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MONTHLY NEWSLETTER ISSUE 34 MARCH 2025





Am i addicted?

Can i get out of it?







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 $\begin{array}{c} C & c \\ O & M \\ M & T \\ T & T \end{array}$ 

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- Ms. Marshal Xavier
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Chief Editor of this Issue

Ms. Shweta Dodiya

## Fr. S.Arul Rayan, S.J.



#### Dear Students and Parents,

We are aware of the difficulties that have emerged post the pandemic and especially the types of addictions to the mobile phones and the internet. While we all value the advantages very highly, we can't ignore the harm it brings along. I wish to reflect with you the types of mobile addiction, the causes and possible remedies, as it the need of the hour.

#### Types of Mobile Addiction:

1.Social Media Addiction: People who spend excessive time on social media platforms like Facebook, YouTube and Instagram, often experience a compulsive need to check updates, like posts, or scroll for hours. This addiction is driven by the need for validation and social interaction.

2.Gaming Addiction: Many individuals become addicted to mobile games like Candy Crush, PUBG, or Fortnite. This can be due to the reward-based system in games, where players are constantly driven to complete levels or win rewards, which triggers the brain's dopamine centers.

3.Internet Browsing Addiction: Some people spend excessive time browsing the internet for news, videos, or other types of content. The desire to constantly seek new information or entertainment can lead to overuse of the internet, resulting in a lack of productivity or neglect of other responsibilities.

4.Shopping Addiction: With the rise of e-commerce, mobile shopping addiction has become increasingly common. People may compulsively browse online stores or make purchases even when it's unnecessary, driven by the convenience of mobile apps and easy payment systems.

5.Video Streaming Addiction: Platforms like YouTube, Netflix, can lead to binge-watching habits, where individuals spend hours watching videos, often without realizing how much time has passed. The auto-play feature can exacerbate this behavior.

#### **Causes of Mobile Addiction:**

1.Dopamine Rush: Using mobile devices, particularly on social media or while gaming, releases dopamine, the "feel-good" neurotransmitter. This creates a pleasurable feeling, which can lead to people seeking repeated stimulation to maintain that sense of reward.

2.Social Validation and Peer Pressure: Social media addiction often stems from the desire for likes, comments, or attention. People may feel compelled to post frequently and check their phones to see how they are being perceived by others.

3.FOMO (Fear of Missing Out): The constant updates from social media, news, and other sources create a sense of urgency to stay connected, leading to frequent phone usage.

The fear of missing out on important events, trends, or conversations can drive people to keep checking their devices

4.Accessibility and Convenience: The convenience of having a smartphone with access to the internet, entertainment, social networks, and shopping apps makes it easy to use the phone for long periods. With everything available at the touch of a button, it becomes hard to resist the urge to keep engaging with the device.

5.Escapism: Many individuals turn to their phones to escape real-life stressors or problems. By immersing themselves in games, videos, or social media, they temporarily forget about their challenges or anxieties. This escapism can create a cycle of addiction, where phone usage becomes a coping mechanism.

#### Five ways of dealing with Mobile Addiction:

1.Set Time Limits and Schedules: One of the most effective ways to control mobile usage is by setting strict time limits for how long you'll use your phone each day. You can use apps like Screen Time (iOS) or Digital Wellbeing (Android) to track and limit your usage. By scheduling certain hours for phone use and sticking to it, you can reduce the impulse to check it constantly.

2.Turn Off Notifications: Constant notifications can cause interruptions, keeping you hooked on your phone. Turning off unnecessary notifications for social media, games, or apps will reduce the constant lure to check your phone. You can also enable "Do Not Disturb" mode to avoid distractions.

3.Engage in Offline Activities: Replace phone time with offline hobbies like reading, exercising, cooking, or spending time with family. This will help break the cycle of phone dependency and promote a healthier, more balanced lifestyle.

4.Practice Mindful Usage: Be mindful of the time spent on your phone. Before using your device, ask yourself what you want to accomplish and avoid mindlessly scrolling. This mindfulness can help you focus on productivity instead of passively consuming content.

5.Create Phone-Free Zones: Establish areas in your home (e.g., the bedroom, dining table, or living room) where phones are not allowed. This helps to foster a healthier balance between screen time and quality time spent with loved ones or engaging in other activities.

One final suggestion for the consideration of the parents: can we say NO TO MOBILE to our children at least till class 5? Can we stop using phone whenever we come together as a family for meal?

# May God bless us all.

Break free from the virtual chains and chase your goals with undivided attention.

#### લોહરી

"मूंगफली दी खुशबू ते गुड़ दी मिठास, मक्के दी रोटी ते सरसों दा साग; दिल विच खुशी ते आपनों दा प्यार, मुबारक होवे तुहानूं लोहड़ी दा त्यौहार".

શીખ પરિવારો માટે લોહરી ખૂબ જ મહત્વપૂર્ણ તહેવાર છે. લોહરી. તે મકરસંક્રાંતિના એક દિવસ પહેલા ઉજવવામાં આવે છે. આ તહેવાર દર વર્ષે 13 જાન્યુઆરીએ દરેક પંજાબી પરિવારમાં ઉજવવામાં આવે છે. અને તે દિવસે વિશેષ ઉત્સાહ હોય છે, અને આ ઉત્સાહ ત્યારે બમણો થઈ જાય છે જ્યારે આ દિવસે નવી વહુના નવજાત બાળકની પ્રથમ લોહરી ઘરની અંદર થાય છે.

બાળકોમાં પણ આ દિવસે અનેરો ઉત્સાહ હોય છે. મોડી રાત્રે ખુલ્લામાં અગ્નિ પ્રગટાવવામાં આવે છે. આખો પરિવાર અગ્નિની આસપાસ પરિક્રમા કરે છે. ત્યારબાદ દરેકને પ્રસાદ વહેંચવામાં આવે છે. પ્રસાદમાં મુખ્યત્વે તલ, ગજક, ગૂલ, મગફળી અને મકાઈના દાણાનું વિતરણ કરવામાં આવે છે

અગ્નિ પ્રગટાવ્યા પછી તેની આસપાસ ચોખા, સાકરિયા અને રાખડી ફેલાવવામાં આવે છે. આ કાર્યક્રમ મોડી રાત સુધી ચાલુ રહે છે અને તેમાં મુખ્યત્વે મકાઈના રોટલા અને સરસવની વાનગી તૈયાર કરવામાં આવે છે. આ રીતે આખો પરિવાર હાસ્ય-ગાન સાથે લોહરી ખુબ જ ઉત્સાહથી ઉજવે છે.

