



**TIMES
SCHOOL SURVEY
2019**
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Survey 2019



**PRAGYAN
SCHOOL**

WEEKLY CIRCULAR SENIOR

4th October 2024
(CIR/PS/133/2023-24)

ASSEMBLY IX-XII

The morning assembly on 3rd October, 2024, by Class XII B, was a tribute to the life, work, and achievements of the renowned Indian artist, Raja Ravi Varma. The assembly began with a prayer, followed by an introduction to the theme by the class.

A series of insightful talks were presented, highlighting key aspects of Raja Ravi Varma's life—his early influences, artistic journey, and the cultural impact of his work. Students discussed his groundbreaking contribution to Indian art, blending traditional Indian themes with European realism. In addition, an engaging quiz was conducted, where students from different classes participated enthusiastically, answering questions related to his famous paintings and artistic style. The quiz not only tested their knowledge but also served as a fun way to deepen their understanding of his contribution to art. Overall, it was an informative and enriching session that left everyone inspired by Raja Ravi Varma's legacy.



IGKO SOF OLYMPIAD

International general knowledge olympiad for the students of classes VI-X who had opted for it, was conducted on 4th Oct 2024.



GROUP COUNSELLING SESSION FOR 6AB & 9A

Topic: Self-Reflection on SA 1 Performance to Identify Strengths and Weaknesses

The objective of this group counselling session was to encourage students to reflect on their performance in the SA 1 exams, identify their strengths, and recognize areas where improvement is needed. The session aimed to foster self-awareness among students, helping them take responsibility for their learning and develop strategies for academic growth.

The session began with a brief introduction to the concept of self-reflection, tailored to suit the age group of the students. The school counsellor explained that self-reflection is about looking back at how they performed in the exams to understand what they did well and where they could do better. Students were encouraged to think about their efforts during the preparation, their understanding of the subjects, and their approach during the exams.

GROUP COUNSELLING SESSION FOR 6AB & 9A

Group Counselling Session for Class X-B

Topic: Understanding Aptitude and Psychometric Assessments for Stream Selection

The purpose of this group counselling session was to help students understand the concept and importance of aptitude and psychometric assessments in making informed decisions about stream selection. The session also aimed to educate students on the significance of aligning their skills, interests, and personality traits with their chosen stream, fostering long-term career success and personal happiness. The session began with an overview of aptitude tests and psychometric assessments. Students were informed that these assessments are designed to evaluate a range of abilities, including numerical, verbal, spatial, and logical reasoning. These tests provide insight into individual strengths and weaknesses, which can guide students towards choosing the most suitable academic streams.

The session then focused on the importance of matching one's skills, interests, and personality with their chosen academic stream and career path. The school counsellor explained that when students pursue a stream that resonates with their inherent abilities and personal preferences, they are more likely to excel and stay motivated in the long term. Students were engaged in an interactive discussion about their perceptions of different streams (Science, Commerce, and Humanities) and how they view their own strengths. This session was a valuable opportunity for students to recognize the importance of informed stream selection, ensuring they make choices that lead to a successful and fulfilling future.

TRIP TO SHIMLA: QUEEN OF HILLS

The trip to Shimla for class VI exceeded all expectations, offering an enriching and fulfilling experience for both students and teachers. Kufri Fun World provided a thrilling experience for the students, with safety being a top priority. The children thoroughly enjoyed the rides, while staff ensured they were well looked after. After Kufri, we visited the Jhaku Temple to seek blessings, which was a peaceful conclusion to the trip. As the famous quote goes, "Travel is not about the destination, but the journey." This trip was a testament to that, as every moment was filled with learning, fun, and togetherness.

TRIP TO UDAIPUR & MOUNT ABU

Class VII students embarked on an enjoyable trip to Udaipur and Mount Abu. The trip combined historical exploration with team-building activities. Students visited Udaipur's City Palace, Jagdish Temple, lake Fateh Sagar and Lake Pichola, and marveled at Mount Abu's Dilwara Jain Temples, Gurushikhar and Nakki Lake. Scenic boat rides, trekking, and local interactions made the experience unforgettable. Students demonstrated teamwork and enthusiasm throughout. The trip proved to be an enriching and memorable experience for all.



TRIP TO JODHPUR AND JAISALMER

From 27th September to 2nd October, a five-day educational trip was conducted for students of class VIII to Jodhpur and Jaisalmer, focusing on cultural and historical learning. Key visits included Mehrangarh Fort, where students learned about Rajasthan's royal history, and Jaswant Thada, showcasing stunning architecture. The light and sound show at Mandore Gardens enriched their understanding of local legends.

