

FROM THE EDITOR'S DESK

We launch the sentiment of Mindfulness, with the theme of Sachetan, for this academic session, in an endeavour to foster forethought, consideration and discrimination in action and words amongst the Deenites. The expectation of a more tolerant, empathetic community underlies a lot of the activities planned for this academic session. In this first edition of Deenalogue, we hope you discover glimpses of the same.

- Shanthi Ma'am, Founder Principal

THEME OF THE YEAR- MINDFULNESS



In a world of instant gratification and searing competition, one forgets accommodation, care, kindness and moderation. Deens adopts MINDFULNESS-SACHETAN, as the theme for the year, in an endeavour to foster consideration, conscientiousness & discretion in every aspect of a Deenite's life. 'More Than a Word, More Than a Theme' "Mindfulness isn't difficult, we just have to remember to do it." – Sharon Salzberg Sometimes school can feel like having a thousand tabs open in our minds. Homework, exams, projects, deadlines, friends—there's always something happening. Isn't it a bit too much pressure for one mind to handle? That's why mindfulness, the theme our school has chosen for the year, is so fitting. It teaches us how to find calm in chaos, how to accept ourselves as we are, and how to deal with stress in a healthy, balanced way. You may be wondering—what exactly is mindfulness, why is it important, and how do we practice it? Well, we were wondering the same thing, so we asked the people around us. Their answers were thoughtful and eye-opening. A few high school students shared that mindfulness is all about thinking before you act, being aware of how your choices affect others, and treating everyone with kindness and empathy. They also reminded us of something we often overlook—online mindfulness. That means protecting your personal information, avoiding mean or harmful behavior online, and being responsible about what you share. Their goal is to spread positivity by setting an example and living mindfully themselves. Few other students explained that mindfulness means managing your time and focusing on the present rather than dwelling on the past or worrying about the future.

It's about balancing responsibilities and making the most of the opportunities that come your way without letting stress control your life. They also shared that mindfulness is paying attention to the little things. Small usually forgettable things that we tend to overlook and not be grateful for. Some of our teachers also shared their thoughts on mindfulness and what it means to them. One of them spoke about the importance of using our resources wisely—not just for today, but to protect the future for generations to come. Mindfulness, they said, is about knowing when to pause, reflect, and make choices that are kind to the environment and to others. Another teacher reminded us that even the simplest actions—like holding a door open, listening patiently, or respecting someone's space—can reflect mindfulness. According to them, it's not just a concept, but a quiet strength we carry into our everyday lives. A way of living that brings intention, respect, and care into everything we do. Practicing mindfulness doesn't need to be complicated. A simple body scan—where you lie down comfortably and pay attention to each part of your body, noticing any tension and letting it go—can make a big difference. Don't you feel like a heavy weight has been lifted? Meditation is another great method. It might be tough at first, but with practice, you learn to focus your breath, quiet your mind, and manage stress more effectively. It's okay if unwanted thoughts pop up at first; what matters is that you gently bring your focus back. Mindfulness helps us improve our focus, attention, and clarity. It boosts our emotional and physical well-being, leading to better sleep, lower stress, and even lower blood pressure. It gives children the strength to cope with bullying and helps us all show more kindness and patience toward others. Remember what Robert Frost said: "The only way out is through." Facing life's ups and downs with mindfulness doesn't just help us survive—it helps us grow. So this year, let's not just talk about mindfulness—let's try living it.

- Anwita Tripathy, Mia Verghese & Samhita Vivek 7D

INVESTITURE CEREMONY



There are a lot of high school clichés that take place, forgetting your books, canteen adventures etc, but a highly overlooked one has to be events. The thrill of choir and dance practices, the excitement of the final day. And this under looked high school cliché was perfectly displayed during The Investiture Ceremony at The Deens Academy Whitefield on 10 June.

There were weeks of practice and planning leading up to the final event. A week before the final event, the well deserving candidates for the posts of house Captain and Vice-captain for the respective houses were released. Then started the two days of campaigning, complete with laugh worthy campaign posters and inspiring speeches.

After the two days of campaigning, not only were the captain and vice-captain of each house revealed, but the core council as well as the prefects we're announced. These announcements were met with excitement and a boost in the building anticipation.

