



THE OBERAI SCHOOL OF INTEGRATED STUDIES

PULSE – April 2019 (Issue 10)

Visit to the Regional Science Centre

On the 9th of April, 2019, the students of class IX went for a field trip to the Regional Science Center, Dehradun. The experience was thought provoking.

The students first visited Taramandal, where they learned about constellations, their shapes and placement in the sky. After that they saw a 3D science show on Global Warming and how humans are destroying our natural resource by poisoning the oceans and destroying the rainforests. At the same time, they were also explained about the process of creating 3D images in the eyes and the way depth is perceived by our brain.

They saw some of the world's cutting edge technologies in the Tech Exhibition. At the end they learned about our very own Himalayas in the Himalayan Exhibition. Overall it provided an opportunity to look beyond new technologies and to explore them in a broader context. It was a fun filled learning experience.

Arav Chaturvedi Panchhi
Class IX



A Venture to Viraatkhai

On 16th April, 2019, Classes IV & V went to Viraatkhai. We left school at 08:30 am and reached Viraatkhai at 1pm. The weather was very pleasant. After we ate our food and rested in our tents we went for a hike. This was followed by some activities. At 07:30 pm we had our soup and dinner and then went back into our tents and slept.

We woke up the next morning to a very cold and rainy day. We were engaged in indoor activities till six in the evening. The third day was still a little bit cold; at 12 noon we packed our food as we were off for a trek to Tiger Fall. We reached it at 1pm. The Fall looked amazing! We ate our food and went back to Viraatkhai Camp. We reached at 4 pm. We rested in our tents till seven in the evening after which we had bonfire with some soup to keep us warm. We danced till 8:30 pm and after having dinner we went to sleep.



On the last day of the trip we did some morning exercises and ate our breakfast, did some activities like zip line and bridge crossing. At 1 pm we departed for The OASIS.

Adhiraj Kandwal
Class V

Up in the hills

On the 16th of April the students of Classes VI and VII went for our midterm excursion to New Tehri, Sursinghdar, Dhanaulti and Kanatal. We left school at 8:30 am and reached Sursinghdar at 2 pm. We were welcomed with a refreshing juice made from Rhododendron, our Uttarakhand state flower. We were then allotted our rooms followed by lunch.

After lunch we went for some indoor activities as the weather was not on our side. That evening we played some interesting games. The next day we played some outdoor activities like ladder climbing and tree jumaring.

On the third day we went to Kanatal to trek up to the Surkunda Devi Temple. The temple is 2750m above sea level. After our trek we went to Dhanaulti Eco Park to enjoy some more. We reached our campsite in the evening. At night we had a nice bonfire where some of us showcased our talents. The next day we had some trekking activities and post lunch we began our journey back home. This was an amazing excursion and we hope to have such excursions again.

Singey Wangchuk Namgyal
Class VI

Leadership Camp

On 16th April, we, the students of classes VIII and IX began our four-day Leadership Programme while classes IV to VII set out to various destinations for their midterm excursions. On the first day students, along with a few parents, attended a session conducted by Ms. Shweta Gulani from The Art of Living. We started off with a few ice – breaking sessions and then went on to discuss various topics such as “prana” and different kinds of meditation, as well as how to cope with and control various states of emotion like stress, happiness and anger. These topics were explained to us through activities and group discussions.

The session was followed by a quick tea break after which Mr. Phillip Burrett took charge of the group for the rest of the programme. We started with a ‘circle talk’ in which, as the name suggests, everyone sits together, forming a circle, to talk about various topics. During these talks, students felt safe to share feelings as everyone promised to keep, what was said in the circle, within the circle. Mr. Burrett brought up feelings and emotions and told us to share what first came in our minds when we heard him say the word.



Some of these topics included resentment, anger, sadness and exhaustion. The students really benefitted from these talks that were conducted every morning, as they had the chance to get something, that may have been bothering them, off their chest. The main purpose behind this programme was to build trust amongst the students, develop leadership skills, learn to work in teams and get “a full on, crazy and fun experience”, according to Mr. Burrett.

