

# THE PULSE

EDITION 55 | THE OASIS | MARCH 2025





सा विद्या या विमुक्तये



‘रिक्तबोर्डवेष्ट इ थैत व्होटे लिबरलइ’

## From The Editor's Desk

Gauri Juyal  
(XI-A)

Dearest Readers,

Welcome to another 'my-heart-to-your-screen' conversation.

The other day, I took one of those 'Buzzfeed personality tests', available all over the internet. By the end of it, what shocked me was that my weakness was 'being impatient'. And, my bewilderment did not come from the fact that I was not already aware of this trait, but because a few JavaScript and Pythonic scriptures knew me so well! In just 3 minutes!! Impatience comes to me in many forms (multiple times a day); the inability to wait for 5 seconds before clicking 'Skip Ad' while watching a YouTube Video; calling my mom incessantly if she's even 10 minutes late in reaching home from the office, and (MY FAVOURITE) making a list of things I would do once my exams get over (before the exams have even started).

But this time it was going to be different.

Rucksack. Check. Trek Shoes. Check. Sun-Glasses. Check. Trekking Stick. Check.  
Tissue Rolls. Check...

Initially, I could not understand why I wanted to go. Not being the sportiest person was a major part of this incomprehensiveness. But the 'sane' side of me thought, 'Let us go, Gauri. This is our last time with these people. After this, our last journey together will be made when we enter the ISC Examination Hall next March'.

And then the mountains found us, or maybe we were found in the mountains. Singing, laughing, teasing with inside jokes, writing poems, making videos, hugging each other while sleeping in our tents. We also sang 'Silent Nights' without a reason, going to the washroom hand-in-hand with the dread of ghosts lurking in the back of our heads, and of course, shivered our way through the cold, breezy, snowy nights!

As a senior student, I loved watching our juniors make snow angels in the soft snow, dance to Garwhali songs (megahits!), make a birthday cake out of ice, sit together in the kitchen tent and hear ghost stories, and most importantly, develop new and awesome friendships. I saw it all.

But as a young girl, despite being surrounded by so many, I found time to be with myself, to look up into the night sky, only to find it full of so many stars like never before. The silence that surrounded these mountains made me want to turn back one last time and catch a glimpse of it, before I descend into the city, and get sucked up again into the rat-race called life.

Happy Reading and Travelling, or doing both simultaneously!

### Travel far enough to meet yourself

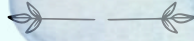


- **3rd-12th March:** Final Exams for Classes III to IX and XI
- **12th March:** Day Out Picnic for Class III
- **13th March:** Spring Hues Class I, II and The OASIS Junior
- **17th-21st March:** Midterm Excursion for Classes IV upwards
- **26th March:** Psychodrama - A Wellness Tool



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

## From Crucible to Clouds: Our Nag Tibba Trek Adventure!



Hello everyone! Get ready to hear about our amazing Classes IV and V excursion to Nag Tibba – it was an adventure from start to finish. Our 3-day, 2-night trip was filled with natural beauty and celestial wonders! It all began early in the morning when we gathered at the Crucible. Everyone was buzzing with excitement, carrying their duffle bags, all ready for the trip. The bus ride was filled with chatter and laughter as we started our journey.

We, 85 students, were in excellent hands with our 8 teacher escorts, led by Group Leader Ms. Lalitha Rawat and Assistant Group Leader Ms. Varsha Sharma. I was in a group of 10 students, led by Mr. Rajeev Negi. ‘The Trek the Himalayas’ staff was also incredibly kind and professional.



We did so many fun things! The weather was a bit chilly, between 5 degrees and 15 degrees, so we had to wear warm clothes. We walked a lot, especially on the second day – my legs were a bit tired, but it was worth it! We saw goats grazing in a beautiful meadow. At night, the sky was very clear. We stayed in tents, and they gave us sleeping bags to keep us comfortable. We even saw shooting stars! And guess what? We looked at Jupiter through a telescope! It was incredible.

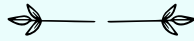
Our final stop was the Nag Devta temple, a place of peace and reflection.

This trip allowed us to connect with nature and the universe in a truly unique way. It was an unforgettable blend of adventure, learning, and friendship!



By-Harjas Singh Chadha  
Dahlia

## Spring Hues: A Tapestry of Talents



‘The true essence of spring is a time of joyful blossoming and vibrant display.’ This sentiment resonated profoundly with our annual event, ‘Spring Hues’ on Thursday, March 13th, 2025, where the young learners of The Junior OASIS-Early Years along with Classes I & II presented a meticulously curated programme at The OASIS, showcasing their diverse talents and the culmination of their learning experiences, inspired by the theme of World Tourism.

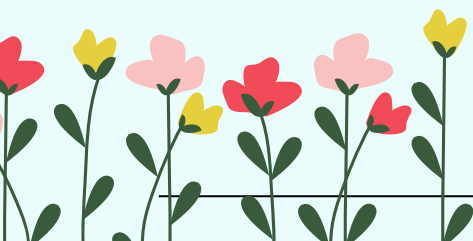
The afternoon commenced with the traditional lighting of the lamp, symbolising the dispelling of darkness and the invocation of knowledge. This was followed by a welcome address delivered by the master of ceremonies and subsequent addresses by School Director and Head of School, Mr. Sanjiv Bathla. Both of them articulated the institution's commitment to nurturing young minds. The cultural segment of the programme began with a reverent Saraswati Vandana, a performance that paid homage to the venerated deity of knowledge and artistic expression.

The Early Years cohort presented an engaging "Rhyme & Rhythm" display, evidencing their nascent acquisition of linguistic and musical proficiency. A significant highlight of the event was the dramatic presentation by The OASIS Junior students, 'Beauty & the Beast, Within,' a theatrical production that explored profound themes of intrinsic merit and character evolution. The Early Years III choir augmented the afternoon's artistic tapestry with a melodious performance of 'Waving Flag'.

Classes I and II students further exemplified the school's dedication to comprehensive education by delivering an introduction and school report, followed by their rendition of the play, 'Explorers of the World.' This mesmerising journey across cultures celebrated the beauty and diversity of destinations around the world while providing the students an opportunity to engage with narrative and performative arts.

The formal segment of the event culminated in a vote of thanks extended by Head of Early Years, Mrs. Divya Singh, a valedictory address by a master of ceremonies, and the rendition of the National Anthem. Subsequently, high tea was served in the Central Dining Hall, fostering continued interaction and camaraderie among parents, students, and faculty. The 'Spring Hues' annual function stood as a testament to the assiduous efforts of the students and the pedagogical expertise of the staff in providing an enriching and developmentally salient educational paradigm.

By-Sanjeet Kaur Chadha  
Teacher at The OASIS



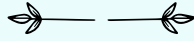


# Prime-O-Gram

ANKURAM



# Trip to the ONGC Fire Station



The students of Class II went on an educational trip to the ONGC Fire station on 5th of February, 2025 to understand fire safety and role of firefighters. The officers started by explaining ways to prevent fire:

1. Stay away when your parents are cooking
2. Stay away from even smallest fires.
3. Do not use matches until you are in the tenth grade.

