

Sports Day

My years of hard-work, the refusal to give up, pushing every boundary there was. The Olympic bronze, and boxing, the sport I gave myself to. All of it is real.

These immortal words of Mary Kom are a representation of the essence of sports: grit, passion and perseverance. At nine on that fateful Wednesday morning, we had gathered to harness that essence, commencing the Deens Academy sports meet 2024-25.

After welcoming all the dignitaries, the guards of honor escorted the Vice Principal of The Deens Academy, standing solemnly in position to watch our vice principal unfurl the flag. The flag swayed mightily in the breeze, carrying the slight chill of the early morning and the warmth of the fire that burnt profusely in every student's heart.

The command was then given and the band erupted with sound, signaling the beginning of the marchpast. The field became erupted with the flurry of the four houses, marching with the same spirit as true soldiers. The zealous school captain Aditya Rao fronted the regiment, followed by the core council for the academic year of 2024-25.

Next was the advent of the Careuleus ocean, a reflection of the clear blue sky that had greeted us that day. It was led by Captain Arjun Bandhu and Vice-Captain Anya Stephen. Marching proudly behind them was the Rubrus house with a blaze of passionate flames, Captain Aniketh Kudva and Vice-Captain Manit Narula leading the way. Captain Niharika Singh and Vice-Captain Ayushmaan Kumar spearheaded the Prasinus house, a symbol of peace and serenity. Last but certainly not least, were the ever-optimistic Flavians commanded by Mouli Mishra as their captain and Vice-Captain Arunima Singh.

Following after the marchpast was the invocation dance, an enthralling medley of Zumba, Salsa and Bhangra, a rich tapestry of diverse dance forms. The performance ended with thunderous applause, signaling another pivotal moment of this momentous occasion: Sita ma'am's address. After ma'am's rousing words of wisdom, came a tradition as old as antiquity.

The torch was lit and the first torch bearer steadily made her way down the track, passing on this ceremonial baton of athletic triumphs across generations. The final torch bearer made his way to light the cauldron which was soon set alight with the sparkle of orange-red fire.

An oath is a commitment made by an individual to fulfill the promises enclosed in it. As Sita ma'am administered the oath, our athletes promised to play with dignity and grace, upholding the principles of fair play and promoting honor and collaboration; the essence of sportsmanship. Commencing shortly after were the track events, a brilliant display of athletic prowess. The young students deftly glided across the field, leaving only dirt and triumph in their wake. The race left every member of the audience at the edge of the seat, anxiously looking to see who would clinch the gold, silver and bronze.

In between the drill events was the House drill, a colourful display of rhythm and movement. The courageous Careuleus drew inspiration from the circle of life, represented through the humble hoola hoop. The fire of Rubrus was embodied by the colorful streamers adorning their maracas. Prasinus drew inspiration from the Tree of Life, whose branches ebb and flow with the same elegance as their fans. Flavius represented the crown jewel of the solar system, our sun, with their luminous sunflowers.

After the end of the drills, the four houses assembled one final time for the House Walk. Waving proudly to the spectators, the students made their way around the field, a representation of the principle of solidarity that encompasses The Deens Academy. The moment was bittersweet, one of joy because of the stellar accomplishments of the students but also a cruel reminder of their finite time within these red-bricked walls. Our graduating batch would now take their final bow.

From The Editor's Desk - By Shanthi Maam

With the Sports Day and the School Day getting all their attention, the children gathered skills and life lessons that no classroom could ever convey to them! We do believe these lessons go into making our children stronger versatile beings. Read on to catch glimpses of what transpired these last few weeks.

The day ended with the announcement of the results we had all awaited: The Rolling Trophy. This year, the cup lands in the hands of Flavius house and is a testament to the blood, sweat and tears shed by every Flavian to secure this win. The overall discipline award was achieved by the Prasinus house, a house whose colors represent peace and serenity.

After the administration of the vote of thanks by the School Captain, the day came to a close. A celebration of not mere winning and losing, but the true spirit of sportsmanship. To end with the immortal words of David Roth, 'The smiling faces of the athletes said more than these words ever will, said more than these words ever will.'



