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EDITORIAL

“The difference between architecture and building is that the former expresses an idea, while the latter is merely a structure built on economical principles. The value of matter depends solely on its capacities of expressing ideas.”

– Swami Vivekananda

A good architecture involves a chain of proper ideas, effective planning, designing and implementation of ideas to give shape to a well constructed building. St. Xavier's School believes in the true essence of a well defined architecture so that it yields good concrete results and the School magazine 'INBOX' is one such paradigm that involves the entire Xaverian family in its planning and processing to give wings to ideas and thoughts.

The session 2022-23 is a testimony of the fact that the school throbbed with the gusto for excelling in all walks of life. No stone was left unturned to give a free rein to the Xaverites to express their ideas, their thoughts, their inventiveness so as to make learning pleasurable in a congenial environment and now as we move on to the threshold of the next promising session, I take pride to share with my readers that there is a charisma that encircles everyone who is associated with St. Xavier's School and its varied activities.

As you flip through the next edition of 'INBOX' 2022-23, it will lead us to all the nostalgic moments of the session and let us reflect about the commitment and responsibilities that each one of us shouldered to make every single event happen with a great success.

It becomes possible to inbox all our recollections in the magazine by the guidance of our School Manager, Principal, contribution of valuable thoughts by Staff members and students and the support of technical staff. Hence, the very essence of team work keeps me and my Editorial team moving forward with zest to carry on this task with great delight.

I express my gratitude to each one of you who has been in the journey of releasing 'INBOX' for the last couple of years and I am sure that we shall be continuing with this job with great pleasure in the forth coming sessions too.

Saiqua Jaffar
(Editor Incharge)



The Odyssey....

St. Xavier's school has been trailing for the last 40 years on the path of distinction in the field of academics, sports, extracurricular activities and nurturing emotional and spiritual growth of children. The Odyssey of St. Xavier's School has been a very enriching one to all those who have been emotionally involved with the growth of this institution. But in the words of Napoleon Hill –“Strength and growth come only through continuous effort and struggle.” We too believe in the notion of striving continuously till the desired result is achieved.

The magazine 'INBOX', portrays the various initiatives taken up in this session for the overall up gradation of student's performance in every sphere of life. The session 2022-23 indeed played a very significant role in reaching to the larger section of the community by spreading the values and message of St Xavier's through Rallies, Awareness programmes, Social outreach activities, free health check-up programmes and by endeavouring into many such remarkable ventures. One of the major event of this year was the Annual function titled 'REISE- The Journey...' through which our students tried to reach out to the people to convey the universal message that the beautiful planet bestowed upon mankind is being ruthlessly exploited by humans and we need to act now before it's too late.

I congratulate the efforts of our Editorial Board, Staff and students, the technical team who have made it possible to keep alive the ethos of team work. I pray to God to bless us all and guide us throughout our precious journey of life. Let's work together hand in hand for the growth of this institution as "Teamwork divides the task and multiplies the success."

Regards
Fr. Christopher Michael
(Manager)



Dear Students, Faculties & Parents,

As we embark on a new academic year, it is essential that we take a moment to reflect on our journey so far and assess where we stand in achieving our goals. Last year, we set some immediate objectives for ourselves, and it is time to evaluate our progress.

Our first goal was to ensure improvement in language and reinforce English communication with students and faculty members. We made some progress but more concrete and systematic approach is required. We did accomplish satisfactory results by implementing the 'Golden Silence Moment', encouraging soft skills development during the zero period and promoting decency in behaviour while minimizing verbal violence.

The next objective was to define processes through documentation in cases of indiscipline, improve remediation for weak students and reduce noise in classrooms and corridors. These methods yielded beneficial result by documenting records in diaries, registers, portal and ensuring proper file system to track and address indiscipline, improving classroom control and reducing noise levels.

One of the most important tasks was to renew our focus on critical thinking, develop criteria building in learning pedagogies, and make systematic efforts in career guidance and counselling. Students were encouraged for higher-level questioning, designing, planning and exhibiting innovative ideas and all such measures certainly led to the improvement in assessments. Priority was given to career guidance and counselling at regular intervals.

Our next aim was to make a serious effort to monitor and improve smart class usage, implement Bloom's Taxonomy, and ensure regular correction of notebooks. We did achieve satisfactory results by organizing teaching plans and assessments, implementing Bloom's Taxonomy, and correcting notebooks regularly.

To pay a good deal of attention to Co- curricular activities, teachers were involved in various club activities through a documented learning objective plan to make these periods more productive and meaningful. These club activities will be implemented in the coming session with full swing.

The next target of the school was to work for a major improvement in the Physical Education program. We made fair progress by ensuring daily attendance, defining and describing teaching and learning curricula, creating teams to compete at district and state levels and improving physical fitness and athletics.

A very significant step was taken to restructure the Arts, Music, and Dance classes. The graded syllabus was planned and Guitar classes for students of VI and VII has been enforced. Organizing a school band, making certain that the students retain agility through different dance forms and promoting vocal and instrumental music remained some of the most important objectives of the session.

'Reading maketh a man perfect'- With this thought in mind, our final goal was to promote reading habits. The infrastructure of the library was further enhanced opening for the students an affable congenial atmosphere. A large stock of books relevant to various subjects were added in the library and both the students as well as teachers were encouraged to utilize the Library and read books of their choice.

We have made significant progress in achieving our immediate goals, and I am confident that we will continue to build on this momentum in the new academic year. With our collective efforts, we will continue to provide a world-class education that prepares our students to make meaningful contributions to the society.

Sincerely,
Fr. Cidloy Furtado
Principal



'Passion, Purpose and Progress'- These are the 3 mantras for any individual, organization, community or nation's growth and prosperity. St. Xavier's School has merely not completed its 40 years of establishment; it has grown over the years to eminence not merely because of its name but due to the continuous efforts and zeal that each member of the Xaverian family exhibit to move ahead and remain unrivalled. The purpose of the school is very clear- 'Work with passion for the well being of the institution and reap the fruits of progress.'

This institution has been functioning for the last four decades with great fervour to unfold the hidden talents of the students. Each year, new ventures are embarked upon and all the teachers and students involve themselves very passionately to make it happen. The session 2022-23 was also utilized to the fullest with various novel activities and events. Whether it was Cycle Marathon or Awareness rally; celebration of festive occasions or conducting MUN offline- every single event was undertaken with a purpose, with passion to make it progress with great success. And above all 'REISE' the annual function set the stage on fire with each individual working round the clock to make this event memorable.

Hence, I am elated that the next edition of our school magazine 'INBOX' has clubbed together all the particulars of the current session which would help us to recall all the memorable moments of this session.

I thank our Manager and Principal for all the initiatives they undertake, keeping into consideration that the students benefit in every possible way. I wish you all a happy and fruitful new session ahead.

Archana Rajput
(Coordinator)



Making Differences..... by touching minds and hearts.

Dear Students,

A momentous session has come to an end and another challenging one beacons. As this session draws to a close, I would like to congratulate you all for your hard work and achievements throughout the year. You have made us proud with your academic and extracurricular accomplishments. It has been a journey full of challenges, ample of learning and new discoveries, beautifully mentored by our Principal Reverend Father Cidloy Furtado and our Manager Reverend Father Christopher Michael. For them innovation is the silent mantra.

My Dear Xavierites, as you set your sights on the new session, I want to remind you that a new year brings new opportunities. The school still believes in creativity and students have always been given a canvas to paint on the colours of life freely.

This year we have tremendous opportunity to grow and learn together. Our school has an incredible group of students, dedicated and committed team of teachers and staff who are passionate about helping our students to reach their full potential.

Remember that success is not achieved in a day, or even a year, but through consistent effort and perseverance. Keep pushing yourself and don't be afraid to step out of your comfort zone.

Whether you are involved in sports, music, drama, or any other extracurricular activity, I encourage you to embrace every opportunity and challenge that comes your way. Make the most of your time here at school. Take advantage of the resources and support available to you, whether it is talking to a teacher or the counsellor, participating in a club or group, or attending school events. There are so many ways to get involved and make a difference and I hope to see each and every one of you find something that you are truly passionate about.

Remember, the road ahead may be rocky, but we all will stride forward with our unbeatable spirit and the blessings of our patron St. Francis Xavier.

To conclude, I want to wish you all a successful, fulfilling, and enjoyable academic year 2023-24.

Sincerely,

NUPUR
Supervisor



As students, you all know how important it is to focus on our studies, but there's another important aspect of our school life that we shouldn't overlook – extracurricular activities. These activities play a vital role in shaping our overall development and can have a significant impact on our lives

Firstly, extracurricular activities help us to develop important personal skills that we'll need throughout our lives. Leadership, communication, teamwork, time management, and decision-making skills are just some of the qualities that we can acquire through participation in extracurricular activities.

Secondly, research has shown that students who participate in extracurricular activities tend to perform better academically. Better grades, attendance, and test scores are just some of the benefits that students can enjoy by taking part in extracurricular activities.

Thirdly, extracurricular activities can help us to prepare for our future careers. By exploring our interests and potential career paths, we can

gain practical skills and experience that can be valuable for our future job prospects..

In addition, extracurricular activities can help us to build social skills and make new friends. Meeting and interacting with other students who share similar interests can help us to feel more connected to our school community and reduce stress and anxiety.

In conclusion, participating in extracurricular activities is an important part of our school life. It can help us to develop personal skills, improve our academic performance, prepare for our future careers, and build social connections. I encourage all of you to explore the different extracurricular activities offered by our school and to get involved in one or more of them.

Sonia Jindal
Activity Incharge



THE POTTER AND HIS POT

A beautiful designed pot lay in an antique shop,
Artistically carved and coloured from bottom to top,
Admired by one and all.
A sense of contentment and smile spread on the Potter's face,
Who heard from each one, his work being praised.
This spectacular moment led him recall
How he had started one day, with some musty clay
And was determined to make it worth, make it weigh.
He laboured with ease with a smile on his face
But kept working with patience, confidence and with the right pace.
The Potter crushed and minced and patted the clay
Then made it spin on a wheel
Bent the pot and pricked it- the bitterness, the clay could feel!
Then let it pass through the heat and then allowed it to cool
And finally painted it and brushed and made it sit on a stool.
The clay now turned to a fine pot, felt greatly relieved,
After going through thick and thin, it now perceived,
How the Potter had given it the best shape.
And to its master, it expressed its gratitude,
For making it the most valued.

