



THE OASIS

THE OBERAI SCHOOL OF INTEGRATED STUDIES

PULSE, Issue 13

7th Spic Macay International Convention

Selected students from The OASIS attended The 7th Spic Macay International Convention conducted at Jawaharlal Nehru University, Delhi from the 2nd to the 9th of June.

We left at 5:30am on the 3rd of June, in a taxi, and reached the University at around 12 noon. There were five of us; Aarini Mehta, Akansha Mangain, Mayuri Rawat, Tarana Kapur and Vanshika Rawat. We were escorted by Miss Shweta Vij. Once we reached, we completed the registration formalities and were assigned a dormitory in the Koyna hostel. After we settled, we changed into our school uniform and headed to the convention center to attend the orientation of the programme conducted by Dr. Kiran Seth, the founder of Spic Macay.

We were allotted our venues for morning yoga and intensives. Intensives were the two hour long sessions we attended every day for a week. There were various choices of intensives, and every intensive session was conducted by a guru who specialized in the specific field. The girls from our school also attended the “Pung Cholam” class, in which we learnt about the Manipuri dance form.

We also witnessed a mesmerizing performance by Pandit Amjad Ali Khan on Sarod. After his performance we had another melodic performance by the well-known Hindustani vocalists Pandit Rajan Misra and Pandit Sajjan Misra. We followed the same routine every day and soon got used to the early rise at 4 am.

During the trip we learnt a lot about Indian culture and heritage through the talks, musical performances, different kinds of yoga and our respective intensives. We left JNU with enlightened minds and grateful hearts.

Vanshika Rawat, VII A



Festival of Flavors

Festivities don't only include bursting of crackers but also, the cuisine of the region. The OASIS kitchen gave us the opportunity to savor the flavors of the states ranging from Kashmir in the north to Kerala in the south. We witnessed an exhibition of flavors and colors in the food of the states.

We started our journey from the streets of Dev Bhoomi, Uttarakhand. Uttarakhand, known for its distinctive food items. We were served 'phannu' along with 'aloo guttook, rice, roti and jhangora ki kheer'. 'Phannu' is a mouth-watering delicacy that is chiefly prepared from lentils. They are primarily cooked over charcoal or burning wood. This characteristic feature precisely demarcates the food items of Uttarakhand from those hailing from the rest of the country.

Our journey led us to the shores of the Bay of Bengal, to West Bengal. Bengali cuisine is known for its varied use of flavors, as well as the spread of its confectioneries and desserts. The dishes which we were served were 'Chalar dal, tomato chutney, luchi' along with 'Aloo Posto'. 'Aloo Posto' is an authentic Bengali dish where potatoes are cooked with poppy seeds.

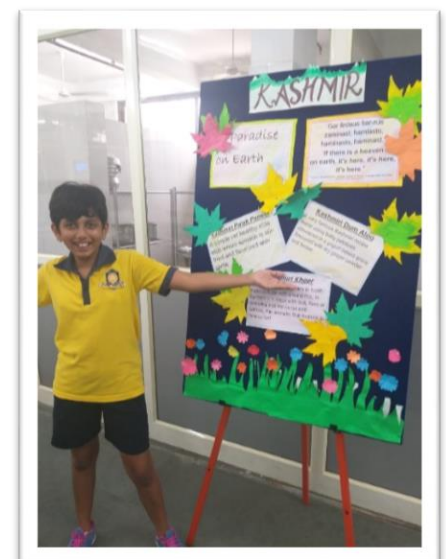
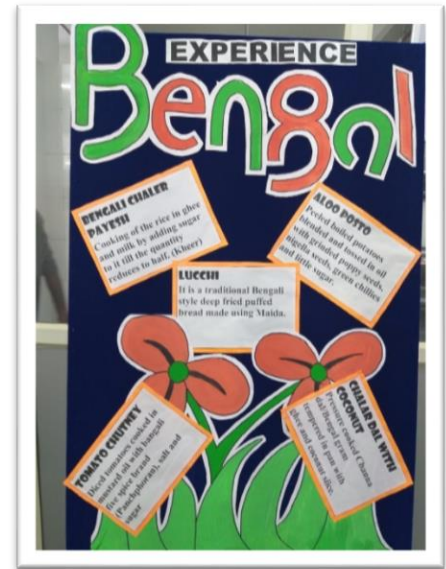
Next in turn, we moved towards the west of India, to Rajasthan. We were served 'gatta curry, mooli ki churi, Rajasthani kaddu' and the sweet dish- 'shahi tukda'. The food tingled our taste buds with the spices of the 'Gatta curry' and the Rajasthani Kaddu, as well as the sweetness of the shahi tukda.

