



## INTRODUCTION

# July - A Month of Growth and Gratitude

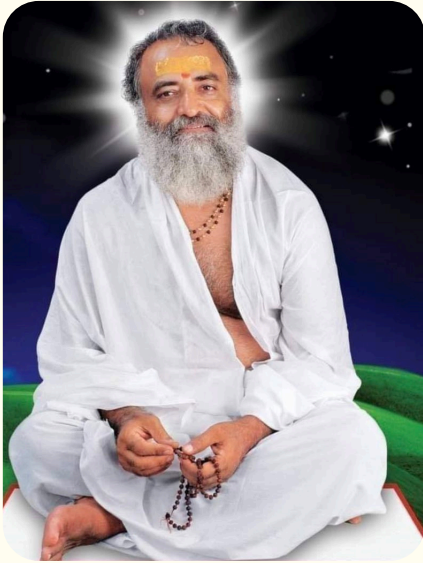


As we step into the month of July, our school is now buzzing with rhythm and routine. The early rains have painted the surroundings green, and the earthy fragrance of the monsoon reminds us of nature's blessings and the beauty of change.

July is also a month that reminds us of our values, duties, and connection with the world around us. Though school life moves in full swing with classes and activities, this month also offers moments to reflect on wider concerns.

We begin the season with a reminder of our bond with nature through Van Mahotsav (1<sup>st</sup>-7<sup>th</sup> July)—a national tree plantation week that encourages us to nurture and protect our environment. Even the sound of raindrops inspires thoughts of greenery, sustainability, and growth. Earlier, in the last days of June, we observed International Yoga Day (21<sup>st</sup> June). Yoga promotes physical, mental, and spiritual well-being—values that we carry forward into July, especially as students settle into their routines and strive for balance.





## पूज्य बापूजी का संदेश

गुरुकुल का उद्देश्य लौकिक शिक्षा के साथ साथ आध्यात्मिक ज्ञान देना है | मैं चाहता हूँ कि गुरुकुलों के बच्चे गुरुज्ञान को, शास्त्रों के ज्ञान को पचाकर, गुरु बनकर विश्व के कोने कोने में वैदिक ज्ञान को फैलाएं। - पूज्य बापूजी

## Our 3 S Philosophy

### **Shiksha (Education)**

***We nurture individuals for a happy, healthy, prosperous life, not job-seekers.***

### **Sanskriti (Culture)**

***We impart the knowledge of great Indian culture to students.***

### **Sanskar (Values)**

***We shape character through spiritual & emotional growth. and development.***

## From the desk of Principal

Dear Students,

The month of July has been vibrant and enriching for our Gurukul family. We witnessed the formation of the Student Council, inspiring march-past practice sessions, and celebrated significant events like Foundation Day and Guru Purnima. With fewer holidays, academic discipline remained consistent throughout. Most importantly, the spiritual essence of Guru Purnima instilled a deep sense of reverence and positive vibrations among students.

This month offered a beautiful opportunity to reconnect with our values and traditions. I hope the coming months continue to reflect the same enthusiasm and dedication.

Warm regards,  
Principal





## Inter-Class Yoga Competition 2025



Promoting Fitness, Flexibility, and Focus among Students An Inter-Class Yoga Competition was successfully organized in the month of June 2025, showcasing the spirit of wellness and discipline among students from Classes 3 to 12. The event was held in the school auditorium with enthusiastic participation across three categories.

The graceful postures and perfect coordination of students mesmerized the audience and reflected their dedication towards physical and mental well-being. The event was graced by our Principal Ma'am, who served as the Chief Guest. Her encouraging words added great value to the occasion and inspired the students to include yoga in their daily lives.

The performances were evaluated by Mr. Rajesh Goud, the respected judge for the competition, who shared his expert remarks on the techniques and efforts of the participants. This well-coordinated event was organized by the School Sports Officer, Mr. Gourav Ravliya, whose efforts made the competition a grand success.

## INTER SCHOOL BASKETBALL COMPETITION



Late Sunita Memorial Inter-School Basketball Competition, Emerald High International School Hosts a Grand Sporting Event The Late Sunita Memorial Inter-School Basketball Competition was organized with great enthusiasm by Emerald High International School, bringing together young sports talents from across the region. The prestigious tournament witnessed participation from 84 reputed schools, making it one of the most competitive events of the year. Representing our school, a team of 10 skilled players participated under the expert guidance of Coach Mr. Gourav Ravliya. The team showcased commendable teamwork, dedication, and sportsmanship throughout the tournament.

