

THE PULSE

EDITION 46 | THE OASIS | JUNE 2024



Chaos in the Simmering Valley: Nature's Bounty in Peril



MONTHLY RECAP

- **14th June:** The OASIS Sports Camp Ends
- **21st June:** International Yoga Day Celebrations
- **21st June:** The OASIS Aquatic Camp Ends

IN THIS ISSUE

- FROM THE EDITOR'S DESK
- PRIME-O-GRAM
- UDAAN - IDEAS THAT FLY
- KALEIDOSCOPE
- HINDI
- PARENT SPEAKS
- PICTURE GALLERY



FROM THE EDITOR'S DESK...

Gauri Juyal
XIA

Dear Reader,

I must say, I find human beings quite funny. In frosty December, they're seen lamenting and waiting for summer to advance, and when June finally arrives, they suddenly want to switch back to zipping up jackets! Great philosophers, centuries ago, said, "Change is the only constant in life," they certainly were talking about the dubious seasonal shifts of 2024!

As someone born in Uttarakhand, nestled in the lap of the mighty Himalayas, my life has always been closely knit with nature. From travelling to indigenous villages or listening to the Himalayan Monal chirping over wild trees to collecting pine cones, catching fireflies at night, or just witnessing the flower you had watered bloom to its prime beauty, I believe that nature humbles you and makes you a great observer as you learn to appreciate its awe-inspiring details.

I often get to hear the stories of a Dehradun, 20 years in the past, when the roads of Sahastradhara or Rajpur were laden with silver oaks and litchi trees, colliding and forming a beautiful canopy just above the roads and when deer and herds of elephants used to "casually walk" on the way to Maldevta. I wonder, "Are we lucky or just unlucky in disguise?" Why were we not blessed with the views of shady, dense trees crowning over our heads? Why is it difficult for my generation to believe such stories? Why have we always only witnessed the chaos of the seasons? In October 2021, the Joshimath crisis unfolded, highlighting the unimaginable trauma faced by those living in the sinking town nestled in the Great Himalayas. This is not the first time humans have tried to harm nature to such an extent that it is forced to reclaim its space, resulting in devastating consequences.

As the Dehradun Valley sizzles at a temperature over 40 degrees Celsius, scores of Doonites recently emerged from far and wide to protest and advocate against the felling of trees in the Cantonment region and Rajpur Road. Because of this applaudable act, the government had to reverse and cancel its Road-Widening Plan. But those are just a few sensitized among numerous oblivious ones.

The reader might be thinking, "It is not ME who caused all this", but the thing to wonder is "What are WE doing to save it?" Maybe it is time to contemplate the perils we have caused to nature. Rising sea levels, conditions of no rainfall, sinking cities, delayed monsoons, the El Nino effect, unpredictable weather, watching the news headlines like "hottest May ever recorded" followed by "hottest June in the history of mankind", maybe these are indications for us to STOP, because Mother Nature once trivialized, will not forget, will not forbid, will not forgive.

Once again, the writers here at The OASIS made a beautiful and impressive effort to express their plea on the same and celebrate the bounty bestowed upon us by nature. We present to you the 46th Edition of THE PULSE.

Happy reading!



PRIME-O-GRAM

A photograph of two young swimmers in a pool. The swimmer on the left is wearing a purple swim cap and blue goggles, with their hands clasped in a prayer position above their head. The swimmer on the right is wearing a white swim cap and white goggles, also with their hands clasped in a prayer position above their head. The water is a vibrant blue with ripples, and the pool deck is visible at the bottom of the frame.

"Success is not final, failure is not fatal:
It is the courage to continue that counts."
—Winston Churchill

Poetry Out Loud

Aaradhya Vishnoi

Euphoria

On May 1st, 2024, THE OASIS became a poetic battleground as the fierce competitors of Poetry Out Loud took the stage! With their spellbinding intros and grand finales, they left the crowd, judges, and even their classmates in awe, earning a thunderous applause!

Poetry often begins in childhood, as demonstrated by the class III competitors. They worked tirelessly to bring these poems to life for the audience and left a lasting impression, evoking cherished childhood memories for everyone present.

Laughter is like a magic potion, and that day, we got a big gulp of it! Subsequently, we cranked up the giggles with the class IV crew, who worked with their classmates to make everyone laugh loudly. They sprinkled the atmosphere with laughter and chuckles as they unleashed their poetry, jam-packed with hilarious jokes!

