



SANSKRITI

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

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SHLOK OF THE MONTH

क्षणशः कणशश्चैव विद्यामर्थं च साधयेत् ।
क्षणत्यागे कुतो विद्या कणत्यागे कुतो धनम् ॥

Knowledge should be gained through minute by minute efforts. Money should be earned utilizing each and every resource. If you waste time, how can you get knowledge. If you waste resources, how can you accumulate wealth.

SCHOOL SURVEY

Determination is the first step to discipline.

Agree	76.13 %
Disagree	23.87 %

THOUGHT FOR THE MONTH

"Courage is the foundation of determination. Determination and courage are the cornerstones of success."

- M. K. Soni

BIRTHDAY GREETINGS !

JANUARY

Nuzhat Shaikh	02nd January
Vaishali Anjarlekar	04th January
Sudha Parakkal	05th January
Bhakti Purohit	07th January
Achutaa Lakshmi	09th January
Anjum Furniturewala	11th January
Seema Singh	12th January
Pranay Panchal	13th January
Kajal Shah	20th January
Durva Mohite	20th January
Navdeep Kaur Bhui	24th January
Ruchika Surti	26th January
Mamta Khator	29th January
Rhea Lewis	31st January

FROM THE PRINCIPAL'S DESK...

"The future belongs to those who believe in the beauty of their dreams."

- Eleanor Roosevelt

As we embrace the arrival of this new year, we are filled with renewed hope, fresh ambitions, and boundless opportunities. A new year brings with it a blank canvas, inviting us to sketch bold aspirations, cultivate resilience, and reach for excellence. I extend my warm wishes to each one of you for a year brimming with learning, joy, and purpose.

This month holds a special place in our hearts, as we celebrate our much-anticipated Sports Day. As the legendary Nelson Mandela once said, "Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does."

This year, the theme for our Sports Day is aligned with the United Nations Sustainable Development Goals (SDGs). Through various events, we endeavour to highlight how sports can play a vital role in promoting sustainability, equality, and well-being. It was such a delight to see each and every student participate wholeheartedly. Whether they sprinted on the track, strategized for a team game, or cheered for their peers, their involvement mattered.

As Vince Lombardi once said, "It's not whether you get knocked down; it's whether you get up." Sports teaches us resilience - the art of rising after a fall, and the courage to keep moving forward. Remember, every effort counts and every small victory contributes to a larger journey of growth.

I encourage each one of you to step into this new year with renewed enthusiasm and commitment, not just in your studies but in every facet of your life. Let 2025 be a year where we embrace the harmony of mind and body, where we push ourselves to new heights, and where we work together as a community to achieve greatness. Wishing all of you a happy, prosperous, and healthy New Year. May it be filled with success, growth, and endless opportunities for self-discovery.

Dr. Seema Saini
CEO and Principal

SCHOOL EXHIBITION



Nirmaan : Sustainable Visions



Bridging Cultures, Exchanging Knowledge



Eloquent Science, Elegant Solutions



Cutting the Ribbon, Opening New Horizons



Stars in Motion



Igniting the Ceremonial Lamp



Honoring Excellence with the Guardians of Fairness

Nirmaan 2024

A Symphony of Innovation: 'Sustainable Visions'

N. L. Dalmia High School recently unveiled an inspiring blend of innovation, creativity and sustainability through its Nirmaan 2024 - Annual Science, Art and Craft Exhibition held on the 29th and 30th of November, 2024. The exhibition transformed the school into a vibrant hub of intellectual curiosity and artistic expression. With the theme, 'Sustainable Visions: Pathways to a Resilient Future,' the exhibition celebrated forward-thinking ideas and showcased a perfect harmony of innovation and creativity, leaving an indelible impression on all who attended.

The exhibition showcased a plethora of projects that not only captured the imagination but also addressed pressing global challenges. From renewable energy solutions to cutting-edge agricultural techniques, robotics marvels to innovative healthcare solutions, each exhibit was a testament to the students' dedication and the school's commitment to fostering young minds.

