



Foreword from our Principal:

Sports helps us to rise above the barriers of mind and body. Let the sports challenge us to go beyond our limits!

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

SECTION 1: Theme of the Month: Benefits of Sports

1.1 Benefits of Sports: A write-up based on the situations all around the world.

"Age is no barrier. It's a limitation you put on your mind."

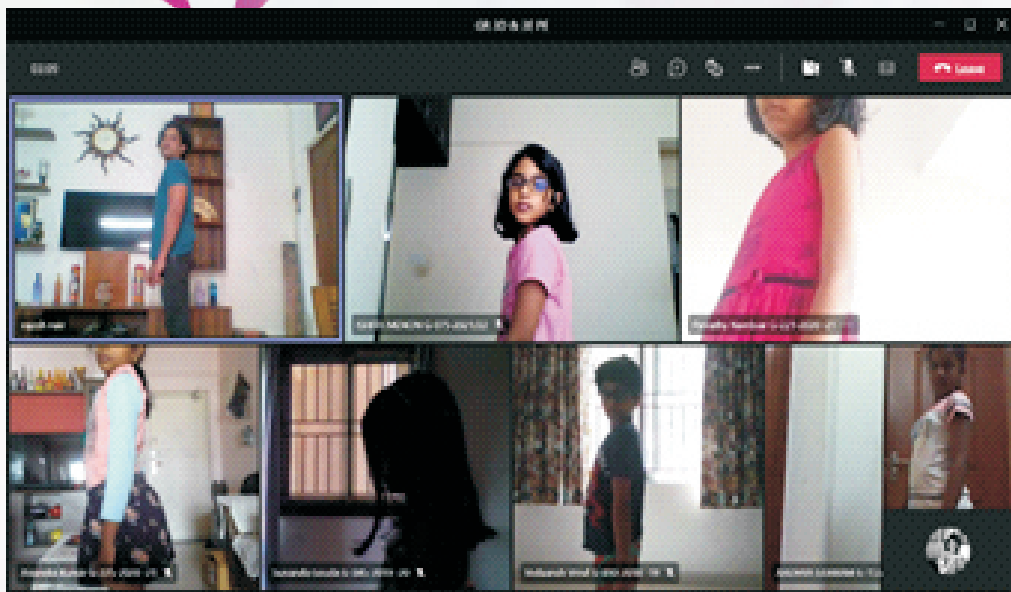
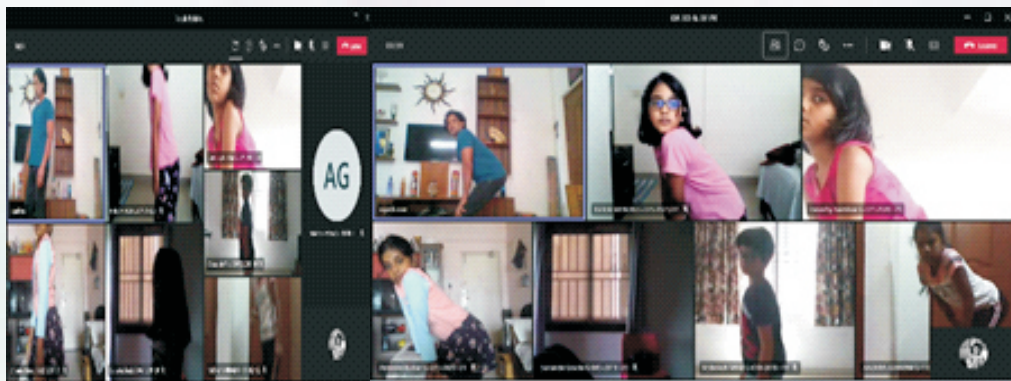
The topic of this Month is "Benefits of Sports" which is an important part of life if we want to stay fit and healthy for the rest of our lives. Some of you might think that it is impossible to play a sport during this pandemic, well that is not true. With the help of this write-up, you will gain knowledge of how to pass through the pandemic staying healthy and fit.

Sports is one of the few fields where there is an enormous number of benefits. Different sports are played in a way that they are beneficial to the body in some way. Considering all the sports in the world right now, we can talk about the top three sports and their benefits. They are Soccer, Cricket, and Badminton.

