



Foreword from our Senior Principal:

"There is no stopping the energy or endeavour in children! Life goes on with as much gusto and enterprise, even through these uncertain times and before we know it, they have conjured up the Deen-a-logue, the Deens newsletter, for us. Starting on their journalistic journey as young as in grade 7, it gives me immense pleasure to wish them happy 'reporting' times".

-Ms. Shanthi Menon, Senior Principal

Section 1: Fitness goals as a Deenite – Students' voices on the annual theme

1.1. Healthy youth, healthy nation - an inspiring report

'Physical fitness is not only one of the most important keys to a healthy body, but it is the basis of dynamic and creative intellectual activity' – John F Kennedy.

So, what is fitness? Fitness is a state where the body and mind are conscious and energetic. Fitness involves daily exercise and eating a balanced diet. It also improves our immunity in fighting back diseases. Fitness can be achieved by playing sports, exercising like jogging, walking, practicing yoga, meditation and a lot more! All of these together determine our fitness!

Ishaan S: 7A, shares - My Fitness goals as a Deenite: Did you know that being physically fit is important as much as studies? Yes, it is. It is aptly our school's annual theme for the academic year 2020-2021. I put as much efforts possible to achieve their fitness goals as I do for academics. It keeps my mind alert, focused and my body energetic:

We all love exercising to keep ourselves fit. However, due to the recent outbreak of Covid-19, we have not been able to go out. If we want to keep ourselves fit, we can exercise at home, for which you don't have to go to the gym. You can do martial arts and practice your punches and kicks to stay warmed-up. Skipping is also an option as jumping also warms the body up. Do whatever you want to do and keep trying new things. Try your best to fulfil your inspiration. If you want to stay fit, just do it! Remember- 'A real warrior never quits'. Have a look at the fitness goals of Komolakshi:7B and her practices, through the enclosed link to this report.

During these queer times and even otherwise, we have to protect ourselves and our loved ones and to do so, exercising matters a lot and plays an intrinsic role. As we see our friend Bavisha:6C, reflects her understanding and performs certain yoga asanas. Yoga is something that can be done without having to spend a lot on and can be done by anyone. Our friend Bavisha shares, "my fitness goal as Deenite, is to get expertise in all kinds of Yoga asanas, to make myself more flexible and healthier, and to inspire others also to follow healthy lifestyle". These can also be taken as a step to increase in our immune levels as well.

Sarvesh: 7C, shares – My fitness goal is to be flexible to be a fit footballer. I dream of being flexible, fit and healthy. Artistic work by some of my senior school friends have inspired me a lot.

Student artist Saumya:9C, has done an exquisite depiction of her goals. Her goals are clearly seen in her art work. She has given us a glance of her everyday timetable, which she follows on to reach her goal. Her picturesque work has really motivated me and brings in me a hope that even I can work on my immune, be fit to fight the virus that we are facing. I understand that we have many goals, but how to reach those, need to be contrived in this manner, is what I have understood. It is truly motivating. I will not stop following my own goal setting exercise, that I have in the process of making and meeting! Also, Rhea:9C, has presented her goals on 'being fit' and her inspiration from her own role model; very detailed work. She has also depicted in details, about certain ways one can stay healthy and fit.

Arsh S: 4C, shared - My school "Deens Academy", is not just foundation for education but reflection of society and culture around which my school builds a value system for life. A special thanks to our Principal, teachers and counselor for 'Fit Deens' initiative for Deenites.

The prevailing sessions helps us to build physical fitness as well as mental strength. It helps Deenites to deal with the different challenges of life. We should follow fitness goals to keep ourselves fit, healthy and mentally strong. If we are fit, our country is fit. The message here is that, even though we are at home there are many ways to keep ourselves healthy and fit.

Our friends Debanjali:7C ,Komolakshi:7B, , Rishit:7B and Naman:5D share their fitness goals, practices and tips. Do refer to the connected links and the images.

