

FROM THE EDITOR'S DESK

The theme for the month 'Regional Sports of India' and our very own Sports Day coincidentally happened in the same month, November. There was equal enthusiasm for both activities in the students as well as the teachers. Here is Deenalogue, presenting their fruits of labour.

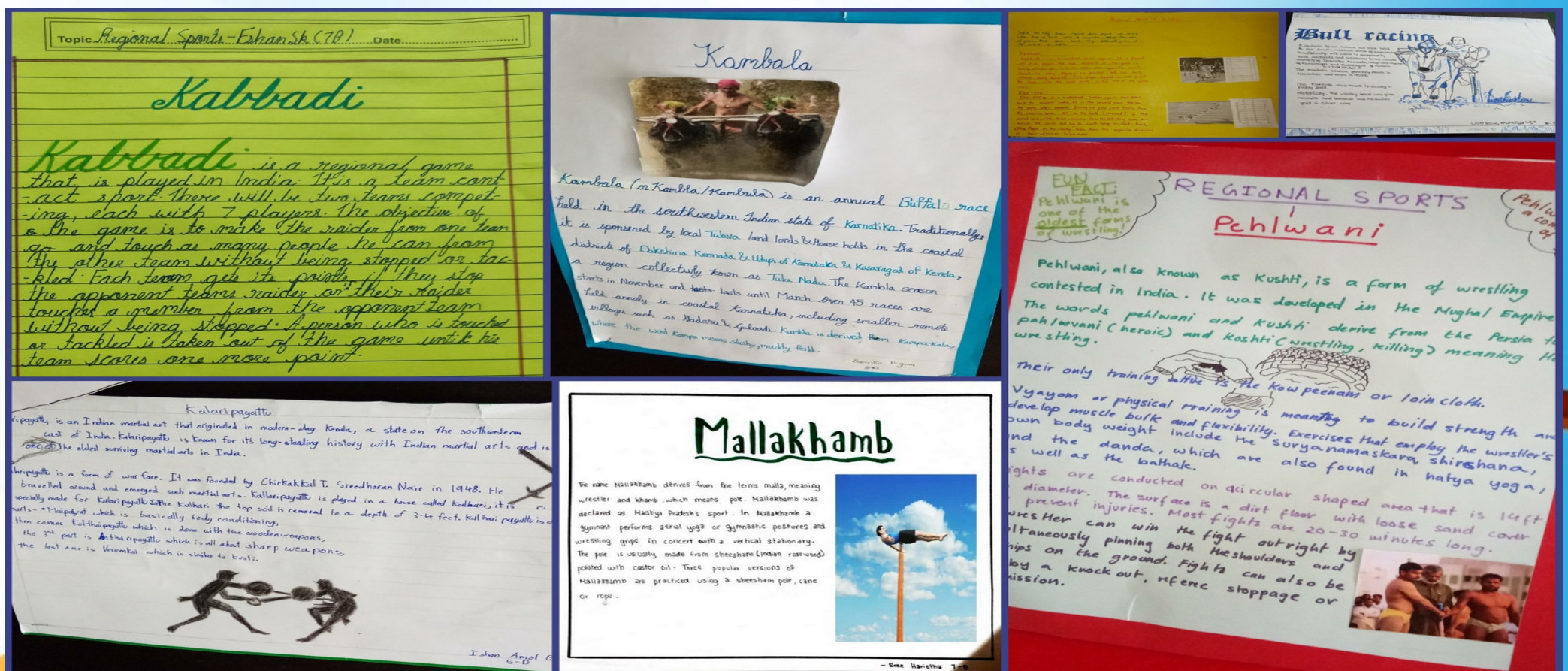
Regional Sports of India

India is the land of regional sports. Many sports, known and unknown, were made in different parts of India. The modern game of badminton has developed from an old children's game known in England as battledore and shuttlecock, a game popular in ancient India. The battledore was a paddle and the shuttlecock a small feathered cork.

