

FROM THE EDITOR'S DESK

The vibrance of the offline school, a testimony of our resilient Deenites, is brought to you in this edition. Presenting the newsletter compiled by the young editors of grade 7.

- Ms. Hemlata Pande, Principal, Gunjur Campus

Section 1- Theme of the month-

Mental Health: Living a balanced life and strategies for a sound mind



Welcome dear readers and fitness lovers! In this newsletter edition, we will get to know more about mental health and its importance. Mental health includes our emotional, psychological, and social well-being. Working on this month's edition helped me understand more about mental health and well-being. To see the school's wonderful contributions to mental health day, scroll on!

**Swarangi Kanase, 7E
and Sri Anish Golla, 2E**

1.1 Eating Disorders

Did you know that a close friend or family member could be going under this disease now? Yes, it is that common. These eating disorders (EDs) are not only about body weight, appearance, will power or food, but are also potentially life-threatening. People experiencing EDs have incorrect beliefs about their body structure and lifestyles **They also try to judge themselves on their body's form rather than their achievements. A proportion of people with EDs also have other mental health diseases like anxiety, depression, bipolar and substance use disorders. They are extremely unhealthy and sometimes life-threatening ways to try to cope with emotional problems. People with these disorders equate thinness with self-worth.** Eating disorders are more common in females than in males. The average age of onset for EDs is 18 years.

There are three types of eating disorders:

Binge Eating Disorder-When a person has recurring episodes of eating a large amount of food in a short amount of time and continues to do so beyond the feeling of comfort. These binges occur at least once per week over 3 months or more. People with this disorder may feel loss of control while eating and do not do anything to correct this. Their body weight varies from normal to overweight to obese.

Anorexia Nervosa-Anorexia Nervosa is diagnosed in people who are underweight and yet use extreme weight loss strategies, including fasting, dieting, pills, extreme exercising, etc. in the fear of gaining weight. This disorder affects the most to young people, mostly females. It often starts with dieting, and soon flows out of control. It can even lead to death if it's left untreated, for a longer period.

Bulimia Nervosa-One might have bulimia nervosa if they have recurrent and frequent episodes of eating a large amount of food while feeling uncontrollable of their eating. It is a serious, potentially life-threatening eating disorder. People with bulimia may secretly binge — eating large amounts of food with a loss of control over the eating — and then purge, trying to get rid of the extra calories in an unhealthy way.

Sources: Wik how, Mayo Clinic, Healthline, MHFA (book) 'Mental Health First Aid- India'

- Mrinalini Biswas, 5E

1.2- A story about Dyslexia

"Hello, Muhammad. Are you ready to start your lessons?" The towering tutor seemed formidable, but Muhammad was not scared. He had brought his sword along with him. "Han ji, I am ready.", said the six-year-old.

"Child, why is there a sword next to you? Remember," **The pen is stronger than the sword**."

"Han ji. I will always respect that wise saying."

"Thank you, child. Here are two Persian letters. Let us, together, know their power. This letter, ا, is pronounced as 'a,' like in apple. How is it pronounced?"

"Ji, it is pronounced as 'a' as in apple."

"Good! The second one we are learning is this letter, ب, and pronounced as 'b' like in boat. How is it pronounced?"

"It is pronounced as 'b' in boat!"

"Good boy! Tomorrow, I will take a test, child." The tutor got up to leave as Muhammad's mother entered.

The next day, the tutor entered, ready for a wonderful lesson. But what met him, disappointed him. Muhammad sat on the ground, fidgeting with his pen.

"Child, have you learnt your lessons?" Muhammad slowly nodded. "Why are you nervous then? Let us begin our memorable second lesson!" He picked a piece of chalk and wrote on the rough black floor. "How... is... this... letter ... pronounced?" he asked writing ب.

"Ji... This letter ... is... pronounced as 'a' in ... air?"

"No Child! This letter is pronounced as 'b' in boat! Why could you not read this letter?"

"Ji... It looks all curly and loopy and I also have a bad memory."

"Oh..." For the first time in his career, he was speechless. "This indeed poses as a challenge... Child, I need more time... At this moment, you are on your own."