On a crisp Tuesday morning, the Investiture Ceremony was finally held, providing a wonderful payoff for not only the weeks of practice, or the months of planning, but the years of dedication the newly elected student council had put into honing their craft. The event kicked off by a beautiful fusion dance honouring the sacred lotus flower performed by our grade 9 students. Then, marching along with the powerful beats of the band, the student council marched to the stage to be officially badge. After a sincere pledge taken by the office bearers and a moving speech by our dear principal, the event was over. Bringing a satisfying reward to the hard work it had taken to make this event a reality.

-By Aishani Sahay 9B

FIRST DAY OF SCHOOL



VEGETATIVE PROPAGATION- DEMONSTRATION FOR GRADE 5 STUDENTS

Our Grade 10 Biology teacher, Miss Priya Jacob, delivered an engaging lecture on vegetative propagation that captivated students with nature's remarkable reproductive strategies.

The session began with **natural vegetative propagation**, where plants reproduce asexually without human intervention. We learned how potatoes develop tiny buds that can grow into new plants, while Bryophyllum's baby leaves naturally fall and sprout in soil. The night-blooming Indra Kamal amazed us with its ability to generate complete plants from single leaves.

Artificial propagation methods proved equally fascinating. Stem cutting emerged as the simplest technique—cutting branches, removing excess leaves, and planting them in soil. Soil layering involves bending branches to ground level until roots develop, while grafting combines two plant species to create varieties with desirable traits.

Advanced techniques included **tissue culture**, where laboratory-grown leaf cells form calluses that develop into plants, and **hydroponics**, using nutrient-rich water systems instead of soil—perfect for challenging growing conditions.

This informative session demonstrated how understanding plant reproduction can help us cultivate gardens more effectively while appreciating nature's incredible adaptability.

- Saanvi Badu, Grade 5D

GRADE 7 BAGLESS DAY

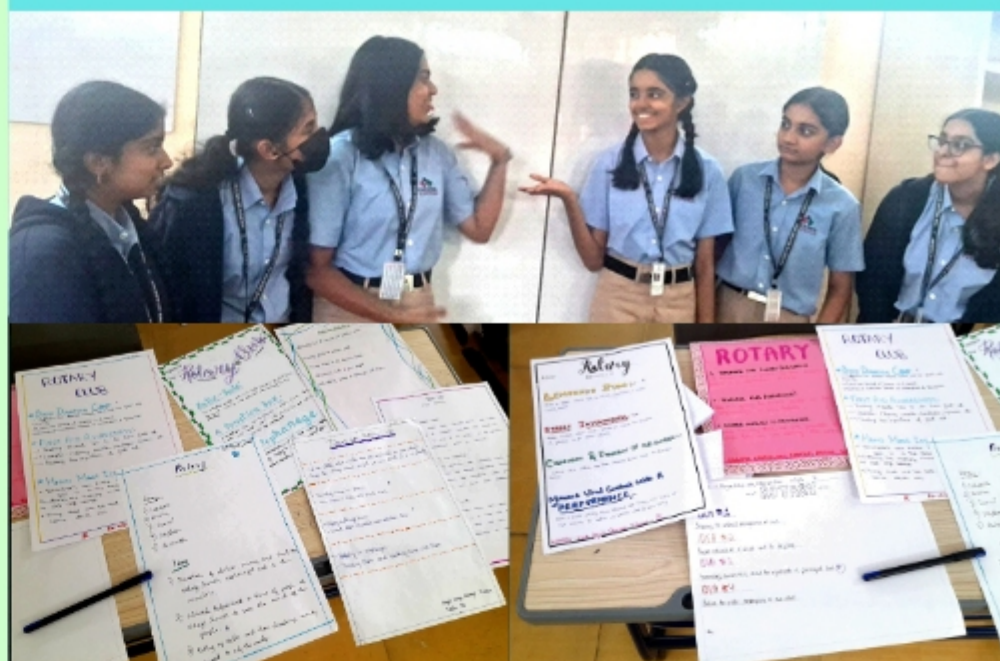
BAGLESS DAYS: LEARNING BEYOND BOOKS AT DEENS



