



SANSKRITI

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

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SHLOK OF THE MONTH

सुखार्थिनः कुतो विद्या नास्ति विद्यार्थिनः सुखम् ।
सुखार्थी वा त्यजेद्विद्यां विद्यार्थी वा त्यजेत्सुखम् ॥

There is no knowledge for the seekers of comfort, and no comfort for the seekers of knowledge. A seeker of comfort should give up knowledge, and a seeker of knowledge should give up comfort.

SCHOOL SURVEY

Do you think that the use of Artificial Intelligence is going overboard with GenZ ?

Agree	79.15%
Disagree	20.85%

THOUGHT FOR THE MONTH

"Knowledge is not power, it is only potential.

Applying that knowledge is power.

Understanding why and when to apply that knowledge is wisdom!"

- Takeda Shingen

BIRTHDAY GREETINGS !

JULY

Triloksingh Rawat	05th July
Siddhesh Aadvarekar	11th July
Shridhar Indulkar	21st July
Shuchismita Dutta	28th July

FROM THE PRINCIPAL'S DESK...

'Awareness is the greatest agent of change.'

- Eckhart Tolle

In a world that is constantly evolving and gaining a competitive face, it is imperative for one to be consciously aware of everything around. Awareness of the surroundings that one is in, is like a weapon in times of unforeseen battles.

Dear students, you must sharpen your skills to possess the ability to notice, observe and comprehend the whereabouts of your surroundings as well as the ability to decipher the meaning of the actions of the opposite person. This ability is known as situational awareness. As students you must learn the pattern that life has to offer. Changes and evolution keep happening and will continue to happen irrespective of the passage of time. As responsible students you must learn to adjust and adapt not only your focus in life, but also your yearning for learning. As growing individuals, being alert to potential threats to your health and safety is something that must flow naturally out of you. This is where situational awareness enables you to decipher the 'good' from the 'not so good'.

As you seem to have begun to settle in your new classes, it is important for you to learn to balance your academic goals alongside your personal life. Nurture the ability of situational awareness to gauge the amount of time you need to devote to studies together with your 'me' time and family time. At NLDHS, we positively reinforce moral values such as compassion, respect, kindness and humility. As these values play an essential role in any student's life and help build a positive holistic development of the student, it is well in sync with situational awareness in action.

Students must keep a healthy pace in all that they undertake so that assessing the risk of missing out on regular revisions and practices is in thorough check. Oftentimes when students are faced with conflicting thoughts of what to do and what not to do, situational awareness is the only solution to all apprehensions and roadblocks. One must be aware of his/her social dynamics and situational cues. This domineering skill contributes in reading the room, thus becoming the key skill for developing and maintaining relationships.

Dr. Seema Saini
CEO and Principal

ISC SECTION

The Attitude of Gratitude - The English Literary Club

In positive psychology research, gratitude is strongly and consistently associated with greater happiness. Gratitude helps people feel more positive emotions, relish good experiences, improve their health and build strong relationships. Students of the English Literary Club (ELC) expressed their gratitude to the school's non-teaching staff. This was but a small way to acknowledge and appreciate their service of love.

- Ms. Ishita Juss, XII-D



Librarian's Week - The English Literary Club

Our Librarians efficiently manage books, archived information, collection and preservation of certain literature and organize the books in our library. Our librarians also recommend materials to teachers as well as students. In order to express gratitude for the wide space of knowledge they hold, and to tell them that they form the foundation of any literature that reaches us, we, the ELC students celebrated Librarian's Week by expressing our gratitude to Ms. Vaishali and Ms. Richa (Librarians).

- Ms. Anusha Singh, XII-D



SECONDARY SECTION

World Environment Day

World Environment Day 2023 calls for a global awakening to beat plastic pollution. This day is celebrated to demand a sustainable future and to raise awareness among the masses to take action to act on climate change. The students at N. L. Dalmia High School, in awareness of the threats that plastic brings to the environment, believes that to overcome plastic pollution the action needs to be implemented not only at global or national level but primarily at the individual level. To remind ourselves about our responsibility students have taken 'Puneet-Sankalp' a pledge to beat plastic pollution. This way, taking a few steps to tackle the problem of plastic pollution for a better tomorrow.



