

**HEALTHY FOOD DAY CELEBRATION IN GIS** 

Selection of 11
Students
from GIS in Jawahay Navodayar Vidyalayar Exam



**WOMEN'S DAY CELEBRATION** 



GUDHA

INTERNATIONAL

9783088100 9667977780

https://gis.gudhaeducationhub.com

Title: E-Shineshine, a monthly digital magazine of Gudha International School (GIS)

Issue number: Year: 01, Vol. 1

Date of publication: 31 March 2025

Download Link: <a href="https://gis.gudhaeducationhub.com/download.php">https://gis.gudhaeducationhub.com/download.php</a>

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#### **PREFACE**

Welcome to the latest and the first edition of *E-Sunshine*, Gudha International School's monthly magazine, where we bring to life the vibrant spirit and dynamic energy of our school community. As we step into this new month, we celebrate the creativity, achievements, and hard work that make Gudha International a truly exceptional place to learn, grow, and connect.

In this issue, we have curated a diverse collection of articles, stories, and updates that highlight not just the academic excellence of our students but also the rich cultural fabric that binds us together. From insightful interviews with inspiring teachers and students to exciting events and initiatives, every page reflects the passion and dedication that define our school.

As Chief Editor, it is a true privilege to see how *E-Sunshine* continues to evolve as a platform for our students to express their thoughts, talents, and aspirations. It is our hope that each edition inspires you to think, dream, and act with purpose, just as the stories shared within these pages do for all of us.

Thank you for being a part of the **E-Sunshine** journey. We hope you enjoy this issue as much as we have enjoyed creating it.

With warmth and gratitude,

### Ramesh Aswal

Chief Editor, E-Sunshine PGT-English rmsaswal@gmail.com

#### THE BEST SCHOOL OF THE REGION: GUDHA INTERNATIONAL SCHOOL



### WELCOME TO GUDHA INTERNATIONAL SCHOOL (CBSE)

At Gudha International School (CBSE), we provide the highest quality education, focusing on nurturing the unique potential of each student. Our goal is to create a liberal, forward-thinking educational environment that keeps pace with evolving trends. Located in the heart of the city, our eco-friendly campus is pollution-free, well-constructed, and equipped with modern facilities.

We are dedicated to meeting the challenges of the modern world, seamlessly integrating the values of post-independence India into our educational program and philosophy.

### REAL UNDERSTANDING THROUGH AN INTEGRATED APPROACH

We believe that true understanding goes beyond mere knowledge. Our approach is based on the conviction that "Every Child is Unique." Our school is a dynamic micro-system where teachers, curriculum, assessments, infrastructure, environment, and activities all come together to unlock each child's potential. The curriculum uses advanced teaching methods, focusing on higher-order thinking skills, multiple intelligences, technology, and multimedia. With the guidance of the management, principal, and a dedicated team of faculty members, we continue to evolve to meet the highest educational standards.

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### **GUDHA INTERNATIONAL SCHOOL**



### OUR MISSION

Gudha International School (CBSE) prepares students to understand, contribute, and succeed in a rapidly changing world, helping them become responsible, compassionate global citizens. We aim to equip our students with both the academic skills needed for a solid education and the competencies necessary for leadership and success in the emerging creative economy. We also lead in generating knowledge that enhances understanding of our world, helping improve the conditions of both local and global communities.

