



**TIMES
SCHOOL SURVEY
2019**
Ranked No. 1
as school leaders in Greater
Noida by the Times of India
Survey 2019



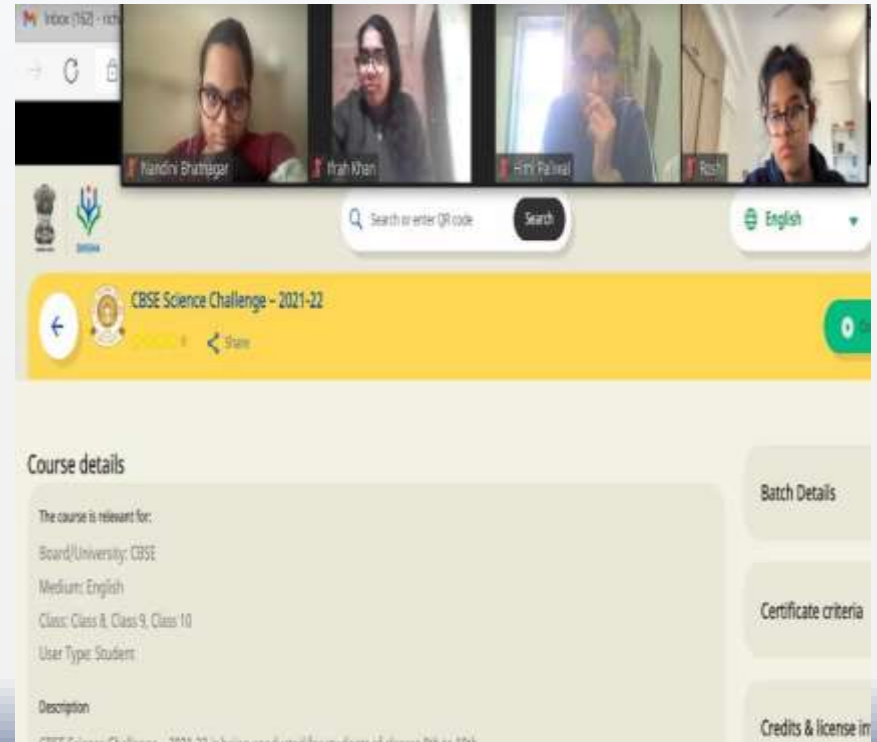
**PRAGYAN
SCHOOL**

WEEKLY CIRCULAR SENIOR

4th FEBRUARY 2022
(Cir/PS/38/2021-22)

CBSE SCIENCE CHALLENGE

As an initiative to generate curiosity, inquiry and higher order thinking amongst the learners, the CBSE has organized the CBSE Science Challenge for students of classes VIII-X. Students of classes VIII and IX have participated in the CBSE Science challenge available on DIKSHA portal under the guidance of Ms Richa Palni and solved 40 questions in 30 mins. They have also downloaded their participation certificates after completing the course. It was an enriching challenge for them to understand the various types of questions (competency based, case study based etc) related to the subject.



WORLD WETLANDS DAY QUIZ

To celebrate the World Wetlands Day on February 02, 2022, CMS VATAVARAN organized a series of online programmes i.e. quiz competition, film screening and Panel Discussion to enhance student's knowledge and understanding on the importance of Wetland conservation.

15 selected students from the Ecology Club of our school participated in the Quiz and performed very well. All the students have been awarded with a Certificate of Appreciation.



