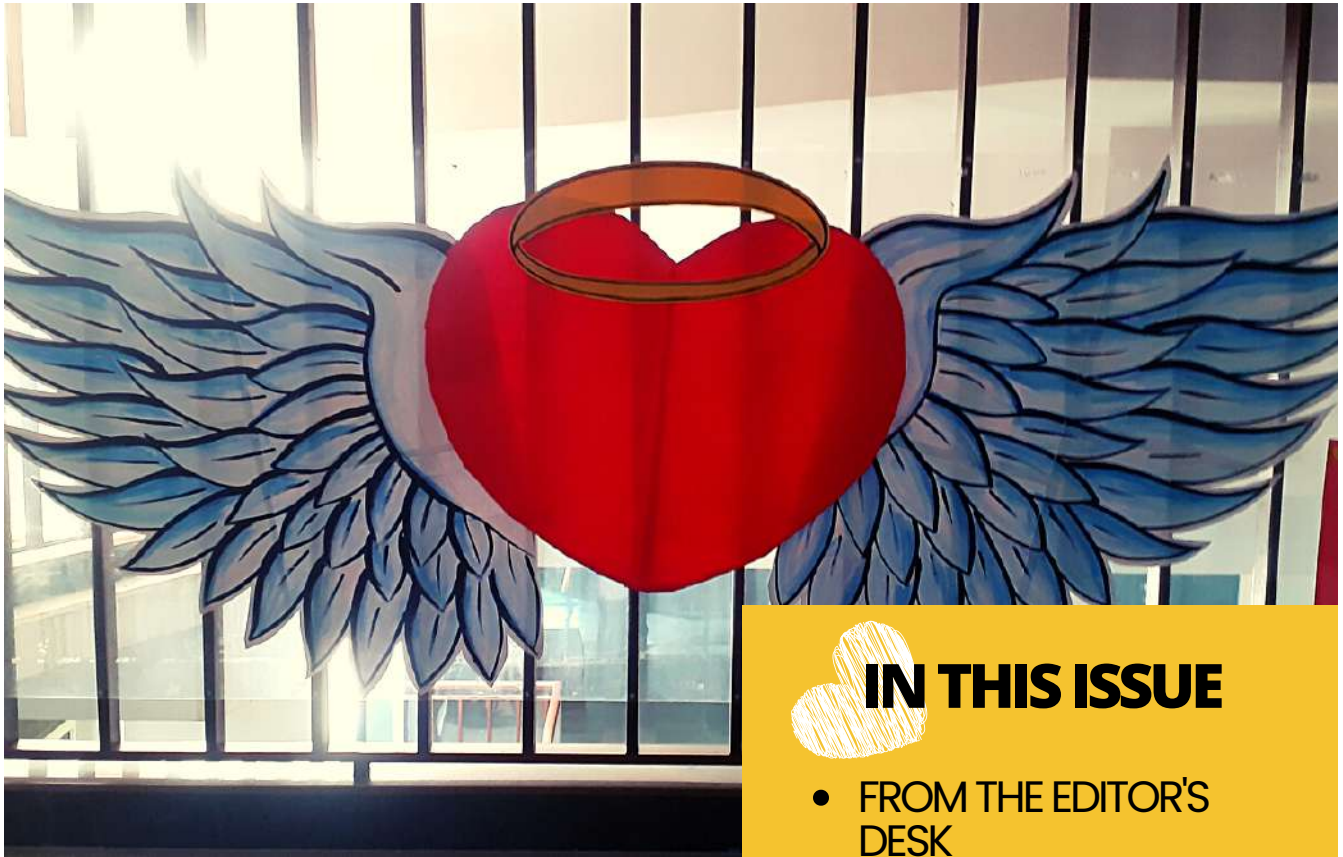


THE PULSE



Every Heart Matters

Edition 26



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From the Editors's Desk...

Dear Readers,

Welcome back to the Pulse for the month of May. Though it was a short month in school, it has been a busy one. From the Inter-House Singing Competition, to organizing the Inter-House Model United Nations, the integrators have been hustling the past few weeks. A lot has taken place in the three weeks of school we did have, and each one of us can proudly say that we have contributed majorly. The theme for this month's newsletter is 'Every Heart Matters'.



Mental Health is a very important concept that has come into light over the last few years. A lot of people have been affected by mental health issues due to the COVID-19 pandemic, and making people aware of these issues and ways to tackle them have become a necessary priority. The OASIS, conducted the "Well-Being Week"- highlighting the importance of Mental Health and the students took part in fun activities throughout the week. More than this, we also celebrated 'Spirit Day' on the last day of school- a fun day for the students, where we could dress up as our favourite superhero, our future self or our favourite book character. All in all, May has been an exciting month, and I hope you enjoy this edition of the Pulse!