India has a rich heritage of Martial art. Kalaripayattu, known as the mother of all martial arts, is practised by some as a tradition martial art in South India. Kung fu is believed to have been originated from Kalaripayattu. Kabaddi and kho-kho,

are believed to have originated in prehistoric times, with the tag variant atya-patya finding mention in the Nargīnai (written in 300 CE). During the rule of the Mughal Empire, a form of wrestling known as *pehlwani* developed, by combining native *malla-yuddha* with influences from Persian *varzesh-e bastani*. Chess had originated from the ancient Indian game *chaturanga*, which was later transmitted to foreign countries, where they were further modernized. Modern polo originated in British India in the 19th century from Manipur, where the game was known as Sagol Kangjei, Kanjai-bazee, or Pulu. The name "polo" is the anglicized version of the latter.

- Aharshi Roy 7B



KHO KHO

One of the oldest Indian regional sports, Kho kho remains India's second most popular tag game after Kabaddi. The 12-player team game with simple rules is a delight to play for young and old alike. With its origins in the Mahabharata, Kho kho was known as Rathara and played in a similar manner on chariots. The desirable traits it fosters, is in itself a personal development for the athlete that takes up this challenge. The first ever tournaments were organised in 1914 but

since then the popularity of Kho kho has only grown with its inclusion as a demonstration sport in the 1936 Olympics. The first ever league of its kind, Ultimate Kho Kho, was unveiled in August 2022 and ardent fans continue to hope that its recognition as a major sport will only increase hereafter.

By Isabel Jean Pramoth-7B

Sports Day

Sports Day is my favourite event of the school year. It is a very competitive day, with all houses fighting for points to come out victorious. This year's Sports day was the first one we had since covid. I was filled with immense pride and joy when I found out I would be the Torch Bearer for grade 7. On the day of Sports day there were races, dances done by each house, the prize distributions for the interhouse tournaments and the Sports trophy. At the end Prasinus had the most points and won the Sports trophy. I was part of the Prasinus house football team and even got the opportunity to be the captain for our team, we made it to the finals but unfortunately lost to Rubrus in penalties. There were also a lot of parents who kept on encouraging us during the races. I think this years Sports day was a huge success. In the end I think we all enjoyed ourselves and did a wonderful job.

By Eshaan Mansur 7B

Sports day was a very fun event. One of the very best that ever happened in school. There was a huge audience and crowd of parents. The parents cheered on and kept the event going. In sports day many entertaining events such as dances, track events, relay races and award distribution happened. I even took part in one of the track events! The dances were done by each house. A lot of effort was put in by the houses for the dance to be perfect. Near the sports ground the school had also set up food stalls that sold amazing food such as twisters, samosa etc. Me and my family loved the food a lot. After the track events and award distribution got over our principal gave a lovely thank you speech to all parents. Sadly the event had to come to an end, everyone had a lot of fun, some people even got awards for football and kabaddi matches held at school.

By Dhruv Joshi 7B

Being invisible for a day....

I was imagining of being invisible for a day, just recently....

Thinking about it really allowed me to realize what a nightmare it would be! If each person got to be invisible and intangible, it would cause massive suffering and would be very malicious to mankind. Every day we think we act inconspicuous, and we believe we attract close to no attention in our day-to-day life. It is basically juxtaposed with the goal of every man, who wants worldwide visibility and fame. It is essentially like nullifying one's identity.

