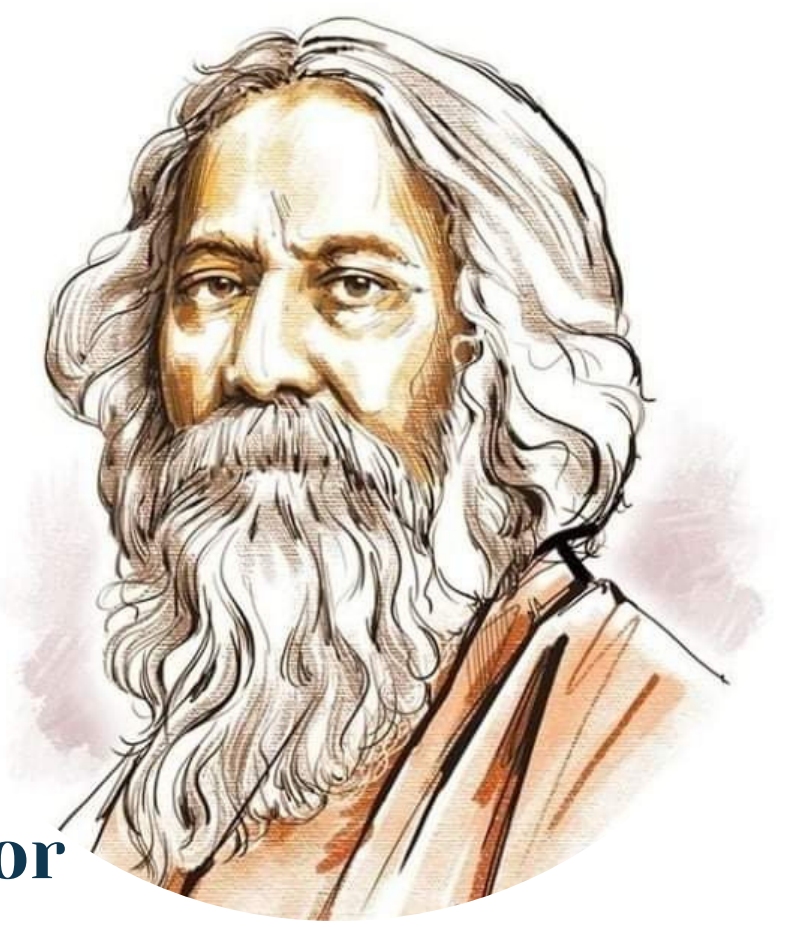




**ST. XAVIERS HIGH SCHOOL**  
— GHAZIABAD —  
EXPLORE ★ ENGAGE ★ EXCEL



"Clouds come floating into my life, no longer to carry rain or  
usher storm but to add color to my sunset sky"

**Rabindranath Tagore**

Monthly Journal

Grade VIII Xaverians

[www.stxaviershighschoolghaziabad.com](http://www.stxaviershighschoolghaziabad.com)

## COMPASSION

*- theme of the month*

A reflection on what we learned about Compassion this month on showing kindness to ourselves and others and cultivating compassion in our daily lives.

**Empathy + Sympathy + Action =  
Compassion**

It's not that simple of an equation when put into practice.  
Compassion involves

**Empathy** (feeling someone's pain)

**Sympathy** (recognizing that someone is in pain)

**Action** (alleviate them of pain or suffering)



**Ranvijay**

Some real-world ways we can show compassion every day:

- Regardless of how we feel about the effectiveness of wearing a mask during this pandemic, we must do it wherever we are asked to. Whether it eases another person's fears or keeps the virus from spreading, it shows compassion.
- Open the door for someone. I find this to be such a kind gesture.
- Motivate others. Words give life to ideas. Use your words to inspire others to participate in the promised future and the change they need.
- Incorporate the phrase "thank you" into your daily routine
- Offer to help someone with their to-do list or any other thing you see they may need.