Next in line was Jammu and Kashmir. The cuisine had a wonderful fragrance and was a blend of all the different tastes. It was a balance of spices as well as the sweetness in the food. Rice is a part of the staple diet in Kashmir.

Last but not the least, we went to the south of India, to Kerala, the 'sambhar' spiced up the food. The different flavors that the food of Kerala had to offer were mesmerizing. Everything had its own particular taste. Coconuts grow in abundance in Kerala, so grated coconut and coconut milk are commonly used for thickening and flavoring.

For more than a month, every Friday was a journey into the streets of Indian states and we came out with our plates and stomachs full and our hearts satisfied. These treats gave us a wider outlook on the variety of flavors that already existed in India. After all, "you don't need a silver fork to eat good food".

Anshulika Gupta, VIII A



Let's plant a tree

The students of Class VII along with our teachers went for tree plantation into the hills of Thanu. We went to a village on two days consecutively to work towards this noble cause.

We planted many lemon tree saplings, where every child planted three to four saplings each. The purpose of this plantation drive was to create a green environment and gift ourselves as well as the future generations a greener world.

After planting the trees, all the children and the staff of The OASIS were treated with the delicious Rhododendron juice, of our state flower, by the kind hearted locals of the village. This plantation drive by The OASIS was a thanksgiving to Mother Nature as it provides us with lush green trees and plants which are very precious.

We all must make a pledge to plant as many trees as possible and make this world a more beautiful place.

Shaurya Pandey, VII B

Spell It Right

The Inter class Spell - It - Right Competition was held on the 1st and 2nd of August, 2019 for the Ankuram students.

The first round was a dictation round. It was conducted in the classes on 31st August for classes IV and V and on 2nd August, for classes I to III. The students of Classes I to III who scored the highest were selected as the King or Queen Bee. For classes IV and V, there were 25 students who qualified for round 2 of the Competition.

The Judges for the competition were Mrs. Divya Singh and Mrs. Neha Panwar. Students participated with great enthusiasm and duelled through the toughest words to prove their mettle. It was a nerve wrecking task to reach to the 3 final contestants.

Finally, Saffira(class V) buzzed away to success and was declared the winner. Deepsimar (Class V) secured the second place and the third place was secured by Kuber (class IV).

It was a wonderful learning experience not only for the participants but also for their peers and served to enrich the vocabulary bank of the students.

Saffira Aurora, VA



We Respect our Freedom

On Friday, 16th August, class III B conducted a special assembly in line with the spirit of freedom and independence. Our class performed a play named, 'The King and the Nightingale'.

We had different roles to play and we enjoyed rehearsing for the same. We performed very well and our assembly gave the strong message that animals deserve freedom and independence just like any of us. We concluded by singing a song titled 'Give me freedom, give me fire.'

It was a memorable day for all of us as we got lots of appreciation from everyone at School.

Aahana Kamboj, Class III



Eid Mubarak

'True love is sacrifice.

It lies in giving, not in getting;

In losing, not in gaining;

In realizing, not in possessing, what we love.'

On August 9th 2019, Class III A conducted a special assembly on the occasion of Eid-UI-Zuha.

Eid-UI-Zuha also called Eid- Al-Adha or "Festival of Sacrifice" or "Greater Eid".

This act of giving symbolizes their willingness to give up things that are of benefit to them or close to their hearts, in order to follow God's commands.

Eid-UI-Zuha celebrations start after the Hajj, the annual pilgrimage to Mecca in Saudi Arabia by Muslims worldwide. Muslims all over



the world are encouraged to make a pilgrimage to Mecca and celebrate.

The students of Class III A started the assembly with a short prayer about the importance of Sacrifice. It was later followed by a short description about the importance of Eid-UI-Zuha. The assembly was concluded with a song about the same. The efforts of the students were greatly appreciated by the staff and students.

