



# 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 ॥

When the mind is in a stage of dullness, stimulate and awaken it. When the awakened mind thus becomes turbulent, calm it down. In the process, recognize the dirt that surfaced. When the mind reaches a state of equanimity, do not disturb it further.

## SCHOOL SURVEY

Do you agree that people must be fined for not recycling the sustainable products ?

Agree	67.60%
Disagree	32.40%

## THOUGHT FOR THE MONTH

"Incredible change happens in your life when you decide to take control of what you do have power over instead of craving control over what you don't."

- Steve Maraboli

## BIRTHDAY GREETINGS !

### MARCH

Reema Lobo	02nd March
Kunal Gharat	04th March
Kavita Prasad	04th March
Sampada Palkar	05th March
<b>Sujatha Nambiar</b>	<b>07th March</b>
Hitisha Mehta	10th March
<b>Mansi Gupta</b>	<b>10th March</b>
Chandrashekar Soparkar	20th March
<b>Melita Coutinho</b>	<b>21st March</b>
Ishan Sawardekar	25th March
Sanket Marchande	27th March
Abhishek Upadhyay	28th March

## FROM THE PRINCIPAL'S DESK...

"Genius is one percent inspiration and ninety percent perspiration."

- Thomas Edison

Knowledge is one's most valuable asset and a successful tomorrow belongs to those who prepare today. Greatness does not come from our comfort zone. It is when we put our strengths, abilities and knowledge to test, we realise our path to success.

Exams play a crucial role in one's life by serving as a measure of knowledge, skills, and understanding. They are significant in providing a structured way to assess a student's academic progress and understanding of a particular subject, helping students understand their own progress and learning objectives, motivating them to strive for improvement, serving as a standard measurement of competence and knowledge and helping in promoting a sense of discipline and time management.

While exams undoubtedly hold significance, it is important to maintain a balanced perspective. It is essential that one maintains a positive mindset, be well-prepared, set aside dedicated time for studying, create a study schedule, and break down study material into manageable chunks. Taking care of our physical health is of paramount importance to keep exam fear at bay. This includes getting enough sleep, eating well, and engaging in regular physical activity.

Having a strong support system adds to the positive environment. Reaching out to friends, family, or classmates for encouragement and support can be very therapeutic. Sharing our concerns with others can provide a sense of assurance. Focusing on one's strengths rather than the fear of failure can help shift our mindset towards a more positive outlook.

Regardless of the outcome, there are always opportunities to learn and grow from the experience.

**Dr. Seema Saini**  
CEO and Principal

## ISC SECTION

### Grade XI - Photojournalism in Mass Media and Communication

Photojournalism, an incredibly powerful tool of modern journalism, creates images to tell a news story. Time and again, photojournalists are the ones who define how people understand major events. Under the guidance of Ms. Shurti Mishra (Teacher, Mass Media) the students of class XI cultured the techniques of framing captions for photographs. This act was an initiative to bring to class the topic 'Photojournalism'. This photojournalist approach to candid photography is becoming popular as a unique style of commercial photography.



### Grade XI - Brain on Fire - Psychology (Movie)

The bizarre and confounding illness that beset the 24-year-old New York Post reporter, ravaged her mentally and physically that she became unrecognizable to coworkers, family, friends, and most devastatingly herself. 'Brain of Fire', an intense movie that held a mesmerizing account of survival of the protagonist, was specially streamed in the school auditorium for Grade XI. Assisted by Ms. Simran Pawaskar (Teacher, Psychology), this movie was used to introduce students to the study of a few disorders mentioned in the ISC syllabus.



### ISC Inter House Quiz Competition

Apart from building general knowledge and boosting confidence in students, Quiz competitions aid towards enhancing the curiosity of the young minds. The ISC Inter House Quiz Competition was an active, enthusiastic and a mind-blowing stimulator to the students. Apart from the patriotism held for their houses, the students constructively enjoyed every round of the competition. Students took home fun - filled memories and refined knowledge on various topics.