WORLD WETLANDS DAY QUIZ



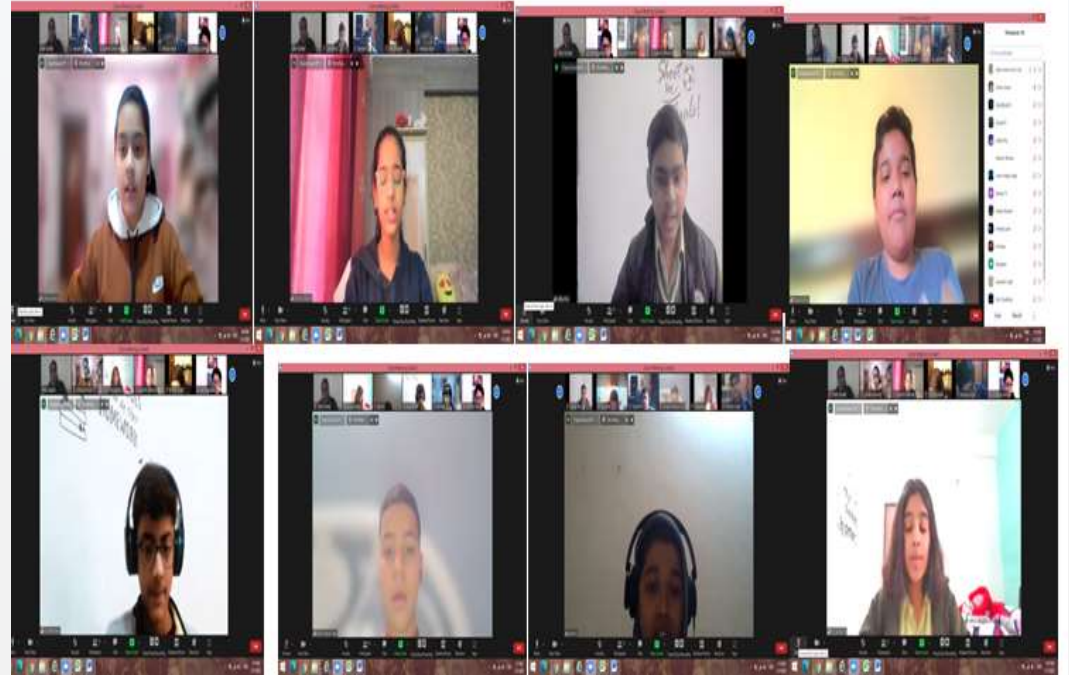
ACHIEVEMENT SOF-IGKO (2021-22)

We congratulate the following students for achieving a position in the general knowledge olympiad conducted by SOF.

Name of the student	Class	Position
Ananya Deb	VI	Gold medal of excellence + Participation certificate
Eshika Dwivedi	VII	Gold medal of excellence + Participation certificate
Anagh Raina	VIII	Gift worth Rs 500 + Gold Medal of excellence + Participation certificate

HINDI ENRICHMENT ACTIVITY VII

हिंदी एकल क्रियाकलाप में 'आशु-भाषण' का आयोजन किया गया। जिसमें कक्षा-VII (A) के छात्र/छात्राओं ने बढ़-चढ़कर बड़े उत्साह से भाग लिया और साक्षरता का महत्व, जल ही जीवन है, प्रदूषण का प्रकोप आदि विभिन्न विषय पर तर्कपूर्ण अपने-अपने विचार रखे।



