

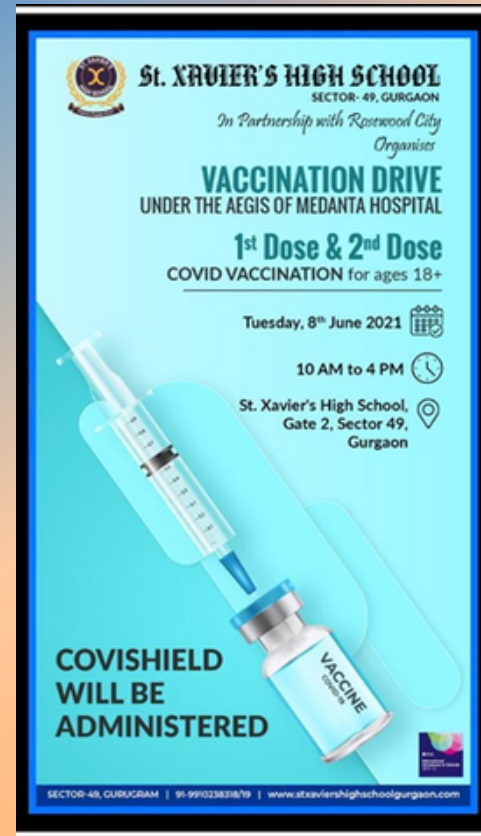
# Xavronicle

## Quarterly Reverberation Of Wonder Time GRADE - V

### Vaccination Drive

**"Do your little bit of good where you are; it's those little bits of good put together that overwhelm the world." - Desmond Tutu**

St. Xavier's High School has always believed and worked to bring more to humanity. As requested by a lot of members of the Xavier family and people around, the school in partnership with Rosewood City joined hands with Medanta Hospital and initiated a vaccination drive at the school campus. The vaccination drive took place on Tuesday, 8th June for the age group 18+ at St Xavier's High School, Sector 49, Gurgaon. Parents participated wholeheartedly in this health drive ensuring their family's well-being.



### ABOVE AND BEYOND THE CALL OF DUTY

Our students and parents have always been our paramount concern, both on the academic and financial levels and we have taken various steps to ameliorate these challenging times. St. Xavier's High School values the relationship with its stakeholders and always adheres to all stipulated norms and policy decisions shared by government agencies. The devastating loss of a parent can take a toll on the family as well as the students both financially and emotionally. However, it is an irrecoverable loss. The school management took a decision to take care of such students who have lost their sole earning member of the family by providing free education to them till Grade XII.

**"Everything you can imagine is real."**

Vaccination Drive

Xavier's Rapid Team

Campus Buzz

Bard's Fest

Mother's Day - MOMents 2021

Father's Day Celebration

Summer Rapture

International Yoga Day  
Celebration

Morning Assemblies

Current Affairs Monthly Quiz

Webinar With Doctors

Tourney Of Contemporaries:  
Competitions

Resonance from the  
Parents' Heart

# XAVIER'S RAPID RESPONSE TEAM

**There is no higher religion than human service. To work for the common good is the greatest creed. "Woodrow Wilson"**

**We encountered many changes, challenges, and disappointments throughout the course of each year, but overcoming them provides genuine satisfaction, fulfillment and a step closer to achieving our goals. The importance of resilience and cultivating the "never say die" attitude were two crucial lessons learned throughout this trying time. New cases are leveling off after rising steadily, however, the situation is still critical and we all continue to grapple with the crisis; St. Xavier's High School has initiated a special task force i.e. **Xavier's Rapid Response Team** for our priceless parents and their families by supporting tirelessly to bolster public health initiatives and protect our children from the harm. XRRT comprised of our devoted Xavier's staff as well as volunteer parents who had readily joined together to give COVID patients in need, endless help and support.**



**St. XAVIER'S HIGH SCHOOL**  
GURGAON

*"Your battle is our battle, let's fight it together."*

**XAVIER'S RAPID RESPONSE TEAM**  
AS EVERY SECOND COUNTS



St.Xavier's is offering the following facilities:

 Doctors' Helpline	 Counselling Team
 Arrangement of Hospitals and Beds	 Meals
 Supply of Medicine	 Vaccination

**CONNECT WITH US FOR HELP**

Mail: [xrrt@stxaviershighschoolgurgaon.com](mailto:xrrt@stxaviershighschoolgurgaon.com) Contact no.: 9958336



**"Never bend your head. Always hold it high. Look the world straight in the eye.."**



# CAMPUS BUZZ

## ORIENTATION

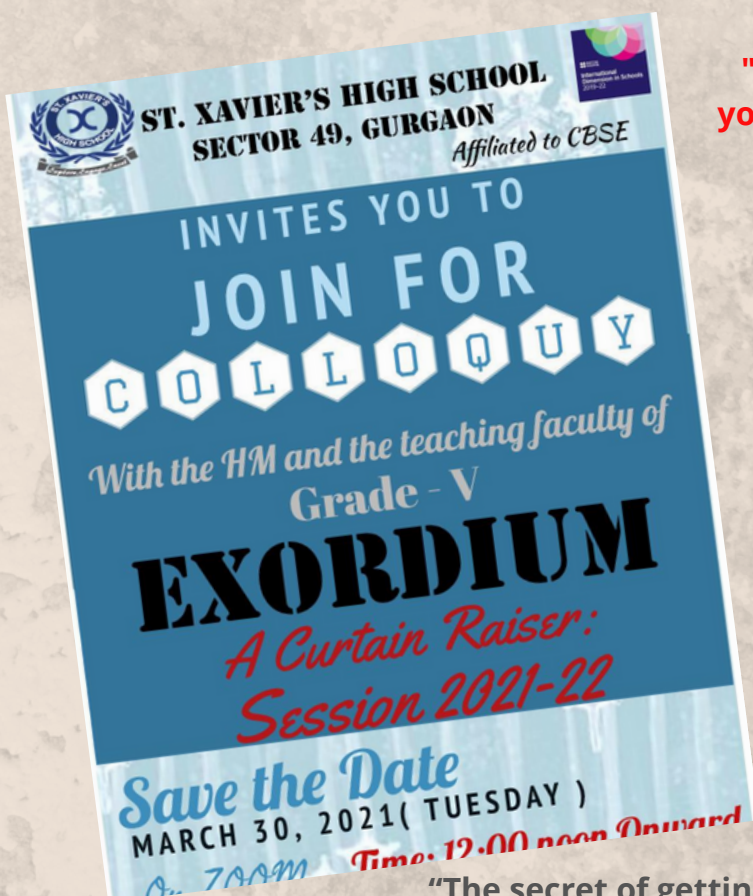
"We, at Xavier's believe parents are the main influence in children's lives. Our goal is to build a relationship with the child and with the family. So, we gathered for an orientation on 27 March, 2021 to establish a connection between our dear parents, children and Xavier's family who had always strived to be proficient with each new academic session. Our Headmistress, Ms. Geeta Kanwar addressed the audience with her words of wisdom. The orientation showcased the school management, a virtual tour of the school campus, flaunted the achievements of the previous year, introduced the teaching faculty, followed by the precious words of experience from a few parents and students who had been a part of Xavier's family for the past many years. To guide the students for the upcoming session we had the School Counsellor, Ms. Honey Sharma with her guidance. The orientation was a good start for the session 2021-22 for each one at Xavier's.



## COLLOQUY

"In a global economy, where the most valuable skill you can sell is your knowledge, a good education is no longer just a pathway to opportunity, it is a prerequisite."

Parents were welcomed and acquainted with the upcoming session and all their queries pertaining to the new session of 2021-22 were answered through a conjoint session of Colloquy- Exordium. The Colloquy was conducted on Tuesday, 30 March, 2021 on the Zoom platform for the parents of Grade V. The panel included the Headmistress and the teaching faculty of Grade V. We, at Xavier's, strongly believe that Education is the most powerful weapon which one can use to change the world.



"The secret of getting ahead is getting started.




# MINDING OUR MINDS


## Counselling session with the school counsellor

**“Change the way you see things, and the things you see will change.”**

As a school, along with academics, the social-emotional development and the health of the students have always been our priority. In light of this view, St. Xavier's High School organised a series of counselling sessions 'Minding Our Minds', conducted by our expert faculty of Counselling for the benefit of the children of Grades V- VIII. Children of grade V participated enthusiastically in this healing session. It also included meditation and helped the learners to relieve stress. Such activities are often conducted as we look forward to change the world by making it a better place to live.



