

FROM THE EDITOR'S DESK

Presented to you by the editorial team of grade 7, this edition is dedicated to the silent warriors who strive to bring positive changes in the world, along with the other happenings that keep the corridors of Deens buzzing with excitement.

- Ms. Hemlata Pande, Principal, Gunjur Campus

Section 1- Theme of the month The Silent Warriors-Social reformers, scientists and activists



Silent warriors

These individuals, whether scientists, social reformers, or activists, work tirelessly behind the scenes, effecting positive change in the world without seeking fanfare or recognition. They dedicate themselves to causes they believe in, making a lasting impact on the lives of others.

Who are these silent warriors?

1. The researcher who spends countless hours in the lab, searching for a cure for a deadly disease.
2. The social worker who advocates for the rights of the underprivileged and fights for social justice.
3. The environmental activist who tirelessly works to protect our planet and its resources.
4. The teacher who inspires young minds and empowers them to become agents of change.
5. The community leader who brings people together to address local challenges and build a stronger community.
6. Healthcare Workers: Doctors, nurses, and other medical professionals who provide care to those in need, often in challenging or underserved areas. Social workers who fight for the rights and well-being of vulnerable individuals and families.
7. Advocates: Individuals who raise awareness about critical issues, such as human rights violations, environmental degradation, or animal welfare. They organize peaceful protests, lobby policymakers, and educate the public.
8. Volunteers: People who donate their time and skills to worthy causes, from building houses to serving meals at homeless shelters. Their dedication makes a tangible difference in the lives of others.
9. Bystanders who intervene: Individuals who stand up against injustice, discrimination, or bullying, even when things are difficult or risky. Their courage can create a ripple effect and inspire others to do the same.
10. People who make ethical choices: Consumers who support sustainable businesses, individuals who conserve resources, and those who strive to live with kindness and compassion. These seemingly small choices contribute to a larger positive impact.

What can we learn from the silent warriors?

Their dedication, selflessness, and unwavering commitment to their causes inspire us to:

Identify causes we care about and act, no matter how small.

Recognize and appreciate the contributions of all those who work for positive change, even if they remain anonymous.

Be the change we wish to see in the world, whether in grand gestures or everyday actions.

- Armaan Mohammed Bin Arif-5D / Johan Maddukuri- 7C



In a world that usually celebrates fame, success, and grand achievements, it's all too easy to overlook the silent warriors who tirelessly work behind the scenes, making a profound difference in our world. These unsung heroes may not seek recognition or accolades, but their actions and contributions have a lasting impact on the lives of others. While the spotlight may shine on celebrities and prominent figures, it's important to remember that true heroes are not always found on the front pages of newspapers or under the glare of camera flashes. They are the everyday individuals who selflessly dedicate their time, energy, and resources to causes greater than themselves.

They come from all walks of life – teachers who go above and beyond to inspire and educate their students, volunteers who tirelessly serve in their communities, caregivers who provide comfort and support to those in need, and countless others who quietly make a difference in their own unique ways. Their actions may seem small in the grand scheme of things, but it is their collective impact that creates a ripple effect, transforming lives and shaping a better world. These unsung heroes embody the true spirit of compassion, resilience, and empathy, reminding us that even the simplest acts of kindness can have far-reaching consequences.

-Manya Jain, 7B

Stephen Hawking

Silent warriors may not always be seen, but their actions speak volumes. Everybody can make a change in the world – big or small and all these changes will leave an indelible mark in the world. There are so many people in this world who fight to make changes that lead to a better future. So many warriors who stay strong even when the times get hard. They are a source of motivation for us. One such person is the well-known Stephen Hawking. Hawking was a theoretical physicist renowned for his work in cosmology, quantum mechanics, and black holes. He was drawn towards the mysteries of the world. However, at the young age of 21 – he was diagnosed with "Amyotrophic Lateral Sclerosis" (ALS). The doctors gave him the lifespan of just a few years.

