



SANSKRITI

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

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SHLOK OF THE MONTH

अप्राप्यं नाम नेहास्ति धीरस्य व्यवसायिनः ।

There is nothing unattainable to the one who has courage and who works hard.

SCHOOL SURVEY

Do you agree that in today's time, our minds are too full for us to be mindful of anything we undertake?

Agree	77.09%
Disagree	22.91%

THOUGHT FOR THE MONTH

"Knowledge is power. Information is liberating. Education is the premise of progress, in every society, in every family".

- Kofi Annan

BIRTHDAY GREETINGS !

AUGUST

Savita Kukreti	1st August
Abhinav Joshi	1st August
Sonali Chatterjee	1st August
Swarachita Kumari	3rd August
Loveleen Menon	4th August
Lakshmi Joshi	4th August
Sarita Pandey	4th August
Bhawna Joshi	5th August
Samidha More	7th August
Jacob Dabre	15th August
Jasmine Chettiar	16th August
Veena Govil	17th August
Sudipta Dey	21st August
Dhaval Tandel	22nd August
Sneha Nair	23rd August
Nafisa Gandhi	28th August
Neelam Redkar	29th August
Rozy Singh	31st August

FROM THE PRINCIPAL'S DESK...

Cultivating Excellence: A Guide to Becoming Exceptional Students

Dear Students, being a good student goes beyond just scoring high marks; it involves developing a thirst for knowledge, fostering strong character traits, and embracing a growth mindset. So, let us embark on this journey together and explore the qualities that make a student truly outstanding.

The most valuable quality a student should possess is curiosity since it is the foundation of learning. Great students possess an insatiable thirst for knowledge and approach learning with genuine interest. Cultivate curiosity by asking questions, seeking answers beyond the classroom, and engaging in discussions with peers and teachers. Remember, curiosity is the driving force that propels you to explore new ideas, think critically, and uncover hidden depths of understanding. Time is a precious resource, and effective time management is the key to balancing academic responsibilities and personal pursuits. Prioritise your tasks, create to-do lists, and set deadlines for yourself. By managing your time effectively, you will not only excel academically but also have ample opportunities to engage in extracurricular activities that will foster personal growth.

A growth mindset is the belief that abilities and intelligence can be developed through effort, perseverance, and learning from mistakes. Embrace challenges as opportunities for growth, rather than shying away from them. Emphasise the process of learning, celebrate your progress, and view setbacks as stepping stones toward improvement. A growth mindset will empower you to overcome obstacles, embrace new challenges, and unlock your full potential. Being a good student extends beyond individual academic performance. Actively engage in classroom activities, participate in discussions, and collaborate with your peers. Share your ideas, respect the opinions of others, and be open to constructive feedback. By fostering a positive and inclusive classroom environment, you contribute to the collective growth and success of the entire class.

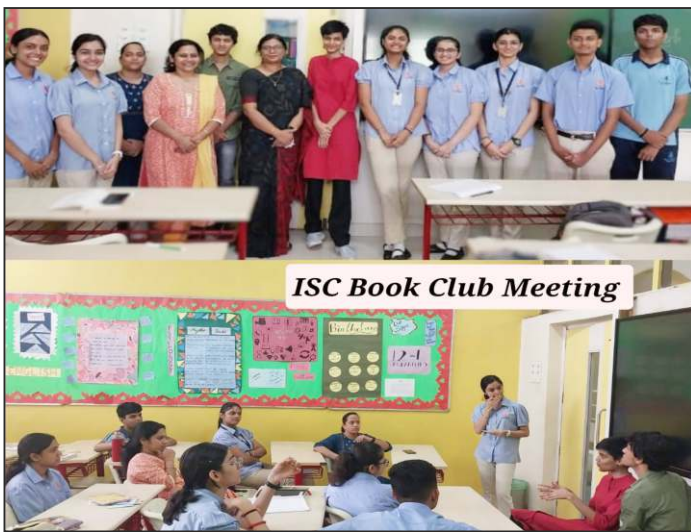
Integrity and ethical behaviour are essential qualities of exceptional students. Embrace ethical values, treat others with kindness and respect, and demonstrate integrity in all your actions. Remember, being a good student means not only achieving academic success but also becoming a responsible and ethical member of society. Becoming an exceptional student requires dedication, perseverance, and a commitment to personal growth. Embrace curiosity, develop effective study habits, manage your time wisely, cultivate a growth mindset, actively engage in classroom activities, practise effective communication, and embody integrity. Remember, your education is a transformative journey that extends beyond the classroom, shaping you into an individual capable of making a positive impact.

