



SANSKRITI

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

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SHLOK FOR THE MONTH

वयसनेष्वेव सर्वेषु यस्य बुद्धिर्न हीयते ।
स तेषां पारमर्थ्येति तत्प्रभावादसंशयम् ।।

Let us train our mind to be resilient. The mind that does not cripple in adversities, helps to get out of those very calamities. Resilience refers to both the process and the outcome of successfully adapting to difficult or challenging life experiences.

THOUGHT FOR THE MONTH

Every Challenge is a stepping stone. Step boldly, and the path to success will reveal itself.

SCHOOL SURVEY

Strength does not come from physical capacity. It comes from indomitable will

Agree	90.3 %
Disagree	9.7 %

BIRTHDAY GREETINGS !

Anup Tiwari	1st August
Swarachita Kumari	3rd August
Frangel Fernandes	3rd August
Mona Fabin	3rd August
Loveleen Menon	4th August
Lakshmi Joshi	4th August
Bhawna Joshi	5th August
Rupesh Tayade	5th August
Samidha More	7th August
Kshiti Meher	14th August
Jasmine Chettiar	16th August
Veena Govil	17th August
Sudipta Dey	21st August
Anupama Thakur	21st August
Dhaval Tandel	22nd August
Sneha Nair	23rd August
Neelam Redkar	29th August

FROM THE PRINCIPAL'S DESK...

"The oak fought the wind and was broken; the willow bent when it must and survived." - Robert Jordan

Dear Students,

A school is far more than a magnificent building or a collection of classrooms. It is a vibrant community where dreams are nurtured, values are cultivated, and young minds are empowered to discover their limitless potential. While circumstances may occasionally alter the way we learn, they can never diminish our passion for learning itself.

Over the past few weeks, our school community has demonstrated that true education transcends physical boundaries. Our students have embraced the online mode of learning with admirable enthusiasm, discipline, and adaptability. Their punctuality, active participation, and unwavering commitment to their studies reflect a maturity that fills us with immense pride.

To our dear parents, I extend my heartfelt gratitude. Your patience, encouragement, and steadfast partnership have been the pillars of strength during this phase. Your trust in us continues to inspire every decision we make.

Life has an extraordinary way of presenting us with the unexpected. Yet, it is often these unforeseen moments that shape our character the most. They teach us resilience over reluctance, courage over comfort, and hope over uncertainty. Every challenge we encounter becomes an opportunity to discover strengths we never knew we possessed.

At N. L. Dalmia High School, our vision extends far beyond academic excellence. We strive to nurture compassionate hearts, agile minds, and confident individuals who are prepared not merely for examinations but for life itself. The ability to adapt, collaborate, innovate, and persevere are among the most valuable lessons of the twenty-first century.

I applaud our students for their remarkable spirit, appreciate our teachers for their unwavering dedication, and sincerely thank our parents for their invaluable support. Together, we have reaffirmed that the strength of a school lies not in its walls, but in the unity, determination, and compassion of the people who bring it to life.

Let us move forward with optimism, confidence, and the shared belief that brighter days always await those who continue to learn, adapt, and persevere. "Together, we are not merely overcoming challenges—we are shaping resilient minds, nurturing compassionate hearts, and building a future illuminated by hope, excellence, and endless possibilities."

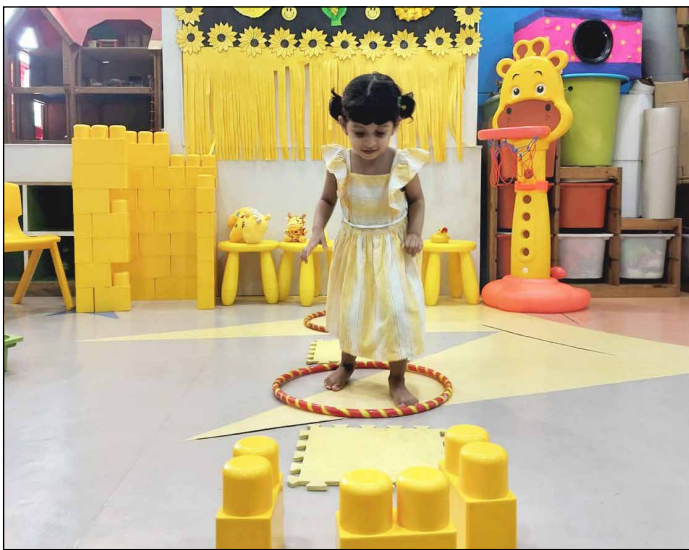
"Keep learning, keep growing, keep shining."