This did not faze him. He was determined to make his mark as a scientist. Through groundbreaking discoveries on black holes, the Big Bang, and the nature of space-time, Hawking transformed the beliefs and understanding people shared about the universe. Despite physical limitations, his mind soared, inspiring millions worldwide. He lived for 5 decades, surpassing the doctors' beliefs. His bestseller, "A Brief History of Time", ignited the curiosity of science enthusiasts. Let's remember – When the going gets tough, the tough get going. The real warriors are those who inspire changes in the world, proving that actions speak louder than words,

Anagha Nair, 6A

Section 2- Young authors at Deens

As a part of the newsletter team, We interviewed a few students who had newly published their books through BriBooks. Our authors of the month are from grade 4 and 5, Madhav (4D), Vanya (4D) and Kshitij (5E). Madhav wrote a book named "The Cosmic Quest." "The Cosmic Quest" is an adventure-based book. He was greatly inspired by Enid Blytons's adventure series- "The Famous Five," "The Secret Seven," and "Malory Towers."



On the other hand, Vanya authored a book called "The Day of Cascading Chaos." She decided to write this book as she is a passionate writer and a frequent contributor to the newsletter. Her inspiration to write in the genre of realistic fiction was because she has read a lot of books written by Sudha Murthy and was inspired by her. Kshitij, from grade 5, wrote book called 'Mystery of the Mystery Professor'. It is his first book. It is about two children who try to find a missing high school professor. His love for mystery novels inspired him to write this book in the genre of mystery fiction.

Both these books show the students' determination, confidence, and passion for writing. We hope you will continue to write more books. A few reflections from the authors-

1. They both suggest that given an opportunity next time, they want to enlarge the content and make it more attractive.
2. They also intend to work on expanding their vocabulary, experimenting with different genres.

-Manya Jain-7B and Akilan Nagarajan-7C

Section 3 - SEWA

Social service is a means by which we give back to the society which nurtures and supports us. Our students took up the roles of social warriors by doing their bit for the underprivileged.



We had interviewed students who had taken social initiatives to bring about a change in the community and to promote positive changes as a part of the newsletter team.

We interviewed Mrinalini Biswas from 6E, Mohit from 8C, Nipun Gaur from 8B, Aanya from 7B and Kanha Aboti from 6E, Sahana and Anagha from 6A, Aadya from 7C, Aatrey from 7A, Anwita from 7A, Rishith from 6E, Samudyata from 8A and Avika from 8C.

"I help students in the rural Sundarbans by taking online math classes for them in Bengali to help them ace math Olympiads. It's a small way to give back to the society and I really love helping the community as it gives me joy."

-Mrinalini Biswas 6E

"I planted indigenous plants in the society to help the environment. It is very important for the environment as it helps in afforestation. They can survive in any climate and therefore help in water management too."

-Mohit 8C

"There was an event held in our community for the Ram Mandir, and I helped in the community kitchen. I helped with the cooking and the serving of food too. I also helped with setting up the stage, decoration etc. It was a big event, so I thought that not only adults, but also kids should help in these events."

-Nipun Gaur 8B

"There is a charitable trust called ACT in our community, where each year we hold a marathon, for collecting donations for building schools to help the underprivileged. So far, we have built 4 new schools for them. It gives me joy while helping them."

-Kanha Aboti 6E

"We collected funds for a school for disabled in Kerala which was founded by a magician called Gopinath Muthukad. Students are taught singing, dance and

magic. We feel that this school will help increase inclusiveness and help people feel needed and have a purpose."

-Sahana and Anagha 6A

I had rescued a kitten which was stuck in the tyre of a small truck. I rescued it because I saw it was crying and felt sorry for it. I also adopted it. I hope that other people also become kinder to strays.

-Aadya 7C

"I cleaned the forest area near my community. I did this because I wanted to see my surroundings clean. Though it is a small step it brings a substantial change."

-Aatrey Rath 7A

"I donated many plants to my community. I did this as I wanted to see an environment filled with greenery. This is also a step towards afforestation."