Reported by Tanya, Sanyukta R, Debanjali, Sarvesh , Vedant: 7C, Rishit : 7B

Links [4] :
Debanjali D: 7C - My Fitness activity is 'Swimming' – it is normal for me!
https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EbskG_AyXfMI87vjeoX5CEBBozc1W5gyN8w3Y5IG4m7UA?e=nqmbPK

Komolakshi C:7B - My own workout plan
https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ER43iWQvotEow5rxDDii5QBHRL9hfTq_cTbOVI_04tUtQ?e=ca6GXH

Naman:5D - My Fitness goals as a Deenite
https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EYo8klzXHC1MkoWeD8f3PfiByyhrR1QzG1h-ADJeBh2XoA?e=ozfBR9

Rishit:7B – Our body achieves what the mind believes
https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ETsCREBiMP1MI42iWMLbSdABC6tIKL8vIIL3rwJHxhXsLA?e=wNM7NI



1.2. Let's make the world a fitter place

Since the past few months, we have been experiencing something totally unexpected. Due to the COVID-19 pandemic there has been a change in our lifestyles. We have been staying at home, practising social distancing, having online classes, working from home and taking other precautionary measures to stay safe from this virus. Apart from these it is also important to stay fit and build our immunity to defend ourselves from the disease. Like our PM Mr. Narendra Modi has always said, we must exercise regularly, practise a healthy diet and consume immunity-building food. This not only improves our immunity but also helps in keeping our mind healthy. Here at Deens Academy, both teachers and students have been working hard to stay safe from the Corona virus. Along with our core subjects' online classes, we also have an option to attend physical education, dance, music and art classes, under the umbrella of 'Fit India, Fit Deens'. In the P.E. classes where we exercise, we learn tips on playing sports like football and athletics; the warm ups helps me to the core. I have found these classes really effective. Not only does it make me fit but also makes me feel energetic and improves my concentration and focus. We all must stay fit for a healthy mind lives in a healthy body.

Reported by Amrita Das:7A
Poster by Senthilnathan: 5B



Section 2: July month's topic – Being ready for the new normal

2.1. 'New Normal'

I look out of the window and see no one outside,
I want to go out and never come back inside.
But I can't because of this COVID-19,
Where I get crazy things in my dream.

When I see my friends during online school,
I get all those memories back; they were so cool.
Sitting near the beach, having some lime,
I hope we will all meet again, some or the other time.

Social Distancing and wearing a mask are new,
We can't do anything but get used to it too.
Though there are many for us, to guide,
Some don't listen and many have died.

I get a thought every second,
"Will the doors open again, will this ever come to an end?"
This New normal may be frustrating,
But we have to go through it, that is the duty of every human being.

by Sreshta: 5E

2.2. Silver Lining in the clouds of gloom

Life was awesome, luxuries were plenty,
Everyone lived without feeling guilty.
Little were we aware of what lay ahead,
Sicken, struck with 'corona virus' like wildfire spread.
Soon it engulfed every country,
Till we were restricted to our homes for our safety.
Doctors, nurses, police and chemist emerged as super-heroes,
Selflessly helping people to get rid of their sorrows.
No school, but my teachers teach online,
Making sure that students learn and shine.
Air pollution reduced and the sky is clear,
Lots of birds chirping, I could hear.
No parties, no vacations, we are bound to home,
But families bond together, though we couldn't roam.
Situation is tough and worsens each day,
But together we can overcome, to the God I pray.

by Erika Saha: 2C

2.3. Being ready for new normal and shine out

The new normal is something many of us are used to, while a few aren't. What is the new normal? It's the tough times that we are currently going through, and are adapting to as well. It is the time of holding up each other with positive vibes and selfless reassurance. As we have had a glimpse of such queer times in our life and got to experience such an extravagant experience, it's best to treasure it, and take advantage by learning from it as well. Mainly our learning through the new online learning platform, where we students get to explore an outburst of individuality and ingenuity.

Art can be created in an imaginative way, depicting our own understanding and reflections. Our friend, Bhavisha: 6C, through a drawing depicts the new normal. We can see that with the outburst of her creativity and inventiveness, a very strong message is conveyed to us all.

As we experience new way of living in our existence amidst the pandemic, we learn various other things which can pertain to helping us as we grow and progress with life. Things seemed like a joke at first, but after understanding what people are going through and how our immediate surroundings are changing, it's certain that this is something that we humans will have to adapt to for a long way to come. It is something that is part of our life as we are learning to cope with it positively by being precautious, alert and prepared to beat its effects on our lives, positively.