The very first day itself, we were introduced to the Doon Valley and started working on a model. By the end of the next day, the students attended many, very interesting activities but the model was still a work in progress. The students then visited Camp Spillway, at Maldevta, and spent a night there, and what fun it was! When we reached, after a quick thirty-minute drive from school, we were allotted our tents and given some time to unpack and settle in for the night. We then went for a trek to the nearby river. We all tried crossing it and had loads of fun, splashing water on one another but being super careful not to step on sharp rock. At night, we all sang songs by the fire, ate a delicious dinner and went to bed.

We woke up early the next day and went on an amazing trek. We walked through villages and forests and even got to see various animals and birds. This trek led to a cave. Nobody knew how long it had been there. The cave lay low, resulting in the students having to crawl in, on all fours, into the darkness enclosed in the stone walls. The students took the challenge head on and faced their fears. We were provided with flashlights as we went in and we saw the internal structure of the cave as well as sleeping bats hanging from the ceiling. After everyone explored the cave in groups of five, we headed back to the camp for lunch and then departed. On arriving at school, the students were exhausted and were happy to head back home.

On the last day of the programme the students were feeling bitter-sweet emotions as they truly loved the quality time with one another and the amazing sessions, but were sad that it was all coming to an end. This last day, we attended another set of sessions conducted by Mr. Burrett, after which some of the students went for a walk around the school campus while a few stayed back to finish up the model we were all working on. The workshop ended by designing ourselves logos along with a four-word motto that described us, followed by one last circle talk. The programme was truly a great success and a whole lot of fun!

Tarana Kapur
Class VIII





A Day Out

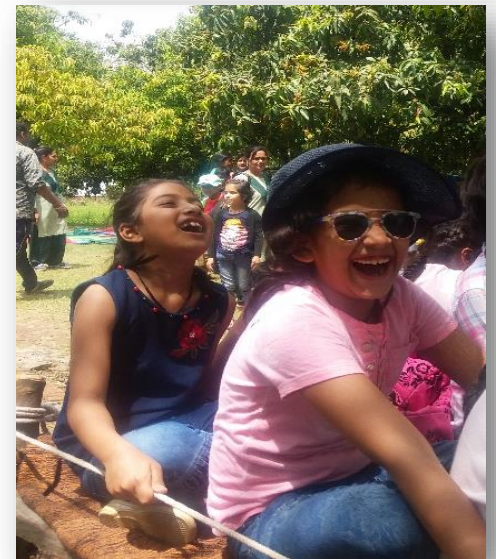
The students of classes I, II and III went to Carbery Acres Jungle Retreat for a day's picnic on the 18th of April 2019. We first reported in the Crucible. The Headmaster, Mr. Sanjiv Bathla, briefed us about the picnic.

We sat in our buses with our teachers and didis. We sang songs and rhymes in the bus. We ate some snacks on our way to the picnic spot. When we reached, Manmohan Sir greeted us. He took us on a campus tour and also showed us the Gujjar village nearby. We met a few villagers there. They were wearing colourful jewellery and clothes. We spoke to them about their huts and cows. We also saw how different their homes were from ours. They told us that they sell milk to earn money.

When we returned we were divided into six groups. Each group did different activities such as tractor ride, horse cart ride, Mickey Mouse bouncy, rope activities, animal petting and wall climbing. We kept on changing activities and everybody got a chance to perform. We were able to make time for a bit of music and dance too. At 1 pm we were served yummy lunch, which had pizza, sandwiches, cupcakes, chips, bananas, chowmein and French fries.

Teachers, didis and driver bhaiyas also had their lunch after us. While our lunch was going on Patrick sir came and met us. At 2:30 pm we left the picnic spot. We had a lot of fun. It was the most amazing picnic ever.

Kamaira Rawat
Class II





Art Gala

Classes I, II and III

On the 24th of April, 2019 the school held an Art Gala Competition. We all were excited. We carried colour pencils, crayons and paint to school. The theme was spring. The exciting competition was held in the prep time. All the children sat in their classrooms. We started making our beautiful drawings. Since spring is the season of flowers and butterflies, we coloured flowers and butterflies. It looked very beautiful and we were very proud of ourselves.

Aanandita Singh
Class I

Classes IV and V

Dehradun, this past season, experienced a long and cold winter. We were eagerly waiting for spring to come. I think spring is the most awaited season. This season wakes everything up. Nature wears new and colourful clothes, the trees are covered with bright and shiny leaves, colorful flowers bloom to the fullest.

