

#65
sept

kaleidoscope

Various hues of Deepanam



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Note from editors:
It was really fun to work as editors, and as a team, We will
admit, it was kind of stressful sometimes, and we had a
few crash outs, but overall it was a great experience.
It's also great practice for us three to work on our own
magazine and work as a team, and we hope that the next
editors will have just as much fun as we did.

FOPES OPINION

What does art mean to you, and what is your favorite kind of art?

To me, art means expressing yourself in many different ways, whether it's painting, singing, writing, fitness, or playing a musical instrument (And a lot more),

Take learning a musical instrument as an example,

Imagine you're learning the piano, and you can already play some songs or tunes.

When you're sad you can play sad tunes, when you're happy you can play happy tunes, and when you're mad but don't want to show it, you can express yourself perfectly, without people getting suspicious. But if you slam your hands on the piano people might get the hint.

My favorite type of art is martial arts, because I get mad pretty easily, and while doing any type of martial arts, it's like letting out the anger. Like in jiu-jitsu I can punch, kick, and roll, which helps with managing my anger or any

"too strong" feelings.

-Leoni

To me art is a way of expressing yourself or something that you may not be able to say or express in words. It can be in paintings, poetry, playing a musical instrument or writing songs and stories. It can also be sculpting and pottery. Of course there are many more ways to express yourself but these few are the ones that came to my mind first.

But art is also about having fun and letting loose and enjoying yourself and it also makes a great hobby.

To me it is also a great way to release emotions. For example when I'm really anxious I crochet, embroider or draw/paint something and it really helps me relax especially the repetitive motions like the way the paint brush moves or repeating the same stitch in crochet and embroidery.

And my favorite kind of art? That's a hard question and I don't think I can answer it so I'm going to list a few of my favorite kinds of art.

-Vaibhavi

A few of my favorite arts are painting/drawing, crocheting, embroidery, music, theatre, photography and areal silk.

Art to me is something that can express who you are and no one will judge. Also it is from your imagination or what is around so what I am saying is that your art reflects you and what is around you

Personally, I like graffiti because I like how it looks and I don't really like drawing with a pencil or painting with a brush but graffiti you use spray paint. Also how it is made is cool and it is very freeing. How it started Modern graffiti as we recognize it today began in the 1960s and 1970s in Philadelphia and New York City.

For me art is something you create from your imagination, it's something you can do basically anywhere with your own hands. And if you put in the time and effort you can make anything you want. Art also helps me cool down and think less of what is happening in my life and more fixed on my imagination.

-Milo

What is your favourite art?

My favourite art is drawing, and coloring. Drawing because you can draw whatever you think of. It's like a picture of your own imagination. And coloring you can draw or print a picture and make it any color you want.

-Yam

My opinion about art is I like art because it makes me feel concentrated and happy. What makes me feel concentrated is when I do some lining, and what makes me happy is when I spread the colors.

And what I don't like about art is when there are some wonderful colors, and then it turns out to look horrible.

I know that art can be very useful, because you can make something out of art when you're bored, when you're free, when you have nothing to do, when you're sad, when you're happy, and any emotion you feel.

You can express your emotions, you can paint whatever you like at home or at a friend's house and anywhere you go.

And I also like craft, craft makes me feel joyful and a little frustrated because when I do something hard it just makes me feel a little frustrated and what makes me feel joyful is when I do something out of paper, cotton, and fabric. And that's my opinion of art.

-Mila

Introduction

Hi, my name is Mila and I'm 13 years old, I like to read and write stories, and I like to color and draw. I'm from Macedonia, born in Tinland, and live in India, I have been living in India for 8 years.



The Role of Art in Mental Health and Therapy

Art isn't just about making something that looks nice—it can actually help with how we feel inside. When you're stressed, angry, or even just bored, drawing or painting can calm you down. It's kind of like putting your feelings on paper instead of keeping them stuck in your head.

There's even something called art therapy. Instead of only talking about your emotions, you can show them through art. For some people, that's easier than finding the right words. You don't have to be "good" at art either. Scribbles, messy colors, or random shapes still count, because it's more about expressing yourself than making a masterpiece.

Another thing is that finishing art—whether it's a doodle or a painting—can make you feel proud. That little boost of happiness actually helps your mental health too. So overall, art is more than just a hobby. It's like a secret tool to handle emotions, relax, and understand yourself better.

