

Xavronicle

QUARTERLY REVERBERATIONS OF WONDER TIME

GRADE VIII

*Vaccination
drive*



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



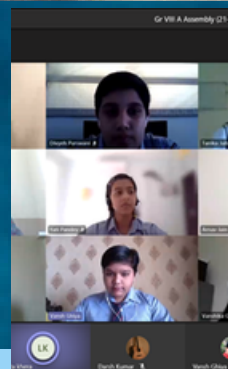
St.Xavier's is offering the following facilities:

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



"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 many families and people around, the school in Partnership with Rosewood City has joined hands with Medanta Hospital and initiated a vaccination drive at the school campus. The 1st vaccination drive took place on Tuesday, 8th June for the age group of 18+ at St Xavier's High School, Sector 49, Gurgaon. Parents participated in huge numbers to avail this facility in such proximity. They were extremely appreciative of the fact that a private school opened its door for their convenience.



PEEK A BOO @ SESSION 2021. A LOT HAPPENED IN THE FIRST QUARTER

CAMPUS BUZZ

- COLLOQUY: Exordium the curtain Raiser – 30 March 2021

BARD'S FEST -19TH -24TH APRIL

- Day 1 - The Curtain Raiser and showcasing of "The Comedy of Errors"
- Day 2 - Book cover design and showcasing of "A Midsummer Night's Dream"
- Day 3 - Story Writing and Showcasing of "King Lear"
- Day 4 - Show and Talk about Shakespeare and showcasing "The Merchant of Venice"
- Litwiz - English literary Quiz
- Open House - In conversation with author Mr Vikram Chowdhary

SUMMER RAPTURE

- Monday - Coding-Decoding
- Tuesday - Experimenting
- Wednesday - Writing Skills
- Thursday - Vedic/Mental Math
- Friday - MUN

VACCINATION DRIVE

- An Open House with Frontline warriors
- Xavier's Rapid Response Team
- Vaccination Drive Dose 1

TOURNEY OF CONTEMPORARIES -

- COLOURMANIA- 15 April
- CHESS CHAMPIONSHIP

YOGA WEEK CELEBRATIONS

14TH JUNE -21ST JUNE 2021

- Xavrologue Yoga fervour Grips Xaverians- A curtain Raiser for the International Day of Yoga.
- Go Breathless: Create a Rap
- Tattva Yog: Equip yourself for the Covid-19 era by Anisha Foundation instructor
- Xmantras: Yoga for life- Digital PPT/Video making competition
- Moments of Calm by Ms Honey Sharma
- Yog Trivia: Inter-Class Quiz
- Xpressions: An Inter Class Article Writing Competition
- Bow Yourself to Yog: Enlighten the self for 7th International Day of Yoga

SUPERLATIVES OF TOURNEY

MOMENTS 2021 - CELEBRATION OF MOTHER'S DAY

ASSEMBLIES


Grade VIII A- Importance of New Beginning and International Mine Awareness Day
Grade VIII B-Education is the most powerful weapon
Grade VIII C- The Heritage of the World and World Food Safety Day
Grade VIII D- International Yoga Day

RESONANCE FROM THE PARENT'S HEART



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
19th April' 21 - 24th April' 21




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

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

organises
LITWIZ
An Online Inter - Class
English Literary Quiz
For the students of
Grades III - VIII
Saturday, 24th April' 21
10:00 AM
We wish all our young literature wizards
"All the Best"
*"Winning isn't getting ahead of others.
It's getting ahead of yourself."*

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

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*

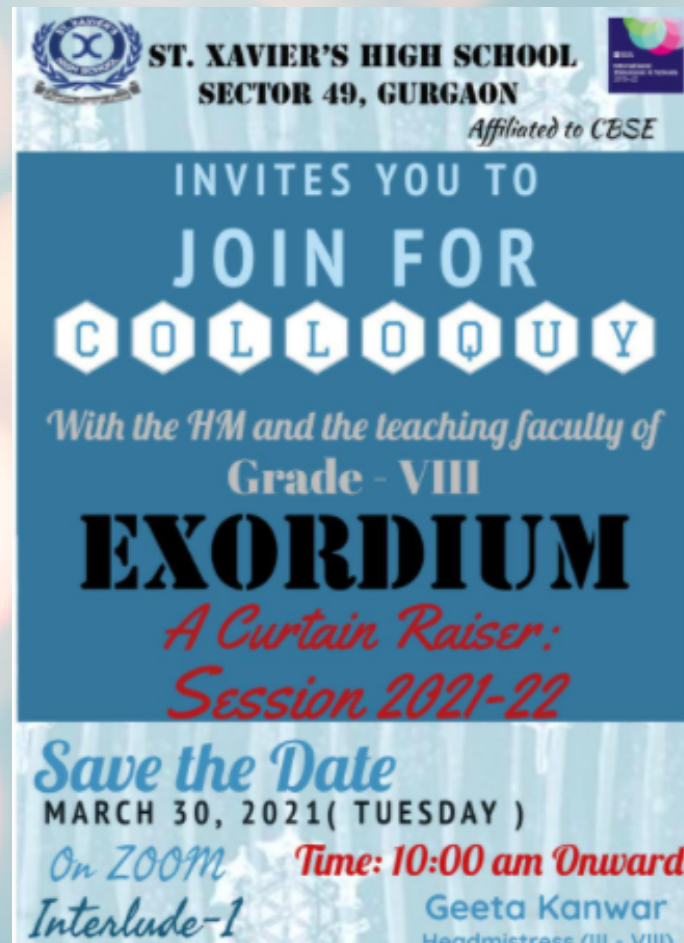
St. Xavier's High School
Sector-49, Gurgaon
(Affiliated to CBSE)

Organises
Counselling sessions
"Minding Our Minds"
Emotional changes during COVID 19 in children
For the students of **Grade VIII**
Conducted by
Ms Honey Sharma
School's Expert Faculty of Counselling Department
From
8th June, 2021 | Time 8:30am - 9:10am
"Your life does not get better by chance, it gets better by change"



Exordium the Curtain Raiser (COLLOQUY)

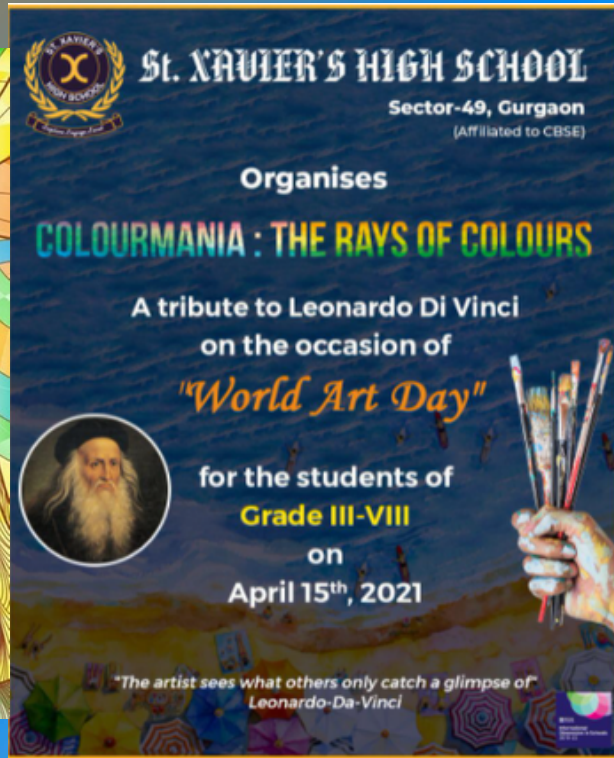
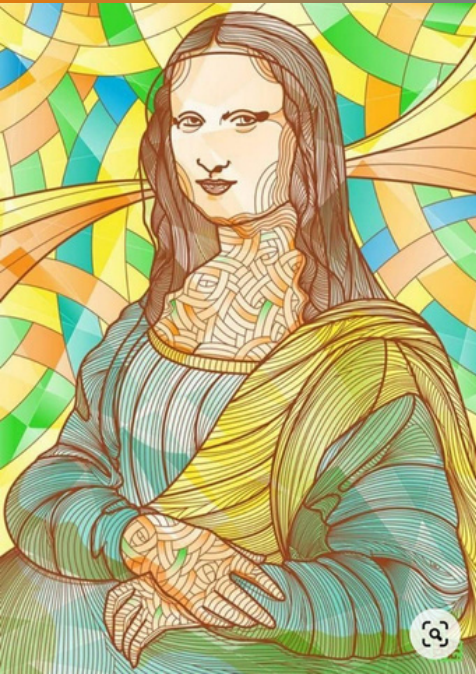
"In a global economy, where the most valuable skill you can sell is your knowledge, a good education is no longer just a pathway to opportunity, it is a prerequisite."



To welcome and acquaint the parents about the upcoming session and answer their queries pertaining to the new beginnings of 2021-22, a conjoint session of Colloquy- Exordium: A Curtain Raiser' was scheduled for Tuesday, 30 March 2021 from 10 am onwards on Zoom platform for the parents of Grades VIII. The panel included the Headmistress and the teaching faculty of Grade VIII . We, at Xavier's, strongly believe that Education is the most powerful weapon which you can use to change the world.

Colourmania

"ART IS NOT WHAT YOU SEE BUT WHAT YOU MAKE OTHERS SEE."



It was time to gear up and bring a smile to others and forwarding the concept of creating a better world through aesthetics.

St. Xavier's High School is delighted to organise the art competition- COLOUR MANIA: The Rays Of Colours 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 is the perfect time to celebrate creativity and to bring joy to others.



Bard's Fest

Language is "the infinite use of finite means."