Dr. Seema Saini
CEO and Principal

PRE - PRIMARY SECTION

A Splash of Sunshine - Yellow Day Celebration - Sunflower

Our Sunflower children brightened the school as they celebrated Yellow Day with great excitement and cheer. Dressed in vibrant yellow outfits and carrying a small yellow object from home, the little learners joyfully explored the colour through fun interactions and engaging activities. The celebration helped reinforce colour recognition, observation skills, and self-expression, making learning a bright and memorable experience.



International Yoga Day - Pre-Primary

Our Pre-Primary children celebrated International Yoga Day with great enthusiasm, energy, and joy. Guided through simple yoga poses and breathing exercises, the young learners experienced the importance of physical fitness, balance, mindfulness, and relaxation. The celebration encouraged healthy habits from an early age while fostering focus, self-discipline, and overall well-being in a fun and engaging manner.



Clever Crafters Week - Creativity on Display - Pre-Primary

Our Pre-Primary children enthusiastically participated in Clever Crafters Week, where each section explored a variety of art and craft activities based on their respective themes. The week provided young learners with opportunities to express their creativity, strengthen fine motor skills, and enhance imagination through hands-on experiences. Their colourful creations were proudly displayed on the classroom boards, celebrating every child's effort and creativity.



Growing Strong Through Movement!

Our little learners enthusiastically participated in a fun-filled Gross Motor Skills Activity designed to strengthen their balance, coordination, body control, and overall physical development. Through joyful movement and active play, children learned, explored, and grew with confidence!





PRIMARY SECTION

Family Tree

The Grade 1 learners enthusiastically participated in a Family Tree Activity. They beautifully coloured the family tree and pasted photographs of their family members in the respective branches. Through this activity, the students learned about family relationships and developed their creativity, fine motor skills, and sense of belonging towards their family.



Shapes Activity

The Grade 1 learners actively participated in a Shapes Activity where they were given different shapes to create unique designs and patterns. The activity encouraged creativity and imagination while helping the students identify various shapes and improve their fine motor and problem-solving skills.



Grade III: Wet and Dry Waste Segregation Activity

The students of Grade III enthusiastically participated in a Wet and Dry Waste Segregation activity. They collected different types of household waste and correctly identified and separated them into wet and dry waste categories. Through this hands-on activity, students understood the importance of waste segregation, recycling, and responsible waste disposal.

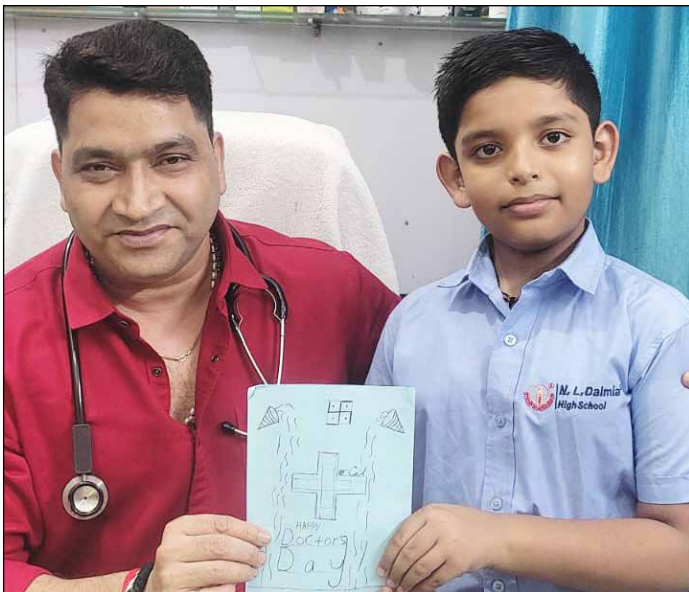




PRIMARY SECTION

National Doctors' Day Celebration - Grade III

On the occasion of National Doctors' Day, the students of Grade III expressed their heartfelt gratitude to doctors for their dedication and selfless service. The students prepared beautiful handmade thank-you cards and personally presented them to doctors as a token of appreciation. The activity helped students understand the vital role doctors play in keeping our communities healthy while encouraging values of kindness, gratitude, and respect for healthcare professionals.



Grade V - Diary Writing Activity – Robinson Crusoe

Grade V students participated in a creative Diary Writing Activity based on Robinson Crusoe. They imagined themselves as Robinson Crusoe and wrote a diary entry describing his experiences, emotions, and survival on the island. The activity enhanced their creativity, empathy, and diary writing skills while deepening their understanding of the lesson.