Next, they explained the use of different kinds of fire extinguishers. They also described the process of using these tools by explaining the acronym, PASS, which stands for

**P**-Pull the pin

**A**- Aim at the base

**S**- Squeeze

**S**- Sweep

We came to know about two emergency numbers: 112- for all kinds of emergencies, and 101- for fire services. Then, the best part! We saw the fire truck. It was big, red and shiny. They showed us the water cannon too. It's a giant hose that shoots lots of water to put out big fires. After that, we had the opportunity to take pictures with the firefighters and the fire truck.

Finally, we rode back to school. It was a fun ride with my friends. We learned so much about fire safety and the courageous service of the firefighters.

By- Avyaan Singh  
Begonia



# THE OASIS MONTHLY NEWSLETTER

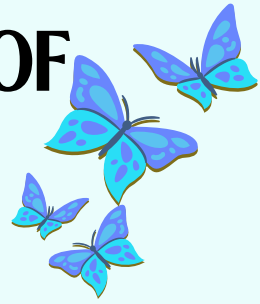
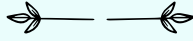


## Udaan - Ideas That Fly

SATVA



## PHOOL DEI- A SPRING FESTIVAL OF UTTARAKHAND



**“Nature is a gift for the soul.**

**Oneness in her profound flow.”**

This quote tells us that being in nature helps us feel connected to the world and peaceful inside, as if we are a part of something bigger and beautiful. There is one such festival that is celebrated in the majestic hilly region of Garhwal in Uttarakhand, called Phool Dei.

The Phool Dei festival, celebrated in the month of Chaitra, is a symbol of this connection. The festival is celebrated with great enthusiasm in the villages of Uttarakhand. On this occasion, children collect a variety of flowers like marigolds and cherry blossoms and in some places they also use a special flower called Piyoli and sing folk songs, filling the atmosphere with joy and laughter. In many villages of Garhwal, this festival is celebrated throughout the month. Early in the morning, children from the village collect various types of flowers that have bloomed in the surrounding areas and bring them back in baskets. They then scatter these flowers at the entrance of every house in the village, praying for the well-being and prosperity of their families and community, and receive sweets and gifts in return. While scattering the flowers they sing traditional Garhwali songs, one of the most popular songs is-

**Phooldei, Chhamma dei  
dain dwar bhari bhakar  
ya dei kai barambar namaskar  
Phooldei, Chhamma dei  
hamar Tupar bhari jai  
hamar dei mein unai rei  
Phooldei, Chhamma dei**

This song means ‘Phool Dei, please always be with us and make us happy. May our granaries be always filled with grain due to your blessings, and may our villages be filled with abundance.’

Phool Dei is not just a spring celebration; it also reminds us to take care of nature. The festival helps people remember to protect the earth and its beauty. During Phool Dei, people use natural flowers and try to be kind to the environment. This festival shows how much the people of Uttarakhand love and respect their land. It's deeply rooted in tradition. The festival brings people together to welcome spring with flowers and cultural rituals. It also preserves a touching legend about Princess Piyoli. This reminds everyone of the connection between nature, love, and loss. Phool Dei continues to symbolise new beginnings, cultural unity, and the timeless bond between people and their land.



By Anumita Rawat  
Class VI-C

## Mountains are Calling

From the 17th to the 21st of March, The OASIS organised a trekking expedition for Classes VI and VII to the Dayara Bugyal Summit Trek in Uttarkashi.

The trek started from Natin village (7,500 feet) to Gui village (9,672 feet) on Day 2. The scenic view included the sight of spellbinding trees ranging from oak to cherry blossoms, the melodious chirping of the birds, and visible farming techniques like contour and terrace farming.

Mr. Jaspal Kumar and Ms. Ayushi Martoliya, the trek leaders, along with other guides, were with the students throughout the trip. Day 3 presented the real challenge: the trek from the first campsite ( Gui ) to Dayara Bugyal Summit and back to the second campsite in Chilapada( 9,842 feet ).



Dayara Bugyal, a snow-capped meadow, reaching an incredible height of 12,100 feet where the tree line ended, offered clear views of Mt. Bandarpunch, the Srikant range, the Sahestra Taal range, and more.

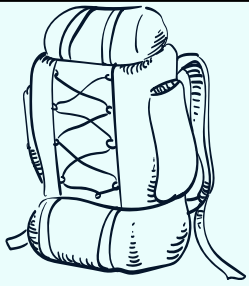
The Trek the Himalayas staff prepared warm meals and set up cozy tents for the trekkers.

The students were educated along the mountainous paths about their survival in snow and scarce resources. They were also acquainted with navigation and direction-finding methods for various weather conditions and situations encountered during the trip.

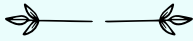
The students expressed their experiences in the mountains through art and snow fights. The teachers from The OASIS along with guides and staff from 'Trek the Himalayas' ensured students' safety and well-being throughout the day and night.



By Aadit Butola  
VII - C



## Conquering Heights



Recently, the students of The OASIS went on an excursion to the scenic Kedarkantha mountain from 17th March to 21st of March. It was a great learning experience and everyone enjoyed it a lot.

On Day 1 we journeyed through the mesmerising mountains of Uttarakhand to reach Sankri village. The day was filled with breathtaking views of the Yamuna and Tons rivers. It was a long nine hour journey, with some delay due to traffic. We enjoyed singing and playing games with our friends, so we didn't get bored during the delays. We finally reached our hotel in Sankri and enjoyed hot tea and a delicious dinner. We ended the day with a briefing by our trek leaders about the procedure of the trek.



On Day 2 we started our first trek from Sankri to 'Juda ka Talab' campsite which was 4km. It was a long and tiring trek, but the great views and motivating words from the trek leaders kept us going. I would say that it was the most tiring and hard trek out of all the ones we did, and it was a test of our endurance and it made us push our limits to grow. When we finally reached the campsite everyone's happiness had no bounds. We ate a nourishing and delicious lunch. We went for a little hike in the evening where we played with snow and the trek leaders gave us valuable information about first aid and medical care in the mountains. We had some hot soup in the evening that helped keep us warm. We had a great dinner and slept after gazing at the twinkling stars for a while. Sleeping in a tent was a new and challenging experience for many of us.



# THE OASIS MONTHLY NEWSLETTER

On Day 3, we trekked for 2km from 'Juda ka Talab' campsite to Kedarkantha Base Camp. It wasn't as hard as the first trek, but some parts were steep. We learnt how to use spikes and gaiters for grip while trekking in the slippery snow. They were very helpful and gave us a good grip in the snow. We reached Kedarkantha Base Camp at 12:30 pm and enjoyed making snowmen while lunch was being prepared. After lunch something unexpected happened: it started snowing. Many of us saw snowfall for the first time. It was a memorable experience. We went for a height gain towards the summit, played in the snow, slid on the slippery ice and had a great time.

We came back to the campsite and had some hot tea that warmed us up. One of our trek leaders taught us how to find directions and navigate if we ever got lost in the mountains. We slept soundly after the eventful day.