We were delighted to announce the first mega event in this new session, commemorating the 'English Literary Week'. The celebrations was scheduled from 19 th April - 24 th April 2021 to encourage the students to understand and love literature, improve written as well as spoken expression and to inculcate the habit of reading in the students of Grades III -VIII.

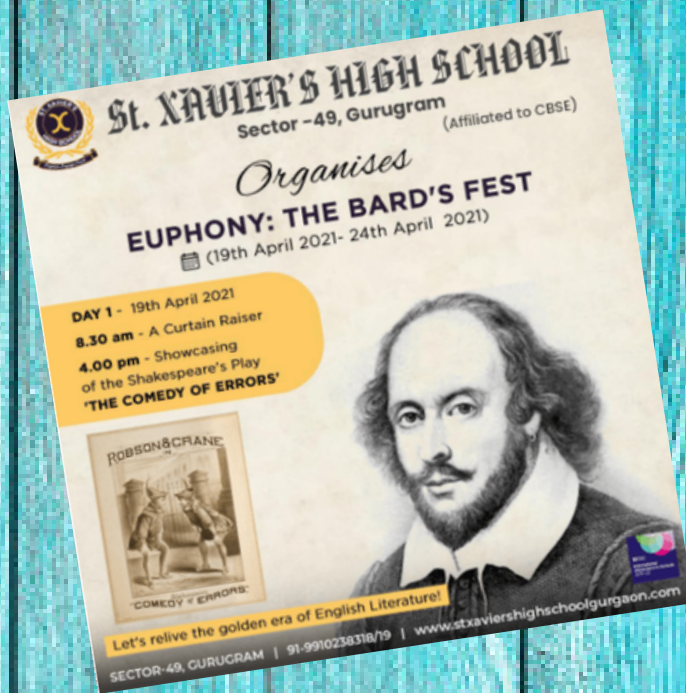
Euphony- The Bard's Fest- A tribute to Shakespeare

It was a joyful journey of the literary week. Which we embarked and rejoiced this week, geared up to encourage the young Xaverians to explore the world of Literature, 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 simply mesmerized and captivated the students with extravagance and splendour.

Bard's Fest

DAY-1 (19th April)

DAY-2 (20th April)



DAY-3 (22nd April)

DAY-4 (23th April)



Bard's Fest

Day-5 (24th April)

"The quest for knowledge, like everything else of value, is not to be obtained easily. It must be worked for, studied for, thought for, and more than that must be prayed for."



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

organises

LITWIZ

An Online Inter - Class
English Literary Quiz
For the students of
Grades III - VIII

Saturday, 24th April '21
10:00 AM

We wish all our young literature wizards
"All the Best"

*"Winning isn't getting ahead of others.
It's getting ahead of yourself."*





CHAMPIONS OF GRADE VIII
The Online Inter Class Quiz
LitWiz - The English Literary Quiz
Held On April 24, 2021

Congratulations!

POSITION	WINNERS	NAMES OF THE PARTICIPANTS
First	Grade VIII A	<ul style="list-style-type: none">Vansh GhiyaShivansh VermaDivyesh PurswaniYati PandeyDarsh KumarHardyan Kamal Jethva
Second	Grade VIII C	<ul style="list-style-type: none">Shreya GanguliSambuddha ChaudharyDevaansh VermaDhaval ShahTirth Nirav MehtaShaurya Bahuguna



In an earnest endeavour to enhance the power of English language among the students, St Xavier's High School, Sector 49, organised an Online English Literary Quiz- 'LitWiz' on the occasion of 'The Bard's fest' as a part of our English week. The Inter- Class Quiz competition hailed the students from Grades III - VIII on 24th April, 2021.

Bard's Fest

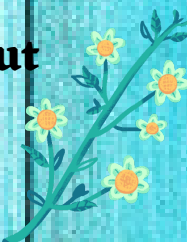
Day-5 (24th April)

"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, celebrates the English Literary week every year. As a part of the week-long event, students of grade VII conducted, An Interactive session with the author of 'Into the White Mist', Mr Vikarm Chowdhury, on Saturday, 24 April 2021 at 4:00 pm Live on Facebook. His recently published thriller is receiving raving reviews on Amazon and Google.

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





CHAMPIONS OF GRADE VIII
Inter Class Colouring
Competition
"World Art Day"
Held On April 15, 2021
Congratulations!

POSITION	NAMES OF THE PARTICIPANTS
First	• Avani Guleria VIII C
Second	• Nityashree Goel VIII B
Third	• Shivang Sachdeva VIII D



CHAMPIONS OF GRADE VIII
Inter Class Competition
"Show and Talk"
Held On April 23, 2021
Congratulations!

POSITION	NAMES OF THE PARTICIPANTS
First	• Amira Fatima VIII A
Second	• Adit Agarwal VIII B
Third	• Tishaan Katyal VIII A



CHAMPIONS OF GRADE VIII
Inter Class Competition
"Story Writing"
Held On April 22, 2021
Congratulations!

POSITION	NAMES OF THE PARTICIPANTS
First	• Shivaansh Verma VIII A
Second	• Akshadha Dutt VIII D
Third	• Zahra Shirpurwala VIII B
Good Efforts	• Yati Pandey VIII A • Vansh Ghiya VIII A • Paridhi Chaudhary VIII C • Manvi Anand VIII D



CHAMPIONS OF GRADE VIII
Inter Class Competition
"Designing a Book cover"
Held On April 20, 2021
Congratulations!

POSITION	NAMES OF THE PARTICIPANTS
First	• Harsha Somany VIII B
Second	• Naysha Gupta VIII C
Third	• Manvi Anand VIII D
	• Adit Agarwal VIII B
	• Shivansh Verma VIII A

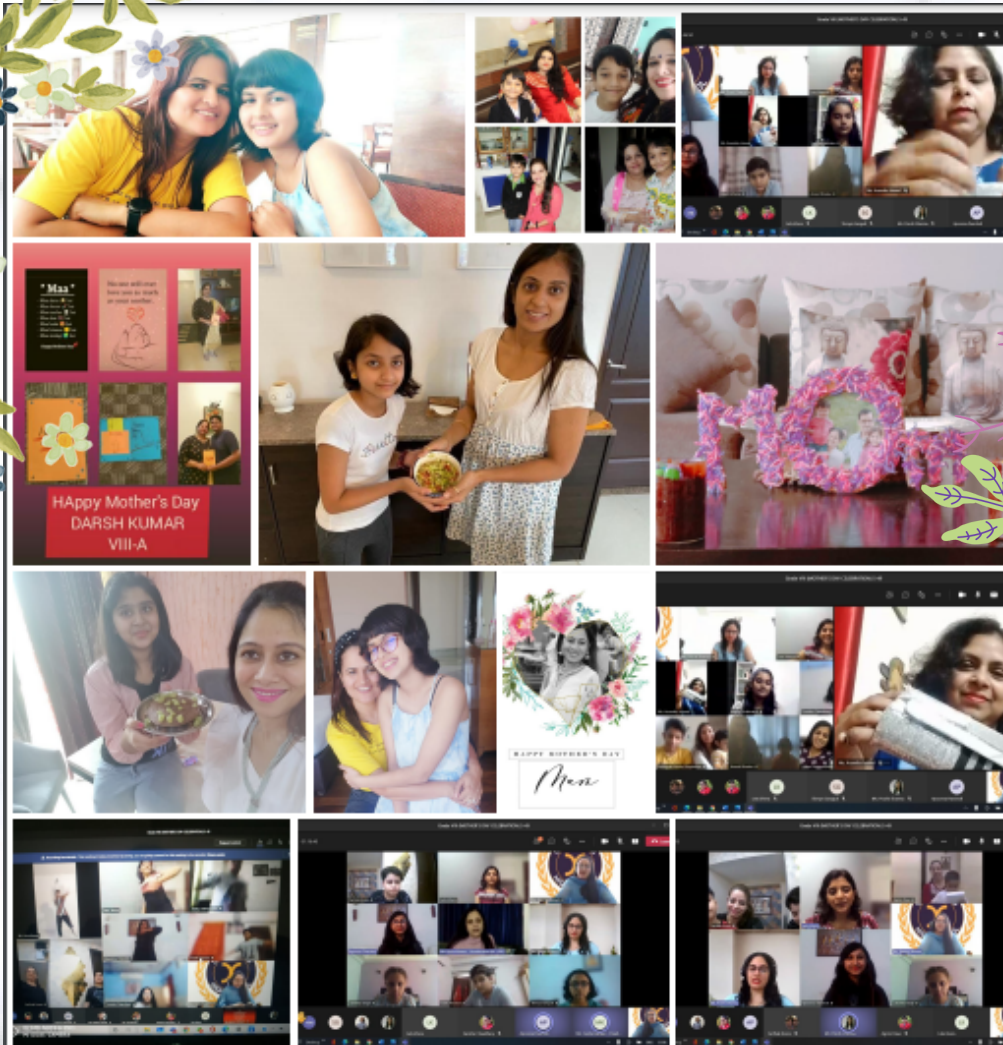


Superlatives of Tourney



Celebration of Mother's Day

"A Mother is she who can take the place of all others but whose place no one else can take."

