



SANSKRITI

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

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SHLOK OF THE MONTH

नास्ति विद्या समं चक्षु नास्ति सत्य समं तपः ।
नास्ति राग समं दुःखं नास्ति त्याग समं सुखं ।।

Knowledge is the greatest eye. Truth is the highest penance.
Attachment is the biggest pain. Renunciation is the highest happiness.

SCHOOL SURVEY

Is it about time we recognise that health is indeed the true wealth we hold?

Agree	93.24%
Disagree	06.76%

THOUGHT FOR THE MONTH

"Gratitude can transform common days into thanksgivings, turn routine jobs into joy and change ordinary opportunities into blessings."

- William Arthur Ward

BIRTHDAY GREETINGS !

DECEMBER

Pallavi Satam	01st Dec
Snehal Ferreira	03rd Dec
Roshni Mehra	05th Dec
Savita Ade	08th Dec
Pramila Pawar	12th Dec
Avani Popat	13th Dec
Anu Malviya	16th Dec
Rajashree Tambe	31st Dec

FROM THE PRINCIPAL'S DESK...

"We don't have to engage in grand, heroic actions to participate in change. Small acts, when multiplied by millions of people, can transform the world."

- Howard Zinn

In today's dynamic educational environment, education goes beyond textbooks and plays a pivotal role in shaping each child to a global citizen. N. L. Dalmia believes that each child is a torchbearer of a brighter and more sustainable future thereby helping everyone to be a responsible member of the society.

Continuing our focus on the holistic education, this year the Nirmaan Science and Art Exhibition themed around the United Nations Sustainable Development Goals (SDGs), "Sustainable Visions: Pathways to a Resilient Future", a powerful way to inspire young minds to think creatively and critically about global issues.

This exhibition was not only about scientific curiosity but also about nurturing a generation committed to building a sound milieu. Children were engaged to use their knowledge and creativity to envision solutions, big and small, for a better world. Every project represented a step forward toward a more sustainable and equitable future delving deeper into the realm of science and technology.

Each project provided a platform to our students to address global challenges and explore sustainable solutions while enhancing their comprehensive, analytical and critical thinking skills. It offered them to connect science with social responsibility and proved that young minds are capable of driving significant change.

This experience will go beyond academics fostering awareness, creativity and skills which will help each child to contribute meaningfully to a sustainable future for the world thereby helping them to become a responsible global citizen.

Dr. Seema Saini
CEO and Principal

SECONDARY SECTION

Grade VIII - Educational Trip - Jodhpur & Jaisalmer

The Grade VIII educational trip to Jodhpur and Jaisalmer was an incredible journey through history, culture and adventure. The visit to Mehrangarh Fort in Jodhpur, an insight about the rich history and intricate architecture of one of India's largest forts, while enjoying breathtaking views of the 'Blue City'. Visit to Jaisalmer was a magical experience exploring India's only 'living fort' and experiencing the vibrant blend of history and modern life within Jaisalmer Fort's ancient walls. The trip culminated with an exciting Desert Safari, featuring an ATV ride over sand dunes, a camel safari and a cultural night under the stars in the Thar Desert.



Children's Day

The day began with a vibrant morning assembly led by the school's dedicated core team, setting an enthusiastic tone for the events ahead. As part of this special day, students received a heartfelt video message from Seema Ma'am, our Principal, reminding them that 'Children are the world's most valuable resource and its best hope for the future'. The celebrations continued with an array of engaging activities including a spirited game of housie, screening of the 'Dashavatar' and other exciting games that brought out the students' creativity and team spirit.



PRIMARY SECTION

Grade I - Learning About Seed Germination

As a part of EVS curriculum on plants, Grade I students had the exciting chance to observe the growth of saplings they planted themselves. Over a few weeks, they learned about seed germination - how a small seed grows into a plant. Each student planted a seed in a pot and carefully watered it.



Grade II - Children's Day

The day began with a fun-filled Math shapes activity, where students coloured and drew various 2D shapes, learning geometry in an engaging way. In EVS class, students had a blast solving riddles on Transport. To add a touch of magic, a professional magician performed an awe-inspiring show, leaving the students spellbound.