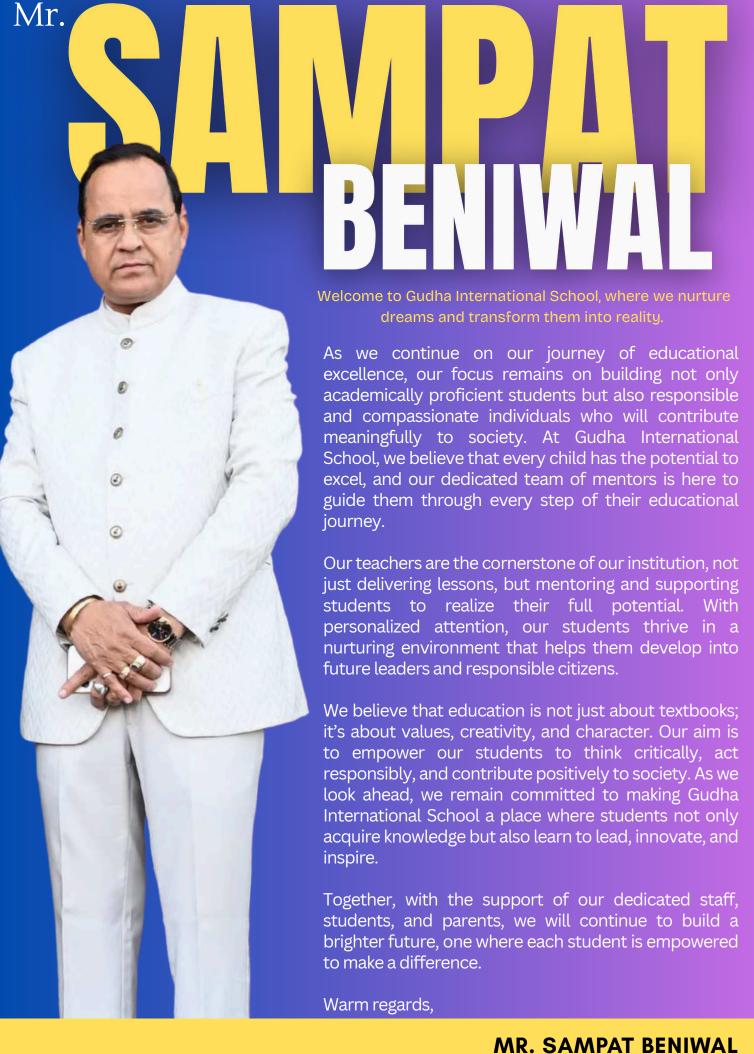
### **OUR VISION**

Gudha International School (CBSE) stands as a beacon of excellence, providing a tranquil, high-quality education. Guided by values of honesty, mutual respect, hard work, and individuality, we aim to prepare students to become intelligent, cultured, and discerning individuals. Our students will be leaders of positive change in society, equipped with world-class facilities and an environment that fosters creativity, communication, leadership, compassion, and courage. Our sensitive and dedicated staff ensures that each student receives the support and attention they need to thrive.

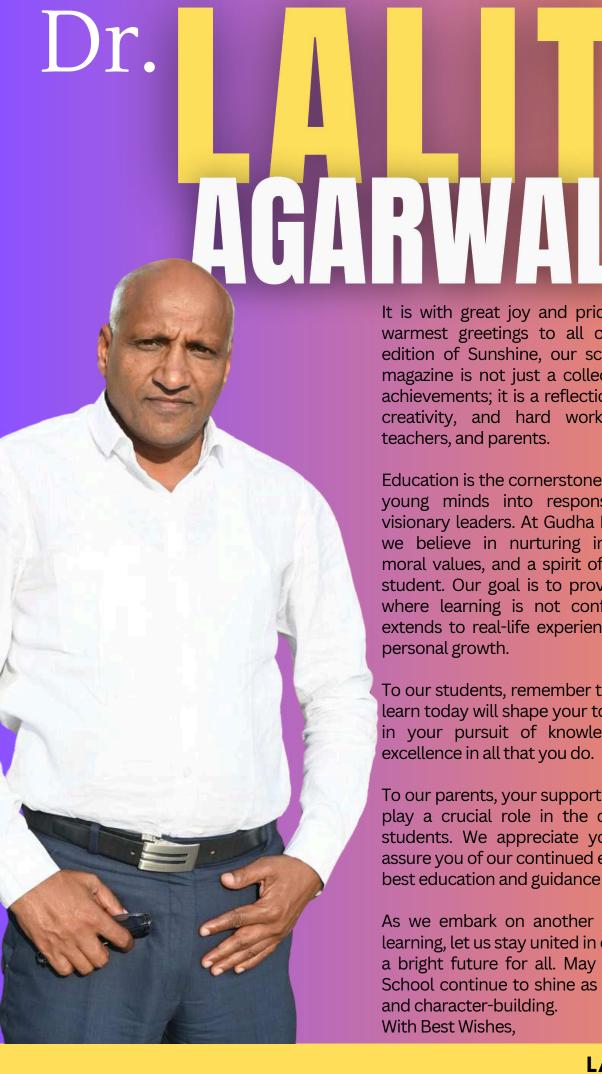
### **GUDHA INTERNATIONAL SCHOOL**

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MR. SAMPAT BENIWAL CHAIRMAN, GUDHA EDUCATION HUB



It is with great joy and pride that I extend my warmest greetings to all of you through this edition of Sunshine, our school magazine. This magazine is not just a collection of articles and achievements; it is a reflection of the dedication, creativity, and hard work of our students, teachers, and parents.