Muhammad saw this as his battle. If he had to win, he needed to try and learn. He needed to consult someone. So, he decided to consult his mother.

"Ammu, I hope you are well. I need your wisdom now. I was taught two Persian letters yesterday, but today they looked curled, loopy... and... smudged, like... like someone has spilt water on it."

"Dear, you mean you do not understand the language?"

"Ammu... I do not think I will understand any language!"

Muhammad's father was very angry with him. His father screamed "This boy does not study – how difficult can it be to learn two letters? By his fifth lesson, his brother had learnt all Persian basics and on sixth, he started Arabic. This boy is stuck with two alphabets!"

"All the letters look curled, loopy... and... smudged, like... like someone has spilt water on it.", said Muhammad. His father took a step towards his younger son, his hand raised.

"No one hits a six-year-old!" said Muhammad's wise grandmother, "I also faced the same issue, Saleem. So did your sister, Saleema. It is nothing to be afraid of. We should help him instead. Hitting and screaming is all my grandson has been reduced to. If we don't help him, his confidence will be shattered. We can find other ways to help him learn!"

Note: This is a purely fictional story based on the Mughal era. At this time, Dyslexia was not known in India or perhaps anywhere in the world! A possibility is that like Muhammad, Akbar too had dyslexia (Reference: History of India for children Vol. 2 by Archana Garodia Gupta and Shruti Garodia.). But this fact is not verified by any sources of history.

Source: http://mylanguages.org/persian_alphabet.php (For Persian Alphabets)

- By Sharanyaa Biswas, 5C

1.3 Five Simple Ways to Mental well being

It is easy to say, but difficult to practice. The stress of modern life has taken a toll on mental health of every individual. Just 5 small fixes, if practiced daily, can help in maintaining one's mental health-

1. Balanced and clean diet-Most people do not realize; the gut has a brain too! And the most stressful issues can be healed by just eating right: clean, natural products, free of synthetic chemicals.

2. Rest and sleep- Allow the computer of your brain to "Update and Restart." This process needs 6-10 hours every night depending on your own body's synchronizing with sunlight.

3. Meditation and deep breathing-We do not have to put too much effort in breathing but if you are, train yourself to breathe properly, and your mind will stay refreshed.

4. Exercise-Nothing rusts the brain faster than lack of exercise. That's because the heart needs occasional bursts to pump blood in the farthest veins.

5.Sun exposure-Just 5 minutes of quiet time out in the morning sun (or any sunlight) can rewire the jammed circuits in our mind!

-Kushagra Mukherjee, 5A

1.4- Lessons from our Tree

Our tree has now grown tall and spry ,
Now it has cherries and fruits the village wants to try
And mischievous monkeys and children want to spy
On its lovely fruit tray.

But some lessons he has taught
To us and all our kind
From the time he has been ushered and brought
We have done things to find
About how he keeps his mental health
So pellucid; that his branches' wealth
Grow as long as pi.

From its fruits that a cherry.
Is a fruit of balmy sun, rain, and air
Everything is not less or more, Just the sweet éclairs
Of things that make life more merry

From the flowers we now know that
How quaint life can be
From flamboyant butterfly that goes flip- flat
To the motion of a bee
We know That we must only care
About the goodness of the world

From its growth now we do know
That he is in league with himself to grow
Not caring about the other tree ,
Who spends his day gloating with the bee

Little did he know how
He has given us the key now
About the discreet matter of wealth.
How to achieve mental health

-Arnav Gujar, 6A

1.5. Mental Health

MENTAL HEALTH??? How to support it? As Dan Miller rightly said “You do not have to control your thoughts. You just must stop letting them control you.” To lead a fulfilling life, you need a good balance of thoughts and to be healthy mentally. However, thoughts keep on straying in your mind and that makes you inefficient, anxious, stressful, worrisome etc.

Gratitude is particularly important to stop this by keeping the “Good thoughts in and bad thoughts out.” Gratitude is a tool used to not make us take little pleasures of life for granted. For example, when you look at your bed, tired, you just lie down. You do not think about anything, do you? But have you ever felt gratified towards it? Think if you did not have a bed, you would sleep on the floor. Imagine if you do not have a bedroom, you would end up sleeping on the living room floor, it comes to your bathroom floor. So, cheer up and thank your bed.

