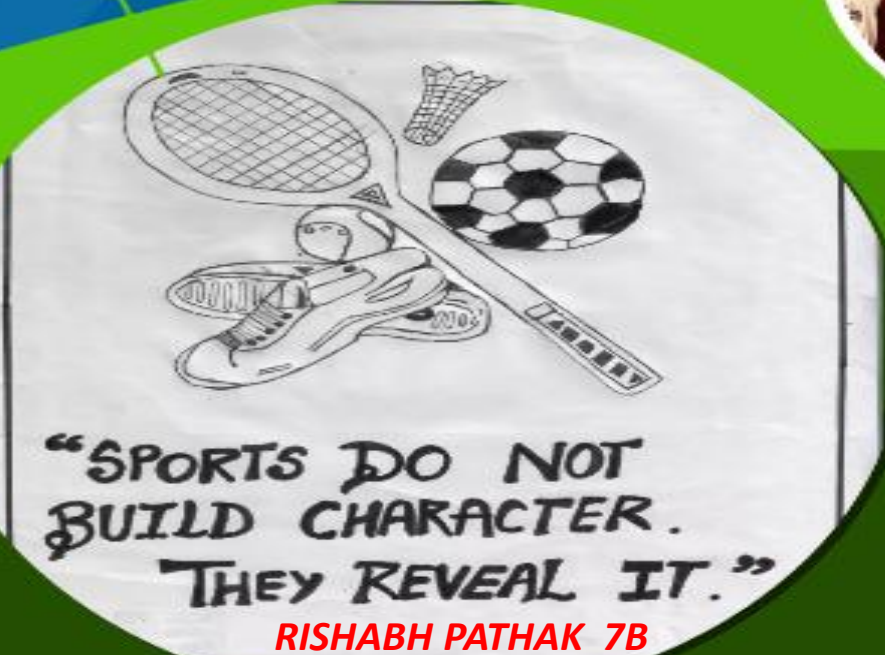




St. Fidelis School Kheda Khush Khabar
Aligarh (U.P) 202140

FIDELIANS GLANCE 2023-24



RISHABH PATHAK 7B



Message from the Principal's Desk

Rev Fr. Suresh D'Souza
Principal

There's a saying "A champion is someone who gets up when he can't. "Team work, leadership, patience, discipline, perseverance, learning from failure, sportsmanship and other abilities are formed when a student participates in sports on a regular basis and these skills are just as vital in studies. Playing various sports help the students to achieve goals in their life. In today's demanding schedule, sports are the only kind of entertainment that also helps to improve one's innate abilities. It keeps their bodies in shape and healthy and sports boost their alertness, bone strength and improve blood circulation. One needs to achieve sportsmanship thus becoming an effective leader for the better person for the future.



Message from the Head Mistress

Sr. Suvarna Musku, MSI

“Education is the passport to the future, for tomorrow belongs to those who prepare for it today.”- Malcom x

To this mission of education I Sr. Suvarna Musku MSI (Missionary sisters of the Immaculate) have dedicated myself for the past 14 years. True to the charism of my congregation I try to transmit the values and education to the students. Now that I hold the responsibility of Head Mistress of St. Fidelis School Kheda Khush Khabar. I feel proud and glad to serve the Fidelian family from July 2022.

Climb Every Mountain

Ford every Stream

Follow every rainbow,

Till you find your dream.

A dream that will need

All the love you can give,

Every day of your life

For as long as you live.

Believing these lines I wish to serve this institution with dedication and love.



HEALTHY BODY IS HEALTHY MIND

Sr. Rosie Fargose, MSI

Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win. Every athlete exercises discipline in every way. They do it to win a perishable crown, but we do it for an imperishable one. So I do not run aimlessly.

I always felt my greatest asset was not my physical ability, it was my mental ability. Sports are an important part of just about every society and country involving everyone, whether they are playing or watching. Sports often reflect the culture of the countries in which they play. In many ways, sports define a society. They show how people can make a living by being an athlete, and entertaining other people. Sports are very essential for every human life which keeps them fit and fine and physical strength. It has great importance in each stage of life. It also improves the personality of people .

