



SANSKRITI

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

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SHLOK FOR THE MONTH

दिवसेनैव तत्कुर्यात् येन रात्र सुखं वयेत् ।
यावज्जीवं च तत्कुर्याद् येन प्रेत्य सुखं वसेत् ॥

One should indulge in such deeds during day time by which he gets a comfortable and carefree sleep during the night.

THOUGHT FOR THE MONTH

We rise by lifting others.

- Robert Ingersoll

SCHOOL SURVEY

Integrity matters even when no one is watching

Agree	85.4 %
Disagree	14.6 %

BIRTHDAY GREETINGS !

Lawrence Bing	1st	March
Shashikant Mishra	2nd	March
Reema Lobo	2nd	March
Kunal Gharat	4th	March
Sujatha Nambiar	7th	March
Amina Shaikh	8th	March
Hitisha Mehta	10th	March
Melita Coutinho	21st	March
Ishan Sawardekar	25th	March
Sanket Marchande	27th	March
Priyanka Barve	31st	March

FROM THE PRINCIPAL'S DESK...

Dear students,

'Carry the energy of a winner, and see the magic begin!'

As the exam journey unfolds, we encourage a moment of celebration, recognizing the perseverance and dedication that went into giving it their best shot. In these moments, we affirm that our students are not just learners but individuals with the power to conquer any challenge that comes their way.

Self-affirmation and confidence are immensely significant. Reminding oneself of the diligent preparation undertaken and acknowledging the inherent superpowers within, my dear students, I urge you to view exams not just as tests but as glimmering opportunities to showcase your brilliance to the world.

At N. L. Dalmia High School, while assisting learners to develop new strategies in order to optimize quality learning goals, we ensure that the thinking process is encircled around the use of cognitive skills. Students, I encourage you on breaking down study sessions into shorter, focused intervals followed by rejuvenating breaks.

By balancing academics with a focus on mental and physical health, you can navigate the challenges of the Board Examinations with confidence and resilience. Preparation for the exams is not solely about memorization; it's about cultivating a deep understanding of the subjects and developing essential life skills.

Remember to keep a positive attitude towards whatever you undertake in life, and look at your glass half full. It is time to ponder on the knowledge congregated during the year and wait confidently to get your hands on that anticipated piece of paper. It's about time to put your best foot forward with confidence and trust in God.

On behalf of the N. L. Dalmia fraternity, I wish you All the Best for your Board Examination!

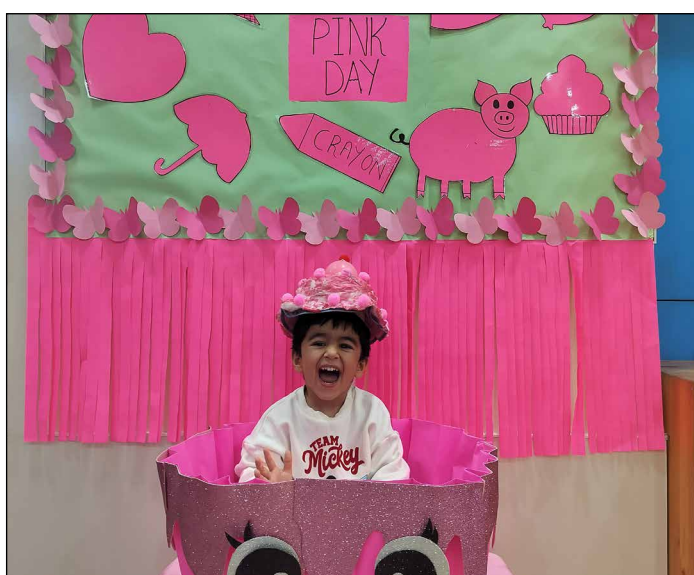
Dr. Seema Saini
CEO and Principal



PRE - PRIMARY SECTION

Pink Day Celebration (Sunflower)

Our Sunflower children enthusiastically celebrated Pink Day, filling the classroom with joy, smiles, and shades of pink. Dressed in charming pink outfits and carrying pink-coloured objects, the children eagerly participated in the celebration. Through this lively activity, learners strengthened colour recognition skills, enhanced vocabulary, and developed observational abilities, while enjoying a fun-filled and engaging learning experience.



