



**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

9th JULY 2024
(CIR/PS/128/2023-24)

ATL SESSION VI

During the ATL session students of grade VI C performed activity on Voltage testing using Multimeter.



ATL SESSION X

During the ATL session students of grade XB, did Block coding using Pictoblox.



WORKSHOP IX-XII

The workshop titled "AI in Education" was held on 9th August, 2024. It aimed at providing educators and students with an understanding of the potential applications and implications of Artificial Intelligence (AI) in the educational sector. The event was attended by all the students of grades IX-XII, including teachers. The resource person introduced the participants to the fundamentals of Morrie App (an AI based platform) and its growing role in education. He gave details regarding how one can explore how Morrie and can enhance the teaching and learning experience. The "AI in Education" workshop was a significant step towards integrating modern technology into the educational environment. By equipping educators and students with the knowledge and tools to leverage AI, the workshop laid the groundwork for a more innovative and personalized learning experience in the future.



TEACHERS WORKSHOP

On August 3, 2024, Pragyan School, hosted a workshop for teachers on the crucial topic of Mental Health and Well-being. The session, conducted by Anusha Tyagi, a Consultant Expressive Arts Therapist, and Counselling Psychologist from the Mental Health and Behavioural Sciences Department of Fortis, aimed to create awareness about mental health, understand the signs and symptoms of mental illness, and provide strategies for overcoming mental health challenges. The speaker provided an in-depth understanding of the common signs and symptoms of mental health issues like persistent sadness or depression, excessive worry or anxiety, mood swings, changes in sleep patterns, withdrawal from social activities, difficulty in concentrating or making decisions. Ms Anusha stressed the importance of early detection and intervention to prevent the escalation of mental health problems. The session included practical strategies and coping mechanisms to overcome mental health challenges. Ms Anusha Tyagi emphasized the role of schools in creating a supportive environment for both teachers and students. She advocated for regular mental health check-ins, workshops, and open discussions to foster a culture of understanding and empathy towards mental health issues. The workshop was a significant step towards fostering a healthier and more supportive school environment. The insights and strategies shared by Ms Anusha Tyagi equipped the teachers at Pragyan School with the knowledge and tools to better manage their mental health and support their colleagues and students.

TEACHERS WORKSHOP



EDUCATIONAL OUTING VII: NEHRU PLANETARIUM

The students of Class VII had the opportunity to visit the Nehru Planetarium in New Delhi. The visit was organized as part of their science curriculum to enhance their understanding of astronomy and space science. The outing was an exciting and informative experience, offering the students a chance to explore the mysteries of the universe. The highlight of the visit was the immersive Sky Theatre show, which is the primary feature of the Nehru Planetarium. The students watched a fascinating presentation that covered various topics related to space, including the solar system, stars, galaxies, and black holes. The show, projected on a dome-shaped screen, made the students feel as though they were traveling through space.



ECOLOGY CLUB VI-VIII: GREEN WARRIORS

“In the garden of herbs,we find solace, inspiration and a deep connection to the Earth.” : Alchemy

Today the students of Ecology Club got the chance to introspect about mother nature through an activity based on the medicinal farm visit. The activity brought them closer to nature, wherein the students under the guidance of teachers learnt about the different types of medicinal herbs. The students got hands-on experience of identifying the different types of medicinal plants and herbs and learnt about their uses. Students were involved in the activity to write about the uses of herbs that they observed in the farm. In following week, students of classes VI to VIII will be involved in the reviving of organic farm and medicinal garden as well as they will be involved in the e-waste drive collection.



READERS CLUB VI-VIII: THE PAGE TURNERS

Student members of Readers Club were fruitfully engaged in 'Picture Description' activity. They were briefed about the elements of Picture Description like: Introduction, Describing people, their opinion, feelings, emotions etc. They chose a picture from the newspaper provided to them during the club meeting. The activity helped in enhancing their creativity, perception and an understanding that different people can look at the same picture differently.



INTERACT CLUB VI-VIII: HELPING HANDS

"Life is about finding yourself, embracing your strengths and weaknesses and being true to who you are". The learners of the Interact Club took the initiative to bring awareness on one of the most important aspect of our society - "To Empower Women". They started preparing a nukkad-natak in the meeting held on 09-08-24. The members also had a thought-provoking discussion on the crucial topic of women empowerment. Members engaged in a vibrant exchange of ideas, reflecting on the current challenges and opportunities facing women in various spheres of life, including education, employment, and leadership. The discussion emphasized the importance of gender equality, the need for more robust support systems for women, and the role of youth in driving change. Club members shared inspiring stories of empowered women, both from their own communities and around the world, highlighting the significant progress that has been made, as well as the work still to be done. The session concluded with a collective commitment to advocate for and contribute to initiatives that promote women's rights and empowerment, reinforcing the club's dedication to making a positive impact on society.