-Rishith 6E

"I scribed in an examination for blind students. My teachers say that I have a good handwriting and I have fewer spelling errors in writing. Hence, I took the initiative to write an exam for the blind."

-Samudyata 8A

"I donated my old stationary to the needy. MY old stationery was of no use to me, but it was useful to the ones who needed it. Thus, I donated my old stationery to the orphans, and this made me incredibly happy."

-Avika 8C

Ashirwad Seva ashrama is a Bangalore based non-profit NGO managed by Sikshana Rakshana Foundation. Ashirwad was established with the motive to enable orphaned & underprivileged children to live an independent, cultured and educated life. We met 33 kids who were either orphaned or underprivileged and distributed cakes and chocolates and helped in the distribution of food during their lunch time. It felt nice helping people for once. "True happiness lies in making others happy." ~ Swami Vivekananda

- Aryan Ghosh, 7B

-Lakshya Ramsundar, 7D, Akilan Nagarajan, 7C and Sai Rakshith, 7A

Service to society- Age no bar! A Day at India Inclusion Summit 2023

India Inclusion Summit is a yearly event organized by India Inclusion Foundation founded by V.R Ferose. The Organisation has no employees, but only volunteers. I am proud to be one of them. The main vision of this organization is to create an Inclusive India. The event IIS is the biggest event of the year organized by India Inclusion Foundation in Bangalore, inviting more than a 1000 Persons with Disability (PWD) from all over India to join, and celebrate their disability. This was conducted on the 3rd and 4th of November 2023, this year. The main programs are by PWDs, allowing them to showcase their talents, and prove that everyone is good at something.



The event started at 8:30, first I volunteered at the registration desk till 10:30. After most of the registrations were done, I had some time to enjoy the event. I met some very amazing people and helped them around the event. I wanted to mention a very special person I met today in this report. His name is Prathamesh Sinha, a 12-year-old boy from Pune.

Prathamesh was also the emcee of the program. He is a visually impaired child, studying in a blind school. In 2021, He has received many awards and was a part of Shark Tank India, allowing him to also meet the honourable prime minister Shri Narendra Modi. He quoted "Normal children are first believed and then prove themselves, but for disabled people to be believed, first they need to prove themselves." PWD's also have their share of problems, which they face along with their disability, but they also face bias in society, yet are coping with it, and living a good life.

Why can't we also help these people feel included in this society? Thank you, IIS, for helping me learn a lot more about the invisible majority... or I must say, "Invincible majority". For serving mankind, you need to have a heart. Age, economic status, gender don't matter.

- Anwita Prasad-7A and Anagha Nair, 6A

SEWA aims to empower the learners, through experiential learning, to develop as active, caring and compassionate humans. SEWA will also aid in the intellectual, personal, social and emotional growth of the learners.



In this regard, the students of grade 10 of our school visited a government higher primary school in the vicinity and interacted with the children, as student teachers, involving them in a plethora of activities such as chess, football and hopscotch, all coupled with ice breaking session and story telling. The day began with an ice breaker session where both parties introduced themselves to each other. The children of the school were divided into groups and taken for various activities. Their excitement and enthusiasm were a joy to behold! Community service helps an individual to not only contribute to the development and well-being of the society, but also to inculcate values of gratitude, compassion and humility. When the day came to an end, our students carried back with them, not only the memories of this beautiful day, but also an urge to serve their community as best as they could.

SEWA- The unparalleled joys of service-

"Sewa" is something all of us should practice diligently. I learnt these values from my parents who always encouraged me to serve and help others around me. I would like to mention the activities which I was a part of recently: -



1) My visit to Suraksha Old Age home: - First time in my life, I visited the old age home with my parents. I saw the people there sad, as they were not with their families. We spent time with them, had a small party, listened to their stories and even had a few laughs. I even demonstrated my karate chops and moves! We were happy to see smiles on their faces.

