



SANSKRITI

A Newsletter from **N. L. Dalmia High School**

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SHLOK OF THE MONTH

सुखदुःखे समे कृत्वा लाभालाभौ जयाजयौ ।
ततो युद्धाय युज्यस्व नैवं पापमवाप्स्यसि ॥

Sukha-duhkhe same krtva labhalabau jayajayau
tato yuddhya yujyasva naivam papam avapsyasi

THOUGHT FOR THE MONTH

Challenges are what make life interesting and overcoming them is what makes life meaningful.

BIRTHDAYS

| | |
|----------------------------|------------------|
| Madhulika Sharma | 1st April |
| Mitali Ketan Mehta | 1st April |
| Ruqaiya Shaikh | 3rd April |
| Arshi Khan | 6th April |
| Chetan Kamalakar Varade | 13th April |
| Neha Pathariya | 14th April |
| Dipty Mayank Paleja | 17th April |
| Samita Debashis Paul | 20th April |
| Srila Raghu | 24th April |
| Smitha Shetty | 25th April |
| Natasha D,Melo | 26th April |
| Ganapathi Subramaniam Iyer | 28th April |
| Dixita Arvind Khokale | 29th April |
| Vandana Ramavat | 18th May |
| Neetu Singh | 19th May |
| Titiksha Suryakant Sawant | 20th May |
| Annie Michael | 21st May |
| Sonali Jadhav | 22nd May |
| Parvati Prajapati | 23rd May |
| Lynn Pereira | 29th May |
| Varsha D' Cunha | 30th May |
| Hetal Viral Rajyagor | 1st June |
| Simran D'Souza | 8th June |
| Munmun Patel | 11th June |
| Divya Shetty | 12th June |
| Amruta Panchal | 12th June |
| Binita Parmar | 19th June |
| Shamashree Sen | 20th June |
| Prathika Shetty | 23rd June |
| Sunita Thesia | 25th June |
| Sheetal Ajmera | 26th June |

FROM THE PRINCIPAL'S DESK...

Dear Children,

Our School takes great pride in being an institution that helps foster the right attitude and appropriate behaviour that moulds our children into strong and confident human beings. At N. L. Dalmia High School we prioritize student ownership and self- direction. Considering this, taking accountability for your actions should be an integral part of your life that would help create trust and dependability. Each step you take towards being a responsible and productive individual helps to raise your self-esteem. Taking responsibility for your actions is an important step in becoming self-disciplined.

It is rightly said that Discipline is the bridge between goals and accomplishments. It is an integral part of the learning process, helping eliminate hinderances for growth that stand in the way of success. Discipline helps you stay focused on the task that you are doing: your studies and personal life. It helps you to train your mind to do the right thing at the right time.

Nothing beats the fact that Punctuality is the first step towards success. It builds the path to success. A punctual student is well equipped to deal with his task efficiently and admirably, thus making his educational journey in the school meaningful.

I strongly feel that when you leave the school portals you should adorn a robust and efficacious value system.

Dr. Seema Saini
CEO and Principal

ISC SECTION

ISC Book Club (A Branch of ELC)

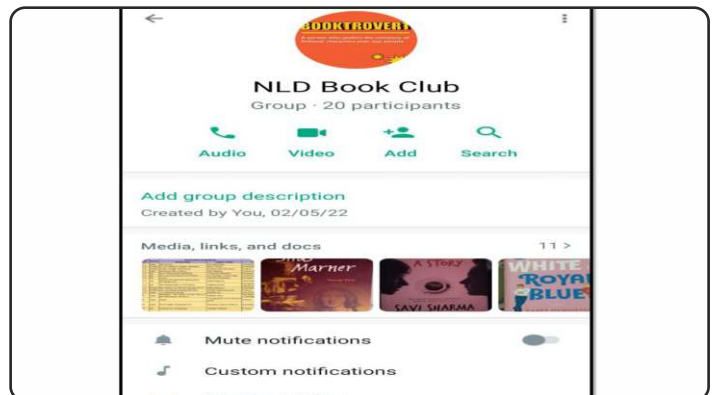
In order to inculcate and foster reading habits amongst students, the ISC students have started operating a Book Club. A branch of the ELC of the ISC section, this was originally conceptualized by Miss Rinchan Robert and Miss Vaibhavi Lakhani (students, 12D). The club meticulously operates under the guidance of Ms. Leena Kadam (Teacher, English). Miss Seeya Gaurh (Student, 12C) has been maintaining an accurate report of the details of the books read by students. This book club reaches out to reinforce reading habits among the ISC faculty too! The record of the books read by the ISC faculty is methodically maintained by Miss Seeya Gaurh. Ms. Richha Kadam (NLDHS Librarian), an active part of the club assists in updating the students on the new books/ genres that enter the market! Inaugurated in May 2022, during the summer vacation, this club had been limited to a Whats App group. However, this club has now taken shape to function full-fledged. The Book Club aims at refining students' scholastic as well as co-scholastic persona.

