



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

Do you think self care is quite underrated in today's time?

Agree	80.58%
Disagree	19.42%

THOUGHT FOR THE MONTH

"Courage is what it takes to stand up and speak; it's also what it takes to sit down and listen"

- Winston Churchill

BIRTHDAY GREETINGS !

MARCH

Sujata Kanojia	1st March
Reema Lobo	2nd March
Kunal Gharat	4th March
Kavita Prasad	4th March
Sujatha Nambiar	7th March
Hitisha Mehta	10th March
Shilpa Shete	18th March
Chandrashekar Soparkar	20th March
Melita Coutinho	21st March
Sanket Marchande	27th March
Abhishek Upadhyay	28th March

FROM THE PRINCIPAL'S DESK...

"Before anything else, Preparation is the key to success." Preparation is another way of making the concept of reflective thinking imperative. While assisting learners to develop new strategies in order to optimize their goals, the thinking process is encircled around the use of cognitive skills. These skills and strategies increase the probability of a desirable outcome making the process of thinking a purposeful, reasoned and goal directed knowledge.

Knowledge unlocks numerous pathways to mental, moral and physical advancement. Thus, knowledge is power! Mighty minds with the power of knowledge can sway the minds of millions. Needless to mention, all great discoveries and inventions that forms the strong base of modern life, have been, and will always be the result of the power of knowledge. The further development of advanced science, art, culture and civilization all rests upon our ability to harness the power of knowledge.

Life is like a large piece of marble and you are the sculptor. The mind, the will and the skill of a sculptor (you) decide the shape of the piece of marble. Nothing can restrict your dreams once you decide to make them a reality! Strive to improve and excel, no matter which path you select in life. With the advantage of having your education at N. L. Dalmia High School, know that you are thoroughly prepared not only for the approaching board exams but also for the many examinations of life. Remember to keep a positive attitude towards whatever you undertake in life. When you look at your glass half full, you will begin to attract abundance in all aspects. All in a nutshell, Preparation, Knowledge and your Skills is what will enhance you as an individual!

It's time to reminisce the knowledge congregated during the year and wait confidently to get your hands on that anticipated piece of paper. You've jammed a ton of information into your brain; and it's about time to put your best foot forward with confidence and trust in God. Do remember to take care of your selves because a healthy body is a healthy mind! On behalf of the N. L. Dalmia fraternity, I wish you All the Best for your Board Examination!

Dr. Seema Saini
CEO and Principal

ISC SECTION

Grade XI - The Power of CSR - Business Studies

Social responsibility demands that individuals and companies act in the best interests of their environment and society as a whole. With reference to business, 'social responsibility' is known as Corporate Social Responsibility (CSR). A detailed presentation was furnished by the commerce students to inculcate the comprehensive idea of Corporate Social Responsibility. With this presentation, the students enthusiastically understood the significance of CSR in commerce.

- Ameera Sheikh (XI-C)



Grade XI - Stalking the Stock Market - Commerce

The Commerce showcased an intriguingly insightful knowledge of the Stock Market whereabouts under the guidance of Ms. Tejaswini Thakur. The students worked on an exceptionally cognizant presentation, researching on several topics inclusive of characteristics, features, Nifty, Sensex, etc. The students gained an understanding of the numerous dimensions of the Stock Exchange.

- Banssi Soni (XI-C)



Grade XI - Chemically Acquainted - Chemistry

Under the directions of Ms. Sujatha Nambiar, grade XI A was successfully acquainted with the world of chemicals and more.

Students were taught the significance of the right measurement of chemicals required to observe the outcome. Alongside interest, students developed an eye for detail in everything they undertook. An enhancement was seen in their observation as well as time management skills.

- Raghav Gupta (XI-A)



We Integrate Sciences

This year, in collaboration with the Aakash Institute (one of India's Best Coaching for NEET (UG), IIT JEE Main, JEE Advanced) NLDHS will be administering integrated as well as non-integrated science batches. Both batches will however operate under the wings of the ISC faculty for the ISC syllabus. The regular ISC Classes are scheduled from 7 am to 12.30 pm, while the integrated course is scheduled from 1 pm to 4pm.