Reported by Sanyukta Rathod: 7C & Ishita Kamath:7B
Artistic work by Bhavisha:6C

2.4 Being ready for the new normal and shine out

This drawing was made by Fahad of Grade 8C. In this drawing the beautiful butterfly with vivid wings, is shining yet. The butterfly maintains its aura of standing beautiful through its colours, in spite of standing on a stained surface. Similarly, this is a time where we have a lot of difficulties, facing loads of odds. We have adapted to this newness, though not 'a normal' status for all; but yes, we have begun our journey on this path. So, now we are like the butterfly, we need to continue to shine out and take this in a very positive way in this time.



Reported by Daksh D: 7B
Artistic work by Fahad:8C

2.5. Being ready, being prepared – cautiously but positively

The depictions through drawings, poems and writeups by Adrit:3D, Ali Ahmed: 9C, Ikshita:2B, Erika:2C, Mahalakshmi:4A, Shaili: 6B, Sreshta: 5E, Thanishkaa:6C, Vihaan:5D, made us all think – Did we ever anticipated such a change in your lives? This new change has starting to grow on us, and we are experiencing the new normal. Must we dwell on this, or would it be better to adapt to such new circumstances?

Living life in a virtual way has become quite common in today's Covid 19 situation. The most important thing we should keep in our minds is that we should stay safe in every aspect of our life. We should stay safe mentally, physically and technically. Due to a lot of screen time throughout the day, we may feel a headache or an eye strain.

To reduce these pains, we can cut out the unnecessary screen time from our schedule. We may have problems, but once we look at them at a positive point of view, everything picks up on its own. Once we process our mind to look at every aspect in a positive way, we can overcome all our issues. It is all in our mind and accept the reality. Once we do this, we are preparing for our new normal life.

The Coronavirus has affected daily lives and lifestyles of millions of people across the globe. We have to adjust our current lifestyle to the condition and surrounding issues of the COVID-19 pandemic and act accordingly.

As students when we think – the fact is, yes, it is quite true that our student life has also changed a lot within few months. All of us as students, have found it as a very hard time. But we are trying to remain calm, do our best academically by being happy. We have it in mind that all this is happening for our own safety.

Do refer to the connected links and the images.

Reported by Kate Thottan: 7A, Ishita Kamath:7B, Ishaan Sundar: 7A, Nishita: 7B

2.6. Links:

Adrit:3D - New World!

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EeW_ZMUzYL9Fv_aRBF-yEVoUB5-i-MP7vEiVoMcNb7kzJYA?e=caJOoR)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EeW_ZMUzYL9Fv_aRBF-yEVoUB5-i-MP7vEiVoMcNb7kzJYA?e=caJOoR](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EeW_ZMUzYL9Fv_aRBF-yEVoUB5-i-MP7vEiVoMcNb7kzJYA?e=caJOoR)

Ali Ahmed:9C - Getting Ready for the new "Normal"

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ESgcq3ATpHNHivf_TASwJyUUBlxLT0cixYLd0vnFlwAajSg?e=bJLywn)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ESgcq3ATpHNHivf_TASwJyUUBlxLT0cixYLd0vnFlwAajSg?e=bJLywn](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ESgcq3ATpHNHivf_TASwJyUUBlxLT0cixYLd0vnFlwAajSg?e=bJLywn)

Ikshita Sharma:2B – The New Normal

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EflkG4xVFLRKj08_cR5HUUpBMBjPhYmAHK5Xfh_SlOKNDq6w?e=zMXNNG)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EflkG4xVFLRKj08_cR5HUUpBMBjPhYmAHK5Xfh_SlOKNDq6w?e=zMXNNG](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EflkG4xVFLRKj08_cR5HUUpBMBjPhYmAHK5Xfh_SlOKNDq6w?e=zMXNNG)

Mahalakshmi:4A – Normal v/s New Normal

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ESDul0q57OFDpG_ZX0tVpk2kBj6K_e-1lg78VRg_yDIakJA?e=nNF8xQ)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ESDul0q57OFDpG_ZX0tVpk2kBj6K_e-1lg78VRg_yDIakJA?e=nNF8xQ](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/ESDul0q57OFDpG_ZX0tVpk2kBj6K_e-1lg78VRg_yDIakJA?e=nNF8xQ)

Shaili:6B - Dwelling with the New Normal

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EWVOADBSaHtAn_f0HR3yJXswBtQM_ZQFijW0nJCGDzu3okw?e=8jRtbP)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EWVOADBSaHtAn_f0HR3yJXswBtQM_ZQFijW0nJCGDzu3okw?e=8jRtbP](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EWVOADBSaHtAn_f0HR3yJXswBtQM_ZQFijW0nJCGDzu3okw?e=8jRtbP)

Thanishkaa:6C - Getting ready for the new normal!