-Aarini Mehta

Class XII A

Executive Editor



KALEIDOSCOPE

Ekya

Every Heart Matters

There are people who are healthy and moneyed.
 There are people who are still in need.
 There are people who are always over the moon.
 There are people who always cry over their fortune.
 There are people who express their heart.
 There are people who never start.
 There are people who have reached their destination long ago.
 There are people who never get on the go.
 Every human on earth is unique.
 For some who know English and some Greek,
 'Tis our duty to understand and help the people in need.
 Because we are all one indeed.
 Let's raise it for the better,
 As every heart matters.

-Jigyasa Kukreti
 Class IX A



You Matter: A Gentle Reminder (Well-being Week)

“Have you ever wondered which genre a person might be listening to on headphones? It could be a gleeful soundtrack from Glee or any song filled with insurmountable sadness that you may not know of. (blah-blah-blah)”, I couldn't resist getting distracted halfway through that assembly. I observed the gloomy atmosphere and wondered which song the clouds were listening to since it had been pouring endlessly. Then our class teacher announced about the Well-being week, the week where tons of emotions had got to greet the daylight. That's how we all greeted the first week of May by unlocking the handcuffs of our sentiments. It was during the prep classes when the activities were conducted, and we jotted down our feelings and ordeals, expressing them through poetry, doodling or simply by journaling. Everyone engaged in the activities, titled-"Every Heart Matters", and poured their emotions onto a piece of paper. If you had taken a tour around the school during that week, you would have witnessed groups of Ankuram and Satva students in the Crucible engaging in various life skill activities where students expressed themselves in front of their fellow mates. You would have seen the school hallways displayed with posters saying 'Every Heart Matters' or such other affirmations and the art class with pupils exhaling their creative on the same. The senior grades filling a bunch of sheets with their emotions which were so numerous that the scribbled pages had covered the entire desks. Each class had a jar named bury your worry with tons of slips that the students had tossed in. You would have seen a smiling sticker on the masks of all the integrators and how joyous the aura felt as they helped each other get through their troubles.

-Yashasvi Kandwal
 Class X B



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THE OASIS

A Visit to the Raphael Centre

When you start counting your blessings and pause for a moment to realise that you're not just living life, but a miracle, it is, in my opinion, Gratitude. But have you ever pondered on that? We often compare ourselves with the people around us, sighing- "Their life is so much better", or hurling ourselves with the burden of being unworthy. Why are we sitting in this hurt?

To remind the integrators about being grateful, the school planned a field trip to the Raphael Centre on the 6th of May, as a SUPW activity for the Ekya students (Classes X and XII). Now, what is Raphael Centre, you may ask. Raphael Centre is a rehabilitation centre for children and young adults with intellectual and associated disabilities. A place where the disabled people rejected by society are taken care of and schooled.

Hopping on our bus and giggling with our fellow mates, we reached in no time. Gazing outside the window, we saw gatherings of children waving happily and feeling elated at our arrival. We caught a glimpse of the campus and met the centre's headmaster, who briefed us about the centre's goal, after which, we got divided into two groups- one got to play soccer with the children there, and the other took a tour of the entire campus. We stood in the centre of the field and saw the children peeping below the bannisters. In groups of four, we went to each class and engaged with the children. A homeroom tutor took us to the nursery group, where the children listened to nursery rhymes and sang along. We were greeted with several bright smiles and we sat next to them. Our group went to the playroom along with them, where we played dodgeball, arranged puzzles and revived the inner child in us. The other groups guided the students there and were engrossed in activities such as singing, painting and learning the lessons along with their temporary buddies. We took a tour of the infirmary, the boarding house, and the counsellor's cabinet, followed by the pottery class where we found tons of artistic creations by the students. They briefed us about everything there- how they're schooled, taught in a resourceful manner and taken care of. We met students of our age who weren't distinct from us as they greeted us and made us feel comfortable.

The hallways were adorned with artworks and affirmations, submerged in a nurturing aura. On returning, most of us realised how fortunate we all are, and the silence in the bus spoke of how the trip made us all reconsider things like how we perceive our lives. But apart from that, we all did have a great time with our friends and most of us hope, we get to meet them again. The visit did arouse a feeling of empathy and thankfulness in all of us.

-Yashasvi Kandwal
Class X B



Inter-House Solo Singing Competition



Music is undeniably the best means of communication in the world. Irrespective of the language in which a song is sung, anyone can recognise good music when they hear it!

