



SANSKRITI

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

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SHLOK FOR THE MONTH

शांतितुल्यं तपो नास्ति तोषान्न परमम् सुखं ।
नास्ति तृष्णापरो व्याधिर्न च धर्मो दयापरः ।।

There is no achievement as achieving peace, there is no other happiness compared to satisfaction, there is no other Disease like desire, there is no other dharma as showing mercy on others.

THOUGHT FOR THE MONTH

"Optimism is the faith that leads to achievement. Nothing can be done without hope and confidence."

- Helen Keller

SCHOOL SURVEY

Purpose gives direction to life more than ambition does

Agree	82.2 %
Disagree	17.8 %

BIRTHDAY GREETINGS !

Shruti Mishra	1st	September
Sharaddha Bandbe	2nd	September
Krishna Yadav	4th	September
Joyce Thominic	6th	September
Mamta Purohit	9th	September
Vinayak Pashte	10th	September
Shridhar Durgawale	10th	September
Varsha Gupta	12th	September
Tanveer Shaikh	13th	September
Jalpa Boricha	14th	September
Ajanta Roy	14th	September
Valsa Nair	19th	September
Mrunali Jadiyar	22nd	September
Deepak Khandagale	23rd	September
Jerome Almeida	23rd	September
Payal Saini	24th	September
Deepa Raina	28th	September
Tazyeen Peerkan	29th	September

FROM THE PRINCIPAL'S DESK...

"When challenges arise, let courage lead, calmness guide and positivity light the way."

Challenges are an inevitable part of life. What defines us is not the difficulty we face, but the way we choose to face it.

As a Principal, I believe that in challenging times, the first step is to keep our calm and remain composed. A calm mind helps us think clearly, respond wisely and find the way forward. Every challenge, however difficult, carries within it an opportunity to learn, adapt and grow.

Resilience is the strength to rise every time we are tested. We may not always be able to control the circumstances around us, but we can certainly control our attitude towards them. A positive outlook does not mean that we overlook problems; it means that we face them with the confidence that no problem is without a solution.

And positivity is something we must consciously pass on. As leaders and educators, our words, our attitude and our actions can give others courage when they need the most. When we remain hopeful, composed and strong, we inspire those around us to do the same.

Let us remember: difficult times do not last, but strong and positive people do. With patience, resilience and faith, every challenge can become a stepping stone towards something better.

Let us choose courage over fear, composure over panic and hope over doubt. Together, with resilience and faith let us transform challenges into opportunities and every setback into a step towards a stronger tomorrow.

Dr. Seema Saini
CEO and Principal



PRE - PRIMARY SECTION

Seasons Through Little Eyes - (Show & Tell Activity - Jr. Kg.)

Our Jr. KG learners explored the Seasons through an engaging Show and Tell activity. They confidently spoke about Summer, Monsoon, Winter, Spring and Autumn, sharing interesting facts about the weather, clothes, food and activities associated with each season. It was a joyful experience that nurtured their observation, communication skills and confidence.



Green World Around Us - (Show & Tell Activity - Sr. Kg.)

Our Sr. KG learners brought the "Green World Around Us" to life through an exciting Show and Tell! With bright ideas and confident voices, they shared their love for plants, trees and nature, reminding us that every little green step can make our world a better place! The activity encouraged children to observe, express their ideas and develop a deeper love and respect for nature.



PRIMARY SECTION

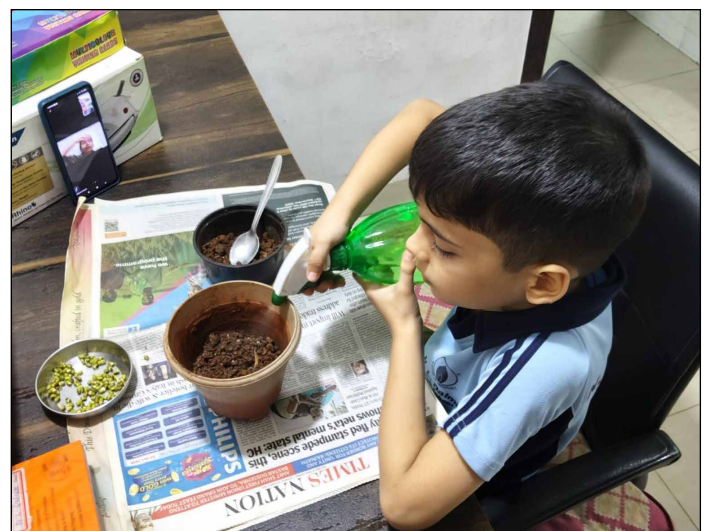
What's on My Plate?