Bagless Days at Deens Academy are extraordinary occasions when students leave their heavy textbooks at home and embrace creative, hands-on learning experiences that make education memorable and engaging. This year's activities were thoughtfully designed around our regular timetable, transforming each subject through innovative approaches. In **Social Studies**, students created functional dustbin bags from newspapers using origami techniques. This "best out of waste" project demonstrated how creativity can contribute to a cleaner school environment while helping our dedicated matrons and staff. **English class** introduced us to the fascinating art of "Blackout Poetry." Using daily newspapers, we discovered hidden verses by carefully selecting meaningful words and blacking out unnecessary text, revealing that poetry exists everywhere around us. During **Kannada**, we explored two engaging activities: analyzing the psychology behind advertisements and creating promotional campaigns for our favorite sports. This exercise strengthened our language skills while developing understanding of persuasive communication. **Mathematics** took an artistic turn as we learned to create intricate Celtic knots using basic mathematical principles, beautifully demonstrating how numbers and art intersect. Finally, **Hindi** brought life lessons alive through entertaining student skits and role-plays that taught valuable lessons about discipline while keeping everyone engaged through humor. This memorable Day 1 has already carved a special place in our hearts, proving that the most transformative learning happens when we engage creativity alongside academics.

- Dhairya Joshi, 7C

GRADE8 BAGLESS DAY



As part of CBSE's Bagless Days, we the students of The Deens Academy left our textbooks behind and dived into a day filled with creativity, curiosity, and chaos (the good kind). In our Kannada class, we took on the challenge of writing stories, a bold move, considering most of us aren't fluent. But that made it all the more fun and enriching. In History, we used just scissors, paper cups, and Renaissance painting printouts to create a rotating "window" of art and time. Hindi class turned into a verbal battlefield with lighthearted debates on topics like school uniforms and even bagless days. Chemistry was hands-on: we played with ethanol, leaves, and sketch pens to reveal the pigments hidden in green, black and red. And in our Rotary session, we put our heads together and brainstormed ways we, as students, can contribute to society. No bags, no stress. Just ideas, action, and a reminder that learning doesn't always come with a weight on your back. Thank you

- Aashriya- 8E

Saturday (21/06/2025)

❖ Rotary Club: "Voices, Values, and Vision"

Inscribing simple yet powerful social activities in groups of five. This immerses students from diverse perspectives, encouraging empathy and intellectual growth. Experiences like these also challenge assumptions and foster adaptability in dynamic environments.

❖ Science: "Colours of Chemistry"

Carrying out Chromatography in groups of five, employing diverse natural and synthetic solutes – such as leaf pigments and various inks – to investigate the hidden chemical patterns behind everyday colours. Chromatography introduces children to the invisible world of molecular separation, sparking curiosity and building foundational scientific thinking through hands – on discovery.

❖ Kannada: "Speak Your Mind in Kannada"

Encouraging linguistic creativity, students craft original Kannada sentences, weaving personal insights into structured expression. This activity deepens syntactic awareness while nurturing cultural and cognitive engagement with the language.

❖ Math: "Celtic Whispers – The Geometry of Connection"

Through intricate patterns of interlaced dots and flowing symmetry, Celtic dot art reveals a visual language of continuity, unity and timeless rhythm. In tracing these dots, students don't just create art – they engage with centuries of encoded meaning, patience, and meditative design.

❖ Hindi: "The Clash of Thought and Voice"

In a battle of logic and articulation, students engaged in spirited debate, navigating layers of argument with conviction and rhetorical precision. This analytical exercise not only sharpened critical thinking but also fostered active listening, respectful disagreement, and intellectual courage.

❖ Social Studies: "Renaissance Revealed – Turning Time Through Art"

In an interactive blend of history and creativity, students explored the Renaissance by unveiling artists through a dynamic cup turn activity – each rotation symbolizing a shift in perspective and epoch. This tactile engagement transformed passive learning into discovery, deepening their understanding of artistic legacy through motion, memory, and metaphor.

- Laasya Vaibhavi Gumpina 8D

AWARD CEREMONY

The Annual Awards Function for the academic year 2024-25 was held on 10th June 2025. The event celebrated the hard work and exceptional achievements of students across various grades. The Grade 12 and Grade 10 school toppers were felicitated for their remarkable performances. **Manyata Jain**, who secured an outstanding **99.4%**, was recognised as the Grade 12 school topper as well as the **second city topper for Bengaluru**. **Sridaya Sampath**, with an impressive **98.8%**, was honoured as the Grade 10 school topper and also the **third city topper**.