Grade IV B - Digital Assembly

Class IV B presented a heartwarming assembly on the occasion of Parents' Day. The program began with a warm welcome and prayer, followed by the Thought for the Day, news updates, and birthday celebrations. The students expressed their love and gratitude towards their parents through a meaningful speech. Their confidence and enthusiasm made the assembly truly special. The assembly concluded with a vote of thanks, leaving everyone with a message of love, respect, and appreciation for parents.



Project Partnership Exchange Program

Grade 5 students of N. L. Dalmia High School collaborated with Bewick Bridge Community Primary School, UK for the final stage of our 'National Values' project. UK Year 5 pupils spoke about Democracy, Parliament, Rights, Duties, and values, while our students shared our school values through posters, which will help them in the future. The exchange promoted cross-cultural learning and global friendship.





SECONDARY SECTION

Great Heroes of India (देश के महान वीर)

An activity on "Great Heroes of India" was conducted for Grade VII. Students collected pictures of famous Indian heroes and wrote brief information about their lives and contributions. The activity helped students learn about the courage, sacrifice, and patriotism of our national heroes. It also enhanced their research, writing, and presentation skills. The activity was informative, engaging, and successful.



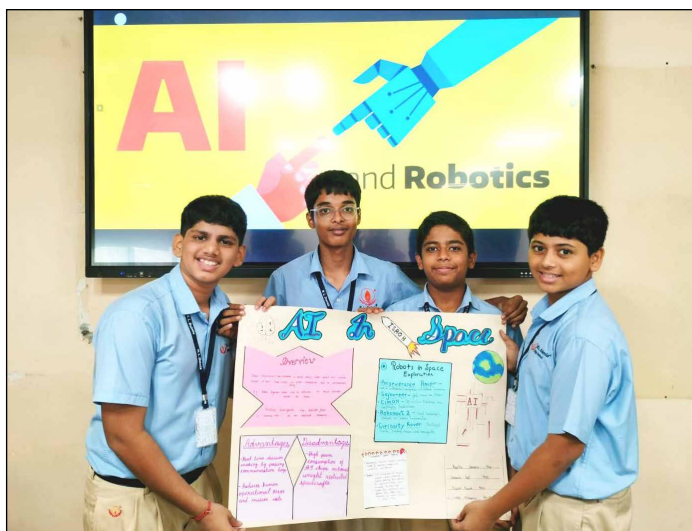
"Meri Maa, Meri Janmabhoomi, Meri Matrubhoomi"

A poem-writing activity was conducted in Grade VI on the topic "Meri Maa, Meri Janmabhoomi, Meri Matrubhoomi". Students wrote short poems expressing their love and respect for their mother, birthplace, and motherland. They participated enthusiastically and used creative ideas in their writing. The activity enhanced their imagination, language skills, and emotional expression.



Robotics and AI-Based Case Study Activity

A Robotics and Artificial Intelligence (AI)-Based Case Study Activity was conducted to enhance students' understanding of the real-world applications of AI and robotics. The activity encouraged students to research, collaborate, analyze, and present innovative ideas on emerging technologies. The case study activity was highly interactive and engaging, with enthusiastic participation from all students. It successfully promoted collaborative learning and fostered curiosity about emerging technologies, making it a valuable and enriching educational experience.



Graphical Representation of Motion

A hands-on learning activity was conducted for Grade IX students to enhance their understanding of the concepts of displacement, velocity, and acceleration through graphical representation. The objective of the activity was to help students connect theoretical concepts of motion with practical observation and data analysis. Using the collected data, students prepared distance-time and velocity-time graphs. Through the graphical analysis, they understood how velocity is obtained from the slope of a distance-time graph and how acceleration is determined by the change in velocity over time.





ISC SECTION

Interhouse declamation competition

On June 22nd 2026, the English Literary Club held an Intra-school English Declamation competition. The competition was held house-wise, with students delivering formal and expressive speeches as renowned personalities. Their performances reflected confidence, effective communication, and a strong understanding of the characters they portrayed. The students effectively portrayed renowned personalities through their expressive voice modulation, gestures, and facial expressions. The competition concluded with Prithvi House securing third place, Vayu House earning second place, and Jal House claiming the first position with an outstanding performance.



ISC Convocation Ceremony

On 27th June 2026, the Batch of 2024–2026 celebrated its School Convocation and Reunion, marking a memorable occasion that honoured the students' academic achievements while providing an opportunity for classmates, teachers, and staff to reconnect and cherish the memories of their school journey together. The ceremony comprised both formal and informal segments, with parents joining their children for the formal proceedings. The formal event celebrated each student's academic accomplishments, talents, and overall growth, recognizing their achievements and contributions throughout their school journey. It served as a proud and memorable occasion for students, parents, and teachers alike.



