

DEEN-A-LOGUE



FROM THE EDITOR'S DESK

Presented to you by the editorial team of grade 7A, the first edition of the academic year epitomizes the theme of the year, Sachetan or Mindfulness, in addition to capturing the exuberance of life in campus. - Hemalata Pande, Principal

Section 1- News @ Deens , Gunjur



Sachetan, the theme for the year, means 'Mindfulness'. It involves being fully aware of the present moment, aware of our thoughts, feelings, and surroundings. It helps us reduce stress, regulates our emotions, and improve our mental health. Practicing mindfulness not only helps students, but also teachers to stay calm and steady and work in an organised way. *Sachetan* can be practised by journaling, breathing mindfully or even by simply savouring the present moment. I believe that *Sachetan* can change the way we live. It helps us become better, stronger, and better citizens of our country. Let *Sachetan* be our motto. Let it guide us through life's paths, easy and tough, for, when we are mindful, we are living our best life.

- Joanna , 7A

Bagless Days-Grade 6 and 7



"All work and no play makes Jack a dull boy."

On the 21st of June 2025, we had our first bagless day. In the science class, we had to make a

poster on junk food. The students found an excellent opportunity to display their incredible artistic skills. Then, we had Geography. We played a fun game on countries. In Kannada class, we drew a picture of nature and wrote a few sentences, describing its beauty. We then had French class. Shreya Ma'am asked us to make a vocabulary list on any of the topics we had learnt. Our group made a list of months of the year. It was easy and fun to do. Our last period of the day was English. Chirasree Ma'am planned an interesting activity for us. We had to dress up as our favourite fictional character and speak about him or her. I had dressed up as JCT Jennings. We all spoke about various kinds of books, and we learnt about many genres through this activity. Learning through activities instead of books, was the idea behind this fun filled day. I am eagerly waiting for our next bagless day!

- Saptarshi Dutta, VI

Studying all the time is not the solution for productivity. When we try covering several subjects, facts and formulas into our head, we tend to forget some, we are



tired, stressed, and overworked. We need a change! Our teachers ensured that we had a change in our routine, had fun and we learnt new things too! What could be better than bringing in 'Bagless Days'? The NEP introduced bagless days to reduce burden on children but, at the same time, make us learn something new. For the students of Grade 7, we had our first Bagless Day of the academic year 2025-2026 on Saturday, the 21st of May. We made drawings in our second-language classes and Kadaya Kannada classes. For our English lessons, we were given words with which we made a short song. In SST, we had a mock parliament .and last, but not the least, in Math, we learnt a fabulous topic, Trigonometry. Overall, it was a wonderful day with amazing activities.

- Joanna, 7A

Founders Day, Investiture and Awards Ceremony

Founder's Day was celebrated in our campus with immense joy and enthusiasm. To mark this occasion, the investiture and awards ceremony were held on Wednesday, 11th June.

Investiture ceremony is a ceremony where the elected student representatives are invested with their roles and responsibilities. The President, Sports Captain, Cultural Secretary, House Captains and house prefects, and junior council got invested with their positions officially by our principal and the house mistresses. The house captains and vice captains received their respective flags and placards from their house mistresses. Then the choir sang a beautiful song, and all the new elected representatives took an oath to be faithful and dedicated to their positions. It was a very inspiring ceremony, and all the students present there were inspired by them.

The awards ceremony began with our newly elected president guiding our honourable Founder Principal, Shanthi Ma'am and our honourable principal, Hema Ma'am, to the stage. We were privileged to have Mr, Adil, President, Deens Educational Trust with us that day. The atmosphere was one of intense joy and happiness, with our winners waiting to take their awards, proud parents and our dear classmates, eagerly waiting to cheer them. The students were presented with the awards by Adil Sir, Shanthi Ma'am, Hema Ma'am, Kavita Ma'am and the subject coordinators.

It showed that by working hard and with dedication, we can achieve anything. In conclusion, it was a day to remember. I'm sure all of us were inspired to give our best this academic year, in all that we do.

- Ritvik Ray and Aaradhya Mishra, 7A



International Day of Yoga



Our body and mind must stay calm and steady if we need to focus. One of the best ways to achieve a mind-body balance is through Yoga. Deens Academy celebrated the International Day of Yoga on the 20th of June, Friday, for Grade 1-5 and on 21st of June, Saturday for Grade 6-10. It was a day for meditating, being mindful of our breathing and gentle asanas to nourish the body.