**St. Xavier's High School**  
Sector-49, Gurgaon  
(Affiliated to CBSE)




Organises  
Counselling sessions  
*"Minding Our Minds"*  
Empowering Children to Think; Fixed & Growth Mindset


For the students of **Grade III-VIII**  
Conducted by  
**Ms. Nitika Teotia**


**School's Expert Faculty of SEN Department**

21<sup>st</sup> June - 25<sup>th</sup> June 2021 | Time 4:00pm - 5:00pm

*"Your life does not get better by chance, it gets better by change"*



**St. Xavier's High School**  
Sector-49, Gurgaon  
(Affiliated to CBSE)




Organises  
Counselling sessions  
*"Minding Our Minds"*  
Emotional changes during COVID 19 in children

For the students of **Grade V-VIII**  
Conducted by  
**Ms Honey Sharma**

**School's Expert Faculty of Counselling Department**

From  
8<sup>th</sup> June - 11<sup>th</sup> June 2021 | Time 8:30am - 9:20am

*"Your life does not get better by chance, it gets better by change"*



**"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten."**



# BARD'S FEST

## *Literary Week Celebration*

Euphony- The Bard's Fest- A tribute to Shakespeare



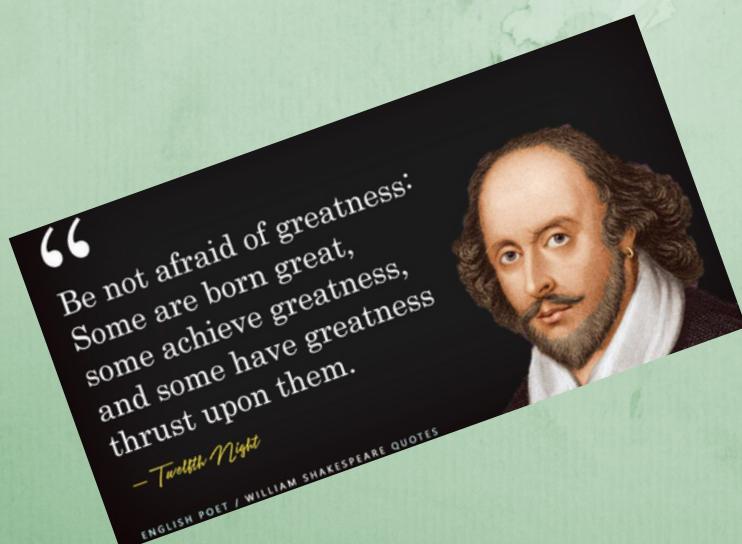
**St. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurgaon  
(Affiliated to CBSE)

**Organises**  
**Euphony: The Bard's Fest**  
A tribute to William Shakespeare  
For the students of  
**Grade III-VIII**  
From  
**19<sup>th</sup> April' 21 - 24<sup>th</sup> April' 21**



*"All the world's a stage and all the men and women merely players."*

St. Xavier's High School was ecstatic and delighted to announce the first mega event of this new session, commemorating the 'English Literary Week'. The celebrations were scheduled from 19<sup>th</sup> April- 24<sup>th</sup> April 2021 to encourage students' understanding and love for literature, improve written as well as spoken expression and inculcate the habit of reading in the students of Grades III -VIII. The main aim of the event was to encourage the young Xaverians to explore the world of Literature. It was a week filled with fun activities, interesting competitions and confabulations to learn more about the 'Bard of Avon' the Father of English Literature as well as his works. Events pertaining to the theme on all these days were simply mesmerizing and captivated the students with their extravagance and splendour.



*"If the plan doesn't work, change the plan, but never the goal."*



# Euphony: The Bard's Fest

**CURTAIN RAISER (DAY-1) 19.04.2021**



**St. XAVIER'S HIGH SCHOOL**

**Sector -49, Gurugram**

(Affiliated to CBSE)

*Organises*

**EUPHONY: THE BARD'S FEST**

📅 (19th April 2021- 24th April 2021)

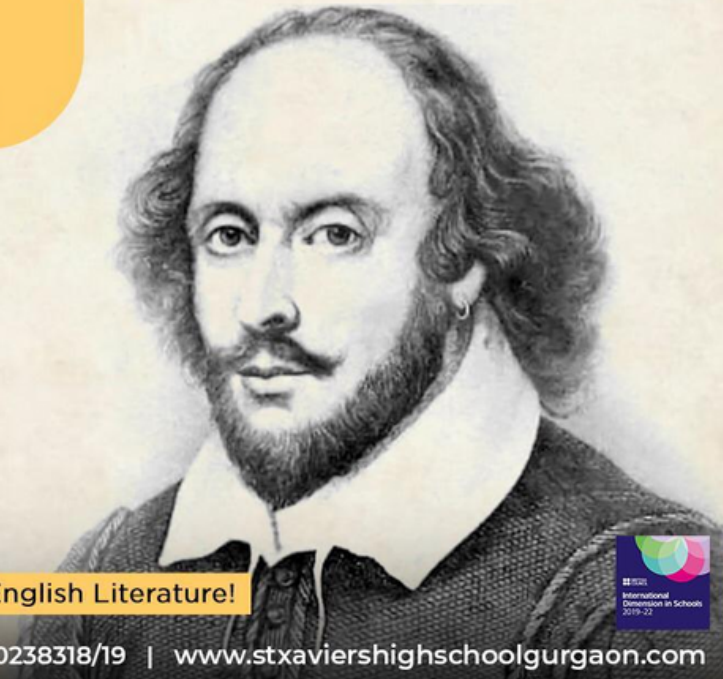
**DAY 1 - 19th April 2021**

**8.30 am - A Curtain Raiser**

**4.00 pm - Showcasing  
of the Shakespeare's Play  
'THE COMEDY OF ERRORS'**



Let's relive the golden era of English Literature!



SECTOR-49, GURUGRAM | 91-9910238318/19 | [www.stxavershighschoolgurgaon.com](http://www.stxavershighschoolgurgaon.com)

To enhance language proficiency and to promote and develop the intrinsic flair and aptitude of our young Xaverians, the Virtual English Literary Festival- Euphony: The Bard's Fest was commemorated on 19th April, 2021 for the students of Grades III – VIII with a lot of enthusiasm. This day began with the Curtain Raiser at 8:30 am. Literature truly unbolts the door of imagination and understanding and to let the learners gain in-depth knowledge about William Shakespeare. To pay tribute to “THE BARD”, his famous play ‘The Comedy Of Errors’ was showcased on Microsoft Teams. Overall, it was a highly informative onset of the fest and the students dwelled into the Shakespearean festivity to the core.

*“There is no way to happiness. Happiness is the way.”*



# Euphony: The Bard's Fest

## CREATING A BOOKMARK

### COMPETITION (DAY-2)

20.04.2021

In order to celebrate the second day of English Literary week, various Inter Class Competitions were held for the learners of Grades- III to VIII. Creating a Bookmark Competition was conducted for the learners of Grades III - V. On the occasion of Euphony, various competitions were organised for the talented Xaverians to mobilize them to participate actively in promoting books and reading. These events also helped in stimulating the minds of reluctant readers. These fun-filled activities unleashed their creativity on paper. The students worked enthusiastically and experimented with different shades of colours to flaunt their artistic imagination. They created and decorated the Bookmarks using innovative ideas to make them look more interesting and to capture the reader's imagination. Further, to pay tribute to THE BARD, his famous play "A Midsummer Night's Dream" was showcased on Microsoft Teams which was thoroughly enjoyed by the learners.



"Life is short. Spend it happily"



# Euphony: The Bard's Fest

STORY WRITING COMPETITION (Day-3) 22.04.2021

With the initiative to groom our students and to contribute to honing their talents and inculcate reading and writing habits, an Inter-Class Story Writing Competition was organised for the learners of Grades III to VIII on 22nd April, 2021 as a part of the grand celebration of English Literary Week. The motto of the event was to empower students to predispose themselves towards writing and literature in an era where social media dominates, aspiring to ignite this creative spark in the students. The competition provided an opportunity for the budding authors to hone their creative skills. The day ended by showcasing the famous play of Shakespeare "King Lear" which was scrupulously enjoyed by all.

Jungle Magic Maria

"Mom I am hungry can you please give me something to eat?" I cried out loud.  
"Sorry my darling there is no food in the house. I will try to get some from the neighbour's garden." I said.  
We were so poor that on most days we would just go to sleep on an empty stomach.

"Mom will we ever get to eat like pizza or pasta?" I asked with a sigh of grief.  
"One day we will all that our heart desires." Mom said while taking me in her arms and holding me close. I thought of all the delicious food I had seen on TV. I truly wished to eat, I was so hungry.  
After a short while, I heard a loud knock. I went to the door and looked up, I was completely surprised.  
I was lying in the middle of the road. I quickly got up and ran. I heard a voice. "Where were you? What is this place?" I asked.  
"Here? In this place, where you are?" I asked.  
"All these thoughts were in your mind. A lightning struck you."

Story - writing / The rain forest

Once there lived a princess who was very selfish and cruel about her beauty. Many men from the other side of the world came to see her but she would reject them. One day her father got angry. So he married her to a woodcutter. She tried to convince him but it was no use. After marriage he took her to his house. It was a small hut in the forest. The men who came with him were his friends. They shouted and created a racket in the house. She had huge quantities of food for them, which everything she wanted. She screamed and shouted, but to no avail. I am nice to the woodcutter, he will take me to the city. She thought the princess one day. That even woodcutter saw his wife smiling and cheerfully of him and his friends. They stopped making a noise as they usually did. She took all her things and played. One of the men pulled out a flute while the woodcutter sang. The princess began to enjoy life in the forest and very content. One day the woodcutter came early and had a surprise for her, my dear. Please shut your eyes and what comes first in your mind? She shut her eyes and saw her dear husband. She opened her eyes and he was in a green suit. The husband and the princess had vanished. In their place was a palace and her husband stood before her in royal clothes and wearing a crown. The princess looked down and saw a queen. The king's friends bowed to her as they walked into the palace and the king happily came after her.

Invisible me

I looked up and went to my living room. I found a newspaper. They did not expect. Then I said to myself, huh! I was invisible in their car. Now I looked myself, huh! I was invisible to me as well. Yeh! I have so many plans. First I will go to school. Yeh! I have a plan for that too. As I went to the junk food store and asked the shopkeeper for a packet of chips. He said, I cannot hear me nor see me. So I went to the shopkeeper and asked him for a packet of chips. The shopkeeper was unconscious as he was sleeping. I went to the shopkeeper and asked him for a packet of chips. The shopkeeper was unconscious as he was sleeping. I went to the shopkeeper and asked him for a packet of chips. The shopkeeper was unconscious as he was sleeping.

An honest boy

Once upon a time, a boy named Harish, lived near a forest. Every day, he used to go for a walk in the forest. One day, during his walk, while he was having fun with butterflies, he fell into a trap. He could not see or hear anything and started to make efforts to come out of the trap. After trying for some time, he was finally able to break free. He started running towards his home. Suddenly, a portal opened and he entered the portal. There was an old man standing in front of him. Harish asked, "Who are you?" The old man replied, "I am a wizard and my name is Amal." Amal further asked, "What is this place?" Harish replied that it was a magical place and that he had entered it. Amal then asked Harish to tell him his name. Harish replied, "My name is Harish." Amal then asked Harish to tell him his address. Harish replied, "I live near a forest." Amal then asked Harish to tell him his father's name. Harish replied, "My father's name is ..."