**Arpita Singh  
Twinkle Shrivastava**

## *Editor's Desk*

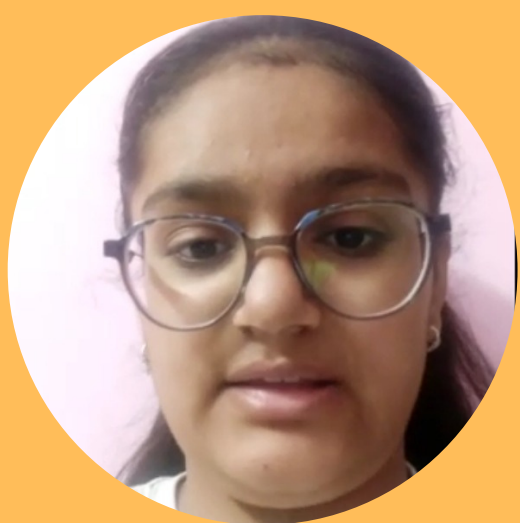
*Dear Friends*

*This is the first edition of our monthly journal. We have tried to bring for you some exciting mind games, fun exercises, quizzes, riddles, health articles & monthly theme reflections with stories and practical applications. Hope you would find it interesting. Solve the mind games and do share with us on given mail id. Do write us for any suggestions, feedbacks or inputs on given mail id.:*

*[xaviersghaziabad@gmail.com](mailto:xaviersghaziabad@gmail.com)*

*-Grade VIII Xaverians*





**Divyanshi Bajaj**

Sympathy looks in and says, "I'm sorry."  
Compassion goes in and says, "I'm with you."  
Sympathy looks in and says, "I would like to help."  
Compassion goes in and says, "I am here to help."  
Sympathy says, "I wish I could carry your burden."  
Compassion says, "Cast your burden on me."



## XAVERIAN TALE

*A young boy named Sam was walking home from school one day when he noticed that a boy ahead of him had tripped and dropped all of the books he was carrying, along with two sweaters, a bat, a glove, and a small tape recorder. Sam knelt and helped the boy pick up the scattered articles. Since they were going the same way, he helped the boy carry part of the burden. As they walked, he discovered the boy's name was Bill, that he loved video games, baseball, history, and that he was having lots of trouble with his other subjects. They arrived at Bill's home first, and Sam was invited in for a Coke and watched some television. The afternoon passed pleasantly with a few laughs and some shared small talk; then Sam went home. They continued to see each other around school, had lunch together once in a while, then both graduated from junior high school. Finally, the long-awaited senior year came, and three weeks before graduation, Bill asked Sam if they could talk. Bill reminded Sam of the day years ago when they had first met. "Did you ever wonder why I was carrying so many things home that day?" asked Bill. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I was leaving home forever. Bill told Sam that he realized that he didn't want to leave home after spending time together talking and laughing. "I would have missed that time with you and many other good times in my life that followed. I am trying to say, Sam, that you did a lot more when you picked up those books that day. You changed my mind, life."*



***Friends, that was a simple act which shows compassion. We never know when how we react or respond affects those we come in contact with. Sam's act of compassion saved a life, and we might do that without ever knowing it, there are ways we can show compassion to our family or the people we meet every day.***

**Listen this podtale  
on our podcast**

[https://open.spotify.com/episode/7H0uWVh61pzN6l2woWxeK6?si=olsr-z76R9qOddiUAF7Eg&utm\\_source=copy-link](https://open.spotify.com/episode/7H0uWVh61pzN6l2woWxeK6?si=olsr-z76R9qOddiUAF7Eg&utm_source=copy-link)



**- Shargvi Yadav  
Yatika Singh**





*"If you always put limit on everything you do, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them"*

*- BRUCE LEE*



## Lotus Pose

*Padma = Lotus, asana = posture or pose or position*

*Pronounced : Pa-dah-maa-sun-aa*

*Padmasana or Lotus position is a cross-legged yoga posture which helps deepen meditation by calming the mind and alleviating various physical ailments. A regular practice of this posture aids in overall blossoming of the practitioner, just like a lotus; and hence the name Padmasana. In Chinese and Tibetan Buddhism, the Lotus pose is also known as **Vajra position**.*

## Tree Pose - Vrikshasana

Vriksha - Tree; Asana -  
Posture or Pose

The asana is pronounced as VRIK-shAH-sana. This posture replicates the graceful, steady stance of a tree. Unlike most yoga poses, the Tree Pose requires keeping our eyes open in order to maintain body balance.