SECONDARY SECTION

International Club Activity - EUMIND Achievers

50 students of Grade IX and X are proud recipients of Certificate of Excellence for 2021-2022 by EUMIND - Europe meets India. EUMIND is an international organisation which provides a platform to bring together Indian and European Schools by sharing their online research on various topics.



International Club Activity - Video Conference

"Culture is a way of coping with the world by defining it in detail".
- Malcolm Bradbury

Grade VIII and IX of N. L. Dalmia High School had a video conference with Lorentz Lyceum school of the Netherlands and Lycee Roland Garos School of Reunion (French Territory). The conferences were insightful and illuminating, where students of different backgrounds and cultures asked a range of questions for better understanding of each other's culture, lifestyle, history and economy.



Eco Club Activity - Eco police

The sports day at N. L. Dalmia High School witnessed an interesting concept of Eco-police introduced by the Eco Club. The main role of the volunteers was to award green stickers to those who used a dustbin for discarding garbage. Volunteers prevented littering on the ground by patrolling the area and handing out red stickers to those who littered. The objective of this initiative was fulfilled and it was overwhelming to see the children participate actively in this program.



Eco Club Activity

Sapling Donation and Adoption Drive

"The best time to plant a tree was 20 years ago. The second-best time is now".

On the occasion of Republic day, the Eco Club organized a sapling donation and adoption drive. Saplings were donated by students of grades VI to IX and were then adopted by pre-registered environment enthusiasts. The objective behind this activity was to increase awareness about tree plantation. About 60 saplings were donated and adopted in this drive.



PRIMARY SECTION

Shanti Seva Foundation - MSR Activity

The Primary faculty visited 'Shanti Seva Foundation - Shreshtham Street School.' Our Vice Principal and teachers gifted them stationery, communicated and spent some quality time with these children. Our Art and Craft teacher voluntarily trained the students by teaching them the concepts of shapes. We learnt that educating a child means not only sharing the knowledge but also uplifting a family.



Amcha Ghar - Vayu-Prithvi House MSR Activity

To sensitize and make students aware about the under privileged children and to inculcate the emotion of sympathy among our primary students, Vayu and Prithvi House students took an initiative through MSR activity to extend help and support to these underprivileged and orphan children of our society. Our students had memorable times with kids by playing games and engaging in different activities with them.



Sneha Sagar - MSR Activity

Charity helps people to realize that it is possible to help others in a world full of uncertainties and chaos and that giving charity gives a deeper meaning to life and helps us to see our purpose to the people in our society. The school team of council students and teachers visited another old age home named 'Sneha Sagar' in Mira Road. Individual daily essential kits and grocery items were distributed to the elderly people of the old age home.



Kaynaat Old Age Home - Vayu-Prithvi House MSR Activity

We always believe that serving society is a great pleasure and our life is incomplete till we add meaning to it. The students were sensitized towards the needs of the elderly. Though the students carried the essentials like soap, comb, biscuits etc in a kit, they soon realised that all that the elderly needed was a little understanding, a sympathetic ear to listen to their stories, company of their loved ones and some amount of care.



Sai Care Old Age Home - Agni House MSR Activity

The school team of Agni House students visited 'Sai Care Old Age Home' in Mira Road. The daily essentials and groceries were distributed in the old age home that shelters 28 old people. The elderly people also shared their stories and life experiences with the young generation which was a great learning experience for the students.



Gramin Vidyalaya - Jal House MSR Activity

The student council of all the four houses - Agni, Vayu, Jal and Prithvi have strongly stepped forward and conducted a MSR Activity. The Vice Principal, PTA members, teachers along with the headboy and headgirl visited underprivileged children in 'Gramin Vidyalaya' - Mira Road. The students showcased true joy in giving, as we donated items like stationery items, biscuits, etc.



PRE - PRIMARY SECTION

Sports Day

Pre-primary celebrated its Sports day on 28th January in the school premises. It was a day filled with fervour and exhilaration, amidst thrills and cheers. The event started with a friendly march followed by body percussion by our Sr.Kg. students. Different fun filled track events were organised, and all the students were felicitated with a participation certificate. This day marked with great joy in the discovery of the inner talent of a child in the field of sports and games.



Best Out of Waste

Little hands and imaginative minds came together in a creative burst of energy during the 'Best out of a waste' event held for our pre-primary students. The event focused on bringing an understanding among the children about preserving the environment by reusing and recycling waste material. Fantabulous ideas were demonstrated using materials like newspapers, old CDs, used plastic bottles, ropes, ice cream sticks, bangles, shoe boxes, etc.



