



SANSKRITI

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

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SHLOK OF THE MONTH

यतन्तो योगिनश्चैनं पश्यन्तात्मन्यवस्थितम् ।
यतन्तोऽप्यकृतात्मानो नैनं पश्यन्त्यचेतसः ॥

THOUGHT FOR THE MONTH

Words have a magical power. They can either bring the greatest happiness or the deepest despair.

-Sigmund Freud

BIRTHDAYS

Geeta Dasouni	1st Feb
Prabhakar Janu Tambe	4th Feb
Seema Saini	6th Feb
Pooja Bhatia	8th Feb
Kavita Kharayat	10th Feb
Preeti Thackeray	10th Feb
Richa Dilip Kadam	13th Feb
Khushaboo Miraj Joshi	18th Feb
Sakshi Hemant Joshi	19th Feb
Bibhu Kumar Pathak	20th Feb
Leena Kadam	23rd Feb
Shibin Balan	28th Feb
Reema Felix Lobo	2nd Mar
Sujatha Nambiar	7th Mar
Hitisha Mehta	10th Mar
Saida Akbar Mulani	16th Mar
Paul Machado	18th Mar
Shilpa Ashutosh Shete	18th Mar
Chandrashekar Soparkar	20th Mar
Melita Coutinho	21st Mar
Sanket Marchande	27th Mar
Abhishek Upadhyay	28th Mar

FROM THE PRINCIPAL'S DESK...

NLDHS extends a very warm welcome to the New Academic Year 2022-23! A new normal beginning post pandemic.

The School is extremely proud of how resilient and positive our children have been throughout the unprecedented period of lockdown. From coping with school closure and the absence of dear friends to migrating into the world of online school, the children have, without exception, embraced every stage with an impressive attitude.

After the mother's lap, it is school education, which can harness and nurture a child and mould him in to a good human being, to meet the growing and challenging needs of preparing the future citizens of the world. With a single-minded focus and unwavering goal of providing and promoting excellence in education, the School has grown from strength to strength. Owing to dedication and meticulous planning of the team, today NLDHS is at the pinnacle of success. We at NLDHS wish that when children of this school grow up and leave after completion of their academics, as the alumni of this educational institute, they take along fond memories of the efforts put in by you as parents and us as a School. It is our collective passion and aspiration to make a difference in the lives of students of this institution and may this spirit continue to inspire generations to follow.

Dr. Seema Saini
CEO and Principal

ISC SECTION

Birthday Celebration- Robert Frost and ELC!

Marking the First Anniversary of the English Literary Club (26th March) of the ISC Section, we pinned up a bulletin soft board in the school premises, exclusively showcasing the ELC activities. This is a result of the steady support of our Principal ma'am, Dr. Seema Saini as well as the constant motivating guidance of our ISC Sr. Coordinator, Mrs. Sujatha Nambiar. Under their wings, the linguistic creativity of the ISC section has gained constructive momentum.

Alongside an ode to the Nature Poet 'Robert Frost', the ELC celebrated its First Anniversary embellishing the bulletin soft board with snow and winter-themed hand-made cut outs to sync in the 'Frost' Fever! The grade 12 students of Humanities were completely immersed into the hues of this celebration. The bulletin soft board, will now on continue to showcase the creativity of students; rendering them a platform to explore, refine and express their talents.

Ms. Leena Kadam
Teacher (ISC)



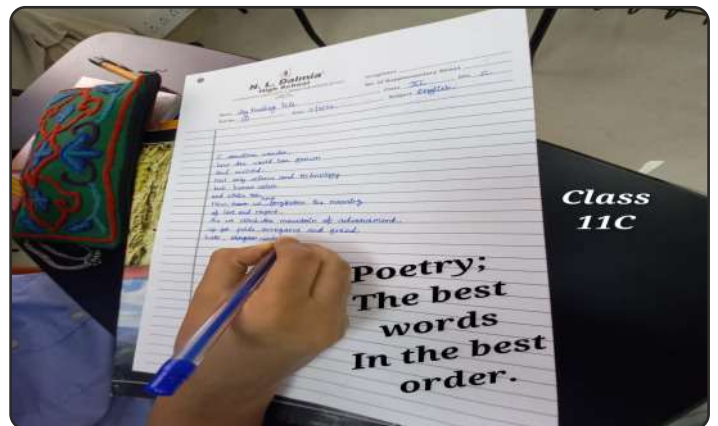
ISC SECTION

World Poetry Day

W. H Auden has rightly quoted - "Poetry is a clear expression of mixed feeling."

The students of Humanities and Commerce Sections of Grade 11 and the Humanities section of grade 12 participated in a freestyle poetry writing activity to celebrate World Poetry Day. In a very relaxed environment, students settled in their comfort positions, sitting on the floor, choosing their comfort spots around the classroom, and hence produced beautiful compositions of poetry in under 30 minutes. The compositions set ranging from Shakespearean ballads, to Power Poetry, to Contemporary Experimental Poetry. Under the guidance of Ms. Leena Kadam (Teacher, English), the students enjoyed this stress relieving session right before their examinations, thereby unfolding their creative writing and composition skills. Complete justice was done to the 'World Poetry Day'

Miss Rinchan Robert
Student, 12D (Humanities)

