



1st April 2020- 30th May 2020

X-MAG

A QUARTERLY INSIGHT

‘When patterns are broken, new worlds emerge’

Director’s Inspiration...

Dear Xavierians

I hope and pray that all of us are safe in our houses with our families and are utilising our time to strengthen our bond with each other.

I am very proud that Xavierian have adopted to the new medium of teaching and learning. The diligence with which Xaverian family has embraced this technology is remarkable.

It’s absolutely amazing to see how our students as young as 5 years and 6 years have responsibly entwined their entire route around this technological wonder and are learning curricular as well as co- curricular syllabi with utmost confidence.

It is equally heartening for me to see the whole hearted participation and support of Dear Parents in this educational transfers of your children.

Hearing your acknowledgement solidifies our trust in each other and motivates us in walking an extra mile. In the end I would like to emphasize we are witnessing a Historic Event .

Lets not be anxious ,scarred or panicked. Let’s be positive , let’s find

the best we have, let’s enjoy being in the moment

LET’S STAY HAPPY BY
EXPLORING ENGAGING AND
EXCELLING IN ALL
ENDEAVOURS

God Bless
The Management



‘Change is inevitable in life. You can either resist it and potentially get run over by it, or you can choose to cooperate with it, adapt to it, and learn how to benefit from it. When you embrace change you will begin to see it as an opportunity for growth.’



‘The will to win the desire to succeed, the urge to reach your final potential...these are the keys that will unlock the door to personal excellence.’



We are all in this together!
Living Through a Pandemic
Xavierian's Perspective

DESTRESS TECHNIQUES



Once upon a time the word stress would be rarely used by people. However, in the current scenario of our lives, with everyone overloaded with various demands and struggles, stress is not only a word but a very real problem, we all must consider. Let me make it real to you, someone you know might be stressed-displaying symptoms from physical pains, tiredness, headaches, avoiding meeting people. Of course, these are a few symptoms amongst many more which could range from restlessness, anxiety to depression. If you are aware of any such person, it would be advisable to reach out to that person or an elder who can help. Be there to listen to your friend, don't pretend that everything is ok. While listening to someone can really help there are so many simple and easy ways to distress. Use positive affirmations such as –'this too shall pass', 'I am strong and brave'.

It's amazing what a gratitude journal can do, by just writing few lines on things and people we are grateful for. This will help you realise that no matter what 'GOD is Great' and we have much to be thankful for.

Though we are currently in a lockdown situation, Take out time to exercise, eat right and do not sweat the small stuff.

Studies have shown that even a few minutes of alone, quiet time is healthy, so stay off social media, Phones, Tablets for some time during the day.

Spending time with GOD, meditation is a great way to actually find peace in what can be a chaotic world.

Last but not least trust yourself to handle life's challenges and you don't need to handle it alone.

Riyan R Kaul (VII-A)

DESTRESS TECHNIQUES



We all face stressful situations throughout our lives, ranging from minor annoyances like traffic jams to more serious worries, such as a loved one's grave illness.

Your heart pounds, your breathing speeds up, and your muscles tense. We can't avoid all sources of stress in our lives, nor would we want to. But we can develop healthier ways of responding to them.

Rather than choosing just one technique, experts recommend sampling several to see which one works best for you. But the longer and the more often you practice these techniques, the greater the benefits and the more you can reduce stress.

Manaswini Thakur (VI-A)

STRESS MANAGEMENT



Our increasingly busy lives cause our mind a lot of stress. Stress is a mental tension caused by demanding, taxing or burdensome circumstances that not

only affects our mental state and mood, but causes physical strain and illness as well. That's why it's so important to practice stress management to keep our mind and body healthy. Stress management is about making changes to your life to move past stress by practicing self-care and relaxation, provide positive

feelings of control over one's life and promote general well-being.

Many practical stress management techniques that've proven helpful over time are –

- Exercise regularly. Your body can fight stress better when it is fit.
- Learn and practice relaxation techniques; try meditation, yoga etc.
- Eat healthy, well-balanced meals.
- Get enough rest and sleep. Your body needs time to recover from stressful events.
- Seek out social support. Spend enough time with those you enjoy.
- Keep a positive attitude. Accept that there are events that you cannot control.
- Be assertive instead of aggressive. Assert your feelings, opinions, or beliefs instead of becoming angry, defensive, or passive.
- Set limits appropriately and learn to say no to requests that would create excessive stress in your life.
- Make time for hobbies, interests, and relaxation.
- Don't rely on alcohol, drugs, or compulsive behaviors to reduce stress.

