



DECEMBER - MARCH 2021

# LANCER'S CONVENT

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***From the Principal's Desk  
Virtual Trotting and Cooking  
Christmas Cheer  
Patriotic Pulse***

Connect



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Dashboard



Class



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Student



Attendance



Transport

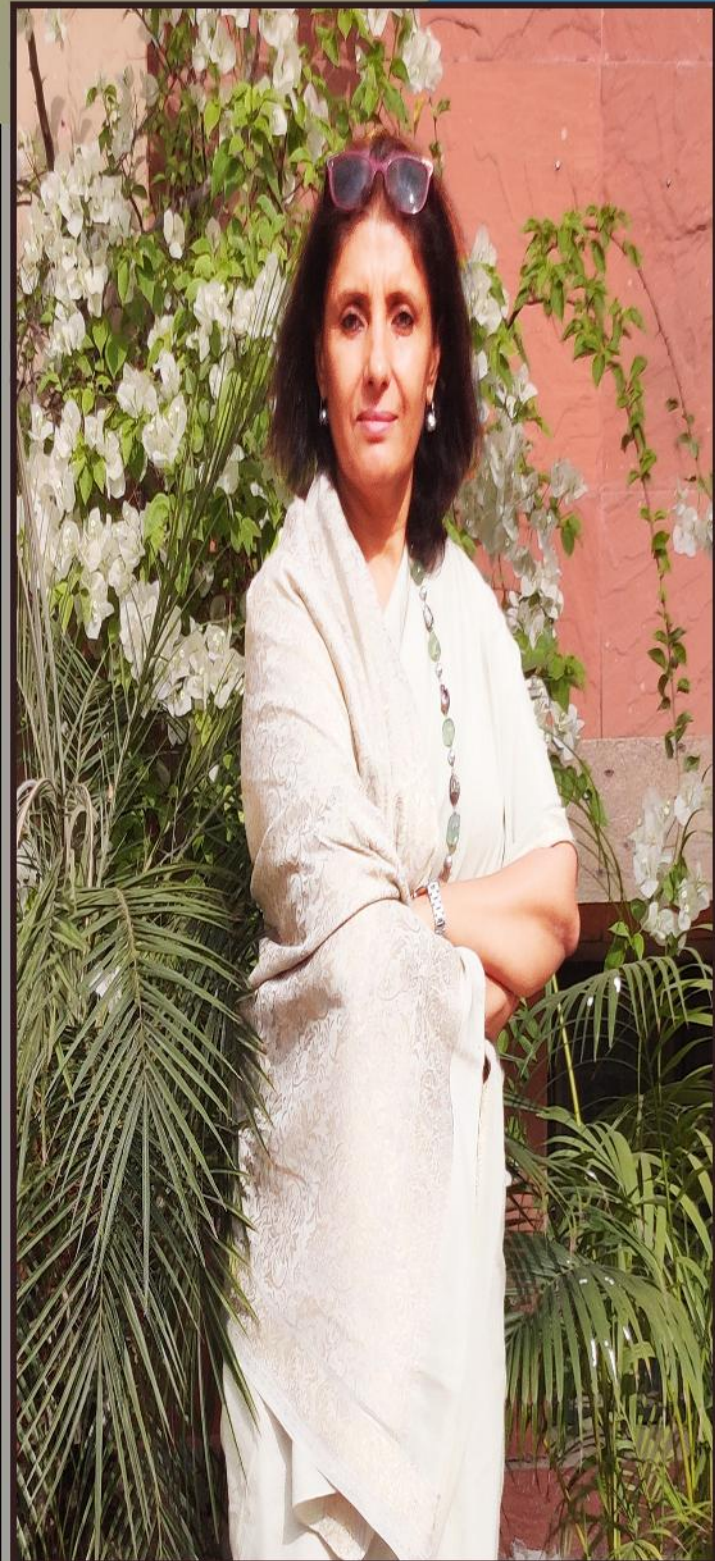


Assignment



Examination

## FROM THE PRINCIPAL'S DESK



*As you all know, the Dead Sea is really a Lake, not a sea. It's so high in salt content that the human body can float easily. You can almost lie down and read a book! The salt in the Dead Sea is almost 10 times the normal ocean water. And all that saltiness has meant that there is no life at all. Nothing lives in the Dead Sea and hence the name.*

*The other Sea is the Sea of Galilee. Turns out that the Sea of Galilee is just north of the Dead Sea. Both the Sea of Galilee and the Dead Sea receive their water from river Jordan. And yet, they are very, very different. Unlike the Dead Sea, the Sea of Galilee is pretty resplendent with rich, colourful marine life. In fact, the Sea of Galilee is home to over twenty different types of fishes.*

*Same region, same source of water, and yet while one sea is full of life, the other is dead. How come?*

