



PRAGYAN
SCHOOL
Greater Noida
(Affiliated to C.B.S.E.)



Summer Camp

'Sunny Smiles'



TIMESNOW

Pragyan School

**'Ranked No. 1
as SCHOOL
LEADERS of Greater
Noida'**



**PRAGYAN
SCHOOL**

Greater Noida

(Affiliated to C.B.S.E.)

WEEKLY CIRCULAR SENIOR

24th MAY 2025
(CIR/SC/08/2025-26)



Recognition of
International
Dimension in
Schools
2025-2027



YOGA AND MINDFULNESS

Students of classes VI-VIII participated in a calming and rejuvenating session on Yoga and Mindfulness. The session was led by Dr. Shiv Om Acharya from Sharda University, who introduced students to simple yet effective breathing techniques and guided them through a fun and engaging “Focus Game.” The activities aimed at enhancing students’ concentration, emotional well-being, and body awareness. Through playful mindfulness exercises, the session helped students feel relaxed, centred, and more connected to their inner selves. The experience was both enjoyable and educational, leaving students refreshed and motivated for the days ahead. Ms Ritu from Sharda University conducted the session, beginning with a calming prayer. Participants engaged in exercises such as back twisting and breathing techniques. Various asanas including Vriksha Asana, Ardha Chakrasana, Padmasana, and Ustrasana were practiced to promote flexibility and mindfulness.



DOODLE MAKING, CARTOON DRAWING, SKETCHING

Students had a vibrant and engaging session on Doodle Making, Cartoon Drawing, Sketching. The workshop was conducted by Mr. Prateek, a skilled artist from Sharda University, along with the guidance of our in-house art teacher, Ms. Meena. Students thoroughly enjoyed the hands-on experience as they experimented with creative drawing techniques, character design, and shading. The collaborative effort between Mr. Prateek and Ms. Meena made the session both informative and inspiring. It was a perfect start to the camp, igniting students' imaginations and setting the tone for a summer of learning and creativity.



PRODUCT PHOTOTYPING AND DESIGN JOURNEY

Mr. Ranjit conducted an engaging activity on User Journey Mapping. Students created their own journey maps on individual sheets, identifying key steps and emotions in a user's experience. The activity enhanced their understanding of user-centric design through hands-on learning.



SMARTPHONE PHOTOGRAPHY BASICS

Smartphone Photography Basics was conducted by Mr. Ashraf, focusing on key techniques such as angles, lighting, and the "Click & Tell" activity. He emphasized the importance of sufficient light and demonstrated how to hold the mobile phone at 90 and 180 degrees for better shots. Mr. Ashraf also introduced the "Rule of Thirds," guiding participants to position subjects effectively within the frame. The session was interactive and enhanced the participants' basic photography skills.



WALL MIRROR ART AND OIL AND ACRYLIC POSTER MAKING

Students created wall hangings along with mirror art and learned the techniques of oil and acrylic poster making



STORYTELLING SESSION

The storytelling session, conducted by Prof. Mehak, began with relatable prompts from daily life, engaging students with questions like the excuses they make to skip school. Students enthusiastically shared their imaginative stories on the spot. The activity encouraged creativity, spontaneity, and confidence in speaking.



PAPER WEAVING WITH PATTERNS AND TEXTURES

Paper Weaving Workshop was conducted by Mr. Girish Kumar from Sharda University, along with the school's art teacher Ms. Meena. Students learned the craft of coloured paper weaving, experimenting with patterns and textures. The session encouraged creativity, patience, and attention to detail. Mr. Kumar and Ms. Meena guided the students through each step, making the activity engaging and accessible. The colourful woven artworks reflected the students' enthusiasm and imagination. It was a fun-filled and enriching artistic experience.



KRAV MAGA

The summer camp began with an engaging Krav Maga session led by Mr. Shali Ittaman. Students learnt their first self-defence technique – twisting to free their arm from a grip. The session boosted their confidence, awareness, and reflexes.

Students practiced a war drill and were informed about the use of SOS signals, including whistles and torches. The trainer emphasized maintaining a healthy body, safety measures during earthquakes (Triangle of Life), and strategies to protect oneself from harassment.

Participants learned how to lift a person using their arms and how to assist someone experiencing a heart attack. Additionally, they were taught how to make an emergency stretcher using bamboos or sticks and a shirt.

A practical war drill was conducted, instructing students on the correct response in case of a bomb threat. Each student actively participated in the drill. Discussions were held on the dangers of drug use and addiction, supported by real-life examples. Additionally, the “rule of thumb” was explained to enhance their decision-making skills.

