

THE PULSE

EDITION 48 | THE OASIS | AUGUST 2024





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

Monthly Recap

- **1st August:** Athletics Classes III-V
- **2nd to 3rd August:** The OASIS Inter School MUN
- **5th to 9th August:** The OASIS Inter School Badminton Tournament
- **5th to 14th August:** Library Fortnight
- **7th August:** Inter House English Debate Classes VI-VIII
- **8th August:** Inter House Kavita Vachan Classes I and II
- **9th August:** Inter House Story Telling Competition Classes III-V
- **10th August:** The OASIS RISE Programme
- **10th August:** Kitchen Einstein Classes VI-VIII
- **12th August:** Science Exhibition Classes IX-XII
- **13th August:** Incredible India Quiz Classes VI-XII
- **13th - 16th August:** Inter House Badminton Competition
- **14th August:** B for Breathing for Class II
- **15th August:** Independence Day Celebration
- **16th August:** Inter House App Development Competition Classes IX-XII
- **20th August:** Know Your Body for Girls Classes IV
- **20th August:** Inter House Swimming Competition Classes IV and V
- **21st and 22nd August:** Know Your Body for Boys Classes IV and V
- **21st-23rd August:** Inter House Swimming Competition Classes VI-XII
- **23rd August:** Yoga Display Classes I-III
- **24th August:** The OASIS RISE Programme
- **28th August:** Inter House English Debate 'Rhetoric Eloquence' Classes IX-XII
- **29th August:** Know Your Body Class III
- **29th August:** Inter House Singing Competition Classes VI and XII
- **30th August:** 'Spin a Yarn' Story Telling Classes I and II
- **30th August:** Staff Vs. Student Volleyball Match
- **31st August:** The OASIS RISE Programme
- **31st August:** PEP for Parents of Classes I and II



monsoon marvels!

From The Editor's Desk...

Gauri Juyal
XIA

Dearest Reader,

My hearty greetings to you!

Balancing the tightrope between infinite co-curricular events and Half-Yearly preparations, we 'acrobats' thoroughly enjoyed ourselves this month. It is my pleasure to give you the 'exclusives' of August!

Our students' dedication was truly inspiring in the OASIS Model United Nations (MUN), a significant student-led initiative. With over 125 student delegates from various schools, the Executive Board members worked tirelessly, managing the event and instilling diplomacy. Their efforts, including numerous run-throughs and late-night work, were a testament to their commitment. Stay tuned for the upcoming The OASIS MUN Gazette, a testament to their hard work!

The Inter-School Badminton Tournament, followed by the Inter-House Badminton Tournament, and the Inter-House Swimming Tournament for Juniors and Seniors, filled the campus with an electrifying energy. The competitive spirit, the loud cheers, and the adrenaline rush were palpable, whether in the audience gallery of the MPH or the water-splashed visitor's stairs by the swimming pool. The enthusiasm of Mahit and Vinaya House students was truly infectious!

The Science Exhibition was a celebration of our love and interest in science at The OASIS. Students from Classes IX and XI showcased their unique and fascinating scientific projects, from human body cells to principles like the tensegrity of components. It was a joyous and enlightening experience for all involved.

The Inter-House Incredible India Quiz was certainly the breakthrough of the month! The apt questions, the sharpness of the participants' minds and the fun of answering the left-over questions made my day as part of the audience. The English Debates for Satva and Ekya, Library Fortnight, Inter-House Kavita Vachan, Kitchen Einstein, Inter-House App Development Competition, and Inter-House Singing Competition also made our August afternoons joyful.

Other than that, The OASIS also participated in various competitions that took place at numerous schools, including Unison World School, Doon International School (Riverside), The Doon School, Gyananda School for Girls, Hopetown Girl's School, Wynberg Allen School, Summer Valley School, and Shri Ram Centennial School. We were also a part of various business, visual, and performing arts and psychology seminars that aimed to strengthen the command and interest of students in the subject.

This month, we theme the PULSE around our lovely companion, Rain. Rain has witnessed us on our journey of achieving accolades, happiness, and growth and has also seen many of us skid on the slippery way to the dining hall!

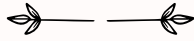
Happy reading!

PRIME-O-GRAM



Water Drops

Izma Amber
Daffodil



I love the rainy season because of the lovely water drops.
Whenever I come out of my house and it starts raining,
I think that me and those water drops are really good friends!
Whenever those water drops go far away from me, I really feel sad.
I wish those water drops will always be with me.

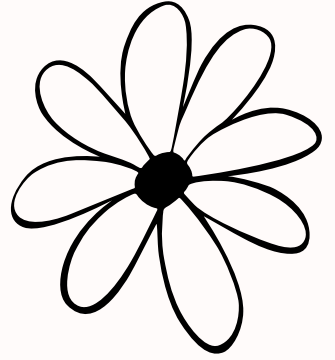


Marvels of Monsoon

Riana Khanna

Eustoma

The sky turns grey, the rains arrive,
Nature's joy comes alive.
Puddles splash, the rivers flood,
The fields turn green with alluvial mud.
The flowers bloom, the trees stand tall,
The earth rejoices, one and all.
Raindrops fall, the frogs sing loud,
Traffic snarls as people crowd.
A breeze so fresh, it whispers near,
Monsoon's magic, loud and clear.
Each drop brings life,
The seed grows without strife.
The sky, a condensed coat,
Keeps nature's boat afloat.
As clouds embrace the earth below,
Life blossoms in the monsoon's glow.



Rain-flick: A Limerick

Riana Khanna

Eustoma

When monsoon begins its grand show,
Dad grabs his umbrella to go.
He splashes with glee,
Walking so free,
I laughed as he slipped in the flow!





Festivals

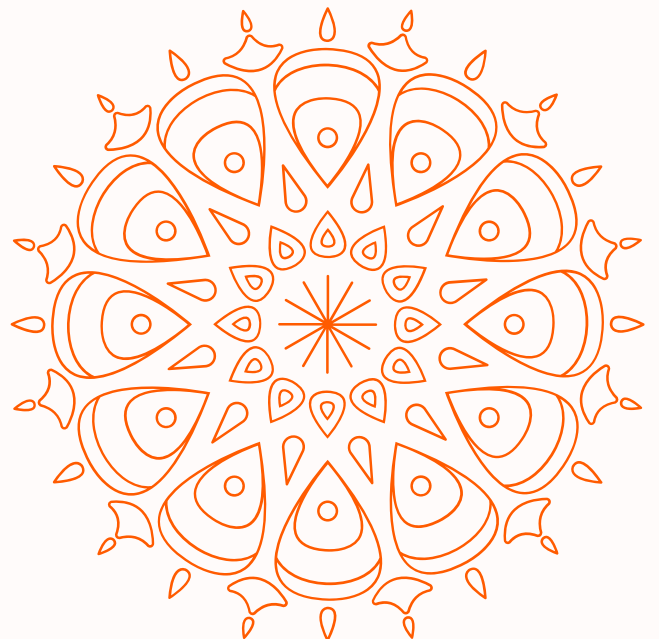
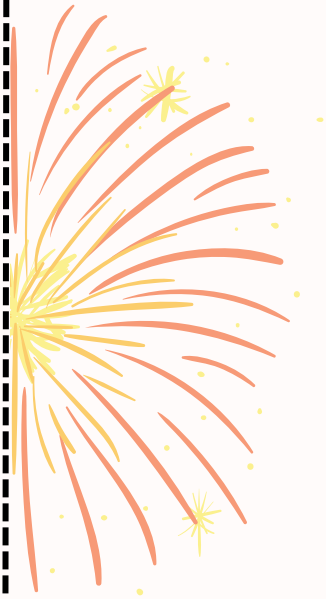
Aradhay Singh
Begonia

Work,work and only work
We humans are just like clerk;
No enjoyment, no fun
Just to see the rising sun.

But when comes the festival
The value of stress goes null
With the dancing soul we enjoy it
Broad smile follows it

Running legs dance a while
Everything in one's own style
Speaking tongue also sings
All this is what that festival brings
Gifts of christmas ,colours of holi
Love of Eid,light of diwali
Not only this but many more
Are the festivals that you don't know

All of these festivals
Just for you
Forget the work
And indulge in you.



Words don't come easy, but spellings do!

Mohd Ibrahim Siddiqui
Calendula

An Inter School Spelling Bee Competition was held on 10th August 2024, at Maa Anandmayee Memorial School Junior Wing in Raiwala, Rishikesh.

A total of 14 schools, from in and around Dehradun, participated in the competition. Ruben Lama and I, Mohd Ibrahim Siddiqui, from class III, represented The OASIS under the guidance of Swati Ma'am.