On 17th of May, 2022, The OASIS witnessed the 'Inter House Western Music Solo Singing Competition'. The theme for the competition was soft rock and pop. Students from Classes VI to X were eligible for participation and one participant was allowed from each house. From Mahit House, we had Jaaniya Kaur Arora who sang 'Rolling in the Deep' by Adele. Jishnu Rana from Vinaya House sang 'Stitches' by Shawn Mendes. Daivik House was represented by Aarna Arya Manjhi who sang 'Wrecking Ball' by Miley Cyrus. Lastly, Saadhana Kunjumpidukkal from Prasatti House sang 'Summertime Sadness' by Lana Del Ray. The judges for the competition were Mr. Amos Devassey and Mr. Shyam Bhargav. The participants were judged on voice and tonality, stage presence, rhythmic interpretation and expression and dynamics. The competition began with a short introduction to the pop rock genre of music, which was followed by the performances. The singers put up an amazing show and mesmerized the audience with their melodious performances. The judges lauded the talent of the students and gave them best wishes for their future. Even the School Director and Head of School, Mr. Sanjiv Bathla, addressed the audience.

Sir was highly impressed by the performances and praised the students for their wonderful efforts. The judges were given a plant each as a token of appreciation and the event came to an end. The enthralling musical performances left the audience humming euphonious tunes!

Results of the event:

- 1st Position- Jishnu Rana- Class IX (*Vinaya House*)
- 2nd Position- Jaaniya Kaur Arora- Class VIII (*Mahit House*)
- 3rd Position- Saadhana Kunjumpidukkal- Class VII (*Prasatti House*)
- Aarna Arya Manjhi- Class VIII (*Daivik House*)

-Vanshika Rawat
Class X B

The OASIS Spirit Day

On the 18th of May, 2022, the entire OASIS family celebrated 'Spirit Day'. It was an event set up by the English Department, keeping in mind the soon to begin summer vacations. It was just the perfect way to spend our last working day before the holidays. A role play was organized, which aimed at motivating the students to express their emotions while emulating their possible role models. All students and teachers were encouraged to dress up as a character of their choice and present a dialogue as well. For this year's event, Ankuram's theme was 'Superheroes Day', Satva's was 'Dreams Come True-Occupation Day', and Ekya had the theme 'Rendezvous with the Legends'. The young students of Ankuram had the freedom to dress up and enact any superhero of their choice. From Superman and Wonder Woman to Batman and even the Joker, all these little superheroes dashing through the corridors were quite an incredible sight. It's not every day that you get to see a whole 'army of Supermans' waiting in line for the washroom!

The Satva students truly went all out for their theme. All came dressed up according to the profession that they were hoping to pursue in the future. Doctors and lawyers were accompanied by footballers and bikers and they all definitely hit the mark with their amazingly accurate representation of various occupations.

The seniors of Ekya surely put in their best efforts as well. The students were required to dress up as their favourite literary character from a book of their choice and enact an iconic dialogue of theirs. One had the liberty to choose the most eccentric, hilarious and astute of the characters available. Unlike the expectations of most, the students didn't simply go for the most well-known characters, but showed off their own personal liking of books and characters by dressing up as many understated literary figures. Each student managed to fit the bill and impress with their knowledge of the world of literature. A world beyond the 'Harry Potter' books and regular fairytales was discovered. The event was a total success as all the students and teachers of The OASIS made the 'Spirit Day' truly one to remember. It was just the perfect way to set us off into our summer vacations and make them as rejuvenating and productive as possible!

-Enaya Tariq
Class X B



The OASIS Model United Nations

The United Nations is an international organization founded in 1945 to maintain international peace and security after the Second World War. At the time, it provided a forum to fifty-one countries to develop friendly relations, promote social progress and human rights, and better living standards. Now, it does the same for its hundred and ninety-three members. The UN has various specialised committees that deal with a myriad of issues ranging from nuclear non- proliferation to pathogenic pollution in waterways. These include but are not limited to The UN Security Council (UNSC), The UN General Assembly (UNGA), The Human Rights Council (UNHRC) and The UN Commission on the Status of Women (UNCOSW). Model United Nations conferences are simulations of the UN conducted at the school or collegiate level. The students act as delegates for the various portfolios they are assigned. They represent their countries in heated debates and extensive deliberations on agendas of utmost global importance with the aim of agreeing upon a draft resolution. A draft resolution is a statement released by a particular committee to solve the dilemma at hand.