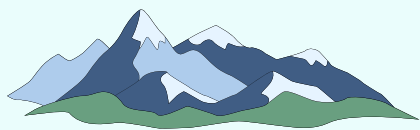


On Day 4, we woke up knowing that we had a long day ahead. We had to descend all the way back to Sankri via Hargaon Campsite. The Hargaon Campsite was epic, with picturesque views of the snow capped Himalayas and a lush green meadow where the camp stood. It felt like a scene from a movie. On the way to Hargaon we conducted a cleanliness drive and picked up any wrappers or plastic we saw. It felt great to help the environment. At Hargaon Camp, we showcased our talents by making drawings based on our trip and writing essays about our experiences. We were tired by the time we reached our hotel, so we all headed to bed after having dinner.

On Day 5, we were again on our buses, heading back home with memories we will never forget. We said goodbye to our trek leaders, who had become like our friends over the past five days. It was an experience I will never forget. This trek pushed us to our limits and made us realise our capabilities. I enjoyed and learnt a lot on this excursion.



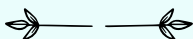
By Shivanshi Gupta  
VIII C



# Kedarkantha:



# An Adventure through the Himalayas



Kedarkantha... a place where the mercury drops drastically... like, way down, and the altitude hits you hard. Immersed in mythological lore and historical scriptures, this abode of Lord Shiva, sits at a height of 12,500 feet! The name "Kedarkantha" is derived from two Sanskrit words: "Kedara", meaning "Shiva", and "Kantha", meaning "throat." Thus, Kedarkantha translates to "Shiva's Throat," suggesting a deep connection between the mountain and the deity. Now, enough about the place, let's focus on the people! Yes, that was us! Classes VIII, IX and XI were off to an expedition... and, little did we know what we had gotten ourselves into... In the early morning of the 17th of March, when the air was fresh and the spirits were...well sleepy, after a few rounds of bag checking and surprisingly almost no tuck being taken away, we bid goodbye to our school heads and set off to Sankri, a village in Uttarkashi. On the way, we saw the picturesque, crowded town of Mussoorie. After climbing the mountain, Rinkle Ma'am, the teacher in charge of our bus, allowed us to play music. As the music blasted through the speakers, we made our first stop to refresh ourselves, and then hit the road again! Passing through meadows full of flowers, and along twisty-turny roads that made our tummies churn, we finally saw our first snow-capped peak. After that, our spirits soared. You know when they say that the snow silences everything? Well, in that case, it's wrong, because everyone was bouncing off the walls to see the peak through the window, much to the annoyance of those in the window seats. After a long journey, we finally reached Sankri, where we were greeted with a warm dinner and a briefing about the next day. Our vitals were checked and we went to sleep late, not knowing what awaited us the next day. I won't prolong the suspense - it was tiring.



# THE OASIS MONTHLY NEWSLETTER

We woke up the next day with three simple rules we had to follow while there get up and get ready at 7 a.m., eat breakfast at 8 a.m. and out we went by 9 a.m. We started our hike with a steep and unbending incline. When we finally stopped for our first break, ahh, our favourite word while we were there 'break!' After a few breaks and a lot of walking ... we reached 'Juda ka Talab'. We were motivated during the hike by the occasional 'shabaash' and 'we are almost there', but the first sign of snow energised us. After that we raced to the top without stopping! We were briefed on the next day's activities and the days after that. Most of the group went to rest, but the others had better plans...SNOW BALL FIGHT! Frozen ice was flying everywhere and children were dodging trying not to get hit -it was a total mess! Unfortunately all our fun came to an end because we were ascending higher altitude for more games! Snow was everywhere, in our shoes and our hair, trickling down our neck- everywhere. The group leaders gathered us and quizzed us on first aid and basic medical help. We walked back to camp, had some soup and a warm dinner, listened to some creepy stories and drifted off to a well needed peaceful sleep. Our first night was cold but it wasn't as cold as it was going to get...



The next day, we were introduced to gaiters and microspikes which were a pain to carry but very useful! We were to hike to the summit base camp, which was about 3 km with a steep incline, but it was so much easier than the previous day, because of the view! You know what's better than falling on black ice? Falling with a scenic view around you.

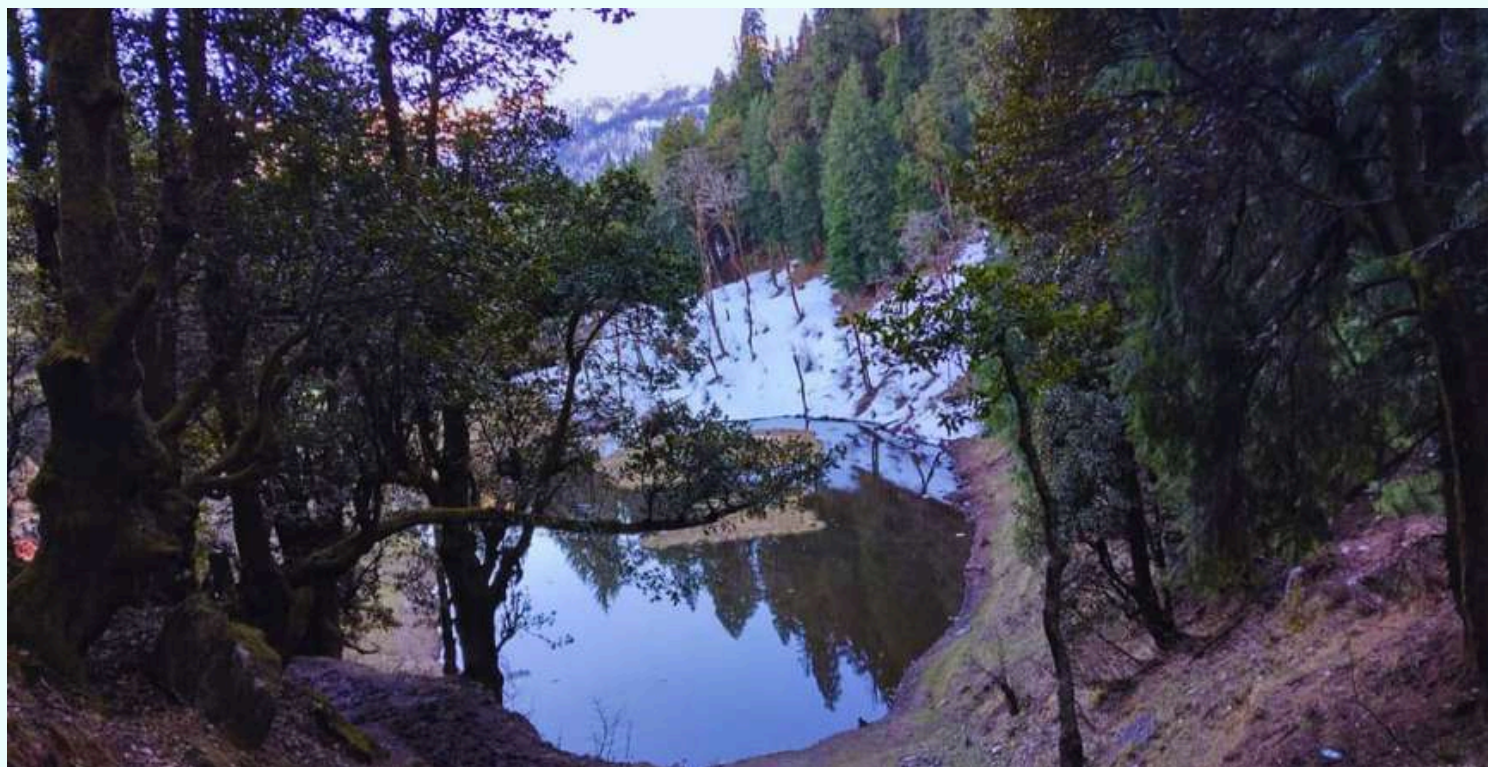


# THE OASIS MONTHLY NEWSLETTER

We hiked up the hill, finally reached our destination, took a quick nap and had a hearty lunch. Then we were off again to gain altitude. This was probably the best part of the whole trip; we slid down the hill, got stuck in the snow, made snow angels, ate snow (we got sick) the list would be too long to add here. We had tea, soup and dinner and drifted off to a peaceful sleep. Some of us couldn't sleep because of the cold and the snow beneath us, but we forgot all that when we looked up at the sky. The stars were clearer than ever and staring at it, we fell into a deep slumber.

