



SANSKRITI

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

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SHLOK OF THE MONTH

तेजस्विनि क्षमोपेते नातिकार्कश्यमाचरेत् ।
अतिनिर्मथनाद्बहिश्चन्दनादपि जायते ॥

One should never be rude to a person who is brilliant and compassionate. With harsh striking even the sandalwood sparks fire.

SCHOOL SURVEY

Do you agree that modern technology has caged man into deep isolation?

Agree	73.73%
Disagree	26.27%

THOUGHT FOR THE MONTH

"Courage doesn't always roar. Sometimes courage is a quiet voice at the end of the day saying, 'I will try again tomorrow'."

- Mary Anne Radmacher

BIRTHDAY GREETINGS !

SEPTEMBER

Shruti Mishra	1st September
Seema Sayed	3rd September
Anaya Siddique	5th September
Joyce Thominic	6th September
Binita Chaudhary	12th September
Varsha Gupta	12th September
Tanveer Shaikh	13th September
Jalpa Boricha	14th September
Valsa Nair	19th September
Tanvi Mehta	20th September
Jerome Almeida	23rd September
Deepak Khandagale	23rd September
Jayashree Tiadi	23rd September
Payal Saini	24th September
Deepa Raina	28th September
Tazyeen Peerkhan	29th September

FROM THE PRINCIPAL'S DESK...

"Discipline is the refining fire by which talent becomes ability".

Dear Students,

Discipline is the cornerstone of a successful and harmonious school environment. It's essential to cultivate self-discipline in your daily interactions, both inside and outside the classroom. Discipline is the key to achieving your goals. It's about setting priorities, managing your time effectively, and staying committed to your studies and personal development.

Discipline encompasses strong social skills, civic sense, and good ethics that will help you in your journey through education and beyond. These values are the foundation upon which you build not only your academic success but also your character and future contributions to society.

Man is considered to be a social animal. Socialization is essential for building meaningful relationships and understanding different perspectives. Engage in activities that allow you to interact with your peers, learn from diverse perspectives and build meaningful relationships. The school besides being a place for honing academic skills is also a community where you grow as individuals and members of the society.

Developing a good civic sense is a crucial aspect of your education. It means being responsible and considerate citizens. Respect public spaces, conserve resources, follow rules, and contribute positively to your community. Your actions today shape the society of tomorrow. Good ethics are the moral compass that guides your actions. Always choose honesty, integrity, and empathy in your interactions with others.

Remember, your education isn't just about acquiring knowledge but also about becoming well-rounded individuals who contribute positively to society. These values will serve you well not just in school but throughout your life.

Wishing you a successful and fulfilling academic journey.

Dr. Seema Saini
CEO and Principal

SECONDARY SECTION

Scouts and Guides Activity

Scouts and Guides aim leads to the development of good citizenship, among boys and girls. Keeping this in mind, grade VI and VII have taken up the Bharat Scouts and Guides. The Mission of Scouting and Guiding is to contribute to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.



Grade VIII - Chromatography - Chemistry

Learning by doing is the simple idea that we are capable of learning more about something when we perform the action. Chromatography is a separation technique to separate complex mixtures using adsorption. In this activity, using chalk as an adsorption medium, red and blue pigments of black ink were separated by the students.



PRIMARY SECTION

Parents' Day Celebration

Parents' Day was celebrated for the students of grade III, IV and V. Teachers shared about the depth of gratitude that the children owe to their parents for the manifold responsibilities, sacrifices and challenges they face. Grade III showed their love by creating beautiful photo frames. Grade IV amazed us by preparing a Gratitude Card. Grade V acknowledged and recognised the efforts of the parents by crafting an appealing flower bouquet.



International Tiger's Day

The goal of observing this day is to promote a global consciousness for protecting the natural habitats of tigers, to raise public awareness and support tiger conservation issues. Grade III and IV students conducted a special Digital Assembly wherein students explored more about Tigers and shed some light on the importance of Saving the Tigers. Grade IV and V participated in the arrays of creative activities like Poster Making, Slogan Making and Composed Acrostic Poem on Tigers.



