



FOREWORD FROM OUR PRINCIPAL

Our mind is the powerhouse that drives our thoughts, gives us courage, and creates wonders. Let's explore ways to create a wonderful world for self and others, by filling our minds with positive thoughts and attitudes.

-Ms. Hemlata Pande, Principal, Deens Academy, GJ Campus

Section 1: Theme of The Month - Mental Health

1.1. Mental Health workshop for Grade 10 - Interview session with our senior students: by the Student Editors of the August issue Stuti, Bavisha, Nakshtra, Evan & Yash – 7B

"The body heals with a play. The mind heals with a laughter. And, the spirit heals with a joy."

On 30th of August, we editors for August issue, interviewed our seniors - Tahira and Sadaf. Mental health related workshops were conducted for the Grade 10 students in the month of August by Ms. Shobha, a professional counsellor. As regards to the same workshop, we interacted with these two student representatives. We asked them a few questions on the topic of mental health. They briefed us:

- To follow a particular routine to focus on studies, like doing yoga and meditating. Doing some exercise or meditation now and then stabilizes your mental health.
- When under stress and pressure, meditate or go take a walk or anything that makes you feel calm.
- Talk to parents, who are easily accessible to us and spending time with loved ones cheers us up.
- Mental health is less dramatic than physical pain, but it is more common and hard to bear.
- What mental health needs is more sunlight, more candour and more unashamed conversation.
- Caring for the mind is as important as caring for the body in fact, one cannot be healthier without the other.
- They spoke about how our mental health can affect our behaviour, they said that "When we are in a bad mood, we don't even feel like doing the things that we really like to do generally".
- "Setting a goal and executing it is the easier part whereas coming into the mood of doing it is the harder part."
- They elaborated these situations with relatable examples, and it was very resourceful.
- Different people react to stress differently.

So, how do we deal with our stress? Here are some tips given by our senior friends:

- Only let positive thoughts enter your mind
- Do yoga
- Listen to music
- Meditation
- Write your problems down
- Always do your hobbies



Interview process link – https://deenscademy-my.sharepoint.com/:v:/g/personal/files_server_deensacademy_org/EVW5dNX0bY5Ph5KblytNjzUBRi9eSdLhPo9BhhZsF-7Qcw?e=AOv9eS

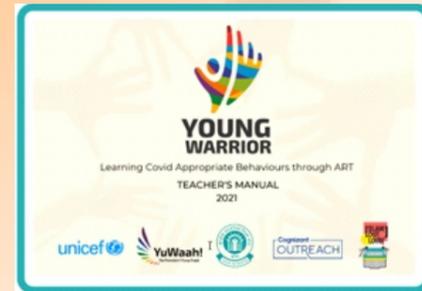
1.2. Young Warrior Workshops for Grade 6 to 8: by Rachana & Anushree from 7A & Sejal-7C

Teacher Vidya ma'am, our Art and Crafts teacher was part of the "Young Warrior Workshop", for grades 6 to 8. The aim of the workshop was to bring awareness to our young minds about Covid-19. This workshop was held by "UNICEF SUC," "Yuwaah," "CBSC," "Cognizant" and "Slam Out Loud." This workshop had 5 sessions.

After the CBSE workshop, our has decided to conduct 3 sessions for grade 6 to 8. These sessions will be integrated with language and art. The first session is called '**Vaccination Buddy**'. In this the students must write a poem about vaccination. The second session is called '**Stress Buster**' in which there is an activity associated with art, where the students will have to draw a floor plan of their house and color code the most relaxing corner and explain each.

The pupils will also have to write about how to make the uncomfortable corners of the house comfortable to live in. The third session is known as '**Fake News**'. It focuses on how to validate the information on the covid measures and not to fall prey to rumors. The fourth session is all about '**Experiences**'. Our family or friends might have been through covid and would have required help.

This session is all about sharing experiences about how to deal with Covid. In this session we have our sights set on to make a comic strip. The fifth session is '**Young Warrior**' where we create a mascot about who we think is our covid warrior and spread awareness about facing Covid. These are super interesting sessions that the teachers are going to take us through. We are sure that the students will have a wonderful time and we look forward to having this amazing session. We will be covering the sessions in the coming months.



