

# THE PULSE

EDITION 49 | THE OASIS | SEPTEMBER 2024



“In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony.”

— Friedrich Nietzsche

# MONTHLY RECAP

- **2nd-13th September:** Half Yearly Exams for Class III to XII
- **4th September:** Career Fair for International Universities
- **5th September:** Teacher's Day
- **8th September:** International Literacy Day
- **8th September:** Grandparent's Day
- **14th September:** Hindi Diwas
- **14th September:** The OASIS RISE Programme
- **14th September:** The OASIS Family Quiz
- **17th September:** Body Wisdom Class VI Girls
- **19th-20th September:** Transparent Meeting Classes I-XII
- **21st September:** World Peace Day
- **23rd September:** Workshop on Gender and Sexuality
- **23rd-24th September:** Inter House Pichwai Art Competition
- **24th September:** C is for Choice Class III
- **24th September:** Careers by Plaksha University
- **25th September:** Open World Cafe Classes IX-XII
- **26th September:** Spell it Right Classes I and II
- **26th September:** PCM Field Trip to UPES
- **26th September:** PCB Field Trip to SGRR & Doon Medical College
- **26th September:** Commerce Field Trip to Yes Bank
- **26th September:** Humanities Trip to War Memorial
- **27th September:** World Tourism Day
- **27th September:** 'Abhivyakti': Inter Class Display Board Competition Classes VI-XII
- **28th September:** Slice and Dice Competition Class VI-XII
- **28th September:** The OASIS RISE Programme
- **29th September:** International Day of Deaf
- **30th September:** Teacher's Day Celebration by Students



FAMILY IS NOT AN  
IMPORTANT THING.  
IT IS EVERYTHING

# From The Editor's Desk...

Gauri Juyal  
XIA

Dear Reader,

It is lovely to see you back on Page 2 of The OASIS PULSE Newsletter! September is never surprising for me. I feel like I am ALWAYS aware of when it will rain and get chilly and when the sun will make a cinematic cameo, making us take off our layers of clothing.

But do you know what is always beautiful to look at?

When the thick grey clouds creep into the sky and hide out the big ball of fire, casting this enormous unexplainable shadow over us, and if we are lucky enough on that day, these clouds move ahead to pour down somewhere else, taking their shadow along. Or when the male frogs start croaking on a fine Sunday morning, indicating that the pattering is about to start any time soon. Or the dried-out water droplet marks on the leaf lamina, which some poets would link to metaphors like “the bruise marks of our past mistakes may be faded but never forgotten...”

Harmony is what rules above all. According to Spiritual Metaphysics (my favourite, yet a branch beyond understanding), harmony is elucidated as a state of apprehensiveness, cooperation and tranquillity in anything that has a soul within it. The way a cloud, along with its other fellow clouds, moves up in the sky, the way a “touch-me-not” plant’s leaves close as soon as a small firefly attempts to make contact, or two birds belonging to entirely different species when seen sitting on the same branch of a tree, is what beautifully co-existing means. I generally link harmony to such elements of nature only because seeing that in humans is quite an uncanny event!

Or so is what I thought.


But as I grew up, entering an age group in which society could neither consider me a child nor an adult, the best gift I received was the power of observation, which made me realise that humans are also harmonious and can coexist with our differences.

I get to witness that in the Integrators of The OASIS. How might a dance student need the assistance of a music student or when a science student requires an ‘eye-opening’ perspective on a societal issue by a humanities student? A child who loves to play football has a best friend with an interest in cricket. We vary from each other so much, yet it is our differences that make our classrooms enjoyable. When events like board decoration competitions occur, and we all are ‘compelled’ to work together, these differences create the art on those boards. These differences also develop a sense of understanding and unity within our hearts. The harmonious way of living!

The September edition of the Newsletter walks you through how our writers here at The OASIS perceive family as our sole supporter when no one believes us and our sole supporter when everyone believes us as well.

Happy Reading!

# PRIME-O-GRAM



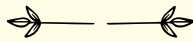
“Family is the compass that guides us; they are the inspiration to reach great heights, and our comfort when we occasionally falter.” — Brad Henry



# The Neev Literature Festival

Mehr Guleri

Daisy



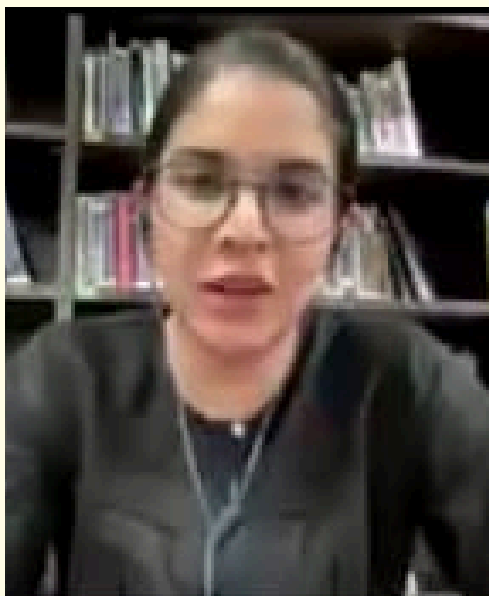
Something unique happened this summer vacation! Our school selected three students to represent us at the Neev Literature Festival. I was among the lucky ones, along with Veer from Class V and Anandita from Class VI.

We had two months to read 30 books, and what made it even more exciting was the weekly online discussions with the authors! We got to ask them questions and heard them talk about their books, which made reading even more fun.

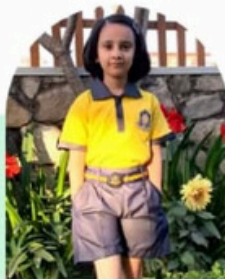
On August 25, 2024, we had our first round at school. I remember how Anandita and I excitedly talked about the books we had read. We were all confident, and when we found out we had qualified, it felt like a huge achievement! Out of more than 600 schools, we were proud to be among the 40 teams that made it to the semifinals!

The semi-finals took place on August 30, 2024, and our team did well in the first round, making it to the top five. But as the competition continued, we ended up in 19th place. Even though we didn't win, the whole experience was incredible, and we learned so much.

We'll be back next year, ready to do even better!



## The OASIS, Dehradun



Mehr  
Grade 4



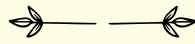
Veer  
Grade 5



Aanandita  
Grade 6

# Spin-a-Yarn' Storytelling

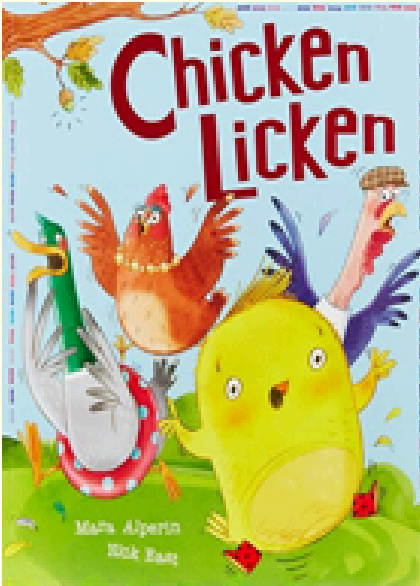
Saahib Gupta  
Balsam



On 30th August 2024 students of classes I and II participated in the 'Spin a Yarn' storytelling presentation held at Yogasthal.



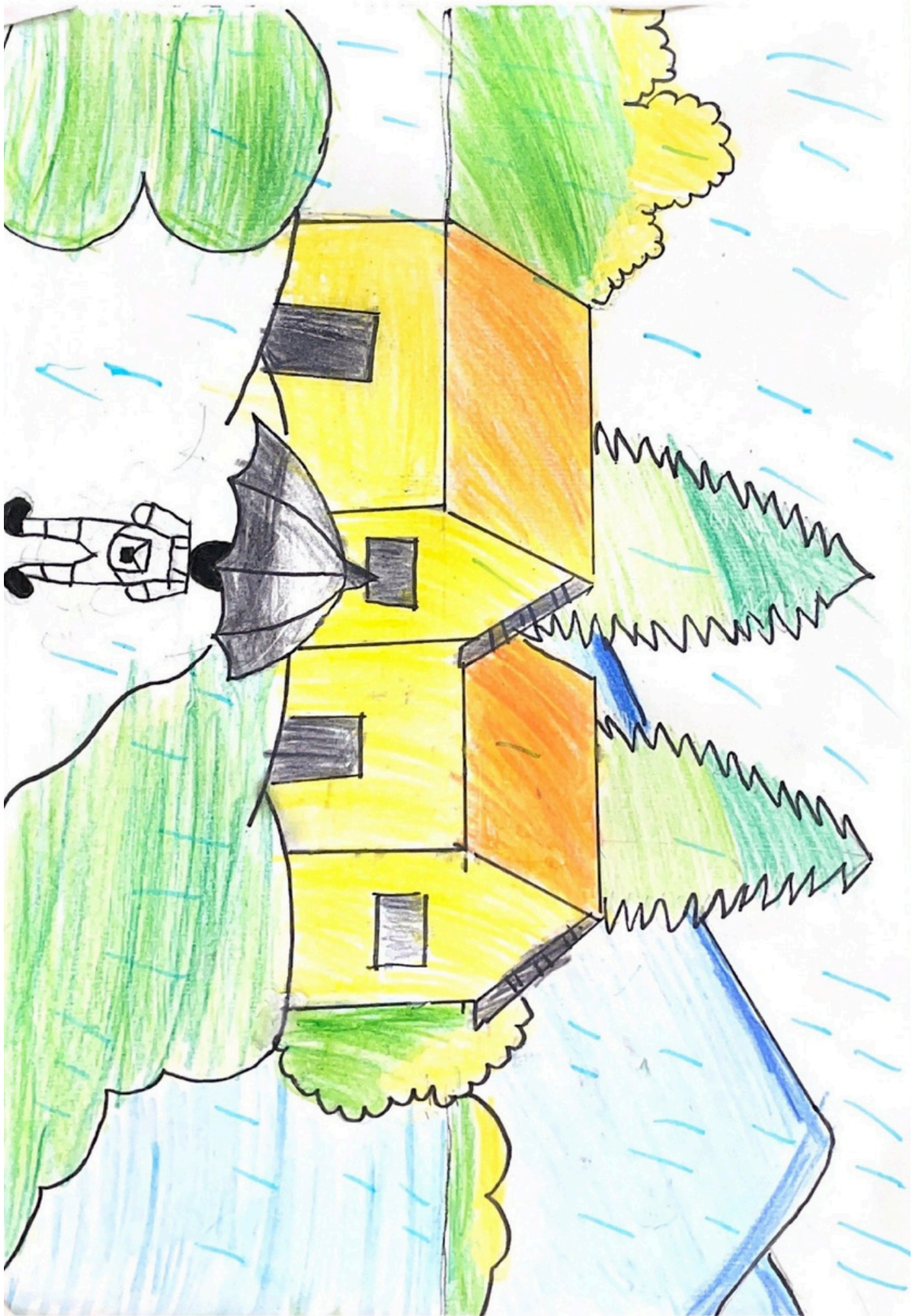
Grade 1 students narrated the story "The Ugly Duckling," sharing the message to accept people for their qualities, their values, their friendship, and their humility, self- acceptance and kindness.



