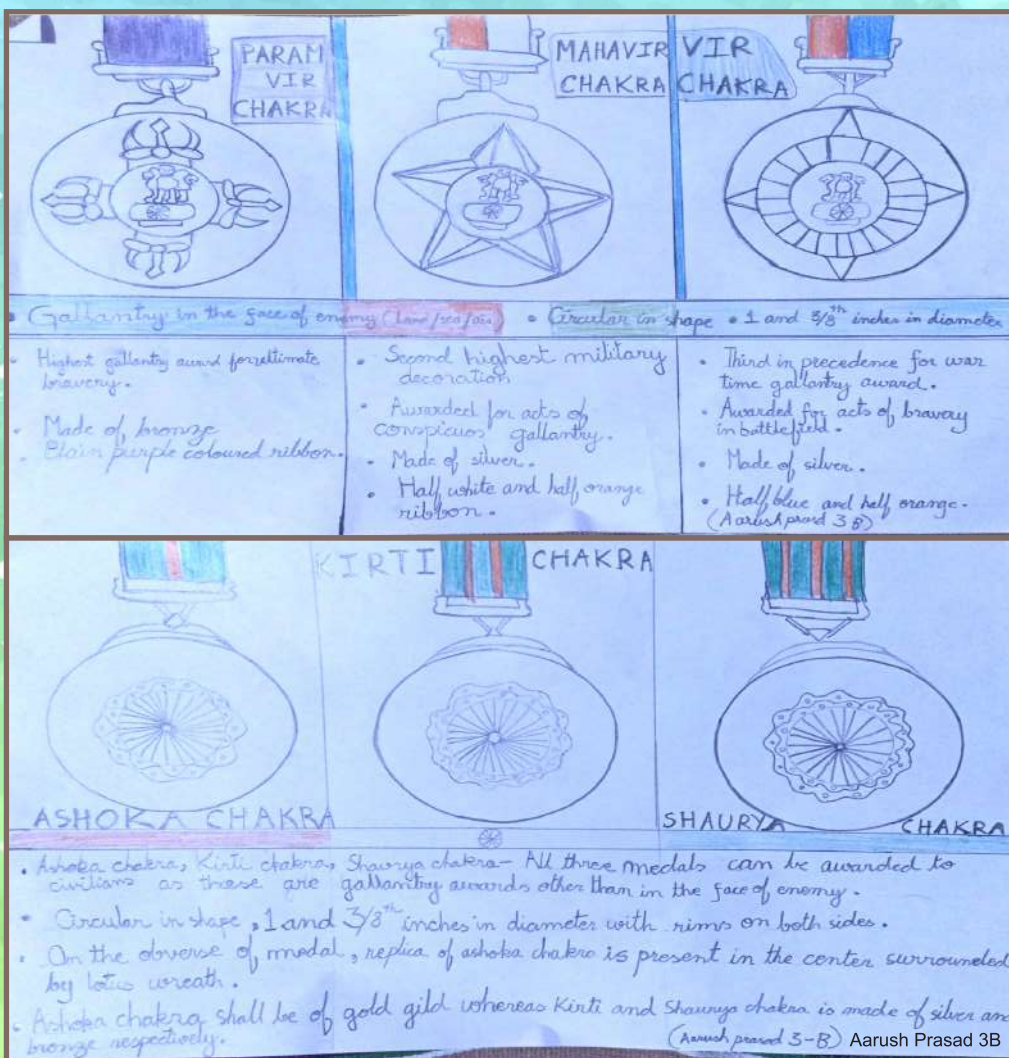
Lata Mangeshkar is one of the most melodious and influential singers of India. She contributed to the Indian music industry for eight decades. Lata Mangeshkar recorded 50,000 songs in different languages (Indian and few foreign languages), won Guinness World Record. She is known as the "Nightingale of India" and "Queen of Melody". Lata Mangeshkar was the first child of Pandit Deenanath Mangeshkar and Shevanti. She was born on 28 September 1929. Her parents kept her name as "Hema". She was renamed as Lata because she performed the character "Latika" in her father's play "Bhaw Bandhan" which became very famous. She belonged to a musical family. Meena, Asha, Usha and Hridaynath, are her siblings. All are accomplished singers and musicians. She has been awarded by many awards. The **Dada Saheb Phalke** award has been awarded to her in the year 1989. The **Padma Bhushan** in the year 1964. The **Padma Vibhushan** in the year 1999. She has also been awarded **Bharat Ratna**, the highest civilian award of India for her contribution in the Musical industry.



She is the first Indian who performed in Royal Albert Hall in 1974. Her song "Ae Mere Watan Ke Logo" which still brings tears to eyes of people. She died on 6 February 2022, at the age of 92 and India lost the biggest gem. Though she is no longer with us, her legacy will live on.

