

THE PULSE

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MONTHLY RECAP

- 3-4th May - Inter-House Yoga Championship for classes IV-V
- 3-4th May - Inter-House MUN for classes VIII-XII
- 6th May - Kalataru: Inter-School Visual Arts Competition
- 8th May - Inter-House Poetry Out Loud for classes IV-V
- 8-9th May - Parasailing Adventure Activity
- 10th May - Inter-House Bhashan Pratiyogita for classes IV-V
- 11th May - Inter-House Poetry Writing for classes VI-XII
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- 13th May - The OASIS RISE Programme - PEP for VI-VII
- 16th May - The Choral Effect for VI-XII
- 17th May - The OASIS Spirit Day
- 17-19th May - Scholastic Book Fair
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FROM THE EDITOR'S DESK...

By Tarana Kapur
(Executive Editor)



As the month of May draws nearer, the sleepy doon valley, in all its spring glory, seems to come alive. The integrators navigate their way through their classes while the newcomers get better acquainted with their classmates. A soft chatter of unmistakable excitement trills through the hallways and brings the red-brick building, secluded in its nook of the woods, abuzz.

The OASIS has always laid heavy emphasis on educating its students in terms of art and culture. Various forms of music, art, dance and oration have always been an integral component of the curriculum at the institution. In fact, what makes 'Art and Culture' the perfect theme for this edition of 'The Pulse' is that the month of May abounds in just that. The school conducted a myriad of competitions and events this month, the reports for which are published in this very newsletter, resulting in our learning from these activities being at an all time high.

At its core, art is a powerful medium of expression, encapsulating the collective imagination and emotions of a community. It manifests in countless forms, each offering a unique perspective into the human experience. Through art, individuals find themselves able to communicate their innermost sentiments, transcend linguistic barriers, and evoke deep emotions that sometimes resonate across generations. It serves as a mirror that reflects the diverse narratives, struggles, and triumphs of a society, thus, providing a platform for dialogue, empathy, and understanding. Culture, conversely, encompasses the customs, traditions, beliefs, and values that define the essence of a person. It is a tapestry woven by the collective wisdom and experiences of our ancestors and shapes our identities, grounding us in a sense of belonging and shared heritage.

The interplay between art and culture is symbiotic, each drawing inspiration from the other. Art is often influenced by the cultural milieu in which it arises, reflecting the values and aesthetics of a society. Similarly, culture finds its embodiment in artistic creations, breathing life into intangible concepts and infusing them with tangible form. This intermingling fosters a sense of pride and identity, propelling a shared consciousness that binds communities together.

Preserving our cultural heritage is of paramount importance. It is through art and cultural artifacts that we connect with our past, understand our present, and shape our future. These treasures carry the legacy of our ancestors, the wisdom of their experiences, and the essence of their struggles. They remind us of the sacrifices made, the lessons learned, and the values we hold dear. By safeguarding our cultural heritage, we ensure that future generations can appreciate and learn from human history.

In line with this sentiment, a transformative chapter in the realm of Indian art and culture unfolded earlier this year with the opening of the Neeta Mukesh Ambani Cultural Centre (NMACC). With its inception, the NMACC showcases the richness and diversity of Indian art and culture. Through curated exhibitions, performances, and cultural events, it provides a platform for artists, performers, and creative minds to showcase their work, engage with audiences, and inspire a deeper appreciation for the arts. Furthermore, the NMACC catalyses innovation and experimentation. By embracing new technology, interdisciplinary collaborations, and contemporary art forms, it pushes the boundaries of artistic expression.

Art and culture are integral components of a holistic education, playing a pivotal role in shaping well-rounded individuals. At the school level, their importance cannot be overstated, as they contribute to the development of creativity, critical thinking, empathy, and cultural awareness. By providing students with opportunities to engage with different forms of artistic expression and cultural practices, schools lay the foundation for a more vibrant, inclusive, and compassionate society. By recognizing the importance of art and culture, we empower students to embrace their creativity, celebrate diversity, and become active participants in shaping the world around them.

"Art and culture are the very soul of a society, the embodiment of its history, values, and aspirations."

- Shashi Tharoor

KALIEDOSCOPE

Ekya

THE CHORAL EFFECT

-By Deepsimar Kaur

IX A

and Saffira Aurora

IX-B

"Music expresses that which cannot be put into words and that which cannot remain silent." This is a famous quote by Victor Hugo. Music is a universal facet of our existence for it doesn't matter where you look, from big cities to remote villages, from dry deserts to soggy rainforests, from the peaks of the Himalayas, music has always been a crucial part of our daily lives.

On 16th May 2023, 'The Choral Effect', an Inter-House Western Music Singing Competition was held at The OASIS. The four houses, namely, Daivik, Prasatti, Mahit and Vinaya had to choose four different countries in the light of which they had to perform the songs. The judges of the competition were Mrs. Natascha Nandi Bathla and Mr. Ankit Prakash.

The show started out with a melodious performance by Mahit House students who sang a very popular Spanish song, '*La Isla Bonita*' by Madonna. It was a spirited and zestful performance which was much liked by the audience. Next in line was Daivik House, they represented Africa. They performed '*Waka Waka*' by Shakira and '*Wavin' Flag*' by K'Naan. It was a very lively and energetic performance. After the performance by Daivik House, the school witnessed the performance of '*Jamaican Farewell*', a Jamaican song by Vinaya House. It was a staggering performance with solid coordination and an astounding stage presentation.

Last but not least, we had Prassatti House performing a very famous song, '*They Don't Care About Us*' by Michael Jackson, and a Brazilian song, '*We Are One*' by Pitbull. Their performance was truly spellbinding.

The audience was left humming melodious tunes after the riveting performances. The show would have gone nowhere without the band and the hosts. It was they, who made the competition a success and their lively performance throughout the show was highly appreciated. The event came to an end with the School Director and Head of School, Mr. Sanjiv Bathla, addressing the gathering and declaring the results. The judges were also given small tokens of appreciation.