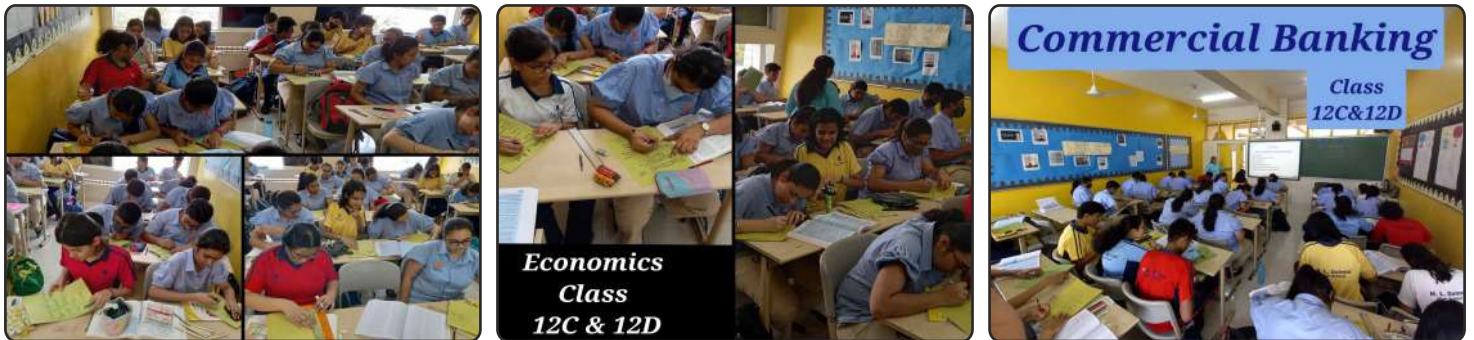


ISC SECTION

Mind-Mapping a Bank!

The students of Commerce and Humanities of grade 12 enjoyed an activity in Economics with colours and creativity. Ms. Mamta Vankani (Teacher, Economics), assisted us throughout the activity of mind-mapping on the topic 'Banks: Commercial and Central'. Enabling meaningful learning and retention by breaking down complex ideas was an exciting experience to us all.

Miss Siddhi Nair
Student, 12C (Commerce)



Manthan – (A Case Study)

A case study was turned into a constructive movie time by Ms. Shruti Mishra (Teacher, Mass Media and Communication), for class 12D (Humanities, AY21-22). The National Award-Winning film 'Manthan' (1976), directed by Shyam Benegal is a master piece in itself. Set against the backdrop of the white revolution in India initiated by Verghese Kurien, the movie revolves around how dairy farmers in the Kheda district of Gujarat came together to form a Milk Cooperative Society. Constantly guiding us throughout the movie in the classroom set up, Ms. Shruti highlighted that 'Manthan' is the first crowd funded film of India. The movie was financed by 5 lakh dairy farmers who contributed Rs. 2 each. Enhancing our knowledge of curriculum and the subject, this activity helped us learnt how problems of low budget was constructively tackled in cinema. It also threw light on 'collective might' being a defining force of cinema.

Miss Suhani Sharma
Student, 12D (Humanities)



Manthan is a 1976 National Award winning film, directed by Shyam Benegal. The movie is set amidst the backdrop of White Revolution of India and depicts the journey of the milk cooperative movement. The film was crowdfunded by the farmers of Gujarat.

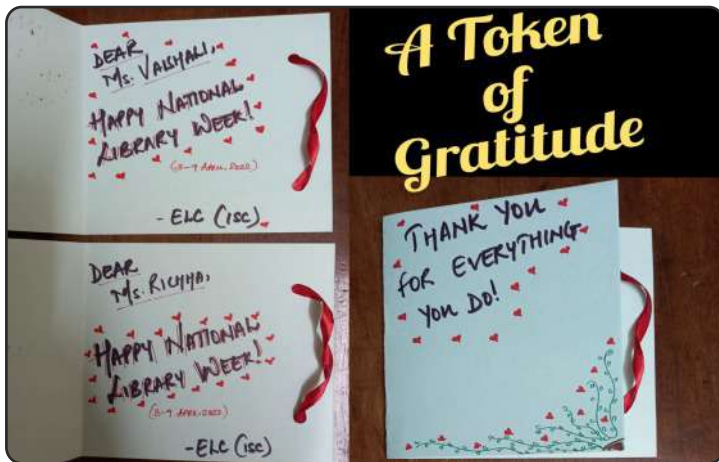
ISC SECTION

National Library Week (April 2022)

The theme for the National Library Week 2022, 'Connect with Your Library', promoted the idea that libraries are indeed places to get connected to you books as well as to yourselves. When one goes into a room full of great ideas and answers to mysteries, seeking the mightiest power there is, a Librarian becomes the one to help gain that power. Libraries and librarians are frontline soldiers in the war against illiteracy and the lack of imagination.

The ISC section of NLDHS set an inclination towards felicitating the Librarians for their efforts and assistance rendered to the school at all times. It was humbling to have This is but an endeavour to express gratitude to our Librarians, Ms. Vaishali and Ms. Richha for the wonderful work they do by opening the gates of knowledge to us. Beginning 2022, the ISC English Literary Club regulated by Ms. Leena Kadam (Teacher, English), pledged to celebrate the National Library Week (every April) every year.