### Orientation Programme

The impact of parental involvement on the academic success of a child is undoubtedly enormous. The parents and students of Grade X were gladly welcomed to the Orientation Programme 2024 of the ISC section of our school. The ISC section showcased a trail of testimonials of the alumni of the ISC Section in the programme. Additionally, two of our radiant alumni, Ms. Elena Pereira and Ms. Twisha Baunthiyal were present for an interactive discussion, throwing light on the career that they chose and its successful journey.





## SECONDARY SECTION

### Astronomy Club

An engaging audio-visual (AV) session, including videos and PPTs, on "Tapestry through Time" was proudly presented by Astronomy Club. Sixth and seventh graders learned more about the vast history of the cosmos and our own time. They passed through a cosmic tapestry that was impervious to limits and space in a virtually created space craft. Additionally, club members made a little replica of 'Pragyan Rover' and 'Vikram Lander' from 'Chandrayaan 3'. In particular, it was intended to aid pupils in comprehending the structure of our universe and upcoming astronomical events.



### NSS Donation Drive

"The NLDC NSS unit embarked on a transformative journey by adopting Belkadi Pada for a 7- day Special Camp. Students from Secondary Section wholeheartedly participated in donating essential items to aid and uplift the tribal population. Recognizing that 'Food is our common ground, A Universal Experience,' Agni and Jal house students contributed packed food items like lentils, rice, salt, sugar, flour, and other essentials. Adhering to the belief that 'Hygiene Whispers Wellness, the Silent Sculptor of Personal Vitality,' Prithvi and Vayu House students generously donated basic toiletries such as toothpaste, hand soap, body wash, shampoo, and hand sanitizers.



## PRIMARY SECTION

### Grade I - Mathematical Quiz

Incorporating 'Mathematical Quizzes' into the learning process not only enhances academic performance, but also fosters critical thinking, problem solving and confidence in students; paving the way for their success in Mathematics and beyond the classroom. The quiz enriched the knowledge and the curiosity of the students and boosted their confidence.



### Grade I - EVS Quiz

The event aimed at creating awareness among the students about the environment related problems like pollution and also to educate them to make optimum use of the natural resources. Teams from each house participated with great enthusiasm. Students skilfully answered the questions. It proved a great learning experience for all of them.





**PRIMARY SECTION**

**Grade II - EVS Quiz**

The Grade II students of N. L. Dalmia High School, participated in the 'EVS Quiz Competition' conducted on 29th January. It made the students aware about the importance of protecting our environment, greenery and our Planet Earth. It also educated the students to live a life for sustainable development.



**Grade II - Convivial Learning**

The Grade II students of N. L. Dalmia High School had another convivial learning programme with new creative activities. 'The English Grammar' activity and 'Math Data Handling' helped the students to analyse the concepts in depth. 'EVS Nature Trail' activity educated the students about the different types of plants in our surroundings.



**Grade III - Tic Tac Toe - English**

Spelling, the art of correctly assembling letters to form meaningful words, is one of the essential components of successful writing. Tic Tac Toe was organized for the students of Grade III. The objective was to enhance spelling and literary skills of children by encouraging them to explore nuances of language, expand vocabulary and improve communication skills.



**Grade IV - Be a Poet Contest**

The students of Grade IV enthusiastically participated in a poetry competition as they got an opportunity to exhibit their talent and confidence. The students came up with different poems with different themes and recited them with great fondness and zeal for the country. It was a splendid opportunity for them to gain confidence through stage exposure.



**Grade V - Marathi Quiz**

Marathi Quiz was organized for the students of Grade V to enhance the knowledge of Marathi among the students. As a part of it, a Quiz Competition was organized on the occasion of Marathi Bhasha Gaurav Divas. It aimed at giving students a platform to learn different spellings with their pronunciations and consequently, enrich their vocabulary.