But with gratitude comes a sturdy growth **mindset**. You should always believe that you can do anything at any point in time. I will give you a real-life example. 3 years ago, I had no clue about what tennis was. Lockdown interrupted my learning but here I am now, playing like a professional player.

Ethics is just as important as gratitude. It does not make you feel guilty or have hard feelings about any of your past actions. **Mindfulness** goes well with ethics. It is about “Focusing and being aware about your current actions.” An effective way to stay mindful is to focus on one thing at a time, yet not neglecting the lessons in the past and the plans.

So, technically the formula to get a jar of mental health is – Gratitude (To be happy with what you have) + Growth mindset (To have confidence that you can do anything at any point of time) in the presence of ethics and mindfulness = mental health.

Finally, the last thing which I think is important is – Remember, I mentioned gratitude towards bed? Well, the last thing is to sleep! Yes, sleeping is just as important as any of these as it **gives your mind a good rest**. And now, it is time for me to give myself a good rest. Farewell!

- Aatrey Rath, 6A

1.6-Strategies for a Sound Mind



Section 2- Kideens-Lollapalooza

Deens Academy was proud to host an Inter-school competition, KiDeens Lollapalooza on October 21st in the Gunjur campus. Several schools participated in the event. This event gave the tiny tots the perfect space to express themselves, boost their confidence while progressively developing a positive attitude towards competitions. Through the competitions, the children displayed their talent, imagination and creativity Whether it was the cooking without fire, dance, playdough modelling, art, word scramble, the activities helped to bring out the best in every child.

Ms. Thilagam, Kideens





Section 3- Mental Health Month



We at Deens, understand and strive to spread the importance of mental health to our children. From assembly talks to circle time discussions, October was a month to focus on our mind and urge people around us to give importance to emotional and mental fitness. "Mental Health Month", was celebrated in October, across both campuses. A session was carried out for grade 1 on "good and bad touch" to make children understand how to protect themselves from abuse and encourage an open communication between parents and children.

In addition, the children also learnt about the various ways in which they could ensure mental health for a long and fruitful life.

Aradhya from 1D: Right food is essential for the correct functioning of our brain. The six ways to maintain a strong mental health- Right food, water, think positive, sleep well and exercise.

In addition, students and teachers across both campuses wore green ribbons, to show their support for the World Mental Health Day. Students also got a bookmark for the same. A panel discussion with Happiness Coach, Henna Sharma on the topic "Have we forgotten how to be happy?" was organized on 14th October 2022 for the benefit of all.

- Inputs from Kiran Shashidhar, Chandan Shenoy

**Section 4-Wow Moments in the Classroom
4.1. Chemistry-Grade 6**

Grade 6 made water filters from scratch, in the Chemistry class. The main objective was to put dirty water in the natural water filter and once processed through 3-4 layers, the filtered water would be as clear as crystal. Materials included plastic bottles, sand, gravel, charcoal, and muddy water. It was a great learning experience, gathering the materials, making the filter, and watching it work!

- Amogh Purohit, 6B



4.2-Paperplane Activity-Grade 5

The children of grade 5 enjoyed making paper planes, based on a chapter called "Ashraf's inventions". The main part in this story was about the aeroplane Ashraf made, so in class we made amazing paper aeroplanes and wrote about what we discovered, invented or what experiment we made. I made "Classic Glider" using an A4 sheet paper. The aeroplane activity was fun. kids like us will really enjoy making them. While we made our paper aeroplanes, our teacher told us who invented aeroplanes and they were known as the Wright Brothers. We also learnt what kind of planes are there, when some of the children gave examples and the fastest of them all was a Sonic Jet. We got to make and play with the cool aeroplane models we made!



