



THE PULSE

To make an end is to make a beginning



Monthly recap

27th January

4th February

10th February

13th February

1st-3rd February

26th January : Republic Day Celebrations

: Workshop Brushes and Tales (Class IV-V)

: Inter House Table Tennis(Class VI-VIII)

: Inter House Creative Hands (Class VI-XI)

: Quizopia (Class I-III)

: Sangeetayan (Class IV-V)

16th February : Global Perspective (Class IV)

In this Issue

- FROM THE EDITOR'S DESK
- KALEIDOSCOPE
- UDAAN-IDEAS THAT FLY
- PRIME-O-GRAM
- BLOOMS OF THE MONTH









FROM THE EDITORS DESK....

By Tarana Kapur, Executive Editor (Class XI-A)

There's undeniably something magical about the first few months of the year. A sense of hope and renewal seems to linger in the crisp winter air and propels us to keep pushing towards our goals in life; long and short term alike. In high spirits and with their eye on the prize, the Integrators returned to school post their winter break. With our final examinations right around the corner, we worked towards getting our priorities in order to succeed in our academics.

The theme for this issue of the PULSE is "New Beginnings". We tend to view each year as an opportunity to begin anew but the zeal with which we pursue our goals and resolutions tends to fizzle out over time. In my last editorial, I wrote about embracing change but a million thoughts on the subject continued to flood my mind even when I closed shop. While embracing change is an integral skill one must master to ensure success and happiness in life, it is definitely not where self-improvement should end. We must learn to thrive in stressful, competitive, and ever-evolving environments instead of just existing in them. This is easier said than done but does it truly have to be?

This month I would like to tell you about failure. While a seemingly morbid topic to kick things off with, failure, if you come to think of it, only signifies growth. You would never fail if you didn't try or learn anything new in life. Put dramatically, making your morning coffee isn't nearly as mortifying an ordeal as giving a presentation in a room full of harsh critics. This is because the former does not trigger the fear we harbor toward the idea of failing. In terms of goal-setting-this performance anxiety is a direct result of one's innate tendency to preserve their self-worth.

Failure is not only inevitable but also an extremely important part of life. It indisputably plays a vital role in one's ability to be goal-oriented. To further my point, I would like to acquaint you with the goal-orientation theory proposed by psychologists Carol Susan Dweck and Ellen Legget in 1988. The theory states that one's emotional response to events such as failure and loss will trigger behaviors. These behaviors will be directed toward combatting the cause of emotional arousal. Put simply, if not performing well on a test upsets you, this displeasure will serve as intrinsic motivation for you to study harder and perform better on the next one. Therefore, the human brain is wired to use emotions such as sadness, anger, and excitement as driving forces to satisfy the desire to develop the self by acquiring new skills, mastering new situations, and improving one's competence.

Sometimes failure teaches us more than success ever could. While being bestowed with laurels and prizes is an extremely validating experience, our plans and ideas not working out immediately is one that helps us grow. We rethink methods that don't work and regroup when the result we desire seems like it's slipping out of reach. The challenge of doing this helps broaden our perspective and enhance our logical and critical thinking.



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All in all, use this new beginning to plan out a fruitful year and never allow the fear of failure to hold you back for a chance not taken is simply an opportunity missed.

I would like to conclude by wishing all the Integrators the very best for their Final Examinations. It's time to reap the results of the hard work you've put in through the year. Let's finish this off strong!

Happy reading to all!













KALEIDOSCOPE

Dawn Of A New Horizon

By Arshiya Sandlas Chandna (Class IX- A)

The New Year brings a new dawn, A new beginning, yet another's gone, Time to look for new horizons, The year gone by, has only got humanity wizened.

In the end, we are the pawns of time, In the coming, we shall be reborn Look out for a new sun has arisen Break out of the shackles of your imprison.

Let bygones be bygones, For this life is nothing but a constant marathon Be grateful, for what you have been given, For mankind is all about to forgive and be forgiven!









Bloom of The Month-Nut from the Malabar

(By Shivi Juyal, XI-A)

Botanical name: Adhatoda Vasica

Common Name: Malabar Nut, Vasaka,

Arusa, Vajidanta (Hindi), Adathodai

(Tamil), Vasa (Telugu)

Flowering seasons: March

Native: India, Sri Lanka, China,

Malaysia etc.

