Deen - A - logue

MONTH : OCTOBER 2026

WHITEFIELD CAMPUS

"From turning pages in our books
to practicing on the field,
this month brought challenges and
opportunities alike.
Between studies and Sports Day
preparations,
we learnt the value of time,
teamwork and perseverance."

PSYNC 2026: Enter the Mindverse
A Celebration of Every Mind

"A mind full of thoughts, a heart full of emotions, and a world waiting to understand them."

Every mind is unique, and every emotion has a story worth sharing. Bringing this thought to life, The Deens Academy celebrated **World Mental Health Week** through **PSYNC 2026: Enter the Mindverse**. The week transformed the way students looked at psychology, creating opportunities to express themselves, explore their emotions and discover the importance of mental well-being through creativity and kindness. Held from **1st to 9th October**, the celebrations encouraged students to reflect on their thoughts and feelings while recognising the importance of friendship, self-love and understanding others. With activities that combined creativity and meaningful messages, PSYNC 2026 made conversations about mental health engaging and accessible.

A major highlight of the week was the **Bookmark-Making Competition**, which gave students a platform to express their thoughts and feelings through art. The competition featured different themes for different age groups: *Friendship Vibes* for Grades 1 to 4, *Self Love Era* for Grades 5 to 8 and *Unapologetically Me* for Grades 9 to 12. Through these themes, students explored the value of friendship, the importance of loving and accepting themselves, and the confidence to embrace their individuality. Each bookmark became a little canvas of expression, carrying thoughtful messages about kindness, self-worth and mental well-being. Adding to the excitement, the winning designs were displayed on the school notice boards, allowing students' creativity and meaningful messages to reach the wider school community.

Another exciting initiative was the **"Play It Forward" Reel Challenge**, which encouraged students to capture simple acts of kindness through short videos. Whether it was sharing a toy, offering someone a genuine compliment or doing something small to make another person smile, students were invited to show how everyday gestures can make a difference. The challenge highlighted the importance of empathy, compassion and looking out for one another, reminding everyone that even the smallest acts of kindness can create a ripple of positivity.

Through these initiatives, students were encouraged to become more aware of their emotions and understand that every feeling deserves to be acknowledged. The activities also highlighted how expressing ourselves, accepting our differences and being considerate towards others can help create a more supportive environment. By exploring themes that were relatable to different age groups, students had the opportunity to connect with the message of mental well-being in their own ways. PSYNC 2026 was more than just a series of competitions; it was an opportunity to open conversations about mental health and remind students that taking care of the mind is just as important as taking care of the body. It reinforced the idea that mental well-being begins with understanding ourselves, acknowledging our emotions and building positive connections with those around us.As the celebrations came to an end, the message of PSYNC 2026 remained: a little empathy can make someone feel heard, a little kindness can brighten someone's day, and a little understanding can make a big difference. After all, **every mind has its own universe, and every universe deserves to be understood.**

- Aarohi Gupta G-7C



Guest Lecture on Financial Literacy

Mr. Deepak, Director – Strategy at Rakuten Symphony, delivered an insightful guest lecture on the significance of financial literacy, effective time management, and the growing role of Artificial Intelligence (AI). Drawing upon his extensive professional experience across leading organizations, including Rakuten Symphony, Deloitte, VMware, Tech Mahindra, and KPMG, Mr. Deepak shared valuable insights into cultivating responsible saving habits, utilizing time effectively, and understanding the transformative impact of emerging technologies. The session offered students a broader perspective on personal financial management, discipline, and the evolving technological landscape. It also highlighted the importance of developing practical skills and making informed decisions for future academic and professional endeavors.



Guest lecture on Genomics and Molecular & Cellular Biology

The Deens Academy was delighted to host **Dr. Nilanjan Guha**, Asia Pacific Leader for Academia and Research at Agilent Technologies, for an engaging session on *Genomics and Molecular & Cellular Biology* for our Grade 11 and 12 Biology students. Drawing on his 17 years of industry experience, Dr. Guha brought complex concepts to life through real-world anecdotes, exploring cancer research, genomics and the innovative use of tears to identify genetic markers for retinoblastoma, an eye cancer affecting young children. With relatable examples, contemporary cinema references and insights into research ethics, he sparked curiosity and opened new perspectives on scientific discovery and career opportunities in modern biology.

