



### MESSAGE FROM THE SENIOR PRINCIPAL

Unpredictability and ambiguity seem to be the edict of the day. But not for our children! Excitement and tenacity underline their endeavour to publish this first newsletter for 2021-22.

Created by students of Grade 7, *Deenalogue* brings you news from within the online corridors!

- Ms. Shanthi Menon, Senior Principal

## Section 1: International Yoga Day at Deens

### 1.1 International Yoga Day 2021

Yoga is a physical, mental and spiritual practice that originated in ancient India. It is done in the form of meditation and exercising. 21<sup>st</sup> of June is celebrated as **International Yoga Day**. People from all over the world celebrate this day. In our school, every year we celebrate this day during the assembly where we are instructed by the yoga teacher to do some yoga exercises for 15-20 minutes.

Now when we all are at homes and the school continues to be online, it is important for all of us to have some form of physical exercise, to calm our minds and be focused. Towards this goal our school encouraged us all kids to join online for Yoga Day celebration. As a student journalist, I witnessed students from class 3 and 4 getting excited to do yoga after a long period of time. They did whatever the teacher guided them to do, first they did a prayer, then they performed various 'Asanas' like Surya Namaskar, the Sarvangasana pose, the Vrikshasana and many more. The students enjoyed doing yoga!

Credits: Palaash Gupta 7D

### 1.2 World Yoga Day

When I joined the class, the first thing that I noticed was that Meera ma'am, our Yoga teacher was talking about the history of Yoga and its benefits. She also mentioned that we should help each other. When the yoga exercises started, first she started with the prayer. All of the exercises were for about 5 to 10 seconds.

Credits: Abhimanyu R 7C

### 1.3 Yoga Is Important

Yoga helps you stay healthy and fit. It makes you active and helps refresh your mind. It's a great way to start your day! They are various ways to do yoga such as breathing techniques and meditation which help you to relax. It also involves movement to promote our physical well-being. It makes your body more flexible. Yoga leads to a perfect harmony between your mind and body and lets you have self-control over yourself. Overall, yoga is a very easy and fun way to boost your mental and Physical health.

Credits: Srimanaswi K 7A

### 1.4. Yoga Is Essential For Life

We started with some hand mudras and chanting. Then we did a prayer named Sangachatvam. After this, we did three breathe in and out. We did some warm-up exercises like toe rotation, hip rotation, shoulder rotation, etc. We did 20 jumping jacks and relaxed by breathing through the nose and exhaling through the mouth. The teacher gave us an appreciation note. We sat in Vajrasana after that and did some exercises which stretched the jaw and stomach muscles. We did a prayer of lord sun and started Surya namaskar. We did Shavasan. After that, we did some asanas to increase concentration. Some of them included Vrikshasan, Ardha-chakrasan, Shashank-asan, etc. At the closure, we chanted OM, bumblebee sound. It was very refreshing and gave us a lot of energy. I loved this a lot!

Credits: Nakshatra Gupta 7A

### 1.5. Yoga For The Mind And Body

First of all, what is yoga: Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'.

Now to the Yoga class -

I visited the Grade 3 and 4 Teams on this Yoga Day. It was really fun as it took me back to third grade. They started with the prayer. They all did warm up exercises like knee rotation, wrist rotations, hand rotation etc. They also did deep breathing after each exercise.

