



SANSKRITI

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

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SHLOK OF THE MONTH

उदेति सविता ताम्रस्ताम्र एवास्तमेति च ।
सम्पतौ च विपत्तौ च महतामेकरूपता ।।

The Sun is red at the time of rising, and red at the time of setting too. Similarly, noble people remain the same at the time of happiness and distress.

SCHOOL SURVEY

Should the age of voting be reduced to 16 years ?

Agree	42.03%
Disagree	57.97%

THOUGHT FOR THE MONTH

"Your positive action combined with positive thinking results in success."

- Shiv Kherra

BIRTHDAY GREETINGS !

AUGUST

Savita Kukreti	01st August
Abhinav Joshi	01st August
Sonali Chatterjee	01st August
Swarachita Kumari	03rd August
Loveleen Menon	04th August
Lakshmi Joshi	04th August
Sarita Pandey	04th August
Bhawna Joshi	05th August
Samidha More	07th August
Kshiti Meher	14th August
Jasmine Chettiar	16th August
Veena Govil	17th August
Sudipta Dey	21st August
Dhaval Tandel	22nd August
Sneha Nair	23rd August
Neelam Redkar	29th August
Kadambari Suryawanshi	31st August
Rozy Singh	31st August

FROM THE PRINCIPAL'S DESK...

Dear Students,

A student's life is akin to a juggling act, where academic responsibilities, extracurricular activities, and personal growth are skilfully balanced. A well-structured daily routine is the secret weapon that empowers students to navigate this complex journey effectively.

A student's daily routine must prioritise self-care and rest. Adequate sleep, relaxation, and mindfulness activities are crucial for mental and emotional well-being. Lack of sleep can impair cognitive functions, so students should aim for 7-9 hours of quality sleep each night.

Students can use time management tools such as calendars, to-do lists, and productivity apps to adhere to a daily routine. These tools help students track assignments, deadlines, and extracurricular commitments. The daily routine of a student is a well-orchestrated symphony of learning, personal growth, and self-care. It's a testament to their dedication and determination to succeed.

Success is created through the performance of a few small daily disciplines that stack up over time to produce achievements far beyond anything you could ever have planned for. It's a recipe for success, ensuring that each day is a step closer to a bright and fulfilling future and if you want to reach your goals and dreams, you cannot do it without discipline.

Dr. Seema Saini
CEO and Principal

ISC SECTION

Grade XI - SWOT Analysis - Business Studies

The students of Business Studies of Grade XI recently conducted an insightful activity wherein they performed a SWOT analysis on a chosen brand. This exercise enabled them to delve into the brand's strengths, weaknesses, opportunities and threats, providing a comprehensive understanding of its market position. By identifying these key factors, students gained valuable skills in strategic thinking and analysis.



Grade XI & XII - Inter House Declamation Competition

Declamation is a rhetorical exercise, and to master this art, the English Literary Club of the ISC section hosted 'Declamatio' - an Inter House Declamation Competition. The speeches ranged from Nehru to Steve Jobs, from Mussolini to Sojourner Truth. The entire event was an enriching experience for the students as they witnessed the eloquent performances and etched an indelible mark through their silver tongued speeches.



'Fare Thee Well!' - ISC Convocation Ceremony

We had the honour of celebrating the remarkable achievements of the Grade XII students at the ISC Convocation Ceremony. This momentous occasion marked the culmination of years of dedication, hard work, and perseverance. We are immensely proud of each graduate, as they eagerly approach the bright future and boundless opportunities that awaits them!



Grade XI and XII - Passionately Scientific

Siddharth Pandey, ISC batch 2021, currently in his 4th year of undergraduate studies at IIT Kharagpur, majoring in Data Science and Economics, was invited to interact with the science students of the ISC section. His visit to NLD covered his academic experiences and professional milestones. He successfully spilled his passion for science, alongside motivating students to pursue their own academic endeavours with vigorous determination.