The results of the competition were as follows:

1st Position - Vinaya House

2nd Position - Prasatti and Mahit House

3rd Position - Daivik House



INTER HOUSE MUN-2023

-By Tara Kumar

IX A

and Mauli Panwar

IX-B

"Peace cannot be achieved through violence, it can only be attained through understanding."- Ralph Waldo Emerson

In today's world, humanity has been plagued by a number of problems that, ironically, it has created for itself. The Model United Nations (MUN) is an educational simulation where one learns about concepts such as diplomacy, reasoning, and decision-making through debating on a wide range of problems that have mankind in a chokehold, also providing a variety of perspectives on an issue.

On the 3rd and 4th of May 2023, The OASIS had its first MUN on campus. For many, like me, it was their first experience physically, while for others it was their first participation; but the one common feeling we shared was excitement, fear, and curiosity.

The topics of the two committees, UNGA (United Nations General Assembly) and UNSC (United Nations Security Council) were 'Mitigating Global Food Crisis with Special Emphasis on Food Security in Conflict Zones' and 'Resolving Territorial Disputes in the South China Sea' respectively. Both are issues that pose a significant threat to our lives. The entire MUN experience was a memorable one, and in the end, the students were even more knowledgeable than before, with stronger opinions and a better outlook on various problems.

United Nations General Assembly-

Throughout the committee sessions, all the delegates were involved in some sort of discussion or debate and provided insight on the issue through the lens of several countries. It would be difficult to distinguish between the newcomers and experienced participants because everyone raised their voices, expressed their thoughts, and attempted to actively participate in the sessions.

Solutions were highlighted, as were a number of obstacles, and each student acted the way the nations would have- supporting allies, and fighting for the interests of their people.

Overall, the delegates attempted to work together to tackle the global problem at hand, and while some did not see eye-to-eye on certain matters, that is simply how things operate in the real world where what is right for one, may not be right for the other. However, the entire procedure, in my opinion, represented the spirit and working of a UNGA committee. In the end, the committee was fruitful, as one of the draft resolutions created was passed by a majority vote of the members.

Some did better than others and the rest had greater scope for improvement; those who won positions were Jaaniya Kaur Arora (Russia)- "Best Delegate", Deepsimar Kaur (Yemen)- "High Commendation" and Ayushi Tripathi (Syria)- "Special Mention".

International Press Corps-

Today, one receives news about what is going on around the world through various sources, it can be on their televisions or mobile phones, but who provides this news to the masses? The answer to this question, is the reporters and journalists of the various news agencies. This frequently overlooked line of work, for this reason, is incredibly important, and at the MUN, the IPC reporters, including myself, got just a small taste of what it's like to be a reporter. Countless deadlines where the importance of every second and the need of being attentive and a great listener were all put to the test. The reporters were required to produce articles on the committees allocated to them and provided information from an outsider's unbiased perspective.

Questioning, in my opinion, is crucial in order to answer the unknown "why" and eliminate the convenience of turning a blind eye. Overall, the committee was wonderful, and the Chairs even shared their thoughts on what makes a successful reporter.

The "Best Reporter" position was bagged by Jigyasa Kukreti, Tara Kumar (Agence France Presse) won "High Commendation," and Mouli Panwar (Xinhua News Agency) received "Special Mention."

United Nations Security Council-

All the committee sessions of the United Nations Security Council (UNSC) were really heated. Each session had one or more than one argument which sometimes did get resolved or the chair had to stop the delegates from arguing any further. As the agenda was completely based on China's wrongdoing in the South China Sea, China was targeted by almost all the countries including the United States of America, France, Taiwan, and many more.

The committee sessions of the UNSC were filled with crises and crisis updates. The delegates worked really hard to solve the crisis but unfortunately were not able to do so because of the difficulty level of the crisis.

The last UNSC committee session ends when the Draft Resolutions (DRs) made by any of the blocs pass. The blocs consisted of Bloc- 1 China and its allies and Bloc- 2 USA and its allies. The DR of Bloc-1 (China) did not pass because of the lack of votes, so the DR of Bloc-2 (USA) had the chance to pass but China voted against it during the voting using its Veto power resulting in the failure of Block- 2's DR. As no DR was passed, the committee failed and was adjourned.

Aveer Prakash (Australia) was announced "Best Delegate"; Gauri Juyal (France) received "High commendation" and Deepjyoti Negi (United States of America) received "Special Mention".



MENTAL AWARENESS AND WELL-BEING MONTH

-By Jigyasa Kukreti

X A

"Well-being is a journey, not a destination."

Well-being is a state of mental and physical harmony and prosperity. Each of us makes an effort to maintain good health and to find peace and happiness. Everyone wants to have a healthy body, but we frequently overlook having a healthy mind. As a result, starting last year, our school started hosting a well-being week. As members of the Psychedelic Club, we work to plan events that can help everyone transform into their best selves. This fortnight also included the active participation of the teachers and counselling staff from the school.

The primary area of concern this year was 'Bullying' and 'Know your body'. We all experience this issue as students at some point in our lives, but in an attempt to mitigate it, we held workshops where students learned what bullying is and the several forms it may take. There was a discussion on this issue in every class. Starting from Ankuram, and moving on to Satva and Ekya, suggestions were given with careful consideration in an attempt to help minimise the issue. It was taken through different activities, sessions and worksheets. Students also signed undertakings relating to it. The pupils who were dealing with this problem voiced their worries and engaged in conversations about it. The experience of learning about the problems that many students endure and how distressed they are at that time was definitely worthwhile. It also led to the initiation of an Anti-Bullying Squad. Additionally, renowned gynaecologist, Dr. Aarti Luthra and her team conducted a workshop for the girls of Satva and Ekya. The topic of menstruation, which was formerly taboo for everyone, is now often discussed. Understanding an issue does in fact enable individuals to rectify it. Considering this, a full hour of discussion was devoted to this subject as part of the 'Know Your Body' session to help girls better understand their bodies and learn how to deal with these problems. It was definitely an amazing experience.