Jaskeerat Anand, III A



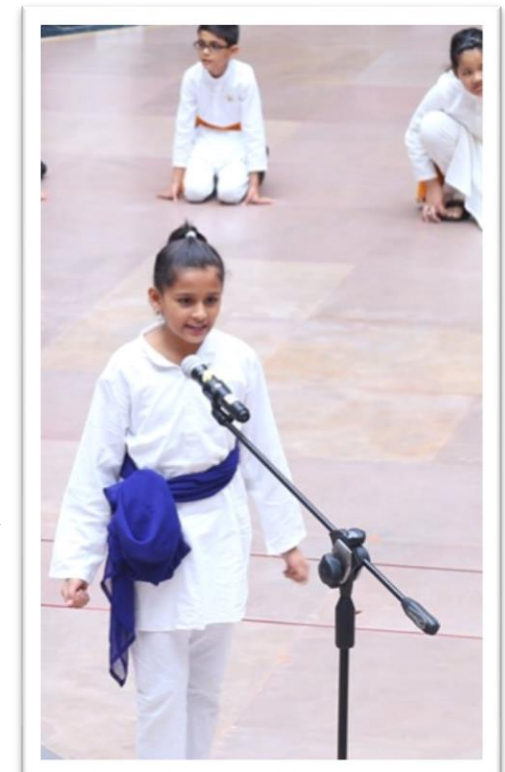
Jai Hind

Every year, on 15th August we celebrate Independence Day. On this day, India obtained its freedom from the British rule after 200 long years of bondage.

The Independence Day celebration in our school this year was a special one as we had a special guest- Lieutenant General Sunil Kumar Gadeock, AVSM (Retd.). In his speech Lt. General Gadeock emphasized on the fact that we should never forget the sacrifices made by our freedom fighters and should always remember the three key words- honour, country and sacrifice.

On this Independence Day the weather was spectacular and the vibrant colours of the flag looked mesmerizing against the grey sky. The day began with the Chief Guest, General Gadeock, hoisting the National Flag and the students singing the National Anthem. This ceremony took place in the Crescent Amphithoria and the patriotic spirit reverberated in the beautiful valley.

This was followed by a series of performances in the Crucible. There were some spectacular performances by the Ankuram choir and dancers. The Satva Houses showcased a very different aspect of Indian freedom and made us come face to face with various social



evils like wasting water, economic migration and how the young generation lacks the spirit of patriotism and considers Independence Day Celebrations as a waste of time and energy or as a day off to have some fun time with friends. It contained a moral of ceasing such mindsets and taking responsibility towards our country.

The programme ended with snacks and tea for everyone along with some food for thought and a different outlook towards the Independence Day Celebrations. Jai Hind!

Vanshika Rawat, VII A

कथावाचन

विद्यालय में दिनांक ३०/०८/२०१६ को कक्षा द्वितीय व तृतीय के मध्य अन्तर्सदनीय और अन्तर्कक्षीय प्रतियोगिता का आयोजन किया गया। सभी प्रतियोगियों ने बड़े उत्साह के साथ इस प्रतियोगिता में भाग लिया और अपनी-अपनी कथा का वाचन किया। कक्षा द्वितीय की उन्नति कुकरेती (स्टार्लिंग सदन) ने बड़ी खूबसूरती के साथ अपनी कथा का वाचन किया तथा प्रथम स्थान प्राप्त किया। कक्षा द्वितीय के मेधाश मोदी (पेलिकन सदन) ने कहानी चतुर लोमड़ी का वाचन बहुत प्रेम से वाचन किया व प्रथम स्थान प्राप्त किया। इस प्रतियोगिता का संचालन कक्षा तृतीय के छात्र यजत नेगी और अनविताय सिंह ने किया। कक्षा तृतीय में आमोघ शर्मा (स्टार्लिंग सदन) ने प्रथम स्थान प्राप्त किया। सभी प्रतिभागियों ने खूबसूरत सहसामग्री का प्रयोग करते हुए अपनी प्रस्तुती दी। अंत में कनिष्ठ संचालिका जी श्रीमती नताशा नंदी बाटला जी ने अपने वचनों द्वारा बच्चों का उत्साह वर्धन किया।

जसकीरत आनंद, ३ अ

विद्यालय में दिनांक २२/०८/२०१६ को कक्षा चतुर्थ व पंचम के विद्यार्थियों के हेतु अन्तर्सदनीय कथा वाचन प्रतियोगिता का आयोजन किया गया। सभी प्रतियोगियों ने बड़े ही उत्साह के साथ इस प्रतियोगिता में प्रतिभाग किया। सभी प्रतियोगियों ने अकबर और बीरबल की कथाओं का बहुत ही सुंदर तरीके से वाचन किया। प्रतियोगिता में चतुर्थ व से सक्षम पंवार ने प्रथम, चतुर्थ अ



से आरव टक्कर ने द्वितीय स्थान, चतुर्थ ब से अनुश्री सिघंल ने तृतीय स्थान प्राप्त किया।

कक्षा पंचम् के वर्ग से पंचम् अ की गौरी सिंह ने प्रथम, पंचम् ब से दीप सिमरकौर व श्री शर्मा ने द्वितीय तथा पंचम् अ से सिया खंडेलवाल ने तृतीय स्थान प्राप्त किया। प्रधानाचार्य जी ने सभी विद्यार्थियों को अपने आर्शिवचनों से अनुग्रहीत करते हुए प्रमाण पत्रों का वितरण किया।

शाश्वत प्रसाद ५ ब

Our Little Star Performers

The Doon Girls School conducted the Inter school English Elocution Competition for classes III to V on 23rd August 2019. Our school participated and the poems we chose were varied and enjoyable.