"Every new day brings with it another chance to change a life."

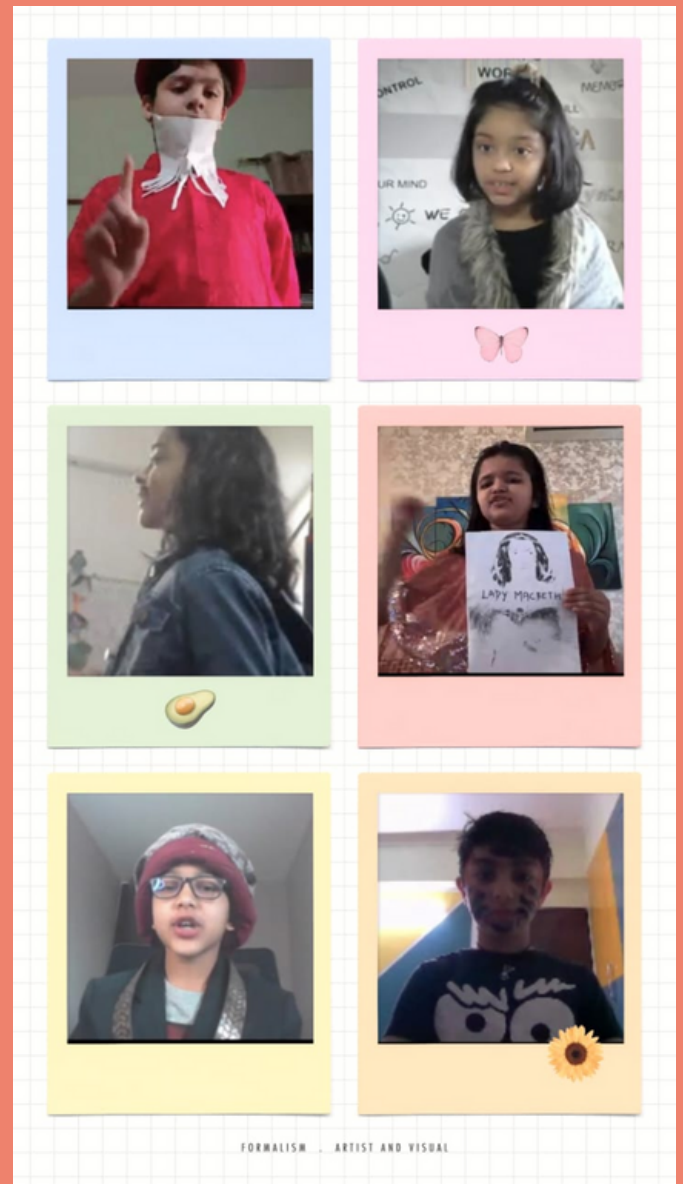


# Euphony: The Bard's Fest

Show and Talk (Day-4)

23.04.2021

As a part of the ongoing celebrations of English Literary Week, an Inter Class Competition Show and Talk was conducted on 23rd April, 2021 for the learners of Grades-3 to 8 to strengthen the verbal skills and to foster public speaking competency of the young minds. This competition enabled them to improve their descriptive skills by communicating feelings, thoughts and emotions with words on the theme-Shakespeare or any of the characters from his plays or about any of his novel. Our talented speakers were thrilled and participated wholeheartedly in the competition. They were full of zeal and showcased their immense talent with confidence. Thus, this event helped our young Xaverians to enhance their language skills and improve their vocabulary and public speaking skills. The inspiring presentations of discovering the power of spoken words by our shinning stars of Xavier's left no stone unturned to achieve realistic appraisals of their skills. The festivities of the day ended by showcasing the famous play of William Shakespeare: "The Merchant of Venice" which was thoroughly enjoyed by all the Xaverians.



"A little progress each day adds up to big results"



# Euphony: The Bard's Fest

An Online English Literary Quiz- 'LitWiz' ( Day-5)  
24.04.2021

"Knowledge is a treasure, but practice is the key to it."

As a part of the celebration of our Literary Week; on the last day of the fest, an exciting Inter Class English Quiz Competition - 'LITWIZ' was conducted for the learners of Grades III - VIII.

The quiz comprised of questions based on books and authors, spellbee, correct usage of Grammar, rapid-fire and visual rounds.

Though some of the questions were very tricky, the teams tried to answer them with confidence. The questions put forth to the teams were intriguing, exciting and made the audience go 'Aah!' and clap when the teams answered correctly. Through these interesting as well as challenging rounds, the knowledge of the participating students was put to test in this quiz. The event was a great success and the children enjoyed it.

This event proved to be very educational and informative for the students. It was a much-appreciated endeavour by the school, such events go a long way in moulding student's personality and testing their knowledge.

Indeed, The Bard's Fest was an amazing platform to bring all our young Xaverians closer to the magic of the English language and literature.



"Accept the challenge so that you can feel the exhilaration of victory."



# Euphony: The Bard's Fest

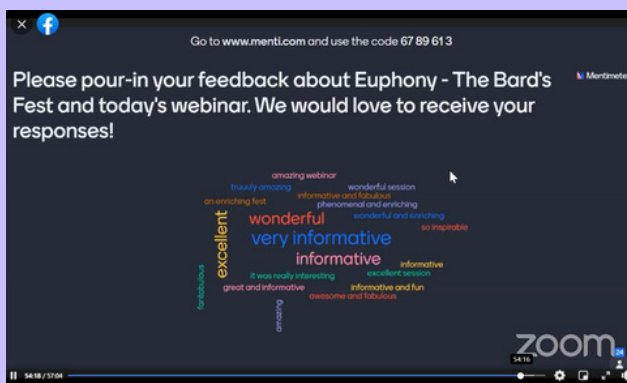
**Open House with the famous author Mr. Vikarn Chowdhary ( Day-6) 24.04.2021**

**"If you want to be a better writer, you have to read, read, read. If you want to be a better reader, you have to write, write, write."**

To foster the love of reading and writing among students, St. Xavier's High School, every year celebrates English Literary week. As a part of the week-long events, students geared up to conduct an Open House Interaction with the author of 'Into the White Mist', **Mr. Vikarn Chowdhury** on Saturday, 24 April, 2021, Live on Facebook.

It was a great opportunity for all budding and aspirant writers to put forth their doubts and learn the nuances of writing.

**"Try to learn something about everything and everything about something."**



**"I always say that practice gets you to the top, most of the time"**



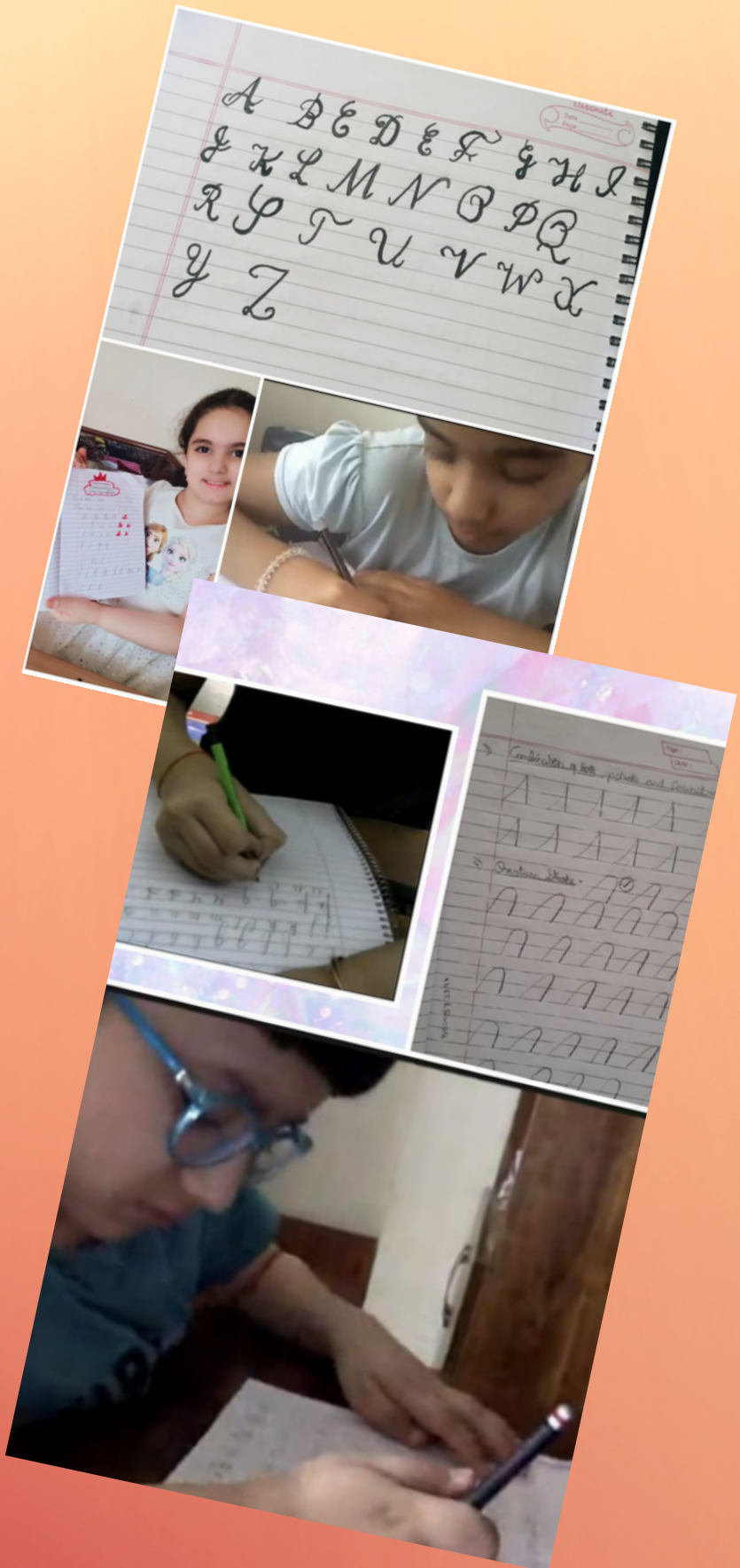
# SUMMER RAPTURE

## Calligraphy

by

**Ms. Anjali Bareja**

Handwriting is an essential skill for students. To instill the habit of handwriting in a good and legible manner, Calligraphy classes were conducted for the learners of Grade V. Learners were given the choice of writing in a single liner or 4 liner notebook. The Learners learnt about some basic strokes such as upstroke, downstroke, a combination of upstroke and downstroke and overturn strokes. After the strokes, upper case letters were practiced by the learners in the next class. Quotations were also given to the Learners for further practice. After the quotations, they were asked to write paragraphs. The students also practiced different forms of calligraphic fonts. The response of the students was very encouraging. The learners put their best foot forward to enhance their writing skills by participating in it with great zeal and enthusiasm.