Miss Myiesha Chaudhary
Student, 12A (Science)



ISC WEBINAR REPORT

Economics Investment - Webinar

Students of grade 12 (Commerce and Humanities) received a wonderful opportunity to attend a certificate course on the Basics of Investment. Tracing and examining the current economy trends, demand, the knowledge of investment, the stock market whereabouts, etc. formed the compilation of the course. Gaining practical knowledge that is applicable and helpful in understanding the global financial environment was a plus point of this course. The history of the BSE and the NSE, IPO, contract-based trading, money market, mutual funds and bullish and bearish trends in stock market, etc. was laid down crystal clear. A short test formulated to assess the student's learning and aptitude upon the topics discussed. The week long session was truly informative as well as inspiring.

Miss Vaibhavi Lakhani, Miss Rinchan Robert
Students, 12D (Humanities)

The Arena of Psychology-Webinar

The Psychology students of grade 12 attended a webinar which imparted significant information about the future of Psychology in academics. Learning about the various choices offered by the subject ahead, the session helped us explore several career options. It provided an in-depth idea of what to look out for while pursuing Psychology as a choice of further studies. Necessary information relating to the various entrance tests, reference books, etc. assisted us with clearer view of the subject. The session was extremely helpful to us with an eye on our choices for further studies.

Miss Tanaya Bade, Miss Rinchan Robert
Students, 12A (Science), 12D (Humanities)

SECONDARY SECTION

'Literature is one of the most significant and interesting expressions of humanity' -P.T. Barnum

Enlivening the true essence of this quote, the Literary Week marking the Birth Anniversary of the Bard- William Shakespeare, was celebrated by the Secondary Section of NL Dalmia High School from 18th April to 22nd April, with much ardour and enthusiasm! The entire School seemed to reverberate and radiate in the ecstasy of the Literary Week as it was decorated with alluring paintings, quotes, writings of famous literary giants.

The celebrations began with an entrancing and captivating Opening Ceremony that marked the beginning of the Literary Week. The Principal Dr Seema Saini, inaugurated the event with unveiling the portrait of William Shakespeare. Adding charm to the opening ceremony were soul stirring performances that comprised a graceful invocation dance, a mellifluous rendition and a foot-tapping dance performance by our very students. This was followed by Seema Saini Ma'am's address to the students stressing upon the importance of reading and the significance of celebrating the Literary Week. The Director Paul Sir, in his address complimented the students and the teachers for holding this eventful week.

The celebrations continued with much acclamation presenting glimpses of every grade's event lined up for the rest of the week. Resonating the true spirit of the day, Grade 10 students took over the celebrations with reciting lyrical poems from the Romantic Era. The School also honoured its Hindi Teacher- Seema Singh miss who is an excellent writer and has to her credit a few of her noteworthy poems enlisted in a sought-after poetry compilation. The day also witnessed Hanif Alam and Rebanta Sarkar, both students of Grade 10 being felicitated for writing a book which indeed is an exceptional achievement. Keeping the cauldron of the Literary Week burning, the students of Grade 6 to 9 continued with the celebrations over the span of the entire week.

The students of Grade 6 made Characters Come Alive through their wonderful performances. There was much joy and excitement as they emulated their favourite story book characters ranging from Harry Potter, Alice in Wonderland to Dora, the Explorer and many more. A Tribute to the Missile Man of India, Dr. APJ Abdul Kalam, was given by declamating his speech, an interview with Dr Abdul Kalam and recitation of insightful quotes from his famous books by Grade 7. It was then time for students to bond with their much loved author Ruskin Bond as Grade 8 students performed an engaging skit on - The Eyes Have It - complimenting the theme -Let's Bond with Ruskin! Talk of the Literary Week and how could the students obliterate the Father of Literature! The students of Grade 9 paid reverence to the Bard- William Shakespeare, by enacting famous characters from his much acclaimed 'The Merchant of Venice'.

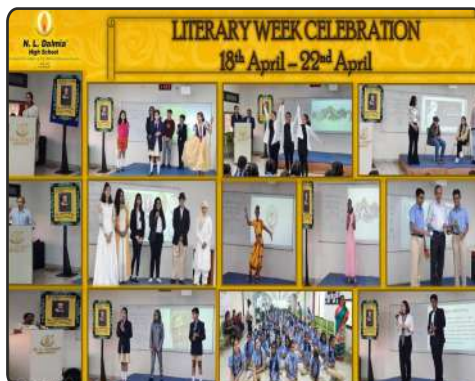
Adding to the charm of the celebrations, the week saw students wearing wrist bands, sashes and badges that had inscriptions of their famous authors, books and characters!

The Literary Week came to an end with a delightful closing ceremony.

Undoubtedly, the entire Literary Week was enrobed and enamoured by the elixir of Literature!

Compiled by

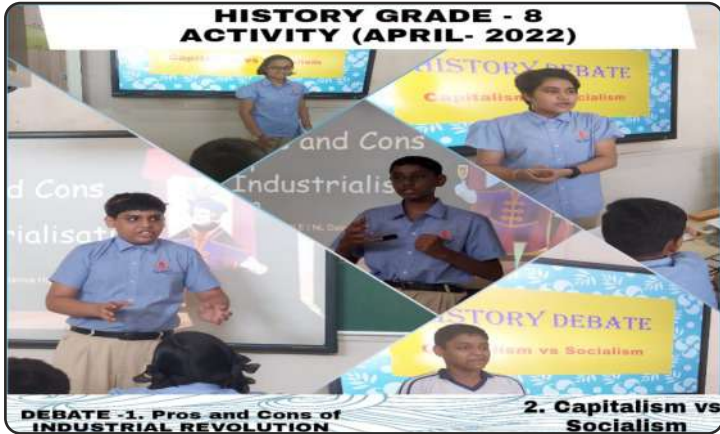
-Ms. Lynn Pereira



SECONDARY SECTION

"We are not makers of History. We are made by History."

