

DEEN-A-LOGUE oc

Oct. - Nov. 2023-24

FROM THE EDITOR'S DESK

At Deens, it does not rain, it pours! What a line-up of events the school campus has been host to, these last two months! Read the latest edition of the Deenalogue for all the exciting details.

Bagless Day

Exploring Creativity and Practical Skills: A Report on Grade 8's Bagless Day

Recently, we, the students of Grade 8, had an enriching and educational experience during our bagless day. This day was dedicated to hands-on learning, allowing us to explore our creative and practical skills beyond the confines of a traditional classroom.

We engaged in carpentry, specifically keychain making, which taught us valuable skills that are useful in everyday life. We learned how to handle tools, measure accurately, and create simple wooden structures. It was a unique experience that gave us a new appreciation for the craft.

The tyre changing activity introduced us to the basics of vehicle maintenance. We learned how to safely remove and replace a tyre, a practical skill that could come in handy in the future. It was a fun and educational experience that taught us the importance of self-reliance.

In addition to these primary activities, we also participated in secondary activities like clay modelling, fabric painting, and tie and dye. Clay modelling allowed us to express our creativity and imagination, moulding the clay into various shapes and forms. Fabric painting taught us about colour mixing and brush techniques, while tie and dye introduced us to the traditional art of creating beautiful patterns on fabric.

Overall, the bagless day was a resounding success. It provided us with a muchneeded break from regular academics and introduced us to new skills and hobbies. The day was a testament to the fact that learning can be fun and engaging when it goes beyond the confines of a classroom.

- ATHISH PRAJWAL 8B

There was a thrilling charm in the air, and a current of enthusiasm flowed through our veins. And why not, for it was the Second Bagless day for Grade 7 this Academic year. As Christmas was round the corner, the activities for our most awaited event in the later part of this air were inspired by festive decorations and celebrations. The students worked in groups of five, and created all sorts and types of decorations, ranging from a Santa with a back support that helped it to stand, to DIY Xmas trees and snowflakes, not to forget the snowman! The day was also included Event Planning, courtesy to our skill-studded teachers, we can now plan are parties all by ourselves. Lastly, the day was anything but incomplete without the practice of various art forms like Zentangle techniques, Block and Glass painting, that proved to be the icing on the cake. This leaves me truly in anticipation of our next and final Bagless Day!

Muhammed Sayf Memon of Class 7B,
Deens Academy, Whitefield

My Bagless Day Experience

Hello! My name is Raghav, and in this write-up, I will describe my personal experience as a student in the Bagless Day for Grade 8.

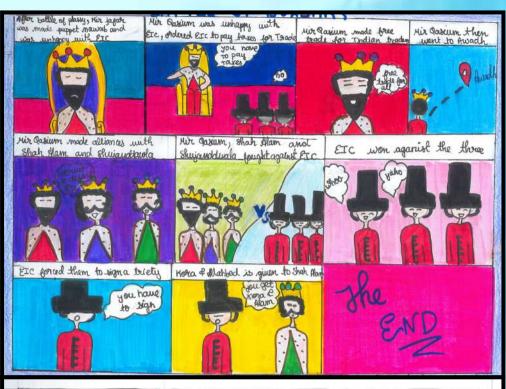
The concept of Bagless Day in the Deens Academy really entertains me. I am delighted to say that this is an out-of-the-box-idea from the school's part, as it really amplifies my creativity to its indefinite limits, and it is an epitome of fun.

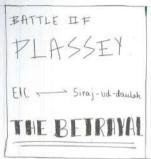
On Saturday, the 2nd of December 2023, we had our second Bagless Day. This time, Bagless Day comprised of three activities, namely tire-changing, carpentry, and art.

First thing in the morning, after circle time, I, along with my grade, learnt how to quickly loosen/remove and fix a tire in place, using nuts and bolts, a kind of a wrench, my hands and a jack. In my opinion, working with the jack was the only part of the activity that got stars in my eyes, because I learnt how its mechanism works, i.e., how it lifts the car and puts it down, too. I think this activity was marvellous as we changed a tire of one of our very own school vans!