SECONDARY SECTION

Grade VI - Declamation Competition - RIDS

Students recently participated in an English Declamation Competition held in the school auditorium. This event was part of our Recognition of International Dimension in Schools (RIDS) project, aimed at fostering global awareness and communication skills among our students. Students showcased their oratory skills, taking on the roles of writers and motivators. By engaging in such activities, our students continue to grow as articulate and thoughtful individuals, ready to take on the challenges of the global stage.



Grade VII & VIII - Portfolio Making - RIDS

The poetry portfolio activity was conducted for the students of Grades VII and VIII with the aim of enriching students' understanding and appreciation of poetry. This initiative, undertaken under auspices of the British Council, sought to delve into the lives and literary contributions of various poets. By immersing themselves in the works of poets from varied cultural backgrounds, students gained invaluable insights into different cultural narratives and perspectives, thereby promoting cultural appreciation and understanding.



PRIMARY SECTION

Grade II - Parts of the Plants - EVS

The Grade II students participated in an activity on 'The Parts of the Plant' wherein the students drew a plant and further enhanced it by sticking leaves on it. This activity helped the students to understand different parts of the plants by adding a creative touch to it.



Grade II - Convivial Learning Programme - Our Food

The Grade II students had the convivial learning programme with an array of activities. EVS food activity was conducted wherein the students identified the food items from the three major food groups and spoke about it.



PRIMARY SECTION

Grade I - Mother's Love - A Timeless Treasure

Grade I students celebrated the virtues of motherhood with joy and enthusiasm. The theme for this year was 'Go Green,' featuring delightful activities like Cold Cooking, Bottle Decoration, Rangoli Making and Penalty Shoot Out. The event featured the experiences of motherhood, celebrating the worth and strength of every woman.



Grade I - Convivial Learning Programme

Grade I presented the Convivial Learning Program. The Program featured engaging activities that made learning fun for students. Playful activities like these stimulate the mind, promote problem-solving skills, and make learning enjoyable. The Convivial Learning Program was a resounding success, providing a delightful and educational experience for all participants.



Grade II - Seed Germination Activity - EVS

"For a better tomorrow, plant more trees and make this planet a better place to live in."

School stresses on the importance of protecting our environment. So as to sow the seeds of love towards nature a seed germination activity was conducted in school. The students planted the seeds under the guidance of the teacher.



Grade III - Convivial Learning Programme

Students had a Convivial Learning Program that was filled with engaging activities. Students created their 'Pronoun Flowers' with the help of colourful paper cutouts which ensured proper interpretation of the concept of Personal and Possessive Pronouns. A honey bee prop helped students grasp the concept of carryover number. They used Lego blocks to build models of different means of transportation, promoting creativity.



PRIMARY SECTION

Grade IV - Science Quiz

The students of Grade IV participated in a Science Quiz Competition that sparked curiosity and competitiveness among them. Each round is designed to test the students' knowledge and skills in different ways. It was a resounding success, fostering a spirit of curiosity and competitiveness among the students. This event proved to be very educational and informative for the students.



Grade V - Procedure of Elections - RIDS

Incorporating election procedure into the school curriculum equips the students with knowledge, skills and values necessary to become informed, engaged and responsible citizens in a democratic society. Students researched and created a fact file on the 'Election Process' of India, USA, and UK and presented it. Students used various sources such as books, articles and online resources to collect information.



Grade V - Comparative Study on basic Structure of the Government - RIDS

To give hands-on experiential learning and familiarise students, Comparative Study was conducted for the students of Grade V on the basic structure of the government of India, U.K, USA and Australia followed by a remarkable Power point presentation. This comprehensive comparative study of government structures, enhanced a deeper understanding of the complexities of governance systems around the world.

