



# SANSKRITI

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

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## SHLOK OF THE MONTH

कर्मण्येवाधिकारस्ते मा फलेषु कदाचन ।  
मा कर्मफलहेतुर्भूर्मा ते सङ्गोऽस्त्वकर्मणि ।

You have a right to perform your prescribed duties, but you are not entitled to the fruits of your actions. Never consider yourself to be the cause of the results of your activities, nor be attached to inaction.

## SCHOOL SURVEY

Do you agree that handwritten cards and letters still have value in the digital age ?

|          |        |
|----------|--------|
| Agree    | 76.84% |
| Disagree | 23.16% |

## THOUGHT FOR THE MONTH

"Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."

- John Wooden

## BIRTHDAY GREETINGS !

### APRIL

|                 |            |
|-----------------|------------|
| Mitali Mehta    | 01st April |
| Juhi Purohit    | 02nd April |
| Ruqaiya Shaikh  | 03rd April |
| Arshi Khan      | 06th April |
| Neha Pathariya  | 14th April |
| Dipty Paleja    | 17th April |
| Samita Paul     | 20th April |
| Srila Raghu     | 24th April |
| Natasha D'Mello | 26th April |
| Ganapathi Iyer  | 28th April |
| Dixita Khokale  | 29th April |

## FROM THE PRINCIPAL'S DESK...

"Self - discipline begins with the mastery of your thoughts. If you don't control what you think, you can't control what you do. Simply, self-discipline enables you to think first and act afterward."

- Thomas Edison

Dear Children,

We take great pride in being a School that helps foster the right attitude and appropriate behaviour that moulds our children into strong and confident human beings.

N. L. Dalmia High School prioritises student ownership and self - direction. Considering this, taking accountability for your actions should be an integral part of your life that would help create trust and dependability. Each step you take towards being a responsible and productive individual helps to raise your self-esteem. Taking responsibility for your actions is an important step in becoming self - disciplined.

It is rightly said that Discipline is the bridge between goals and accomplishments. It is an integral part of the learning process, helping eliminate hindrances for growth that stand in the way of success. Discipline helps you stay focused on the task that you are doing; your studies and personal life. It helps you to train your mind to do the right thing at the right time.

Nothing beats the fact that Punctuality is the first step towards success. It builds the path to success. A punctual student is well equipped to deal with their task efficiently and admirably, thus making his/her educational journey in the school meaningful.

I strongly feel that when you leave the school portals you should adorn a robust and efficacious value system.

Dr. Seema Saini  
CEO and Principal

**PRIMARY SECTION**

**Grade I - Digital Assembly - Patriotism**

The students of Grade I conducted a Digital Assembly to unify students, develop core values, learn discipline, build confidence and social skills on the topic 'Patriotism'. The main motto of conducting this assembly was to salute the indomitable spirit of Indian freedom fighters who have left behind a legacy of courage and valour. The various items in the special assembly included Thought of the day, Poem, Yoga, Physical exercises, Mellifluous song, Dance, and powerful skits by the children.



**Grade I and II - Math and EVS - Integrated Learning Activity**

The students of Grade I and Grade II explored the significance of money through an Integrated Learning Activity. Grade I and Grade II turned their classroom into a 'Supermarket' and learnt nitty gritty of market life with their peers. It provided a hands-on approach to learn more about Addition and Subtraction. The concept behind this activity was to teach young minds the importance of eating vegetables and fruits, buying and selling things and make them experience the ambience of the market.



## PRIMARY SECTION

### Grade III - Science - Food Chain Activity

The Science of today is the technology of tomorrow. The main objective of conducting Food Chain Activity was to explain the concept of Food Chain. Students discussed the key factors, processes, and components involved in a food chain. By learning about the food chain, students grasped the concept that all living organisms are part of a complex system where each species relies on others for survival.



### Grade IV - Hindi Quiz

Hindi Quiz Competition was held for the students of Grade IV in the school auditorium. The main objective was to enhance Hindi language amongst the students. This quiz enabled students to develop confidence and build vocabulary. Students enthusiastically participated and enriched their speaking skills, listening skills and critical thinking. The teams participated actively. It was a very informative and knowledge enriching competition for the participants along with the audience.



### Grade V - Science - Simple Machine

Simple machines are any of several devices with few or no moving parts that are used to modify motion and the magnitude of a force in order to perform work. The young innovators of Grade V showcased different Simple Working Machine models and explained its functioning and uses. The key objective of the Simple Machines Project was to bring out the hidden talents and creativity of students and focus on creating awareness of Science and Technology. The main objective was to inculcate a scientific attitude and develop research mindedness.



**PRE-PRIMARY SECTION**

**Junior Graduation Ceremony**

Our Sr. Kg. students celebrated Junior Graduation dressed up as little graduates in gowns and caps, to receive their Graduation Certificates. Emotions overflowed as these little ones spoke about their wish of what they would like to be when they grow up. There was a celebration filled with joyful dance performances, adding an extra layer of excitement and memories to cherish for both the students and their families. It was a delightful blend of solemnity and joy, marking a special milestone in their young lives.