A toy train ride and boating at Gadi Sagar Lake provided insights into regional transport and ecology. Students explored Osian's temples, experienced the mesmerizing sand dunes with camel and jeep safaris, and enjoyed a cultural night with Rajasthani folk music and dance. Jaisalmer Fort and local havelis enhanced their appreciation for heritage architecture. The trip fostered teamwork, cultural awareness, and critical thinking, enriching students' overall educational experience.



TRIP TO GUJARAT

The students of Class XI had an enriching trip to Gujarat, packed with memorable experiences. Their journey began with the magnificent *Statue of Unity*, a colossal monument that truly showcases the architectural brilliance of Sardar Vallabhbhai Patel's tribute. Along with the grandeur of the statue, they explored the serene *Valley of Flowers* and *Butterfly Garden* in Kevadia, immersing themselves in nature's beauty. In Vadodara, they marveled at the intricate architecture of *Laxmi Vilas Palace*, a royal heritage site, and enjoyed the calming atmosphere of *Swaminarayan Temple*. The group then proceeded to Ahmedabad, where they visited the historic *Sabarmati Ashram*, gaining deeper insights into Mahatma Gandhi's life and principles. Their itinerary also included relaxing activities such as boating at *Nauka Vihar*, a light and sound show at the *Statue of Unity*, and scenic views along the riverbanks. Throughout their trip, the students indulged in local Gujarati cuisine, including a delightful breakfast at *Jagdish Restaurant* and meals at various local spots, adding a delicious cultural layer to the adventure. Overall, the trip was not only educational but also an immersive experience, combining history, nature, and culture, creating lasting memories for the students.

TRIP TO GUJARAT



TRIP TO MANALI

A group of 22 students of class XII, along with two teachers, embarked on an educational trip to Manali, Himachal Pradesh from 26th September, 2024 to 1st October, 2024. The overnight journey by bus was filled with excitement, with students sharing stories and bonding during the scenic drive through winding mountain roads. On the first day, they visited significant temples such as Hadimba Devi Temple and Vashisht Temple, learning about the region's spiritual heritage. The students visited the Atal Tunnel, marvelling the engineering wonder on the second day. The group also explored the serene Sissu Lake, enjoying the tranquil surroundings. The third day was spent exploring Naggar Castle, where students gained insights into its royal history and Himalayan architecture. They also visited the Art Gallery at the Naggar Castle. On the final day, the group trekked to Jogini Falls, enjoying the scenic beauty while learning about the local ecosystem. The trip provided a perfect blend of culture, history, and adventure, offering students a rich learning experience outside the classroom.



ECOLOGY CLUB VI-VIII: GREEN WARRIORS

The Ecology Club organized an engaging and informative session focused on raising awareness about National Wildlife Parks and Sanctuaries. The event was aimed at educating students about the importance of preserving biodiversity and the role these protected areas play in conservation efforts. In the next Ecology Club period, each group will present their discussions in the form of a talk. These presentations will focus on the specific wildlife parks and sanctuaries they have researched, along with the key issues and solutions discussed within their groups.



HEALTH AND WELLNESS CLUB VI-VIII: AAROGYAM

Health and wellness club students of class VI-VIII had discussion on mental health and a game was conducted, which was a resounding success! Children openly shared their thoughts and feelings, fostering a supportive environment. The 'Emotion Charades' game promoted emotional intelligence, teamwork, and empathy. Overall, a valuable experience that educated and engaged our young minds.



READERS CLUB VI-VIII: THE PAGE TURNERS

Today's Readers Club session was a resounding success. Students were divided into four groups and tasked with writing stories based on the following genres: 1. Mystery 2. Humour 3. Science Fiction 4. Non-Fiction . Each group received a brief introduction to their assigned genre, highlighting key characteristics and examples. Students then brainstormed ideas, developed plotlines, and wrote their stories. Effective teamwork and collaboration were evident. Overall the activity achieved its objectives, fostering teamwork, creativity, and genre awareness.



INTERACT CLUB VI-VIII: HELPING HANDS

This week the students of interact club prepared for a Nukkad Natak on the theme Mahila Sashakti (Women Empowerment). The objective of this street play is to raise awareness about women's rights, the importance of gender equality, and to inspire the community to take a stand for women's empowerment. The theme has been chosen to highlight issues such as education for girls, women's rights, gender equality, and the fight against social evils like dowry, gender discrimination, and domestic violence. The script, collaboratively written by students and teachers, integrates thought-provoking dialogues, real-life scenarios, and impactful messages to bring out these issues. The students were briefed about the upcoming blood donation camp organized by the Interact club of Pragyan School Greater Noida.