In a thrilling final match, our school team delivered an outstanding performance, fighting neck-and-neck till the last minute. The match ended with a close and exciting score of 12-10, reflecting the determination and effort of our players.

Though the victory narrowly escaped us, the students made the school proud with their energetic display and disciplined play. Their participation served as an excellent learning experience and an inspiration for budding sports enthusiasts in our school.

## Inter-School Table Tennis Competition



On 25th July 2025, a group of our enthusiastic students participated in the Inter-School Table Tennis Competition held at Emerald Heights International School. Accompanied and guided by Mr. Rajesh Goud Sir, the team displayed outstanding sportsmanship, energy, and discipline throughout the event.

The competition witnessed participation from various reputed schools, making it a thrilling and enriching experience for all. Our students got a great opportunity to test their skills, learn from their peers, and represent the school with pride..

# Foundation Day & Investiture Ceremony Celebration

The school joyfully celebrated its Foundation Day on 19th June 2025, marking another milestone in its journey of excellence and growth. The event was held with great enthusiasm and a well-planned series of performances and ceremonies.

The programme began with a warm welcome, followed by a delightful dance performance by the Pre-Primary students. Their graceful moves and innocent expressions added a touch of charm and freshness to the celebration.

A highlight of the day was the Investiture Ceremony, where the newly elected student council members were formally entrusted with their duties. With heads held high and spirits soaring, the students participated in the march past, reflecting their discipline, unity, and leadership potential.

A motivational speech by our respected Mam added meaning to the occasion, inspiring students to take pride in their school and their responsibilities.

The event was a beautiful blend of celebration, tradition, and leadership, truly reflecting the essence of our school's values and vision.



## कहानी सुनाओ प्रतियोगिता

दिनांक : 05 जुलाई 2025, शनिवार विद्यालय में विद्यार्थियों की कल्पनाशक्ति, नैतिक मूल्यों और आत्मविश्वास को मंच प्रदान करने हेतु दिनांक 05 जुलाई 2025 को 'कहानी सुनाओ प्रतियोगिता' का भव्य आयोजन किया गया। इस प्रतियोगिता में कक्षा 3 से 5 तक के विद्यार्थियों ने उत्साहपूर्वक भाग लिया।

प्रतियोगिता का उद्देश्य बच्चों में नैतिकता, संवेदनशीलता तथा प्रेरणात्मक अभिव्यक्ति को बढ़ावा देना था। सभी प्रतिभागियों ने अपनी प्रस्तुतियों के माध्यम से मनमोहक और शिक्षाप्रद कहानियाँ सुनाई, जिनमें भावनात्मक अभिव्यक्ति, स्पष्ट उच्चारण तथा प्रस्तुति की विशेष झलक देखने को मिली।

कार्यक्रम की मुख्य अतिथि प्रिंसिपल मैम एवं सुधा मैम थीं, जिनकी गरिमामयी उपस्थिति ने कार्यक्रम को और भी प्रेरणादायक बना दिया। उन्होंने प्रतिभागियों की सराहना करते हुए कहा कि इस प्रकार की गतिविधियाँ बच्चों के सर्वांगीण विकास के लिए अत्यंत आवश्यक हैं।

कार्यक्रम का सफल संचालन सुषमा ठक्कर मैम द्वारा किया गया, जिनके प्रयासों से यह प्रतियोगिता सफल और प्रेरणास्पद बनी। विजेताओं को प्रमाण-पत्र प्रदान कर सम्मानित किया गया।

अंततः यह प्रतियोगिता विद्यार्थियों के लिए एक प्रेरणादायक अनुभव रही, जिसने उनकी रचनात्मकता और आत्मविश्वास को निखारने का कार्य किया।



# STUDENT CORNER

## THE POWER OF SELF-DISCIPLINE IN MY LIFE



Yesterday, I was thinking about how self-discipline has affected my life. I believe self-discipline is the key to achieving any goal, no matter what it is.

Let me tell you about my own experience. When I was in Class 10, I was not disciplined at all, especially when it came to my studies and teachers. I used to waste my time on useless things. Even during my board exams, I didn't give my best effort.

But after I passed Class 10 and moved to Class 11 (Commerce stream), I made a decision — I had to do something meaningful. From that day on, I became regular in my studies, and to my surprise, I started understanding all the concepts very well.

This made me realise something important: only a teacher's effort is not enough unless you put in your own. Teachers teach daily, but it is your responsibility to study daily. At the end of the day, you are the one who helps yourself — not anyone else.