Students spread their yoga mats in the assembly area and followed the instructions of our Yoga teacher and some students, who showed several *asanas* (poses) on stage. The International Yoga Day Celebrations for the year 2025 was on the theme, "Yoga for One Earth, One Health". It was a calming experience for us, as we experienced the pleasure of Yoga.

We did asanas, meditation and pranayama and experienced a sense of peace, mindfulness, balance and a connection to our inner self. The well-organized program had a transformative impact on us, students, and left us very excited to practice yoga at home. When the pledge was recited to mark the end of the celebrations, we all took away something new and helpful from the event and felt calm and at peace. The melodious and beautiful music that was played to honour World Music Day soothed the atmosphere further. Yoga isn't just an exercise; it is a way to unify ones physical and mental state. A way of mindfulness and balance. A message captured not only in our school but all over the world.

- Meenakshi Nair and Meghna Sesha 8D, Joanna, 7A

Interhouse Debate Competition



A debate is a formal discussion on a particular matter in which opposing arguments are put forward. It helps us understand and ponder on different conflicts and issues around us. Our school hosted the Inter house Debate Competition for students of Grades 6-8, on 18th June and for grades 9-10 on 23rd June. The topic was, "Is memorization obsolete in the age of instant information access" for the juniors and "A stitch in time saves nine – should schools teach crisis prevention or problem solving." for the seniors.

There were two representatives from each house. Our panel of judges included Ms. Mini Jose and Ms. Smitha Binoy for juniors and Ms. Chandan and Ms. Payal for the seniors. Our students fiercely debated with clever replies in the rebuttal round which put the audience in a contemplative mood. The build-up to the winners' reveal was nerve wracking, although many wished for their house to come first, all of them should be reminded- that everyone was the winner in their own way.

Joanna, Ritvik and Aardhya, 7A

Grade – 6 - Hindi Bandanvaar Activity

To make the learning of Hindi grammar engaging and creative, a Bandanvaar-making activity was conducted for the students of Grade 6th. As part of this activity, each student received colourful chart paper cutouts provided by the teacher. On each cutout, students wrote key grammar topics such as Noun (*Sangya*), Pronoun (*Sarvanaam*), Adjective (*Visheshan*), Verb (*Kriya*), Idioms, Synonyms (*Paryayvachi*), Antonyms (*Vilom*), and more.

The Bandanvaars were beautifully decorated by the students and displayed in the classroom, turning it into a vibrant grammar corner. To further reinforce their learning, students also presented relevant examples of the topics they had written, creating an interactive and collaborative learning environment. This helped them understand that grammar is not limited to textbooks—it can also be explored creatively through art. Learning through expression—grammar has never been this colourful!



Grade 6- Field trip-Birds in Hand, Snakes by Side – A Field Trip Like No Other!



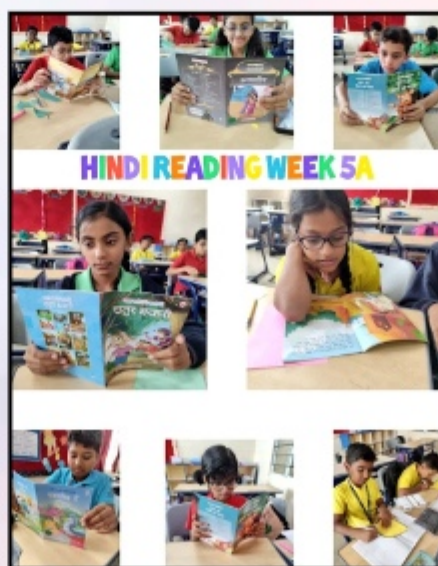
On 26th of June, We went on a field trip to Beaks and teeth Eco Park. It took us around 2 hours to reach the Eco Park. It felt so long but as we say it was worth the wait. As soon as we entered, we were greeted with a huge camel!!! It was fascinating and I was astonished to see it and it had a very cute name, Chintu. We got to feed the camel and then we moved on to the next animal and it was an Emu.

We were amazed by its scientific name, "Dromaius Novaehollandiae."

We also saw different types of chickens. One caught my eye the most and it was called "Silkie Chicken." It was white in colour and fluffy. The next section was my most favourite one. It was filled with snakes, turtles, spiders and chameleons. I got to touch a real snake for the first time, obviously with an animal caretaker. I also saw a chameleon changing colours and an iguana. The final highlight of this trip. It was the bird house, where we fed the birds. I think that this is my best field trip I have ever been to. I recommend this Eco Park for every adult and kid, and this is heaven for animal lovers.