Although 'Mental Awareness and Well-Being Month' was scheduled for a limited duration during May, it was helpful in getting us ready for the future. These activities aim to help students understand themselves, find solutions to their issues, and become better versions of themselves rather than merely imparting knowledge. Being a participant in all of these activities, I can state with absolute certainty that taking these little actions will make us all informed and worthier citizens. I am looking forward to another fantastic 'Well-being Week' the following year, with new subjects to cover and improvements to be made.



A VISIT TO SHARNAGAT

-By Sahima Singh

XI

Students of classes XI and XII visited Sharnagat, a dog shelter, on Saturday, May 13, 2023, as a part of their SUPW activity.

We had just reached the gates when we heard the dogs barking, and I felt something brush against the back of my knee. I turned around to see a dog wagging its tail. Its eyes were filled with pure joy, just like mine.

Sharnagat is home to over a hundred dogs, including stray, disabled, and abandoned dogs. Other than dogs, they also house birds, a bull, and a donkey. They provide love and care to all these animals, and so can we, by volunteering or donating.

What I adored most about Sharnagat was that everyone there paid great attention to every animal. They knew their names and their entire journey from when they first came to the shelter. The affection that the dogs get from the workers can be seen in their interaction with them.

It was a day before my class X board examination results, and naturally, I was feeling anxious, but in the few hours that I got to spend at Sharnagat, I felt a lot more comfortable.

A study published in the monthly newsletter from the National Institutes of Health (part of the U.S. Department of Health and Human Services) states that interacting with animals has been shown to decrease levels of cortisol, which is a stress-related hormone, and lower blood pressure.

The day consisted of playing with the dogs, grooming them, and feeding them. All in all, it was a day spent well.

We are grateful to Mrs. Neha Negi for welcoming us and sharing her joy with us.

Attached is the link for a short video for our visit compiled by Hargun Singh Manchanda XII.



To view the Sharnagat video,
please click the link in the cover mail.

SPARK CONTEST-2023

-By Samridhi Bahuguna

XI

On May 6th, 2023, a number of schools from Dehradun gathered at Shri Ram Centennial School to compete for the SPARK CONTEST trophy. SPARK CONTEST-2023 is an Inter-School Cultural Competition. It had a number of categories where students could show their immense talents and mesmerise the judges. We were welcomed by a melodious song by the school's choir, followed by an encouraging speech by the Principal of Shri Ram Centennial School. The events included AD(D) More Diamond Biscuit, Clay-A-Holic, Kitchen Einstein, Band-It, Once Upon a Time, Tatt-it.

Our school participated in four of the categories, which were **ABCD – Folk Dance**, where we performed the Gorkhali folk dance of Nepal on the song *Lahana Le Jurayo*; **Bas Karo Ji** – Hindi poem recitation; **Once Upon a Time**– English Story Telling and **Kitchen Einstein**.

While the scores were being computed a talent show was held where the stage was open to any performance. The students showcased their extraordinary talents and took the audience by surprise.

The OASIS bagged:

2nd position in English Story Telling (Gayatri Khanduri)

3rd position in Hindi Poem Recitation (Kiara Bahuguna)

3rd position in Kitchen Einstein (Kabir Dhaiya and Amartya Gupta)

Overall, it was definitely a day well spent!



3 ON 3 BASKETBALL

-By *Saksham Rawat*

X A

A popular form of Basketball is 3 vs 3 or (3-on-3) Basketball. It is a fast-paced, shortened version of regular basketball. I had an opportunity to represent my school in this popular form of basketball event in the U-18 category. My 3-on-3 team had 4 players; Arnav Maitreya and Harshpreet Singh from class XII, Aahan Pal and me from class X.

On the 6th of May, we played our first match against P.Y.D.S. We played on half of the traditional basketball court with the official 3 vs 3 ball, which is smaller in diameter than a regular basketball. Our opposing team won this match. Our second match was with Champs Sports Academy, which was constant, upbeat and fast-paced, but this time too, we lost against them. After losing back-to-back matches, we were disheartened but didn't lose hope.

Our next and final match took place at around 12:00 p.m. against O.B.D.C Academy. We gave a tough fight to our opponents after the 12-second shot clock. We had good defence strategies and finally won this match. This feeling, of winning a match after losing two, brought a feeling of contentment and happiness to our team. I hope to represent my school in many other basketball matches and win.



UP IN THE SKIES!

A THRILLING EXPERIENCE OF PARASAILING

-By Diva Singh
XB

On 8th and 9th May 2023, The OASIS held the Parasailing Adventure Activity under the guidance and leadership of the Top Skydiving instructor of India and Asia's no.1 Parasailing instructor Sqn. Ldr. SPS Kaushik. Our school believes in providing students with unique and enriching experiences and this was one of them.

Parasailing is an adventure sport that combines the excitement of parachuting, sailing and flying. It involves being harnessed to a specially designed parachute, which is attached to a car. As the car gains speed, the parachute lifts into the air, which allows the participant to float up and fly in the sky.

We gathered at the soccer field, where the team of professional instructors awaited us, ready to guide us. The students were introduced to the safety gear and explained the necessary precautions and guidelines to ensure a safe and secure experience for everyone. The car drove off, and one by one, students took off into the sky with encouraging cheers from their teachers and other students. When it was my turn, they provided me with the safety gear and I was ready to take the flight!

My heart started racing. With a thumbs-up from the instructor, the car accelerated and I was lifted off the ground. As we ascended higher, my smile grew wider. The view was breathtaking! Feeling the wind in my hair in such pleasant weather brought about a sense of joy. It felt as if I had left all my worries behind and I could embrace the bliss of the moment.

As my time in the sky came to an end, the car gradually slowed and came to a halt, I gently floated down and my feet slowly touched the ground. It was such an incredible adventure that will stay with me forever.

Parasailing provided me with a valuable lesson that reminded me of the importance of stepping out of our comfort zone and taking risks in life. I would highly recommend parasailing to all and sundry, and letting your worries vanish away as you take flight!