Lastly, I would say, set a goal — know what you want to achieve. And more importantly, find your "why" — why do you want to achieve it?

**Arpan Agrawal**  
**Class -11 Commerce**



## HARD WORK VS SMART WORK

We've all heard, "Work hard and you'll succeed." But these days, people also say, "Work smart." So what's the difference?

Hard work means putting in time and effort, even when it's tiring. Smart work means planning before doing — using your time and energy wisely.

Back in Class 10, I had a science exam I really wanted to ace. I studied every chapter, copied notes, and solved tons of questions. I worked hard — but without a smart plan. I didn't focus on important topics or question patterns. When the exam came, I realized I had wasted time on parts that barely showed up.

My friend studied differently. He checked past papers, made short notes, and focused on understanding concepts. He didn't study longer — just smarter. And his marks were better. That taught me something big: hard work is good, but without direction, it may not give the best results.

Some situations need pure effort. Others need smart strategies. But combining both is the real key.

"Don't work hard blindly. Work smart with purpose."

**Rudransh Moyal**  
**Class -12 Commerce**

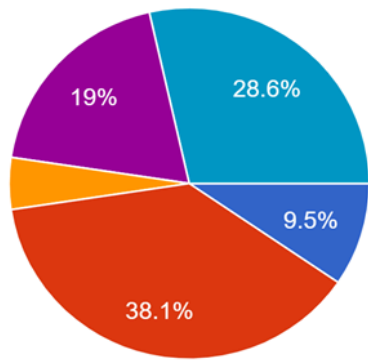


# STUDENT POLL

Is morning assembly -  
waste of time or useful?



21 responses



- It is useful.
- It is too time taking.
- It is worth to attend assembly.
- It is good start to our day.
- It is not useful at all.
- It is useful but too time taking.

In an effort to understand students' perspectives on the daily school assembly, a survey was conducted among the students of Class XII. The responses painted an insightful picture of how students perceive the value of the morning assembly.

## कविता - हरी के अवतार

मैं ही था मत्स्य अवतार में, जिसने चारों वेद बचाए थे,  
राजा मनु को आकर के, प्रलय के बोध कराए थे।

कच्छप अवतार लेकर मैंने, मंद्राचल का भार उठाया,  
देवों और दैत्यों के बीच, समुद्र मंथन सफल कराया।

सुनकर पुकार पृथ्वी की, मैं वाराह रूप में आया था,  
हिरण्याक्ष के अत्याचारों से, धरती को बचाया था।

प्रह्लाद के खातिर मैंने, नरसिंह अवतार लिया,  
प्रकट होकर खंभ से मैंने, हिरण्यकशिपु को फाड़ दिया।

वज्र सम परशु से अपने, दुष्टों का संहार किया,  
जमदग्नि के ब्राह्मण कुल में, परशुराम अवतार लिया।

रावण का भी काल बना मैं, जब राम अवतार में आया था,  
ग्रहण कर वनवास मैंने, पुत्र धर्म निभाया।

कृष्ण बना मैं राधा का, जब द्वापर युग में आया था,  
कुरुक्षेत्र की युद्ध भूमि में, गीता का भी ज्ञान दिया।

सत्य, अहिंसा और करुणा का, मैंने ही प्रचार किया,  
जनक बना मैं बौद्ध धर्म का, जब बुद्ध अवतार लिया।

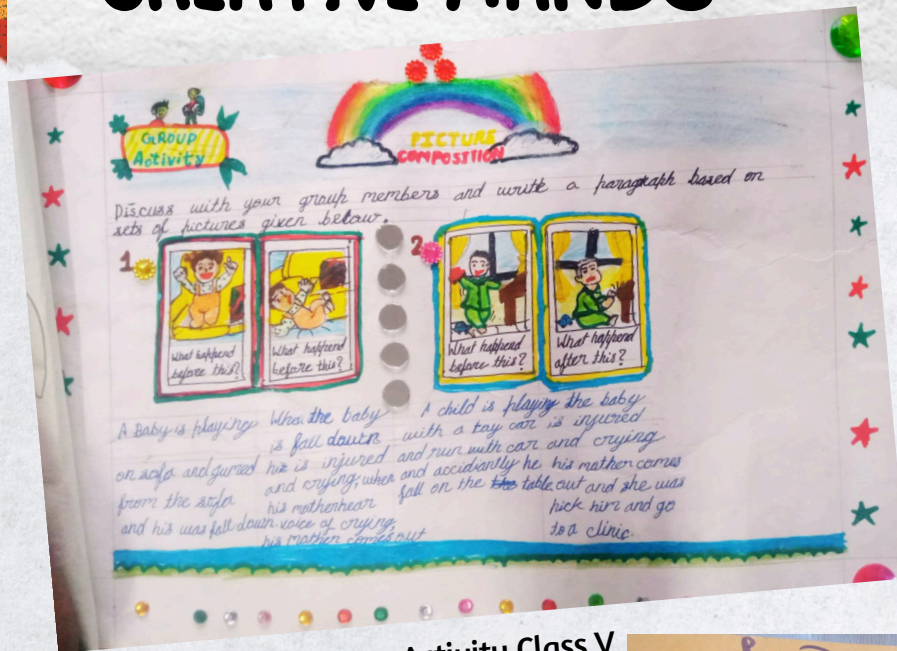
लेकर अवतार कलियुग का, तुम सबके बीच में आऊँगा,  
करके अंत इस कलियुग का, मैं ब्रह्मप्रलय को जगाऊँगा।