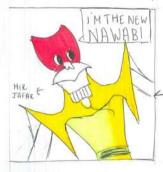
Historical Events as Comics Strips



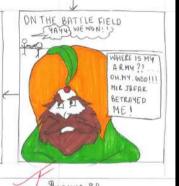












June 23, 1757



the fort of Calcula and impresoned many British officials in Fort William reached Robert Clive. He planned an attack.

News that the Nawab had siezed



why don't you betray the house ? I will make you the Namab when we win. But British will be



Yay!!!!

I'm the

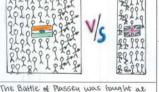
Nawas

Mir Jafar, Siraj-ud-Daulah's commander in chief, entered a conspiracy with Robert Clive.

Palashi, on the banks of Bhogisathi

River on June 23, 1757.

and impresented many British soldiers

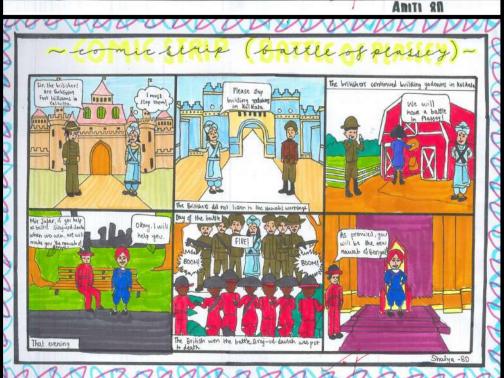


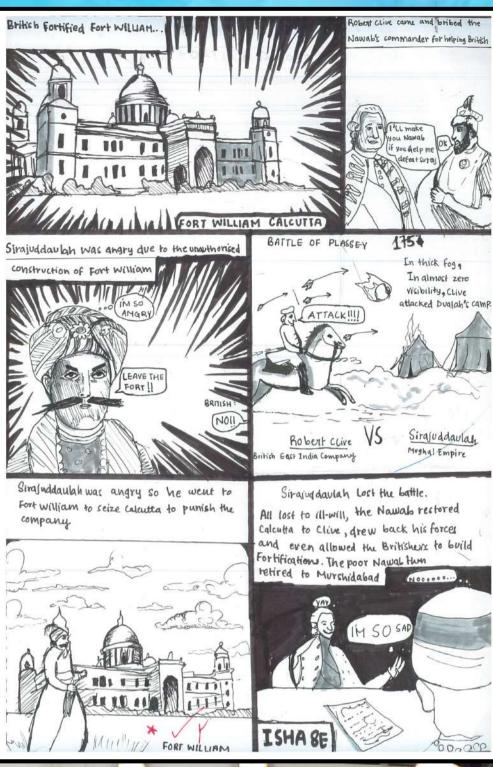
Mir Jafar's squad did not show up to the wax. Nawab's army of 50000 soldiers was brulally defeated by crive's 3,000 soldier army. Nawab was mercilessly killed.

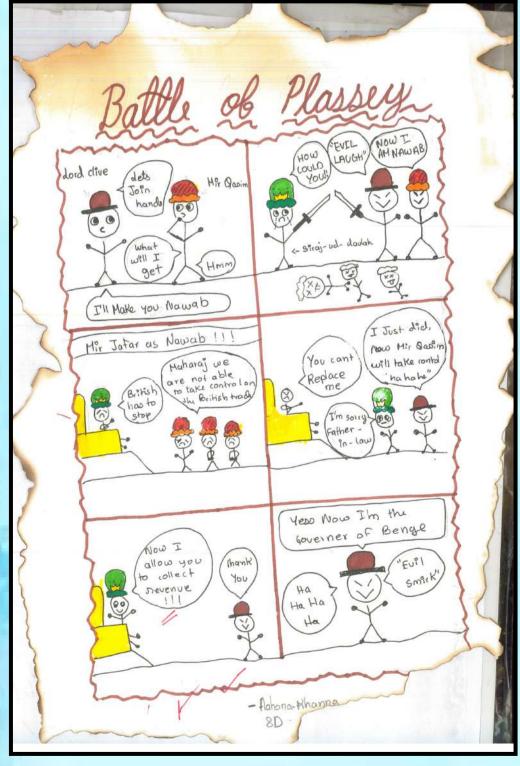
How could Mb Now all we have to do is kill you!