2) My visit to a Gaushala: - I was not particularly excited about feeding cows and I was a bit scared that they will bite my hand. But with my dad's help, I managed to overcome this and saw how these gentle creatures love people petting them. This gaushala takes care of many cows, and it was time well spent.

3) Teaching Nikhil: - Now you may ask "Is Nikhil your brother or relative?" The answer to that question is No, He is the son of our security guard, and he often comes to our house to play with me and my dog. My mom gave an idea of teaching Nikhil alphabets as he is 3 years old. Then I took the initiative to work on this. I am determined to teach him to write all the alphabets!

-Kumar Ishaan 7B

Water- Every drop is precious!

We are amid a water crisis and keeping this in mind, I made a website in which I am supporting a NGO called Water Aid which has helped thousands of people over India. I wish to educate people on ways of how they can conserve water in their homes. My goal for this project was to inform people about conserving water as it would be a catastrophe if our planet ran out of water. The link also contains a donation page, through which people can donate to the NGO.

<https://rzp.io/UaR1kNV>

Aanya Mehta, 7B

Let's join hands and be the Changemaker

Hi,

Thank you for visiting my page!!

I am Aanya Mehta. I am studying in class 7 at Doens Academy, Bengaluru. I am supporting WaterAid India in their initiatives so that everyone, everywhere can have safe and clean water.

Water is one of the most important natural resources and essential for life, but sadly, it's depleting fast due to excessive extraction and wastage. India which is home to the 17% of the world's population but only 4% of the world's fresh water resources are available for our use. By 2030 the water demand will be double the current demand but with further depleted water resources. It is important that we take actions that can ensure sustainable water resources for the future generation, especially for the vulnerable people who live in

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Grade 7

This bagless day had multiple specialties, the main one being the fact that it was conducted on a Saturday. At the start of the day, we had a counselling session on "Positive body image and self-awareness" after which we had a puppet-making activity based on our English literature book "The Call of The Wild". At the end of the day, we had a reflection sheet given to us to be filled out about our wonderful experience of the day. I have taken the interview of a few students who attended the bagless day- "The counselling session changed my opinion about how to deal with high emotions. After the counselling session, we had a puppet-making activity. Creating fictional characters was not as easy as I thought. But, with the help of my teammates, I was able to complete the activity."



-Mishel, 7A

"The bagless day was fun. I learned a lot about myself through the counselling session. The puppet-making activity allowed me to learn to cooperate with my team members."

-Rishika, 7E

"We learned to appreciate ourselves and our feelings. It helped me pay more attention to what I say to others. We also made puppets in groups which taught us to collaborate and work as a team."

-Priyanka, 7C

"It was an incredible experience. I got to learn how to use my creativity in new ways. I also learned about body emotions and that I had to put myself in other people's shoes. This bagless day, though short, was a memorable experience."

-Avyay, 7B

-Meghna Menon, 7E

Grade 8:



"Everyone needs a little breather and just have fun for a whole day!" We, the students of Grade 8 experienced such a day when we had our final bagless day for the year, to enjoy and recharge our brains after a long week of learning. Activities varied for the different sections; some did quilling, while others planted medicinal saplings and a few even cooked food without fire. A couple of sections learned carpentry, where they acquired the ability to work with wood. When the hard part was over, we were able to decorate our keychains with designs of our choice and imagination. It was amazing to see the splashes of paint turn these blank pieces of wood into a tiny mural of vibrant life that we could attach to our bags. Our guide showed us how to make keychains and helped us with the drilling and cutting.

The next task involved teaching us how to prepare herbal remedies at home using easily accessible ingredients. Every pupil was divided into groups, and each group created a unique set of home cures. A range of natural treatments were created by grinding spices, combining herbs, and heating the concoction under adult supervision. These included cough syrup, facemasks for acne treatment, drinks for stomach aches, and even biotic shampoo. The third and final task was fireless cooking! which is, well, just cooking without using fire. Students brought a wide range of edibles, including bread slices, sauces, freshly chopped fruits and vegetables, and much more. Each student took some time to put the components together to create a finished, unique dish.