*Here's apparently why. The River Jordan flows into the Sea of Galilee and then flows out and that keeps the sea healthy and vibrant, teeming with marine life. But the Dead Sea is so far below the mean sea level, that it has no outlet. The water flows in from the river Jordan, but does not flow out. It holds the water and does not give. Result? No life at all.*

*Think about it.*

*Life is not just about getting. It's about giving. We all need to be a bit like the Sea of Galilee. In the sea of your own life, you have outlets. Many outlets. For love and wealth - and everything else that you get in your life. Make sure you don't just get, you give too.*

*Open the taps. And you'll open the floodgates to happiness.*



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*“The great difference rests not  
with how  
you travel to different places,  
but with the  
experience you gain from them”*



Online technologies have removed the barriers of time, cost and location from the learning activities and experiences available to students. Virtual field trips allow learners to engage with and to learn about authentic artifacts. It helps to explore places important to their discipline of study and consistent with their individual learning needs. When travelling is fused with spirituality it leads to a mystical experience. The students of the Middle Department were taken on a virtual tour to Char Dham - Badrinath, Dwaraka, Puri and Rameshwaram. The students marvelled at the rich architectural detailing and became a part of history that trails from the ancient times till date. Student response to the virtual tour was positive. Who says field trips are not possible now.... through virtual voyages like these, travelling has transcended to a phase where, now, students can explore and absorb from all senses and assimilate the unknown realms of the world.

# CHRISTMAS CELEBRATIONS

Have yourself a merry little Christmas  
Let your heart be light!

From now on,

Our troubles will be out of sight  
Ho ho ho!!! Here comes Santa with his  
goody bag of presents and treasures!

I haven't known a person who hasn't revelled in the joy of Christmas and waited patiently for their gifts the next morning. Christmas after all is about spreading joy, love and happiness with one another.

Our little students dressed in red and white sang melodious carols and tapped their feet all along. What followed was an enthusiastic dance number taking us in the celebratory mode. The significance of the festival was explained to the students with an enactment of the Christmas story. Our honourable Principal also extended a delightful message to her children on seeing such enthusiasm and spirit.





*"It is time we invested in Soul to Nation connection"*

India has been treading the path of progress since its independence, particularly after the radical Constitution of India came into being. The virtual celebrations of the 72nd Republic Day heightened the patriotic fervour among students. Lancerians- from Little kids to the teenagers, no one left any stone unturned to unveil their patriotism through a vibrant display of emotions, feelings, dances, and music. Sparkling eyes with the dream of One India showed hope, faith, and movement towards egalitarianism. While propagating on such a desire, the young aspirants posed a question to ponder over. Is there a limit on our strength when we are one? Certainly, we know an answer to that one!

Jai Hind!





## NUTRITION ON PLATTER

*“Food is the lifetime unconditional love”*



Nutrition is the bread and butter of the body. On the top of it, delectable delicacies are the most favourite among children. What if they come with power-packed nutrients? It is like an icing on the cake. The little chefs enjoyed such culinary art which led them to foster their creativity in preparing scrumptious nutrient rich protein salad and immunity booster smoothie. They actively participated in exhibiting their culinary skills and provided a visual treat through their salads and smoothies. The budding chefs presented their recipes in artistic and aesthetic style and the audience was definitely tempted.



- Take two pieces of clean muslin cloth, in clean water. Squeeze excess water. Spread and transfer the swollen grams seeds on to the cloth, and
- Keep in a container at room temperature, with a lid. The container should be such that water is not collected at the bottom. The muslin cloth should remain damp. If it dries up, sprinkle some water to make it damp.
- The sprouts start coming within 5 to 6 hours. If you want longer sprouts, keep for a longer time. In the warm season, the sprouts come faster.



## TO BE VACCINATED OR NOT TO BE



So, you've been following the daily news religiously, watching debates over the new COVID vaccine, heard your parents' views regarding them and still have no clue how to decide what's best for you? Well! If you thought we could help you with that, then sorry mate you are mistaken but can we interest you in some fascinating facts about vaccines which may eventually help you to decide? Then here we go!

In the year 1796, a British doctor Edward Jenner (not related to Kylie Jenner!) performed the first ever vaccination for smallpox. Also, did you know the word 'vaccine' comes from the Italian word 'vacca' meaning cow. Since the smallpox vaccine was actually discovered in part with the cowpox vaccine, it became justified to call it 'vaccine'. ('vacca, vacca' anyone?)

Vaccines are made using 'immortal' human cells. Yes, you read that right. They are called HeLa cells and that doesn't mean you are going to live forever after getting vaccinated (we know you were thinking of that!). It just means that these cells won't let you contract that particular virus as long as you live.

Scared of needles? Fret not! Vaccination doesn't necessarily have to be injected, it is completely safe to take it orally and be safe from the disease. Lastly, we hope you make the right decision regardless of the things we just told you and live a safe and healthy life.



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