We then descended the mountain, taking the route from Har Gaon to Sankri, a beautiful meadow that is surrounded by trees and no snow! We stopped at Hargaon for lunch and continued to Sankri- which we reached after a few hours. We reached the plain ground, to the hotel where we were staying before, had tea and soup, and then danced a lot and slept in beds (which is always nice). The hike was finally over, we learnt a lot without even realising it. We learned how to locate the north star, what to do if someone faints(which is always handy) and how to protect ourselves during a snowball fight.

On the final day, we bid goodbye to our tour leaders, packed our tiffins, and we were off to Dehradun. Most of us slept on the way back, for some reason, the journey felt much shorter, before we knew it, we were at school, ready for a nice, hot, long bath.



Samara Phuntsog  
VIII-B



# Kaleidoscope

ERYA



# शब्द सृजन

"दुनिया एक किताब है, और जो यात्रा नहीं करते, वे उसका सिर्फ एक पृष्ठ पढ़ते हैं।"  
- सेंट ऑगस्टीन



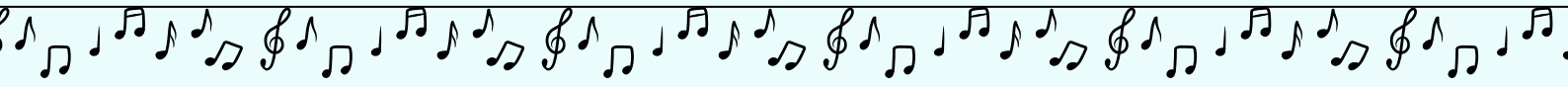


1. बूझो भैया एक पहेली,  
जब काटो तो नई नवेली।
2. सात रंग की एक चटाई,  
बारिश में देती दिखलाई।
3. पंख नहीं उड़ती हूँ पर,  
हाथ नहीं लड़ती हूँ पर।
4. एक फूल यहाँ खिला, एक खिला कोलकाता,  
अजब अजूबा हमने देखा, पत्ते के ऊपर पत्ता।
5. दो अंगुल की है सड़क,  
उस पर रेल चले बेधड़क,  
लोगों के हैं काम आती,  
समय पड़े तो خاک बनाती।

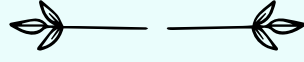


संस्थापक 'प्रज्ञा-नाथ' वर्मा 'बिहारी' वर्मा

जिज्ञासा कुकरेती  
XI A



## "संगीतायन" एक मधुर संध्या



14 फरवरी 2025 को हमारे विद्यालय में "संगीतायन" नामक संगीत कार्यक्रम आयोजित किया गया। यह उत्सव कक्षा 4 और 5 के छात्रों की प्रतिभा को प्रदर्शित करने का एक बेहतरीन मंच था। इस अवसर पर हमारे प्रधानाचार्य, स्कूल निदेशक, शिक्षक गण व अभिभावकगण उपस्थित रहे।

कार्यक्रम की शुरुआत एक मनमोहक गुजराती गीत से हुई, जिसने सभी के दिलों को छू लिया। इसके बाद, एक मधुर बंगाली गीत ने हमें बंगाल की सांस्कृतिक धरोहर से परिचित कराया। इसी श्रृंखला में, शिवराज नायर गुप्ता द्वारा प्रस्तुत राग बैरागी भैरव ने श्रोताओं को एक संगीत के रंग से भर दिया।

"संगीतायन" न केवल संगीत के प्रति हमारे प्रेम को जागृत करने का अवसर बना, बल्कि इसने यह भी दर्शाया कि कला किस प्रकार भावनाओं और संस्कृतियों को जोड़ने का कार्य करती है। सभी विद्यार्थियों ने इस संगीतमय शाम का भरपूर आनंद लिया, और हम उत्सुकता से अगले वर्ष फिर से "संगीतायन" की प्रतीक्षा कर रहे हैं।

हरजस सिंह चड्ढा  
उद्घेलिया



THE OASIS MONTHLY NEWSLETTER

# O.A.S.I.S

OUTSTANDING-ATHLETICISM-SPEED-  
INTEGRITY-SPORTS



# THE MONTH OF CRICKET

By Aanya Soni  
XI - A



The month of March 2025 was an amazing month for cricket fans, with two major cricket tournaments happening; the Women's Premier League (WPL) and the ICC Champions Trophy.

The third season of the WPL took place from February 14th to March 15th, 2025, with five teams: Royal Challengers Bangalore, Mumbai Indians, Delhi Capitals, Gujarat Giants and UP Warriorz.

The tournament came to a close on 15th March, at Brabourne Stadium, Mumbai, with the final between two very high performing teams: Delhi Capitals and Mumbai Indians. Delhi won the toss and decided to bowl, needing 150 runs to secure the victory. Unfortunately, despite their strong and dominating season, Delhi Capitals lost to Mumbai Indians by eight runs. The tournament ended with Mumbai as the champions. The final table looked like this: Delhi Capitals in first (due to a higher NRR than Mumbai), followed by Mumbai Indians in second, Gujarat Giants in third, the previous year's champions Royal Challengers Bangalore in fourth and UP Warriorz in fifth.

In all three seasons of the WPL, the Delhi Capitals have reached the final, establishing themselves as the league's most consistent team. They faced Mumbai Indians in 2023, Royal Challengers Bangalore in 2024, and Mumbai Indians yet again in 2025. However, each season, has ended in heartbreak. Hopefully, Delhi Capitals will comeback and win a well-deserved WPL trophy.

This year's WPL witnessed an important change: the expanded format which introduced home-and-away format matches. This enabled teams to host matches in their own respective cities, fostering support as well as more competitiveness. It was a thrilling tournament, with enthusiasts from all over the country turning in to watch the matches. The popularity of women's cricket has increased tremendously over the last year with the WPL being one of the main pillars.



The ninth season of the ICC Champions Trophy took place from February 19th, 2025 to March 9th, 2025, featuring eight countries divided into two groups, A and B. Group A consisted of Bangladesh, India, New Zealand and Pakistan. Group B included Afghanistan, Australia, South Africa and England. The host nations for this tournament were Pakistan and the UAE.