The competition was held in 2 parts - the Elimination Round and the Main Contest.



The Elimination Round had three sub-rounds:

1. Round 1 - 10 common words were presented in a jumbled form to each team. We had to form the correct word.
2. Give me some words - students were given some letter sounds, and we had to speak as many words as possible, beginning with given sounds.
3. Synonyms & Antonyms (Rapid fire) - each team was given five words for which we had to give the synonym//antonym.

Results were declared immediately after this round, and the top 5 teams proceeded to the Main contest.

The Main Contest consisted of the following sub-rounds:

Round 1: Word Scrabble (Individual Round) - Each team was given small letter tiles; the participants had to form words given on the screen using the given letter tiles.

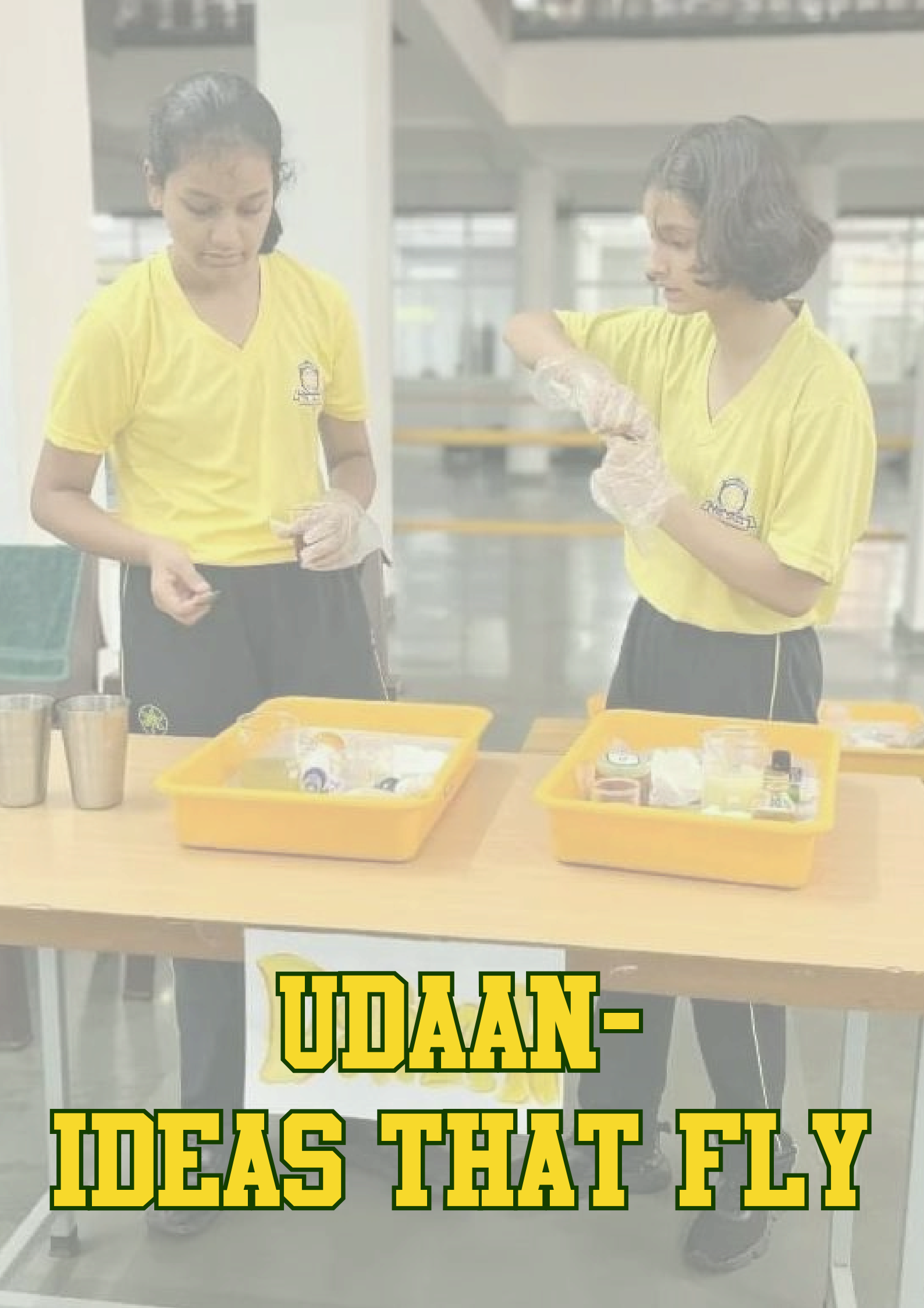
Round 2: Pronunciation (Individual Round) - Each team was given five words to pronounce.

Round 3: Complete the word (Buzzer Round)—Each team was given only one chance to complete the words shown on the screen by filling in the missing letters.

Round 4: Choose the correct meaning (Buzzer Round): Teams were required to choose the accurate meaning of the word shown on the screen from the four options.

Each team was given 15 seconds to answer a question (other than the Rapid Fire round).

Ruben Lama and I, Mohd Ibrahim Siddiqui, of The OASIS team, were the competition winners and received the winning trophy.



UDAAN- IDEAS THAT FLY

Monsoon Magic

Medhansh Modi
VI D

The monsoon season is here! It's the time when the sky cries, and the earth laughs. I love watching the big, fat raindrops splash on the ground. It resembles a tiny dance party!

The monsoon brings so much life to our surroundings. The trees wear their greenest dresses, and flowers bloom in all colours. I love to jump in the puddles after the rain stops. It's so much fun! But sometimes, the rain can be too much. It can make us feel sad and stuck indoors. Also, the roads become slippery, and going to school is hard.

We must be careful during the rainy season. We should wear raincoats and rubber boots to stay dry. It's important to stay away from waterlogged areas to avoid diseases. We should also help keep our surroundings clean to prevent waterlogging.

Even though the monsoon can be tricky at times, I still love it. It's a magical time of the year. It brings joy, nature's beauty, and a refreshing coolness to our lives. Let's enjoy the monsoon safely and responsibly!

Thank you.



Library Fortnight: A Journey Through Stories and Poems



Francesca Bhatt Joshi

VII B

Our school recently observed Library Fortnight, a special two-week celebration dedicated to fostering a love for reading and literary exploration among students.

The activities were thoughtfully designed to engage students of all ages, from our youngest readers to our more seasoned students, encouraging them to connect with literature, creatively and meaningfully.

Satva Activities

The students of Satva (Classes VI-VII) participated enthusiastically in the activities organised for them.

In Week 1, students were asked to 'Advertise Their Favourite Poet' with their poems. They selected poets and poems that resonated with them, then created impressive presentations on thick chart paper, complete with images and the selected poems. During their library schools, they confidently presented their work to their classmates, sharing insights about the lives and works of their chosen poets.

Week 2 brought a new opportunity for the Satva students to engage with their favourite authors through the 'My Message to the Author' activity. Students wrote heartfelt messages to authors like Sudha Murthy, Ruskin Bond, Jeff Kinney, and Elisabetta Dami. These messages will be shared with the authors through the Book Club, giving students a unique chance to connect with the creators of the books they love.

Ankuram Activities

(Classes I-III)

The younger students in Ankuram (Classes I-III) had a special activity called "Nani Dadi Ki Kahaniyaan" during Week 1. This heart-warming event encouraged them to reconnect with their grandparents, listen to cherished stories, and then write those stories down on A3-sized pastel sheets. The students brought these stories to life in class through expressive narration, demonstrating their budding language skills and the strong bonds they share with their elders.

(Classes IV-V)

Classes IV and V students also had a memorable Library Fortnight filled with engaging activities.

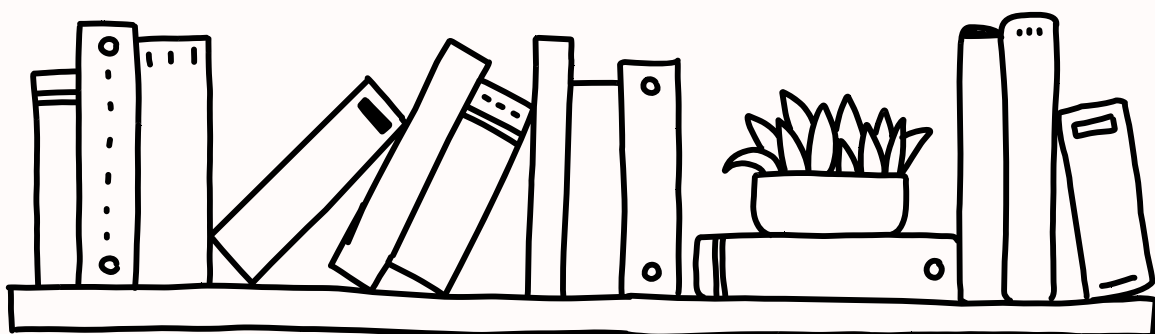
In Week 1, they, too, participated in the 'Advertise Your Favourite Poet' with their Poem activity. Like the Satva students, they created visually appealing presentations that showcased their chosen poets and poems. The effort and creativity they put into their work were evident as they shared their presentations during library school.