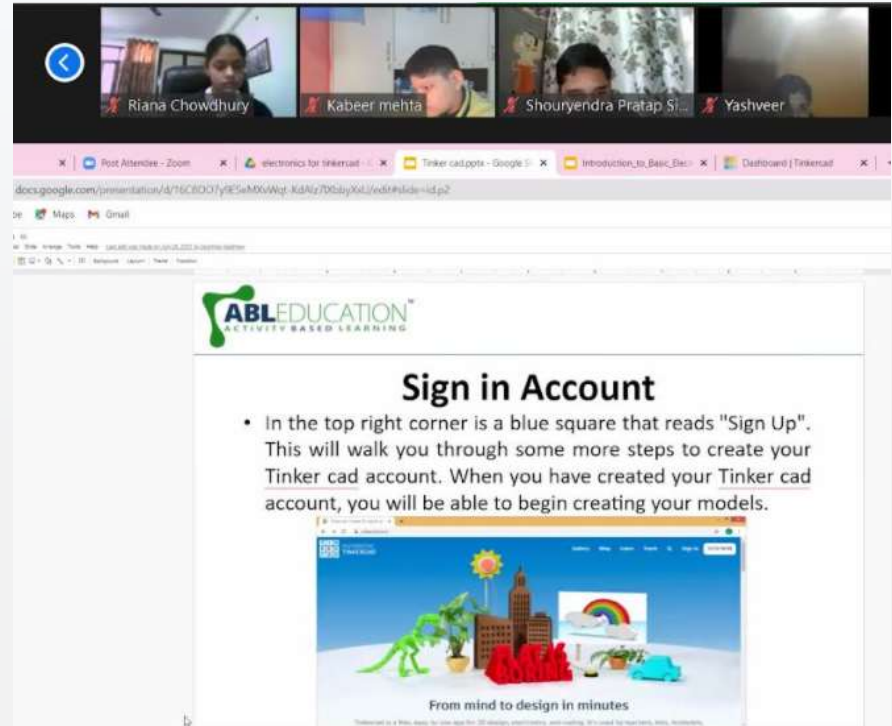
HINDI ENRICHMENT ACTIVITY VII

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ATL ONLINE SESSIONS VI-VII

During the Atal Tinkering Lab session in classes 6-7, students were explained about basic concepts of electronics like resistor, capacitor, battery etc. A new online tool TINKERCAD was introduced to the students to prepare and test their simulations virtually. Ms Rajani explained the basic simulation of a circuit with a LED and the conditions for it to glow. Students also prepared their simulations simultaneously and cleared their queries.



The screenshot shows a Zoom meeting interface with four participants: Riana Chowdhury, Kabeer mehta, Shouryendra Pratap Si..., and Yashweer. The browser tabs include 'Post Attende - Zoom', 'electronics for tinkercad', 'Tinker cad.ppts - Google', 'Introduction_to_Basic_Elec...', and 'Dashboard | Tinkercad'. The active page is a Google Docs presentation titled 'Sign in Account' from ABL EDUCATION. The slide contains the following text:

Sign in Account

- In the top right corner is a blue square that reads "Sign Up". This will walk you through some more steps to create your Tinker cad account. When you have created your Tinker cad account, you will be able to begin creating your models.

Below the text is a screenshot of the Tinkercad website interface, which features a colorful 3D scene with a sun, a city skyline, a rainbow, and various objects. The text 'From mind to design in minutes' is displayed at the bottom of the website screenshot.

ATL ONLINE SESSIONS VI-VII

The image shows a Zoom meeting interface with four participants: Utkarsh yaDav, Arhat Kumar Singh ZC, VIKRĀK MEHRA, and Aayan Bhatnagar ZC. The main window displays a circuit simulation software interface. The browser address bar shows a LinkedIn profile link. The simulation interface includes a toolbar with icons for erasing, undo, redo, and zooming. A text box on the left says "Write your note here." The central workspace features a breadboard with a battery on the left, a resistor, and an LED. A vertical line on the breadboard indicates a connection point. On the right, a component palette titled "Grouped Basic" contains a search bar and icons for Resistor, LED, Pushbutton, and Potentiometer. The top right of the simulation interface has buttons for "Code", "Start Simulation", and "Send To".

ATL ONLINE SESSIONS VIII

During the Atal Tinkering Lab session in class VIII, students were explained about Charging capacitor, motion activation, Temperature controlled fan, IR sensor working, Tilt sensor working using an online tool TINKERCAD. Ms Rajani explained the simulations. Students also prepared their simulations simultaneously and cleared their queries.