"A negative mind will never give you a positive life."



# SUMMER RAPTURE

**Writing Skill**  
**by**

**Ms. Sukhbans Kaur &  
Ms. Neha Shaw**

Writing skills include all the knowledge and abilities related to expressing ideas through the written word. Knowing what situations call for different styles of writing and being able to set an appropriate tone over text are both important writing skills that any person can use at work. Technical knowledge about writing conventions, style guides and formatting for different situations is also an important part of writing skills. To enhance the writing skill in English and Hindi, activities were chosen and presented before the students where they were able to write a structured summary of an elaborate book in not more than 10 lines and they learnt how to summarize a story from the pictures displayed on the screen. They even practiced completing the paragraphs using appropriate words. These activities enhanced their ability to think and write spontaneously.



**"I always say that practice gets you to the top, most of the time"**



# SUMMER RAPTURE

## Aerobics by Mr. Arun Kumar

When you dance your body releases endorphins. This is a chemical that triggers positive energy and good vibes! It helps improve our emotional state and reduce our perception of pain. So basically, dancing is your cure for happiness! Dancing bolsters physical and mental health by helping to prevent falls, improve posture and flexibility, lift mood and ease anxiety. It's also a fun activity that sharpens the mind, increases aerobic power and strength, builds social bonds, and can reduce pain and stiffness. To release all the stress and confusion, various dance forms were practiced during the summer activities for the students. They enjoyed each class thoroughly and learnt the moves with full passion and sincerity.



" If an opportunity does not knock, build a door."



# SUMMER RAPTURE

## Coding by Ms. Shefali Aggarwal

**“Computers are good at following instructions, but not at reading your mind.”**

In compliance with the same thought, Coding classes were conducted for the learners of Grade V to enhance online learning skills and to refine their technical skills. From the classes, the participants had the opportunity to know about the various tools to develop innovative projects using SCRATCH software. The mentor explained the Scratch application to create projects containing media and scripts. Learners were taught how the images and sounds can be imported or created in Scratch using a built-in paint tool and sound recorder. Programming is done by snapping together colourful command blocks to control 2-D graphical objects called sprites moving on a background called the stage.



**If an opportunity does not knock, build a door.**

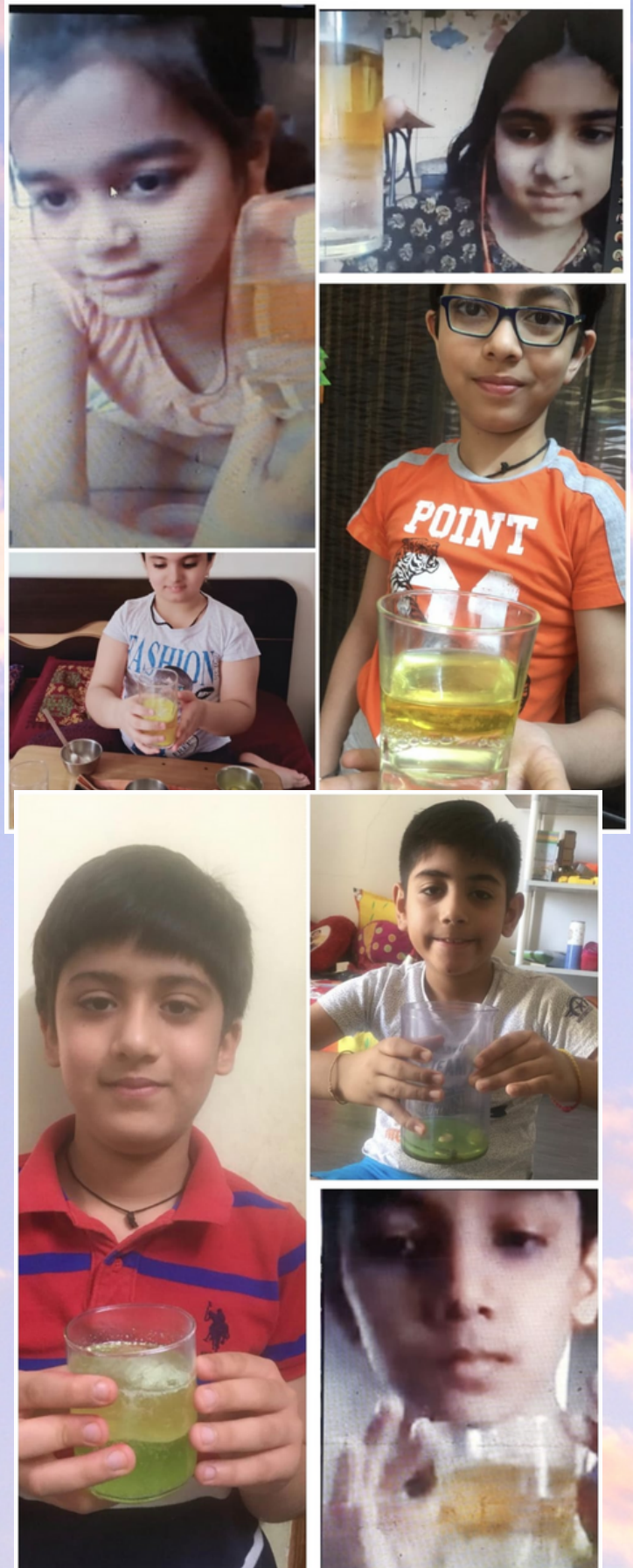


# SUMMER RAPTURE

## Experimentation by Ms. Ritika Mattoo

“The true method of knowledge is  
experiment.” William Blake

The experimentation class was performed by, Ms. Ritika Mattoo. Many learners participated vivaciously in this learning activity. Learners excitedly performed diverse experiments like Colour Density Experiment, Walking Water Science Experiment, Bouncy Egg Experiment and Colour Changing Milk Experiment. These sessions were scrupulously conducted by all the students. All participants assiduously conducted the experiments and enjoyed them while doing so. Moreover, they also compiled videos while performing the experiment. The response of the students was very encouraging. The learners put their best foot forward to enhance their learning skills by participating in it with great zeal and enthusiasm.



"The courage to continue is what distinguishes success from failure."

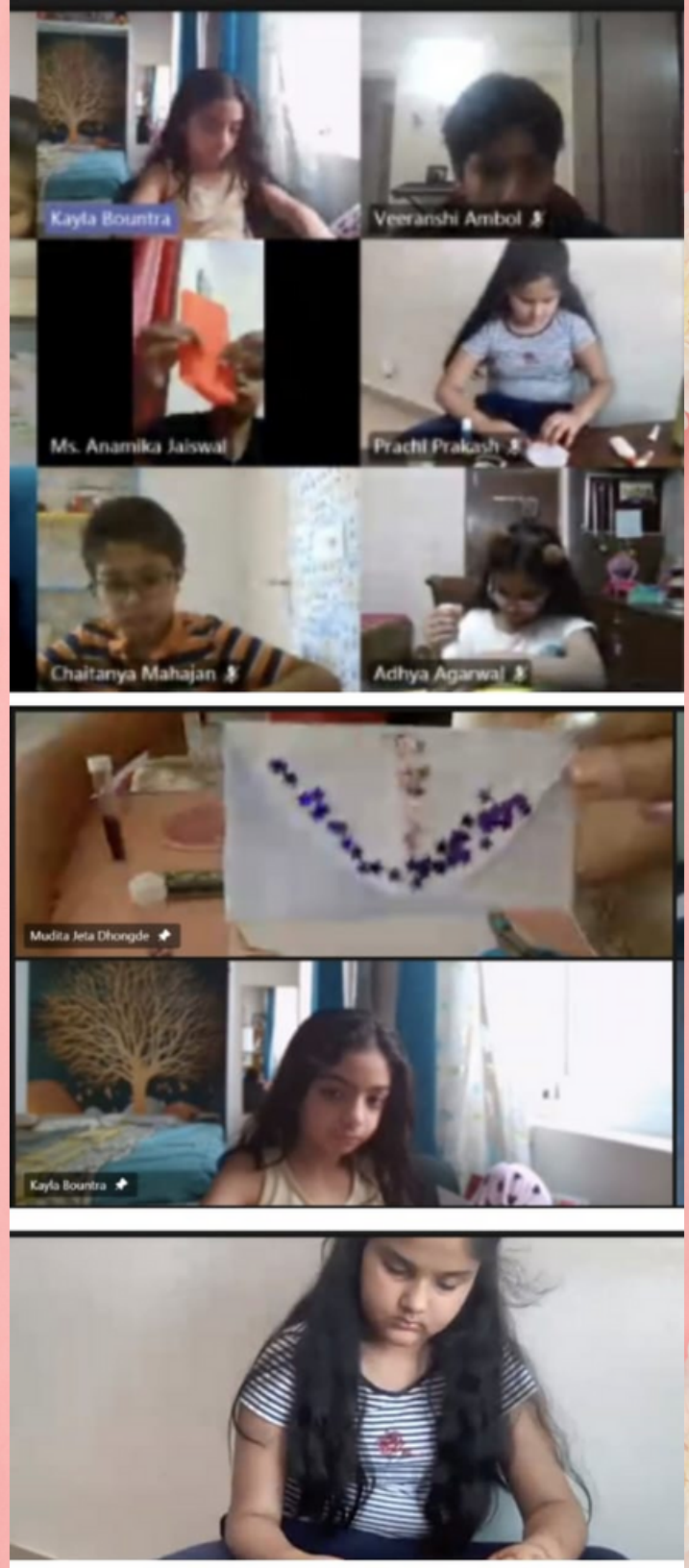


# SUMMER RAPTURE

## Art & Craft by

Ms. Anamika Jaiswal

Art and craft describe a wide variety of activities involving making things with one's own hands. In this summer break, Art and Craft activities were organized for children to engage them in some unique creativity. Students thoroughly enjoyed taking part in these activities and said goodbye to their gloomy mood. The activities of this summer were based on waste management. During the summer activities, students learnt how to create a beautiful piece of art using waste objects like earbuds, rubber bands etc. They even learnt how to make a beautiful mother's day card and an envelope without measurements. All the learners participated vivaciously in the Art and craft activity and thoroughly enjoyed these creative sessions.