All the given sports are the best ways to improve our stamina. The other advantage of football is to increase our leg strength and bone strength. Cricket requires a lot of coordination, so cricket helps in improving coordination. Badminton helps in strengthening both arm muscles and leg muscles. Nowadays, due to the pandemic, most people are stuck at homes and do not know what to do or play.

The best way to keep your body fit is to try out some at-home exercises like push-ups, skips, pull-ups, squats, etc. If not, you can try practicing any sport of your choice and start practicing with the help of a small space in your house. If Exercise or sports are completely stopped then the body will get used to it and playing any kind of sport will be hard after the pandemic has stopped.

Glimpses of one of our PE Classroom, where Grade 3 students are learning techniques of holding a cricket bat, maintaining posture; integrating physical posture to technical aspect the sport – Cricket.



Credits to: Ryan 7D

1.2. A Poem on - Sports

SPORTS

Have you ever wanted to be healthy and strong?
Did you ever want to prove your unfit body wrong?
If you ever wanted to do so,
Then this poem is your perfect friend not foe.

Sports a part of your life,
They help you become healthy in five.
Sports out there exist many,
Let's sit back and enjoy.

Football, Cricket and Tag
They make you run front and back,
But still, they keep you healthy and strong,
They help you prove your unfit body wrong.

Jumping – Jacks and some spot jumps,
They help your heart to pump,
A bit more walking,
And soon your blood will be perfectly circulating.

Put your legs on the wall,
Help your brain to recall.
Stand on your toes and look at the wall,
Soon you will be growing tall and tall.

I guess that is enough,
Hope you have learnt some tricks and stuff,
Be ready and prove your unfit body wrong,
Do sports and be healthy and strong

Credits to: Anushree Mishra 7A

1.3. Our daily life with Sports

In our daily lives, there are many benefits of sports. Here are a few of them:

? Health Sports can help with your health. Muscles Need to be used constantly and in sports, they always are. Sports also make your heart beat fast and make you sweat. Both are good for you. Sports also make you want water, and you stay hydrated. Sports have a great impact on your health.

? Social Skills—A Lot of sports require teamwork. This helps you to improve your social skills. Even if you don't have a team, you still have your coach and trainers. No matter what sport you play, there is bound to be someone to socialize with.

? Fun—Sports are a great way to spend your free time. Do you have an hour, afternoon, day, or even a summer to kill? Well, start playing a sport.

? You'll have lots of fun and a great time.

? Sports are a great way to have lots of fun and enjoyment. I hope that by reading this article, you will start to understand the true value of sports. Thanks for reading!

Credits to: Riddhi Kamani 6A

1.4 Benefits of Sports

When we hear about sports, we get an energetic feeling. Sports usually have many benefits. They are listed below. A study suggests that exercise and sport triggers chemicals in the brain that can make you feel happier and relaxed. Team sports provide a chance to unwind and take part in an activity that improves your fitness. If you play sports outside, you can benefit from fresh air which is said to promote a good night's sleep. Sports play an important role in our health. By playing your favourite sport at least an hour, a day helps in weight loss and making our body part strong. Badminton helps in making our hands strong and makes us faster in running. These were the Benefits of Sports. Hope you all liked my article.

