



SANSKRITI

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

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SHLOK OF THE MONTH

यतो यतो निश्चलति मनश्चञ्चलमस्थिरम् ।
ततस्ततो नियम्यैतदात्मन्येव वशं नयेत् ॥

From wherever the mind wanders due to its flickering and unsteady nature, one must certainly withdraw it and bring it back under the control of the self.

SCHOOL SURVEY

Begging must be made a criminal act by law.

Agree	15%
Disagree	85%

THOUGHT FOR THE MONTH

"As a single footstep will not make a path on the earth, so a single thought will not make a pathway in the mind. To make a deep physical path, we walk again and again. To make a deep mental path, we must think over and over the kind of thoughts we wish to dominate our lives."

- Henry David Thoreau

BIRTHDAY GREETINGS

NOVEMBER

Mukta Sarode	03rd Nov
Mithun Sonawane	03rd Nov
Dhara Shah	12nd Nov
Talasha Dhar	13rd Nov
Brinal Gonsalves	15th Nov
Victoria D'Souza	15th Nov
Vincy Nadar	17th Nov
Sandeep Shah	28th Nov

FROM THE PRINCIPAL'S DESK...

'Opportunities to find deeper powers within ourselves come when life seems most challenging'.

Opportunities to excel into a better version of you sit in the unknown. However, as human beings, we possess a nature to control everything in life; thus losing the prospects of embracing every opportunity that lies before us. By releasing our fears that project to look like obstacles on our path to success, we become proficient to step into our personal super power. It is then that we realise and trust that we are supported and guided at all times, in every way. That faint inner voice that begs for our attention is not that of an unripe mind, but that of our spirit- and it deserves our attention. At NLDHS, Students are trained to embrace uncertainties and pressure with positive warmth. They are driven to rise above everything that is 'regular' and 'normal'. In other words, NLD students create a new normal and act as subtle trend setters for a bright tomorrow.

Uncertainty is always an opportunity and when embraced, assists us to comprehend our fears. When we build a relationship with uncertainty, we build a relationship with the core of ourselves. Every decision we make offers us with an opportunity for growth, thus taking us one step closer to the person we wish to become (as the person we wish to become is already inside us). Learning to blossom in the aura of the unknown doesn't happen overnight. It is a gradual process where you begin to study how to avoid judging yourself and how to make better decisions. By doing so, we let go of the victim mentality and reignite the creative person inside you. Thus, one embarks on a journey of 'Self Discovery' with a composed enthusiasm relished with clarity in the mind.

Dear students, the best experiences in life will never come knocking on your door; you must learn to go after them. Thus the process of embracing uncertainty holds a few prerequisites. As a student, you must 'Know' your shortcomings and 'Accept' them. Once done, fruitfully turn them into your strengths. The taste of such a success will leave you asking for more! Train yourself to look at the glass half Full. I say this with special reference to our zealous students of grade 10 and grade 12 who are in process to chalk out their preparation for the board examinations. My message to you - Be realistic in setting your goals. Choose the path of discipline and sincerity towards yourselves with reference to your flight to success. Remember that your Creator is always having you back. Therefore, go forth fearlessly turning your challenges into a resounding success!

Dr. Seema Saini
CEO and Principal

ISC SECTION

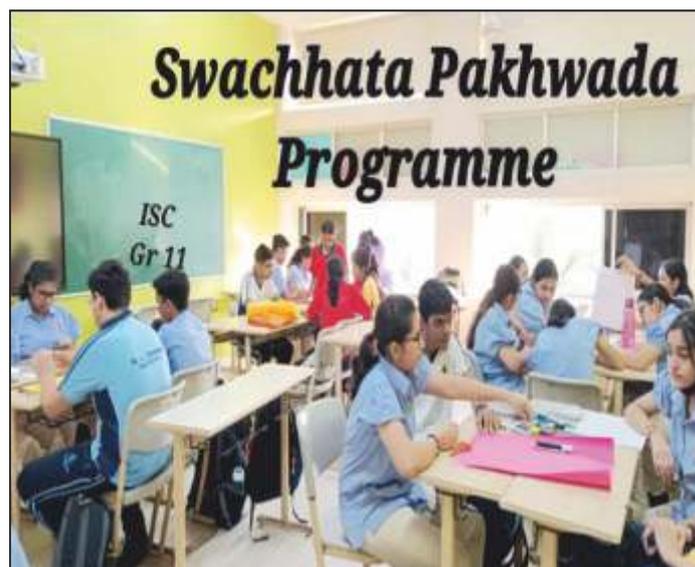
Madvertisement (Degree College Event)

The students of grade XI (Commerce and Humanities) participated in an event hosted by the management students of the NLDHS. This event called for some exquisite agile participation from the students of the ISC that tested their knowledge and comprehension on topics like marketing, product branding, profit margins and professional growth.