Our Grade 1 students had a delightful time participating in the "What's on My Plate?" EVS activity. They coloured a plate, fork, and spoon, selected and pasted pictures of healthy food items to create a balanced meal, and added a neatly folded origami napkin to complete their table setting. This engaging hands-on activity helped children understand the importance of healthy eating while enhancing their creativity, fine motor skills, and presentation skills.



Seed Germination Activity

Grade 1 students participated enthusiastically in a hands-on Seed Germination Activity during their EVS class. They sowed seeds, observed their growth, and recorded their observations in journals. The activity helped students understand the process of germination through experiential learning. It was a fun and engaging way to connect classroom concepts with nature.





PRIMARY SECTION

International Tiger's Day Celebration

The students of Grade III, along with their parents, celebrated International Tiger Day with great enthusiasm. They participated in face painting, mask making, poster making, quiz competitions, and movie making. The activities encouraged creativity, learning, and teamwork among the participants. They also learned about the importance of protecting tigers and preserving wildlife. The enthusiastic participation of the students and parents made the celebration truly special. It was a fun-filled celebration that spread the message of "Save Tigers, Save Nature!"



Designing Bookmark

Grade IV students participated enthusiastically in an online bookmark-making activity based on the theme "Independence Day." Students showcased their creativity by designing colourful bookmarks with patriotic quotes, messages, and beautiful Independence Day elements. The activity helped students express their creativity, patriotism, and love for the nation while making learning fun and engaging. A wonderful celebration of freedom, creativity, and the spirit of India!



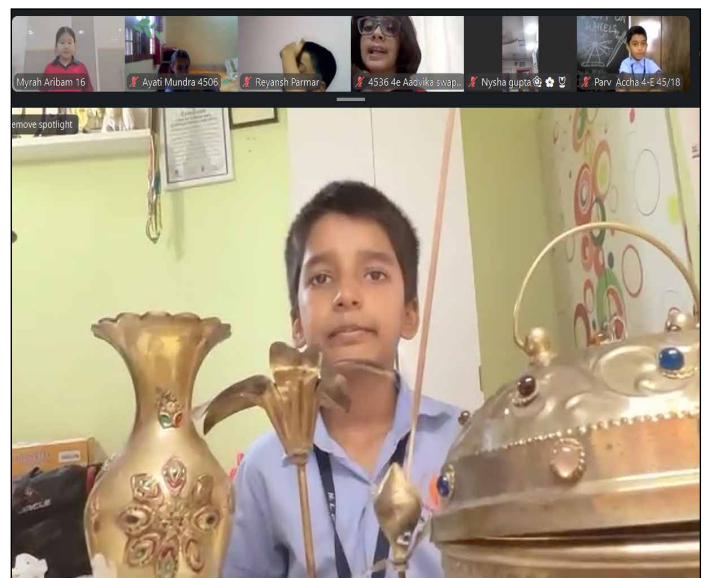
Readers' Theatre

Our Grade 3 students enthusiastically participated in an engaging Readers' Theatre session. With expressive voices, confident reading, and joyful teamwork, they brought simple stories to life. The activity helped students improve their reading fluency, pronunciation, expression, and speaking skills while building confidence in a fun and interactive way. It was wonderful to see every child participate with enthusiasm, making the experience both enjoyable and memorable.



History Comes Alive

The Grade IV students participated enthusiastically in the online Social Studies activity, "Museum on Wheels." Students brought history to life by showcasing an antique artefact or family heirloom and sharing interesting details about its historical significance, relevance, and time period. The activity provided students with an opportunity to develop their research, communication, and presentation skills while discovering fascinating stories from the past. The virtual classroom was transformed into a lively museum, making history interactive, meaningful, and enjoyable.