A teacher student's relationship is similar to the potter and his pot. A teacher has to play a significant role in the life of the students. The potter experienced a sense of satisfaction after transforming the clay into a well designed pot. Similarly, a teacher uses several measures to give a child a holistic growth. The teacher may appear to be stern at times, sometimes her words and reprimands may be disliked by the students but varied methodologies are adopted by a true teacher to bring a positive transformation and refinement among the students that finally enhances the knowledge, confidence and self-esteem of a child and gives him/her a sense of pride and satisfaction.

Let us all continue to be the Potter.....

Saiqua Jaffar
(Head of Department, English)



अभ्यास और सफलता

‘करत करत अभ्यास के जड़मति होत सुजान’ यह पूर्णता सत्य है कि लगातार अभ्यास करने से मूर्ख व्यक्ति भी बुद्धिमान बन सकता है। अभ्यास के द्वारा ही मनुष्य अपनी क्षमताओं का विकास करके निपुण बन सकता है। अभ्यास के अभाव में तो वह अपने अर्जित ज्ञान एवं कौशल को भी भूल जाता है। संसार में सभी प्राणी जन्म से बुद्धिमान नहीं होते। कुछ में बुद्धि तो होती है पर वह सुप्त अवस्था में रहती है। अभ्यास करते रहने से वह बुद्धि सक्रिय हो जाती है। कलाएं भी अभ्यास से ही निखरती हैं। वरदराज निपट मूर्ख था। वह कुए की जगत पर रस्सी से पड़े निशानों से प्रेरणा लेकर निरंतर अभ्यास में जुट गया और अभ्यास के बलबूते पर ही संस्कृत का महान विद्वान बन गया। कालिदास भी प्रारंभ में जड़ बुद्धि थे पर विदुषी पत्नी की फटकार सुनकर अभ्यास के बलबूते पर संस्कृत के महान कवि और नाटककार बन गए। वही विद्यार्थी सफलता की सीढ़ियां चढ़ता है जो निरंतर पढ़ाई का अभ्यास करता रहता है। अभ्यास से मूर्ख व्यक्ति भी चतुर बन जाता है। नृत्य संगीत के क्षेत्र में तो अभ्यास का और अधिक महत्व है। अभ्यास ही कलाकार को अपने क्षेत्र में पारंगत बनाता है। अतः हम कह सकते हैं कि अभ्यास की बहुत महिमा है।

Asha Garg

(Head of Department, Hindi)



ਸਕਾਰਾਤਮਕ ਸੋਚ

ਸਕਾਰਾਤਮਕ ਸੋਚ ਦਾ ਮਨੁੱਖੀ ਜ਼ਿੰਦਗੀ ਵਿੱਚ ਬਹੁਤ ਮਹੱਤਵਪੂਰਨ ਸਥਾਨ ਹੈ। ਸਕਾਰਾਤਮਕ ਸੋਚ ਦਾ ਧਾਰਨੀ ਮਨੁੱਖ ਆਪਣੀ ਮੰਜ਼ਿਲ ਸਹਿਜੇ ਹੀ ਪ੍ਰਾਪਤ ਕਰ ਲੈਂਦਾ ਹੈ। ਕੋਈ ਵੀ ਕਾਰਜ ਕਰਨ ਤੋਂ ਪਹਿਲਾਂ ਜੇਕਰ ਸਾਡੇ ਵਿਚਾਰ, ਨਤੀਜਾ, ਸੋਚ ਹਾਂ-ਪੱਖੀ ਹੈ ਤਾਂ ਕਾਰਜ ਦਾ ਸਫਲ ਹੋਣਾ ਨਿਸਚਿਤ ਹੈ। ਨਕਾਰਾਤਮਕ ਸੋਚ ਮਨੁੱਖ ਨੂੰ ਆਪਣੇ ਟੀਚੇ ਤੋਂ ਬਹੁਤ ਪਿੱਛੇ ਲੈ ਜਾਂਦੀ ਹੈ। ਵਿਚਾਰਾਂ ਦੇ ਬਦਲਾਵ ਨਾਲ ਹੀ ਕਾਰਜ ਦਾ ਨਤੀਜਾ ਤੈਅ ਹੁੰਦਾ ਹੈ। ਦੁਚਿਤੀ ਵਿੱਚ ਫਸਿਆ ਮਨੁੱਖ ਸਹੀ ਫੈਸਲਾ ਨਹੀਂ ਲੈ ਸਕਦਾ। ਉਹ ਆਪ ਤਾਂ ਆਪਣੇ ਟੀਚੇ ਤੋਂ ਖੁੰਝਿਆ ਹੁੰਦਾ ਹੈ ਦੂਸਰਿਆਂ ਨੂੰ ਵੀ ਉਲਝਾਉਣ ਦੀ ਕੋਸ਼ਿਸ਼ ਕਰਦਾ ਹੈ। ਇਸ ਲਈ ਸਹੀ ਸਕਾਰਾਤਮਕ ਸੋਚ ਅਪਣਾ ਕੇ ਆਪਣੀ ਜ਼ਿੰਦਗੀ ਦੇ ਉਤਰਾਅ-ਚੜ੍ਹਾਅ ਸੁਲਝਾਓ। ਆਪਣੀ ਪਹਿਚਾਣ ਬਣਾਉਣ ਲਈ ਜਿੱਤ ਜ਼ਰੂਰੀ ਹੈ ਅਤੇ ਜਿੱਤ ਲਈ ਸਕਾਰਾਤਮਕ ਸੋਚ। ਸੋਚ ਦੇ ਅਧਾਰ ਤੇ ਹੀ ਨਤੀਜਾ ਨਿਰਭਰ ਕਰਦਾ ਹੈ ਇਸ ਲਈ ਕਦੇ ਵੀ ਆਪਣੇ-ਆਪ ਨੂੰ ਕਮਜ਼ੋਰ ਨਾ ਪੈਣ ਦਿਓ-ਮੈਂ ਇਹ ਕਰ ਸਕਦਾ ਹਾਂ, ਮੈਂ ਇਹ ਜ਼ਰੂਰ ਕਰਾਂਗਾ ਵਾਲੀ ਸੋਚ ਅਪਣਾ ਕੇ ਆਪਣੀ ਮੰਜ਼ਿਲ ਤੇ ਪਹੁੰਚਣ ਵਾਲੇ ਜਿੱਤ ਯਕੀਨਨ ਹੀ ਪ੍ਰਾਪਤ ਕਰ ਸਕਦੇ ਹਨ।

ਸਕਾਰਾਤਮਕ ਸੋਚ ਅਪਣਾਵਾਂਗੇ,
ਜਿੱਤ ਯਕੀਨੀ ਬਣਾਵਾਂਗੇ।
ਆਪਣੀ ਮੰਜ਼ਿਲ ਪਾਵਾਂਗੇ,
ਜੀਵਨ ਖੁਸ਼ਹਾਲ ਬਣਾਵਾਂਗੇ।

Rupinder Kaur
(Head of Department, Punjabi)



Women empowerment refers to the process of granting equal rights, opportunities, and resources to women, thereby enabling them to become independent, confident, and self-sufficient. It is a movement that aims to create a society where women are not discriminated on the basis of their gender and are treated with the same dignity and respect as men. Women empowerment is a critical issue in today's world as women continue to face discrimination and marginalization in various spheres of life. The empowerment of women is essential for achieving sustainable development and promoting gender equality. Empowered women have better access to education, healthcare, and economic resources, which leads to improved health and well-being for themselves and their families. When women are empowered, they become agents of change and can contribute to social and economic development.

They can also challenge discriminatory practices and policies and advocate for their rights and those of others. There are several ways in which women can be empowered. One of the most important ways is through education. Education can help women acquire knowledge, skills, and confidence, which can improve their economic prospects and enable them to participate more fully in society. However, in many parts of the world, girls are still denied access to education, which limits their opportunities for empowerment. Another critical factor in women's empowerment is economic independence. When women have access to resources and economic opportunities, they can become financially independent and contribute to their families' and communities' economic growth. Economic empowerment can take many forms, such as microfinance programs, training in entrepreneurship, and access to credit and other financial services. Political participation is another crucial element of women's empowerment. Women's participation in politics can help to ensure that their voices are heard and their interests represented in decision-making processes. It can also lead to changes in policies and laws that affect women's lives. However, women continue to be underrepresented in politics, with women holding less than a quarter of parliamentary seats globally. Women's empowerment is also closely linked to their health and well-being. Access to healthcare services, including reproductive health, is essential for women's empowerment. When women have control over their reproductive health, they can make informed decisions about their lives, careers, and families. However, women continue to face numerous challenges in accessing healthcare services, particularly in low-income countries. In conclusion, women empowerment is a critical issue that requires urgent attention from governments, civil society organizations, and individuals. Empowered women are essential for achieving sustainable development, promoting gender equality, and creating a more just and equitable society. The empowerment of women can take many forms, including education, economic independence, political

Poonam Sharma
(Head of Department, Mathematics)



EXPERIENCE OF BEING A TEACHER

Flashes of happy recollections from my time at St. Xavier's school comes back as I go down memory lane of the past many years of teaching. A young, timid girl accepted the task of joining this organization to instill compassion and enthusiasm in the children and prepare them for the world. The journey is indeed very memorable.

Around the world, my students have given me cause for pride. My students love, respect, and admire me because I have earned their love and respect.

Having spent half of my life at this institution, I now possess dignity, freedom, self-reliance, responsibility, admiration and self-belief.

I feel as though it's my second home. I have witnessed this institution expand every day. After 40 years, we stand out among other schools with pride. Principals, teachers, students, and support staff all had an impact on my life in

one way or another. I have learnt so much in this institution that has helped me at every phase of my life as a Teacher. My educational background, volunteer activity and teaching career have all fostered a personal drive in my devotion and dedication to the school. I now have the fortitude to take on various challenges in my life.

My heart felt thanks to the Almighty and everyone who helped me in making my journey at St. Xavier's School, Bathinda, unforgettable. Teaching for me is not a profession, it's my passion to make my students face the challenges of life. As a teacher what I have earned is that I have inspired hope, ignited the imagination and instilled the love of learning in my children.

It's an honour for me to represent my school as a Teacher.

Jaspal Kaur Sidhu
(Head of Department, Science)



What is Social Science ?