To further enrich the experience, the school hosted Spark Talks 2024, a captivating podcast session where students shared their extraordinary talents and insights. This platform provided a unique opportunity for young minds to connect, inspire, and learn from each other.

SCHOOL EXHIBITION



PRESENTS



NIRMAAN 2024

SUSTAINABLE VISIONS

29th & 30th Nov. 2024



The exhibition was inaugurated by the brilliant Swara Shingare, the ICSE topper for the academic year 2023-24, who graced the occasion with her presence. As visitors explored the myriad of exhibits, they were treated to live demonstrations that brought scientific concepts and artistic processes to life. These interactive sessions not only engaged the audience but also sparked a deeper appreciation for the students' hard work and ingenuity.

'Sustainable Visions' was more than just an exhibition; it was a celebration of the human spirit's boundless capacity for creativity and problem-solving. It was a testament to the power of education to inspire the next generation of innovators, artists, and scientists. By embracing the principles of sustainability, the students of N. L. Dalmia High School have shown that they are not merely preparing for the future but actively shaping it.

The CEO and Principal, N. L. Dalmia High School, Dr. Seema Saini, in her closing remarks, appreciated everyone and accentuated how art and science can ignite young minds. The Exhibition was not merely an event but a celebration of curiosity, creativity and collaboration on various aspects of our life.



Unveiling Science



Pearls of Wisdom by the Chief Guest



Evaluating Innovation, Celebrating Curiosity



Brimming with Confidence



Precision meets Poise - SparkTalk



Art: The Soul's Expression on Canvas!



Intrigued Discussion

SCHOOL EXHIBITION



Unveiling the Secrets of Green Life!



Small Lab Coats for Big Dreams



Crossing Continents, Connecting Ideas



Sowing Knowledge, Cultivating Change!



Think. Invent. Inspire



From an Expert's Eye



Young Leaders



Little Geniuses, Big Break Through!



Small Steps, Giant Leaps



Where Innovation meets Imagination

SCHOOL EXHIBITION



From Possibility to Probability



Little Hands, Big Ideas



Where Curiosity meets Discovery



Exploring Alternatives



Our Budding Innovators



Unleashing Inquisitiveness



Science for Greener Tomorrow



Exploring Wonders



Brain Power, Big Dreams



A Soulful Symphony

ISC SECTION

Group Presentation of the Research Study - Project RIDS

For the RIDS project - The Recognition of an International Dimension in Schools Programme (RIDS, formerly ISA/IDS), Grade XII undertook research work across India, West Africa, the UAE and Australia on the topic: Stress Management. Students engaged into an active group discussion that brought forth detailed information noted out of the extensive research undertaken. The discussion unfolded many causes of stress across adolescents in the four listed countries. For the RIDS project, the students also discussed the various stress management techniques that they came across which seemed quite constructive.



Interactive Session with West Africa - Project RIDS

As a part of the RIDS project - The Recognition of an International Dimension in Schools Programme (RIDS, formerly ISA/IDS), Ms. Ridhika Wakode addressed the students of NLDHS as well as those of 'Love of God' school, our collaborative partner school in Sierra Leone, West Africa. On the topic-Mindful Moments: Stress and its Management among Adolescents', this interaction was fruitful not only to the students but also to the teachers of West Africa. Through this interaction, we successfully concluded that academic stress has been taking a toll on students across the globe. This has posed a negative impact on their mental health leading to poor outcomes in other areas of life, such as exercise, nutrition, and substance use.

Ball and Stick Models - Chemistry

'Grasp the core, apply with confidence!' Guided by this principle, students worked collaboratively in small groups to represent various functional groups using the 'Ball-and-Stick Model'. Through peer discussions and shared explanations, they deepened their understanding, demonstrating the true essence of collaborative learning. Ball-and-Stick models are a common way to represent molecular structures and emphasize the bonding between atoms. Under the guidance of Ms. Sujatha Nambiar (Teacher, Chemistry) students understood the nuances of stereochemistry including variations in conformational structures.