Goswami Shreyanshi 6C

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#### Uttarayana

Uttarayana...uttarayana...uttarayana. Wow! What a great festival it is! One of the best festivals for me filled with joy and happiness. A festival which gives you a lot of memories and love every year.

Uttarayana is also known as Makar Sankranti in many parts of India. It is celebrated every year with great fun in Gujarat. Celebrated on 14 and 15 January, it is a holiday when every family can meet outdoors while flying kites. Uttarayana is a vibrant celebration that encapsulates the essence of Indian traditions with cultural practices and a great bounding.

Festival serve as a reminder of our deep connection with nature and cosmos. We fly kites on this day, eat snacks like Chikki and Chakri etc and enjoy the day. There are many types of kites like Delta kites, Diamond kites, Foil kites, Cellular kites, Sled kites, Rokkakus kites, Stunt kites and Traction kites. All these kinds of kites are very famous. All of which vary in popularity complexity, usage and material.

Uttaratyana refers to period when the sun moves towards the northern hemisphere, beginning on Makar Sankranti and lasting for six months. Makar Sankranti is a Hindu festival. This festival is having a mythological idea to celebrate it.

In many states it is known as Makar Sankranti in, some state as uttarayana, Pongal etc. It is all about love, care, happiness and joy. I love this festival a lot and you may also do.

"May your life be as sweet as the til-gud laddoos you share" and you take care of all the birds and animals as well as yours.

Shah Krishi 6A

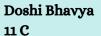


"Let your dreams touch the skies, just like the kites fly in the sky"

#### પ્રજાસત્તાક દિવસ

અમારી શાળા સેન્ટ ઝેવિયર્સ ગાંધીનગરમાં ૨૬ જાન્યુઆરી ૨૦૨૫ ના રોજ ધ્વજ વંદનના કાર્યક્રમનું આયોજન કરવામાં આવ્યું હતું. આ પ્રજાસત્તાક દિવસે એટલે કે ૨૬ જાન્યુઆરી ૧૯૫૦ માં એક અત્યંત મહત્વપૂર્ણ ઘટના બની હતી. આ દિવસે ભારતનું બંધારણ અમલમાં આવ્યું હતું અને ભારત ખરા અર્થમાં "એક પ્રજાસત્તાક દેશ" બન્યું. અમારી શાળામાં ૨૬મી જાન્યુઆરીએ દેશ ના "૭૬ માં પ્રજાસત્તાક દિવસે" મુખ્ય મહેમાન તરીકે "શ્રીમતી રીના શાંતલી" આવ્યા હતા. શ્રીમતી રીના શાંતલીના શુભ હસ્તકે સવારે ૮:૦૦ કલાકે ધ્વજ વંદન કરવામાં આવ્યું હતું .

ધ્વજ વંદન બાદ પ્રાથમિક વિભાગના વિદ્યાર્થીઓએ દેશભક્તિના ગીત રજુ કર્યા હતા, તથા રાષ્ટ્ર માટે શહીદ થનારા દેશભક્તોના ચરિત્રધારણ દ્વારા તેમની જીવનગાથા રજુ કરી હતી. આ દિવસે શ્રીમતી રીના શાંતલી મેડમે તેમના જીવન અનુભવ થતા વાંચનને પરિણામે વિદ્યાર્થી જીવન ઘડતર ની રજુવાત કરતુ વક્તવ્ય આપ્યું હતું. આમ શાળામાં પ્રજાસત્તાક દિવસની ઉજવણી ખૂબ જ ઉત્સાહપૂર્વક કરવામાં આવી હતી. જય હિન્દ.







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#### Prayers for peace, Salute to Martyrs

Martyrs' Day, also known as "Shaheed Diwas", is a solemn day observed in India on January 30th to commemorate the assasination of Mahatma Gandhi, the nations's father, and to honour all those who sacrificed their lives for the country's independence struggle. This day serves a reminder of the courage and commitment of countless heroes like Bhagat Singh, Sukhdev Thagar, and Shivram Rajguru, inspiring future generations to uphold the values of peace, unity and justice that they fought for. On this day, people across the country pay tribute at Raj Ghat, Gandhi's memorial, with leaders laying wreaths and observing a moment of silence at 11a.m., reflecting on the price of freedom and the importance of preserving it. This day reminds us of the ideologies taught and used by Mahatma Gandhi based on truth and nonviolence. Martyrs's Day unites the hearts of all Indians and keeps the country together.

Barot Dhyani 9A There is no greater sacrifice known to man than to lay down one's life in defense of the Nation. It is the cause, not the death that makes the martyr. We bow our heads to those who gave their today for our today, because great ones don't die, they continue to live in our hearts as inspiration.

Martyrs Day is recognised nationally on 30th January to mark the assassination of Mahatma Gandhi in 1948. The impact of Mahatma Gandhi went much beyond India's fight for the nation's independence. He promoted justice, nonviolence, and peace on a global scale. Although he is the most frequently associated with the day, the day is celebrated to remember those who sacrificed their lives for the nation. On this day, the President, Vice President, Prime Minister, Defense Minister, Chief of Defense staff and the three service chiefs at the Raj Ghat memorial. Armed forces' personnel blow bugles, sounding the Last post. A two-minute silence is observed in memory of Indian martyrs throughout the country at 11 a.m.

"The tyrant dies and his rule is over, the martyr dies and his rule begins"

Joshi Trisha 11 A



#### Charmi Patel



#### A Path of Persistence and Progress

"Every struggle is a hidden opportunity, every challenge a silent teacher. It is through hardships that we truly grow."

I am Charmi Patel, an ex-Xavierite and currently a QA Lead at Sognos Solutions. With a B.Tech in IT from Nirma University and experience in software quality assurance, my journey has been one of growth and learning. The values of discipline, perseverance, and adaptability, instilled in me at St. Xavier's, continue to guide me in my career today.