Embarking on a voyage of artistic expression with our fellow travellers of class five, we travelled with tales woven with the enchanting art of poetry that made us remember the fairytales that our parents or family had told us in the past. They beautifully portrayed magical stories through poetic verses, creating an enchanting tapestry of timeless sagas.

The narrators also impressed the class V audience with their expressive facial expressions and voice modulation throughout the show resulting in a big round of applause. We were all captivated by the enchanting poems crafted by our gifted young poets. The winners were:

Class III:

Miraya N Ahlawat

Mehr Guleri

Samyra Rawat

Class IV:

Ithaca Bose

Mohd. Ibrahim Siddiqui

Plaksha Khanduri

Class V:

Veer Sandhu

Reyanshi Mittal

Saarvi Kulchand

The event showcased students from classes III, IV, and V reciting poems with enthusiasm, expressive movements, and vocal range. The recitations ended with applause, recognising their unique expressions.

After the event, the Director, Mr Raghav Oberai and the Head Primary School, Mrs Pallavi Jha, expressed their heartfelt appreciation for the participants and shared their sincere insights.

The day was much more magical and memorable than everyone thought it would be!

Poetry is the
overflow of
powerful
feelings; it
takes its
origin from
emotion
recollected in
tranquillity.

— William
Wordsworth



Poetry Out Loud

Viraj Singh Negi
Begonia



An Inter House Poem Recitation Competition, 'Poetry Out Loud' for Classes I and II, was organised on 30th April 2024 in the Theatre Studio. The Masters of the ceremony for the event were Swarnim Chaudhary and Eva Pandey from Class II. The finalists were selected for both Individual and Group categories after the auditions on 12th April 2024. The participants from all four Houses – Starling, Pelican, Oriole and Cardinal, left no stone unturned to secure a position for their House. Students were judged on the parameters like pronunciation, expression, voice modulation, clarity and overall presentation. The students were trained by their respective House Coordinators.

The competition, centred around poems by the famous children's poet Kenn Nesbitt, added a unique and engaging element to the event. Nesbitt, known for his humorous and heartwarming poems, provided a rich source of inspiration for our young poets. The judges for the event were Ms. Natascha Nandi Bathla and Ms. Harpreet Kaur Machra. The winners of the competition were as follows-

Individual Category Class I

- 1st position - Aratrika Luthra from Pelican House
- 2nd position - Gauri Shukla from Oriole House & Hiyaan Mendiratta from Cardinal House
- 3rd position - Evaan Sachan from Starling House

Individual Category Class II

- 1st position - Aaditri Thapa from Cardinal House
- 2nd position - Prisha Gupta from Oriole House
- 3rd position - Aekansh Tiwari from Starling House

Consolation Prize - Chinmay Sikka

Group Category

- 1st position - Cardinal House
- 2nd position - Pelican and Starling House
- 3rd position - Oriole House



The competition proved an excellent opportunity for the participants to showcase their talent. The event concluded with our School Director and Head of School, Mr. Sanjiv Bathla, appreciating and applauding the performances.

UDAAN- IDEAS THAT FLY

A photograph of a classroom where several students in yellow uniforms are working on a large project on a table. A teacher is standing in the background, observing them. The students are focused on their work, with some using pens and others looking at the project. The classroom has large windows and shelves with various items.

"The only limit to our realisation of tomorrow is our doubts of today." –

Franklin D. Roosevelt



Burning Doon

Swasti Garg
VID

— • • • —

This year, the temperature in the gushing valley of Dehradun reached 44°C. Dehradun has a humid subtropical climate. However, it is becoming increasingly polluted, and many buildings, that harm our ecosystem, are being constructed.

Not a single tree remains on Sahastradhara Road. Various climate changes can affect rainfall and heat. The scorching heat in Dehradun is leaving us with a rather troubling sight: the land is becoming barren. Uttarakhand, in some places, is facing water scarcity. People are getting affected by heat waves.

The Dehradun we see today is not the same as it was a few years ago. We must help Mother Earth by saving trees and reversing the effects of climate change.



Robber's Cave, Dehradun (2013)



Sahastradhara, Dehradun (2015)

KALEIDOSCOPE



"Keep your face always toward the sunshine
—and shadows will fall behind you."

