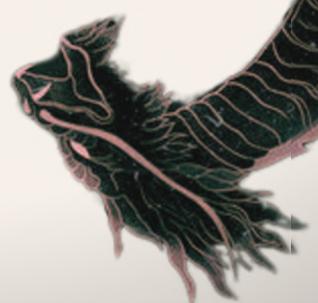


OWIS SARJAPUR



yin & yang

In this edition..

- Teacher's Corner
- Exciting Events
- Artist Spotlight
- Mental Health
- Worded Woods
- Media Recommendations
- It's Puzzling

eu - noia

noun

Derived from the Ancient Greek word meaning ‘a well mind; beautiful thinking’.

If you have any questions for the Editorial Board, feel free to reach out to editorial.srj@owis.org

TEACHER'S

Interview with



Ms. Joanna Shalom

"DO WHAT YOU LOVE EXCELLENTLY AND AT ALL TIMES WITH THE PEOPLE YOU LOVE & CARE ABOUT"



P I X A R

What is your all-time favourite movie and why?

It's so difficult to have one particular favourite! As for movies, Disney or Pixar films have always been a go-to for me. In the case of books, my taste is always evolving. Right now, I'm into books by authors who aren't well known. They may not be popular, but they talk about important issues.

2. The philosophy of Yin and Yang is all about the balance between two contrasting forces or principles. What are some aspects in life in which you think balance is of utmost importance?

When we talk about balance, we need to understand how we define it. We all aim for balance, but we always end up leaning toward one side. Even with things that seem black and white, there's a grey area, shaped by our own experiences.

If you look at balance in the context of lifestyle, as an IB student, you want to have fun, hang out with friends, and watch movies. But there's always the pressure of exams, projects, and the curriculum. You might try to balance it, but it's hard for anyone to perfectly do it, and that's okay.

CORNER

The philosophy of Yin and Yang has deep roots in Chinese culture, medicine, and has influenced the works and minds of many great thinkers. However, with today's fast paced, technology driven world, do you think that the cultural aspects and roots of philosophies such as Yin and Yang will still be as prominent or relevant?

Philosophies such as Yin and Yang act like an anchor. The faster the world becomes, the more we need something to hold onto. We have to hold on to that anchor in order to keep striving for a more ideal world.

I think that the cultural aspects of philosophies will still remain right now, because we are now very focused on ethnicity and culture of minorities and such aspects. However, in the long run, the cultural aspects of these philosophies will fade away unless the philosophies themselves evolve to relate to the changing world.

What prompted you to choose teaching as a career?

Well, during my master's, I participated in an exchange program in Korea. I was learning Korean, and in return, I helped some students with their English. I liked that environment—working with students, sharing knowledge—so that was the experience that sparked my interest in education.

I realised that I didn't agree with the way that the Indian education system approached teaching and learning, but the IB program aligned more closely with my personal beliefs about education.

What would students be surprised to find out about you?

It's not a major detail, but during my experience in Korea, I hiked a certain mountain peak, and it just so happened that I was the first Indian to scale that mountain.

EXCITING EVENTS



EVENTS!

Through the blur of this academic year of 2024-2025, we've experienced so many things. Different events like holistic activities, learning engagements and festive celebrations, for three very special days: Independence Day, Teachers' Day and Film Fiesta!

Independence Day:

“Sare jahan se accha, hindustan hamara.”

-Muhammad Allama Iqbal

Our nation is a source of pride for each and every one of us. Our rich lands and fertile soil, from burning heat, to freezing snow, mountains and peaks, to the deep seas, we have nearly every geographical wonder you could ever think of. Indian culture is one of a kind, with every state almost like a different world with all of the various types of food and cultures, and around 780 different languages and dialects in our very own country. On August 15th, we, the students of OWIS came together to let our Indian pride soar through the skies. Marching through the Green Meadows, we hoisted our flag high into the sky; the saffron, white and green cloth dancing with the wind. The melodious tune of our national anthem played loudly into the speakers. All of us stood and saluted the flag, our hearts filled with pride. Songs, dances and other cultural programs happened throughout the day. This Independence Day gave us a moment to think about how far our nation has come since we broke free from the clutches of the British Raj. We all stand as proud citizens of India, and the world. Jai Hind!