- Kshijit G12A



Lessons Beyond Failure

On 9th October 2026, our Grade 10 students had an inspiring session with Dr. Janki Bhayani, Ophthalmologist at Nethradhama Super Speciality Eye Hospital. Drawing from her personal journey, she highlighted how failure and rejection can become stepping stones to success. Students explored the importance of perseverance, dreaming big, discovering their passions, and choosing careers based on fulfilment rather than financial rewards alone. The session encouraged them to embrace challenges, learn from setbacks, and make informed choices

- Paath Jain - 10 C



The Inter-House Band Competition

The Inter-House Band Competition at The Deens Academy, was a vibrant celebration of music, creativity, and teamwork. The four houses came together to showcase their musical talents through energetic performances that combined vocals and a variety of instruments. The theme revolved around a fusion of songs from different decades, bringing together the distinctive sounds of the 1970s and the 2000s in exciting medleys. Each house brought its own style and interpretation to the stage, blending melodies, rhythms, and transitions to create performances that kept the audience engaged.

The singers impressed with their confidence and expression, while the instrumentalists added depth and energy through their coordination and talent. The guitarists, in particular, delivered immaculate performances, their crisp riffs and soulful melodies adding a captivating dimension to each medley, winning hearts and elevating the energy of the performances. Every performance reflected the dedication and effort of the students involved. The competition was not merely about winning, but also about celebrating the spirit of collaboration, healthy competition, and a shared love for music. After an impressive display of talent from all four houses, Prasinus secured first place, followed by Flavus in second place and Ceruleaus in third. The event was a memorable experience for everyone, celebrating the unique musical identity and enthusiasm of each house.

- Mokhita 10B



World Mental Health Week

Mental Health Week at The Deens Academy was a week full of creativity, conversations, challenges, and a whole lot of thinking. Held from 1st to 9th October, PSYNC 2026 turned psychology from a subject into an experience, one that made the Mindverse come alive across the school community.

Grades 1 to 9: Exploring the Mind, One Activity at a Time

Students from Grades 1 to 9 took part in activities designed to look at psychology and mental well-being in fun and interesting ways. They explored different kinds of intelligence and emotions, and worked on problem-solving, teamwork, and creative expression. There was something for everyone. The Bookmark Competition was a highlight, giving students a chance to turn their thoughts about mental well-being into art. The themes ranged from friendship and self-love to simply being unapologetically yourself.



Book sale by the Rotary Club

The rotary club of eighth grade held a book sale during the primary school Parent-Teacher Meeting to raise money for the rotary club fund which will be used to hold charitable activities. We set up the stall at the entrance of the primary school block, since most parents would be on campus that day and would pass right by it and could take a moment or two to browse through the books. The books had all been donated by children for a book drive conducted previously to collect books for a government school. The response was so generous that we ended up with more books than needed, so we saw an opportunity to put the extra books to good use by conducting this book sale. The books were priced at just ₹10, ₹20 and ₹30 so that parents could pick up a few without a second thought. The stall was run by volunteers from Grade 8, and as one of them, we had a great time greeting parents, and helping them find books suited to their children's preferences, and chatting with everyone who came by. Students of eighth grade had also made bookmarks for the sale, and one was given free with every book. Also to raise awareness about saving water, both parents and children passing by the stall were also asked to take a water conservation pledge to not leave taps running and avoid wastage. It was a simple idea but it put the extra books to good use, raised money for a good cause and reminded everyone to save water. Thank you,

- Anvisha Mittal- 8B





Building Resilience and Making Thoughtful Choices – Guest Session by Ms. Nidhi Choudhary

On 5th October 2026, our Grade 10 students attended an engaging session by Ms. Nidhi Choudhary, a Chartered Career Guidance Practitioner and Certified Career Analyst with over 20 years of professional experience. Through interactive, real-life case studies, students explored decision-making, different perspectives, and the consequences of their choices. She emphasised resilience, perseverance, and the importance of making small, positive changes through her *"One Change a Day"* challenge. The session encouraged students to embrace challenges, make informed decisions, and focus on continuous personal growth.