-Aahil Patan and Praneel Parida ,6D

Celebrating the Joy of Hindi Literature: A Glimpse into Reading Week



Throughout the week, students immersed themselves in a wide range of engaging and age-appropriate Hindi stories. From timeless classics to contemporary tales, the stories captured their imagination and sparked meaningful discussions. Students were encouraged not only to read and listen attentively but also to creatively express their understanding through various hands-on activities. These included:

Learning about renowned Hindi authors and poets, gaining insights into their lives and contributions. Designing colourful bookmarks inspired by their favourite characters or quotes, creating vibrant chart papers that captured story elements and morals, Making detailed illustrations that brought scenes to life, and Such activities played a key role in nurturing imagination, enhancing vocabulary, and

building the confidence to express thoughts both verbally and visually. Classrooms buzzed with excitement, and the joy of discovery was clearly reflected on the faces of the students. Reading Week turned out to be not just an academic initiative, but a celebration of creativity, culture, and connection through language. It was a truly enriching and memorable experience for students and teachers alike!

-Inputs from Ms. Mrunal Mankar, Ms. Sarmishtha and Aaradhya Mishra, 7A

School Reading Week



Since 2017, 19th June is celebrated as National Reading Day. The day marks Mr. PN Panicker's death anniversary. Panicker travelled through the villages of Kerala and popularised the slogan 'read and grow'. Panicker is considered the "Father of the Library Movement" in Kerala. He is credited with establishing the first public library in Kerala in 1945 and leading the library movement in the state. A day dedicated to reading encourages people to engage with books and participate in reading-related activities. Our school celebrates this day by organizing a reading week, across grades 1-10. Reading week is a dedicated time to encourage students explore new ideas, improve their vocabulary, and build imagination. Reading week inspires a lifelong learning through the books.

Reading is a lifelong journey that enriches our minds and hearts—and Reading Week offered a joyful opportunity to plant that passion early in life. We were thrilled to see young learners light up as they dove into a variety of engaging activities. Through interactive worksheets, lively group discussions, and imaginative storytelling, each student confidently shared their favourite stories and ideas. Grade 1 read the story, The Hungry Caterpillar, they learned to identify the characters and the setting of the story. The children then took turns to narrate the story they had prepared. They also engaged in a group activity, where each group got had to draw what the caterpillar ate during the week.

Grade 2 read the story, The Merchant's Purse. Our young readers tackled the text with impressive pronunciation, intonation, pauses, and articulation. Grade 3 read the story - The Elves and the Shoemaker and discussed magical creatures in stories. Then, they drew a picture of themselves as a magical creature and talked about the powers they wished to have and how they would help the world using them. Grade 4 -Students explored a curated list of recommended books and began each English class by sharing a summary of the stories they had read. They also delved into the world of Shakespeare, learning about his life and exploring some of his most famous plays through interactive worksheets. In addition, students researched a renowned Indian author, created a timeline of their life and works.

Grade 5- Students participated in an engaging and educational activity called Blooms ball. The activity enhances basic recall to higher-order analysis and evaluation. The students got to understand detail recap of the chapter in the form of a mind map. Grades 6-8 also participated in a plethora of activities such as bookmark making, book discussions, reflective writing, book cover designing etc.

" Say No to Sugar !" - Campaign on Excessive Sugar Consumption



Excessive sugar consumption is a growing problem in both children and adults today. It causes serious diseases like diabetes, obesity and high cholesterol. To combat this serious issue, CBSE proposed a sugar awareness campaign in all schools; to educate students about the dangers of excessive sugar consumption. All students, across grades 1-12, participated in this campaign. Students were involved in many activities such as preparation of charts, healthy, low sugar breakfasts, presentations etc. It was informative and fun!

Grade 8- Guest Lecture



On 11th June 2025, our school organized a guest lecture on "MAKING HEALTHY CHOICES". We were addressed by miss Ramya Krishnamoorthy, a highly respected wellness coach with over a decade of experience specializing in weight management, with a strong academic foundation. Her talk on this important topic offered valuable insights into developing mindful eating habits. Ms. Ramya emphasized the importance of a balanced diet. She started with a fun and engaging quiz that made us reflect on our current food choices. Ms. Ramya clearly explained the difference between Nutrient-Dense foods (such as vegetables, whole grains, and nuts which are high in nutrition). and Energy-Dense foods (like processed snacks and sugary treats that are high in calories but low in nutrition). She deconstructed the Anatomy of a Burger, highlighting how a single fast-food item can be overloaded with unhealthy fats, sugars, and sodium. We also discussed the short-term impacts of junk food, such as fatigue and poor concentration, as well as long-term consequences including diabetes, and heart disease. Miss Ramya emphasized the importance of meeting our daily energy requirements with a balanced intake. She offered practical healthier alternatives to junk food, such as eating a fresh fruit salad in place of sugary snacks. As students of grade 8, we found the session highly informative, thought provoking and engaging. We extend our heartfelt thanks to Miss Ramya Krishnamoorthy and express our sincere gratitude to our principal and the school management for organizing such a valuable learning experience.