Don't make excuses, make improvements



# MOTHER'S DAY - MOMENTS 2021

A mother is the one who is endowed with all the power. No creature in this Universe can be as powerful as a mother!! She can manage and control everything in any situation. In other words, God has given her the power to take up all the affairs of the world. Celebrating Mother's day for a day is not enough to thank every single mother in this world. No one can replace her at any cost. Everyone should shower lots of love and care to their mothers and acknowledge their sacrifices. Every year, we celebrate the second Sunday of May as Mother's day. Mother's day is a special day, for all the children and mothers, as it celebrates the bond of love and affection that is everlasting. We ecstatically celebrated this magnificent event commemorating 'Mother's Day'. The celebrations were scheduled from 7th May- 09th May, 2021. With a view to imbibe love, respect, and values among our young Xaverians of Grades III- VIII, we organised **MOMents-2021** to celebrate the helm of our lives. After all, not all superheroes wear capes!



"Don't stress. Do your best. Forget the rest."



# MOTHER'S DAY - MOMENTS 2021

This memorable event kicked off with a magnificent introduction followed by a soulful prayer for the mothers. The LIVE Zumba session worked as a warm-up activity for the upcoming fun games. The participants thoroughly luxuriated in the Art and Craft Activity. All the mothers indulged happily in the chit-chat session where they shared their childhood memories and experiences which they had with their mothers. It was a pleasure watching the super excited moms with their dynamic and energetic children during these activities. The activities exalted the mother as God, teacher, friend, philosopher and guide and emphasized the truth that a mother's love for her child is like nothing else in the world. The Headmistress, Ms. Geeta Kanwar conveyed her best wishes to all the mothers on their special day. The mommies appreciated the efforts of the school and the teachers for organizing such a splendid session.



**ST. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurgaon  
(Affiliated to CBSE)

organises  
**MOMENTS 2021**

To celebrate the helm of our  
lives on the occasion of  
**Mother's Day!**  
for Grades III-VIII  
**7<sup>th</sup> May - 9<sup>th</sup> May'21**

**7<sup>th</sup> May' 21**  
Let your Mother glow in your Love!

**8<sup>th</sup> May' 21**  
Radiating Gratitude - Because words are just not  
enough!

**9<sup>th</sup> May' 21**  
Celebrating Motherhood: A title just above Queen!

*"Mother is the most beautiful word  
on the lips of mankind"*



**"If the plan doesn't work, change the plan, but never the goal."**



# Father's Day Celebration

**"Anyone can father a child, but being a dad takes a lifetime."**

Fathers play a role in every child's life that cannot be filled by others. This role can have a large impact on a child and help shape him or her into the person they become. Fathers, like mothers, are pillars in the development of a child's emotional well-being. Children look upto their fathers to lay down the rules and enforce them. They also look upto their fathers to provide a feeling of security, both physical and emotional. Fathers not only influence what we are on the inside but how we build relationships with people. The way a father treats his child will influence what he or she looks for, in other people. To acknowledge and honour the contribution of fathers in the family, St. Xavier's High School hosted a **Chess Competition For Fathers** on this Father's Day ie; 20th June, 2021. Enthusiastic fathers of the students of grade V participated in the competition.

**Shashank Garg**  
**Father of Adheesh Garg, VE**



**"If the plan doesn't work, change the plan, but never the goal."**



# INTERNATIONAL YOGA DAY CELEBRATIONS


**"Yoga is a way for nourishing and blossoming the divinity within you."**

Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfilment; harmony between man and nature. It is not about exercise but to discover the sense of oneness with yourself, the world, and nature. By changing our lifestyle and creating consciousness, it can help in well-being.

## CURTAIN RAISER – XAVROLOGUE

The International Day of Yoga is a gift of India to the world since 2015. The idea to mark the longest day of the year in the Northern Hemisphere, June 21, as the International Yoga Day was proposed by Prime Minister Narendra Modi to the United Nations General Assembly in 2014. The virtual celebration of the event commenced on the 14th of June and culminated on the 21st of June. It was a week-long journey showcasing the Importance of Yoga.



This seven-day event not only made us relieve the stress, fatigue but also lead us to the Vedic era and taught us about the healing of the mind and the souls. The essence of Yoga is the greatest gift for our mind and soul.


**St. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurgaon  
(Affiliated to CBSE)

PRESENTS

### XAVROLOGUE : A CURTAIN RAISER



for International Day of Yoga 2021  
by the students of  
**Grade VIII**

 Monday, 14 June'21  1:00pm onwards

 **LIVE**



DON'T FORGET TO TUNE IN AS YOGA  
FERVOUR GRIPS XAVERIANS

*"Yoga is a light, which once lit, will never dim.  
The better your practice, the brighter the flame"*



### Sarvangasana (Shoulder stand)

- The meaning of Sarvangasana is "all parts". The asana involves the entire body and revitalises it.
- It involves the thyroid gland and stimulates metabolism, protein synthesis, and blood circulation.
- The posture of the asana strengthens muscles and lowers the chances of kidney and bone disease.
- It aims to reduce insomnia, depression and mental anxiety.


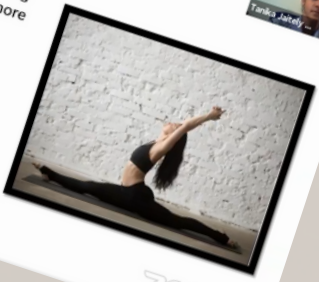


### Hanumanasana (Monkey pose)

Monkey Pose or Hanumanasana is an intense leg stretching exercise, in which your legs need more flexibility and stretching.

Before attempting this pose, you must have a master's in a basic level of yoga.

Make sure that you practice this pose under the supervision of an expert trainer because it is not a basic yoga asana. If you don't do it the right way, then you might hurt yourself.



**"Happiness is not something ready made. It comes from your own actions."**




# INTERNATIONAL YOGA DAY CELEBRATIONS

## XAVOLIT YOGA

15 June, 2021

Every year the world celebrates June 21st as International Yoga Day to bring peace, harmony, happiness, and success to every soul in the world. To honour the historic date, 21st of June, and inculcate the habit of practicing yoga in our lives, St. XAVIER'S HIGH SCHOOL organized an Inter Class Competition: **XAVOLIT YOGA - Begin your journey to a better life with peace, love, beauty and happiness!!** on 15th June 2021 for the learners of Grades III to V. This interclass competition was based on "Creating A Teaser/ Video" to motivate people to make yoga a part of their life and to showcase how yoga can transform our lives.



**St. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurugram


organises


**XAVOLIT YOGA**  
**CREATE A TEASER**

An Inter- Class Competition on the occasion of

**INTERNATIONAL**  
*Yoga* **DAY**

For Grades III-V

 Tuesday, 15<sup>th</sup> June 2021

 Entries to be submitted by 6.00 pm

*"Yoga is a way for nourishing and blossoming the divinity within you."*

TOR-49, GURUGRAM | 91-9910238318/19 | [www.stxaviershighschoolgurgaon.co](http://www.stxaviershighschoolgurgaon.co)



"Creativity is intelligence having fun."




# INTERNATIONAL YOGA DAY CELEBRATIONS

## TATTVA YOG

16 June, 2021

It is said that Yoga helps in discovering one's own true self and of enjoying one's self as it is, leading to the realization of true joy or ananda which is held to be the ultimate goal of life. The most important benefit an individual gains from the practice of Yoga is that one attains full command of one's own self. Today, when the world is engaged in a rat race of cutthroat competition, Yoga with its message of universal love and compassion assumes a significant role. In order to create peace and harmony in the world, we have first to discover or create this peace and harmony within individuals. Yoga enables us to do this journey of self-discovery by empowering individuals physically, mentally and spiritually. To continue the celebration of the International Yoga Day with the series of events, St. Xavier's High School presented a Live webinar on Facebook on 16 June, 2021 to celebrate TATTVA YOG where the talented students of grade V supporting Ms. Dhanya, the guest speaker from an esteemed institution- Isha Foundation guided the audience on how to equip yourself in the era of Covid-19. The audience was told about the benefits of practicing Naddi shudhi and Simha kriya in everyday life to enhance immunity and healthy living.



**ST. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurugram

ORGANISES  
**TATTVA YOG**  
by an Isha Foundation Instructor  
on the occasion of  
**INTERNATIONAL YOGA DAY**

FOR GRADES III TO VIII

**f LIVE**

Date : Wednesday, 16th June, 2021  
Time : 4 pm to 5 pm

Join us for a vivacious journey of Yoga!