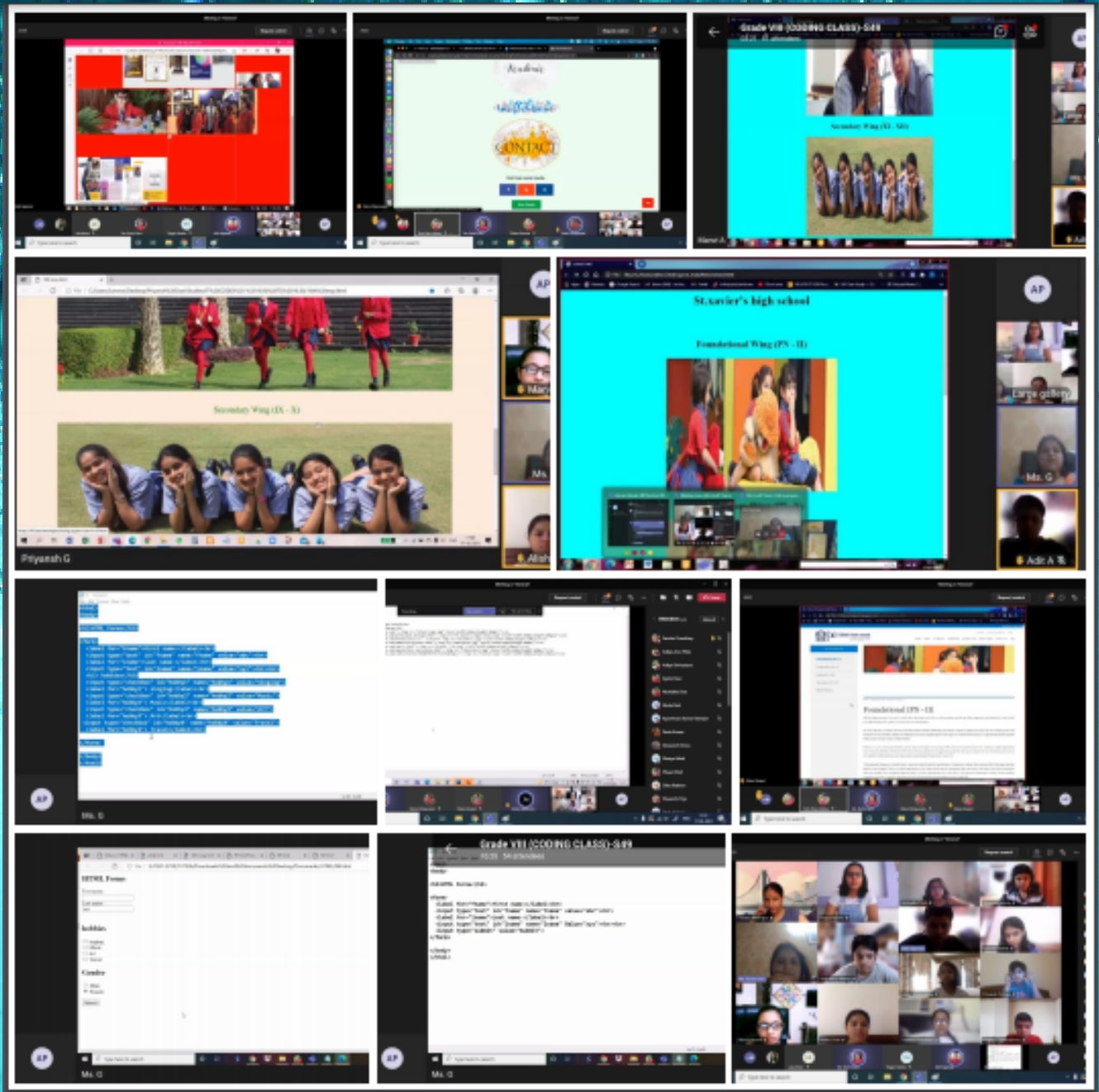


To the world you are a mother but to your children you are the world. The influence of a mother in the lives of her children is monumental and beyond calculation. She is the pivotal element that holds the family together. A mother's happiness is like a beacon, lighting up the future but reflected also on the past in the guise of fond memories. No language can express the power, beauty and heroism of a mother's love.

When you look into your mother's eyes, you know that it is the purest form of love that you can find on this earth.



CODING DECODING



"Coding is the method of communicating with a computer. It uses a language that a computer understands to give another computer instructions in order to perform specific functions."

Coding allows us to create things such as computer software, websites, apps and video games. There are so many reasons to learn coding. From problem-solving skills, job opportunities, critical thinking, and creativity, there are so multiple benefits to learn programming. Keeping in accordance with same spirit, St. Xaviers High School had organised Coding-Decoding Sessions during the summer breaks, every Tuesday.



Experimenting with Science

"An experiment is a procedure designed to test a hypothesis as a part of the scientific method having independent variables or dependent variables".

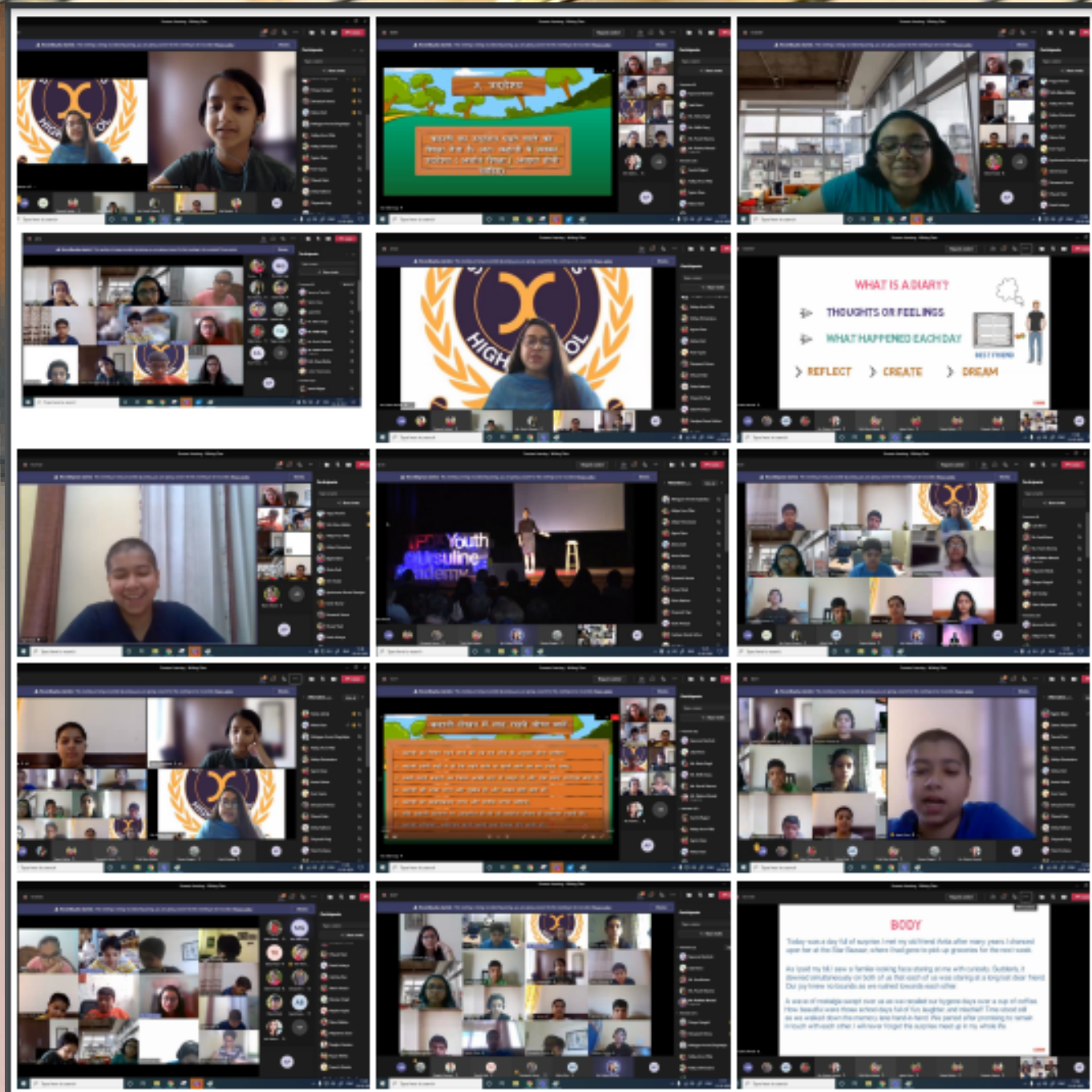


With the same thought, St. Xavier's High School organised Experimental Classes for Grade VIII during the summer break every Tuesday from 11 am to 12 pm. In these experimenting classes, different experiments were demonstrated to make them understand different concepts of Science like fermentation, density of different liquids, optical inversion, pressure exerted by liquids, atmospheric pressure, electrolysis of liquids, surface tension and polarity of water. These experiments were trouble free to perform. Students performed and enjoyed a lot. They shared pictures and videos also while performing the experiments.

It is rightly said 'The true method of knowledge is through experimenting.'