On the 30th and 31st of May, The OASIS conducted its second Model UN conference at the Inter-House level for students of Classes VII to XII. Various delegates gathered in 3 committees; The United Nations Security Council, The United Nations General Assembly and the International Press Corp. They represented countries such as India, Cuba, Germany, Russia etc. The delegates in the Security Council dealt with the agenda of ‘conflict prevention and resolution under the UN charter in the context of the Russo-Ukraine War’ while the General Assembly combatted ‘human trafficking with special emphasis on organ harvesting and drug trafficking’. The IPC did an exemplary job of documenting and informing the public of the goings on of the conference and once again, proved the importance of news and media at these forums. The students of Classes XI and XII served as the executive board for the conference and presided over the delegates’ meetings. Various subtopics under each agenda were discussed followed by hypothetical crises which the delegates were to formulate directives for. These conferences are the ideal platform for students to learn about international relations, diplomacy, communication and so much more. A successful conference requires its delegates to be well informed and draw up educated opinions for a fruitful debate. Therefore, endless amounts of research must be conducted before even setting foot in the committee room, by both the delegates and the executive board, which inevitably teaches one a lot.



Photographs of the Opening Ceremony

However, MUNs are competitive and there are delegates who go the extra mile to earn positions. To conclude, the results for this Model United Nations conference are as follows:

The United Nations Security Council

- Best Delegate – Gauri Juyal
- High commendation – Anukriti Kandari
- Verbal mention- Vanshika Rawat

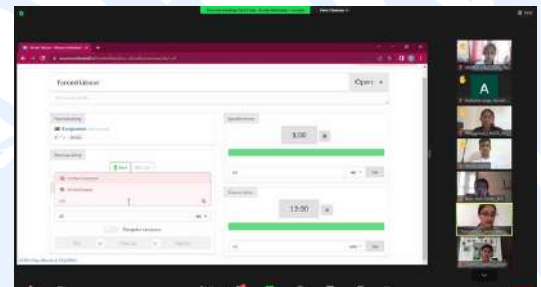
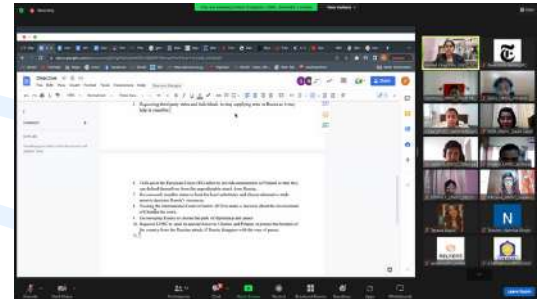
The United Nations General Assembly

- Best Delegate- Ayushi Tripathi
- High commendation – Jaaniya Kaur Arora
- Verbal mention- Shubhangi Bhandari

The International Press Corps

- Best Delegate- Jigyasa Kukreti
- High Commendation- Enaya Tariq
- Verbal Mention- Yashasvi Kandwal

-Tarana Kapur
Class XI A



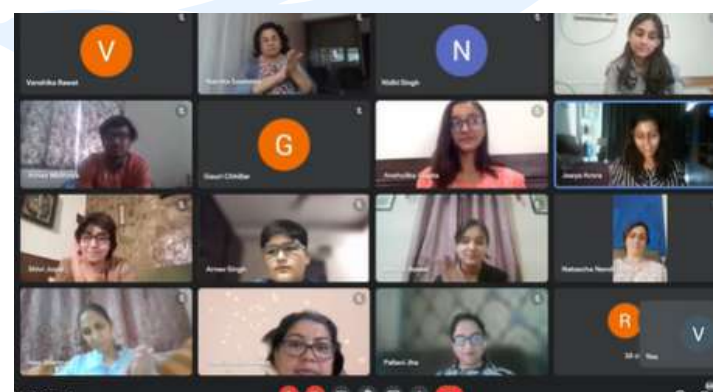
IPC Members



UNGA Session



UNSC Session



Closing Ceremony



MAY
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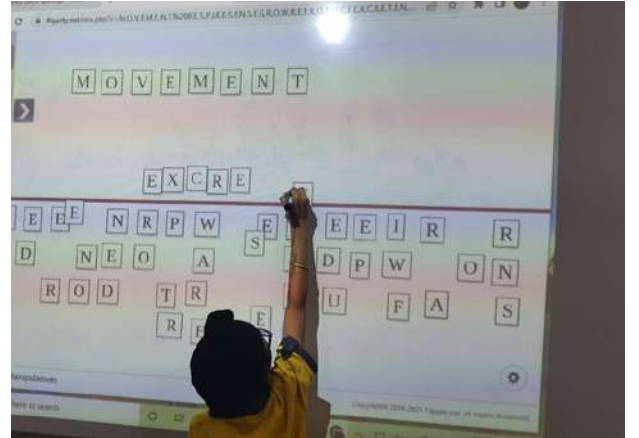