**Avni Chaudhary**



## Steps to do the Tree Pose (Vrikshasana)

- *Stand tall and straight with arms by the side of your body.*
- *Bend your right knee and place the right foot high up on your left thigh. The sole of the foot should be placed flat and firmly near the root of the thigh.*
- *Make sure that your left leg is straight. Find your balance.*
- *Once you are well balanced, take a deep breath in, gracefully raise your arms over your head from the side, and bring your palms together in 'Namaste' mudra (hands-folded position).*
- *Look straight ahead in front of you, at a distant object. A steady gaze helps maintain a steady balance.*

*Ensure that your spine is straight. Your entire body should be taut, like a stretched elastic band. Keep taking in long deep breaths. With each exhalation, relax the body more and more. Just be with the body and the breath with a gentle smile on your face. With slow exhalation, gently bring down your hands from the sides. You may gently release the right leg. Stand tall and straight as you did at the beginning of the posture. Repeat this pose with the left leg off the ground on the right thigh.*

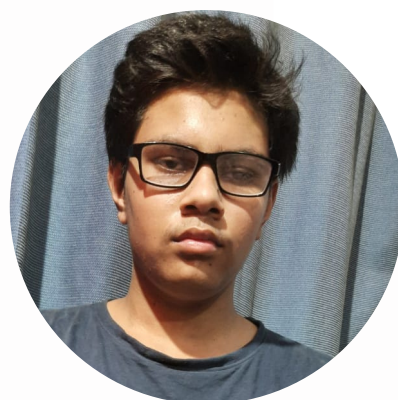


# KALEIDOSCOPE

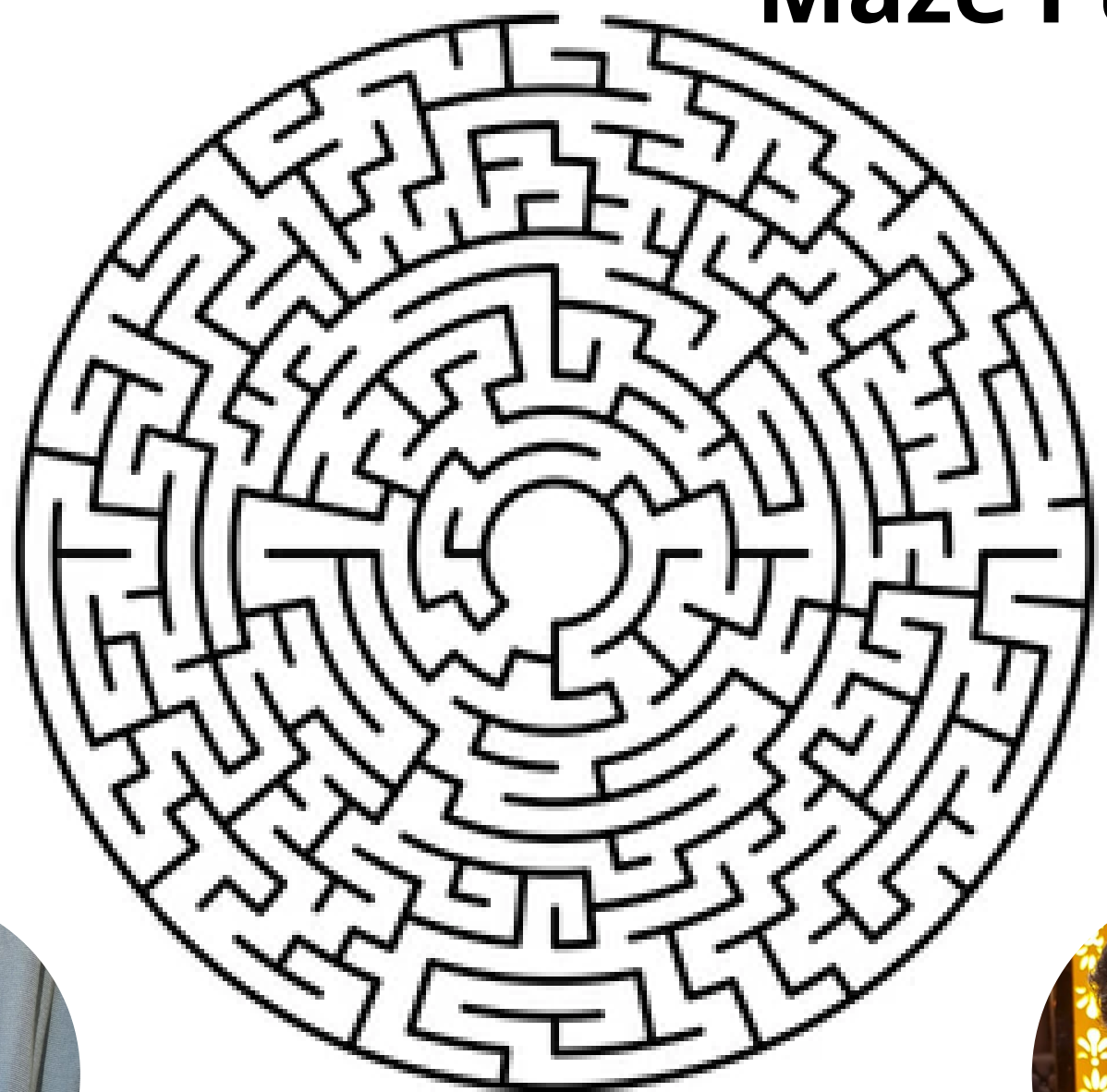
## Sudoku

		4					7	
	6				3	5		
2		9						
					1		8	
			9					
6	5	2	8					
3	8		7	6				2
9				3				
		6			5		9	

Vivek Raj



## Maze Puzzle



Abhinav Tiwari



## Scramble

Solve the four anagrams and move one letter to each square to form four ordinary words.

FWAER  
LNYOO  
NUUGOT  
ACIRBF

	*		*	*
	*	*		*
*		*	*	
*		*		



Now arrange the letters marked with asterik (\*) to form the answer to the riddle.

If you scatter thorns, don't \_\_\_\_.

