



APRIL - JUNE 2021

LANCER'S CONVENT

Prashant Vihar, Outer Ring Road,
Rohini, Delhi - 110085



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

Connect



011-27562816, 40073000



lancer_convent@hotmail.com





FROM THE PRINCIPAL'S DESK

A king had many elephants, but one elephant was very powerful, obedient, sensible, and skillful in everything especially his fighting skills. He would bring victory to the king in whichever war he went. Hence he soon became a favourite. Time changed and the agile elephant turned old and wasn't the start performer anymore.

One day the elephant went to a lake to drink water, but unfortunately, his feet got stuck in the mud and he started to sink. He tried a lot, struggled but he could not remove himself from the mud. People gathered on hearing his screams, and the King was informed. Everyone gathered around the elephant to get him out, but alas, even after trying for a long time, there was no way out.

Fortunately, Gautama Buddha was passing by and he stopped, and inspected the site of the incident. He suggested the king that the battle drums should be played around the lake. The listeners felt shocked at the bizarre suggestion as to how the trapped elephant would come out by playing the battle drums. But they complied knowing he is wise. As soon as the drums of war started ringing, there was a change in the gestures, behaviour, and determination of the troubled elephant. At first, the elephant slowly stood up and then gradually used his force and intelligence and before long, came out of the mud on his own, shocking everyone. Gautama Buddha smiled and said:

There was no lack of physical ability in the elephant, but only the need to infuse enthusiasm, Motivation, and Will within it were missing. Our situations are not final until we stop working to make them better. Maintain enthusiasm in life and do not let despair dominate your thoughts.

In today's tough times we all need to enthuse ourselves and the people around us with hope and gusto. If we achieve that, we will again celebrate the Abundance of Joy, Health & Happiness.

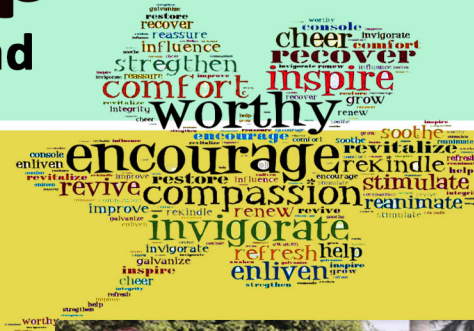
REMEMBER: THIS TOO SHALL PASS!!



StepUp

Treading Ahead

2

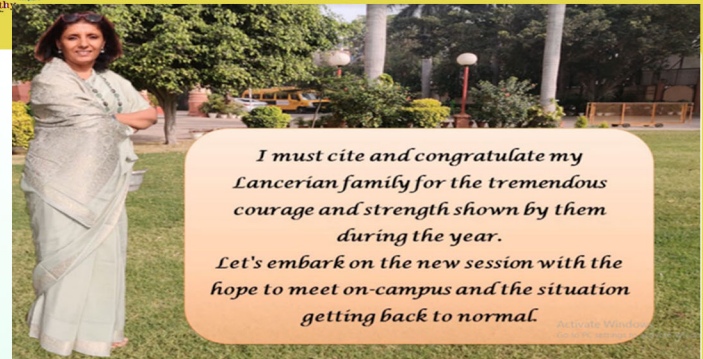


ALL GEARED UP

With the spreading of light, gusto and zest, the new academic session began with a fantabulous special assembly to welcome the students on an exquisite journey of passion, dreams, values, and lifelong learning. Beginning with the obedience to dear Baba, the prudent words of our honorable madam Principal electrified the students to pave their own way and achieve great heights. The students were warmly welcomed by soul-stirring rhythmic words of wisdom, wonderful performances, and melodious songs with the blend of progressive activities from the past to mark a memorable beginning of the new session. Members of the student Council gave warm fuzzies to everyone through their inspirational expressions that truly motivated the students to usher into the

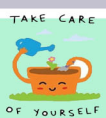
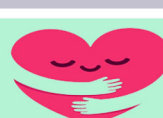
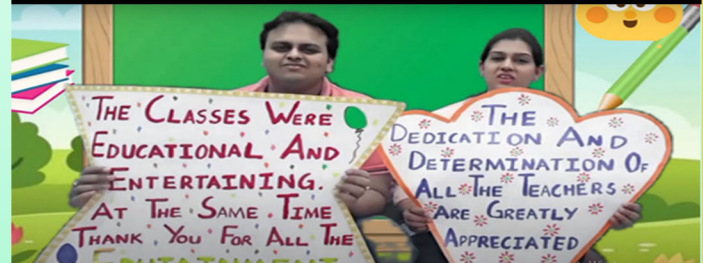
New Year with zeal and fervor.