Thank You for Reading.

- Manushree Mangesh Pande 3D





## THE NOBEL PRIZES

The Nobel Prizes are one of the most important awards that anyone can receive. Nobel Prizes are given each year in six subject areas. The areas are physics, chemistry, medicine, literature, peace and economics. The prizes honour people worldwide who have done outstanding work in one of these areas.

The Nobel Prize is awarded on 10<sup>th</sup> Dec every year in Stockholm Concert Hall. Only the Peace Prize is awarded in Oslo.

The Nobel Prizes are named after Alfred Nobel, a Swedish scientist. He invented the explosive called dynamite. The invention made him rich. He decided to use the money to honour people who helped humankind in some way and when he died in 1896, Nobel left the money from his fortune to establish five yearly awards – the Nobel prizes.

The Nobel Prizes are not given for Maths and Alfred Nobel's Will directed that one should go to recognize the highest award for outstanding literature. Another should reward the fostering of international peace. Nobel also wanted to reward scientific discovery, which is given every year. So three awards would celebrated discoveries or inventions in physics, chemistry and medicine. The prize for economics was added in 1969.

The first Nobel Prizes were handed out on December 10, 1901, five years after Nobel's death. Nobel Foundation in Stockholm decides who wins the most prizes. A group in Norway decides the peace prize winner. The peace prize is won by an organisation. Every year, thousands of scientists worldwide are invited to nominate people. Laureates are awarded this honour for achievements in these areas. Examples include Red Cross for peace, Albert Einstein for physics, Madam Curie for Chemistry, Rabindranath Tagore for literature, John Nash for economics and Sir Alexander Fleming for Medicine.

Mary Curie was the first person to win both physics and chemistry award.

Aishani Debnath V-C  
-Aishani Debnath, VI C

## The Best Food Fest

I recently visited a place that was heaven for my tongue. It was a food fest that serves the best. I went to watch a movie with my friends and on the way back we all felt famished. We were so engrossed in the movie, that we did not realise just how hungry we were!

Since we were so hungry, we decided to go to a nearby food fest. Once we reached the food fest, we saw that it looked much cheaper than we expected. There was a pitch-black wooden arc where it was shabbily scribbled 'food fest' in a cheap yellow paint. It also had some dim fairy lights hanging over it, but we were so starved that we forced ourselves through the shabbily decorated gateway. When we entered though, there were delightful aromas coming from every direction. It was as if I could smell every cuisine on the planet. Everything looked so much more better on the inside compared to the outside. Without any further ado, I began gobbling up three cheese dominator pizza slices to numb out the excruciating pain of hunger in my stomach. Roughly ten minutes later I went to a stall called "Cuckoo's Cookies" where there were enough cookies to last ten full lifetimes! I bought six of them and gave my tongue one of the best sensations ever.

I then finished off my meal with a traditional Indian 'payasam'. I had to eat this as Indian food is my comfort food. In all my hunger I did not notice the wonderful sights around me. There were so many people, endless stalls, blinding lights and delicious meals. There was also a lot of friendliness, cheerfulness and satisfied faces. This is one place I will never forget, where I ate one of the best meals of my life.

-Siddharth Narayanan, 7D

## Descriptive Essay

### A Fantastic Food Fest

Last weekend, I went to the most fun, big and amazing food fest ever. It was on a huge ground near my apartment. I went there with my friends and we had a wonderful time. There were about thirty different stalls, each selling different food items. There were pizzas, pastries, ice-creams, snacks and many others. It was great fun going around the place and looking at the lovely stalls. During the food fest, we had many things, but the one I enjoyed the most were the tornado potato twisters. It is a snack where a potato is cut in such a way that it looks like a tornado in a stick. The potato is then fried. There were many spices that we were to sprinkle on it. We soon found out there were games too, where we could win prizes. One of my friends won a little doll with golden curls, bright blue eyes and rosy cheeks for being able to shoot the most number of balloons in the shooting game. The rest of us were unable to win anything, but had a good time. It was the first time I went to a food fest and it was a fun experience. I was able to have different types of food that I would not have had at home. In next year's food fest, I wish to be able to put up a stall. It was a fantastic day I spent with my friends at the food fest.

- Brinda 7D

### The Rohan Avriti Food Fest

Pounds of sweets, rows of burgers, miles of chocolates and a whole bunch of frolic and fun. This is the magnificent food festival of Rohan Avriti, which was an unforgettable experience.