Social Science is itself part of the social experience it seeks to interpret and explain , "William Hardy

Social Science is the study of society and human interactions in the society. It gives a better way to look around us. Social Science is usually concerned with groups of people rather than individual person. It explains how society works, explores everything from challenges and measures to overcome those challenges to make people happy. From the experiences of the past we derive an inspiration to move in the future, that is why it is said:-

Social Science is the art of listening and the science of hope.

Rajdeep
(Head of Department, Social Science)



"Flowers leave part of their fragrance in the hands that bestow them"

Children are like flowers, let them blossom to their fullest. They spread their fragrance of their persona through their behaviour with all myriad qualities. Some may exhibit innocent side, some are fearless. Some bloom carefree , some may swing right and left .Some may cluster together while others stake out a space of their own..Some may bloom very fast and others at a slow pace. But all individually have their own color, beauty and fragrance that is valued on its own and is part of the glory of garden.

As teachers we cannot control the amount of sunshine or rain. We cannot know the ultimate color or shape the flowers will form from their bulbs or seeds. But we can always make conscious and wise efforts to water them, weed them, nourish them and ultimately nurture them to grow and bloom to their fullest , spread their fragrance and contribute to their beauty of life.

Poonam Bhaghla

(Head of Department, Humanities)



Do Your Best, Leave The Rest

Board exams are around the corner, and evaluations of board exams are about to start for post-boards preparations. At this time, rivers of coffee, nerves and sleepless nights occupy the days and nights of many students. But, in some of them there is another element that makes it difficult for them to study, and that's anxiety. An exam related anxiety becomes more complex and hard on students when it comes as a test of one's pride, parents' pride or one's self-esteem and all. This immense pressure and fear of students, lead them towards low marks and poor performance. We can easily manage all these fears and insecurities by remaining calm and composed during the exams. Exams are like festivals ,enjoy it.

“Do Your Best, Leave The Rest” is my mantra to face exams related anxiety. Don't think about the results give your best, believe in yourself as success does not lie in the “results” but in “efforts”. “Being the best” is not so important, “doing the best” is all that matters.

Sarita Mittal
(Head of Department, Commerce)



'Difficult roads lead to beautiful destinations'

Life of a student in this mad race of competition is not an easy one.

Each individual has to keep up with the pace to be in par with others and it is often found that some students show frantic emotions, sometimes they panic and get nervous prior to exams. A lot of stress finally leads to negative consequences.

Hence, my earnest advice to our dear students is that one should keep one's calm and indulge in revising and reviewing their work on a regular basis. One should take out time for recreation and doing exercise. Hard work is the difficult road that leads to beautiful destinations and this destination is 'SUCCESS'. Follow these mantras 'Imagine, believe and Achieve' and surely success will touch your feet.

Sunita Goyal

(Head of Department, Science Stream)



'Every accomplishment starts with the decision to try.'

Our school under the guidance of our Principal took the initiative to start 'Remedial Classes' for those students who require extra attention so that they get the advantage of improving day to day in the subjects that demand extra focus. With the cooperation of all the teachers, Remedial Classes were conducted twice a week after seeking prior consent of the respective parents. The students too put in their best efforts and the result was fruitful.

These classes brought optimism among the students and teachers adopted various measures to enhance the skill of those students who found certain subjects very cumbersome. Such classes help the students in gaining confidence and shedding their fear of exam.

Having shouldered the responsibility of being the Incharge of Remedial Classes, I feel this has indeed helped and motivated the students who require extra attention. I hope we would find more beneficial ways to resolve the issues of the students in future.

Gagandeep Kaur Sra
(Remedial Class Incharge)



प्रतिच्छाया

आपने अक्सर अपने बड़ों को कहते सुना होगा कि उनके ज़माने में परिवेश बहुत भिन्न था। मतलब आज की तरह तो बिलकुल नहीं था। वास्तव में मुझे ऐसा लगता है कि ज़माना इतना ज़्यादा बदल गया है कि हम आगे बढ़ने की होड़ में अपनी जड़ों को छोड़ते जा रहे हैं। पेड़ कितना भी घना और ऊंचा क्यों न उठ जाये, मत भूलिए पानी और पौष्टिक तत्व उसे जड़ों से ही मिलते हैं। अगर वह अपनी जड़ों काट डालेगा तो वो पानी के अभाव में टूट बनकर ही रह जायेगा। जिसमे से जीवन का सार तत्व समाप्त हो जायेगा। बस कुछ ऐसी ही स्थिति हमारी उस युवा पीढ़ी की है, जो पाश्चात्य के प्रभाव में अपनी संस्कृति को अपने से अलग करती जा रही है। हम भूल जाते हैं कि हम किस परिवेश में, किस मिट्टी में पले-बढ़े हैं। पूर्वी संस्कृति की चकाचौंध में हमारी नई पीढ़ी की आँखें इस कदर चौंधिया गई हैं हमें कुछ भी साफ़ साफ़ नहीं दिख रहा। रहन-सहन से लेकर खान-पान तक हम

अपना छोड़ दूसरों का अपना रहे हैं। कहीं न कहीं हम भूलते जा रहे हैं की हमारे आदर्श क्या हैं। अपने आपको कहीं बहुत पीछे छोड़ते जा रहे हैं, तभी तो जान नहीं पा रहे कि हम कौन हैं और चाहते क्या हैं? मैं कभी भी नवीनीकरण से विमुखता की बात नहीं करती। बस अपने आप को अपनी संस्कृति से जोड़े रखेंगे तो हम अपने आप को जान पाएंगे, अपना प्रभाव छोड़ पाएंगे। अगर ऐसा नहीं किया तो बिलकुल वैसी ही परिस्थिति होगी जैसी धरती से कंट्रोल टूटने पर आसमान में उड़ते जहाज़ की होती है। उड़ान तो भर ली जाती है पर वापसी का रास्ता सुझाई नहीं देता। मैं युवा पीढ़ी को परामर्श अवश्य दूँगी कि मत भूलो तुम कौन हो। जब तक संस्कृति है तब तक आस है, बिना संस्कृति मानवता का विनाश है। दूसरों के रंग-ढंग अपनाने में हम कहीं इतने अंधे न हो जाएँ कि अपने मूल्यों को भूल जाएँ और फिर कहीं के न रहे।

साभार - मोनिका वर्मा



ਮਹਿਲਾ ਦਿਵਸ----- ਇਕ ਅਸਲੀਅਤ

ਰੱਬ ਦੀ ਇੱਕ ਅਦੁੱਤੀ ਰਚਨਾ ਕੁੜੀਆਂ,
ਜਿਨ੍ਹਾਂ ਨੂੰ ਰੱਬ ਨੇ ਵਿਹਲੇ ਬਹਿ ਬਣਾਇਆ,
ਲੋਕਾਂ ਨੇ ਲੱਛਮੀ ਕਹਿ ਸੀਸ ਨਿਵਾਇਆ।
ਇਸ ਲੱਛਮੀ ਰੂਪੀ ਧੀ ਦੀ,
ਹੁੰਦੀ ਦੇਖ ਕੇ ਬੇਅਦਬੀ ਅੱਜ।
ਮੇਰਾ ਚਿੱਤ ਬਹੁਤ ਕੁਰਲਾਇਆ,
ਅੱਖਾਂ ਵਿੱਚ ਹੰਝੂਆਂ ਦਾ ਹੜ ਆਇਆ।
ਮਾਂ ਬਾਪ ਲਾਡਾਂ ਨਾਲ ਪਾਲਦੇ ਨੇ,
ਫਿਰ ਚੰਗਾ ਘਰ-ਵਰ ਭਾਲਦੇ ਨੇ।
ਬਚਪਨ ਤੋਂ ਹੀ ਬਸ ਉਸ ਨੂੰ,
ਨਾ ਬੋਲਣ ਦਾ ਪਾਠ ਪੜ੍ਹਾਇਆ।
ਹੁੰਦੀ ਦੇਖ ਕੇ ਬੇਅਦਬੀ,
ਮੇਰਾ ਚਿੱਤ ਕੁਰਲਾਇਆ।
ਵਧੀਕੀ ਖਿਲਾਫ ਵੀ ਮੂੰਹ ਖੋਲ੍ਹੀ ਨਾ,
ਆਪਣੇ ਬਾਪ ਦੀ ਪੱਗ ਨੂੰ ਰੇਲੀ ਨਾ।
ਸਹਿਣਸ਼ੀਲਤਾ ਦੀ ਮੂਰਤ ਬਣ ਜਾਵੀਂ,
ਬਸ ਮੂਹੋਂ ਕੁਝ ਵੀ ਬੋਲੀਂ ਨਾ।
ਪਤੀ ਹੀ ਤੇਰਾ ਸਭ ਕੁਝ ਹੈ,
ਬਸ ਇਹੀ ਸਬਕ ਸਿਖਾਇਆ ਏ।
ਹੁੰਦੀ ਦੇਖ ਕੇ ਬੇਅਦਬੀ ਅੱਜ,
ਮੇਰਾ ਚਿੱਤ ਕੁਰਲਾਇਆ ਐ।
ਅੱਜ ਮਹਿਲਾ ਦਿਵਸ ਦੇ ਮੌਕੇ ਤੇ,
ਹਰ ਕੋਈ ਦਿੰਦਾ ਜਾਵੇ ਵਧਾਈਆਂ।
ਮੇਬਾਈਲਾਂ ਤੇ ਇਸ ਦਿਨ ਸੰਬੰਧੀ,
ਮੈਸਜਾਂ ਨੇ ਪੂਰੀਆਂ ਧੂੰਮਾਂ ਪਾਈਆਂ।
ਕੱਲ ਸਵੇਰ ਨੂੰ ਇਹ ਸਭ ਗੱਲਾਂ,
ਲੋਕਾਂ ਨੂੰ ਭੁੱਲ ਜਾਣੀਆਂ।

ਔਰਤਾਂ ਸਿਰਫ ਲੋਕਾਂ ਦੁਆਰਾ ਲਿਖੇ,
ਮੈਸਜਾਂ ਤੱਕ ਹੀ ਸਿਮਟ ਕੇ ਰਹਿ ਜਾਣੀਆਂ।
ਘਰ ਦੀ ਨਿਮਾਣੀ ਲੱਛਮੀ ਦਾ,
ਫਿਰ ਬਿਚਾਰਾ ਰੂਪ ਸਾਹਮਣੇ ਆਇਆ।
ਹੁੰਦੀ ਦੇਖ ਬੇਅਦਬੀ ਇਸ ਲੱਛਮੀ ਦੀ,
ਮੇਰਾ ਚਿੱਤ ਕੁਰਲਾਇਆ,
ਅੱਖਾਂ ਵਿੱਚ ਹੰਝੂਆਂ ਦਾ ਹੜ ਆਇਆ।

ਬਬਲੀ ਗਿੱਲ



AN ATTITUDE OF GRATITUDE

Gratitude is an essential virtue,
Which everyone, in full spirit should pursue.
It highlights the need to be thankful,
Count our blessings and consistently remain hopeful.

