



# THE OBERAI SCHOOL OF INTEGRATED STUDIES

PULSE, Issue 19

## From the Editor's Desk

February, like any other month, was a busy one for the Integrators. While class VIII and IX gave their final examinations and students from classes I to VII participated in various activities. This month brought about heaps of learning. While certain things, like taking tests, must be done by oneself, there are certain things that are done much more efficiently when people team up to get the task done. The Junior Master Chef Competition, which you will read about in this issue of The PULSE, held at The OASIS taught the Integrators just that. We have all heard the saying “Many hands make light work”. As of now, we are applying the concept at the level of a student but when it's time for us to face the real world, it is then that we will understand the true importance behind this saying.

To take current events as an example, the outbreak of the deadly Corona virus in China shook people to the core. The virus is one, spread through animals, and is communicable from one person to another. When this disease broke out, certain measures to keep the population safe were to be taken. When or before a disaster occurs, the four steps followed by society are - preparation, response, mitigation and recovery. When we talk of teamwork, the Chinese government's responsive steps were truly remarkable. They had numerous meetings with the World Health Organisation on sending pathogens for clinical testing and identification within the first two weeks. Infrared thermometers were installed at airports, railway stations, long-distance bus stations and ferry terminals. In collaboration with The United States of America, they initiated screening at airport terminals. Without these measures, the virus could have wiped out an even larger part of humanity. Mr. Tedros Adhanom, director of WHO, said “We are all in this together, and we can only stop it together”, which shows that this dire time, cannot be combated alone. Unfortunately, we still live in fear of the virus which is why people are being urged to maintain personal health and hygiene and stay away from people presenting symptoms.

All in all, working together towards something is bound to get us to our goal faster and even achieve greater heights. If we practice this skill at an early stage in life, using it in the future will be a piece of cake.



Being entitled or egotistic to accept help will result in outcomes which are not as promising as we hoped. Always keep in mind; teamwork is what makes dreams work.

With this, I sincerely hope you enjoy this brand new issue of The PULSE. Happy reading to all!

Tarana Kapur  
Class VIII

## REGARD BEFORE YOUR DISCARD

With the growing increase in waste in our society, from households to industrial waste, we now require a very innovative approach to get rid of it. Recycling and reusing the valuable waste material can result in development of fantastic and usable products. Rather than putting this waste material into the landfills, various innovative and creative ideas can be put together to create something new and useful. Discarding everyday waste such as plastic, glass, newspapers or electronic goods are not only a waste of limited resources but are also harmful to the environment.

Keeping this cause in mind, The OASIS organised a Creative Hands Competition, with the theme “Regard before you Discard” on the 6<sup>th</sup> of February, 2020 and the presentation was on the 8<sup>th</sup> of February, 2020. All Houses were supposed to make planters out of waste materials. Every House put in a lot of effort and came up with beautiful planters.

Mahit House, which secured the 1<sup>st</sup> position, made planters out of a toilet commode and a washbasin.

Vinaya House’s innovative idea of using two tyres, of different sizes, on a ply board and a plastic container cut into half to make planters secured them the 2<sup>nd</sup> position. They used the drip irrigation method to water their plants.

Daivik House, which secured the 3<sup>rd</sup> position, made a cute elephant and a pig out of oil cans to make planters.

Prasatti House, which secured the 4<sup>th</sup> position, used plastic bottles and decorated them with wool and ice-cream sticks to make planters. Overall, it was a very enjoyable competition.

Vanshika Rawat  
Class VII





## Paper Craft Show

On Friday, 7<sup>th</sup> February, 2020, the Paper Craft Show was organised for the students of classes I, II and III. The theme was – “A Garden Scene”.

The students made beautiful flowers out of newspapers and other waste material. They made butterflies, swings, trees, birds, bushes, grass, fences, etc. All the classes worked really hard. It was a fun activity in which the creativity of all students was on display. The students learnt how to reuse waste items to create something new and beautiful.

Aarna Kaur  
Class III

## Poetry Out Loud

An Inter House English Recitation Competition was organised, on the 12<sup>th</sup> of February, 2020, for the Ankuram students. The competition inspired the children to come forward and recite on stage.

There was one group recitation and one individual recitation from each House. Everyone enjoyed the poems that were recited with lots of expressions and enthusiasm.

The most interesting part was that all the poems were full of humour. The audience was in fits of laughter. They were all so good that the judges, surely, must have had a tough time deciding the winners.