Rolling Trophy to Flavius House

Primary Annual Day

Primary School of The Deens Academy celebrated their School Day on the 30th November '24 by paying odes to the greatest teacher of all times. The greatest creator, the nurturer, the eternal light of knowledge and wisdom, Mother Nature. Humans have always looked deep inside the plant and animal world for innovative and creative solutions....however it's time to relearn the core values of compassion, patience, resilience and humility also from Nature. Our young performers took to the stage to showcase these values in the mesmerizing transformation of the caterpillars to beautiful butterflies.....the coming together of bees to turn nectar into the golden honey.....the astute discipline of ants ... the teamwork of monkeys and geese. These stories were rendered through powerful narration and vivacious dances. And the whole act was strung together by the melodious songs sung by our very talented Indian and Western choir. Our little Deenites enthralled the guests by their lively performances and sent a message to reconnect with Mother Nature.

Grade 4 Guest Lecture – Teeth and Oral Hygiene

We attended a guest lecture on 17th of December, 2024. It was taken by a dentist. It was an amazing informative session on 'Our Teeth'. I was thrilled to attend the lecture as it was very interesting and the doctor gave us a lot more information on our teeth. I am sharing my learnings from that session here, which I will keep with me for life time.



Teeth: - Teeth are part of our digestive system. They break down food by crushing or cutting them before we swallow. Teeth look like bones but actually they are ectodermal organ like skin and our hair.

Number of teeth: - Most adults have 32 permanent teeth. Children have 20 primary teeth between the age of 6 months old to 6 years old their baby teeth fall out and then the permanent teeth grow.

Types of teeth: - There are 4 types of teeth that have important role in our food digestion and the way we look.

Incisors: - Most visible teeth in our mouth. We have 4 incisors on the upper jaw and lower. 2 front teeth and the teeth on either side of them are incisors. These are sharp and flat teeth help to cut food when we bite.

Canines: - These are pointier than other type of teeth. These are beside incisors. They help in tearing food.

Premolars: - Next to canine teeth are the premolars. There are eight premolars. Four on the top and four on the bottom jaw. Premolars are bigger stronger and have ridges, which make them perfect for crushing and grinding food.

Molars: - Next to the premolars are the molars. There are twelve of these, six on top and six in the bottom jaw.

Structure of Teeth: - Our tooth consists of two main structures:

Crown – Part of our teeth that we see.

Root- Part of our teeth that holds it in our jaw and we can't see it because our gums cover it.

Our teeth have 4 main layers which includes:-

Enamel- Protective outer layer of each tooth, help our teeth from cavity/bacteria, hardest substance in our body.

Dentine- Underneath our enamel there is a layer of dentine and it protects the pulp.

Cementum- It covers our tooth root and help anchor our tooth firmly in our jaw.

Tooth pulp- Innermost layer of tooth, contains nerves, blood vessels and connective tissues.

Ways to keep healthy teeth: -

A proper oral hygiene is very much important to keep our teeth and gums healthy. We may do following things for healthy teeth:-

- Brush your teeth twice daily at least for 2 minutes.
- Use soft-bristled tooth brush and fluoride tooth paste.
- Wash your mouth well after every meal.
- Visit the dentist every six months.
- Avoid eating sugary snacks and drink/soda which can hurt your teeth and cause tooth decay.
- Take a balanced diet, must include milk as it is rich in calcium which helps to make your teeth strong.

After that session I concluded the information given by the dentist that our teeth are essential part of our digestive system and for living a healthy life our digestion should be good which can not happen without healthy teeth. With proper care and maintenance our teeth can be with us well for life time.