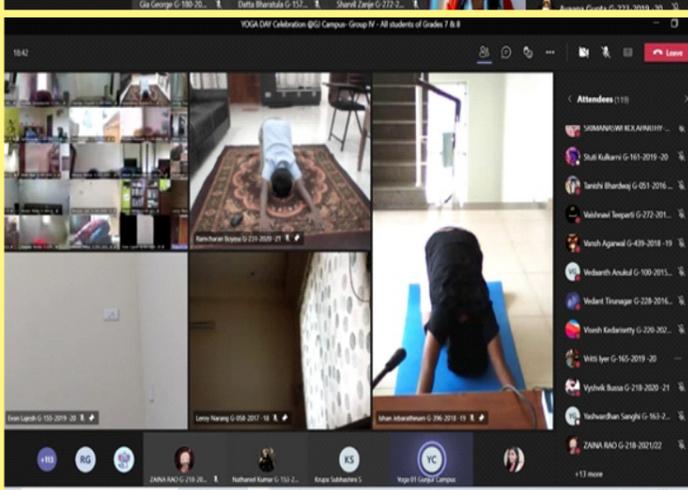
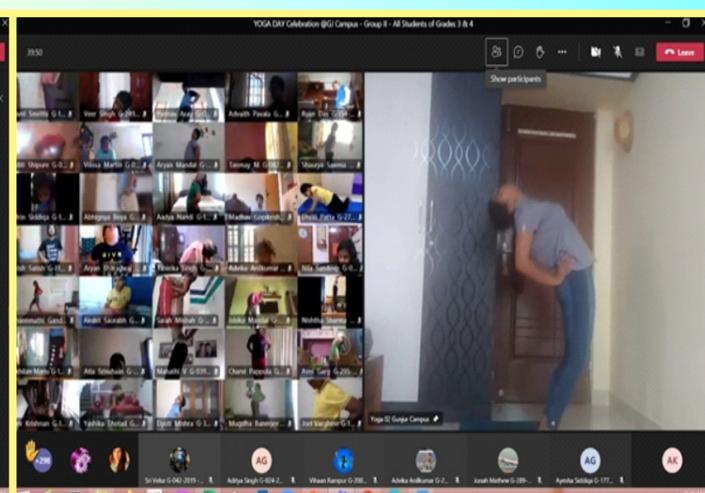
Credits : Jake 7D

### 1.6. Super Brain Yoga

We got to know a lot about the technical aspects of Super Brain Yoga, recently. It combines breathing and acupressure to restore the right and left hemispheres of the brain. Our Science teachers also have mentioned about the functions of brain and we could connect both the knowledge bases. The activity is simple to learn, relatively quick, and can be practiced anywhere. All it takes is a few minutes per day. Aashwika's video helped us know more. Let's spend some time knowing about it more through this video.

<https://drive.google.com/file/d/1CormsskMwgybGxv6DSzW6BYATyCj0Ti/view?usp=drivesdk>

Super Brain Yoga - Credits: Aashwika Dwivedy 7C



## Section 2: Student Council

We Editors, met the Student Council team after their elections. We asked them some questions.

Our Meets - Student Council – The Leaders speak - Video Link –

During our conversations, we got to know from them that they had nominated themselves. They shared their thoughts that leadership is one of the best qualities that a leader has and being a leader at school council base is once in a lifetime opportunity. The video link attached has glimpses of these conversations.

Student Council members speak - Video Link –

[https://drive.google.com/file/d/1EDBG-gD-dy6ZxbRAjs-4PC5Xf\\_5/view?usp=sharing](https://drive.google.com/file/d/1EDBG-gD-dy6ZxbRAjs-4PC5Xf_5/view?usp=sharing)



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## Section 3: Spell Bee Grade 6 to 8

The Spell Bee is a competition which is known to most of you. This is a competition in which the elected contestants are asked a wide variety of words, which consists of various degrees of difficulty. The Deens Academy conducts this competition every year for Grades 6 to 8. This year the Spell Bee was once again conducted in an online module which went meticulously well.

The English teacher of each class conducted the competition during the English period, and the students of the class gave their response through an allocated form. All the students who were part of this competition, put in all their effort to participate and to win this competition. The Spell Bee consisted of two main rounds and one fun round.

The first round was conducted for the selection of five participants to join the second/rapid fire round. In the rapid fire round each participant was given one minute to answer the maximum number of spellings given. From this round the teacher announced three winners.

The last fun round was a breakout room, where we would ask the five participants hard words just to test their knowledge. It was a fun activity, and I am sure every single student enjoyed the Spell Bee 2021. Thank You dear teachers!

**Credits: Ryan Roshan Cheereth 7D**

Spell bee is all about spelling the words accurately. We learned lots of new words while doing this.