To develop inquisitiveness among the students towards history lessons, activities have been incorporated to enhance teaching learning process. Grade 6 students crafted Harappan artifacts using clay, Grade 7 students brought to light, the life of Jesus with the help of a skit. Grade 8 students put forward their point of view on pros and cons of industrialisation and Capitalism vs Socialism while debating.



WORLD WATER DAY



World Water Day is a United Nations observance day celebrated each year on March 22 to highlight the importance of fresh water and advocate for sustainably managing our water resources. In our school, 'World Water Day' was celebrated on March 22nd, 2022 to spread awareness about the importance of water in our lives. On this occasion, School engaged students in stimulating activities that illustrate the importance of water, how to be mindful of ways so that we can conserve water every day. The activities, they were reminded that their actions make an impact! Students created posters, showcased a short drama and provided facts to understand the importance of water by spreading awareness about their own daily consumption.

EARTH DAY

"Walk as if you are kissing the earth with your feet". In this era of modernization and globalization, there is a race for the limited resources our planet has to offer. It is high time, we reflect on our actions and try to undo the harm done. Remembering the mantra 'Be a part of the solution not a part of the pollution', we, the students of grade 10th E of N. L. Dalmia High school ,took the initiative in our young hands. All the students actively participated. Each one of us planted saplings in the school ground and we took a pledge to nurture our ' Mother Earth'. We tried creating awareness about the same. The students of our class performed street play through which we tried to deliver a message on how all of us can just plant one tree and contribute in saving the earth for future generations, hoping that our message reaches to the maximum people and we can bring a change for the future generations to behold this beautiful nature.



SECONDARY SECTION

“THE VALOROUS MARATHA KING”

Shivaji Maharaj once said that “Freedom is a boon that everyone has a right to receive.”

The students of 10th D, inspired by this thought, highlighted the life and thoughts of Shivaji Maharaj through their open assembly "The valorous Maratha king", which was presented on 13th April 2022, under the guidance of Pallavi miss.

The Assembly commenced with invoking the blessings of the almighty with a prayer. This was followed by a warm welcome to the Vice Principal ,Annie Ma’am and Secondary Supervisor Savita ma’am. The Assembly comprised a remarkable assortment of various sections like the thought, quiz, powada and special segment.

The unique highlight of the assembly was the drama which depicted the aspects of the Chhatrapati Shivaji Maharaj that encourage and inspire the youth of India even today. The music, the quiz, and the special segment on "guerrilla warfare" kept the audience intrigued throughout. This effort was appreciated by the Vice-Principal, Annie Ma’am through a motivational and encouraging speech.

As it is said, "Alone we perform, together we achieve ". Indeed! It was a wondrous effort put up by the students of 10th D to make the new generation aware of the great icons of Indian history.



PRIMARY SECTION

Grade I - Fun Fiesta

N. L. Dalmia High School leaves no stone unturned to educate our little learners with the best upgraded modes of teaching and learning. To develop 21st Century skills in students like collaboration, critical thinking and coordination, Grade I organized Fun Fiesta Event for three consecutive days for the students of Grade I to Beat the Summer Heat. The school campus was enhanced beautifully with the theme-based decoration and much awaited colourful pools were all set for our little fingers and little feet!!! Our Core team members warmly welcomed our little ones with great affection and love. Children were curiously decked up in floral attire, sunglasses and fancy hats which were synchronized beautifully with the theme. Children enjoyed dancing with their teachers to the rhythmic musical Beat. The main aim was to foster fine motor skills and critical thinking, a plethora of fun-filled Games Zone was initiated in every corner of the campus like - Crazy Puzzle Time, Hip- Hip Hop Scotch, Joyful Cycle Ride and Pick and Throw Ball (Pool Game) and Golf Football. Jigsaw puzzle enabled students to improve short term memory and visual spatial reasoning. Bicycling enhanced muscle strength and flexibility in students. Children were taken to the Pool side and splashing water made them truly happy and excited. Each teacher in charge ensured students to gainfully engage them in different activities. These games helped students to evolve different skills like, gross motor skills, balance, coordination of mind, body, memory skill and develop inter personal skills etc. To sum up, it was a complete fun based and playful learning, where each student enjoyed and explored to the fullest. Students not only made memories while having fun, but they were able to face their fears, try new things, pushed their boundaries and realized their capabilities.



PRIMARY SECTION

Grade II - Lacing and Tying Your Shoe Activity - Life skill

"Experiential learning is the discovery that something is possible."

N.L. Dalmia High School believes in nurturing the students with all the necessary values of life along with the academics. The ability to tie a shoe uses several different skills. In order to develop students' fine motor skills to tie the knot, use the appropriate tension to tighten the laces so the shoe won't fall off, and do all the steps in the correct order, we have conducted a session on 'Lacing and Tying Your Shoe Activity' for the students of Grade II. Learning to tie shoelaces requires patience and determination (which is challenging for children) because it requires lots of practice. Keeping this in mind, Grade II teachers conducted an Experiential Learning Activity during the SUPW period; wherein class teachers demonstrated and guided, every child on how to tie shoelaces. Students enjoyed this activity thus learning was fruitful.