PRIMARY SECTION

Grade III, IV and V - Diwali Festival Celebration

Grade III students prepared a heart-warming Greeting card Grade IV students made a colourful Lantern to embrace festive spirit. Grade V students decorated diyas and created enchanting lamps using vibrant paint, paper and decorations. These activities encouraged creativity and teamwork while sharing the joy of Diwali with their peers, resulting in a delightful blend of creativity and learning.



Grade III - Convivial Learning Program

The day featured the 'Math Fun with Tables' activity, which made learning mathematical concepts enjoyable. The Social Studies segment focused on 'Unexplored Places of India', where students researched and collected pictures of lesser-known destinations. In Science, 'Exploring the World of Plants' captivated students as they learned about various aspects of plant life.



Grade IV - Activity on Tenses - English

The students engaged in an exciting activity where they crafted sentences using various tenses. Each student worked diligently to formulate clear and accurate sentences, demonstrating their grasp of Continuous Present, Past and Future tenses. The exercise not only helped improve their writing skills but also encouraged collaboration as they shared their sentences with classmates.



Grade V - Social Studies Quiz

The Social Studies Quiz Competition was held for Grade V students, filled with enthusiasm and excitement. The competition began with a brief introduction, followed by an engaging quiz that spanned a wide range of topics. All the contestants participated with enthusiasm, demonstrating their knowledge by swiftly answering the questions.



PRE PRIMARY SECTION

Collaborative learning with Christ Church Kindergarten School, U.K.

The students of Sr. Kg. and Jr. Kg. had the opportunity to interact with the students of Christ Church Kindergarten School, London as a part of the British Council ISA Award(RIDS) collaborative learning. They were excited about the International exposure they experienced and happily waved to at each other.



Mug Painting

Mug painting activity was organised for Sun Flower mothers, to serve as a creative outlet and a bonding experience within the school community. This traditional event initiated every year combine artistry, mindfulness and social interaction, offering mothers a unique opportunity to express their creativity while connecting with other parents. Mothers had the opportunity to rediscover their creativity and explore a new medium of art.



Diwali Celebration

Teachers narrated the story of Diwali in a simplified manner, focusing on the return of Lord Rama to Ayodhya after 14 years of exile and explaining the significance of light triumphing over darkness. Children painted and decorated clay diyas to understand the importance of lighting up homes during Diwali. Simple Rangoli patterns were drawn for the kids by the teachers, to fill with vibrant colours, flower petals, or coloured sand, introducing them to traditional art forms.



SCHOOL UPDATES

Annual Prize Distribution: Honoring the Brightest Stars of N. L. Dalmia High School

The Annual Prize Distribution Ceremony was a grand celebration of academic and co-curricular achievements, brimming with excitement, pride and inspiration. The event provided a platform to recognize the hard work and excellence of students, making it a memorable occasion for all. The school had the privilege of welcoming Mr. Brian Derrick Seymour, President of AISM, as the Chief Guest. His presence added immense value to the event and his distinguished role in the field of education was acknowledged with deep respect. The ceremony proceeded with the prize distribution segment, where students were honored for their academic excellence. Class toppers from Grades V to IX and XI for the academic year 2023-24 were awarded, along with overall proficiency achievers from Grades I to IV. These awards recognized the dedication and hard work of the students in their scholastic pursuits. The Inter-House competition results were also announced, reflecting the diverse talents of the students. Vayu House emerged victorious in the Debate and Singing categories, showcasing their skill in both intellectual and artistic endeavors. Agni House won the Quiz, demonstrating sharp knowledge and quick thinking. In the Dramatics category, Jal, Prithvi and Vayu Houses shared the honors, highlighting the creative expression of the participants. After excelling in multiple categories, Vayu House was declared the Best House for the year, a testament to their outstanding all-round performance.



- Harvard Record for Continuous Foot Hula Hooping**
 Griva Surana, set a new Harvard record for continuous foot hula hooping. She demonstrated her outstanding balance, coordination and endurance by hula hooping for 6 minutes and 5 seconds while holding the Indian flag. This feat adds to her earlier records in the Indian Book of Records and the OMG Book of World Records, cementing her status as a remarkable young performer.



- BFF - Best Friend Forever Health and Hygiene Program**
 School organised an insightful and empowering session for our Grade VI and VII girls, focusing on health, hygiene and the importance of supportive friendships. The session, titled BFF - Best Friend Forever Health and Hygiene Program, was led by Ms. Ashmita Shinde, a health and wellness expert, was proudly supported by Whisper, a brand by Procter and Gamble India Limited. The program aimed to educate our young students on two essential areas: maintaining personal hygiene and building strong, supportive friendships.