Class II students narrated the story "Chicken Licken," teaching the lesson of not believing everything we hear instead think carefully before jumping to conclusions. It is essential to be cautious and not let fear cloud our judgement.

The students looked adorable and did a great job speaking in front of everyone. This event also helped young learners like us to be confident and overcome stage fear. Head of School and School Director, Mr.Sanjiv Bathla and Head Junior School, Ms.Natascha Nandi Bathla graced the event with their presence. The performances were appreciated by one and all. It was a wonderful celebration of creativity and learning, leaving everyone with a sense of pride and accomplishment.





Udayan Nath  
Daisy

# My family is not an important thing - It is everything

Akeera Taneja

Daisy

Dear Diary,

Sometimes, the little things that we don't appreciate much can be the most important things. Something similar happened to me: My father told me to run in the garden, which made me sweat, and my brother doesn't let me keep my own fragile toys because he breaks them, which is annoying.

When I returned home from school, I saw my brother in my mother's lap, but I learned that he was unwell. I was getting bored because he could not play with me, and I was worried about him. When my mother saw my worried face, she assured me that he would be fine by evening, and he was.

Our family supports us in our highs and lows, and happiness is not complete without a family. Through this incident, I learned that family is not just a small thing but is everything.

Good night.





# Family is Treasure

Neelanjana Painuly



In the small village of Sonbhadra lived the family of Neha, Mama, Papa and their dog Sheru. One day, Neha was playing out on the field with Sheru when she suddenly tripped over something, fell, and hurt herself. She felt something under her feet. After thinking about what it could be, she started digging, and Sheru helped her. They found a wooden chest, but Neha couldn't open it, so she decided to call her father for help. It took them a long time to open the chest as it was old and rusty. They hoped to find some old treasure to change their fortune, but to their surprise, they found a book like no other.

The book had a golden cover and a note that read: "To the finder of this treasure, the greatest treasure is not all golden jewels, but the greatest treasure is your family."

Neha read the note and thought about it. Whenever she needed help, her family was by her side. In her hard times, they were the ones who listened to her and supported her. With tears of affection, Neha looked at her Mama and Papa and said, "I have the best family ever ." They all hugged each other, and Sheru joined them, too, wagging his tail.

And as the sun set, they walked back home with joy and laughter.

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## A Circle Of Love

Vakul Jain

Dahlia

Memories with family,  
are always very special.  
The moments can be silly,  
but are never artificial.

Shadow of these moments,  
can never be erased.  
Like the twinkling stars,  
they will always be embraced.

My family is like,  
a bouquet of flowers.  
They smell delight,  
with many different powers.

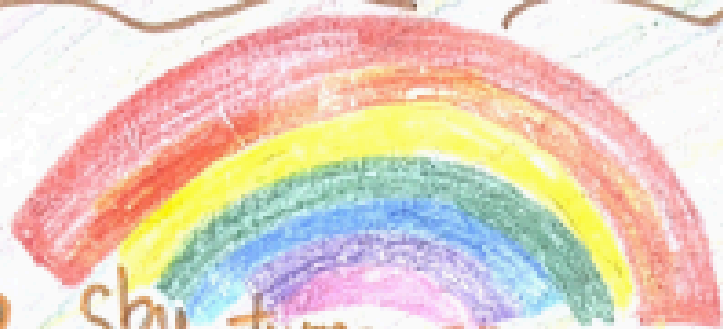
In every situation,  
they stand in the forefront.  
In my hesitation,  
They prove they are important.

Each member of family,  
is like a 'Fairy King'.  
For everyone, in family,  
their family is everything.





# Monsoon Whispers



The sky turns grey,

The clouds roll in



The pitter patter drops on the roof,

Make me wriggle my waist to its rhythm

The trees dance happily,

And the leaves look alive again.



Monsoon is here, what a beautiful scene!

I can see the rainbow,

Arch across the sky,

With its splash of radiance way up high.



Monsoon is here, how I love the scene.



# UDAAN- IDEAS THAT FLY

A young boy with dark hair, wearing a yellow long-sleeved shirt and blue patterned overalls, is looking thoughtfully towards the right. Another person, also in a yellow shirt, is partially visible on the right side of the frame, looking down at something in their hands. The background is a plain, light-colored wall.

"Teachers affect eternity; no one can tell where their  
influence stops." — Henry Brooks Adams

# Beyond Blood: The indispensable role of family

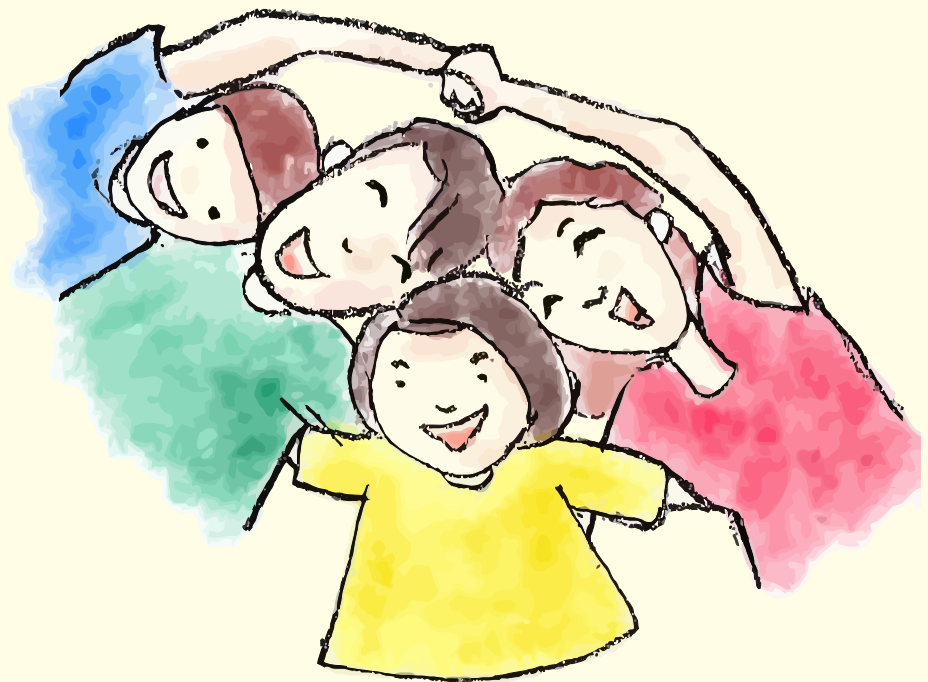
Abhay Raturi  
VIII C

The individual storms of life are unavoidable. Having a family is to find a safe harbour to weather the storms, and it is truly a blessing. "A person's family is their greatest asset ever."

In today's world, it is exceptionally easy to forget that family is not important; it is everything. This is a reminder that no matter what we achieve, the ones who stand beside us during our most significant challenges and triumphs are the ones who define life's true worth. Family offers unconditional love and becomes the foundation upon which we build our lives. The lessons we learn within our homes are often the ones that guide us through the toughest of times. Be it your mother's comforting lap where you rest your weary head after a long day or your father's encouraging words on the days when self-doubt gets ahead of you, and grandma's scrumptious meals, prepared with every ounce of love from her heart, and not to forget grandpa's inspiring tales of courage in times of sorrow; this is what keeps us going in life.

Sometimes, family is there to test us, making us who we are. Even if they do not tell us daily, they love us. "At the end of the day, it's not what we have in life; it's who we have beside us—that truly matters, and that is the power of family."

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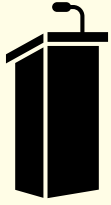


# KALEIDOSCOPE



"What can you do to promote world peace? Go home and love your family." -Mother Teresa

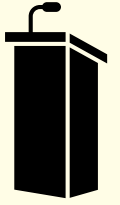
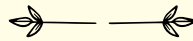




# Clash of Minds

Vihaan Ahlawat

IX B



On 28th August, the much-awaited Inter House Ekya English Debate “Rhetoric Eloquence” was held. The topic of discussion was ‘This House Believes that Automation Will Lead to Job Loss’. As decided by a draw of lots, Daivik House (Proposition) was to debate against Vinaya House (Opposition), while Prasatti House (Proposition) was to debate against Mahit House (Opposition). Each house’s team consisted of four participants. From each house, three participants were required to express their views and build their stance, while the fourth speaker was the interlocutor. The interlocutor’s job was to ask questions of their opponents. The competition was divided into two rounds, the first between Vinaya House and Daivik House, while round two was between Mahit and Prasatti. The competition was adjudicated by distinguished judges, Ms Natascha Nandi Bathla and Ms Sangita Verma, and the Chairperson was our School Captain, Deepjyoti Negi. With the prerequisite formalities completed, the competition commenced.

The competition was interesting, with most debaters clearly explaining their points.

