



**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

17Th NOVEMBER 2023
(CIR/PS/106/2023-24)

ASSEMBLY VI-VIII

The morning assembly is a daily ritual, serving as a vital platform for fostering a sense of community and instilling discipline among students. Students of Grade VI A conducted the morning assembly. The assembly started with a prayer followed by a thought-provoking quote and Global news. It further proceeded with a talk on a Famous personality "Kalpana Chawla". Students presented her life, work, education and details related to her career. To add a touch of creativity, a brief musical presentation was included in the assembly. Students showcased their talents in the form of music, story, poem and shloka providing a refreshing break from the routine and showcasing the diverse talents.



HEALTH AND WELLNESS CLUB: AAROGYAM

Yoga and Acupressure for relieving Stress

The Health and Wellness Club conducted an informative session this week. The focus of the meeting was to equip students to navigate the challenge of increasing stress and anxiety in our fast-paced world. The meeting commenced with a lively discussion among the students, shedding light on the escalating stress levels prevalent in their daily lives. The participants actively shared their insights into the various health hazards associated with stress, particularly emphasizing its impact on mental health. The highlight of the session was the introduction of Yoga Asanas as effective means to cope with stress. The session also delved into the exploration of acupressure points, emphasizing their role in alleviating stress and promoting a sense of calm. The club meeting turned out to be a commendable step towards promoting a healthier and more balanced lifestyle among students.



COMPUTER CLUB: TECHSPARK

The computer club's goal is for students to come together with a common interest in technology, to share and learn from one another. Students of class VI- VIII learnt the Qbasic programming language in which they made different programs using PRINT and INPUT command. Students participated actively and learnt the QBASIC with great interest.



READERS CLUB: THE PAGE TURNERS

In the recent reader's club session, students performed the execution part of the last sessions' activity, where group members enthusiastically discussed various creative ways to present the chosen newspaper articles. Students showcased diverse problem solving approaches through engaging enactments such as public speaking, role play and poems writing. The execution of the brainstorming activity highlighted the creativity and critical thinking within the groups, providing valuable insights into their problem-solving strategies.



INTERACT CLUB: HELPING HANDS

Students of Interact club went for a visit to “Angan”, an old age home located in Noida during Interact week. The Organization accommodates nearly 35 old men and women, generally aged between fifty to ninety years. There is positivity to being around people of their own age, and doing activities together. They were all very friendly with one another and even to the people who visited. The Interactors had an amazing time by singing songs, asking riddles, narrating jokes and stories. The people looked blissful in our company. We donated a 25 Litre Geyser to them with the money donated by the faculty of Pragyan School and distributed some colourful Diyas which made them so happy. The Interact club is thankful to the Pragyan family for their generosity.



INTERACT CLUB: HELPING HANDS

Spreading Smiles: Interact Club's Card-Making Activity for Universal Children's Day"

This week the Interact Club joyously celebrated Universal Children's Day by organizing a heartwarming card-making activity. The event aimed not only to engage in a creative endeavor but also to emphasize the significance of children's rights on a global scale. Through the universal language of art, participants expressed their solidarity with children facing various challenges, sending messages of hope, encouragement, and support. The cards created during the event will be distributed to children in need, ensuring that the messages of love and encouragement reach those who may benefit the most.



ECOLOGY CLUB: GREEN WARRIORS

Organic farming was introduced in the eco club session held on 16 Nov. Students visited the farm, observed drip irrigation and identified crops grown in the farm. They found unwanted unwanted plants like grass that are also there in the farm. They removed weeds manually with the help of a trowel.





HEALTH AND WELLNESS TIP

Health Benefits Of Nut

Help in preventing cancer

Promotes a healthy heart

Prevent problems in digestion

Helps in weight loss

Great for anti-oxidation

Help in preventing dehydration

Effective in treating mental disorders

Helpful in preventing anemia

Great for people with type 2 diabetes

Prevent chronic inflammation



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PARENTING TIP

How to nurture a child's mental health

- Actively listen before offering your advice
- Be consistent and follow through with what you promise
- Practice relaxation exercises together
- Be patient
- Teach them how to be safe
- Model forgiveness
- Share your feelings and validate theirs
- Believe them and in them
- Be present
- Tell the truth
- Use open ended questions
- Respond calmly when their emotions are elevated
- Model healthy behavior
- Have scheduled family time
- View their behavior as a window to their needs and feelings
- Surround them with healthy adults
- Limit electronic time for everyone
- Make play and exercise a requirement
- Reach out and hug them
- Recognize positive choices
- Set and respect boundaries



CIRCULARS SHARED DURING THE WEEK

- Schedule of Saturday, 18th November 2023 (Classes VI to XII) shared on 7 Nov 2023.
- Young Entrepreneur's Bootcamp {YEB} 2024, shared on 18 Nov 2023.

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