Vasaka, commonly known as the Malabar Nut, is a small evergreen shrub with white flowers with an unpleasant smell and bitter taste. This shrub is native to India's dry climate and arid soils.



The plant happily thrives at the Himalayan foothills, while some of them can also be seen growing in the wild outside the school campus. Other than India, they are also found in Sri Lanka, Burma and Malaysia.

Ethnobotany:

The book The Garden of Life mentions the Sanskrit Botany, where this modest vigorous shrub is named 'Lion's Muzzle' and 'Stallion's Tooth' after the shape and colour of its flowers. However, its antiseptic and pesticidal qualities justify the popular name of Vasaka, which means 'Little Dweller' or 'The Protector of the Dwelling Place'.

Pharmacognosy:

Vasaka is a potent Ayurvedic plant utilized to cure respiratory problems. It has remained a crucial plant drug with references to Ayurveda as well as Unani medicine. Its special flowers, leaves, bark and even roots have been used to prepare indigenous medicines for the past 2000 years. In modern medicine, the extracts from Vasaka find their varied applications in cough syrups etc. Essentially, the extract of this plant contains essential bioactive compounds (alkaloids, flavonoids etc.) which have primarily shown activity against problems like Bronchitis, Asthma and even Rheumatoid Arthritis. Other than this, Vasaka also shows bronchodilator (opens the air passage), anti- asthmatic, analgesic (reduces inflammation), excessive menstrual flow control, anti- microbial and antioxidant properties.

Till date, there has been no reported side effect of this ayurvedic plant.

For further knowledge, refer to The World Journal of Pharmaceutical Research (Vol 5, Issue 4).



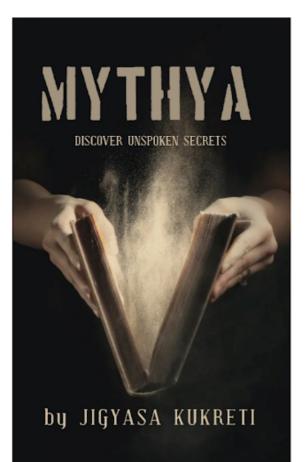


Mythya By Jigyasa Kukreti (Class IX-A)

I have always had an avid interest in mythology and history. Even during middle school, I found history to be extremely intriguing. After entering high school, my interest in the subject increased exponentially, given my ability to relate the stories we had heard since our childhood to India's past. The word 'mythology' is derived from the Greek word 'mythos', which refers to untrue stories. This etymology is universally believed, yet I couldn't find it in myself to accept it. For me, mythology is a collection of historical tales that have been passed down by word of mouth from one generation to the next. I have always thought that every myth has a certain justification or logic behind it. Thus, I tried to delve deeply into it.

I conducted a study on Hinduism and its numerous concepts in an effort to understand the rationale behind them. Having collected a sufficient amount of well-grounded content, I decided to write a book based on my findings. I discussed numerous concepts that form the core of Hinduism, including moksha, samsara and karma among others, and wrote my first short book during this break.

Writing has always been my forte and something I find great pleasure in. It was a challenging yet rather gratifying shift from casually penning poetry to writing an entire book. Authoring a book was beyond my wildest dreams, yet here I am with a wonderful feather in my cap.



On January 19, 2023, this book was successfully launched at The OASIS in the presence of the School Director and Head of School, Mr. Sanjiv Bathla; Head Junior School, Ms. Natascha Nandi Bathla, Head Senior School, Mr. Raj Kumar Trehan. To have my book launched among people that I have revered for what seems like ages was truly a godsend.

Moreover, I presented a copy of my book to the school library, which has been nothing less than paradise to me ever since I joined the school. It was the library where my inclination towards reading and writing piqued, and where I honed these skills over time. 'Mythya' is the fruit of months of research and hard work, and I sincerely hope that the readers of my book take away something special from it, just as I did.







What is Blockchain (Part -3)

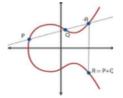
By Abhiveer Singh (Class IX-A)

Hello readers! Let's move ahead in our journey of blockchain. Let's see the important ingredients of a blockchain and the approximate analogy with our current world.