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EUC2Uha2KnFFtj_GrcZba4LcBXL_P5rgUZIK-wiX34tz-1Q?e=kogYNo)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EUC2Uha2KnFFtj_GrcZba4LcBXL_P5rgUZIK-wiX34tz-1Q?e=kogYNo](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EUC2Uha2KnFFtj_GrcZba4LcBXL_P5rgUZIK-wiX34tz-1Q?e=kogYNo)

Vihaan K:5D – My Poem on lockdown

[https://deenscademy-](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EQSkNYi9A4tPlgY_sZRa7YB0BhuhLdFngeOMPpxV_4md9gQ?e=xe955o)

[my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EQSkNYi9A4tPlgY_sZRa7YB0BhuhLdFngeOMPpxV_4md9gQ?e=xe955o](https://deenscademy-my.sharepoint.com/:w/g/personal/files_server_deensacademy_org/EQSkNYi9A4tPlgY_sZRa7YB0BhuhLdFngeOMPpxV_4md9gQ?e=xe955o)

2.6. Be ready for a Light in the Dark

Darkness is not the absence of light, but the slight, powerful thought of evil in one's goodness. You see... in the world, there's always an opposite, an enemy, or a pair, like-good & bad, love & hate, fall & rise etc. but you get the point of it, whatever exists in the universe, always has a negative, an opposite. So just like that darkness has a pair, light. So, without darkness, light would not exist at all. Which proves that no one can ever eliminate only one of them, as then the other would not be present. Light and darkness are like a coin, one but with two faces, it is our choice to choose which to focus on, for even in what may seem to be the worst days, can shine a new light. You know, if you take a look at it, it is all the same, good, light, rise and bad, dark, fall. They are all alike in some way. That, you could say is the beauty of the universe.

In the above essay written by Keerthana: 7B, Light or brightness can be referred to all the good times we had, such as the times we were all free to go anywhere as we wanted without any fear or falling ill. Darkness, can be referred to lockdown or the anxiety that is caused because of the Coronavirus pandemic that we are facing. We are all stuck indoors, gloom and fear within our walls. However, we must learn to accept our fate and deal with the pandemic wisely and bravely.

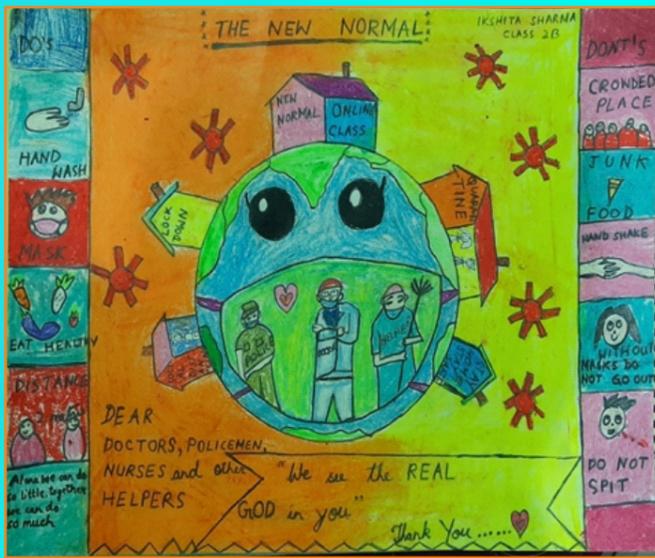
Prerana:9C, shares - As we all know, we are facing a Pandemic. We have lockdown, home arrested and cannot go outside. All this is, to stay safe and not get effected with new virus CORONA. It has been difficult for everyone and not everyone is able to adapt to this new change. We all have a lifestyle and if it is disturbed, we may face difficulty to adopt to this. We should try our best to overcome this. Change is constant and we will have to adapt to this. We should try and educate others about these new norms. Not everyone understands the consequences, we need to stay health and overcome this. 'Survival of the fittest', suits the best here. We cannot change the whole situation, but we can do our bit by not panicking, helping those in need, educating others etc. 'It is not only you and me, it's the entire world'; accept this and respond to the change.