Joy of Giving (Pre-Primary)

The Joy of Giving activity helped our pre-primary children understand the importance of kindness, sharing, and empathy. Through simple and meaningful acts of giving, the children experienced the happiness that comes from helping others, fostering values of compassion, gratitude, and social responsibility from an early age.



Let's Go Rescue – Tiny Firefighters in Action (Nursery)

Teaching bravery from the very start. Our Nursery children enthusiastically explored the world of firefighters through an engaging culmination activity. Through role play, music, creative crafts, and simple safety drills, the children learned about bravery, emergency helpers, and fire safety. This hands-on experience helped build confidence, courage, teamwork, and awareness of safety practices, making learning meaningful and enjoyable from an early age.



STEM Group Project (Sr.KG.)

We are pleased to share that the STEM Group Project based on the EVS/UTW theme “Exploring Our Surroundings” was successfully conducted for the Senior KG children. The activity provided learners with opportunities to think, explore, design, and build using basic materials, fostering early scientific thinking, creativity, teamwork, and problem-solving skills.



PRIMARY SECTION

Global Bridges: A Collaborative Learning Journey

N. L. Dalmia High School, India, and Bewick Bridge Community Primary School, UK, collaborated with Grade IV students in a three-phase international project. Students connected online, shared cultures, and built friendships. They explored online safety, created PPTs, and worked on STEM topics like waste management and energy conservation. The collaboration boosted communication skills, global awareness, and experiential learning, making it a valuable experience for all.



Marathi Raj Bhasha Diwas Celebration

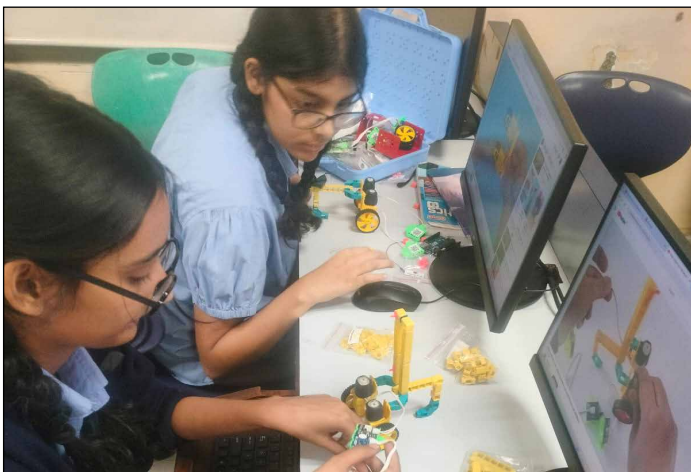
Students celebrated Marathi Raj Bhasha Diwas 27 February with great enthusiasm and cultural pride. The program began with a traditional prayer, followed by devotional songs, energetic group dances, a powerful Powada, and a melodious group song. The highlight of the celebration was a series of engaging skits, including "Friendship – Sudamyache Pohe" and character portrayals of Bajiprabhu Deshpande, Dr. Babasaheb Ambedkar, Savitribai Phule, and Sambhaji Raje. These performances beautifully showcased Maharashtra's rich history and inspiring personalities.