Teachers' Day:

On September 5th, all of our teachers came dressed in their best attire to school, their heads held high, and smiles on their faces. Teachers spend hours every day making lesson plans, correcting papers, and giving apt and correct feedback to each student. They also help us grow by instilling kindness and compassion in them. They walk into the class with a smile on their faces and passion in their words. To thank our amazing teachers, we, the students of OWIS, wanted to make this Teachers' Day as memorable and enjoyable as possible, despite everyone's busy schedules. Our dedicated student council came together to organise a short but meaningful event for each grade, filling the day with performances, games, and heartfelt speeches reflecting on the memories our teachers had shared with us over the year. Each event hosted unique, specially curated activities for our teachers, who genuinely appreciated the performances. Many teachers also took the opportunity to connect with us more personally, as the academic year had only just begun. Hats off to the student council and our teachers for organising this.



Film Fiesta:

Movies and screen culture is a great way to represent different ideologies, dreams, and issues around the world through dozens of different mediums like animation, stop motion, claymation, motion pictures and many more. The School Cinema's International Film Festival, an initiative by the LXL Foundation, is the largest children's film festival, held annually in various schools around the world. Talented film producers, animators, actors, and others from around the world collaborate to create films addressing a wide range of real-life issues, such as inequality, justice, addiction, and many more important topics that all learners should be aware of. These films were entertaining as well as educational; the best of both worlds!

Our school showcased these films in the Multi-Purpose Hall. We received a message about the Film Fiesta, which also encouraged us to bring money for snacks like popcorn and doughnuts. The Multi Purpose Hall was converted into a movie theatre that day, with rows upon rows of seats and a simply enormous screen. Each short film captivated our hearts and minds, immersing us in every word and image we saw and heard. We learned about various global issues and reflected on the lessons we had covered in our classes. This experience made us realise the seriousness of life's challenges and the immense effort and dedication that goes into every frame of these films.

Ananya Madhan



EXCITING EVENTS



On August 9th, 2024 a buzz of anticipation and excitement filled the air. A few days prior, some of the most daring, intelligent, and ambitious students competed for prestigious titles in the student council. They had to go through intense, gruelling campaigns where they had to convince students to vote for them, and a couple of nail-biting interviews with the Principal herself. After a week the long awaited results came which revealed the elected leaders. The long-awaited investiture ceremony was finally happening. After a week of rehearsals, teachers, students, and parents were all gathered to witness this ceremony.

STUDENT COUNCIL INVESTITURE

The occasion started off with a bang as the newly elected student council proudly marched into the Multi-Purpose Hall while holding the flags of our school, and their houses. Our Principal and the Coordinators kicked off the ceremony by lighting the lamp, followed by an inspiring speech from Principal Aparna Ma'am, who offered words of encouragement and congratulated all the newly selected members of the Student Government. Her uplifting messages established the tone for the rest of the program and highlighted how these students would soon serve as role models for other pupils.

The highlight of the ceremony occurred when each member was called to the stage individually, and their proud parents were invited to join them to pin their badges and drape their sashes. With these sashes given, they were now officially handed over the challenging yet incredible opportunity of being a student council member. This action highlighted the strong connections between home and school, emphasising the crucial role that parental support plays in a student's development as a leader.

The event concluded with a group photo with the entire student council and the Principal. It could not have happened without the PE team, the teachers, our students and our Principal, who lent their unwavering support in organising the entire ceremony. The recently appointed leaders departed the stage with their badges bright and their spirits high, prepared to take on the challenges and duties that come with their roles in the school community.



GOOD HABITS FESTIVAL

Every year, as a part of our school's long standing tradition, we celebrate the **Good Habits Festival**—an event that fosters healthy lifestyle choices, self-awareness, and the courage to grow among students, embodying our commitment to these values as a part of our school's legacy.

In line with tradition, the day began with a moment of reflection, where each student noted their good and bad habits. This was followed by a whole-school assembly during which our dedicated teachers received their IB evaluation certificates, awarded after the evaluation process that occurs every five years.