1.3. Yoga promotes positive impact on our Mental – Our Yoga coach Ms. Meera Narayanan has a message for us students.

"Atha Yoga Anushasanam" Yoga is a discipline. (Sage Patanjali). Congratulations!!! for getting into Yogic discipline. Yoga is the art and science of living, and is concerned with the evolution of mind and body. Yoga incorporates a system of disciplines for promoting integrated development of an individual in all aspects. Having been associated with children and young adults for more than two decades, I believe that yoga is the tool to reduce stress and promote emotional balance. It tones the body, tunes the mind and makes the mind alert, aware and sharp. Attention, Self-esteem, Confidence, self-regulation is the outcome of a calm and an alert mind. Through regular practice, yoga helps to channelize and redirect the emotional energies of the growing child in a constructive manner leading to self-improvement and self-development.

Some **basic exercises, energising steps** – being part of our primary grade classes



1.4. Introduction of Mental Health: by Reyansh and Tebin - 6A

Mental health in simple words is our behaviour and feelings. Mental health and Physical health go hand in hand and are equally important. While mental health is our emotions, physical health is our strength. For improving our mental health, we practice yoga. Yoga keeps us calm and helps us keep a control over our emotions. Mental health also has an impression on the work we do. If one is in depression, he would treat, behave, and do things in a sad and gloomy manner. It will also affect his mental well-being and work.

Specially during this pandemic time, maintaining mental health is very important. Here are some benefits of maintaining mental health -

1. Reduction in anxiety.
2. Improved moods.
3. Clearer thinking.
4. Increased self-esteem.
5. Reduced risk of depression.

But we should be careful not to focus on mental health alone, but also in keeping ourselves physically fit and strong.

1.5. Poem on Meditation: by Charvi Reddy - 4A

Meditation controls our mind,
 But why do we say "remind"?
 Sometimes I wonder how saints are so powerful,
 And why we just bother if we are beautiful.
 Healthy food helps keep us lively,
 Let's make it a habit permanently.
 Not only yoga does,
 Studies too really buzz!
 Try solving Maths without a pen,
 You'll be perfect at it, in a day or ten.
 Don't crush all the thoughts in your brain,
 Let the useless and hurtful opinions drain.
 You need to develop your memory,
 If you do, you'll dance in victory!
 You should always have happiness,
 That awakes when you enjoy with heartiness.
 Play for an hour or two,
 Train your body and brain too!

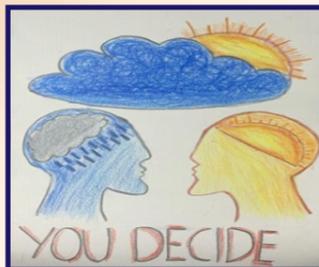
1.6. Running Emotions – a free verse poem: by Paridhi Mehta-7C

I slowly closed my eyes and drifted into sleep
 With my heart full of cuts and bruises that burdened me so deep.
 And when I opened my eyes, my teacher was standing there
 Saying the words "we shall not despair".
 She said such reassuring words and grabbed my hand
 through the darkness we ran and ran.
 My expression was queer, my head was clear
 As we saw a light near.
 I woke up left in a state of serenity.
 Emotions running through me endlessly.



1.7 Positivity is the way forward- If you are feeling down in the dumps, there is no need to mope around! : By Shaili Dutta- 7C

Our life is a roller coaster of ups and downs. If you are feeling down in the dumps, there is no need to mope around. Share your troubles with someone who cares and always look on the brighter side. It is your choice whether you want to live in the past and let other people's expectations control you or live in the present moment and think and do the things that make you happy. This is the only road to joy.