In addition to the school toppers, **subject and stream toppers** from Grades 10 and 12 were awarded for their academic excellence. Students from Grades 1 to 8 were recognised in categories such as **Achiever of the Year (Academics)**, **100% Attendance**, **Progressive Strides**, and **Overall Outstanding Student**. Students from Grades 9 and 11 were felicitated with the **Achiever of the Year (Academics)** and **Overall Outstanding Student** awards.

The proud parents of the award winners, along with the faculty and students of **The Deens Academy**, were present to witness and celebrate this special

ON THE FIELD!

This month, our school has actively engaged in a variety of sports-related activities. We extend our sincere gratitude to our Physical Education teachers for successfully organizing team selection trials across nearly all grade levels. The basketball team selections for all grades were efficiently conducted by Yogesh Sir. Football selections were overseen by Deepak Sir across every grade. Kabbadi trials were diligently managed by Suma Ma'am. Athletics selections were thoroughly conducted under the guidance of Mahesh Sir. We also thank our dedicated house captains, under whose leadership the inter-house Football and Basketball selections were successfully completed by the end of June.

- Malavya 7D

CELEBRATING SUCCESS



Thikshan S, Grade 4D, 9th place in the Karnataka State Under 11- FIDE rated Chess Championship 2025. 5th place in the Karnataka State Under 9-Open Chess Tournament 2025. 2nd place in the Golden Knights' Chess Academy Tournament. 3rd place in the International FIDE Chess Tournament



Sumair Ahmed, Grade 2E, Best Wicket keeper for under 10 team, International Club



Reyansh Jain, Grade 2B, 1st Rank in the National Level Abacus Test conducted by



Diyan Shah, Winner of medal and certificate in a badminton tournament.



Irene Jha, Grade 3, won the title "Super Abacus Champion", Brainathon Abacus Academy



Jay Raghavachari, Outstanding Delegate in WGSMUN



Poornashre 2B, Global Art Competition



Ms Srikala Raju, Best Teacher Award, SOF



Ayushman Kumar, Commendable Delegate in WGSMUN



Ms Demelza Parkar, Best Teacher Award, SOF

YOGA DAY



A Festivity of Peace and Well-Being (From the desk of Aarvi Gupta- 8B)

Have you ever witnessed someone transform before nine in the morning into a human triangle, a swaying tree, or even a serene, deep-breathing warrior? For you, that is Yoga Day! This special day, which is observed annually on **21st June**, raises awareness of the amazing health benefits of yoga. The United Nations formally recognized it in 2014 after it was first suggested by India's Prime Minister Narendra Modi. Yoga, an ancient Indian practice, brings harmony to the body, mind, and spirit through postures, breathing exercises, and meditation.

On this day, various schools, communities, and people across the globe come together to embrace this peaceful tradition. At our school – Deens Academy – we put on a breathtaking performance that had the audience hooked from start to finish. With powerful lifts, a flawlessly balanced human pyramid, a sparkling star formation, and a graceful duo lift that flowed like poetry in motion, our team truly brought the spirit of yoga to life on stage.

From Mats to Mindfulness: Yoga Day Brings Calm to Campus:-

On Friday, 20th June, the 11th International Yoga Day was celebrated on campus. All students from all grades, along with teachers, took part in the event."

Why is it important to celebrate yoga day?

It is a good way to expose everyone to yoga, and it also gives you a chance to experience how you feel after practicing yoga, and therefore it spreads awareness about it, says the yoga teacher Ms. Rajita.

The event started off by an easy sequence of Yoga exercises, accompanied by the song 'Despacito' to keep the atmosphere lively and fun.

"The asana that helps students to focus better on their studies, is the Swastik position, which is an asana done by keeping your back straight and erect,"

says Ms. Rajita. Then, with a few rounds of Surya Namaskar, the event concluded with a peaceful meditation, accompanied by some soothing classic music.

How was the event?

"It was superb! Each and every child performed the asanas mindfully and also took care to maintain the correct alignment in their seating position. They appeared to be completely focused on themselves. The event was organised really well!" adds Ms. Rajita, with a smile.

-Vanshika Venkata Pindi, 7D