After the assembly, we moved on to the most significant part of the Good Habits Festival: the symbolic burning of bad habits, represented by an effigy of Ravana made by our visual arts department using waste cardboard and crepe paper. Our visual arts department and organisers paid special attention to sustainability to reduce our carbon footprint and material wastage, combining both old and new traditions to promote eco-friendly practices. The effigy, along with all our written bad habits, was burned at once by our teachers and student council to minimise our 'smoke time'—the period during which we would be polluting.

With the symbolic tradition complete, we moved on to the highlight of the day, showcasing the incredible talents of our school's musicians and dancers: Battle of the Bands and Lost in Motion. The Battle of the Bands kicked off well before the festival day, as students formed or joined bands to secure a spot on stage, where they would compete for house points. The battle featured exhilarating rock covers, as well as soft Bollywood melodies for a bit of contrast. Meanwhile, in Lost in Motion, contestants performed a spectacular variety of dance genres, including a surprising blend of classical poses and hip hop moves. The contestants were truly lost in their own motion as they created a stunning performance on the stage.



Once the thrilling performances came to an end, students gathered under the vibrant awning. The air buzzed with excitement, as friends and classmates came together to get ready to tap their feet to the rhythm. Before long, the entire crowd was on their feet, moving to the energetic tunes, their faces lit up with joy. The colourful outfits swirled in sync with the music, creating a kaleidoscope of motion and celebration. The energy was infectious as even the teachers and staff joined in, letting go of the day's formalities and becoming a part of the revelry. Hands were raised to the sky, feet tapped to the rhythm, and the worries of the world seemed to melt away in this shared moment of happiness. The festivities carried on until the stars began to twinkle overhead, bringing the day to a perfect, joyous close that would be remembered for years to come.

Mehr Jha



**AKANKSHA
KRISHNAKUMAR**

ARTIST SPOTLIGHT



"INSIDE OUT", M1 RAMANUJAN

**SIDDHARTHA
KONDURU**

ARTIST SPOTLIGHT



"LIGHT AND DARKNESS", M2 FARADAY

ARTIST SPOTLIGHT

TIA CHALY



M4 MAURYA

MENTAL HEALTH

BY ~ DHIVYA IYER

EARTH, SKY. DAY, NIGHT. SOUND AND SILENCE, DARK AND LIGHT. ONE, ALONE IS NOT ENOUGH. YOU NEED BOTH TOGETHER.

IN DISNEY'S MULAN, MULAN, OUR MAIN CHARACTER, INTRODUCES THE IDEA OF BALANCE TO A GROUP OF YOUNG CHILDREN. SHE HIGHLIGHTS THE IMPORTANCE OF EMBRACING OPPOSITES, AND ALL PARTS OF YOURSELF, TO FIND BALANCE IN YOURSELF—THE FIRST STEP, OR THE FIRST LESSON. THE IDEA OF BALANCE IS DEEPLY INTERTWINED IN THE CHINESE PHILOSOPHY OF YIN AND YANG, AND CAN BE LINKED TO MENTAL HEALTH AS WELL.

BEFORE WE BEGIN, LET'S DEFINE YIN AND YANG. IN CHINESE PHILOSOPHY, THEY ARE TWO GREAT, AND OPPOSITE YET COMPLEMENTARY FORCES, THE INTERPLAY OF WHICH GOVERN THE UNIVERSE, AND THE BALANCE OF WHICH IS ESSENTIAL TO HEALTH AND HARMONY.

THE KEY WORD HERE IS BALANCE. IT'S A WORD COMMONLY ASSOCIATED WITH MENTAL HEALTH AS WELL, ESPECIALLY IN EASTERN CULTURES, WHERE MENTAL HEALTH IS NOT JUST AN ISOLATED VARIABLE, BUT DEEPLY INTERCONNECTED WITH THE PHYSICAL, MENTAL, SPIRITUAL, AND EMOTIONAL. SO, IS IT POSSIBLE TO WEAVE BALANCE INTO OUR DAILY LIVES, FOR BETTER MENTAL HEALTH?