SECONDARY SECTION

Students Exchange Program

Guests of Jan Van Brabant College of the Netherlands were welcomed at the airport and school atrium, followed by a traditional guard of honour and a warm address by Dr. Seema Saini Ma'am. Cultural performances, including an Invocation Dance and Lavani, set the tone for the visit, which concluded with a welcoming dinner.

Over the next few days, guests enjoyed time with host families and explored iconic sites such as Imagica, Taj Mahal, Statue of Unity, Alibagh, Mahabaleshwar and Ajanta and Ellora Caves, blending cultural immersion with relaxation. School activities included attending classes, learning Hindi, participating in a music and dance class, and traditional games. Evenings featured visits to Pagoda and Gorai Beach.

An excursion to Monteria - Back to Your Roots in Karjat provided guests with a unique opportunity to experience rural life and traditions. Visits to the ISKCON Temple and Kanheri Caves at Rajiv Gandhi National Park offered a mix of spirituality, culture and history.

The Amalgamation of Culture event in the auditorium began with a welcoming message from the CEO and Principal, Dr. Seema Saini. Guests and hosts showcased diverse traditions and artistic expressions, twinning in traditional Indian attire to celebrate cultural unity. A collaborative game tested guests' knowledge of Indian culture, adding an interactive element. The event concluded with a potluck lunch, arranged by the host families, before guests dispersed.

Mumbai Darshan showcased the city's highlights, including the Gateway of India, Prince of Wales Museum, shopping at Colaba Causeway and modern attractions like Jio World and NMACC. The week concluded with the Nirmaan - Science and Art Exhibition, featuring student projects and a farewell session before guests departed for the airport. This visit blended education, culture, and exploration, leaving guests with cherished memories and a deeper appreciation for India's heritage.



PRIMARY SECTION

Grade I - Teller of Tales Event

Students shared enchanting stories dressed as their favourite animals. From majestic lions to playful rabbits, each participant embraced the theme, bringing their characters to life with creative costumes and animated storytelling. The event celebrated the wonders of the animal kingdom while fostering creativity and confidence among the students.



Grade II - Convivial Learning Programme

In Math, students enjoyed a 2D shapes activity where they created different shapes by joining hands. In English, students participated in the Prepositions activity, carefully placing small balls around the glasses according to the instructions mentioned on the chart paper. In EVS, students showcased their creativity by crafting the solar system using clay on an A4 size sheet.



Grade III - Fun with Shapes - Math Activity

The Fun with Shapes activity encouraged students to explore mathematical concepts through hands - on learning. Using clay and toothpicks, they constructed various 3D shapes like cubes and pyramids. The goal was to help students recognize the properties of these shapes, such as the number of faces, edges and corners, while also enhancing their fine motor skills.



Grade V - Marathi Quiz

Marathi Quiz was organized for the students of Grade V to enhance the knowledge of Marathi language among the students. The Quiz aimed to encourage students to explore various aspects of Marathi literature, culture, and history through engaging rounds such as speeches, question-and-answer rounds and rapid-fire rounds. The Quiz aimed to make learning fun and interactive.



PRIMARY SECTION

Grade IV - Educational Trip - Silvassa Adventure

Grade IV students enjoyed an educational trip to Silvassa, Dadra and Nagar Haveli. The excursion aimed at enhancing their awareness of nature, culture and local industries. The adventure began with a visit to the Wildlife Sanctuary, where students explored the diverse flora and fauna, including deer and lions. Next, they toured a local toy factory, learning about the manufacturing process and the craftsmanship involved.



PRE-PRIMARY SECTION

Fancy Dress

Fancy dress activities are a delightful way for Pre-primary children to express their creativity and imagination. Sr. Kg. students displayed and walked the stage on various Jingles bringing the auditorium alive to the lively music. The Jr. Kg. spread the message of Positive Awareness making even the adults rethink their way of life. The Nursery students were amazing as they confidently strode across the stage in Nature inspired costumes, while our SunFlower toddlers made their presence felt with their parents in awe inspiring costumes as fruits and vegetables.



