



**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


14<sup>th</sup> JANUARY 2022  
(Cir/PS/35/2021-22)

# ACHIEVEMENTS


Heartiest congratulations to Alla Poojita Chowdary for getting selected for the INSPIRE MANAK AWARD for the year 2021-22. She has been awarded Rs 10,000/- each for the preparation of science project/ model and to participate in the District Level Exhibition and Project Competitions (DLEPCs) to be organized by the District Education Authority. Her proposed model is- "TDS detector fit on taps"



# ACHIEVEMENTS




The banner features the DST@50 logo (1971-2021) on the left, the Inspire Awards - Manak logo in the center, and the National Innovation Foundation - India logo on the right. The text in the banner includes 'DST@50 1971-2021', 'Department of Science & Technology', 'inspire awards - manak', and 'राष्ट्रीय नवप्रवर्तन प्रतिष्ठान - भारत'.



**PRAGYAN  
SCHOOL**

**PROUD MOMENT!!**



A portrait of a young boy, Mr. Ayan Bhoumick, wearing a dark blue polo shirt with a small logo on the chest.

**Mr. Ayan Bhoumick (Class X)**

We are proud to share the outstanding achievement of our student who has been selected for **National Level Exhibition** under **Inspire Manak Award 2020-21**. He got selected among 19 participants in the **State Level Exhibition** for his innovative idea “**Mask with filter life indicator**”.

Many congratulations to the student, teachers and parents for his commendable achievement.

# ONLINE CLASSES

The school had again gone back to the online mode due to present covid conditions. However, the classes are being made interactive and interesting in online mode as well. In classes 7-8, audio-visual aids are extensively used to make the ONLINE science learning interesting and joyful. Students actively participated in the discussions after watching the PPT slide / videos related to the topics. In 7 C, the types of asexual reproduction was explained through slides followed by a video that helped the students to learn better.





# SCIENCE ENRICHMENT ACTIVITY CLASS IX-X

Students of classes IX-X, as part of their BIOLOGY ENRICHMENT ACTIVITY, had presented their writeup in any one of the topics from the Chapter-Our Environment (Class 9) and Sustainable Management of Natural Resources (Class 10). The write ups were creatively presented along with flow charts and diagrams. Each student was given a task to select and research on any one topic of his/her choice from the mentioned chapter followed by its creative presentation. Students actively participated in this art-integrated learning and came up with beautiful presentations.



# PARIKSHA PE CHARCHA

Students of classes IX-XII and all teaching faculty of the school participated in the fifth edition of Pariksha Pe Charcha contest . About 2050 students, teachers and parents selected through competitions on MyGov through out India will be gifted with PPC Kits by the Ministry of Education and an opportunity to interact with Our Honorable Prime Minister.



MINISTRY OF EDUCATION  
GOVERNMENT OF INDIA

75  
आजादी का  
अमृत महोत्सव

my  
GOV  
मेरी सरकार

**Pariksha  
Pe  
Charcha 2022**

*Participate & Get an Opportunity to Interact with  
Hon'ble Prime Minister Narendra Modi*

# VACCINATION DRIVE

We feel happy to share that with the support of the Government of India, the school has organized a COVID-19 Vaccination Camp for children in the age bracket of 15 to 18 years, on 8th January 2022 and 10th January 2022. Around 195 children were vaccinated .



# WEBINARS

Students from classes VIII-XII of Pragyan School, Greater Noida took an opportunity to witness Camp CogSci, hosted by Curiosity Lab Centre for Cognitive and Brain Sciences, IIT Gandhinagar from 7-9th January 2022. During this period, various sessions were taken by eminent professors, IIT Gandhinagar.

- Magic of neurons: From matter to imagination | Leslee Lazar, Assistant Professor, IIT Gandhinagar
- Artificial Intelligence: a 20,000-foot view | Nipun Batra, Assistant Professor, IIT Gandhinagar
- Making smart moves: The cognitive control of action | Pratik Mutha, Jibaben Patel Chair Associate Professor, IIT Gandhinagar
- Teaching cognitive skills: The power of human-computer interaction | Uttama Lahiri, Professor, IIT Gandhinagar
- Visual Illusions | Nithin George, Assistant Professor, Ahmedabad University

# WEBINARS

- The musical brain | Shantala Hegde, Associate Professor, National Institute of Mental Health and Neuro Sciences
- Take a deep breath- benefits of deep breathing exercises on brain | Goldy Yadav, Post Doctoral Fellow, Université Catholique Louvain, Belgium
- Why you shouldn't take your 'Mind' for granted | Jaison Manjaly, Jasubhai Memorial Chair Professor, IIT Gandhinagar
- Cognitive Science lab demonstrations | Shriya Naidu, Junior Project Fellow, IIT Gandhinagar

It was an amazing experience for the students and teachers to go and think beyond the classroom and explore the various research areas that they might pursue in future as career options.