YIN AND YANG SAYS YES. BALANCE IN PHYSICAL, REAL ACTIONS COUNTS—ADDING A FEW BADAMS OR WALNUTS OR FRUITS TO YOUR DAILY BOWL OF CEREAL, EATING CARROTS OR CUCUMBER WITH CHEESE DIP, SPREADING NUTELLA ON BREAD BUT ADDING BANANAS. TAKING A BREAK AFTER WORKING FOR A LONG TIME. GOING OUT FOR SHORT, FIVE MINUTE WALKS WHEN WE'VE SPENT ALL DAY INDOORS. SPENDING TIME ON OUR HOBBIES—THINGS WE LOVE—AFTER BEING CONSUMED BY SCHOOLWORK FOR HOURS. ACTIONS AS SIMPLE AS THESE CAN HELP ADD BALANCE TO OUR LIFE, WHICH, ACCORDING TO THE PRINCIPLE OF YIN AND YANG, IS CRUCIAL.

BALANCE IN THE MORE ABSTRACT, THOUGHT-ORIENTED SENSE ALSO COUNTS. FOR EXAMPLE, FINDING A BALANCE BETWEEN TAKING INITIATIVE AND ACCEPTING THINGS AS THEY ARE. THERE ARE SOME THINGS THAT CANNOT BE CHANGED, AND ACCEPTING THIS FACT IS INTEGRAL TO LIVING IN THE MOMENT, AND OVERCOMING THE FEELINGS OF ANXIETY, STRESS, AND FEAR THAT COME WITH THE THINGS OUT OF CONTROL. HOWEVER, IT'S EQUALLY AS IMPORTANT TO TAKE ACTION WHEN WE CAN, TO CONTROL WHAT WE CAN, TO TAKE INITIATIVE TO SOLVE CONQUERABLE PROBLEMS. THERE ARE SOME THINGS WE MUST WORK FOR. ACKNOWLEDGING THIS FACT, AS WELL AS WORKING TOWARDS THEM, PROVIDES HARMONY IN OUR LIFE.

YIN AND YANG TELLS US IT'S OKAY TO EMBRACE OPPOSITES. ACTION, ACCEPTANCE. WORK, PASSION. WANTS, NEEDS. IN ORDER TO BE COLD, YOU NEED TO HAVE AN UNDERSTANDING OF WARMTH FIRST. TO SUCCEED, YOU MUST KNOW FAILURE. TO KNOW LIGHT, YOU NEED TO HAVE BEEN IN DARKNESS.

I'M AT PEACE BECAUSE I KNOW IT'S OKAY TO BE AFRAID. ONE, ALONE IS NOT ENOUGH. WE NEED BOTH TOGETHER.

W O R d e d W O O D S

Pheonix

From the ashes, I rise,
a pulse through charred veins, where flame once danced,
now a whisper of life curling through smoke—
I breathe in the dusk and exhale dawn.



Bones stretch, reaching for sky,
for stars buried deep beneath skin,
while shadows nestle into the folds of morning light,
hand in hand, they cradle night's debris and tomorrow's birth.



The earth spins beneath tired feet,
cracked and scorched, but still I walk—
the cycle bends, breaks, then mends
like the sun sharing its warmth with dust and distance.



Fire wears many faces,
laughs and laments both tied
to my rising—an embrace of yin and yang,
where destruction and renewal
stand shoulder to shoulder, twin paths unwinding.



-Kavya Ramineni

Yin and Yang - Balance and Harmony

We are yin and yang,
Part dark, part light,
Part death, part birth,
Part love, part hate,



No matter the relation,
No matter the difference,
We need the other,
And the other needs us,



We have a part of the dark,
And a part of the light,
Yin is something hard and tough on the outside,
And something passionate and passive on the inside,

