

THE PULSE

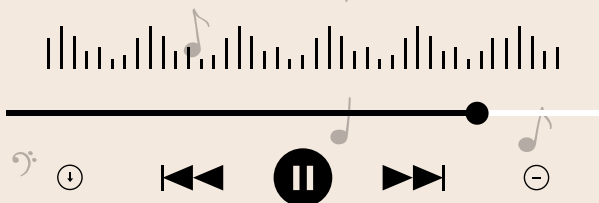
EDITION 47 | THE OASIS | JULY 2024



MONTHLY RECAP



MUSICAL EUPHORIA



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- **8th July:** Session resumes
- **10th July:** Unit Test I for Classes IX to XII
- **12th July:** La Fête Nationale Française Classes VI-VIII
- **12th July:** World Paper Bag Day
- **13th July:** The OASIS RISE Programme
- **16th July:** Harela
- **18th July-19th July:** Inter House Yoga Competition Classes VI-VIII
- **18th July:** PEP For Parents of Class III
- **19th July:** Inter House Spell It Right Classes III-V
- **25th July:** Inter House Book Reading Competition 'Book in a Nutshell' Classes VI-VIII
- **28th July:** World Nature Conservation Day
- **29th July-31st July:** Sgraffito Workshop Art Students Classes X and XII
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- **29th July:** Mask Making Classes I and II
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- **30th July:** Body Wisdom for Boys Classes IX-XII
- **30th July:** Inter House Coding Competition Classes VI-VIII



FROM THE EDITOR'S DESK...

Gauri Juyal
XIA

Dear Reader,

As the Doon Valley sets into the mood of drizzle-mizzle, wet iron bars of the school gates, welcome the influx of happy and “already sleepy” students. July has always been busy around here. It ranges from watching the unwavering commitment of children to the wet, slippery soccer field to going for lunch breaks with inside-out umbrellas (the winds here in Raipur defeat us all!) and squelchy, dripping shoes. It is these cherishable moments that we spend together that never miss to put a smile on our faces.

Unit Tests I, the first phase of Board exam preparation, knocked on the doors of Class X and XII students, as many of them were spotted all over the place: in the bus, on the playing field, in the dining hall, wandering with books and notebooks, asking seniors for “tips” and previous year question papers!

This year's Fête Nationale Française was a resounding success, with students from Classes VI to VIII adding zeal and enthusiasm to their celebration of French culture and language. The two-day Inter House Yoga Competition was a sight to behold, leaving the audience and the judges in a complete state of pleasant calmness and serenity. The competitors' mastery of this useful and important art left the viewers unruffled and clapping, creating a jubilant and celebratory atmosphere.

Another exciting event that filled The OASIS campus with hustle-bustle was the ‘Book in a Nutshell: Inter House Book Reading Competition’. Students, or rather I should say, The Narrators of the Day, “competitively”, did all they could to bag that win home! Other than these, we also had Inter House Events like ‘Spell It Right’, ‘Mask-Making’, ‘Mindful Monday’, Body and Art Workshops, and much more. Such events at school always encourage the students to explore more, go beyond and think out of the box.

It is also a delight to let the readers know that our school recently added another feather to its cap. On 11th July 2024, The OASIS was awarded the Best Institution Overall at the 13th World Education Congress Global Awards in Mumbai. For me, the most beautiful part is how we celebrate our success and mourn our losses collectively. Whether it is tiny achievements or big announcements like this, the applause and silences that fill the crucible every week always make me realise that we are on this journey together, as one unit, as one family.

The 47th Edition of the PULSE encompasses the theme ‘Musical Euphoria’. Whether it is the harmonic vibrations of the drums, the chirping of the birds outdoors, or the chattering of people all around, our writers, once again, attempt to elucidate what symphony means to them.

Happy reading!



Remembering Ms. Pallavi Jha : A Legacy of Joy and Endless Enthusiasm

With profound sadness, we say farewell to Mrs. Pallavi Jha, the esteemed Head of our Primary School. Her sudden departure earlier this month has left a deep void in our hearts and our school community's fabric.

Mrs. Pallavi Jha was a beacon of dedication and diligence, embodying our institution's values and spirit. Her commitment to education, coupled with her tireless work ethic, made her a source of inspiration for all who knew her.

As we mourn her loss, we also celebrate the indelible mark she left on our school

We pray that Mrs. Pallavi finds peace in the care of God's loving hands. Her memory will remain in our hearts, and her contributions will continue to inspire us as we remember her.

With deepest sympathy and respect.

Mr. Sanjiv Bathla (Head of School)

We are deeply saddened by the loss of our Head of the Primary School, Mrs. Pallavi Jha. Her dedication, and unwavering commitment to our students and staff will be profoundly missed. Pallavi Ma'am's legacy of excellence and compassion will forever inspire us. Rest in peace.

Ms. Natascha Nandi (Head Junior School)

Pallavi Ma'am had been a guide and a mentor to me. Her vibrant spirit, boundless energy, meticulous attention to detail, and extensive knowledge across various subjects always left me in awe. Her passion and unwavering commitment to her field were unparalleled. Her insightful comments and advice have been much missed as we prepare for The OASIS MUN. I am confident that she continues to provide us with guidance and support from the divine realm.

Ms. Itee Sharma (Social Science Department)

मैं ईश्वर से प्रार्थना करती हूँ कि आप जहाँ भी हो खुश रहे। हमें आपका साथ बहुत कम समय के लिए मिला परंतु आप से हमें बहुत कुछ सीखने को मिला। आप अपने काम के प्रति पूर्ण रूप से समर्पित थीं। विद्यालय में चाहे विद्यार्थी हो या शिक्षक सभी के दिन की शुरुआत व समाप्ति आपकी मुस्कुराहट के साथ होती थी, जो आज भी सभी याद करते हैं। आपका मार्गदर्शन अमूल्य रहा। जिसके लिए हम अभी आपके प्रति कृतार्थ हैं। ॐ शान्ति

Ms. Madhuri Sharma (Hindi Department)

आते जाते देखते थे, बचपन सी मुस्कान आपकी,
भीड़ में भी हमने देखी, सबसे अलग पहचान आपकी।
हर पल महसूस करते हैं, पर देखने को मजबूर हो गए,
कौन कहता है? आप हमसे दूर हो गए।

Mr. Mohit Kumar Sharma (Hindi Department)

Pallavi Ma'am was a valued member of our team, known for her dedication, kindness, and professionalism. Her warm smile could brighten any room. She will be greatly missed by all who had the privilege of working with her. May her soul find eternal peace in God's loving care.

Ms. Meeta Garg (English Department)

The greatest legacy anyone can leave behind is to positively impact the lives of others. Whenever you add value to other people's lives, you are unknowingly leaving footprints on the sands of time that live on, for time immemorial. As someone who has been on stage for most of the time in OASIS, one person whom I have always felt as a ray of positivity around me throughout my journey has been Pallavi Ma'am.

From online meetings to offline executions, she left no stone unturned to give her all to her students and school. Wherever ma'am is today I hope she finds peace and she will reside in our hearts forever.

Mayuri Rawat (Batch of 2024)

I couldn't forget the day I was introduced to Pallavi Ma'am in a Zoom meeting to discuss DSMUN2021 preparations. Her excitement, knowledge and enthusiasm intrigued me.

When I think back I can remember walking to the school every day and seeing her greeting children with warmth. And she did it every single day.

Shivi Juyal (Batch of 2024)

Pallavi ma'am taught me in class V for a year. At the start, I felt that she was strict but as time passed, we realised that she was one of the coolest people I have ever met. She was energetic, encouraging and kind. I loved the way she taught us. I really miss her presence in the school.

-Unnati Kukreti (7 A)

She had amazing teaching skills she loved us. She knew a lot about the world. There was no question by us that she could not answer. We will miss her and I will always remember her.