THE OASIS

कोविड में दसवीं

हमने कोविड के काल में,
दसवीं कक्षा क्या करली,
लगता है जैसे अपने जीवन की मटकी,
चिंताओं से है भर ली।
कल स्कूल जाना होगा या नहीं,
यह कैसी समस्या खड़ी है ?
बोर्ड होगा या नहीं,
यही तो सारी दुविधाएँ आन पड़ी है।
कोविड से ज्यादा डर,
तो हमें नोटबुक दिखाने में है।
आधे कागज खाली क्यों हैं,
अध्यापक को यह बताने में है।
हमारा नेट न चले,
तो हमारी क्लास छूट जाती है,
प्रोजेक्ट, होमवर्क के बोझ के तले,
हमारी कमर टूट जाती है।
सच्चाई तो यह है कि,
किताबों से ज्यादा तो नेटफिलक्स है खुला,
और स्कूल वापस आने पर,
इसका परिणाम परीक्षाओं में मिला।
लोग तो जीवन में दो बोर्डस देते हैं,
हम एक साल में दो दे रहे हैं।
दसवीं करते हुए एक वर्ष हो गया है,
हम परेशानियों से दूर आराम से रह रहे हैं।
किताबों और पढाई से थक कर,
हालांकि हम चूर हैं।
पर इसमें भी हैं कुछ अच्छी यादें जो मस्ती से भरपूर हैं।

अंशुलिका गुप्ता
कक्षा- 90



UDAAN-IDEAS THAT FLY

Satva

Every Heart Matters...

In my opinion, every heart matters, and every heart has some story behind it. A person may look very bold and tough from the outside, but that person's heart might be as soft as silk. That person has feelings, emotions and desires, you name it! But a very common mistake all of us must have made once in our life is that we react way too quickly. We only think once and do the action. We never give that thought a second chance. We never think about how it will influence others if we perform that particular action. Honestly, I've made this mistake a MILLION TIMES!! And I know the result. I certainly believe that every person on Earth was born with a pure heart. It is just a battle between our mind and heart that leads to mistakes. In conclusion, think twice and thrice until you reach a result that satisfies you.

-Deepsimar Kaur
Class VIII A



Source: Google images

My Dream World

Every heart matters,
Be it the heart of someone thin or someone fatter.
Everyone has feelings to share,
But the least we can do is to make them comfortable here.
We should treat everyone as a living being rather than a possession,
As owning people nowadays has become a fashion.
Whenever we ignore the feelings of someone, their heart gets shattered from inside,
And then they feel like leaving this world to hide.
Nowadays, humanity has become rare,
But we can change that just by being fair.
Or should I say humans no longer have humanity,
What is this insanity?
In the end, I would like to say that every heart matters,
Be it the heart of someone thin or someone fatter.

-Raghav Goswami
Class VIII C



Everyone has a Heart



Everyone has a heart,
Respect their feelings and don't do them any harm.
Helping others by sharing,
Speaks why you never stop caring.
Respecting others' feelings is very sweet
Because every heart has got a beat.
Helping others without expecting anything in return will keep us blessed,
By providing them with food, clothes and the rest,
Some people have a heart full of sweetness,
We can be like them by sparing a bit of kindness.
Just be happy and keep sharing,
Because this only shows how to be caring.

-Devika Sharma

Class VIII C

A Story on Kindness

Once upon a time, long, long ago, lived a family. There were three people in the family, the parents and their girl. The girl's father had remarried, so she had a stepmother. She was dreadful and treated her stepdaughter as a servant. The girl was, however, very kind and nice to her stepmother. The girl's name was Samara, and her stepmother's name was Anasa. Anasa had one of her own daughters named Crutly. She didn't do anything except rest.

One day Samara went out to look for a job. She met a dried tree. The tree said, "Dear child, could you water me, please?" She then replied, "Yes tree, why not?" She went to the well nearby and got some water to give to the tree. Then she moved on. After walking for five hours, she met a lamb. It looked as black as ebony. It asked, "Dear girl, could you clean me?" She led her to the river and washed her very nicely. Now, it looked like a cotton ball. So soft and white! Then Samara moved even further. She walked for hours, days and weeks and finally received a job offer at a fairy's cottage. She worked there for a year and then began her journey home again.

She saw that the lamb was now sick! She got some medicines with the money she earned from working there for a year. When the lamb felt a bit better, it gave her a sack full of diamonds, rubies and money! How wonderful! She cried happy tears and continued her journey. When she went back to that tree, it gave her a sack full of fruits because she saved its life. She then said, "Thank you so much tree! Oh! How can I thank you?" Then she hugged the tree and returned home. When her father saw her, he was over the moon! However, her mother was very jealous and went into her room. She slammed the door so hard that all the neighbourhood heard it. Samara is such a good, kind-hearted girl since she saved so many lives!