Grade II - Protect our Mother Earth

Let's care for the earth and save the green by making best use of our waste resources.

Moving forward with this idea, Primary Section of N. L Dalmia High School took an initiative to conduct a program for the students of Grade II, where they were shown the procedure of making compost (Manure) and how to utilize it in plants. The cycle of life and use of different waste material breakdown is a great way which was demonstrated by the teachers where in the process of preparing compost with kitchen waste used to enrich their garden and plants. Every student was given an opportunity to sprinkle the manure in school garden where they experienced the texture, color of the same which they did with great enthusiasm. This created awareness about environmental protection and acknowledge the global climate crisis which is getting worse day by day.

Let's reduce, reuse and recycle the waste and protect our Mother Earth. Composting is a fun!!



PRIMARY SECTION

Grade III - Digital Assembly Save Earth and Patience

Every day must be the day to learn something new.

Digital assembly inculcates values, responsibility, care, consideration for others and team spirit among students. To instill the different moral values in students and build confidence, Grade II students conducted a Digital Assembly on various topics like Save Earth and Patience. The assembly started with the positivity of the afternoon Prayer and was followed by the news headlines and the thought of the day. The students worked together as a team and presented a melange of thoughts, ideas, expressions and beautiful self-composed poems. It aids students' participation as well as hones the skills of children. Students showcased their talents through mesmerizing speech, recitation and quotes. The assembly culminated with the rendition of the National Anthem. Therefore, these Digital Assemblies proved to develop leadership quality and enhanced the sense of responsibility.



Grade III - Social Studies Our Family Finger Puppet Activity

In consonance with the chapter studied in Social Studies – Our Family, students made creative family finger puppets and spoke about their family members and their roles. Family finger puppets integrated family roles in children's toys. With a family finger puppet, children are more receptive to the message to be conveyed through the puppet's words. This activity enabled students to know the significance of each family member and their sacrifices and contribution towards their family.



PRIMARY SECTION

Grade IV - Social Studies Triva

"Every generation writes its own history."

N.L.Dalmia High school conducted an Inter house Social Studies Quiz Competition for Grade IV students on 25th April, 2022 with gusto

The Social Studies Quiz covered the various aspects from Historical to Geographical, Sociological to Wildlife. The format of the quiz entailed three rounds - Question Answer Round, Visual Round and Rapid Fire round.

Each contestant answered the questions in high spirit and the event witnessed enthusiastic preparation and participation. The competition aimed to enhance academic knowledge amongst the students. The winners were declared at the end of the quiz. The event proved to be very educational for the students. It was a much appreciated endeavor by the school. Such events go a long way in moulding students' personality and testing their knowledge.



Grade IV - Museum on Wheels

A visit to museum is a search for beauty, truth and meaning in our lives.

In accordance with the chapter learnt in Social Studies- *Sources of History,* students of Grade IV created a Museum on Wheels - an Exhibition in the school campus - wherein students exhibited ancient artefacts to illustrate their significance in today's life.

Students researched about their artefacts thoroughly and explained about it beautifully to their class mates and teachers. Students shared informative knowledge about the particular artefacts and made colourful charts related to their object.

Students presented different types of artefacts like old telephone, coins, earthen pots, instruments etc that are from Ancient, Medieval and Modern periods.

Students learnt the value of research work, organizational skills and teamwork while putting up their artefacts and presenting it. The exhibition was held to provide a platform for Students to display their knowledge, creativity, investigative skills and talent. It also developed the confidence and self esteem. This activity was a fun and enriching one which motivated the children to give their best.



PRIMARY SECTION

Grade IV - Parent Speaker Program



N.L. Dalmia High School believes in the integrated development of the students. Good collaboration between schools and parents can create an environment that promotes students; emotional well-being as well as their academic skills. The Parent Speaker Program has been one such initiative by the Primary Section where parent doctors were invited to speak on the topic 'Out Teeth'. Dr. Sandeep Agrawal and Dr. Ritika Agrawal were elated to give an online session on 'Oral health and hygiene' for our Grade IV students. Our teeth have an important role to play in our lives. They help us chew and digest food. Taking care of our teeth is an essential requirement for maintaining oral

hygiene. The doctors displayed dental casts which helped the students to understand the layers of the teeth. The session provided a perfect platform to the students to resolve all their queries related to teeth and ensured concept interpretation and integration.

Grade V - Camp Ranger The Berry Land



"Life is best when you are camping."