Manveer Singh Sandhu (Class 6 A)

Initially, when I joined Ankuram at The OASIS, Pallavi ma'am was not teaching me as a subject teacher in class IV but as I moved to class V, she was our Social Studies teacher. Originally, I felt that she was a strict teacher, but gradually I started to like the subject. I used to enjoy her classes a lot and was always very fond of her."

Swasti Garg (Class 6 D)

I recall the day when our results were announced Pallavi ma'am gave me a tight hug and told me that I had made the Social Studies Department very proud. That was a moment I will never forget. Every time I look at my results, I can feel her hugging and encouraging me. We will all never be able to forget the amazing person she was and the energy that she exuded. I am certain that she is happy wherever she is and is watching over us from above.

Jigyasa Kukreti (Class 11 A)

I remember when I witnessed Pallavi Ma'am greeting the Ankuram students, addressing each one with their names. Flabbergasted, I then brought it up in a conversation with her, how she managed to do it, that too correctly! She told me that as an educator, having that connection with your students is necessary. I usually talk to them, find out about the things they love, and make them my favourite topics of conversation as well. And that is how she was for every one of us, from Ankuram to Ekya. She will always be that shining, smiling light in my memories of The OASIS.

Anshulika Gupta (Batch of 2024)

The memory of Pallavi ma'am is one that instils me with a great deal of confidence, for having her as a role model to look up to plays an important part in my realisation of the kind of person I want to be in life. A socially and culturally aware person, she always made one think about things from different perspectives. As someone who was involved in the school's Model United Nations events quite often, Pallavi ma'am's advice, knowledge and guidance about relevant world issues and how to deal with them in a sensitive manner still echoes within me as I apply those to other areas of life.

-Arnav Maitreya (Batch of 2024)

As an avid MUNer, there were several days that Pallavi Ma'am, Itee Ma'am and I used to spend talking about geopolitics and "loopholes in governance" and world-known MUNs, in our Saturday activity. I remember before my first interschool MUN, how she told me I had that "diplomatic fire" in me! The fact about that fire in me became even more factual when I won that time! She was the one who had the proudest glint of a smile on her face seeing me get my award. From her giving me motivational speeches to now, me dedicating every win to her, we have come a long way. I know her blessing always stands with me and I know she's with us from the other side.

Gauri Juyal (Class 11 A)

PRIME-O-GRAM

A young girl with dark hair, wearing a yellow school uniform with a black collar and a crest on the left chest, is focused on shaping a clay pot on a pottery wheel. Her hands are covered in wet clay. The pottery wheel is mounted on a blue wooden stand. In the background, other children in similar yellow uniforms are visible, some standing and some working at their own pottery wheels. The setting appears to be an outdoor or semi-outdoor pottery studio with wooden benches and tables.

“Look at the stars,
Look how they shine for you and
everything you do,
Yeah, they were all Yellow.”

-Yellow by Coldplay



The Magical Music

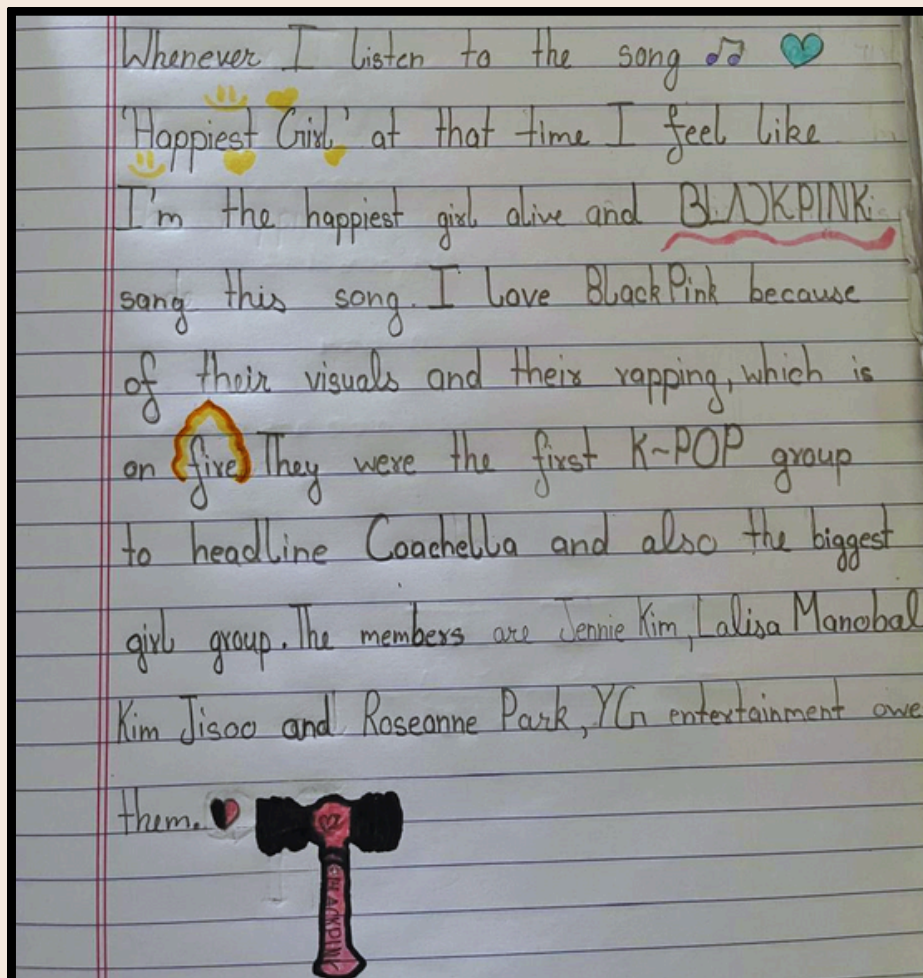
Harjas Singh Chadha
Dahlia



Once upon a time, when I felt really low, music came to my rescue like a superhero. It was a rainy Saturday afternoon, and I could not attend my friend's birthday party. I felt sad and disappointed. I went to my room and turned on my favourite song. As the music played, something unique happened – it felt like the singer understood exactly how I felt. The upbeat rhythm made me want to dance, and soon, I found myself moving around the room, forgetting all about the party. The lyrics were like magical words that cheered me up and made me smile again. At that moment, I realised that music has an extraordinary power to lift your spirits and make you feel better. From that day onwards, whenever I feel sad, I know I can always turn to music to bring happiness back into my day.

That Makes Me Happy

Sindhuja Bhandari
Daffodil



Spell It Right

Keertana Arora

Erica



"Spellings help cement the connection between sounds and letters."

Spellings are an essential part of successful writing. The Spell it Right was organised on 19th July 2024 at The OASIS, Theatre Studio for classes III, IV, and V.

The students enthusiastically participated in the competition as they got the opportunity to showcase their talent and confidence. The competition inspired the young minds to come forward and spell the difficult words on stage.

Our most dynamic scorekeeper was Mrs. Neha Panwar and Mrs. Sangita Verma, and our timekeeper was Mrs. Shivani Thapa.

The rules that remained the same for all three classes were:

There were two rounds-

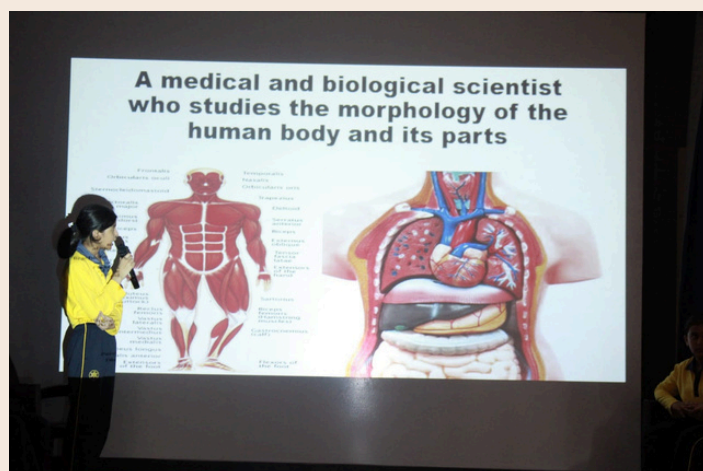
Round 1 was the Visual round.