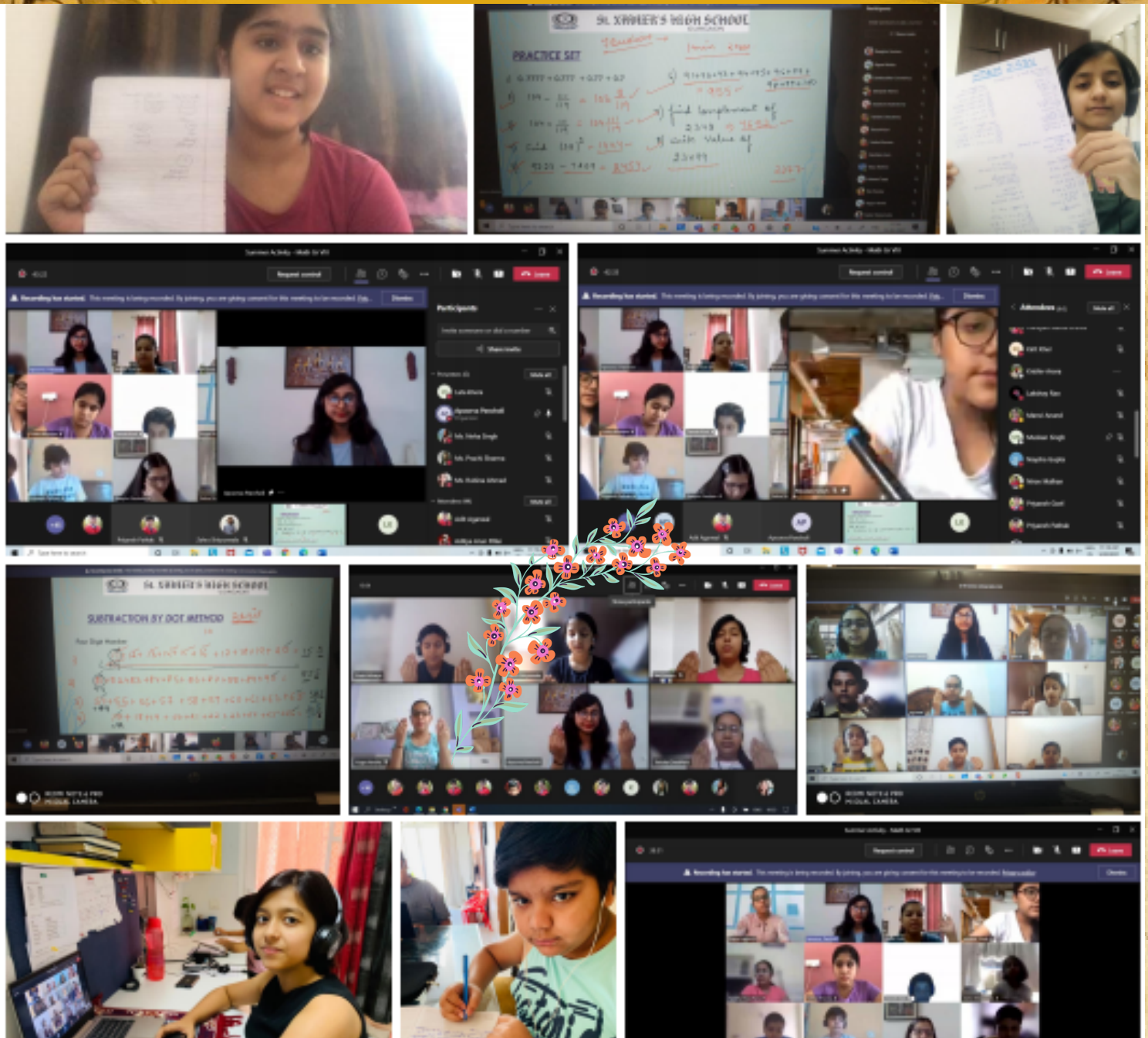
Writing skills



“If you want to be a writer, you must do two things above all others: read a lot and write a lot.”

Keeping the thought in mind, St. Xavier’s High School had organized a special upskilling class where the children were encouraged to give words to their thoughts and get inspired to pen them down. Writing classes for Grade VIII was conducted on Wednesday for English and Hindi from 11 am to 12 noon during the summer break for four weeks. The budding writers poured their hearts made inquiries and zealously participated in learning the tips to improve their vocabulary and excitedly attended the sessions.

॥ रहस्योक्त लघुलेखन ॥

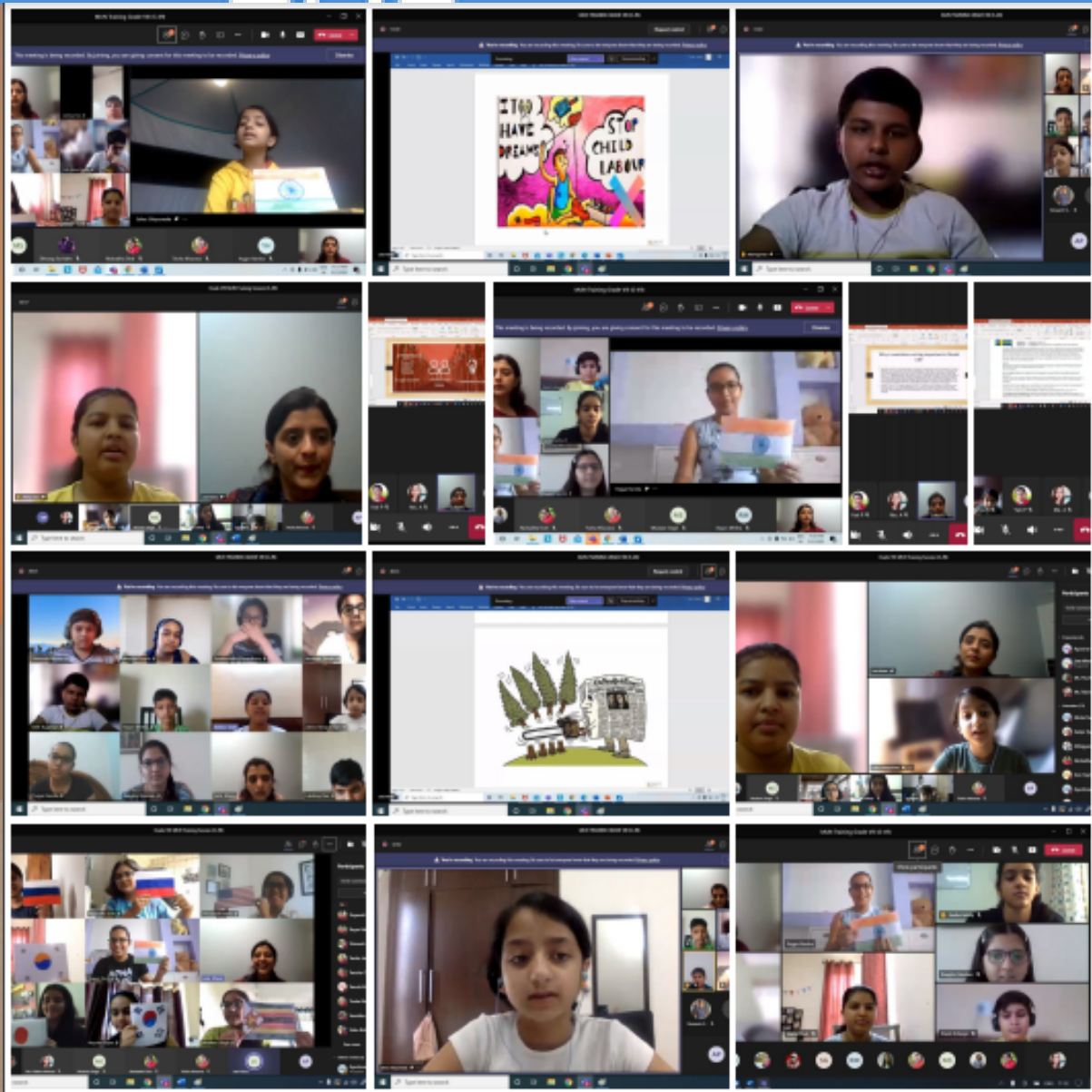


"How fast you can solve a problem is very important. There is a race against time in all the competitions. Only those having blessed with fast calculation techniques and ability will be able to win the race ."

Keeping up with the thought, St. Xavier's High School had organized special upskilling classes on "Vedic Math" where students learnt the technique of fast simplification, multiplication, handling complex numbers, squaring, cubing, square and cube roots etc. This invigorating and engaging class was scheduled every Thursday from 11 am to 12 noon during the summer break for Grade VIII.