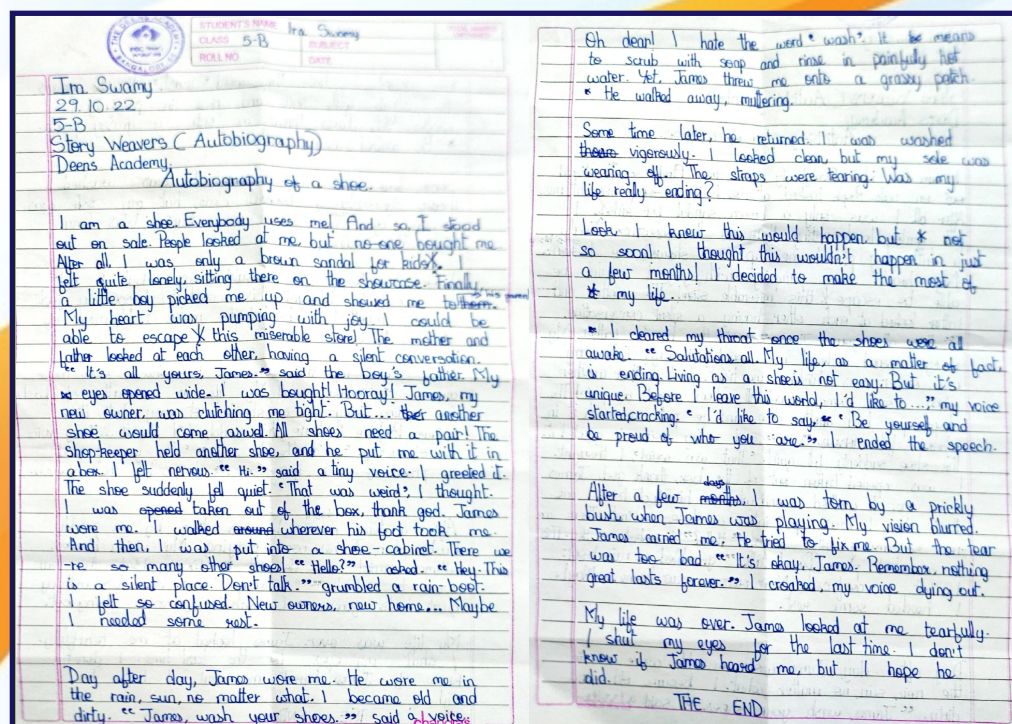
The first thing that came to my mind was how could I use my power in the most fruitful manner. Instead of having an ambition like any other child for riches, fame, or power, I felt like I would be more contented with seeing people happy.

My thoughts go like - I could help the police or any other investigative body to bring to light things they would never be able to find out...

I could also see what people are planning and stop them from executing their malicious plans!! An invisible person would undoubtedly feel like a genie, being able to grant any wishes, YAY! He/she will be unstoppable and can travel anywhere to do whatever he/she wants.

But after thinking for a while, I realized all the wrongs one could do with this power. They could rob a bank or a factory or anything else and help anyone to get riches. They could silently murder anybody and get away with anything and what not! This is why I believe that being invisible for even an hour is one of the most dangerous things that can happen in this society.

- Aarush V Abhilash, 7B

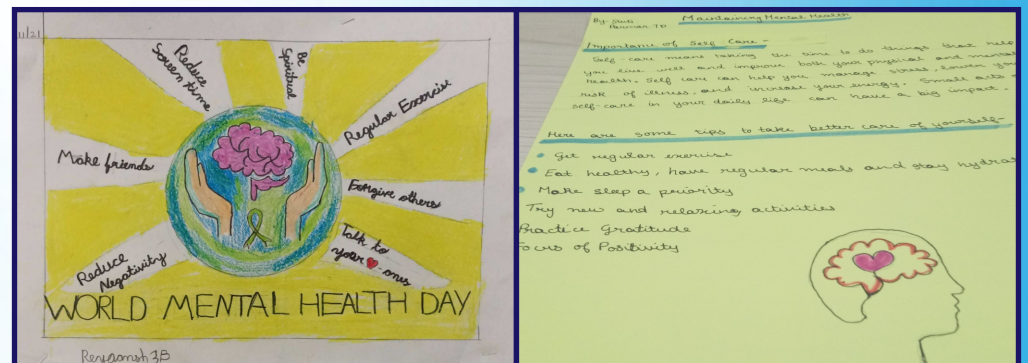


You Can Start By Listening

I am tired of this feel,
Will I ever heal?
I feel as if I will collapse,
Even if I try to, I can't eat.
It feels like someone has stabbed my heart with an axe!
On the inside I believe, I am not complete.
People are stressed,
In case you didn't know, their mental health is in a complete mess!

So please help us,
You can start by listening, I guess.
We need someone to talk,
Someone who can make us exercise, someone we can talk to while we walk!
I would say take a break if you need it,
You can do whatever you like, wear the ugly sweater your mom had knit!
Pay attention to the present moment,
No, you were never a disappointment!
Your feelings are valid, like the tree's barks they are twined.
As Aisha Mirza once said "It is not the bruises on the body that hurt. It is the wounds of the heart and the scars on the mind."