In my opinion Art is literally therapy, it helps me calm down, and I always look for art when I'm stressed or sad, and I know a lot of people who think the same, and who actually went to art therapy and it helped them a lot. I feel like art makes you think clearer and helps you understand yourself, and if you understand yourself others will too, not always, but mostly, and even if they don't, you can still be proud that you understand yourself and that you found art helpful.

-Leoni



WHAT IS THE POINT OF ART?

Art gives people a way to express themselves and share ideas and feelings. It's a language for everyone without using words for expressing, that makes art a universal language. Art can tell a story or capture a feeling without using words, what makes it different is that it has its way to get around your mind, your mind takes art in many ways. Art is not just expression, its language. Art makes us see things in new ways and different ways, think about anything and just put it on paper; people will understand. It is a mirror of who we are, a record of our past, and a source of inspiration for our future. Art reminds us of our history and also shapes our future. The point of art is many things though. Its a way of seeing the world in different eyes. Art is a common translator of many other indirect languages, like math.

Art is everything

- Ayish



HOW DID ART START

A long time ago, people made art before they knew how to read or write. Early humans used simple tools like charcoal, blood, and squished to draw on cave walls. They showed animals, places they went, and things they saw. These drawings were more than just pictures. They helped people tell stories, remember things, and share ideas without words.

Later, art became part of daily life. People made art to decorate their homes, to show love for their gods, and to celebrate special events, it was found in caves, on pots, in temples, and on walls. Each tribe made art in their unique way.

Art also helped people show their feelings and dreams. It let them share what they cared about and believed in. From simple cave drawings to beautiful paintings and statues, art has always been a way for people to express themselves. It also helps us learn about the past by looking at the art.



-Uday

DIFFERENT TYPES OF SINGING

The world has different and diverse types of music; each culture has its own type of music. Now let's talk about each one of them.

Pop

Pop is a musical style that originated in the USA and the UK, also known as one of the most listened to genres. Worldwide, it has different styles such as electro pop and pop rock.

Rap and Hip Hop

Rap is known for being an upbeat and infectious rhythm using improvised or non-improvised rhymes and is also known for talking about reality and everyday life.

Hip hop is a cultural movement that emerged in the Bronx, New York City. Although it is somewhat similar to rap, hip hop emerged in 1970 mainly from African American communities and is known for its rhythmic and synthesized music.

Classical Music

Classical music is known as being one of the oldest genres of old times. Emerging around 1750, this music style encompasses several unique styles known mainly for being played in operas with various instruments, including the violin, piano, and cello. This musical style also features several world-renowned artists, such as Amadeus Mozart.

Rock

Rock music is known for being one of the most listened to and enjoyed musical styles with several different types. It emerged in 1950 in the USA, known for its strong and lively beat, and it was also at this time that the famous phrase "ROCK AND ROLL" was coined; its instruments are the guitar, drums, and vocals.