Education is the cornerstone of progress, shaping young minds into responsible, capable, and visionary leaders. At Gudha International School, we believe in nurturing intellectual curiosity, moral values, and a spirit of excellence in every student. Our goal is to provide an environment where learning is not confined to books but extends to real-life experiences, challenges, and personal growth.

To our students, remember that every lesson you learn today will shape your tomorrow. Be fearless in your pursuit of knowledge and strive for excellence in all that you do.

To our parents, your support and encouragement play a crucial role in the development of our students. We appreciate your trust in us and assure you of our continued efforts to provide the best education and guidance to your children.

As we embark on another year of growth and learning, let us stay united in our mission to create a bright future for all. May Gudha International School continue to shine as a temple of learning and character-building. With Best Wishes,

LALIT AGARWAL SECRETARY, GUDHA EDUCATION HUB



It gives me immense pleasure to address you all through the pages of 'Sunshine', the annual magazine of Gudha International School. This magazine is a testament to the hard work, dedication, and achievements of our students and teachers, capturing the essence of excellence that defines our institution.

This year has been truly remarkable, with our students securing outstanding board results, setting new benchmarks of academic success. Alongside this, they have excelled in national and international sports events, showcasing their talent, discipline, and determination on prestigious platforms.

Education at Gudha International School is not just about academics; it is about holistic development. Our students have actively participated in co-curricular activities, Olympiads and various competitions, proving their creativity, leadership and competitive spirit. Their success in these events reflects their enthusiasm for learning beyond the classroom.

The growth of any institution is deeply rooted in the dedication of its educators. Our teachers have continuously upgraded their skills by participating in various workshops and seminars, ensuring they provide the best possible education to our students. Their commitment to innovation and excellence is truly commendable.

'Sunshine' brings together all these achievements, celebrations and results, offering a glimpse into the vibrant life at Gudha International School. I extend my heartfelt gratitude to the editorial board for their hard work in compiling this edition. A special thanks to all the students who contributed their articles, images, artwork and creative pieces, making this magazine a reflection of their talent and passion.

As we turn these pages, let us celebrate our past successes and look forward to even greater achievements in the future. I extend my best wishes to all students, teachers, and parents. May we continue to strive for excellence and make Gudha International School a beacon of knowledge and inspiration.

Best wishes,

Dear Students, Teachers, and Parents, It is with great honor and enthusiasm that I join this esteemed institution as your new Principal. I am excited to embark on this journey with you, fostering an environment that nurtures learning, creativity, and development.

Education is not just about academics; it is about shaping character, instilling values, and preparing students for the challenges of the future. At Gudha International School, we are committed to excellence in education, ensuring that every child receives the guidance and opportunities needed to grow into a confident and responsible individual.

My mission is to ensure that every student at GIS receives an education that not only excels in academic achievement but also fosters personal growth and a strong sense of integrity. I aim to provide a safe and supportive environment where students can explore their talents, learn from their experiences, and develop into well-rounded individuals who are prepared for both academic and life challenges.

I believe in creating a culture where innovation is encouraged, and every student has the opportunity to thrive. By nurturing curiosity, critical thinking, and emotional intelligence, my goal is to inspire students to become lifelong learners, responsible citizens, and compassionate leaders.

A key element of my approach will be to ensure that strong communication exists between the school, parents, and the wider community. Involving families in their child's educational journey is essential for success. By building meaningful partnerships and fostering open dialogue, we can create a collaborative environment that enhances the overall learning experience for our students.

I extend my gratitude to the management, staff, students, and parents for their warm welcome. Together, we will uphold the rich traditions of this school while embracing innovation and progress. Let us work hand in hand to create a nurturing and inspiring learning space for all.