This round had a different theme for each class. Class III participants had to identify the pictures of tools, Class IV participants had to identify the pictures of food items across the world and Class V participants had to identify the pictures of medical specialists. Participants demonstrated their visual skills in identifying the pictures and almost recognised all of them correctly.

Round 2 was the Rapid Fire round.

The Rapid Fire round had a duration of 1 minute each. The more words the contestants spelled correctly in a minute, the higher their scores went. Each correctly spelled word carried 10 marks. This round bombarded the participants with challenging words, and they performed admirably.

The quizmasters of this fascinating competition were: Mrs. Swati Singh and Mrs. Archana Puri.



Winners:

The most competent, and exceptionally good house was Starling House which secured the first position. The names of the winners are:

Class III - Nivaan Agarwal

Class IV - Mehr Guleri

Class V - Kimaya Hurla

There was a tie between two brilliant Houses which were Cardinal and Oriole Houses.

The names of the winners are:

Cardinal House:

Class III - Meera Chillar

Class IV - Atharv Pandey

Class V - Advay Aggarwal

Oriole House:

Class III - Reyansh Sachdeva

Class IV - Saksham Sahu

Class V - Arshiya Dhiman



The participants of Pelican House also performed well. They were:

Class III - Plaksha Khanduri

Class IV - Kainaat Talwar

Class V - Reyansh Lama

Congratulations to all who participated and kudos to the winners!!!



UDAAN- IDEAS THAT FLY

"If you care enough for the living,
make it a better place for you
and for me."

-Heal The World by Micheal
Jackson

A Place Where Music Meets Magic

Unnati Kukreti

VII A



It was a Friday, and as I arrived home in Raipur, it began raining. The sensation of the raindrops on my outstretched hand was like a touch of heaven. The divine scent of the rain, mingled with the earth, was so refreshing that I couldn't resist placing my wet hand on my eyes and face. The rain, with its gentle touch, washed away the stress of the day, bringing comfort and peace.

Rain is magical—the pitter-patter music of rain, the swishing of the leaves, the thunder of the clouds, the sound of quick-moving cars, the whistling winds, the chirping of birds, the chorus of insects in the silence of the night, and the fluttering fireflies. There is always something extraordinary about hearing the sound of rain and enjoying a warm cup of tea with fritters. After the rain, the beauty of nature doubles.

Rainy days offer a unique set of adventures different from other types of weather. For many people around the world, rainy days are a source of comfort and relaxation, and they tend to enjoy watching the raindrops, listening to the sound of rain, and taking the opportunity to observe life at its best.



La Fête Nationale

Harshada Singh
VIII A



On July 12th, students from classes VI to VIII gathered in the Multipurpose Hall to witness 'La Fête Nationale Française' celebration. At 8:15, the students assembled in the MPH, and after assembly, the show began.

Agastya Bagga and Atharv Singh Rajput from class VI took on the role of Emcees and guided us through the performances. The event commenced with introducing our chief guests, Ms. Subhra Kukreti, an assistant professor and HOD of French and Francophone Studies at Doon University and Ms. Aditi Hirnwal, a guest faculty member at the same university. First was the choir, who sang an enchanting French version of 'Something Just Like This' by the Chainsmokers in French as "Quelque chose comme ça". Following this, the emcees handed the mic to Tanishka and Aarna of class VII, who conducted an engaging quiz on France and French culture.

Next, the students of classes VI-VIII performed a dance. Last but not least, a mesmerising fashion show not only entertained us but also showcased the rich diversity of cultures across Francophone (French-speaking) countries, leaving us enlightened and appreciative.

The entire show was a wondrous display of French culture and language. It was colourful, interactive and beautifully put together, and I hope to see it again next year.



Book in a Nutshell

Anushka Nautiyal

VII A



The Inter House Book Reading Competition, "Book in a Nutshell," was held on July 25th. It offered an opportunity for the participants to showcase their theatrical skills through a creative presentation in the form of a role-play of a part of the book they were assigned. Each House was allocated eight minutes to perform, including the time for stage set-up. The performance was judged on pronunciation, fluency, dialogue delivery, expression, and creative presentation.

The competition commenced with a warm welcome for the hosts and judges. The event judges were a parent representative of the School Management Committee, Mrs Kannagi Sharma, the Head Junior School, Mrs Natascha Nandi Bathla, and Ankuram English Faculty, Mrs Archana Puri.



The first performance was by Prasatti House on the book 'Alice in Wonderland' by Lewis Carroll. This story revolves around a girl named Alice who dozes off, follows a rabbit down a rabbit hole, and lands in a fantasy world full of weird, wonderful people and animals. Prasatti House showcased one of the most amusing scenes of the novel 'The Mad Tea Party' when Alice unexpectedly reaches a place where a large table is set under a tree outside March Hare's house. The Mad Hatter enters the conversation, saying that Alice's hair "wants cutting." Alice admonishes his rudeness, but he ignores her scolding and responds with a riddle: "Why is a raven like a writing desk?" Alice attempts to answer the riddle, which begins a big argument about semantics.

The second house to perform was 'Daivik' House, depicting the 'Adventures of Huckleberry Finn', written by 'Mark Twain'. The story revolves around a young boy named 'Huck Finn' from 'Missouri'. After suffering abuse from his father, Huck goes to live with his aunt, 'Widow Douglas', and 'Miss Watson', who attempts to civilise him—resisting these efforts, Huck runs away. Later, Huck and Jim, the enslaved person, face many enchanting adventures on their journey down the Mississippi River.

The Third House to perform was Vinaya House, depicting 'The Axe' from the famous novel 'Adventures from Malgudi Days' by R. K. Narayan '. This short story highlights themes of change and displacement. The story revolves around a man named 'Velan', who spends his life as a gardener for a wealthy family. When the family decides to sell their ancestral home, Velan faces the end of a way of life he has always known, as the new owner, who has no use for the garden, orders the trees to be cut down. The story poignantly captures Velan's sense of loss and displacement as he witnesses the garden's destruction and erasure of his life's work.

Mahit House came in fourth to perform on the book 'Adventures of Tom Sawyer '. They enacted the book's opening scene, where Tom Sawyer tricks his friends into painting a fence instead of him. As Tom feigns tiredness from the task, his friends develop curiosity about it. Making the desire to whitewash, each offers his precious time to trade with him. At last, Tom lies down and laughs to himself at how smart he is. When the boys understand Tom's plan, they begin to complain but later accept the humour of it.

After all the mesmerising performances, Mrs Kannagi Sharma was invited to share her insightful observations. She was also honoured with the 'Token of Appreciation', which marked the end of the engaging event.



Friendship's Light

Kiaara Bhardwaj

VI D



In the quiet spaces where true hearts meet,
Friendship grows strong, a bond discreet,
Through laughter's echoes and tears we share,
It's a light that glows forever there.

When days are bright or shadows fall,
A friend in the voice who answers the call,
Their presence turns darkness to guiding light,
A bond that endures day and night.



KALEIDOSCOPE



"Who says you're not star potential,
Who says you're not presidential,
Who says you can't be in movies
Listen to me, listen to me"

-Who says by Selena Gomez

The Magic of Music Production

Rudraksh Srivastava

XI A



Hello, music lovers!

This month, our school newsletter dives into the enchanting world of music. As a music producer, I'm thrilled to share a glimpse into the art and science of music production. I also have some exciting news about an original song that my friend and I released!

