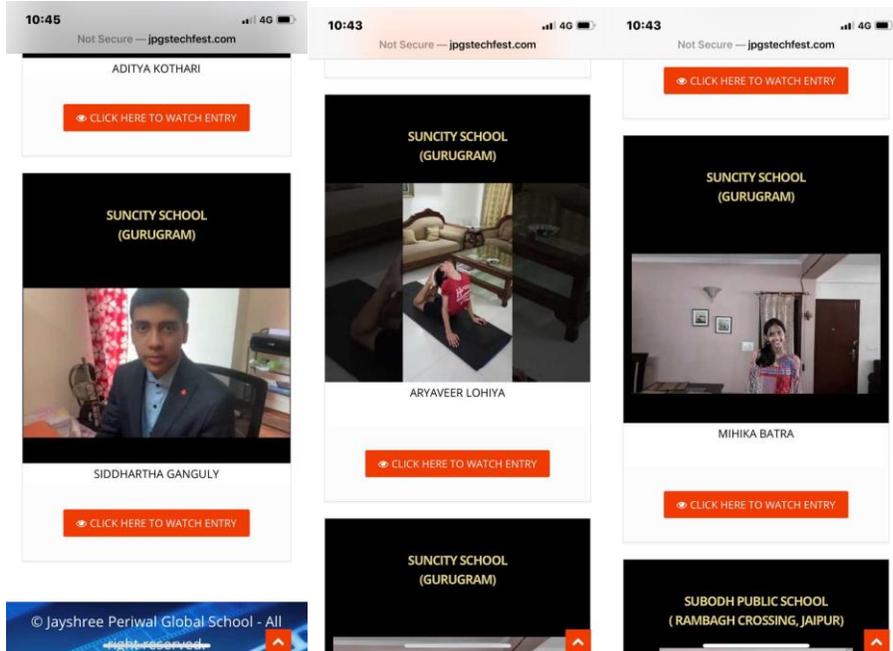


AUGUST NEWSLETTER 2020

JPGS TALEN-'TECH'-XANGE INTER-SCHOOL EVENT

Suncity School was second runner up in the JPGS Talen-'Tech'-Xange Inter-School event. The categories were 'Corporate Titans', 'Movie Making', '90 Second Challenge' and Yes! Professor. The recorded videos of presentation were submitted, and our students performed brilliantly.



The JPGS Talen-'Tech'-
Xange Interschool Event

EDUCATE. ENLIGHTEN. EMPOWER

SUNCITY SCHOOL, GURUGRAM

D0066

CORPORATE TITANS	YES PROFESSOR	90 SEC CHALLENGE
<p>SILVER</p> <p>TEAM 3</p> <p>RAJASVI SINGH</p> <p>PRATEEKSHA KUMAR KAASHVI TAYAL</p> <p>NANDINI JHA</p>	<p>GOLD</p> <p>SIDDHARTHA GANGULY</p> <p>SILVER</p> <p>ADYA SHARMA</p> <p>SILVER</p> <p>DIVA BHATNAGAR</p> <p>CONSOLATION</p> <p>NIVRITI</p> <p>CONSOLATION</p> <p>AADI THIAGARAJAN</p>	<p>GOLD</p> <p>ARYAVEER LOHIYA, MIHIKA BATRA</p> <p>SILVER</p> <p>ADITYA VIKRAM, AARUSHI LAL</p> <p>AARYA SARAF, SWARA KALUSHIK</p> <p>TANVI DHINGRA</p> <p>BRONZE</p> <p>SUHAN MAHAJAN</p> <p>NIHARIKA GULERIA, NAVAM GOEL</p> <p>CONSOLATION</p> <p>ANGAD SINGH</p> <p>Devvith Shekhar Jha</p>

B.E.S.T. CLUB WORKSHOP

B.E.S.T. (Breathe Easy, Stay Tough) Club webinar was organised by the Lung Care Foundation on 1 August 2020. The webinar was attended by our teachers and some of our students, Navya Mehrotra Grade IX, Kritika Ganesan and Saffron Gera-Grade XI.

Living up to its name, the workshop, indeed provided an extremely cohesive and enriching insight into the escalating global problem of climate change and air pollution. Due to the Covid-19 pandemic, the event was held online, but that did not deter it from conveying its message and leaving a strong impact on the students. The event started with a welcome note and then proceeded towards a special presentation by Dr. Arvind Kumar, a globally renowned lung specialist, who enlightened the students with facts and studies, which opened their eyes to how air pollution is slowly but heavily impacting us. Further, they were acquainted with the efforts made by the Lung Care Foundation internationally and explained how even small efforts made by us have a long-lasting impact. A roadmap was laid for students to initiate campaigns within their schools and localities and the functions of the B.E.S.T club were explained.