That was followed by tricky questions being fired at them, which were thoughtfully answered. It was a game of utmost fluency, confidence, knowledge, and, most importantly, presence of mind. Many insightful discussions began, swinging the pendulum of thought back and forth. They compelled each audience member to consider and discuss amongst themselves, and everyone felt the aura of passionate opinions spread across the Hall. The debaters made sure of the fact that no one would have a clear mind on the topic. The hour that passed only felt like a minute as the debate was so intriguing.

The standout speaker of Prasatti House quoted the Oxford definition of automation, which is “the use of machines and computers to do work that people previously did.” This cemented his opinion that automation will undoubtedly lead to job loss, and it could pretty much answer any of the opposition's questions. His confidence and clarity were simply exemplary, and any writer would run out of superlatives to describe his stirring performance.

Finally, the debate was declared closed after a round of voting by the audience members, who had all developed an interest in the topic. We were not surprised that the audience had developed mixed opinions due to the debaters’ excellence, and the results were almost even between both sides.

The judges, Ms Natascha Nandi Bathla and Ms Sangita Verma, came to the stage and expressed their beautiful views and insights for improvement.

The event concluded with The School Director and Head of School, Mr Sanjiv Bathla, expressing his views on the topic and narrating some exciting incidents, further highlighting the rapid growth of automation and our need to evolve with it!





# Nav Rasa Photography

Tanuj Khatter  
X A

My experience for Nav Rasa Photography.

On August 10, 2024, photography club students collaborated with the Western Music activity to explore and learn photography in low light. As per the plan, we joined the session to shoot on the theme of Nav Rasa; by this time, we did not know exactly how the shoot would be organised. When Ms. Shweta Sharma explained low-light photography and its techniques, our curiosity and enthusiasm were even higher than our imaginations. We learned that low-light photography is also called low-key light photography, where we prepared light setup and technicalities for long exposure shoots under limited and low light under the guidance and supervision of our photography teacher in charge. We were very excited to learn a new concept and style of photography and even enjoyed learning new things and exploring different locations and different subject concentrations.

During the session, we experimented with light, angle, camera setting, shooting direction, and shooting distance indoors and outdoors. We understood the importance of background and keeping differences between foreground and subject. Before this session, photography had never been as exciting and directional as now, when we could see the advanced version of the experiments we were doing.

We want to keep learning advanced photography and new techniques in such an interactive way with Photography Club, The OASIS.

Credits:-

1. Tanuj Khatter, X-A

Photography Credit :

1. Tanuj Khatter, X-A

2. Prajwal Singh, VIII-B



# शब्द सृजन



"परिवार एक वृक्ष की तरह है, जिसके पत्ते कभी नहीं गिरते, चाहे कितनी भी आंधी क्यों न आए।"

- रवींद्रनाथ ठाकुर





1. एक दाना, एक बाना, चावल का है संग।  
सर्दी में गरमा-गरम, सबको भाए ये रंग।
2. चार पैर हैं इसके, दौड़ता है तेजी से।  
खेतों में काम आता, सबको भाता ये नसीब से।
3. कमर बांधे घर में रहता,  
सुबह-शाम जरूरत है पड़ती। बताओ क्या?
4. हरे-हरे से है दिखे पक्के हो या कच्चे,  
भीतर से यह लाल मलाई जैसे ठंडे मीठे लच्छे।
5. सफेद तन हरी पूंछ,  
न बुझे तो नानी से पूछ ॥

॥ ॐ नमो भगवते वासुदेवाय ॥

जिज्ञासा कुकरेती (कक्षा 11)

# आज का परिवार: रिश्तों की नई परिभाषा

सात्विक अरोड़ा  
(कक्षा 12)

आज के भारतीय परिवार और पूर्व के भारतीय परिवारों में कई महत्वपूर्ण अंतर हैं। पहले के परिवारों में संयुक्त परिवार का चलन था, जहाँ कई पीढ़ियाँ एक साथ रहती थीं। दादा-दादी, चाचा-चाची, भाई-बहन सभी एक ही छत के नीचे रहते थे। इस तरह के परिवारों में आपसी सहयोग और संबंधों की गहराई होती थी। सभी सदस्य एक-दूसरे के सुख-दुख में साथ होते थे, और परिवार का हर सदस्य एक-दूसरे के प्रति जिम्मेदार होता था।

वहीं, आज के भारतीय परिवारों में अधिकतर छोटे परिवारों का प्रचलन है, जिसमें माता-पिता और बच्चे एक साथ रहते हैं। कई युवा पीढ़ी अपने करियर की वजह से शहरों में स्थानांतरित हो गई है, जिससे परिवार के सदस्य दूर-दूर रहने लगे हैं। इस परिवर्तन के साथ, परिवारों में परंपरागत संरचना में बदलाव आया है। आज की पीढ़ी व्यक्तिगत स्वतंत्रता और आत्मनिर्भरता को अधिक महत्व देती है।

आज के परिवारों में माता-पिता और बच्चों के बीच संवाद का स्तर बढ़ा है। बच्चे अपने विचारों और इच्छाओं को खुलकर व्यक्त कर सकते हैं, जो कि पहले के परिवारों में कम होता था। इसके साथ ही, आजकल तकनीक ने भी परिवारों के बीच संवाद को आसान बना दिया है। वीडियो कॉलिंग और सोशल मीडिया के माध्यम से परिवार के सदस्य भले ही दूर हों, लेकिन वे जुड़े रहते हैं।

हालांकि, इस परिवर्तन के साथ कुछ चुनौतियाँ भी आई हैं। आधुनिक परिवारों में तनाव और व्यस्तता बढ़ गई है। परिवार के सदस्य एक-दूसरे के साथ समय नहीं बिता पाते, जिससे संबंधों में दूरी पैदा हो सकती है। इस प्रकार, आज का भारतीय परिवार अपने पूर्ववर्ती परिवारों से भिन्नता रखता है, जिसमें बदलाव के साथ-साथ नई संभावनाएँ और चुनौतियाँ भी शामिल हैं।

इसलिए, यह महत्वपूर्ण है कि हम अपने परिवारों (चाहे वह पारंपरिक हों या आधुनिक) के साथ समय बिताएँ और संबंधों को मजबूत बनाने का प्रयास करें, परिवार हमेशा हमारे जीवन का महत्वपूर्ण हिस्सा रहेगा, और हमें इसे सहेजना चाहिए।





# परिवार का प्रेम

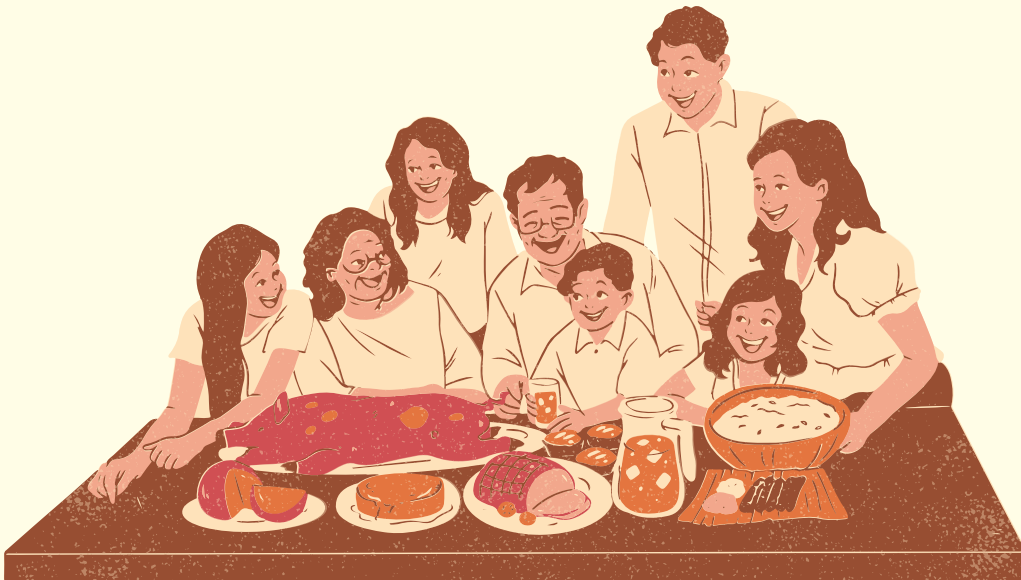
आराध्या चाचरा  
(कक्षा 12)

हम सबका एक परिवार होता,  
सुख-दुख में साथ चलता।  
माता-पिता का साया,  
भाई-बहन का प्यारा नज़ारा।

साथ खेलें, साथ गाएँ,  
सुख-दुख में एक-दूसरे को सहाएँ।  
दादी-दादा की बातें सुनें,  
घर की खुशियों को हम सब मिलकर चुनें।

प्यार से बुनें रिश्तों की डोरी,  
हर दिन हो नई एक कहानी।  
मिलकर हम सब जो चलते,  
हर मुश्किल को आसानी से पलते।

परिवार है खुशियों का जहाँ,  
सपनों की एक नई सुबह का सवेरा।  
हम सब मिलकर बनाएँगे इसे,  
प्यार और स्नेह से सजाएँगे इसे।



# रहस्यमयी रूपकुंड - कंकालों से भरी झील की अनसुलझी गाथा

अक्षित बिष्ट  
(कक्षा 10)

क्या आपको पता है कि एक झील है जो अपने पास स्थित 300 से अधिक कंकालों के कारण प्रसिद्ध है। ये कंकाल 1000 से 1500 वर्ष पुराने माने जाते हैं। यह झील भारत के उत्तराखंड राज्य के चमोली जिले में स्थित है। जो हिमालय की त्रिशूल पर्वत श्रृंखला के बीच बसी है। यह झील ट्रेकिंग के लिए मशहूर है। लेकिन इसका एक और रहस्यमय पहलू है, यहाँ का पानी मानव कंकालों से भरा हुआ है।