Music production is the intricate process of creating, capturing, manipulating, and preserving music to be shared with the world. It involves several stages, including songwriting, arranging, recording, editing, mixing, and mastering. Each step is crucial for transforming a simple melody into a polished track that resonates with listeners.

The Journey of a Song

Songwriting and Composition: This is where the magic begins. We start with a melody or a chord progression and build the song's structure, but it isn't as easy as it seems. It is the most difficult part of making a song and it becomes more difficult when you are a student and work with your friend who lives very far away. It took us a whole month to make the melodies, find the chords and structure the song.

Recording: Using Digital Audio Workstations (DAWs) and various instruments, we record the different elements of the song. This can include vocals, guitars, drums, and even electronic sounds. We used FL Studio 21, a paid DAW, and I must say, it was a learning experience. The recording process was not as smooth as we expected, and it took us a whole 4 months to find the perfect audio for our song, partly due to our less-than-ideal microphone setup.

Editing: Once recorded, the tracks are edited to ensure perfect synchronisation. This involves cutting, pasting, and sometimes even re-recording parts for the best take. This was the easiest part of the entire process.

Mixing: This is where the individual tracks are balanced, panned, and processed with effects like reverb and compression. The goal is to create a cohesive sound where every element shines, and this is where many good songs get ruined, although I believe our song was mixed quite well.

Mastering: The final step is mastering, where the mixed track is polished to ensure it sounds great on all playback systems, from headphones to concert halls. Though we didn't have the setup for mixing and mastering, we tried our best to improve the song.


Our Song: Pehli Jhalak

I'm thrilled to share that my friend Sapeksh Trehan and I have just unveiled a unique musical gem: our new song, Pehli Jhalak! This track, a LoFi masterpiece, showcases Sapeksh's mesmerising vocals and my innovative production skills. We've poured our hearts into this project and are eager for you to experience its distinctiveness.


Pehli Jhalak is available on all major streaming platforms, including Spotify, Apple Music, and YouTube. Search for Rudraksh Srivastava and Sapeksh Trehan, and let the music take you on a journey.

I appreciate your support. Happy listening!

Stay tuned for more musical adventures,



Rudraksh Srivastava ✓
Artist



Sapeksh Trehan ✓
Artist



Negotium Agon

Ms Priyanka Seth
Accounts Faculty



The OASIS made a significant mark at the prestigious ‘Negotium Agon, the annual Inter-School Business Fest’ hosted by Wynberg Allen School in Mussoorie. The event, designed to nurture young entrepreneurial talent, saw participation from 43 schools nationwide, offering a platform for the students to showcase their innovative business ideas.

Five talented students—Aarav Malhotra, Yagya Mittal, Rudraveer Raina, Bhavishya Sharma, and Kabir Kriplani—represented The OASIS. They competed in various challenging events, including a Business Quiz, a Viral video showdown, Instagram post-making, and the stock exchange. The event proved to be an invaluable experience, furthering the students’ business understanding and personal growth. Bhavishya Sharma won an outstanding performance award in the Instahashtag Category, and a photograph clicked by me won appreciation in the ‘Teachers’ Photography Talent Hunt Round’.



शब्द सृजन



"क्या ये उजाले? क्या ये अँधेरे?
दोनों से आगे हैं मंज़र तेरे
क्यों रोशनी तू बाहर तलाशे?
तेरी मशालें हैं अंदर तेरे"

- मनोज मुंतशिर (बेसबरियाँ)



1. जन्म दिया रात ने, सुबह ने किया जवान ।
दिन ढलते ही, निकल गई इसकी जान।
2. मेरे पास पंख नहीं, फिर भी मैं उड़ता हूँ।
मेरे पास पैर नहीं, फिर भी मैं दौड़ता हूँ। क्या हूँ मैं?
3. मैं जन्म लेता हूँ, पर मरता नहीं।
मेरे पास सिर है, पर दिमाग नहीं।
मैं बढ़ता हूँ, पर चलता नहीं।
क्या हूँ मैं?
4. ऐसी कौन सी चीज़ है,
जो जितनी बड़ी होती जाती है,
उतनी ही हल्की होती जाती है?
5. हरी झंडी लाल कमान,
तौबा-तौबा करे इंसान।

समाचार, पत्र, दूरदर्शन, टेलीफोन, टेलीग्राफ

जिज्ञासा कुकरेती (XI)

संगीतमय उत्साह की खोज !

हिमांश आनंद
(यूफोरबिया)

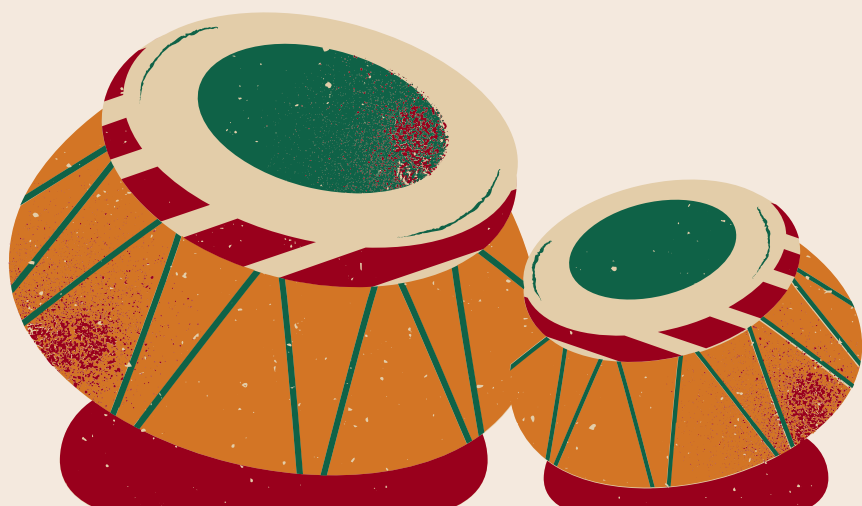


क्या आपने कभी अपना पसंदीदा गाना सुनकर बहुत खुशी महसूस करी है? जब संगीत मुस्कुराता है, नृत्य कराता है, यहां तक कि आंखों में थोड़े से आंसू महसूस कराता है, तब आपको जो एहसास होता है, उसे संगीत कहा जाता है। यह एक विशेष जादू की तरह है जो संगीत हमारे जीवन में लाता है।

जब हम संगीत सुनते हैं तो हमारा मस्तिष्क डोपामाइन और एन्डोफ्रिन नामक हार्मोन्स छोड़ता है। ये हार्मोन्स खुशी बढ़ाने का काम करते हैं। ये हमें अच्छा महसूस कराते हैं और कुछ समय के लिए हमारी चिंताओं को भूलने में भी हमारी मदद कर सकते हैं।