**Hari Kadam**  
**Class -X**



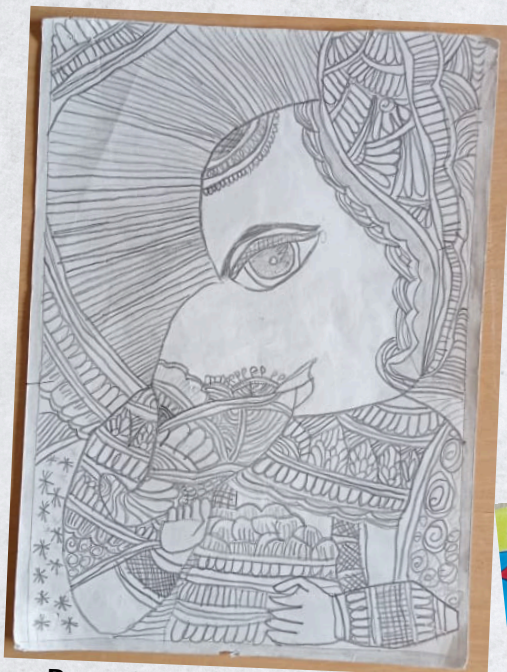
# CREATIVE HANDS



Group Activity Class V



Dhairya Parmar Class - V



Paras Ratnawat - Class VI



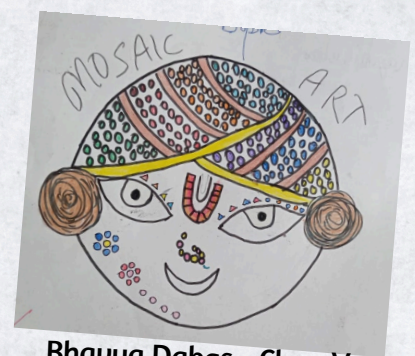
Yuvaraj Jagdalaya - Class III



Nishchay Kochale - Class III



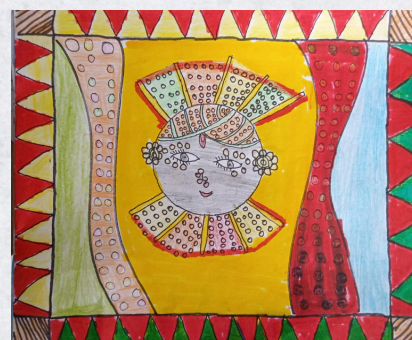
Divit Bakdiya - Class V



Bhavya Dabas - Class V



Vivan Rajput - Class V



Shivam Yadav - Class V

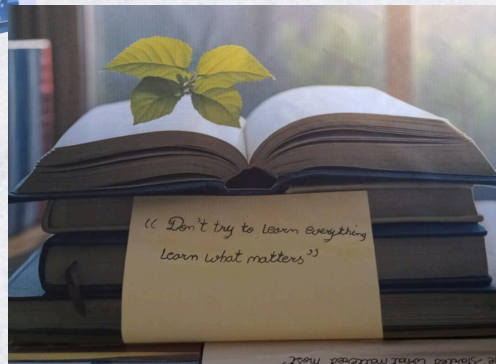
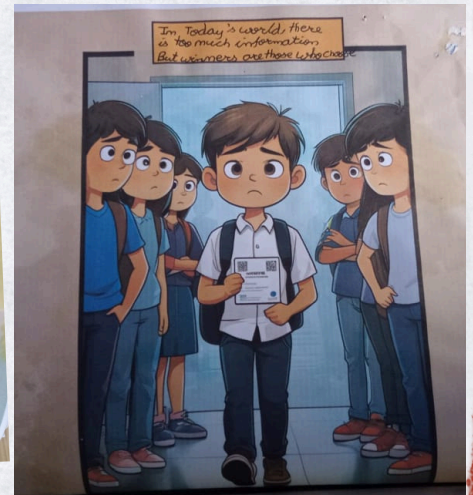