Looking forward to a wonderful journey ahead!



As we proudly unveil the first edition of E-Shineshine, our monthly digital magazine, we are filled with immense pride in the achievements of our students, teachers, and the entire GIS family. This magazine is more than just a collection of articles and pictures—it's a reflection of the spirit, dedication, and relentless pursuit of excellence that define Gudha International School.

At GIS, we believe that learning is a journey, and every student, from the youngest in Pre-Primary to those in Senior Secondary, has their unique story to tell. Our collective responsibility is to provide an environment where curiosity is nurtured, creativity is celebrated, and resilience is built.

Each section of the school contributes to a rich tapestry of learning, and E-Shineshine aims to celebrate that diversity. As academic coordinators, we are proud to guide and support our students through every stage of their educational journey, helping them become not just learners, but global citizens ready to make a difference.

We extend our heartfelt thanks to all contributors—our talented students, dedicated teachers, and supportive families. This magazine is a testament to your hard work, creativity, and collaborative spirit.

Together, we will continue to shine brighter, learn together, and create a community that celebrates knowledge, curiosity, and success. We look forward to seeing our students grow, innovate, and inspire with every issue.

With warm regards,

Mr. Indra Singh, Sr. Academic Coordinator

Mrs. Sanghmitra Maharana, Middle Wing Coordinator

Mrs. Anita Sangwan, Primary Wing Coordinator
Mrs. Nisha Verma, Pre-Primary Wing Coordinator

### HEALTHY FOOD DAY CELEBRATION IN GIS

17 MARCH 2025

At Gudha International School, we recently celebrated Healthy Food Day with great enthusiasm participation from both and students and staff. This special day was dedicated to promoting the importance of healthy eating habits and fostering a deeper understanding of how nutrition significant role plays а in maintaining overall well-being.

The event kicked off with a lively awareness session led by our school's health educators. Students learned about the essential nutrients required for a balanced diet, including vitamins, proteins, carbohydrates, and healthy fats.

The session highlighted the impact of good nutrition on both physical and mental health, encouraging students to make mindful choices when it comes to their meals.

The event was not just about eating right but also about building awareness for a sustainable lifestyle. Discussions on reducing food waste, eating locally sourced food, and making eco-friendly choices were an essential part of the day's activities.



## HEALTHY FOOD DAY CELEBRATION





GUDHA
INTERNATIONAL
SCHOOL



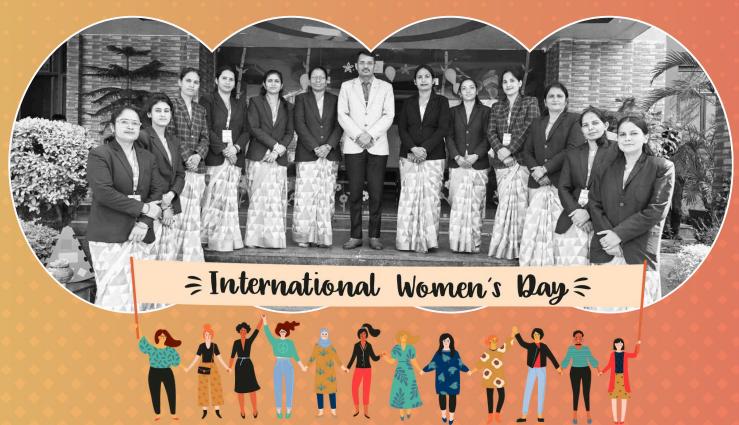


In addition to the cooking competition, a "Healthy Food Exhibition" was organized, where students displayed informative posters about various food groups, the importance of hydration, and healthy eating habits. It was an excellent platform for students to showcase their research and knowledge about nutrition, while also learning from their peers.





## A STRONG WOMAN STANDS UP FOR HERSELF. A STRONGER WOMAN STANDS UP FOR OTHERS.



























### REMARKABLE ACHIEVEMENT

# Selection of III Students Flom GIS in Javahar Navodaya Vidyalaya Exam

In a remarkable achievement, 11 students from Guda International School (GIS), located in the Guda Gaudji, have been selected for the Jawahar Navodaya Vidyalaya (JNV) entrance examination. The school's Chairman, Sampat Beniwal, and Principal, C.S. Sangwan, shared this exciting news, emphasizing the dedication and hard work of GIS's MNS (Military Navodaya School) unit.

