



**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

11<sup>th</sup> NOVEMBER 2024  
(CIR/PS/133/2023-24)

# YOGA VI-VIII

On 11th November, a yoga session was held for classes VI to VIII, focusing on fitness, mindfulness, and well-being. Students practiced asanas like Tadasan, Vrikshasan and Bhastikasan along with breathing exercises to enhance mental calmness. The students participated enthusiastically, learning about yoga's benefits for physical and mental health. The session ended with a brief meditation, encouraging students to make yoga a part of their daily routine.



# CHILDREN'S DAY SPECIAL ASSEMBLY VI-XII

14 November 2024. On the occasion of Children's Day, a special assembly was organized with great enthusiasm and energy. The unique aspect of this celebration was that the entire assembly was conducted by the teachers, much to the delight of the students.

The assembly commenced with the Morning Prayer, setting a serene and respectful tone for the event. The prayer was led by all the teachers, evoking a sense of peace and gratitude among all present.

Following the prayer, the motivational talk was delivered that encapsulated the importance of nurturing curiosity and joy in learning. The students listened intently and were visibly inspired by the words shared. A segment of a Hasya Kavita (humorous poem) in Hindi infused the atmosphere with laughter and cheer, showcasing the lighter side of learning and life. Next, the teachers engaged the students with a segment of brain-teasing riddles. This interactive portion captured the students' attention, encouraging them to think creatively and participate actively. A highlight of the assembly was the recital of a powerful shayari that resonated with themes of perseverance, dreams, and the boundless potential of youth. The shayari was met with applause and appreciation from both students and fellow teachers. Last presentation of the assembly was "Guess the Brand" quiz, which tested the students' knowledge of popular brands through creative hints. The assembly concluded with an inspiring message from the principal of the school who extended her heartfelt blessings to all the children.

Overall, the special assembly conducted by the teachers on Children's Day was a resounding success, filled with joy, laughter, and inspiration.

# CHILDREN'S DAY SPECIAL ASSEMBLY VI-XII



# CHILDREN'S DAY CELEBRATION VI-VIII

14 Nov 2024, Children's Day, was celebrated with a special movie screening of "UP" by Pete Docter for students of Classes VI-VIII. Through the story of Carl and Russell's adventurous journey, the students learned about the value of friendship, perseverance, and embracing life's unexpected moments. The film encouraged them to appreciate the importance of dreams, resilience, and cherishing connections with others. The screening provided both entertainment and valuable life lessons, making the day memorable.



# CHILDREN'S DAY CELEBRATION IX-XI

14 Nov 2024, Children's Day, was celebrated with a special movie screening of "Dog Gone" for students of Classes IX-XI. The movie was based on the book Dog Gone, by Pauls Toutonghi and directed by Stephen Herek. After a young man and his beloved dog are separated on the Appalachian Trail, he and his father begin a desperate search to find him before it's too late. Based on an incredible true story of humanity and everyday heroism, Dog Gone can teach us not to judge quickly and to be open to others we don't know. There's a good chance we can all be more helpful and willing to lend a hand when we see people in need. It is also an incredible journey of healing in the relationship between the son and his father. The screening taught the students that life is a tale of hope, acceptance, and true friendship.



# OPEN FORUM IX-XI

On 11th November 2024, Pragyan School students held an open forum discussing whether social media harms human relationships and empathy. Supporters argued that social media fosters superficial connections, reduces empathy through desensitization, and causes isolation and miscommunication. Opponents, however, highlighted its role in connecting people across distances, raising awareness, and providing support networks, particularly for mental health. The discussion concluded that social media's impact on relationships depends on usage; responsible use can strengthen empathy, while excessive or shallow use may weaken it. The forum promoted critical thinking and respectful dialogue among students on this contemporary issue.



# ACHIEVEMENTS

We are pleased to inform that Vihaan Singh of class VIB has been selected for the BEE-State Level Painting Competition-2024 under the supervision of NTPC Ltd, Lucknow to be held on 14.11.2024



# MATH ENRICHMENT ACTIVITY:VII

On 11/11/2024, students of Class VII performed an activity of Maths as a part of their Math enrichment activity, to represent the Harvest Festivals of India, Nepal, Sri Lanka and China through pie-chart. They did research about the different festivals and performed the calculations by representing the list of festivals in a tabular form. It was conducted as a part of the British Council activity.



# CODING CHALLENGE: LISTS IN PYTHON: XI

IP students of class XI successfully completed the coding challenge by experimenting with the different approaches to reversing a list. They were able to demonstrate a good grasp of list manipulation techniques, the concept of recursion, and the versatility of Python's slicing functionality.



# EDUCATIONAL TRIP TO QUTUB MINAR VII

Class VII students visited the historic Qutub Minar in Delhi. The trip offered them an immersive experience of India's architectural and cultural heritage. Guided through the towering Minar and surrounding monuments, they learned about its Indo-Islamic architecture and historical significance. Interactive activities, such as sketching and quizzes, helped deepen their understanding and engagement. The students left with a newfound appreciation for India's rich history, making the trip both educational and memorable.



# EDUCATIONAL OUTING RED FORT ARCHAEOLOGICAL MUSEUM VIII

On 12th November 2024, an educational outing was organized for Class VIII students to the Red Fort Archaeological Museum in Delhi. This enriching experience provided students with an opportunity to explore India's rich cultural heritage firsthand. As they toured the museum, they observed ancient artifacts, studied intricate Mughal-era architecture, and learned about key historical events associated with the Red Fort. The outing fostered a deeper appreciation for history, encouraging students to connect classroom knowledge with real-world heritage, making it a memorable and impactful learning experience.