Dr. Seema Saini
CEO and Principal

ISC SECTION

The ISC Book Club Meeting - The English Literary Club

To promote love for literature in a nurturing environment is the motto of the ISC Book Club. With an overwhelming response to the same, the senior students of the ELC, Rinchan Robert and Pathin Bhowmick (Humanities batch 2022-2023), conducted the first meeting of the club passing the baton of Literature to their juniors. They chalked out plans for the club under the supervision of Ms. Richa Kadam (Librarian) and Ms. Leena Kadam (Teacher, English).



ISC Book Club Meeting

XII C&D - Ekalavya - Digital Assembly

Dronacharya refused teaching archery because Eklavya belonged to a lower caste. Eklavya was disappointed, but his determination to learn archery became stronger alongside his respect and loyalty for his Guru. In their digital assembly, grade XII C & D furnished an interesting glimpse of Ekalavya's values, specifically highlighting the teachings of Lord Krishna. This humble endeavour successfully imparted life lessons to the audience.



XII A - Vocabulary instruction - English

Teaching vocabulary nurtures a love and appreciation of words and their use. Constructive vocabulary building helps students to make connections between words and phrases forming meaningful sentences. This exercise gave students multiple exposures to the words they were learning. Grade XI A was introduced to vocabulary instruction in a fun manner that kept them happily engaged in search of new words.



ISC English Creative Writing Competition

The beauty of knitting one's imagination on paper has a magic of its own! Students are able to apply their knowledge and understanding of critical, theoretical, and technical knowledge to the production of original literary works. Carefully coordinated by the English Literary Club, this was the first ever inter house Creative Writing Competition. Undoubtedly, this was a wonderful learning experience for the students!

ISC Creative Writing Competition

The ELC

The English Literary Club
of the ISC Section announces

Ink, Paper & Creativity

Creative Writing Competition

- Tuesday, 13th June, 2023
- Seminar Hall
- 4th, 5th and 6th period
- Carry your writing material and your creativity to the venue.

For information on rubrics, judging criteria and the declaration of the results, kindly refer to the attached PDF

ISC SECTION

Convocation Ceremony

The convocation ceremony for the graduating grade XII of 2023 of N. L. Dalmia High School was held on 24th June, 2023 at the school auditorium. The ceremony marked the culmination of years of hard work, dedication, and academic achievement for the graduating students. It was a momentous occasion that celebrated their accomplishments and served as a symbolic farewell to their high school years. The convocation ceremony followed a well-structured format that encompassed various elements of significance. The ceremony commenced with a procession of the Principal, core team, faculty, and the graduating class, accompanied by the guard of honour. The event was attended by the proud parents, families, and friends, including the school faculty. The highlight of the ceremony was the presentation of certificates to the graduating class. As they received this symbol of their academic achievement, the audience erupted in applause and cheers. This was followed by the vote of thanks and a short closing address by the school Principal, which marked the end of the formal program. The informal program showcased the diverse talents of our students through special performances and activities. The stage was open for the graduates who wanted to step up and express their gratitude which was followed by a final farewell address by the school Principal and dinner. The convocation ceremony served as a poignant reminder of the incredible achievements and growth of the graduating class. It marked the end of a memorable chapter in their lives and the beginning of new opportunities.

- Myiesha Chaudhary, XII - A (2022-23)



SECONDARY SECTION

Grade VII - Types of Angles - Mathematics

"Doing mathematics should always mean finding patterns and crafting beautiful and meaningful explanations".

Our teachers at N.L.Dalmia High School strongly believe in these words of wisdom. Therefore they sought out a way to reach the hearts of the students of grade VII through an activity. The students actively participated in making cut outs of various angles using chart papers. They were thus able to understand the different angles and their real life applications. They participated with great enthusiasm and zest. Math was thus made fun and easy-to-learn.



Guru Purnima and Doctor's Day

Students of grade IX and X, organised a Guru Purnima Celebration, as an honour to the selfless service of teachers. Students enthralled the audience by some mind-blowing dance performances. This was followed by a soul stirring Marathi Powada. The glorious event was marked by the presence of our Alumni, Dr Ruchi Runamia. Dr Ruchi enlightened the audience about the intricacies of blood, what makes it up, how it is formed and why donating it is so immensely important. Dr Ruchi throughout her speech focused upon the importance of blood donation and why it is essential for our society.



