

Duellum Dialogus

The second edition of Duellum Dialogus was hosted this year in October 2025.

Months of anticipation led up to one of our most awaited events of the year – an interschool debate competition where powerful speakers opposed each other in a British Parliamentary setting.

Three senior committees and two junior committees were filled with representatives of various schools across Bangalore, each with a topic of discussion more interesting than the last. Bold and confident speakers met well-informed orators in a competition that rivalled professional debates.

Duellum Dialogus 2025 was truly a success - the experience of an official parliamentary debate for students across Bangalore to partake in and to learn the art of weaving words in a powerful manner.



Ethnic Day at Deens

On the seventeenth of October 2025, we Deenites set foot into our campus draped in vibrant ethnic clothing of all kinds. Our very own ethnic day marked the start of our Diwali celebrations. From the morning to evening the day was filled with colorful laughter. Seeing our peers dressed all bright and shiny a breeze of excitement rushed through all of us! The day began with the flash of the camera, capturing the shine of our smiles from every angle. From the staircase to the back of our classroom, numerous pictures were clicked in every corner of our school with all our classmates. This was just the start to a day drenched in joy. As the day progressed, we experienced our very own ramp walk, where every single student had the opportunity to flood our imaginary red carpet with their glam and style. The classroom was filled with energetic cheers and applause, encouraging our peers. Although we studied through some parts of our day, there never was a moment without thrill or happiness! We carried back home multiple memories from one of the best days of our 9th grade while embracing our very own culture!

- Mokhita Sivakumar of 9B



From the Editor's Desk



I deflect to an earlier message where I spoke about mindfulness. The World Mental Day went by very recently, yet isn't it critical that mental health be a priority on every day, mindfulness being the spur to ensure this!

-Shanthi Menon
Founder Principal

Session on Cyber Safety

Cyber Safety implies the different measures or practices to protect organizations, people and devices from potential harm in the digital environment. We have all been taught about this crucial topic sometime in our lives. It may be in conversations, videos, school or special sessions. For us, this was introduced in the form of a guest lecture at our school.

The whole grade was gathered in a large room and was seated. We immediately started wondering why we were there. Soon we got to know the reason. We were there for a session on cyber safety which was very important as the rate of cyber frauds and scams are now increasing at an alarming rate. We learnt about online grooming, phishing, scamming, hacking and many more terms. We were also informed about the actions we should take if we suspect that we are getting hacked or have already gotten hacked. The uses of our valuable credentials and information are truly great, and these should be very well protected to prevent misuse by malicious personals.

I found this session incredibly informative and important to be aware of, with the rising cases of hackers getting valuable information out of uninformed and unsuspecting people. The information provided in the lecture should be given to more people through the media, to make them aware of the dangers of digital environment and its potential negative impact on our daily lives.

- Shivanshi Tomar (7D)

Music Performance for Senior Citizens

Our students had the marvellous opportunity to present a show to the residents of Athashri Apartments. Students from grades 5 to 9, under the guidance of Ms. Dipanwita Mitra, sang delightful melodies and created magic. Kindergarteners from Borewell Road enchanted the residents with their dandiya dance. It was a truly heartwarming experience to connect with the senior citizens of our community.



Innoventure 2025: Innovation in Mental Health – Minds that Create, Hearts that Heal

The Deens Academy, Whitefield

On October 18, 2025, The Deens Academy hosted its inaugural annual entrepreneurship showcase, Innoventure 2025, under the inspiring theme “Innovation in Mental Health – Minds that Create, Hearts that Heal.” The event celebrated both Mental Health Month and the spirit of entrepreneurship, blending creativity, compassion, and problem-solving as twelve student teams presented business ideas focused on improving mental well-being.

Innoventure 2025 was led by the Entrepreneurship, Psychology and school Counselling departments. The day showcased how innovation and empathy can come together to create meaningful impact.

The programme opened with a warm welcome by the Principal, Mrs. Shanti Menon, who spoke about the importance of using technology mindfully. Her words were followed by a vibrant performance by the school band, whose rendition of “Help” by The Beatles set an upbeat tone for the day.