*"Without experiencing the joy of life, you cannot seek the source of life."*  
~Sadhguru



Equip yourself  
for the  
**COVID-19 Era**

Sadhguru's insights on the  
physical and mental  
challenges of these times

Practices to boost  
immunity and improve  
respiratory function

Guided meditation

Live session facilitated  
by an Isha Yoga Instructor

International Day of Yoga



in conversation with  
**A YOGA INSTRUCTOR FROM ISHA FOUNDATION**

**"You will succeed because most people are lazy."**



# INTERNATIONAL YOGA DAY CELEBRATIONS

## XMANTRAS-YOGA FOR LIFE (17 JUNE, 2021) DIGITAL PPT MAKING INTER CLASS COMPETITION —

St. Xavier's High School celebrated International Yoga Day with yet another rejuvenating Digital Competition. **XMANTRAS- Yoga for Life** - An Inter Class PPT Making Competition for the Grades V-VII which was held on 17th June, 2021. For this event, the participants submitted their PowerPoint Presentations containing 10-15 slides based on the topic- Yoga for life. Grade V learners engaged exuberantly and passionately in this digital delight.





# INTERNATIONAL YOGA DAY CELEBRATIONS

## Meditation Session

BY MS. HONEY SHARMA ON 18 JUNE, 2021

**"Meditation is like a gym in which you develop the powerful mental muscles of calm and insight."**

It is believed that meditation and mind practices can help students reduce negative emotions and their physical effects. Healthy, well-rested students are more alert in class, which leads to a whole chain of positive events, like increased confidence, better grades and less stress. Meditation and relaxation can help rejuvenate our young learners. It is by experiencing inner peace through meditation, we can achieve outer peace. Keeping this in mind and to continue with the celebration of International Yoga Day, St. Xavier's High School conducted a guided Meditation Session by Ms. Honey Sharma- our school's expert faculty of counselling department on Friday, 18th June, 2021 on Microsoft Teams. This session was enthralling and truly revitalized the students of grade V.



**ST. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurugram

*organises*


## MOMENTS OF CALM MEDITATION SESSION

on the occasion of

# INTERNATIONAL *Yoga* DAY

By Ms. Honey Sharma  
School's Expert faculty of Counselling Department

For Grades III-VIII

 Friday, 18<sup>th</sup> June 2021

Lets push our stress and anxiety away in the  
midst of this pandemic.

*"Meditation is like a gym in which you develop the  
powerful mental muscles of calm and insight."*

  
SECTOR-49, GURUGRAM | 91-9910238318/19 | [www.stxaviershighschoolgurugram.com](http://www.stxaviershighschoolgurugram.com)

**"Instead of wondering when your next vacation is, maybe you should set up a life you don't  
need to escape from."**




# INTERNATIONAL YOGA DAY CELEBRATIONS

## *Yog Trivia*

19 JUNE, 2021  
INTER CLASS QUIZ

Exercises are like prose, whereas yoga is the poetry of movements. Once you understand the grammar of yoga; you can write your poetry of movements.

In the midst of modern atrocities, the science of yoga is the ray of hope that illuminates our path with equanimity, harmony and well-being. On the occasion of International Yoga Day, our school was delighted to conduct an Inter Class Online Quiz, Yog Trivia for our dear Xaverians on 19th June, 2021 for grades III- VIII. Such online quizzes engage the audience and create the right attitude for learning. The learners are provided with a real foundation for intellectual growth. Grade V engaged candidly in this online campaign and procured in-depth knowledge.



**ST. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurugram



organises

# YOG TRIVIA

An Inter-Class Online Quiz Competition  
on the occasion of


# INTERNATIONAL Yoga DAY

For Grades III to VIII

 Saturday, 19<sup>th</sup> June 2021  10 am

*"Yoga is essentially a practice for your soul,  
working through the medium of your body."*

SECTOR-49, GURUGRAM | 91-9910238318/19 | [www.stxaviershighschoolgurugram.com](http://www.stxaviershighschoolgurugram.com)



**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**

**Inter Class Online Quiz Competition**  
**Held On 19 June, 2021**  
**Class V**  
**YOGA TRIVIA**  
**Congratulations**

Position	Winners
<b>First</b>	<b>Reyansh Mehta (V G)</b>
<b>Second</b>	<b>Vihaan Narang (V I)</b>
<b>Third</b>	<b>Adik Jain (V E)</b>

"Beautiful things happen when you distance yourself from negativity"



# INTERNATIONAL YOGA DAY CELEBRATIONS

## Xpressions

20 JUNE, 2021

### INTER CLASS ARTICLE WRITING COMPETITION

Balancing in yoga and life is a reflection  
of our inner state."

Every year the world celebrates June 21st as International Yoga Day to bring peace, harmony, happiness, and success to every soul in the world. To honour the historic date, 21st of June, and to inculcate the habit of writing in our students, St Xavier's High School organized an Inter Class English Article Writing Competition: XPRESSIONS - "If you have the words, there's always a chance that you'll find the way" on 20th June, 2021 for the learners of Grades V to VIII. Article writing is of paramount significance as it enhances our knowledge and induces the love of weaving thoughts and ideas into words. Grade V learners participated vivaciously in this energetic activity showcasing their love, talent and flair for writing.

"Sometimes you win, sometimes you learn."



**ST. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurugram

organises

## XPRESSIONS

An Inter-Class English Article Writing Competition  
on the occasion of

# INTERNATIONAL Yoga DAY

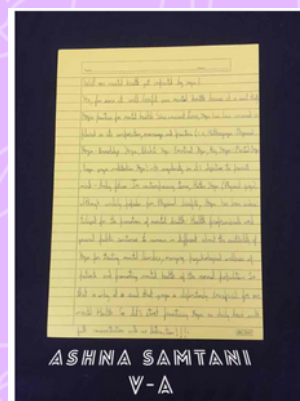
For Grades V to VIII

Sunday, 20<sup>th</sup> June 2021

Entries to be submitted by 6 pm

*"If you have the words, there's always  
a chance you'll find the way."*

SECTOR-49, GURUGRAM | 91-9910238318/19 | [www.stxaviershighschoolgurugram.com](http://www.stxaviershighschoolgurugram.com)






# INTERNATIONAL YOGA DAY CELEBRATIONS

## closing Ceremony

21 June, 2021

**"The nature of yoga is to shine the light of awareness into the darkest corners of body"**

Yoga is the dance of every cell with the music of every breath that creates inner serenity and harmony. International Yoga Day 2021 was observed on 21st June to highlight the importance of Yoga and the pivotal role it plays in rejuvenating our mind and the body, leading to a healthier lifestyle. This week-long epic journey came to a grand closure through a robust webinar hosted by the learners of grade VII. Our guest speaker, Yog Guru Vishwa Vashisth enlightened us about the benefits of Yoga and answered all the questions our viewers had regarding practicing the correct postures of Yoga. The webinar recapitulated the activities and events of the past week. All learners of grade V zealously participated in the magnificent closing ceremony.



**St. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurugram

CELEBRATES

**Bow yourself to yoga**

ENLIGHTEN THY SELF FOR

**7<sup>th</sup> International Yoga Day**

FOR GRADES III TO VIII

**GUEST SPEAKER - YOG GURU VISHWA VASHISHTA**

Date : 21<sup>st</sup> June, 2021  
Time : 1:30 PM Onwards

**f LIVE**

*"The nature of yoga is to shine the light of awareness into the darkest corners of body"*

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**"It always seems impossible unless it's done."**



# ***Monthly Quiz - A VIGILANT EYE***

**"It is nice to have valid competition; it  
pushes you to do better."**

Every school focuses on acquainting the students regarding the current affairs of the world. This is an effort to build a habit in every student, to stay updated and hence, to stay aware. Current affairs refer to the important incidents that have occurred and hold social importance in the world. To encourage the students to widen their knowledge on the latest happenings around the globe, Monthly Quiz on Current Affairs-**Monthly Battle for Being MOST COGNIZANT- A Vigilant Eye** was conducted for the students of Grades III-VIII on 5th June, 2021 which witnessed huge participation from all the grades.

**ST. XAVIER'S HIGH SCHOOL**  
Sector-49, Gurgaon  
(Affiliated to CBSE)

**CONGRATULATES GRADE V WINNERS!**

**First Position**  
ADHYA AGARWAL  
V B

**Second Position**  
ARNAV RATHORE  
V D

**Third Position**  
ANIKA MISHRA  
V A

OF  
"THE MONTHLY BATTLE FOR BEING MOST COGNIZANT"  
A VIGILANT EYE  
INTER CLASS CURRENT AFFAIRS QUIZ  
FOR THE  
MONTH OF MAY  
SESSION 2021-22

International  
Dimension in Schools  
2019-22

**"It's hard to beat a person who never gives up."**



# WEBINAR WITH DOCTORS

## An Open House with the Frontline Warriors: Doctors - Our Fearless Healers

The presence of the doctor is the beginning of the cure. The Covid-19 outbreak has brought our lives to a standstill and has confronted the entire world with a crisis like never before, redefining the way we exist. While battling the spread of Covid-19, many questions poke our minds about this outbreak. Dr. Rinkesh Kumar Bansal, Dr. Sonal Bansal, Dietician Shaveta Chopra, our valued parent moderators- Dr. Sunaina Batra & Mrs. Suneera Pimpalpure and our enthusiastic Xaverians conducted a Live webinar on Facebook to unravel our queries on Covid-19, the experts discussed the best practices from their experiences & knowledge.