SCHOOL UPDATES

- **CISCE - Regional & National Karate Championship, 2024**

The CISCE Regional and National Karate Championship, 2024 showcased the remarkable talent of students from N. L. Dalmia High School, who achieved outstanding results at both the regional and national levels. In the U/14 Boys category, Ahaan Kisku (Grade VI, 45-50 kg) and Soumay Bihani (Grade VII, over 60 kg) both won gold medals at the regional level and represented the Maharashtra & Goa team at the national championship.

In the U/14 Girls category, Iqra Kaware (Grade VIII, over 50 kg) also secured first place at the regional level, earning the opportunity to represent the Maharashtra & Goa team at the national competition. In the U/17 Girls category, Namanpreet Kaur Kohli (Grade IX, 40-44 kg) achieved a first-place gold medal at the regional level and likewise represented the Maharashtra & Goa team at the national championship.

In the U/19 Girls category, Jaanhavi Raijade (Grade X, 44-48 kg) claimed a gold medal at the regional level. Notably, she excelled at the national level by winning a gold medal and earning selection for the SGFI National Games 2024, where she will represent the CISCE India team in karate.

The outstanding achievements, especially by Jaanhavi Raijade, who has been selected for the SGFI National Games, 2024 for the second consecutive year, have brought immense pride to N. L. Dalmia High School, reflecting the students' hard work and dedication to the sport of karate.



- **Giana Shetty** is awarded with many accolades

Bharat Bhushan Award by Krida Vikas Parishad at Belgaum, Karnataka for her achievements in skating at District, State and National Level. She has secured a place in the Guinness World Record.



RGOI Speed Skating International Level - Secured 3rd position and received bronze Medal conducted by Rural Games Organization held at Indonesia.

District Level Skating Championship 2024 - 2 gold medals in District Level Skating Championship 2024 organised by STAIRS Foundation held at YMCA, Borivali.



- **National Level Online Painting Competition**

Rang Rangile - Chail Chabile conducted by Basoli Group Nagpur. Yuvika Manjrekar, Grade VI received a highly recommended award for her outstanding performance.



SCHOOL UPDATES

- **Suvarna Laksha National Sports Award**

Nishi Shetty, Grade VI has been honored with the prestigious 'Suvarna Laksha National Sports Award' for her outstanding achievements in skating. The award was presented at the National Sports Convention, organized by the Major Dhyan Chand Central Sports Council, held in Belgaum, Karnataka. Nishi's remarkable accomplishments include being a two-time Guinness World Records holder for 48-hours and 72-hours reverse skating in 2023 and 2024, respectively and earning over 15 medals across Inter-Club Speed Skating Championships during the same year.



- **7th Inter - Club Speed Skating Championship, 2024**

Driti Lalan, Sr. Kg. showcased remarkable talent, winning:
Bronze Medal in the Long Race
Silver Medal in the Short Race

Iron Paradise Swimming Competition

Driti Lalan also won a Special Medal for being the fastest learner, mastering swimming in just 8 days, including 3 days without floats.



- **All India Master Stroke Drawing and Painting Competition**, organized by Navneet India Pvt. Ltd., showcased our school's talented students. The school level winners are:

Kg. to Grade III

- 1st Place: Aanshi Agarwal (Grade II)
- 2nd Place: Hriday Shaha (Grade I)
- 3rd Place: Devank Brahma (Grade III)
- Consolation: Divyansh Sahoo (Grade II), Divij Poddar (Grade III), Lavnya Koli (Grade I)

Grades IV to VI

- 1st Place: Tanishka Asawa (Grade IV)
- 2nd Place: Umaimah Barday (Grade V), Aashiya Nanda (Grade V)
- 3rd Place: Swastik Panigrah (Grade VI)
- Consolation: Dhruvin Bavaria (Grade IV), Twisha Parekh (Grade V), Divyanka Singh (Grade VI)

Grades VII to X

- 1st Place: Vritee Mittal (Grade VII)
- 2nd Place: Lerner Jain (Grade VIII)
- 3rd Place: Piyusha Pawar (Grade VII)
- Consolation: Dev Todi (Grade VII), Vansh Poddar (Grade VIII), Pratyusha Tiwari (Grade VII)

- **Narayan Mudaliyar, Jr. Kg.** participated in the 2nd Divisional Swimming Championship - 2024, organized by Tuff Sports and Educational Society and secured the 1st prize in the Under 5 category. Competing against students from Mira-Bhayander, Dahisar and Borivali, Narayan's achievement has brought immense pride to both his parents and the school.