# WEBINARS




You are viewing Webcam, Shriya Naidu's screen View Options

Cam  
Shriya Naidu  
Webcam Shriya Naidu

## COGNITIVE SCIENCE LAB DEMONSTRATION

CENTRE FOR COGNITIVE AND BRAIN SCIENCES  
CURIOSITY LAB | IIT GANDHINAGAR



IIT GANDHINAGAR

CAMPUS

# CBSE WEBINAR

|  |                                    |
|--|------------------------------------|
| <b>Name of the teacher participant</b> | <b>Topic of the webinar</b>        |
| <b>Ms Richa Palni</b>                  | <b>Teaching and learning style</b> |



# SOCIAL CLUBS

## CLASS VI- XII



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

# DEBATING AND JOURNALISM CLUB [VI- VIII]

New Year's resolution is the pledge or promise we make to ourselves. New Year resolutions are taken by most people, especially students on the first day of the year. These resolutions can be anything from achieving a fitness goal to learning a skill or just being thankful for little things in life. Though 2021 has been a tough year for most people worldwide, now that 2022 is here, therefore, it is time for a fresh beginning with a new year's resolution. Student members of the Journalism and the debating club were assigned to make a list of New Year's resolutions. They were also asked to state the objective or a particular goal with respect to the new year resolutions. There were a few suggestions for students so that they can work on achieving and gaining something great in their lives. Start meditating, pick new hobbies, play more sports, cut down on calories, schedule everything, be grateful for what you have, work on your confidence, work on your charisma and IQ, work on learning new skills every month, control and work on your emotional being, be kind and have a positive attitude.

# DEBATING AND JOURNALISM CLUB [VI- VIII]



# DEBATING AND JOURNALISM CLUB [IX- XII]



If all religions teach peace, why can't all religions achieve peace? – Anonymous.  
15 January 2022. The debating and journalism club of the school has once again come forward with a heated argument on the topic- Religion does more harm than good. The members presented various reasons to advocate and counter the given argument.

# INTERACT CLUB [VI- VIII]

"GIVE THE GIFT OF READING - By donating gently used or new books you can change the learning experience of a child". In the Interact Club meeting, the learners shared their views on how they can help the people in need by donating books. Few learners also gave the ideas of donating English to Hindi dictionaries which can help the person reading that book to understand. To motivate the learners of Interact Club, the "Each One Teach One" project undertaken by senior learners was also discussed during the club meeting. This week the task of donating books has been assigned to the Interact Club members.



# INTERACT CLUB [IX- XII]



A small contribution can reduce pollution! Plastic pollution is the biggest environmental problem. The students of the Interact club discussed Plastic pollution and ways to reduce it in an online meeting held on Saturday 16th January. The Interactors were encouraged to create awareness among their family members and friends on how to cut a plastic bag in order to reduce the waste. Do not snip off a corner of a plastic bag, instead cut across the bag and take out the material from it. so that small pieces of plastic bags will not escape from recycling. The students made videos on the right way to cut the plastic bag.



# HEALTH AND WELLNESS CLUB [VI - VIII]



With the motto "We Share as We Care", the Junior Health and Wellness Club meeting was organized on 15th January 2021. The agenda of the meeting was to spread awareness among the people about the COVID-19 pandemic. Student members of the club, Ananya Deb (6B), Swastika Singh (8B), and Sonakshi Mavi (8B), prepared interesting posters using the online tool CANVA under the guidance of club teacher members. Moreover, Akash Tiwari (7C) and Sonali Rani (7C) also prepared handmade posters that they would be posting in their locality. Students actively participated in the activity and came up with amazing posters.

# HEALTH AND WELLNESS CLUB [VI - VIII]



Fight with corona



Lets spread awareness not Covid....

Sanitation!


WEAR MASK

social distancing

STAY SAFE

Get vaccinated

We share because we care



Swastika Singh 8thB, junior health and wellness club member

STAY SAFE STAY HEALTHY

## PRECAUTIONS OF COVID-19

Testing

Vaccination

Face coverings


Isolation and quarantine

WE SHARE BECAUSE WE CARE

SONAKSHI MAVI  
8-B


# HEALTH AND WELLNESS CLUB [IX - XII]


**Riddle No. 2**  
Guess the name of the GAMES

 + ing =

**POSITIVE ATTITUDE**

**# 1**  
*Stop comparing  
yourself with others  
because,*





The Health & Wellness Club conducted two activities during the meeting. In the first activity, pictorial clues were shown to identify the game. In the second part, a video was played on the thoughts of Dr. APJ Kalam about how to bring a positive attitude inside the soul. The session was interesting & enjoyed by everyone.