Miss Navika Luthra
Student, 12D



| Sl. No. | Student Name | Class | House | Particulars of the Book | | Book | |
|---------|-------------------|-------|---------|---|------------------------|--------------------------------------|---------------|
| | | | | Book Name | Author Name | Genre | Category |
| 1 | Seeya Gaurh | 12C | Vayu | The Secret | Rhonda Byrne | Self Improvement | Novel |
| 2 | Myisha Chaudhary | 12A | Prithvi | If on a Winter's Night a Journey | Italo Calvino | Postmodernist Novel | Novel |
| 3 | Myisha Chaudhary | 12A | Prithvi | Today Tonight Tomorrow | Rachel Lynn Solomon | Fiction | Novel |
| 4 | Seeya Gaurh | 12C | Vayu | Everyone Has A Story | Savi Sharma | Fiction, Romance | Novel |
| 5 | Navika Luthra | 12D | Jal | Red, White and Royal Blue | Cassie McGinniston | Romance | Novel |
| 6 | Simran Misra | 12C | Jal | His 'Last Bow' Sherlock Holmes | St. Arthur Conan Doyle | Crime Fiction | Novel |
| 7 | Simran Misra | 12C | Jal | Lotus | Jennifer Hartmann | Romantic Suspense | Novel |
| 8 | Simran Misra | 12C | Jal | How To Be More Productive By Working Less | Mak Mans on | Self Mental Care | Article |
| 9 | Pathin Bhowmik | 12D | Jal | The Interpretation of Dreams | Sigmund Freud | Psychological, Non-Fiction | Novel |
| 10 | Shreya Gupta | 12C | Prithvi | The Subtle Art of Not Giving a F* | Mak Mans on | Self Help | Novel |
| 11 | Myisha Chaudhary | 12A | Prithvi | We can't keep meeting like this | Rachel Lynn Solomon | Fiction | Novel |
| 12 | Raska Ranganathan | 12C | Agni | Lockdown Liaison | Shobha De | Non-Fiction | Short Stories |
| 13 | Priya Bothra | 12C | Vayu | The Silent Patient | Alex. Michaelides | Thriller | Novel |
| 14 | Hemietta Pereira | 12D | Agni | The Love Hypothesis | Alli Hazelwood | Fiction, Romance | Novel |
| 15 | Raska Ranganathan | 12C | Agni | Silas Marner | George Elliot | Societal Criticism | Novel |
| 16 | Tanaya Bade | 12A | Jal | Little Women | Louisa, M. Alcott | Fiction, Saga, Family, Coming of Age | Novel |
| 17 | Tanaya Bade | 12A | Jal | My Policeman | Bethan Roberts | Literary Fiction | Novel |
| 18 | Tanaya Bade | 12A | Jal | They Both Die in the End | Adam Silvera | Young Adult, Fiction, Adventure | Novel |
| 19 | Raska Ranganathan | 12C | Agni | Timeless Tales to Ignite your Mind | Shubha Vilas | Ancient History | Short Stories |
| 20 | Raska Ranganathan | 12C | Agni | Short Term Solutions Can Lead to Long Term Problems | Jittelford | Philosophy | Article |