Bank



In Current World, Money is locked in a physical bank



In Blockchain World, Money is locked in a mathematical equation

Transaction



In Current World, transaction is via cheque book

In the Blockchain World transaction is via a signed message

Exchanges



In Current World, Money can be exchanged via Centralized exchange

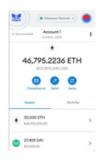


In Blockchain World, Money (tokens) can be exchanged via Decentralized Exchanges

Wallet App



In Current World, In Bloc wallet apps are like wallet paytm, paypal etc metam



In Blockchain World, wallet apps are like metamask, coinbase etc

Stay tuned for my next article, I will be revealing one of the major innovations of human history; in the area of blockchain called "Zero Knowledge".







भारतीय संस्कृति का एक उत्सव -पोंगल

हमारा भारत त्योंहारों का देश है। यहाँ पर अनेक प्रकार के त्योहार मनाए जाते हैं, उन्ही में से एक है 'पोंगल'। पोंगल तमिलनाडू का प्रसिद्ध त्योहार है। यह त्योहार फसल को धन्यवाद करने के लिए मनाया जाता है। किसान सूर्य, पृथ्वी, बैल इत्यादि की पूजा करके उनका धन्यवाद करते हैं और इस त्योहार को मनाते है। यह त्योहार बड़े ही धूमधाम से मनाया जाता है और चार दिन तक चलता है। पोंगल आने से पहले ही लोग अपने लिए नए-नए वस्त्र भी खरीदते हैं। इस त्योहार के पहले दिन को भोगी पोंगल कहते है। इस दिन भगवान इंद्र की पूजा की जाती है और शाम के समय अपने पुराने वस्त्र व कूड़े को एकत्रित करके जलाया जाता है। दूसरे दिन को थाई पोंगल कहते हैं, इस दिन अनेक प्रकार की खीर बनाई जाती है और उसके पश्चात सूर्य देव को भोग लगाकर उसका प्रसाद सभी को वितरित किया जाता है। तीसरे दिन को मट्टू पोंगल कहते है। इस दिन बैल की पूजा की जाती है क्योंकि बैल उनकी खेती में बड़े मददगार होते हैं। चौथे दिन को कन्या पोंगल कहा जाता है। इस दिन महिलाएँ सुबह रनान करके पूजा करती है। नए वस्त्र पहनकर सभी के घरों में मिठाई बॉटती है और त्योहार की शुभकामनाएँ देती है। यह तमिलनाडू के वासियों के लिए बहुत ही प्रमुख त्योहार होता है। इसीलिए इस पर्व को वे बड़ी ही धूम-धाम से मनाते है। इस पर्व को देश- विदेश में रहने वाले भारतीय लोग बड़ी धूम-धाम से मनाते हैं।

> गौर्वी नेगी कक्षा - नर्वी







गणतंत्र दिवस

कहते हैं जो दुनिया में नही मिलता वो हमारे भारतवर्ष में मिलता है। इसका कारण किसी को भी नही पता, कुछ लोग इसका कारण यहाँ मिलने वाली विभिन्न प्रकार की सामाग्री, कुछ हिमालय पर्वत तो कुछ यहाँ की निदयों को इसका कारण मानते है। परन्तु मेरा मानना है कि इसका कारण वे महान पुरुष है जिन्होंने स्वयं के जीवन का त्याग करके हमारे देश को आज़ाद करवाया। उन शूरवीर योद्धाओं की जितनी भी प्रशंसा की जाए वो कम है।

भारत में हर वर्ष २६ जनवरी को गणतंत्र दिवस के रूप में मनाया जाता है, क्योंकि इसी दिन से भारत में सिवधान लागू हुआ था। बर्षों तक अंग्रजों की गुलामी सहने के बाद भारत को ९५ अगस्त १९४७ को आज़ादी मिली, उसके तीन वर्ष बाद संविधान लागू हुआ था। संविधान की मसौदा समिति के अध्यक्ष डाँ० भीम राव अंबेडकर ने की थी। देश हर वर्ष २६ नवम्बर को संविधान दिवस के रूप में मनाता है,क्योंकि उस दिन भारत की संविधान सभा ने संविधान को अपनाया था। २६ जनवरी १९५० को देश में पहला गणतंत्र दिवस मनाया गया था। आप सब सोच रहे होंगे कि जब २६ नवम्बर १९४९ में संविधान को अपनाया था, तो हम २६ जनवरी को गणतंत्र दिवस क्यों मनाते है ? इसका उत्तर यह है कि २६ जनवरी को गणतंत्र दिवस क्यों मनाते है ? इसका उत्तर यह है कि २६ जनवरी संविधान को लोकतांत्रिक प्रणाली के साथ लागू किया गया था। इस दिन भारत को पूर्ण गणतंत्र घोषित किया गया। २६ जनवरी को संविधान लागू करने का प्रमुख कारण है कि वर्ष १९३० में इसी दिन भारतीय राष्ट्रीय कांग्रेस ने भारत की पूरी तरह से आज़ादी की घोषणा की थी। विगत वर्षों की भाँति इस वर्ष भी हमारे विद्यालय में यह उत्सव बड़े धूम-धाम से मनाया गया।