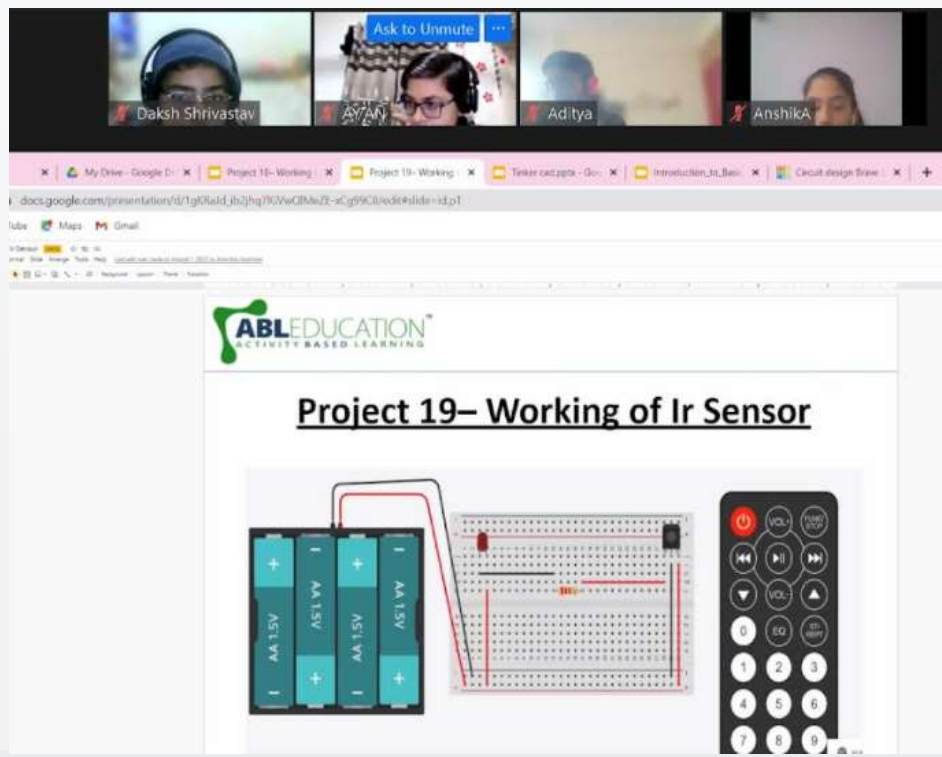
The image shows a screenshot of a Tinkercad online session. The main window displays the Tinkercad interface with the following content:

- Component Requirement**
- DC Motor**
- Battery**
- NPN Transistor**
- Temperature Sensor**
- Breadboard**
- 5V regulator**
- Laptop**

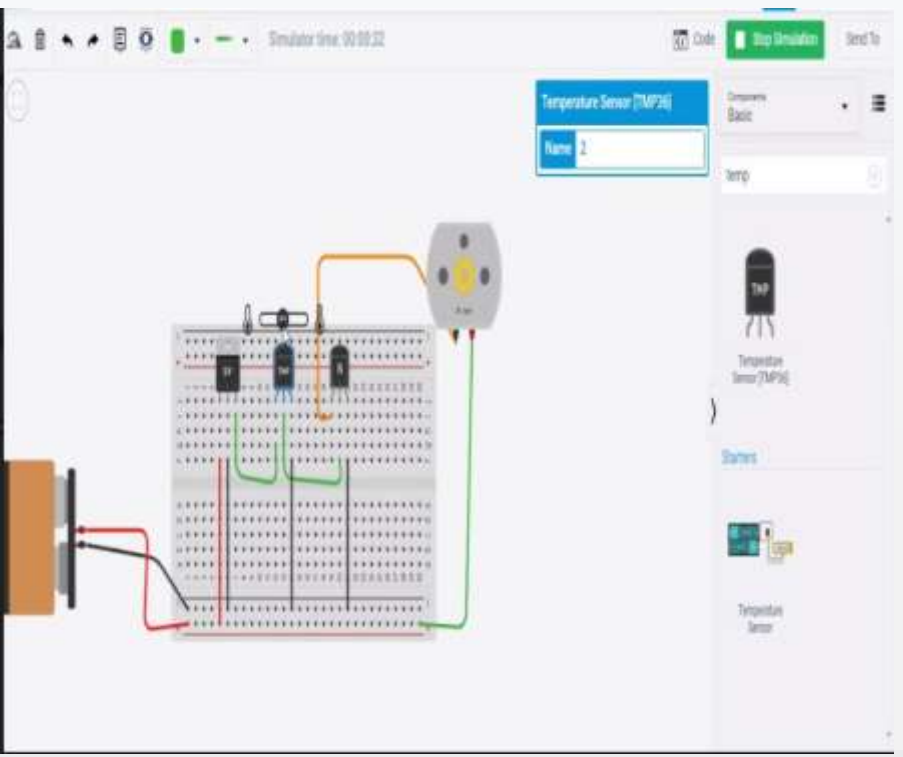
A diagram shows a 9V battery connected to a breadboard with various components. A text box on the right says: "Click on the basic component and select electronics component".

