THE PULSE

OASIS

EDITION 44 | THE OASIS | APRIL 2024

THE OASIS

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MONTHLY RECAP

12th April - Power of Choice Workshop - CL IX 13th April - Fire Safety Training - CL IX 13th April - Art and Design Workshop - CL X, XI & XII 22nd April - Art Gala - CL I-III 22nd April - Author Session 24th April - Inter House Spellathon - CL VI-VIII 24th April - Art Gala - CL IV & V 25th April - Know your Body - CL II 25th April - Virtual Reality Show - CL IV - XII 26th April - Virtual Reality Show - CL I-III 26th April - Festive Friday - Punjabi Tadka 27th April - Community Lunch - CL IX-XII 26th & 27th April - Inter House MUN - CL VII-XII 29th April - Inter House Dance Competition - CL VI-XII 30th April - Poetry Out Loud - CL I & II 30th April - A is for Acceptance - CL I





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From the Editor's Desk. By - Vanshika Rawat XII

Change is the only constant. This timeless adage encapsulates the essence of life's perpetual motion, its unceasing evolution. To resist change is to defy the very nature of life itself, for stagnation is the antithesis of growth, and progress thrives on the winds of change.

The quote "Nothing changes if nothing changes" poignantly reminds us of the inertia that grips those who shy away from embracing change. It echoes the sentiment that the status quo remains unaltered without proactive effort and the willingness to adapt. Change necessitates action, a deliberate departure from the familiar into the realm of the unknown. It demands courage, for uncertainty and the prospect of boundless possibilities lie in change.

As the new school session begins in April, the corridors teem with anticipation, buzzing with the energy of transformation. Faces both familiar and new dot the landscape, each bearing the mark of change. The influx of new students, teachers, and ideas heralds a transition period, shifting paradigms. From curriculum revisions to administrative reforms, the school becomes a microcosm of change, a testament to its vitality and adaptability. Educators, as the catalysts of this change, play a crucial role in shaping the future of the students and the society they will contribute to.

Change, indeed, is indispensable for individuals' growth. It is the catalyst that propels us out of our comfort zones and into the crucible of self-discovery. Through change, we confront challenges, surmount obstacles, and emerge transformed, fortified by newfound wisdom and resilience. It is through change that we transcend the confines of our limitations, reaching ever closer to our fullest potential. Embracing change is about societal progress, personal growth, and self-actualization.

The recently held career counselling workshop on art and design served as a poignant reminder of the changing tides of societal norms and expectations. As the workshop delved into the evolution of artistic expression across different epochs, it underscored the dynamic nature of human creativity and innovation. Societal rules, once rigid and immutable, have morphed and adapted to the ever-shifting landscape of human experience. What was once deemed unconventional may now be celebrated as a visionary, a testament to the transformative power of change. This societal change is not just a shift in norms but a testament to the collective efforts of individuals to shape a better future.

In April, the integrators participated in various events that served as platforms for embracing change and fostering personal growth. A virtual reality show helped the students understand topics like the human body and life in the water. The Inter House Dance Competition and Model United Nations conference encouraged the students to step out of their comfort zones, honing their communication and leadership skills. The Community lunch provided opportunities for cross-cultural exchange and collaboration, breaking down barriers and fostering a sense of inclusivity.

In conclusion, change is the very essence of life, the driving force behind our collective journey towards growth and self-actualization. To embrace change is to embrace the inherent flux of existence, to welcome the unknown with open arms. As we navigate the ever-changing currents of life, let us remember that in change lies the promise of renewal, the opportunity to transcend the limitations of the past and soar towards new horizons.

PRIME-O-GRAM

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Lost in the Woods

By - Aastha Nautiyal Erica

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Go go go into the woods, Do do do all the coulds you can do, Burn a campfire in the dark Under the tree of bark, Squirrels are sleeping, mountains are healing.

Fly fly over the mountains, As high as much as you can, Be a child who could, Be lost in the woods, lost in the woulds, Heading towards the jungles in the dark, And sleeping under the tree of the bark.

> Be the one who could Run through the clouds

Be the one who could fight for the right.



Our Dearest Earth

A Cumulative Effort by Class Daisy

9 6

Our dearest Earth, we must save, We must protect all the lakes and caves. Earth is where we were born, Don't hurt it because it will feel torn. If we cut all the trees, From where will we get oxygen to breathe?