-Durga

POEMS

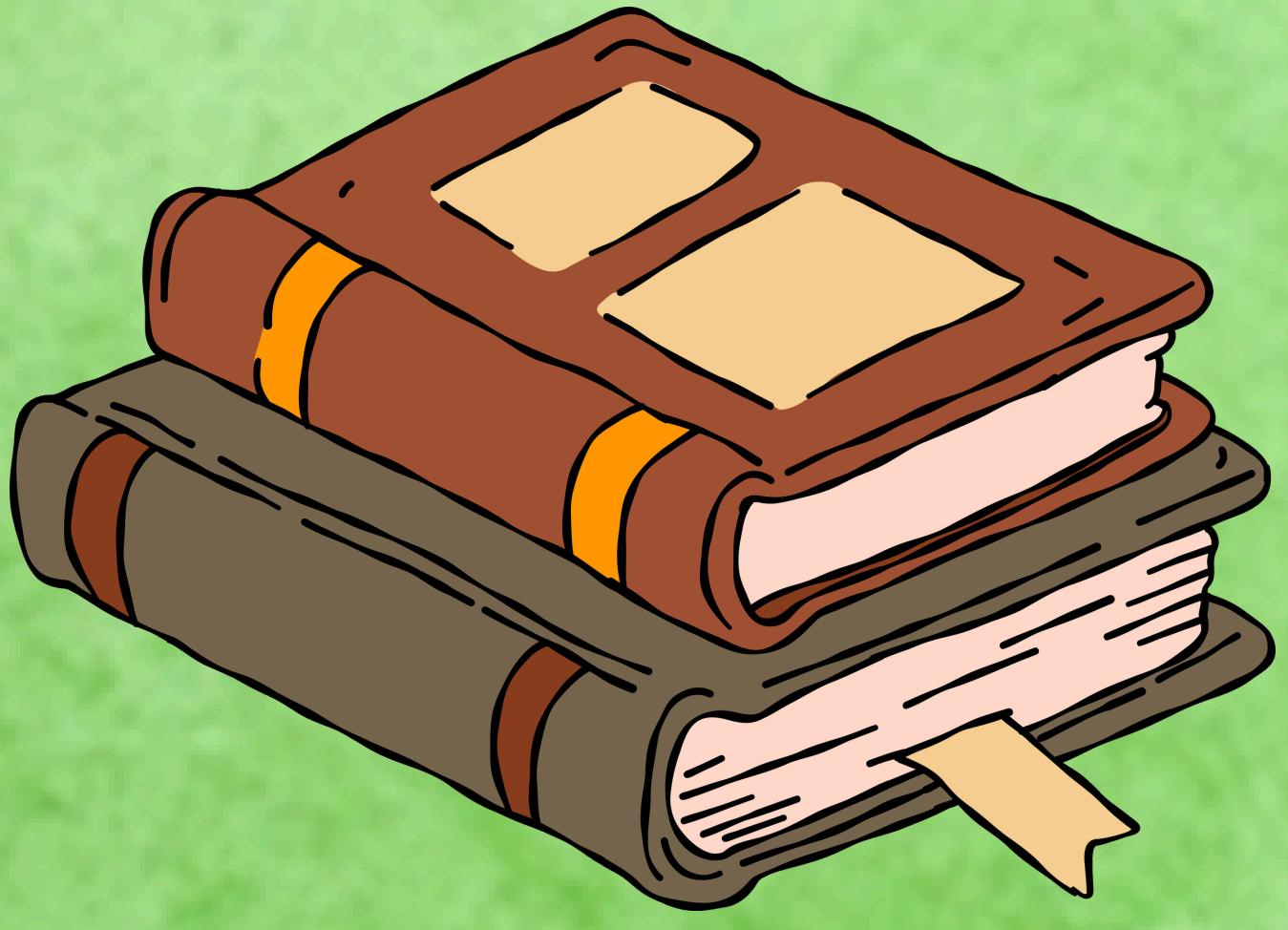
Art isn't just pencils and paint,
It's screaming lyrics when you feel faint.
It's drumming so loud your chest shakes,
Or dancing until every bone aches.
It's sketching your fears in messy lines,
Or fighting with fists when words won't rhyme.
It's the violin crying what you can't say,
It's laughter on stage when you act a play.
Every art is a different kind of key,
Unlocking the parts that hurt inside me.
I don't need to be perfect, or even make sense,
Art is my therapy. my best defense.

-Leoni

A person does not decide what something looks like, people decide for themselves. Just like art, people have their own perseverance. They can judge the art, but it will still remain there for people who want to see it. Art carries through people, inspiring many across the world. Art is not a pleasure or some form of entertainment, it is merely people showing their passion to the world. If some people judge it, they move on to people who won't, and to people who appreciate it. If someone judges your art, don't deprive yourself of negative thoughts. If you find in yourself that you truly love your art, that is the only thing that matters.