I would like to conclude that the third and last bagless day was a memorable and successful one to add a bit of spice to this academic year. We are thankful to all the teachers and staff members who pitched in to make this day a remarkable and unforgettable one.

-Parvathi PL-8A

Section 5
Special Assembly- Grade 2 and 5

Grade 2



Grade 2 had their special assembly in the first week of March, based on the theme of "Punctuality". They held the audience spellbound with their performances which included skits, musicals and dances in Hindi, Kannada and English.

Grade 5



The students of grade 5, had their special assembly on the theme of gratitude. My fellow students and I started rehearsing for this event a few days before it took place. As we rehearsed, we understood the importance of gratitude and how it affects our lives. We comprehended the feeling of being thankful for every little joy in our lives. Soon, the time came to present this event to our parents. The event started with a welcome speech, prayer, and pledge. Then came the important headlines of the day, a breathtaking welcome dance performance, followed by an awesome skit in French. We also had other skits, a mime, a thank-you dance, and two lovely songs. We understood the significance of teamwork and how each of us matters. I wish to express my thanks to Shanthi Ma'am and Hema Ma'am, my teachers and my fellow students and parents because this would have still been a dream without them. Let me conclude by reiterating, it is not happiness that brings us gratitude; it is gratitude that brings us happiness.

Parvathy Nambiar, 5B

Section 6- WOW moments in the classroom-
Oxygen cycle activity: -Grade 6- Chemistry



On the 5th of February, we had an effervescent activity in Chemistry. We had to make the model of an Oxygen Cycle! Through this project we discovered the true importance of trees as miracles of nature. As we have learnt, plants and animals are highly interdependent on one another for survival. Trees require carbon dioxide which animals exhale for photosynthesis, through which they make their food – glucose. The byproduct of this process is oxygen, which animals breathe in for survival. We all enjoyed this project and presented it, after a few days. We had a self-reflection paper where we answered questions to see how much we had truly picked up from this session. I think the main lesson we have learnt is the importance of trees and oxygen for our survival. Thus, we have learnt that we must preserve the environment and plant trees for a better world and a better future.

- Anagha Nair, 6A

Field trips- Grade 5, 6 and 7



Field trip to Science Culture Exhibition- Grade 5 and 6

Grades 5 and 6 went to a science exhibit on 29th February and 1st March 2024. The guide addressed the children on the theme of the year- Carbon. The children saw documentaries, presentations and explored an interactive maze. They also explored a miner's room to understand their working conditions. The children also saw videos and presentations on environment related topics. The students returned to school with a new perspective on carbon. I personally loved this field trip and really liked the way The Science Culture staff put together such a wonderful exhibition. I learnt a lot from this field trip and I'm sure my classmates did too! I came back home with a fresh perspective and a lot of knowledge. We certainly learned about what is going on around us through these experiments. I hope to go on many such field trips in the future.

-Meghna Sesha 6-D

Grade 7- Pearl Valley- A field trip to remember

To start off the final month of the academic year with a bang, Grade 7 was taken on a field trip to Pearl Valley or "Muthalaya Maduvu" as known locally on the 1st of March. Floating on cloud nine and loaded with snacks, we boarded the bus and sang peppy songs to spread the positive vibes. Some of us also indulged in long talks with our teachers.

Once we deboarded, we took on 5-6 flights of stairs with about 15 steps each. Overjoyed by the thought of seeing a waterfall, we followed where the line lead. However, it is safe to say that we were quite underwhelmed by the "waterfall" being just a trickle of water flowing amongst the rocks. Though it wasn't quite the image we had pictured in our mind's eye, it didn't stop us from taking pictures with the lush greenery around.