**organises**

### An Open House with Frontline Warriors : Doctors

**Our Fearless Healers**



**Dr. Rinkesh Kumar Bansal**  
Senior Consultant  
Gastroenterology  
& Hepato-biliary sciences  
Fortis Memorial Research  
Institute  
(F/O Divija Bansal)



**Dr. Sonal Bansal**  
MBBS, MD (Dermatology)  
DermaSpace Skin Clinic,  
Fortis Memorial Research  
Hospital  
W Pratiksha Hospital  
(M/O Kavya Jain)



**Dietician Shaveta Chopra**  
Diet Clinic - Gurgaon  
(M/O Neev Chopra)

**In Confabulation with**



**Dr. Sunaina Batra**  
Department of Development  
Communication & Extension  
Lady Irwin College, University of Delhi  
(M/O Aadya Dua)



**Ms. Suneera Pimpalpure**  
Head - International Relations, NDTV  
(M/O Shivanl Pimpalpure)

**Xaverians of Grades IV & V**

**Grade IV**

Manvik Bansal (IV-B)  
Mishika Sabharwal (IV-C)  
Shivanl Pimpalpure (IV-C)  
Vedansh Rao (IV-D)  
Vansh Gera (IV-H)  
Aaryan Samanta (IV-I)

**Grade V**

Aarav Chadha (V-A)  
Myra Kaur (V-A)  
Prachi Prakash (V-B)  
Siana Goyal (V-D)  
Dhruv Jain (V-D)  
Ayra Goyal (V-C)

**LIVE**



### Xaverians conduct session with doctors

The Covid-19 global pandemic presented major challenges for health-care providers worldwide. St Xavier's High School, sector-49, Gurgaon organised a virtual open house session titled 'Frontline warriors: Doctors, our fearless healers'.

Students of class IV and V went live on Facebook in an interactive session with Dr Rinkesh Kumar Bansal, Dr Sonal Bansal and dietitian Shaveta Chopra.

The disruption from the Covid-19 pandemic has been unparalleled in our lifetime. The loss of lives and livelihood has made a huge dent in the whole world. In this times but also related to diet and fitness.

The webinar was lauded by the viewers with heart-warming, appreciating comments as it was a great opportunity for all the viewers to put forth their doubts and clear all myths related to Covid-19. This webinar related to Covid-19 brought ex-

moderators, Suneera Pimpalpure and Dr Sunaina Batra supported student moderators by clarifying various doubts and queries related to the virus.

The audience was completely enthralled by the doctors and the dietician as they answered various questions and food related topics.

Experts together to share knowledge and support efforts to curb the spread of virus and ensure continuity of healthcare services.



**"Never apologize for having high standards. People who really want to be in your life will rise up to meet them."**



# MORNING ASSEMBLIES

Morning assemblies are an intrinsic part of holistic development and a reiteration of the values and thoughts. They instill discipline, camaraderie and a sense of school spirit while developing the ideas of belonging to something larger than the self.

These assemblies contribute greatly to the community culture of our school and pass on positive values to our young and enthusiastic learners.

Assemblies are the most appropriate platform to create awareness among the learners. All important information regarding school curriculum, any concerns or just general social and aesthetic development of the learners is conducted through assemblies. Assemblies dispense the most appropriate forum to teach our learners about the audience behaviour and conduct.

"I never dream of success. I worked for it."



# Grade-VA

Our children are our future, our pride and joy. They come into this world as innocent babies, free of prejudices and preconceived notions. Our children are the rock on which our future will be built, our greatest asset as a nation. They will be the leaders of our country, the creators of our nation who care for and protect our people. There are so many children who loose their lives due to the non-availability of basic care and medicine. To curb such atrocities, a group of people came together to help the little angels and it its none other than UNICEF. The messiah for the under-nourished, ailing and helpless children around the globe. The Assembly presented by V A based on UNICEF was stupendous. It was mesmerizing to see the little Xaverians speak very confidently. Some children also performed dance, recitation and singing which totally captivated the audience. Our esteemed Headmistress Ma'am, Ms. Geeta Kanwar was full of praises for the little champions. Their performance was full of exuberance and excitement and their hard work and dedication were appreciated by everyone.



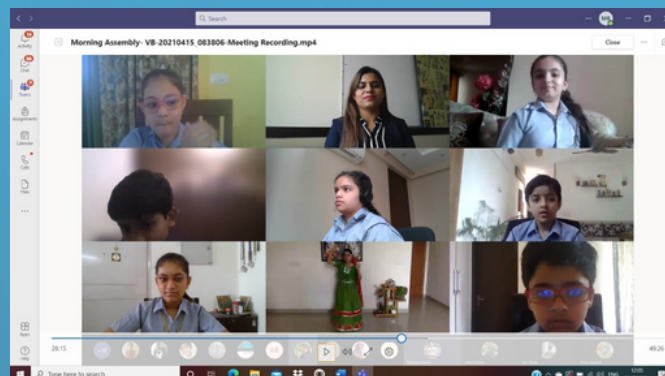
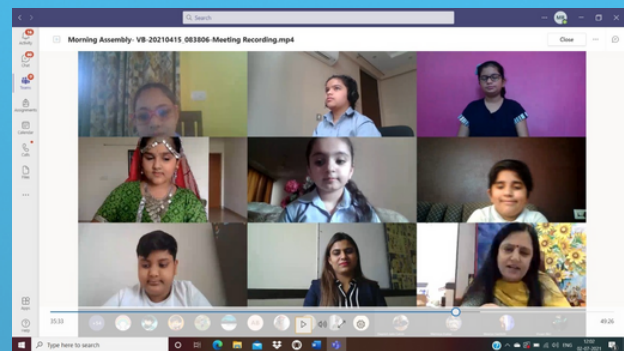
**"Life is an onetime offer! Use it well"**



# Grade- VB

**"Our culture is our identity and personality. It gives us spiritual, intellectual and emotional distinction from others, and one should be proud of it"**

The assembly of grade V B was based on the theme of **World Heritage Day**. All the 25 students worked together as a team and presented a melange of thoughts, ideas, news, poem, slogans, quotes and expressions. The assembly was based upon encouraging the mindset of the audience for the need to change their thinking to respect and value their heritage. They also motivated the audience to take a vow that they will always be there for their country and its valuable heritage sites. It was followed by a beautiful dance performance by Prachi Prakash and a PowerPoint Presentation prepared by students of grade V-B. To guide us more on the topic the assembly was undoubtedly a result of immense efforts put together by students and their class teacher.



**"Positive start will work better than a negative one!"**



# Grade-VC

Online Class assemblies not only help the learners to speak and perform on the virtual stage, but it also teaches them about discipline, stage confidence, teamwork and leadership. The assembly of Grade VC on the theme **"Celebrating Earth"**, was conducted on Wednesday, 9th June with great fervour and enthusiasm.

The assembly began with the Lord's prayer followed by learners putting forth the thought of the day and word of the day. This was followed by the young learners presenting the national, international and sports news. The learners looked self-assured as they discussed about our Earth being a unique planet and how imperative it is to save our world from burning up so that our future generations can enjoy the lap of nature. The assembly culminated with the National Anthem.



"In order to succeed, we must first believe we can"



# Grade- V D

Assemblies play a vital role in beginning a new day for the students of an institution. Grade V D geared up for the presentation of assembly on 16 June 2021 where they shared some important information about the **Martyrdom of Guru Arjan Dev Ji, the fifth Guru of the Sikhs**. Along with sharing information about his life and his sacrifice for the community, the students of V D also presented the national, international and sports news for the day to make the audience aware of the day-to-day happenings around us. The assembly made us learn many facts about the Guru and our day began with the blessing of the Almighty.



" Life is a roller coaster, live it, be happy, enjoy life"



# Grade-VE

The morning assembly is a time when all the students assemble and pray together, share information and begin their day on the reflection of the assembly. Students of grade VE presented the assembly on “International Olympic Day” on 23 June, 2021 where they shared information and facts on the topic. Students presented the thought, word of the day followed by National, International and Sports news. They shared glimpses of the Indian Olympic Committee with the help of a video which made each Indian swell with pride for their nation. Assembly ended with a school song and the National Anthem. All the students showcased confidence with their performance in the assembly.

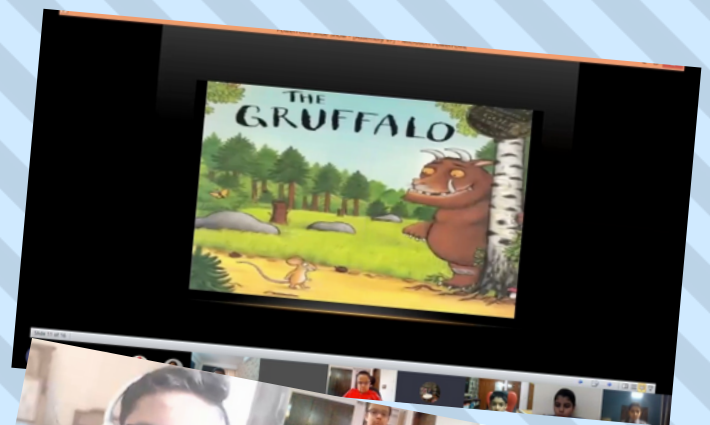


"Replace every negative thought with a positive one"



# Grade- VF

Morning assembly undoubtedly holds the numero uno position out of all the routine activities in a school. It aids community participation as well as hones the skills of children on account of healthy competitive spirit between different groups. Probably it's the first platform which boosts their confidence towards public speaking and imbibing a feeling of team spirit in their nascent minds. Keeping up with the same the students of Grade VF conducted their class assembly on 30 June, 2021 on the topic **'Famous Authors'** where they shared information about some famous authors and their famous works. They shared the famous works of the authors and shared a video depicting the famous Jabberwocky by Lewis Carroll. Assembly ended with the School song and National Anthem. All the students performed with great zeal and enthusiasm.