In Week 2, the students participated in a Read-Aloud Activity. Each student selected a story or a passage from their favourite library book and read it aloud to their classmates. This enjoyable exercise helped them develop public speaking skills and deepen their appreciation for storytelling. The readings sparked lively discussions, with the narrators and listeners engaging in thoughtful questions and answers.



Library Fortnight was a tremendous success, with students across all classes participating wholeheartedly. The activities brought out their creativity, encouraged a love for literature, and provided them with platforms to express themselves. The best works from each activity will be proudly displayed in the school library, inspiring all.

As we wrap up this year's Library Fortnight, the joy of reading and the creative expressions seen during this celebration will linger in our students' hearts and minds for a long time to come.



Inter-House English Debate

Tanishka Kantoor
VIII A



On 7th August 2024, the Inter-House English Debate was held in the Theatre Studio. The debate was a dynamic and intellectually stimulating event that highlighted the students' debating prowess and critical thinking abilities. The topic, "Citizens are More Accountable than the Government in Preventing Road Accidents," provided a rich platform for discussion, allowing participants to delve deep into the nuances of responsibility and accountability.

From the outset, the atmosphere was electric, with each house presenting well-prepared arguments that reflected their unique perspectives. The debate was marked by passionate delivery and insightful rebuttals, showcasing the participants' thorough understanding of the topic and ability to engage with complex ideas.

The performances from each house were impressive. Vinaya House set the tone with a compelling argument in favour of the motion, emphasising the role of individual responsibility in road safety. Their opponents, however, did not shy away from questioning the effectiveness of relying solely on citizens for such a critical issue. Prasatti House followed, bringing a well-researched and evidence-based approach to the debate, which added depth and credibility to their stance. Daivik House participants highlighted the strengths and limitations of personal and governmental roles in road safety. At the same time, Mahit House concluded the debate with a balanced perspective that tied together the various arguments presented throughout the event.

The judges, Mrs Vineeta Sharma, Mrs Archana Puri, Mrs Sangita Verma, and the chairperson, Shivanshi Gupta—were crucial in maintaining the debate's flow and ensuring a fair and thoughtful evaluation. Their constructive and encouraging feedback gave participants valuable insights into their performance and areas for improvement.

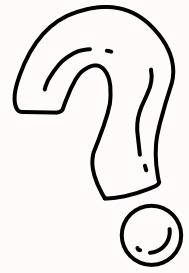
Mahit House emerged as the winner, with Tarushi Dhiman and Sanskriti Singh delivering strong and balanced arguments. Prasatti House, represented by Divit Agarwal and Jahanvi Rana, secured second place, while Daivik House, with participants Unnati Kukreti and Pratyaksha Singh, took third place. The debate was a testament to the student's ability to engage thoughtfully with critical societal issues, concluding with Divit Agarwal being named the Best Speaker for his exceptional performance.

Ultimately, the debate was not just an academic exercise but a meaningful exploration of a critical societal issue. The event underscored the importance of individual and institutional roles in ensuring road safety, leaving participants and the audience with a deeper understanding of the complexities involved.



Incredible India Quiz

Rushil Uniyal
VIII C



Recently, our School organised the “Incredible India Quiz”. The audition was scheduled for July 29, 2024. Around 15 students participated in the audition round for this competition. There was a tie between Shivanshi and me. Finally, I was selected for the Incredible India Quiz. I was happy and nervous because it was my first Inter House Event. My partner was Jigyasa Kukreti. She is a deserving student of our School, and I was fortunate to be on her team. We discussed the topics and went through several rounds of further discussions. Thus, we prepared well enough. Finally, on August 13, 2024, the Day of the competition arrived. All the participants had an Early Lunch. I was very anxious as all the students from Satva and Ekya were watching us. The Quiz wasn’t challenging for us, as we were well prepared and went well.

Daivik House secured the first position.

Prasatti House secured the second position.

Vinaya House secured the third position.

After the competition, we congratulated each other and everybody congratulated us.



KALEIDOSCOPE



Independence Day



Nationalism is the sense of togetherness that we share as citizens of this country. It is an unbreakable bond, a feeling that cannot be expressed in words, and an emotion millions of people have dedicated their lives to. Nationalism is a catalyst for liberation, rousing people to fight injustice.

Our school held its Independence Day celebration on 15 August, 2024. The celebration began at the Crescent Amphithoria with the flag hoisting and the national anthem. The national anthem is always energising, sparking enthusiasm and energy in everyone.

This was followed by the main performances at the Multipurpose Hall. The event began with the emcees' welcoming message, which was followed by a speech by the School Captain, Deepjyoti Negi, every phrase of which resonated with the audience and inspired us.

Sanskriti Singh and Vanshika Khatri from class VII served as our event emcees. Our school's patriotic choir performed, their harmonious tunes filling the room with a profound sense of patriotism and unity. After the choir, a dance performance, a beautiful blend of Kathak and freestyle, thrilled the audience and stirred their emotions. These performances, a powerful reminder of the unifying force of music and dance, left an indelible mark on our hearts, transcending mere entertainment to become a shared emotional experience.

Following this, Hiyaan Mendiratta of class I (Anemone) recited a poem. It was incredible to hear such heartfelt poetry from a student of class I. It helped me see that writing a poem does not require skill; you only need passion and will.

The festival's last event was a one-act play depicting the court proceedings of three Indian National Army officers: Shah Nawaz Khan, Prem Kumar Sehgal, and Gurdaksh Singh Dhillon. The play reminded us of the sacrifices made by freedom fighters for the day we celebrate every year as Independence Day. The event successfully concluded with this play.

We may consider it a day of celebrations, dances, music, plays, and rallies, but we must never forget the sacrifices made by freedom fighters to achieve 15 August.

"Long years ago, we made a tryst with destiny, and now the time comes when we shall redeem our pledge... At the stroke of the midnight hour, when the world sleeps, India will awake to life and freedom."

– Pandit Jawaharlal Nehru

The OASIS Model United Nations



Saffira Aurora
X B



In pursuing peace, we must transcend our differences and harmonise our efforts for a better world. With this resonating thought, our school recently hosted the third edition of the Inter-School Model United Nations (MUN) conference on August 2nd and 3rd, 2024. The theme of the event was “From Harm to Harmony.”

The Opening Ceremony commenced with an inspiring speech by our esteemed School Director and Head of School, Mr. Sanjiv Bathla. He welcomed the participants and emphasised the importance of global harmony. His words set the tone for what promised to be a weekend of intense deliberation and learning. We were honoured to have the director, Mr. Raghav Oberai, amongst us, whose presence elevated the intellectual discourse of the assembly.

UNSC:

The United Nations Security Council (UNSC) took on the daunting task of discussing “Measures to strengthen international cooperation for the elimination of weapons of mass destruction (WMDs).” The debates were intense, with delegates proposing various strategies to rid the world of these catastrophic weapons. Despite the passion and the plethora of ideas, the council faced an impasse, with no resolution passing by the end of the sessions.

Best Delegate: Central African Republic (Aveer Prakash), The OASIS

High Commendation: Democratic People’s Republic of Korea (Yash Jain), DIS City Campus

Special Mention: Republic of Turkey (Ragraj Singh Chauhan), DIS City Campus.



UNGA:

The agenda for the United Nations General Assembly (UNGA) was “Deliberating effective measures to reduce and prevent cybercrime.” Delegates tackled the digital dilemmas of our time, from data breaches to cyber warfare. However, the committee found itself at a crossroads, unable to reach a consensus on the best way forward. The failed resolutions highlighted the evolving nature of cyber threats and the need for ongoing international dialogue.

Best Delegate: Russia (Tanvi Bahuguna), DIS City Campus

High Commendation: India (Shivangi Solanki), CJM

Special Mention: United Kingdom (Vanessa Paul), Kasiga



WHO:

The World Health Organisation (WHO) committee addressed the sensitive issue of “Providing mental health and psychosocial support to refugees and inhabitants in conflict zones.” It was an emotional rollercoaster as delegates shared heart-wrenching stories and crafted compassionate solutions. Their resolutions were not just words on paper but promises to the millions who suffer in silence. By the end of it, the committee had woven a safety net of support, ensuring that healing is as much about the mind as it is about the body. However, the committee failed.