Kiara Dhar (V – A)

STRESS MANAGEMENT



It is rightly said, "It's not stress that kills us, but our reaction to it."

No matter who we are and what we do in life, stress is always going to find us. But it's how we manage stress that makes the ultimate difference in our life. We all long for a peaceful and stress free life but often find ourselves stressed out with life and situations. We must realise that stress is something we indulge in

consciously. We need to train our mind to look at the positive side of life and attract what is good from the universe.

But, I feel above all, the most important tip is to **believe in yourself**. I am reminded of some inspirational lines here that my mother always says when I am stressed and demotivated...

"In the pursuit of any dream, there will be moments when we feel that the dream is LOST

It is then that we must have FAITH

In the person we are

BELIEVE that we have the ABILITY

To overcome any obstacles that come our way...

And when Your dream comes true...

You will realise then what a STRONG person you have become..!!"

So, no matter what life gives you, Never stop believing in yourself.

Stay happy. Stay Positive . Always.

Sargam Kaur Puri (V- B)

STRESS MANAGEMENT



Stress in simple terms, means being overloaded with any task or activity. It means one faces a situation or a condition where a person feels that one is overburdened or pressurized with loads of work. In short, we experience stress when we feel "out of control." Different people handle stress differently, its situation based. There are lot of strategies to handle stress better if one is confident of one's abilities. In order to run and function our life smoothly, its important to know in what ways we can manage stress.

Mrigank Singla (V- B)

POWER OF ENDURANCE



Power of Endurance is the ability to work for prolonged periods of time and the ability to resist fatigue for physiological as well as physical activities.

When we build mental endurance, we teach ourselves never to quit what we are doing. Endurance describes a person's ability to sustain physical and mental activity.

Mental toughness is the ability to resist, manage and overcome doubts, worries, concerns and circumstances that prevent you from succeeding, or excelling at a task or towards an objective or a performance outcome that you set out to achieve. People with low mental endurance may find it difficult to focus on tasks for long periods and become distracted easily. One should get plenty of rest and exercise and practice managing your stress well for enhancing endurance. Taking care of your physical and mental health will provide you with more energy to focus on positive thinking.

Our mental endurance keeps us going, even when our body is tired or when we are bored, and despite the difficulties and challenges we might face. Think positively to achieve endurance.

Shivam Zakhmi (VI B)

DIGITAL INDIA – A STEP TOWARDS FUTURE



Yes it is true that due to emergence of computer and mobile phone, our country has become one of the biggest market of e-commerce.

Digital advancement has taken our country towards the road of development. In this hour of lockdown, it was only due to digital platform available to us that, we all students were able to study by staying at home.

Therefore digital India is going to be our future in the time to come .

Advit Prasad (IV-C)

DIGITAL WELL BEING



With the advent of the computer and smart phones we have started living in information highway . Due to various

application(apps) and software available in market , we all have started giving more time to our mobile phones which is good as well as bad . As excess of anything is bad, so spending more time on mobile phone is also bad because it leads to lot of wastage of time .

In order to control our mobile time , there is an application developed by the name digital well being . This software in smart phone once installed helps in monitoring our mobile time spent on various applications like facebook , whatsapp etc. This app also have a parental control and children can be monitored by the parent . In this world of information , it is very important for a person to understand what information is useful and what is not ?

So digital well being help us to curtail useless time spent on mobile platform. Excessive usage of mobile is a very big reason for the student community to digress from his or her studies . So a limited assigned time should only be allocated for mobile usage. We should always remember that humans have created technologies but at the same time we have to ensure that we do not become slave of technologies .

Prachi Prasad , VI-B

STRESS MANAGEMENT



Stress is a complex phenomenon and the term was first used by medical researcher Selye (1984) to describe body's biological response mechanisms.

It has been defined in many ways, but simply put; it is the wear and tear of everyday life. Sometimes people cope well and will not feel that the pressure is having any adverse effect upon them. At other times they will have difficulty in dealing with the situation and that is when we may use the term "stress".

It may seem sometimes that there's nothing we can do about our stress level. In spite of all the reasons of stress in our life, there is a wide range of resources and strategies for coping with pressure and stress.