Sunflower Concert

The students presented 'We the Community' through a colourful display of their costumes amidst enthusiastic cheering of parents. Their confidence and ease won the appreciation from the parents and the entire audience present. It was indeed a feast to the eyes to see the tiniest of the tiny tots swinging, swaying, waving yet keeping in tune with each other and with music. The grand finale song was particularly touching, since it was a beautiful tribute to their teachers, parents and their friends.



Mom & Me

To celebrate Christmas with our loved ones, Sunflower organised a fun-filled event Mom & Me on 23rd December. The ambience was right with the Christmas carols playing, the vibe was infectious with fun and laughter and our own Sunflower birthday celebration. Mothers had a good time bringing out their creativity in their activities cheering each group as the story unfolded.



SCHOOL UPDATES

Student Exchange Programme

'Atithi Devo Bhava' this Sanskrit quote translates to 'Guest is equivalent to God', where every guest is welcomed to share in the beauty of our country and the rich heritage it holds! Abiding by this very quote, N. L. Dalmia High School extended a warm welcome to 19 students and 2 teachers from the Netherlands who visited us on an exchange programme from 8th January 2023 to 15th January 2023. Our guests were delighted to have received a traditional welcome on the beats of dhols and tashas, a garland and application of tilak.

Highlighting the Indian history, culture, monuments, personalities, art and dance forms, short programmes were organised by the students of grade VII, VIII and IX on a daily basis. Interesting indigenous games like Kabbadi and Langdi Tang were thoroughly enjoyed by the guest students and teachers. The students got an insight into our teaching methods by attending Geography, Chemistry, English Literature, Hindi, Art and Dance classes.

Visit to Pagoda - Vipasana Centre helped the students in understanding the Buddhist culture in a better way. This was followed by a short visit to Gorai beach which offered cart ride, horse ride - adding a fun element to the evening. The afternoon visit to Iskcon temple was well appreciated by the guests. They were awestruck to see intricate carvings and the artistically decorated statue of Lord Krishna.

Mumbai Darshan provided glimpses of the Gateway of India, Old and New Taj, Mani Bhavan, Hanging Garden, Boot House, Reserve Bank of India and Stock Exchange. To let their heads down and give a vent to their energy, DJ dance party was organised at Happi. To conclude a week-long celebration 'Amalgamation of Cultures' was organised where a plethora of performances were showcased by the Indian and Dutch students. For the guests to experience the rich heritage of the Indian tradition, extravagant stalls of Mehndi application, Tattoo, Puppet Show, Jyotish Vidhya, Makar Sankranti, Puppet Show, Mouth Fresheners (Pan Shop) were put up. To add on to the excitement, Roti Making Competition was organised which was followed by the Tug of War.

Friday evening was devoted to Lohri celebration at GCC Club amidst the beats of Punjabi Bhangra and Giddas. The strength and the support given by the host families was immense. At a personal level they took the guest children to various places like Imagica, Water Kingdom, Alibagh, Jodhpur, Goa, Statue of Unity and Kite festival at Ahmedabad. We are thankful to the Principal and CEO of N. L. Dalmia High School Dr. Seema Saini and the school management for the immense support and guidance given to make the Students' Exchange Programme a memorable and a fruitful one.