For the academic year 2023-24, GIS has already seen 47 students successfully pass the Military Entrance Exam, two students secure admission to the National Military School, and now, 11 students being selected for the prestigious Jawahar Navodaya Vidyalaya. This accomplishment highlights the GIS faculty's commitment to turning the impossible into possible.

This success stands as a testament to the school's unique achievements. GIS has always provided a solid platform for its students, offering dedicated training for military, military school, and Navodaya entrance exams right within the school premises. This not only helps in honing the talents of budding students but also ensures they receive the right guidance and opportunities to shine in their future endeavours.

On this occasion, Chairman Sampat Beniwal, Principal C.S. Sangwan, and faculty member Jitendra Singh honoured the students—Shivakshi, Ayaan Khan, Yash Karan, Khushi, Diksha, Anshu, Naina, Khushi Samota, Prince, Aryan, Devang—by draping them with garlands and wishing them the best for their bright future. This achievement serves as a shining example of GIS's commitment to excellence in education and student success.

### SELECTION OF 11 STUDENTS



























FROM GIS IN JAWAHAR NAVODAYA VIDYALAYA EXAM





### STUDENTS GATHER IN LARGE NUMBERS FOR GIS FUSION PROGRAM

The Gudha International School (GIS) recently organized the Fusion-2025 program to nurture students' creative abilities and enhance their intellectual skills. The event featured a variety of activities, including drawing, painting, essay writing, and article composition competitions. These contests aimed to encourage students to express their thoughts artistically and develop their writing prowess.

The program witnessed an overwhelming response, with a total of 1,308 students participating enthusiastically, including both contestants and spectators.

During the event, Principal C.S. Sangwan emphasized that the objective of Fusion-2025 was to provide a platform for talented students to showcase their skills in their areas of interest.

School Chairman Sampat Beniwal and Secretary Dr. Lalit Agarwal further elaborated on GIS's vision. They highlighted that the institution seeks to identify students with potential talent who may lack proper guidance. Through such events, GIS ensures these students receive the necessary mentorship and exposure.

Dr. Agarwal also stated that GIS believes

in nurturing hidden talents by offering structured opportunities where students can develop their confidence and showcase their skills. He stressed that the presence of dignitaries and mentors at such events plays a crucial role in boosting students' morale and inspiring them to strive for excellence.

The event was marked by a vibrant atmosphere, with students actively engaging in different activities, cheering for their peers, and displaying remarkable enthusiasm throughout. The faculty and organizing team worked tirelessly to ensure the program's success, reinforcing GIS's commitment to holistic education and talent development.

This grand event not only encouraged students to explore their creativity but also set a precedent for future programs that promote talent, leadership, and innovation in education.















English is a thief; it steals my life.

English can make my tongue twist

into a knot.

English is hard rock; we must break through it English is a symphony, so marvellous.

English is an art.
English is a slice of bread I
eat everyday.

English is a hunter; it kills many students. English is very, very troublesome.

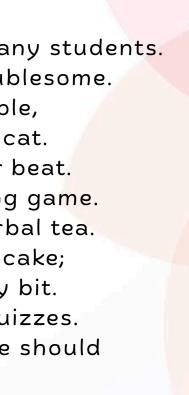
English is A for apple,
B for boy and C for cat.
English is trying your beat.
English is a never ending game.

English is a bowl of herbal tea.

English is a very big cake; we must eat it bit by bit.

English is tests and quizzes.

English is money, people should have some.







### MY SCHOOL MY PRIDE



My school my pride
Where we have wonderful school ride...!!
We read; we write...

And make our future bright!!

We learnt to respect...!!

Not to neglect...!!

We learn to accept...

Not to expect...

We laugh; we cry.

We play; we study.

With our best buddy...!!

Respect elders, obey parents

Become sincere and punctual.

It's the habit we learnt...!!