Significance of sports in students' life- Just like a diet of healthy nutrients is needed for nursing the body, playing sports holds the great significance in enhancing our lives, especially for growing children. As a student one has to face many challenges, and playing sports helps them cope with the exam pressure and prepare them for further challenges by providing them physical and mental strength. Children who are indulged in physical activities sustain good values of mutual respect and co-operation. Playing sports teaches them skills such as accountability, leadership, and learning to work with a sense of responsibility and confidence.

Impact of sports on an individual's

personality : Playing sports builds your personality and teaches you to live in a better way getting involved in such activities teach good values, and skills in our life. The person starts to have a positive outlook towards life. Every sport teaches us the skills of handling difficult situation. So to conclude one can say that **an athlete cannot run with money in his pocket. He must run with hope in his heart and dream in his head.**



Ms. Shefali Diswar

Sports play a vital role in our lives, and they have many benefits that promote our physical, mental, and emotional health. Here are some of the reasons why sports are important in our lives:

- 1. Physical Fitness: Sports help us maintain a healthy lifestyle by promoting physical fitness and reducing the risk of chronic diseases such as obesity, heart disease, and diabetes.**
- 2. Mental Health: Participating in sports can reduce stress, anxiety, and depression. It also improves our cognitive abilities, such as memory, concentration, and decision-making skills.**
- 3. Social Skills: Sports provide an opportunity to meet new people, make friends, and develop teamwork and leadership skills.**
- 4. Discipline and Self-Confidence: Sports teach us discipline, self-control, and perseverance. It also boosts our self-confidence and self-esteem.**
- 5. Character Development: Sports teach us important values such as sportsmanship, fair play, and respect for others. It also helps us develop a sense of responsibility and accountability.**
- 6. Career Opportunities: Sports offer many career opportunities, such as athletes, coaches, trainers, and sports journalists.**

In conclusion, sports are an essential part of our lives, and they offer many benefits that can help us lead a healthy, happy, and fulfilling life.