SECONDARY SECTION

Grade VIII - Marathi Activity

In order to promote the Marathi language, its heritage, vitality and contribution to the culture of India, an activity was organised for the students in which the students performed drama. The students made beautiful props and wore costumes according to their roles. The students displayed their dramatic skills and participated with full zeal and enthusiasm.



An Amalgamation

An amalgamation of International Yoga Day, World Environment Day and World Music Day 2023 was organised. Through their performance, students of grade VI and VII of N. L. Dalmia High School, under the guidance of our dance teacher Manavendra Sir, took a small step to spread the message of saving and conserving Trees by the practice of Yoga and Dance movements. Thus, getting closer to Nature on the International Yoga Day 2023.



PRIMARY SECTION

Grade I - Mother's Day Celebration

To cherish all the lovely and wonderful mothers of grade I, the students of Grade I celebrated Mother's Day on Friday 30th June 2023. The theme for the event was 'Mother : The Walking Miracle.' A varied rich array of fun-filled activities were arranged for the mothers like Cold Cooking, DIY-Jewellery Making and Pot Decoration (Best out of Waste) and Rangoli or Toran Making. The Cold Cooking Competition truly aromatized the school atrium area. Art activities enabled us to discover the artistic talents of our Moms. But the highlight was the 'I Am She' Contest which was conducted in the school Auditorium.



Grade II - Father's Day Celebration

Grade II celebrated the much awaited Father's Day celebration for all the Superdads of Grade II with great zeal and enthusiasm. The event commenced with fun filled activities for all the Dads along with their children like Cake Decoration, T-Shirt Painting, Shoe Decoration, Keychain Making, Penalty Shootout and Tug of War. A mesmerizing musical performance was presented by the grade II students which captured and pulled the strings of Dad's heart. A beautiful video was displayed in the auditorium highlighting the bond of the father and the child. The show stopping contest of the event that was "My Dad, My Super Hero" contest was conducted by the core team members with the questionnaire round with our chosen finalists.



PRIMARY SECTION

Grade III - Respiratory System Activity - Science

The study of Science involves exploring our own selves and everything around us. As a part of inculcating knowledge about "The Human Body" students of Grade III came up with beautiful working models related to the " Human Respiratory System ". Students made the models effortlessly with simple things like balloons, paper straws, cutouts of lungs, nose etc. This hands-on activity helped them to understand the actual functioning of our lungs and also the concept of inhalation and exhalation. Students enjoyed doing the activity.



Grade IV - Situational Dialogue Activity

'In order to foster communication skills, critical thinking and listening skills, grade IV students conducted a Situational Dialogue Activity in the School Auditorium. Students were given different situations like the Classroom scene, Market scene and Airport scene where students came forward and had a conversation with their fellow-beings. This was followed by another fun filled activity which was 'Whoosh Activity' was conducted where students enacted the play : Alice in Wonderland. The students enjoyed the show and learnt that : Everything is possible. These activities enabled students to develop confidence and a fun way of learning.



Grade V - Hindi Quiz Competition

The Quiz Competition was designed to test the knowledge of the students in Hindi language and literature. The quiz was concluded with an interactive session where sharing of views and experiences was held making maximum use of Hindi language. Students expressed their views on the importance of Hindi language. The students enjoyed the Quiz Competition a lot as they were able to enhance their knowledge through the Question Answer session. Though tricky, students answered the questions skillfully. The Quiz was very informative and knowledgeable for the participants as well as for the audience. The students displayed a healthy competitive spirit and enjoyed the quiz thoroughly.



National Doctor's Day Celebration

'Parent Enrichment Programme' was conducted for the students of grade V to spread awareness and appreciate all the Doctors for their dedication and sacrifice. Dr. Deepkriti conducted a meaningful session on Dental Hygiene. To appreciate and honour them, the students of the Primary section took a moment to say a big Thank You to all the Doctors and celebrated National Doctors Day with zest. Students from grade III to V made beautiful posters and expressed their gratitude towards them. Students also gave speeches and spoke about the endless support, empathy, compassion and care offered to us emotionally, psychologically and medically. The day celebrated doctors and their commitment to their profession.



PRE - PRIMARY SECTION

Creative Day

Preschoolers learn and develop through creative activities like drama, craft, music and dance. Experiencing, discovering and experimenting are the most important parts of preschoolers' creative activities. In line with the curriculum being taught in the class, children were engaged through different craft activities on the 'Creative Day.' Sr. Kg. children created colourful leaved trees, Jr.kg had a clay ball activity, Nursery children did palm printing and teachers gave a shape to the thought by making a Friendship Tree with the palm print cut-outs.