In fact, the simple realization that we are in control of our life, is the foundation of stress management. Managing stress is all about taking charge: taking charge of our own thoughts, our emotions, our schedule, our environment, and the way we deal with our problems. We need to Relax our mind and body. We deserve it, it's good for us, and it takes less time than we think. We don't need a spa weekend or a retreat. The best way of getting relief from stress is to meditate, keep our mind focused on the breathing.

Aarav Garg (V- A)

PATIENCE – A KEY TO HAPPINESS



To face all the events of the life happily we need to have positive attitude, be patient and disciplined. Being patient is the hardest thing but it is very important in our life. Patience gives us strength.

There is small story which explains why we need to have patience, There was a man who found a butterfly cocoon. He thought he would help the butterfly to develop faster. One day a small opening appear he watched it for some hours because it takes lots of efforts for butterfly to come out. The man didn't keep patience and decided to help butterfly, he cut the cocoon with scissors. Butterfly then came out easily but its wings were not developed properly, it was never able to fly and spent rest of its life crawling. Man didn't understand that the struggle was needed to strengthen its wings.

Similarly whenever we face any obstacle in our life and we keep patience, it makes us strong. Patience is the biggest weapon to fight with any situation. Currently we all are going through a tough time but all we need to do is "**Keep Patience**" and I believe our patience will give us strength to face this situation cheerfully.

Abhinav Puri (IV –C)

DIGITAL WELLBEING

In Digital Wellbeing, you can see which apps and websites you use most and set daily limits. Once you hit the limit, those apps and sites pause and notifications go quiet. So you'll spend only the time you want, exactly where you want. As technology becomes more and more useful to everything we do, it can sometimes distract us from the things that matter most to us.

We believe technology should improve life, not distract from it. We are committed to giving everyone the tools they need to develop their own sense of digital wellbeing. So that life, not the technology in it, stays front and center. That essentially limits it to



owners of Pixel and Essential phones as of this writing. Be sure to download it and give it a go if you haven't already. As for the rest of you, read below to see how you can start to incorporate Digital Wellbeing into your life no matter which version of Android you're on!

Chaitanya Behl (VII-A)

DESTRESS TECHNIQUES

Stress is a part of everybody's life. At some point we have all experienced a very stressful situation, and most of us experience stress on some level every day.



The things that stress us out – called stressors – are different for everybody. But in the end, there are a select few that seem to have

an impact on us all: school, work, relationships, money, and the list goes on. Stress is not just a mental reaction to our environment; it also can have a huge physical impact on us all. This is my personal stress-management plan.

There are many techniques and strategies for managing stress. Many of these include physical activities such as breathing techniques and exercise. Mental activities such as meditation and mental imagery have also helped many people manage stress. Other techniques such as improving time-management skills, decreasing or eliminating drug and alcohol use, and diet improvement have been proven to help as well. Many commonly prescribed stress management techniques are actually lifestyle changes that prove to be beneficial in many ways beyond just stress management. For instance, exercise improves mental well-being, physical fitness, and is a great way to manage stress.

Tejasvini Behl (IX-A)

VIRTUAL GAIETY

PRE-PRIMARY

MOTHER'S DAY



Mother's day is a special day, for all children and mothers, as it celebrates the bond of love and affection that is everlasting.

The students of Pre-Nursery & Nursery had something more special and unique to bring a smile on their beloved mother's face. The Kids passionately got involved in making Mother's Special Week really special for mommies by doing various activities like making beautiful bracelet and necklace using pasta, cooking without fire, spending MOM & ME time with their mothers.

It was a pleasure watching the super excited moms with their dynamic and energetic children preparing something unique, something special.

FAMILY DAY

(FAMILY TREE ACTIVITY & FINGER FAMILY ACTIVITY)

The Family is GOD'S greatest Masterpiece. Family gives you the roots to Stand Tall and Strong. Family Day gives family members and their children a chance to celebrate the meaning of being a family and to

spend quality time with their loved ones by participating in fun activities together.



Students were asked to make family tree with their photographs and also make a finger family, drawing cute face of their family members.



It was a day full of fun and excitement for the students and would definitely be a memorable day in their life. In today's fast growing world, such activities revive and rekindle the importance of love and affection among the members of a family.

LEMONADE CRAFT

Lemonade craft activity was inspired by the Summer and kids love for craft and colour. With this sensory art activity, children smelled the lemons

and felt the rough and bumpy texture.