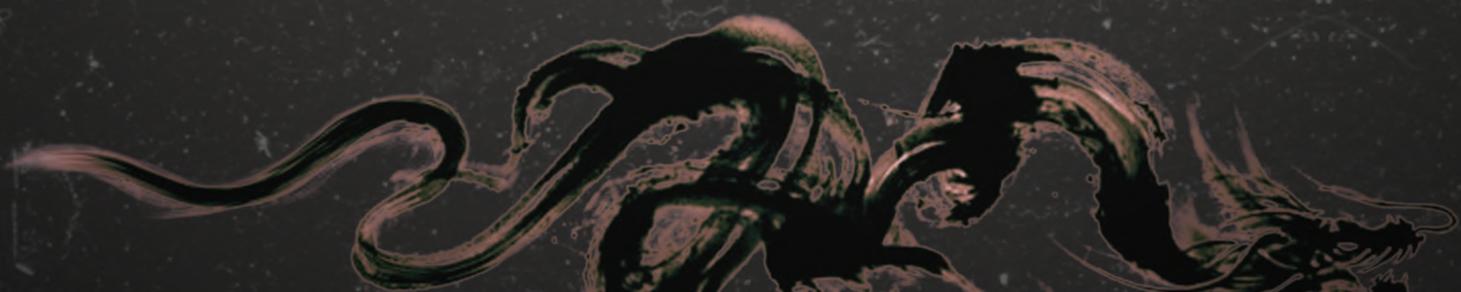


Yin comprises of beauty and passivity,
While on the inside we have a tough and strong heart,

Yang is masculine, while yin is feminine,
Yang is active, Yin is passive,
Yang brings light, Yin brings the shadow,



Yin and yang both need each other,
For the absence of yin or yang,
Results in the destruction of balance and harmony.





We are opposite, but we are the same,
We are yang, but we are also yin
We contain the seeds of the other,

Yin or yang,
Yang or yin,

The universe is the sum of them both,
The universe is the force of their growth,

We need to love the other,
And the other to love us,



Then and then only,
Can we truly appreciate all aspects of non-being and being, active or passive, fire or ice,

But all the interactions we see are the result of the dominant forces of balance and
harmony, opposite and same,

YIN AND YANG...

Thank you!



-Rohit P

Darkness meets Dawn

Yin is the one that is dark,
It is the one with a quiet spark.

It is the one that is in peace,
The one with an energy decrease

Yang loves all that's light.
Never still, nor quiet.

It pushes death and pulls in life,
The one most likely to thrive.

Yin is the side that's dark and dim,
Like a quiet evening.
The moon's soft touch,
In the silence, it speaks so much.

Yang is like the sun, so bright,
The perfect word that describes light.
It jumps and plays everywhere,
It's the one that shows its care.

But in every dark, a spark will rise,
In every light, a shadow lies.
In every blaze, a coolness grows,
Yin and Yang are friends, not foes.

Anushka Sajjanar MYP 2 Charles Darwin (Willow)



SISTERS

Poorvi Jithendran



“She’s gone!” I cackled, my voice echoing through the shadowy room. “She’s finally gone! No more bossiness, no more glowing smiles. Just peace.”

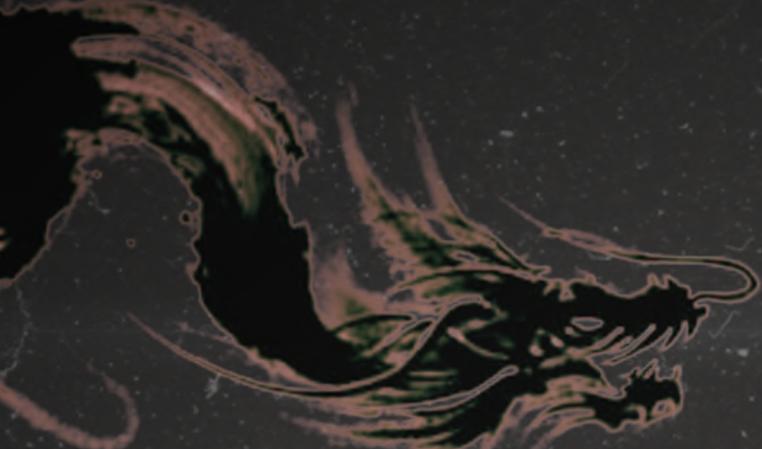
My sister, Sunshine, had always been the star, while I, Night—known as Darkness—faded into the background. Nobody liked me. People associated me with fear, picturing monsters and ghosts.

But I wasn’t a monster.

She simply overshadowed me. With her radiant skin and golden hair, Sunshine lit up the universe, adored by all.