आप सभी को गणतंत्र दिवस की हार्दिक शुभकामनाएँ।

अभ्युदय रावत कक्षा - नवीं







कल का भारत

इस विषय को सोचकर ही मन में सबसे पहले आता है कि हम क्या करे जिससे हमारा देश महान बने। हमारा देश तब से विश्वगुरू है, जब विश्व के कई देशों का निर्माण हो रहा था। यह श्री राम जी, श्री कृष्ण,शंकराचार्य जी बुद्धा, महात्मा गाँधी, भगत सिहं आदि महान पुरूषों की जन्म व कर्म भूमि है। इन महान पुरूषों ने इस भूमि को महान बनाने के लिए बलिदान दिए। अब हमारा कर्त्तव्य है कि हम अपनी इस भूमि को महान बनाए।

अब सवाल आता है कि हम अपने देश की सेवा कैसे कर सकते है? यह एक ऐसा प्रश्न है जिसके उत्तर की आज बड़ी आवश्यकता है। सामान्यतः यह सोचा जाता है कि हम फौज में भर्ती होकर ही देश की सेवा कर सकते है। परन्तु यह आवश्यक नहीं कि हम फौज द्वारा ही देश सेवा कर सकते हैं अपितु हमारे भीतर हर क्षण देश सेवा का भाव होना चाहिए। हमारी हर सांस देश के लिए हो यह बात हमेशा गाँठ बाँध के रख लेनी चाहिए। तभी हम अपने राष्ट्र की सेवा कर सकते हैं। यह आवश्यक नहीं कि हम सेना के माध्यम से देश सेवा कर सकते हैं। हम एक अच्छा इन्सान बन कर भी देश सेवा कर सकते हैं। हमें पहले अच्छा इंसान बनना चाहिए।

स्वामी विवेकानंद जी ने एक बात कही थी कि जब हम अपना चरित्र निर्माण करते है तो सबसे बड़ी राष्ट्रीय भक्ति होती है ईमानदारी मेरे चरित्र का मोल है।

> मनस्वी गनेरीवाला कक्षा - नवीं





UDAAN-IDEAS THAT FLY Satura

INTER HOUSE CREATIVE HANDS COMPETITION

By Mouli Panwar (Class VIII-B)

'Creative Hands' - a Best out of Waste Inter-House Competition was held on 9th February 2023 for both Satva and Ekya. The competition was held at the Crescent Amphitoria and the participants were given an hour and fifteen minutes to create their models. The participants worked swiftly yet effectively in order to make the most out of their time, and create something innovative and attractive out of waste material.

The topics for the competition were:-Satva:- Container box Ekya:- Dream catcher

Participants had to use as much waste products as possible. Each house was given a separate place to work. The judges were taking rounds in the middle of the competition to the participants' stalls and inquiring about the waste products being used, the product being made and the process of making the said product.

The participants worked tirelessly, communicated effectively and demonstrated exceptional creativity and originality to come up with some impressive products made solely out of waste.

The results of the competition were:-Satva:1st position:- Vinaya House
2nd position:- Mahit House
3rd position:- Prasatti House

Ekya:-

1st position:- Mahit House 2nd position:- Vinaya House 3rd position:- Daivik House











INTER HOUSE TABLE TENNIS TOURNAMENT

By Sia Khandelwal (Class VIII-A)

"Wisdom is always an overmatch for strength" - Phil Jackson

Table tennis is a racket sport that is extremely popular due to it being relatively simple yet highly advantageous. The Table Tennis Tournament, a three-day event from the 1st to 3rd of February, was held for the students of Satva. It was an individual event, separate for girls and boys. The tournament took place in the lower deck where the participants gave one another a run for their money. Students who were absolutely new to the sport gave their best shot at participating as well. The first day of the tournament started off with the quarter-finals which had best of three matches with the first player to 11 points (with a margin of 2 points) winning each game. The same rules applied to the semi-finals as well.