रूपकुंड झील का रहस्य 1952 में सामने आया, जब वन अधिकारी एच० के० माधवाल ने गश्त के दौरान यहाँ बड़ी संख्या में कंकाल देखे। प्रारंभ में यह माना गया किये कंकाल द्वितीय विश्व युद्ध के दौरान जापानी सैनिकों के हो सकते हैं, जो गलियारे से पार जाने की कोशिश कर रहे थे और किसी प्राकृतिक आपदा में फँस गए। लेकिन जब इन कंकालों पर शोध किया गया, तो यह स्पष्ट हुआ कि ये कंकाल अत्यंत प्राचीन हैं और कई सौ साल पुराने हैं। स्थानीय लोगों और धार्मिक मान्यताओं के अनुसार, इस झील का निर्माण त्रिशूल पर्वत पर भगवान शिव के त्रिशूल के प्रहार से हुआ था। ऐसा कहा जाता है कि माँ नंदा देवी, माँ पार्वती का एक रूप जब प्यास महसूस कर रही थीं, तो शिव ने त्रिशूल के प्रहार से इस झील का निर्माण किया था। जब माँ नंदा देवी ने झील में अपना रूप देखा, तो इस झील का नाम रूपकुंड पड़ गया।

एक और मान्यता के अनुसार कन्नौज के राजा जसधवल ने अपनी गर्भवती पत्नी रानी बलव्या के साथ माँ नंदा देवी के दर्शन के लिए यात्रा की। लेकिन अपनी तीर्थ यात्रा में वह अपने साथ नर्तकियों और सेवकों का समूह भी ले गए, जो तीर्थ यात्रा के नियमों का उल्लंघन था। इससे माँ नंदा देवी क्रोधित हो गईं और उन्होंने भारी ओलों की बारिश कर दी, जिससे राजा और उनके समूह की मृत्यु हो गई। ऐसा माना जाता है कि इसी वजह से इन लोगों के कंकाल रूपकुंड में पाए जाते हैं।

आज भी नंदा देवी की पूजा के सम्मान में नंदा देवीराज जात यात्रा निकाली जाती है। यह यात्रा धार्मिक और सांस्कृतिक धरोहर के रूप में बहुत महत्वपूर्ण मानी जाती है। आखिरी बार यह यात्रा 2015 में निकाली गई थी।

रूपकुंड झील का रहस्य आज भी बना हुआ है और यह स्थान इतिहास और धर्म से जुड़ी कहानियों के साथ-साथ वैज्ञानिक जिज्ञासाओं का केंद्र बना हुआ है।

आज भी स्थानीय लोग रूपकुंड झील से जुड़ी इन कहानियों और मान्यताओं को मानते हैं। नंदा देवी राज जात यात्रा, जो मां नंदा देवी की श्रद्धा में आयोजित की जाती है, इस रहस्यमयी इतिहास की एक झलक देती है।

रूपकुंड झील न केवल एक ऐतिहासिक स्थल है, बल्कि यह हमारे अतीत से जुड़े अनसुलझे रहस्यों का प्रतीक भी है।

आभार:

रूपकुंड झील और इसके रहस्य

लेखक: एच.के. माधवाल

स्रोत: रूपकुंड के खोजी दस्तावेज़ (1952)

नंदा देवी राज जात यात्रा का ऐतिहासिक महत्व

लेखक: हेमंत शर्मा

प्रकाशक: धार्मिक साहित्य समिति, 2016

संदर्भ: नंदा देवी यात्रा और उससे जुड़ी मान्यताएँ

BBC News Hindi-<https://www.youtube.com/watch?v=bCQqpjyVW-g>

Baramasa-<https://www.youtube.com/watch?v=lnBJeh-z6n8>



Credits: Adventure Nation





Bhuvi Garg  
Class XI A



# परिवार

प्लक्षा खंडूरी (कैलेंडुला):

परिवार हमारे लिए बहुत महत्वपूर्ण होता है। उसके बिना हम जीवन की कल्पना भी नहीं कर सकते। वह हमारी सारी जरूरत को पूरा करता है। उसमें सारे सदस्य एक दूसरे से बहुत प्रेम करते हैं। हम सबसे ज्यादा परिवार में सुरक्षित महसूस करते हैं। परिवार के सभी सदस्य एक दूसरे का साथ देते हैं, सब एक साथ पर्व मनाते हैं। परिवार एक सुरक्षित और महत्वपूर्ण स्थान है। मुझे अपना परिवार बहुत अच्छा लगता है।

जक्ष सिंह (कैना):

परिवार सभी के लिए महत्वपूर्ण है। परिवार के सभी सदस्य मुसीबत में एक दूसरे की सहायता करते हैं। हम स्वयं को यहाँ पर सबसे सुरक्षित महसूस करते हैं।

सम्राट रजनीकान्त सिलवाल (कारनेशन):

परिवार क्या होता है? परिवार एक ऐसी जगह है जहाँ बहुत प्यार मिलता है। यह छोटा या बड़ा हो सकता है परंतु यह सबके लिए सुरक्षित है। मेरे परिवार में बस तीन ही लोग हैं मगर खुशियों से भरा है। मैं कहना चाहता हूँ कि यह परिवार ही है जहाँ मिलजुल कर रहते हैं। यह परिवार यह जहाँ खेलकर जीवन जीते हैं।

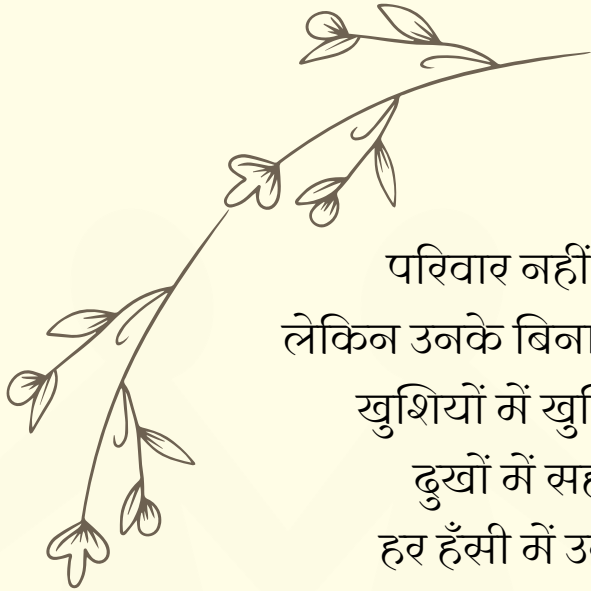
हर्षित रावत (कारनेशन):

परिवार हमारे लिए बहुत महत्वपूर्ण होता है। परिवार हमें खुशियाँ देता है। मेरे परिवार में 5 सदस्य रहते हैं। मेरा परिवार एक छोटा परिवार है। मेरी माँ पूरे परिवार की देखभाल करती हैं। हमें अपने परिवार की मुसीबत में सहायता करनी चाहिए। परिवार ही वह जगह है जहाँ हम स्वयं को सुरक्षित महसूस करते हैं। अगर परिवार नहीं तो कुछ भी नहीं।

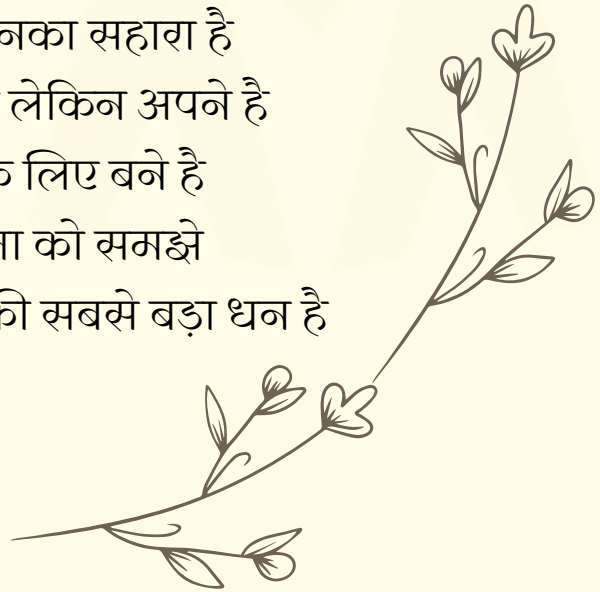


# परिवार ही जीवन

अरिंदम साहनी  
(कारनेशन)



परिवार नहीं है सब कुछ  
लेकिन उनके बिना जीवन अधूरा है।  
खुशियों में खुशियाँ बढ़ाते हैं  
दुखों में सहारा देते हैं  
हर हँसी में उनकी हँसी है  
हर आँसू में उनका सहारा है  
परफेक्ट नहीं है लेकिन अपने हैं  
एक दूसरे के लिए बने हैं  
उनकी महत्ता को समझे  
परिवार ही जीवन की सबसे बड़ा धन है



# कुछ ऐसा है मेरा परिवार

अरिंदम साहनी  
(कारनेशन)

दिन हो या रात  
चाहे धूप हो या बरसात  
चाहे आए विपत्ति हजार  
परिवार ही साथ देता है हर बार

हाथों की उँगलियों सा तकरार  
मिल जाए तो ताकत अपार  
खुशियों से भर जाता दिन हर बार  
साथ मिल जाए जब पूरा परिवार

स्त्रियों का होता सत्कार  
बुजुर्गों की सेवा करते दिन रात  
खुशियाँ दुगुनी होती है हर बार  
कुछ ऐसा है मेरा परिवार



# परिवार जीवन है

हरजस सिंह चड्ढा  
(डहेलिया)

परिवार हमारे जीवन का मूल आधार होता है। परिवार के सदस्य हमें प्यार और समर्थन प्रदान करते हैं। वे हमें मूल्य और संस्कारों का महत्व सिखाते हैं। मुझे अपने परिवार के साथ समय बिताना बहुत पसंद है। मैं अपने मन की सारी भावनाएँ उनके साथ साझा करता हूँ। परिवार हमारे लिए एक अनमोल निधि है। जब मेरा भाई मेरे साथ खेलता है, मेरे दादा-दादी मुझे घुमाने लेकर जाते हैं, और मेरे माता-पिता मुझे अच्छा इंसान बनने के लिए शिक्षा देते हैं, तब मैं अपने आप को सबसे भाग्यशाली समझता हूँ। आखिरकार, परिवार ही हमारा सबसे बड़ा आश्रय है, जो हमें सदैव खुशियाँ प्रदान करता है।



# **O.A.S.I.S.**

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





# PARIS PARALYMPICS 2024

Aanya Soni  
XI A

The 2024 Summer Paralympics were the 17th Summer Paralympic Games, an international multi-sport para-sports event governed by the International Paralympic Committee. The Games were held in Paris, from 28 August to 8 September 2024, featuring 549 medal events across 22 sports. The Paralympic Games are the most significant global sporting event for athletes with disabilities and have taken place every four years since the inaugural edition in Rome, Italy, in 1960.