| Sl. No. | Teacher's Name | Subject Taught | House | Particulars of the Book | | Book | |
|---------|---------------------|-------------------------------------|-------|---|----------------------------------|----------------------------------|---------------------------------|
| | | | | Book Name | Author Name | Genre | Category |
| 1 | Ms. Sujatha Nambiar | ISC Supervisor (Teacher, Chemistry) | Jal | Pyjamas are Forgiving | Twinkle Khanna | Fiction | Novel |
| 2 | Ms. Leena Kadam | Teacher, English | Agni | Abys | Compilation of 10 selected poets | Fiction | Poem Anthology |
| 3 | Ms. Leena Kadam | Teacher, English | Agni | Every Man's Speaking Tree | Narayani Ganesh (Editor) | Spirituality | Compilation: The Times of India |
| 4 | Ms. Leena Kadam | Teacher, English | Agni | Ramayan - The Game of Life. (Rise of the Sun Prince: Book 1) | Shubha Vilas | Spirituality (contemporary mind) | First book of its six series. |
| 5 | Ms. Leena Kadam | Teacher, English | Agni | Mystic | Compilation of 7 selected poets | Fiction | Poem Anthology |
| 6 | Ms. Richa Kadam | NLD Librarian | | The Magic Mindset | Preeti Shenoy | Self-Help | Novel |
| 7 | Ms. Richa Kadam | NLD Librarian | | Abys | Compilation of 10 selected poets | Fiction | Poem Anthology |
| 8 | Ms. Leena Kadam | Teacher, English | Agni | The Nectar of Instruction (Presentation of Sita Rama Goswami's 'Sri Ugradesamraja') | Sri Prabhupada | Spirituality | Poem |



ISC SECTION

Simplifying Economics

Using biscuits as a teaching aid, concepts like Total Utility, Marginal Utility and the Law of Diminishing Marginal Utility were wonderfully introduced to grade 12 (Commerce and Humanities). The Law of Diminishing Marginal Utility states that 'the Marginal Utility tends to decline as consumption of commodity increases' this was effortlessly explained to us in this activity. By linking the consumption of biscuits to Marginal Utility, we resourcefully understood that with an increase in consumption, the marginal utility and satisfaction decreases! This practical demonstration, creatively conducted by Ms. Mamta Vankani (Teacher, Economics) simplified and reinforced our concepts of the terms and helped us to retain them in a fun-filled manner.

Miss Jay Radhey Tela
Student, 12C (Commerce)



ISC Orientation cum Induction Programme – (Grade 11)

Wednesday, the 22nd of June marked the beginning of the new academic year of the newly admitted students of grade 11. Ms. Sujatha Nambiar, the ISC Supervisor addressed the students inducting them across the section with her visionary approach. The scope of syllabus along with significant whereabouts on each subject was rendered to the students. Meticulously ushered, the programme highlighted the various subject choices available to students in the ISC section. Students were introduced to their new class timetables as well as the norms and protocol of the school. The induction programme held high the vision, mission and the values nurtured by the school!

Ms. Leena Kadam
Teacher (ISC)



ISC SECTION

School Trip - Happy Memories!

The students of the ISC section were overspilling with electrifying enthusiasm on 14th June, 2022! The school organized an exciting trip to the 130-acre theme park in Khopoli, Adlabs Imagica. Owned by Imagicaa world Entertainment Ltd., the park was a perfect destination for the students to unwind and refresh themselves! The happy faces made happy memories filled with the hues of laughter and mirth!

Mst. Domine Tom
Student, 12A



SECONDARY SECTION

WORLD ENVIRONMENT DAY

Nature has been nurturing mankind for millions of years. Now it's our duty to nurture our planet. World Environment Day is celebrated every year on 5th June to raise global awareness, to take positive environmental action, to protect nature and the planet earth. It is a day that reminds everyone on the planet to get involved in environment-friendly activities. Being mindful of the same, the students of N.L Dalmia High School came together to pledge towards building a greener planet. The objective of this program was to spread awareness among students about saving our environment from various types of pollution and to plant more and more trees to make our mother Earth clean and green. Keeping this aim in view, the students were briefed about the importance of this day.

The day flagged off by a tree plantation drive. The students planted various saplings with exhilaration. They were made aware of the ill effects of plastic on the environment thus encouraging them to use eco-friendly material. The students creatively made cloth bags using their old T-Shirts, keeping in mind the 3Rs of waste management.