**: Kirupakaran 7D**

The spell bee questions were given in different formats like - There was a photo and we were supposed to choose the correct spelling or it was just written "Select the correct spelling", a lot of fun in checking what we know.

**: Adwitaa Menon 7C**

When the results came out, I admit that I got a little disappointed not finding my name in the list, but it taught me how to spell words which I didn't know before, like the word "flabbergasted". Not everyone's name showed up in the top five, but I'm pretty sure everyone did learn something new during the competition. I hope we have this in the years ahead, and we learn from our mistakes, instead of getting disappointed about making them.

**: Aishika Sharma 7C**

I was really looking forward to the spell bee, and as I expected, it turned out to be the highlight of that Saturday. When I was returned my form, I realized my mistakes, and they are never going to happen again. After all, there's always next year. I look forward to all the events that are yet to come, and all the fun I am yet to have.

**: Shaili Dutta 7C**

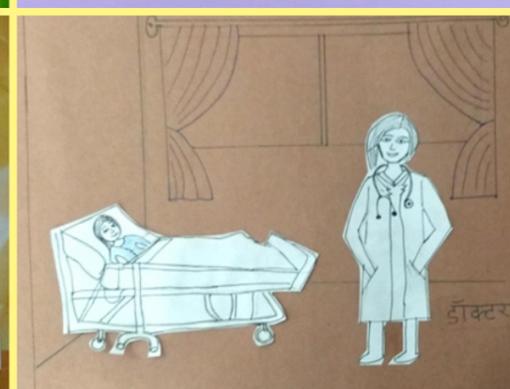
## Section 4: Theme of the month – HOPE: Hope is the thing with feathers! *Let's HOPE FOR THE BEST!*

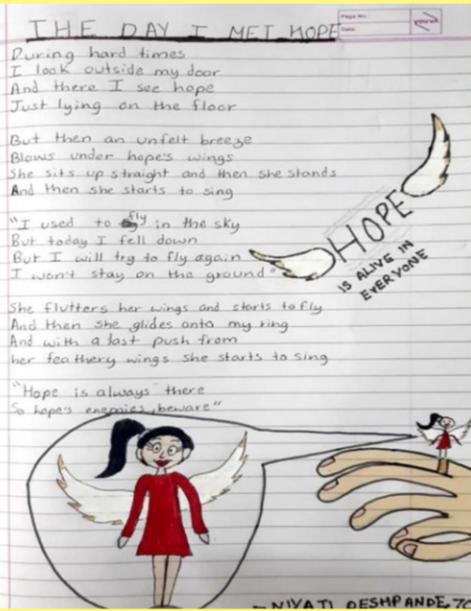
### 4.1 Path leading To Golden Light

Believing in the path to glory  
Or changing the future of a bad story.  
Is this hope that humanity follows?  
Or does it hope and believe in tosh hallows  
Hoping the turnout of a human isn't only what we should do  
Aiding him or her with great exhort and help, Is the way to go

But only hope doesn't grow a fruit  
Plantings its root and giving him his seed suit  
As I water its flowers, burgeons and grows  
The leaves and fruits growth slows  
The plant loves the food I give,  
Well, it knows I am helping it live.  
Deep down my heart is filled with happiness,  
I am not sure whether it's craziness.