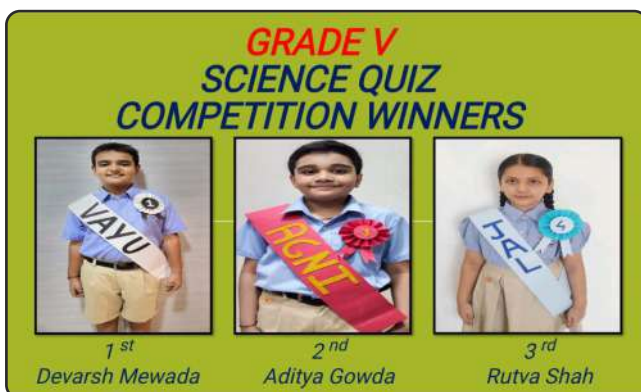
To provide an exciting, adventurous platform, build self esteem and develop inter-personal skills, N.L. Dalmia High School organized a fun filled Camp for the students of Grade V on 30th April, 2022. The theme for the much awaited Camp Ranger 2022- 23 was The Berry Land. Keeping in tune with the theme, the school premises were majestically enlightened with different types of berries found all over the world. Our dearest Principal Ma'am and Core team warmly welcomed our



PRIMARY SECTION

students with great affection and love by providing them a colourful sun glasses as a take away gift. Students were decked up in pink and blue attire with a lovely Crown made up of berries. The live rocking performance of our SPA teachers kept the school campus moving and captured everyone's attention. Every team got an opportunity to take a selfie with a Berry display model. The Snack Mania provided a practical learning experience - where students collaborated in teams and prepared scrumptious *Rainbow Fruit Skewers. There was another Knowledge Mania Zone - where students got a fantastic opportunity to scan the Code and know more about each berry. Students explored about different berries, its origin and benefits. The Fashion Show of our little ones captured our campers' attention and interest. The children were overwhelmed with joy when they saw tiny little cute berries on the stage. The camp aimed at keeping the students highly engaged and provided them an even platform to explore and express their creativity in any form. Therefore, an Art Activity was conducted for the students where students were expected to draw My Imaginary Berry House. Students gave their best shot by drawing and painting the art work. Multifarious adventurous and supervised activities kept students gainfully engaged. Wide range of enriched Sport Games Zone was set up for the students to keep them mentally and physically active. The school was abuzz with energetic and fun filled games. Students were asked to express themselves and their best experiences in the Camp Ranger and students too enthusiastically and beautifully penned it down their best experiences of the day. This group activity wonderfully encouraged students to brainstorm, communicate and express their ideas with one another. Students had truly a fantastic time dining with their classmates. As the twinkling stars appeared in the clear sky the students, the core team and the teachers came together under one roof and ignited the candle for the World's peace and love. Students gathered around the bon fire and prayed to the Divine power for healing, blessing and grace. Camp Ranger Winners and Runner Up were awarded to the best campers who knew much more about their berries by our Principal ma'am. There was also a dance session where some high rhythmic beats were played and the students swayed with the beats and danced their heart out. Hence this camp has proved to be a platform for the children to exhibit their skills and build a healthy rapport with their peers.

Grade V - Science Quiz



"Science is a way of thinking much more than it is a body of knowledge".

The aim of Science is to seek the simplest explanations of complex facts.

N. L. Dalmia High school conducted an Inter House Science Quiz Competition for Grade V students on 25th April, 2022 with full zeal and enthusiasm. The Semi-Final Round was conducted prior on 18th April'2022. The Science Quiz covered the various aspects from how Plants and Animals Depend on Each Other and the Skeletal System to Global Warming. The format of the quiz entailed three rounds – Question-Answer Round, Visual (Identification) Round and

Rapid-Fire round. Each contestant exuberated confidence as they answered the questions. The event witnessed diligent preparations by the students and an enthusiastic participation by all. The winners were announced at the end of the quiz. The competition aimed to enhance academic knowledge amongst the students and enable them to understand the functional role of nature and explain it in a complete form. It was a much-appreciated endeavor by the school. Such events go a long way in moulding student's personality and enhancing their knowledge.

PRIMARY SECTION

International Days Celebration Primary Celebrates World Water Day

The Primary Section students of N. L. Dalmia High School celebrated World Water Day on 22nd March 2022 with great zeal. Awareness was created among the students' discussing ways on using water mindfully and minimizing the wastage of clean drinking water. Students participated in various activities endorsing conservation of water through fulfilled activities. Grade II students created attractive posters with edifying messages highlighting the significance of Water in our lives. Students of Grade III made dazzling water droplets and penned momentous measures to save water. On the other hand, Grade IV students painted their face to mark the importance of the day. A Trivia Quiz on Water was conducted for the students of Grade V. Students were given an opportunity to do some research work on the topic- Water and its importance. Consequently, the main objective of celebrating World Water Day was to raise awareness and focus on the prominence of freshwater. Let's all unite and contribute to the act of saving water!



Primary Celebrates World Theatre Day



"Your life is a theatre for greatness. And each day, a platform for mastery."

The Primary Section students of N. L. Dalmia High School celebrated World Theatre Day. The main objective behind this event is to provide opportunity for students to showcase their talents and creativity and also to encourage students to appreciate drama as a form of literature and cherish its beauty in language and emotions. Students depicted their magnificent dramatic performance; brilliant gestures and a great variety of extraordinary visual while performing arts. These activities enabled students to express their emotions and feelings, developed confidence and critical understanding. Overall it was a splendid opportunity for our young ones to gain confidence as each child tried their level best to leave an impact, making others aware of the social issues existing in our society.

Primary Celebrates International Sports Day



The Primary Section of N. L. Dalmia High School celebrated International Sports Day on by conducting a varied array of sports activities for the students to recognize the role that sports play in building resilience in our lives. The Primary students enthusiastically indulged in body strengthening activities like Sprint running, Zig Zag running, Aerobics and Football Penalty Shoot to highlight the significance of the day. This day exhibited a dynamic comeback to normalcy for all the students. The students not only enjoyed the fun filled day but also learnt the skill of team bonding and adapt healthy patterns in life through physical activities. The sole reason behind celebrating International Sports Day lies in championing the

spirit of sportsmanship and propagating the message of various sports. Students recognized the power of sport in their daily lives to stay healthy and fit.

