



**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

10th OCTOBER 2024
(CIR/PS/129/2023-24)

WORKSHOP IX-XII

We are pleased to report that a highly informative and engaging session on the Legal Implications of Student Activities on Social Media was conducted for our students, led by Ms. Shaily, a noted expert in the field of digital law and cyber safety. The session proved to be immensely valuable in raising awareness among students about their responsibilities and the potential legal consequences of their online actions. During the session, Ms. Shaily covered critical topics, including online privacy, cyberbullying, and the long-term risks associated with careless behavior on social media. The students were made aware of the relevant laws governing online conduct and were encouraged to reflect on their digital habits. Many shared that the session prompted them to reconsider how they use social media platforms, understanding the importance of maintaining a positive digital footprint. Ms. Shaily's expert guidance made these complex legal issues accessible to students, ensuring they left with a strong sense of accountability in navigating the online space. We extend our heartfelt gratitude to Ms. Shaily for her time and effort in delivering this essential session.

SESSION ON MENTAL HEALTH AND CYBER SECURITY

On the occasion of World Mental Health Day, the Department of School Education and Literacy, under the Ministry of Education, Government of India, organized an insightful online session for the students. The session, held on 10th October 2024, focused on two critical topics: Mental Health in Youth and Cyber Security.

The session was divided into two key segments:

1. Mental Health in Youth: Stress, Anxiety, and Depression

Dr. Rajesh Sagar led the first part of the discussion, where he highlighted the growing concern around mental health issues such as stress, anxiety, and depression in today's youth. He emphasized the importance of early identification and prevention of mental health challenges. Dr. Sagar also spoke about the increasing need to de-stigmatize mental health discussions in schools and communities to ensure that young people can access the help they need without fear of judgment.

2. Cyber Security: Online Harassment and Privacy Management

The second part of the session was led by Ms. Rashmi, who focused on cybersecurity, addressing the critical topic of online harassment and cybercrimes. Key areas covered included, Laws related to online harassment and cybercrimes.

SESSION ON MENTAL HEALTH AND CYBER SECURITY

Ms. Rashmi elaborated on the Information Technology Act and various sections of the Indian Penal Code (IPC) that deal with cyber offenses such as stalking, impersonation, and data theft. Ms. Rashmi also discussed the role of the Indian Cyber Crime Coordination Centre (I4C) in investigating and combating cybercrime. She encouraged students to be aware of the risks they face online and to report any incidents of harassment or cyberbullying promptly.



LIFE SKILL SESSIONS: VI

To help adolescents build essential skills for navigating real-life challenges, life skills classes were organized for the students. As part of this effort, Class VI participated in an engaging session focused on emotions. The students actively shared their understanding of emotions, emphasizing the importance of experiencing and expressing a full range of emotions. They then created a collage by cutting out images of people displaying various emotions. This hands-on activity aimed to deepen their emotional awareness and expand their vocabulary related to different feelings.



FUN ACTIVITY CONDUCTED BY THE SCHOOL COUNSELLOR WITH CLASS 7 ABC: BLENDING THEATRE AND FOLK DANCE

On 9th Oct, an engaging and creative session was conducted by the school counsellor, blending two vibrant forms of artistic expression—folk dance and theatre. The activity involved the enthusiastic participation of students of folk dance and theatre from Class 7 ABC. This unique initiative aimed to foster collaboration, creativity, and teamwork among the students while providing a fun break from their academic routines.

The session began with an introduction to Lavani, a traditional folk dance from Maharashtra, known for its lively rhythms and expressive movements. The Folk Dance students took the lead in this part of the activity, where they patiently and joyfully demonstrated basic Lavani dance steps to their peers from the Theatre group. The Theatre students, many of whom were new to folk dance, embraced the challenge with great enthusiasm, trying out the graceful spins, rhythmic footwork, and signature hand movements that characterize Lavani. The laughter, camaraderie, and shared sense of accomplishment as they attempted the dance steps filled the room with energy and positivity.