Lastly, a concluding speech was made by Mr. Rajeev Khurana, a member of the Lung Care Foundation. He briefed about what the world might look like in the near future and how we may prevent a lacklustre future, making it a scintillating one. In totality, the event was an amazing learning opportunity and motivated all those who were present to do their bit for Mother Earth.

ONLINE ORIENTATION

An Online Orientation Meeting was set up for Parents of Grade VII-VIII students.

Orientation covered various aspects of General IGCSE information, Focus on SEWA, Focus on Global Perspectives, Journey from IGCSE to DP, Pathways beyond international curriculum, Parent ambassadors sharing their positive experiences, Address by Ms. Rupa Chakravarty, Director, Suncity Schools and Question and answer session.

The purpose of the session was to give information to the parents about the International Academia in the school.

TECH TALK ON HACKING EXTINCTION

Plaksha University organized a Tech Talk on **Hacking Extinction** on 7 August 2020. The webinar was based on the SDGs- Sustainable development goals with a focus on conservation. The speaker was Dr. Alex Dehgan- CEO & Co-founder of Conservation X Labs.

INTER-HOUSE PATRIOTIC SONG COMPETITION REPORT

The Inter-House Patriotic Song Competition was held on 7 August 2020. Due to the Covid-19 pandemic, the event was held online, but that did not deter the spirit of the young singers from performing to the best of their abilities. They had their moral high with an unbeatable excitement for a one of a kind event held virtually via a live streaming on Ms Teams successfully.

The event saw quality participation from all the four Houses. Practice sessions for the same began on 27 July. Each house prepared a Hindi patriotic song and the recording of the performances was done by a team of students well versed with the latest technology. The participants from Grades V to XI put forth their enthralling performances that sparked the virtues of patriotism within the audience which was appreciated and loved by all. This was collated with the help of IT department.

Each House showcased their mastery over voice modulation, pitch, rhythm and tone with a sense of pride, self-esteem and self-confidence as a result of the competition. All our young maestros made the competition a great success.

The competition was judged by Ms. MimunBharali, who is a professional singer and a versatile performer with over 15 years of experience in various genres of music. She is a performing vocalist in the folk music band known by the name "ROOTS".

Atlantic House was declared the winner, Arctic House was adjudged the first runners up and Pacific House, the second runners up.

Glimpses of the event



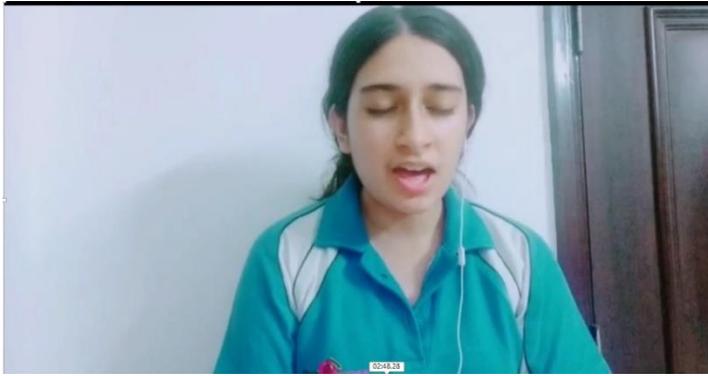
Compering by Vihan Khurana and VedantDhingra



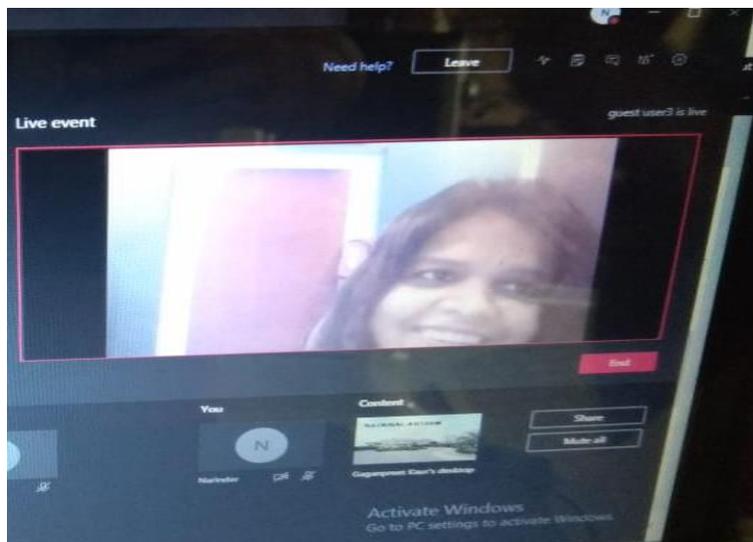
The participants



The winners from Atlantic house



Judge- Ms. MimunBharali



VIRTUAL 'CURRICULUM DESK'