- Advait Pavaala Manikandaraja and Smruti Sriram, 5A

4.3- Field trip to weaving factory, Grade 4 and 5 / Kadugodi Tree park-Grade1, 2and 3



Field trips are great to enhance learning. In this regard, Grades 4 and 5 went on a field trip to a weaving factory, near the school. We visited the place to understand the concept of cloth making and more about machines used to weave fabrics. I saw many huge machines and looms, many hard workers operating the machines continuously and a lot of thread! I learnt that if you combine more than one simple machine together, it becomes a complex machine, how to make cloth and what a loom is. I also understood how complex and elaborate the entire process was. I loved visiting the weaving factory, my experience was truly fascinating because looking at the workers of the place, and the machines, I was truly awestruck. I mostly enjoyed the part where we were in the bus, chatting to friends and having our snacks.

-Tanirika Singh, 5D

The field trip to the "Tree Park" was a great learning experience. The children learnt about the different varieties of plants and trees. The follow up activity was where children had to talk about their experience - Aditri, grade 1, says, 'Thank you ma'am for taking to a wonderful place, my first field trip was the best one'.

4.4- Guest lecture- Grade 5, Grade 6



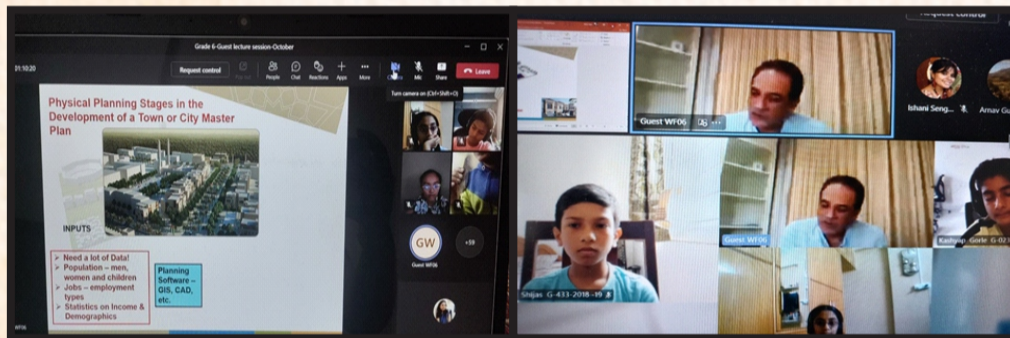
We all get hurts, injuries, burns, cuts etc. But do we know the first aid required for it? This was explained by a general physician, Dr. Swapna Sashidran, from Apollo hospital. She explained the first aid required for nose bleeds, burns, animal bites and choking. She also gave us some important points:

- Never apply toothpaste on a burn as it is difficult for the doctor to remove it from the body.
- You should never lay down a person if his/her nose is bleeding.
- How to help a person who is choking.

I thought that this guest lecture was helpful as it gave me ideas on what to do if any of the above injuries happen to me or anyone around. I liked the way that Dr. Swapna explained the topic. I look forward to attending more guest lectures like this in the future.

- Avni Garg, 5E

Grade 6-Guest lecture on Town Planning by Mr. Rishi Rao



On 29th October, Grade 6, had the opportunity to interact and hear from a renowned town planning expert, Mr. Rishi Rao. Mr. Rishi carries with him a vast experience of 35+ years. After a brief introduction of Mr. Rishi, he explained the principle of town planning as the fundamental definition and decision of where people live, work, play, relax, shop, study in a town or city. He walked us through the evolution of town planning in India over time, starting from the Vedic age to the present-day modern India, explaining in detail how planning was done to reflect the thought process and requirements of the people during those times. He also explained the various stages of planning based on the approvals needed for implementation of the designed plans, development of drawings for planning from handwritten documents to the new era of animated, digitalized, software driven documents and demonstrated a hypothetical example of planning using the AUTOCAD software. He also elaborated the various life skills and technical skills required by an efficient town planner.

Mr. Rishi was in awe of the curiosity with which we tried to understand the process and intricacy involved in the cumbersome process of town planning. The session ended with a vote of thanks by my friend, Arnav of 6A.

- K Saketh, 6D

Section 5- Sports Events- 5.1-Inter house senior Kho Kho matches-



The senior Kho-Kho matches were held on 27th of October from Senior boys and girls.