Finally on 14<sup>th</sup> February, the results were announced. In the Group Category, Starling House stood second and Cardinal House secured the first position. In the Individual Category, Janvi Gopalakrishnan from Cardinal House came third, Sairah Negi from Oriole House came second and I'm happy to share with you that I, Harshada Singh, bagged the first prize for Starling House. The position holders were applauded and given certificates.

Harshada Singh  
Class III

## Inter House Music Competition

In this highly westernised time we, Indians, have forgotten about our traditions. The Indian motivational songs became famous in our school since the Inter-House Indian Music Competition took place on 20<sup>th</sup> February, 2020.





The theme was - Indian motivational songs. The practices for all Houses had started two weeks prior to the day of the competition. Our music teacher, Mrs. Anita Sharma, was of great help.

The judges were Mrs. Neha Dobriyal from Shigally Hills International Girls School and our second judge was Mrs. Vandana Singh, owner of Glee Music Academy.

The participants of all the Houses were ready for their competition and were wearing colourful costumes. The song presented by Prasatti House was "*Aadmi ho aadmi ke vaste badho*", Mahit House sang "*Geet khushi ke gun gunate*", Daivik House sang "*lakshay na ojhal hone paye*" while Vinaya House sang "*ek nayi roshni*". The judges had a tough task. All the Houses performed well. At the end, The School Director, Mr. Sanjiv Bathla, appreciated all the performances and announced the results. The winners were:

- 1<sup>st</sup> position- Prasatti House,
- 2<sup>nd</sup> position- Mahit House
- 3<sup>rd</sup> position- Vinaya House

Yashasvi Kandwal  
Class VII

## Spin A Yarn

On 19<sup>th</sup> February, the 'Spin a Yarn', Storytelling Competition was held at The OASIS. It was a wonderful competition where the children narrated stories from all walks of life. Various stories were based on justice and animals. Some were funny and inspirational, while the others were moral stories.

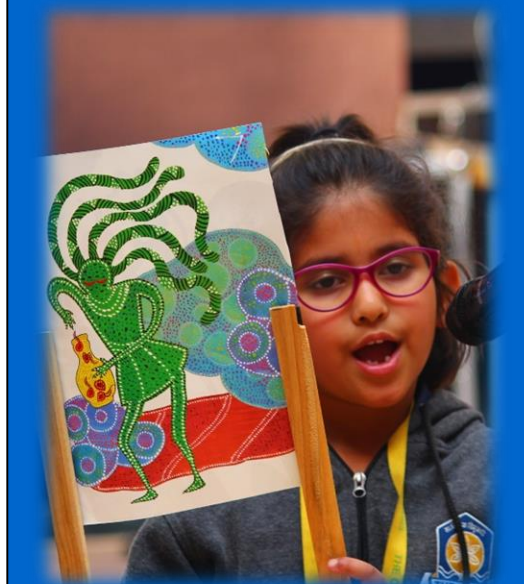
Each participant had his/her unique way of narrating the stories. Some used props to make their stories interesting. Some even dressed as characters, in order to make their stories more amusing.

The stories were highly inspirational and educative and also imparted good moral lessons to the students. The performances by each participant were very motivating and inspiring for the audience.

The event was well enjoyed with some brilliant narrations and important learning for the entire school.

The results were as follows:

- Class I
- 1<sup>st</sup> - Aanandita Singh
- 2<sup>nd</sup> - Gayatri Khanduri







## Class II

1<sup>st</sup> - Agastya Bagga2<sup>nd</sup> - Arnav Naithani

## Class III

1<sup>st</sup> - Harshada Singh2<sup>nd</sup> - Anhad Singh Kohli

## Class IV

1<sup>st</sup> – Yashasva Raj Pandey1<sup>st</sup> - Anika Negi

## Class V

1<sup>st</sup> - Jaaniya Kaur Arora2<sup>nd</sup> – Ibrahim Khan Rehmani

Sia Khandelwal  
Class V

## Junior Master Chef Competition

*“I am not a Chef. But I am passionate about food, the tradition of it, cooking it and sharing with my friends”.*

This is the same thought which the children of our school had, when they participated in the Inter-House Junior Master Chef Competition on 22<sup>nd</sup> February, 2020. They felt that cooking is all about people and food is the only universal thing that really has the power to bring everyone together.