Maharashtra Day

Maharashtra Day is celebrated to commemorate the formation of the state of Maharashtra after its division from the Bombay State. The celebrations began with the lighting of the candle as is observed throughout the state of Maharashtra. The students energetically displayed a rich Maharashtrian culture through the traditional Lezim Dance. They took the audience through a beautiful virtual fort tour thereby highlighting the importance of Maharashtrian History and its rich heritage. These forts of Maharashtra are a testimony to the hard work and dedication of Chatrapati Shivaji Maharaj. To glorify his contributions to this enormous state, the celebrations ended with a traditional Marathi ballad, the Powada leaving the audience in awe. The celebration was truly a reflection of the State's vibrant culture and the pride that the people of the state feel for their traditions.



SECONDARY SECTION

Agni House - MSR Activity

All Agni house teachers with students put a step forth to initiate a drive towards better environment by reducing the use of plastic bags. An initiative was taken of distributing hand-made paper bags by Agni house students to vendors and shopkeepers in close proximity to our school on the 28th April, 2023. This initiative has not only raised awareness about the negative impact of plastic on the environment but has also provided an alternative solution for people to reduce their plastic consumption.



Earth Day

On 21st April 2023, students of grade VI to IX celebrated 'Earth Day' using an interesting concept of a promise tree. On small colorful tags, promises were written by students for our Mother Earth. Promises about less use of fossil fuels, use of eco-friendly alternatives, saving water, saving trees, etc. were written on tags and posted on the tree. The promise tree and the colorful panel of these tags were beautifully decorated by EVS students of grade IX.



PRIMARY SECTION

World Water Day

"Every action, no matter how small, is like a drop on a rock-over time, that can carve a canyon through even the thickest, most immovable layer of rock."
- Shannon Watts

The students highlighted different ways of using water mindfully and minimizing the wastage of clean drinking water. They participated in various activities endorsing conservation of water through fun-filled activities. Students of grade II made dazzling water droplets and penned momentous measures to save water. Grade IV and V students created informative posters with edifying messages highlighting the significance of 'Water' in our lives. Consequently, the main objective of celebrating 'World Water Day' among the students was to create awareness for the sustainable management of water resources.



PRIMARY SECTION

Grade V - Camp Rangers

Theme - The Panorama of Chromatic Trees

The key to success is to adapt, change and embrace challenges that come your way. Keeping this in mind, N. L. Dalmia High School organised a fun-filled Camp for the students of grade V. The school campus was designed with beautiful and marvellous trees from all around the world. The main objective was to promote the 21st century skills such as collaboration, critical thinking, communication skills, problem solving techniques and creativity. Our Principal ma'am and the entire core team members warmly welcomed the students by crowning the students with the floral tiara. The live performances by SPA teachers, recitation by our Music teacher set the tone for the day. Students' ramp walk, eye-catching dance performances and activities like cold cooking, craftivity and fun filled tele-matches intensified their creative skills and imagination power. The winners of the 'Master' and 'Miss Camp Ranger' competition were crowned by Principal ma'am.



Grade I - Creative Crayons Competition

'Creativity takes courage.'

Keeping this in mind, the Creative Crayons Competition was held for the students of grade I to explore the creative potential of our children. This activity highly fostered the fine motor skills and visual-spatial processing. Learners showcased their creative skills in drawing and colouring and the result was fabulous artwork. The budding artists stepped forward and made different art work on Beautiful Scenery, My Favourite Cartoon Character, My Favourite Fruit, and Different vegetables. This activity enabled students to explore their imagination and creativity and aimed to promote artistic talent.