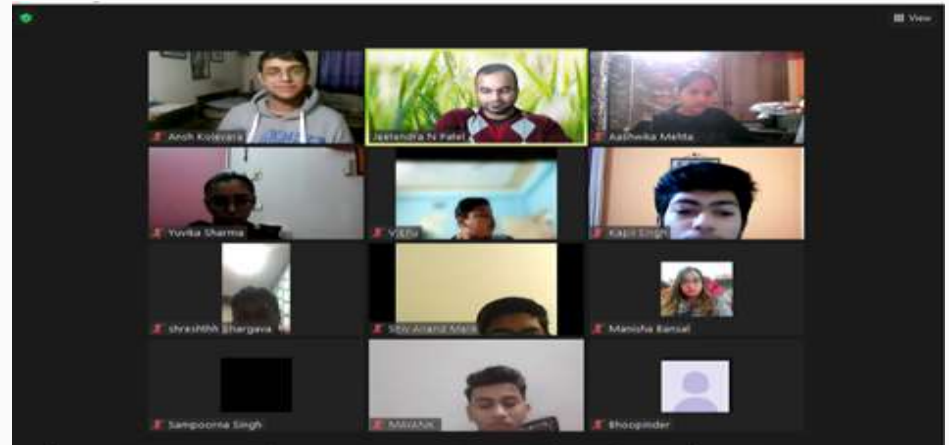
# ECOLOGY CLUB [VI - VIII]

The Eco club session on 16th January started with the group discussion on biodiversity and how to conserve endangered species, the students participated with great enthusiasm. It was followed by the virtual tour of Sariska national park which is known for the conservation of tigers. The eco-club member was made aware of different types of in situ and ex-situ conservation of species with the help of a Powerpoint presentation.



# ECOLOGY CLUB [IX - XII]

In the meeting, students were introduced to Hydroponics and it was shown how to grow plants without soil i.e. using only water. The growing need and importance of water-based plantations were discussed. Hydroponic farming has been practiced for a long in the past like in the “Hanging Gardens of Babylon”, “Floating Garden of Aztecs” etc. It is even integrated into the space programs of NASA. It requires no soil and only water with enriched nutrients like NPK, calcium nitrate, and Magnesium which are easily available at nurseries. In addition, it also requires a few more things like a suitable glass container, foam cubes, and live seeds of any plant.



# HEALTH & WELLNESS CLUB



## Healthy Lifestyle Tips

### PRECAUTIONS FOR RAINY SEASONS



**Keep Surrounding Clean**  
To help protect against  
infections & flu



**Wash Hands Frequently**  
To protect against  
germs



**Avoid Street Vendors**  
Uncovered food attracts  
flies and contaminates it



**Get Rid of Stagnant water**  
Standing water is a breeding  
ground for many insects



**Use Mosquito Repellents**  
To prevent cases of  
dengue, malaria etc

# ECOLOGY CLUB





# TIP OF THE WEEK



## WHEN YOU FEEL LIKE A BAD PARENT

We all have those days where we wish there was a restart button. Where we can't stop yelling at the kids, or we don't really care how long the kids are sitting in front of the TV. These are the days when we are OUT of our Window of Tolerance!

*When you're out of your window of tolerance, you may find yourself saying:*

### HYPER-AROUSAL:

Parents experiencing hyper-arousal will yell, repeat themselves, use a lot of energy to get their point across and be more forceful than they intend to be.

- "How many times have I told you?!"
- "Stop it! I told you to be careful!"
- "Listen to me now!"
- "Get your shoes on right now, we're going to be late!"
- "Do what I tell you!"
- "Go to your room right now!"



### HYPO-AROUSAL:

Parents experiencing hypo-arousal will be more permissive and let things pass that they wouldn't normally. They want the child to be entertained by venues other than themselves.

- "Go play outside!"
- "It's quiet time now."
- "Sit down and watch TV."
- "Whatever."
- "I don't really care what you do."

## Window of Tolerance

When you are in your window of tolerance you are able to have patience with your child, regulate your emotions appropriately, and engage with your child.



- "We all make mistakes."
- "I see you want to hit, but your sister is not for hitting."
- "Please be gentle."

- "Thank you for listening."
- "Eyes on me."
- "You may put on your shoes by yourself, or I can help you."