The competition was divided into 2 categories- one for the individual and the other for group elocution. The programme started with an introduction of judges who were teachers from across Dehradun. Over 23 schools participated. All the participants performed exceptionally well. The competition gave a lot of confidence to the participants and all the students present there.

After the last speaker, the judges were invited on stage to say a few words of encouragement for the students. The young and gifted orators won everybody's hearts. This was followed by the declaration of the results.

To our delight, our school won two prizes, one for the class III in the group elocution category in which the students recited "My Nose on the Face". The other prize went to Saffira Aurora of class V who stood third in the solo category. A big thank you to Mrs. Divya Singh and Mrs. Neha Panwar who helped in bringing out the orators in us and for the confidence they had in us. The students' talent made the event truly memorable.

Wanika Gupta, V B

A Welcome Goal!

The Inter House Soccer Tournament was organised in the school from 5th to 7th August, 2019. The first match was held between Mahit House and Daivik House. It was won by Daivik House who qualified for the final match. The second match was held between Vinaya House and Prasatti House. It was won by Vinaya House.





The final match was played between Vinaya House and Mahit House. This was a very interesting and competitive match and both the teams did not leave any stone unturned to prove their mettle. After a gruelling fight, Vinaya House won the final match.

Sarvani Kaur, Class VII



Celebrating Care

The Rakhi making activity was organised in the school from 5th to 9th August, 2019. It was an activity of the junior classes and it instilled a spirit of festivity in all of us as the festival of Raksha Bandhan was quite near.

All the students participated in it with great zeal and enthusiasm. We brought ribbons, threads, seeds, shimmering items for decoration from home. During the school hours we made the rakhis. The most amazing fact being that the rakhis were PLANTABLE! Each rakhi had some pumpkin seeds in it which could be planted. It was great fun for all of us and we also contribute to protecting our environment in this way.

Michelle Bhatt, Class III



The Incredible India Quiz – 2019

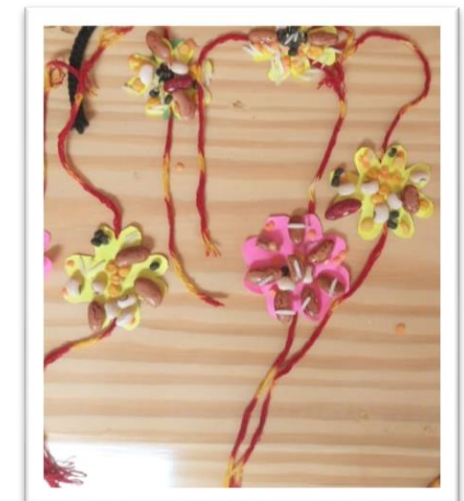
India is a diverse nation due to a variety in language, culture, religion and ethnicity. To celebrate the uniqueness of our nation, the Incredible India quiz was organized for all students from classes IV upwards. For classes IV and V, the quiz was held on 26th August. The participants represented their houses after a lot of preparation and memorization of facts and figures. Every house wanted to prove its mettle. After a tough competition, the results were as follows:

Cardinal House (1st position)

Oriole House (2nd position)

Pelican and Starling House (3rd position)

Jaaniya Kaur, Class V





CLASSES VI & VII

The world is full of knowledge and has millions and millions of things to learn and read. To elaborate and express the knowledge of the world, we had a quiz on the 27th of August. I still remember the drop of nervousness and tension on my face. Students from all the four houses participated and answered the questions with enthusiasm and confidence. All students learnt new things. After a nail biting competition, the results were as follows:

Vinaya House (1st position)

Mahit House (2nd position)

Prasatti House (3rd position)

Aarav Malhotra, Class VII

CLASSES VIII & IX

The Incredible India Quiz for classes VIII and IX was held on 3rd September, 2019. All the participants from each house were given a set of topics about the greatness of India across various subjects. The quiz had a lot of challenging questions but the participants were prepared to answer a lot of them. The quiz was spellbinding and everyone enjoyed it a lot. The results of the competition were:

Daivik House (1st position)

Vinaya House (2nd position)

Prasatti House (3rd position)

Arnav Maitreya, Class VIII



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