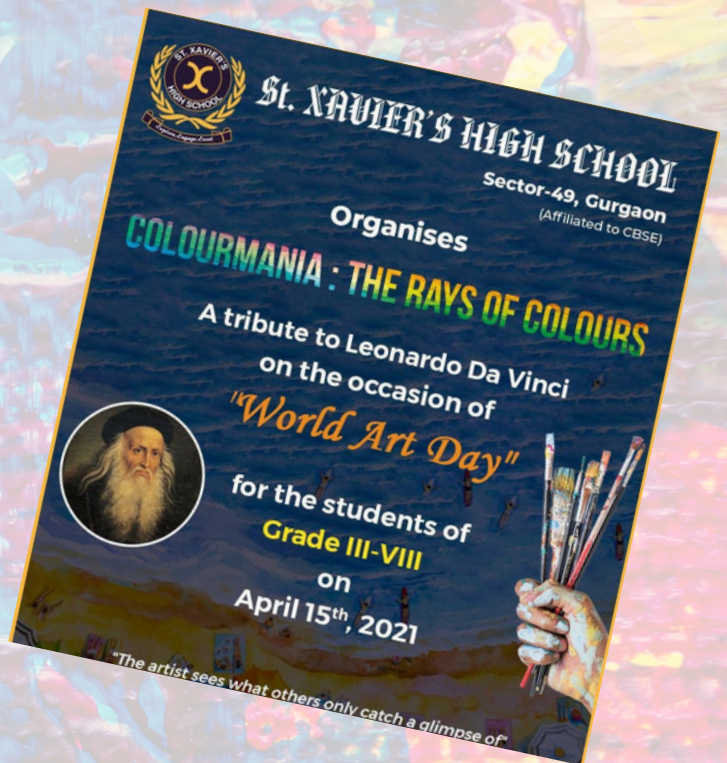


"Opportunities are like sunrises. If you wait too long, you will miss them"



# TOURNEY OF THE COMPETITIONS

## Colour Mania – The Rays of colours



"Art is not what you see but what you make others see."

St. Xavier's High School was delighted to organise the **Art Competition- 'Colour Mania: The Rays Of Colours'** which was held for the learners of Grades III - VIII as a tribute to Leonardo da Vinci on the occasion of World Art Day. The artistic event witnessed all the creativity and innovation of the budding artists as World Art Day was the perfect time to celebrate creativity and to bring joy to others. This unique digital art competition motivated our young artists and helped them to develop their creative skills by exposing them to the contemporary talent in the field where the budding artists have the opportunity to analyze and evaluate their techniques. Grade V also engaged in this array of colours wholeheartedly and came up with mesmerising creations.

"The noblest pleasure is the joy of understanding"



# TOURNEY OF THE COMPETITIONS

## INTERCLASS CHESS CHAMPIONSHIP- III-VIII

Champions are made from something they have deep inside of them: a DESIRE, a DREAM, a VISION.

An Interclass Chess Championship of grades III to V was conducted in St. Xavier's High School between 17th May to 21st May. Students of grade V showcased excellent enthusiasm and tickled their brain for the finest moves in the game of chess.



## Interschool Competition- 'Musical Earth Saviours'

St. Xavier's High School, Gurgaon is elated to share the accolades won by Xaverians in the first Inter-School Competition of Session -2021-22 held virtually on the occasion of Earth Day, on 22nd April, 2021 by KIIT School. This interschool competition- 'Musical Earth Saviours' was conducted for grades ( III - V ). The 2nd Position was bagged by Mayukh Mitra of V-A, who left no stone unturned to bring accolades to his school by his vivacious and wholehearted efforts. Heartiest Congratulations to our Grade V winner. We truly appreciate the accomplishments of his selfless efforts.



"A champion is afraid of losing. Everyone else is afraid of winning."

"When you choose to forgive those who have hurt you, you take away their power."



# TOURNEY OF CONTEMPORARIES: COMPETITIONS

## Euphony: The Bard's Fest

**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
EUPHONY-THE BARD'S FEST  
Inter Class Competition held On 22 April, 2021  
**Class V**  
**STORY WRITING**  
**Congratulations**

Position	Winners
<b>First</b>	Diya Bansal (VA)
<b>Second</b>	Prachi Prakash (VB) & Neerav Rao (VC)
<b>Third</b>	Krish Vipin (VD) & Nishka Singh (VE)
<b>Good Efforts</b>	Myra Kaur (VA), Udayveer Singh (VG), Augustya Gupta (VI), Aryan Dhawan (VH) & Yug Dua (VF)

**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
EUPHONY-THE BARD'S FEST  
Inter Class Competition held On 23 April, 2021  
**Class V**  
**SHOW AND TALK**  
**Congratulations**

Position	Winners
<b>First</b>	Dhruv Jain (VD) & Prachi Prakash (VB)
<b>Second</b>	Hridhima Adhikari (VG), Ananya Pattanayak (VH) & Myra Kaur (VA)
<b>Third</b>	Aarav Chadha (VA), Immaira Lal (VC) & Augustya Gupta (VI)
<b>Good Efforts</b>	Atharv Amit Jha (VH), Agria Bhattacharya (VC), Yihaan Panday (VI), Vedansh Kumar (VB), Siana Goyal (VD) & Aryan Dhawan (VH)



**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
EUPHONY-THE BARD'S FEST  
Inter Class English Quiz Competition  
Held On 24 April, 2021  
**Class V**  
**LITWIZ**  
**Congratulations**

Position	Winners
<b>First</b>	V B - Sheza Fatima, Shreya Pandey, Vedansh Kumar, Aarav Gupta, Prachi Prakash, Aadya Dua
<b>Second</b>	V A - Myra Kaur, Arianan Gupta, Aarav Chadha, Achintya Anand, Ashina Samtani, Diya Bansal
<b>Third</b>	V I - Yashasvi Royzada, Samya Khare, Eshita Sharma, Reya Gupta, Yihaan Narang, Augustya Gupta



"A champion needs a motivation above and beyond winning."

""When the root is deep, there is no reason to fear the wind"



# TOURNEY OF CONTEMPORARIES: COMPETITIONS

## INTERNATIONAL YOGA DAY CELEBRATIONS

**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
**Inter Class Competition**  
**Held On 15 June, 2021**  
**Class V**  
**XAVOLIT YOGA- Create a Teaser**  
**Congratulations**

Position	Winners
<b>First</b>	Ananya Maheshwari (VC)
<b>Second</b>	Mayukh Mitra (VA) & Saanvi Sahu (VF)
<b>Third</b>	Ashna Samtani (VA) & Ruheen Arora (VD)
<b>Good Efforts</b>	Rahini Makin (VG), Shreya Pandey (VB) & Vaanya Thapar (VC)

Please Note: Participation Certificates will be given to all the participants.

**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
**Inter Class PPT Making Competition**  
**Held On 17 June, 2021**  
**Class V**  
**XMANTRAS- Yoga for life**  
**Congratulations**

Position	Winners
<b>First</b>	Arav Jain (VA)
<b>Second</b>	Adhya Agarwal (VB) & Ashna Samtani (VA)
<b>Third</b>	Imairaa Lal (VC) & Ahaan Sharma (VH)
<b>Good Efforts</b>	Raghav Mittal (VG), Parth Kalla (VE) & Shreya Pandey (VB)

Please Note: Participation Certificates will be given to all the participants.



**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
**Inter Class Online Quiz Competition**  
**Held On 19 June, 2021**  
**Class V**  
**YOGA TRIVIA**  
**Congratulations**

Position	Winners
<b>First</b>	Reyansh Mehta (VG)
<b>Second</b>	Vihaan Narang (VI)
<b>Third</b>	Adik Jain (VE)

**ST. XAVIER'S HIGH SCHOOL**  
**Result Sheet**  
**Inter Class English Article Writing Competition**  
**Held On 20 June, 2021**  
**Class V**  
**XPRESSIONS**  
**Congratulations**

Position	Winners
<b>First</b>	Prachi Prakash (VB)
<b>Second</b>	Aryan Dhawan (VH) & Imairaa Lal (VC)
<b>Third</b>	Annya Patnayak (VH) & Siana Goyal (VD)
<b>Good Efforts</b>	Ahaan Sharma (VH), Praganya Vardhan Gupta (VI) & Ashna Samtani (VA)

Please Note: Participation Certificates will be given to all the participants.

"It's not whether you win or lose, it's how you play the game."

"Your best teacher is your last mistake"



# RESONANCE FROM THE PARENT'S HEART

It was a great show. Thank you Mam for all your hard work and giving this opportunity to kids👍👍👍  
You were very patient and sweet with the kids throughout. Kids just love you👍  
Sayra Sardana- V H



Very informative webinar and a memorable n a great learning experience for kids👍... Thankyou ma'am for all your guidance and support  
Prachi Prakash VB

Thank you teachers for organizing such an informative webinar. All the children performed wonderfully and flawlessly!👍👍👍👍 Kudos to the entire team of Xavier's 👍  
Myra Kaur- V A



Extremely outstanding preparation and performance.. thanks a lot to all the teachers for making this possible... looking forward to team up again😊😊  
Siana Goyal- V D



Thanks dear Teachers for this opportunity!  
Humbled to be a part of this webinar. Kudos to the kids for being flawlessly confident and carrying the show on their shoulders👍👍  
Aadya Dua B

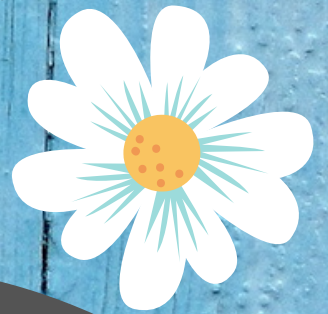
"Going halfway never gets you anywhere. Go all the way or don't go at all"



# RESONANCE FROM THE PARENT'S HEART

Thanks Ma'am for all your efforts and time in such a short period of time. Kudos to all the kids ..excellent performance by everyone□□□□  
Aryan Dhawan- V H

Big congratulations to Kiaan & thanks to all the teachers for all the hard work they are putting in  
Kiaan Vishnoi – VC



Very nice initiative by the school □  
Hridhima enjoys each and every activities. Makes her imagination power grow. She is trapped at home for so long. We also enjoy them.  
Thanks ☺  
Hridhima Adhikari V G

Such an outstanding preparation and performance by all the kids □  
can't thank enough to all the teachers for their continuous guidance and efforts in bringing out the best in everyone every time □□  
stay safe n healthy!  
Ayra Goyal- V G

"It's meaning in your life that causes you to have ideas that will help people."