Gratitude guides us to inculcate humility,
Stop cribbing during days of adversity.
Appreciate the gift of life and praise the Almighty,
Cherish every new day and dwell in tranquility.

Avoid comparisons, enlighten your life with faith,
Change your perspective and everything will fall into place .
Be grateful and admire the small pleasures of life,
Don't complain about trivial struggles and strife.

Gratitude gives us an opportunity to experience ultimate mirth,
To explore the purpose of your journey on the Earth.
And be thankful for each new breath,
Develop this habit before you are overpowered by death.

Jyotsna
(English Faculty)



'DANCERS DON'T NEED WINGS TO FLY RATHER IT'S THEIR PASSION THAT MAKES THEM FLY'

Dance is not merely tapping of the feet or moving of arms to the beats of music. Dance is a therapy that rejuvenates the soul and enriches the mind. Dance not only is a symbol of depicting art and culture but it also exhibits expression of religious ideas. No skit, drama or function remains complete without dance.

A dance period for students brings a smile on their face. With loads of scholastic work, dance comes as a relief to the students. It also build confidence in them, helps them to work in groups and teams and enables them to enhance their skills.

As a dance teacher, I believe that students should be given the privilege to learn all types of dance like Kathak, Bharatnatyam, western contemporary etc and our students are efficient to present themselves on the stage with any such dance.

I am sure that my students will keep on focussing on their moves with elegance in future too.

Ms Rose

Dance teacher

SERENE BEAUTY

Gurjeet
Art teacher





Exhibition, Competition and Position

ST. XAVIER'S BEATS 78 CBSE SCHOOLS CONQUERING THE TOP POSITION

CBSE had organised a Regional Science Exhibition at Ludhiana on 9th and 10th of December. St. Xavier's School participated in this event. Himanish and Sanchit from class IX represented the school with their model "Smart Cozy Frosty Gadget".

The students were trained under the mentorship of Jaspal K. Sidhu, Senior Science faculty of the school.

St. Xavier's bagged the first position out of 78 schools. Now the school is eligible to represent this model for National Level

The school Principal Fr. Cidloy Furtado congratulated all the participants on this grand achievement.





EXPERIENCE THE WORTH WITH NO FIREWORKS

Rally For No Fireworks to Celebrate Eco- Friendly Deepawali

A rally was organized by the School Management to enlighten the public to celebrate an 'Eco – Friendly Diwali'. The event was made possible with the co-operation of External Affairs Ministry, Health Ministry and N.C.C cadets to observe a pollution – free Deepawali this year. The students of class 9 and the school staff, carried placards promoting a Safe, Green deepawali and raised their voice against air, water, sound and environment pollution.

The rally under the supervision of the Principal, Rev. Fr. Cidloy Furtado, the Co-ordinator, Mrs. Archana Rajput and the Supervisor, Ms. Nupur commenced at 8.30 am from the school with the objective – small endeavors can make a big difference.

The Principal along with the students and teachers with the co- operation of Punjab Police, paddled through the city, spreading the message of celebrating safe and clean Deepawali. The students and the staff participated with great enthusiasm. The rally was a great success and this initiative undertaken was appreciated by the general masses. The Principal thanked all the participants for their contribution towards saving the environment and doing their bit for a cleaner and greener Mother Earth.





TECHNOLOGY- THE TOOL FOR ENHANCEMENT

IT QUIZ

To enhance the knowledge of the students in the field of IT, an Inter House IT Quiz was organized for class VIII. A team of 2 students from each house was selected for the Quiz. The Quiz master Vishavdeep Bansal, Deputy Minister along with the other members of the Ministry of Information Technology conducted the Quiz. Contestants were very enthusiastic, eager to answer and they actively responded to various round of questions which finally led Ruby House to bag the First position followed by Sapphire House and Emerald House grabbing the second and third position respectively.



A THING OF BEAUTY IS A JOY FOREVER



Gurjeet
Art Teacher

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AGILITY AND ABILITY GOING HAND IN HAND

FR. ANACLETO FERNANDES INTER SCHOOL BASKETBALL TOURNAMENT 2022

Fr. Anacleto Fernandes 4th inter School Basketball Tournament was organized on 28th and 29th October 2022 at St.Xavier's School Bathinda.



The Chief Guest for the tournament **Mr. Dev Raj Bansal Director PLPB** (Prime land promoter and builder) and the **Guest of honour Mr. Amrit Pal Incharge of Ajit head office** graced the occasion with their kind presence. The Ceremony commenced with the hoisting of flag followed by the March past and Oath ceremony. The March Past was led by St. Xavier's NCC students and the other contesting teams of the tournament.

The chief guest Mr. Dev Raj Bansal declared the tournament open. Xavier's students presented an energizing dance performance to entertain the audience. **Fr. Manager Christopher Michael, Fr. Principal Cidloy Furtado, Parish Priest Fr. Vinod Baa, Coordinator Ma'am Archana Rajput, Supervisor Ma'am Nupur and KG Wing Coordinator Ma'am Pallavi Jain** encouraged the students for their high spirits.

On the first day of the tournament a total of 21 teams from different schools of Bathinda participated with great fervour. The first match was played between DPS and the teams of **Behman Diwana**.



On 29 October, the second day of the tournament the Chief Guest Mr. Rajeshwar Singh Dhillon, and the guest of honour Harinder Jeet Singh Jilledar PWD and Amandeep Singh Saran were invited to boost the morale of the players. The match proved to be very captivating. Khalsa Senior Secondary School(Boys) and Govt. Girls Senior Secondary Academy Amritsar(Girls) were conferred the honour of reaching to the top position respectively and both the teams were awarded a cash prize of Rs.10,000 each. St. Xavier's School Bathinda(Boys) and Army Public School Bathinda (Girls) strived hard and made it to the second

place thus winning a cash prize Rs. 6000 each. 3rd position was secured by Sports School Guddha (Boys) and by Senior Secondary School Behman Diwana(Girls) and each was awarded a cash price of rupees 4000. The Trophy of the best player was won by Rajdeep Singh Sports School Guddha. The School Management expressed gratitude to the Sports Teachers, Mr. Devinder Pal Singh, Ma'am Manjeet Kaur, Ma'am Mamta Joshi, Ma'am Rinky Bhardwaj and Sir Navdeep for the successful completion of the tournament. The event was an outstanding opportunity to enhance Team Spirit among the students.





REISE *The Journey...*

The almighty, the omnipresent had a better plan
He bestowed the most beautiful planet- 'the earth' to man
He desired to provide a lush green environment, the fresh air to breathe
He decided to award the gift of sunlight, the shimmering moon bright
He designed the musk rose blooms and the flowery wreath
But man's quest for supremacy, his desire to exert his domnancy
Led him to indulge in envy, contempt, pride and jealousy
His follies, his sins, his ego and his foibles
Have turned the tables against him and made humans perfect rebels
The consequences of our actions are terrific
The reciprocation is indeed horrific
So what's next?

This beautiful episode of human journey was staged together
For all of us to ponder on the message that 'REISE' had to deliver.





UNVEILING OF SCHOOL MASCOT



LEARNING HEARTS, DARING MINDS

The school Mascot was unveiled on the grand occasion of Annual Function 'REISE'

Our school Mascot has the falcon, associated with agility, ascension, determination, aspiration, focus, grace, mental speed and power, freedom, swiftness, purpose, movement, and healing.

It represents a little Xavierite flying into the heavens, the heavens of its dreams, the skies of excellence, the horizons of brilliance, love and achievements.

The colour blue in the mascot is the colour of the ocean and the sky; it symbolizes the serenity, stability, inspiration, and wisdom of the Xavierite.

The colour red is the colour of blood, it is associated with sacrifice, the capacity to face dangers and risks, and act with courage.





19th November, 2022: St. Xavier's School, Bathinda celebrated its Annual Day Function with the great grandeur in the school. The purpose of the function was to convey the theme of human journey towards progress and its impact on mankind and nature. On this special day, the event was graced by the presence of the Honorable Chief Guest, Smt. Amrita Warring (Founder cum Chairman, Aasraa Foundation), the Guest of Honour, Rev. Fr. Remy Cardoza, sfx (Provincial Superior, Society of Pilar, Delhi Province) the Manager, Rev Fr. Christopher Michael, the Principal, Rev Fr. Cidloy Furtado, the Parish Priest, Rev Fr. Vinod Ba, the Assistant Parish Priest, Fr. Venito Colaco, the Co ordinator, Mrs Archana Rajput, the Supervisor, Ms Nupur and other dignitaries. Parents were also invited to attend the event. The students from different classes participated and performed in various activities. The participants were very enthusiastic to perform for the annual function. The entire school was decorated beautifully and especially the grand stage was decorated with bright lights and flowers.

The event began around 6pm with the welcome dance.

The Guest of Honour was felicitated by the Manager and the Principal of the school. After the felicitation, the Guest of Honour addressed the gathering with his inspiring words. He mentioned the importance of education and how it helps children to explore things in their lives. He emphasized on how life is different for everyone with hurdles, lessons and special actions that can lead us to success. He symbolized life as an opportunity which always gives us new lessons to be learnt. He also praised the parents by saying that they are the main source for the smooth functioning of the institute. At last, he thanked the school management and the teachers for their outstanding contribution to the institute.

After the inspiring words of the Guest of Honour, the Chief Guest was felicitated by the Manager and the Principal of the school. Then, the Chief Guest addressed the gathering by stating the importance of values such as sacrifice and honesty. She also addressed the parents and requested them to teach their children how to be happy and spread happiness everywhere. She emphasized that education is not merely about marks but it is about supporting a child's passion. At the end she thanked the school management and wished good luck to all the students.