SCHOOL UPDATES

Krishna Dave Shines at Jodhpur Kids Talent Hunt 2026

Krishna Dave of Grade IV-D brought laurels to N. L. Dalmia High School by securing First Prize at the Jodhpur Kids Talent Hunt 2026, organized by Red FM 93.5 in association with GEMS Excellence School on 23 May 2026. In recognition of her exceptional talent and outstanding performance, she was awarded a Winner's Trophy, a Cash Prize, and a Bicycle. Her remarkable achievement reflects her dedication, confidence, and creativity, making the entire school community proud.



Kanishka Arun Prasad – Grade VI

Kanishka Arun Prasad of Grade VI brought laurels to the school by securing First Prize in the Junior Solo Category at the All India Dance Festival – "Antaranga 2026", organized under the Ministry of Culture and Arts. Her graceful performance, artistic expression, and dedication earned her top honours at the national-level competition. The school congratulates Kanishka on this remarkable achievement and wishes her continued success in her future endeavours.





SCHOOL UPDATES

Atharv Anurag Garg – Under-10 Category

Atharv achieved an impressive 6th Rank in the Under-10 category at the Mira-Bhayandar Level Competition. This commendable performance marks an important milestone in his sporting journey. He is currently preparing for the District Level Competition, where he will represent himself with the aim of achieving even greater success. The school congratulates him and wishes him the very best for the upcoming district-level event.



N. L. Dalmia High School proudly participated in the CISCE Zonal (Zone B) Yoga Competition 2026, hosted by Kanakia International School (MA069) at RBK School on 3rd and 4th July 2026. Our students displayed remarkable discipline, flexibility, and teamwork, earning commendable results in the Artistic Yoga Pair category.

Under-14 Boys – Artistic Yoga Pair: 1st Place **Arnav Gosavi and Aarav Saraswat**

Under-14 Girls – Artistic Yoga Pair: 5th Place **Vritika Das and Shanaya Patadia** (Class 6E)



CISCE Zonal Skating Championship

Giana Vijay Shetty represented N. L. Dalmia High School at the CISCE Zonal Skating Championship, held on 27–28 June 2026 at Parmanand Sports Academy, Nashik. She delivered an excellent performance and won the Bronze Medal in the Under-11 category, making the school proud at the zonal level.



Silver at CISCE Zonal Chess Championship

Anish Kashyap of Grade 7F brought laurels to N. L. Dalmia High School by securing Second Place and winning the Silver Medal at the CISCE Zonal B Under-14 Boys Chess Competition 2026, held in Nashik on 5th July 2026. His excellent performance reflects his dedication and strategic skills. The school congratulates Anish on this commendable achievement and wishes him continued success.





SCHOOL UPDATES

Melange Inter-School Competition 2026

N. L. Dalmia High School proudly participated in the Melange Inter-School Competition 2026, hosted by G. D. Somani Memorial School, Cuffe Parade, on 11th July 2026. A contingent of 30 students represented the school in a variety of literary, creative and team-based events, displaying exceptional confidence, creativity, teamwork and sportsmanship. 1st Place – Trail of Trump : Rajat Thandassary – Grade VII E, Dhairy Zalavadia – Grade VII B, Izaan Inamdar – Grade VII D Priyansh Kapoor – Grade VII C • 2nd Place – The Rush Hour : Soumay Bihani – Grade IX, Vansh Bhatawara – Grade X E, 3rd Place – Two Sides, One Story, Vansh Poddar – Grade X D, Mithran Bhattacharjee – Grade IX



Silver Medal at International Jeet Kune Do Championship

N. L. Dalmia High School congratulates **Riona Talesara** of Grade 9-A for winning the Silver Medal at the 24th International Sports Jeet Kune Do Championship 2026, held on 27th June 2026 at Andheri Sports Complex, Andheri West, Mumbai. Her remarkable achievement reflects her dedication, discipline, and perseverance. The school applauds her success and wishes her many more accomplishments in the future.



Karisa Dubey of Grade V brought immense pride to both the nation and our School by winning the Gold Medal in the Girls' Under-12 Kata event at the prestigious Korea Open Karate Championship, representing Team India. Her remarkable achievement is a testament to her dedication, perseverance, and disciplined training at both the school and her dojo. Karisa's outstanding international success is an inspiration to her peers and a proud milestone for the entire school community.



