

DEEN-A-LOGUE



FROM THE EDITOR'S DESK

Presented to you by the editorial team of grade 7B, this edition captures the essence and excitement of life on campus. The focus this month is healthy eating and spending time with people who matter the most- Dads and grandparents!

Section 1- News@ Deens Academy, Gunjur Campus Theme of the Month



The theme for the month of July this year was 'Mindful Eating – Balanced Diet'. The theme conveys the message of why we should have healthy food. It teaches us that we should have a balanced diet to stay healthy and strong. A balanced diet includes all the nutrients – carbohydrates, fats, proteins, vitamins and minerals, along with water and roughage in the right proportions. If we do not have a balanced diet, we may fall sick and get illnesses like cardiac arrests in older people and obesity. A balanced diet helps us to stay not only fit but also helps our body to function properly and fight against diseases. In conclusion, a balanced diet maintains our overall health and wellbeing.

Dad and Me

"A father is the one friend one can always depend on." The 29th of July 2026, a relatively normal day for the most of us, was different for the students of grade 2, as it was on this exciting day they had an equally exciting event: the dad and Me event; where the fathers of the grade 2 students took part in exhilarating events and competitions, alongside their jovial children. The students stepped out onto the stage energetically before the event, eagerly waiting for their dads to arrive at the venue. Their joy was exponentially multiplied at the sight of their fathers walking to the venue. Thus, the event began.

The day kicked off with not one, but two charming songs by the entirety of the 2nd grade, proudly voicing their love to the very person they were with: their Papa! Then there was a fun and engaging game where the father and child had to stand on either side of a water bottle and the first one to grab the bottle wins.

After which, was a relay race between the fathers, during which every child cheered at the top of their lungs for their dads to reach the finish line, and as the final event, the father and their child had to stand upon a newspaper and dance, all the while folding the newspaper at regular intervals, and at the end, when there was no newspaper left for two people, the father had to eventually pick the child up in their arms, proving to be difficult for some, but staying cheerful and enthusiastic all the same.

At the end, when it was time for the dads to leave, there was a hint of sadness in the air, but when they reminisced on the day of fun and joy they had, they were back in their old mindset and bid a hearty farewell and returned to their classes. It was a most memorable day for the children that they wouldn't forget for as long as they would remember.



Grandparents' Day



Our Grade 1 students had a heartwarming Grandparents' Day, celebrating the theme 'Cooking Without Fire'! The day kicked off with a delightful song by our little ones, followed by a fun quiz where grandparents shared fond childhood memories and laughs. The highlight of the event was the no-flame cooking time, where grandparents and grandchildren teamed up to whip up delicious treats together. It was a wonderful day- A day of bonding and a day to remember!

Guest Lecture- Grade 7



Mr. Kaushik Mishra, a lead manager in Google presented an informative lecture for the students of grade 7 on 27th July. He was quite innovative and interactive and made us enjoy the lecture through his charismatic personality. He started the lecture with a quick summary of the topic, mindful use of social media, through daily life experiences. He addressed the problem of doom scrolling, chatting, gaming and AI tools. He showed us ways to regulate doom scrolling. We learned that these apps were designed to addict us and continue in an infinite loop till we stop. So, to control this temptation, we learned that we can primarily make use of the dislike and like button to maintain a favourable feed and prioritize the three second rule where we think for a few seconds on the necessity or urgency of doom scrolling. Then, he discussed about chatting. Anything that we text, whether deleted later or not, is being surveyed. Hence, we should be very mindful with our texts. He also mentioned that in a case of screenshot betrayal where our controversial takes have been leaked, we should ignore and not react for about 24 hours until the situation has passed, and people turn their attention to the next big thing. Next, he talked about gaming and taught us various precautions which we can take, to not get scammed. Such as not trusting anyone or anything unfamiliar and advised us to install 2FA or two factor authentication to strengthen our security.