On the right side, there is a video call interface with four participants: Aditya, Ashwika Sharma, Vaibhav, and a student with a headset.

ATL ONLINE SESSIONS VIII



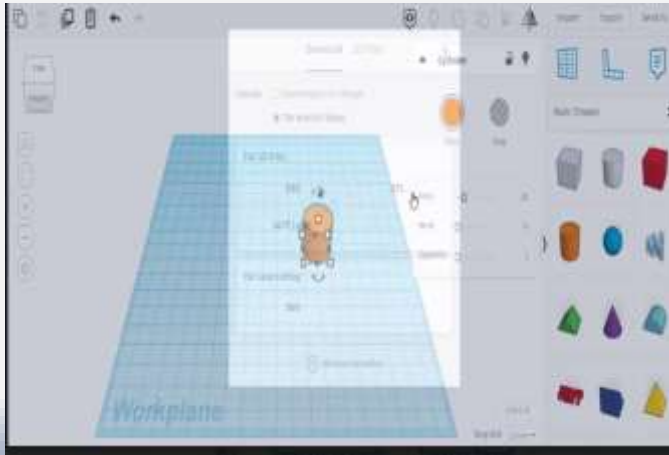
The screenshot shows a Zoom meeting interface at the top with four participants: Daksh Shrivastav, Ask to Unmute, Aditya, and Anshika. Below the meeting is a browser window displaying a presentation slide from ABLE EDUCATION. The slide title is "Project 19- Working of Ir Sensor". The diagram on the slide shows a breadboard circuit with four AA 1.5V batteries connected to a breadboard. A red LED is connected to the positive terminal of the battery pack. A black infrared (IR) sensor module is connected to the breadboard. A black remote control is shown next to the breadboard, indicating its use in the project.



The screenshot shows a Tinkercad simulation environment. The main workspace displays a breadboard circuit with an IR sensor module connected to a breadboard. A power source is connected to the breadboard. The right-hand panel shows the component list, including a "Temperature Sensor (TMP36)" component. The "Properties" panel for the selected component shows "Name: 1" and "Temp: 25.00". The top of the interface shows the "Code" tab and "Stop Simulation" button. The simulator time is 00:00:22.

ATL ONLINE SESSIONS IX-XII

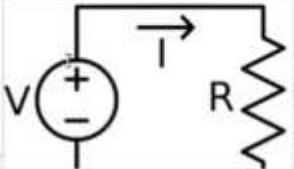
The Students of IX-XII were given a session on **BASICS OF ELECTRONICS** where they were made to understand the basic components & how a circuit is designed.

A screenshot of a Google Slides presentation. The slide contains the following text:

$V=I/R$
 $R=I/V$
 $V=IR$

The current through a conductor between two point is directly proportional to the voltage across the two point.

If there is only one electrical equation you should remember it's Ohm's Law. As an example of Ohm's Law, let's take a look at the simplest circuit possible consisting of a voltage source (V) and a resistor (R).



On the right side of the slide, there is a vertical column of five video thumbnails showing participants: Rajani, Samrat Singh, Abhinav Singh, Daaman, and Porush Tyagi.

EACH ONE TEACH ONE : INTERACT CLUB INITIATIVE

As part of the activity "Each One Teach One", the Interactors Bhoomi, Mrinalini and Ira Joshi of class 11C became the teachers of students of Jonas Nursery for this week and taught them the topics: Digital Technology, Days and Months, National Symbols.