PRIMARY SECTION

Primary Celebrates World Health Day

World Health Day was commemorated in the school with great fervour with the Primary students of N.L.Dalmia High School. The young learners of Grade I were made acquainted with the range of fruits that we relish in each season and the students talked about their favourite fruit. Wherein, grade II students shared their knowledge about the students by sharing the importance of incorporating fruits to our daily regime. Grade III students exhibited no less enthusiasm while having their "Doodle Activity" where the students represented WORLD HEALTH DAY as a doodle.

When it comes to 'Health' how could our students forget the importance of vegetables. Grade IV students shared information sensitizing their peers to remain healthy by eating nutritious food especially green vegetables. Our primary students do not leave any stone unturned. Thus, with great rigor, Grade V students laid emphasis on being physically fit by performing various physical activities in the open school gym. During all these sessions, the school had also shed light on the importance of healthy eating habits, adequate rest, hygiene and importance of sports & exercise in our daily lives.



International Mother Earth Day



Mother Earth Day is a special celebration that brings together people from around the world to remember that Planet Earth is our home and we want to live in harmony with nature. The Primary Section students of N. L. Dalmia High School shed the light on International Mother Earth Day to remind the students of their duties towards 'Mother Nature.' International Mother Earth Day was celebrated through educational and action-oriented activities for the students of Grade V. The Primary Section collaborated with ISHA Foundation to mark the importance of the day with effective and impactful activities. Students of Grade V got an inclusive experience with the resource person to foster shared responsibilities, mellifluous songs, energetic and had a brainstorming session with our little ones. The main objective of observing this day was to bring about a

change in attitude towards the environment and advocate partnership between each human being and society to ensure a safe future. Students participated with great zeal and fervour.

World Art Day



N. L. Dalmia High School strongly believes to bridge the gap between life and education and strives to provide learning effectively and usefully. Students of Primary Section initiated different SUPW activities in different art forms and also promoted

PRIMARY SECTION

World Art Day providing awareness about diversity of artistic expression.

Creativity is what makes the world go round. Students covered the walls of the school corridor with their handprints on old newspapers. It was an excellent way for the students to be more creative and artistic, using items that were reusable. Students made colorful and creative Paper bags to highlight the use of paper bags as they are recyclable and the students painted Warli art on it. The performing arts, ranged from vocal and instrumental music to dance. It was fascinating to witness the magnificent musicians' musical performance which kept the audience enthralled.

This was a day where we saw creativity exploding in every piece of art. To conclude with, this day inspired and enabled others to live a more creative life.

International Dance Day Dance is music made visible.

Primary Section of N.L. Dalmia High School organized an Inter house Dance Competition on 29 th April, 2022 for the students. This healthy competition ignited confidence and great coordination in the students. The competition was held in various categories like Classical, Freestyle, Robotics and Western. The vivacious dancers set the dance floor on fire with their energetic performance and this was a reflection of their passion and hard work. It was mesmerizing to witness their beautiful and power-packed synchronization and choreography. The students dressed up majestically and swayed to the beats of different music and with their vivacious dances, enthralled the audience. This competition helped each student to bring out their creativity and learn the various ways to express themselves through the art of dance. It also gave a platform to the students to showcase their talents in a magnificent style. The Principal Ma'am congratulated each contestant and encouraged them to participate more in such competitions to enhance their talents.



PRE - PRIMARY SECTION

Pre-Primary Reopening

March, 2022 witnessed a massive shift in the approach towards education, post Covid 19, the global pandemic which engulfed the World. We, at N.L.D.H.S geared ourselves to face the challenges of having children back in school after 2 years of online classes. The parents were also apprehensive of the fact that, their children would be returning to a physical classroom post the unfortunate circumstances that had confined the children between the four walls of their home. But, we at school believed in our mission and displayed that nothing was impossible at NLDHS where students came first, their safety, their security and their holistic development along with their sound mental health.

Keeping all necessary safety protocol in place the children stepped back into the school with excitement, their smiling faces spreading joy and happiness through the deserted corridors of the school.

Sr and Jr. kg students took a school tour revisiting all the places that they had so missed. Our aim was to create a congenial atmosphere for them and make them feel comfortable once again. Thus, besides giving them a warm welcome, activities to engage them physically were undertaken.

The Nursery children were given acclimatization period to settle in at their own pace, to make them feel safe and confident in a new environment.



Sunflower activities



Sunflower Playschool began with its regular offline sessions from April, 2022. Parent-Toddler sessions were conducted wherein one parent was allowed to sit with the child in the class to help the child settle in the new environment. Teachers conducted various activities like bedtime activity, family tree, messy play, beading pasta, Birthday celebration and Red Day. Parents along with their children participated in all the activities and enjoyed these sessions very much.

SCHOOL UPDATES



11th & 12th March 2022
The Education Icon of the Year by Education Today : Mr. Shailesh Dalmia is selected as The Education Icon of the Year 2021 by the esteemed jury panel of Education Today.