William C Hannan once said: I know this information is painful, but you are just falling apart. You are just falling into something different with new capacity to be beautiful.

Reported by Nikitha Vijayan: 7B

2.7. The New Normal

I must begin with this acknowledgement that Ikshita's work [Ikshita Sharma: 2B] has inspired me to come up with this article. Coronavirus has changed the way human race will live. The virus has taken us back by a couple of years. Human interactions will change. People will not greet each other by shaking hands or hugging. In the New Normal, people will not travel often. They will avoid going to crowded places and will be conscious of personal hygiene. People are spending more time with their family. This new normal is expected to stay for a long time.

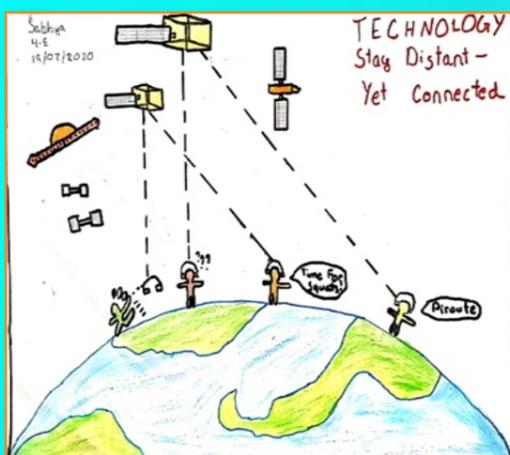
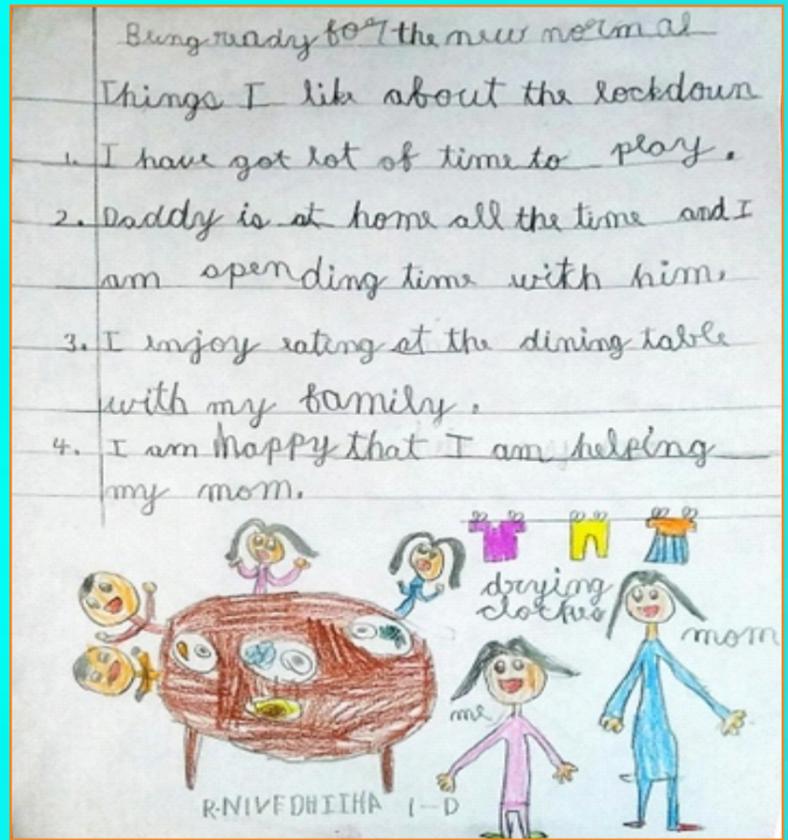
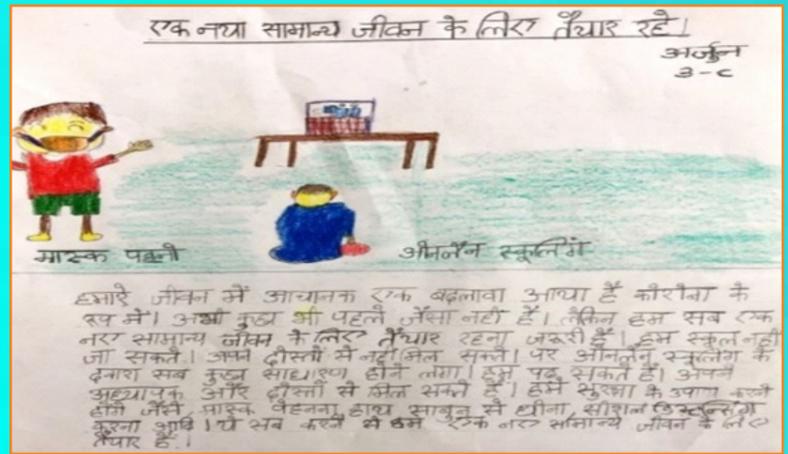