-Tarushi Dhiman

Class VI B



Source: Google images

Spring Fever

The evening sows the seeds
Of passion for life in my heart.
By night my heart becomes
A valley of flowers, and
My body begins to look
Like a sanctuary in romantic poems
Stuffed meticulously in empty
Wine bottles resting on the mantle.
My room drowns in violet haze,
Tipsy and frisky moon floats in my glass.
I can feel the flowers blossoming.
I feel soft and tender like buds.
I feel like my old-school soul is genesis
Of this breathtaking sweet-smelling spring.

-Jaaniya Kaur Arora
Class VIII A



Source: Google images

Inter-House Poetry Writing Competition

The Inter-House Poetry Writing Competition 'Ink it Out' for the year 2022-23 was held on 12th May, 2022. Students were given the task to write a poem of 20- 25 lines on the given topic ('Nature' for Grade VI, 'Monsoon Showers' for Grade VII and 'My Dream World' for Grade VIII). Students were encouraged to let their imaginations go wild. The top five participants selected to present their poems were Aarna Kaur of Class VI (Vinaya House), Sajag Gupta of Class VII (Vinaya House), Saadhana Kunjupidukkal of Class VII (Prasatti House), Raghav Goswami of Class VIII (Vinaya House) and Gauri Singh of Class VIII (Prasatti House). The participants presented their wonderful poems showcasing their writing skills, speaking skills, creativity and imagination, along with their vocabulary. Following this, the judges of the competition: Ms Meeta Garg and Dr Vinita Sharma were asked to share their thoughts with the students, as well as give them feedback on how they could improve. After a few helpful insights from the judges, Ms Natascha Nandi Bathla, Head of Junior School, addressed the gathering. She not only appreciated the work of the students, but she even shared some knowledgeable thoughts and presented her own poem, which was very thought-provoking. The event ended with a vote of thanks by the anchor of the event- Deepsimar Kaur of Class VIII.

-Nandini Singh
Class VIII A



Monsoon Showers

As I walked in the chill breeze,
With the dancing of the trees.
The birds roaming,
In the heavy drizzling.

Children dancing and jumping,
In the rain going splishy-splash.
With the clouds grumbling
and wind whistling.

The Sun playing hide and seek with the clouds
When the thunder is heard aloud.
Lightning strikes so bright,
With a sparkling light.

Children in their cars,
Seeing the raindrops racing down
Fighting in those wars.

How all the plants and flowers and trees
Feel blessed when they feel these
Droplets of water

As blessing of God from the heats horror!

Sipping chocolate with hot crispy samosas
Watching the closing leaves of the mimosa
All types of ferns and shrubs grow
To watch the rain blow.

The flowers blooming
With dewdrops so small
The monsoon shower is here,
there is no doubt at all!

-Saadhana Kunjumpidukkal
VII-C
(Prasatti House)

A World of Dreams

When we say dreamworld, some think of chocolate land,
While some think of a place with rainbow sand.

But I think a little otherwise,
For me, my dream world is benignity's rise.

In my dreamworld, there will be peace,
And no need for any police.
In my dreamworld, there will be no war,
As there won't be any reason for.

In my dreamworld, there will be no disease,
Everyone will live with ease.
In my dreamworld, we won't exploit nature,
For the Earth there won't be any danger.
Help me make my dreamworld come true,
Not just for me but also for you.

-Gauri Singh
VIII-C
(Prasatti House)

Results of the competition

I Position

1. Saadhana Kunjumpidukkal- Class VII C
(Prasatti House)
2. Gauri Singh- Class VIII C (Prasatti House)

II Position

1. Sajag Gupta- Class VII A (Vinaya House)
2. Raghav Goswami- Class VIII C (Vinaya House)

III Position

1. Aarna Kaur- Class VI B (Vinaya House)



MAY
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THE OASIS

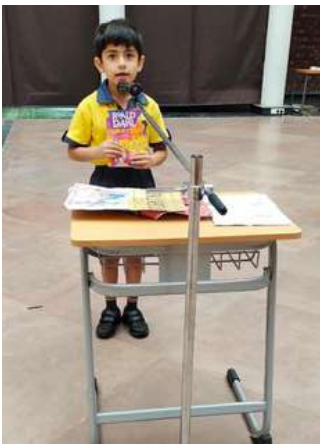
PRIME-O-GRAM

Ankuram

Show and Tell Activity- Classes I-III

Everyone was already seated when the School Director and Head of School came in, everyone wished sir. The Show and Tell Event started as the first contestant came and spoke about his toy after which the audience gave a loud clap. The next contestant gave a detailed information about his soft toy. There was a big round of applause for every participant. All the six participants did a great job. One contestant even showed a chart about his car. Then Class II had spoken about their favourite books. I think all the children were very fascinated with books. Everyone had worked really hard and given their best. The audience appreciated the contestants with a huge round of applause. The show ended with Pallavi ma'am congratulating the winners and commending all participants for their efforts.