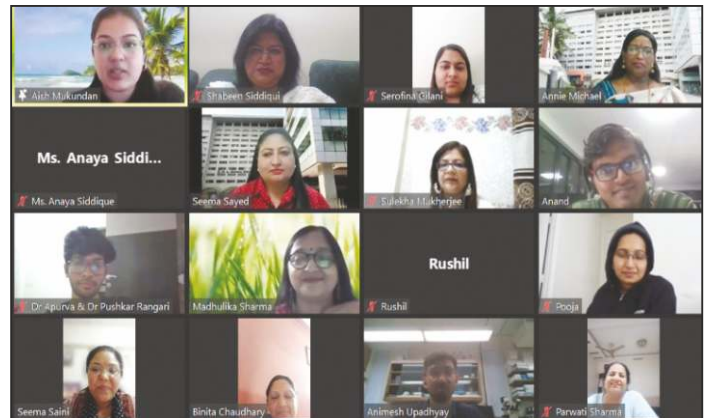
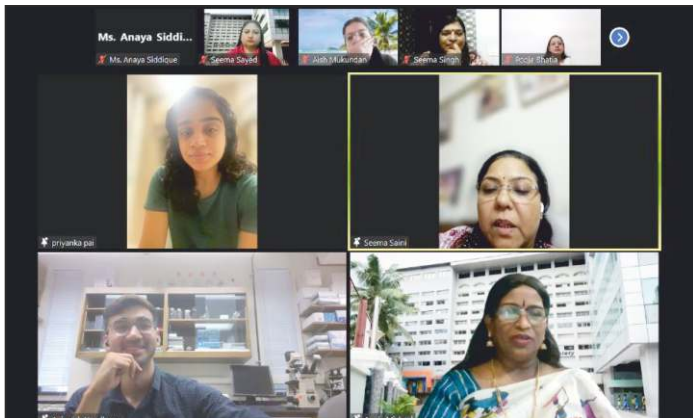
SCHOOL UPDATES

DESA - Alumni Meet 2022 (On-line)

The presence of the alumni in the online DESA meet from across the globe was a testimony to the fact that DESA is the most ardently awaited event. This nostalgic review was graced by alumni from USA, Germany, Australia, London, Canada, New Zealand, Delhi, Lucknow and so on. It's a matter of great pride that the alumni is holding positions of responsibilities in different organizations.

The reunion brought back a little piece of the past and helped the alumni to renew their ties with their Alma Mater. They were elated to relive their fond memories and celebrate their school days. The nostalgic reunion was a reminder that no matter how much things have changed; our roots will continue to bind us.

The CEO and Principal Dr. Seema Saini addressed the alumni and appreciated them for the multiple roles played by them, as many of them hold positions of major influence in the society. She urged them to extend support to their juniors and revive the bonds with their peers and the school. The meet ended with a promise to meet again and everyone bid emotional farewell to each other and their beloved Alma Mater.



DESA - Alumni Meet 2022 (Off-line)

A blend of past and present creates an ambience of eternal fraternity and cohesiveness that gives a lot of value to all. N. L. Dalmia High School organized its annual DESA Meet on 25th December, 2022 - the Christmas day, to take a walk down the corridors of nostalgia. Teasers and flyers titled 'DESA 2022' were released on Social media - Instagram, Facebook, You-tube. Reunion sports were hosted on 24th December in the school campus, post which off line meet was conducted exclusively for the batches from 2016 to 2022. It was a large gathering of more than 250 alumni who made it the eve to indulge in the nostalgic reminiscence about the days gone by.

The CEO and Principal Dr. Seema Saini addressed the alumni and appreciated them for their presence and urged them to be contributing members of the society, justifying the years spent by them in the school. The alumni were thrilled to be back in the campus again and interact with one another. The short film 'A Heist Story' written, directed and edited by Aamir Shaikh was received by the attendees with commendation. The alumni re-lived the golden memories of their journey through the Alma Mater.



SCHOOL UPDATES

● **21st UCMAS National Abacus Mental Arithmetic Competition - 2023**

Aditya Gowda, grade V - Group Champion - I1 Category
Hamza Choudhary, grade III - Champion - H1 Category



● **Prajna Paine, Sr.Kg.** has achieved many accolades in the field of Skating during the year 2022-23 under the guidance of her coach Mr. Santosh Mishra.



● **Griva Surana, grade I** has created a record for spinning a Hula Hoop ring around her waist continuously for an hour. Her record has been registered in the OMG Record Book.



● **Danish Ansari, Sr.Kg.** has achieved many accolades in the field of skating & SPURS Football Player of the month during the year 2022-23.



● **Janaya Sharma, Sr.Kg.** has completed all three rounds of the Mastermind Competition and secured the 5th rank in the National Championship 2021-22 for PSL Mathematics Jr. Kg. National Level. Mastermind is 15 years old organisation that was established with the purpose to enhance the cognitive skills.



● **Aayan Bachhawat, Jr. Kg.** has secured Grade A+ at the School Level Competition For PSL-Math and English and has been selected for the State Championship in Mastermind exam. He appeared for the State Level examination on 12th February and awaiting results. Wishing you all the very best !