ECOLOGY CLUB IX-XII: GREEN WARRIORS

Pragyan School students propagated jade, snake, and tulsi plant saplings during their Ecology Club session. They learned various techniques for each plant type, including leaf and stem cuttings for jade, leaf cuttings for snake plants, and seed sowing for tulsi. The activity focused on sustainability through a planned afforestation initiative. Students developed a strategy for planting in school. This hands-on experience enhanced their understanding of plant propagation, species diversity, and environmental conservation. The project successfully combined practical skills with ecological awareness, fostering student responsibility towards creating a greener future.

HEALTH AND WELLNESS CLUB IX-XII: AAROGYAM

This week the Health and Wellness Club conducted an insightful session on meditation and relaxation techniques for the students. The session aimed to equip the students with essential tools to manage stress and maintain a calm and poised demeanour in their daily lives. The session began with an introduction to the concept of mindfulness, emphasizing the importance of being present in the moment and cultivating a sense of inner peace. The students were taught various meditation techniques, including deep breathing exercises, guided visualization, and progressive muscle relaxation. These practices are known to enhance concentration, reduce anxiety, and promote overall well-being. Throughout the session, the students actively participated, showing keen interest in learning how to integrate these techniques into their daily routines. The facilitator guided the students through each technique, ensuring they understood the significance of regular practice in maintaining mental and emotional balance. The session concluded with an open discussion where students shared their experiences and insights on how they felt after practicing the techniques. Many expressed a sense of calm and relaxation, and some even reported feeling more focused and less anxious.



JOURNALISM CLUB IX-XII: THE BROADCASTERS

The members of the Journalism club participated in an engaging article writing activity during their club meeting. The session aimed to hone their writing skills and encourage creative expression on current topics of interest. The meeting began with a brief discussion on the importance of effective writing in various fields, including journalism, literature, and academics. Students were then given a topic: 'Post independence movement towards corruption and women empowerment'. Throughout the activity students showcased their analytical abilities and creativity. They were encouraged to structure their articles with clear introductions, body paragraphs, and strong conclusions.



INTERACT CLUB IX-XII: HELPING HANDS

The Interact Club held its weekly meeting on Friday, 9th August, to discuss upcoming projects and events. Members actively participated in the discussion, focusing on: Dry Ration Donation Drive , Project Sanjeevni , E-Waste Collection Drive. Task allocations were made to ensure effective promotion and execution of these projects. The meeting concluded with the registration of members attending the upcoming DILA (District Interact Leadership Assembly) and the Installation Ceremony, scheduled for this month. It was a productive meeting, and the Interactors are eager to take on their assigned responsibilities and make a positive impact through their projects.



HEALTH AND WELLNESS TIP



Healthy Lifestyle Tips

SEASONAL AFFECTIVE TIPS



switch up your daily routine each season



keep a journal and practice gratitude



move your body daily



take advantage of the daylight and get outside



dedicate time to doing your favourite things



eat nourishing, well-balanced meals



connect and spend time with loved ones



book a vacation

ECOLOGY CLUB TIP

Don't Throw Wearable Clothes Away

Ultra-fast fashion, a mutation of fast fashion, has emerged as online clothing stores produce and release thousands of new items daily. Participating in these rapid trend cycles is creating a culture of over-consumerism. You can make easy alterations and repairs to your clothing to keep them longer or adjust to current trends. If you want some new clothing, be sure it's of good quality and lasts long. You can also research sustainable brands that limit the impact of production and are transparent about their supply chains.



TIP OF THE WEEK

PARENTING WILL GET EASIER IF YOU CAN

- * Coach instead of control
- * Have clear values and expectations
- * Reject the behavior, not the child
- * Stay connected with your child
- * Consider the child's perspective
- * Regulate your own emotions before reacting



CIRCULARS SHARED DURING THE WEEK

- Wild Wisdom Global Challenge 2024 shared on 3rd August 2024.
- Webinar on 'Memory Power' by Times NIE shared on 3rd August 2024
- Change of Annual Trip Destination of Class XI to Gujarat shared on 5th August 2024.
- Educational Trip to the National Science Centre (Class VI) shared on 6th August 2024
- Regular classes till 4:00 pm (Class IX & X) shared on 6th August 2024.
- Consent for registration in CBSE Games 2024 shared on 7th August 2024.
- Regular classes till 4:00 pm w.e.f. 8th August 2024 shared on 7th August 2024.
- Cancellation of Class X Annual Trip shared on 7th August 2024.
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