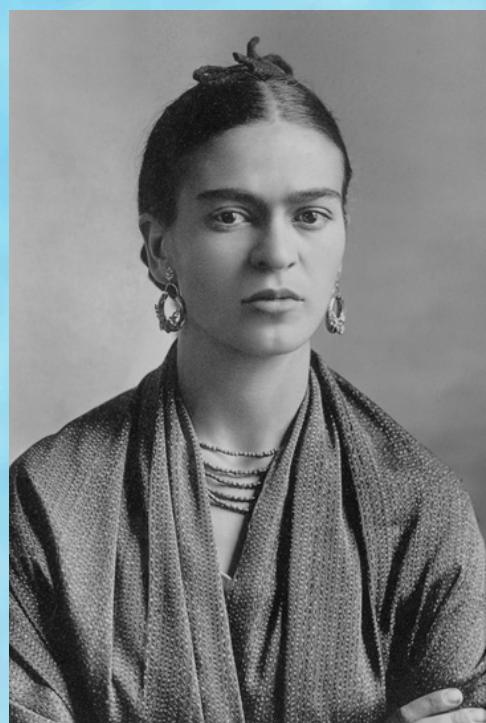
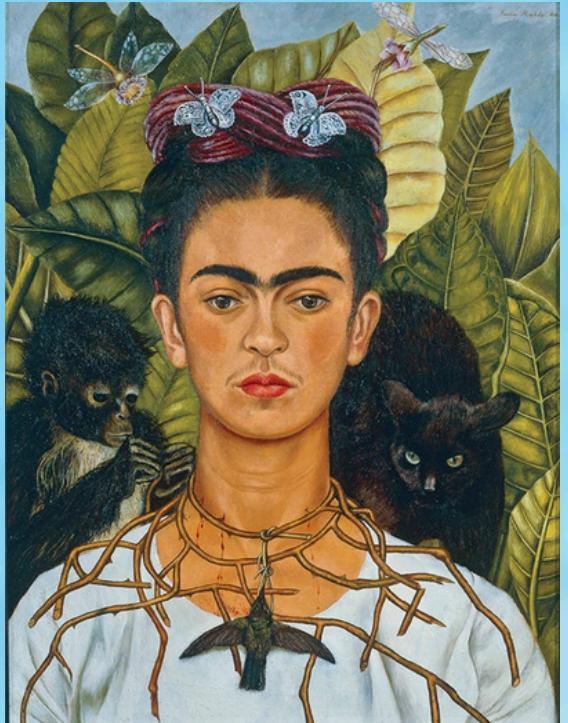
Art flows through everything even in the dark,
There is always something there, even a little spark.

-Ennio



FRIDA KAHLO

One thing I love about Frida Kahlo is her resilience. Frida Kahlo was born in 1907 in Mexico. When she was just 6, she became sick with Polio which left her right leg permanently damaged. Frida didn't always want to be a painter, in fact she was studying medicine. At the age of 18, Frida Kahlo was in a bus accident. An iron handrail had impaled her abdomen and uterus, referring that, she has had three abortions and two miscarriages. The accident had left her bedridden, Frida turned to painting. She began painting portraits as a way to express her pain and emotions.



Frida painted herself in many different ways through art. She painted herself in many different forms which I find fascinating. Today some of Frida Kahlo's paintings are at the former house of Frida Kahlo and Diego Rivera, "The Frida Kahlo Museum" also known as "La Casa Azul", which translates to "The Blue House". Frida Kahlo died at age 47 in 1954, her last words written in her journal were, "I hope the exit is joyful- and I hope to never return". Even though for the last period of her life she was bedridden, she kept on painting. By the end of her life, Frida had painted 143 paintings, including 55 self portraits. Frida Kahlo is a strong and inspiring. Today her resilience inspires many people in different ways which inspires me to do the same.

-Aditi

DIFFERENT TYPES OF ART

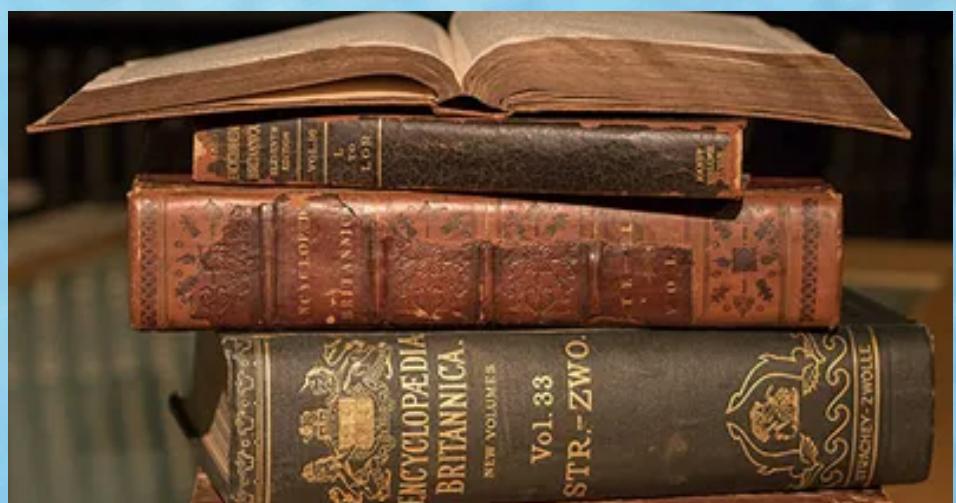
To me there are 3 types of art

The art you see like painting drawings sculptures these arts are the ones that are solely visual well nearly all forms of art are visual this one is completely visual, and like all arts it's dependent on how you see beauty because to me that is the point of art art is beauty art is emotion and how it's portrayed this is my second favorite type of art because it shows beauty in imperfections

And it can be really ridiculous because it can be sold for ludicrous amounts like imagine an invisible sculpture sold for 18,000 DOLLARS!?!? How does that even make any sense?