SECONDARY SECTION

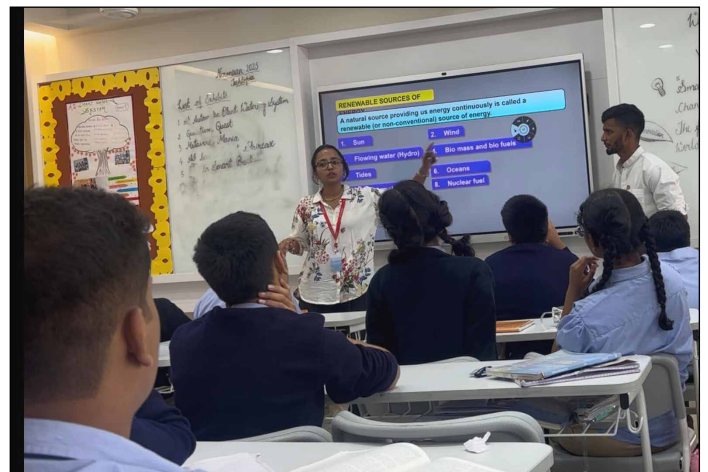
Robotics and AI Hands-On Build Activity

During the Grade 9 RAI class, a robotics activity was conducted to introduce students to the basics of robotics and its real-world applications. They assembled and programmed their robots to complete tasks like line-following and obstacle avoidance. Each group tested and modified their designs, encouraging creativity and problem-solving. The activity helped students understand how hardware and software work together and sparked interest in STEM fields. It also improved teamwork, critical thinking, and technical skills. The session was engaging, educational, and well-received by students.



Planet in motion: Physics behind our changing environment.

An integrated learning session on the topic "Energy Sources" was conducted through the collaborative efforts of the Physics and Geography departments. The topic, covered renewable and non-renewable as well as conventional and non-conventional sources of energy. The session emphasized how Geography explains the distribution and availability of energy resources across regions, while Physics focuses on the methods used to harness these resources for electricity generation. This interdisciplinary approach enabled students to understand the concept from multiple perspectives and strengthened their overall comprehension.



SCHOOL UPDATE

All India Children's Yogasana Championship 2025

Students of N. L. Dalmia High School participated in the All India Children's Yogasana Championship 2025 held on 16th November 2025 by Aarambh Yoga Institute. Our students performed beautifully and won several prizes.

Vikhyath (3F) – 1st Prize (Asanas), Hriti (5E) – 3rd Prize (Asanas), Aarav (6D) – 1st Prize (Asanas), Khushali (5D) – Consolation (Asanas), Vritika (5A) – 2nd Prize (Asanas) Myra (4E) – Consolation (Asanas), Arnab (6F) – 2nd Prize (Asanas), Shanaya (6E) – Consolation (Suryanamaskar), Darsh Tapadia (6D) – 2nd Prize (Suryanamaskar)



Soumay Bihani's Karate Journey to Japan

We are proud of **Soumay Bihani**, who travelled to Okinawa, Japan, from 17th to 29th October to take part in the World Karate Festival and the Hansi Kuba & WKF Technical Directors Training Session. He trained under top masters, learned new skills, and experienced karate in its birthplace. At the end of the programme, he received a certificate from the Grandmaster for his dedication and performance. Well done, Soumay!



Gold Glory at SUPIDO CUP 2026

Griva Surana of Grade IV C showcased exceptional focus and flawless technique to clinch the Gold Medal in the Under-10 Kata category at the SUPIDO CUP – National Level Open Karate Championship 2026, held on 22 February 2026 at Mira Road, Thane. Her dedication, discipline, and consistent practice have led to this remarkable national-level achievement. We proudly congratulate her on this commendable success and wish her continued excellence in all her future endeavours.



Guinness World Records

Heet Jigar Rathod a student of Grade II D, has etched his names in the Guinness World Records for roller skating. He achieved the fastest 100 metres on roller skates using two wheels, completing the distance in 20.22 seconds. This remarkable feat was accomplished under Shivganga R.S.C. (India) at Belgaum, Karnataka, India, on 24 October 2025, earning him medal and official certificate.



SCHOOL UPDATE

RGOI District Roller Skating Championship 2025-26

Pahal Kedia of Grade 5-A has won two bronze medals at the RGOI District Roller Skating Championship 2025-26.



KenKen International Puzzle Olympiad 2026 – National Achievement

The KenKen National Round 2026 was held on 1st February 2026 at All Gujarat Resurgent Trust, GIDC, Diamond Park, Naroda, Ahmedabad. Conducted as part of the International KenKen Math Puzzle Olympiad 2025–26, the competition provided a prestigious national platform for young mathematicians to demonstrate their logical reasoning, analytical thinking, and problem-solving abilities.