This year's event ended with China leading the table for the sixth consecutive Paralympics with a total of 220 medals (94 golds, 76 silvers, 50 bronzes)!! Great Britain followed with 124 medals (49 golds, 44 silvers, 31 bronzes) and then the United States with 105 medals (36 golds, 42 silvers, 27 bronzes).

The 2024 Paralympics had India's 13th appearance at the event. Eighty-four athletes across 12 sports were sent to represent India in the Paralympics. At the opening ceremony, Bhagyashree Jadhav and Sumit Antil were our flag bearers and during the closing ceremony, Preethi Pal and Harvinder Singh served as our flag bearers.

India won 29 medals (7 golds, 9 silvers, 13 bronzes) across five sports: para archery, para athletics, para badminton, para judo, and para shooting. India came 18th overall. In para archery, we managed to secure two medals: Harvinder Singh secured the gold medal in the men's individual recurve open event, and Rakesh Kumar, along with Sheetal Devi, secured the bronze medal in the mixed team compound open event.

In para-athletics, we secured a total of 17 medals, of which 4 were golds, 6 were silvers and 7 were bronze medals. Praveen Kumar secured the gold medal in the Men's high jump (T64) event. Navdeep Singh won the gold medal in the men's javelin throw (F41); his throw of 47.32m set a new paralympic record! Sumit Anil won the gold medal in the Men's Javelin throw (F64). He became the first male athlete to win back-to-back gold medals in the same event, and he also set two paralympic records. Dharambir Nain secured the first position in the Men's Club Throw (F-51) event.

Nishad Kumar won the silver medal in the Men's high jump (T47) event. Sharad Kumar came second in the Men's high jump (T63) event. Sachin Sarjerao Khilari finished second in the Men's Shot put (F46) event. Yogesh Kathuniya secured the silver medal in the Men's discus throw (F56) event. Ajeet Singh got the silver medal in the Men's Javelin Throw (F46). Pranav Soorma secured the silver medal in the Men's Club throw (F51) event, and Mariyappan Thangavelu secured the bronze medal in the Men's High Jump (T63) event, making it his third consecutive medal at the Paralympics. Hokato Hotozhe Sema won the bronze medal in the Men's Shot put (F57). Sundar Singh Gurjar finished third in the Men's Javelin Throw (F46) event. Preeti Pal secured the third position in both the women's 100m (T35) event and the women's 200m (T35) event, making her the only Indian multi-medalist in the Games! Simran Sharma won the bronze medal in the Women's 200m (T12) event. Deepthi Jeevanji, the youngest Indian track medalist at the Paralympic Games, won the bronze medal in the Women's 400m (T20) event.



In para judo,

Kapil Parmar won bronze in the Men's 60kg (J1) event, India's first Paralympic medal in the sport.

In para shooting,

Avani Lekhara won India's first gold medal in the women's 10 m air rifle event. This was her second consecutive gold medal, and she also became India's first woman to win multiple medals at the Paralympics.

Manish Narwal finished second in the Men's 10m air pistol (SH1) event.

Rubina Francis came third in the Women's 10m Air pistol (SH1) event.

Mona Aggarwal secured the bronze medal in the Women's 10m Air rifle standing (SH1) event.



India's performance at the 2024 Paris Paralympics was remarkable, marking the country's best-ever showing at the Games. India finished 18th on the table with a total of 29 medals! This incredible achievement reflected the immense dedication and hard work of the entire team and the growing support for para-sports in India. All the Paralympians who took part in the 2024 Paralympics displayed courage and hard work, serving as beacons of hope for the upcoming generations of Para athletes.

The Indian Paralympians have made our country immensely proud and have left their mark on the world.

Despite the outstanding performances and record-breaking achievements at the 2024 Paralympics, the event needed widespread attention and viewership. Many media outlets focused more on the Olympics, overshadowing the Paralympics and limiting its coverage. The 2024 Olympics overshadowed the Paralympics for many reasons, such as the Olympics receiving more media coverage, and most people were either unaware or their enthusiasm towards "the Olympics" was over. Greater visibility and exposure of the Paralympics will promote inclusion, challenge stereotypes, and inspire people of all ages with disabilities.

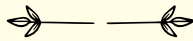
The 2024 Paris Paralympics ended as a potent reminder of human strength, togetherness, and the unstoppable will of athletes from across the globe. The event was an epitome of abilities beyond disabilities and a showcase of courage, perseverance, and equality in sports. The 2024 Paralympics proved that sports as a whole have the power to unite and transform lives. The 2024 Paralympics came to an end with its closing ceremony, which took place on September 8, 2024.



# Inter-House Swimming Competition

Sukanya Khanduri

X B



The Inter-House Swimming competition was nothing short of a spectacle! Students showcased their incredible aquatic skills in a friendly competition, with the crowd cheering for their Houses to the echo.

The Satva category of swimmers competed on August 2nd, whereas the Ekya swimming competition took place on August 22nd. The event honoured the true spirit of sportsmanship and built camaraderie among the swimmers.

Swimming is a sport that requires stamina, agility, and precision. In those few minutes, when you are in deep waters, every muscle in your body is stretched to its fullest potential, and as you dissipate your heat, your bones feel as if they would shatter if you kicked once more. The crowd cheers as loud as they possibly can but somehow you hear no sound at all, except the sound of you gasping for breath as you swim underwater.

So you can imagine that swimming is more challenging than the swimmers make it look like. However, the most significant challenges often become the smallest with practice, discipline, and dedication. The school hopes to teach this. I would not call it a sport but rather an art, to make more students willing to learn and master it in time. With excellent facilities and great coaching staff, there is much scope for our school's students to excel in this sport. So, I hope this competition will inspire more and more young swimmers to participate and more students to want to learn this 'art' as I call it.

Now, dearest reader, you must wonder why I call this ordinary sport something extraordinary as an art. Well, swimming is not just a 'life skill'; it is, in itself, a 'way of living'. I know I must be coming off as much of a versifier currently, but as tedious as my reason is, kindly bear with me as I elaborate.

Those few seconds underwater, you breathe steadily, grateful for each breath you take. The whole world's weight might be on your shoulders, yet you feel weightless. The noise surrounding you is louder than ever, but for those few seconds, you are deaf to the world's cries. You only hear the sounds of your heart beating faster than ever before, your bones trembling with every stroke, and, of course, your breathing. Your body starts to fail, but your mind does tell you to "just keep swimming".





# Inter House badminton

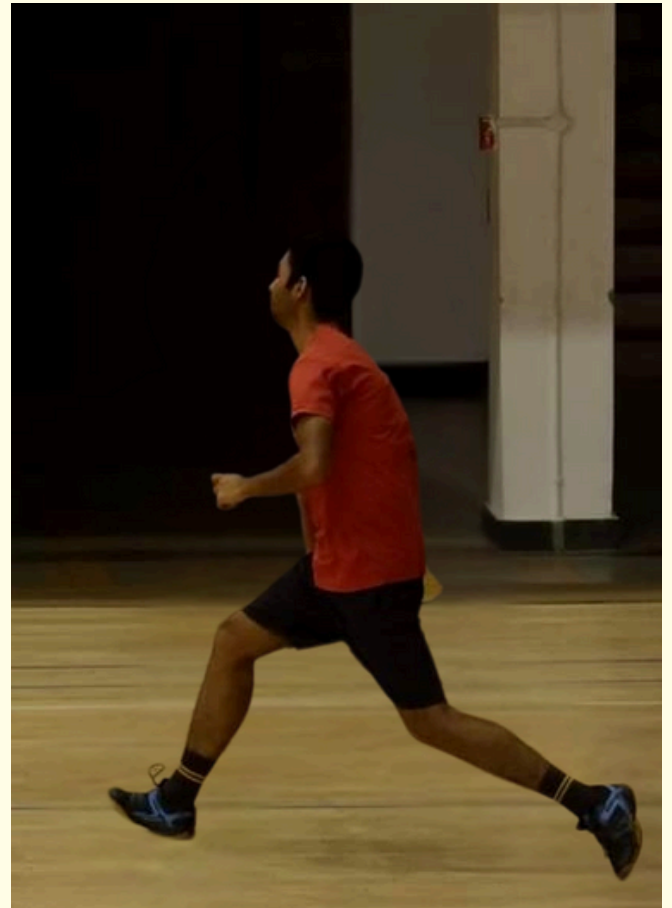
Bhavyata Thapliyal  
IX A

Namaste,

On August 13th, 2024, our school held an Inter-House Badminton Tournament. There were three categories: under 14, under 17, and under 19.

For every category, three students were selected from their respective houses.

Overall, the first position was a tie between Mahit and Prasatti House. Daivik House backed the second position, and Vinaya House secured the third. It was a cutthroat competition, and all the players played very well.







# THE GLOBAL JIGSAW

## Burning Bangla! A tragedy that transcends borders

Jigyasa Kukreti  
XI A

### GLOBAL LENS



Credits: APAC News Network

“One Nation, One Election”:

The Union Cabinet has cleared the 'one nation, one election' proposal that will eventually see simultaneous voting for state and union governments, as well as urban bodies or panchayats. The BJP has firmly backed the proposal, saying it saves time and money, but nearly two dozen parties, led by the Congress, have argued it is impractical and unnecessary.



