

ST. FRANCIS DE SALES SR. SEC. SCHOOL

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PETALS

Monthly E-Magazine

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WISDOM BEGINS AT SCHOOL



CHANCHAL - X - A

From the Editor's Desk...

Shape Yourself Into The Person You Want To Be...

Identity, at its core, is the understanding of what someone or something is. This understanding is made up of two integral parts, personal identity and social identity. Personal identity is an understanding of who you are as a person before you step into the role you play in society. Social identity is made up of the labels projected onto a person based on how society views someone's personal identity.

People's personal identity can be shaped in many different ways. Three factors that are important in shaping one's personal identity include, but are not limited to, **“their culture, their memories, and their societal labels”**. Culture, simply explained, is a learned behavior and norms. The main goal is to create a culture that supports the dignity of every human person, we are not alone. We live in a society. We live in groups, we define ourselves through them, and hence, at least in some aspects, we belong to them. These groups that we live in are the cultures we create for ourselves. We do this to build social connections, which allow people to feel accepted by the general population. It is a human need to feel accepted by other people, so it is only natural for a person to gravitate to a group that is made of members that reflect their own characteristics.

Overall, many factors play a role in creating one's personal identity. A person's culture, memories, and societal labels are just three of the many things that manifest themselves into your personality and how others see you.

This second edition of our Petals tries to focus on how we can shape ourselves and build an identity for each one of us. The students of class tenth has put in their efforts to help us through their skills and art to develop one's own identity and shape ourselves to live in world today.

Editorial Board

School News...

Labour's Day is celebrated on 1st of May every year. This day has been declared as the National Holiday to show our gratitude towards the sacrifices of the workers around the world. SFS, Gangapur City celebrated this day on 2nd May to thank the non-teaching staff of our school. The students of class IX B conducted the assembly based on the theme Labour's Day in which they expressed their gratitude towards them through a speech.



5th of May was a special occasion as we the Management, staff and students celebrated the Ordination Anniversary of Rev.Fr. Romeo Louis msfs. A special prayer service was conducted along with the regular assembly. Rev.Fr. Edal Kumar msfs, the Principal briefed on the importance of this day for every priest. After which Rev.Fr. Romeo Louis msfs was felicitated with a bouquet of flowers and wishes of showers of blessings as he cut the cake. Fr. Romeo stressed in his address that **“We are Called to Love the Wounded and not to Wound the Heart that Loves”**.



On 7th May we organized Making the Best out of Waste Competition for students of classes 6th to 8th. Students were asked to bring the waste materials from home out of which they were to create an article. This was organized to instill in the students to use every material in a maximum way and to use their talents and creativity in a better way as well.

On 14th of May, 2022, the First PTM for the Academic Year 2022-23 was arranged to have a constructive dialogue between Staff and Parents.

All the Students from KG to Class XII were handed over with a Holiday Homework Booklet to use the Summer Vacation in a best possible way.



Mr. Vikas, Miss Reena and Mrs. Anju

Principal's Message...

Greetings to you dear Staff, Students and Parents!

Do you remember a moment when you started to walk with those tiny legs and fell down stumbling? Or have you ever recollected the moment when you for the very first time got punished for the mistake that you committed or received reward and appreciation for the outstanding performance in your studies or sports? It is important to remember them often in our lives as they are the ones that Shaped Yourself to be who you are today.

'Shape Yourself' is the theme for this month's E-Magazine. If a rock needs to be turned into a beautiful sculpture it should allow itself to be chiselled; if a beautiful pot has to be created the mud must allow itself to be prepared by the potter. Similarly, if we want our lives to be successful we must allow our whole being to undergo the process of success and failures, happiness and sorrow, pain and anguish, punishment and reward. There is no one who has reached the pinnacle of success has failed to taste the bitterness of life. Every person in life has experienced failures, injuries, heart-breaking moments, rejections, being bullied, looked down upon and many more. Nevertheless, nothing of this sort has so far stopped us from moving forward in our life. Remember, when pain strikes you down again and again, you receive strength to endure the pain and become strong to defeat the pain one day.

Therefore, you are the only person who can shape yourself. You determine who you want to be and how your life must be designed to stand out in this society becoming a light house for all who have lost their way in their voyage of life.