- Anhad Kathoor 8E



Quiz Winners

1ST PLACE-FLAVUS HOUSE- SUMANA DAS (7E), ARJUN BOSE (8A)
2ND PLACE- RUBRUS HOUSE- SHREYA ORUGANTI (8B), RHEA RAJESH(7B)



Grade 6 - Field Trip to Visvesvaraya Museum



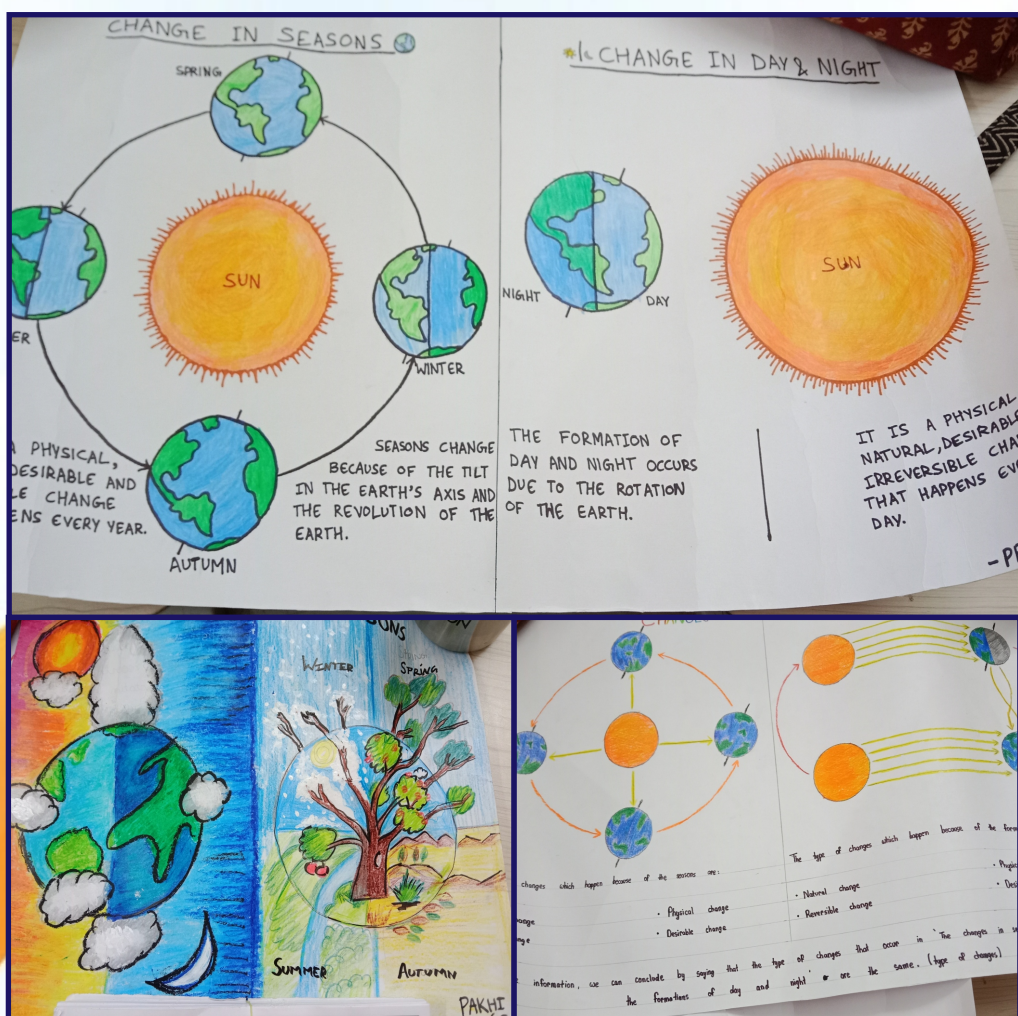
Grade 7-A Yoga Class In Progress

It was yoga, the last period of our day. We were all settled for our yoga class. Ms. Rajita, our yoga teacher who was pretty happy with our behaviour - we had instructed us to go into deep meditation (Swastikasana) for 5 minutes. As we were involved in Swastikasana, Mr. Baljeet our English teacher walked into the class. She was pleased to see such a quiet class and praised us for being well behaved. We then started doing other exercises such as Vasishrasana, while Mr. Baljeet was taking photos of class. Later, as the class was about to wrap up, our yoga teacher shared some important quotes. One of the quotes said by her was "I am not good; No one is bad" by Gurus Granth Sahib Ji. As we were discussing about it, this as the bell rang and it was time to go home. It was a wonderful period to finish the day. All of us were very happy after such a wellness activity.

- Eshan Shaik
7B



Geography and Chemistry art Integration-Grade 7



8th Grade and Apex Industries A field trip organised by the Rotary Club Indiranagar

A day with real-time engineers, spent at Apex industries by the batch of grade 8 from The Deens Academy as a part of an activity by the Rotary Club, Indiranagar. A bumpy ride to Mallur, students cramped up in their buses didn't seem like the ideal way we, or rather anyone would want to spend their Friday. "We'd be better off at school" the students thought to themselves. But, in the end, the trip turned out to be a truly enlightening and one-of-a-kind experience! Reaching Mallur, we got sight of all the various small and big-scale industries/factories situated in the very same area. The whole grade lined up in front of the first factory, accompanied by our teachers. We were welcomed with much hospitality, greeted by the staff who commenced our visit by leading us into the LED factory. At each station, we were received by people respective to their particular department who expounded us with information we would never learn elsewhere. The first unit we visited was where bollard/garden lights were being made, labels being attached, and packed to export. Here, we got an opportunity to understand what goes on inside the factory and behind the scenes of the whole show. Did you know, in anticipation of cost-cutting and tight budgets, they laser print the labelling instead of using soft copies. **Quick-witted don't you think!**