Velanie Pereira

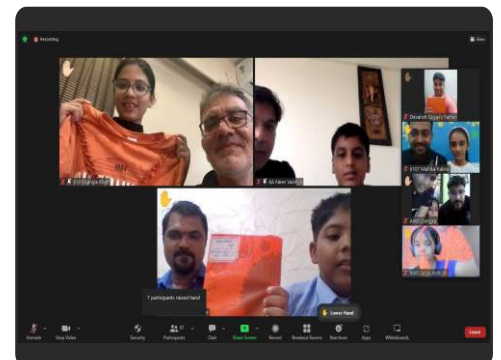


Father's Day Celebration

Dad, a son's first hero and a daughter's first love.

To honour all the dads, teachers and students of Grade 6 at N. L. Dalmia High School celebrated Father's Day with a lot of enthusiasm. This first event of the academic year was a celebration of the influence fathers have on their children. It was lovely to see the father-child duo twinning in color coordinated t-shirts for the celebration.

The event started with a soulful welcome song performed by the students. Thereafter, the fathers were surprised and delighted to see how well their children knew them in the segment- Know Your Father! The children joyfully cheered for their fathers as they sportingly participated in various games. Children put up an outstanding dance performance for their daddies, thereby making them feel very proud. The occasion turned out to be grand as fathers and kids participated together in singing melodies. The entire occasion was touching, rejuvenating and moved many daddy dears to tears.



SECONDARY SECTION

International Yoga Day

'Yoga adds years to your life and life to your years'

The World Yoga Day, at N.L. Dalmia High School began with a refreshing yoga session for the students of the Secondary Section. The students were guided into a few basic yoga exercises by the Secondary Supervisor Ms. Savita Kukreti. The activity saw students engage in the yoga exercises with much interest. This helped relax their mind and they were ready to take on the day with much positivity.

A special addition to the day's fervour was a blissful yoga session conducted for the teachers by Mr. Sandeep Solanki. The Principal Dr Seema Saini welcomed Mr. Solanki and in her address spoke about the importance of practicing Yoga for a healthy mind and healthy body. The yoga session focused on learning a few Chair Yoga Exercises like: Neck Stretches, Chair Spinal Twist, Arm Stretch, Breathing Exercises to name a few. The teachers participated in the session with much focus. It was indeed a quite calming and tranquilizing experience.

The Bhagwat Gita rightly quotes, 'Yoga is the journey of the self, through the self, to the self'. The Yoga Day came to an end with each making a commitment to continue this journey by practicing Yoga and making it a part of our daily routine. Truly, this day helped reflect on the inner-self, finding peace in one's own skin!



World Music Day

Music is an important part of our lives..... It is a therapy.... It is a connection that brings people from different walks of life together.... It is a way to connect heart with hearts.... It is a medicine for soul.

There is nothing in the world like the sound of a sweet music. Music is a world within itself. It brings different cultures together. To celebrate the World Music Day the Maestros of Secondary Section presented a melliferous rendition which lifted up the spirit of everyone. The musical geniuses played the different musical instruments and the School Choir with their sweet-tone presented a melodious song which made this summer solstice a musical day to remember.

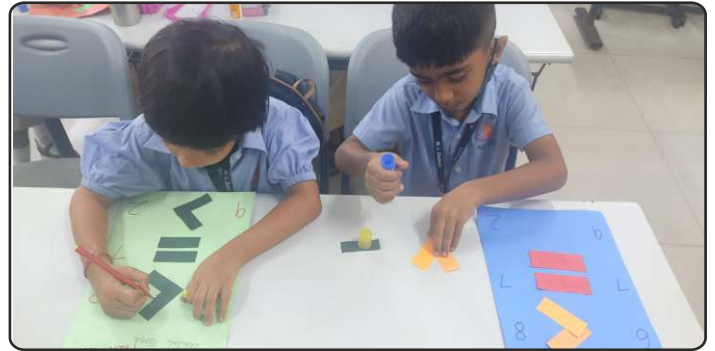
World Music Day reminds us that we must take time off from our hectic lives and infuse them with the beauty of music to live longer and live healthier. Let the tune of music touch the right chord of heart and hums the song of a blissful life.