WEBINARS

Ms Seema Sharma and Ms Richa Palni on 31 Jan 2022, attended the online session regarding Consultation on Science learning standard framework for classes IX-X conducted by CBSE .

YOU ARE CORDIALLY INVITED TO A WEBINAR & CONSULTATION ON

Science Learning Standard Frameworks

KEYNOTE SPEAKER

PANELLISTS

Sh. Manoj Ahuja, IAS
Chairman, CBSE

Dr. Joseph Emmanuel
Director, Academics,
CBSE

Dr. Sweta Singh
Joint Secretary,
CBSE

Aanchal Chomal
Assistant Professor,
Azim Premji University

Bhanumathy HD
Principal, Kendriya
Vidyalaya Malleswaram

Chandrika Muralidhar
Assistant Professor,
Azim Premji University

Manju Arif
Principal, Delhi Public
School, Bengaluru North

Shilpi Banerjee
Assistant Professor,
Azim Premji University

Vikas Chandra Roy
Assistant Professor,
Azim Premji University

Monday, 31st January 2022
4pm to 5:30pm

YouTube Livestream:
<https://youtu.be/zxzSIFenzRw>

CONSULTATION PARTNER
Civis

SOCIAL CLUBS

CLASS VI- XII



- ECOLOGY CLUB
- HEALTH AND WELLNESS CLUB
- DEBATING AND JOURNALISM CLUB
- INTERACT CLUB

ECOLOGY CLUB VI-VIII

Topic- Celebration of International wetland day

Session started with the discussion on wetland and types of wetland. Teacher explained the importance of wetland in maintaining ecological balance and threats to wetland. It was followed by the virtual tour of surajpur wetland. Students came to know about more than 65 types of migratory birds that come to the wetland from bharatpur, gujarat in winters. It not only includes water bodies but also grassland and forest areas of more than 65 hectares. At the end discussion on conservation of wetland took place and children shared their experience of visiting surajpur wetland.



ECOLOGY CLUB VI-VIII



HEALTH AND WELLNESS CLUB VI-VIII

“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.” – Greg Anderson

A session was organized by Junior Health and Wellness Club (Classes VI-VIII) on the fatal disease of Cancer on World Cancer Day on 4th February'2021. The aim of the session was to create awareness among students about cancer-early detection, treatment and prevention. The World Cancer Day theme, "Close the care gap' and the progress to protect against cancer was also discussed with the students.

HEALTH AND WELLNESS CLUB VI-VIII



YouTube video player showing a presentation on Cancer. The title is "Cancer (Uncontrolled Cell division)". The video content includes two diagrams illustrating the formation of a tumor:

- Formation of lumps of outrageous cells
- Creates Cell mass → Tumor

The video player interface includes a YouTube logo, a search bar, and a list of participants: Anjali Sarani, Anjali Sarani, and Anjali Sarani.

DEBATING AND JOURNALISM CLUB VI-VIII

'Prevention is better than cure' is a proverb which tells that preventive methods are far better to stay away from any problem than finding out solutions to cure that problem. Keeping this in mind, the student members of the Journalism and Debating club brainstormed and came up with useful suggestions to keep away from any kind of illness. Prevention is a safe way to remain away from any disease. We just need to maintain a healthy and disciplined lifestyle all through our life. In today's time, following the protocols like wearing masks, social distancing, sanitisation is the need of the hour. Overall it was an enriching experience for all.



INTERACT CLUB VI-VIII

" Education is the most powerful weapon which we can use to change the world."

The learners of Interact Club shared their views in an 'Open Forum' conducted to observe the 'International Day of Education.' The prime agenda of the discussion revolved around the true meaning of education and its importance in our daily lives. Education gives us knowledge of the world around us and knowledge is power. It prepares us for future challenges. The learners shared a few incidents which made us realise that we are blessed to be educated and how we can help others with our knowledge. Education can be used for the upliftment of society since the power of education makes us better citizens by teaching us how to conduct ourselves through life by following rules and regulations and giving us a sense of conscience.