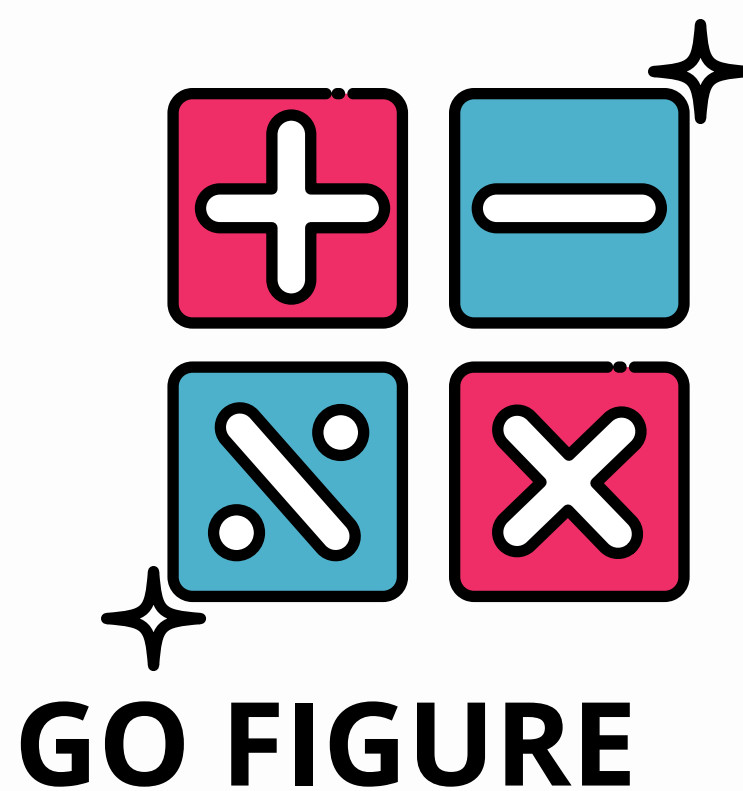
Yazdani



Moli Tyagi



Place the four numbers in the first, third, fifth, and seventh boxes and whichever operators you want to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the number only once.