PRIMARY SECTION

Grade I - Math - Charlie – The Hungry Crocodile

Grade I students learnt the concepts of Greater than, lesser than and equal to sign through a fun filled activity Charlie – The Hungry Crocodile. The teacher introduced the concept through a story narration and engaged them with the help of concrete hands on experience – where students made a crocodile and placed it accordingly. By this, students enjoyed learning the placement of the 'Greater than' sign.



Grade I - E.V.S – My Memory book

Grade I students made a creative Memory Book. It was a collection of their baby pictures, their family trips, their favorite family activity and many more. The teacher helped the students in creating their memory book. Students really enjoyed and cherished the memories.



Grade II - Story Telling Competition

Competition is the best way to build confidence and ignite creativity in the students. Keeping this in mind, English Story Telling Competition was organized by N.L. Dalmia High School for the students of Grade II. This Competition enabled students to build confidence, sharpened their presentation skills and developed their imagination.

The tiny tots participated in the competition passionately and enthusiastically with props. Students learnt to add proper voice modulation and impressive expressions. It was an overall fun-filled competition. The young vibrant storytellers came forth with wonderful tales. The oratory and presentation skills of the children were outstanding. Each story held a moral. Some stories provided food for thought, some reinforced moral values, and some were humorous. Therefore, the Story Telling Competition encouraged students to learn new virtues by stimulating their imagination.



PRIMARY SECTION

Grade III - Science Activity – Day and Night

Students prepared a poster on the topic 'Day and Night' - where they divided the sides of the page and drew several images that they saw during day time and night time. To make it more creative, students colored it. Students explored different things that appear during night time and day time.



Grade IV and V - Social skills – Table Manners

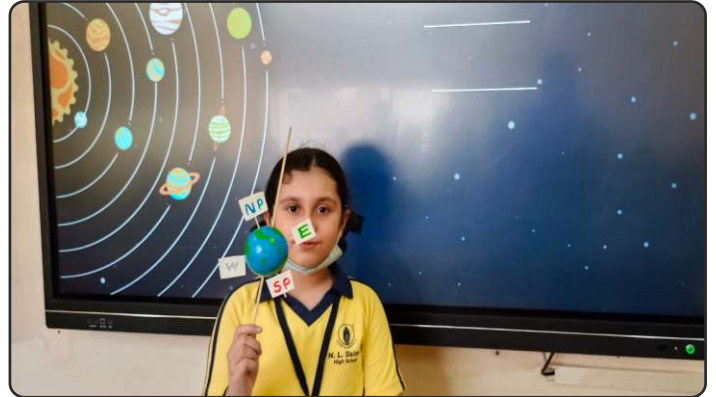
N. L Dalmia High School offers quality education with strong emphasis on holistic learning and life skills development. Students are provided with a conducive learning environment that fostered teamwork, collaboration, and communication abilities in children and prepared them to acquire the potential to face the world outside. Students of Grade IV and V were trained to behave in the right way at the table and learn the importance of table manners. When children are taught good table manners from their early years, they are given the opportunity to create the right social interaction etiquettes that are likely to help them throughout their lives. Plus, laying the foundation for good etiquettes at the dining table allows children to grow up being pleasant companions during family meals and in the professional sphere. Students learnt how to wrap their napkin, use spoon, fork and chew their food properly. Students acquired new skills and knowledge.



PRIMARY SECTION

Grade IV - Social Studies – Globe Activity

Students of Grade IV explored different features of our planet Earth with hands on experience activity where students colored and labeled a sponge ball and marked the important latitudes and longitudes. Students also used torch to highlight day and night time of the day. Therefore, students learnt the occurrence of Rotation and Revolution, and what causes day and night.



Grade V - Science Sundial Experiment

A sundial tells time using sunlight. Students used paper plate and a plastic straw for this activity and made creative 'Sundial'. This hand on experiments proved to be a great way to get out students to make predictions, record observations and draw conclusion. The main objective is for students to learn how shadows are created and how they move and change in relationship to the sun's position.