Grade V - Correlation of Subjects - Declamation Speech presentation - RIDS

Declamation Presentation serves as a valuable educational tool that supports holistic development by enhancing communication skills, fostering confidence and creativity, and promoting critical thinking and civic engagement. It is a great way for students to hone their public speaking skills, confidence, and expression. Students presented speeches of significant personality from India, USA, UK and Australia.



PRE PRIMARY SECTION

Story Dramatization

Nursery students were delighted by an engaging dramatization of the classic fable 'The Hare and the Tortoise'. The teachers brought the story to life by enacting the roles of the Hare and the Tortoise, capturing the attention of the students. Through this interactive performance, the students learned important values such as perseverance and humility, as they watched the Tortoise's slow and steady progress leading to success.



Yellow Day Celebration

Our Sunflower children had a bright Yellow Day celebration at school. Dressed in vibrant yellow outfits, the children participated in various activities centred around the colour yellow. They engaged in yellow colour art activity and played exciting sorting games with yellow items. The classroom was beautifully decorated in yellow, adding to the bright ambience.



Fine Motor Skills

The children participated in cotton sticking, where they carefully placed cotton balls onto outlined shapes and paper tearing and sticking, which helped in the activation of their finger muscles. They also engaged in colorful pasta sorting, transferring pom-poms from one bowl to another using a spoon, which improved their hand-eye coordination, finger strength and dexterity.



Chef Day Celebrations

Our little chefs in Pre-Primary had an exciting and fun-filled Chef Day, showcasing their creativity and culinary skills! Our Nursery children stirred up a refreshing Lemonade Drink, Jr. Kg. children made delicious Sev Puri Chaat and Sr. Kg. chefs excitedly took part in Muffin Decoration. It was a joy to see our young chefs in action collaborating, learning about nutrition and giving an eye to detailing.



SCHOOL UPDATES

● International Yoga Day

International Yoga Day was celebrated with great enthusiasm at N. L. Dalmia High School. The event was organized by Yuva Bharat, Patanjali Yog Samiti, and Ayush Mantralaya. This year's theme was 'Yoga for self and society', emphasizing the importance of yoga in promoting individual well-being and societal harmony.



● Summer Camp 2024: A Season of Fun, Learning, and Growth

Our Summer Camp 2024 has successfully concluded, offering a wide array of activities that engaged, educated, and inspired our students. Participants from various grades enjoyed unique experiences, from the International Asteroid Search Campaign and Virtual Antariksh World Space Camp to physical activities like Pole Mallakhamb, Skating, Gymnastics, Football, Table Tennis, Basketball, Badminton, and Athletics. Additionally, students enhanced their skills in specialized areas such as Cricket Training, Handwriting Perfection, Dance, and Shloka Recitation from the Bhagavad Geeta. The camp was a fantastic opportunity for students to explore new interests, improve their abilities, and stay active, creating lasting memories and fostering a love for lifelong learning. We are proud of their enthusiasm and dedication and look forward to more enriching activities in the future.



● CISCE Zonal Karate Championship 2024

N. L. Dalmia High School hosted CISCE Zonal Karate Championship, Zone-1. The event saw an impressive turnout of karate enthusiasts from 61 schools, showcasing their skills across various weight and age categories. A remarkable 380 participants competed over the two days. The grand Inauguration Ceremony of the Zonal Karate Championship was graced by distinguished dignitaries and notable personalities, including Hanshi Vispy Kapadia, the Founder of 'All India Gojukai Karate-Do', Shihan Shiraz Kapadia, the Director of 'All India Gojukai Karate-Do', Shihan Keuree Patel, the Principal of 'All India Gojukai Karate-Do', Sensai Mayur Patole, the Chief of 'Technical Commission', and Shihan Behram Kapadia, the 'Coordinator of All India Gojukai Karate-Do'. The two-day event concluded with a prize distribution ceremony for all six age categories.