Credits to: Reyansh Bansal 6A

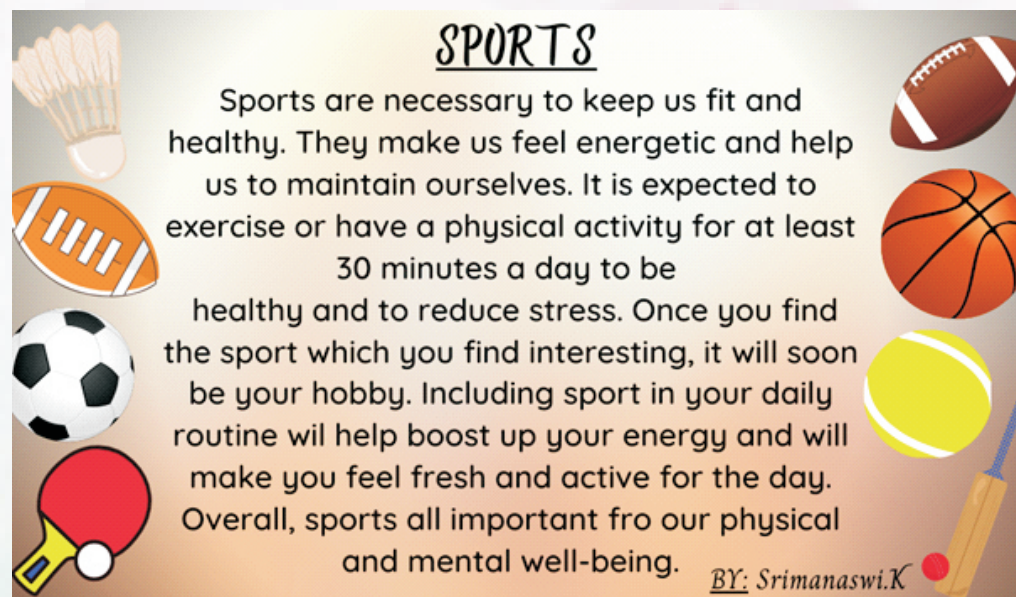
1.5 Importance of Sports

Benefits of Sports - When we hear these words, we wonder why sports is so important and what we benefit from it. Today I will tell you all the benefits

- ? If we play sports daily, we can stay fit and healthy, but we also need to have a balanced diet along with that.
- ? I am sure that many of us would feel tired and sleepy after playing outside. Then we go back home, eat our dinner, and have a peaceful slumber. This is because we are all tired after playing outside, so this proves that playing sports helps us have a good night's sleep.
- ? While playing sports, we also run around a lot. This form of exercise is called cardio. Cardio is good for the heart.
- ? Recent studies have also shown that sports improve the function of our lungs, help us make new connections, improve our mental health, and reduce stress.

Credits to: Prapti 6A

1.6 Sports and Wellbeing



Credits to: Srimanaswi.K 7A

1.7 - Health Matters

Have you ever found yourself so immersed in your work that you forget about what's going around you or people around you? Working hours after hours even without any physical activity? While it is good to be sincere and focus and finish your work on time, we should also be aware of how to equally distribute our work so it doesn't affect our health. We take health for granted and sometimes overwork our body with no activity thinking it will be normal or okay after some time without a break.

But such things can affect your body physically and mentally. Watching screens hour after hour in this pandemic we have forgotten what originally meant the world to us. As kids, meeting without friends, scoring that goal or getting that perfect win for our team.

We can play with our friends while taking proper precautions or just exercising at home together, but we refrain from doing so and continue to play video games and look at our screens all day. This affects our eyes badly and makes us lazy and become less social from others. Sports helps us so many ways as-

1. Helps us socialize with other people.
2. Improves our qualities, makes us learn to accept defeat, many sportsmanship values and life lessons.
3. Keeps us healthy and energised.
4. Helps to get better sleep.
5. Increases blood circulation and makes our heart function properly and become stronger.
6. Increases our confidence and reduces stress, which helps especially during this pandemic time.

Even during these challenging times, we should not forget about our health or the importance of sports and its benefits.

Credits to: Debanjali 7D

Section 2 : Events and workshops:

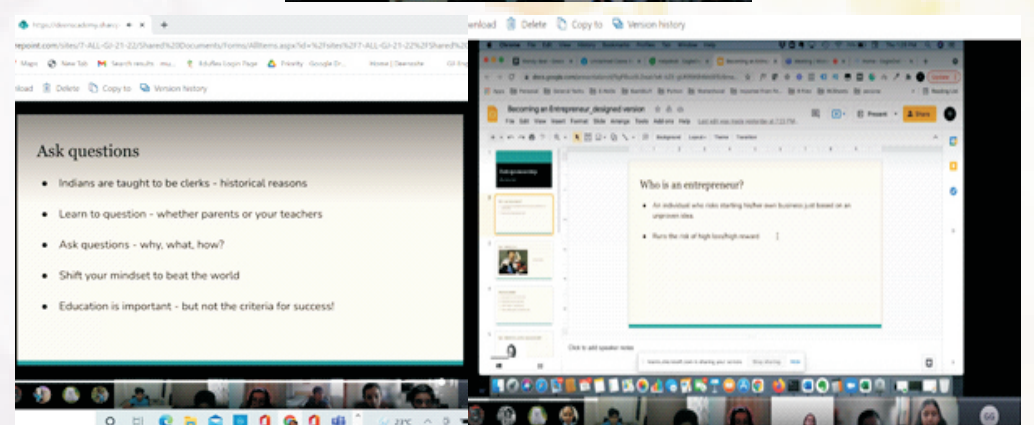
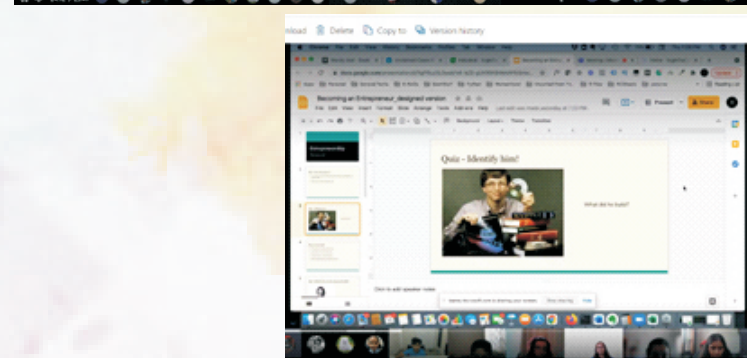
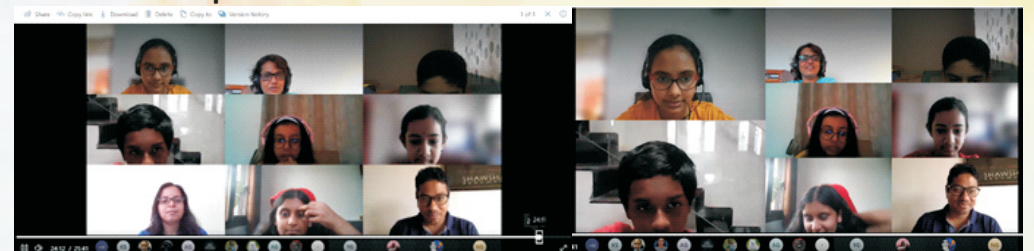
2.1- Being an entrepreneur – a mesmerizing guest lecture

This was one of the best guest lectures I have been to. Mr. Vinodh Rajaraman, my friend Vritti's father, told us what 'being an entrepreneur' was all about. He started by explaining that there is no age limit to start your very own business or start-up. Even a 7-year-old can start a business! I was flabbergasted when he said that.

He told us that to be an entrepreneur takes four key points- going against the wind and the world, Determination, Passion, Persistence, A lot of craziness, and being thick-skinned. If I ever start a business, I will be sure to keep these points in mind! I had always wondered why somebody would start a business and take risks when they can work in any company they want; now I know why they do that. People start businesses to find a solution to a problem, create a legacy for their generation, create employment and generate wealth for everyone, the thrill of recognition, and last but not the least seeing their baby (business) grow! He also gave us some rubric points to be an entrepreneur, which were to start at any age, identify problems you can solve, start selling things early, learn to code (C++, Java, Html, Python), and be a good leader. If you are not a good leader then you can't start a business. This means, for example - I and my friend can find a solution to the wastage of food and start a business with this idea. Asking questions, always ask questions no matter how foolish or bad they are. Always ask Why, What, and How and stay curious! It is the 'scientific temper that scientists like Issac Newton are also known for.

And of course, Education is very important; whatever you are planning or doing, education is necessary. Without education, you will never move forward. After following all of this, shift your mindset to beat the world, this will keep you motivated. All of this has inspired me to start my very own start-up, maybe when I grow up you might see me running my own business. Thank you Mr. Vinodh Rajaraman for this wonderful guest lecture.