PRIMARY SECTION

World Environment Day

Going back to nature and connecting with it, is all about living as naturally as possible, making most of the natural resources and the energy available. The Primary Section of N. L. Dalmia High School students celebrated World Environment Day on 5th June 2022 with great zeal and enthusiasm.

The event was flagged off with the participation of the students based on the theme - "Go Green." Students took the initiative to exhibit their beautiful green farmhouse and garden. The students took us on a 'Summer Tour' of various places of their native land and explained how greenery is in their surroundings. Students understood the various sources of food procured. Students shared glimpses of their own agricultural land, farmhouse garden, and dairy farm. Students explored wonderful experiences which would be a life time memory for all of us.



Junior Open National Taekwondo Championship



Martial Art is about discovering a path between Self-Protection and Mental Fitness.

Taekwondo is one of the most systematic martial art, that teaches more than physical fighting skills.

N.L Dalmia High School left no stone unturned to set another milestone to develop their physical and mental fitness. The Primary Section students of N.L. Dalmia High School shines 1st in the Sub - Junior Open National Taekwondo Championship 2022 at Khalsa College, Matunga East on 18th June, 2022.

The students of Primary Section enthusiastically participated in Sparring as well as Poomsae category events.

This competition was an excellent opportunity for the

students to exhibit their exemplary taekwondo skills. The competition was very thrilling. The main objective of this event was to give a sense of self-esteem, explore the world of Self Defence techniques and achieve physical fitness. The students were appreciated and motivated by our C.E.O and Principal Ms. Seema Saini.

The students were under the training and guidance of the Physical Education Teacher Shibin Balan, of N.L Dalmia High School Primary Section.

Total Medal Tally of Primary Section students are as below -

❖ Gold - 2 ❖ Silver - 2 ❖ Bronze - 2

Our Champions –

1. Anaira Gupta - 2C - 1 Gold (Sparring)& 1 Bronze (Poomsae)
2. Advait Menon - 2C - Silver (Sparring)
3. Mohd. Fuzail Khan - 5C - Gold (Sparring)
4. Hanika Jain - 2A - Bronze (Sparring)
5. NeevDhabaria - 2A - Silver (Sparring).

PRE - PRIMARY SECTION

"Look at the sky, we are not alone. The whole universe is friendly to us and conspires only to give the best to those who dream and work"

-A.P.J. Abdul Kalam



Children.....back from their summer vacation, joined the classes with vigor and shared how much they missed the school and their friends. The settling down week had the children sharing anecdotes about the vacation, the new skills they had acquired and how they acted responsibly and took care of their belongings at home while extending a helping hand to their parents.

The young minds of Sr. Kg learnt about the process of seed germination. They were enlightened about the importance of caring for plants and also developed in-depth understanding on the four friends of plants – Air, Water, Sun, and Soil. Their faces gleamed with joy seeing their seeds germinating as they took immense care in watering their personal containers.

The young minds of Sr. Kg learnt about the process of seed germination. They were enlightened about the importance of caring for plants and also developed in-depth understanding

The 'International Yoga Day' was celebrated by the students and teachers of Jr. & SR. Kg with great enthusiasm. Surya Namaskar and various asanas were practiced to improve balance, strength, endurance, and aerobic capacity in children. The importance of practicing Yoga was explained simultaneously to inculcate discipline of mind. They were encouraged to make Yoga a part of their daily routine as Yoga offers mindfulness and psychological benefits for children as well.



Jr. Kg students demonstrated the process of Water Cycle with the help of dramatization using props & cutouts of all the elements of Water Cycle. This made the children understand better the importance of drinking water supply as well as important processes that the earth goes through. Where does the cloud come from? Are the clouds made of cotton? Why does it rain? Where does the rain come from? The curious minds were fueled with various questions and solutions to the same.



PRE - PRIMARY SECTION

To salute the spirit of fatherhood, NLDHS celebrates 'Father's Day' every year. 'My Father, My Super Hero' the theme for this year, wherein students of Jr. & Sr. Kg prepared a face mask of their favourite reel life Super Hero for their real life heroes. Events of such kind not only strengthens our relationships and collaboration with the parents but also builds confidence in children.