PRIMARY SECTION

Grade I - Be a Poet

Poetry Recitation Competition' was organized for the students of grade I students to exhibit the talents and confidence of our young poets. The students came up in different attire and with props as per the theme of their poems. Students chose different themes like 'Patriotism', 'Mother Earth', 'Nature' and recited them with great fondness and zeal. They presented poems with expression, emotions and rhythm.



Grade III - Digital Assembly - Independence Day

Beautiful assembly was conducted by the students of grade III-F on the theme Independence Day Celebration. The assembly started with a Thought, Pledge, News related to the topic. Then followed the Cultural Programme. Patriotic Poems and Songs were recited by the students. Some students also presented a group dance. Students shared the significance of Independent India and the responsibility towards it.



Grade IV - Social Studies Quiz

The Social Studies Quiz Competition was organized for the students of grade IV with great zeal. Social Studies Quiz covered various aspects like different states and famous monuments. The Quiz Competition had three rounds: Question Answers Round, Visual Round, and Rapid-Fire Round. All the five contestants participated enthusiastically. The students showcased their brilliance by rapidly answering the questions.



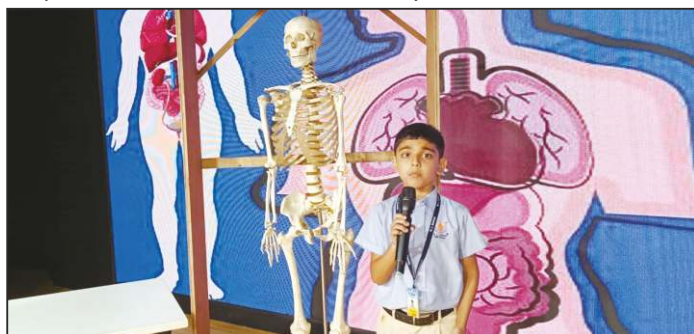
Grade II - Neighbourhood Culmination

The grade II students presented a beautiful culmination on the topic 'Neighbourhood'. The students creatively demonstrated 3D models and projects of different neighbourhood places around them. It boosted the confidence of the students by developing their speaking skills as they confidently presented their projects in a unique way by explaining the different services provided in the neighbourhood.



Grade III - Culmination - The Human Body

The culmination activity helped the students to explore and understand the functioning and importance of the various organ systems of our body. The students presented and demonstrated the functioning of important external organs, internal organs and major organ systems like Respiratory, Digestive, Skeletal and Excretory through beautiful 3D models. Students explained their models confidently which helped them to enhance their oratory skills too.



Grade V - Debate Activity

Debate activity was conducted for the students of grade V. The topic was selected to ensure its relevance and potential for generating diverse viewpoints. The debate followed a structured format with Opening Statements, Rebuttal Round, Cross-Examination, Closing Statements. It not only improved their research and communication skills but also provided them with a platform to engage in constructive discussions.



PRE - PRIMARY SECTION

Teddy Bear Birthday Party

Birthday parties are a super important part of one's childhood and a great way for kids to form bonds and ignite friendships. Through these parties children get to learn etiquettes like greeting people, wishing Happy Birthday, practice good table manners and dressing appropriately. Nursery and Sunflower Playschool children celebrated the 'Teddy Bear Birthday Party' in the school. Children came dressed in party wear with their favourite teddy bears. They exchanged their teddies with their friends, danced to the music and enjoyed tasty snacks. Teddy bear takeaways were given to them. It was an enjoyable and a memorable day for the children to celebrate Teddy Bear's Birthday Party.



Cold Cooking Activity

Cold cooking activity was organized for the Pre-Primary children wherein, the children were made to understand how healthy food, green veggies and salads are important in our daily diet. To reinforce the concept of 'Square Shape' Nursery children decorated the square shaped biscuits with yummy cheese and ketchup. Jr. Kg. children prepared a yummy 'Corn Chaat' and Sr. Kg. tossed a healthy 'Sprout Salad'. The excitement was evident on their faces as they enthusiastically turned into young Master Chefs.



Independence Day Celebration

Independence Day celebrations are an integral part of one's childhood as it helps them understand their responsibilities towards their country. The Pre-Primary section had organized Independence Day celebrations for the children, wherein they came dressed in tricolor clothes. Teachers explained to them the history and importance of Independence Day and children marched in the school with the slogans of 'Bharat Mata Ki Jai'. The celebration filled the whole ambiance with festivity and patriotism.