PRIMARY SECTION

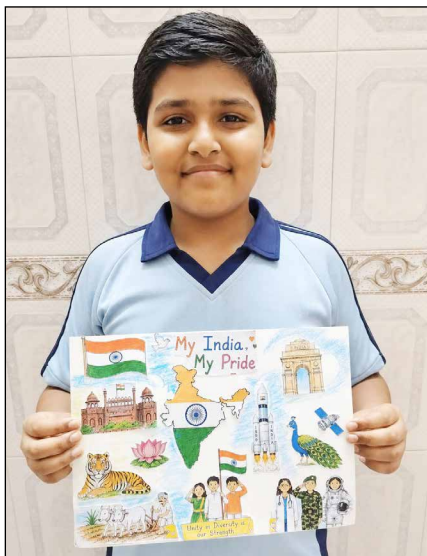
Explores the World of Animal Adaptations!

Learning came alive as the students of Grade IV enthusiastically participated in an exciting Online Animal Adaptations Activity! With confidence and creativity, our young learners showcased different animals and shared fascinating insights about their habitats, adaptations, and unique survival skills in nature. Adding an adorable touch to the session, some students also introduced their beloved pets, making the activity even more interactive, joyful, and engaging. The activity encouraged students to explore the wonders of nature while nurturing their curiosity, confidence, creativity, and love for the environment.



My India, My Pride

As part of the Independence Day celebrations, Grade V students participated enthusiastically in a creative activity themed "My India, My Pride." Students designed colourful posters and collages showcasing India's rich culture, heritage, unity, and patriotic spirit. The activity encouraged creativity, national pride, and appreciation for the diversity of our country, making it a meaningful and enjoyable learning experience.



Chef Day Celebration

Grade V students enthusiastically participated in an exciting online Chef Day Celebration held on 27th July 2026. Each division was assigned a continent along with specific colours, and students prepared creative dishes and drinks inspired by the food culture of their respective continent. With beautifully decorated tables reflecting their assigned continent and colours, the young chefs confidently showcased their culinary creations and explained the ingredients and preparation methods. The activity encouraged creativity, cultural awareness, communication, and presentation skills, making the celebration a joyful and memorable learning experience.



Best Out of Waste

Grade V students enthusiastically participated in a "Best Out of Waste" activity on the occasion of Nature Conservation Day. Using recyclable and waste materials, students created innovative and useful items while showcasing their creativity. The activity encouraged reuse, responsible waste management, and awareness about protecting nature, making it a meaningful and enjoyable learning experience.