There is a difference in the Earth now and the Earth before, It used to be blue and green, And now it is filled with colours of smoke. We are responsible for this change, But now it is time for a better game. Plant a tree and make Earth pollution-free, Save the Earth, and you won't believe the beauty you'll see.

> Cars cause pollution, and cycling is a solution. Recycle and reduce the use of plastic, That's how Earth will become fantastic. We are a community of those who dare, We all surely need fresh and clean air, For our dearest Earth, we will always care!



UDAAN DEAS THAT FLY

UBRAINE

UNITED STATES OF AMERICA



Report on Author Session By - Harshada Singh



On the 22nd of April, in honour of World Book Day, The OASIS Book Club hosted an author session on the topic 'Managing Emotions for Good Performance and a Healthy Mind' with our special guest, Ms Pragati Jalan Surekha. Pragati Ma'am has been working in the realm of mental health for the past fifteen years. 'Hope' is her second book.

Ma'am started the session by asking the students some interesting questions. She asked some students to volunteer to read a story from her book, 'Hope,' and explained it while asking some questions. Ma'am described the problems faced in the story and how to overcome them. She shared some tips on how to deal with our emotions in such scenarios.

Overall, this session was a resounding success, leaving us all with a sense of fulfilment. It was educational and inspirational, a testament to the quality of our Book Club events. We look forward to more such enriching experiences in the future.





Spellathon Thrills The Students By - Vidhi Anant Takwale VI B

The Inter House Spell Bee Competition at The OASIS, held on April 24th, 2024, was thrilling. As a sixth grader, I was captivated by the electrifying atmosphere as students of classes VI-VIII (Satva) participated in the intense spelling challenges. The competition featured three rounds: Round A tested participants on one-word substitution, Round B required unscrambling words related to personality traits and emotions, and Round C, dubbed Rapid Fire, pushed contestants to spell as many words as possible in one minute.

Representatives from each house showcased their spelling prowess, with participants from all four houses displaying remarkable skill and confidence. The emcees, Kamaira Rawat and Aanandita Singh conducted the event seamlessly, adding to the excitement and energy of the competition. The intensity peaked as students displayed their adeptness at spelling even the most complex words quickly and confidently. The event culminated in a glorious closure with inspiring words from the Head Junior School, Ms. Natascha Nandi Bathla.

The results of the competition awaited with bated breath, took everyone by surprise as there was a tie for the first position. The coveted first place was grabbed by Anvita Singh(class VIII B) and Akshaj Dev Singh (class VI B) from Daivik House and Rudra Sen (class VIII B) and Mishka Rawat (class VII A) from Vinaya House. The third position was bagged by Abheer Peshin (class VII A) and Tashi Sharma (class VI C) from Prasatti House.

As a witness, I can confidently say that the competition was fantastic, and the experience was both exhilarating and enriching. The Spellathon tested our spelling abilities and fostered teamwork and a spirit of healthy competition among students.



Change The way you look at things, and the things you look at change By - Nailla Siddiqui VI C

"The only constant in life is change." This quote from the 6th-century Greek philosopher Heraclitus holds true even today. Change is inevitable, and we must embrace it as this leads to growth and acceptance. Each nano moment, we experience so many changes in and around us, which make us what we are.

A caterpillar metamorphosing into a beautiful butterfly, a tadpole croaking its way to transform into a frog, or a tiny sapling growing up into a shady tree all show us that change is the only way to move forward. Embracing change makes us adaptable and flexible; it lets us learn new things. If we fail, it shows us our inner strength. Embracing change starts with a positive mind, a positive thought that helps us grow.

'I am not good at dance, so the teacher will not select me for the Inter House Competition' can be rephrased as 'I will learn how to dance so the teacher can select me for the Inter House Dance Competition', which is a positive way to bring about change and help oneself.

"Change the way you look at things, and the things you look at change", as rightly said by Dr Wayne W. Dyer, an American author and motivational speaker who teaches us that it is essential to keep moving forward, step by step, embracing all the changes that come our way, start welcoming change from today, for a better tomorrow!