INTERACT CLUB VI-VIII

INTERNATIONAL DAY OF EDUCATION



HEALTH AND WELLNESS CLUB IN ASSOCIATION WITH INTERACT CLUB

Mental Health: Adolescence Issues “BODY SHAMING”

A workshop on “Body Shaming” was conducted by the students & for the students and the initiative was taken by the Team Psychology Class XI. Body shaming is the act of saying something negative about a person's body. It can be about your own body or someone else's. Body shaming is an extremely personal concept and can take a negative toll on a person. The harmful effects of body shaming among teenagers include lowering their self-esteem and confidence, leads to their poor mental health and causes weight gain.... Body shaming can lead to mental health issues including eating disorders, depression, anxiety, low self-esteem, and body dysmorphia, as well as the general feeling of hating one's body. To create awareness about body shaming and its harmful effects on the mental health Class XI Psychology Students conducted a session on the topic. These students shared their experiences with courage and grace to help and make other adolescents accept themselves as they are and fight the battle with a positive attitude. Teachers also shared their personal experiences during the session. The session included a small video & a lovely musical piece by Aadya Sinha of XI-C. Ms Ruchika Sharma showered her blessings & appreciated the team work. It was a great start of the day & very much an enlightening experience for the gathering.

HEALTH AND WELLNESS CLUB IN ASSOCIATION WITH INTERACT CLUB



PERSONAL EXPERIENCES

- They say shared burden feels lighter, though its actual meaning may be up for personal debate. As teens, our first instinct is to withhold as opposed to share. These feelings get pent up and accumulated inside, henceforth our immediate world seems to come crashing down mentally. The key to open conversations is reliability. Here we share our stuff to ease the burden, and we invite you to do the same.



INSECURITIES

A constant reminder of our illusionary flaws

HEALTH & WELLNESS CLUB



Healthy Lifestyle Tips

SLEEP EARLY

WAKE UP EARLY!

Electronics
Don't use your phone or watch T.V. Turn everything off an hour before bedtime.

Caffeine
Don't drink caffeine in the evening as it will keep you awake!

Candles
Light some lavender candles for relaxation and fall asleep faster!

Write
Write down anything on your mind before you go to bed.

Alarm
Put your alarm outside of your bedroom so you must get off your bed to turn it off!

Water
Drink water as soon as you get up. It's good for your body!

Breakfast
Look forward to something in the morning. Plan an exciting breakfast everyday!

Light
Open your curtains and get some light in the morning.

ECOLOGY CLUB



Collect the water you use for rinsing
fruits and vegetables.

Reuse it to water your garden.

Water saving starts with YOU.



TIP OF THE WEEK



8 TIPS FOR DISCIPLINING YOUR KIDS WITHOUT SCREAMING

ONE: USE POSITIVE DISCIPLINE

Don't just say no and use negative language - show your child the positive ways to handle a situation.

TWO: REWARD GOOD BEHAVIOR

Reinforce the good things she does. Saying, "Good job!" tells your child how you like her to act.

THREE: TRY A NATURAL APPROACH

Let him know there are consequences for all of his actions. If he knocks something over, make him clean up the mess. Always explain why his actions bring about your reaction.

FOUR: AVOID NO-WIN ARGUMENTS

Some kids want to argue until they think they can wear you down and still get their way. Don't buy into the game.

FIVE: DON'T YELL BACK

When you argue back and forth with your child, you undermine your authority. By not yelling, you remain in charge of the situation.

SIX: BE CONSISTENT WITH RULES

Explain your rules when everyone is calm and stick to those rules. If you keep changing the rules, your child will not know what to expect.

SEVEN: BE A MODEL

Your child will look at you and emulate your actions, which will help in the long run.

EIGHT: REMEMBER, IT'S NOT EASY

No matter how hard you try, you are going to fail every once in a while. Raising kids has its good and bad days; but, if you concentrate and work at it, the good days will far outnumber the bad days.