KRAV MAGA



KALAMANCH

Kalamanch theatre workshop began with auditions conducted by resource persons Mr. Arvind and Mr. Avinash to assign roles for the play. Students showcased their talent and enthusiasm during the selection. Later, they were introduced to voice modulation techniques using vowel sounds. Students showcased the Patra Parichay (Character Introduction) of the satirical play Taj Mahal ka Tender. Guided by Mr. Mayank Hashmi, the presentation brought to life the amusing world of bureaucratic red tape through vibrant character portrayals. Students articulated their lines with correct pronunciation and effective intonation, demonstrating confidence and stage presence. Participants practiced with focused energy, refining their expressions and comic timing. Emphasis was laid on clear diction and synchronized stage movements. The rehearsal reflected growing confidence and deeper understanding of the satirical tone.



ACHIEVEMENTS

Aarohi VIB made us all proud by winning 3 gold medals and Best Swimmer Award in District Gautam Buddha Nagar swimming championships 2025.



SCHOLASTIC BOOK FAIR : 14TH – 17TH MAY, 2025

The Scholastic Book Fair was successfully conducted in our school premises from 14th to 17th May, 2025. It was an exciting and enriching event that received an overwhelming response from both parents and students. The fair featured a wide range of books catering to all age groups and interests – from fiction and fantasy to educational and reference materials. Visitors greatly appreciated the quality and diversity of the books. Parents expressed satisfaction over the availability of meaningful, age-appropriate content that encourages reading habits among children. One of the highlights of the event was the series of literary activities organized by the students of our school. These included book readings, storytelling sessions, bookmark-making, and literary quizzes, which added an engaging and creative element to the fair. The students actively participated and showcased their talents with enthusiasm and confidence. The event proved to be highly engaging and beneficial. It not only promoted the love for reading but also helped strengthen the bond between the school and the parent community. It created a vibrant atmosphere of learning, curiosity, and joy – making it a memorable experience for everyone involved.

SCHOLASTIC BOOK FAIR : 14TH – 17TH MAY, 2025



EDUCATIONAL OUTING CLASS XI

On 19th May 2025, the students of Class XI-A visited the manufacturing and printing unit of The Times of India. During the visit, they were given an insightful overview of the newspaper printing process – from the collection of important news to the final printing and distribution stages. The students toured the printing facility, where they observed the various steps involved in newspaper production and gained a deeper understanding of how newspapers are created and delivered to the public.



ECOLOGY CLUB TIP

10 EASY WAYS TO PROMOTE A SUSTAINABLE WORLD

- Shampoo bars
- Bamboo toothbrushes
- Reusable grocery bags
- Buy secondhand
- Reusable water bottles
- Compost
- Reusable travel mugs
- Grow a veggie garden
- Laundry detergent sheets
- Pack your own lunch in reusable containers



HEALTH AND WELLNESS TIP

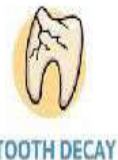
✗ Say No to Coldrinks and Sugary Lemonades

✓ Say Yes to Sattu – Nature's Own Coolant!"

Cooling, Refreshing & Energising
Upto 25g of plant protein in 100 g.

Healthy Lifestyle Tips

WHY SUGAR IS BAD FOR YOU



HEALTH AND WELLNESS TIP

Healthy Lifestyle Tips

BOOSTS YOUR ENERGY

A great homemade energy drink for weakness



Digestion

It is a delightful beverage that is an excellent choice to stay healthy.



Energy

A great homemade energy drink for weakness. It is a good source of iron, magnesium, protein and fibre.



Workout

It is also a good post workout drink and will replenish your body with all the required nutrients.



TIP OF THE WEEK

Positive Discipline Tips for Parents



- Explain the "why" behind rules.
- Follow through on consequences.
- Pick battles wisely let small things go.
- Stay calm, even when it's hard.
- Apologize when mistakes are made.
- Offer choices to give kids some control.
- Use humor to ease tension.
- Focus on connection before correction.
- Think long-term discipline is about growth, not obedience.

"Discipline is teaching, not punishing."

CIRCULARS SHARED DURING THE WEEK

- Educational Outing to Haier Appliances, Greater Noida (Class XII) shared on 23rd May 2025.

<https://pragyanschool.com>

<https://www.facebook.com/pragyanschool>

<https://twitter.com/pragyanschool>

<https://www.youtube.com/PragyanSchoolGreaterNoida>