Then the program proceeded further highlighting the journey of human progress and its consequences which was effectively presented by showing the five elements (sky, earth, air, water and fire) in the form of dances. Hereafter, there was a Creation Story that showed 'The Garden of Eden' and creation of Adam and Eve by God in the form of a play. Various dances such as Ethnic, Tribal and Portuguese were displayed very beautifully to show how man rambled in different parts of the earth and learnt many new cultures. In the journey of progress, he (man) faced many obstacles and reached the pinnacle of success. In this reise, he developed greed for materialistic world and vices like lust, power, pride and envy seized him. This thought was delivered in the form of a play 'Man the Slave of Desires' and the Ostrich - Drill. Hereafter, there were series of dances namely, Belly, Salsa, French, Samba and Robotic. The students wearing beautiful costumes were looking very attractive while performing.



With the progress of science, human destructed nature in many ways. This dark side of progress was shown in the form of an act. The play 'Set Me Free' delivered a message to protect the Mother Earth. There was also a local folk dance, Bhangra, which was a spectacular performance. The event was finally wrapped up by the Father Manager by mentioning the importance of love to all and finally he thanked everyone for their participation and contribution that made such a great event a huge success. The program ended with the national anthem.





XAVIER'S STAR NIGHT

Band, Instrument, Music : Rocking the Stage

The star night was a huge success which was made possible with the humming audience and the melodious singer who, left no stone unturned in making everyone dance. The singer was none other than Bhavdeep Romana, an alumnus of the school. This was a fund-raising event for the **Pilar Outreach Foundation**. Not only School students and the staff members tapped their feet on different songs, in fact outsiders were also cordially invited. There was a huge pomp and show and all eyes were set on the stage. The Musical night was more than enough to recreate all hearts from their monotonous life. The event began around 8pm with the floral welcome of the chief guest, **MLA Jagroop Singh Gill**. It was followed by the lightening of the lamp by the dignitaries. The event geared up with a captivating dance performance by a dance group '**DANCESHALA**', the dance revolved around the theme 'Friendship'. The attraction point of the evening was the Launch of the '**Alumni Association**'. The launch of Alumni Association added an element of nostalgia and made this an event worth cherishing. Alumni association will provide a chance to the pass out students to relive their old moments again. Thereafter, **QISSA band** forced everyone to croon with them. Finally, the most awaited moment arrived when **Bhavdeep Romana** stepped on the stage with a bang. Everyone felt ecstatic and overwhelmed with the melodious voice of Bhavdeep. To add colors to the evening DJ PALAK made her entry with her fusion. Everyone danced and had a quality time together.





Sharing, Caring and Cheering: The True Spirit of Xavierite

“ Christmas in the season for kindling the fire of hospitality in the hall and the genial flame of charity in the heart.”

Christmas is the festival which inspires the spirit of sharing and caring. 'The Joy of Giving Week' was celebrated from 5th December to 10th December. The Joy of Giving week was organised with an objective of teaching the students the value of sharing and caring. The students donated various articles like blankets, mufflers, shawls, gloves, woollen caps generously to exhibit the warmth of care, affection and love for the less fortunate. Besides 'Joy of Giving Week', various other activities and competitions added to the festive fervour. On the eve of Christmas, the children of class IV and V participated in various activities conducted by the school.



Gift wrapping and Christmas tree decoration were organized for the students of Grade four and snowman, wreath and Santa Claus making competition were organised for the students of Grade five respectively. The students of grade six conveyed Christmas greetings by means of hand - made Christmas Cards. The students of grade seven participated in the Bell Making, Star Making and Mask Making Competition to herald the birth of Jesus and inspire others to prepare room for 'Him' in their hearts. Grade eight was involved in the Ring Making and the Creation of Selfie Stand Competition. Students of Grade nine participated in decorating a ladder competition and class eleventh participated in Flower Decoration Competition. The students participated with full zeal and enthusiasm. The winners were awarded prizes during the special assembly held on 21st December.



'Visit to Prayas School'

Connecting with others – Through Compassion and Empathy



Welcoming the Christmas season, the school organized a visit to Prayas School, a social organization working to provide quality education to the underprivileged children in India in an attempt to share the joy of Christmas with the underprivileged children while also providing its students sense of sharing, caring, compassion, empathy along with sense of responsibility towards the society. Living to the expectation, the students of St. Xavier's School, Bathinda not just collected various items to be gifted in the Prayas school but also prepared performances in the form of Carol singing and dance to present before them in order to put a smile on their faces.



CHRISTMAS FLASH MOB: ENJOYING EACH STEP ON THE WAY



Keeping the spirit of Christmas alive St. Xavier school Bathinda, organised a flash mob to spread joy and happiness amongst the people of Bathinda. Xavierite's dressed up in beautiful attire became the centre of attraction. People of Bathinda enjoyed watching them dancing them at various places like **Dadi Poti Park, Mittal Mall and Nh7.**





JINGLE BELLS- REKINDLING THE SPIRIT OF CHRISTMAS

SPECIAL ASSEMBLY

“From home to home and heart to heart from one place to another.
The warmth and joy of Christmas brings us closer to one another”

On the eve of Christmas, a special assembly was conducted by the students of class IV B. To imbibe the values in children, the assembly was themed as Christmas - The Celebration of Values. The event commenced with the an introduction and welcome of the guests:

Parish Priest - Reverend Father Vinod Baa and Assistant Parish Priest - Reverend Father Venito Colaco.

Prayer service was rendered by the students to beseech the blessings of the Lord. After the word and thought for the day, a message was read from the holy Bible. To heighten the festivity mood, a dance was performed by the students of class sixth, seventh and eighth.

Thereafter, the students of class IV B shared the Christmas values in their own special way A Carol singing competition was organised for the students of class seventh and eighth which was well woven through the sequence of a play based on the birth of Jesus Christ. Prize distribution ceremony was conducted for the various competitions held in the month of December. Another dance performance was showcased by the specially abled children of Deaf and Dumb School, who were felicitated with trophies, by the management for their performance. The students of class IV B, exhibited their gratitude through the vote of thanks. To enhance the entertainment factor, the hosts concluded their assembly while tapping their feet to an English track. The assembly wrapped up by singing the national anthem. It was a day full of rejoicing and merry making.



VIBRANT VIBES – CHRISTMAS FETE



St. Xavier's Christmas Fete is the most awaited event in the city of Bathinda. Keeping alive the aspiration of the people of Bathinda, the management organised a vibrant fete to add to the ambience of fun and frolic on 22 nd December 2022. People flooded the school premises with enthusiasm. A variety of mouth watering cuisines, Games, Rides, Snapshots, Tambola, were some of the most exciting ingredients of the day.

CHRISTMAS FESTIVAL OF JOY



ALUMNI MEET : CHERISHING MOMENTS

On 21st January St. Xavier's, Bathinda organised its much awaited, first Alumni meet. The event was a great success and success of the event was not a day's job. A committee for it was organised long back in the month of November. The event started with the morning assembly, followed by a welcome speech and lamp lightning by the dignitaries. The objective of the event was to celebrate 50 glorious years of its establishment.

The evening was graced with the benign presence of esteemed lordship Rt. Rev. Bishop Theodore Mascarenhas. The event went on with the heart throbbing Dance performance, and sumptuous snacks. vTo add more colours to the evening, Singer and alumni Bhavdeep Romana crooned in his melodious voice.

Everyone present there had a great time reviving their nostalgic moments. They left the school premises with happy faces thanking the school management for having organised search lively events.





Scholastic Book Fair

A Book Exhibition was organised at the school Premises with the help of Scholastic India. It was organised with a key objective of developing love for books and to instil a habit of book reading among the students. The exhibition was inaugurated by Father Manager Christopher Michael on the Morning of 6th Feb. The exhibition displayed plethora of books for every age group and classes. It had a separate section for teenagers which had the maximum footfall of youngsters. To make the exhibition run smoothly a schedule was provided to the classes. Students showed their interest in buying and exploring the books. It came to its end on 10th Feb.



LOHRI: THE HARVEST FESTIVAL

As Indians, we are fortunate to be born in a land of diverse cultures. The splendor of living in a country like India is that we get to know about the various traditions and festivals of different states. To feel the warmth of these festivals, St. Xavier's School, Bathinda, organized a splendid Lohri celebration in the school campus. The celebration witnessed the presence of all the teachers, the working staff and the students of class 8,9 and 10.

The celebration commemorated with immense joy, enthusiasm and magnificence. A bonfire was lit and all the teachers, the staff and the students enjoyed the procession by dancing and singing Punjabi folk songs.

Overall it was a fun filled day for the teachers and the students. Such events should be always encouraged by the schools so that the students can learn the importance of our culture, tradition and togetherness.





I LOVE MY INDIA

CELEBRATING REPUBLIC DAY, PRESERVING THE ETHOS OF OUR NATION

74th Republic Day with great élat. The school took pride in glorifying and celebrating the spirit of Unity in Diversity. Everyone was feeling very happy as it was a great moment of pride because on this day in 1950 the constitution of India came into force and our country became a republic. The event witnessed the presence of the Honourable Chief Guest , Rev. Fr. Arwin (Vice Principal, St. Xavier's School, Rampura), the Principal, Rev. Fr. Cidloy Furtado , the Co ordinators, Mrs. Archana Rajput and Mrs. Pallavi and the Supervisor, Ms Nupur.

The event began around 8.45 am with the hoisting of the flag by our Honourable Chief Guest and followed by the National Anthem. The Chief Guest was felicitated by the Principal of the school. After the felicitation, the Chief Guest addressed the gathering with his inspiring words. He mentioned that patriotism should not be felt only for two days in a year but instead we should always be aware of our duties when we speak about our rights and freedom. He emphasized on the fact that we being educators, it is our great responsibility and duty to inculcate good values in our children. He encouraged everyone to take up the responsibility to be a part of a humanitarian family and play our significant role as moulders for the future generation . With good blessings, he wished everyone a great Republic Day. Hereafter, there were melodious patriotic song performances by the teachers of Junior and Senior Wing. An invoking speech was given by Mrs Simmi Khosla that stated the precious contribution of our great freedom fighters who sacrificed their lives for the country. A dance performance was presented by the senior wing teachers that conveyed the message of patriotism to all.

Finally a vote of thanks was conveyed by Ms. Vipneet Kaur to everyone for their participation and contribution that made such a great event a moment of pride and honour.



HASTA LA VISTA : AN EMOTIONAL VALEDICTION

“May the road rise up to meet you, may the wind be ever at your back. May the sun shine warm upon your face and the rain fall softly on your fields. And until we meet again, may God hold you in the hollow of his hand.”