#### The Foundation of Growth and Learning

My time at St. Xavier's School was not just about academics; it was about building a strong foundation for life. The school instilled in me the importance of discipline, consistency, and ethical values, shaping my approach toward both education and personal development. The structured environment, combined with the guidance of my teachers, helped me develop a strong sense of responsibility and perseverance, qualities that proved invaluable as I moved forward in my journey.

#### -QA Lead at Sognos Solutions

From learning to manage my time effectively to developing a mindset of continuous learning, these early lessons prepared me for the challenges of higher education and the corporate world. The habits I formed during my school years—whether it was maintaining regularity in my studies or adhering to strong work ethics—became essential tools that I carried into college and beyond.

#### The Transition from School to College

After completing my schooling, I pursued a B.Tech in Information Technology at Nirma University. The shift from school to college was both exciting and challenging. While college introduced me to new opportunities, I realized that the discipline and structured learning I had acquired at St. Xavier's helped me navigate this phase with confidence.

The academic rigor at Nirma strengthened my technical skills and analytical thinking, preparing me for the dynamic world of technology. Alongside my coursework, I faced obstacles that tested my patience and determination, but each hurdle became a stepping stone toward my growth.



#### Stepping into the Corporate World

My professional journey began at Tata Consultancy Services (TCS), where I gained firsthand experience in the IT industry. Those three years were instrumental in shaping my understanding of software quality assurance and teamwork. However, I knew that growth comes from stepping out of comfort zones. Seeking new challenges, I transitioned to Sognos Solutions, where I currently work as a QA Lead.

In this role, I oversee software quality processes, ensuring that applications perform efficiently and meet industry standards. The transition from an entry-level role to a leadership position has been a journey of constant learning, problem-solving, and embracing responsibilities.

#### Lessons for Future Graduates

To the students of St. Xavier's, my advice is simple—stay consistent, keep learning, and never shy away from challenges. Success is not defined by a single milestone but by the journey itself-the struggles, the efforts, and the perseverance. No matter what field you choose, your passion and dedication will be your greatest strengths.

I am grateful for the strong foundation my school and college provided me, and I look forward to continuing my journey of learning and growth. Wishing all students the very best-believe in yourself, and you will achieve great things!

"Education is the key to unlocking your potential."



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## ખેલમહાકુંભ

ખેલમહાકુંભ ૩.૦ અંતર્ગત આપણી સંસ્થાએ તારીખ 5/12/2024 થી 25/12/2024 સુધી વ્યક્તિગત રમતમાં કુલ 460 અને સાધિક રમતમાં કુલ 216 ખેલાડીઓનું રજીસ્ટ્રેશન કરવામાં આવ્યું. જિલ્લા કક્ષાએ ટીમ રમતમાં ફટબૉલમાં અંડર -14 બહેનોએ દ્વિતીય સ્થાન પ્રાપ્ત કર્યું અને બાસ્કેટબૉલમાં અંડર -17 ભાઈઓએ તૃતીય સ્થાન પ્રાપ્ત કર્યું . વોલીબોલ રમતમાં બહેનોએ તાલુકા કક્ષાએ અંડર -17 પ્રથમ સ્થાન પ્રાપ્ત કર્યું અને જિલ્લા કક્ષાએ તૃતીય સ્થાન પ્રાપ્ત કર્યું . જયારે ભાઈઓએ અંડર -17 માં તૃતીય સ્થાન પ્રાપ્ત કર્યું હતું. જયારે વ્યક્તિગત રમતમાં એથ્લેટિક્સ, ચેસ, ટેબલ ટેનિસ, સ્વિમિંગ, સ્કેટિંગ, કરાટે, આર્ચરી, જિમ્નેસ્ટિકસ જેવી રમતમાં ભાગ લીધો હતો. જેમાં ચેસ રમતમાં આયુષી દવે (9-B) તાલુકા કક્ષાએ પ્રથમ સ્થાન અને જિલ્લા કક્ષાએ તૃતીય સ્થાન પ્રાપ્ત કર્યું હતું . સ્વિમિંગ રમતમાં આરવ પટેલ (૭-૯) જિલ્લા કક્ષાએ પ્રથમ સ્થાન પ્રાપ્ત કરી રાજય કક્ષાએ રમવા માટે પસંદગી પામેલ છે. સ્કેટિંગ સ્પર્ધામાં જયસ્વાલ ચાર્વી (9-C) જિલ્લા કક્ષાએ પ્રથમ સ્થાન પ્રાપ્ત કરી રાજય કક્ષાએ રમવા માટે પસંદગી પામેલ છે. અંડર -14 બહેનોની એથ્લેટિક્સ સ્પર્ધામાં રીઓના પટેલ (9-A) કે જેણે ગોળાફેંક ની તાલુકાની ઈવેન્ટમાં પ્રથમ નંબર અને જિલ્લા કક્ષાએ તૃતીય સ્થાન પ્રાપ્ત કરેલ છે. તેવી જ રીતે અંડર -17 ભાઈઓની એથ્લેટિક્સ સ્પર્ધામાં હર્ષિલ સાકરીયા (11-C) એ ગોળાફેંક અને ચક્રફેંકમાં તૃતીય સ્થાન પ્રાપ્ત કર્યું હતું તીર્થ ચૌધરી (10-D) એ ગોળાફેંકમાં તાલુકા કક્ષાએ દ્વિતીય અને જિલ્લા કક્ષાએ તૃતીય સ્થાન પ્રાપ્ત કરેલ છે.