Vivansh Gupta (Grade 4 B) achieved the distinguished title of 1st Runner Up at the National Level, earning a cash prize of Rs. 15,000 along with a trophy and certificate. The Gold Medal winners include Riyanshi Agarwal, Shayna Srivastava, Riyanshi Bajaj, Aarav Jain, Aarav Agarwal, Svar Agarwal, Pransh Modi, Nirvi Patel, Vivaan Upadhyay, Prajna Paine, Viha Asawa, Sara Shetty, Nandini Bathwal (Kappa), Anvi Rajurkar (Kappa), and Aum Bhalla (Kappa). Students delivered exceptional performances across both Delta and Kappa categories.



Drawing Contest 2025, UCMAS Mumbai

Narayan Umesh Mudaliyar was awarded a Certificate of Achievement (Merit Class) in the Lord Ganesha Drawing Contest 2025, organized by UCMAS Mumbai (Mira Road E Branch).



Roller Skating – State, National World Records

Devansh Pradhan (Std IV C)

A consistent performer across District, State, National and Record Platforms:

- Gold – RGOI State & National Championships (Pune)
- Gold – 2nd Open State Championship (Virar)
- Bronze – Endurance State Championship
- Qualified for Zonal Level at DSO 2025 (Road Distance, 1000m, 500+D)
- Gold – Open Skating Championship (Mera Yuva Bharat)
- Selection for International Representation (Endurance Nationals, Pune)

World Record Achievement

On 15 August 2025, Devansh completed a 79-minute non-stop skating marathon, recorded in multiple world record books alongside 572 participants across 22+ cities.





SCHOOL UPDATE

Roller Athletics Maharashtra State Championship 2025–2026

Anushri Singh of Grade 7 B secured two Silver Medals in the short race and long race events in the Under-13 category at the Roller Athletics Maharashtra State Championship 2025–2026, held at Khopoli.



ICMAS International Abacus and Vedic Maths Championship 2025 (Grand Finale – Mumbai)

Master Ayansh Anand Singh of Grade IV E delivered an exceptional performance by solving 60 questions in 5 minutes 1 second, securing the 2nd Position and earning the Grand Master Award.



International Karate Championship

Aarav Kharvi, a student of Grade IV C, displayed outstanding excellence in karate through his commendable performances in two major championships this year. At the 4th International Karate Championship 2025, held on 23rd November 2025 at the Andheri Sports Complex, Mumbai, he secured 1st place in Individual Kumite and 3rd place in Individual Kata in the 10–11 years Brown Belt category. Earlier, at the District-level Karate Tournament held on 7th September 2025 at the Mihir Sen Sports Complex, **Aarav** won a Silver Medal in Kumite and a Bronze Medal in Kata.



Academic & Innovation Excellence

InnoVenture 2025 – National & Zonal Recognition

Viha Asawa (Grade 4 D) won a Gold Medal at the National Level in InnoVenture 2025, the 11th edition of India’s largest ideation competition (Final Jury Round held at NICMAR University, Pune).

Ishit Sen & Lisa D’Souza (Grade 6) secured Gold Medals at the Zonal Level.

These accomplishments highlight our students’ innovation, research skills, and confident presentation abilities.



SCHOOL UPDATE

SKSI Karate Championship 2025–26 & NKFI All India Karate Championship

Our students delivered outstanding performances at the SKSI Karate Championship 2025–26 and the NKFI All India Karate Championship, showcasing excellence, discipline, and competitive spirit at both national and international levels.

Ridhya Iyer demonstrated exceptional consistency and technical mastery across the championships:

- National Championship: Gold in Kata, Silver in Kumite
 - International Championship: Silver in Kata, Silver in Kumite
- With a total of one Gold and three Silver medals, Ridhya's achievement reflects remarkable dedication and high-level performance on prestigious platforms.