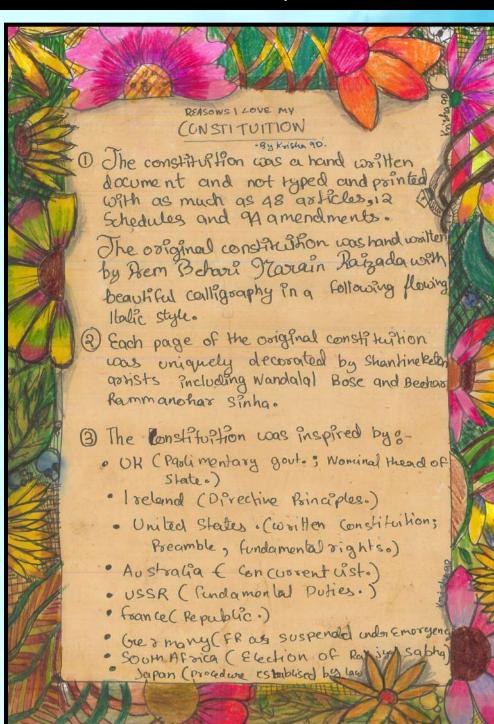
You have done well. We will make you the Nawab. You will give us back ALL the forts. You will grant us more land and the right to forthly calculta. You will rewards too Make

Mr governor. 5 This marks the beginning of British rule in India.









REASONS I LOVE THE CONSTITUTION

The Indian Constitution is one of the largest, lengthiest and most detailed onslitutions in the world. It covers a wide range of aspects, including funda rights, directive principle of shale policy, powers and responsibilities of the government and the structure of the Judiciary. It's comprehensiveness is often seen as a strength ting that various aspects of government are well defined and prolected. It contains a meamble, 448 articles, 25 groups, 12 schedulles and 5 appendices. One remarkable aspect of the Inclian Constitution is that it was not typed or printed but wither randwritten and illustrated. The calligraphic maskrpiecs was the work of frem Behari Narain Roizada, a renowned calligrapher from Ultar Prodesh, India Raizada along with a team of five calligraphers, spent six months meliculously inscribing each word of the constitution on parchment paper. It showcases the artistic henitage and cultural richness of India. In addition to the hardwritten best, the Indian constitution also features beautiful lustrations by the renowned artist Nandalal Dose. These illustrations depict malk includes representation of scenes from Indian history, cultural feetinals and aple who played a pivoled role in the country's freedom struggle. Another acknowledges and respects the country's vast diversity. The commitment

Kaiwara Betta Trek

When it was announced that our grade would be going on a trek to Kaiwara hills I was exuberant, fast forwarding to 25th November, we were told to arrive at school at 6:00am so that the buses would take us to our destination. Everyone was packed and ready to go and we were off in a jiffy. Halfway through our journey we stopped so that everyone could eat some breakfast. Everyone ate to their hearts content and then we were back in the bus. We finally reached our destination and the trek experts were making us perform some warmup exercises so that we wouldn't get any cramps. Soon we were off and trekking up the treacherous hill. It was rocky and very inclined with a lot of loose gravel and sand. Soon we reached our rest point after climbing for around 45 minutes. The views were absolutely breathtaking and it looked like we were on top of the world. After resting for 15minutes we got back to our threatening climb. After a while we had reached the peak of the hill which was around 1166 feet, we were all giving ourselves a pat on the back. We all took in the view and took many pictures. We rested for about 30minutes and then started our descent. Lots of peoples feet were hurting and we were all worn out but with the help of our friends we powered through it and reached the bottom in no less than two hours. We got served some lunch that we ate as we were all drained of all our energy and the heat was absolutely sapping all our energy. We got back in our bus and we were on our way. Again halfway through our trip we stopped for a quick bite and went back to school where our parents picked us up. All in all it was a great field trip which will forever be in our memories.

The End

At the Old Age Home



Fit India by CBSE

The Importance of Fitness

In the modern society, there's a focus on being "fit." But unfortunately, the real meaning "fitness" is often misunderstood. In magazines and advertisements, we see "fitness" illustrated as models with six pack abs working out in Gym. But actually, the real fitness goes beyond being able to run quickly or lift heavy weights. In simple terms, fitness can be described as being active — both physically and mentally. Being "fit" has direct benefits for our mental health, cardiovascular system, respiratory system, and our physical condition later in life.

