



SANSKRITI

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

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SHLOK FOR THE MONTH

उद्योगिनं पुरुषसिंहमुपैति लक्ष्मीः दैवेन देयमिति कापुरुषा वदन्ति ।
दैवं निहत्य कुरु पौरुषमात्मशक्त्या य कृते यदि न सिध्यति कोत्र दोषः ॥

Only the one who makes efforts, wins. Cowards depend upon fate. One must throw away the concept of destiny and become industrious, with the confidence and strength of a lion. It's not one's fault if he fails inspite of efforts.

THOUGHT FOR THE MONTH

Make every effort matter, and always make the following effort better than the last one.

- Hermann J.

SCHOOL SURVEY

Real progress begins when we challenge long - held assumptions

Agree	88.5%
Disagree	11.5%

BIRTHDAY GREETINGS !

Priyanshu Nathawat	1st	June
Hetal Rajyagor	1st	June
Pradnya Kulkarni	5th	June
Rachel Gomes	6th	June
Suman Barthwal	10th	June
Binita Parmar	19th	June
Arpita Mishra	20th	June
Prathika Patil	23rd	June
Sunita Thesisa	25th	June
Sheetal Ajmera	26th	June
Trilok Rawat	5th	July
Rozy Singh	10th	July
Suchetana Dutta	11th	July
Ravi Yadav	15th	July
Shridhar Indulkar	21st	July
Kirti Ranjane	26th	July
Shuchismita Dutta	28th	July
Lina Wagh	31st	July

FROM THE PRINCIPAL'S DESK...

"The secret of your future is hidden in your daily routine."
— Mike Murdock

As the morning bell signals the end of summer, our campus is once again alive with energy and potential. Yet, transitioning from the unstructured freedom of holidays back into the rhythm of school life brings a crucial challenge: the art of getting back on track. In an era obsessed with instant gratification, we must remember that greatness is not an event - it is a habit.

We often treat time as an opponent, racing against the clock. In reality, time is the ultimate equalizer; every visionary and scholar has the exact same twenty-four hours. The difference lies entirely in stewardship. Managing time is about intentionality, not frantic activity. When you master your schedule, you transition from being a reactive student to a proactive leader of your own life.

Just as a building requires a steady foundation, your education requires a consistent blueprint. Always remember true time management requires the maturity to silence notifications, step away from distractions, and protect your focus. We live in a world of intellectual fragmentation, where our attention is constantly harvested by glowing screens. The greatest antidote to this "butterfly mind" is the quiet, revolutionary act of daily study.

Studying every day is a superpower. Consistency beats intensity every single time. A student who studies for thirty focused minutes every day will always outpace the one who pulls an all-night cram session. The former is building knowledge; the latter is just managing stress. Chart your compass, look at this new term not as a chore, but as a clean slate and a training ground for your future authority.

Getting back on track is a daily choice forged in the quiet decisions to review a chapter, organize your desk, and stick to your schedule when you'd rather procrastinate. Do not just study to know; study to become. The world is waiting for leaders who are disciplined, articulate, and wise. Your future is created by what you do today, not tomorrow. With that we welcome you with arms wide open, let's make this year extraordinary.

Dr. Seema Saini
CEO and Principal

PRE-PRIMARY SECTION

Nursery Settling-In Period - (Nursery)

Our Nursery children began their school journey with a smooth and nurturing settling-in period. Through play, songs, rhymes, and engaging classroom activities, they gradually became comfortable in their new environment. With the support of their teachers, the children adapted to school routines, built new friendships, and started their learning journey with confidence and joy.



Parent-Toddler Session - (Sunflower)

To welcome our Sunflower students and support their smooth transition into the new academic year, we organized a special Parent-Toddler Session. The session provided children with the opportunity to explore their new learning environment alongside their parents, helping them feel comfortable and secure in their new surroundings. Parents and children actively participated in a variety of engaging activities, including art and craft, messy play, prayer, circle time, rhymes, and a lively story dramatization session. The interactive experience created a positive foundation for the children's exciting learning journey ahead.



Pencil Ceremony - (Jr.KG.)

The Jr. KG students celebrated their special Pencil Ceremony, marking an important milestone in their learning journey as they transitioned from crayons to pencils. The event featured inspiring messages, an engaging dramatization titled "Penny the Pencil's Dream", and the heartfelt Pencil Promise. Filled with excitement, smiles, and enthusiasm, the ceremony encouraged children to embrace neat writing, creativity, and responsibility as they embarked on this new chapter of learning.