FUN ACTIVITY CONDUCTED BY THE SCHOOL COUNSELLOR WITH CLASS 7 ABC: BLENDING THEATRE AND FOLK DANCE

The Theatre students showcased their talents by enacting a humorous and relatable dialogue between a father and son discussing a report card. The performance was well-received, with witty dialogue, excellent expressions, and a playful portrayal of the anxiety many students face during report card time. The Folk Dance students, now in the audience, cheered and encouraged their peers, appreciating the dramatic flair and humour of the skit.

The session was not only fun but also served as an important platform for students to step out of their comfort zones and try something new. The blend of Lavani and theatre fostered a sense of mutual respect for each other's talents and encouraged students to explore interdisciplinary learning in a joyful setting.

Overall, the activity was a success, leaving students more connected, confident, and appreciative of both theatre and dance. The school counsellor concluded the session by highlighting the importance of creative expression and teamwork in holistic development.

REPORT ON GROUP COUNSELLING SESSION IN CLASS VIII A

Topic: The Importance of Practicing Math Daily

A group counselling session was conducted with the students of Class 8A on the topic "Why It is Important to Practice Math Daily." The objective of the session was to emphasize the significance of consistent practice in mathematics and to encourage students to share their strategies for preparing and excelling in the subject, so that their peers could also benefit.

The key points covered were: Retention and Understanding, Problem-Solving Skills, Time Management and Speed, Confidence Building. Some of the strategies shared: Daily Practice Routine, Breaking Down Problems, Group Study, Revision of Basics, Regular Mock Tests:

The group counselling session proved to be highly interactive and informative. Students actively participated, shared useful strategies, and gained insights from their peers. The session reinforced the idea that daily math practice is essential for academic success and boosted the overall motivation of the class to stay consistent with their efforts.

CALCULATING PRODUCTIVE HOURS AND PREPARING FOR CLASS XII BOARDS AND COMPETITIVE EXAMS

During the CT period, an informative session was conducted for Class XII- C students by the Class Teacher to guide them on managing their time effectively and preparing for the upcoming board exams and competitive exams. The session focused on two key areas: calculating productive hours and strategizing study plans for both the Class XII boards and various competitive exams. Students were guided through the process of identifying the times of the day when they were most focused and energized. Students were encouraged to observe when they felt the most alert and active during the day and schedule their most difficult subjects during these hours. Eliminating distractions, and creating a quiet, distraction-free study environment during these productive hours was emphasized to maximize focus and efficiency. The session was a valuable guide for students as they approach one of the most important academic milestones in their lives. The session left students feeling motivated and better equipped to handle the challenges ahead with confidence and focus.

GLOBAL EDUCATION FAIR AT PRAGYAN SCHOOL – 14TH OCTOBER 2024

We are excited to inform you that Pragyan School is hosting a Global Education Fair on 14th October 2024, at our school campus. The fair will bring together representatives from over 30 national and international universities, providing a unique opportunity for students to explore higher education options under one roof.

Here are a few reasons why attending the fair can be valuable:

- **Direct Interaction with University Representatives:** Gain firsthand information about admission procedures, scholarships, and programs offered.
- **Explore a Variety of Educational Options:** Universities from India and abroad will showcase a wide range of undergraduate and postgraduate programs.
- **Guidance on Scholarships and Financial Aid:** Learn about available scholarships and financial support options to ease the burden of higher education costs.
- **Career Counseling and Advice:** Experts will be available to guide students in making informed choices about their future education and career paths.

GLOBAL EDUCATION FAIR AT PRAGYAN SCHOOL – 14TH OCTOBER 2024

The fair will be open from 9:00 AM to 12:00 PM, and you can visit the event at your convenience during this time.

We believe this is an excellent opportunity for both students and parents to gather important information to help plan for the future. We encourage you to make the most of this event.