## SCHOOL ACCOLADES

### The HT PACE Principal Conclave and Annual Award Ceremony

The HT PACE Principal Conclave held on 3rd February 2024 at Hotel Holiday Inn served as a significant platform for discussing crucial issues in Indian school education. Deepak Kesarkar, Minister of School Education, Government of Maharashtra, delivered an inspiring keynote speech to an audience of over 200 Principals from Mumbai's schools.

The lineup of speakers featured Vedanta scholar Jaya Row and Taylor Elizabeth Perramond, founder of Mindsage, who shared insights on etiquette and emotional intelligence. The discussion themed "Indian Education - A Future and a Legacy" involved panelists Dr. Snehal Pinto from Ryan International Group Of Institutions, Prof. RSS Mani, Vice President of ITM Group, and Rohan Bhat, Chairman of Children Academy Group Of Schools, with Manish Naidu, the CEO of Brainwonders, moderating the conversation.

The Conclave also organized a Principal quiz led by Meghashyam Prabodh Shirodkar and presented school awards. Talat Aziz, a renowned Singer and Actor, graced the occasion as the guest of honor, while Rahil Khan, an active RJ, served as the main host.

N. L. Dalmia High School was honored with a Certificate of Excellence and Diamond Member Award. Dr. Seema Saini was the Runner-up for the Quiz specially organized for the Principals.



## SCHOOL UPDATES

### All India Gojukai Karate - Do Camp

Every child deserves the opportunity to learn, explore and excel in every aspect of life. To motivate and encourage our students of N. L. Dalmia High School 'All India Gojukai Karate-Do' conducted a two days training camp, followed by a Category wise tournament. The first day of the camp began with the warm opening ceremony and a warm up session conducted by various Karate instructors. The participants were divided into four age appropriate groups and belt wise. The participants were trained by karate experts on Basics, Shio, Kata, Yaksu, Kumite and Self defense sessions. The second day of the training involved technical instructions by the coaches and rigorous practice for the tournament. The Karate Tournament was well conducted and the winners were felicitated in different categories. Ms. Ridhya Iyer, the student of Grade V A was adjudged and honoured with a scholarship. Cash Prize was awarded to Ms. Jaanhavi Raijade from Grade IX C. Ms. Jaanhavi Raijade had represented our country at International Indian Karate Championship held at Korea in July 2023 followed by the senior students' who displayed their karate skills. She will be representing India once again at the International Karate Championship which will be held in the United States of America in March, 2024. The closing ceremony began with honouring the Chief Guest Hanshi Vispy Kapadia 8th Dan Red belt founder and president of All India Gojukai Karate Do. Followed by the Karate performances by the students. The outstanding performance awards - 44 students won Gold Medals, 45 students won Silver Medals, 45 students won Bronze Medals. Therefore, the camp was a grand success!



## SCHOOL UPDATES

- MSR - Goonj Foundation**

N. L. Dalmia High School, in collaboration with Goonj, conducted a My Social Responsibility (MSR) initiative for students. Our enthusiastic students wholeheartedly contributed old toys, clothes, stationary, and more, exemplifying a profound commitment to societal betterment. Students from grades VIII and IX, representing all houses, were enlightened by Mr. Himanshu Kulkarni, from Goonj, who elucidated the objectives behind this MSR, guiding students through the comprehensive process from collection to distribution. All materials given by the students were meticulously gathered in gunny bags, and subsequently contributed to the Goonj foundation. This MSR activity not only provided students with an opportunity to reflect on their privileges but also empowered them to play an active role in shaping a more equitable society, fostering a collective responsibility for positive change.



- Junior Red Cross Award Function**

The recent Junior Red Cross Award Function held near the RBI premises – Indian Red Cross Society Hall was not just a celebration of altruism but also a recognition of outstanding contributions. Among the distinguished honourees was Mrs. Preeti Thackeray, an Activity Supervisor who was bestowed with the prestigious Active Counsellor Award by the Junior Red Cross Society. Mrs. Thackeray's dedication and commitment to her role as an Activity Supervisor were evident as she received the Best Active Counsellor Award from the Indian Red Cross Society during their Annual Prize Distribution Ceremony. Her tireless efforts in promoting humanitarian values and engaging youth in meaningful activities have significantly contributed to the success of the Junior Red Cross initiatives.



- iNTELLYJELLY'S National kid lit Writing Contest**

Mahika Sankhe of Grade IX participated in iNTELLYJELLY'S National kid Lit Writing Contest in February 2024. She was placed among the 12 meritorious candidates for showcasing appreciable literary talent, vivid imagination and artful storytelling prowess through her submitted article *Crescendo of Chaos*. Owing to the discernible excellence in her writing prowess, she was accorded the privilege of availing a Scholarship worth ₹ 6000. iNTELLYJELLY is India's leading children's publication brand for nurturing young writers.