Recently, she vanished. And I was the cause. We had a huge fight—I told her to disappear, frustrated by her endless attention. “Nobody likes you, Sun! You might as well vanish!” I screamed. Now, the whole world missed her—everyone but me. Maybe, for once, people would notice me. Perhaps they’d appreciate the beauty of the night.

But instead, they despised me. Humans needed light and warmth. Without Sunshine, they began to hate me. Earth began to deteriorate. The cold I emitted was unbearable, and life couldn’t survive. The population dropped drastically, species vanished, and even my powers began to fade. The Moon, the spot on my forehead, stopped glowing without Sun’s light. I couldn’t freeze anyone anymore—just leave them shivering.



Eventually, I realised her absence was destroying us all. I knew where she would be. As children, we'd often play hide and seek at a secret place. Determined, I ordered my assistant to prepare the rover, and we ventured through the veil that separates the known world from the unknown.

We arrived at a space junkyard, which was filled with the humans' failed experiments. Surrounding an old piece of metal labelled "Luna 2" was a familiar glow—Sunshine.

"They all miss you, you know?" I whispered, sitting beside her.

"Mere humans don't matter to me," she said.

"Do I matter to you?" I asked.

She nodded slightly.

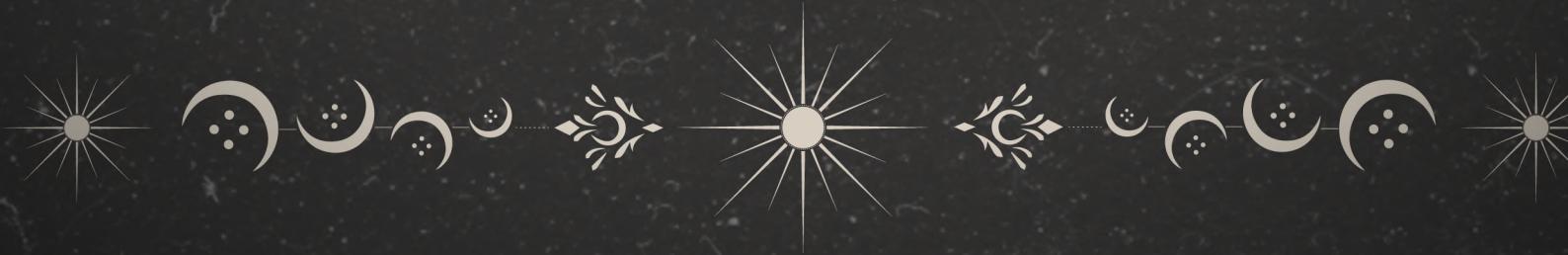
"Then come back, not for them. For me." I said quietly. "All this time, I thought it was about your ego. But it was really about me being jealous. I'm sorry."

"It's okay. Maybe we can work something out."

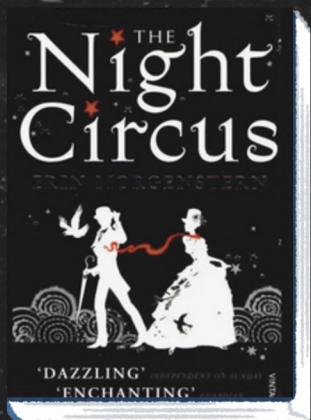
I suggested, "How about 12 hours of darkness and 12 hours of light, alternating sides of the Earth?"

She smiled, then. "Let's do it."

Soon, the Earth's peace had been restored. And so had the bond between my sister and I. Light and darkness weren't seen as enemies anymore but as siblings, as friends.