- Roza Paul - 10 D



AS WE PREPARE FOR SPORTS DAY...

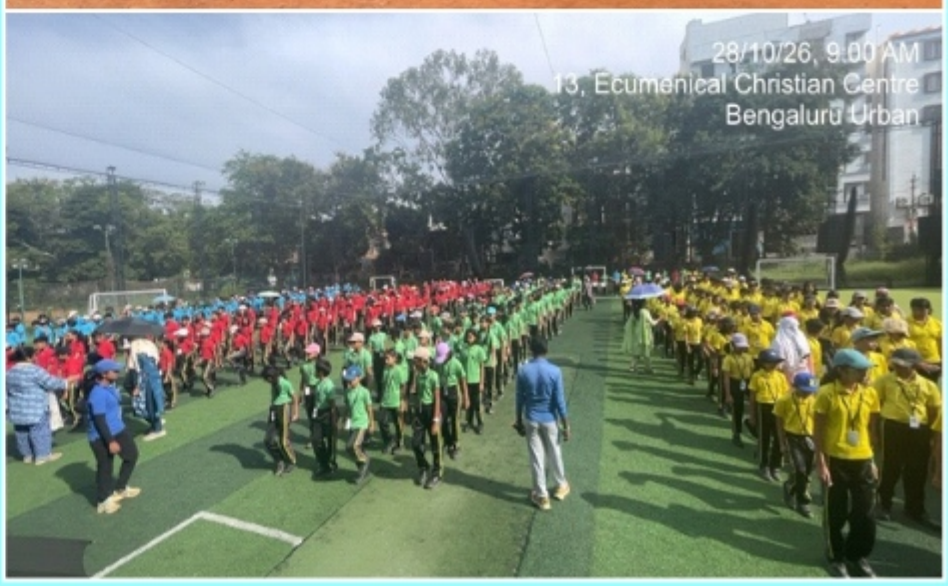
Filled with enthusiasm, determination and the spirit of healthy competition, Sports Day is a much-awaited event that brings students together to showcase their athletic abilities, teamwork and sportsmanship. Behind the scenes, however, a great effort goes into making every tiny detail perfect. Preparations began just after our Dussehra vacations ended. Middle School assembles regularly in the football ground for Sports Day practices. This includes the drill and the march-past. The drill is a combination of dance steps and intricate formations, while the march-past is an event where the four houses march one behind another with perfect coordination.

As Deens celebrates its 20th anniversary this year, something special has been added as a part of the drill – the DEENS 20 formation. Students form the word 'DEENS' by standing in carefully arranged formations and placing their hands on one another's shoulders. The letters D, E, N, S are formed by one of the four houses – Caeruleus(blue), Rubrus(Red), Prasinus(green) and Flavus(yellow) respectively. The middle E is colourful, symbolizing the strong unity that holds all Deenites together. Each of the four houses is preparing with full energy to perform their drill flawlessly and marchpast coordinated. The students also practice together to make every move look as flawless as possible. Practicing is tiring, but fun at the same time. Our Indian Music Choir has also been immersed in rigorous rehearsals, carefully synchronizing their voices to create a captivating musical experience.

Practice sessions are held every morning, allowing the choir members to refine their vocals and familiarize themselves with the rhythm and melody of the song. Achieving the right rhythm, tune and pronunciation is not easy, but by rigorously practicing together, each student's voice blends to make one beautiful melody. It is not an easy journey. Achieving this standard requires dedication, repeated rehearsals, learning from mistakes and guidance from teachers, along with the continued commitment of singers and instrumentalists. Last but certainly not least are the sporting events themselves, which form the heart of Sports Day. The main sports are the track events - 100m sprint, 200m sprint, 400m sprint, 800m run (Grade 9 and above) and 4x100m relay. Heats for these events were conducted on 2nd November. Athletes participating in heats were taken to the Inner Circle ground that day. The field events include shot put and long jump. Every athlete is practicing hard, building strength, power and skill. Practice races are held to make the athletes more familiar with the races and sequence of events. As I conclude, I would like to also emphasize the tremendous effort put in by our teachers. Coordinating so many activities and ensuring that students remain organised is no easy task. Our teachers have helped, guided and corrected us through every step, and all the mistakes we have made. Without them, this event would not have been possible. We are all looking forward to our upcoming Sports Day and really hope for it to be a grand success!