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

GLOBAL EDUCATION FAIR
14TH OCTOBER 2024
9 AM TO 12 NOON

VENUE: AUDITORIUM, PRAGYAN SCHOOL

30+ Top Indian & International Universities

SUPPORT
ASSISTANCE
GUIDANCE

INTERCLASS COMPETITION VI-VIII

On 8th of October 2024, an inter class quiz competition - Inquisitive was held in the School. This was the Mega final round. Four students from each class from VI-VIII were selected. The competition had five rounds - General , Picture - based , audio based, picture relation round and Rapid fire round. All the participants participated enthusiastically. We congratulate the winners

Grades	Name of the students	Class	Position
VI	Akshaya Pandey	VI-D	Winner
VII	Drishiti	VII-C	Winner
VIII	Atharv Shukla	VIII-C	Winner



INTERCLASS ATHLETICS MEET IX-XII

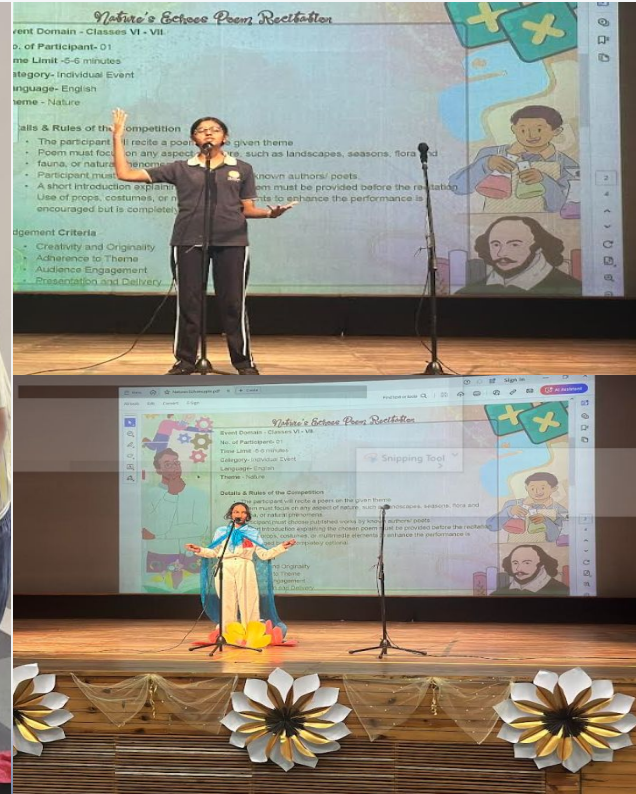
Pragyan School successfully organized its much-anticipated Inter-Class Athletics Meet for students of classes 9 to 12. The event, held on the school grounds, was an exhilarating showcase of sportsmanship, talent, and perseverance. It saw enthusiastic participation from all four classes, with students competing in a variety of track and field events. The first set of events kicked off with the 100, 200, 400 meters, and relay races. Each race was fiercely contested, with students giving their best in front of an energetic crowd of classmates and teachers. In the field events, participants impressed everyone with their athleticism and determination. The long jump saw remarkable performances, with many students achieving impressive distances, while the javelin throw and shot put competitions demonstrated great technique and strength. These events provided a platform for students to showcase their skills in a variety of athletic disciplines. The event was a great success, highlighting the competitive spirit and teamwork that define sports at Pragyan School.



MÉLANGE 2024: INTER-SCHOOL COMPETITION

Pragyan School, Greater Noida, hosted its annual inter-school event Melange on October 8, 2024, a vibrant celebration of talent, creativity, and intellectual pursuits. Participants from various schools in Noida and Greater Noida participated in the event. The event featured a wide array of competitions, including Rangometry, where students combined art and geometry, and Hindi Kavita Vachan, showcasing passionate recitations of Hindi poetry. Participants in Mathematics Model Making presented innovative models demonstrating practical applications of mathematical concepts, while the Game Creation competition highlighted the tech-savviness of students through their interactive designs. In English Poem Recitation, students captivated the audience with expressive performances, and in the Debate competition, participants engaged in thought-provoking discussions on contemporary issues. The event also included more technical and analytical competitions such as Python Programming, where students showcased their coding skills, and Website Creation, demonstrating their innovation in web development. Additionally, the Sanskrit Shlok Recitation competition honored the beauty of ancient literature, and the Case Study Presentation allowed students to analyze real-world problems and present insightful solutions. Overall, Melange provided a platform for students to excel across diverse fields, fostering creativity, intellectual growth, and collaboration.

MÉLANGE 2024: INTER-SCHOOL COMPETITION



INTER-SCHOOL COMPETITION

We congratulate the following students for securing positions in interschool competitions.