After the group stage, India and New Zealand emerged as qualifiers from Group A and South Africa and Australia secured their spots from Group B.

The first semi-final took place on March 4<sup>th</sup>, between India and Australia, at the Dubai International Stadium, Dubai. Australia chose to bat first and put up a total of 264 runs. India, successfully chased the target and won by 4 wickets with 11 balls remaining.

The second semi-final was held on March 5<sup>th</sup>, between South Africa and New Zealand, at the Gaddafi Stadium, Pakistan. New Zealand chose to bat first and secured a total of 362 runs, which proved to be more than enough, as South African failed to chase the score and lost by 50 runs.

The 2025 ICC Champions Trophy final was held at Dubai International Stadium, UAE, on March 9<sup>th</sup>, 2025 between India and New Zealand. New Zealand won the toss and decided to bat first, scoring a whopping total of 251/7. Just when it seemed as if the match could no longer go in India's favour, India fought back and chased down the target in 49 overs, finishing with a score of 254/6. The tough battle between the two cricketing giants resulted in India being victorious and being crowned ICC 2025 Champions!!!

March 2025 was a fantastic month for cricket, displaying competitiveness, passion and intensity, through the two major tournaments. March has truly embodied the spirit of the game!



# Feminism: The Fight for Equality, Not Superiority

Jigyasa Kukreti

XI A

## THE GLOBAL JIGSAW

### GLOBAL LENS



Credits: News18

Chronicles of the calendar:

March 1: Zero Discrimination Day – Promotes equality and challenges discrimination.

March 8: International Women's Day – Celebrates women's achievements and promotes gender equality.

March 20: International Day of Happiness – Promotes happiness as a global human right.

March 21: International Day for the Elimination of Racial Discrimination – Fights racial injustice and promotes equality.

March 22: World Water Day – Raises awareness of the importance of freshwater conservation.

March 23: Shaheed Diwas – honours Bhagat Singh, Sukhdev, and Rajguru's martyrdom in 1931.

*“Feminism is not about making women stronger. Women are already strong. It's about changing the way the world perceives that strength.”*

— G.D. Anderson

We celebrated International Women's Day on 8th March, commemorating women's fight for equality and liberation, along with the women's rights movement. After centuries of oppression, the feminist movements of the nineteenth and twentieth centuries finally brought about a shift in people's perception of women.

However, today's world is full of lies and misconceptions about feminism. Whenever someone says they are a feminist, they are either mocked or criticised. Feminism has been distorted into something far from its true meaning. Many believe it is about women controlling or overpowering men, just as women were once subjugated. This misconception has turned feminism into a negatively perceived ideology in the contemporary world.

Mary Wollstonecraft, an English writer and philosopher, once said, *“I do not wish women to have power over men; but over themselves.”* Feminism is not about being superior to men—it is about being equal. According to a report by the International Women's Development Agency, feminism is defined as: *“Quite simply, feminism is about all genders having equal rights and opportunities.”* Oxford also defines feminism as: *“Advocacy of equality of all sexes.”* If feminism stands for equality for all, then why shouldn't everyone be a feminist?

In reality, most people today are either patriarchal or matriarchal, meaning, either they believe in male superiority or female superiority. And we are all part of this society. When we say, *“Boys should not cry,” “Girls should at least know how to cook,” “Men are supposed to pay the bills,” “Girls shouldn't laugh too loudly,” “Men don't gossip; they discuss,” “Women are too emotional to be leaders,”* or *“Boys and girls can never be just friends,”* we unknowingly reinforce the same patriarchal or matriarchal norms that we claim to condemn.

And interestingly, it is not just men who try to suppress women; many women also try to suppress other women. In the documentary *“The World Before Her”*, there is a clip showing a Durga Vahini camp for women, organised by the Vishwa Hindu Parishad. The instructor, a woman, questions young girls, asking if they must leave their homes, build careers, and seek independence. This mindset, despite coming from a woman, reflects patriarchal conditioning. In psychology, a phenomenon called normative conformity exists which is the tendency of humans to adopt certain behaviours or beliefs simply to fit in. This is one of the reasons that throughout history, we have witnessed many women protesting against women's equal rights, unknowingly becoming agents of the very oppression they suffer from.

In reality, women and men have always been equal in terms of potential. Women, however, lacked opportunities to show that potential. They were kept away from scientific, political, social, or intellectual activities under the pretext of tradition and culture. They have often gone through illogical rituals and traditions for centuries. For example: *Sati* (self-immolation of a widow on their husband's funeral pyre) in India, *Chhaupadi* (the tradition of isolating menstruating women in separate huts without adequate food, clothing, etc.) in Nepal, *widow shaming*, *Three Obediences Rule* (the ancient belief that a woman must obey her father before marriage, her husband after marriage, and her son in widowhood) in China and Japan, *public beatings* for Women in Afghanistan under the Taliban.

When women started to become aware of the reality, there started a big wave of feminism in the nineteenth and twentieth centuries. At the global level, the first wave of feminism (late 19th – early 20th century) fought for legal rights, mainly women's suffrage, led by Susan B. Anthony and Emmeline Pankhurst, resulting in voting rights in countries like the US (1920) and the UK (1918). The second wave (1960s-80s) expanded to include workplace equality, reproductive rights, and freedom from domestic violence, with figures like Betty Friedan and Gloria Steinem advocating for equal pay and reproductive freedom. The third wave (1990s) focused on intersectionality, addressing how race, class, and sexuality intersect with gender oppression. Activists like Rebecca Walker promoted this inclusive and diverse form of feminism.

In India, the first phase (19th century) focused on eradicating social evils prevalent in the society. It was led by activists like Raja Ram Mohan Roy, Ishwar Chandra Vidyasagar, and Savitribai Phule, who fought against sati and child marriage, and promoted women's education. The second phase (freedom struggle) saw women like Sarojini Naidu and Aruna Asaf Ali actively participate in the independence movement, demanding political equality. The third phase (post-independence) focused on legal reforms like the Hindu Code Bill (1955-56), which improved women's rights in marriage and inheritance, and addressed dowry, domestic violence, and workplace discrimination.

History proves that even though women had no opportunities, no resources, or freedom, they rose up and fought for themselves. Even before these feminist movements, women tried their best to establish their identity or support a common cause. *Rani Lakshmi Bai* of Jhansi led her forces during the revolt of 1857 against the British army. Soviet women played a crucial role alongside men in the Battle of Stalingrad during World War II, serving as snipers, machine gunners, and combat pilots. *Lyudmila Pavlichenko*, one of the most famous snipers, had 309 confirmed kills, making her more lethal than most male soldiers. During the Quit India Movement (1942), women like *Aruna Asaf Ali*, *Usha Mehta*, and *Kalpana Dutt* worked alongside men, organizing protests, running secret radio stations, and facing imprisonment with equal determination.