Swachhata Pakhwada Programme

Swachhata Pakhwada Programme was a Cleanliness Drive initiated by the HRD Ministry of India. The ISC students of NLDHS prepared and showcased posters to resound the importance of the programme. The creativity of the posters sent out its message loud and clear to all its viewers.



Grade XI - Structure of Organic Compounds - Chemistry

A molecular model of a chemical substance displaying the three-dimensional position of the atoms (the ball and stick teaching aid) was used to showcase the possible arrangements of the real structure of organic compounds. Under the supervision of Mrs. Sujatha Nambiar (Teacher, Chemistry), the students of class XI A constructively understood the molecular bonding of each atom.

Ms. Alisha Chunara - XI-C



Grade XII - Attack Your Comfort Zone! - Digital Assembly

Comfort Zone, a psychological state in which a person feels at ease because they're not being tested. The talented students of XII C and XII D (Commerce and Humanities respectively) urged the audience to step out of their comfort zone using the creative platform of digital assembly. This assembly left the audience with enormous food for thought coupled with constructive motivation to excel in life.

Mst. Rinchan Robert - XII-D



SECONDARY SECTION

Grade VI and VII - Hyderabad Educational Trip

An excursion is not just a pleasure trip; it enhances the knowledge of the students beyond the four walls of the classroom. To provide such an enriching experience to students, the School organised an excursion to Hyderabad for the students of Grades VI and VII.

The city enthralled the students with its majestic Golconda Fort, charming Charminar, amusing Snow World, marvelous Ramoji Film City, exciting Lumbini Park, the Salar Jung art museum and many more.



Grade VIII - Jaipur Educational Trip

An amazing experience of visiting Jaipur, the 'Pink City' of India. A city which is very rich in its heritage and culture. Students received an immense exposure to know more about Amer fort, Jantar Mantar, Kagaj factory, Bapu Bazar, City Palace etc.



Grade IX - Jodhpur Educational Trip

An educational tour to Jodhpur - Jaisalmer provided the Grade IX students with first hand information of the historical places. Besides this, they witnessed the live performances and experienced the thrill of camel safari in the sand dunes. The tour enhanced students' learning, personal development and widened their historical knowledge.



SECONDARY SECTION

Grade X - Bangalore - Mysore Educational Trip

Grade X visited Bangalore-Mysore for a weeklong trip from October 7th to October 13th. The connect and bonding that the children shared will definitely go a long way. The sensitivity towards each other, adaptable behaviour, moral and ethical values were some of the learnings of this trip. The memories have certainly left an indelible impression on their minds.



Students Exchange Programme with the Netherlands

Realizing the importance of Internationalism and Globalisation, twenty excited Dalmians travelled to the Netherlands for an exchange programme with Jan Van Brabant College. Students experienced a constructive learning in the exchange of language, culture and life style.



Seminars by Doctors

The physical and mental well-being of students is of paramount importance. The office bearers of Indian Doctors Association Dr. Sanjay Mehra, Dr. Ram Kumar Sharma, Dr. Navneet Desai, Dr. Amol Jadhav, Dr. Mithun Ghosh enlightened the students of Grade VI to X with their interactive session on mental health which comprises our emotional, psychological and social well being.



PRIMARY SECTION

Grade I - Field Trip - Tic - Tac - Tot

Field trips are a way of enhancing classroom learning by making real world connections. The trips give students the opportunity to observe a particular environment that enables first-hand experience of what they are learning. Field trips also offer students and teachers the opportunity to interact outside the classroom, thus enhancing their bonding with each other and improving their social and life skills. The spot has definitely created curiosity to learn more about the exciting games. They were enthralled to share their experiences. It was a good learning experience.



Grade II - Field Trip - Bird Park - Essel World

N. L. Dalmia High School organized an educational field trip for the primary students of Grade II to the Bird Park in Essel World. The students were given an opportunity to observe and interact with the most fascinating creatures of the animal kingdom. The bird park provided the perfect rainforest habitat for over 400 exotic birds from different 50 species. The students were also educated about the natural habitat requirements of the different species of birds. The collection of flora and fauna make the park a perfect experiential learning place for the students.



Grade III - Field Trip - Keshav Srishti

The Students of Grade III were taken on an informative field trip to Keshav Srishti, Bhayandar. They were not only made aware of various procedures and methodologies used for irrigation but also received opportunity to walk through the variety of ecological diversity. The students witnessed biodegradable plants, solar panels, vermicomposting apparatus and many more interesting phenomena. This initiative proved to be helpful to break the monotonous chain of recurrent learning methods and to enlighten the students with more information on their environment and renewable sources of energy.



