

## FROM THE EDITOR'S DESK

Presented to you by the editorial team of grade 7, this edition is dedicated to the importance of physical fitness along with the other happenings that keep the corridors of Deens buzzing with excitement.

- Hemlata Pande, Principal

### Section 1- Theme of the Month

#### Physical Fitness - Its Relevance and Need in the Present Time.



#### 7A – Class Assembly on Health and Fitness

“Nothing will work unless you do” - Maya Angelou

As the stage was set and the sun's spotlight gave a gentle gaze to the assembly, the excited chatter of 700 Deenites was buzzing in the air. If you looked closer, you could see a line of children apart from the others, it was easily visible that they were... nervous? Yes, you got that right, they were going to be the apparent performers. The assembly started with a key element – exercises. And to keep the day going, the prayer and the national pledge was conducted. “.....,” no, you must hear more clearly, “A mime is going to be conducted by the students of 7A.” As the expectant gaze of the audience fell on stage, people wearing black clothes and a guitarist made a grand entrance. The mime depicted the daily life of two average students, one fit, and one lazy. Laziness, it said, can affect your academics, sports, and even make people tease you! Next up, came a student talk. Wellbeing, focus, and fitness are the key elements of life. They said, you should be equally fast exercising as you are when your math teacher tells you to fetch your math notebook. It finally ended with a fitness pledge which defined the rules and regulations of fitness. The crowd dispersed moodily, which was usual, but I had learnt a valuable lesson – fitness is not about what you do, it is about what you practice.

- Aatrey Rath, 7A

#### Physical Fitness is an Ongoing Journey, Not a Destination

Physical fitness is the state of being physically fit and healthy.

Relevance of Physical Fitness:

- Reduced Risk of Chronic Diseases
- Weight Management
- Stronger Bones and Muscles
- Improved Mental Health
- Enhanced Quality of Life

How to incorporate physical fitness in daily life:

- Regular exercise
- Strength training
- Find enjoyable activities- walking, gardening, cycling, dancing etc

- Armaan Mohammed Bin Arif, 5D/ Art- Aryan Nair, 7B



That would have been alright if she had exercised, but of course, she had given no thought to that. To her, exercise was pure torture. Why would anyone want to sweat so much and undergo that lot of pain, she used to think.

Certainly not her. In the following years, she underwent several procedures for weight related issues, such as joint pains, angiography, etc and was forever on medication for high blood pressure and cholesterol but did not plan to redeem her life. If she had had a weak will, she might have died earlier and so it had only been by a strong will power and timely medical intervention that she had lived. The next day, her doctor came to talk to her. He said that she was alright and would be under medication for a few months. She also had to decide to take up exercise. Aliya knew that the doctor was right. This decision would not take away the scars she had received from not exercising, but it would at least keep her from having future surgeries. The day she exited the hospital was the day she started the health revolution in her life.

Some of us start exercising when symptoms of diseases such as metabolic disorders, obesity and type 2 diabetes show up. Wouldn't it be better to avoid these diseases in the first place? So, it is always advised to eat right and exercise on a regular basis from the early stages of one's life. Remember exercise not only shapes your body, but it also shapes your future.

-Mrinalini Biswas, 6E

#### An Ode to Fitness

The ode to fitness ignites  
A passion for health burning ever so bright  
On the path of life  
where all's not butterflies  
My dream stays intact  
to become one  
who is stronger and healthier  
than anyone.

I sit where I am  
tired and weary  
trying to pass the exam  
to achieve that perfect body  
in the rivers of dreams, I swam  
where everyone around me  
was healthy and jolly.

I told myself by the end of the month  
I would leave the gym content  
for I will do did pushups, workouts and runs  
and my dream would come true in the end

I work every morning  
waiting for that day  
where I would look at myself  
fit, healthy and gay  
Let fitness be the anthem we sing  
for a healthier life, it's an essential thing  
where the world wants to become better than each other  
but our real opponent is the person in the mirror

-Priyanka Menon, 7C

#### The Girl Who Never Exercised

Exercise is a very important thing in our life. If we do not exercise, we can be affected with multiple types of physical and hormonal health issues. In this article, I will share a fictional story about a girl who never exercised, inspired by a true event. Aliya lay on the hospital bed, for another round of medical tests. When she thought about this fact, she felt angry with herself. She had suffered so much, and yet had never learnt a lesson. When she was a child, she used to enjoy eating sweets. She would have at least two pieces of sweets per day.

#### Section 2 Interhouse Quiz Competition



The interhouse quiz competitions were held on the 17th of November in our school, incorporating the topics of general knowledge, current affairs, and the theme of the month- Physical Fitness. From the currency of Honduras to cardiovascular exercises and all the way to the chief justice of India, this year's quiz competition was a thrilling, diverse and inquisitive one, where the four houses- Caeruleus, Rubrus, Prasinus and Flavus competed for house points in this competition.