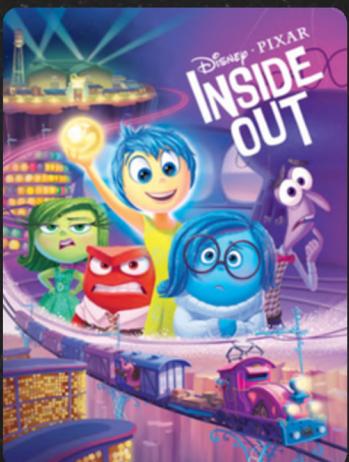


RECOMMENDATIONS



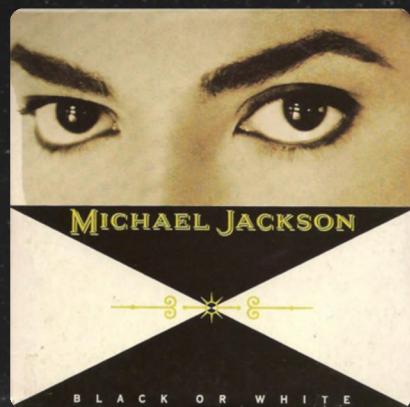
"The Midnight Library" is a thought-provoking examination of decisions and regrets. It follows Nora Seed as she discovers a library full of books that depict different aspects of her life. This tale prompts you to consider what genuinely constitutes a fulfilling life. It's an engrossing read with a gripping story and significant truths that will elicit serious contemplation. You should absolutely check this one out!

Enter the magical realm of "The Night Circus," where magic and mystery intersect. This novel is about a competition between two adolescent magicians set against the backdrop of a magical circus that only appears at night. If you enjoy fantasy with a twist of romance and intrigue, this novel is a must-read!

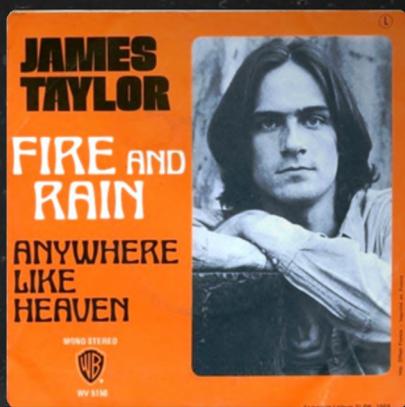


If you haven't seen "Inside Out," you're missing out on a brilliant exploration of emotions. This animated film takes you on a journey through the mind of a young girl named Riley, showcasing how her emotions navigate life's challenges. The sequel is just as fantastic, delving deeper into emotional growth. Both films are engaging and thought-provoking, making them perfect for audiences of all ages. Don't miss out on this emotional rollercoaster.

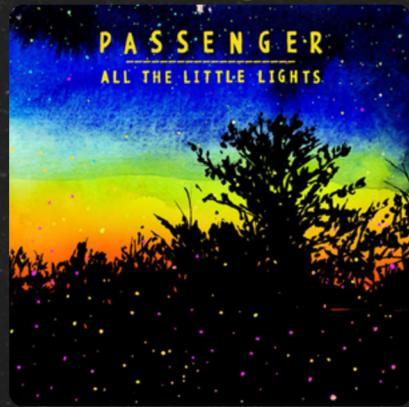
"The Good Place" is a brilliant and humorous sitcom that reimagines the afterlife in a way that will have you laughing and thinking. It follows Eleanor Shellstrop as she navigates moral quandaries and personal growth in a most unusual setting. With crisp writing and charming characters, this series is a lovely blend of humour and philosophy. It's a must-watch!



"Black or White" is a timeless classic that explores togetherness and love. Michael Jackson's strong message about accepting our differences is meaningful on many levels. This irresistible music will have you dancing, and the lyrics will make you ponder themes of acceptance and equality. If you haven't already added this masterpiece to your playlist, now is the time!



Fire & Rain by James Taylor is a profoundly evocative song about the complexities of life's ups and downs. It's a moving contemplation on love, loss, and resilience. The beautiful melody and relatable lyrics make it a classic addition to any music collection. Trust me, this is a song you must hear!



Passenger's "Let Her Go" is a fascinating ballad about the bittersweet nature of love and grief. With its haunting melody and emotional lyrics, this song will pull at your heartstrings and remind you of the value of appreciating what you have. It's an incredible listening experience that you won't want to miss—definitely check it out!



The Sound of Silence is a song that explores a theme of isolation and communication. Celebrated for hauntingly poetic lyrics, the song contrasts silence with sounds of communication, reflecting the intricate nature of human relationships and the constant push and pull between solitude and togetherness.



ARE YOU UP FOR CHALLENGE?

Yin and Yang



HARMONY
FIRE
DUALITY
BALANCE
YIN
TAOISM
WATER
YANG
MEDITATION
TAIJITU



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