Children used lemon as a stamp and make lemon prints of circle shape on colourful paper and cube blocks dipped in white colour to make ice of square shape. It was so interesting and simple that kids were able to participate and make a really pretty picture!

THANK YOU CARD

Thank You is a great way of showing Gratitude. We acknowledge our relationship with the person we say "Thank You" to. It's a simple sign of respect.



Thank you card in the most meaningful way is sure to put a smile on your recipient's face.

VIRTUAL VITALITY

PRIMARY

EARTH DAY

Earth Day, the annual celebration of the environmental movement, when we are reminded of the importance of climate action to create a healthy, sustainable and resilient future for our planet.

While this pandemic continues to remind us that our human health is deeply connected to the health of our environment, it also gives us the opportunity to think of creative ways to come together at home to celebrate Planet Earth.



Xavierians flooded with hope, optimism and action demonstrated their support for environmental protection through an array of activities like badge making, drawings depicting their perspective of Mother Earth, presentations and active discussions.



With their creative and beautiful ways and ideas they truly made a difference to this Earth day

LABOUR DAY

Workers are the spine of a progressive nation! No nation can claim to be progressive, unless it's workers are emancipated.

Xavierians took out a moment to be grateful to our unsung heroes and the real strength of the nation by making aesthetic posters, assembly discussion through videos etc.



We salute all the workers for their countless efforts and the toil they do everyday for our prosperous nation.

FAMILY DAY

Families are the compass that guides us on the thorny path of life, they are the inspiration for us to achieve great heights and it is one of the best natural masterpieces. The love of a family which is life's greatest blessing was celebrated with high spirit and zeal by the Xavierians on Saturday, May 16, 2020.

The occasion assumed more significance when the children shared about their families virtually, did various activities like students

made aesthetic family posters, and danced to live the moment, got an opportunity to sing melodious song and videos on the importance of families were shown.

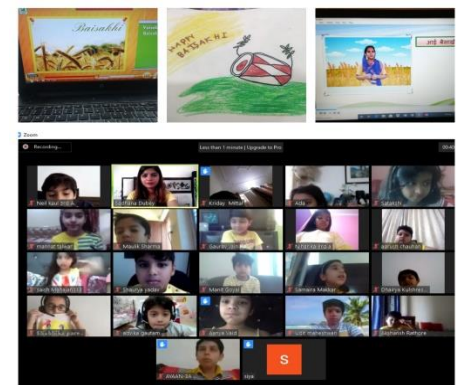


The fact that there are no better teachers than parents and greater friends than siblings which came out vividly through today's heartfelt and amazing moments spent together to celebrate this beautiful day.

BAISAKHI

Baisakhi, the festival which brings with it joy and happiness was celebrated with the same fervour and gaiety by Xavierians on April 13, 2020.

In this time of lockdown when we can't move out of our homes, Xavierians celebrated the harvest festival, Baisakhi with great enthusiasm virtually.



Students dressed in yellow attire for their online classes and were made aware about the significance of the festival through videos and PPTs. They danced on the tunes of Baisakhi music in a jubilant mood.

The motive behind the virtual celebration was to apprise the children of their culture and heritage.

The colours of Baisakhi and piousness were well reflected in the zeal and smile of Xavierians. Hence, honouring the festival virtually and spreading positivity, optimism and joy even during the time of adversity.

MOTHER'S DAY

'SHE HAD HER DREAMS, BUT SHE IS WORKING TO MAKE YOURS COME TRUE.'

The above quote summarizes the entire journey of motherhood and Xavier's witnessed one of the most memorable Virtual Mother's Day on May 09, 2020.

Mother's Day is a celebration honouring mothers and celebrating motherhood, maternal bonds and the influence of mothers in society.



This year, many of us are rethinking how to give extra recognition to moms, being in a lockdown. But it wasn't that difficult to achieve for Xavier's, as the family got together once again to turn the occasion into a special one.

Motherhood was celebrated with much zeal and excitement and extra-special efforts in terms of plethora of activities were undertaken

to recognize and appreciate mothers' roles in our lives like.