							=	7
1	2	5	5					
							=	9
2	4	5	6					
							=	18
2	3	3	9					

Surya Pratap Singh



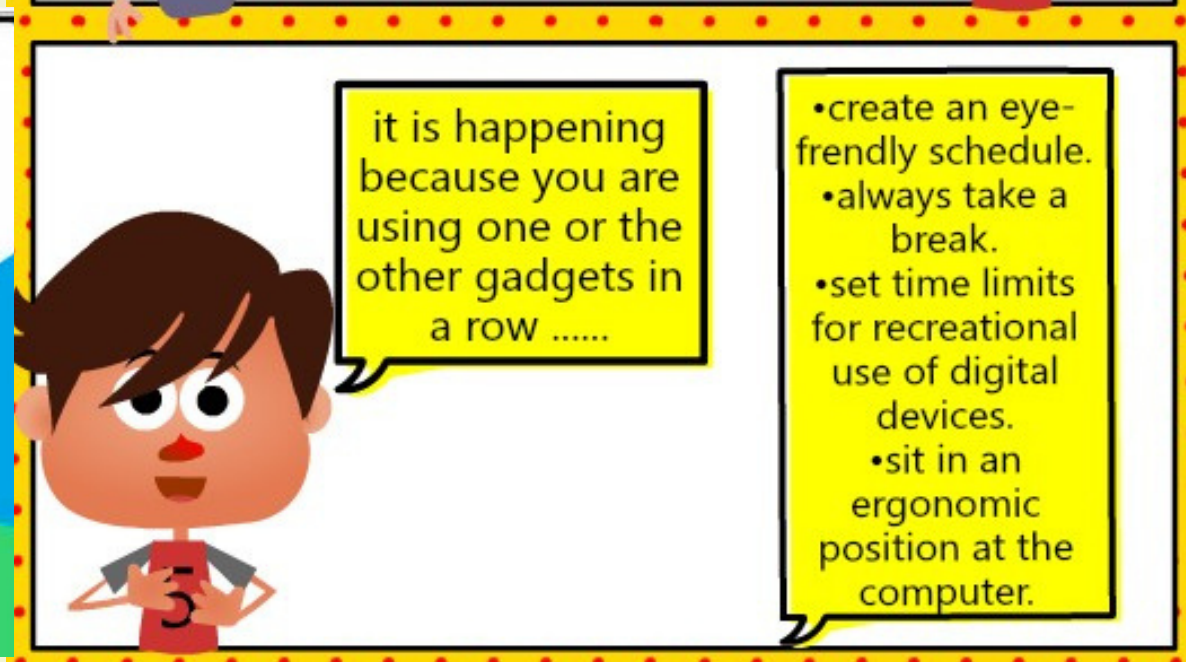
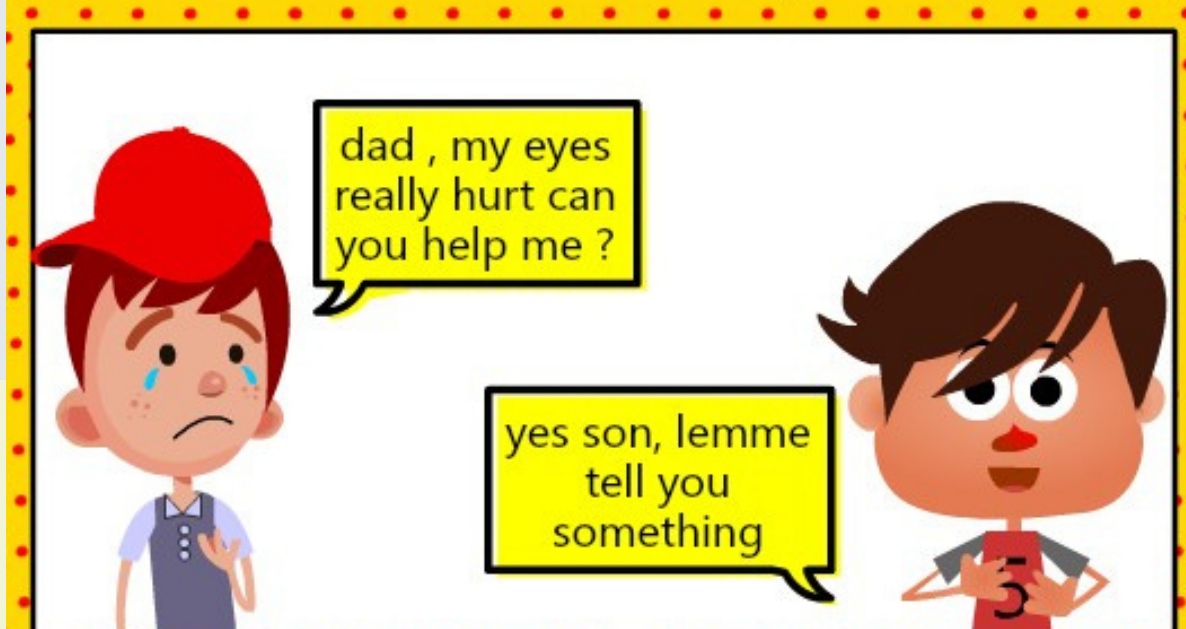