Aabreek Singh Kalsi (Class 5B) exhibited commendable martial arts prowess through multiple notable achievements:

- At the NKFI All India Karate Championship (Radisson Blu), he secured 1st and 2nd positions in the Individual Kumite category.
- At the SKSI 13th International Karate Championship, held at the same venue, he won a Silver medal in Kumite and a Bronze medal in Kata in the 11 Years, 30–35 kg, Below Brown Belt category.
- Further adding to his accolades, in Delhi tournaments, he earned a Bronze medal in Kumite (National) and a Bronze medal in Kata (International).

Karisa Dubey (Grade 4,) also made the school proud with her stellar performance at national and international events. She participated in the NKFI 6th All India Karate Championship 2025–26, organized by the Karate Do Federation of India (NKFI) and held on 26th and 27th December 2025 in New Delhi. Competing in the 8–9 years category, she achieved:

- 3rd Position in Kata, medal presented by Dr. Ajay Sharma, President, NKFI
- 2nd Position in Kumite, medal presented by Dr. Ajay Sharma, President, NKFI

Karisa further excelled at the 13th International Karate Championship, organized by the SKITO RYU Karate School of India (SKSI), where she secured:

- 1st Position in Kumite in the 8–9 years category (Below Brown Belt), with the medal presented by Shihan Minoru Kanazawa (Japan), Tournament Director.

These combined achievements at SKSI, NKFI, and SKFI platforms stand as a testament to the students' hard work, perseverance, and excellence in karate. The school congratulates Ridhya Iyer, Aabreek Singh Kalsi, and Karisa Dubey for bringing laurels to the institution and wishes them continued success in their future sporting journeys.

Pransh Modi (Std IV F) – Winner of the 3rd Level Trophy at the Divisional Level Swimming Championship (Tuff Sports Club).

Swimming & Aquathon Success

- Rachit Yadav – 1 Gold Medal at Thane District Aquathon 2026 (100m Swimming + 500m Running).



SCHOOL UPDATE

Terry Fox Marathon, Mumbai

Running with purpose, guided by compassion, driven by responsibility.

The Terry Fox Marathon was held in Mumbai on 1st February 2026, aiming to raise awareness and funds for cancer research. The event honours the inspiring legacy of Terry Fox, whose historic Marathon of Hope continues to symbolize courage, determination, and hope in the global fight against cancer. The Terry Fox Run is an annual, non-competitive charity event held worldwide, inspired by Terry Fox, who in 1980 ran over 5,000 km across Canada on one leg. Following his death in 1981, the event has raised over \$900 million CAD, funding breakthroughs in cancer treatment, and continues to be organized across the globe.

Continuing a tradition of purpose and service, our school has been participating in the Terry Fox Marathon for several years, reflecting its strong belief in MSR—My Social Responsibility. This year, 50 students from Grades 7 to 10 proudly represented the school, united by a common cause. Students contributed through both active participation in the run and fund-raising efforts. Voluntary monetary contributions were also made, and the funds raised were donated to Tata Memorial Hospital, Mumbai.

The marathon was ceremoniously flagged off by renowned actor Mr. Jackie Shroff, along with Terry Fox's brother, adding inspiration and significance to the occasion. The event was graced by distinguished guests, including the Director of Tata Memorial Hospital and the Chairperson of the Terry Fox Committee, whose presence reinforced the collective commitment towards cancer care and research.

The run commenced between 8:00 a.m. and 8:30 a.m. at Marine Drive, with thousands of participants moving together along the iconic coastal stretch, creating an atmosphere of unity, energy, and purpose. In a moving display of inclusivity, students from a Blind Home School also participated, conveying the powerful message that determination and hope transcend all barriers. Adding profound emotional depth, children undergoing cancer treatment from the Paediatric Cancer Ward of Tata Memorial Hospital were present, reminding all participants of the true spirit and purpose of the run.

The programme concluded at Brabourne Stadium, where inspiring messages from the organisers reinforced values of perseverance, compassion, and solidarity, highlighting the importance of collective efforts in supporting cancer research.