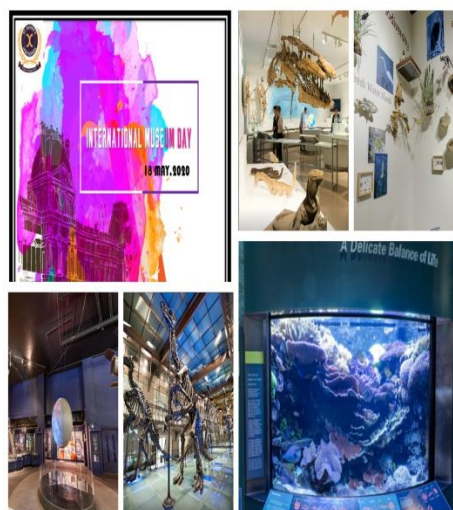


Mothers grooved in the Zumba session, swayed to the music and expressed their true feelings of motherhood. It turned out to be an emotional roller coaster ride and the presentation comprising of pictures of moms with their loving kids was the cheery on the cake.

Xavier's family left no stone unturned to make this Mother's Day special for all the incredible women who deserve every bit of happiness. Salute to all the supermoms out there. Xavierian moms you truly rock!!

INTERNATIONAL MUSEUM DAY

Museums are an important means of cultural exchange, enrichment of cultures and development of mutual understanding, cooperation and peace among people.



To apprise Xavierians with the rich cultural heritage we owe, the students were taken on a virtual tour of museums.

The excitement was vivid on their faces as it was a different and amazing experience altogether. Embracing changes positively and looking for new ways of learning while cognizing students with the relevance of culture was aimed at and achieved successfully.

NATIONAL TECHNOLOGY DAY



Technology, something which has become a part and parcel of our lives in the current scenario, something we cannot do away with. Hence, the day assumes more importance and was celebrated by Xavierians with the same zeal through discursive class assembly, bringing out the significance and highlighting the achievements of our country in the field.

XAVIERIAN'S EMBRACING VIRTUAL FITNESS

Xavierians have found the safest way to health in these challenging times as well. With the philosophy, 'Embrace life, believe you can.' They have boarded virtual fitness along with their regular online classes with high spirit and zeal.

A boost in engagement and motivation was clearly evident when the students started following the fitness videos played by their teachers.



With the belief that exercise and recreation is equally necessary and is a key to healthy body and creative intellectual ability Xavierians have broadened their realms by incorporating technology to achieve fitness and in turn happiness. Let's be fit and active with Xavierians while at home because we all know body is the only place we have to live.

INGENIOUS XAVIERIANS

Creativity was unleashed in the best manner by students through various Art and Craft activities conducted virtually.

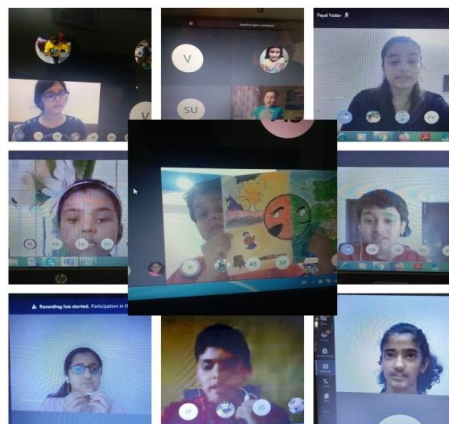


The glimpse of aesthetic Xavierians actively hooked to creating something incredible.



VIRTUAL ACCOMPLISHMENTS

Competitions undoubtedly enhance learning, but it's a lockdown, does it still serve the much needed purpose? The questions are multifarious.



For Xavierians the competitions conducted in the quarter enhanced their learning, improved collaboration and bonding virtually in a healthy manner. It even enhanced their social and emotional learning, much needed at the hour by engaging them constructively in the healthy competitive spirit.



EXTENSION AND ENRICHMENT ACTIVITIES

Virtual teaching and learning was a new way of life and learning which the Xavierians embraced so confidently. The teachers left no stone unturned to make learning more interesting, active and engaging and concrete by incorporating plethora of activities in their regular online classes. These activities have gone a long way in enhancing children's creativity and build skills in critical

thinking, listening, memory, visualization, and concentration.



WEBINARS

The COVID-19 pandemic has brought to light a stark reality of life, to enable the Xavier's family deal with this turbulent time positively, and serve best each student, parent and teacher with enhanced collaboration, compassion, patience and well being, Webinars were conducted successfully by Ms. Shalini Nambiar. Member – Advisory St. Xavier's High School on 'Creating Healthy Environment at Home' and by Mr. Sumit Bhardwaj, Master Trainer TA, NLP Trainer, Life Coach, on 'Dealing with Irrational Fears and Phobias'. The webinars provided handy strategies and tactics which we all can use today.