THE OASIS 'SPIRIT DAY'

-By Aiyana Mondal

VIII

It's time to dress up! On the 17th of May 2023, The OASIS held its annual 'Spirit Day' for the academic year of 2023-2024. The day commenced with a lot of excitement among the students. The themes were very well thought out and the credit goes entirely to the teachers and management. The theme for Ekya was "Athlete VS Mathlete" which triggered the students to think about what they liked more. Satva was also given an excellent topic. The school turned back in time to the good old days, right back to the 80's and 90's and the retro dressing was so much fun! I personally think that Ankuram was given the best theme of all - 'Comic Characters'. The children showcased their creativity and innovation throughout the day and some had even turned up in their very own handmade outfits!

The day began with the school assembly which ended with the School Director and Head of School, Mr. Sanjiv Bathla, distributing the prizes for the past events that took place. The class teachers encouraged the students to speak about their costumes. When the day ended, the whole school was ecstatic about the wonderful time they had and were full of excitement for the Summer break.

Overall, the day was a colossal success!



INTER HOUSE POETRY WRITING COMPETITION

-By Anshulika Gupta

XII

Poetry writing holds immense importance in various aspects of human life and culture. It allows individuals to articulate their deepest thoughts, feelings, and experiences in a condensed and artistic form. Writing poetry can be a transformative process that leads to self-discovery, personal growth, and increased self-awareness.

An Inter-House Poetry Writing Competition was held, in our school, on 11th May 2023 for the students of Satva and Ekya. The competition was held in the Examination Halls. 47 contestants participated from Satva and 16 from Ekya. The topics were shared beforehand and the participants were given thirty minutes to write down their poems.

The themes for Satva were as follows:

Category I (class VI)- Dreams and Visions

Category II (class VII)- Freedom and Joy

Category III (class VIII)- War and Peace

The themes for Ekya were as follows:

Category I (class IX and X)- Desire

Category II (class XI and XII)- Self-Identity

All participants worked very hard to express their deliberate thoughts in the form of poetry.

The results of the competition were as follows:-

Satva:-

Category I

1st position- Abhipriy Nautiyal (Prasatti House)

2nd position- Sairah Negi (Mahit House)

3rd position- Abheer Peshin (Prasatti House)

Category II

1st position- Michelle Bhatt (Vinaya House)

2nd position- Abhay Raturi (Daivik House)

3rd position- Aahana Kamboj (Mahit House)

Category III

1st position- Kunal Pant (Prasatti House)

2nd position- Sujaan Gupta (Vinaya House)

3rd position- Shriman Amoli (Prasatti House)

Ekya:-

Category I

1st position- Tara Kumar (Mahit House)

2nd position- Aashika Lakhani (Vinaya House)

3rd position- Oshin Jindal (Daivik House)

Category II

1st position- Anshulika Gupta (Vinaya House)

2nd position- Mayuri Rawat (Mahit House)

3rd position- Shivi Juyal (Daivik House)



BOOK BROWSING

-By Jigyasa Kukreti
XA

"Books are uniquely portable magic" ~ Stephen King

Books are undoubtedly portable magic. They expose us to many people, a variety of places, and many different lifestyles, while educating us on many distinct perspectives. Learning requires reading. It is an ability that everyone should work on developing themselves. The ability to read allows us to garner new information and gives us access to a wide range of possibilities, ideas, and tales.

To promote the habit of reading among our integrators, the school library organised a three-day book fair (17 May 2023 to 19 May 2023) in collaboration with Scholastic India Pvt Ltd. All the students from classes I to XII were given the opportunity to have a book browsing session on 17th May at our school. Students were able to find and purchase the books they wished to read.

The event was inaugurated by the chairman, Mr. Rakesh Oberai and the School Director and Head of School, Mr. Sanjiv Bathla. From Roald Dahl to Colleen Hoover, Harry Potter to Percy Jackson, there was a wide range of books. The students had the opportunity to explore the genres as per their inclination and interests, thanks to the assortment of books available.

From historical fiction to thrillers, autobiographies to fairy tales, there were books for every genre. It was a fantastic experience that exposed us to a whole new universe of reading. Exploring is always beneficial, and I am extremely grateful that our school gave us this marvellous opportunity to do so. On the concluding day, Ranveer Chopra from Calendula and Rhythm Kataria from Daffodil won the lucky draws. Acacia won the book hamper for active participation in the Book Fair.



KALATARU INTER SCHOOL VISUAL ARTS COMPETITION

-By Pratika Patel
X A

'Art is not what you see, but what you make others see' - Edgar Degas

Art is one of the only mediums to express one's emotions and feelings without using words.

Hosted on the 6th of May 2023, was the third edition of Kalataru, an Inter-School Visual Arts Competition.

There were a total of 10 categories of different forms of art. Each set of categories was divided according to classes and the number of students required. The categories were as follows:

1. Sculpture (VI - VIII)
2. Play with coil pattern (IX - XII)
3. Painting (IX - XII)
4. Mark making (VI - VIII)
5. Rag Wreath (IV - V)
6. Recycled bottles (VI - VIII)
7. Dream Catcher (IX - XII)
8. Typography (VI - VIII)
9. My logo (IX - XII)
10. Bokeh Effect (IX - XII)



The instructions were simple, no references or usage of devices was permitted during the competition and the duration for creating the works was two and a half hours. An escort teacher was in charge of each category to avoid any cheating. The top eleven schools from all over Dehradun participated in nearly all categories of Kalataru. A panel of judges was invited to gauge the level of competition and to keep it fair and unbiased.

The host school i.e. The OASIS was only participating and not competing, to give a fair chance to the participating schools. The competition was fierce, and every participant was trying to create a unique work of art. Even the judges were impressed with the outcome.

At the end of the day winning is not important, it's participation that matters, and showing up at a competition to an unknown audience. After refreshments, there was a musical performance by the school choir and the School Director and Head of School, Mr. Sanjiv Bathla addressed the gathering and felicitated the Judges. It was time for the results. Every school bagged a prize in some or the other category. The winner's trophy was bagged by Welham Boys. All schools assembled in the crucible for a group picture and then we bid farewell to all the participating schools.

It was a splendid day. The artworks were displayed in the art rooms, hallways and galleries, for all to see.