खेल जगत में महिलाओं का योगदान

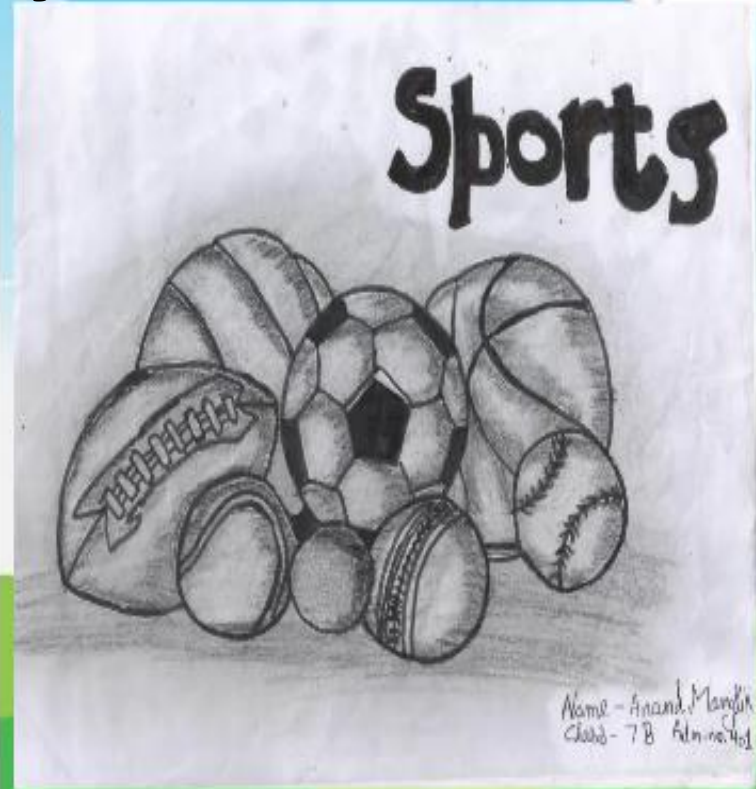
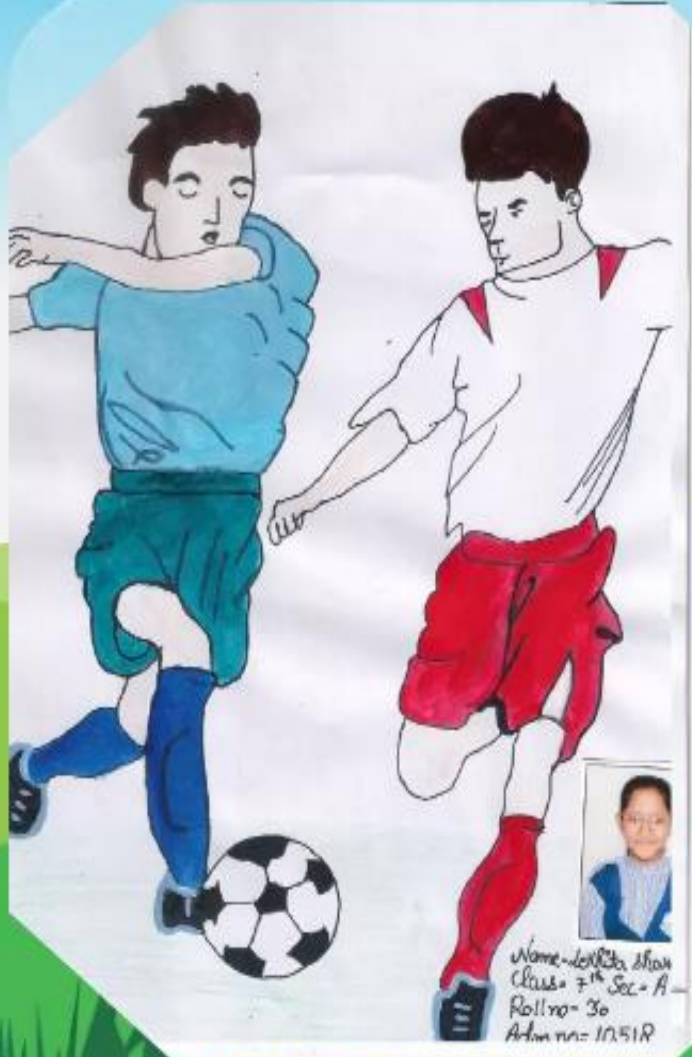
'खेल' शारीरिक व मानसिक विकास के लिये आवश्यक है। खेल के द्वारा शारीरिक विकास तो होता ही है, साथ ही खेल को खेलकर आनन्द की अनुभूति जितनी खिलाड़ी को होती है। उससे भी अधिक उसको देखकर दर्शकों को भी होता है। खेल जब चरम सीमा पर होता है तब वह पल दर्शकों को रोमांचित कर देता है। युवा लड़कियों और महिलाओं की मुक्ति पर खेलों के सकारात्मक प्रभाव को दशकों से स्वीकार किया गया है। आज जहाँ महिलाओं ने डॉक्टर, इंजीनियर, शिक्षिका, पायलट आदि के रूप में समाज में स्वयं को स्थापित किया है। वहीं खेल जगत में भी अपना परचम लहराया है। भारतीय महिला बैडमिंटन खिलाड़ी साइना नेहवाल, पी० वी० सिंधु हो या भारतीय महिला क्रिकेट जगत में अपनी पहचान बनाने वाली स्मृति मधाना, हरमन प्रीत कौर, दीप्ति शर्मा, शेफाली वर्मा, मिथाली राज, झूलन गोस्वामी किसी पहचान की मौहताज नहीं हैं।

इन प्रसिद्ध महिला खिलाड़ियों ने सभी को यह बता दिया है कि महिलाएँ किसी से कम नहीं हैं हमें इनका सम्मान करना चाहिए व महिला खिलाड़ियों का बढ़ावा देना चाहिए।

मिली याज्ञनिक



Student's Creativity.....





By Yoshika
Shanna

Mary
Kom.



"If I, being a Mother of two, can win
a medal, So can you all."





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Sports

Aaira Nadir
6B



SPORT

By Kushagra Singh
VII B 10514



Name - Anand Manglik
Class - 7B
Adm. no. - 401