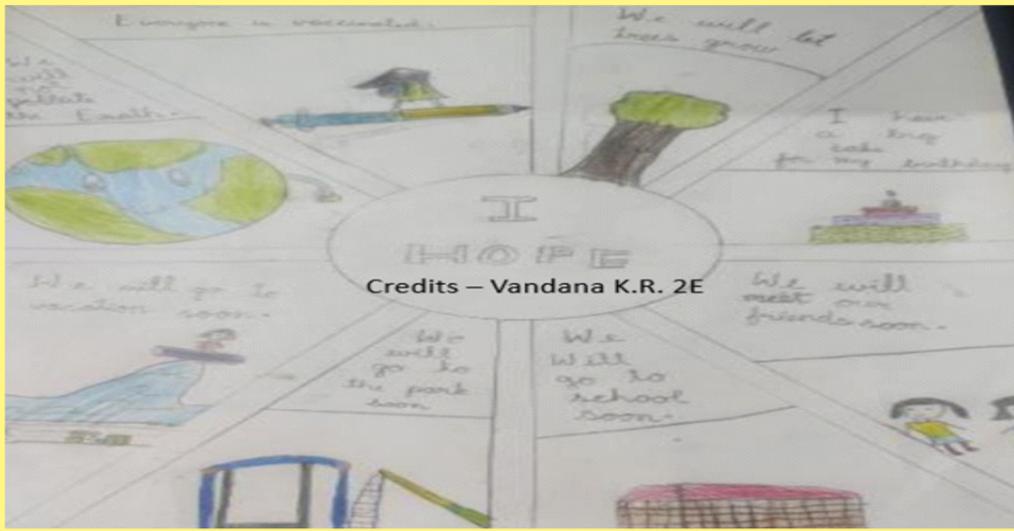
**Credits: Arnav Santosh Gujar- 5A**  
**(Original work – Later edited with technical inputs)**





**Hope should be within your heart  
That will flourish a peculiar start  
Hope will bring a bliss to your mind  
All the darkness will fall behind  
Hope will lead you through tough times  
Be patient until the light shines**

By: Srimanaswi.K



#### 4.2. Elisabeth finds 'Hope' - Credits: Mrinalini Biswas 4-A

Here is a perfect story to express more about 'Hope'. You can't find something to spend your time with, can you? Have you felt this way any time? If yes, I have the perfect story for you then. Shall we begin? Ok! Make yourself comfortable and here we go! Once upon a time there was a town called Camerlotts Hollow. It was a beautiful place. One day pandemic struck the land. People stayed inside their houses. In the Potterwicks' family there was a girl known as Elisabeth. Elisabeth loved playing outside and lost all hope of seeing their fine playground or even going out of the house. One boring Saturday, as she cleaned the Attic, she found an old chest. Her mom used to say, "Never touch anything unknown." Anyway, she took the chest to her granny and asked, "Granny what is there in the chest?" Granny replied, "Oh dear, Oh dear. What is it? No idea. Go to Grandpa." As she walked upstairs to her grandfather's room, she met her parents. "Keep it back to its place." they suggested, "Anyway grandpa is asleep" Dad said. So, Elisabeth went to her room and tried to open the chest. Suddenly a light came out of the key hole and she was sucked in! Where was she?

"Hello missy. I am the Hope finder cap. Put me on and make a vow." said a cap. "What vow?" asked Elisabeth. "A vow on what will bring your hope" it replied. When she put it on, the cap said, "reading!". I promise to read each day each night. I know it's the key to find hope upright. We'll read to ourselves, we'll read to a crowd. To find hope, it'll make us proud!" "Make this vow you'll get the key; you'll open the chest happily" ended the cap. She did so. Suddenly she was back home in her room! She had a golden key!! When she opened the chest, there were a thousand story books! She kept reading the books. She knew that she had found hope. What joy! "Hope is like a phoenix! It is a thing with feathers." she said.

Credits: Mrinalini Biswas 4-A

#### 4.3 LIGHT YOURSELF UP

During this tough situation,  
Let us not let go of our anticipation.  
When sadness sails through the air,  
Let us stand as a barricade and stop it right there.

When the Covid warriors are doing their job,  
Should we just sit and sob?  
The world is huge and not over yet,  
So, pack your bags and be set.

The Sun will dance to the rhythm soon,  
And all of us will be over the moon.  
Never have I ever seen such a delightful time,  
Well, all we can say is life needs some healing thyme.

Credits: Rachana K.R VIIA

#### 4.4 Hope Is the Thing with Feathers

Hope is a thing with feathers. Hope can be compared to a bird. For instance, hope is always present in human beings that happiness will be attained. Hope is present in the soul whether we are sick, sad, failed, or demotivated, just like a bird, that sings its song weather its rain or shine. Hope makes us optimistic.