I was honoured to be one of the participants for my house-Caeruleus. I had watched many quiz competitions in which there were multiple choice questions, picture, and rapid-fire questions, The battle was fierce were houses gained points and saw their competitors put up their answers to nab those points for their houses. After an energizing competition, the results were announced, w I was exhilarated by the sheer competitive spirit of the teams. This competition helped me learn new things. Looking forward to more such events!

- Nipun Gaur, 8B

### Section 3 Annual Day-Grades 5-10



The Annual day is an amazing opportunity for us to showcase our talents and creativity and make so many amazing memories. The stage is our canvas, and every performance is a new stroke or colour. The theme of the annual day was "Karnataka". From the rhythmic dance moves and unique raps about dosas to beautiful English songs with Indian twists and informational plays on important personalities were included in the picture. The best part was behind the scenes.

The collaborative effort of the teachers and students, pouring our dedication into rehearsals and choreography, was a collective triumph that showcased the unity and togetherness of our school, 'Ubuntu'. Not to forget, the laughs, fails, and pranks that went on behind the teacher's backs. When I think of this day, I don't remember my performance on stage, I remember all those funny moments that I had shared with my mates which I will keep with me for the rest of my life. Amidst the bustling energy, bonds were forged, friendships were strengthened, and it was a shared adventure. Moreover, the audience's role cannot be understated. Their applause was validation for countless hours of hard work, the bravery to step onto the stage and do what we're best at in front of such a huge crowd, and the acknowledgment of the effort we had put into this.

The performances may fade into memory, but the emotions they stirred, the connections they strengthened, and the inspiration they sparked will endure. Here's to the memories created, the lessons learned, and the anticipation of many more Annual Days yet to unfold in the vibrant tapestry of our educational adventure.

- Varshini Appana, 7E

- When we think of Karnataka, the only thing that comes to mind is the irksome traffic jams of Bangalore, but during the annual day of 2023, we learned that there is so much more to this rich and vibrant state. It was a show full of music, dance, colour, and breathtaking stories from the past, which was able to perfectly capture the richness of the state in just an hour and a half.

- One of the most spectacular displays was that of the language. Many of the narrators or actors, many of whom did not know even a greeting in Kannada, were able to open their minds against language barriers and managed to express themselves in a new tongue.

- The show also managed to integrate the glory of our state with Ubuntu—a Zulu principle which states that "I am, because we are", and the supreme power of unity, clearly showing that Ubuntu, community, and unity is universal.

- It was a spectacular show, one that would have you humming the songs for days on end, that would make you smile when you recollected the little quips in the narration, and would fill your heart to the brim with pride, for the vibrant state that you live in.

- Shaili Dutta

### Section 4 Karnataka Rajyotsava



We celebrate our state's reorganisation and formation on 1st November every year. This year, we celebrated the 68 th Kannada Rajyotsava at Deens Academy, Gunjur on 31 st October. The celebrations took place with lots of enthusiasm as students and teachers alike took part in them. Starting with the lighting of the lamp by our Principal and Headmistress, our festivities went on including melodious songs, energetic dances, and hilarious skits. There were also several interesting monologues by students, detailing the rich culture, history, iconic people, and traditions of Karnataka.

After over an hour of such celebrations, the event was concluded with a short speech by Hema Ma'am and the singing of the state anthem, "Jaya Bharata Jananiya Tanujaate". Overall, it was a great success and all the students enjoyed being a part of the event. We are grateful to all the teachers and staff who made the success of this event possible. Kudos to all the participants who put in their time and effort to salute our motherland! We hope to celebrate Kannada Rajyotsava with such gusto in the coming years, too. Jai Karnataka Maathe!

-Samudyata Shandilya (8A)

### Section 5 Children's Day



As we all know, Children's Day is celebrated on 14<sup>th</sup> November every year to commemorate the birth anniversary of India's first prime minister, Jawaharlal Nehru. Jawaharlal Nehru was very fond of kids and thus was known as 'Chacha Nehru'. Children's day is celebrated across all states in India especially in schools and is always a very enjoyable day. We, the students of Deens Academy Gunjur, also celebrated Children's Day in our school. Our dear teachers performed many extraordinary dances on foot-tapping songs. They also performed a skit about how we students act in front of the teachers which was hilarious. Seeing all our teachers act like students was comical and we enjoyed this skit the most. Overall, all the performances were thoroughly enjoyed by all students. Then we had normal classes, but teachers were kind enough to let the periods be mostly free, so we didn't study much. And some of the other periods, we got PE, so we played a lot and had a blast. All the teachers were very kind and lenient on this day. To cap it all, we got a snack box which contained a juice, a chocolate bar and lots of other good things. I must say, this Children's Day was a wonderful one and I wish there were at least two to three Children's Day every year! I thank all the teachers who took part in this magnificent event, because of the valuable time they took from their busy schedules to make it so memorable for the kids. Looking forward for more of such events in the coming months and years!