Then my favorite type of art which is literature which are books mainly story books because they have the great task of making you imagine what that might be like and immersing you into that world

-Raaya



RECIPE

Plum-tastic puff cake!

Ready to bake something sweet, fluffy and totally plum-believable?
let's do it!

⌚ 50-60 minutes



INGREDIENTS

- 6-8 plums (enough to cover a tray)
- 4 tb spoons sugar
- ½ teaspoon vanilla
- Butter
- 4 eggs
- 5 tb spoons flour
- Baking paper
- A pinch of salt

DIRECTIONS

Slice and Sweeten!

1. Slice each plum in half, then cut each half in half again so you have quarters.
2. Put the plum pieces in a bowl and sprinkle 2 tb spoons of sugar and 1 teaspoon of vanilla over them. Toss gently so the plums get evenly coated.

Prepare the Stage!

1. Line your baking tray with baking paper and butter the paper (so nothing sticks).
2. Arrange the sugared plums in a single layer on the tray.
3. Preheat the oven to 230°C (about 230°F) and bake the plums for 12 minutes.

Egg Magic!

1. While the plums bake, separate the eggs: put the whites in one bowl and the yolks in another.
2. Beat the whites until they are fluffy and form soft peaks.
3. Add 2 tablespoons of sugar to the whipped whites and beat again until glassy and firm.

Mix It Up!

1. Mix the yolks with a pinch of salt and $\frac{1}{2}$ teaspoon of vanilla.
2. Gently fold the yolk mixture into the whipped whites.
3. Slowly add 5 tablespoons of flour and fold just until the batter is smooth.

Bake and Test!

1. Take the par-baked plums out of the oven and pour the batter over them so the plums are covered.
2. Return the tray to the oven and bake at 230°C (about 230°F) for about 30 minutes, or until the top is golden.
3. To check if it's ready, insert a skewer or toothpick into the center – if it comes out clean, your cake is done!

And that's it! You've just baked a plum-tastic puff cake!

Don't forget to share (or not – we won't tell). 😊

★. By Ioana



The Angel Who seeks revenge

Chapter 4

"But don't get worried; you are only on stage one of the angelic transformation. There are ten stages in total," said Cad.

"What is that item or person?" James asked.

Cad replied, "I have no idea."

"How long would it take to be with the item or person for stage one?" James asked.

"One year," Cad said.

"Is there any way to know what that item or person is?" James asked.

Cad took a breath and said, "You can, but it's extremely dangerous; you can die in the process or worse."

James has no idea what his answer should be, but his curiosity leads him, and he says, "Okay, let's do it."

"Are you sure you want to do this? It's extremely dangerous," Cad said.

"Now I definitely want to do it," he said.

Chapter 5

They moved everything in the apartment: the bed, table, and side table. When everything was set aside, Cad took a chalk-looking thing and drew a star within a circle on the floor, telling James to go to the center.

That's when terror hit James; he realized he could die if they completed the ritual, but there was a chance he would know about that item or person. He throws his realization aside and tells Cad to continue.

She takes a matchbox, lights a candle, and throws it onto the line she made. The whole star and circle caught fire. James couldn't see anything. Slowly, he lost consciousness, second by second slipped by, and finally, he fainted.

When he woke up, Cad was on the bed sipping tea he had made for her. She finally realized James had regained consciousness. She put her tea aside calmly and said, "You were unconscious for three days."

"Three days? Did I say anything? I feel like I just got hit by pure light," said James.

"You mostly glowed. Now, listen. The ritual worked. You found your answer," replied Cad. But then he remembered the entire point of the ritual was to find what or who was the angelic being or object.

So James asked, "What happened, what did you discover?"

Simply, Cad said, "Someone named Ron."

His mouth hung open in surprise at the news. He repeated Cad's words to be sure, "Ron is an angel, are you sure?"

"Who is Ron?" asked Cad.

"He is my best friend," said James.

"K, whatever anyway, he's either your angelic item, or he's a Fallen angel," said Cad.

"If he's Fallen, you have two options: run for your life, or catch and kill him before he kills you," added Cad.