But sometimes birds' shatter. If lightning hits a bird, the bird is on the brink of extinction as it gets injured and becomes very weak. The same way hope can also shatter. If we want to achieve something and we see an obstacle that cannot be overcome and is blocking our way to achieve our desire, hope is shattered. But like a bird we need to collect our energies, gain our strength back and soar high in the sky.

We all are united with hopes in the current situation and looking forward for the pandemic to end. New medicines and vaccination have brought 'hope' with them. And as long as we are hopeful, we will get through any obstacle.

Credits: Divit Kaushik VIIC

#### 4.5 A FEW CRUMBS OF KARMA

It was a gloomy, dark and dismal night.  
The sparkling stars were crystal white.  
Beads of unsettling rain whizzed down from the air.  
These silver nails caused a deluge and pounded the hair.

Of the crowd that was there, hissed down to the ground and it scared.  
The poor tiny critters, who thought they would drown in the fair.  
Amount of the rare downpour that was witnessed never.  
Under their breath, everybody cursed the weather

At such a time, Peter was walking back  
As he clutched a fine umbrella and cotton sack  
From work, after a long day, he was hoping for rest when  
There was a kind old man who blocked his track  
He looked fragile and frail, with wrinkly hands holding a cane

He had a scar on his left cheek, he was cold in the rain  
His body trembled so much, his shoes looked old and the stains  
Of mud on his clothes showed that he was going through pain  
With a weak but beautiful smile he stretched his palms

Saying "I haven't eaten for days; I beg for alms!  
Oh, dear sir, I'll remember it for forever and a day,  
If you could just spare some change", but Peter just walked away  
Years later, the storm of karma struck and wrecked his joy

Little did Peter know everything he had would get destroyed  
On a rainy day, a hungry Peter was searching for a meal  
He saw the same old beggar feasting on a tiny crumb of veal  
The beggar saw Peter but didn't recognize his face

He saw that Peter was hungry, told him to sit on his mat  
Peter did as the beggar said, but he was so ashamed  
As Peter sat down, the beggar shared the small meal he had  
From that day on, he swore to himself to never be selfish  
And to help everybody who was destitute and helpless

There is a ray of hope in the worst of times  
During the days of low joy, he searched to find  
A way to pay forward, a way to be  
That light in the dark, for those who need.

Credits: Pranav Sooruj Nair, Grade 10A



#### 4.6 THE BEAUTIFUL SCENARIO

I gazed at those droplets of rain that clashed down,  
Passed they from town to town  
They submerged themselves into the earthly ground.  
Seeing them a new hope was found.

Lots of algae covered the water spout,  
Just because no one had been out  
Not only was covid killing,  
It was also doubling.

Out of my window I saw a coot,  
So concentrated was I that I didn't hear the train's toot.  
The trees were dancing to the tune of the wind,  
Seeing the trees, I grinned

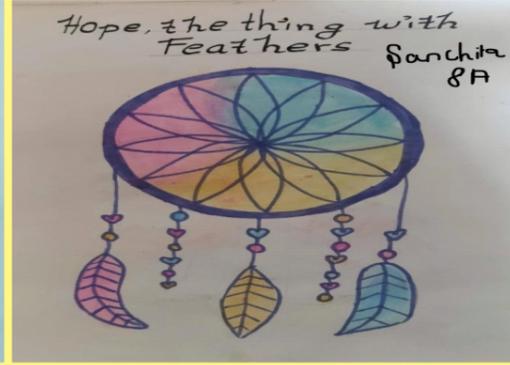
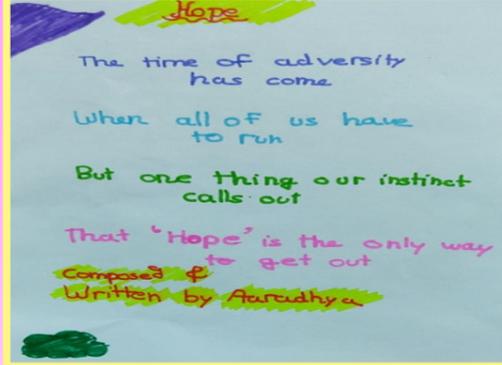
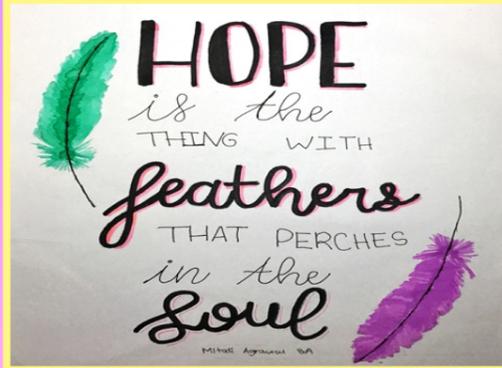
The beautiful scenario gives us hope,  
It gives a tool known as the rope  
Climb the world and reach the place,  
Where a beautiful scenario you'll have to face.