HEALTHY TEETH-HEALTHY LIFE

Written BY- Adith Singh
Grade-4'E

A Memorable 8th Grade Special Assembly

We recently had an opportunity to enact a skit and perform a dance in our special assembly. It was an unforgettable experience, filled with excitement and nervousness. The day began with a downpour of rain, adding to our apprehension as we had no rehearsal before the event. As the students started pouring in, our nerves kicked in, and we were anxious on how everything would go. However, once the assembly started, our fears were put to rest, and the performances were outstanding. The skits were hilarious and creative, leaving the audience in fits of laughter. The dances were absolutely stunning, with energetic movements and perfect synchronization. Everyone wore colourful clothes, adding to the festive atmosphere. As the performances unfolded, the audience couldn't take their eyes off the stage. They were absolutely mesmerized by the talent and energy on display. Afterwards we spoke with the audience, and they validated our thoughts expressing how much they enjoyed the assembly. The event turned out to be a huge success, and we were proud of how it all came together despite the initial challenges.

-Sara Mohanty 8D



This year's Inter house Quiz competition held on the 4th of Dec 2024 was truly a blast. Their fierce competition was balanced with their sportsmanship. A truly admirable quality of teams.

Starting off strong with round 1 where they had to answer the Question projection on screen within 15 secs. The students crushed it by answering the questions swiftly and with precision. This round was followed by round 2 - Guess the tagline through the brand logo which set them thinking. This was followed by Visual and Rapid fire round which kept the students at the edge of their seats trying to score maximum within the time frame and each of the teams did a fabulous job!

This year's special highlight is that the competition for Grades 5-6 finals were hosted by the students of Grade 8, i.e. us! It was a great hand on experience for us to host a show like this and gave us great on stage exposure. It boosted our confidence. We are looking forward to many more such events to host.

Written by Maya 8A and Samveda 8D
The Deens Academy, ECC

Grade 5 Bagless Day



No Bag, No Worry, More Time to Play, Life is Happy Every Day!

Our 3rd Bagless Day at school, held on Wednesday, December 18th, was filled with excitement and creativity! Without the burden of heavy bags, we had a day filled with creativity and fun. We kicked off the day by creating our own terrariums, carefully arranging plants and learning about ecosystems. It was fascinating to see how tiny plants could live in such a small environment. Next, we involved ourselves in card making, where we designed colourful gratitude cards to spread joy to our friends and family. The festive spirit continued with carol singing, and we sang cheerful songs, spreading holiday cheer throughout the school. The music brought everyone together, creating a sense of unity and happiness. In addition to these activities, we also worked on crafting beautiful wall hangings. With our creativity, we used vibrant colours that made the class look even livelier. It was wonderful to see everyone's inner artist come out.

Bagless Day was not just about having fun, but it was also an opportunity to make a bond with friends, explore our creativity, and enjoy the holiday spirit. It was a day that reminded us that learning and fun can go hand in hand, leaving us with memories that we will cherish for a long time. We can't wait for the next one!

On behalf of the entire grade 5, I would like to thank the teachers who have put in so much effort in making this event a memorable one.

-Afiyah Khan (Grade 5A)



Grade 7 Trek



Our grade-7 field trip to Bhima Bakasura Betta was a memorable adventure. Named after the Mahabharata battle where Bhima defeated the demon Bakasura, the hill is filled with history and myth. We started at 6 AM, full of excitement for the day ahead. The bus ride was lively with singing, chatting, and snacks. For breakfast, we stopped at a restaurant along the way, enjoying masala dosas, idlis, sambar, and bread-jam sandwiches. Reaching the hill, we were greeted by lush greenery and ragged stone stairs marking the start of the trail. As we walked, we spotted a small patch with massive spiders, likely *Nephila maculata*, their large, intricate webs shimmering in the sunlight. The climb was smooth and pleasant, following a beautiful natural path. At the summit, we were rewarded with breathtaking views of rolling hills and open skies. The cool breeze and sense of accomplishment made the experience unforgettable. By 6 PM, we returned home, carrying wonderful memories of a fun and adventurous day."