Credits: Tripadvisor

Port Blair renamed:

Port Blair was named after Captain Archibald Blair, a British colonial navy official of the East India Company. On 13 September 2024, the Government of India renamed it Sri Vijaya Puram in an attempt to end the colonial legacy in the country.

*“If we should not give reservation to the grandchildren of freedom fighters, should we give it to the grandchildren of Razakars?”*

- Sheikh Hasina (former Prime Minister of Bangladesh)

On August 5, the former Prime Minister of Bangladesh, Sheikh Hasina, was ousted from her country and power, ending her rule since January 2009. This event was seen as a massive escalation, with what initially started as student's protests and resulted in a major crisis in Bangladesh.

The months of July and August saw thousands of students rallying on Bangladesh's streets. The protests were initially peaceful but quickly turned dangerous and violent. At least 500 people lost their lives in these brutal battles, with others wounded. And the sole cause of these protests is reservation. The Bangladeshi youth are protesting against the government's quota system.

According to the quota system, 56% of employment in Bangladesh's public sector is designated for certain segments of the population. This indicates that just 44% of job openings are merit-based. The 56% reservation is primarily for the successors of the Bangladeshi freedom fighters. To understand this problem, we need to delve into the history of Bangladesh.

In 1971, Bangladesh, which had previously been a part of Pakistan from 1947 until 1971, gained its independence as a sovereign republic. This came after a long fight for autonomy from Pakistan. During the partition, India became a separate nation while Pakistan (West Pakistan) and Bangladesh (East Pakistan), together, were called Pakistan.

Although East and West Pakistan were part of the same country, they were geographically separated. Despite East Pakistan's larger population, the majority of political power was held by West Pakistan, which was over a thousand miles away.



Bengalis in East Pakistan felt estranged from their homeland as a result of the Islamabad government's political, economic, and cultural marginalisation of their region.

Bengali was the most spoken in East Pakistan, but West Pakistan imposed Urdu on the people of East Pakistan. Moreover, there was economic disparity in the countries. While 59% of the country's exports came from East Pakistan, only 25% of the industrial investments went to East Pakistan. In November 1970, when Cyclone Bhola hit the coasts of East Pakistan, an estimated 300,000 people lost their lives. It was one of the worst natural disasters anywhere. But West Pakistan didn't make much effort to provide relief to the people there.

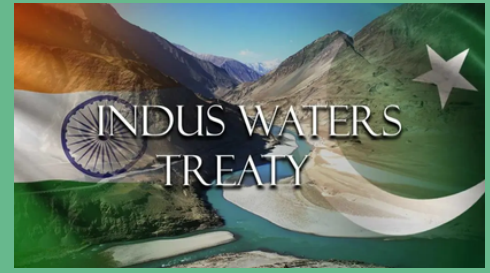
The immediate cause of the liberation movement in Bangladesh was the elections of 1970. In the 1970 elections, East Pakistan had 162 seats and West Pakistan had 138 seats. People in West Pakistan voted for different political parties, but in East Pakistan, the overwhelming majority of votes went to the Awami League Party, which was being led by Sheikh Mujibur Rahman. As a result of this election, the Awami League was supposed to govern both East and West Pakistan. But the military of West Pakistan did not want this at all.

Back then, Pakistan's Commander-in-Chief, Yahya Khan, refused to accept the election result. Martial law was imposed on East Pakistan, and in response, Sheikh Mujibur Rahman began a civil disobedience movement in protest. At the same time, West Pakistan's military committed large-scale atrocities against the people of East Pakistan. Sheikh Mujibur Rahman was arrested, and hundreds of thousands of people lost their lives.

About 10 million people had to take refuge in India. Approximately 50% of the population of East Pakistan was internally displaced because of this. It was only after this that we saw the Bangladesh Liberation War of 1971.

Under Prime Minister Indira Gandhi, India took swift action and intervened to resolve the crisis. On December 16, 1971, Bangladesh proclaimed its independence, becoming a sovereign country, which was largely due to the help provided by India to Bangladesh Liberation Forces. This is also known as the India-Pakistan War of 1971. Sheikh Mujibur Rahman, who fought against the discrimination by West Pakistan and gained massive support in the 1970 elections, then became the first Prime Minister of the country and was assassinated in 1975.

Now we come to what led to this civil crisis in Bangladesh. The people who fought for freedom in East Pakistan, which made Bangladesh an independent country, were the freedom fighters. These freedom fighters are relevant in the current situation because of this quota system. Because in Bangladesh's quota system, 30% of jobs are reserved for the descendants of freedom fighters. Apart from this, there are some other reservations, like 10% for women, 10% Zila Quota for backward districts, 5% reservation for ethnic minorities, and 1% reservation for people with physical disabilities. If you add up these numbers, it becomes a total of 56% reservation. But the majority share of this 56% is the 30% quota for freedom fighters. Protesters demand that other than the reservation for ethnic minorities and physical disabilities, the government should remove all other reservations.



Credits: Kashmir Reader

#### Indus Waters Treaty:

India has issued a notice to Pakistan seeking modification of the more than six-decade-old Indus Waters Treaty (IWT) that governs the sharing of waters of six rivers in the Indus system between the two countries. New Delhi said “fundamental and unforeseen” changes in the circumstances require a reassessment of the pact. The notice appears to be a fallout of a longstanding dispute over two hydroelectric power projects that India is constructing—one on the Kishanganga river, a tributary of Jhelum, and the other on the Chenab.



Credits: The Hindu

#### Attack on Lebanon:

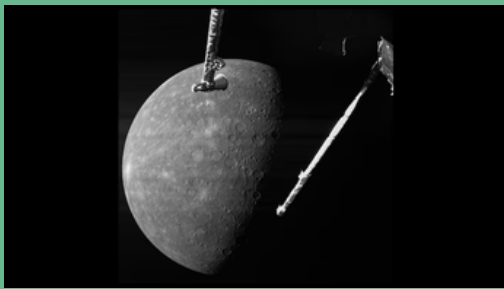
Violence in Lebanon has included a series of explosions that have resulted in dozens of deaths and thousands of injuries. A significant event involved Israel conducting a strike that killed a senior Hezbollah commander and other leaders in southern Beirut. These incidents have raised international concerns and discussions about the tragic impact on innocent civilians.



Credits: France 24

#### Harris vs. Trump:

Donald Trump and Kamala Harris participated in their first presidential debate in Philadelphia on September 10, 2024. Following the debate, Trump claimed victory and stated he would not participate in any future debates against Harris. The result was a polarised response, with supporters of each side claiming victory, but there was no clear consensus on a winner.



Credits: India Today

#### First clear images of Mercury's south pole:

The joint European-Japanese BepiColombo mission successfully completed its fourth flyby of Mercury on September 5, 2024, bringing the spacecraft closer to its final orbit around the innermost planet. This latest encounter marks a significant milestone for BepiColombo, as it provided the first-ever glimpse of Mercury's elusive South Pole.

This reservation for freedom fighters began in 1972, just a year after independence. Their Ministry of Cabinet Services issued an order that year to create a quota for Freedom Fighters. It should be noted that this was applicable only for the Freedom Fighters. Later, in 1997, this quota was extended to the children of freedom fighters. And in 2010, it was said that this quota should be extended to the grandchildren of freedom fighters too. Although the exact quota for other categories kept changing over the years, in the end, the total percentage reached 56%.

After the decision to include grandchildren in 2010, there was a big movement in Bangladesh during 2012–13 against this quota system. In February 2018, Bangladesh's General Students' Rights Conservation Council demanded reforms in Bangladesh Government Services. And under pressure, in October 2018, Bangladesh's government issued a circular that the quota system will be removed for first- and second-class jobs.

The matter would have ended here, but in 2021, 7 students from Freedom Fighters' families filed a petition in the High Court against the removal of this quota system. And on 5 June 2024, the High Court decided that the petitioners' arguments were valid. The government circular was declared illegal, and the quota system was reintroduced. This was the reason why protests rekindled all over the country.

The protesting students claim that this quota is unconstitutional. Nowhere in the original constitution was it written that the future generations of freedom fighters would have reservations for jobs. And anyway, does it make any sense? It is understandable to give a reservation to freedom fighters because they fought for the country's freedom. But extending the reservation to their grandchildren simply because their grandparents were freedom fighters does not make any sense.

There have also been allegations of corruption under the guise of reservation. The government has kept the responsibility of deciding who is from the families of freedom fighters to itself. For the past 15 years, the ruling party in Bangladesh has been the Awami League, with Sheikh Hasina as the Prime Minister. The protesters claim that the reservation for the freedom fighters disproportionately benefits the people of the Awami League.

At least 60,000 objections have been raised against the names of the freedom fighters who have been included in the list. And these objections have not been resolved by the government.

On July 10, 2024, this matter reached the Supreme Court. The government approached the Supreme Court to appeal against the High Court's order. The Supreme Court imposed a stay on the High Court's order, but the protests didn't stop. Apart from students and teachers, opposition parties in Bangladesh joined in.

To confront the protesters, more than 7,000 paramilitary troops were called. Police used tear gas, rubber bullets, and sound grenades. The United Nations Secretary-General issued a statement that the government should refrain from using threats or violence against the protesters.

Under the pressure, the government formed a Judicial Probe Committee to investigate the incidents of violence. The General Secretary of the Awami League said that the government will not interfere in the quotas and everyone should wait for the Supreme Court's decision.

Amidst this tense situation, Prime Minister Sheikh Hasina fuelled protesters' anger by giving some irresponsible remarks. She twisted the facts and asked, why do the protesters hate the freedom fighters? "If we should not give reservation to the grandchildren of freedom fighters, should we give it to the grandchildren of Razakars?"

Not only Prime Minister Sheikh Hasina, but also her Social Welfare Minister Dipu Moni and State Minister of Information and Broadcasting, Muhammad Ali Arafat, made similar statements about Razakars.