ખેલમહાકુંભ 2024-2025 માં સેંટ ઝેવિયર્સ પ્રાયમરી સ્કૂલમાંથી under -9 કેટેગરીમાં બહેનોમાં શિવાંગી સોલંકીએ( 1 - B) 30 મીટર રેસ અને સ્ટેન્ડિંગ બ્રોડ જમ્પમાં ઝોન -D મા પ્રથમ નંબર મેળવ્યો હતો. અને ભાઈઓમાં under -9 કેટેગરીમાં હાર્દ સાવલિયાએ (2 - B) 30 મીટર રેસ અને સ્ટેન્ડિંગ બ્રોડ જમ્પમાં પ્રથમ નંબર ઝોન -D મા મેળવ્યો હતો અને ગાંધીનગર જિલ્લા કક્ષા માટે સિલેકશન થયું હતું. Under- 11 માં બહેનોમાં સાનવી પઢીયારનો ( 5 - C) 50 મીટર રેસમાં અને મેશ્વા પ્રજાપતિનો (5 -C) સ્ટેન્ડિંગ બ્રોડ જમ્પમા પ્રથમ નંબર આવ્યો હતો. U-11 ભાઈઓમાં 50 મીટર રેસમાં અને દક્ષ પટેલનો (5 c) સ્ટેન્ડિંગ બ્રોડ જમ્પમાં પ્રથમ નંબર ઝોન - D કક્ષાએ મેળવ્યો હતો. U -14 ભાઈઓમાં શૌર્ય વડાવીયા (8 - B) એ 100 મીટર રેસમાં ઝોન -D મા પ્રથમ નંબર મેળવ્યો હતો અને ગાંધીનગર જીલ્લા માટે પસંદગી થયેલ છે. ચેસ રમતમાં ઝોન -D માંથી ગાંધીનગર મહાનગરપાલિકાની જિલ્લાની ચેસ સ્પર્ધા માટે પસંદગી થઈ હતી. કબફી રમતમાં પણ શ્રીજીત પવાર (७ - B) નું ઝોન- D કક્ષાએથી ગાંધીનગર જિલ્લા માટે પસંદગી થઈ હતી. ફટબૉલ રમત માં Under 14 કેટેગરીમાં ભાઈઓમાં સમર્થ પટેલ (7 - C) નું અને બહેનોમાં સ્વરા પટેલ (7 -B) અને પ્રિતી સુબ્બાનું (8 - A) રાજય કક્ષાએ ખેલમહાકુંભમાં સિલેકશન થયું હતું. સ્કેટિંગમાં હેતવી જયસ્વાલનું (7 - C) આગળ રાજય કક્ષાએ સિલેકશન થયું હતું.

Mr.Kiran Macwan High SchoolTeacher



#### **Republic Day Celebration**

"Constitution is not a mere lawyer's document. It is a vehicle of life and its spirit is always the spirit of age."- Dr. B.R Ambedkar

The spirit with which our national leaders rigorously and wholeheartedly spent 2 years, 11 months and 18 days for the formations of the longest written constitution of the world that is 'Indian Constitution', almost with the same spirit we the entire Xavier's Family gathered at the wonderful premises of our school to celebrate the 76th Republic Day on 26th January, 2025 at 8:00 am to commemorate the adoption of the Constitution of the Republic of India.

The dais was shared by our respected principal Father Arun Ryan, Father Vincent, Father Jose, Father Rolan the chief guest of the day Ms Reena Shantly, Marshal madam, Eliza madam, and Nisha madam.

The anchor-persons of the most memorable day were Makwana Divya, Jani Diya and Vyas Durva (std VIII B Guided by Annie teacher). They began the occasion with a speech on the 'Importance of the Day' followed by welcoming the chief guest with a sapling and a shawl presented by Father Arul Ryan. All the esteemed guests were also greeted with saplings.

Introduction of the guest was done by Ms.Licy Joy. The unfurling of the of the national flag by the honourable guest was a moment of great pride and patriotic sentiments.

Various cultural activities like a dance performance (std. I to III), patriotic solo song (Makwana Meshwa – VC), patriotic speech (Patel Swara – VII B),

sanskrit song (Shah Shriyaan – Sr. KG A), special patriotic performance (Dwiti –IB) filled the atmosphere with the spirit of nationalism.

The chief guest's speech was the highlight of the function. The enthralling speech was about the guiding light of our constitution 'The Preamble' and the key elements like justice, liberty, equality and fraternity. She was too enthusiastic to explain the same to the present students.

Our principal Father's encouraging words about the capabilities and talents of our children made the event even better. Father truly believes sand is fully confident about the potentiality of our students. Listening to Father's inspiring and energizing words students were filled with excitement.

With the republican values in our heart and mind, understanding that the real spirit of Republic Day is embracing liberty and equality we concluded our programme with a vote of thanks from Ms.Jane Bhatt.

Ms.Licy Joy Primary Teacher





#### **Republic Day Celebration**

Republic day is a momentous occasion in Indian history, marking the adoption of our constitution on January 26 1950. This day signifies the transition of India from a British dominion to a sovereign republic, governed by its own people. It's a celebration of our nation's commitment to democracy, equality, justice and liberty.

The theme for this year meant golden India, heritage and progress. This theme celebrates India's cultural legacy while also focusing on its developmental achievements. St. Xavier's school Gandhinagar had celebrated this festival with nationalism and faith.

"Freedom has not come easy, it because of the sacrifices of our freedom fighter, so never take it for granted".

First we saw the energetic dance performance of class first to third which surely awakened patriotism in each and every one present there. We then heard three patriotic and melodious songs of the talented students of our school. We then got a very inspiring speech of how our India will be in the future and trying to convert that future into the present.

Our dearest Reena teacher was felicitated with a shoal. Our school's principal father Arul Rayan also inspired us with his words. The republic day's vote of thanks was done by Jane teacher. Contribution was not less by anyone therefore the program was a huge success special thanks to our father, Arul Rayan for this celebration.

Jani Diya 8B







#### Collage Competition on Republic Day

હા તો ચાલો મિત્રો શરૂ કરીએ.

વાહ !! વાહ !! અમને તો બહુ મજા આવી. ખબર છે મિત્રો અમે શનિવારે એક્ટિવિટીના પિરિયડમાં શું બનાવ્યું હતું? ચાલો હું જવાબ કહી દઉં . હા, અમે મહાન ક્રાંતિકારી વિશે પ્રોજેક્ટ કોલાજ વર્ક કર્યું હતું. અમે બે મિત્રો સાથે ભાગ લીધો હતો. હું મેશ્વા અને મારી ફ્રેન્ડ પ્રિન્સી...અમે આ કોલાજ ખૂબ સાવધાની પૂર્વક અને મહેનત કરીને બનાવ્યું હતું. આ કોલાજ વકૅ ખૂબ સારું બન્યું હતું.આ કોલાજ વકૅથી અમને મહાન ક્રાંતિકારીઓ વિશે જાણીને ખુશી પણ થઈ અને દુઃખ પણ. અમને ખબર પડી કે તેઓએ કેવા મહાન કાર્યો કર્યા છે.