SCHOOL UPDATES

12/5/2022- Portfolio 2022: Pearl Academy Mumbai's Grand Showcase Of Its Students' Creative Imagination



PORTFOLIO - The live showcase of the Class of 2022, a one-of-its-kind platform to exhibit some of the finest creations of building fashionistas, design connoisseurs, media, and management geniuses of the Academy. Students witnessed a kaleidoscopic reflection of their fierce notes on Sustainability, Human-centred design, and the immersive virtual world of Metaverse. The event was held on 12th of May at Hotel Sahara Star. The exhibition was inaugurated by Famous Actor Mr Boman Irani and began at 11 AM in the morning and concluded with Fashion Show curated by Pearl Academy Students. Pearl Academy has completed 29 years of empowering creative minds since its inception in 1993, the academy has evolved into a globally renowned institution of higher learning with a focus on internationalism; entrepreneurship and employability; catering to the needs of design, business, and retail industry. Pearl Academy has metamorphosed into an industry leader that develops courses with a pulse on the needs of the entire spectrum of the industry.

This year about 200 graduating young talents from the school of Design, Business, Fashion and Media of Pearl

academy Mumbai will come together to gain an industry-level experience and produce outstanding designs for recognition from leaders and legends. Get ready for a sneak peak of what the creative young minds have accomplished.

The students of grade XII got the amazing opportunity to experience the future of art and technology at the Portfolio 2022, an exhibition put up by Pearl Academy at Sahara Hotel. The students reached the venue at 12 o'clock in the morning and were shown around the amazing exhibits and projects put up by the students themselves. The students received an opportunity to talk to business and media moguls such as Mr. Vivek Vaswani and Mr. Anurag Batra who motivated the students to expand their minds and search their strengths to find the most suitable and fruitful futures for themselves. The exhibits were interactive, informational and compelled the students to think more. The whole trip was a fruitful excursion and each student took away important memories.

1st - 4th June 2022- A week long teachers training programme

'Knowledge is the only asset that can be constantly changed, upgraded and enhanced.'



Encapsulating the very essence of this quote, N.L. Dalmia High School organized Seminars and Workshops for teachers to help sharpen their skills and build meaningful connections. The Principal Dr. Seema Saini in her introductory speech put light on the significance of organizing such efficacious and effectual sessions for the benefit of the teachers and students alike.

'The Power of the Sub-Conscious Mind', an enriching and intriguing session conducted by a renowned psychologist Dr Neelkanthan focused on the invincible power of the mind.

SCHOOL UPDATES

Ms Hema Shrivastava's session on 'Multiple Intelligence' proved to be quite instrumental into gaining insights to the different kinds of Intelligences and how can they be tapped upon to bring the best out of students. Another engaging session that lay emphasis on 'Developing Growth Mindset' was conducted by the Director of the School Mr. Paul Machado. This session proved beneficial in making one understand the importance of thriving on challenges and to see failure as a spring board for growth and development. Adding on to these influential sessions was 'Working with Anxiety', a very effective session conducted by Dr. Reema Shah that lay emphasis upon managing anxiety and be more effective and successful at work.

When the world has entered a new phase embracing the digital arena, the School felt it pivotal to organize IT Training Sessions and Delta Step Training Sessions for the teachers to be at par with the needs of the changing times.

The Seminars and Workshops organized for the teachers will undoubtedly prove to benefit and further the teaching-learning process. It is rightly said, Growth and Development is never by mere chance, it is the result of forces working together!



21/6/2022- Session on Yoga is not exercise, it's a way of life!
"A special addition to the day's fervour was a blissful yoga session conducted for the teachers by Mr. Sandeep Solanki. The Principal Dr. Seema Saini welcomed Mr.Solanki and in her address spoke about the importance of practicing Yoga for a healthy mind and healthy body. The yoga session focused on learning a few Chair Yoga Exercises like: Neck Stretches, Chair Spinal Twist, Arm Stretch, Breathing

Exercises to name a few. The teachers participated in the session with much focus. It was indeed a quite calming and tranquillizing experience.

School Accolades



12th May 2022- Institution of Happiness Award 2022 by QS I-GAUGE

N. L. Dalmia High School is recognised as the **Institute of Happiness (IOH)** in the School, Grade 5 to 7 category for the year 2021-22.