My grateful appreciation to all my dear class X students and teachers who have put in their effort and ideas to bring out this Monthly E-Magazine. My sincere thanks to the Editorial Team for their time and dedication in encouraging and shaping this month's issue of the Magazine. My heartfelt thanks to all the Parents and Readers for your good words, appreciation, encouragement and constant support.

God Bless You!

Fr.Y.Edal Kumar msfs
Principal





The Head Boy Shares...

IN THE POTTER'S HANDS...

- Master Daril Chris

As the water shapes itself to the vessel that contains it, a wise person should adapt oneself to circumstances. The word shape oneself as it resounds in my ears or as I read it written somewhere, one of the most prominent images that comes to my mind is the image of a potter and a clay and the relationship the potter shares with clay. Both are incomplete without the other. When the potter uses clay and gives shape to it, he puts his effort and creates different vessels; each representing its own hard work; some pots are for water while others are to store grains where as some are even used to prepare food. When we look into ourselves we have many things in common as the potter and his clay. We need to look into, from different angles we learn that all depends upon us, as how we shape ourselves and what type of vessel we become in return.

Let us look and introspect what am I?

Am I a leader or a crowd?

Am I a performer or an audience?

Am I a shining star or a falling star.

It's all our choice, what do I chose and how do I shape myself.

I conclude in the words of Stephen Richards **"You are essentially who you create yourself to be and all that occurs in our life is the result of your own making"**



The Head Girl Shares...

BE YOUR SELF EVERYONE ELSE IS ALREADY TAKEN.....

- Miss Tanisha Meena

The stories we tell literally make the world. If you want to change the world. You need to change your story. I am very happy to be here with you all, at the second edition of our School E-Magazine as I share about myself how I have shaped myself and became capable.

For sure all of us want to be oneself. The thing that is necessary is self confidence and positive attitude towards every situation. In course of time with my limited experience I can share something and that is to believe that I am the only one who can make my own future. No one else will come and tell that what is good or what is right. Many will point out what is good for them in order to get their personal gains and it is one of the harsh realities of today!!

People will come and go but all that remains with you is your own self. This thing will remain till your last breath. As students, we are, it is very important that we should start shaping our own self. We need to go through a lot of hard times and tough moments.

From the past two years of my experience I can boldly communicate to you that just shape yourself as bigger as you can with your own full support and strength. Even to the extreme of thinking of what I can do for myself to be motivated. Yes, be it only and only you who can do something for yourself but keep one thing in mind that I will not let anyone else to have command over you. To conclude I would say that just believe in you, have confidence and yes its 'you and only you' who can shape yourself. The time is here let's start shaping ourself

Inauguration of the Year of St. Francis De Sales



Release of Vol 1 of SFS Petals



Ordination Anniversary Celebration of Rev. Fr. Romeo Louis msfs



Congratulations





आकार दो

हर इंसान में कोई न कोई कमी जरूर होती है। बस उसे अपनी कमियों को पहचानना आना चाहिए। जबकि मनुष्य स्वयं की अच्छाई एवं दूसरे में कमी ही ढूंढता है। डॉ. हरी शंकर परसाई ने अपने एक व्यंग्य में कहा है –

“ भला जो देखन में चला, भला न मिलिया कोय जो दिल में खोजा अपना, मुझसा मिला न कोय”



किन्तु एक सही एवं संतुलित व्यक्तित्व का स्वामी इन कमियों को आत्मसुधार कर दूर कर सकता है। अच्छे विचारों वाले लोगों के सम्पर्क में रहकर, सकारात्मक सोच अपना कर अपने आदर्श व्यक्तियों का अनुसरण कर अपनी गलतियों को पहचान कर उनको दूर करने का प्रयत्न कर आत्मसुधार किया जा सकता है। आपको स्वयं को जैसे हैं वैसे ही स्वीकार करना चाहिये। व्यायाम और ध्यान आत्मसुधार के महत्वपूर्ण भाग हैं। इससे आप शारीरिक ही नहीं अपितु मानसिक रूप से भी शक्तिशाली एवं आत्मविश्वासी बनते हैं। असफल होने का मतलब यह नहीं है कि आप हार जाए बल्कि यह है कि आपकी कोशिशों में कोई कमी थी। आत्मसुधार केवल अपने आप नहीं हो सकता। अपने आसपास का वातावरण और साथ में रहने वाले भी वाले भी इस कार्य में हमारी मदद कर सकते हैं।