A virtual 'curriculum desk' was organized on 14 August 2020 for EYP admissions for session 2021-22. The parents were given a virtual tour besides clarity about the pedagogy followed at Suncity School through the 'curriculum desk'. There was a brief activity titled 'Dreams and aspirations' incorporated into the virtual interaction. It ended with an FAQ session.

At the end the COVID-19-Safety guidelines were shared to highlight Suncity School's readiness to have students back in school.

YOUNG THINKERS 2020 INITIATIVE OF ReTHINK INDIA

On the day of Independence in 2020, it was a matter of great pride for Suncity School as our young Suncitizens won big in an All-India Essay Contest that expressed their thoughts and views on the world post Covid-19. ReTHINK India, a Nationalist Think Tank which nurtures a wide range of Communities of Practice, organized 'The New Normal Post Covid-19' Essay Contest inviting young students to share their views and opinions about the world after Covid-19.

Young Thinkers of Class 6th to 12th across the country participated in the contest and displayed exemplary thinking potential about how the world changed after the pandemic brought down the world to its knees.



Seven Suncitizens brought laurels to the school by getting selected as the illustrious 'Young Thinkers of 2020'. The student winners across India were felicitated in a virtual gala ceremony on Zoom call on 15th August at 1500 hours.

The session was attended by the winning students, their proud parents and faculty. They were asked to share their experiences and learning from the contest. The bright 'Young Thinkers of 2020' from our school are:

Vihaan Khurana VII B, Asmi Dua VIII B, Ronniat Biala VIII B, Anvi Tuteja VIII D, Prithvi Thakur IX A, Aadi Thiagarajan IX D, and Neerja Sonowal IX D

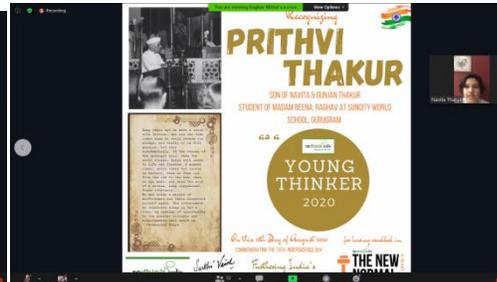
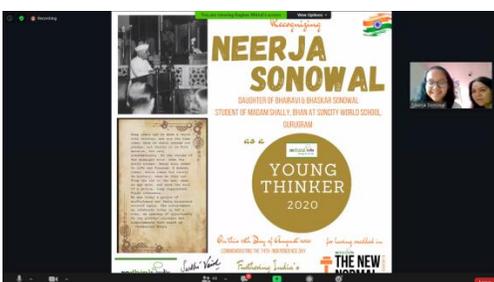
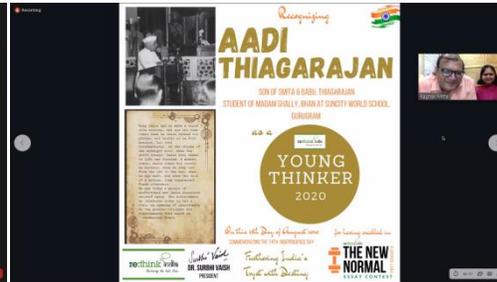
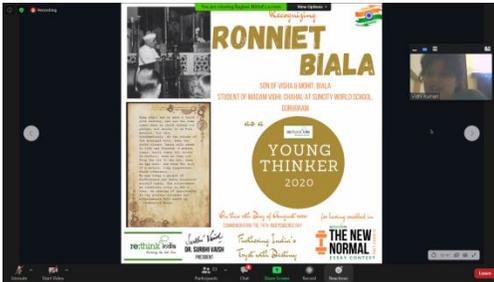
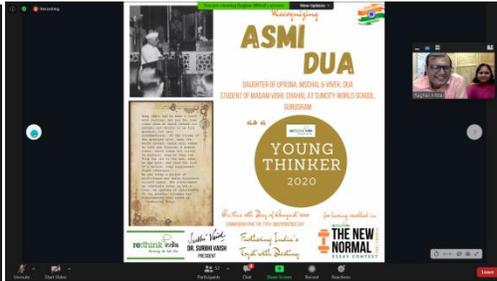
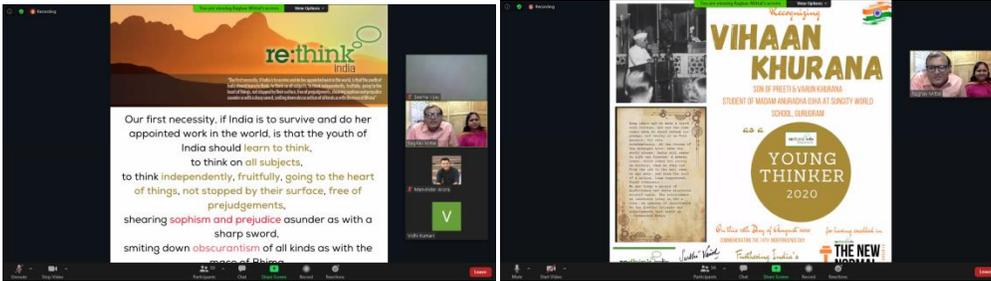
One of our participants, Aadi Thiagarajan, shares his experience, "Rethink India Thinktank Essay was a platform for young students, organized by the ReThink India Institute to express their opinion on a very relevant issue: The new world order after the coronavirus. Selected students from various schools across the country were given the topic and criteria in the later weeks of April and were given two to three weeks to submit their essay. It was an excellent opportunity for students to broaden their perspective.

