

## Message from the Principal

We brought in Volksfiesta with style and eloquence as we have always done in the past. While the participating schools went back with their trophies and accolades, they cheered and acknowledged us for our spirit, hospitality and arrangements. We could not have asked for better teamwork and participation. Thank you Students, Teachers and Deens Administration.



## An Interview with Hamsini Ma'am

**Student:** Thank you for sparing some time for us.

**Hamsini Ma'am:** You are welcome.

**Student:** Can you please tell us a little bit about your personal experience as one of the first teachers and parents at Deens?

**Hamsini Ma'am:** I became a part of the Deens Academy since 2009. Be it a teacher, aunty or bhaiya, I know each and everyone by their names.

**Student:** So is being a part of Deens like being a part of a big family?

**Hamsini Ma'am:** Yes, that is exactly how I feel.

**Student:** How did Deens Campus look like in its early days?

**Hamsini Ma'am:** Before the school building was built, there was an orchard and a big farm. The football ground was full of chikoo and coconut trees. The houses and classes were named after the various flowers that were grown here.

**Student:** What was the original concept behind the Volksfiesta?

**Hamsini Ma'am:** The original concept behind the Volksfiesta was a people's festival.

The first Volksfiesta was held in 2009. It was meant to be an end of the year celebration. It was put up by the parents for the students and teachers. The word Volksfiesta means "people's festival in German". In the year 2011, the concept of "people's festival" changed to an interschool competition. The 2016 Volksfiesta had 22 schools competing against each other.

**Student:** Did the first Volksfiesta also have events?

**Hamsini Ma'am:** Competitions hosted by Deens have always had a slight twist in them. There has always been a theme for every festival. For 2016 Volksfiesta, theme was "Celebrating India".

**Student:** How did the name "Volksfiesta" come up?

**Hamsini Ma'am:** There was competition to find the best name for a people's festival, This competition was won by Raji V. ma'am she was the one who suggested the name 'Volksfiesta' which means people's festival in German.

**Student:** What gave Deens the idea of hosting a Triathlon?

**Hamsini Ma'am:** Well... a Triathlon is not a single sport event. Instead it is a combination of a few different sports, making it a tough challenge to complete. This time's Triathlon was used to sponsor a green programme. The theme was "I Clean, I Green Whitefield" in association with the ECC Road Residence Forum.

The Triathlon hosted by Deens was a basic level Triathlon: 200m Running, 2km Cycling and 50m Swimming.

**Student:** What was your role as a teacher when you first joined Deens?

**Hamsini Ma'am:** When I first joined, I was a class teacher for UKG. My experience of working there was absolutely amazing! Later, I became the Science teacher for second and third grades.

**Student:** When were the other blocks built?

**Hamsini Ma'am:** In the year 2008-09, the Kideens and Admin Blocks were built. In the year 2010-11, the North Block was built. The Borewell Road branch of Kideens began in the following year. The Central Block and the extension of the North Block along with the construction of the Gunjur Campus were built in the years 2014, 2010 and 2015 respectively.

**Student:** How was your experience of working with Shanthi Ma'am?

**Hamsini Ma'am:** Shanthi Ma'am has an amazing personality. She has been a mentor to me for many years. She appreciates all the talents of all the children. Shanthi Ma'am is a very positive person and accepts every person for what they are, which is something I admire about her.

**Student:** When was the Orio Confetti introduced?

**Hamsini Ma'am:** Well... Orio Confetti means the sweetest part of a celebration. The Orio Confetti shows some of the achievements of Deens. It represents leadership and vision of Deens Academy.

A great achievement of Deens is that it has been a part of the top 10 CBSE schools twice in a row. It is currently ranked 9.

**Student:** Ma'am, it was a pleasure talking to you. We really enjoyed our experience of doing this.

Interview taken by  
**Trisha Harish and Aadya of VIIB**





## Three Times As Hard

A Triathlon is a multiple-stage competition involving completion of 3 continuous & sequential endurance disciplines. While many variations of the sport exist, Triathlon in its most important form involves swimming, cycling & running in immediate succession over various distances.



Triathlon is considered by some to have its beginnings in the 1920s in France. According to the Triathlon historians & author Scott Tinley, the original Triathlon is attributed to a race during the 1920s to 1930s that was called variously 'Les trios sports.' The first modern swim/bike/run event to be called a Triathlon was held at Mission Bay, San Diego, California on September 25, 1974.