-Aashirya Kishore, 7C

Grade 9 Bagless Day



The students of Grade 9 had a bagless day on December 10, Tuesday. They had three activities scheduled for the day, out of which two were according to their preferences. The first activity was education based and the options given were language enrichment, yoga with props, fun with physics, fun with chemistry and wax craft. Students made beautiful flowers in wax craft and escaped from an island in language enrichment. Many experiments were conducted by the students in fun with physics and chemistry. Students who chose yoga came back younger, refreshed and energetic. For the second activity, the options given were Zumba, frisbee, carpentry and photography. The third activity consisted of students assembling in the lunch bay for a session of art therapy. The teacher in charge, Ms. Sama Adil instructed the students to draw a bridge with various details. After everyone finished drawing, she helped us interpret our drawing by telling us what certain elements in our art meant. It helped the students understand themselves better and realize their thoughts about their past and future. At the end of the terrific day, students exited the campus with something new to wonder about and a smile on their faces.

Grade 8 Bagless Day



Bagless day encourages students to focus on interactive activities, team-building exercises, and creative projects that don't require their usual supplies. It's a chance for everyone to recharge, collaborate with friends, and engage in hands-on learning experiences. The 8th Grade Bagless Day was thrilling for everyone, with hands-on activities like fireless cooking, wooden keychain-making and an interactive English session. The Fireless cooking session was all that the students could talk about. This fun and engaging activity brought out the little gourmet chefs in us, displaying our creativity with food. From burritos to pani puri, fruit salads to cake pops, there was an array of delicious foods, made by students themselves. It gave us a sense of responsibility and creativity as we created dishes without using stoves or ovens. It also helped us learn basic life skills as it involved a cleanup of the utensils brought in by us.

The Wooden keychain-making was a unique experience. We were taken to the school's workshop where we made our keychains from scratch. It was an enriching experience as we learned basic carpentry and showcased our artistry and ingenuity while painting our keychains. The English session was particularly interesting as we learned what "kangaroo words" are. We ended the session with a fun crossword, which helped increase our vocabulary. Bagless Day was a fun way to foster new experiences and learn new things, all while having fun in the process. It's a reminder that learning doesn't always happen inside a classroom, and sometimes, a little break from the norm can spark the most memorable and valuable experiences.

-Aarna Vijayvargiya, 8C

The pani puri cracks open, and its lovable contents bring harmony to my tongue. That was followed by a spark of verbattle, and the sawdust from the keychains filled the air with vibrance. And this was not ordinary, not what the red bricked walls of our school would have called a bagless day. The day was drowned in activities that seized our hearts away, relaxed our senses and unleashed boundless steams of laughter. To cook we all know, but it is paramount to sustain the flavours despite the absence of fire, and we Deenites majestically ruled the culinary grounds. This was followed by a symphony of the classroom battle in the retro Girls v/s Boys with a small competition on Kangaroo words followed by brain-cracking crosswords, designed by our diligent and flawless educators. Lastly came the workshop, where one sawed pieces of timber and designed keychains to their heart's content, and gifted oneself memoirs that trail by on our cycle keys and bags, which will continue to remind us of our time at school. The day proved to set a milestone, where we witnessed how simplicity can bring about a smile on the face of countless children and teachers.

-Muhammed Sayf Memon, 8B

Christmas Celebrations at Old-age home



On 19th December 2024 the western music choir from both branches of the Deens Academy had an amazing opportunity to perform at the Athashree old age home where we were encouraged thoroughly throughout the performance and had a wonderful time. Before the performance everyone was nervous, but the warming smiles and encouragement of the people made us feel at ease. Everyone thoroughly enjoyed the performance. First up was the story of Jesus, beautifully portrayed by the kids of Kideens followed by the performance of songs (Christmas carols) by the choir group of Deens Academy Gunjur and Whitefield. After the performance we were escorted to see the Christmas setup in Athashree which was truly beautiful. We left the venue with the true spirit of Christmas in our hearts.

-Sharanya Kolanu 7B





Young Warriors Chess Tournament



Grade 8 Monthly Accolades Winners



Amy John Pereira, Winner of National Level Painting and Poster Making, Edujunior



Grade 7 Monthly Accolades Winners



Piyusha Vij, Winner of National Level Painting and Poster Making, Edujunior



Grade 6 Monthly Accolades Winners



Vyom Jain of Grade 5, Stood 4th in Under 11 Boys, Chess Tournament, Vishwa Vidyapeeth



Grade 5 Monthly Accolades Winners