



**TIMES
SCHOOL SURVEY
2019**
Ranked No. 1
as school leaders in Greater
Noida by the Times of India
Survey 2019



**PRAGYAN
SCHOOL**

WEEKLY CIRCULAR SENIOR

8th APRIL 2022
(Cir/PS/46/2022-23)

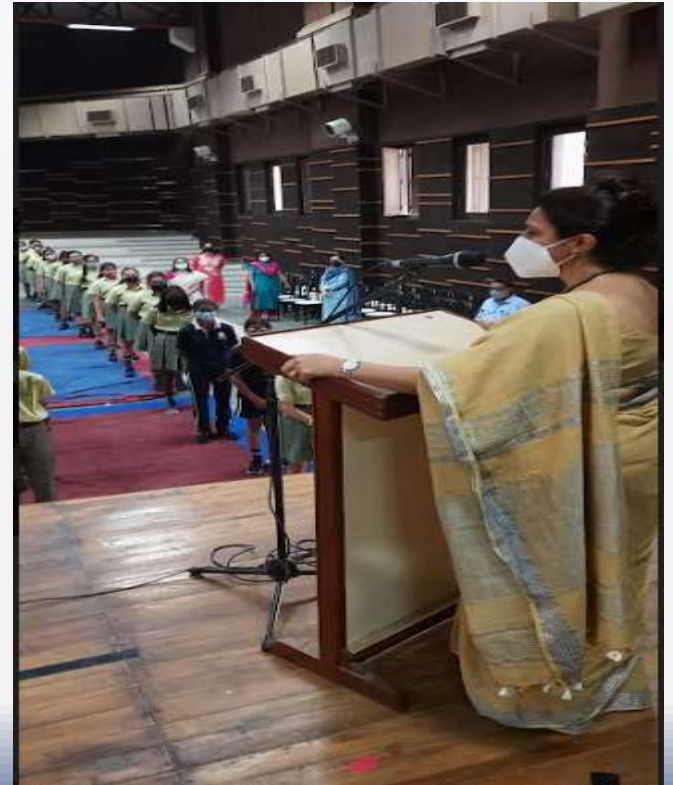
COMMENCEMENT OF NEW SESSION 2022-23 [VI-XII]

An Enthusiastic Motivating Reopening of School

“Prayer honors God, acknowledges His being and adores His providence.”

The school reopened on an enthusiastic note on 4th April 2022. The students were accorded a warm welcome by their teachers in the morning assembly which commenced with a humble prayer to the Almighty followed by a beautiful thought for the day. Children were also briefed about covid protocols to be followed at all times. The talk on the topic- ‘Winning the race of life is important but even more important is to win the hearts of people’ was well received by the students. The senior coordinator Ms Seema Sharma welcomed the new students and wished them a great time in school. The Principal, Mrs. Ruchika Sharma in her address motivated the students to do their best and remain organized right from the beginning to achieve greater heights. Overall, the assembly proved to be full of motivational learning and an apt beginning to the new session.

COMMENCEMENT OF NEW SESSION 2022-23 [VI-XII]



WORLD HEALTH DAY [IX-XII]

World Health Day is celebrated every year to raise awareness about the ongoing health issues that concern people across the world. The day is also used as an opportunity to spread awareness about the overall health and well-being of people. With this in mind, Health and Wellness Club organized a session for the students of classes IX-XII on 7th April in the school auditorium. The resource person Dr. Priyanka Shrivastava, Senior Consultant, Department of Behavioural Sciences, Jaypee Hospital Noida conducted a session on the topic of 'Health and Well-being challenges post covid'. She asked students about the mental and physical health problems that they were facing in school after two years of online classes. She also talked about the fear and anxieties related to adolescent school and social life. Dr. Priyanka was able to connect with students during the session. She shared constructive ways to repair the damages caused by Covid- 19. Students of classes IX - XII were very responsive during the entire session. Overall, a good session for the students.