Best Delegate: U.S.A (Avnish Chauhan), DIS City Campus

High Commendation: Ukraine (Ayushi Tripathi), The OASIS

Special Mention: Syria (Devishi Uniyal), DIS City Campus



IPC:

Meanwhile, the International Press Corps (IPC) was a whirlwind of creativity and chaos, ranging from the fun caricatures and political memes to the endless news reports. The delegates worked tirelessly to “make the interesting pieces more interesting. “With quick wit and sharp pens, they captured the essence of each committee, blending fact with flair. Their articles and reports were informative and engaging, turning even the driest debates into compelling narratives. The IPC proved that it’s all about how you tell the story in the news world.

Best Delegate: Anadolu Agency (Mouli Panwar, Sarvani Kaur), The OASIS

High Commendation: Xinhua News Agency (Saffira Aurora, Tara Kumar Laisram), The OASIS

Special Mention: KCNA (Anushka Panwar, Aadya Nagalia), DIS City Campus

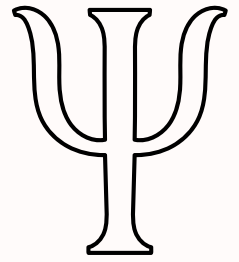
The Closing Ceremony was a celebration of the efforts of all participants. It featured a mesmerising dance performance and a captivating percussion show that had everyone on their feet. To top it off, our head boy, Aarav Malhotra, presented a hilarious meme video that perfectly encapsulated the highs and lows of the conference, bringing laughter and a sense of camaraderie to the end of the event. The Director, Mr Raghav Oberai spoke about the topics and gave us more insight into the problems and praised the delegates. The conference ended with the Secretary-General, Vanshika Rawat, declaring the conference closed.

Last but not least, Doon International School, City Campus, Dehradun, won the Best Delegation Trophy.



Psychology Fest

Vaishnavi Kothari
XI A



At the recent Psychology Fest 2024 hosted by Hometown Girls' School with the theme "Beyond the Surface: The Subconscious Mind," several esteemed schools participated. The fest comprised four captivating events: 'Battle of Defenses', 'Decoding the Frame', 'Team Debate', and 'Silver Screening'. Our School made an impressive mark by participating in two events, 'Battle of Defenses' and 'Decoding the Frame', with a commendable total of six students from classes XI and XII. We won the 1st and 2nd prizes in the Battle of Defenses.

The event's highlight was the insightful talk and interactive session by Mr Srinjoy Ghosh, a counselling psychologist and an expert on the unconscious mind. His presentation granted us a deep dive into concepts beyond our conscious awareness, unravelling the profound influences of the subconscious on our behaviours, decisions, and emotions. The experience was exceptionally enriching, introducing us to new perspectives and sensations and leaving an indelible imprint on our minds.



EKYA SCIENCE EXHIBITION

Bhuvi Garg

XI A

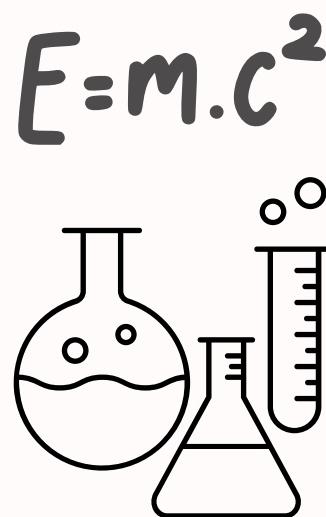
The Ekya Science Exhibition took place on 12th August 2024.



The exhibition, held in the Crucible of the Academic Block, aimed to encourage young minds to explore scientific concepts, engage in hands-on learning, and present their innovative ideas to the school community. The exhibition was inaugurated by the School Director and Head of School, Mr Sanjiv Bathla, who showed a keen interest in all the models and encouraged the students.

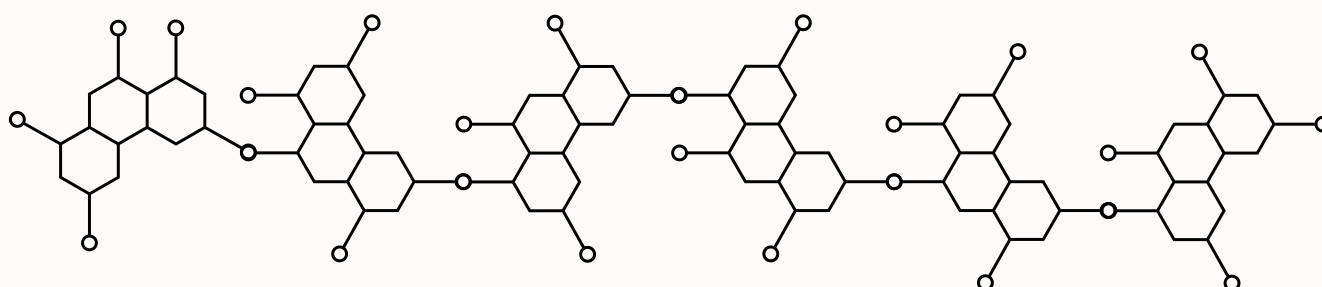
The exhibition had various models and exhibits made by the students of class IX and the science students of class XI. The models showcased innovative and sustainable ideas and scientific marvels from the subjects of Biology, Chemistry and Physics. A few eye-catching models made by the students of class IX were:

- Structure of Atom
- 3-D Model of Flower
- Earthquake Alarm/ Seismograph
- Making Sanitizers, Shaving foam, Soaps, etc., from regular Kitchen Products
- Some impressive models made by the students of class XI were :
- A Sewage Treatment Plant
- A Working Model of Biogas Production
- A Tensegrity Structure
- An Automatic Tunnel Light
- The Evolution of Life and Man
- Biodiversity Hotspots in India



As a participant in the Ekya Science Exhibition, I had the opportunity to present the Working Model of a Biogas Plant with my partner, Rudraksh Srivastava. This was a particularly engaging exhibit, and learning about the sustainability of biogas was truly eye-opening. We had the chance to share the benefits and advantages of biogas with parents and students, and even demonstrated its use by burning the biogas produced by our mini biogas digester.

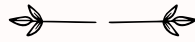
The Ekya Science Exhibition was a challenging yet rewarding experience. The students who presented their models were understandably tired by the end of the exhibition, but their hard work and dedication paid off. We were all delighted with the exhibition's success and the positive response from the school community.





Inter House Creative AppJam

Vanshika Panwar
XI A



On 16th August 2024, our school hosted an exciting event called the Inter House Creative AppJam for the academic year 2024-25. The theme for this year was "Health and Wellness," which inspired participants to create innovative apps promoting a healthier lifestyle.

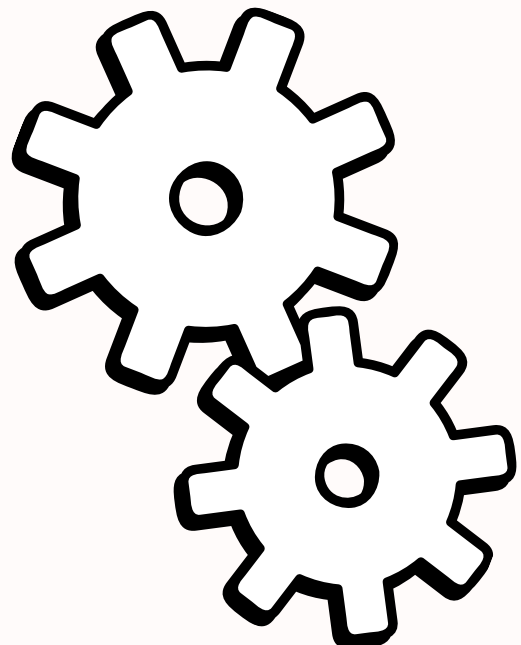
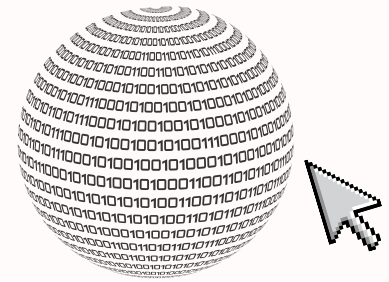
The competition saw active participation from all the houses, with students showcasing their creativity and technical skills. After intense rounds of presentations and judging, the results were announced.

Prasatti House secured the first position with an impressive app developed by Satvik Arora and Bhavishya Sharma from Class XII. Their app stood out for its user-friendly design and practical health tips.

Daivik House claimed the second position. Pururv Dhankar from Class XI and Yagya Mittal from Class XII developed an app which was highly praised for its innovative approach to mental wellness.