11th & 12th March 2022
India's Top 20 ICSE School by Education Today
NLDHS is ranked no.1 in Thane, No.3 in Maharashtra and No.4 in India



11th & 12th March 2022
India's Top Prestigious Schools & Pre Schools Jury Awards 2021 by Education Today- Facilitates NLDHS as 'Virtual School of the Year' for the Exemplary contribution to the Education Field 2021-22



11th & 12th March 2022
Top 50 Effective Principals by Education Today: Dr Seema Saini, Principal is awarded as Top 50 Effective Principals Award for an exemplary contribution to the Education Field 2021-22

Staff Engagement Programme



1. Staff Picnic at Silent Resort-

The staff members of NLDHS went on a picnic to Silent Hills Resort on 16th March, located at Manor. It was indeed a day filled with excitement when the staff assembled at 7am in school to unwind themselves and visit Silent Hill Resort. Apart from relaxation and enjoyment the picnic also aimed at building up team spirit among the members of the staff. The journey to the resort was an enjoyable one, both due to the exquisite scenery on the way to and the singing in the bus. After the breakfast, the teachers had the option of either being at

the resort and enjoy the pool or to go for sightseeing around the resort.

After enjoying the rain dance, most staff members entered the pool and enjoyed a few pool games. The rest of the staff relaxed by the pool spending time in the premises of the resort. Lunch was a welcome diversion. Post-lunch, the entire group met again

SCHOOL UPDATES

in the hall to indulge in some more individual and team building indoor games. Though the picnic was done in a day, the memories will linger for a long time. It was a day filled with lots of laughter, music and dance. The games organized were indeed fantastic. Each and every staff member enjoyed the day to the fullest with sumptuous lunch and an environment filled with love and good cheer.



2. Staff Tea Club Party:

“The more you celebrate your life, the more there is in life to celebrate”-Oprah Winfrey

Schools are friendly environments where not only students but also teachers sort into social groups and develop long lasting friendship. Every tea party is a welcome event for all staff members to unwind from the daily grind and let down their guard to enjoy themselves. We hosted the last tea party of the academic year 2021-22 on 8th March. It being the International Women’s Day, the celebration showcased the power of women. CEO and Principal Dr. Seema Saini in her speech commended the teachers’ about the fabulous

multifaceted role each one is playing so successfully.

The Celebration started with Cake cutting ceremony which again was symbolic of the role we are playing every day. There was dazzling ramp walk, Bollywood dancing, tribute to LataMangeshkar, stand up comedy, spot prizes etc. The highlight of the event was a sand art presentation by our Art teacher Ms. Kavita.

The event came to a close with the declaration of next year’s tea club members followed by a sumptuous lunch. It was indeed an afternoon full of excitement. Sometimes you will never know the true value of a moment until it becomes a MEMORY.

3. 10/04/2022 AIL Capacity Building Workshop

Kokuyo Camlin has been in active engagement with the Indian schools for furthering the cause of art and art education for more than 5 decades. They consider themselves a partner in the educational ecosystem and always try to work actively to further the cause of teaching and learning. With the introduction of the NEP 2020, Art Integrated Learning is being promulgated as one of the important tool of improving learning outcomes. It is an old but hugely misunderstood concept and hence need to be revealed on the educators in the right manifestation. In order to help schools and educators to understand the concept better and learn how to implement it



in their institution in letter and spirits, Camlin Kokuyo has organised a day long workshop with the help of subject experts.

The resource persons helped the teacher’s educators in getting a better grasp of the concept and practice of AIL and will help them implement the same consciously, which will result into a greater learning outcome and better student involvement.

26/4/2022 - Students Council Election –

School election process is a time where students get to know about the process involved in choosing the right candidate for a particular post, by using their right to vote and choose a governing body which represents the students of the school as one.

The Annual School Election for the session 2022-23 was held on 26th April 2022 in school premises for all the four houses, for electing students for the post of School Vice -Captains, House Vice-Captains, Sports Vice Captain, and House prefects.

SCHOOL UPDATES

Students from grade VI-X took an active part in the selection process which started almost a month back before the actual election process happened. Nomination forms were provided to the students beforehand. The potential nominees were declared to the members of each house for the posts made available.

Nominees were selected and judged on their class performance, co-scholastics, participation in school events, individual efforts and initiatives, general attitude and behaviour, and speech. Each house conducted house meeting and the polling procedure at different corners of the premises. Ballot boxes were used for vote casting to take place. Students casted their vote one after another. A sense of secrecy and respect for voting could be seen during the election process throughout. This was followed by student council election in a democratic procedure.

At the end of the process, votes were counted and shortlisted candidates called for a panel interview round and winning names were announced by the CEO & Principal Dr Seema Saini. The newly formed school council will be felicitated in the investiture ceremony.



Participation in Other Activities/Competitions-

- International Asteroid Discovery Project 2022 by IARC and IADP : The STEM & Space Asteroid Discovery project in collaboration with International Astronomical Search Collaboration (IASC) was held on from 28th April 2022 - 23rd May 2022. Ms Mahika Sankhe and Ranveer Singh , grade 7 participated .
- 12/4/2022- Elementary Drawing exams – 8 students participated.
- 6/4/2022- Euclid Exams , Waterloo University
- 11/5/2022 to 22/5/2022 - Yuvika Science and space programme organized by ISRO under the name YUVIKA from May 11- May 22 YUVIKA (camp organized by ISRO).
- 2nd Crescendo - Inter School Commerce festival exploring the theme of 'Sustainability' was held on Saturday, 9th April 2022, 10 students have participated.