It was an extremely enriching experience for me and enabled me to learn so much more about this virus and formulate a much better outlook on it. My essay was anchored around the extreme importance of health and education replacing economic and military power as the factors for the formation of the hierarchy of the new world order, and how the virus had the capability of changing even our daily lives. Through my essay, I also conveyed different ways countries and us as individuals could act to build back up after this virus. After my essay was shortlisted, I was



invited to attend a virtual meeting with the organizers and other shortlist and students. It was very enlightening to hear the views of other young people on this issue, and very heartening to know that many teachers and even our own Principal attended the entire conference and talked about the issue and the pride they felt too.”

Shared below are some images of the session:



INDEPENDENCE DAY CELEBRATIONS-74th Independence Day Celebration

Suncity School banner and National Flag Flies high on the 74th Independence Day celebration.

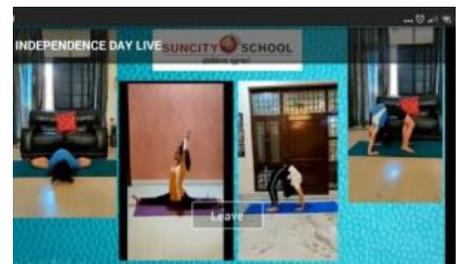


The 74th Independence Day was celebrated virtually at Suncity School on 15th August 2020. Even in the face of such adversity as the pandemic that we are all surrounded with, Suncity School did not cease the opportunity to pay tribute to our freedom fighters on August 15th, 2020.

Encouraging parents and students participated in the ceremony wholeheartedly by joining us virtually to witness the live event that was organized on Microsoft Teams platform successfully.



The event commenced with the welcome speech by the Head Girl Ishika Agarwal, followed by the flag hoisting by the Director, Ms. Rupa Chakravarty. The Early Year Programme children amazed everyone with their heart-rending performance titled the 'Radiant Flux'. The jubilant 'Yoga and Skipping Drill' was no less enthusiastic. The inspiring speech by the Director and the thought-provoking 'Dance Drama -मन्नन' by the students of Suncity truly evoked euphoric pride on this auspicious day. The Head Boy, Anish Singhal delivered the vote of thanks, after which the celebration culminated with kite flying.



INTELLECTUS MUN

Our greenhorns of MUN won awards at the Intellectus MUN held on 15-16 August 2020 at the Scottish High School. Vidushi Jaidka of Grade X won High Commendation 1, Mihika Batra of Grade IX won Special Mention 1, Veer Jain of Grade IX won Verbal Mention and Adwita Gogia of Grade VI won High commendation 2.

VIRTUAL POETRY COMPETITION-TARANG

Rastriya Kavi Sangh had organised a virtual poetry competition - 'Tarang' Bal Kavya on 15-16 August 2020. Vanshika Giri of Grade I B received a certificate of appreciation. Parth Sharma of Grade XI A and Trishaan Chaturvedi of grade VIII C received certificates of 'Kavi Gaurav Samman'. Geet Mitra of Grade VII E won third prize.