UDAAN-IDEAS THAT FLY *Salva*

The Solar System

Eight planets around the Sun

Listen as I call each one

Number one is Mercury,
it is the closest to the Sun we see.

Venus is number two,
it is shining bright just like you.

Number three is Earth,
it is where we took birth.

Number four is Mars,
it is ringless and has no bars.

Jupiter is number five,
it is a place where life does not thrive.

Number six is Saturn,
with its very unique pattern.

Uranus is number seven,
like a planet tilted in heaven.

Neptune is number eight,
with one dark spot whose size is great.

This is the Milky Way and I just learned about it today

-By Kamaira Rawat

VI C



PRIME-O-GRAM *Ankuram*

INTER HOUSE POETRY OUT LOUD

-By Nailla Siddiqui
Erica

On 8th May 2023, 'Poetry Out Loud', an Inter-House English Recitation Competition, for classes IV and V, was held. The MCs for the event were Aadishree Gururani and Kritvi Rattan. The audience was patiently waiting for the competition to start. The competition commenced with recitations from class IV. The first participant was Kimaya Hurla from Starling House who recited the poem 'The Dentist and the Crocodile'. The next participant was Mohd. Rayyan Zuheb Siddiqui of Pelican House, with his poem 'Innocent Song'. Then Saarvi Kulchand from Cardinal House, recited her poem 'The Pig'. The last participant in the solo category was Aastha Nautiyal from Oriole House, her poem was titled 'If the World was Crazy'. The performances of class IV ended with a group recitation of the poem 'The Cookie Thief'.

This was followed by the recitations by participants from class V began. Aanandita Singh of Starling House was the first to recite. Her poem was titled 'The Miller of Dee'. Aadvika from Pelican House was next with her poem 'The School Boy'. Then came Gayatri Khanduri from Cardinal House, with her poem 'O Captain My Captain'. Next was Ian Yoel Phuntsog from Oriole House. The last performance in the competition was a group recitation by class V of the poem 'Macavity the Mystery Cat'.

It was truly a wonderful afternoon. The entire Theatre Studio echoed with a loud applause each time a poem was recited, as both, the audience and judges, were enthralled by the lovely performances.

The winners of the competition were –

Class IV:-

- 1st position - Kimaya Hurla (Starling House)
- 2nd position - Saarvi Kulchand (Cardinal House)
- 3rd position - Mohd Rayyan Zuheb Siddiqui (Pelican House)

Class V:-

- 1st position - Aanandita Singh (Starling House)
- 2nd position - Gayatri Khanduri (Cardinal House)
- 3rd position - Aadvika (Pelican House)



The 1st position holders represented The OASIS at the Inter-School Poem Recitation Competition 'Time To Rhyme' on 12th May 2023.



INTER HOUSE YOGA CHAMPIONSHIP

-By Bhargavi Veerbhan

Erica

Everything can be 'Sadhana' or Meditation. The way you eat, the way you sit, the way you stand, the way you breathe, and the way you conduct your body, mind, energy and express your emotions.

The word 'Sadhana' in Sanskrit means 'an effort exercised towards the achievement of purpose'.

Referring to the above quote, The OASIS conducted an Inter-House Yoga Competition 'Yogasadhana' (yoga practice), for the students of Ankuram, classes IV and V, on the 3rd and 4th of May 2023. The comperes, Saarvi Kulchand and Aaradhya Negi announced the participants' names House-wise with their given solo category.

The event was judged by Mr. Rajnikant, a Sanskrit teacher and a Yoga practitioner.

There were eight participants from each House, and in total, thirty-two participants were selected for the competition.

The competition was divided into two stages:

Stage I- Four students from each house participated in four different solo categories, namely:

- i. Standing Posture
- ii. Sitting Posture
- iii. Prone Posture
- iv. Supine Posture

Each Asana was evaluated based on knowledge of the Asana (name of the asana in Sanskrit, meaning and one benefit), grace & presentation, endurance and stability and the final posture.

Stage II- Each house had a team of four participants for the Group demonstration of Surya Namaskar of 24 steps completing the cycle with the right and left sides of the body.

The competition began with a Sanskrit prayer by Angel Sharma, Anindita Chaudhary and Reyanshi Mittal, and ended with the Head of Primary School, Mrs. Pallavi Jha, congratulating and commending the participants for their efforts.

The results of the competition were as follows:-

Solo Standing Posture Category

- Vihaan Mittal (Cardinal House)- 1st position
Vihaan Kamboj (Pelican House)- 2nd position
Kiaara Bharadwaj (Oriole House)- 2nd position

Solo Sitting Posture Category

- Jesal Kaur (Cardinal House)- 1st position
Reyansh Lama (Pelican House)- 1st position
Dhruv Bagri (Oriole House)- 1st position
Savyasachi Kadam (Starling House)- 2nd position

Solo Prone Posture Category

- Reyanshi Mittal (Pelican House)- 1st position
Himansh Anand (Starling House)- 1st position
Raayan Nagalia (Cardinal House)- 2nd position

Solo Supine Posture Category

- Shaurya Bisht (Cardinal House)- 1st position
Avantika Lakshmi Sanidhi (Starling House)- 1st position
Medhavi Negi (Oriole House)- 2nd position

Group Sun Salutation

- Cardinal House- 1st position
Angel Sharma
Ryna Moondra
Anindita Chaudhary
Ronak Agarwal
Starling House- 2nd position
Akshita Singh
Kimaya Hurla
Uditansh Uniyal
Akul Mittal
Pelican House- 2nd position
Nailla Siddiqui
Darsh Garg
Kaavya Singh Panwar



TIME TO RHYME- THE INTER-SCHOOL RECITATION COMPETITION AT THE OASIS

*-By Tarana Kapur
Executive Editor*

Poetry is a significant art form across a wide plethora of cultures and constitutes a large part of our history. It dates back to the earliest civilizations of humanity and is used to express a wide range of emotions, profess ideologies and share experiences. Over time, the art form has evolved significantly to encompass a diverse range of styles, themes and techniques.