COVID-19 has been the deadliest virus we have faced until now even after lockdown took place. The people have been practicing social distancing, washing their hands regularly and have minimised going out. The advantage of this is that the environment has replenished as less pollution took place and lesser waste was generated. As I was working on the newsletter for July I came across many students' work have tried to express this pandemic through their drawings. They have worked out a really good content and have done their work well. I really appreciate their hard work.

Reported by Ayaan Shah: 7A
Artistic work by Ikshita Sharma:2B

2.8. Pictorial depiction on the July month's topic

Being ready for the new normal by our Primary grade students: Reported by the newsletter team.

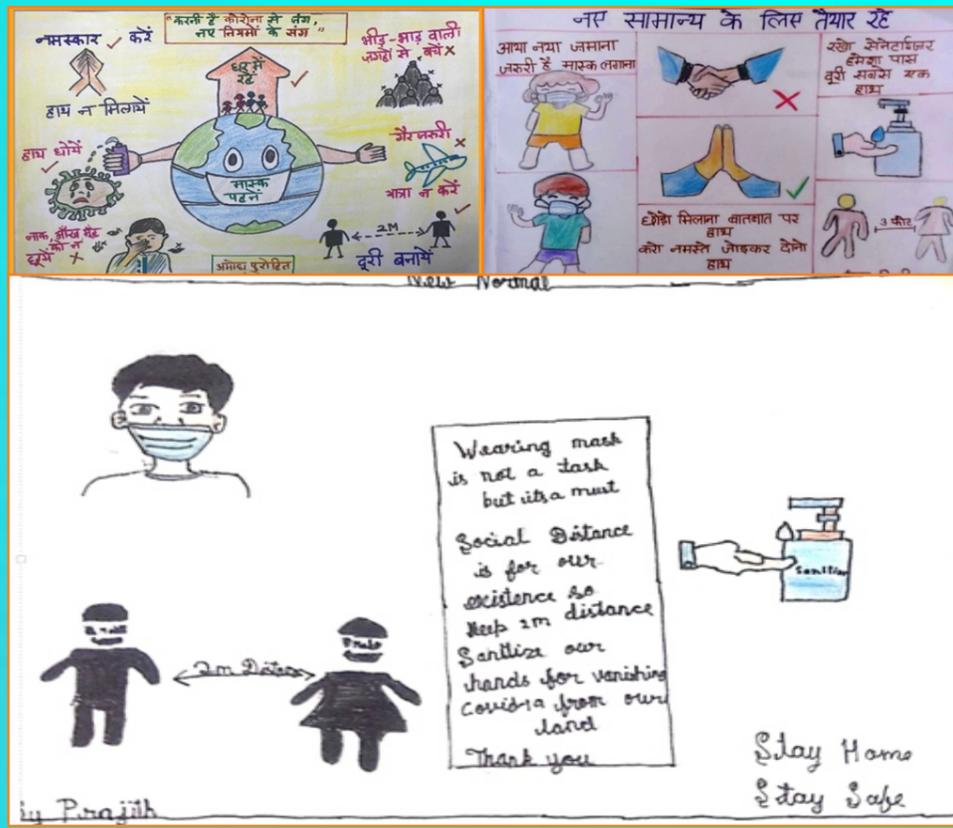


2.9. Expressions of students of Grade 3 and 4 on 'GETTING READY FOR THE NEW NORMAL'

As we all know, due to the COVID-19 pandemic, the whole of India has been under lockdown for a long time. There are many discussions occurring around the world about how the COVID-19 crisis has changed the ways of living. The human life has been affected at a great scale, and we are learning to adapt to what they call 'the new normal'. As regular schools can't be conducted, we have adjusted to online and remote learning. Likewise, the offices have also adapted to the virtual mode of working. The malls have been closed as well so we can't eat or shop outside. Thus, the online shopping industry is growing at a vast pace as no one wants to go outside during the pandemic. The pollution and traffic have decreased by tons. We are becoming more and more dependent on the internet for our needs, while becoming more independent by doing our household work on our own.