15 और 16 अगस्त को राष्ट्रीय कवि संघ की कर्नाटक इकाई द्वारा तरंग बाल काव्य मंच के अंतर्गत ऑनलाइन काव्य गोष्ठी का आयोजन किया जिसमें राष्ट्रकवि रामधारी सिंह दिनकर का काव्य पाठ हुआ इस प्रतियोगिता में कक्षा 1की वंशिका गिरी ने सम्मान पत्र प्राप्त किया. कक्षा 11 के पार्थ शर्मा को और कक्षा 8 के तृषान चतुर्वेदी को बाल कवि गौरव सम्मान का पुरस्कार दिया गया वहीं तृतीय पुरस्कार प्राप्त किया कक्षा 7की गीत मित्रा ने। यह प्रतियोगिता अखिल भारतीय स्तर पर संपन्न की गई जिसमें भारत के कोने कोने से 300 विद्यार्थियों ने भाग लिया था अभी कनिष्ठ वर्ग की प्रतियोगिता के परिणाम आने बाकी हैं।

राष्ट्रीय कवि संघ
15 अगस्त 2020

तरंग बाल काव्य मंच
राष्ट्रकवि रामधारी सिंह दिनकर काव्य पाठ

BerryCo_Coffee
HSR Layout, Bangalore, Karnataka
"बेरको कॉफी" का होटल अमर सिड्डीपो इन्डिया की "बाल कवि गौरव सम्मान" और पुरस्कार राशि से अयोजित किया।

"बाल कवि गौरव सम्मान"

देव नागर	-	501/-
खयाती मिश्रा	-	501/-
पार्थ शर्मा	-	501/-
अरुणा सिंह	-	501/-
तृषान चतुर्वेदी	-	501/-

राष्ट्रीय कवि संघ
15 अगस्त 2020

तरंग बाल काव्य मंच
राष्ट्रकवि रामधारी सिंह दिनकर काव्य पाठ प्रतियोगिता

दिनांक - 15 अगस्त को आयोजित प्रतियोगिता के परिणाम

विरचिष्ठ वर्ग विजेता

प्रथम पुरस्कार - 1001/-	शेवा नावक
द्वितीय पुरस्कार - 501/-	जगनूर कौर
तृतीय पुरस्कार - 251/-	गीत मित्रा

राष्ट्रीय कवि संघ
15 अगस्त 2020

तरंग बाल काव्य मंच
सम्मान पत्र

राष्ट्रीय कवि संघ कर्नाटक (रज्य इकाई) के 'तरंग' बाल काव्य मंच द्वारा आयोजित 'दिनांक' की कवि प्रतियोगिता पर आयोजित ऑनलाइन काव्य गोष्ठी के अंतर्गत अनुपम प्रदर्शन दिनु सुश्री/श्री गीत मित्रा को सम्मानित किया जाता है। 'तरंग' बाल काव्य मंच आपके उज्ज्वल भविष्य की कामना करता है।

अध्यक्ष सचिव संयोजिका संचालिका

WEBINAR ON DECODING THE SOCIO-EMOTIONAL WELLBEING OF CHILDREN

The Institute of Mental Health & Life Skills Promotion, Moolchand Medcity, New Delhi with technical support from Expressions India - The National School & Community Mental Health held a webinar on decoding the socio-emotional wellbeing of children and Adolescents on 16 August 2020. It was attended by all the CBSE and International Academia- IA teaching staff of Suncity School.

CMUN

Cathedral and John Connon School, Mumbai organised their 24th Edition of CMUN from the 21st-23rd August. CMUN is the oldest school based MUN conference and enjoys the reputation of also being the most competitive as it sees participation from the best schools across India, Nepal and Bangladesh.

Last year, Anmol Das and TanishqJhakar did the school proud by winning the Best Delegate award in two separate and highly competitive committees. This year, being in grade 12 they were unable to participate but played a major role in mentoring the new delegation.

For 2020, our school delegation comprised students from grades 9-11. Only two delegates had any prior CMUN experience. Thus, this was a relatively sophomoric contingent who did the school proud by winning awards across committees and defeating more seasoned participants.

The names of the winners are:

Arush Lal and RiyanshiGambhi Honourable Mention

ShauryaWalia- Honourable Mention

Vanya Duggal and Anish Singhal- Honourable Mention

Ambar Gogia and Tanish- Diplomatic Commendation

SEVENTH INTER-HOUSE YOGA COMPETITION

The first ever Virtual and Seventh Inter-House Yoga Competition was conducted successfully on 21 August 2020. The participants displayed great energy, enthusiasm, strength, flexibility and grace in performing the 'asanas'. Dr Jaya Prakash who has worked with Suncity as a yoga teacher and currently he is working as a COO of PIYAS Yoga and Nature Care Hospital, judged the participants based on various parameters such as flexibility, strength, grace, holding time, getting in and coming out of the posture.