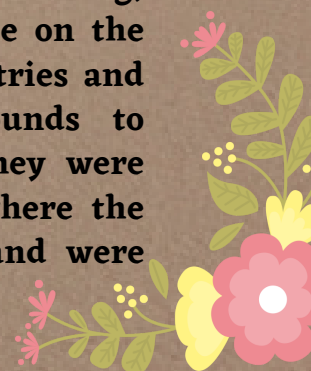


Model United Nations

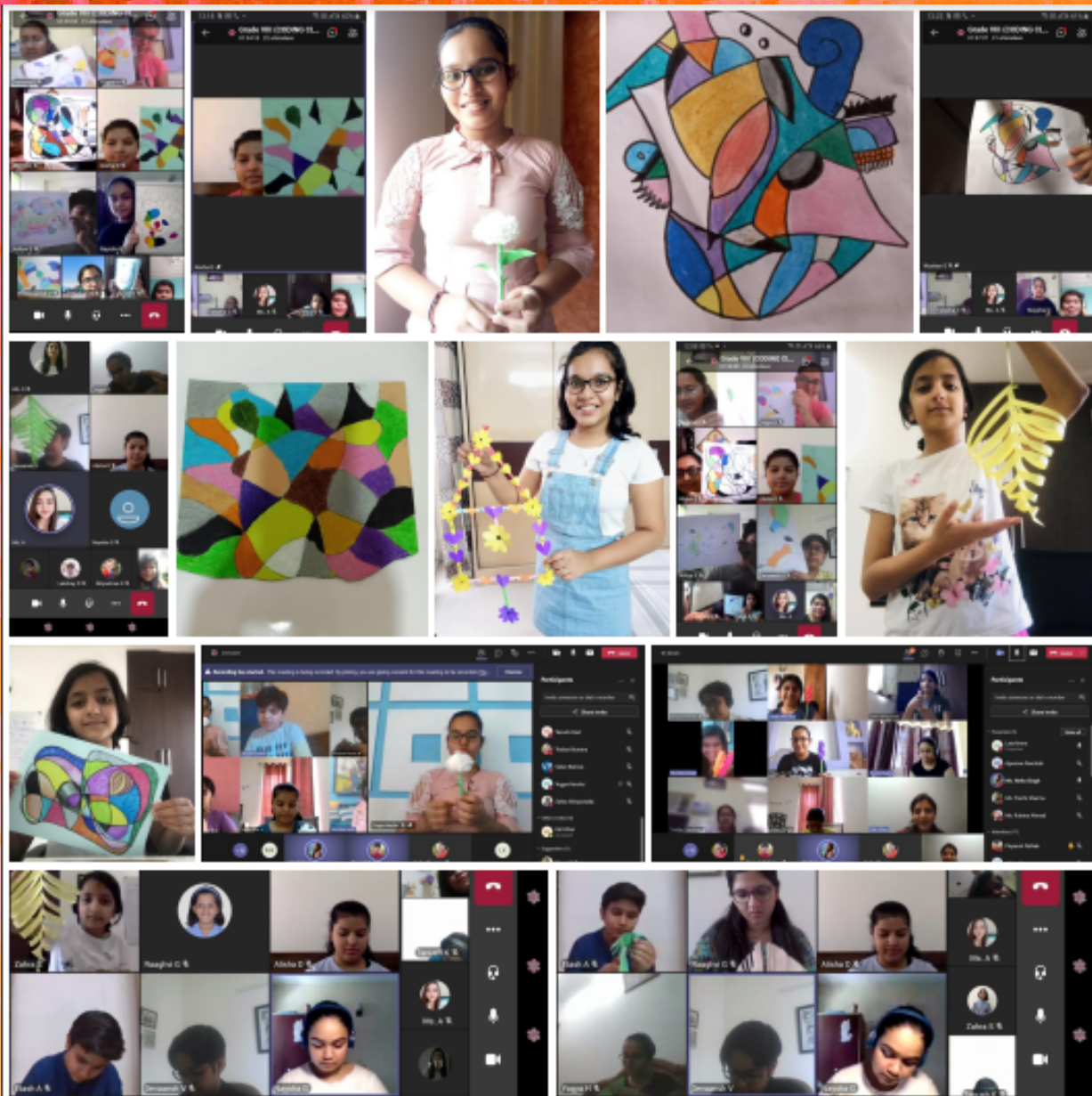


"A Little Progress each day adds up to a Big Results."

A MUN is a simulation of an actual United Nations conference, where students are assigned tasks like resolving a global issue through research, drafting, lobbying, and debating to pass a suitable 'resolution'. Students take on the roles of delegates, speakers, and chairs, representing different countries and working together with other students from different backgrounds to participate in discussions and reach a solution for the agenda they were assigned. St. Xavier's High School had organized special classes where the learners were given training through mock parliament sessions and were taught different techniques to participate in such activities.

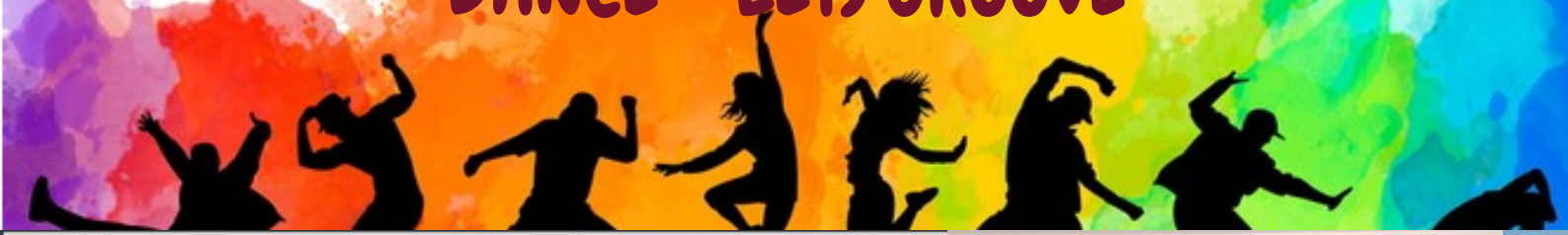


Summer Activities Art & Craft



“Art washes from the soul the dust of everyday life.”-Pablo Picasso
 To become truly immortal, a work of art must escape all human limits: logic and common sense will only interfere. But once these barriers are broken, they will enter the realms of childhood visions and dreams. Art and craft activities help instil a sense of achievement and pride in children, boosting their self-confidence. The opportunity to create whatever a child desire helps foster creativity. A child will learn to make correct and effective decisions by facing and solving artistic challenges. These summer classes bestowed the Xaverians a multitude of opportunities by arranging memorable and specifically designed art and craft sessions to help the learners create their own extraordinary masterpieces. The sessions were not only invigorating but they also gave them a sensation, a great sense of achievement after completing their assigned tasks. Their visage illuminated with the sense of admiration and sparkled their eyes.

SUMMER ACTIVITIES DANCE - "LET'S GROOVE"



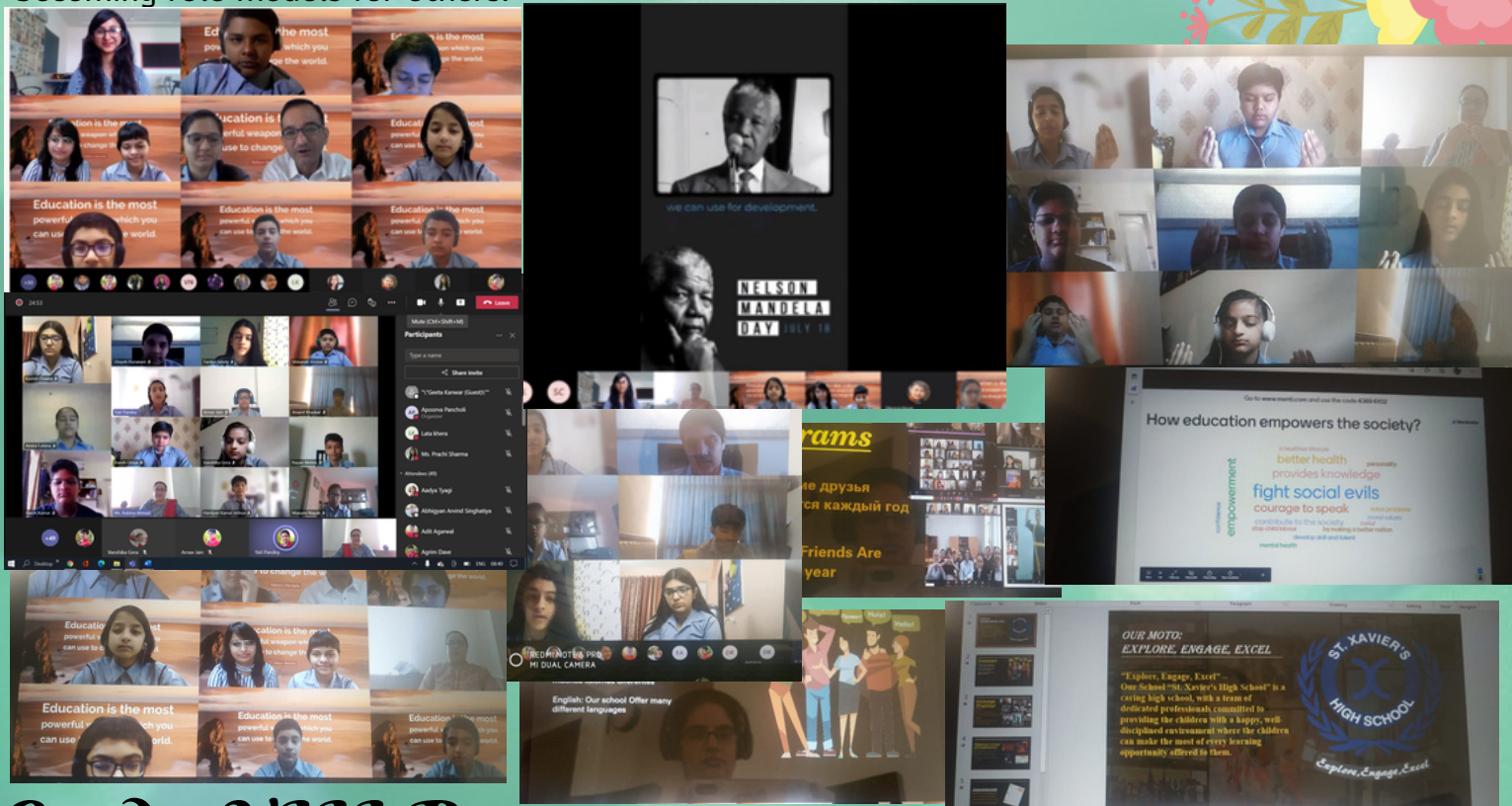
"Consciousness expresses itself through creation. This world we live in is the dance of the creator. Dancers come and go in the twinkling of an eye but the dance lives on. On many an occasion when I am dancing, I have felt touched by something sacred. In those moments, I felt my spirit soar and become one with everything that exists."..... Michael Jackson

Dancing is so much more than just grooving on the dance floor to our favourite tunes. In fact, it is surprising how many benefits are associated with dancing. Not only does it train our brain and your body's motor skills but it also is an excellent exercise for your entire body. Dancing helps us stay physically and mentally fit. Even more so, dancing regularly can improve our general well-being, boosts our self-esteem and has also been shown to improve our social skills. No matter whether we are born with two left feet or enjoy dancing as a recreational activity, to help the young Xaverians with igniting that initial spark that gets one dancing, we get excited for that particular moment when the music is turned on and your entire body begins moving to the beat. Dance is not only a wonderful way to express ourselves but also a fantastic spare time activity one can enjoy. Dancing definitely boosts one's mood, helps one to forget everything around us, and allows us to bond with one another without having to go to the trouble of speaking out loud. In order to let off the fatigue and keep fit, dancing sessions were conducted twice a week for the Xaverians of Grade VIII during the summertime. Helping them actively involved and sweat it like a pro. The learners thoroughly enjoyed these sessions and welcomed these classes with broad smiles and zeal.