આમ તો, દરેક વર્ગના વિદ્યાર્થીઓએ આ પ્રવૃત્તિમાં ભાગ લીધેલો હતો અને તેઓએ પોતાની પસંદગી મુજબ આ કોલાજને સુંદર રીતે પ્રસ્તુત કરવા પોતાનો ઉત્તમ પ્રયત્ન કરેલો.

આમાંથી શ્રેષ્ઠ વર્કને 26મી જાન્યુઆરીના પ્રોગ્રામ દરમિયાન પ્રદર્શિત કરાયું.

આ અમારો એક યાદગાર અનુભવ બની રહેશે.

"Freedom is not just a word, it's a feeling that fills our hearts with pride and joy."

Republic Day is the day of honour for Indians. We celebrate Republic day to remember the sacrifices for our freedom fighters. We also know that it was not very easy to free ourselves from the shackles of the Britishers. It really make us proud to be a true Indian This day is remembered throughout the world as a National festivals.

As we our proud of our country India, I am also feeling proud that I won the second prize in the Republic Day competition. It was a part of our Saturday Activity and the theme was "Collage Making". It was a group project in which I and pranshu had participated. I felt very happy. It was a team work.

Prajapati Meshva

collages.

**Patel Dhrumit** 

Our school recently organized a collage-making competition, where students showcased their creativity and artistic skills. The theme was "republic day collage making". And the participants

Everyone worked enthusiastically, cutting and pasting elements to form meaningful designs. The atmosphere was filled with excitement and teamwork, as students put their best efforts into making unique and expressive collages.

used newspapers, magazines to create beautiful

After the allotted time, the judges evaluated th collages based on creativity, theme relevance, an presentation. The best entries will be awarded by certificates. Over all the competition was fun an engaging experience, helping students to develop the imagination and artistic expression.

Khadia Dhyana 7C



DAUG AS



26 જાન્યુઆરી એટલે ગણતંત્ર દિવસ. ગણતંત્ર દિવસ હોવાથી 25 જાન્યુઆરીના રોજ અમને પ્રવૃત્તિ આપી હતી. જેમાં ગણતંત્ર દિવસને લગતા ફોટાઓ, પોસ્ટરો, શણગારનો સામાન અને મોટા ચાર્ટ પેપરમાં કોલાજ બનાવવાનો હતો. જેમાં ઘણા બધા વિદ્યાર્થીઓએ જૂથમાં રહી આ પ્રવૃત્તિ કરી અને ઘણા વિદ્યાર્થીઓએ એકલા રહી આ પ્રવૃત્તિમાં ભાગ લીધો. આ પ્રવૃત્તિના નિયમો અનુસાર એક કલાકમાં પૂર્ણ કર્યા બાદ પોતાની ટોળકી સાથે કોલાજનો ફોટો પડાવી નાસ્તા માટે જઈ શકે છે. તે પ્રવૃત્તિ કરવા માટે શાળામાં એક કલાકમાં પૂર્ણ કરવાનો હતો.જેમાં ફોટાઓને ચાર્ટ પેપરના અલગ અલગ જગ્યાએ ગોઠવીને તેને પૂર્ણ કરવાનો હતો. બધાજ ખૂબ મહેનત કરતા હતા, કારણ કે આ પ્રવૃત્તિમાં પહેલો અને દ્વિતીય નંબર એમ બે જ નંબર હતા. બધા જ જોશમાં હતા.

કલાકના સમય બાદ બધાનું કાર્ય પૂર્ણ થતા ,અમારા શિક્ષક દ્વિધામાં આવી ગયા હતા. કારણ કે બધાજ લોકોએ ખુબ જ સારા કોલાજ બનાવ્યા હતા અને કોને પહેલો નંબર અને કોને બીજો નંબર આપવો જોઈએ? એમ વિચારતા હતા. પછી અમારા મિત્રની ટોળકીનો પહેલો નંબર આવ્યો હતો. અમને આ પ્રવૃત્તિ કરવામાં ખુબજ આનંદ આવ્યો અને અમને દેશભક્તો વિશે જાણકારી મળી. અમારામાં રહેલી શક્તિઓ સમૂહ ભાવના વળે ખુબજ ખીલી ઉઠી એવો અમને અનુભવ થયો. હું મારી શાળા અને વર્ગ શિક્ષકનો ખૂબ ખૂબ આભાર માનું છું.

Vaishnav Malay

# आन देश की शान देश की, देश की हम संतान हैं, तीन रंगों से रंगा तिरंगा, अपनी ये पहचान है!





































































































































































































































































Primary
Fireless Cooking Competition









"Nature is the greatest teacher, and we are all students."













#### State Level Under-11 Athletics meet season -3



Patel Shlok 4C

Game: Medicine ball throw ગુજરાત સરકાર દ્વારા સ્થાપિત સરકારી ચિલ્ડ્રન્સ રિસર્ચ યુનિવર્સિટી, સ્પોર્ટસ્ ઓથોરિટી ઓફ ગુજરાત, ગાંધીનગરના સંયક્ત ઉપક્રમે અંડર-11 એથ્લેટિક્સ મીટનું આયોજન માંજલપુર, વડોદરા સ્પોર્ટસ્ કોમ્પ્લેક્સ ખાતે તારીખ 8 થી 10 ફેબ્રુઆરી, 2025 દરમિયાન કરવામાં આવ્યું હતું. સ્ટેટ લેવલની આ સ્પર્ધામાં શ્લોકે ચોથો ક્રમ પ્રાપ્ત કરી Rs. 2500/- ઇનામ,

મેડલ અને સર્ટિફિકેટ મેળવેલ છે.

(આ સ્પર્ધામાં એકથી દસ નંબર આપવામાં આવ્યા હતા,)



# Congratulations ?



### Indian Institute of Plasma Research (IPR)

Visiting the Institute for Plasma Research (IPR) near Bhat was an exciting experience. The campus was filled with cutting-edge research on plasma physics and fusion energy.

I participated in a science quiz, where the questions covered physics, plasma research, and technology. Some were tricky, but I answered many confidently. The competition was intense yet fun!



Exploring the institute, I saw real-world plasma applications and advanced experiments. It was inspiring witness groundbreaking research firsthand.

Overall, the visit was both educational and thrilling, sparking my curiosity about plasma science!