- Asmi Tripathy 7C





Beyond the Ordinary: An Unforgettable Expedition to Gudibande Forts

On Sunday, 3rd October 2026, we embarked on an exhilarating and memorable trekking expedition to the magnificent Gudibande Fort, situated approximately 90 kilometres from Bengaluru. Known for its historical significance, fascinating architecture, and breathtaking natural surroundings, Gudibande Fort is a remarkable destination for adventure enthusiasts and history lovers alike. Built in the 17th century by the local chieftain Byre Gowda, this historic fort stands proudly amidst a spectacular rocky landscape. The trek was organised to provide students with an opportunity to explore the outdoors, develop confidence, appreciate historical heritage, and experience the thrill of adventure beyond the boundaries of a classroom.

It was not merely an excursion but an opportunity to discover the importance of perseverance, teamwork, discipline, and environmental appreciation. Our adventure commenced early in the morning at approximately 6:00 a.m., as we gathered for departure from Bengaluru. The atmosphere was filled with enthusiasm and anticipation as everyone boarded the bus, excited about the day ahead. We travelled along the Bengaluru–Hyderabad Highway, enjoying the scenic surroundings and the cheerful company of our fellow students. After travelling for some time, we stopped at a restaurant for breakfast, where we enjoyed a delicious selection of South Indian delicacies, including crispy dosas, soft idlis, vadas, and refreshing coffee.

Following breakfast, we continued our journey towards Gudibande. Upon reaching the trekking location, we were welcomed by several experienced instructors and safety personnel. Before beginning the expedition, they provided us with detailed instructions regarding the trekking route, safety precautions, and responsible conduct. They guided us throughout the journey and constantly ensured that everyone remained safe, maintained balance, and navigated the rocky pathways carefully. Their supervision and encouragement were particularly valuable, especially during the more challenging stretches of the climb. The actual trekking experience was both physically demanding and incredibly rewarding. As we gradually ascended the rocky terrain, we encountered uneven pathways, steep sections, and several challenging stretches that tested our stamina and determination. Although the climb was tiring, the encouragement provided by our instructors and the enthusiasm of our friends kept us motivated. Along the way, we also spotted numerous monkeys moving around the surrounding rocks and trees, which added an amusing and fascinating element to the experience.

The natural surroundings were equally captivating, offering glimpses of the region's remarkable biodiversity. After considerable effort, we finally reached the summit, where we were rewarded with magnificent panoramic views of the surrounding landscape and the beautiful Byrasagara Reservoir. The sight from the top was absolutely mesmerising and made every step of the climb worthwhile. We spent some time exploring the historic fort, enjoying the atmosphere, taking photographs, and appreciating the extraordinary scenery. Eventually, we began our descent under the guidance of the instructors. Once we reached the bottom, we proceeded to the designated lunch area, where we enjoyed our meal and took a well-deserved break. There were also opportunities to purchase snacks and other interesting items from the available shops. Many of us enjoyed exploring the available options and purchasing a few things as souvenirs and refreshments.

Overall, the Gudibande Trek turned out to be an exceptionally enjoyable and enriching experience. Personally, I thoroughly enjoyed every aspect of the expedition, from the early-morning bus journey and delicious breakfast to the challenging climb and spectacular views from the summit. The presence of numerous safety instructors made the experience more comfortable, as they continuously guided and supported us throughout the trek. One of the most entertaining highlights was spotting the monkeys, while the opportunity to explore the local shops and purchase different snacks and items made our breaks even more enjoyable.

After completing the trek and having lunch, we began our return journey to Bengaluru. The organisers also distributed snacks on the bus, making the journey back even more pleasant. As we travelled home in the evening, we carried with us countless memories, photographs and stories to share. This expedition taught me that determination, cooperation and a positive attitude can transform even the most challenging experiences into rewarding achievements. I would highly recommend Gudibande Fort to other students seeking an exciting combination of adventure, history, and nature. It was truly an extraordinary day, and an experience that I will cherish for a long time!

-Aradhay Jaiswal 6E









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