So, when it comes to defining feminism, I believe we all have the freedom to interpret it in our own way, as long as its essence remains the same—equality and respect for all. Feminism is not about superiority but about unity and equal dignity for everyone. As for who is a feminist, I truly believe that each one of us should be a feminist. If we recognize that, at the end of the day, we are all human beings with equal worth, then we are already feminists. Salman Rushdie once said, *“Either you are a feminist or a fool. These are the only choices.”* Similarly, Indian actor Rahul Bose remarked, *“If you are a humanist, you are a feminist.”*

Feminism is not just a movement—it is a part of who we are. It is the 21st century, and it is high time we shed the patriarchal and matriarchal mindsets that divide us. It is time to stand for equality, fairness, and respect.

I am a FEMINIST. Are you?



# Marine Refugees

Arshiya Sandlas Chandna

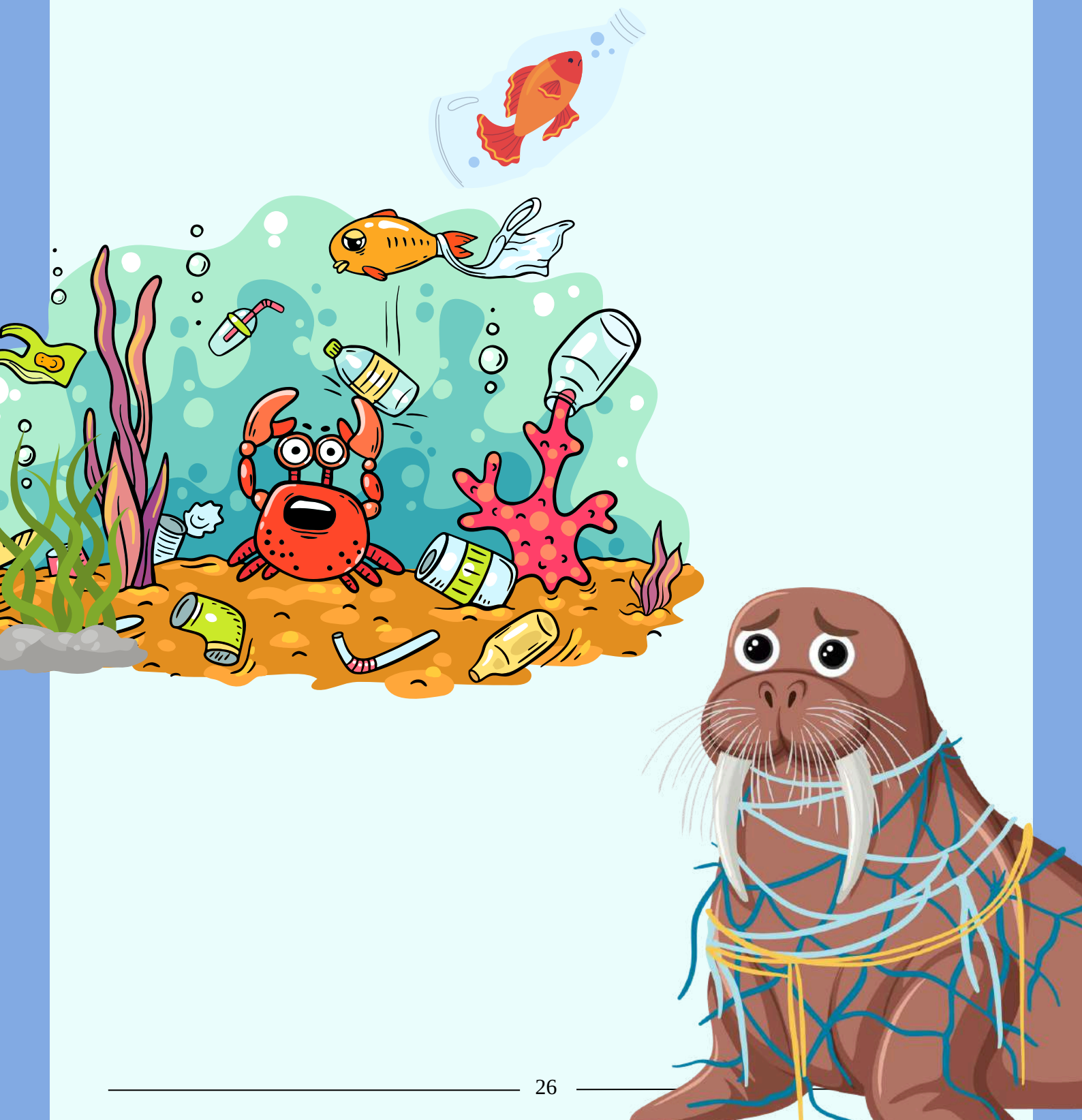
XI A

Recent appearances of the rare Oarfish near Baja California Sur, Mexico, have boggled brains and ignited various talks around the world. Popularly called the “Doomsday fish”- The oarfish's rare appearances near the surface have long been associated with impending natural disasters, particularly earthquakes and tsunamis. This belief is also deeply rooted in Japanese folklore and has led many to wonder if these recent appearances are a harbinger of doom. As the effects of climate change become increasingly visible, not only are surface ecosystems being impacted, but the deep ocean is also undergoing profound changes. One of the most intriguing phenomena that has been observed in recent years is the appearance of deep-sea creatures near the Earth's surface. The five main ocean basins- the Pacific, Atlantic, Indian, Arctic and Southern Oceans- contain 94% of the world's wildlife! However, only 5% of these oceans have been explored while the remaining 95%, specifically the deep sea, remains a mystery.

The deep ocean is one of the least explored and most fragile ecosystems on Earth. For centuries, the creatures that inhabit these depths have evolved to live in stable conditions: cold, high-pressure environments far from the surface. But as our world delves deeper and deeper into the clutches of climate change, it alters the very fabric of marine life. Warmer surface waters are leading to a decrease in the oxygen levels in the deep ocean, creating "dead zones" that make it difficult for many species to survive. "Dead zone" is a more common term for hypoxia, which refers to a reduced level of oxygen in water. Dead zones are areas of water bodies where aquatic life cannot survive because of low oxygen levels. These are generally caused by significant nutrient pollution, and are primarily a problem for bays, lakes and coastal waters since they receive excess nutrients from upstream sources. The temperature increase in the upper layers of the ocean is also affecting the availability of food for deep-sea creatures, pushing them to migrate upward in search of new food sources. Additionally, the melting of polar ice caps is contributing to rising sea levels and changes in water circulation, which further disrupt the natural habitat of deep-sea organisms.

The movement of these deep-sea creatures towards surface water in search of oxygen is a very dangerous phenomenon, as these creatures have not yet evolved to live in surface water. During the day, these creatures easily become prey to sharks and whales thus eventually leading to their extinction. Scientists predict that by the end of this century, the temperature in the abyssal zone of the oceans will increase by 1 degree Celsius. The future of these species is in grave danger. The most intriguing part is that a few of these creatures have not yet been discovered. We may not realize this right now, but this is a major threat to us humans as well. Our lives are deeply connected to the depths of the seas. The deep sea is a major reservoir of carbon. PHYTOPLANKTONS present in the oceans actually work as marine trees, absorbing carbon dioxide and storing it in the deep sea. This regulates the atmospheric CO<sub>2</sub>, but due to rising climate change, the capacity of these oceans to absorb carbon dioxide is decreasing day by day.