And that's why we call

My school my pride

PRIYANSHU VII-B





जिंदगी क्या है तू ए जिंदगी क्या है तू, कौन हूं मैं, मेरा तुझसे क्या है वास्ता। चल आज तुझसे ही मुलाकात करते हैं, अपने हर आपसी सवाल का जवाब लिखते है।

क्या तू तेज़ाब है जो इस ज़हन को जलाए, या फिर तू कोई मरहम है जो जख्म को मिटाएं। क्या तू परछाई है जो शौहरत की बजाय अस्तित्व जताए, या फिर तू कोई आईना है जो अपने सब दाग दिखाएं। क्या तू गुलिस्तां है जो फूलों से भरा जाए, या फिर तू कोई मरूस्थल है जो इन आंखों को पसंद ना आए। क्या तू अंथेरा है जो सन्नाटे का इजहार करता जाए, या फिर तू कोई सवेरा है जो इन नजारों को लुआए।

> फिर जिंदगी मुस्कुराकर कहती है, और मेरे हर सवाल का जवाब बताती है।

मैं जिंदगी हूं तुझे जीना सिखाती हूं, पानी की हर घूंट को विष और अमृत में बदलना जानती हूं। मैं तुम्हें रब द्वारा नवाज़ने का एक जरिया हूं, कई समुद्रों का एक दिया हूं। मैं मौन रहकर भी बहुत कुछ कह जाती हूं, तुम मुझे समझ पाओ या नहीं पर तुम्हें तजुर्बा दे जाती हूं।

> RUCHI KUMARI XII BIO

## इस जहां में तू मुझको जीना सिखा दे

मां तू मुझको एक बात बता दे, इस जहां में तू मुझको जीना सिखा दे।

अगर यहां हर किसी को साफ आईना बताया जाए, तो लोग अपने चेहरे पर नकाब क्यूं लगाते।

अगर यहां ईमानदारी का मार्ग अपनाया जाता हैं, तो लोग भ्रष्टाचारी को अपनी परछाई में क्यूं दिखाते।

> अगर यहां स्नेह के भाव से जिया जाए, तो भाई-भाई दौलत के लिए क्यूं झगड़ते।

अगर यहां कर्मों को महता दी जाती हैं, तो लोग रंग-रूप के पीछे क्यूं दौड़ते।

जब इंसान के पहले लिबास और कफ़न मैं कोई जेब नहीं हैं, तो वो जिंदगी भर जेब भरने में क्यूं लगे रहते।

और जब मेरे अवसाद मेरे तक ही सीमित हैं, तो मेरा इस दुनिया से परिचित होना सही क्यूं बताते।

> मां तू मुझको एक बात बता दे, इस जहां में तू मुझको जीना सिखा दे।

> > RUCHI KUMARI XII BIO



## ADMISSION



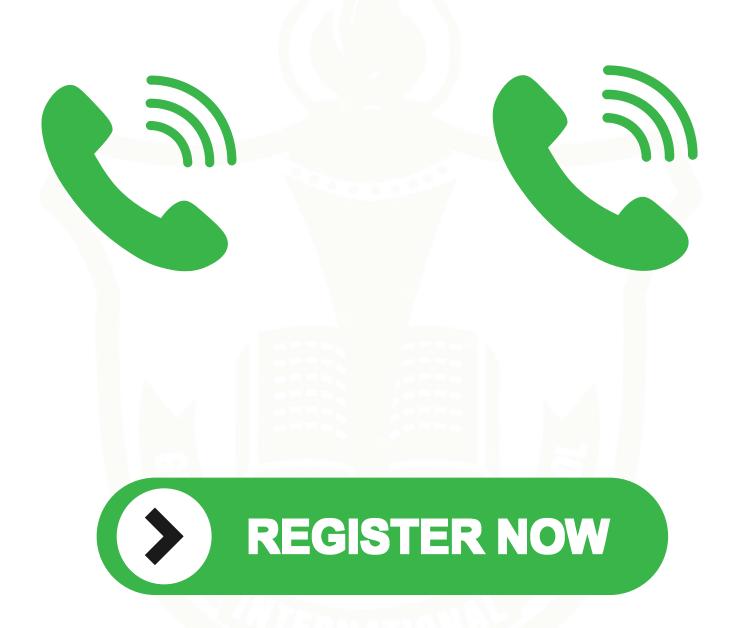
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