Some of us even got our names laser-printed onto our pens!

Types of MCPCB boards that are used for various lights were introduced to us. These boards are usually made of aluminium and are the mainframe of any LED light. The MCPCB boards are mounted on the fixture using thermal pastes and then connected to a power supply(drivers) which are conductors. After which, we headed to income station, where the process starts. This is the inspection area where all the exported materials come in and are stored in racks. All these materials are thoroughly checked before sending it over to the production station. These are the steps taken before the work happens. We saw original MCPCB boards, drivers, and everything else that makes a light. We then went on to visit another factory where most of their inventory is done. They introduced us to powder paint, which is a substance that is used to show the durability of paint and creates a better finish than conventional paint. We also got to see the parts used in creating bank ATMS. This factory consisted of several machinery units like weldings rooms and laser cutting metal areas.

THE FUTURE IS HERE, AND WE WERE LUCKY ENOUGH TO GET A SMALL PEEK !

We got a chance to visit a one of a-kind next-gen industry where they make a state-of-the-art revolutionary device that capture slides of bacteria when seen on a telescope and directly saves it to your cloud. This makes storing physical slides of bacteria etc. no longer needed and is replaced with a digitized report. A US company invented this device, for the first time in the world, and we got to visit the place that manufactures it! I truly believe that this was the highlight of the trip for all students and was quite an exhilarating experience! Oh no! I forgot to mention that we got goodie bags full of snacks given by our hosts! What a way to end the trip!

Special thanks to the Rotary Club(Indiranagar) and The Deens Aacademy for organizing this field trip and the teachers who accompanied us.

- Anushka Anand 8D



1. Visit to Cheshire Homes :
<https://drive.google.com/drive/folders/1pmt5j-Kmte21wQKki7p28pIlgNVcamYW?usp=sharing>
2. Government School children visit: https://drive.google.com/drive/folders/1ffGJMQWeEtLEdsI3xFAsa92FepHkk-Kv?usp=share_link
3. Fund raiser : Food stalls :
https://drive.google.com/drive/folders/1F-5r5SXnRTsOrTVI5rKVepI95rDFVkc?usp=share_link