Grade III - Biomimicry Activity - Science

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

N. L. Dalmia High School always believes in holistic development of the students through the integration of STEM in every possible way. To appreciate the inspiration of nature in the invention and development of man-made things amongst the students of grade III. An activity related to 'Biomimicry' was organised on 19th April, 2023. Biomimicry is the emulation of the models, systems and elements of nature for the purpose of solving complex human problems. Students researched on the given topic and made beautiful 3 D models of Ship (inspired from fishes), Aeroplane (inspired from birds), Wind mills (inspired from whales), Nest shaped stadiums, Flippers etc. Some of the models were working too. It was an extremely enriching and interesting learning session for the students.



PRIMARY SECTION

Grade II and V - Digital Assembly

In order to instil Obedience and Discipline, Digital Assemblies were organised for the students of grade II and V on the topic 'Discipline'. The assembly started with a 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. Students showcased their talents through mesmerising speeches, recitation and quotes. Digital Assemblies give a sense of pride to the students as they receive opportunities to display their hidden talents. This proved to develop leadership quality and enhanced the sense of responsibility.



Grade IV - Science Quiz Master

'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. Grade IV students conducted an Inter House Science Quiz Competition with zeal and enthusiasm. The Science Quiz covered the various aspects of Plants and Animals dependency and the skeletal system of Global Warming. Each contestant exuberated confidence while answering. The event witnessed diligent preparations by the students and an enthusiastic participation by all. 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.



Grade V - Absorption of Sound - Science

'An activity was conducted by teachers for grade V students to comprehend the characteristics of Sound and its functions. Respective subject teachers demonstrated the activity and students explored how sound waves travel. For conducting this activity, the students used different materials like a piece of cloth, foam rubber, plastic sheet etc. Therefore, students were able to understand the concept well through this 'hands-on activity.'



International Nurses Day

Students celebrated 'International Nurses Day' to mark the contributions rendered by nurses to our society. Students made beautiful 'Thank You' cards to manifest their gratitude to these noble professionals, honouring their hard work. The gesture shown by them expressed their respect towards these superheroes and recognized the efforts of nurses across the globe. This day helped the students to appreciate the diligent sacrifices made by these frontline workers - 'Nurses.'



PRE - PRIMARY SECTION

Water Play

Water play activities help to develop and strengthen children's gross and fine motor skills and enhance their coordination and physical fitness through lifting, pouring, carrying and splashing. While actions such as squeezing help to develop the small muscles in a child's hand this activity also engages the students sensory skills as they feel wetness, hear the splashes and interact with each other. The Pre-Primary section organised water play for the Sr.Kg. students wherein the children loved to splash, kick and throw balls in the water.



Father's Day

The celebration of Father's Day is dedicated to all the fathers who stand as a pillar for their family members. Father's Day is a day to show our love and gratitude to fathers and make them feel special. Sr. Kg. and Jr. Kg. children spoke a few lines on their fathers that expressed their love. A special takeaway was given to the children to present to their father.



Emotions

Emotions help us to build better relationships. That's because being aware of our emotions can help us talk about feelings more clearly, avoid or resolve conflicts better, and move past difficult feelings more easily. Sr. Kg. and Jr. Kg. children spoke on the term 'Happy'. They shared the things which made them happy such as playing with their mother makes them happy or playing chess with father, going out with the family, when they help their mother in household work are some of the emotions shared by the children.

School Trip to Explore Plants

Sr. Kg. students were introduced to different types of plants by taking them to the school ground. They observed and explored a variety of shrubs, trees, creepers, flowers and different types of leaves in the school premises. They eagerly touched the leaves, bark of the tree and felt their texture.



SCHOOL UPDATES

CISCE T20 Zonal and Regional Cricket 2023

The CISCE T20 Zonal and Regional Cricket tournament, the annual event organized by the Council for the Indian School Certificate Examinations (CISCE) was hosted by N. L. Dalmia High School for the 9th consecutive year. The tournament is designed to promote cricket among school students and provide them with a platform to showcase their talent. Played in a T20 format, the tournament witnessed participation from a large number of schools across Maharashtra. The CISCE T20 Zonal and Regional Cricket 2023 tournament was an exciting event for cricket enthusiasts! The tournament was open to boys under the age categories of U14, U17, and U19. Total 113 matches were held throughout the tournament.