Manan Aneja Shines at International Abacus Olympiad

Manan Aneja of N. L. Dalmia High School brought laurels to the school by winning the Champion Title at the International Abacus Olympiad 2026, held on 28 June 2026. He was awarded the Championship Trophy, Gold Medal, and Certificate of Achievement for his outstanding performance.





SCHOOL UPDATES

Albert Barrow Memorial All-India Inter-School Creative Writing Competition 2026

N. L. Dalmia High School proudly hosted the Albert Barrow Memorial All-India Inter-School Creative Writing Competition 2026 (Stage I – Pool D51, Category II – Grades IX–X) under the aegis of CISCE on 13th July 2026. The prestigious literary event brought together young writers from 11 participating schools across Pool D51, providing them with a platform to showcase their creativity and imagination. The programme featured an inspiring address by Dr. Seema Saini, CEO & Principal, followed by the official opening of the sealed topic envelope as per CISCE protocol.



Shrey Dobal Excels at KCA Chess Tournament

Shrey Dobal of Grade VI A brought laurels to N. L. Dalmia High School by securing Third Prize at the KCA Chess Tournament held in Kandivali. Competing against a strong field of talented players, Shrey displayed excellent strategic thinking and composure to secure 3rd Rank.

In recognition of his commendable performance, he was awarded a trophy and a cash prize of ₹1,500. The school congratulates Shrey on this outstanding achievement and wishes him continued success in future chess tournaments.



Reaching for the Stars: NAC 2025–26

N. L. Dalmia High School proudly participated in the National Astronomy Challenge (NAC) 2025–26. Our Grade IX-D student, Dev Narayan Todi, was honoured as a National Astronomy Champion at the National Champions' Felicitation Programme held in Pune from 23 to 25 July 2026. The programme included educational visits to the Giant Metrewave Radio Telescope (GMRT) and the Inter-University Centre for Astronomy and Astrophysics (IUCAA). Interactive sessions with scientists and astronomy experts helped students connect classroom learning with real-world research and inspired them to explore careers in STEM and space science. The memorable Award Night celebrated young astronomy champions from India and abroad. This enriching experience strengthened scientific curiosity and encouraged students to keep questioning, discovering and reaching for the stars.





SCHOOL UPDATES

ATHENA 2026: Where Talent Outshone the Storm

ATHENA 2026, the flagship Inter-School Festival of N. L. Dalmia High School, commenced with the Contingent Leaders' Meet on 17th June 2026, bringing together representatives from 25 schools. The meeting introduced participants to 10 exciting verticals and over 40 competitions, while Dr. Seema Saini, CEO & Principal, inspired students to embrace creativity, innovation, leadership and collaboration beyond the classroom. The festival was inaugurated on 4th July 2026 by Mr. Brian Seymour, President, AISM, and Principal, G. D. Somani Memorial School, who encouraged students to pursue excellence with confidence and integrity. ATHENA 2026 showcased an exciting blend of Model United Nations, RoboAI Fusion, Literary Competitions, Performing & Creative Arts, Brain Boosters, Fast Track Sports, Master Chef, Teachers' VisionX, EduSpark, and the prestigious Mr. & Ms. Athena competitions, creating a dynamic platform for talent, innovation and experiential learning. Despite relentless monsoon rains, 95% of participants attended in person, and nearly 90% of the scheduled competitions were completed successfully. However, following the Government's Red Alert and closure of schools across Maharashtra, the remaining Day 2 events were cancelled to ensure the safety of all participants. The Online Prize Distribution Ceremony, held on 14th July 2026, brought together participating schools once again to celebrate outstanding performances and honour the achievements of students, teachers and coordinators who made the festival a resounding success. ATHENA 2026 stood as a true testament to resilience, teamwork and excellence-proving that even the fiercest storms cannot overshadow the brilliance of young talent.



Lighting the spark of creativity! Honored guests officially inaugurating ATHENA 2026.



Where young talent meets culinary creativity!



Setting the stage alight! A grand showcase of elegance and spirit at ATHENA 2026.



The judge prof. Rajendra Patil appreciating the impressive works in the creative arts arena.



Harmony in every note, excellence in every performance



Rhythms of culture: Participants lighting up the stage in the Indian Folk Dance event.

THE EDITORIAL TEAM : Ms. Annie Michael, Ms. Preeti Thackeray, Ms. Amina Shaikh, Ms. Binita Parmar, Ms. Loveleen Menon

STUDENTS : Devansh Goyal