ASSEMBLY-VIII A&B

Grade-VIII A "Importance of New Beginning and International Mine Awareness Day"

The assembly was conducted online on a virtual platform organized on Teams by the students of Grade VIII A on the 5th of April, 2021. The highlights of the assembly consisted of Why Good Friday and Easter Sunday is celebrated? The students also spoke about the International Mine Awareness Day celebrated on 4th of April and what students of Grade VIII are expected to do this year? Our Headmistress of the school Ms. Geeta Kanwar who congratulated the students on their promotion and extended a very hearty welcome in the new session. She motivated the students to share their ideas and work diligently and responsibly. She also encouraged them to reach the zenith of academic excellence, by becoming role models for others.



Grade-VIII B "Education is the most powerful weapon"

Morning Assembly was conducted online on a virtual platform organized on Teams by the students of Grade VIII B on the 12th of April, 2021. The Topic of the assembly was Education is the most powerful weapon. The highlights of the assembly consisted of questions like "How Education Empowers the society". The students spoke about Fighting Social evils, Courage to speak, Growth of the society, leading healthier lifestyle and empowerment. Followed by ppt on how St Xavier's High stands true to its word - Explore Engage and Excel. The students with their consistent efforts, presented a well-coordinated and crisp assembly. The occasion was graced by two parents who congratulated the students on their promotion and extended a very hearty welcome in the new session.

ASSEMBLY-VIII C&D

Grade VIII C "The Heritage of the World and World Food Safety Day"

The assembly was celebrated by students of Grade VIII C on the 7th of June, 2021 to promote awareness about the diversity of cultural heritage of humanity, our monuments, their vulnerability and the efforts required for their preservation among students. Students and guest parents shared their views on the Heritage of the world, highlighting its history, relevance and its importance. The limelight of assembly was the talk show in the form of interview of different Indian monuments i.e. Taj Mahal, Charminar and Qutub Minar presented by the class students. The motto of assembly was "cherish and preserve our priceless and valuable traditions, monuments, culture which are our true identity to the world" to make students aware about the rich and varied cultures across the world.



Grade VIII D "International Yoga Day"

The assembly of International of Yoga Day was celebrated with fervour and zeal by Grade VIII D on 21st June 2021. The students presented interesting programmes. A special 'Talk Show' was also a part of the assembly where students spoke about the history, importance and the significance of yoga. They discussed that 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; a holistic approach to health and well-being. 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 contributes to our overall well-being.



An Open House with Frontline Warriors: Doctors Our Fearless Healers

"The presence of the doctor is the beginning of the cure."



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



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
(FJO Divya Bansal)



Dr. Sonal Bansal
MBBS, MD (Dermatology)
Dermatospa Skin Clinic,
Fortis Memorial Research
Hospital
W Pratishtha Hospital
(MJO Karoya Jain)



Dietician Shaveta Chopra
Diet Clinic - Gurgaon
(MJO Navee Chopra)

In Confabulation with



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



Ms. Suneera Pimpalapure
Head - International Relations, NDTV
(MJO Shwani Pimpalapure)

Xaverians of Grades IV & V

Grade IV
Manvik Bansal (IV-B)
Mishika Sabharwal (IV-C)
Shivani Pimpalapure (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)
Arya Goyal (V-C)

f LIVE

Friday, 14th May'21 | 4:00 pm onwards

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 mind about this outbreak. St. Xavier's High School is ecstatic and pleased to present an Open House with the Frontline Warriors: Doctors - Our Fearless Healers on Friday, 14th May 2021 at 4 pm LIVE and Exclusive on our School Facebook Page.



Xavier's Rapid Response Team: As Every Second Counts

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



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:

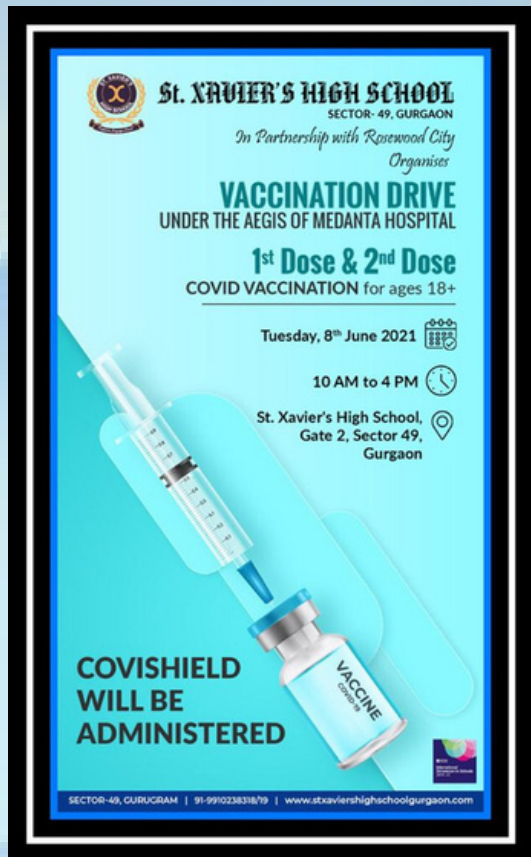
 Doctors' Helpline	 Counselling Team
 Arrangement of Hospitals and Beds	 Meals
 Supply of Medicine	 Vaccination

CONNECT WITH US FOR HELP
Email: xrrt@stxaviershighschoolgurgaon.com Contact no.: 9958336004

We encounter 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 levelling off after rising steadily, however, the situation is still critical and we all continue to grapple with the crisis. St. Xavier's High School initiated a special task force i.e. Xavier's Rapid Response Team: As Every Second Counts !!!!! for our priceless parents and their families by supporting tirelessly to bolster public health initiatives and protect our children from harm.

Covishield Vaccine

"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 many families and people around, the school in Partnership with Rosewood City has 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 of 18+ at St Xaviers High School, Sector 49, Gurgaon. Parents participated in huge numbers to avail this facility in such proximity.



Minding Our Minds



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 VIII**
Conducted by
Ms Honey Sharma

School's Expert Faculty of Counselling
Department
From
8th June, 2021 | Time 8:30am - 9:10am


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




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

As a school, the social-emotional development and the health of the students have always been our priority, along with academics. In light of this view, St. Xavier's High School had organised a series of counselling sessions for students of Grades V-VIII 'Minding Our Minds' which was conducted by our expert faculty of Counselling.

For the benefit of the children of Grade VIII, the counselling session with the school counsellor, Ms Honey Sharma was scheduled on 8th June 2021 (Tuesday) on the topic - 'Emotional Changes during COVID-19 in children.' This session not only helped the students to connect better but they also enjoyed the session and shared their concerns and the way they felt.



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 VII & VIII**
Conducted by
Ms. Nitika Teotia

School's Expert Faculty of SEN
Department
21st June 2021 | Time 4:00pm - 5:00pm

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



***"If you look the right way, you can
see that the whole world is a
garden."***

It is believed that every student needs guidance and counselling at some point in their life. It not only provides personality insights but also offers ways to improve any shortcomings. Counselling develops various characteristics such as increased focus, better EQ, improved mental health, and management skills.

For the benefit of the students of Grades VII & VIII, a counselling session with Ms Nitika Teotia was conducted on Monday, 21st June 2021 at 4 pm on the topic - 'Empowering Children to Think; Fixed & Growth Mindset'

INTER CLASS CHESS COMPETITION

"Chess is the gymnasium of the mind."

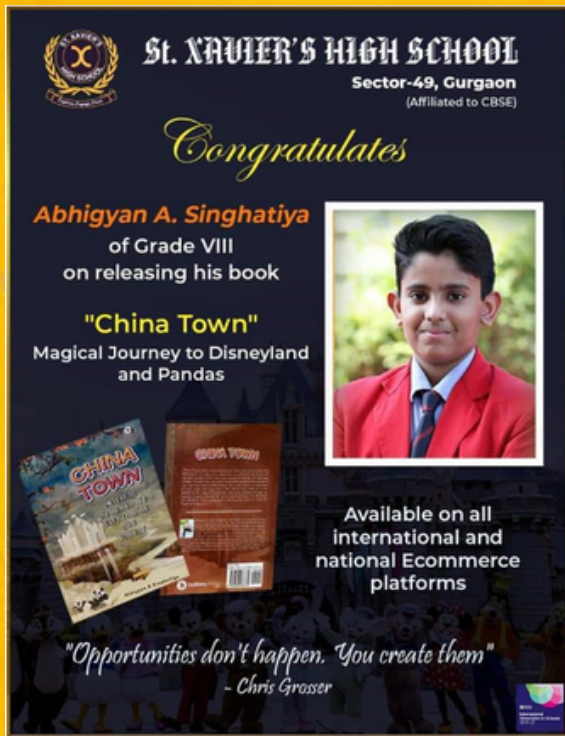


"Champions are made from something they have deep inside of them: a DESIRE, a DREAM, a VISION. "

An Inter- Class Chess Championship was conducted online on a virtual platform for Grades III-VIII scheduled from 17th May (Monday) to 21st May 2021 (Friday) at 4 pm each day to compete for the title for the CHAMPION.

"One doesn't have to play well, it's enough to play better than your opponent."