A few examples of these organisms include the barreleye fish, sea angel, giant squid, deep sea angler fish, among others. The strange appearance of deep-sea creatures like the oarfish on the Earth's surface is a stark reminder of the widespread impacts of climate change. As oceans warm and ecosystems shift, creatures that once thrived in the deep are being forced into new and often difficult environments. The venturing of these creatures to the surface water serves as another wake-up call and a call to action against climate change and global warming.



# Bloom of the Month

## MARCH'S DELIGHT!

By Gauri Jugal  
XI A



**Botanical name:** *Iris*

**Common names:** Juno, Iris

**Flowering season:** March to mid-June

**Native:** Mediterranean and central Asian regions

Belonging to the family Iridaceae, the Iris genus comprises of about 300 species, native to the northern hemisphere. Irises are well-known flowers and one of the most rewarding and easy-to-grow plants. They are popular because of their beautifully shaped and multi-colored blooms, particularly white, blue and purple flowers. They prefer moist, well-drained soil and can be planted in full sun or shade.

It is a perennial flowering plant with three petals, three sepals, and three broad pollen-receptive stigma branches, under which the pollen-producing anthers are hidden. Since ancient times, members of the family Iridaceae have been used in folk medicine to treat cold, flu, malaria, toothache, bruises and burns.

### Ethnobotany

Iris: the Fleur-de-lis or the French National Flower



France's national flower is always a matter of debate. Is it lily or iris? Well, in French, it is called "fleur-de-lis" or "fleur-de-lys," which translates to "flower of the lily." Even the golden emblem of fleur-de-lis looks like a three-petal lily. However, most Frenchmen consider the right answer to still be Iris. Iris, as the French national flower, has a long history. The ancient royal family of France used the flower as their emblem for centuries. In a religious sense, the three petals of the iris symbolise the Trinity. In modern France, people believe the flower represents purity, brightness, solemnity and freedom.

The confusion is nothing but a beautiful mistake. The three-petal iris on royal emblems looks pretty similar to the lily. Besides, Louis VII of France loved the iris the most. He officially designated the flower as the exclusive royal decoration by wearing a blue robe adorned with golden irises at his coronation. Because he favoured the iris, the flower was called "the flower of Louis" (fleur-de-loys) during his time, which sounded like "the flower of lily" (fleur-de-lys) in French.

### Interestopedia

1. The iris flower is named after Iris, the Greek goddess of the rainbow, due to its various colourful varieties.
2. The iris was highly revered in ancient Egypt, symbolising power and protection. It was often planted on the graves of women to summon the goddess Iris.
3. Some iris varieties, particularly *Iris germanica*, are used in perfumery for their sweet and delicate fragrance.
4. Irises are popular among gardeners for their low maintenance and stunning visual appeal.
5. Irises hold cultural significance in Japan, where they symbolise purity, and in China, where they represent friendship and loyalty.
6. Iris flowers typically have three upright petals, known as "standards," and three downward-facing petals called "falls."



# Key-Notes

# Key-Notes

## Mumbai's Musical Extravaganza: Inside Lollapalooza 2025!

By Karmanye Goel  
XI A

As a music enthusiast, it is an impossible task for me to find WHERE to start when it comes to this incredible and vibrant festival! From huge names like Shawn Mendes making their debut performance in India to many underdog artists getting the shower of blessings they deserve, the 2025 Lollapalooza festival certainly rocked the Mahalaxmi Race Course in Mumbai.

The Lollapalooza festival was originated in 1991 by singer Perry Farrell of the band Jane's Addiction as a farewell tour for the band. The tour quickly evolved into a travelling festival, including genres like: pop, punk, hip-hop and more. After numerous ups and downs the festival finally found its home in Chicago's Grant Park in 2005, from where it has evolved into a multi-national festival including countries like: Brazil, Argentina, Chile, Germany, and, more recently, India.

Held on March 8th and 9th, The lollapalooza brought a packed roster of our favourite artists! The entire festival was divided into two days for ease and inclusivity of as many artists as possible. Here are the highlights of each day respectively:

First day, March 8th:

Kicking off the festival was an artist that has won hearts across the globe (particularly among female fans) for his serene and simplistic music. With Billboard hits like 'Senorita' and 'Treat You Better', we Indians finally got to witness him on our own soil. The artist was none other than Shawn Mendes. To show his love for the Indian fans, Mendes was seen wearing the jersey of GOAT (Greatest of All Time): Virat Kohli, as he performed our favorite records written and sung by him.

Next up was the popular British band, Glass Animals. The band had the crowd singing in unison as they performed major hits like 'Heat Waves' and 'Goosey'.

Closing the night, the acclaimed DJ and producer transformed the venue into a massive dance floor with tracks like "Clarity," delivering stunning visuals and pulsating beats that kept festival-goers dancing late into the evening.



If you're thinking the entire festival was Western based, you're definitely mistaken! Homegrown talents like Jonita Gandhi and Divine delivered standout performances. Gandhi's popular track, 'What Jhumka?' had the crowd dancing and grooving, while Divine's legendary raps further paved the way of hip-hop in Indian Music.

Second day, March 9th:

Starting off day 2 was the original and iconic band: Green Day. Making their much-anticipated India debut, the legendary punk rock band ignited the stage with classics like 'Boulevard of Broken Dreams,' 'Holiday,' and 'American Idiot.' Their high-octane set had fans singing along, reaffirming their status as rock icons.

In contrast to the previous rock performance, former One Direction member Louis Tomlinson, created a calm and peaceful atmosphere with his soulful singing.

To wrap up the festival, one of the most popular names in recent hip-hop displayed and proved his Indian roots. The artist was none other than the one and only, Hanumankind. Performing his energetic and pumping tracks like 'Big Dawgs' and 'Run it Up', the artist gave the festival a picture perfect ending.

All in all the melodic festival got the audience their money's worth. I am sure all of them enjoyed the various chords and scales that made their way into our ears, as I sat miserably at my study table, preparing for my final exams...





## THE MAGIC STITCH

By Garima Siddiqui

Mumma...Mumma, I accidentally tore my brand new H&M crop-top while playing near the barbed fence in the park.

(sob...sob...sob...) It was my most favourite top! And now I won't be able to wear it anymore....

Please Mumma, can I buy another one? I promise I won't ask you for another top until next month. I will contribute through my piggy bank and pocket money reserves, please please please allow me to buy!!

It was nearly impossible to miss an 11-year-old girl begging and pleading her mother in the society park, with Sabrina Carpenter's "Please please please" song echoing in the background!!

The young girl seemed to be my daughter's friend.

One look at the torn garment, and I was compelled to tell her about a magic stitch that would revive her torn garment without changing its look!!

Such a darling, she waited close to 24 hours for the magic to uncover ... and was pleasantly surprised to see her favourite crop-top in her hands, the next day.

It wasn't torn now, it had been mended...but it still looked and felt as fresh and vibrant as ever!!

You must be wondering how...remember The Magic Stitch!

Let me tell you a bit more about this Magic Stitch...

'Rafu' as this magic stitch is called, is a traditional age-old practice of repairing any damage or holes in the fabric with meticulous stitches using a fine needle and thread.

"Rafu" is an Urdu word that means "to darn" or "to stitch". It is used to describe the process of mending a hole in a cloth by sewing stitches across the hole. The word can also be interpreted as making the hole in the clothes less visible or not noticeable.