Result of Kho-Kho finals are as follows:

- Senior boys : Cearuleus v/s Prasinus
Winner : Prasinus-25/ Runner up: Cearuleus-13
- Senior girls : Flavus v/s Prasinus .
Winner : Prasinus-32/ Runner-up: Flavus -19.

- K Saketh, 6D

5.2- Interhouse Junior Kabaddi Matches



The interhouse junior boys and girls team kabaddi matches were held on 17th of October.

- Junior boys : Flavus v/s Rubrus
Winner : Flavus-61.
Runner up : Rubrus-59.
- Junior girls : Prasinus v/s Rubrus
Winner : Prasinus-36.
Runner-up : Rubrus-33.

5.3- Inter House Senior Basketball



The inter house basketball matches were held on 1st of October for the senior boys and girls.

- Senior boys :- Caeruleus v/s Prasinus
Winner : Caeruleus
- Senior girls :- Caeruleus v/s Flavus
Winner : Caeruleus

5.4- Inter House Cricket Matches



Junior boys: Flavus Vs Caeruleus
Flavus 102/3 --- Caeruleus 101/6
Match won by 1 run by Flavus
The man of the match -Ved Menon -55 Runs

Senior boys: - Rubrus Vs Prasinus
Rubrus: 50/0 --- Prasinus 48/8
Match won by 10 wickets by Rubrus.
The man of the match - Yash-29* runs

Section 6- Karnataka Rajyotsava



Karnataka Rajyotsava, which is observed on 1st November every year, is the day when our state – KARNATAKA – was formed. 'Rajyotsava', is made up of two words – Rajya (state) and Utsava (celebration) – literally meaning state's celebration. The Deens Academy, respecting our state's rich culture, enthusiastically held Karnataka Rajyotsava celebrations at their Gunjur campus. Students took part in various unique programs that were thoroughly enjoyed by the audience which included delightful dances, a comedy skit on “why we cry while cutting an onion” that was directed by Chaitra Ma'am, our Drama teacher. Students from Pre-Primary and Primary classes were not left behind. They also participated in singing, dancing, telling us about “the great personalities of Karnataka,” and many more fun events.

Hema Ma'am, our honorable principal also expressed her views on Kannada Rajyotsava and appreciated the arduous work of the students and their mentors. In the end, the vote of thanks was delivered by our head girl, Khushi.

-Manogya Jain, 7E

Section 9-Kideens

October was a busy month for the kiddos of LKG and UKG, from learning about community helpers to play dough activities, colours, shadow play, learning math concepts, celebrating Diwali, and displaying their oratory skills. We never have a dull moment! Our teachers make sure every month is full of gaiety and new things to do and learn!



Section 7- Grade 7- SEWA



SEWA -Social Empowerment through Work and Action was launched by our school for grade 7. This concept was based on the idea of “Learning to live together”. We were free to choose our own groups consisting of 5-7members in each group. We had collectively chosen the products that we intended to sell in our stalls. We offered handmade and recycled products and food items made on our own in our stalls. The food stalls included food made by us like Dabeli, bakery items-cakes, brownies, cupcakes; pani puri etc. The creative stalls included jewellery, bookmarks, origami etc. The teachers and other students purchased goodies from various different stalls and encouraged us for our dedication and hard work. We took this activity as a golden opportunity given by our school, as we got to showcase our talent and creativity, and at the same time raise fund money for the Cancer Patients in the NGO Karunashraya.

- Anushri Gupta, 7E

Section 8- Grade 1 Special Assembly



The theme for the grade 1 special assembly was hard work and resilience. The children portrayed hard work as constantly engaging in sincere work, while resilience is the toughness and endurance we show during challenges. Our little Deenites of Grade 1 showed us the importance of hard work and reaping its benefits, while inspiring each other to beat the odds and never give up.

Hands and Minds that Worked Together



Kaashvi



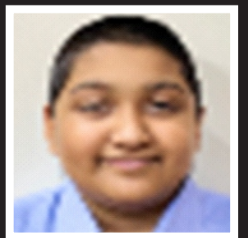
Swarangi



Chandan Shenoy
Mentor Teacher



Manogya



Vedant