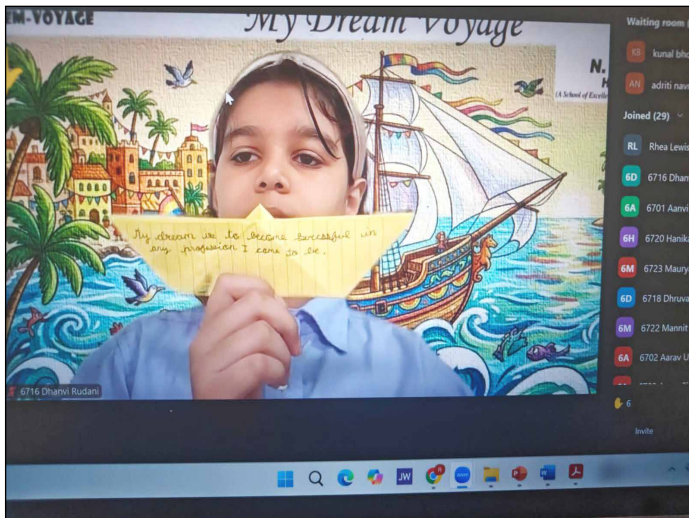




SECONDARY SECTION

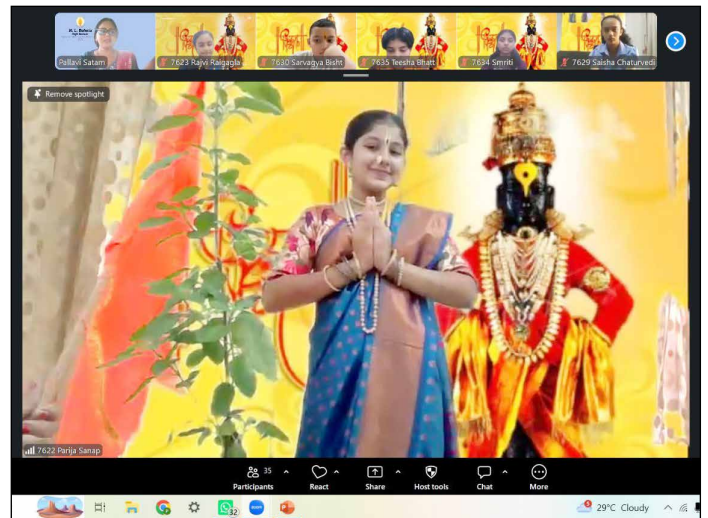
My Dream Voyage

Grade VI students explored the poem Voyage by Harindranath Chattopadhyay through a creative activity. They crafted paper boats and wrote their dreams and aspirations on them. The activity encouraged students to think about their future goals. They expressed their ideas through art and writing. Students learned about hope, courage, and determination. Each paper boat symbolised a dream waiting to set sail. It was a joyful and meaningful learning experience.



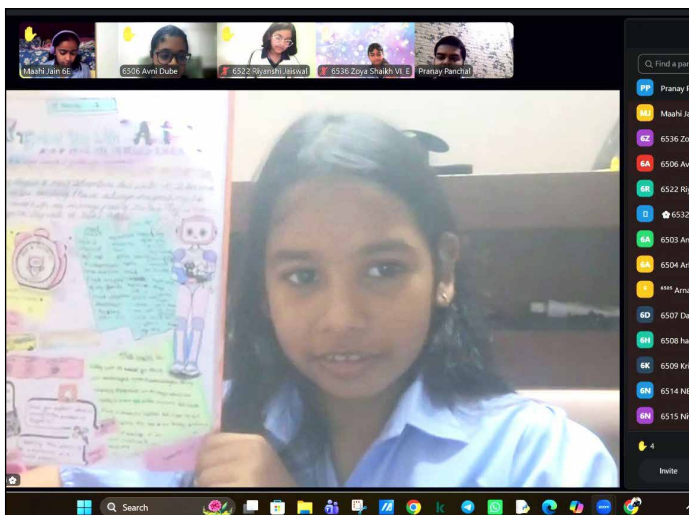
Ashadhi Wari

The Marathi Department successfully organised an Ashadhi Wari programme for Grade 7 to help them understand and appreciate Maharashtra's rich cultural heritage and traditions. The students participated enthusiastically through Warkari attire, devotional songs, and presentations on the significance of the Wari. The programme received an overwhelming response, and every student contributed wholeheartedly, making it a memorable learning experience.



AI Activity Week

AI Activity Week was celebrated from 20th to 24th July 2026 for Grades 6 to 8. Students participated in quizzes, discussions, poster making, and creative AI activities. They explored the uses of AI in everyday life and different fields. The activities promoted creativity, critical thinking, teamwork, and digital literacy. Students also learned about the responsible use of AI. Overall, the activity was both enjoyable and intellectually stimulating.



ISC SECTION

Creative Writing Competition

On 9th July 2026, the English Literary Club organised an intra-school, house-wise Creative Writing Competition for the ISC section. The event encouraged students to express their imagination, creativity, and ideas through writing. Participants showcased originality, rich vocabulary, and strong storytelling skills. The competition enhanced their critical thinking, communication, and self-expression. Overall, it was an enriching experience that fostered a love for literature and creative writing.





SCHOOL UPDATES

80th Independence Day – The Spirit Carried On

This year's 80th Independence Day celebration at N. L. Dalmia High School was a meaning tribute to the spirit of patriotism and national pride. The celebration brought together students and the school community to honour the nation's journey. With a spirit of unity, resilience and pride, the occasion served as a reminder that the strength of a nation lies in the dedication and collective spirit of its people.

The celebration echoed the national themes of "Yuva Shakti for Viksit Bharat@2047" and 150 Years of Vande Mataram, celebrating the strength of India's youth and the enduring spirit of patriotism.