And finally, he ended the lecture with the wise usage of AI tools, where he told us to use AI as a co-pilot or partner. Instead of completely relying on AI as we do now, we should use AI as a partner or a tutor which will explain with you not for you. With that he also emphasized on double checking facts as AI is not to be fully trusted. So, to conclude, this was truly an enriching experience that changed our perspectives and challenged our boundaries. We are truly grateful to Mr. Kaushik Mishra for this insightful session.

- Mithra Mithun, 7E

Guest Lecture- Grade 8

On July 24th, Grade 8 students at Deens Academy, Gunjur, attended an insightful guest lecture titled "Common Research Pathways and Academic Publication" by Dr. Sharmistha Chakraborty (Ph.D., Bhabha Atomic Research Centre). Opening with the thought-provoking question, "If you couldn't fail, would you choose to be a scientist?", Dr. Chakraborty guided students through the core steps of authentic research; from identifying variables and analyzing data to refining ideas and proper citation. She emphasized that research goes far beyond textbooks and must be driven by passion, critical thinking, and perseverance. The interactive session concluded with an engaging Q&A where students explored eco-friendly applications of their classroom concepts.

- Avneesh (8D)

Buzzing with Brilliance:
Spell Bee Finals 2026!

On Monday, 6th July 2026, our school hosted the highly anticipated Spell Bee Finals for Grades 1 – 5. The event was a fantastic showcase of enthusiasm, word power, and confidence as our young scholars put their spelling, pronunciation, and vocabulary skills to the test. The competition unfolded with the preliminary round, where students took on a challenging worksheet-based test during their English classes. The top two students from each section, selected for their speed and accuracy, earned their spot in the grand finale. In the final round, finalists took centre stage to spell as many words as possible in just one minute. With scores remarkably close, several grades faced exciting tiebreaker rounds to determine the ultimate champions! A huge round of applause to all our participants and winners for their exceptional hard work and spirit! It was a rewarding day filled with proud smiles, loud applause, and great achievements.



Embrace Mindfulness



On July 27th, 2026, our Deenites from Class 11 & 12 students attended an empowering workshop on mindfulness and breathing techniques, led by distinguished guest speaker Sunitha Devi Ji and supported by Madan Gowda. The session highlighted the deep connection between the mind and body, demonstrating how conscious breathing acts as a direct 'remote control' for the nervous system to relieve stress and sharpen focus. Students mastered the grounding 7:7:14 respiratory ratio (Inhale 7s, Hold 7s, Exhale 14s), a scientifically proven technique to slow the heart rate, lower anxiety, and enhance memory retention. Just 5 minutes a day of this daily practice equips our senior Deenites to navigate their critical academic year with resilience, clarity, and peace of mind!

Teacher In charge-Ms Rupa B.

Section 2- News@ Deens Academy, Whitfield Campus
Installation Ceremony of the Interact Club

The 9th Installation Ceremony of the Interact Club of The Deens Academy, Whitefield, for the Rotary Year 2026–2027, was held on 8th July 2026 at 9:30 a.m. The event marked the official transition of leadership and celebrated the club's commitment to service, leadership, and fellowship. It was attended by Principal Mrs. Shanthi Menon, Rotary Club members, faculty coordinators,



parents, students, and distinguished guests. The programme began with an invocation song, the welcoming of dignitaries, and the ceremonial lamp lighting. A presentation showcased the club's achievements during the Rotary Year 2025–2026, highlighting its service initiatives and leadership activities. The newly elected office bearers, led by Joanna Sara Alex, along with Aarushi, Naomi Moby, Shamit, and the leadership team, were formally installed. The incoming team shared its vision and proposed projects for the year ahead. The ceremony concluded with a Vote of Thanks by the Incoming Vice President, expressing gratitude to all those who supported the event, followed by the National Anthem. The occasion marked the beginning of a promising Rotary year, with the new team committed to upholding the Rotary motto, "Service Above Self."

VANIJYAM

On the 25th of July 2026, The DEENS Academy once again became a centre of innovation, enterprise and strategic thinking with the successful second edition of Vanijyam, its annual Inter-school Commerce Fest. Bringing together 273 participants from 20 schools across Bengaluru, the fest provided students with an opportunity to move beyond classroom concepts and experience the dynamic world of commerce through immersive, real-world challenges.