Sail a Boat Activity

Sail a boat activity was introduced for the children to develop their cognitive and fine motor skills. Children were engaged in understanding the balance required to sail a boat perfectly. They learnt how a small push would allow the boats to sail smoothly. Jr. Kg. children enjoyed this activity and learned life lessons from the same.



SCHOOL UPDATES

CISCE Zonal & Regional Karate Championship 2023

N. L. Dalmia High School hosted the highly anticipated CISCE Zonal Karate Championship on the 23rd and 24th June 2023 and Regional Karate Championship on 11th July 2023. The event witnessed a remarkable gathering of young karate enthusiasts from various schools. 400 students participated at the zonal level and 112 at the regional level. The Inauguration Ceremony for Zonal and Regional was a grand affair, attended by esteemed dignitaries and prominent personalities including Hanshi Vispy Kapadia, Founder of All India Gojukai Karate-Do, Shihan Shiraz Kapadia, Director of All India Gojukai Karate-Do, Shihan Keuree Patel, Principal of All India Gojukai Karate-Do, Sensai Mayur Patole, Chief of Technical Commission and Shihan Behram Kapadia, Coordinator of All India Gojukai Karate-Do. The event witnessed a display of remarkable talent, as participants from different schools demonstrated their proficiency and determination in the art of karate. The competitors displayed exceptional sportsmanship, making the championship a true testament to the spirit of martial arts.



World Music Day

World Music Day, also known as Fête de la Musique, is celebrated every year on 21st June to honour the spirit of music and rejoice in the same. It is designated to pay tribute to music, an art that plays a significant role in everyone's lives. Students of N. L. Dalmia High School, under the guidance of their teachers, celebrated WMD 2023 with great zest. Solo singing competition was conducted for grades IV and V, judged by Mrs. Sujata Nambiar (ISC section) and Mrs. Roshni Mehra (Primary Section). The audience witnessed solo keyboard performance by Aditya Shankar of grade IX; mesmerizing band presentation by Akshat Ranjan of grade VIII, Kabir Kosambia and Dhyye Shah of grade IX and enthralling guitar solo performance by Kabir Kosambia of grade IX accompanied by Aditya Shankar of grade IX and Music teacher Abhinav Joshi.



SCHOOL UPDATES

Independence Day Celebration

The zeal and gusto of the Independence Day celebration supersedes each previous year's. The exhilarating endeavors of the students and the teachers of the School, Degree College and Management Institute alike manifested in the grand outpour of a variety of performances by the students. It started with rejoicing as the air reverberated with patriotic songs to render the feel of freedom. The proceedings of the day began with the unfurling of the tricolour by the CEO and Principal Dr. Seema Saini. The March past performed by the four houses of the School was the perfect replica of the parade marching through the capital street in honour of the day. The speeches, the patriotic songs and the dances performed by the students were paying revered tribute to the great leaders, martyrs, and brave soldiers who sacrificed their life for the achievement of freedom. The program came to an end with the ISC captain Hanif Alam proposing the vote of thanks. As the assembly dispersed, reverberations of patriotic songs made ripples as each heart went its way, morally more edified.



- **27th to 29th July 2023 - International Karate Competition**

Ms. Jaanhavi Raijade, grade IX participated in the International Karate Competition which was held in South Korea.

- 1) Individual kumite 12 - 13 years (girls) - Gold medal
- 2) Individual kata 12 - 13 years (girls) - Bronze medal
- 3) Team Kata: Alesia Jalan, Jaanhavi Raijade & Devika Sawant 12 - 13 (girls) - Silver medal



SCHOOL UPDATES

- **8th July 2023, Melange** hosted by G. D. Somani Memorial.
 - 1) Punch beat - Street Dance - secured 1st position
Participants are Durga Oak, Merushi Jain, Jiya Mhatre, Ritu Jalan, Vidhi Trivedi, Ishan Jain grade VIII, Trisha Shriyan grade X, Kalpana Joshi and Vaibhavi Sonawala grade XI
 - 2) The Comedy Factory - Mimicry - Naivedya Lalan grade X - 1st position
 - 3) Best Foot Forward - Football - secured 2nd position. Participants are Tohan Negi, Divit Shinde grade IX, Aarish Motani, Yash Das, Harsha Dhuri, Yash Katala, Nehaan Siddiqui, Fuzail Khan, Yash Oswal grade X
 - 4) The Bard of Avon Returns - a drama competition - secured 3rd position. Participants are Ananya Chauhan, Kabir Kosambia, Aarush Sunil, Teertha Nair, Helena Siju grade IX, Joann Chandrathil and Maitray Rawal grade X