— Walt Whitman



Kalataru 2024

Simona Rawat
Art Teacher, The OASIS

Art is an expression of nature and human creativity that transcends boundaries. It is the form of expression and interpretation when words fall short. Visual art is one of the most important art forms and has remained an integral part of all civilisations in human history. It plays a vital role in any contemporary society and evokes a range of emotions in every viewer.

The art competition is the most awaited and anticipated event on the school calendar every year. On the 4th of May, The OASIS hosted this year's immensely successful event, Kalataru, an Inter School Visual Art Competition where ten schools, including The OASIS, participated in nine different categories. We invited five esteemed judges with various specialisations to judge our event in their respective categories. Each year, multiple schools from Dehradun participate in the Kalataru event, where students showcase their skills in the most creative way possible. The students surprise us with their work while encouraging and challenging us to create more art.

This year was no different; the work produced at the end of the event was a testament to the amount of time and effort that had gone into their work and the care taken to pay attention to detail.

The event comprised nine categories, namely:

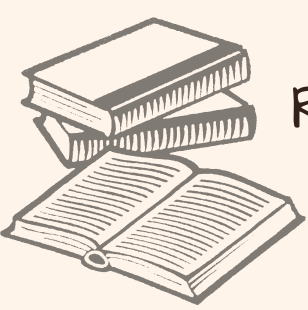
1. Stories with Clay (VI-VIII) 2 participants.
2. Low Relief (IX-XII) 1 participant.
3. Sacred Symmetry (VI-VIII) 1 participant.
4. Still Life Elegance (IX-XII) 2 participants.
5. Waste to Wonder (Fairytale House) (VI-VIII) 3 participants.
6. Waste to Wonder (Landscape) (IX-XII) 3 participants.
7. Shutter Symphony (IX-XII) 1 participant.
8. Every Letter Tells A Story (Words in motion) (VI-VIII) 1 participant.
9. Every Letter Tells A Story (Movie poster) (IX-XII) 1 participant.



Doon International School bagged the overall trophy, but our school performed very well, participating in all the given events with many of our students securing a position in the following categories:

1. Stories with Clay - Samara Phuntsog and Adrika Agarwal (Winners)
2. Low Relief - Anshika (3rd position)
3. Sacred Symmetry - Harshada Singh (Winner)
4. Still Life Elegance - Charvi Kunal and Rishika Sehgal (3rd position)
5. Shutter Symphony - Tanuj Khatter (2nd position)
6. Every letter tells a story (words in motion) - Medhansh Modi (3rd position)
7. Every letter tells a story (movie poster) - Aarit Jain (3rd position)

This year's Kalataru left us in awe of the immense talent of students from various age groups. Their work excites us to witness the event again in the upcoming years.



Rendezvous with Sir Ruskin Bond

Vihaan N Ahlawat

IX B

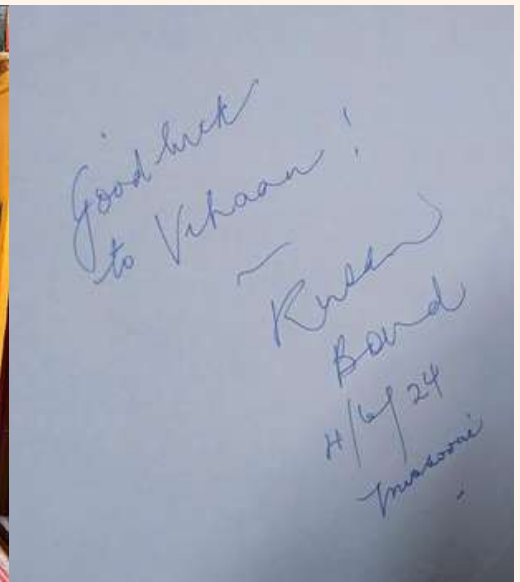


That fine day, the 4th of June, was terrific! I got the golden opportunity to meet my hero, a legend, Sir Ruskin Bond. My dream finally came true, and I visited his house in Landour and met him and his lovely family.

His books have given me hours of pleasure, enhanced my imagination, improved my language, and helped me grow as a person. I grew up reading these fantastic books, and I absolutely cherish the memories of reading them as a child. These were not only stories but also life lessons. The first book of his that I read was 'The Cherry Tree', which I read when I was six years old.