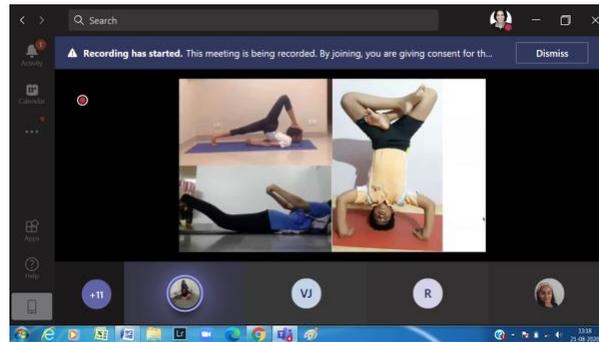
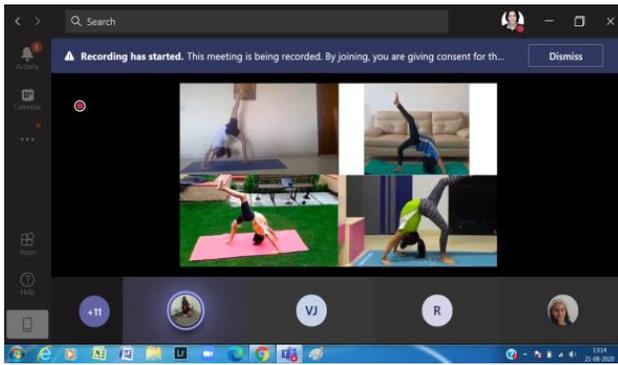
The performances witnessed during the event were praiseworthy and breath-taking. It was encouraging to see the participation and enthusiasm among the students. The Students learning the Yogic Science raised the bar yet again and performed many difficult asanas with utmost ease, grace and flexibility.

The students were very excited to perform different 'Asana' such as Ek pada chakrasana,Purna Natrajasana ,Purna Salbhasana,Bhunamansana etc. Arctic House was declared as the winner.

The list of participants, result and a few snapshots are shown below:

List of final participants and Ranking				
Name	Class	Section	House	Position
Group-1				
Anagha Bathija	II	G	Arctic	I
Arshia Mitra	II	F	Atlantic	II
Bhumi Ahuja	II	G	Pacific	III
Vasvi Roy	II	G	Indian	III
Group-2				
Purva Bang	V	D	Atlantic	I
Stuti Krishna	III	C	Arctic	II
Aarna Bhatia	IV	C	Pacific	III
Parushi Puri	IV	E	Indian	IV
Group-3				
Yuvika Bang	VIII	C	Arctic	I
Jai Tanwar	IX	F	Indian	II
Pavani Pathak	XI	A	Atlantic	III

CATEGORY	ARCTIC	ATLANTIC	INDIAN	PACIFIC
GROUP-I (GRADE I & II)	36	31	30	30
GROUP-II(GRADE III,IV & V)	30	36	28	29
GROUP-III (GRADE VI & ABOVE)	34	27	32	0
TOTAL	100	94	90	59
POSITION	Ist	IInd	IIIrd	IVth



PLAYNOMICS WORKSHOP –CAREER COUNSELLING SESSION

The Career Counselling Cell of the school organised a three-day workshop for students in association with Indian School of Business and Finance, New Delhi. ISBF is committed to providing a world-class education to students in India through collaborations with top global universities such as The London School of Economics and Political Science, University of London and Kingston University, in the fields of Economics, Management, Finance and Data Science

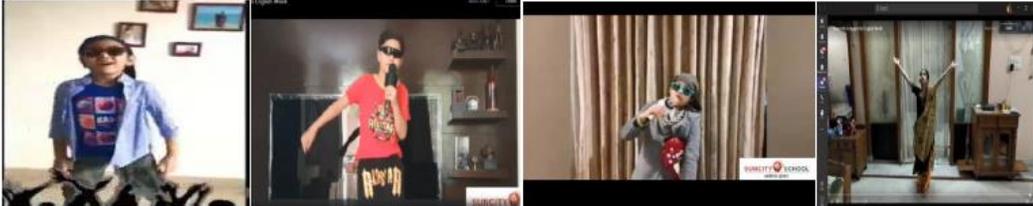
The sessions had been designed by ISBF for high school students to impart knowledge of Economics, Management and Finance, through interactive gamified workshop aptly titled, Playnomics.