PRIMARY SECTION

National Sports Day

To mark the significance of National Sports Day, N. L. Dalmia High School Primary Section organised several activities to inculcate the feeling of true sportsmanship among the children and to enhance their physical and social skills. Sports and games offer children a change from the monotony of daily life.



International Peace Day

Celebrating International Peace Day allowed our students to understand the importance of creating and maintaining peace amongst ourselves and our surroundings. The Primary Parents of Grade I, II and III promoted the peace chain in an innovative way to send out a message to the world through creative face painting, they painted creative symbols and gave strong messages on peace.



PRE - PRIMARY SECTION

Grandparents make the world a little softer, a little kinder, and a little warmer. To honor their unconditional love, the Pre-primary section celebrated Grandparents Day on 17th September, 2022. Grandparents are a treasure trove of affection and wisdom in our lives. The day was filled with oodles of blessings, happy faces, excitement and cheer as they participated in various fun filled activities especially curated for them. They spent some nostalgic moments and walked their path again, with their grandchild holding their hands. Indeed, it was a visual treat to us to see them walk away with memories for a lifetime.



PRE - PRIMARY SECTION

The air was filled with enthusiasm for the kids of Jr. Kg. as they played the role of chefs. They donned their chef caps to exhibit their culinary skills for the "Chef Day". Children displayed the attribute of being risk-takers while preparing healthy delicious-dishes like vegetable sandwich, mix sprout salad, cheesy canapés & assorted fruit salad. This activity has helped them in developing a nuanced understanding of flavor, texture and technique in fireless cooking.



The little children of Pre-primary celebrated the 'Navratri' with great zeal and enthusiasm. They had a gala time dancing to the beats of dandiya. A video presentation was also shown to explain the story behind celebrating Durga Puja and Dussera. Children attired in traditional dresses added to the festive mood and celebrated the day with joy.



Poor Plop! Baby Owls are meant to love darkness - but he's terrified of it. How can he overcome his weakness and become a true night owl? A wonderful look at the unseen side of things, and all the positive things that night and dark can be.... this was a beautiful story told and enacted by the teachers to the children of Sr. Kg. The ambiance was created in Sunflower arena which was dark with the sounds of night birds, fluorescent owls adding a touch of excitement to the children dressed in black attire. They were taught facing fears and learning to overcome such challenges in life.

'The Joy of Giving' - To inculcate this wonderful art, 'The Joy of Giving' is an integral part of our Preprimary students. They are taught to share their little pieces of their belongings with the lesser privileged. Children enthusiastically collected various useful items from home which they had outgrown and brought it to school to be given away as a part of the donation drive. Children realized that such little acts of kindness that brings a smile on others gives the utmost happiness.



SCHOOL UPDATES

On the 11th October, 2022, Mr. Shailesh Dalmia, Hon Secretary of N. L. Dalmia Educational Society was honoured with Education Stalwarts Award 2022 for Exemplary Contributions to the Education Field at the North Educators' Summit & Awards 2022 at New Delhi by Education Today.



On the 7th October, 2022, Mr. Shailesh Dalmia, Hon. Secretary of N. L. Dalmia Educational Society was honoured by Shri Bhagat Singh Koshiyari, Governor of Maharashtra, at the Pride of Nation Awards 2022, in the category of "Best School with Academic Excellence in Maharashtra".



On the 11th October, 2022, The Principal of NLDHS Dr. Seema Saini was honoured by Education Today as "Top 50 Effective Principals of the Year 2022" for an exemplary contribution in the field of Education.



In the Free Press Journal's Mumbai Schools Survey 2022, N. L. Dalmia High School has been recognized for outstanding performance in Parental Engagement and Community Outreach.



NLDHS Achievements in National Sports

26th to 28th Sep, 2022 CISCE National Karate Tournament 2022, (U14,17,19) held at Venue - Bangalore

12th to 15th Sep, 2022 CISCE National U14 boys National Skating Championship, 2022 held at Hyderabad
19th to 21st Sep, 2022, CISCE National Skating Championship, 2022 held at Ahmedabad



Aditya Nitesh Surti
Gold Medal

Namanpreet Kaur Kohli
Silver Medal

Ahana Darak
Bronze Medal

NLDHS Achievements in CISCE National Sports & Games 2022

Jaanhavi Raijade
Bronze

Arin Keluskar
Bronze Medal

Shawn Viji Thayyil
2 Silver Medals
Road 1 lap speed & Rink 500 m

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- ◆ **STUDENTS :** Rinchan Robert, Bhargav Sen Bhowmick, Joann Rosh Chandrathil