WORLD HEALTH DAY [IX-XII]



ASSEMBLY [VI-VIII]

The first day of school is absolutely one of the most important days of the year. In the first week, the children of class VIIC were all agog when they hosted their first assembly of the session. The students were visibly overjoyed when they used the spotlight after a long break. On 5th April 22, class VIIC had presented a talk about the live math prodigy 'Arthur T Benjamin'. On 6th April all middle schoolers from classes 6- 8 have observed 'World Health Day. The students of class 8C had ignited a spark in the awareness programme with reference to the theme of World Health Day. On 7th October the students showcased their oratory skills which include prayers, information on latest happenings, inspiring thoughts, speech, poems, story narration etc. The assembly was hosted for three days in a row by 8C and had inspired the students with life teachings that facilitate mental and spiritual development. Students of classes VI-VIII actively participated in the first Open Forum of the session 22-23. The topic was India's COVID-19 vaccination program. Children presented their views on the same in the morning assembly on Friday 8th April 22. They were more than excited to support their views with facts and figures. Overall it was an enriching experience for all.

ASSEMBLY [VI-VIII]



ASSEMBLY [IX-XII]

School assembly inculcates values, responsibility, care, consideration for others, and team spirit among students. The students of Class XII-A presented the assembly from 5th April to 7th April 2022 29th with a special day celebration on “World Health Day”. The assembly started with the positivity of the morning prayer and was followed by the news headlines and the thought of the day. The students worked together as a team and presented talk on the contribution of “Nikola Tesla” on first day assembly. A self-made video by Adhya & Kumar Priyam was also projected on him. The debaters debated on the topic “Bitcoin & other cryptocurrencies should be encouraged or banned”. It was a healthy discussion among the students. 7th April is celebrated as World Health Day and our students spoke about the importance of this day followed by an explanation of various Aasanas to remain physically fit. Friday is YOGA day where students were encouraged to do a few stretching exercises, breathing exercises & many more by the instructor.

ASSEMBLY [IX-XII]



CLASS TEACHER PERIOD [VII]

Students of Class 7C discussed the new ERP "Entab" in the Class Teacher period. They were strengthened with new features of the software and become aware of its working. Students shared their ideas about the new class and new session and interacted with their new class teacher.



PRACTICAL CONDUCTION [XII]

Students of class XII batch 2021-22 are appearing for their term -II board practicals. The external examiner from other schools appointed by the board are conducting the practicals.



ATL SESSIONS VI

Students of class VI were introduced to the objectives and working of the ATL lab. Videos related to it are shown to them. They were motivated to find a solution to their day-to-day problem. They were shown 3D printer also.



ATL SESSIONS VII

In ATL Session , students of class VII were introduced to electronics. They came to know about colour coding of resistance and how they find resistance and tolerance of many resistors. Later they made a simple electric circuit with the help of a resistor, battery, LED, and wire in the breadboard.



ATL SESSIONS VIII

During the ATAL TINKERING LAB session this week students of class VIIIA learned the basic concepts of electronics- current, charge, voltage, capacitance, resistor etc were explained to the students by Ms Rajani Gupta. The series and parallel combination of resistors were shown to the students to understand the working better.



ATL ONLINE SESSIONS IX

Students of Class IX attended the ATAL Tinkering lab where they made the electronic circuits on a breadboard with blinking LED and also by using LDR. This activity will help them to understand the concept behind basic electronic circuits and the utility of various components. Students were explained the usage of resistors and LDR.



SOCIAL CLUBS

CLASS VI- XII



- ECOLOGY CLUB
- HEALTH AND WELLNESS CLUB
- DEBATING AND JOURNALISM CLUB
- INTERACT CLUB

ECOLOGY CLUB VI-VIII

Topic- Save Earth

Session started with the welcoming of new eco-club members by the teachers. They were made aware of the objectives of the Eco-club. Later topic save Earth was introduced to them. Members were divided into groups for the discussion among themselves on 'Say no to Plastics'. Views of each group were presented by the speaker of their groups. They shared their view very well about the harmful effects of plastic and its substitute.