Three days were gone, and the angelic item didn't exist—it was his best friend instead.

Chapter 6

"What's the problem with that? Aren't all angels good?" asked James.

"You are so new to our world," exclaimed Cad.

"Ughh, and you are so annoying," said James.

"I was born like that," said Cad.

"Now seriously, isn't there any way we can locate the 'fallen angel' with a wave of your wand?" said James.

Eager to change the topic, she said, "There's no way to locate a fallen angel, so let's hunt him down."

So they both exited James's apartment.

Cad left first.

The hunt was on, even though they had no idea which direction to run.

Chapter 7

They stepped out of the apartment. James adjusted his hoodie, trying to hide his wings, but one feather poked out.

"Seriously? Do they ever stay down?" he muttered.

Cad snickered. "You really need to work on your stealth skills."

James groaned. "Great. I'm basically a walking target."

A kid pointed at his feathers.

"Cool costume!" the kid shouted.

James quietly said, "Yeah, thanks. Took years to grow this look."

Cad rolled her eyes and pulled him along. They ran, stumbled, and finally stopped in a small clearing. Black feathers were scattered around.

James's wings twitched. "Why do feathers always follow me?"

Cad shrugged. "Maybe they like you."

James shook his head. "I don't even want to know."

"This is supposed to be serious, right?" James asked.

Cad laughed. "Relax. Nothing bites... usually."

James sighed. "My life is officially a joke."

Cad smirked. "You've been one since I met you."

- Ayish



Teachers day

Teachers day was on Friday, 5th September, where the Faith and Hope groupers were teachers for a day, teaching the younger grades, and boy, it was very interesting. Interesting meaning a very very hard day.

At the end of the day Mahavir gave Faith and Hope a form to fill out, and the responses were pretty similar, most of the students discovered that teaching is far more demanding than they had imagined, and making the younger kids listen and pay attention.

Almost every student said that they struggled with keeping children quiet, focused, and engaged, because it was hard for the younger kids to choose what to do as a group, what to play, and where to go.

And the "light group" students were probably the most challenging, it probably has to do with their age, but Faith and Hope mentioned incidents of pushing, punching, arguing, and general chaos that left our young teachers feeling overwhelmed, and very stressed, since only a few teachers were present at school, and they had to find a way to solve the problems alone, which is obvious, since they were the teachers for a day.

Communication was also another major hurdle. Students said it was very difficult to explain concepts clearly, keep the kids happy, and maintain their voices throughout the day. Most students expressed frustration at having to repeat instructions a lot and struggle to regain attention once lost, but they also had to keep all the kids engaged, excited, and happy, because if a younger kid got annoyed at what the group was doing or playing the young teachers have to find the best way to keep them engaged, which sometimes did not work, and resulted in the whole group changing the game, or the one child doing something else. However, what's remarkable is the young teacher's self-awareness and restraint - many mentioned wanting to yell but choosing not to, showing emotional maturity beyond their years.

This experience also fundamentally shifted how students view their teachers and workers at Deepanam. The word that appeared a lot in their reflections was "respect." Students expressed genuine amazement at their teachers' daily patience and endurance, and how they could stay calm the whole day while working with kids. Comments like "how do you survive years at a time?!" and "I barely survived one Friday" show a newfound appreciation for the profession. Being amazed and appreciative of the work, effort, and happiness teachers put into deepanam, and every class they do.

Many students acknowledged taking their teachers for granted and expressed gratitude for their patience, kindness, and dedication, some even went up to teachers and expressed their gratitude.

When asked about skills needed for teaching, the response was unanimous: PATIENCE. This word appeared in every response. Students recognized that effective teaching requires not just knowledge, but emotional resilience, responsibility, and care.

Perhaps the most telling outcome was the near-universal decision that teaching is not their future career path.

All Faith and Hope groupers were honest about their limitations, with responses ranging from polite decline to honest rejection. However, this wasn't dismissive - it came from a place of genuine respect for the profession's difficulty, and knowing that they could not handle it, but still show a lot of respect for all the teachers who survive teaching.

The final messages to their teachers were heartfelt and mature. Students expressed gratitude, promised to be better students, and acknowledged the important work teachers do in shaping futures and lives. The recurring theme was appreciation for their teachers' patience and dedication to their profession. The honest and thoughtful responses show that this role reversal was more than just a fun activity - it was a meaningful learning experience that fostered empathy, respect, and personal growth for all the students, and maybe even teachers.

-Leoni