On the second day of the event, through a series of matches, the semi-finalists and the finalists were decided. On the third and the last day of the tournament, all the players were in a competitive and keen spirit. On this day, the final match for girls and the semi-finals and finals for the boys were held. The final match was a best of five with the rest of the rules remaining the same.

The results were as follows:

Boys:

1st Position: Aadish Nautiyal (VI A) 2nd Position: Mukund Bisht (VIII B)

Girls:

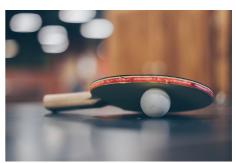
1st Position: Gauri Chillar (VIII A) 2nd Position: Sia Khandelwal (VIII A)



To conclude, in this tournament, many of the students took the bull by the horns by giving a completely novel sport a chance. For some, it worked out miraculously, and for others, the tournament taught many lessons in patience, perseverance, and persistence. Overall, it is safe to say that the tournament was a tremendous success.











PRIME-O-GRAM Ankwam

Sangeetayan

By Unnati Kukreti (Class V-Euphorbia)

On 13th February, the school organised 'Sangeetayan' for classes IV and V to celebrate the melodious essence of Indian Music. Parents were invited to witness the heartwarming performances of the tiny tots. The participants from class IV sang 'ये मत कहो खुदा से', which left the parents in awe. From class V, Vinaayak Khandelwal and Nivritee Khandelwal performed a duet from 'एकताल में राग सोहिनी छोटा ख्याल'. Akshit Bishnoi, Akshaj Goel and Darsh Bahuguna were on the tabla. From class V, W S Dhawal sang the beautiful 'राग भैरवी'. Followed by that, Aranya Kohli and Saanvi Joshi sang 'श्री राम भजन'. The next performance was by Sairah Negi, who sang 'राधे राधे भजन'. Finally, the show closed with the entirety of the classes singing 'आदि देव महादेव'.

The spectators showed their appreciation and filled the entire hall with their cheerful claps. The show was a true success under the guidance of the Music Department.







BRUSHES AND TALES EXPERIENCES

By Atharv Singh Rajput (Class V Euphorbia)

ERICA

Story name - THE GOLDEN PORTAL Genre - Fiction

Brushes and Tales was a really lovely experience. W S Dhawal was the main composer of the story. Divit Agarwal was the writer. Vasu Vatsalya was heading the illustrations, and Saanvi Joshi was heading the cover-making group. The class was divided into groups. The groups were:

The Book Cover
The Illustration Group
The Composers
The Writers and Decorators

We worked effectively and respectfully, shared responsibility for collaborative work, and valued the opinions as well as contributions of individual team members. We learned how to work and finish a given task within a limited time frame.

EUPHORBIA

Story - THE WAR OF THE DRAGON GEM Genre - Adventure and Fantasy

The experience was really enlightening Everyone worked really hard in different groups. The groups were:

Illustration Story Writing Decoration

Sanskriti Singh and Atharv Singh Rajput came up with the story. We learnt how to manage our time effectively and how to work in a team. The process of making a book was a tedious task but we learnt how to step out of our comfort zone and try new things. Each of us put in our very best to come up with an exceptional story.

EUSTOMA

STORY- HEART KILLER Genre- Fantasy

The experience of the whole class was exhilarating. Working in groups was indeed a challenging task. The writers were Kamaira Rawat, Ira Joshi Chauhan, Jeevansh Malhotra and Nivritee Khandelwal. The story book was based on a serial killer. The fair version of the story was written by Sabhya Chopra. Illustrations and the decoration was done in groups in which the main part was the cover page, which was done by Tejasvi Raj Pandey, Agastya Bagga, Shivansh Singh, among others.





The Global Perspective

By Shreya Kunjumpidukkal (Class IV Daffodil)

Date: 16-2-2023

In the Crucible of the prestigious campus of THE OASIS, the Cambridge Global Perspective was held by the class IV students of Daffodil, Dahlia, and Daisy. The hosts of the event, Ian Y. Phuntsog and Arhaan Jhingan, managed the event in a beautiful manner.