An engaging panel discussion followed on “The Use of Innovation and Technology in Mental Health.” The distinguished panellists shared their experiences on how technology can support emotional well-being. They included Mr. Sridhar Pallia (Entrepreneur, Psychologist, and Teen Coach), Mrs. Zeba Khan (Engineer and Founder of XenReality), Ms. Farah Tasneem (Counsellor at Anna Chandy & Associates), Dr. Raghavendra Kumar K (Child Psychiatrist and Founder of Mana Mandira Healthcare), and Ms. Nitya Ramakrishna (Community Leader from Whitefield Rising and Thrive), moderated efficiently by Yashvi Kariwala, 12D.

After the discussion, the spotlight turned to the student entrepreneurs. Each of the twelve teams presented a one-minute pitch, unveiling creative solutions to real-world mental health challenges. Visitors then explored the exhibition stalls, where teams showcased their working models—from sensory well-being kits and AI therapy apps to stress-management tools and self-care innovations.

The energy remained high at the voting pavilion, where guests viewed the teams' one-minute commercials and cast their votes for their favourites. A crowd favourite was “The Deens 73 Questions” video, offering a fun peek into how members of the school—from the Principal to the Matron—manage their own stress.

The event concluded with a heartfelt closing ceremony and an encouraging address by School President Mr. S. A. R. Adil, who applauded the students for their creativity, teamwork, and courage to innovate.

Finally, the winners were announced:
Most Innovative Idea – Team 11 for ClaraAI
Second Place – Team 12 for Vitalis
Best Advertisement – Team 2 for SafeMark
Jury Special Mention – Team 10 for Healow

Innoventure 2025 shone as a celebration of young minds and big hearts—a powerful reminder that when innovation meets empathy, ideas do more than create change; they heal, inspire, and connect us all.

Trip to the Planetarium

After we all got to know that we were going to a planetarium inside of our school, we were perplexed. How will it be inside our school? When will we go? - were the questions we had running in our minds the entire day. Since we had studied about planets, we were eager to visualize the solar system, the stars, the asteroid belt and more. We were especially excited to get to experience this in the company of our friends.

The day of the planetarium event finally arrived. The planetarium was set up at our school's basketball court. It was dome-shaped with a projector installed inside of it. All our friends from other classes entered with enthusiastic faces and exited with equally delighted ones.

We were all very excited to finally see what was happening inside it. Upon entering it, a wave of awe settled over us. After we got seated, the movie began. The first one was about space. It was a cinematic movie about each one of the planets. The second one was a simulation of life in space along with a short movie about dinosaurs. The entire show lasted for about an hour and a half.

This experience was very enjoyable, and I would certainly like to visit it again. The session was both informative and entertaining, providing us with a deep insight into space, dinosaurs and everything related to these. A true Space adventure!

- Shivanshi Tomar (7D)

Hindi Recitation Competition

It was a fun experience in the Hindi recitation competition, with the topic 'Unity in Diversity'. It started in our Class 5E in the first round, where we recited poems in front of Zeba Ma'am.

I was surprised to find someone else had chosen the same poem as me, but I decided to participate anyway. When I was selected for the final round, I was overjoyed and prepared diligently. We had to recite the same poem and using props made reciting the poem easier. The final round was held in the language room with teacher as judges. I enjoyed my friends performances - they were impressive. When the results were announced, I was thrilled to win the first place! I credited this achievement to my class teacher and parents' support.

I also congratulated my friends Myra Pansari and Anmay Goel on securing second and third place. This experience taught me the importance of effective expression, voice modulation, body language, and props in conveying a message. I learned that unity in diversity is about embracing our differences and coming together.

- Shambhavi Srivastava (5E)



Hindi Diwas

मिडिल स्कूल में हिंदी दिवस बड़े उत्साह और हर्षोल्लास के साथ मनाया गया। कार्यक्रम की शुरुआत हिंदी भाषा के इतिहास और महत्व के बारे में जानकारी से हुई, जिससे छात्रों को हमारी मातृभाषा के गौरवपूर्ण अतीत और उसकी समृद्धि का ज्ञान मिला। इसके बाद छात्रों ने अपनी प्रतिभा का सुंदर प्रदर्शन करते हुए मनमोहक नृत्य, मधुर गीत, प्रभावशाली कविताएँ और मजेदार स्किट प्रस्तुत किए। हास्य और रचनात्मकता से भरपूर प्रस्तुतियों ने सभी को आनंदित कर दिया। कार्यक्रम का भव्य समापन बहुत ही खूबसूरती से सम्पन्न हुआ जिसकी शानदार प्रस्तुति ने सभी दर्शकों को मंत्रमुग्ध कर दिया। यह हिंदी दिवस बहुत मजेदार और जानकारीपूर्ण रहा।

-Nalin Shrimal 8C

Sahodaya Awards

Heartfelt congratulations to Ms. Anita Dhiman, on being recognized as the School Champion – Language Educator!