The first step to getting fit is to exercise regularly. Exercise increases your metabolic rate and plays a vital role in building and maintaining strong muscles and bones. It reduces risk of obesity, weight gain, chronic diseases, such as type 2 diabetes, heart diseases cancer.

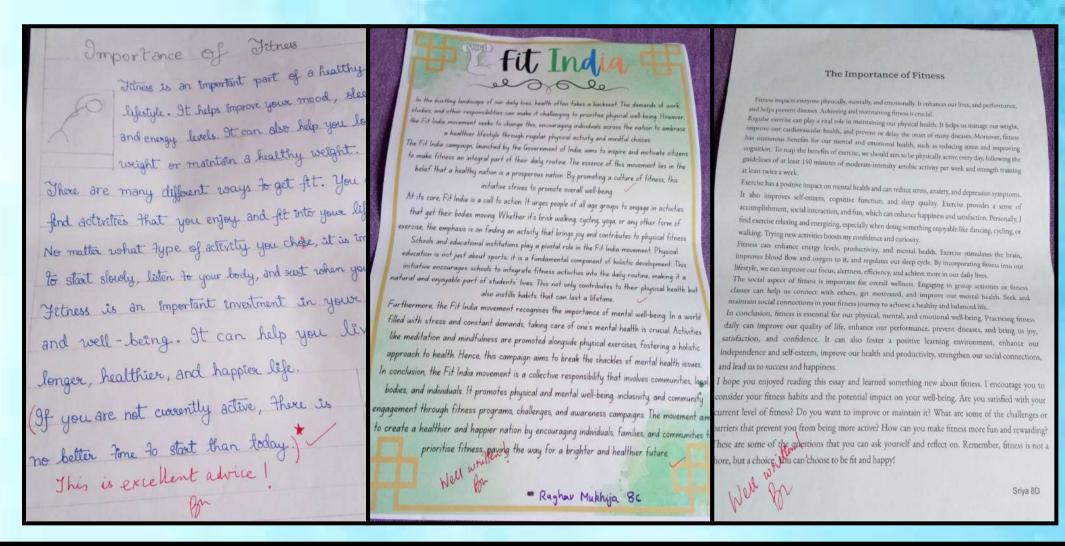
Research has also shown that physical exercise releases proteins in the brain that improve memory and increase cognitive performance. Experts have found that there is a connection between being physically healthy and delivering a strong academic performance. Studies also prove that exercise boosts creativity and mental energy.

When you exercise, your brain stimulates many chemicals that may leave you feeling happier, more relaxed and less anxious. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. It also helps people sleep better. Physical activity also can help you connect with family or friends in a fun social setting. Sports also develop teamwork and leadership skills. It also helps people sleep better. Plus, exercise can give you a real sense of accomplishment and pride at having achieved a goal — like when I finish 15,000 steps in a day.

Thus it is important to incorporate exercise into our lifestyle. Even small changes can help like taking the stairs instead of the elevator.

Wall wrider!

-By Arshiya Goel (8D)



Bagless Day

Visit to the Gurudwara

I, along with my other peers of 7th Grade, had the honour of visiting the Gurudwara, Ulsoor during our recent field trip on 22nd November. As we entered the Gurudwara with our heads covered, we went through a small pool of water to wash our feet and cleanse ourselves. Inside, there was a calm and serene atmosphere. From a different and more personal perspective, it was clear that the Sikh holy works are highly revered. We received an explanation of the core beliefs of Sikhism—belief in a single God, rejection of worship in form of idols, equality of all people, service to others, and the expectation that one

should strive to live an ethical life—in a manner that is neither intimidating nor judgmental. We even recited a holy verse which allowed us to further indulge ourself in Sikh culture. We then proceeded to the Langar hall to eat the lunch meal. The concept of Langar is to provide everyone in need of food, irrespective of their caste, class, religion, and gender. It is also an example of the Sikh principle of sharing and equality; everyone sits together for the meals as equals. With this we ended our visit to the Gurudwara which I am sure my peers and I look forward to visit again.

- Mayukha M Panicker 7B