SCHOOL UPDATES

- **Vanshal Vania** secured the Silver Medal in the CISCE National T20 Cricket Tournament in the Boys U/17 category, held in Ahmedabad.



- **Snithik Thakkar**, Nursery won National Level Online Storytelling and Shloka Chanting Competition.
 1. Won 2nd Rank in Jr Story Master conducted by Wizkids Carnival - All India KPL - with Silver medal & Certificate.
 2. Won Medal, Trophy & Certificate in Story Telling and Shloka Chanting conducted by Child Dream Booster Hub, Delhi.
 3. Won 5th Rank in Storytelling - Children's day special conducted by RJ14, Jaipur with Medal & Trophy.



- **Vivekotsav - Elocution, Recitation and Multi-Talent Competitions 2024**

organized by Ramakrishna Math and Ramakrishna Mission, Mumbai held at Aspee Nutan Academy, Malad. Our school participated in the Vivekotsav Elocution, Recitation and Multi -Talent Competitions 2024-25. A total of 74 students from Grades V to IX showcased their talents in various categories, competing with remarkable enthusiasm and dedication.

1. English Speech Competition

Juniors (V-VII Boys)

Devarsh Mewada (VII D) secured the First Place and was selected for the Champion of Champions Round
Soham Mehta (V) and Kriyansh Jha (VI) won the Second Place

Juniors (V-VII Girls)

Ria D'souza (VII) secured the Second Place

Seniors (VIII-X Boys)

Shivansh Shukla (IX) secured the First Place and was selected for the Champion of Champions Round.

Soham Mustaphi (IX) won the Second Place

Rutajit Chakrabarti (IX) earned the Third Place

Seniors (VIII-X Girls)

Tabasme Das (VIII) won the First Place and secured the First Place in the Champion of Champions Round

Iqra Kaware (VIII) and Ashmita Shome (IX) secured the Second Place.

Aarya Vedpathak (VIII) earned the Third Place

2. Marathi Speech Competitions

Juniors (V-VII Boys)

Avin Rane (VI) secured First Place and was selected for the Champion of Champions Round

Romit Shitole (VI) and Advaya Thukrul (VI) earned the Third Place

Juniors (V-VII Girls)

Piyusha Pawar (VII) and Megha Bhadang (VII) won the Second Place

Stuti Khopkar (VII) earned the Third Place

Seniors (VIII-X Boys)

Daksh Dongre (IX) secured the First Place and also competed in the Champion of Champions Round

Bhagya Gandhi (IX) won the Second Place

Arnav Damkondwar (VIII) earned the Third Place

3. Hindi Speech Competitions

Juniors (V-VII Boys)

Hridhaan Jain (VII) and Iraj Mittal (VI) secured the Second Place.

Divjot Walia (VI) earned the Third Place

Juniors (V-VII Girls)

Nishi Shetty (VI) secured the Third Place

- **The 42nd Annual All India Okinawa Goju Ryu Kenpo Kai Kenbukan Karatedo and All India Gojukai Karatedo Inter-School Championship** was held at Seth Eduljee Albless Baug, Girgaon, Mumbai. The championship witnessed exceptional participation from schools across the region and showcased the dedication, hard work, and skill of young karatekas. Our students delivered outstanding performances, demonstrating their excellence and commitment to karate.

Total Participants: 185 students

Medals Won:

Gold: 45

Silver: 39

1. Team Events:

Boys Team A secured Gold in multiple categories.

Girls Team A won Bronze showcasing their team spirit and synergy.

2. Individual Events:

Soumay Bihani (VII), Riyaansh Dubey (IV), Ridya Iyer (VI), and Khushi Parmar (I) bagged Gold medals in various events.

SCHOOL UPDATES

Many students, including Aditya Chaurasia (III), Prithvi Parmar (IV) and Karisha Dubey (III), secured both Silver and Bronze medals in individual categories.

3. Outstanding Achievers:

Students like Ritisha Mishra (VIII) and Chhaya Agarwal (V) showcased versatile talent by winning multiple medals (Gold, Silver and Bronze).

Several students excelled in Kumite, displaying remarkable agility and skill.