The esteemed judges for the competition were Mr. Sumit Khandelwal, who is the owner of Aanandam, Ms. Swati Singh who is the owner of the restaurant, Monkey fist and Ms. Divya Singh who is passionate towards cooking and heads The OASIS Mess Committee. The Houses were given pseudo names- **Flavors, Zest, Sizzles and Infusion**. They had to make a healthy breakfast with a drink without using fire. The innovative dishes like Rubik cube sprout salad, Corn Cheesy waffles, Red Nectar Avocado Toast with salsa dip, Triple Layered Sandwich, etc. were few of the healthy dishes. The Judging Criteria included: Creativity, Nutritional Value, Presentation, Taste, Cooking Hygiene.

The third position was taken by Vinaya House, 2<sup>nd</sup> position was bagged Prasatti House and the winning team this year was Mahit House.

Aarav Malhotra  
VII





## 1<sup>st</sup> Inter House Roll Ball Championship - 2020 (Ankuram)

On the 24<sup>th</sup>, 25<sup>th</sup> and 27<sup>th</sup> February, 2020, there was an Inter House Roll Ball Championship held for classes III, IV and V.

It was a great competition between the four Houses. The first match was played on 24<sup>th</sup> February, between Pelican and Oriole House and Pelican won 9 - 4. The second match was between Cardinal and Starling House where Cardinal won 8-0.

The third and fourth matches were held on 25<sup>th</sup> February, The third match was held between Pelican House and Cardinal House where Cardinal House won by 5-3. The fourth match was between Starling and Oriole House and Starling House won 3 - 2.

The fifth, sixth and the final matches were held on 27<sup>th</sup> February. The fifth match was between Oriole and Cardinal House and Cardinal House won 10 - 3. The sixth match was between Pelican and Starling House. Pelican House defeated Starling House 12 - 1. The final match was held between Cardinal and Pelican House. In this match, Cardinal House won 7- 6.

Sia Khandelwal  
Class V

## Inter School Science Quiz

The 12th Inter-School Science Quiz was held on 15<sup>th</sup> February, 2020 at The Doon Girls' School. The participants from our school were Aveer Prakash, Eeshan Dhar Jayal and Aryaman Shilswal. The quiz comprised of four rounds, namely, the Initial round, the Quarter final, the Semi- final and the Final round.

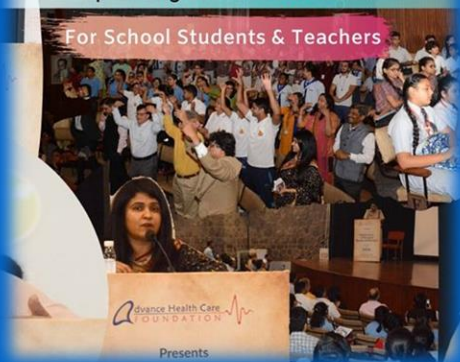
There were 18 schools that participated in this nerve wrecking competition. The Integrators faced a tough competition, but the team fought hard and reached the finals. After that feat, our team started getting challenging questions in the finals. We couldn't pull it off but managed to secure the 5th place. Overall, the quiz was tough but it was a great experience.

Aveer Prakash  
Class V



Adolescence - A Period of Bumps and Humps  
Upcoming Event in Dehradun

For School Students & Teachers



## A Talk on Adolescence

On the 1<sup>st</sup> of February, 2020, the students of class VIII went to the ONGC auditorium to attend a talk on adolescence, aptly named, '*Adolescences: A Period of Bumps and Humps*'. Adolescence is a transitional stage of physical and psychological development that generally occur during the period between puberty to legal adulthood. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later.

This workshop taught us how to cope with all the changes during adolescence. The session highlighted the various stages of adolescence and how to cope with them using scientific meditation. This workshop also taught us about the various struggles faced by an adolescent like sexual abuse and depression. Feeling the need to share our experience with our juniors, we shared our learning with the students, at Assembly.

Siddhant Gupta  
Class VIII



## Act by I-B

On Thursday, 27<sup>th</sup> February, our class (IB) performed a play titled 'How the elephant got its trunk'. The students were assisted by the teachers who helped them play their roles very well. Zoya and Bhargavi narrated the entire play. The actors played their roles as animals pretty well, be it the monkey, the crocodile or the hippopotamus. Gayatri played the role of an elephant named Elle. I played the role of a crocodile. All of us actively participated in the play and had a memorable time together. We were highly appreciated by the audience.

Uditansh Uniyal  
Class - I



## National Science Day

28<sup>th</sup> February is celebrated as National Science Day in India. On this day, in 1928, our Indian Scientist, **Sir Chandrashekhara Venkata Raman**, discovered a phenomenon of scattering of photons which was later known as the 'Raman Effect'. After two years, in 1930, he got the Nobel Prize for this remarkable discovery and this was the first Nobel Prize for India in the field of Science. To mark the discovery of his famous phenomenon, National Science Day is celebrated in India each year.