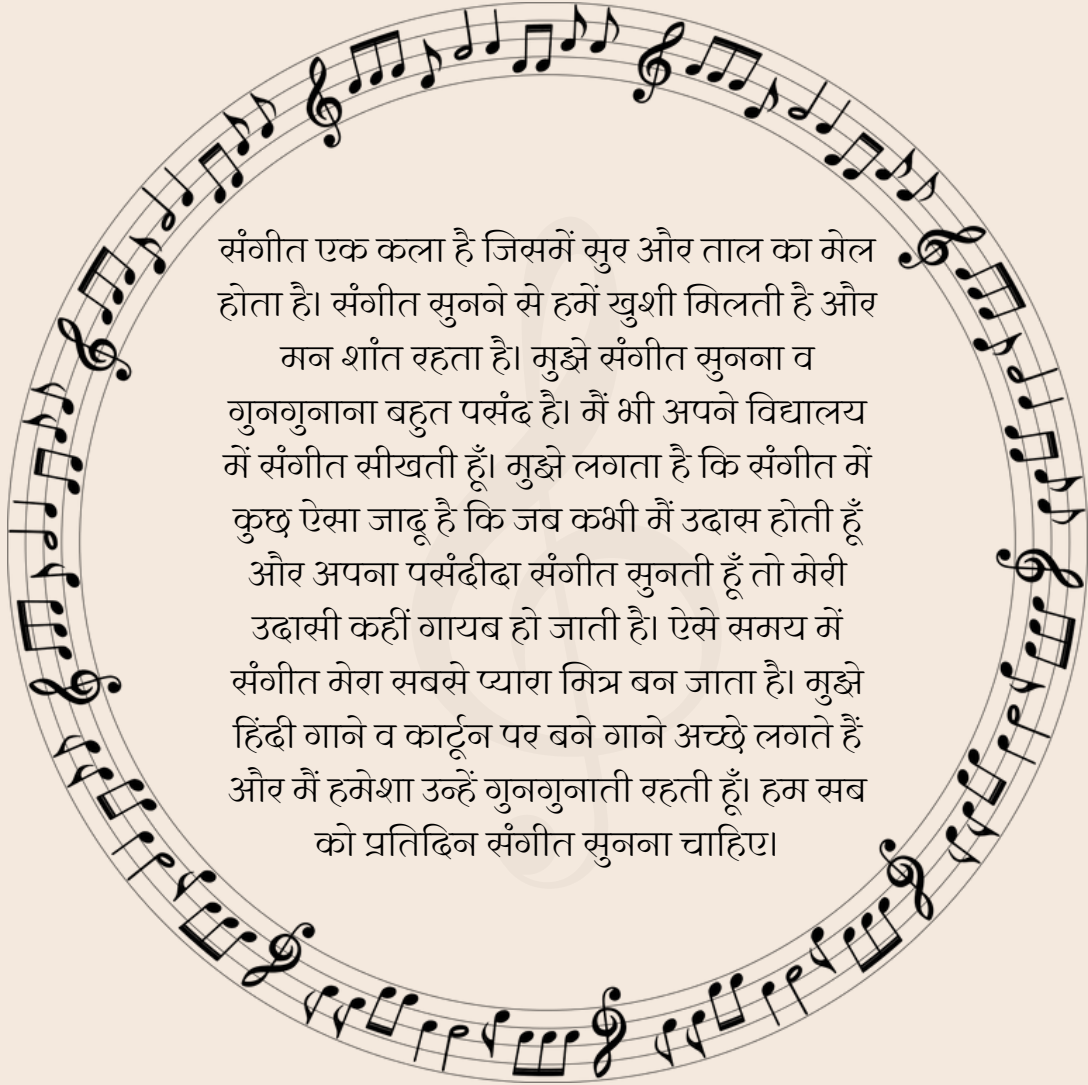
संगीत भावनाओं को इस तरह से व्यक्त कर सकता है कि शब्द कभी भी नहीं कर सकते। जब हम किसी गीत में भावनाओं से जुड़ते हैं तो हम अक्सर उत्साहित महसूस करते हैं। कभी-कभी एक गीत हमें हमारे मजेदार समय की याद दिलाता है, जैसे परिवार के साथ छुट्टी या दोस्तों के साथ एक पार्टी। जब हम उस गीत को फिर से सुनते हैं तो हम उन सुखद समय को याद करते हैं जिसका एहसास बहुत अच्छा महसूस कराता है।

अपने जीवन में उत्साह को अनुभव करने के लिए हमें अपने पसंदीदा गाने सुनना चाहिए। गानों पर नृत्य करना चाहिए, साथ ही गाना चाहिए। जब कभी आप खुशी या दुख की अनुभूति करें, तो एक वाद्ययंत्र बजायें दोस्तों और परिवार के साथ संगीत सुने और एक साथ संगीत का आनंद ले। संगीत आपके अनुभव को और भी खास बनाता है।

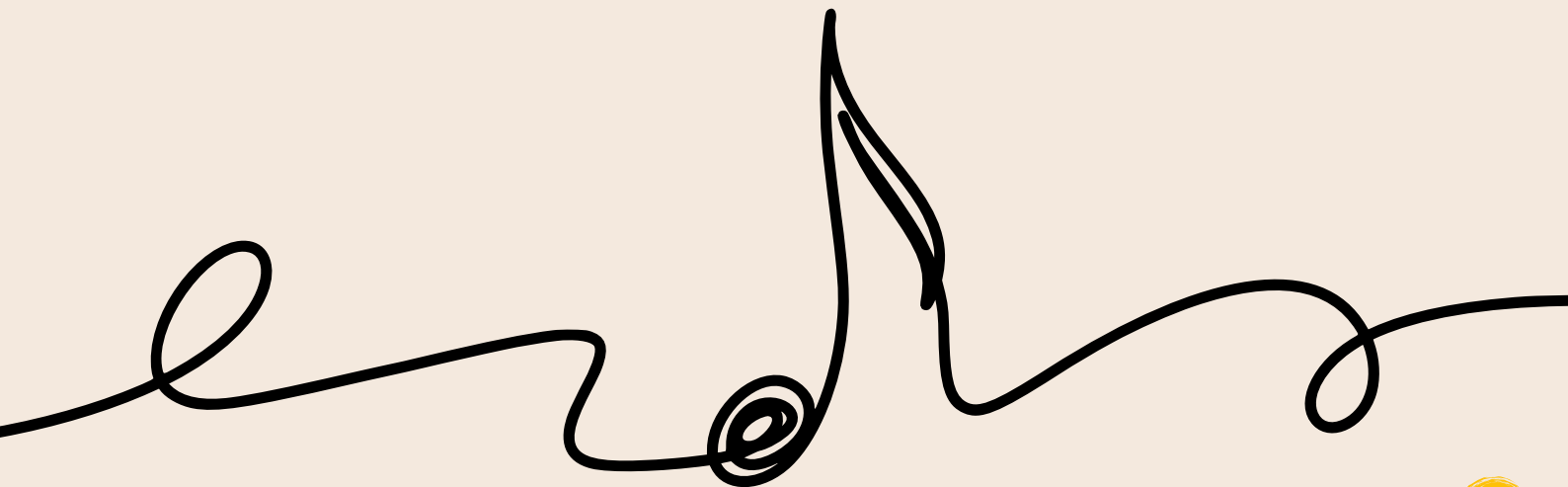


संगीत का जादू

सानवी रतूड़ी
(कैना)



संगीत एक कला है जिसमें सुर और ताल का मेल होता है। संगीत सुनने से हमें खुशी मिलती है और मन शांत रहता है। मुझे संगीत सुनना व गुनगुनाना बहुत पसंद है। मैं भी अपने विद्यालय में संगीत सीखती हूँ। मुझे लगता है कि संगीत में कुछ ऐसा जादू है कि जब कभी मैं उदास होती हूँ और अपना पसंदीदा संगीत सुनती हूँ तो मेरी उदासी कहीं गायब हो जाती है। ऐसे समय में संगीत मेरा सबसे प्यारा मित्र बन जाता है। मुझे हिंदी गाने व कार्टून पर बने गाने अच्छे लगते हैं और मैं हमेशा उन्हें गुनगुनाती रहती हूँ। हम सब को प्रतिदिन संगीत सुनना चाहिए।



कल्पना की उड़ान

हर्षिता रावत
(यूफोरबिया)