● Melange Total 5

N. L. Dalmia High School students showcased exemplary skills and dedication at the Melange Inter School Event held on 6th July at G D Somani High School, Cuffe Parade. With participation from 101 students, our school emerged with flying colors, earning the prestigious title of Overall 1st Runner-Up. Our students participated across various competitions and secured top positions in several categories:

Impact 360 (Street Play): Advait Singh Chauhan, Aarna Jain, Helena Siju, Lanie Jain, Ananya Chauhan, Mahika Sankhe, Pratyush Shah, Ranveer Singh, Shyameshwari Suraj, and Mukta Mestry clinched the 2nd position.

Futsal Fiesta (Girls' Football): Ria Nevrekar, Alifiya Khan, Vamika Poojari, Keya D'souza, Ananya Shettigar, Namanpreet Kaur, and Aaliyah P displayed excellent teamwork and secured 2nd position.

Step up - Showdown (Street Dance): Prisha Maurya led the team to the 2nd position, supported by other talented dancers.

Pop Crescendo! (Band): Varad Chandane, Yunaan Jha, Kabir Kosambia, Hemang Lakhotia, Mishka Paul, Jazlyn Farro, Dhyey Shah, and Chaitanya Rai impressed with their musical talents, earning 2nd position.

SCHOOL UPDATES

Ad-Venture! (Shark Tank): Kabir Shaikh, Tuvya Agarwal, and Keya D'souza showcased entrepreneurial skills, securing the 1st position.

Empirical Spectrum (Digital Cover): Divya Sharma's creative prowess earned her the 2nd position in the digital cover competition.

Lok Sabha (Debate and Extempore): Sanchit Bhandari's eloquence and intellect secured 1st position in the debate and extempore contest.

Ms. Charisma (Personality Contest): Vedi Nagar impressed with her charisma and grace in the personality contest. and secured 2nd position

- **AISM Literary Competition 2024**

Frank Anthony Memorial All-India Inter - School Debate Competition 2024

Senior Category XI-XII hosted by Pawar Public School, Dombivali

Achievements : Mst. Bhargav Sen Bhowmick and Ms Rujula Rao (Grade XI) participated. Their team was declared 1st Runner up.

Junior Category IX - X hosted by Jankidevi Public School, Andheri

Achievements: Lanie Jain and Nishtha Jha, Grade X was declared 1st Runner up. Nishtha received the Best Speaker award.

AISM Debate Competition - Zonal Level Junior Group:

Ranveer Singh and Teertha Priyan Nair won Overall Best Team Award. Teertha received the Best Speaker award and was selected for the regional round.

AISM Annual Inter - School Creative Writing Competition

Senior (XI and XII): Mirka Rajkumari, XI A secured 3rd position.

- **Global CMC- The Cathedral Mathematics Competition**

The Cathedral Mathematics Competition (CMC) began as a student-run initiative by The Cathedral and John Connon School in Mumbai. The competition aims to foster holistic growth and uncover hidden mathematical capabilities, emphasizing creativity and innovation-essential qualities for solving complex problems. Success in CMC is attributed to strong quantitative and qualitative reasoning skills.

Our students have excelled in the first round, with 13 students being selected for the final round. Among them, six students received medals for their outstanding performance:

- Vatsal Dhoor (Grade X) - Gold Medal
- Riddham Dhariwal (Grade X) - Gold Medal
- Dwij Maniyar (Grade IX) - Silver Medal
- Pratush Shah (Grade X) - Bronze Medal
- Aditya Toshniwal (Grade X) - Bronze Medal
- Nirbhay Matharu (Grade XII) - Bronze Medal

- **Meet Bhandari**, a student of Grade V, has achieved outstanding success in the National - level Mastermind Examination in Science, securing 7th rank. Additionally, he earned an A+ in Maths and an A in English



- **Shrey Dopal** from Grade IV has participated in the LBHM chess festival held at Pune. It was a spectacular tournament with 700 participants from all states of India participated . Shrey secured 10 th rank under 9 age category and increased his international fide rating by 62 points.