Recitation Event

Rhymes are an integral part of the preschooler. They develop language skills, vocabulary and sense of rhythm through them. Poetry is the core of literature. To spread the fragrance of poetry amongst the students, we had a 'Recitation Event' for the Pre-Primary section wherein children recited various rhymes and some of them dressed as per the character in the rhymes.



Waste Plastic Collection Drive

“Environment is no one's property to destroy; it's everyone's responsibility to protect”.

- Mohith Agadi

Environmental issues have become increasingly important and it is essential to educate preschool children on how to manage plastic waste. Hence, children were shown & explained about the harmful effects of plastic and their proper disposal.



Puppet Show

Learning through play is an important aspect of a child's development. Jr.Kg. teachers organised a puppet show on 'Lion and the mouse' for the children. Along with the narration of the story by the teachers, puppets made by the teachers were used to bring the story to life and to spark the imagination of students through creative drama. The children thoroughly enjoyed the session and tried imitating by becoming the characters in the story.



SCHOOL UPDATES

International Yoga Day

“Yoga is like music, the rhythm of the body, the melody of the mind, the harmony of the soul and the symphony of life”.

N.L. Dalmia High School celebrated 'International Yoga Day' on 21st June, 2023 by organizing a Yoga session for the students of grade IX & XI and a Parent Engagement Programme for the students of grade III. The interactive session for students of Grade III was intriguing and encouraged the students to enthusiastically participate posing their queries. It was further followed by a series of Asanas for good mental and physical health. Yoga instructor, Ms. Kajal Mahajan, demonstrated a few sitting and standing asanas and yoga exercises such as Sukhasana, Vrikshasana, Virbhadrāsana, Utkatasana and Bhujangāsana. This session threw light on the importance of Yoga as a tool to one's physical, mental and spiritual well-being.

The CEO and Principal of N. L. Dalmia High School, Dr. Seema Saini encouraged the students and the teachers to include Yoga as an integral part of their daily life. “A few minutes of Yoga during the day can be a great way to get rid of stress rejuvenating our minds and souls”, she added. The Bhagwat Gita rightly quotes, 'Yoga is the journey of the self, through the self, to the self'. The Yoga Day came to an end with each making a commitment to continue this journey by practicing Yoga and making it a part of our daily routine. Truly, this day helped reflect on the inner-self, finding peace in one's own skin!



• **19th State Level UCMAS Abacus Mental Arithmetic Competition**

Aditya Gowda - Champion of Champions, Hamza Choudhary - Champion, Anaya Khadloya - Merit, Parth Agarwal - Merit, Ranveer Singh - Merit, Lukas Mohanta - Merit, Umaimah Barday - Merit, Riddhi Sarmalkar - Merit, Meet Bhandari - Merit

• **10th Zonal Level UCMAS Abacus Mental Arithmetic Competition**

Aditya Gowda - Champion, Hamza Choudhary - Champion, Riddhi Sarmalkar - 1st runner up, Lukas Mohanta - 2nd runner up, Umaimah Barday - 2nd runner up, Anaya Khadloya - Merit, Parth Agarwal - Merit, Ranveer Singh - Merit, Meet Bhandari - Merit, Kanish Agrawal - Merit, Yuvika Manjrekar - Merit, Teesha Bhatt - Merit, Vrishti Bohra - Merit, Pratyusha Tiwari - Merit



SCHOOL UPDATES

• **Dr. Homi Bhabha Balvaidnyanik Exam - Science Talent Search Competition**

It was held by the Greater Bombay Science Teacher Association. Mst. Harshitsinh Jadeja, grade IX, secured 3rd position and received a cash award of ₹ 1000, Bronze Medal and a certificate.



- **Giana Shetty, Jr. Kg.,** participated in a roller skating event conducted by 'Shiv Ganga Roller skating club, Belgaum'. She won the certificate and medal for completing 100M on skates, in an attempt to enter into the Guinness World Record. She won numerous medals and certificates in open roller-skating competitions.



• **National Championship of Pre School League**



Ayaan Bacchawat, Jr. Kg.
Math and English



Dharmisht Mathur, Jr. Kg.
Math, EVS and English



Nidhi Boob, Jr. Kg.
Math, EVS and English

• **Our Budding Authors**



Mahika Sankhe- Grade IX
Entrepreneur Author - The World from a Teen's Eye



Hinesh Niyati - Grade IX
'Decoding - Coding: be a Python Cyborg'



Turvi Pal - Grade VII
'Tina's Bed Time Stories'