ECOLOGY CLUB IX-XII: GREEN WARRIORS

The Ecology Club students initiated a medicinal garden, starting with the plantation of aloe vera, tulsi, and curry leaves.

- Aloe Vera: Helps in skin healing and hydration.
- Tulsi: Boosts immunity and reduces inflammation.
- Curry Leaves: Aids digestion and supports weight management.

This project promotes awareness of medicinal plants and sustainable health practices among students.



ECOLOGY CLUB IX-XII: GREEN WARRIORS

On 4th October, 2024 the students of the Ecology Club at Pragyan School had the honour of showcasing their year-long environmental activities on DD Kisan, a prominent news channel focused on agriculture and environmental issues. The highlight of the event was the partnership with the Give Me Trees organization, where the club members demonstrated the various initiatives undertaken over the past year. Key activities showcased were a tour of the school's compost pit, visit to the organic farm, mango sapling project, collaboration with 'Give Me Trees'. During the live coverage on DD Kisan, the students actively engaged with the camera crew, explaining the various activities and the environmental impact of each initiative. The students articulated their passion for sustainability and shared personal stories of how they became interested in environmental conservation. The audience had the opportunity to witness the dedication of the young minds and how they are actively working towards making a difference in their community and beyond.



HEALTH AND WELLNESS CLUB IX-XII: AAROGYAM

This week, the Health and Wellness Senior Club organized a creative and calming activity centered around Mandala Art, where students had the opportunity to express themselves artistically while focusing on mindfulness and relaxation. The session aimed to promote mental well-being, stress relief, and self-expression through art. The students engaged in the creation of intricate Mandala designs, a traditional art form known for its symmetrical patterns and spiritual significance. As part of the activity, they designed beautiful and unique Mandala bookmarks, blending creativity with functionality. The activity was met with enthusiasm and interest from the students. The resulting bookmarks were not only aesthetically pleasing but also demonstrated the therapeutic value of art in promoting mental health and wellness. Several students mentioned feeling relaxed and satisfied after completing their Mandala bookmarks. This activity aligns with the club's mission of fostering a holistic approach to student wellness, emphasizing the power of artistic expression in maintaining mental balance.



JOURNALISM CLUB IX-XII: THE BROADCASTERS

The Journalism Club held a session on Report Writing, focusing on developing reports for the newspaper. The objective was to train students in summarizing events effectively, using clear and structured writing.

Students were assigned recent school activities, such as the Annual Sports Meet and Annual Day and Annual Trips to draft brief reports. After drafting, each student presented their report, which was reviewed for accuracy, structure, and clarity. The concise writing exercise helped students focus on including only essential information, an important skill in journalism. It was an enriching experience for all the club members .



INTERACT CLUB IX-XII: HELPING HANDS

The Interact Club held its weekly meeting on Friday, 4th October. ZIR Reva and President Manasvi, along with other active members, discussed the upcoming Blood Donation Drive.

Tasks were assigned:

- Poster-making to promote the event (digital and handmade)
- Displaying handmade posters in residential societies
- Sharing digital posters on social media handles
- Promoting the event in and around the school

Interact members enthusiastically took responsibility for these tasks, demonstrating their commitment to the cause.



ECOLOGY CLUB TIP



HEALTH AND WELLNESS TIP



Healthy Lifestyle Tips

Benefits of Orange

- *It's a Good Source of Fiber*
- *They May Protect Your Brain*
- *Kidney Stones May Be Reduced*
- *Citrus Fruits Have Low Calorie's*
- *It may help prevent or fight cancer*
- *They are high in vitamins and plant compounds*
- *Their Nutrient Content Promotes Heart Health*





TIP OF THE WEEK

HOW TO MAKE CHILD A POSITIVE PERSON

Raising a positive child involves fostering a supportive environment, modeling positive behavior, and teaching resilience. Encourage them to focus on their strengths, practice gratitude, and develop problem-solving skills



- 1** Children often mimic the behavior of adults around them. Model positive attitudes, language, and actions in your daily life.
- 2** Teach your child to focus on the bright side of situations and to reframe negative thoughts into positive ones.
- 3** Foster a sense of gratitude by encouraging your child to express appreciation for the good things in their life
- 4** Instead of solely focusing on achievements, praise your child's efforts and hard work
- 5** Help your child develop resilience by teaching them how to cope with challenges and setbacks
- 6** Offer specific, genuine praise to reinforce positive behavior. This can boost your child's self-esteem and motivation to continue engaging in positive actions.