-Saisha Nautiyal

Section B- News @ The Deens Academy, Whitefield
Theme of the year- Mindfulness

In a world of instant gratification and searing competition, one forgets accommodation, care, kindness and moderation. Deens adopts MINDFULNESS-SACHETAN, as the theme for the year, in an endeavour to foster consideration, conscientiousness and discretion in every aspect of a Deenite's life.

Investiture and Awards Ceremony



The Investiture Ceremony at The Deens Academy Whitefield on 10 June, after weeks of practice and planning. A week before the final event, the well deserving candidates for the posts of house Captain and Vice-captain for the respective houses were released. Then started the two days of campaigning, complete with laugh worthy campaign posters and inspiring speeches. On a crisp Tuesday morning, the Investiture Ceremony was finally held, the event kicked off by a beautiful fusion dance honouring the sacred lotus flower performed by our grade 9 students. Then, marching along with the powerful beats of the band, the student council marched to the stage to be officially badge. After a sincere pledge taken by the office bearers and a moving speech by our dear principal, the event was over. Bringing a satisfying reward to the hard work it had taken to make this event a reality. The Annual Awards Function for the academic year 2024-25 was held on 10th June 2025. The event celebrated the hard work and exceptional achievements of students across grades 1-12. The Grade 12 and Grade 10 school toppers were felicitated for their remarkable performances. Manyata Jain, who secured an outstanding 99.4%, was recognised as the Grade 12 school topper as well as the second city topper for Bengaluru. Sridaya Sampath, with an impressive 98.8%, was honoured as the Grade 10 school topper and the third city topper. In addition to the school toppers, subject and stream toppers from Grades 10 and 12 were awarded for their academic excellence. Students from Grades 1 to 8 were recognised in categories such as Achiever of the Year (Academics), 100% Attendance, Progressive Strides, and Overall Outstanding Student. Students from Grades 9 and 11 were felicitated with the Achiever of the Year (Academics) and Overall Outstanding Student awards. The proud parents of the award winners, along with the faculty and students of The Deens Academy, were present to witness and celebrate this special occasion.

-By Aishani Sahay 9B

International Day of Yoga



Have you ever witnessed someone transform into a human triangle, a swaying tree, or even a serene, deep-breathing warrior? All this is possible, thanks to Yoga. International Yoga Day, which is observed annually on 21st June, raises awareness of the amazing health benefits of yoga. The United Nations formally recognized it in 2014 after it was first suggested by India's Prime Minister, Shri Narendra Modi. Yoga, an ancient Indian practice, brings harmony to the body, mind, and spirit through postures, breathing exercises, and meditation. On this day, various schools, communities, and people across the globe come together to embrace this peaceful tradition. At our school, we put on a breathtaking performance that had the audience hooked from start to finish. With powerful lifts, a flawlessly balanced human pyramid, a sparkling star formation, and a graceful duo lift that flowed like poetry in motion, our team, led by our yoga teacher, Ms. Rajita, truly brought the spirit of yoga to life on stage. A few rounds of Surya Namaskar, the event concluded with a peaceful meditation, accompanied by some soothing classic music.

-Aarvi Gupta, 8B and Vanshika Venkata Pindi, 7D

Section C- News@ Kideens



We had a rocking start to the academic year at Kideens, Gunjur! The youngest Kideens took their first joyful steps into the world of art, exploring colours, textures, and imagination with boundless excitement. Their little

masterpieces may be simple, but they hold the promise of bright, creative journeys ahead! The children of LKG thoroughly enjoyed this fun and engaging activity. A playful way to enhance their fine motor skills and colour recognition—one pompom at a time! The little ones were full of wonder and excitement as they explored colours with curious eyes and

happy hearts, making their first creative memories in class. On International Yoga Day, the children of UKG-B enthusiastically performed a few asanas such as Mountain Pose, Boat Pose, Cobra Pose, and Butterfly Pose. They also participated in various stretching and strengthening exercises, promoting flexibility and overall physical well-being.