Through this workshop, students understood how trading and stock market works and how one could apply the knowledge of Economics, Management and Finance-EMF for the best results. The sessions were conducted on 24-26 August for Grades XI –XII

ENGLISH AND PERFORMING ARTS WEEK

JUNIOR SCHOOL:

The virtual **English and Performing Arts Week** was held from **24-28 August, 2020**. Myriad language and theatrical activities were conducted for the week to act as a positive catalyst to engage and involve the students. The active and enthusiastic participation of the students ensured that it was a resounding success.

24 th August, 2020	A Special Virtual Assembly was conducted to declare the week open. The assembly began with the traditional prayer and a dance performed by students. Students presented self composed rap songs based on figures of speech . 
24-26 August, 2020	Oratorical & Theatrical Skill Development Activities- Students were involved in many activities to enhance the oratorical skills and Performing Arts. They discussed and practiced important pointer for good Speech making, Debate, Role-play, choreography styles, Limericks and Panel Discussions. They practiced their Theatrical rendition of Shakespearean plays etc.
27 August, 2020	A Theatre Fest—Shakespeare mania , was aired in the special assembly. Students of Grade VI enacted scenes from some of plays of Shakespeare like King Lear and The Twelfth Night. The Guest speaker - Mr. Sanjay Singh Rana, a well-known choreographer who has also worked in the Kingdom of Dreams production- Jhumroo, conducted a dance session which was greatly enjoyed by the children. 

28 August, 2020

Class III- ROLE PLAY (THEATRICAL)- Students dressed up to depict their favorite English movie/book character and do a role-play.



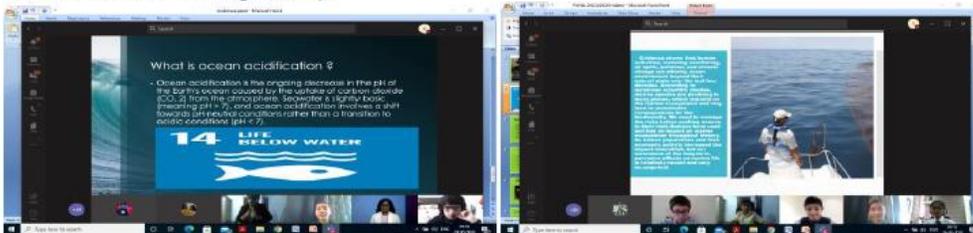
Class IV- SPEAK UP SPEAK OUT-Students honed their oratorical skills to delivered a persuasive speech on any one of the topics given to them.



Class V- DEBATE - Students presented relevant arguments for a minute either in favor or against any one of the given statements based on the **SDG-Life Below Water**. This activity helped to build critical thinking, confidence as well as oratorical skills.



Class VI- PANEL DISCUSSION- Students conducted a virtual Panel Discussion of 5-6 minutes with their group on any one of the topics given based on the **SDG-Life Below Water**. It was a much-loved activity. Some of the students dressed to represent people from various walks of life to say their point of view. Students improved their critical thinking skills as well as their debating ability.



SENIOR SCHOOL

The sole substitute for an experience which we have not ourselves lived through is art and literature. – Alexander Solzhenitsyn

24 August: English and Performing Arts departments joined hands to celebrate the second virtual subject week of the year from 24 to 28 August 2020 on the theme Vasudhaiva Kutumbakum. The week was inaugurated by the Principal, Mrs. Sandeepa Rai, on August 24, 2020. The prime objective of these activities was to sharpen the oratorical skills of the students and to enhance their extrapolative thinking skills. The invocation dance which was an Ode to sanskars and sanskriti and the interhouse soliloquy competition was the highlight of the day. In an increasingly interconnected and globalised world, the importance of learning English cannot be overstated. Thus, to ensure higher levels of proficiency and understanding students were given an opportunity which they eagerly grabbed to showcase a blend of literary and oratory skills and paid a tribute to William Shakespeare whose ‘to be or not to be’ soliloquy has inspired generations. Overall, the first day of the week brought the students closer to the magic of English language, literature and Performing Arts.