The Oberai School of Integrated Studies, in its pursuit to preserve and propel the arts through its curriculum, has continued to engage its students in poetry and literature since the very outset. To educate students at the primary level in this regard, "Time to Rhyme", an Inter-School Recitation Competition was conducted at The OASIS on the 12th of May, 2023.

Mr. Anoop Seth, the Director and Secretary of Purkal Youth Development Society, graced the event as the Guest of Honour. He is an alumnus of The Doon School and works tirelessly towards collecting funds and donations to help in educating the underprivileged children studying in the PYDS Learning Academy.

Four experienced and skilled educators judged the event. Ms. Sahana Majumdar has been an educator for the last thirty-four years. She retired as the Director of Educational Administration at Assam Valley School and has shown commitment and passion in equipping students with 21st century skills through new pedagogies. Mrs. Shalu Bhargava had started her career with "The Finesse", an Institute for Languages and personality development. Mrs. Pooja Marwah is one of India's most articulate writers. Her writing journey is spread across many mediums. Mrs. Marwah has recently been felicitated by 'India Today', as one of the Country's Emerging Women. Ms Vinita Joy is presently teaching at the TouchWood School, Dehradun. She holds a Masters' degree in English Literature. For her love for music, she pursued a Diploma in Junior Music and is currently undergoing a Diploma in Senior Music. She is also a talented music composer.

The event witnessed a participation of thirteen schools from across the city. The students competed in the individual and group categories across five different divisions and exhibited marvelous public speaking skills. Despite their tender age, they were able to master the pieces they had selected and perform them with grace and poise. By the time the award ceremony came around, everyone was exuberated and eagerly anticipated the results. Enthusiasm and joy took over as the students watched their hard work and effort pay off. Having bagged several wins across various categories, Doon International School, Dehradun took home the overall trophy.

The competition proved to be a wonderful opportunity for the participants to showcase their talent. It was heartening to see the students' passion for poetry and their willingness to express themselves through this art form. The competition was a great success and a celebration of the power and beauty of poetry in the lives of children.



POEMS THAT STOOD OUT IN THE INTER HOUSE POETRY WRITING COMPETITION (EKYA)

Child of the Blessed Earth

I am the stubborn of the sea waves.
I am the crave of the fire flames
I am the fullness of the glassy oceans.
Dancing along the waves, singing in the rhythm.
I am the scent of the rain drenched mud.
Here, I am, child of the blessed earth.

These primordial elements of the motherly nature, indifferent,
I thrive in them, they thrive in me.
Get my heart hold it, turning fear.
What the future beholds to see.

When the fullest river dries up
With the terror of the torrid sun
And the bravest bark is made to fall.
Succumbs to the human curse.
When will the man forsee.
Lo! He can't chew the money!

Here I am, child of the blessed Earth
and my blessed Earth, wounded and hurt
I thrive in her, she thrives in me
Yet my heart behold a turning fear
My future beholds to see.

Yet, I possess the stubborn of the sea waves
No, I won't let the threat give it away
Like the bravest bark, I shall stand
To save myself, my air, my water, my land.

These jewels of my motherly nature, certainly,
I thrive in them, they thrive in me
My soul possesses a strengthening hope,
My future beholds to see.

I won't, no I won't stop
The fullest river won't dry up
With the horror of the torrid sun
The bravest of the barks shall stay
And I continue to lead my way

I am the stubborn of the sea waves
I am the crave of the burning flames
I am the scene of the rain drenched mud
Forever, I am, child of the blessed Earth.

-By Shivi Juyal

XII

Daivik House



The Reflection

I sat looking in the mirror,
A reflection staring back at me,
Looking back into its brown bespectacled eyes,
Hoping to understand something I couldn't see
Wondering if I am simply a bunch of organs,

Led by a beating heart,
Or I am precisely what the universe
Had intended from the very start.

Am I just an insignificant speck,
In a galaxy of humongous stars,
Or if I am a unique creation,
Beautified by my battle-scars.

I sat looking in the mirror,
A reflection staring back at me,
Am I the pig-tailed little girl,
Or the woman I intend to be.

Am I like a Wolfia flower,
Overshadowed by a tree tall,
Or I am peaceful,
Like the rain about to fall.

Am I like a birch tree,
Flexible yet strong,
And am I joy-giving and energetic,
Like the rhythm of an upbeat song.

I sat looking in the mirror,
A reflection staring back at me,
Am I the roaring waves,
Or a tiny pearl lost at sea.

Am I kind and gentle,
Like the cooling seaside breeze,
As well as comforting and fierce,
Like the warmth of fire in freeze.
Sometimes I may hide under the blanket
Sometimes I myself, will be the storm
But I know I will love myself,
And all my evolving forms.

I do not know if I am a complete book,
Or just a lost word on a page,
But I know I will keep redefining the reflection,
As I continue to age.

-By Anshulika Gupta

XII

Vinaya House



Love, Hope & Victory

Let the beauty be mine,
And the beholder be yours.
God has walked down from heaven,
To give our wounds its cures.

Walking down a lonely road,
Felt excluded from the world.
Those last living fragments from everyone's dead souls,
Deserve to get rejoiced and unfurled.

Love is the solution,
To every mighty resolution.
Love never calls for a human being only,
You might as well, love yourself when you're lonely.

Love knows with whom to walk,
And with whom to talk.
But it ain't a toy,
That can be sold in stock.

Break silence when not in need,
Never worth those things that start with greed.
Love doesn't test caste or creed,
You're the only element that love needs.

The chirping of the birds, the signing of the trees,
The beauty of the flowers, make me consider myself free.
I identify myself as love, as nature,
The flamboyant movement of this universe's architecture.

Life is an effortless phenomena,
Which only a few get to cherish.
Like a butterfly, every drop of this nectar,
I shall cherish.

Sunsets of dead hope,
Despair and despondency braided around a rope.
The beauty within is yet to be unleashed,
From love, hope, and victory, we shall beseech!

In the midst of insecurities and infidelity,
Choose wisely the title of your identity.
Once chosen there is no debate,
If lost, you may never receive a rebate.