The golden moments from the previous virtual session resonated everywhere ringing in perfect exuberance and that is how we all geared up for 2021!



tamaso mā jyotir gamaya

Keep me not in the Darkness,
but lead me towards the Light:





Take a summer break for self care

Self care



*"An empty lantern provides no light
Self care is the fuel that allows your
light to shine brightly"*

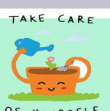
SELF
care
IS NOT SELFISH



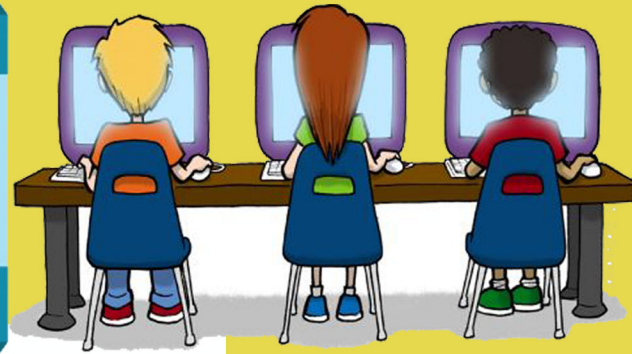
Baking a new cake each day, cleaning the house incessantly, binge watching almost everything in sight and trying to stay positive amidst the crisis was what seemed to be everyone's mantra in 2020. The pandemic was something we had no idea about and although we had fear in our hearts, we still tried to see the brighter side of things.

Come 2021, all of us filled our hearts with hope and optimism only to be greatly disappointed to realise that the pandemic was far from being over. In such challenging times it became difficult for all of us to keep up with the work that we were supposed to do and so the government announced an early summer break much to the relief of all.

This summer break gave us time to be with our loved ones, take care of the sick and just take a break from the whole emotional and mental turmoil we had been subjected to.



TINKERING INNOVATION AND CREATIVITY: LAUNCH OF THE ATAL TINKERING LAB

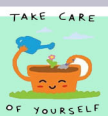
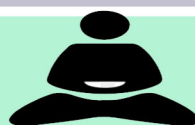


Yes! You read that right. We are soon to have our very own Atal Tinkering Lab- the one stop hub of exciting and engaging kinesthetics activities that ignite students' imaginations and translate those ideas into exhilarating experiences in the classroom.

Tinkering is to explore, experiment and step beyond your textbooks. Tinkering is to identify problems and create solutions. Tinkering is to try, and try again. Tinkering is all about learning and sometimes, failing too.

We learn by doing because we do by learning. Don't we all feel empowered when we learn something new all by ourselves? Yes, it is this empowering feeling of self-accomplishment that also leads to confidence building in the long run. Now that is what ATL is going to promote. It will give you a work space where ideas can be explored and shaped.

Wohoo!!!! Here comes our runway to join the league to great innovators and world changers.



StepUp

Treading Ahead

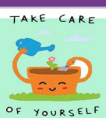
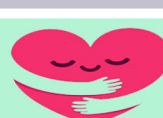
5



Our generation has witnessed the scariest pandemic. Coronavirus cases are rising sharply across the country. Something that gives us life breath is not available enough! Doesn't it ring the familiar bells of we taking nature for granted? This is the most appropriate time to make people realize the importance of planting trees which not only give us oxygen to live but also clear the polluted air. Dr Swarnakar of Nagpur got the idea from a prescription that went viral on social media recently. "A doctor had specifically written on the prescription that the patient should plant one tree after recovery." "The idea was so good. I thought let's mention the amount of oxygen the patient consumed during hospitalization in the discharge summary. The patient has paid for this amount of oxygen. So, it may help people realize the real cost of oxygen," said Dr Swarnakar.