The students of grade 3 and 4 have expressed themselves in a very creative way by writing poems and illustrating a great deal of drawings. It is very impressive that young students like them can do such impressive works of art and literature. They inspired me to be more creative during these hard times. I really appreciate their hard work and encourage them to continue doing so.

Reported by Mitali Agrawal: 7A



Section 3: Classroom Activities

3.1. Topic: 'Responsibility' -STORY AND ACTIVITY

Teacher Ms. Neha Gupta

What is my opinion on responsibility? Well, let me share it with you. According to me, responsibility is being sincere, honest and disciplined. In school, we all should be very responsible- wish your teachers and friends, walk in a line, and many more. We should be responsible at home too- keeping our house clean and tidy, wish our parents, and more. Actually, we have to be responsible everywhere we go. We have to follow a few rules.

What about speaking skills? Should we improve them? It is best if we do. Right now, we are all stuck in our houses, which gives us a great opportunity to learn new things and improve what we know. Improving our speaking skills is also helpful. It can be any language- Hindi, English, Kannada or whatever language you like. We can also learn new languages.

Teacher Ms. Neha Gupta, our Primary level- Hindi language teacher, has beautifully explained to her students how we have to be sincere and submit our homework on time. She did this with the help of a story using puppets. She also gave an activity to the grade 5 students, to answer any question given, to improve their vocabulary and speaking skills. They are shown as collages below. Also, please find an interview with her below.

Interview can be viewed through this link:

<https://web.microsoftstream.com/video/4e9770a0-e086-4e47-be8d-a02c9484452f>

Interviewed and Reported by Sanyukta:7C & Tanya:7C

3.2. Kindergarten kids' learning and fun time for the month

Teachers for PG and UKG: Ms. Pratima Muttagi, Ms. Thaligam, Ms. Srinka Students learnt phonic sounds, identifying objects through colours. Further they counted and also compared the objects in terms of their size and shape. Along with increase in knowledge base, this activity helps young students to build on their fine motor skills. The children enjoyed performing the activities such as; matching and closing the lids of 4 jars and bottles of different sizes, tearing a tissue paper into small pieces and rolling them into balls, arranging toys in a line on the floor, making small rotis with parents, transferring rice with a spoon from a bowl into a bottle using a funnel, pounding puffed rice, fried Chana dal, biscuit in a mortar and pestle, stacking 10 books/blocks and transferring water from one bowl to another, with dropper. To teach the concept of comparing objects in length, 'long' and 'short' the teacher dressed up themselves as rabbits, and taught the concept using 3D carrots of different sizes. On the 'blue day', the teacher dressed up like butterflies, and taught the concept of colour blue, using handmade 'blueberry bush' and 'butterfly' along with rhymes and stories. As part of 'blue day' activities, children were dressed up as a butterfly and jumped around the house, looking for blue objects. They also made blueberries with blue playdough.

Kids always likes surprises! Teachers used mystery boxes, with lots of pictures in it to teach them the phonic sound. 'Dad & Me' – had its own charm, setting the time for the students to closely with their Dad, happily they engaged and loved the activity. For example, kids enjoyed making fruit/vegetable platters with their dads at home. To reward the children, dice of the colours green, yellow and orange were rolled. If they got the orange coloured dice, the child could choose any picture which is orange in colour, and when the picture is flipped, there would be surprise Dinosaur picture for them.

"As a student who is reporting this activity, we recollect the days when we learnt the phonic sounds as well and further formed letters and so on. These skills are helping us today, to write for newsletter": Reflection shared by Sanyukta:7C

Our young Deenites also have gotten use to the online learning. They also enjoy their fun time, through quirky dance moves and music time. The pictures depict that it has been a fulfilling and a fun filled activity for our Young Deenites from Playgroup. The way children showcased their learning, leaves us middle-schoolers with nostalgic memories; they transport us back to our childhood. Kudos to our Teachers!