Asodiya Swaren



#### Indian Institute of Plasma Research (IPR)

My Visit to the Indian Institute of Plasma Research

On February 15, I had the incredible opportunity to visit the Indian Institute of Plasma Research (IPR) in Gandhinagar for a state-level elocution competition. The journey began with a virtual round, where participants had to submit a recorded speech. Selected candidates were then invited to the institute for the final rounds. It was a two-day event filled with learning, exploration, and unforgettable experiences.

Upon arrival, we were warmly welcomed with an inaugural ceremony. Students and teachers from different districts had gathered, making the atmosphere vibrant and energetic. The event featured multiple competitions, including elocution, science exhibitions, poster making, and essay writing in Hindi, Gujarati, and English. Before the competition, we had some free time to explore the lush green campus. Soon, all elocution participants were guided to a large hall equipped with a smart board displaying our theme "Contributions of Indian Scientists for Viksit Bharat". Though nervous, I felt confident and delivered my speech without any notes.

After our competition, we explored the science exhibition, where we saw innovative student projects and interacted with scientists. We even got a chance to observe real components of Chandrayaan-3 and Aditya L1. The scientists explained plasma's connection to space, a complex yet fascinating concept.

The second day began with breakfast, followed by an interactive session inside a science exhibition bus from Children's University. It had hands-on experiments demonstrating algebraic identities, Newton's cradle, and other scientific concepts.

Later, we visited the volunteer science exhibition, where we saw mind-blowing experiments like the cryo pump, liquid nitrogen reactions, the quantum mechanics double-slit experiment, and the famous elephant's toothpaste reaction.

In the afternoon, we watched the final rounds of skits, then spent time chatting with teachers and friends. As the event drew to a close, we eagerly awaited the results. When they were finally announced, I was thrilled to secure the first rank in the state-level elocution competition! My school companions also earned ranks in essay writing and eloquence, making our school the overall champion, winning the rolling trophy. The moment was surreal as we celebrated with our mentors and fellow participants.

This experience was not just about winning but about exposure to new ideas, scientific wonders, and inspiring minds. Visiting IPR gave me memories to cherish forever, and I left with a deeper appreciation for science and its role in shaping the future.

The entire planning of the program, including registration, accompanying the students, and providing guidance, was carried out by Tr. Shaila, Tr.Rikin and Tr. Vandita.

Vaidehi Patel 9A

#### Result of NSD 2025 at IPR

Eloquence - English Patel Vaidehi (IX - A) First

Eloquence - Gujarati Patel Arya (IX - D) Second

Essay - English Sharda Mahek (X - B) First

Essay - Hindi Prajapati Aarya (X - A) Third

Essay - Gujarati Patel Tisha (X - C) First

# Congratulations

#### Indian Institute of Plasma Research (IPR)

તારીખ 15 અને 16 ના રોજ I.P.R (ઇન્ડિયન ઇન્સ્ટિટ્યૂટ ફોર પ્લાઝમા રિસર્ચ) ખાતે ભારતીય વિજ્ઞાન દિવસની સ્પર્ધા યોજાઈ હતી. આ સ્પર્ધામાં આખા ગુજરાતની વિવિધ શાળાઓએ ભાગ લીધો હતો. તેમાં સેન્ટ ઝેવિયર્સ સ્કૂલ એ પણ ભાગ લીધો હતો. તેમાં વકૃત્વ સ્પર્ધા, નિબંધ લેખન, ક્વિઝ જેવી વિવિધ સ્પર્ધાઓ યોજાઈ હતી. તેમાંથી મેં વકૃત્વ સ્પર્ધામાં ભાગ લીધો હતો

પ્રથમ દિવસે અમે રજીસ્ટ્રેશન કર્યા બાદ વિવિધ સ્પર્ધા પ્રમાણે અમારી સ્પર્ધામાં ગયા તે પછી અમે ચિલ્ડ્રન યુનિવર્સિટીની બસ જોઈ. તે બસમાં ગાણિતિક સિદ્ધાંતોને સરળતાથી સમજી શકાય તેવા સાધનો હતા. પછી અમે I.P.R ટુર માં ગયા ત્યાં અમે પ્લાઝમા ઉત્પન્ન કરી શકાય તેવા સાધનો જોયા આમ અમારો પ્રથમ દિવસ પૂર્ણ થયો.

બીજા દિવસે અમે I.P.R સાથે જોડાયેલા વિદ્યાર્થીઓ દ્વારા બનાવેલ પ્રોજેક્ટ તથા મોડલ્સ જોયા. ત્યાં અમે જોયું કે જ્યારે ઇસરો કોઈ મિશન અવકાશ પર મોકલે છે તે પહેલાં તેને પૃથ્વી પર ચેક કરવામાં આવે છે કે તે અવકાશના તાપમાને ટકશે કે નહીં તે ટકાવપણાને જેમાં જોવામાં આવે છે તે વિશેનો પ્રોજેક્ટ પણ જોયો. ત્યારબાદ વિવિધ શાળાના શિક્ષકો દ્વારા કરાયેલ સાયન્સ મોડલને જોયા. જ્યારે રિઝલ્ટનો સમય થયો ત્યારે અમે ખૂબ જ ઉત્સાહી હતા. જ્યારે St. Xaviers School 43 પોઈન્ટ એ આખા ગુજરાતમાં પ્રથમ સ્થાને આવી ત્યારે બધાને ખૂબ ખુશી થઈ.

આમ અમે આ સ્પર્ધામાં ખાલી ભાગ જ નથી લીધો પણ અમને એક નવો અનુભવ પણ થયો. ત્યાં વિજ્ઞાન વિશે કેટલું એ જાણવા મળ્યું અને આ અનુભવ મેળવવાની તક આપવા માટે સેન્ટ ઝેવિયર્સ સ્કૂલનો ખુબ જ આભાર.