Since then, I have read most of his books, and each time, I have been amazed by his absolute creativity and proficiency in writing down his thoughts. Some were sweet, some sour, and some scary enough to make me afraid of the dark for half a decade! Weren't we all scared of the faceless boy when we were eight? Yet, all were so good that I don't remember ever putting down a book written by this great man!

The experience of meeting him was nothing short of fabulous! The wait was full of excitement! We parked our car outside his house after an hour-long drive full of anticipation. We rang the bell and were let in. We were asked to wait in his drawing room, and in just five minutes, the literary giant appeared. I was tongue-tied as I could not believe what I was seeing. His presence alone filled me with disbelief, and my legs quivered. I couldn't believe that this legend, whose books I had read for so many years, was right in front of me. It was surreal!



He patiently posed for pictures, signed autographs, and was ready to offer guidance by answering tricky questions and giving realistic and practical advice. The burning question I asked was if he had any tips on overcoming writer's block. He advised that the entire content should be planned beforehand to avoid confusion while penning it down.

This was very enriching and precious advice from one of the greats of English literature.

This rendezvous will be forever etched in my memory. I am very grateful for this opportunity!



Nature's Silent Plea: A Call to Action

Saffira Aurora

XB

The Amazon, emerald cathedral vast,
Once echoed with a symphony unsurpassed.

Howler monkeys leaped and cried,
Jaguars roared, a primal, deep refrain,
Parrots squawked in a vibrant hurricane.

While the chainsaw hums, a brutal hymn,
The forest fades, the light grows dim.
But now, the silence hangs heavy and wide,
Charred scars bleed where life once did confide.
The lungs of Earth, choked by greed's cruel hand,
Gasping for breath in a barren wasteland.

Beneath the waves, a jeweled majesty,
The Great Barrier Reef, a vibrant tapestry.
A coral ballet bathed in the sun's warm light,
Now crumbles under human strife,
A silent scream of waning life.
Nemo darted, a clownfish so bold,
Anemone castles, stories untold.

Coral citadels in seas of blue,
Once vibrant, teeming, bright, and true,
Now bleach to ghostly, lifeless white,
As warming seas obscure the light.
Ocean's heart, by toxic tendrils entwined,
Struggles to beat, a treasure left behind.

On endless plains, where golden sunlight falls,
The Serengeti sprawls, a canvas that enthralls .
A million wildebeest thunder in a dusty stampede,
Zebras dance, their stripes a fleeting creed.
Lions stalk, their golden eyes alight,
Kings of the savanna, bathed in the fading light.



But the earth groans, parched beneath a brazen sun,
Cracked plains whisper, the lifeblood nearly outrun.
Herds thinned and scattered, a desperate, silent plea,
Whispers of a lost wild symphony.

The Alps, a crown of white against the blue,
Glaciers whispered secrets, old and true.
Chamois leaped on slopes of pristine snow,
Crystal rivers, a lifeblood's gentle flow.

But the crown melts, a teardrop on Earth's face,
Retreating ice, a harbinger of disgrace.
Rising tides threaten, a watery plight,
A warming world in a desperate fight.

The Congo Basin, a lush green expanse,
A primal world where spirits dance,
Now falls to mines and logging's might,
A desperate plea echoing in the darkest, silent night.

Elephants, with ivory marked,
And gorillas, in shadows trying to hide,
Their homes erased by the command of greed's hand,
A silent plea across the land.

Oceans vast, a boundless realm,
Now tarnished by our much toxic helm,
The Pacific Gyre, a swirling perpetual blight,
Of plastic waste in endless nights.

Turtles, trapped in nets unseen,
And whales with bellies full of sheen,
Of microplastics, significantly small but grand,
A testament to our careless hands.

Each soul must rise, must take a stand,
To heal, to help, to lend a hand.
Reduce, reuse, and plant anew,
For nature's wealth, for skies of blue.

Educate, advocate, embrace,
A sustainable, conscious pace,
In every act, in every choice,
To give our planet a voice.

Nature's bounty, rich and rare,
A fragile gift beyond compare,
Entrusts her future to our care,
To shield, to save, to love, to share.