One cannot avoid the pollution and inhaling toxic substances, one can still ensure a sufficient supply of clean air and oxygen by planting oxygen both indoors and outdoors. Adding them to home will boost the air quality and oxygen levels and fill it with greenery. Areca Palm, Snake plant, Aloe Vera, Peace Lily and Spider Plant are perfect additions to one's home. It allows people to breathe in a healthy environment, even during the night. They are easy to care for and grow well in a spot that only has indirect light.

So next time you take a deep breath of air give credit to a tree or hug a tree in thanks for what it gives us – the very air we breathe.



StepUp

Treading Ahead

6



A sound mind resides in a sound body

*"What mental health needs is more sunlight
more candour and more unashamed conversation "*
- Glenn Close

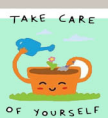


There is no health without mental health. Mental health is the foundation for the well-being and effective functioning of individuals. It is a state of balance, both within and with the environment.

The COVID-19 pandemic, apart from halting our daily chores, has also disrupted our mental health. Faced with new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues, it is important that we look after our mental, as well as our physical, health.

A Positive mental health allows people to realize their full potential, work productively and make meaningful contributions to their communities. There are different ways to maintain positive mental health by connecting with others, getting physically active, getting enough sleep and developing coping skills.

"If we start being honest about our pain, our anger, and our shortcomings instead of pretending they don't exist, then maybe we'll leave the world a better place than we found it." – Russell Wilson





AN ACT OF KINDNESS

Politeness, Courtesy and Kindness add to the sweetness and charms of life. These are the virtues of life. A human being without these virtues is a wild beast. My neighbours Mr. and Mrs. Chaddha, who have a pet dog, had to leave the town in some emergency situation and they offered to take care of their pet dog in their absence. I pounced upon the opportunity. I really took good care of him. His name was Coco. I took him to a park near my home and played with him. I used to take him for a stroll at every nature's call. Even in the wee hours I was there at his service. Once during an evening stroll his left front foot got injured as something pierced through it. I took him to a veterinary doctor, who put a bandage around his foot and also vaccinated him. I took care of his food. Dog food and non-vegetarian food was provided to him regularly. We had developed a good bond. He often used to hug me and respond to my commands. My neighbours have returned now but Coco still visits our home. He runs towards me whenever he sees me. I can see the deep feeling of love and gratitude in his eyes. I love you Coco





LET US WEAR OUR CAPES OF KINDNESS!

ACTS OF KINDNESS



A great man once said “Kindness is caring for others even if they do not care for you.” I always thought that I have to be kind towards others no matter if they are kind to me or not. One such incident was when my younger sister’s friend was down with mild covid. Our whole country is suffering from the coronavirus. It is making people suffer a lot. It is affecting people’s mental and physiological health. She was locked up in her house. It felt like my heart was continuously telling me to do something to cheer her up and that is what I did. After my classes got over, I used to meet her at Zoom meeting. I had a story session with her daily. I did a puppet show also. She would chit-chat with her friend. I felt very happy that even in these tough times, I helped her in cheering up her mood. This way, I gave her a bit of positivity. An act of kindness can bring a deep effect on others

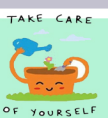
Kindness

in

Care



SELF-CARE



TAKE CARE
OF YOURSELF

7TH INTERNATIONAL YOGA DAY CELEBRATIONS- 2021

The better your practice, the brighter your flame.”

When the virus continued to upend the lives of many, Yoga turned out to be the life-saver in various aspects considering physical and mental health of the people worldwide. The 2021 virtual event organized by the school focused on this year's theme, "Yoga for well-being" - how the practice of Yoga can promote the holistic health of every individual, promoting wellness in its entirety.

The resources from the Ministry of Ayush with all the asanas to increase endurance, flexibility, and relieve doshas were utilized in making our fit champions aware about their physical and intellectual well-being. Even the parents and faculty of the school participated in the event ardently, resulting in happy hearts and minds. Whole aura got imbued with the desire to get fit and healthy.

The event marked the beginning of invigoration in relaxation, freedom in routine, confidence in self, and inflow of vitality in life, which continued throughout...