The morning featured the Guard of Honour, Flag Hoisting, National Anthem and an inspiring message by CEO & Principal Dr. Seema Saini. Soulful patriotic renditions by Ms Veda Palande, Ms Suchetna Dutta and Ms Tanisha Sinha added fervour to the occasion. Nishtha Jha led the Anti-Drug Pledge, reinforcing the responsibility of youth towards building a healthier and stronger nation.



University Fair 2026 – Exploring Future Pathways

N. L. Dalmia High School organised the University Fair 2026 on 11th August 2026 for Grade XII students. The fair helped students explore courses, admissions, scholarships, and career opportunities. Representatives from universities across India, the USA, and the UK interacted with students. Students clarified their queries and explored suitable higher education pathways. Overall, the fair was an informative and enriching experience.



Motivational Session at ISKCON Mira Road

On 14th August 2026, Grade 10 students attended a special motivational session at ISKCON Mira Road. The session was conducted by Kamallochan Prabhuji, Temple President. Students learned practical ways to manage exam stress, improve concentration, and stay focused. The session encouraged them to face examinations with confidence, calmness, and a positive attitude. It provided a refreshing opportunity for reflection and inner strength. Overall, it was a meaningful and inspiring experience for the students.





SCHOOL UPDATES

NL Dalmia High School at the 17th SISMUN Conclave

NL Dalmia High School proudly participated in the 17th SISMUN Conclave held on 8th–9th August 2026 at Singapore International School. Students actively engaged in diplomacy, debate, and discussions on global issues. **Nilaya Morais** won Best Delegate, while **Prisha Sharma**, **Ethan Dcunha**, and **Devansh Goyal** received various commendations. The conference strengthened students' confidence, communication, leadership, and diplomatic skills. We congratulate all our participants on their enthusiastic participation and achievements.



Tvishaa Poojary of Class 9 secured Third Position in the Bharatanatyam – Classical Junior Solo category at “Nritya Anubhuti” – All India 22nd Cultural National Dance Contest and Festival. In recognition of her commendable performance, she was awarded a Trophy, Medal, and Certificate.



Arshita Sunil of Grade VI A showcased her talent in classical dance by securing First Position in the Kathak category at India's Biggest National Dance Competition – 2026, held online on 18th July 2026. The competition witnessed participation from over 500 contestants, making her achievement particularly noteworthy. Continuing her journey in classical dance, Arshita also participated in Kalanjali Utsav 2026, held at Lata Mangeshkar Hall on 13th August 2026, further demonstrating her passion and dedication to the art of Kathak.



Krishna Dave of Grade IV D secured Second Prize in the Kalanjali National-Level Classical Dance Competition. Her graceful performance, dedication, and passion for classical dance earned her this commendable achievement. We congratulate Krishna and wish her continued success in her artistic journey.





SCHOOL UPDATES

Beyond the Mat: Building Champions, Shaping Character

N. L. Dalmia High School, successfully hosted the CISCE Maharashtra Zone B Zonal Karate Championship 2026 on 7–8 August, bringing together 345 young karatekas from 71 schools. The two day championship featured Boys' and Girls' categories across Under-14, Under-17 and Under-19 age groups. The young athletes displayed remarkable discipline, precision, courage, self-control and sportsmanship throughout the competition. The championship was inaugurated by Dr. Seema Saini, CEO & Principal, N. L. Dalmia High School, following the traditional Ribbon Cutting Ceremony and Ring Pooja. Technical proceedings were led by Sensei Mayur Patole and Shihan Keuree Patel, supported by the panel of referees and judges. The event concluded with an inspiring Closing Ceremony graced by Hanshi Vispy Kapadia, Founder, All India Gojukai Karate-Do, who encouraged the participants to carry the values of discipline, perseverance and humility beyond the mats. The successful championship was made possible through the collective efforts of the organising team, technical officials, coaches, medical team, volunteers and staff. More than medals, the championship celebrated character - discipline, respect, courage and perseverance. Train with discipline. Compete with courage. Win with humility. Rise with character.



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

STUDENTS : Devansh Goyal