In every forest, every sea,
In every bird and buzzing bee,
A promise waits, a call to act,
To bring our world's wild beauty back.



The OASIS Sports Summer Camp: A perfect beginning to an endless summer.

Sukanya Khanduri

XB

“Sport has the power to change the world. It has the power to inspire, it has the power to unite people in a way that little else does.” - Nelson Mandela.

The summer holidays are a time for a student to reset, relax, be as happy as a lark, and do all that makes one truly enjoy life while hopefully studying a bit. During the holiday, students often travel with their families to exotic destinations, enjoy staycations at their grandparents' homes, or if they're in grade tenth or twelfth, you would probably find them cramped up in a room with bundles and bundles of projects and books over their heads. However, one must remember the importance of physical activity in one's life, even during holidays.

The summer camp hosted by The OASIS from the 27th of May to the 14th of June kept the students fit and on their feet. The camp was open to all students who wished to participate. Those students selected for the school teams were allowed to practice with their teammates, thus fostering camaraderie among the players, which shall prove beneficial during competitions.

On regular school days, students can be occupied with several activities, practices, competitions, and events, but the sports summer camp allowed them to focus entirely on their game and form. The coaches taught new drills to improve the player's skills and concentrated on their fitness by making them perform various exercises. Each session began with the players warming up, followed by physical exercises to strengthen their muscles and drills to improve their game. The players would then practice by rallying with one another or by playing matches, concluding with cooling-down exercises to stretch their muscles.

Witnessing the coaches' dedication to their students and the sport was impressive. A routine was followed daily, as decided by the coach of the respective sport, to instil discipline in the young athletes, which is crucial for their performance in any sport, whether it be Badminton, Volleyball, Swimming, or Football.

All the students who participated in the sports camp will only realise how beneficial it will prove for them once the school reopens. They will be more active and will perform better as players.

Many players selected for the school teams missed the camp. We hope more students will attend the camp next summer and understand the importance of physical fitness and sports in a young student's life.

The Doon I Miss

Jigyasa Kukreti

XI A

Where the morning breeze sings secret songs,
Where rivers and rocks dance along,
Between the mountains, purest bliss,
Lies the Doon I dearly miss.

Where once rustling trees told their tales,
Now, silence fills the empty trails.
The snow-capped peaks, once grand and white,
Now melt away in relentless light.

The valley where mountains kissed the sky,
Now weeps in pain as days go by.
The Doon I miss, now full of scars,
Reminds us we have drifted far.

Yet hope remains within my heart,
Despite how far we've grown apart.
The Doon I miss can rise anew,
With love and care from me and you.

Oh Doon, your beauty now is gone,
For sins, we've wrought, how to atone?
Your sacred land, the breezes fade,
And verdant fields to deserts trade.



Maldevta, Dehradun (2001)

From Purity to Chaos

Rudraksh Srivastava

XI A

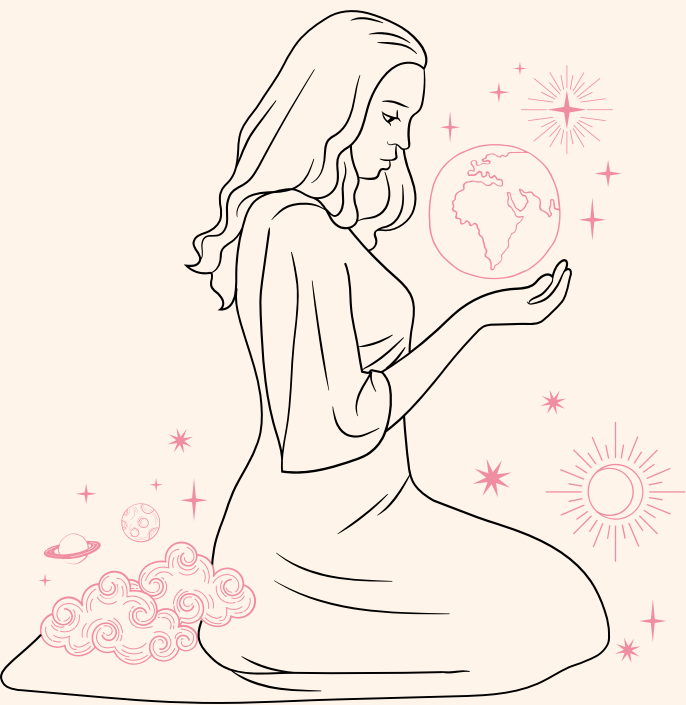


In the heart of the valley,
Where shadows dance,
We can barely see,
The whispers of ancient trees.