Aloha 'Ohana – Hawaiian Party - (Pre-Primary)

The Pre-Primary section celebrated Aloha 'Ohana – Hawaiian Party with great enthusiasm and excitement. Dressed in colourful floral outfits, garlands, and Hawaiian hats, the children embraced the tropical spirit of the day. A classroom was beautifully transformed into a Hawaiian paradise with vibrant decorations, creating a festive atmosphere for the celebration. The children enjoyed a variety of theme-based games and participated in a lively Hawaiian dance. The event was filled with fun, laughter, and joyful learning, leaving the children with wonderful memories of the day.



PRE-PRIMARY SECTION

Bug in the Rug – Circle Time Activity - (Sr. KG.)

As part of Circle Time, the Sr. KG students participated in the engaging "Bug in the Rug" activity. One child hid under a sheet while the rest of the class used their observation skills to guess who was missing. Filled with excitement and laughter, the activity encouraged attentive listening, strengthened friendships, and fostered a sense of community among the children.



Vitamin C Day - (Sr.KG.)

The Sr. KG students enthusiastically celebrated Vitamin C Day by bringing a variety of Vitamin C-rich fruits such as oranges, lemons, and sweet limes. Through this hands-on activity, the children learned about the importance and benefits of Vitamin C for good health. They prepared fresh orange juice, lemon juice, and sweet lime juice, making the experience both educational and enjoyable.



PRIMARY SECTION

Educational Trip to Tic Tac Tot

The Grade 1 learners had an exciting educational trip to the Tic Tac Tot Play Area, Birds Park, and Fish Aquarium. The children enjoyed fun-filled play activities that helped develop their social and motor skills. At the Birds Park, they observed different kinds of colourful birds and learned about their habitats and food habits. The visit to the Fish Aquarium was a delightful experience as the learners explored a variety of beautiful fishes and marine life. The trip was both enjoyable and informative, creating wonderful memories and enhancing the students' observation and learning skills.





PRIMARY SECTION

Grade IV Science Quiz Finals

The Grade IV Science Quiz Finals were held on 16th June 2026 in the school auditorium. The quiz covered The Teeth, Adaptations in Plants, Human Digestive System, and Human Excretory System. Students participated enthusiastically in the Question & Answer, Visual, and Rapid Fire rounds, showcasing their knowledge, observation skills, and quick thinking. The event was engaging and informative.



Grade V: Cave Painting Activity Social Studies

The students of Grade 5 participated in a cave painting activity as part of their Social Studies lesson, "The Earliest People." They created cave-style paintings depicting the lives of early humans. The activity helped them understand how prehistoric people communicated through art and made learning enjoyable and interactive.



SECONDARY SECTION

Electrolysis of Water – Demonstrating a Chemical Change Using Electricity

A Grade 8 student demonstrated the electrolysis of water using graphite electrodes taken from pencils and a battery as the source of electricity. When the electric current passed through the water, gas bubbles formed at both electrodes. These bubbles indicated that water was breaking down into its constituent gases, hydrogen and oxygen. The experiment helped the student observe a chemical change caused by the flow of electricity. Through this activity, the students gained a clear understanding of the process of electrolysis and the role of electricity in bringing about chemical reactions.



AGNI House MSR Activity – Tree Plantation Drive

On the occasion of World Environment Day, celebrated on June 5, 2026, N. L. Dalmia High School organized a Tree Plantation Drive as a part of the AGNI House MSR Activity. The initiative aimed to promote environmental awareness and encourage students to contribute towards a greener future. The event was graced by Mr. Dhruvkishor Patil, Deputy Mayor of the Mira Bhayandar Municipal Corporation, and Ms. Neela Soans, Municipal Corporator of Ward 18, Mira Road. They appreciated the school's efforts and motivated students to actively participate in protecting the environment. Through planting saplings, students learned the importance of conservation and sustainable living.