Our school celebrated this season by organizing an Art Gala on Thursday, 25th April, 2019, for the students of classes IV and V. It was held during the prep time. It was conducted under the supervision of our art teacher, Mr. Manoj Rawat. We were so engrossed in making our drawings vibrant that we lost track of time. Somehow we managed to finish within the limited time we had. We made our drawings as colourful as we could and tried to imitate the best painter in the universe, God.

Gauri Singh
Class V

QMUN-2019

On 27 of April, participants of the QMUN, from The OASIS, along with Itee Bhadula Sharma ma'am, packed their bags, grabbed their research and headed to the Selaqui International School where the MUN was held. We were working very hard and practicing for many days in advance and when we reached the school, we found that all the hard work was worth it.



The opening Ceremony was followed by committee meetings in our respective rooms, where the discussions on our particular agendas took place. There were small breaks between the constant meetings, where we could meet our team and talk. After the heated arguments which took place in our committee rooms, we gathered for a night of fun, the cultural evening. It was fun and the students of The OASIS participated. The MUN ended with a dinner at Selaqui International School.

The next day, we were all prepared to give our best at every place we could. After breakfast and the photo shoot, we headed for our committee meetings as usual and completed our respective discussions very well. The evening ended with the prize distribution and closing ceremony. This experience was very good and we learnt a lot of new things and made many more new friends. A special thanks to ltee ma'am, who was there to help us at every turn.

Anshulika Gupta
Class VIII

Terry Fox Run

On 14th April, 2019 the children and parents from The OASIS along with many other schools were invited to The Doon School for an event called "Terry Fox Run". This is an annual, non-competitive, charity event in commemoration of a Canadian cancer activist "Terry Fox" to raise money for cancer research which happens all over the world. Terry Fox was a Canadian activist who became a national hero and an inspirational figure for his battle against cancer. Through his Marathon of Hope event, a race across Canada, he raised millions of dollars for cancer research. The run itself is informal and the distance often varies between 4 to 15 kilometers. There were many children participating along with their parents. We were allowed to use skates, cycles and we also had an option to run. It was a 4 kilometer run. The atmosphere was full of excitement. It was an event worth experiencing.

Veer Borkakoty.
Class IX

Our Little Champions

Skating is one of my favourite sports. I was very excited for being selected for the **18th District Skating Championship** being held on 21st April at Raja Ram Mohan Roy Academy. I was very excited, as I had recently purchased pink inline skates. The only thing I did not like was that I was made to get up early in the morning as we had to report at the venue at 08:00 am, and that too on a Sunday. My mother accompanied me for the championship. We registered our school team and geared up for a march past on skates. Everyone was very nervous, as it was





the first of such championships that we were participating in. The day was extremely hot and we all found shade under some trees to sit. Priyank sir was announcing the categories and we were listening very attentively. The order of competitions was - first the adjustable skates then the quads and finally the inline skates. The competitions were for various age groups. Despite it being our first championship we did extremely well and won 8 medals for our school. The winners are as follows:

Under 8 adjustable (girls)

- Aaditri Panwar – silver medal

Under 8 Adjustable (boys)

- Divit Agarwal – gold medal
- Akshat Rajput- silver medal

Under 8 Inline (Girls)

- Kamaira Rawat- silver medal

Under 10 adjustable (boys)

- Aditya Rawat- gold medal

Under 10 inline (girls)

- Wanika Gupta- bronze medal

Under 12 inline (boys)

- Singey Namgyal and Abhiveer Singh – bronze medal

Post the speed events we were served lunch. Post lunch there was roller hockey and roll ball as team events. The OASIS participated in the junior roll ball. There were some very good skaters from various schools and we were amazed to see their skills. I was scared watching them as they were not wearing any safety gear and our teachers always insist that we wear the proper guards and only then are we permitted to enter the rink. In the roll ball event too we won silver medal. I was surprised to see my father, Mr. Dinesh Kumar, as chief guest. I felt very happy to receive my first medal and certificate from him.

Kamaira Rawat, Class II



Editorial Team :

Mr. Mohit Sharma, Aarini Mehta
Class VIII, Arav Chaturvedi
Panchhi Class VIII, Tarana Kapur
Class VII, Siddhant Gupta Class
VII, Sarvani Kaur Class VI

Design & Layout :

Mr. Devendra Taneja