- Divit Agarwal
Class V Erica



कल्पना की उड़ान

दिनांक १३ मई २०२२ दिन शुक्रवार को विद्यालय में हिन्दी भाषण प्रतियोगिता “ कल्पना की उड़ान ” का आयोजन किया गया। इस कार्यक्रम में कक्षा ४ व ५ के विद्यार्थियों ने प्रतिभाग किया। कार्यक्रम का शुभारंभ संस्कृति सिंह, उदितांश उनियाल व अक्षज गोयल के संचालन द्वारा किया गया। कक्षा ५ हेतु विषय विज्ञान वरदान या अभिशाप व कक्षा ४ हेतु मेरे सपनों का भारत रखा गया। सभी प्रतिभागियों ने उत्तम प्रदर्शन किया। कक्षा ४ के विद्यार्थियों ने अपने भाषण में एक ऐसे भारत की कल्पना की जिसमें सब प्रेमपूर्वक रहते हैं। किसी भी देश का विकास वहाँ के लोगो के विकास के साथ जुड़ा है। हमें एक समृद्ध भारत बनाने के लिए एकजुट होकर प्रयास करना चाहिए तभी हम हमारे सपनों का भारत बनाने में सक्षम होंगे। कक्षा ५ के विद्यार्थियों ने भी हमें अपने भाषण में यह सोचने पर विवश कर दिया कि विज्ञान वरदान है या अभिशाप। एक और जहाँ विज्ञान ने मानव जीवन को सरल व आरामदायक बनाया है वहीं दूसरी और वैज्ञानिक उपकरणों के अधिक प्रयोग ने हमारे पर्यावरण पर दुष्प्रभाव डाला है। हमें अपने जीवन में अनावश्यक रूप से वैज्ञानिक अविष्कारों के प्रयोग से बचना चाहिए और अपनी आने वाली पीढ़ियों को इसके दुष्परिणामों से बचाना चाहिए।

इस प्रतियोगिता के निर्णायक मण्डल के रूप में श्री प्रणव वशिष्ठ जी व श्री रजनीकांत जी ने अपना योगदान दिया। प्रतियोगिता में विद्यार्थियों के उत्साहवर्धन के लिए विद्यालय निदेशक श्री संजीव बाटला जी, कनिष्ठ संचालिका श्रीमती नताशा नंदी बाटला जी व प्राथमिक संचालिका श्रीमती पल्लवी झा जी भी उपस्थित रहे। संपूर्ण हिन्दी विभाग द्वारा इस कार्यक्रम को सफल बनाने हेतु योगदान रहा।

कमालरा रावत

कक्षा-५



Poetry out Loud

Poetry inspires creativity and builds confidence in children.

“Let poetry come alive through recitation.”

The audition for the competition was conducted on 7th April 2022. The auditionees had to prepare and recite the poem given to them, ‘Please Mrs Butler’ by Allan Ahlberg. The final selection included 8 participants, 2 from each house (one from class IV and class V). The participants had a month to memorize and practice the poems selected for them. The children were put under the able guidance of a teacher in charge who helped polish and prepare the participants for the competition.

The themes for classes IV and V were as follows:

Class IV-Humorous poems on Animals.

Class V-Bravery and Courage.

Oriole House participants were under the guidance of Mrs Swati Singh, Starling House participants were mentored by Mrs Sheetal Sharma, Cardinal House participants were guided by Mrs Sangita Verma and Pelican House children along with the two Masters of the ceremony were prepared by Ms Akanksha Vasudev. On 11th May, in the presence of the Head of School, Mr Sanjiv Bathla, Head of Junior School, Mrs Natascha Nandi Bathla, Head of Primary School, Mrs Pallavi Jha, the competition was held in the Theatre Studio from 2:00-3:00 pm. The Masters of the ceremony, Agastya Bagga and Aadvika announced the participants house wise. The three judges of the competition were Mrs Kriti Bhanot, Mrs Harpreet Kaur, Dr Vineeta Sharma.