On 5<sup>th</sup> May 2022, a scrumptious food fest occurred. I was in awe. Food festivals rarely took place and I was looking forward to having an amazing day. I arrived at the place with my friends, and we were surprised to see that there was so much to do. We started by having potato twisters, and the best part was that we got to see the whole process of them being made. When I took the first bite, I was filled with a sense of utter joy tasting the oil, and feeling the crispiness of the twister. I proceeded to filling myself more and ran towards the chilling ice golas. They tasted as good as they looked. I even tried out some burgers which were heaven to my mouth. My friends and I even tried a couple of games, in which we all lost miserably, but still enjoyed playing them. We even went on the bouncy slide, although we knew we were too old for it. I enjoyed the food festival so much that it was heartbreaking when I had to leave. I had a lot of fun on 5<sup>th</sup> May 2022 and will never forget the joyful experience I had that day.

- Neva Divakar 7D

## Grade 7 Field Trip Makali Durga





MISCELLANEOUS

WHO AM I?

- Q. 1

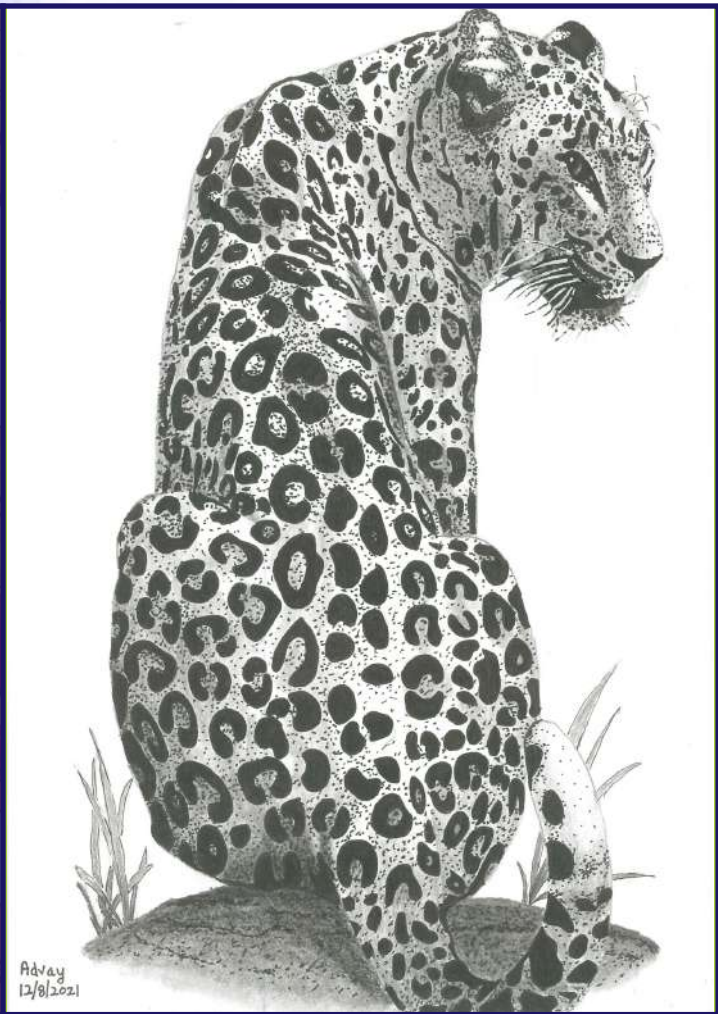
You can ignore me,  
but you rarely do.  
I never ask a question,  
but I'm always answered.  
Who am I?
- Q.2

I start with E  
End with E,  
And have a letter in me?  
Who am I?
- Q.3

I am an object,  
Used in cricket.  
I am an animal too,  
That can't be seen during the day.  
Who am I?
- Q. 4

The more you walk,  
The more we are made,  
And the more you leave behind.  
Who am I?
- Q. 5

We are thirty men,  
And just two women.  
Dressed in black and white,  
We fight for hours.  
Who we are?