The Dronacharya Awardee, Mr. Dinesh Lad, the mentor of Indian cricket stars Rohit Sharma and Shardul Thakur, was the chief guest. Mrs. Parin Bagli, the Secretary, AISM, Mr. Shailesh Dalmia, Hon. Secretary and Mr. Mudit Dalmia, Vice President of N. L. Dalmia Educational Society were the Guest of Honour. The opening ceremony on Monday, 17th April, 2023, at Oval Ground, Churchgate witnessed grandeur. Thereafter the qualifying rounds/quarter finals and semi-finals were scheduled between 17th to 26th April 2023. The closing ceremony was held on Thursday, 27th April 2023 at the Mumbai Police Gymkhana, Marine Lines. This was followed by the final matches of all 3 categories and the prize distribution.



Summer Camp

A Summer Camp was organized by N. L. Dalmia High School took place from 2nd May to 4th June 2023. The camp aimed to provide students with an opportunity to engage in various activities related to sports, performing arts and academics. It offered a wide range of sports activities like Gymnastics, Basketball, Football, Badminton and Cricket to cater to the interests and preferences of the students. The camp also focused on developing the students' skills in performing arts. The activities included handwriting improvement workshops, western music classes, etc. Students engaged in interactive workshops on various subjects and skill enhancement activities. The main objective of the camp was to provide a platform to the students to explore their interests and acquire new skills. The camp aimed to promote physical fitness, talent development, and academic growth; a holistic learning experience.



SCHOOL UPDATES

22nd March, 2023 - CL Meet Melange

The meeting was held at Trident, Marine Drive. Ms. Preeti Thackeray along with School Captain Mst. Bhargav Bhowmik and school sports Captain - Mst. Aarush Singh attended the same.

29th March, 2023 - Integrated Course

A session on Integrated course was conducted for grade X students by Aakash Institute. Prof. Anurag Agarwal, Dr. Priyanka Singh and Sanjay Chaurasia were the speakers for the day.



5th & 6th April, 2023 - Health Check up by MBMC Doctor

N. L. Dalmia High School had organized a complete Health Check-up program for our students from Nursery to grade 12 by the MBMC Doctors. The program was a part of 'Aware Parents, Healthy Children' the campaign launched by the State Government which aims at the physical fitness of the children across the state.



Cyber Crime Poster Making Competition

'Cyber Safe Mumbai' poster making competition was conducted by Mumbai Police and Ladies' Wing of IMC Chamber of Commerce and Industry where 145 students from grade V to X participated. The distribution ceremony was held at Raj Bhavan in the Presence of the Governor of Maharashtra on 09th April 2023.

Grade V to VII - School Winners : 1st Saisumeet Panda - grade VII, 2nd Shravani Singh - grade VII

Grade VIII to X - Zonal Gold Medal Winner : 1st Aditi Chawrasia - grade X, 2nd Aarush Sunil - grade IX



Waste Plastic Collection Drive

Our School has participated in the ICPE Mega Event which is Waste Plastic Collection Drive. Our school has a permanent dry waste collection; and we have donated 47 Kg used plastic bottles. We are sure that participating in this type of an activity will make our environment cleaner and greener.



SCHOOL ACCOLADES

Times Pre School Survey 2023

We take immense pride in sharing that in the Times of India Pre School Survey 2023 our school was ranked 1st among the top schools of Mumbai pursuing the National Curriculum.

K-12 SCHOOLS, NATIONAL CURRICULUM (ICSE)

Name	Rank
N.L.Dalmia High School, Mira Road	1 ✓
Kanakia Kids - RBK School, Mira Road (ICSE)	2
Bloomingdales Pre-Primary, Khar West	2
Lodha World School, Palava	3
Small Wonders, Khar West	4
Lodha World School, Thane	5
Kohinoor Blossoms, Kurla	6

✦ **THE EDITORIAL TEAM :** Ms. Annie Michael, Ms. Shamashree Sen, Ms. Preeti Thackeray, Ms. Leena Kadam, Ms. Vincy David, Ms. Charmy Lapasia

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