The forests, once home to the ancient trees,
Are now a part of abundant stories,
The winds, once pure and sweet,
Now whisper tales of bygone glories.

The rivers, once crystal clear, now doth run with grime,
The skies, once blue and bright, now doth fill with
smoke and slime.
The creatures, once free to roam, now doth cower in
fear,
As the chaos of man's making, doth bring them near.

Hope arises with each dawn's light,
A promise that we must rewrite,
For in our hands, the power remains,
To heal the world and break the chains.



Tumult in the Simmering Valley: The Natural Wealth in Danger

Vanshika Panwar

XIA



"Chaos in the Simmering Valley: Nature's Bounty in Peril" is the topic of our June newsletter. This episode focuses on how climate change influences our environment, specifically how changing monsoon patterns and rising temperatures harm landscapes and ways of life.

These days, a lot of money is being spent on expensive irrigation systems and water storage facilities. Others attempt to address the unpredictable weather patterns by experimenting with crop cultivars resistant to drought.

Effect on Landscapes: A Rewriting of Nature's Canvas

The Simmering Valley's lovely scenery is experiencing a dramatic change. Famous waterfalls that formerly cascaded elegantly down the hillside now only weakly flow during the dry season, and the scars of more frequent wildfires can be seen on once-verdant woodlands. Rivers, vital lifelines in this area, no longer flow regularly; some dry up early and flood later than predicted.

By cooperating and adopting sustainable practices, we may endeavour to save and maintain nature's abundance for future generations.

As we contemplate the transformations in the Simmering Valley, let us remember our part in the worldwide endeavour to tackle climate change. Collectively, we can change things and every little effort matters.

The fauna in the valley is also feeling the consequences of these changes. Many species are being forced to migrate higher up for milder weather, disturbing the current ecological system and increasing competition for limited resources.

Communities in the Valley are taking action in response to these challenges. Local governments and non-governmental organisations work together on climate adaptation strategies, such as planting new trees and constructing flood barriers. Other programmes aim to increase the general public's awareness of the importance of sustainable lifestyle choices and the need to reduce their carbon footprint.



Doon Valley: A Shangri-La Lost!

Arshiya Sandlas Chandna

XIA

Nestled amongst the foothills of the Himalayas, the Dehradun valley was once a serene, unspoiled tranquil haven, often hailed to be a real-life Shangri-la, a place where the soul of nature resides in a hidden paradise. Blessed with exquisite Sal forests, cradled between the sacred Ganges and Yamuna, and the perennial rivers like the Song and the Tons, which further make the valley more verdant and salubrious. However, the valleys' tranquility and pristine aura are now under threat. Over the past few years, this valley has faced relentless and gruesome degradation in terms of ecological and environmental balance. This is a consequence of the Doon Valley and its treasures being taken for granted by its own inhabitants – by ALL OF US!

The Dehradun once known for its subtle summers has been experiencing scorching heat, for the past few years. The Dehradun that our grandparents nostalgically reminisced about- where summer afternoons were spent under the shady, leafy Litchi and mango trees while savoring their sweet, juicy fruit and then peacefully napping under the influence of the cool wind, which began to blow as soon as the sun went down -has sadly vanished. Now our summer afternoons are characterised by the scorching summer loo, a phenomenon that the valley had never known. Those magnificent trees and their sweet fruits are gone. The heartbreaking consequences of the rampant tree felling over the past few years are becoming more and more evident, yet some of the valley's people remain with an indifferent attitude attributing the loss of trees to development.

After this unusual heat wave in the Doon Valley, its people easily blame it on global warming and not on the merciless removal of green cover, as we all wait for the monsoon. The simmering valley this summer has brought immense chaos and disruption to our local wildlife, with the Indian Mynas being seen with their beaks open throughout the day and the normal forest-dwelling, Great Indian Langur venturing into the urban areas and homes; including mine; in search of water to relieve their parched throats.