कबीरदास जी के अनुसार

“निदंक नियरे राखिये, आँगन कुछी छवाय
बिन पानी साबुन बिना, निर्मल करे सुभाय”

आपको कुछ चीजे, कुछ नई आदते अपनाने में समय लगे परन्तु निरंतर प्रयास जारी रखे। अपने समय का सही उपयोग करें, अपना समय बर्बाद न करें। हमेशा सकारात्मक रहें और वैसे की लोगो के बीच में रहे, कुछ नया सीखतें रहें और होने वाले परिवर्तन को स्वीकार करें। अपने ऊपर भरपूर विश्वास करें।

अनन्या दीक्षित X B

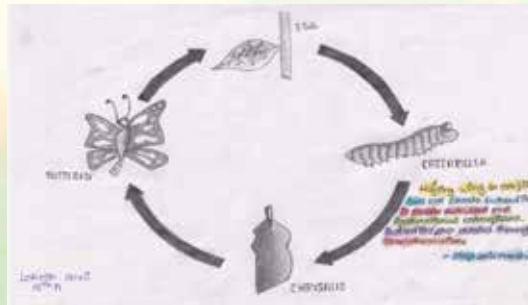
एक व्यक्ति की पहचान कई अलग-अलग पहलुओं से आकार लेती है। परिवार, संस्कृति, मित्र, व्यक्तिगत रुचियां और आसपास का वातावरण सभी ऐसे कारक हैं जो किसी व्यक्ति की पहचान को आकार देने में मदद करते हैं। कुछ कारकों का दूसरों की तुलना में अधिक प्रभाव हो सकता है और कुछ का बिल्कुल भी प्रभाव नहीं हो सकता है।



जैसे –जैसे व्यक्ति परिवार में बड़ा होता है, वह अपने जीवन के कई पहलुओं से प्रभावित होता है। परिवार और संस्कृति किसी व्यक्ति की जिम्मेदारियों, नैतिकता, संगीत में रुचि, हास्य और खेल जीवन के कई पहलुओं की भावना को प्रभावित कर सकते हैं। मित्र और आस-पास का वातावरण किसी व्यक्ति के कपड़ों, संगीत, भाषण और सामाजिक गतिविधियों में उसके स्वाद को प्रभावित कर सकता है। व्यक्तिगत हित वही हैं तो वास्तव में व्यक्तियों को अलग करते हैं। एक व्यक्ति अपने कठपुतली मालिक की कठपुतली नहीं है, न ही अपने मालिक के खेल बोर्ड पर एक शतरंज का टुकड़ा है। व्यक्ति जीवन में अपने रास्ते खुद चुनते हैं। वे उन लक्ष्यों को पूरा करते हैं या पूरा करने का प्रयास करते हैं, जिन्हें उन्होंने अपने पूरे जीवनकाल में अपने लिए निर्धारित किया है। व्यक्ति दुनिया के किसी भी अन्य व्यक्ति से अलग है। क्योंकि वे कठपुतलियों की भीड़ का अनुसरण करने के बजाय अपना जीवन जीते हैं। एक व्यक्ति की पहचान इस बात से परिभाषित होती है कि उसे सबसे पहले किसने आकार दिया, उसने वह क्यों चुना जो वह है, और वह क्या है जो उसे दुनिया के बाकी सभी लोगों से अलग बनाता है। मुझे लगता है कि मैंने अपनी अधिकांश पहचान सपनों, कल्पनाओं, दोस्तों और मूर्तियों से विकसित की है।

आदित्य मीणा X B

विकास कुमार शर्मा
(शिक्षक)



स्वनिर्माण

हम तब अपने आप को बदलने के बारे में सोचते हैं, जब हमें लगता है कि हमारी जिंदगी में कुछ ठीक नहीं चल रहा है या हम हमेशा परेशानियों से घिरे रहते हैं। हम जिंदगी में खुश रहना चाहते हैं, पर हम निर्णय ऐसे लेते हैं कि जिनसे हमें सिर्फ दुःख मिलता है।