- Aryan Nair, 7B

## Section 6 Fitness Month

We take health and fitness seriously in our school! The following are the activities we did as a part of the theme. Continuing with the enthusiasm of our school's pursuit of spreading the message of fitness among various segments of our students, this year again, our school has taken up the Fit India Mission; its Fit India School Week. This 5th edition of Fit India School Week has been named as 'Fit India Week' and is observed from 15th November to 15th December 2023.

The moment we knew that it was our turn to host an assembly we jumped out of our seats with excitement. Our teacher told us that the topic for our assembly was fitness and inspired us to do something innovative. We did not want it to be monotonous but to be unique. We all started thinking out of the box. The school assembly is hosted by each different class every day. All assemblies had the prayer pledge and current affairs. Unlike all of them we had mime on fitness, a humorous student talk and a fitness pledge. These were the unique and creative performances of our assembly.



Now that we had the plan ready, we had to work on the execution of our assembly. All of us put in a lot of effort. One act that needed more co-ordination was our mime. In our mime we compared the life of an unhealthy and a healthy individual. We practiced during every lunch break for this along with the music which was composed by us. The performance that brought laughter among the audience was the witty student talk. It was in the form of a conversation between two individuals about fitness. Every member of our class put in all their efforts for this assembly. We all were passionate to make this act successful. We decided on costumes and all roles well before hand. The Day had arrived.

On the day of our assembly, we were all set and confident but at the same time were a little nervous too. Our class teacher wished us good luck and we all were out in the assembly area, determined to put on a show. The prayer, pledge and news went well, and it was time for our mime. In the mime with the help of music, we exhibited how fitness plays a key role in academics and sports. We also demonstrated that we should not be lazy and should do things at the right time and that the food we eat determines who we are. The mime was the show stealer, and everybody loved it and applauded. The music played a major role in making the mime successful. After this came the student talk which was witty and at the same time conveyed a strong message about being fit among the audience. It was then the turn of the fitness pledge to take oath on being healthy not being lazy, eating healthy food and exercising every day. We received a huge round of applause from all audience. I was sure that our assembly would have brought change in everyone's regimen and motivated them to be healthy and fit both physically and mentally. Above all our class teacher, Mumtaz ma'am, the initiator of the entire theme has appreciated us which is more than any other praises for us. We had a short reflection session on how we all as a team could improve next time. At the end we all felt happy that our thoughts were conveyed effectively.

- Sai Rakshith Vutkuru-7A

## How Fit Are You?



Deenites are always ready for a challenge, no doubt about that! The girls from the newsletter editorial team, designed the fitness challenge, which was pasted first in the corridors and later in the ground, for everyone to try out. Students and even teachers were sportive to try it out! They had to check the exercises against their initials and perform them. The same was conveyed to the school in the assembly. It was a revelation- How fit (or unfit) one is!

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- Priyanka Menon (7C), Reedhima Sadangi (7D), Varshini (7E)

## Section 7 Sports Day - Grades 1 to 4



The sports day of the primary sections (grades 1-4) of Deens Academy, Gunjur campus, was held on the 25th of November. Sports help us learn coordination and disciplined. The Pilot March was led by our sports captain and consisted of captains and prefects from the four houses – Caeruleus, Rubrus, Prasinus and Flavus. This was followed by the hoisting of the school flag, the march past and the lighting of the ceremonial torch. Next, the junior choir sang the song 'Together We Stand'. It is indeed a very thrilling and motivating song, and it means we should always be united. The third next activity was the races. There were 50 metres, 80 meters, 100 meters and 200 meters races across the different grades. We also had the obstacle race and the relay race which came afterwards. Next came the drill, with students in complete coordination holding glittery pompoms in their house colours. Right after the drill came the obstacle and relay races. The final activity was the awards ceremony, and all the winners were felicitated. Overall, Sports Day was a great event, in which students, faculty and the parents had great fun.

- Mythili Krishnan, 4E

## Section 8- WOW Moments in the Classroom Grade 7- Bagless Day



The bagless day is always one of the best and exciting days in the calendar for us. This time, it was conducted on 22nd November, and we had all kinds of fun and exciting activities.