SECONDARY SECTION

Mango Seed Collection Drive

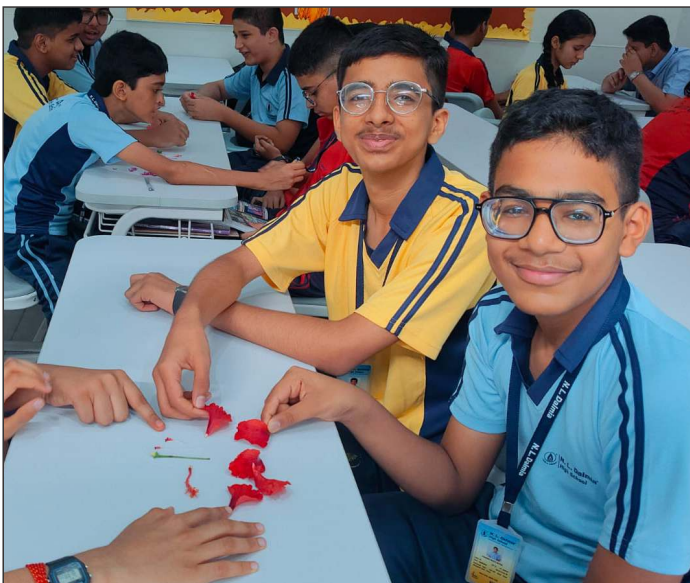
The Eco Club conducted a Mango Seed Collection Drive from 8th January 2026 onwards to promote environmental awareness and sustainability. Students and teachers enthusiastically participated in the initiative by collecting mango seeds, which were later donated to Mission Mango for plantation purposes. The drive was a great success and encouraged everyone to contribute towards a greener future.



ISC SECTION

Floral morphology

Grade 9 students conducted a hands-on biology activity to study the structure of flowers. They observed different parts of the Hibiscus flower and identified sepals, petals, stamens, carpels and other floral structures. Students also examined the conditions with respect to floral parts and recorded their observations. In addition, they observed the colourful bracts of Bougainvillea and learned how bracts differ from petals. It was an enriching learning experience that helped them understand floral morphology through direct observation and hands-on learning.



Fostering Growth, Confidence, and Excellence

On 8th June 2026, the CEO and School Principal, Dr. Seema Saini, conducted an interactive introductory session for students of grades 11 and 12 marking the start of the new academic year. She shared valuable life lessons on personality development, positive thinking, and personal growth, encouraging students to face challenges confidently and make wise decisions. The session also recognized and celebrated students who had excelled in various fields, inspiring others to strive for excellence.





SCHOOL UPDATES

Report on Student Exchange Programme to the Netherlands

N. L. Dalmia High School 27th May – 7th June 2026

A delegation of 17 students and 2 teachers from N. L. Dalmia High School participated in a Student Exchange Programme at Jan van Brabant College, Helmond, Netherlands. During the programme, students were hosted by Dutch families, enabling cultural immersion and firsthand experience of daily life in the Netherlands. They attended academic classes, participated in sports activities, and engaged in interactive sessions with their Dutch peers. The itinerary included educational visits to the Arnhem Open Air Museum, the Van Gogh Centre in Nuenen, and the Rijksmuseum in Amsterdam, along with a canal cruise. Students also presented aspects of Indian culture during the 'Indian Morning' programme. The exchange concluded with a farewell potluck dinner. The visit proved to be an enriching experience, fostering global awareness, cross-cultural understanding, and lasting international friendships.





SCHOOL UPDATES

Weeklong Teachers' Training Programme 2026

N. L. Dalmia High School successfully conducted its Weeklong Teachers' Training Programme 2026 from 1st to 6th June 2026 under the theme **"Empower • Engage • Elevate."** The programme aimed to strengthen teachers' professional competencies through innovative pedagogy, technology integration, and holistic approaches to student learning and well-being. It began with a welcome and orientation session by Dr. Seema Saini, CEO & Principal, followed by an HR induction session by Mr. Umashankar. Teachers also attended an LMS training session by Dr. Rahul Singhal, focusing on the effective use of technology in education. On the second day, Mr. Ojas N. Bhatt conducted an engaging session on effective communication and meaningful classroom interactions, while Ms. Aishwarya Suryavanshi introduced teachers to interactive assessment tools through Class Saathi training. Day three featured an inspiring session on "Empowering 21st Century Learners" by Dr. A. P. Jayaraman, emphasizing critical thinking, scientific inquiry, and innovative teaching practices. Teachers also participated in a lively "Fun with Maths" workshop that demonstrated experiential learning techniques. Day four focused on student well-being through a session by Shri Krishna Nandan Das on helping Gen Alpha students manage stress and anxiety and build resilience. The day concluded with a meaningful interaction and lunch session at the ISKCON Temple. On days five and six, Pre-Primary and Primary teachers attended a workshop by Dr. Madhumati Pawar on learner-centred and innovative classroom strategies. Secondary and ISC teachers participated in a session by Mr. Pranit Gaikwad on memory techniques, emotional resilience, and NLP strategies for impactful teaching. The training programme proved to be a transformative experience, equipping educators with contemporary teaching strategies and renewed inspiration. It reaffirmed N. L. Dalmia High School's commitment to educational excellence and meaningful learning experiences for every student.