The participants were judged on the following parameters:

- Memory (10marks)
- Voice modulation (10marks)
- Pronunciation (10marks)
- Presentation (10marks)
- Expression (10marks)
- Total marks-50

The first participant of the competition from Class IV Starling House, Aanandita Singh recited the poem ‘Our Imperfect Dog’. The second participant from Class IV Cardinal House, Shreya Kunjumpidukkal recited ‘What kind of pet do you think I should get?’ The third participant from Class IV Oriole House, Ian Yoel Phuntsog recited ‘Always love your pet no matter how old they get. The final participant from Class IV Pelican House, Shreyansh Samal recited the poem, ‘It’s SNOT funny’. The participants of Class V were then announced on stage one by one by Agastya and Aadvika. The first participant from Class V Starling House, Jasmaira Sabharwal recited the poem ‘And Still, I Rise’ by Maya Angelou on the theme Bravery and Courage. The second participant from class V Cardinal House, Aaditri Panwar recited the poem ‘How the little kite learned to fly?’ The third participant from Class V Pelican House, Atharv Singh Rajput recited the poem ‘IF’ by Rudyard Kipling.



The fourth and last participant of the competition from Oriole House, Akshit Bishnoi recited 'Keep going' by Edgar Guest. This brought us to the end of the recitation competition. The judges spoke great words of encouragement. The Head of Primary School, Mrs Pallavi Jha addressed all the participants, and the competition came to an end making us eager for more such competitions. The results were announced, and certificates were given out by the Head of the School personally.

The winners of the competition:

Class IV-

1st position- Shreya Kunjumpidukkal (*Cardinal House*)

2nd position- Ian Yoel Phuntsog (*Oriole House*)

3rd position- Aanandita Singh (*Starling House*)

Class V-

1st position- Aaditri Panwar (*Cardinal House*)

2nd position- Atharv Singh Rajput (*Pelican House*)

3rd position- Akshit Bishnoi (*Oriole House*)

-Ms. Akanksha Vasudev



योग

विश्व ने माना योग का लोहा, योग ने दुनिया का मन मोहा।

योग भारत की प्राचीनतम विद्या और विज्ञान है। योग का साधारण अर्थ है, जुड़ना या मिलना। योग के प्रथम आचार्य महर्षि पंतजलि माने गए हैं।

योग के आठ अंग हैं।

यम, नियम, आसन, प्राणायाम, प्रत्याहार, धारण, समाधि

इन अंगों को क्रमशः अपनाने वाला व्यक्ति योगी कहलाता है। योग से शारीरिक व मानसिक बीमारियाँ ठीक होती हैं। २२ जून को अंतर्राष्ट्रीय योग दिवस के रूप में मनाया जाता है।

आज योग देश, विदेश, धर्म, जाति की सभी सीमाएँ तोड़कर विश्व में लोकप्रिय हो चुका है। हमें अपनी इस धरोहर को सहेज कर रखना चाहिए।

समत्वं योग उच्यते

अर्थात्- कोई व्यक्ति निष्काम भाव से कर्म करता है, तो यही योग है।

अदवे अग्रवाल

कक्षा-३(कैना)



Week Without Walls

You can leave camp, but camp never leaves you.

Week Without Walls started on May 23rd and lasted till May 27th. It was a summer camp which was a good opportunity for us to enjoy and meet friends during our summer vacations. We got exposure to many activities which we could not do at home. There were limited children, so it was a different experience. The students reported to school at 8 am and assembled in the Crucible after the attendance. Ankuram students went to their respective activity areas as per their schedule, whereas the Satva and Ekya students went for their chosen sport followed by activities and creativity. There were four groups- Classes I and II, Class III, Class IV and Class V and each group had skating session every day and swimming session once. We enjoyed swimming the most as there were fewer students, which made the pool less crowded, and we were able to swim and learn better. The snack that were served were very different and delicious. We all had a lot of fun in Week Without Walls and learnt many things like painting flowers with water colors, making pen stands with waste plastic bottles and wall hangings with waste materials, masks and bowls out of clay, etc. We really wanted Week Without Walls to be more than a week.

-Kamaira Rawat and Divit Agarwal
(Class V Eustoma) (Class V Erica)



A Glimpse into the Sports For All (SFA)



Himansh Anand
Class III Cannan
Gold Medal
Chess Competition (Under 9 Category)



Vihaan Mittal
Class III Carnation
Silver Medal
500 m Inline Skating (Under 9 Category)



Akshit Bishnoi
Class V Euphorbia
Bronze Medal
200 m Inline Skating (Under 11 Category)



The Team OASIS won round 2 of the SFA Inter-school (under 16) Football Championship - Uttarakhand



Divishka Uniyal
Class VI C
Bronze Medal
Athletics Female- Shot Put (3kg) (Under 12)

Results of the 36th Inter-School Skating Championship



Sejal Purohit
Class IV Dahlia
2 Silvers



Ryna Moondra
Class III Calendula
1 Bronze



Mohd. Ibrahim Siddiqui
Class I Acacia
2 bronze Medals

Held at Tons Bridge School, Dehradun on the 8th of May, 2022.

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