# CREATIVE HANDS

## Self Created Comics



Manik Sharma - Class XI



Daksh Chouhan & Bharat Rathore -  
Class IX



# CREATIVE HANDS

## Self Created Comics

Bhavya Rathi - Class IX





# CREATIVE HANDS

## Self Created Comics





# TEACHER CORNER

## " THANKYOU BODY "

Every layer of childhood's cement – a celebration of Growth and Gratitude!"

Childhood is that magical journey where every day our body and mind change their hues. One day we're tiny, the next day a little taller—this Growth is actually a cascade of miniature, miraculous transformations within us!

Bones getting stronger, mind sparking new questions, hands and feet learning to run—this isn't just growth, it's superhero-style interior renovation!

Science says : Growth Hormones: Regulate our physical development. But expressing pride in ourselves and gratitude to others releases emotional growth hormones like Oxytocin and Serotonin—making us happier!

Neuroplasticity: Our brain is constantly reshaping—by practicing gratitude, we open new pathways of happiness and resilience. So kids, the next time you learn something new—whether it's a language, a recipe, or a fun science fact—shout out with joy, "Thank you, body! Thank you, world!"

That's real Gratitude—small "thank-yous" that bring big wonders!

It will make your journey of growth even more spectacular.

Ms. Pooja Shrivastava

PGT - Science



## " GROWTH AND GRATITUDE "

Hey! Have you ever said thank you to anyone??? Of course your answer will be yes... So Thank you and sorry are two key words which help a lot to vanish all tensions. As we are growing up gradually our perspective also broadens. Growth and development looks similar but there is a difference in physical and cognitive outlook.

Growth includes height, weight, and internal organ development. Controlled by hormones like growth hormone . Growth in living organisms involves both an increase in size and structural development. Hence we can say that growth is the symbol of living nature . Growth mainly depends on heredity and environment .This is all about scientific parameters of growth but in general sense Improving skills, achieving goals, and becoming more capable in life symbolizes gradual growth.

Of course growth is important but it works as fuel for us when it comes with gratitude. Gratitude means being thankful for what you have — your family, friends, health, opportunities, and even challenges that help you grow. Being thankful for a sunny day , appreciating your parents' love , saying thank you to a friend for helping you. Gratitude is the attitude of thankfulness that makes life more meaningful.

See around and notice how many things that help indirectly and we even not recognize it .There are many ways by which gratitude helps us like improves sleep quality, lowers blood pressure, and boosts immunity. Gratitude increases empathy, reduces aggression, and builds stronger bonds with others. It engages the prefrontal cortex (decision making, emotional regulation).

"Gratitude is a complex emotion and cognitive state involving recognition and appreciation of the positive aspects of life, often enhancing well-being and social connection."

After this long information now we take on a task and challenge also to increase our "THANK YOU" count . Write daily in your diary how many times in a day you fortitude to say sorry for mistakes and thanks for help. This shows your heroism little stars.

"Thanks to nature and creature of nature for everything "

Ms. NIDHI CHOUDHARY

TGT - Science



# TEACHER CORNER

## कविता - कृतज्ञता के रंग, विकास के पंख

धूप में जलना सीखा हमने, छांव में जीना भी पाया,  
हर मोड़ पर जो साथ रहे, उनसे रिश्ता गहरा बनाया।



कदम दर कदम बढ़ते गए, रास्ते अपने बनाते गए,  
हर सीख को अपनाया हमने, हर अनुभव से निखरते गए।

गुरु का ज्ञान, माता की ममता, दोस्तों की हँसी, जीवन की गाथा,  
सब कुछ मिला एक वरदान सा, कृतज्ञ हैं हम इस संसार सा।

विकास सिर्फ मंज़िल नहीं, हर कोशिश का उत्सव है,  
कृतज्ञता वो दीपक है, जो मन का अंधेरा हर ले।

चलो सजाएं जीवन को, इन दो मूल्यों की माला से,  
विकास हो हमारा आभूषण, और कृतज्ञता उसकी छाया से।

श्रीमती दमयंती जोशी  
विभागाध्यक्ष हिंदी