The sport made its debut on the Olympics program at the Sydney games in 2000. Paratriathlon at the Summer Paralympics made its debut at the 2016 Summer Paralympics held in Rio de Janeiro, Brazil. The para-triathlon is half the distance at the Olympics. The athlete who takes the least time to complete the Triathlon is the winner.

Alistair Brownlee from Great Britain won the gold medal, Jonathan Brownlee from Great Britain won the silver medal & Henri Schoeman from South Africa won the bronze medal at the Rio Games this year in the men's category.

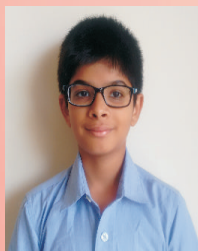
Gwen Jorgensen from the United States won the gold medal, Nicola Spirig Hug from Switzerland won the silver medal & Vicky Holland from Great Britain won the bronze medal at the Rio games this year in the women's category.

If the water temperature is 78 °F or below, wetsuits will be allowed.

The use of flippers or flotation aids are illegal in Triathlon. The athlete should wear a helmet before cycling & take it off after cycling for safety. If athletes don't follow these rules they will be disqualified or can get a penalty.



**Research and write-up by  
Tushya K., Aditya T. and Parth M. of VIIB**



## The Land Of The Lost

I should be doing other stuff,  
Studying, sleeping or maybe homework;  
But there is a voice inside my head,  
not letting me go to bed.

The voice tells me to read a book,  
to dive into a new adventure;  
To thrive on simple symbols on the pages,  
which mean much more than they suggest.

Once I've opened a book,  
Nothing and nobody can find me;  
I've leapt into a new dimension,  
leaving my house, my thoughts behind me.

Divergents, demigods and shadow-hunters,  
Wizards, tributes and many more;  
I've lived more than one life, you know,  
Getting inspired by friend and foe.

In these books I've made many friends,  
Shared their tears and laughter;  
Followed their journey to the very end,  
Till the final happily ever after.

They may not be real to you,  
Maybe just a mad man's philosophy;  
But you haven't lived a life yet,  
As books are not just fantasy.

**Written by Jahnavi Banotra VIIC**



## Can India Win More Medals In Next Olympics?

India finished the Rio Olympics with 67<sup>th</sup>. position on the medal tally. A country of more than a billion people, only 100 participants went to the games out of whom P.V. Sindhu, Sakshi Malik and Dipa Karmakar shone.

What goes wrong every time?

I think we as Indians lack a serious sports culture. To win a game at an international level, a child has to start early. But it is sad that in our country we hardly find open grounds, parks, let alone a sports facility of an international standard. Also the apathy of the Government needs to be corrected. Just cheering on and waving the tri color simply won't do the trick.

What can the Government do?

Aimed at boosting India's performance in future Olympic Games, Prime Minister Mr. Narendra Modi has announced that a Task Force would be set up to prepare a comprehensive action plan for "effective participation" of Indian sports persons in the next Olympic Games.

With good infrastructure provided from the Government's side and giving importance to sports by our parents can ensure more medals for our country.

**Written by : Mahi, 6A**





## Volksfiesta: The Fun We Had

On August 19<sup>th</sup>, the day shone bright, the students loaded with energy. It was the 2016 Deens Volksfiesta. Many competitions were held on this day. Some of the fascinating competitions were Ship Wreck, Disney Acapella, Concerto and Debate. Many schools from all around Bangalore participated in various competitions.

The opening song 'You Raise Me Up' was sung by the Deen's Choir.

This song brought smiles on the audience's faces and they cheered for the choir with a loud applause. The Deens Band played the instruments with full energy. We had asked some of the students to offer some advice before these competitions. They said that winning or losing does not matter. What matters is if we enjoyed it or not. Instead of feeling sorry for ourselves that we lost, we can learn from the mistakes we have made, by observing our opponents for each event. The judges of the competition were highly impressed to see so many talented students in the school!

The Volksfiesta volunteers provided huge support and assistance to all participants all through the day. We thank our volunteers to make this day successful.

The last event which everyone was waiting for was the "Concerto" in which the students sang melodiously and passionately. The judges admitted that they were really found it difficult to select one winner out of so many talented performers.

The day was over by a grand finale put up by the volunteers. They broke into a flash dance and danced enthusiastically which made the other students take the floor (or the field) soon. After the grand finale, prizes were to be distributed. Drum rolls began in our hearts. As the winners were announced, happiness washed over the winners' faces. CMR College went home with the Rolling Trophy for 2016.

Written By NISHITHA VII B