Conferred by Bangalore Sahodaya Schools Complex Association
Your commitment to nurturing a love for language and learning truly makes a difference every day.



Congratulations to Ms. Uttara Roy Chaudhury from our Endeavours Wing on receiving the Inclusive School Award by Bangalore Sahodaya Schools Complex Association. Your dedication to fostering inclusion and creating equitable learning spaces truly embodies the spirit of The Deens Academy.



Heartfelt congratulations to Ms. Dorothy Monica Devaraj from our Endeavours Wing on being honoured with the Inclusive School Award by Bangalore Sahodaya Schools Complex Association. Your unwavering commitment to inclusive education and student well-being continues to inspire us all.



Congratulations to Ms Hemlata Pande, Principal – Gunjur Campus, on receiving the School Crusader Award, in recognition of her outstanding leadership and invaluable contribution to education.

Conferred by Bangalore Sahodaya Schools Complex Association



Grade 7 Bagless Day: Learning Beyond the Backpack!

On 4th October, Grade 7 students embraced a day of immersive, hands-on learning during their **Bagless Day** celebration. With books set aside, classrooms transformed into creative labs where imagination, experimentation, and collaboration took center stage.

Physics: Sand Clock Construction Students built their own sand clocks, exploring the concept of time and flow through a tactile, engaging activity.

Geography: Windmill Making Using paper cups and simple materials, students crafted windmills while learning about wind energy and its environmental significance.

History: Mughal Artwork – Best Out of Waste Students created stunning **3D models inspired by Mughal architecture** using recycled materials. Each model highlighted **six major Mughal rulers** and one iconic structure, offering insights into the **historical, cultural, and artistic legacy** of the Mughal Empire.

Chemistry: Acid-Base Greeting Cards Science met creativity as students used **turmeric-based indicators** to design greeting cards. Hidden messages were revealed using **baking soda solution**, demonstrating acid-base reactions in a fun and colorful way.

Mathematics: Scale Drawing & Enlargement Students practiced enlarging images using grid sheets and scale factors. For instance, a rectangle of 2 cm × 3 cm became 4 cm × 6 cm when scaled by a factor of 2—bringing geometry to life through visual learning.

English: Kangaroo Words – Vocabulary Quiz Students participated in a lively vocabulary-based quiz centered on **kangaroo words**—words that contain all the letters of one of their synonyms (called *joey words*) in the same order. Examples included:

- *Inflammable* (contains *flammable*)
- *Action* (contains *act*)
- *Appropriate* (contains *apt*)
- *Chocolate* (contains *cocoa*)
- *Advertisement* (a twin kangaroo word with *ad* and *advert*)

This activity sharpened language skills while adding a playful twist to word learning.

Grade 8 Bagless Day

Bagless Day Sparks Creativity in Grade 8!

On 11th October, Grade 8 students experienced a refreshing twist to their regular school routine with a vibrant **Bagless Day** celebration. The day was packed with creative activities across subjects, encouraging students to think outside the box and showcase their talents.

Advertisement Making Students were grouped and given a surprise product drawn from a bowl of assorted items. Each team had 15 minutes to brainstorm, script, and present a compelling advertisement in front of their classmates. From quirky taglines to dramatic pitches, the room buzzed with energy and imagination!

Language Activities

- **Kannada:** Students explored the richness of the language through engaging tasks.
- **Sanskrit:** Participants crafted beautiful shlokas on chart paper and presented them with flair.
- **French:** Budding artists created comic strips in French on the themes *les vacances* (holidays) or *les saisons* (seasons), blending language skills with visual storytelling.
- **Hindi:** Storytelling sessions brought narratives to life, as students shared tales with expression and emotion.

Bagless Day was not just a break from books—it was a celebration of creativity, collaboration, and communication. A truly memorable experience for all!