Mahit House earned the third position, with Prakher Agarwal and Arpit Dangwal of Class X impressing the judges with their creative take on promoting fitness.

Overall, the Inter-House Creative AppJam 2024-25 was a great success, showcasing the talent and innovation of our students while emphasising the importance of health and wellness.





Etched Artistry

Vanshika Rawat
XII



From July 29th to 31st, the art students from classes X and XII embarked on a journey of creativity and discovery in a captivating Sgraffito art workshop. This ancient art form, characterized by scratching through a surface to reveal a lower layer of contrasting colour, offered a unique and enriching experience that sparked inspiration and intrigue in all involved.

Students were intrigued to learn this art form that dates back to the Renaissance, with artists like Polidoro da Caravaggio and his partner Maturino da Firenze, among the leading specialists, using it to decorate walls, pottery, and other surfaces. Under the guidance of our art teacher, Mrs Banita Bhau Sudan, students began by layering the pre-made pottery vases with paint. They then sketched their designs onto paper and transferred these designs onto the prepared surfaces. The real magic happened when they scratched the top layers to reveal the terracotta beneath. The room was filled with gasps of delight as intricate patterns and vibrant contrasts emerged.

I found the Sgraffito workshop to be a profoundly rewarding experience. It reminded me of why I fell in love with art in the first place—the ability to create something beautiful from nothing, to express emotions and ideas without words. Pablo Picasso once said, "Every child is an artist. The problem is how to remain an artist once we grow up." This workshop rekindled that childlike wonder in all of us, encouraging us to explore and experiment without fear of making mistakes.

The process of creating Sgraffito art is both meditative and exhilarating. It requires patience, precision, and a willingness to embrace the unexpected. One of my favourite moments during the workshop was watching my classmates' faces light up when their designs came to life. It was a powerful reminder of art's impact on our emotions and sense of accomplishment.

By the end of the three days, the students had created a stunning array of Sgraffito artworks, each unique and reflective of their styles.

In conclusion, the Sgraffito art workshop was a resounding success, leaving a lasting impression on all who participated. It was a celebration of creativity, patience, and the joy of discovering hidden beauty. As we move forward in our artistic journeys, we carry with us the lessons learned and the inspiration gained from this unforgettable experience, fueling our future creative endeavours with excitement and motivation.



शब्द सृजन



"बारिश की बूँदें जब धरती से
मिलती हैं, तो एक नया गीत जन्म
लेता है, जो जीवन का संगीत है।"

- महादेवी वर्मा



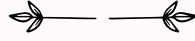
हिंदी पहेलियाँ

- नवा अक्षर कोटी, पुस्तकालय, नवरोज, श्रीकावती, गारुड्या

23

कविता वाचन प्रतियोगिता

रुबेन लामा
(कैलेंडुला)



दिनांक 11 अगस्त 2024 को हमारे स्कूल में बहुत ही मजेदार और रोमांचक कविता वाचन प्रतियोगिता हुई। इस प्रतियोगिता में कक्षा 1 और 2 के प्रतिभागियों ने भाग लिया। कक्षा 1 के बच्चों ने देशभक्ति से भरी कविताएँ सुनाई और कक्षा 2 के बच्चों ने प्रेरणादायक कविताएँ प्रस्तुत कीं।

कक्षा 1 के प्रतिभागियों ने देशभक्ति वाली कविताएँ सुनकर सभी के दिलों में देशभक्ति की भावना और भी बढ़ गई। वहीं, कक्षा 2 के प्रतिभागियों ने अपनी प्रेरणादायक कविताओं से सबका दिल जीत लिया। इस प्रतियोगिता में कक्षा 2 से रणवीर सांझ और अवयान सिंह ने मंच संचालन किया, जो बहुत ही शानदार था।

इस प्रतियोगिता में हमारे स्कूल के निदेशक, कनिष्ठ संचालिका और अन्य सभी शिक्षक उपस्थित थे। उन्होंने सभी प्रतिभागियों की खूब तारीफ की और उन्हें प्रोत्साहित किया। अंत में, हमारे स्कूल के निदेशक जी ने बच्चों को आशीर्वाद और शुभकामनाएँ दीं।

परिणाम:

कक्षा 1:

प्रथम स्थान - गौरी शुक्ला (ओरीओल)

द्वितीय स्थान - रियार्थ उपाध्याय (पेलिकन)

तृतीय स्थान - हियान मेहंदीरत्ता (कार्डिनल)



कक्षा 2:

प्रथम स्थान - साहिब गुप्ता (पेलिकन)

द्वितीय स्थान - शनाया खन्ना (ओरीओल)

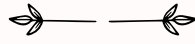
तृतीय स्थान - स्पर्श सिंघल (स्टर्लिंग)



सभी बच्चों ने पूरे उत्साह और जोश के साथ अपनी-अपनी कविताएँ प्रस्तुत कीं।

श्लोक वाचन प्रतियोगिता

प्रियांशी खण्डूरी
VIII C



दिनांक 17 और 18 अगस्त 2024 को चिन्मय मिशन ट्रस्ट द्वारा अंतर्विद्यालयी गीता श्लोक प्रतियोगिता का आयोजन किया गया। इस प्रतियोगिता को छः समूहों में विभाजित किया गया। प्रतियोगिता में देहरादून और हरिद्वार से लगभग 14 विद्यालयों ने भाग लिया। प्रतियोगिता के अवसर पर सभी प्रतिभागियों ने अपने प्रशिक्षण कर्ताओं के मार्गदर्शन के अनुसार अपनी योग्यता का बड़े ही उत्साह और आत्मविश्वास के साथ प्रदर्शन किया।

प्रतियोगिता का परिणाम कुछ इस प्रकार रहा:

समूह 'बी' से -

प्रथम स्थान आनंदिता हेगड़े ने प्राप्त किया।

समूह 'सी' से -

प्रथम स्थान हरजस सिंह चड्ढा ने प्राप्त किया।

द्वितीय स्थान सम्राट रजनीकांत सिलवाल ने प्राप्त किया।

तृतीय स्थान मोहम्मद इब्राहीम सिद्दीकी ने प्राप्त किया।

समूह 'डी' से -

द्वितीय स्थान सहिष्णु सिंह नेगी ने प्राप्त किया।

प्रसन्नता का विषय यह रहा कि विगत तीन वर्षों में ओवर ऑल ट्रॉफी 'दी ओएसिस' ने ही प्राप्त की।

इस प्रतियोगिता की विशिष्ट बात यह थी कि ज्ञानी आचार्य, महानुभावों, शिक्षकों और अभिभावकों के समक्ष सभी प्रतिभागियों को श्रीमद्भगवत गीता के श्लोकों को कंठस्थ कर वाचन करने का अवसर प्राप्त हुआ और प्रतिभागियों के उत्साहवर्धन हेतु सभी को प्रमाण पत्र प्रदान किए गए।



Wynberg-Allen School, Mussoorie
Mrs. West Memorial Inter-School
Swimming Competition

O.A.S.I.S.

**OUTSTANDING-ATHLETICISM- SPEED-INTEGRITY-
SPORTS**



Paris Olympics 2024

Aanya Soni
XI A

The Olympic Games of 2024 were held in Paris, France, from 26 July to 11 August. The games featured 329 events in 32 sports and hosted approximately 10,500 athletes from over 200 nations!

The event ended with the United States of America leading the table with 126 medals (40 golds, 44 silvers, 42 bronzes). China followed with 91 medals (40 golds, 27 silvers, 24 bronzes) and then Japan with 45 medals (20 golds, 12 silvers, 13 bronzes). At the Paris 2024 Summer Olympic Games, 17 world records were broken across various events.

India's participation in the Paris Olympic Games marked its 26th appearance at the Summer Olympics. At the opening ceremony, our flag bearers were P.V. Sindhu and Sharath Kamal, and at the closing ceremony, our flag bearers were Manu Bhaker and P.R. Sreejesh.

India won 6 medals, with one silver medal and five bronze medals.

Neeraj Chopra secured second place in the men's javelin throw event with a throw of 89.45m, coming just short of the Pakistani javelin thrower who broke an Olympic record with a throw of 92.97m!

Our hockey team won the bronze medal after a close 2-1 match against Spain. Swapnil Kusale secured the bronze medal in the Men's 50m Rifle Three positions. Manu Bhakar won the bronze medal in Women's 10m Air Pistol. Sarabjot Singh and Manu Bhakar came third in the Mixed 10m Air Pistol, becoming the first Indian shooting pair to win a medal in the Olympics! The last and final medal went to Aman Sehrawat, who came third in the Men's Freestyle 57 kg (wrestling).