Credits to: Deeptha Kuloor 7A



2.2 - COVID 19 related latest information - in our students' context – an informative guest Lecture

On 31st of August, we had a workshop on the topic COVID-19 and its effects. Dr. Shweta wonderfully explained to us about COVID-19, its facts, myths, contagion, risk, symptoms and more... She told us that COVID-19 is a highly infectious disease, which spreads through respiratory droplets. Symptoms may include:?

- ? Fever, cough, shortness of breath, sore throat?
- ? Chills, muscle aches, nausea etc.?

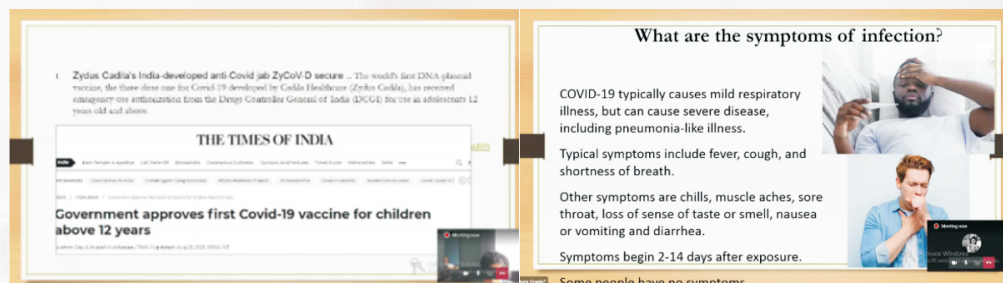
Healthcare workers and ambulance drivers are at most risk from COVID-19. People who do not meet others much and who have a social distance for about 6 feet are at low or negligible risk of COVID-19. She told us to always wear a mask, face shield and PPE kit if necessary while going out. If infected by COVID-19, we must make a daily symptom attestation, isolate yourself from others in your family and talk to your healthcare provider about it.

Ways to reduce stress:?

- ? Recognize your anxiety?
- ? Speak to your parents?
- ? Find new ways to connect to friends?
- ? Create distractions – do something you like!?

She concluded by saying Stay safe, Stay healthy. Then, we had a Q and A session, where students asked questions related to the topic and Shweta ma'am answered all of them. It was an informative and intriguing session. A big thankyou to all the Grade 7 teachers for organizing this event. A great thankyou to Dr. Shweta who made time to come and meet us in her frenetic schedule.???

Credits to: Stuti Kulkarni



2.3. Young Warrior Workshop for Grade 6, Grade 7 & Grade 8

The Young Warrior Workshop was very entertaining. Hearing the exceptional thoughts and ideas of the students, sparked our creativity. The starter exercise was really engaging. We reflected that we young souls don't realise that we are privileged to have shelter, safety, family, and emotional stability. We feel very thankful for what we have. Facilitators for Grade 6 to 8 were our middle school, English language teachers: Ms. Moumita, Ms. Sahaya and Ms. Mumtaz for respective grades. The children were made to do fun activities such as write acrostic poems on certain words related to Covid-19. The children got to choose the word. Some chose hope, others chose virus. Most of them even illustrated on the sides. Overall, it was helpful. Thanks to all the teachers who put in effort to make this session so meaningful and possible.

Credits to Rachana K.R. & Anushree Mishra from 7A, Yashvardhan and Bavisha from 7B



2.4. Hindi Diwas:

Hindi Divas is celebrated on 14th of September every year. It is celebrated to commemorate the decision of the Indian constituent assembly to declare Hindi as one of the country's official languages. At our school, we had a special assembly on the 15th September in this regard.

हिंदी दिवस पर कविता

आओ सुनते हैं हिंदी का यह गौरव गान।
हिंदी ही है वह भाषा जो जोड़े हिंदुस्तान ॥

तुलसी, सूर, कबीर की भी हिंदी ही थी बानी।
रहीम दास, दोहों के द्वारा कह दी अपनी जुबानी।
सरस सवैया हिंदी में लिख अमर हुए रसखान।
हिंदी ही है वह भाषा जो जोड़े हिंदुस्तान ॥

आज़ादी के सेनाओं ने हिंदी में कह दी 'जय हिन्द' के नारे।
"मुझे खून दो, मैं आज़ादी दूंगा" कहकर सुभाष जी हो गए सबके प्यारे ॥
विजयी विश्व तिरंगा प्यारा आज़ादी का गान।
हिंदी ही है वह भाषा जो जोड़े हिंदुस्तान ॥