NAME OF THE SCHOOL	NAME OF THE EVENT	NAME OF THE PARTICIPANT STUDENT	POSITION ACHIEVED
ALCHON INTERNATIONAL SCHOOL	SDG'24- THE WAVE OF CHANGE- VIDEO MAKING	ISHANVI	SECOND
CAMBRIDGE SCHOOL, SRINIVASPURI	INNOVATIONS 2024- DIGITAL CRAFTING	AARNA SAINI NAVYA SHARMA	FIRST

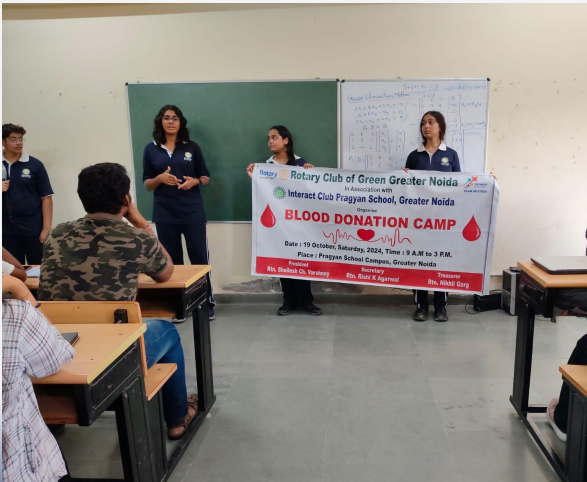
HEALTH CHECK UP CAMP

On 5th October 2024, a health checkup camp was organized by Felix Hospital, Greater Noida, for the teachers of Pragyan school. The medical team, comprising doctors and nursing staff, conducted various tests including blood sugar, blood pressure, ophthalmology, ECG, and weight measurements. Additionally, the teachers received general counseling regarding health and wellness. The health checkup aimed at promoting awareness of the importance of regular medical screenings, helping teachers stay vigilant about their health. The event was well-received, and the teachers appreciated the initiative.



BLOOD DONATION AWARENESS CAMPAIGN

Students of the Health and Wellness Club and Interact Club are visiting various institutes to spread awareness regarding Blood Donation. Students talked about the benefits and debunked myths surrounding blood donation, encouraging them to participate in the upcoming drive on 19th October. Pragyan School, in collaboration with the Rotary Club of Green Greater Noida, is organizing a Blood Donation drive on 19th Oct 2024 on the school campus.



MEDICINE DONATION DRIVE

On October 9, 2024, the Interact Club of Pragyan School organized a Medicine Donation Drive under its flagship healthcare initiative, Project Sanjeevni.

The drive aimed to provide essential medicines to underprivileged communities. Under the guidance of the school administration, students collected a diverse range of medicines, including:

- Basic over-the-counter drugs (pain relievers, fever reducers, etc.).

The collected medicines were handed over to Mr. Pramod Jain, a volunteer from Greater Noida, who will submit them to Uday Foundation, a renowned NGO in Delhi.



ECOLOGY CLUB TIP

ECO TIP

Pasta water is good
for your plants


Pasta water is
full of starch



Rich in minerals
and vitamins

Use it to water
your plants



 Make sure
it is not salted!

HEALTH AND WELLNESS TIP



Healthy Lifestyle Tips



Little ways to take care of your **MENTAL HEALTH**



Talk to someone you trust if you're feeling down



Do some physical activity, like going for a walk



Give yourself time to rest



Do things you enjoy



Know that having a bad day doesn't make you bad!





TIP OF THE WEEK

6 PRINCIPLES OF POSITIVE PARENTING

- 1 Misbehavior is your child's way of **COMMUNICATING** an unmet need
- 2 Validate your child's **EFFORT**
- 3 Give your child the **RESPECT** you want them to give you
- 4 Never punish your child for their **FEELINGS**
- 5 Express **CONFIDENCE** in their abilities
- 6 **REMEMBER:**
The worse they feel,
the worse they behave

CIRCULARS SHARED DURING THE WEEK

- Global Education Fair at Pragyan school 14th October 204 shared on 9th Oct 2024.
- Report Card - Summative Assessment 1 (Classes III to XII) shared on 10th Oct 2024.

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