While on the topic of wrestling, I'd like to talk about a heartbreaking incident that occurred at the Olympics to our wrestler, Vinesh Phogat.

Vinesh Phogat is a very talented Indian female wrestler who has fought tirelessly against gender discrimination and injustice in sports in our country. In 2023, Vinesh Phogat, along with multiple other wrestlers, protested against Brij Bhushan Sharan Singh's sexual harassment of several female wrestlers; he is a member of the political party Bharatiya Janata Party and was the then president of the Wrestling Federation of India. The campaign was then moved to court, but the court turned down a request made by the wrestlers' counsel to monitor the investigation. The court said the petitioners could avail themselves of other remedies if they had further grievances. But the wrestlers said that they would continue their protests.

In the 2024 Olympic Games, Vinesh Phogat participated in the Women's Freestyle 50 kg event. Phogat was dominating, easily winning every match. She won an easy 5-0 in the semifinal against the Cuban wrestler Yusneyls Guzmán. This secured Phogat's place in the finals against the American wrestler Sarah Hildebrandt and secured India with one more medal.

Or so we thought...

On the day of the final, when Vinesh weighed herself, she was overweight by just 100 grams! Despite her drastic measures to try and reach her weight category (skipping, jogging, cycling, cutting her hair, shortening her clothes, etc.), she was over her weight by just 100 grams and was, therefore, disqualified.

Vinesh appealed against her disqualification and for a joint silver medal to be given to her, but the Court of Arbitration for Sport rejected her appeal. After this unfortunate disqualification, Phoghat also announced her retirement from the sport.

Even though Phoghat failed to bring home a medal, she still made Indian history. She became the first Indian female wrestler to advance to the Olympic finals in the women's wrestling 50kg class, a feat that made us very proud and inspired.

The Paris Olympic games were a tapestry of achievements, emotions and unforgettable moments. Paris, known as the "city of love", lived up to its name as the event was indeed full of love and heartwarming proposals. The 2024 Paris Olympics brought people from all around the world together, showcasing the pinnacle of athletic achievement and the spirit of global unity.

The Paris Olympics of 2024 concluded with the closing ceremony on August 11, 2024. Paris handed over the Olympic flag to Los Angeles, the host city for the 2028 Olympic Games.



Why does Rape happen? A Journey from Piety to Patriarchy

Jigyasa Kukreti

XI A

GLOBAL LENS



Credits: The Hindu

Palike Bazaar in Bengaluru:

Bangalore's new Palike Bazaar, an underground market, has officially opened after six years of construction, providing an air-conditioned space for vendors.



Credits: Incredible India

New districts in Ladakh:

The Ministry of Home Affairs (MHA) announced the creation of five new districts within the Union Territory (UT) of Ladakh: Zaskar, Drass, Sham, Nubra, and Changthang. Prime Minister Narendra Modi said the move aims to improve governance in the region and create more opportunities for the people of Ladakh.

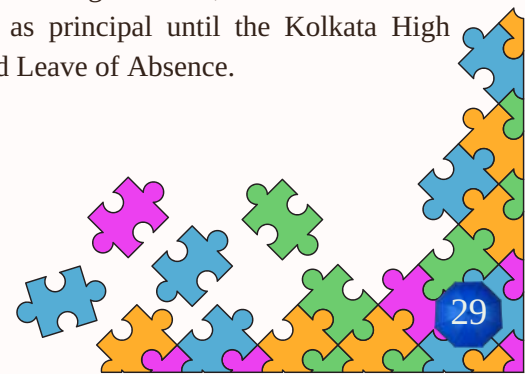
"A woman is raped every 15 minutes in India. In an hour, four women are raped, with three being raped by someone they know."

On August 9, 2024, six days before India's 77th Independence Day, a 31-year-old trainee woman doctor was discovered dead in the lecture hall at RG Kar Medical College in Kolkata. The victim's postmortem report revealed that she was sexually abused before being strangled and suffocated to death. This occurrence sparked widespread discontent, particularly among doctors. It was stated that she was resting in a room after finishing her 36-hour shift when the horrific event occurred.

The primary culprit of this event was Sanjay Roy. He has been accused of domestic abuse against his three ex-wives. According to his neighbours, all his wives abandoned him due to his "misconduct". Nonetheless, he was a civic volunteer with the Kolkata police. The first issue is, "Why was he a part of the Kolkata police despite his previous criminal record?" "Why was our system so unknown to his conduct?"

How can we possibly trust our system when law enforcement officials commit such heinous crimes?

Another unsettling aspect of this case concerns Dr. Sandip Ghosh, the former college principal. He attempted to depict the incident as suicide, refused to allow the victim's parents to see her body, and delayed filing the FIR. Previously, this man was accused of financial exploitation, domestic abuse, supplying alcohol to students, misusing government funds, and other offences. However, no action has been taken against him. Following this case, he was transferred to Calcutta National College as principal until the Kolkata High Court granted him an Extended Leave of Absence.



This case is not as simple as it sounds, revealing twists at every stage. The Supreme Court remarked, “How was it that the post-mortem was conducted at 6.10 pm on August 9 and yet the unnatural death information is sent to Tala police station at 11.30 pm on August 9? This is extremely disturbing.”

This is India’s fourth mass protest against a rape case. The first one came after the Nirbhaya Case (2012), followed by the Hyderabad Doctor Case (2019), the Hathras Case (2020), and the Kolkata Case (2024). But has the condition changed? In August only, a 16-year-old girl from Uttarakhand was gang-raped by five men at ISBT, two four-year-old girls were sexually abused at school in Maharashtra, and a 21-year-old college student from Bengaluru was raped.

When considering the population and rape ratios from 2012 to 2024, we see that the population has expanded by about 1.15 times, while “reported” rape instances have increased by 1.25 times. What “so-called development” are we undergoing? Is this the India of our dreams?

But why do these rapes occur? The explanations given by society and our leaders are as follows:

1. “This was not a rape. The girl and the boy knew each other. Both of them argued, and the girl accused the male of rape.” - This identical argument was applied in the Hathras and Nadia rape cases. But can knowing and loving each other give you license to rape your partner? If there is no permission, whether in love, marriage, or any other sort of relationship, any sexual action is rape, full stop! And this consent is very much revocable, which means it can be withdrawn anytime. Thus, presenting such a lame justification reveals a person’s mindset. The same argument is used with marital rape. Even if you are married to someone, that does not give you the right to sexually abuse them!

2. “Why was a girl out so late?” - This argument was used during the infamous rape cases in Goa and Jharkhand. The political leaders in the respective regions likewise stated the same thing. “That was a girl’s mistake. “Why was she out late at night?” Mukesh Singh, the rapist in the Nirbhaya case, also stated, “A decent girl won’t roam around at nine o’clock at night. A girl is far more responsible for rape than a boy.” However, the majority of rapes are committed by acquaintances, such as family and friends. So, how does this reasoning support the case? “Girls out at night do not cause rapes; rapists out at night cause rapes.”

3. “Short clothes” - It’s funny how people nowadays define a girl’s character based on the height of her skirt. The Mumbai-based women’s non-profit organization “Akshara” surveyed eight cities. Approximately 3000 men and 3000 women participated in the survey. 54.8% of males said that women who wore short skirts “invite rapes.” But what’s even stranger is that 39.2% of women shared the same thought. If short clothes are the cause of rapes, why are young girls and old women raped? Why are women wearing “Burkhas” or “sarees” raped?



Credits: Free Indian Journal

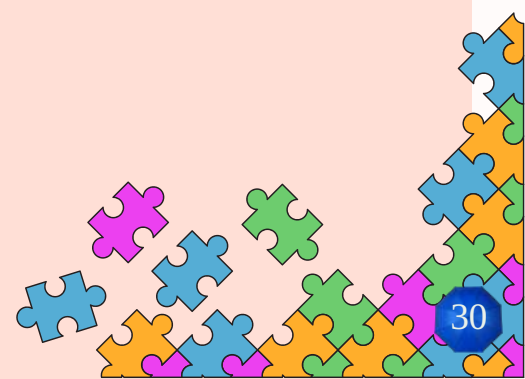
India’s Daughters:

India won six medals in the Paris 2024 Olympics, including one silver and five bronze. Manu Bhaker earned India's first medal at the Paris 2024 Olympics. She won bronze, becoming the first Indian woman to earn an Olympic shooting medal. She subsequently made history by being the first Indian to win two medals at the same Olympics, when she and Sarabjot Singh won bronze in the mixed team 10 m air pistol.