Dehradun being the capital of Uttarakhand, should take inspiration from the great Chipko movement, initiated by Gaura Devi in the 1970s and continued by Sunder Lal Bahuguna and Chandi Prasad Bhatt the legendary environmentalists, for all the grassroots environmental activism, such as the protest march which was recently conducted against the rampant tree felling. Such protests reflect the deep-rooted environmental consciousness, thus lighting a lamp of hope that our future generations will be able to cherish this much-loved valley, the way we, our parents and grandparents did. Kudos to the Doonites, who came out in thousands for a spirited protest march recently, thus preserving the silent voices of the trees! The need of the hour is to remember that “We do not inherit the earth from our ancestors, we borrow it from our children”.

A Fruitful, Summery Month

GauriJuyal

XIA

Amidst the overwhelm of the scorching sun, dry and dusty air, loo-y winds, constant sweating, and keeping up with bundles of holiday assignments, the aquatic camp indeed served as a respite for the students. Swirling-whirling and floating in cool, calm, refreshing water for two hours daily. HEAVENLY!

The OASIS Annual Aquatic Camp began on 27th May 2024. Students of all age groups showed enthusiasm for the camp. All the students had a fantastic opportunity to enhance their swimming skills while remaining healthy and fit. Our coaches, Macdonald Sir and Narendra Sir, conducted extensive and exhausting drills to improve the students' strokes, breathing techniques, speed, stamina, and endurance.

The last day of the camp, i.e. 20th June, ended with a Swimming display for the parents to witness. The display started with a small presentation by the Ankuram students, showing how to breathe underwater and hand and leg movements in the water, displaying various strokes. We then proceeded to Satva and Ekya's presentation, which was rigorous and exciting for the spectators. The beginners displayed the jist of what they had learned during the camp with a 25m freestyle stroke. As the show proceeded, so did the competitiveness of students! The advanced swimmers presented various strokes, including 50m freestyle, 50m backstroke, 25m butterfly stroke, 100m freestyle, and 100m breaststroke. A few students from the advanced swimming team also presented an individual medley, which involves only one swimmer doing 25m each of all four strokes. The presentation ended with a fun and enticing round of Mixed (girl-boys) relay races and a Boys' medley relay race. Finally, all the camp participants received their certificates from the Heads, and an enjoyable and eventful day came to a beautiful conclusion.



Celebrating International Yoga Day: Embracing Health and Harmony

Tripti Chamoli
Yoga Acharya, The OASIS

On June 21st, Friday 2024, The OASIS enthusiastically celebrated the 10th International Yoga Day. The event was attended by the School Director & Head of School, Mr. Sanjiv Bathla; the Director, The OASIS Jr., Mrs. Prachi Oberai; Head Junior School, Mrs. Natascha Nandi Bathla; parents, students and staff.

The event commenced with a comprehensive introduction to Yoga Day by the Head of sports, Mr. Lobsang Chophel, who enlightened us about the meaning of Yoga and its different components. The purpose of this day is to raise awareness about the holistic advantages of Yoga for our well-being. It emphasises the importance of finding balance in our fast-paced lives and encourages physical, mental, and spiritual harmony. Yoga helps us cultivate mindfulness, reduce stress, and enhance our health and vitality.

The programme started with the Yoga prayer and body loosening practices, during which all members actively participated. They were guided through various sitting and standing asanas, breathing patterns and Meditation with simultaneous explanations of their significance. The instructor emphasised the importance of incorporating Yoga into daily life and maintaining harmony between the body and mind. The session lasted for over an hour, witnessing active participation and engagement from all attendees. The yoga instructors provided detailed explanations of each pose and offered guidance on precautions to be taken. Undoubtedly, it was a successful event, a testament to our collective efforts and commitment.

The programme concluded with the chanting of Om, and the students and teachers carried home the message that “Yoga is not for only one—it’s for everyone; Yoga is not for a day—it’s for every day.”