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Poetic Thoughl

Change

As time goes by, Things change, people change, The world continues to change. We all face some changes in our lives; Change is the law of nature, A routine phenomenon of the universe, None can resist change.

Life's changes -Come in all shapes and sizes, The unexpected turns and twists of life, Happy and exciting, Messy and complicated, Painful and sorrowful, A reality in everybody's life, Often, we fail to accept the unexpected.

> By - Raayan Nagalia VI B

Save the Earth

Oh! Mother Earth, forgive us for what we have done to you. Your temperature is soaring as if you're suffering from a high fever. We are bearing the consequences of our thoughtless actions. We are regretting our wrongdoing that has harmed your health. But don't worry, my friends and I are there to restore your beauty and wealth.

We will change everything that's destroying you. We will change the way we treated you before. We will stop throwing garbage around and even restrain others from doing so. We will stop using single-use plastic.

We vow to grow more plants and trees and make you lush green again. We are thankful to you for blessing us with your resources; We will save them as much as we can. Once again, sorry, Mother Earth, please forgive us!

> By - Sejal Purohit VI A





The old order changeth yielding place to new



Change is not just a fundamental aspect of life, it's a reassuring constant. It is a process that shapes the world around us. The expression "Old order changeth yielding place to new" reflects the eternal reality that everything changes with time and never remains static. Changes ought to happen from humans to thoughts, civilizations to nations, and with these changes, the older ones slowly disappear, with the newer ones taking their spot. This is the truth that no one can change.

Throughout history, countless incidences serve as examples of the given verity. Greek philosopher Heraclitus rightly said, "Change is the only constant in life." Everything changes and then eventually disappears. Empires rise and fall; civilizations grow, flourish and disappear; ideologies change. These are a part of the cycle of change. From the Stone Age to the Industrial Revolution and then the digital era serve as a testament to how the older order gets replaced by the new, and this change has benefited the entire human race.

Throughout history, societies that have accepted Innovation have prospered, while those that have rejected change have stagnated and fallen. Every significant advancement has been driven by a willingness to abandon obsolete ways in favour of new ideas and technology.

Rigidly clinging to the past, cultures risk becoming irrelevant and obsolete, just like stagnant water gets stale. Societies can thrive and adapt to the opportunities and problems of the present world by welcoming new ideas, beliefs, and innovations. So, for cultural traditions to survive and adapt to the time, the old must give way to the new.

In today's global market, adaptability and change are more important than ever. In the face of intense competition, industries that do not adapt and innovate risk falling behind. In a world that is becoming more dynamic, it is not only a question of choice but also an essential part of survival for the old to transform.

Embracing change on a personal level is not just beneficial, it's necessary for our development and fulfilment. Life is a journey of self-discovery and learning, and this journey is hindered by rigidity. We can unlock our full potential by embracing new challenges, venturing beyond our comfort zones, and questioning outdated ideas. When we choose to let the old make way for the new, we open up a world of opportunities for growth and selfrealisation.

Despite the clear benefits of embracing change, many individuals and communities struggle to let go of the past and embrace the new. This resistance, often rooted in fear of the unknown, adherence to tradition, and a desire for stability can lead to stagnation. However, history has shown us that progress requires us to step out of our comfort zones and embrace the uncertainty that change brings. By learning and realizing the potential benefits, we can overcome this resistance and welcome the change that comes with the old, making way for the new.

To sum up, the idea that the old must give way to the new is not just a theoretical construct but also a necessary condition for development and advancement. Accepting change is crucial for every aspect of society, from promoting innovation and economic competitiveness to cultivating cultural relevance and personal fulfilment. We can build a future that is more robust, dynamic and inclusive for future generations if we let go of the past and see the opportunities the future presents.

"We lose ourselves in books, we find ourselves there too"



On the 22nd of April 2024, commemorating World Book Day, The OASIS Book Club organised a distinguished author session in collaboration with Scholastic India. Our esteemed guest was Ms. Pragati Jalan Surekha, whose insightful discourse on emotional well-being and mental health awareness captivated the audience. Employing a plethora of everyday anecdotes, she was able to establish a profound connection with the students. Starting her address by illuminating the prevalence of negative thoughts, emotional turbulence, and anxiety among today's youth, she drew upon her personal childhood experiences to tell us how challenges come up at every stage in life. Miss Surekha guided the students in confronting adversities with calmness and fortitude and enduring them with perseverance.