**Marathi Diwas**

Students of Grade II to V celebrated Marathi Bhasha Diwas to commemorate the birth anniversary of eminent Poet, Kusumagraj. The ceremony began with a 'Ganesh Vandana', followed by the recitation of a 'Shloka' in Marathi. Students sang 'Powada', performed on 'Afzal Khanacha Vadh' and shared the importance of different festivals of Maharashtra.





## PRE-PRIMARY SECTION

### Recitation Event

Sunflower playschool had organised a 'Recitation Event' for the children in the amphitheatre in Sunflower Playschool. The children recited the rhymes with confidence and expression. They used innovative and appropriate props to make their recitation effective.



### Cold Cooking

'Cold Cooking Event' was organised in the Sunflower Playschool. It was wonderful to watch the little hands mixing the puffed rice and sev to prepare delicious 'Bhel'. Children enjoyed preparing and displaying their fine motor skills and sharing the healthy snacks with their friends.



### Sports Day

Sports play a vital role in our life as it keeps us healthy, positive and active. Pre-primary celebrated its Sports day on 27th January, 2024 in our School ground. It was a day filled with fervour and exhilaration, amidst thrills and cheers. The event started with a friendly walk by the students followed by the races with 100% participation. Different sports activities were organized and the students were given participation certificates. Parents were excited to witness various skills of their children. It was a joyful day for all.



### Sunflower Concert

The Annual Concert of Sunflower was held on 11th February, 2024 in our school Auditorium. The students danced enthusiastically representing 'SEASONS' in multi-coloured costumes. The little ones performed to different songs with confidence on the stage, and were applauded by the parents, who had come to witness the show. It was indeed a pleasure to see the little ones swinging and swaying with each other on music.





**SCHOOL UPDATES**

**Stride to Glory: Annual Sports Extravaganza 2023  
at N. L. Dalmia High School**

Amidst a symphony of cheers and the pulse of anticipation, the 'Annual Sports Day Celebration' on the 31st of January, 2024 at N. L. Dalmia High School ignited the spirit of competition and camaraderie like never before. 'The Sports Meet' was graced by the esteemed presence of our distinguished chief guest, Mr. Sagar Ovalkar, a young Mumbai based engineer, who became the first man in the country to receive the Arjuna Award for 'Malkhamb'. As the flag was raised against the backdrop of a clear blue sky, emotions ran high among the students and staff.

The event kicked off with an inspiring address by our esteemed CEO and Principal Dr. Seema Saini, setting the tone for the day filled with excitement and fierce competition, which was followed by the oath taking and the torch bearing ceremony. Our Chief Guest, Mr. Sagar Ovalkar and Guest of Honour, Mr. Mudit Dalmia accompanied by the CEO and Principal, Dr. Seema Saini released a myriad of colourful balloons into the sky. This symbolic gesture, executed with poise and reverence, marked the official commencement of the sports meet, evoking a sense of unity and optimism that permeated the hearts of all present.

Exciting races and closely contested matches kept the audience on the edge of their seats throughout the day. The atmosphere was filled with cheers and applause as participants demonstrated sportsmanship and encouraged their teammates and competitors alike. In the end, it's not the victory that defines us, but the spirit in which we compete and the bonds we forge along the way.



● **20th UCMAS Competition - 2024**

UCMAS Maharashtra had organized the 20th UCMAS State - Level & 10th UCMAS Zonal Level Competition in which around 4500 students had participated at the Raymond Trade Exhibition Hall, Thane.