HEALTH AND WELLNESS CLUB VI-VIII

Striving on the motto, “Healthy life, productive life, I’m happy, I’ll make others happy”, this club teaches children how to remain healthy and maintain personal and community hygiene. After resuming the new academic session in person, the ‘Health and Wellness Club has conducted its first session with great gusto and welcomed its new members with open arms. An interaction was conducted for the students of classes VI-VIII on 5th April 2022 in the presence of the Club in charge. All club members gave their input in planning the club activities. Students shared various diet and lifestyle tips that can be incorporated into their everyday life to improve their health. They propagated the idea of healthy food combinations and emphasized the wrong ways of eating. The teachers shared the importance of prioritizing the 7 aspects of wellness in one’s life: physical, social, intellectual, emotional, vocational, environmental, and financial. Overall, the interaction was a good start towards a better and healthy lifestyle.

HEALTH AND WELLNESS CLUB VI-VIII



DEBATING AND JOURNALISM CLUB VI-VIII

The Debating and Journalism club give students an interesting way to develop their oratory skills. Different activities help students enhance their critical thinking and communication skills. Student members of the debating and journalism club enjoyed their first session where they learned that the objective of the club is to practice how to discuss an issue, express opinions on current issues, develop the ability to organize and analyze the available information, and present ideas in a creative and meaningful way. All the members look forward to the forthcoming sessions for an enriching experience.



INTERACT CLUB VI-VIII

Students of classes VI-VIII attended their first Interact club Meeting on 5th April 2022. The motto of the Interact Club along with responsibilities towards society was explained to the students by the Teacher Incharges Ms. Richa Palni and Ms. Sapna. Students gave their introduction and their reason for joining the club. The activities of the club for April month were also discussed. Students were excited to put their best efforts for the betterment of society through this club.



INTERACT CLUB INITIATIVE SURPLUS FOOD DISTRIBUTION

The Interact club joined hands with Robinhood Army to reduce food wastage. So far in the first week of April, the Robinhood Army had collected food from Pragyan's Kitchen, distributed and served it out to over 35 people in some less fortunate sections of society..



HEALTH & WELLNESS CLUB



Healthy Lifestyle Tips

Weekly Wellness and Health tips 

If you want to maintain good overall health, it is important to follow these weekly tips.

- Drink at least 8 glasses of water** each day to stay hydrated and flush toxins out of your body. 
- Get at least a half an hour of cardiovascular exercise** each day whether it is biking, jogging, walking, swimming, or something else entirely. 
- Take out all of the junk food** in your cupboards at home and replace them with healthy snacks like nuts, fruits, and vegetables. 
- Find healthy ways to manage your stress** such as meditation, yoga, listening to music, or exercising. 
- Try cooking nutritious meals** for yourself and your family at least 5 times a week. Eating out is okay, but only occasionally. 
- Plan out your meals for the week** ahead of time so you don't have to do a lot of last minute work. 
- Do yoga and/or tai chi** at least once a week to keep your joints flexible and your muscles strong. 
- Make sure to focus on strengthening your core muscles** by lifting weights so you can stay healthy and make performing everyday activities like lifting heavy objects easier on your back.



ECOLOGY CLUB

Make some chirpy friends this summer with a bowl of water

Lack of water is the one thing due to which birds suffer a lot during summer. Citizens should keep a little water in water holes, if there are any at home, or in a large pot at open spaces that would be easily accessible to birds. Food leftovers are also one of the best ways to feed birds.





TIP OF THE WEEK



The 5 Most Important Self-Love Practices for Parents

1. Keep your own cup filled.
Take Action!
2. Have hobbies.
3. Get away without the kids.
4. Have goals outside of family life.
5. Fulfill your souls calling or your life purpose.



www.thisnthatparenting.com