18th June 2022 Excellence in Education Icons by Mid-Day

N. L. Dalmia High School was felicitated for **Excellence in National Curriculum and Excellence in Pedagogy.**

SCHOOL UPDATES

38th ALL INDIA KARATE CHAMPIONSHIP 2022,



from 25/05/2022 to 30/05/2022 held under the aegis of the Shitoryu Karatedo School of India, at Katrain District, Kullu, Himachal Pradesh.

The following students from our school participated and won the National awards

1. JAANHAVI MANOJ RAIJADE , Grade VIII E won the Gold medal in Kata, Gold Medal in Kumite , Silver Medal in Team Kata.
2. TALHA MOHAMMED SHAKEEL CHOUHAN, Grade X C – Gold Medal in Team Kumite , Silver Medal in Kumite
3. Akshat Bhardwaj, Grade X C, Bronze Medal in Kumite

18/6/2022 -1st Sub-Junior Open National Taekwondo Championship 2022



N.L. Dalmia High School students participated in 1st Sub-Junior Open National Taekwondo Championship 2022 which was held in Khalsa College, Matunga and have been awarded with following the medals;

- Anaira Gupta - 2C - 1 Gold & 1 Bronze
- Mohd. Fuzail Khan - 5C - Gold
- Neev Dhabaria - 2A - Silver
- Advait Menon - 2C – Silver
- Hanika Jain - 2A - Bronze

UCMAS State Level and Zonal Level Competitions

18th State Level UCAMAS Abacus Mental Arithmetic Competition - 2022

| Sr. No. | Student Name | Class | State Result |
|---------|--------------------------------|-------|-------------------------|
| 1 | HAMZA MOHAMMED NAEEM CHOUDHARY | 3B | ADVANCE MODULE CHAMPION |
| 2 | ADITYA SATYANARAYAN GOWDA | 5D | CHAMPION |
| 3 | RIDDHI ROHIT SARMALKAR | 5D | CHAMPION |
| 4 | SAMRIDDHI SINGH | 6E | 1ST RUNNER UP |
| 5 | AAYAN AGARWAL | 5F | 4TH RUNNER UP |
| 6 | TVISHA SATISH POOJARY | 5C | MERIT |
| 7 | UMAIMAH AAMIR BARDAY | 3B | MERIT |
| 8 | VRISHTI AMIT BOHRA | 5E | MERIT |
| 9 | MEET BHANDARI | 3E | MERIT |

SCHOOL UPDATES

| 9th Zonal Level UCMAS Abacus Mental Arithmetic Competition - 2022 | | | |
|---|--------------------------------|-------|---------------|
| Sr. No. | Student Name | Class | Zonal Result |
| 1 | ADITYA SATYANARAYAN GOWDA | 5D | CHAMPION |
| 2 | RIDDHI ROHIT SARMALKAR | 5D | CHAMPION |
| 3 | SAMRIDDHI SINGH | 6E | CHAMPION |
| 4 | HAMZA MOHAMMED NAEEM CHOUDHARY | 3B | CHAMPION |
| 5 | TVISHA SATISH POOJARY | 5C | 1ST RUNNER UP |
| 6 | AAYAN AGARWAL | 5F | 2ND RUNNER UP |
| 7 | UMAIMAH AAMIR BARDAY | 3B | MERIT |
| 8 | VRISHTI AMIT BOHRA | 5E | MERIT |
| 9 | MEET BHANDARI | 3E | MERIT |



29/5/2022 UCMAS State Level and Zonal Level Competitions held on - was held on 29th May and prize distribution was held on 25th June, 2022. The winners are-

SCHOOL UPDATES

Summer camp at NLDHS back after two-years of interval

2nd May to 4th June, 2022

Summer camp have commenced in full swing, bringing respite to children who remained indoors for the past two years owing to lockdowns induced by the Covid-19 pandemic.

We, at N. L. Dalmia High School, firmly believe that no education is complete without the students being made to feel for the less fortunate. We have always sought to inculcate a sense of selflessness and make efforts to provide an array of co-curricular and extracurricular activities and many opportunities to our students. This helps to expand their hidden talent also to explore and learn academics, Performing arts and physical activities.