- **4th Open National Taekwondo Championship - Pahal Kedia, Grade IV** secured the Silver medal in the 4th Open National Taekwondo Championship held in Goa in 2024.



- **The International Speak Out Online 2024**, held virtually on the Zoom platform, was hosted by Invictus International School, Amritsar. In the PLURIOLOGUES - Multi-format English Debate, three students participated and Yashmit Kulkarni of Grade IX was declared the Best Speaker in the Extempore competition.

PLURIOLOGUES - MULTI FORMAT ENGLISH DEBATES
BEST SPEAKER (EXTEMPORE)

Saanvi Rawat	The Chintels School, RatanLal Nagar
Yashmit Kulkarni	N L Dalmia High School
Shivangi Singh	Madhusthali Vidyapeeth
Noshair Sultan	Cadet College Hasanabdal
Kudrat Kaur Rai	The Punjab Public School

- **Swimming Competition**
Rachit Yadav, Grade I secured 1st place in his time trial and went on to win the Bronze medal at the CCI Annual Swim Gala Competition, held at the CCI Club, Churchgate. Rachit Yadav also won the Bronze medal at the Vibgyor Viva competition held today at Vibgyor High School, Goregaon.



- **Innoventure 2024-25 - Discover, Learn, and Innovate**, India's first Ideation and Entrepreneurship Challenge for children, was conducted by Intelligence Plus in association with Educational World. Lisa D'Souza of Grade IV successfully qualified through two rounds and reached the final National round, which will be held in Pune.



- **International FIDE- rated Chess Tournament 2024 -** Shrey Dopal, Grade IV participated in an International FIDE-rated chess tournament in the Under-9 category. He performed exceptionally well, scoring six points out of nine and earning twenty-five rating points. Shrey ranked 5th in his category, demonstrating his skills and dedication to the game.



SCHOOL UPDATES

- Achievements in Archery**
Swara Shinde has achieved remarkable success in Archery. She won a Gold Medal in Indoor Field Archery at the State Level in both the U/17 and U/19 categories and has been selected for the National competition. Swara also secured Gold in both the U/17 and U/19 categories at the District Level Field Archery Competition and has been selected for the State-level competition, scheduled at Alibaug. Furthermore, she won 3 Gold Medals in the U/15 category at the Prabodhan Krida Mahotsav.



- Jia Fernandes**, Grade IX, participated in the archery competition hosted by Sports For All (SFA) at the Mumbai University Campus, Kalina. We are happy to share that she won the Silver Medal in the Under-15 Girls Indian Round category.



- 21st International SIP Abacus & Mental Arithmetic Contest 2024**
Parth Waghela, Grade IV won the 1st Runner-up Award in Grand Module A at the 21st International SIP Abacus & Mental Arithmetic Contest 2024, held in Kolkata. A total of 7,500 students from around the world participated in this prestigious contest.



- Litventure 2024** - A Literary Carnival, hosted by Children's Academy, Malad. Our students had the opportunity to attend a day filled with thought-provoking panel discussions, exciting carnivals, interactive games, and meet-and-greet sessions with celebrated authors. The event also featured hands-on workshops, each designed to inspire students, encourage exploration, and foster an appreciation for literature. This dynamic range of activities aimed to ignite a passion for reading and storytelling, providing enriching experiences and valuable opportunities for both students and educators.



- The UCMAS International & National Competition 2024**

The UCMAS International Competition, held in New Delhi, showcased remarkable achievements by our students. Amayah Negi (D2 - Grade IV), Giana Shetty (A1 - Grade I), Dhruvi Manjerakar (D1 - Grade II), Biriyot Singh (D2 - Grade V), Vikhyat Nair (A1 - Grade II), and Mohd Danish Ansari (D1 - Grade II) secured the 3rd Runner-up position in their respective categories. In the UCMAS National Competition, Mohd Danish Ansari (D1 - Grade II) emerged as the 5th Runner-up, while Amayah Negi (D2 - Grade IV) was awarded a Merit Trophy for his performance.