On Friday, 28<sup>th</sup> February, 2020, a special assembly was conducted by the students of Class III A on National Science Day at The OASIS.

During the assembly the students spoke about some of the great scientists of India who have achieved global recognition and the importance of science and its application among the people.

The students conveyed the message that science is a way of helping the brain grow in finding new knowledge and helps us defeat our curiosity of how the world develops and works today. Science is important because it has helped form the world that we live in today.

Anushka Kumain and Rudrakshi Dobhal

Class III

## Science Fair

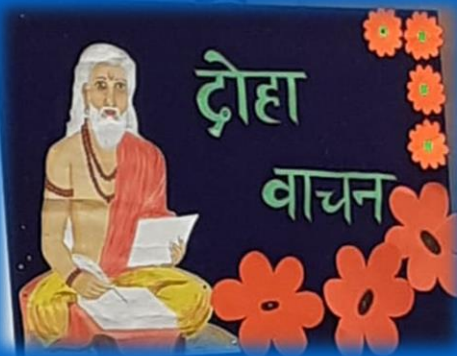
“Every brilliant experiment, like every great work of art, starts with an act of imagination.” Jonah Lehrer

Science is a great blessing to mankind. The world into which science came was a world of ignorance, suffering and hardship. Science has come to relieve us of suffering, to remove our ignorance and to lighten our toil. Science has transformed our daily life, providing us with luxuries. Science has spanned the sky, measured the ocean and revealed many secrets of nature. So we cannot ignore the importance of science in the modern world. Keeping this in mind on the 28th day of February, 2020, our school organized a science fair on the occasion of science day. We were all given an assignment for our winter holidays to make a project on the topic 'Environment'. The best projects were chosen and put up for the science fair.

The students came up with beautiful ideas such as paper recycling, smart bin and DIY air conditioner. All of these projects were made with recycled or reused material which is very useful for the society and is environment friendly. A few children from class five had also







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presented their projects, which were very innovative and creative. Every child had put in a lot of effort to make these projects. All these projects were very innovative and creative and we learned a lot from them.

Vanshika Rawat  
Class VII

### दोहावाचन

दिनांक १४ फरवरी २०२० को विद्यालय में कक्षा ४ व ५ हेतु प्रथम अन्तर्सदनीय दोहा वाचन प्रतियोगिता का आयोजन किया गया। प्रतियोगिता में केवल हिन्दी संतो के दोहो का समायोजन किया गया। प्रतियोगियों ने क्रमशः दोहो का वाचन किया तथा दोहो के भावों को भी स्पष्ट किया। सभी छात्रों ने मनमोहक प्रस्तुति दे कर, सभी श्रोताओं के हृदय में प्रेम व उत्साह को भर दिया। प्रतियोगिता में प्रथम स्थान ओरियल सदन व द्वितीय स्थान स्टारलिंग सदन ने प्राप्त किया। अंत में निर्णायक मंडल के सदस्य श्रीमान मोहित कुमार शर्मा जी ने अपने आशिर्वाचनों से सभी प्रतिभागियों का उत्साह वर्धन किया। तथा दोहा वाचन करके, दोहा वाचन के विधा को बताया। मेरे लिए सम्पूर्ण कार्यक्रम अविस्मरणीय रहा तथा मैं आशा करता हूँ कि भविष्य में ऐसे ज्ञान वर्धक कार्यक्रम होते रहेंगे।

ओजस पंवार  
कक्षा-५ ब

### शिव अर्थात् कल्याण

दिनांक २० फरवरी २०२० को विद्यालय में शिवरात्री पर्व के उपलक्ष में विशेष प्रार्थना सभा का आयोजन किया गया। जिसमें शिवरात्री पर्व के महत्व के साथ कथा को भी बताया गया। पुराणों के अनुसार भगवान शिव व पार्वती का विवाह हुआ था। इसलिए इस दिन को शिवरात्री के पर्व के रूप में मनाते हैं। इस अवसर पर अंकुरम् की छात्राओं द्वारा शिव महात्म्य पर एक सामूहिक नृत्य भी प्रस्तुत किया गया। नृत्य प्रस्तुती ने तो सबके हृदय को मोह लिया। वास्तव में शिवरात्री हमें अपने हृदय के अंधकार को समाप्त कर नवीन ज्ञान की रोशनी को प्राप्त करने का संदेश देती है।

अनुकृति कंडारी  
७ अ