दिनांक 30 जुलाई 2024 मंगलवार को अंकुरम के कक्षा तीन, चार और पांच के विद्यार्थियों हेतु अंतर्सदनीय हिंदी भाषण प्रतियोगिता 'कल्पना की उड़ान' का आयोजन किया गया। सभी प्रतिभागियों ने अपने अनूठे अंदाज में दिए गए विषयानुसार अपनी कल्पनाओं में रंग भरे। प्रतिभागियों ने अपनी बहुमुखी क्षमता का उत्कृष्ट प्रदर्शन किया। प्रतियोगिता में विद्यालय निदेशक श्रीमान संजीव बाटला जी और कनिष्ठ संचालिका श्रीमती नताशा नंदी बाटला जी के साथ अन्य शिक्षकगण भी उपस्थित थे। सभी के द्वारा प्रतिभागियों को सराहा गया। विशेषकर विद्यालय निदेशक जी ने अपने आशीर्वचनों से प्रतिभागियों का उत्साहवर्धन किया।



प्रतियोगिता परिणाम

कक्षा 3:

प्रथम स्थान - सम्राट रजनीकांत सिलवाल (कार्डिनल सदन)

द्वितीय स्थान - ओजस सिंह (पेलिकन सदन)

तृतीय स्थान - बानी जोशी (स्टर्लिंग सदन)



कक्षा 4:

प्रथम स्थान - अभ्युदय चौधरी (कार्डिनल सदन)

द्वितीय स्थान - तृषा सिंह (ओरियल सदन)

तृतीय स्थान - मिराया दीक्षित (स्टर्लिंग सदन)



कक्षा 5:

प्रथम स्थान - सहिष्णु सिंह नेगी (ओरियल सदन)

द्वितीय स्थान - राघव ग्रोवर (कार्डिनल सदन)

तृतीय स्थान - अद्विती त्रिवेदी (स्टर्लिंग सदन)

प्रतियोगिता में प्रतिभागियों ने अपनी संपूर्ण तैयारी और आत्मविश्वास के साथ भाग लिया जिससे इस आयोजन को अत्यंत सफल बनाया। सभी विद्यार्थियों ने अपनी प्रस्तुतियों से दर्शकों को मंत्रमुग्ध कर दिया और विद्यालय का गौरव बढ़ाया।

O.A.S.I.S.

OUTSTANDING-ATHLETICISM- SPEED-
INTEGRITY-SPORTS



Inter-House Yoga Championship

Kabir Dahiya

IX A



This month's main highlight was the Inter House Yoga Championship. Since the school reopened, auditions for this championship have been conducted, and practices have taken place.

The championship was held successfully on the 18th and 19th of July, 2024. Both boys and girls from Classes VI-VIII participated. The event began with a meditative yoga prayer and had four distinct categories:

- Yogic Warmup (Suksham Vyayam) (Pair or Group)
- Athletic Yogasana (Individual)
- Artistic Yogasana (Individual)
- Rhythmic Yogasana (Pair or Group)

With grace and enthusiasm, the participants performed the asanas with utmost precision. Each house performed skillfully.

The first position holders of each event of the championship were as follows:

Yogic Warmup: Vinaya House

Michelle Bhatt

Prisha Negi

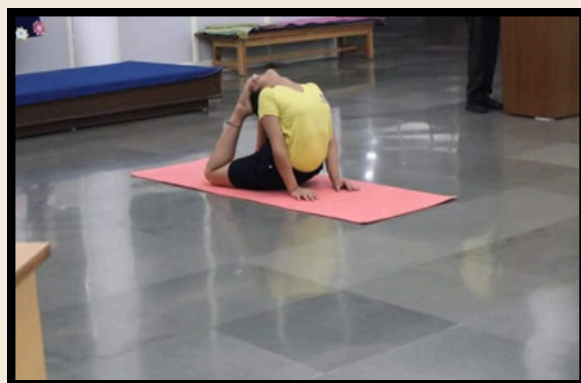
Emme Bhatt

Amartya Gupta



Athletic Yogasana: Mahit House

Krishang Dimri



Artistic Yogasana: Vinaya House

Jahanvi Rana

Angel Sharma

Jasmaira Sabharwal

Avantika Lakshmi Sanidhi

Uditansh Uniyal



Rhythmic Yogasana: Daivik House and Mahit House

Khushi Sajwan

Samara Phuntsog

Overall House Results:

First Position: Mahit House

Second Position: Vinaya House

Third Position: Prasatti House

The ACC Women's Asia Cup

Aanya Soni
XI A

For many years, women's cricket or sports weren't given the same attention or importance as their male counterparts. But times are changing, and women's sports are slowly gaining the importance they deserve.

From the transformation of empty stadiums to nearly full ones, women's cricket has seen a surge in popularity. The sport is on a winning streak, breaking records and reaching new heights. The excitement is palpable, especially with tournaments like the ICC Women's World Cup and the Women's Indian Premier League. And now, the ongoing Women's Asia Cup is keeping us all on the edge of our seats.

The Women's Asia Cup, officially known as the ACC Women's Asia Cup, is a women's One Day International and Twenty20 International cricket tournament. Established in 2004, it is a biennial tournament, i.e., every two years. The game is contested by cricket teams from Asia. This year's Asia Cup is being held in Sri Lanka at the Rangiri Dambulla International Stadium. Eight countries are taking part: Malaysia, Bangladesh, Thailand, Sri Lanka, UAE, Nepal, Pakistan and India.

The tournament started on 19 July 2024. On the first day, two matches took place: the first between UAE and Nepal, in which Nepal won, and the second between two rivals, India and Pakistan, in which India won. The tournament has two groups: one consisting of India, Pakistan, Nepal, and UAE and the other consisting of Sri Lanka, Thailand, Bangladesh, and Malaysia. India is leading in the first group and Sri Lanka in the other.

The semifinals took place on 26 July 2024. The first semifinal was between India and Bangladesh, and India secured an easy seat in the finals. The second semifinal was between Sri Lanka and Pakistan, and after a very close match, Sri Lanka secured its seat in the finals. The final took place on 28 July 2024 between Sri Lanka and India, and after a tough-fought battle, Sri Lanka won the ACC Women's Asia Cup for the very first time!

As a spectator, I shared the hope of seeing the ACC Asia Cup trophy in the hands of our captain, Harmanpreet Kaur, and the rest of the team. We all felt disappointed that we did not achieve this goal, a testament to our strong connection with the team's journey.

But regardless of the loss, the Sri Lankan team played exceptionally well, and they finally won the tournament after being the runners-up for five years! After a lot of hard work and dedication, the Sri Lankan team's flag prevailed on the 28th of this month.

I hope this article can inspire more people to experience the joy and fulfilment of women's cricket. The women and girls who represent our country in this sport deserve equal recognition and opportunities, and no one should be deprived of the passion that cricket brings.

cricketstatus7

THE GLOBAL JIGSAW

The Global Gig: Power Plays & Power Players

Jigyasa Kukreti
XI A

GLOBAL LENS



Credits: The Times of India

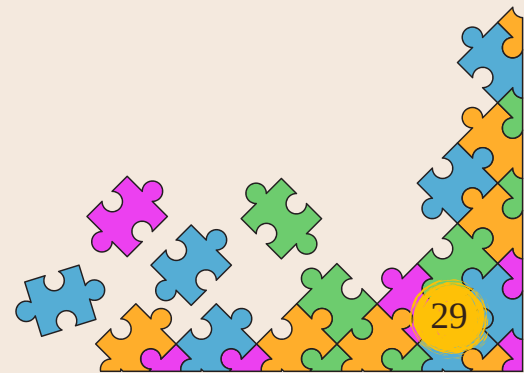
Changes in the Indian Penal Code:

The Centre has implemented new criminal legislation which took effect on July 1, 2024. The Bharatiya Nyaya Sanhita (BNS), Bharatiya Nagarik Suraksha Sanhita (BNSS), and Bharatiya Sakshya Adhiniyam (BSA) have superseded the Indian Penal Code (IPC), Code of Criminal Procedure (CrPC), and Indian Evidence Act, respectively. To further protect victims, key amendments included more severe penalties for sexual offenses such as stalking and online harassment. Reforms were also undertaken to expedite procedures for economic violations and corruption, with a focus on speedier trials and tougher penalties. The reforms are intended to update the legal framework and improve justice delivery in India.