हम फिट रहना चाहते हैं लेकिन जिम नहीं जाना चाहते, परीक्षा में अच्छे नंबर लेना चाहते हैं पर पढाई नहीं करते। हमें पता भी होता है कि जिंदगी में क्या सही है और क्या गलत है लेकिन फिर भी हम गलत निर्णय ले लेते हैं क्योंकि वह काफी सरल होता है। दुनिया में हर इंसान अपने आप में अलग और अमूल्य होता है। हर किसी के अंदर कुछ न कुछ काबलियत जरूर होती है, बस देरी है तो उसे पहचानने की। खुद को समझे और पहचाने। जब आप एक बार यह पता लगा लगे कि आप अपने में जीवन में क्या चाहते हैं तो आपका खुद को बेहतर बनाना आसान हो जाएगा। ऐसा जीवन बनाएं जिसे आप प्यार करें।

“जीवन खुद को खोजने के लिए नहीं है।

जीवन अपने आप को बनाने के लिए है।”

- अंशिका गुप्ता **X B**

Shape yourself – Its meaning

I would like to start my article with a question. What does it actually mean by “shape yourself”? Shaping yourself doesn't only mean by being fit physically, it means to shape yourself the way that you can be successful.

You can shape yourself by the strong belief in yourself, hard work, motivation, hope in God, ambition and many more which will help you to be a successful person in life. Shape yourself in such a way that you are different from the crowd because the world will remember you by your name and achievement. At the end of this article I just want to stress ‘start shaping yourself’.

-Poorvanshi X A

SHAPE YOURSELF IN SUCH A WAY

Shape yourself! We should shape ourselves like a tree that gives shade, shelter and fruits. Who doesn't want anything in return? Be like a plant which acts like food of survival for others. Shape yourself in such a way that everyone wants to shape themselves like you. Shape yourself like an ox in a field which doesn't want any wage instead works with all its potential.

Shape yourself like a leader who plays a role model for everyone. Shape yourself to be courageous who conquers fear. Shape yourself in such a way that others realise that they are unshaped in nature. Shape yourself like a real human person with all positive thoughts, natural feeling and happy smile. Shape yourself to be happy everyday because with your smile many will get hope. Shape yourself in such a way that everyone wants to be shaped like you. Shape yourself like a fire and water to be the one who save others' life either in the form of thrust or cold. Shape yourself to be helpful to everyone. Shape yourself in a such a way that everyone aspires to be shaped like you.

-BHUMIKA SINGH X- B

How can you shape yourself?

We all have our internal stories that shape how we see ourselves, good and bad. These stories have huge impact on our behavior and how we present ourselves to the world. Stop for a moment and listen. What do you keep telling yourself again and again? Does your inner narrative make you feel strong and empowered? If yes: great! If not: pay attention to what you are telling yourself.

Choose a new perspective, change the words and create a more compelling story. Decide to see yourself in a different light. It helps to add some compassion for your struggles as well. When you change the way you see yourself by adding new words to your narrative, you are creating a new story. Practice making stories that empower you to step up and face your challenges. Creating and telling a story that resonates with our heart and soul help us believe in ourselves. The way we tell stories are important to how we feel and how we perceive. The words we use are not insignificant!

If you could choose between living each day with a story that drags you down and become that truth through many repetitions, or with a story that is equally true and makes you feel good about yourself and your life; what would your choice be? The answer is obvious. Yet we often live with the repetitive, self-limiting version. Sometimes a reframe is all that is needed. Other times we need to dig deeper.

- CHRIS DOOMINGS X-B

SHAPE YOURSELF



Life is like a bicycle, if you need stability and balance, you must keep moving. Basically, at every aspect of this journey you need a different shape(ideas). A belief which can necessarily shape your problems into solutions.