हिंदी में ही प्रेमचंद ने लिख दी अमर कहानी।
'बूढ़ी काकी', 'कफ़न', 'ईद' का नहीं है कोई सानी।
हिंदी है जननी जन्म भूमि का पहचान।
हिंदी ही है वह भाषा जो जोड़े हिंदुस्तान ॥

हिंदी से है हिन्द महासागर समुद्र का नाम।
हिंदी से है हिंदुस्तान, भारत का उपनाम।
एक सूत्र में बांधे हिंदी भाषा बड़ी महान।
हिंदी ही है वह भाषा जो जोड़े हिंदुस्तान ॥

Credits to: Amrita Das 8A



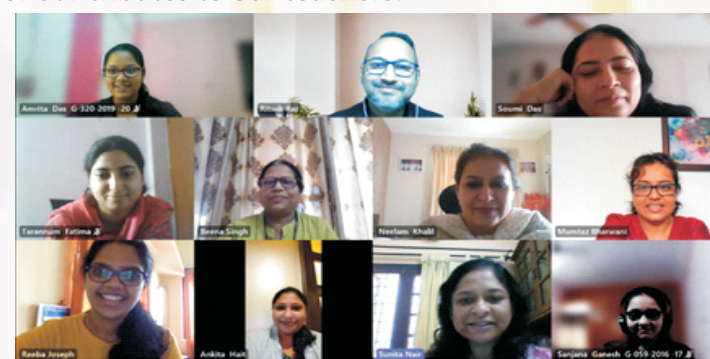
2.5. Teacher's Day celebrations organised by we students – few of our expressions!

Teachers' day is celebrated on the 5th of September every year. I wish all teachers in India a very Happy teachers' day! Thank you so many teachers, for helping us students to excel in all subjects and co-curricular activities. A teacher is not only a person who teaches you but also helps you to exceed your excellence limits to give you a bright future. They are our best well-wishers. Let's continue expressing our gratitude to all our teachers! Our good performance is the their gift, I believe.

Credits - Dhruva Vetsa 7C

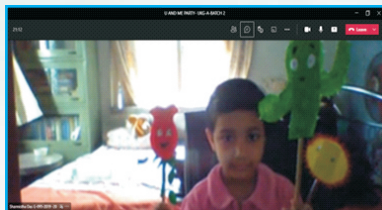
Some representation of our tributes to our teachers:

- 7 A- [7A teachers day](#)
- 7 C- [7C teachers day](#)



Section 3 Kideens Corner

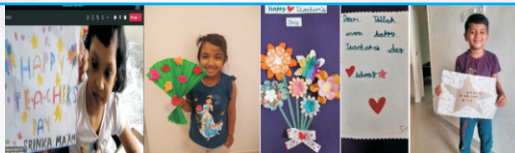
3.1 Circle Time activity:



Story telling session done with beautiful props by Sharmistha Das- UKG A

3.2 Teachers Day card from our kids

Carol Lakra, Hiranmayee, Adva, Vishwadeep did this beautiful card for Teacher's Day.- UKG A and B



Miraya Rakshit sang a song melodiously and beautifully, played the piano in Circle time -UKG-A

Aashvi of UKG B Dressed up like Little Red Riding Hood and explained the story during circle time.



3.3 Paper cutting activity:



Paper cutting activity done by Dhariya Agrawal, Aadya, Advay, Yashas from UKG -A and B.

3.4 - Pratyusha participated in the "My friend Tiger" Competition and received certificates for story telling and colouring competition.



Section 4 Our Expressions

4.1. Hybrid Mode classrooms

-My Choice-Online or Offline, for sure at Our School physically.....

After 2 years we students heard that school starts on Hybrid mode of teaching from October 1. Super happy we all are! Of course, yes, I would love to go to school soon. I am waiting to receive the consent form, for a choice to attend offline school. As of now, all of us are for sure doing our best to adjust, to be consistent in our performance in online school. Our school maintains safety protocols intact and we are proud Deenites to say, indeed, our school is our second home!