St. Xavier's School hosted a farewell ceremony for the students of Class XII batch of 2022-23 on 31st January. The teachers along with the students of Class XI and the management organised the event in unison, to bid a lively and joyful farewell to the seniors. The event witnessed the presence of the Honourable **Chief Guest Mr. Prashant Singla (Deputy Commissioner, Anti evasion,**

Bhopal Commissionerate) the Principal, Rev. Fr. Cidloy Furtado, the Manager, Rev. Fr. Christopher Michael, the Coordinators, Mrs. Archana Rajput and Mrs. Pallavi and the Supervisor, Ms Nupur.

The ceremony commenced with a welcome address by, **Ms. Arshdeep Kaur** followed by a Prayer to seek the blessings of the Almighty. The Chief Guest was felicitated by the Principal of the school. After the felicitation, the Chief Guest inspired the students with his motivational speech. He emphasized on the importance of patience and to keep misinformation at bay.

Class XI students presented foot tapping dances and euphonious songs. A special cultural programme was organized by class XI students. The program got off to a start with a welcome dance by the juniors in honour of the seniors. Thereafter, there was a spate of dance, music and laughter as the hosts impressed the spectators showcasing their vast repository of skills.

The most intriguing event of the day – The Finale of Master and Miss Xaverite was held. The winners were **Kashish Jaggi and Akarshan Khosla.**



The principal **Rev. Father Cidloy Furtado** in his address generously imparted his wisdom to the pupils and guided them towards the right path. He expressed his desire to see all the students at the great height of success and commended the seniors for smoothly taking on responsibilities and setting a remarkable example for their juniors despite the situation around them. He gave them helpful advice on how to juggle the expectations of their family and society with their own aspirations and concluded by wishing them happiness and success in all future endeavors and inspired them to leave an indelible mark on society and make the school proud.

The Manager, **Rev. Father Christopher Michael** also addressed the gathering with his motivational words.

Amanat Brar, the Prime Minister in her address expressed her gratitude to her seniors who acted as a guiding light in dispensing her duties as the head of the School Parliament.



The pick of the day was the Bhangra event, where the juniors enthralled the gathering with their rhythmic dance steps. The ceremony ended on an emotional note with the national anthem.

CELEBRATING BASANT PANCHAMI : LEARNING TO SOAR HIGH IN THE SKY



St Xavier's school, Bathinda took the initiative to celebrate Basant Panchami with an essence of humanity. All the students of the school participated in the oath taking ceremony during the assembly. The oath was to boycott the use of China dor, a deadly string that has become the cause of many fatal injuries to human, animals and birds during an ongoing kite flying season.

The school also allowed the students to enjoy kite flying during the zero period and recess. It was a great day of enjoyment. All this became possible due to the efforts taken by the school and management.





EDUCATION IS NOT LEARNING OF FACTS, BUT THE TRAINING OF THE MIND TO THINK

According to Albert Einstein “Education is not learning of facts, but the training of the mind to think. Education plays an important role to make our mind think in a different way. Education refers to grabbing of knowledge, thinking in a positive way and learning something new every day. We can get a lot of information from the internet but answering every question and storing that information is not an easy task.

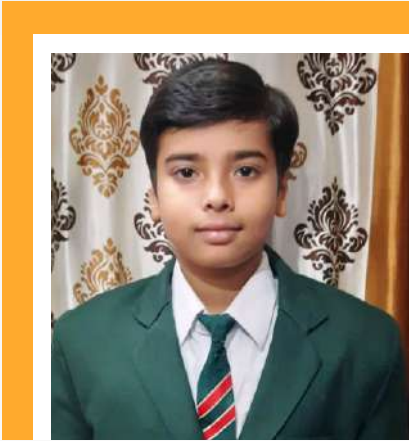
It is also said by Nelson Mandela that “Education is the most powerful weapon which you can use to change the world. Every citizen of the country needs to be educated as a healthy and educated human resource can help India to become a developed country. In India, Article 21-A of the Constitution also says that the children between the age of 6 to 14 years should be given free and compulsory education and right to education is also one of the fundamental rights. An educated person is more

important for a country than a rich person.

It is rightly said by Benjamin Franklin, “An investment in knowledge, pays the best interest”. The amount of money spent in education will never go waste as gained knowledge will surely pay off to us one day. The more you collect the more you will represent. Gaining any type of knowledge is not sufficient, we should have the technique to represent it.

Learning is not that job which needs to be done at a specific stage only. An adult, a child, an old - everyone can learn as per their interest. Let's tell the people the importance of education and spread awareness to the unaware to educate their child.

(AAINA 9A)



THANKS TO YOU, SALUTE TO YOU

Salute to you ,
For the great you do.
You make us feel great,
As well as feel us safe.
Thanks to you,
Salute to you.
When we celebrate Diwali, holi,
you can't even meet your family
You spend like this your life,
And we can't wait for a while
Thanks to you ,
Salute to you
We play for enjoy ,You fight for our life.
When we sleep in night
You do for us fight
Thanks to you,
Salute to you
We clap for the people
We cry for the people, Who we see in filmy life,
But we never clap for you, cry for you
You never mind about this,
Thanks to you,
Salute to you
Jai Hind

Aarav
6th E



NAÏVE OPTIMISM

Naïve optimism
Brings me close to lies
Deceptive tales
Feed fables to the mind
Being honest
Shows me the truth
Reality it unravels
Leaving the door of opportunity askew.

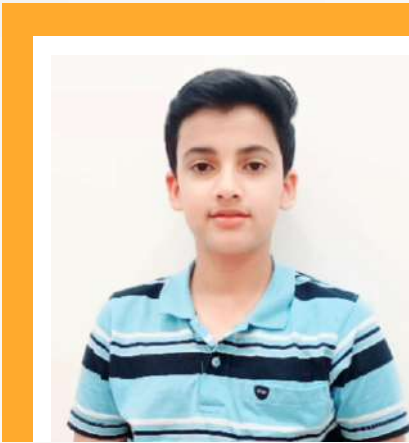
ANAHAD KAUR
10TH D



THE BEST THING YOU CAN WEAR..

Allow yourself to smile...
And make the world smile with you;
It does not need any reason,
It itself is a reason;
Don't be afraid of what you are,
Give a smile and begin with a new start;
All of them says,
Smile is the best thing you can wear;
Just put your best to make yourself smile,
Once in a while remember to smile;
Once in a while remember to smile;

HANSIKA DHAINWAL
9thA



मेरी दिनचर्या

सुबह: पत्तों की फड़फड़ाहट हमें सुनती है,
चिड़ियाँ सुरीला गाती हैं,
हवा की आवाज़ सुर्र करके जाती हैं,
और सुबह की चाय आनंदित हो जाती है।

दोपहर: सूरज सिर पर चढ़ आया है,
अंदर आने का मन कर आया है,
कुछ खाने का मन कर आया है,
कुछ देर बाद सोने का मन कर आया है।

शाम: शाम की ठंडी हवा बाहर आने को कहती है,
खेलने का मन बना देती है,
पतंगबाज़ी का मन बन जाता है,
शाम को भी मन खुश हो जाता है।

रात्रि: रात में घर से आवाज़ आ जाती है,
नीचे आज "अरमान"; माँ बुलाती है,
माँ के हाथ का खाना खा कर, नींद अच्छी आ जाती है।

ARMANDEEP SINGH SIDHU



FATHER'S STRUGGLE

Everyone considers fathers as bread men,
But I will tell you his story by paper and pen.

Everyone remembers mother's sacrifices,
But what about father's compromises.
If he doesn't reveal his pain,
It doesn't mean he doesn't feel life's harsh rain.
If every mother can be Mary why can't every father be Joseph,
Even though for his child he is a wall all rough and tough.

When a father uses all his life's income for his child's paper and pen,
And in future children ask when.
I know everyone says my father is a hero,
But only few of them know how he became a hero from zero.

But dad even when you have nothing,
You are my everything.
You are my climbing rope,
Without you I have no hope.
To achieve our dream dad, you act like a stool,
So, dad to you I am very thankful

GURNAAZ KAUR
9TH D



THE SECRET SPELL TOWARDS SUCCESS

Thoughts are kings,
They are the master of one's mind!
Ford was poor, Beethoven was deaf
And Milton was blind.

Helen Keller probably possessed all the disabilities,
that are mentioned above.
She was a lecturer, author, and activist,
But still didn't consider it enough.

What we feed to our brain,
is the most important!
Medicines can be used to cure one's disease,
or to make him a dope head.

Be positive and think right,
or you'll end up struggling
with your life in fright.
The one who thinks he can
is ALWAYS the best man.

KHUSHIV BATRA
7th D



LIFE - AN UNSOLVED MYSTERY

A poor man shivering with cold said,
Life is a struggle.
A rich man burst into laughter and said,
Life is money.
A soldier standing in the battlefield said,
Life is a battlefield.
A sparrow flying freely in the sky twittered,
Life is freedom.
A helpless bird in the cage said,
Life is a prison.
A saint in his speech said,
Life is the only way to reach God.
But I say,
LIFE IS AN UNSOLVED MYSTERY.

KANAN SINGLA
9th A



KOMAL
9th A

THE COLD BODY

A span of joy
Was a gift from him
She was only a medium
That suffered in grim

It was winter time
Everybody hoping from God
But they didn't knew
He was just a gift from God

His hue and cry
In the hospital aloud
All the beaming faces
Adore him with a sigh

Only three days, the happiness could retain
An ailment caught him
And he turned pale
He slept for that night with the morning dark
The baby was silent and was taken all apart



LAVANYA
9th A

FACTUAL LIFE

Oh! Please don't interfere in my life,
Because it won't make you survive.
Start looking into your own lives,
Because it will only make u smile.

My thoughts are my choice,
It wont match with your inner voice.
My career, my aim,
It will reveal only my name.

My dreams and my passion,
My mistakes are my lessons,
I don't like the prevailing fashion.

So, you don't need to be mine,
Because it will only waste your time.



MY SCHOOL

Hi everyone! Today, I am going to write about my school. I love my school because it's a wonderful place where I learn so many new things.

My school has a big playground where I love to play with my friends during recess. We play many games like football, cricket, and badminton. I also love to play on the swings and slide in the park area. In my school, we have many classrooms, a library, a computer lab, and a science lab. We learn different subjects like Maths, English, Science, Social Studies, and Art. Our teachers are very kind and helpful. They make learning fun and enjoyable.

We also have many events in our school, like Sports Day, Annual Day, and Cultural Day. On these days, we get to show our talents in various activities like singing, dancing, and sports.