If you don't shape yourself according to situations, then someday situations will shape you according to it. Life is all about believing in yourself. Once you start it, your dreams take shape. The more you believe, the more you achieve. Therefore, it is very important to shape yourself according to problems and trends. Now, shaping yourself doesn't mean to become a piece of clay that anyone can bend to get their desired outputs. Yes, it is right that you need to be flexible but at the same time rigid too!! Moulding yourself according to the situation or people is fine, it is called adaptability but not losing yourself in this process is more important. You have to retain yourself at the end of the day, The real you. Regardless of whether the world deserves your originality or not, but your soul definitely deserves to be pure. Our parents are the ones who shape us first, then our teachers, then our friends and at last it is responsibilities which give us reasons. So, sit with yourself, think, and shape your destiny. You don't need to be a bodybuilder to be in shape if your mind and heart can coordinate with each other perfectly. It's easy to say- Be Yourself. But in reality **"You should always try to better yourself."**

- AKSHAT AGRAWAL XA

ST.FRANCIS DE SLAES ON SHAPING OURSELF

Consider that a few years ago you were not in the world, and that you were just nothing. Where were we then? The world was already existing a long time but there was no news of any of us.

God has given us existence from this nothingness. He has made us what we are, without having need of us and only because of his goodness.



Consider the kind of being God has made us: the first in the visible world, capable of everlasting life and of perfect union with himself.

God has placed you in this world not because he has some need of you, for you are completely useless to him. It was only to use his goodness for you, by giving you his grace and his glory. For this he has given you the understanding to know him, the memory to remember him, the will to love him, the imagination to represent yourself his blessings, the eyes to see the wonders of his work, the tongue to praise him...and so for your other faculties.

Since we have been created and placed in this world for this purpose, all actions contrary to it must be rejected and avoided. Actions which do not help this purpose in any way must be despised as useless and irrelevant.

(Taken from Introduction to the Devout Life Part 1 chapters 9 & 10)



Yourself refers to your perception of the collection of characteristics that define you.

Personality traits, ability, likes and dislikes, your belief system or moral code, and the things that motivate you. These all contribute to self-image or your unique identity as a person. People who can easily describe these aspect of their identity typically have a fairly strong sense of who they are. Struggling to name more than a few of these characteristics might point to a less defined sense of self. You may not spend much time consciously thinking about your identity, but it still affects your life. Knowing who you are allows you to live with purpose and develop satisfying relationship both of which one can contribute to over all good emotional health.

Interested in exploring the benefits of well-defined sense of self? searching for tips on developing your identity? Yes, you are on right track...shape yourself and become a better person.

NITU CHATURVEDI – X B

Interesting Facts on shaping one self



Shape Yourself – For a Healthy Life

We have always heard the word 'health' and 'fitness'. We use it ourselves when we say phrases like 'health is wealth' and 'fitness is the key'. What does the word health really mean? It implies the idea of 'being well'. We call a person healthy and fit when he/she functions well physically as well as mentally.

Factors Affecting our Health and Fitness

Good health and fitness is not something which one can achieve entirely on our own. It depends on their physical environment and the quality of food intake. We live in villages, towns, and cities. In such places, even our physical environment affects our health. Therefore, our social responsibility of pollution-free environment directly affects our health. Our day-to-day habits also determine our fitness level. The quality of food, air, water all helps in building our fitness level.

Role of Nutritious Diet on our Health and Fitness

The first thing about where fitness starts is food. We should take nutritious food. Food rich in protein, vitamins, minerals, and carbohydrates is very essential. Taking essential nutrients in adequate amount is called a balanced diet. Taking a balanced diet keeps the body and mind strong and healthy. Good food helps in better sleep, proper brain functioning and healthy body weight.

Impact of Exercise on our Health

Routine exercise helps improve our muscle power. Exercise helps in good oxygen supply and blood flow throughout the body. Heart and lungs work efficiently. We should daily spend at least twenty minutes in our exercise. Daily morning walk improves our fitness level. Exercise burns our fat and controls the cholesterol level in the body. Various outdoor games like cricket, football, volleyball, etc keeps our body fit. Regular exercise maintains our body shape.

Meditation, Yoga, and Health

Meditation and yoga are part of our life from ancient time. They not only make us physically fit but mentally strong as well. Meditation improves our concentration level. Our mind gets relaxed and thinking becomes positive. A healthy mind is key for a healthy body. Yoga makes us stressfree and improves the endurance power of the mind. Yoga controls our blood pressure. With yoga, a strong bond with nature is established.

Conclusion

A person stays happier when he/she is fit and healthy. A fit and healthy person is less prone to chronic diseases. The healthy mind reacts better in a pressure situation. The self-confidence of a person is increased. Risk of heart failure is reduced drastically.

Best Out of Waste Making Competition (VI to VIII)