1.8 Inside Our Mind: by Rachana.K.R. – 7A

The mental health of a person affects the behaviour and thought process of a person. The most spectacular system of the world is our mind. By reading the most interesting minds in history, I meditate with my mind and theirs as well to solve tomorrow's mystery. *The books are the key factor towards improvement of the mind and development of mental health.*



1.9 THE DEEP SECRET OF MY MIND : Poem by Anushree -7A, Art work by Mugdha – 4C

THE DEEP SECRET OF MY MIND	
The rough tides of the sea, Come out to embrace me Take me away into the deep Where myself in a trance I keep.	Rocks and wrecks, seaweed and stones, Mermaids and serpents, mysterious bones, Fish that can leap up and down, With scales as beautiful as designs on a gown
Choppy waves dashing across the beach They call out to me, they screech. Coral dancing with the flow of currents Creatures showing their spectacular stunts.	Now deep into the sea we shall go To the king of the sea we shall bow, Taking his permission to swim down the deep This is a secret we must keep.
Strange creatures floating around, Others going round and round. Some have lightbulbs on their head, Some using the plants as their bed.	Down we come to a cave as black as dark, Float around fishes, piranhas and sharks, But all these are mere illusions, These are just to create confusions.
Passing through the abyss of the dark We come to a point, we come to a mark "Splish-Splash, Whoosh – whish, Drip-drop," The sea sings in a voice non-stop.	Sending its tides criss and cross, Take the help of the wind to toss. In an endless rage it sings away Wishing for people to start and pray.
Finally, to a stop it comes, In a sweet voice it hums. Calms down and settles back down the deep Because it has got a secret to keep	A secret to keep A secret to keep It has got a secret to keep A big deep secret to keep.
And we must settle down in our homes being soft and cosy Because you don't want the sea to become bossy You know it has to settle down into the deep Because it has a little secret to keep.	

BY ANUSHREE MISHRA - 7A



1.10. Our mental health and the virtual world: by Dasha K -7D, Art work by Manasvi- 6C

Technology plays a big part in our lives, a powerful part of our lives that influences our mental health. The internet has its pros and we're grateful for them. However, it definitely has some cons too. On the media, no one is perfect, but some people cover their flaws to seem so, setting unrealistic expectations to others. This influences the viewers in a negative way. And when we're not able to cover up our flaws, people can make fun of them and use their words like a knife, saying things that aren't true. We can become obsessive about these small things that do not even matter, not even bothering to explore the world around us. The internet affects our mental health widely, especially now when our whole life is on it. When used wisely, the internet is a boon for every child, but the internet also has its flaws and we should be careful to avoid them.



1.11. The Importance of Mental health

Divit Kaushik from 7C, shares: While writing this article, my mind was empty, and I had absolutely no idea on what to write. I browsed through numerous articles and quotes on mental health to get inspired and write something. But even after reading so many articles, blogs, quotes etc. and still not having any idea my mental health started deteriorating. I started getting paranoid due to lack of ideas and got frustrated. Then, every idea my mind would produce seemed garbage to me. A nearby building construction started irritating me a lot. While trying to write something, I missed typing few alphabets, made lot of spelling and grammatical mistakes, which made me want to throw away my laptop. And then, the topic took my attention. I closed my laptop and decided to take a break. I took few deep breaths, entertained myself to cheer up my mood. After calming my mind, I thought again on what I can write on mental health. I decided that I can write about the state of my mental health while writing this article. I reflected the effect of my mental health on my behaviour. My mind produced poor ideas and I was irritated by my surroundings. But the moment I was able to control my mental health, I thought of an idea which was acceptable to every cell of my body. To conclude, mental health decides our perception, the opinion we have about our surroundings and affects our actions.

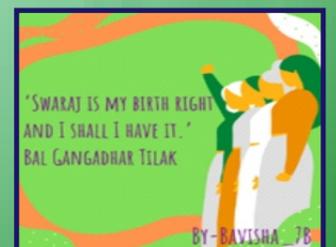


Lipi Bhattacharya from 9B, adds: The mental health of an individual is very important. If we are mentally unfit it can affect our daily life and our efficiency at work. The environment in which we live has a huge impact on our mental health. We should not overwork ourselves as it could lead to amnesia. Along with mental health, physical health should also be taken care of. When both work together, only then our body can function properly. To keep ourselves mentally fit we must live a balanced life. To keep a good mental health, we must follow certain activities like practicing yoga, taking morning walks, listening to music and living in an environment which is peaceful. If all these factors are kept in mind and followed a person will surely have a good mental health.