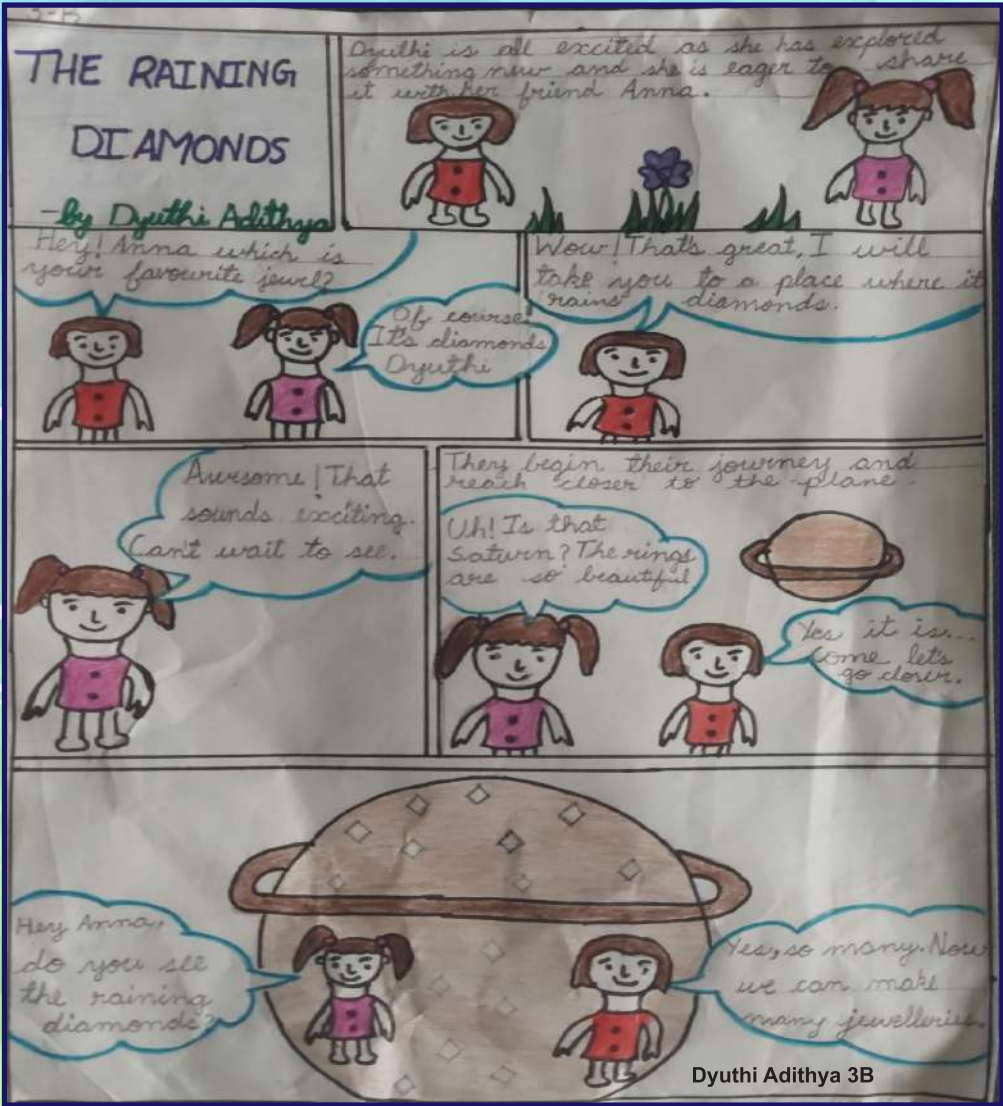
1. Door Bell	2. Envelope	3. Bat
4. Foot Print	5. Chess	

- Manushree Mangesh Pande 3D

Have you ever wondered.....

Why are cookies baked and bacon cooked?  
Why do we drive on parkways and park on driveways?  
Why are boxing rings square?  
Why are Guinea pigs called so when they aren't pigs?  
Where do they get the seeds to plant seedless watermelons?  
Why does the word "desserts" gives "stressed" spelled backwards?  
Do fish get thirsty?  
If nothing sticks to Teflon how do they stick Teflon to the pan?

- Aarush V Abhilash, 7B



Jokes

Q. Why do you carry an umbrella?  
A. Because it cannot walk.

Teacher: Children draw the structure bacteria.  
Girl: I am done.  
Teacher: Show me please.  
The girl showed the teacher.  
Teacher: This page is blank.  
Girl: You only said we can't see bacteria.

Son: From where does the tap water come from??  
Father: From the river.  
Son: I want to see it.  
Father: We will go to the river to see.  
They reached the river and the boy pushed his father. He went back to his house.  
Mother: Where is your father.  
Boy: I pushed him into the river. He will come by the tap.

- Manushree Mangesh Pande 3D

Deens 22 — Girls football match (Grade 7-8) Finals

The Deens 2022 football match between Caeruleus and Prasinus house was held on 7th July. All the deenites, including the teachers, were engulfed with excitement waiting for the day of the match to come, yet overwrought at the thought of how it would play out. And finally, the day came! The players, who had spent their weekends training for this special day, were keen on vanquishing their rival team.

The levelling and marking of the ground, the chatter amongst students, bets on who would hold all the aces, the players putting on their shin guards, bear witness to the exhilaration of the game. About fifteen minutes into the game, GOAL! Caeruleus manages to score, giving them a upper hand into the game. Both teams battle it out on the field, Prasinus needing to up their game. During the home stretch, Caeruleus scored another goal which blew the competition away. Alas, Prasinus gave it their best shot but lost 2 nil.

The final whistle lit a fire amongst the audience which brought along wholesome smiles by the teachers, a sigh of relief by the captain, heart-warming hugs given to the winning team and reverberating cheers from the crowd. The respectable sportsmanship displayed by both teams is what made the game the crème de la crème of all the events hosted this year.

- Anushka Anand 8D