It was a bright sunny day, and we were excited, thinking about all the fun we were going to have throughout the day. The day started with an interactive session on finance with our Math teachers, where we learnt about fixed deposits and loans and we also made a cheque. We then had various activities such as candle making- A unique experience, where we took turns in making our own scented candles. An automobile know-how session, where our bus drivers showed us parts of a bus and told us about safety procedures to follow in a vehicle. We also made beautiful Christmas cards and decorations, which we will use to decorate our class.

The day ended perfectly with a guest lecture on creative writing, where we learnt how to think differently and be creative in our speech and writing. We returned to our classes and concluded the wonderful day with a reflection session.

-Aryan Ghosh, 7B

## Chemistry-G6 ( Water Purification Plant) and G7 (Acids and Bases)

The water we drink come from underground sources and this water consists of impurities. So, how do we get clean water from that? We use water filters. Our houses have big water filters, but we can make small ones of our own, and the materials are available at our fingertips. As the part of our Subject enrichment activity, we made a DIY water filter using organic material like stones, sand and charcoal. We gathered various materials for our project from outdoors and home. We also made the charcoal by using the residue of burnt wood. For the filter, we cut plastic bottles into half, by using the upper portion as the filter and the lower portion as a flask.



It was fun arranging it and it took many tries to perfect the filter so that there would be no visible mud or dirt in it. The most important question was "Would it work or not?". Many of my classmates had used different items, some extremely elaborate with a lot of materials. It was fun asking what they used and comparing how clear the water was. I enjoyed and liked the project because it was practical and easy to make. We learnt about complex separating devices to separate water from dirt, bacteria and other material. It was amazing how making the filter and seeing at work made the topic crystal clear. We are sure that none will go wrong in any question related to this topic now that we have made the model ourselves.

-Devansh and Priyanshi, 6D and Mrinalini, 6E

This activity was based on uses of acids and bases. It was more of an art integration as we had to draw pictures of the uses too. We had to research about a few uses of Acids and a few of bases. Every one of my peers had different ideas and all were very creative. Some people found out very unique uses while some painted their images. It did take hard work to do the activity. But there was great amount of learning too. We all got an understanding about the uses of acids and bases. I personally love these kinds of activities as I get a chance to brush up on both my drawing and researching skills.



-Sai Rakshith V-7A

## Section 9 Club Activities

### Coding Club

The 8<sup>th</sup> grade coding club students created the following games this month- Naman Garg 8A: The dangerous maze, Pradyumn Goel Game 8B: The return from China; Aarav Jain ,8C: Fruit race, Swaraj Baranwal 8C: Airplane traffic, Ashmith 8B: Lemons in Space. The Canteen ordering system developed by Neerav Gupta 10B, indeed deserves special mention.



### MUN Club

Pani Sir, a renowned public speaker and expert in Model United Nations (MUN), recently conducted an extraordinary MUN introduction session. In addition to his knowledge and communication skills, Pani Sir also demonstrated excellent leadership qualities during the briefing session. He efficiently managed time, ensuring that all topics were covered adequately without rushing or neglecting any important points. Moreover, he effectively mediated conflicts or disagreements that arose during discussions, promoting a harmonious environment where differing opinions could be respectfully debated.

In conclusion, Pani Sir's amazing MUN introduction session was characterized by his captivating presence, clear structure, interactive activities, and inclusive approach. His expertise in conducting such sessions was evident throughout as he successfully motivated participants to explore the world of MUNs with enthusiasm and confidence.

- Dhruv Upadhyay, 8E

In November, the MUM club had a fruitful discussion on the continuous crisis committee. The guest was Vinusha Naik , from PU. The following points were discussed-

**Directive:** Plans/orders written by portfolios using their powers that influence the events in the committee.

**Joint directive:** Where the allied countries and its people can join to form a directive. Directive itself is a detailed plan and a step-by-step plan on course of action.

**Freeze Date:** A past date is taken to consideration and the committee drives the action plan assuming the past date to be the current date. One cannot speak about any event that has occurred after the given freeze date.

**Portfolios:** Will be a living or a dead person. They have certain powers according to the Rank.

**Crisis Update:** Updates detailing important events that have occurred before or after the Freeze date. They cannot be challenged and considered as real.

**PSL:** Provisional Speakers List: They occur after Crisis Updates For delegates to state their opinions.

We had a great time presenting our Position papers. Looking forward for more Mock Committees.

- Advay Sreejith, 8E

*Finally- Hoping everyone had a happy Diwali! May your lives be bright and luminous and be filled with joy and laughter always!*



### Hands and Minds that Worked Together



Aatrey Rath (7A), Aryan Nair (7B), Reedhima Sadangi (7D),  
Varshini Appana(7E), Priyanka Menon (7C)



**Mentor Teachers:**  
Ms. Mini  
and  
Ms. Chandan