Section 2: Events

2.1. Independence Day celebrated at GJ Campus

Stuti Kulkarni from Grade 7B, shares - Freedom is never dear at any price; it is the breath of life. This year we are celebrating the 75th Independence Day. After the struggle of almost two hundred years, on the dawn of August 15th day exactly 75 years ago, India was freed from the shackles of foreign rule. The tradition of celebrating Independence Day is upheld in schools, so that the young generations are aware of the sacrifices made to make this country, a better place for them to live. Also, the youth is made aware of the developments that have taken place, since India got independence. In conclusion, bringing independence to India by freeing it from the British Rule was not easy. And, 15th August of every year is celebrated to pay respect to the culmination of struggle, hardships, and sacrifices made by Indians to bring this country freedom. Let us pay our respects to all those martyrs who brought freedom to India. Jai Hind!



Bavisha from 7B, adds: 'Swaraj is my birth right and I shall have it', this quote inspires me a lot. It has inspired me a lot; I digitalise my work, thus.

2.1. A] The students of Grade 1B celebrated 75th Independence Day in their virtual

class. Children drew the tri-coloured flag and showed their love for the country through patriotic messages and slogans. They shared their knowledge on freedom struggle by recollecting the names of some great fighters like Mahatma Gandhi, Jawaharlal Nehru, Subash Chandra Bose, Bhagat Singh etc. They concluded the celebrations with the National Anthem. Here are a few glimpses.



2.1. B] Live event on August 15th, 2021:

We had a wonderful live event for the Independence Day on the 15th of August. There were many students who participated in this event across the grades. They performed skits, sang songs, especially our national anthem and some of them even danced. It was a blissful event!



2.1. C] Talent showcase from our UKG classroom: from Teacher Thilagam Ma'am

Aradhya dressed up as Chittor Rani Chennamma. Queen Chennamma was a great revolutionary freedom fighter.

Queen Chennamma was the first female fighter to fight with the British government. Queen Chennamma fought bravely with the Britishers.

The student did a fantastic job and delivered a bold and daring speech, just like Chennamma.



2.2. Volksfiesta – Our Annual Interschool Competition: By Nakshatra, Bavisha- 7B & Rachana-7A

Our iconic People's festival, our own Volksfiesta is a wonderful event of showcasing talents of students. All participants from various schools get a chance to show case their abilities. Volksfiesta festival has become part of Deens tradition now.

When this phase begins, there is a magic that makes everyone perform outstandingly and we watch relish it. As hosts, we at Volksfiesta believe in fun, free, and fair competition. It is a festival of Deens, that brings healthy competition, joy, and enthusiasm among the contestants. A festival that showcases hidden talents in each soul and helps the soul flaunt with its true colours and uniqueness.

Volksfiesta encourages students to take part in numerous activities and preaches us about the life lessons of never losing hope and learning from the failures that we have been through, if any. It is for the students, by the students!



Section 3: WOW Moments from our Classrooms

3.1. No act of kindness, no matter how small, is ever wasted: by Teacher Thilagam Ma'am

Our UKG student Avni was very happy to share with us a picture of her feeding a peacock near her residence in Kanyakumari. She also said it has become a pet for her now and everyday it comes to her house to visit her. Other kids were also excited to know about this.