Let the beauty be mine,
And the beholder beers.
God, his work down from heaven,
To give our wounds its cures.

-By Mayuri Rawat

XII

Mahit House



Desiderium- An Unachievable Freedom

A trail of rusted dreams sprouts in the land where he grew,
Aspirations he still clutches in his iron hands,
What's more fearful than a man who has nothing to lose?

A fire, fuelled by fury contained within, is enough to engulf the world and him ;
The whispering winds tell of the land beyond the horizon and its enthralling sights,
How long before one forced to thrive in the shadows begins to crave the light?

A life like that of Tantalus – surrounded by things within reach yet out of grasp;
Wonders kept hidden – the glistening lakes, singing fields, temples in place of battlefields,
The calmness and surreality of the ocean along with its haunting monstrosity.

Hunger created by want and need, pondering why he was given this gift of misery;
Perhaps had he been oblivious of what was to be found ahead,
His longing would've drowned the turbulent waters of his life and been put to rest.

But the truth, like a two-sided dagger, pierces through his worn out skin;
He who has seen stars die; his eyes forbid the display of any remorse or fright,
The will to break free from his shackles keeps him in the mortal realm
with the want to survive.

The beating of his heart – a sorrowful melody of adversity and resilience,
But if one listens closely, heard is the yearning of the countless men before,
Made to sleep by the weeping willows,
the same longing as theirs in his mere body grows tenfold.

For an indestructible desire feeds on the normality of his life,
The desiderium, in his mind, continues to reside.

-By Tara Kumar

IX A

Mahit House



Fiery Desire

In the depth of my heart, somewhere deep inside,
There burns a fire, I cannot hide,
It whispers in my ear, asking me to disappear,
It dares me to explore, beyond the seashore;
Like compass, it guides me, sometimes misguides me,
With each passing moment, strikes me,

Asking me to be bold, and never lose hold,
Of whispering dreams, and my thoughts untold;

Desire it is, a force I cannot deny,
Heightening my ambitions, to reach the sky,
It inspires me to find what's beyond.

The spirit of mine, and my soul;
It keeps me awake at night,
Guiding me through darkness, igniting my sight,

Making me wonder, about my fate,
Or if something is there, beyond hate;
It promises me joy, urging me to strive,
With desire by my side, I feel alive,
Through this desire, I find strength and belief,
In my dreams, I want to achieve.

-By Aashika Lakhani

X B

Vinaya House



Never Forget, Never Regret

He wants to see, far and wide,
Ride the waves and climb the tide,
He wants the sun on his skin,
And taste the salt on the oceans brim.
He wants to dance beneath the stars,
To break free from all his scars,
To live and laugh with all his might,
To chase this dreams, through the night.
He wants to learn new things each day,
To never let his mind decay,
To paint and draw and play and sing,
To let his visions take wings.
He wants to live life with joy and zest,
To make the most of every test,
For he knows life is short and sweet,
And he never likes to accept defeat.

So he'll seize the day with all his might,
And live life to the highest height,
For when on Earth his time is through,
He'll know he lived and lived it true.

-By Oshin Jindal

X A

Daivik House



POEMS THAT STOOD OUT IN THE INTER HOUSE POETRY WRITING (SATVA)

Category I (Class VI) : Theme- Dreams and Visions

Dream, a little dream
When you're tired and have had a hard day,
When all seems lost and there is nothing left to say,
Close your eyes and let your thoughts flee,
To a distant land of fantasy.

Drown all your worries in that fanciful ocean,
Surrender all your senses to the magic of illusion;
Let time stand still and spirit soar high,
On the wings of ecstasy leap out and fly.

In the sea of illusion do take a dive,
Dream, a little dream,
And come out alive.

*-By Abipriy Nautiyal
VI C
Prasatti House*



A Vision in a Wishing Well

I sat in the beautiful woods,
Just behind my house.
The silence hung over us like a thick canopy.
It was so quiet; you couldn't hear a mouse.

I peered into my wishing well,
But instead of seeing my face,
I saw a very strange realm,
Quite a beautiful place.

It was a beautiful meadow,
With flowers everywhere,
And animals like the deer, butterfly and hare.

I didn't know what that place was,
It was nothing like I'd ever seen.
But I know it was paradise,
Fit for a queen.

Then suddenly, suddenly as quickly as it had appeared,
That paradise, that wonderful place, quickly disappeared!

I stared hard and waited that vision to come,
But all I saw was my own face, and the water glistening in the sun.



-By Sairah Negi

VI C

Mahit House

Oh, Dear Freedom! Oh, Dear Joy!
 Oh, dear freedom! Oh, dear joy!
 People play with you like a toy.
 You cannot value true freedom and liberty,
 Until you have tasted captivity.
 To enjoy freedom
 You must use it with great wisdom.
 To feel the breeze, caress my face,
 While down the house lane with my cycle I race.
 Free from worries, free from tomorrows;
 Free from the complexities of life's sorrows!
 As light as can be, without a care in this world;
 For just a few hours in a day,
 I find freedom and joy when I play.

-By Abhay Raturi
Class VII C
Daivik House



Category III (Class VIII) : Theme – War and Peace

War and Peace

Life is God's benediction,
 Full of love and colours everywhere.
 Why should we leave this peace and eternal care?

Our life is not meant to fight,
 Lose temper and cause fright.
 This takes away the people's right
 Of meaningful living and bubbly delight.

The brutal sight of blood and dead bodies
 Is a curse for humanity.
 People losing their bread and butter
 Is a frightening calamity.

Why should we bring this wrath of war?
 Which makes people split apart.
 Let's not destroy our peace,
 And enjoy God's blessings;
 As one should abide by the laws of nature.

-By Kunal Pant
Class VIII C
Prasatti House



Category II (Class VII): Theme- Freedom and Joy

Freedom and Joy
Freedom is to be free,
Free like a buzzing bee.
Freedom is like finding hope,
Giving way to endless scope.

Freedom brings joy,
Negativity we can destroy.
Without joy, there is no freedom
Without freedom, there is no joy.