# VISIT TO BHARAT SHIKSHA EXPO 2024: XI

On November 12, 2024, students of class XI attended the Bharat Shiksha Expo 2024, an event aimed at reestablishing India as Vishwa Guru, a global leader in education. The expo showcased India's educational advancements, integrating AI, Machine Learning, and Big Data into curricula to align with industry needs, and promoting rigorous accreditation standards. The students engaged with representatives from renowned universities such as Galgotias University, Sharda University, GLA University, SRM University, Gautam Buddh University, and international participant North Island College from Canada. Students explored innovative educational resources and learned about entrepreneurship in education, gaining insights into the expanding possibilities of the Indian education sector. This enriching experience broadened their understanding of modern academic paths and strengthened their motivation to participate in India's transformative journey toward global educational leadership. The visit inspired them to envision a future where India once again leads in educational excellence worldwide.



# PRESENTATION OF BUSINESS IDEA AT IDEATHON, EDUCATION EXPO 2024

Two students of Class XI from our school, Ankur Singh and Manas Singhal participated in Ideathon at the Bharat Siksha Expo 2024, held at India Expo Mart, Greater Noida. The event was organized by the Incubation Centre of MIET in collaboration with NITI Aayog, Government of India. The students presented their business idea to a panel of delegates, focusing on innovation, sustainability, and scalability. Their pitch received positive feedback, with recommendations for further refinement of their business model. The idea is currently in the processing stage, where detailed evaluation and feasibility analysis are being conducted under the guidance of the incubation centre. This opportunity provided the students with valuable exposure to the entrepreneurial ecosystem and encouraged them to pursue innovation. It also serves as an inspiration for other students to participate in such prestigious events.



# INTER SCHOOL COMPETITION IX-XII

We congratulate the following students for achieving positions in inter school competition held at Ramagya School.

NAME OF THE SCHOOL	NAME OF THE EVENT	NAME OF THE PARTICIPANT STUDENT	POSITION ACHIEVED
RAMAGYA SCHOOL, SEC. 50, NOIDA	Debate	Nandini IXA. Shambhavi IXA	2nd Runners up
	Pitchathon	Nandini IXA Roshi Jain XIC Ankur XIB Renit IXA	First position
	Cartoon chronicles	Navya XIB Asmi XIA	First position
	Graffiti	Ishita IXB Avni IXA Riddhima IXB	First position

# INTERACT CLUB

## Menstrual Awareness : Sanitary napkins distribution

The Interact Club of our school, in collaboration with RHA, organized a sanitary napkin donation drive to support girls and women from underprivileged communities. This initiative aims to promote menstrual awareness, dignity, and hygiene among disadvantaged sections of society. By providing access to essential sanitary products, we strive to break the stigma surrounding menstruation and foster a healthier, more inclusive environment.



# HEALTH AND WELLNESS TIP

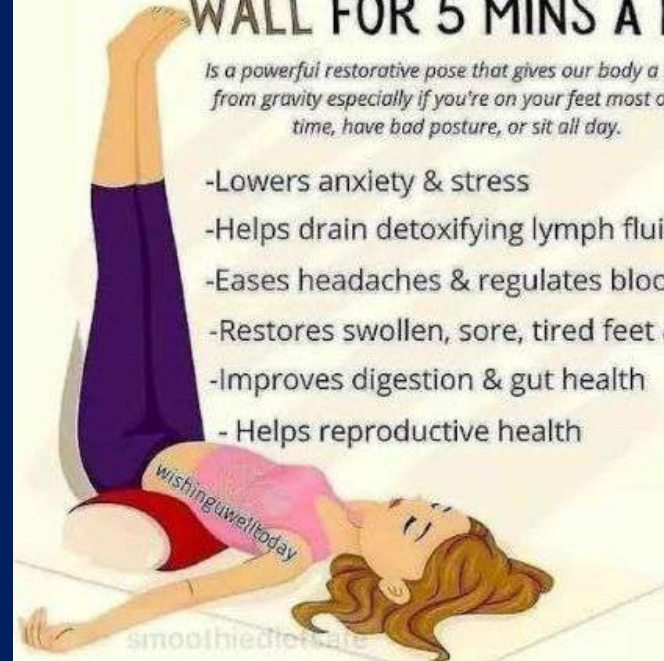


## Healthy Lifestyle Tips

### HOLDING LEGS UP ON THE WALL FOR 5 MINS A DAY

*Is a powerful restorative pose that gives our body a break from gravity especially if you're on your feet most of the time, have bad posture, or sit all day.*

- Lowers anxiety & stress
- Helps drain detoxifying lymph fluid
- Eases headaches & regulates blood flow
- Restores swollen, sore, tired feet & legs
- Improves digestion & gut health
- Helps reproductive 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.

# CIRCULARS SHARED DURING THE WEEK

- Timesnow Education Survey & Conclave (North Edition) shared on 12th Nov 2024
- Reconduction of Detailed Assessment - 3 of Social Science (Class X)
- Inter-class Math Quiz for Classes IX and XI shared on 14th Nov 2024. Shared on 14th Nov 2024.
- Invitation for SPIC MACAY (Classes VI to XII) shared on 14th Nov 2024.
- Class Photograph - Class VI B shared on 15th Nov 2024.

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