SCHOOL UPDATES

CISCE Zonal Level T20 Cricket Tournament 2026 – Zone B

N. L. Dalmia High School proudly hosted the CISCE Zonal Level T20 Cricket Tournament 2026 – Zone B at Oval Maidan, Churchgate, from 27th April to 5th May 2026. The tournament brought together talented young cricketers from schools across Zone B, with 59 teams participating in the Under-14, Under-17, and Under-19 categories. The event was successfully conducted through meticulous planning and coordination. Matches were extended on several days to accommodate the packed schedule, while players and officials displayed remarkable dedication despite the summer heat. The tournament witnessed exciting contests and outstanding performances that highlighted the growing standard of school cricket in the region. In the Under-14 category, Vasant Vihar High School & Junior College emerged as Champions, while Pawar Public School secured the Runner-Up position. Swami Vivekanand International School & Junior College won the Under-17 title, with Vasant Vihar High School & Junior College finishing as Runner-Up. In the Under-19 category, Jamnabai Narsee School emerged victorious, while N. L. Dalmia High School secured the Runner-Up position. The tournament concluded on a high note, celebrating both sporting excellence and camaraderie among participating schools. N. L. Dalmia High School takes pride in successfully hosting this prestigious CISCE event and remains committed to promoting holistic development through sports.



SCHOOL UPDATES

Distinguished Academic Achievement

We are pleased to congratulate Yati Joshi on being selected among the top 57 students nationwide for the prestigious Anveshana Project Residential Research Programme in Bengaluru. Over the course of the two-month programme, she engaged in advanced research in the field of antimicrobial resistance, investigating innovative strategies to address the growing challenge of antibiotic-resistant microorganisms. This valuable opportunity provided her with significant exposure to scientific research methodologies and contemporary innovation. Yati's accomplishment is a testament to her dedication, intellectual curiosity, and commitment to scientific excellence. Her success serves as an inspiration to the school community and reinforces the importance of research-driven learning.



Driven by Research. Inspired by Excellence.

Rajasthan Heritage Educational Excursion 2026

N. L. Dalmia High School successfully organized a six-day Educational Excursion to Rajasthan for 70 students of Grade X, accompanied by 7 teachers, from 4th June to 9th June 2026. The tour aimed to provide students with experiential learning opportunities while exploring the rich history, culture, and heritage of Rajasthan. The students visited renowned historical and cultural landmarks including Kumbhalgarh Fort, Haldighati, Fatehsagar Lake, Saheliyon Ki Bari, and the City Palace of Udaipur. The excursion offered valuable insights into Rajasthan's glorious past, architectural brilliance, and cultural traditions. Students also participated in cultural activities, enjoyed educational sightseeing, and experienced the vibrant local markets of Udaipur. Throughout the journey, the students displayed exemplary discipline, enthusiasm, and cooperation. The excursion provided an excellent platform for learning beyond the classroom, fostering independence, teamwork, responsibility, and cultural awareness. The school extends its sincere gratitude to the Management, Principal, teachers, parents, and students for their support and cooperation in making the excursion a grand success.



Decoding Challenges, Championing Solutions.



Beyond the Books: Real-World Impact.



SCHOOL UPDATES

NLDHS Celebration Voyage 2026- Goa Trip

From Classrooms to Coastlines - Celebrating the Spirit of Achievement

The NLDHS Celebration Voyage 2026, held from 12th to 14th June 2026, was organized by the Management to celebrate the historic achievement of N. L. Dalmia High School securing all three ICSE Country Toppers. More than a recreational trip, it was a heartfelt gesture of appreciation for the dedication and collective efforts of the faculty and staff. The journey began with a comfortable ride on the Tejas Express from Mumbai to Goa, followed by a stay at the luxurious Caravela Beach Resort. A major highlight was the Grand Gala Evening & Cocktail Celebration, featuring a cake-cutting ceremony, entertainment, music, dance, and moments of pride and reflection. The event brought together the entire NLDHS family in a spirit of joy, gratitude, and togetherness. Another memorable experience was the Mandovi River Dinner Cruise, which offered live entertainment, delicious cuisine, and stunning views of Panaji's illuminated skyline. Throughout the voyage, participants enjoyed relaxation, meaningful interactions, and strengthened bonds with colleagues. The trip fostered a deeper sense of unity and belonging among all staff members. The NLDHS family sincerely thanked the Management for this thoughtful initiative and unwavering support.



♦ **THE EDITORIAL TEAM :** Ms. Annie Michael, Ms. Preeti Thackeray, Ms. Vincy David, Ms. Binita Parmar, Ms. Loveleen Menon

♦ **STUDENTS :** Devansh Goyal