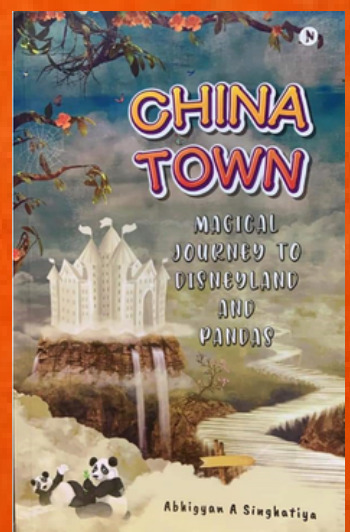
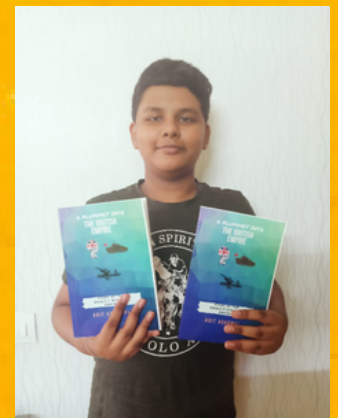
Young Achievers



"It takes a dream to get started, desires to keep going, and determination to finish."

It's never been a better time to be a writer--or aspire to become one. Technology today has been greatly contributive to the budding writers and has given wings to the emerging wordsmiths with the power that once only belonged to major publishing and media firms, into the hands of the writers. St Xavier's takes another leap and proudly presents an outstanding addition to the budding writers. Master Adit Agarwal and Master Abhigyan Singhatiya of Grade VIII, who brought immense pride to the school and published books called 'A Plummet into the British Empire' by Adit Agarwal and 'China Town' by Abhigyan A. Singhatiya. A proud moment for their parents and school. Rejoicing in their achievements, the school sends them ebullient congratulations!

It is rightly said that writing is an art and a craft that needs to be developed through deliberate practice and study over a long period of time. Adit's and Abhigyan's diligence and adherence to their goal, has made them emerge as a spectacular writer.



International Yoga's Day

From 14th June to 21st June 2021

YOG DIVAS

Day 1: 14th June

Xavrologue Yoga fervour Grips Xaverians- A curtain Raiser for the International day of Yoga

Day 2: 15th June

Go Breathless: Create a Rap

Day 3: 16th June

Tattva Yog: Equip yourself for the Covid-19 era by anIsha Foundation instructor

Day 4: 17th June

Xmantras: Yoga for life- Digital PPT/Video making competition

Day 5: 18th June

Moments of Calm by Ms. Honey Sharma

Day 6: 19th June

Yog Trivia : Inter Class Quiz

Day 7: 20th June

Xpressions : An Inter Class Article Writing Competition

Day 8: 21st June


Bow Yourself to Yog: Enlighten the self for 7th International Day of Yoga



"Yoga is the journey of the self, through the self, to the self."

Natarajana (Dancer pose)


- Natarajana, Lord of the Dancer Pose Dancer Pose is a standing, balancing, back bending asana in modern yoga as exercise.
- The pose is entered from standing in Tadasana, bending one knee and stretching that foot back until it can be grasped with the hand on that side.
- The foot can then be extended back up, arching the back and stretching out the other arm forward. For the full pose and a stronger stretch, reverse the foot arm by lifting it over the shoulder, and grasp the foot.



Padmasana (Lotus pose)

Padmasana is a yoga posture that asks in the position of meditation.

- It is one of the most popular and the most performed yoga asanas.
- Yogasana pose was also taught as the primary yoga asana before learning any other asana in ancient times.
- Those who are suffering from various back injury, knee injury, ankle pain and several headaches should avoid this asana.




Urdhva Dhanurasana (Upward Bow pose)

Urdhva Dhanurasana is a back bending yoga and modern yoga asana.

Enter front of the body, ankles, hip, abdomen and chest, and arch the thoracic spine.

It is a back muscle, spine, ligaments of the abdomen and neck.




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


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


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Enter front of the body, ankles, hip, abdomen and chest, and arch the thoracic spine.

It is a back muscle, spine, ligaments of the abdomen and neck.



Keeping in accordance with the same spirit, St. Xavier's High School had organised an Inter Class Competition - G'O BREATHLESS: Create A Rap', which was held on 15th June, 2021 for our young Xaverians of Grades VI-VIII

International Yoga's Day

Day 3 & 4 – Yoga Week

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

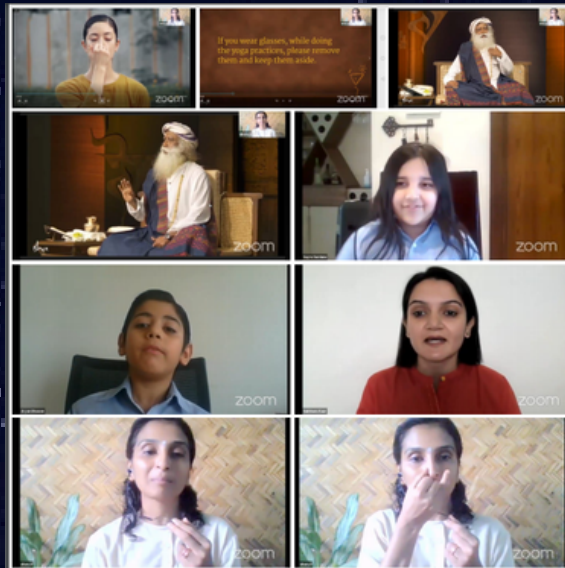
LIVE

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

SECTOR-49, GURUGRAM | 91-9910238318/79 | www.stxaviershighschoolgurugram.com



Meditation

What Is Meditation?

Meditation, which is the practice of focused concentration, bringing yourself back to the moment over and over again, whether positive or negative.

YOGA

Yoga is a system of exercises for the body that involves breath control and helps relax both your mind and body. In Hindu philosophy yoga means to unite the self with the spirit of the universe.

3) YOGA CAN EASE ARTHROSIS SYMPTOMS

Recent yoga has been shown to ease some of the symptoms of osteoarthritis (OA) in people with arthritis, according to research published in the Journal of the American Medical Association.

The art of practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind. To help us harmonising the five elements of our body, and to continue with the celebration of International Yoga Day, St. Xavier's High School organised a Live Yoga session facilitated by Isha Yoga instructor from the Isha Foundation in a Live Webinar on "Equip Yourself for the COVID 19 Era" on 16th June 2021 from 4:00 pm - 5:00 pm LIVE on our school Facebook page.

St.Xavier's High School celebrated International Yoga Day through Digital Competition giving chance to our dear Xaverians to make Videos for the prestigious Xmantras - Yoga for Life - An Inter Class Video Making Competition for Grade VIII which was held on 17th June 2021.

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

organises
XMANTRAS
YOGA FOR LIFE

An Inter-Class Video Making Competition

INTERNATIONAL YOGA DAY

For Grade VIII

Thursday, 17th June 2021

So let's gear up and celebrate Yoga Day in the Xaverian way!

"Your body exists in the past and your mind exists in the future. In yoga, they come together in the present."

SECTOR-49, GURUGRAM | 91-9910238318/79 | www.stxaviershighschoolgurugram.com

What Is YOGA

Mind Spirit
Breathing Meditation

Yuj Body
Union Exercise

Kapalbhati

1) Sit in any meditative posture.
2) Close the eyes and relax the whole body.
3) Inhale deeply through both nostrils, expand the chest.
4) Expel the breath with forceful contractions of the abdominal muscles and relax the chest.
5) Do not strain.
6) Continue active.

2) Anlom Vilom

Anulom vilom is a specific type of controlled breathing (pranayama) in the practice of yoga. It involves holding one nostril closed while inhaling, then holding the other nostril closed while exhaling. The process is then reversed and repeated.

International Yoga's Day

Day 5 & 6 – Yoga Week



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, 18th 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

It is believed that meditation and mind-body 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.

Keeping this view in mind and to continue with the celebration of International Yoga Day, St. Xavier's High School organised a 'Meditation Session' by Ms. Honey Sharma from school's expert faculty of counselling department on Friday, 18th June, 2021 from 9.20 am - 10 am on Microsoft Teams.



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, 19th 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

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, we conducted an Inter Class Online Quiz-Yog Trivia. The quiz was conducted for our dear Xaverians which was held on 19th June, 2021 for grades III- VIII.



CHAMPIONS OF GRADE VIII
Inter Class Competition
"Yoga Trivia"
Held On June 19, 2021

Congratulations!


POSITION	NAMES OF THE PARTICIPANTS
First	• Akshadha Dutt VIII D
Second	• Tanush Kaul VIII B
Third	• Yogya Harsha VIII C



International Yoga's Day

Day 7 & 8- Yoga Week

"It is impossible to win the race unless you venture to run. It is impossible to win the victory unless you dare to battle."