2024 is the "Season of Elections," with many nations, including the United States, India, Russia, Indonesia, Iran, and the European Union, holding elections. The U.S. presidential election on November 5, 2024, will see the current Vice President Kamala Harris running for election against former President Donald Trump, who seeks a second, non-consecutive term.

In July 2024, an assassination attempt on former President Donald Trump in Pennsylvania heightened political tensions. With scarce details, the incident has raised concerns about officials' safety and potential violence. Authorities are investigating, and leaders are calling for unity and moderation. The event brings a severe and dramatic dimension to the current election season.

Several U.S. presidents and candidates have been victims of such gun-related attacks. Presidents Lincoln, Garfield, McKinley, and Kennedy were killed in office, while attempts were made on Roosevelt, Truman, and Reagan, who survived. Such 15 assaults have occurred in America, underscoring the ongoing threat of gun violence in American political life.





Credits: Jagran Josh

Chabahar Port:

Chabahar Port, located in southern Iran, is critical for India because of its strategic location on the Arabian Sea, providing a vital transit route to Central Asia and Afghanistan. Its construction is vital for India's ambitions to circumvent Pakistan in commerce with the region's landlocked countries. It has recently made headlines owing to rising geopolitical tensions, with India concentrating on boosting its infrastructure and connections through Chabahar as part of a larger campaign to increase regional influence and secure supply chains.



Credits: Zee Business

The Union Budget 2024-25:

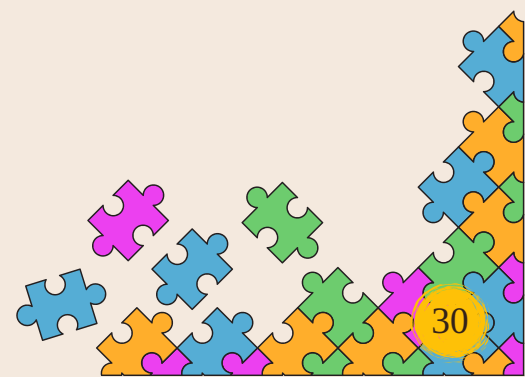
India's finance minister, Nirmala Sitharaman, presented the first union budget of the Modi 3.0 governance on July 23, 2024. The budget majorly emphasises the following themes: education, employment, skilling and industry 4.0, and the middle class.

American gun regulations are frequently criticised for problems, including inconsistency and loopholes that allow dangerous individuals to access weapons. The patchwork structure of state and federal legislation leads to inequalities in gun control, with some jurisdictions enacting stronger prohibitions than others. The Democratic Party has traditionally been quite tough on gun legislation, even proposing a background check statute to discover a person's background before purchasing a gun; however, the Republican Party is more flexible on this topic. Ironically, the spokesperson of a party with permissive gun restrictions has suffered such an attack.

However, there are many angles to consider regarding the attack on Trump. The assassination attempt on Trump involved several unusual coincidences. Before the rally where Trump was attacked, Joe Biden posted on his official Twitter account about how guns are a threat by writing, "I want to ban assault weapons and want to do background checks. Trump promised the NRA that he'd do nothing about the guns. And he means it."

Several security lapses occurred during the event, including inadequate high-ground control, unresponsive counter-snipers, and insufficient press briefings by the Secret Service. Additionally, a video is going viral where a woman behind Trump is seen acting suspiciously during the shooting. This suspiciously calm woman during the attack has fueled many conspiracy theories. The FBI is still investigating, so many details remain unclear.

The most intriguing aspect of the shooting was Trump's reaction. After the attack, he stood up and shouted "Fight! Fight! Fight!" seemingly unfazed. This response has bolstered his image, with figures like Elon Musk supporting him and shifting public sentiment.





Credits: National War Memorial

Chronicles of the Calendar:

4 July: Independence Day of the U.S.A. - In the United States, Independence Day is an annual national celebration of the adoption of the Declaration of Independence on July 4, 1776 by the Continental Congress.

14 July: Bastille Day - Bastille Day, also known as French National Day, commemorates the storming of the Bastille on July 14, 1789, a pivotal event in the French Revolution, as well as the Fête de la Fédération, which celebrated the French people's unity on July 14, 1790.

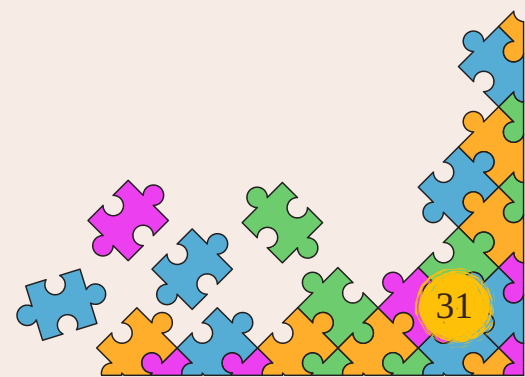
26 July: Kargil Diwas - Kargil Vijay Diwas recognizes the heroism of the soldiers who gave their lives in defence of the nation, as well as the commitment and might of the Indian armed forces.

At such a crucial moment, the prospects of Trump winning the elections increased when, under intense pressure from inside his party, President Biden stopped his candidacy and endorsed Vice President Kamala Harris to run in his stead. Ms. Harris said she will seek the nomination: “Together, we will fight. And together, we’ll win.”

In India, leaders, including PM Modi and Rahul Gandhi, have condemned the attack on Trump and expressed concern for his health. However, some leaders are using this incident politically in other ways. BJP leader Kapil Mishra warned about the dangers of political hate, comparing the attack to India’s political climate and accusing Rahul Gandhi of fostering a similar environment that could lead to violence against Modi.

“What happened in the USA today, Rahul Gandhi is creating the same hate-filled political environment in India,” said Mishra, “when you hate and demonise someone, falsely accuse them of being a fascist, lie and say he’s a threat to democracy, you set the stage for sick people to commit acts of violence.”

In this context, dealing with democracies’ greater crises has become critical. The issue is eroding public faith in governments. Democracies must choose between being trapped in polarised politics, with poisonous language inciting hatred and violence, and moving toward national healing and togetherness. Today, every great democracy must be headed by a unifier, not a divider. The essence of democracy is that political disputes are decided at the polls, not on the streets. It is time to go beyond division and vituperation.



EUREKA!
I
HAVE
FOUND
IT



Beyond the Beat

Arshiya Sandlas Chandna

XI A

“Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination and charm and gaiety to life and everything.” Music isn’t just meant to be heard; it is intended to be felt. It has a profound effect on our bodies and our minds. We harbour different musical tastes and listen to various genres, but have you ever wondered why certain songs make you feel all pumped up and ignited with that adrenaline rush while others are like honey to your soul?

The magic lies beyond mere hearing, but rather in how music triggers psychological and physiological responses like emotions and increased heartbeat in the human body. One of music’s most common and prominent effects is on an individual’s mood. For instance, a person might be very pensive and sad, but an upbeat song could evoke a sense of happiness and energy in him. This happens because music can stimulate the release of neurotransmitters like dopamine, which are responsible for these feelings of joy and pleasure in the human brain. Research has shown that listening to calm and slow music can lower your heart rate and decrease blood pressure.

The neurobiology of music is a highly specialised field. Listening to music affects not only our emotions but also our nervous system, memory, cardiovascular function, and athletic performance. Music’s most highly publicised mental influence is the “Mozart effect.” Wolfgang Amadeus Mozart is regarded as one of the greatest composers in the history of Western music. The Mozart effect is a theory that listening to Mozart’s music may temporarily boost scores on one portion of an IQ test.