It can be done with matching thread or contrast thread, as desired. This technique often mimics the weave of the fabric being repaired, but not necessarily.

Heard it for the first time, ummm...maybe!

But this practice has been there since ages. Ask your parents and grandparents about the magic this simple 'darn stitch' did to their garments, when they were as young as you, and the beauty that this stitch still holds!

The art of 'rafoogiri' does not merely repair the fabric, it also adds beauty and an exquisite value to it.





Masters or Ustads of this repair work are proudly referred to as ‘rafu karigars’, who are skilled craftsmen turning worn out or torn fabrics into priceless products. The pure magic that their fingers create with a simple needle and thread, has been skilfully passed on to them through generations.

In some narrow, quaint by-lanes of lively old-town areas within a city, you’ll still find them working quietly to skilfully breathe life into torn fabrics or garments. They repair anything and everything from clothes to toys, zippers, school bags, school shoes...to expensive items such as pashmina shawls and woolen sweaters too.

This is a means of livelihood to them that also contributes to a bigger purpose.

Indeed ‘Rafu’ or ‘darn stitch’ is actually a sustainable textile practice as it has always promoted sustainable concepts of living...repair and reuse!

It is not just an art technique that preserves cultural heritage but also provides a response to the burning issue of textile waste.

Repairing and reusing garments has somewhat lost its value in today’s world dominated by fast fashion. Despite that, there are a few rafu karigars in each city or town who still adhere to these practices, making them essential for sustainable development purposes. Can you imagine the tonnes of garment waste that they have saved from ending up in landfills, through this sustainable practise of repairing?

Unaware of the trending jargon of ‘sustainable living’, these karigars have been unknowingly contributing to sustainability, in their own little ways!

Repairing clothes is a cost-effective alternative to buying new clothes. For an average person, new clothing can be expensive so learning basic sewing skills and investing in repair kits can save a considerable amount of money in the long run -the values of ‘timeless DIY fix-it solutions’.

This practice also encourages a mindset of frugality, resourcefulness, and a big-picture outlook of environmental consciousness.

By focussing on repairing rather than replacing garments, we can extend their lifespan, conserve resources, and reduce methane emissions from decomposing textiles in landfills. Landfilled clothes have toxic chemicals and dyes that pollute land, air, and water. Another reason it’s beneficial to keep textiles out of the waste stream.

Repairing clothes offers numerous benefits, from reducing waste and saving money to preserving sentimental items, and supporting the circular economy.

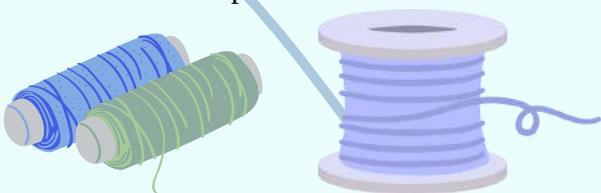
A slower-moving fashion approach also sustains small businesses like tailors, seamstresses, and shoe repair shops, reducing the need to create more products.

The slow fashion movement advocates for thoughtful consumption and the ethical production of garments. By choosing to repair rather than replace, we support this movement and contribute to a more sustainable clothing industry.

Have you heard of ‘kintsugi’...a Japanese art of repairing broken ceramic pottery pieces with gold, which in turn creates a more exquisite product than before?

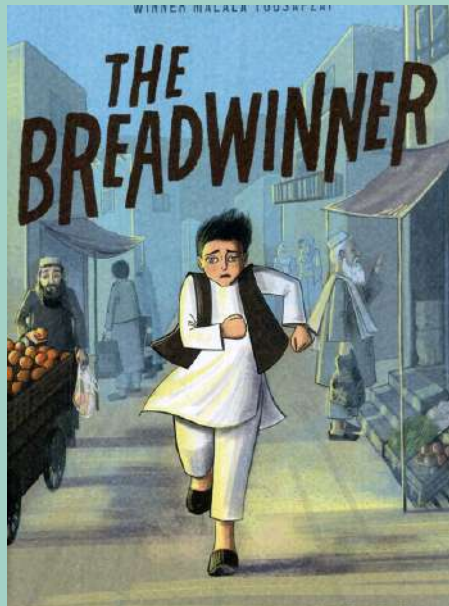
By embracing the artful skills of mending and repairing for ourselves, we can foster a culture of prudent consumption.

And do you know, you can ‘rafu’ almost everything (yes, everything!) and increase its lifespan...thinking about a torn friendship? Go ahead and ‘rafu’ it!



# MUST READ

The Breadwinner



- **Author** – Deborah Ellis
- **Publisher** – Groundwood Books
- **Pages** – 176
- **Genre** – Novel, Young Adult Fiction

*“You are braver than you think.”*

Set in Taliban-ruled Afghanistan, The Breadwinner follows 11-year-old Parvana, who disguises herself as a boy to support her family after her father is imprisoned.

Through Parvana’s courageous journey, the novel sheds light on the struggles faced by women under oppressive regimes.

# MUST LISTEN

Die With a Smile

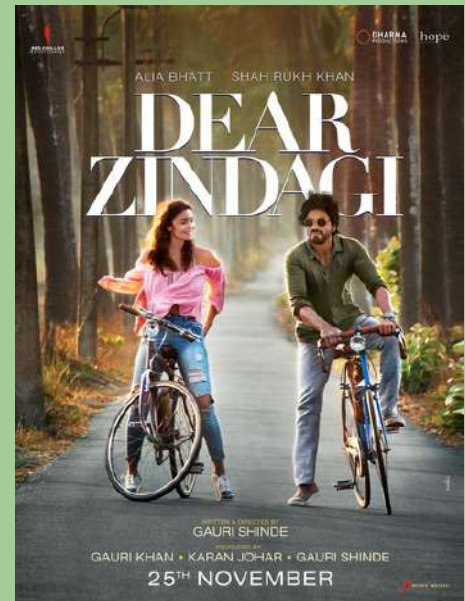


- **Singer:** Bruno Mars, Lady Gaga
- **Music Producer:** Andrew Watt, Dernst “D’Mile” Emile II, Lady Gaga, Bruno Mars
- **Genre:** Pop
- **Songwriters:** Bruno Mars, Lady Gaga, James Flauntleroy, Andrew Watt
- **Released in:** 2024

*“I wanna hold you just for a while,  
and die with a smile.  
If the world was ending,  
I wanna be next to you...”*

# MUST WATCH

Dear Zindagi



- **Director** - Gauri Shinde
- **Producer**- Karan Johar, Gauri Shinde, Gauri Khan
- **Writers:** Gauri Shinde
- **Music:** Amit Trivedi
- **Genre** - Feel-good, Drama
- **Cast** - Alia Bhatt, Shah Rukh Khan, Angad Bedi, Kunal Kapoor, Ira Dubey
- **Where to watch** - Netflix, Justwatch
- **Released on:** November 25, 2016

*“Tum agar khul ke ro nahi sakogi,  
toh khul kar hass kaise paogi!”*

A young cinematographer with a bright professional future and a lack of empathy learns the importance of balancing ambition with humanity.

# PICTURE GALLERY



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