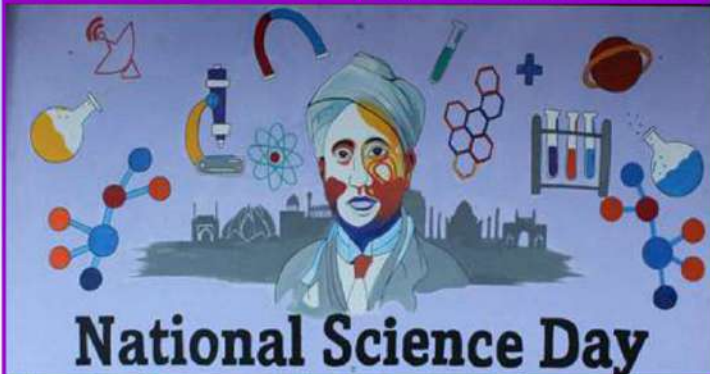
Now, the real adventure began. We embarked on quite a long trek, travelling through sliding stones, stumbling on rocks and squatting to get past certain areas. For some of us, it was a piece of cake while others struggled but persevered through it all. However, one thing which is worth noticing is the effort the students put into helping others. Instead of being the people who say "This was such an easy trek. Why were you so scared?", they offered to help the ones who weren't accustomed to such experiences. By having each other's back and fixing each other's crowns, we finally reached the top.

Again, we enjoyed the view and clicked a few pictures. Then, we set off on the trail back to the buses. Though all our energy was drained by the time we made it back, everyone stayed strong. We encountered monkeys but managed to keep our cool. That's another important skill to learn- Keep Calm! Just when I thought the field trip had come to an end, the bus ride suggested otherwise. There were people singing and swaying in their seats, all caught up in the moment, talking, eating and laughing! We barely realised that we had reached school. At the end of the day, we could all agree on something. This truly was one of the best field trips ever.

-Akshara Madhusudhanan 7B



Section 7
National Science Day



National Science Day is celebrated in India on February 28 each year to mark the discovery of the Raman effect by Indian Physicist Sir C.V Raman on February 28, 1928, which led him to win the Nobel Prize. The Raman effect is the scattering of light when it interacts with matter. It allows scientists to use light to see the hidden molecular world and understand the properties and behaviours of various substances in an informative way.

According to the Raman's effect, when light falls on an object, the object's molecules absorb a little bit of the light's energy and then send it back out in a different colour. It involves shining light on a material and observing how it scatters. By studying this scattering of light, scientists can learn about the chemical composition and structure of the material. The theme for 2024's National Science Day is 'Indigenous Technologies for Viksit Bharat'. This theme creates a more sustainable future for all with science.

NSD in our school-

A key highlight of the National Science Day celebration at our school was the project exhibition where students showcased their innovative science projects. The projects covered a wide range of topics including physics, chemistry, biology, environmental science, and technology. To inspire the students and provide insights into the world of science, guest speakers, such as Dr.Ganesh Srinivasan, were invited.

Many interesting projects with creative names like "Fantasia Furland", "Phenomenal pulleys", "Death by water" and "Super soaker" were presented with energy and enthusiasm. These displays showed us science in a different light. We also had a blood donation drive in our campus that day, organised by our Interact club, which saw the participation of many parents and teachers.

- Lakshiya Ramsundar 7D, Manya Jain 7B

Section 8
Kideens

February was an exciting month for the little ones of our school! In addition to the classroom activities, they also had " Reson-Art" to look forward to! "RESON-ART - A symphony of Imagination in kindergarten colours.

Reson-Art goes beyond aesthetics. It was more than just a display; it was a testament to the potential that lies within each child. It was a celebration of our little learner's journey of self-discovery, creativity and scientific exploration. Beyond the visual feast, Reson-Art offered a glimpse into little scientists at work. Each artwork and experiment told a story.

Reason-art is a display of all the crafts done by the little ones during the year. Children from LKG/ UKG were divided into groups and each group presented their experiments and different activities.

-With inputs from Ms. Sreedivya Harinarayanan



Hands and minds that worked together



Sai Rakshit-7A/ Akilan Nagarajan- 7C/ Manya Jain-7B/
Meghna Menon-7E/ Lakshiya Ramsundar 7D



Ms. Chandan Shenoy



Ms. Mini Jose