I want to be free
Like a bird chirping on the tallest tree;
From where I can see the open sky,
Never letting my aspirations go dry.

Freedom shatters my fears,
Brings joy and wipes tears.
Freedom is to be free,
Free like a buzzing bee.

Oh, God!
Make us free,
Make us joyful.
This is a plea
Make our lives colourful.

*-By Michelle Bhatt
Class VII C
Vinaya House*



WAR N' PEACE

Beautiful landscapes in Ukraine,
Frosty Russia;
Please be one,
Because no one cares who won!

It's a request,
A humble request,
Please, please, please
Restore peace!

Who likes wars,
What do they bring?
Only trouble, poverty and death.
So, please be one!

Why do we need wars,
When matters can be resolved with talks.
So, please, please, please
Restore peace.

This world is facing troubles,
Let's help
And do our part,
Why not make a fresh start!

Now let's stop wars,
And engage ourselves in talks.
Because for how long
Should we face these problems?

*-By Sujaan Gupta
Class VIII A
Vinaya House*



कृतित्व

Hindi



बेशक न हो हाथ में हाथ,
जीता है वो आपके साथ।

२ एक पैर है काली धोती,
जाड़े में वह हरदम सोती,
गर्मी में है ढन्या देती,
सावन में वह हरदम रोती।

३ पगरी में भी, गगरी में भी,
और तुम्हारी नगरी में भी,
कच्चा खाओ, पक्का खाओ,
मेरा तेल हर दम पाओ।

४ सोने की तो चीज है,
पर बेचे नहीं सुनार।
मोल तो ज्यादा है नहीं,
बहुत है उसका भार।

५ आगे 'प' है, मध्य में 'प' है,
अंत में इसके 'ह' है।
पेड़ों पर रहता है,
सुर में कुछ कहता है।

बिप्लव 'बिप्लव' बिप्लव 'बिप्लव' बिप्लव

कल्पना की उड़ान

हमारे विद्यालय में हिंदी भाषा के प्रचार - प्रसार के लिए समय-समय पर कार्यक्रमों का आयोजन किया जाता है। दिनांक 10 मई 2023 को विद्यालय में कक्षा 4 व 5 के मध्य भाषण प्रतियोगिता का आयोजन किया गया। जिसमें दोनों कक्षाओं के चारों सदनों में से एक-एक प्रतिभागी ने प्रतिभाग किया। कक्षा 4 के लिए विषय 'ईमानदारी' तथा कक्षा 5 के लिए 'कृत्रिम बुद्धिमत्ता' का चयन किया गया। दोनों ही विषय आज के समय में अति आवश्यक है तथा प्रतिभागियों ने जिस प्रकार से विचारों को रखा वह प्रशंसनीय था। प्रतिभागियों का उत्साह देखते ही बनता था। इस प्रतियोगिता की साक्षी कक्षा 5 के विद्यार्थी तथा अध्यापक गण रहे।

प्रतियोगिता में कक्षा 4 से प्रथम स्थान ओरियल सदन के अविरल रावत, द्वितीय स्थान स्टारलिंग सदन, पेलिकन सदन, कार्डिनल सदन की आदित्री त्रिवेदी अक्षोभ्य गैरोला व रायना मुँदरा ने प्राप्त किया। कक्षा 5 से प्रथम स्थान स्टारलिंग सदन के उदितांश उनियाल द्वितीय स्थान ओरियल सदन की काव्य अग्रवाल व पेलीकन सदन के आराध्य गावरी व तृतीय स्थान कार्डिनल सदन से एंजेल शर्मा ने प्राप्त किया। कार्यक्रम में अतिथि के रूप में विद्यालय निदेशक श्रीमान संजीव बाटला जी, कनिष्ठ संचालिका श्रीमती पल्लवी झा जी उपस्थित रहे। दोनों ने अपने वचनों से प्रतिभागियों का उत्साहवर्धन किया। इस प्रकार की प्रतियोगिताएं विद्यार्थियों में आत्मविश्वास व भाषाई कुशलता में वृद्धि करती हैं। मैं भी भविष्य में इस प्रकार की प्रतियोगिता में प्रतिभाग करना चाहूँगी और आशा करती हूँ कि भविष्य में भी इस प्रकार की प्रतियोगिताएँ आयोजित होती रहेंगी।

समायरा परमार

कक्षा-४ डेज़ी



कला और प्रकृति

कला और प्रकृति एक दूसरे के पूरक हैं, क्योंकि मनुष्य के मस्तिष्क में जो भी कल्पना कल्पनाएं आती हैं वह प्रकृति से कहीं न कहीं, किसी न किसी रूप से जुड़ी होती हैं और इनका ही कला में समावेश होता है, चाहे वह मिथक के रूप में हो या वास्तविकता। मानव सभ्यता के क्रम में गुफाओं में बनाए जाने वाले चित्र किसी जीव, जंगली जानवर, पेड़ इत्यादि के थे। जिससे हम यह कह सकते हैं कि पाषाण कालिक मनुष्य द्वारा बनाई जाने वाले चित्र सीधे तौर पर प्रकृति से संबन्धित थे। वर्तमान समय में भी कलाकार इन्हीं को वनस्पति और जीव की कला में चित्रित करता है। अगर कलाकार किसी पक्षी के चित्र को बनाता है तो पक्षी के हावभाव को जीवंत रूप में चित्रित करना उसका मुख्य उद्देश्य होता है, जिसके लिए कलाकार को प्रकृति में रहकर उस पक्षी का अध्ययन करना होगा, तभी चित्र में जीवंतता आएगी प्राचीन काल से ही कपड़े या स्थापत्य कला में बेल, पत्ते इत्यादि के नमूने ही प्रचलन में हैं, इतने प्राचीन होने पर भी इनका आज तक लोकप्रिय होना यह दर्शाता है कि मनुष्य प्रकृति का अभिन्न अंग है शायद इसलिए ही मार्कस ट्यूलिप्स इसरो ने कहा है कि “कला प्रकृति के अवलोकन और जांच से पैदा होती है।”

मनोज रावत

अध्यापक

कला विभाग



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