Chills and shivers shall run down your spine,  
You won't feel too fine.  
The beautiful scenario you will face,  
Climb the rope and you'll see the place

Credits: Anushree Mishra 7A

#### SAILING THROUGH THE HARSHNESS OF WEATHER, STILL HOPEFUL .....

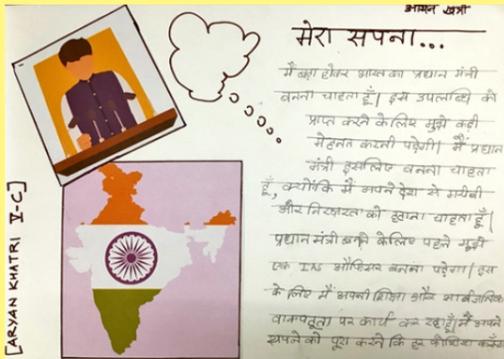
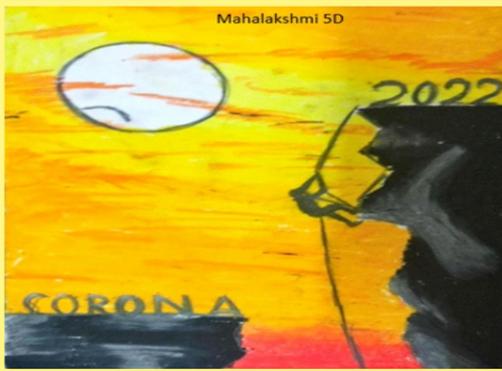
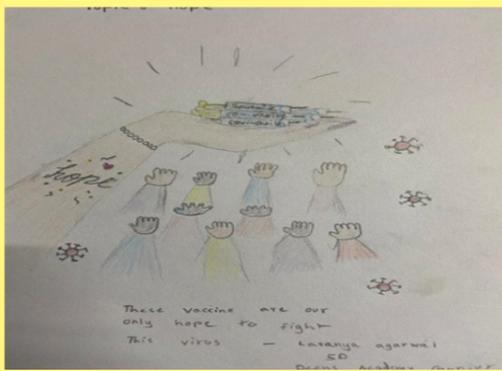
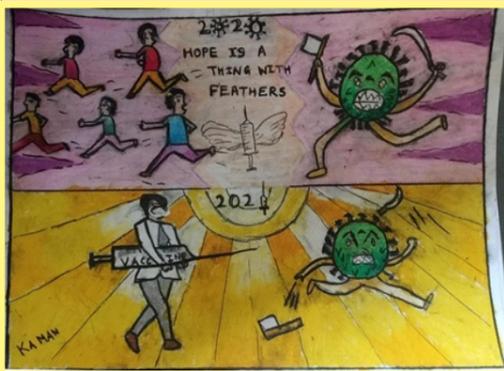
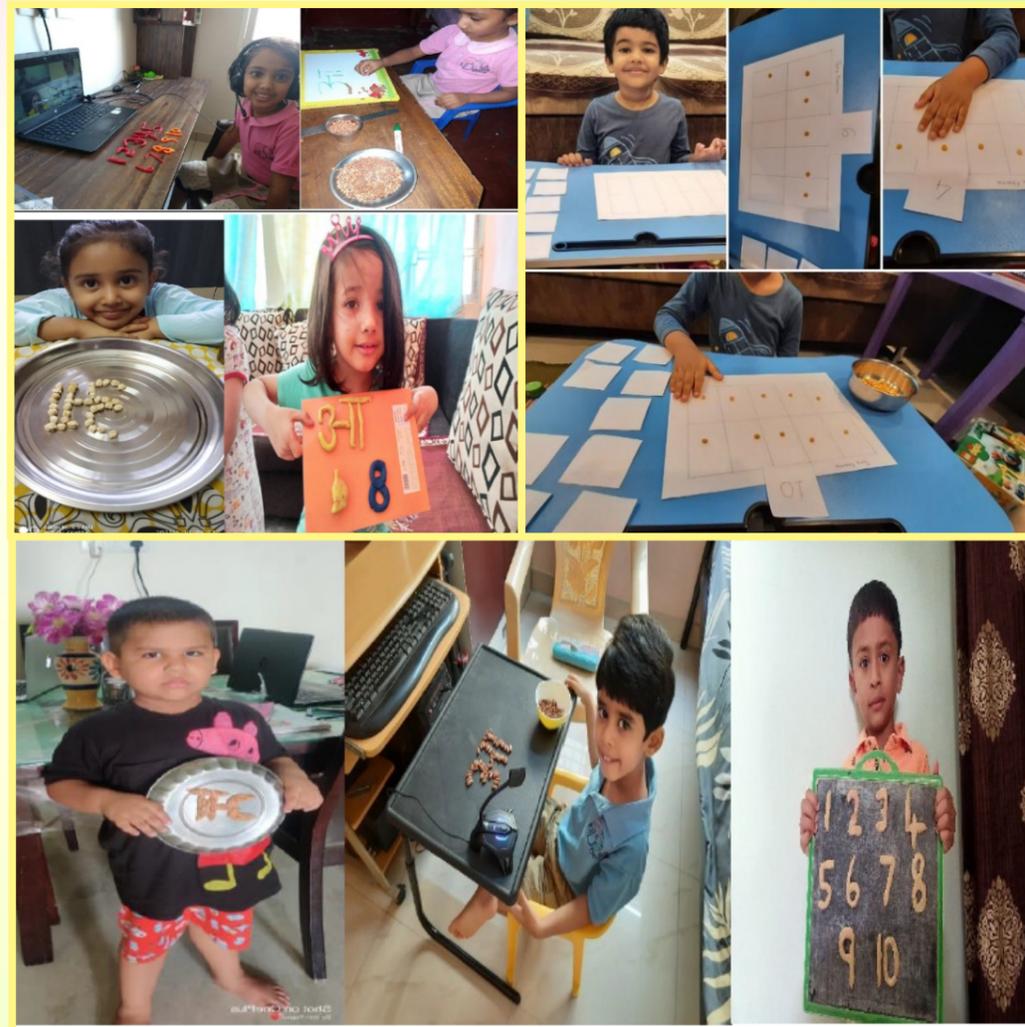
Credits for the photograph: Ayman Parrey 10B



#### SECTION 5: WOW MOMENTS FROM THE CLASSROOMS

##### 5.1. Fun moments - UKG – Teacher: Ms. Thilagam

School reopened for UKG children on June 2<sup>nd</sup>. Children participated in the reopening day with lot of energy and excitement. They were part of lot of fun activities like formation of Hindi letters using Channa /Rajma dal. Few also tried forming the numbers and Hindi letters using play dough. They learnt sequencing and counting of numbers by using the things available at home. Kids learnt a lot and also enjoyed the activities!



**5.2. Things that are around us - Credits: Teacher Ms. Sravanti Raghav**

Things that are different, exceptional or do not match a group are the odd ones from that group. Students of grade 1B enjoyed this concept with some experiential learning with toys, stationery and things which they had in their homes. They grouped the similar/related objects together and listed the odd ones out. All the children were excited to do this activity.