- **CISCE National Sports and Games 2023**

Students selected for the National Cricket Tournament 2023 are Yash Das - U/19, Anunay Tripathi - U/14, Pradeep Khanna U/17

Manas Tirlotkar selected for the National CISCE Football Championship 2023

Students selected for the National Karate Championship 2023 are Tanush Jain - U/14, Namapreet Kaur Kohli - U/14, Aditya Surti - U/17, Jaanhavi Raijade - U/17, Om Tiwari - U/19, Faizan Qureshi - U/19, Akshat Bhardwaj - U/19, Ameera Shaikh - U/19

- **Crescendo 2023**

Lilavatibai Podar Sr Secondary School, Santacruz

- 1) Crescendo Chronicle (CR-J): Keya Dsouza - 3rd position
- 2) Crescendo Stock Exchange (CR-S): Nayistha Gurung and Pushkar Modak - 2nd position
- 3) Magnate - IC Mind (CR-S): Hanif Alam, Ameera Sheikh - 3rd position

- **ASISC Literary Event**

10th July 2023, Frank Anthony Debate ISC team was announced as the best team and Hanif Alam from grade XII declared best speaker. Another participant was Atharva Ambegaonkar, grade XII



- **Albert Barrow Creative Writing Competition 2023**

Junior (IX-X) - Hinesh Niyati, grade IX

Venue: Podar International School Santacruz west, Mumbai

Senior (XI-XII) - Debasmita Ghosh, grade XI

Venue: Avalon Heights International School, Vashi, Navi Mumbai

- **AIMS Quiz Competition 2023**

Senior Category - Brajpriya Gadhari & Atharva Ambegaonkar, grade XII - 1st position

Venue: Jasudben M L School, Khar

The team is now representing Maharashtra at the National ASISC Literary event 2023, Bhubaneswar

- **AIMS Creative Writing Competition 2023**

Sub Junior (VI-VIII) - Antara Rai

Junior (IX-X) - Niharika Singh

Senior (XI-XII) - Reva Alevuraya - Selected for the National ASISC Competition 2023, Bhubaneswar

Venue: Ryan International School, Malad ICSE

SCHOOL UPDATES

- AISM Debate Competition 2023**
 Senior (XI-XII) - Runner Up team
 Mst. Hanif Alam, grade XII - Best Speaker - Selected for the National ASISC Literary event 2023, Bhubaneswar
 Ms. Brajpriya Gadhari, grade XII
 Junior Category (Debate) - Teertha Nair & Sanchit Bhandari, grade IX - participated
 Venue: Shree Chandulal Nanavati Vinaymandir, Vile Parle



- 17th June 2023, Staff Picnic- A Trip to Igatpuri**



- The record for performing the maximum number of variations in one minute using a single hula hoop was set by **Tanishka Asawa, grade III**. She performed 15 hula hoop variations in one minute using a single hula hoop, at the age of 8 years, 2 months and 3 days, as confirmed on January 24, 2023.



- Trip to NMACC Visit for grade X & XII**
 The trip was spectacular and was enjoyed by me to the full extent. This trip was a great medium of learning about Indian culture. India in Fashion intrigued me by its awesome dresses and designs, dated back to the pre-independence era. In Sangam, the arts were fascinating and idyllic. The star of our trip's experience was the fountain of joy which was eye-catching for everyone.



- Nishi Shetty, grade V has been rewarded with a Guinness World Record Certificate for participating in a 48 hours Skating event with the speed of 11 seconds per 100 meters.



The event was conducted on 30th May 2023 at Shivganga Skating Club, Belgavi, Karnataka, India.

- Griva Surana, grade II created another national record (India Books of Record) for an amazing 8846 hula hoop spin on waist for an hour.