Presenters – Vaibhav and Vanya

Soliloquy winner – Vaibhav Kumar

26 August: The aim of art and literature is to represent not the outward appearance of things, but their inward significance. Suncity School kicked off the virtual celebration of the English and Performing Arts Week from 24 to 28 August’2020 to commemorate these essential elements of education that unlock profound human experience. A special assembly was held on 26 August. The theme of this assembly was ‘Dystopia to Utopia’. Students were exposed to a plethora of activities in the assembly that gave our learners the exposure of the literary and the artistic world such as prayer, news, thought for the day, poetry recitation, jingle presentation, word of the week, a beautiful western dance ‘I have a Dream’ and the exciting Inter-house quiz on World Cultures, in which 16 participants represented different countries of the world. Indian House emerged as the winner of the quiz. It is said that our thoughts become our actions. They encourage and inspire us to step forward positively in life. An insightful thought for the day gave the audience an ideal start. Next, Ananya Singh recited her soulful self-composed poem and mesmerized everyone. Jingle presentation on the theme of the Suncity School this year, Vasudhaiva Kutumbakam, won everyone’s hearts. The students learnt exciting new words through the ‘Word of the Week’ such as ‘vaudeville’ and ‘juberous’. All the students were confident, articulate, innovative, dedicated, passionate and very independent in their presentations. The Assembly surely left the audience enthralled and the virtual activities were thoroughly enjoyed by them!



Quiz Masters Ishika and Anish

28th August: The concluding virtual assembly of the English and Performing Arts Week was on 28 August 2020. The assembly commenced with prayers by the padre, priest and ulema endorsing the theme of the session, Vasudaiva Kutumbakam. The highlights of the assembly were the presentations by the students on ‘Suncity- A Culture School’ and ‘The Fine Dining Contest’. The presentations displayed not only students’ innovativeness but also their thorough knowledge of dining etiquettes. The contest was adjudged by our alumnus, Prithvi Nagpal and the members of the department Ms. Anuradha Dutt and Ms. Chanella Cubbins who contributed to the contest through their valuable expertise and experience. In the Chinese round Nikita Singh from Arctic House and in the continental round Navya Mehrotra from the Indian House emerged as winners. It concluded well with the National Anthem in form of an ensemble with rendition on the keyboard, guitar, tabla and ukulele. The assembly was enjoyed thoroughly by the audience as well as the presenters.

presenters
Navita Thakur



Presenters – Yashvi and Khushi



Suncity as a culture school



Fine dining winner – Navya Mehrotra

PRATIBIMB COMPETITION 2020

Suncitizens participated in online Pratibimb competition 2020 organised by G.D. Goenka Public School Sector - 48, Gurgaon. Our students Jayin Khanna and Krish Mehta of Grade XI A participated enthusiastically in the Science and Sports event where in they had to make an inter-disciplinary Science-Sports powerpoint presentation. This was followed by a question-answer round. They secured the third position in the event which saw a participation of more than 25 teams from different schools of NCR. Yoga and Taewondo videos of the LPYP were also shared. It was a great learning experience for the students. Vanya Mehta of Grade I A won the first prize in Poster making competition.



GREENS TO GLORY GOLF TOURNAMENT

Greens to Glory Golf Tournament Palakshi Sehrawat of Grade VIII E secured second position in Greens to Glory Golf Tournament held at Jaypee Wishtown, Greater Noida on 26 August 2020.



‘MELANGE’ –THE INTER-SCHOOL MULTIPLE INTELLIGENCES VIRTUAL EVENT

‘MELANGE’ was organised by Suncity School, Sector 37-D. The Inter-school cultural festival was organized to encourage students to display their multiple intelligences-MI via the platform provided to them. The event was conducted synchronously and asynchronously. The asynchronous events were Rasanubhuti, Art-en-lligence. Arnav Tibrewal of Grade IV C secured the second position in Art-en-lligence. The synchronous events were Jingle Mingle, Vaak Chaturya and Art Poetica held on 22 August 2020. Madhav Bansal of Grade VIII E bagged the third position in Jingle Mingle event.

CONTINUOUS PROFESSIONAL DEVELOPMENT

DATES	SESSION	ORGANISERS	FACULTY
4 August	National Education Policy	Edu TV	Mrs. Rupa Chakravarty, Director- Suncity Schools as panellist
7 August	‘Role of schools’ pedagogy in learning’-	SCHOOLWISER	Mrs. Rupa Chakravarty, Director- Suncity Schools as panellist
7-8 August	Formative Assessment – Science	ACER	Binu Gera, Veena Sivaraman
10,12 August	‘Creative Play – Interactivity and Performance’	Theatre Professionals Education	EYP faculty
14 August	Webinar: Annual Academic summit	India’s International Movement to United Nations (I.I.M.U.N.),	Mrs. Rupa Chakravarty, Director- Suncity Schools as panellist
21-22 August	Formative Assessment- English	ACER	Reena Dutta Sapna Bakshi
22 August	Emergency during COVID Times	Fortis Hospital	All educators
25 August	College Counselling	Foreign universities	Soma Dam