Kideens at Borewell Road had their share of fun this June too, with activities like transferring the ball, celebrating red day, storytelling and "Marvellous Me" worksheets.

-With inputs from Ms. Liya Elizabeth and Ms. Angeline John

Section D- News @ Deens PU College
A Glimpse into Our College Elections

The last week of May marked the beginning of an exciting tradition at Deens PU College—the annual elections for the Student Representative Body for the academic year 2025–26. The entire process was conducted with great enthusiasm and a true spirit of democracy. The elections were officially announced by the school administration on the 27th of May. Students were invited to file nominations for various leadership positions including College Representative, Class Representatives for PU1 and PU2, Cultural Secretary, and Sports Secretary. To ensure capable leadership, each nominee had to meet certain holistic criteria such as academic performance, attendance, and extracurricular achievements. Following the submission of nominations, shortlisted candidates underwent a personal interview on the 29th of May with our esteemed founder principal and director, Shanthi Ma'am. These interviews aimed to assess each candidate's personality, vision, and commitment to the role. The following week saw the campus come alive with creativity and energy as candidates began their campaigns. The hallways buzzed with activity—posters, slogans, and speeches filled the classrooms and corridors, reflecting the students' passion and determination. On the 5th of June, the voting process was conducted in a manner that mirrored real-world elections, complete with secret ballots and supervision by teachers to ensure fair and transparent practices. The results were announced the very next day, bringing pride and excitement to the entire college community.

We are proud to introduce our elected Student Council for 2025–26:

College Representative: Hrehaan Ezra
Class Representative (PU2): Heer Parmar
Class Representative (PU1): Syed Ayaan
Cultural Secretary: Advaya Ayyagar
Sports Secretary: Denzel Hughe

This election was more than just a competition—it was a powerful learning experience that emphasized the values of responsibility, integrity, and the importance of democracy in leadership.

- Aashriya Madhulatha Sukka PU1 Commerce

International Day of Yoga



The International Day of Yoga was celebrated at Deens PU College on 21st June, with a rejuvenating open-air session, comprising of breathing exercises, asanas and meditation. The theme for the year 2025 was "Yoga for One Earth, One Health".

Section E- From the Teacher's desk- Ms. Swetha Bussa,
with inputs from Ms. Smitha Soji, Faculty- Math Department

Math teachers are always involved in making math fun, easy to learn and most importantly, removing the fear of math from the minds of students. Mathematics is often perceived as a subject that's either loved or dreaded. However, the way it's taught plays a crucial role in shaping the attitudes toward it. When approached creatively, math can become engaging, enjoyable, and deeply relevant to real-life situations. A few strategies we use in classrooms to make math fun-

- 1. Gamification in Learning** - Introducing games like Sudoku, Math Bingo can make problem-solving exciting.
- 2. Real-Life Applications** - Students often ask, "Where will I ever use this?" Showing them how math impacts daily life—budgeting, cooking ratios, sports analytics, or even architecture—makes concepts more relatable and enjoyable.

- 3. Inquiry-Based Learning** - Instead of merely following formulas, students should be encouraged to ask "Why does this work?" or "Can I find another way to solve it?". This approach fosters critical thinking, creativity, and problem-solving skills.

- 4. Storytelling in Math** - Turning abstract concepts into narratives helps students visualize and connect ideas better. For instance, teaching fractions through sharing a pizza among friends creates a fun and relatable context.

Exciting Math Activities

Math Art: Using geometry to create beautiful patterns like Zentangles. How was art included in mathematics? Zentangles involve drawing structured patterns that foster relaxation and creativity. They not only make math entertaining, in grade 7, students were involved in this activity for the bagless day. They began by outlining a picture of a hornbill and dividing it into sections, assigning each piece to a different group. Each group brought their creativity to life by designing their section with unique zentangle patterns. After hours of dedication and teamwork, they assembled the pieces—and the result was a stunning, intricately detailed image of a hornbill. The transformation from simple outlines to a collective masterpiece was truly magical. No students would have believed that a mathematics class would be this pleasurable. (Joanna George, 7A)

Solving Mazes, crosswords: using Exponents, linear equations concepts

Math Debates: Discussing different approaches to solving a problem. The key to fostering a love for math is making it interactive, practical, and personally meaningful. When students see math as a tool rather than a chore, they unlock its true potential!



Hands and Minds that worked together:
 Joanna George,
 Ritvik Ray &
 Aaradhya Mishra- 7A