According to the National Library of Medicine, many researchers claim that listening to Mozart’s music for 10 minutes enhances spatial-temporal reasoning performance. It is also suggested that listening to music primes the activation of those areas of the brain concerned with spatial reasoning (such as building three-dimensional cube assemblies in sequence).

Furthermore, a more impressive indication of the Mozart effect is being seen in curing epilepsy. According to the National Institutes of Health, 23 out of 29 patients with focal discharges or bursts of generalised spike and wave complexes who listened to the Mozart piano sonata K448 showed a significant decrease in epileptiform activity.

Listening to music has also shown therapeutic effects when it comes to pain management. Music therapy is a therapeutic approach that uses natural mood-lifting properties to help people improve their mental health and overall well-being. The results of recent studies suggest that music may be able to play a role in helping with the management of chronic and acute pain. Listening to music you like releases endogenous opioids in the brain (natural pain relievers), which soon spread throughout the body and reduce the pain. Thus, music is a powerful tool that can affect the human body in numerous ways apart from entertainment.



Bloom of the Month

Tears of Omkara

Gauri Juyal
XI A

Botanical name: Elaeocarpus ganitrus

Common names: Rudraksha, Ruthratcham, Utrasum Bead

Tree, Blue Marble Tree

Flowering season: June

Native: South-east Asia



Rudraksha tree is a large evergreen tree adorned with a beautiful crown of shiny, green, oblong leaves. The trunk is rough-textured, cylindrical, and greyish-white. As the tree matures, it buttresses at the base, its roots

radiating along the ground's surface. This tree is mainly found in the foothills of the Himalayas, in the Gangetic plains, and in the regions of Southeast Asia, including Indonesia and Papua New Guinea.

It is known to have small, round-oval, violet, or blue fruits that contain hard seeds and are known as blueberry beads. Inside these beads, we find the magnificent rudraksha, commonly used in Hindu and Buddhist practices. A young Rudraksha tree is in the garden leading to the dining hall at the centre of the school, near the boys' residential area.

Ethnobotany:

Rudra is the name for Lord Shiva in his aspect as “the dissolver of the universe”. The story goes that once, Lord Shiva was in penance for an extended period, immersed in his blissful self. When he eventually woke up, tears fell on the ground from his eyes. These tears became a seed that grew into a tree, which came to be known as the Rudraksha tree. The seeds of this tree were bestowed special powers by Lord Shiva, which can assist us in our spiritual evolution. Rudraksha, “the aksha of Rudra” brings us Raksha, protection, and helps us face hurdles on our spiritual journey.

Scientific studies have revealed that the whole cosmos is permeated by numerous continuously moving particles that constitute interstellar matter. The movement of these particles is known to cause winds called cosmic winds. These winds make their howling sound in the universe, unperceived by the human ear.

In the Vedas, Rudra, a deity in our Puranas, is associated with this howling sound when he goes about his destruction spree. Rudraksha attracts cosmic particles and channels them throughout our body like an antenna. These energies attracted by Rudraksha bring added vitality to our system, leading to health and harmony while removing negativity.



Pharmacognosy:

Traditionally, the plant is used for medicinal properties by local people to cure various diseases. Researchers have reported pharmacological properties like anticonvulsant (prevents seizures, anti-epileptic), antimicrobial, antidiabetic, antihypertensive, antidepressant, and anti-inflammatory activity of Rudraksha. Rudraksha beads have been reported to be beneficial against chronic nervous, cardiovascular, respiratory, and digestive disorders, which has also been stated in ancient medicinal literature.

Parent Speak

Digital Dependency: The Hidden Perils of Children's Screen Time

Mr. Himanshu Sharma

In recent years, the pervasive influence of technology has significantly altered the daily lives of children. While technology offers undeniable benefits in education and entertainment, the increasing dependence on it raises serious concerns. Excessive screen time and reliance on digital devices can lead to several adverse effects on children's physical, mental, and social development.

One of the most pressing issues is the impact on physical health. Prolonged use of smartphones, tablets, and computers often results in sedentary lifestyles, contributing to childhood obesity and related health problems. Additionally, excessive screen time can strain the eyes, leading to vision issues such as digital eye strain or myopia.

Mentally, the overuse of technology can affect attention spans and cognitive development. Children accustomed to instant gratification from digital devices may struggle with patience and the ability to concentrate on tasks for extended periods. The constant bombardment of information can also overwhelm young minds, impeding their capacity to process and retain knowledge effectively.

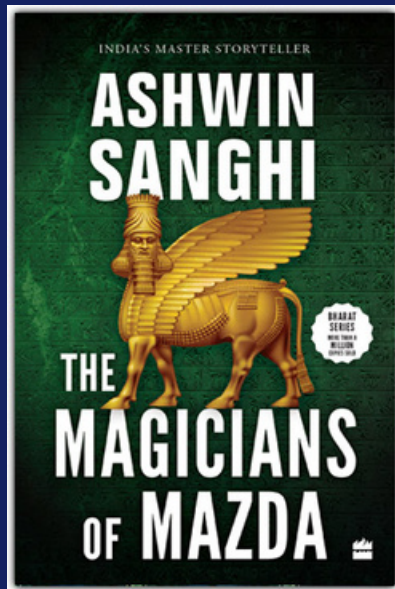
Socially, the dependence on technology can hinder the development of essential interpersonal skills. Children who spend significant time interacting with screens rather than peers may face challenges in building meaningful relationships and developing empathy. The virtual world, while connected, often lacks the depth of real-life interactions, potentially leading to feelings of isolation and loneliness.

Moreover, the internet exposes children to risks such as cyberbullying, inappropriate content, and online predators. Without proper guidance and monitoring, children may fall victim to these dangers, further exacerbating the negative effects of technology dependence.

In conclusion, while technology has the potential to enhance learning and entertainment, excessive dependence on it poses significant risks to children's overall well-being. It is imperative for parents, educators, and policymakers to promote a balanced approach, encouraging healthy screen habits and fostering activities that contribute to holistic development. By doing so, we can ensure that children benefit from technological advancements without compromising their health and social skills.

MUST READ

Magicians of Mazda



- **Author** – Ashwin Sanghi
- **Publisher** – Harper Collins Publisher India
- **Pages** – 468
- **Genre** – Historical fiction, Adventure, Mystery

“Humarta, Hukhta, Hvarshta: Good thoughts, good words, good deeds.”

“The Magicians of Mazda” is a fabulous blend of mythology, history and thriller. This book explores the Zoroastrian culture and history in a compelling narrative. The plot revolves around Jim Dastoor, a Mumbai-based Parsi who is on a mission to uncover the secrets of an ancient manuscript. In his quest, he finds himself in a world full of secret societies and mysterious artefacts. Despite frequent information overload which slows down the plot, this book is a must-read for all the historical thriller aficionados.

MUST LISTEN

Aye Zindagi Gale Lga Le



- **Singer:** Suresh Wadkar
- **Songwriter:** Gulzar
- **Composed by:** Illaya Raja
- **Released in:** 1983
- **Featured in:** *Sadma* (starring Kamal Hassan and Sridevi)

“Aye zindagi gale laga le
Hamne bhi tere har ek gam ko
Gale se lagaya hai, hai na”

MUST WATCH

The Pursuit of Happyness



- **Director** - Gabriele Muccino
- **Writer** - Steve Conrad
- **Genre** - Family, Comedy, Action, Drama
- **Cast** - Will Smith, Thandiwe Newton, Jaden Smith
- **Oscar Nominations** - Actor in a Leading Role (Will Smith)
- **Where to watch** - Netflix, Apple TV, ZEE5

“Don’t just talk that talk, walk it and go forward. Also, the walk didn’t have to be long strides; baby steps counted too. Go forward..”

In this heart-touching blockbuster, a newly single father is determined to lift himself and his son out of poverty and works his way up from the bottom at a stock brokerage firm.

PICTURE GALLERY



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