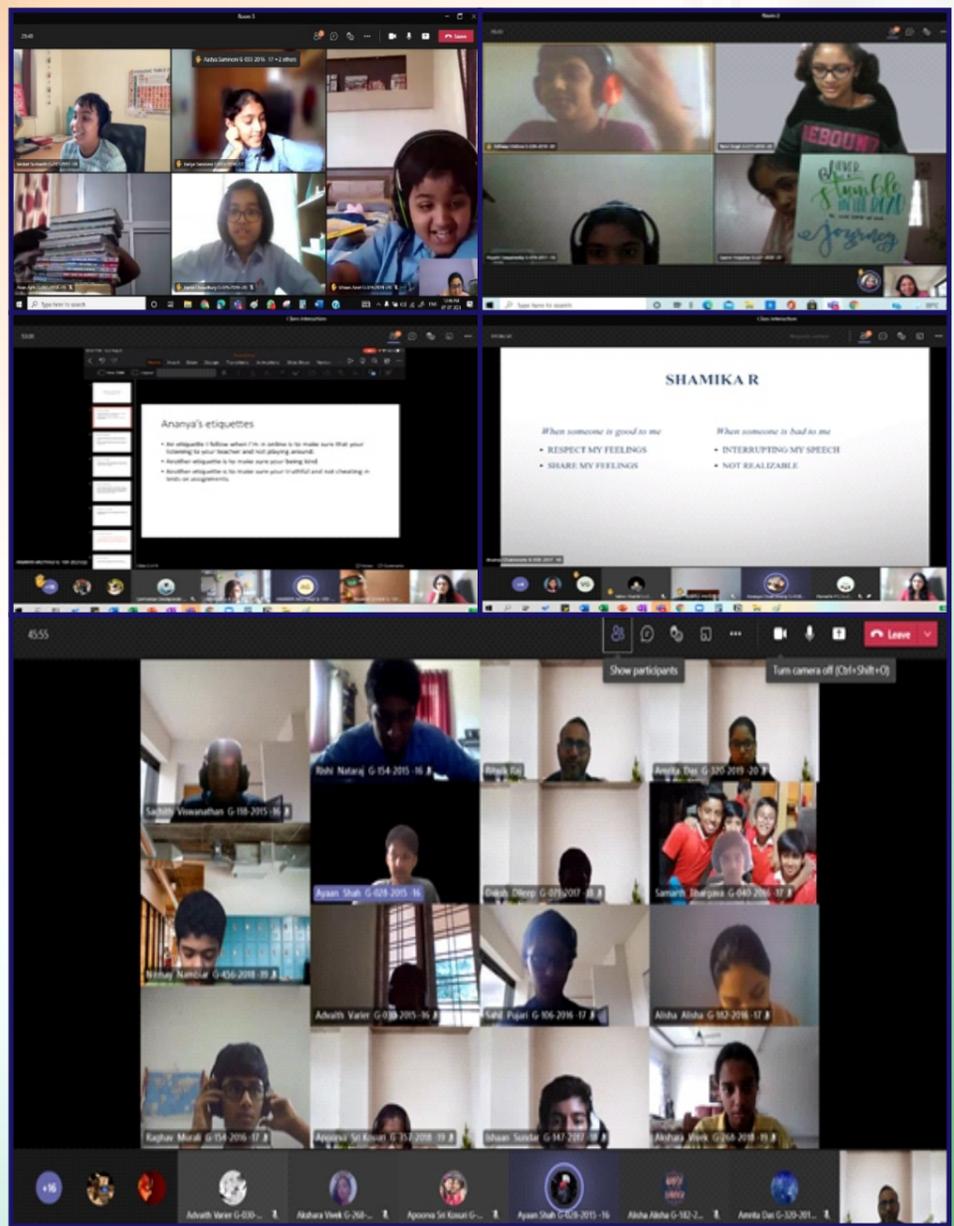
3.2. Integration of English and Music – Grade 7: from Grade 7 students

The Editors of the August issue, also students of 7B, share: We had a really fun English class on 1st of September with Salome Ma'am, our Music teacher. She taught the 3rd stanza of the poem "The Brook" with a very melodious tune. It was amazing! Then, she told us to create our own tune for the 1st stanza and many of us were successful. This was a different experience for everyone, and it was fun too!

Students of Grade 7A, 7C & 7D, add: We students got a ready platform to appreciate the literature work, the poem, 'The Brook'. We experienced the blend of learning the element of appreciating this poem, through Music. Students expanded in their skills to read/narrate/recite. The process did sensitize us to the cultural diversity and awareness and recognition of the art form; in this case Lord Tennyson is representative of the Victorian age.



3.3. Class Interaction sessions for Grades 5 to 8: Class Interaction sessions – special coverage for a unique informal time created for Us students



Hands that worked together from 7B Yashvardhan, Stuti, Nakshatra, Evan & Bavisha

Mentor Teachers: Ms. Sahaya Bobby & Ms. Mumtaz Bharwani