- Chesscraft Academy Somil Bansal, Grade VI: 12th rank in U/11 category.**



- Enhancing Athlete Wellness: Insights from the Doctors' Session**

On the 9th of March, a doctors' session focused on physiotherapy and diet was organised for the parents and students at NLDCA. This session not only aimed at providing valuable insights but also at addressing the specific needs and preferences of our players and their families. During the session, doctors covered a wide range of topics, including

# SCHOOL UPDATES

injury prevention strategies, nutritional guidelines for optimal performance, and personalised care plans for individual players. The interactive nature of the session allowed participants to ask questions.



- **7th Inter Club Speed Skating Championship - 2024**  
Nishi Prabodh Shetty from Grade VI, won 4 medals in 7th Inter Club Speed Skating Championship - 2024 organised by Lions Club of Kandivali, Mumbai at YMCA Borivali Center, Mumbai on 25th Feb, 2024.
  - Inliner Skates - Long Race (300 m) - Silver Medal
  - Inliner Skates - Short Race (100m) - Silver Medal
  - Shoe Skates - Long Race (300 m) - Bronze Medal
  - Shoe Skates - Short Race (100 m) - Bronze Medal



- **Jr. KG. E - Ayansh Agarwal**, Achievement : Mastermind State Championship (2nd, 6th & 7th Rank in various subjects)  
Ayansh secured 2nd Rank in EVS, 6th Rank in English & 7th Rank in Math in the Mastermind State Championship.



- **Jr .Kg. - Driti Lalan**, Achievement : 4 World Records for achieving 1 hour Non Stop Skating with Singing Vande Mataram. Driti achieved 4 World Records in Vajra World Records, Hope International World Record, Global Genius Record & The Miracle Records - India Skaters were dressed as Freedom Fighters.
- **Jr. Kg. - Nidhi Boob**, Achievement : Mastermind State Championship (A+ in various subjects)  
Nidhi secured A+ grade in EVS, English & Math subject for the Mastermind State Championship.



- **Sr. Kg. - Giana Shetty**, Achievement : 2nd Prize in State Level Roller Skating Competition.  
Giana Shetty has participated in the Endurance Championship, Roller Athletics and RGOI Roller Skating Championship. She bagged Gold, Silver and Bronze medals in State level Championship and was selected for Nationals wherein she secured Gold in Endurance National Championship, Silver in Roller Athletics Championship and Bronze in RGOI. She is also selected for the International Endurance Championship which is likely to happen abroad.



- **Sr. Kg. - Palvit Taparia**, Achievement : Best Player Prize in LSCA Premier League Competition 2023  
Palvit being 6 year old has defeated many high ranking players & secured best performing player award in Premier League Competition.



## SCHOOL UPDATES

- **Sr. Kg. - Aayan Bacchawat**, Achievement : Scored A+ in School Level Competition of Mastermind Exam

Aayan has scored Grade A+ in School Level Competition of Mastermind exam English, Math & G.K. exam in Sr.KG. Level & has been selected for the National Championship in Mastermind Competition.



- **Sr. Kg. - Krishiv Dongra**, Achievement : 1st Runner Up (2nd Rank) across Mumbai in Velocity Competition by Whizz Kids

Krishiv was the 1st Runner Up (2nd Rank) across Mumbai students (in his age group) in Velocity Competition (Abacus, Mental, Vedic, Mathmatic) organised by Whizz Kids.



- **Sr. Kg. J - Jash Panchal**, Achievement : 2nd Position at District Level Skating

Jash stood 2nd in short & long both the race at District Level Skating at Roller Athletics District Skating Championship - 2023 - 24 by School Games Federation of India.



- **Sr. Kg. H - Rachit Yadav**, Achievement : Participated in the Marathons

5 Km Marathons: He has run more than 20 marathons in 2023, with some of the prominent one as NDA Pune Marathon (Organised by National Defence Academy), IIT Powai, Western Naval Command (Indian Navy), Indian Navy Heritage Run, Canthon (A Cancer



Awareness Run organised by Mumbai University), Soldierathon, ect and the recent Marathon (1 amongst top 10 Marathons in the World).

Swimming: He is good in freestyle, butterfly, individual medley swimming format and soon he will be participating in the major events.



- **Sr. Kg. F - Shivansh Sen Sharma**, Achievement : 1st Runner Up (2nd Rank) across Mumbai in Velocity Competition by Whizz Kids

5 Km Marathons: He has run more than 10-12 Marathons in 2023, with some of the prominent one as NDA Pune Marathon, IIT Powai, Western Naval Command (Indian Navy), Canthon (A Cancer Awareness Program), Soldierathon, etc and the recent one on 21st Jan '24 the TATA Mumbai Marathon.



Skating: He won 2 Gold Medals in RGOI district roller skating championship 2023-2024. Also has been awarded for 1 hour non stop skating by Hope International World Record, the miracle records India, Global Genius Record (India), Vijra word records.

- **Shivansh Sen Sharma**, has been awarded the International Book of Records for his remarkable accomplishment in fastest 5 Km run in an impressive time of 53 minutes and 47 seconds. His achievement has been recognised not only on their website (International book of record) but also on prominent social media platforms including YouTube, Facebook, Instagram, Twitter, and LinkedIn.