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

CELEBRATES

Bow yourself to yoga

ENLIGHTEN THY SELF FOR

7th International Yoga Day

FOR GRADES III TO VIII

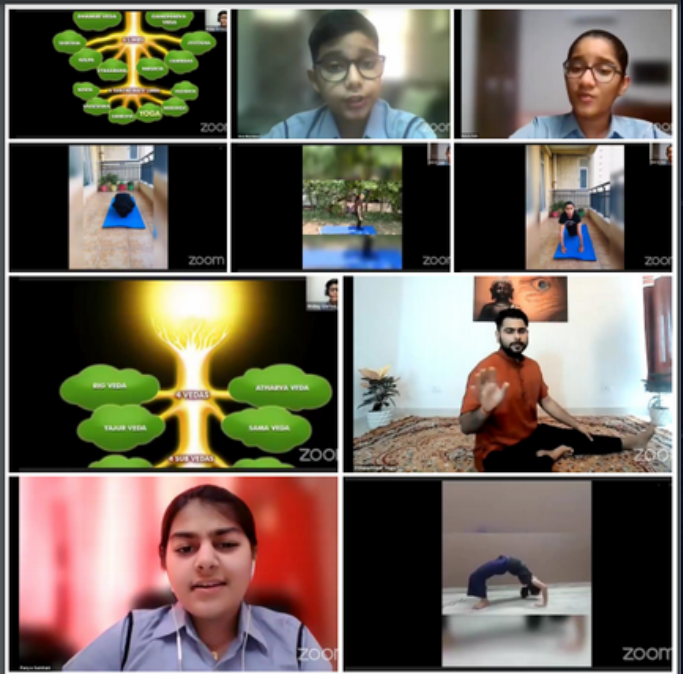
GUEST SPEAKER - YOG GURU VISHWA VASHISHTA

Date : 21st June, 2021
Time : 1:30 PM Onwards

LIVE

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

SECTOR-49, GURUGRAM | 91-9910238318/19 | www.stxaviershighschoolgurugram.com



"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. To mark the date and dive into the spirit, The Xaverians welcomed everyone to join from 1.30 pm to 2.30 pm LIVE on St. Xavier's High School, Sector 49, Gurgaon Facebook Page.




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

CONGRATULATES WINNERS


PRADEEP VERMA (FATHER)
1st POSITION
ANUSHKA VERMA
VII C


MR. SHASHANK GARG (FATHER)
2nd POSITION
ASHISH GARG
VE


MR. AMIT SHIVPURI (FATHER)
3rd POSITION
GAURI SHIVPURI
VIB

OF CHESS CHAMPIONSHIP

ORGANISED ON THE OCCASION OF FATHER'S DAY 2021!

20-06-2021

Efficacy of Yoga

More than 300 million people are practicing yoga. It is one of the most popular spiritual practices in the world. It is a holistic approach to health, encompassing the mind, body, and spirit. Yoga is a lifestyle, not just a physical practice. It is a way of life that promotes inner peace, harmony, and well-being. Yoga is a science of the mind and body. It is a way of life that promotes inner peace, harmony, and well-being. Yoga is a science of the mind and body. It is a way of life that promotes inner peace, harmony, and well-being.

1. Yoga improves circulation, balance and flexibility
2. Yoga helps reduce back pain
3. Yoga can ease digestive problems
4. Yoga benefits heart health
5. Yoga reduces stress, helps sleep better
6. Yoga can boost immune system and strengthen muscles
7. Yoga helps with weight control

Article writing

Name: Paridhi Chaudhary

Class: VIII-C

Topic: "Impact of yoga on our mental health"

Very well said by B. K. S Iyengar "Yoga is a light which once lit will never dim, the better you practice the brighter your flame". Yoga's impact on our physical health is known by everybody, your body becomes stretchable and becomes stronger and it improves your circulatory, digestive and respiratory system, but it is not only your physical health but also mental health improves by doing yoga. Our mental health is positively impacted by yoga. Yoga and meditation makes you think positively, makes you happier and you feel active. Yoga could be done anywhere, anytime and by anyone. In this time of the pandemic we all should do yoga everyday so that the positive impacts of it makes our faces more beautiful.

The Efficacy of Yoga

Before knowing the efficacy of yoga, let's first understand what exactly is yoga? Yoga can be defined in many ways. Everyone has their own meaning for the word 'yoga'. It is a complete path by itself. Literally, it means 'union', 'together', 'unite'. It brings you to a state of complete unity with your soul. It is a path that leads to a state of complete unity with your soul. It is a path that leads to a state of complete unity with your soul. It is a path that leads to a state of complete unity with your soul.

1. It improves strength, balance and flexibility
2. It helps in eating and sleeping better
3. It can help in managing stress
4. Yoga improves blood circulation

Yoga's incorporation of meditation, not breathing and so on, helps in improving mental health. Regular yoga practice creates mental clarity and calmness. It promotes self-awareness.

The Efficacy of Yoga

Yoga is the science of unity with the mind of every body. It creates inner harmony and inner peace. Yoga is a science of the mind and body. It is a way of life that promotes inner peace, harmony, and well-being. Yoga is a science of the mind and body. It is a way of life that promotes inner peace, harmony, and well-being. Yoga is a science of the mind and body. It is a way of life that promotes inner peace, harmony, and well-being.

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RESONANCE FROM THE PARENTS HEART

The activity classes were very beneficial for the kids at the same time kids enjoyed those activities and gave their best to the same. The teachers and staff have done a tremendous job and have done at their level best for the kids. The teachers and staff are appreciated for all the hard work they have done staying awake late at night and working whole day for the kids. The activities were very interesting and full of knowledge.

Ms. Suman Singh
M/O of Muskan Singh

It is rightly said, "Teaching is a 'Work of Heart'", and the same resonates with the teachers of St Xaviers and their teaching methods. I wish to acknowledge and appreciate the efforts put in by the teachers and the supporting staff, especially in these prodigious times when learning is through Online Mode. To allow my child Zahra Shirpurwala of VII, who is a new entrant this year, to express herself during the classes and to ensure that learning is a fun and enjoyable activity is commendable. A Big Thank You to all the teachers of St Xaviers for stepping up and shaping the future of our children.

Thank you
Alifya Basrai
(M/O Zahra Shirpurwala)

Yes it's really good to have summer activities, students really enjoyed a lot. We thank and appreciate the teacher's work in summers that they give their precious time to children's.

Ms. Rupinder Singh
M/O Gurkeerat

I am really satisfied with the online classes
I appreciate the initiative taken by the school to teach online during this time of the pandemic
The summer vacation classes were also nice. These classes helped enhance the knowledge of my child in different things like Vedic maths, creative writing, experimenting and many more.
Applauds to the school team for coordination

Mamta Shah
M/O of Dhaval Shah

It has been a fabulous year so far. Management and teachers have left no stones unturned be it studies or webinars. As we are adapting to this new-normal, the school is making the activities very winsome and teachers are encouraging the students for 100% participation. In a nutshell, as a parent, we are totally gratified with the school.

Deepti Agarwal
M/O of Adit Agarwal

Dear mam ,
Good evening

We as parents want to share our feedback.

My ward is really doing well . As per our intrections with teachers , we found that they all are very good and helpful . My son has learnt a lot. Overall We are very happy with school,teachers and staff. Thank you for helping my son to improve his learning and his confidence.

Mr. Arvind Acharya
F/O Etash Acharya

Summer vacation was full of enrichment activity classes.. kids were able to utilise their leisure time into something very fruitful and which actually encouraged them to explore for more..

Ms. Mousumi Ganguli
M/O Shreya Ganguli

**Dear Ma'am,
Greetings!**

I hope you and your family are staying safe.

Here i would like to share feedback for summer vacation activities, the different types of activities actually kept kids engaged as during lockdown all are staying in home, also they learned various new skills which will help them to excel in life.

Thanks

Ms. Anjali Gupta

M/O Naysha Gupta

Good afternoon ma'am

All the activities were very fun and informative for the children.

Ms. Payal Guleria

M/O Avani Guleria

We would like to thank all the teachers who are toiling so hard and putting their best efforts to nurture the kids, especially during this pandemic situation. I can see my boy growing into a more confident and bright lad. All the credit goes to his teachers who, with their all love and discipline are leaving no stone unturned to give their best. I am sure these kids will reach the pinnacle of success one day.

In addition, we would like to extend our gratitude to the school management for providing the children such fruitful online classes in COVID-19 pandemic time.

Adya Dave

M/O Agrim Dave

During the time of the second wave of pandemic when our country is fighting each day for life some of our talented teachers took an opportunity to engage our kids in different type of activities be it instrumental music , art & craft , meditation , writing skills , coding, etc. I thank the Xavierian staff to engage our kids in a beautiful manner where learning becomes fun. My kid enjoy the summer fun activities and also practice it later on. Great work teachers .

Ms. Ruchi Jain

M/O Deshna Jain

All of the activities classes are going good and we hope when the pandemic is over then we hope children will have more fun.

Ms. Bhavna Bhasin

M/O of Krishiv Arora

The activities sessions were really helping kids to take a fruitful break inbetween long sessions .. also keeping them entertained and busy .. so these sessions were helpful in all terms.

Ms. Simran Bajpai

M/O of Aarahan Bajpai

In this tough situation, when this world is suffering from a pandemic, students were anxious about their future. What has to be done regarding the further classes? How are we going to cope up with the syllabus? As parents, teachers and students, we all got worried about the future of learning and education but the initiative of Online classes came as blessings for everyone!! A new concept for all of us during tough times of lock down and COVID-19 widespread. As very happy and satisfied parents we would like to mention that interaction of students and teachers have been evolved over the continuous efforts put forward by the teachers and students for the online classes. Punctuality and discipline is also maintained as per the timings of the classes. The classes are conducted with regular intervals to ensure the safety and healthy use of technology and for the imbibition of knowledge for strain and stress free proceedings. Also the access to extra knowledge through discussions encourages the child to explore new thing The online class is really a great initiative during this phase of lock down to bridge the education gap. Moreover, we would like to mention about the dynamic way all the teachers deliver lessons and encourage participation and are pleased that our son is learning so much. We would like to thank the entire team of St. Xavier's High School, sector 49, for inspiring my child to come out of his shell. The school is doing great job and we are very proud to be associated with this organization. Looking forward for a fruitful relationship ahead.

Thank You

Regards

Nitesh Arora

Rashmi Arora

P/O Sarthak Arora