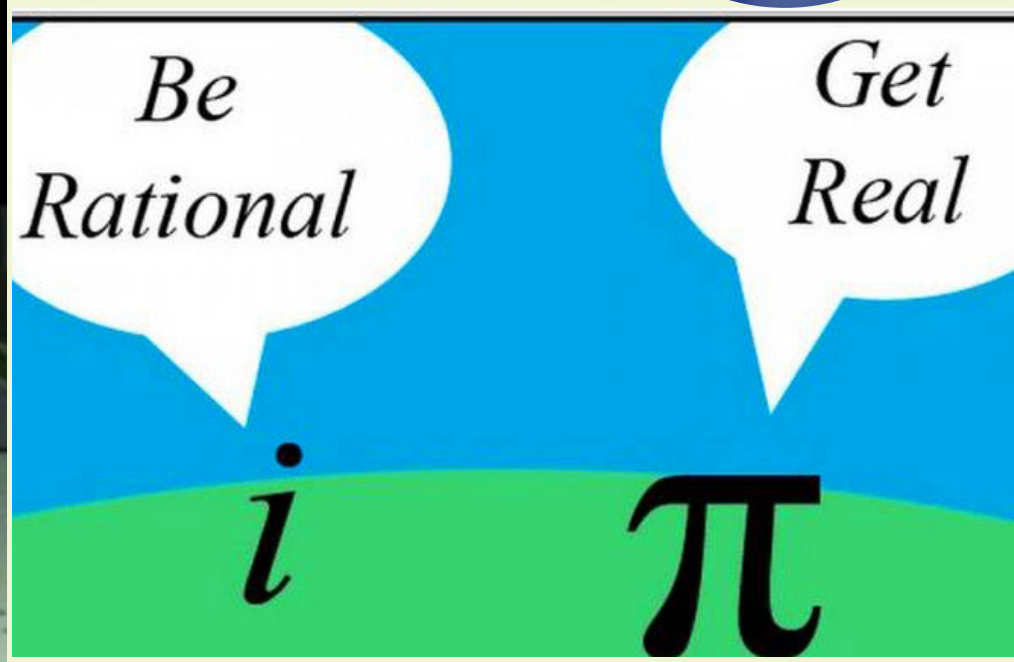
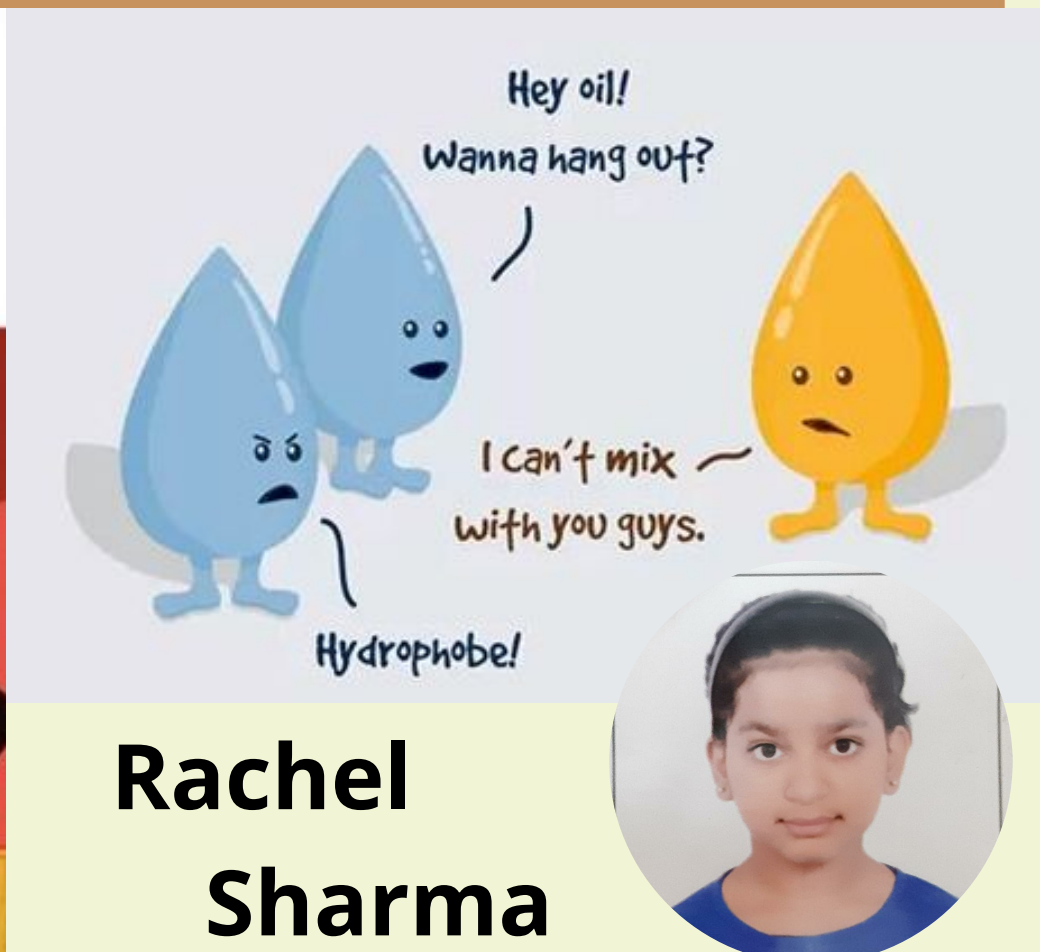


# LAUGH OUT LOUD

Prof: Why are you late??  
Me: Traffic  
Prof: But it's an online class  
Me: Sir, Network Traffic



Teacher: Can everyone turn on their cameras please?  
Me at the exact moment:



## Glimpse of our class contribution to make a healthy planet