Credits: The Indian Express

Avani Lekhara successfully defended her women's 10m air rifle shooting standing SH1 championship at the Paris 2024 Paralympics, becoming the first Indian woman to win two gold medals in Games history. The Indian para shooter scored 249.7 in the final, setting a new Paralympic record and breaking the old mark of 249.6, which she established precisely three years ago on her Games debut in Tokyo 2020. Avani's compatriot, Mona Agarwal, also performed admirably, winning the bronze medal with a score of 228.7.





Credits: The Indian Express

Will Sunita Williams come back?:

NASA decided on August 24, 2024, that it is too risky to bring the two astronauts to Earth in Boeing's troublesome new capsule, and they would have to wait until next year to return home with SpaceX. The pair's test flight, which was supposed to last a week, will now span more than eight months.



Credits: The Indian Express

Chronicles of the Calendar:

6th August: Hiroshima Day - This day is observed in remembrance of the atomic bombing of Hiroshima, Japan, and promoting peace and anti-nuclear sentiments.

15th August: Independence Day of India - This year's Independence Day marked the 77th year of Independence of India. This day is also marked by the Independence Day of some other nations: South Korea, North Korea, Bahrain, the Republic of Congo, and Liechtenstein.

26th August: Women's Equality Day (USA) - This day commemorates the adoption of the 19th Amendment, granting women the right to vote in the United States.

29th August: National Sports Day - This day is celebrated in honour of the legendary hockey player Dhyan Chand's birthday.

In all of these arguments, girls are portrayed as the cause of rape. It's as if a car was hit by a truck whose driver was going the other way, and everyone complains, "Why did you have to drive a car? You may have walked to your destination. He has a truck and can hit anyone with it. Why didn't you take enough measures to safeguard yourself?" Nonsense justifications!

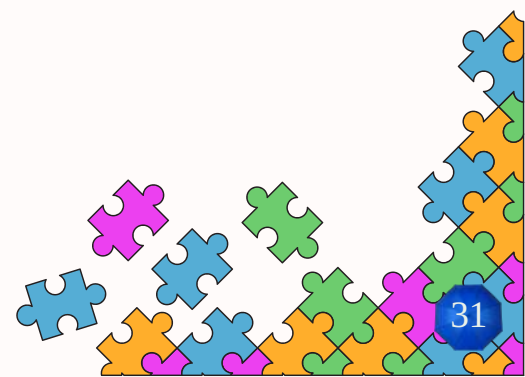
Madhumita Pandey, a psychologist, conducted interviews with rapists and murderers. She discovered that while the majority of the murderers were guilty of their actions, the rapists were not. 70% of the rapists were repeat offenders. She devised two questionnaires for these rapists and found that they held regressive attitudes towards women. Susan Brownmiller stated in her book "Against Our Will" that "all men keep all women in a state of fear."

This is the mentality of the rapist. And when we create such irrational reasons for rapes, we demonstrate the same thinking as those who are guilty do.

So, we are left with the question: What are the actual causes of rape?

The actual reason for the rise in rape cases is the growth of "rape culture" in India, which has normalised the notion of rape and abuse. This "rape culture" tsunami has spread like wildfire via movies, stand-up comedy, and social media platforms. We've gotten so comfortable using abusive language. A 10-year-old child believes that uttering abusive words about someone's family members is "cool." It has become a part of everyday talks among friends. But why? Why are we so oblivious to the consequences of our words? It is quite simple to argue that it makes no difference, yet it has resulted in the establishment of a rape culture in India.

The patriarchal society of India, in which women are objectified through meaningless songs and films, is the root of so many rapes. It has become usual to add one such gibberish song in every second film under the guise of "entertainment." It is terrible that the objectification of women entertains people in India, and when someone speaks out against it, they are laughed at and labelled as feminists. My question is: What's wrong with being a feminist? What is wrong with abolishing patriarchal societies and striving for a world where everyone has equal rights? What's wrong with such dreams?



EASE UP-ACE UP!

Arshiya Sandlas Chandna

XI A

With the Half-Yearly Exams approaching and the students continuously getting those bouts of anxiety, it almost seems as if we are living in some thriller movie. With some sleepless nights, lots of caffeine, and we students racing against the time, which appears to be ticking faster than ever - who knew exams could be this hectic? But is this routine the gateway to success? Or are we just simply turning ourselves into sleep-deprived zombies? Dealing with this exam anxiety is extremely important for students' psychological and physical well-being. Here are a few strategies to help you all beat this stress and anxiety.

First and foremost, prioritize good quality sleep. It is a must for all young minds. Many night owls try to pull off all-nighters and decide not to sleep. However, this sleep deprivation can significantly elevate cortisol levels and impair cognitive function in the body. This means you might make yourself more prone to accidents or end up hitting yourself with something. And the worst part is that not sleeping at all could lead you to be blank in your exam. We must understand that our brain is like a CPU-if it overheats, its data might crash.

Regular Physical Exercise: Many students give up on sports to study without realising that Physical activity can help manage stress by releasing endorphins in your body, which act as natural painkillers and mood elevators. Also, one's muscles tense up during anxiety. So, even if you're busy, take a break to move, whether it's a quick walk, a workout, or a sport you enjoy. Your body and mind will thank you.



Healthy eating: Skipping meals for studying is a common pitfall. I won't lie about the fact that this is one of my worst habits as well. Eating food during exams can be overwhelming, but we must not skip our meals. Foods rich in omega-3 fatty acids and various anti-oxidants, like vegetables and citrus fruits, along with carbohydrates, can provide instant energy, thus rejuvenating you to ace those exams.

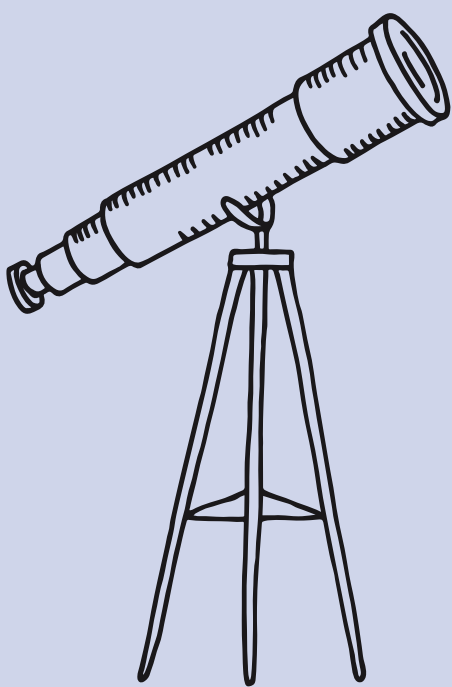


Last but not least, be cautious with your caffeine intake! People have the absolutely wrong notion that Coffee is all rosy and cosy and that it is one's best friend for enhancing grades.

No! Caffeine can increase cortisol(stress hormone) production in the body. Coffee also elevates your BP and increases heartbeat which will further exacerbate anxiety and nausea.



Eureka!
I
Have
Found
It



It can also lead to Nervous system overstimulation, which results in feelings of jitteriness and restlessness that affect concentration. Instead, opt for healthier alternatives such as green or herbal tea, smoothies, and coconut water, which will help rehydrate you as well. There are a few apps that can help manage examination schedules and preparations in a better and more organised manner:

1. Mindly

-Best for visual learners who like to connect.

2. The 30-30 Schedule

-Best for those with a wandering mind

3. Unstuck

-Best for those who need a motivational coach

4. Sleep Cycle

-Best for getting the rest you need

5. Quizlet

-Best for testing your knowledge



So keep calm, trust your preparation, and all the best for your examinations.



Bloom of the Month

“Multi-coloured” Happiness

Gauri Juyal

XI A

Botanical name: *Petunia axillaris*

Common names: Garden Petunia

Flowering season: August

Native: South America



Ethnobotany:

Petunia axillaris, garden petunia, is an annual herbaceous plant in the family Solanaceae, and one of the 35 species under the genus *Petunia*. The plant's flowers, the only white ones found in the *Petunia* genus, are 3 to 7 cm long. The commonly grown garden petunia is a hybrid of *P. axillaris*. They are extremely easy to grow and thrive in full sun to partial shade, in moderately fertile, humus-rich, moist, well-drained soil. The flowers are funnel-shaped, consisting of five fused or partially fused petals and five green sepals. They are generally insect-pollinated, sometimes even pollinated by hummingbirds.

The *Petunia* flower has a fascinating history that dates back centuries. This particular flower has multiple opinions; some loathe it, while others love it. During the 1500s, the natives believed petunias symbolised demonic power because they harboured anger and resentment. Similarly, when Europeans were introduced to petunia, they were awe-struck by its bright colour and unique characteristics.