**5.4. THEATRE IN EDUCATION FOR THE ENGLISH CLASSROOMS -GRADE 8 – Teachers – Ms. Chaitra, Ms. Mumtaz, Ms. Ankita**

People have had some experiences with banks, they might have lost their cards, or made a new account and more! Over here we have the 8th graders being given their situations on banking experiences and are acting them out!



**5.5. ART INTEGRATED GEOGRAPHY classroom: Teachers – Ms. Mona R and Shalini B**

Mona ma'am, our art teacher made the activity fun and full of learning. We first took some yellow clay and made a small, round ball which represents the core of Earth. We then took an orange-colored clay and flattened it with the help of rolling pin. We covered the yellow ball with the orange clay. We then took a piece of red clay which acted as the crust, flattened it again and covered it over the orange clay. We then took a dark green clay which acted as the base of the earth, flattened it and only covered  $\frac{3}{4}$  of the red clay. We then took a dark blue clay and took small pieces and applied it to the green part, this acted as the water. We took a spoon and cut the thinnest layer of the layer where no green clay was present. This gives the illusion of the core, mantel and crust. Overall, we really enjoyed the activity and hope we have more in the future.

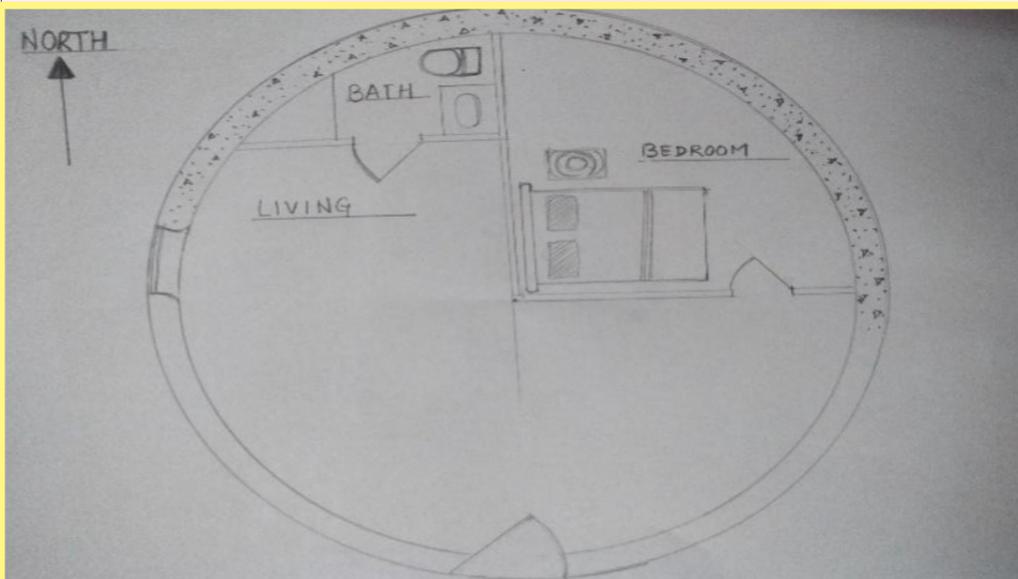
**Credits – Ashwini V 7A**



**5.3. ART INTEGRATION IN ENGLISH CLASSROOMS, GRADE 7 : Teachers Ms. Mona R, Ms. Mumtaz, Ms. Sahaya**

You must have heard about one of the most worldwide bestsellers and one of the greatest books ever written!

A hint, have you ever heard of Bilbo Baggins? That's right, *The Hobbit* by J.R.R. Tolkien! The hobbit Bilbo Baggins lived in a comfortable hobbit hole. Over here we have the 7th graders recreating that hobbit hole using their tools of creativity and imagination!



**HANDS THAT WORKED TOGETHER:**



**STUDENTS EDITORS FROM GRADE 7A:  
ASHWINI, ANUSHREE,  
KARTHIK, LAKSHYA, RACHANA**

**MENTOR TEACHER: MS. MUMTAZ BHARWANI**