Arya Patel 9 D



પ્લાઝમા સંશોધન સંસ્થા (IPR), અમદાવાદ ખાતે રાષ્ટ્રીય વિજ્ઞાન દિવસ ૨૦૨૫ની ઉજવણી ૧૫ અને ૧૬ ફેબ્રુઆરીએ ભવ્ય રીતે યોજાઈ હતી. આ કાર્યક્રમનો મુખ્ય ઉદ્દેશ જનસામાન્ય અને વિદ્યાર્થીઓમાં વૈજ્ઞાનિક દૃષ્ટિકોણ વિકસાવવાનો અને વિજ્ઞાનપ્રતિ રસ જાગૃતિ લાવવાનો હતો આ ઉજવણી દરમિયાન વિવિધ શૈક્ષણિક પ્રવૃત્તિઓનું આયોજન કરવામાં આવ્યું, જેમાં વૈજ્ઞાનિક પ્રદર્શન, પ્રયોગાત્મક પ્રવૃત્તિઓ, વ્રકૃત્વ સ્પર્ધા, નિબંધ અને ચિત્રસ્પર્ધા, વૈજ્ઞાનિક અભિગમ ધરાવતા નાટકો, તેમજ વિશેષ લેકચરોનો સમાવેશ કરવામાં આવ્યો. દેશના જાણીતા વિજ્ઞાનીઓ અને સંશોધકો દ્વારા વિવિધ વિષયો પર માર્ગદર્શન આપવામાં આવ્યું.

વિદ્યાર્થીઓ માટે ખાસ વૈજ્ઞાનિક પ્રદર્શનનું આયોજન કરવામાં આવ્યું, જ્યાં પ્લાઝમા અને તેના વ્યાપક ઉપયોગો પર વિસ્તૃત માહિતી આપવામાં આવી. આ સાથે, સંશોધન ક્ષેત્રે યુવાનોને પ્રોત્સાહિત કરવા માટે વિવિધ પ્રદર્શન અને લાઈવ પ્રયોગો રજૂ કરવામાં આવ્યા. IPRના નિષ્ણાતો દ્વારા "વિકસિત ભારત માટે ભારતીય વૈજ્ઞાનિકોનું યોગદાન" વિષય પર વિશેષ સેમિનાર યોજાયો, જેમાં ૨૫૦થી વધુ વિદ્યાર્થીઓ અને શિક્ષકોએ હાજરી આપી. આ બે દિવસના કાર્યક્રમનો અંત એક વિશિષ્ટ સમારંભ સાથે થયો, જેમાં શ્રેષ્ઠ પ્રદર્શન કરનાર વિદ્યાર્થીઓને સન્માનિત કરવામાં આવ્યા તથા સેંટ ઝેવિયર્સ સ્કૂલ, ગાંધીનગર ને સતત બે વર્ષે (૨૦૨૪, ૨૦૨૫) દરમિયાન બેસ્ટ સ્કૂલ તરીકે વિજેતા રહી રોલીંગ ટ્રોફી મેળવી હતી.

Mr. Rikin Mistry High School Teacher































#### Stem Quiz National Level Grand Finale

Science Technology Engineering and Maths Quiz is the INDIA's Biggest Quiz. It was a great pleasure for me to get selected for its national level. There was total 4 levels, Zonal level, District level, State level and National level. One by one qualifying each level with great hard work, I reached to the GRAND FINALE of NATIONAL LEVEL. A total 10,31,253 students of grade 9 to 12 had participated out of which 1,080 students were selected for National level. There the competition was really tough, for me as a 9th grade student competing with the students of 12th grade was not at all easy. It took so much patience, hard work and also enthusiasm for me. Reaching till there, was a very proud moment for me as well as for my parents and teachers. As a prize, I got certificates, a medal and a telescope. It was an amazing experience for me.



Sabad Chhayal 9A

# "Believe in yourself, and you'll be unstoppable!"





Winners of Nonstop 2 hours Skating Competition in ST. XAVIER'S School Gandhinagar.

Christine also participated for National level skating in Mumbai. She got 6th Rank.

> Christine Moshahary 4A



# Primary Gandhinagar District Chess Championship - 2025



# Congratulations

# 

#### My Journey to the District -Level Chess Tournament

Chess has always been a game of strategy and concentration, and this year I had the incredible opportunity to participate in the District-level chess tournament. Players from different districts gathered in Gandhinagar, creating a competitive yet inspiring atmosphere. Competing against such talented individuals pushed me to focus more than ever.

Alongside me, my friend also participated in the tournament. While he didn't win, his unwavering support and encouragement helped me stay motivated throughout the competition. I began the tournament with a rough start, losing my first two games, which made me incredibly nervous. However, my friend's words of encouragement kept me from giving up, reminding me to stay calm and focus on my next moves. With renewed confidence, I went on to win the next four games, ultimately securing a strong position in the tournament.

My hard work and dedication paid off when I was honored with the title of Best Player in my school, and I also received recognition in Gandhinagar for my performance. This achievement has motivated me to continue honing my skills and to keep pushing my limits in chess.

The experience not only enhanced my understanding of the game but also allowed me to connect with chess enthusiasts from all over. It was truly a memorable experience, and I am excited for future tournaments and the opportunity to grow as a chess player.

Patel Japan 8B



Winners of Non stop 2 hours Skating Competition in ST. XAVIER'S School Gandhinagar.



Desai Dhvij 3B

Shah Avighna stood 1st for 2 hours nonstop skating tournament at district level.



Shah Avighna

# "सफलता का मतलब सिर्फ जीतना नहीं है, बल्कि अपने लक्ष्यों को प्राप्त करना है।"



# Congratulations



Vaibhav Bochiya "The Youngest Versatile Singer" The competition was held in Ahmedabad by 'Khoj ' nationals. He has achieved the first position in this competition.

CSLP)

Master Validate

None 1976 1 7 10

International Road Safety Month 2025 poster competition Adani corporate house.