Ma'am also provided us with some insights into her book titled 'HOPE,' which delves into the journey of embracing oneself during vulnerable moments. We explored the importance of being transparent about our emotions and seeking support from trusted sources during challenging times. This emphasis on transparency and seeking support reassured the audience that they are not alone in their struggles and that there are always people ready to help. Our interactive session also touched upon the significance of pursuing our aspirations with unwavering determination and discipline even if our goals are difficult. We discussed how today's youth often succumb to fear of embarrassment, leading them to hide themselves from their peers. Ma'am emphasised how peer pressure contributes to anxiety and emotional strain, urging us to stand confidently in our actions. In conclusion, the entire session proved to be enriching and insightful.



Inter House Model United Nations - 2024



The United Nations stands as a beacon of hope, where nations unite to forge solutions to our world's most pressing issues. Founded in 1945, it serves as a platform for global cooperation and diplomacy. Comprising 193 member states, it addresses many challenges through various specialised agencies and committees. The UN is a forum for dialogue and collaboration among its member states, striving towards a world free from conflict, poverty, and injustice.



United Nations Security Council

In the United Nations Security Council, the pressing issue of China's treatment of Uyghurs in the Xinjiang Province was brought to the forefront. Delegates from various nations deliberated on this critical matter, highlighting concerns about human rights violations and the need for immediate action to address the situation. Throughout the committee sessions, debates were intense, with passionate arguments from all sides. Diplomatic tensions were palpable as differing viewpoints clashed, reflecting the issue's complex geopolitical landscape. However, the committee failed. The results were as follows:

Best Delegate: Aveer Prakash High Commendation: Jaiveer Dadhia Special Mention: Aditya Singh

United Nations General Assembly

Within the United Nations General Assembly, delegates convened to address the urgent issue of mitigating the impact of climate change on agricultural development and food security. Delegates emphasised international action to combat climate change's impact on agriculture. Despite differing national interests and priorities, delegates demonstrated a shared commitment to addressing the root causes of climate change and progressing towards sustainable agricultural development. In the end, the committee was fruitful, as a majority vote of the members passed one of the draft resolutions created. The results were as follows:

Best Delegate: Kabir Kriplani High Commendation: Charvi Kunal Special Mention: Aarit Jain



World Health Organisation

The World Health Organization (WHO) convened to deliberate on Delivering Maternal and Child Healthcare in Conflict Zones. Delegates deliberated on the challenges faced in providing essential healthcare services amidst conflict, emphasising the need for coordinated efforts to safeguard the health and well-being of vulnerable populations, particularly women and children, in areas affected by violence and instability. The committee made significant strides in addressing the healthcare needs of the most vulnerable populations.

Best Delegate: Ayushi Tripathi High Commendation: Shaurya Pandey Special Mention: Himanshee Anant Takwale



International Press Corps

The International Press Corps' journalists provided comprehensive coverage of the conference proceedings, offering insights into the debates, resolutions, and diplomatic negotiations unfolding within each committee. As the conference concluded, the press corps reflected on the impactful discussions and deliberations. While challenges remain, the commitment to transparency, accountability, and the pursuit of truth remains steadfast. From countless deadlines to hectic press conferences, the IPC delegates have demonstrated their ability to the fullest.

Best Delegate: Tara Kumar High Commendation: Saffira Aurora Special Mention: Mouli Panwar

The Best Delegation was won by Mahit House.





 अंधेरे में बैठी एक रानी, सिर पर आग और तन में है पानी।

२. लाल शरीर और काला मुँह है, कागज वो खा जाता है। हर शाम पेट खोलकर कागज कोई ले जाता है।

उसके हैं कई दांत,
बिन मुँह के वो करता है सुरीली बात।

४. एक फूल ऐसा खिला है, जिसकी अजब है कहानी, एक पत्ते के ऊपर दूसरा पत्ता, दुनियां है उसकी दीवानी।

७. दिन में आता है रात में गुम हो जाता है, बताओ वो क्या कहलाता है।

> सोसबत्ती, पोस्ट बॉवस, हारसोलियस, पत्ता गोभी, घूरज

दीपज्योति नेगी कक्षा-9२













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