SCHOOL UPDATE

Axis Bank SPLASH – Art & Creative Expression 2026

N. L. Dalmia High School hosted the School Level Round of Axis Bank SPLASH 2026 **Winners:**

Grade 2 Gold- Aaradhya Govind Mittal, **Silver -**Shaurya Purvesh Nar, **Bronze** Nitya Rayudu

Grade 3 Gold - Aanshi Sandeep Agarwal, **Silver -** Ayati Ankit Mundra, **Bronze -** Vriti Kedia

Grade 4 Gold - Pahel Aggarwal, **Silver -** Araina Pravin Gaikwad, **Bronze -** Anay Suryakant Powar

Grade 6 Gold - Swara Suhas Bilaye, **Silver -** Omar Afeef Peerzada, **Bronze -** Tamanna Anil Kumar Chaudhary

The competition nurtured creativity, imagination and expressive confidence across age groups.



Global Exposure & International Collaboration

N. L. Dalmia High School proudly celebrates a remarkable international milestone under the British Council Learning Sectors Programme, supported by Formula 1.

- Primary Section emerged as Winners in the Student Exchange Partnership Programme in collaboration with Bewick Bridge Community Primary School (UK).
- Secondary Section secured the Runner-Up Position through their partnership with Hadley Community Learning Centre (UK).

Conducted from December to March 2025, this prestigious STEM initiative connected 60 global institutions and provided students with a platform for international dialogue, collaborative problem-solving, innovation, and cross-cultural engagement.

Through structured virtual exchanges, joint research projects, and interactive presentations, students strengthened their global competencies and developed future-ready skills.

At NLDHS, global learning is not merely an opportunity - it is a responsibility we proudly uphold.





SCHOOL UPDATE

Global Minds, Shared Futures: An Interaction with UNESCO Leaders

N. L. Dalmia High School proudly hosted “Global Minds, Shared Futures: An Interaction with UNESCO Leaders” on 30th January 2026, an inspiring initiative aimed at nurturing global awareness and responsible leadership among students. The programme commenced with an address by Dr. Seema Saini, CEO & Principal, highlighting the school’s vision, achievements, and commitment to holistic education. The event was honoured by the presence of Ms. Heather Anderson, Secretary General, UNESCO Federation, USA, and Ms. Vidushi Daga, Chairperson – OLL & Founder, Clone Futura. A moment of pride followed with the felicitation of Tech Fest achievers—Jiyan Mehta, Kshitij Salunke, Swayam Shukla, Dev Todi, and Nishadh Bhuta of Grade IX—who secured Second Prize at the IIT Powai Tech Exhibition. The highlight of the programme was the inspiring keynote address by Ms. Heather Anderson on “Our Amazing Youth: Empowerment for Creating Positive Change,” followed by an engaging interactive session. The event concluded with a vote of thanks, the National Anthem, and group photographs, leaving students motivated to think globally and act responsibly.



USO National Tests 2025:

The academic year 2024-2025 has been a landmark year for N.L. Dalmia High School in the arena of national competitive assessments. Our students demonstrated exceptional intellectual caliber across a variety of disciplines in the USO National Tests, including General Knowledge, Mental Math, English Skills, Information Technology, and United Nations Information.

Academic Performance Overview

With over 150 participants from Std. I to VI, the school achieved a remarkable success rate. The results highlight a strong foundation in core subjects, with several students securing perfect scores and national rankings.