My school is like a second home to me, and I am very happy to be a part of it. I have made many friends here, and I love spending time with them. I am grateful to my school for providing me with a great environment to learn and grow.

In conclusion, I love my school, and I look forward to going to school every day.

THE IMPORTANCE OF RECYCLING

Recycling is the process of turning waste materials into new products. It is an essential activity for conserving natural resources, reducing waste, and protecting the environment. Recycling helps to reduce the amount of waste that goes into landfills, which can harm the environment and our health.

Recycling has many benefits. For one, it conserves natural resources. Recycling paper, for instance, saves trees and reduces the energy required to produce new paper. Recycling aluminum saves energy and natural resources, and also reduces the need for mining bauxite ore, which can be harmful to the environment.

In addition to conserving natural resources, recycling also reduces waste. Landfills take up valuable land and can pollute the environment with hazardous waste and chemicals. By recycling, we can reduce the amount of waste that ends up in landfills and protect our environment.

Recycling also helps to reduce pollution. Manufacturing new products from recycled materials requires less energy and

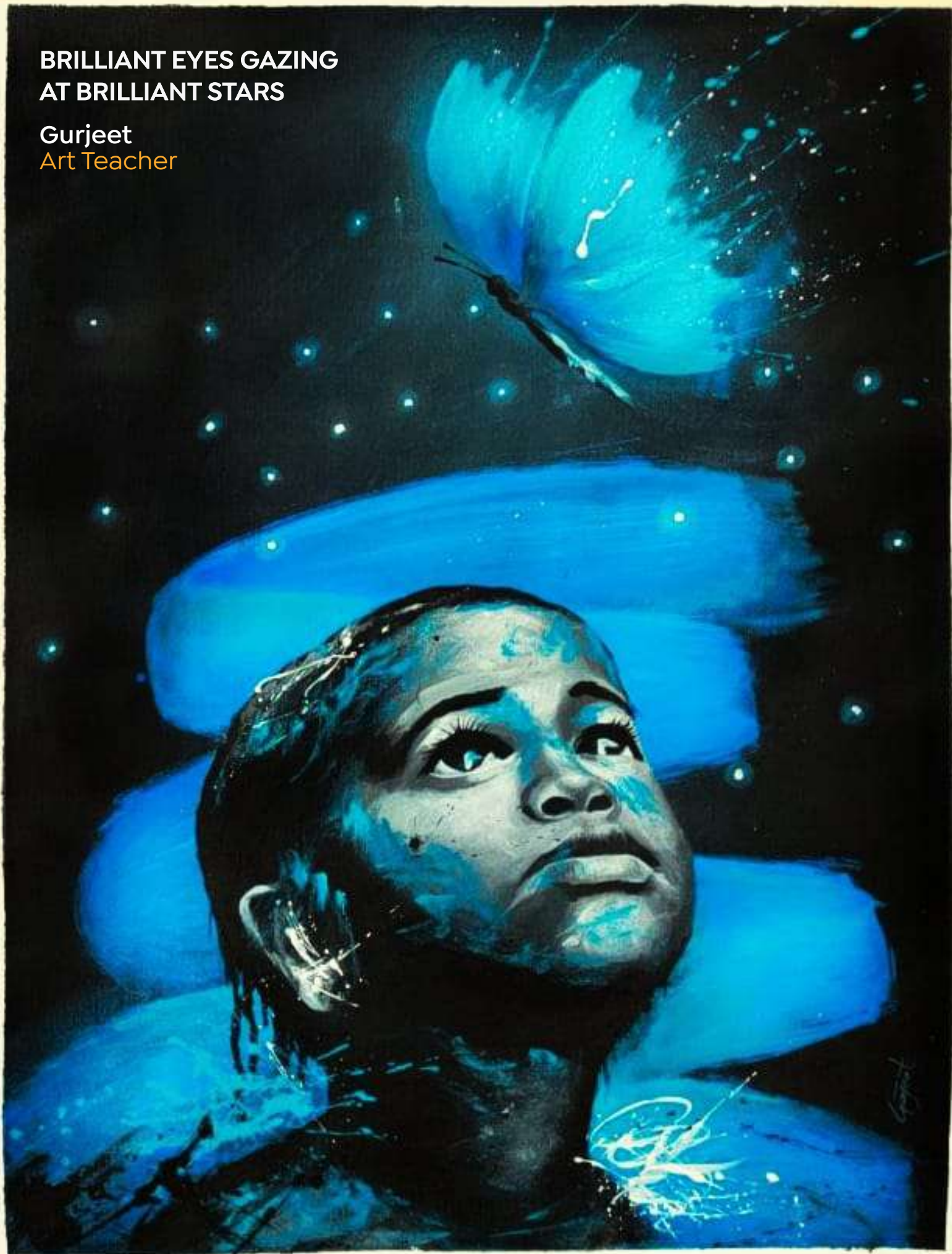
produces fewer emissions than producing products from raw materials. Recycling also helps to reduce greenhouse gas emissions, which contribute to climate change.

There are many things that can be recycled, including paper, cardboard, glass, aluminum, and plastic. Recycling can be done at home, school, and in the community. Many communities have recycling programs that make it easy to recycle, and many schools have recycling programs to teach students about the importance of recycling.

In conclusion, recycling is an essential activity that helps to conserve natural resources, reduce waste, and protect the environment. By recycling, we can help to create a cleaner and healthier planet for ourselves and future generations. So, let's make recycling a part of our daily lives and do our part to protect the environment.

**BRILLIANT EYES GAZING
AT BRILLIANT STARS**

Gurjeet
Art Teacher





समय

समय कभी नहीं रुकता
खेल है वह जीवन का
नहीं है ज्यादा कठिन
चलो इसके साथ प्रतिदिन।

महान बनने का सपना रखने वाले लोग
रखना इस बात को याद
वे कभी नहीं करते
अपने समय को बरबाद।

यह चलता ही रहता है
हर दिन हर रात
इसे मत करना बरबाद
यह होगी एक बड़ी भूल
पल भर में यह बीत जाएगा
जैसे उड़ती धूल ।

रखना इस बात को याद
मत करना समय बरबाद
अगर चलो तुम इसके साथ
चख पाओगे तुम सफलता का स्वाद।



ਅਣਜੰਮੀ ਬੱਚੀ ਦੀ ਪੁਕਾਰ

ਮੈਂ ਵੀ ਵੇਖਣਾ ਚਾਹੁੰਦੀ ਹਾਂ ਇਹ ਧਰਤੀ,
ਕਿਉਂ ਕਰ ਦਿਨੇ ਹੋ,
ਮੈਨੂੰ ਪਹਿਲਾ ਹੀ ਮਿੱਟੀ ਚ ਭਰਤੀ।

ਮੈਂ ਵੀ ਜੀਣਾ ਚਾਹੁੰਦੀ ਹਾਂ,
ਮੈਂ ਵੀ ਵੇਖਣਾ ਚਾਹੁੰਦੀ ਹਾਂ,
ਕੁੜੀਆਂ ਨਹੀਂ ਹੁੰਦੀਆਂ ਖੱਟ,
ਪਤਾ ਨਹੀਂ ਕਿਉਂ ਲੋਕ ਮਰ ਦਿੰਦੇ ਹਨ ਮਤ।

ਲੋਕ ਸੋਚਦੇ ਹਨ,
ਕੁੜੀਆਂ ਤਾਂ ਆਉਂਦੀਆਂ ਹਨ ਬੱਸ ਕਰਾਉਣ ਖਰਚੇ,
ਪਰ ਉਹ ਇਹ ਨਹੀਂ ਜਾਣਦੇ ਕਿ,
ਕੁੜੀਆਂ ਵੀ ਕਰਦੀਆਂ ਹਨ ਨਾਮ ਰੈਸ਼ਨ,
ਉਹ ਵੀ ਕਰਾਉਂਦੀਆਂ ਹਨ ਚਰਚੇ।

ਕੁੜੀਆਂ ਹੁੰਦੀਆਂ ਹਨ ਘਰ ਦੀ ਸ਼ਾਨ,
ਉਹ ਹੀ ਬਣਾਉਂਦੀਆਂ ਹਨ ਜਗ ਨੂੰ ਮਹਾਨ।
ਕੁੜੀਆਂ ਬਿਨਾ ਨਾ ਘਰ ਚਲ ਪਾਵੇਗਾ,
ਕੁੜੀਆਂ ਬਿਨਾ ਨਾ ਸੰਸਾਰ ਵਧ ਪਾਵੇਗਾ।

ਪਲ ਪਲ ਸਿਖਾਤੀ ਜਿੰਦਗੀ

ਦੋ ਪਲ ਦੀ ਜਿੰਦਗੀ ਹੈ,
ਪਰ ਬਹੁਤ ਕੁਝ ਸੀਖਾ ਜਾਤੀ ਹੈ
ਆਜ਼ ਬਚਪਨ, ਕਲ ਜਵਾਨੀ,
ਪਰਸੋਂ ਭੁਫਾਪਾ, ਫਿਰ ਖਤਮ ਕਹਾਨੀ ਹੈ।

ਕਲ ਮੁੜੇ ਮੇਰੀ ਮਾਂ ਨੇ ਡਾਂਟਾ,
ਕਲ ਮੈਂ ਰੋਏਂ,
ਪਰ ਆਜ਼ ਮੈਂ ਉਸਕੇ ਲਿਏ ਹੰਸੀ,
ਕਿਉਂਕਿ ਜਿੰਦਗੀ ਮੁੜੇ ਸੀਖਾ ਗਈ,
ਕਿ ਹਰ ਚੀਜ਼ ਸੇ ਸੀਖਣਾ ਸੀਖੋ,
ਹਰ ਚੀਜ਼ ਮੇਂ ਜੀਤਨਾ ਔਰ ਹਾਰਨਾ ਦੋਨੋ ਸੀਖੋ।

ਜਿੰਦਗੀ ਨੇ ਮੁੜੇ ਸਿਖਾਏ,
ਮੇਹਨਤ ਕਰਨੇ ਸੇ ਕਮੀ ਸਕੋ ਮਤ,
ਚਾਹੇ ਕਿਤਨੀ ਭੀ ਮੁਸੀਬਤੋਂ ਆ ਜਾਏ,
ਕਿਸੀ ਕੇ ਆਗੇ ਝੁਕੋ ਮਤ।

ਜਿੰਦਗੀ ਮੇਂ ਆਏ ਬਹੁਤ ਸਾਰੇ ਗਮ ਹੈਂ,
ਪਰ ਜਿੰਦਗੀ ਸੀਖਾ ਗਈ,
ਚਾਹੇ ਕਿਤਨੇ ਭੀ ਗਮ ਆਏ,
ਕਮੀ ਪੀਛੇ ਮਤ ਹਟਨਾ,
ਹਮੇਸ਼ਾ ਆਗੇ ਬਢਨਾ।

ਜਿੰਦਗੀ ਨੇ ਸਿਖਾਏ,
ਕਿ ਸਚਚਾ ਦੋਸਤ ਕਹੀ,
ਜੋ ਸੁਖ ਦੁਖ ਮੇਂ ਸਾਥ ਦੇ,
ਕਾਕੀ ਸਭ ਤੋ ਕੋਈ ਮਕਸਦ ਕੇ ਲਿਏ ਆਏ ਹੈਂ,
ਔਰ ਮਕਸਦ ਪੂਰਾ ਹੋਏ ਹੀ,
ਚਲੇ ਜਾਏ ਹੈਂ

ਜਿੰਦਗੀ ਨੇ ਯਹ ਭੀ ਸਿਖਾਏ,
ਮੇਹਨਤ ਹੀ ਸਫਲਤਾ ਦੀ ਕੁੰਜੀ ਹੈ,
ਮੇਹਨਤ ਕਰਤੇ ਜਾਓ,
ਔਰ ਆਗੇ ਬਢਤੇ ਜਾਓ,
ਆਗੇ ਬਢਤੇ ਜਾਓ..