The event commenced with an inaugural ceremony that set the tone for an exciting celebration of Commerce, collaboration and competition. The sessions that followed were filled with intellectually stimulating challenges across ten unique events, each representing a different facet of Commerce. The events included Nirmaana, a dystopian resource allocation simulation; Yukti, a football management challenge; Rajya, focusing on international trade and affairs; Arthakrida, a finance-based board game; Bhaaga, a stock market simulation; Vyuha, a fast-paced heist challenge; Pramana, a moot court simulation; Samparka, an amalgamation of the concepts of psychology and marketing; Vinyaasa, a commercial design thinking challenge; and Tattva, a strategic entrepreneurship event. Each event tested participants' analytical thinking, decision-making, creativity, and teamwork.

Beyond the excitement of competition, Vanijyam 2026 reflected the dedication and perseverance of its student organisers. The successful planning and execution of ten simultaneous events demonstrated leadership, coordination, problem-solving and effective communication, making the fest a valuable learning experience for everyone involved.

The event concluded with a grand prize distribution ceremony, where Delhi Public School, Whitefield emerged as the Vanijyam Overall Champions, while Sri Kumaran Children's Home, Mallasandra secured the Overall Runners-up title for their exceptional performances across the events.

By bridging the gap between academic learning and practical application, Vanijyam 2026 inspired participants to think critically, collaborate effectively, and embrace the spirit of innovation, leaving every student with valuable lessons and memories that extend far beyond the classroom.

Mridula Rajesh 12C

Section 3-News@ Kideens Gunjur Campus

Our PG children had a fun-filled July! They were introduced to **Number 2** through engaging activities and enjoyed making a cute **owl craft**. The children happily sang and acted out "**Two Little Dicky Birds**," explored **arranging blocks**, and had lots of fun with **playdough**, developing their creativity and fine motor skills. It was a month of joyful learning and play!



Guest Lecture- Grade 8

The students of UKG had a wonderful time participating in a variety of engaging activities. On Blue Day, they created colourful Blue Jackal masks, making the celebration both fun and creative. During the Creative Eyes Activity, children used their imagination to turn simple eye shapes into unique characters and drawings. They also enjoyed an exciting bus ride around the neighbourhood, where they observed and learned about their community. Adding to the excitement, the children took part in the "Costumes of India" Fancy Dress activity, proudly showcasing the rich cultural diversity of our country through traditional attire.



Borewell Road Campus

Our kindergarteners had a truly vibrant month filled with colour, creativity, and discovery. The Blue Day celebrations brought joy as children dressed in shades of blue and engaged in fun activities that highlighted the calmness and beauty of the colour. Adding to the excitement, the Fancy-Dress competition gave our little stars a chance to shine on stage, confidently portraying community helpers, nursery rhyme characters, and colourful costumes of India, leaving everyone delighted by their charm and creativity. Learning extended beyond the classroom as children explored the garden, observing plants, flowers, and insects, while also discovering the wonders of their five sense organs through hands-on experiences—touching leaves, smelling flowers, listening to birds, exploring different tastes, and watching the colours around them. Together, these celebrations and explorations nurtured curiosity, self-expression, and a deeper connection with nature, making the month both joyful and enriching.



Section 5-WOW Moments in School- Beyond Books and Classrooms-Gunjur Campus
Bringing English & PE to life!



Inspired by their English chapter The Wizard of Hockey, our Grade 5 students channelled their inner Major Dhyan Chand on July 15th! Just like the legend himself did in his childhood, students crafted their own makeshift hockey sticks and rag balls, reusing materials from home. Guided by our PE teachers, they learned to dribble and put their skills to the test in spirited inter-house matches. A few makeshift sticks didn't survive the excitement, but the energy, teamwork, and smiles made it an unforgettable day!

With inputs from
Ms. Sudatta Dutta

Hands and Minds
that worked together



Sreesavithendra, Saptarshi Dutta-7B