'Razakar' is a Persian word that means volunteer or helper. But in the war of 1971, Razakar Bahini was a paramilitary group that was supporting the army of West Pakistan. On the other hand, was Mukti Bahini fighting for the freedom of Bangladesh. Thus, in Bangladesh, the word 'Razakar' means treacherous and anti-national.

Here the major concern of a democracy comes. If someone is protesting against the government for any reason, does it make sense to call them a traitor? It's the same old strategy where if the government doesn't like people criticising them, then they are declared a traitor.

But the truth is, as American author and activist Edward Abbey had written, "a patriot must be ready to defend his country against his government." Democracy doesn't only mean that you go to vote once every 5 years. Democracy is a dynamic system where people should be politically aware. People should continue to hold the government accountable and keep monitoring if the government is doing the right thing or not. And if needed, they should be able to oppose the government.

PM Sheikh Hasina's comment on these protesters is a clear-cut example of the straw man fallacy. This means that you are presenting the other's argument in the wrong way by distorting it. If the protesters say that they are against the reservation given to the granddaughters of freedom fighters, how does it mean that they are disrespecting the freedom fighters? When PM Sheikh Hasina's government removed this reservation in 2018, was she also disrespecting the freedom fighters?



Credits: News 18

#### Chronicles of the Calendar:

September 5: Teachers' Day - Celebrated in honour of Dr. Sarvepalli Radhakrishnan's birthday, this day recognises the contributions of teachers in shaping society.

September 14: Hindi Diwas - Marks the adoption of Hindi as one of the official languages of India in 1949, promoting the language and its rich literary tradition.

September 15: Engineer's Day - Celebrated in honour of Sir M. Visvesvaraya, a renowned Indian engineer and statesman. It recognises the contributions of engineers to the nation's development.

September 16: International Day for the Preservation of the Ozone Layer - Commemorates the signing of the Montreal Protocol in 1987, which aims to protect the ozone layer.

September 23: Indian Space Research Organisation (ISRO) Formation Day - Founded in 1969, ISRO has since played a crucial role in advancing India's space capabilities. September 23 is celebrated as a day of scientific progress and achievement in space exploration.

September 28: Bhagat Singh's Birth Anniversary - Remembers the birth of Bhagat Singh, one of India's most influential freedom fighters, who played a key role in the independence struggle.



If we compare this to the Indian reservation system, we can see a clear difference between the two. In India, the reservation is for the castes who have historically faced discrimination. Even today, they do not have the same economic and social position as others. Everyday, we see matrimonial columns on newspapers looking for “Brahmin Girl,” “Rajput Boy,” etc. This is an example of how caste distinction still lives in India. In Gujrat, a dalit groom was not allowed to mount a horse on his marriage. An 8-year-old boy was beaten up because he touched a bucket of water. This is the sad condition of India. In such a scenario, giving reservations to the socially backward people makes sense. But the Bangladeshi reservation for the descendants of Freedom Fighters, who are not a separate ethnic minority, is completely baseless.

Because of this situation, Sheikh Hasina fled the country and resigned from her post, creating a more chaotic condition in the country. The protestors were majorly upset with her governance. They even raised banners saying, “Who are you? Who am I? Razakar! Razakar! Who says? Who says? The Dictator! The Dictator!” The ridiculous condition created after Sheikh Hasina’s resignation led to the formation of an interim government under the leadership of Nobel Laureate Muhammad Yunus.

Presently, India is in a very difficult diplomatic position, and it works to balance between important international powers with its relationship with Bangladesh. There is no doubt that under the Sheikh Hasina leadership, India-Bangladesh relations had only improved. With her resignation as the Prime Minister of Bangladesh and a political flux, India has lost a trusted ally. Even on the economic front, the interdependence is evident through trade. Bangladesh became India’s leading trading partner with USD 13 billion in commerce with Bangladesh under Sheikh Hasina’s rule.

Under Sheikh Hasina’s rule, India and Bangladesh have worked with each other closely. And with her seeking refuge in India, her unpopularity within Bangladesh runs the risk of an anti-Indian sentiment. The next administration could not be as friendly toward India, especially when it comes to delicate matters like trade and security. The possible consequences might worsen India-Bangladesh ties and jeopardise the gains of the last ten years.

Perhaps the biggest concern for India in relation to the present crisis is the possibility of tensions in the north-eastern states of India in case of infiltration by the Bangladeshis. Further, one cannot forget that various problems have always existed in the border regions, including smuggling, entry of illegal migrants (including the issue of Rohingyas), militancy, and radicalism, which are internal security challenges for us. A less pro-Indian government may give extremist groups opposed to the country more clout, further taxing border security.

China has always used the moment of weakness of each country in the neighbourhood and has used the situation to its advantage. Bangladesh’s political unrest may provide China another opportunity to expand its sphere of influence in South Asia. Beijing could take advantage of this situation and may propose lucrative deals to the next government. We have already seen this story in the case of the Maldives and Sri Lanka.

There are also challenges related to transboundary river water management and Indian investment in Bangladesh. There are hardly any doubts that it is a moment of difficulty for India to deal with various challenges that have presented before us with the current crisis in Bangladesh. Regardless, India needs to quickly accept and adapt to the fluid situation that continues to emerge in the neighbourhood. As C. Raja Mohan says, “India will need enormous strategic patience, faith in the logic of geography, belief in the centrality of commerce, and a strong political commitment to transcend the partition pathologies in building relations with a changing Bangladesh.”





# HEMAN BEKELE :A Ray of Hope in the Fight Against Cancer



Arshiya Sandlas Chandna

XI A

Eureka!  
I  
Have  
Found  
It



Cancer remains one of the leading causes of death worldwide, claiming the lives of nearly 10 million people in 2020 alone. However, amid the grim figures, there are glimmers of hope, particularly in research and discovery. Introducing Heman Bekele, ‘TIME’s 2024 Kid of the Year’. He’d been conducting his science experiments for about three years and called his end products “POTIONS”, mixing up whatever he could get his hands on at home and waiting to see if the resulting goo would turn into anything. “They were just dish soap, laundry detergent, and common household chemicals,” he said.

The 15-year-old has come up with an idea for a soap that could help treat skin cancer, and he is already working with scientists to test his idea. Heman’s family came to the US from Ethiopia when he was four. Heman remembered seeing people working outside in the scorching sun without skin protection. From his parents, he learned about the dangers of cancer and how important it is for people to protect their skin from the sun. Skin cancer can often be cured, but the treatment is costly. Skin cancer, particularly melanoma, is a serious global health issue. Melanoma is dangerous because it can spread and metastasize to other parts of the body if not detected and treated early.

Melanoma originates in melanocytes, the cells responsible for producing melanin, which gives our skin its colour. Key factors that increase melanoma risk include UV exposure, skin type, and family history. He then read about a medicine called “imiquimod” that can help fight skin cancer. Heman knew it would be helpful to get imiquimod to people in the early stages of skin cancer when it was easier to fight. He thought a simple soap bar might be an excellent way to deliver the medicine. But at the same point, Heman knew that simply mixing imiquimod with soap wouldn’t work. The medicine would wash away. Instead, he thought about creating a soap containing the medicine inside tiny “nanoparticles”. These could stick to the skin and deliver the imiquimod after washing off the soap. Bekele aimed to create an affordable and accessible product to help protect people from skin cancer.

Bekele’s invention stands out for its affordability, with each soap bar costing around \$0.50. This low cost makes it accessible, especially in developing countries where skin cancer treatment is often expensive. The soap could reach a broader audience by reducing the cost barrier and protecting those most vulnerable to skin cancer. Hence, optimism springs from the belief that every step forward in cancer research—whether from seasoned scientists or enthusiastic children—brings us closer to effective treatments and, ultimately, cures.

# Bloom of the Month



## The Infamous “Chui Mui”

Gauri Juyal  
XI A



**Botanical name:** *Mimosa pudica*

**Common names:** Touch-me-not

**Flowering season:** Spring and Summer

**Type:** Creeper

**Native:** Caribbean, South and Central America

The name, ‘*Mimosa pudica*’ is derived from Latin *pudica*, referred to as ‘shy’ bashful or shrinking. It is also known by different names such as sensitive plant, action plant, sleepy plant, or shameplant. It belongs to the legume family, named Fabaceae and is known to be short-lived. It is a tropical shrub and is native to Southern and Central America. The shy plant gets its name from how it reacts to various kinds of stimulation like motion, touch and temperature.

Its leaves are like that of a fern which is not only soft but also possesses tiny hair-like structures lining the edges, which actually help detect any external stimuli. These short-lived shrubs can grow anywhere from 15cm to 1 meter and bear extremely pretty, pink-purplish soft velvety flowers in the shape of a ball during spring. Although these plants can be called shrubs for their height, they progress into creepers soon.

### **Ethnobotany:**

The mimosa's leaves, similar to Venus flytrap's trigger hairs, are hypersensitive to touch. In line with the touch-sensing function used for tasks such as defence or nutrient maintenance, these parts have mechanoreceptors linked to mechanosensitive channels that can conduct calcium ions and indirectly relative anions upon touch stimulation, giving rise to depolarization, the initiation of an action potential (AP).

Although the sensitive plant's contraction of its leaves had been known at least since the ancient Greeks, this curious being ignited a particularly intense flame of fascination in the late 1700s. The double sense of “sensitivity,” as social propriety and physical responsiveness, aided in this wide appeal. Poets and authors were attracted to this plant because it was a fitting metaphor for the age's ideals of modesty and chastity, while naturalists sought to explain how it moved. Such explanations, though, remained wanting until the nineteenth century; and even then, the mechanisms of this plant's contractions were not thoroughly understood. Presently, scientists still cannot fully explain its reactions to touch, that is, its seismonastic movements.

Current research on this plant only seems to compound its remarkable qualities, so much so that in the last decade writers and scientists have made an addition to the already long list of names: *M. pudica* is also the “intelligent” plant!