- **Twishaa Poojary, Grade VII** secured the second place in the All India 4th National Dance Competition & Festival, 2024 - Nrutya Jhalak, in the Solo Junior Semi-Classical Dance Form. Her remarkable performance was a testament to her dedication to the art.



SCHOOL UPDATES

• USO National Tests - 2024

The students of our school performed outstandingly in the USO National Tests 2024, conducted by United Schools organisation of India in association with UNESCO achieving remarkable scores and national recognition across various competitions. Highlights of their accomplishments received recently are as follows:

1. National Mental Math Test (Grade I to III)

National Winners: Mohammad Danish Ansari (Grade II) - 98%, Third Prize (Sub-Junior Category); Prajna Paine (Grade II) - 98%, Third Prize (Sub-Junior Category)

School Toppers: Caren George (Grade I) - 97%, Anaya Khadloya (Grade III) - 96%

2. 67th National UN Information Test (Grade IV to XII)

National Winner: Aditya Gowda (Grade VII) - 90%, Second Prize (Pre-Senior Category)

School Topper: Aishani Tandon (Grade IV) - 71%

3. National Mini IT Test (Grade I to III)

National Winner: Krishiv Dongra (Grade I) - 96%, First Prize (Sub-Junior Category)

School Toppers: Riddhesh Chavan (Grade II) - 88%, Niksha Varak (Grade II) - 88%, Anaya Khadloya (Grade III) - 82%, Shivansh Singh (Grade III) - 82%,

4. 8th National IT & AI Test

National Winner: Aditya Gowda (Grade VII) - 90%, Third Prize (Pre-Senior Category)

School Topper: Ayan Gupta (Grade IV) - 84%

5. 74th National General Knowledge Test (Grade IV to XII)

National Winner: Aditya Gowda (Grade VII) - 98%, First Prize (Pre-Senior Category)

School Topper: Yatika Mittal (Grade IV) - 87%

6. National Mini General Knowledge Test (Grade I to III)

National Winner: Niksha Varak (Grade II) - 98%, Third Prize (Sub-Junior Category)

School Toppers: Ramit Singh (Grade I) - 96%, Rushaan Mehta (Grade I) - 86%, Anaya Khadloya (Grade III) - 94%

• Deepotsav Celebration

During the auspicious month of Kartik, School celebrated Deepotsav in association with ISKCON Temple, Mira Road. This serene event took place in the badminton court, where students, faculty and ISKCON members gathered to honor the tradition of offering lamps to the divine, symbolizing the triumph of light over darkness and the cultivation of inner virtues. With the blessings and guidance of ISKCON members, students brought their own lamps, filling the court with a warm, radiant glow. The ritual, accompanied by prayers and chants, infused the atmosphere with unity, peace, and spiritual mindfulness.

• Mumbai Divisional Swimming Championship, 2024

Rachit Yadav, Grade I stood 1st in the Mumbai Divisional swimming championship in the both (Freestyle 25 metres and Breaststroke 25 metres) .



• Indian National Memory Championship, 2024

The Indian National Memory Championship took place at Terapanth Bhavan in Mumbai, hosted by Brain Infinite Enduprise. This prestigious event gathered top memory athletes from across India to compete and showcase exceptional cognitive skills. Certificates of participation were presented to all contestants and top performers earned World Memory Rankings, qualifying them for the World Memory Championships. Ashlesha Kotian, Grade VIII achieved an impressive 2nd place in the Random Words category, 4th in Faces and Names, 9th in Mini Cards and 10th in Fictional Dates. She received medal and participation certificate for her accomplishments. Stuti Panchal, Grade VI student, was awarded a medal and certificate for participation and achieved 10th place in the Kids Category (Ages 0-12) in the 5-Minute Binary Numbers and 5-Minute Words disciplines.