JANVI BANSAL
7th B



बचपन

बचपन है सुहाना
इसे कभी मत भूल जाना
बचपन के भी क्या दिन थे
जिनके बिना एक पल भी गुजरते नहीं थे
बचपन होते थे वह मासूम पल
जिन्हें हम कभी बना देते थे शैतानी के पल
कभी मौसी के बागों से फूल चुराना
कभी उनकी मीठी सी डाँट खाना
कभी किसी के खेत से फल चुराना
कभी मां की डाँट खाना
फीर दादी के पीछे छुप कर अपने आप को बचाना
जब दादी रात को लोरी सुनाती
तो कभी उसे सुनते सुनते सो जाना
कभी एक पैसे की टॉफी लाना
कभी पांच पैसे का कच्चा आम लाना
कभी छुपन छुपाई खेल ना
कभी खेलना चेप्पू
कभी सब भाई बहन महफिल जमाते
कभी करते शैतानी
मेरी आखिरी बात पर गौर फरमाना
सुनोगे नहीं तो बहुत पछताना
बचपन है सुहाना
इसे कभी मत भूल जाना
बचपन को खुल कर जीना
मायूस पंछी की तरह कभी मत जीना।

KHUSHI
7TH D



FRIENDSHIP

Friendship, how can I define
To define I don't have a line.

Friends play friends fight,
One says left and the other says right.

They support us when we are right,
In our mistakes they become our guiding light.

Maybe far from our sight,
But always remain by our side.

Friendship, how can I define
To define I don't have a line.

MY FAVOURITE AUTHOR RUSKIN BOND

Well, well I love reading stories that are well explained and full of humour. Whenever I think of this type of stories, I always remember my favourite author Ruskin Bond. I remember that while reading his books I sometimes laughed so hard that I burst into tears. There have been many ups and downs, joys and sorrows in his life but inspite of all that he still was able to reach this far. He inspires me to never give up for your dream and keep chasing it until the end. He inspires me to find happiness and look for the positive side, even of the most negative things. He inspired me that if I am confident and hard - working and also little obstinate, I will surely achieve my goals.

He inspired me to have a goal to become an author like him. I want to see people smiling after they read my books.

MADHAV BANSAL
6TH C



NO TREES, NO MANKIND

The Almighty made all of us the same,
Still we think killing a tree is gaining fame.
The cruel minds with no pity,
Believe that assassinating a tree proves them witty.

Trees are the biggest donor,
And should be given an honour.
They bestow upon us resources selflessly,
In return we cleave them ruthlessly.

This is done to prove our dominance,
We might not understand their prominence.
But some day, we will realise their need,
And leave behind our greed.

So, let's pledge never to chop a tree,
And if you do so, instead plant three.
Promise to use resources wisely,
And stop wasting them blindly.

POV: You're A Boy!

Everyone talks about a girl's insecurity,
But no one speaks about giving boys equality.
You're a boy, don't cry like girls!
Don't they have emotions like us?
They think that men don't cry and men don't feel !
We all are humans who express to heal.
You dance well, it is nice,
But as a career, engineering seems more wise.
Doctor or engineer is for what they can opt,
And feel like as if their talent has been blocked.

To earn for their family is what they are taught,
Without giving their real dream a second thought.
A mother teaches her son to always respect girls,
But never heard her saying, "Give boys the respect that they deserve."
So let's stand against this discrimination in an iconoclasm,
And stop supporting this "you're a boy!" notion,

NAVYA
9TH A



MUSIC – A THERAPY FOR SOUL

Music is a sound that captivates our minds and souls with endearing effects. Every moment of our life from birth to death, from the whispers of nature to our heartbeat is filled with music. It nourishes our soul and purifies it. Using it allows us to convey our feelings without using words.

The scientific advantage of music was discovered in the 1800's. In 1789 an article "Music Physically Considered" was published by an unknown author. Later two researchers, Edwin Augustus Atlee and Samuel Mathews gave a thesis on the same in year 1804 and 1806 respectively.

During World War 1 and World War 2, music was played in US hospitals for soldiers who were going through post traumatic stress disorder (PTSD).

In 19th century the experimental research on music was already started. It was in 1950 when first professional organization in the United States, the National Association for Music Therapy was founded. Another organization, the American Association for Music Therapy was founded in 1971. Later both these organizations were combined to form the American Music therapy Association.

At the same time, two another international music associations, the World Federation of Music Therapy (1985), and the European Music Therapy Confederation (1990) were founded. Their main aim was to offer training in music therapy worldwide and to oversee professional development needs and education structure in music therapy.

Currently different genres of music are required to treat people with different health issues, both psychological and physical.

And that is the beauty of Music, it not only brings serenity to our soul, but also cures us in the best way possible.

As I wrap up the above article, I sincerely hope it was enjoyable for all melophiles.

PAAWAN SAROOP KAUR SANDHU
12th A



हमारे अध्यापक गण

हमारे अध्यापक गण हमारे अध्यापक गण
करते हम तुम्हें शत-शत नमन।
सदा सत्य के मार्ग पर चलेंगे
आपके समक्ष करते हैं प्रण।
हमारे अध्यापक गण करते हम तुम्हें शत-शत नमन।

माता पिता की सेवा करना
धर्म हमारा होगा।
निष्ठा कर्म पर ध्यान लगाना
कर्म हमारा होगा।
शिष्टाचार, सद्गुण का करते हम आह्वान,
हमारे अध्यापक गण करते हम तुम्हें शत-शत नमन।
देश की सेवा करने का
आज वचन हम लेंगे।

रहे ऊँची शान देश की
ऐसा कर्म हम करेंगे।
देह शिवा वर मोहे इहे
करें सदा शुभ कर्मन।
हमारे अध्यापक गण करते हम तुम्हें शत-शत नमन।

ऐसा आशीर्वाद दो हमें
चले उन्नति के पथ पर।
बाहुबल हो ऐसा कि
आँच आने दे इस धरा पर।

लहराए तिरंगा हिमालय पर
और गंगा पखारे चरण।
हमारे अध्यापक गण, हमारे अध्यापक गण करते हम तुम्हें शत शत नमन।



SHRIYA SINGH 9A

MY GRATEFUL HEART

I have a grateful heart, which is always eager.
It is filled with gratitude and hence will never be weaker.
So, it ushers me to thank God for being there by my side,
Even when the leaves of my life are gradually dry.
It makes me thank Him for the twinkling stars that shine,
Also, for leading me towards the golden line.
For teaching me to count my smiles instead of tears;
To be grateful for my boldness, and erasing my fears.
For the land both fertile and parched;
For the health guardians saving precious human lives,
In addition, the brave hearts defending our borders from the foes.
Thank you O God for the distance between the sun and the beautiful moon
From the freezing winter and scorching, heat of June.
With the spirit of gratitude, that colour our lives;
A passion for the self-development will certainly be awakened in our lives.

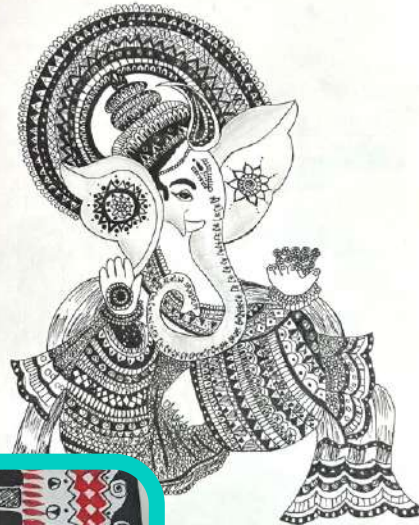


**SHUBAMDEEP
12TH A**

A WAY TO EXPRESS EMOTIONS

It is rightly said that 'BODY CONVEYS WHICH WORDS CANNOT'
Dance is the most liberated way to express emotions. It conveys a lot of emotions which cannot be conveyed verbally.
Many people cannot express their emotions freely and keep their emotions bottled up which may somehow impact every part of their life. When pent up sadness merged with fear and hope leads to a chaos in the soul. The merging of body, mind and soul, chaos calms and the emotions flow out in beauty of dance. Dancing freely to the rhythm of a song or simple beats of your heart, paves the way to release pent up emotions.
Emotions are not something which are just in our heads but they are physically embodied. The way you feel affects the way you hold your body. Emotions might also help in developing some of the most elusive elements that great dancers possess, things like, portraying beauty and ease, freedom of movement, confidence, risk taking, creativity, intensity.
Though there are many dance therapies specially designed to facilitate emotional expressions, you can tap into the power of dance right now, in your own living room.
Turn the music on and try it yourself and feel the bottled emotions being released through your dance.

PRITIKA 9th A



GAURI 9th A



LAVISHA 11th C



AKSHITA 9th A



TOGETHER WE CAN, TOGETHER WE WILL...



Editor-in-charge : Saiqua Jaffar

Editorial Board
Jotsana, Mamta Yadav, Amandeep Dhaliwal, Monica, Rajwinder, Babi

IT Graphics : Parbhakar Rao
Technical Support : Ashima