The chief guests of the event were Director, Mr. Raghav Oberai; Director- The OASIS Junior Mrs. Prachi Oberai; School Director and Head of School, Mr. Sanjiv Bathla; Head Junior School, Ms. Natascha Nandi Bathla; Head Senior School, Mr. Raj Kumar Trehan; and Head Primary School, Ms. Pallavi Jha. We were accompanied by our parents, teachers, and dear friends.

The event started with the lighting of the lamp by Mr. Sanjiv Bathla. The first performance was a melodious song 'Ekla Cholo'. It was followed by another beautiful traditional dance 'Fagunero Mohonay'. Next was an act on the famous personalities of West Bengal. Subsequently, the students performed another dance 'Dhak Baja Kashor Baja' gracefully yet energetically. Another rhythmic song 'Dugga Elo' and a stunning dance 'Komola' followed right after. Lastly, the famous Bengali ritual 'Sindoor Khela' transpired, much to the delight of everyone involved in it.

Just as any good moment comes to an end, the global perspective programme was brought to a close with the parents being invited to indulge in a scrumptious spread of the dishes of West Bengal, which truly made this event an unforgettable one.







INTER-HOUSE SCIENCE QUIZ- 'QUIZOPIA'

By Neev Kulkarni (Class III-Carnation)

'Quizopia', an Inter-House Science Quiz, was conducted on 10th February 2023 with the objective of testing the scientific knowledge of students. The quiz aimed to inculcate in the minds of the students a spirit of scientific enquiry and analytical thinking and to provide a platform to the budding scientists to exchange their thoughts, and did so rather successfully. The teachers in charge were: Ms. Sheetal Sharma for Class I; Ms. Garima Sharma for class II, and Ms. Neha Panwar for Class III.

The participants from Class I were: Rabani Oberai from Cardinal house; Aabhya Kothiyal from Oriole House; Plaksha Khanduri from Pelican House, and Mohd. Ibrahim Siddiqui from Starling House.

The participants from Class II were: Udayan Nath from Cardinal house; Vardaan Mittal from Oriole house; Avyan Chaturvedi from Pelican House, and Mehr Guleri from Starling House.

The participants from Class III were: Priyesh Singh from Cardinal House, Darsh Garg from Pelican House and Himansh Anand from Starling House.

The show was hosted masterfully by Manasvi Rajvanshi and Nysa Chand. Ms. Payal Dinesh Rawat, Head of Activities and Ms. Pallavi Jha, Head Primary school were the Guests of Honour. The quiz consisted of three rounds: the General Round, the Visual Round and the Rapid Fire Round. The participants were smart as whips and left no question unanswered. It was an incredibly enlightening quiz for not only the participants, but also the audience. The Guests of Honour ended the quiz with kind words of appreciation and encouragement.

From Class I, Mohd. Ibrahim Siddiqui from Starling House bagged the 1st position; Rabani Oberai from Cardinal House bagged the 2nd position while Plaksha Khanduri bagged the 3rd position. Apart from this, Aabhya Kothiyal, won the Consolation Prize.

From Class II, Mehr Guleri bagged the first place with Vardaan Mittal from Oriole House; and Udayan Nath from Cardinal House bagged the second position along with Avyan Chaturvedi.

From Class III, Priyesh Singh from Cardinal House bagged the second place and Darsh Garg from Pelican House stood third.









बसंत पंचमी

चारो ओर बसंत है छाया, संग अपने बसंत पंचमी का त्योहार लाया।

जीवन का यह बसंत, खुशियाँ दे अनंत।

प्रेम और उत्साह का, भर दे जीवन में रंग।

बसंत पंचमी के पावन अवसर पर, सबका मन हर्षाया।

माँ सरस्वती की पूजा कर, उनसे सबने आशीर्वाद पाया।

नई उमंग लेकर नदियाँ भी बहती जाए, चारो ओर हरियाली छाए।

शीत ऋतु भी छूमंतर हो जाए, जब बसंत अपने रंग दिखाए।

फूलो पर भँवरे मॅंडराने लगे है, रंग-बिरंगी तितिलयाँ अब चहकने लगी है।

मोर नृत्य कर इठलाने लगी है और कोयल मधुर स्वर में गाने लगी है।

प्रकृति अब अपने रंग भरने लगी है, क्योंकि बसंत पंचमी की दस्तक होने लगी है।

एमी भट्ट कक्षा- ४(डेजी)









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