### **Guide to Grow:**

- The first step is to prepare the seeds for planting. It can be done by removing the hard shell by scratching or soaking them in water overnight.
- Once the seeds are ready, sow them in a pot with a moist potting mixture and keep the pot in a warm location.
- It will take about 7-10 days for germination, after which you can shift the plant to a larger pot when the roots fill up the small pot.

## FAQS

**Is the sensitive plant toxic?:** No, it is not, which makes it an ideal houseplant. Although The tannin present in the plant can be fatal if ingested in high doses.

**Can someone die by touching touch-me-not plant?** Although one of its common names is the touch-me-not plant, *Mimosa pudica* is not harmed when touched, and it will not harm you either.



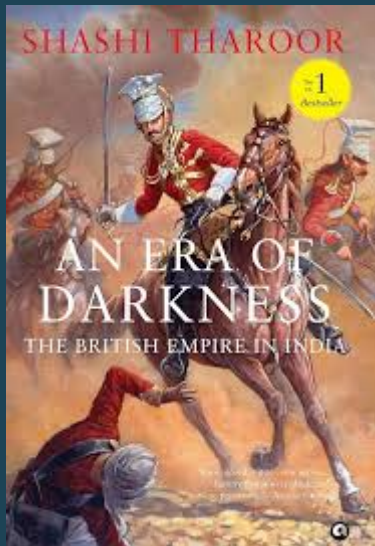


Radhika Goel  
Class VIII B



# MUST READ

## An Era of Darkness



- **Author** – Shashi Tharoor
- **Publisher** – Aleph Book Company
- **Pages** – 276
- **Genre** – Non-fiction, History, Political Commentary

"The British Raj was a period of unprecedented violence and exploitation, leaving a legacy that India still grapples with today."

"An Era of Darkness" by Shashi Tharoor criticizes British colonialism in India, emphasizing its catastrophic impact on the country. Tharoor claims that the British Raj caused widespread poverty, starvation, and cultural loss, using persuasive data and personal accounts. The book serves as both a historical chronicle and an impassioned appeal for awareness of Indian injustices, making it an important contribution to postcolonial discussions.

# MUST LISTEN

## Yeh Shaam Mastani



- **Singer:** Kishore Kumar
- **Movie:** Kati Patang
- **Genre:** Upbeat, "Positive-Vibes-Only!"
- **Songwriters:** Anand Bakshi
- **Composed by:** R. D. Burman
- **Released in:** 1970

“दूर रहती है तू, मेरे पास आती नहीं,  
होंठों पे तेरे कभी प्यास आती नहीं,  
ऐसा लगे जैसे कि तू हँस के ज़हर  
कोई पिए जाए,  
शाम मस्तानी, मदहोश किए जाए  
मुझे डोर कोई खींचे, तेरी ओर लिए  
जाए”

# MUST WATCH

## Parent Trap



- **Director** - Nancy Meyers
- **Writer** - Nancy Meyers, David Swift, and Charles Shyer
- **Genre** - Comedy, Drama, Family
- **Cast** - Lindsay Lohan, Dennis Quaid, Natasha Richardson, Elaine Hendrix, Lisa Ann Walter, and Simon Kunz
- **Awards** - Young Artist Award for Best Leading Young Actress in a Feature Film (Lindsay Lohan)
- **Where to watch** - Hotstar, Amazon Prime Video, Apple TV
- **Released in:** 1998

"I think that we're the best people in the world for Mom and Dad. And the fact that we haven't seen them together in years doesn't mean that they aren't perfect for each other still."

Twin sisters who were separated at birth reunite at summer camp and plan to reconcile their estranged parents.



# PARENT SPEAKS

## FAMILY: THE MAP OF OUR LIVES

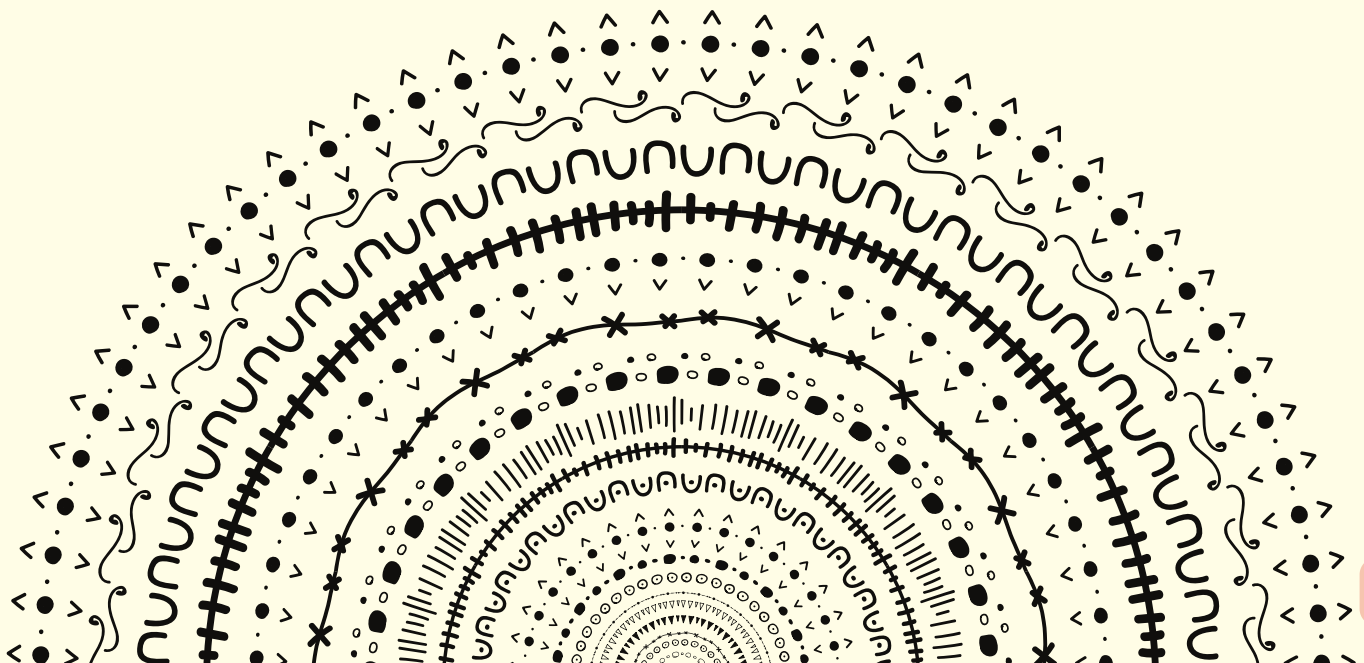
Mr. Deepak Khanna

Like protons and neutrons fused in a dance,  
Together they form a nucleus by chance.  
Family bonds, like this powerful might,  
Create our foundation, our guiding light.

Like electrons that orbit, steady and true,  
With mass so little, yet, still a glue.  
The family bond, like electrons, dost cling,  
Off' taken for granted, for it doth not sing.

Newton equates F to ma,  
Which spells 'FAM' in a simple way.  
With love as the force, our hearts do sway;  
In memories and bonds, we find our way.

Geography states longitude and latitude give  
us time and location,  
Family is the grid that offers love and  
foundation.  
Through every coordinate, in joy or in strife,  
Family remains the true map of our life.



# PARENT SPEAKS

## *From Passion to Profession*

Ms. Nimrita Raina

Since the past few years and at present Career counselling is essential as it helps students make informed decisions about their academic and professional paths. It provides personalised guidance on selecting the right courses, universities, and countries, ensuring alignment with their goals. Counsellors assist with navigating admission requirements, financial planning, and scholarship opportunities, making the process smoother. They also offer insights into cultural adaptation and long-term career prospects, helping students plan for the future. Overall, counselling increases the likelihood of academic success and better job placements, ensuring students maximise their potential while studying abroad.

It is important for students to utilise the standardised psychometric assessment tests in grades 8 through 11 to choose their best-fit academic streams and courses. This includes finding careers that not only interest the child but also align with their strengths, as determined by aptitude testing and counselling and other available information through their personalised journey. When you combine what you're passionate about with what you're good at and what the world needs, you're left with a fulfilling and successful career journey.

Career counsellors assist in selecting universities that align with each student's unique needs, ensuring the best fit and maximum return on investment, considering location, compatibility, and program rankings, which in turn supports the admissions process to secure maximum scholarships for each student. Hence, career counselling sessions help students to be well informed in this ever-changing and evolving landscape of global education trends, jobs, and skills for future and upcoming educational destinations, helping them to identify the right program pathways overseas and in India. In addition, engaging in diverse extracurricular activities such as passion projects, community service, Model United Nations (MUNs), internships, quizzes, and research work enhances personal development and strengthens students' profiles for applications to top-ranked universities. It is also crucial to encourage acquiring other life skills such as money management, using public service and transportation, personal hygiene and safety, household chores including cooking and laundry, and independent travelling.

Since 2015, Mr. Vinu Warriar, Managing Partner & Founder of eduVelocity(EV) and his team of trained and qualified counsellors have been focusing on long-term engagement, helping students gain admissions and scholarship offers from best-ranked programs at the world's best universities, along with emphasising psychometric testing, career development, time management skills, life skills development, profile building, and interview preparation. EV's clients include high school students from grades 9 through 12, college students pursuing undergraduate studies, as well as working professionals aspiring for higher education, and also schools, universities, and third-party entities so that students may find broader and richer opportunities to build their profile. Apart from the successful long-term collaboration process with parents, EV's only sister company, eduHorizons (EH), offers affordable options (10,000+ program choices from 2000+ colleges/universities spread across 30+ countries) and a simplified application process for parents and students from diverse financial backgrounds to cater to the needs of students through its tie-up with institutions and aggregators involving a short-term engagement. Meanwhile, EV currently has a global student base including India, UAE, Oman, Indonesia, Hong Kong, Singapore, Malaysia, Thailand, Canada, and the US. EV's Class of 2024 received over 450 admissions offers along with scholarships worth Rs 32,39,86,738 (USD 3.9 Million). In a span of 9 years, EV has won several accolades for their outstanding work and mentorship of students.

# PICTURE GALLERY



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