#### Various competitions and their winners in Primary Sections

#### Solo Patriotic Song

- 1. Prajapati Tashvi 4 A
- 2. Saseendran Alankrita 4 B
- 3. Prajapati Rutva 4 A
- 1. Makwana Meshva 5 C
- 2. Pathan Muzaina 5 B
- 3. **Rawal Pal 5 B**

#### "My Vision of Ideal India"

- 1. Keya Patel 6 A
- 2. Arnav Aby 6 A
- 1. Swara Patel 7 B
- 2. Tithi Gadhavi 7 B
- 3. Dhyana Khadia 7 C
- 1. Patel Dhwani 8 A
- 2. Shah Veeshawa 8 A



#### 



#### **English Elocution Competition**

1.Bhavsar Dwiti 1 - B

1.Mehta Vedanshi 1 - A

2.Fernades Emmanuel 1 - A

1.Rana Manasviba 4 - B

2.Patel Ansh 4 - A

1.Kansara Yashasvini 5 - C

2.Goswami Shreyanshi 6 - C

1.Thakkar Pushti 2 - A

2.Patel Shanaya 2 - B

1.Sodha Twamevsinh 4 - C 1.Modi Parv 7 - A

2.Dave Pranshu 3 - C

2.Shah Swara 7 - B

2.Patel Rajvi 7 - B

1.Rathwa Aarohi 1 - C

2. Vaghela Aashvi 2 - C

1.Sathvara Dhairya 5 - A

2.Patel Veera 5 - B

1.Meswania Kritarth 8 B

2.Chikorde Mohit 8 A

1.Chavda Samarth 3 - B

1.Patel Maahi 3 - A

2.Patel Aarush 3 - A

1.Arnav Aby 6 - A

2.Shakir Insiya 6 - B

1.Sagar Vidhya 7 -C

2. Varia Jinal 8 - C

# 





One Minute Game Standard 1 to 3



• One Minute Game Standard 4 to 8



#### Ms. Farida Shakir

"Teaching is not just about imparting knowledge, it's about shaping minds and hearts."

Teachers are crucial in our lives because an ideal teacher fosters students development. They create a solid foundation of fundamental knowledge, covering not just academic subjects, but also essential life skills. The lessons learned in school largely influence how we navigate significant decisions and handle critical tasks throughout our lives.

I Farida Shakir joined St Xaviers Pre-Primary School, Gandhinagar in the year 2023. Previously I was working at Mount Carmel School, Gandhinagar. I have total 7 years of experience in this field. I have always enjoyed teaching children they all are so different and interesting. I have enjoyed working with the management and teachers, as all my work experience has involved and included contact with people in one form or another.



Through the support from management and my coteachers I could feel that even some stars can shine without darkness. I have learnt many things from my coteachers which has changed my life. I may not be the best, but I feel that I am better than before.



I want to make my children study through activities on their level. Also make them think outside box, add humor to their lessons and find creative ways to bring learning into the real world. Jennifer Gardner 19'22Gsaid, "Those dedicated to their subjects with a passion for learning make the best teachers".



Lastly, I am thankful to God and also our Principal Father Arul Rayan for giving me an opportunity to work with this institution.

"Education is our passport to the future, For tomorrow belongs to the people who prepare for it today".

# Republic day Celebration























#### PHOTO GALLERY





























"Knowledge is power.
Information is liberating.
Education is the premise of progress,
in every society"

#### Principal Addressing the Board Students and Blessing them















"Success is not measured by what you accomplish, but by the obstacles you overcome."

#### The blind school interacted with their writers from our school











## **High School Picnic**













#### PHOTO GALLERY























"School is not just a place, it's a journey of self-discovery."

#### PHOTO GALLERY

#### **Our Artists**





Patel Daivik 1B





**Bhavsar Dhwiti** 1B









Rajpurohit Gouri 2A





Patel Diya **1B** 



**Jadav Swara** 8C













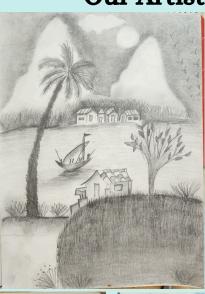
Rathod Vaishnavi 4B



Patel Kiyan 8B

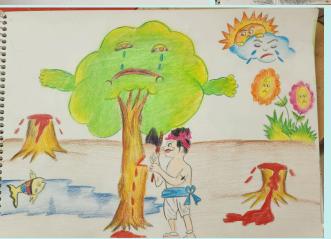
## **Our Artists**























Tailor Janvi 5B

## **Primary Board Decoration**











"Every lesson you teach is a chance to make a difference!"

#### A House Surrounded By Happiness

There once was a farmer who had great fields of corn. He grew the best corn in the area. He won the first prize at the state fair every year, and everyone flocked to his fields in late summer to enjoy his delicious harvest. One day, a news reporter went to interview the farmer and ask him about his secrets to success. Days of research before the interview revealed to the reporter that the farmer would always share his best producing seeds with the neighboring farms. When it came time for the interview, the reporter was loaded with a powerful question. The reporter asked, "Sir, why do you share your best seeds with your neighbors, knowing that they are also going to enter their corn into the competition against you. Would not this make it difficult for you to win?" The farmer looked up and took a deep breath before he replied. The farmer answered, "During the season when the strong wind comes across the fields, pollen from the ripening corn is swirled from the field to field. It is most important to understand that if my neighbors grow poor corn, the cross -pollination will ultimately degrade the quality of my own corn. So, if I want to grow great corn, I must help my neighbour grow good corn as well."



Reflection by Dr. Anjana

Reflect in life and we will realize every time we make people around us smile & happy the entire surroundings become happy. In order to live a meaningful and happy life, we must see the importance of enriching the lives of others around us. Remember true happiness is found when we share our happiness with others. We don't stop playing because we grow old; we grow old because we stop playing, so continue enjoying and sharing like a child The Irony of life is we feel sharing best practices or content we are creating competition, but what we forget is each of us is unique and has our own style of execution even if the content is the same because thousands of candles can be lighted from a single candle, and the life of the candle will not be shortened. It is what you think about it so, Lets go ahead in life adapt the best practice of sharing the Best



# खुशियों की राह

ओ... मम्मी पापा सुनो कहू में ये शान से, मम्मी पापा सुनो कहू में ये शान से, सारी दुनिया में जाने मुझको बस आपके ही नाम से। बस आपके ही नाम से। आपका ही दिया है सब कुछ मुझमें नहीं है कुछ मेरा, आपका ही दिया है सब कुछ मुझमें नहीं है कुछ मेरा, चुके भी न चूकेगा ऐसा उपकार है आपने किया। हो भूले भी न भूलेगा ऐसा उपकार है आपने किया। ये जनम दिया,जीवन दिया किस प्रकार से कहू शुक्रिया, ये जनम दिया, जीवन दिया किस प्रकार से कहू शुक्रिया, जिस भी प्रकार से कहु कम ही है रहेगा वह। कम ही है रहेगा वह। ओ... मम्मी पापा सुनो कहू में ये शान से सारे जग में जाने मुझको बस आपके ही नाम से। बस आपके ही नाम से।



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