- **Mental Math & Logic:** Our youngest learners showed incredible speed and accuracy. **Dharmisht Mathur** (Std. I) achieved a perfect 100%, securing the First Position nationally. The school also produced 19 Merit holders across various standards, showcasing consistent excellence in mathematical reasoning.
- **English Language Skills:** Linguistic proficiency was a standout feature this year. **Chaitanya Salgavkar** (Std. I) secured the First Position with a flawless 100% score.
- **First:** Chaitanya Salgavkar, Merit: Dhvit Goshaliya, Kivaan Shah, Aishani Tandon received the Certificate of Merit.
- **Science & Technology:** In the specialized 9th IT & AI Test, **Ayan Hemant Gupta** (Std. V) achieved the First Position with a stellar 98%, our students are future-ready for the digital age.
- **General Knowledge & Global Awareness:** Our students excelled in the Mini G.K. Test, with **Niksha Varak** taking First Place (98%) and four other students - **Krishiv Dongra, Ramit Singh, Daivik Gupta, and Kaira Sanil** - securing Third Place honors. In the 68th UN Information Test, **Shivansh Manoj Singh** and **Aishani Tandon** were recognized as School Toppers.
- **75th General Knowledge :** Pavika Hirawat and Parth Agrawal achieved a remarkable success.

The dedication of our students resulted in a significant haul of national-level recognitions:

- 4 First Positions at National Level (100% scores in Math and English).
- 4 Third Positions at National Level (Mini G.K.).
- 4 School Toppers (UN Information and 75th G.K. Test).
- 26 Merit Certificates (Awarded for distinguished high scores).

SCHOOL UPDATE

Velocity Competition 2025 – Mumbai Rank 1

Krishiv Dongra (Std II D) secured 1st Rank across Mumbai in Level 5 (Abacus, Mental & Vedic Mathematics) at the Velocity Competition 2025 organised by Whizz Kids.



National Level Abacus Achievement

Bhounik Bansal (Std IV C) earned a Bronze Trophy at the National Level Abacus Competition organised by Whizz Kidz.



Chess Excellence

Anish Kashyap's of Grade VI secured Rank 1 in the Under-12 category at The Rising Rook Chess Tournament held on 8 February 2026 and organised by the Mumbai Suburban Chess Association, winning all matches including games against FIDE-rated players.

Congratulations to the chess winner for demonstrating exceptional strategic thinking and remarkable concentration throughout the competition. His well-planned moves and calm decision-making truly set him apart and brought pride to the school.

Taekwondo Achievements

- **Pahal Kedia** (Grade V-A), Gold – Poomsae, Silver – Kyorugi (Mahapaur Chashak Taekwondo Championship 2026, Nallasopara)



Khushi Parmar (Girls 7–8 yrs, Under 20 kg- Grade II C)

Silver Medal in 3rd Kids Champions of Champions Nationals, SMS Indoor Stadium, Jaipur – India Taekwondo Federation





Giana Shetty (Std II C)

Giana Shetty, participated in an official attempt for the Guinness World Record for the Fastest 100 Metres on Roller Skates (using two wheels) held from 24th October 2025 to 27th October 2025 at Belgaum, Karnataka.

02nd Open State Roller Skating Championship 2026
(Organised by DM Sports Academy | Ameya Skating Rink, Virar West | 4th January 2026)
Silver Medal – Long Race
Bronze Medal – Under-8 Category

Endurance Maharashtra State Championship 2025–26
(YAK Public School, Khopoli | 10th January 2026)
Gold Medal – 1 Minute Race
Gold Medal – 20 Seconds Race
Silver Medal – 2 Minutes Race

04th Roller Athletics National Championship 2025–26
(LXT Speed Skating Track, Pune | 11th January 2026)
Gold Medal – Long Race
Silver Medal – Short Race

13th RGOI National Roller Skating Championship 2025–26
(LXT Speed Skating Track, Pune | 17th–18th January 2026)
Silver Medal – Short Race
Silver Medal – Long Race

Open Speed Skating Championship 2026
(Major Dhyan Chand Sports Club, Borivali West | 25th January 2026) -Gold Medal



Nishi Prabodh Shetty (Grade 7E)

Achieved a World Record for completing a 76-minute non-stop skating marathon on Republic Day 2026. Recognized by the Orient Book of World Records.



Archery National Glory

Swara Shinde Grade 9, delivered a phenomenal performance at the Indoor Archery National Championship (Alibaug), winning: 2 Gold medals – Under 17 Category, 2 Gold medals – Senior Category, A truly extraordinary accomplishment.