HINDI

"अगर आपको दुनिया बदलनी है, तो पहले
खुद को बदलो।"
- विनोबा भावे



मुझे मत काटो

अयाँश बिशनोई
बेगोनिया



अगर तुम इस पृथ्वी पर जीना चाहते हो,
साफ और शुद्ध हवा चाहते हो, तो मुझे मत काटो।

मेरे होने से ही ये देहरादून इतना प्यारा है,
चारो ओर हरा-भरा है, ये सबसे न्यारा है।

मुझसे ही इस जगह में बारिश होती है,
मचल-मचल कर नदियाँ बहती है।

मेरे कटने से यहाँ सब खराब हो जाएगा,
यहाँ रहना छोड़ो ,सॉस लेना भी मुश्किल हो जाएगा ।

अगर तुम चाहते हो कि यह सुंदर घाटी बची रहे ,
तो पेड़ काटने वाले दुश्मनो को सब मिलकर डॉटो।

मैं हूँ पेड़ ! मुझे मत काटो, मुझे मत काटो ।



क्या आप भी पेड़ लगाएंगे?

अदित्रि थापा
बॉलसम

मेरी दादी जी और मैं घर के बरामदे में बैठे थे और दादी बार-बार कह रही थी कि “देहरादून में ऐसी गर्मी कभी नहीं देखी।” मौसम में इतना परिवर्तन क्यों? मेरे मन ये प्रश्न उठा तो मैंने दादी से ही पूछा तो दादी ने बताया पहले यहाँ बहुत पेड़-पौधे थे। हर तरफ हरियाली थी। पर अब पेड़ों की जगह इमारतों, मॉल, होटल व सड़को ने ले ली। दादी ने बताया कि यही हाल रहा तो हमारा जीना भी मुश्किल हो जाएगा। साथ ही दादी ने बताया कि अगर हमें इस परेशानी से छुटकार पाना है तो हमें ज़्यादा से ज़्यादा पेड़ लगाने होंगे। मैंने अपने घर के पास पेड़ लगाया अब आपकी बारी है।

क्या आप भी मेरी तरह पेड़ लगाएंगे?





१. लोग मुझे बनाते हैं, मुझे बचाते हैं, मुझे बदलते हैं, मुझे बड़ा करते हैं। मुसीबत में मैं आता हूँ काम, बताओ क्या है मेरा नाम?
२. न किसी से बैर, न किसी से लड़ाई फिर भी होती पिटाई, और लोग बड़ा लेते हैं मजा, देखकर मेरी सजा, जल्दी से बताओ मेरा नाम भाई।
३. न ही खाता है खाना, न ही पीता है पानी, फिर भी उसकी बुद्धि के आगे हार माने सब जानी।
४. कितना भी बूढ़ा हो जाए, फिर भी जवान कहलाये।
५. काले रंग का हूँ, उजाले में देता दिखाई, अँधेरे में नजर न आऊं मेरे भाई।

होउरु 'पुनरु' ररुलरु 'करुगु' 'रुलु

दीपज्योति नेगी
कक्षा - १२

PARENT SPEAK

Beyond the School Gates

Article by Dr. Vibha Gupta

Hello everyone,

As our daughter, Anshulika Gupta completes her schooling, our heart swells with pride and love. Now, she is taking a leap into the world and we cannot explain how grateful we are to The OASIS who has helped mold Anshulika into a kind and responsible individual. She joined The OASIS in class 7th in 2018, and that was the time when she was refining her personality, learning, and understanding the various situations that life presents us with.

Since then, The OASIS has been like a family with whom our daughter gained love, confidence, and moral values, values which we wanted her to inculcate as a good individual stepping out into the world and being a person who respects the personal boundaries of others and stands up for herself. The OASIS has inculcated a sense of confidence, decisiveness, and helpfulness and provided her with support and encouragement in all aspects of a student's life. This includes not only academics but also extracurriculars, sports, and interpersonal relationships with students, teachers, and helpers. We saw that bonding whenever we visited the school with her.

After class X, there came the time when we found ourselves standing at a crossroads, to change or not. The decision was not difficult once, we, as parents turned to her and asked her opinion about the matter. She decided for herself and we respected her decision. The outcome was not only good academic results but also, more importantly, the moral values inculcated in her by the school environment created by the team of experienced teachers under the guidance of the Head of School, Mr. Sanjiv Bathla. Teachers are the torchbearers who pass on not only knowledge but help in the development of a student's personality. The OASIS has wonderful teachers who not only are knowledgeable about their subjects but are very well versed in how to build character in a child. Anshulika, our daughter has grown up to become a well-mannered, confident, and good person. We are sure that now she can step out of the walls of the school and walk into the world, both learning from failures and gathering the fruits of success.

PICTURE GALLERY



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