Credits to: Dhruva Vetsa 7C

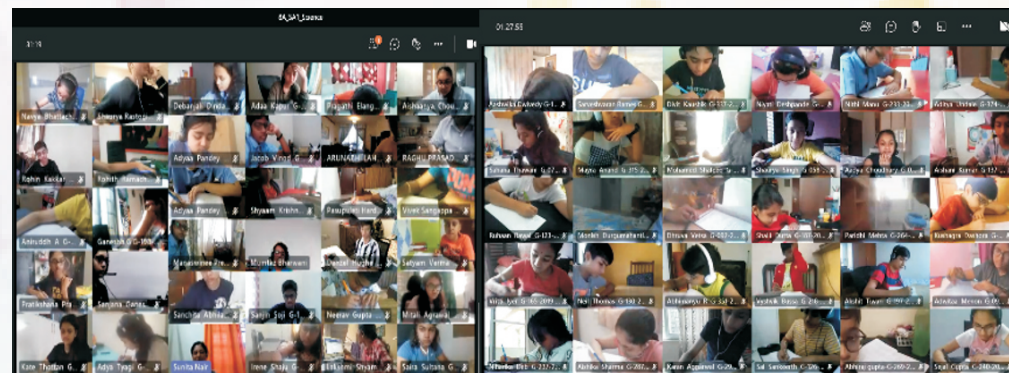
4.2. OUR EXAMS: BEFORE - DURING - AFTER

Students wired in an abyss of books racing against time to go through as many books as possible is a common sight before examinations. The students look worried and anxious as the examinations draw near. The day before the exam is horrible for them. They are busy revising the main points of chapters which are very big, they don't feel hungry, they take no interest in recreational activities, they try to cram some important questions, they feel nervous, not so confident going into the examinations and curious about the type of questions which might come. They burn the midnight oil to prepare themselves for the examinations. This fear of exams can be avoided by careful planning, determination, devotion, and hard work. A routine balancing studies and recreational activities should be always maintained by a student, and the solution to a sleepless and restless night before the examinations lies in completing the syllabus in a methodical and phased manner.

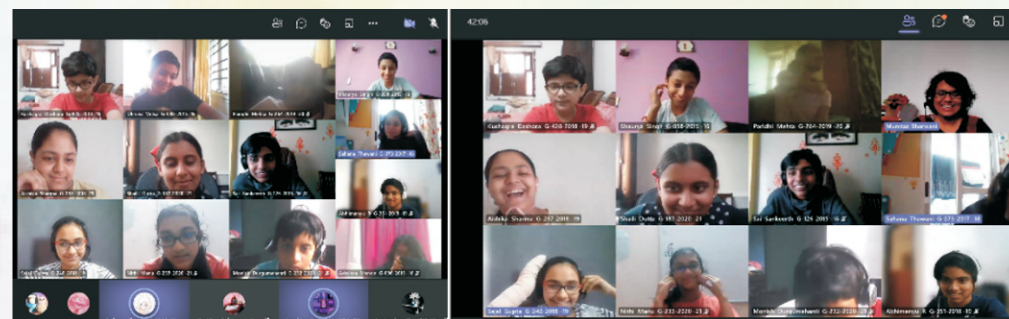
And, after the treacherous examinations complete, the students let out a sigh of relief and the students find themselves in a state of peace, joy, happiness and many more emotions which cannot be put into words! The finishing of examinations is what a student would call a blessing. Usually, after the exams the students have a holiday for a week or two, and after the examinations the students think of all the ways they can calm down and have fun and not worry about studies during the break they get after the examinations. We call this phase as CID – Children's Independence Day!

We in a way like exams as well, results of our success, our academic excellence, places us students on cloud nine. We review where we went wrong and come back with more energy and effort! Kudos to us warriors!

Our virtual exam rooms:



And.....the exams are over....



Credits to Arunabh B from Class 7D Hands that worked together from Grade 7:

Mentor Teacher: Ms. Mumtaz Bharwani

- Ryan from 7D
- Yashvardhan 7B
- Sejal from 7C
- Rachana from 7A
- Dhruva from 7C
- Bavisha from 7B
- Anushree from 7A