It is believed to have originated in South America, specifically in the regions of Argentina and Uruguay. In the early sixteenth century, Spanish explorers in South America discovered petunia, which in the Tupi-Guarani language was called *Petun*, roughly translated to the “worthless tobacco plant”, because of its ‘perceived’ ugliness. So, the explorers didn’t think it was worth sending samples back to Spain.

But its vibrant colours and delicate petals quickly caught the attention of botanists and horticulturists years later. The *Petunia* flower made its way to Europe and North America during the 18th century, along with European botanists who were enamoured by its bright colours and unique characteristics. Introducing the *Petunia* flower to Europe and North America sparked a wave of interest in horticulture. They began cultivating and experimenting with different varieties, leading to the development of new hybrids.

The flower quickly became popular and became a staple worldwide in gardens and landscapes. Soon, it was incorporated into traditional medicinal practices for its believed healing properties and used in religious and spiritual rituals, symbolising purity and beauty.

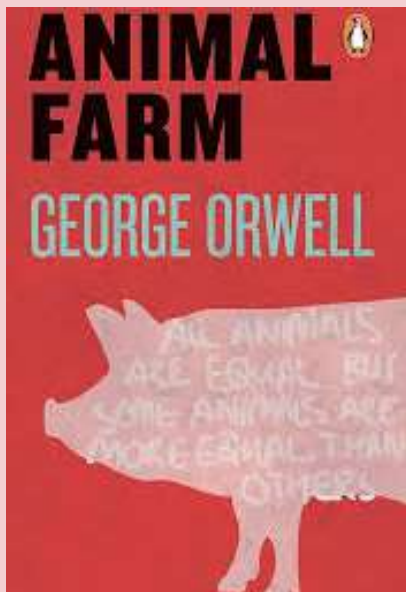
Guide to Grow:

- Plant petunias in a location where they get at least 6 hours of full sun per day.
- Make sure the soil is well-draining.
- Protect the plants from extreme heat.
- Water whenever the top 2 inches of soil feel dry.
- Avoid soggy soil, which leads to root rot.
- Fertilize them regularly throughout the growing season.
- If the variety is not self-cleaning, deadhead spent flowers.



MUST READ

Animal Farm



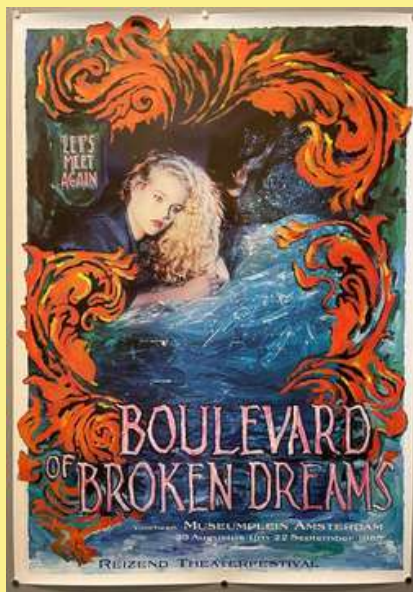
- Animal Farm
- Author – George Orwell
- Publisher – Secker and Warburg
- Pages – 104
- Genre – Political Satire

“All animals are equal, but some animals are more equal than others.”

George Orwell’s “Animal Farm” is an incredible allegory that critiques dictatorship and the demise of socialist ideals. Set on a farm where animals revolt against their human owners, the story shows how power can corrupt even the most noble intentions. Through the rise and fall of the pigs, notably Napoleon, Orwell emphasises the perils of unbridled authority and the betrayal of revolutionary aspirations. The novella is a timeless reminder of how fragile freedom is and how easily it may be damaged.

MUST LISTEN

Boulevard of Broken Dreams

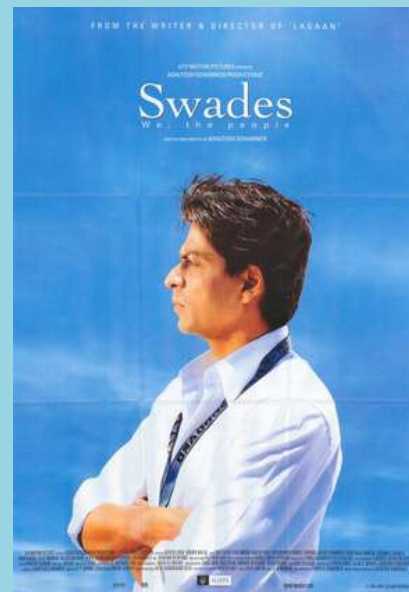


- **Singer:** Green Day
- **Album:** American Idiot
- **Genre:** Hard Rock, Indie
- **Songwriters:** Harry Warren, Billie Joe Armstrong, Mike Dirnt, Tre Cool
- **Composed by:** Billie Joe Armstrong, Mike Dirnt, Tre Cool, Rob Cavallo
- **Released in:** 2004

“My shadow’s the only one that walks beside me,
My shallow heart’s the only thing that’s beating,
Sometimes, I wish someone out there would find me,
‘Till then, I walk alone.”

MUST WATCH

Swades: We, the People



- **Director** - Ashutosh Gowariker
- **Writer** - M.G. Sathya, Ashutosh Gowariker, Sameer Sharma
- **Genre** - Drama
- **Cast** - Shah Rukh Khan, Gayatri Joshi, Kishori Ballal
- **Awards** - Won the Filmfare Award for Best Actor (SRK), and Best Background Score (A.R. Rehman)
- **Where to watch** - Netflix, Amazon Prime Video
- **Released in:** 2004

“Main nahin manta ki humara desh dunia ka sabse mahaan desh hai...lekin yeh zarur manta hun ki hum mein kaabliyat hai, taaqat hai, apne desh ko mahaan banaane ki.”

A successful “Americanized” Indian scientist returns to an Indian village to take his nanny to America with him and, in the process, rediscovers his roots.

Parent Speak

Ms. Neha Negi

‘Lord, let me not lose the touch of the One in the play of the many ...’ Rabindranath Tagore

As I traverse through myriad experiences in the multi coloured and multi faceted nuances of life, I pause to look with an insight embedded with awareness . I look not only at the seemingly apparent physical reality of forms but at the subtle truth of the same stream of life running through all forms.

As I delve deeper into my experience of exploring, I marvel at the magic of existence dancing its way through all. Humans, animals, plants, galaxies..... how vast is the universe. What a show staged by the Master Magician.

And me A small speck in this vastness. Yet the realised ones say this temple of the body contains the entire universe for the Soul of all souls lives in here. Now that is a huge revelation and I stand with responsibility on my wings (shoulders)- with an unwavering commitment towards mindful choices and actions, a life infused with awareness. I choose to adorn myself with the priceless jewel of compassion. Far from the malady of’ me and my family’ syndrome, I take a step towards embracing all as my family And that includes the sweetest beings that walk our planet - animals!

I invite you to have a glimpse into my sacred space.

Here is my story

Sharnagat is a sanctuary for animals who have been abused, neglected and abandoned. Each animal who steps into Sharnagat is offered unconditional love, a personalised treatment plan, comprehensive therapies, nutritious meals, nature walks, playtime, etc. We have animals whose cries have gone unheard, whose limbs have been eaten up by maggots, who are blind, the senior citizens, cancer survivors and so on. Many of them have recovered not only from the physical trauma but mental distress as well. While many animals come in their final days just to leave their bodies in the comfort of a soft bed where we hold space for them and be a part of their transition. In the process their pain becomes mine so does their relief. With one glimpse into their eyes I sign a magical contract to be with them through life and death.

As a witness to so many lives touching mine I feel the lines blur and we all merge into One Consciousness.

How privileged are we to be able to speak, walk, perform actions and most importantly to be able to choose what we do...

What a wonderful world would we be creating if we were to be of service for animals - a voice for the voiceless and a shining lamp for those in darkness .

Parent Speak

The garland of our lives can be adorned with the flowers of compassion .
In order to share your gifts some ideas to explore would be :

- Put out bird seeds and marvel at flocks savouring the treat sumptuously
- Put bowls with water and food to share your abundance with a hungry dog
- Make cruelty free choices
- Adopt
- You may virtually adopt a shelter animal

Spend time with a shelter animal they are thrilled to have someone recognise them as thinking , feeling beings and would surely make your day worthwhile . Support animal rescues and shelters . Any support is more than welcome.

Volunteer - share your magical presence ; bathe them, walk them, sing to them - it's a win-win !

Share your talents to do a fund raiser . No better way to give back to the universe !
You can also intern with us.

Let's replace an alienated consciousness with our bond as a community .
Let's promise ourselves to use the magical potion of love to heal those in need.
Let's widen our hearts to dance to this gift called life - life in all forms - inclusive of Animals.

PICTURE GALLERY



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