**UCMAS State Level Competition Winners list**

Aditya Gowda - Champion of Champions, Parth Agrawal - Merit, Dhruvi Manjrekar - Merit, Amayah Amit Negi - Merit, Hamza Choudhary - Merit, Dhairyra Joshi - Merit

**UCMAS Zonal Level Competition Winners List**

Aditya Gowda - Champion,  
Parth Agrawal - Champion,  
Dhruvi Manjrekar - Champion,  
Amayah Negi - 1st Runner Up,  
Hamza Choudhary - 2nd Runner Up,  
Ranveer Singh - 2nd Runner Up,  
Mohammad Ansari - 2nd Runner Up,  
Dhairyra Joshi - Merit, Birjyot Singh - Merit,  
Umaimah Barday - Merit





## SCHOOL UPDATES

**Young Scientist Challenge 2023 - United Schools Organisation of India (USO)**

The YSC2023 journey has been a source of excitement and accomplishment. They submitted projects and ideas that were truly outstanding, reflecting the participants' passion for science and sustainability. Young Scientist Challenge 2023 was organised in collaboration with UNESCO and CSIR - NIScPR, for schools nationally. 3 students participated from ISC section and they are - Ms Bhumika Patil - Grade XII - received gold medal and merit certificate, Mst. Puskar and Mst Hanif Alam have been awarded with national level participation certificates.



**National Young Author**

**Aaliya Kazi** has published her own book "The Avian View" on Bribooks and has been enrolled in The National Young Author's Fair 2023. She has received a silver Medallion for her book.



**Late Shri V.V Bhat Memorial Trophy Competition 2023-24:**

Inside Out is an Inter School event hosted by 'Children's Academy', Malad. 17 students participated. Ummaimha Barday Grade IV received 2nd prize in 'The Real Me event'.



**'MI JUNIOR' is an Inter-School Cricket Tournament. MI Junior U/14 Boys Inter School Cricket Tournament Season 4 (Mumbai).The N. L. Dalmia High School (Mira Road) Boys U14 team is officially a part of MI Junior 2024.**

14th Feb - 1st Match - won by 8 wickets - Player of the Match - Yatharth Shukla, Grade VIII

20th Feb - 2nd Match - won by 181 runs - Player of the Match - Anunay Tripathi, Grade VIII



**7th Inter Club Speed Skating Championship -2024** was held at 'YMCA Club', Borivali (West), Mumbai.

- 1) Yatika Mittal got 2 bronze medals in short and long races.
- 2) Driti Lalan got silver medal in short race and bronze medal in long race.
- 3) Prajna Naresh Paine - Speed Inline - Position: 1st Gold (long & short).

Pushkaraya Pujari, Sr. Kg., Shivansh Sen Sharma got participation medal.

- Devansh Pradhan, the student of Grade II has been rewarded a Gold Medal in Rural Game Organization of India (RGOI) for District level and got selected for State level which will be held at Pune.



- **Monsoon Cup - Football Match :** Krish Shetty from Grade IV was part of the team that won the 'Monsoon Cup U/10'. He was the attacking Mid-Fielder with the highest assists and scored the 2nd highest goals in the tournament. The football tournament was held in Panaji Goa.





# SCHOOL UPDATES

**Inspire award 2023-24**

Briti Shah, the student of Grade VII has been selected for the Inspire Award of Rs. 10000/- for the year 2023-24, for preparation of Science project / model and got selected to participate in the District Level Exhibition & Project Competitions (DLEPCs) to be organized by the 'District Education Authority'.

**Griva Surana, Grade II B** achieving the award for spinning a hula hoop on her neck for over 2 hours and 7 minutes, is indeed an impressive display of focus and determination, especially for an 8-year-old. Being recognized by the 'Harvard Book of Records' is a testament to her remarkable talent and perseverance.



**JSW Paints - Futurescapes : Unleash your inner artist**  
Painting Competition was organised by 'The Hindu Young World' for the primary section. The winners are- Sun Junior category (Grade III to V)

- 1st Kashirya Pati - IV B
- 2nd Kashvi Karkera - III D
- 3rd Priyansh Shah - III B

**2nd Inter School Gymnastic Competition 2024-25**  
conducted by BB Sports Academy. More than 150 players participated in the Competition.

1. Arav Kharvi (Grade II)
2. Shanaya Hake (Grade I)
3. Prisha Jawalkar (Grade II)

They received a Trophy Certificate and Gift hamper.