Reported by Sanyukta Rathod: 7C & Navya Bhattacharya - 7A



3.4. Extempore Competition:

The extempore experience, testimonies and pictures from Grade 7 students - An Online Extempore competition was held on June 25th during the English period. It was an event in which the students were required to talk about a specific topic given. In this event, our English teachers, [Judith Ma'am and Mumtaz Ma'am] displayed a screen containing different numbers. As we selected a number, its tab had a specific and unique topic for each one of us. We students had one minute to prepare their speech and talk about the topic. It was indeed very exciting as well as thrilling at the same time. What an adventuresome time student had, as they prepared in that one minute! It was a mixed bag of topics; some were easy whereas some were really challenging. Students spoke eloquently and elaborated on their respective topics. Overall, it was a remarkable event!

Experienced and Reported by Ishaan Sundar - 7A and Vedant - 7B

Students' responses:

Sarvesh Harinath: 7C, shares - As a speaker I felt a great deal of enthusiasm and nervousness which I handled after half a minute of my talking. This competition helped me enhance my vocabulary and my talking skills. It also taught me about better ways in which I can interact with my teacher and classmates. This competition helped me to cross my boundaries. Indeed, a chance to think and imagine unlimited! Also, as I was listening to others in my class presenting their topic, I felt that I can improve my points for future tasks. Overall, I loved the first online competition we had this year.

Vedant Tirunagar: 7C, shares - As an audience, during the extempore competition I felt like I should've participated after seeing how good some of the participants spoke. I wasn't supporting anyone because everyone spoke well and tried to rap their brain around the topic, thinking what should they say because it's an extempore not a debate. We get the topic, and then get just one minute to prepare. As an audience I felt like I could have also participated and spoken my mind out pretty well. I would be more open-minded and less nervous to speak in front of a crowd. Next time for sure, I am not missing it out.

Komolakshi: 7B, shares- My reflection is that online competitions are a much easier platform for those who have stage fright and their knees start shaking in public. Some people might not have their cameras on, so they might only listen to you. This was my first online extempore competition. It was pretty fun as we got to choose our topics and share our thoughts on that particular topic. My topic was: My learning during the period of Corona Lockdown. I spoke quite well, I was focused on my thoughts in that one minute and concentrated on what I was talking. It has helped me interact in a better way with my friends and teachers, virtually.

Aafreen: 7B, shares - Competition is a true test of your skills. You've attended countless classes, drilled for hours at a time and had tough times. Our competitive feelings are an indication of what we want, and acknowledging what we want is key to getting to know ourselves. Competitive feelings don't discriminate. They can be felt toward distant strangers or our closest friends. This prevents fear of being bullied according to the topic. It's natural to feel emotional after losing a competition, but with the right mindset, you can be happy about it and embrace the positive side. This extempore competition brought out feeling and special skills of us speakers. This platform helped me to apply my knowledge and feel good about it, as I spoke. A very helpful activity for expressing one's own thirst of knowledge, both as a speaker and as an audience; virtually all the more better!

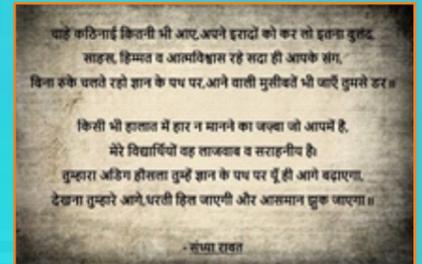


3.3. Wonders:

Teacher Ms. Sandhya Rawat

Many of us might think that we only have a limited amount of talent and that we cannot learn anything new after a certain age. But, what if we can?

Our Primary section Hindi teacher, Sandhya Ma'am has written and dedicated a wonderful poem for all the students. She nurtures her skills with an attempt to appreciate her students and to motivate them to work harder. The students were all quite joyful with her effort. Through her effort, she has become an inspiration for many others. Students are also inspired by her work. Many of them have even tried to write poems imitating her with a little guidance from books and other friends. A inspiration for me too! Wishing her the best in her future endeavours!



Interviewed and reported by Kate Thottan, 7A

Interview link

<https://web.microsoftstream.com/video/7762135a-ef00-47e0-b478-02fcb89262da>

